



2025 Pennsylvania Youth Survey (PAYS) Data Review

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**September,
2026**



Goal of Presentation



To provide an overview analysis of the 2025 PAYS Survey Data and next steps for consideration.



10-15 minutes



What is the PAYS Survey?

Since 1989, the Commonwealth has conducted a survey of school students in the 6th, 8th, 10th and 12th grades to learn about their behavior, attitudes and knowledge concerning alcohol, tobacco, other drugs and violence every 2 years.



PAYS Survey Breakdown

Substance Use	Mental Health	Screen Time	Gambling	Community and School Climate and Safety	Indicators of Risk	Risk and Protective Factors



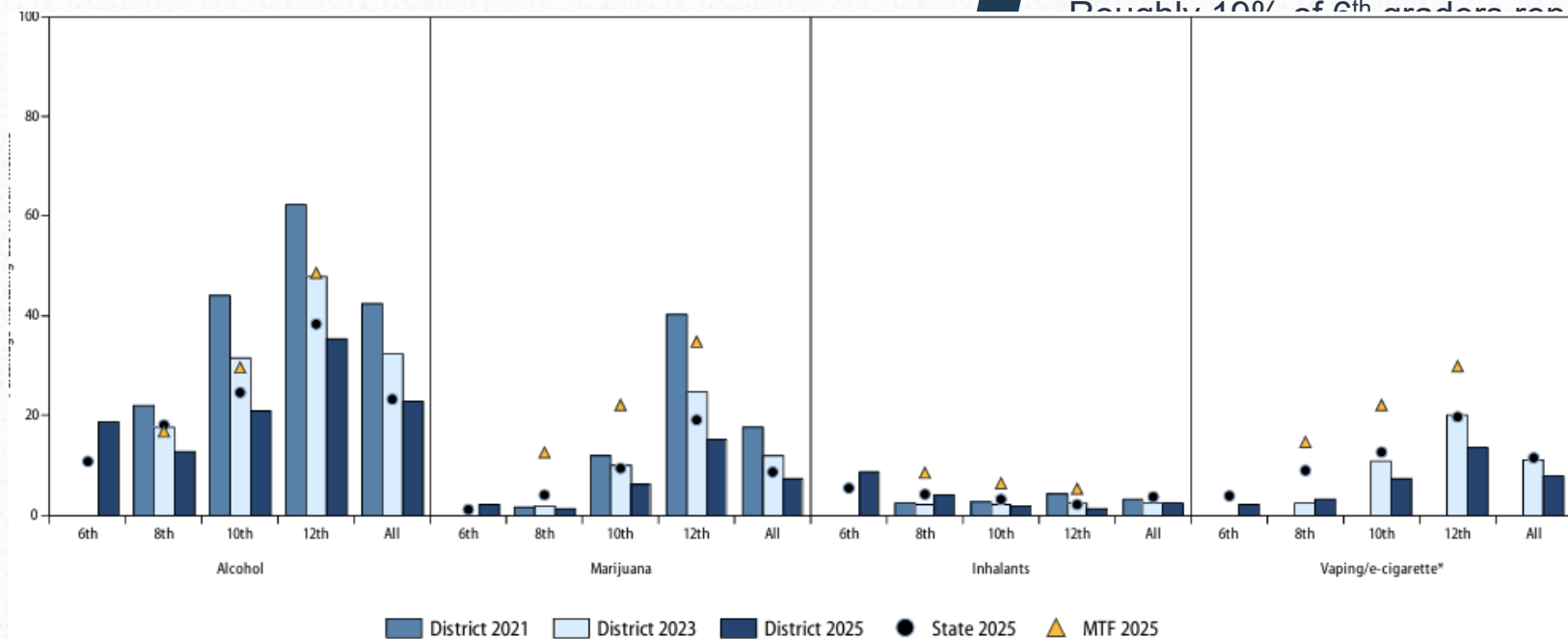
Substance Use

Highlights

- Below state average
- Improvement in reporting seen in all areas from 2021 to now

Areas for Further Consideration

- Use of alcohol still reported as being highest among alcohol, marijuana, inhalants, and vaping
- Vaping nicotine or marijuana increases with age
- Roughly 40% of 6th graders reporting to state





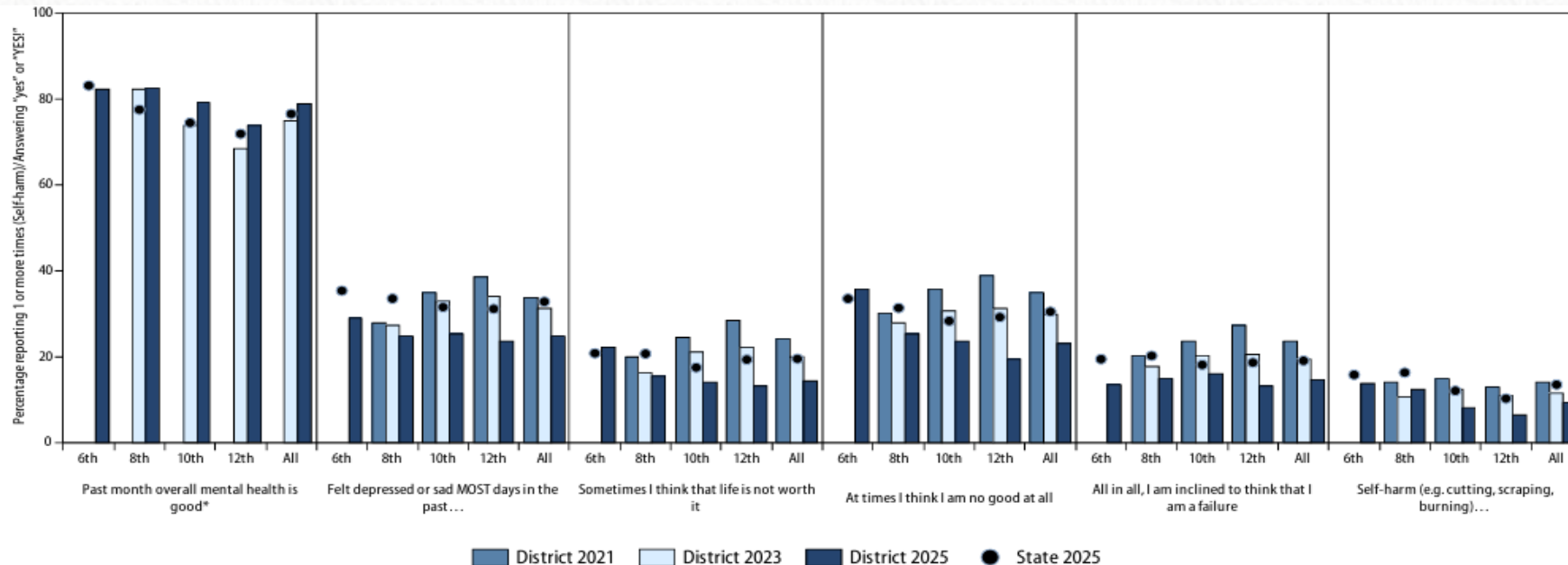
Overall Mental Health

Highlights

- All downward trends and lower than state averages
- Improvement in reporting seen in all areas from 2021 to now

Areas for Further Consideration

- Slight increases in mental health difficulty in 8th grade
- 24% experience depressive symptoms, 11% self-harming





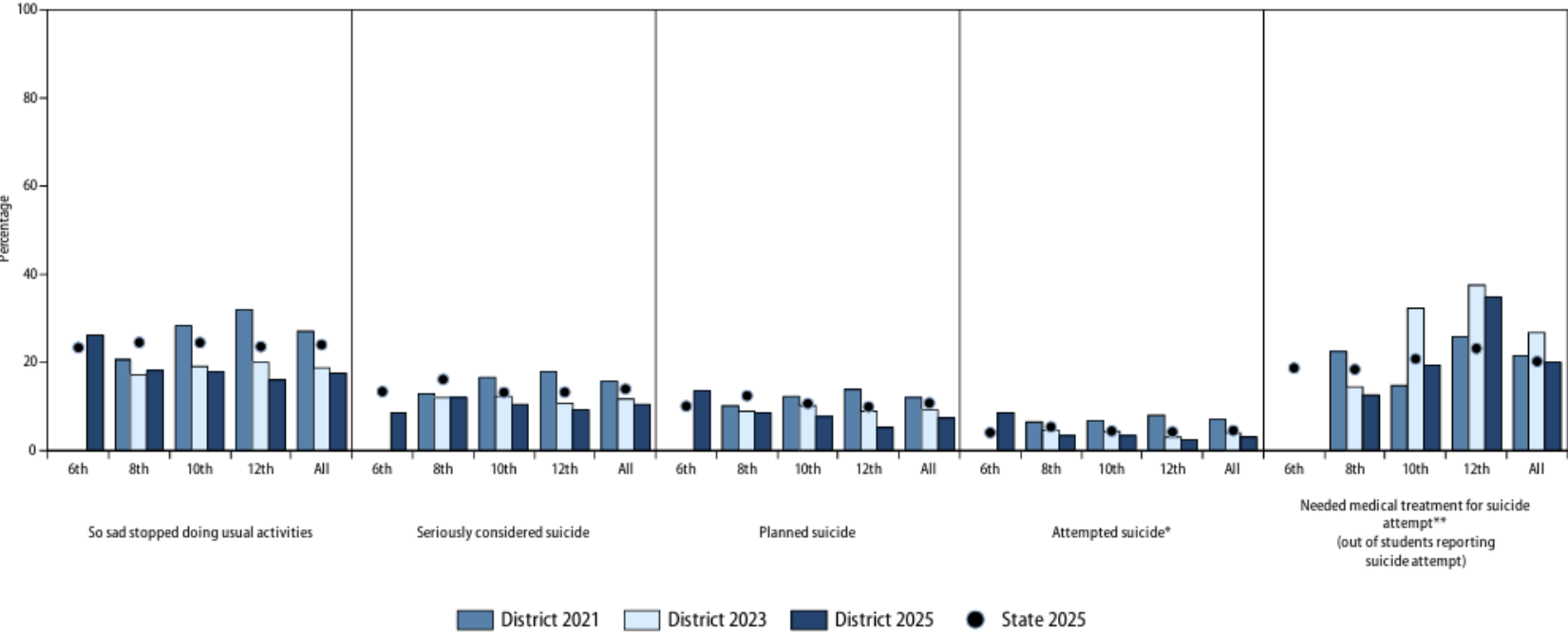
Particular Focus on Suicidality

Highlights

- Downward trends in most grades

Areas for Further Consideration

- Higher than state averages in 6th grade for planning and attempting
- Rates still higher than we would like to see: 10% seriously considered suicide, with 7% planning it and 3% attempting; seeing younger





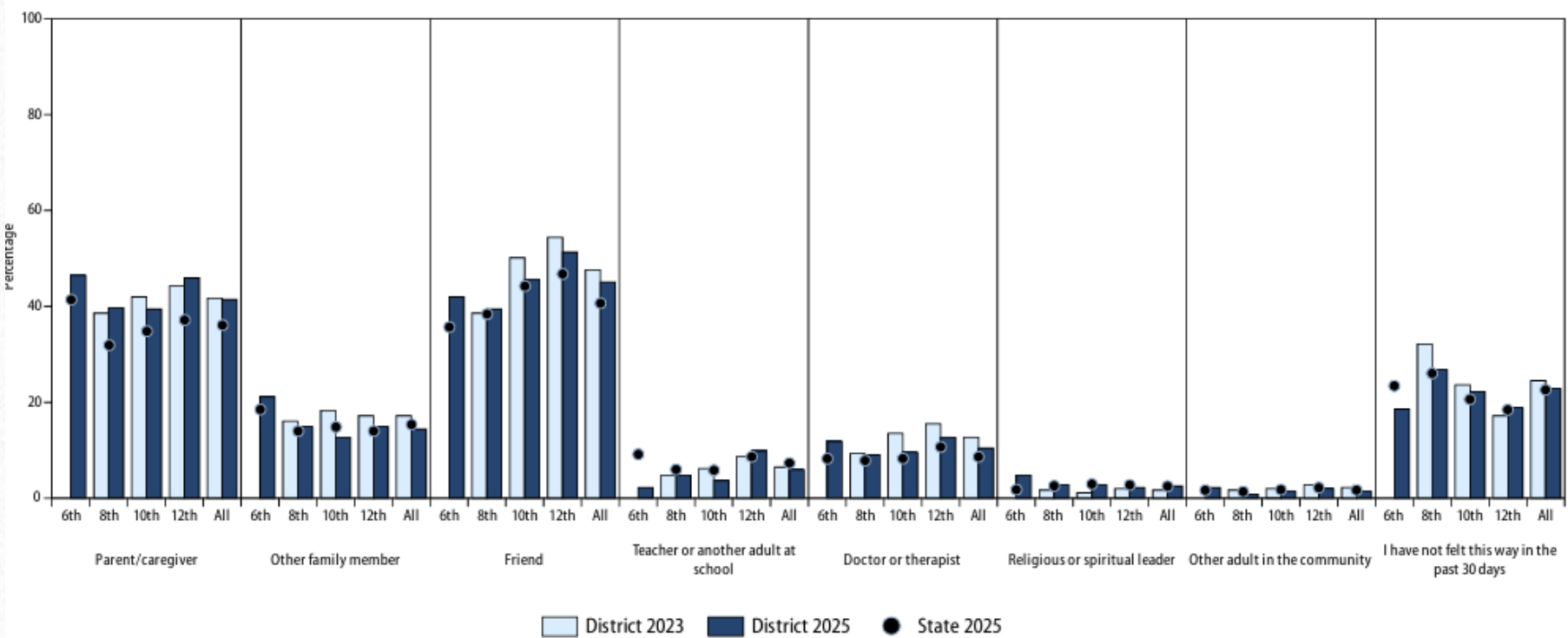
Who Students are Talking to

Highlights

- Of the students feeling sad, lonely, or worried, many are talking to someone.
- Most are talking to parents/caregivers and friends.

Areas for Further Consideration

- Students are not talking to school staff as much.
- Target prevention resources to peers and caregivers.





Bulling and Depression/Suicide

Highlights

- Below state averages

Areas for Further Consideration

- 40% bullied students felt sad/hopeless daily, 27% seriously considered suicide, 20% made a suicidal plan, and 8% attempted
- Of students bullied who felt sad/hopeless, 58% miss school more often
- Target prevention resources to peers and caregivers



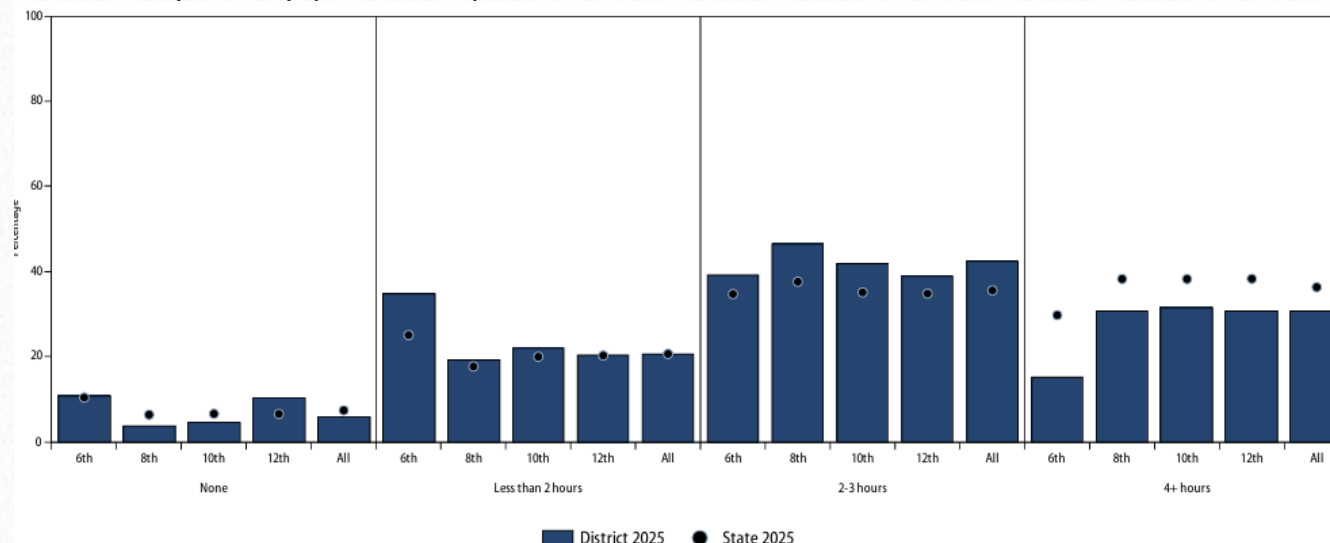
Screentime

Highlights

- Below state averages for 6th graders having phones and social media accounts, and for excessive device use
- Above state average for parents/caregivers having set rules about screentime and social media use
- Below state averages for excessive social media use per day (4+ hours)

Areas for Further Consideration

- 30% students spending 4+ hours on electronics
- While below state averages for excessive use, above state averages for 2-3 hours social media use per day
- Still 20% of students spending 4+hours on social media





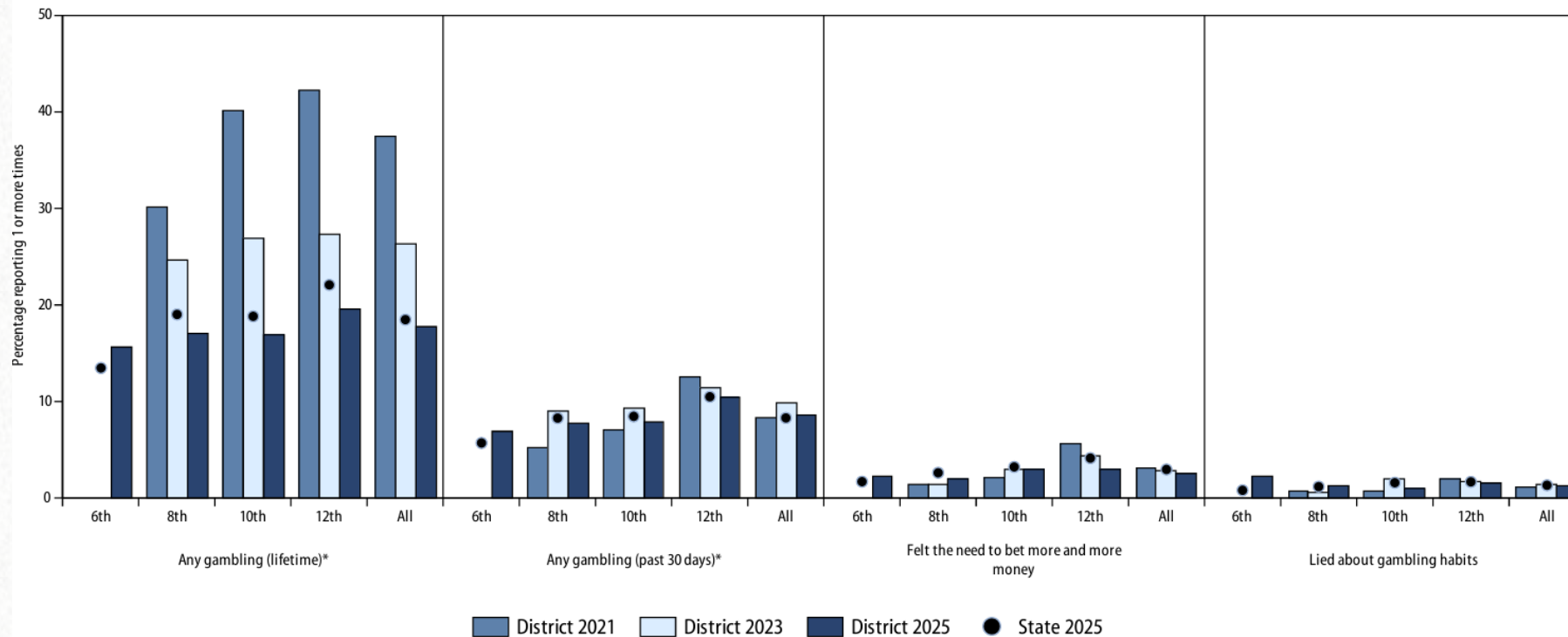
Gambling

Highlights

- Frequent gambling rates are fairly low

Areas for Further Consideration

- 17% of students engaged in gambling in their lifetime
- Games and sports related gambling the





School Climate and Safety

Highlights

- 89% of students reported a lot of opportunities to talk 1:1 with teachers
- 90% have a lot of chances to be part of class discussions/activities
- 89% of students feel safe at school
- Adults are stopping bullying when seeing it at school
- Frequent bullying occurring at low rates

Areas for Further Consideration

- 46% students view learning in school as going to be important later in life
- Schoolwork viewed as meaningful by 32% of students
- When bullying is occurring, mostly on school property and through online/social media



Indicators of Risk

Highlights

- 89% of students reported a lot of opportunities to talk 1:1 with teachers
- ATOD use is lower when perception of risk is high, when parental disapproval is high, and when peer disapproval is high

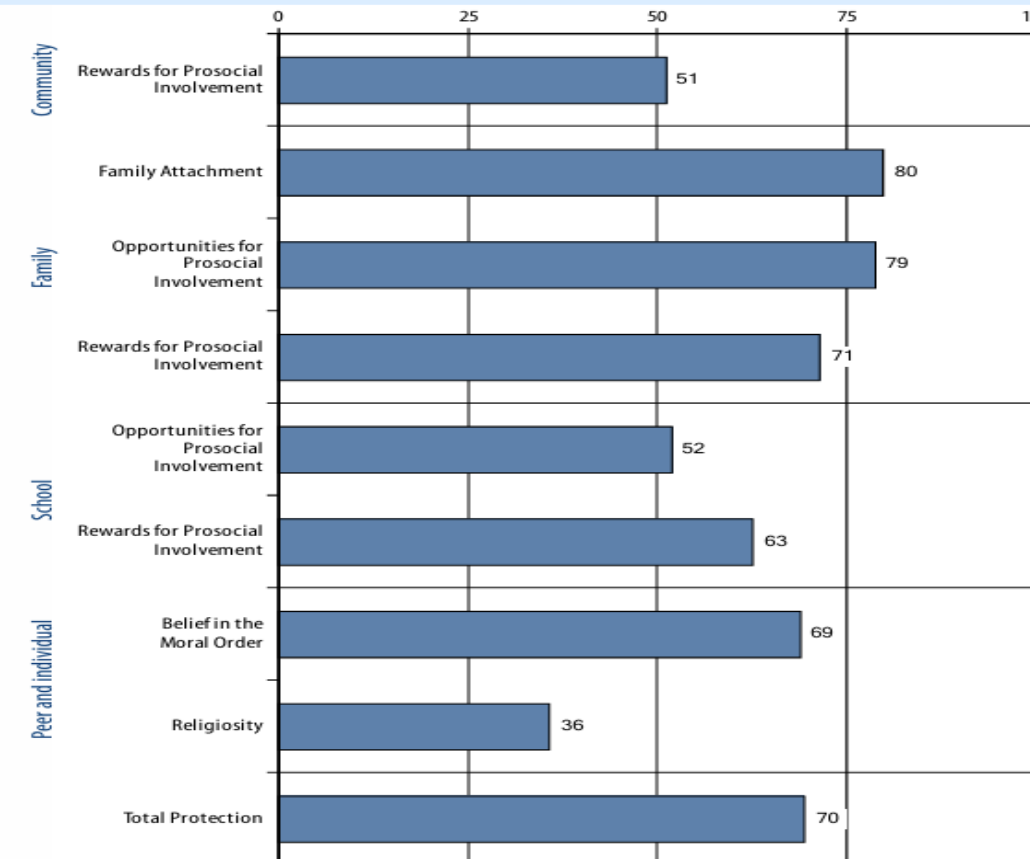
Areas for Further Consideration

- 31% students sleeping less than 7 hrs/night with rates increasing with age
- 24% of students experienced death of friend or family member
- 10% of students worried about running out of food
- 25% reporting that when using ATOD's a parent or caregiver gave it to them, with only siblings or friends being higher



Protective Factors

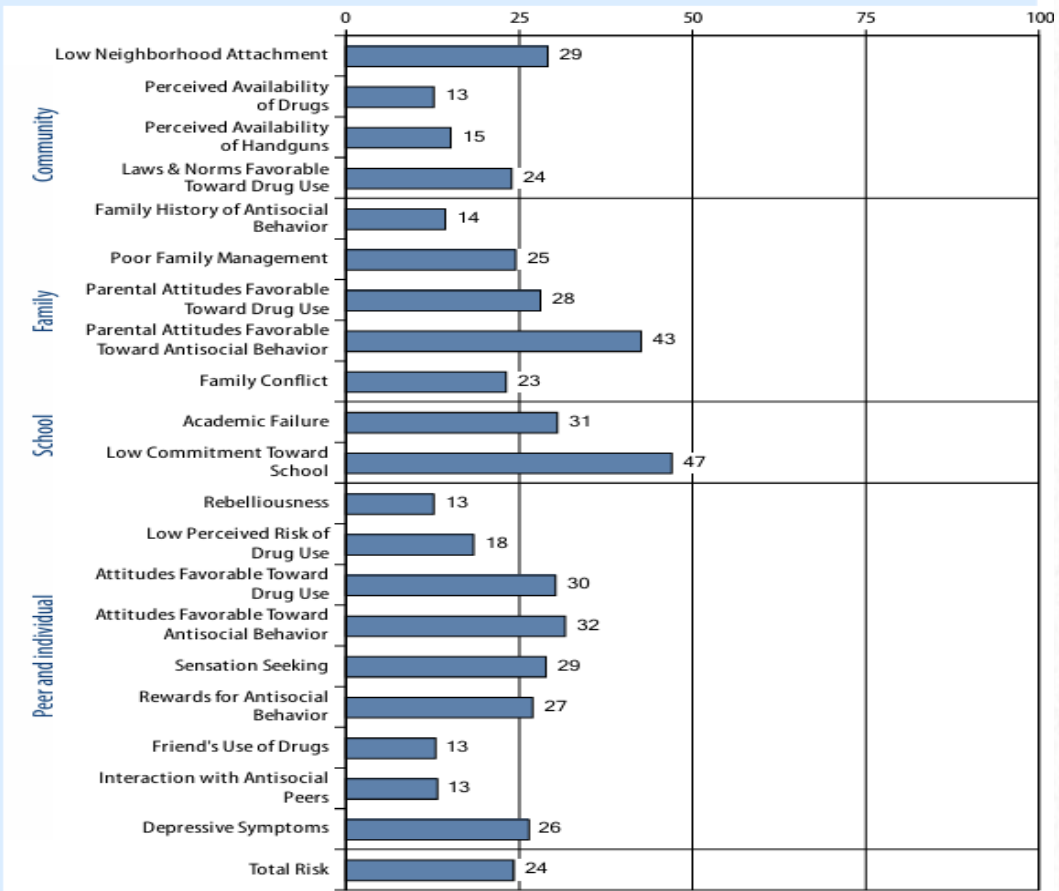
Central Bucks School District
Protective Factors, 2025 Pennsylvania Youth Survey





Risk Factors

Central Bucks School District
Risk Factors, 2025 Pennsylvania Youth Survey





Areas For Consideration

Areas for Consideration

- Use of alcohol still reported as being highest among alcohol, marijuana, inhalants, and vaping, and willingness to try at younger ages
- Slight increases in mental health difficulty in 8th grade, with higher depressive symptoms than other MH issues
- Suicide rates still higher than we would like to see: 10% seriously considered suicide, with 7% planning it and 3% attempting; seeing younger trends
- 40% bullied students felt sad/hopeless daily, 27% seriously considered suicide, 20% made a suicidal plan, and 8% attempted
- Of students bullied who felt sad/hopeless, 58% miss school more often
- Schoolwork viewed as meaningful by 32% of students
- Low commitment to school
- Parental attitudes towards poor behavior

Recommendations for Next Steps



Next Steps

- Continue to develop and bolster PBIS, anti-bullying, tiered counseling models
- Consider mental health universal screening
- Continue to expand upon suicide prevention and ATOD prevention
- Increase family engagement and education
- Staff training on warning signs of mental health and D&A challenges
- Continued focus on creative opportunities and ways to provide meaningful learning opportunities and engage students