

Stamford

**Youth Voices Count
Survey Report, Spring 2024**

Grades 7-12



Survey May 2024, Reported June 2024

Survey Conducted by:

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C O N S U L T I N G

PROGRAM EVALUATION • GRANT PREPARATION • CAPACITY BUILDING

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Introduction

The following report is a summary of data that was gathered during May 2024 from public schools in Stamford for grades 7 -12. Data collected from this year's student survey will be used in the planning and development of strategies, policies, and practices for the school district and community partners.

This survey was administered to youth enrolled in Stamford schools to ensure a representative sample and reliable data. Please note that the findings presented in this report are not reflective of the school but are intended to reflect the greater community of Stamford.

It is important to note that COVID-19 greatly disrupted lives beginning in March 2020, which may have ongoing impacts on youth substance use rates and mental health concerns.

The Youth Voices Count Survey fulfills the following objectives:

1. Describes youth's perceptions and experiences regarding substance use, mental health, school environment, social media and online gaming school environment, and other related behaviors among students in grades 7-12.
2. Utilizes information provided by youth, allowing leaders to systematically **"hear" from youth**, in order to enhance and **plan initiatives and activities for youth** in the community.

Youth Voices Count Survey Background:

The Youth Voices Count Survey (YVCS) is adapted from the "ERASE Student Survey" which originated out of the Governor's Prevention Initiative for Youth (GPIY) Student Survey, a school survey that was distributed throughout the State of Connecticut in 2000. Other survey influences include: The CT School Health Survey, The Center for Prevention Evaluation and Statistics (CPES) Young Adults Statewide Survey and most importantly, emerging issues for youth today—including vaping, online gaming, and social media related behaviors.

Youth Voices Count Survey is a product of B. Weyland Smith Consulting, LLC. Located in Wethersfield, CT. B. Weyland Smith Consulting researchers have over 50 years combined experience of survey and statistical research regarding youth behaviors, perspectives, and experience, specific to substance use, mental health and related risk and protective factors.

Youth Voices Count Survey was established with support of many youths and professionals in the field of survey development, program evaluation, internet safety and school mental health staff. They provided feedback through document review and focus groups.

The core elements of the YVCS are designed to understand youth's current substance use and mental health behaviors and perceptions. These data are aligned with Federal National Outcome Measures for the Substance Abuse and Mental Health Services Administration. This allows for competitive grant applications and ongoing evaluation requirements to be met.

Topics assessed in the YVCS include: substance use, anxiety, depression, e-sports/online gaming, social media perspectives, gambling and accessing resources and supports in the community. Optional add-on topics include bullying/school climate, sexual behaviors, and electronic communications. In 2020 COVID impact questions were included as well.

Survey Methodology:

Survey Consent:

The Youth Voices Count Survey was administered in May 2024 to students at Stamford Public Schools. Students' guardians received e-mail letters notifying them of the purpose and content of the survey and were able to return a signed "passive consent" form to the school if they did not want their children to participate in the school survey. Guardians were provided with an opportunity to review the survey document.

Survey Administration:

All surveys were administered using SurveyMonkey.com website and software. Students received an email with the survey link and a link to a video including an overview of the survey, ensuring anonymity, resources if the survey brought up uncomfortable feelings and informing of their option to decline participation. Any question could be skipped if a student was not comfortable answering a question. Students who chose to not participate in the survey were asked to sit quietly until all classmates finished the survey.

Data Analysis:

Data Processing:

The student survey data was exported from the SurveyMonkey.com website and imported into SPSS (Statistical Package for the Social Sciences) for data analysis. A total of 86 surveys (2.2% of original sample of 3,913 surveys) were omitted from the sample pool due to lack of any responses other than demographics (80) or implausible responses (6). The final sample size after surveys were omitted was 3,827 surveys for grades 7-12.

Sample Response Rates:

Response rates by grade level are listed in the table below. Response rates are calculated as a proportion of the number of surveys included in the sample to the number of total students enrolled in the 2023-2024 school year. Note that total sample counts only contain surveys that were used in the survey report; surveys that were omitted from the sample pool are not included in the following counts. Responses from youth in grade 8 may underrepresent true values due to a lower response rate, however the confidence intervals on the following page can provide guidance on interpretation.

Sample Response Rates	Sample Count	Population Count	Response Rate (%)
Grade 7	578	1209	47.81%
Grade 8	439	1211	36.25%
Grade 9	811	1393	58.22%
Grade 10	754	1278	59.00%
Grade 11	637	1250	50.96%
Grade 12	600	1137	52.77%
Grades 7-8	1017	2420	42.02%
Grades 9-12	2802	5058	55.40%
Grades 7-12	3819*	7478	51.07%

*8 students did not select a grade

The next table below shows the confidence intervals calculated for grades 7-8 and 9-12, using a 95% confidence level. A confidence interval means the percentage range you can expect the accurate rates to fall within. Smaller confidence

intervals give you more accurate estimates of the actual use rates in the school population (and larger confidence intervals give you less accurate estimates of the actual use rates in the school population).

For example, if 25% of your sample reported using alcohol in the past month, a confidence interval of 2.0 means that if you randomly re-sampled your population 100 times, 95 of those times you would find past month alcohol use rates to fall somewhere between 23% (25-2) and 27% (25+2). In contrast, if your confidence interval is 5 (and 25% of your sample reported using alcohol in the past month), you would typically find past month use rates ranging between 20% (25-5) and 30% (25+5) if you repeatedly re-sampled students in this population.

	Confidence Level	Confidence Interval
Grade 7-8	95.00%	2.34
Grades 9-12	95.00%	1.24
Grades 7-12	95.00%	1.11

Data Reporting:

The survey tool utilized several skip patterns to reduce the time spent on the survey for students, in addition, no question was required to be answered by respondents. Unless otherwise stated, data presented represent the percent of students responding to each question. However, survey response and completion rates are high enough for those questions to make strong estimates of the total population’s behavior and perceptions.

Survey Sample Demographics:

The student survey sample consisted of a total of 3,827 students (1,958 males, 1,851 females; 10 students did not specify their biological sex). Refer to the table below for more descriptions of the sample by grade level.

	7th grade	8th grade	9th grade	10th grade	11th grade	12th grade
Total	578	439	811	754	637	600
Female	266	214	404	392	304	271
Male	310	224	405	360	332	327
Did not Identify	2	1	2	2	1	2

*8 students did not select a grade and are not included in the table above.

Statistical Analyses:

Statistical comparisons by biological sex (male/female), race/ethnicity, and sexual identity were conducted separately for grades 7-8 and grades 9-12 using the Chi-Square (χ^2) technique for key substance use measures (core GPRA measures for alcohol, tobacco, e-cigarettes, marijuana, prescription drug use, and gambling).

No statistical analyses for grade level differences in substance use will be included in this report, but substance use percentages by grade level will be included for core GPRA measures for alcohol, tobacco, e-cigarettes, marijuana, prescription drugs, and gambling.

Statistical Comparisons by Race:

We must be careful not to unfairly identify or stereotype a handful of students as using or misusing drugs, given the smaller sample size within specific minority groups in these schools. As also done in the CDC’s YRBSS (Youth Risk Behavior Surveillance System) National Survey, we classified students exclusively as Hispanic or Latino even if they also selected being one or more of the races, such as African American, White, and/or the other category. Thus, the core race/ethnicity groups included in the statistical analyses for race differences were: White, Black or African

American, Hispanic or Latino, Asian, or All Other Races (organized in table below by row color).

Race/Ethnicity Category	Grade 7-8	Grades 9 - 12	Grades 7-12
White	24.98%	23.13%	23.62%
Black or African American	10.13%	14.06%	13.01%
Hispanic or Latino	53.88%	53.14%	53.34%
Asian	6.39%	5.89%	6.02%
American Indian or Alaskan Native	0.59%	0.29%	0.37%
Native Hawaiian or Other Pacific Islander	0.49%	0.21%	0.29%
Other (2 or more races selected or race not Hispanic)	3.15%	2.86%	2.93%
Not Specified	0.39%	0.43%	0.42%

For information regarding race and ethnicity differences in substance use, refer to the national survey reports, such as the National Survey on Drug Use and Health (<http://oas.samhsa.gov/nsduh.htm>) or the Monitoring the Future Survey (<http://monitoringthefuture.org>).

Statistical Comparisons by Sexual Identity:

In the interest of assessing how sexual identity may impact youth behavioral health, analysis can be done to determine statistically significant differences among students describing themselves as heterosexual, and those that described themselves as gay or lesbian, bisexual or pansexual, “I describe myself some other way,” and “I am not sure right now.” 563 (14.7%) students described themselves as gay or lesbian, bisexual or pansexual, “I describe myself some other way,” or “I am not sure right now.”

	Sexual Identity
Heterosexual (straight)	3053
Gay or Lesbian	83
Bisexual or Pansexual	253
I describe myself some other way	84
I am not sure right now	143
I do not know what this question is asking	182
Did not Identify	29

Equity, Disparities and Social Determinants of Health:

When evaluating statistically significant differences between population groups it is essential to consider historical, political, and cultural context with the intent of preventing the reinforcement of stereotypes. In the United States, minority groups have experienced discrimination leading to unequal access to resources (i.e. quality education, employment, and housing). Stigma is another driver of inequity, “because of its pervasiveness, its disruption of multiple life domains (e.g., resources, social relationships, and coping behaviors), and its corrosive impact on the health of populations, stigma should be considered alongside the other major organizing concepts for research on social determinants of population health.” (Hatzenbuehler ML et al. *Stigma as a fundamental cause of population health inequalities*. Am J Public Health. 2013 May)

Executive Summary:

Student Mental Wellbeing:

Anxiety: For grades 7-12, 23.2% of youth reported feelings of anxiety in the past year as occurring almost always (15.4%) and always (7.8%). 25.6% report feelings of anxiety making things difficult for them in their lives always or almost always.

Sources of Anxiety: For grades 7-8, the most reported sources of stress or worry in their lives are academics, post high school plans and peers. For grades 9-12, this was academics, post high school plans, and schedule. For all grades, social media and financial security ranked as the lowest sources of anxiety among the provided choices.

Self-Harm: 16.8% of youth in grades 7-8 reported having thoughts of self-harm and 11.8% report having harmed themselves in the past year. For grades 9-12, 14% reported having thoughts of self-harm and 9.3% report having harmed themselves.

Depression: 20.8% of youth in grades 7-8 and 21.2% of youth in grades 9-12 reported having “felt sad or hopeless for two or more weeks in a row so much it stopped me from doing my usual activities.”

Suicidal Ideation in Past Year: 9.6% of youth in grades 7-8 and 8.7% of youth in grades 9-12 reported having considered attempting suicide within the past year.

Comfort Seeking Help: For grades 7-12, the source of help youth felt most comfortable seeking was parents (63.8%) and friends (51.5%).

Having a Trusted Adult: 89.1% of youth in grades 7-12 agreed with the statement, “I have at least one adult in my life that I can share my thoughts and feelings with.”

Community and School Safety: For grades 7-12, 86.1% of youth agreed with the statement, “I feel safe in my community” and 78.5% agree with the statement, “I feel safe at school.”

Gaming and Social Media:

Gaming Assets and Consequences: For grades 7-12, 54% of youth indicated that as a result of gaming they “felt more connected with others.” The most common negative consequence of gaming was “I did not complete my homework or study” (34.6%).

Social Media Assets and Consequences: For grades 7-12, 60.4% of youth indicated that as a result of social media they “felt more connected with others.” The most common negative consequences of social media were “I have had a hard time stopping” their social media use (35.5%) and “I heard or saw things my parents/guardians would think is inappropriate” (34.9%).

Substance Use and Gambling Rates:

Youth in Grades 7-8: Alcohol (8.2%) was most used in students’ lifetimes followed by gambling products (8%), vape products with nicotine (5.1%), vape products with flavored liquids (4.2%), alcohol – 4 or more drinks (3.6%) and marijuana (2.3%). For past month use, gambling products (2.7%) were most used followed by alcohol (1.8%), vape products with nicotine (1.6%), vape products with flavored liquids tied with alcohol – 4 or more drinks (1.4%) and marijuana (0.9%).

Youth in Grades 9-12: Alcohol (19%) was most used in students’ lifetimes, followed by vape products with nicotine (12.4%), alcohol – 4 or more (11.7%), vape products with flavored liquids (11%), marijuana (10.8%) and gambling products (8.3%). For past month use, alcohol (6.6%) was most used followed by marijuana tied with

vape products with nicotine (4.3%), alcohol – 4 or more (4%), vape products with flavored liquids (3.7%), and gambling products (2.7%).

Substance Use Perceptions and Behaviors:

Perceived Risk: For grades 7-12, non-medical use of prescription drugs had the highest perceived risk followed by drinking alcohol. For grades 7-8, smoking cigarettes had the lowest perceived risk among substances. For grades 9-12, using marijuana had the lowest perceived risk among substances.

Parent Disapproval: For grades 7-8, parental disapproval was highest for marijuana followed prescription drug misuse. For grades 9-12, parental disapproval was highest for prescription drug misuse followed by smoking cigarettes. For grades 7-8 and 9-12, parental disapproval of substance use was lowest for drinking alcohol.

Friend Disapproval: For grades 7-8, peer disapproval was highest for prescription drug misuse followed by marijuana. For grades 9-12, peer disapproval was highest for prescription drug misuse followed by smoking cigarettes. For grades 7-8, peer disapproval was lowest for vaping nicotine followed by drinking alcohol. For grades 9-12, peer disapproval was lowest for vaping nicotine followed by marijuana.

Accessibility of Alcohol and Other Drugs-Perception of Ease of Access: For grades 7-8, alcohol was perceived as the easiest to obtain followed by vape products with nicotine. For grades 9-12, vape products with nicotine were perceived as the easiest to obtain followed vape products with flavored liquids, and alcohol. For grade 7-8 and 9-12, prescription drugs were perceived as hardest to obtain.

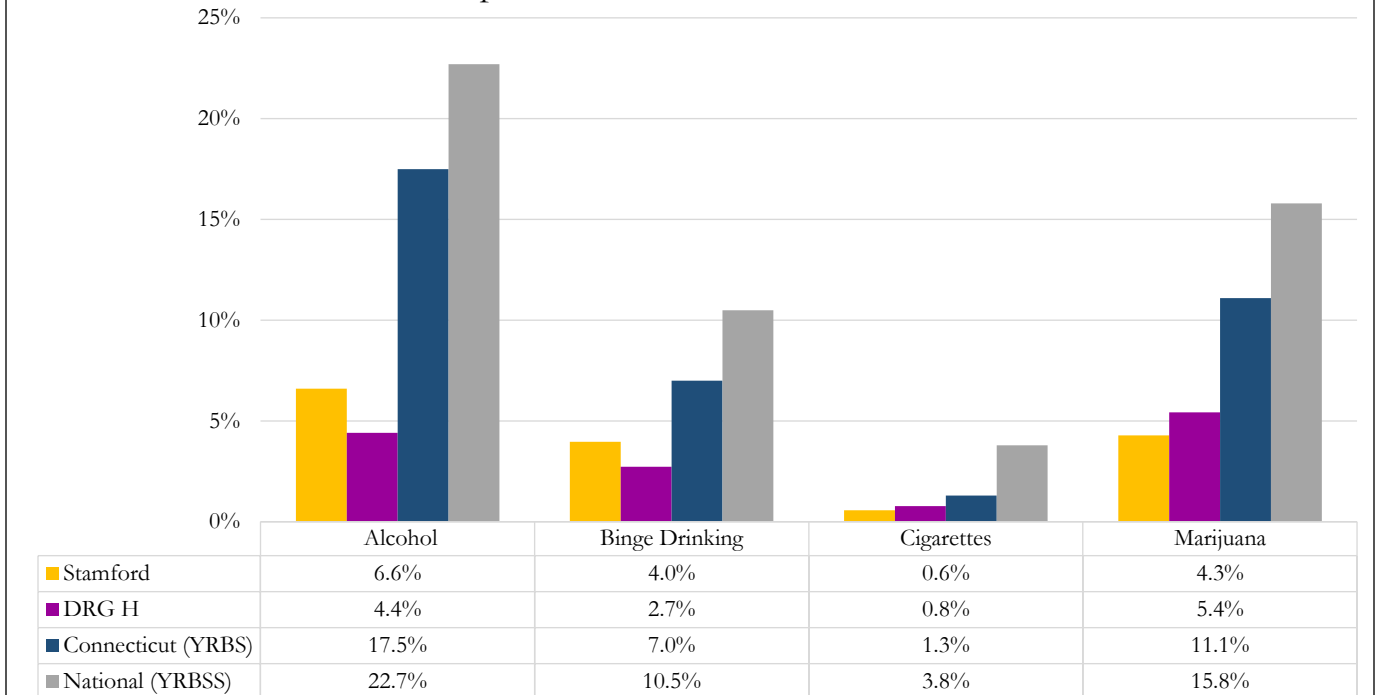
Accessibility of Alcohol and Other Drugs-Sources: Overall, students in grades 7-12 most often access vape products with nicotine, marijuana, tobacco and prescription drugs not for medical use from friends/peers. Alcohol is most often accessed at home with parents/guardians' permission.

Locations of Substance Use: Marijuana/THC and vape products are most often used “with friends, at my home or my friend’s home.” Alcohol is most often used “at home with my parent(s)/guardian present.” Prescription drugs not for medical use are most used “at home, alone.”

Driving Under the Influence of Alcohol or Marijuana/THC: Among youth in grades 11-12, 0.5% reported driving under the influence of marijuana and 1.0% reported driving under the influence of alcohol in the past month.

Other Substance Use: Of substances less commonly used the highest lifetime use rates for grades 7-12 were CBD products (3.8%), and inhalants (2.2%). Heroin/fentanyl was 0.8%, noted here due to community concerns regarding the opioid epidemic in our state and nation.

Past Month Rate Comparisons to DRG, State, and National, Grades 9-12



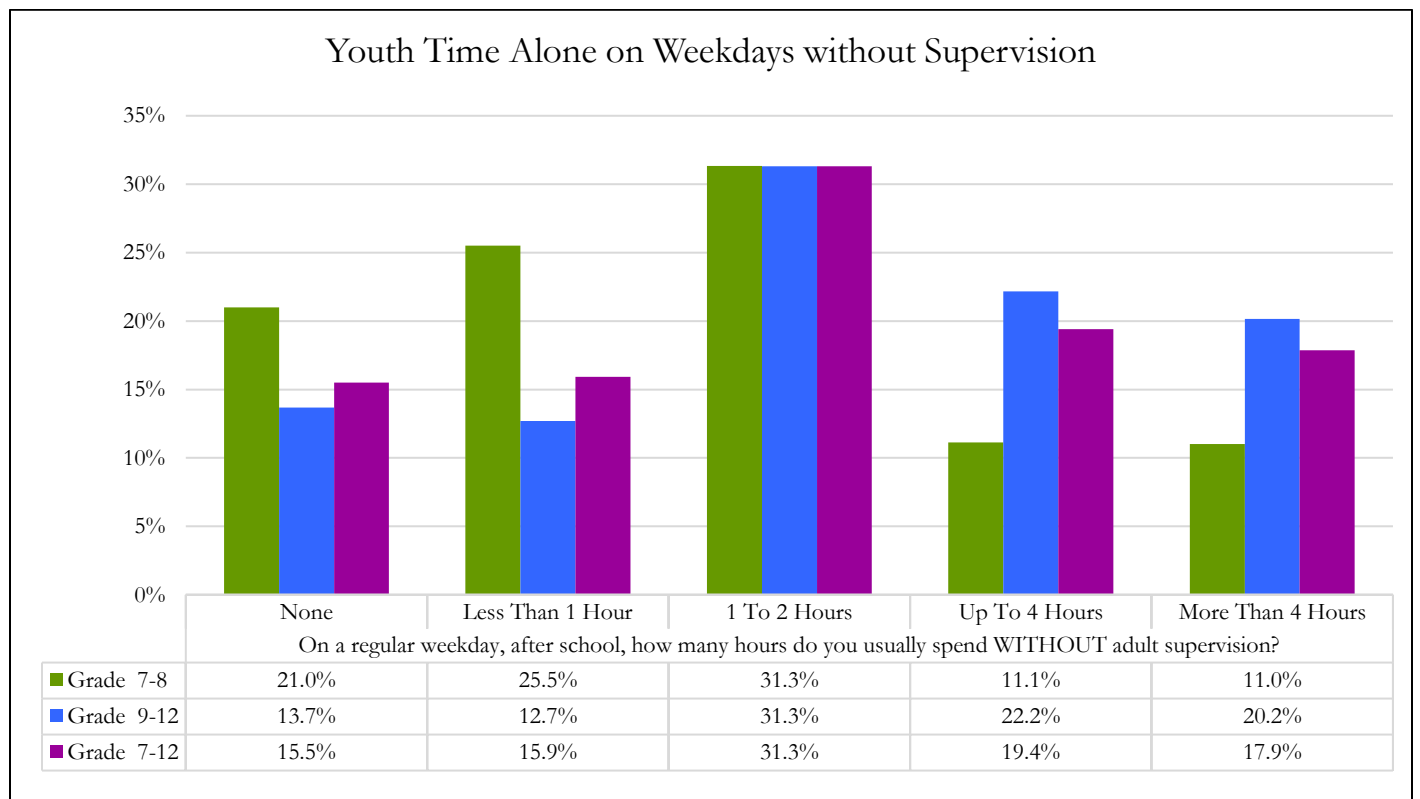
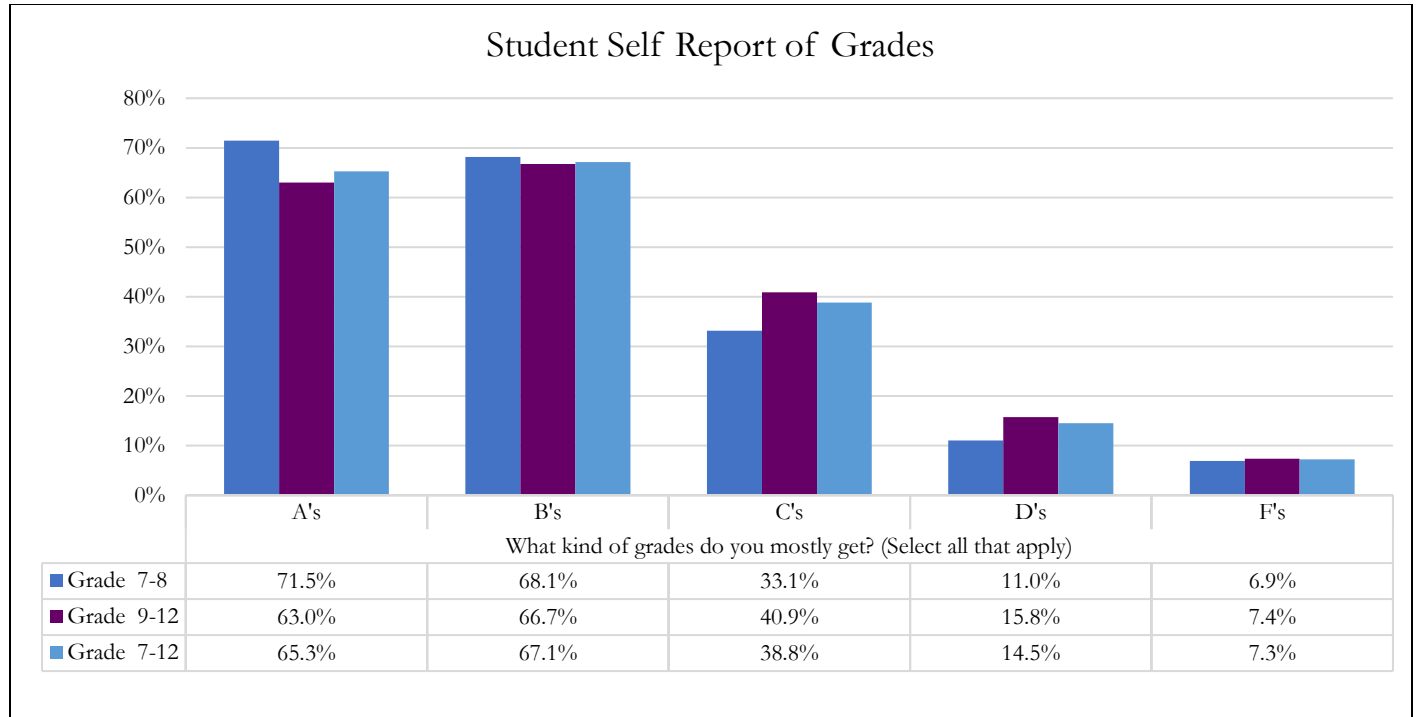
- It should be noted that YRBS and YRBSS data presented here is from 2021, the most recent year available.

-DRG reflects aggregated data from Youth Voices Count Surveys administered in communities within the same District Reference Group as Stamford. District Reference Groups come from the Connecticut State Department of Education and are a classification system grouping school districts with similar socioeconomic status and need in order to make comparisons. For more information, see the following: https://sdeportal.ct.gov/cedar/files/pdf/reports/db_drg_06_2006.pdf

Stamford Youth Voices Count Survey Report

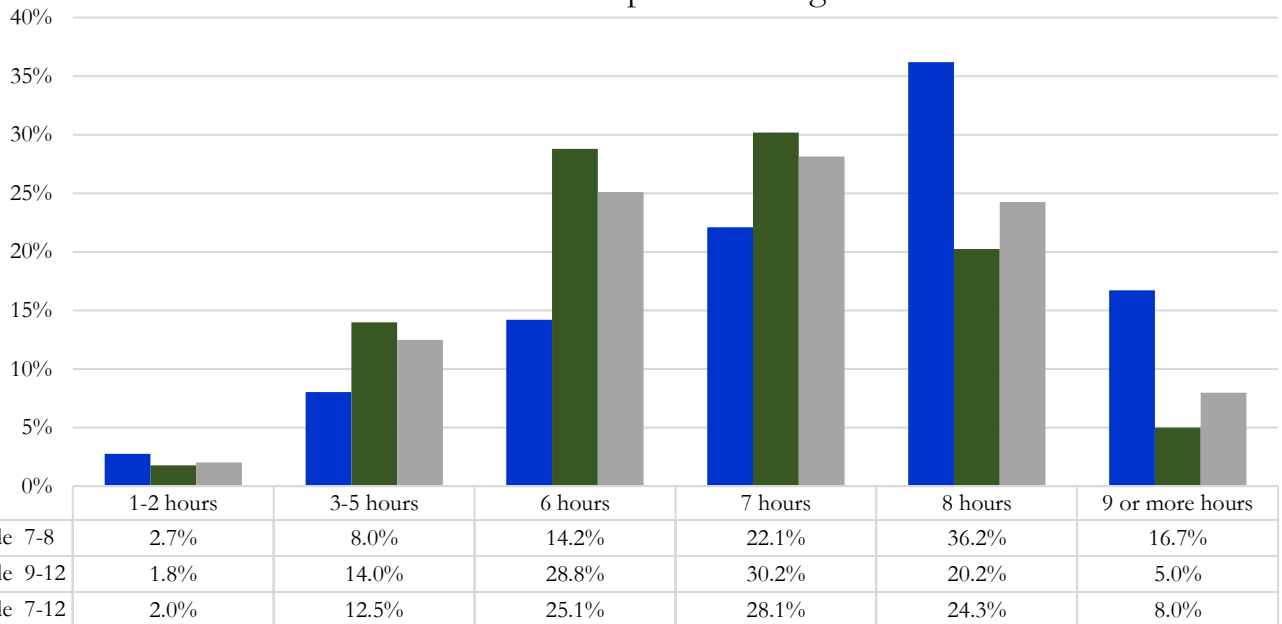
For the following sections, tests for statistically significance difference were performed by biological sex, race and ethnicity, gender identity, and sexual identity for grades 7-8 and 9-12. Race was grouped into categories to allow for accurate statistical analysis and to ensure that students in race categories that represent a small number of students are not inadvertently identified. The categories are white, Black, Hispanic, Asian, and All Other Races. Any statistically significant difference in these groups is noted under the chart it applies to and on pages 28 and 29 where a list of associations with substance use is provided. There are instances where significance testing indicates differences among categories, however they are less statistically reliable due to small numbers and thus are not reported here.

Youth Lifestyles:



*MS LGBS youth 'spend more than 4 hours' unsupervised more than heterosexual youth.

Youth Hours of Sleep on Weeknights



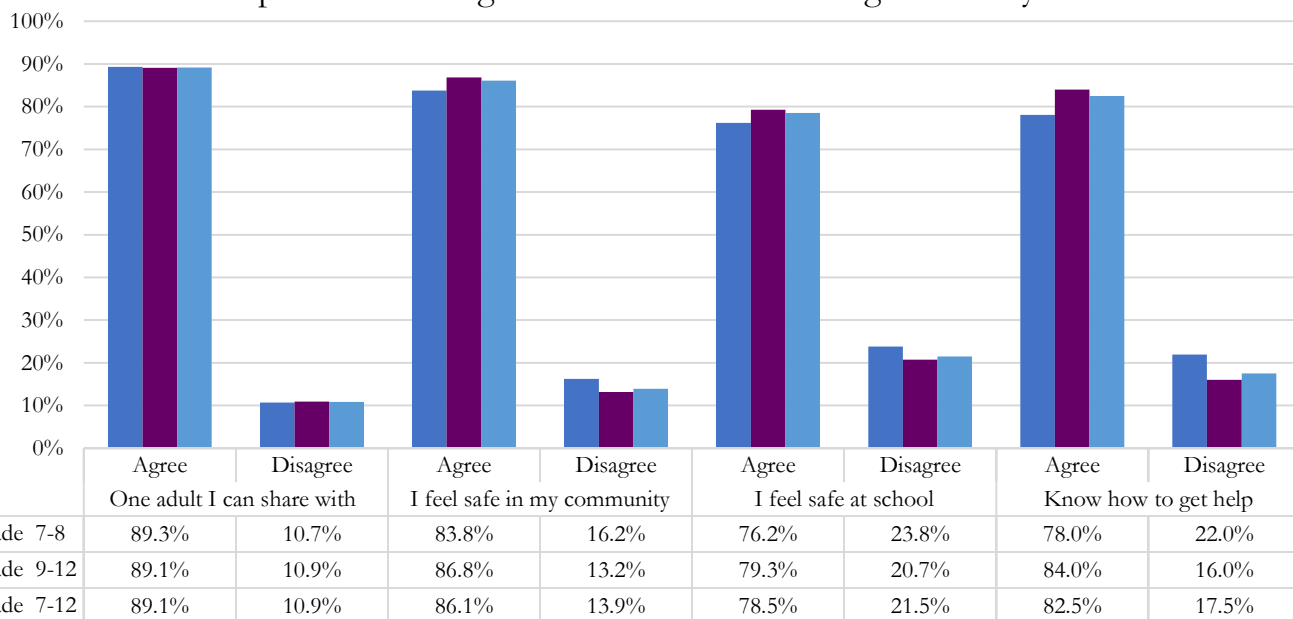
*MS and HS female youth 'sleep 3-5 hours' more frequently than male youth.

*MS Hispanic youth 'sleep 3-5 hours' more frequently than white youth.

*HS Black youth 'sleep 3-5 hours' more frequently than white or Hispanic youth.

*MS and HS LGBS youth 'sleep 3-5 hours' more frequently than heterosexual youth.

Perception of Having Trusted Adult and Feelings of Safety



*MS and HS female youth disagree that they feel safe at school more than male youth.

*MS female youth disagree that they feel safe in their community more than male youth.

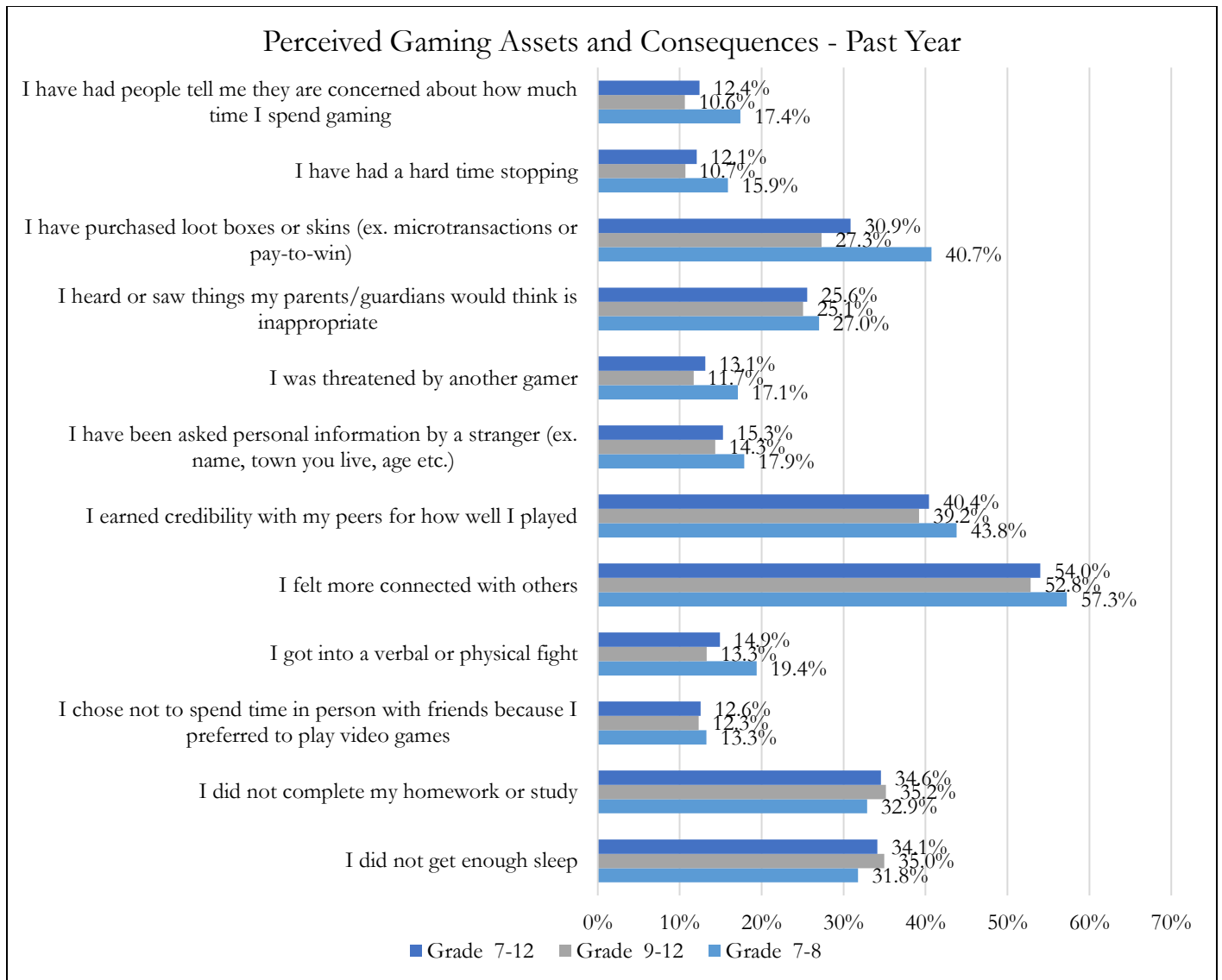
*MS and HS Hispanic youth disagree that they have at least one adult in their life that thoughts and feelings can be shared with or that they feel safe in their community more than white youth.

*MS all other races group youth disagree that they know how to get support at school for mental health or substance use problems more than white youth.

*HS Black or Asian youth disagree that they have at least one adult in their life that thoughts and feelings can be shared with more than white youth.

*HS Black or Hispanic youth disagree that they know how to get support at school for mental health or substance use problems more than white or Asian youth.
 *HS all other races group youth disagree that they know how to get support at school for mental health or substance use problems more than Asian youth.
 *MS and HS LGBS youth disagree that they have at least one adult in their life that thoughts and feelings can be shared with or that they feel safe in their community more than heterosexual youth.
 *MS LGBS youth disagree that they feel safe at school more than heterosexual youth.
 *HS LGBS youth disagree that they know how to get support at school for mental health or substance use problems more than heterosexual youth.

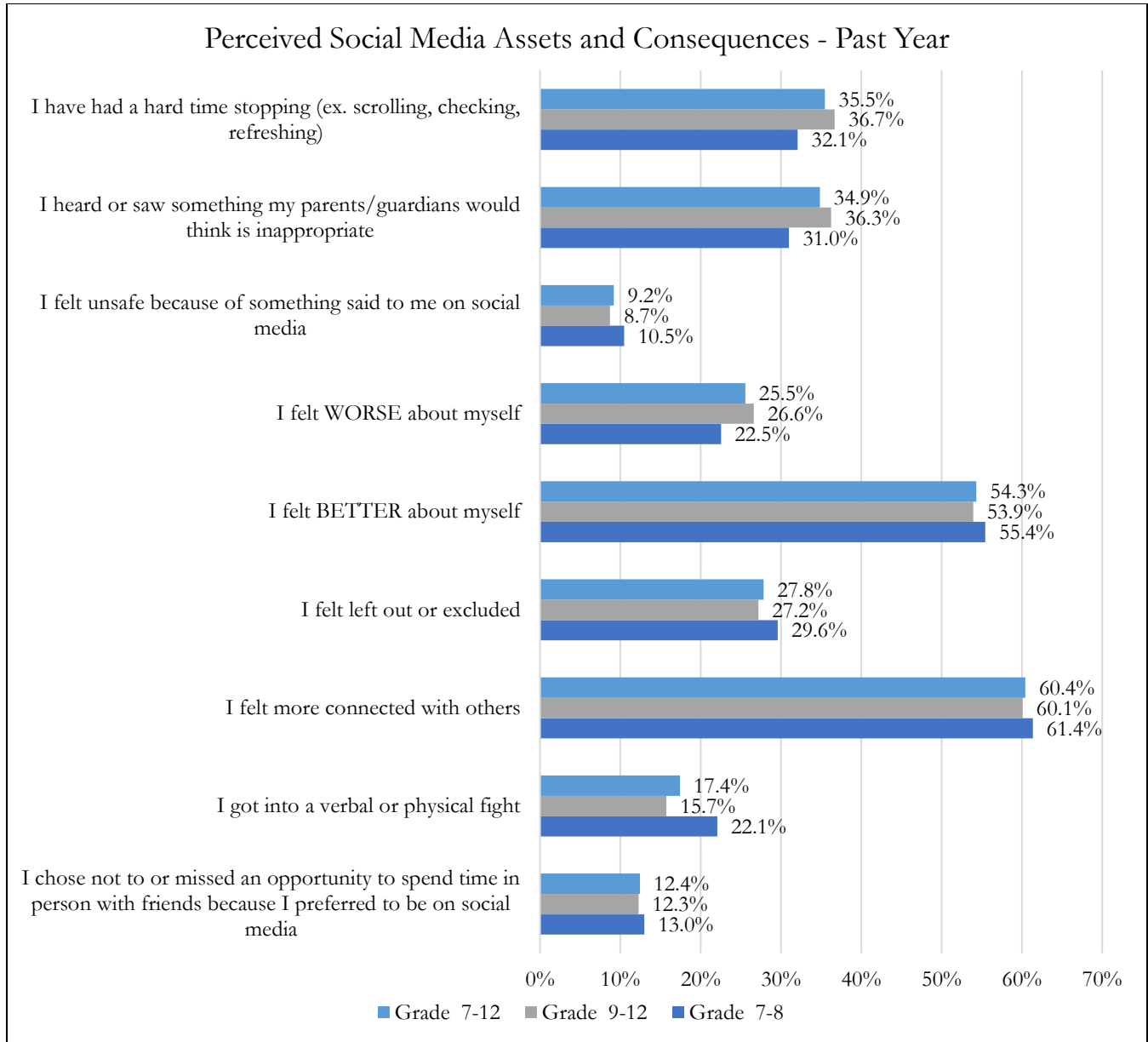
Gaming:



*MS and HS male youth agree that they chose to play video games instead of spending time in person, got into a verbal or physical fight, felt more connected, earned credibility, were threatened, purchased loot boxes or skins, had a hard time stopping, or had people voice concern about amount of time spent gaming more than female youth.
 *HS male youth agree that they did not get enough sleep, did not complete their homework or study, or heard or saw things their parents/guardians would think is inappropriate more than female youth.
 *MS and HS Black youth agree that they have been asked for personal info by a stranger more than white youth.
 *MS Hispanic or Black youth agree that they did not get enough sleep or did not complete their homework or study more than white or Asian youth.

- *MS Hispanic youth agree that they did not complete their homework or study or had people voice concern about amount of time spent gaming more than white youth.
- *MS Black youth agree that they chose to play video games instead of spending time in person with friends, heard or saw things their parents/guardians would think is inappropriate, had a hard time stopping, or had people voice concern about amount of time spent gaming more than white youth.
- *MS Black youth agree that they got into a verbal or physical fight or were threatened by another gamer more than white, Hispanic, or Asian youth.
- *MS all other races group youth agree that they chose to play video games instead of spending time in person with friends or had people voice concern about amount of time spent gaming more than white youth.
- *MS all other races group youth agree that they have been asked personal info by a stranger more than white or Hispanic youth.
- *MS all other races group youth agree they were threatened by another gamer more than white or Asian youth.
- *HS Hispanic youth agree that they did not get enough sleep or have been asked personal info by a stranger more than white youth.
- *HS Hispanic youth agree that they did not complete their homework or study more than white or Asian youth.
- *HS Black youth agree that they did not get enough sleep more than white youth.
- *HS all other races group youth agree that they did not get enough sleep more than white, Black, or Asian youth.
- *HS all other races group youth agree that they did not complete their homework or study more than white or Asian youth.
- *HS all other races group youth agree that they felt more connected with others more than white youth.
- *HS all other races group youth agree that they have been asked personal info by a stranger more than white, Hispanic, or Asian youth.
- *HS all other races group youth agree they were threatened by another gamer more than Hispanic youth.
- *HS all other races group youth agree they heard or saw things their parents/guardians would think is inappropriate or had a hard time stopping gaming more than white, Hispanic, Black, or Asian youth.
- *MS and HS LGBS youth agree that they have been asked for personal info by a stranger, had a hard time stopping gaming, or saw things their parents/guardians would think is inappropriate more than heterosexual youth.
- *MS LGBS youth agree that they chose to play video games instead of spending time in person with friends more than heterosexual youth.

Social Media:



*MS and HS female youth agree that they felt excluded more than male youth.

*MS and HS female youth agree that they felt worse about themselves more than male youth.

*MS and HS female youth agree that they have had a hard time stopping social media more than male youth.

*MS male youth agree that they got into a verbal or physical fight more than female youth.

*MS male youth agree that they felt better about themselves more than female youth.

*HS female youth agree that they felt unsafe more than male youth.

*MS Hispanic youth agree that they chose social media instead of spending time in person with friends more than white youth.

*MS Black youth agree that they got into a verbal or physical fight more than white or Asian youth.

*MS all other races group youth agree that they got into a verbal or physical fight or felt unsafe more than Asian youth.

*HS white youth agree that they felt excluded, heard or saw things their parents/guardians would think is inappropriate, or had a hard time stopping social media more than Hispanic youth.

*HS white youth agree that they felt worse about themselves more than Hispanic or Black youth.

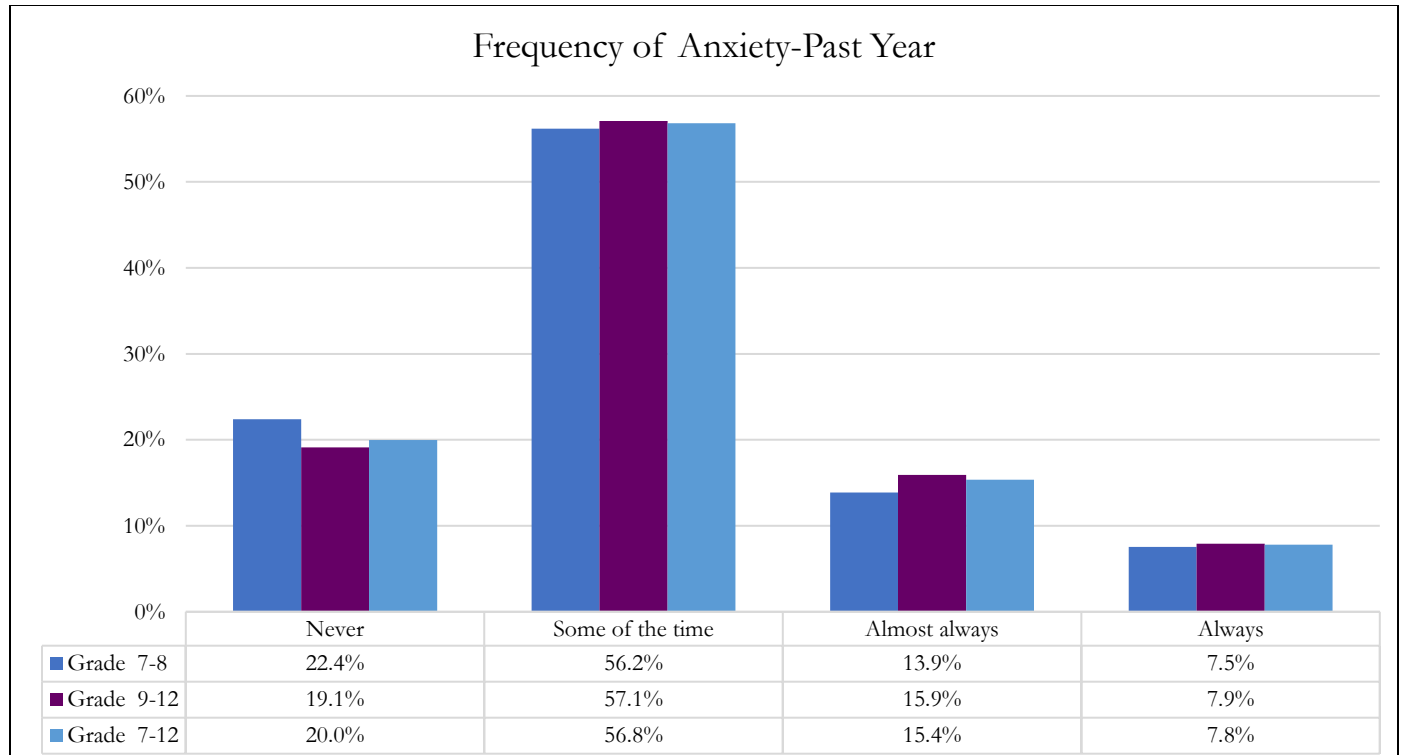
*HS Hispanic youth agree that they felt better about themselves more than white youth.

*HS all other races group youth agree they heard or saw things their parents/guardians would think is inappropriate more than Hispanic youth.

*HS Asian youth agree that they have had a hard time stopping social media more than Hispanic or Black youth.

*MS and HS LGBS youth agree that they felt excluded, unsafe, heard or saw things their parents/guardians would think is inappropriate, felt worse about themselves, or had a hard time stopping social media more than heterosexual youth.
 *HS LGBS youth agree that they chose social media instead of spending time in person with friends more than heterosexual youth.

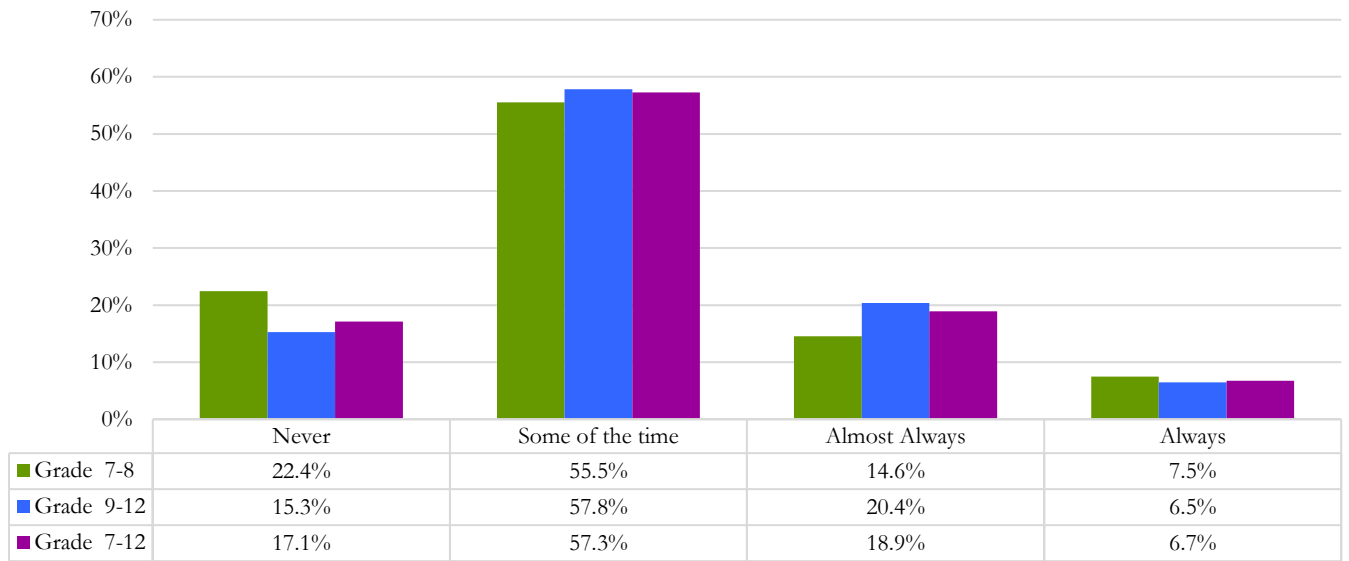
Emotional Health:



*MS and HS female youth reported always feeling anxiety more than male youth.

*MS and HS LGBS youth reported always feeling anxiety more than heterosexual youth.

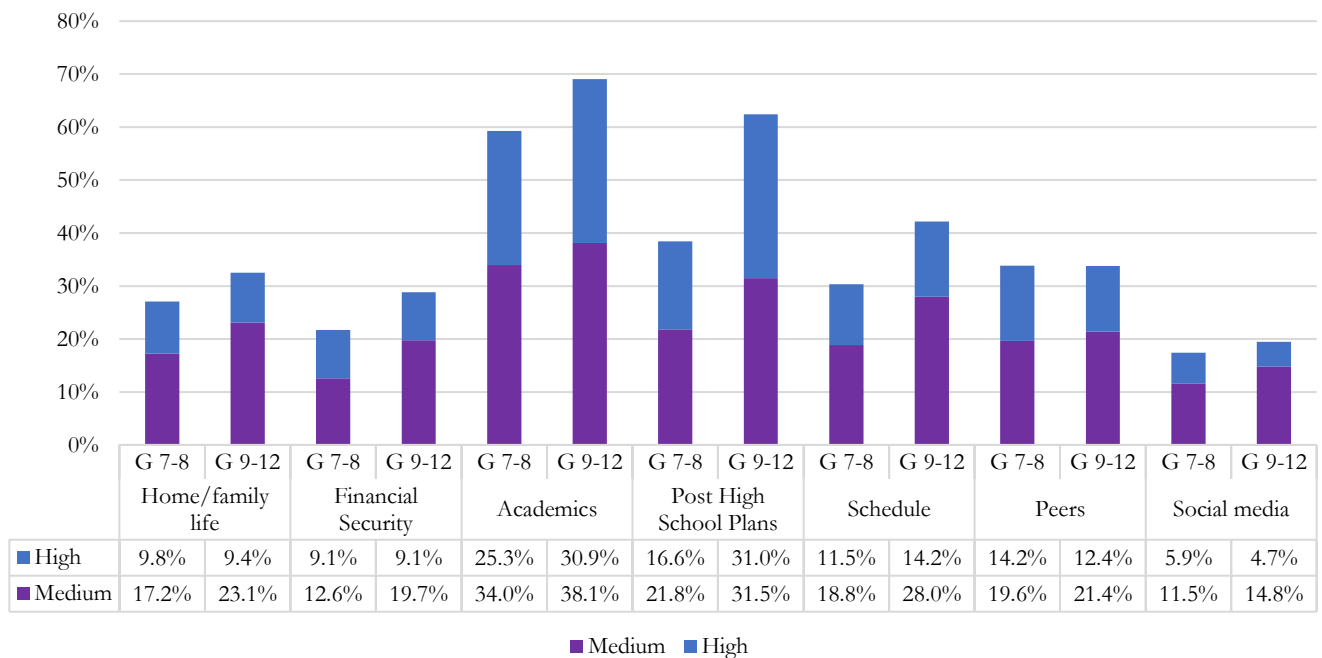
Frequency of Anxiety Making Life Difficult



*MS and HS female youth reported always having anxiety make their life difficult more than male youth.

*MS and HS LGBS youth reported always having anxiety make their life difficult more than heterosexual youth.

Anxiety Level by Source



*MS and HS female youth have home life or schedule as a moderate source of anxiety more frequently than male youth.

*MS and HS female youth have academics or peers as a high source of anxiety more frequently than male youth.

*MS female youth have college or post-high school plans as a moderate source of anxiety more frequently than male youth.

*HS female youth have home life, finances, college or post-high school plans, schedule, or social media as a high source of anxiety more frequently than male youth.

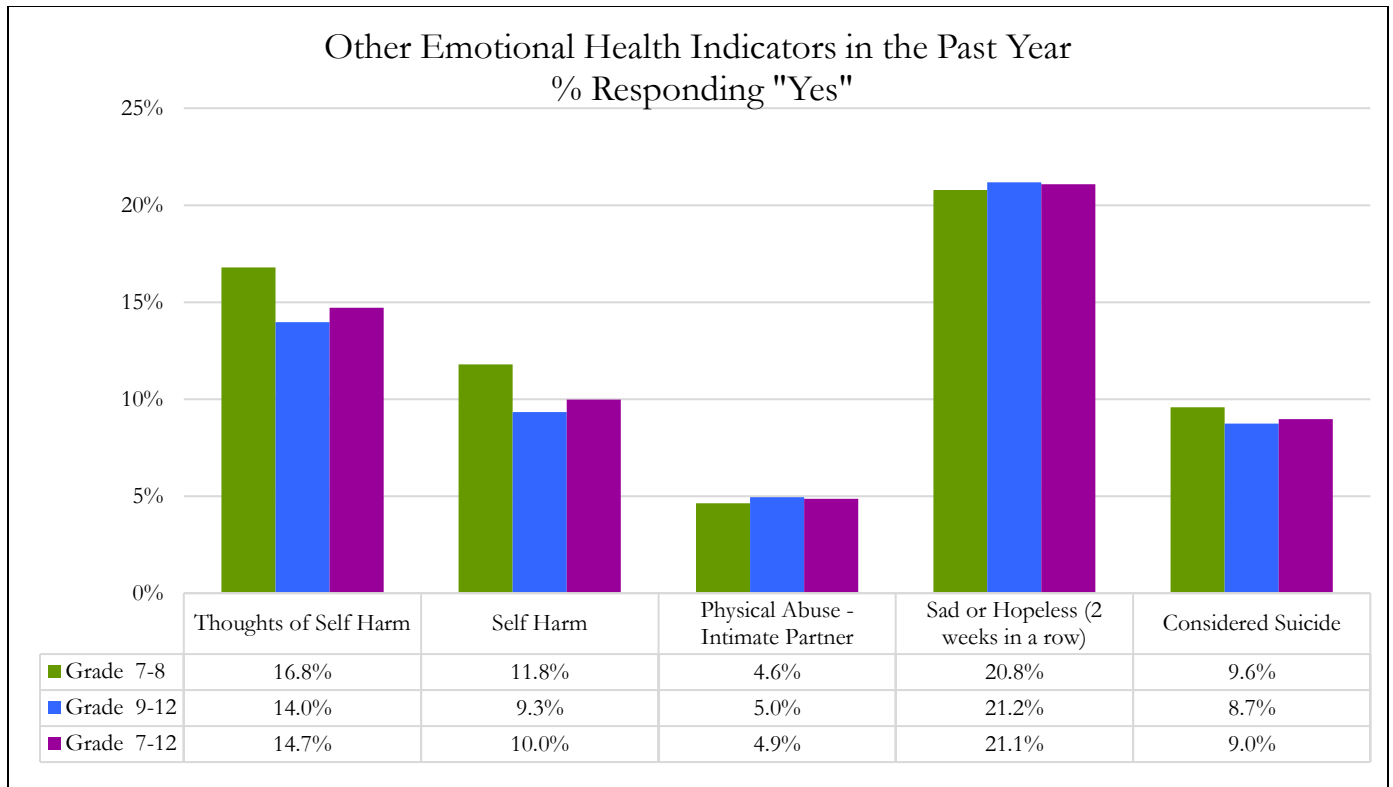
*MS and HS Hispanic youth have home life as a moderate source of anxiety more frequently than white youth.

*MS and HS Hispanic youth have finances as a moderate source of anxiety more frequently than white or Asian youth.

*MS Hispanic youth have social media as a moderate source of anxiety more frequently than white youth.

*MS all other races group youth have finances or social media as a moderate source of anxiety more frequently than white or Asian youth.

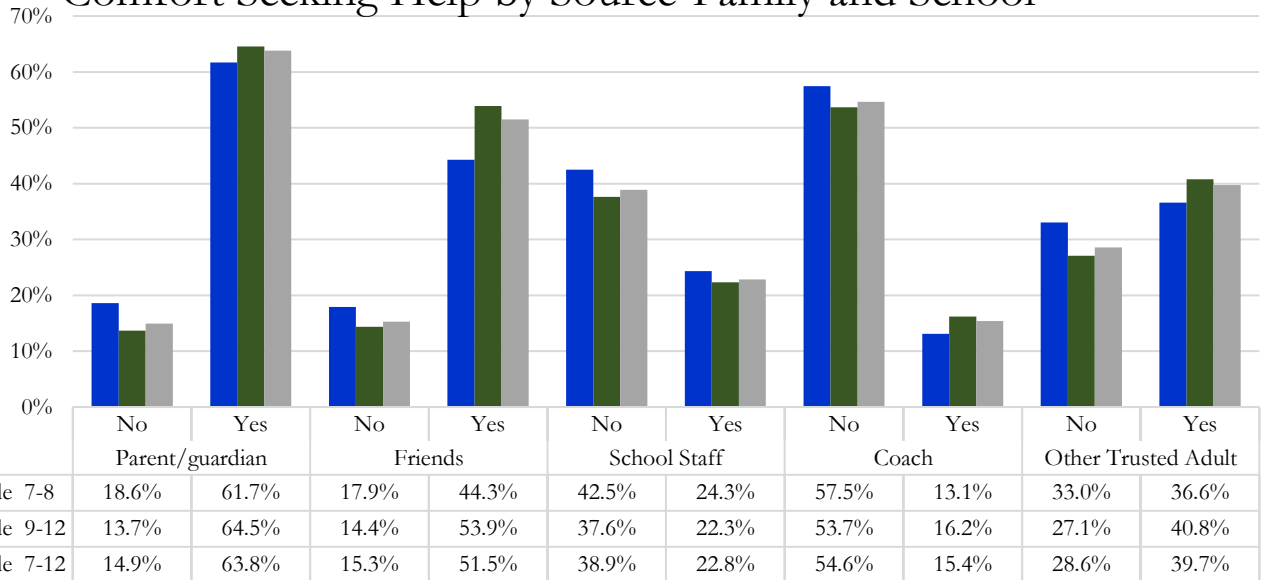
- *HS Black youth have finances as a moderate source of anxiety more frequently than white or Asian youth.
- *HS Black or Asian youth have college or post-high school plans as a high source of anxiety more frequently than white youth.
- *HS Asian youth have their schedule as a moderate source of anxiety more frequently than white, Hispanic, Black, or All Other Races youth.
- *MS and HS LGBS youth have home life, academics, as a high source of anxiety more frequently than heterosexual youth.
- *MS and HS LGBS youth have peers or social media as a moderate source of anxiety more frequently than heterosexual youth.
- *MS LGBS youth have college or post-high school plans or schedule as a moderate source of anxiety more frequently than heterosexual youth.
- *HS LGBS youth have finances as a high source of anxiety more frequently than heterosexual youth.
- *HS LGBS youth have peers, college or post-high school plans as a high source of anxiety more frequently than heterosexual youth.



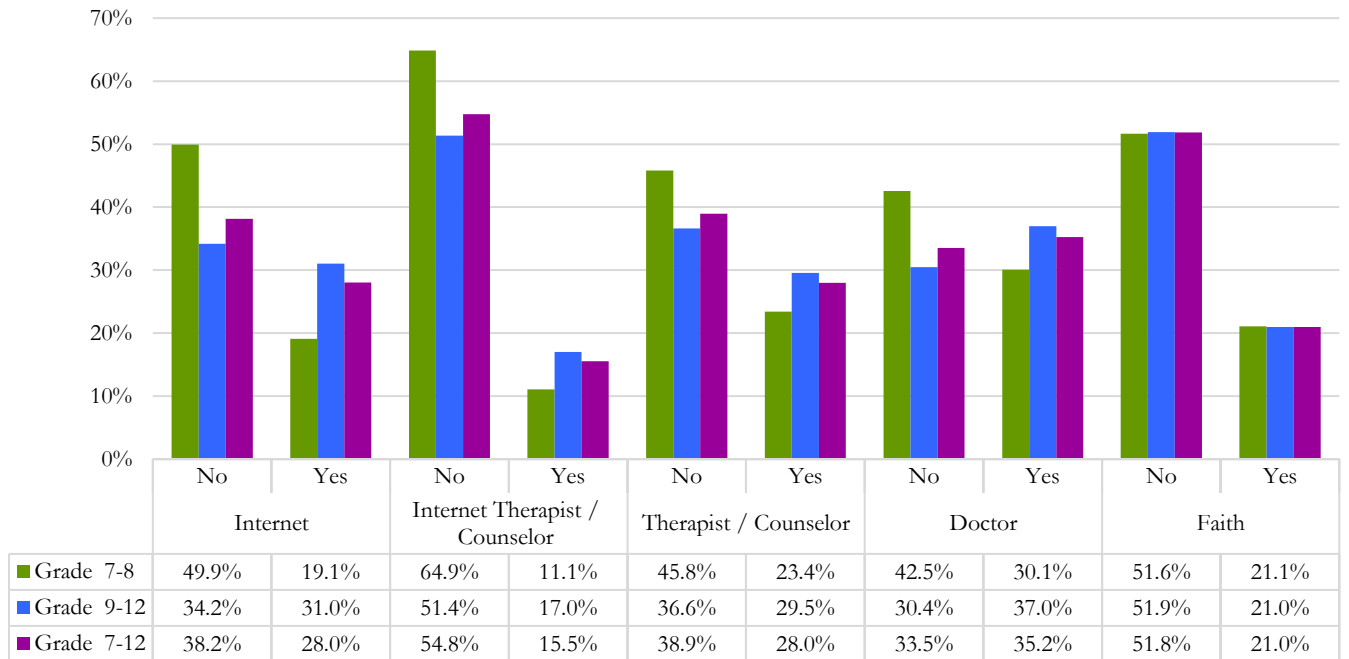
Note: State data for grades 9-12 (YRBS 2021) indicate that 35.6% of students felt sad or hopeless for 2 or more weeks in a row, 14.1% considered suicide, and 18.0% harmed themselves in the past year.

- *MS and HS female youth have thoughts of self-harm, harmed themselves, experienced depression, or considered attempting suicide in the past year more frequently than male youth.
- *HS male youth have experienced intimate partner abuse more frequently than female youth.
- *MS and HS Hispanic youth have experienced depression more frequently than white youth.
- *MS and HS all other races group youth have considered attempting suicide in the past year more frequently than white youth.
- *MS Hispanic youth have thoughts of self-harm or harmed themselves more frequently than white youth.
- *MS Asian youth have thoughts of self-harm or considered attempting suicide in the past year more frequently than white youth.
- *MS and HS LGBS youth have thoughts of self-harm, harmed themselves, experienced intimate partner abuse, considered attempting suicide in the past year, or experienced depression more frequently than heterosexual youth.

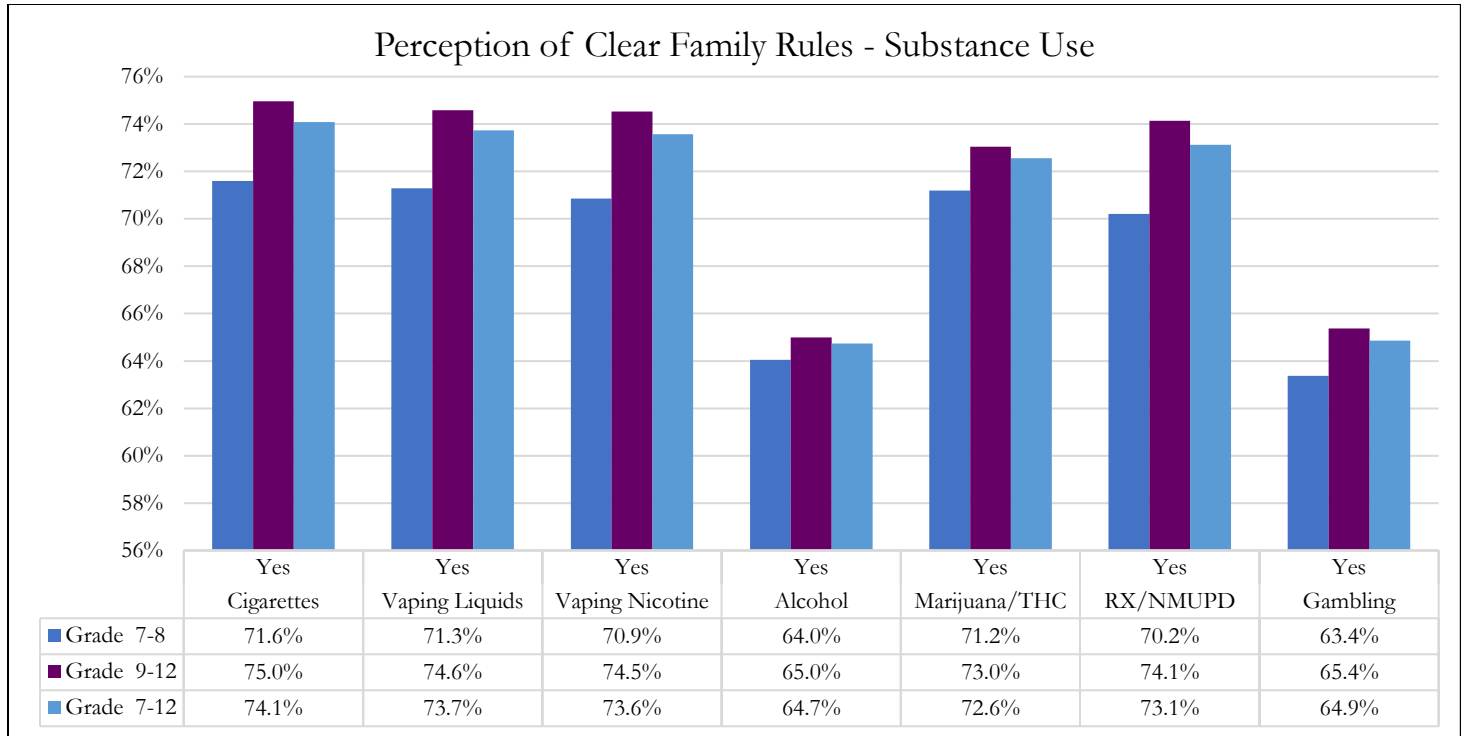
Comfort Seeking Help by Source-Family and School



Comfort Seeking Help by Source-Community and Internet



Perceptions of Substance Use, Family Rules and Experiences:

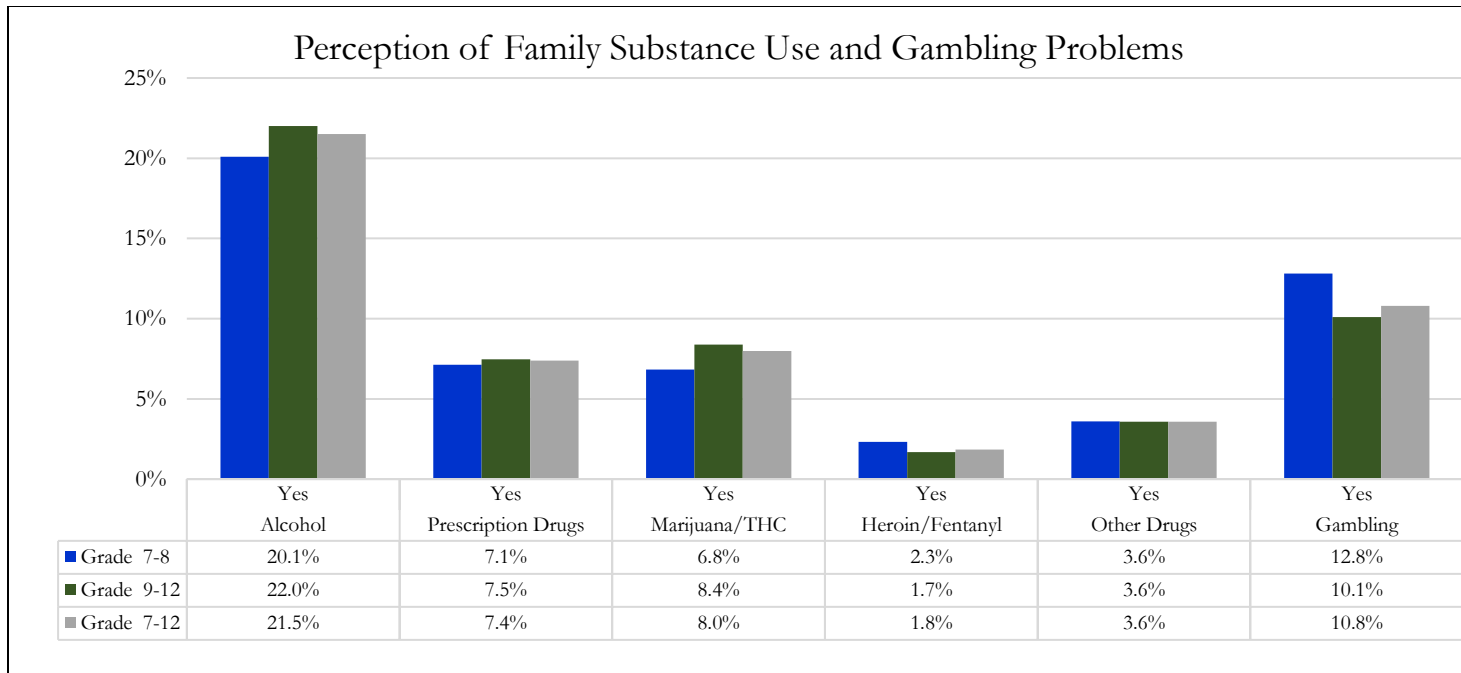


*HS male youth don't perceive clear family rules regarding cigarettes, all vaping, marijuana, or gambling compared to female youth.

*MS Hispanic or Black youth don't perceive clear family rules regarding cigarettes, all vaping, marijuana, or prescription drugs compared to white youth.

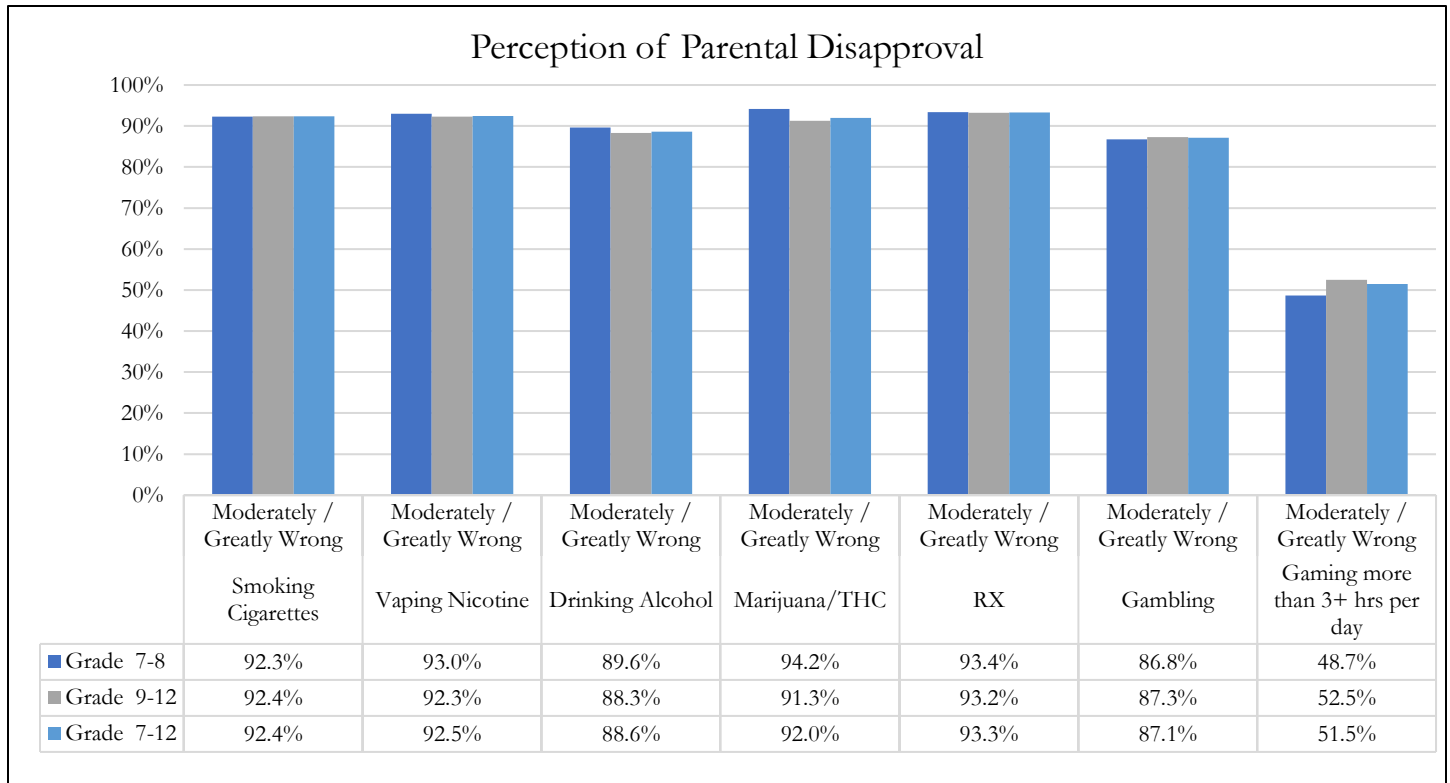
*MS Hispanic youth don't perceive clear family rules regarding alcohol or gambling compared to white youth.

*HS Hispanic or Black youth don't perceive clear family rules regarding cigarettes, all vaping, alcohol, marijuana, prescription drugs, or gambling compared to white or Asian youth.



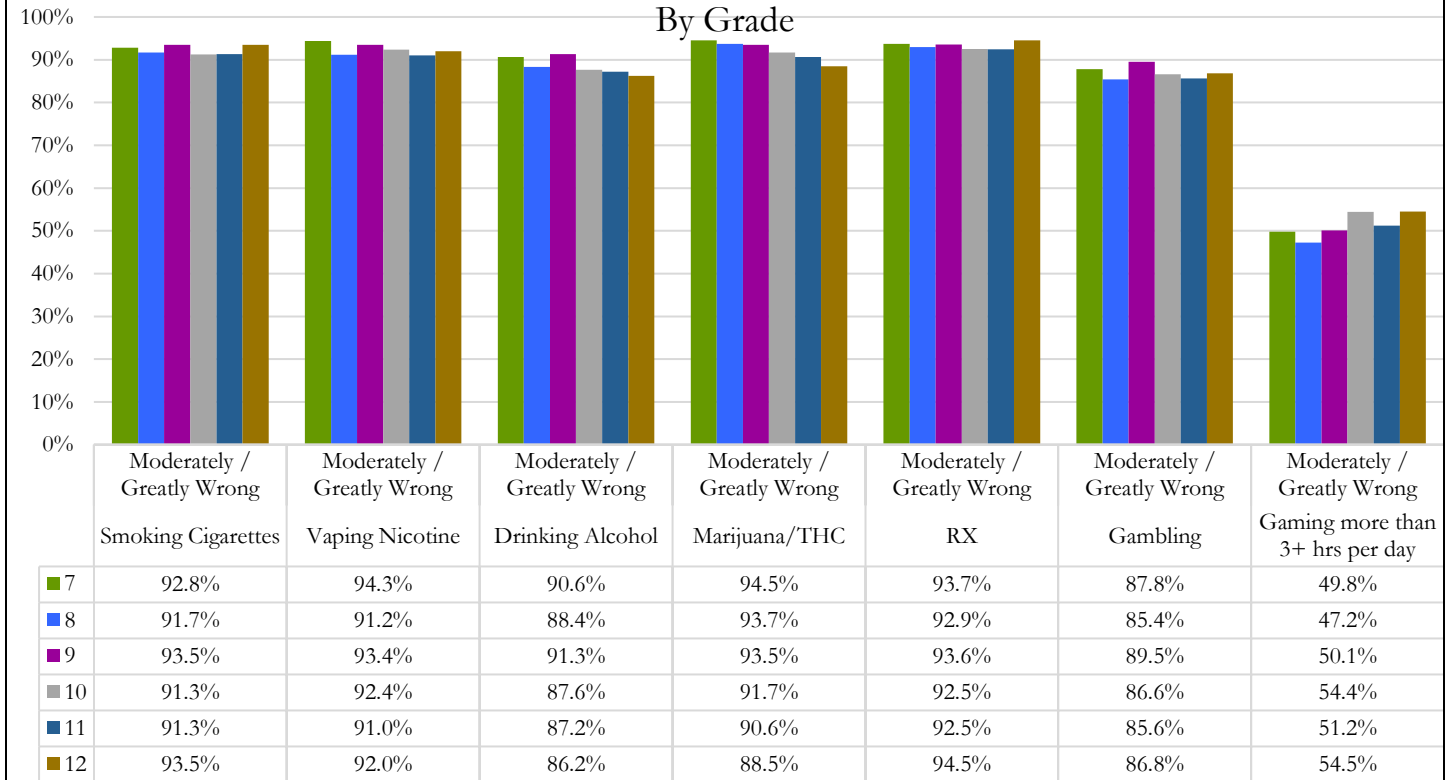
*HS female youth were more likely to report having a family member with an alcohol, marijuana, or 'other drug' problem than male youth.

- *HS Hispanic youth were more likely to report having a family member with an alcohol problem than Asian youth.
- *HS Black youth or All Other Races group were more likely to report having a family member with a marijuana problem than white youth.
- *MS and HS LGBS youth were more likely to report having a family member with an alcohol, prescription drug, marijuana, or 'other drug' problem than heterosexual youth.
- *HS LGBS youth were more likely to report having a family member with a heroin problem than heterosexual youth.

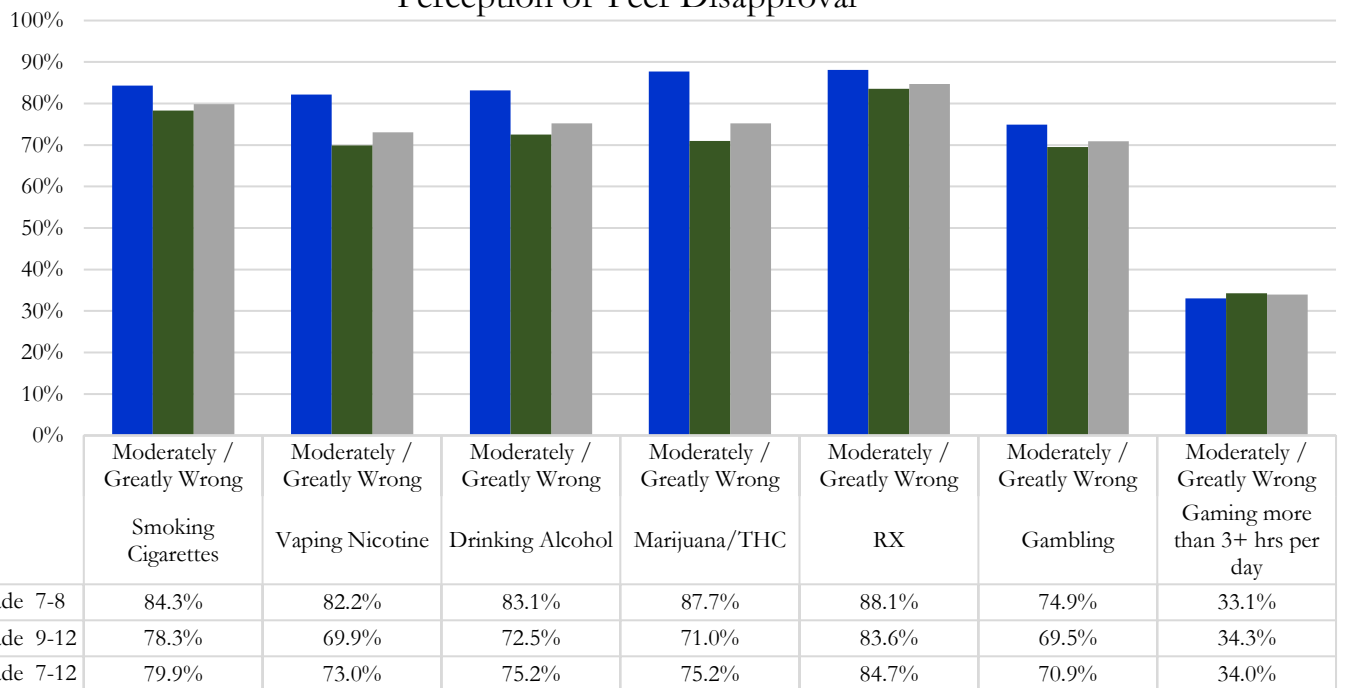


- *MS and HS male youth perceive less parental disapproval for smoking cigarettes, gambling, or gaming than female youth.
- *MS male youth perceive less parental disapproval for vaping, alcohol, or marijuana than female youth.
- *HS Hispanic youth perceive less parental disapproval for vaping than white or Asian youth.
- *HS white, Black, or Hispanic youth perceive less parental disapproval for using marijuana than Asian youth.
- *HS Hispanic or Black youth perceive less parental disapproval for using prescription drugs than white youth.
- *MS and HS LGBS youth perceive less parental disapproval for using marijuana or prescription drugs than heterosexual youth.
- *MS LGBS youth perceive less parental disapproval for smoking cigarettes, vaping, alcohol, or gambling than heterosexual youth.
- *HS LGBS youth perceive less parental disapproval for gaming than heterosexual youth.

Perception of Parental Disapproval By Grade



Perception of Peer Disapproval



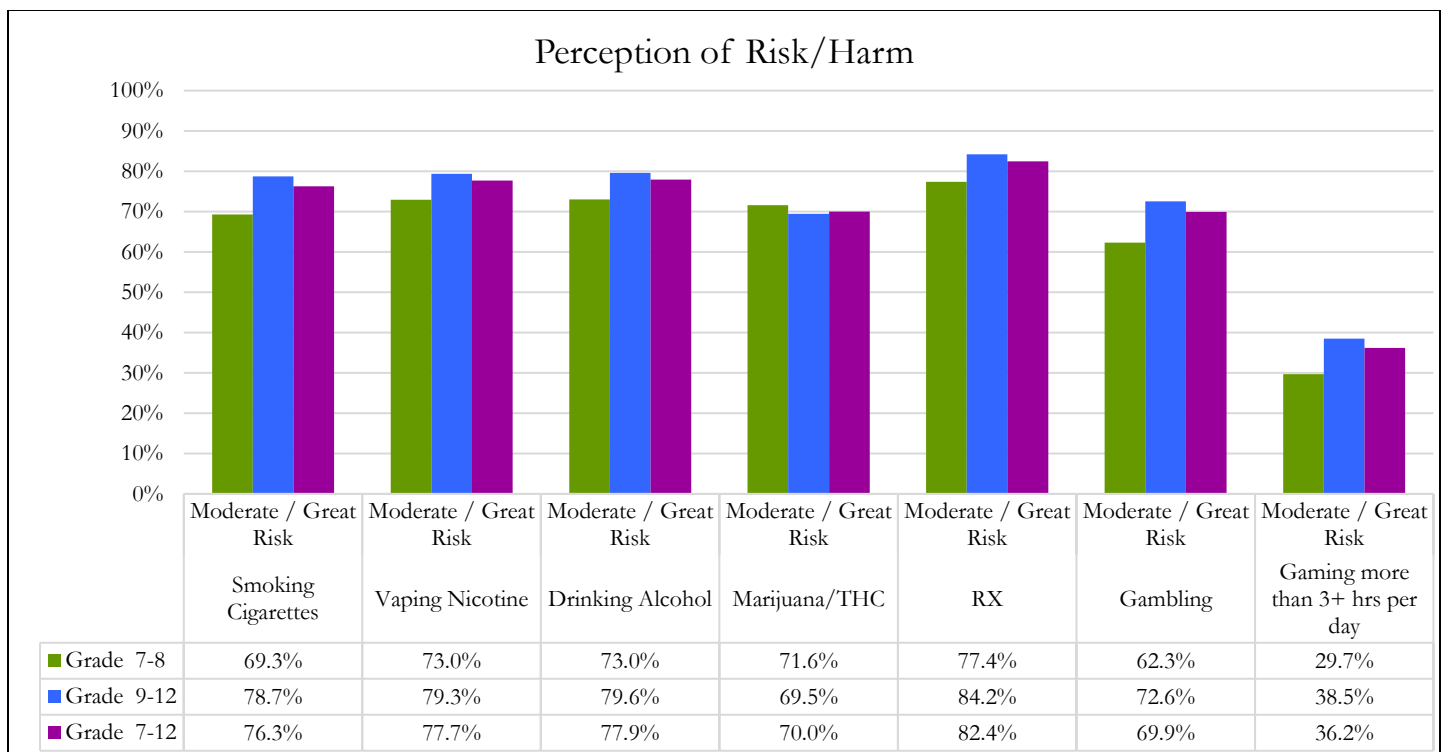
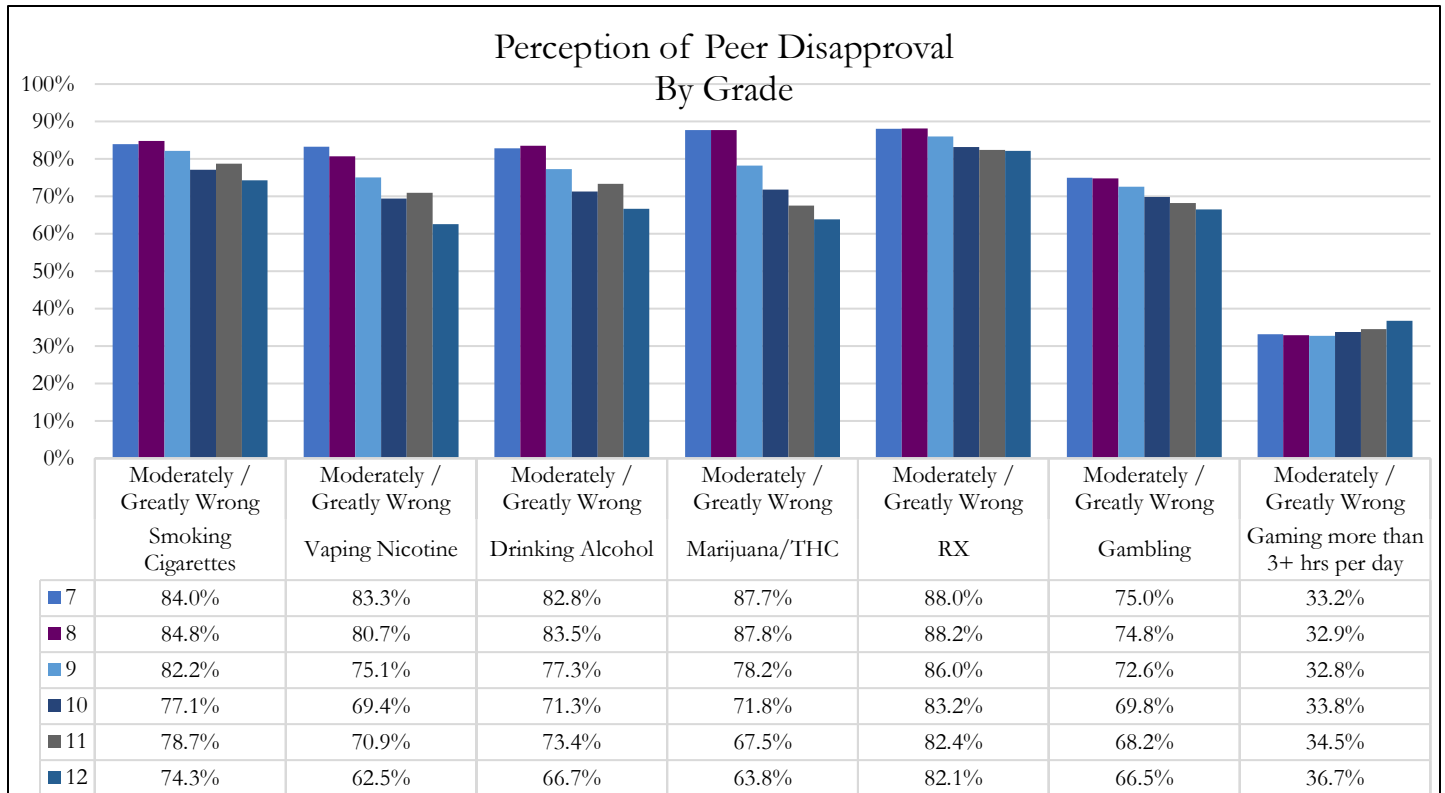
*MS and HS male youth perceive less peer disapproval for gambling or gaming than female youth.

*MS Hispanic or Black youth perceive less peer disapproval for smoking cigarettes, vaping, alcohol, or prescription drugs than white youth.

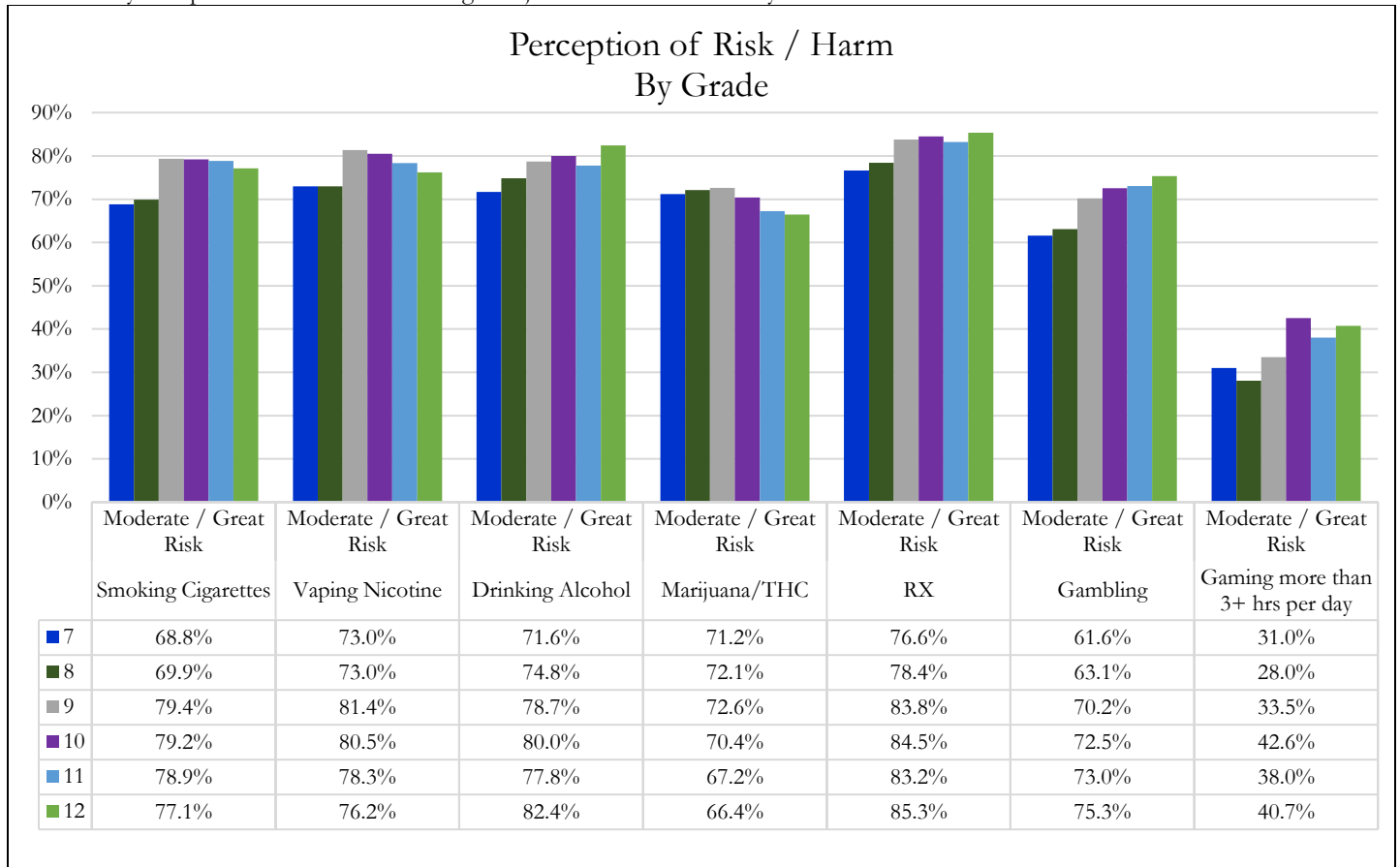
*MS Black youth perceive less peer disapproval for using marijuana than white youth.

*MS Hispanic, Black, or All Other Races group youth perceive less peer disapproval for gambling than Asian youth.

- *HS white, Hispanic, or Black youth perceive less peer disapproval for vaping, alcohol, or marijuana than Asian youth.
- *HS all other races group youth perceive less peer disapproval for using marijuana than Asian youth.
- *MS and HS LGBS youth perceive less peer disapproval for vaping than heterosexual youth.
- *MS and HS LGBS youth perceive less peer disapproval for using marijuana than heterosexual youth.
- *MS LGBS youth perceive less peer disapproval for smoking cigarettes than heterosexual youth.
- *HS LGBS youth perceive less peer disapproval for gaming than heterosexual youth.

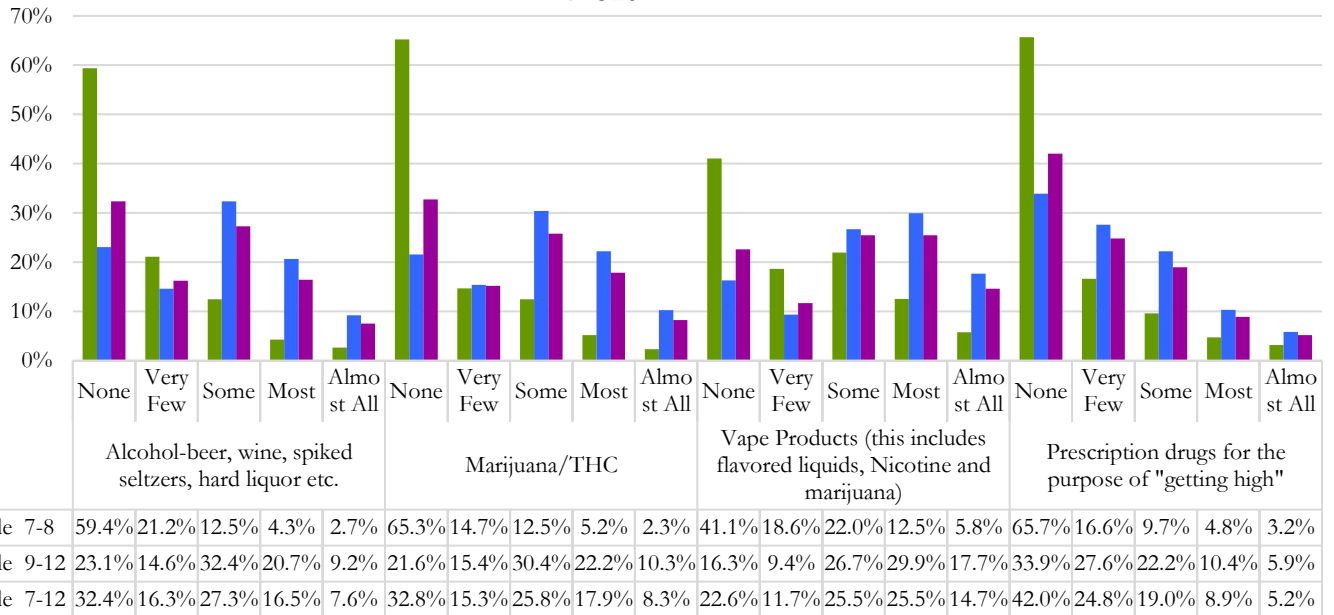


- *HS male youth perceive lower risk for drinking alcohol, marijuana, prescription drugs, gambling, or gaming than female youth.
- *MS and HS Black youth perceive lower risk for drinking alcohol than Asian youth.
- *MS and HS Black youth perceive lower risk for using prescription drugs than white or Asian youth.
- *MS Black youth perceive lower risk for using marijuana than Asian youth.
- *MS Hispanic youth perceive lower risk for using prescription drugs than white or Asian youth.
- *HS white or Hispanic youth perceive lower risk for drinking alcohol or marijuana than Asian youth.
- *HS Black youth perceive lower risk for using marijuana than Hispanic or Asian youth.
- *HS all other races group youth perceive lower risk for using marijuana than Asian youth.
- *HS white or All Other Races group youth perceive lower risk for gaming than Hispanic youth.
- *HS LGBS youth perceive lower risk for using marijuana than heterosexual youth.



Perception of Peer Use in Past Month

"Estimate the percentage of peers that have used the following substances in the past month"



*MS and HS female youth more likely to perceive most peers use alcohol, marijuana, or vape than male youth.

*HS female youth more likely to perceive almost all peers use alcohol, marijuana, vape, or prescription drugs than male youth.

*MS all other races group youth were more likely to perceive almost all peers use alcohol than white youth.

*MS Hispanic youth were more likely to perceive almost all peers vape than white youth.

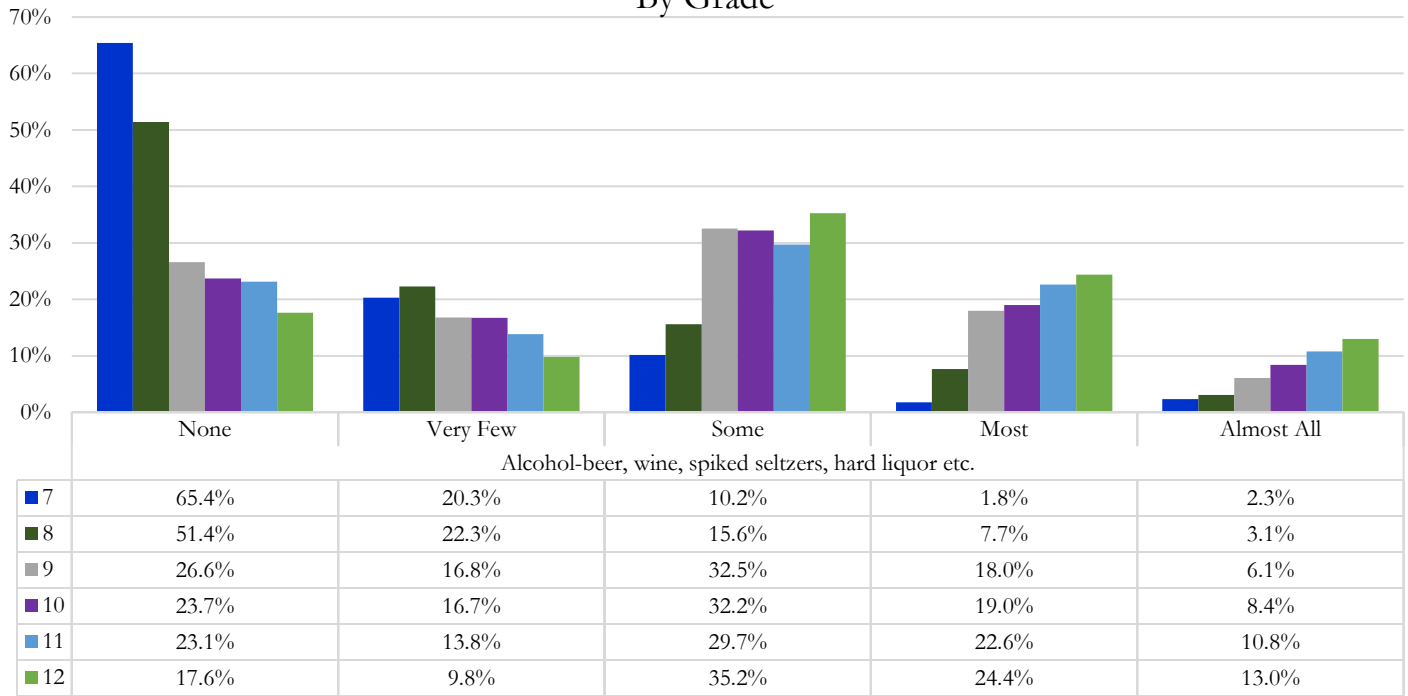
*HS white youth were more likely to perceive most peers use alcohol than Hispanic or Black youth.

*HS Hispanic youth were more likely to perceive almost all peers use marijuana or prescription drugs than white youth.

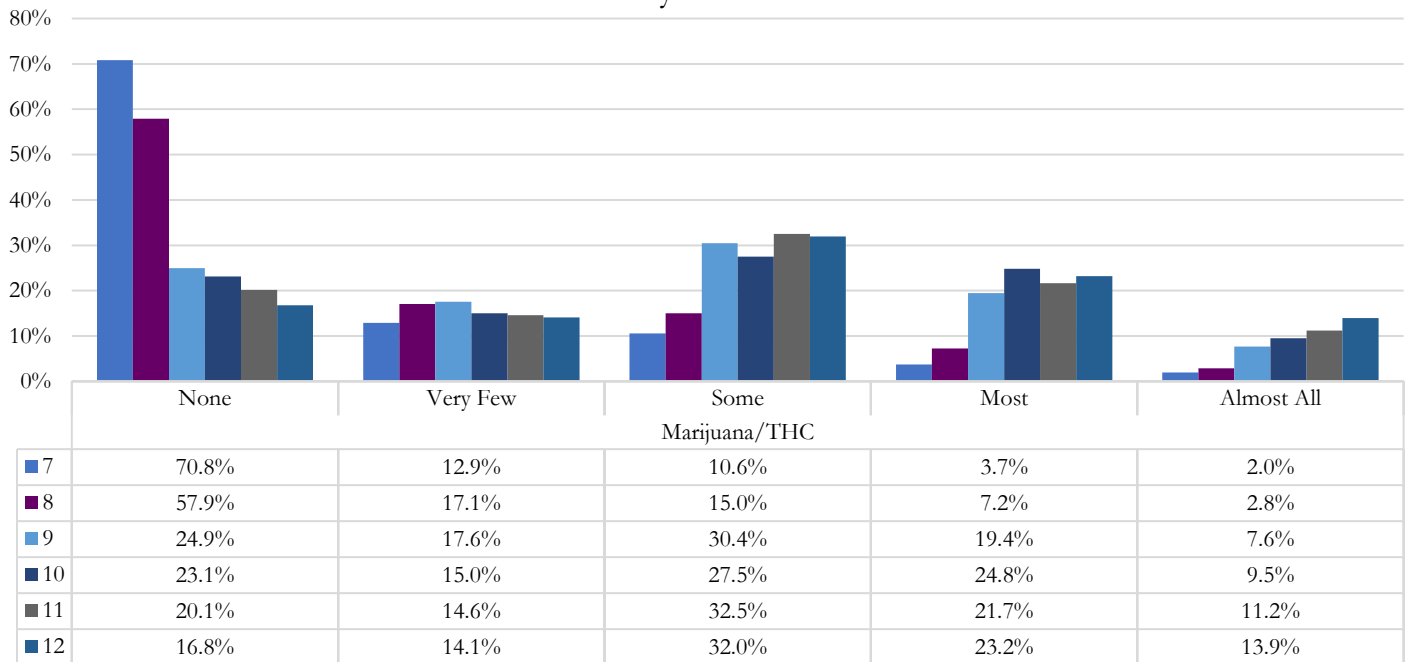
*HS Hispanic youth were more likely to perceive almost all peers vape than white or Asian youth.

*HS Black youth were more likely to perceive almost all peers vape than white youth.

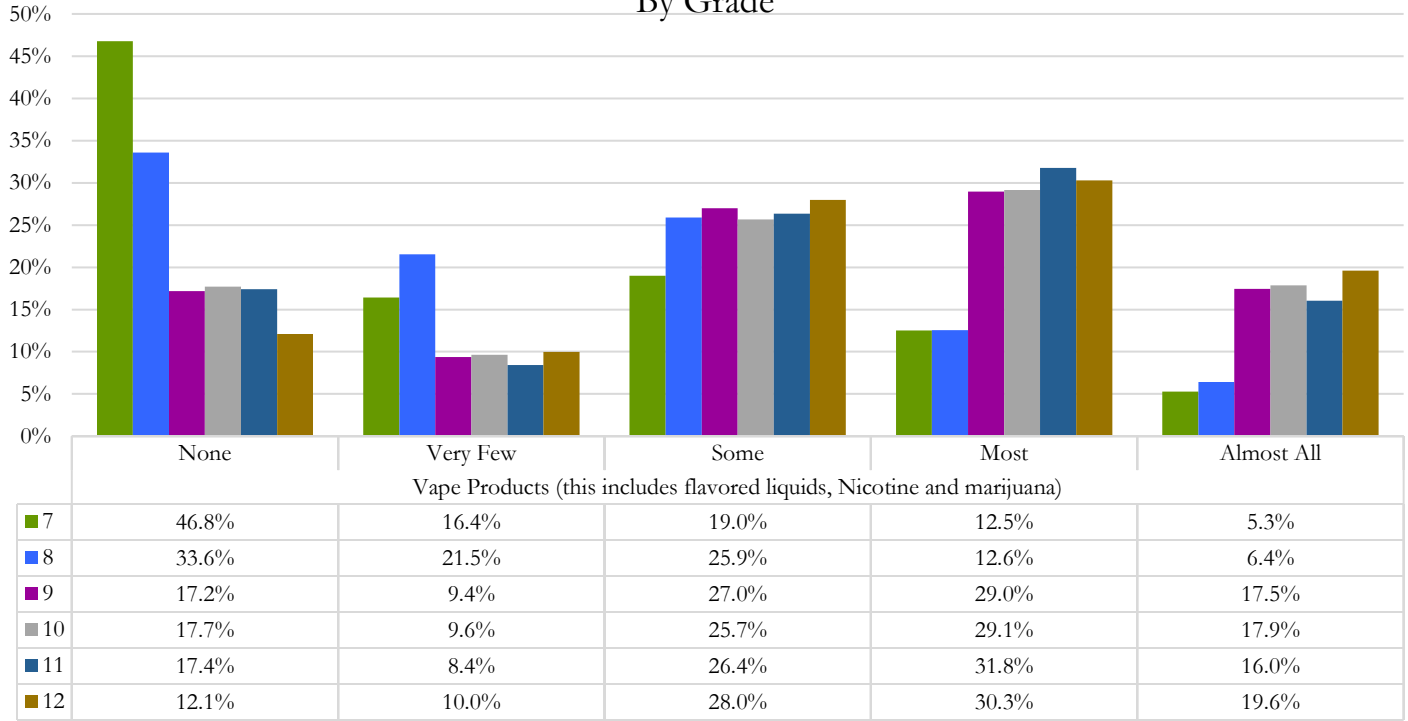
Perception of Peer Alcohol Use in Past Month By Grade



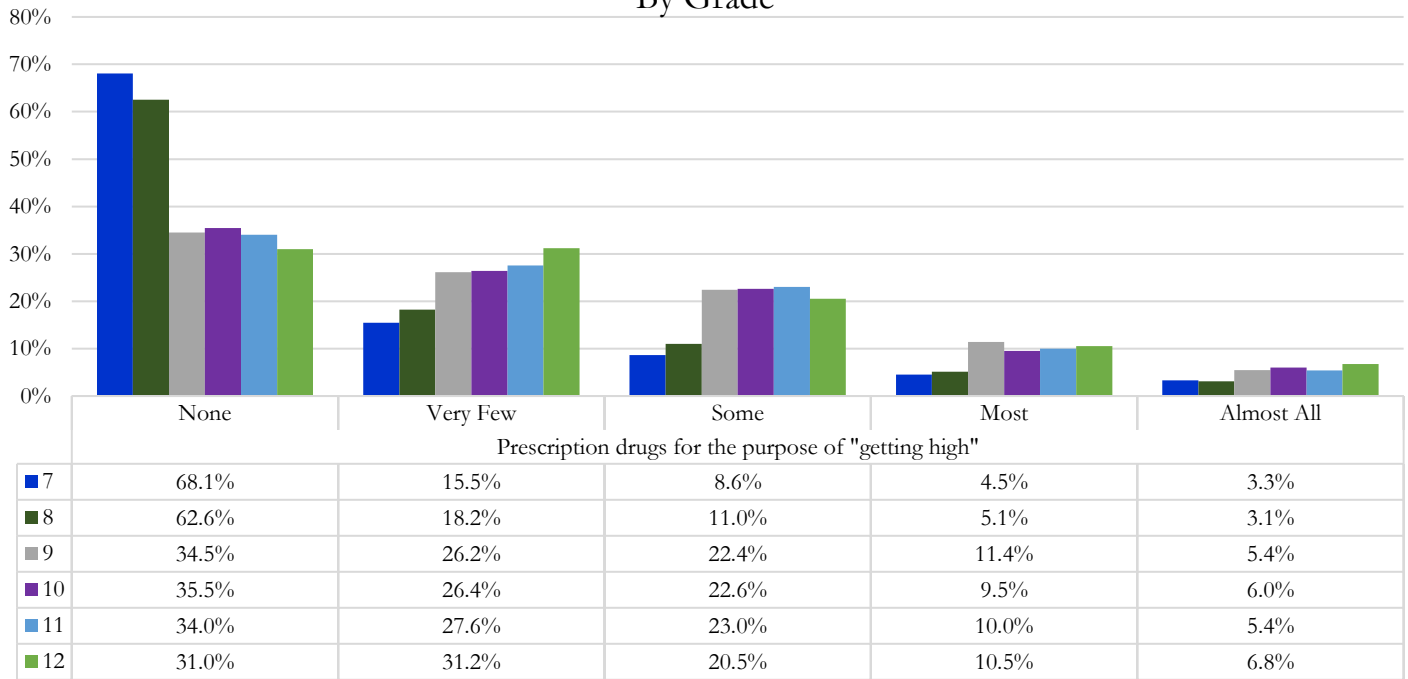
Perception of Peer Marijuana Use in Past Month By Grade



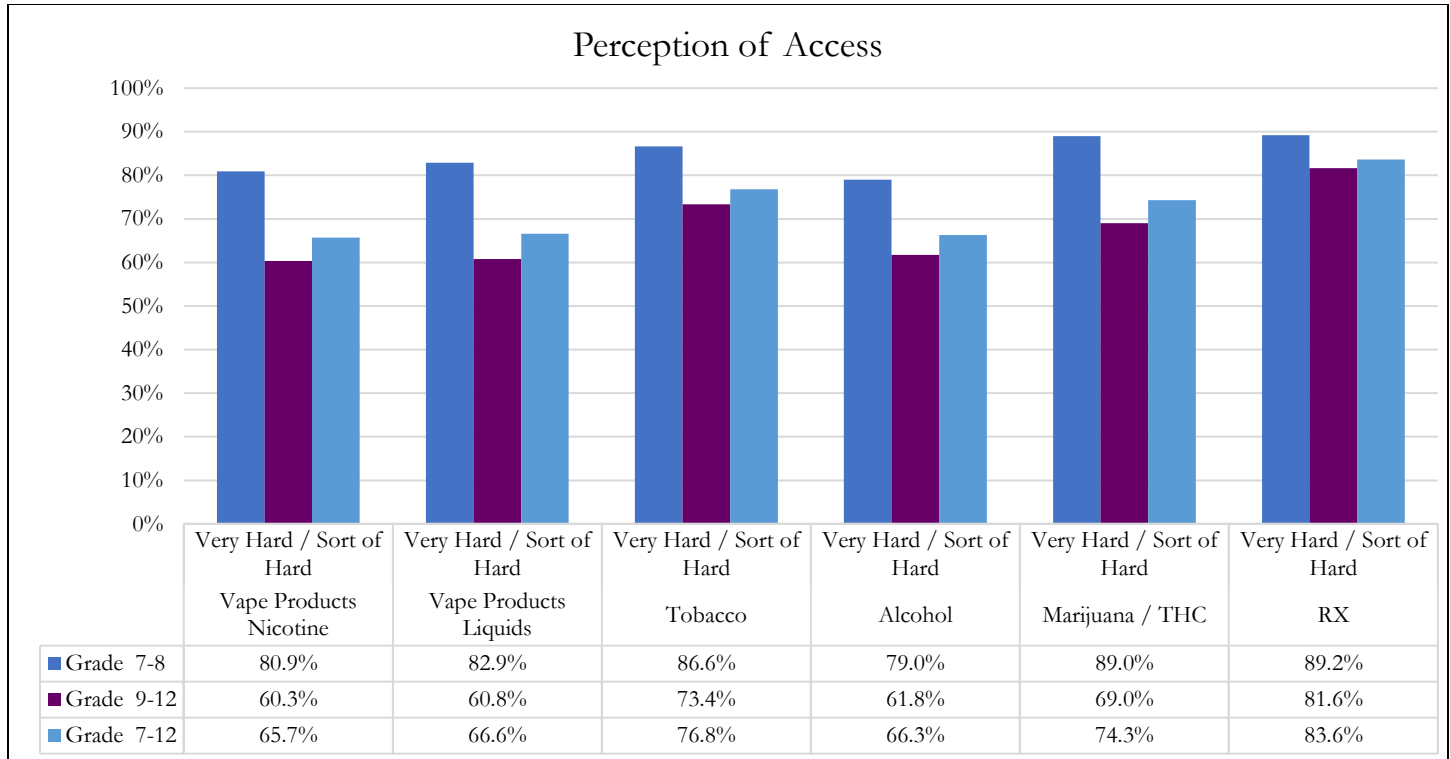
Perception of Peer Vaping Use in Past Month By Grade



Perception of Peer RX Use in Past Month By Grade



Ease of Access:



*HS female youth perceive it to be easier to access alcohol than male youth.

*MS all other races group youth perceive it to be easier to access alcohol than Hispanic, Black, or Asian youth.

*HS white youth perceive it to be easier to access nicotine vape products than Black or Asian youth.

*HS all other races group youth perceive it to be easier to access nicotine vape products than Asian youth.

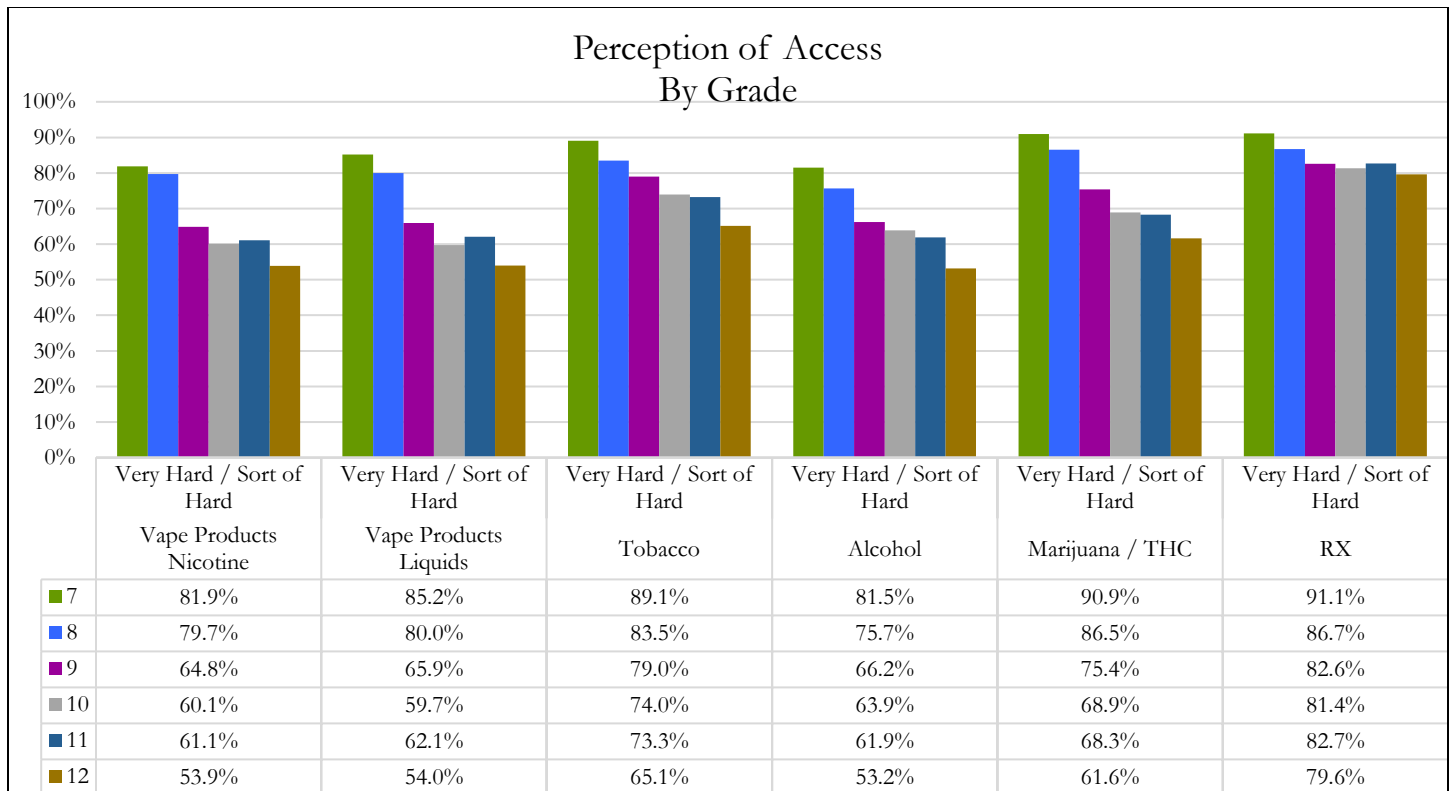
*HS white youth perceive it to be easier to access other vape products than Asian youth.

*HS white youth perceive it to be easier to access tobacco products or alcohol than Hispanic, Black, or Asian youth.

*HS all other races group youth perceive it to be easier to access tobacco products than Black youth.

*HS all other races group youth perceive it to be easier to access alcohol than Asian youth.

*MS LGBS youth perceive it to be easier to access all vape products or marijuana than heterosexual youth.



Substance Use and Gambling:

Risk Factors for Any Substance Use in Youth’s Lifetime, Grades 7-12:

The following list includes youth reported experiences and perceptions that are statistically associated with lifetime use of any substance use. It is important to note association should not be considered causation.

Stamford Middle and High School youth who have used **any substance in their lifetime** are more likely to:

- Spend more time unsupervised
- Not feel safe in their community, school, or know how to get support at school for mental health or substance use problems
- Have the following experiences due to gaming: did not get enough sleep, did not complete homework, got into fights, been asked personal info, were threatened, heard or saw inappropriate things, and purchased loot boxes or skins
- Have the following experiences due to social media; got into a verbal or physical fight, felt excluded, felt worse about themselves, felt unsafe, and heard or saw inappropriate things
- Almost always feel anxiety and it makes their life difficult
- Have home life, academics, and schedule as a high source of anxiety
- Have thoughts of self-harm, harm themselves, experienced intimate partner abuse, experience depression, or considered attempting suicide
- Would not seek help from a parent, school resource, coach, therapist, doctor/nurse, faith leader, or other trusted adult
- Report more family substance use problems for all substances
- Perceive less parental disapproval for vaping, alcohol, marijuana, gambling, or gaming

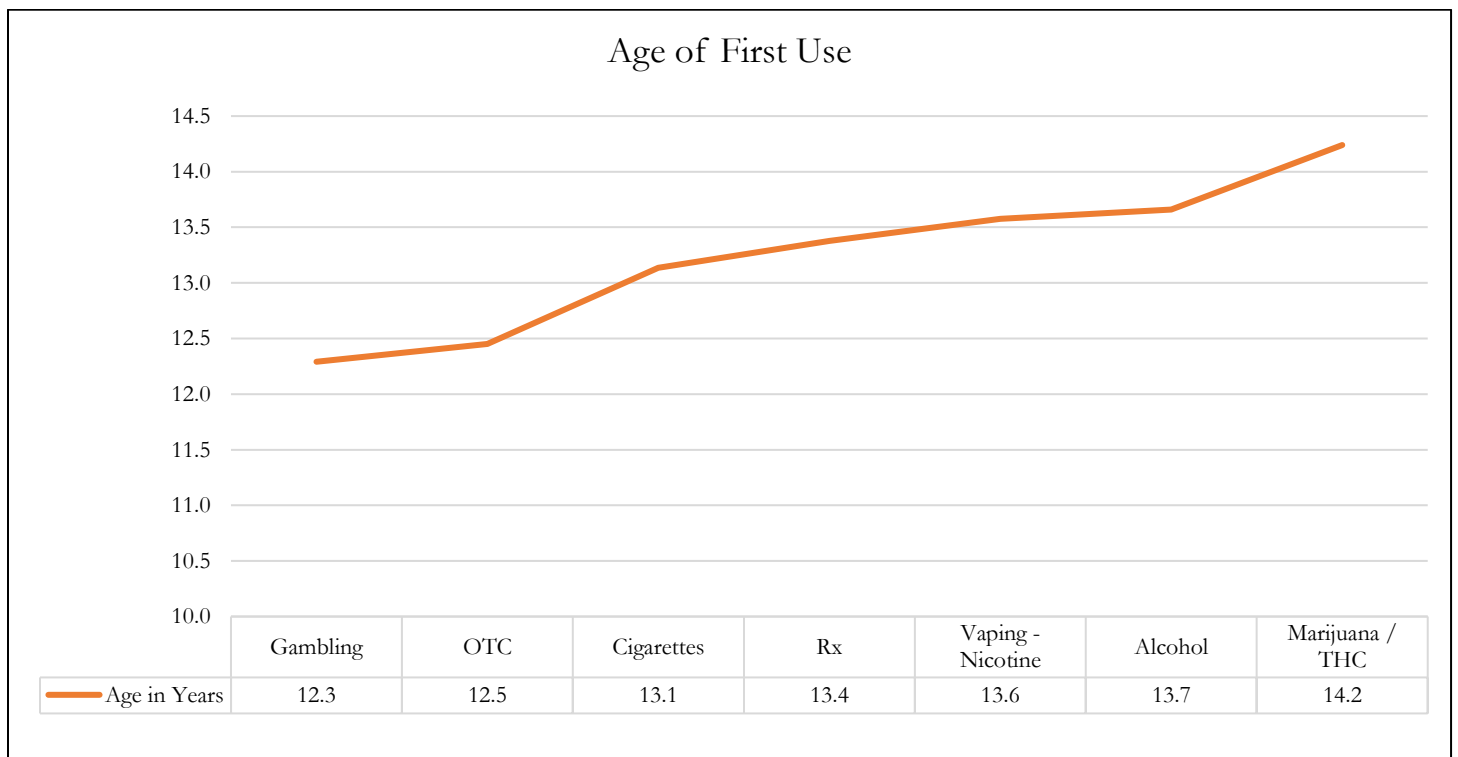
- Perceive less peer disapproval for cigarettes, vaping, alcohol, marijuana, prescription drugs, gambling, or gaming
- Perceive lower risk for vaping or gambling
- Perceive more substance use by their peers
- Perceive easier access to all substances

Stamford High School youth who have used **any substance in their lifetime** are more likely to:

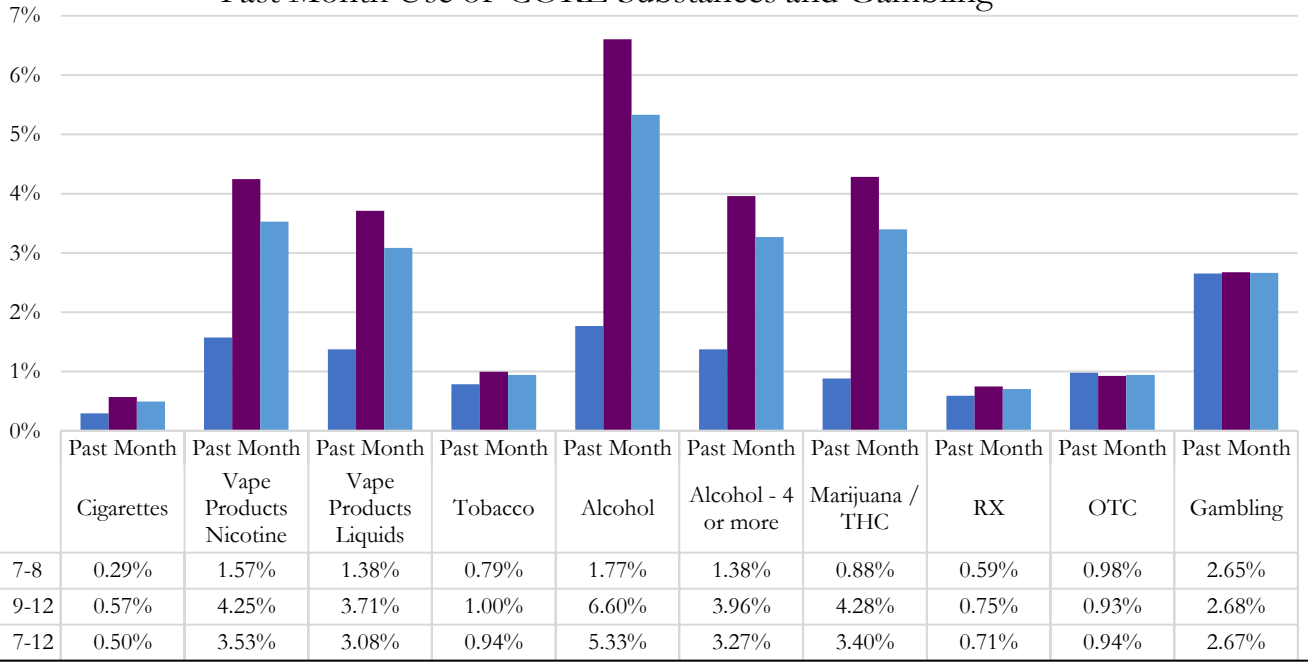
- Sleep less
- Feel more connected to others due to social media
- Have college or post high school plans as a high source of anxiety
- Would not seek help from an internet counselor
- Not have clear family rules around alcohol
- Perceive lower risk for marijuana use or gaming

Stamford Middle School youth who have used **any substance in their lifetime** are more likely to:

- Have the following experiences due to gaming: earned credibility, had a hard time stopping, and had people voice concern about amount of time spent gaming
- Choose social media instead of spending time in person with friends
- Have peers as a high source of anxiety
- Have finances and social media as a moderate source of anxiety
- Perceive less parental disapproval of cigarettes or prescription drugs
- Perceive lower risk for alcohol use

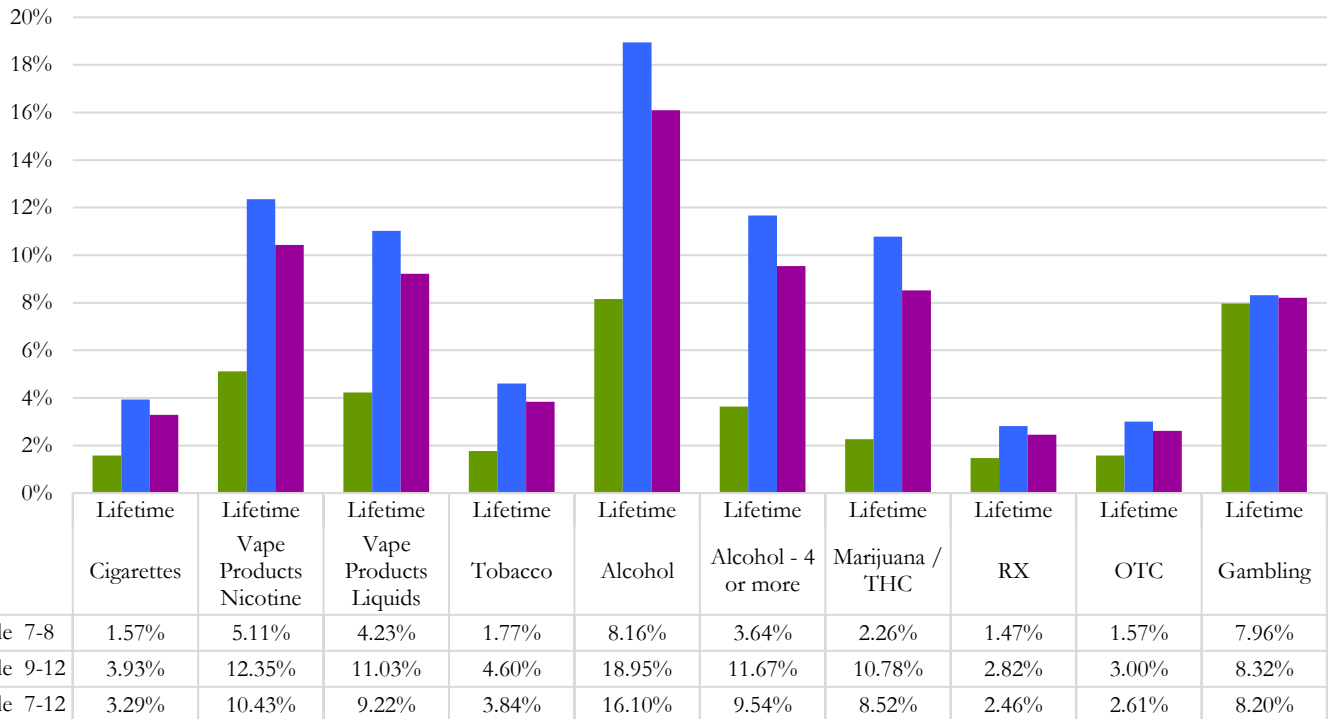


Past Month Use of CORE Substances and Gambling



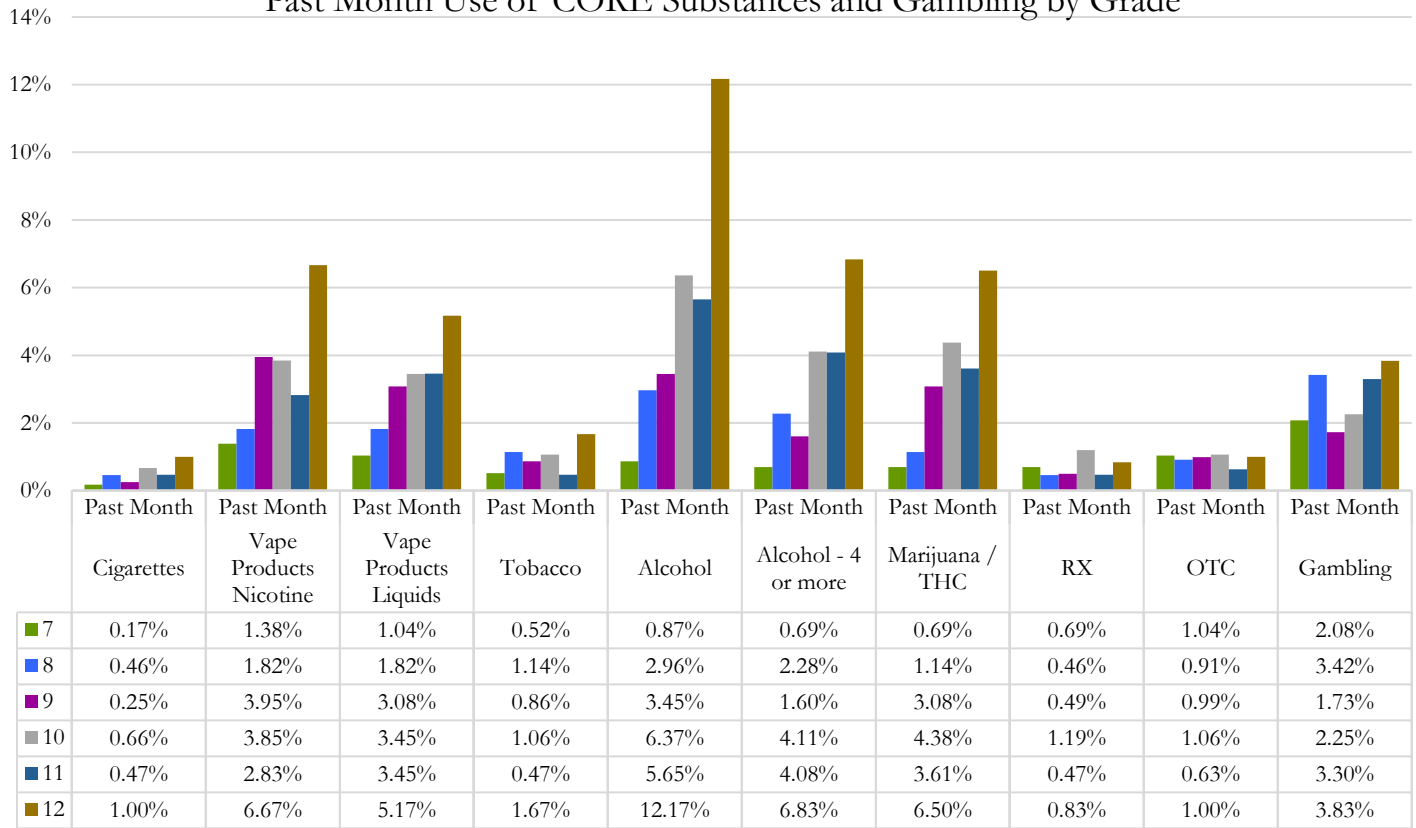
- *HS female youth had past month use of all vape products more frequently than male youth.
- *MS Asian youth had past month use of nicotine vape products more frequently than white youth.
- *HS LGBS youth had past month use of cigarettes and other vape products more frequently than heterosexual youth.
- *MS and HS male youth had past month use of gambling more frequently than female youth.
- *MS male youth had past month alcohol bingeing more frequently than female youth.
- *MS Asian youth had past month use of alcohol bingeing more frequently than white youth.
- *HS white youth had past month use of alcohol or binged alcohol more frequently than Hispanic or Black youth.
- *HS LGBS youth had past month use of marijuana more frequently than heterosexual youth.

Lifetime Use of CORE Substances and Gambling

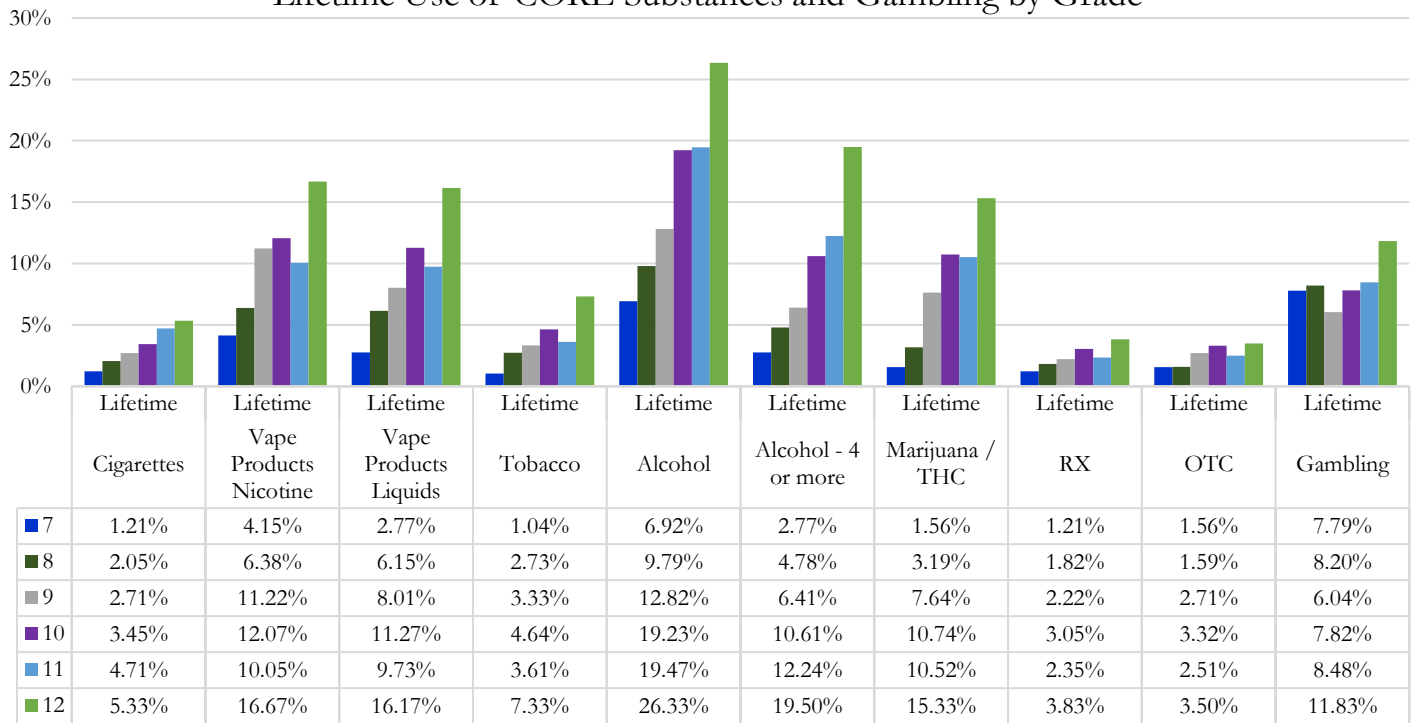


- *MS and HS female youth are more likely to have ever used other vape products than male youth.
- *MS female youth are more likely to have ever used nicotine vape products than male youth.
- *MS Asian youth are more likely to have ever used nicotine vape products than white youth.
- *MS LGBS youth are more likely to have ever used nicotine vape products than heterosexual youth.
- *HS LGBS youth are more likely to have ever used cigarettes or other vape products than heterosexual youth.
- *MS and HS female youth are more likely to have ever used alcohol than male youth.
- *MS and HS male youth are more likely to have ever gambled than female youth.
- *MS male youth are more likely to have ever binge drank than female youth.
- *HS female youth are more likely to have ever binge drank than male youth.
- *HS female youth are more likely to have ever used marijuana or prescription drugs than male youth.
- *HS female youth are more likely to have ever used prescription drugs than male youth.
- *HS male youth are more likely to have ever gambled than female youth.
- *MS Asian youth are more likely to have ever binge drank than white youth.
- *HS white youth are more likely to have ever used alcohol or binge drank than Hispanic or Black youth.
- *HS LGBS youth are more likely to have ever used marijuana than heterosexual youth.
- *HS heterosexual youth are more likely to have ever gambled than LGBS youth.

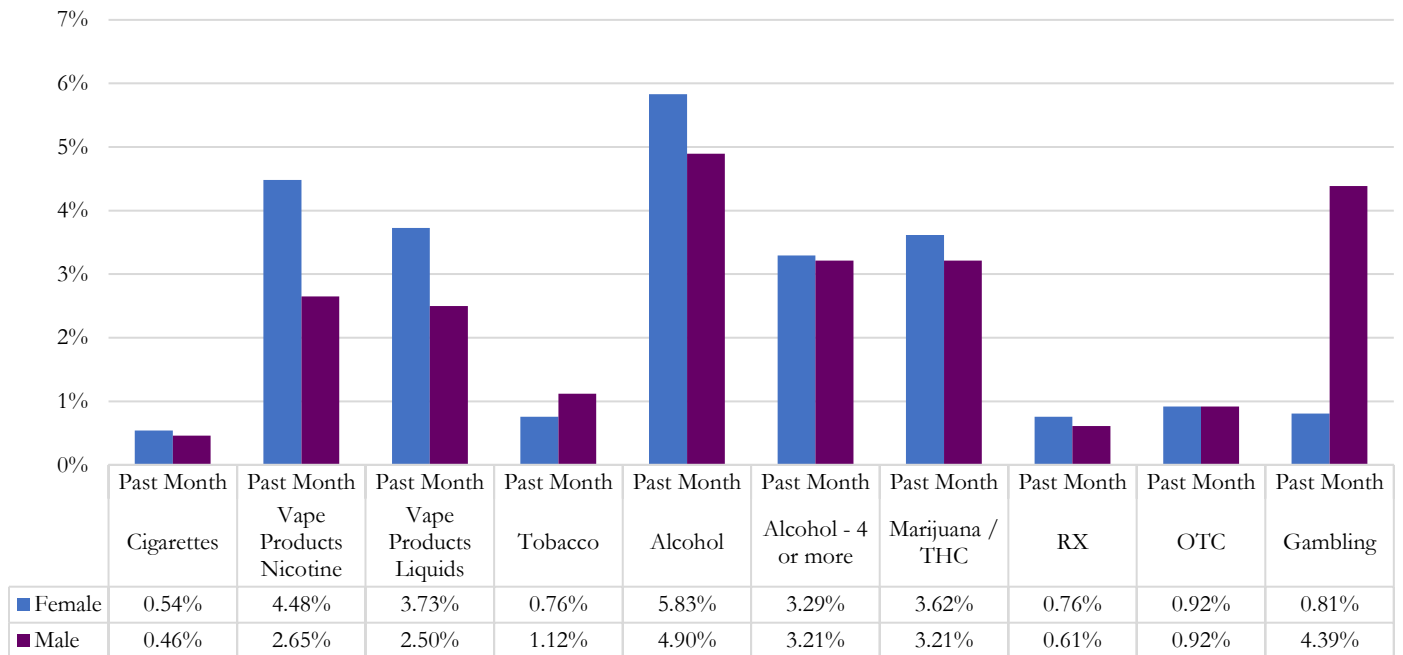
Past Month Use of CORE Substances and Gambling by Grade



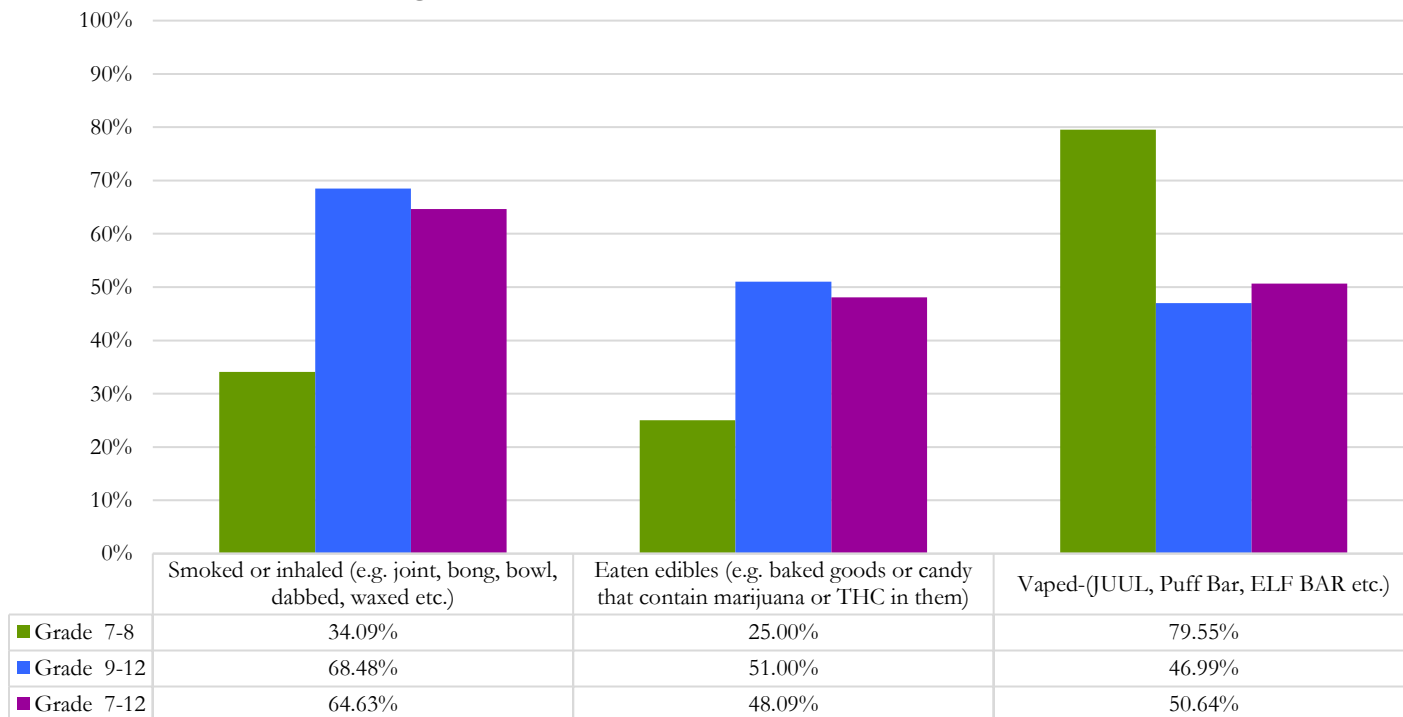
Lifetime Use of CORE Substances and Gambling by Grade



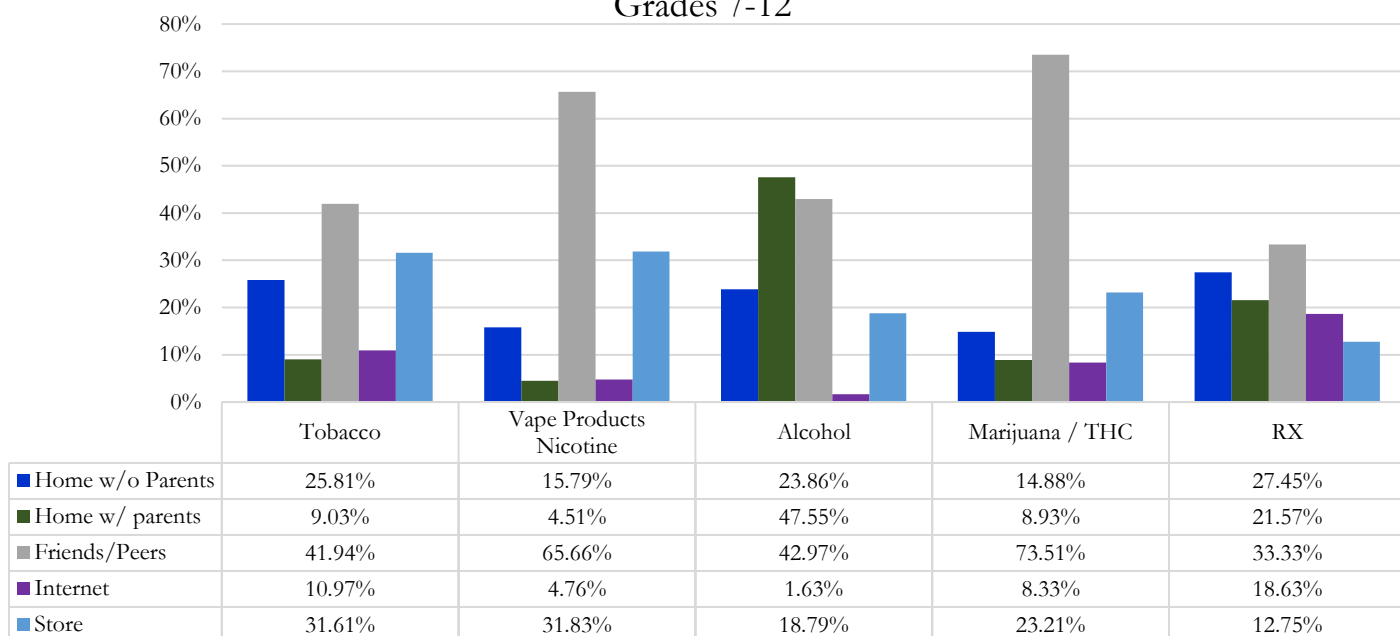
Biological Sex Differences in CORE Substance Use and Gambling Grades 7, 9-12



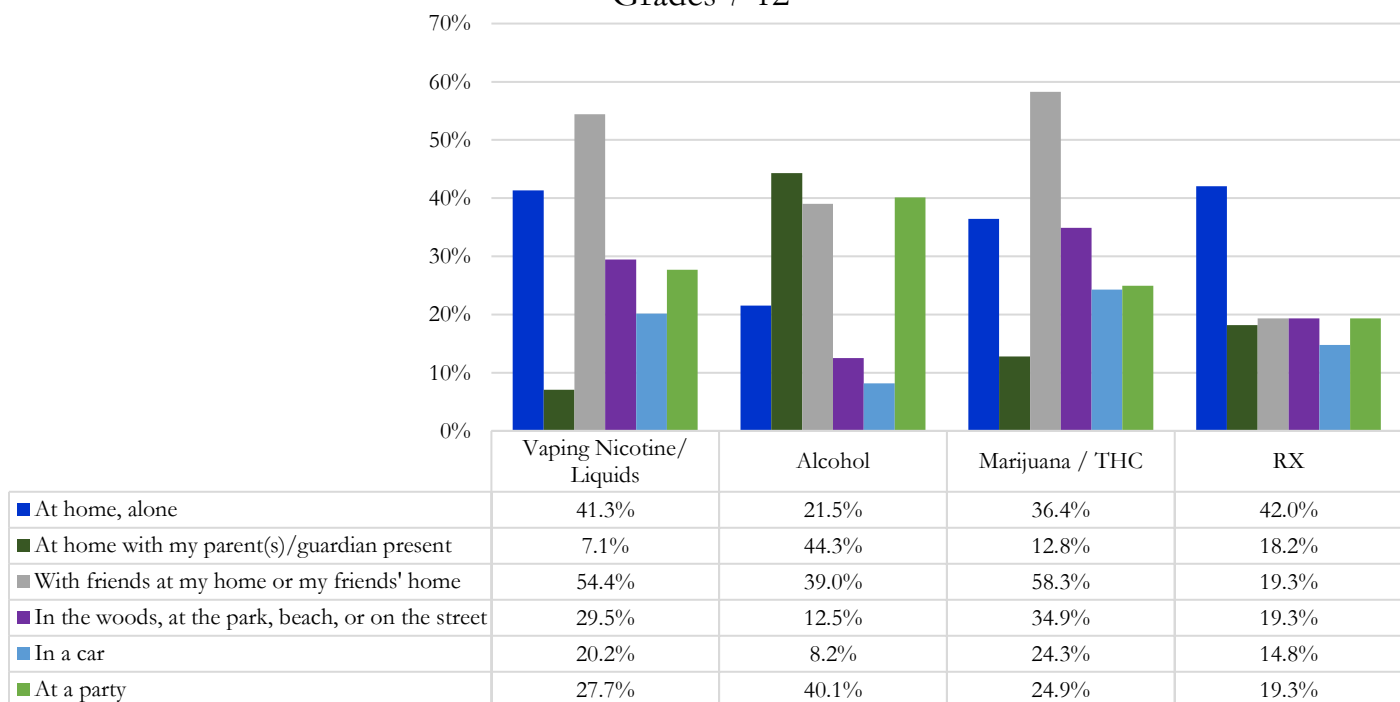
Methods of Marijuana Use Among Youth Who Have Used in the Past 12 Months



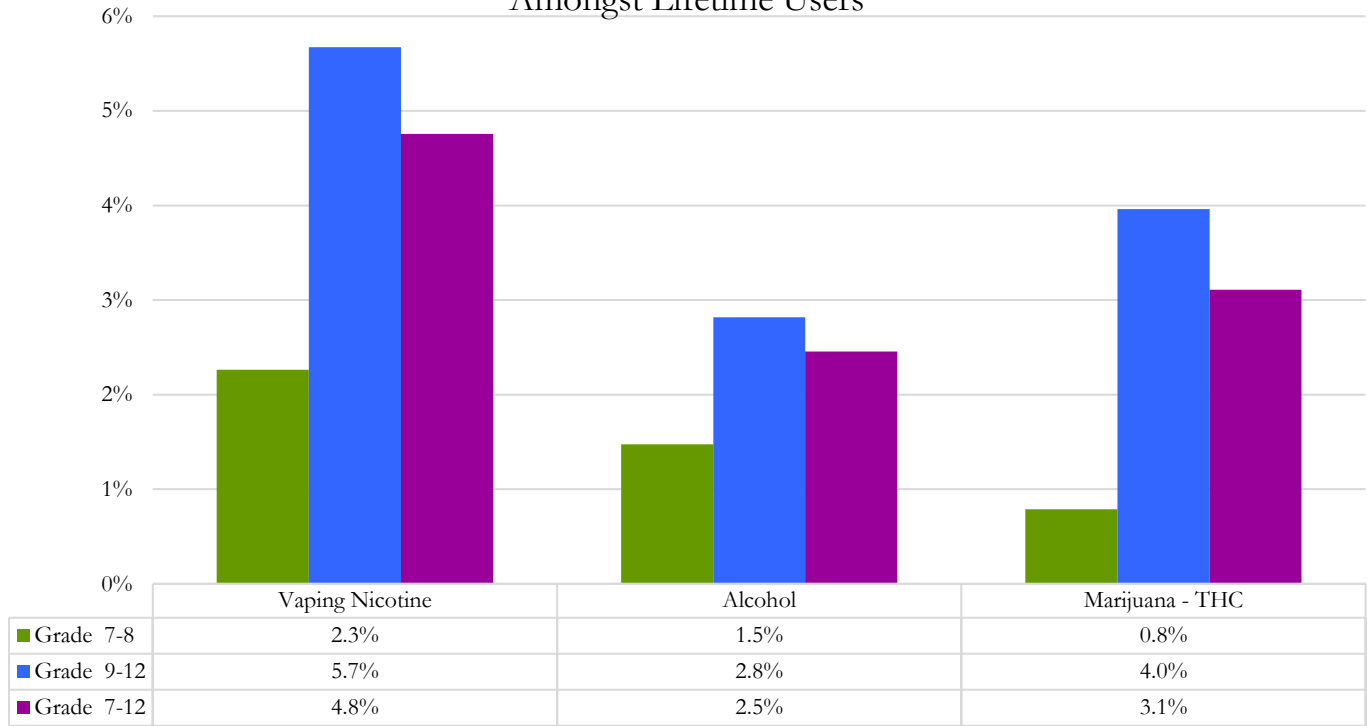
Where Substances Are Acquired Most Often Amongst Lifetime Users Grades 7-12



Where Substances Are Used Most Often Amongst Lifetime Users Grades 7-12

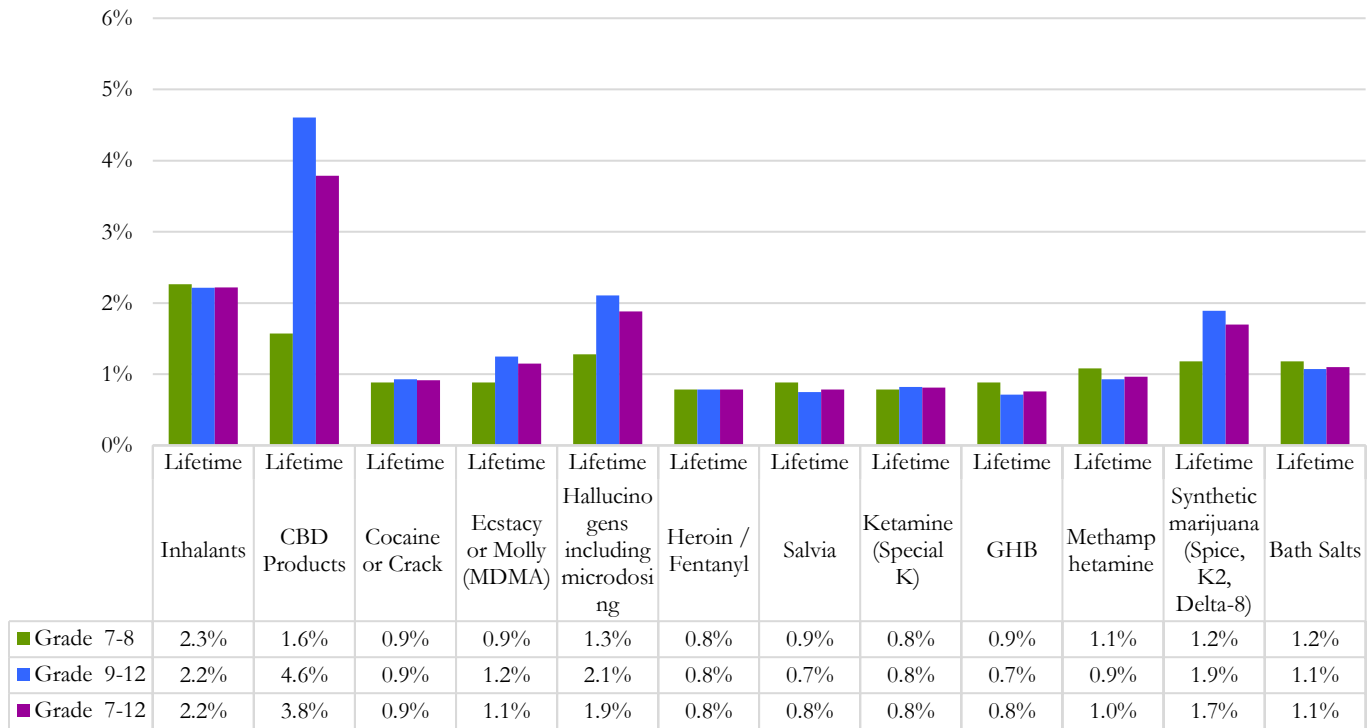


Youth Use of Substances at School- including school events- Amongst Lifetime Users

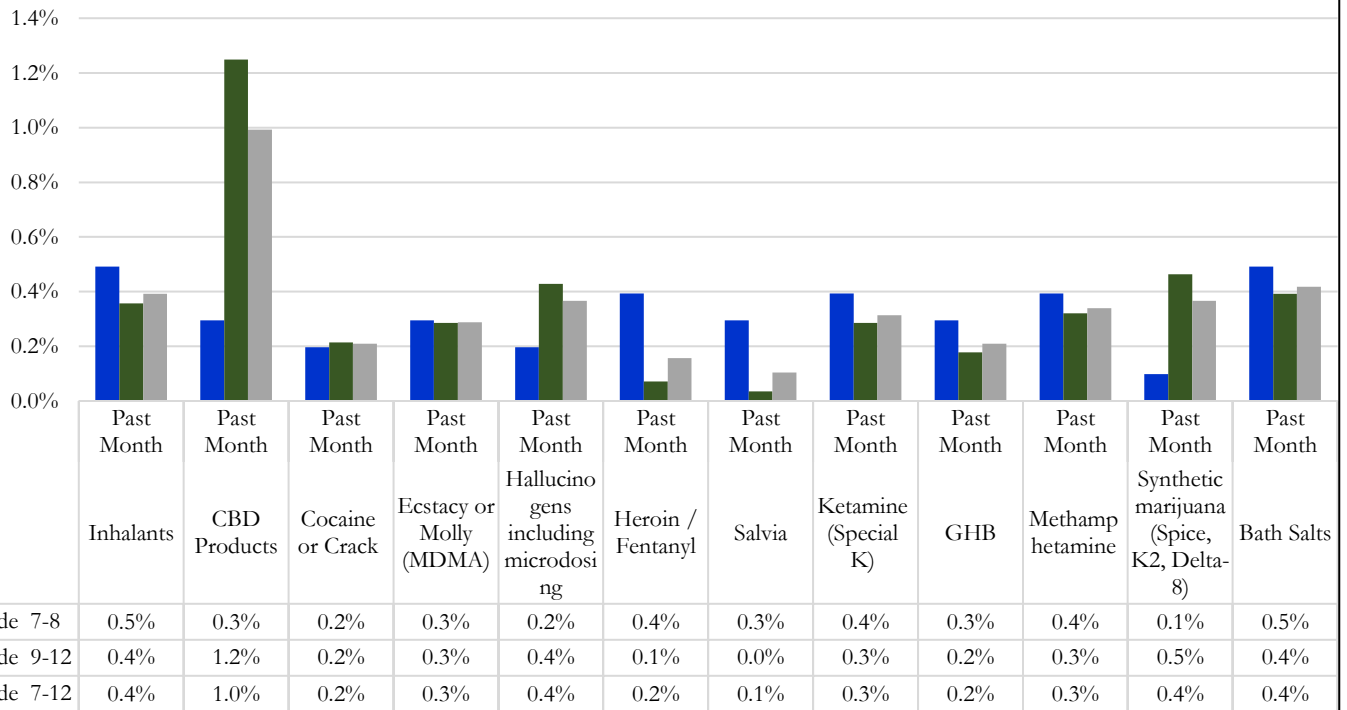


Other Substance Use:

Lifetime Other Substance Use

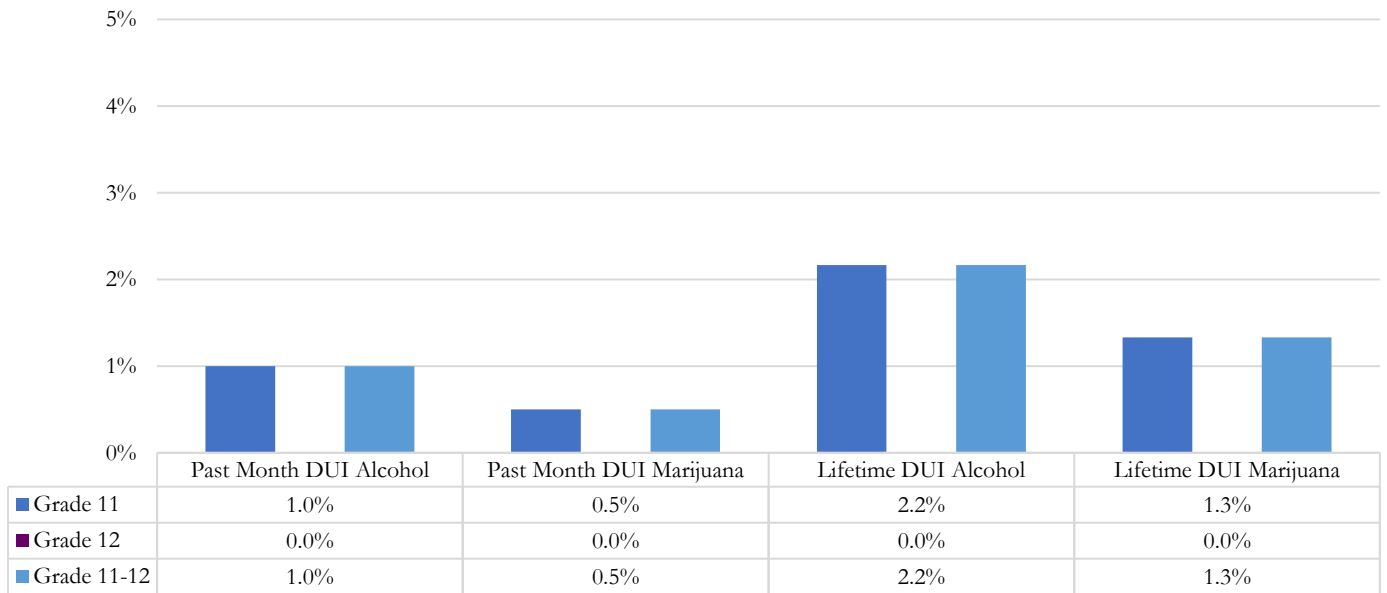


Past Month Other Substance Use

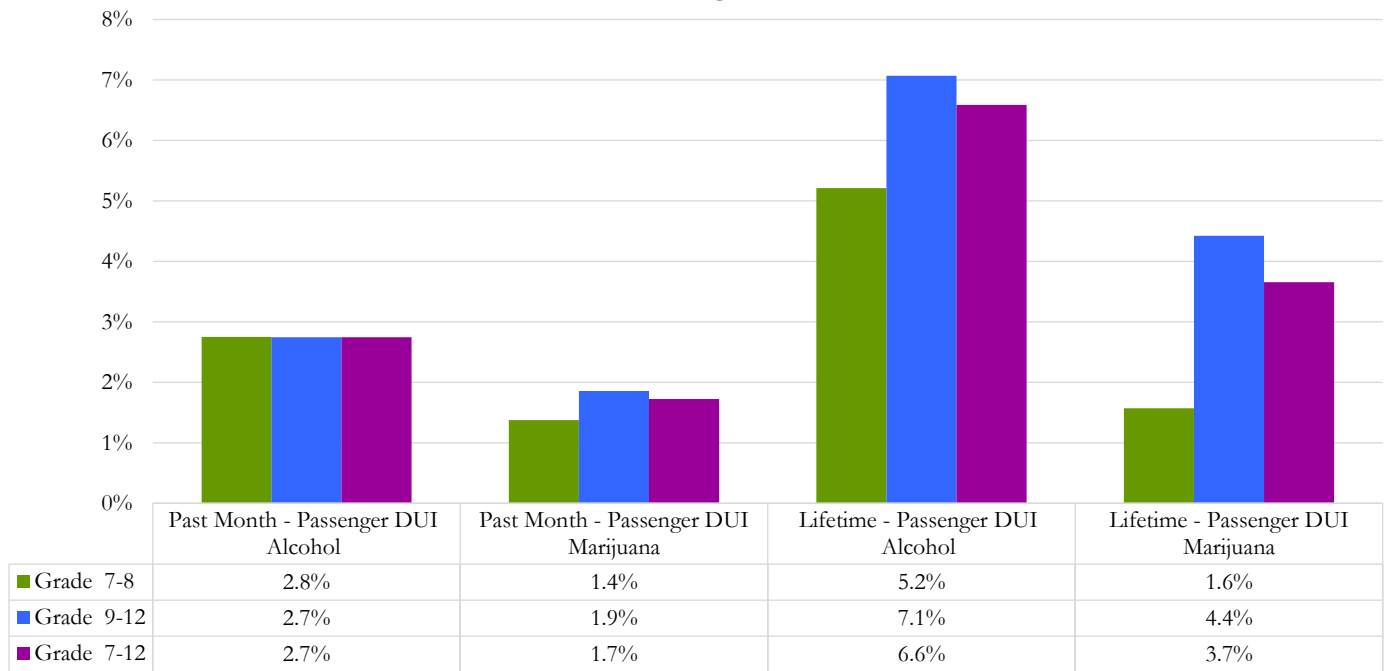


Driving Under the Influence:

Driving Under the Influence Alcohol and Marijuana Grades 11 -12



Passenger of Driver, Age 20 or Younger,
Under the Influence Alcohol and/or Marijuana
Percentage Yes



Youth Interest in Survey Results:

