

# Sex Differences in Suicide Ideation among High School Girls & Boys in Maine

DATA FROM THE 2023 MAINE INTEGRATED YOUTH HEALTH SURVEY

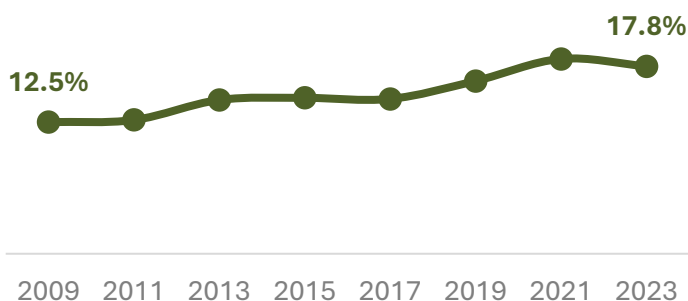


**Suicide is the 2nd leading cause of death among Maine youth ages 14 – 18.<sup>1</sup> Suicide ideation has increased among high school students, both nationally and in Maine, specifically driven by an increase among girls.<sup>2</sup>**



## Suicide ideation is on the rise.

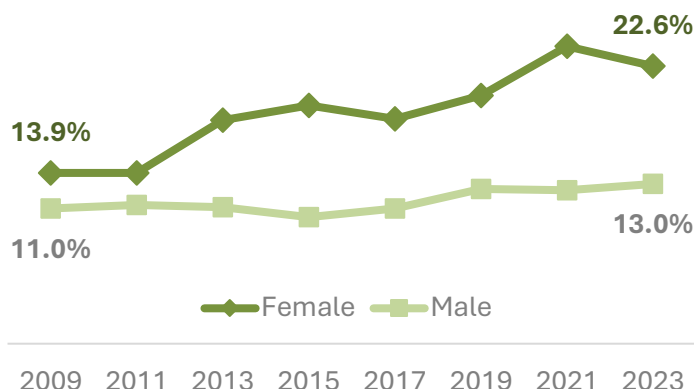
Suicide ideation – seriously considering suicide in the past 12 months – increased significantly among Maine high school students since 2009.<sup>2</sup> In 2023, nearly 1 of every 6 Maine high school students had seriously considered suicide in the past year.<sup>3</sup>



## Girls consider suicide more than boys.



Suicide ideation rates are consistently higher among Maine high school girls than boys.<sup>2</sup>

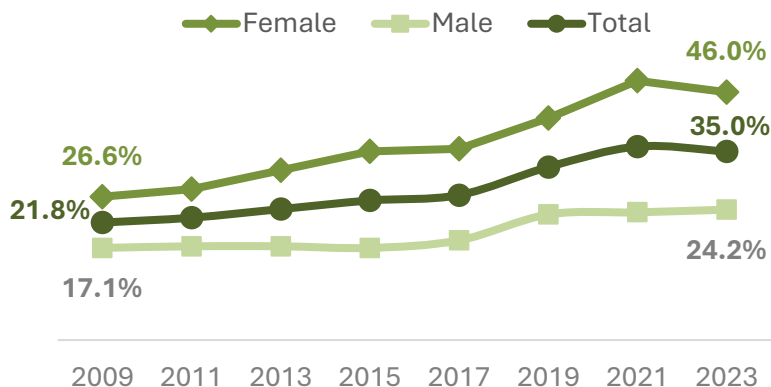


## Depression is a risk factor for suicide ideation among both girls and boys.<sup>2</sup>

### Depressive symptoms are increasing among Maine high school students.<sup>2</sup>

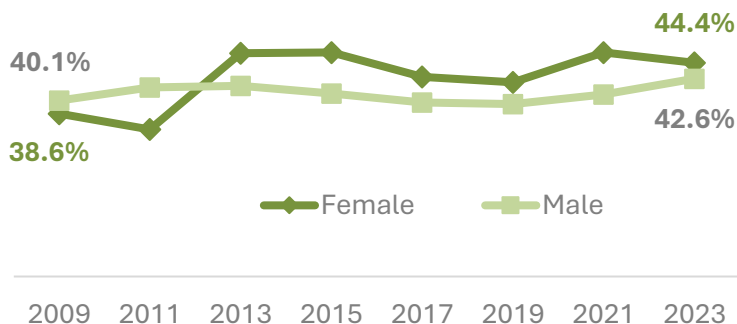


Depressive symptoms among Maine high school students significantly increased between 2009 and 2023.<sup>2</sup> **Nearly half (46%) of Maine high school girls reported depressive symptoms in 2023.<sup>3</sup>**



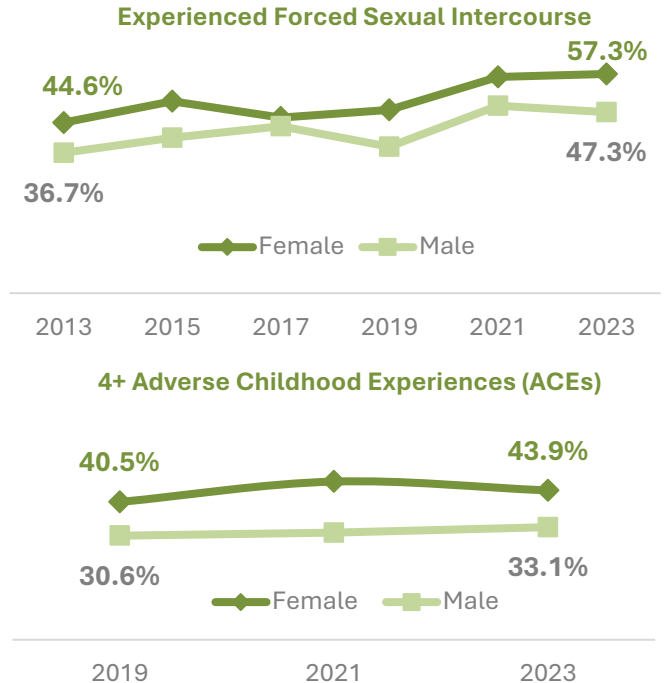
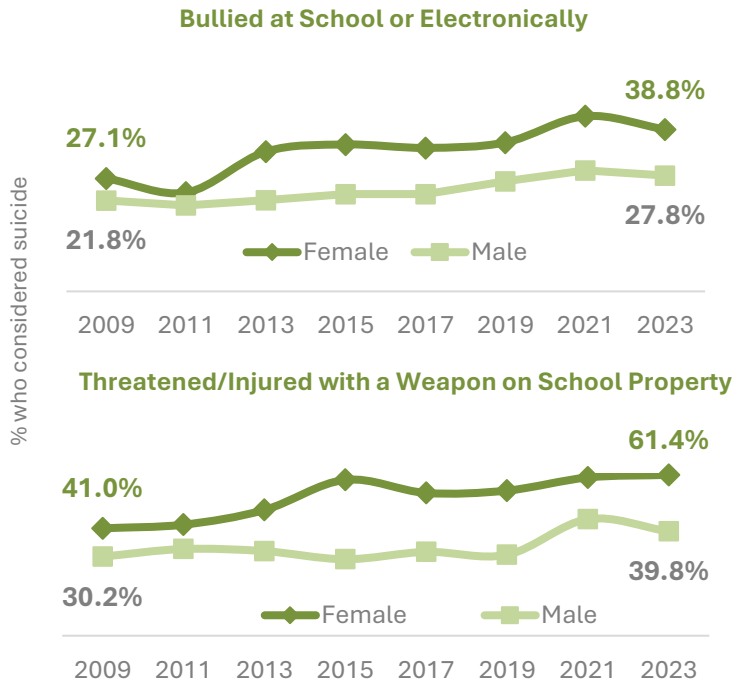
**43%** of all Maine high school students who reported depressive symptoms also seriously considered suicide in 2023.<sup>3</sup>

**While girls are more likely to experience depressive symptoms and consider suicide, respectively, the prevalence of suicide ideation among girls and boys who report depressive symptoms is similar.<sup>2</sup>**



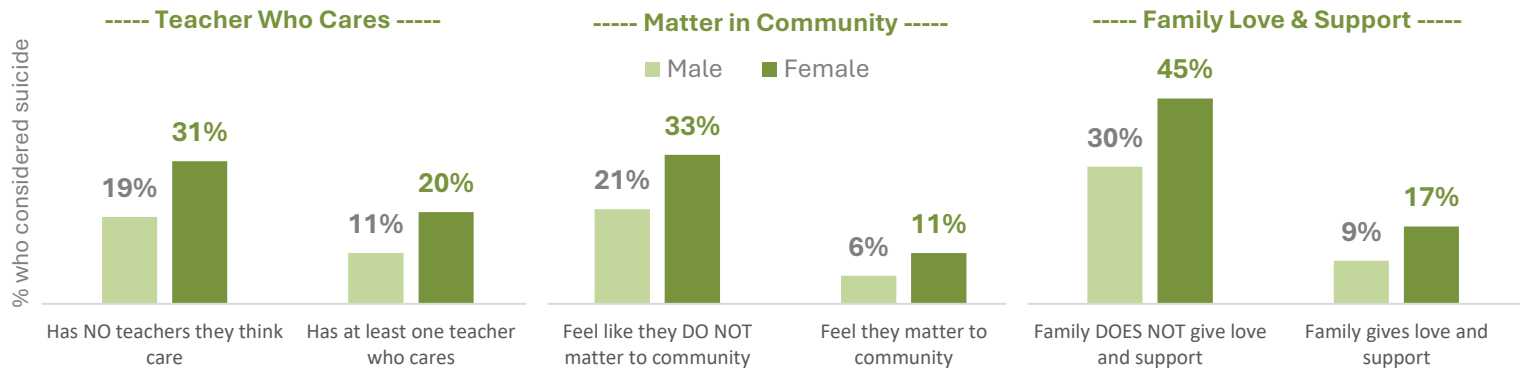
## Risk factors for suicide ideation can differ between girls and boys.†

Since 2009, Maine high school girls are increasingly more likely than Maine high school boys to have considered suicide in the past year if they experienced any of the following:<sup>2†</sup>



## However, having protective factors can help mitigate the risk of suicide.†

In 2023, Maine high school students who indicated they had family love and support, a teacher who really cared about them, and felt they mattered in their community were less likely to have considered suicide in the past year.<sup>3†</sup>



**More Maine high school girls consider suicide than boys.**

**It may not be obvious when youth are considering suicide.**

**Students experiencing risk factors should be screened for suicide.**



**Identifying students at risk for suicide based on behaviors and experiences and getting them help quickly is critical.**

**Technical Notes:** \*Age-adjusted rates are adjusted to the year 2000 U.S. population. †Indicates sex differences are significant,  $p$ -value  $< 0.05$ . **Data Sources:** 1. CDC WISQARS, 2023; 2. Maine Integrated Youth Health Survey (MIYHS), 2009-2023; 3. MIYHS, 2023

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**Maine Suicide**

**Prevention Program**

[www.maine.gov/suicide](http://www.maine.gov/suicide)

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