

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. Additional resources are also available [on the DPI's Student Services /Prevention and Wellness \(SSPW\) website](#).