

Stamford Youth Voices Count Survey Results, 2024

Presented By:

Bonnie Smith MPH, CPH, CPS and Kirsten Carew MPH

B. Weyland Smith Consulting

Background

- May 2024, students from Stamford Public Schools in grades 7-12 participated in the Youth Voices Count Survey on youth lifestyles, substance use, mental health, 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



Analysis

- Subgroup analysis is performed by race/ethnicity, biological sex and sexual identity to allow for the Local Prevention Council and other organizations to utilize the data to target groups experiencing greater behaviors of concern.
- The full survey report includes analysis of these statistically significant demographic differences.



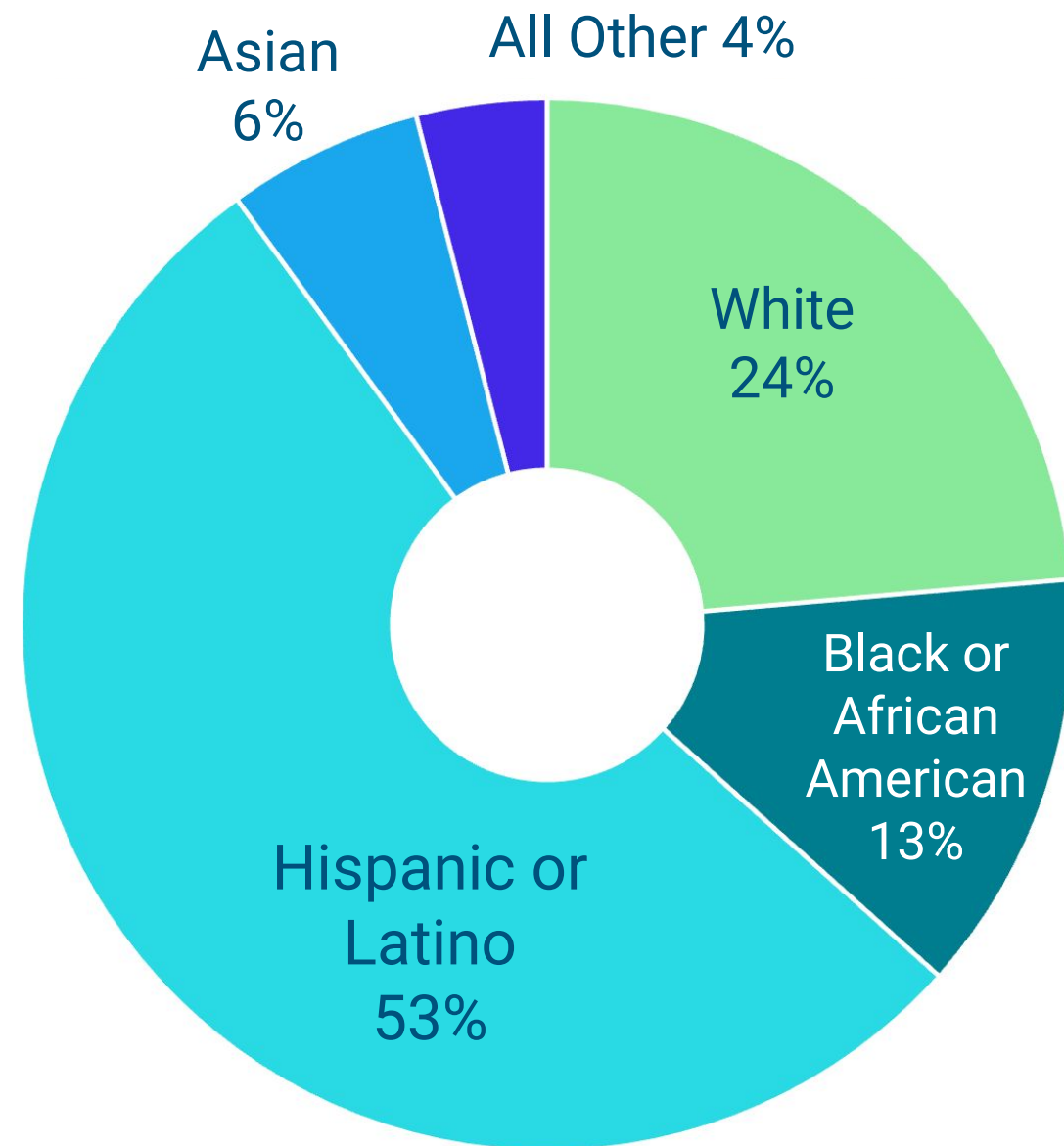
Response Rate

Sample Response Rates	Sample Count	Population Count	Response Rate (%)
Grade 7	578	1209	47.81%
Grade 8	439	1211	36.25%
Grade 9	811	1393	58.22%
Grade 10	754	1278	59.00%
Grade 11	637	1250	50.96%
Grade 12	600	1137	52.77%
Grades 7-8	1017	2420	42.02%
Grades 9-12	2802	5058	55.40%
Grades 7-12	3819	7478	51.07%

* 8 Students did not select a grade

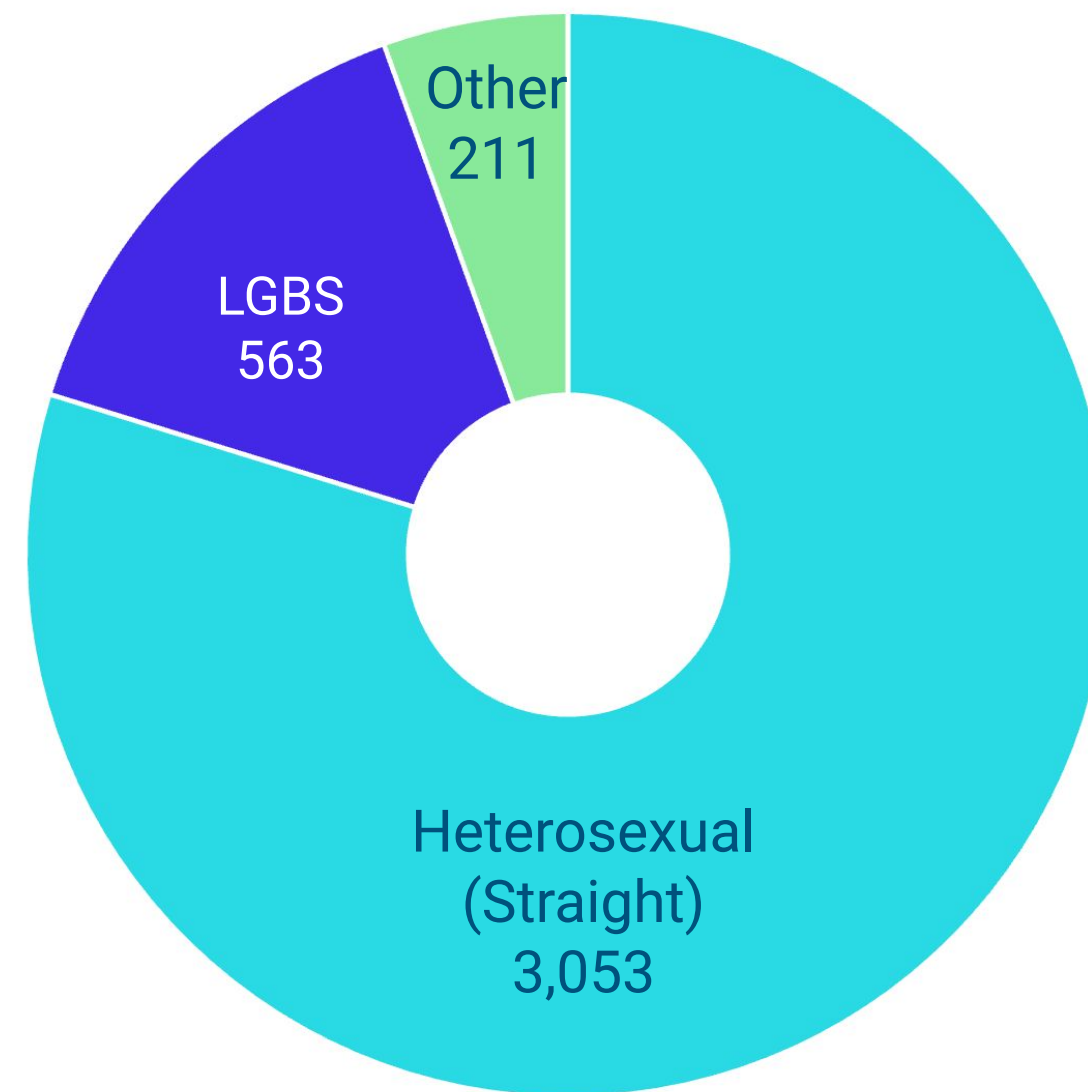
Race/Ethnicity

Grades 7 -12



Sexual Identity

Grades 7 -12



Risk Factor & Protective Factor Definitions

- **Protective factors** are characteristics associated with a lower likelihood of negative outcomes or that reduce a risk factor's impact.
- **Risk factors** are characteristics at the biological, psychological, family, community, or cultural level that are associated with a higher likelihood of negative outcomes.

Source: [SAMHSA](#)



14% do not feel safe in their community and 22% don't at school

RISK FACTORS

Grades 7-12



23% almost always or always feel anxious



18% report more than 4 hours alone on weekdays WITHOUT adult supervision.



68% of youth report getting 7 hours or less of sleep.



21% report feeling sad or hopeless (2 weeks in a row).



89% report having a trusted adult

PROTECTIVE FACTORS

Grades 7-12



86% feel safe in the community



79% feel safe at school

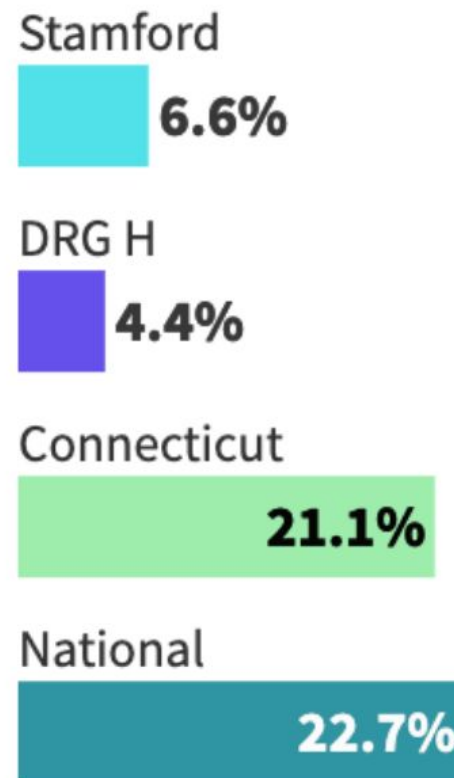


83% report they know how to get help.

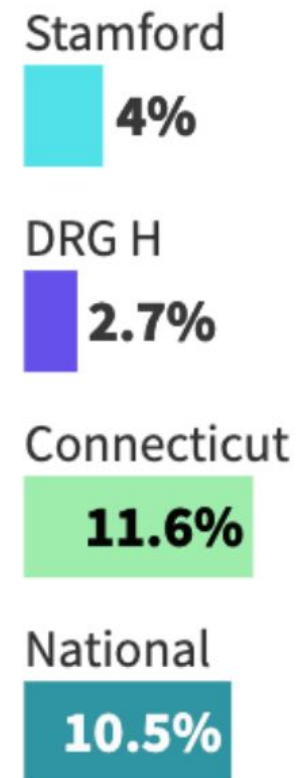
PAST MONTH RATE COMPARISONS TO REGIONAL, STATE, AND NATIONAL, GRADES 9-12



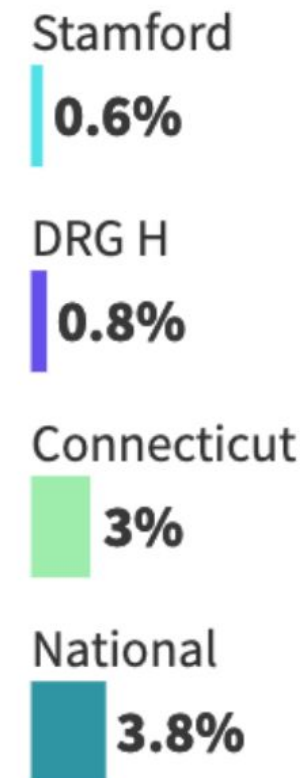
ALCOHOL



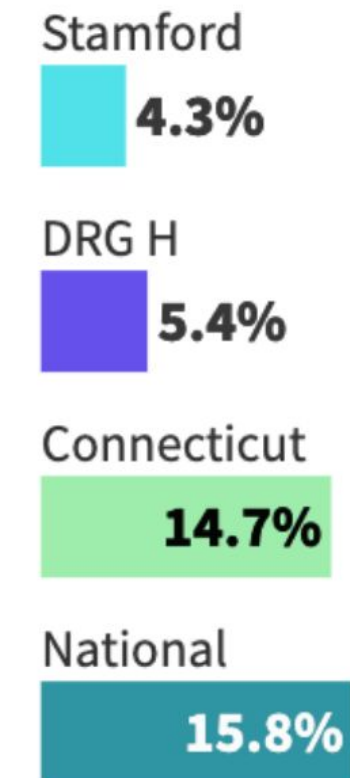
BINGE DRINKING



CIGARETTES



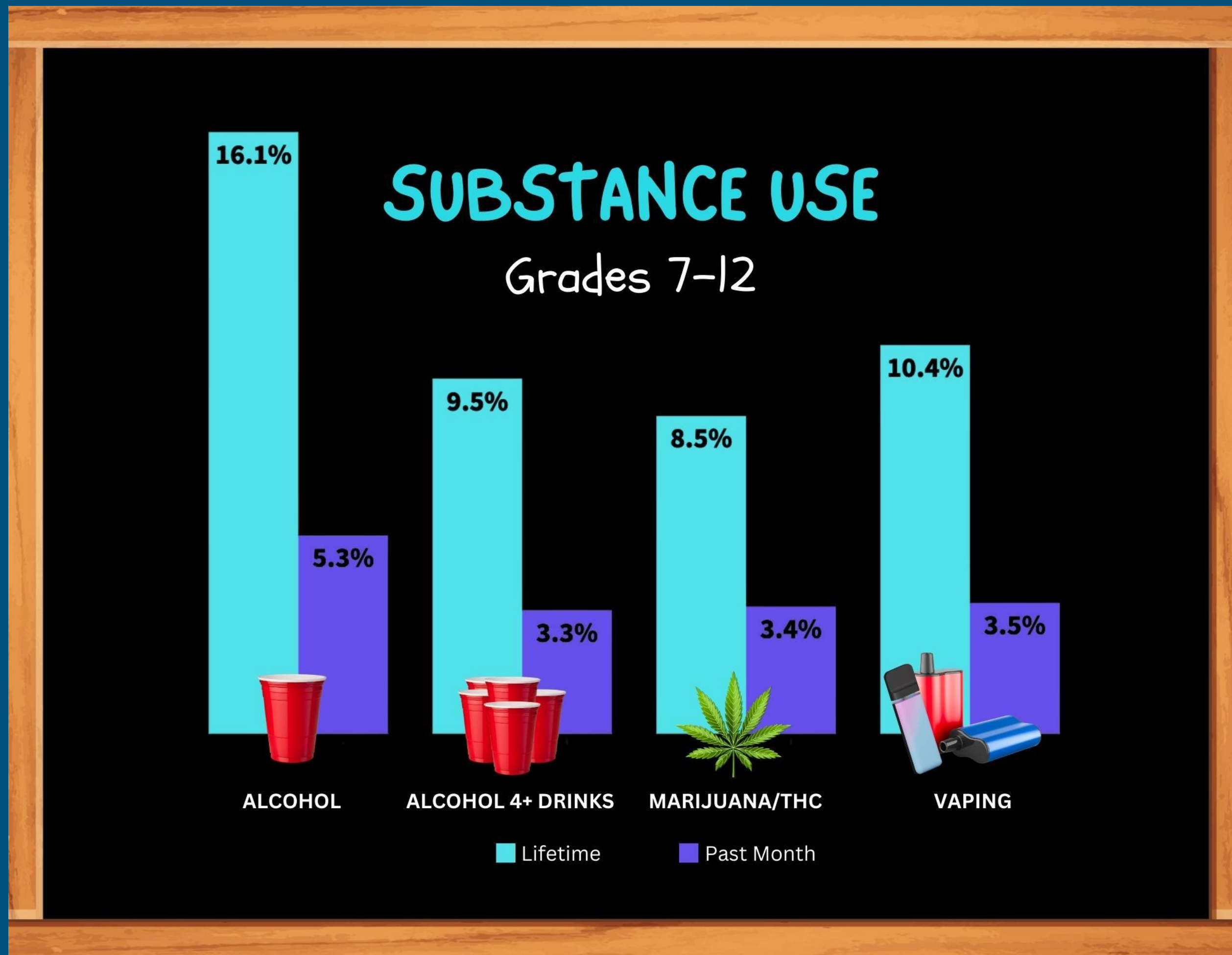
MARIJUANA



Data Sources:
YRBSS 2021 and
CT YRBS 2023

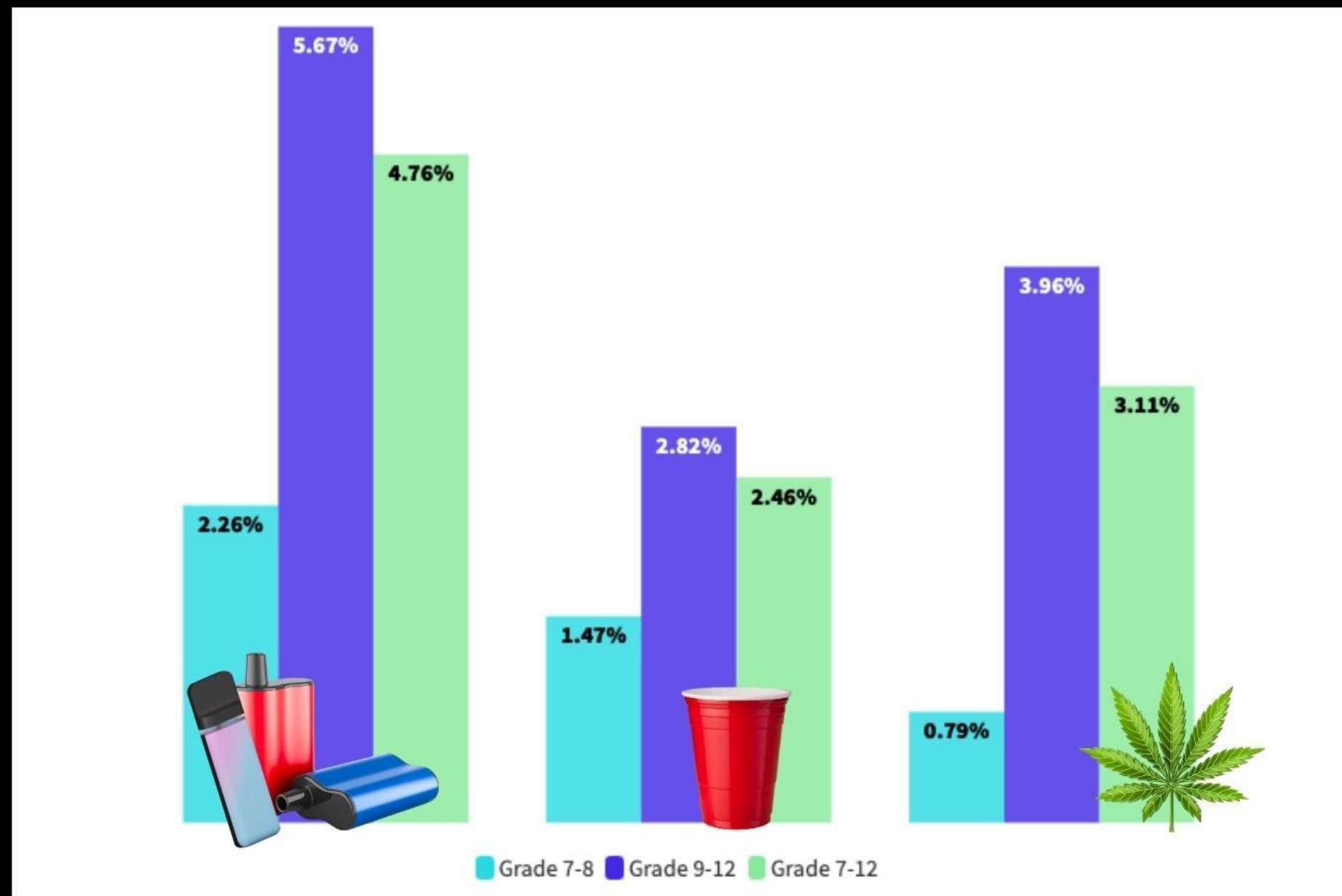
Stamford
Prevention
Council

Youth in Stamford who **have used any substance in their lifetime** are more likely to feel unsafe in their community, experience depression, have thoughts of self-harm, acts of self-harm, or consider attempting suicide.



HAVE YOU EVER USED ALCOHOL OR SUBSTANCES AT SCHOOL OR SCHOOL EVENTS?

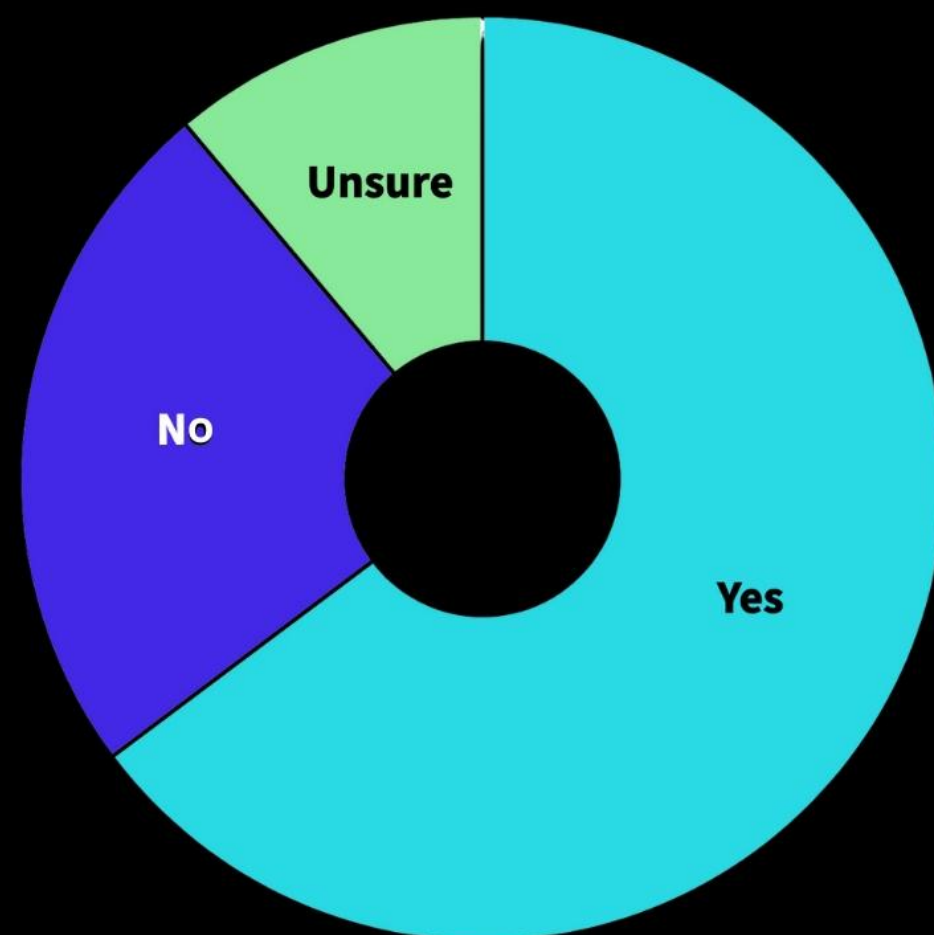
Amongst Lifetime Users



Question: Please choose how true this statement is for you: My family has clear rules or expectations **discouraging** me from the following:

PERCEPTION OF CLEAR RULES AROUND UNDERAGE DRINKING

Grades 7 - 12

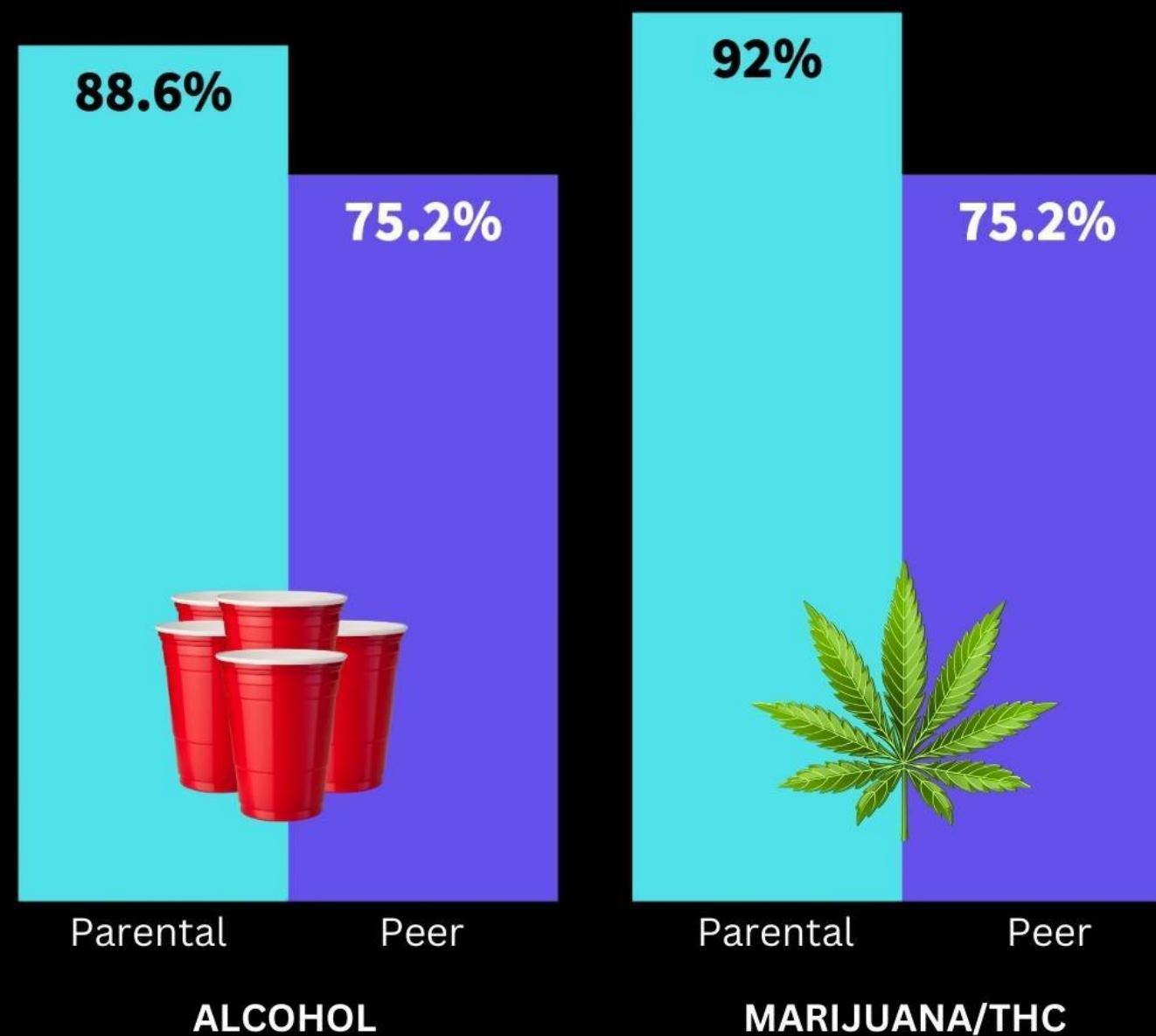


Only 64.7% of Stamford youth report clear family rules around alcohol use, compared to:

- 72.6% for marijuana
- 73.6% for vaping

PERCEIVED DISAPPROVAL

Moderately or greatly wrong, Grades 7 - 12



WHERE ARE THEY GETTING ALCOHOL?

Grades 7-12



HOW HARD IS IT TO GET?

Grades 7-12

At home without parent permission



Friends



At home with parent permission



66%
SAY IT'S VERY HARD OR
SORT OF HARD TO GET

WHERE ARE THEY GETTING MARIJUANA?

Grades 7-12



HOW HARD IS IT TO GET?

Grades 7-12

Friends



At home without parent permission



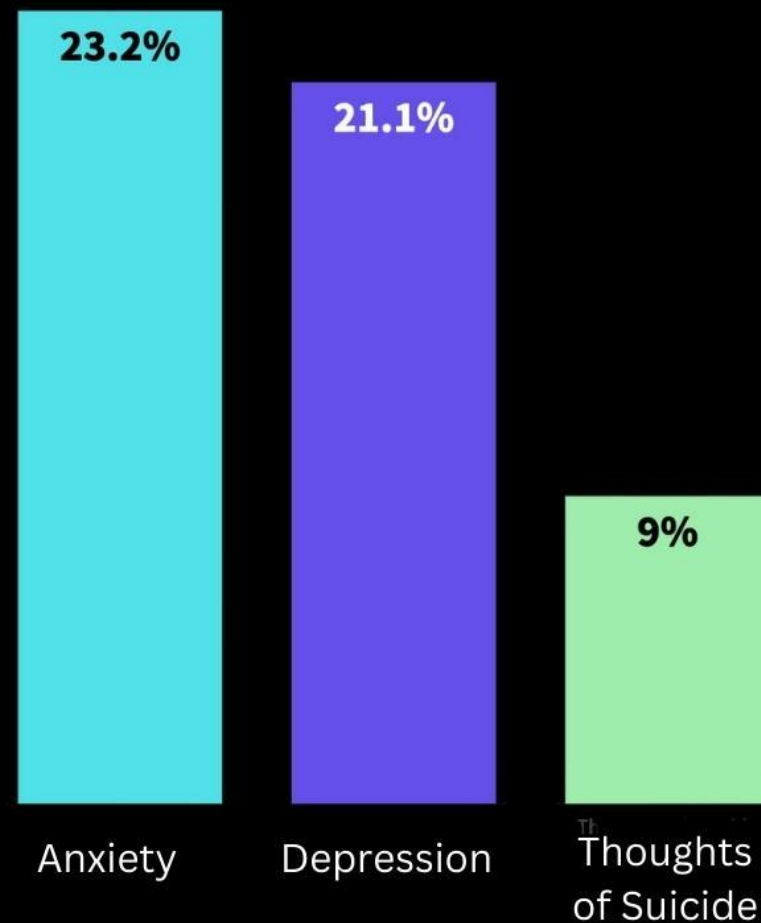
At a store



74.3%
SAY IT'S VERY HARD OR
SORT OF HARD TO GET

MENTAL HEALTH

Grades 7 – 12



23.2% of Stamford youth reported having anxiety in the past year “always” or “almost always.”

Most frequent sources of stress & anxiety:



Academics



Post-high school plans



Schedule

- 21% of youth reported feeling sad or hopeless so much that it stopped them from doing usual activities 2 or more weeks in a row.
- 9% reported having considered suicide in the past year.

Sources of Help

Question:

Please indicate if you would seek help from the sources below if you had a problem in your life.



Parent or Guardian
64%



Other Trusted Adult
40%



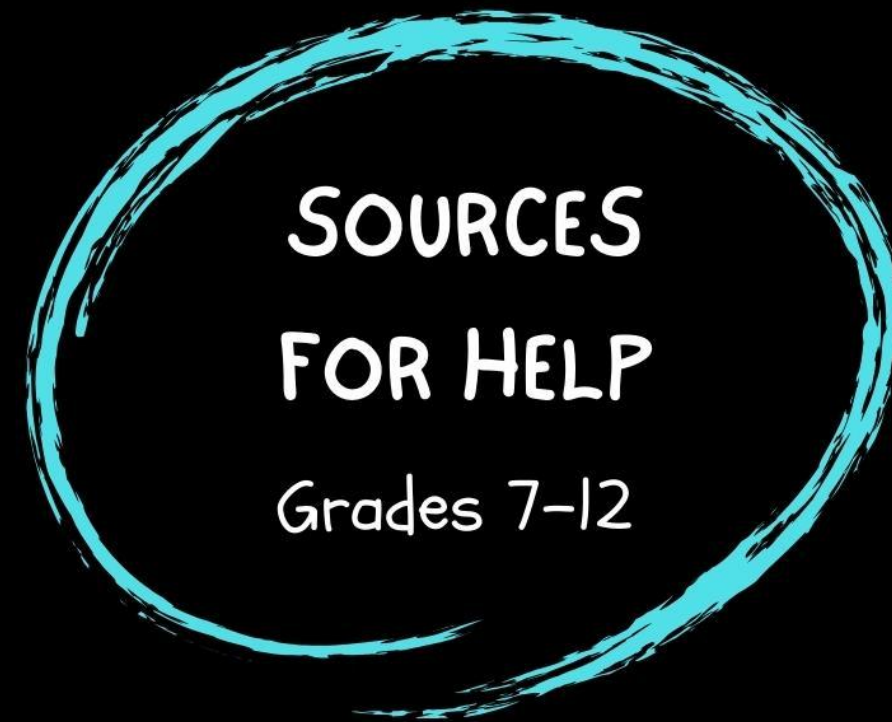
School Staff
23%



Friends
52%



Coach
15%



SOURCES
FOR HELP
Grades 7-12

Perceived Social Media Assets and Consequences - Past Year

Grades 7-12

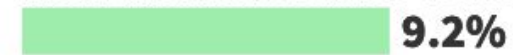
I have a hard time stopping (scrolling, checking and refreshing)



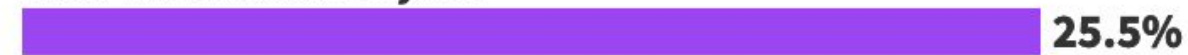
I heard or saw something my parent or guardian would think is inappropriate



I felt unsafe because of something said to me on social media



I felt worse about myself



I felt better about myself



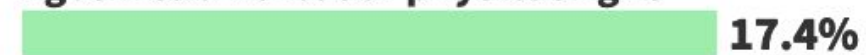
I felt left out or excluded



I felt more connected with others



I got into a verbal or physical fight



I chose not to or missed an opportunity to spend time in person with friends because I preferred to be on social media



What Now?

Debrief: Your initial thoughts and comments?

Moving forward:

Does this data support our proposed priorities for this year....

Invite you to a zoom meeting in the week of Oct 7th to discuss and confirm priorities and related action plan

