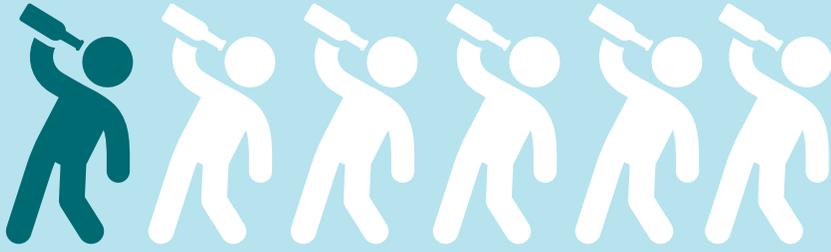


Alcohol Use Among Maine High School Students

2025 Maine Integrated Youth Health Survey Data

1 in 6 students

(17%) reported having at least **one drink** in the past 30 days



41% of all students have **ever drunk alcohol**

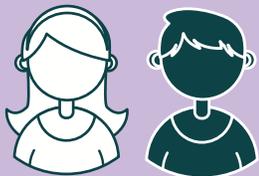


Among those who have tried alcohol more than **1 in 4** (28%) tried it **before the age of 13**

AMONG THOSE WHO DRANK ALCOHOL in the past 30 days

42%

of students **binge drank**
(consumed 5+ drinks in a row)



32% **50%**

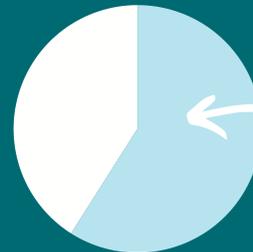
Boys reported **binge drinking** at a higher rate than girls

41% said **someone gave it to them**



27%

believe adults in their community **don't think it is wrong** for kids to drink



59%

believe it would be **easy** for them to get alcohol

ABOUT MAINE INTEGRATED YOUTH HEALTH SURVEY (MIYHS)

The MIYHS is a biennial collaboration between the Maine Department of Health and Human Services and the Maine Department of Education since 2009. It aims to identify youth health trends through direct surveys taken by Maine students in grades 5 - 12. All middle and high schools can participate.

www.maine.gov/miyhs
miyhs.dhhs@maine.gov



Alcohol Use Among Maine Middle School Students

2025 Maine Integrated Youth Health Survey Data



of students have **drunk alcohol**

4%

of students **drank in past 30 days**



Among those who have tried alcohol, **nearly 2 in 5 (37%)** tried it **before the age of 11**

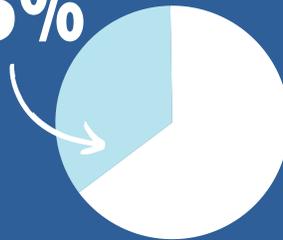
Among those who drank in the past 30 days



34%

said someone **gave it to them**

35%



believe it would be **easy** for them to get alcohol

9%



believe adults in their community **don't think it is wrong** for kids to drink

HOW YOU CAN HELP



Set a positive example for youth regarding alcohol use.



Discuss expectations and the importance of avoiding alcohol before 21 and following low-risk guidelines as adults.



Talk about alcohol and its real-life risks when it appears in music, social media, TV, or ads.

ABOUT MAINE INTEGRATED YOUTH HEALTH SURVEY (MIYHS)

The MIYHS is a biennial collaboration between the Maine Department of Health and Human Services and the Maine Department of Education since 2009. It aims to identify youth health trends through direct surveys taken by Maine students in grades 5 - 12. All middle and high schools can participate.

www.maine.gov/miyhs
miyhs.dhhs@maine.gov

