

# Wisconsin Youth Risk Behavior Survey

## Social Media and Health Risk Behaviors

The Youth Risk Behavior Survey, administered to students across Wisconsin in 2023, shows **Wisconsin youth are in a mental health and emotional well-being crisis**. Mental health and emotional well-being are paramount to school success. It is possible that heavy social media use and engaging in other risk behaviors impact a student's overall mental health and well-being.



**Wisconsin students continue to report less sleep and worsened overall physical health.**



**1 in 5 students reported five or fewer hours of sleep per night.**

### Social Media/Screen Use

- 78.9% of students reported using screens three or more hours every day.
- 53.3% of students reported using screens after midnight at least once per week.
- 15.5% of students reported using screens after midnight every school night.
- 41% of students reported using social media hourly.
- 17.8% of students reported being bullied online.

### Physical Health

- Nearly one in five students (19.5%) reported five or fewer hours of sleep per night.
- These students were more than three times as likely to report depression and nearly two times as likely to report anxiety.
- 14.8% of students reported no physical activity in the past week.

### AODA Use

- The rate of alcohol use among students has declined overall since 2007.
- One in three students reported having ever vaped.
- 3.4% of students reported smoking cigarettes within the last 30 days, the lowest rate ever on the YRBS.

### Help is Available

If you feel like you are in a crisis, please text "HOPELINE" to 741741; call or text 988; or use the chat feature at [988lifeline.org](https://988lifeline.org). Additional resources are also available [on the DPI's Student Services /Prevention and Wellness \(SSPW\) website](#).



	2011-2012 Survey	2013-2014 Survey	2015-2016 Survey
<p><b>Ever used electronic vapor products</b></p> <p>(including e-cigarettes, vapes, mods, e-cigs, e-hookahs, or vape pens [such as JUUL, Vuse, NJOY, Puff Bar, blu, or Bidi Stick])</p>	1,813	858	944
<p><b>Currently used electronic vapor products</b></p> <p>(including e-cigarettes, vapes, mods, e-cigs, e-hookahs, or vape pens [such as JUUL, Vuse, NJOY, Puff Bar, blu, or Bidi Stick], on at least 1 day during the 30 days before the survey)</p>	14.7 (12.2-17.7) 1,744	17.6 (14.1-21.6) 828	12.3 (9.0-16.5) 906
<p><b>Currently used electronic vapor products frequently</b></p> <p>(including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods, [such as JUUL, NJOY, PuffBar, Vuse, blu or Bidi Stick], on 20 or more days during the 30 days before the survey)</p>	6.9 (5.2-9.0) 1,744	7.5 (5.2-10.6) 828	6.4 (4.5-9.1) 906
<p><b>Currently used electronic vapor products daily</b></p> <p>(including e-cigarettes, vapes, vape pens, e-cigars, e-hookahs, hookah pens, and mods, [such as JUUL, NJOY, PuffBar, Vuse, blu or Bidi Stick], on all 30 days during the 30 days before the survey)</p>	5.1 (3.7-7.0) 1,744	5.6 (3.7-8.6) 828	4.7 (3.2-6.7) 906
<p><b>Usually got their electronic vapor products by buying them themselves in a convenience store, supermarket, discount store, or gas station</b></p> <p>(chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, Copenhagen, Camel Snus, Marlboro Snus, General Snus, Ariva, Stonewall, or Camel Orbs, not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)</p>	—	—	—
<p><b>Currently used smokeless tobacco</b></p> <p>(chewing tobacco, snuff, dip, snus, or dissolvable tobacco products [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on at least 1 day during the 30 days before the survey)</p>	2.4 (1.6-3.4) 1,818	2.5 (1.5-4.1) 862	2.3 (1.3-4.1) 944
<p><b>Currently used smokeless tobacco frequently</b></p> <p>(chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on 20 or more days during the 30 days before the survey)</p>	0.8 (0.6-1.2) 1,818	0.5 (0.2-1.6) 862	1.2 (0.6-2.2) 944
<p><b>Currently used smokeless tobacco daily</b></p> <p>(chewing tobacco, snuff, dip, snus, or dissolvable tobacco products, [such as Copenhagen, Grizzly, Skoal, Camel Snus, or Velo Nicotine Lozenges], not counting any electronic vapor products, on all 30 days during the 30 days before the survey)</p>	0.7 (0.4-1.1) 1,818	0.2 (0.0-0.9) 862	1.2 (0.6-2.2) 944

<b>Currently smoked cigars</b> (cigars, cigarillos, or little cigars, [such as Swisher Sweets, Middleton's (including Black & Mild, or Backwoods)], on at least 1 day during the 30 days before the survey)	2.4 (1.6-3.5) 1,815	2.5 (1.4-4.2) 861	2.3 (1.4-3.9) 942
<b>Currently smoked cigars frequently</b> (cigars, cigarillos, or little cigars, [such as Swisher Sweets, Middleton's (including Black & Mild or Backwoods)], on 20 or more days during the 30 days before the survey)	0.4 (0.2-0.7) 1,815	0.2 (0.0-0.9) 861	0.5 (0.2-1.2) 942
<b>Currently smoked cigars daily</b> (cigars, cigarillos, or little cigars, [such as Swisher Sweets, Middleton's (including Black & Mild or Backwoods)], on all 30 days during the 30 days before the survey)	0.3 (0.2-0.6) 1,815	0.1 (0.0-0.8) 861	0.5 (0.2-1.2) 942
<b>Currently smoked cigarettes or cigars</b> (on at least 1 day during the 30 days before the survey)	5.3 (4.0-7.0) 1,806	6.3 (4.3-9.2) 858	4.5 (3.2-6.3) 937
<b>Currently smoked cigarettes or used smokeless tobacco</b> (on at least 1 day during the 30 days before the survey)	6.4 (4.9-8.2) 1,799	7.5 (5.4-10.5) 857	5.3 (3.7-7.5) 931
<b>Currently smoked cigarettes or cigars or used smokeless tobacco or electronic vapor products</b> (on at least 1 day during the 30 days before the survey)	15.9 (13.2-18.9) 1,724	18.7 (15.2-22.8) 823	13.3 (9.9-17.6) 892
<b>Currently smoked cigarettes or used electronic vapor products</b> (on at least 1 day during the 30 days before the survey)	15.3 (12.7-18.3) 1,734	18.3 (14.7-22.5) 824	12.6 (9.4-16.7) 901
<b>Did not try to quit using all tobacco products</b> (including cigarettes, electronic vapor products, smokeless tobacco, cigars, shisha or hookah tobacco, pipe tobacco, heated tobacco products, or nicotine pouches, ever during the 12 months before the survey, among students who used any tobacco products during the 12 months before the survey)			