

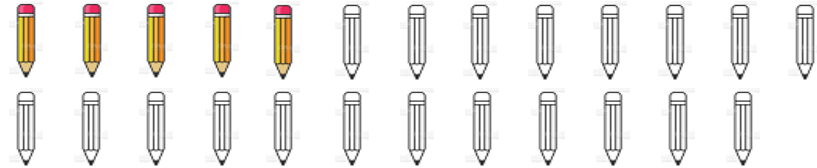
# 2021 New Jersey Student Health Survey

## VIOLENCE/BULLYING/SUICIDE

Adolescents who experience violence are at increased risk of behavioral and mental health difficulties, including future violence perpetration and victimization, smoking, substance use, obesity, high-risk sexual behavior, depression, academic difficulties, school dropout, and suicide. <sup>(1)</sup> Bullying victimization is associated with depression, suicidal ideation, self-injury, suicide attempts, school absenteeism or dropping out, and psychological distress. <sup>(2)</sup> Suicide is the second leading cause of death among people ages 10-14 and 20-34 in the United States. <sup>(3)</sup>

**20%**  
of students seriously considered attempting suicide  
(at least one time during the 12 months before the survey)  
**10-Year Linear Trend: Increasing** 

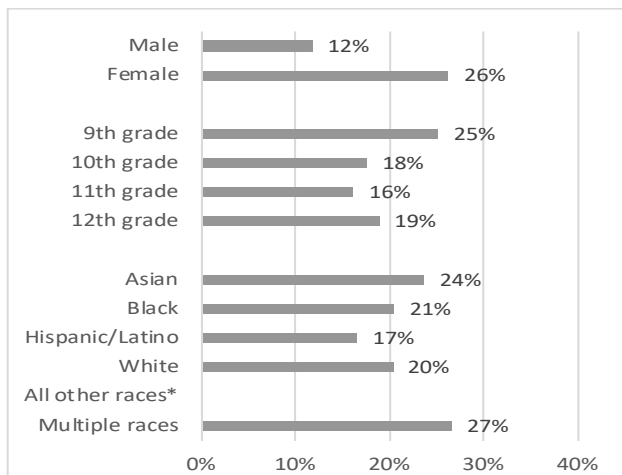
In a class of 25 students,  
5 students seriously  
considered attempting  
suicide.



### New Jersey Student Health Survey Highlights

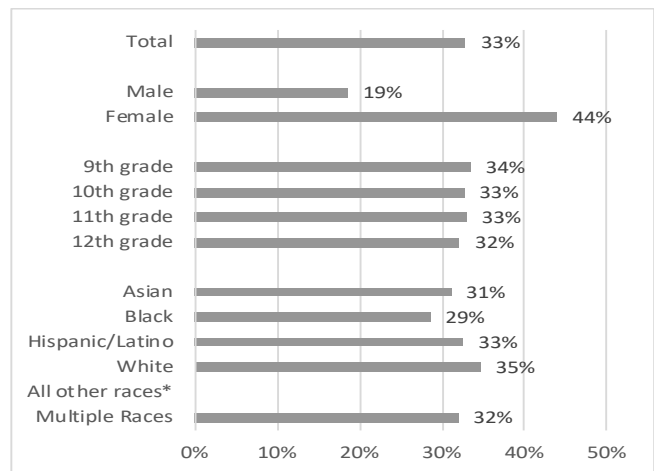
- *Considered suicide:* 20% had seriously considered attempting suicide during the past 12 months.
- *Hurt Themselves:* 22% purposely hurt themselves without wanting to die during the past 12 months.
- *Sexual and Dating Violence:* 11% of students experienced sexual violence (15% of females and 6% of males), and 10% have experienced dating violence (8% of females and 10% of males).
- *Electronically Bullied:* 15% of students reported that they were electronically bullied during the 12 months before the survey (11% of males and 19% of females).

Seriously Considered Suicide by Demographic



\*Fewer than 30 students in this subgroup.

Mental Health was Not Good Most of the Time or Always



\*Fewer than 30 students in this subgroup.

## NJSHS 10-Year Trend Analysis: 2011-2021 Violence/Bullying/Suicide

Percentage of New Jersey Youth Who:	2011	2013	2019	2021	Trend Analysis 2011-2021
Felt sad or hopeless	26%	29%	36%	42%	
Seriously considered attempting suicide	13%	14%	15%	20%	
Made a plan about how they would attempt suicide	11%	12%	12%	13%	
Actually attempted suicide	6%	10%	6%	10%	
Did something to purposely hurt themselves without wanting to die	18%	18%	14%	22%	
Did not go to school because they felt unsafe	4%	6%	8%	11%	
Increase in negative behavior	Decrease in negative behavior	Increase in a positive behavior	Decrease in a positive behavior	No change in behavior	Trend not reported by CDC

Trend analysis was performed by the CDC on data from 2011 to 2021 to determine which differences across years were statistically significant. For questions not asked in all survey years, the trend analysis was performed from 2021 back to the last consecutive year in which the question was asked.

### Additional New Jersey Student Health Survey Findings

- 33% of students reported that their mental health was not good during the 30 days before the survey. 44% of females and 19% of males identified this feeling.
- 13% of students made a plan about how they would attempt suicide, and 10% actually attempted suicide during the past 12 months.
- 42% of students felt sad or hopeless almost every day for more than 2 weeks in a row and stopped doing some usual activities. 53% of females reported this feeling compared to 28% of males.
- 21% of students who reported feeling sad, empty, hopeless, angry, or anxious were able to get the kind of help they need most of the time or always.
- 5% of students felt they were treated badly or unfairly because of their race or ethnicity.
- 5% of students felt they were treated badly or unfairly because of their sexual orientation.

#### Definitions

- Mental health includes stress, depression, and problems with emotions.
- Sexual violence is explained as being forced to do sexual things you did not want to do, (things such as kissing, touching, or being forced to have sexual intercourse).
- Dating violence is explained in the survey as someone you were dating or going out with physically hurting you on purpose, counting things such as being hit, slammed into something, or injured with an object or weapon.
- Suicide is explained as people sometimes feeling so depressed about the future that they may consider attempting suicide (taking some action to end their own life).

#### Resources

- Suicide Prevention Hotline: Call or Text 988
- NJ Hopeline: Call or Text 855-654-6735, <https://njhopeline.com>
- Prevent Suicide New Jersey: <https://preventsuicidenj.org/>
- American Foundation for Suicide Prevention (AFSP): <https://afsp.org>
- Suicide Prevention Resource Center (SPRC): <https://www.sprc.org/states/new-jersey>
- Society for the Prevention of Teen Suicide (SPTS): <https://sptsusa.org>