

White Mountains Regional HS

2025 Youth Risk Behavior Survey Report

North Country Public Health Region



Department of
**HEALTH &
HUMAN SERVICES**

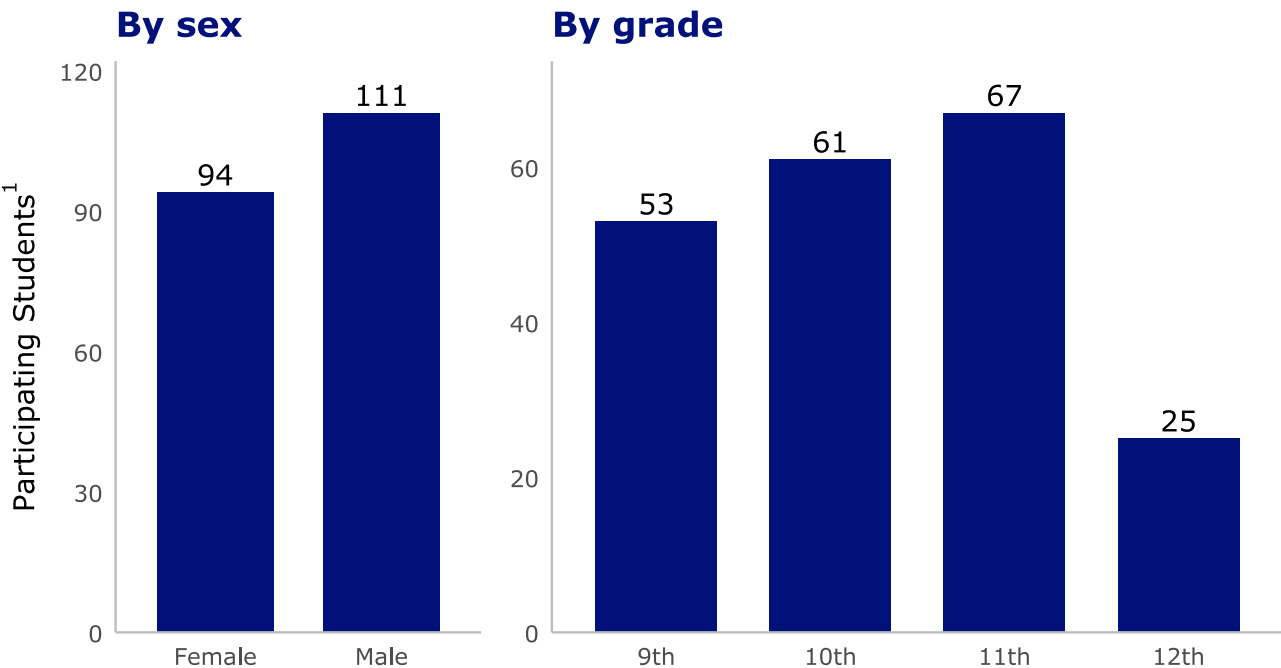
Division of
Public Health

Introduction

The 2025 Youth Risk Behavior Survey (YRBS) report presents data on health-risk behaviors by sex and grade. We hope this report is useful in understanding high school student behaviors and assists you in developing educational programs, curriculum and communication tools to encourage and support healthy behaviors among students in your communities.

School-level Estimates

The 2025 survey response rate at White Mountains Regional HS was 65%, meaning 207 of 320 enrolled and eligible students took the survey. School-level estimates are based on students in attendance who did not opt out of participation in the YRBS on a given date and time during the school year. Results could be less representative of the school as a whole if specific classrooms or classroom types were not included in the survey, or if students with certain characteristics were absent or otherwise tended not to participate.



¹ Counts by sex and/or grade may not sum to the total number of participants, as some students do not self-report sex or grade in the survey.

State and Regional Estimates

State and regional estimates are calculated from a random sample developed using scientific survey methods². These methods use weighting to account for student, classroom, school, and regional factors in order to ensure the respondents are representative of students in the region and in the state. Surveys that have a sample selected according to CDC's randomization protocol, appropriate documentation of school and classroom selection, and an overall response rate of $\geq 60\%$ ³ are weighted. The random sample is not designed to provide school-level estimates. Note: region-level results were first made available in 2015.

Help and Assistance

Community projects and support

Regional Public Health Network Substance Misuse Prevention Coordinators are available to assist schools in coordinating community projects that promote healthy behaviors and educate school officials and stakeholders. Coordinators may also assist schools in obtaining school and community grant funding.

Your contact is: North Country Public Health Region: Greg Williams; Email: GWilliams@nchcnh.org; Website: <https://nchcnh.org/>

Questions on this report

Health Statistics and Data Management

NH Department of Health and Human Services, Division of Public Health

NH.YouthRiskBehaviorSurvey@dhhs.nh.gov; (603) 271-4988

² For more details on the YRBS methodology see "Overview and Methods for the Youth Risk Behavior Surveillance System — United States, 2021" available at <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10156160/>

³ Overall response rate is computed as (number of participating schools / number of eligible sampled schools) × (number of usable questionnaires / number of eligible students sampled in participating schools).

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Alcohol Use - Behaviors

- had their first drink of alcohol before age 13 years (p. 7)
- drank alcohol during the past 30 days (p. 8)
- usually got the alcohol they drank by someone giving it to them (p. 9)

Bullying, Electronic Bullying and Fighting

- carried a weapon on school property (p. 10)
- who carried a gun (p. 11)
- did not go to school because they felt unsafe at school or on their way to or from school (p. 12)
- were threatened or injured with a weapon on school property (p. 13)
- were in a physical fight during the past 12 months (p. 14)
- were in a physical fight on school property during the past 12 months (p. 15)
- ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood (p. 16)
- were bullied on school property during the past 12 months (p. 17)
- were electronically bullied during the past 12 months (p. 18)

Drug Use - Behaviors

- tried marijuana for the first time before age 13 years (p. 19)
- currently used marijuana (p. 20)
- ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it (p. 21)
- ever used heroin in their lifetime (p. 22)
- ever used methamphetamines in their lifetime (p. 23)
- ever injected any illegal drug in their lifetime (p. 24)

Other Health Risks

- reported that a parent or other adult in their home most of the time or always insulted them or put them down (p. 25)
- had a concussion from playing a sport or being physically active during the past 12 months (p. 26)
- were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood) (p. 27)
- were tested for a sexually transmitted disease (STD) other than HIV during the past 12 months (p. 28)
- saw a dentist (for a check-up, exam, teeth cleaning, or other dental work) during the past 12 months (p. 29)
- saw a doctor or nurse (for a check-up or physical exam when they were not sick or injured) during the past 12 months (p. 30)
- reported that their mental health was most of the time or always not good (p. 31)
- experienced unstable housing (p. 32)
- have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned during the past 30 days (p. 33)
- had never or rarely been made sure the basic needs were met by an adult in the household (p. 34)
- ever lived with a parent or guardian who was having a problem with alcohol or drug use (p. 35)
- ever lived with a parent or guardian who had severe depression, anxiety, or another mental illness, or was suicidal (p. 36)
- reported their family sometimes, most of the time, or always worried that their food would run out before they got money to buy more (p. 37)
- reported sometimes, most of the time, or always the food their family bought ran out and they did not have money to buy more (p. 38)
- agree that in their community they feel like they matter to people (p. 39)
- would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life (p. 40)
- participate in organized afterschool, evening, or weekend activities on one or more days (p. 41)
- never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work) (p. 42)

Other Life Experience

- were most of the time or always hit, beat, kicked or physically hurt by a parent or other adult in the home (p. 43)
- most of the time or always had parents or other adults slapped, hit, kicked, punched or beat each other up in the home (p. 44)
- used social media several times a day (p. 45)
- used various social media platforms (p. 46)
- had ever been separated from a parent or guardian because they went to jail, prison, or a detention center (p. 47)
- had ever been given money, a place to stay, food, or something else of value in exchange for sex (p. 48)
- had ever been forced to work or do something illegal by someone who got money or something of value for what they did (p. 49)
- reported there is at least one teacher or other adult in their school that they can talk to if they have a problem (p. 50)
- had parents or adults in their family serving in the military (p. 51)
- worked at a paying job mainly to help their family pay bills or buy food (among students who worked at a paying job) (p. 52)
- worked 21 or more hours per week at all their paying jobs (during the school year, among students who worked at a paying job during the school year) (p. 53)

Physical Inactivity and Unhealthy Dietary Behaviors

- spent 3 or more hours of screen time on average school day (p. 54)
- had obesity based on body mass index (BMI) (p. 55)
- were overweight (p. 56)

Sexual Risk - Behaviors

- ever had sexual intercourse (p. 57)
- had sexual intercourse for the first time before age 13 years (p. 58)
- had sexual intercourse with four or more persons during their life (p. 59)
- were currently sexually active (during the past 3 months) (p. 60)
- drank alcohol or used drugs before last sexual intercourse (p. 61)
- used a condom during last sexual intercourse (p. 62)
- used birth control pills before last sexual intercourse with opposite-sex partner (p. 63)
- used a condom to prevent both pregnancy and sexually transmitted diseases the last time they had sexual intercourse (p. 64)
- used or whose partner used emergency contraception or the morning after pill (p. 65)
- verbally asked for consent the last time they had sexual contact (p. 66)
- gave verbal consent the last time they had sexual contact (p. 67)
- reported their doctor or nurse discussed ways to prevent pregnancy, AIDS, or other sexually transmitted infections (STIs) (p. 68)
- ever talked about birth control with their parents, guardians, or other trusted adults (p. 69)
- did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner (among students who were currently sexually active) (p. 70)
- used an IUD or implant before last sexual intercourse with an opposite-sex partner (among students who were currently sexually active) (p. 71)
- used birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse with an opposite-sex partner (among students who were currently sexually active) (p. 72)
- used a condom as the primary method to prevent pregnancy before last sexual intercourse with an opposite-sex partner (among students who were currently sexually active) (p. 73)

Sexual and Dating Violence

- were ever physically forced to have sexual intercourse (p. 74)
- experienced sexual violence during the past 12 months (p. 75)
- experienced sexual dating violence during the past 12 months (p. 76)
- experienced physical dating violence during the past 12 months (p. 77)
- reported someone did sexual things to them that they did not want to do during the past 12 months (p. 78)
- reported someone they were dating or going out with purposely tried to control them or emotionally hurt them (p. 79)
- purposely tried to control or emotionally hurt someone they were dating in the past 12 months (p. 80)
- forced someone they were dating to do sexual things that they did not want to do (p. 81)
- have ever been made do unwanted sexual things by an adult or person at least five years older than themselves (p. 82)

Suicide, Sadness and Helplessness

- purposely hurt themselves without wanting to die (p. 83)
- felt sad or hopeless almost every day for ≥ 2 weeks in a row and stopped doing usual activities (p. 84)
- seriously considered attempting suicide (p. 85)
- made a plan about how they would attempt suicide (p. 86)
- actually attempted suicide (p. 87)
- had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse (p. 88)
- asked for help before attempting suicide (p. 89)
- called, texted, or chatted the 988 Suicide and Crisis Lifeline (p. 90)
- called, texted, or chatted the NH Rapid Response Access Point Line (833-710-6477) for mental health support (p. 91)
- most of the time or always got the kind of help they needed when feeling sad, empty, hopeless, angry, or anxious (p. 92)
- needed counseling or therapy from a health professional, but did not get it because of cost, not knowing how or where to get help, or another reason (p. 93)

Tobacco Use - Behaviors

- ever smoked a cigarette (even one or two puffs) (p. 94)
- smoked a cigarette before age 13 years (even one or two puffs) (p. 95)
- currently smoked cigarettes (p. 96)
- smoked more than 10 cigarettes per day during the past 30 days (p. 97)
- ever used an electronic vapor product (p. 98)
- currently used an electronic vapor product (p. 99)
- usually got their electronic vapor products by buying them themselves (p. 100)
- currently smoked cigarettes daily (p. 101)
- currently used electronic vapor products daily (p. 102)
- currently smoked cigarettes frequently (p. 103)
- currently used electronic vapor products frequently (p. 104)

Vehicle and Bicycle Safety

- did not always wear a seat belt (when riding in a car driven by someone else) (p. 105)
- rode with a driver who had been drinking alcohol (p. 106)
- texted or e-mailed while driving a car or other vehicle (p. 107)
- used the Internet or livestream on their cell phone while driving a car other vehicle (p. 108)

Percent of students who had their first drink of alcohol before age 13 years

ALCOHOL USE - BEHAVIORS

13.5%

White Mountains Regional HS*

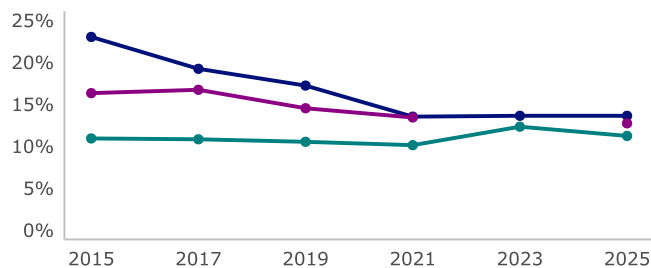
12.6%

North Country Region+

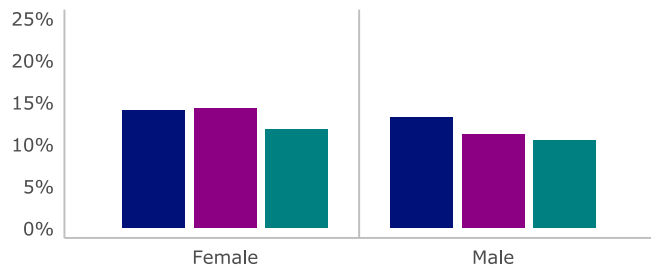
11.1%

New Hampshire+

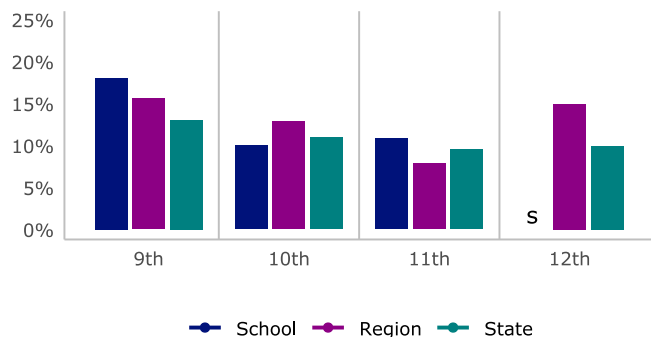
By year



By sex



By grade



	School [*]	Region ⁺	State ⁺
YEAR			
2015	22.9	16.2	10.8
2017	19.1	16.6	10.7
2019	17.1	14.4	10.4
2021	13.4	13.3	10.0
2023	13.5	-	12.2
2025	13.5	12.6	11.1
GRADE (2025)			
9th	18.0	15.6	13.0
10th	10.0	12.8	10.9
11th	10.8	7.8	9.5
12th	s	14.9	9.9
SEX (2025)			
Female	14.0	14.3	11.7
Male	13.2	11.1	10.4

NOTES

- * School results are calculated directly from survey responses and may not be representative of the school as a whole.
- + Region and state results are calculated using the CDC weighted sample methodology to be representative of the population of these areas. Caution should be used when comparing with the school results.
- Data not available (question not asked, region not weighted, and/or school did not participate in that year).
- s To protect confidentiality the data have been suppressed. Cells are suppressed when the denominator is less than 30 students or the numerator is between 1 and 4 students for sex and grade. Numerators that are zero are not suppressed.

INDICATOR DEFINITION

Percentage of students who responded "8 years old or younger"; "9 or 10 years old"; "11 or 12 years old" out of responses "I have never had a drink of alcohol other than a few sips"; "8 years old or younger"; "9 or 10 years old"; "11 or 12 years old"; "13 or 14 years old"; "15 or 16 years old"; "17 years old or older" to question "How old were you when you had your first drink of alcohol other than a few sips?"

Percent of students who drank alcohol during the past 30 days

ALCOHOL USE - BEHAVIORS

21.5%

White Mountains Regional HS*

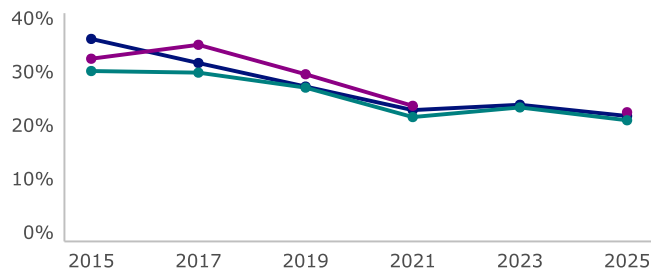
22.2%

North Country Region+

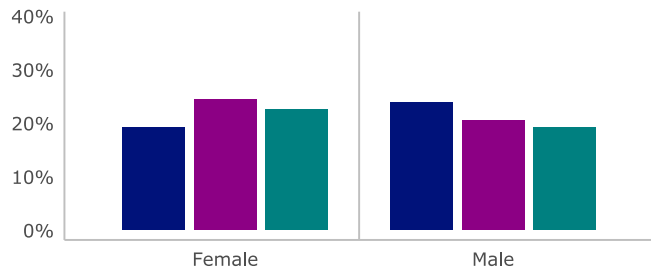
20.7%

New Hampshire+

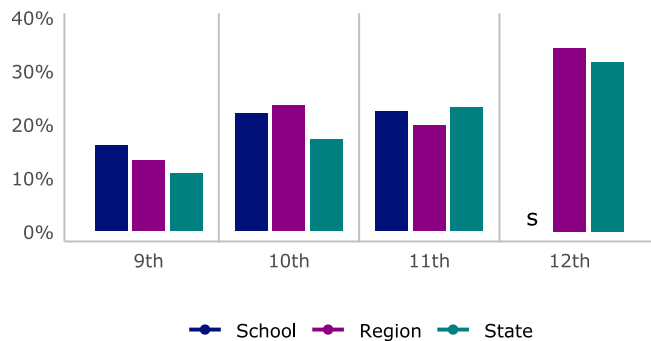
By year



By sex



By grade



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	35.9	32.2	29.9
2017	31.4	34.8	29.6
2019	27.0	29.3	26.8
2021	22.6	23.4	21.3
2023	23.6	-	23.1
2025	21.5	22.2	20.7
GRADE (2025)			
9th	16.0	13.2	10.8
10th	22.0	23.5	17.1
11th	22.4	19.8	23.1
12th	s	34.2	31.6
SEX (2025)			
Female	19.1	24.3	22.5
Male	23.8	20.5	19.1

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INDICATOR DEFINITION

Percentage of students who responded "1 or 2 days"; "3 to 5 days"; "6 to 9 days"; "10 to 19 days"; "20 to 29 days"; "All 30 days" out of responses "0 days"; "1 or 2 days"; "3 to 5 days"; "6 to 9 days"; "10 to 19 days"; "20 to 29 days"; "All 30 days" to question "During the past 30 days, on how many days did you have at least one drink of alcohol?"

Percent of students who usually got the alcohol they drank by someone giving it to them

ALCOHOL USE - BEHAVIORS

41.5%

White Mountains Regional HS*

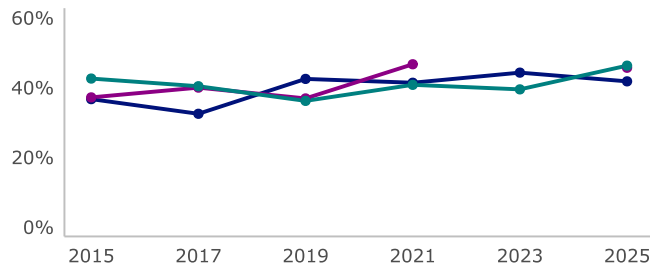
45.4%

North Country Region+

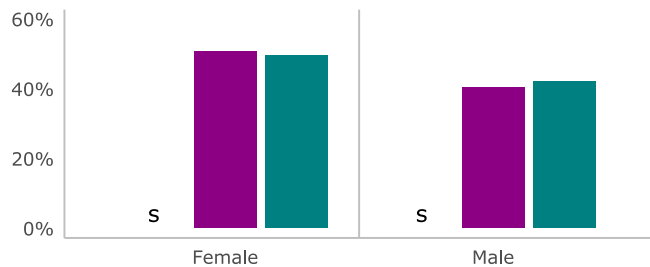
46.0%

New Hampshire+

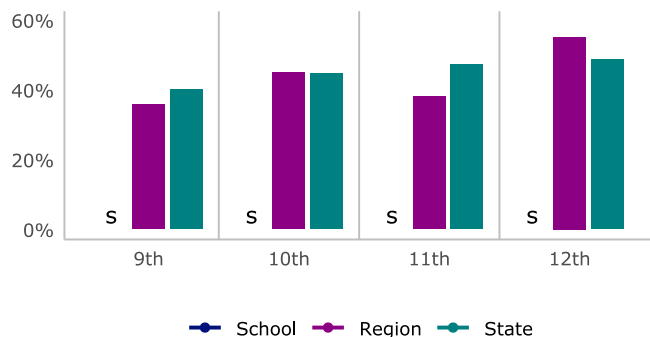
By year



By sex



By grade



	School [*]	Region ⁺	State ⁺
YEAR			
2015	36.4	36.9	42.3
2017	32.2	39.7	40.1
2019	42.2	36.6	35.9
2021	41.1	46.4	40.5
2023	44.0	-	39.2
2025	41.5	45.4	46.0
GRADE (2025)			
9th	s	35.8	40.0
10th	s	45.0	44.7
11th	s	38.1	47.3
12th	s	55.1	48.6
SEX (2025)			
Female	s	50.5	49.6
Male	s	40.3	42.1

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INDICATOR DEFINITION

Percentage of students who responded "Someone gave it to me" out of responses "I bought it in a store such as a liquor store, convenience store, supermarket, discount store, or gas station"; "I bought it at a restaurant, bar, or club"; "I bought it at a public event such as a concert or sporting event"; "I gave someone else money to buy it for me"; "Someone gave it to me"; "I took it from a store or family member"; "I got it some other way" to question "During the past 30 days, how did you usually get the alcohol you drank?" Excludes students who responded "I did not drink alcohol during the past 30 days." Additionally, students must have responded "1 or 2 days"; "3 to 5 days"; "6 to 9 days"; "10 to 19 days"; "20 to 29 days"; "All 30 days" to question "During the past 30 days, on how many days did you have at least one drink of alcohol?"

Percent of students who carried a weapon on school property

BULLYING, ELECTRONIC BULLYING AND FIGHTING

5.4%

White Mountains Regional HS*

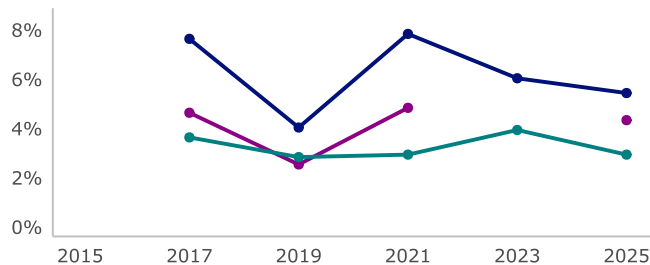
4.3%

North Country Region+

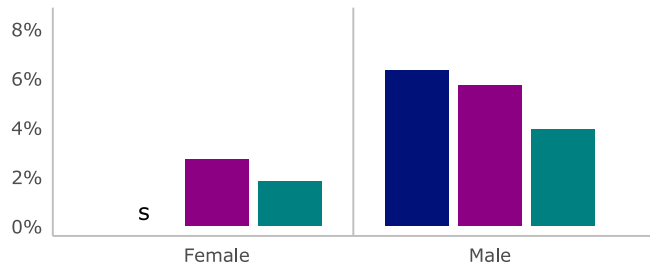
2.9%

New Hampshire+

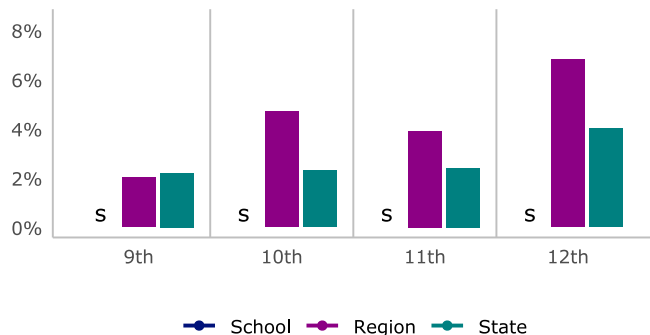
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	7.6	4.6	3.6
2019	4.0	2.5	2.8
2021	7.8	4.8	2.9
2023	6.0	-	3.9
2025	5.4	4.3	2.9
GRADE (2025)			
9th	s	2.0	2.2
10th	s	4.7	2.3
11th	s	3.9	2.4
12th	s	6.8	4.0
SEX (2025)			
Female	s	2.7	1.8
Male	6.3	5.7	3.9

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INDICATOR DEFINITION

Percentage of students who responded "1 day"; "2 or 3 days"; "4 or 5 days"; "6 or more days" out of responses "0 days"; "1 day"; "2 or 3 days"; "4 or 5 days"; "6 or more days" to question "During the past 30 days, on how many days did you carry a weapon such as a gun, knife, or club on school property?"

Percent of students who who carried a gun

BULLYING, ELECTRONIC BULLYING AND FIGHTING

3.4%

White Mountains Regional HS*

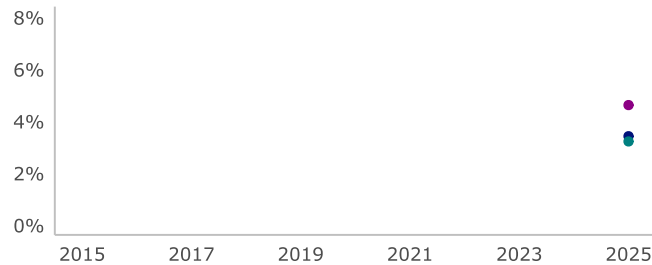
4.6%

North Country Region+

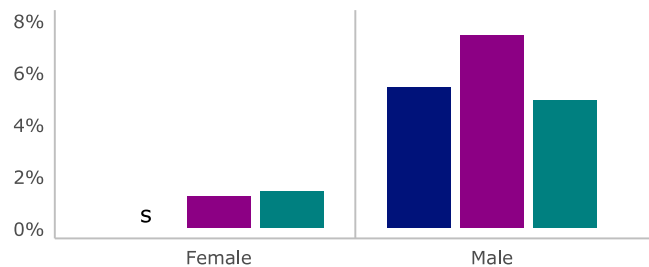
3.2%

New Hampshire+

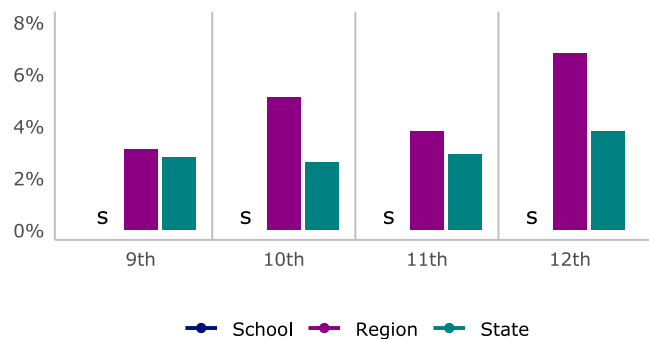
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	3.4	4.6	3.2
GRADE (2025)			
9th	S	3.1	2.8
10th	S	5.1	2.6
11th	S	3.8	2.9
12th	S	6.8	3.8
SEX (2025)			
Female	S	1.2	1.4
Male	5.4	7.4	4.9

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INDICATOR DEFINITION

Percentage of students who responded "1 day"; "2 or 3 days"; "4 or 5 days"; "6 or more days" out of responses "0 days"; "1 day"; "2 or 3 days"; "4 or 5 days"; "6 or more days" to question "During the past 12 months, on how many days did you carry a gun? (Do not count the days when you carried a gun only for hunting or for a sport, such as target shooting.)"

Percent of students who did not go to school because they felt unsafe at school or on their way to or from school

BULLYING, ELECTRONIC BULLYING AND FIGHTING

16.5%

White Mountains Regional HS*

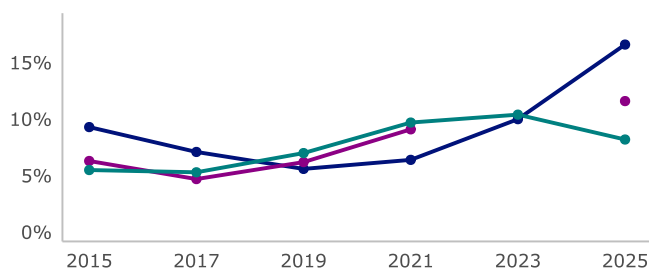
11.5%

North Country Region+

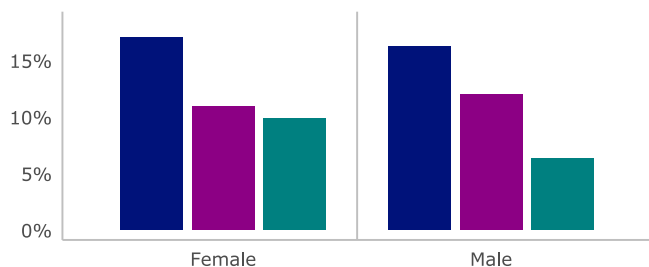
8.1%

New Hampshire+

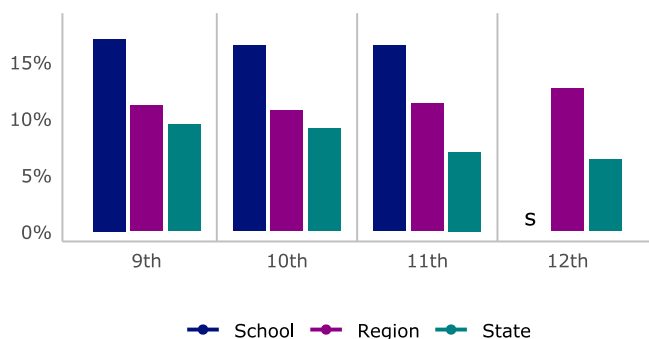
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	9.2	6.2	5.4
2017	7.0	4.6	5.2
2019	5.5	6.1	6.9
2021	6.3	9.0	9.6
2023	9.9	-	10.3
2025	16.5	11.5	8.1
GRADE (2025)			
9th	17.0	11.1	9.4
10th	16.4	10.7	9.1
11th	16.4	11.3	7.0
12th	s	12.6	6.3
SEX (2025)			
Female	17.0	10.9	9.9
Male	16.2	12.0	6.3

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INDICATOR DEFINITION

Percentage of students who responded "1 day"; "2 or 3 days"; "4 or 5 days"; "6 or more days" out of responses "0 days"; "1 day"; "2 or 3 days"; "4 or 5 days"; "6 or more days" to question "During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to or from school?"

Percent of students who were threatened or injured with a weapon on school property

BULLYING, ELECTRONIC BULLYING AND FIGHTING

6.8%

White Mountains Regional HS*

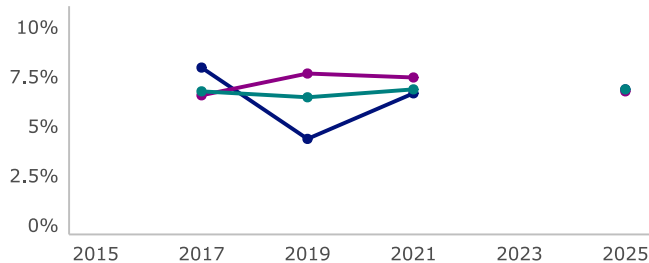
6.7%

North Country Region+

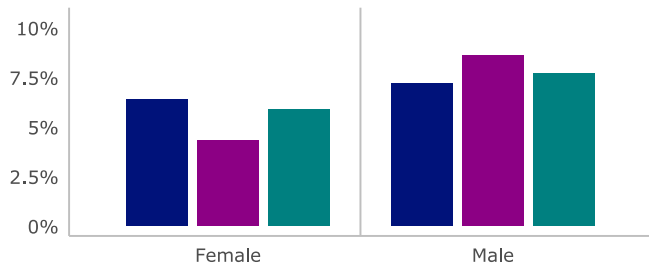
6.8%

New Hampshire+

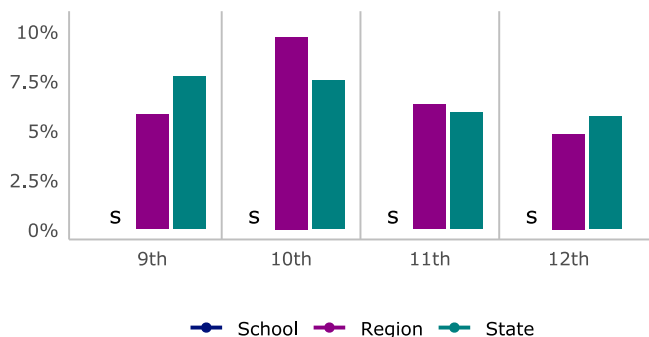
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	7.9	6.5	6.7
2019	4.3	7.6	6.4
2021	6.6	7.4	6.8
2023	-	-	-
2025	6.8	6.7	6.8
GRADE (2025)			
9th	S	5.8	7.7
10th	S	9.7	7.5
11th	S	6.3	5.9
12th	S	4.8	5.7
SEX (2025)			
Female	6.4	4.3	5.9
Male	7.2	8.6	7.7

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or 7 times"; "8 or 9 times"; "10 or 11 times"; "12 or more times" out of responses "0 times"; "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or 7 times"; "8 or 9 times"; "10 or 11 times"; "12 or more times" to question "During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club on school property?"

Percent of students who were in a physical fight during the past 12 months

BULLYING, ELECTRONIC BULLYING AND FIGHTING

20.6%

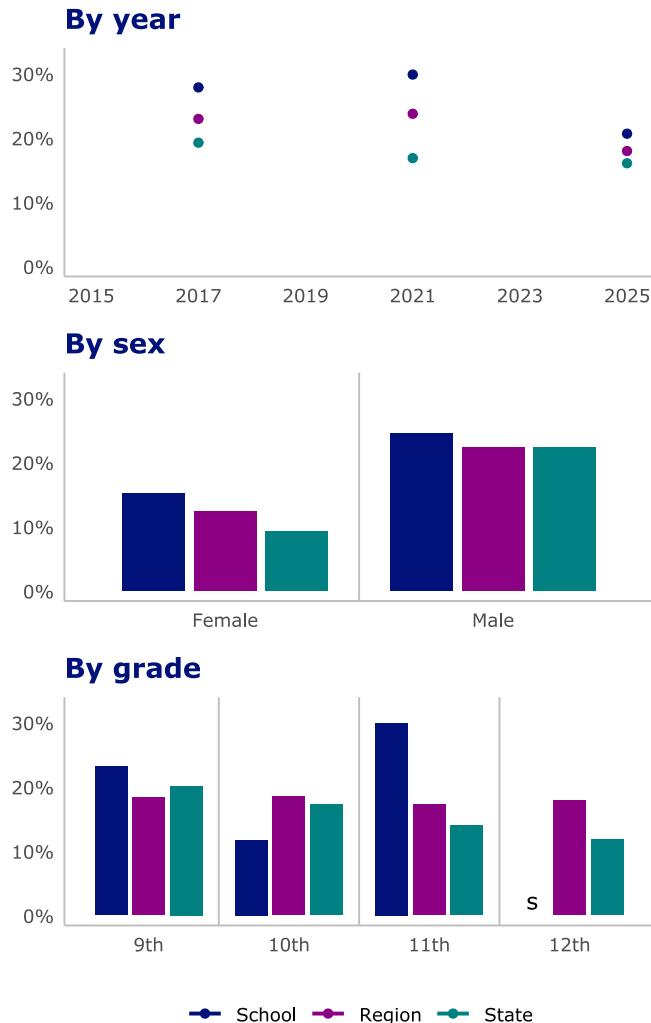
White Mountains Regional HS*

17.9%

North Country Region+

16.0%

New Hampshire+



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	27.8	22.9	19.2
2019	-	-	-
2021	29.8	23.7	16.8
2023	-	-	-
2025	20.6	17.9	16.0
GRADE (2025)			
9th	23.1	18.3	20.1
10th	11.7	18.5	17.2
11th	29.9	17.2	13.9
12th	s	17.8	11.8
SEX (2025)			
Female	15.1	12.4	9.3
Male	24.5	22.4	22.3

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or 7 times"; "8 or 9 times"; "10 or 11 times"; "12 or more times" out of responses "0 times"; "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or 7 times"; "8 or 9 times"; "10 or 11 times"; "12 or more times" to question "During the past 12 months, how many times were you in a physical fight?"

Percent of students who were in a physical fight on school property during the past 12 months

BULLYING, ELECTRONIC BULLYING AND FIGHTING

10.3%

White Mountains Regional HS*

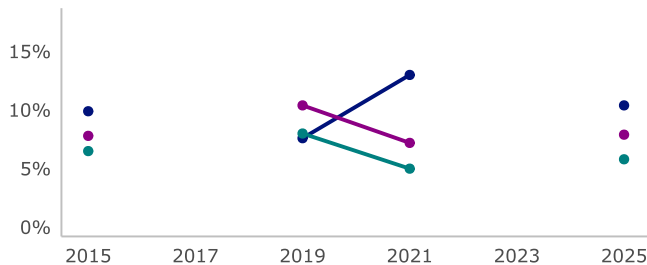
7.8%

North Country Region+

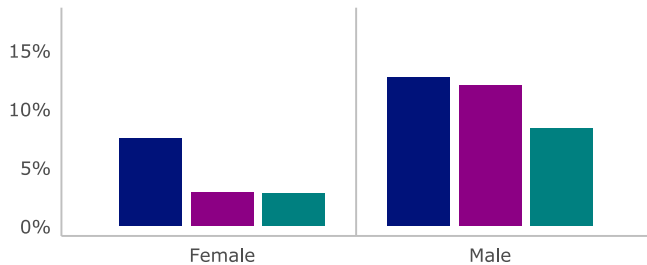
5.7%

New Hampshire+

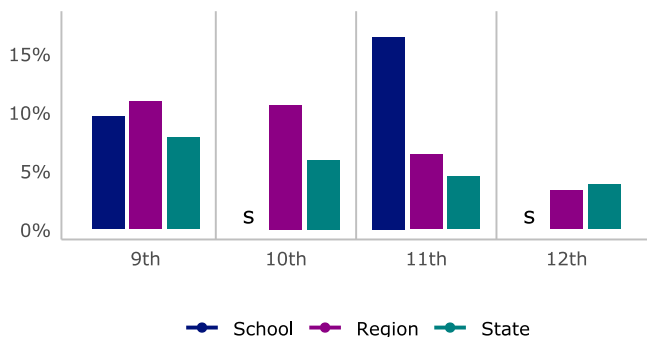
By year



By sex



By grade



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	9.8	7.7	6.4
2017	-	-	-
2019	7.5	10.3	7.9
2021	12.9	7.1	4.9
2023	-	-	-
2025	10.3	7.8	5.7
GRADE (2025)			
9th	9.6	10.9	7.8
10th	s	10.6	5.9
11th	16.4	6.4	4.5
12th	s	3.3	3.8
SEX (2025)			
Female	7.5	2.9	2.8
Male	12.7	12.0	8.3

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or 7 times"; "8 or 9 times"; "10 or 11 times"; "12 or more times" out of responses "0 times"; "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or 7 times"; "8 or 9 times"; "10 or 11 times"; "12 or more times" to question "During the past 12 months, how many times were you in a physical fight on school property?"

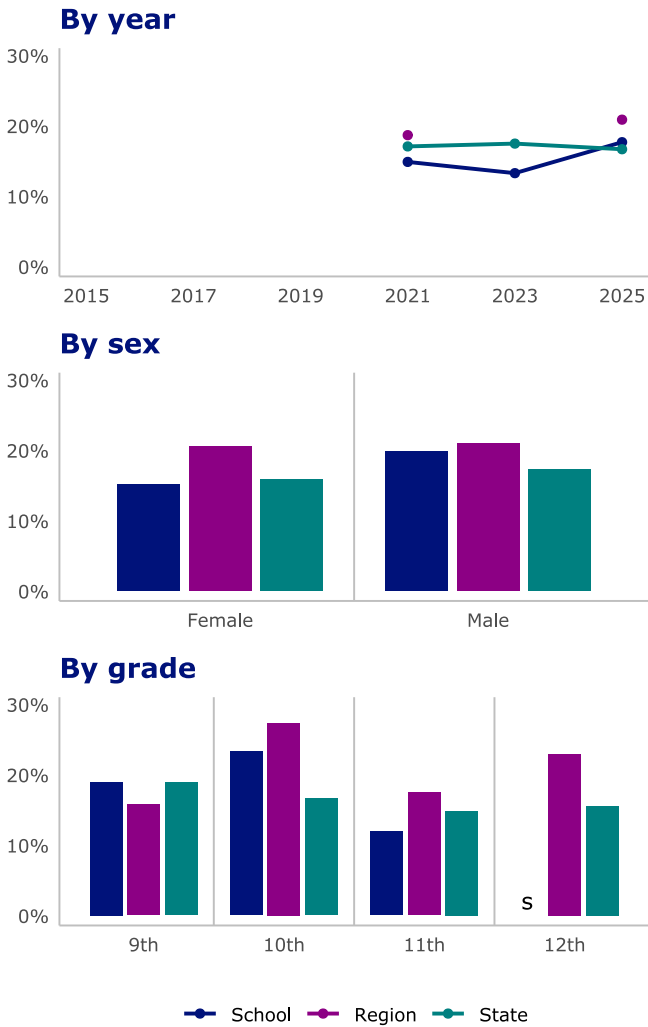
Percent of students who ever saw someone get physically attacked, beaten, stabbed, or shot in their neighborhood

BULLYING, ELECTRONIC BULLYING AND FIGHTING

17.6%
 White Mountains Regional HS*

20.8%
 North Country Region+

16.6%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	14.8	18.6	17.0
2023	13.2	-	17.4
2025	17.6	20.8	16.6
GRADE (2025)			
9th	18.9	15.7	18.8
10th	23.3	27.3	16.6
11th	11.9	17.4	14.8
12th	s	22.9	15.5
SEX (2025)			
Female	15.1	20.6	15.9
Male	19.8	20.9	17.2

- NOTES**
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INDICATOR DEFINITION
 Percentage of students who responded “Yes” out of responses “Yes”; “No” to question “Have you ever seen someone get physically attacked, beaten, stabbed, or shot in your neighborhood?”

Percent of students who were bullied on school property during the past 12 months

BULLYING, ELECTRONIC BULLYING AND FIGHTING

27.5%

White Mountains Regional HS*

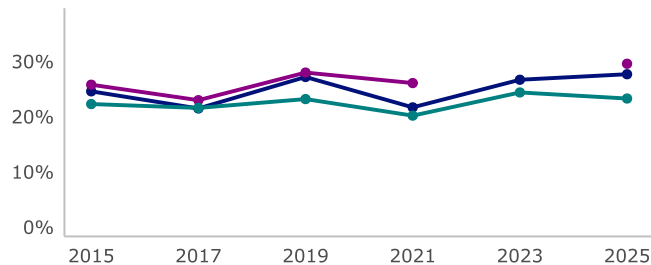
29.4%

North Country Region+

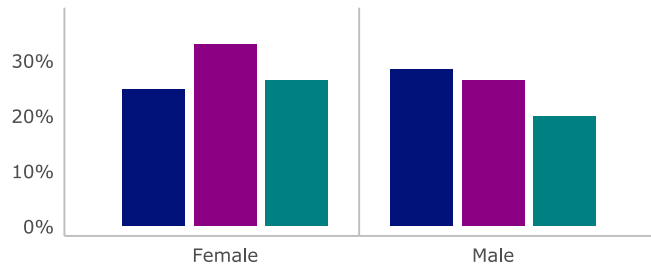
23.1%

New Hampshire+

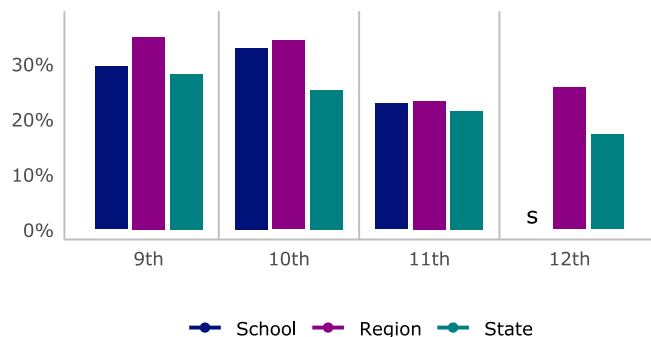
By year



By sex



By grade



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	24.4	25.6	22.1
2017	21.3	22.8	21.4
2019	27.0	27.8	23.0
2021	21.5	25.9	20.0
2023	26.5	-	24.2
2025	27.5	29.4	23.1
GRADE (2025)			
9th	29.4	34.8	28.1
10th	32.8	34.2	25.2
11th	22.7	23.2	21.4
12th	s	25.7	17.1
SEX (2025)			
Female	24.7	32.9	26.3
Male	28.4	26.3	19.9

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No" to question "During the past 12 months, have you ever been bullied on school property?"

Percent of students who were electronically bullied during the past 12 months

BULLYING, ELECTRONIC BULLYING AND FIGHTING

17.2%

White Mountains Regional HS*

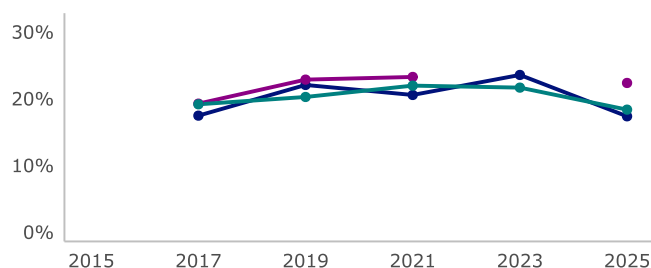
22.2%

North Country Region+

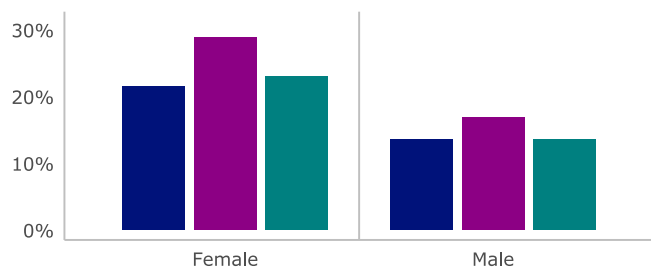
18.2%

New Hampshire+

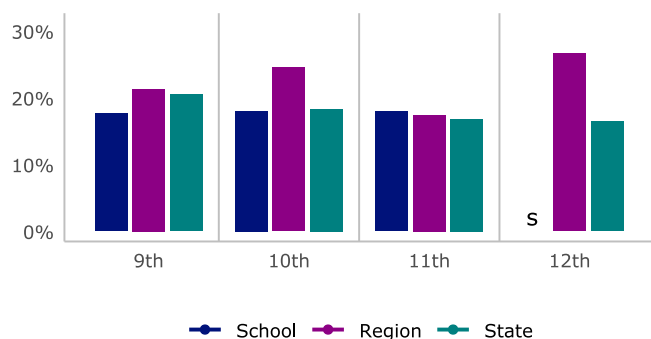
By year



By sex



By grade



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	17.3	19.1	19.0
2019	21.9	22.7	20.1
2021	20.4	23.1	21.8
2023	23.4	-	21.5
2025	17.2	22.2	18.2
GRADE (2025)			
9th	17.6	21.3	20.5
10th	18.0	24.5	18.3
11th	17.9	17.4	16.8
12th	s	26.6	16.4
SEX (2025)			
Female	21.5	28.8	23.0
Male	13.6	16.8	13.5

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No" to question "During the past 12 months, have you ever been electronically bullied? (Count being bullied through texting, Instagram, Facebook, or other social media.)"

Percent of students who tried marijuana for the first time before age 13 years

DRUG USE - BEHAVIORS

6.5%

White Mountains Regional HS*

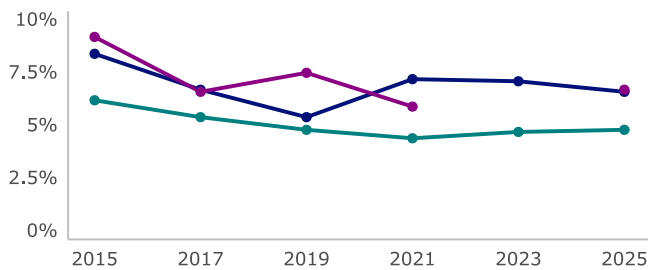
6.6%

North Country Region+

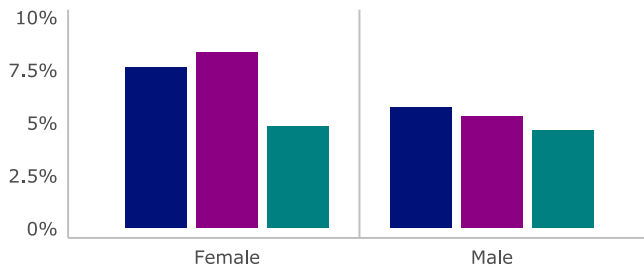
4.7%

New Hampshire+

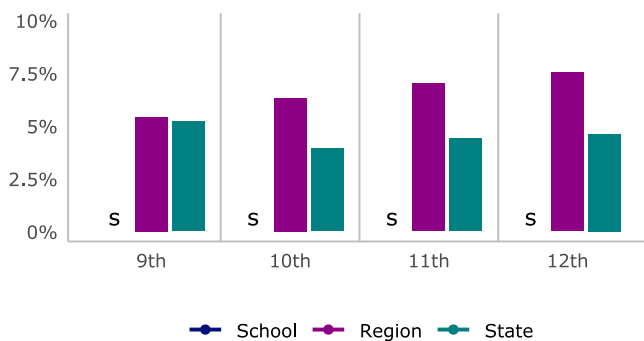
By year



By sex



By grade



	School [*]	Region ⁺	State ⁺
YEAR			
2015	8.3	9.1	6.1
2017	6.6	6.5	5.3
2019	5.3	7.4	4.7
2021	7.1	5.8	4.3
2023	7.0	-	4.6
2025	6.5	6.6	4.7
GRADE (2025)			
9th	s	5.4	5.2
10th	s	6.3	3.9
11th	s	7.0	4.4
12th	s	7.5	4.6
SEX (2025)			
Female	7.6	8.3	4.8
Male	5.7	5.3	4.6

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INDICATOR DEFINITION

Percentage of students who responded "8 years old or younger"; "9 or 10 years old"; "11 or 12 years old" out of responses "I have never tried marijuana"; "8 years old or younger"; "9 or 10 years old"; "11 or 12 years old"; "13 or 14 years old"; "15 or 16 years old"; "17 years old or older" to question "How old were you when you tried marijuana for the first time?"

Percent of students who currently used marijuana

DRUG USE - BEHAVIORS

16.0%

White Mountains Regional HS*

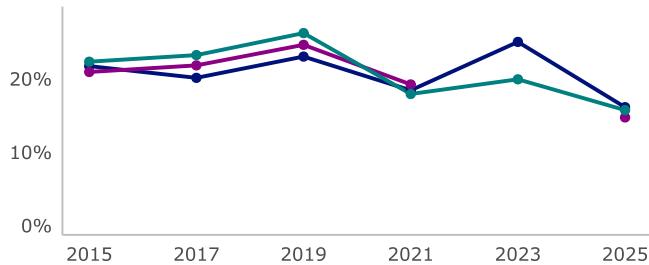
14.6%

North Country Region+

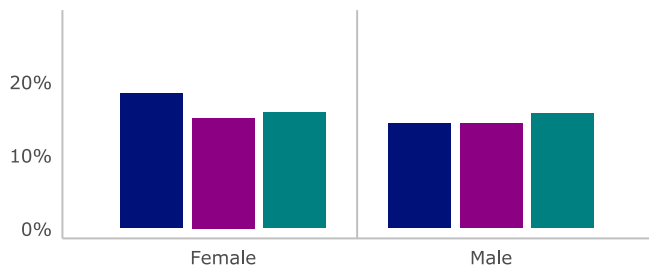
15.6%

New Hampshire+

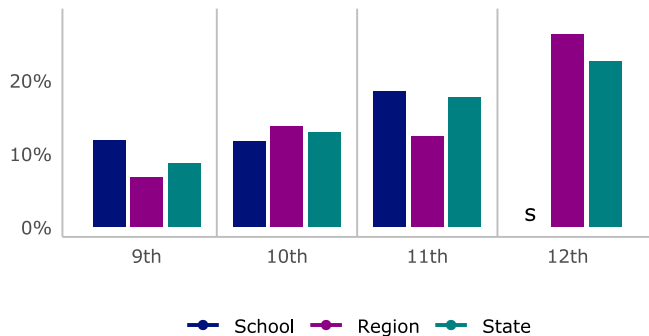
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	21.6	20.8	22.2
2017	20.0	21.7	23.1
2019	22.9	24.5	26.1
2021	18.3	19.1	17.8
2023	24.9	-	19.8
2025	16.0	14.6	15.6
GRADE (2025)			
9th	11.8	6.8	8.7
10th	11.7	13.7	12.9
11th	18.5	12.4	17.6
12th	s	26.2	22.5
SEX (2025)			
Female	18.3	15.0	15.7
Male	14.2	14.3	15.6

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INDICATOR DEFINITION

Percentage of students who responded "1 or 2 times"; "3 to 9 times"; "10 to 19 times"; "20 to 39 times"; "40 or more times" out of responses "0 times"; "1 or 2 times"; "3 to 9 times"; "10 to 19 times"; "20 to 39 times"; "40 or more times" to question "During the past 30 days, how many times did you use marijuana?"

Percent of students who ever took prescription pain medicine without a doctor's prescription or differently than how a doctor told them to use it

DRUG USE - BEHAVIORS

7.0%

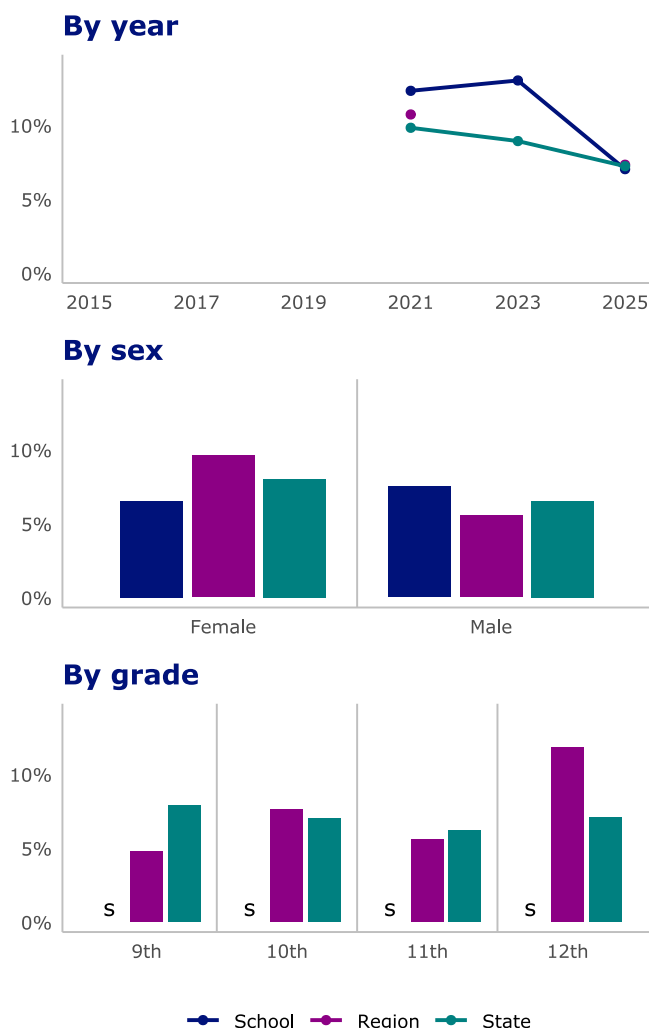
White Mountains Regional HS*

7.3%

North Country Region+

7.2%

New Hampshire+



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	12.3	10.7	9.8
2023	13.0	-	8.9
2025	7.0	7.3	7.2
GRADE (2025)			
9th	s	4.8	7.9
10th	s	7.6	7.0
11th	s	5.6	6.2
12th	s	11.8	7.1
SEX (2025)			
Female	6.5	9.6	8.0
Male	7.5	5.5	6.5

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INDICATOR DEFINITION

Percentage of students who responded "1 or 2 times"; "3 to 9 times"; "10 to 19 times"; "20 to 39 times"; "40 or more times" out of responses "0 times"; "1 or 2 times"; "3 to 9 times"; "10 to 19 times"; "20 to 39 times"; "40 or more times" to question "During your life, how many times have you taken prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?"

Percent of students who ever used heroin in their lifetime

DRUG USE - BEHAVIORS

2.5%

White Mountains Regional HS*

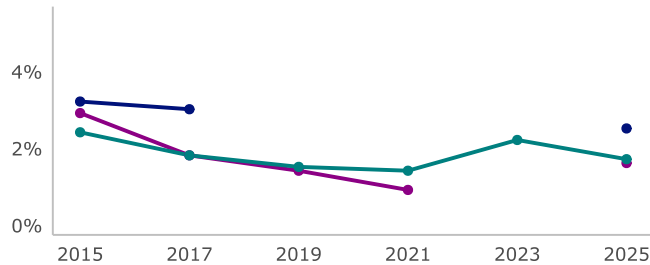
1.6%

North Country Region+

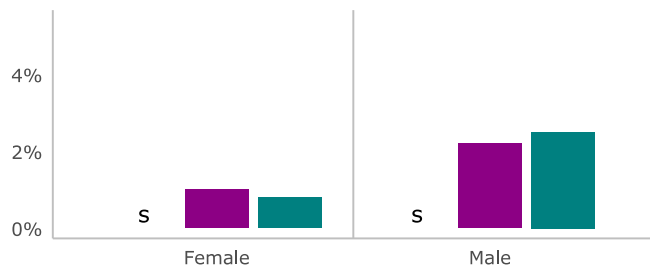
1.7%

New Hampshire+

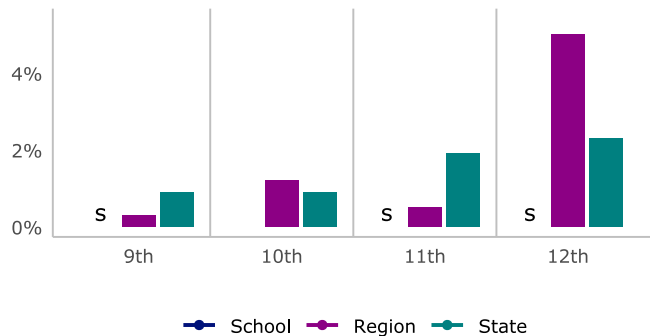
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	3.2	2.9	2.4
2017	3.0	1.8	1.8
2019	s	1.4	1.5
2021	s	0.9	1.4
2023	s	-	2.2
2025	2.5	1.6	1.7
GRADE (2025)			
9th	s	0.3	0.9
10th	0.0	1.2	0.9
11th	s	0.5	1.9
12th	s	5.0	2.3
SEX (2025)			
Female	s	1.0	0.8
Male	s	2.2	2.5

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INDICATOR DEFINITION

Percentage of students who responded "1 or 2 times"; "3 to 9 times"; "10 to 19 times"; "20 to 39 times"; "40 or more times" out of responses "0 times"; "1 or 2 times"; "3 to 9 times"; "10 to 19 times"; "20 to 39 times"; "40 or more times" to question "During your life, how many times have you used heroin (also called smack, junk, or China White)?"

Percent of students who ever used methamphetamines in their lifetime

DRUG USE - BEHAVIORS

2.5%

White Mountains Regional HS*

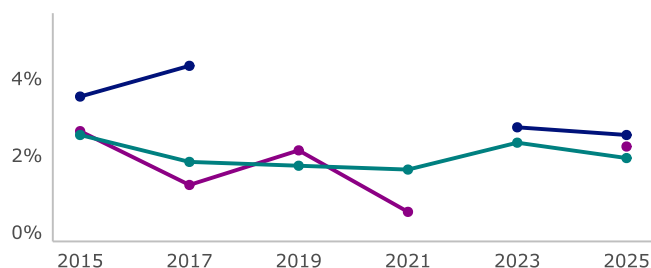
2.2%

North Country Region+

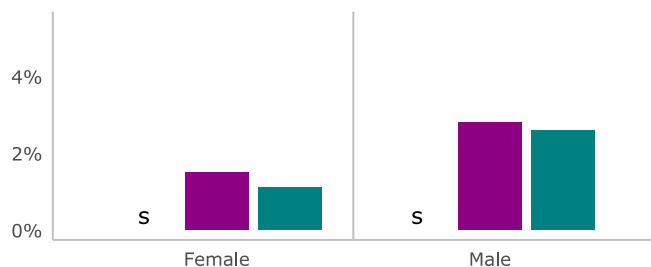
1.9%

New Hampshire+

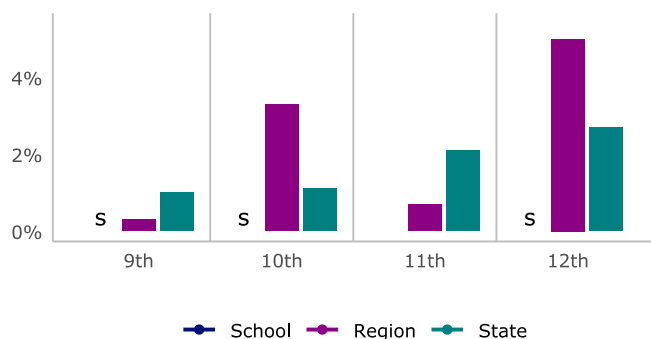
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	3.5	2.6	2.5
2017	4.3	1.2	1.8
2019	s	2.1	1.7
2021	s	0.5	1.6
2023	2.7	-	2.3
2025	2.5	2.2	1.9
GRADE (2025)			
9th	s	0.3	1.0
10th	s	3.3	1.1
11th	0.0	0.7	2.1
12th	s	5.0	2.7
SEX (2025)			
Female	s	1.5	1.1
Male	s	2.8	2.6

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INDICATOR DEFINITION

Percentage of students who responded "1 or 2 times"; "3 to 9 times"; "10 to 19 times"; "20 to 39 times"; "40 or more times" out of responses "0 times"; "1 or 2 times"; "3 to 9 times"; "10 to 19 times"; "20 to 39 times"; "40 or more times" to question "During your life, how many times have you used methamphetamines (also called speed, crystal meth, crank, ice, or meth)?"

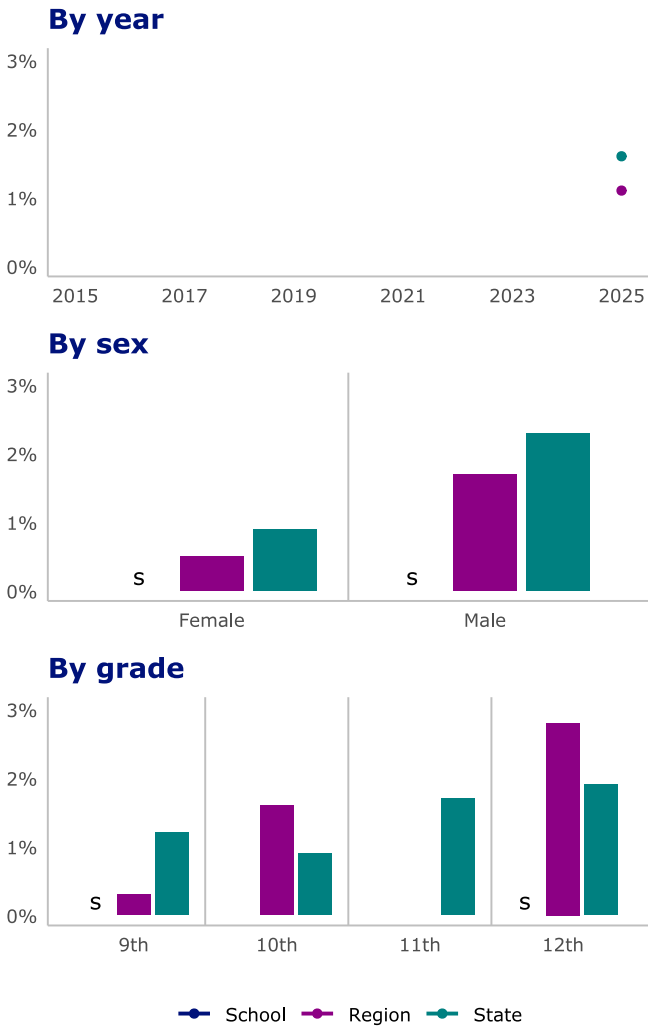
Percent of students who ever injected any illegal drug in their lifetime

DRUG USE - BEHAVIORS

Suppressed
 White Mountains Regional HS*

1.1%
 North Country Region+

1.6%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	s	1.1	1.6
GRADE (2025)			
9th	s	0.3	1.2
10th	0.0	1.6	0.9
11th	0.0	0.0	1.7
12th	s	2.8	1.9
SEX (2025)			
Female	s	0.5	0.9
Male	s	1.7	2.3

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INDICATOR DEFINITION
 Percentage of students who responded “1 time”; “2 or more times” out of responses “0 times”; “1 time”; “2 or more times” to question “During your life, how many times have you used a needle to inject any illegal drug into your body?”

Percent of students who reported that a parent or other adult in their home most of the time or always insulted them or put them down

OTHER HEALTH RISKS

8.8%

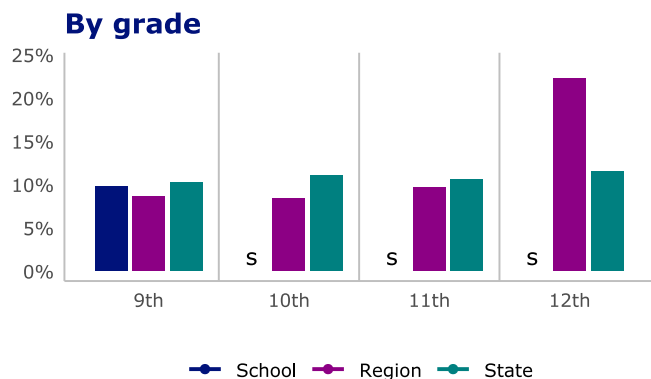
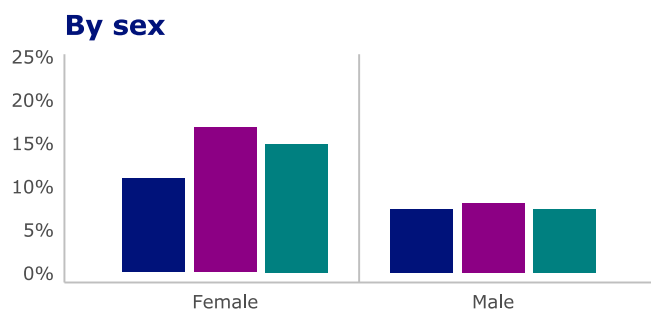
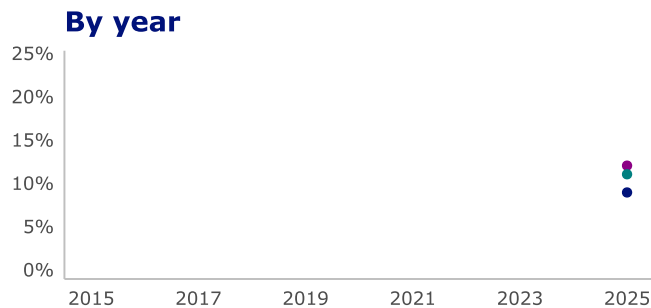
White Mountains Regional HS*

11.9%

North Country Region+

10.9%

New Hampshire+



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	8.8	11.9	10.9
GRADE (2025)			
9th	9.8	8.6	10.2
10th	S	8.4	11.0
11th	S	9.7	10.6
12th	S	22.2	11.5
SEX (2025)			
Female	10.8	16.7	14.8
Male	7.3	8.0	7.3

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "Most of the time"; "Always" out of responses "Never"; "Rarely"; "Sometimes"; "Most of the time"; "Always" to question "During your life, how often has a parent or other adult in your home insulted you or put you down?"

Percent of students who had a concussion from playing a sport or being physically active during the past 12 months

OTHER HEALTH RISKS

18.9%

White Mountains Regional HS*

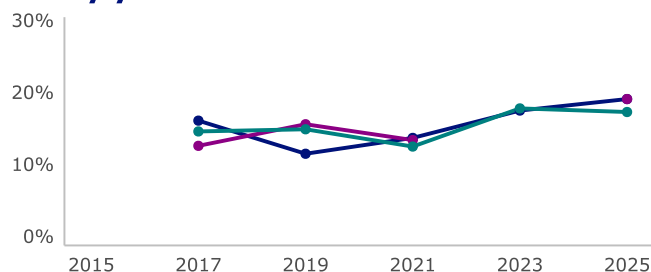
18.9%

North Country Region+

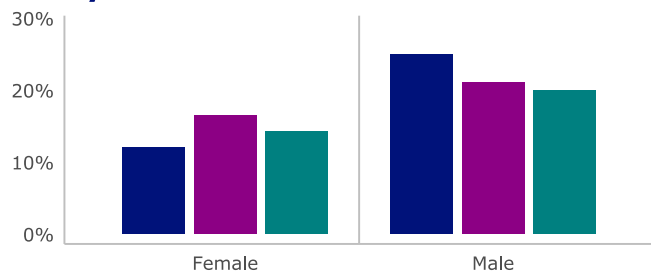
17.1%

New Hampshire+

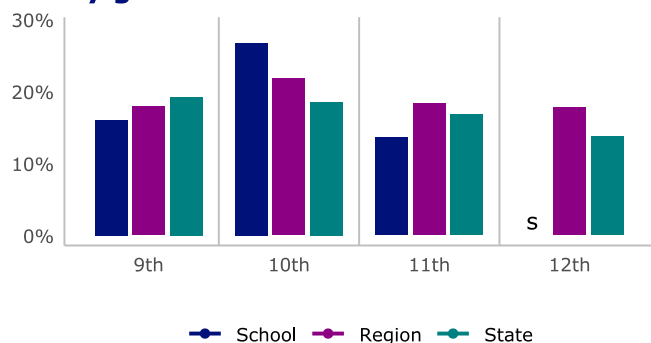
By year



By sex



By grade



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	15.9	12.4	14.4
2019	11.3	15.4	14.7
2021	13.5	13.2	12.3
2023	17.3	-	17.6
2025	18.9	18.9	17.1
GRADE (2025)			
9th	16.0	17.9	19.2
10th	26.7	21.8	18.5
11th	13.6	18.3	16.8
12th	s	17.7	13.7
SEX (2025)			
Female	12.0	16.5	14.3
Male	25.0	21.0	19.9

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INDICATOR DEFINITION

Percentage of students who responded "1 time"; "2 times"; "3 times"; "4 or more times" out of responses "0 times"; "1 time"; "2 times"; "3 times"; "4 or more times" to question "During the past 12 months, how many times did you have a concussion from playing a sport or being physically active?"

Percent of students who were ever tested for human immunodeficiency virus (HIV) (not counting tests done if they donated blood)

OTHER HEALTH RISKS

4.1%

White Mountains Regional HS*

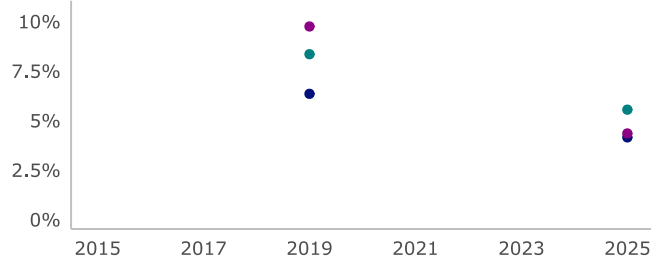
4.3%

North Country Region+

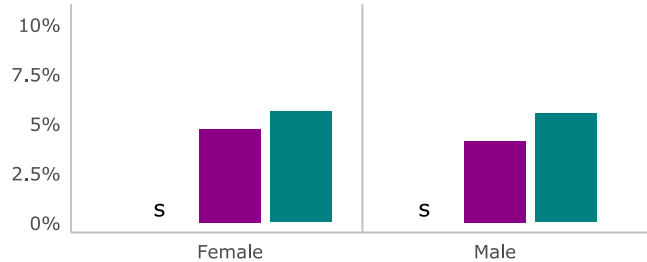
5.5%

New Hampshire+

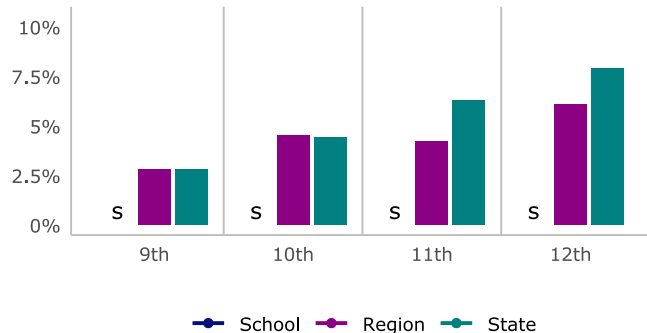
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	6.3	9.7	8.3
2021	-	-	-
2023	-	-	-
2025	4.1	4.3	5.5
GRADE (2025)			
9th	s	2.8	2.8
10th	s	4.5	4.4
11th	s	4.2	6.3
12th	s	6.1	7.9
SEX (2025)			
Female	s	4.7	5.6
Male	s	4.1	5.5

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No"; "Not sure" to question "Have you ever been tested for HIV, the virus that causes AIDS? (Do not count tests done if you donated blood.)"

Percent of students who were tested for a sexually transmitted disease (STD) other than HIV during the past 12 months

OTHER HEALTH RISKS

Suppressed

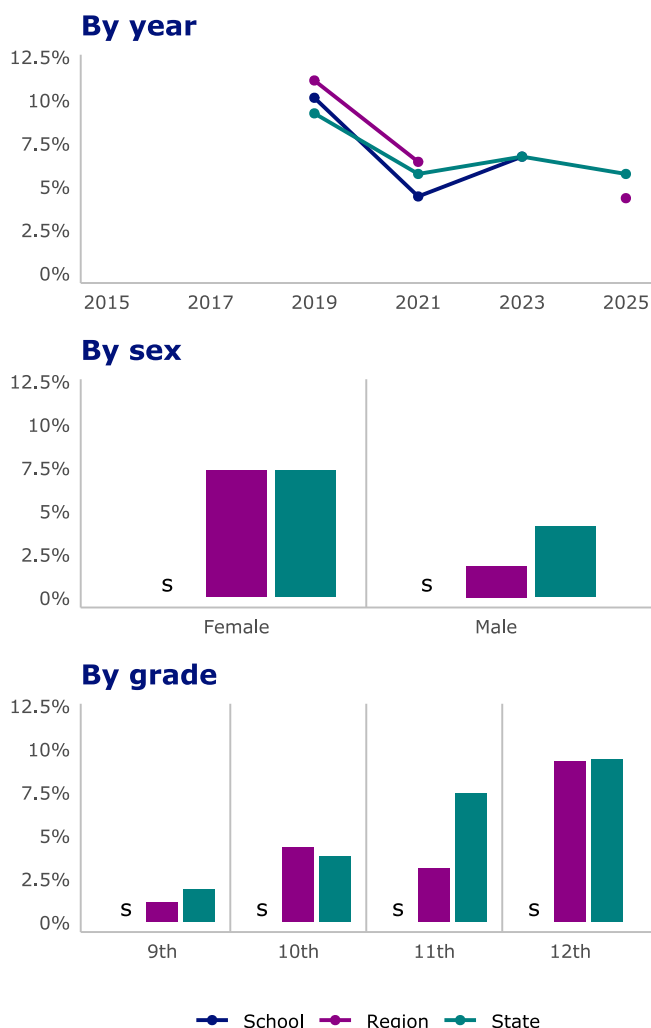
White Mountains Regional HS*

4.3%

North Country Region+

5.7%

New Hampshire+



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	10.1	11.1	9.2
2021	4.4	6.4	5.7
2023	6.7	-	6.7
2025	s	4.3	5.7
GRADE (2025)			
9th	s	1.1	1.9
10th	s	4.3	3.8
11th	s	3.1	7.4
12th	s	9.3	9.4
SEX (2025)			
Female	s	7.3	7.3
Male	s	1.8	4.1

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No"; "Not sure" to question "During the past 12 months, have you been tested for a sexually transmitted disease (STD) other than HIV, such as chlamydia or gonorrhea?"

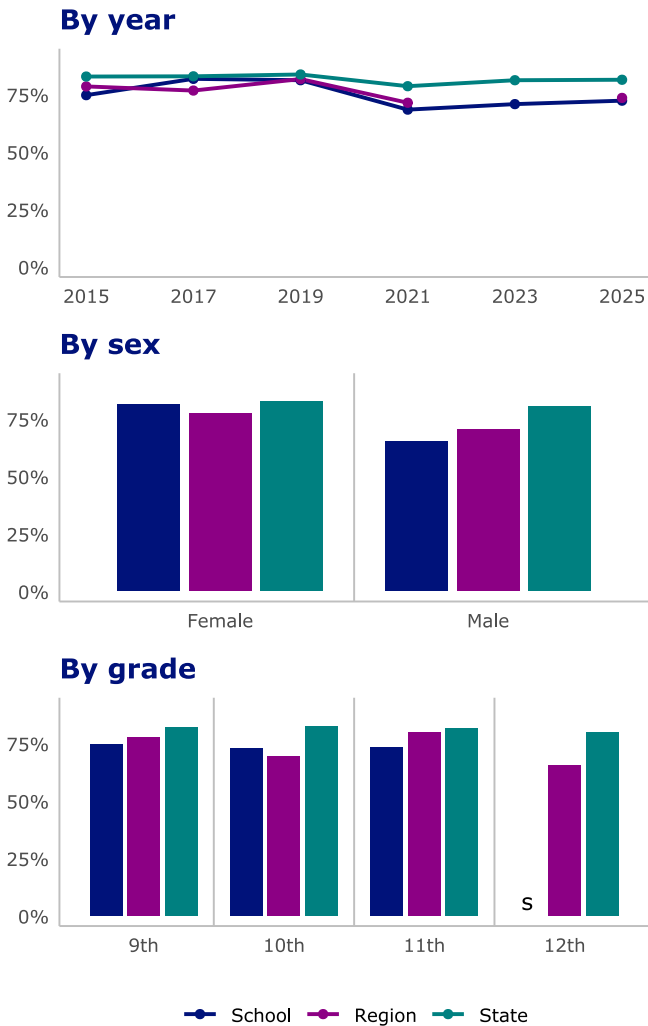
Percent of students who saw a dentist (for a check-up, exam, teeth cleaning, or other dental work) during the past 12 months

OTHER HEALTH RISKS

72.2%
 White Mountains Regional HS*

73.4%
 North Country Region+

81.3%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	74.6	78.4	82.7
2017	81.7	76.6	82.8
2019	81.1	81.6	83.6
2021	68.3	71.3	78.5
2023	70.7	-	81.1
2025	72.2	73.4	81.3
GRADE (2025)			
9th	74.5	77.6	82.2
10th	72.9	69.2	82.6
11th	73.4	80.0	81.7
12th	s	65.3	79.9
SEX (2025)			
Female	81.3	77.2	82.5
Male	65.1	70.4	80.4

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INDICATOR DEFINITION
 Percentage of students who responded "During the past 12 months" out of responses "During the past 12 months"; "Between 12 and 24 months ago"; "More than 24 months ago"; "Never"; "Not sure" to question "When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?"

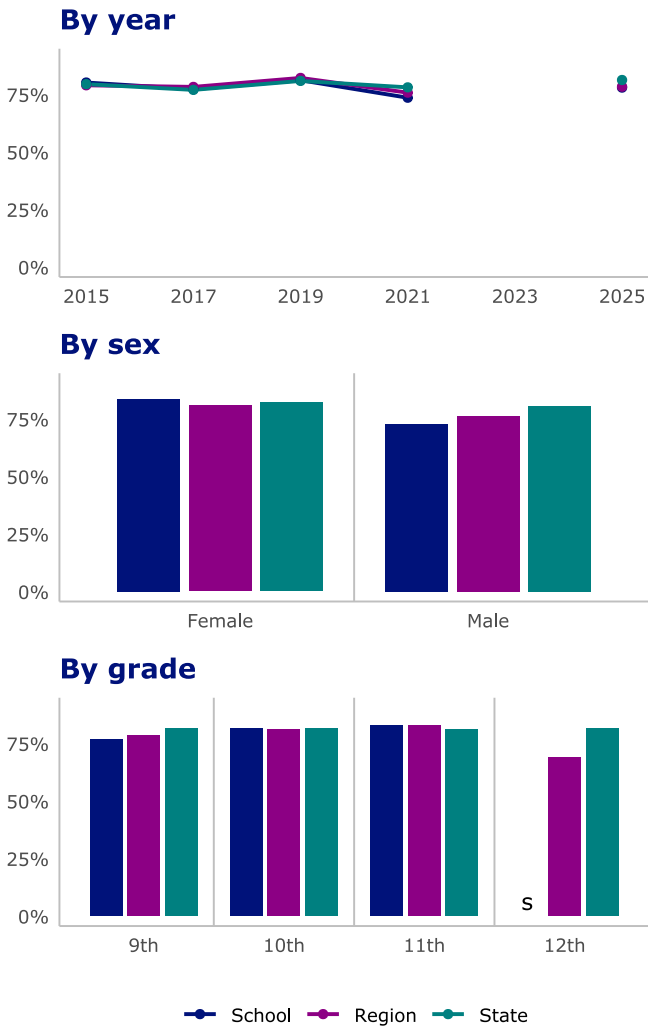
Percent of students who saw a doctor or nurse (for a check-up or physical exam when they were not sick or injured) during the past 12 months

OTHER HEALTH RISKS

77.8%
 White Mountains Regional HS*

78.2%
 North Country Region+

81.1%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	80.0	78.8	79.3
2017	77.1	78.1	76.8
2019	81.0	82.0	80.7
2021	73.4	75.6	77.9
2023	-	-	-
2025	77.8	78.2	81.1
GRADE (2025)			
9th	76.5	78.5	81.5
10th	81.4	81.2	81.4
11th	82.8	83.0	80.9
12th	s	68.8	81.4
SEX (2025)			
Female	83.5	80.8	82.0
Male	72.6	76.1	80.4

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INDICATOR DEFINITION
 Percentage of students who responded "During the past 12 months" out of responses "During the past 12 months"; "Between 12 and 24 months ago"; "More than 24 months ago"; "Never"; "Not sure" to question "When was the last time you saw a doctor or nurse for a check-up or physical exam when you were not sick or injured?"

Percent of students who reported that their mental health was most of the time or always not good

OTHER HEALTH RISKS

26.5%

White Mountains Regional HS*

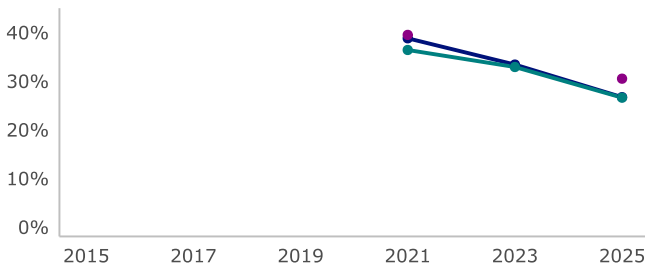
30.3%

North Country Region+

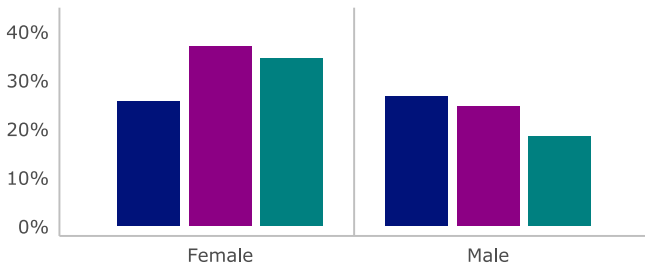
26.4%

New Hampshire+

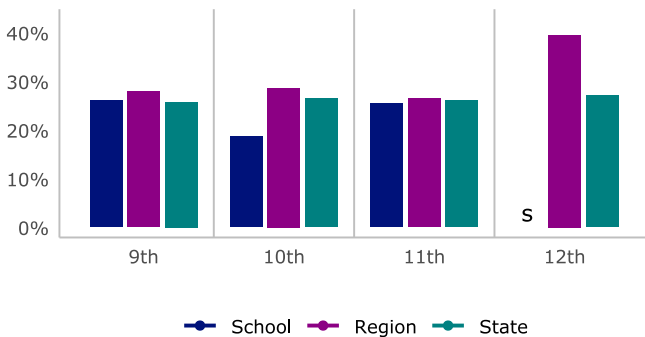
By year



By sex



By grade



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	38.6	39.3	36.2
2023	33.2	-	32.7
2025	26.5	30.3	26.4
GRADE (2025)			
9th	26.0	27.9	25.7
10th	18.6	28.6	26.5
11th	25.4	26.5	26.1
12th	s	39.5	27.1
SEX (2025)			
Female	25.6	37.0	34.5
Male	26.7	24.5	18.5

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INDICATOR DEFINITION

Percentage of students who responded "Most of the time"; "Always" out of responses "Never"; "Rarely"; "Sometimes"; "Most of the time"; "Always" to question "During the past 30 days, how often was your mental health not good? (Poor mental health includes stress, anxiety, and depression.)"

Percent of students who experienced unstable housing

OTHER HEALTH RISKS

2.6%

White Mountains Regional HS*

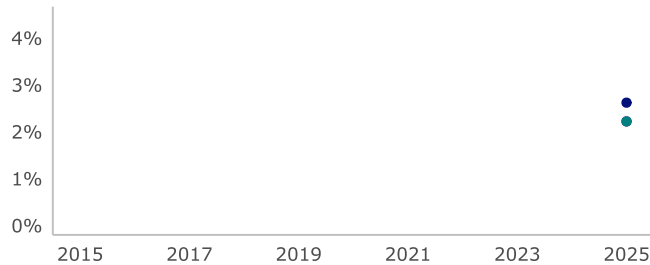
2.2%

North Country Region+

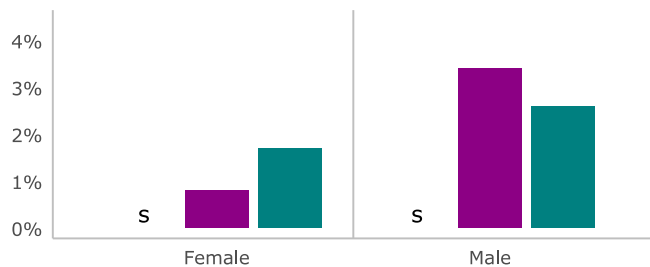
2.2%

New Hampshire+

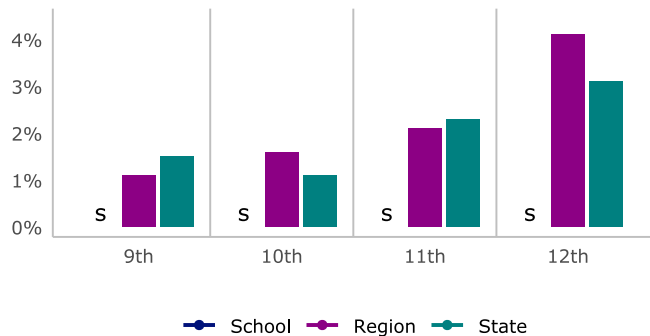
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	2.6	2.2	2.2
GRADE (2025)			
9th	s	1.1	1.5
10th	s	1.6	1.1
11th	s	2.1	2.3
12th	s	4.1	3.1
SEX (2025)			
Female	s	0.8	1.7
Male	s	3.4	2.6

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INDICATOR DEFINITION

Percentage of students who responded "In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing"; "In a shelter or emergency housing"; "In a motel or hotel"; "In a car, park, campground, or other public place"; "I do not have a usual place to sleep" out of responses "In my parent's or guardian's home"; "In the home of a friend, family member, or other person because I had to leave my home or my parent or guardian cannot afford housing"; "In a shelter or emergency housing"; "In a motel or hotel"; "In a car, park, campground, or other public place"; "I do not have a usual place to sleep"; "Somewhere else" to question "During the past 12 months, where did you usually sleep?"

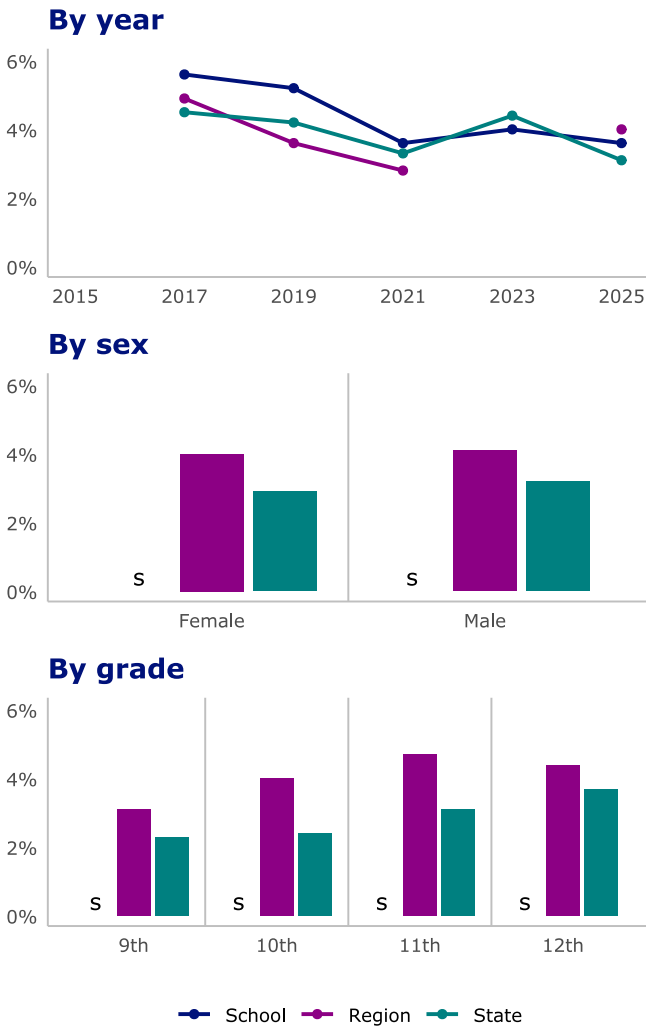
Percent of students who have ever slept away from their parents or guardians because they were kicked out, ran away, or were abandoned during the past 30 days

OTHER HEALTH RISKS

3.6%
 White Mountains Regional HS*

4.0%
 North Country Region+

3.1%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	5.6	4.9	4.5
2019	5.2	3.6	4.2
2021	3.6	2.8	3.3
2023	4.0	-	4.4
2025	3.6	4.0	3.1
GRADE (2025)			
9th	s	3.1	2.3
10th	s	4.0	2.4
11th	s	4.7	3.1
12th	s	4.4	3.7
SEX (2025)			
Female	s	4.0	2.9
Male	s	4.1	3.2

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INDICATOR DEFINITION

Percentage of students who responded “Yes” out of responses “Yes”; “No” to question “During the past 30 days, did you ever sleep away from your parents or guardians because you were kicked out, ran away, or were abandoned?”

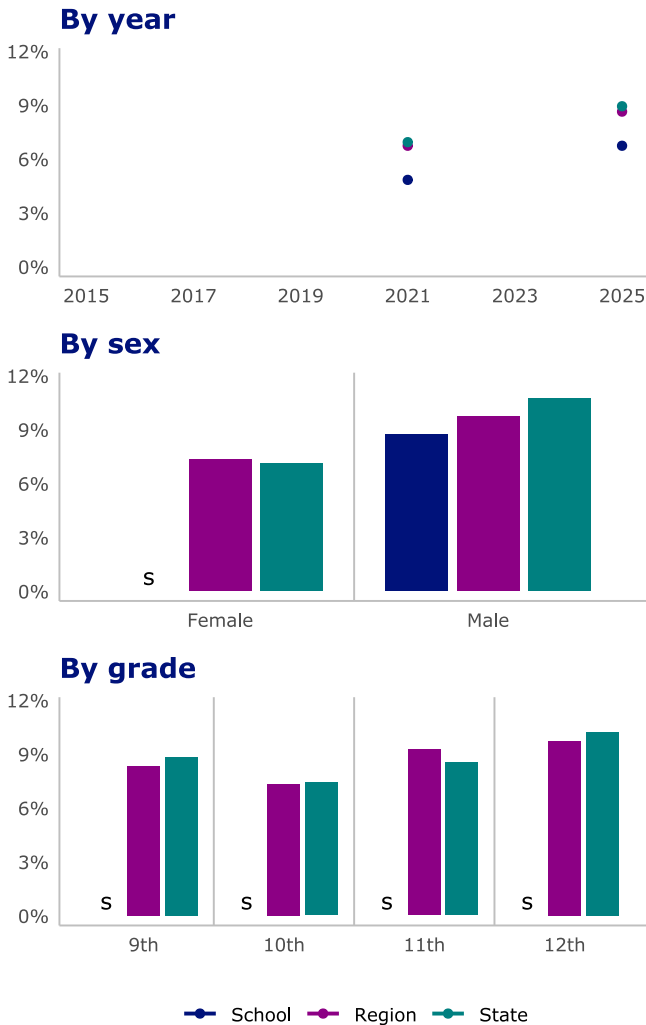
Percent of students who had never or rarely been made sure the basic needs were met by an adult in the household

OTHER HEALTH RISKS

6.7%
White Mountains Regional HS*

8.6%
North Country Region+

8.9%
New Hampshire+



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	4.8	6.7	6.9
2023	-	-	-
2025	6.7	8.6	8.9
GRADE (2025)			
9th	s	8.3	8.8
10th	s	7.3	7.4
11th	s	9.2	8.5
12th	s	9.7	10.2
SEX (2025)			
Female	s	7.3	7.1
Male	8.7	9.7	10.7

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INDICATOR DEFINITION

Percentage of students who responded "Never"; "Rarely" out of responses "Never"; "Rarely"; "Sometimes"; "Most of the time"; "Always" to question "During your life, how often has there been an adult in your household who tried hard to make sure your basic needs were met, such as looking after your safety and making sure you had clean clothes and enough to eat?"

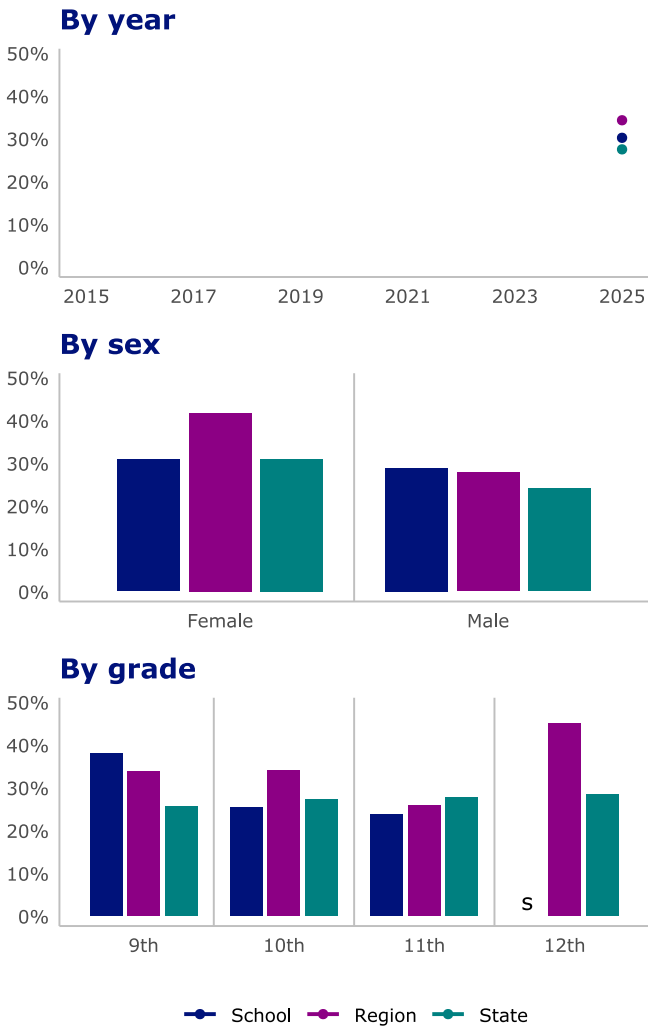
Percent of students who ever lived with a parent or guardian who was having a problem with alcohol or drug use

OTHER HEALTH RISKS

30.1%
 White Mountains Regional HS*

34.2%
 North Country Region+

27.4%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	30.1	34.2	27.4
GRADE (2025)			
9th	38.0	33.7	25.5
10th	25.4	33.9	27.3
11th	23.8	25.9	27.7
12th	s	44.9	28.4
SEX (2025)			
Female	30.8	41.6	30.9
Male	28.8	27.8	24.0

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INDICATOR DEFINITION
 Percentage of students who responded “Yes” out of responses “Yes”; “No” to question “Have you ever lived with a parent or guardian who was having a problem with alcohol or drug use?”

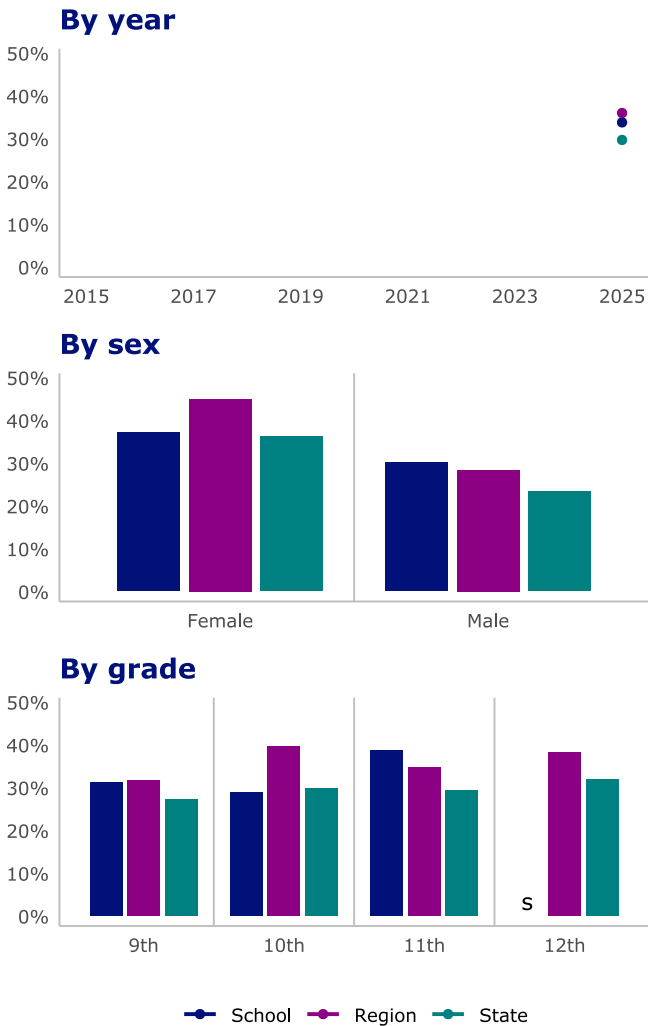
Percent of students who ever lived with a parent or guardian who had severe depression, anxiety, or another mental illness, or was suicidal

OTHER HEALTH RISKS

33.7%
 White Mountains Regional HS*

35.9%
 North Country Region+

29.6%
 New Hampshire+



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	33.7	35.9	29.6
GRADE (2025)			
9th	31.2	31.7	27.2
10th	28.8	39.5	29.9
11th	38.7	34.7	29.3
12th	s	38.1	31.9
SEX (2025)			
Female	37.1	44.9	36.2
Male	30.1	28.3	23.3

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INDICATOR DEFINITION
 Percentage of students who responded “Yes” out of responses “Yes”; “No” to question “Have you ever lived with a parent or guardian who had severe depression, anxiety, or another mental illness, or was suicidal?”

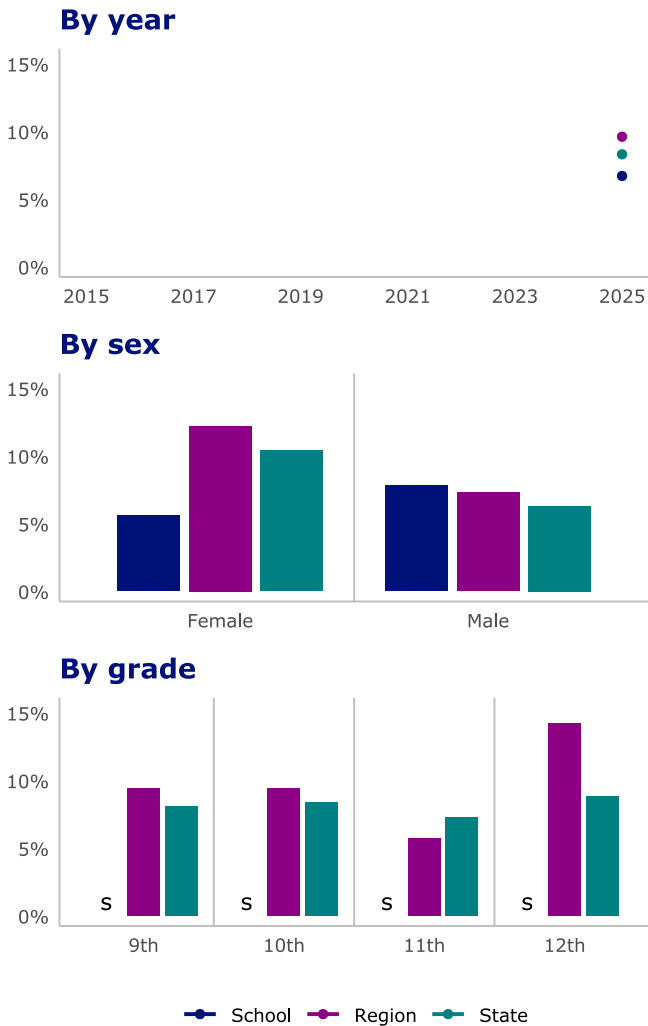
Percent of students who reported their family sometimes, most of the time, or always worried that their food would run out before they got money to buy more

OTHER HEALTH RISKS

6.7%
 White Mountains Regional HS*

9.6%
 North Country Region+

8.3%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	6.7	9.6	8.3
GRADE (2025)			
9th	s	9.4	8.1
10th	s	9.4	8.4
11th	s	5.7	7.3
12th	s	14.2	8.8
SEX (2025)			
Female	5.6	12.2	10.4
Male	7.8	7.3	6.3

- NOTES**
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INDICATOR DEFINITION
 Percentage of students who responded "Sometimes"; "Most of the time"; "Always" out of responses "Never"; "Rarely"; "Sometimes"; "Most of the time"; "Always" to question "During the past 12 months, how often was your family worried that your food would run out before you got money to buy more?"

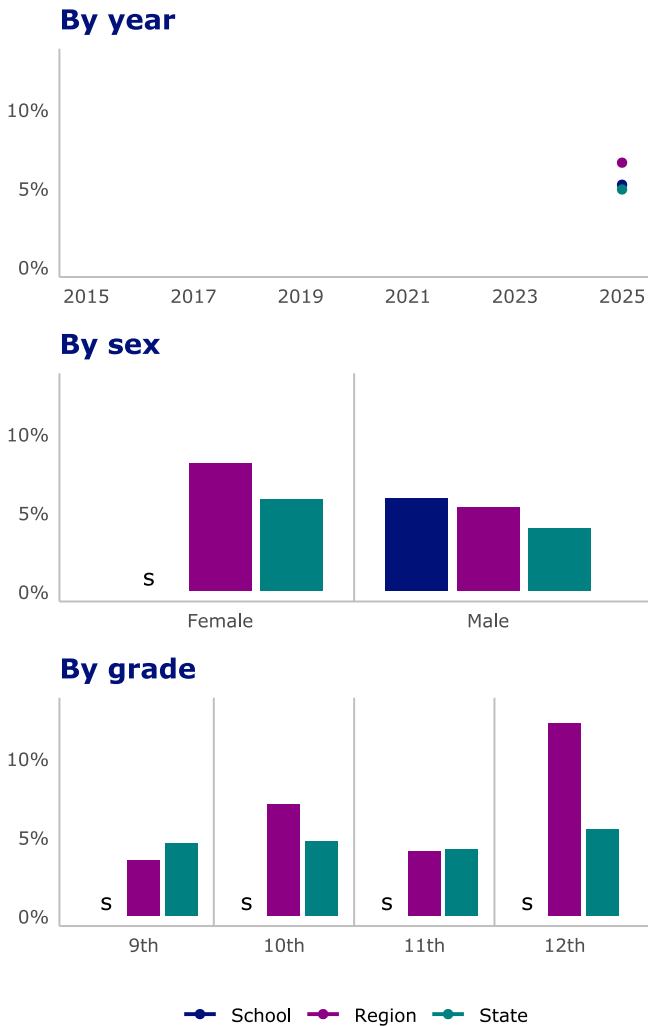
Percent of students who reported sometimes, most of the time, or always the food their family bought ran out and they did not have money to buy more

OTHER HEALTH RISKS

5.2%
 White Mountains Regional HS*

6.6%
 North Country Region+

4.9%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	5.2	6.6	4.9
GRADE (2025)			
9th	s	3.5	4.6
10th	s	7.1	4.7
11th	s	4.1	4.2
12th	s	12.2	5.5
SEX (2025)			
Female	s	8.1	5.8
Male	5.9	5.3	4.0

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INDICATOR DEFINITION
 Percentage of students who responded "Sometimes"; "Most of the time"; "Always" out of responses "Never"; "Rarely"; "Sometimes"; "Most of the time"; "Always" to question "During the past 12 months, how often did the food your family bought run out and they did not have money to buy more?"

Percent of students who agree that in their community they feel like they matter to people

OTHER HEALTH RISKS

43.4%

White Mountains Regional HS*

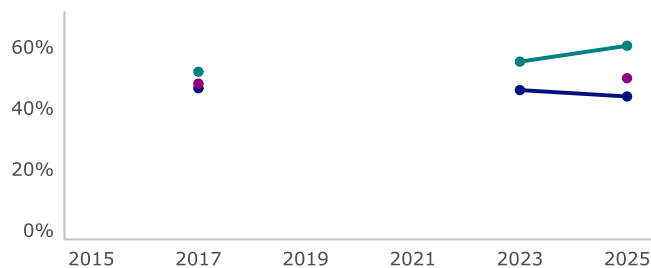
49.4%

North Country Region+

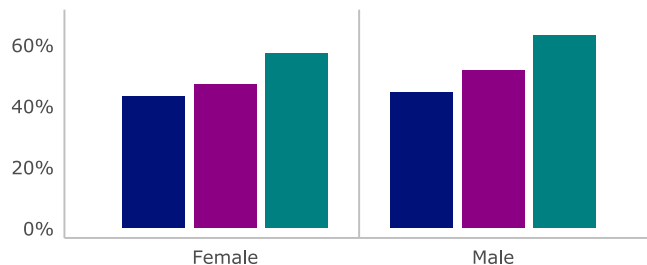
60.0%

New Hampshire+

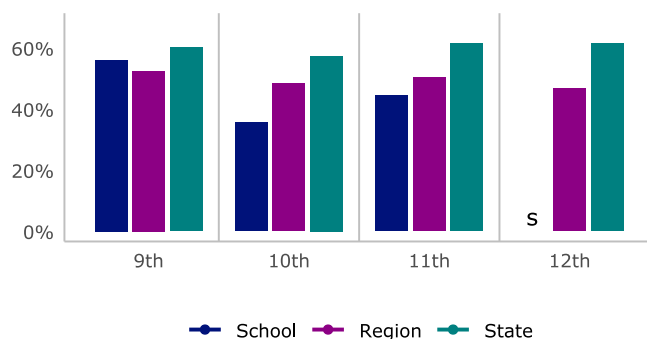
By year



By sex



By grade



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	46.1	47.6	51.5
2019	-	-	-
2021	-	-	-
2023	45.5	-	54.8
2025	43.4	49.4	60.0
GRADE (2025)			
9th	56.0	52.4	60.2
10th	35.6	48.4	57.3
11th	44.4	50.2	61.4
12th	s	46.7	61.3
SEX (2025)			
Female	42.9	47.1	57.2
Male	44.2	51.6	62.9

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "Strongly agree"; "Agree" out of responses "Strongly agree"; "Agree"; "Not sure"; "Disagree"; "Strongly disagree" to question "Do you agree or disagree that in your community you feel like you matter to people?"

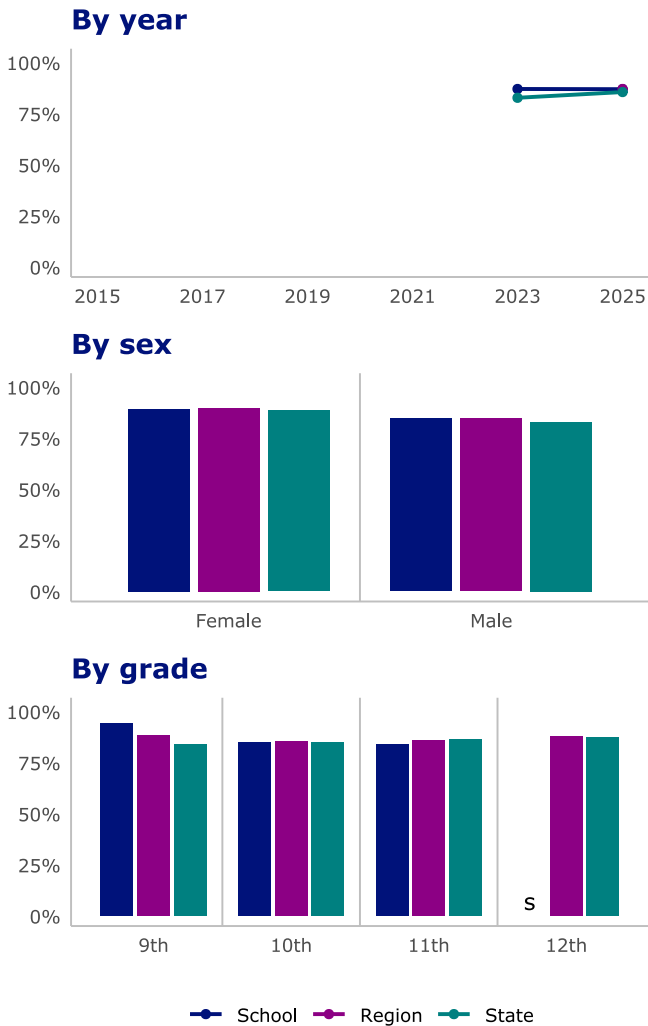
Percent of students who would feel comfortable seeking help from one or more adults besides their parents if they had an important question affecting their life

OTHER HEALTH RISKS

86.8%
 White Mountains Regional HS*

86.9%
 North Country Region+

85.4%
 New Hampshire+



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	86.9	-	82.6
2025	86.8	86.9	85.4
GRADE (2025)			
9th	94.0	88.5	83.8
10th	85.0	85.5	84.8
11th	84.1	86.1	86.4
12th	s	87.7	87.4
SEX (2025)			
Female	89.1	89.6	88.3
Male	84.6	84.5	82.7

- NOTES**
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INDICATOR DEFINITION
 Percentage of students who responded "1 adult"; "2 adults"; "3 adults"; "4 adults"; "5 or more adults" out of responses "0 adults"; "1 adult"; "2 adults"; "3 adults"; "4 adults"; "5 or more adults" to question "Besides your parents, how many adults would you feel comfortable seeking help from if you had an important question affecting your life?"

Percent of students who participate in organized afterschool, evening, or weekend activities on one or more days

OTHER HEALTH RISKS

44.6%

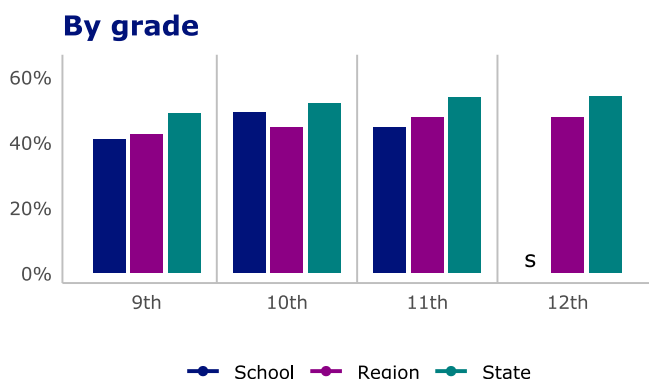
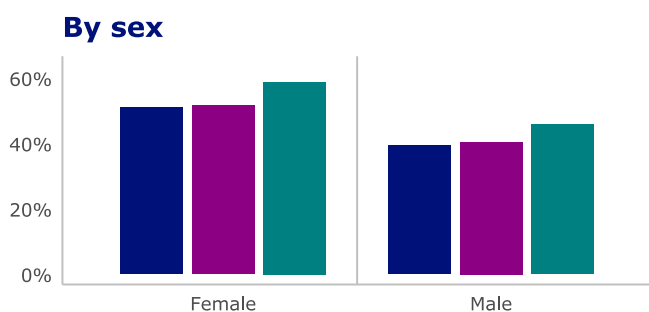
White Mountains Regional HS*

45.6%

North Country Region+

52.1%

New Hampshire+



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	44.6	45.6	52.1
GRADE (2025)			
9th	40.8	42.5	48.8
10th	49.2	44.5	51.8
11th	44.4	47.7	53.7
12th	s	47.6	53.9
SEX (2025)			
Female	51.1	51.7	58.8
Male	39.4	40.4	45.7

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INDICATOR DEFINITION

Percentage of students who responded "1 day"; "2 days"; "3 days"; "4 days"; "5 days"; "6 days"; "7 days" out of responses "0 days"; "1 day"; "2 days"; "3 days"; "4 days"; "5 days"; "6 days"; "7 days" to question "In an average week when you are in school, on how many days do you take part in organized afterschool, evening, or weekend activities (other than sports teams) such as school clubs; community center groups; cultural activities; music, art, or dance lessons; church groups; or other supervised activities?"

Percent of students who never saw a dentist (for a check-up, exam, teeth cleaning, or other dental work)

OTHER HEALTH RISKS

Suppressed

White Mountains Regional HS*

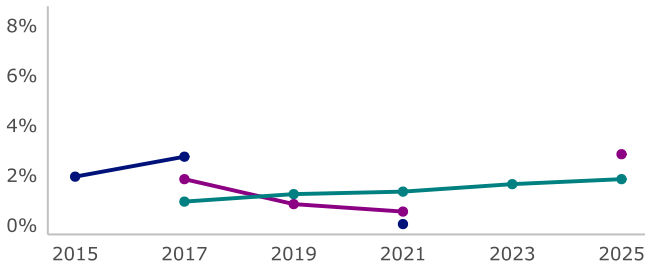
2.8%

North Country Region+

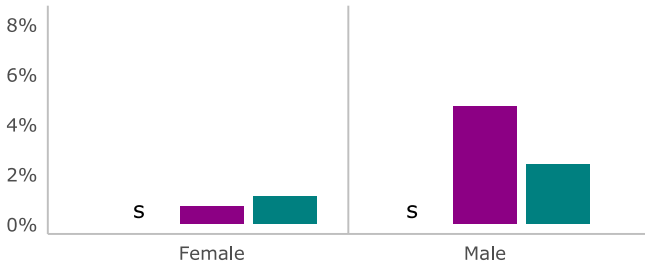
1.8%

New Hampshire+

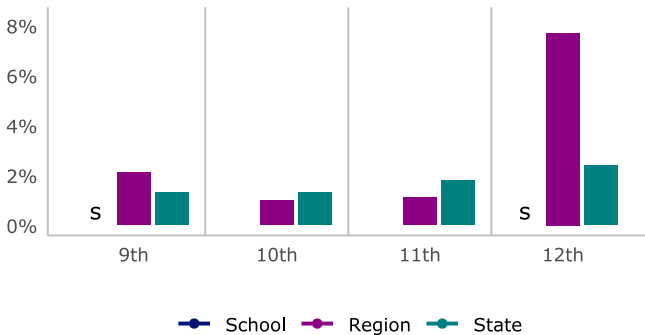
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	1.9	-	-
2017	2.7	1.8	0.9
2019	s	0.8	1.2
2021	0.0	0.5	1.3
2023	s	-	1.6
2025	s	2.8	1.8
GRADE (2025)			
9th	s	2.1	1.3
10th	0.0	1.0	1.3
11th	0.0	1.1	1.8
12th	s	7.7	2.4
SEX (2025)			
Female	s	0.7	1.1
Male	s	4.7	2.4

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INDICATOR DEFINITION

Percentage of students who responded "Never" out of responses "During the past 12 months"; "Between 12 and 24 months ago"; "More than 24 months ago"; "Never"; "Not sure" to question "When was the last time you saw a dentist for a check-up, exam, teeth cleaning, or other dental work?"

Percent of students who were most of the time or always hit, beat, kicked or physically hurt by a parent or other adult in the home

OTHER LIFE EXPERIENCE

4.0%

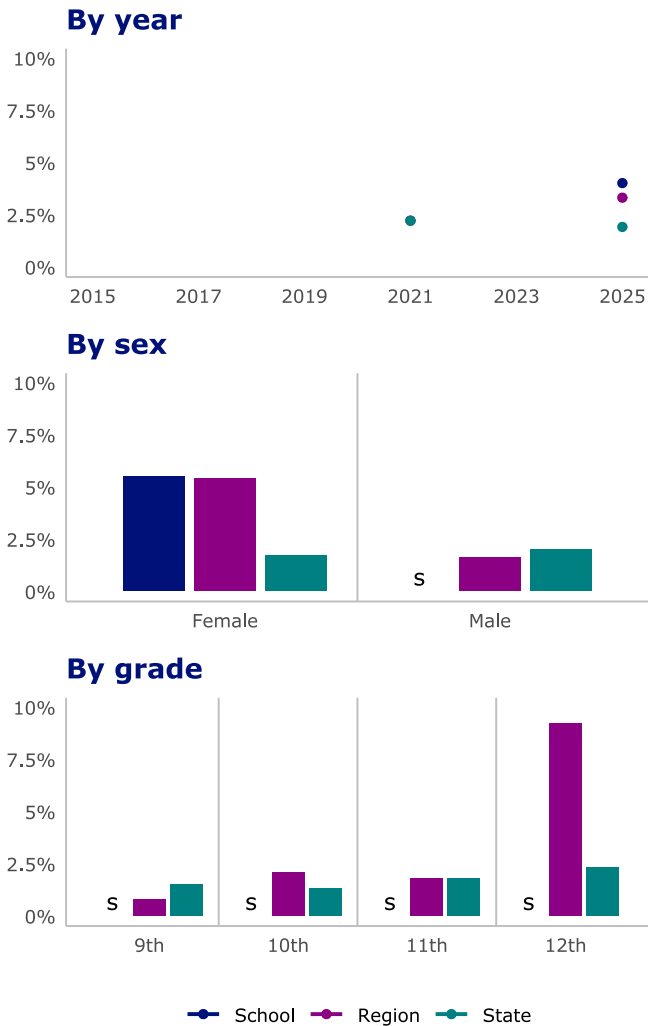
White Mountains Regional HS*

3.3%

North Country Region+

1.9%

New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	s	2.2	2.2
2023	-	-	-
2025	4.0	3.3	1.9
GRADE (2025)			
9th	s	0.8	1.5
10th	s	2.1	1.3
11th	s	1.8	1.8
12th	s	9.2	2.3
SEX (2025)			
Female	5.5	5.4	1.7
Male	s	1.6	2.0

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INDICATOR DEFINITION
 Percentage of students who responded “Most of the time”; “Always” out of responses “Never”; “Rarely”; “Sometimes”; “Most of the time”; “Always” to question “During your life, how often has a parent or other adult in your home hit, beat, kicked, or physically hurt you in any way?”

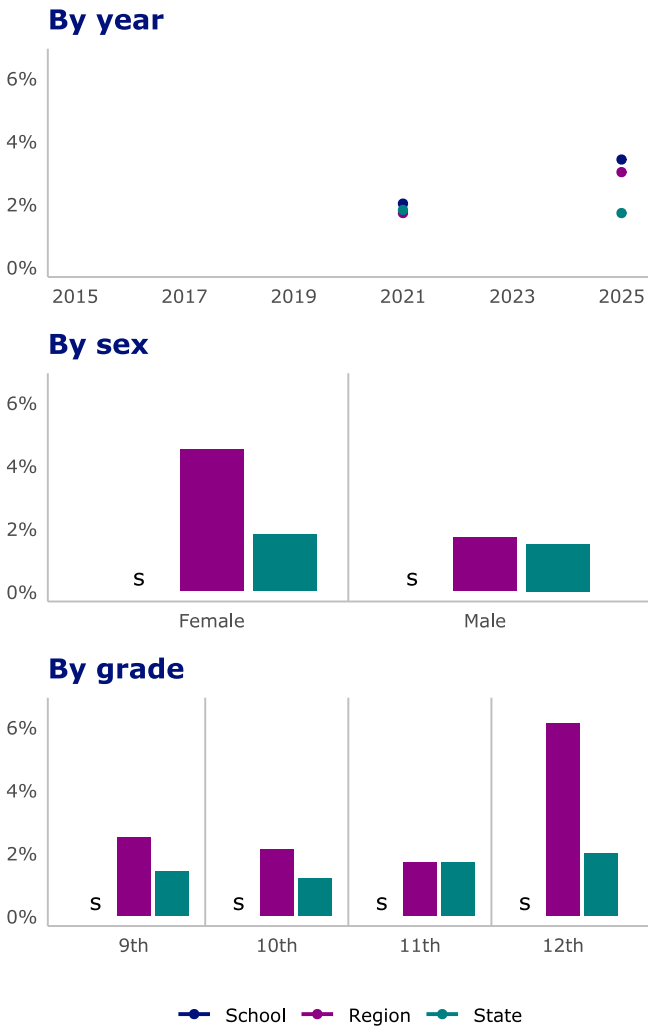
Percent of students who most of the time or always had parents or other adults slapped, hit, kicked, punched or beat each other up in the home

OTHER LIFE EXPERIENCE

3.4%
 White Mountains Regional HS*

3.0%
 North Country Region+

1.7%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	2.0	1.7	1.8
2023	-	-	-
2025	3.4	3.0	1.7
GRADE (2025)			
9th	s	2.5	1.4
10th	s	2.1	1.2
11th	s	1.7	1.7
12th	s	6.1	2.0
SEX (2025)			
Female	s	4.5	1.8
Male	s	1.7	1.5

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INDICATOR DEFINITION
 Percentage of students who responded "Most of the time"; "Always" out of responses "Never"; "Rarely"; "Sometimes"; "Most of the time"; "Always" to question "During your life, how often have your parents or other adults in your home slapped, hit, kicked, punched, or beat each other up?"

Percent of students who used social media several times a day

OTHER LIFE EXPERIENCE

83.6%

White Mountains Regional HS*

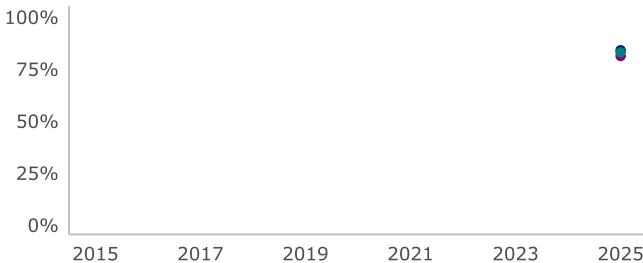
80.8%

North Country Region+

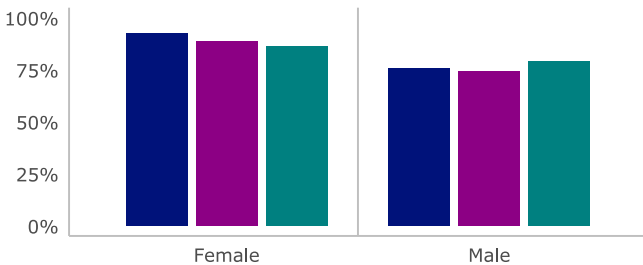
82.6%

New Hampshire+

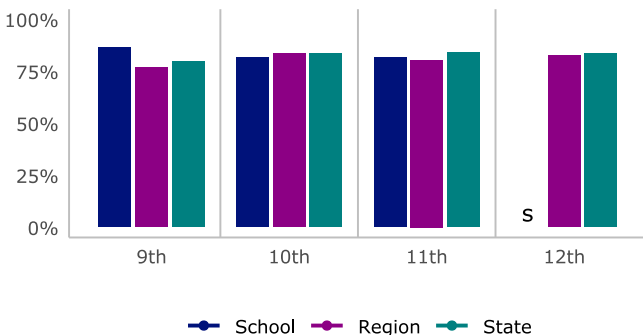
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	83.6	80.8	82.6
GRADE (2025)			
9th	86.3	76.9	79.6
10th	81.7	83.6	83.4
11th	81.5	80.4	83.9
12th	82.5	82.5	83.6
SEX (2025)			
Female	92.4	88.6	86.3
Male	75.9	74.3	79.2

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INDICATOR DEFINITION

Percentage of students who responded "Several times a day"; "About once an hour"; "More than once an hour" out of responses "I do not use social media"; "A few times a month"; "About once a week"; "A few times a week"; "About once a day"; "Several times a day"; "About once an hour"; "More than once an hour" to question "How often do you use social media?"

Percent of students who used various social media platforms

OTHER LIFE EXPERIENCE

96.5%

White Mountains Regional HS*

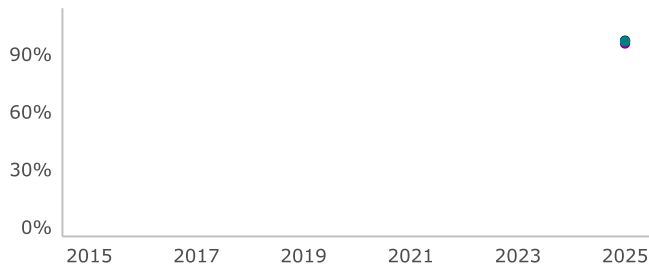
95.0%

North Country Region+

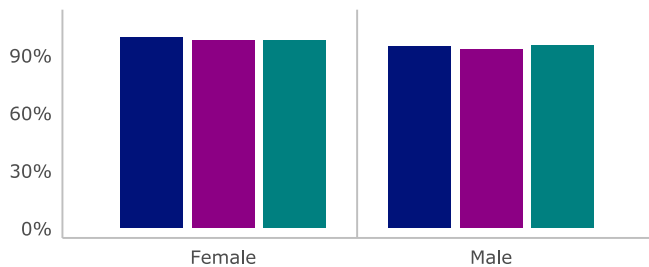
96.2%

New Hampshire+

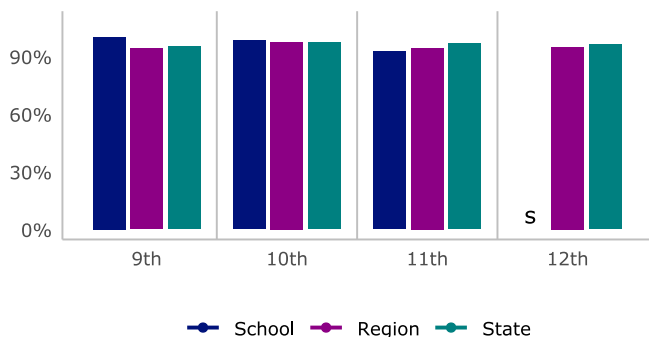
By year



By sex



By grade



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	96.5	95.0	96.2
GRADE (2025)			
9th	100.0	93.8	95.1
10th	98.3	97.4	97.2
11th	92.3	94.2	96.7
12th	s	94.8	96.2
SEX (2025)			
Female	98.9	97.5	97.4
Male	94.4	93.0	95.2

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INDICATOR DEFINITION

Percentage of students who responded "Discord"; "Instagram"; "SnapChat"; "TikTok"; "WhatsApp"; "YouTube"; "Some other platform" out of responses "I did not use social media during the past 12 months"; "Discord"; "Instagram"; "SnapChat"; "TikTok"; "WhatsApp"; "YouTube"; "Some other platform" to question "During the past 12 months, which social media platform did you use most often? (Count such things as scrolling through posts, posting on your own account, or commenting on other people's posts)."

Percent of students who had ever been separated from a parent or guardian because they went to jail, prison, or a detention center

OTHER LIFE EXPERIENCE

14.0%

White Mountains Regional HS*

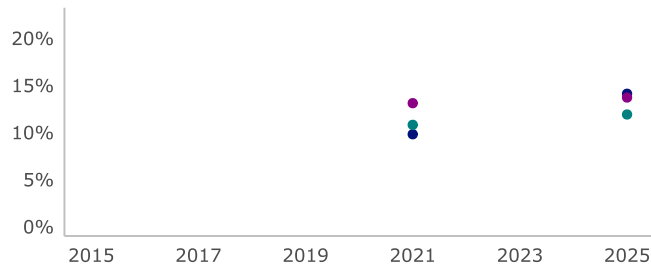
13.6%

North Country Region+

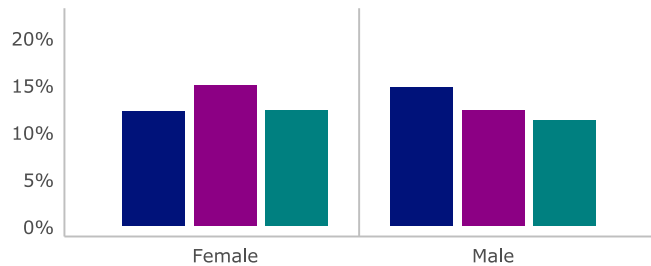
11.8%

New Hampshire+

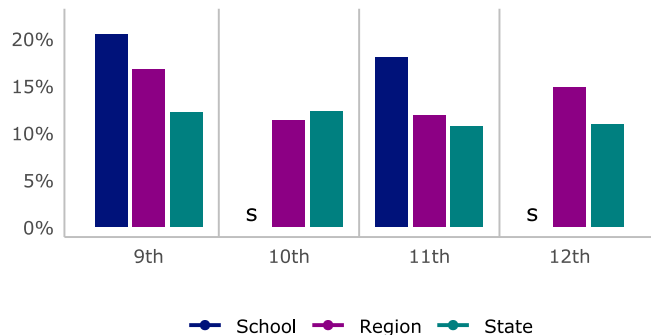
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	9.7	13.0	10.7
2023	-	-	-
2025	14.0	13.6	11.8
GRADE (2025)			
9th	20.4	16.7	12.2
10th	s	11.3	12.3
11th	18.0	11.8	10.7
12th	s	14.8	10.9
SEX (2025)			
Female	12.2	14.9	12.3
Male	14.7	12.3	11.2

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No" to question "Have you ever been separated from a parent or guardian because they went to jail, prison, or a detention center?"

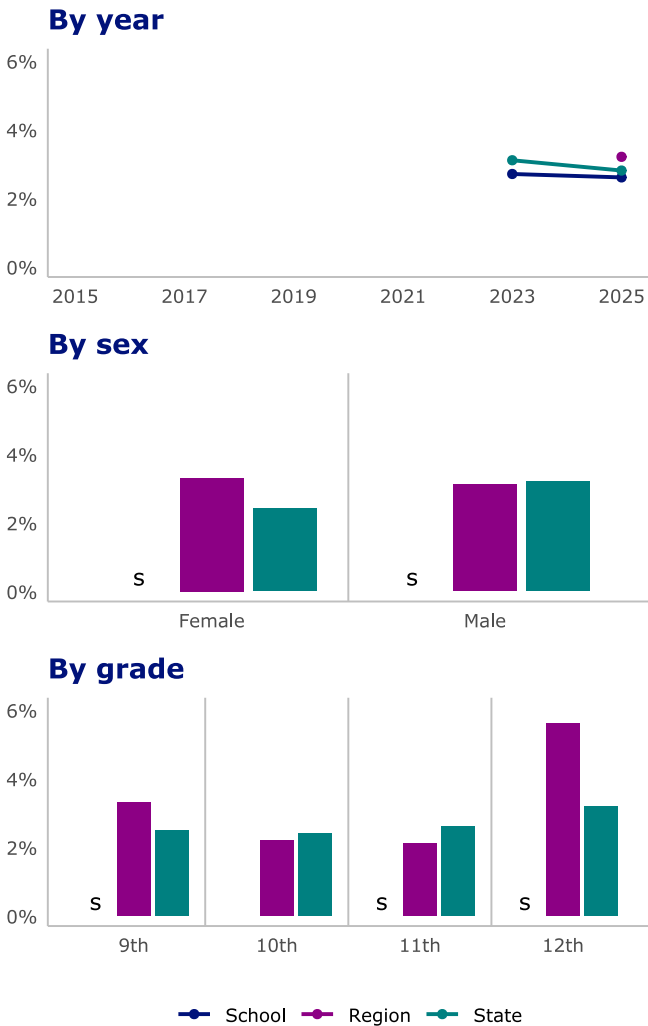
Percent of students who had ever been given money, a place to stay, food, or something else of value in exchange for sex

OTHER LIFE EXPERIENCE

2.6%
 White Mountains Regional HS*

3.2%
 North Country Region+

2.8%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	2.7	-	3.1
2025	2.6	3.2	2.8
GRADE (2025)			
9th	s	3.3	2.5
10th	0.0	2.2	2.4
11th	s	2.1	2.6
12th	s	5.6	3.2
SEX (2025)			
Female	s	3.3	2.4
Male	s	3.1	3.2

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INDICATOR DEFINITION
 Percentage of students who responded “Yes” out of responses “Yes”; “No” to question “Have you ever been given money, a place to stay, food, or something else of value in exchange for sex?”

Percent of students who had ever been forced to work or do something illegal by someone who got money or something of value for what they did

OTHER LIFE EXPERIENCE

2.6%

White Mountains Regional HS*

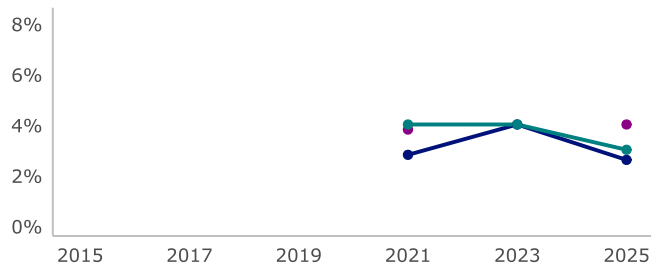
4.0%

North Country Region+

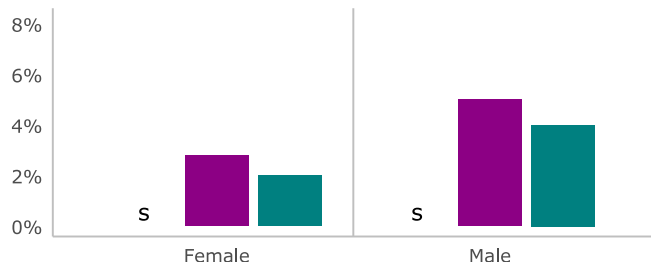
3.0%

New Hampshire+

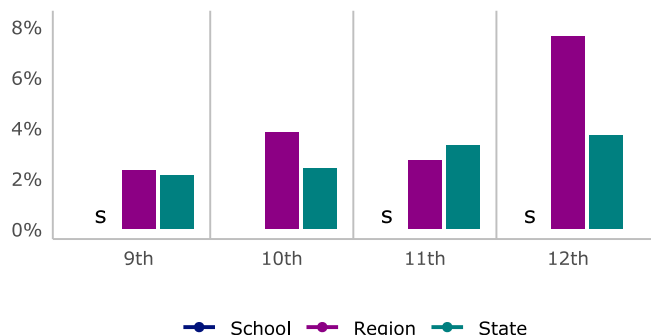
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	2.8	3.8	4.0
2023	4.0	-	4.0
2025	2.6	4.0	3.0
GRADE (2025)			
9th	s	2.3	2.1
10th	0.0	3.8	2.4
11th	s	2.7	3.3
12th	s	7.6	3.7
SEX (2025)			
Female	s	2.8	2.0
Male	s	5.0	4.0

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No" to question "Have you ever been forced to work or do something illegal by someone who got money or something of value for what you did?"

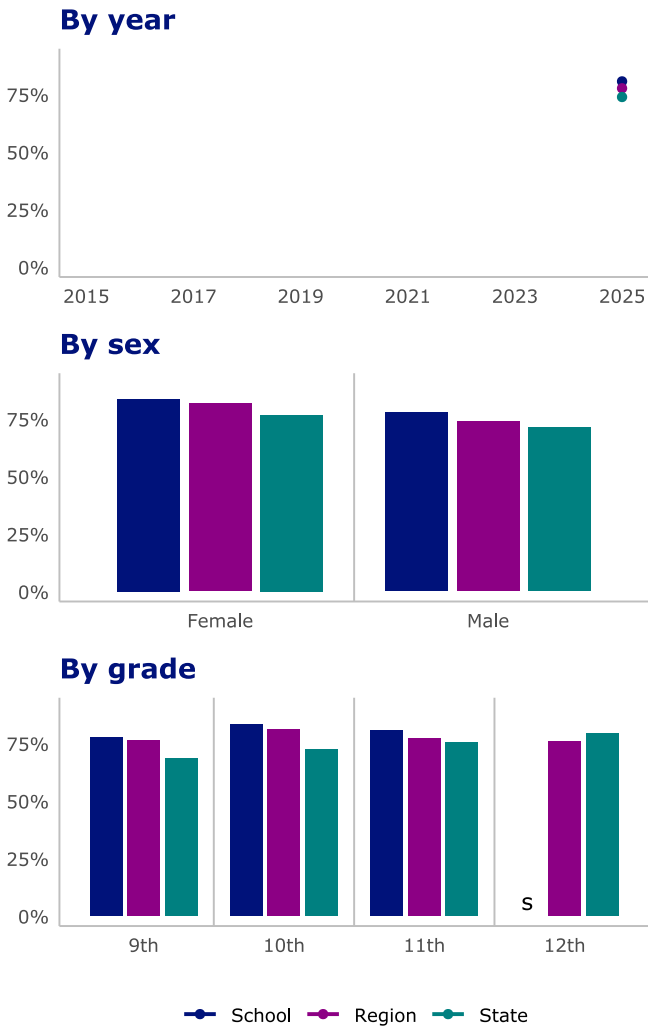
Percent of students who reported there is at least one teacher or other adult in their school that they can talk to if they have a problem

OTHER LIFE EXPERIENCE

80.5%
 White Mountains Regional HS*

77.5%
 North Country Region+

73.7%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	80.5	77.5	73.7
GRADE (2025)			
9th	77.6	76.1	68.3
10th	83.3	81.1	72.5
11th	80.6	77.2	75.3
12th	s	75.7	79.5
SEX (2025)			
Female	83.5	81.6	76.5
Male	77.7	73.8	71.1

- NOTES**
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 - Data not available (question not asked, region not weighted, and/or school did not participate in that year).
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INDICATOR DEFINITION
 Percentage of students who responded “Yes” out of responses “Yes”; “No”; “Not sure” to question “Is there at least one teacher or other adult in your school that you can talk to if you have a problem?”

Percent of students who had parents or adults in their family serving in the military

OTHER LIFE EXPERIENCE

6.7%

White Mountains Regional HS*

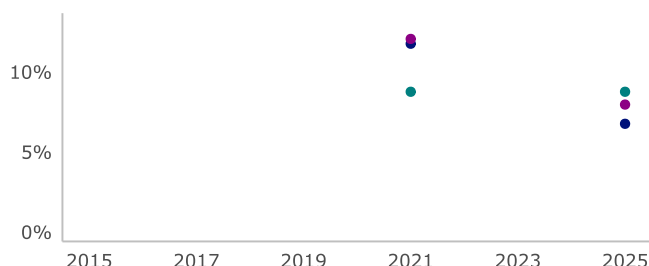
7.9%

North Country Region+

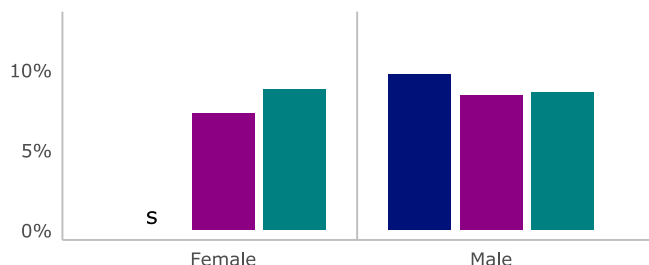
8.7%

New Hampshire+

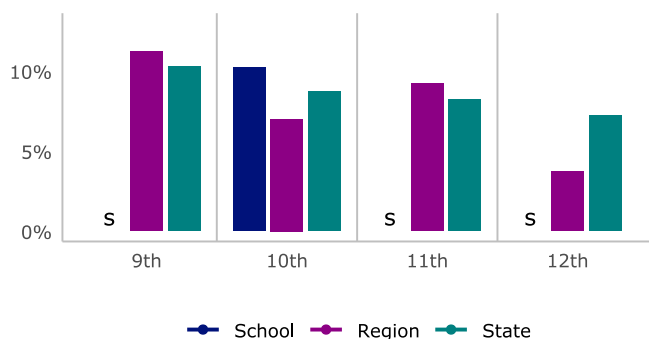
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	11.7	12.0	8.7
2023	-	-	-
2025	6.7	7.9	8.7
GRADE (2025)			
9th	s	11.2	10.3
10th	10.2	7.0	8.7
11th	s	9.2	8.2
12th	s	3.7	7.2
SEX (2025)			
Female	s	7.3	8.8
Male	9.7	8.4	8.6

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No" to question "Are either of your parents or other adults in your family serving on active duty in the military?"

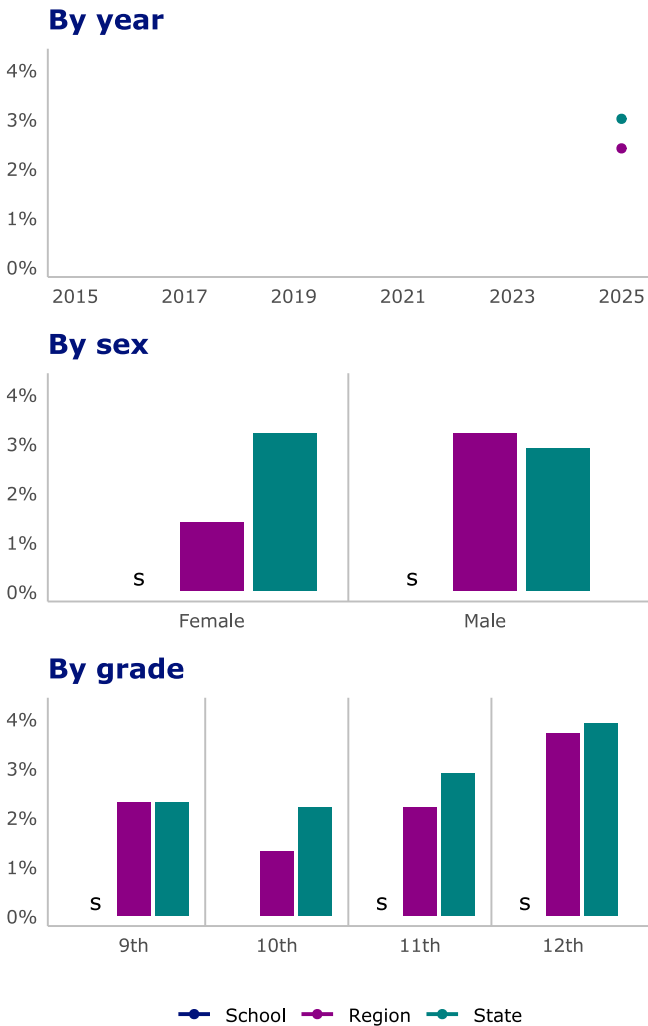
Percent of students who worked at a paying job mainly to help their family pay bills or buy food (among students who worked at a paying job)

OTHER LIFE EXPERIENCE

Suppressed
 White Mountains Regional HS*

2.4%
 North Country Region+

3.0%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	s	2.4	3.0
GRADE (2025)			
9th	s	2.3	2.3
10th	0.0	1.3	2.2
11th	s	2.2	2.9
12th	s	3.7	3.9
SEX (2025)			
Female	s	1.4	3.2
Male	s	3.2	2.9

- NOTES**
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INDICATOR DEFINITION
 Percentage of students who responded "To help my family pay bills or buy food" out of responses "To help my family pay bills or buy food"; "To save money for my future after I graduate high school"; "To earn day-to-day spending money for myself"; "To learn new skills"; "Some other reason" to question "During the past 12 months, what is the main reason you worked at a paying job? (Select only one response.)" Excludes students who responded "I did not work at a paying job during the past 12 months."

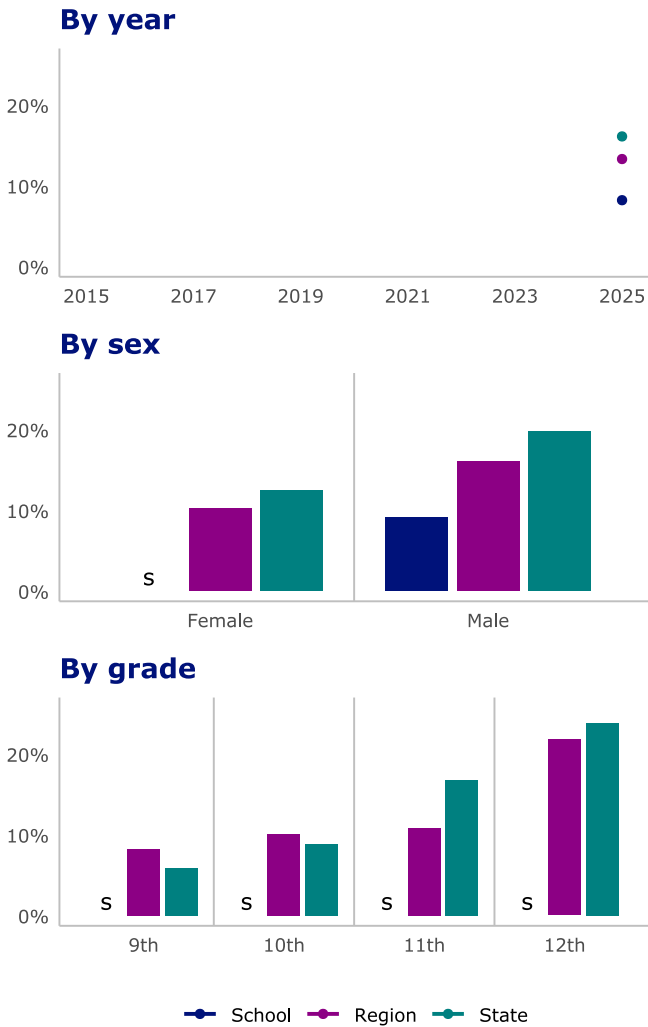
Percent of students who worked 21 or more hours per week at all their paying jobs (during the school year, among students who worked at a paying job during the school year)

OTHER LIFE EXPERIENCE

8.2%
 White Mountains Regional HS*

13.3%
 North Country Region+

16.1%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	8.2	13.3	16.1
GRADE (2025)			
9th	s	8.2	5.9
10th	s	10.1	8.9
11th	s	10.8	16.8
12th	s	21.8	23.8
SEX (2025)			
Female	s	10.2	12.5
Male	9.1	16.1	19.8

- NOTES**
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INDICATOR DEFINITION
 Percentage of students who responded "21 to 30 hours per week"; "31 or more hours per week" out of responses "1 to 5 hours per week"; "6 to 10 hours per week"; "11 to 20 hours per week"; "21 to 30 hours per week"; "31 or more hours per week" to question "During the school year, how many hours per week do you usually work at all your paying jobs?" Excludes students who responded "I do not work at a paying job during the school year."

Percent of students who spent 3 or more hours of screen time on average school day

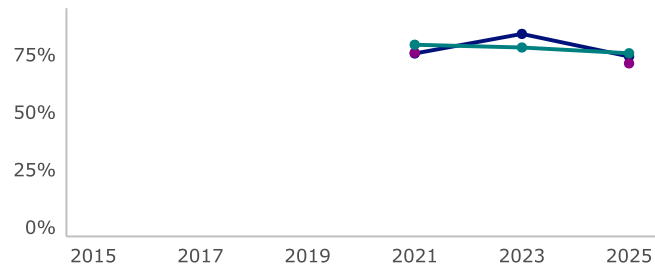
PHYSICAL INACTIVITY AND UNHEALTHY DIETARY BEHAVIORS

73.7%
 White Mountains Regional HS*

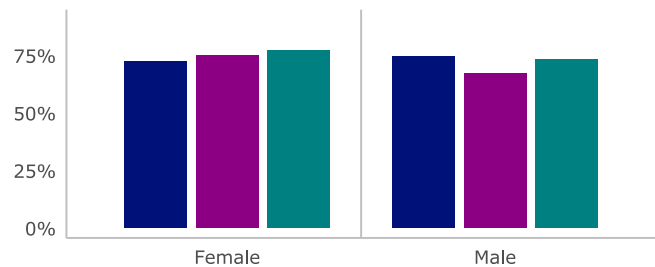
70.7%
 North Country Region+

75.1%
 New Hampshire+

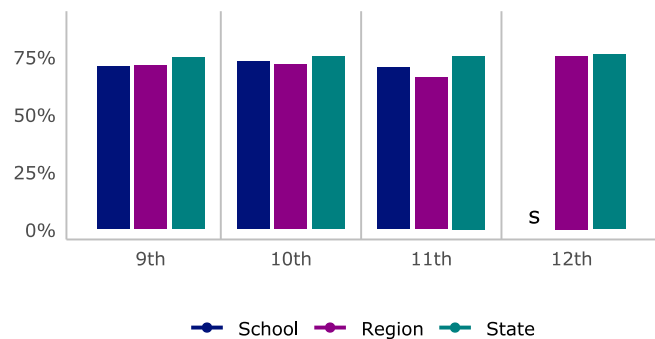
By year



By sex



By grade



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	75.0	75.3	78.8
2023	83.5	-	77.6
2025	73.7	70.7	75.1
GRADE (2025)			
9th	70.6	71.2	74.5
10th	72.9	71.5	75.1
11th	70.3	66.0	75.2
12th	s	75.2	75.9
SEX (2025)			
Female	72.5	74.8	77.1
Male	74.5	67.2	73.3

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INDICATOR DEFINITION

Percentage of students who responded “3 hours per day”; “4 hours per day”; “5 or more hours per day” out of responses “Less than 1 hour per day”; “1 hour per day”; “2 hours per day”; “3 hours per day”; “4 hours per day”; “5 or more hours per day” to question “On an average school day, how many hours do you spend in front of a TV, computer, smart phone, or other electronic device watching shows or videos, playing games, accessing the Internet, or using social media (also called “screen time”)? (Do not count time spent doing schoolwork.)”

Percent of students who had obesity based on body mass index (BMI)

PHYSICAL INACTIVITY AND UNHEALTHY DIETARY BEHAVIORS

23.7%

White Mountains Regional HS*

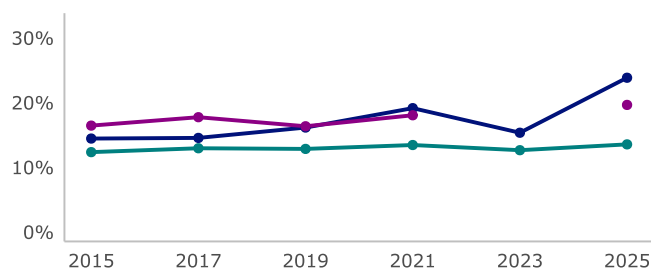
19.5%

North Country Region+

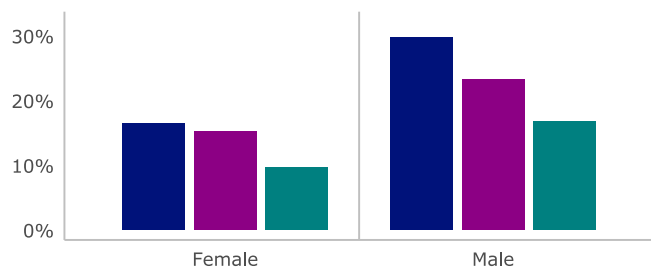
13.4%

New Hampshire+

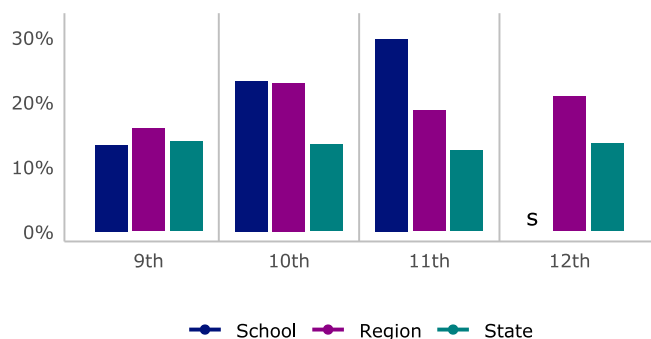
By year



By sex



By grade



	School [*]	Region ⁺	State ⁺
YEAR			
2015	14.3	16.3	12.2
2017	14.4	17.6	12.8
2019	16.0	16.2	12.7
2021	19.0	17.9	13.3
2023	15.2	-	12.5
2025	23.7	19.5	13.4
GRADE (2025)			
9th	13.3	15.8	13.9
10th	23.2	22.9	13.4
11th	29.7	18.6	12.5
12th	s	20.8	13.6
SEX (2025)			
Female	16.5	15.2	9.7
Male	29.7	23.3	16.8

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INDICATOR DEFINITION

>= 95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts

Percent of students who were overweight

PHYSICAL INACTIVITY AND UNHEALTHY DIETARY BEHAVIORS

14.5%

White Mountains Regional HS*

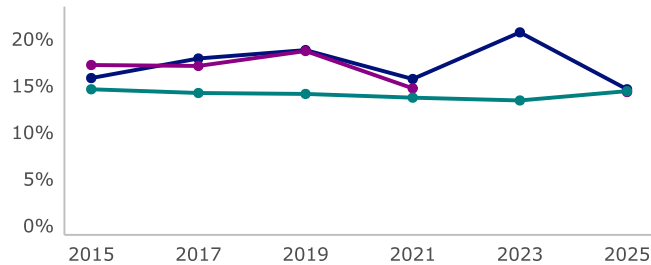
14.2%

North Country Region+

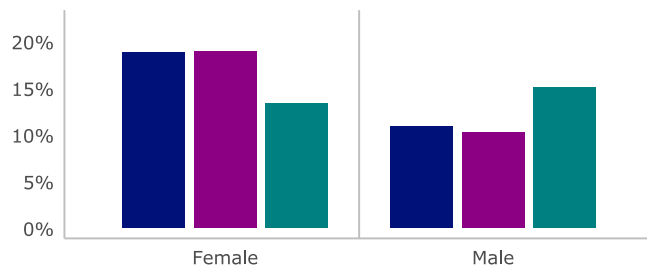
14.3%

New Hampshire+

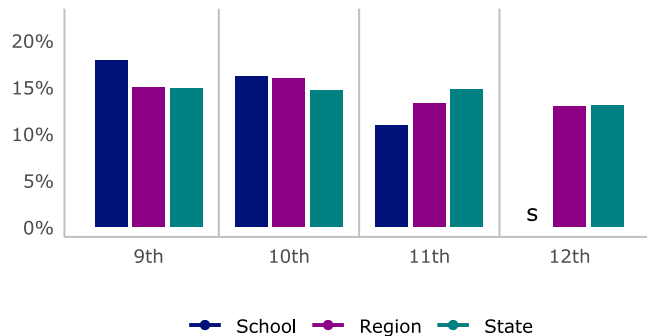
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	15.7	17.1	14.5
2017	17.8	17.0	14.1
2019	18.7	18.6	14.0
2021	15.6	14.6	13.6
2023	20.6	-	13.3
2025	14.5	14.2	14.3
GRADE (2025)			
9th	17.8	15.0	14.8
10th	16.1	15.9	14.6
11th	10.9	13.2	14.7
12th	s	12.9	13.0
SEX (2025)			
Female	18.8	18.9	13.4
Male	10.9	10.2	15.1

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INDICATOR DEFINITION

>= 85th percentile but <95th percentile for body mass index, based on sex- and age-specific reference data from the 2000 CDC growth charts

Percent of students who ever had sexual intercourse

SEXUAL RISK - BEHAVIORS

37.8%

White Mountains Regional HS*

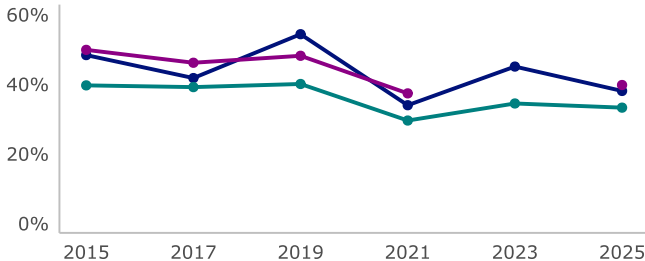
39.5%

North Country Region+

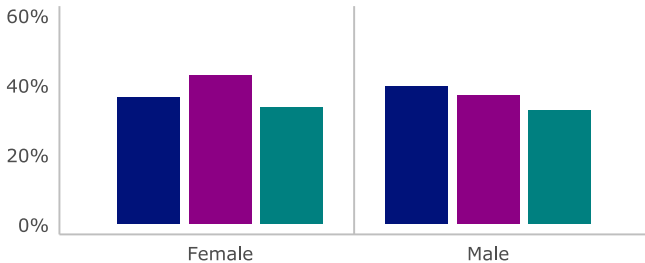
33.0%

New Hampshire+

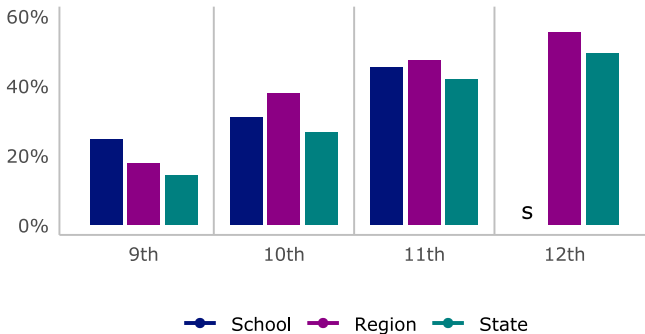
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	48.1	49.6	39.4
2017	41.5	45.9	38.9
2019	54.1	47.9	39.8
2021	33.7	37.1	29.3
2023	44.8	-	34.2
2025	37.8	39.5	33.0
GRADE (2025)			
9th	24.5	17.8	14.3
10th	31.0	37.9	26.6
11th	45.2	47.4	41.8
12th	s	55.2	49.3
SEX (2025)			
Female	36.3	42.6	33.4
Male	39.6	36.9	32.7

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No" to question "Have you ever had sexual intercourse?"

Percent of students who had sexual intercourse for the first time before age 13 years

SEXUAL RISK - BEHAVIORS

5.7%

White Mountains Regional HS*

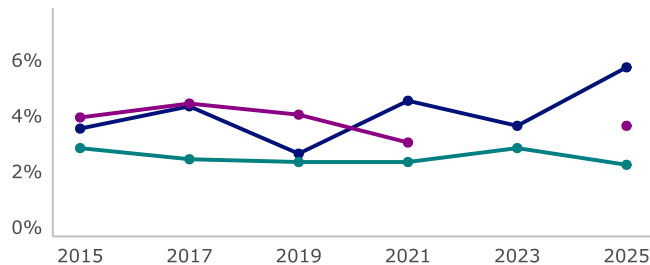
3.6%

North Country Region+

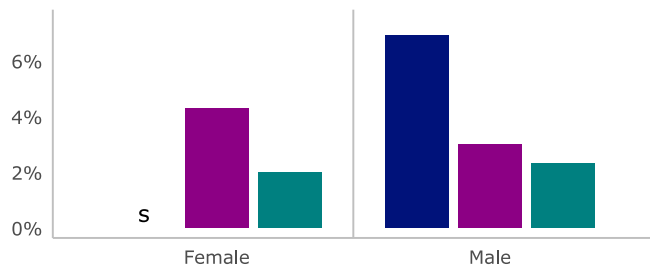
2.2%

New Hampshire+

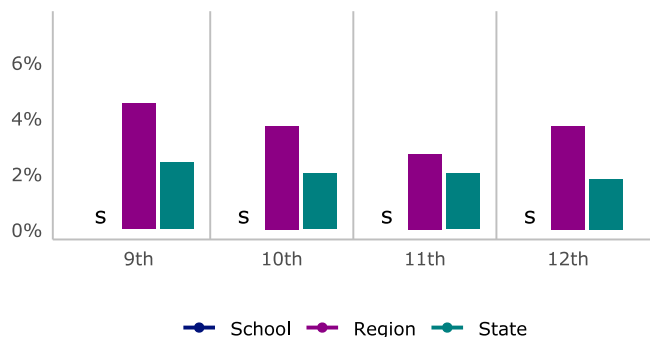
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	3.5	3.9	2.8
2017	4.3	4.4	2.4
2019	2.6	4.0	2.3
2021	4.5	3.0	2.3
2023	3.6	-	2.8
2025	5.7	3.6	2.2
GRADE (2025)			
9th	s	4.5	2.4
10th	s	3.7	2.0
11th	s	2.7	2.0
12th	s	3.7	1.8
SEX (2025)			
Female	s	4.3	2.0
Male	6.9	3.0	2.3

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INDICATOR DEFINITION

Percentage of students who responded "11 years old or younger"; "12 years old" out of responses "I have never had sexual intercourse"; "11 years old or younger"; "12 years old"; "13 years old"; "14 years old"; "15 years old"; "16 years old"; "17 years old or older" to question "How old were you when you had sexual intercourse for the first time?"

Percent of students who had sexual intercourse with four or more persons during their life

SEXUAL RISK - BEHAVIORS

6.7%

White Mountains Regional HS*

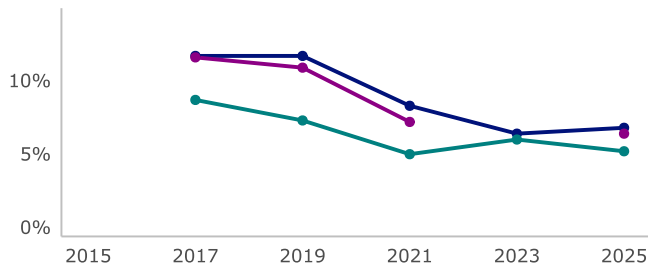
6.3%

North Country Region+

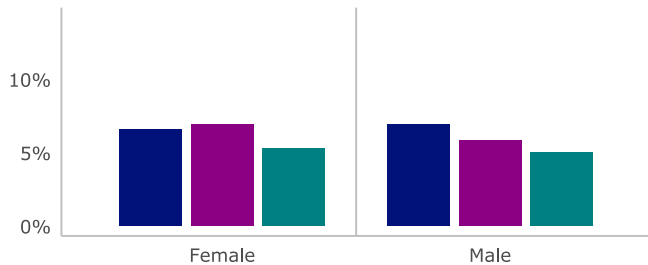
5.1%

New Hampshire+

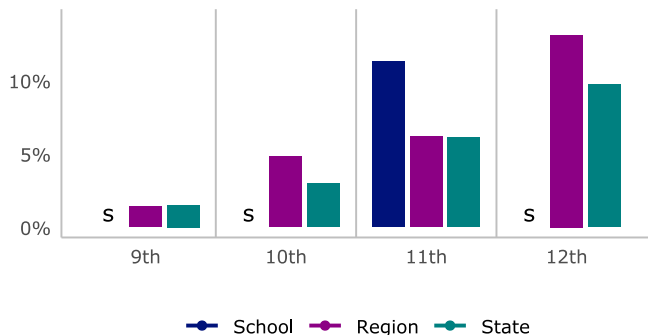
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	11.6	11.5	8.6
2019	11.6	10.8	7.2
2021	8.2	7.1	4.9
2023	6.3	-	5.9
2025	6.7	6.3	5.1
GRADE (2025)			
9th	s	1.4	1.5
10th	s	4.8	3.0
11th	11.3	6.2	6.1
12th	s	13.1	9.7
SEX (2025)			
Female	6.6	6.9	5.3
Male	6.9	5.8	5.0

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INDICATOR DEFINITION

Percentage of students who responded "4 people"; "5 people"; "6 or more people" out of responses "I have never had sexual intercourse"; "1 person"; "2 people"; "3 people"; "4 people"; "5 people"; "6 or more people" to question "During your life, with how many people have you had sexual intercourse?"

Percent of students who were currently sexually active (during the past 3 months)

SEXUAL RISK - BEHAVIORS

28.0%

White Mountains Regional HS*

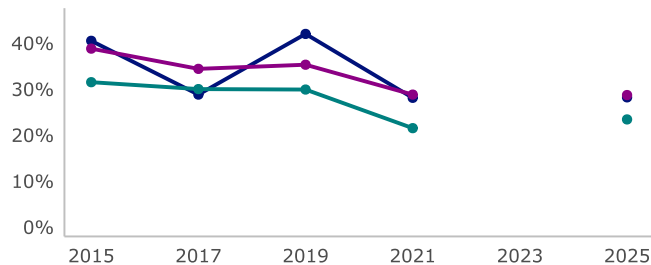
28.5%

North Country Region+

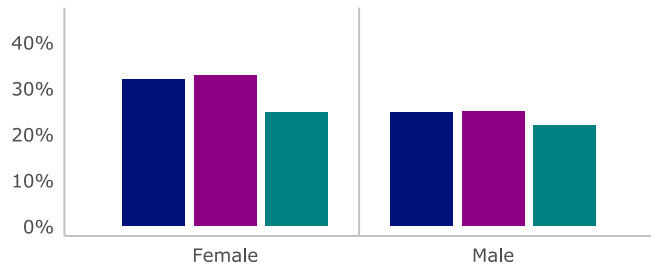
23.2%

New Hampshire+

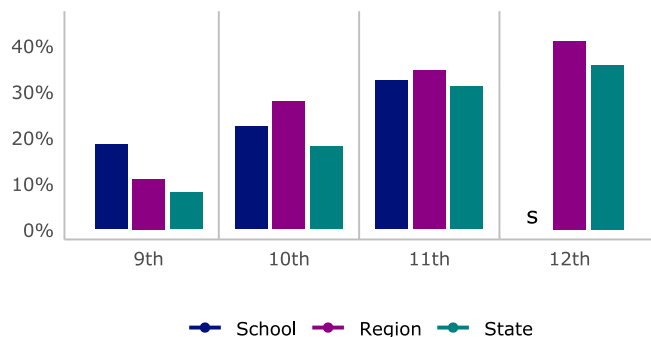
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	40.3	38.6	31.3
2017	28.6	34.2	29.8
2019	41.8	35.1	29.7
2021	27.9	28.6	21.3
2023	-	-	-
2025	28.0	28.5	23.2
GRADE (2025)			
9th	18.4	10.9	8.0
10th	22.4	27.8	18.0
11th	32.3	34.5	31.1
12th	40.9	40.9	35.7
SEX (2025)			
Female	31.9	32.7	24.7
Male	24.8	24.9	21.9

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INDICATOR DEFINITION

Percentage of students who responded "1 person"; "2 people"; "3 people"; "4 people"; "5 people"; "6 or more people" out of responses "I have never had sexual intercourse"; "I have had sexual intercourse, but not during the past 3 months"; "1 person"; "2 people"; "3 people"; "4 people"; "5 people"; "6 or more people" to question "During the past 3 months, with how many people did you have sexual intercourse?"

Percent of students who drank alcohol or used drugs before last sexual intercourse

SEXUAL RISK - BEHAVIORS

13.3%

White Mountains Regional HS*

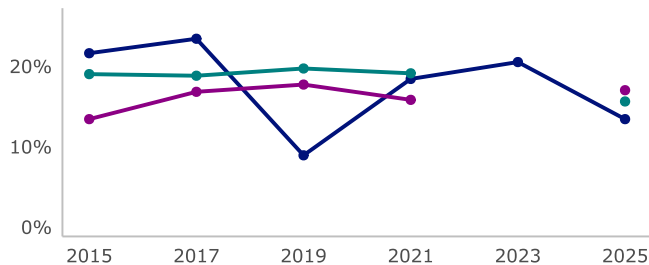
16.9%

North Country Region+

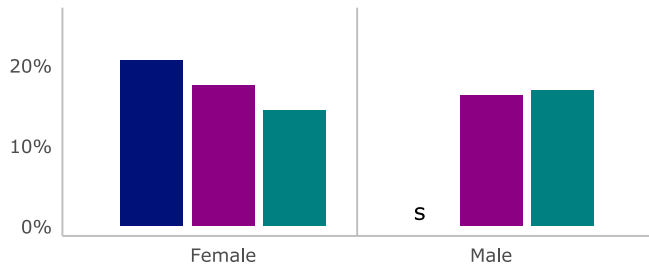
15.5%

New Hampshire+

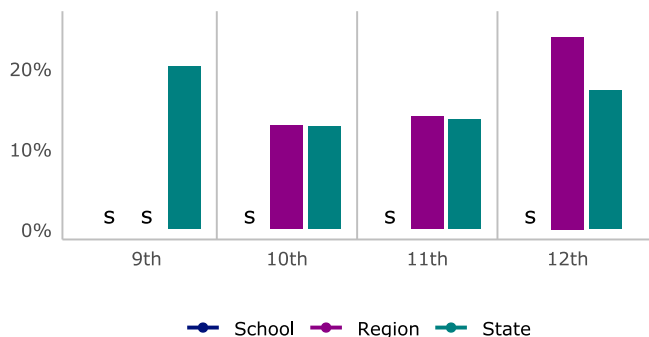
By year



By sex



By grade



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	21.5	13.3	18.9
2017	23.3	16.7	18.7
2019	8.8	17.6	19.6
2021	18.3	15.7	19.0
2023	20.4	-	-
2025	13.3	16.9	15.5
GRADE (2025)			
9th	s	s	20.2
10th	s	12.9	12.8
11th	s	14.0	13.6
12th	s	23.9	17.2
SEX (2025)			
Female	20.6	17.5	14.4
Male	s	16.2	16.8

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No" to question "Did you drink alcohol or use drugs before you had sexual intercourse the last time?" Excludes students who responded "I have never had sexual intercourse." Additionally, students must have responded "1 person"; "2 people"; "3 people"; "4 people"; "5 people"; "6 or more people" to question "During the past 3 months, with how many people did you have sexual intercourse?"

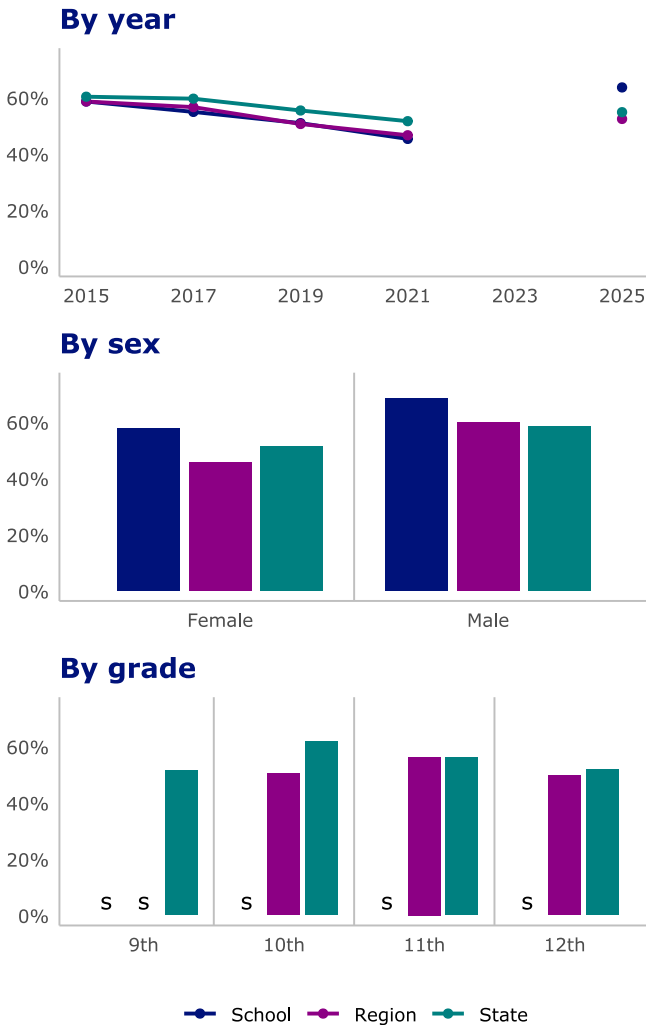
Percent of students who used a condom during last sexual intercourse

SEXUAL RISK - BEHAVIORS

63.5%
White Mountains Regional HS*

52.3%
North Country Region+

54.7%
New Hampshire+



	School*	Region+	State+
YEAR			
2015	58.5	58.5	60.2
2017	54.8	56.5	59.5
2019	50.8	50.5	55.3
2021	45.2	46.5	51.5
2023	-	-	-
2025	63.5	52.3	54.7
GRADE (2025)			
9th	s	s	51.3
10th	s	50.2	61.6
11th	s	56.2	56.0
12th	s	49.7	51.7
SEX (2025)			
Female	57.6	45.6	51.3
Male	68.3	59.9	58.5

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No" to question "The last time you had sexual intercourse, did you or your partner use a condom?" Excludes students who responded "I have never had sexual intercourse." Additionally, students must have responded "1 person"; "2 people"; "3 people"; "4 people"; "5 people"; "6 or more people" to question "During the past 3 months, with how many people did you have sexual intercourse?"

Percent of students who used birth control pills before last sexual intercourse with opposite-sex partner

SEXUAL RISK - BEHAVIORS

27.8%

White Mountains Regional HS*

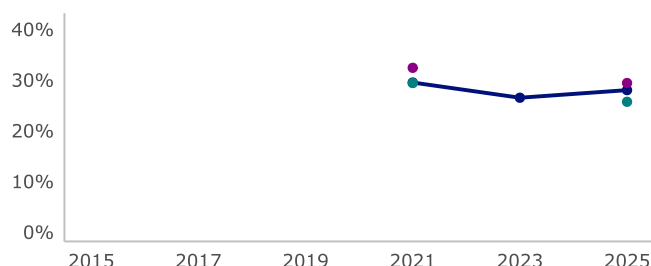
29.2%

North Country Region+

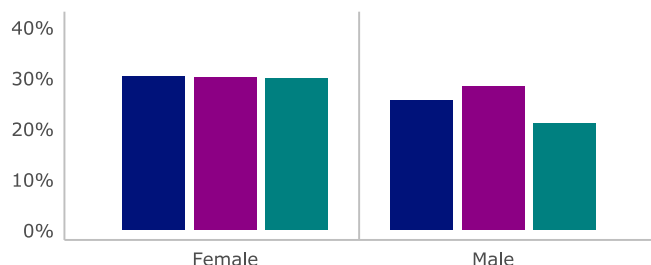
25.5%

New Hampshire+

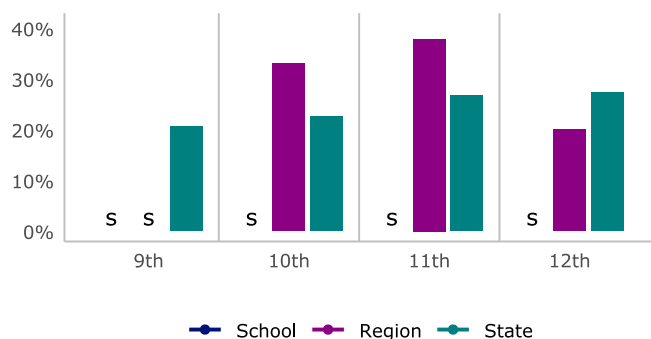
By year



By sex



By grade



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	29.3	32.2	29.2
2023	26.3	-	-
2025	27.8	29.2	25.5
GRADE (2025)			
9th	s	s	20.7
10th	s	33.1	22.6
11th	s	37.9	26.7
12th	s	20.0	27.3
SEX (2025)			
Female	30.3	30.0	29.8
Male	25.6	28.4	21.0

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "Birth control pills (Do not count emergency contraception such as Plan B or the "morning after" pill.)" out of responses "No method was used to prevent pregnancy"; "Birth control pills (Do not count emergency contraception such as Plan B or the "morning after" pill.)"; "Condoms"; "An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)"; "A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)"; "Withdrawal or some other method"; "Not sure" to question "The last time you had sexual intercourse with an opposite-sex partner, what one method did you or your partner use to prevent pregnancy? (Select only one response.)" Excludes students who responded "I have never had sexual intercourse with an opposite-sex partner." Additionally, students must have responded "1 person"; "2 people"; "3 people"; "4 people"; "5 people"; "6 or more people" to question "During the past 3 months, with how many people did you have sexual intercourse?"

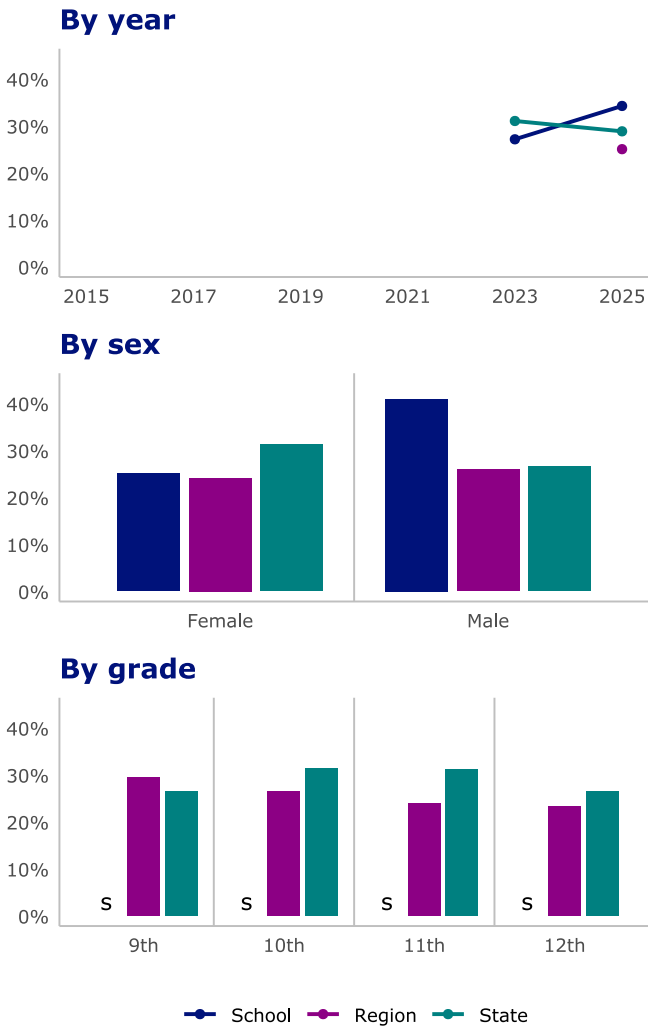
Percent of students who used a condom to prevent both pregnancy and sexually transmitted diseases the last time they had sexual intercourse

SEXUAL RISK - BEHAVIORS

34.2%
 White Mountains Regional HS*

25.0%
 North Country Region+

28.8%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	27.1	-	31.0
2025	34.2	25.0	28.8
GRADE (2025)			
9th	s	29.4	26.5
10th	s	26.6	31.4
11th	s	23.9	31.2
12th	s	23.3	26.6
SEX (2025)			
Female	25.0	24.1	31.2
Male	40.9	25.9	26.6

- NOTES**
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INDICATOR DEFINITION
 Percentage of students who responded "To prevent both pregnancy and sexually transmitted diseases" out of responses "I have had sexual intercourse, but my partner and I did not use a condom the last time"; "To prevent pregnancy"; "To prevent sexually transmitted diseases like herpes, chlamydia, or HIV"; "To prevent both pregnancy and sexually transmitted diseases"; "For some other reason" to question "The last time you and your partner had sexual intercourse and used a condom, what was the main reason that you used a condom? (Select only one response.)" Excludes students who responded "I have never had sexual intercourse."

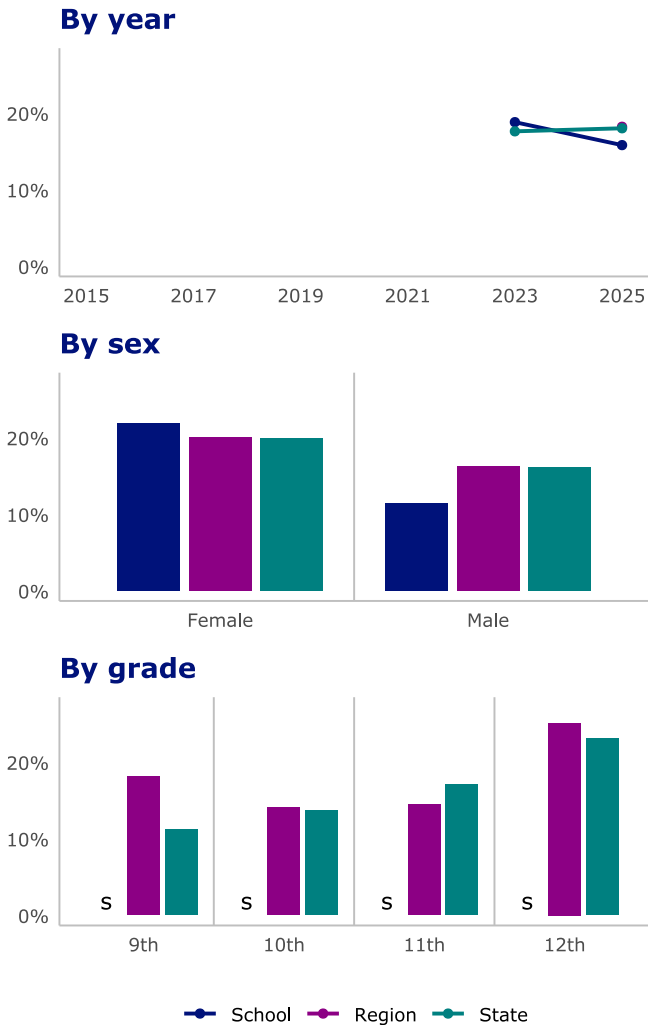
Percent of students who used or whose partner used emergency contraception or the morning after pill

SEXUAL RISK - BEHAVIORS

15.8%
 White Mountains Regional HS*

18.2%
 North Country Region+

18.0%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	18.8	-	17.6
2025	15.8	18.2	18.0
GRADE (2025)			
9th	s	18.1	11.2
10th	s	14.1	13.7
11th	s	14.4	17.1
12th	s	25.1	23.1
SEX (2025)			
Female	21.9	20.1	19.9
Male	11.4	16.3	16.1

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INDICATOR DEFINITION
 Percentage of students who responded "Yes" out of responses "Yes"; "No"; "Not Sure" to question "During the past 12 months, did you or your partner use emergency contraception or the morning after pill, also called Plan B One-Step, Next Choice, or Ella?" Excludes students who responded "I have never had sexual intercourse."

Percent of students who verbally asked for consent the last time they had sexual contact

SEXUAL RISK - BEHAVIORS

87.9%

White Mountains Regional HS*

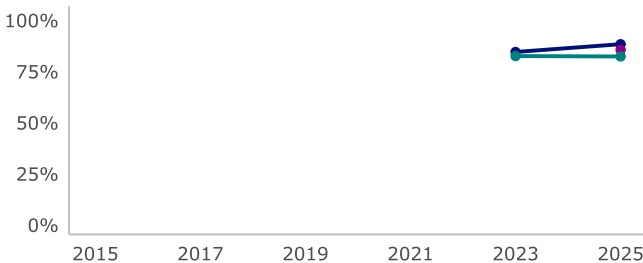
85.2%

North Country Region+

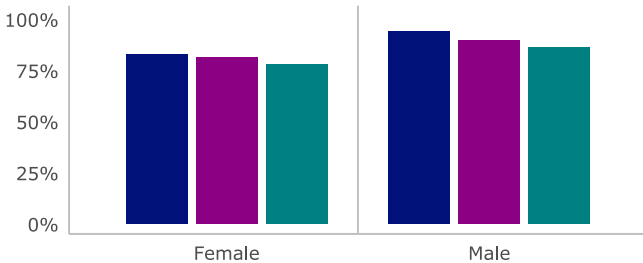
81.9%

New Hampshire+

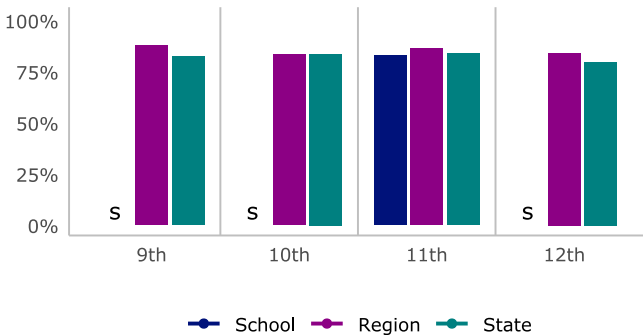
By year



By sex



By grade



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	84.1	-	82.1
2025	87.9	85.2	81.9
GRADE (2025)			
9th	S	87.9	82.3
10th	S	83.2	83.6
11th	82.9	86.5	83.9
12th	S	84.1	79.7
SEX (2025)			
Female	82.9	81.4	77.8
Male	93.9	89.5	86.1

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No" to question "The last time you had sexual contact, did you ask for consent verbally?" Excludes students who responded "I have never had sexual contact."

Percent of students who gave verbal consent the last time they had sexual contact

SEXUAL RISK - BEHAVIORS

87.1%

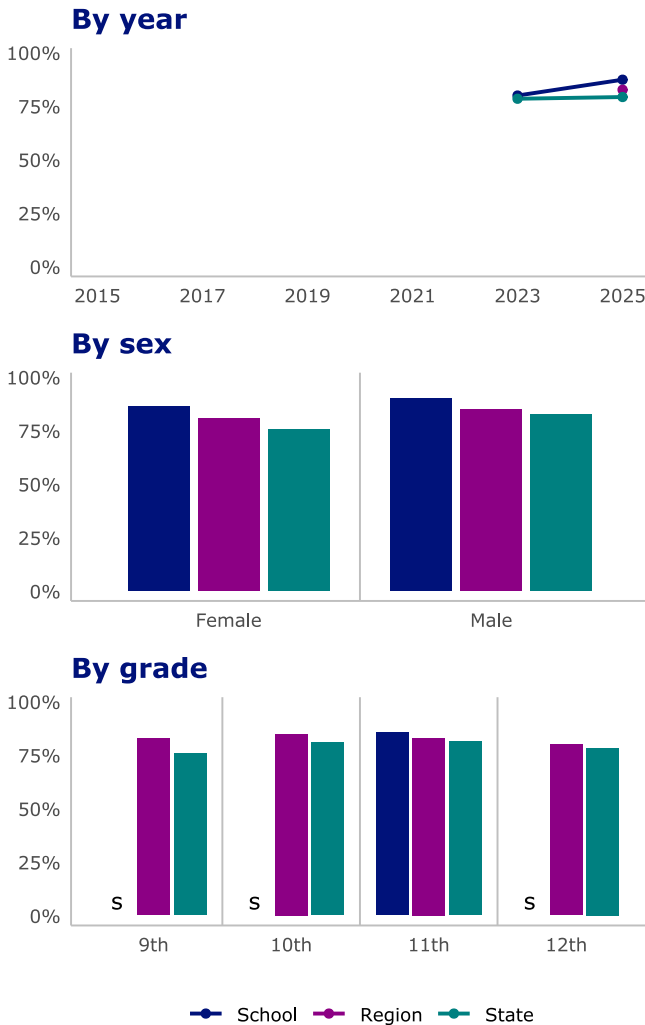
White Mountains Regional HS*

82.4%

North Country Region+

79.0%

New Hampshire+



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	79.7	-	78.2
2025	87.1	82.4	79.0
GRADE (2025)			
9th	s	82.7	75.7
10th	s	84.6	80.5
11th	85.3	82.8	81.1
12th	s	79.9	78.1
SEX (2025)			
Female	86.0	80.7	75.5
Male	89.8	84.9	82.6

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No" to question "The last time you had sexual contact, did you give your consent verbally?" Excludes students who responded "I have never had sexual contact."

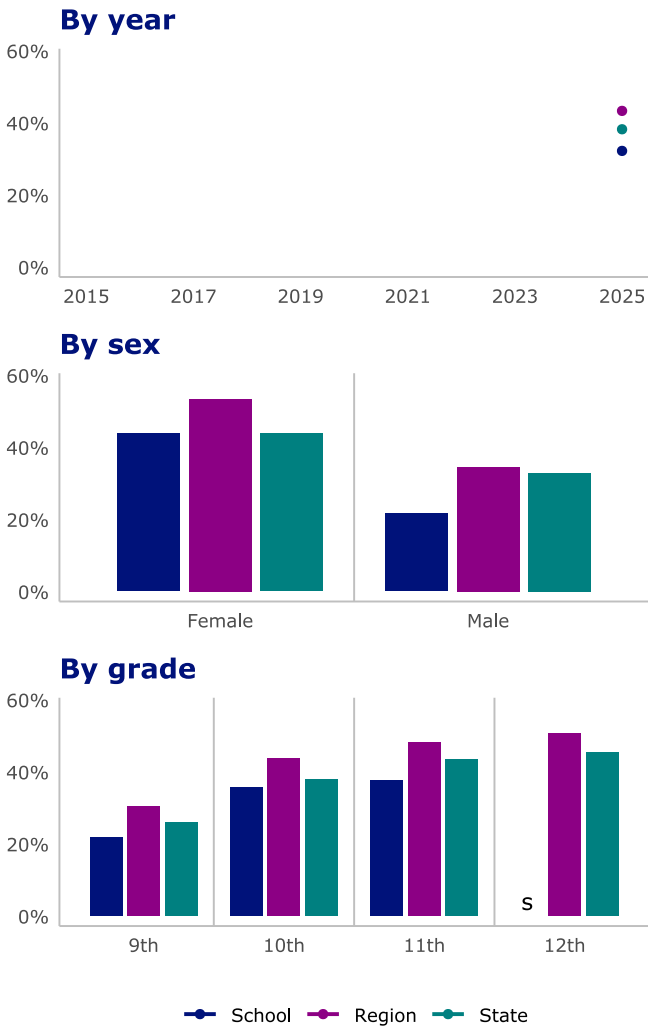
Percent of students who reported their doctor or nurse discussed ways to prevent pregnancy, AIDS, or other sexually transmitted infections (STIs)

SEXUAL RISK - BEHAVIORS

32.1%
 White Mountains Regional HS*

43.2%
 North Country Region+

38.1%
 New Hampshire+



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	32.1	43.2	38.1
GRADE (2025)			
9th	21.7	30.3	25.9
10th	35.7	43.8	38.0
11th	37.5	48.1	43.5
12th	s	50.7	45.3
SEX (2025)			
Female	43.8	53.3	43.7
Male	21.6	34.4	32.8

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INDICATOR DEFINITION
 Percentage of students who responded "Yes" out of responses "Yes"; "No"; "Not sure" to question "During your last check-up, did your doctor or nurse discuss ways to prevent pregnancy, AIDS, or other sexually transmitted infections (STIs)?" Excludes students who responded "I have never had a check-up."

Percent of students who ever talked about birth control with their parents, guardians, or other trusted adults

SEXUAL RISK - BEHAVIORS

41.1%

White Mountains Regional HS*

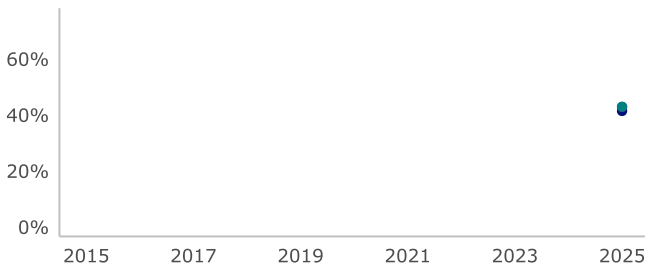
42.5%

North Country Region+

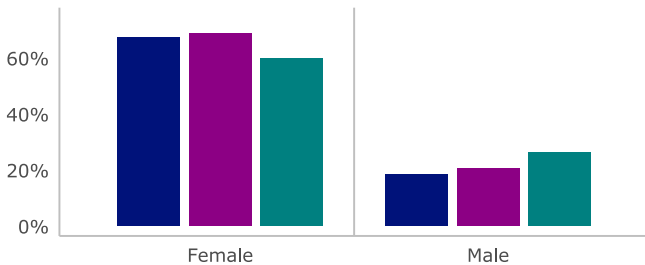
42.6%

New Hampshire+

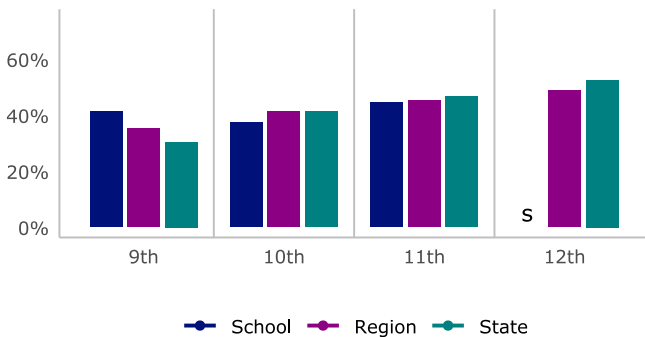
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	41.1	42.5	42.6
GRADE (2025)			
9th	41.2	35.2	30.4
10th	37.3	41.2	41.3
11th	44.4	45.2	46.5
12th	s	48.8	52.5
SEX (2025)			
Female	67.4	68.6	59.7
Male	18.3	20.4	26.2

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No"; "Not sure" to question "Have you ever talked about birth control with your parents, guardians, or other trusted adults?"

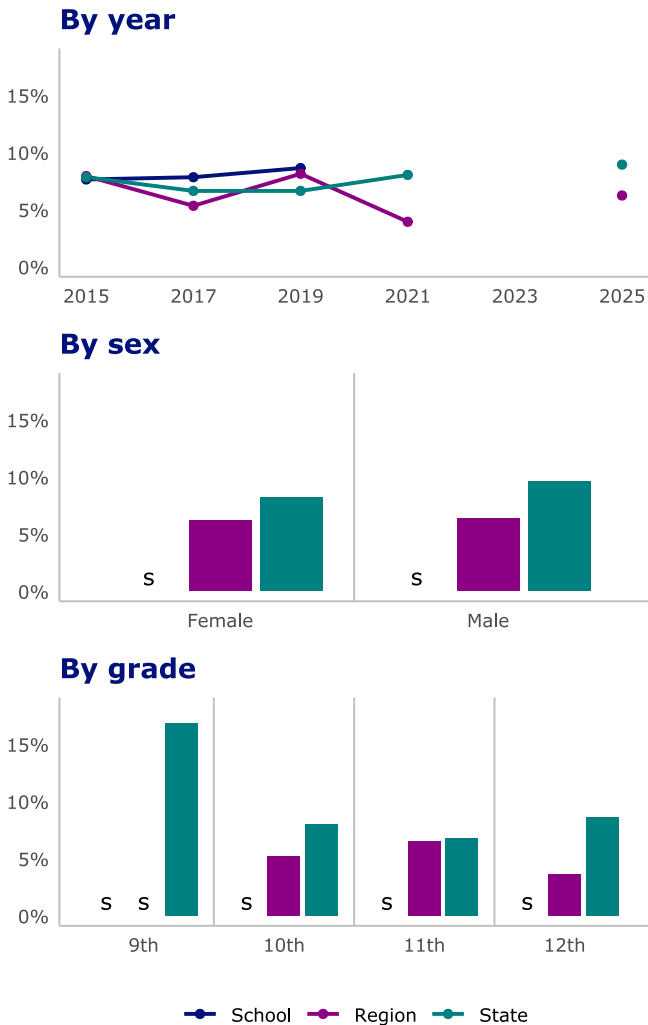
Percent of students who did not use any method to prevent pregnancy during last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)

SEXUAL RISK - BEHAVIORS

Suppressed
 White Mountains Regional HS*

6.2%
 North Country Region+

8.9%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	7.6	7.9	7.8
2017	7.8	5.3	6.6
2019	8.6	8.1	6.6
2021	s	3.9	8.0
2023	-	-	-
2025	s	6.2	8.9
GRADE (2025)			
9th	s	s	16.8
10th	s	5.2	8.0
11th	s	6.5	6.8
12th	s	3.6	8.6
SEX (2025)			
Female	s	6.2	8.2
Male	s	6.3	9.6

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INDICATOR DEFINITION
 Percentage of students who responded “No method was used to prevent pregnancy” out of responses “No method was used to prevent pregnancy”; “Birth control pills (Do not count emergency contraception such as Plan B or the “morning after” pill.)”; “Condoms”; “An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)”; “A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)”; “Withdrawal or some other method”; “Not sure” to question “The last time you had sexual intercourse with an opposite-sex partner, what one method did you or your partner use to prevent pregnancy? (Select only one response.)”

Percent of students who used an IUD or implant before last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)

SEXUAL RISK - BEHAVIORS

Suppressed

White Mountains Regional HS*

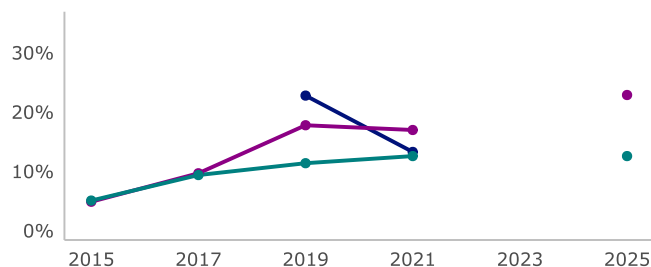
22.7%

North Country Region+

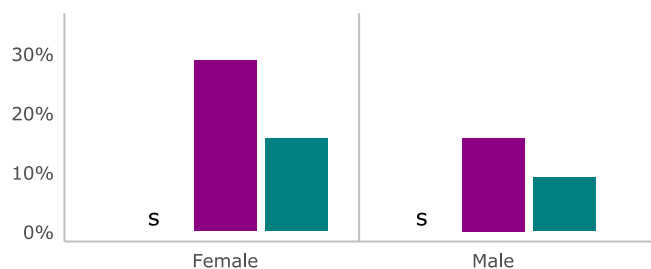
12.4%

New Hampshire+

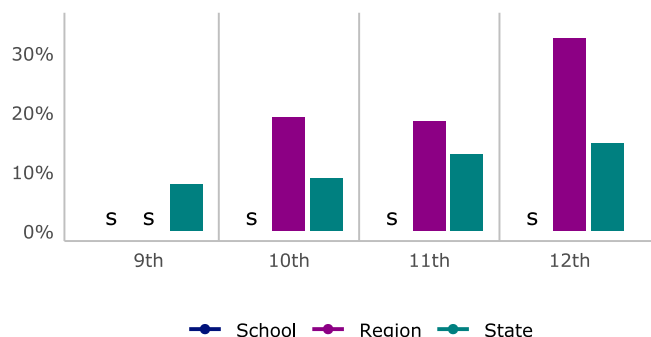
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	s	4.7	4.9
2017	s	9.5	9.2
2019	22.6	17.6	11.2
2021	13.1	16.8	12.4
2023	-	-	-
2025	s	22.7	12.4
GRADE (2025)			
9th	s	s	7.8
10th	s	19.1	8.9
11th	s	18.5	12.9
12th	s	32.4	14.8
SEX (2025)			
Female	s	28.8	15.6
Male	s	15.7	9.0

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INDICATOR DEFINITION

Percentage of students who responded "An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)" out of responses "No method was used to prevent pregnancy"; "Birth control pills (Do not count emergency contraception such as Plan B or the "morning after" pill.); "Condoms"; "An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)"; "A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)"; "Withdrawal or some other method"; "Not sure" to question "The last time you had sexual intercourse with an opposite-sex partner, what one method did you or your partner use to prevent pregnancy? (Select only one response.)"

Percent of students who used birth control pills; an IUD or implant; or a shot, patch, or birth control ring before last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)

SEXUAL RISK - BEHAVIORS

43.4%

White Mountains Regional HS*

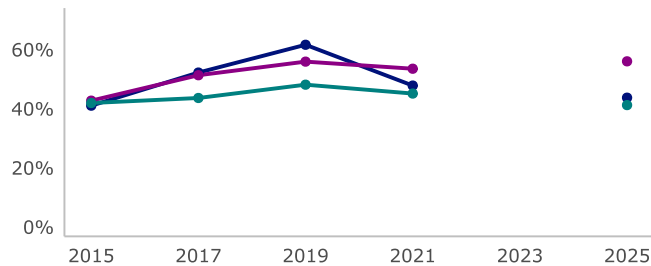
55.7%

North Country Region+

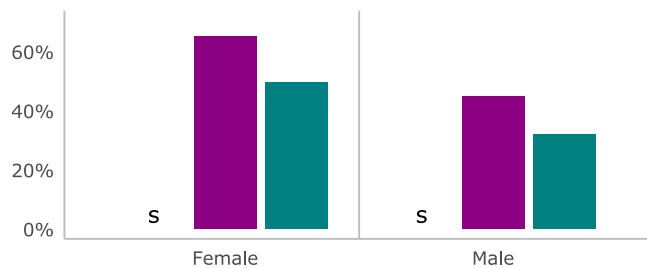
40.9%

New Hampshire+

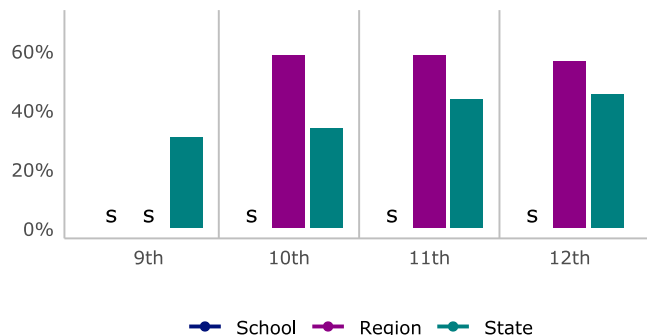
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	40.7	42.4	41.6
2017	51.9	51.0	43.3
2019	61.3	55.6	47.8
2021	47.5	53.2	44.8
2023	-	-	-
2025	43.4	55.7	40.9
GRADE (2025)			
9th	s	s	30.6
10th	s	58.5	33.7
11th	s	58.3	43.4
12th	s	56.2	45.1
SEX (2025)			
Female	s	65.0	49.6
Male	s	44.9	31.8

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INDICATOR DEFINITION

Percentage of students who responded "Birth control pills (Do not count emergency contraception such as Plan B or the "morning after" pill.); "An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); "A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)" out of responses "No method was used to prevent pregnancy"; "Birth control pills (Do not count emergency contraception such as Plan B or the "morning after" pill.); "Condoms"; "An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon); "A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing); "Withdrawal or some other method"; "Not sure" to question "The last time you had sexual intercourse with an opposite-sex partner, what one method did you or your partner use to prevent pregnancy? (Select only one response.)"

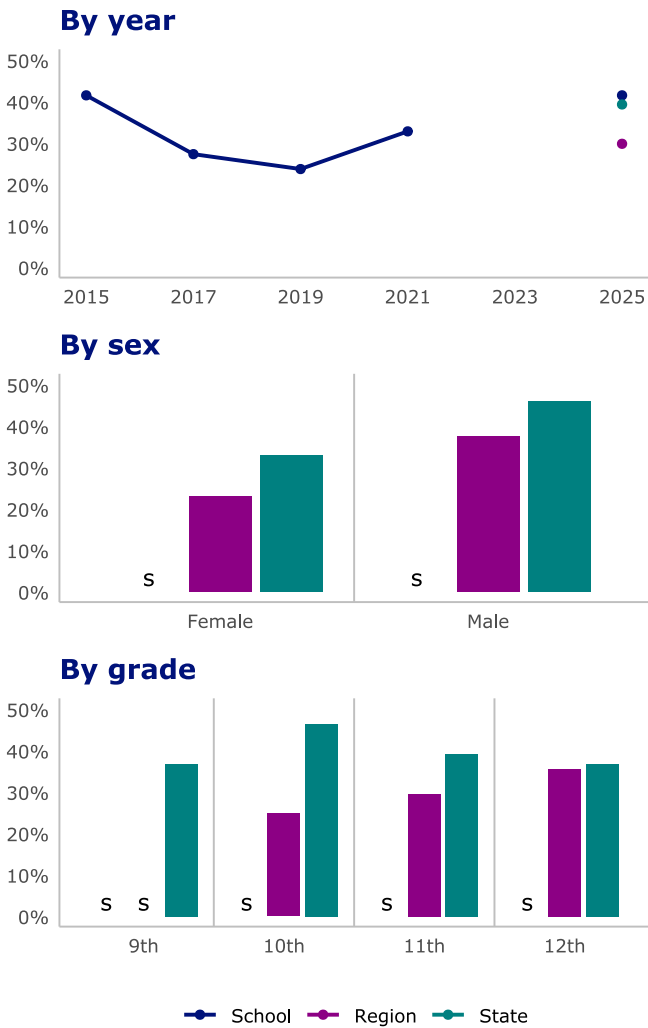
Percent of students who used a condom as the primary method to prevent pregnancy before last sexual intercourse with an opposite-sex partner (among students who were currently sexually active)

SEXUAL RISK - BEHAVIORS

41.5%
 White Mountains Regional HS*

29.8%
 North Country Region+

39.3%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	41.5	-	-
2017	27.3	-	-
2019	23.7	-	-
2021	32.8	-	-
2023	-	-	-
2025	41.5	29.8	39.3
GRADE (2025)			
9th	S	S	36.8
10th	S	24.8	46.4
11th	S	29.5	39.2
12th	S	35.5	36.8
SEX (2025)			
Female	S	23.1	32.9
Male	S	37.5	46.1

- NOTES**
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INDICATOR DEFINITION
 Percentage of students who responded "Condoms" out of responses "No method was used to prevent pregnancy"; "Birth control pills (Do not count emergency contraception such as Plan B or the "morning after" pill.)"; "Condoms"; "An IUD (such as Mirena or ParaGard) or implant (such as Implanon or Nexplanon)"; "A shot (such as Depo-Provera), patch (such as Ortho Evra), or birth control ring (such as NuvaRing)"; "Withdrawal or some other method"; "Not sure" to question "The last time you had sexual intercourse with an opposite-sex partner, what one method did you or your partner use to prevent pregnancy? (Select only one response.)"

Percent of students who were ever physically forced to have sexual intercourse

SEXUAL AND DATING VIOLENCE

11.3%

White Mountains Regional HS*

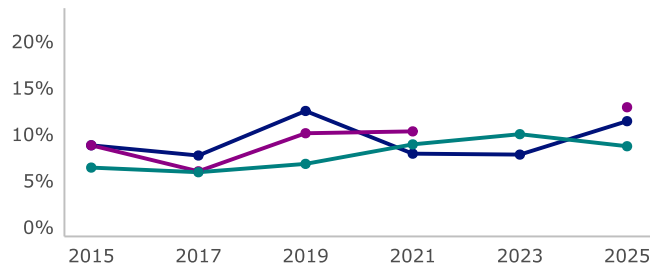
12.8%

North Country Region+

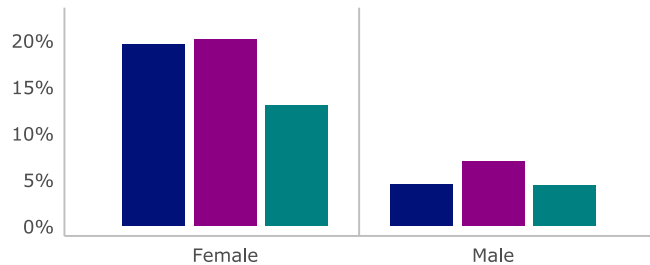
8.6%

New Hampshire+

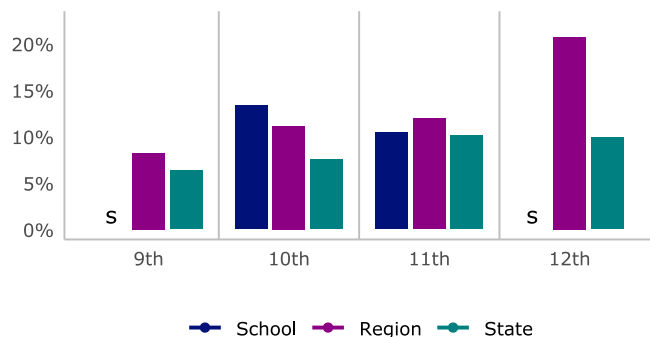
By year



By sex



By grade



	School [*]	Region ⁺	State ⁺
YEAR			
2015	8.7	8.7	6.3
2017	7.6	5.9	5.8
2019	12.4	10.0	6.7
2021	7.8	10.2	8.8
2023	7.7	-	9.9
2025	11.3	12.8	8.6
GRADE (2025)			
9th	s	8.2	6.3
10th	13.3	11.1	7.5
11th	10.4	11.9	10.1
12th	s	20.7	9.9
SEX (2025)			
Female	19.6	20.1	13.0
Male	4.5	6.9	4.4

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No" to question "Have you ever been physically forced to have sexual intercourse when you did not want to?"

Percent of students who experienced sexual violence during the past 12 months

SEXUAL AND DATING VIOLENCE

9.5%

White Mountains Regional HS*

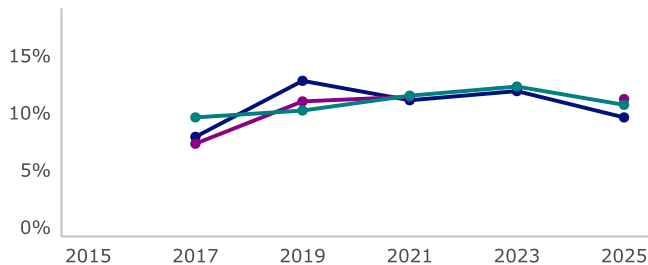
11.1%

North Country Region+

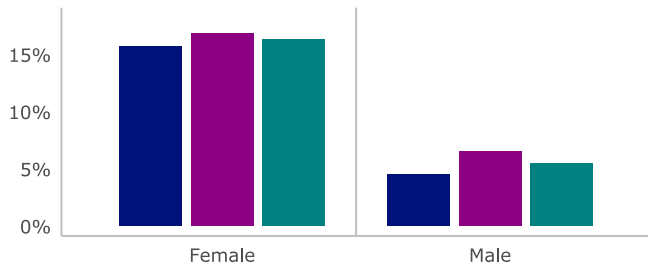
10.6%

New Hampshire+

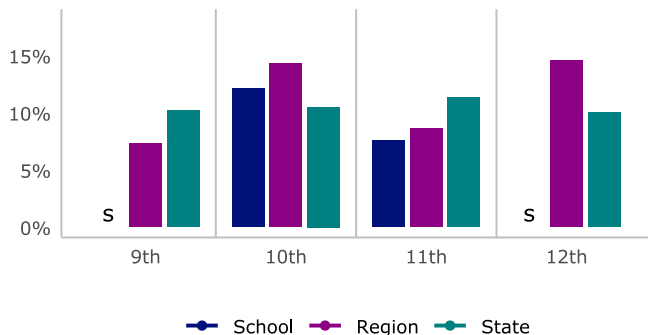
By year



By sex



By grade



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	7.8	7.2	9.5
2019	12.7	10.9	10.1
2021	11.0	11.3	11.4
2023	11.8	-	12.2
2025	9.5	11.1	10.6
GRADE (2025)			
9th	s	7.3	10.2
10th	12.1	14.3	10.5
11th	7.6	8.6	11.3
12th	s	14.6	10.0
SEX (2025)			
Female	15.7	16.8	16.3
Male	4.5	6.5	5.5

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" out of responses "0 times"; "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" to question "During the past 12 months, how many times did anyone force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)"

Percent of students who experienced sexual dating violence during the past 12 months

SEXUAL AND DATING VIOLENCE

11.4%

White Mountains Regional HS*

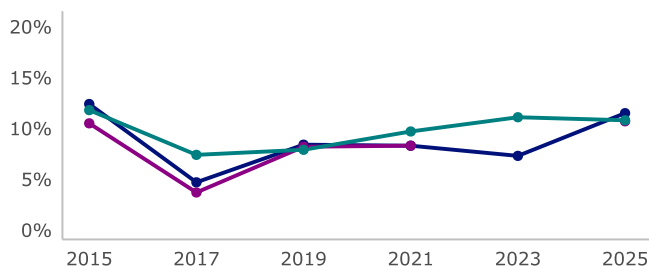
10.6%

North Country Region+

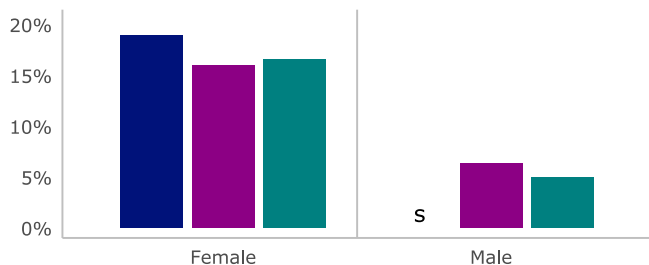
10.7%

New Hampshire+

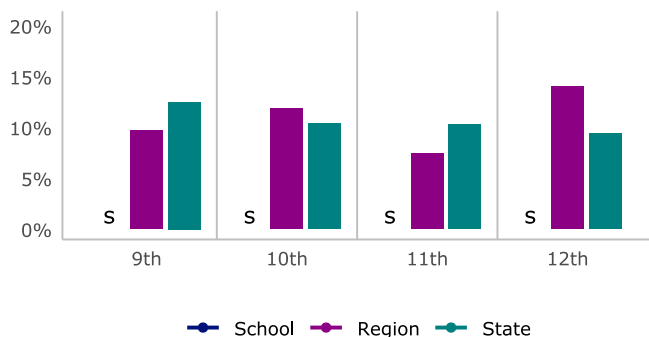
By year



By sex



By grade



	School [*]	Region ⁺	State ⁺
YEAR			
2015	12.3	10.4	11.7
2017	4.6	3.6	7.3
2019	8.3	8.1	7.8
2021	8.2	8.2	9.6
2023	7.2	-	11.0
2025	11.4	10.6	10.7
GRADE (2025)			
9th	s	9.7	12.5
10th	s	11.9	10.4
11th	s	7.4	10.3
12th	s	14.0	9.4
SEX (2025)			
Female	18.9	16.0	16.6
Male	s	6.3	5.0

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INDICATOR DEFINITION

Percentage of students who responded "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" out of responses "0 times"; "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" to question "During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have sexual intercourse.)" Excludes students who responded "I did not date or go out with anyone during the past 12 months."

Percent of students who experienced physical dating violence during the past 12 months

SEXUAL AND DATING VIOLENCE

13.3%

White Mountains Regional HS*

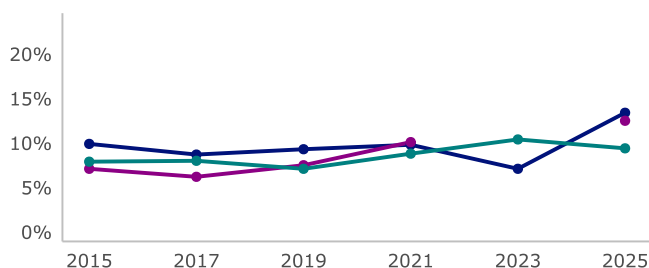
12.4%

North Country Region+

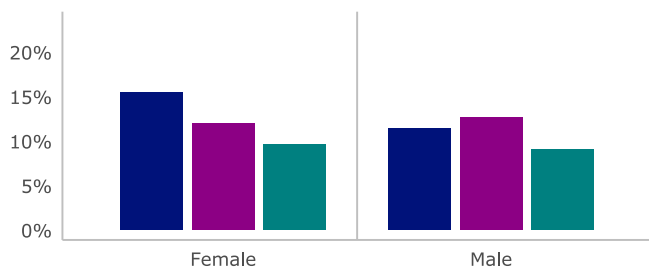
9.3%

New Hampshire+

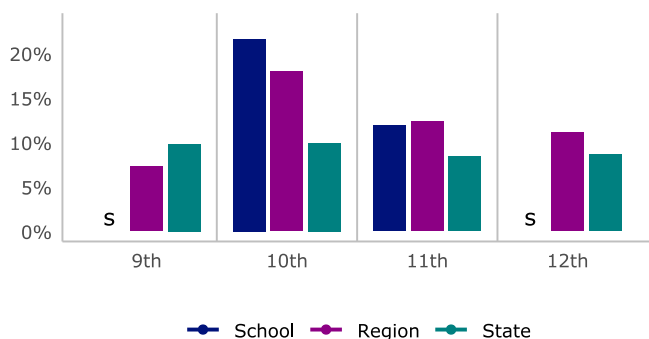
By year



By sex



By grade



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	9.8	7.0	7.8
2017	8.6	6.1	7.9
2019	9.2	7.4	7.0
2021	9.7	10.0	8.7
2023	7.0	-	10.3
2025	13.3	12.4	9.3
GRADE (2025)			
9th	s	7.3	9.8
10th	21.6	17.9	9.9
11th	11.9	12.3	8.4
12th	s	11.1	8.6
SEX (2025)			
Female	15.5	12.0	9.6
Male	11.4	12.7	9.0

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" out of responses "0 times"; "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" to question "During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)" Excludes students who responded "I did not date or go out with anyone during the past 12 months."

Percent of students who reported someone did sexual things to them that they did not want to do during the past 12 months

SEXUAL AND DATING VIOLENCE

9.7%

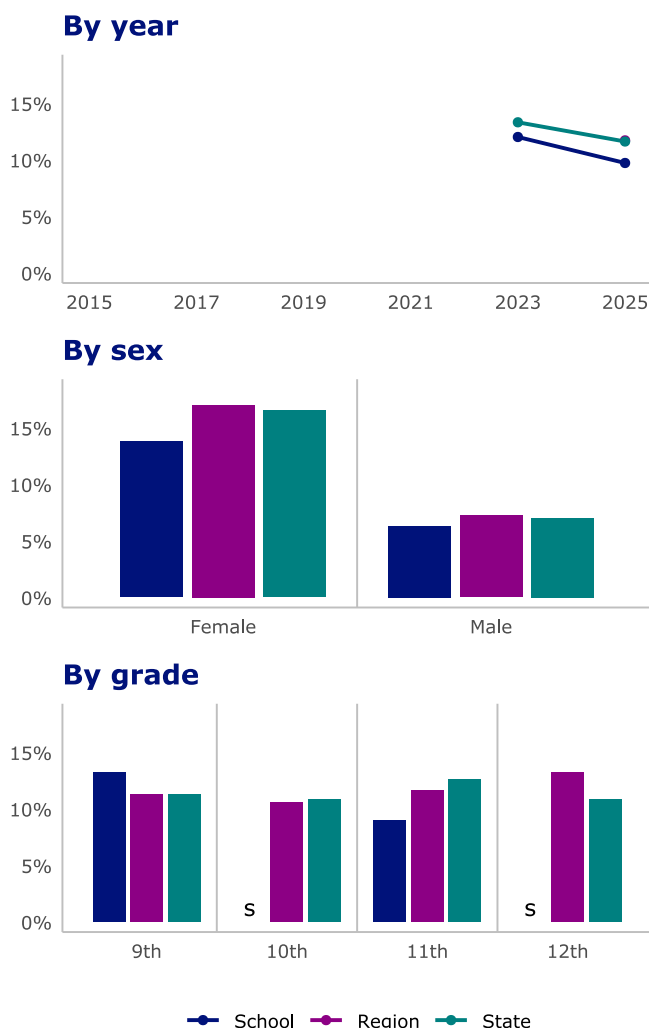
White Mountains Regional HS*

11.7%

North Country Region+

11.6%

New Hampshire+



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	12.0	-	13.3
2025	9.7	11.7	11.6
GRADE (2025)			
9th	13.2	11.3	11.3
10th	s	10.6	10.8
11th	9.0	11.6	12.6
12th	s	13.2	10.8
SEX (2025)			
Female	13.8	17.0	16.5
Male	6.3	7.2	7.0

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INDICATOR DEFINITION

Percentage of students who responded "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" out of responses "0 times"; "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" to question "During the past 12 months, how many times did someone do sexual things to you that you did not want to do by pressuring you, lying to you, making promises about the future, threatening to end your relationship, or threatening to spread rumors about you?"

Percent of students who reported someone they were dating or going out with purposely tried to control them or emotionally hurt them

SEXUAL AND DATING VIOLENCE

31.1%

White Mountains Regional HS*

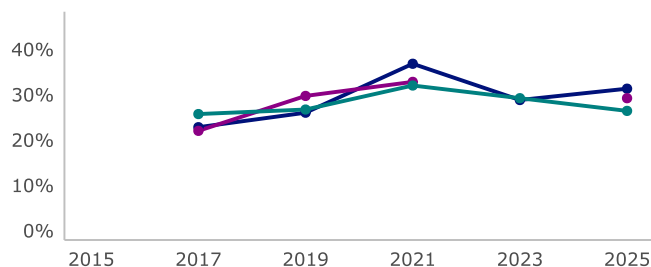
29.0%

North Country Region+

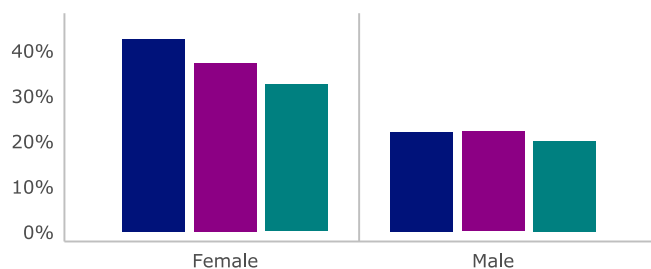
26.2%

New Hampshire+

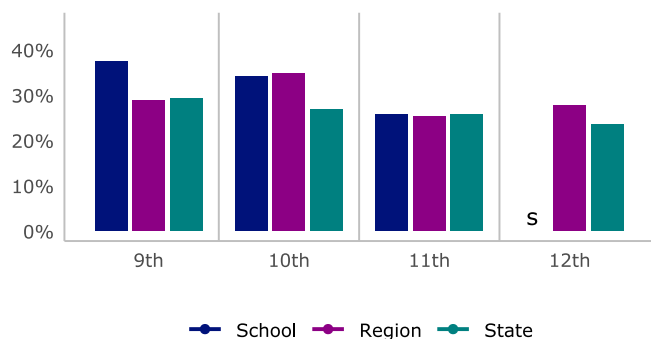
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	22.6	21.8	25.5
2019	25.8	29.5	26.5
2021	36.6	32.6	31.8
2023	28.6	-	29.0
2025	31.1	29.0	26.2
GRADE (2025)			
9th	37.5	28.8	29.2
10th	34.2	34.7	26.9
11th	25.6	25.3	25.6
12th	s	27.7	23.5
SEX (2025)			
Female	42.4	37.1	32.4
Male	21.9	22.0	19.9

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INDICATOR DEFINITION

Percentage of students who responded "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" out of responses "0 times"; "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" to question "During the past 12 months, how many times did someone you were dating or going out with purposely try to control you or emotionally hurt you? (Count such things as being told who you could and could not spend time with, being humiliated in front of others, or being threatened if you did not do what they wanted.)" Excludes students who responded "I did not date or go out with anyone during the past 12 months."

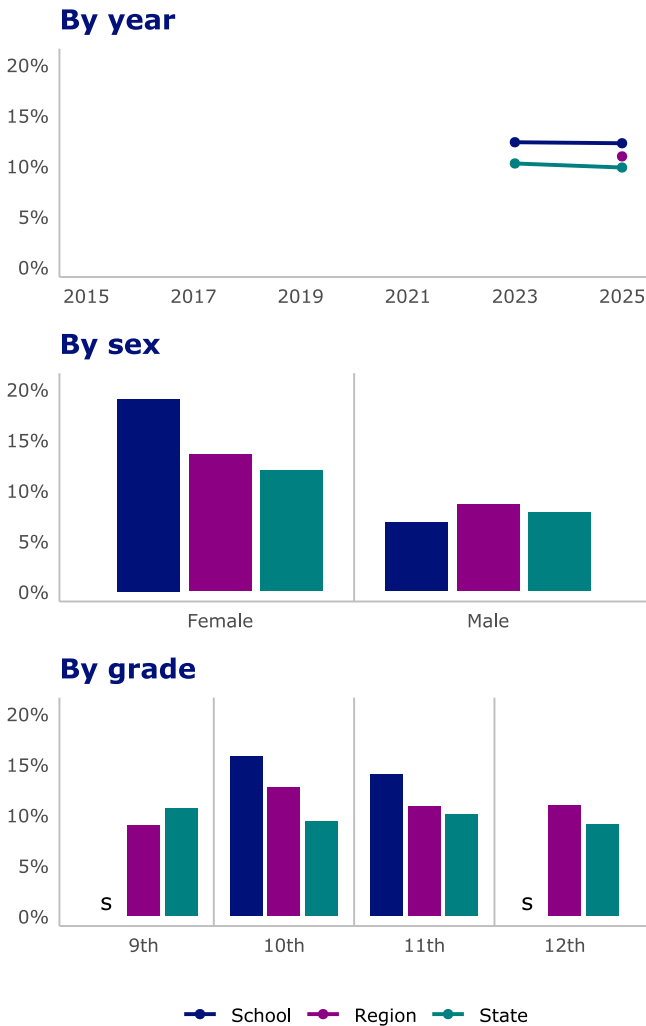
Percent of students who purposely tried to control or emotionally hurt someone they were dating in the past 12 months

SEXUAL AND DATING VIOLENCE

12.2%
 White Mountains Regional HS*

10.9%
 North Country Region+

9.8%
 New Hampshire+



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	12.3	-	10.2
2025	12.2	10.9	9.8
GRADE (2025)			
9th	s	8.9	10.6
10th	15.8	12.7	9.3
11th	14.0	10.8	10.0
12th	s	10.9	9.0
SEX (2025)			
Female	19.0	13.5	11.9
Male	6.8	8.6	7.8

- NOTES**
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INDICATOR DEFINITION
 Percentage of students who responded "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" out of responses "0 times"; "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" to question "During the past 12 months, how many times did you purposely try to control or emotionally hurt someone you were dating or going out with? (Count such things as telling them who they could and could not spend time with, humiliating them in front of others, or threatening them if they did not do what you wanted.)" Excludes students who responded "I did not date or go out with anyone during the past 12 months."

Percent of students who forced someone they were dating to do sexual things that they did not want to do

SEXUAL AND DATING VIOLENCE

Suppressed

White Mountains Regional HS*

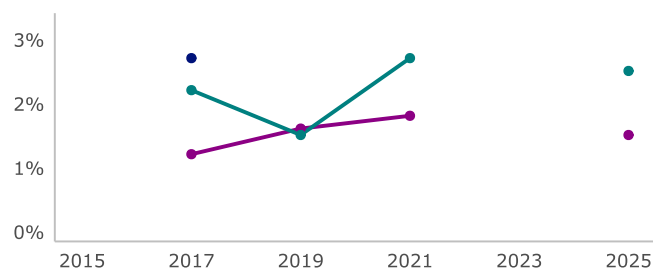
1.5%

North Country Region+

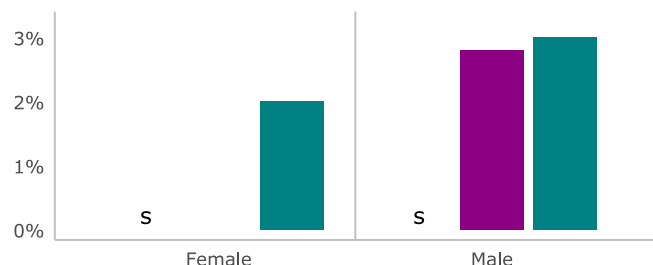
2.5%

New Hampshire+

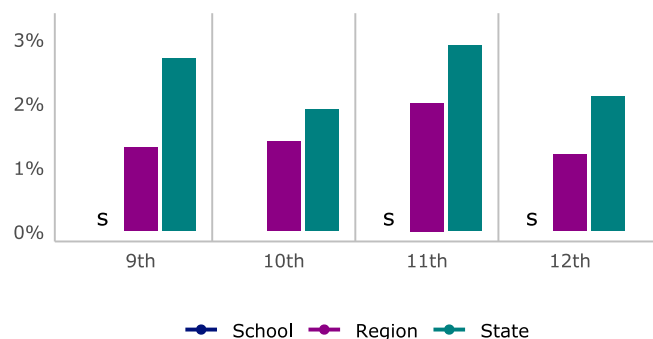
By year



By sex



By grade



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	2.7	1.2	2.2
2019	s	1.6	1.5
2021	s	1.8	2.7
2023	-	-	-
2025	s	1.5	2.5
GRADE (2025)			
9th	s	1.3	2.7
10th	0.0	1.4	1.9
11th	s	2.0	2.9
12th	s	1.2	2.1
SEX (2025)			
Female	s	0.0	2.0
Male	s	2.8	3.0

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No" to question "During the past 12 months, did you ever force someone you were dating or going out with to do sexual things that they did not want to do? (Count such things as kissing, touching, or physically forcing them to have sexual intercourse.)" Excludes students who responded "I did not date or go out with anyone during the past 12 months."

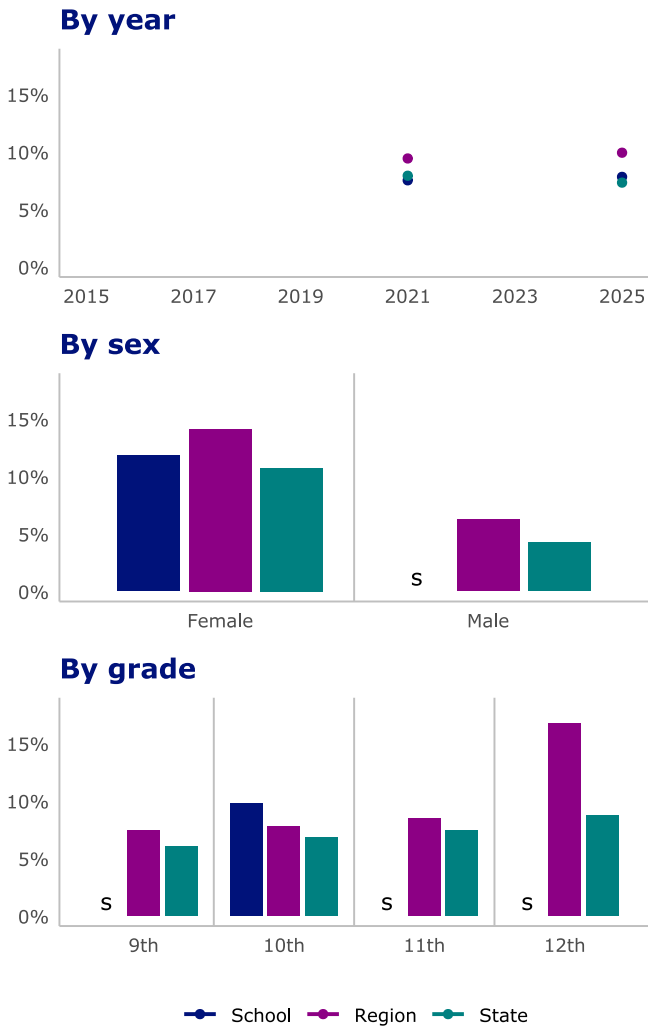
Percent of students who have ever been made do unwanted sexual things by an adult or person at least five years older than themselves

SEXUAL AND DATING VIOLENCE

7.8%
 White Mountains Regional HS*

9.9%
 North Country Region+

7.3%
 New Hampshire+



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	7.5	9.4	7.9
2023	-	-	-
2025	7.8	9.9	7.3
GRADE (2025)			
9th	s	7.4	6.0
10th	9.8	7.8	6.8
11th	s	8.5	7.4
12th	s	16.7	8.7
SEX (2025)			
Female	11.8	14.1	10.7
Male	s	6.2	4.2

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INDICATOR DEFINITION
 Percentage of students who responded “Yes” out of responses “Yes”; “No” to question “Has an adult or person at least 5 years older than you ever made you do sexual things that you did not want to do? (Count such things as kissing, touching, or being made to have sexual intercourse.)”

Percent of students who purposely hurt themselves without wanting to die

SUICIDE, SADNESS AND HELPLESSNESS

19.4%

White Mountains Regional HS*

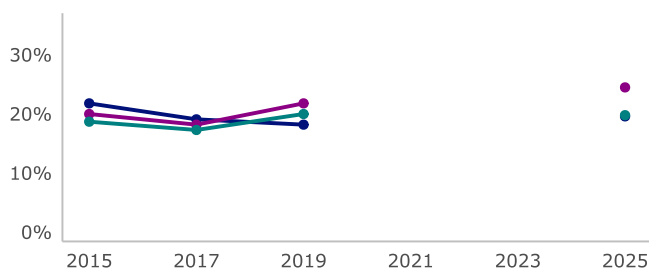
24.3%

North Country Region+

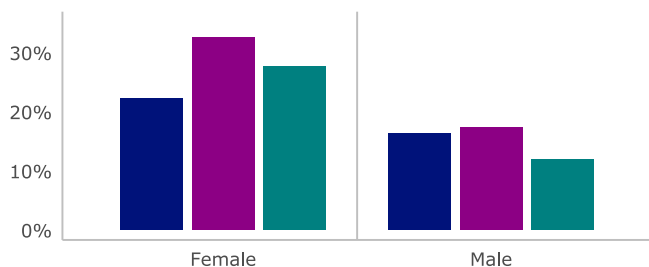
19.6%

New Hampshire+

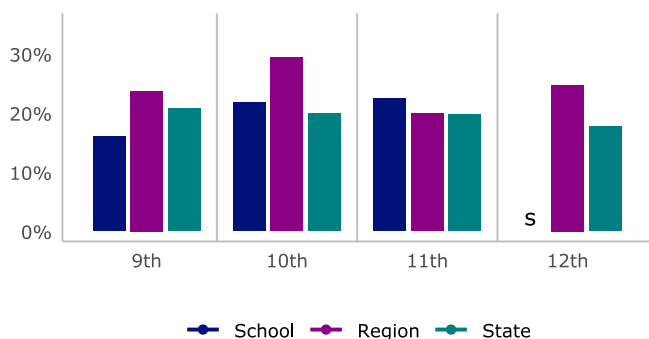
By year



By sex



By grade



	School [*]	Region ⁺	State ⁺
YEAR			
2015	21.6	19.8	18.5
2017	18.9	18.0	17.1
2019	18.0	21.6	19.8
2021	-	-	-
2023	-	-	-
2025	19.4	24.3	19.6
GRADE (2025)			
9th	16.0	23.7	20.7
10th	21.7	29.4	19.9
11th	22.4	19.9	19.7
12th	s	24.7	17.7
SEX (2025)			
Female	22.2	32.5	27.7
Male	16.4	17.3	11.9

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" out of responses "0 times"; "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" to question "During the past 12 months, how many times did you do something to purposely hurt yourself without wanting to die, such as cutting or burning yourself on purpose?"

Percent of students who felt sad or hopeless almost every day for ≥ 2 weeks in a row and stopped doing usual activities

SUICIDE, SADNESS AND HELPLESSNESS

40.6%

White Mountains Regional HS*

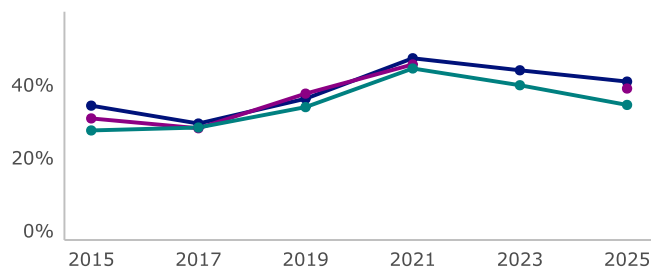
38.7%

North Country Region+

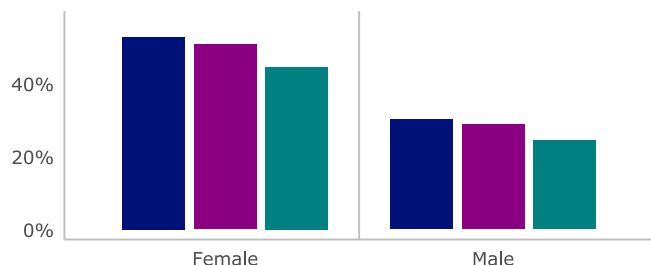
34.2%

New Hampshire+

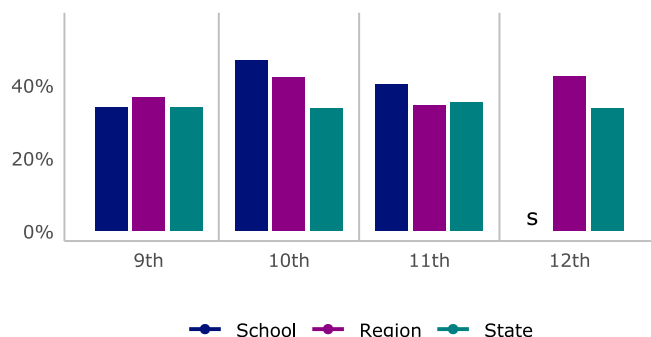
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	34.0	30.5	27.2
2017	29.1	27.8	28.0
2019	35.9	37.3	33.6
2021	47.0	45.3	44.2
2023	43.7	-	39.6
2025	40.6	38.7	34.2
GRADE (2025)			
9th	34.0	36.6	34.0
10th	46.7	42.1	33.6
11th	40.3	34.5	35.2
12th	s	42.5	33.5
SEX (2025)			
Female	52.7	50.7	44.5
Male	30.0	28.6	24.4

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No" to question "During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?"

Percent of students who seriously considered attempting suicide

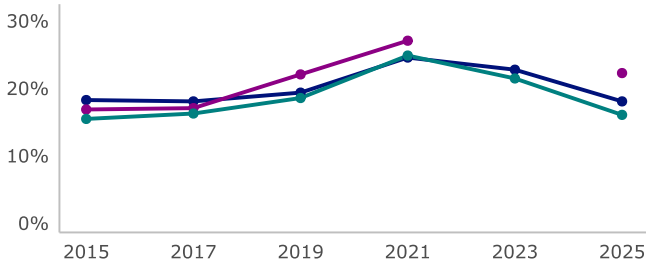
SUICIDE, SADNESS AND HELPLESSNESS

17.9%
 White Mountains Regional HS*

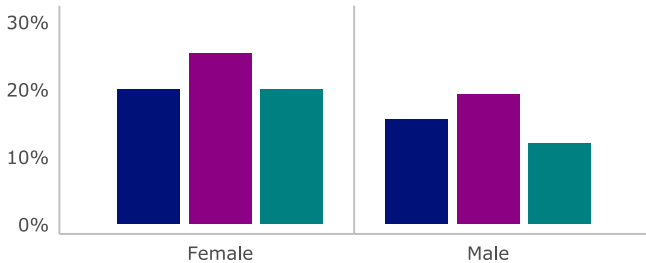
22.1%
 North Country Region+

15.9%
 New Hampshire+

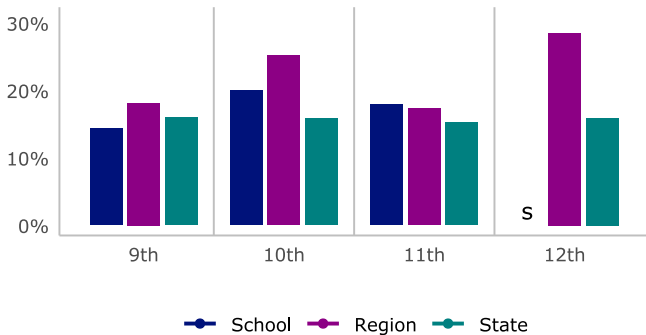
By year



By sex



By grade



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	18.1	16.7	15.3
2017	17.9	16.9	16.1
2019	19.2	21.9	18.4
2021	24.4	26.9	24.7
2023	22.6	-	21.3
2025	17.9	22.1	15.9
GRADE (2025)			
9th	14.3	18.1	16.0
10th	20.0	25.2	15.8
11th	17.9	17.3	15.2
12th	s	28.5	15.9
SEX (2025)			
Female	20.0	25.3	19.9
Male	15.5	19.2	12.0

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No" to question "During the past 12 months, did you ever seriously consider attempting suicide?"

Percent of students who made a plan about how they would attempt suicide

SUICIDE, SADNESS AND HELPLESSNESS

13.9%

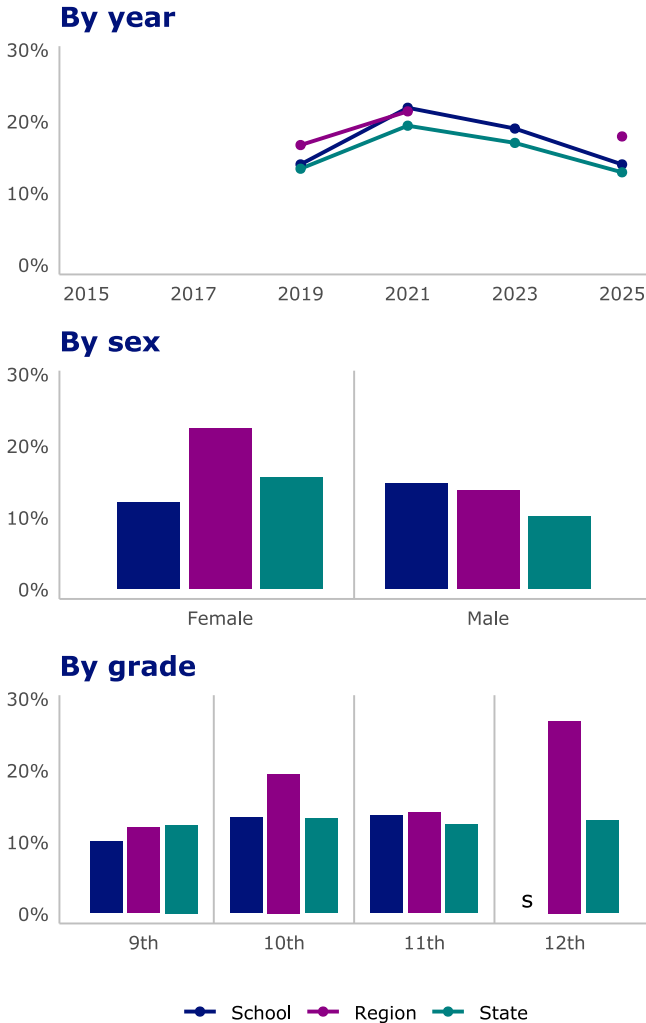
White Mountains Regional HS*

17.8%

North Country Region+

12.8%

New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	13.9	16.6	13.3
2021	21.8	21.3	19.3
2023	18.9	-	16.9
2025	13.9	17.8	12.8
GRADE (2025)			
9th	10.0	11.9	12.3
10th	13.3	19.4	13.2
11th	13.6	14.0	12.4
12th	s	26.8	12.9
SEX (2025)			
Female	12.1	22.4	15.6
Male	14.7	13.8	10.1

- NOTES**
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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No" to question "During the past 12 months, did you make a plan about how you would attempt suicide?"

Percent of students who actually attempted suicide

SUICIDE, SADNESS AND HELPLESSNESS

9.3%

White Mountains Regional HS*

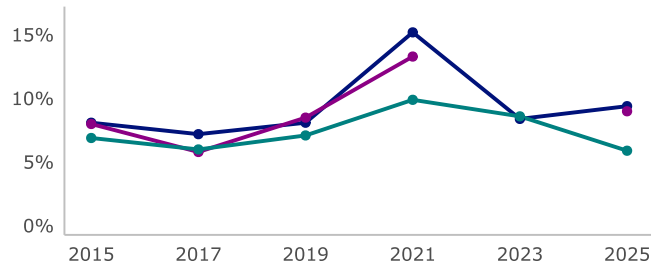
8.9%

North Country Region+

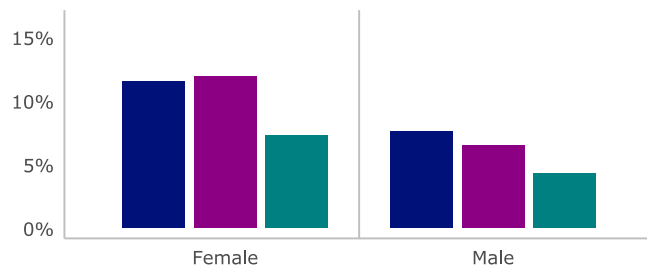
5.8%

New Hampshire+

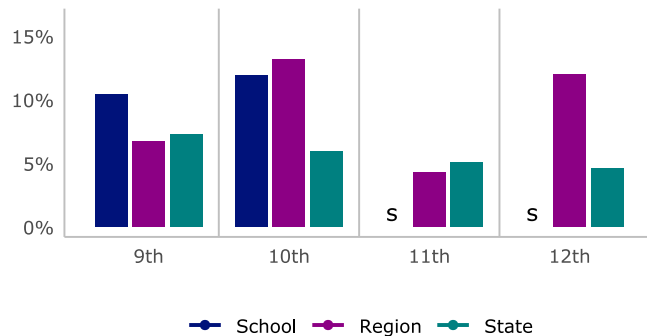
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	8.0	7.9	6.8
2017	7.1	5.7	5.9
2019	8.0	8.4	7.0
2021	15.1	13.2	9.8
2023	8.3	-	8.5
2025	9.3	8.9	5.8
GRADE (2025)			
9th	10.4	6.7	7.3
10th	11.9	13.2	5.9
11th	s	4.3	5.1
12th	s	12.0	4.6
SEX (2025)			
Female	11.5	11.9	7.3
Male	7.6	6.5	4.3

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" out of responses "0 times"; "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" to question "During the past 12 months, how many times did you actually attempt suicide?"

Percent of students who had a suicide attempt that resulted in an injury, poisoning, or overdose that had to be treated by a doctor or nurse

SUICIDE, SADNESS AND HELPLESSNESS

3.1%

White Mountains Regional HS*

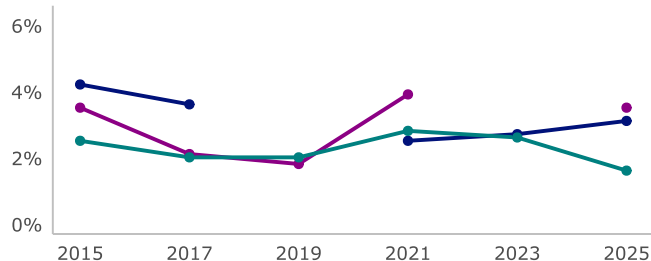
3.5%

North Country Region+

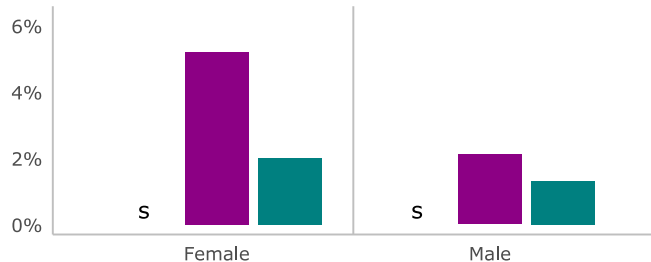
1.6%

New Hampshire+

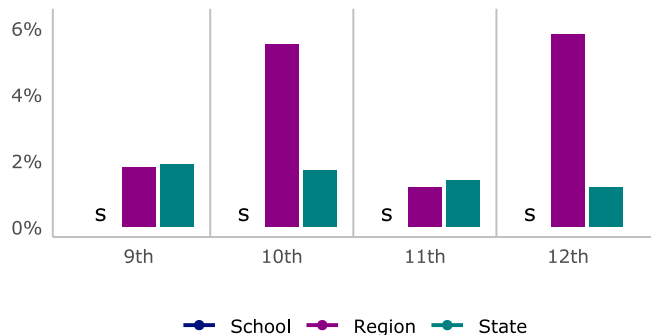
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	4.2	3.5	2.5
2017	3.6	2.1	2.0
2019	s	1.8	2.0
2021	2.5	3.9	2.8
2023	2.7	-	2.6
2025	3.1	3.5	1.6
GRADE (2025)			
9th	s	1.8	1.9
10th	s	5.5	1.7
11th	s	1.2	1.4
12th	s	5.8	1.2
SEX (2025)			
Female	s	5.2	2.0
Male	s	2.1	1.3

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "I did not attempt suicide during the past 12 months"; "Yes"; "No" to question "If you attempted suicide during the past 12 months, did any attempt result in an injury, poisoning, or overdose that had to be treated by a doctor or nurse?"

Percent of students who asked for help before attempting suicide

SUICIDE, SADNESS AND HELPLESSNESS

Suppressed

White Mountains Regional HS*

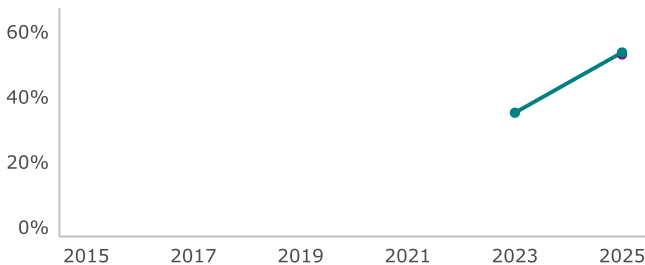
52.7%

North Country Region+

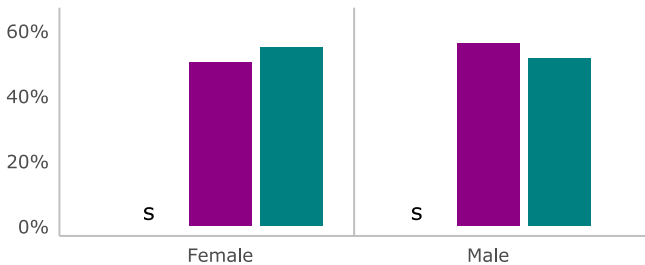
53.3%

New Hampshire+

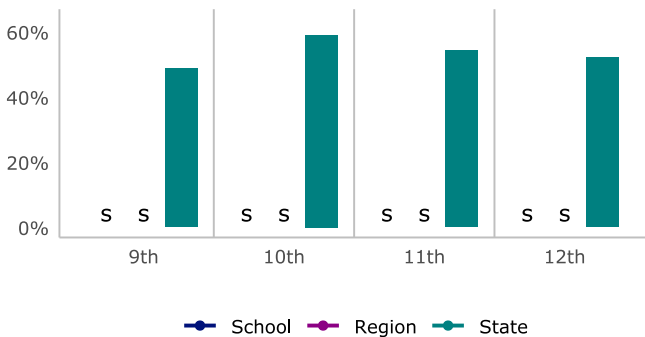
By year



By sex



By grade



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	s	-	34.8
2025	s	52.7	53.3
GRADE (2025)			
9th	s	s	48.8
10th	s	s	59.0
11th	s	s	54.2
12th	s	s	52.0
SEX (2025)			
Female	s	50.2	54.9
Male	s	56.1	51.3

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INDICATOR DEFINITION

Percentage of students who responded "Called or texted a hotline"; "Doctor, nurse, or other health professional"; "Teacher, counselor, or other adult in school"; "Parent, guardian, or other adult family member"; "Friend or sibling"; "Someone else" out of responses "I attempted suicide during the past 12 months, but I did not ask for help before my attempt"; "Called or texted a hotline"; "Doctor, nurse, or other health professional"; "Teacher, counselor, or other adult in school"; "Parent, guardian, or other adult family member"; "Friend or sibling"; "Someone else" to question "If you attempted suicide during the past 12 months and asked for help from someone before your attempt, who did you ask for help? (Select only one response.)" Excludes students who responded "I did not attempt suicide during the past 12 months."

Percent of students who called, texted, or chatted the 988 Suicide and Crisis Lifeline

SUICIDE, SADNESS AND HELPLESSNESS

2.5%

White Mountains Regional HS*

3.8%

North Country Region+

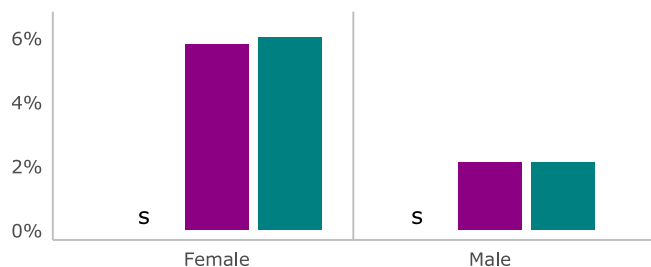
4.0%

New Hampshire+

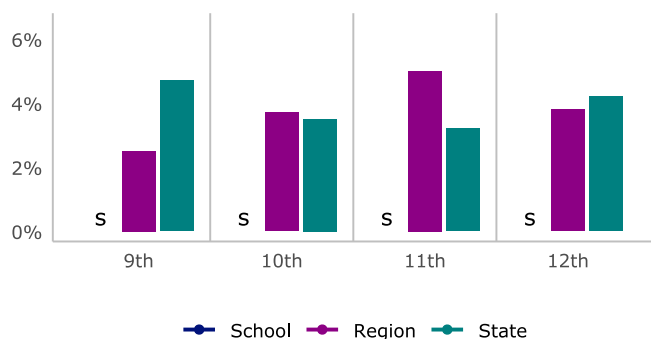
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	2.5	3.8	4.0
GRADE (2025)			
9th	s	2.5	4.7
10th	s	3.7	3.5
11th	s	5.0	3.2
12th	s	3.8	4.2
SEX (2025)			
Female	s	5.8	6.0
Male	s	2.1	2.1

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INDICATOR DEFINITION

Percentage of students who responded "1 time"; "2 times"; "3 times"; "4 or more times" out of responses "I have never heard of this"; "0 times"; "1 time"; "2 times"; "3 times"; "4 or more times" to question "During the past 12 months, how many times did you call, text, or chat the 988 Suicide and Crisis Lifeline?"

Percent of students who called, texted, or chatted the NH Rapid Response Access Point Line (833-710-6477) for mental health support

SUICIDE, SADNESS AND HELPLESSNESS

Suppressed

White Mountains Regional HS*

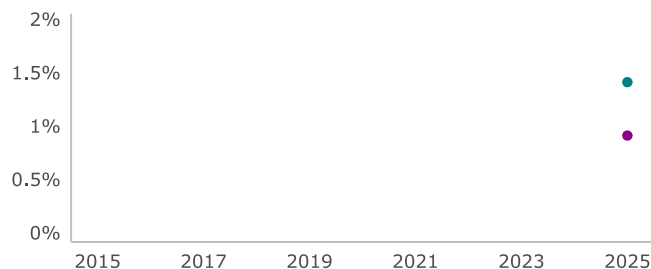
0.9%

North Country Region+

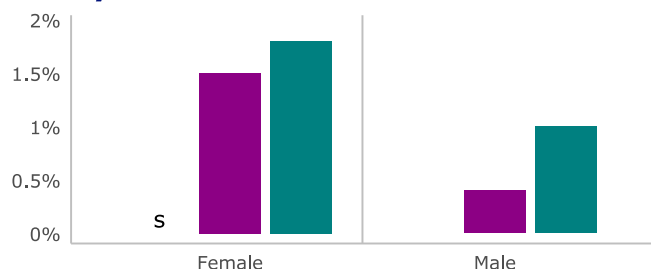
1.4%

New Hampshire+

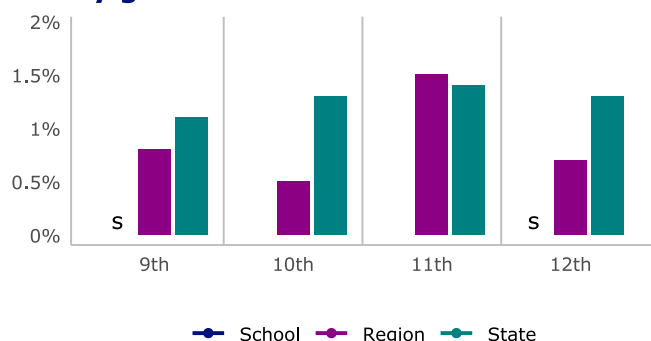
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	S	0.9	1.4
GRADE (2025)			
9th	S	0.8	1.1
10th	0.0	0.5	1.3
11th	0.0	1.5	1.4
12th	S	0.7	1.3
SEX (2025)			
Female	S	1.5	1.8
Male	0.0	0.4	1.0

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INDICATOR DEFINITION

Percentage of students who responded "1 time"; "2 times"; "3 times"; "4 or more times" out of responses "I have never heard of this"; "0 times"; "1 time"; "2 times"; "3 times"; "4 or more times" to question "During the past 12 months, how many times did you call, text, or chat the NH Rapid Response Access Point Line (833-710-6477) for mental health support?"

Percent of students who most of the time or always got the kind of help they needed when feeling sad, empty, hopeless, angry, or anxious

SUICIDE, SADNESS AND HELPLESSNESS

13.2%

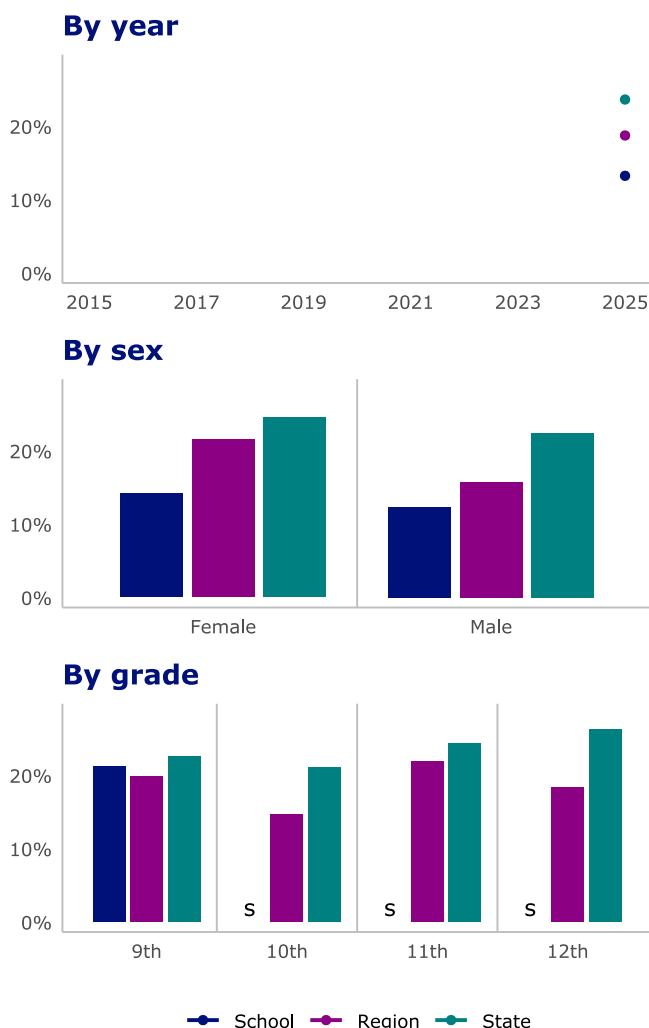
White Mountains Regional HS*

18.7%

North Country Region+

23.6%

New Hampshire+



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	13.2	18.7	23.6
GRADE (2025)			
9th	21.2	19.8	22.6
10th	s	14.7	21.0
11th	s	21.9	24.3
12th	s	18.3	26.2
SEX (2025)			
Female	14.1	21.5	24.5
Male	12.3	15.7	22.4

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "Most of the time"; "Always" out of responses "Never"; "Rarely"; "Sometimes"; "Most of the time"; "Always" to question "During the past 12 months, when you have felt sad, empty, hopeless, angry, or anxious, how often did you get the kind of help you needed?" Excludes students who responded "I did not need help with any of these emotions during the past 12 months."

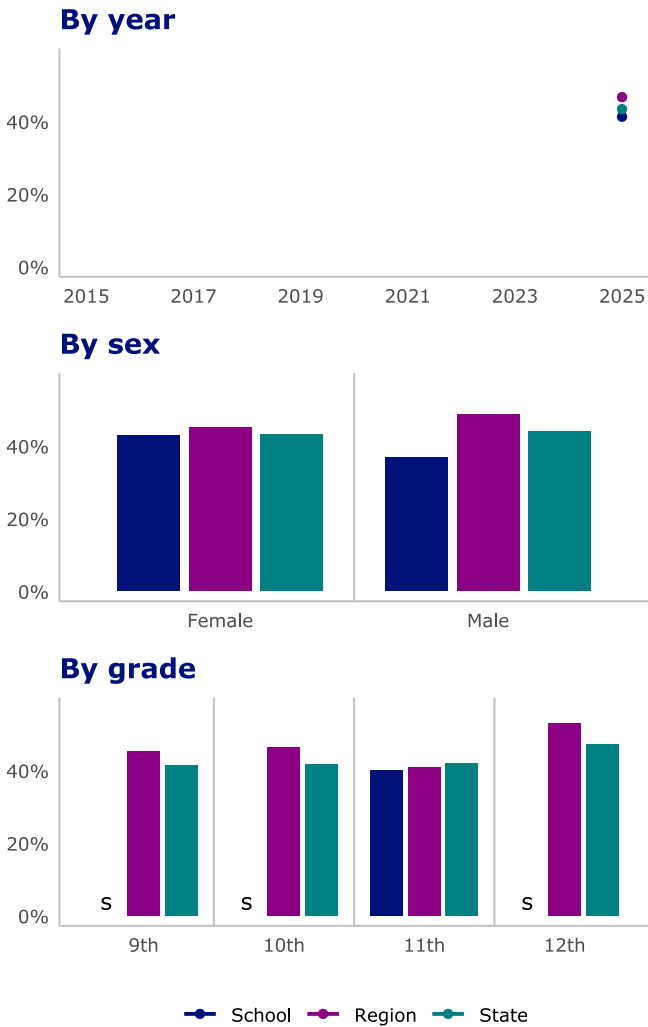
Percent of students who needed counseling or therapy from a health professional, but did not get it because of cost, not knowing how or where to get help, or another reason

SUICIDE, SADNESS AND HELPLESSNESS

41.2%
 White Mountains Regional HS*

46.6%
 North Country Region+

43.3%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	41.2	46.6	43.3
GRADE (2025)			
9th	s	45.2	41.4
10th	s	46.4	41.6
11th	40.0	40.8	41.9
12th	s	52.9	47.3
SEX (2025)			
Female	42.9	44.9	43.1
Male	36.7	48.6	43.8

- NOTES**
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INDICATOR DEFINITION
 Percentage of students who responded “I needed counseling or therapy but did not get it because of cost, not knowing how or where to get help, or another reason” out of responses “I needed counseling or therapy but did not get it because of cost, not knowing how or where to get help, or another reason”; “I received counseling or therapy” to question “During the past 12 months, which of the following best describes your experience with counseling or therapy from a health professional, such as a doctor, nurse, psychologist, or therapist to help with emotions, concentration, behavior, or mental health?” Excludes students who responded “I did not receive counseling or therapy because I did not need it.”

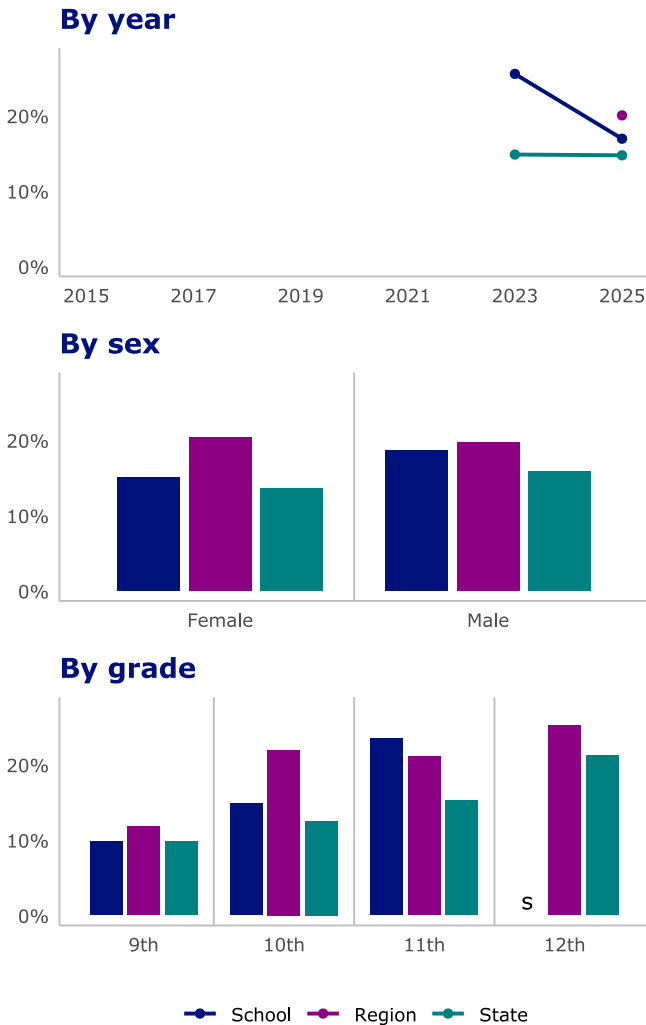
Percent of students who ever smoked a cigarette (even one or two puffs)

TOBACCO USE - BEHAVIORS

16.9%
 White Mountains Regional HS*

20.0%
 North Country Region+

14.7%
 New Hampshire+



	School [*]	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	25.5	-	14.8
2025	16.9	20.0	14.7
GRADE (2025)			
9th	9.8	11.8	9.8
10th	14.8	21.9	12.5
11th	23.4	21.1	15.2
12th	s	25.2	21.2
SEX (2025)			
Female	15.1	20.4	13.6
Male	18.7	19.7	15.8

- NOTES**
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INDICATOR DEFINITION
 Percentage of students who responded "Yes" out of responses "Yes"; "No" to question "Have you ever smoked a cigarette, even one or two puffs?"

Percent of students who smoked a cigarette before age 13 years (even one or two puffs)

TOBACCO USE - BEHAVIORS

9.5%

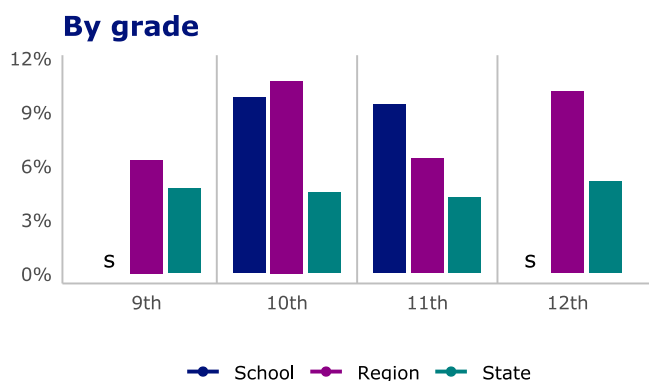
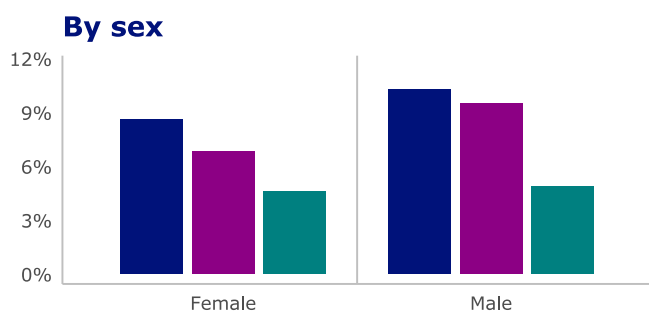
White Mountains Regional HS*

8.3%

North Country Region+

4.8%

New Hampshire+



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	9.5	8.3	4.8
GRADE (2025)			
9th	s	6.3	4.7
10th	9.8	10.7	4.5
11th	9.4	6.4	4.2
12th	s	10.1	5.1
SEX (2025)			
Female	8.6	6.8	4.6
Male	10.3	9.5	4.9

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "8 years old or younger"; "9 or 10 years old"; "11 or 12 years old" out of responses "I have never smoked a cigarette, not even one or two puffs"; "8 years old or younger"; "9 or 10 years old"; "11 or 12 years old"; "13 or 14 years old"; "15 or 16 years old"; "17 years old or older" to question "How old were you when you first smoked a cigarette, even one or two puffs?"

Percent of students who currently smoked cigarettes

TOBACCO USE - BEHAVIORS

6.0%

White Mountains Regional HS*

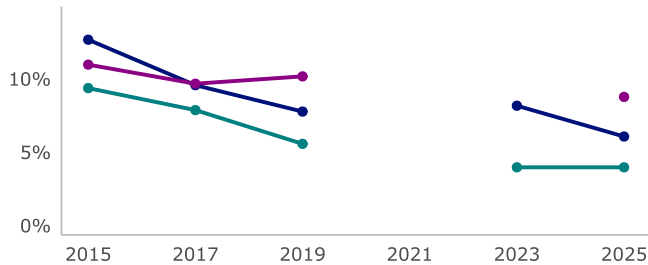
8.7%

North Country Region+

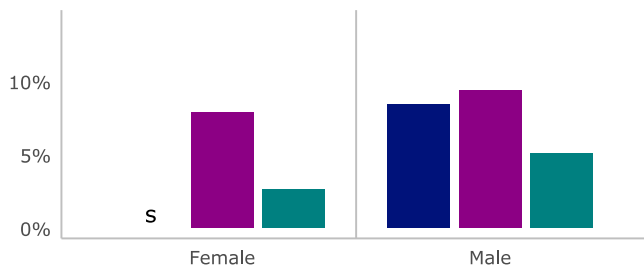
3.9%

New Hampshire+

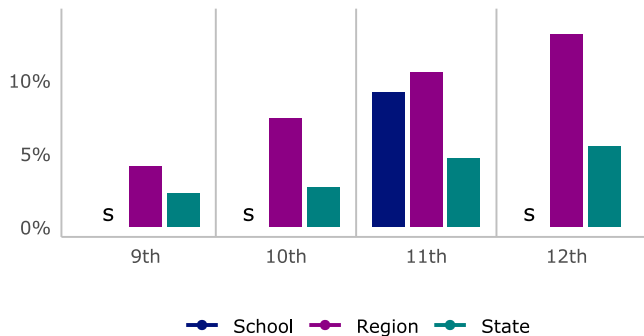
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	12.6	10.9	9.3
2017	9.5	9.6	7.8
2019	7.7	10.1	5.5
2021	-	-	-
2023	8.1	-	3.9
2025	6.0	8.7	3.9
GRADE (2025)			
9th	S	4.1	2.3
10th	S	7.4	2.7
11th	9.2	10.5	4.7
12th	S	13.1	5.5
SEX (2025)			
Female	S	7.9	2.6
Male	8.4	9.4	5.1

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INDICATOR DEFINITION

Percentage of students who responded "1 or 2 days"; "3 to 5 days"; "6 to 9 days"; "10 to 19 days"; "20 to 29 days"; "All 30 days" out of responses "0 days"; "1 or 2 days"; "3 to 5 days"; "6 to 9 days"; "10 to 19 days"; "20 to 29 days"; "All 30 days" to question "During the past 30 days, on how many days did you smoke cigarettes?"

Percent of students who smoked more than 10 cigarettes per day during the past 30 days

TOBACCO USE - BEHAVIORS

Suppressed

White Mountains Regional HS*

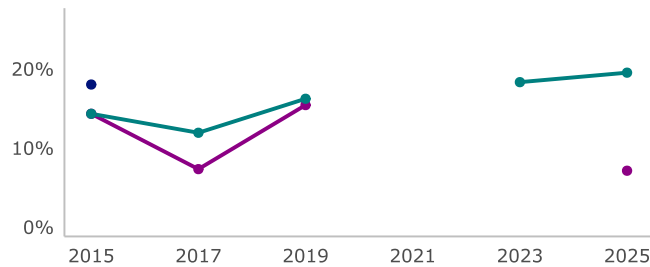
7.0%

North Country Region+

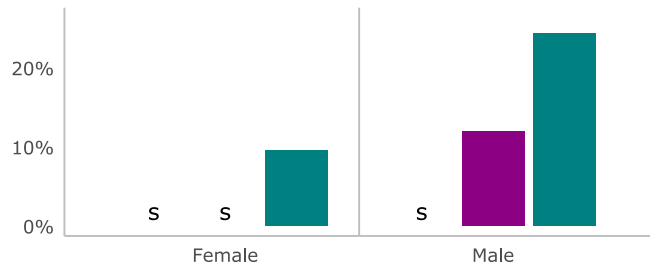
19.4%

New Hampshire+

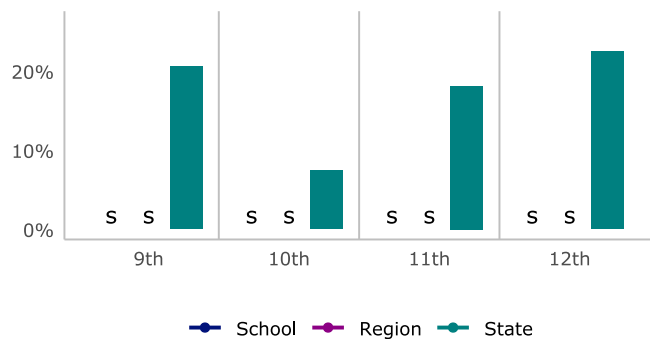
By year



By sex



By grade



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	17.9	14.2	14.2
2017	s	7.2	11.8
2019	s	15.3	16.1
2021	-	-	-
2023	s	-	18.2
2025	s	7.0	19.4
GRADE (2025)			
9th	s	s	20.6
10th	s	s	7.4
11th	s	s	18.1
12th	s	s	22.5
SEX (2025)			
Female	s	s	9.6
Male	s	11.9	24.3

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INDICATOR DEFINITION

Percentage of students who responded "11 to 20 cigarettes per day"; "More than 20 cigarettes per day" out of responses "Less than 1 cigarette per day"; "1 cigarette per day"; "2 to 5 cigarettes per day"; "6 to 10 cigarettes per day"; "11 to 20 cigarettes per day"; "More than 20 cigarettes per day" to question "During the past 30 days, on the days you smoked, how many cigarettes did you smoke per day?" Excludes students who responded "I did not smoke cigarettes during the past 30 days." Additionally, students must have responded "1 or 2 days"; "3 to 5 days"; "6 to 9 days"; "10 to 19 days"; "20 to 29 days"; "All 30 days" to question "During the past 30 days, on how many days did you smoke cigarettes?"

Percent of students who ever used an electronic vapor product

TOBACCO USE - BEHAVIORS

31.3%

White Mountains Regional HS*

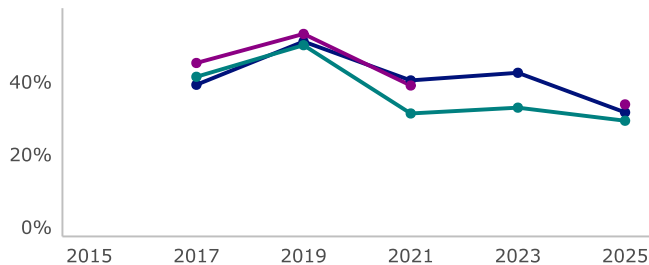
33.5%

North Country Region+

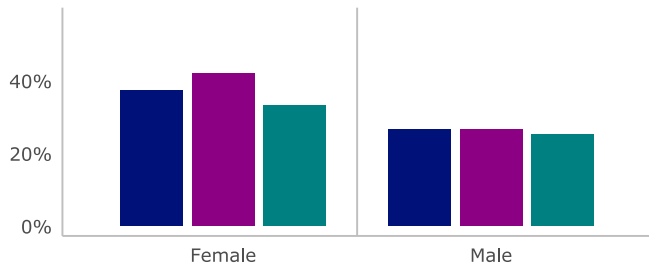
29.0%

New Hampshire+

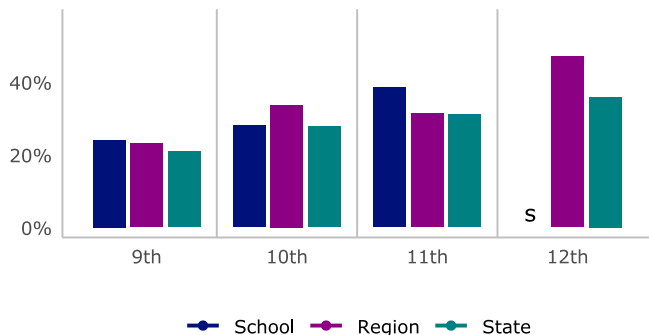
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	38.9	44.9	41.1
2019	50.8	52.9	49.8
2021	40.1	38.7	31.0
2023	42.2	-	32.6
2025	31.3	33.5	29.0
GRADE (2025)			
9th	24.0	23.0	20.9
10th	27.9	33.6	27.7
11th	38.5	31.3	30.9
12th	s	46.9	35.8
SEX (2025)			
Female	37.4	42.0	33.1
Male	26.6	26.6	25.3

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INDICATOR DEFINITION

Percentage of students who responded "Yes" out of responses "Yes"; "No" to question "Have you ever used an electronic vapor product?"

Percent of students who currently used an electronic vapor product

TOBACCO USE - BEHAVIORS

18.8%

White Mountains Regional HS*

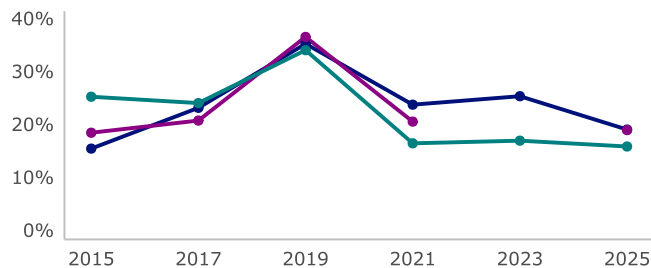
18.7%

North Country Region+

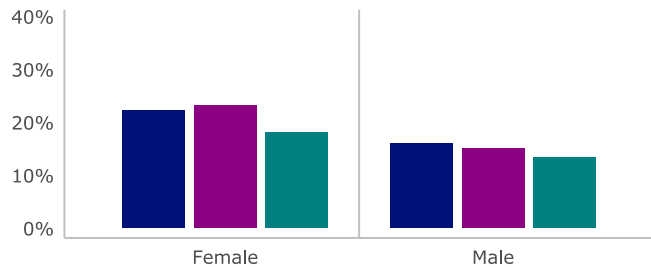
15.6%

New Hampshire+

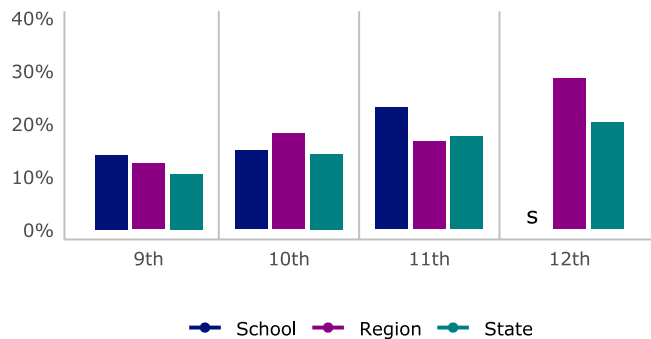
By year



By sex



By grade



	School [*]	Region ⁺	State ⁺
YEAR			
2015	15.2	18.2	25.0
2017	22.9	20.5	23.8
2019	35.0	36.3	33.8
2021	23.5	20.3	16.2
2023	25.1	-	16.7
2025	18.8	18.7	15.6
GRADE (2025)			
9th	14.0	12.4	10.4
10th	14.8	18.0	14.2
11th	23.0	16.6	17.5
12th	s	28.5	20.1
SEX (2025)			
Female	22.2	23.2	18.1
Male	16.0	15.0	13.3

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INDICATOR DEFINITION

Percentage of students who responded "1 or 2 days"; "3 to 5 days"; "6 to 9 days"; "10 to 19 days"; "20 to 29 days"; "All 30 days" out of responses "0 days"; "1 or 2 days"; "3 to 5 days"; "6 to 9 days"; "10 to 19 days"; "20 to 29 days"; "All 30 days" to question "During the past 30 days, on how many days did you use an electronic vapor product?"

Percent of students who usually got their electronic vapor products by buying them themselves

TOBACCO USE - BEHAVIORS

Suppressed

White Mountains Regional HS*

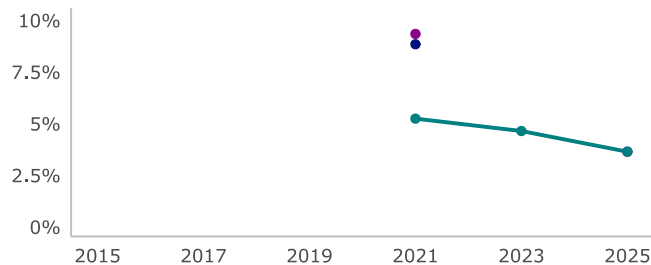
3.6%

North Country Region+

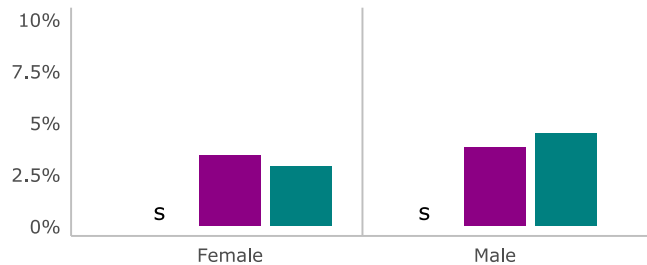
3.6%

New Hampshire+

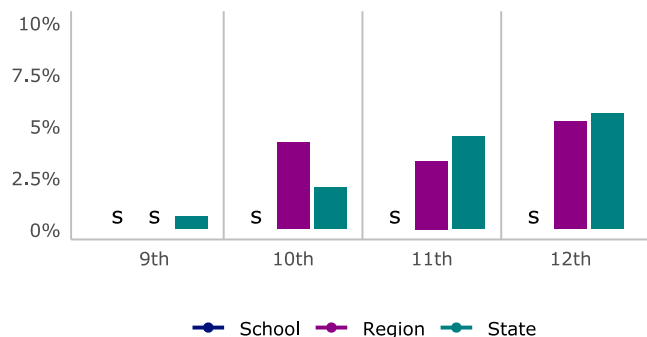
By year



By sex



By grade



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	8.8	9.3	5.2
2023	s	-	4.6
2025	s	3.6	3.6
GRADE (2025)			
9th	s	s	0.6
10th	s	4.2	2.0
11th	s	3.3	4.5
12th	s	5.2	5.6
SEX (2025)			
Female	s	3.4	2.9
Male	s	3.8	4.5

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INDICATOR DEFINITION

Percentage of students who responded "I bought them myself in a convenience store, supermarket, discount store, or gas station" out of responses "I got or bought them from a friend, family member, or someone else"; "I bought them myself in a vape shop or tobacco shop"; "I bought them myself in a convenience store, supermarket, discount store, or gas station"; "I bought them myself at a mall or shopping center kiosk or stand"; "I bought them myself on the Internet, such as from a product website, vape store website, or other website like eBay, Amazon, Facebook Marketplace, or Craigslist"; "I took them from a store or another person"; NA to question "During the past 30 days, how did you usually get your electronic vapor products? (Select only one response.)" Excludes students who responded "I did not use any electronic vapor products during the past 30 days." Additionally, students must have responded "1 or 2 days"; "3 to 5 days"; "6 to 9 days"; "10 to 19 days"; "20 to 29 days"; "All 30 days" to question "During the past 30 days, on how many days did you use an electronic vapor product?"

Percent of students who currently smoked cigarettes daily

TOBACCO USE - BEHAVIORS

2.5%

White Mountains Regional HS*

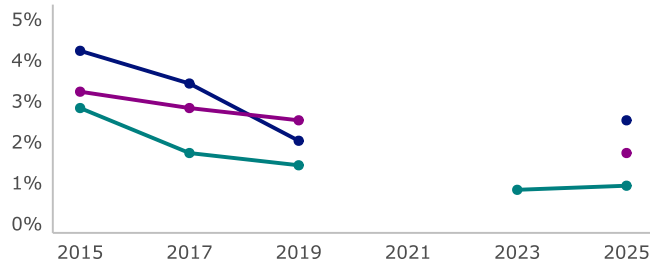
1.7%

North Country Region+

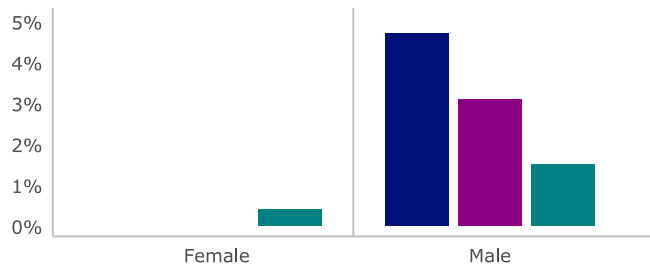
0.9%

New Hampshire+

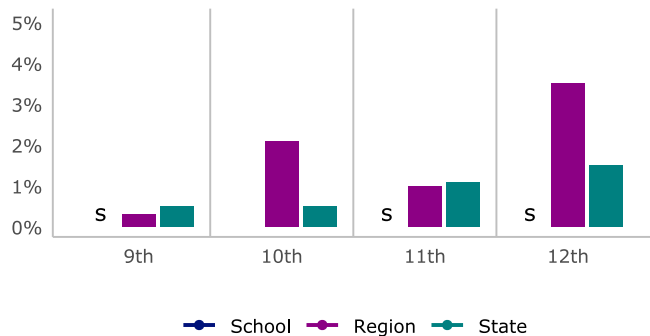
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	4.2	3.2	2.8
2017	3.4	2.8	1.7
2019	2.0	2.5	1.4
2021	-	-	-
2023	S	-	0.8
2025	2.5	1.7	0.9
GRADE (2025)			
9th	S	0.3	0.5
10th	0.0	2.1	0.5
11th	S	1.0	1.1
12th	S	3.5	1.5
SEX (2025)			
Female	0.0	0.0	0.4
Male	4.7	3.1	1.5

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INDICATOR DEFINITION

Percentage of students who responded "All 30 days" out of responses "0 days"; "1 or 2 days"; "3 to 5 days"; "6 to 9 days"; "10 to 19 days"; "20 to 29 days"; "All 30 days" to question "During the past 30 days, on how many days did you smoke cigarettes?"

Percent of students who currently used electronic vapor products daily

TOBACCO USE - BEHAVIORS

7.1%

White Mountains Regional HS*

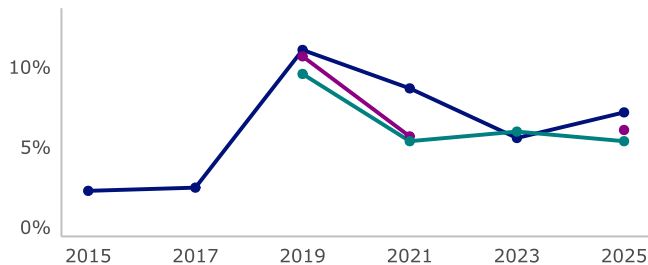
6.0%

North Country Region+

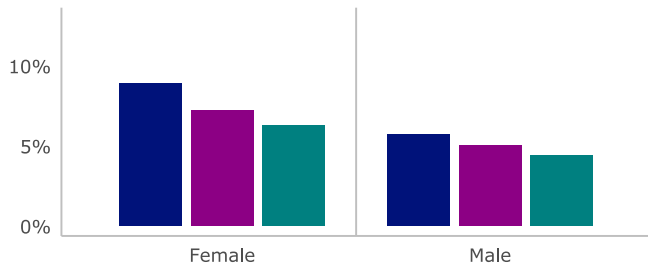
5.3%

New Hampshire+

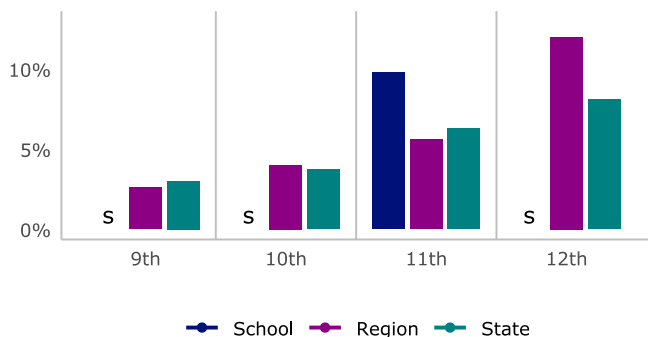
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	2.2	-	-
2017	2.4	-	-
2019	11.0	10.6	9.5
2021	8.6	5.6	5.3
2023	5.5	-	5.9
2025	7.1	6.0	5.3
GRADE (2025)			
9th	s	2.6	3.0
10th	s	4.0	3.7
11th	9.8	5.6	6.3
12th	s	12.0	8.1
SEX (2025)			
Female	8.9	7.2	6.3
Male	5.7	5.0	4.4

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INDICATOR DEFINITION

Percentage of students who responded "All 30 days" out of responses "0 days"; "1 or 2 days"; "3 to 5 days"; "6 to 9 days"; "10 to 19 days"; "20 to 29 days"; "All 30 days" to question "During the past 30 days, on how many days did you use an electronic vapor product?"

Percent of students who currently smoked cigarettes frequently

TOBACCO USE - BEHAVIORS

3.0%

White Mountains Regional HS*

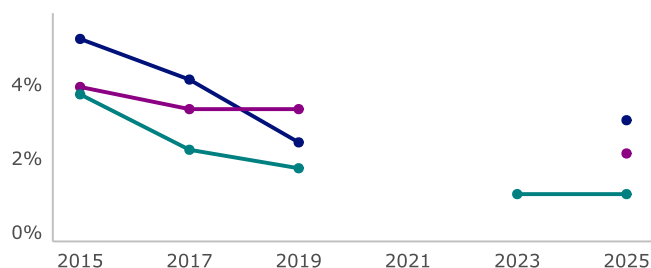
2.1%

North Country Region+

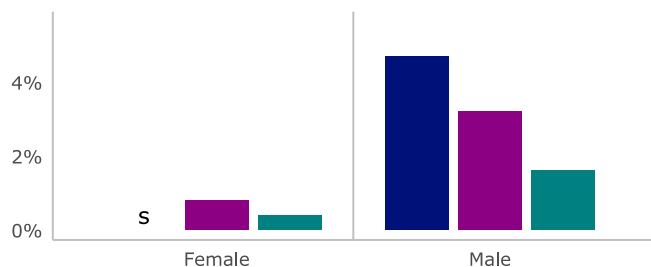
1.0%

New Hampshire+

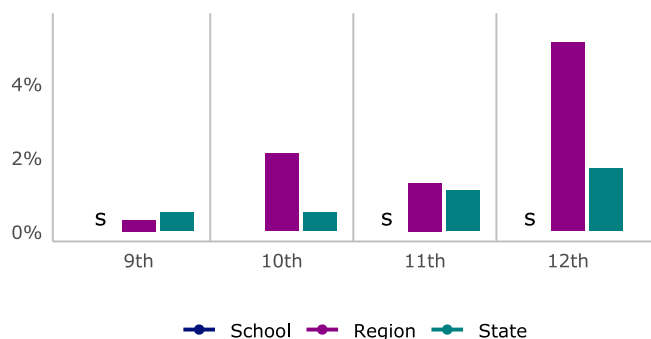
By year



By sex



By grade



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	5.2	3.9	3.7
2017	4.1	3.3	2.2
2019	2.4	3.3	1.7
2021	-	-	-
2023	s	-	1.0
2025	3.0	2.1	1.0
GRADE (2025)			
9th	s	0.3	0.5
10th	0.0	2.1	0.5
11th	s	1.3	1.1
12th	s	5.1	1.7
SEX (2025)			
Female	s	0.8	0.4
Male	4.7	3.2	1.6

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INDICATOR DEFINITION

Percentage of students who responded "20 to 29 days"; "All 30 days" out of responses "0 days"; "1 or 2 days"; "3 to 5 days"; "6 to 9 days"; "10 to 19 days"; "20 to 29 days"; "All 30 days" to question "During the past 30 days, on how many days did you smoke cigarettes?"

Percent of students who currently used electronic vapor products frequently

TOBACCO USE - BEHAVIORS

9.6%

White Mountains Regional HS*

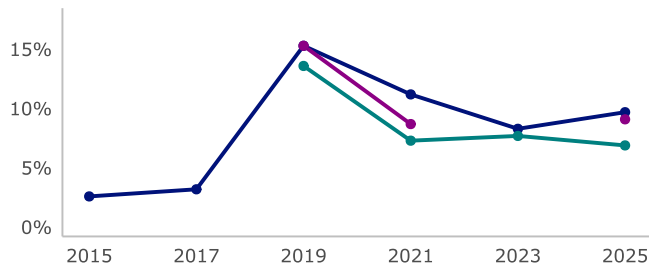
9.0%

North Country Region+

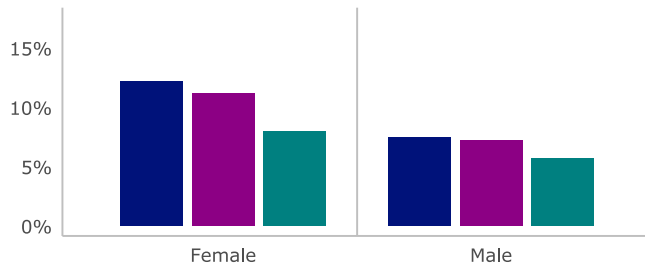
6.8%

New Hampshire+

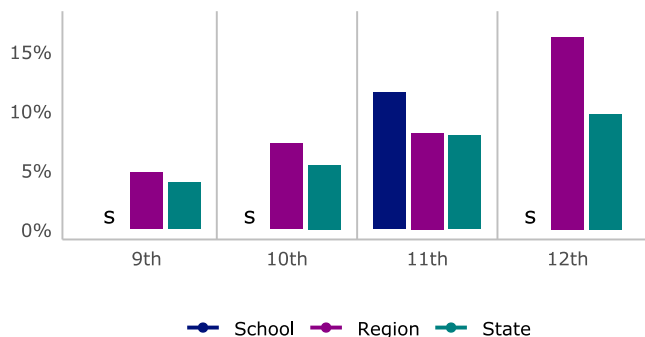
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	2.5	-	-
2017	3.1	-	-
2019	15.2	15.2	13.5
2021	11.1	8.6	7.2
2023	8.2	-	7.6
2025	9.6	9.0	6.8
GRADE (2025)			
9th	s	4.8	3.9
10th	s	7.2	5.4
11th	11.5	8.1	7.9
12th	s	16.2	9.7
SEX (2025)			
Female	12.2	11.2	8.0
Male	7.5	7.2	5.7

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INDICATOR DEFINITION

Percentage of students who responded "20 to 29 days"; "All 30 days" out of responses "0 days"; "1 or 2 days"; "3 to 5 days"; "6 to 9 days"; "10 to 19 days"; "20 to 29 days"; "All 30 days" to question "During the past 30 days, on how many days did you use an electronic vapor product?"

Percent of students who did not always wear a seat belt (when riding in a car driven by someone else)

VEHICLE AND BICYCLE SAFETY

36.9%

White Mountains Regional HS*

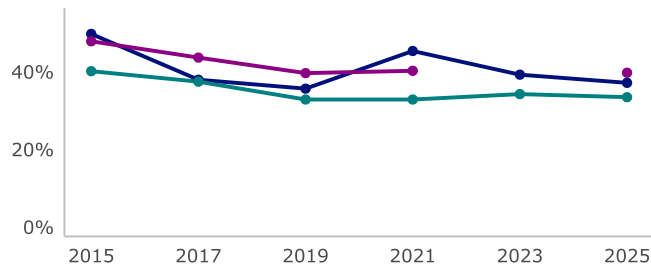
39.5%

North Country Region+

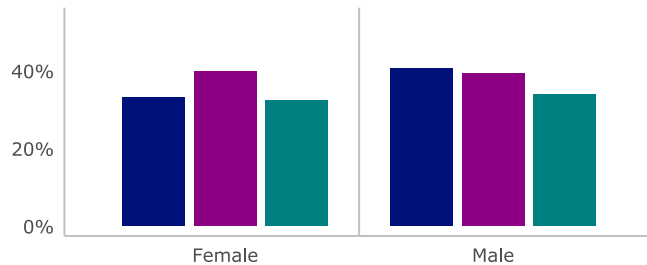
33.2%

New Hampshire+

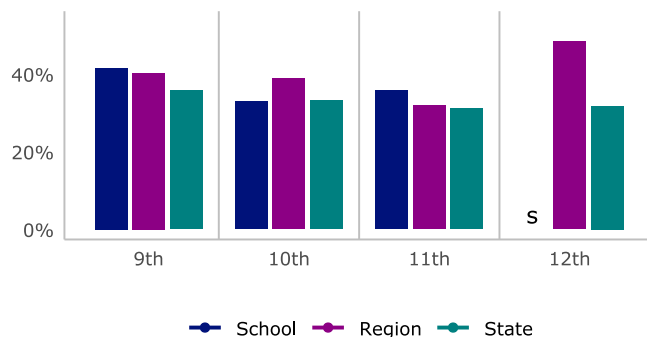
By year



By sex



By grade



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	49.5	47.6	39.9
2017	37.7	43.4	37.2
2019	35.4	39.4	32.6
2021	45.1	40.0	32.6
2023	39.0	-	34.0
2025	36.9	39.5	33.2
GRADE (2025)			
9th	41.5	40.2	35.7
10th	32.8	38.8	33.2
11th	35.8	31.9	31.0
12th	s	48.3	31.7
SEX (2025)			
Female	33.0	39.9	32.4
Male	40.5	39.2	34.0

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INDICATOR DEFINITION

Percentage of students who responded "Never"; "Rarely"; "Sometimes"; "Most of the time" out of responses "Never"; "Rarely"; "Sometimes"; "Most of the time"; "Always" to question "How often do you wear a seat belt when riding in a car driven by someone else?"

Percent of students who rode with a driver who had been drinking alcohol

VEHICLE AND BICYCLE SAFETY

11.7%

White Mountains Regional HS*

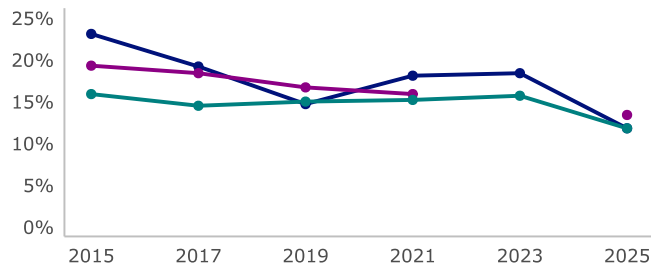
13.3%

North Country Region+

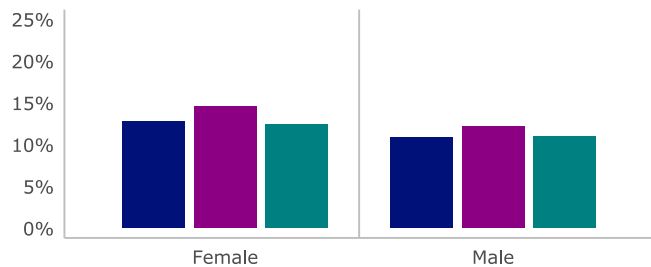
11.7%

New Hampshire+

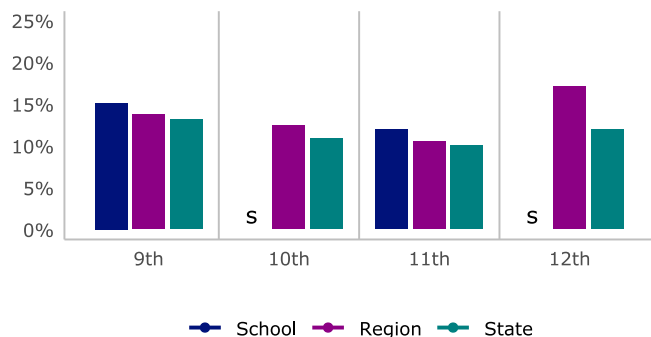
By year



By sex



By grade



	School ⁺	Region ⁺	State ⁺
YEAR			
2015	23.0	19.2	15.8
2017	19.1	18.3	14.4
2019	14.6	16.6	14.9
2021	18.0	15.8	15.1
2023	18.3	-	15.6
2025	11.7	13.3	11.7
GRADE (2025)			
9th	15.1	13.7	13.1
10th	s	12.4	10.8
11th	11.9	10.5	10.0
12th	s	17.1	11.9
SEX (2025)			
Female	12.8	14.5	12.4
Male	10.8	12.2	11.0

NOTES

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- + Region and state results are calculated using the CDC weighted sample methodology to be representative of the population of these areas. Caution should be used when comparing with the school results.
- Data not available (question not asked, region not weighted, and/or school did not participate in that year).
- s To protect confidentiality the data have been suppressed. Cells are suppressed when the denominator is less than 30 students or the numerator is between 1 and 4 students for sex and grade. Numerators that are zero are not suppressed.

INDICATOR DEFINITION

Percentage of students who responded "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" out of responses "0 times"; "1 time"; "2 or 3 times"; "4 or 5 times"; "6 or more times" to question "During the past 30 days, how many times did you ride in a car or other vehicle driven by someone who had been drinking alcohol?"

Percent of students who texted or e-mailed while driving a car or other vehicle

VEHICLE AND BICYCLE SAFETY

37.7%

White Mountains Regional HS*

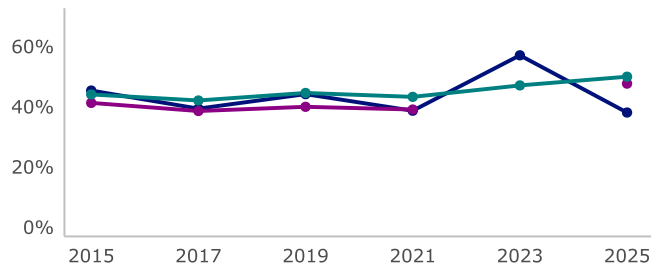
47.3%

North Country Region+

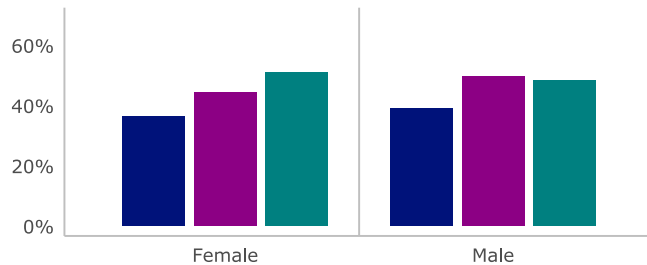
49.6%

New Hampshire+

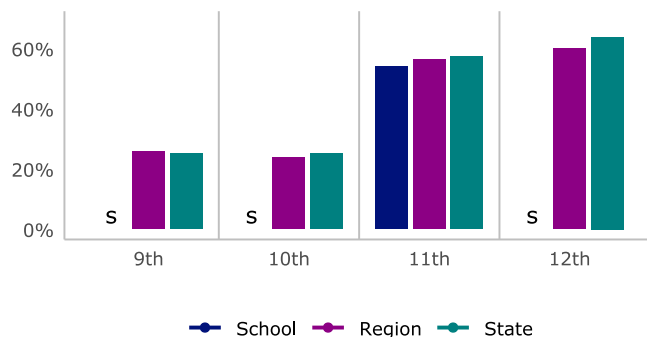
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	45.0	40.9	43.7
2017	39.0	38.2	41.7
2019	43.8	39.6	44.2
2021	38.3	38.7	42.9
2023	56.7	-	46.7
2025	37.7	47.3	49.6
GRADE (2025)			
9th	s	25.7	25.0
10th	s	23.7	25.1
11th	54.0	56.2	57.2
12th	s	60.0	63.8
SEX (2025)			
Female	36.2	44.2	51.0
Male	39.0	49.8	48.4

NOTES

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INDICATOR DEFINITION

Percentage of students who responded "1 or 2 days"; "3 to 5 days"; "6 to 9 days"; "10 to 19 days"; "20 to 29 days"; "All 30 days" out of responses "0 days"; "1 or 2 days"; "3 to 5 days"; "6 to 9 days"; "10 to 19 days"; "20 to 29 days"; "All 30 days" to question "During the past 30 days, on how many days did you text or e-mail while driving a car or other vehicle?" Excludes students who responded "I did not drive a car or other vehicle during the past 30 days."

Percent of students who used the Internet or livestream on their cell phone while driving a car other vehicle

VEHICLE AND BICYCLE SAFETY

21.1%

White Mountains Regional HS*

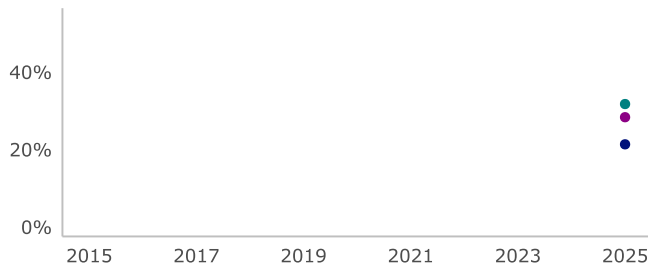
28.1%

North Country Region+

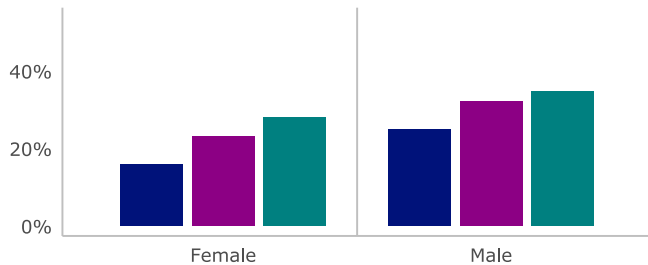
31.5%

New Hampshire+

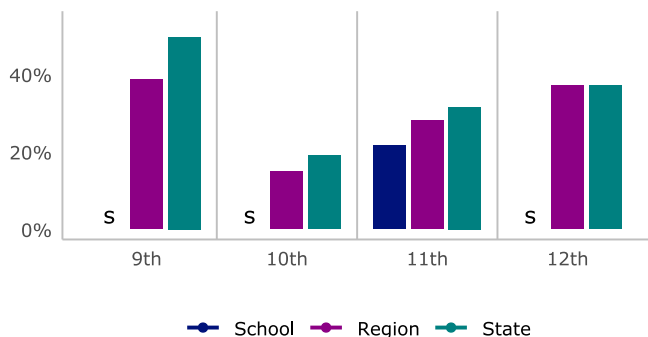
By year



By sex



By grade



	School*	Region+	State+
YEAR			
2015	-	-	-
2017	-	-	-
2019	-	-	-
2021	-	-	-
2023	-	-	-
2025	21.1	28.1	31.5
GRADE (2025)			
9th	s	38.6	49.6
10th	s	14.8	18.9
11th	21.6	28.1	31.5
12th	s	37.0	37.0
SEX (2025)			
Female	16.0	23.1	28.0
Male	25.0	32.2	34.8

NOTES

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- s To protect confidentiality the data have been suppressed. Cells are suppressed when the denominator is less than 30 students or the numerator is between 1 and 4 students for sex and grade. Numerators that are zero are not suppressed.

INDICATOR DEFINITION

Percentage of students who responded "1 or 2 days"; "3 to 5 days"; "6 to 9 days"; "10 to 19 days"; "20 to 29 days"; "All 30 days" out of responses "I drove a car or other vehicle, but did not use the Internet or livestream on my cell phone while driving"; "1 or 2 days"; "3 to 5 days"; "6 to 9 days"; "10 to 19 days"; "20 to 29 days"; "All 30 days" to question "During the past 30 days, on how many days did you use the Internet or livestream (such as YouTube, TikTok, or Instagram) on your cell phone while driving a car or other vehicle? (Do not count using your cell phone to get driving directions or to determine your location.)" Excludes students who responded "I did not drive a car or other vehicle during the past 30 days."