



## Press Release

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## PreventionFIRST 2024 Student Survey

### First Student Survey Results Post-Pandemic

#### **Cincinnati, OH (March 12, 2024)**

The PreventionFIRST! (PF!) Student Survey is administered every other year. Results of the Student Survey provide comprehensive data on self-reported substance use and other factors associated with or contributing to substance use and mental well-being.

The 2024 PF! Student Survey is the first survey cycle post-pandemic measure. The two most previous surveys were administered just before (2020) and during the pandemic (2022).

"We know the pandemic presented unique and difficult challenges for youth. Mental well-being, academic success, and interpersonal relationships were greatly impacted. The 2024 survey data is the first to demonstrate the resiliency of youth and the emerging impact of prevention and mental health programs," explains Nicole Schiesler, President and CEO of PreventionFIRST!. "This survey data also identifies the ways students are still struggling. This is crucial in guiding our work and resources into programs and strategies that will continue to improve the health and wellness of our youth and continue to reduce substance use," continues Schiesler.

#### Key Mental Health Results & Trends

- When asked how often they experienced depression in the last thirty days, 19.9 percent responded "all/most" of the time, and 35.6 percent responded "all/most" of the time when asked the same question regarding anxiety.
- 47.2 percent of students said in general they feel stress often/a lot
- When asked how often they can pull themselves out of a bad mood, 42 percent responded "often/a lot"

## Substance Use Results & Trends

- Most kids are NOT using alcohol, tobacco, or other drugs.
- Past 30-day use of marijuana decreased from 7.1 percent in 2022 to 6.3 percent in 2024
- Past 30-day use for vaping is at the lowest level ever recorded, dropping 3 percent from 2022

Peer and parental disapproval rates remain high. Big jumps in percentages are not typically seen, but from 2022 to 2024 perceived parental disapproval increased by 1.8 percent. Parents and friends are key influences in a young person's life. A young person who believes their friends/parents disapprove of substance use is less likely to use substances.

“We know parental disapproval is one of the biggest protective factors contributing to less youth substance use. When parents consistently express their disapproval of substance use, kids are listening and making better choices. These are difficult conversations to have with our kids, but they are important,” states Schiesler.

The PF! Student Survey is administered every two years. Every tri-state area school is invited to participate. Overall, 15,756 students completed the local version of the Pride Surveys questionnaire between September 2023 and December 2023.

The data reported comes from a census of seventh through twelfth-grade students from thirty-eight public and private schools in Butler, Clermont, and Hamilton counties in Ohio.

This year's Student Survey results were released at a joint press conference with the Hamilton County Mental Health and Recovery Services Board (HCMHR SB). “We are honored to join PreventionFIRST! in disseminating the findings of this survey to our community. This collaborative effort underscores our commitment to prioritizing the well-being of our youth and addressing the substance use and mental health challenges they face. The voices of our students are invaluable in guiding our efforts to support their well-being,” said LaNora Godfrey, HCMHR SB President and CEO when asked about the necessity and impact of this survey.

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