

AHM for RHAM
Youth Voices Count Survey
Results, January 2021


Presented by Bonnie Smith, MPH, CPH, CPS

Background

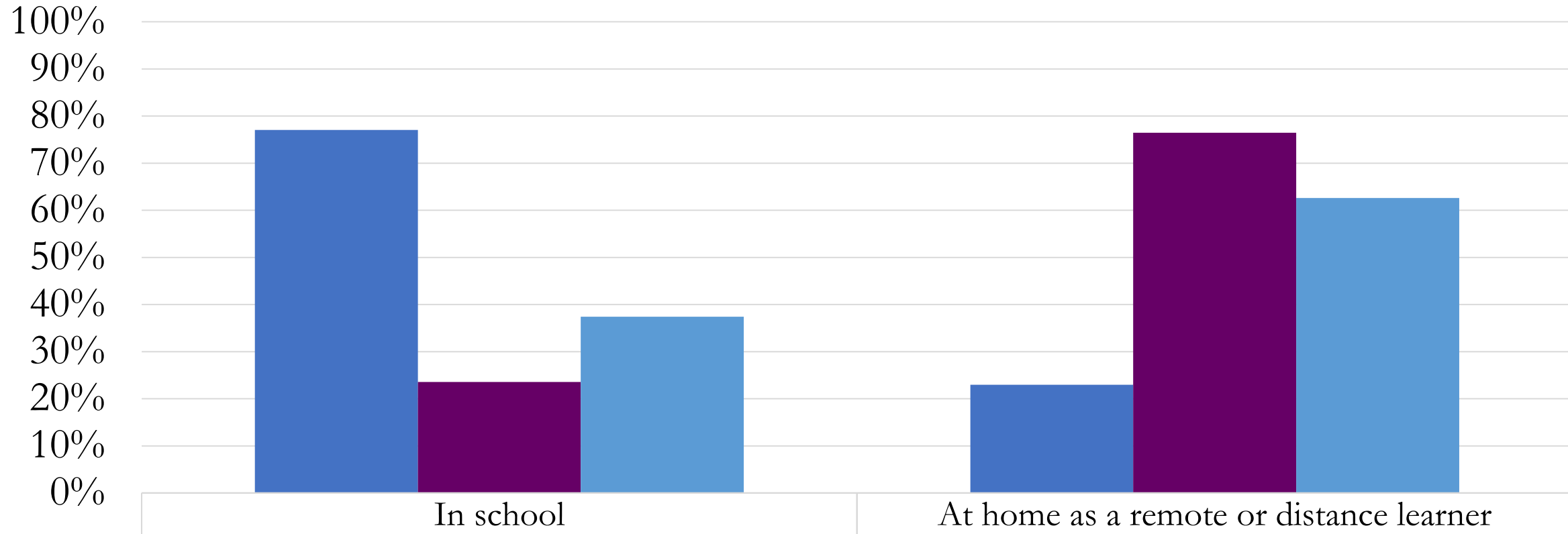
- Fall semester 2020, students from RHAM Middle School and RHAM High School in grades 7-12 participated in the Youth Voices Count Survey on youth lifestyles, substance use, mental health, bullying and related risk and protective factors
- The survey was completely anonymous, no identifying information was collected
- Students were provided an instructional video informing them of confidentiality, right to opt out and resources if the survey brought up uncomfortable feelings
- Data were collected from students participating in both remote and in-school learning environments due to COVID-19. Data as it compares to previous years should be interpreted with caution.

Response Rate

Sample Response Rates	Sample Count	Population Count	Response Rate (%)
Grade 7	147	190	77.37%
Grade 8	102	200	51.00%
Grade 9	193	222	86.94%
Grade 10	183	214	85.51%
Grade 11	183	209	87.56%
Grade 12	159	249	63.86%
Grades 7-8	249	390	63.85%
Grades 9-12	718	894	80.31%
Grades 7-12	967	1284	75.31%



Where Students Took the Survey



Where did you take this survey today?

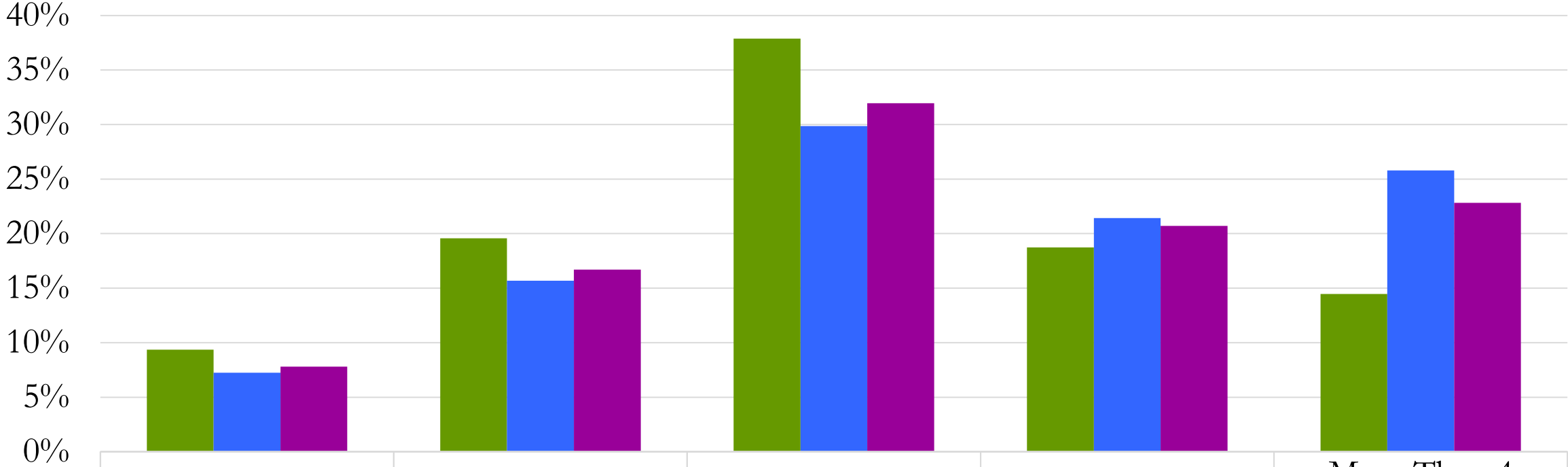
■ Grade 7-8	77.1%	22.9%
■ Grade 9-12	23.6%	76.4%
■ Grade 7-12	37.4%	62.6%

Race, Ethnicity and Gender Identity

Race Ethnicity Category	Percent Grades
	7 thru 12
White	87.49%
Black or African American	0.93%
Hispanic or Latino	7.14%
Asian	1.96%
American Indian or Alaskan Native	0.00%
Native Hawaiian or Other Pacific Islander	0.10%
Other (2 or more races selected or race not Hispanic)	2.38%
Not Specified	0.00%

Gender Identity	Total Number
Male	465
Female	469
Non-binary	13
Transgender	5
I am not sure right now	15
Did not Identify	0

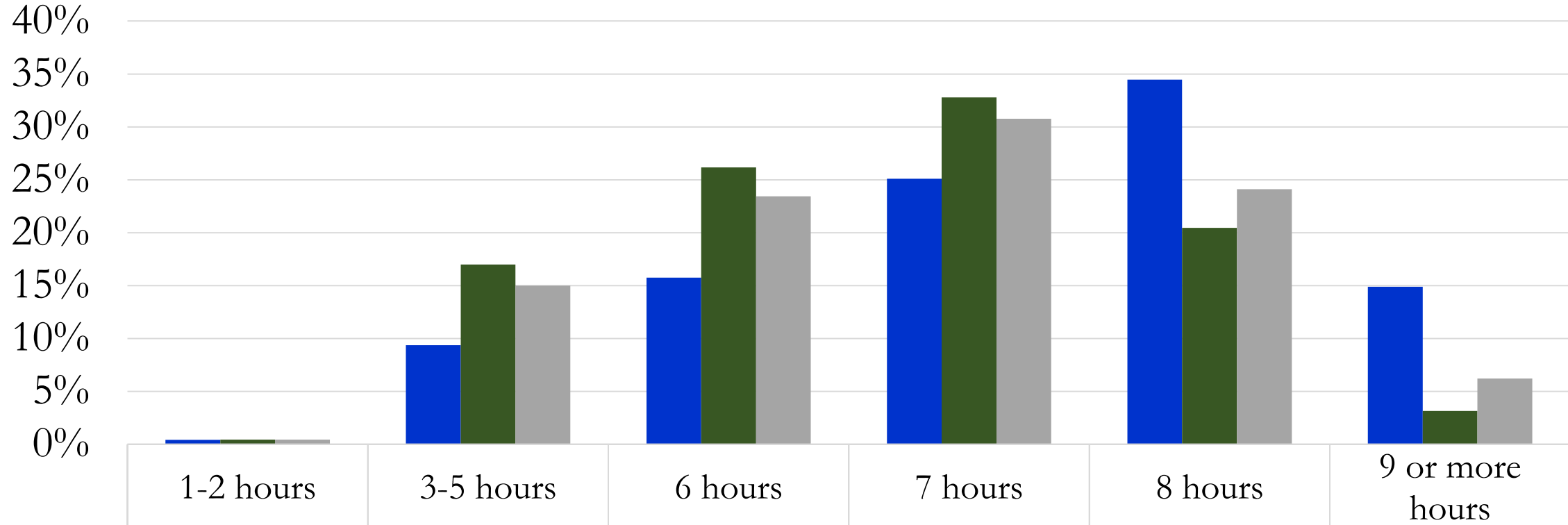
Time Spent Home Alone on Most Week Days



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

■ Grade 7-8	9.4%	19.6%	37.9%	18.7%	14.5%
■ Grade 9-12	7.2%	15.7%	29.9%	21.4%	25.8%
■ Grade 7-12	7.8%	16.7%	32.0%	20.7%	22.8%

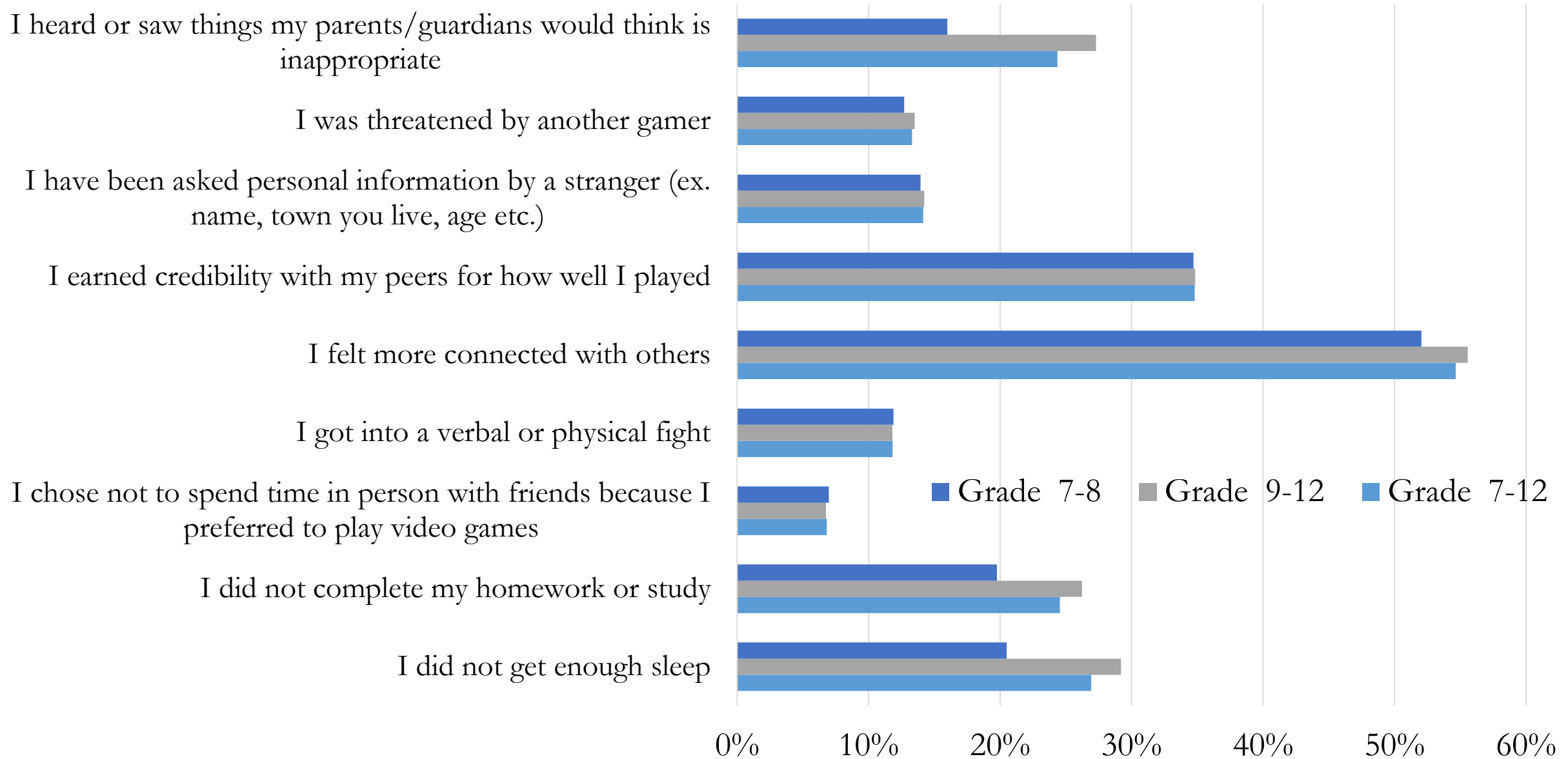
Amount of Time Spent Sleeping on Most School Nights



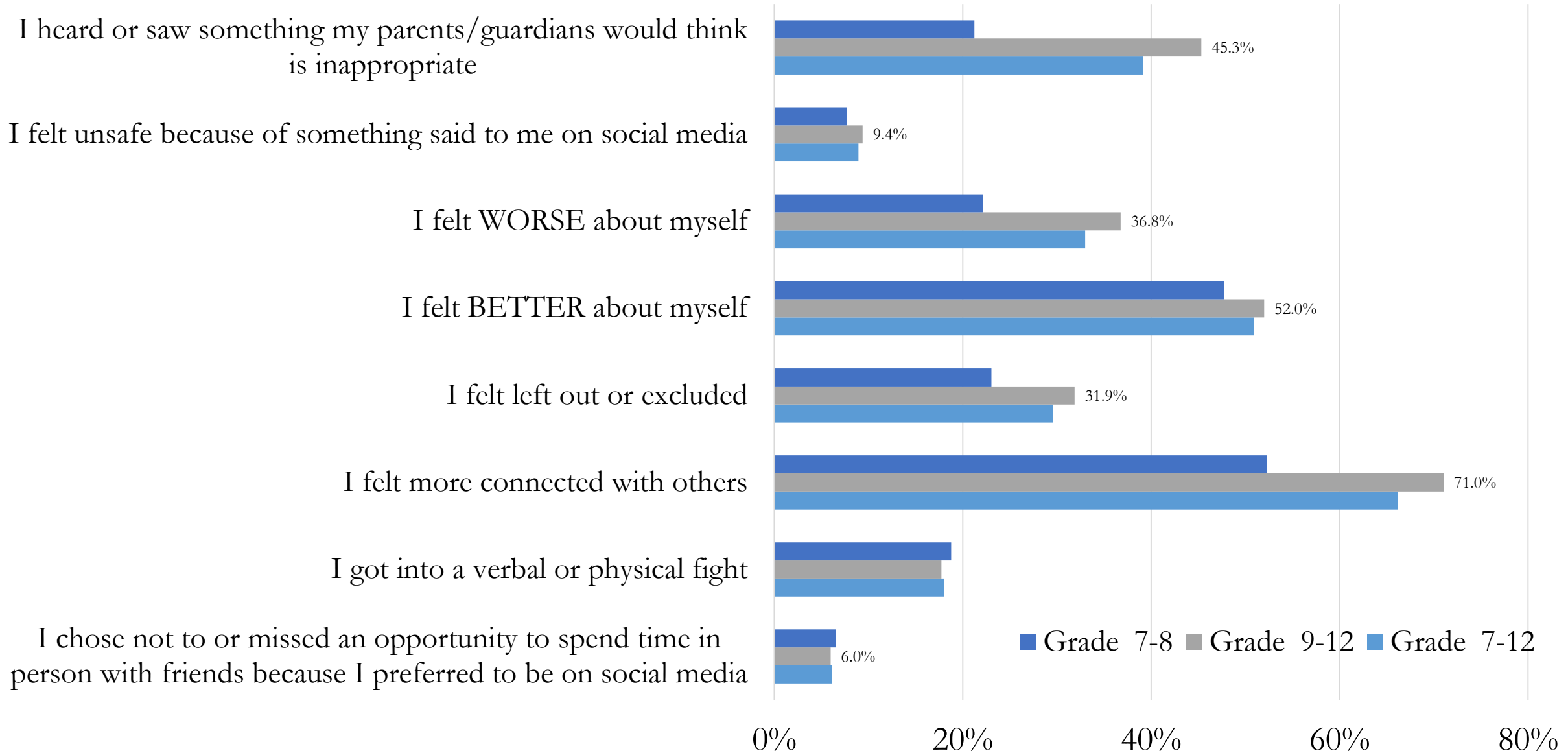
On a typical school night (Sunday-Thursday), how many hours do you usually sleep?

■ Grade 7-8	0.4%	9.4%	15.7%	25.1%	34.5%	14.9%
■ Grade 9-12	0.5%	17.0%	26.2%	32.8%	20.5%	3.2%
■ Grade 7-12	0.4%	15.0%	23.4%	30.8%	24.1%	6.2%

Gaming Assets and Consequences

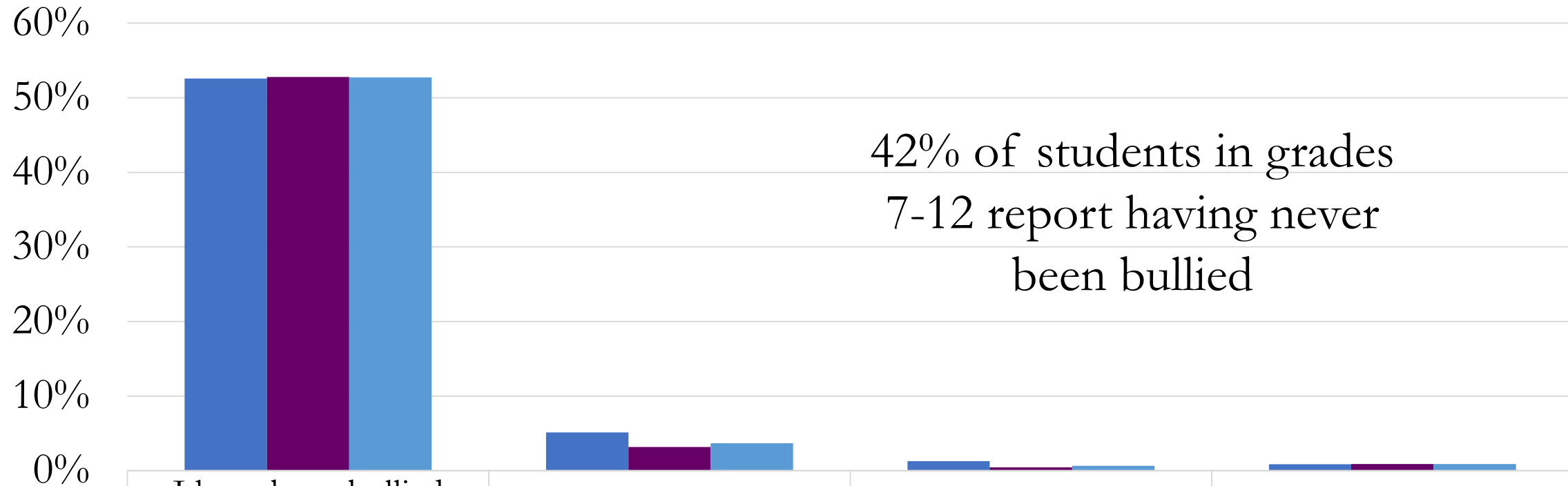


Perceived Social Media Assets and Consequences



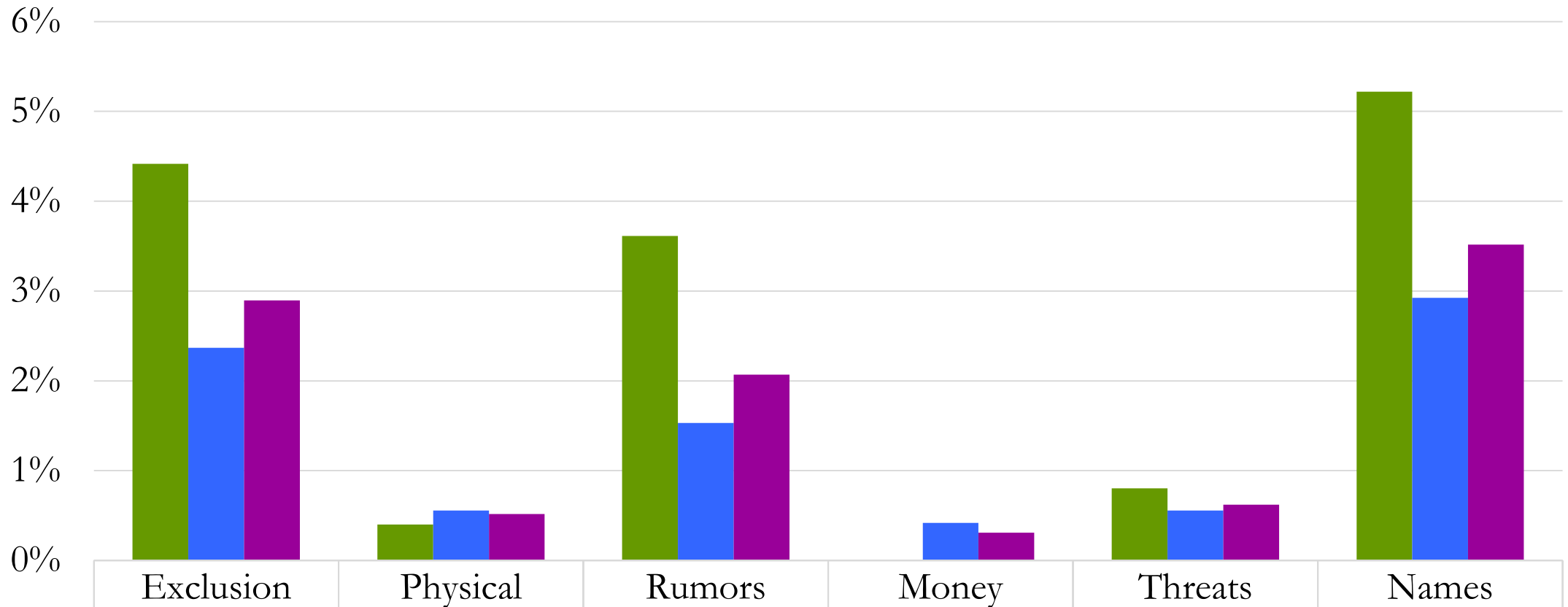
Bullying and Perceptions of Safety

Past 30-Day Bullying and Frequency



	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	52.6%	5.1%	1.3%	0.9%
■ Grade 9-12	52.8%	3.2%	0.5%	0.9%
■ Grade 7-12	52.7%	3.7%	0.7%	0.9%

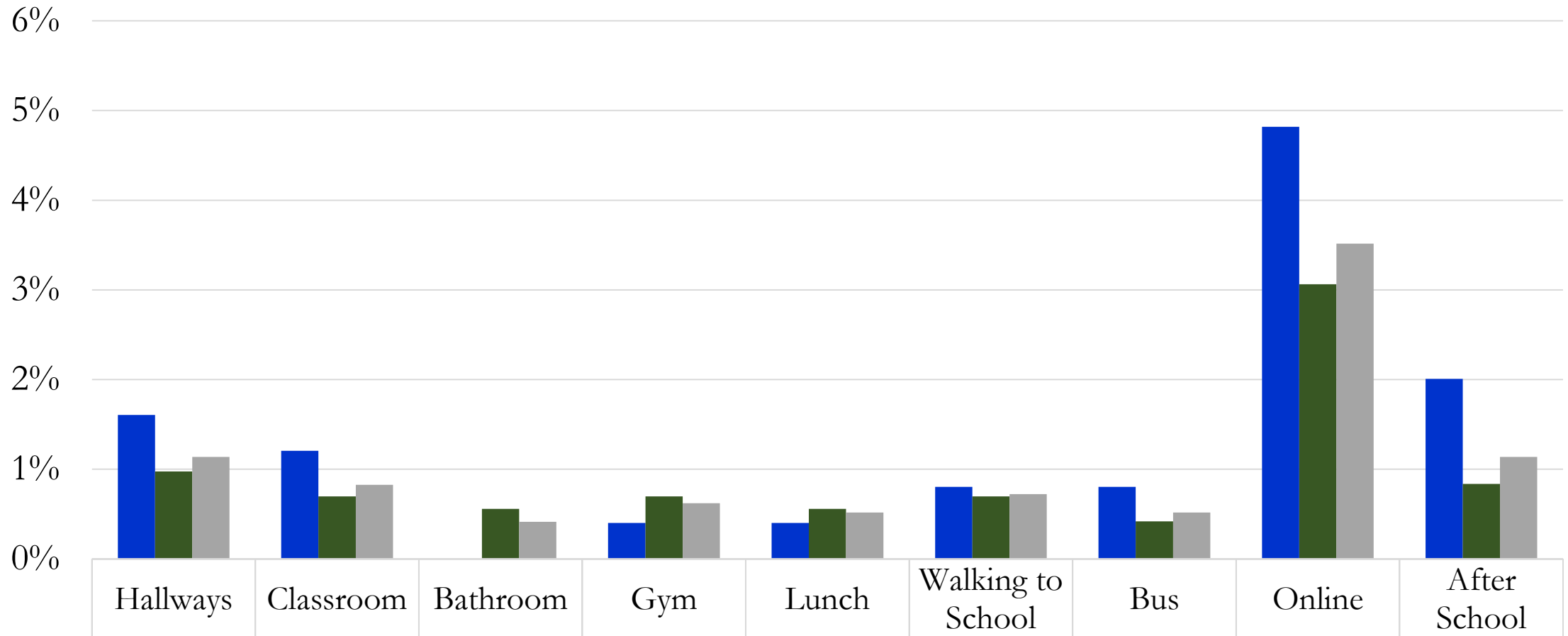
Ways Students Report Being Bullied



During the past 30 days, I have been bullied in the following ways (Select all that apply):

■ Grade 7-8	4.4%	0.4%	3.6%	0.0%	0.8%	5.2%
■ Grade 9-12	2.4%	0.6%	1.5%	0.4%	0.6%	2.9%
■ Grade 7-12	2.9%	0.5%	2.1%	0.3%	0.6%	3.5%

Places Students Report Being Bullied

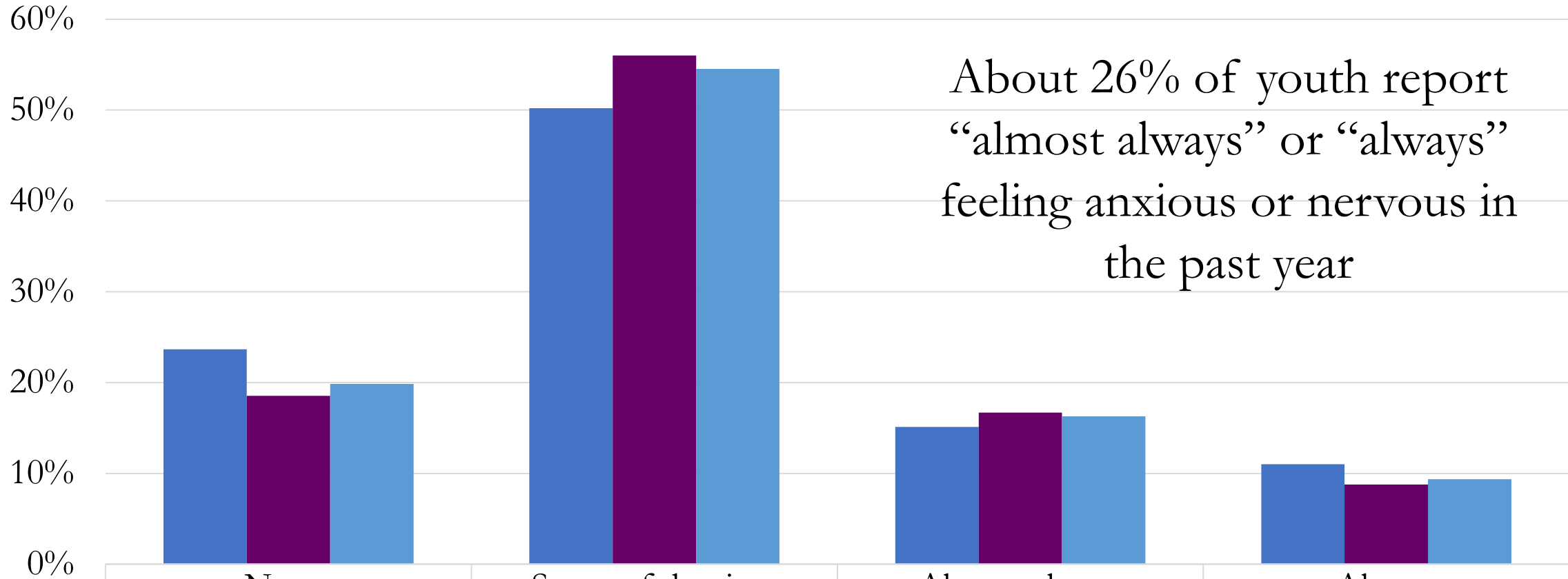


In the past 30 days, I have been bullied in the following places (Select all that apply):

■ Grade 7-8	1.6%	1.2%	0.0%	0.4%	0.4%	0.8%	0.8%	4.8%	2.0%
■ Grade 9-12	1.0%	0.7%	0.6%	0.7%	0.6%	0.7%	0.4%	3.1%	0.8%
■ Grade 7-12	1.1%	0.8%	0.4%	0.6%	0.5%	0.7%	0.5%	3.5%	1.1%

Emotional Health

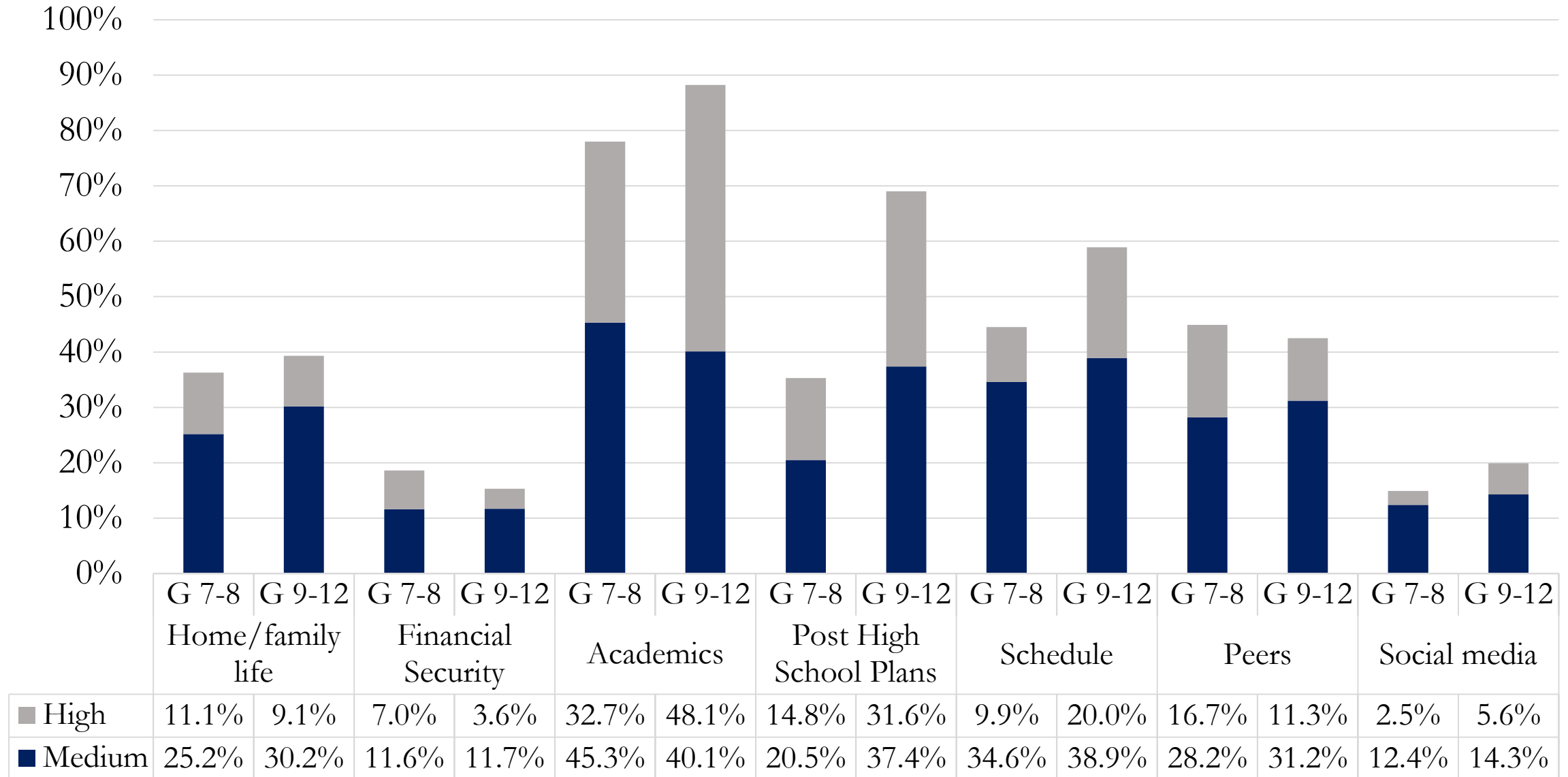
Past Year Anxiety



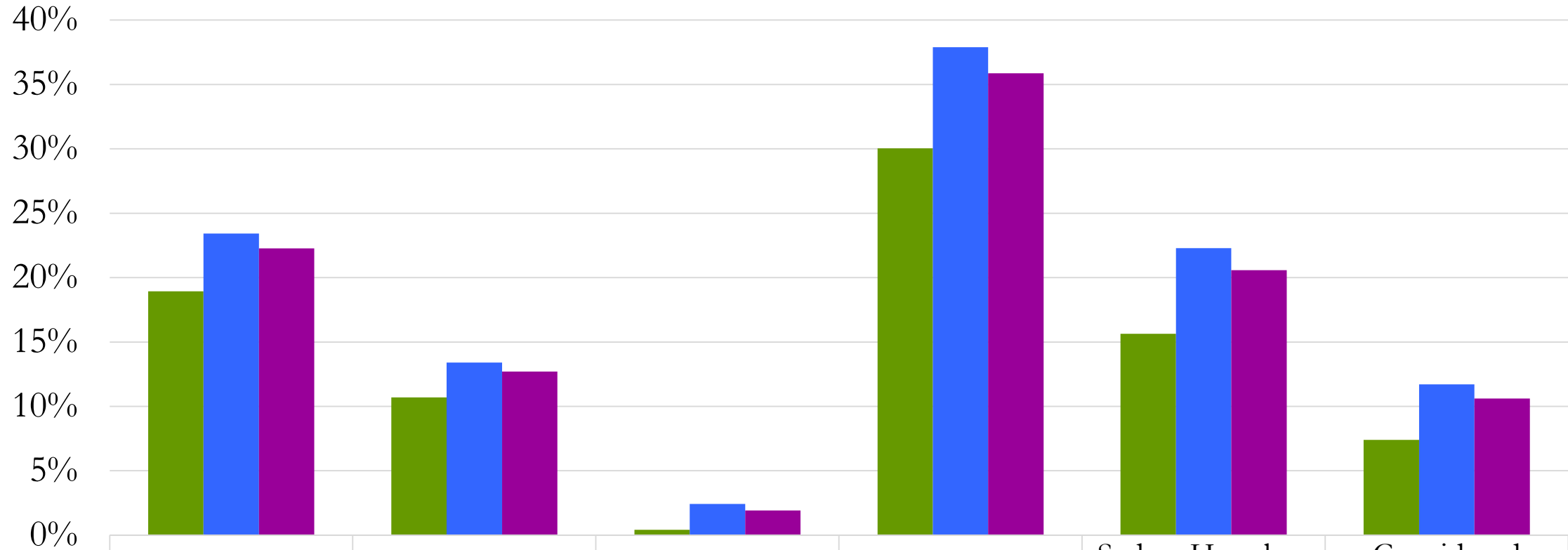
About 26% of youth report “almost always” or “always” feeling anxious or nervous in the past year

	Never	Some of the time	Almost always	Always
Grade 7-8	23.7%	50.2%	15.1%	11.0%
Grade 9-12	18.5%	56.0%	16.7%	8.8%
Grade 7-12	19.9%	54.5%	16.3%	9.3%

Anxiety Level by Source

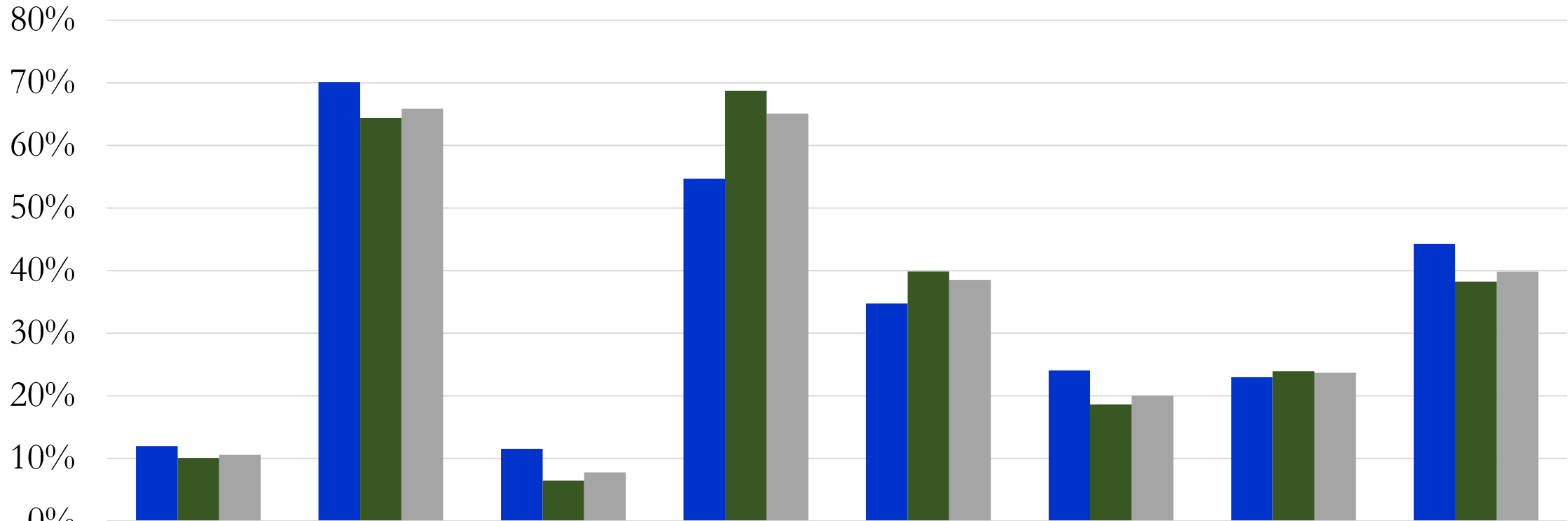


Other Emotional Health Indicators, % Responding “Yes”



	Thoughts of Self Harm	Self Harm	Physical Abuse - Intimate Partner	Sad or Hopeless	Sad or Hopeless (2 Weeks in a row)	Considered Suicide in Past Year
■ Grade 7-8	18.9%	10.7%	0.4%	30.0%	15.6%	7.4%
■ Grade 9-12	23.4%	13.4%	2.4%	37.9%	22.3%	11.7%
■ Grade 7-12	22.3%	12.7%	1.9%	35.9%	20.6%	10.6%

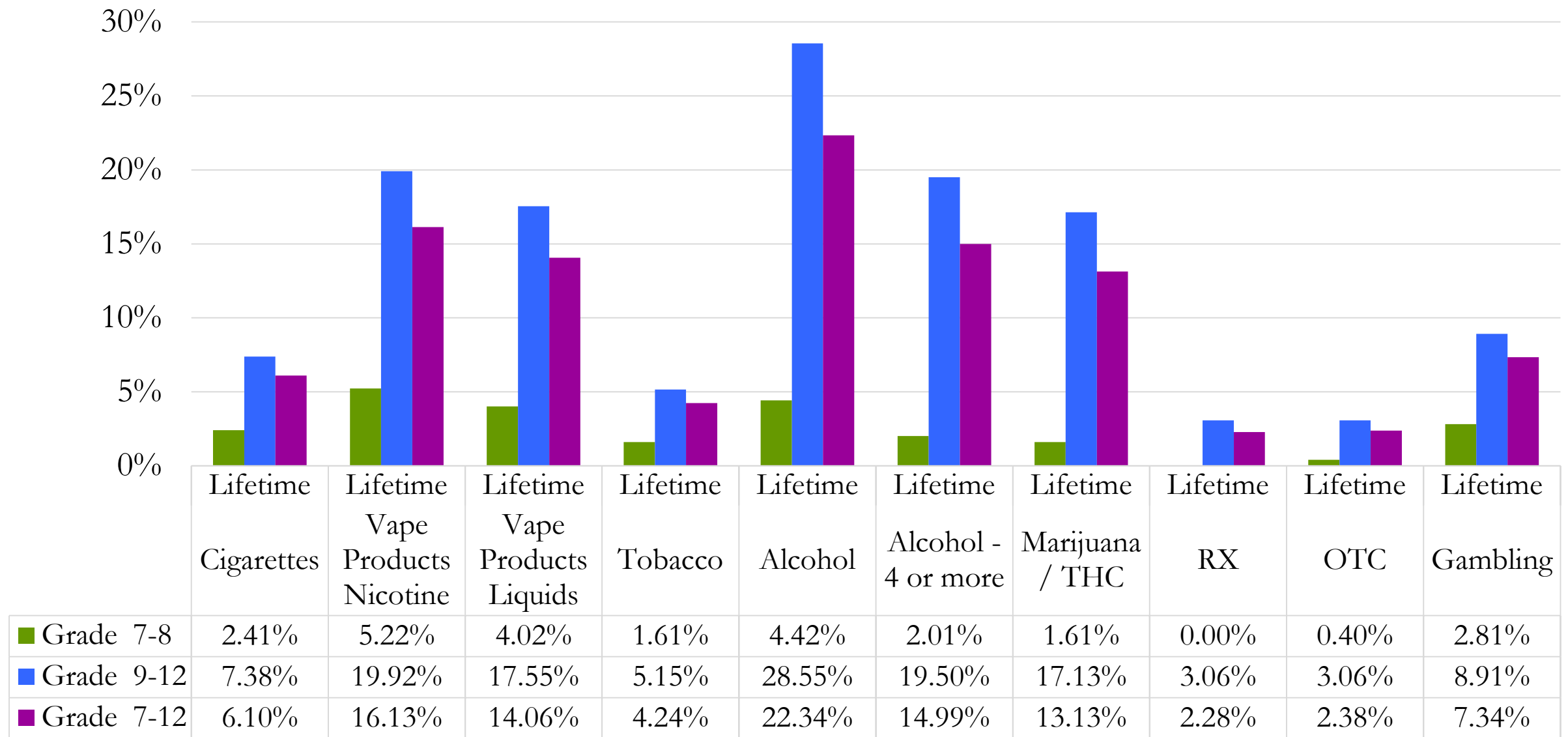
Comfort Seeking Help by Source-Family and School



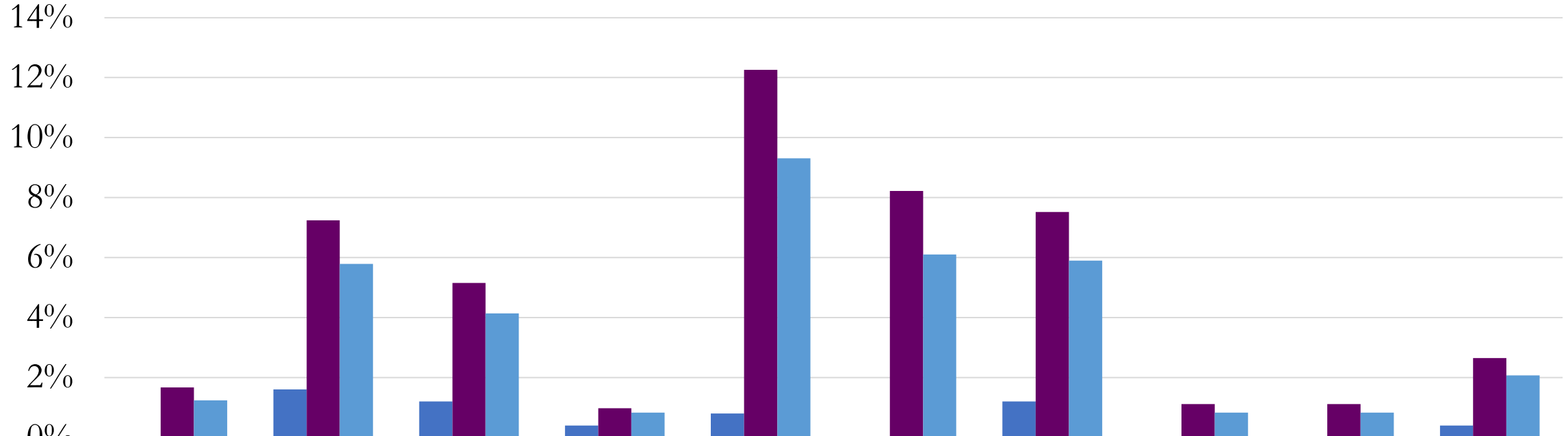
	No	Yes	No	Yes	No	Yes	No	Yes
	Parent/guardian		Friends		School Staff		Other Trusted Adult	
■ Grade 7-8	12.0%	70.1%	11.5%	54.7%	34.8%	24.0%	23.0%	44.3%
■ Grade 9-12	10.1%	64.4%	6.5%	68.7%	39.8%	18.6%	23.9%	38.3%
■ Grade 7-12	10.6%	65.9%	7.8%	65.1%	38.5%	20.0%	23.7%	39.8%

Substance Use and Perceptions

Lifetime Use of CORE Substances and Gambling

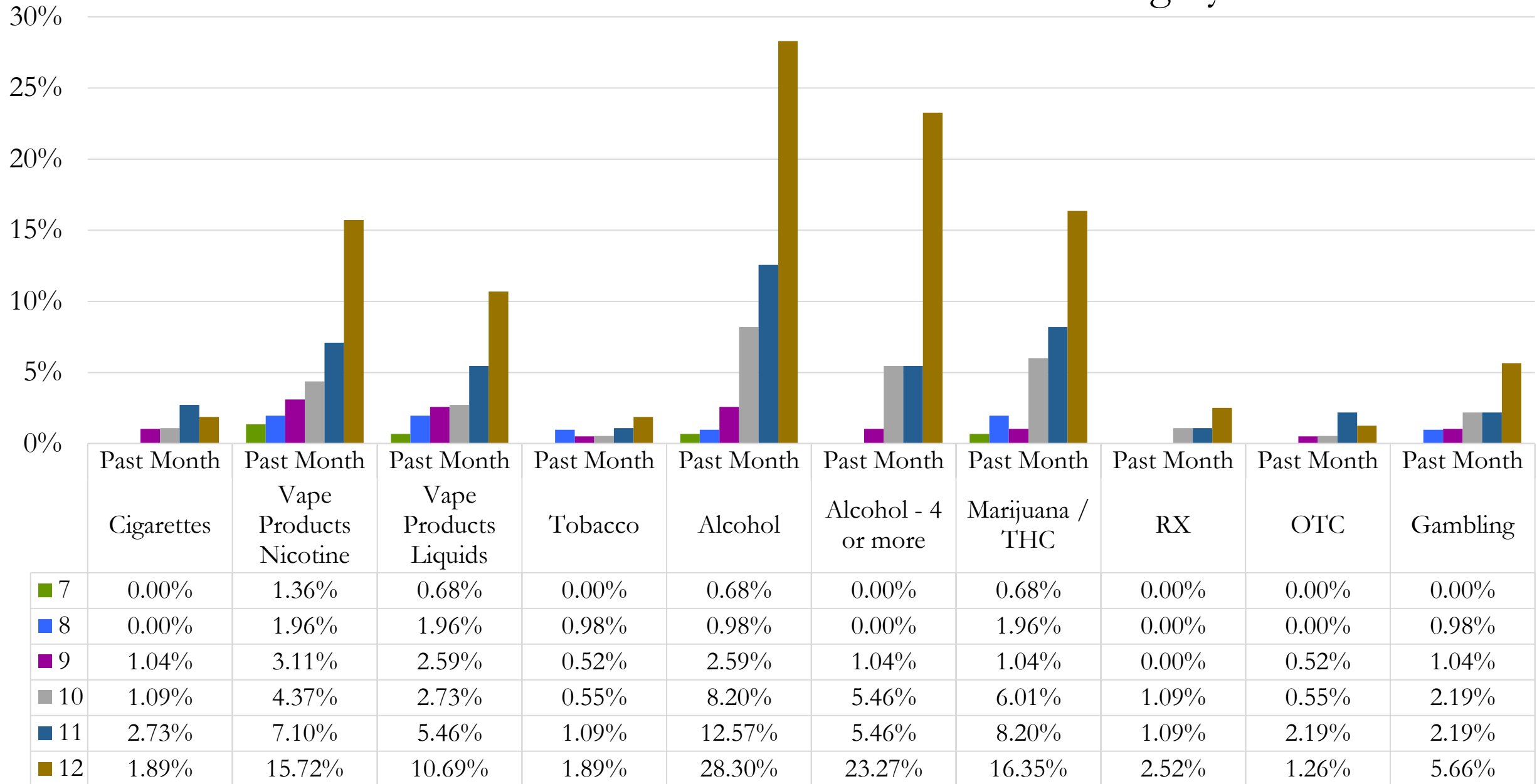


Past Month Use of CORE Substances and Gambling

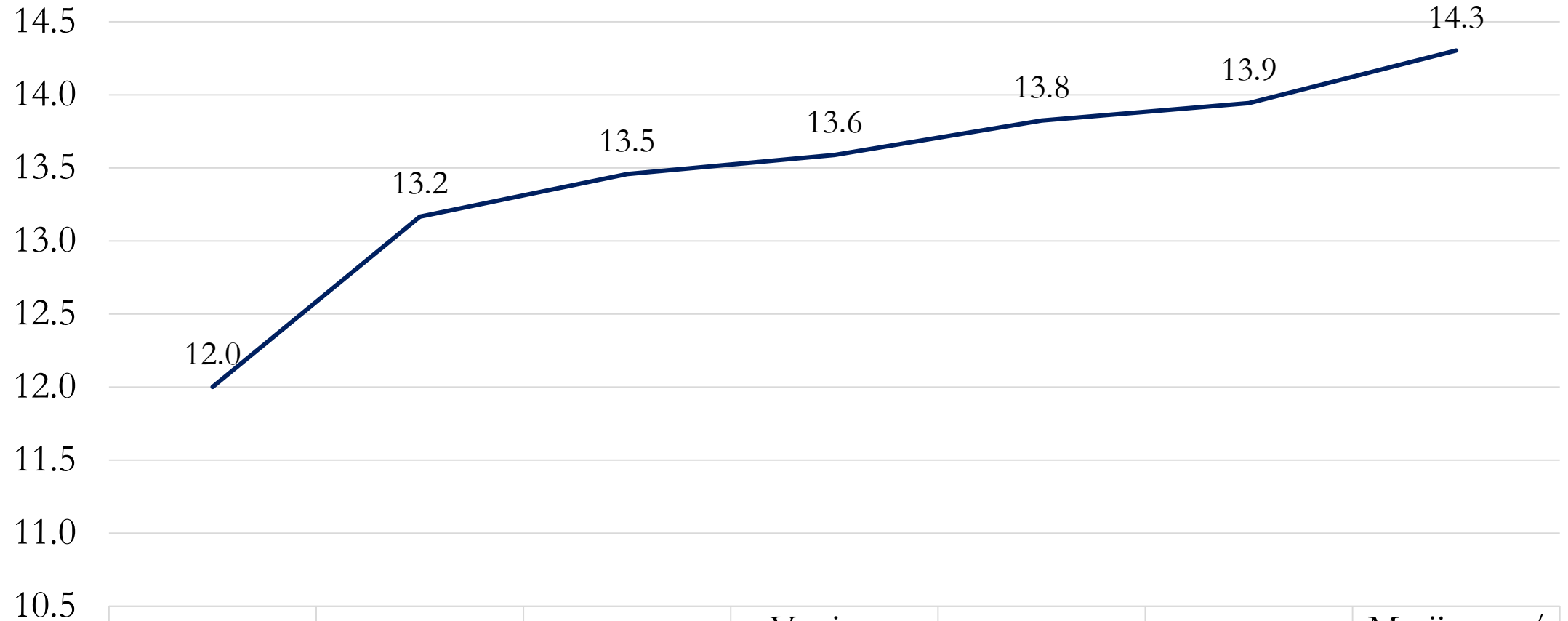


	Past Month Cigarettes	Past Month Vape Products Nicotine	Past Month Vape Products Liquids	Past Month Tobacco	Past Month Alcohol	Past Month Alcohol - 4 or more	Past Month Marijuana / THC	Past Month RX	Past Month OTC	Past Month Gambling
■ Grade 7-8	0.00%	1.61%	1.20%	0.40%	0.80%	0.00%	1.20%	0.00%	0.00%	0.40%
■ Grade 9-12	1.67%	7.24%	5.15%	0.97%	12.26%	8.22%	7.52%	1.11%	1.11%	2.65%
■ Grade 7-12	1.24%	5.79%	4.14%	0.83%	9.31%	6.10%	5.89%	0.83%	0.83%	2.07%

Past Month Use of CORE Substances and Gambling by Grade

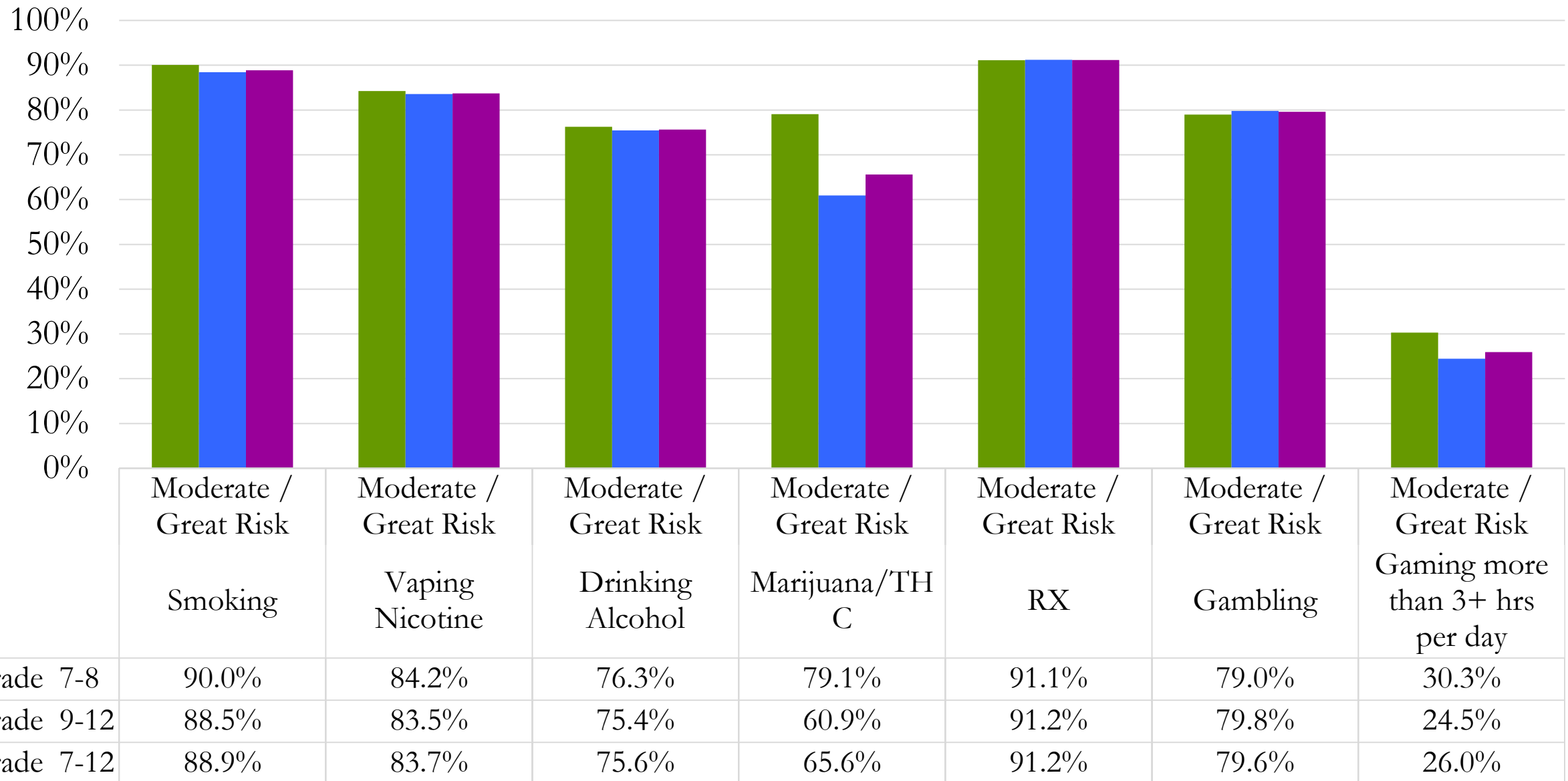


Age of First Use, in Years

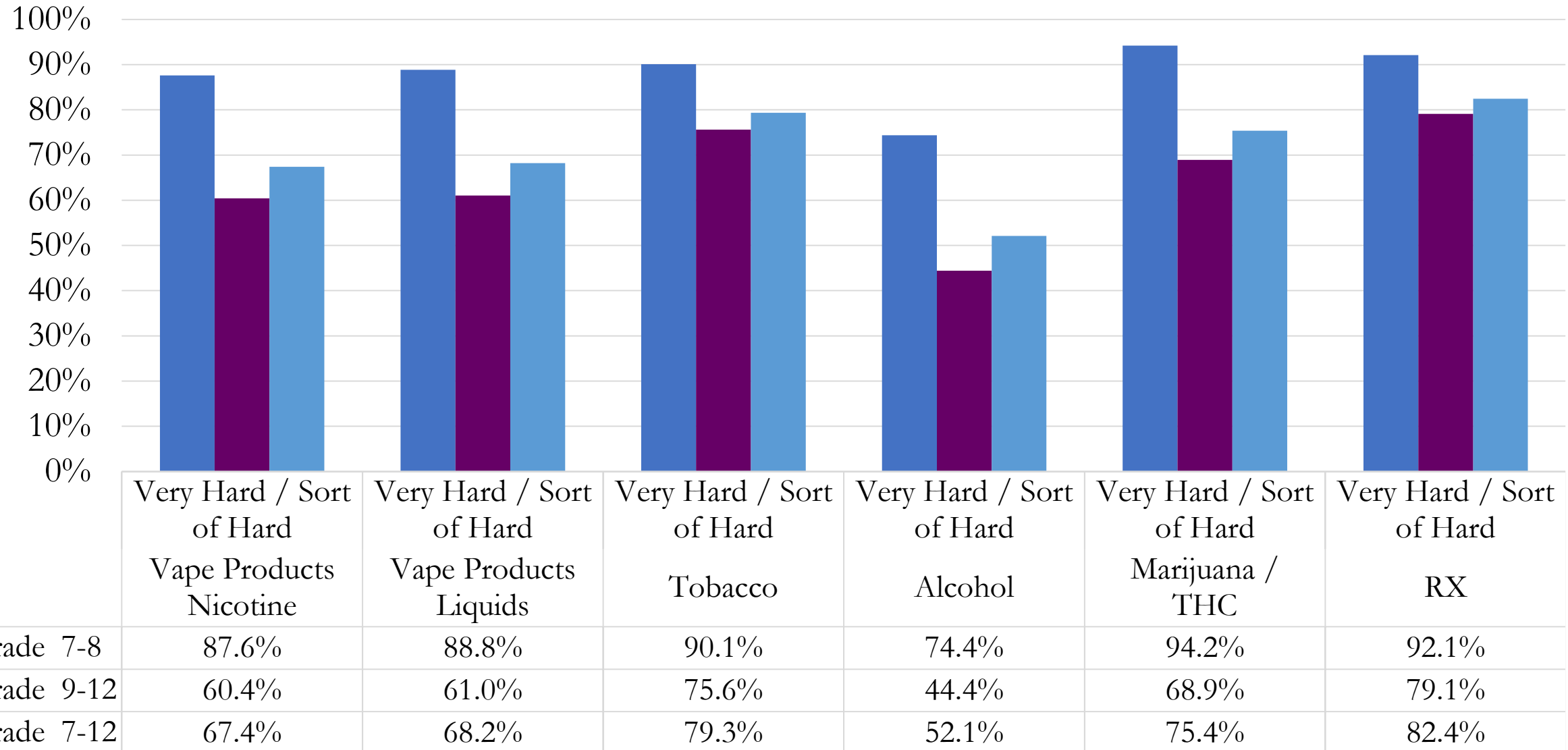


	Gambling	OTC	Cigarettes	Vaping - Nicotine	Rx	Alcohol	Marijuana / THC
Age in Years	12.0	13.2	13.5	13.6	13.8	13.9	14.3

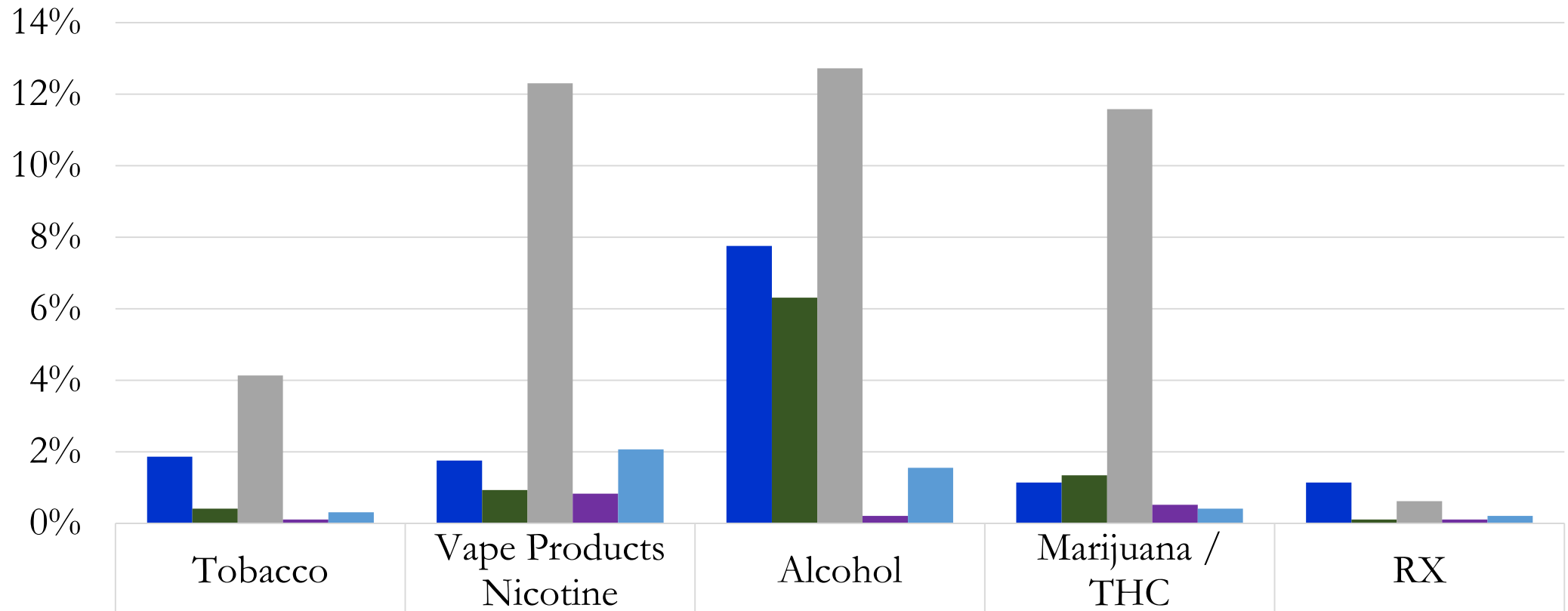
Perception of Risk/Harm



Ease of Access-of Youth That Accessed Substances

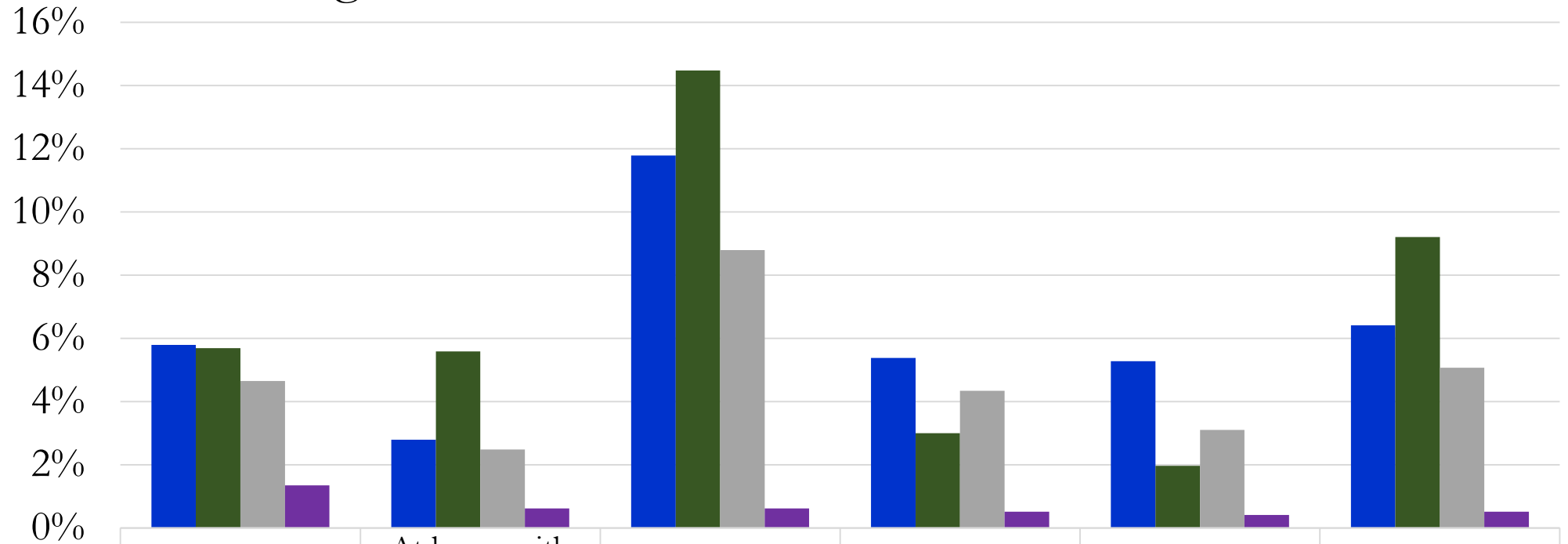


Where Substances Are Acquired Most Often Amongst Lifetime Users Grades 7-12



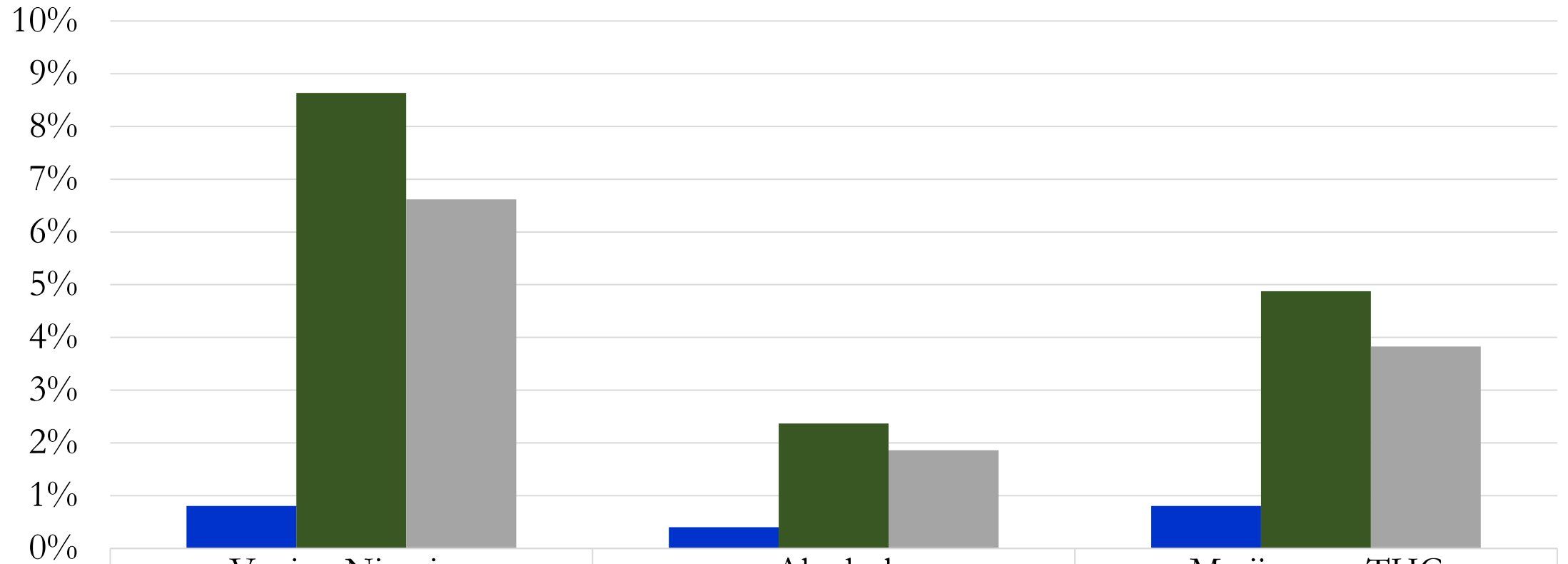
■ Home w/o Parents	1.9%	1.8%	7.8%	1.1%	1.1%
■ Home w/ parents	0.4%	0.9%	6.3%	1.3%	0.1%
■ Friends/Peers	4.1%	12.3%	12.7%	11.6%	0.6%
■ Internet	0.1%	0.8%	0.2%	0.5%	0.1%
■ Store	0.3%	2.1%	1.6%	0.4%	0.2%

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



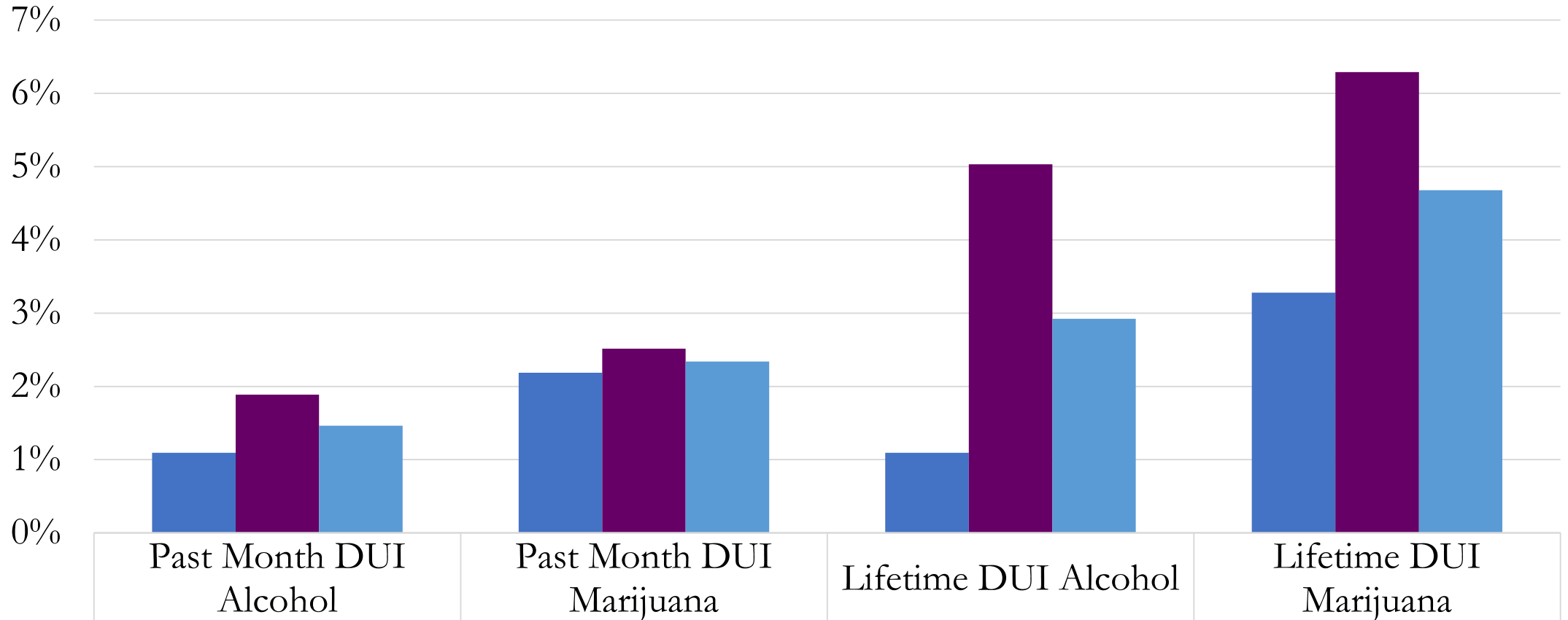
	At home, alone	At home with my parent(s)/guardian present	With friends at my home or my friends' home	In the woods, at the park or on the street	In a car	At a party
■ Vaping Nicotine and Liquids	5.8%	2.8%	11.8%	5.4%	5.3%	6.4%
■ Alcohol	5.7%	5.6%	14.5%	3.0%	2.0%	9.2%
■ Marijuana / THC	4.7%	2.5%	8.8%	4.3%	3.1%	5.1%
■ RX	1.3%	0.6%	0.6%	0.5%	0.4%	0.5%

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



	Vaping Nicotine	Alcohol	Marijuana - THC
■ Grade 7-8	0.8%	0.4%	0.8%
■ Grade 9-12	8.6%	2.4%	4.9%
■ Grade 7-12	6.6%	1.9%	3.8%

Driving Under the Influence Alcohol and Marijuana Grades 11 -12



■ Grade 11	1.1%	2.2%	1.1%	3.3%
■ Grade 12	1.9%	2.5%	5.0%	6.3%
■ Grade 11-12	1.5%	2.3%	2.9%	4.7%

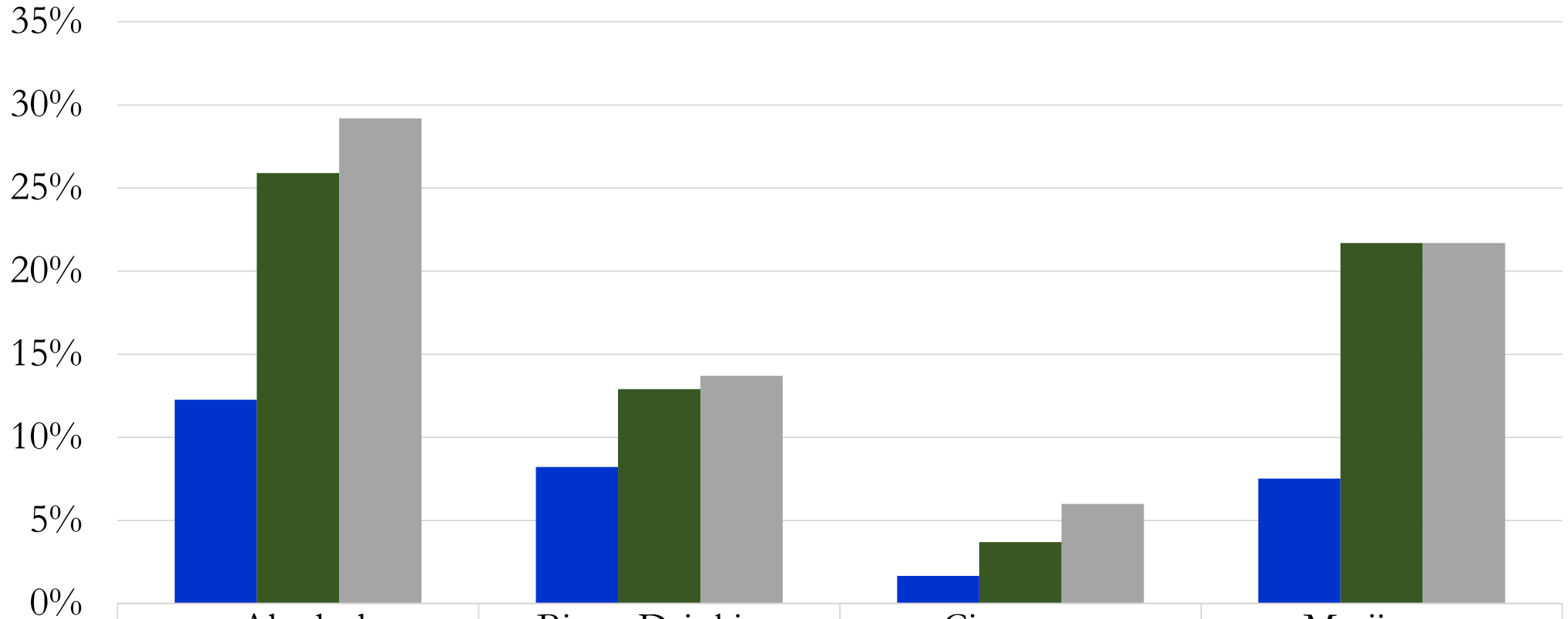
Risk Factors for Any Substances Use Grades 7-12

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.

RHAM youth who have used **any substance in their lifetime** are more likely to:

- Use more social media
- Feel connected with others because of social media
- Feel left out or excluded because of social media
- Feel good about themselves because of social media
- See something their parents would feel was inappropriate on social media
- Report home/family life as a source of anxiety
- Have thoughts of self-harm and acted on self-harm behavior
- Have reported boyfriend/girlfriend physical violence
- Have felt sad or hopeless and sad or hopeless two weeks in a row or more
- Feel less comfortable seeking support from a parent/guardian
- Feel less comfortable seeking support from school staff (teachers and counselors)
- Feel comfortable seeking support from Internet for mental health information
- Seek support from the faith community in MS whereas in HS youth are less likely to feel comfortable with this source of support
- Report less family rules for cigarettes, vaping liquids, vaping nicotine and marijuana/THC
- Report more family substance use problems
- Have less family rules about gambling, communicating with others via text and the amount of time spent on video games
- Perceive less parental disapproval for smoking cigarettes, vaping, alcohol use, marijuana use and gambling
- Perceived more peer approval for cigarettes, vaping, alcohol use, marijuana use, gaming (3+hrs/day) and gambling
- Perceive less risk in marijuana use and prescription drug misuse
- Have sent or posted a sexually explicit photo of themselves and have felt pressure to do so
- Have received a sexually explicit photo or sext

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

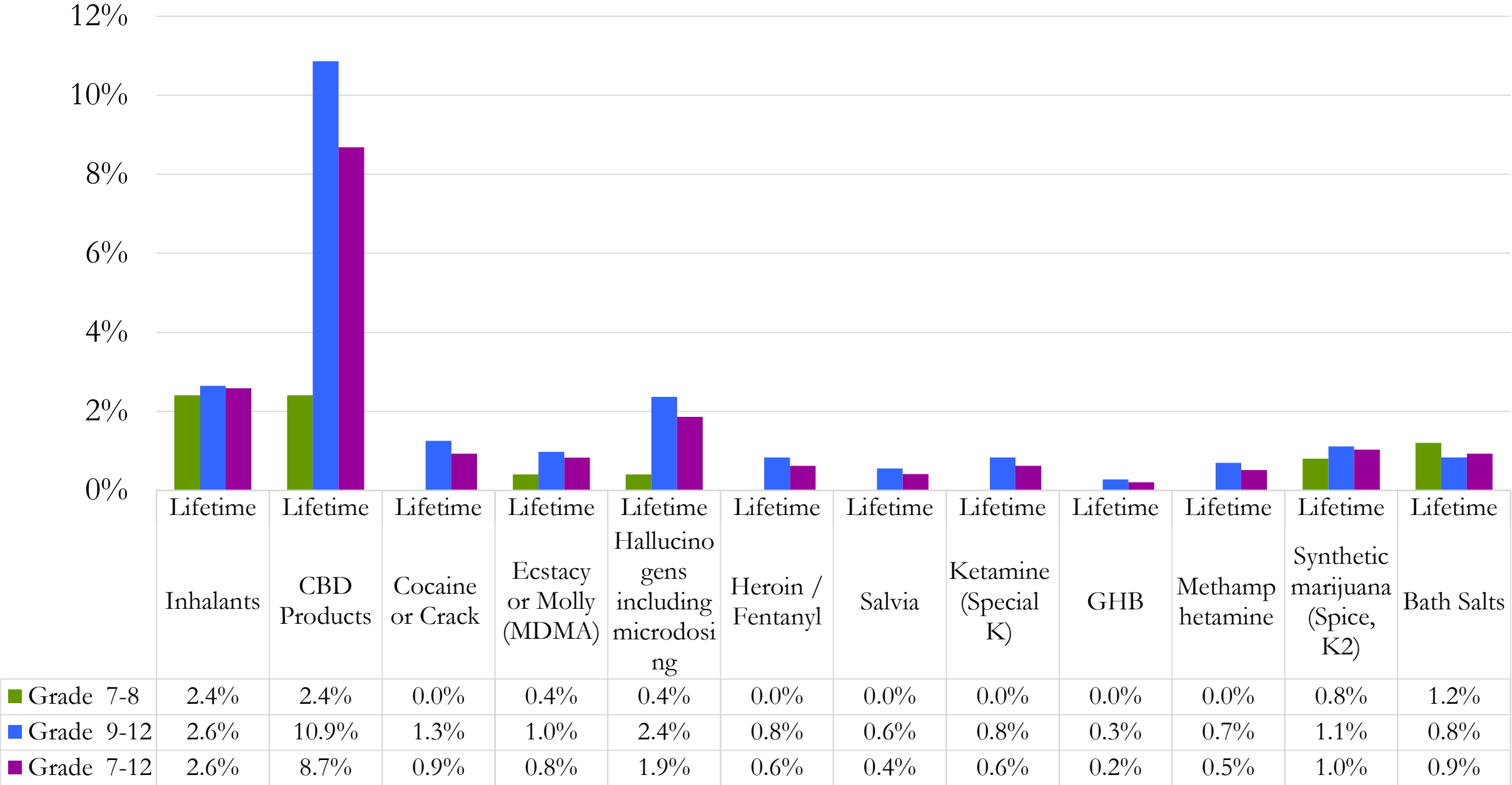


■ AHM (YVC)	Alcohol	Binge Drinking	Cigarettes	Marijuana
■ Connecticut (YRBSS)	12.3%	8.2%	1.7%	7.5%
■ National (YRBSS)	25.9%	12.9%	3.7%	21.7%
	29.2%	13.7%	6.0%	21.7%

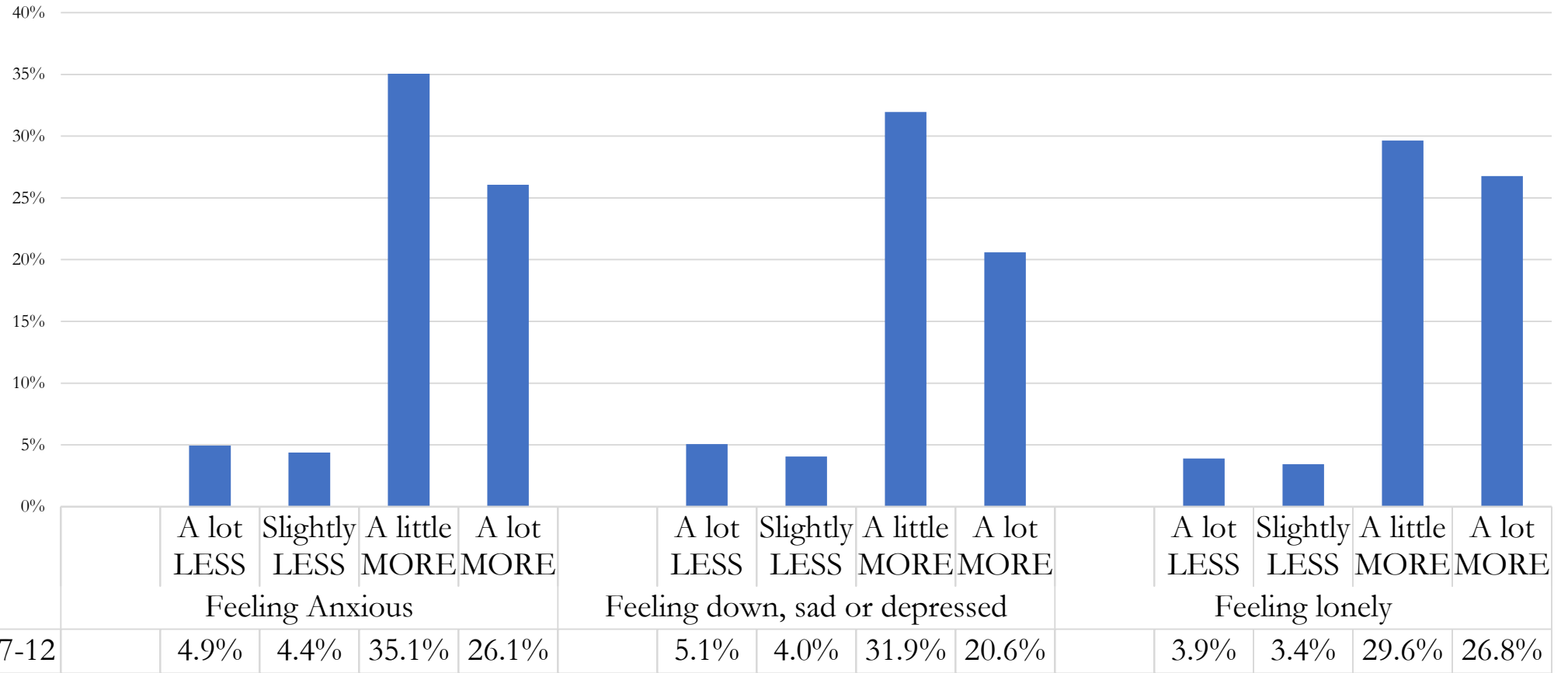
Past Month Substance Use and Gambling 2018 and 2020, Grades 9-12

	RHAM 2016	RHAM 2018	RHAM 2020	Percent Change
Alcohol	17.90%	16.70%	12.26%	-26.59%
Binge Drinking	9.50%	9.00%	8.22%	-8.67%
Cigarettes	4.20%	4.80%	1.67%	-65.21%
E-Cigarettes	13.60%	22.10%	Vaping-Nicotine 7.24% Vaping- Liquids 5.15%	-71.97%
Marijuana	13.40%	14.10%	7.52%	-46.67%
Prescription Drugs	4.60%	3.40%	1.11%	-67.35%
Gambling	6.60%	7.80%	2.65%	-66.03%

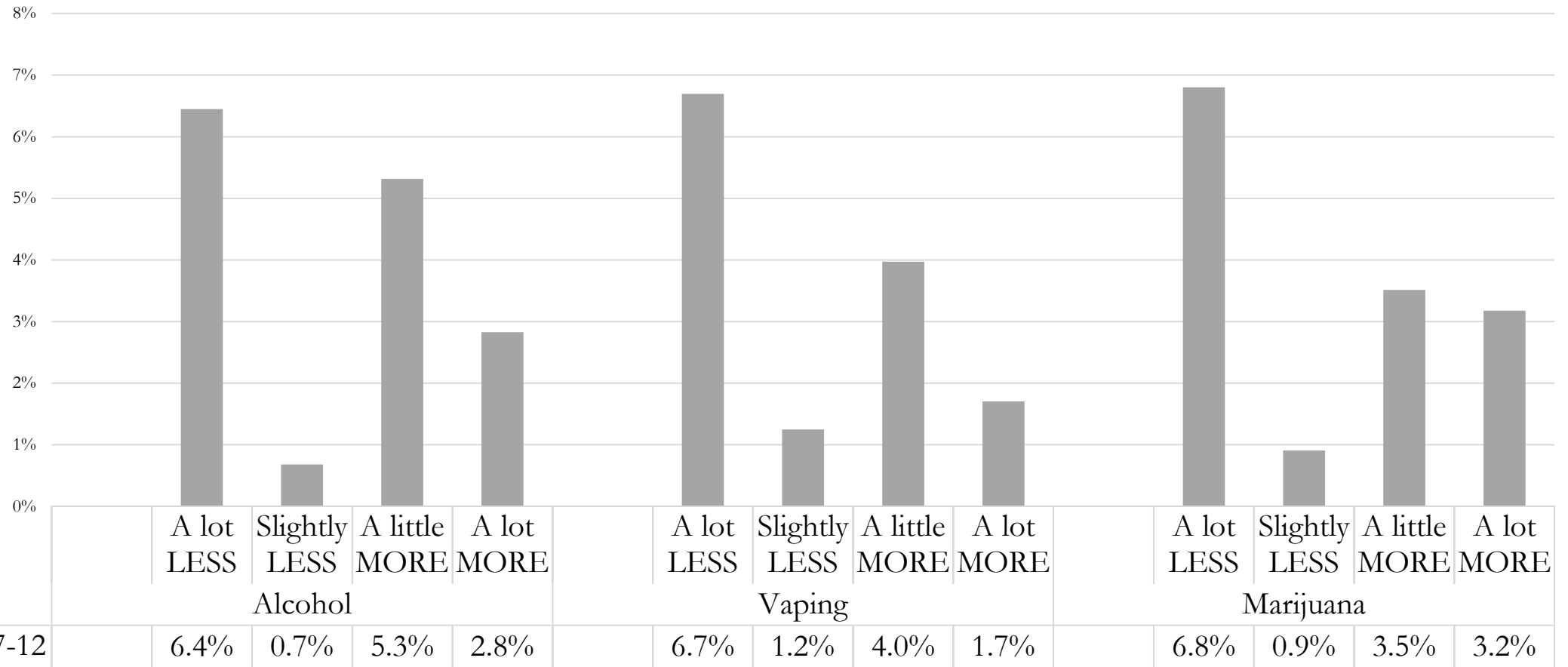
Lifetime Other Substance Use



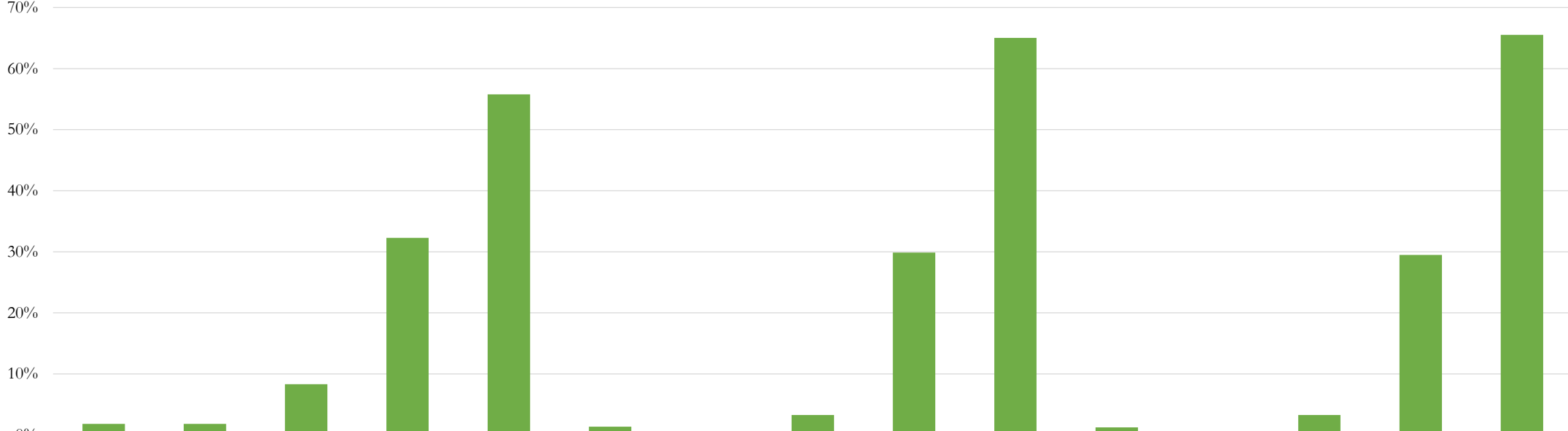
COVID Impact on Emotional Well Being



COVID Impact on Substance Use



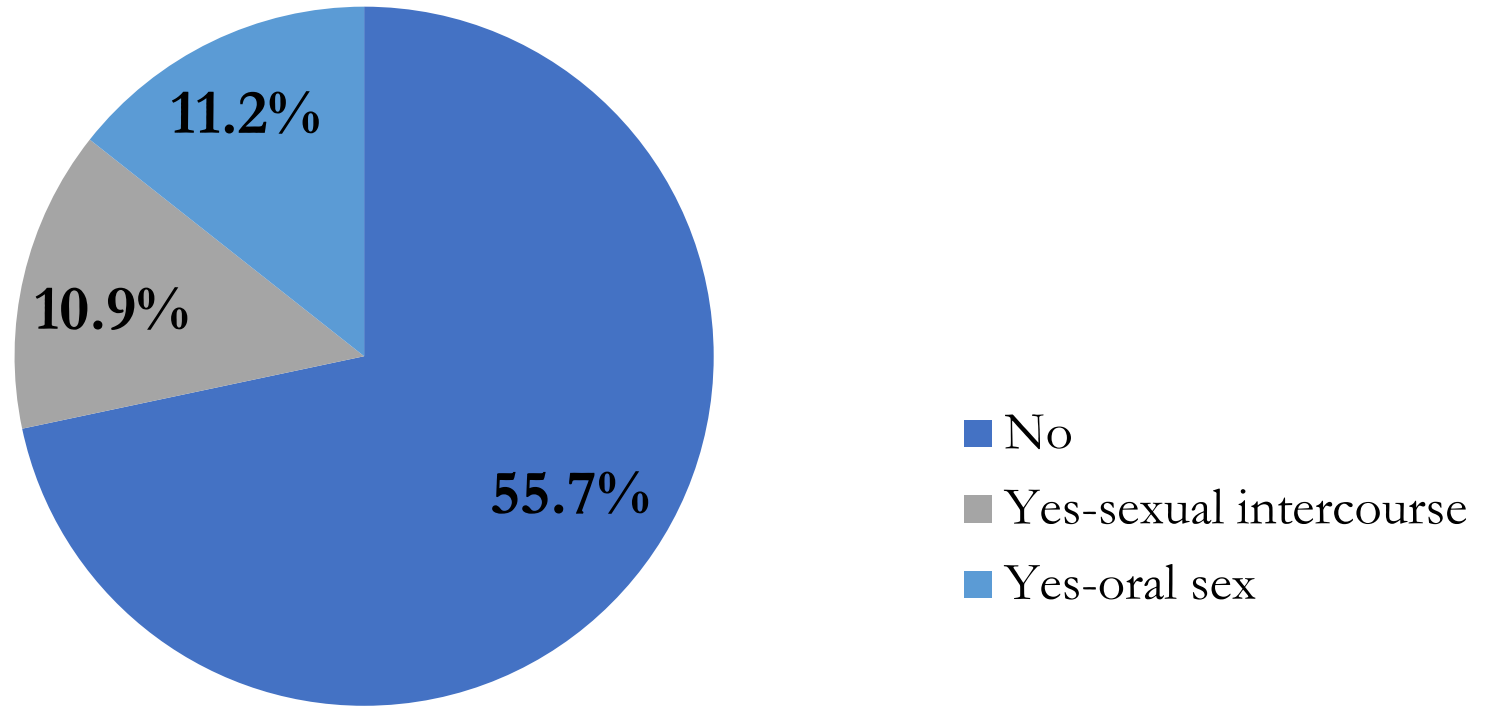
COVID Impact on Safety and Needs



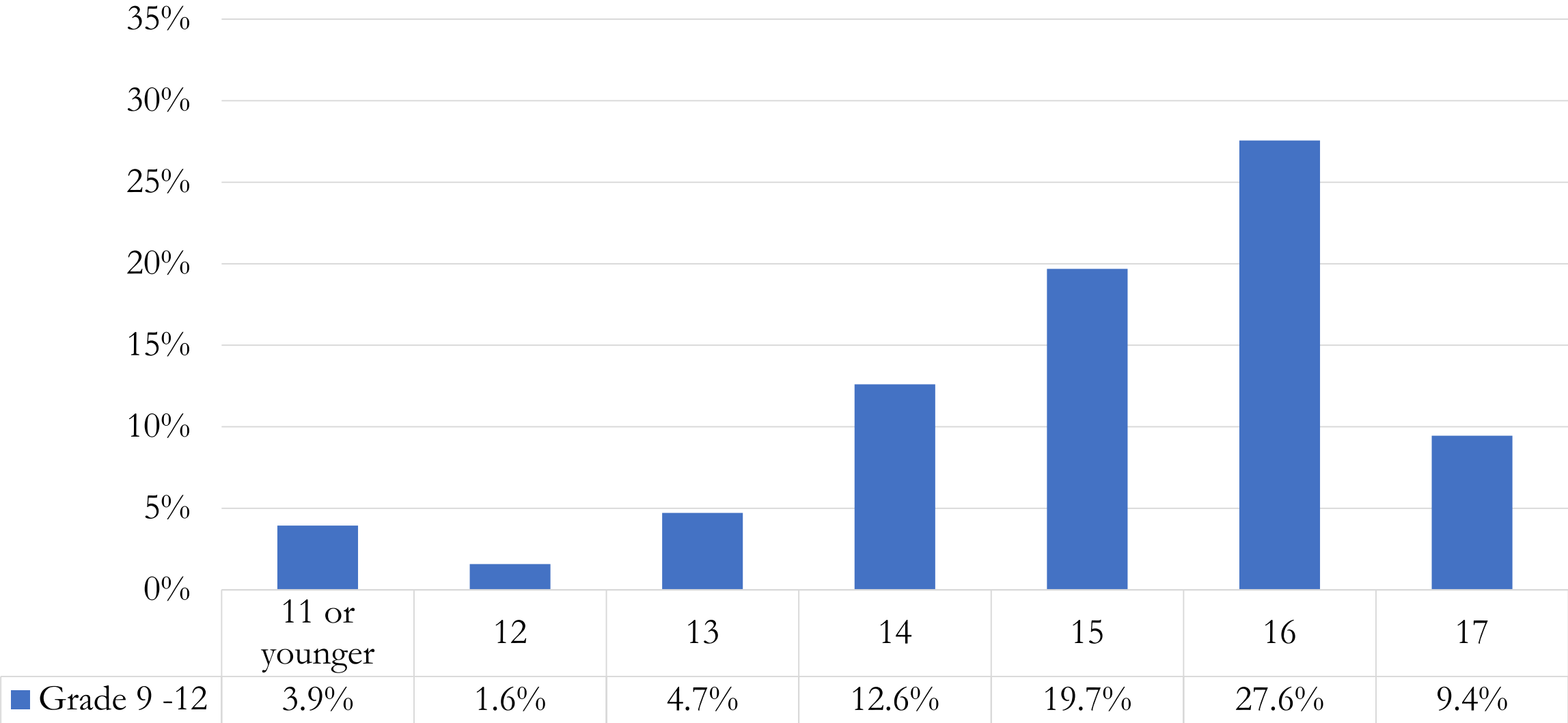
■ Grade 7-12	1.8%	1.8%	8.3%	32.3%	55.8%	1.4%	0.5%	3.3%	29.9%	65.1%	1.2%	0.5%	3.3%	29.5%	65.5%
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Sexual Behaviors
High School, Grades 9-12 Only

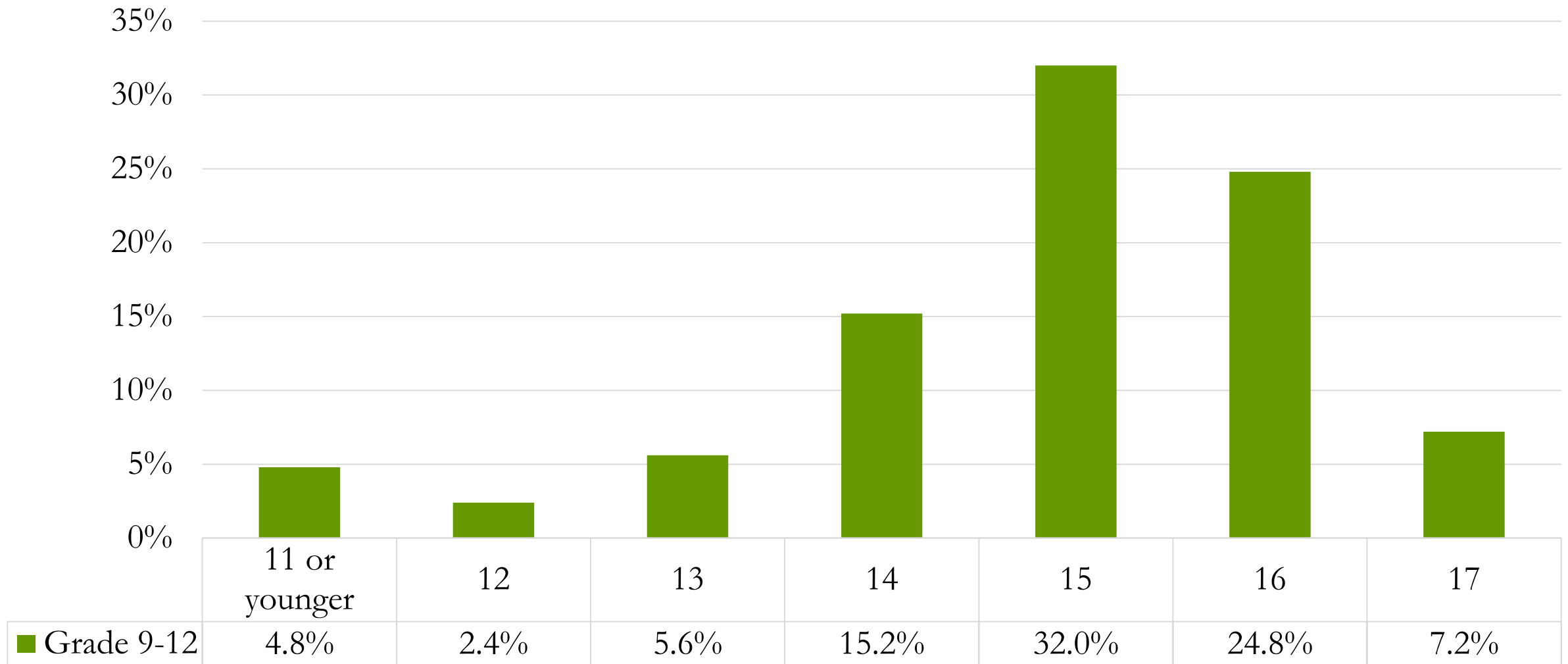
Grades 9 -12 Lifetime Sexual Activity



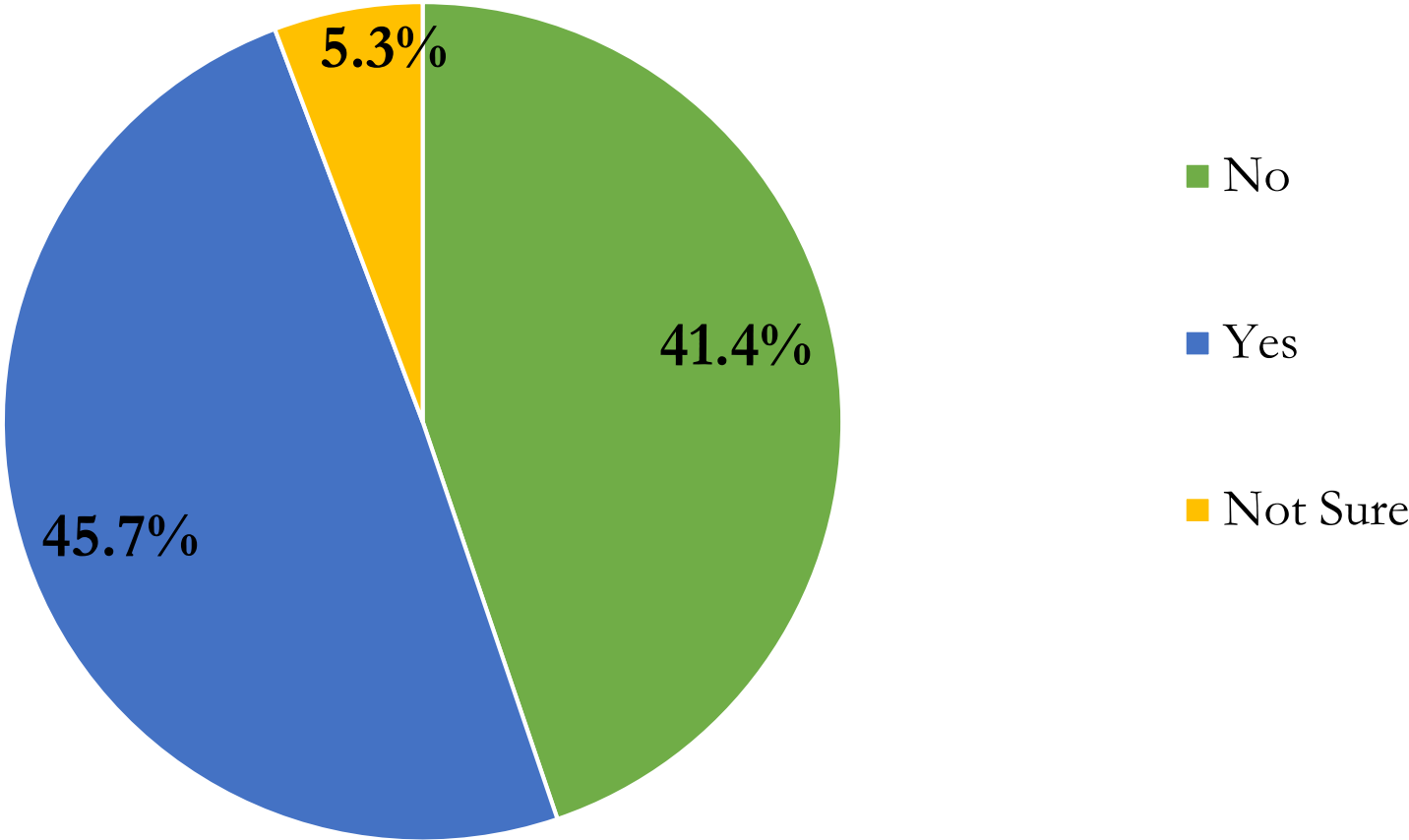
Sexual Intercourse Age of Initiation Grade 9 -12



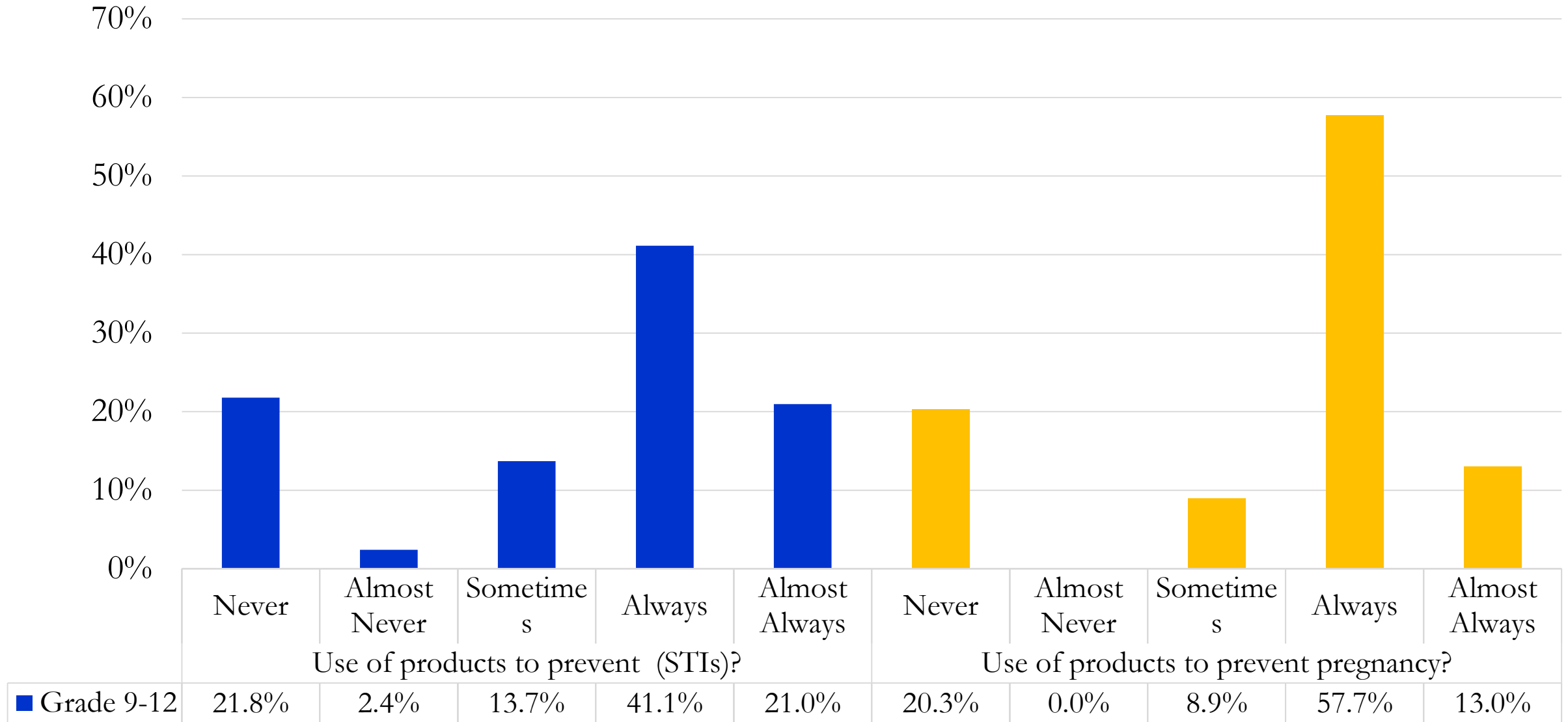
Oral Sex Age of Initiation Grade 9 -12



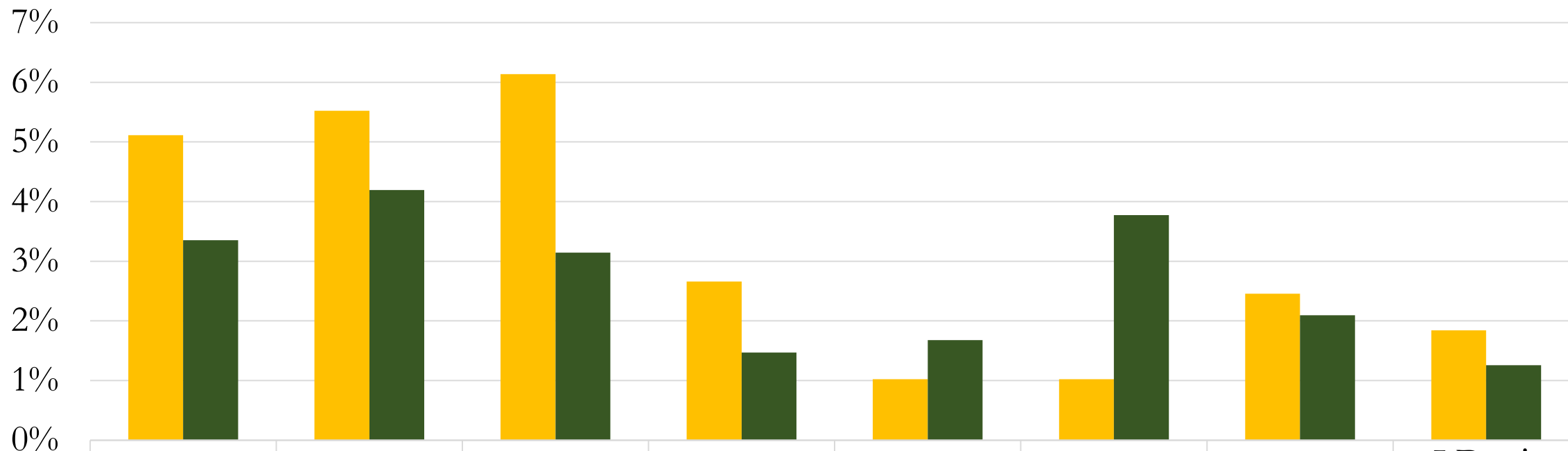
Sex Talk with Parents- Status of Having Talked with Parent/Guardian
About Birth Control, Risks of STIs, Delaying Pregnancy



Sexually Transmitted Infection and Pregnancy Prevention Grade 9-12

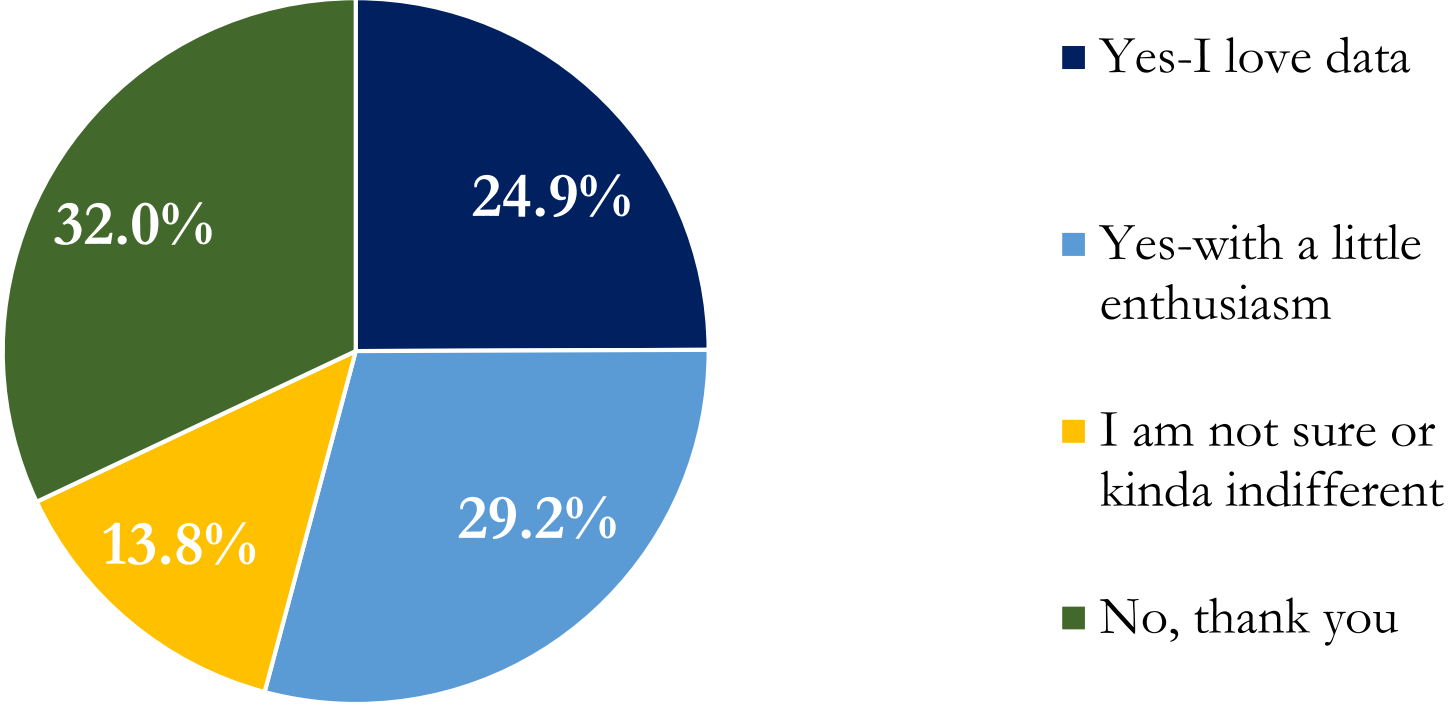


Perceived Barriers to Prevention of STIs and Pregnancy Grade 9-12, by Biological Sex



	Cost	Embarrassed to Buy	Worried Parents Will Find Out	Getting to a doctor	Partner doesn't want to	I don't want to	Planning Ahead to Have Products	I Don't Know What Product or How to Use
Female	5.1%	5.5%	6.1%	2.7%	1.0%	1.0%	2.5%	1.8%
Male	3.4%	4.2%	3.1%	1.5%	1.7%	3.8%	2.1%	1.3%

Would you like to see the data and information that is being collected by this survey when it is available?



54.2% of students report they would like to see the data from the survey