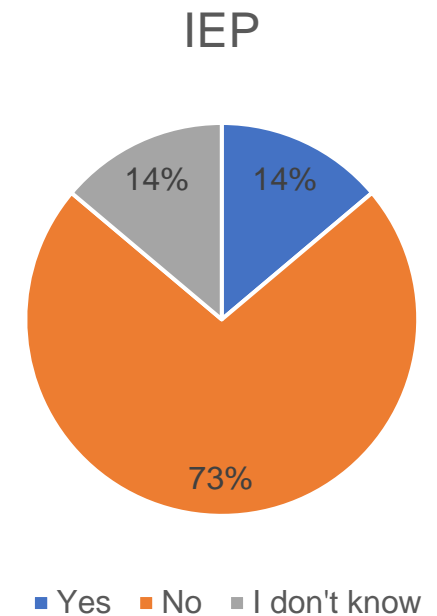
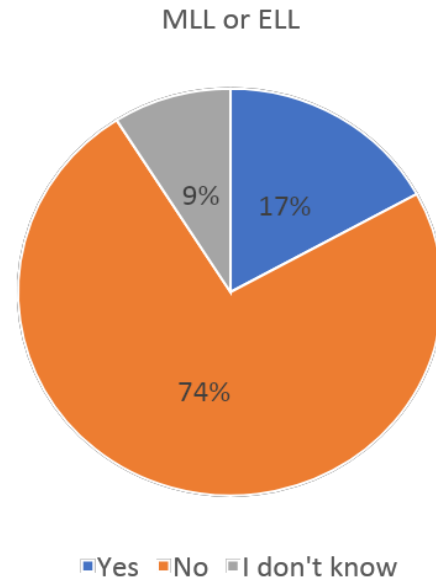
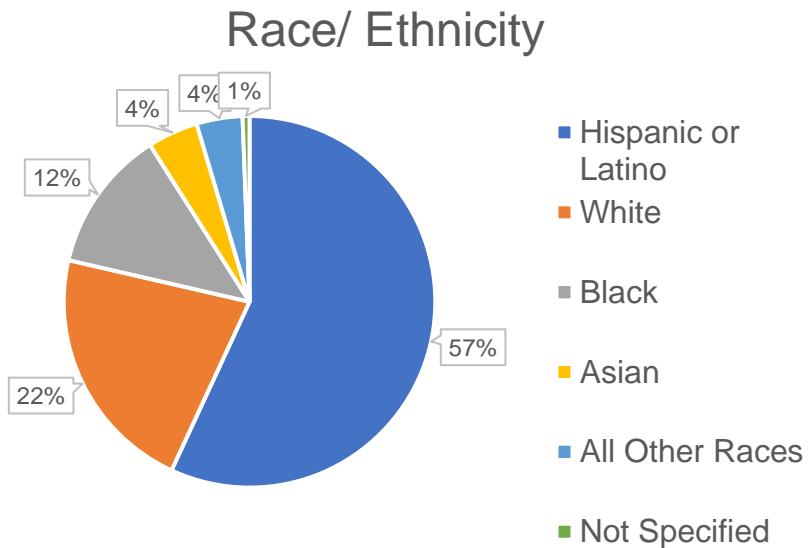
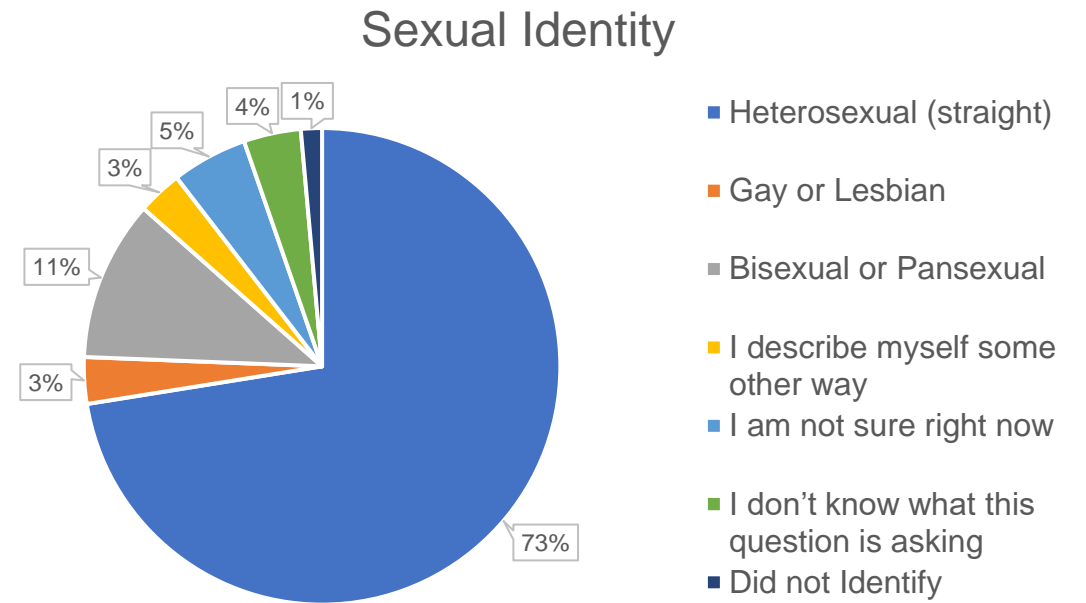
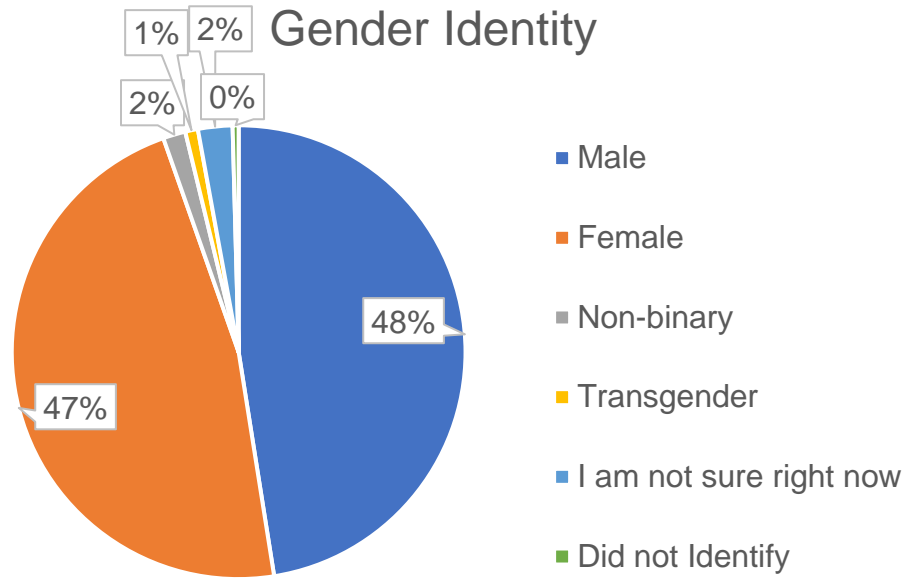


# 2022 Norwalk Youth Survey,

Conducted Fall 2022 using Youth Voices Count™ Survey Tool

Presented by Margaret Watt, MPH, MA, Prevention Director, Positive Directions



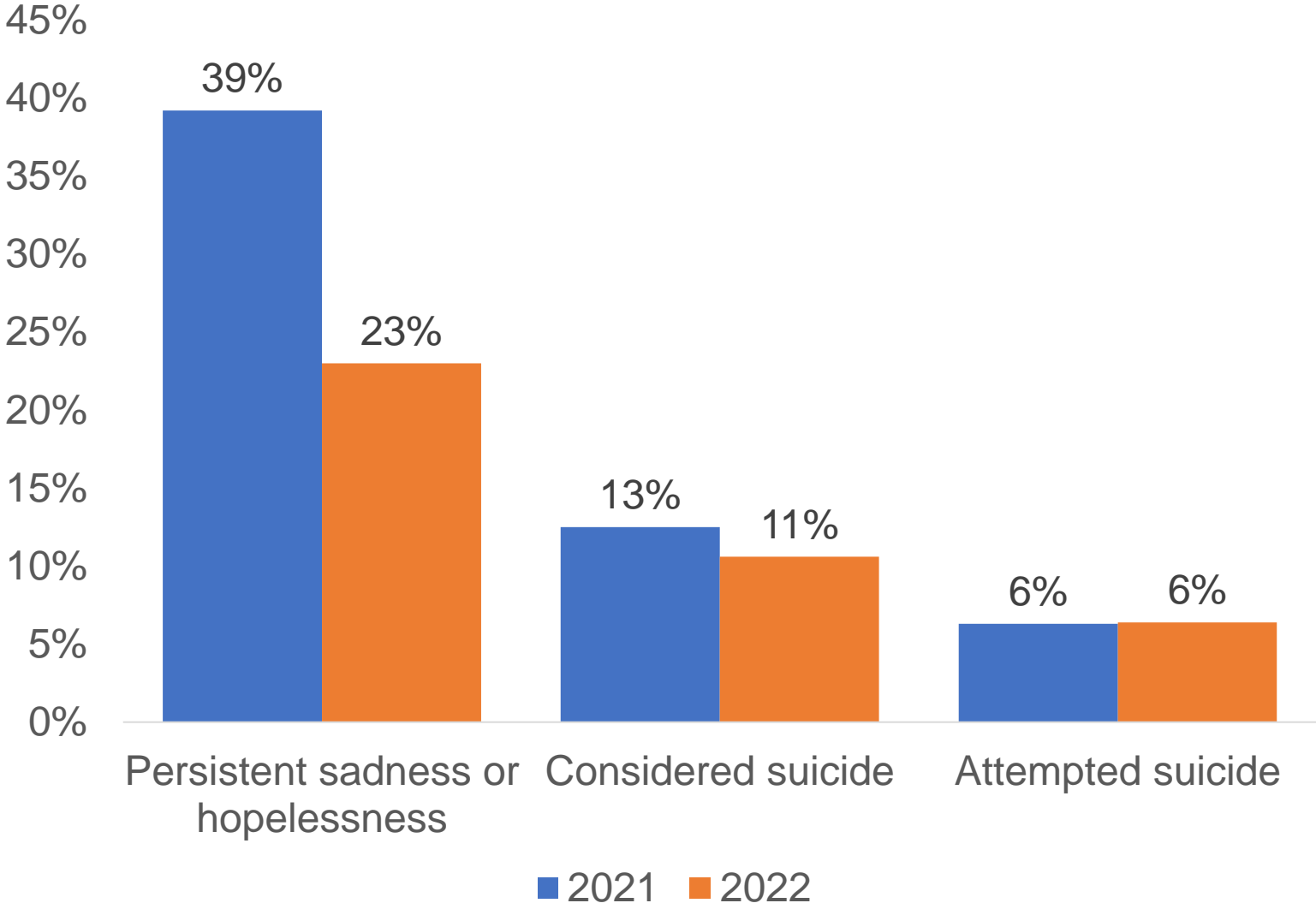




# Mental Health

Depression, Suicidal Ideation &  
Attempt, Anxiety, Other  
Emotional Health Indicators

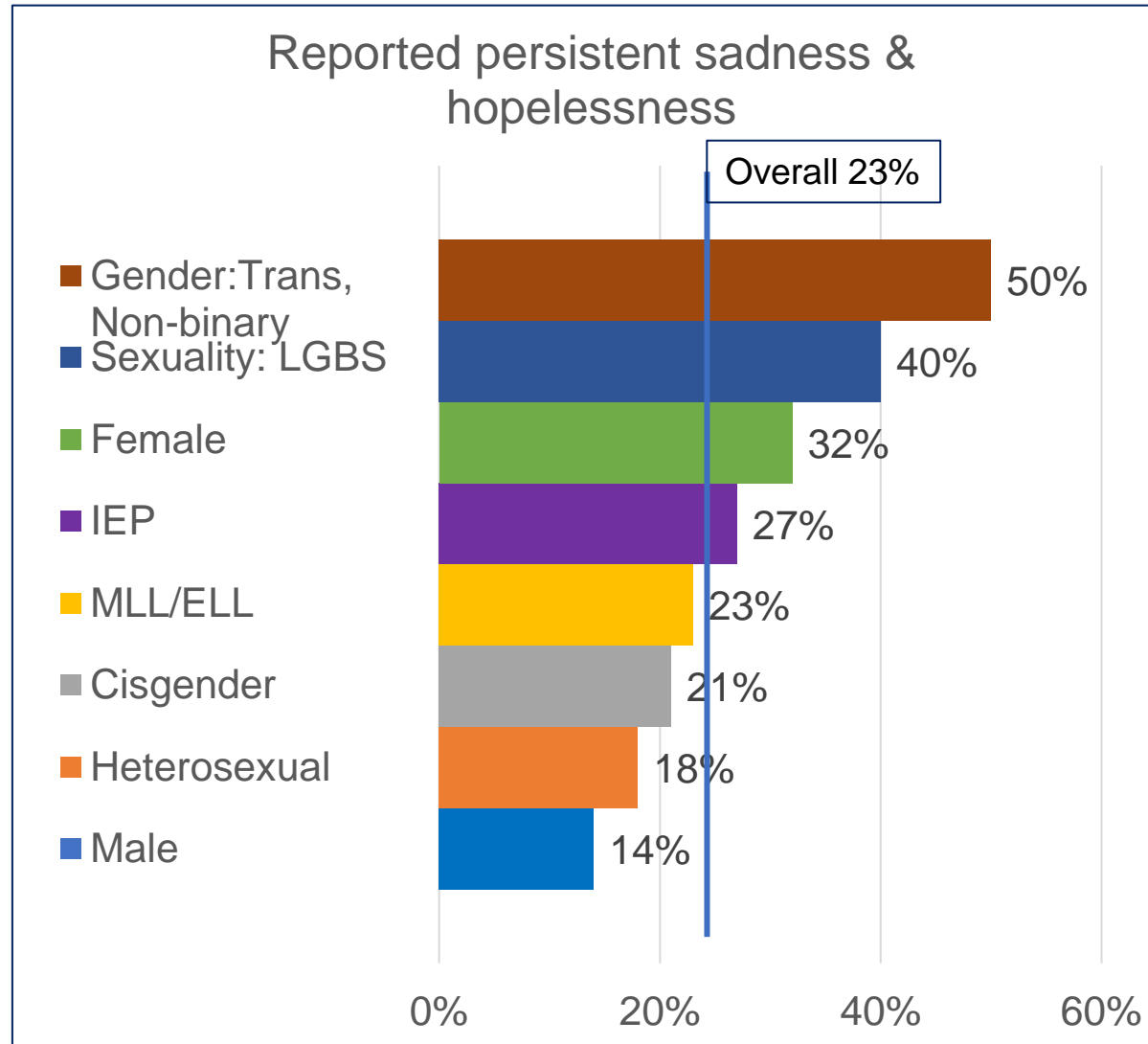
# Depression & Suicidality among NPS Students, June 2021 and October 2022



2022 data for shows the following changes from 2021:

- Depression rate *decreased* by 41%
- Suicidal ideation rate *decreased* by 15%
- Suicide attempt rate *increased* by 1.6% overall
- Suicide attempt rate *increased* by 20% among HS students (from 6% to 7.2%)

# Depression rates by groups, 2022

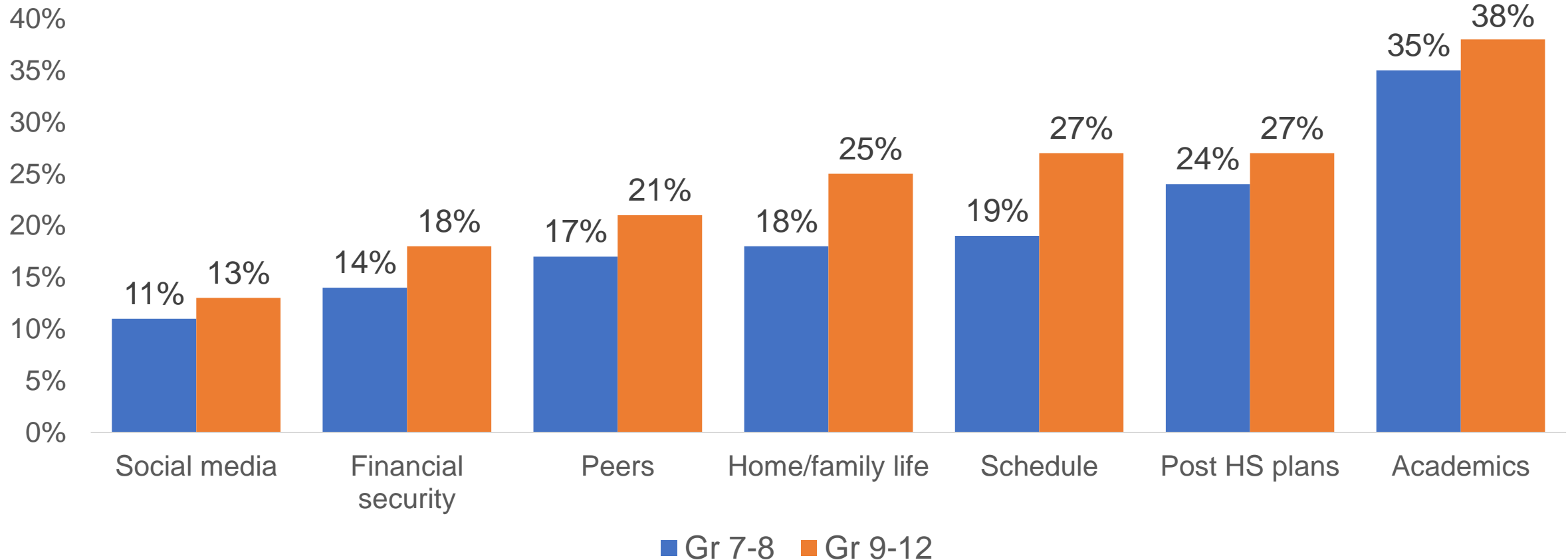


# Anxiety among NPS Students, 2022

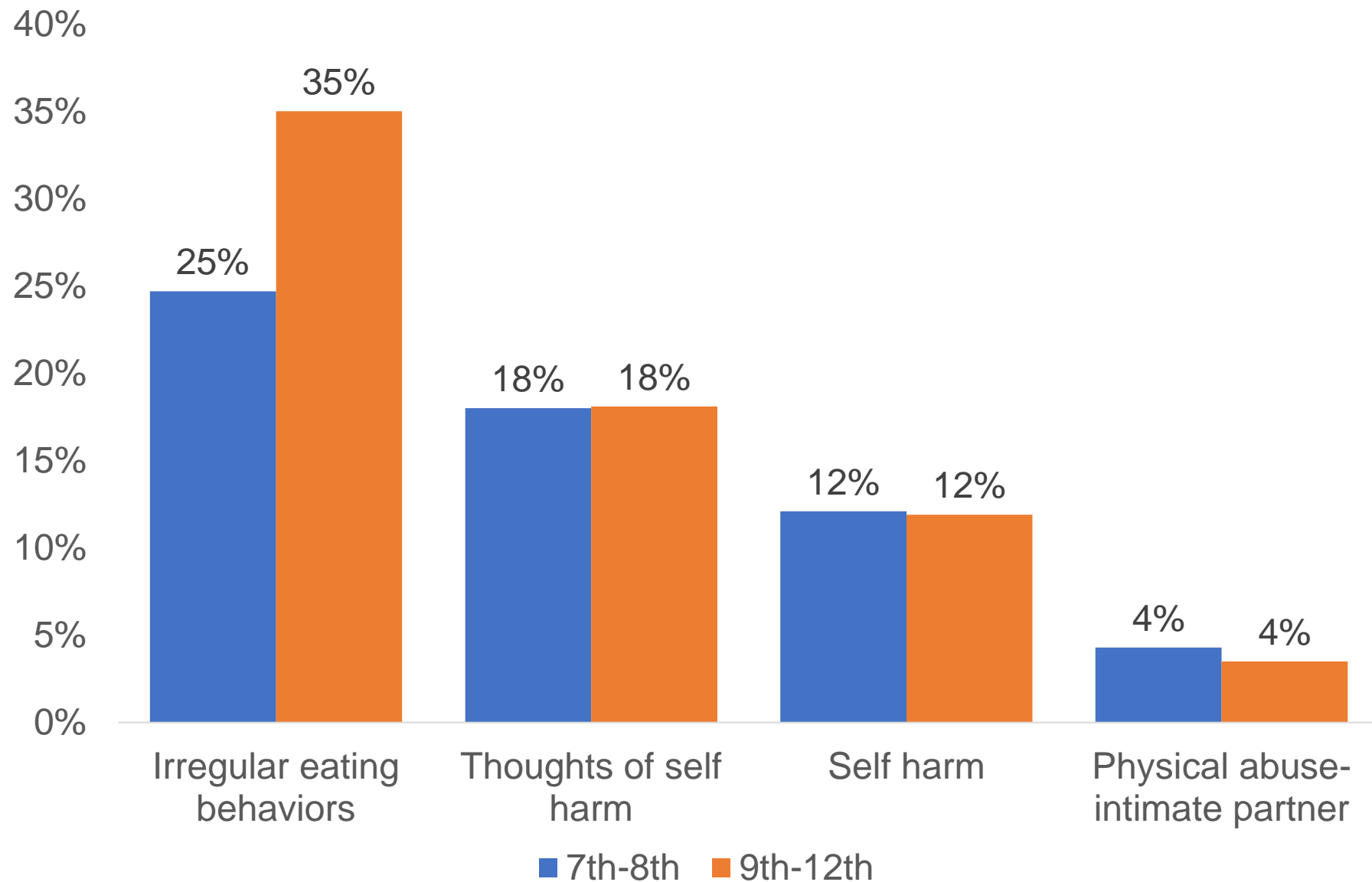
- 27.1% report “almost always” or “always” feeling anxious or nervous
- 27.4% report anxiety makes their life difficult “almost always” or “always”

Female students and those identifying as LGBTQ were more likely to report anxiety

Percent of Students Reporting “High” Anxiety from Home & School Stressors, by Middle & High School



# Other Emotional Health Indicators among NPS Students in 2022, by Middle and High School



The following groups report statistically significant higher levels of:

- Irregular eating behaviors:** females, MS Hispanic or Black, LGBTQ, students with IEPs, MLLs
- Thoughts of self-harm and of self-harm:** females, LGBTQ youth, students with IEPs
- Physical abuse by boyfriend or girlfriend:** MS students identifying as trans, nonbinary or unsure; HS students identifying as LGBS

# Risk Factors

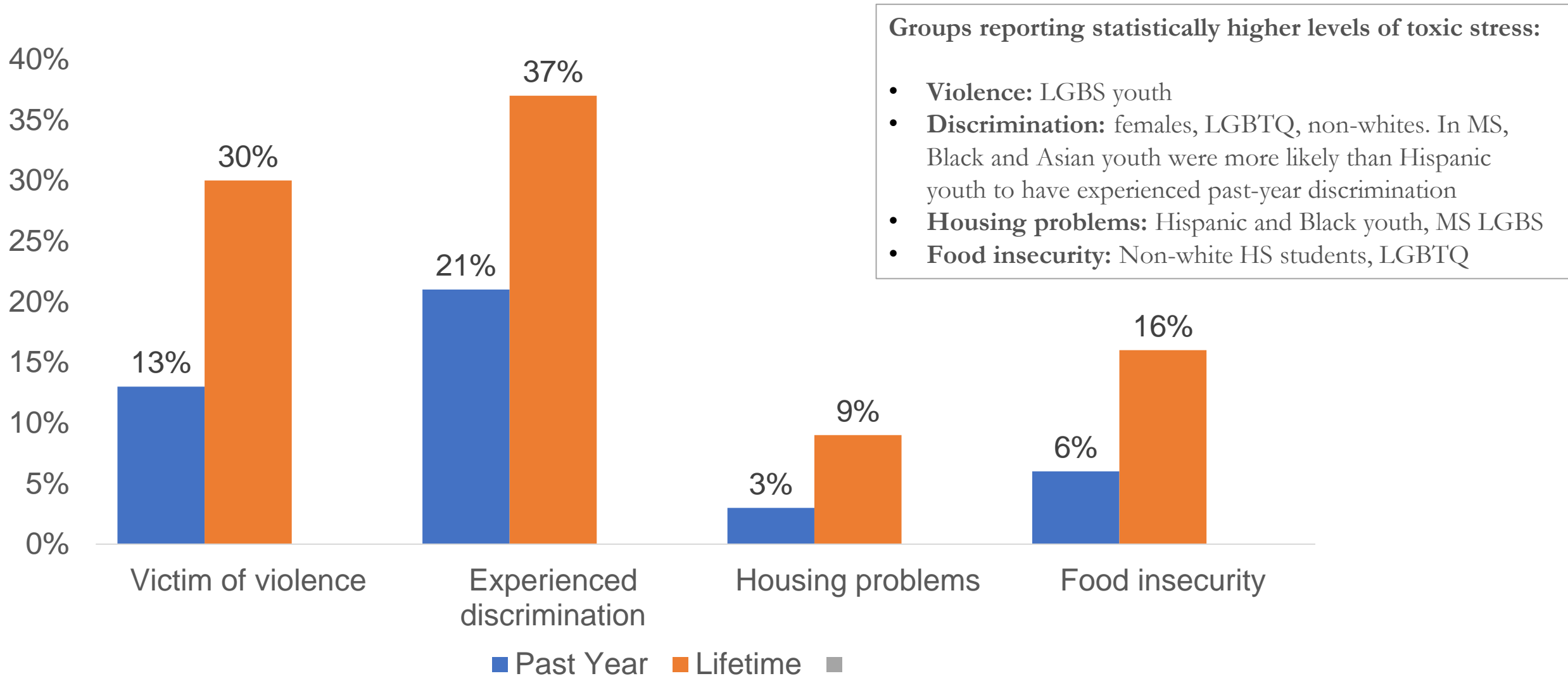


Toxic Stress, Time Alone, Bullying, No  
Extracurricular Involvement, Sexual  
Behaviors, Gambling

Social Media & Gaming (Protective Also?)

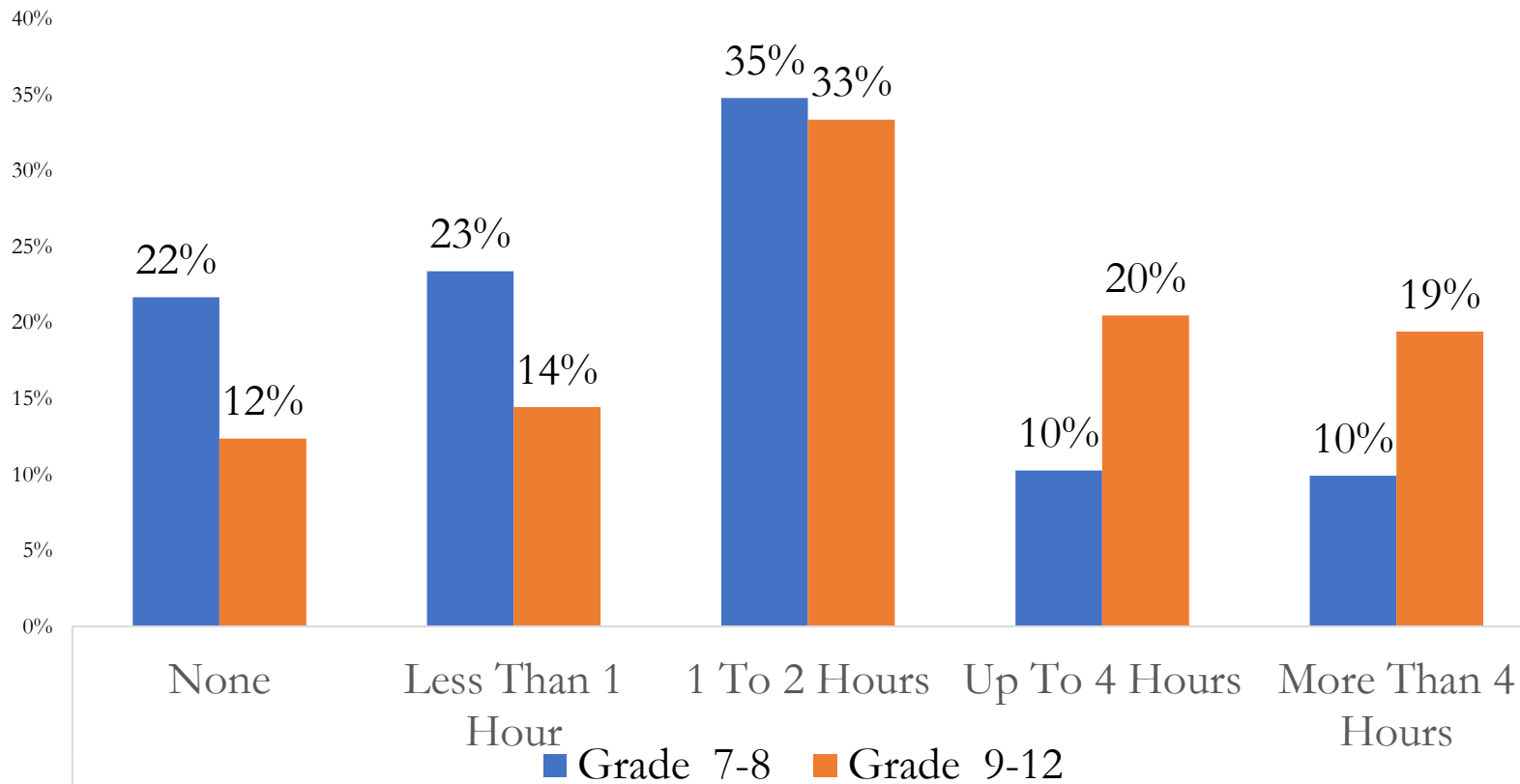


# Toxic Stress Indicators among NPS Students, 2022, By Past Year & Lifetime



# Youth Time Alone on Weekdays without Supervision among NPS Students, 2022

Youth Time Alone on Weekdays without Supervision



**The following groups report statistically significant higher levels of being unsupervised on weekdays:**

- Middle school males
- Middle school Black or Hispanic youth
- High school MLLs

On a regular weekday, how many hours do you usually spend WITHOUT an adult present?

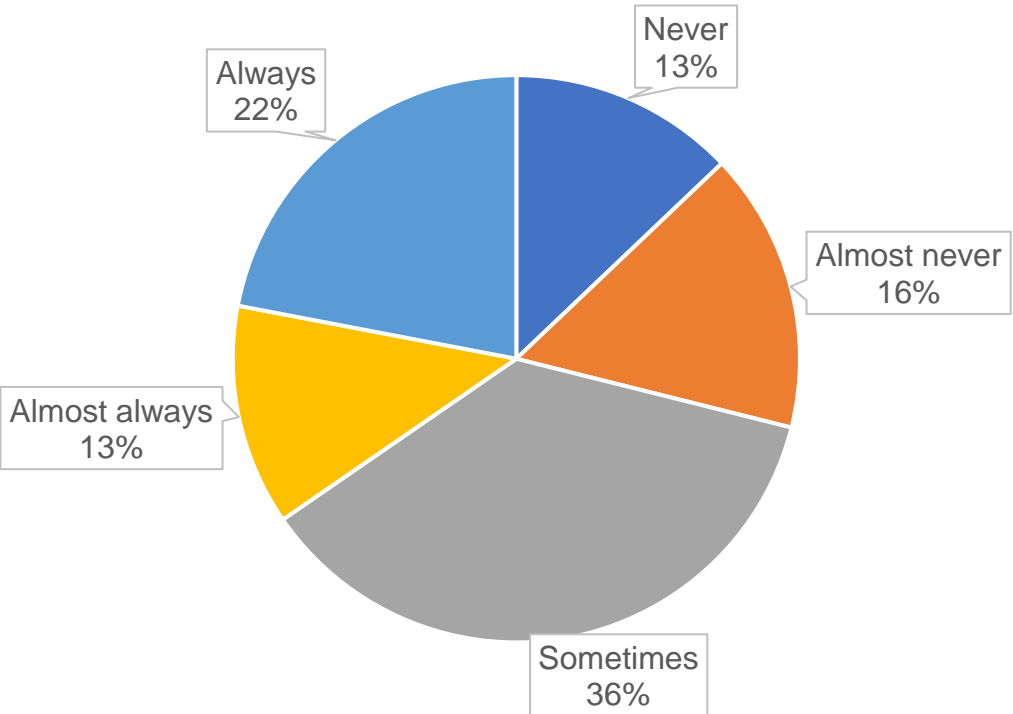
# Bullying as Experienced by NPS Students, 2022, Grades 7-12

- 53% reported they had NEVER been bullied
- 39% reported being bullied in their lifetime
- 9% reported being bullied in past 30 days

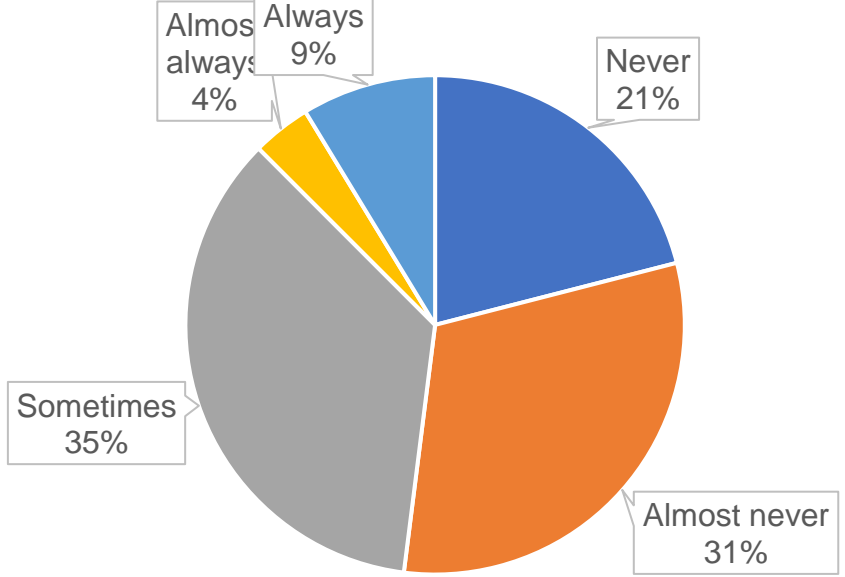
**Groups reporting statistically higher levels of bullying:**

- Females
- Hispanic youth
- LGBTQ youth

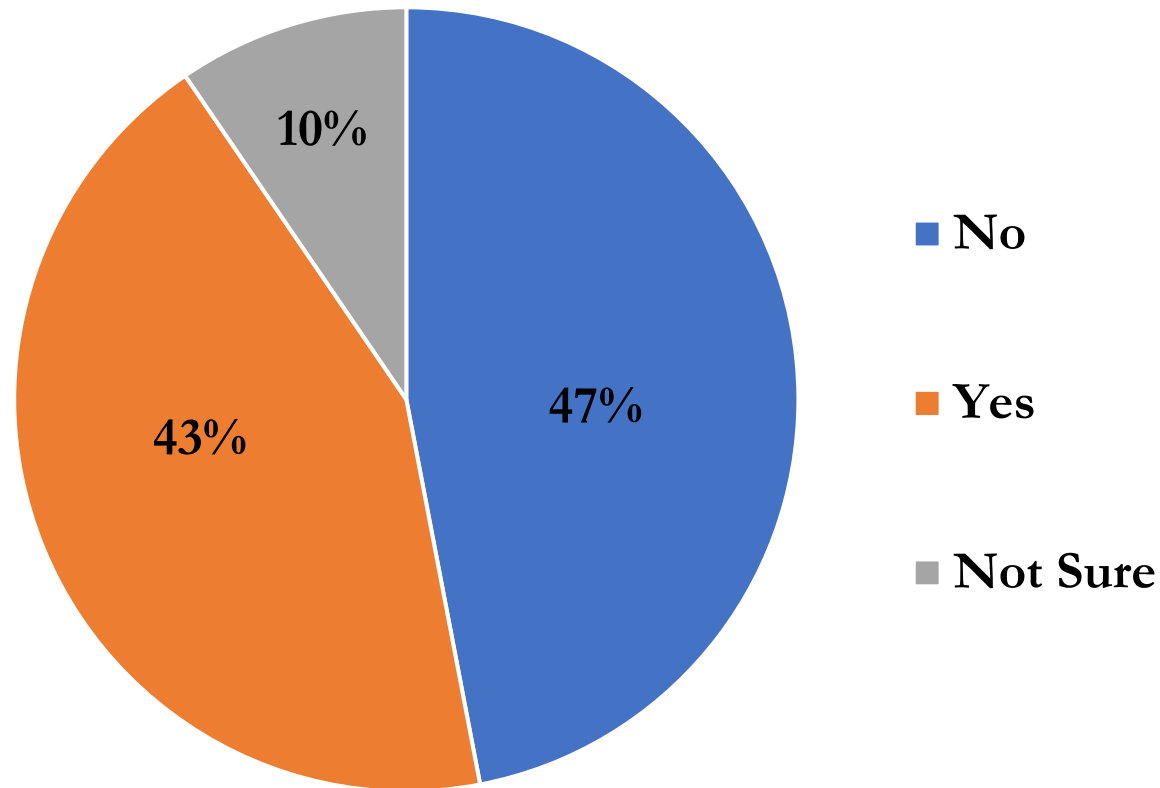
Teacher/Adult Intervention



Student Intervention



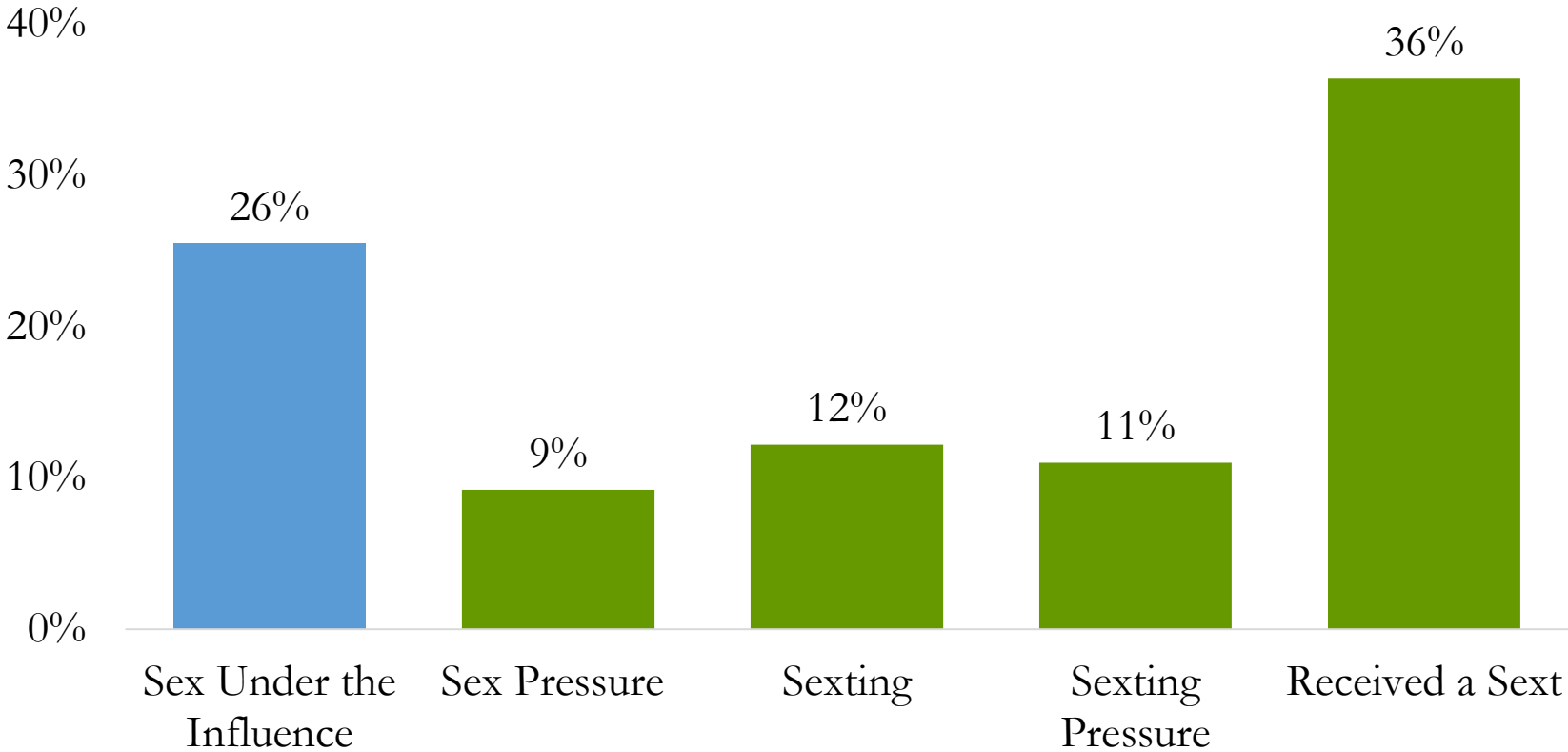
# NPS Students Reporting Having Had Sex Talk with Parents (Birth Control, Risks of STIs, Delaying Pregnancy), 2022



2022 survey finds the following groups were statistically less likely to have talked with their guardian about sex, STIs, delaying pregnancy:

- Males
- Asian youth

# Risky Sexual Behaviors among NPS HS Students, 2022



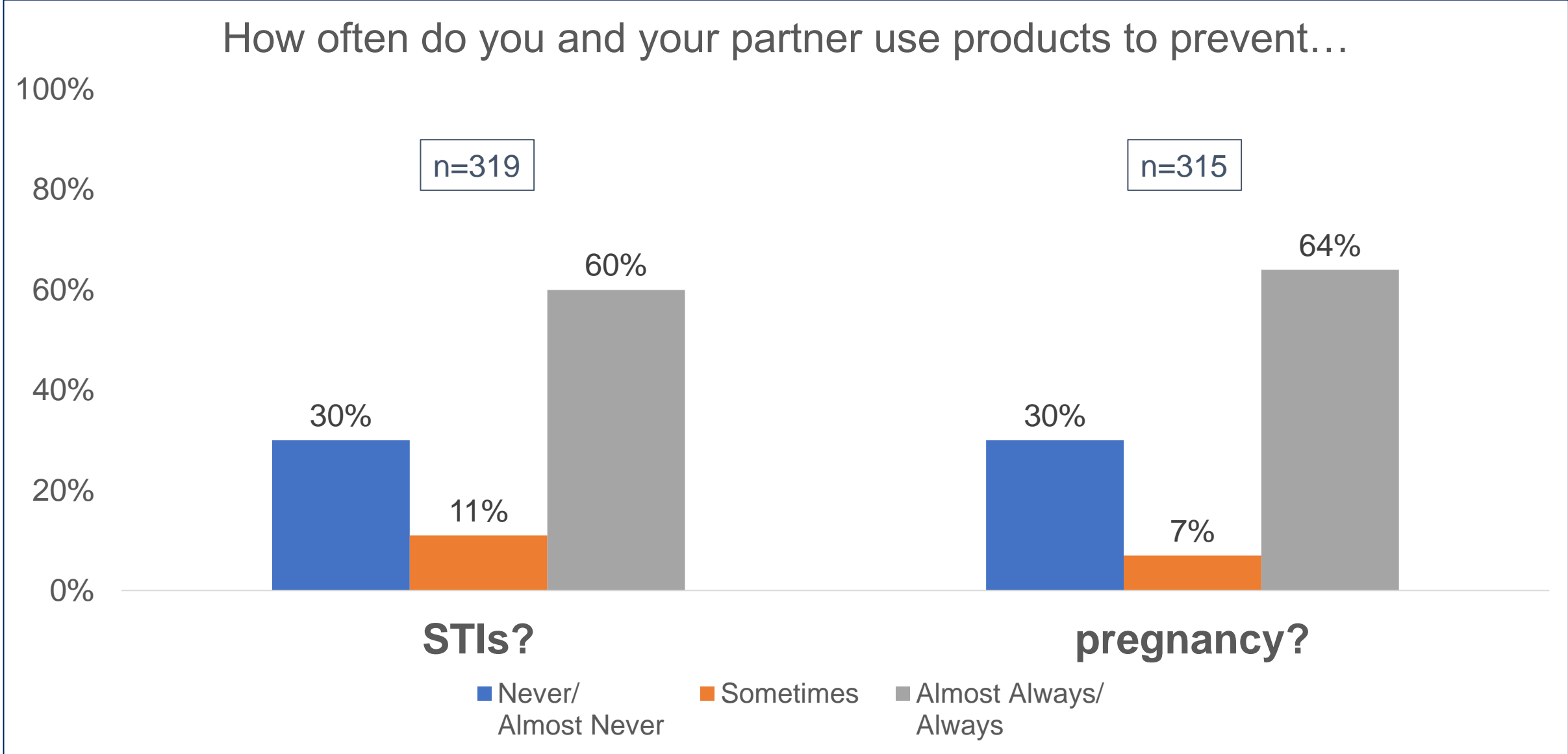
(% of students reporting sexual activity)

% of all valid high school respondents

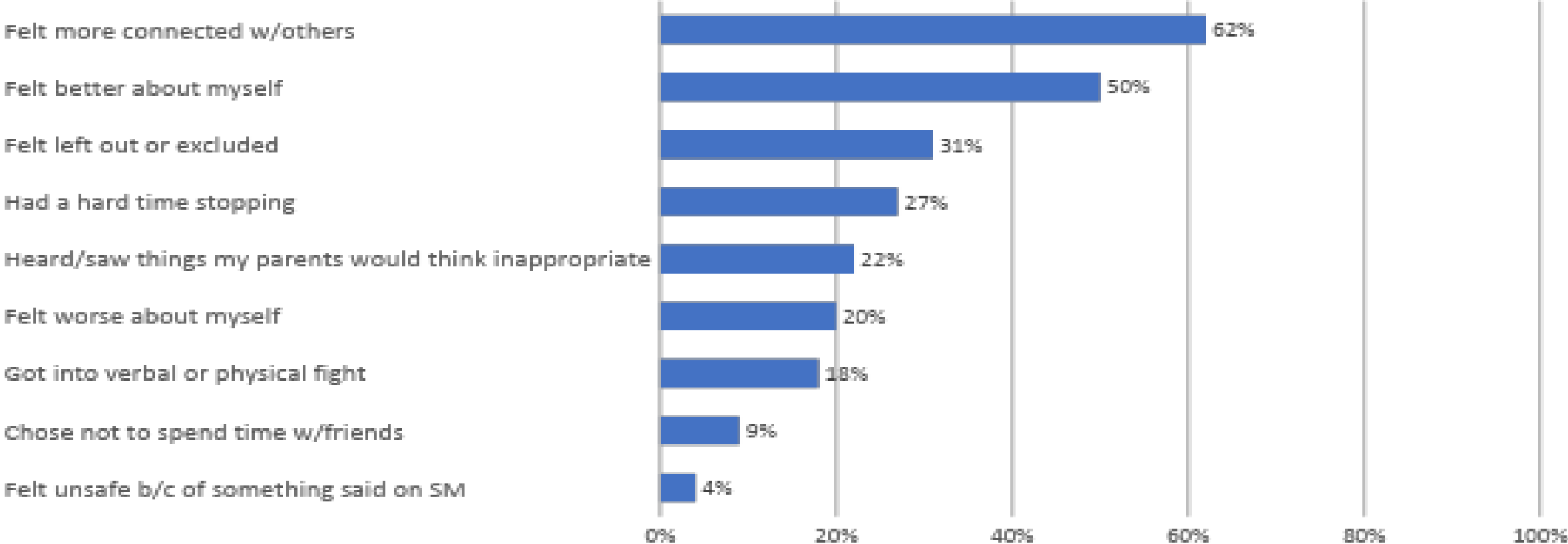
**Groups statistically more likely to have engaged in risky sexual behaviors:**

- **Had sex under the influence of drugs/alcohol:** Females, Whites
- **Felt pressured to have sex:** Females, All Other Races, LGBTQ
- **Engaged in sexting:** LGBTQ
- **Felt pressured to send sext:** Females, All Other Races, LGBTQ
- **Received sext:** Females, All Other Races, LGBTQ

# STI & Pregnancy Prevention by NPS HS Students, 2022

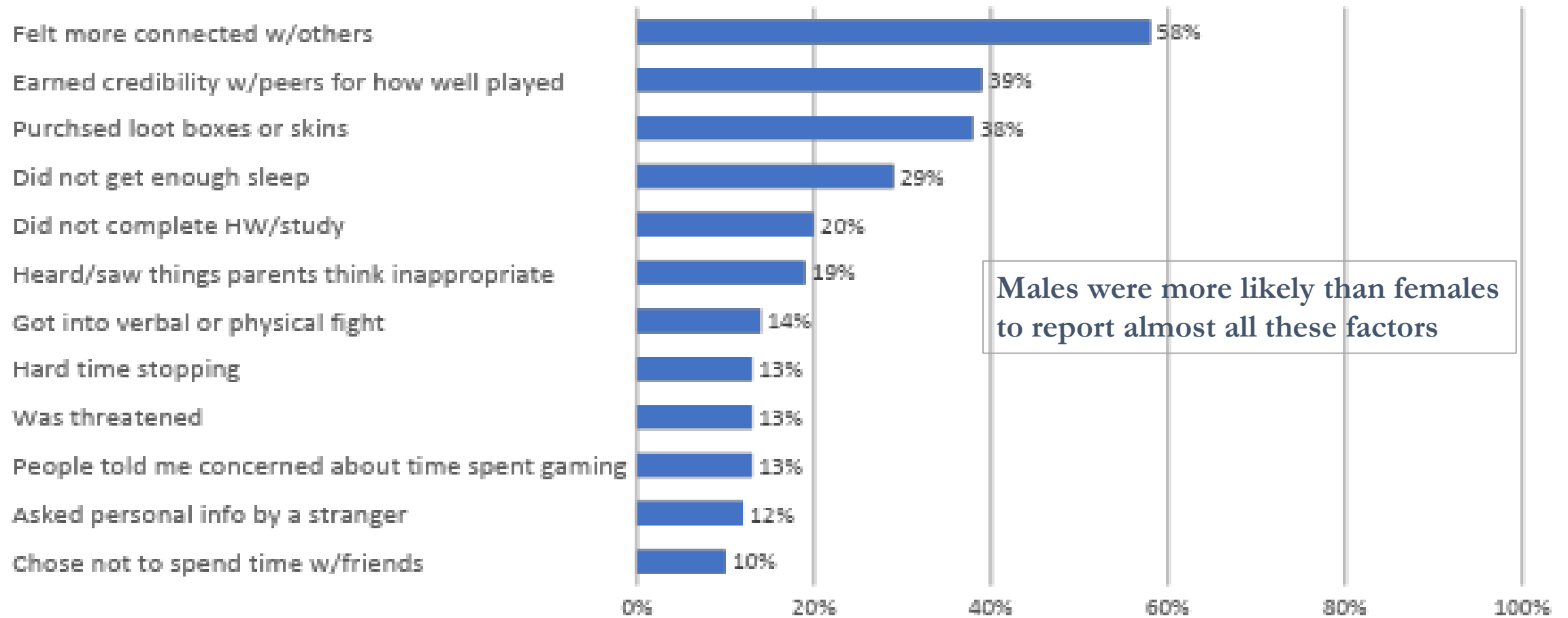


# NPS Student Past-Year Experiences Related to Social Media, 2022



Females were more likely than males to report feeling left out or excluded, feeling worse about themselves, and having a hard time stopping.

# NPS Student Past-Year Experiences Related to Video Games, 2022



- 31% NPS youth believe gaming 3+ hours/day poses moderate or great risky
- 47% NPS youth believe their parents disapprove of gaming 3+ hours/day



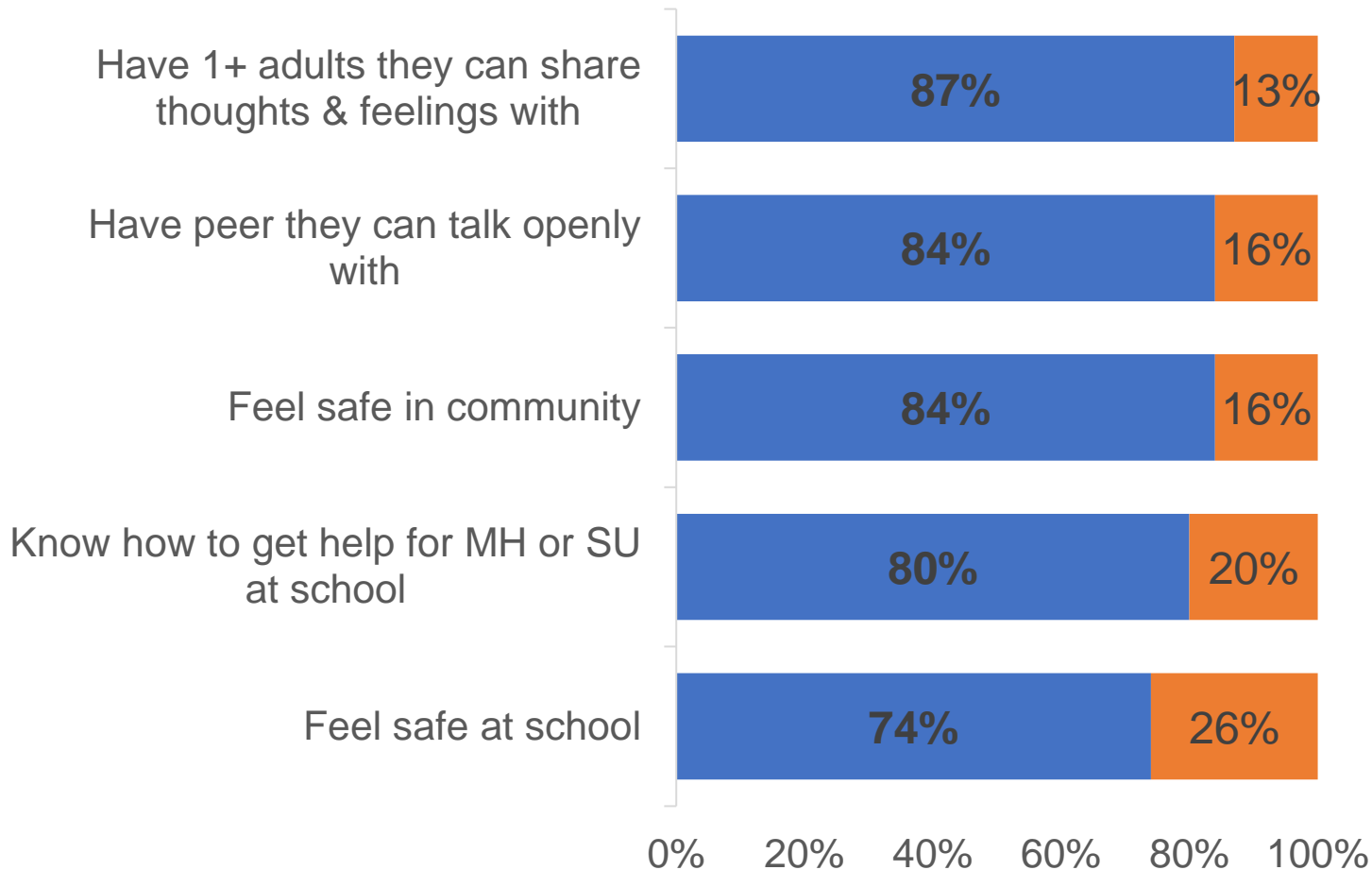
# Protective Factors



Safety, Know Where to Get Help,  
Someone to Talk to, Sleep, Physical  
Activity, Extracurricular Involvement,  
Connectedness to Teachers &  
Students, Trusted Adults

# Perceived Safety, Support, Knowledge of Where to Get Help among NPS Students, 2022

% NPS Students Reporting Protective Factors



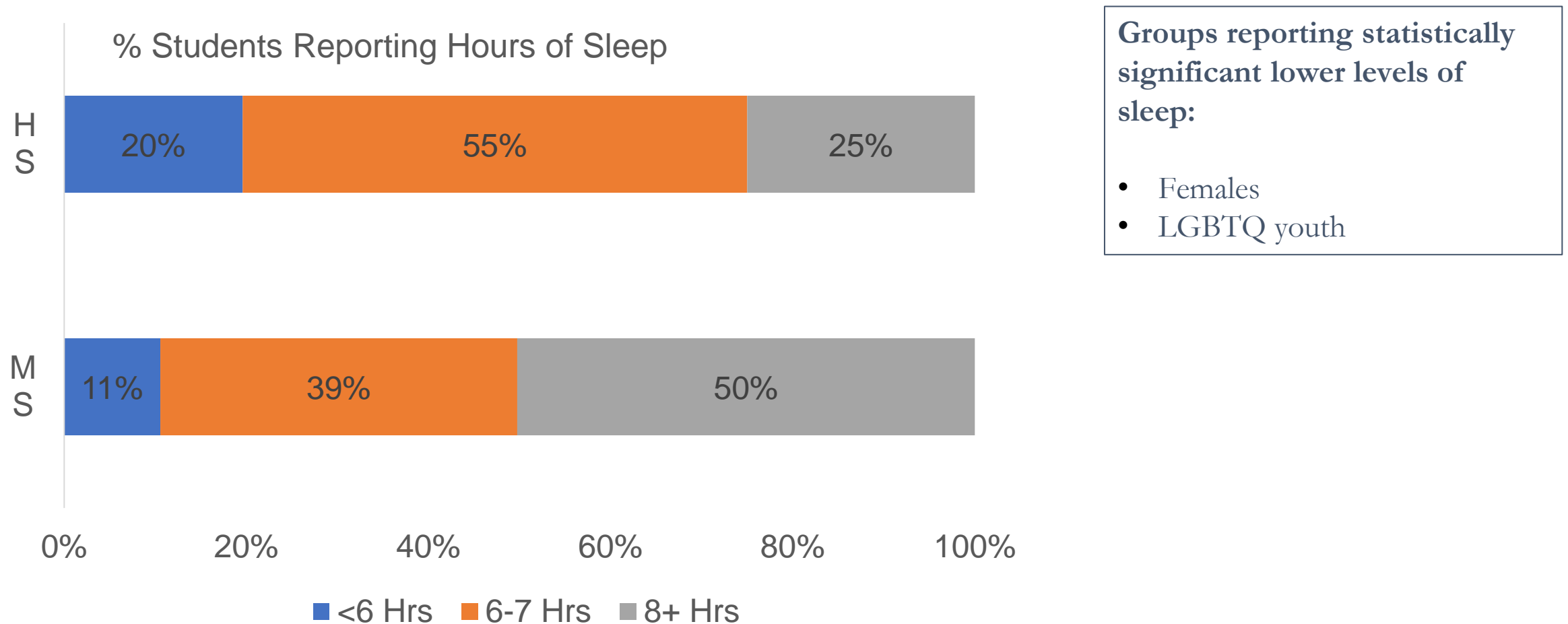
Youth who reported depression were *less likely* to:

- feel safe in the community
- feel safe at school
- know how to get help for themselves or peers for mental health or substance use problems at school
- have one adult they can share thoughts or feelings with

**Groups that are significantly less likely to:**

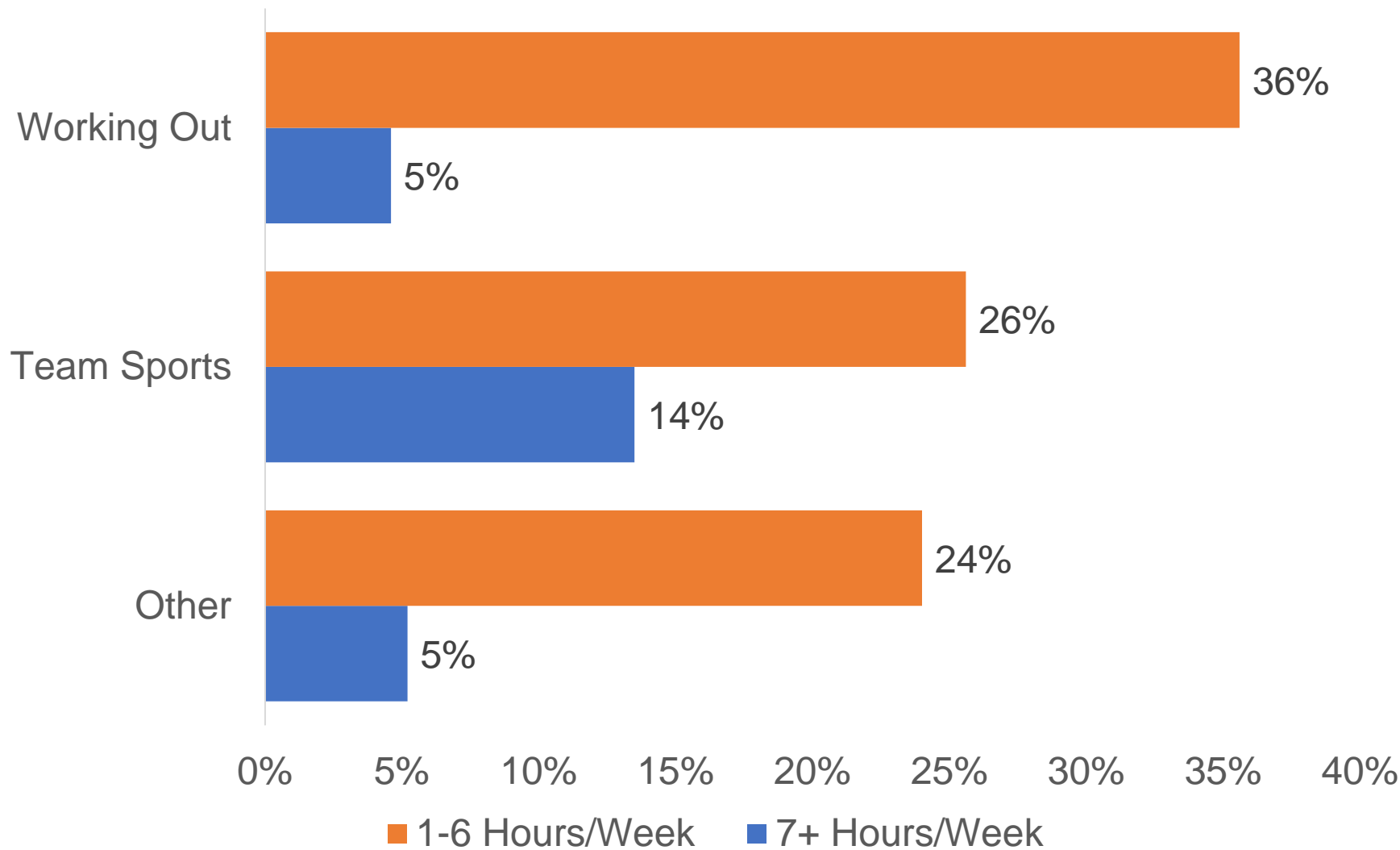
- **Have a trusted adult:** LGBTQ, MS females, HS non-White students, MS Hispanic students
- **Feel safe in community:** females, HS Black students, LGBTQ, MS MLLs
- **Feel safe at school:** females, LGBTQ
- **Know how to get help at school:** females, LGBS

# Amount of Sleep on Weeknights Reported by NPS Students, 2022, by Middle and High School



# NPS Youth Weekly Hours of Physical Activity, 2022

% NPS Students Spending Time on Physical Activity



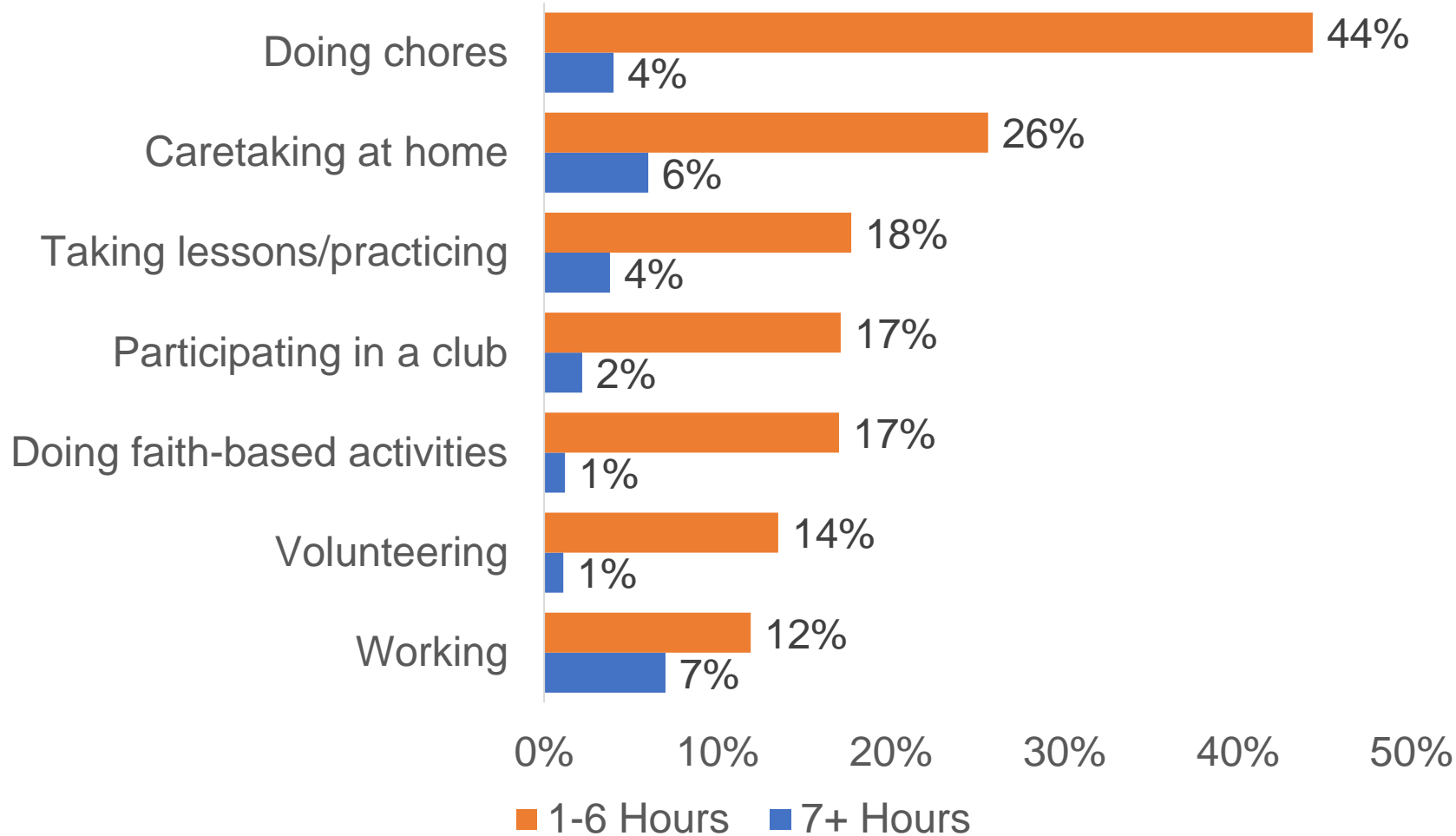
**Groups spending significantly less time on physical activity:**

- Girls
- Non-Whites
- LGBTQ

\*21% of students selected 'none' to all of these

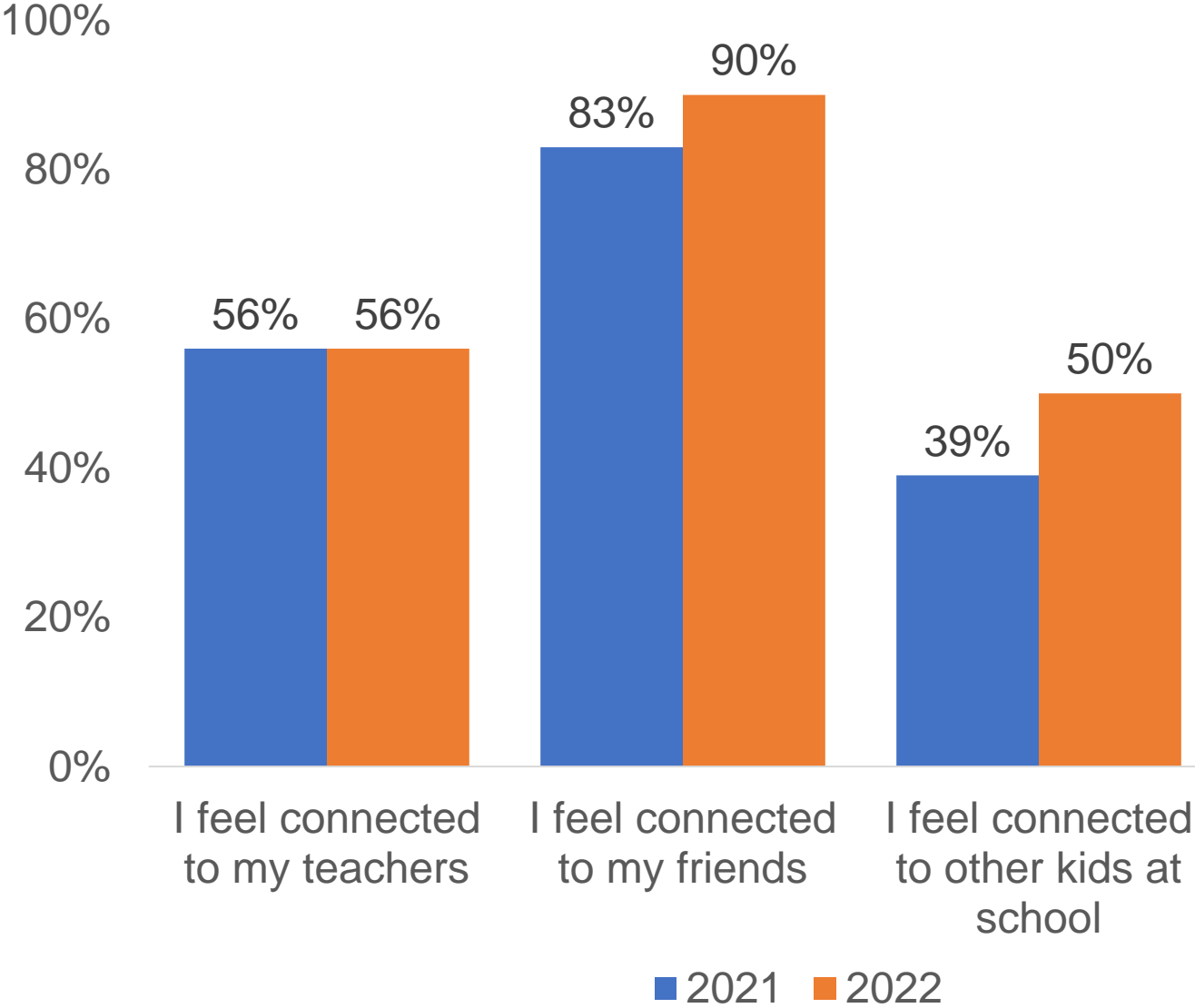
# NPS Youth Weekly Hours of Extracurricular Involvement, 2022

% NPS Students Spending Time on Extracurriculars



- HS males reported spending less time than females volunteering, taking care of someone at home, and doing chores.
- HS Black youth were less likely than White youth to work at a paying job.
- Black or Hispanic youth were less likely than Whites to volunteer.
- HS Black and Hispanic youth were more likely to spend time taking care of someone at home.
- MS MLLs were more likely to work as a volunteer.

# Connectedness to Teachers, Friends and Peers among NPS Students, 2021 vs 2022

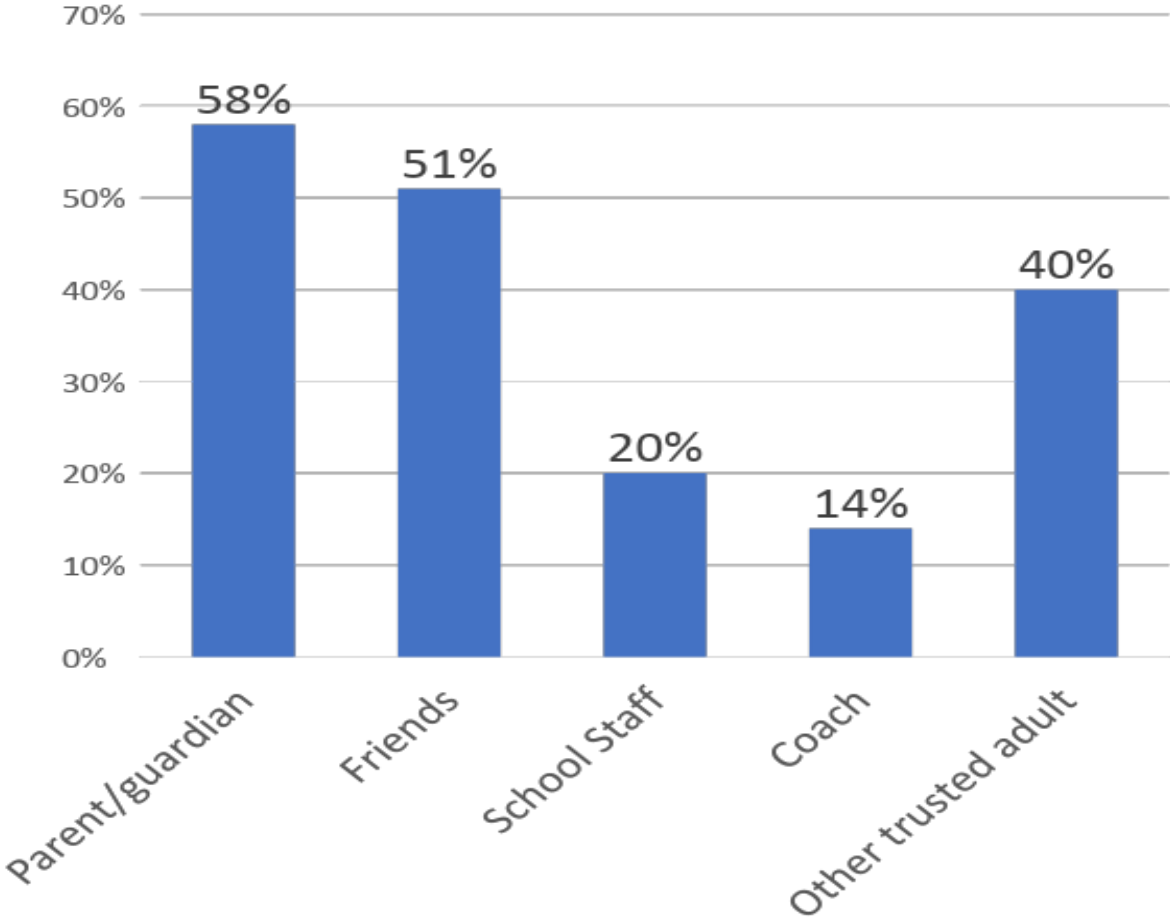


2022 survey finds the following groups report statistically significant higher levels:

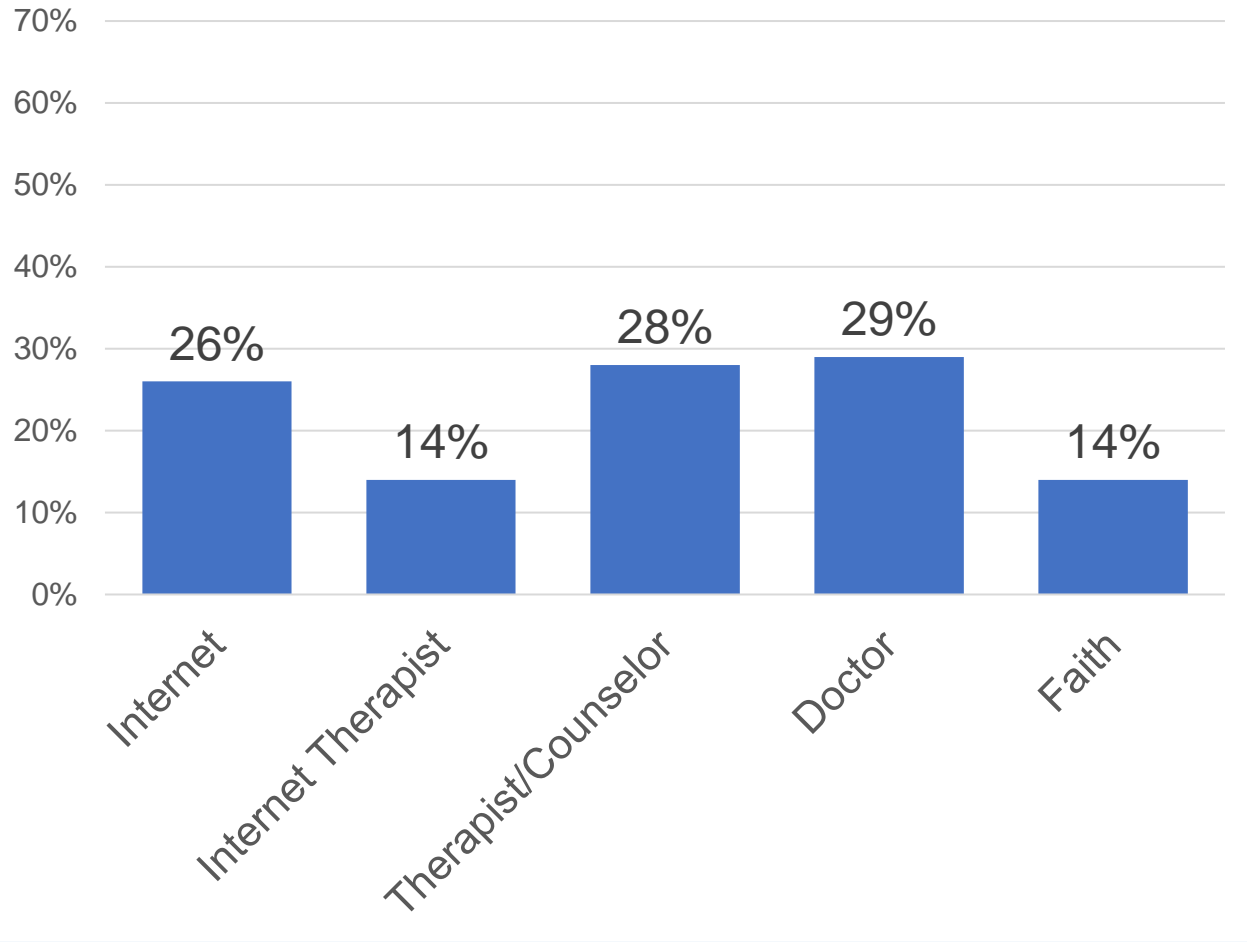
- **Females** were less likely to report feeling connected to teachers and other students at school.
- **LGBTQ youth** were less likely to report feeling connected to other students at school.
- **Non-White youth** were less likely to feel connected to their teachers, their friends and other youth at school.

# Where NPS Students Would Seek Help If They Had a Problem, 2022

### Family & School



### Community & Internet





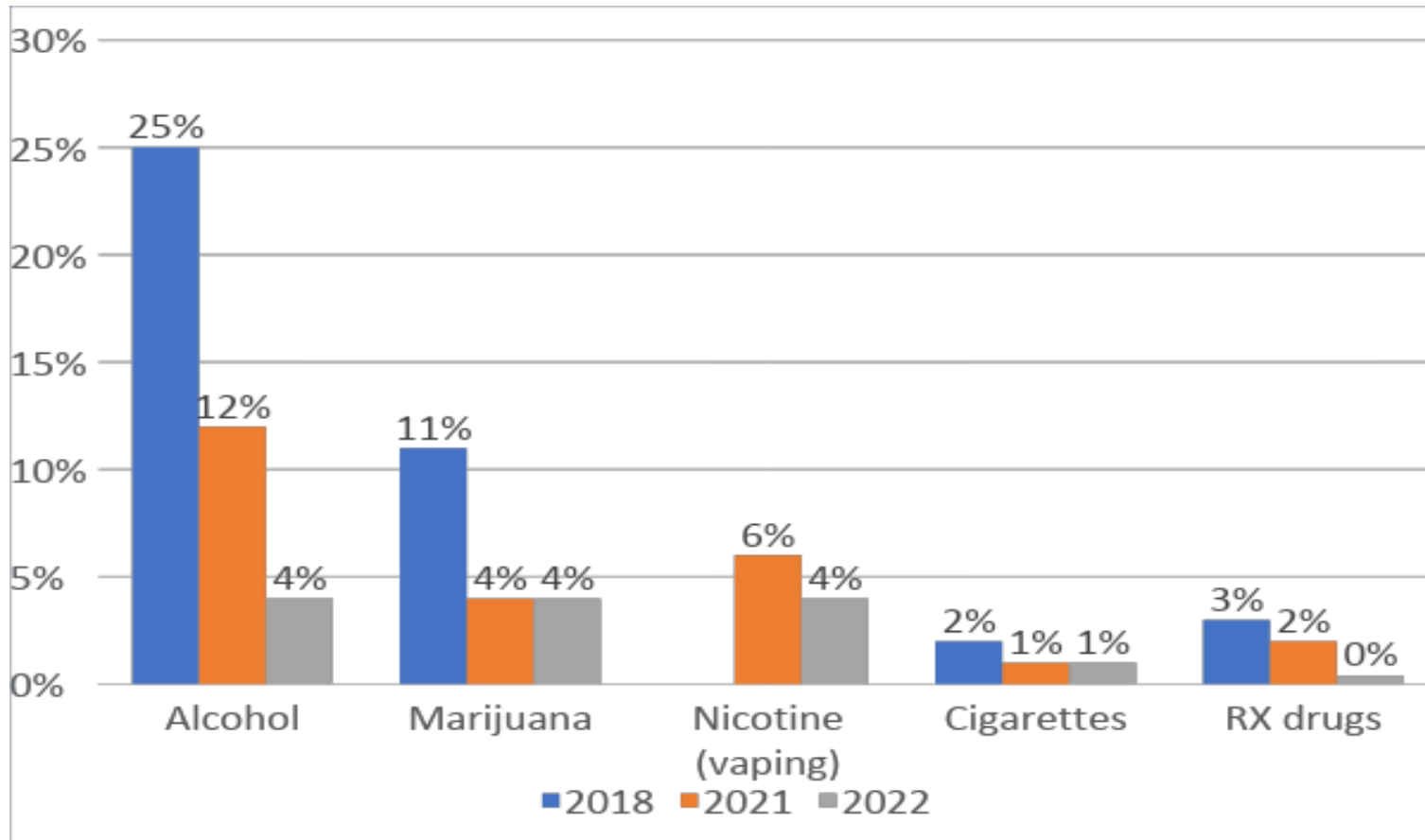
# Substance Use

Recent & current rates of substance use, youth perceptions, impaired driving & riding, family role, access to substances, location of use



# Recent & Current Substance Use by NPS Students

## Grades 7-12, 2018 to 2022 *(2018 survey only included grades 7, 9 and 11)*



**% of 2022 seniors reporting lifetime use (ever having used):**

- Alcohol 27%
- Marijuana 20%
- Vapes (nicotine) 18%
- Vapes (liquids) 17%
- Tobacco 6%
- **Binge drinking (4+ drinks) 18%**

**Methods of marijuana use among youth who used in the past 12 months, 2022 (n=350):**

- Smoked or inhaled 69%
- Vaped 60%
- Edibles 48%

13 Age at 1<sup>st</sup> use of alcohol, vapes, 2022

14 Age at 1<sup>st</sup> use of marijuana, cigarettes, 2022

Other substances reported by HS students, 2022: 2% CBD, 1% synthetic MJ (K2, spice, Delta 8)

# Family Impact on Youth Substance Use, 2022

% students reporting that substance use in their family has created problems at home, at work or with friends:

- 23% ALCOHOL
- 8% marijuana/THC
- 6% Rx drugs
- 4% other drugs

% students reporting clear family rules around substance use that discourage use:

- 78% cigarettes
- 77% vaping nicotine
- 77% Rx drugs
- 75% marijuana/THC
- 72% alcohol

90% students report that their parents disapprove of substance use

Compared with students whose parents send a strong message of disapproval, students who do not perceive parental disapproval are:

- 5x more likely to use marijuana
- 4.5x more likely to vape nicotine
- 3.5x more likely to use alcohol

# Youth Perceptions Related to Substance Use, 2022

Most, but not enough, students see substance use as harmful. Marijuana is seen as least harmful:

- 84% think misuse of Rx drugs is risky
- 77% - alcohol
- 77% - cigarettes
- 75% - vaping nicotine
- 66% - marijuana

71%-86% students believe their peers disapprove of substance use (% varies based on substance)

Students who do not think their peers disapprove are:

- 17x more likely to use marijuana
- 7x more likely to vape nicotine
- 4x more likely to misuse Rx drugs
- 2x more likely to use alcohol

The majority of students believes, correctly, that very few of their peers are using alcohol or marijuana.

However, there are still many who think substance use is more popular than it is. In particular:

- 35% of students believe that “most” or “almost all” students are currently vaping. The actual number is only 4% of all MS+HS students

# Ease of Access to Substances, 2022

Most, but not enough, students say that substances are sort of or very hard to access. Alcohol is seen as easiest to get:

86% - Rx drugs for purpose of getting high

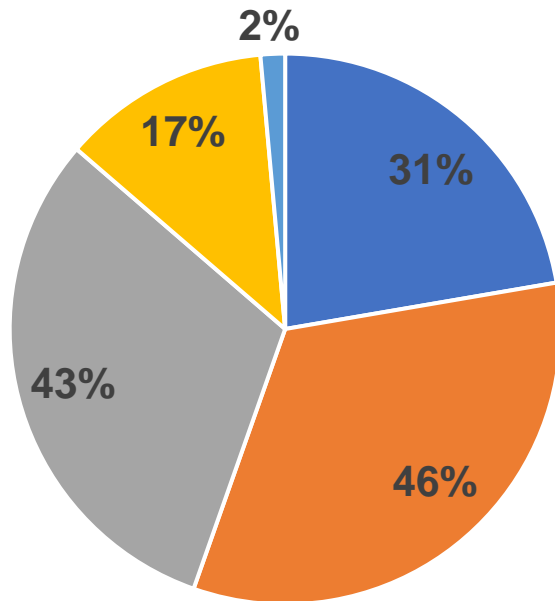
82% - tobacco

79% - marijuana

71% - nicotine vapes

70% - alcohol

Alcohol – Acquired most often



Marijuana – Acquired most often

