

How are Davis teens really doing?

A quick look at how teens are thinking, feeling, and navigating the world—and how parents 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 at 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 need to know what types of things are happening in their child’s school and in their community. **The SHARP survey helps parents know what to talk about**, so they can help their 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



Only **38.8% of youth** get 8+ hours of sleep on school nights



Nearly **80.1% spend 2+ hours daily** on screens (not for school).



60.6% eat with family 5+ times a week.

Family meals help prevent substance use and suicidal thoughts.

Mental health & suicide



39% of youth who felt sad or suicidal didn’t talk to anyone.



12.3% seriously considered suicide, but youth are resilient with support.

Most youth believe it’s OK to get professional help.

Substance use



Alcohol use is low—**only 2.1% used it in the past month.**



2.3% vaped in the past month (nicotine, marijuana, or both).

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

Safety & bullying



85.5% feel safe at school, but **40% worry** about gun violence.



18.4% report being picked on or bullied on school property.

Most youth feel connected to school through activities and teachers.