

2021 Weld County Healthy Kids Colorado Survey Community Report:

Mental Health & Social Environment

Mental Health

Signs of Depression & Anxiety



Nearly **4 in 10** high school students reported feeling so sad or hopeless for at least two consecutive weeks in the past year that they stopped participating in their usual activities.

Fewer male students (**27%**) reported sadness or hopelessness that disrupted their usual activities.

Suicide & Self-harm

15% of high school students seriously considered suicide and **8%** had made at least one attempt in the past year.

11% had made a plan for how they would commit suicide within the past year.

18% reported engaging in self-harm without intending suicide.

Roughly half of students identifying as genderqueer or nonbinary had seriously considered suicide in the past year, and **nearly 1 in 5** had made an attempt.

Seriously Considered Suicide in the Past Year



Signs of Resilience

56% of high school students agree or strongly agree that their stress level is manageable most days.

8 in 10 students said they take no more than two days to feel fully recovered from a stressful situation.

53% said that most of the time or always they could talk to a friend about their feelings.

Trusted Adults



7 in 10 high school students have an adult they could go to for help with a serious problem.

Compared to their heterosexual peers, fewer bisexual students and students who felt unsure about their sexual orientation reported having a trusted adult in their lives (there were not enough data from students who identified as gay or lesbian).

Roughly 8 in 10 said they could ask their parent or guardian for help with a personal problem.

79% of students have a parent or guardian who regularly asks if their homework is done, however, fewer multiracial students had someone monitoring their schoolwork compared to their White, non-Hispanic/Latina/o and Hispanic/Latina/o peers.

Social Environment

Home Life

96% of high school students feel that the rules of their home are clear.

2 in 3 say they are consulted by their parents or guardians before most family decisions are made.

87% think parents or guardians would catch them if they skipped school.

Racism

13% of Hispanic/Latina/o and **16%** of multiracial high school students saw a family member treated unfairly because of their race or ethnicity in the past year.

Bullying

1 in 10 high school students reported being bullied on school property in the past year. More students who identified as transgender, genderqueer, or nonbinary experienced bullying.

More than 3 in 10 students who identified as genderqueer or nonbinary experienced cyberbullying, compared to **1 in 20** male students and **fewer than 1 in 10** female students.

Students Experiencing Cyberbullying



Fewer Hispanic/Latina/o students reported bullying compared to White, non-Hispanic/Latina/o students.

Opportunities for Connection

More than 1 in 3 high school students volunteered in organized community service in the past month and **more than half** participated in extracurricular activities. Extracurricular involvement was lower among Hispanic/Latina/o and multiracial students.

2 in 3 feel that they belong at school. More male students expressed a feeling of belonging compared to female and genderqueer/nonbinary students.

Safety

9 in 10 high school students said they felt safe at their school.

1 in 10 missed at least one day of school in the past month because they felt they would be unsafe, either at school or on their way to or from school.



1 in 5 high school students who drive said they texted or emailed while driving at least once in the past month.

13% rode in a car with a driver who had been drinking.

About these data

Data are from a sample of about 2,500 middle and high school students enrolled in Weld County schools participating in the 2021 Healthy Kids Colorado Survey. However, not enough schools or districts participated, meaning these data are **not representative of all Weld County school-aged youth**.

