### Demographics

- **Black**: 42%
- **Hispanic or Latino**: 35%
- **White**: 17%
- **Other**: 6%

Data in this report are weighted and therefore representative of Durham County’s middle school populations.

### Bullying

- **Reported being bullied online**: 23%
- **Bullied for their sexual orientation**: 24%
- **Observed others being bullied**: 45%

Since 2017, cyberbullying in Durham County has increased while bullying at school remained the same.

### Disability

- **Has trouble learning**: 16%
- **Limited by a disability**: 9%
- **Living with a disability**: 9%

Durham County Black or African American students were more likely to report having a disability than their white peers. Teacher’s decision to refer a student for disability testing is influenced by personal beliefs.

### Mental Health

#### Suicidal Ideation

- **Considered**: 14%
- **Made a Plan**: 20%
- **Attempted**: 14%

The decline in mental health in children and adolescents has been declared a national emergency as of 2021. Durham County females were four times as likely to report having bad days most of the time than males. Females are more likely to internalize distress and become depressed. The COVID-19 pandemic removed key social opportunities for students resulting in lower self-esteem. Fortunately, Durham County has one of the best patient to provider ratio in the state of 160 residents to 1 provider.

### Nutrition

- **Race of students eating breakfast everyday**:
  - 2017: 36%, 34%
  - 2019: 34%, 32%
  - 2021: 35%, 30%

### Tobacco

- **Ever used an electronic vapor product**:
  - 2021: 7.2%
  - 2019: 5.8%
  - 2017: 1.2%

<2% of students use cigarettes.
**Personal Health**

**Hours of sleep students get on an average weekend**

13-18-year-olds are recommended to get 8-10 hours of sleep each night. 42.6% of Durham County students met that recommendation.

- 16% 6th grade
- 10% 7th grade
- 10% 8th grade

Spent 5 or more hours on a screen other than for school each day.

**Physical Activity**

21.5% Children of low-income families reported not participating in sports because they didn’t want to get hurt, they didn’t feel welcome, and it was too expensive.

- 10% 6th grade
- 13% 7th grade
- 16% 8th grade

**Substance Use**

- Black or African American youth living in low socioeconomic circumstances are less likely to drink than their white, advantaged peers.

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**Personal Safety**

**Time it would take to get ready to fire a loaded gun**

- **< 10 min**: 13%
- **10-59 min**: 7%
- **1-4 hours**: 4%
- **4-24 hours**: 4%
- **1 day more**: 7%

Firearms are the leading cause of death among children and teens (ages 1-19). Gun violence has a significant impact mental wellbeing and can lead to poor performances in school. 4.8% middle schoolers skipped school because they felt they’d be unsafe at school or to and from school.

**School Support**

Do you feel your teachers care about you and give you lots of encouragement?

- Strongly disagree: 10%
- Strongly agree: 32%
- Disagree: 17%
- Agree: 35%
- Not sure: 13%

Having positive relationships with teachers strongly correlates to student belonging. 60% of Durham County students report strongly agreeing or agreeing that they felt they belonged at school.