

# How are Utah teens really doing?

A quick look at how teens are thinking, feeling, and navigating the world—and how you can help.



## Why it matters:

You'll find key highlights, protective factors, and simple ways to **support your child's well-being**.

## Did you know?



The SHARP survey has tracked student health for **20+ years**.



It's **anonymous** and covers mental, physical, and social health; substance use; risky behaviors; and what helps protect kids.



It's the most comprehensive youth **health survey in Utah**.



These insights are only possible because of parent support—**thank you!**

## How SHARP helps your family



**Stay informed** on the real issues impacting Utah kids today.



See how youth are **thinking and feeling** about their world.



Understand the **challenges teens face**—so you can better support them.



**Get easy tips** (like spending 15 minutes together each day) that help your child stay healthy and safe.



Helps schools, public health, and parents work together with **shared data and goals**.



SHARP is **Utah-specific**—with insights at both the state and local level.



**Learn more about SHARP:**

[sharp.utah.gov](https://sharp.utah.gov)

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**We know parents make the best decisions for their children if they have the information they need.**

Parents and caregivers need to know what types of things are happening in their child's school and in their community. **The SHARP survey helps you know what to talk about**, so you can help your child navigate adolescence. The knowledge we've gained from the SHARP survey is invaluable—because **it tells us where to look for problems—and solutions.**"

– Heidi Dutson,  
DHHS Office of Substance Use and Mental Health.

## Health habits



**39.2% of youth** get 8+ hours of sleep on school nights.



**79.5% spend 2+ hours daily** on screens (not for school).



**60% eat with family** 5+ times a week.

**Family meals help prevent substance use and suicidal thoughts.**

## Mental health & suicide



**38.8% of youth** who felt sad or suicidal **didn't talk to anyone.**



**12.6% seriously considered suicide**, but youth are resilient with support.

**Most youth believe it's OK to get professional help if they're struggling.**

## Substance use



Alcohol use is low—only **3.8% used it in the past month.**



**4.3% vape** (nicotine, marijuana, or both).

**Set clear rules about not using alcohol, tobacco, and other drugs.**

## Safety & bullying



**84.4% feel safe** at school, but **40.2% worry** about gun violence.



**15.5% were** being bullied or harassed online.

**Most youth feel connected to school through activities and teachers.**



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