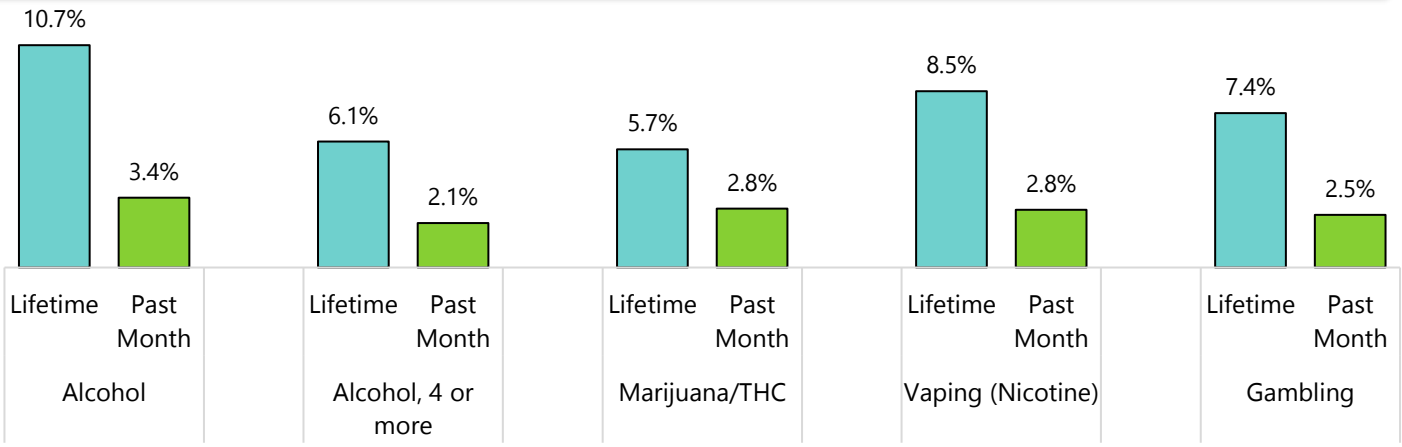
Stamford Prevention Council

In May 2026, Stamford Prevention Council, in partnership with Stamford Public Schools, supported the Youth Voices Count Survey of Stamford youth in grades 7-12, on youth lifestyles, substance use, mental health, related risk and protective factors. The overall response rate was 77.3%

Alcohol remains the most frequently used substance in youths' lifetimes.

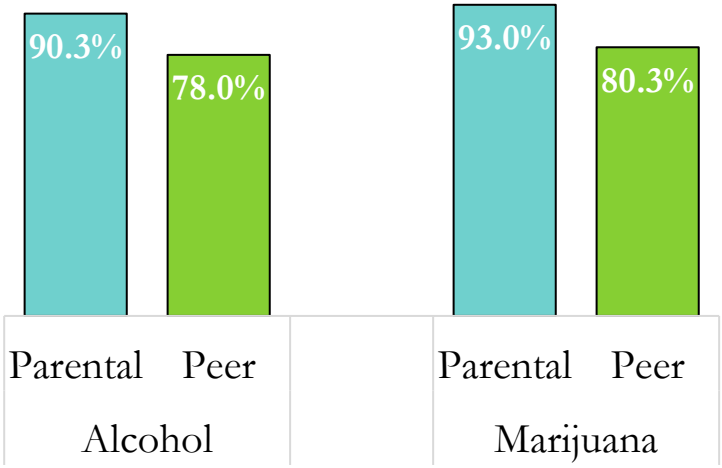


Youth in Stamford who have used **any substance in their lifetime** are more likely to have experienced anxiety, have depressive symptoms, have thoughts of self harm, harm themselves or consider attempting suicide.

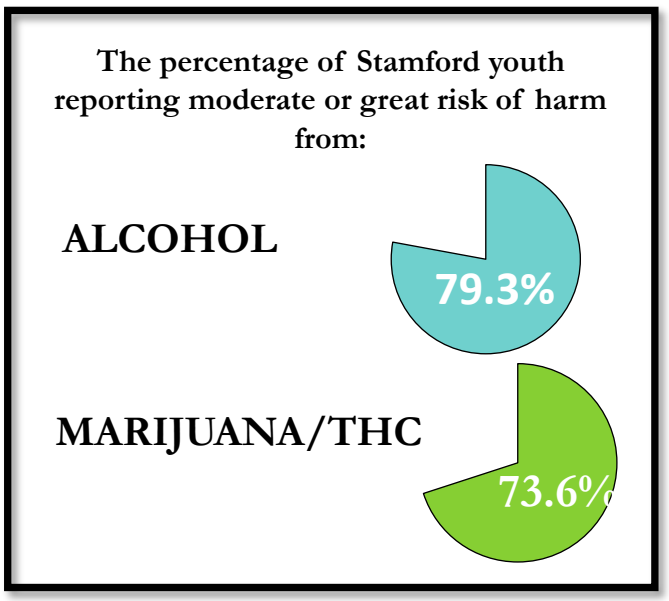
Risk Factors

Research shows that parents and peers are the leading influence on youths' decisions on whether to use substances or not. Below shows the percentage of youth reporting their parents or friends feel it is moderately or greatly wrong to use alcohol or marijuana.

Perceived Disapproval
Grades 7-12



The percentage of Stamford youth reporting moderate or great risk of harm from:

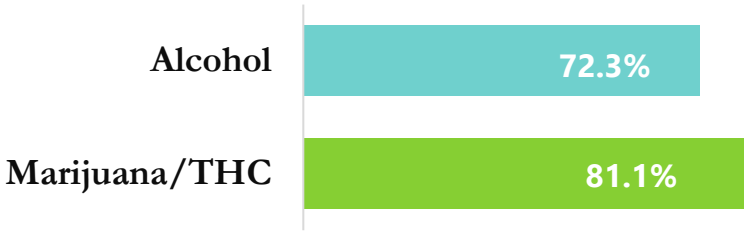


youth VOICES count
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Access

Ease of access to substances has been shown to have a significant relationship with youth substance use. The figure below reflects the percentage of youth reporting it is very or sort of hard to access substances.

Perception of Access – % of Youth Reporting Very/Sort of Hard



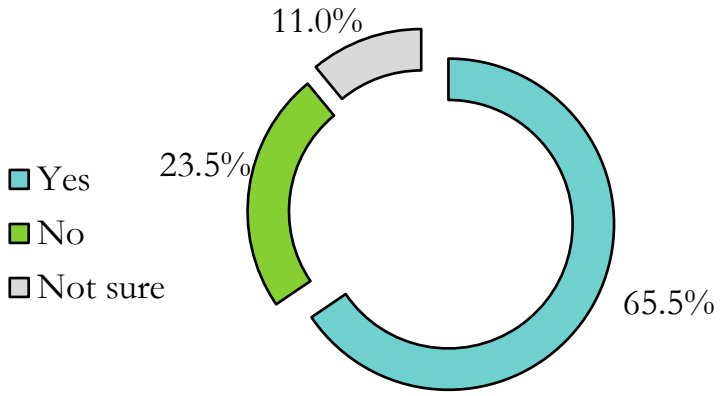
Stamford youth reported accessing **alcohol** most frequently from:

- Home with parents' permission
- Friends/peers
- Home without parents' permission

Marijuana was most frequently acquired from:

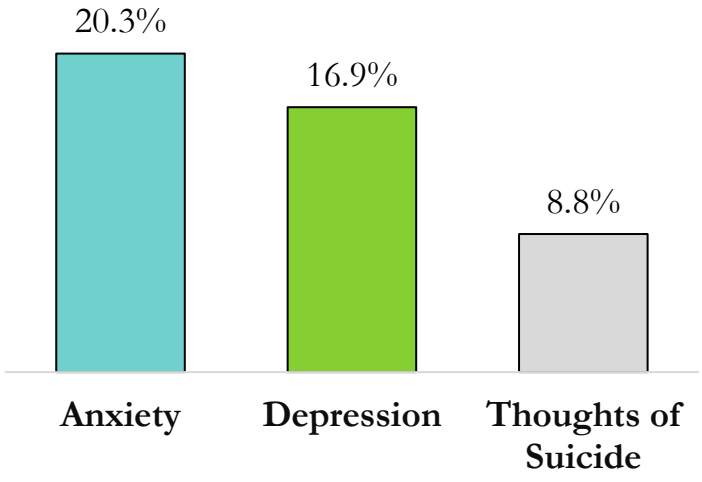
- Friends/peers
- Store
- Home without parents' permission

Perception of Clear Family Rules around Underage Drinking



65.5% of Stamford youth (grades 7-12) report clear family rules around alcohol use, compared to 72.9% around marijuana, and 72.8% around vaping.

Mental Health in the Past Year



20.3% of Stamford youth reported having anxiety in the past year "always" or "almost always." Most frequent sources of stress and anxiety included academics, post-high school plans, and schedule.

16.9% of youth reported feeling sad or hopeless so much that it stopped them from doing usual activities 2 or more weeks in a row and 8.8% reported having considered suicide in the past year.