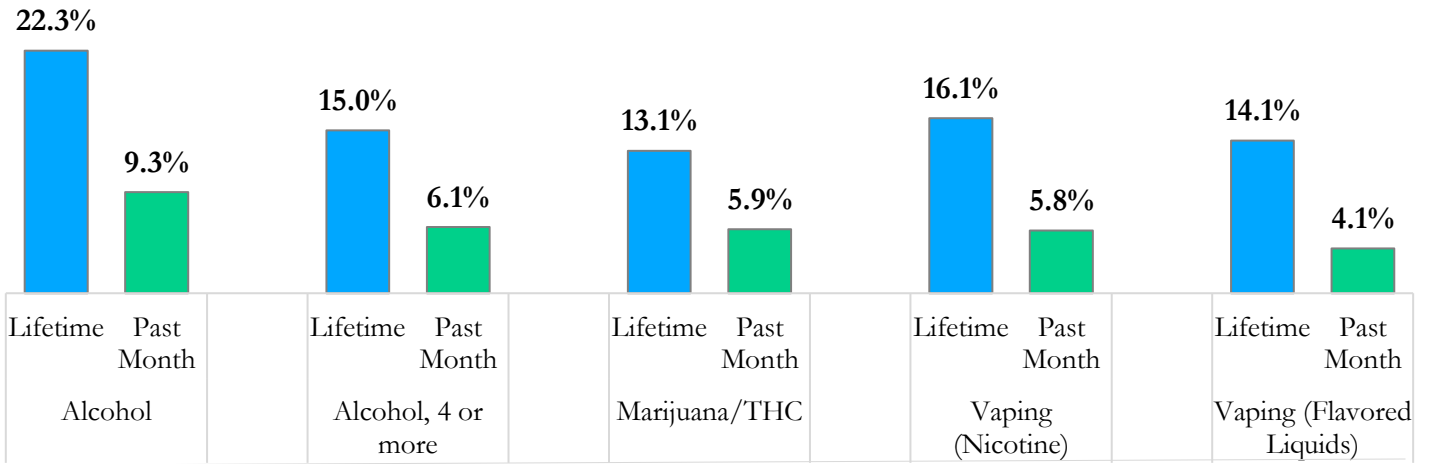




Fall semester 2020, students from RHAM Middle School and RHAM High School in grades 7-12 participated in the Youth Voices Count Survey on youth lifestyles, substance use, mental health, bullying and related risk and protective factors. 75% of students responded (967 students).

Alcohol is the most commonly used substance among youth

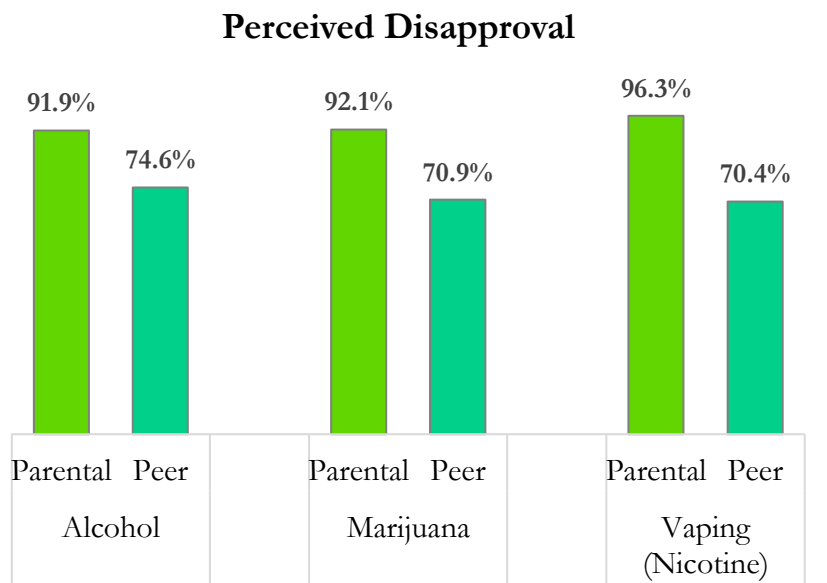


1% of AHM youth reported using **synthetic marijuana** in their lifetime and **0.6%** report having ever used **heroin/fentanyl** in their lifetime. While these percentages are low, they are of concern because experimentation with these substances can be fatal.

AHM youth who have used **any substance in their lifetime** are more likely to have increased behavioral health concerns including: self-harm thoughts and behaviors, feeling sad or hopeless two weeks in a row or more, and feel less comfortable seeking support from a parent/guardian or school staff.

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, marijuana, or vape nicotine.



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

VAPING NICOTINE

83.7%

BINGE DRINKING

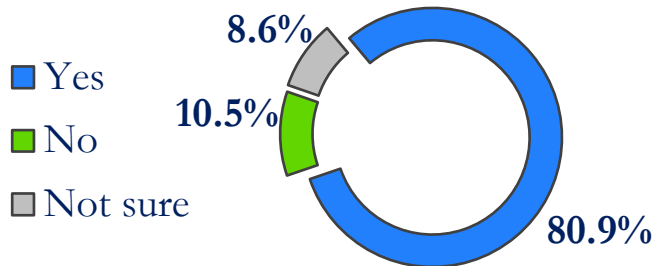
75.6%

MARIJUANA/ THC

65.6%

Marijuana ranks **the lowest** for perceived risk among AHM youth.

Perception of Clear Family Rules around Drinking Alcohol



81% of AHM youth (grades 7-12) report clear family rules around alcohol use, compared to 91% around vaping, and 88% around marijuana.

Access



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

- Friends/peers
- Home without parents' permission

Marijuana/THC from:

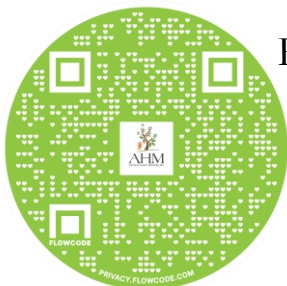
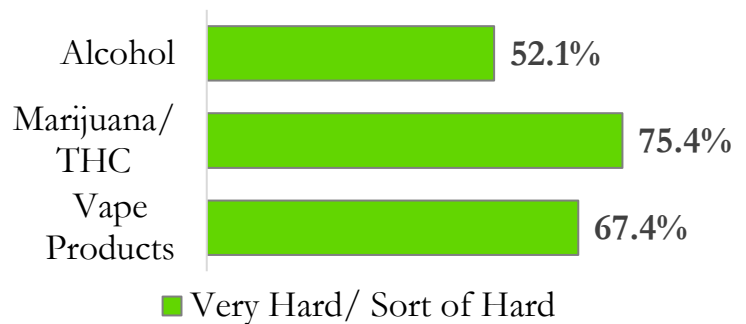
- Friends/peers
- Home with parents' permission

Vape Products from:

- Friends/peers
- Store

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.

Ease of Access- of Youth that Accessed Substances



For more information visit our website or find us on social media

<https://ahmyouth.org/programs-services/prevention-programs/>

