

Findings of the October 2024 Norwalk Youth Survey of 7th-12th graders. n=3989 out of 5694 (70% response rate)

2 out of 3
Norwalk youth
work out each week



39% participate
in **team sports**
(down from 44%
in 2022)



54% of middle schoolers
have **no parental supervision**
for over an hour every day

1 in 4
youth **participate in**
an after-school club
(down to 27% now
from 32% in 2022)



The typical youth **with**
a job works
4-6 hours a week



The typical youth who
volunteers gives
1-3 hours a week

63% of high schoolers

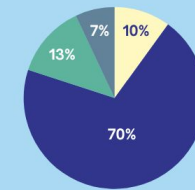
get less
than 8
hours of
sleep a
night



**How much time do
Norwalk youth spend...**

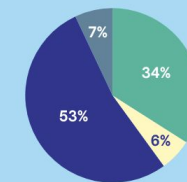
On social media?

None 1-4 hours
5-7 hours 8+ hours



On video games?

None 1-4 hours
5-7 hours 8+ hours

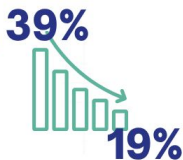


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Depression in Norwalk Teens

Good news:
Depression among
Norwalk youth has
been decreasing
since 2021!

However...



1 in 5 report feeling
sad or hopeless
most days for 2+ weeks



22% anxiety
levels that "almost
always" or "always"
make life difficult



32%
often feel
lonely

26%
report irregular
eating
behaviors



324:
estimated # of high school
students in Norwalk who
considered suicide

3%
attempted suicide

11%
self harmed

47%
felt they had no
one to support
them

Students who used
alcohol or other drugs
were 2+ times more
likely to report
depression or anxiety
& 3 times more likely
to consider suicide

UNDERAGE DRINKING IN NORWALK

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Myth: Many Norwalk youth **think that** “**most**” or “**almost all**” of their peers drank in the past month, but...



Nearly **1/4** of all sexually active Norwalk teens report that they had **sex while under the influence**



Fact: Norwalk youth who **ever used alcohol**:

- All high schoolers: **18%**
- High school seniors: **26%**

Past-Month Alcohol Use
among Norwalk Youth by grade:



Alcohol is the **most used substance** among Norwalk youth *



91% of 7th-12th graders feel their **parents disapprove** of underage drinking

Top 3 sources of alcohol
among Norwalk youth who drink:

- 47%** from **friends**
- 44%** **home, with** parent permission
- 32%** home, **without** parent permission



On average, Norwalk youth who drink alcohol **start at age 13**

*Parents: Use our Liquor Stickers to lock your liquor!



Only 3% of Norwalk students have ever **ridden with an intoxicated driver**

UNDERAGE NICOTINE USE IN NORWALK

YOUTH SURVEY RESULTS
2024

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Nearly **1 in 2** Norwalk students *think* that *most* of their peers are vaping nicotine, but *in reality...*

Norwalk youth who have ever vaped nicotine:



Only 1 in 25

Norwalk youth report vaping nicotine in the past month

(Down **33%** since 2021!)

On average, Norwalk youth who vape start at **age 13**



Top 2 reasons Norwalk youth avoid vaping:



Physical health



Don't want to lose control

2/3 of non-vapers worry about the environment

Emerging trend

Nicotine pouches are becoming more popular as a smokeless and vaporless way to use nicotine. They're easy to hide and marketed toward youth.



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Over **1 in 4** Norwalk youth think most of their peers are using marijuana, but *in reality...*



...only **1 in 10** high schoolers in Norwalk have ever used marijuana

Top 3 reasons Norwalk youth give for **avoiding marijuana**:

- **Physical health**
- Don't want to **lose control**
- **Underaged**

Almost 3 out of 4 Norwalk youth recognize that **using marijuana several times a week is harmful**

(Up from 66% in 2022 to 72% in 2024)



77% of Norwalk youth believe their peers **disapprove of marijuana use**

(Up from 73% in 2022)



On average, Norwalk youth who use marijuana start at **age 14**

69 Norwalk youth went to the Emergency Dept from marijuana use in one year (2023-24)...

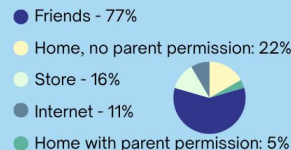


... **double** the number from 5 years earlier

Norwalk Health Dept data
May 2024

Where do Norwalk 7th to 12th graders...

Acquire marijuana most often?



Use marijuana?

- With friends at a house
 ● At home alone
 ● Outdoor space
 ● In a car

