

October 29, 2025



CYGNAL

Survey of General Population Young Men **National**

October 22 – 26, 2025 | n=1000 | $\pm 3.01\%$

Insights & Analysis

- Young men age 16 - 28 in the U.S. **have an appetite for guidance**, companionship, and success in **an environment they largely deem hostile to them**.
 - A big, overarching takeaway is that a **basket of certain behaviors correlate with negative outcomes** strongly across answers. Specifically, young men who **never exercise, don't practice religion, are online at a high level, have a low social life**, and are **not affiliated** with organized groups – are consistently reporting the **worst satisfaction with their life**, worst mental health, and lowest engagement with community.
- Their personal top priority is **financial stability** (27%) followed by **mental health** (17%) – these two themes are seen throughout the survey, especially on the open-ended questions, as **young men feel the most pressure on themselves to perform financially** while keeping their mental health positive.
 - **Financial stability** is more important for young men age 22 – 28 than their younger counterparts, who are more concerned with with their career or academics.
 - Those currently in college or high school place a higher importance on **education or academic success**.
- Similarly, the biggest challenges facing you men today are **financial stress** (23%) and **mental health struggles** (21%).
- Young men are **split in regard to whether their life is going the way they expected** or envisioned it would go: 50% say yes, 46% say no.
 - Voters under age 21 are **more optimistic** than those age 22 – 28.
 - There is a drastic difference in **fraternity-affiliated** (61 yes, 37 no) and **non-fraternity affiliated young men** (37 yes, 59 no).

Insights & Analysis

- 53% of young men **have a male mentor or role model** (40% say they do not). Those who are much more likely to have a male role model include **fraternity-affiliated** (71% have a male role model), Republicans (64%), religious men (66%), and those with positive mental health (63%).
 - Those who are **less likely to have a male role model** include **non-affiliated** (50% do not have a male role model), high online (50%), non-religious (57%) and those with negative mental health (57%).
- Young men look most to their **father** (39%) for guidance followed by **friends or peers** (22%) or their mother (21%).
 - Those who are **non-fraternity affiliated**, high online, non-religious, and negative mental health are **more likely to not seek any guidance** and figure things out on their own.
 - Young Black men are much less likely to seek guidance from their **father or peer groups**, and are more likely to seek it from their **mother or older brother**.
- **21% are or have been a member of a college or university-affiliated fraternity** (74% not), and **those who are affiliated tend to be more employed, achieved higher education, regularly exercise, are less frequently online, are more religious, and have more positive mental health**.
 - A majority agree that **being part of a men-only group or organization helps young men grow personally** (55%). Just 14% disagree and a quarter are neutral.
 - They see the main benefits of joining a men-only social organization as **social connection and friendship** (26%), **mental health support** (21%), **mentorship or guidance** (21%), and **sense of belonging or identity** (20%).

Insights & Analysis

- **46% are likely to join a faith-based organization** (38% unlikely).
 - Men aged 22 – 28, Republicans, fraternity affiliated, Hispanic and Black, more religious, and those with positive mental health are much more likely to join a faith-based organization.
- Young men are **more than twice as likely to join a faith-based organization that is co-ed (65%) over one that is male-only (29%)**.
- In terms of their **peer's mental health**, young men are mostly likely to rate it as **fair (34%) or poor (29%)** rather than **excellent (8%) or good (17%)**.
 - In a stark contrast to their non-affiliated counterparts, **fraternity-affiliated men are much more likely to say good (26%) or excellent (19%)**.
- In terms of their **personal mental health**, young men are mostly likely to rate it as **good (27%) or fair (33%)** rather than **excellent (14%) or poor (15%)**.
 - Again, **fraternity-affiliated men rate their personal mental health are much better** than their non-affiliated counterparts.
 - Those who are employed, in a relationship, religious, exercise regularly, and Black men are **much better off** in regard to their personal mental health.
- If facing a personal non-physical crisis or emergency, most would look to **family members (32%)** for guidance. 18% would look to **friends**.
 - More would choose to **handle it on their own (20%)** as opposed to any other option.

Insights & Analysis

- Compared to before 2020 and the pandemic, young men feel their **mental health has worsened** (41%) rather than **improved** (35%) or **stayed the same** (21%).
 - Fraternity-affiliated, regular exercisers, highly social, and more religious men are some of the only groups who believe their mental health has **improved rather than worsened**.
 - Compared to before 2020, **36% believe they are less social** and 27% say more than before. 33% say they are about the same. Again, we see fraternity-affiliated young men much more socially engaged than most every other group.
- 68% of young men spend between **1 and 6 hours online every day**, and 27% spend 6 hours or more online.
 - In contrast, a **plurality of young men spend 1 to 5 hours (34%) socially each week**. Slightly less spend 6 to 10 hours (28%).
 - Non-fraternity affiliated, non-religious, and those with negative mental health **are much less social**.
- **Gaming is very popular** among young men: 36% spend 2 hours or more every day playing video games.
 - **Three quarters game** at least a few times a week.
 - Young men with **positive mental health – half of them are heavy gamers**. Among those with negative mental health, 58% are heavy gamers.
 - Both **high social and low social groups** have **similar rates** of heavy gaming.
- 76% of young men **use AI at least occasionally**, with high school students, college grads, and fraternity-affiliated using it more frequently.

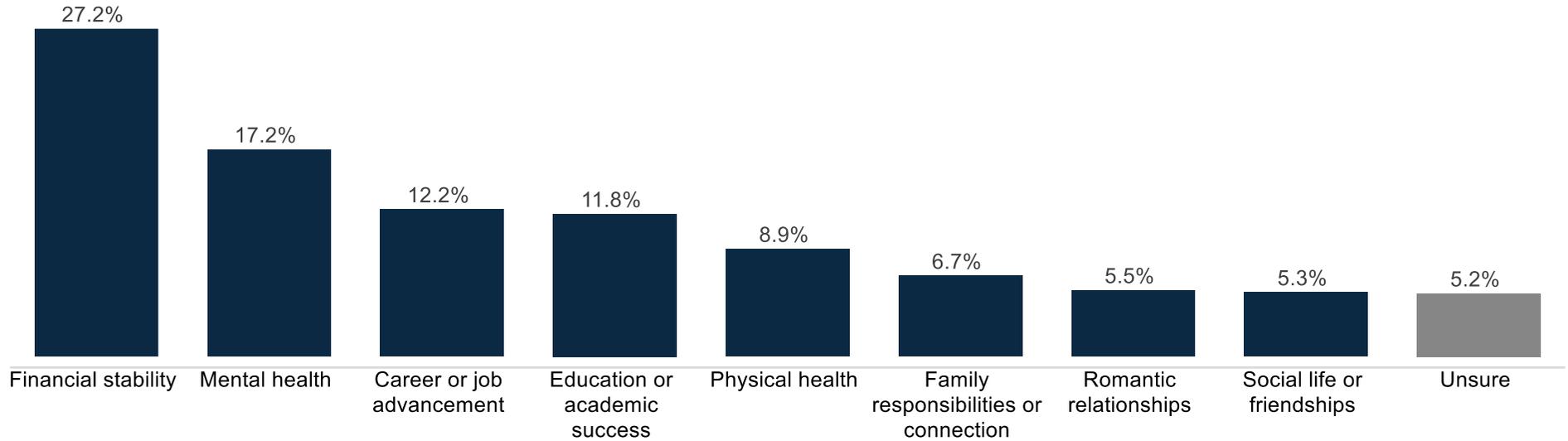
Insights & Analysis

- Two-thirds of young men **know people who are aggressive online** but who are not aggressive in person.
- **71% believe violence is acceptable in self defense**, and **54% in self defense of others**.
 - Only **9% say they think violence is acceptable in response to political disagreement**.
 - 17% though, in response to **threats to one's identity or beliefs**, which they separate out as distinct from a political disagreement.
 - 21% say **it's acceptable in response to hate speech**.
 - High school students and Democrats have a **much lower threshold for violence**.
 - Fraternity affiliated and Black men have a **higher threshold for violence**.
- **83% spend at least 1 hour on YouTube every single day**, and 56% use it between 1 – 4 hours.
 - A significant **11% spend 6+ hours on YT every day**.
 - Among those who use **YT 6+ hours**, **64% say life isn't going the direction they want**, but those who use it 5-6 hours a day, it's 42%.

Insights & Analysis

- Segmentation analysis identified two voter groups:
 - **Low Alignment/Less Guided** (50%) tend to be age 16 – 21 and are more pessimistic throughout the survey in terms of their mental health, lack of mentorship, and lack of a support system. They are less frequent exercisers, less social, less religious, less employed, less affiliated with a group, more online, heavier gamers, and view pornography more frequently. They are more likely to be single.
 - **High Alignment/More Guided** (50%) tend to be age 22 – 28 and are more optimistic throughout the survey in terms of their mental health, availability of mentorship, and a support system. They are more frequent exercisers, more social, more religious, more employed, more affiliated with a group, less online, less heavy gamers, and view pornography less frequently. They are more likely to be in a relationship.

Personal Top Priority



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Online	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH	
Financial stability	20%	20%	30%	36%	22%	28%	31%	15%	34%	31%	32%	20%	23%	24%	32%	26%	30%	24%	29%	24%	29%	22%	27%	29%	29%	26%	27%	30%	26%	24%	18%	27%	33%	25%	25%	29%	30%	30%	27%	28%	25%	29%	29%	
Mental health	18%	14%	20%	16%	16%	19%	16%	16%	15%	15%	17%	17%	16%	16%	19%	16%	16%	21%	19%	12%	20%	17%	18%	14%	26%	16%	16%	19%	16%	14%	21%	16%	17%	15%	17%	16%	20%	17%	16%	17%	12%	19%	24%	
Career or job advancement	10%	16%	10%	13%	8%	13%	11%	15%	13%	13%	13%	10%	8%	12%	14%	11%	15%	9%	12%	14%	12%	9%	12%	11%	4%	12%	13%	11%	14%	12%	14%	12%	11%	11%	13%	11%	14%	11%	12%	13%	13%	12%	11%	
Education or academic success	20%	15%	8%	6%	22%	8%	8%	31%	12%	10%	8%	19%	13%	15%	8%	11%	9%	17%	11%	11%	8%	29%	13%	9%	11%	13%	11%	10%	13%	15%	13%	9%	16%	13%	10%	14%	10%	12%	12%	13%	14%	10%	10%	
Physical health	10%	10%	8%	8%	14%	9%	11%	7%	4%	10%	9%	9%	11%	10%	7%	10%	8%	11%	7%	12%	12%	7%	10%	7%	3%	9%	10%	10%	8%	9%	11%	10%	5%	11%	10%	11%	7%	8%	9%	8%	10%	12%	5%	
Family responsibilities or connection	3%	8%	7%	8%	3%	8%	9%	3%	6%	8%	8%	5%	6%	7%	7%	9%	6%	6%	6%	9%	8%	0%	6%	9%	4%	6%	8%	6%	8%	7%	7%	8%	6%	9%	7%	7%	6%	7%	9%	6%	8%	6%	5%	
Romantic relationships	5%	5%	7%	5%	3%	6%	6%	3%	7%	7%	6%	4%	10%	6%	5%	7%	6%	4%	7%	6%	3%	0%	3%	11%	7%	6%	5%	5%	5%	7%	5%	7%	4%	5%	10%	4%	5%	5%	6%	5%	5%	4%	8%	
Social life or friendships	6%	6%	5%	4%	10%	4%	5%	7%	7%	4%	4%	7%	9%	7%	3%	5%	5%	5%	6%	5%	3%	9%	6%	4%	4%	5%	6%	4%	5%	10%	6%	6%	3%	5%	6%	4%	5%	5%	5%	5%	6%	7%	4%	5%
Unsure	7%	5%	4%	4%	1%	6%	4%	3%	3%	3%	3%	8%	5%	4%	6%	4%	6%	2%	4%	7%	6%	7%	5%	4%	12%	8%	3%	5%	4%	3%	5%	5%	4%	5%	3%	3%	4%	4%	4%	5%	6%	4%	3%	

Personally speaking, out of the following, which do you consider to be your top priority right now?

Young Man in US

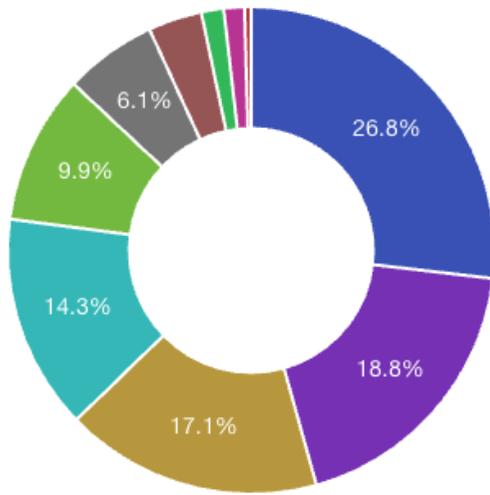
- Most young men feel **squeezed** by **rising costs** and a **tough job market**. Many say it's hard to get ahead or even stay afloat.
 - *"It feels **crappy**, I can't buy a house and everything's expensive."*
 - *"It feels like my generation got **robbed of a decent adulthood**. House prices are through the roof and **cost of living is insanely high**."*
- **Loneliness** and **lack of support** are common. Many feel emotionally **disconnected** and say it's hard to build relationships.
 - *"Being a young man in the U.S. today feels like **standing at a crossroads with a backpack full of contradictions**. There's **insane opportunity**, tech, AI, remote work, the ability to learn anything online, **but also heavy pressure**: rent that eats half your paycheck, student loans, and a constant sense that you're already behind."*
 - *"It can be a bit **lonely**, it's **hard to find a romantic partner**."*
- Young men feel **heavy pressure to succeed** and meet high standards, often set by family, society, or social media.
 - *"It's **tough** you're **expected to do so much** and with these new high standards it feels like you're never meeting them."*
 - *"There are **too many expectations** about this generation of men from older generations."*
- **Stress, anxiety, and depression** are widespread. Many feel overwhelmed and say mental health support is lacking.
 - *"It is a **perpetual state of trauma** and traumatic experiences that burden you in every single way."*
 - *"I think it is **very depressing and lonely**."*

Young Man in US (cont.)

- Some face **discrimination** due to race, gender identity, or sexual orientation. These challenges add to feelings of exclusion and fear.
 - *“Disheartening, **being a white man** feels like a lot of **people hate me just on that.**”*
 - *“As a **white male**, I feel safe, but as a **transgender male**, I do not. Discrimination is high for many, but as long as I appear “normal” to outsiders, I feel okay. I do not like the direction the U.S. is going in though.”*
- Many are **anxious** about the **country’s future**, citing political division and instability.
 - *“It feels like the **whole world is constantly against me.**”*
 - *“It feels like the **country is going downhill.**”*
- A minority **feel grateful for freedom and opportunities**, mentioning personal growth and optimism.
 - *“It feels awesome and I say that because of my **free will.**”*
 - *“It is an **amazing time** to be a young man alive in the U.S. due to the **immense opportunities.**”*
 - *“I feel great, am in the **best shape of my life**, am getting stronger every day, and learning new things as I go.”*
- Conclusion: Most young men **describe life as stressful, pressured, and uncertain**, with financial worries and social isolation at the forefront. A few remain optimistic, valuing freedom and opportunity.

Young Man in US

Primary Emotions Breakdown
Distribution



- Body Sense
- Void
- Disgust
- Anger
- Fear
- Sadness
- Surprise
- Trust
- Joy
- Love

Is your life going the way you expected or envisioned it would go?



Fraternity Affiliated

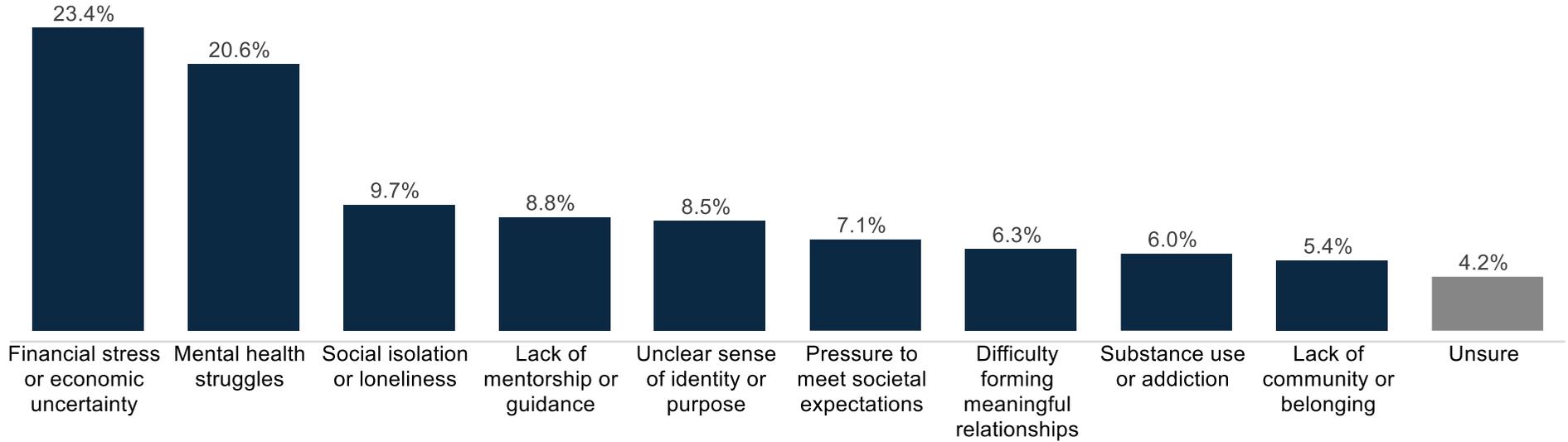


Non-Fraternity Affiliated



What does it feel like to be a young man in the U.S. today, and why do you say that? You can use as many or as few words as you'd like.

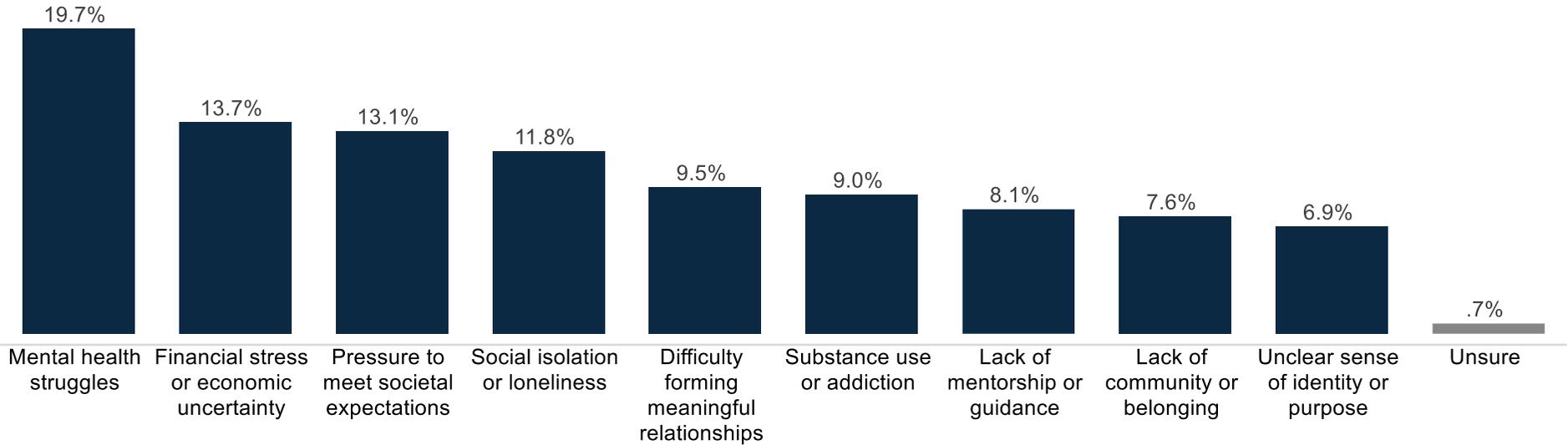
Primary Biggest Challenge



	16-18	19-21	22-24	25-28	HS	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Reg Exercise	Low Exercise	Mid-Social	High-Social	Low Social	Mid-Online	High Online	Reg Online	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH
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Mental health struggles	21%	20%	24%	19%	27%	22%	18%	24%	18%	14%	20%	21%	19%	21%	21%	21%	20%	23%	18%	21%	13%	20%	21%	10%	22%	21%	21%	23%	18%	18%	23%	18%	22%	16%	20%	23%	22%	21%	21%	20%	19%	23%	
Social isolation or loneliness	13%	9%	7%	10%	15%	9%	9%	6%	16%	11%	9%	11%	8%	9%	9%	8%	12%	10%	9%	13%	6%	10%	10%	9%	6%	10%	10%	9%	10%	9%	10%	9%	11%	15%	6%	10%	9%	9%	10%	9%	8%	14%	
Lack of mentorship or guidance	7%	12%	9%	8%	2%	11%	10%	7%	7%	9%	10%	8%	7%	10%	7%	10%	9%	8%	9%	9%	12%	4%	9%	10%	3%	8%	10%	7%	10%	7%	10%	12%	10%	9%	8%	8%	9%	9%	9%	10%	10%	5%	
Unclear sense of identity or purpose	6%	7%	11%	9%	6%	6%	3%	12%	10%	17%	7%	12%	9%	8%	8%	9%	8%	8%	6%	9%	23%	10%	5%	13%	10%	7%	10%	7%	7%	8%	8%	10%	6%	8%	10%	10%	9%	7%	9%	8%	8%	10%	
Pressure to meet societal expectations	8%	8%	6%	6%	9%	6%	8%	9%	8%	5%	6%	9%	6%	7%	7%	5%	8%	7%	7%	9%	5%	8%	5%	15%	7%	6%	8%	5%	9%	5%	7%	9%	8%	5%	7%	7%	6%	6%	7%	6%	7%	9%	
Difficulty forming meaningful relationships	5%	5%	6%	9%	9%	4%	10%	6%	8%	10%	6%	7%	8%	8%	4%	5%	7%	8%	6%	4%	7%	11%	7%	5%	12%	5%	6%	8%	6%	2%	7%	6%	6%	4%	7%	7%	6%	7%	7%	7%	8%	4%	
Substance use or addiction	5%	7%	6%	5%	4%	8%	5%	1%	4%	5%	7%	4%	10%	5%	7%	7%	4%	7%	6%	8%	4%	2%	6%	6%	6%	6%	6%	5%	6%	7%	8%	6%	4%	6%	5%	6%	6%	4%	6%	6%	6%	6%	6%
Lack of community or belonging	4%	5%	6%	7%	5%	5%	5%	3%	9%	6%	5%	8%	6%	4%	5%	6%	5%	5%	7%	4%	6%	5%	7%	2%	6%	6%	4%	6%	7%	8%	5%	5%	4%	12%	7%	3%	5%	6%	5%	6%	6%	4%	
Unsure	7%	4%	2%	4%	0%	4%	6%	4%	2%	2%	2%	6%	1%	3%	5%	5%	4%	2%	4%	5%	3%	2%	4%	3%	15%	5%	2%	4%	2%	3%	4%	2%	6%	3%	3%	2%	4%	4%	3%	3%	5%	3%	3%

What do you think is the biggest issue facing young men today?

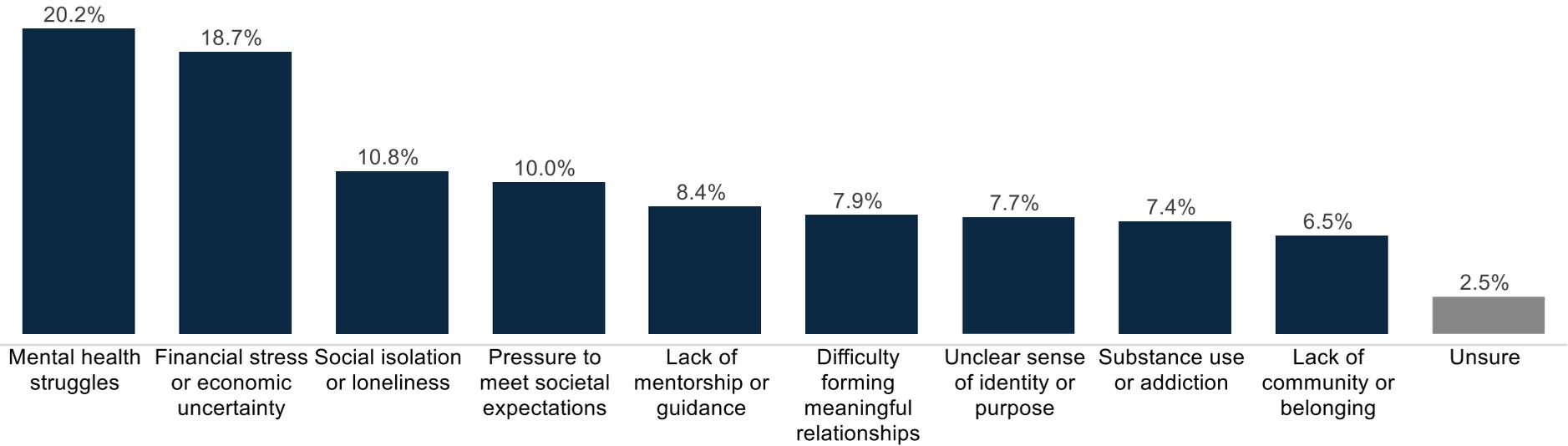
Secondary Biggest Challenge



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Reg Exercise	Low Exercise	Mid-Social	High-Social	Low Social	Mid-Online	High Online	Reg Online	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH	
Mental health struggles	20%	22%	21%	17%	28%	19%	21%	15%	21%	17%	19%	19%	12%	18%	23%	18%	19%	21%	20%	22%	14%	21%	19%	21%	20%	22%	18%	20%	19%	17%	22%	19%	19%	18%	18%	23%	18%	20%	17%	20%	16%	22%	22%	
Financial stress or economic uncertainty	11%	11%	15%	16%	6%	14%	15%	15%	10%	17%	15%	12%	15%	14%	14%	12%	16%	14%	13%	17%	15%	5%	15%	12%	10%	15%	13%	15%	13%	13%	16%	14%	12%	15%	10%	17%	13%	13%	14%	14%	15%	14%	11%	
Pressure to meet societal expectations	15%	15%	11%	12%	12%	14%	13%	15%	12%	11%	13%	14%	11%	14%	14%	12%	13%	15%	13%	13%	13%	14%	13%	15%	18%	9%	15%	14%	10%	13%	9%	15%	13%	14%	15%	11%	14%	13%	14%	14%	15%	10%	15%	
Social isolation or loneliness	11%	12%	11%	13%	17%	10%	15%	9%	19%	12%	11%	13%	14%	12%	11%	13%	10%	12%	12%	10%	13%	11%	12%	11%	8%	12%	12%	13%	10%	10%	10%	11%	14%	8%	15%	9%	15%	12%	10%	12%	13%	10%	13%	
Difficulty forming meaningful relationships	9%	10%	10%	9%	4%	9%	8%	11%	6%	13%	9%	10%	13%	11%	6%	10%	10%	8%	10%	8%	10%	13%	10%	10%	8%	10%	9%	8%	8%	15%	6%	8%	10%	10%	9%	9%	11%	8%	10%	9%	9%	9%	10%	10%
Substance use or addiction	8%	11%	9%	9%	11%	10%	11%	6%	7%	8%	9%	9%	10%	9%	10%	13%	8%	7%	9%	8%	9%	10%	10%	7%	10%	8%	9%	9%	7%	12%	12%	9%	7%	9%	11%	9%	8%	10%	10%	9%	9%	10%	8%	
Lack of mentorship or guidance	8%	6%	9%	9%	7%	7%	3%	13%	11%	7%	8%	8%	7%	8%	8%	9%	7%	8%	8%	8%	10%	6%	8%	8%	7%	7%	9%	6%	9%	11%	4%	9%	10%	8%	11%	6%	9%	9%	9%	7%	7%	8%	9%	
Lack of community or belonging	9%	4%	9%	8%	8%	8%	7%	8%	6%	7%	7%	8%	8%	6%	10%	6%	9%	6%	7%	9%	4%	16%	8%	6%	11%	8%	7%	7%	8%	9%	9%	7%	9%	10%	3%	7%	7%	7%	9%	8%	7%	10%	6%	
Unclear sense of identity or purpose	8%	8%	4%	7%	5%	7%	6%	7%	9%	8%	8%	6%	8%	9%	5%	6%	8%	8%	7%	5%	11%	2%	6%	9%	6%	7%	7%	6%	8%	8%	9%	7%	6%	8%	8%	6%	5%	6%	8%	6%	10%	5%	5%	
Unsure	1%	1%	1%	0%	2%	1%	1%	1%	0%	0%	1%	0%	1%	0%	0%	0%	0%	1%	1%	0%	1%	2%	1%	1%	0%	1%	0%	0%	1%	1%	0%	1%	1%	1%	0%	1%	1%	0%	1%	1%	1%	1%	1%	

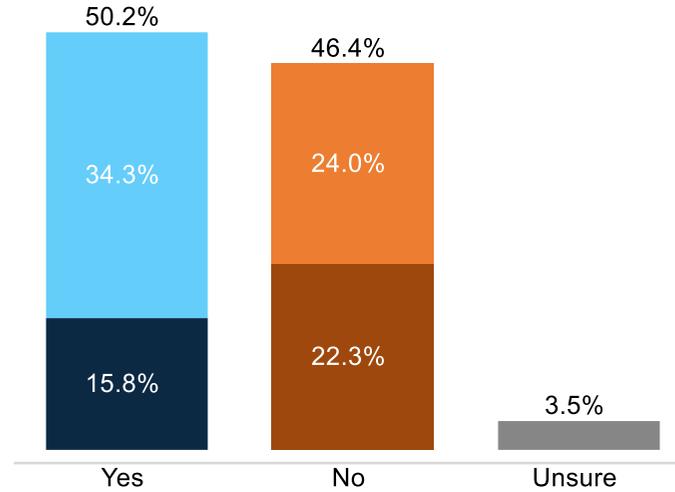
What do you think is the SECOND biggest issue facing young men today?

Biggest Challenge (combined)



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Reg Exercise	Low Exercise	Mid-Social	High-Social	Low Social	Mid-Online	High-Online	Reg Online	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH		
Mental health struggles	39%	41%	44%	35%	55%	41%	38%	39%	38%	31%	39%	39%	31%	39%	42%	38%	40%	40%	42%	39%	35%	33%	38%	42%	28%	44%	39%	40%	41%	35%	40%	41%	36%	40%	33%	42%	40%	41%	37%	41%	35%	41%	44%	
Financial stress or economic uncertainty	35%	34%	38%	39%	29%	39%	39%	40%	34%	34%	41%	30%	41%	34%	40%	36%	37%	38%	35%	40%	39%	29%	35%	41%	26%	36%	38%	36%	40%	37%	38%	37%	37%	39%	33%	44%	34%	38%	40%	37%	37%	39%	32%	
Social isolation or loneliness	23%	20%	17%	23%	31%	18%	24%	15%	35%	23%	20%	23%	22%	21%	20%	20%	21%	22%	21%	23%	19%	21%	22%	19%	13%	22%	22%	23%	19%	20%	19%	22%	22%	19%	29%	15%	24%	20%	19%	21%	21%	17%	27%	
Pressure to meet societal expectations	21%	22%	17%	18%	22%	20%	20%	24%	19%	16%	18%	22%	17%	21%	20%	16%	21%	22%	19%	19%	22%	19%	21%	19%	31%	15%	21%	21%	15%	21%	14%	21%	21%	21%	20%	18%	21%	19%	20%	21%	20%	17%	23%	
Lack of mentorship or guidance	14%	17%	19%	16%	9%	18%	13%	19%	18%	16%	18%	16%	14%	18%	15%	19%	15%	16%	16%	16%	12%	16%	24%	16%	14%	19%	15%	16%	13%	19%	23%	14%	17%	17%	18%	19%	13%	17%	17%	17%	16%	17%	18%	14%
Difficulty forming meaningful relationships	13%	15%	16%	17%	13%	13%	18%	17%	14%	22%	15%	16%	21%	18%	11%	15%	16%	16%	16%	12%	16%	24%	16%	14%	19%	15%	15%	16%	21%	8%	15%	16%	15%	15%	12%	18%	14%	15%	16%	16%	15%	17%	14%	
Unclear sense of identity or purpose	14%	15%	15%	16%	11%	13%	8%	18%	19%	25%	14%	18%	17%	17%	13%	15%	16%	16%	15%	10%	20%	25%	16%	14%	18%	16%	14%	16%	14%	15%	16%	15%	16%	14%	17%	16%	15%	15%	15%	15%	17%	13%	15%	
Substance use or addiction	13%	18%	15%	13%	16%	17%	16%	7%	11%	13%	16%	12%	20%	14%	16%	19%	11%	14%	15%	15%	13%	12%	15%	14%	14%	14%	15%	14%	13%	19%	20%	15%	10%	15%	16%	16%	14%	14%	15%	15%	14%	16%	14%	
Lack of community or belonging	13%	9%	15%	14%	13%	13%	12%	12%	9%	16%	13%	13%	16%	13%	14%	11%	15%	11%	11%	16%	8%	22%	13%	13%	12%	14%	12%	11%	14%	16%	16%	11%	13%	13%	16%	14%	11%	12%	14%	13%	12%	16%	10%	
Unsure	8%	5%	3%	4%	2%	5%	7%	5%	2%	2%	3%	6%	2%	3%	5%	5%	4%	3%	5%	5%	4%	4%	4%	16%	5%	3%	5%	2%	4%	5%	2%	7%	4%	4%	2%	5%	4%	3%	4%	5%	4%	3%		

Life Direction



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Online	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Solo Act	Positive MH	Neutral MH	Neg MH		
Yes Total	55%	51%	48%	47%	62%	43%	49%	61%	44%	66%	52%	48%	61%	57%	37%	57%	46%	52%	51%	47%	47%	63%	48%	56%	27%	47%	55%	42%	56%	63%	57%	54%	39%	59%	61%	49%	42%	48%	57%	51%	70%	46%	23%
No Total	41%	44%	49%	50%	36%	53%	47%	39%	53%	33%	45%	48%	37%	40%	59%	41%	51%	46%	46%	50%	50%	30%	49%	42%	66%	50%	42%	55%	40%	36%	39%	43%	58%	39%	37%	48%	55%	48%	41%	46%	29%	50%	73%
Mostly yes	17%	13%	17%	16%	15%	11%	17%	21%	11%	28%	17%	15%	21%	18%	11%	23%	10%	18%	16%	15%	14%	19%	14%	22%	10%	14%	18%	12%	15%	28%	21%	15%	13%	21%	23%	13%	11%	14%	20%	16%	30%	7%	4%
Somewhat yes	38%	38%	30%	31%	47%	32%	32%	40%	32%	37%	36%	33%	40%	39%	26%	34%	35%	34%	35%	31%	33%	44%	34%	35%	16%	33%	37%	31%	41%	36%	36%	38%	26%	38%	38%	36%	30%	34%	36%	35%	40%	39%	19%
Somewhat no	23%	22%	27%	24%	18%	26%	27%	24%	21%	22%	24%	23%	25%	23%	25%	21%	26%	25%	24%	24%	29%	16%	26%	20%	33%	27%	21%	29%	21%	16%	22%	24%	27%	20%	22%	26%	26%	24%	25%	23%	19%	28%	28%
Mostly no	19%	22%	22%	26%	18%	27%	19%	15%	32%	11%	21%	25%	12%	17%	34%	20%	25%	21%	22%	26%	21%	14%	23%	22%	33%	23%	21%	25%	19%	20%	17%	20%	32%	19%	15%	22%	30%	24%	16%	23%	10%	22%	45%
Unsure	3%	5%	3%	3%	3%	4%	4%	0%	4%	1%	3%	4%	2%	3%	4%	2%	4%	2%	3%	3%	3%	7%	3%	2%	7%	3%	3%	3%	3%	1%	4%	3%	3%	3%	2%	2%	3%	4%	3%	3%	1%	4%	4%

Is your life going the way you expected or envisioned it would go?

As Expected Life Direction

- Many attribute their life's trajectory to **setting clear goals and working hard to achieve them**. They see their current situation as a result of personal effort and determination.
 - *"I've **put in the work** and I'm reaping the benefits of it."*
 - *"I **set my mind** on goals and accomplished them."*
- A significant number say their life went as expected because **they made plans early and stuck to them**, whether in education, career, or personal life.
 - *"I **planned** to go to college and did exactly that."*
 - *"I have **stuck to a plan** and that plan worked out."*
- **Family, friends, and mentors play a major role**. They credit their support networks for helping them stay on track and achieve their goals.
 - *"Because I have had the help of my parents every step of the way."*
 - *"By having a **great support system** that brought me to this point."*
- Some mention **faith in God** or a higher power as guiding their life's direction and helping them through challenges.
 - *"I think me **following Heavenly Father god**, has a plan for me."*
 - *"Because **God is in control**."*
- Several young men express **satisfaction with their lives**, noting that things have gone as they hoped, even if not perfectly.
 - *"I'm a **simple person** with a simple life which I always wanted anyway."*
 - *"As long as I'm enjoying my life, I see it as 'going my way.'"*

In your own words, why has your life gone the way you envisioned or expected it would go?

As Expected Life Direction (cont.)

- Some acknowledge that **life didn't go exactly as planned**, but **they adapted**, learned, and found value in unexpected experiences.
 - *"Some goals **took longer to reach**, and a few paths I thought were right for me ended up changing completely."*
 - *"**Life rarely follows a straight line**, but with resilience and an open mind, it often leads you to places you didn't expect but still needed to be."*
- Many point to **specific achievements**—graduating, getting a job, starting a family—as evidence that their life is on track.
 - *"I **graduated college and got a job.**"*
 - *"I have a **beautiful wife and an amazing son.**"*
- A recurring theme is the belief that **personal choices and agency have shaped their lives**.
 - *"**Because of the choices I made.**"*
 - *"I **made all my choices and planned them.**"*
- Conclusion: Young men who feel their lives have gone as expected mostly **credit goal-setting, hard work, planning, support systems, faith, and adaptability**. They highlight personal achievements and satisfaction, and see their own choices as central to their life's direction.

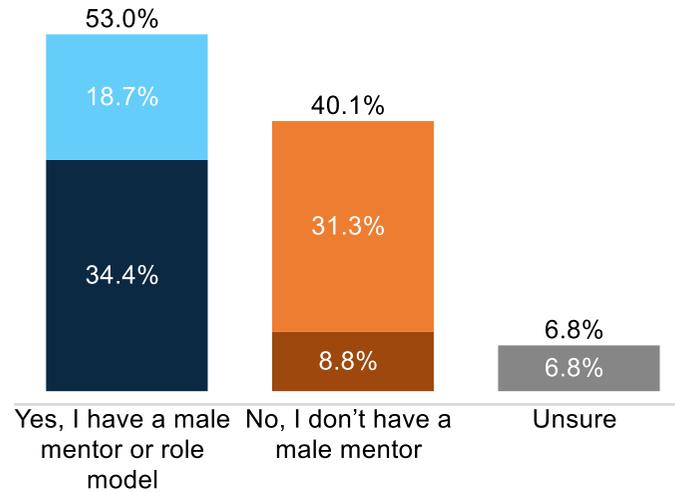
Not As Expected Life Direction

- **Money issues** are the **most common reason for unmet expectations**. Many cite unemployment, low wages, debt, and the high cost of living as obstacles to their goals.
 - *“Because of the **high cost of living** I have not been able to afford everything I want and save for the future.”*
 - *“I’m poor, **without any help from my family** having to build my own world from the ground up.”*
- Many **expected to have a stable job**, a degree, or a clear career path by now, but have faced setbacks like unemployment, dropping out, or market saturation.
 - *“I have a degree in plant science and **cannot find a job to apply it with.**”*
 - *“I was **unable to find a job after college.**”*
- **Mental health struggles**, addiction, and trauma are frequently mentioned as reasons for falling short of expectations.
 - *“I **struggle with mental health**, family pressure, having to deal with financial issues, and uncertainty.”*
 - *“I attempted suicide once in my younger teens, now I **don’t know what to do with my life.**”*
- **Unforeseen events**—illness, family loss, relationship breakdowns, and other hardships—have derailed plans for many.
 - *“Approximately a year and a half ago I **developed epilepsy** which wildly changed my life.”*
 - *“I **never asked** for my mom to kill herself at 6 years old I **never asked** for my grandma to die of cancer and my grandpa to take himself out with his diabetes through depression I **never asked** to lose my job because of some bully I **never asked** to be climbing from nothing making 184\$ a check with **only 2 friends** that kept it real throughout it **all.**”*

Not As Expected Life Direction (cont.)

- Some attribute their situation to **mistakes**, lack of motivation, or bad choices made earlier in life.
 - *“I’ve made so many wrong choices in life.”*
 - *“I haven’t made the wisest choices, I had a lot of pride when I was younger.”*
- Difficulty **forming romantic relationships**, losing partners, and feeling socially isolated are common themes.
 - *“Never had a girlfriend.”*
 - *“I built a family just to get cheated on.”*
- Many say their **childhood expectations were unrealistic** compared to the challenges of adult life, especially regarding independence and success.
 - *“As a kid you had huge expectations and it’s kinda not flowing in those expectations.”*
 - *“When I was a kid I thought the future would be bright and exciting but now I live in fear and despair.”*
- Some blame **external circumstances**—economic downturns, lack of guidance, or societal changes—for their situation.
 - *“The economy is collapsing and there are no institutions for people my age to gather besides bars and clubs.”*
 - *“Lack of support, lack of guidance and losing motivation.”*
- Conclusion: Young men whose lives have not gone as expected most often cite **financial hardship**, career setbacks, mental health struggles, unexpected events, regret over past decisions, relationship issues, and a mismatch between youthful expectations and adult reality. Many feel **unsupported by society** and overwhelmed by circumstances beyond their control.

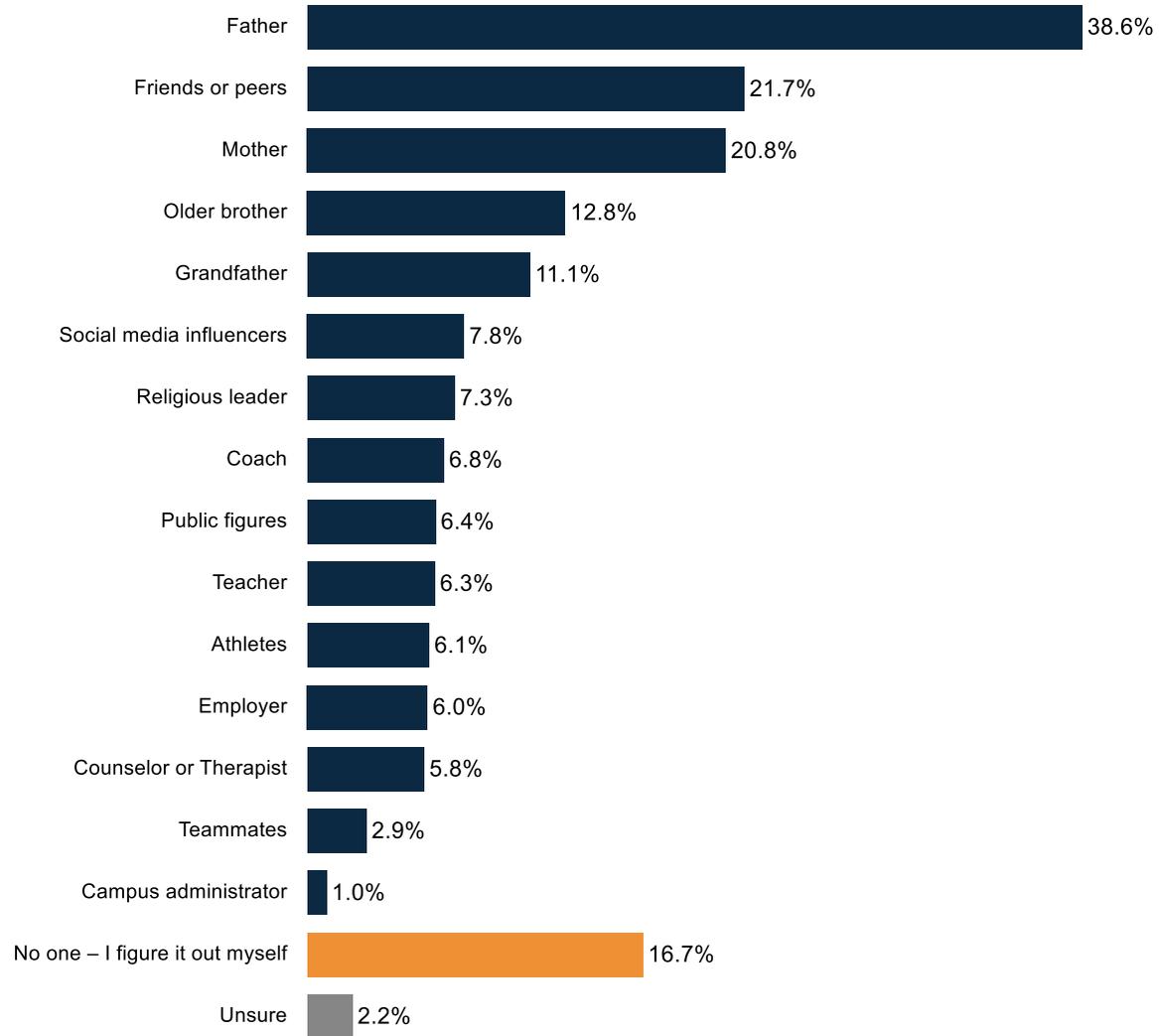
Mentorship Commonality



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Online	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH		
Yes, I have a male mentor or role model	51%	56%	56%	50%	54%	50%	54%	57%	57%	59%	59%	45%	71%	61%	42%	64%	48%	54%	55%	53%	49%	45%	51%	59%	42%	44%	59%	46%	60%	62%	55%	58%	42%	66%	59%	55%	42%	51%	61%	56%	63%	49%	44%
No Total	41%	36%	37%	45%	40%	42%	42%	36%	38%	36%	36%	46%	27%	35%	50%	32%	46%	41%	39%	38%	44%	47%	43%	35%	49%	47%	38%	47%	35%	33%	36%	37%	50%	28%	39%	40%	52%	42%	34%	39%	32%	42%	52%
Yes, I have a male mentor or role model who is a regular influence in my life	38%	35%	38%	28%	39%	31%	33%	37%	41%	38%	37%	30%	40%	39%	28%	45%	30%	33%	36%	36%	30%	26%	34%	37%	26%	30%	38%	32%	36%	39%	38%	35%	29%	46%	34%	37%	25%	33%	41%	35%	43%	30%	27%
Yes, I have a male mentor or role model, but they're not as regular an influence in my life as I would like	12%	21%	19%	22%	14%	18%	21%	20%	17%	21%	22%	15%	26%	23%	14%	19%	18%	22%	19%	17%	19%	19%	17%	22%	16%	14%	21%	14%	24%	23%	17%	22%	13%	20%	25%	18%	17%	18%	20%	20%	20%	19%	17%
No, I don't have a male mentor or role model	30%	25%	29%	38%	31%	32%	33%	29%	31%	31%	29%	34%	22%	26%	42%	26%	39%	28%	31%	29%	34%	34%	33%	29%	40%	35%	28%	38%	27%	24%	29%	29%	38%	23%	29%	30%	42%	33%	27%	30%	24%	34%	41%
No, but I have a female mentor or role model instead	11%	10%	8%	6%	9%	10%	9%	7%	7%	5%	7%	12%	5%	9%	8%	7%	7%	13%	8%	9%	10%	13%	10%	6%	10%	11%	7%	10%	8%	9%	7%	8%	12%	6%	10%	10%	10%	10%	7%	9%	8%	8%	11%
Unsure	8%	8%	6%	6%	6%	8%	4%	6%	4%	4%	5%	8%	2%	4%	8%	4%	6%	5%	5%	9%	7%	8%	6%	6%	9%	9%	5%	7%	4%	5%	9%	5%	7%	6%	2%	4%	6%	6%	5%	6%	5%	9%	4%

Do you have a male mentor or role model who is a regular influence in your life?

Male Guidance



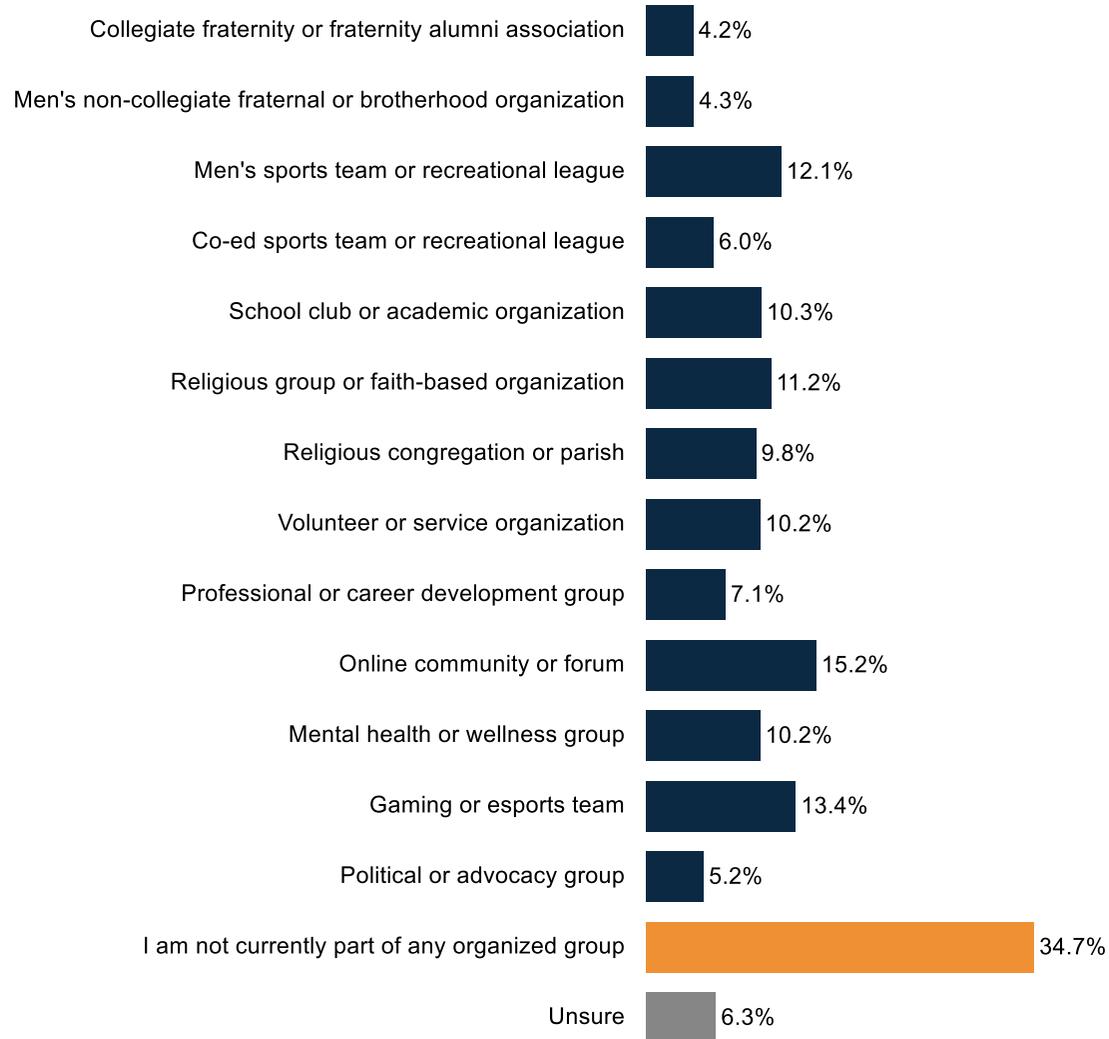
Who do you most look to for guidance on how to be a man in society? Select up to three options.

Male Guidance

	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Social	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH		
Father	38%	40%	39%	37%	38%	35%	44%	41%	37%	45%	41%	35%	42%	40%	37%	48%	37%	35%	42%	40%	24%	39%	36%	47%	30%	34%	42%	37%	41%	40%	39%	41%	33%	50%	35%	39%	33%	40%	46%	41%	46%	34%	34%	
Friends or peers	22%	27%	23%	16%	22%	21%	23%	25%	22%	22%	20%	26%	15%	25%	18%	21%	20%	24%	23%	24%	13%	23%	22%	20%	13%	27%	20%	24%	17%	26%	16%	24%	22%	17%	26%	26%	23%	22%	21%	23%	22%	21%	22%	
Mother	22%	24%	22%	16%	20%	22%	19%	23%	14%	23%	20%	22%	20%	23%	18%	21%	21%	20%	19%	24%	21%	23%	20%	24%	13%	22%	21%	21%	22%	24%	16%	23%	20%	26%	24%	16%	19%	22%	23%	23%	24%	18%	20%	
Older brother	13%	13%	13%	13%	17%	14%	14%	12%	7%	11%	13%	12%	13%	12%	14%	14%	12%	12%	13%	14%	16%	4%	13%	13%	9%	13%	13%	13%	13%	14%	13%	15%	8%	12%	12%	12%	13%	14%	16%	12%	12%	12%	15%	
Grandfather	13%	10%	9%	12%	12%	13%	7%	7%	8%	13%	12%	10%	13%	12%	10%	18%	9%	10%	12%	13%	9%	2%	10%	14%	9%	10%	12%	11%	13%	11%	11%	12%	10%	14%	14%	12%	8%	11%	12%	12%	12%	12%	9%	
Social media influencers	6%	5%	10%	10%	5%	7%	11%	6%	5%	12%	8%	7%	12%	8%	7%	8%	8%	10%	7%	9%	8%	11%	8%	8%	8%	7%	8%	7%	9%	10%	9%	8%	7%	8%	13%	6%	7%	8%	9%	8%	8%	7%	9%	
Religious leader	7%	9%	7%	7%	5%	8%	4%	8%	8%	9%	8%	7%	6%	9%	4%	12%	7%	3%	6%	10%	9%	3%	8%	8%	4%	6%	9%	7%	7%	9%	7%	8%	7%	19%	8%	3%	2%	7%	9%	8%	10%	6%	4%	
Coach	9%	6%	8%	5%	15%	4%	10%	10%	5%	7%	6%	7%	10%	9%	3%	7%	7%	7%	6%	6%	8%	13%	7%	7%	3%	5%	8%	6%	7%	9%	10%	8%	3%	8%	9%	5%	5%	6%	8%	7%	9%	6%	5%	
Public figures	6%	6%	6%	6%	1%	5%	5%	11%	5%	10%	7%	5%	10%	7%	6%	7%	7%	7%	7%	4%	8%	8%	6%	7%	8%	5%	7%	6%	8%	4%	7%	6%	8%	6%	6%	6%	5%	8%	6%	8%	7%	6%	7%	5%
Teacher	8%	4%	9%	5%	8%	5%	10%	10%	4%	8%	7%	6%	10%	8%	3%	4%	6%	11%	6%	6%	4%	15%	6%	7%	2%	9%	5%	4%	9%	8%	6%	6%	7%	6%	8%	7%	6%	7%	7%	6%	8%	6%	4%	
Athletes	5%	9%	7%	4%	1%	5%	8%	8%	6%	9%	7%	5%	12%	7%	5%	8%	5%	6%	5%	5%	10%	6%	6%	6%	3%	4%	8%	6%	6%	7%	11%	6%	4%	6%	11%	8%	3%	6%	9%	6%	8%	6%	4%	
Employer	3%	8%	4%	7%	4%	5%	16%	2%	4%	7%	8%	3%	12%	8%	3%	10%	3%	6%	7%	5%	6%	2%	6%	6%	6%	6%	6%	4%	8%	8%	5%	7%	4%	7%	7%	8%	3%	5%	6%	6%	8%	6%	3%	
Counselor or Therapist	5%	5%	5%	7%	6%	5%	5%	11%	1%	9%	5%	7%	4%	7%	5%	5%	4%	10%	6%	7%	4%	2%	6%	7%	3%	6%	6%	6%	7%	6%	3%	7%	5%	6%	8%	5%	6%	6%	6%	7%	4%	7%	7%	
Teammates	3%	2%	4%	3%	3%	4%	1%	3%	4%	2%	3%	2%	4%	4%	1%	3%	3%	4%	3%	1%	5%	5%	3%	3%	1%	1%	4%	2%	4%	4%	4%	4%	4%	1%	4%	4%	4%	1%	2%	3%	3%	3%	3%	2%
Campus administrator	0%	1%	1%	1%	0%	1%	3%	1%	0%	1%	1%	1%	2%	1%	1%	0%	1%	1%	1%	0%	1%	4%	1%	0%	0%	1%	1%	0%	1%	3%	1%	1%	1%	1%	1%	1%	1%	0%	1%	1%	1%	2%	1%	0%
No one – I figure it out myself	16%	13%	17%	20%	20%	18%	12%	14%	27%	9%	14%	21%	5%	11%	28%	10%	21%	15%	17%	15%	19%	16%	18%	14%	30%	17%	15%	20%	14%	10%	12%	13%	26%	7%	8%	16%	28%	18%	10%	16%	10%	16%	10%	28%
Unsure	2%	3%	3%	1%	1%	2%	4%	1%	5%	0%	1%	4%	1%	1%	2%	2%	2%	1%	2%	3%	3%	0%	2%	1%	5%	3%	1%	2%	1%	2%	2%	2%	2%	2%	2%	3%	1%	1%	2%	1%	2%	2%	2%	1%

Who do you most look to for guidance on how to be a man in society? Select up to three options.

Group Membership



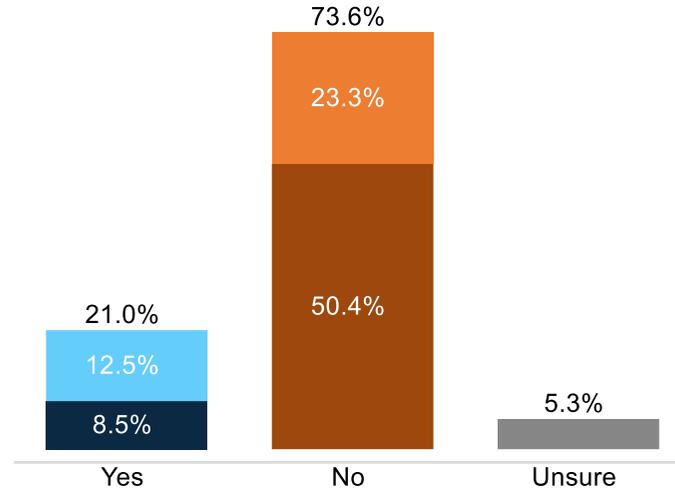
Are you currently part of any of the following organizations or communities? Select all that apply.

Group Membership

	16-18	19-21	22-24	25-28	HS Students	Some HS	Never HS	In College	Some College	Grad College	Employed	Unemployed	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Social	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH	
Fraternity Affiliated	5%	12%	7%	8%	1%	7%	10%	9%	6%	11%	8%	8%	10%	7%	10%	6%	10%	10%	9%	8%	8%	0%	9%	9%	7%	11%	9%	14%	8%	5%	9%	18%	8%	3%	7%	9%	8%	10%	7%	5%
Non-Fraternity Affiliated	62%	57%	62%	58%	51%	46%	67%	76%	60%	71%	63%	49%	67%	50%	66%	58%	50%	65%	58%	57%	61%	37%	52%	63%	52%	61%	73%	64%	60%	50%	80%	78%	59%	36%	55%	64%	60%	65%	54%	51%
Not Affiliated	45%	41%	37%	41%	49%	51%	31%	22%	39%	28%	35%	49%	31%	49%	31%	40%	47%	33%	41%	41%	37%	63%	46%	35%	47%	35%	26%	30%	39%	49%	18%	18%	38%	64%	44%	34%	39%	33%	44%	48%
Collegiate fraternity or fraternity alumni association	3%	5%	5%	4%	1%	4%	7%	3%	3%	7%	5%	3%	6%	3%	5%	4%	4%	6%	3%	4%	4%	0%	4%	5%	3%	6%	6%	7%	5%	3%	4%	11%	3%	1%	4%	5%	5%	5%	4%	2%
Men's non-collegiate fraternal or brotherhood organization	1%	8%	3%	5%	0%	4%	5%	6%	4%	6%	4%	6%	3%	5%	6%	3%	6%	5%	7%	4%	4%	0%	5%	5%	4%	6%	4%	7%	4%	3%	6%	8%	5%	1%	4%	5%	4%	6%	3%	3%
Men's sports team or recreational league	11%	9%	17%	11%	15%	9%	15%	14%	15%	15%	12%	12%	12%	10%	16%	11%	10%	18%	12%	12%	13%	1%	8%	16%	9%	15%	18%	16%	14%	7%	19%	17%	13%	6%	11%	15%	13%	16%	12%	7%
Co-ed sports team or recreational league	5%	8%	6%	6%	6%	3%	11%	8%	5%	8%	5%	7%	9%	4%	7%	6%	4%	7%	9%	6%	6%	4%	7%	6%	5%	7%	8%	8%	6%	5%	7%	14%	5%	2%	5%	8%	6%	7%	6%	3%
School club or academic organization	17%	10%	8%	7%	21%	6%	6%	22%	13%	10%	9%	13%	12%	6%	16%	11%	10%	9%	9%	11%	9%	8%	9%	11%	7%	11%	19%	9%	10%	11%	15%	12%	10%	7%	9%	12%	12%	13%	8%	9%
Religious group or faith-based organization	9%	13%	9%	13%	8%	8%	11%	20%	16%	13%	13%	8%	17%	8%	11%	13%	8%	9%	9%	10%	14%	4%	8%	14%	10%	11%	16%	9%	13%	9%	25%	20%	6%	3%	11%	11%	13%	16%	8%	9%
Religious congregation or parish	11%	7%	10%	12%	12%	8%	10%	11%	11%	15%	11%	8%	18%	7%	8%	12%	8%	8%	6%	10%	11%	2%	7%	12%	8%	9%	17%	13%	10%	8%	27%	14%	4%	2%	8%	13%	11%	14%	9%	4%
Volunteer or service organization	7%	12%	13%	10%	9%	8%	12%	14%	9%	14%	13%	6%	12%	11%	12%	10%	8%	10%	17%	10%	11%	5%	10%	11%	8%	11%	17%	12%	12%	7%	15%	14%	10%	6%	9%	13%	11%	11%	10%	9%
Professional or career development group	3%	6%	7%	11%	1%	4%	12%	4%	3%	18%	10%	3%	6%	7%	11%	6%	6%	10%	12%	6%	10%	2%	5%	9%	5%	7%	13%	10%	8%	5%	9%	14%	8%	3%	7%	10%	7%	10%	7%	3%
Online community or forum	12%	14%	18%	17%	15%	13%	14%	20%	24%	17%	17%	14%	15%	11%	24%	19%	10%	12%	16%	16%	14%	12%	14%	16%	16%	14%	16%	11%	17%	14%	17%	9%	19%	16%	17%	15%	17%	14%	14%	20%
Mental health or wellness group	8%	8%	14%	11%	5%	10%	12%	7%	10%	15%	13%	7%	9%	10%	15%	12%	10%	7%	8%	11%	10%	5%	8%	12%	11%	13%	8%	14%	12%	6%	14%	14%	9%	7%	9%	14%	12%	9%	11%	12%
Gaming or esports team	9%	18%	13%	13%	4%	14%	14%	16%	12%	15%	15%	11%	16%	13%	13%	13%	11%	22%	9%	13%	16%	14%	8%	16%	14%	13%	14%	13%	14%	11%	18%	20%	12%	9%	16%	14%	14%	16%	12%	12%
Political or advocacy group	5%	4%	7%	5%	2%	4%	7%	7%	3%	8%	7%	3%	7%	3%	8%	4%	7%	7%	2%	5%	5%	2%	4%	6%	4%	6%	8%	7%	6%	3%	7%	10%	5%	3%	4%	7%	5%	7%	4%	3%
I am not currently part of any organized group	37%	34%	31%	37%	33%	45%	26%	20%	37%	24%	31%	41%	27%	42%	28%	35%	40%	30%	29%	37%	30%	54%	39%	30%	42%	30%	21%	22%	35%	43%	15%	15%	37%	55%	39%	31%	34%	28%	36%	44%
Unsure	7%	8%	6%	4%	17%	6%	5%	2%	2%	4%	5%	8%	4%	7%	3%	6%	7%	4%	12%	5%	8%	9%	7%	5%	5%	5%	5%	8%	5%	6%	3%	3%	2%	9%	5%	2%	6%	6%	8%	4%

Are you currently part of any of the following organizations or communities? Select all that apply.

Fraternity Membership

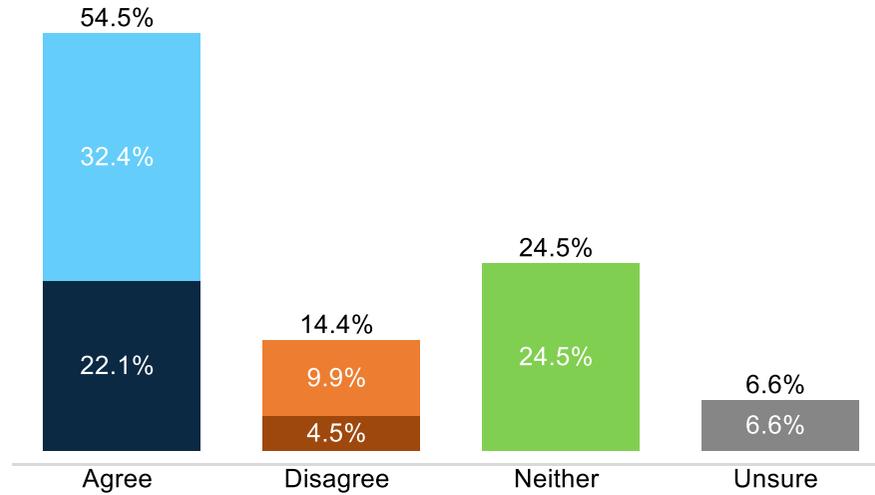


	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Online	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH	
Yes Total	12%	21%	22%	28%	3%	13%	34%	25%	19%	41%	27%	13%	25%	17%	27%	20%	20%	24%	25%	20%	24%	14%	17%	24%	13%	31%	28%	32%	21%	15%	35%	33%	20%	8%	20%	26%	22%	27%	21%	12%
No Total	79%	74%	74%	69%	87%	81%	64%	70%	79%	58%	71%	78%	70%	78%	69%	75%	75%	69%	68%	75%	73%	74%	76%	72%	81%	65%	68%	63%	74%	81%	60%	65%	78%	87%	76%	70%	74%	67%	75%	84%
Yes, I am currently a member	8%	9%	8%	9%	1%	6%	14%	14%	7%	13%	10%	7%	13%	7%	9%	7%	11%	10%	6%	9%	8%	4%	8%	9%	5%	13%	12%	14%	9%	5%	13%	14%	10%	2%	8%	11%	9%	10%	9%	6%
Yes, I was previously a member	4%	13%	14%	18%	2%	7%	20%	11%	12%	28%	17%	6%	13%	11%	18%	13%	8%	14%	19%	11%	16%	10%	10%	14%	8%	18%	16%	18%	12%	10%	22%	19%	9%	6%	12%	15%	13%	18%	11%	6%
No, I have never been a member	52%	52%	50%	48%	55%	54%	45%	55%	59%	37%	46%	58%	46%	58%	40%	53%	49%	43%	50%	52%	49%	55%	51%	50%	59%	40%	42%	43%	49%	57%	39%	39%	49%	66%	53%	48%	52%	45%	52%	58%
No, but I would consider becoming a member	27%	22%	24%	21%	32%	27%	19%	15%	20%	21%	25%	20%	24%	20%	29%	22%	26%	26%	18%	23%	24%	18%	25%	23%	22%	25%	27%	20%	25%	24%	21%	25%	29%	20%	23%	22%	22%	22%	23%	27%
Unsure	9%	5%	5%	3%	10%	6%	3%	5%	2%	1%	3%	8%	5%	4%	4%	5%	5%	6%	7%	5%	3%	12%	7%	4%	5%	4%	4%	5%	5%	4%	5%	2%	2%	5%	4%	4%	4%	6%	5%	4%

Are you or have you ever been a member of a college or university-affiliated fraternity?



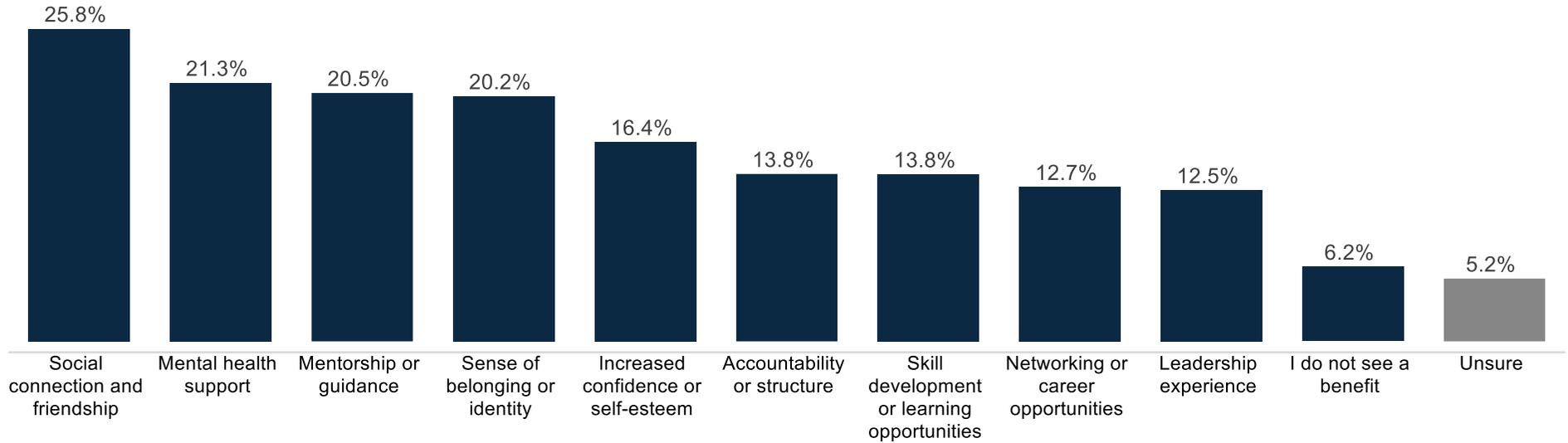
Group Growth Impact



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Social	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Solo Act	Positive MH	Neutral MH	Neg MH	
Agree Total	51%	50%	62%	55%	63%	53%	52%	48%	62%	60%	58%	51%	69%	59%	50%	62%	49%	59%	56%	53%	58%	48%	54%	57%	32%	48%	60%	53%	62%	55%	60%	57%	50%	61%	54%	63%	47%	55%	56%	56%	60%	54%	48%
Disagree Total	15%	15%	13%	15%	14%	13%	14%	19%	14%	18%	13%	17%	12%	15%	13%	14%	13%	17%	13%	16%	10%	25%	14%	17%	19%	17%	13%	14%	11%	19%	13%	14%	17%	15%	17%	6%	20%	14%	16%	14%	14%	14%	16%
Strongly agree	20%	19%	27%	23%	24%	20%	26%	18%	24%	25%	24%	20%	35%	25%	18%	32%	18%	21%	20%	22%	28%	26%	21%	25%	19%	20%	24%	20%	24%	28%	27%	22%	21%	31%	25%	22%	16%	21%	22%	23%	26%	22%	17%
Somewhat agree	31%	31%	35%	32%	40%	33%	26%	30%	38%	35%	34%	31%	34%	34%	32%	31%	31%	38%	35%	31%	30%	22%	33%	32%	13%	28%	37%	33%	38%	26%	33%	34%	29%	30%	29%	41%	31%	34%	34%	33%	34%	32%	31%
Neither agree nor disagree	29%	27%	19%	24%	21%	27%	26%	23%	19%	21%	23%	27%	17%	23%	27%	20%	32%	20%	23%	25%	29%	22%	26%	20%	33%	29%	21%	26%	23%	23%	20%	24%	28%	19%	27%	27%	26%	25%	23%	24%	20%	27%	29%
Somewhat disagree	13%	11%	8%	10%	14%	8%	11%	14%	8%	12%	8%	13%	7%	10%	10%	9%	9%	11%	9%	12%	7%	16%	10%	11%	17%	11%	9%	10%	6%	14%	9%	10%	11%	11%	12%	3%	14%	9%	10%	10%	11%	8%	12%
Strongly disagree	2%	4%	6%	5%	0%	5%	3%	5%	6%	5%	5%	4%	5%	5%	4%	5%	4%	6%	5%	4%	3%	8%	4%	5%	2%	6%	4%	4%	5%	5%	4%	4%	5%	4%	5%	3%	6%	4%	6%	5%	3%	7%	4%
Unsure	5%	9%	7%	6%	2%	7%	8%	9%	5%	1%	6%	6%	2%	3%	10%	4%	7%	4%	8%	5%	3%	6%	6%	6%	15%	6%	6%	7%	4%	4%	8%	6%	5%	5%	3%	4%	7%	6%	5%	6%	6%	5%	7%

Do you agree or disagree that being part of a men-only group or organization helps young men grow personally?

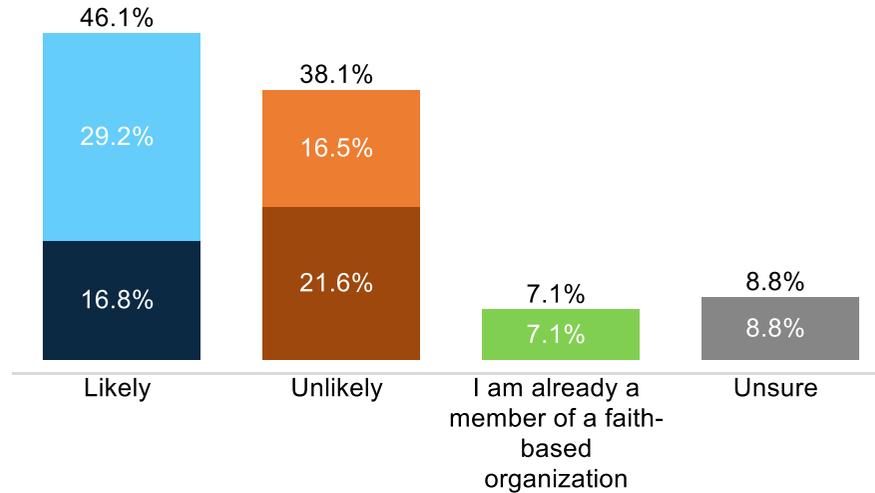
Benefits of Joining



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity/Aff	Non-Fraternity/Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Social	Mid-Online	High Online	Reg Online	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH		
Social connection and friendship	24%	29%	24%	26%	26%	25%	19%	36%	29%	28%	24%	30%	24%	27%	27%	28%	23%	28%	27%	22%	20%	40%	27%	24%	18%	25%	27%	28%	25%	24%	21%	26%	28%	22%	19%	34%	29%	29%	26%	27%	24%	23%	33%	
Mental health support	21%	19%	25%	20%	34%	22%	19%	15%	19%	21%	22%	22%	24%	21%	22%	18%	22%	22%	19%	23%	26%	20%	21%	22%	17%	20%	22%	21%	24%	18%	23%	22%	19%	25%	20%	22%	20%	22%	24%	22%	20%	21%	24%	
Mentorship or guidance	21%	16%	21%	24%	22%	22%	24%	19%	21%	17%	23%	18%	19%	21%	20%	23%	22%	20%	21%	21%	25%	7%	21%	21%	23%	20%	21%	21%	20%	22%	19%	22%	21%	25%	19%	20%	20%	20%	23%	22%	19%	26%	16%	
Sense of belonging or identity	22%	21%	19%	19%	25%	19%	12%	30%	18%	23%	20%	21%	16%	21%	22%	18%	21%	23%	24%	15%	16%	20%	21%	21%	21%	20%	19%	21%	24%	12%	21%	25%	16%	23%	20%	25%	22%	16%	21%	19%	20%	24%		
Increased confidence or self-esteem	17%	16%	15%	18%	14%	17%	19%	13%	21%	16%	17%	16%	18%	17%	17%	18%	17%	15%	16%	19%	15%	10%	14%	23%	12%	16%	17%	16%	16%	21%	18%	15%	19%	15%	22%	18%	14%	16%	19%	17%	21%	11%	16%	
Accountability or structure	16%	15%	14%	11%	20%	13%	12%	12%	20%	12%	14%	12%	16%	14%	12%	11%	14%	14%	13%	14%	19%	9%	14%	14%	14%	13%	14%	12%	19%	12%	14%	16%	11%	17%	15%	12%	12%	13%	14%	14%	14%	14%	14%	13%
Skill development or learning opportunities	14%	14%	17%	11%	12%	14%	18%	13%	13%	12%	15%	13%	16%	15%	12%	16%	10%	18%	11%	17%	18%	17%	14%	14%	6%	15%	14%	15%	13%	12%	17%	14%	11%	15%	16%	16%	11%	14%	14%	13%	14%	14%	12%	
Networking or career opportunities	10%	7%	17%	16%	6%	10%	16%	9%	12%	24%	13%	11%	16%	15%	9%	17%	12%	12%	12%	16%	9%	13%	12%	14%	7%	14%	13%	13%	13%	14%	9%	13%	15%	14%	18%	10%	11%	13%	14%	14%	13%	11%	14%	
Leadership experience	10%	14%	12%	14%	7%	12%	12%	17%	9%	14%	15%	9%	19%	14%	10%	16%	11%	13%	13%	11%	17%	9%	12%	13%	5%	10%	15%	12%	12%	17%	14%	14%	9%	13%	16%	12%	11%	12%	17%	13%	17%	12%	7%	
I do not see a benefit	5%	5%	7%	7%	6%	6%	8%	5%	5%	7%	6%	7%	3%	3%	11%	4%	7%	6%	7%	5%	4%	8%	6%	6%	18%	7%	4%	8%	2%	4%	5%	5%	10%	2%	2%	6%	11%	7%	4%	5%	4%	7%	8%	
Unsure	7%	8%	3%	4%	2%	6%	3%	4%	6%	0%	4%	5%	1%	3%	7%	3%	8%	1%	5%	6%	4%	5%	5%	4%	12%	5%	4%	4%	4%	3%	6%	4%	6%	5%	3%	2%	5%	5%	3%	4%	5%	5%	4%	

What main benefits do you see as being part of men-only social organizations or groups? Select up to two options.

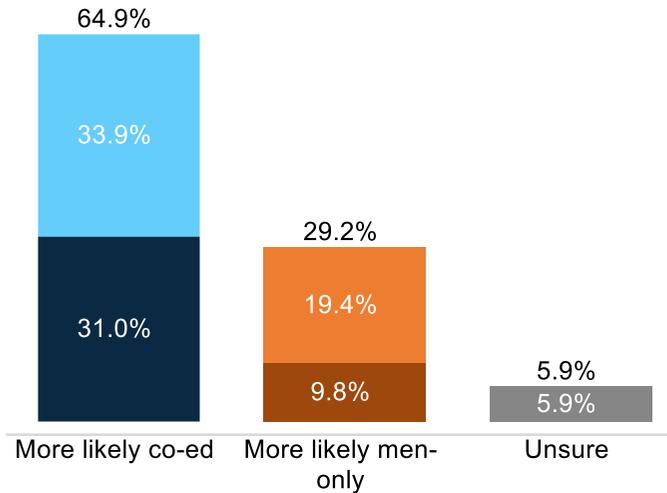
Likelihood to Join Faith-Based Org



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternal	Non-Fraternal	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Social	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Religion	Social Act	Solo Online Act	Positive MH	Neutral MH	Neg MH	
Likely Total	38%	42%	54%	49%	41%	46%	46%	37%	48%	58%	51%	39%	60%	55%	36%	58%	42%	46%	41%	56%	50%	42%	45%	52%	29%	43%	50%	45%	51%	47%	51%	49%	39%	65%	62%	53%	24%	44%	50%	48%	56%	46%	33%
Unlikely Total	42%	40%	30%	40%	37%	40%	40%	39%	42%	30%	37%	40%	27%	30%	50%	27%	43%	40%	43%	29%	33%	42%	39%	36%	46%	43%	34%	42%	32%	37%	26%	38%	46%	13%	25%	36%	64%	42%	33%	36%	28%	42%	49%
Very likely	14%	15%	19%	19%	18%	15%	18%	14%	15%	24%	20%	11%	26%	22%	11%	23%	14%	18%	15%	18%	18%	20%	15%	22%	12%	15%	18%	14%	18%	23%	18%	17%	15%	32%	22%	14%	8%	14%	20%	17%	21%	17%	10%
Somewhat likely	24%	27%	35%	30%	23%	30%	28%	23%	33%	34%	31%	27%	34%	33%	26%	35%	28%	28%	26%	37%	32%	22%	29%	30%	17%	28%	31%	30%	33%	24%	34%	32%	23%	33%	40%	39%	16%	30%	31%	31%	34%	29%	23%
Somewhat unlikely	17%	16%	14%	18%	15%	18%	20%	14%	23%	11%	18%	14%	17%	15%	18%	15%	18%	15%	18%	14%	19%	13%	17%	15%	11%	21%	15%	16%	15%	19%	17%	18%	14%	8%	20%	23%	17%	19%	16%	15%	13%	20%	17%
Very unlikely	25%	24%	16%	21%	22%	22%	20%	26%	19%	19%	18%	27%	10%	15%	32%	12%	25%	25%	26%	15%	13%	29%	22%	21%	37%	23%	19%	26%	18%	18%	10%	20%	32%	6%	5%	12%	47%	24%	18%	21%	15%	23%	32%
I am already a member of a faith-based organization	8%	10%	7%	5%	5%	5%	10%	12%	7%	10%	6%	9%	11%	10%	1%	11%	5%	7%	7%	7%	7%	5%	6%	8%	6%	4%	9%	4%	11%	9%	15%	5%	5%	17%	9%	5%	1%	6%	8%	7%	9%	5%	7%
Unsure	12%	8%	9%	7%	17%	10%	4%	11%	3%	2%	6%	12%	3%	4%	12%	4%	10%	8%	8%	8%	10%	11%	10%	4%	16%	10%	7%	10%	5%	7%	8%	7%	10%	4%	4%	6%	10%	7%	8%	8%	8%	6%	11%

How likely are you to join a faith-based organization?

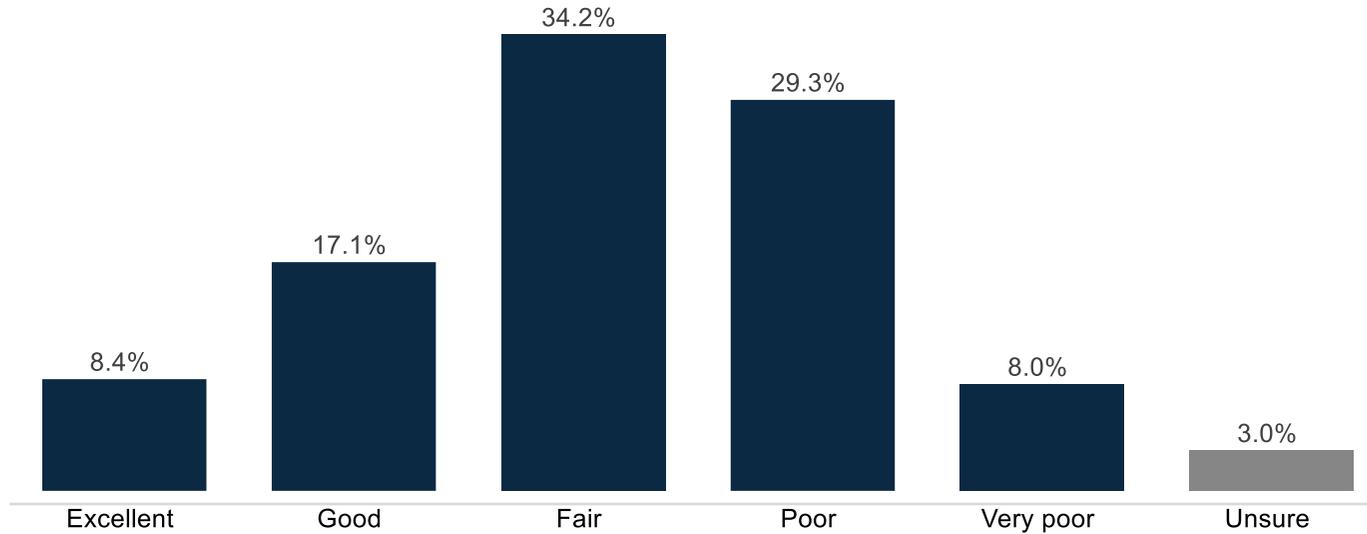
Co-Ed or Men Only Organization



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Online	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Religion	Solo Online Act	Solo Act	Positive MH	Neutral MH	Neg MH	
More likely co-ed	67%	63%	69%	62%	68%	64%	66%	74%	58%	64%	65%	65%	57%	64%	69%	66%	64%	61%	60%	73%	63%	68%	65%	64%	56%	61%	67%	63%	65%	70%	64%	64%	68%	69%	57%	69%	59%	67%	65%	66%	65%	65%	64%
More likely men-only	29%	28%	26%	33%	25%	30%	32%	25%	32%	28%	29%	29%	38%	31%	22%	29%	27%	38%	31%	24%	31%	32%	28%	31%	35%	32%	28%	32%	29%	26%	31%	31%	26%	28%	37%	23%	33%	28%	30%	28%	29%	29%	30%
Much more likely co-ed	36%	27%	34%	28%	49%	29%	37%	32%	15%	32%	30%	33%	26%	33%	24%	33%	25%	31%	31%	32%	30%	30%	31%	32%	26%	29%	32%	26%	27%	46%	33%	30%	30%	32%	31%	36%	20%	32%	31%	31%	35%	27%	28%
Somewhat more likely co-ed	31%	36%	35%	33%	19%	35%	29%	42%	43%	32%	35%	32%	31%	31%	44%	33%	39%	30%	29%	41%	33%	38%	35%	32%	30%	31%	35%	36%	37%	24%	31%	34%	38%	37%	26%	33%	39%	35%	34%	35%	31%	38%	36%
Somewhat more likely men-only	17%	19%	18%	22%	15%	21%	17%	17%	16%	21%	20%	18%	27%	20%	14%	22%	16%	25%	22%	14%	21%	24%	19%	19%	16%	22%	18%	22%	20%	16%	21%	20%	17%	18%	24%	14%	24%	18%	20%	19%	18%	21%	19%
Much more likely men-only	12%	9%	8%	11%	9%	9%	15%	8%	16%	7%	9%	11%	12%	11%	8%	8%	12%	13%	10%	10%	11%	8%	9%	12%	19%	9%	9%	11%	9%	10%	10%	10%	9%	10%	12%	9%	9%	9%	10%	9%	11%	8%	11%
Unsure	4%	9%	5%	5%	7%	6%	2%	1%	10%	8%	6%	6%	4%	4%	9%	5%	9%	1%	8%	4%	6%	0%	6%	5%	9%	8%	5%	5%	6%	4%	5%	5%	6%	3%	6%	8%	8%	5%	5%	6%	6%	5%	6%

Are you more likely to join a faith-based organization that is co-ed (for both men and women) or for men only?

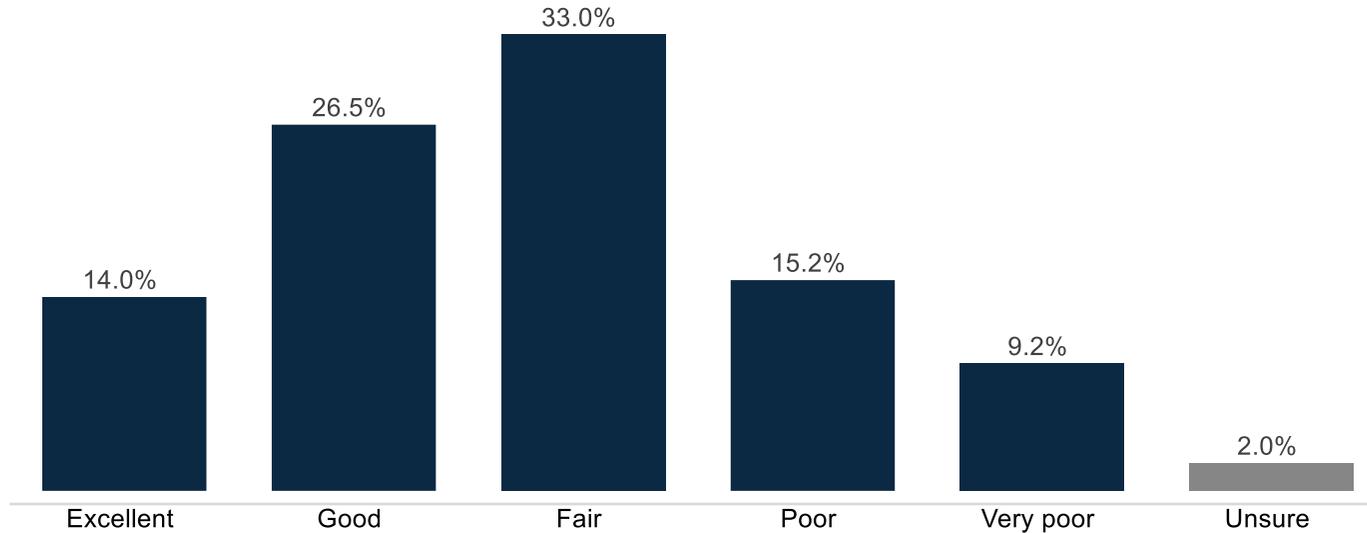
Peer Mental Health Rating



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Social	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH	
Excellent	7%	7%	8%	11%	5%	8%	11%	6%	8%	10%	10%	6%	19%	11%	5%	12%	6%	10%	7%	12%	10%	2%	7%	10%	5%	7%	10%	6%	8%	15%	9%	8%	8%	13%	14%	8%	2%	7%	9%	8%	15%	4%	3%
Good	13%	17%	16%	21%	8%	17%	16%	18%	12%	25%	19%	14%	26%	21%	12%	19%	15%	20%	13%	19%	21%	32%	17%	19%	6%	17%	18%	15%	20%	22%	25%	18%	11%	23%	26%	16%	11%	17%	24%	18%	29%	13%	4%
Fair	36%	40%	32%	30%	42%	34%	35%	37%	37%	30%	35%	34%	27%	33%	34%	35%	34%	32%	33%	36%	34%	35%	34%	37%	33%	36%	35%	26%	31%	37%	30%	30%	29%	35%	38%	33%	33%	35%	36%	41%	24%		
Poor	34%	28%	29%	27%	35%	30%	29%	28%	27%	27%	34%	22%	28%	33%	25%	35%	27%	35%	26%	22%	20%	29%	28%	34%	29%	29%	30%	30%	30%	25%	27%	38%	26%	24%	34%	33%	31%	25%	30%	14%	33%	50%	
Very poor	6%	6%	12%	7%	8%	9%	5%	8%	15%	5%	8%	8%	4%	6%	11%	8%	7%	10%	9%	6%	10%	4%	9%	7%	10%	9%	7%	11%	6%	5%	7%	8%	10%	6%	6%	7%	11%	9%	7%	7%	4%	7%	17%
Unsure	3%	2%	3%	3%	3%	3%	5%	3%	1%	2%	1%	4%	2%	2%	3%	2%	3%	1%	3%	1%	3%	6%	3%	1%	11%	2%	3%	3%	2%	2%	3%	2%	3%	3%	1%	1%	4%	2%	2%	3%	2%	1%	3%

How would you rate the overall mental health of young men your age?

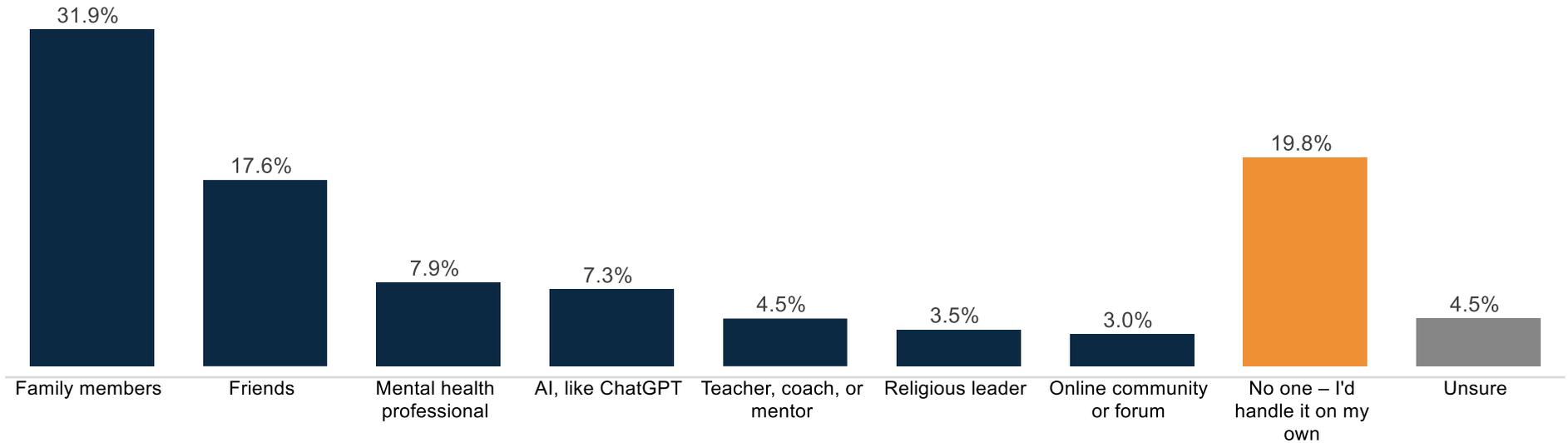
Personal Mental Health Rating



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Social	Mid-Social	High Social	Low Online	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	
Positive MH	39%	44%	35%	43%	33%	37%	47%	33%	47%	54%	44%	37%	53%	46%	32%	49%	36%	41%	40%	38%	47%	40%	37%	49%	23%	30%	48%	37%	45%	49%	49%	42%	33%	52%	50%	38%	32%	38%	49%	42%
Negative MH	24%	27%	25%	22%	27%	26%	21%	32%	29%	14%	18%	35%	14%	22%	31%	18%	31%	21%	26%	25%	19%	23%	26%	22%	40%	30%	20%	26%	21%	23%	18%	23%	33%	15%	19%	27%	33%	28%	20%	23%
Excellent	11%	15%	14%	16%	3%	13%	17%	12%	15%	21%	15%	13%	23%	18%	9%	20%	11%	13%	13%	16%	15%	17%	13%	16%	10%	11%	16%	11%	14%	22%	17%	13%	14%	22%	22%	14%	6%	13%	19%	14%
Good	28%	30%	21%	28%	30%	25%	30%	21%	32%	33%	29%	24%	30%	28%	23%	29%	24%	28%	28%	22%	32%	23%	24%	32%	13%	19%	32%	25%	31%	27%	32%	29%	19%	30%	28%	24%	26%	25%	30%	28%
Fair	34%	27%	37%	34%	38%	35%	31%	33%	22%	32%	37%	26%	33%	31%	34%	32%	32%	38%	32%	35%	33%	34%	35%	30%	31%	38%	31%	35%	34%	28%	32%	34%	32%	33%	30%	34%	34%	33%	30%	33%
Poor	16%	17%	18%	11%	18%	16%	19%	19%	18%	8%	12%	21%	9%	14%	18%	12%	20%	12%	15%	19%	10%	14%	16%	12%	19%	17%	14%	16%	16%	13%	10%	15%	20%	9%	11%	20%	19%	17%	13%	14%
Very poor	8%	10%	7%	12%	10%	10%	1%	14%	12%	6%	6%	13%	5%	7%	13%	5%	11%	9%	11%	6%	8%	9%	9%	10%	20%	13%	6%	11%	5%	10%	8%	8%	13%	6%	8%	7%	14%	11%	7%	9%
Unsure	4%	1%	2%	1%	2%	2%	2%	1%	2%	0%	1%	3%	1%	1%	2%	2%	2%	0%	2%	2%	1%	3%	2%	0%	7%	3%	1%	2%	0%	0%	1%	1%	1%	1%	1%	1%	1%	2%	1%	2%

Personally speaking, how would you rate your own overall mental health?

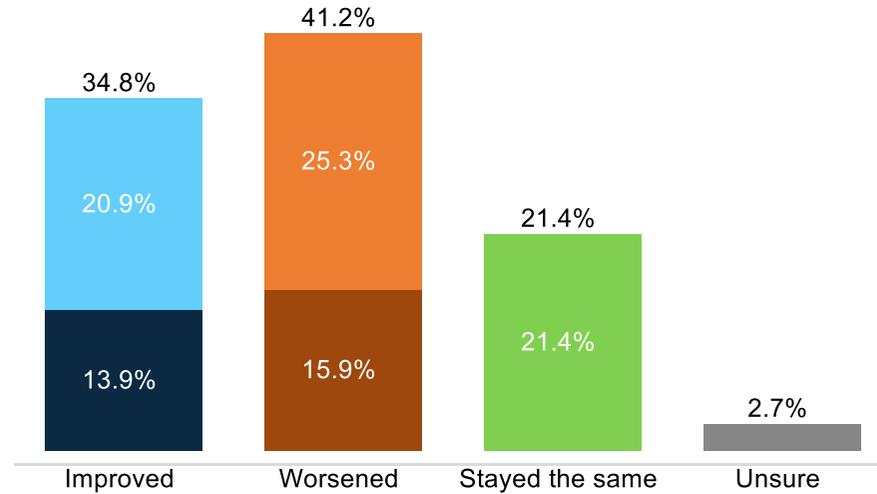
Support System Preference



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Social	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH		
Family members	28%	37%	33%	30%	32%	33%	27%	33%	37%	33%	34%	29%	27%	29%	40%	36%	32%	31%	34%	32%	28%	24%	34%	29%	29%	29%	29%	34%	37%	27%	29%	24%	35%	33%	34%	22%	40%	32%	35%	36%	33%	38%	29%	26%
Friends	20%	15%	20%	16%	17%	17%	19%	18%	23%	17%	16%	20%	18%	19%	13%	15%	16%	23%	19%	13%	18%	25%	18%	18%	15%	21%	16%	18%	16%	21%	21%	16%	19%	15%	16%	20%	19%	19%	17%	17%	16%	19%	18%	
Mental health professional	4%	9%	9%	10%	3%	6%	7%	14%	6%	12%	8%	7%	11%	10%	5%	6%	8%	12%	9%	6%	5%	13%	8%	9%	8%	6%	9%	7%	10%	8%	10%	8%	6%	11%	11%	6%	7%	7%	8%	9%	7%	8%	11%	
AI, like ChatGPT	8%	6%	6%	9%	9%	8%	7%	7%	3%	7%	8%	6%	12%	8%	5%	6%	7%	10%	6%	8%	10%	10%	6%	10%	8%	9%	6%	6%	8%	8%	13%	6%	6%	7%	11%	4%	7%	7%	7%	7%	8%	9%	4%	
Teacher, coach, or mentor	3%	4%	7%	4%	5%	3%	8%	7%	8%	4%	5%	4%	9%	7%	0%	5%	4%	5%	3%	7%	5%	8%	5%	4%	3%	5%	5%	2%	7%	7%	6%	5%	3%	7%	9%	4%	1%	4%	6%	4%	6%	5%	1%	
Religious leader	4%	4%	2%	3%	5%	3%	3%	2%	1%	6%	4%	2%	6%	5%	1%	6%	4%	1%	3%	4%	6%	0%	3%	4%	0%	2%	5%	2%	3%	8%	6%	3%	2%	8%	5%	3%	0%	3%	4%	4%	4%	3%	3%	
Online community or forum	3%	2%	3%	4%	2%	3%	2%	3%	0%	5%	3%	3%	5%	4%	2%	4%	3%	4%	3%	3%	5%	0%	3%	3%	5%	3%	3%	4%	2%	3%	3%	3%	2%	6%	2%	3%	2%	3%	4%	4%	4%	3%	2%	
No one – I'd handle it on my own	25%	19%	15%	20%	24%	22%	20%	16%	18%	16%	18%	23%	10%	16%	27%	18%	22%	13%	19%	22%	19%	17%	20%	19%	18%	20%	20%	20%	23%	15%	14%	21%	22%	12%	16%	18%	26%	20%	18%	19%	14%	21%	29%	
Unsure	5%	3%	5%	5%	3%	6%	7%	1%	4%	1%	3%	6%	1%	3%	6%	4%	4%	2%	4%	5%	4%	2%	3%	4%	15%	4%	3%	4%	2%	3%	5%	3%	6%	5%	3%	2%	4%	4%	2%	4%	3%	4%	5%	

If you were facing a personal non-physical crisis or emergency, who or what would you most likely turn to for support?

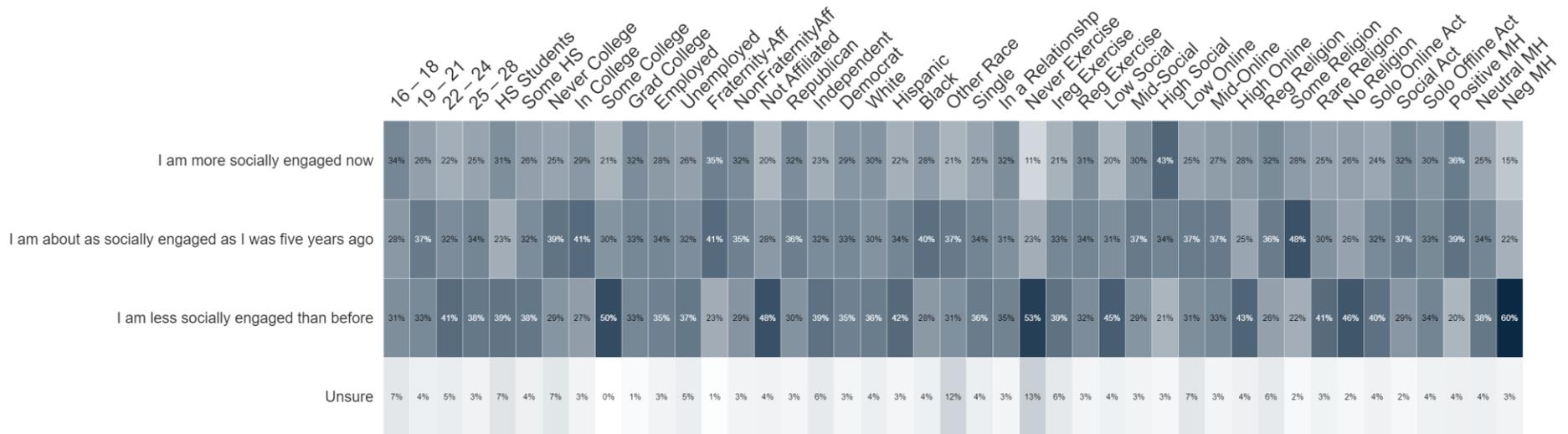
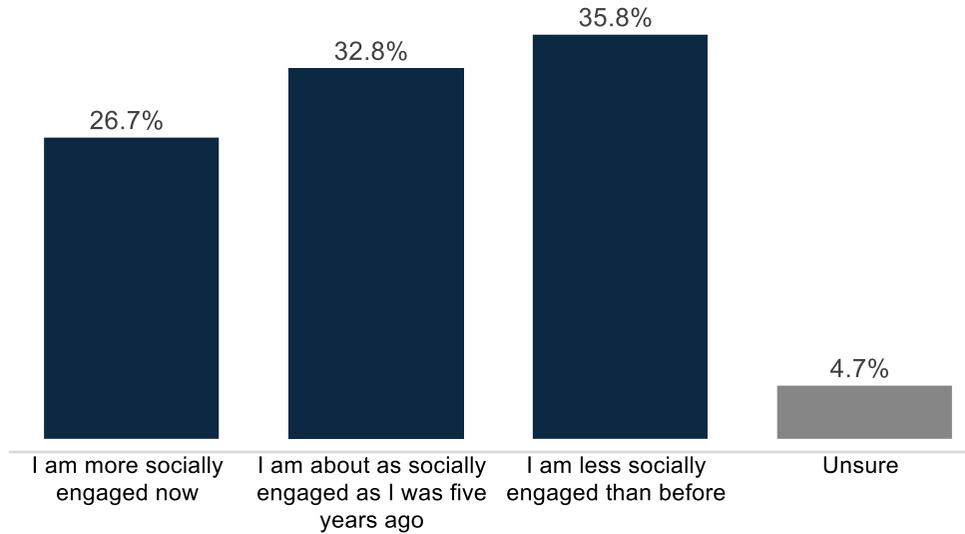
Mental Health Change



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity/Aff	NonFraternity/Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Social	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH	
Improved Total	33%	36%	33%	37%	32%	36%	33%	35%	26%	40%	38%	30%	44%	39%	28%	36%	32%	38%	35%	37%	39%	21%	34%	36%	23%	30%	39%	31%	35%	46%	38%	36%	32%	38%	45%	34%	28%	32%	43%	36%	48%	35%	13%
Worsened Total	45%	40%	45%	37%	48%	41%	35%	43%	46%	41%	39%	46%	34%	38%	48%	37%	43%	42%	43%	40%	36%	44%	40%	44%	46%	44%	39%	44%	42%	33%	31%	42%	38%	40%	52%	45%	35%	41%	22%	42%	72%		
Strongly improved	14%	13%	13%	15%	13%	15%	10%	15%	11%	17%	17%	10%	20%	16%	11%	16%	11%	17%	13%	17%	13%	7%	13%	18%	11%	11%	16%	12%	13%	22%	16%	13%	14%	17%	21%	16%	8%	13%	17%	14%	22%	13%	3%
Somewhat improved	19%	23%	20%	22%	18%	21%	23%	20%	15%	23%	21%	20%	25%	23%	17%	21%	21%	21%	19%	26%	14%	22%	19%	12%	19%	23%	19%	22%	23%	22%	22%	18%	21%	24%	19%	21%	19%	25%	22%	26%	23%	10%	
Stayed the same	17%	23%	20%	25%	12%	22%	31%	21%	29%	18%	23%	20%	20%	21%	22%	25%	22%	18%	20%	22%	21%	32%	23%	18%	21%	23%	20%	23%	21%	20%	28%	21%	17%	27%	16%	25%	17%	21%	21%	21%	27%	22%	13%
Somewhat worsened	27%	21%	33%	21%	24%	23%	30%	26%	22%	31%	26%	25%	25%	24%	28%	23%	27%	25%	25%	26%	23%	28%	24%	29%	23%	25%	25%	26%	30%	19%	19%	29%	23%	21%	27%	26%	28%	27%	23%	26%	17%	32%	30%
Strongly worsened	18%	18%	12%	15%	24%	18%	4%	17%	23%	10%	13%	21%	9%	14%	20%	14%	16%	17%	18%	13%	13%	16%	16%	15%	23%	19%	14%	18%	12%	14%	12%	13%	25%	12%	11%	14%	23%	19%	12%	15%	5%	9%	42%
Unsure	5%	2%	2%	2%	8%	2%	2%	1%	0%	1%	1%	4%	1%	2%	2%	1%	3%	2%	2%	2%	4%	3%	2%	2%	11%	2%	2%	2%	2%	1%	2%	2%	3%	2%	1%	1%	3%	2%	2%	2%	3%	2%	2%

Compared to before 2020 and the pandemic, do you feel your mental health has improved, worsened, or stayed the same?

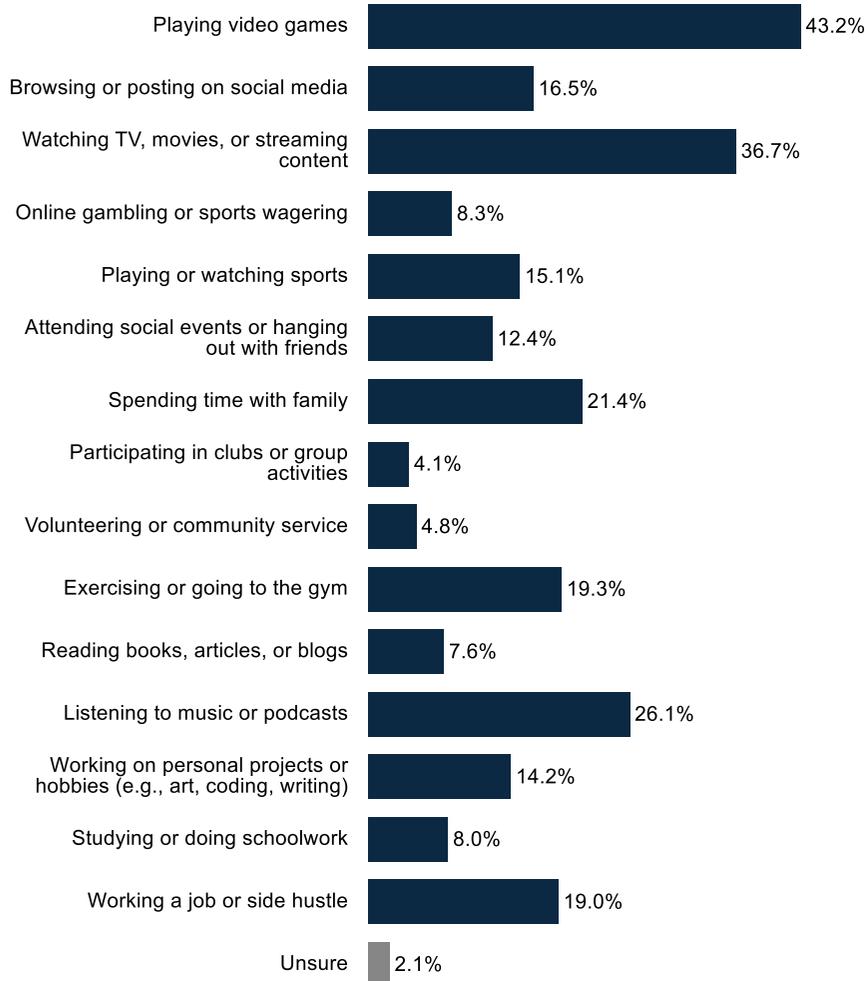
Past Social Engagement



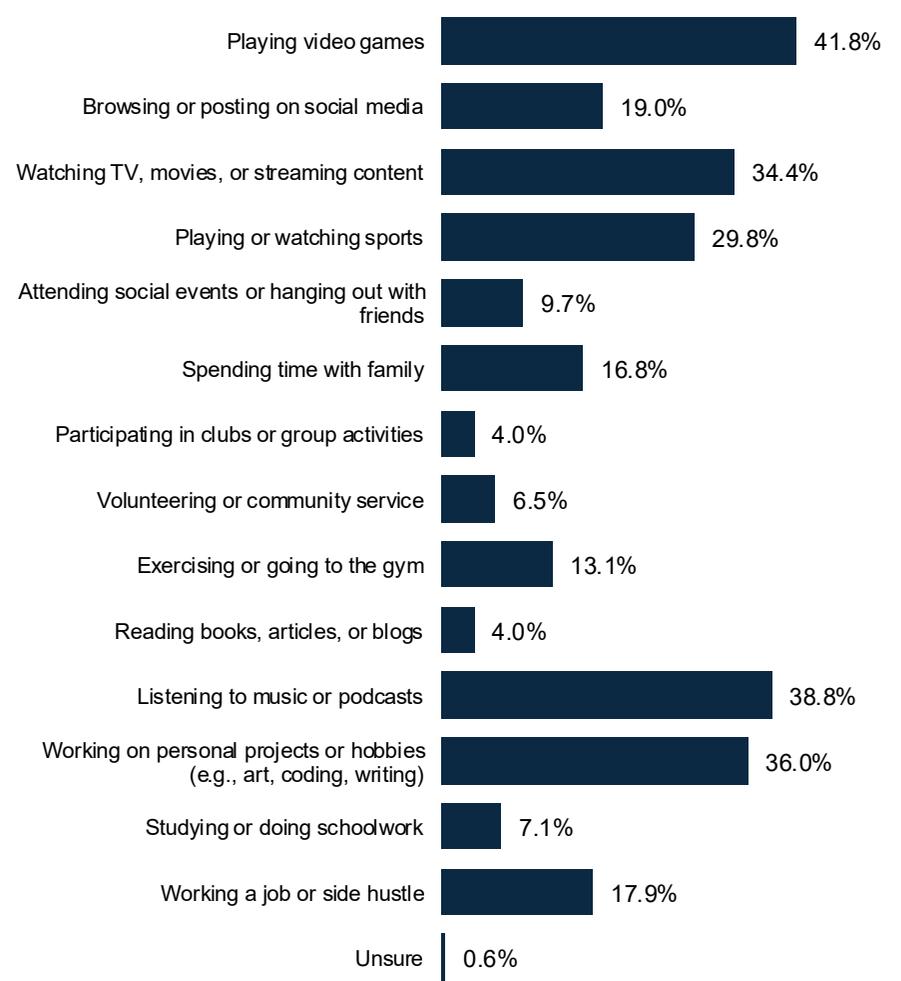
Compared to before 2020 and the pandemic, how would you describe your current level of in-person social engagement?

Free Time Activities

18 and Above



Below 18



How do you typically spend your free time? Select the three activities you do most often or spend the most time on.

Free Time Activities (18 and Above)

	16-18	19-21	22-24	25-28	HS Students	Some HS	Never HS	In College	Some College	Grad College	Unemployed	Fraternity/Aff	Non-Fraternity/Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Social	Mid-Online	High-Online	Reg Religion	Some Religion	Rare Religion	No Religion	Positive MH	Neutral MH	Neg MH		
Solo Online	69%	71%	73%	76%	77%	76%	63%	73%	79%	67%	72%	75%	67%	70%	80%	70%	74%	73%	74%	70%	70%	78%	73%	72%	64%	77%	71%	78%	71%	64%	55%	73%	87%	66%	66%	76%	79%	67%	72%	83%
Social	46%	47%	49%	49%	30%	48%	51%	51%	39%	59%	51%	45%	59%	54%	43%	53%	45%	51%	49%	48%	50%	39%	46%	55%	32%	44%	53%	44%	51%	61%	60%	51%	39%	56%	58%	45%	42%	58%	44%	39%
Solo Offline	72%	68%	70%	69%	74%	66%	75%	78%	81%	68%	72%	67%	72%	72%	67%	65%	68%	76%	69%	74%	67%	68%	70%	52%	63%	75%	70%	69%	72%	60%	74%	69%	78%	67%	65%	69%	72%	69%	66%	
Playing video games	48%	46%	41%	39%	50%	48%	31%	47%	49%	34%	40%	49%	33%	39%	53%	42%	47%	38%	45%	37%	41%	53%	46%	38%	44%	46%	42%	51%	39%	31%	26%	41%	59%	37%	30%	45%	53%	39%	44%	50%
Browsing or posting on social media	15%	19%	17%	16%	18%	20%	14%	14%	23%	8%	16%	18%	12%	15%	20%	15%	18%	18%	17%	15%	18%	14%	16%	19%	23%	18%	15%	18%	14%	15%	8%	18%	19%	11%	15%	21%	19%	14%	16%	22%
Watching TV, movies, or streaming content	32%	34%	36%	42%	42%	38%	33%	36%	32%	38%	38%	36%	34%	33%	43%	33%	36%	40%	38%	34%	39%	33%	37%	37%	35%	42%	34%	42%	34%	31%	32%	36%	44%	35%	30%	38%	40%	35%	35%	43%
Online gambling or sports wagering	4%	6%	12%	10%	0%	8%	7%	5%	15%	12%	9%	8%	11%	9%	7%	12%	8%	7%	8%	8%	10%	8%	8%	9%	8%	9%	8%	8%	10%	9%	8%	8%	9%	8%	12%	8%	8%	7%	9%	10%
Playing or watching sports	20%	12%	16%	14%	13%	17%	15%	16%	12%	13%	15%	17%	17%	16%	16%	20%	12%	14%	16%	19%	15%	3%	15%	15%	12%	10%	18%	14%	16%	19%	19%	17%	11%	14%	18%	17%	12%	20%	12%	11%
Attending social events or hanging out with friends	13%	14%	11%	12%	5%	8%	16%	20%	13%	20%	12%	13%	18%	17%	6%	13%	10%	16%	13%	8%	12%	23%	12%	14%	9%	12%	13%	10%	12%	21%	15%	12%	12%	18%	16%	11%	9%	16%	10%	10%
Spending time with family	14%	26%	21%	23%	8%	26%	18%	12%	15%	25%	23%	19%	20%	20%	25%	20%	24%	21%	22%	23%	20%	18%	20%	26%	13%	21%	23%	20%	23%	25%	29%	23%	16%	24%	20%	21%	22%	24%	22%	18%
Participating in clubs or group activities	2%	4%	4%	5%	0%	3%	4%	4%	3%	8%	4%	4%	7%	6%	1%	4%	3%	7%	3%	4%	6%	4%	4%	5%	2%	3%	5%	3%	5%	7%	5%	3%	6%	5%	9%	1%	2%	6%	3%	2%
Volunteering or community service	4%	3%	5%	6%	4%	4%	11%	6%	0%	6%	6%	3%	10%	7%	2%	6%	3%	7%	5%	4%	7%	6%	5%	4%	6%	4%	4%	6%	7%	9%	5%	2%	5%	9%	3%	4%	6%	5%	3%	
Exercising or going to the gym	15%	18%	25%	19%	11%	15%	20%	28%	23%	26%	20%	18%	24%	23%	14%	17%	19%	21%	17%	24%	21%	20%	18%	23%	2%	10%	26%	17%	22%	23%	19%	23%	13%	29%	23%	17%	13%	26%	18%	10%
Reading books, articles, or blogs	8%	7%	5%	9%	2%	6%	9%	9%	10%	9%	8%	6%	7%	8%	7%	7%	7%	8%	8%	8%	6%	7%	7%	10%	5%	7%	8%	8%	7%	7%	7%	7%	8%	8%	10%	7%	6%	7%	8%	7%
Listening to music or podcasts	31%	26%	24%	25%	37%	31%	31%	18%	24%	15%	25%	29%	18%	24%	30%	21%	29%	28%	25%	30%	26%	24%	27%	25%	24%	28%	25%	30%	23%	22%	23%	27%	26%	23%	22%	23%	32%	23%	27%	29%
Working on personal projects or hobbies (e.g., art, coding, writing)	16%	11%	14%	15%	14%	13%	13%	16%	15%	19%	12%	17%	16%	15%	14%	16%	14%	14%	16%	13%	9%	17%	16%	11%	9%	15%	14%	15%	11%	17%	11%	14%	17%	15%	13%	14%	15%	14%	13%	18%
Studying or doing schoolwork	13%	9%	6%	5%	11%	4%	9%	24%	9%	6%	6%	12%	10%	10%	5%	9%	5%	12%	8%	6%	8%	11%	9%	7%	7%	9%	8%	9%	6%	10%	8%	7%	9%	14%	4%	7%	7%	9%	7%	6%
Working a job or side hustle	14%	20%	20%	21%	13%	19%	17%	16%	28%	20%	26%	7%	17%	19%	19%	18%	21%	17%	20%	20%	19%	8%	18%	22%	17%	15%	21%	18%	22%	19%	18%	21%	17%	20%	16%	22%	20%	20%	20%	18%
Unsure	2%	3%	1%	2%	6%	2%	2%	0%	1%	1%	2%	2%	1%	1%	1%	2%	2%	1%	2%	2%	2%	3%	1%	2%	13%	1%	1%	1%	0%	1%	3%	1%	0%	1%	1%	1%	2%	1%	3%	1%

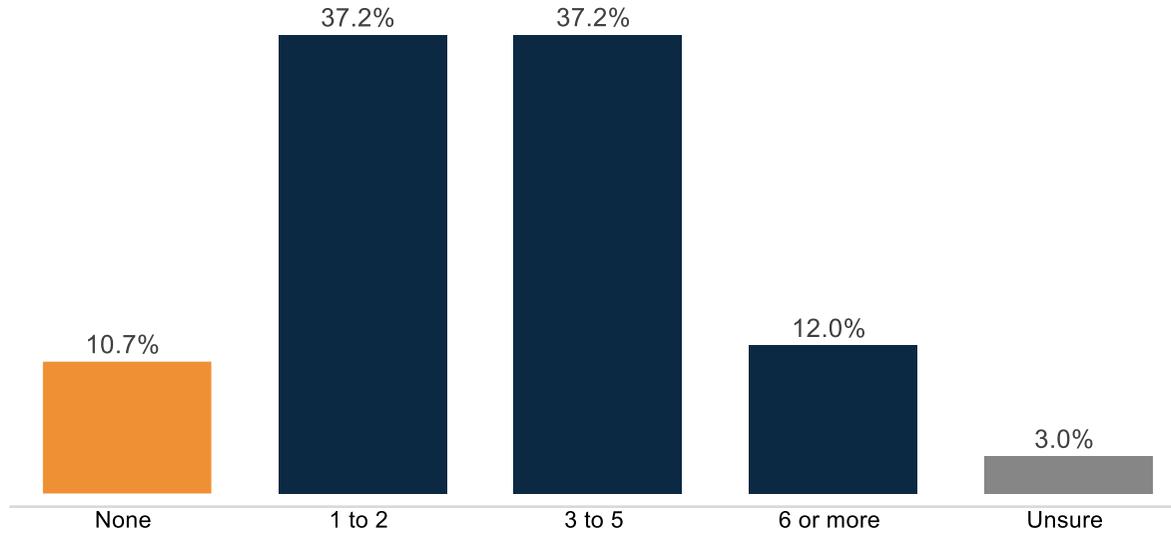
How do you typically spend your free time? Select the three activities you do most often or spend the most time on.

Free Time Activities (Below 18)

	16 – 18	HS Students	Some HS	Never College	In College	Employed	Unemployed	Non-Fraternity/Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Single	In a Relationship	Never Exercise	Ireg Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Online	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Positive MH	Neutral MH	Neg MH
Solo Online	73%	70%	95%	100%	0%	53%	78%	70%	82%	83%	63%	58%	66%	77%	87%	61%	100%	47%	65%	77%	76%	82%	45%	47%	76%	100%	62%	92%	0%	90%	72%	54%	100%
Social	59%	61%	68%	56%	0%	62%	59%	73%	39%	100%	41%	42%	68%	70%	29%	67%	24%	46%	6%	67%	35%	84%	77%	100%	53%	28%	100%	54%	36%	45%	74%	61%	42%
Solo Offline	87%	89%	63%	100%	100%	97%	85%	79%	98%	65%	100%	97%	76%	100%	100%	81%	100%	93%	94%	85%	100%	66%	78%	100%	87%	72%	85%	46%	100%	92%	85%	90%	87%
Playing video games	42%	40%	95%	0%	0%	53%	40%	39%	36%	61%	63%	0%	24%	47%	74%	27%	70%	47%	29%	43%	32%	47%	45%	28%	40%	72%	31%	46%	0%	55%	46%	41%	40%
Browsing or posting on social media	19%	20%	32%	0%	0%	21%	19%	21%	13%	0%	17%	19%	24%	0%	29%	16%	33%	0%	36%	19%	14%	31%	23%	0%	18%	50%	0%	0%	0%	35%	13%	10%	36%
Watching TV, movies, or streaming content	34%	29%	32%	100%	0%	0%	43%	23%	69%	40%	30%	39%	34%	30%	42%	34%	43%	47%	29%	34%	51%	35%	0%	19%	36%	50%	47%	46%	0%	34%	26%	33%	45%
Playing or watching sports	30%	23%	63%	56%	0%	31%	30%	48%	10%	74%	17%	0%	34%	23%	29%	34%	24%	0%	0%	37%	18%	66%	22%	0%	46%	0%	78%	46%	0%	11%	26%	33%	29%
Attending social events or hanging out with friends	10%	13%	0%	0%	0%	0%	12%	18%	0%	0%	24%	0%	8%	23%	0%	14%	0%	0%	0%	12%	0%	15%	33%	28%	0%	28%	22%	0%	0%	7%	0%	15%	13%
Spending time with family	17%	23%	0%	0%	0%	27%	15%	14%	29%	17%	0%	19%	34%	0%	0%	24%	0%	0%	0%	21%	18%	31%	0%	43%	6%	28%	15%	0%	0%	24%	26%	13%	13%
Participating in clubs or group activities	4%	5%	0%	0%	0%	0%	5%	7%	0%	0%	0%	19%	8%	0%	0%	6%	0%	46%	0%	0%	0%	0%	22%	0%	6%	0%	0%	0%	36%	0%	13%	0%	0%
Volunteering or community service	6%	8%	5%	0%	0%	3%	7%	0%	0%	26%	0%	3%	0%	23%	0%	1%	0%	0%	6%	7%	0%	3%	0%	28%	1%	0%	0%	8%	0%	11%	21%	0%	0%
Exercising or going to the gym	13%	18%	0%	0%	0%	16%	0%	23%	26%	0%	0%	0%	53%	0%	0%	30%	0%	0%	16%	14%	0%	0%	28%	11%	0%	0%	0%	0%	24%	19%	0%	24%	
Reading books, articles, or blogs	4%	0%	0%	44%	0%	0%	5%	7%	0%	0%	0%	19%	8%	0%	0%	6%	0%	0%	0%	5%	8%	0%	0%	6%	0%	0%	46%	0%	0%	13%	0%	0%	
Listening to music or podcasts	39%	47%	32%	0%	0%	79%	30%	35%	52%	0%	70%	19%	26%	47%	58%	31%	70%	47%	65%	34%	50%	16%	55%	53%	27%	72%	22%	0%	0%	60%	13%	48%	53%
Working on personal projects or hobbies (e.g., art, coding, writing)	36%	38%	0%	44%	100%	0%	45%	32%	46%	0%	24%	97%	40%	53%	13%	41%	30%	46%	36%	35%	52%	0%	55%	47%	41%	0%	35%	46%	71%	28%	39%	25%	47%
Studying or doing schoolwork	7%	10%	0%	0%	0%	17%	5%	13%	0%	0%	13%	19%	8%	0%	13%	10%	0%	46%	29%	0%	6%	0%	22%	0%	11%	0%	0%	0%	64%	0%	13%	8%	0%
Working a job or side hustle	18%	12%	32%	56%	0%	27%	16%	23%	16%	39%	17%	0%	28%	0%	16%	26%	0%	0%	0%	22%	10%	51%	0%	24%	20%	0%	50%	0%	0%	9%	13%	36%	0%
Unsure	1%	0%	0%	0%	0%	0%	0%	0%	2%	0%	0%	0%	0%	0%	0%	1%	0%	7%	0%	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%	

How do you typically spend your free time? Select the three activities you do most often or spend the most time on.

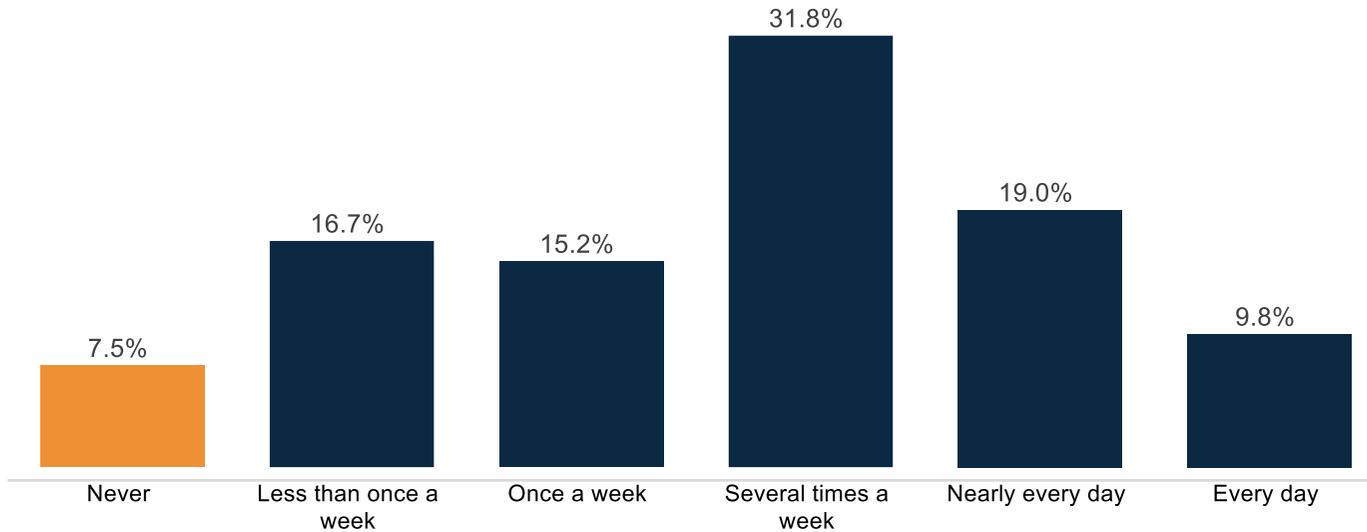
Close Friends Count



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Reg Exercise	Low Exercise	Mid-Social	Mid-Social	High Social	Low Social	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH
None	9%	10%	11%	12%	21%	10%	13%	12%	15%	4%	10%	13%	8%	8%	15%	12%	9%	8%	10%	12%	13%	11%	11%	8%	25%	11%	9%	14%	5%	9%	13%	8%	14%	9%	8%	6%	16%	10%	7%	10%	7%	12%	15%	
1 to 2	35%	33%	38%	41%	24%	41%	35%	31%	45%	37%	38%	37%	25%	34%	45%	40%	40%	34%	39%	39%	37%	19%	40%	34%	35%	42%	35%	44%	34%	28%	37%	40%	34%	28%	35%	46%	40%	37%	34%	37%	31%	39%	45%	
3 to 5	36%	39%	39%	35%	37%	35%	39%	40%	30%	45%	41%	31%	47%	42%	29%	35%	39%	40%	38%	34%	34%	45%	35%	42%	22%	35%	40%	32%	47%	43%	38%	39%	35%	44%	44%	34%	33%	39%	42%	38%	41%	37%	33%	
6 or more	17%	14%	9%	8%	18%	11%	11%	16%	8%	12%	10%	15%	17%	15%	7%	11%	9%	16%	10%	13%	13%	20%	11%	14%	6%	10%	14%	9%	14%	18%	10%	11%	14%	17%	11%	12%	8%	11%	15%	12%	20%	8%	4%	
Unsure	3%	3%	2%	4%	0%	3%	2%	1%	2%	3%	1%	4%	2%	1%	4%	2%	3%	1%	2%	3%	4%	5%	3%	2%	12%	2%	2%	2%	1%	1%	1%	1%	4%	2%	1%	1%	3%	2%	2%	3%	1%	3%	3%	

How many close friends do you have – friends you can rely on and contact anytime, even if it's been a while?

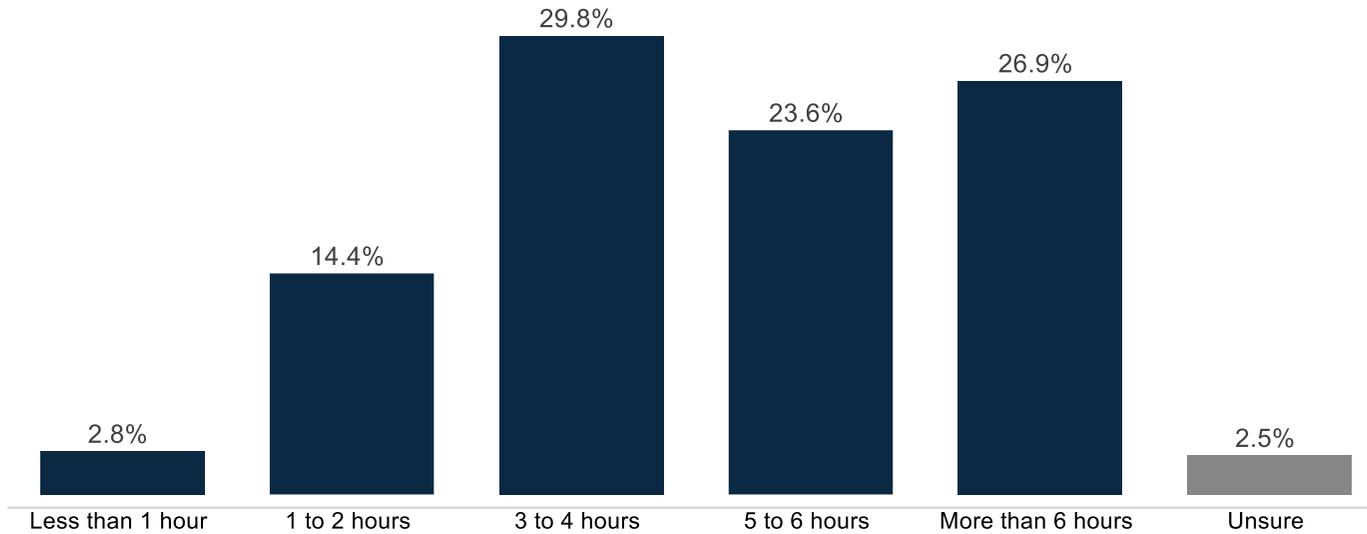
Physical Activity Weekly Frequency



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Low Social	Mid-Social	High Social	Low Online	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH
Never	6%	8%	8%	8%	5%	8%	9%	8%	9%	2%	6%	10%	5%	5%	12%	6%	7%	6%	9%	5%	7%	4%	8%	6%	10%	3%	3%	4%	5%	12%	5%	3%	5%	12%	7%	5%	6%	4%	7%	12%
Irregular Exercise	33%	33%	31%	30%	36%	32%	34%	31%	34%	28%	29%	35%	26%	29%	36%	30%	33%	35%	31%	32%	29%	45%	34%	26%	35%	29%	31%	23%	32%	38%	23%	26%	37%	35%	34%	29%	29%	24%	36%	39%
Regular Exercise	60%	60%	61%	61%	59%	60%	57%	60%	57%	70%	65%	55%	69%	66%	52%	64%	59%	59%	60%	63%	64%	51%	58%	68%	55%	68%	66%	73%	63%	50%	71%	70%	58%	53%	59%	66%	65%	72%	57%	49%
Less than once a week	21%	17%	14%	15%	22%	18%	15%	16%	22%	12%	14%	21%	10%	13%	23%	16%	17%	19%	17%	16%	12%	25%	18%	14%	19%	15%	14%	12%	15%	25%	9%	11%	21%	22%	18%	16%	15%	12%	18%	23%
Once a week	12%	15%	18%	15%	14%	14%	18%	15%	13%	16%	16%	14%	17%	16%	13%	14%	17%	16%	14%	15%	17%	20%	17%	12%	15%	15%	17%	11%	17%	13%	15%	15%	16%	13%	16%	13%	14%	12%	19%	16%
Several times a week	32%	29%	33%	33%	31%	30%	41%	31%	32%	36%	36%	27%	35%	34%	27%	31%	31%	37%	32%	36%	27%	27%	31%	34%	30%	42%	25%	34%	35%	26%	33%	41%	29%	30%	30%	35%	35%	36%	32%	27%
Nearly every day	18%	21%	18%	18%	16%	20%	14%	20%	17%	21%	19%	19%	21%	22%	15%	20%	19%	17%	19%	15%	23%	22%	19%	20%	16%	20%	25%	22%	19%	18%	23%	22%	19%	15%	19%	22%	20%	23%	16%	17%
Every day	10%	9%	10%	10%	12%	10%	2%	10%	8%	13%	10%	9%	13%	10%	9%	13%	10%	6%	9%	12%	13%	2%	8%	14%	10%	7%	16%	16%	9%	7%	15%	7%	10%	8%	9%	9%	9%	13%	8%	6%

On average, how many days per week do you engage in physical exercise (such as weightlifting, running, cycling, team sports, or gym workouts)?

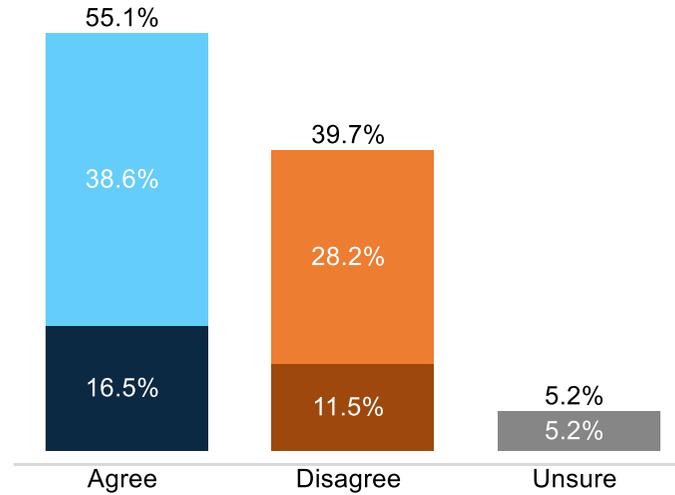
Online Hours Daily



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Reg Exercise	Low Social	Mid-Social	High Social	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH
Low Online	19%	14%	17%	18%	14%	16%	26%	16%	11%	19%	17%	17%	26%	19%	11%	19%	18%	15%	15%	20%	18%	21%	17%	18%	10%	12%	21%	17%	17%	19%	20%	20%	19%	13%	13%	21%	15%	21%	17%	13%
Mid-Online	46%	59%	54%	54%	53%	53%	55%	52%	62%	55%	57%	48%	54%	56%	53%	54%	55%	52%	56%	52%	57%	38%	56%	52%	36%	54%	55%	53%	60%	50%	55%	59%	53%	52%	53%	56%	56%	55%	55%	50%
High Online - More than 6 hours	32%	23%	26%	26%	28%	29%	17%	31%	24%	26%	24%	32%	19%	23%	33%	25%	26%	32%	27%	25%	23%	39%	26%	28%	42%	32%	22%	28%	22%	29%	23%	21%	27%	33%	33%	22%	27%	22%	26%	36%
Less than 1 hour	5%	3%	1%	3%	2%	3%	6%	2%	1%	1%	2%	4%	5%	2%	2%	4%	3%	2%	1%	6%	4%	2%	3%	3%	7%	3%	2%	2%	3%	2%	2%	4%	3%	3%	2%	2%	2%	3%	2%	3%
1 to 2 hours	14%	12%	16%	15%	12%	13%	20%	14%	10%	18%	15%	13%	21%	17%	9%	15%	14%	13%	14%	15%	14%	19%	14%	15%	3%	10%	18%	15%	14%	17%	18%	16%	16%	10%	11%	19%	13%	17%	15%	9%
3 to 4 hours	28%	32%	29%	30%	39%	29%	20%	26%	43%	31%	33%	25%	26%	32%	29%	31%	32%	25%	31%	28%	36%	17%	31%	29%	22%	26%	33%	32%	31%	24%	31%	27%	29%	31%	30%	30%	31%	33%	31%	24%
5 to 6 hours	18%	27%	25%	24%	14%	23%	34%	26%	19%	23%	24%	23%	28%	24%	24%	23%	23%	27%	25%	24%	21%	21%	24%	23%	14%	27%	23%	21%	29%	26%	24%	31%	24%	21%	24%	26%	25%	23%	24%	25%
Unsure	2%	4%	4%	1%	5%	2%	2%	1%	3%	0%	1%	3%	1%	1%	3%	2%	2%	1%	3%	3%	1%	2%	2%	3%	12%	2%	2%	2%	0%	1%	2%	0%	2%	2%	1%	1%	2%	2%	2%	2%

On average, how many hours per day do you spend online (including social media, streaming, gaming, browsing, etc.)?

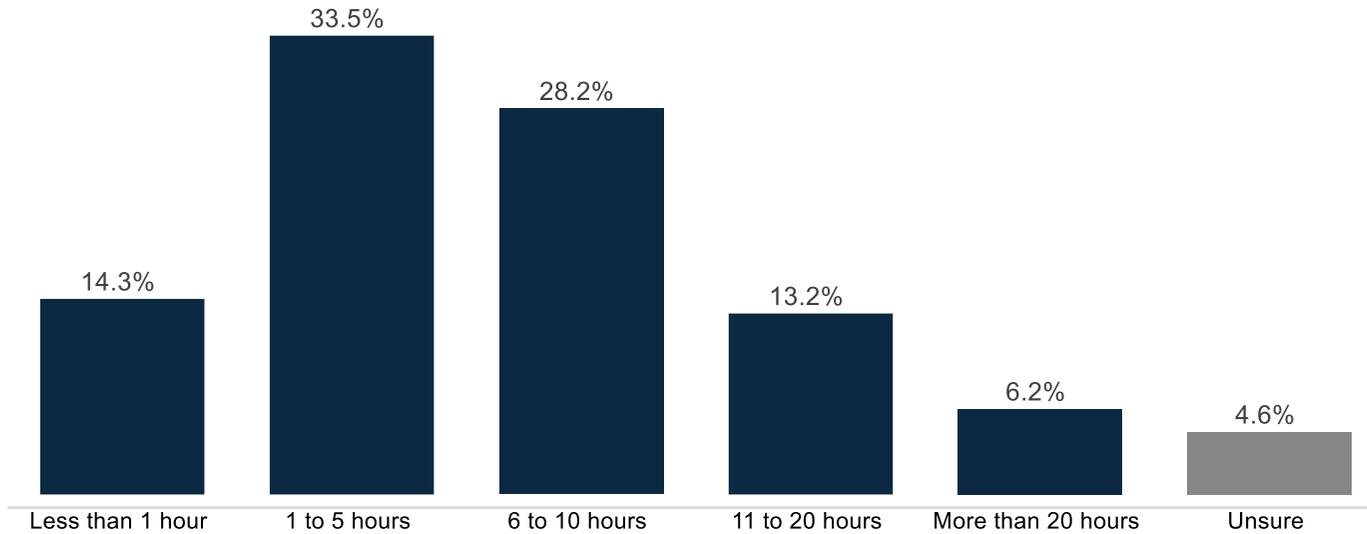
Social Media Feed



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	Mid-Social	High Social	Low Online	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Religion	Social Act	Solo Online Act	Positive Act	Offline Act	Neutral MH	Neg MH
Agree Total	42%	54%	59%	63%	28%	59%	61%	52%	61%	58%	61%	47%	60%	58%	52%	63%	55%	52%	53%	60%	58%	50%	55%	57%	46%	55%	56%	57%	55%	56%	58%	57%	53%	56%	70%	57%	50%	58%	57%	58%	53%	59%	58%
Disagree Total	53%	40%	37%	32%	64%	37%	35%	46%	34%	38%	35%	48%	37%	38%	44%	34%	39%	46%	43%	34%	39%	41%	40%	39%	38%	40%	40%	38%	42%	43%	38%	39%	44%	40%	29%	41%	44%	38%	39%	38%	43%	37%	37%
Strongly agree	13%	17%	18%	18%	10%	16%	21%	13%	24%	18%	19%	14%	20%	17%	17%	18%	16%	19%	16%	19%	21%	5%	16%	19%	16%	14%	18%	16%	15%	22%	17%	16%	18%	19%	24%	13%	16%	18%	17%	18%	15%	15%	21%
Somewhat agree	29%	37%	41%	45%	18%	43%	39%	39%	36%	40%	43%	33%	40%	41%	35%	44%	39%	33%	37%	40%	37%	46%	39%	38%	30%	41%	39%	41%	40%	34%	41%	40%	35%	37%	45%	44%	34%	40%	41%	40%	37%	43%	37%
Somewhat disagree	37%	31%	27%	21%	44%	28%	28%	31%	27%	20%	26%	33%	23%	26%	33%	23%	28%	33%	30%	27%	27%	22%	29%	27%	29%	28%	28%	28%	31%	27%	21%	30%	30%	24%	22%	30%	33%	28%	28%	28%	29%	27%	27%
Strongly disagree	15%	9%	10%	11%	10%	8%	7%	15%	7%	18%	10%	14%	14%	12%	11%	11%	11%	13%	13%	6%	11%	20%	11%	12%	9%	12%	12%	10%	11%	15%	17%	9%	14%	16%	7%	11%	10%	11%	11%	11%	14%	10%	10%
Unsure	5%	6%	4%	5%	9%	4%	5%	2%	5%	3%	4%	6%	3%	4%	5%	3%	6%	2%	4%	6%	4%	8%	4%	4%	16%	5%	4%	5%	3%	2%	4%	4%	3%	4%	1%	2%	6%	4%	4%	4%	5%	5%	4%

How much do you agree or disagree with the following statement: I often feel like I have no control over what appears in my social media feeds.

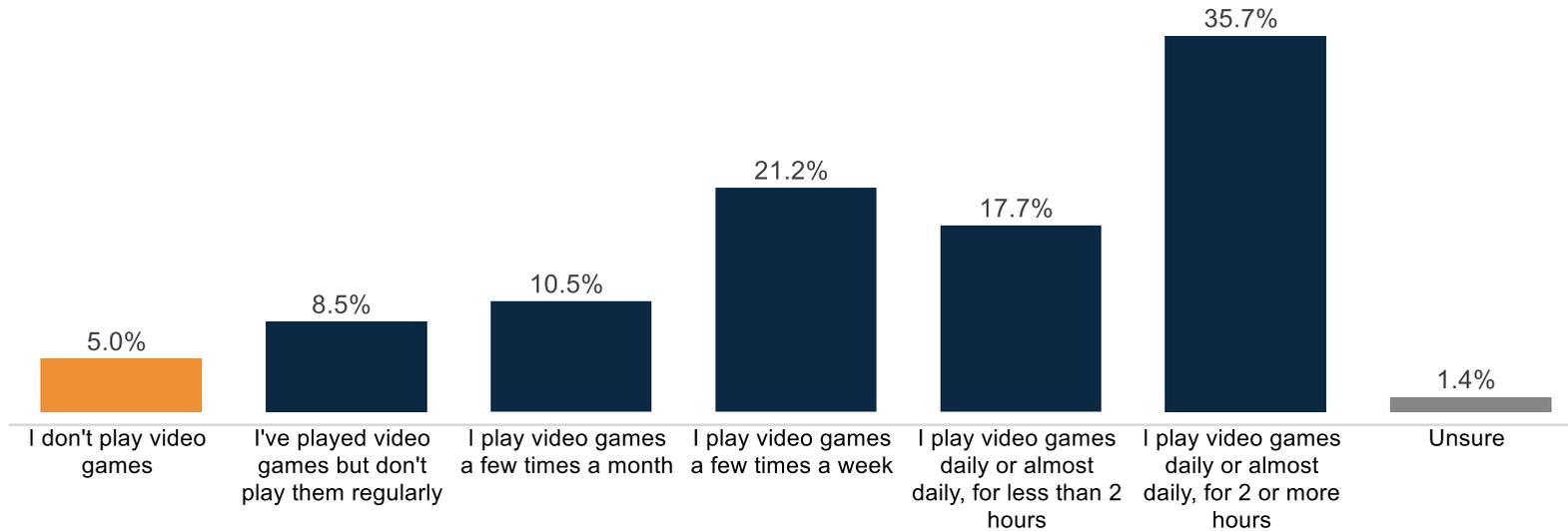
Social In-Person Hours Weekly



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Reg Exercise	Low Online	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH
Low Social	42%	48%	43%	55%	50%	49%	46%	48%	60%	40%	46%	52%	30%	43%	58%	45%	49%	48%	48%	45%	53%	49%	50%	43%	64%	52%	44%	46%	48%	50%	39%	39%	51%	56%	51%	43%	48%	43%	51%	52%
High Social	23%	18%	23%	16%	30%	19%	18%	21%	13%	23%	21%	17%	26%	25%	12%	21%	19%	23%	20%	18%	23%	19%	19%	21%	8%	19%	21%	22%	18%	21%	26%	31%	14%	15%	17%	25%	20%	24%	16%	18%
Less than 1 hour	10%	16%	14%	17%	17%	16%	12%	10%	21%	7%	12%	17%	4%	9%	25%	12%	16%	12%	15%	13%	14%	12%	15%	12%	29%	19%	10%	12%	11%	22%	7%	6%	14%	24%	16%	8%	15%	7%	17%	21%
1 to 5 hours	32%	32%	29%	38%	33%	32%	34%	38%	39%	33%	33%	35%	26%	35%	33%	33%	32%	36%	33%	31%	39%	37%	35%	31%	34%	33%	33%	35%	36%	28%	32%	34%	37%	32%	35%	35%	33%	36%	34%	30%
6 to 10 hours	30%	28%	31%	25%	18%	29%	33%	27%	23%	34%	31%	26%	42%	30%	24%	31%	28%	27%	28%	32%	22%	28%	27%	32%	11%	26%	32%	28%	32%	23%	32%	29%	33%	23%	28%	30%	28%	31%	29%	24%
11 to 20 hours	15%	13%	16%	10%	15%	12%	13%	17%	8%	18%	15%	12%	20%	18%	7%	16%	12%	15%	13%	12%	15%	10%	13%	14%	8%	12%	15%	14%	14%	12%	18%	22%	11%	9%	12%	18%	14%	17%	11%	12%
More than 20 hours	8%	5%	7%	6%	14%	7%	5%	4%	5%	5%	6%	6%	6%	7%	5%	6%	6%	8%	6%	5%	7%	9%	6%	7%	0%	7%	7%	7%	5%	9%	8%	9%	3%	6%	5%	7%	6%	7%	6%	6%
Unsure	5%	6%	4%	4%	2%	4%	2%	4%	4%	3%	3%	5%	2%	2%	6%	2%	4%	2%	4%	5%	3%	4%	4%	4%	17%	3%	4%	4%	2%	5%	3%	1%	2%	5%	4%	2%	4%	2%	4%	6%

On average, how many hours per week do you spend in-person with friends or participating in social activities?

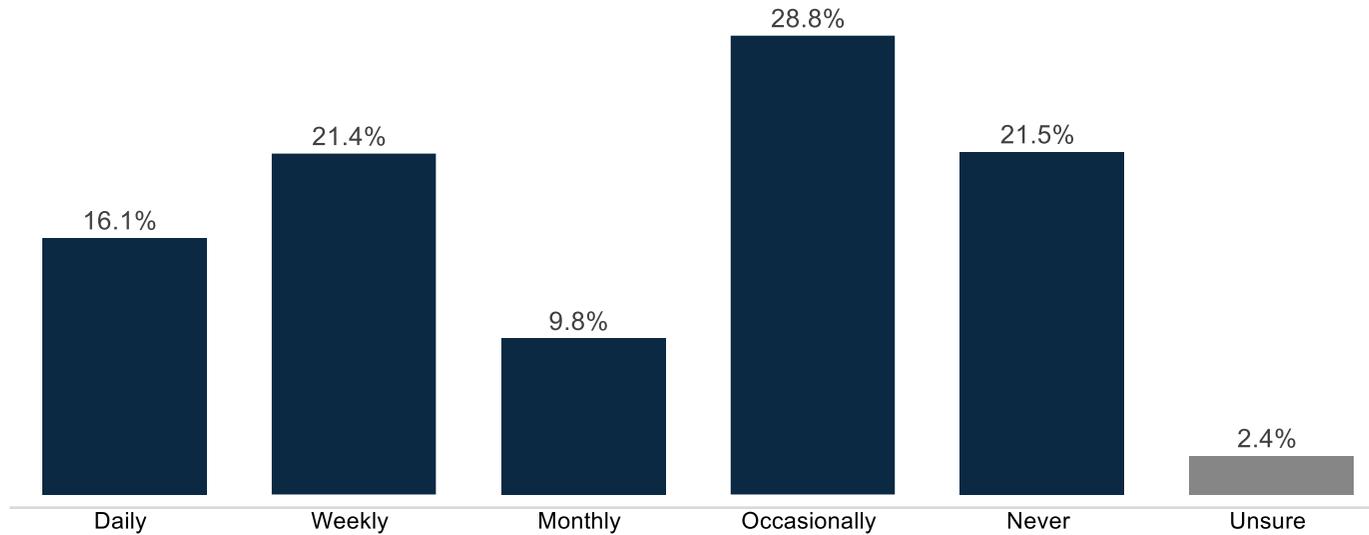
Gaming Frequency



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never HS	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Ireg Exercise	Reg Exercise	Low Exercise	Mid-Social	High-Social	Low Social	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH	
Don't Game	16%	12%	12%	14%	18%	13%	13%	12%	15%	16%	11%	17%	11%	12%	16%	12%	15%	13%	14%	14%	14%	11%	15%	10%	12%	13%	14%	13%	15%	15%	28%	12%	7%	15%	11%	13%	13%	9%	13%	14%	14%	14%	11%
Some Gaming	28%	33%	32%	33%	31%	29%	37%	41%	29%	31%	33%	31%	36%	36%	24%	32%	30%	31%	32%	32%	30%	31%	32%	32%	21%	34%	32%	33%	33%	30%	36%	37%	21%	33%	38%	36%	24%	30%	36%	34%	34%	30%	30%
Heavy Gaming	55%	53%	54%	51%	50%	57%	49%	47%	55%	52%	55%	51%	53%	51%	59%	55%	53%	55%	52%	54%	54%	56%	52%	56%	60%	52%	53%	54%	52%	54%	35%	51%	70%	51%	51%	50%	61%	60%	50%	52%	50%	54%	58%
I don't play video games	5%	6%	3%	6%	6%	4%	5%	3%	7%	7%	4%	7%	3%	4%	7%	4%	6%	5%	6%	5%	3%	4%	6%	3%	4%	6%	5%	4%	6%	9%	4%	2%	5%	1%	7%	6%	3%	4%	5%	5%	5%	5%	
I've played video games but don't play them regularly	11%	7%	8%	8%	12%	8%	8%	8%	8%	10%	8%	10%	8%	9%	9%	8%	9%	8%	8%	8%	11%	7%	9%	7%	8%	7%	9%	7%	11%	9%	18%	7%	5%	10%	10%	7%	7%	6%	9%	8%	10%	9%	7%
I play video games a few times a month	9%	10%	10%	12%	7%	10%	15%	15%	6%	10%	12%	8%	11%	13%	5%	11%	8%	11%	10%	12%	11%	13%	11%	11%	1%	14%	10%	12%	12%	8%	13%	12%	8%	12%	13%	11%	8%	8%	13%	11%	13%	7%	10%
I play video games a few times a week	19%	23%	23%	21%	24%	19%	23%	26%	23%	21%	21%	23%	25%	22%	19%	21%	22%	20%	23%	20%	20%	18%	22%	21%	19%	20%	22%	21%	21%	23%	23%	25%	14%	22%	26%	25%	17%	22%	23%	22%	21%	22%	21%
I play video games daily or almost daily, for less than 2 hours	12%	18%	18%	21%	10%	16%	20%	17%	15%	27%	21%	13%	21%	10%	16%	20%	15%	23%	17%	17%	19%	21%	18%	19%	12%	15%	20%	16%	23%	17%	19%	21%	10%	21%	20%	18%	16%	18%	20%	17%	20%	18%	13%
I play video games daily or almost daily, for 2 or more hours	43%	35%	36%	31%	40%	41%	29%	30%	41%	24%	34%	38%	32%	32%	44%	35%	38%	32%	35%	37%	35%	36%	34%	37%	48%	38%	33%	38%	29%	36%	17%	30%	60%	31%	30%	32%	46%	43%	31%	35%	30%	36%	45%
Unsure	1%	2%	1%	2%	1%	1%	0%	0%	1%	1%	1%	0%	0%	1%	1%	1%	1%	1%	1%	1%	2%	2%	1%	2%	8%	1%	1%	0%	0%	1%	1%	0%	2%	1%	0%	1%	1%	1%	0%	1%	1%	2%	1%

How often do you play video games?

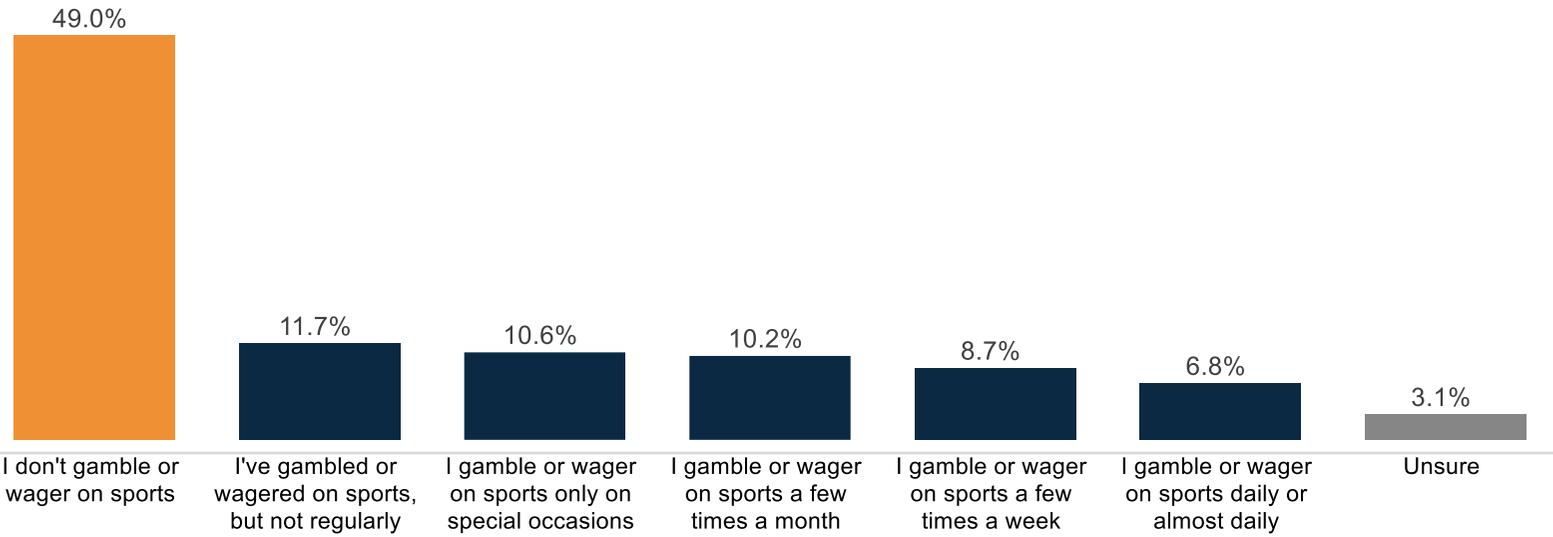
AI Usage Frequency



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Low Social	Mid-Social	High Social	Low Online	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH
Daily	17%	12%	17%	17%	26%	15%	12%	11%	12%	25%	17%	15%	25%	18%	13%	20%	14%	17%	15%	15%	15%	31%	15%	17%	14%	14%	17%	14%	16%	22%	16%	14%	21%	22%	9%	16%	15%	16%	17%	17%	16%	20%	11%
Weekly	25%	16%	19%	25%	27%	16%	28%	28%	26%	25%	23%	19%	29%	27%	15%	24%	20%	26%	23%	19%	21%	23%	22%	22%	20%	20%	22%	19%	24%	27%	17%	23%	22%	25%	33%	20%	17%	22%	22%	21%	26%	20%	17%
Monthly	7%	15%	10%	8%	4%	9%	13%	14%	5%	12%	10%	10%	14%	10%	7%	11%	9%	10%	9%	11%	13%	8%	11%	8%	11%	10%	10%	7%	13%	11%	12%	11%	7%	7%	19%	12%	6%	9%	11%	9%	11%	8%	10%
Occasionally	30%	29%	32%	25%	27%	30%	30%	34%	27%	27%	29%	30%	24%	30%	27%	25%	31%	28%	27%	34%	33%	16%	27%	32%	14%	28%	31%	32%	29%	19%	33%	29%	27%	31%	27%	31%	26%	30%	30%	29%	30%	28%	29%
Never	17%	26%	19%	23%	14%	29%	14%	13%	30%	11%	20%	24%	6%	14%	36%	18%	23%	18%	25%	19%	16%	17%	23%	19%	34%	26%	18%	26%	17%	20%	19%	22%	22%	13%	12%	20%	33%	22%	19%	22%	16%	22%	32%
Unsure	4%	2%	3%	1%	1%	2%	2%	0%	0%	0%	2%	2%	2%	1%	2%	1%	2%	1%	2%	2%	2%	4%	2%	2%	8%	2%	2%	1%	0%	1%	3%	1%	2%	2%	0%	0%	2%	2%	2%	2%	1%	2%	1%

How often do you use generative AI chat conversations, like ChatGPT for things like search, advice, ideas, or decision-making?

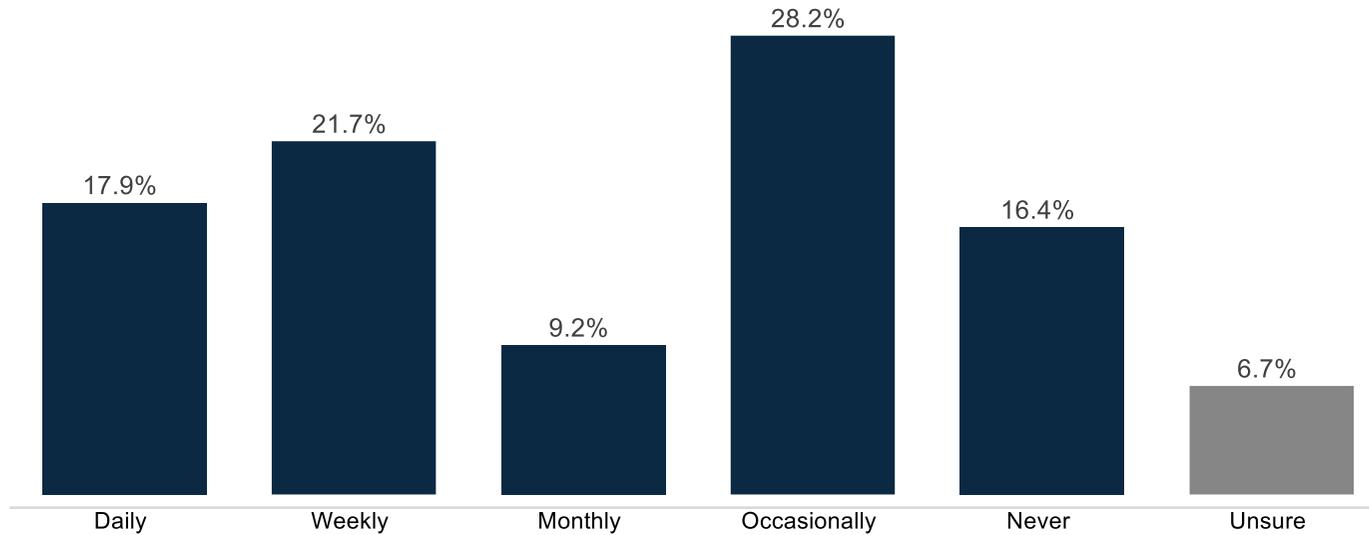
Gambling Frequency



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	High-Social	Low Social	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online	Social Act	Solo Act	Positive MH	Neutral MH	Neg MH	
I don't gamble or wager on sports	60%	52%	43%	44%	75%	51%	32%	55%	55%	40%	44%	58%	26%	43%	59%	40%	52%	50%	55%	45%	34%	53%	51%	45%	54%	51%	47%	56%	39%	43%	47%	48%	54%	43%	33%	49%	62%	50%	45%	53%	46%	46%	58%
I've gambled or wagered on sports, but not regularly	12%	10%	12%	12%	9%	13%	13%	12%	4%	14%	13%	9%	14%	13%	11%	14%	12%	11%	12%	13%	12%	4%	11%	14%	11%	12%	12%	11%	11%	16%	11%	11%	14%	12%	15%	13%	10%	11%	14%	11%	11%	13%	11%
I gamble or wager on sports only on special occasions	6%	15%	12%	10%	2%	11%	15%	10%	8%	13%	12%	8%	20%	13%	6%	12%	8%	11%	7%	15%	14%	12%	10%	12%	5%	12%	11%	8%	17%	10%	12%	12%	8%	14%	16%	11%	7%	11%	12%	10%	12%	11%	8%
I gamble or wager on sports a few times a month	8%	9%	11%	12%	0%	10%	13%	9%	8%	12%	12%	7%	16%	13%	6%	11%	11%	9%	9%	8%	17%	11%	10%	11%	10%	11%	10%	8%	14%	11%	12%	11%	8%	12%	14%	11%	6%	10%	11%	10%	11%	10%	9%
I gamble or wager on sports a few times a week	7%	7%	11%	10%	3%	6%	15%	6%	14%	14%	10%	7%	15%	9%	8%	10%	9%	10%	7%	10%	11%	10%	9%	8%	4%	7%	10%	7%	12%	9%	9%	10%	6%	7%	16%	8%	6%	9%	8%	8%	10%	10%	5%
I gamble or wager on sports daily or almost daily	3%	4%	8%	11%	2%	6%	9%	8%	10%	8%	8%	6%	11%	8%	7%	10%	5%	8%	7%	6%	9%	3%	7%	8%	5%	5%	8%	7%	5%	8%	5%	7%	8%	10%	6%	7%	5%	8%	9%	6%	7%	6%	7%
Unsure	5%	3%	3%	2%	9%	3%	3%	0%	0%	0%	2%	3%	0%	1%	3%	3%	2%	2%	2%	3%	3%	7%	2%	2%	11%	3%	2%	2%	2%	2%	4%	2%	2%	1%	1%	1%	3%	2%	1%	2%	2%	4%	2%

How often do you gamble or wager on sports, including online sports betting?

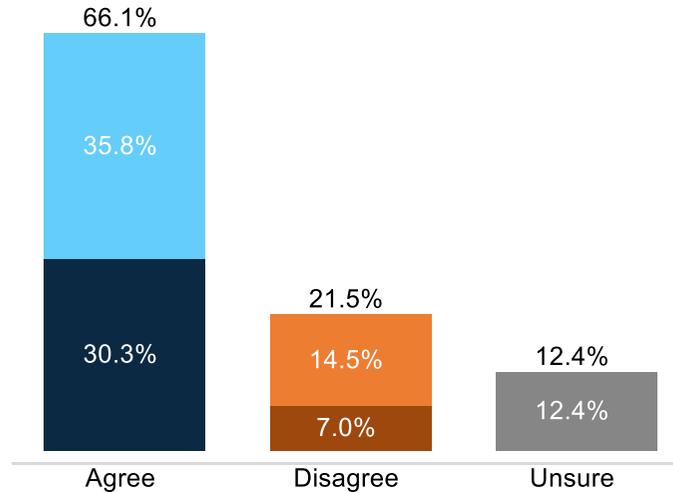
Pornography Frequency



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Reg Exercise	Low Social	Mid-Social	High Social	Low Online	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH
Daily	22%	16%	16%	18%	17%	20%	13%	19%	24%	12%	15%	23%	14%	16%	23%	16%	19%	22%	18%	16%	18%	25%	19%	17%	23%	20%	16%	21%	15%	14%	13%	14%	29%	15%	15%	19%	22%	20%	14%	17%	14%	16%	27%
Weekly	16%	21%	24%	24%	28%	18%	22%	22%	29%	27%	24%	19%	29%	23%	21%	22%	20%	28%	22%	19%	19%	30%	22%	21%	12%	27%	20%	19%	24%	27%	20%	22%	23%	20%	32%	22%	20%	23%	23%	21%	21%	23%	23%
Monthly	9%	12%	6%	9%	4%	11%	12%	6%	6%	8%	10%	8%	13%	11%	7%	8%	11%	9%	7%	13%	14%	5%	10%	8%	5%	10%	9%	6%	15%	8%	13%	10%	6%	8%	11%	11%	8%	8%	10%	9%	9%	8%	11%
Occasionally	27%	25%	35%	27%	23%	29%	33%	27%	24%	29%	30%	26%	30%	28%	26%	30%	28%	24%	28%	31%	26%	24%	28%	28%	25%	25%	30%	30%	27%	30%	27%	30%	26%	27%	31%	28%	29%	28%	28%	31%	27%	32%	24%
Never	14%	18%	15%	18%	19%	15%	14%	18%	15%	19%	17%	14%	11%	18%	16%	21%	17%	10%	17%	14%	18%	15%	15%	20%	21%	12%	18%	19%	13%	16%	18%	18%	11%	23%	9%	15%	16%	15%	18%	16%	23%	13%	10%
Unsure	12%	7%	4%	5%	10%	7%	5%	8%	2%	4%	5%	9%	3%	5%	7%	4%	6%	6%	7%	7%	6%	2%	6%	6%	15%	6%	6%	6%	5%	5%	8%	5%	6%	6%	2%	5%	6%	5%	7%	6%	5%	7%	5%

How often do you come across or intentionally view adult sexual content online?

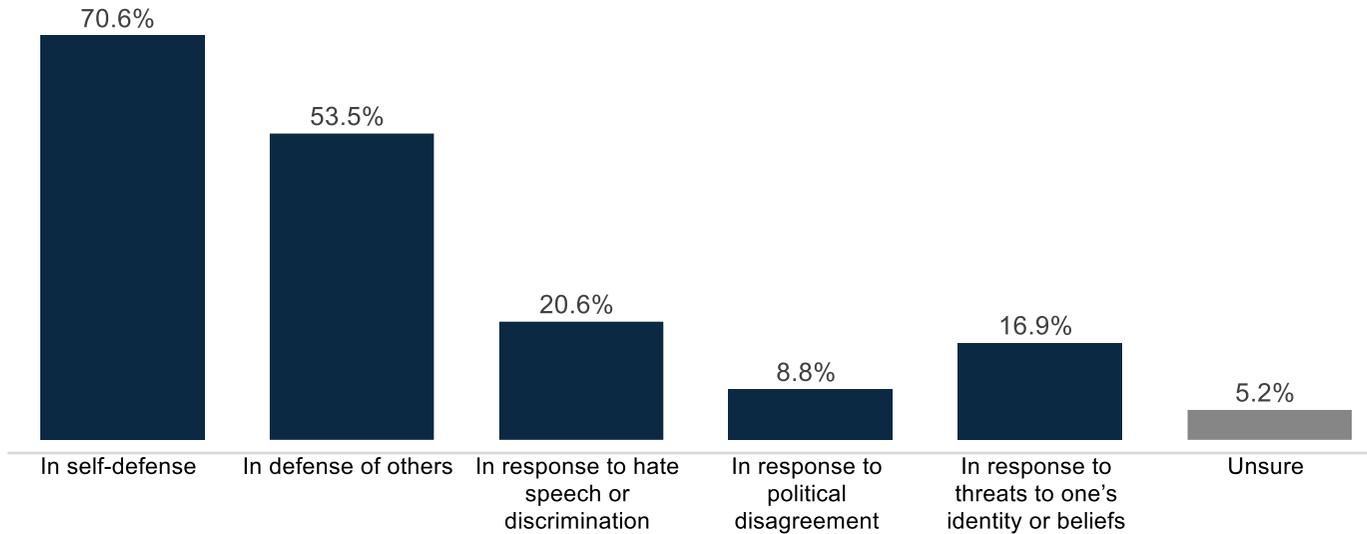
Online vs. Offline Aggression



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity/Aff	Non-Fraternity/Aff	Not Affiliated	Republican	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Online	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH		
Agree Total	64%	67%	62%	70%	70%	67%	58%	62%	73%	72%	70%	61%	70%	68%	65%	68%	67%	68%	65%	65%	74%	67%	64%	74%	46%	62%	71%	66%	67%	71%	59%	70%	65%	69%	70%	63%	67%	69%	69%	66%	62%	70%	69%
Disagree Total	24%	21%	24%	18%	18%	21%	32%	27%	18%	17%	20%	24%	25%	22%	20%	21%	20%	24%	22%	22%	22%	18%	24%	15%	28%	24%	19%	20%	24%	21%	27%	21%	19%	22%	24%	25%	18%	19%	21%	21%	27%	17%	20%
Strongly agree	30%	29%	30%	32%	35%	30%	26%	28%	37%	32%	31%	30%	31%	31%	31%	29%	33%	31%	27%	30%	42%	32%	29%	36%	21%	29%	32%	28%	31%	36%	24%	31%	33%	27%	32%	31%	32%	32%	30%	30%	27%	31%	36%
Somewhat agree	34%	38%	33%	38%	35%	36%	32%	35%	36%	41%	39%	31%	39%	36%	34%	40%	34%	37%	38%	35%	32%	35%	35%	39%	25%	33%	39%	38%	37%	35%	35%	39%	32%	41%	36%	32%	35%	37%	40%	36%	36%	39%	33%
Somewhat disagree	16%	15%	16%	12%	13%	14%	22%	18%	11%	13%	14%	15%	16%	15%	11%	13%	13%	18%	13%	16%	15%	16%	16%	10%	10%	15%	15%	13%	17%	16%	18%	16%	10%	14%	19%	19%	10%	12%	14%	14%	18%	12%	12%
Strongly disagree	8%	6%	8%	6%	6%	7%	10%	9%	7%	4%	6%	9%	9%	7%	9%	8%	7%	6%	8%	6%	7%	2%	8%	5%	18%	8%	5%	7%	7%	5%	8%	5%	9%	8%	5%	7%	8%	7%	7%	7%	9%	5%	7%
Unsure	12%	11%	14%	12%	11%	12%	10%	11%	9%	11%	10%	15%	5%	10%	15%	11%	13%	8%	14%	13%	5%	15%	12%	11%	26%	14%	10%	14%	8%	8%	14%	9%	15%	9%	6%	11%	14%	12%	9%	13%	11%	13%	11%

How much do you agree or disagree with the following statement: I know people who are aggressive online but who are not aggressive in person.

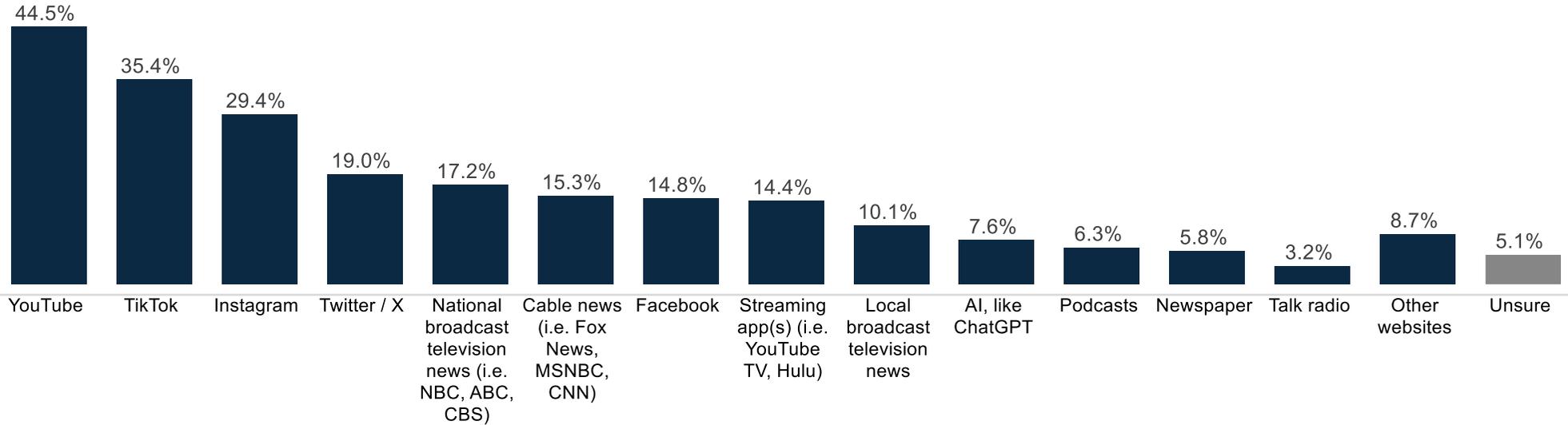
Violence Opinion



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	High-Social	Low Social	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH		
In self-defense	70%	64%	71%	76%	70%	73%	59%	79%	76%	71%	71%	72%	56%	66%	82%	67%	75%	69%	75%	70%	63%	61%	70%	76%	71%	69%	72%	70%	66%	68%	58%	58%	71%	80%	69%	55%	72%	82%	75%	69%	76%	67%	72%	77%
In defense of others	62%	49%	54%	51%	64%	54%	48%	60%	58%	50%	51%	59%	38%	52%	59%	48%	53%	60%	58%	54%	39%	49%	53%	57%	49%	57%	52%	55%	49%	57%	42%	52%	65%	51%	48%	55%	59%	57%	53%	55%	49%	54%	61%	
In response to hate speech or discrimination	27%	18%	18%	20%	38%	19%	24%	25%	12%	22%	21%	20%	24%	23%	19%	22%	15%	30%	19%	22%	23%	25%	22%	19%	17%	22%	20%	17%	22%	29%	16%	21%	24%	20%	29%	20%	19%	21%	22%	21%	21%	22%	18%	
In response to political disagreement	5%	11%	10%	8%	7%	10%	12%	7%	6%	8%	10%	8%	20%	12%	4%	11%	9%	9%	8%	8%	11%	15%	10%	7%	8%	8%	10%	6%	12%	13%	13%	9%	7%	11%	13%	10%	6%	9%	12%	8%	12%	6%	8%	
In response to threats to one's identity or beliefs	19%	17%	20%	14%	21%	16%	30%	17%	17%	11%	17%	18%	27%	19%	14%	16%	16%	21%	17%	18%	15%	14%	17%	18%	12%	16%	18%	14%	19%	22%	18%	17%	17%	18%	23%	14%	16%	17%	19%	19%	19%	14%	17%	
Unsure	8%	8%	5%	5%	4%	5%	2%	1%	7%	2%	4%	6%	2%	4%	6%	3%	8%	1%	5%	6%	5%	2%	5%	3%	17%	5%	4%	5%	3%	3%	6%	4%	5%	3%	2%	4%	5%	4%	3%	3%	4%	5%	5%	

In which of the following situations do you believe violence may be acceptable? Select all that apply.

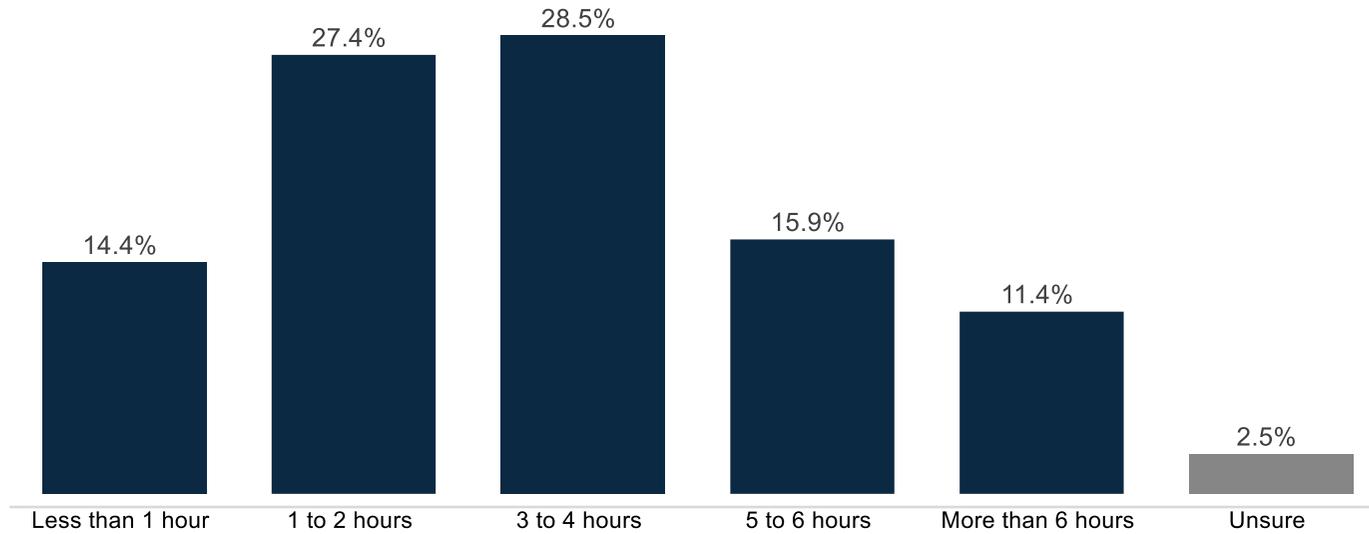
News Source



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	Some College	Grad College	Employed	Fraternity	Non-Fraternity Aff	Not Affiliated	Republican	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Social	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH			
National broadcast television news (i.e. NBC, ABC, CBS)	14%	18%	18%	18%	13%	16%	20%	17%	22%	19%	19%	16%	18%	16%	15%	19%	20%	17%	20%	14%	16%	17%	17%	9%	17%	18%	18%	15%	20%	15%	18%	16%	18%	17%	20%	15%	19%	20%	18%	19%	15%	16%	
Local broadcast television news	9%	10%	8%	13%	10%	9%	14%	6%	11%	13%	9%	12%	11%	9%	10%	13%	9%	9%	10%	13%	9%	9%	9%	6%	10%	11%	11%	10%	10%	8%	11%	11%	12%	12%	9%	10%	11%	11%	11%	10%	10%	11%	
Cable news (i.e. Fox News, MSNBC, CNN)	16%	10%	17%	17%	14%	14%	24%	15%	16%	16%	17%	22%	17%	15%	17%	14%	17%	13%	17%	19%	18%	15%	18%	9%	11%	18%	15%	17%	16%	17%	14%	17%	21%	16%	14%	12%	15%	18%	15%	18%	15%	12%	
Streaming app(s) (i.e. YouTube TV, Hulu)	13%	12%	16%	16%	11%	14%	17%	16%	12%	16%	15%	16%	16%	12%	15%	13%	16%	14%	14%	20%	10%	15%	15%	11%	15%	14%	14%	16%	15%	11%	16%	14%	14%	16%	15%	14%	15%	14%	15%	14%	15%	12%	17%
Social Media	79%	81%	74%	78%	85%	82%	71%	75%	79%	75%	80%	76%	79%	82%	79%	77%	84%	78%	79%	78%	74%	78%	80%	67%	77%	80%	80%	76%	79%	70%	79%	83%	69%	84%	79%	83%	82%	78%	80%	80%	77%	79%	
TikTok	43%	39%	34%	27%	48%	39%	33%	34%	28%	28%	35%	39%	36%	35%	32%	32%	39%	34%	38%	38%	34%	33%	42%	33%	34%	36%	34%	37%	38%	33%	38%	33%	31%	36%	35%	39%	37%	36%	37%	36%	35%	37%	
Instagram	36%	34%	27%	22%	43%	27%	23%	40%	24%	31%	29%	28%	31%	28%	30%	29%	29%	27%	32%	33%	26%	27%	34%	25%	25%	32%	27%	30%	34%	28%	30%	29%	28%	37%	28%	28%	29%	30%	31%	32%	29%	28%	
Facebook	10%	12%	14%	21%	9%	21%	12%	9%	13%	10%	17%	12%	14%	17%	19%	17%	8%	17%	14%	14%	8%	14%	17%	13%	15%	15%	16%	12%	17%	15%	15%	16%	13%	19%	15%	16%	15%	16%	13%	13%	17%	16%	
Twitter / X	12%	20%	21%	22%	12%	17%	16%	24%	26%	24%	21%	20%	19%	22%	21%	17%	23%	20%	20%	19%	10%	21%	15%	20%	16%	20%	21%	19%	14%	13%	20%	22%	19%	18%	20%	21%	22%	20%	22%	20%	17%	21%	
YouTube	45%	47%	41%	44%	52%	47%	41%	37%	45%	41%	45%	38%	44%	48%	44%	47%	47%	44%	41%	46%	55%	46%	39%	45%	46%	44%	50%	39%	43%	37%	43%	54%	40%	50%	46%	45%	49%	43%	44%	45%	47%	43%	
Newspaper	5%	5%	5%	8%	3%	5%	7%	5%	1%	13%	7%	11%	7%	3%	8%	4%	7%	6%	5%	8%	5%	5%	8%	3%	4%	7%	5%	7%	6%	9%	4%	6%	8%	7%	6%	4%	5%	7%	5%	7%	6%	3%	
Talk radio	3%	1%	4%	4%	3%	4%	2%	3%	1%	4%	3%	3%	4%	3%	4%	3%	4%	3%	4%	2%	3%	3%	2%	3%	3%	3%	4%	2%	4%	7%	2%	3%	4%	1%	6%	2%	3%	4%	3%	2%	4%	4%	
Podcasts	2%	5%	7%	9%	3%	5%	6%	7%	8%	12%	7%	9%	8%	4%	6%	6%	8%	7%	4%	6%	5%	6%	8%	5%	6%	7%	6%	7%	5%	7%	6%	6%	4%	9%	7%	7%	6%	7%	5%	6%	9%		
AI, like ChatGPT	11%	9%	3%	7%	10%	8%	9%	4%	10%	4%	8%	13%	9%	5%	9%	6%	11%	7%	9%	6%	8%	8%	6%	6%	8%	8%	6%	10%	9%	8%	7%	9%	12%	8%	5%	7%	6%	8%	8%	8%	8%	6%	
Other websites	8%	11%	9%	7%	6%	8%	10%	12%	10%	9%	7%	8%	9%	8%	6%	9%	13%	10%	8%	6%	7%	9%	7%	12%	9%	8%	9%	7%	10%	7%	9%	9%	9%	5%	7%	10%	8%	10%	9%	8%	6%	12%	
Unsure	5%	4%	7%	4%	4%	4%	3%	6%	8%	4%	3%	2%	3%	6%	3%	5%	1%	6%	4%	2%	9%	4%	5%	14%	6%	4%	4%	4%	3%	7%	3%	5%	4%	1%	3%	7%	5%	3%	5%	3%	6%	5%	

What are your primary sources for news? Select up to three options.

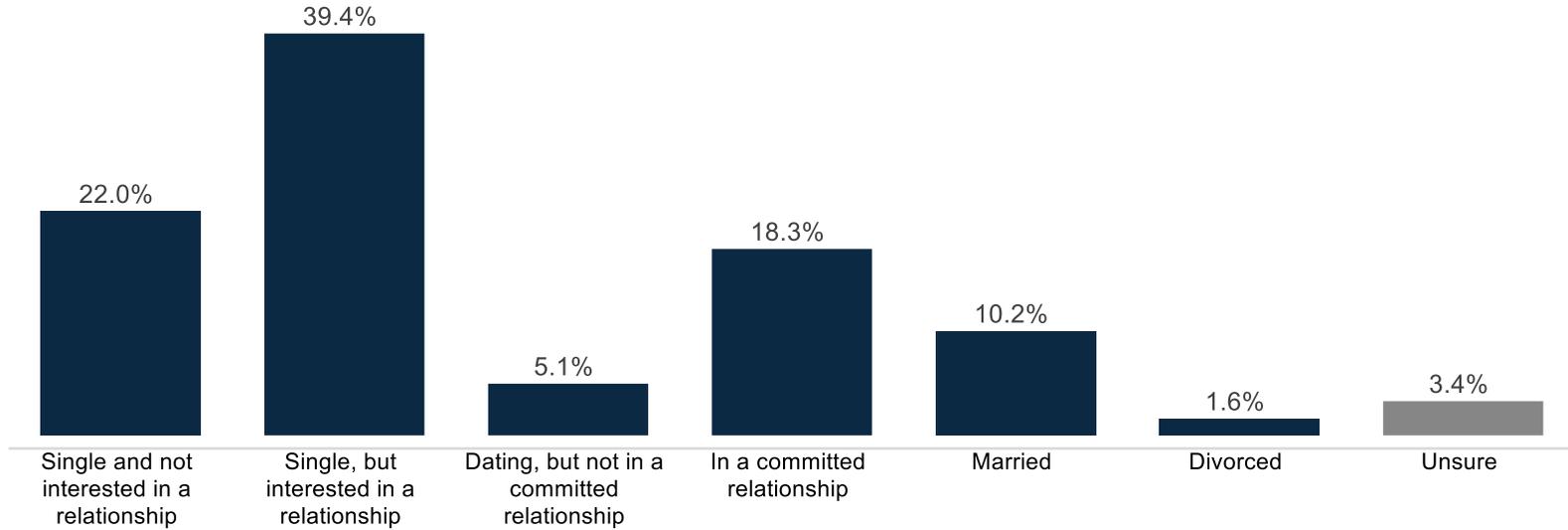
YouTube Hours Daily



	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not-Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Single	In a Relationship	Never Exercise	Reg Exercise	Low Exercise	Mid-Social	High-Social	Low Social	Mid-Online	High-Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH	
Low YouTube	50%	39%	39%	39%	49%	42%	36%	44%	48%	40%	43%	41%	35%	39%	44%	42%	41%	37%	45%	42%	36%	32%	39%	49%	46%	34%	46%	43%	40%	43%	60%	42%	32%	40%	39%	43%	45%	39%	47%	42%	43%	45%	38%
Mid-YouTube	39%	45%	45%	48%	41%	43%	51%	47%	45%	48%	46%	42%	55%	49%	40%	42%	46%	52%	42%	47%	45%	52%	46%	42%	35%	49%	43%	42%	50%	46%	32%	51%	42%	49%	52%	42%	40%	48%	43%	45%	46%	42%	45%
High YouTube - More than 6 hours	9%	13%	14%	10%	8%	14%	12%	8%	5%	9%	10%	14%	9%	10%	14%	14%	11%	11%	11%	9%	17%	13%	13%	8%	10%	15%	10%	12%	9%	11%	7%	6%	26%	9%	8%	13%	13%	12%	9%	11%	9%	11%	15%
Less than 1 hour	24%	9%	12%	13%	28%	13%	12%	20%	15%	9%	13%	17%	12%	13%	16%	16%	12%	13%	16%	15%	9%	13%	14%	13%	26%	12%	14%	13%	15%	17%	22%	15%	10%	17%	9%	11%	17%	12%	16%	16%	14%	14%	17%
1 to 2 hours	26%	30%	28%	26%	21%	29%	23%	24%	34%	31%	30%	24%	22%	26%	29%	26%	28%	24%	28%	28%	27%	19%	24%	36%	19%	22%	31%	30%	25%	26%	38%	27%	22%	23%	30%	32%	28%	27%	31%	27%	28%	31%	22%
3 to 4 hours	26%	26%	29%	33%	31%	27%	32%	33%	26%	30%	28%	30%	32%	33%	25%	26%	29%	34%	27%	29%	29%	35%	29%	28%	21%	30%	29%	28%	36%	25%	18%	34%	26%	32%	32%	25%	27%	31%	27%	29%	31%	27%	29%
5 to 6 hours	14%	20%	16%	15%	11%	15%	19%	14%	19%	19%	18%	13%	23%	16%	15%	16%	17%	18%	15%	17%	16%	17%	17%	14%	14%	20%	14%	15%	15%	20%	15%	17%	15%	17%	20%	18%	13%	17%	17%	16%	15%	15%	16%
Unsure	2%	3%	2%	3%	2%	2%	1%	1%	1%	3%	1%	2%	1%	2%	2%	2%	2%	1%	2%	2%	2%	3%	2%	2%	10%	2%	2%	2%	1%	1%	1%	2%	0%	2%	1%	1%	2%	1%	1%	2%	2%	2%	2%

On average, how many hours per day do you spend on YouTube?

Relationship Status

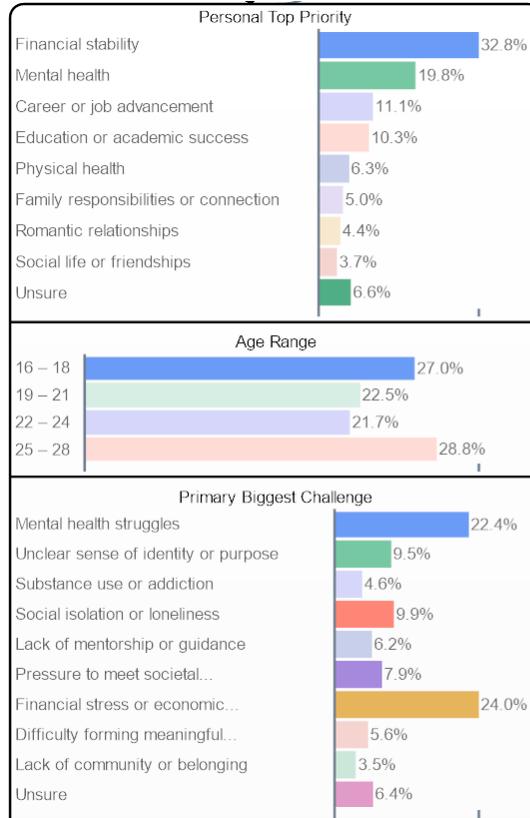


	16-18	19-21	22-24	25-28	HS Students	Some HS	Never College	In College	Some College	Grad College	Employed	Unemployed	Fraternity-Aff	Non-Fraternity-Aff	Not-Affiliated	Republican	Independent	Democrat	White	Hispanic	Black	Other Race	Never Exercise	Ireg Exercise	Reg Exercise	Low Exercise	Mid-Social	High Social	Low Online	Mid-Online	High Online	Reg Religion	Some Religion	Rare Religion	No Religion	Solo Online Act	Social Act	Solo Offline Act	Positive MH	Neutral MH	Neg MH
Single	73%	68%	70%	58%	75%	67%	63%	74%	71%	59%	62%	75%	64%	65%	71%	67%	69%	68%	64%	65%	76%	71%	68%	71%	64%	70%	63%	66%	64%	69%	64%	65%	62%	67%	71%	68%	63%	67%	62%	70%	70%
In a Relationship	22%	26%	26%	37%	20%	28%	34%	22%	27%	39%	35%	18%	33%	30%	24%	28%	27%	29%	32%	29%	23%	18%	23%	23%	32%	26%	32%	31%	29%	28%	30%	32%	34%	29%	25%	28%	33%	29%	34%	26%	25%
Single and not interested in a relationship	20%	23%	24%	21%	28%	24%	20%	14%	31%	15%	21%	24%	20%	20%	28%	17%	26%	24%	20%	20%	37%	17%	25%	25%	20%	27%	19%	15%	23%	23%	20%	21%	16%	23%	24%	22%	21%	23%	21%	24%	22%
Single, but interested in a relationship	48%	40%	41%	32%	45%	39%	36%	49%	30%	40%	37%	45%	36%	39%	40%	43%	40%	37%	41%	38%	33%	44%	41%	39%	40%	38%	39%	45%	34%	41%	40%	38%	40%	37%	43%	40%	38%	39%	36%	40%	43%
Dating, but not in a committed relationship	5%	6%	5%	5%	2%	3%	7%	11%	10%	4%	5%	6%	8%	6%	4%	7%	3%	7%	3%	7%	6%	9%	1%	7%	5%	5%	6%	6%	7%	5%	5%	6%	6%	7%	3%	5%	4%	5%	5%	6%	5%
In a committed relationship	21%	22%	14%	17%	18%	21%	17%	21%	16%	12%	20%	16%	11%	17%	19%	16%	17%	18%	20%	20%	15%	13%	17%	16%	20%	19%	18%	17%	15%	18%	20%	13%	18%	21%	21%	18%	19%	19%	19%	18%	19%
Married	2%	4%	12%	20%	1%	6%	17%	1%	11%	27%	16%	2%	21%	14%	5%	12%	10%	12%	12%	9%	8%	5%	6%	7%	13%	7%	14%	14%	14%	9%	10%	19%	15%	8%	5%	10%	14%	10%	15%	8%	6%
Divorced	0%	2%	1%	3%	0%	2%	2%	3%	1%	1%	2%	1%	2%	2%	1%	3%	1%	1%	2%	1%	0%	3%	3%	2%	1%	2%	1%	2%	2%	2%	1%	2%	4%	1%	1%	1%	2%	1%	1%	2%	2%
Unsure	5%	4%	3%	2%	5%	3%	2%	2%	2%	2%	1%	5%	1%	2%	4%	2%	3%	2%	2%	5%	1%	8%	6%	4%	3%	3%	3%	1%	5%	2%	5%	1%	1%	2%	3%	3%	2%	3%	3%	3%	3%

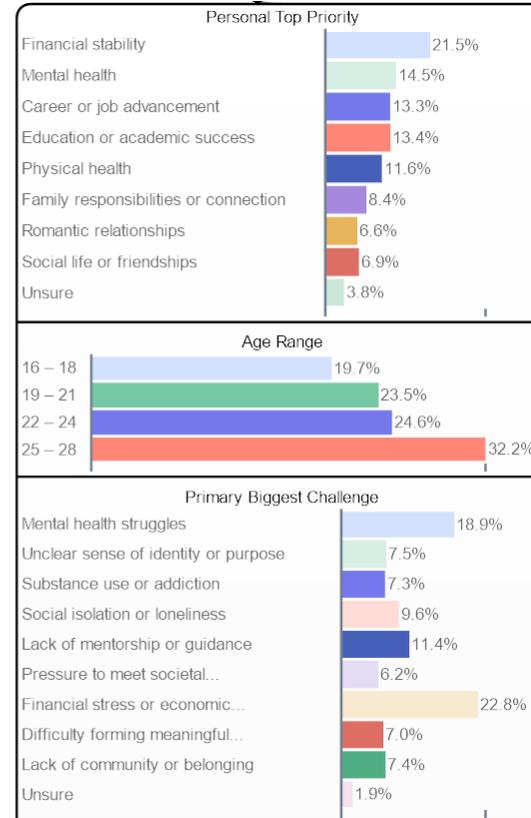
What is your current relationship status?

Segmentation Analysis:

Low Alignment/Less Guided (50%)



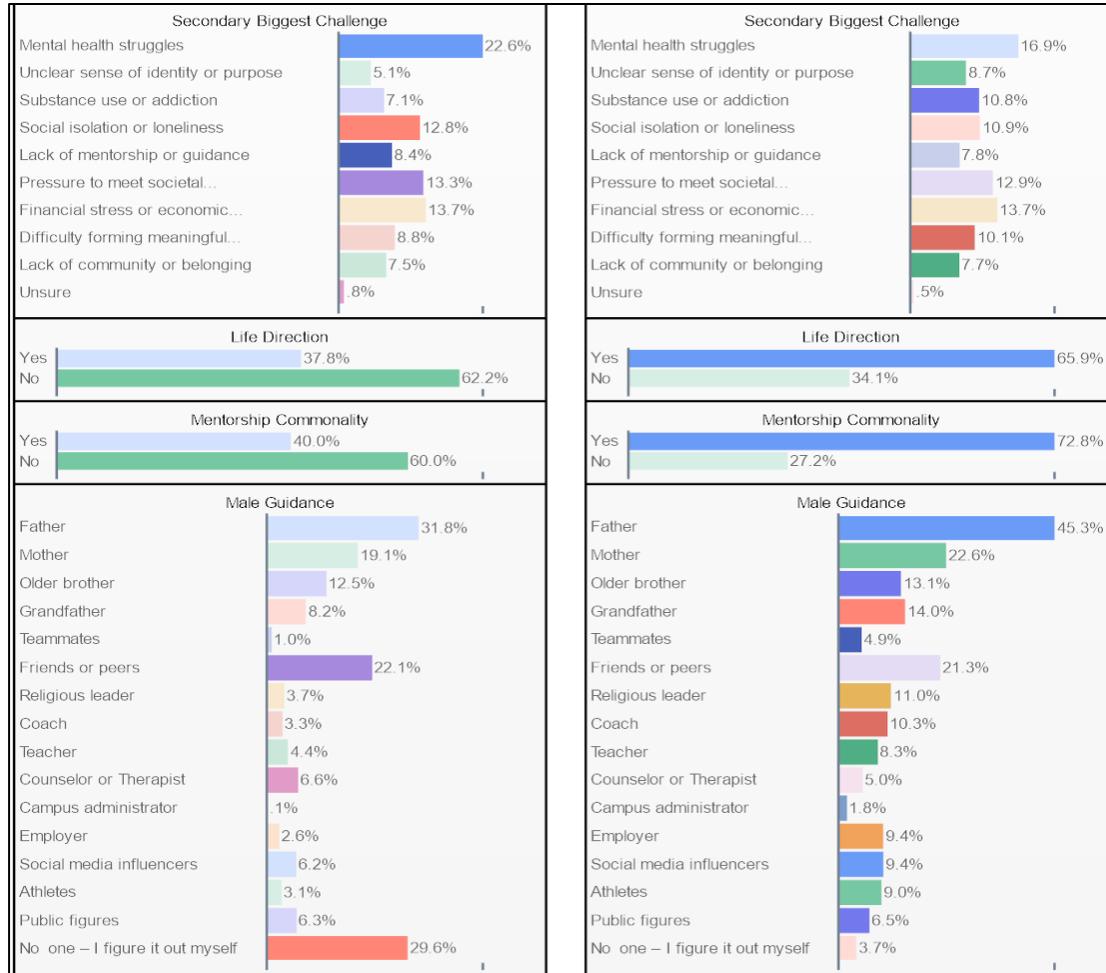
High Alignment/More Guided (50%)



Segmentation Analysis:

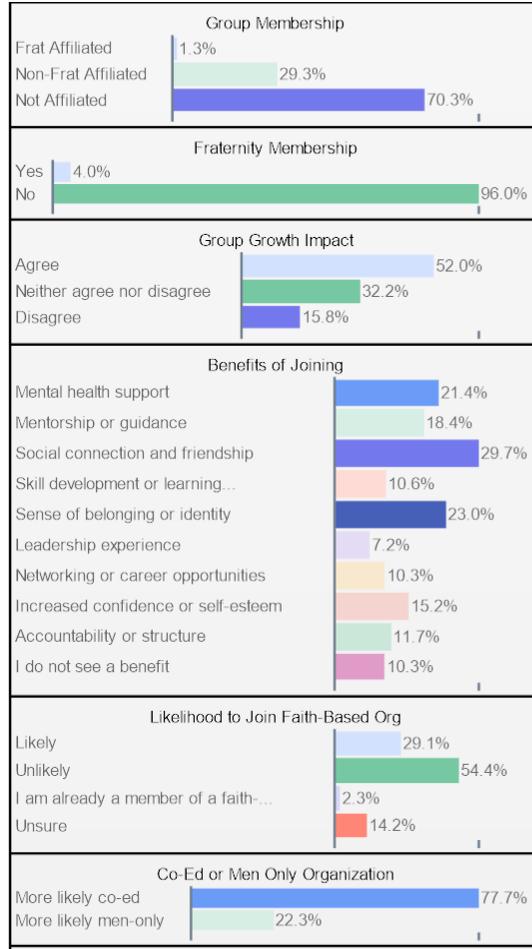
Low Alignment/Less Guided (50%)

High Alignment/More Guided (50%)

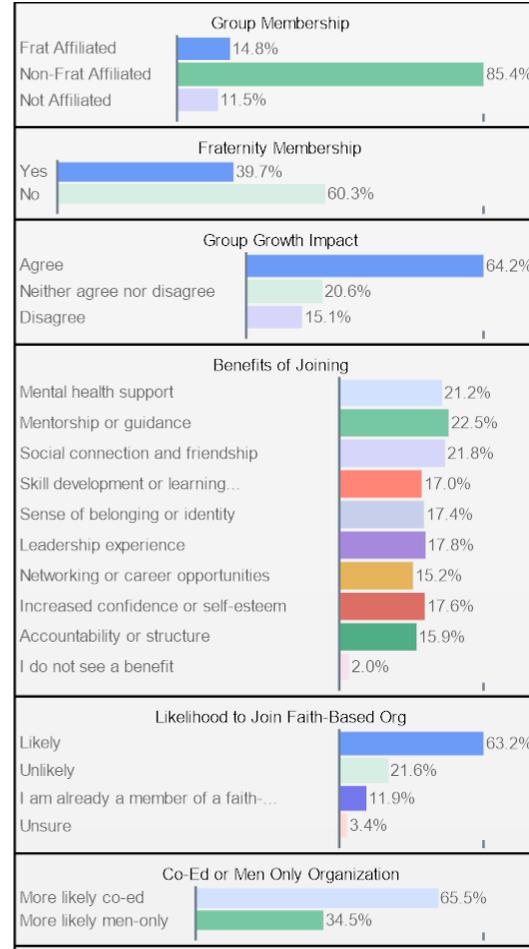


Segmentation Analysis:

Low Alignment/Less Guided (50%)



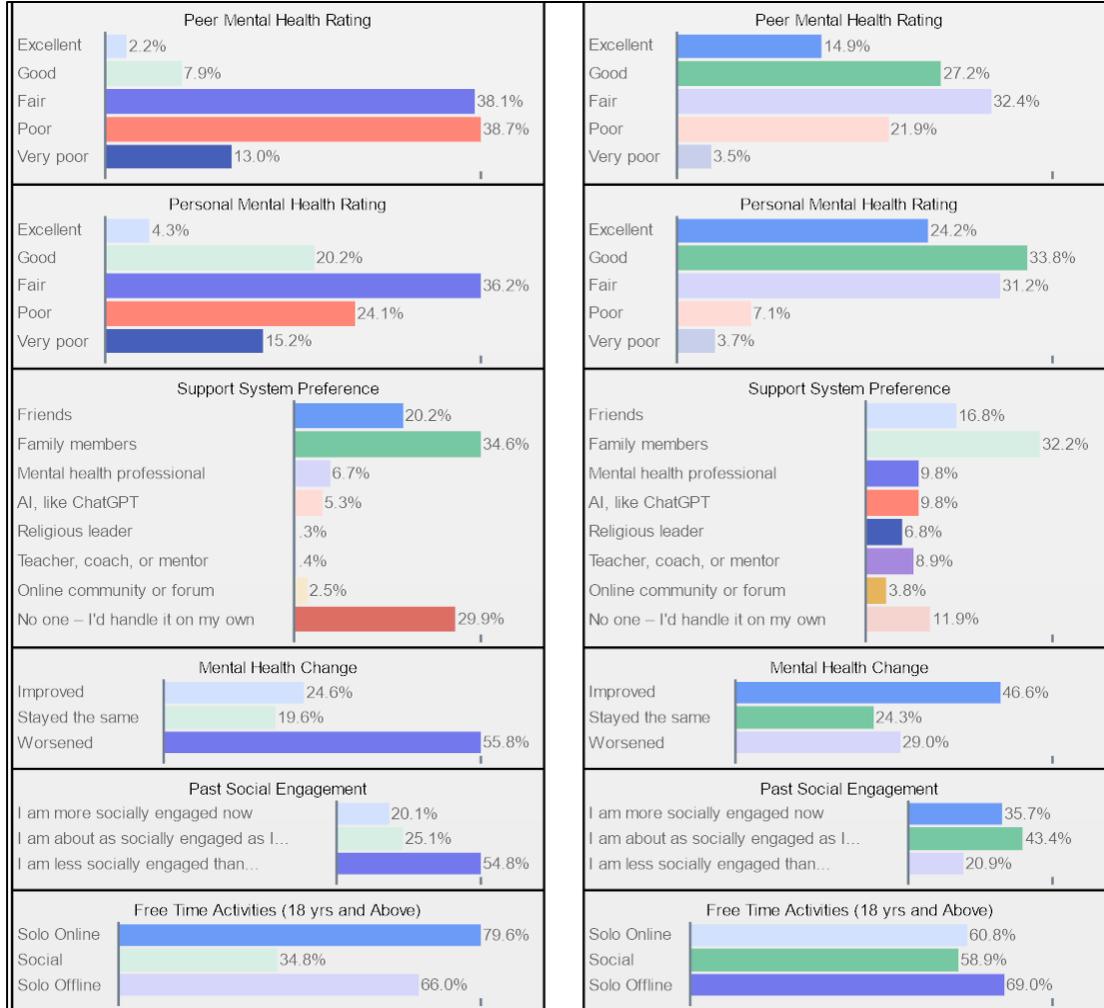
High Alignment/More Guided (50%)



Segmentation Analysis:

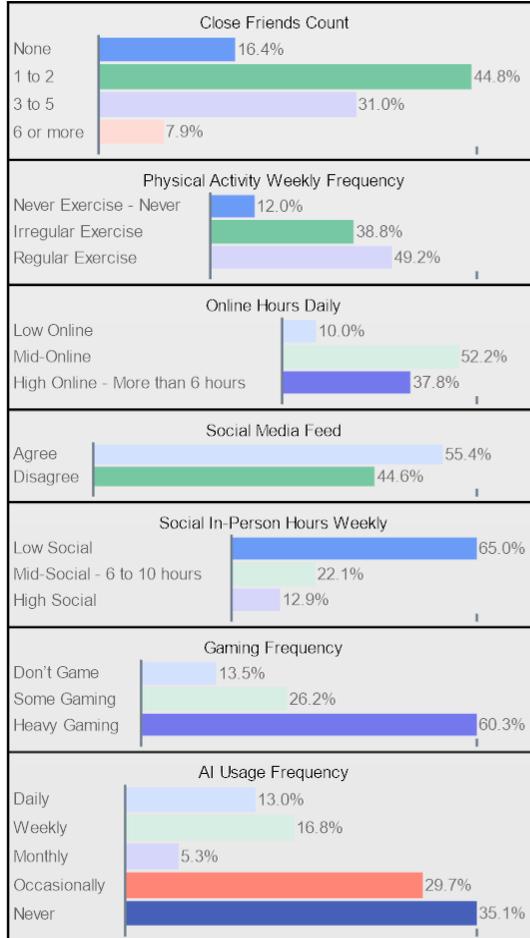
Low Alignment/Less Guided (50%)

High Alignment/More Guided (50%)

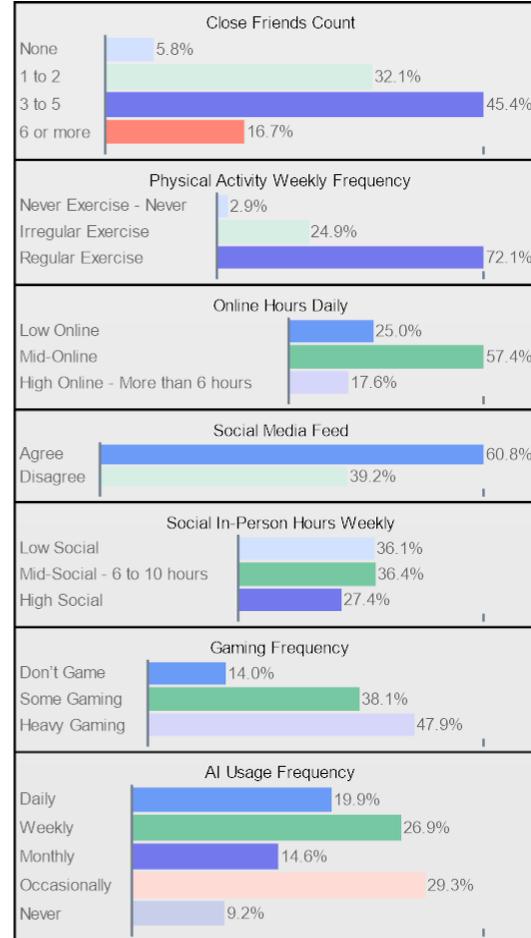


Segmentation Analysis:

Low Alignment/Less Guided (50%)

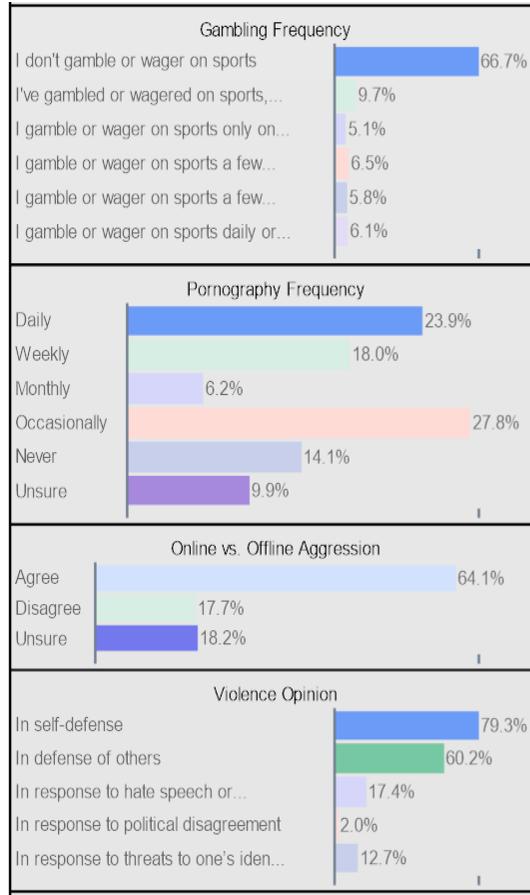


High Alignment/More Guided (50%)

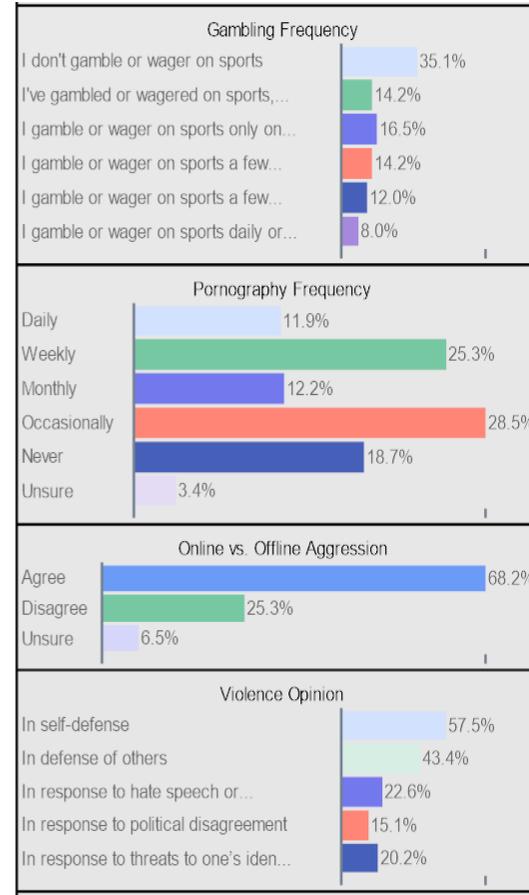


Segmentation Analysis:

Low Alignment/Less Guided (50%)

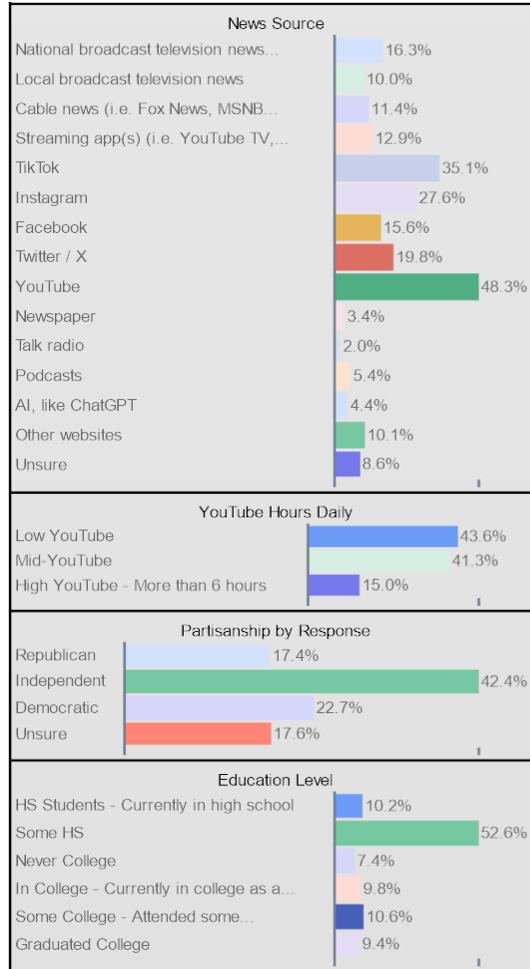


High Alignment/More Guided (50%)

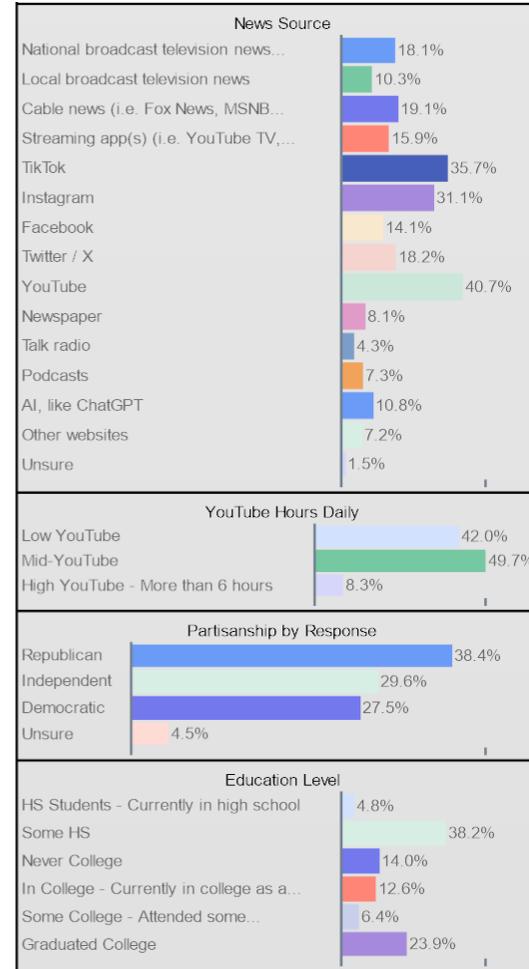


Segmentation Analysis:

Low Alignment/Less Guided (50%)

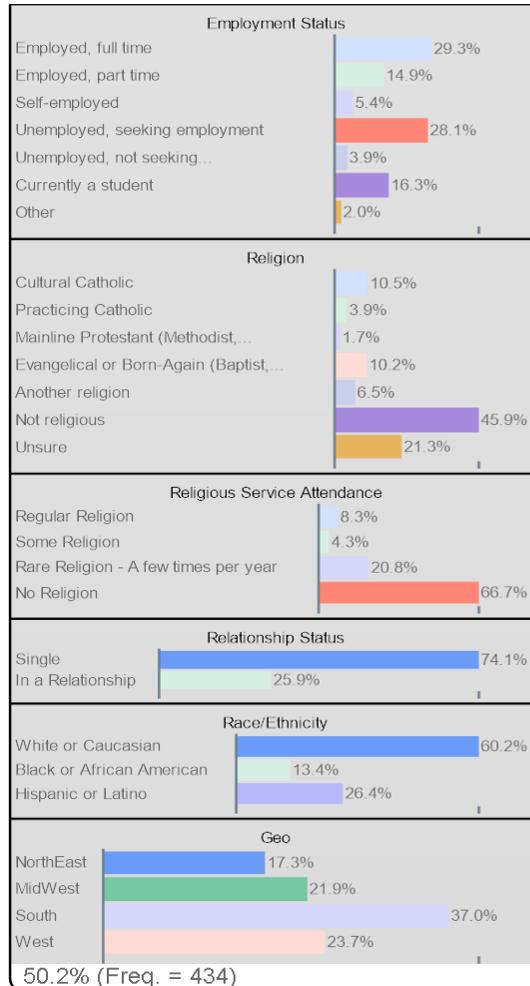


High Alignment/More Guided (50%)

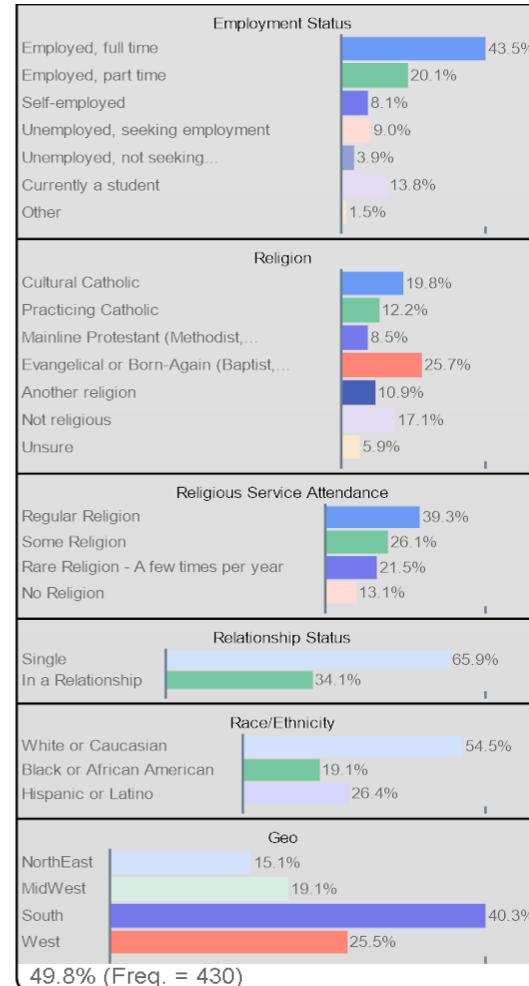


Segmentation Analysis:

Low Alignment/Less Guided (50%)

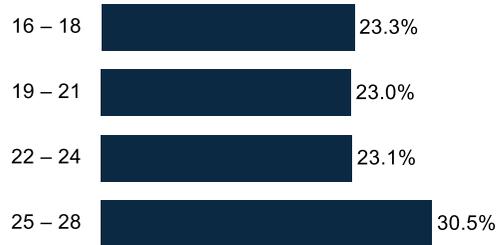


High Alignment/More Guided (50%)

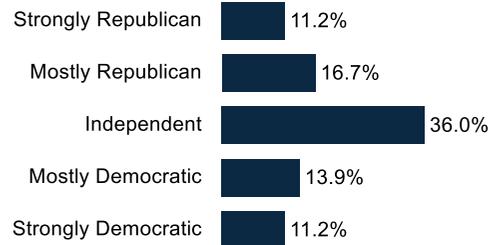


Demographics

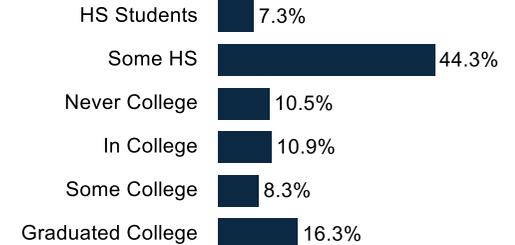
Age Range



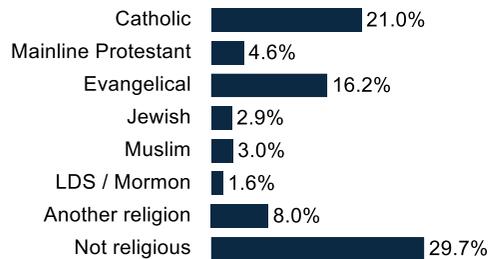
Partisanship



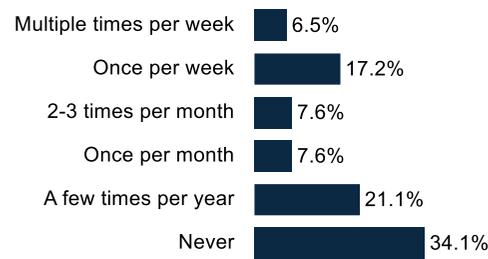
Education Level



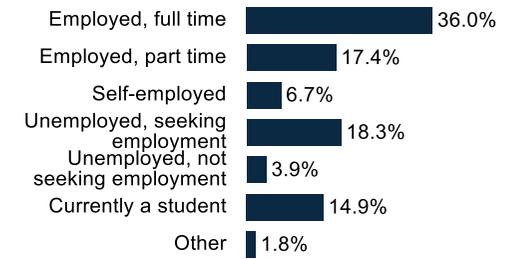
Religion



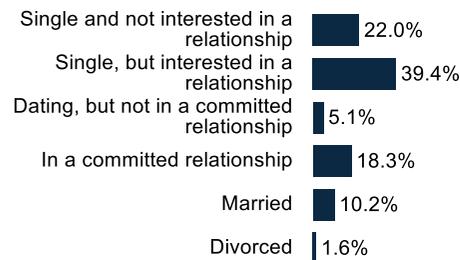
Religious Service Attendance



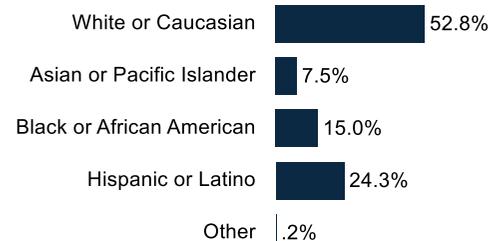
Employment Status



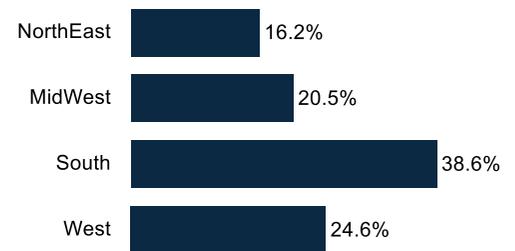
Relationship Status



Race/Ethnicity



Geo



Sample size: 1000