



# BLUESKY BACK-TO-SCHOOL SURVEY 2021



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# Methodology



Blue Shield of California commissioned Quest Mindshare to conduct a survey of a total of 500 returning middle-school and high-school students in California (ages 13-18). The results are weighted to be representative of all California teens. The survey was fielded July 26 - August 5, 2021.

## Age

13: **5%**  
14: **9%**  
15: **11%**  
16: **16%**  
17: **25%**  
18: **33%**

## Grade

Incoming middle school: **7%**  
Incoming high school: **93%**

## Gender

Female: **48%**  
Male: **48%**  
Non-binary: **3%**  
Prefer not to self-describe: **1%**

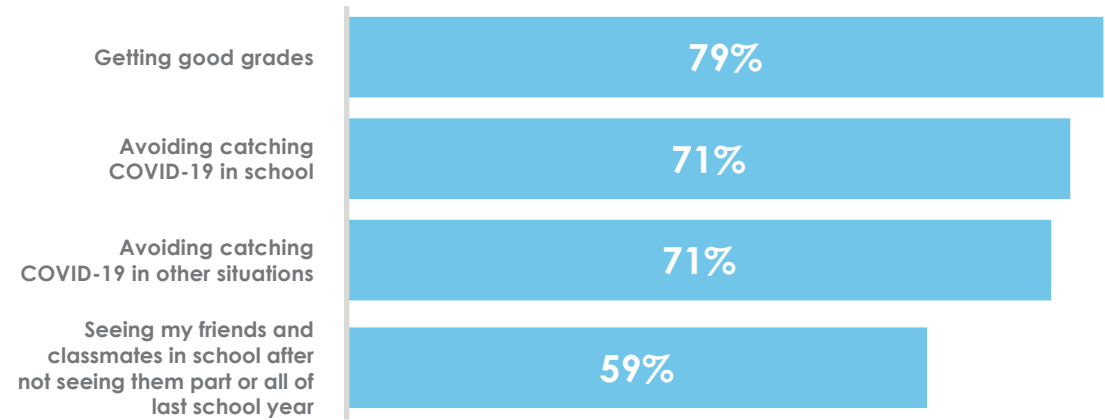
## Race/Ethnicity

Black/African-American: **8%**  
White/Caucasian: **47%**  
Hispanic/Latinx: **33%**  
Asian/Asian-American: **17%**  
Native American: **2%**  
Pacific Islander: **1%**  
Other: **1%**  
Prefer not to answer: **3%**



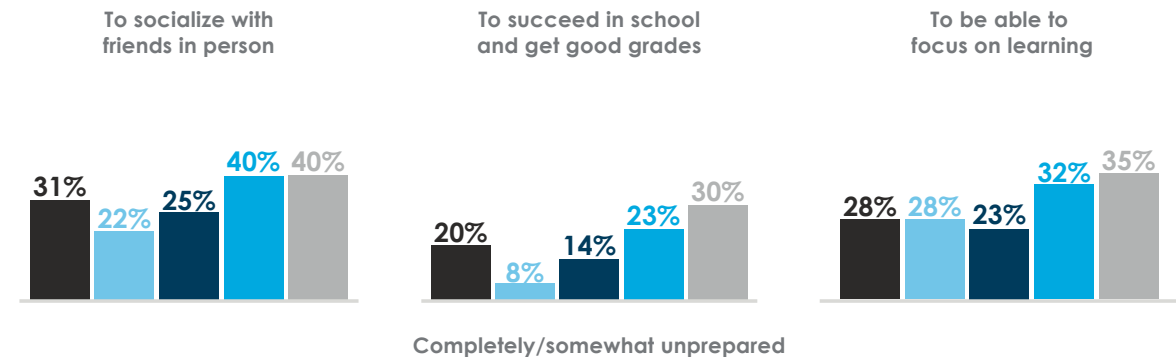
## In the upcoming fall, are you nervous or anxious about any of the following?

Reporting a little/very nervous



How emotionally prepared do you feel for each of the following as in person school starts in the fall?

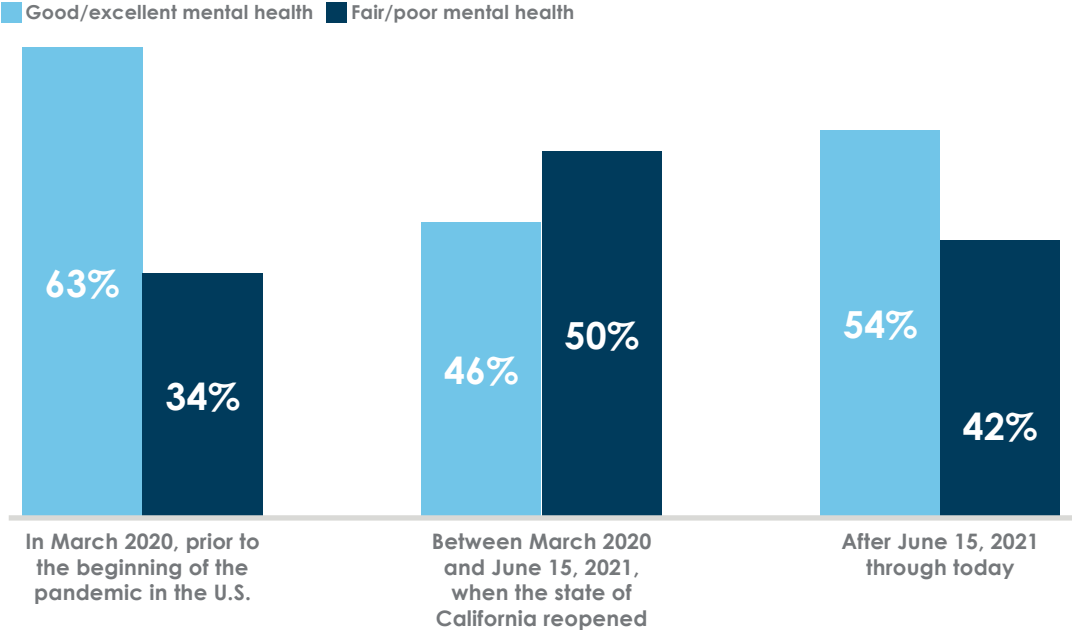
■ General population ■ Black ■ White ■ Latinx ■ Asian



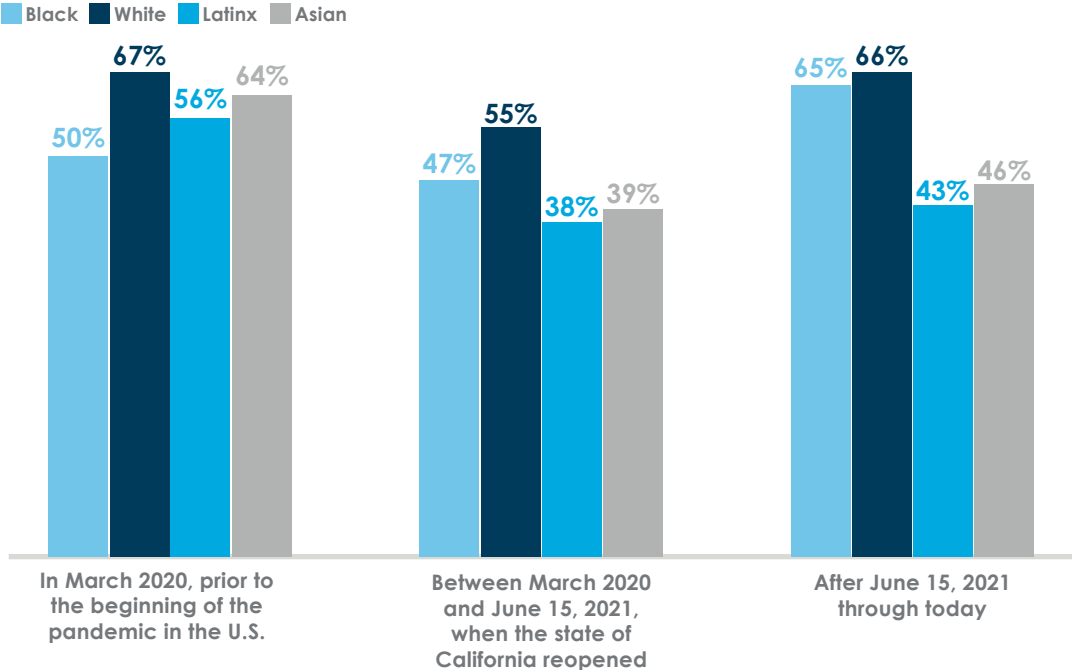
**More than half of BIPOC teens (Black, Indigenous, and People of Color) - 53% - are concerned about coping with racial justice issues when returning to school.**



# How would you describe your overall mental health during the following time periods?

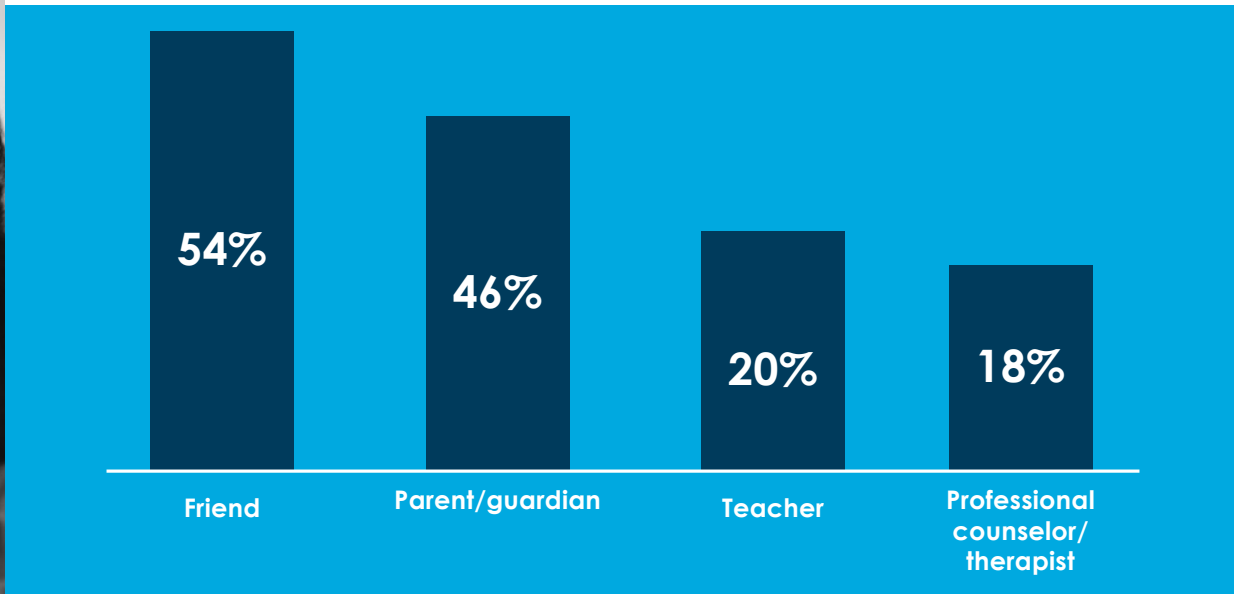


## Race/ethnicity background Reporting good/excellent mental health



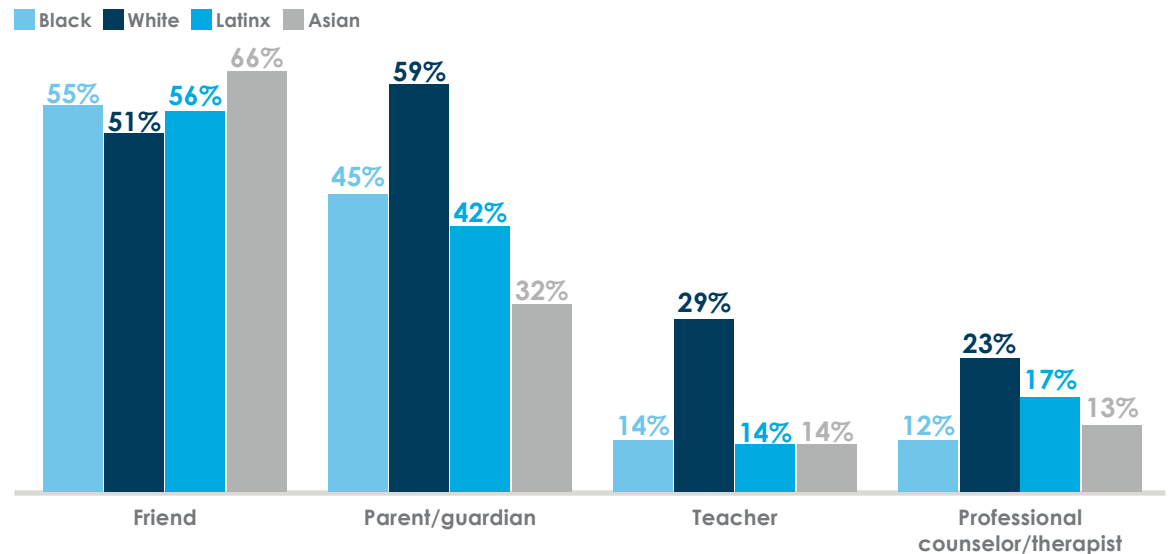


## Did you talk to any of the following people over the last year about your mental health?



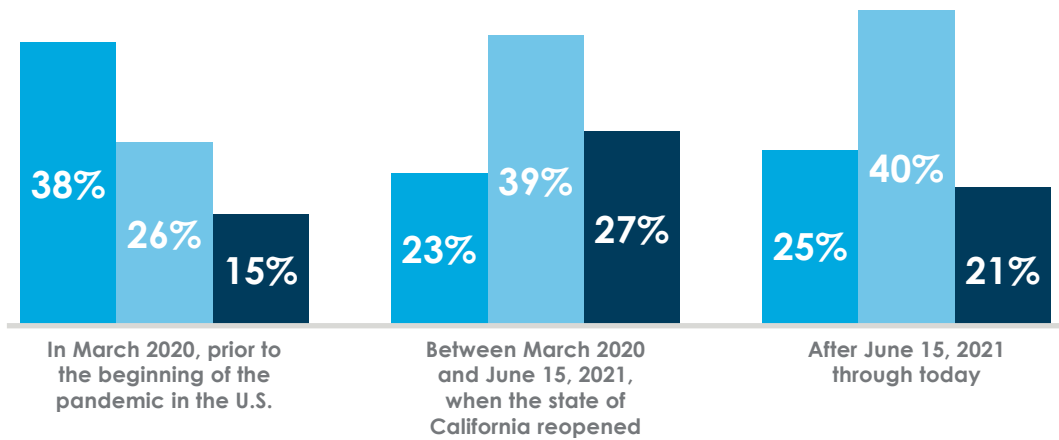
Throughout this time, BIPOC teens were more likely to discuss their mental health with friends than parents/guardians.

Race/ethnicity background



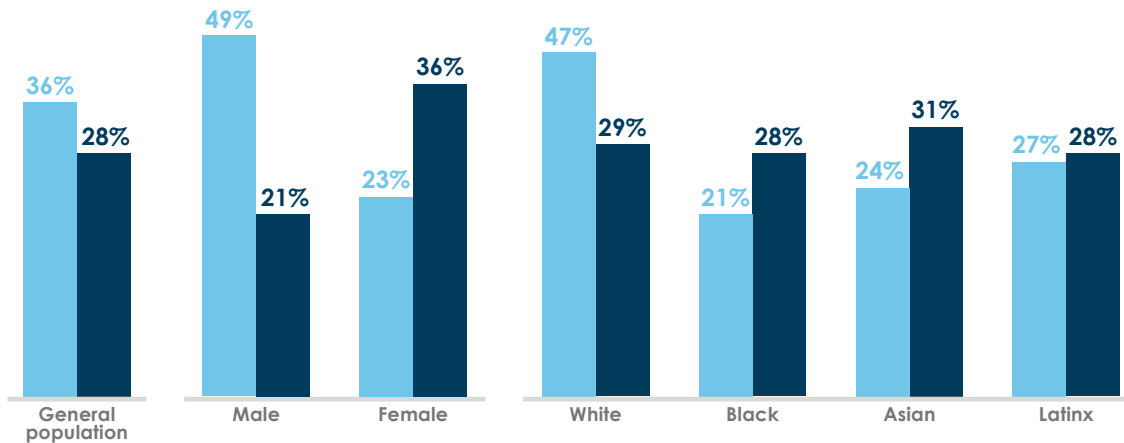
# About how many hours did you spend on social media during each of the following periods?

■ 1 to 3 hours ■ 4 to 8 hours ■ More than 8 hours



# Do you find your time spent on social media to be helpful or less than helpful for your emotional and mental health?

■ More helpful ■ Less helpful

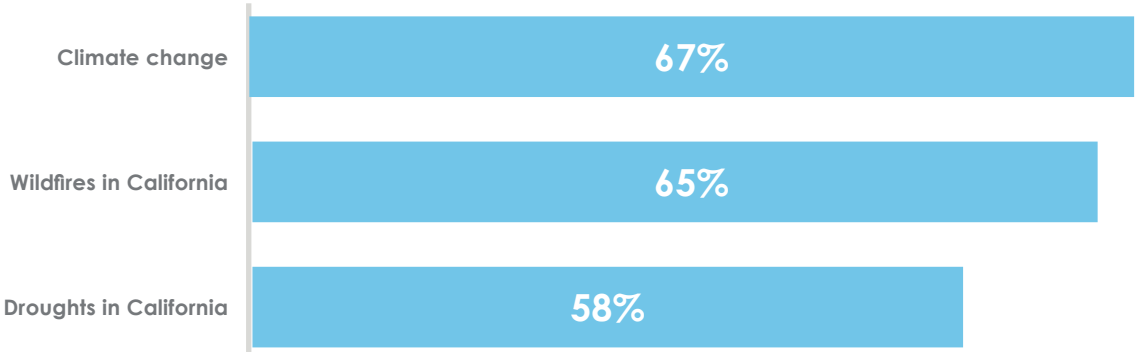






# Climate Concerns: In the upcoming fall, are you nervous or anxious about any of the following?

Reporting a little/very nervous



How does wearing a mask in school impact your learning experience?

**40%**

say it makes them feel safe at school

**27%**

say it makes them less able to read emotions

**23%**

say it makes them less likely to speak up in class





**To see more survey results and find tips and resources to help teens navigate back-to-school challenges, visit [BlueShieldCA.com/BlueSky](https://www.BlueShieldCA.com/BlueSky)**

### **About Blue Shield of California**

Blue Shield of California strives to create a healthcare system worthy of its family and friends that is sustainably affordable. Blue Shield of California is a tax paying, nonprofit, independent member of the Blue Shield Association with over 4.5 million members, over 7,500 employees and more than \$21 billion in annual revenue. Founded in 1939 in San Francisco and now headquartered in Oakland, Blue Shield of California and its affiliates provide health, dental, vision, Medicaid, and Medicare healthcare service plans in California. The company has contributed more than \$150 million to Blue Shield of California Foundation in the last four years to have an impact on California communities.