

NJ Middle School Survey

This self-report survey gives students a voice about relevant topics that all youth throughout the state face, such as alcohol, vaping, drug use, mental health, gambling, bullying, and social media. It provides valuable insights into what your students think, feel, and experience, helping you to better target your efforts to help improve their well-being and academic outcomes.



Key Findings from 2023

Substance Use

Alcohol, E-cigarette, and Marijuana Use

Use was significantly **MORE** likely among students who...



Reported feelings of sadness in the past year



Experienced bullying in the past month



Saw substance-related content on their social media

Use was significantly **LESS** likely among students who...



Had a supportive adult in their lives



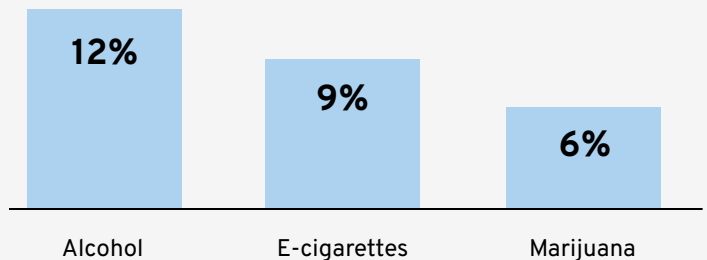
Ate family meals at least three days per week



Were told by their parents that they are doing a good job

Past Year Substance Use Prevalence

Alcohol remains the substance most widely used by 7th- and 8th- grade students in the past year, followed by e-cigarettes, then marijuana.



E-cigarettes

The most common **substance** was nicotine, then CBD or flavoring, then marijuana.



Marijuana

The most common **method** was smoking, then vaping, and eating.

Top 3 Sources among students who used in the past year...



Alcohol

- Parent with permission
- At a party
- Non-parent family member

Vapes

- Friend or classmate
- Non-parent family member
- By themselves

Marijuana

- Friend or classmate
- By themselves
- Non-parent family member

Mental Health

Within the past two weeks...



62%

of students felt nervous, anxious, or on edge several days or more

27%

of students felt depressed



The highest rates of anxiety and depression were reported by nonbinary or transgender students

Screened depression was significantly **LESS** likely among students who...



Had a supportive adult in their lives



Ate family meals at least three days per week



Were told by their parents that they are doing a good job

Gambling, Suspension, and Antisocial Behavior

Within the past year...



55%

engaged in some form of gambling or betting



13%

have been suspended from school



12%

attacked someone with intent to harm



3%

carried a handgun



3%

have been drunk or high at school

2026 Administration



October 2025 to June 2026



ALL Schools invited to participate!



Help us boost student participation!



New Topics Included!

- Feelings of safety at school
- Afterschool activities
- Reasons for substance use
- Smokeless tobacco
- Social media use frequency

- Seeking help when needed
- Peer perception of use
- Talking to parents about dangers of substance use
- Relationships with peers, family, and supportive adults