

Mental Health & Wellness (Continued)

Energy and Sleep



37.9% of students

reported **sleeping less than 7 hours a night on school nights** including 46.6% of 10th graders and 56.7% of 12th graders.



64.7% of students

reported **feeling tired or sleepy during the day everyday or several times during the past two weeks**, including 75.5% of 10th graders and 78.7% of 12th graders.

Activities and Employment

- Nearly 60% (59.8%) of all students reported **engaging in school sponsored activities**.
- 61.6% of seniors reported **having a job or employment**, up from 60.1% in 2015; 40.0% reported **volunteering**.

Within the Family

- 92.5% of students in all grades reported that their parents knew where they were and who they were with. This increased in 8th, 10th, and 12th grades from 2017.
- 86.9% of students reported that there are clear family rules about alcohol and drug use. This ranges from 92.2% of 6th graders to 80.2% of 12th graders.

