



# 2025 Data Snapshot

## Youth Depression Focus

**16%**

of youth report they have moderate-to-severe symptoms of depression



12th graders reported highest rates of depression at 21%



7th graders reported lowest rates of depression at 11%

## About the Survey

- Fourth year of community participation
- Includes students in grades 7-12
- 60% response rate for community
- All participants had parent permission

## Key Protective Factors For Youth Depression

By strengthening protective factors, we can prevent negative outcomes for young people. This is called upstream prevention.

### Family Social Support

**8%**

vs.

**43%**

Depression in youth with high feelings of family social support

Depression in youth with low feelings of family social support

Overall, 7% of youth had low feelings of family social support.

### Connection to Community

**4%**

vs.

**53%**

Depression in youth with high feelings of community connection

Depression in youth with low feelings of community connection

Overall, 8% of youth had low feelings of community connection

### Not Being Bullied

**10%**

vs.

**35%**

Depression in youth who were NOT bullied

Depression in youth who were bullied

Overall, 18% of youth reported they had been bullied

### Getting Enough Sleep

**7%**

vs.

**24%**

Depression in youth who get 8+ hours of sleep

Depression in youth who do not get 8+ hours of sleep

Overall, 54% of youth do not get 8+ hours of sleep per night

Learn more about Boise's youth well-being work!

