Stamford 2026

Youth Voices Count
Survey Report, Spring 2026

Grades 7-12

youth VOICES count

Survey Conducted by:

B. WEYLAND SMITH

CONSULTING

PROGRAM EVALUATION • GRANT PREPARATION • CAPACITY BUILDING

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Introduction

The following report is a summary of data that was gathered during May 2026 from public schools in Stamford for grades 7-8 and 9-12. 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.

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.

The 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.

The 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 extracurricular activities and connected and thriving factors.

Survey Methodology:

Survey Consent:

The Youth Voices Count Survey was administered in Spring 2026 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 not to 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 Social Sciences) for data analysis. A total of 228 surveys (4.1% of original 5,565 sample surveys) were omitted from the Stamford pool due to lack of any responses other than demographics (208) or implausible responses (20). The final Stamford size after surveys were omitted was 5,337 surveys for grades 7-12.

Stamford 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 2025-2026 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.

Response Rates	Sample Count	Population Count	Response Rate (%)
Grade 7	1033	1168	88.4%
Grade 8	1011	1125	89.9%
Grade 9	914	1194	76.5%
Grade 10	882	1168	75.5%
Grade 11	766	1065	71.9%
Grade 12	711	1160	61.3%
Grades 7-8	2044	2293	89.1%
Grades 9-12	3273	4587	71.4%
Grades 7-12	5317	6880	77.3%

*20 students did not select a grade and is not included in the table above.

The next table below shows the confidence intervals calculated for grades 7-8, 9-12 and 7-12, 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-sample 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-sample students in this population.

	Confidence Level	Confidence Interval
Grade 7-8	95.00%	0.71
Grades 9-12	95.00%	0.92
Grades 7-12	95.00%	0.64

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 5,337 students (2,616 females, 2,648 males; 73 students did not specify their biological sex). Refer to the table below for more descriptions of the sample by grade level.

	7th	8th	9th	10th	11th	12th
Total	1033	1011	914	882	766	711
Female	525	489	442	418	379	361
Male	494	508	465	458	380	340
Did not Identify	14	14	7	6	7	10

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

Statistical Analyses:
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 Black or African American, White, and/or the other category. Thus, the core race/ethnicity groups available for analysis are White, Hispanic or Latino, Black or African American, Asian, or All Other Races (organized in table below by row color).

Race/Ethnicity Category	Grade 7-8	Grades 9 - 12	Grades 7-12
Hispanic or Latino	56.95%	54.90%	55.69%
White	21.82%	19.80%	20.58%
Black or African American	10.27%	13.99%	12.56%
Asian	4.31%	5.71%	5.17%
Other (2 or more races selected or race not Hispanic)	4.31%	3.61%	3.87%
Middle Eastern or North African	1.13%	1.07%	1.09%
Not Specified	0.64%	0.46%	0.53%
American Indian or Alaskan Native	0.54%	0.37%	0.43%
Native Hawaiian or Other Pacific Islander	0.05%	0.09%	0.08%

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 Gender Identity:
In the interest of assessing how gender identity may impact youth behavioral health, analysis can be done to determine statistically significant differences among students identifying as the same gender as their biological sex (cisgender), and those that reported their gender as "non-binary," "transgender," or "I am not sure right now." 186 students (3.5%) identified as non-binary, transgender, or "I am not sure right now".

	Gender Identity
Male	2609
Female	2501
Non-binary	54
Transgender male	39
Transgender female	15
I am not sure right now	78
Chose not to identify	41

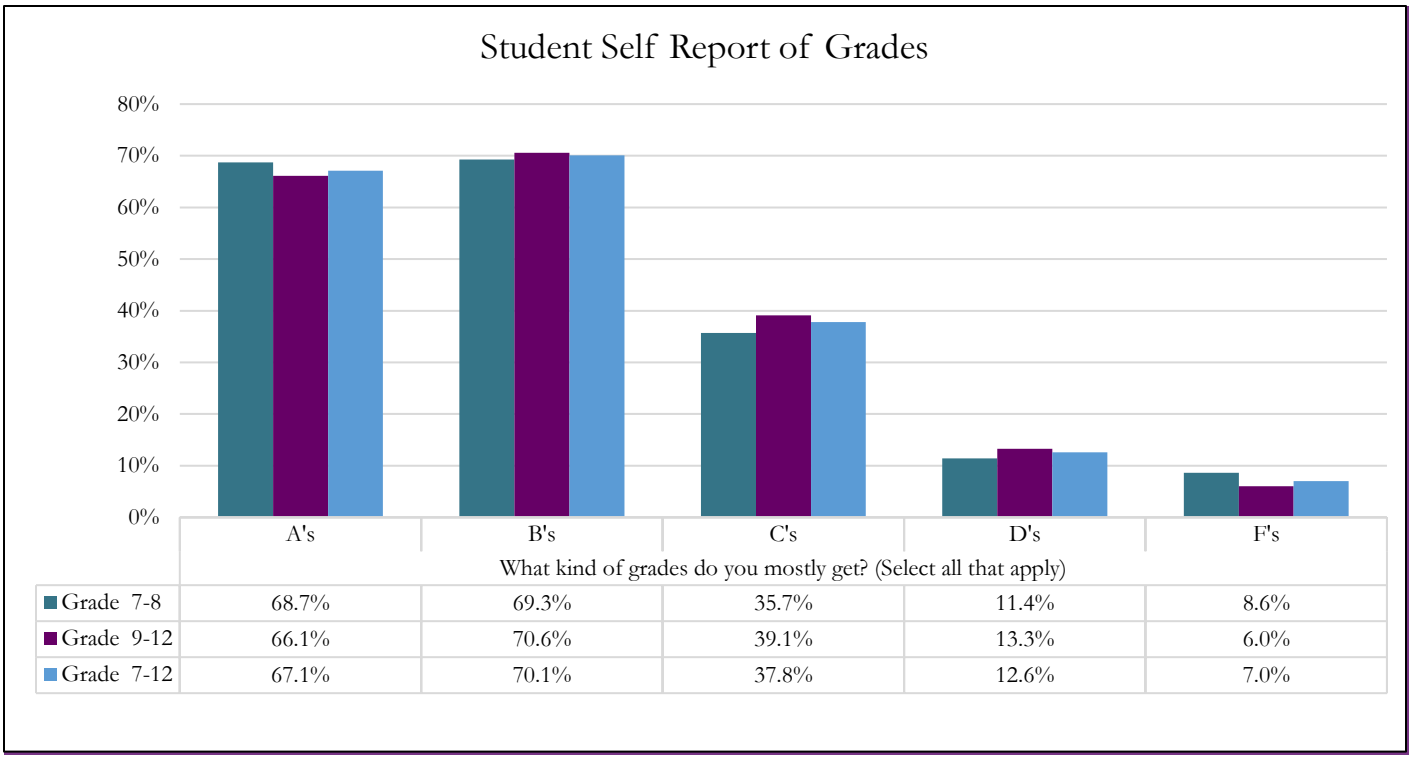
	Sexual Identity
Heterosexual (straight)	4348
Gay or Lesbian	125
Bisexual or Pansexual	346
I describe myself some other way	83
I am not sure right now	167
Chose not to identify	58
I do not know what this question is asking	210

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." 721 (13.5%) students described themselves as gay or lesbian, bisexual or pansexual, "I describe myself some other way," or "I am not sure right now."

Social Determinants of Health:
When evaluating statistically significant differences between population groups it is essential to consider historical, political, and cultural context. Stigma is an important consideration, "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)

Stamford Youth Voices Count Survey Report

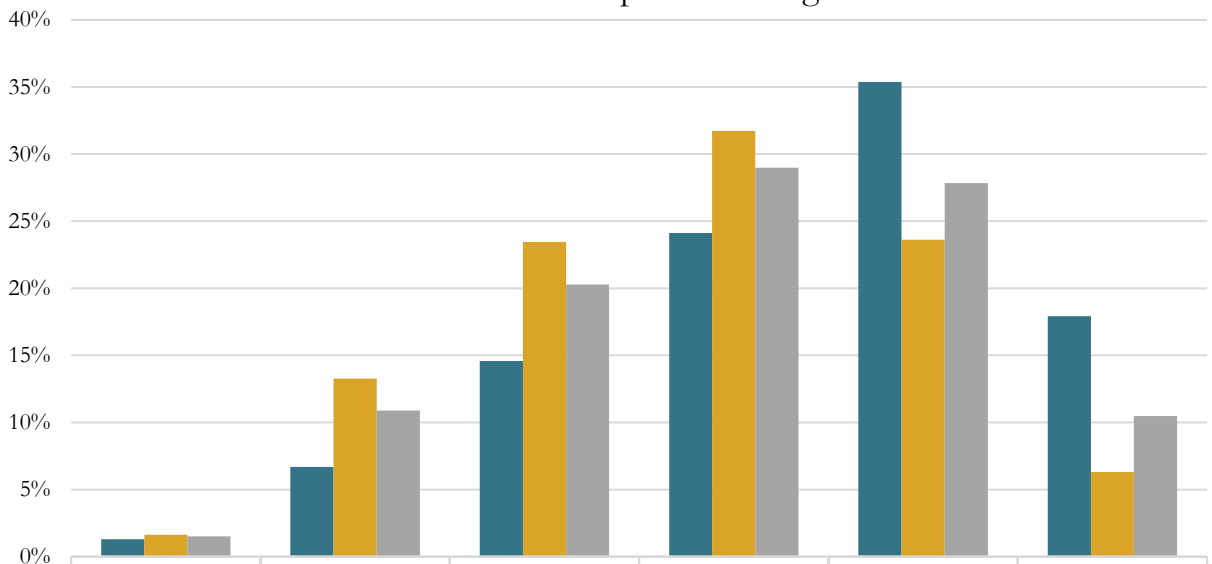
Youth Lifestyles



What kind of grades do you mostly get? (Select all that apply)

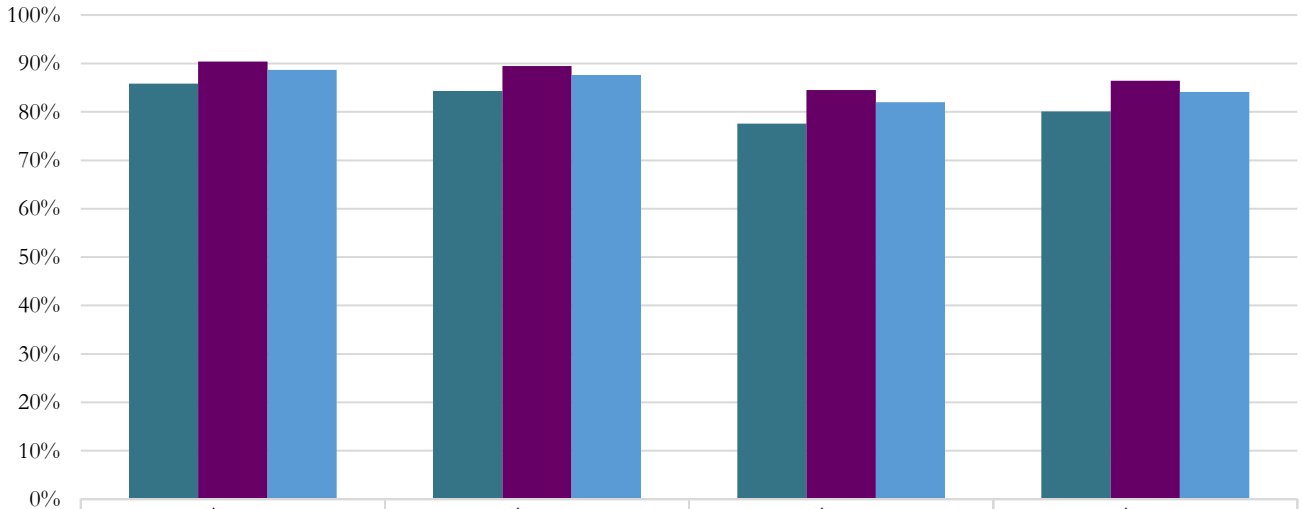
	A's	B's	C's	D's	F's
Grade 7-8	68.7%	69.3%	35.7%	11.4%	8.6%
Grade 9-12	66.1%	70.6%	39.1%	13.3%	6.0%
Grade 7-12	67.1%	70.1%	37.8%	12.6%	7.0%

Youth Hours of Sleep on Weeknights



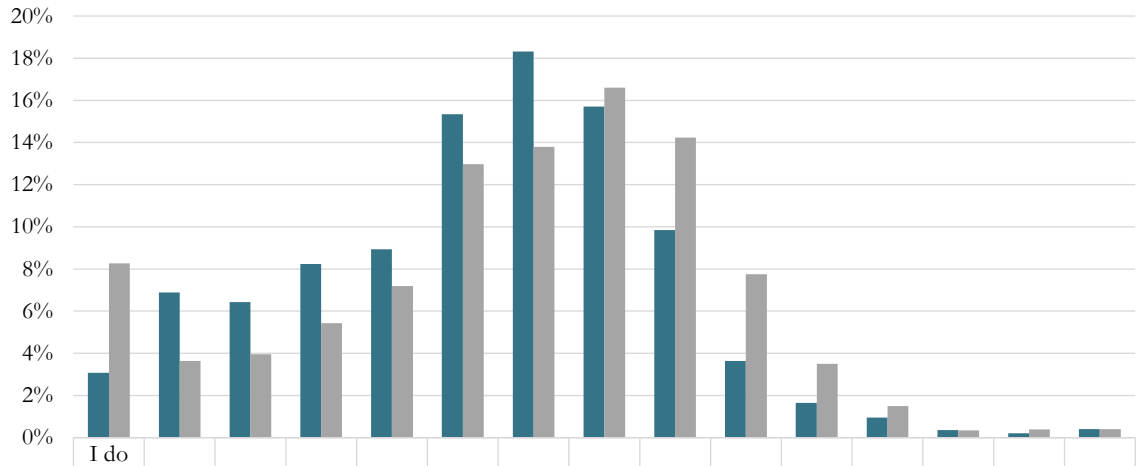
	1-2 hours	3-5 hours	6 hours	7 hours	8 hours	9 or more hours
	On a typical school night (Sunday-Thursday), how many hours do you usually sleep?					
Grade 7-8	1.3%	6.7%	14.6%	24.1%	35.4%	17.9%
Grade 9-12	1.6%	13.3%	23.5%	31.7%	23.6%	6.3%
Grade 7-12	1.5%	10.9%	20.3%	29.0%	27.8%	10.5%

Perception of Having Trusted Adult and Feelings of Safety



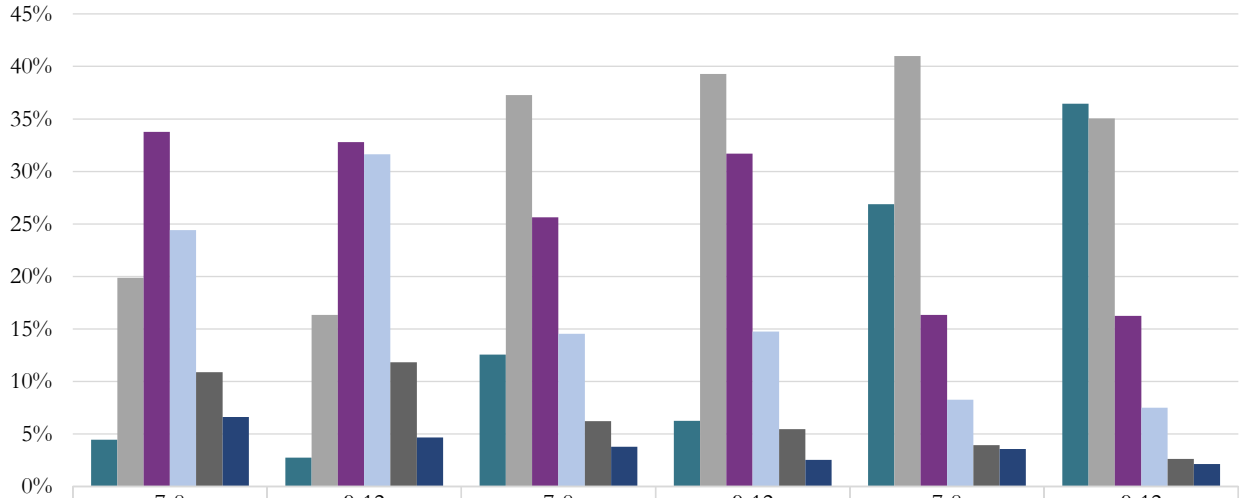
	Agree One adult I can share with	Agree I feel safe in my community	Agree I feel safe at school	Agree Know how to get help
Grade 7-8	85.8%	84.3%	77.6%	80.1%
Grade 9-12	90.4%	89.5%	84.5%	86.4%
Grade 7-12	88.7%	87.6%	82.0%	84.1%

Smartphone and Social Media Age of Access



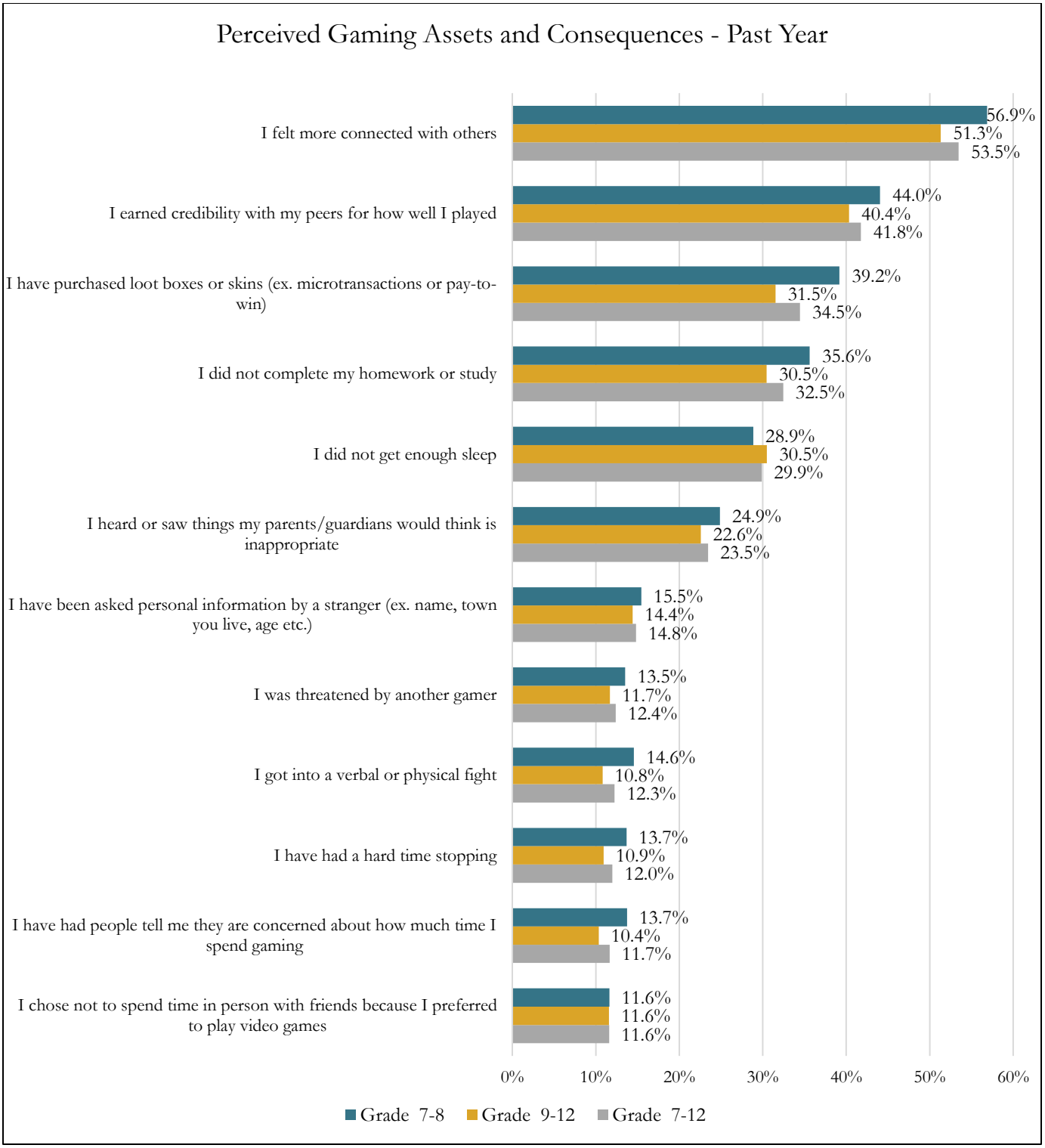
	I do not have this	6 or less	7	8	9	10	11	12	13	14	15	16	17	18	19
Smartphone or iPhone - Age	3.1%	6.9%	6.4%	8.2%	8.9%	15.3%	18.3%	15.7%	9.9%	3.6%	1.7%	1.0%	0.4%	0.2%	0.4%
Social media account - Age	8.3%	3.6%	4.0%	5.4%	7.2%	13.0%	13.8%	16.6%	14.2%	7.8%	3.5%	1.5%	0.3%	0.4%	0.4%

Daily Hours Using Internet, Social Media, or Gaming

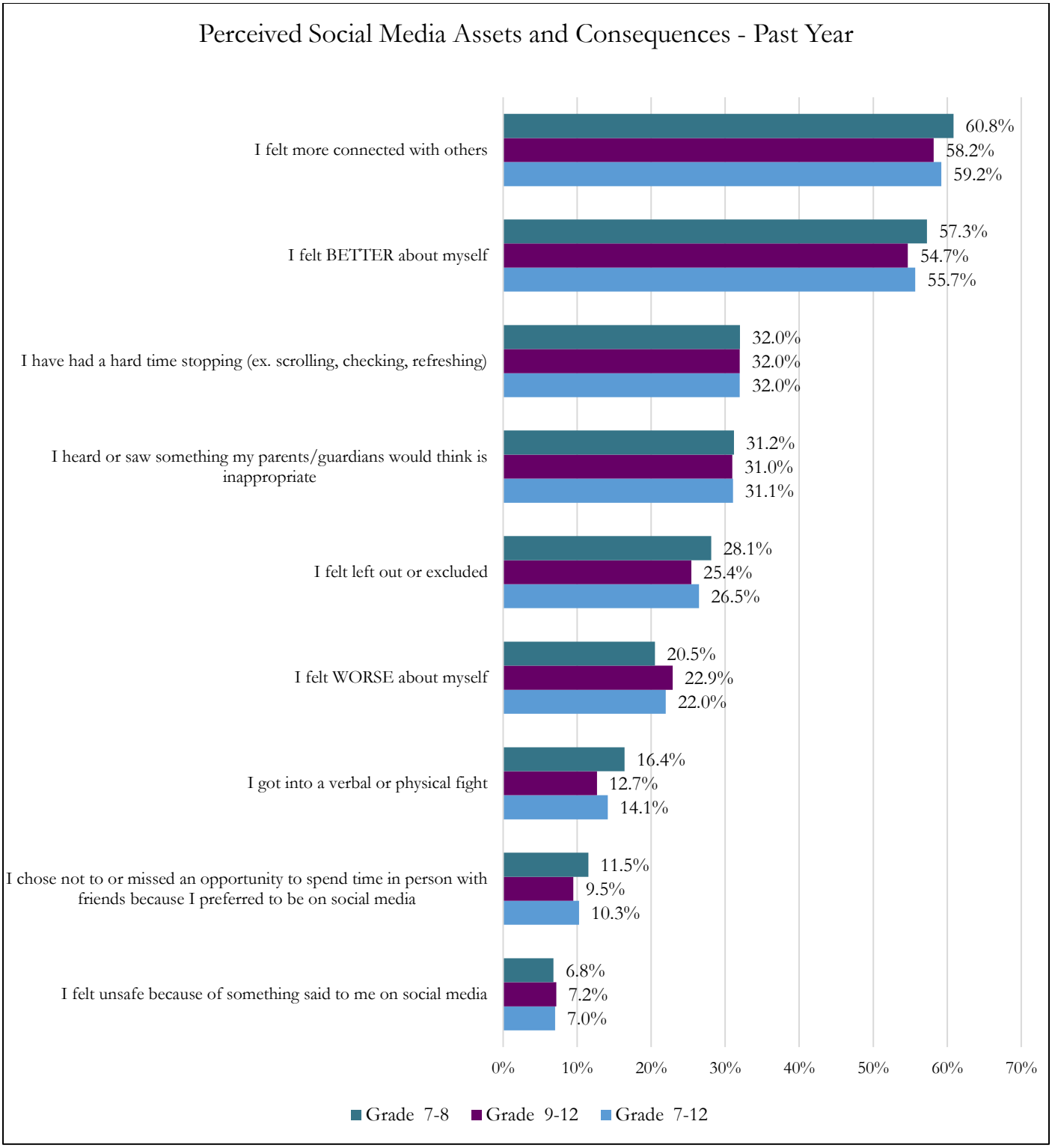


	Internet Overall		Social Media		Gaming	
	7-8	9-12	7-8	9-12	7-8	9-12
None	4.4%	2.7%	12.6%	6.3%	26.9%	36.5%
1-2 hours	19.9%	16.3%	37.3%	39.3%	41.0%	35.0%
3-4 hours	33.8%	32.8%	25.6%	31.7%	16.3%	16.3%
5-7 hours	24.4%	31.6%	14.5%	14.7%	8.3%	7.5%
8-10 hours	10.9%	11.8%	6.2%	5.5%	3.9%	2.6%
11 or more hours	6.6%	4.7%	3.8%	2.5%	3.6%	2.1%

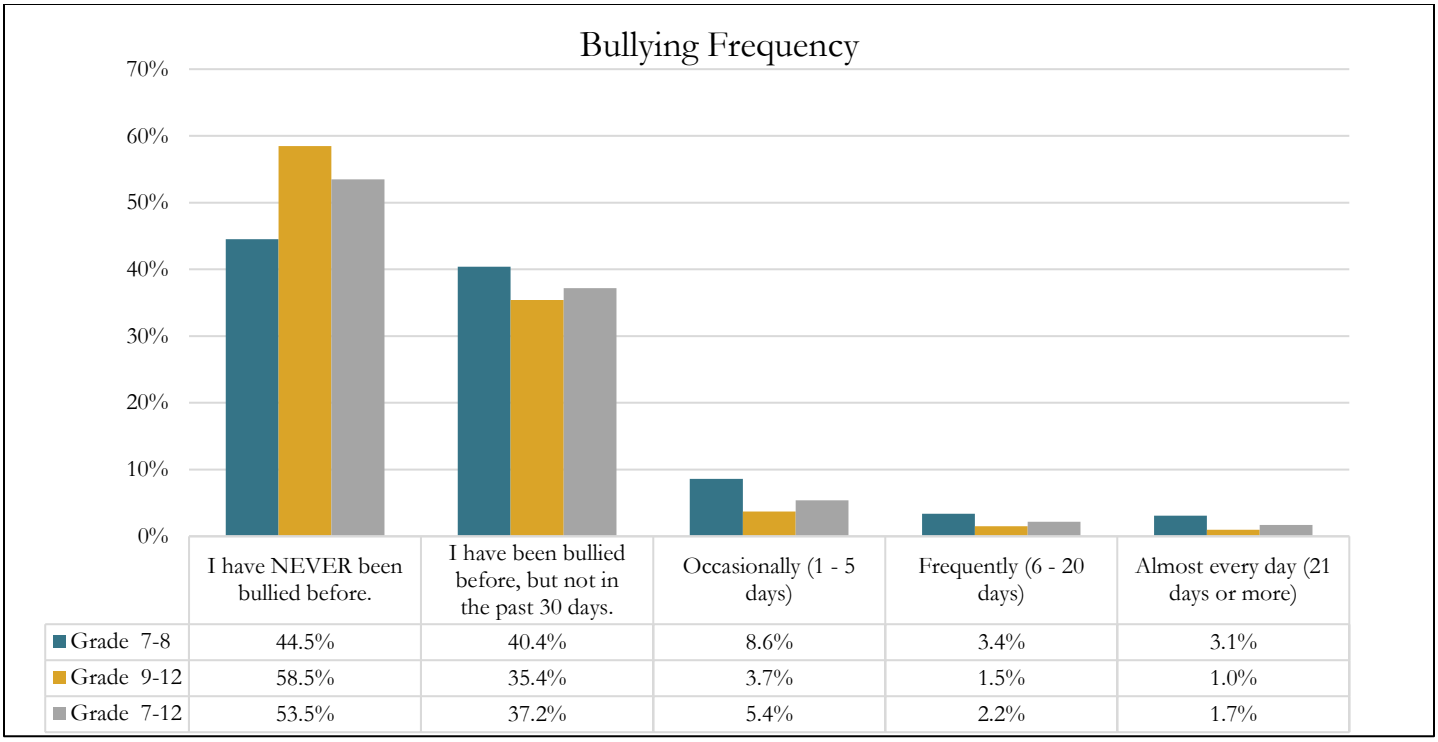
Gaming


Perceived Gaming Assets and Consequences - Past Year
I felt more connected with others
56.9%
51.3%
53.5%
I earned credibility with my peers for how well I played
44.0%
40.4%
41.8%
I have purchased loot boxes or skins (ex. microtransactions or pay-to-win)
39.2%
31.5%
34.5%
I did not complete my homework or study
35.6%
30.5%
32.5%
I did not get enough sleep
28.9%
30.5%
29.9%
I heard or saw things my parents/guardians would think is inappropriate
24.9%
22.6%
23.5%
I have been asked personal information by a stranger (ex. name, town you live, age etc.)
15.5%
14.4%
14.8%
I was threatened by another gamer
13.5%
11.7%
12.4%
I got into a verbal or physical fight
14.6%
10.8%
12.3%
I have had a hard time stopping
13.7%
10.9%
12.0%
I have had people tell me they are concerned about how much time I spend gaming
13.7%
10.4%
11.7%
I chose not to spend time in person with friends because I preferred to play video games
11.6%
11.6%
11.6%
0%
10%
20%
30%
40%
50%
60%
Grade 7-8
Grade 9-12
Grade 7-12

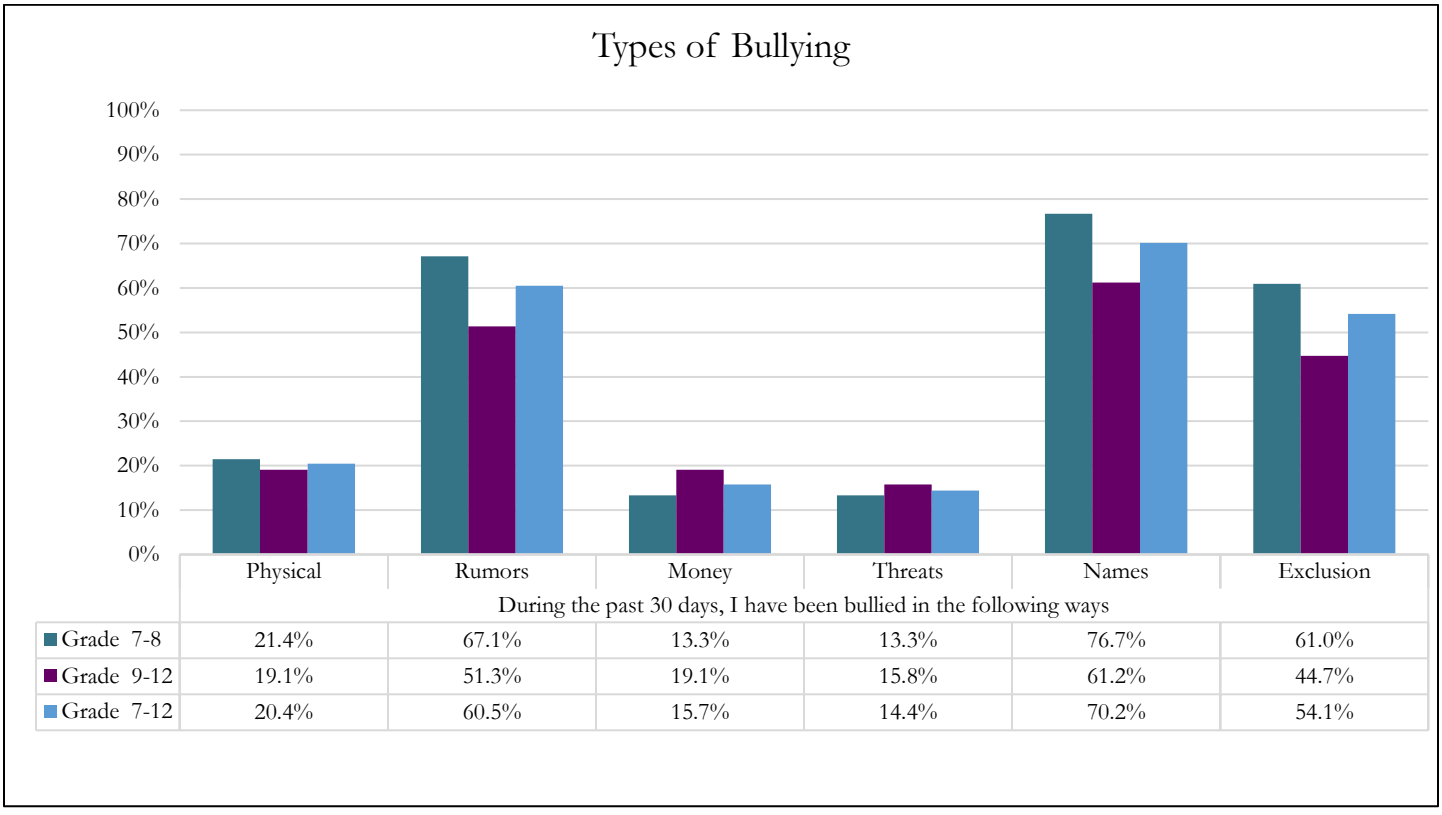
Social Media



Bullying

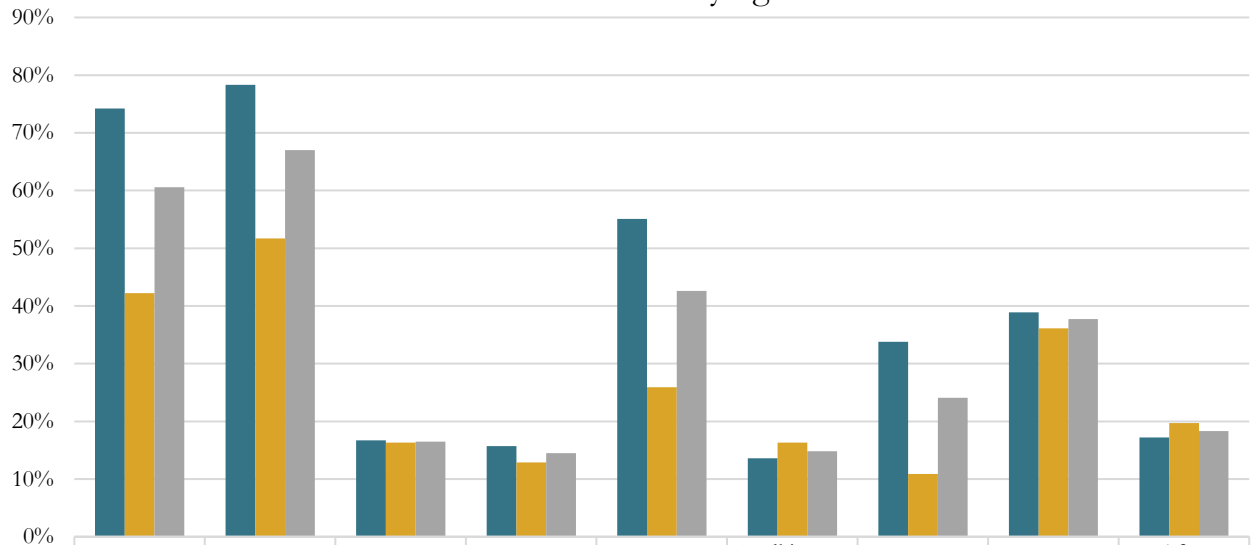


	I have NEVER been bullied before.	I have been bullied before, but not in the past 30 days.	Occasionally (1 - 5 days)	Frequently (6 - 20 days)	Almost every day (21 days or more)
Grade 7-8	44.5%	40.4%	8.6%	3.4%	3.1%
Grade 9-12	58.5%	35.4%	3.7%	1.5%	1.0%
Grade 7-12	53.5%	37.2%	5.4%	2.2%	1.7%



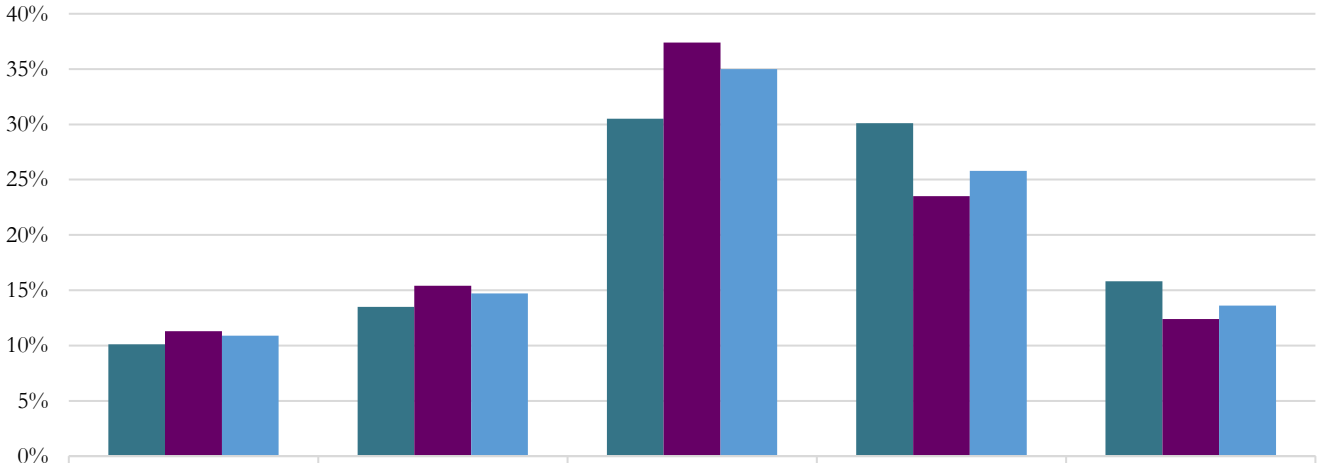
	Physical	Rumors	Money	Threats	Names	Exclusion
	During the past 30 days, I have been bullied in the following ways					
Grade 7-8	21.4%	67.1%	13.3%	13.3%	76.7%	61.0%
Grade 9-12	19.1%	51.3%	19.1%	15.8%	61.2%	44.7%
Grade 7-12	20.4%	60.5%	15.7%	14.4%	70.2%	54.1%

Locations of Bullying



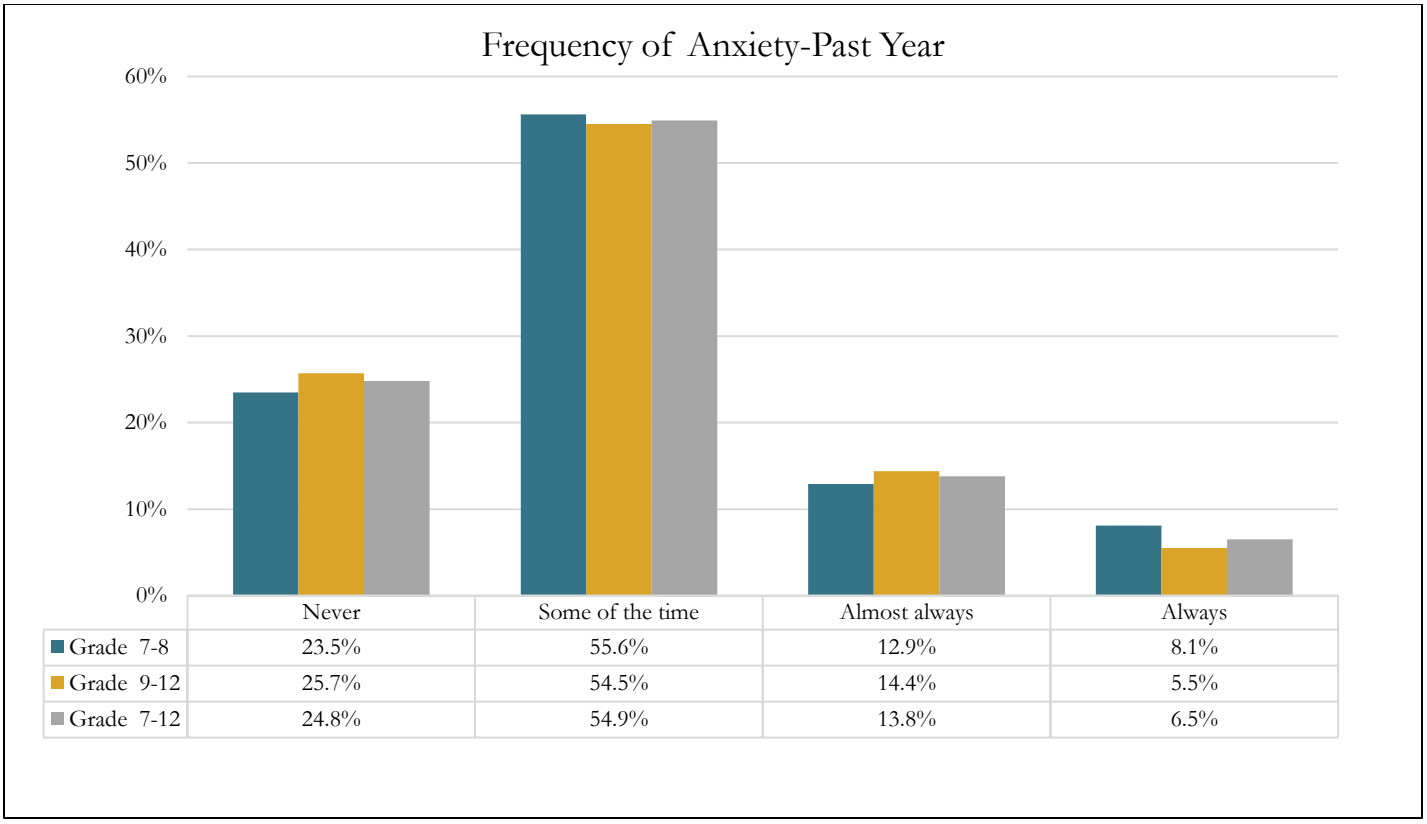
	Hallways	Classroom	Bathroom	Gym	Lunch	Walking to School	Bus	Online	After School
Grade 7-8	74.2%	78.3%	16.7%	15.7%	55.1%	13.6%	33.8%	38.9%	17.2%
Grade 9-12	42.2%	51.7%	16.3%	12.9%	25.9%	16.3%	10.9%	36.1%	19.7%
Grade 7-12	60.6%	67.0%	16.5%	14.5%	42.6%	14.8%	24.1%	37.7%	18.3%

Frequency of Teachers/Adults Intervening When Bullying Occurs

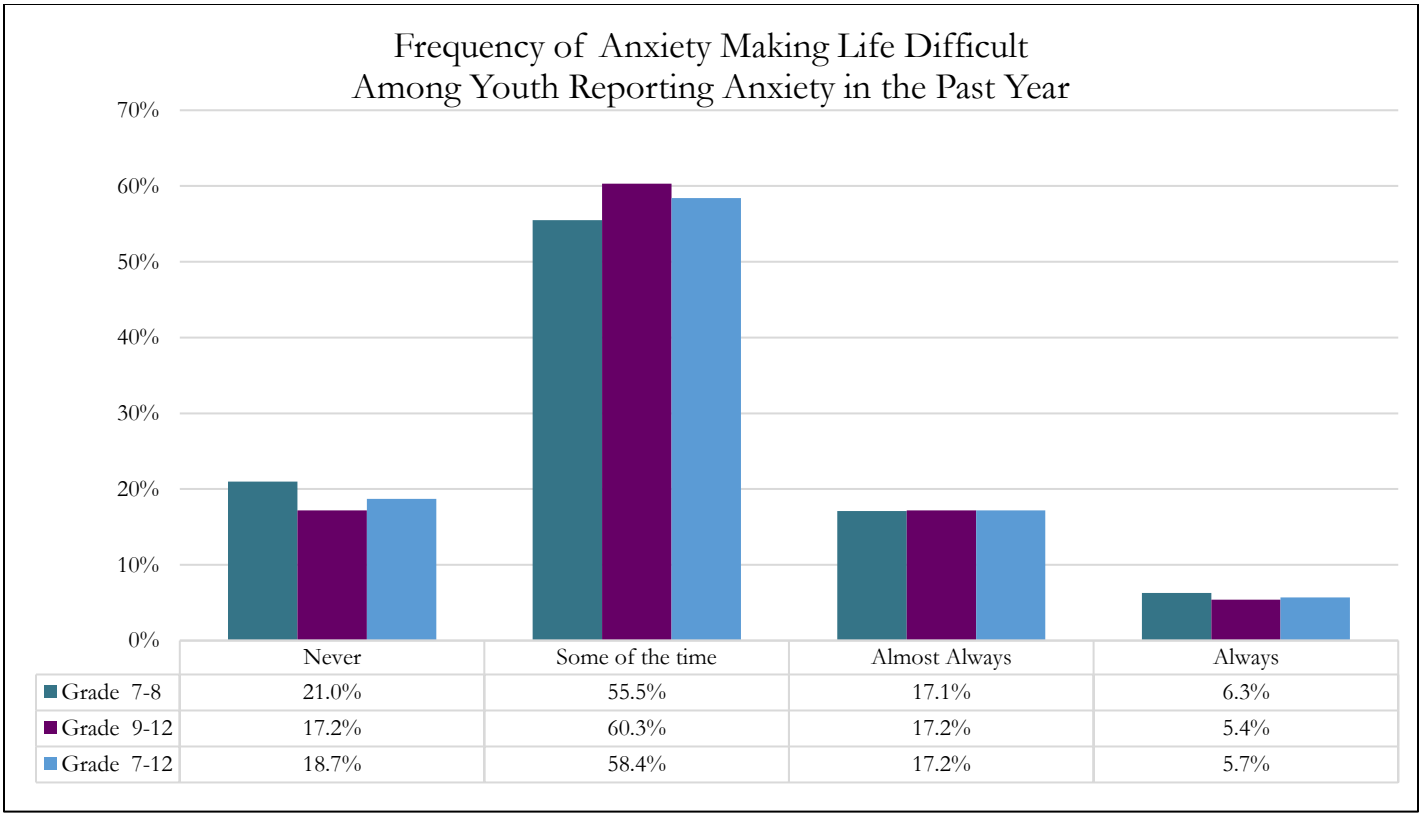


	Never	Almost Never	Sometimes	Almost Always	Always
Grade 7-8	10.1%	13.5%	30.5%	30.1%	15.8%
Grade 9-12	11.3%	15.4%	37.4%	23.5%	12.4%
Grade 7-12	10.9%	14.7%	35.0%	25.8%	13.6%

Emotional Health

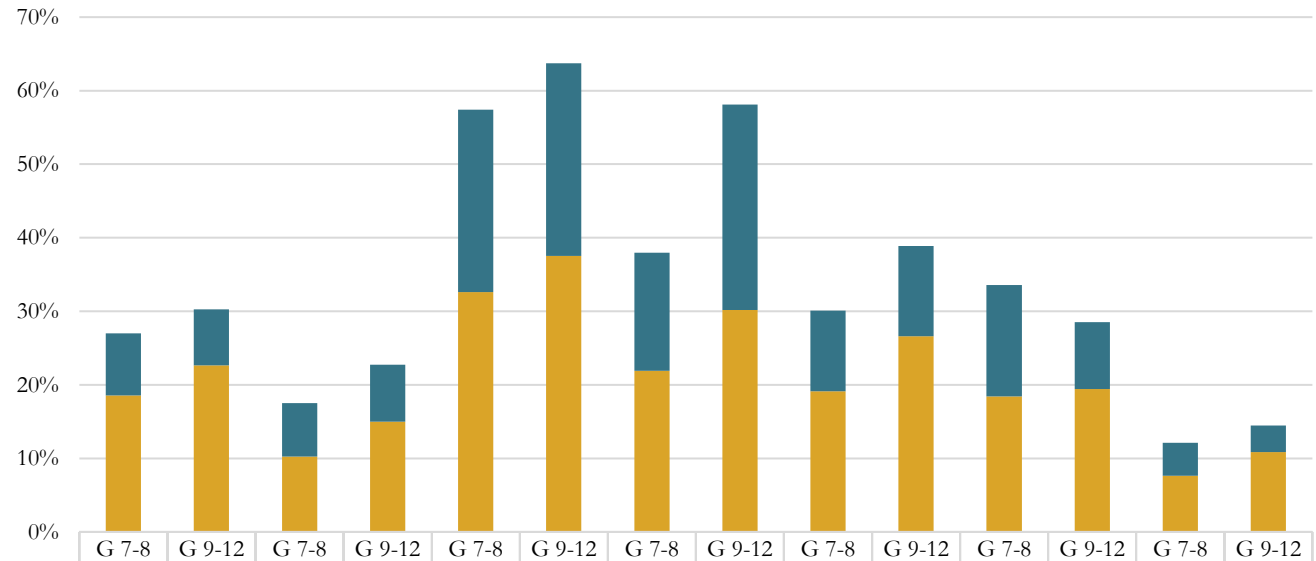


	Never	Some of the time	Almost always	Always
Grade 7-8	23.5%	55.6%	12.9%	8.1%
Grade 9-12	25.7%	54.5%	14.4%	5.5%
Grade 7-12	24.8%	54.9%	13.8%	6.5%



	Never	Some of the time	Almost Always	Always
Grade 7-8	21.0%	55.5%	17.1%	6.3%
Grade 9-12	17.2%	60.3%	17.2%	5.4%
Grade 7-12	18.7%	58.4%	17.2%	5.7%

Sources of Stress, Anxiety, or Worry

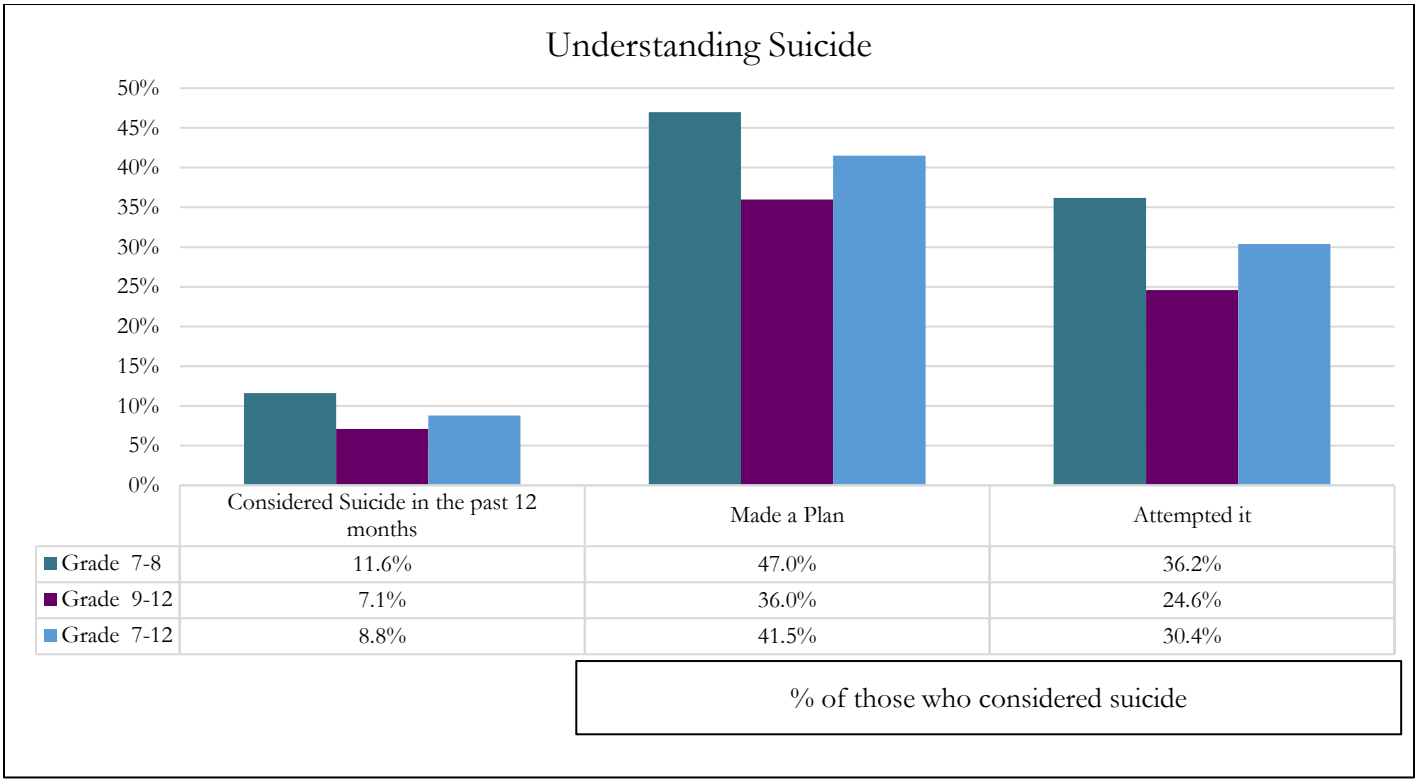


	G 7-8	G 9-12	G 7-8	G 9-12	G 7-8	G 9-12	G 7-8	G 9-12	G 7-8	G 9-12	G 7-8	G 9-12	G 7-8	G 9-12
	Home/family life		Financial Security		Academics		Post High School Plans		Schedule		Peers		Social media	
High	8.4%	7.6%	7.2%	7.8%	24.8%	26.2%	16.1%	27.9%	10.9%	12.3%	15.1%	9.1%	4.5%	3.6%
Medium	18.6%	22.6%	10.3%	15.0%	32.6%	37.5%	21.9%	30.2%	19.1%	26.6%	18.4%	19.4%	7.6%	10.9%

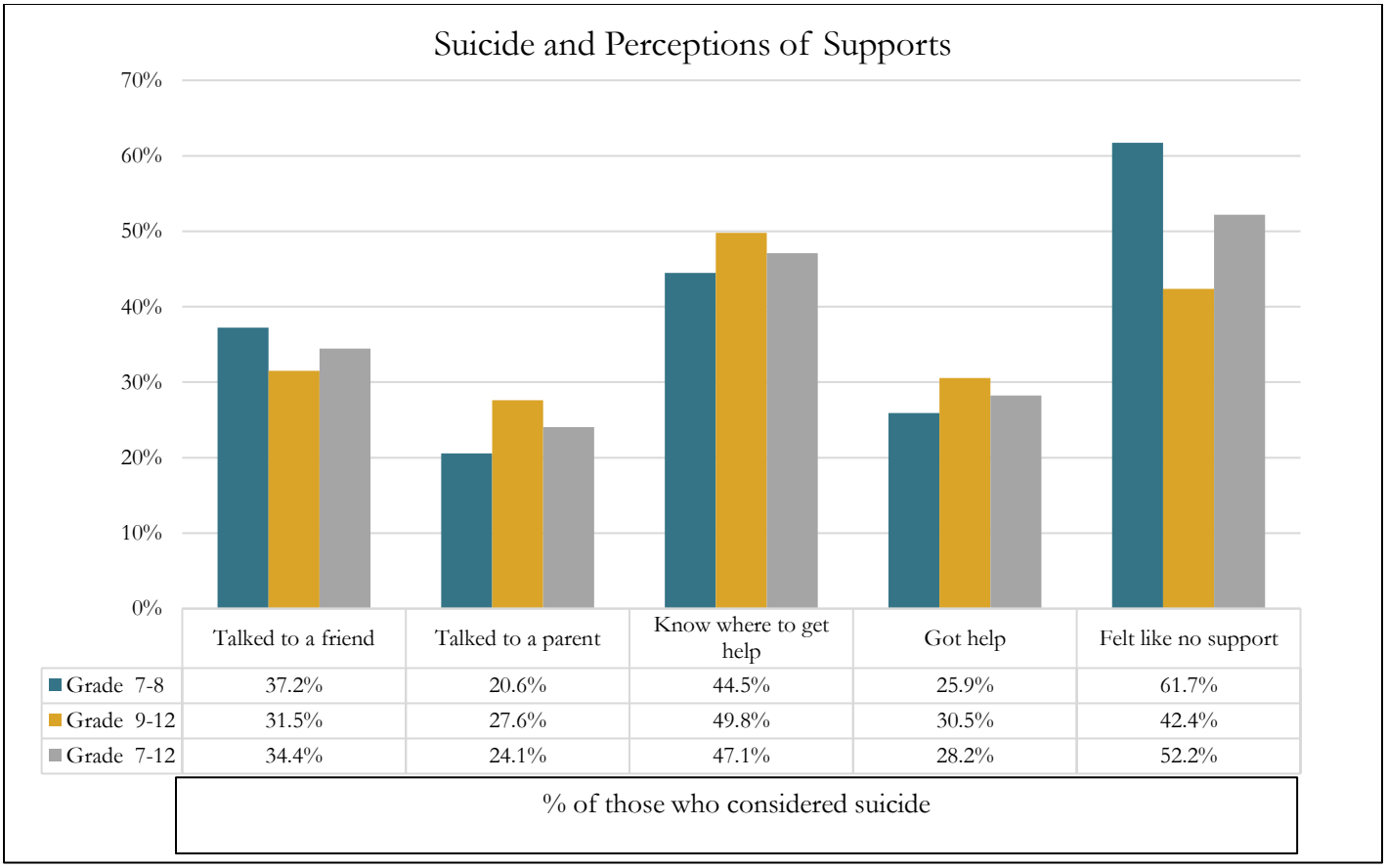
Other Emotional Health Indicators in the Past Year
% Responding "Yes"



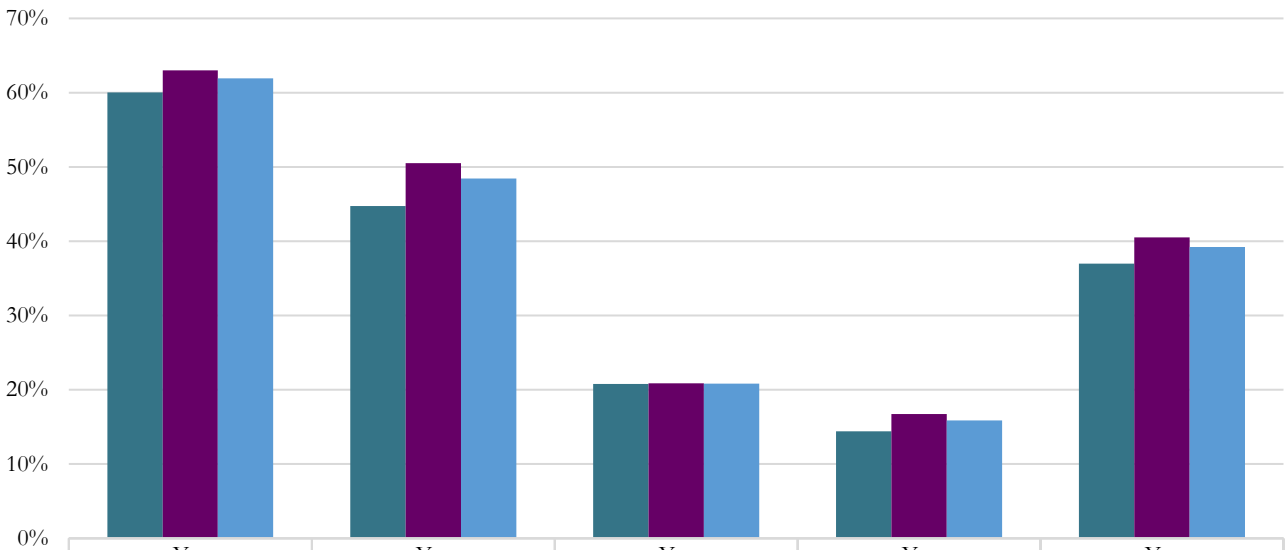
	Thoughts of Self Harm	Self Harm	Physical Abuse - Intimate Partner	Sad or Hopeless (2 weeks in a row)	Felt Lonely Often
Grade 7-8	18.7%	12.8%	4.0%	18.0%	34.4%
Grade 9-12	11.5%	7.1%	4.3%	16.2%	27.2%
Grade 7-12	14.3%	9.3%	4.2%	16.9%	29.9%



Note: State data for grades 9-12 (CSHS 2023) indicate that 35.2% of students felt sad or hopeless for 2 or more weeks in a row, 15.7% considered suicide.

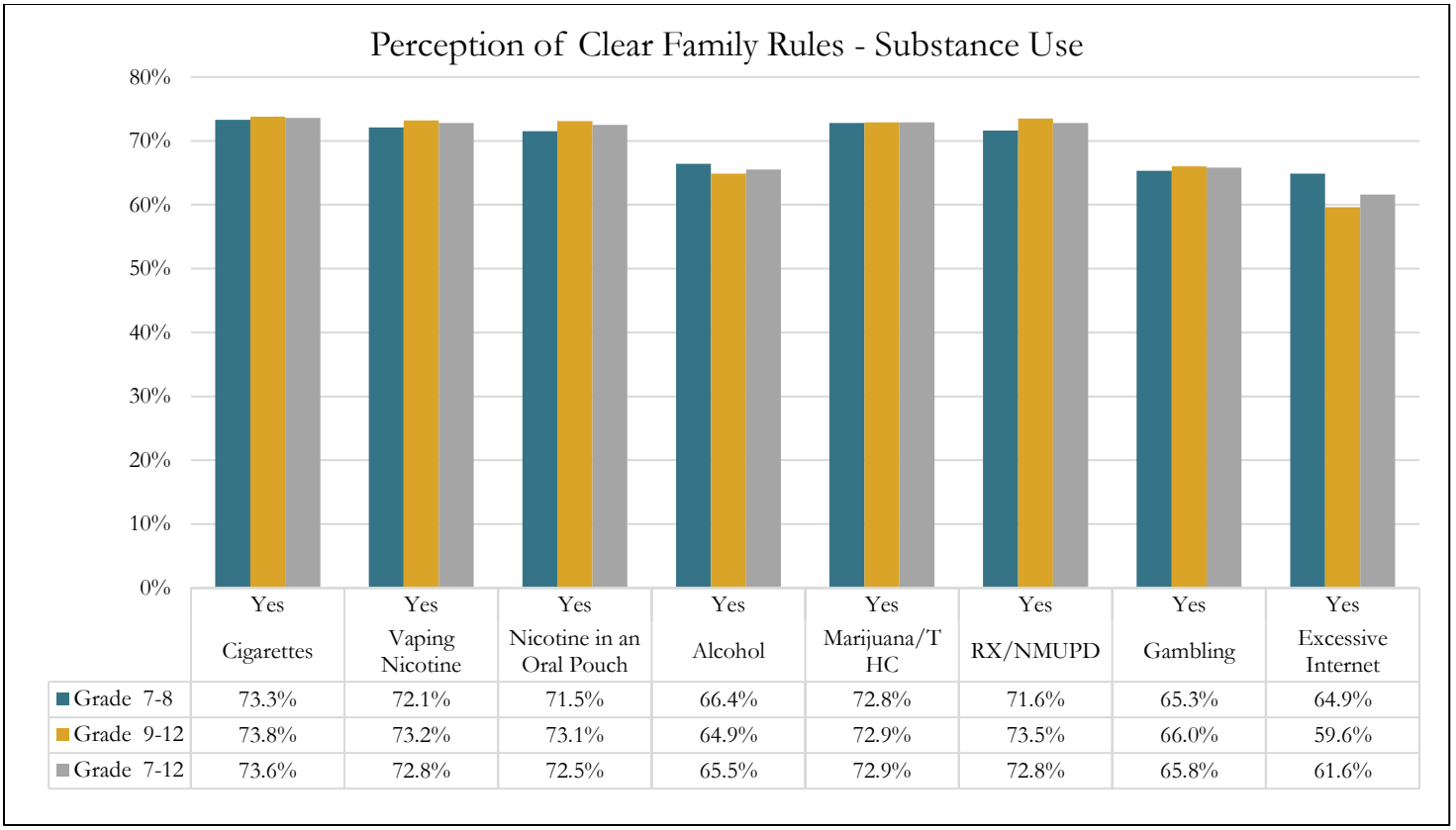


Comfort Seeking Help by Source-Family and School

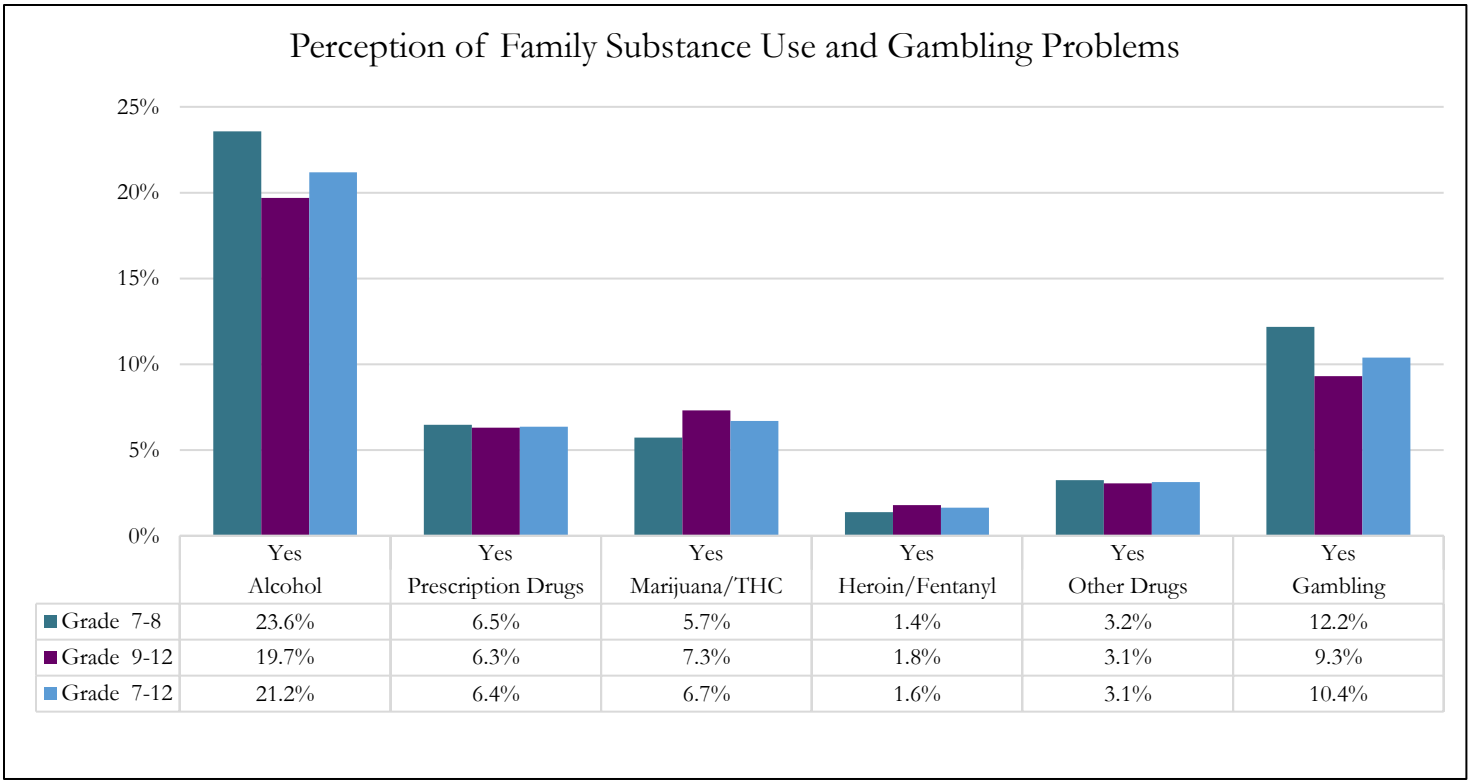


	Yes Parent/guardian	Yes Friends	Yes School staff-teacher, counselor, social worker, nurse etc.	Yes Coach	Yes A trusted adult besides my parent/guardian or school staff
Grade 7-8	60.0%	44.7%	20.8%	14.4%	37.0%
Grade 9-12	63.0%	50.5%	20.9%	16.7%	40.5%
Grade 7-12	61.9%	48.4%	20.8%	15.9%	39.2%

Perceptions of Substance Use, Family Rules and Experiences

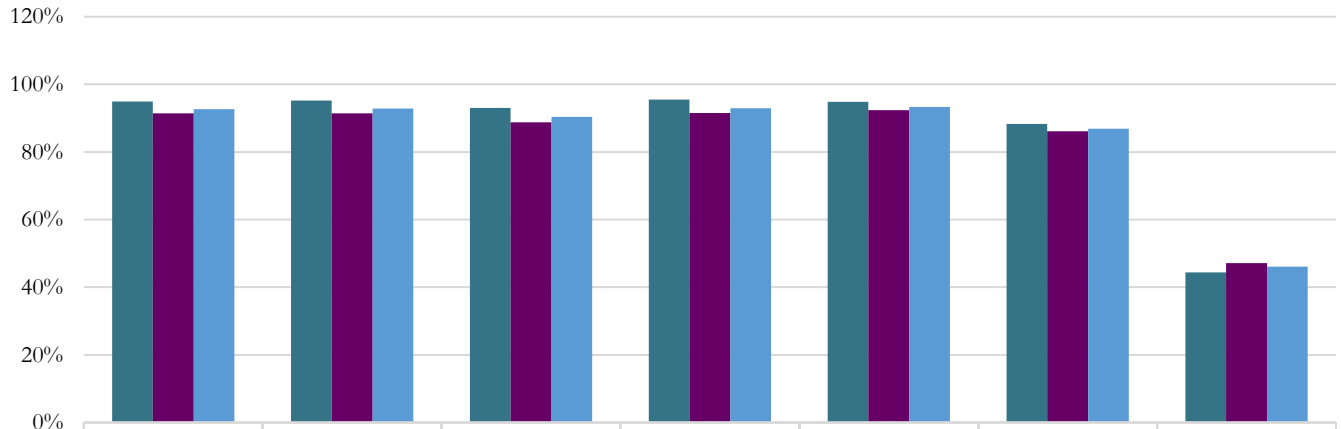


	Yes Cigarettes	Yes Vaping Nicotine	Yes Nicotine in an Oral Pouch	Yes Alcohol	Yes Marijuana/THC	Yes RX/NMUPD	Yes Gambling	Yes Excessive Internet
Grade 7-8	73.3%	72.1%	71.5%	66.4%	72.8%	71.6%	65.3%	64.9%
Grade 9-12	73.8%	73.2%	73.1%	64.9%	72.9%	73.5%	66.0%	59.6%
Grade 7-12	73.6%	72.8%	72.5%	65.5%	72.9%	72.8%	65.8%	61.6%



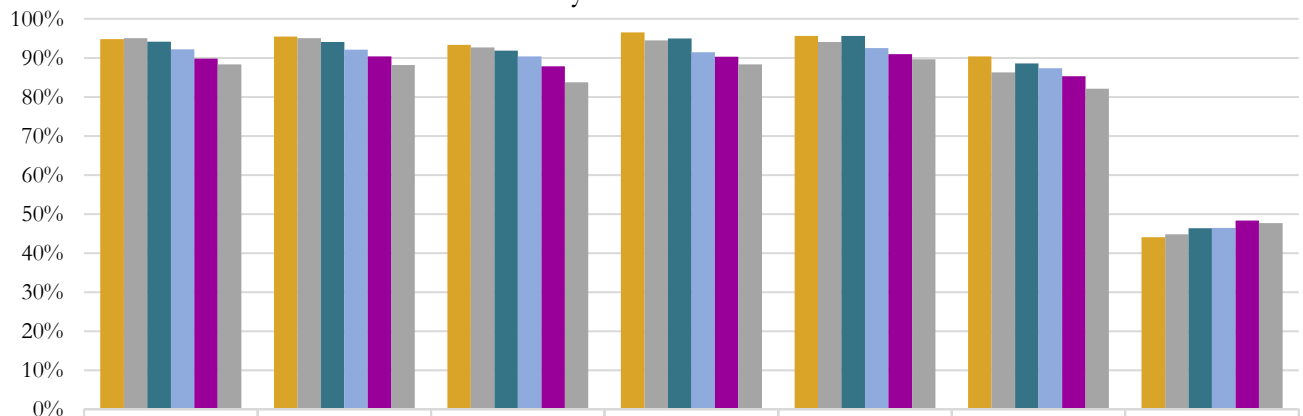
	Yes Alcohol	Yes Prescription Drugs	Yes Marijuana/THC	Yes Heroin/Fentanyl	Yes Other Drugs	Yes Gambling
Grade 7-8	23.6%	6.5%	5.7%	1.4%	3.2%	12.2%
Grade 9-12	19.7%	6.3%	7.3%	1.8%	3.1%	9.3%
Grade 7-12	21.2%	6.4%	6.7%	1.6%	3.1%	10.4%

Perception of Parental Disapproval

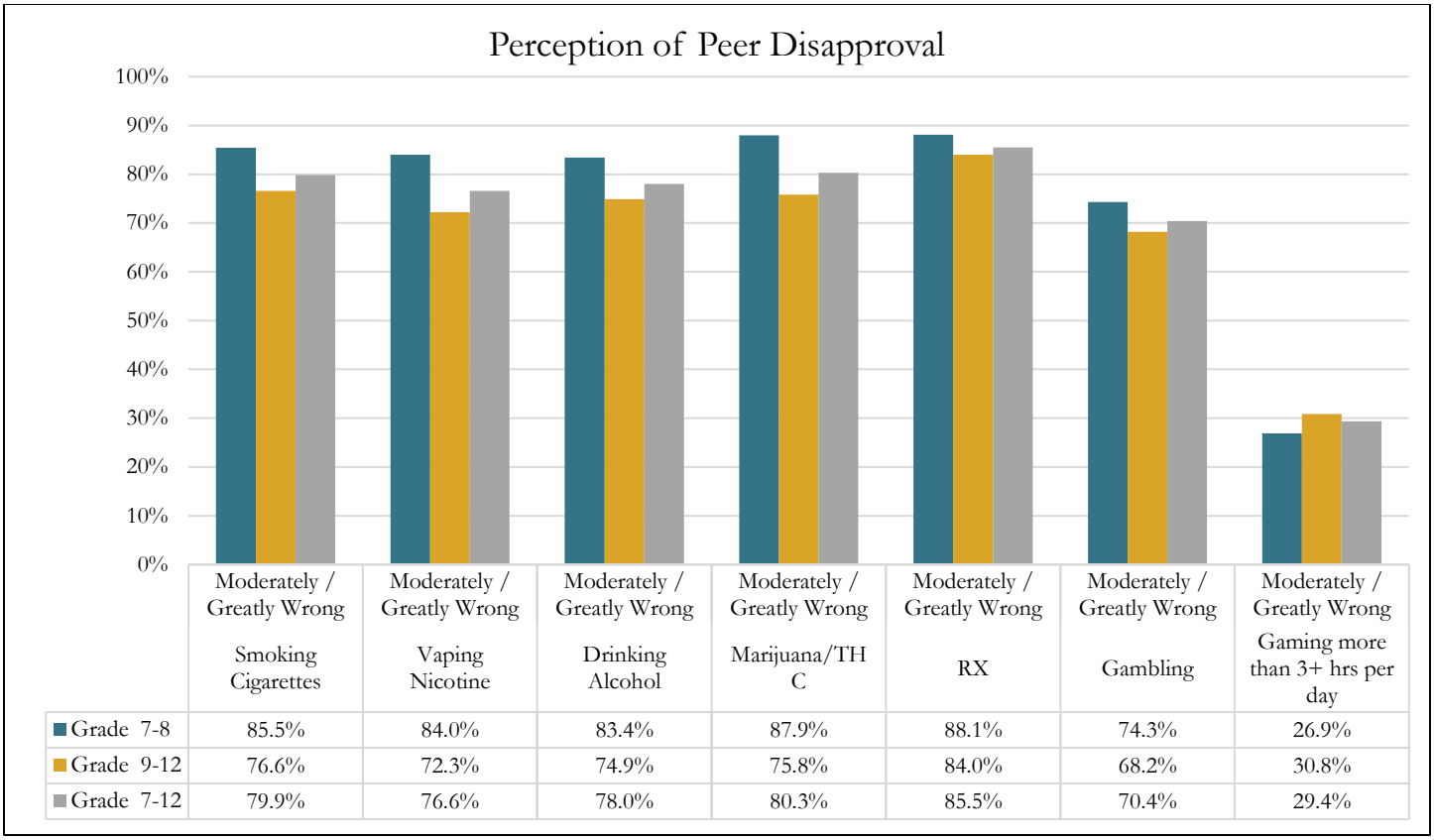


	Moderately / Greatly Wrong Smoking Cigarettes	Moderately / Greatly Wrong Vaping Nicotine	Moderately / Greatly Wrong Drinking Alcohol	Moderately / Greatly Wrong Marijuana/THC	Moderately / Greatly Wrong RX	Moderately / Greatly Wrong Gambling	Moderately / Greatly Wrong Gaming more than 3+ hrs per day
Grade 7-8	94.9%	95.2%	93.0%	95.5%	94.8%	88.3%	44.4%
Grade 9-12	91.4%	91.4%	88.8%	91.5%	92.4%	86.1%	47.1%
Grade 7-12	92.7%	92.8%	90.3%	93.0%	93.3%	86.9%	46.1%

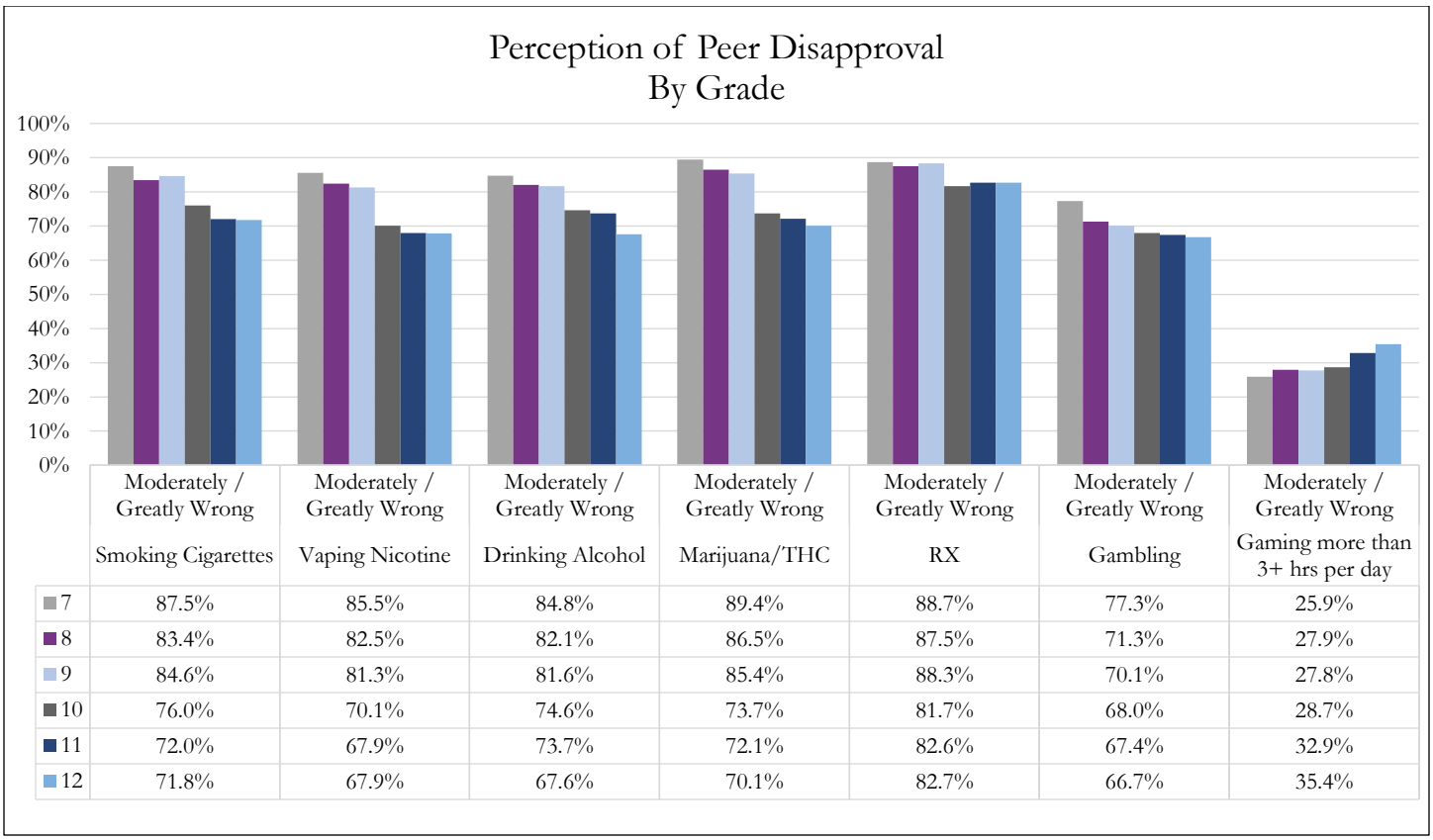
Perception of Parental Disapproval By Grade



	Moderately / Greatly Wrong Smoking Cigarettes	Moderately / Greatly Wrong Vaping Nicotine	Moderately / Greatly Wrong Drinking Alcohol	Moderately / Greatly Wrong Marijuana/THC	Moderately / Greatly Wrong RX	Moderately / Greatly Wrong Gambling	Moderately / Greatly Wrong Gaming more than 3+ hrs per day
7	94.8%	95.4%	93.3%	96.5%	95.7%	90.4%	44.0%
8	95.0%	95.0%	92.7%	94.5%	94.0%	86.3%	44.8%
9	94.2%	94.0%	91.8%	94.9%	95.6%	88.5%	46.4%
10	92.2%	92.1%	90.4%	91.4%	92.5%	87.3%	46.5%
11	89.8%	90.4%	87.9%	90.3%	91.0%	85.3%	48.3%
12	88.4%	88.1%	83.7%	88.3%	89.7%	82.1%	47.7%

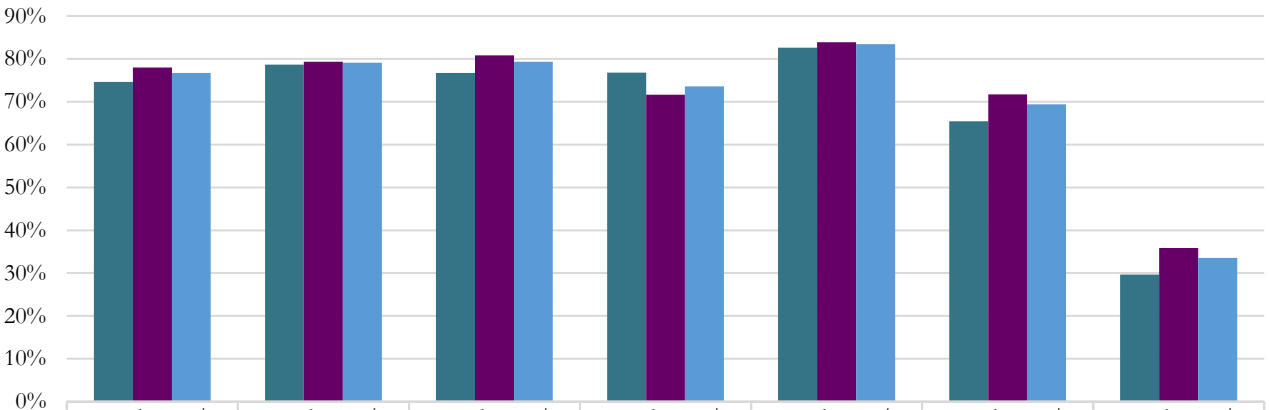


	Moderately / Greatly Wrong Smoking Cigarettes	Moderately / Greatly Wrong Vaping Nicotine	Moderately / Greatly Wrong Drinking Alcohol	Moderately / Greatly Wrong Marijuana/THC	Moderately / Greatly Wrong RX	Moderately / Greatly Wrong Gambling	Moderately / Greatly Wrong Gaming more than 3+ hrs per day
Grade 7-8	85.5%	84.0%	83.4%	87.9%	88.1%	74.3%	26.9%
Grade 9-12	76.6%	72.3%	74.9%	75.8%	84.0%	68.2%	30.8%
Grade 7-12	79.9%	76.6%	78.0%	80.3%	85.5%	70.4%	29.4%



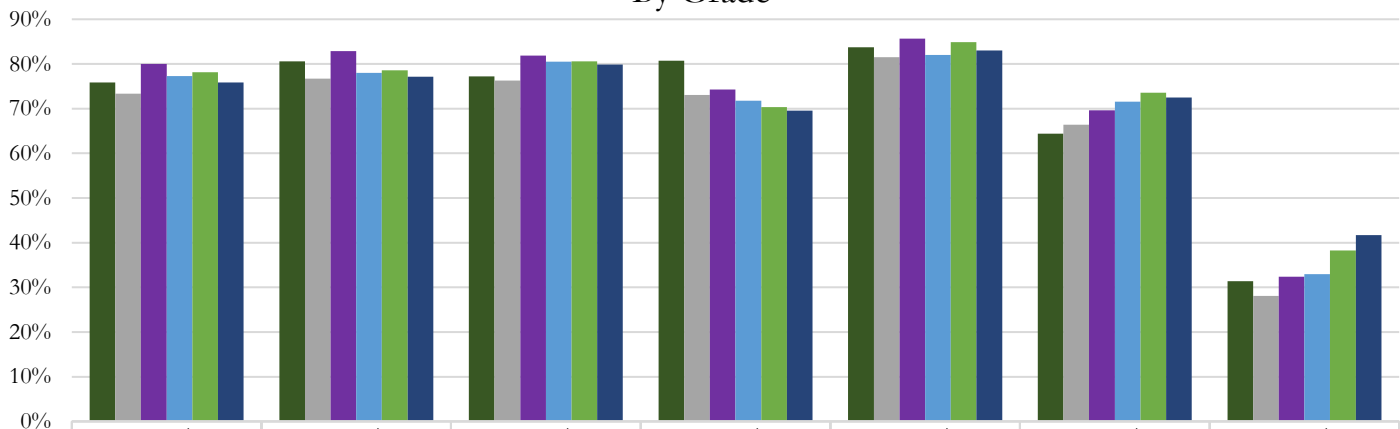
	Moderately / Greatly Wrong Smoking Cigarettes	Moderately / Greatly Wrong Vaping Nicotine	Moderately / Greatly Wrong Drinking Alcohol	Moderately / Greatly Wrong Marijuana/THC	Moderately / Greatly Wrong RX	Moderately / Greatly Wrong Gambling	Moderately / Greatly Wrong Gaming more than 3+ hrs per day
7	87.5%	85.5%	84.8%	89.4%	88.7%	77.3%	25.9%
8	83.4%	82.5%	82.1%	86.5%	87.5%	71.3%	27.9%
9	84.6%	81.3%	81.6%	85.4%	88.3%	70.1%	27.8%
10	76.0%	70.1%	74.6%	73.7%	81.7%	68.0%	28.7%
11	72.0%	67.9%	73.7%	72.1%	82.6%	67.4%	32.9%
12	71.8%	67.9%	67.6%	70.1%	82.7%	66.7%	35.4%

Perception of Risk/Harm



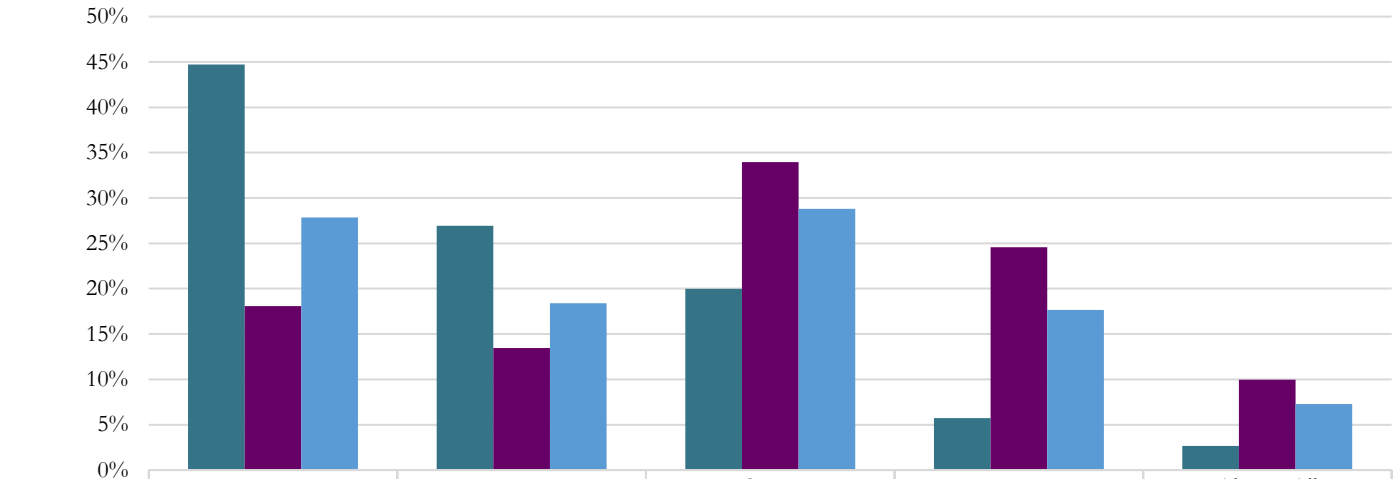
	Moderate / Great Risk Smoking Cigarettes	Moderate / Great Risk Vaping Nicotine	Moderate / Great Risk Drinking Alcohol	Moderate / Great Risk Marijuana/THC	Moderate / Great Risk RX	Moderate / Great Risk Gambling	Moderate / Great Risk Gaming more than 3+ hrs per day
Grade 7-8	74.6%	78.6%	76.7%	76.8%	82.6%	65.4%	29.7%
Grade 9-12	77.9%	79.3%	80.8%	71.7%	83.9%	71.7%	35.9%
Grade 7-12	76.7%	79.1%	79.3%	73.6%	83.4%	69.4%	33.6%

Perception of Risk / Harm By Grade



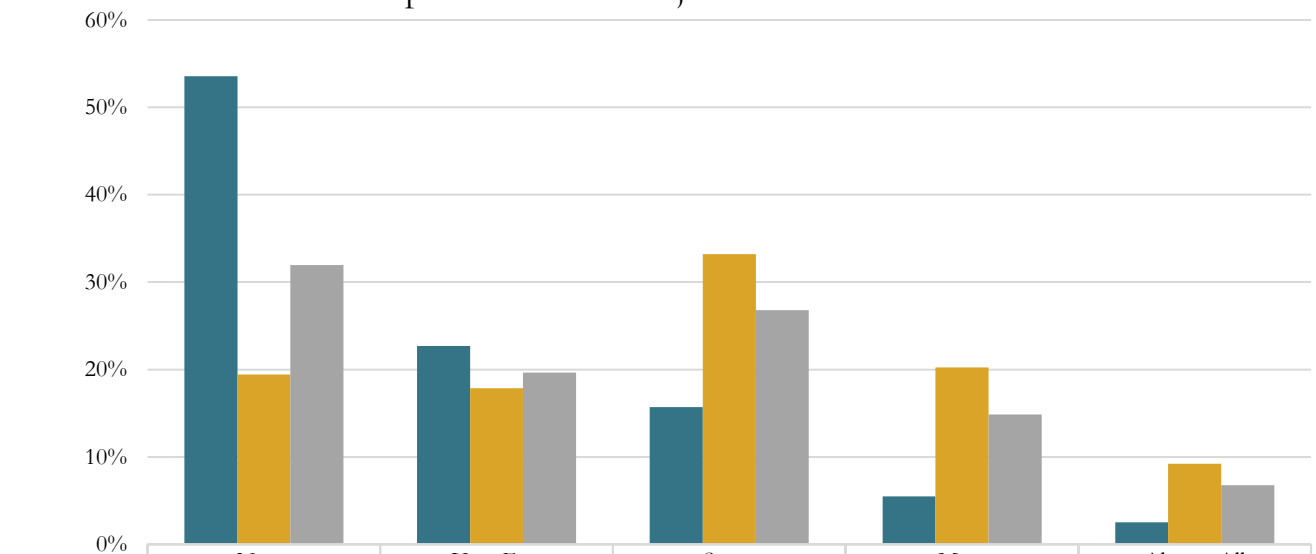
	Moderate / Great Risk Smoking Cigarettes	Moderate / Great Risk Vaping Nicotine	Moderate / Great Risk Drinking Alcohol	Moderate / Great Risk Marijuana/THC	Moderate / Great Risk RX	Moderate / Great Risk Gambling	Moderate / Great Risk Gaming more than 3+ hrs per day
7	75.8%	80.6%	77.2%	80.7%	83.8%	64.4%	31.4%
8	73.4%	76.7%	76.3%	73.1%	81.5%	66.4%	28.1%
9	80.0%	82.9%	81.9%	74.3%	85.6%	69.6%	32.4%
10	77.3%	78.0%	80.5%	71.8%	82.0%	71.6%	33.0%
11	78.2%	78.6%	80.6%	70.3%	84.8%	73.6%	38.3%
12	75.9%	77.2%	79.9%	69.5%	83.0%	72.5%	41.7%

Perception of Peer Alcohol Use in Past Month



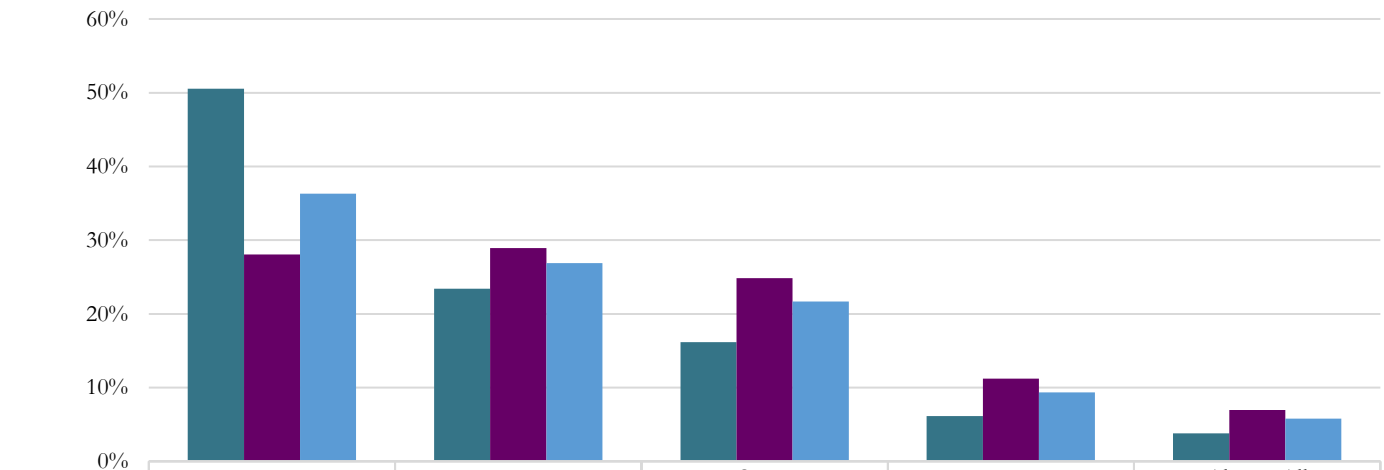
	None	Very Few	Some	Most	Almost All
	Alcohol-beer, wine, spiked seltzers, hard liquor etc.				
Grade 7-8	44.7%	26.9%	20.0%	5.7%	2.6%
Grade 9-12	18.1%	13.5%	33.9%	24.6%	10.0%
Grade 7-12	27.9%	18.4%	28.8%	17.6%	7.3%

Perception of Peer Marijuana Use in Past Month



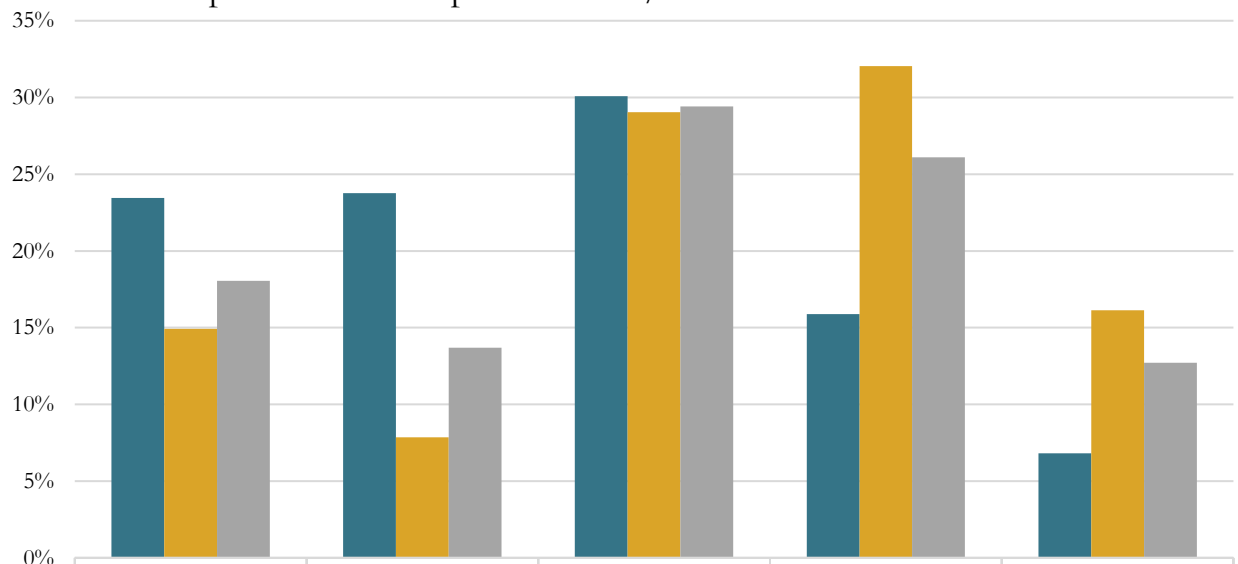
	None	Very Few	Some	Most	Almost All
	Marijuana/THC				
Grade 7-8	53.6%	22.7%	15.7%	5.5%	2.5%
Grade 9-12	19.5%	17.9%	33.2%	20.3%	9.2%
Grade 7-12	32.0%	19.6%	26.8%	14.9%	6.8%

Perception of Peer Prescription Drug Use in Past Month

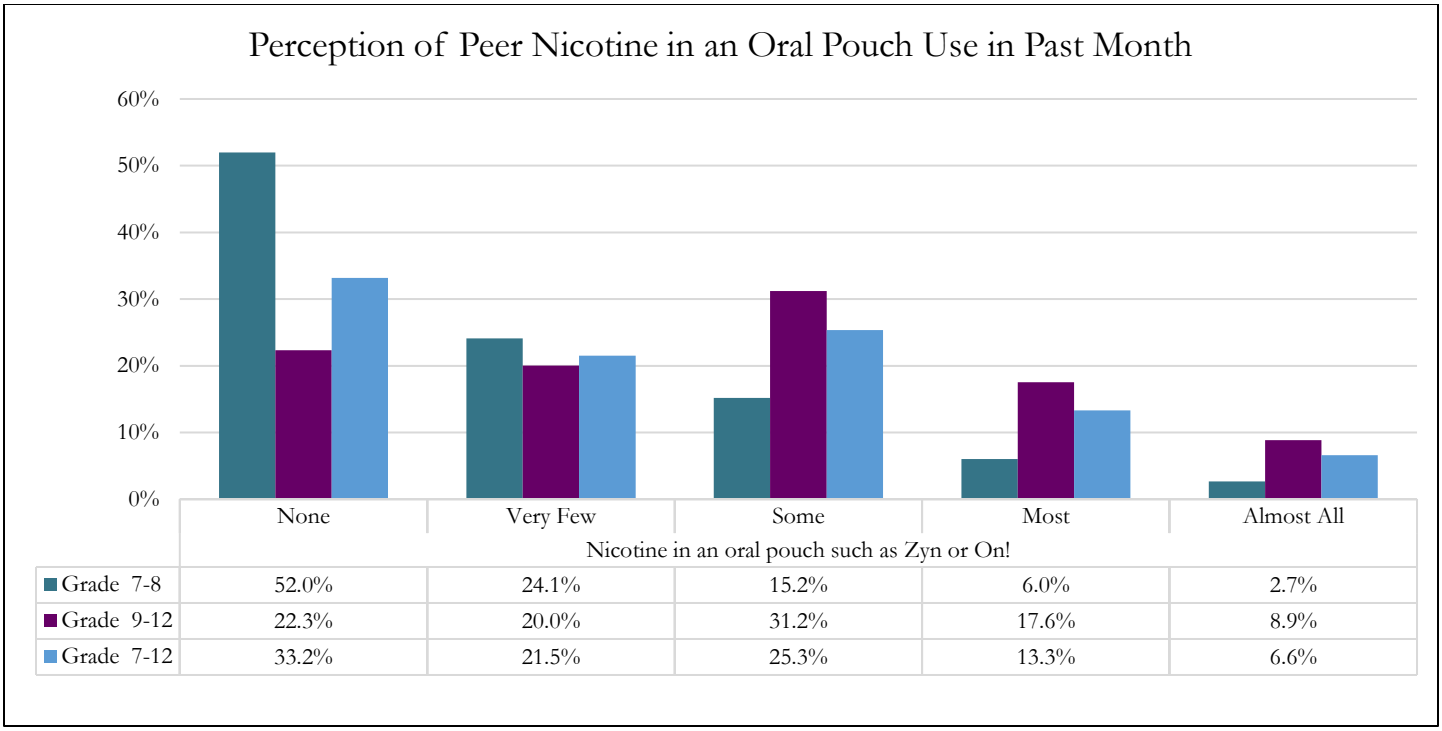


	None	Very Few	Some	Most	Almost All
	Prescription drugs for the purpose of "getting high"				
Grade 7-8	50.5%	23.4%	16.2%	6.1%	3.8%
Grade 9-12	28.0%	28.9%	24.9%	11.2%	7.0%
Grade 7-12	36.3%	26.9%	21.7%	9.3%	5.8%

Perception of Peer Vape Product w/ Nicotine Use in Past Month

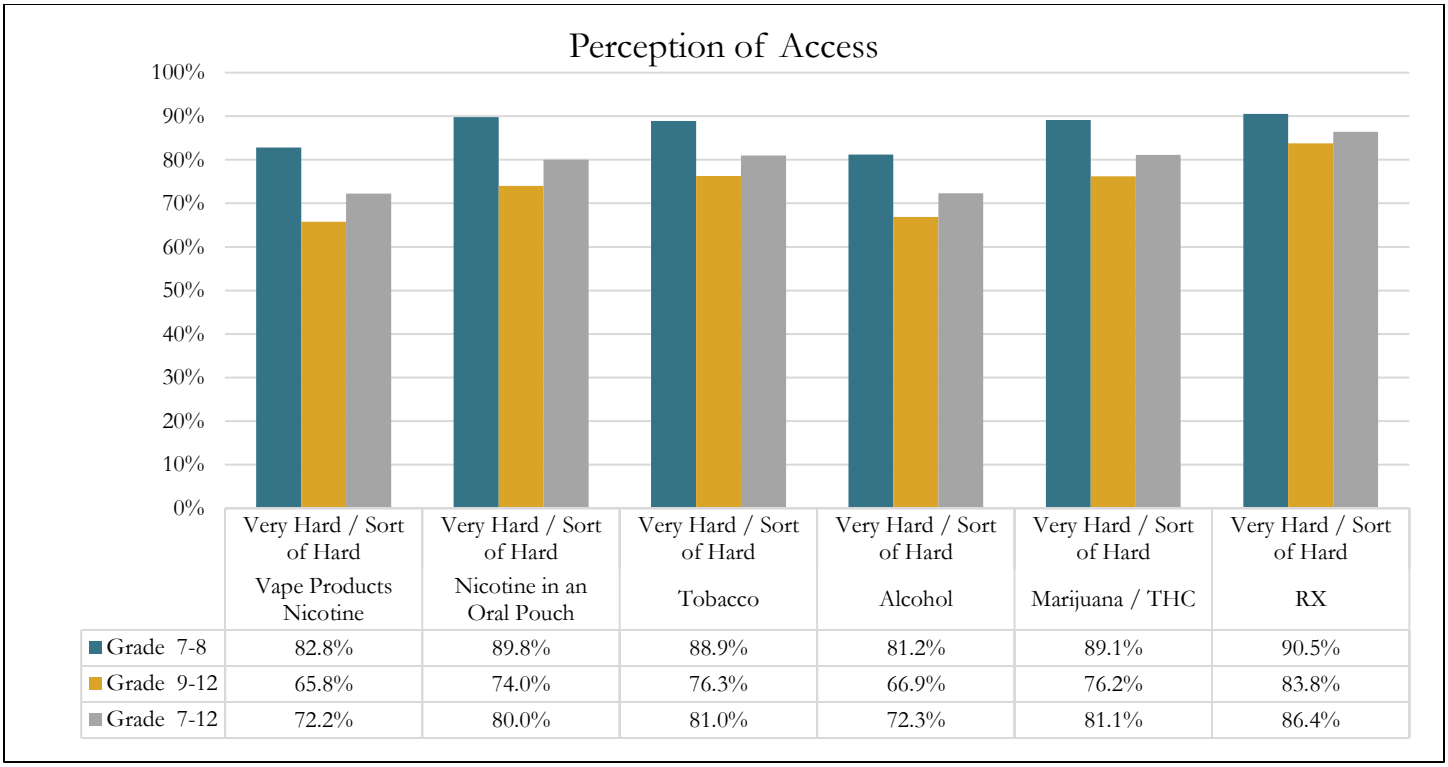


	None	Very Few	Some	Most	Almost All
	Vape Products with Nicotine				
Grade 7-8	23.5%	23.8%	30.1%	15.9%	6.8%
Grade 9-12	14.9%	7.9%	29.0%	32.0%	16.1%
Grade 7-12	18.1%	13.7%	29.4%	26.1%	12.7%

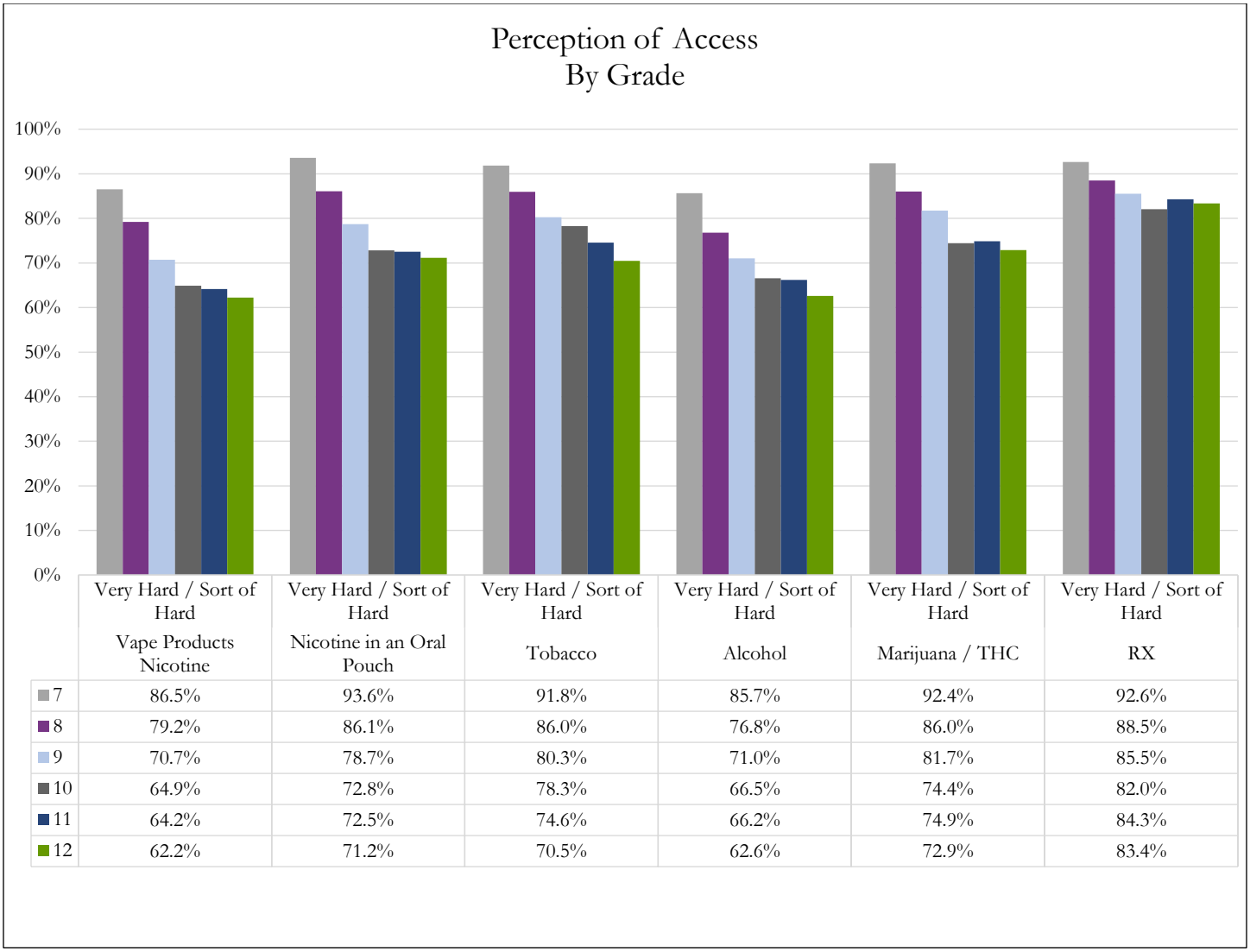


	None	Very Few	Some	Most	Almost All
	Nicotine in an oral pouch such as Zyn or On!				
Grade 7-8	52.0%	24.1%	15.2%	6.0%	2.7%
Grade 9-12	22.3%	20.0%	31.2%	17.6%	8.9%
Grade 7-12	33.2%	21.5%	25.3%	13.3%	6.6%

Ease of Access

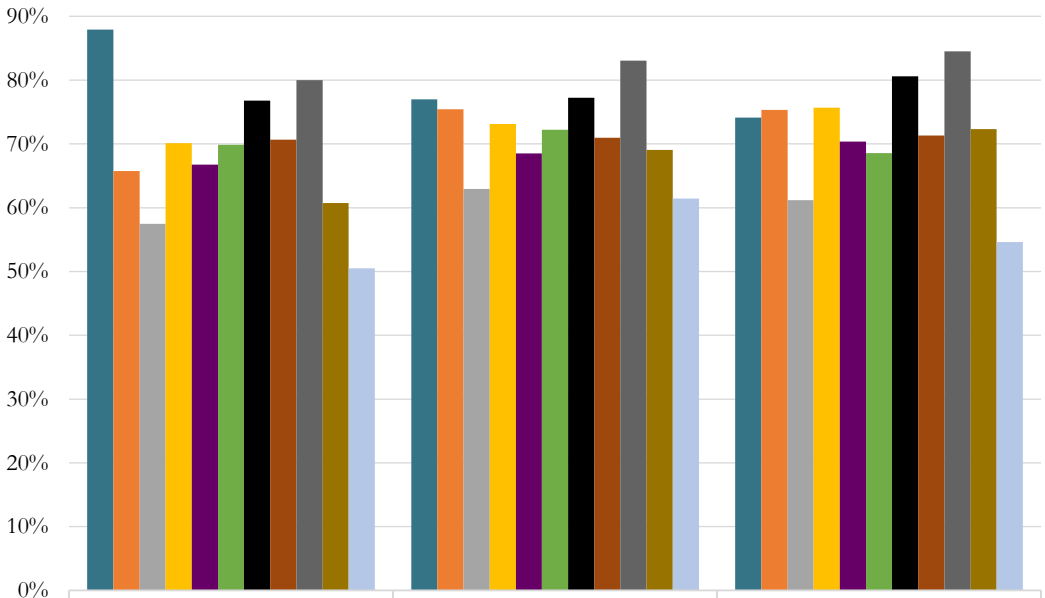


	Very Hard / Sort of Hard Vape Products Nicotine	Very Hard / Sort of Hard Nicotine in an Oral Pouch	Very Hard / Sort of Hard Tobacco	Very Hard / Sort of Hard Alcohol	Very Hard / Sort of Hard Marijuana / THC	Very Hard / Sort of Hard RX
Grade 7-8	82.8%	89.8%	88.9%	81.2%	89.1%	90.5%
Grade 9-12	65.8%	74.0%	76.3%	66.9%	76.2%	83.8%
Grade 7-12	72.2%	80.0%	81.0%	72.3%	81.1%	86.4%



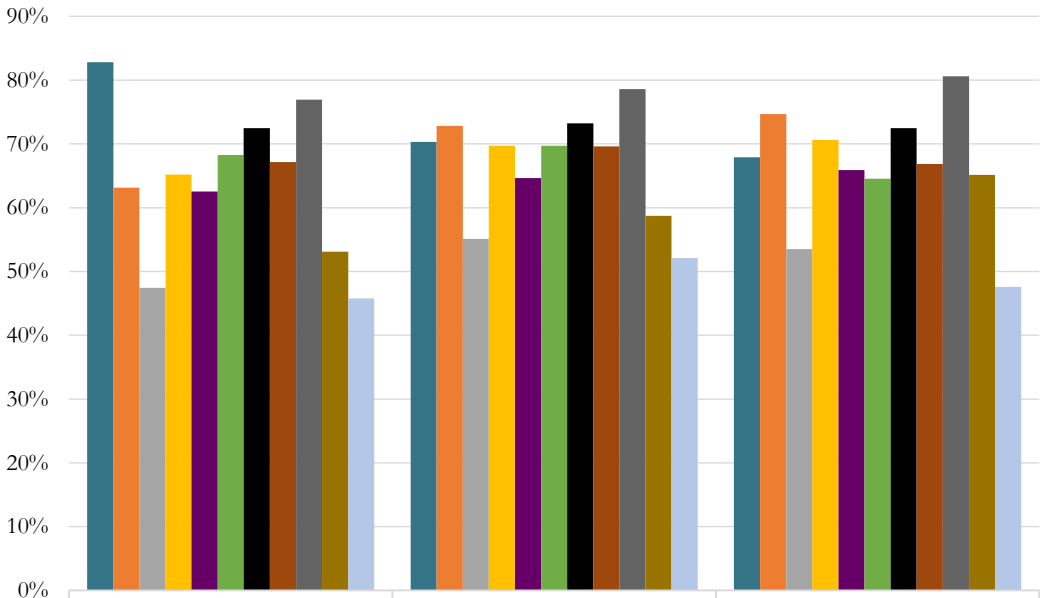
	Very Hard / Sort of Hard Vape Products Nicotine	Very Hard / Sort of Hard Nicotine in an Oral Pouch	Very Hard / Sort of Hard Tobacco	Very Hard / Sort of Hard Alcohol	Very Hard / Sort of Hard Marijuana / THC	Very Hard / Sort of Hard RX
7	86.5%	93.6%	91.8%	85.7%	92.4%	92.6%
8	79.2%	86.1%	86.0%	76.8%	86.0%	88.5%
9	70.7%	78.7%	80.3%	71.0%	81.7%	85.5%
10	64.9%	72.8%	78.3%	66.5%	74.4%	82.0%
11	64.2%	72.5%	74.6%	66.2%	74.9%	84.3%
12	62.2%	71.2%	70.5%	62.6%	72.9%	83.4%

Reasons Why Substances are not Used
Grades 7-8



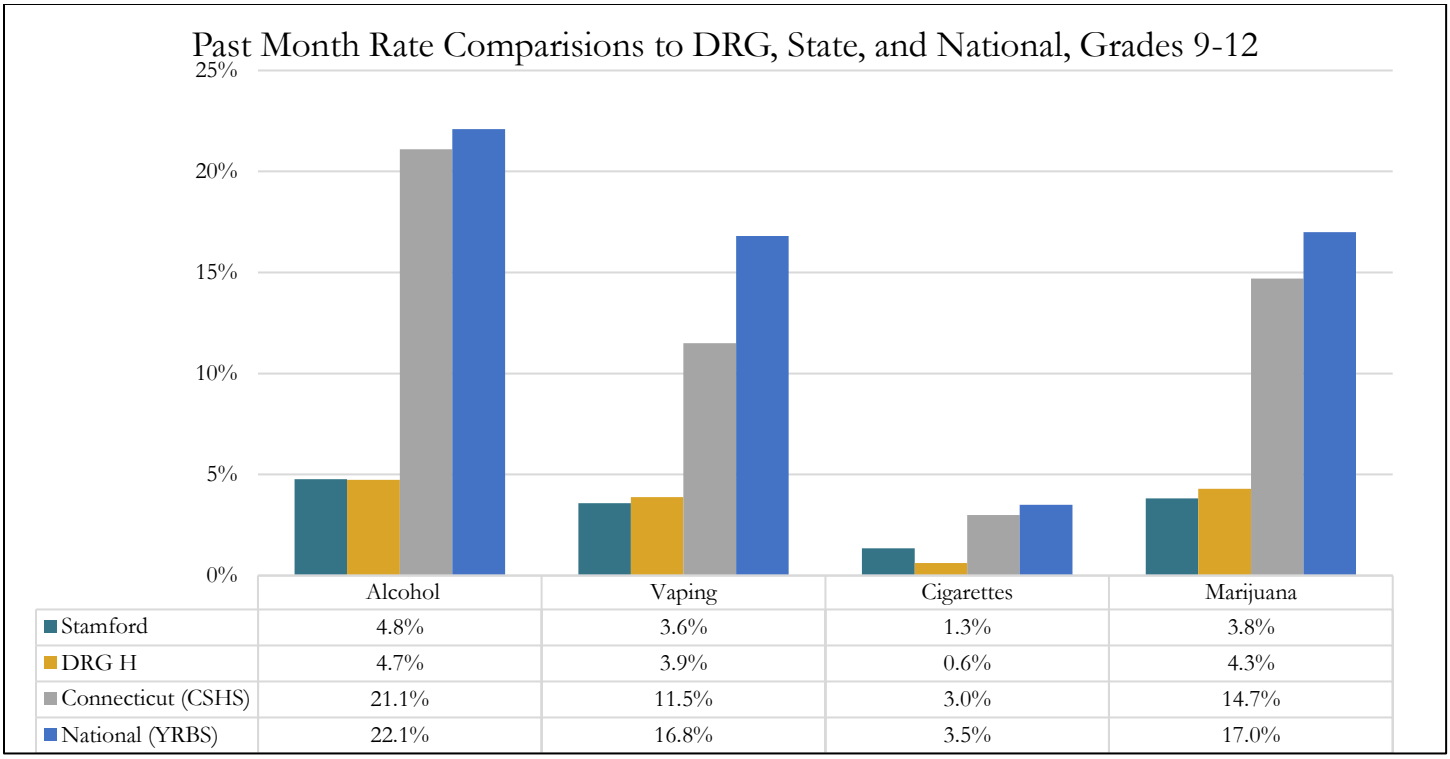
	Grade 7-8 Alcohol	Grade 7-8 Marijuana	Grade 7-8 Vaping
Underage	87.9%	77.0%	74.1%
I don't approve	65.7%	75.4%	75.3%
My friends don't approve	57.5%	62.9%	61.2%
Fear of Consequences - Parent/Guardian	70.1%	73.1%	75.7%
Fear of Consequences - School	66.8%	68.5%	70.4%
Fear of Consequences - Police	69.9%	72.2%	68.5%
Don't Want to Lose Control	76.8%	77.3%	80.6%
School Work	70.7%	70.9%	71.3%
Physical Health	80.0%	83.0%	84.5%
Enviromental Impacts	60.7%	69.0%	72.3%
I don't know how to get it	50.5%	61.4%	54.6%

Reasons Why Substances are not Used
Grades 9-12



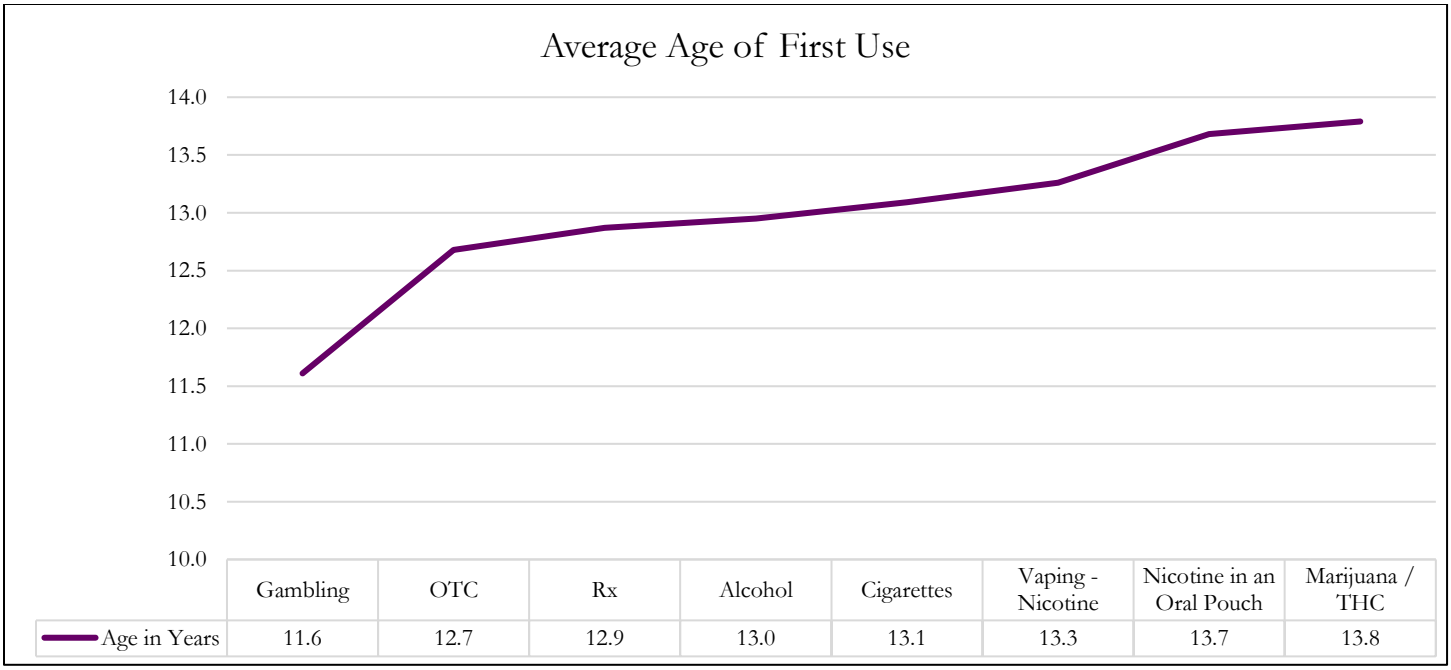
	Grade 9-12 Alcohol	Grade 9-12 Marijuana	Grade 9-12 Vaping
Underage	82.8%	70.3%	67.9%
I don't approve	63.1%	72.8%	74.7%
My friends don't approve	47.4%	55.1%	53.5%
Fear of Consequences - Parent/Guardian	65.2%	69.7%	70.6%
Fear of Consequences - School	62.5%	64.6%	65.9%
Fear of Consequences - Police	68.2%	69.7%	64.6%
Don't Want to Lose Control	72.5%	73.2%	72.5%
School Work	67.2%	69.6%	66.8%
Physical Health	76.9%	78.6%	80.6%
Enviromental Impacts	53.1%	58.7%	65.1%
I don't know how to get it	45.8%	52.1%	47.6%

Substance Use and Gambling



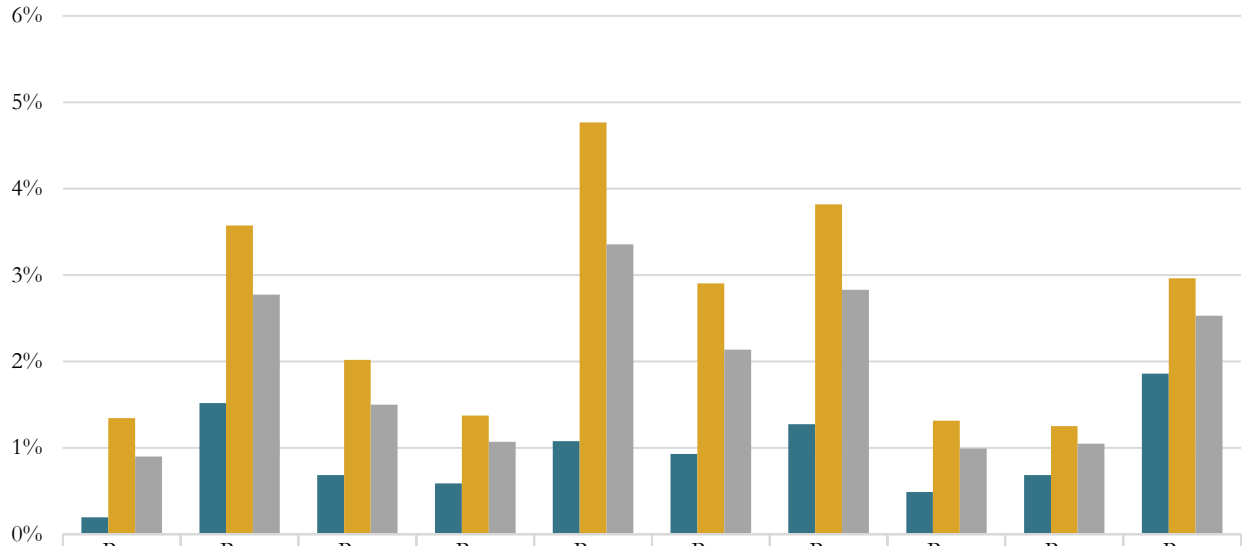
	Alcohol	Vaping	Cigarettes	Marijuana
Stamford	4.8%	3.6%	1.3%	3.8%
DRG H	4.7%	3.9%	0.6%	4.3%
Connecticut (CSHS)	21.1%	11.5%	3.0%	14.7%
National (YRBS)	22.1%	16.8%	3.5%	17.0%

- CSHS and YRBS, 2023
- DRG reflects aggregated data from Youth Voices Count Surveys administered in communities within the same District Reference Group for the period 2023-2025. 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



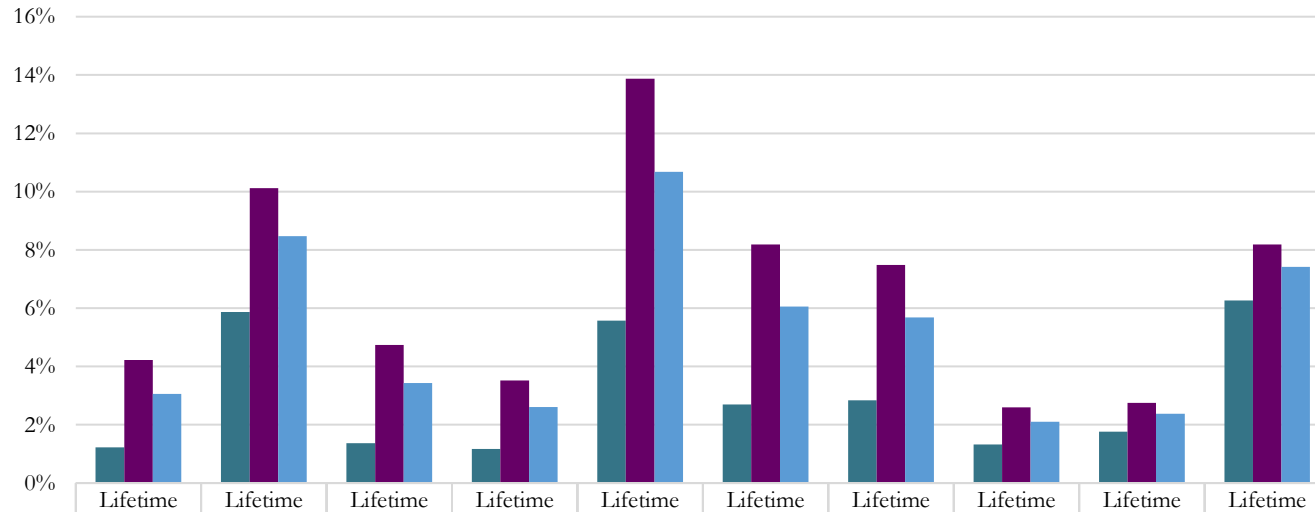
	Gambling	OTC	Rx	Alcohol	Cigarettes	Vaping - Nicotine	Nicotine in an Oral Pouch	Marijuana / THC
Age in Years	11.6	12.7	12.9	13.0	13.1	13.3	13.7	13.8

Past Month Use of CORE Substances and Gambling



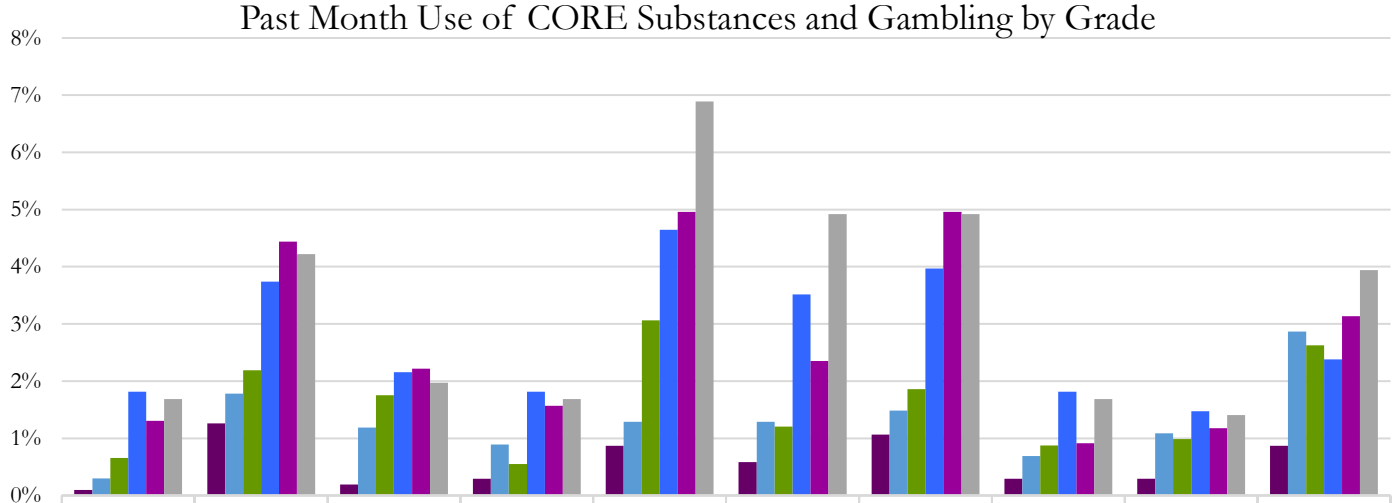
	Past Month Cigarettes	Past Month Vape Products Nicotine	Past Month Nicotine in an Oral Pouch	Past Month Tobacco	Past Month Alcohol	Past Month Alcohol - 4 or more	Past Month Marijuana / THC	Past Month RX	Past Month OTC	Past Month Gambling
Grade 7-8	0.2%	1.5%	0.7%	0.6%	1.1%	0.9%	1.3%	0.5%	0.7%	1.9%
Grade 9-12	1.3%	3.6%	2.0%	1.4%	4.8%	2.9%	3.8%	1.3%	1.3%	3.0%
Grade 7-12	0.9%	2.8%	1.5%	1.1%	3.4%	2.1%	2.8%	1.0%	1.0%	2.5%

Lifetime Use of CORE Substances and Gambling



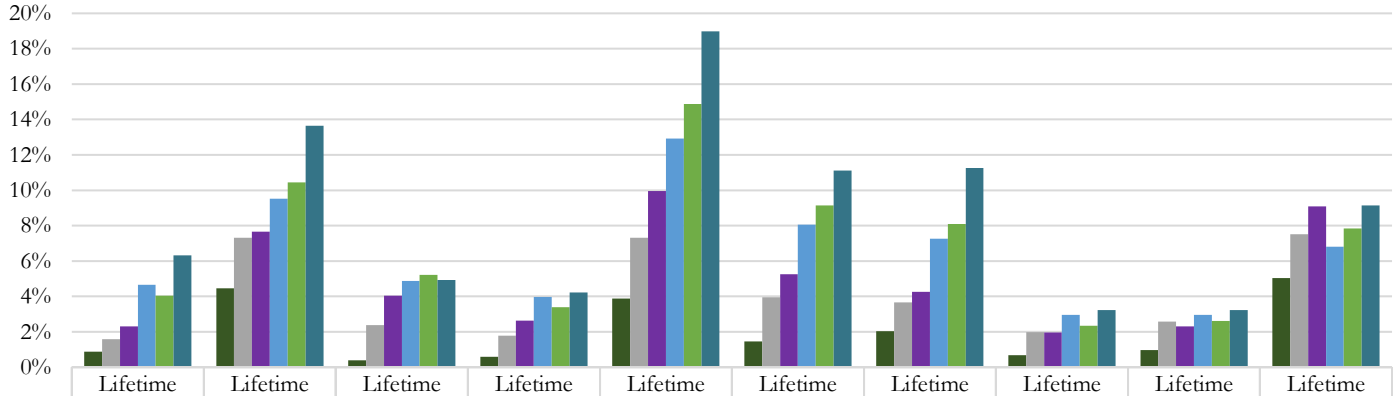
	Lifetime Cigarettes	Lifetime Vape Products Nicotine	Lifetime Nicotine in an Oral Pouch	Lifetime Tobacco	Lifetime Alcohol	Lifetime Alcohol - 4 or more	Lifetime Marijuana / THC	Lifetime RX	Lifetime OTC	Lifetime Gambling
Grade 7-8	1.2%	5.9%	1.4%	1.2%	5.6%	2.7%	2.8%	1.3%	1.8%	6.3%
Grade 9-12	4.2%	10.1%	4.7%	3.5%	13.9%	8.2%	7.5%	2.6%	2.7%	8.2%
Grade 7-12	3.1%	8.5%	3.4%	2.6%	10.7%	6.1%	5.7%	2.1%	2.4%	7.4%

Past Month Use of CORE Substances and Gambling by Grade



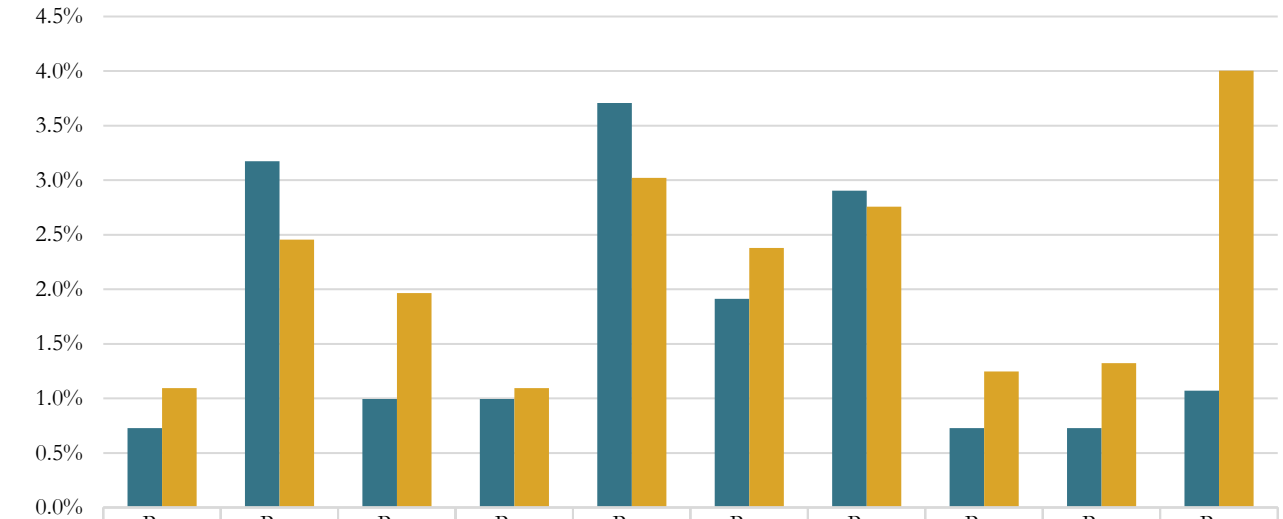
	Past Month Cigarettes	Past Month Vape Products Nicotine	Past Month Nicotine in an Oral Pouch	Past Month Tobacco	Past Month Alcohol	Past Month Alcohol - 4 or more	Past Month Marijuana / THC	Past Month RX	Past Month OTC	Past Month Gambling
7	0.1%	1.3%	0.2%	0.3%	0.9%	0.6%	1.1%	0.3%	0.3%	0.9%
8	0.3%	1.8%	1.2%	0.9%	1.3%	1.3%	1.5%	0.7%	1.1%	2.9%
9	0.7%	2.2%	1.8%	0.5%	3.1%	1.2%	1.9%	0.9%	1.0%	2.6%
10	1.8%	3.7%	2.2%	1.8%	4.6%	3.5%	4.0%	1.8%	1.5%	2.4%
11	1.3%	4.4%	2.2%	1.6%	5.0%	2.3%	5.0%	0.9%	1.2%	3.1%
12	1.7%	4.2%	2.0%	1.7%	6.9%	4.9%	4.9%	1.7%	1.4%	3.9%

Lifetime Use of CORE Substances and Gambling by Grade



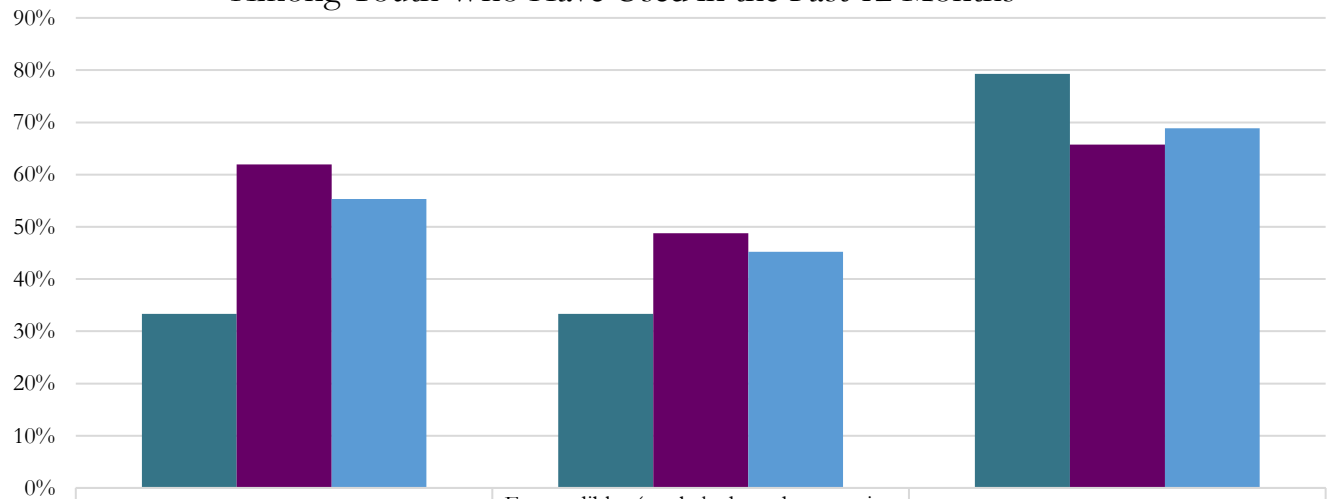
	Lifetime Cigarettes	Lifetime Vape Products Nicotine	Lifetime Nicotine in an Oral Pouch	Lifetime Tobacco	Lifetime Alcohol	Lifetime Alcohol - 4 or more	Lifetime Marijuana / THC	Lifetime RX	Lifetime OTC	Lifetime Gambling
7	0.9%	4.5%	0.4%	0.6%	3.9%	1.5%	2.0%	0.7%	1.0%	5.0%
8	1.6%	7.3%	2.4%	1.8%	7.3%	4.0%	3.7%	2.0%	2.6%	7.5%
9	2.3%	7.7%	4.0%	2.6%	10.0%	5.3%	4.3%	2.0%	2.3%	9.1%
10	4.6%	9.5%	4.9%	4.0%	12.9%	8.0%	7.3%	2.9%	2.9%	6.8%
11	4.0%	10.4%	5.2%	3.4%	14.9%	9.1%	8.1%	2.3%	2.6%	7.8%
12	6.3%	13.6%	4.9%	4.2%	19.0%	11.1%	11.3%	3.2%	3.2%	9.1%

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



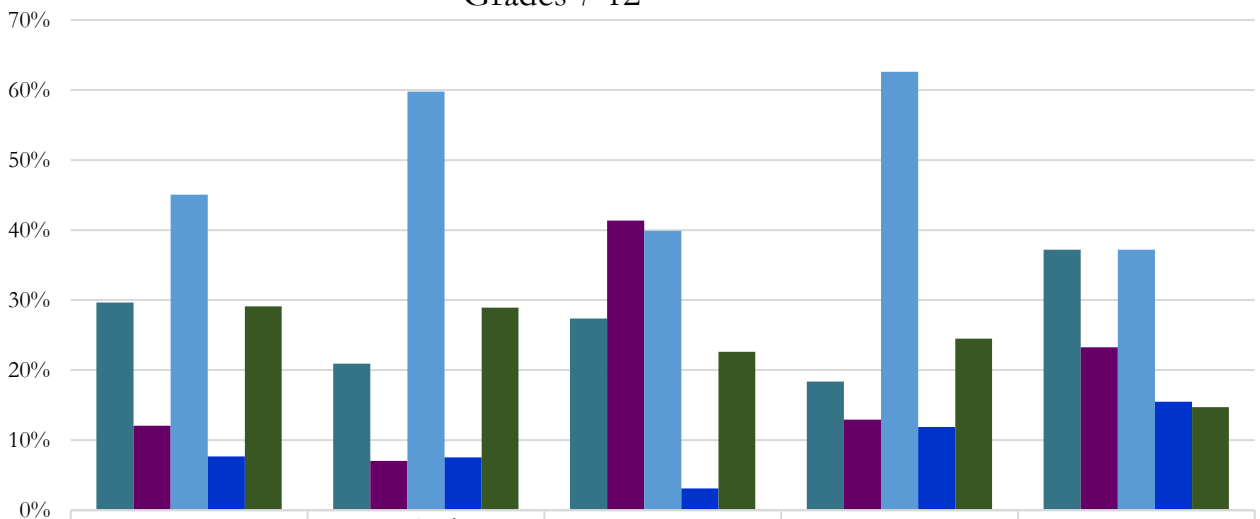
	Past Month Cigarettes	Past Month Vape Products Nicotine	Past Month Nicotine in an Oral Pouch	Past Month Tobacco	Past Month Alcohol	Past Month Alcohol - 4 or more	Past Month Marijuana / THC	Past Month RX	Past Month OTC	Past Month Gambling
Female	0.7%	3.2%	1.0%	1.0%	3.7%	1.9%	2.9%	0.7%	0.7%	1.1%
Male	1.1%	2.5%	2.0%	1.1%	3.0%	2.4%	2.8%	1.2%	1.3%	4.0%

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



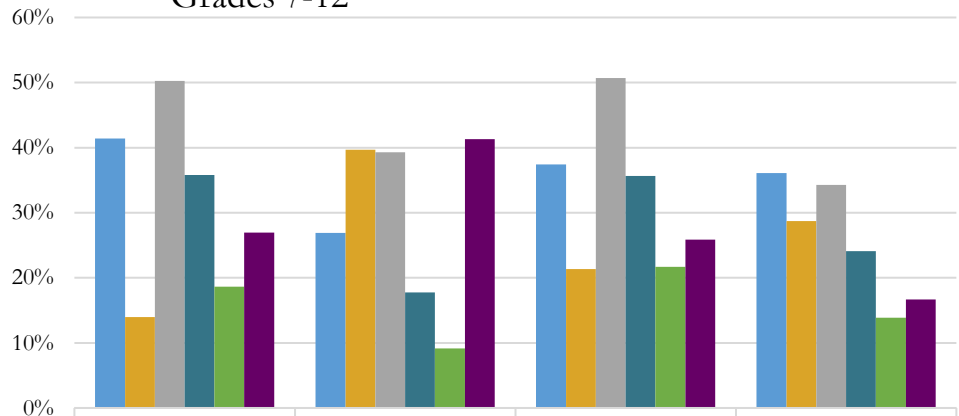
	Smoked or inhaled (e.g. joint, bong, bowl, dabbed, waxed etc.)	Eaten edibles (e.g. baked goods, gummies, or other candy that contain marijuana or THC in them)	In a vape
Grade 7-8	33.3%	33.3%	79.3%
Grade 9-12	61.9%	48.8%	65.7%
Grade 7-12	55.3%	45.2%	68.9%

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



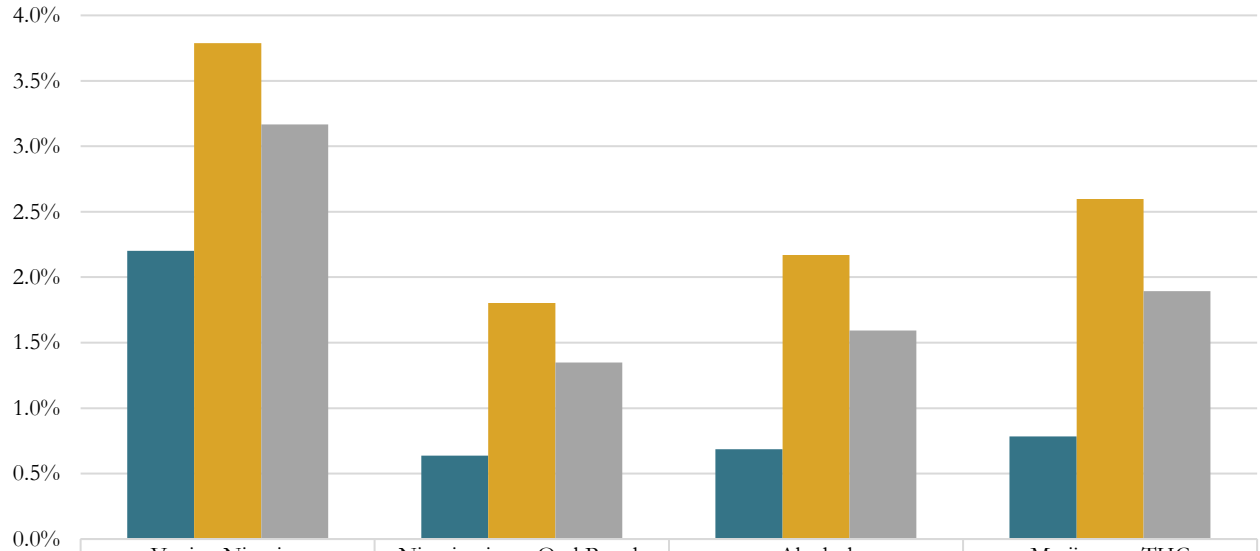
	Tobacco	Vape Products Nicotine	Alcohol	Marijuana / THC	RX
Home w/o Parents	29.7%	20.9%	27.4%	18.4%	37.2%
Home w/ parents	12.1%	7.1%	41.4%	12.9%	23.3%
Friends/Peers	45.1%	59.8%	39.9%	62.6%	37.2%
Internet	7.7%	7.5%	3.1%	11.9%	15.5%
Store	29.1%	28.9%	22.6%	24.5%	14.7%

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

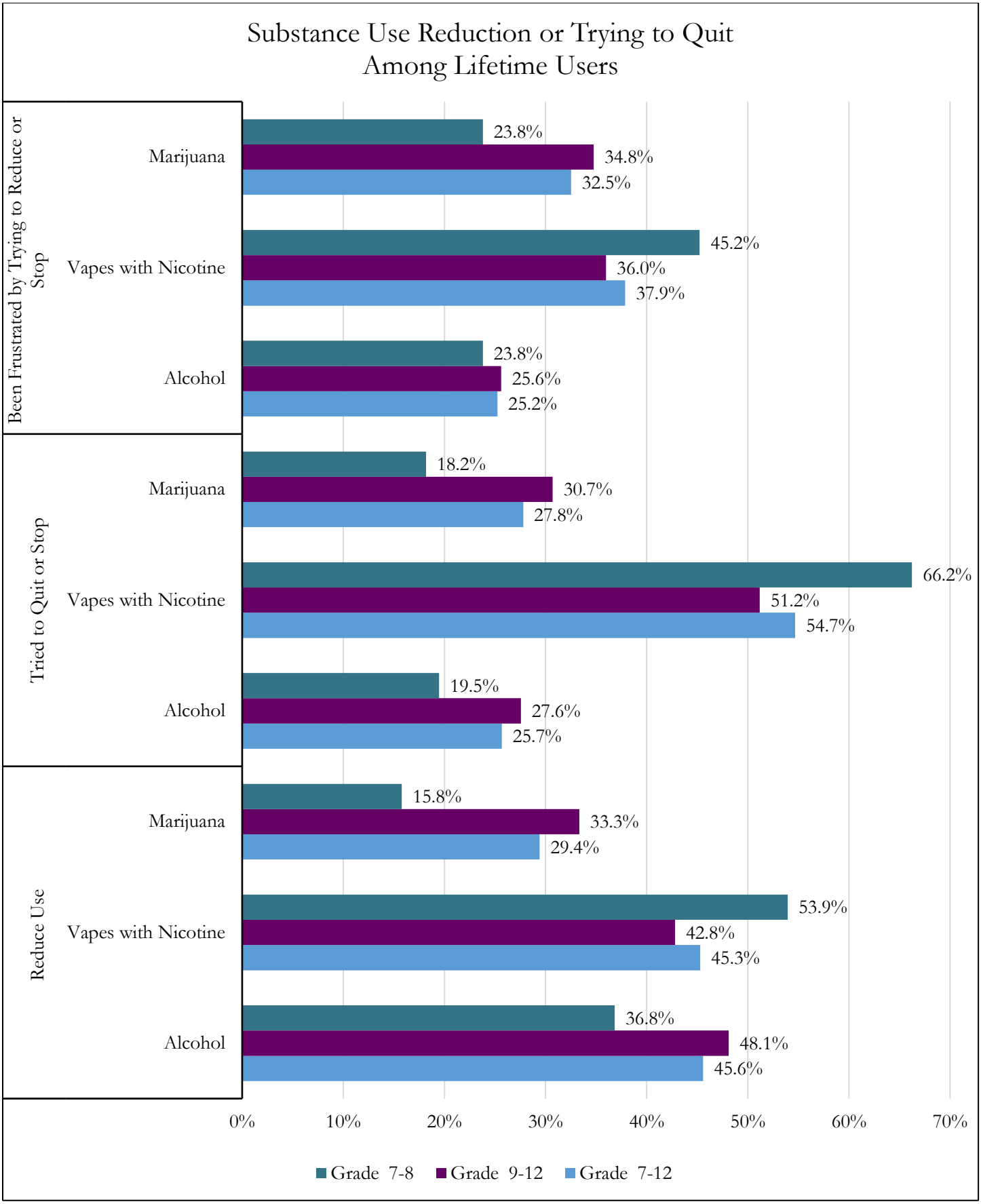


	Vaping Nicotine / Liquids	Alcohol	Marijuana / THC	RX
At home, alone	41.4%	26.9%	37.4%	36.1%
At home with my parent(s)/guardian present	14.0%	39.7%	21.3%	28.7%
With friends at my home or my friends' home	50.2%	39.3%	50.7%	34.3%
In the woods, at the park, beach, or on the street	35.8%	17.7%	35.7%	24.1%
In a car	18.6%	9.1%	21.7%	13.9%
At a party	27.0%	41.3%	25.9%	16.7%

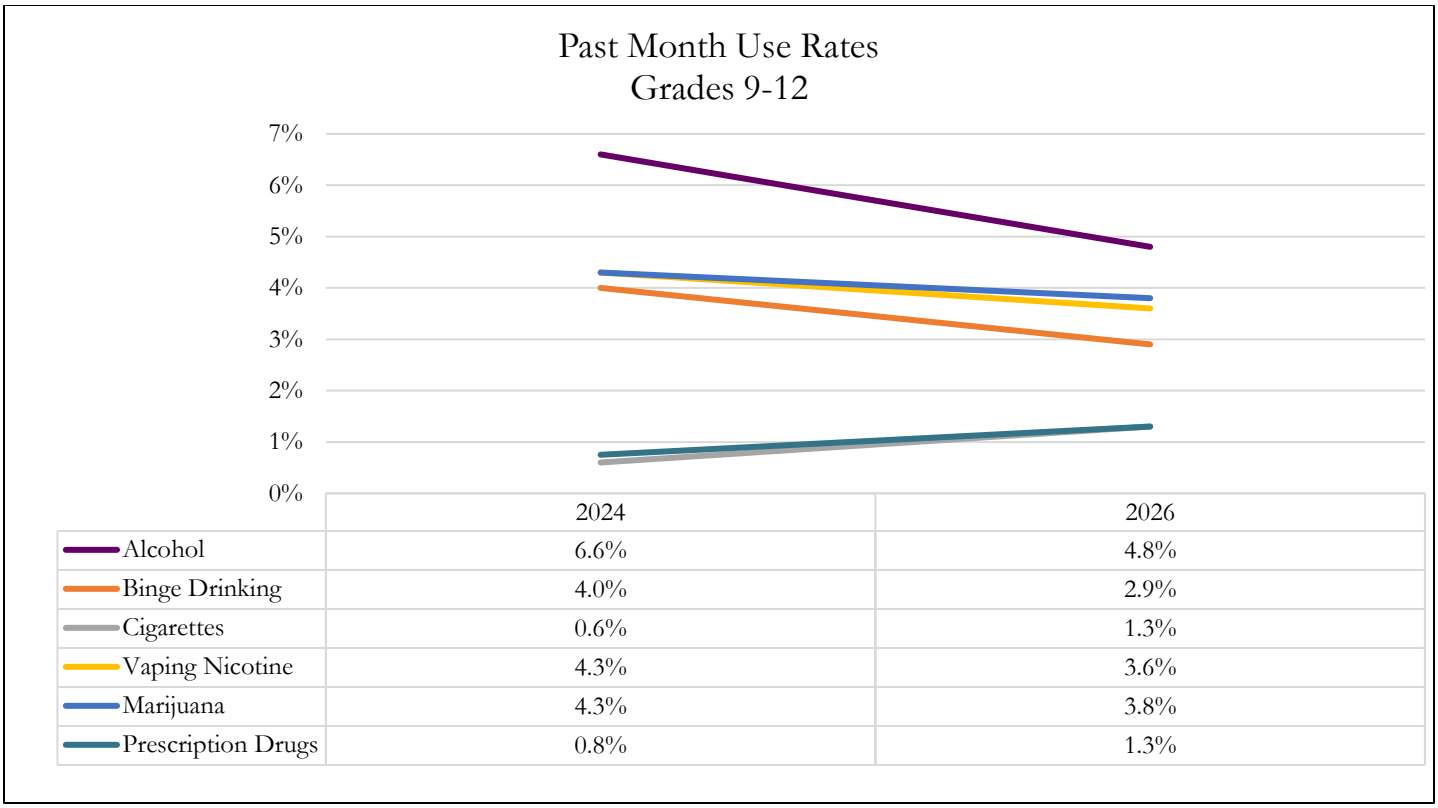
Youth Use of Substances at School- Including School Events



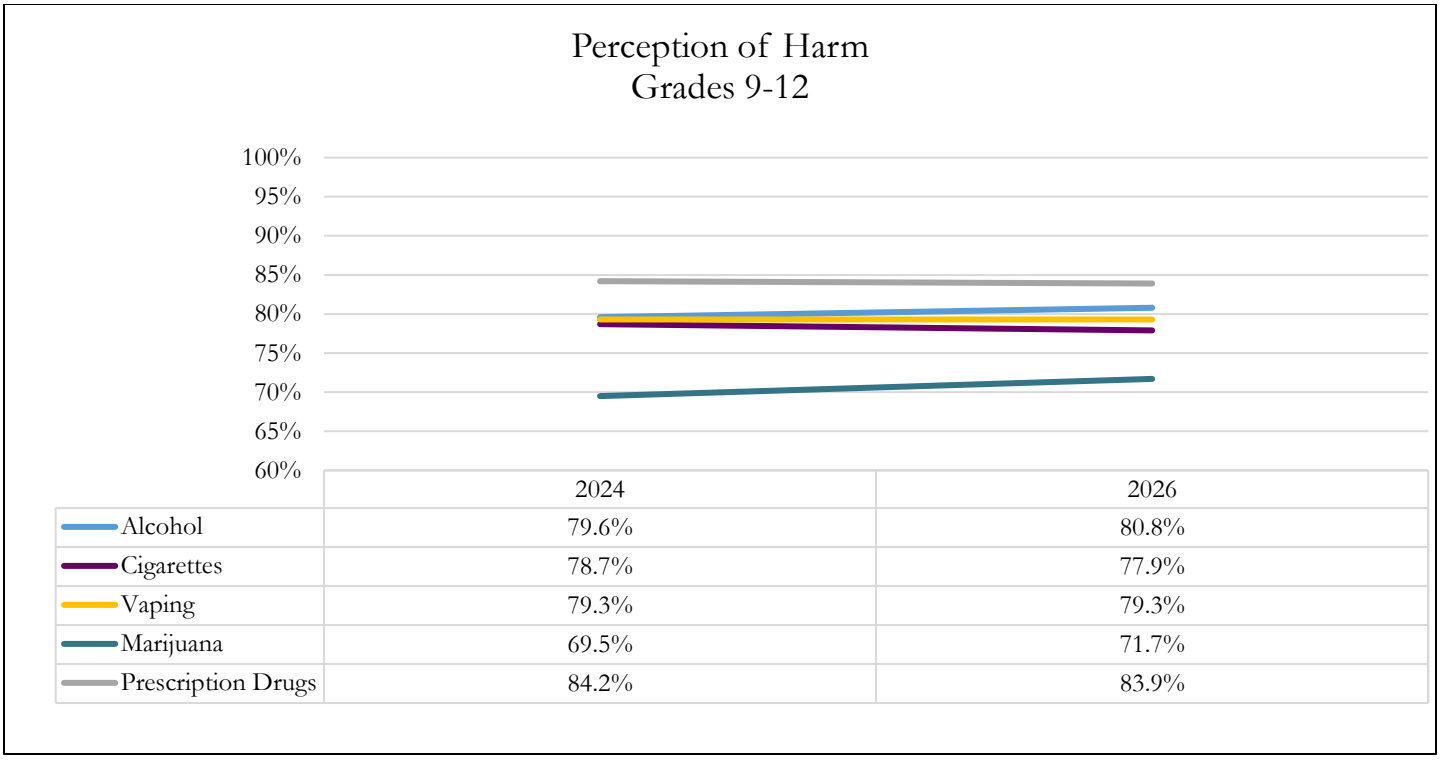
	Vaping Nicotine	Nicotine in an Oral Pouch	Alcohol	Marijuana - THC
Grade 7-8	2.2%	0.6%	0.7%	0.8%
Grade 9-12	3.8%	1.8%	2.2%	2.6%
Grade 7-12	3.2%	1.3%	1.6%	1.9%


Substance Use Reduction or Trying to Quit
Among Lifetime Users
Been Frustrated by Trying to Reduce or Stop
Marijuana
23.8%
34.8%
32.5%
Vapes with Nicotine
45.2%
36.0%
37.9%
Alcohol
23.8%
25.6%
25.2%
Tried to Quit or Stop
Marijuana
18.2%
30.7%
27.8%
Vapes with Nicotine
66.2%
51.2%
54.7%
Alcohol
19.5%
27.6%
25.7%
Reduce Use
Marijuana
15.8%
33.3%
29.4%
Vapes with Nicotine
53.9%
42.8%
45.3%
Alcohol
36.8%
48.1%
45.6%
0%
10%
20%
30%
40%
50%
60%
70%
Grade 7-8
Grade 9-12
Grade 7-12

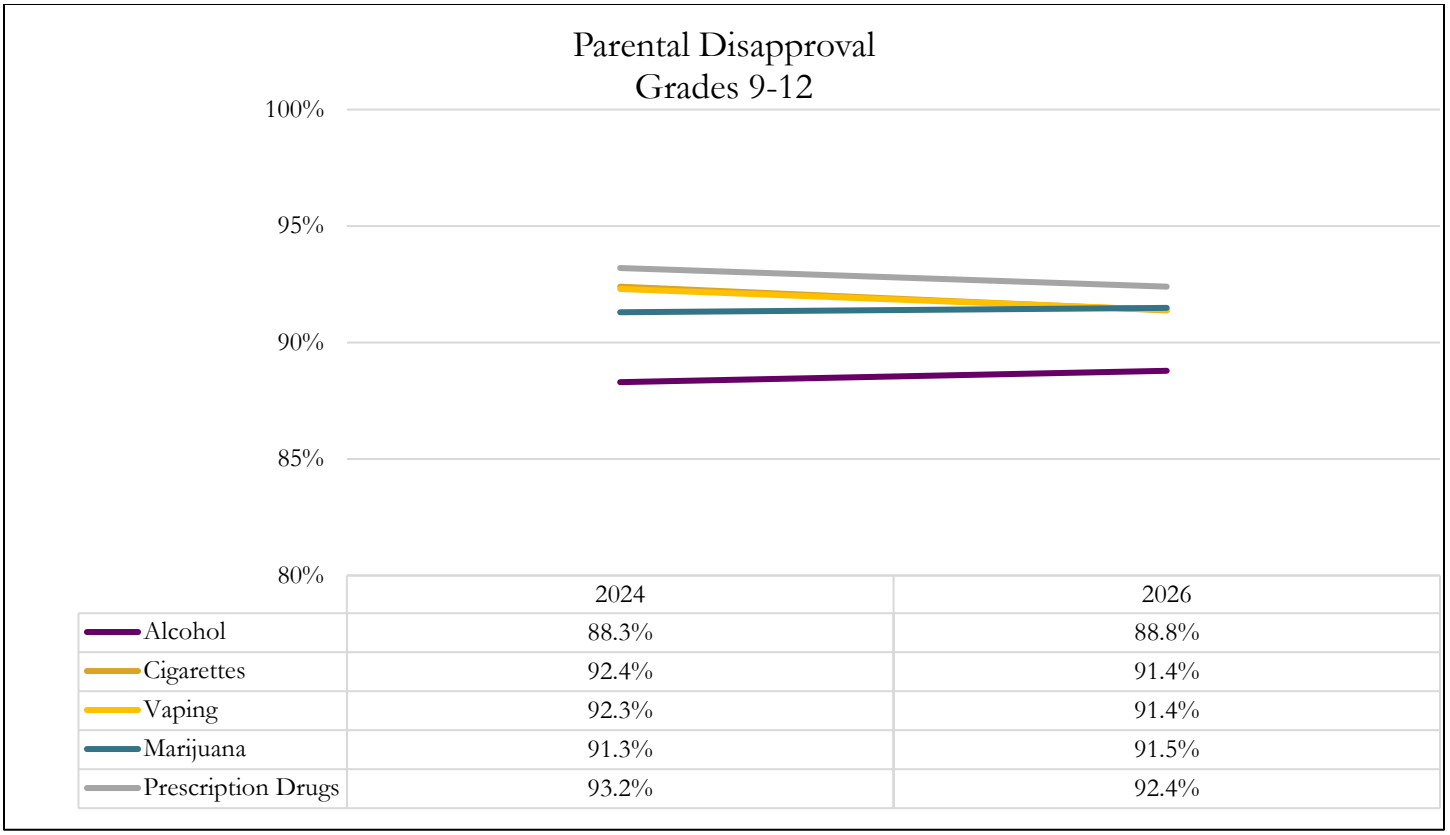
Trend



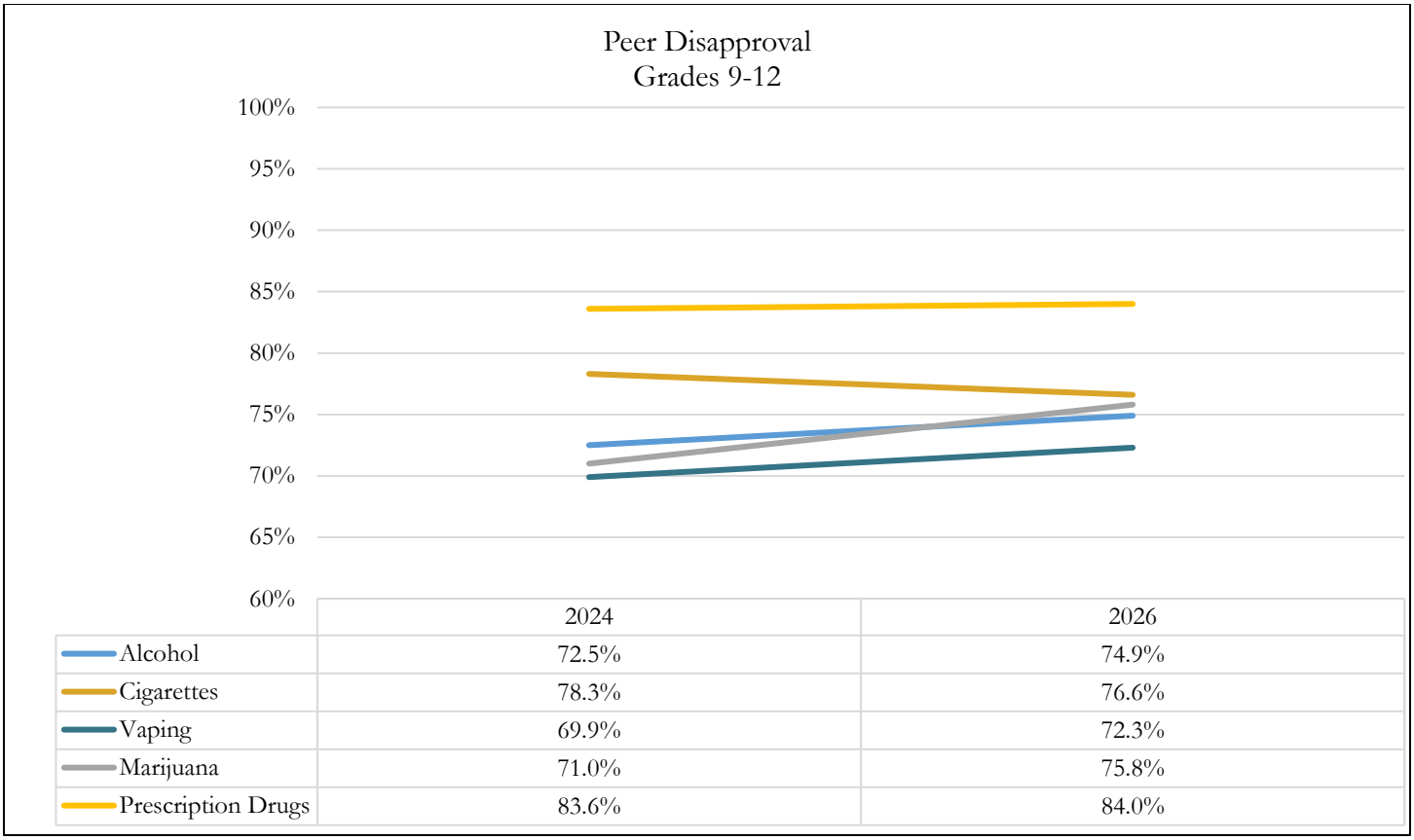
	2024	2026
Alcohol	6.6%	4.8%
Binge Drinking	4.0%	2.9%
Cigarettes	0.6%	1.3%
Vaping Nicotine	4.3%	3.6%
Marijuana	4.3%	3.8%
Prescription Drugs	0.8%	1.3%



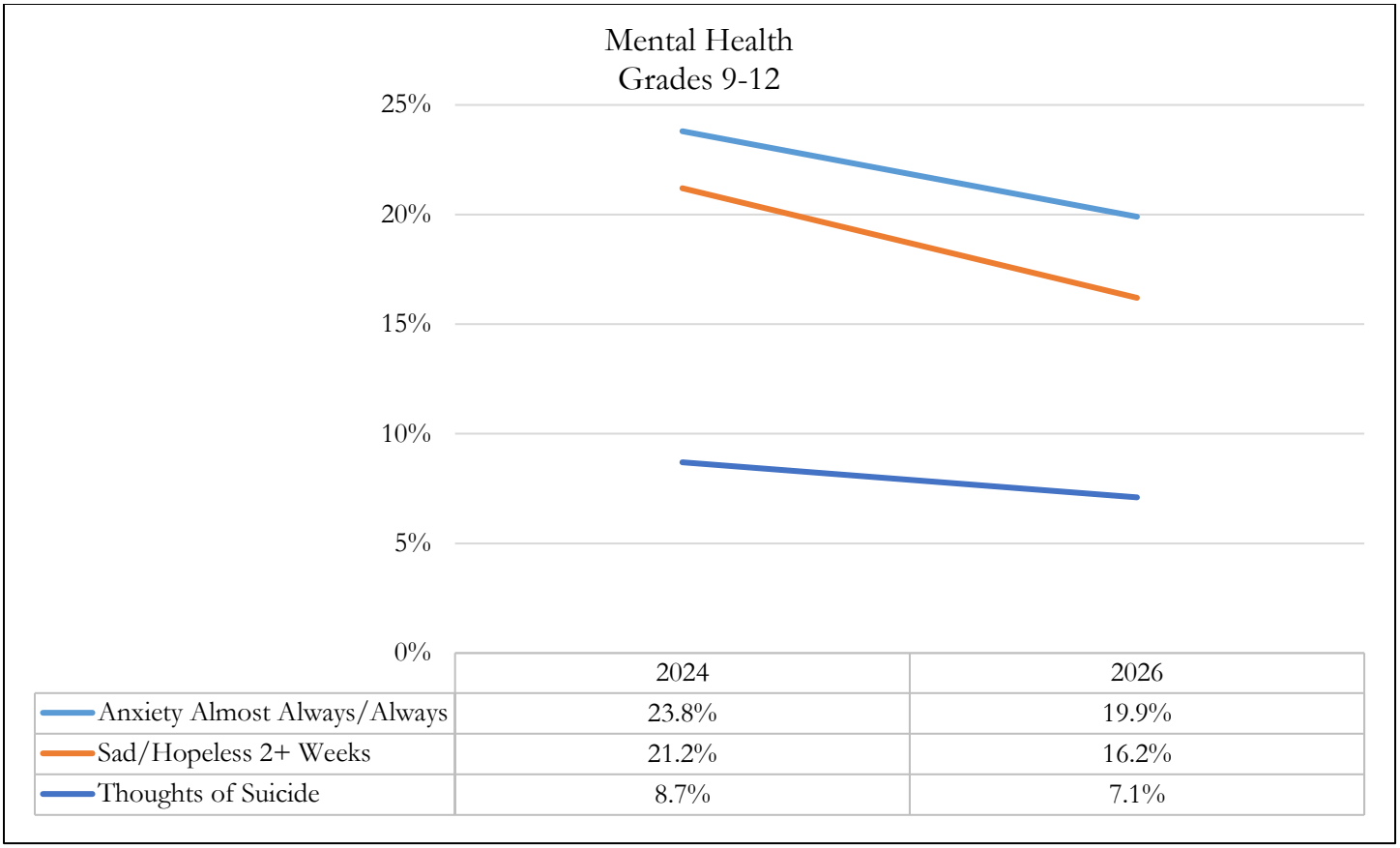
	2024	2026
Alcohol	79.6%	80.8%
Cigarettes	78.7%	77.9%
Vaping	79.3%	79.3%
Marijuana	69.5%	71.7%
Prescription Drugs	84.2%	83.9%



	2024	2026
Alcohol	88.3%	88.8%
Cigarettes	92.4%	91.4%
Vaping	92.3%	91.4%
Marijuana	91.3%	91.5%
Prescription Drugs	93.2%	92.4%

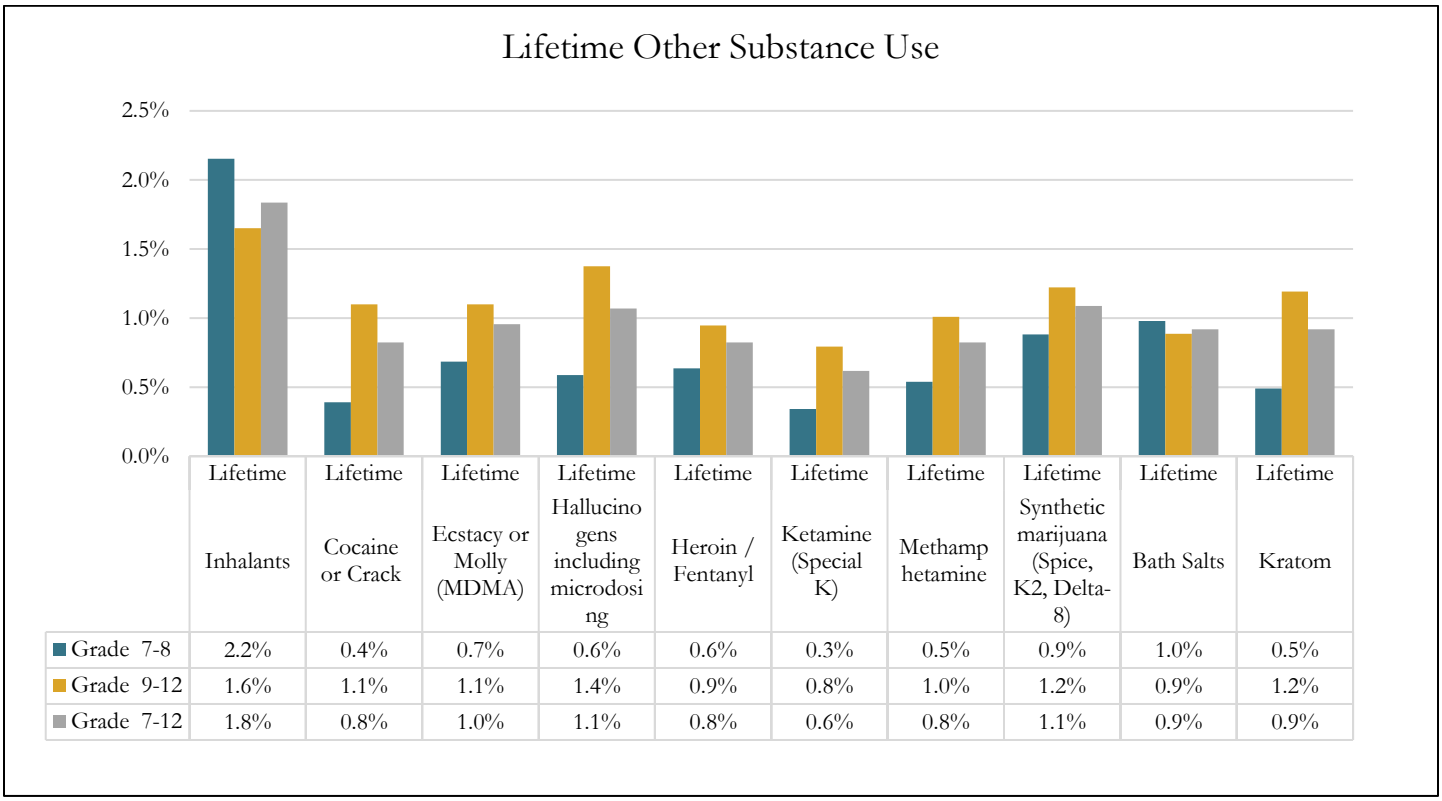


	2024	2026
Alcohol	72.5%	74.9%
Cigarettes	78.3%	76.6%
Vaping	69.9%	72.3%
Marijuana	71.0%	75.8%
Prescription Drugs	83.6%	84.0%

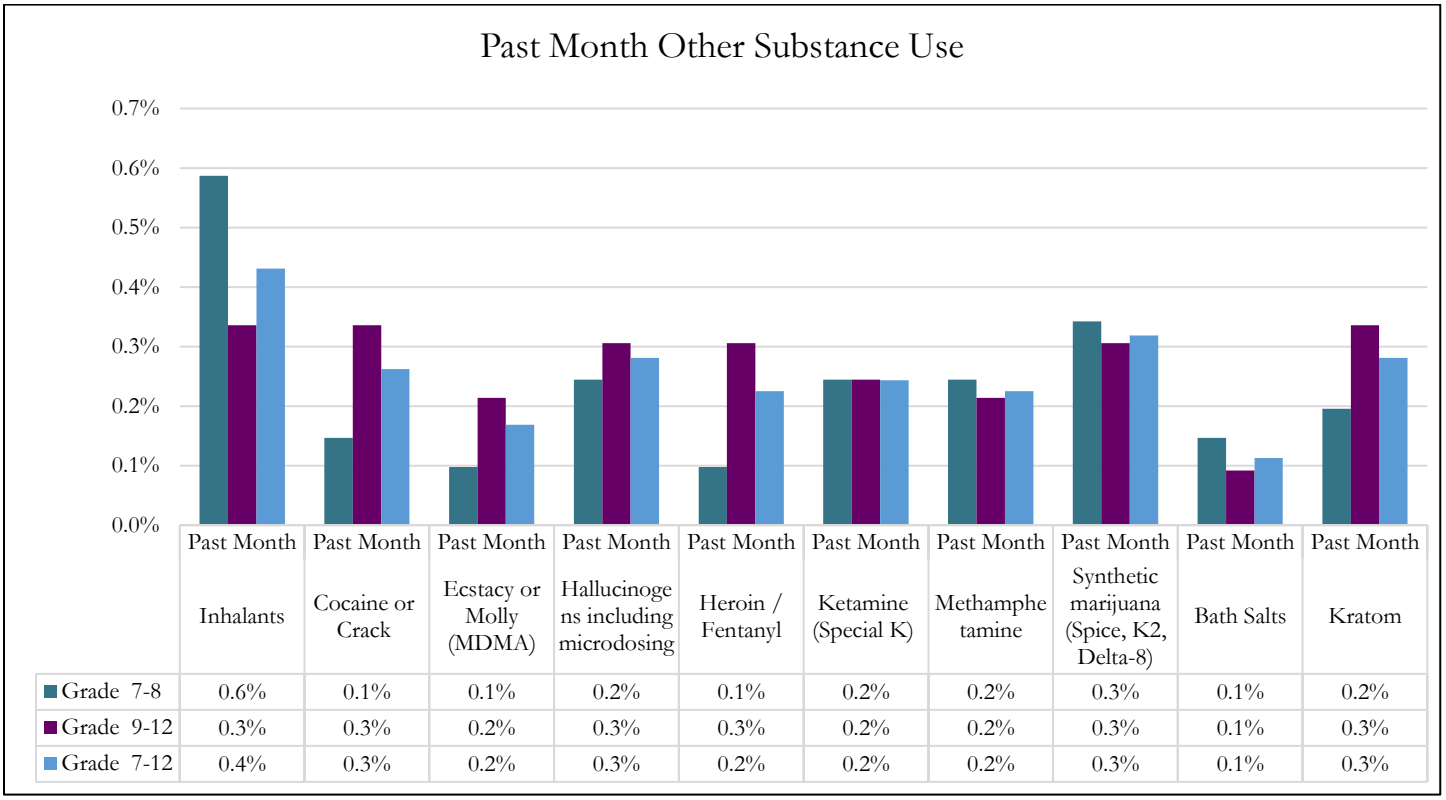


	2024	2026
Anxiety Almost Always/Always	23.8%	19.9%
Sad/Hopeless 2+ Weeks	21.2%	16.2%
Thoughts of Suicide	8.7%	7.1%

Other Substance Use

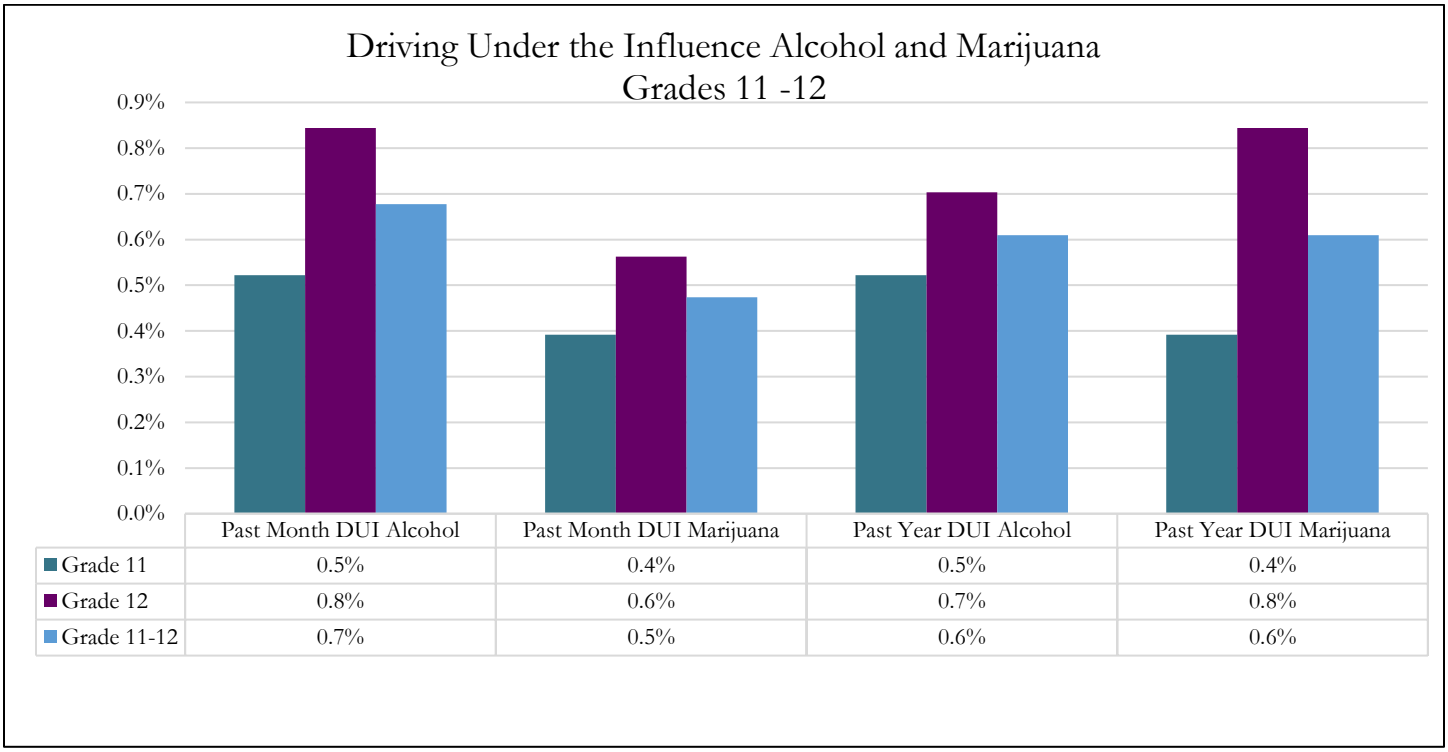


	Lifetime Inhalants	Lifetime Cocaine or Crack	Lifetime Ecstacy or Molly (MDMA)	Lifetime Hallucinogens including microdosing	Lifetime Heroin / Fentanyl	Lifetime Ketamine (Special K)	Lifetime Methamphetamine	Lifetime Synthetic marijuana (Spice, K2, Delta-8)	Lifetime Bath Salts	Lifetime Kratom
Grade 7-8	2.2%	0.4%	0.7%	0.6%	0.6%	0.3%	0.5%	0.9%	1.0%	0.5%
Grade 9-12	1.6%	1.1%	1.1%	1.4%	0.9%	0.8%	1.0%	1.2%	0.9%	1.2%
Grade 7-12	1.8%	0.8%	1.0%	1.1%	0.8%	0.6%	0.8%	1.1%	0.9%	0.9%

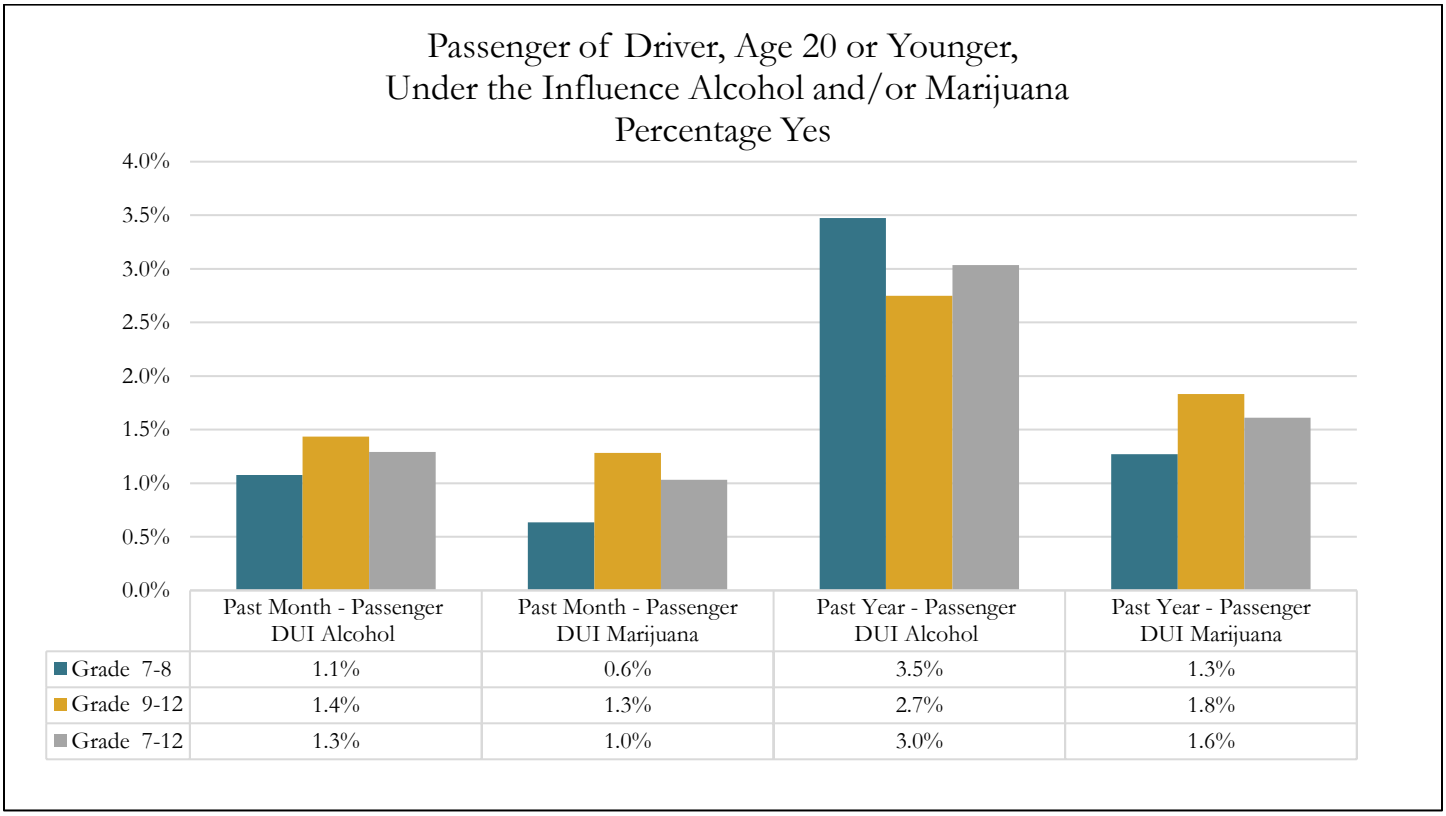


	Past Month Inhalants	Past Month Cocaine or Crack	Past Month Ecstacy or Molly (MDMA)	Past Month Hallucinogens including microdosing	Past Month Heroin / Fentanyl	Past Month Ketamine (Special K)	Past Month Methamphetamine	Past Month Synthetic marijuana (Spice, K2, Delta-8)	Past Month Bath Salts	Past Month Kratom
Grade 7-8	0.6%	0.1%	0.1%	0.2%	0.1%	0.2%	0.2%	0.3%	0.1%	0.2%
Grade 9-12	0.3%	0.3%	0.2%	0.3%	0.3%	0.2%	0.2%	0.3%	0.1%	0.3%
Grade 7-12	0.4%	0.3%	0.2%	0.3%	0.2%	0.2%	0.2%	0.3%	0.1%	0.3%

Driving Under the Influence

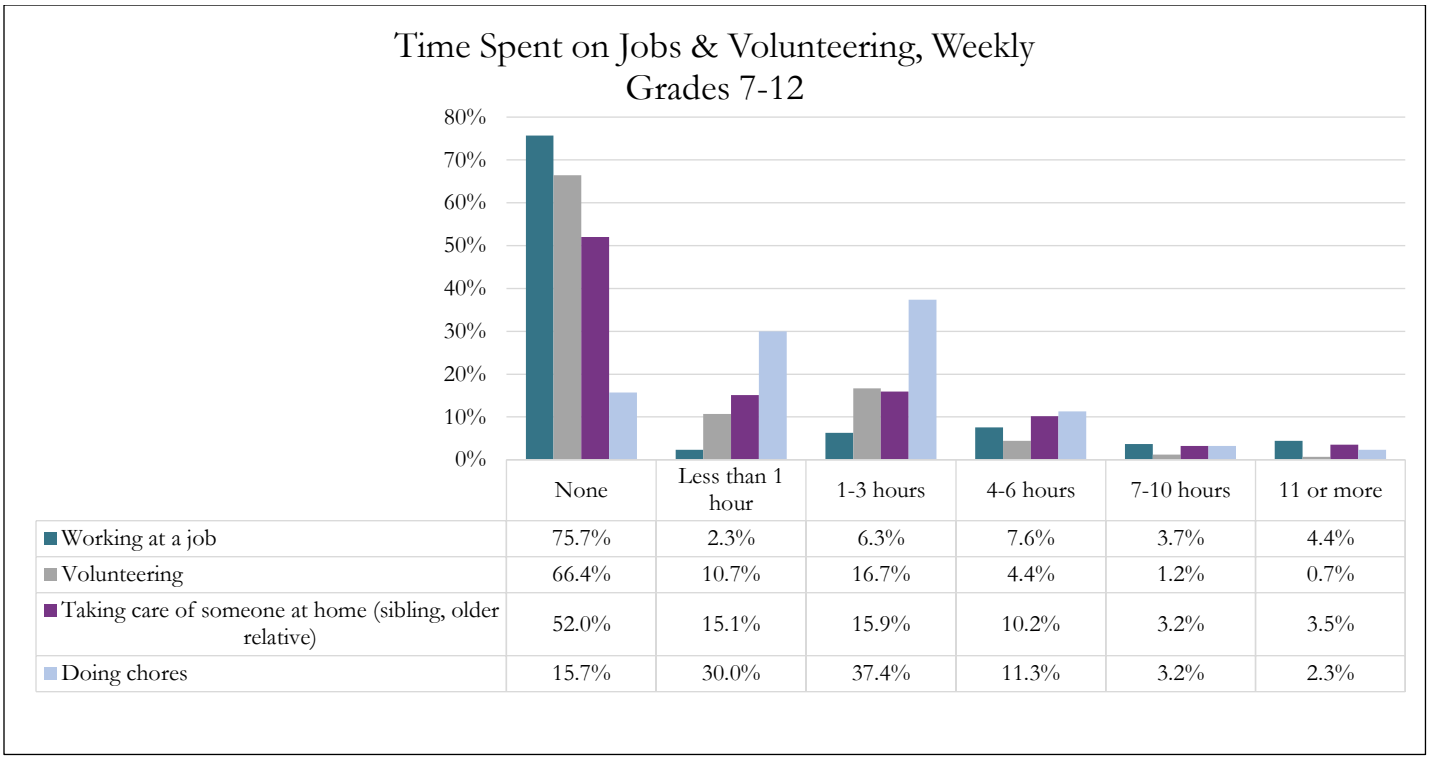


	Past Month DUI Alcohol	Past Month DUI Marijuana	Past Year DUI Alcohol	Past Year DUI Marijuana
Grade 11	0.5%	0.4%	0.5%	0.4%
Grade 12	0.8%	0.6%	0.7%	0.8%
Grade 11-12	0.7%	0.5%	0.6%	0.6%

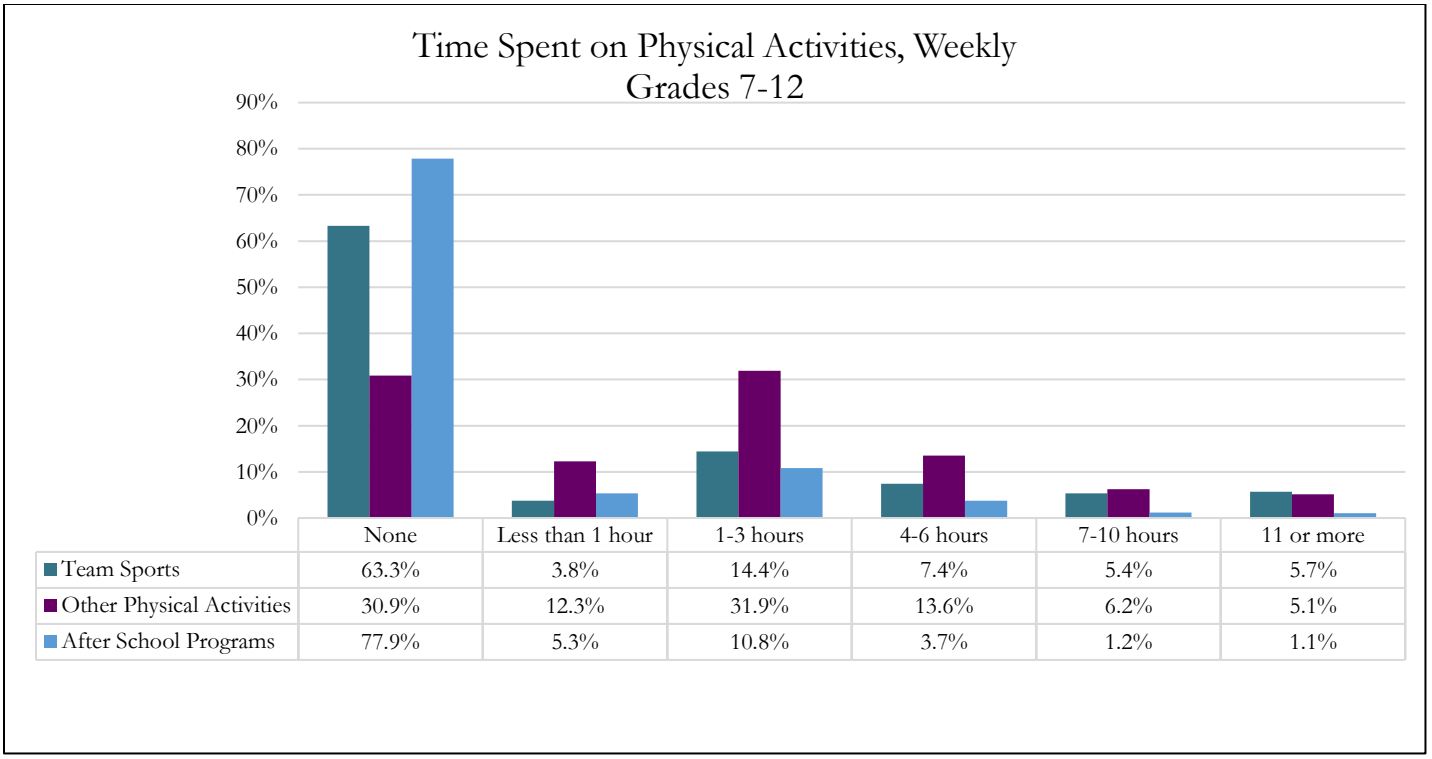


	Past Month - Passenger DUI Alcohol	Past Month - Passenger DUI Marijuana	Past Year - Passenger DUI Alcohol	Past Year - Passenger DUI Marijuana
Grade 7-8	1.1%	0.6%	3.5%	1.3%
Grade 9-12	1.4%	1.3%	2.7%	1.8%
Grade 7-12	1.3%	1.0%	3.0%	1.6%

Extracurricular Activities

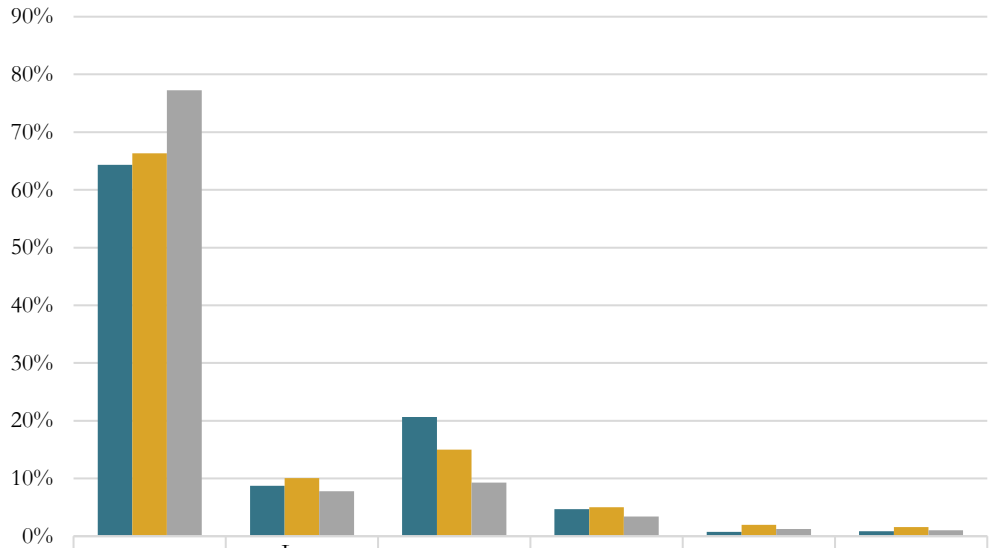


	None	Less than 1 hour	1-3 hours	4-6 hours	7-10 hours	11 or more
Working at a job	75.7%	2.3%	6.3%	7.6%	3.7%	4.4%
Volunteering	66.4%	10.7%	16.7%	4.4%	1.2%	0.7%
Taking care of someone at home (sibling, older relative)	52.0%	15.1%	15.9%	10.2%	3.2%	3.5%
Doing chores	15.7%	30.0%	37.4%	11.3%	3.2%	2.3%



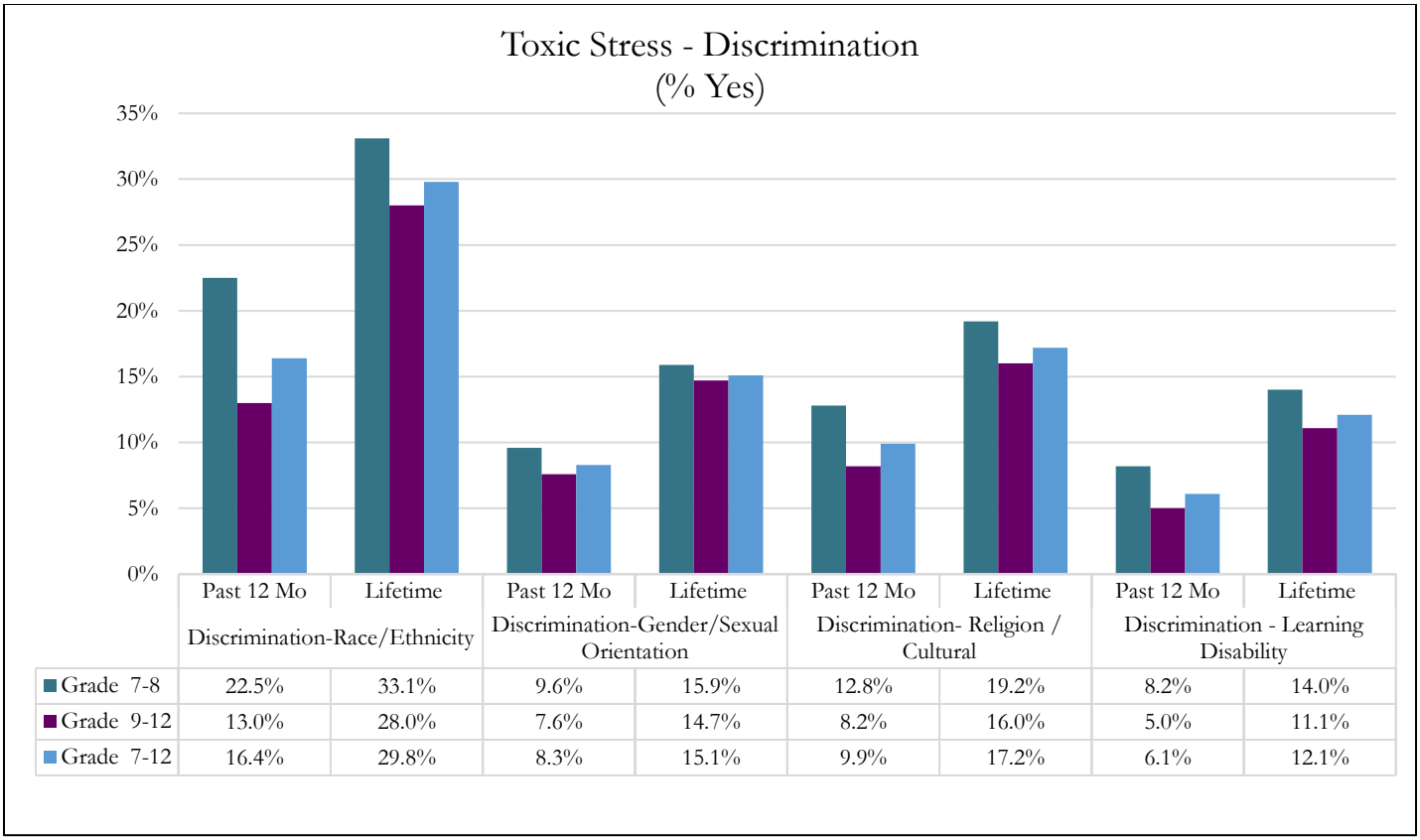
	None	Less than 1 hour	1-3 hours	4-6 hours	7-10 hours	11 or more
Team Sports	63.3%	3.8%	14.4%	7.4%	5.4%	5.7%
Other Physical Activities	30.9%	12.3%	31.9%	13.6%	6.2%	5.1%
After School Programs	77.9%	5.3%	10.8%	3.7%	1.2%	1.1%

Time Spent on Faith-based Activities, Taking Lessons, Clubs or Orgs, Weekly, Grades 7-12

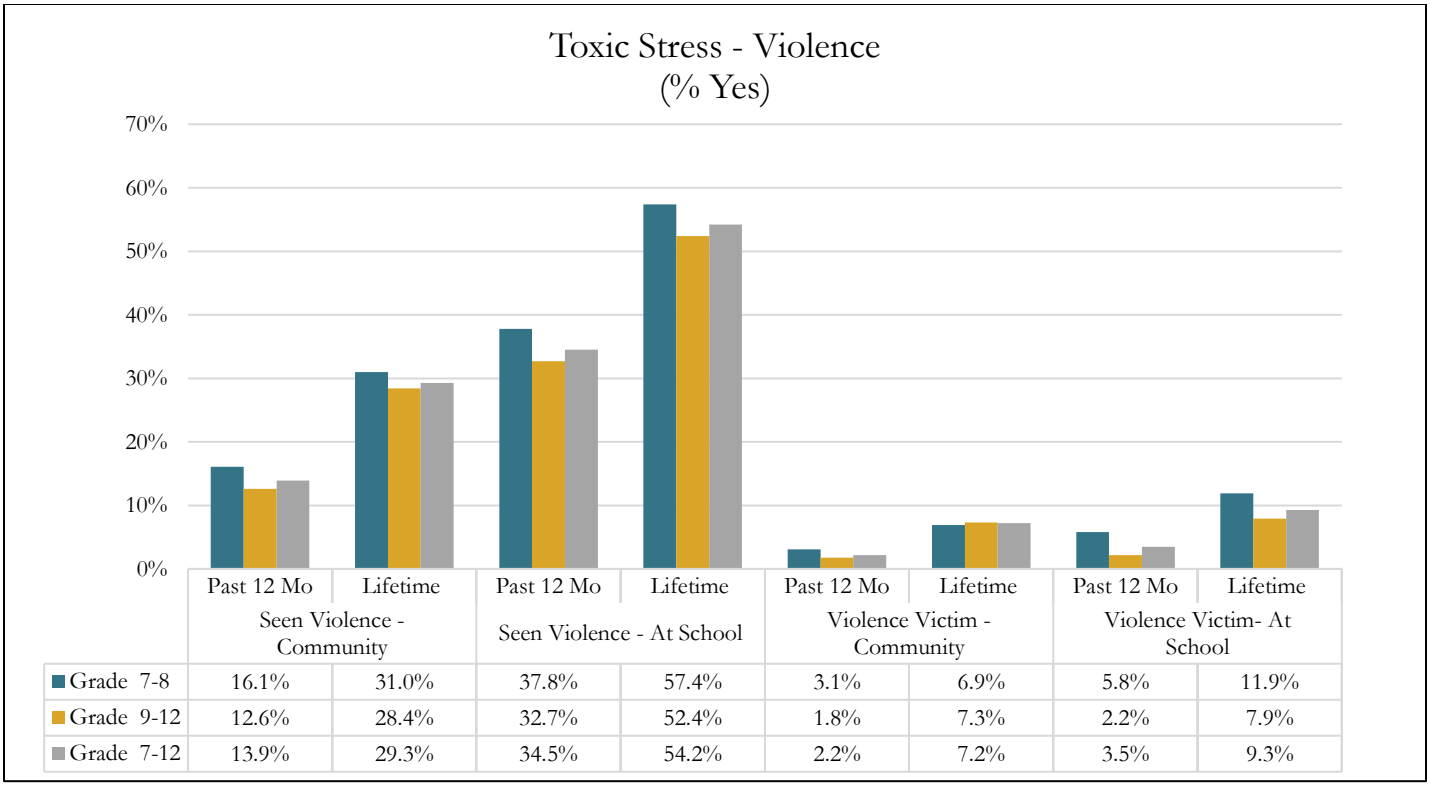


	None	Less than 1 hour	1-3 hours	4-6 hours	7-10 hours	11 or more
Faith or Religious Activities	64.3%	8.7%	20.6%	4.7%	0.7%	0.9%
Practicing /Taking lessons (music, art)	66.4%	10.0%	15.0%	5.0%	2.0%	1.6%
Club or organization (theater, Scouts)	77.3%	7.8%	9.3%	3.4%	1.2%	1.0%

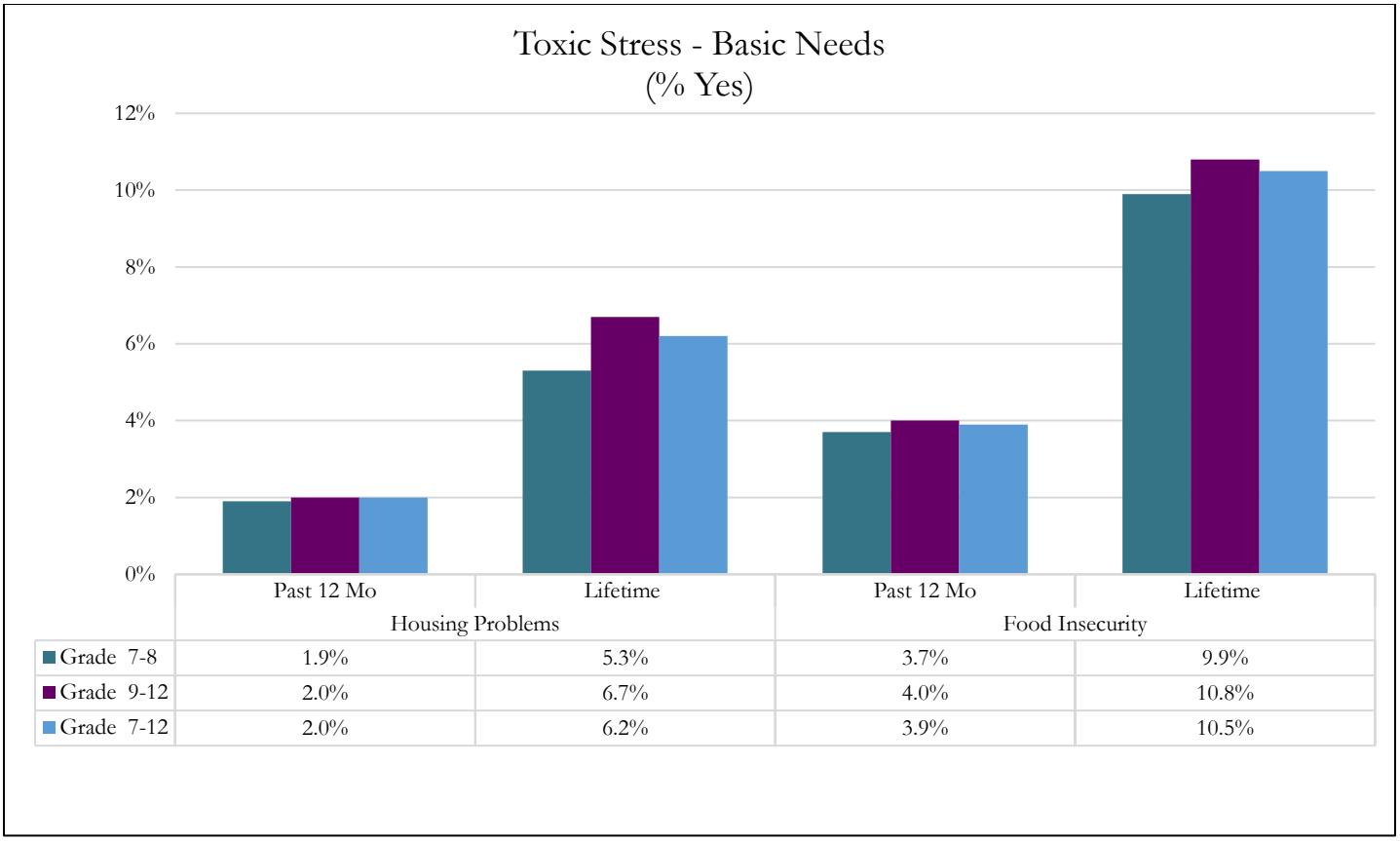
Toxic Stress



	Discrimination-Race/Ethnicity		Discrimination-Gender/Sexual Orientation		Discrimination- Religion / Cultural		Discrimination - Learning Disability	
	Past 12 Mo	Lifetime	Past 12 Mo	Lifetime	Past 12 Mo	Lifetime	Past 12 Mo	Lifetime
Grade 7-8	22.5%	33.1%	9.6%	15.9%	12.8%	19.2%	8.2%	14.0%
Grade 9-12	13.0%	28.0%	7.6%	14.7%	8.2%	16.0%	5.0%	11.1%
Grade 7-12	16.4%	29.8%	8.3%	15.1%	9.9%	17.2%	6.1%	12.1%

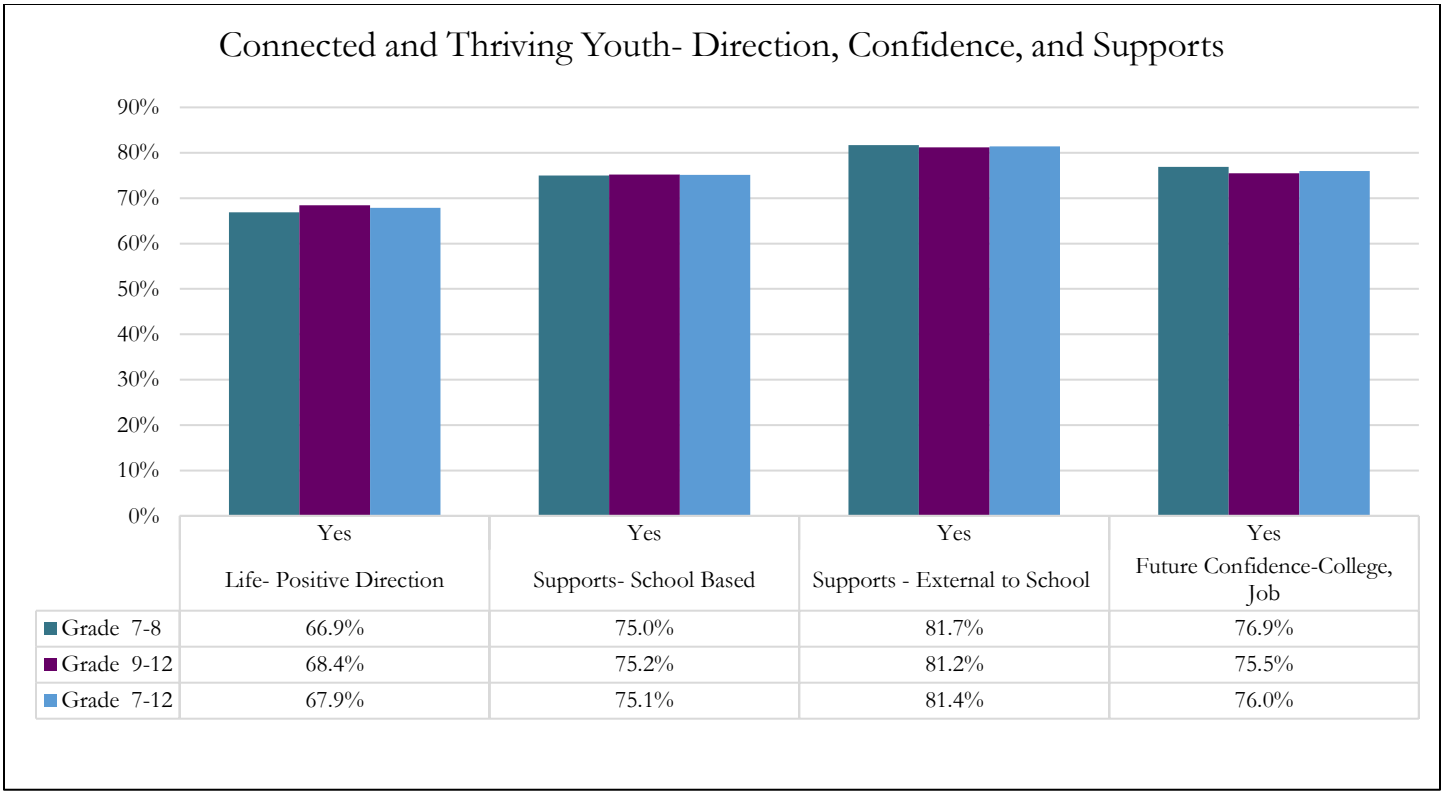


	Seen Violence - Community		Seen Violence - At School		Violence Victim - Community		Violence Victim- At School	
	Past 12 Mo	Lifetime	Past 12 Mo	Lifetime	Past 12 Mo	Lifetime	Past 12 Mo	Lifetime
Grade 7-8	16.1%	31.0%	37.8%	57.4%	3.1%	6.9%	5.8%	11.9%
Grade 9-12	12.6%	28.4%	32.7%	52.4%	1.8%	7.3%	2.2%	7.9%
Grade 7-12	13.9%	29.3%	34.5%	54.2%	2.2%	7.2%	3.5%	9.3%

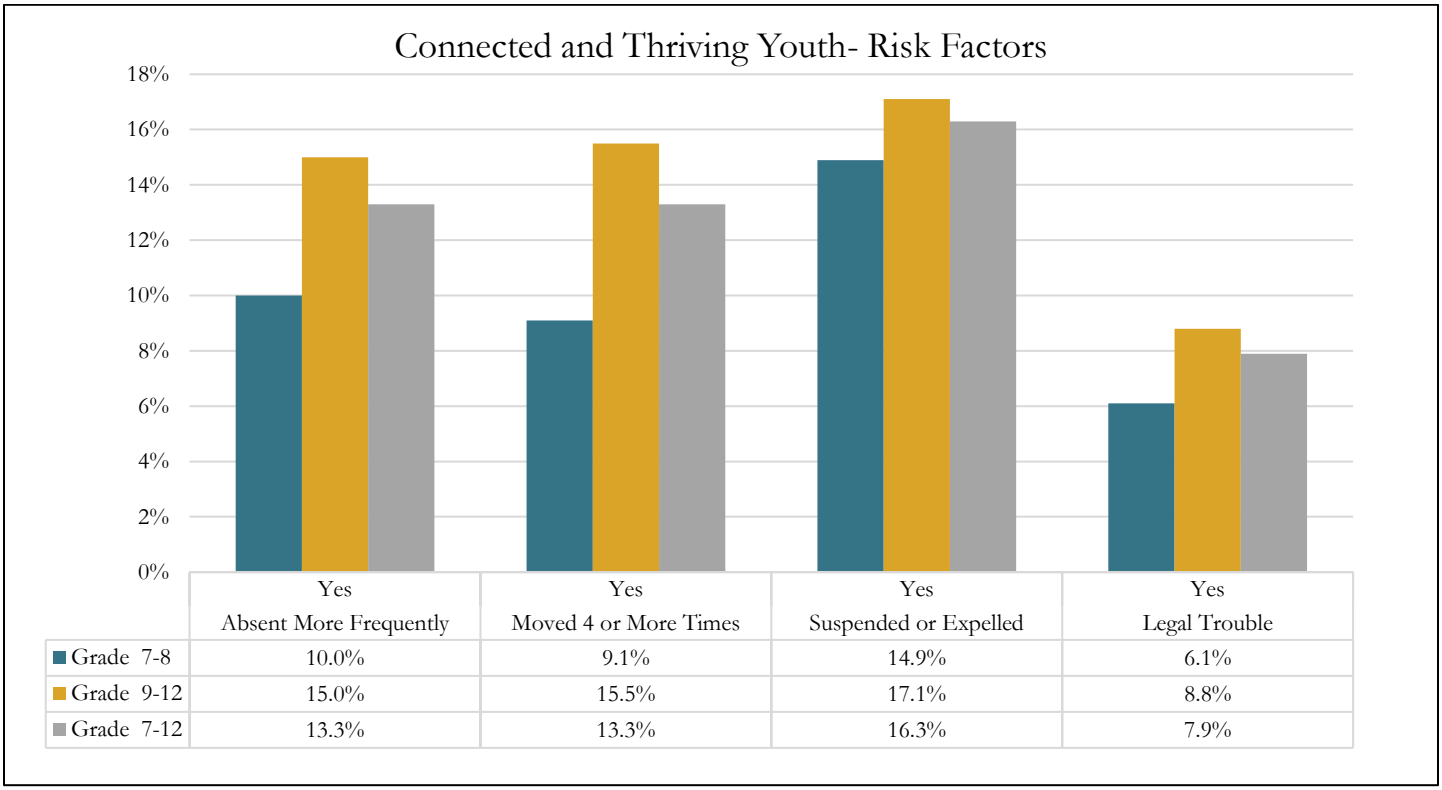


	Housing Problems		Food Insecurity	
	Past 12 Mo	Lifetime	Past 12 Mo	Lifetime
Grade 7-8	1.9%	5.3%	3.7%	9.9%
Grade 9-12	2.0%	6.7%	4.0%	10.8%
Grade 7-12	2.0%	6.2%	3.9%	10.5%

Connected and Thriving Youth

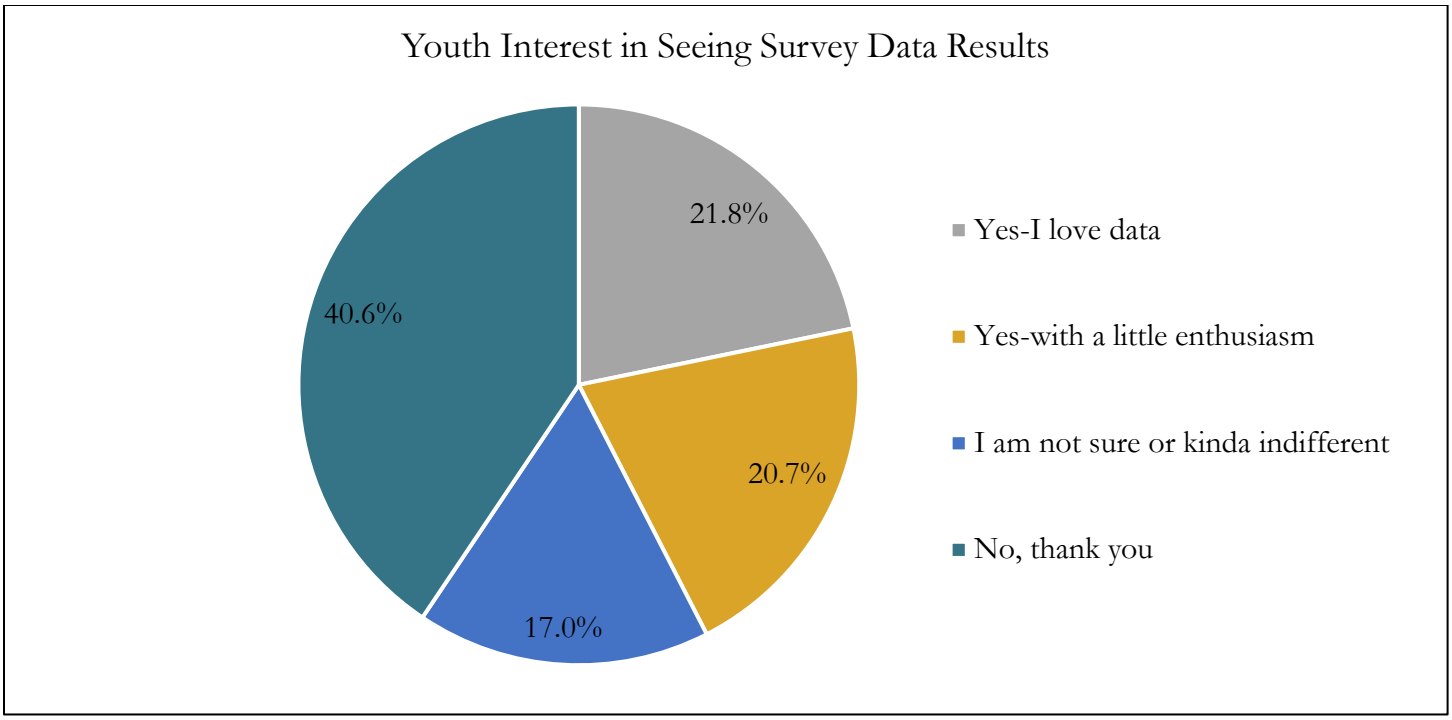


	Yes Life- Positive Direction	Yes Supports- School Based	Yes Supports - External to School	Yes Future Confidence-College, Job
Grade 7-8	66.9%	75.0%	81.7%	76.9%
Grade 9-12	68.4%	75.2%	81.2%	75.5%
Grade 7-12	67.9%	75.1%	81.4%	76.0%

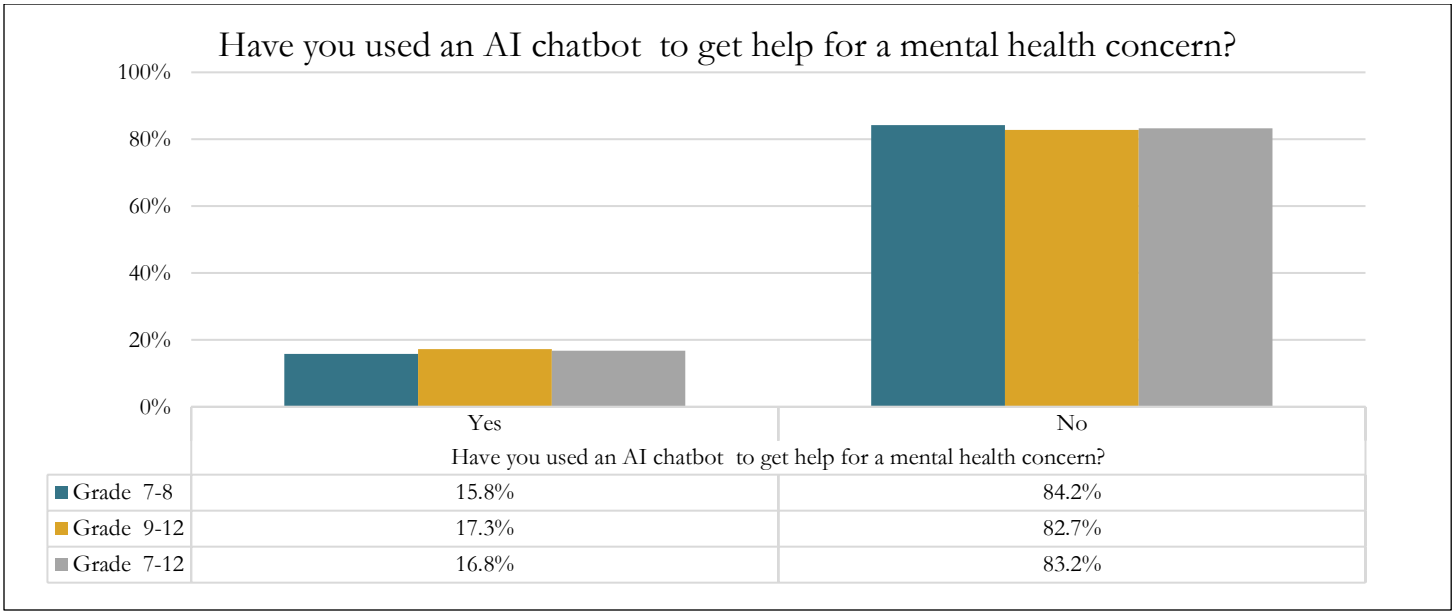


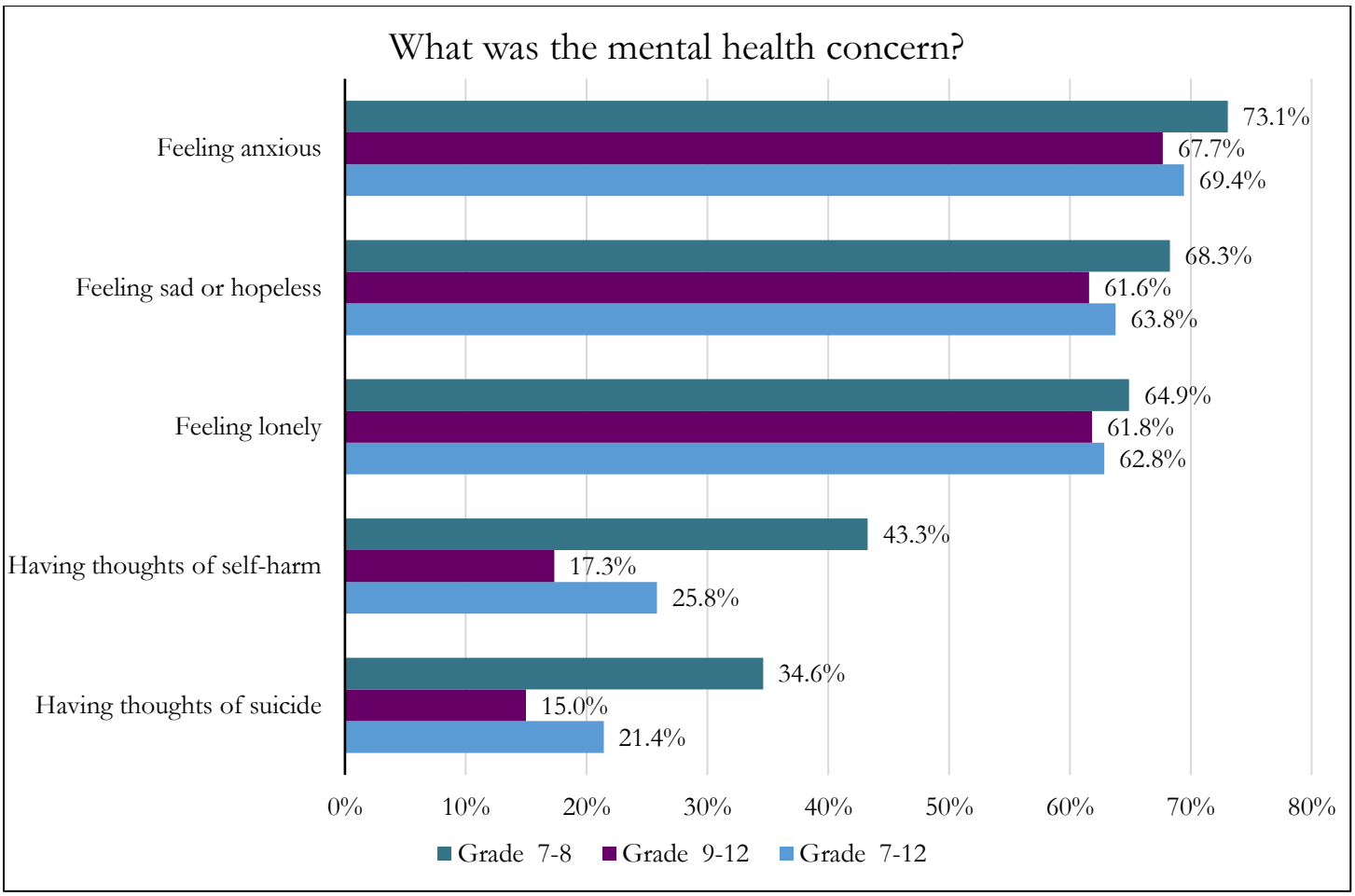
	Yes Absent More Frequently	Yes Moved 4 or More Times	Yes Suspended or Expelled	Yes Legal Trouble
Grade 7-8	10.0%	9.1%	14.9%	6.1%
Grade 9-12	15.0%	15.5%	17.1%	8.8%
Grade 7-12	13.3%	13.3%	16.3%	7.9%

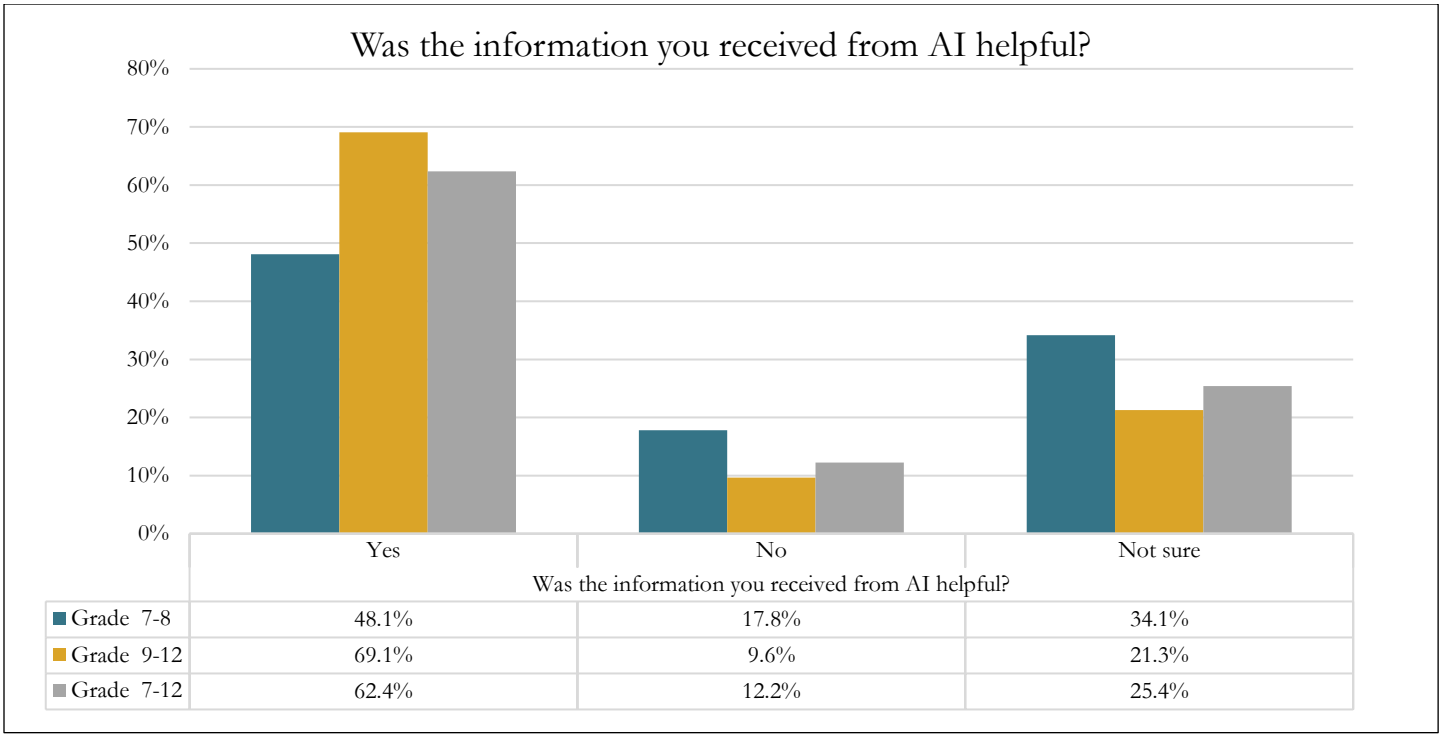
Youth Interest in Survey Results



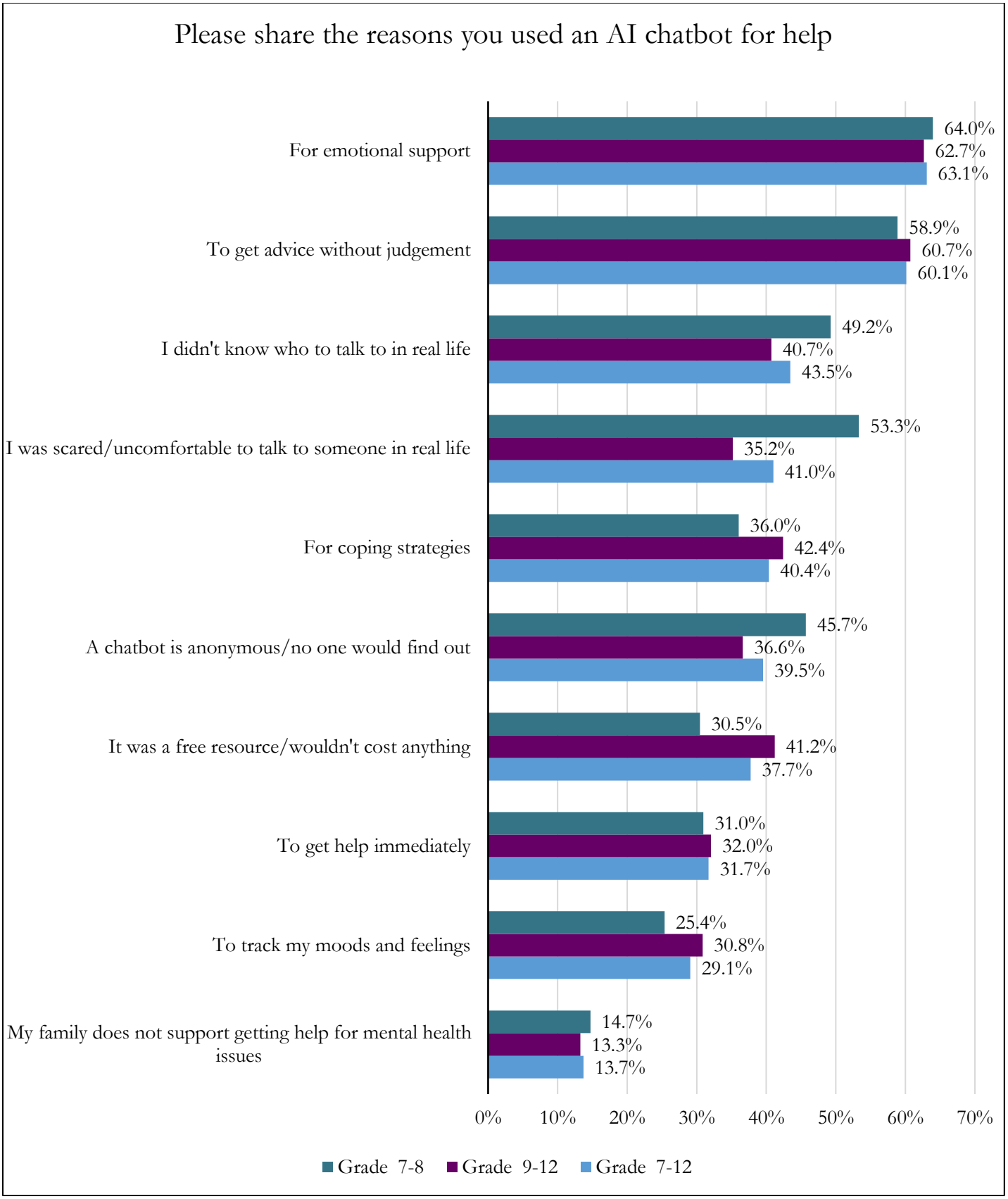
AI Addendum


Have you used an AI chatbot to get help for a mental health concern?
100%
80%
60%
40%
20%
0%
Yes
No
Have you used an AI chatbot to get help for a mental health concern?
Grade 7-8 15.8% 84.2%
Grade 9-12 17.3% 82.7%
Grade 7-12 16.8% 83.2%


What was the mental health concern?
Feeling anxious
73.1%
67.7%
69.4%
Feeling sad or hopeless
68.3%
61.6%
63.8%
Feeling lonely
64.9%
61.8%
62.8%
Having thoughts of self-harm
43.3%
17.3%
25.8%
Having thoughts of suicide
34.6%
15.0%
21.4%
0%
10%
20%
30%
40%
50%
60%
70%
80%
Grade 7-8
Grade 9-12
Grade 7-12



	Yes	No	Not sure
Grade 7-8	48.1%	17.8%	34.1%
Grade 9-12	69.1%	9.6%	21.3%
Grade 7-12	62.4%	12.2%	25.4%


Please share the reasons you used an AI chatbot for help
For emotional support
64.0%
62.7%
63.1%
To get advice without judgement
58.9%
60.7%
60.1%
I didn't know who to talk to in real life
49.2%
40.7%
43.5%
I was scared/uncomfortable to talk to someone in real life
53.3%
35.2%
41.0%
For coping strategies
36.0%
42.4%
40.4%
A chatbot is anonymous/no one would find out
45.7%
36.6%
39.5%
It was a free resource/wouldn't cost anything
30.5%
41.2%
37.7%
To get help immediately
31.0%
32.0%
31.7%
To track my moods and feelings
25.4%
30.8%
29.1%
My family does not support getting help for mental health issues
14.7%
13.3%
13.7%
0%
10%
20%
30%
40%
50%
60%
70%
Grade 7-8
Grade 9-12
Grade 7-12