

Vernon Youth Voices Count Survey Results, RHS 2021



Background

- Spring 2021, students from Vernon public schools in grades 6-12 participated in the Youth Voices Count Survey on youth lifestyles, substance use, mental health, bullying, related risk and protective factors, as well as impacts of COVID-19
- 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

Response Rate

Sample Response Rates	Sample Count	Population Count	Response Rate (%)
Grade 6	197	243	81.07%
Grade 7	169	218	77.52%
Grade 8	198	255	77.65%
Grade 9	222	251	88.45%
Grade 10	175	230	76.09%
Grade 11	188	221	85.07%
Grade 12	125	172	72.67%
Grades 6-8	564	716	78.77%
Grades 9-12	710	874	81.24%
Grades 6-12	1274	1590	80.13%



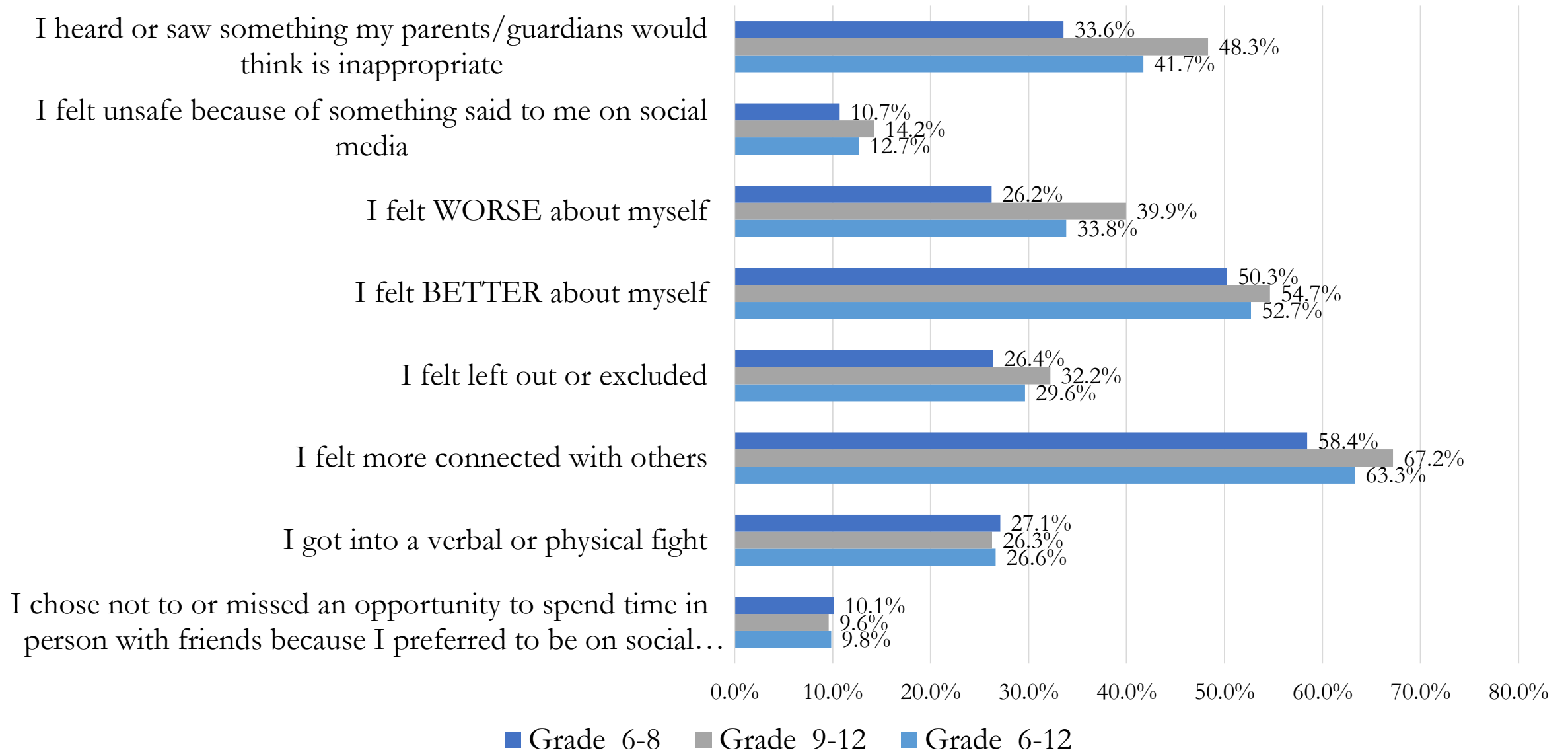
Race, Ethnicity and Gender Identity

Race Ethnicity Category	Percent Grades
	6 thru 12
White	58.16%
Black or African American	10.83%
Hispanic or Latino	18.52%
Asian	5.18%
American Indian or Alaskan Native	0.31%
Native Hawaiian or Other Pacific Islander	0.31%
Other (2 or more races selected or race not Hispanic)	5.81%
Not Specified	0.86%

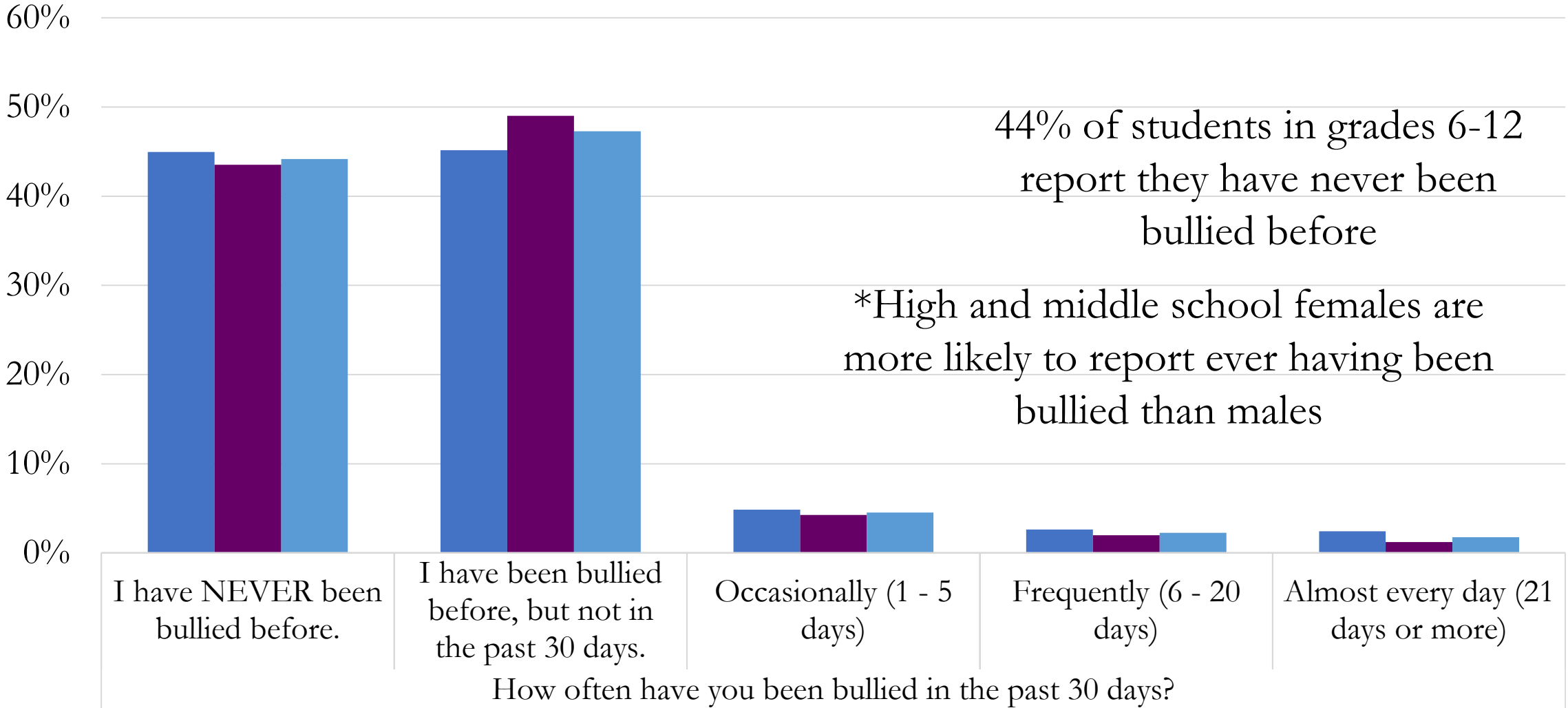
Gender Identity	Total Number
Male	588
Female	582
Non-binary	48
Transgender	4
I am not sure right now	50
Did not Identify	2

Social Media, Bullying and Perceptions of Safety

Perceived Social Media Assets and Consequences

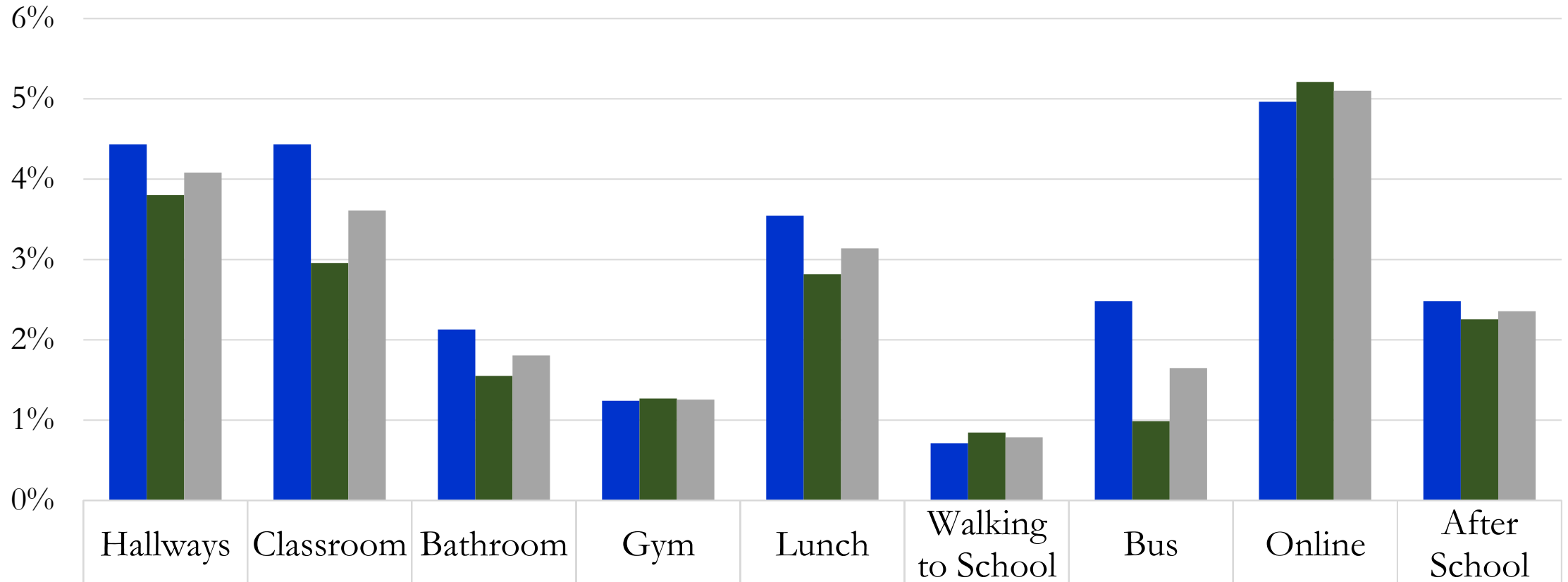


Bullying Frequency



	I have NEVER been bullied before.	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 6-8	45.0%	45.1%	4.9%	2.6%	2.4%
■ Grade 9-12	43.5%	49.0%	4.3%	2.0%	1.2%
■ Grade 6-12	44.2%	47.3%	4.5%	2.3%	1.8%

Places Students Report Being Bullied



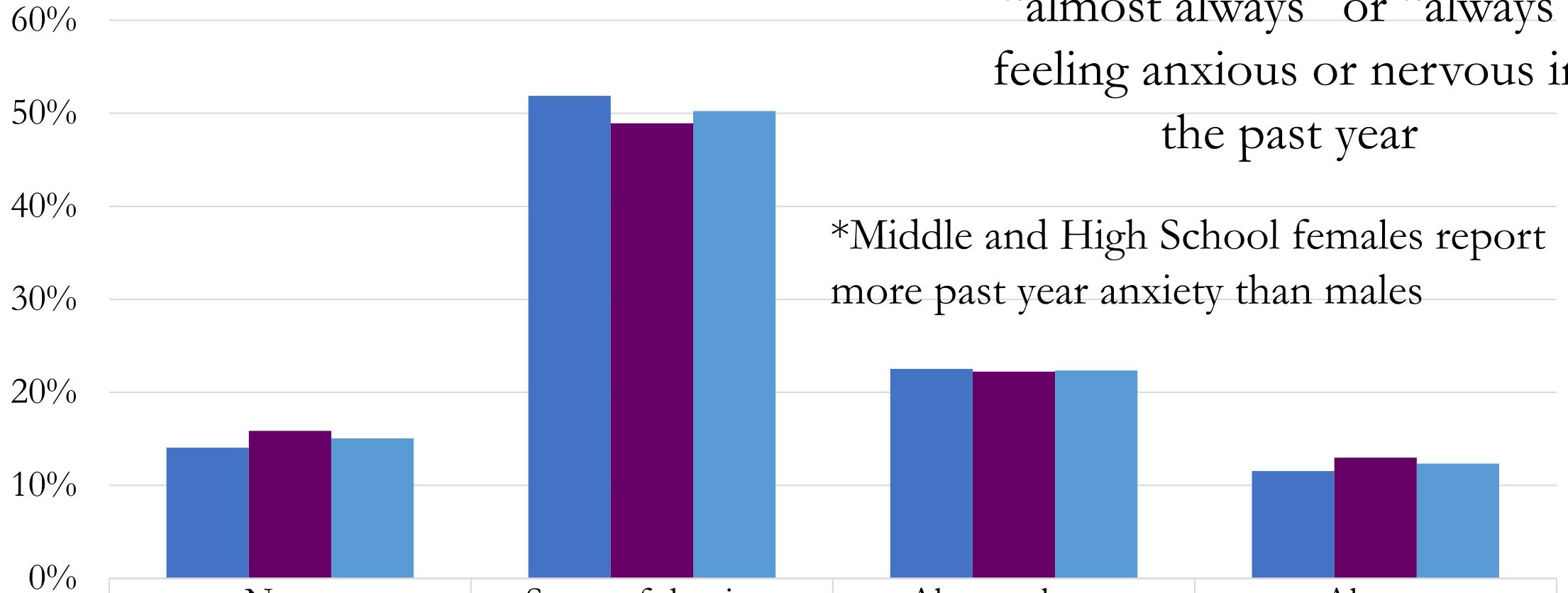
In the past 30 days, I have been bullied in the following places (Select all that apply):

■ Grade 6-8	4.4%	4.4%	2.1%	1.2%	3.5%	0.7%	2.5%	5.0%	2.5%
■ Grade 9-12	3.8%	3.0%	1.5%	1.3%	2.8%	0.8%	1.0%	5.2%	2.3%
■ Grade 6-12	4.1%	3.6%	1.8%	1.3%	3.1%	0.8%	1.6%	5.1%	2.4%

Emotional Health

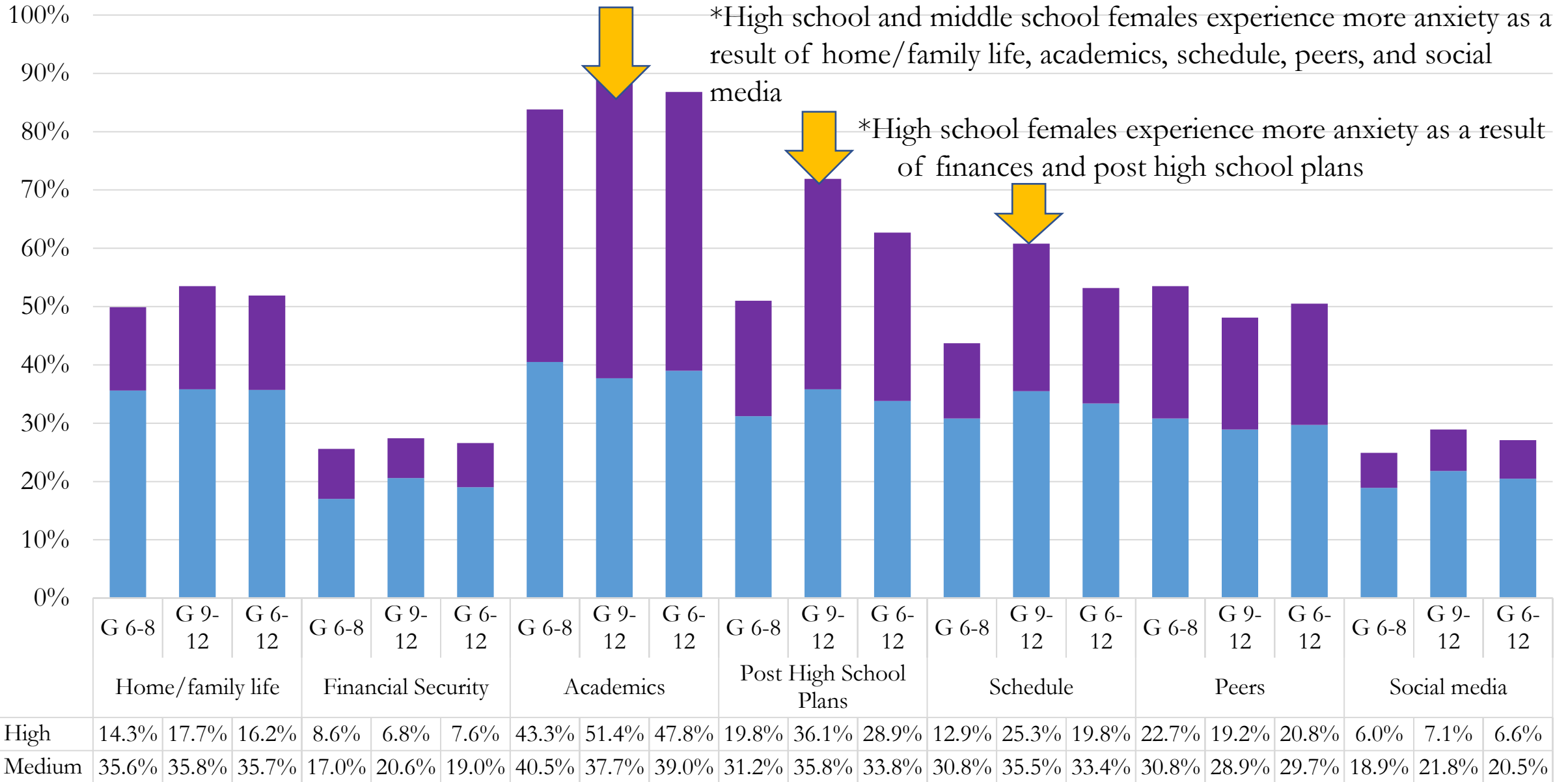
Past Year Anxiety

About 35% of youth report “almost always” or “always” feeling anxious or nervous in the past year



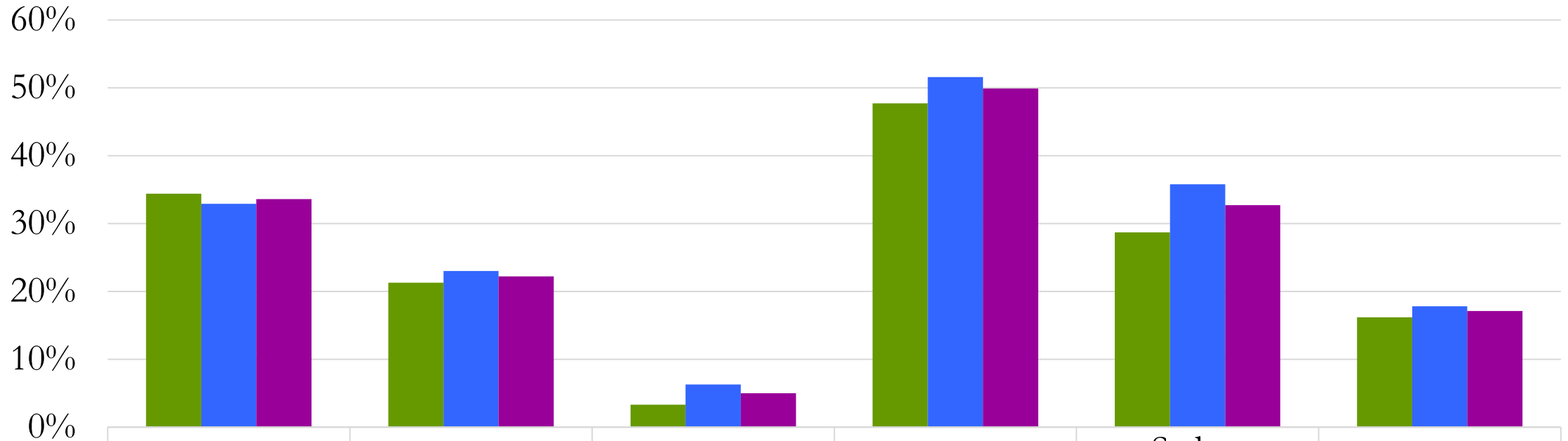
	Never	Some of the time	Almost always	Always
■ Grade 6-8	14.1%	51.9%	22.5%	11.5%
■ Grade 9-12	15.9%	48.9%	22.2%	13.0%
■ Grade 6-12	15.1%	50.2%	22.4%	12.3%

Sources of Stress



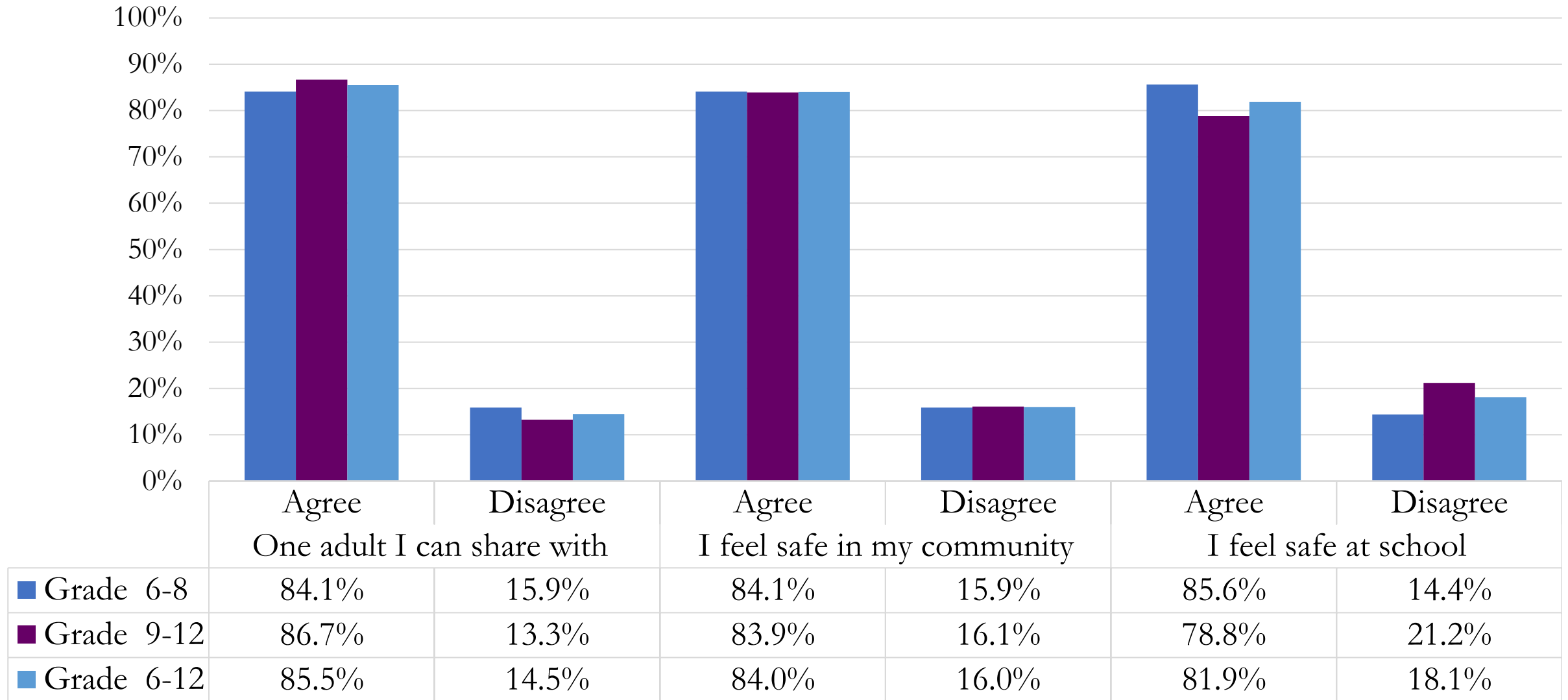
Other Emotional Health Indicators

% Responding “Yes”



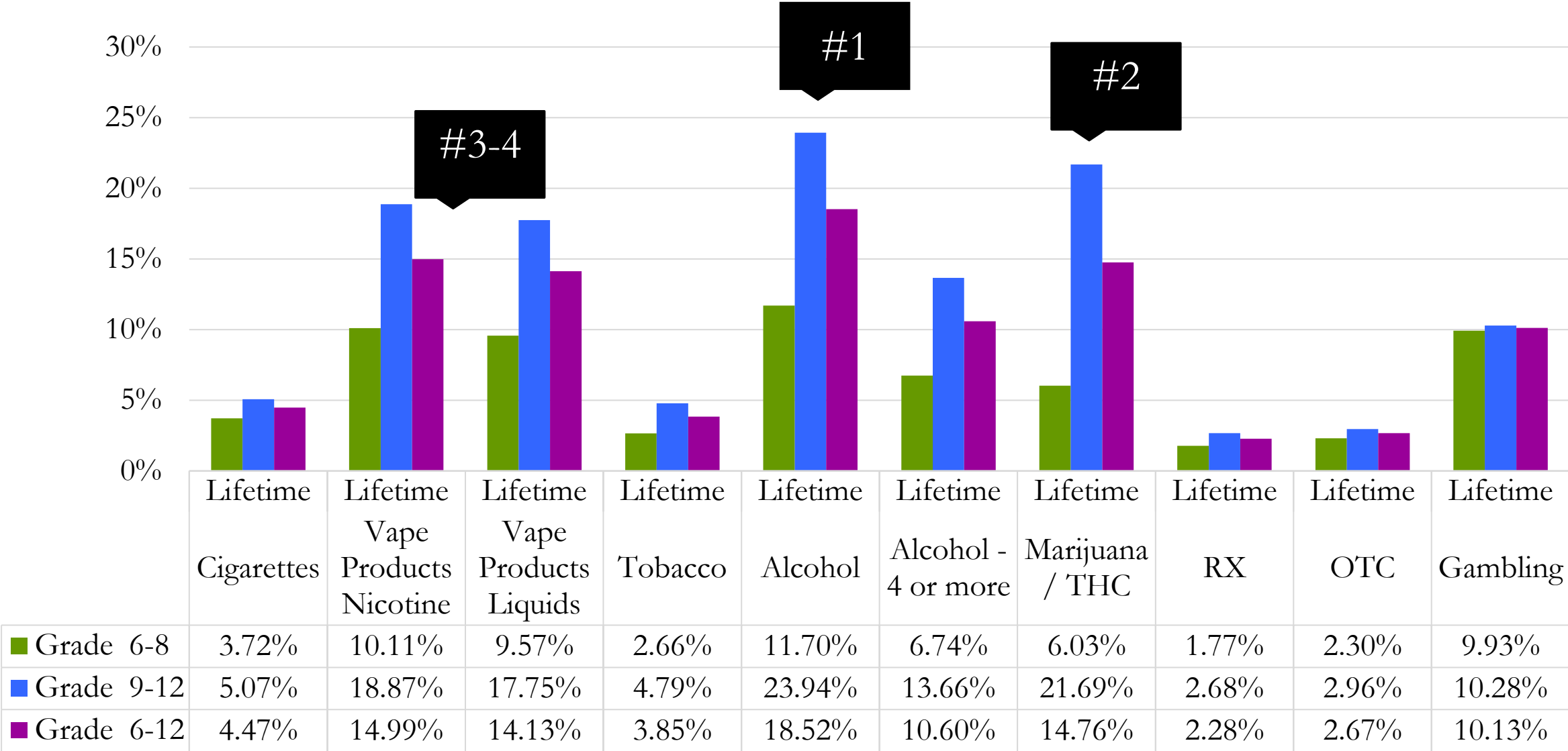
	Thoughts of Self Harm	Self Harm	Physical Abuse - Intimate Partner	Sad or Hopeless	Sad or Hopeless (2 Weeks in a row)	Considered Suicide in Past Year
■ Grade 6-8	34.4%	21.3%	3.3%	47.7%	28.7%	16.2%
■ Grade 9-12	32.9%	23.0%	6.3%	51.6%	35.8%	17.8%
■ Grade 6-12	33.6%	22.2%	5.0%	49.9%	32.7%	17.1%

Perception of Having Trusted Adult and Feelings of Safety

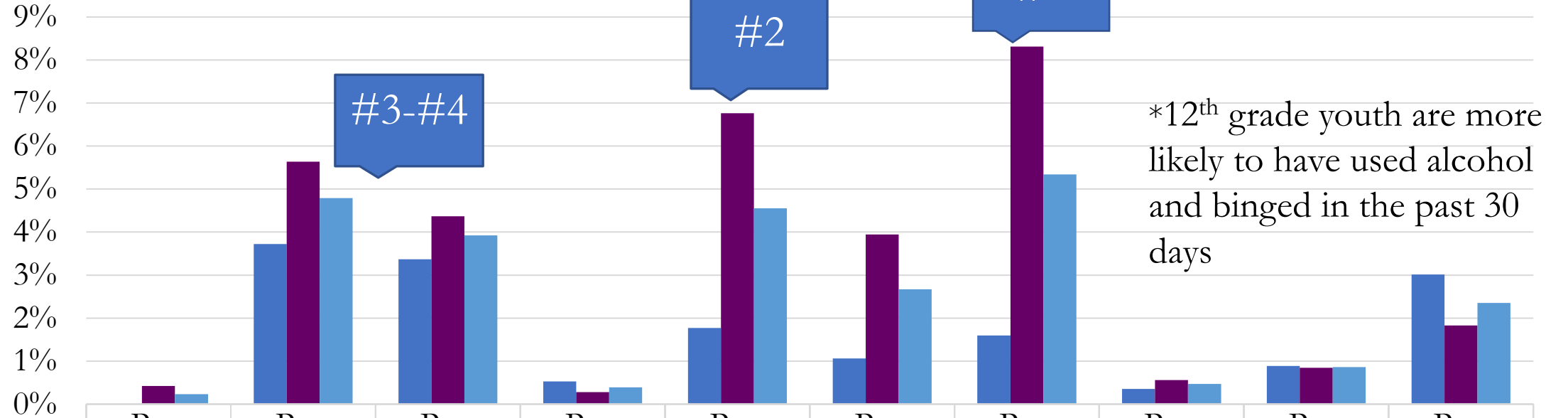


Substance Use and Perceptions

Lifetime Use of CORE Substances and Gambling

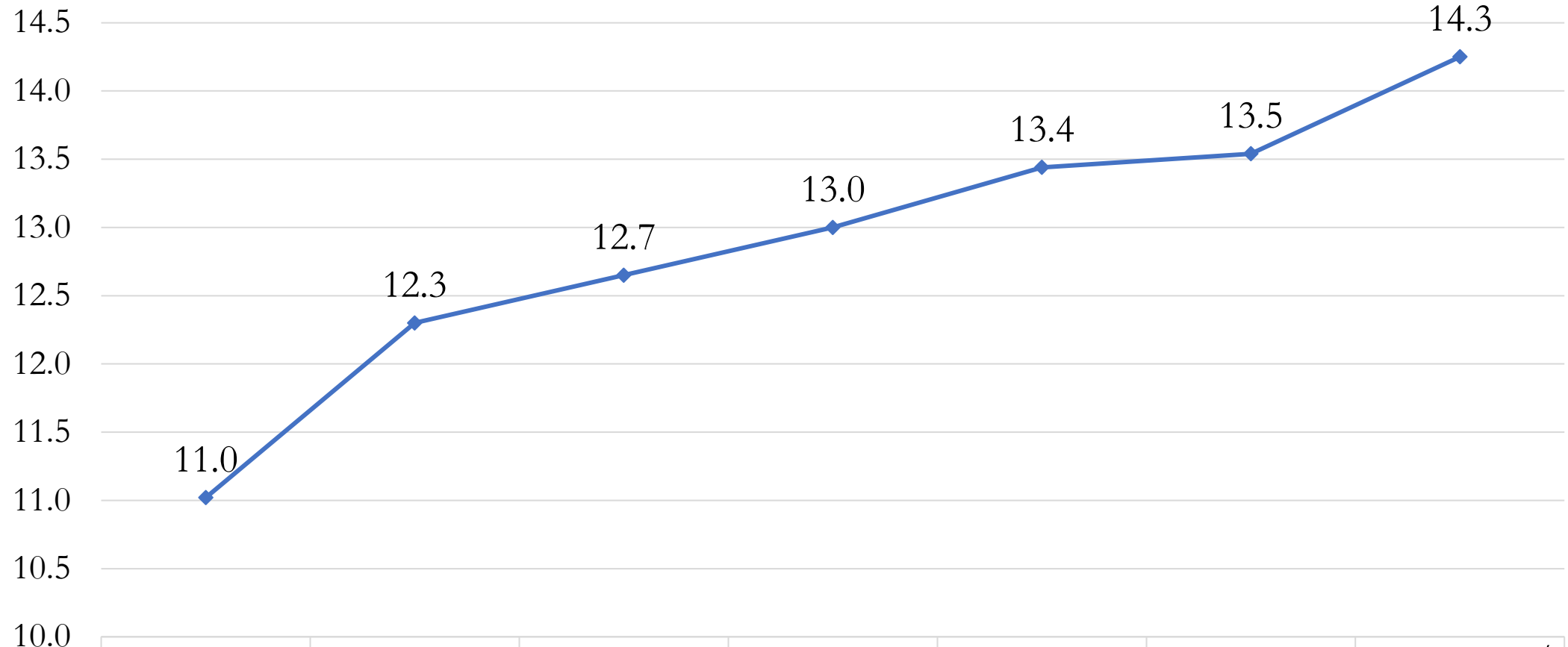


Past Month Use of CORE Substances and Gambling



	Past Month	Past Month	Past Month	Past Month	Past Month	Past Month	Past Month	Past Month	Past Month	Past Month
	Cigarettes	Vape Products Nicotine	Vape Products Liquids	Tobacco	Alcohol	Alcohol - 4 or more	Marijuana / THC	RX	OTC	Gambling
■ Grade 6-8	0.00%	3.72%	3.37%	0.53%	1.77%	1.06%	1.60%	0.35%	0.89%	3.01%
■ Grade 9-12	0.42%	5.63%	4.37%	0.28%	6.76%	3.94%	8.31%	0.56%	0.85%	1.83%
■ Grade 6-12	0.24%	4.79%	3.92%	0.39%	4.55%	2.67%	5.34%	0.47%	0.86%	2.35%

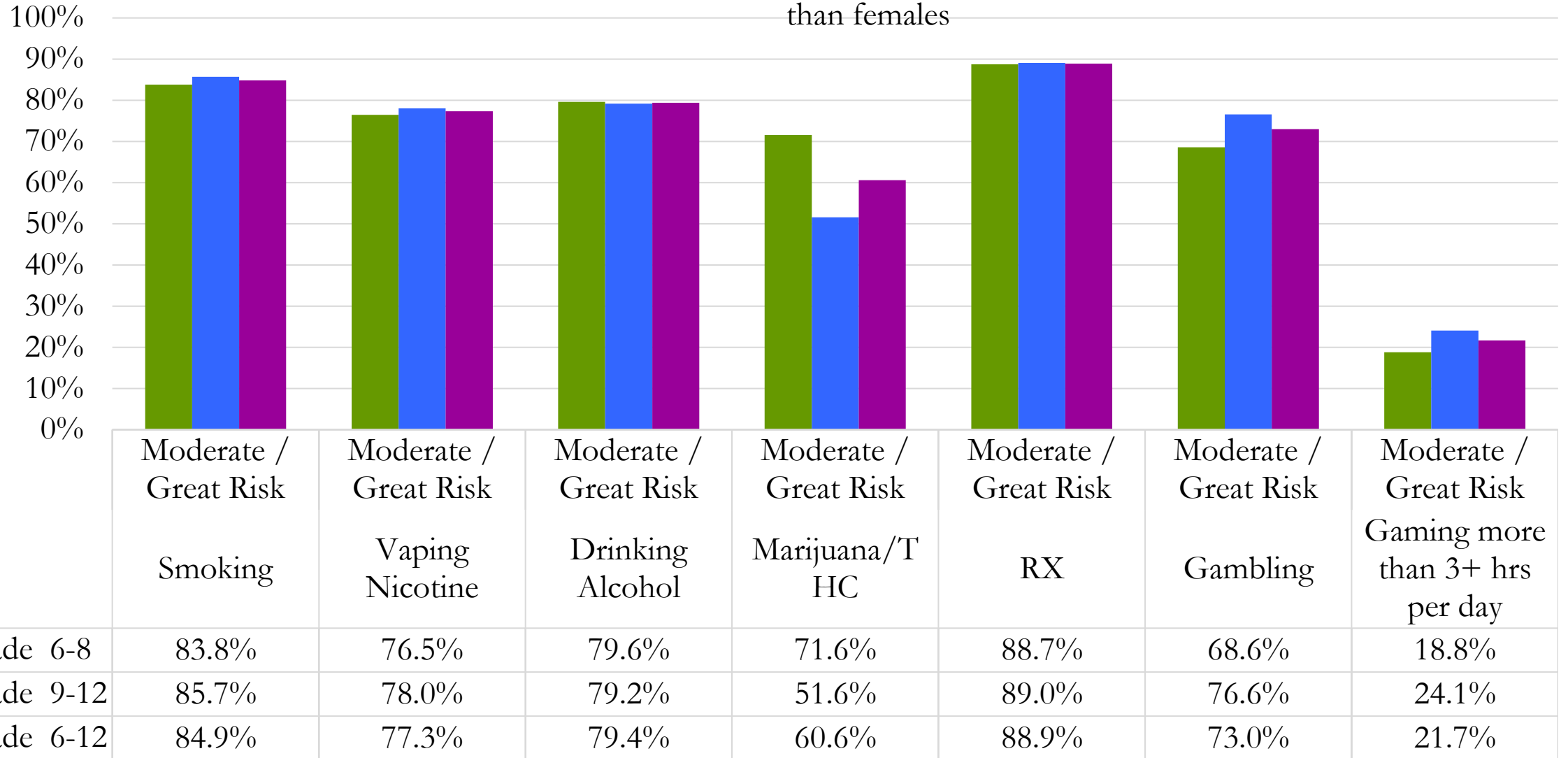
Age of First Use in Years



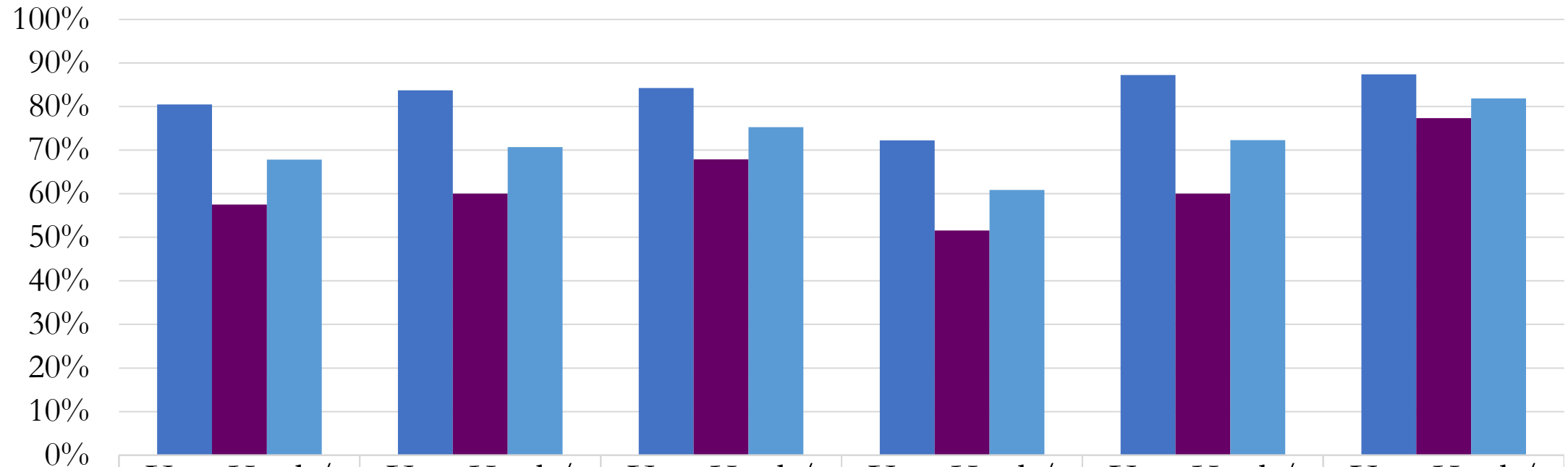
◆ Age in Years	Gambling	OTC	Cigarettes	Rx	Alcohol	Vaping - Nicotine	Marijuana / THC
	11.0	12.3	12.7	13.0	13.4	13.5	14.3

Perception of Risk/Harm

*High school males report “no risk” for marijuana more than females

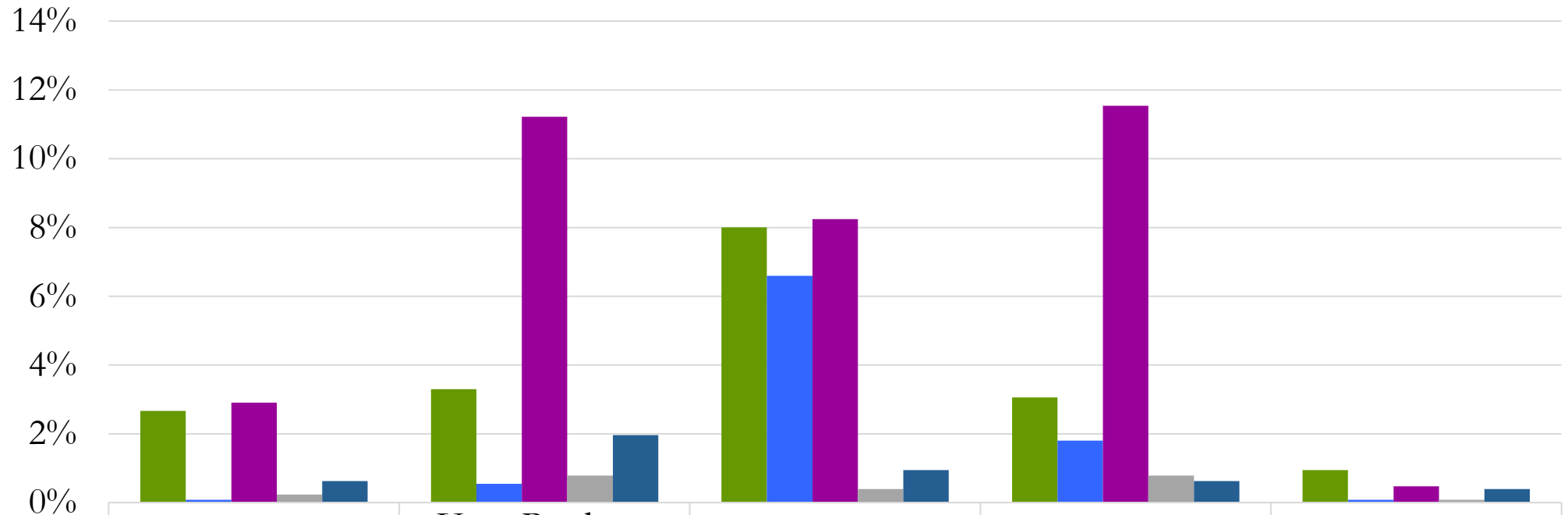


Ease of Access – of Youth That Accessed Substances



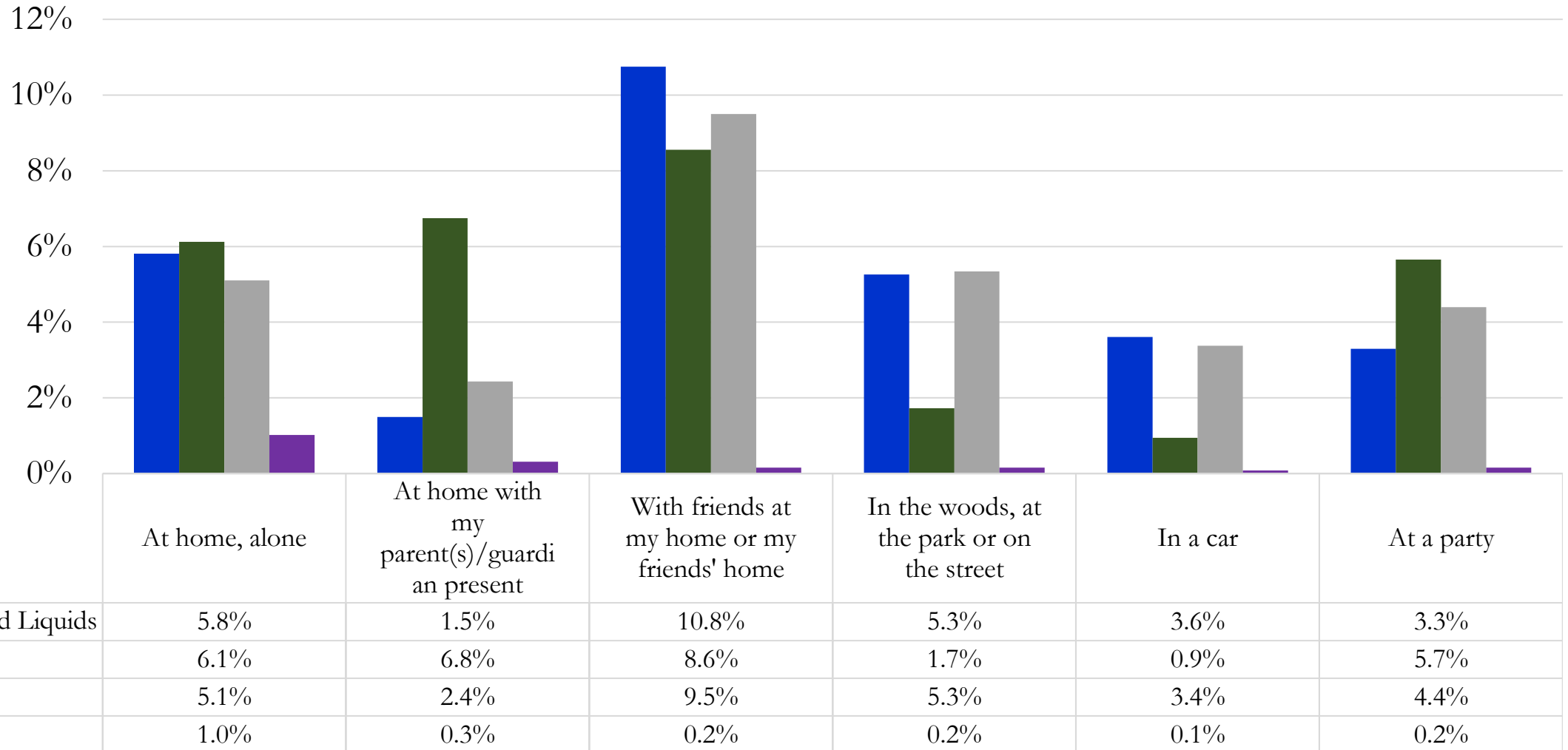
	Very Hard / Sort of Hard Vape Products Nicotine	Very Hard / Sort of Hard Vape Products Liquids	Very Hard / Sort of Hard Tobacco	Very Hard / Sort of Hard Alcohol	Very Hard / Sort of Hard Marijuana / THC	Very Hard / Sort of Hard RX
■ Grade 6-8	80.5%	83.7%	84.2%	72.2%	87.2%	87.4%
■ Grade 9-12	57.5%	60.0%	67.9%	51.6%	60.0%	77.4%
■ Grade 6-12	67.8%	70.7%	75.2%	60.9%	72.3%	81.9%

Where Substances Are Acquired Most Often Amongst Lifetime Users Grades 6-12

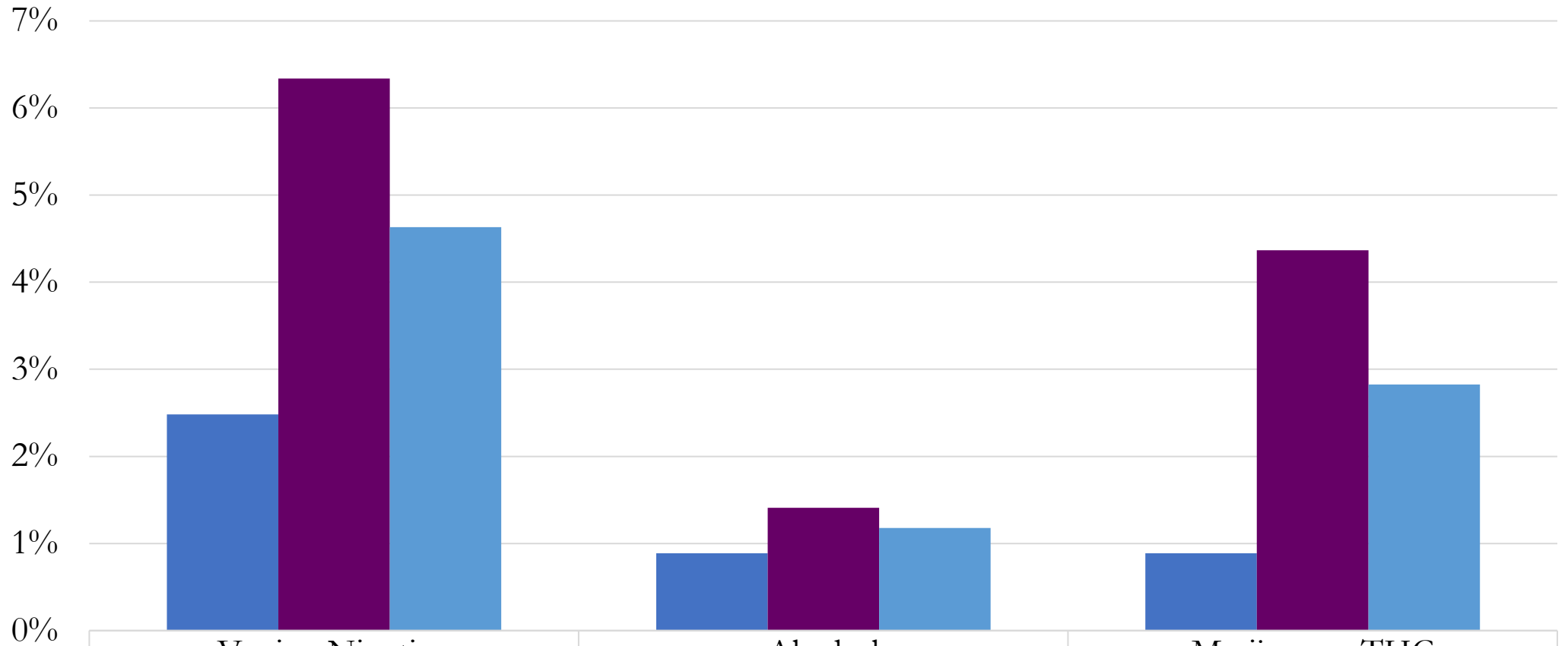


	Tobacco	Vape Products Nicotine	Alcohol	Marijuana / THC	RX
■ Home w/o Parents	2.67%	3.30%	8.01%	3.06%	0.94%
■ Home w/ parents	0.08%	0.55%	6.59%	1.81%	0.08%
■ Friends/Peers	2.90%	11.22%	8.24%	11.54%	0.47%
■ Internet	0.24%	0.78%	0.39%	0.78%	0.08%
■ Store	0.63%	1.96%	0.94%	0.63%	0.39%

Where Substances Are Used Most Often Amongst Lifetime Users Grades 6-12

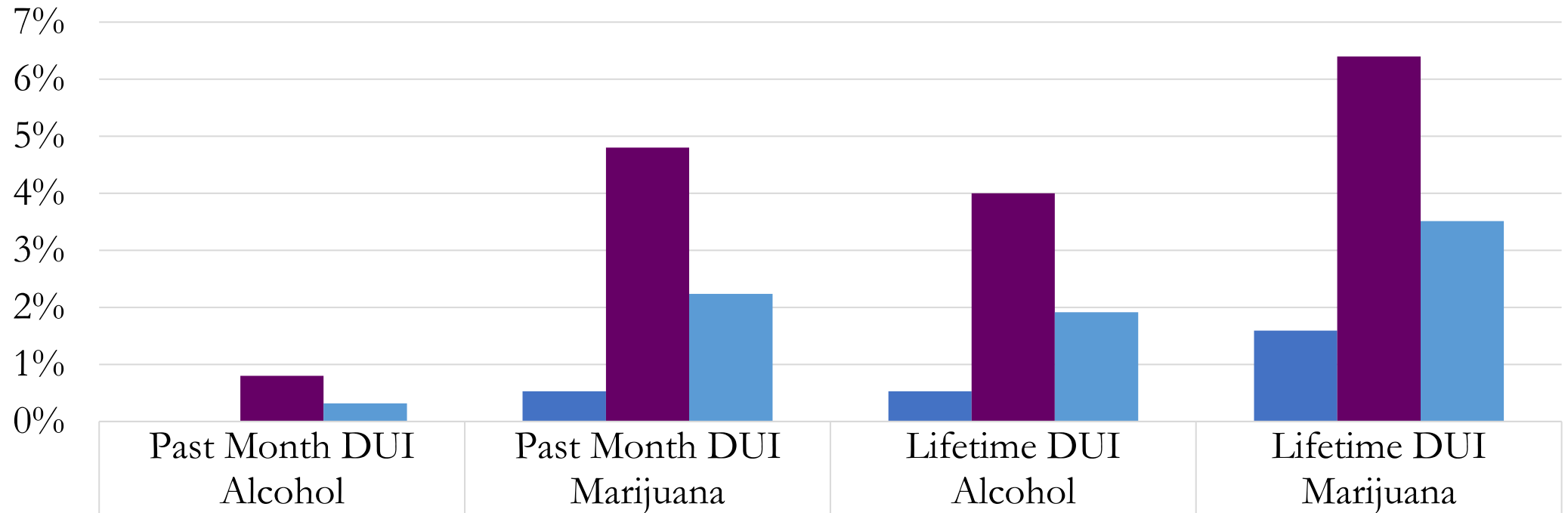


Youth Use of Substances at School- including school events Amongst Lifetime Users



	Vaping Nicotine	Alcohol	Marijuana - THC
■ Grade 6-8	2.5%	0.9%	0.9%
■ Grade 9-12	6.3%	1.4%	4.4%
■ Grade 6-12	4.6%	1.2%	2.8%

Driving Under the Influence Alcohol and Marijuana Grades 11 -12

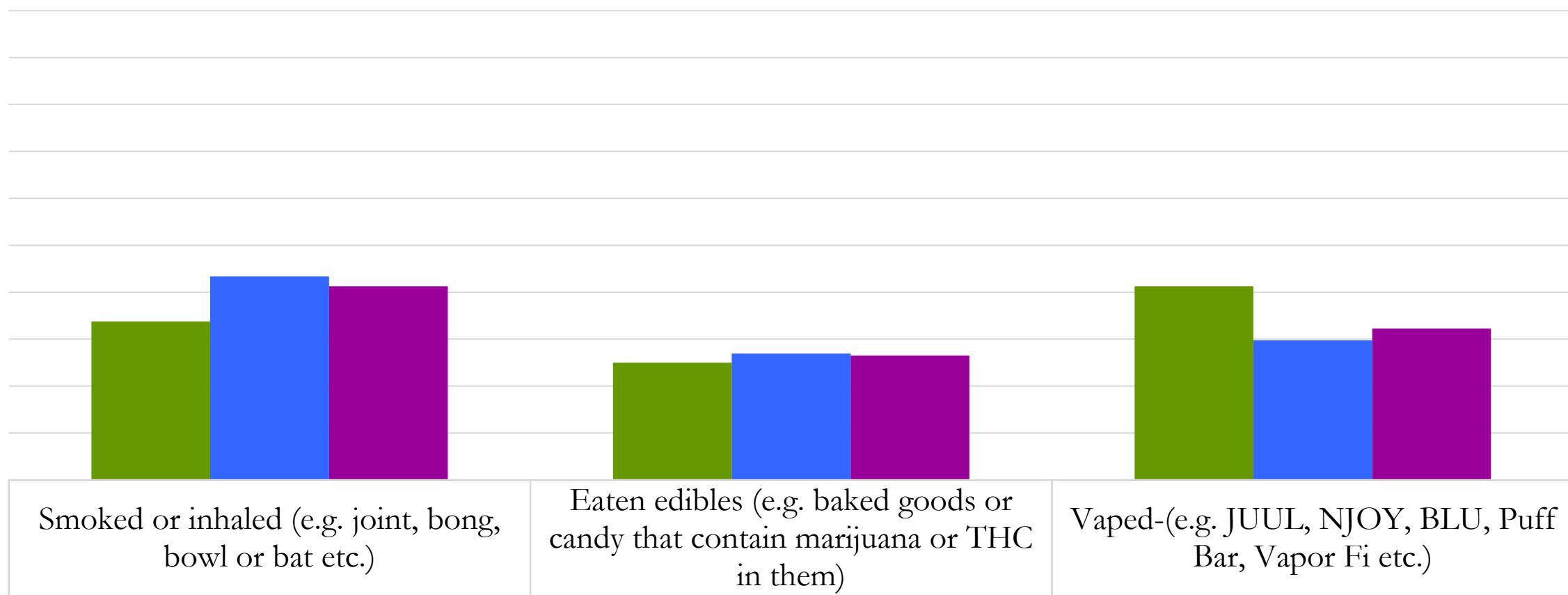


■ Grade 11	0.0%	0.5%	0.5%	1.6%
■ Grade 12	0.8%	4.8%	4.0%	6.4%
■ Grade 11-12	0.3%	2.2%	1.9%	3.5%

Methods of Marijuana Use

Youth Who Have Used in the Past 12 Months

100%
90%
80%
70%
60%
50%
40%
30%
20%
10%
0%



■ Grade 6-8
■ Grade 9-12
■ Grade 6-12

33.75%

43.36%

41.26%

Eaten edibles (e.g. baked goods or candy that contain marijuana or THC in them)

25.00%

26.92%

26.50%

Vaped-(e.g. JUUL, NJOY, BLU, Puff Bar, Vapor Fi etc.)

41.25%

29.72%

32.24%

Risk Factors for Any Substances Use Grades 9-12

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.

Vernon High School youth who have used any substance in their lifetime are more likely to:

- Feel better about themselves due to social media
- Have more anxiety due to post high school plans, schedule
- Have reported boyfriend/girlfriend physical violence
- Feel more comfortable seeking help from friends and faith leaders
- Report less family rules for vaping liquids, nicotine, alcohol, and marijuana
- Report less access to food and basic needs due to COVID

Risk Factors for Any Substances Use Grades 6-12

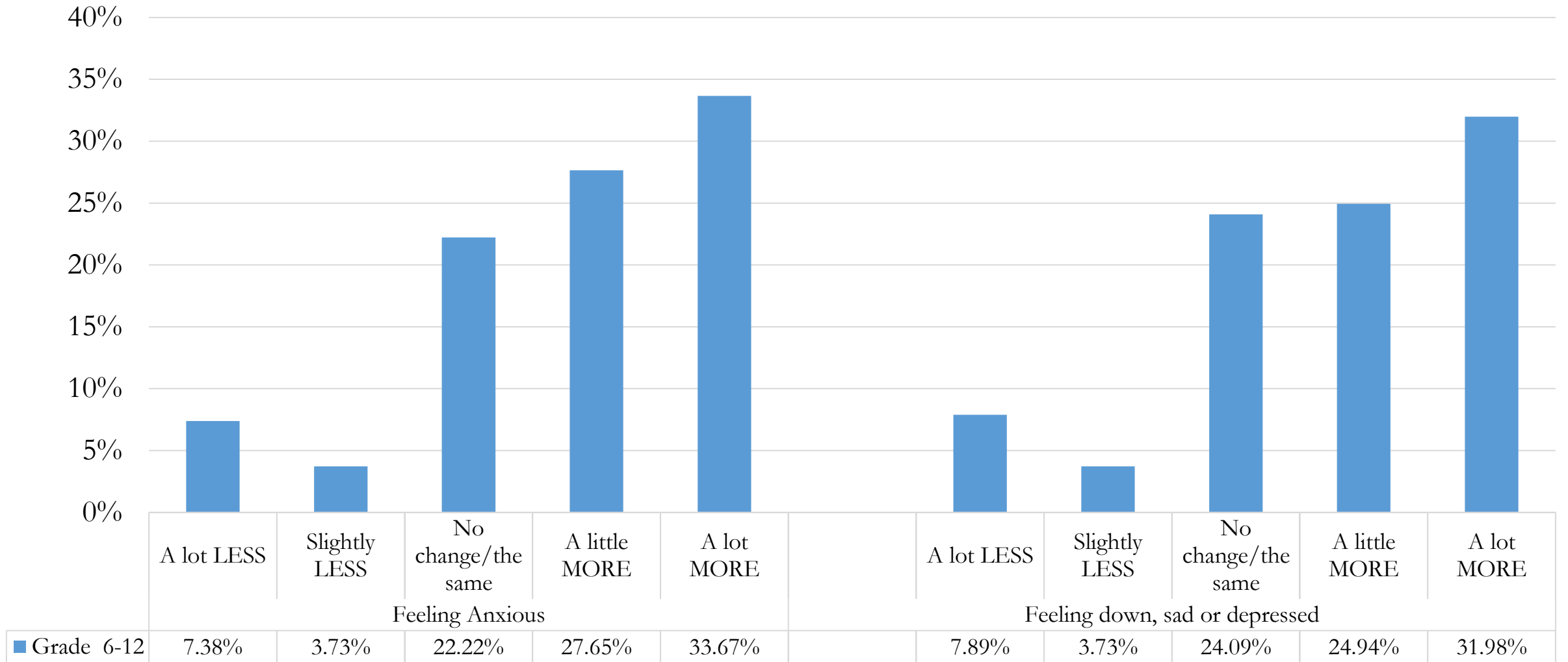
The following list includes youth reported experiences and perceptions that are statistically associated with lifetime use of any substance use. It is important to note association should not be considered causation.

Vernon Middle and High School youth who have used **any substance in their lifetime** are more likely to:

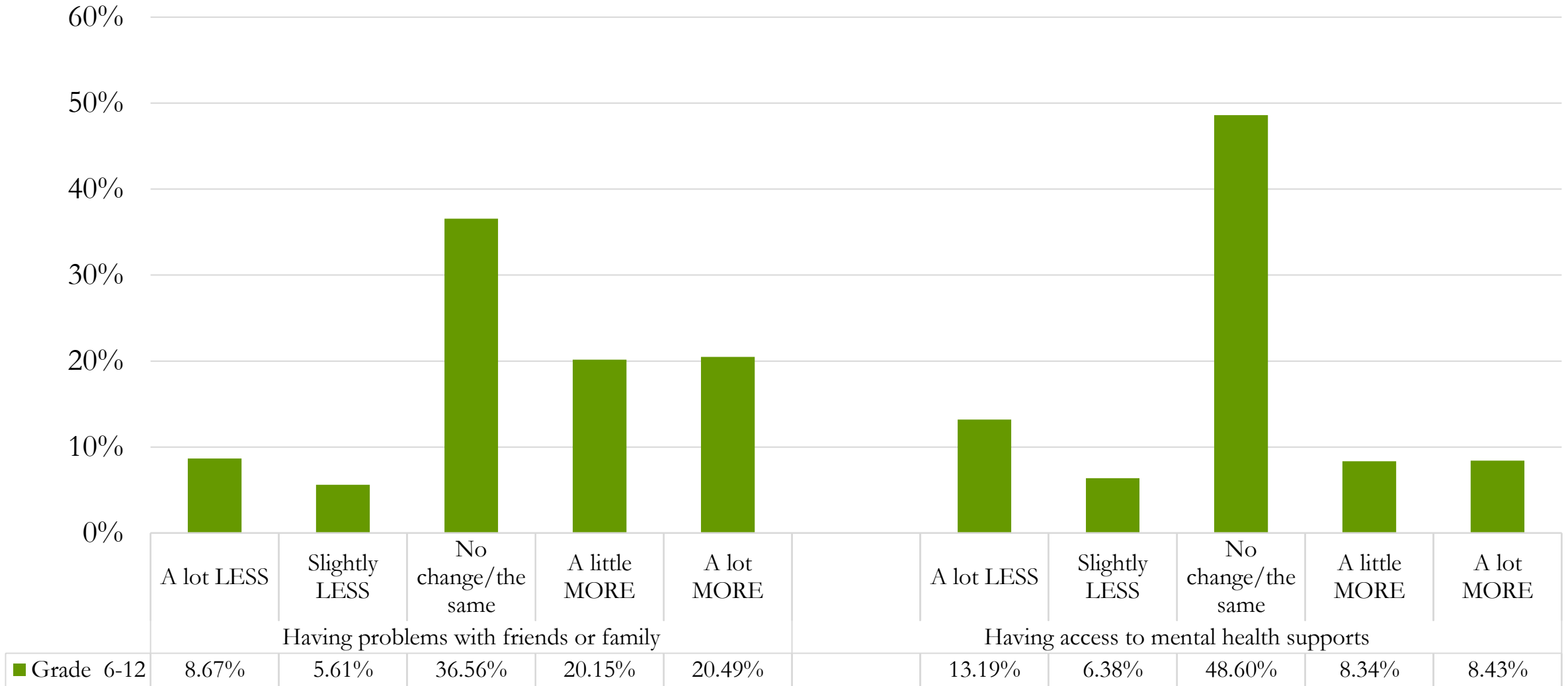
- Spend more time home alone
- Sleep less
- Get less sleep due to gaming
- Not complete homework due to gaming
- Have gotten into a verbal or physical fight because of gaming
- Have been asked for personal information due to gaming
- Have been threatened by another gamer.
- See something their parents would feel was inappropriate from gaming
- Use more social media
- Have more fights due to social media.
- Feel more connection to others from social media
- Feel left out or excluded because of social media
- Feel worse about themselves because of social media
- Feel unsafe because of social media
- See something their parents would feel was inappropriate on social media
- Report higher levels of anxiety
- Report home/family life, academics as a source of anxiety
- Have thoughts of self-harm and have acted on self-harm behavior
- Have felt sad or hopeless and sad or hopeless two weeks in a row or more
- Consider suicide in the past year
- Feel less comfortable seeking support from a parent/guardian
- Feel less comfortable seeking support from doctors
- Report more family substance use problems
- Perceive less parental disapproval for cigarettes, vaping, alcohol use, marijuana use and gambling
- Perceive less peer disapproval for cigarettes, vaping, alcohol use, marijuana use, rx and gambling
- Perceive less risk in vaping, marijuana, and gaming
- Have more anxiety, depression, family problems, and substance use due to COVID
- Feel less safe at home due to COVID

COVID-19 Impact on Youth Wellbeing and Substance Use

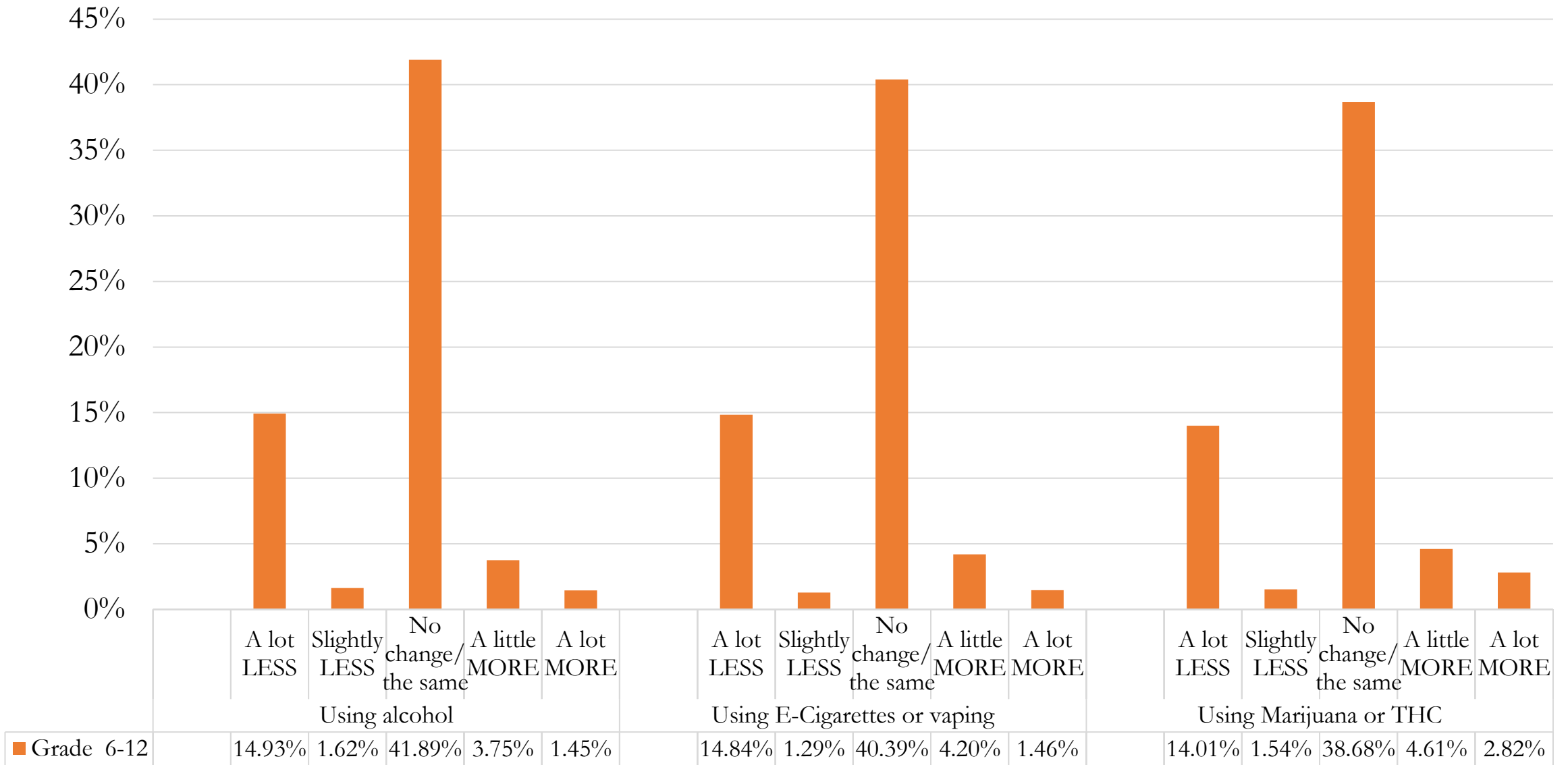
COVID Impact on Emotional Well Being



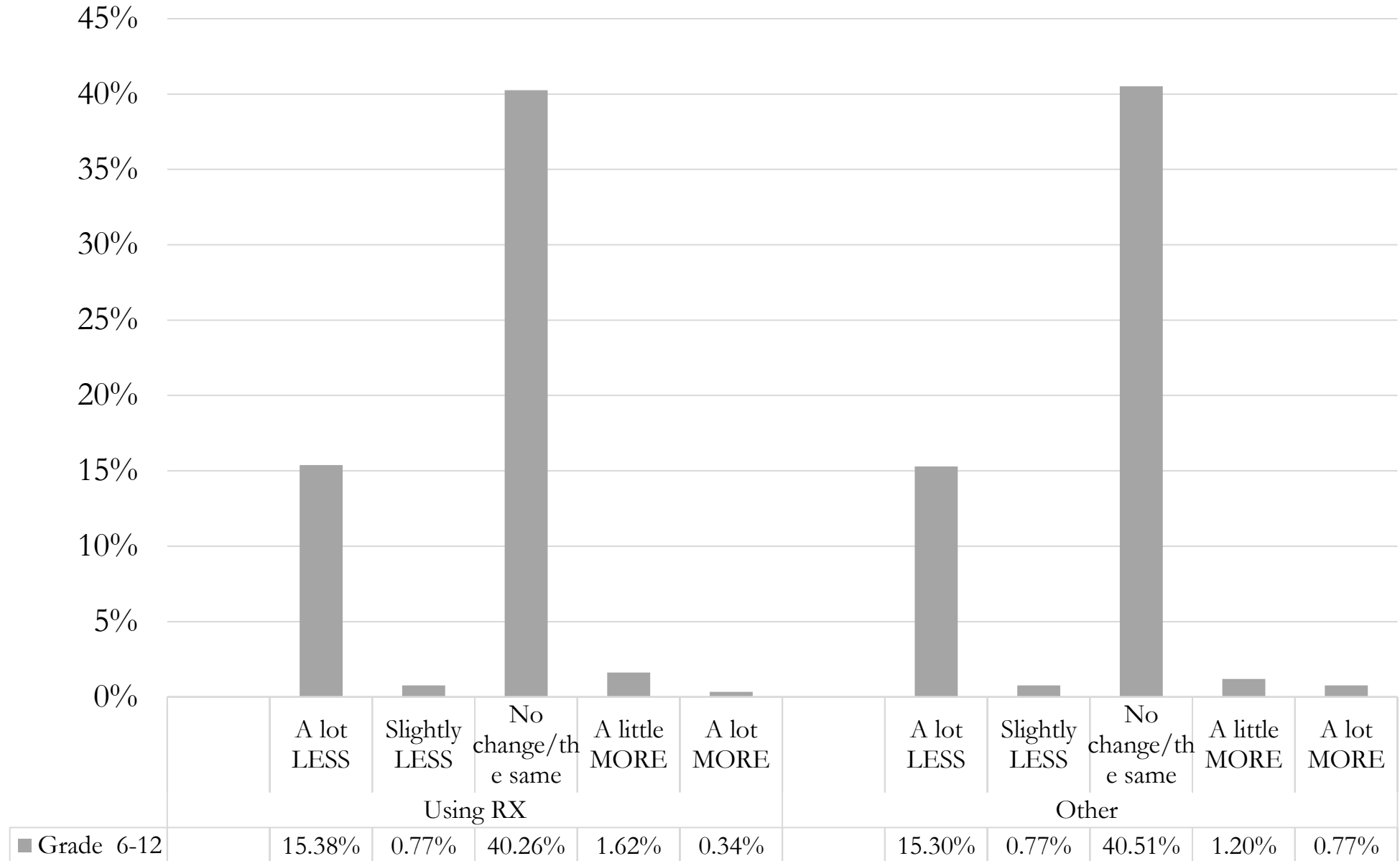
COVID Impact on Family and Supports



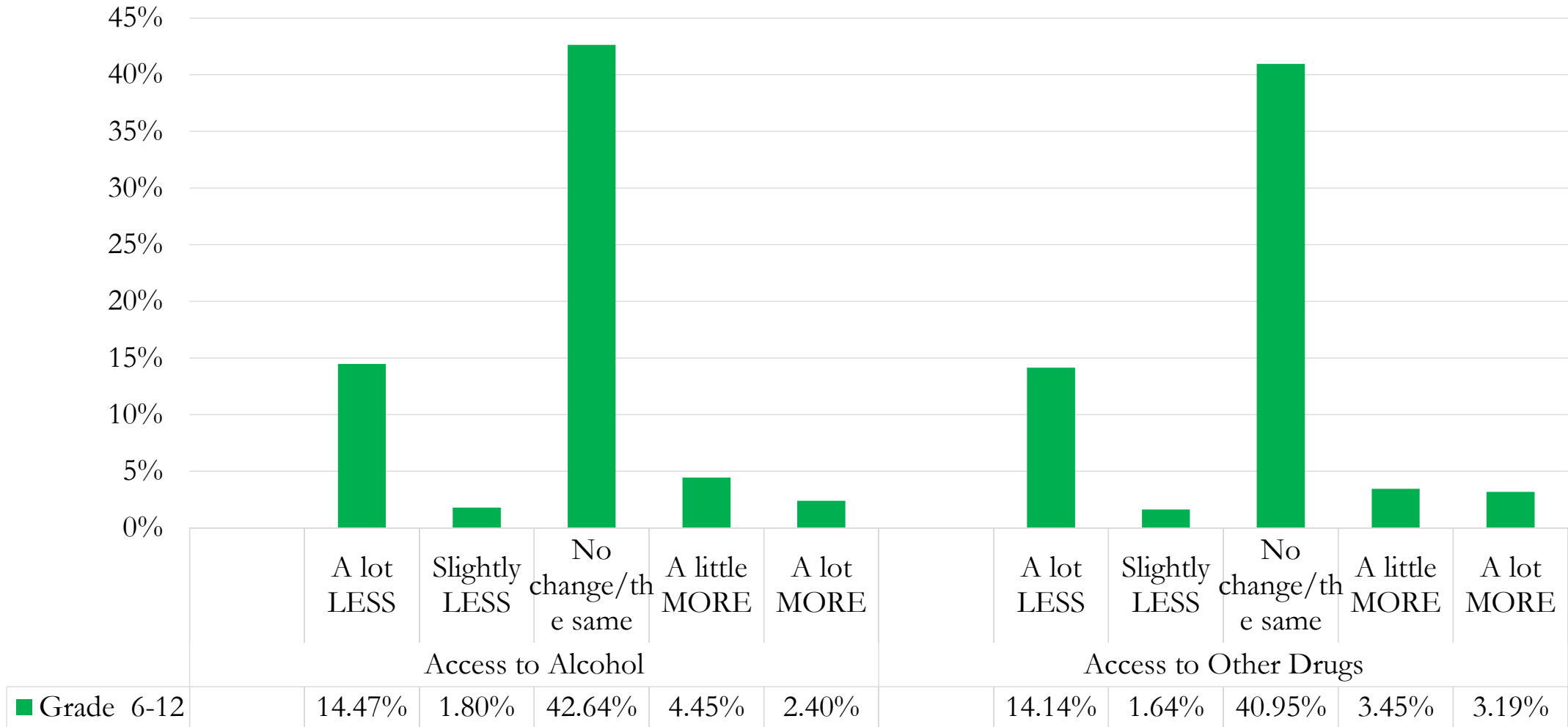
COVID Impact on Substance Use



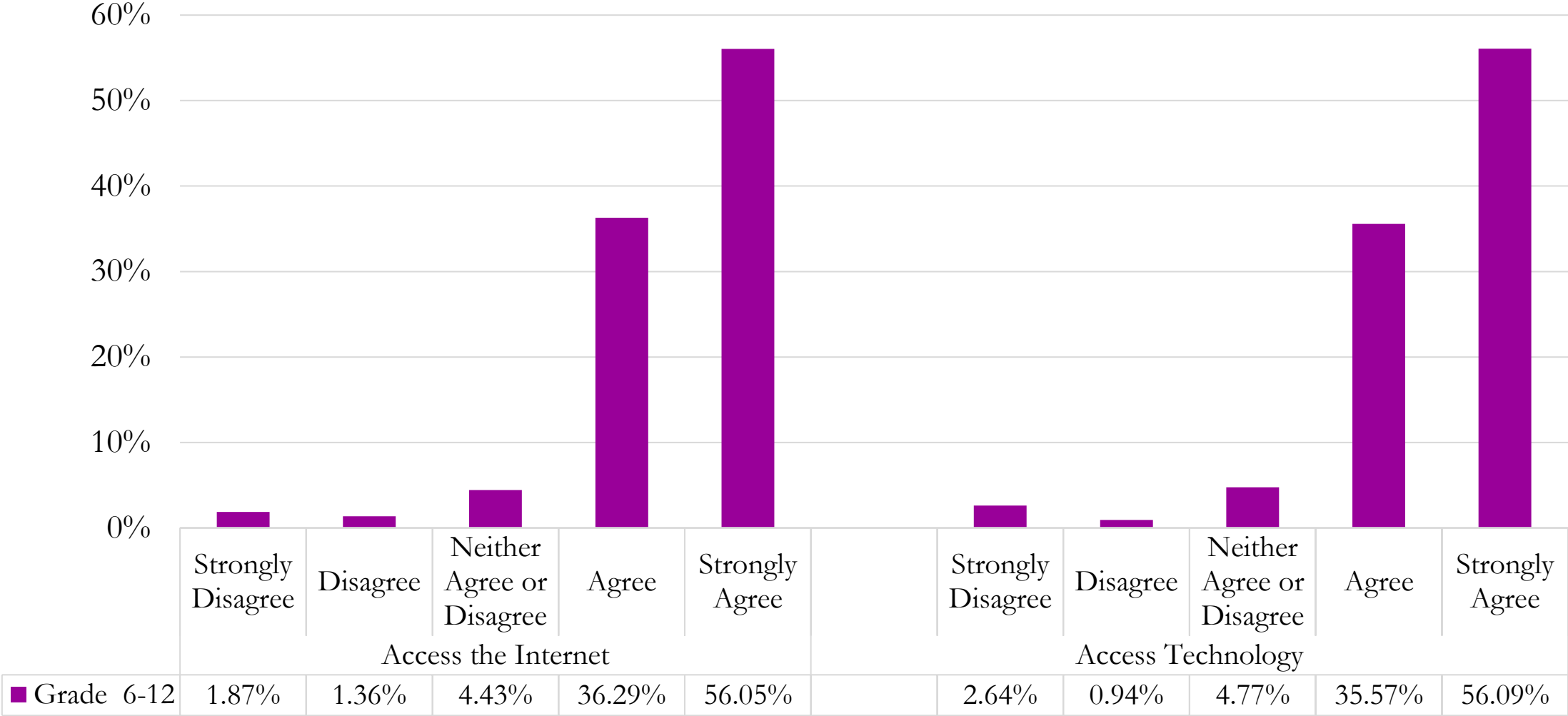
COVID Impact on Substance Use



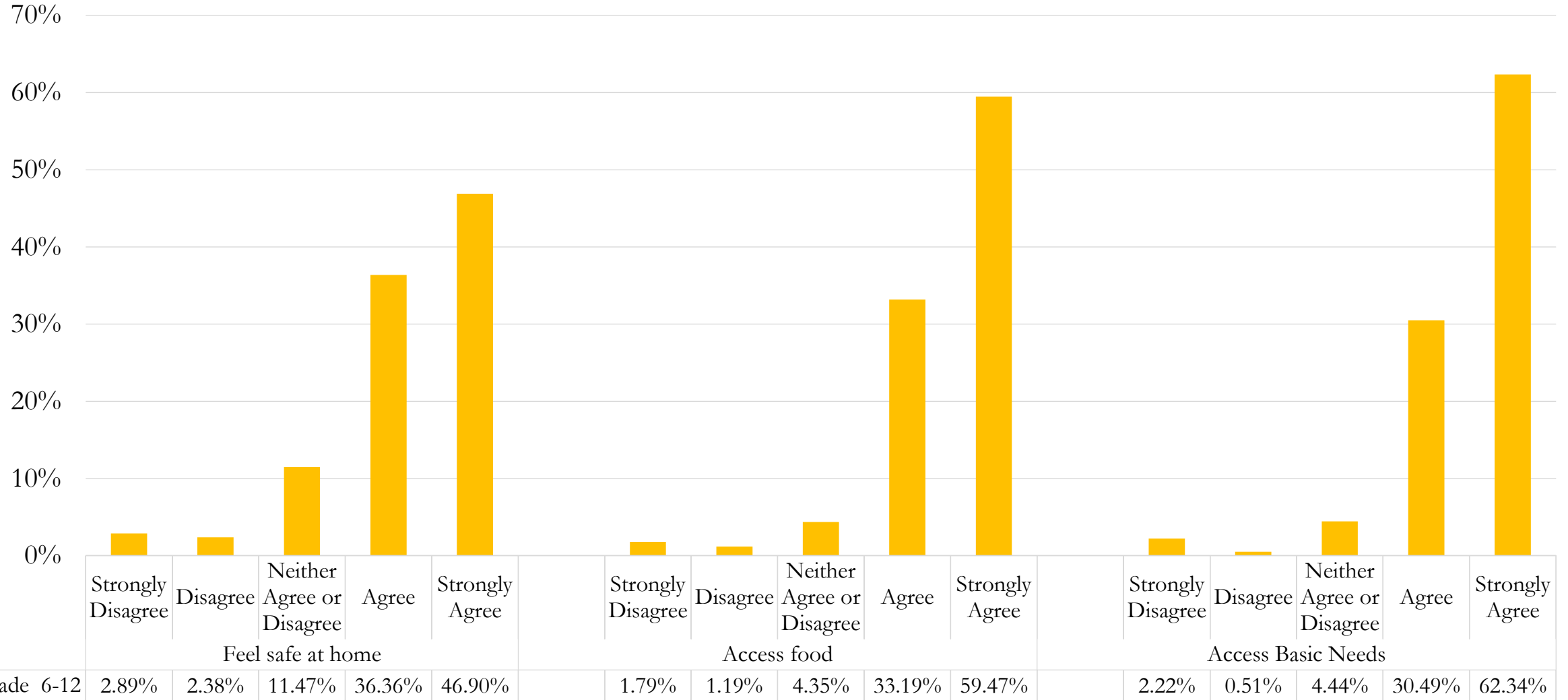
COVID Impact on Access to Substances



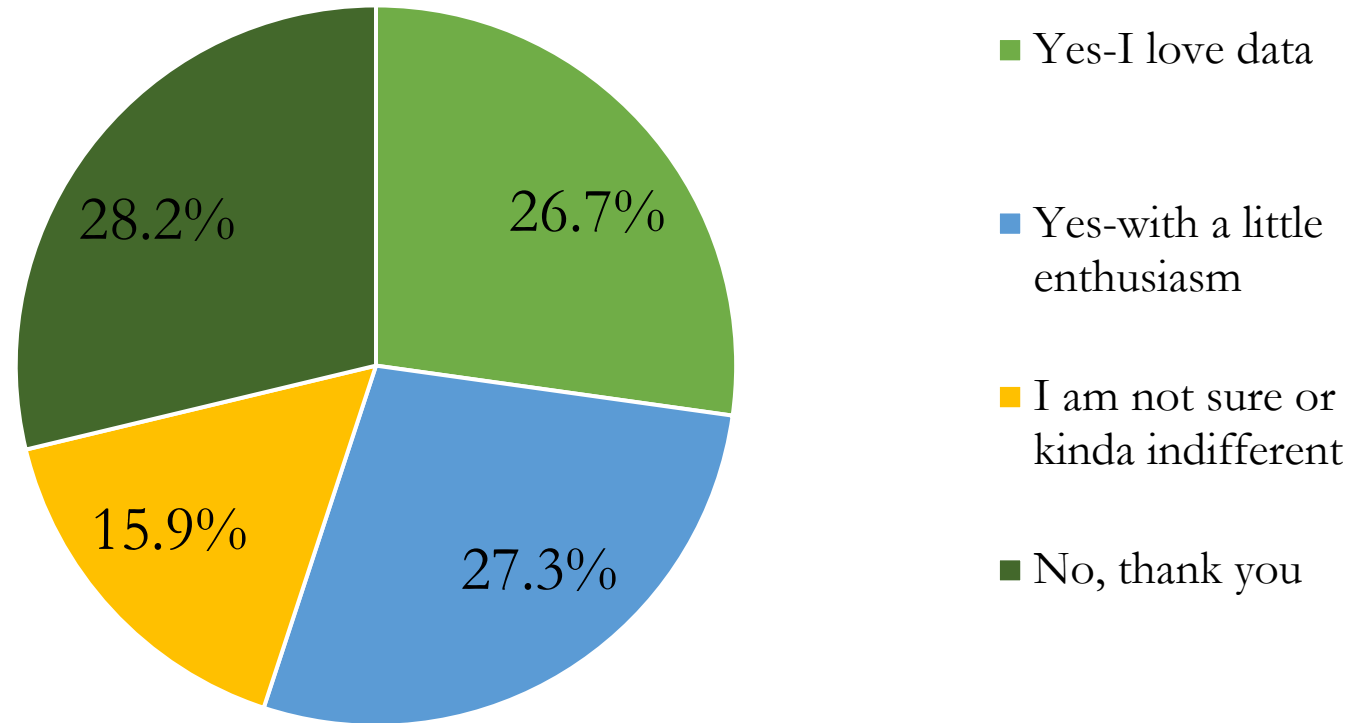
COVID Technology and Ability to Focus in Remote Learning



COVID Impact on Safety and Needs



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



54% of students report they would like to see the data from the survey