



NEWSLETTER

MONITORING THE FUTURE
SENIOR CLASS OF 2022

We are sending this newsletter to give you a brief report on the Monitoring the Future study in which you took part last spring at school. As you may recall, the study is being conducted by the University of Michigan's Survey Research Center.

This important study looks at changing behaviors, attitudes, and preferences of youth in the United States. We believe that studying what young people are like today will tell us a lot about what the whole nation will be tomorrow.



THANK YOU!

Beginning with the class of 1975, about 17,000 seniors in over 125 high schools have participated in the Monitoring the Future study each year. Since 1991, the annual survey has included the views of about 17,000 8th graders and 17,000 10th graders. Several thousand graduates continue to participate in the study each spring by filling out follow-up surveys.

The results of this study are used by policymakers at all levels of government to monitor progress toward some of the nation's health and education goals. Counselors, educators, other researchers, and the media also use the data from this study.

We collect the names and addresses of participants in 12th grade so that we can send newsletters about the study results and, in some cases, follow-up surveys. We want you to know that we keep all identifying information completely separate from the survey answers that you have provided. A special Grant of Confidentiality from the U.S. government guarantees our ability to keep all data completely confidential.



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Important Subject Areas Being Studied

Your responses to the Monitoring the Future questionnaires, along with those of your classmates, have provided us with helpful information on a great variety of topics, including:

- tobacco, alcohol, and other drugs
- health and happiness
- work and leisure
- education
- the environment
- politics
- social problems and social change
- major social institutions
- the military
- race relations

We use six different questionnaire forms in order to keep the questionnaires short enough to complete in a class period while covering a wide range of topics. You may see some topics in this newsletter that are not familiar to you because they were not included in the questionnaire form you filled out.

Looking at Change

By sampling each high school class—and by following up with a part of each sample after graduation—we can analyze four different kinds of change:

- 1) Change that happens from one high school class year to another. For example, we can learn how the most recent high school class is different from previous classes across a 30-year period.
- 2) Change that occurs at the same time for all age groups. For example, we can see whether a specific event, such as an energy crisis, affects everybody's opinions.
- 3) Change that occurs as a result of growing older. For example, we can learn whether people's attitudes change consistently during the years after high school.
- 4) Change that happens as a result of different experiences that people have—like getting married, working at a job, joining the military, or going to college or trade school.

Alcohol, Tobacco, & Illegal Drugs

While **alcohol** is one of the most widely used drugs among students at all grade levels, its use has been in a long term decline. Decreases in use continued in 2021 during the pandemic. In 8th and 10th grade this decrease during the pandemic persisted and 2022

levels did not significantly differ from the previous year's. In 12th grade prevalence bounced back to pre-pandemic levels in 2022 after the substantial decrease in 2021 proved to be fleeting.

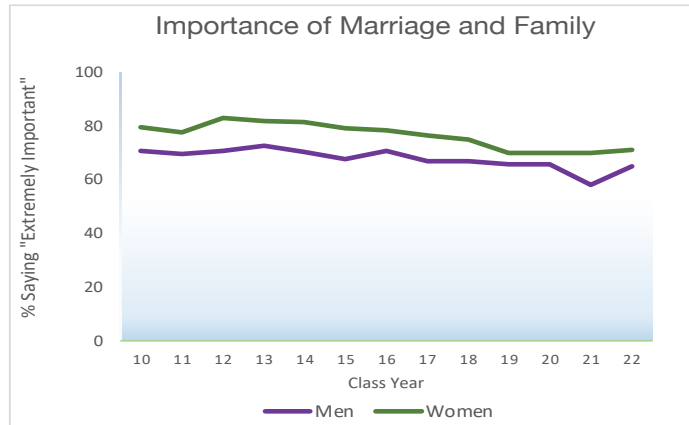
Nicotine Vaping is now one of the most common forms of substance use among adolescents, after record high prevalence increases in 2018 and 2019. In 2021 levels of any past year nicotine vaping decreased significantly and have since remained at these lowered levels in 2022. Even so, more adolescents vape nicotine than use any other tobacco product, in every grade we surveyed (8th, 10th, and 12th). Further, we followed up 12th grade e-cigarette users and found that they were about four times more likely to initiate smoking one year after high school than their schoolmates who had not used e-cigarettes.

Cannabis (or marijuana) use among teens by any mode (e.g. smoking, vaping, eating, etc.) decreased in 2021 after remaining fairly stable since 2004 and remained at the lowered 2021 level in 2022. **Vaping marijuana** more than doubled from 2017 to 2022 in 12th grade, although the lack of any corresponding increase in overall marijuana use during this time period suggests adolescents who use marijuana are switching to vaping and/or are using vaping as a supplement to their use of marijuana in more traditional forms. In 2021 vaping marijuana decreased in all grades, and in 8th and 10th grade the lowered levels persisted in 2022 while in 12th grade prevalence bounced back to pre-pandemic levels.

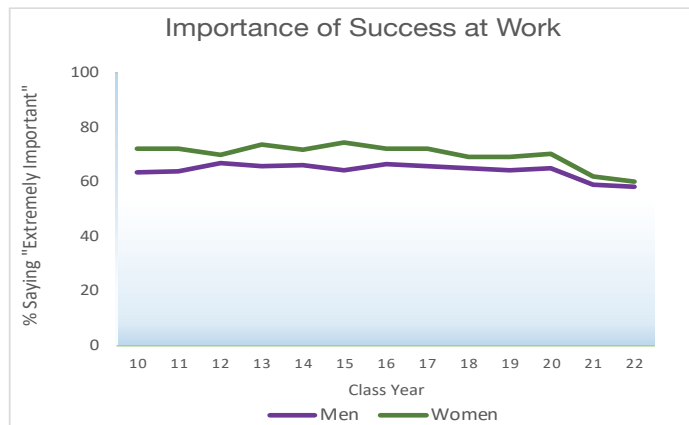
Since the mid-1990's most **illegal drug use** by 8th, 10th, and 12th graders had declined to low use and remained stable since 2018. In 2022 among 12th grade students significant increases took place for past 30-day use of **cocaine**, **hallucinogens**, and **heroin**, as well as past 12-month use of **prescription opioids**. With these increases levels of use for these substances returned to pre-pandemic levels, but did not surpass them. In 2022 use of **anabolic steroids** outside of a doctor's supervision in the past 30 days significantly increased in 8th, 10th, and 12th grade. In addition, past 12-month use of **creatine** – a nutrient used to reduce recovery time of muscles and increase muscle mass – also increased in 10th and 12th grade. Use of **androstenedione** (a controlled, performance-enhancing substance) without a doctor's orders in the past 12 months also significantly increased among 12th grade students. Taken together, these findings suggest some adolescents have increased their involvement in fitness and weightlifting since the pandemic, and with this increase has come an increased need to prevent adolescents from unsupervised use of these dangerous substances, which can potentially lead to serious harm and even death.

Your Future Hopes

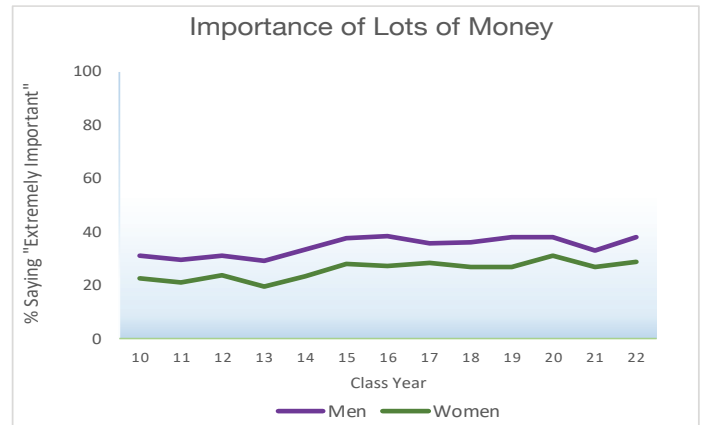
Monitoring the Future asks high school seniors to rate the importance of having a family, being successful in their line of work, having lots of money, and having plenty of time for recreation and hobbies. Seniors report whether these are not important, somewhat important, quite important, or extremely important.



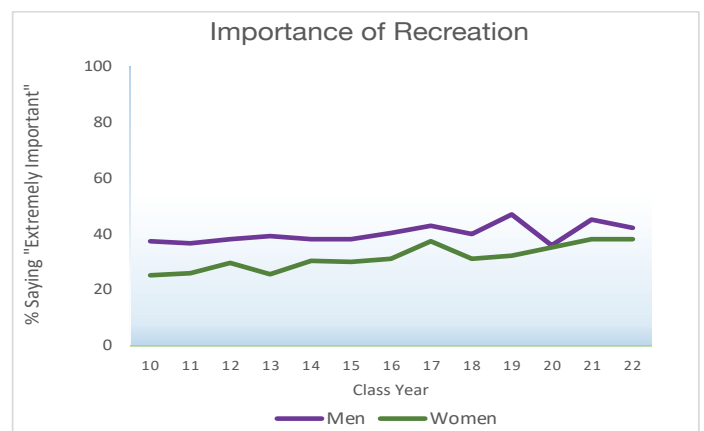
In 2022 both young adult women and men considered being married and having a family to be more important than any of the other items. 71% of women and 65% of men said this item was extremely important to their future plans. Men rated the importance of marriage and family significantly higher in 2022 compared to 2021.



In 2022, the importance of a successful career continued to decline. Approximately 60% of seniors said success at work was extremely important. While young adult women have usually considered job success more important than young adult men, women and men rated job success almost equally important in 2022.



Interestingly, seniors have consistently rated having lots of money as less important than job success. It seems that seniors want to do well in their occupations, but they are less concerned with becoming wealthy. In 2022, 38% of young adult men and 29% of young adult women said having lots of money was extremely important. The importance of wealth increased from last year, and men have continued to rate wealth higher in importance than women have.



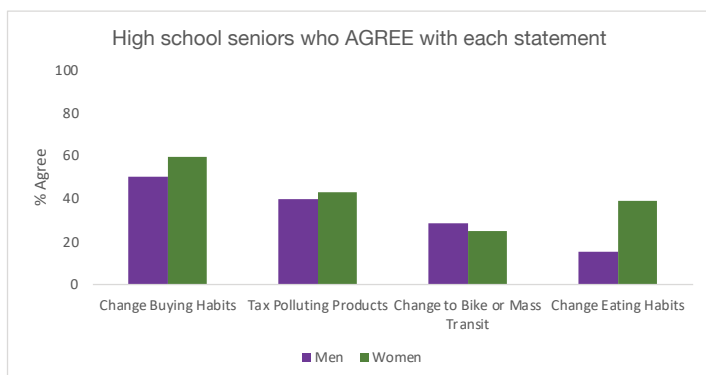
Having plenty of time for recreation and hobbies was viewed as extremely important for just under 40% of both men and women in 2022. Until recently, more men have rated recreation and hobbies as extremely important, but women are beginning to rate this item more highly.



Environmental Issues - What Would You Do?

Monitoring the Future asks high school seniors about their views on climate change and the environment. In 2022, we asked participants how much they agreed or disagreed with these statements:

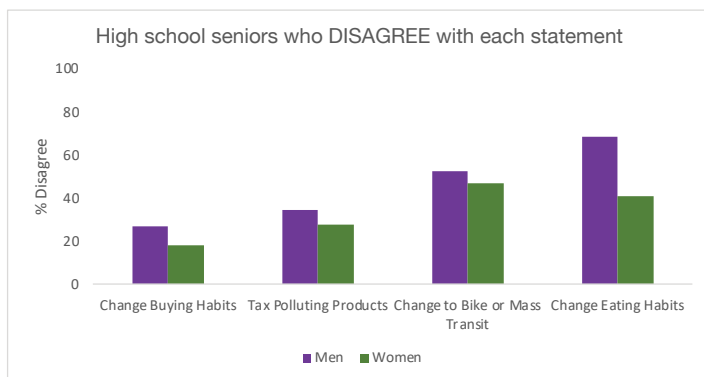
- “People will have to change their buying habits and way of life to correct climate change problems.”
- “Government should place higher taxes on products which cause climate change in their manufacture or disposal, so that companies will be encouraged to find better ways to produce them.”
- “I would be willing to (or already do) use a bicycle or mass transit (if available) rather than a car.”
- “I would be willing to (or already do) eat less or no meat.”



The table above shows differences in the percentage of young adult men and women who agreed with the statements related to climate change and environment. More women agreed with:

- changing buying habits (60% of women compared to 50% of men)
- placing higher taxes on products that cause climate change (43% of women compared to 40% of men)
- eating less meat (39% of women compared to 15% of men)

On the other hand, more men agreed with using a bicycle or mass transit (28% of men compared to 25% of women).



The table above shows differences in the percentage of young adult men and women who disagreed with the selected statements about climate change and environment. Overall, men were more likely than women to disagree with a given statement. The largest difference was related to eating habits: 68% of men disagreed with eating less or no meat compared to 41% of women.

We appreciate you sharing with us your insights and views through your continued participation in the Monitoring the Future surveys. The reports from the study are of interest to many people including researchers, educators, political leaders, and the general public. Your contribution will continue to inform our studies and the decisions made by educators and community leaders for years to come. Thank you again for being part of this study and helping to bring about a better understanding of young adult perspectives.

We appreciate you sharing with us how the pandemic has affected your personal lives—and for your continued participation in the Monitoring the Future surveys. Your responses and participation have been important in informing the nation about how people handled and coped with the pandemic differently and the effects these major changes can have on various health outcomes.