

# Vernon Youth Voices Count Survey Results, 2023



# Background

- March 2023, students from Vernon Center Middle School (grades 6-8) and Rockville High School (grades 9-12) 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.

# Analysis

- Subgroup analysis was performed by race/ethnicity, and biological sex, and gender 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 6	213	206	100.0%
Grade 7	228	248	91.94%
Grade 8	194	225	86.22%
Grade 9	200	226	88.50%
Grade 10	194	259	74.90%
Grade 11	189	249	75.90%
Grade 12	130	195	66.67%
<b>Grades 6-8</b>	635	679	93.52%
<b>Grades 9-12</b>	713	929	76.75%
<b>Grades 6-12</b>	1348	1608	83.83%



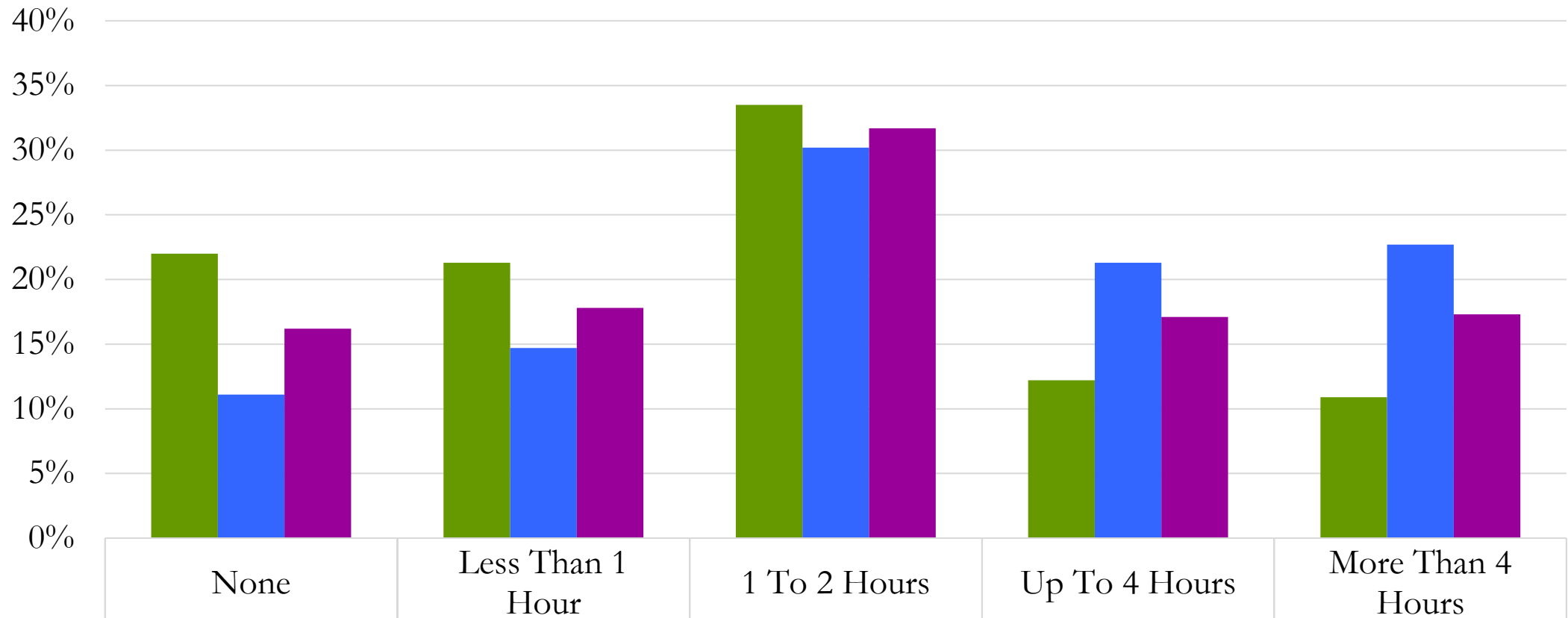
# Demographics

Race/Ethnicity Category	Percent Grades 6 thru 12
White	53.64%
Black or African American	11.57%
Hispanic or Latino	20.85%
Asian	5.93%
American Indian or Alaskan Native	1.26%
Native Hawaiian or Other Pacific Islander	0.15%
Other (2 or more races selected or race not Hispanic)	6.38%
Not Specified	0.22%

	Gender Identity
Male	646
Female	603
Non-binary	42
Transgender	17
I am not sure right now	41
Did not Identify	1

7.4% described themselves as non-binary, transgender, or unsure

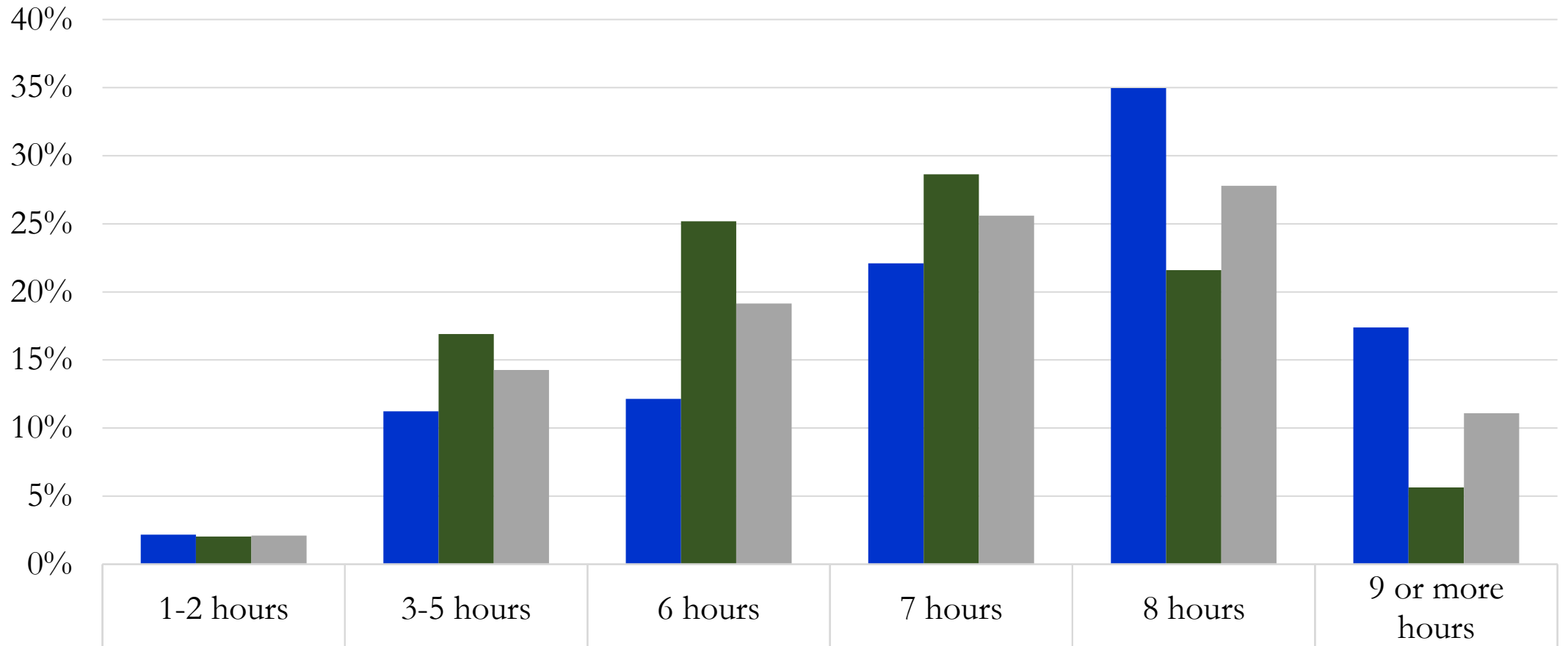
# Youth Time Alone on Weekdays without Supervision



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

■ Grade 6-8	22.0%	21.3%	33.5%	12.2%	10.9%
■ Grade 9-12	11.1%	14.7%	30.2%	21.3%	22.7%
■ Grade 6-12	16.2%	17.8%	31.7%	17.1%	17.3%

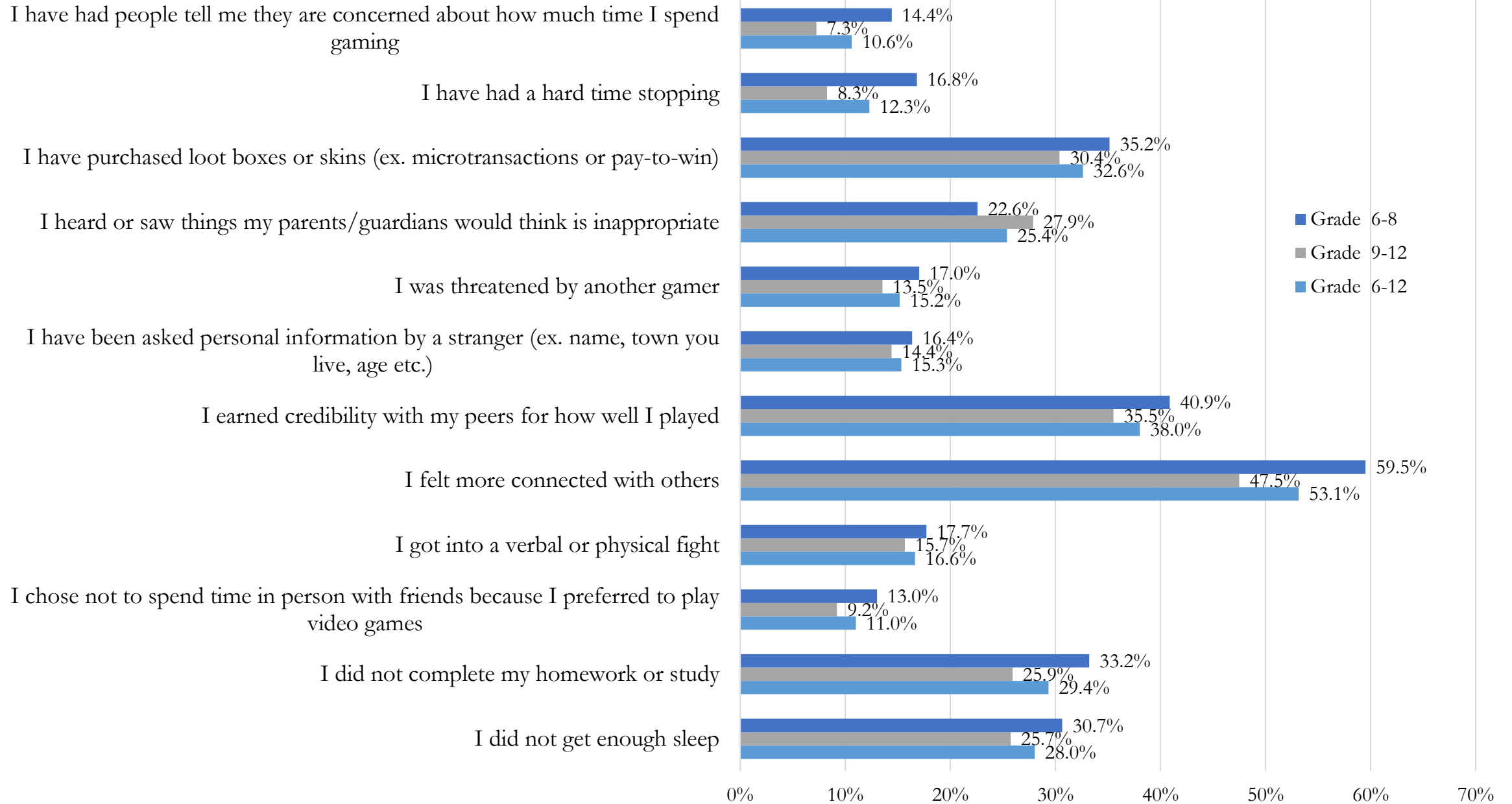
# Youth Hours of Sleep on Weeknights



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

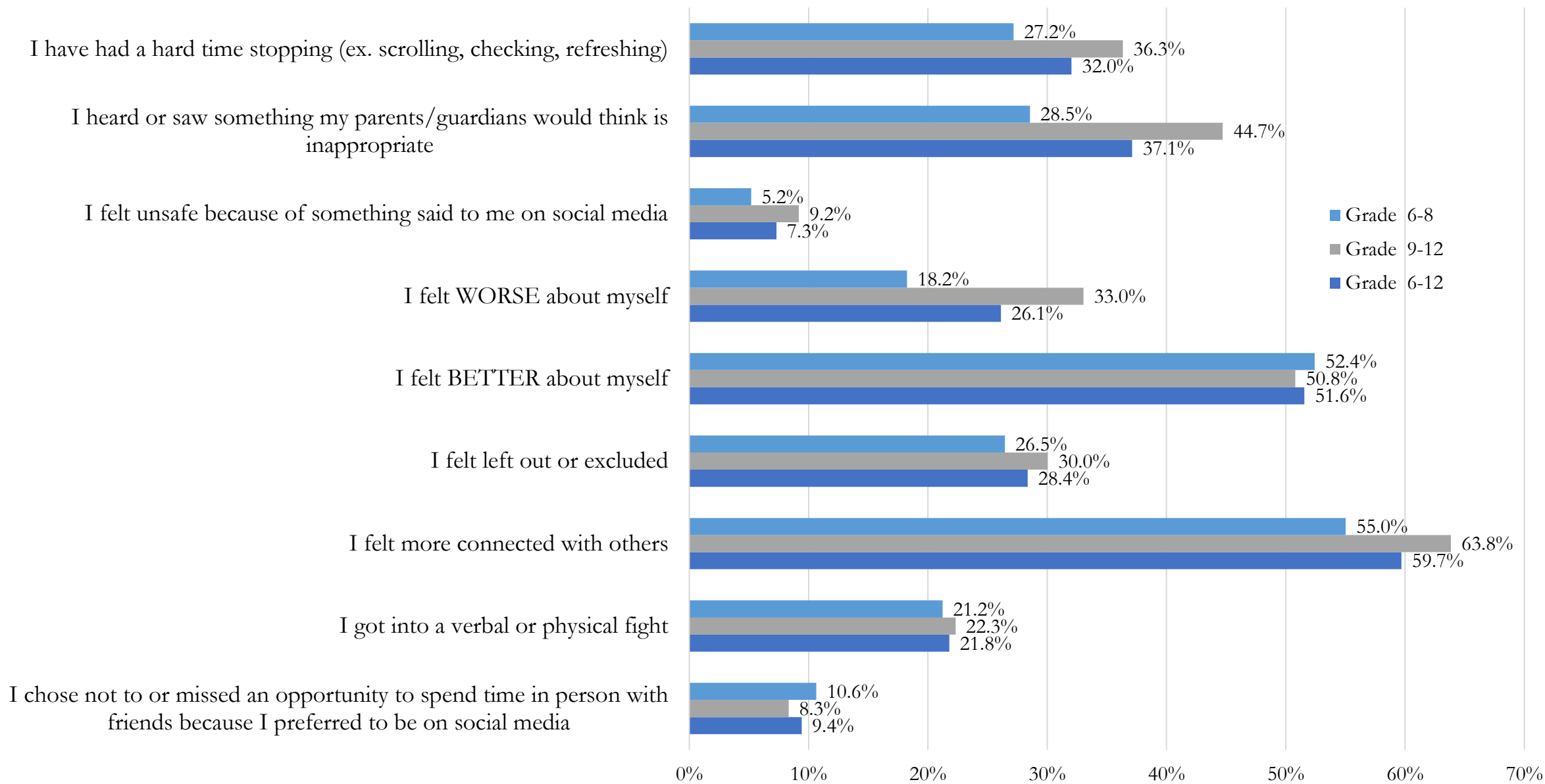
■ Grade 6-8	2.2%	11.2%	12.1%	22.1%	35.0%	17.4%
■ Grade 9-12	2.0%	16.9%	25.2%	28.6%	21.6%	5.6%
■ Grade 6-12	2.1%	14.3%	19.1%	25.6%	27.8%	11.1%

# Perceived Gaming Assets and Consequences – Past Year



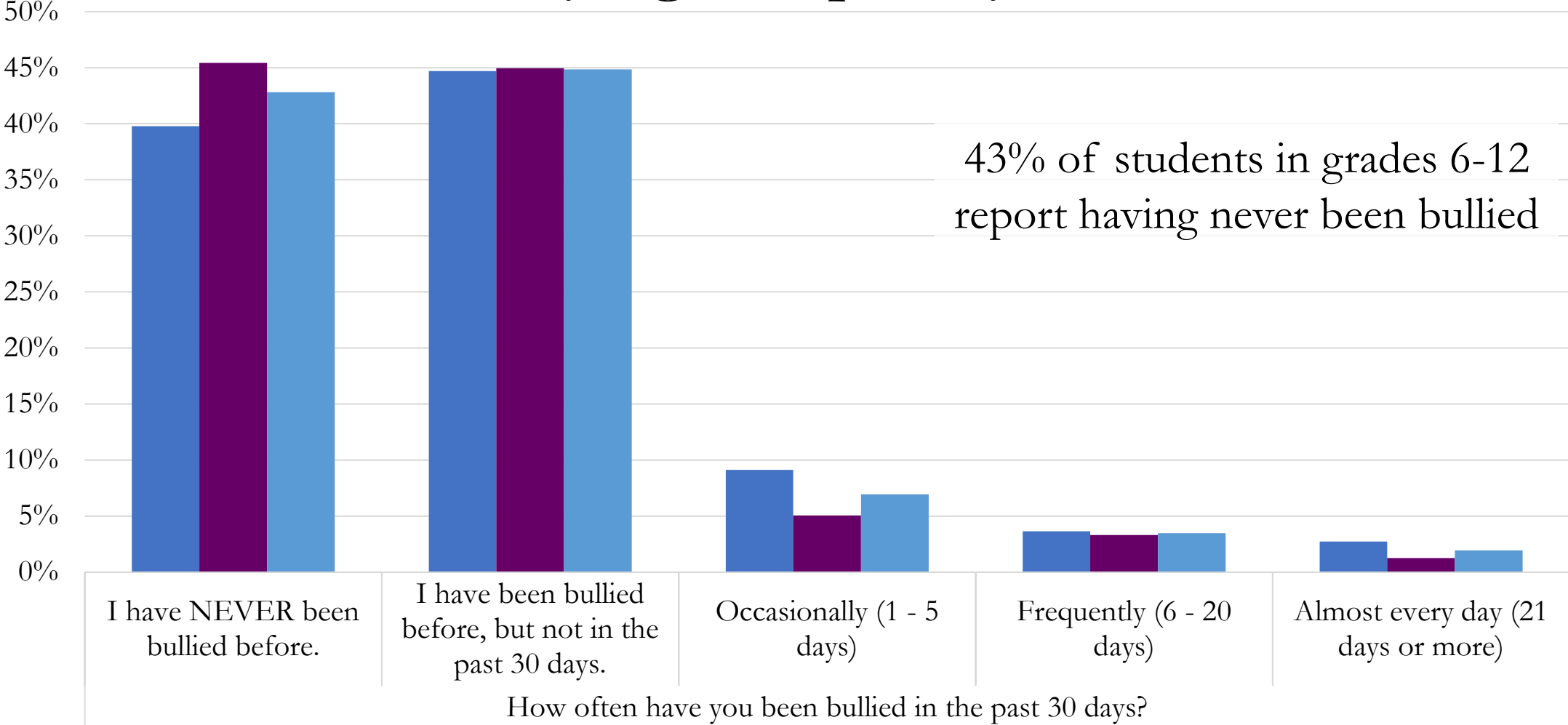


# Perceived Social Media Assets and Consequences – Past Year



# Bullying and Perceptions of Safety

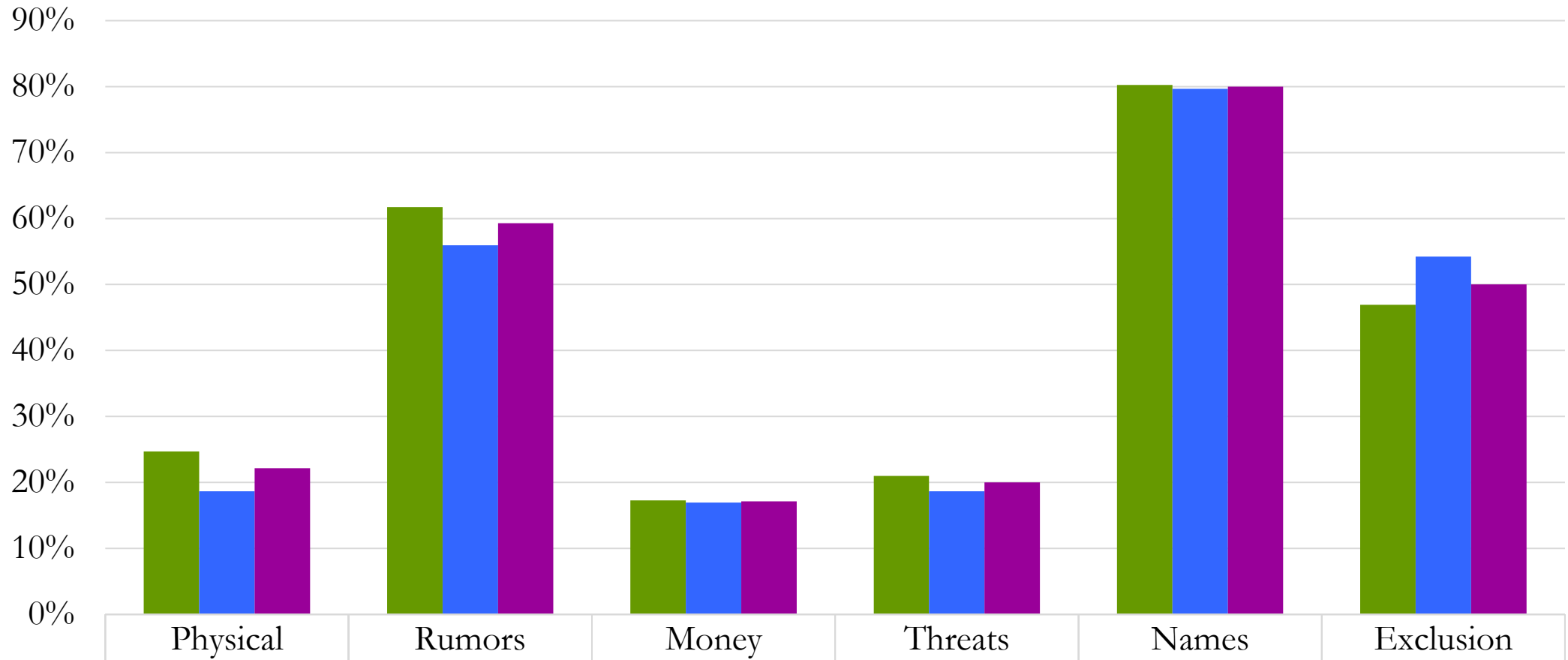
# Bullying Frequency



	How often have you been bullied in the past 30 days?				
	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	39.8%	44.7%	9.1%	3.6%	2.7%
■ Grade 9-12	45.4%	45.0%	5.0%	3.3%	1.3%
■ Grade 6-12	42.8%	44.8%	6.9%	3.5%	1.9%

n=23

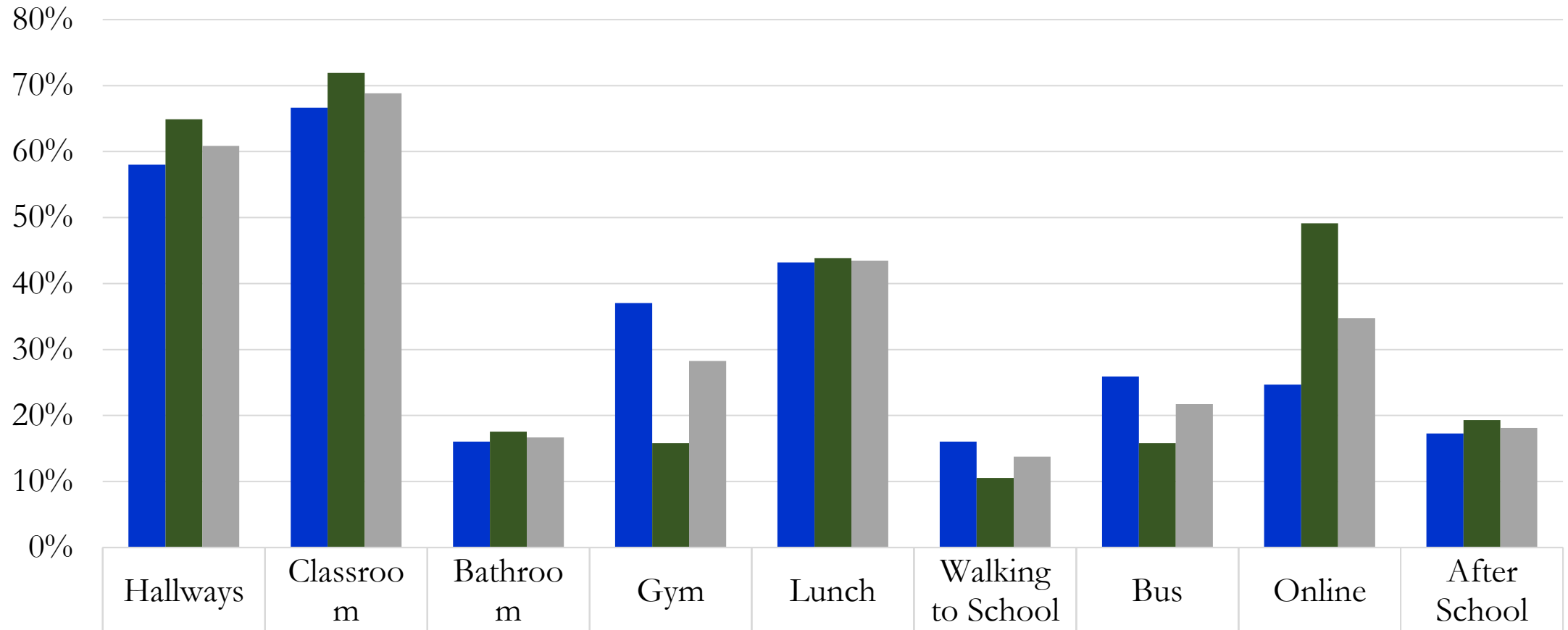
# Ways Students Report Being Bullied



During the past 30 days, I have been bullied in the following ways

■ Grade 6-8	24.7%	61.7%	17.3%	21.0%	80.2%	46.9%
■ Grade 9-12	18.6%	55.9%	16.9%	18.6%	79.7%	54.2%
■ Grade 6-12	22.1%	59.3%	17.1%	20.0%	80.0%	50.0%

# Locations of Bullying

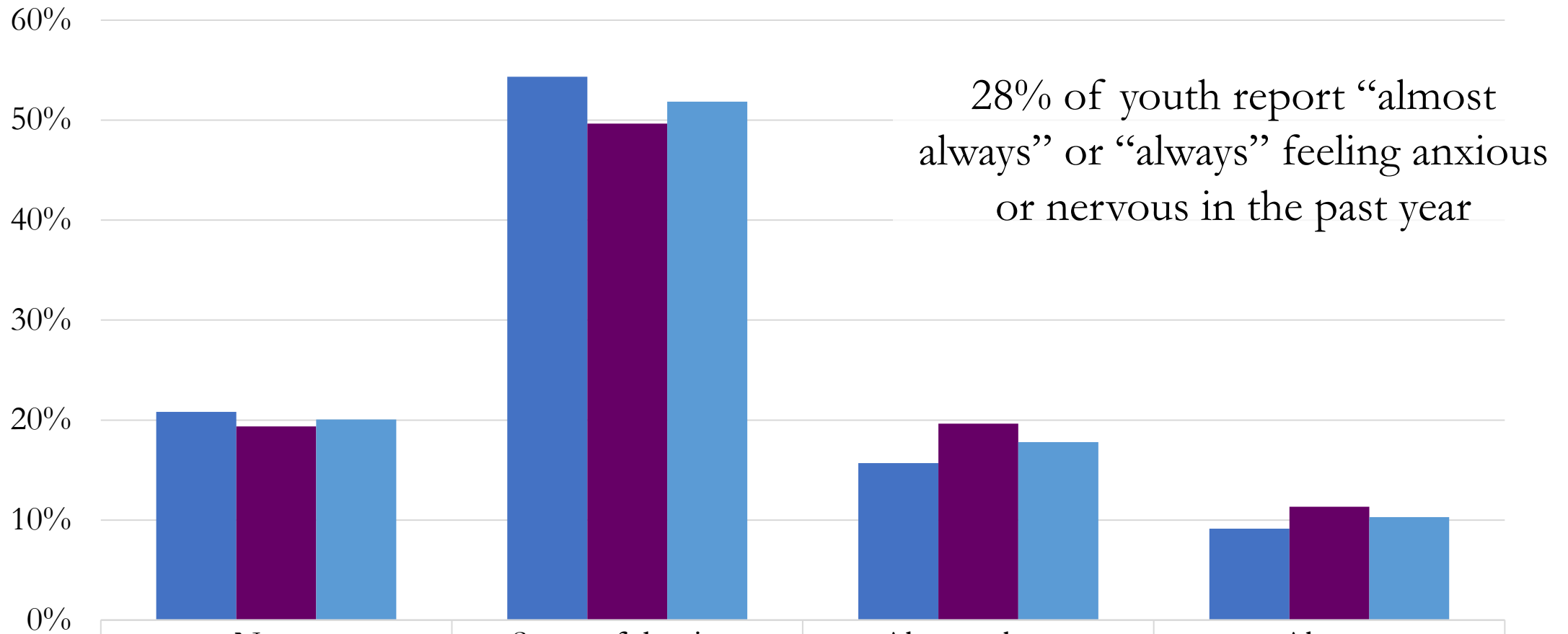


In the past 30 days, I have been bullied in the following places (Select all that apply):

■ Grade 6-8	58.0%	66.7%	16.0%	37.0%	43.2%	16.0%	25.9%	24.7%	17.3%
■ Grade 9-12	64.9%	71.9%	17.5%	15.8%	43.9%	10.5%	15.8%	49.1%	19.3%
■ Grade 6-12	60.9%	68.8%	16.7%	28.3%	43.5%	13.8%	21.7%	34.8%	18.1%

# Emotional Health

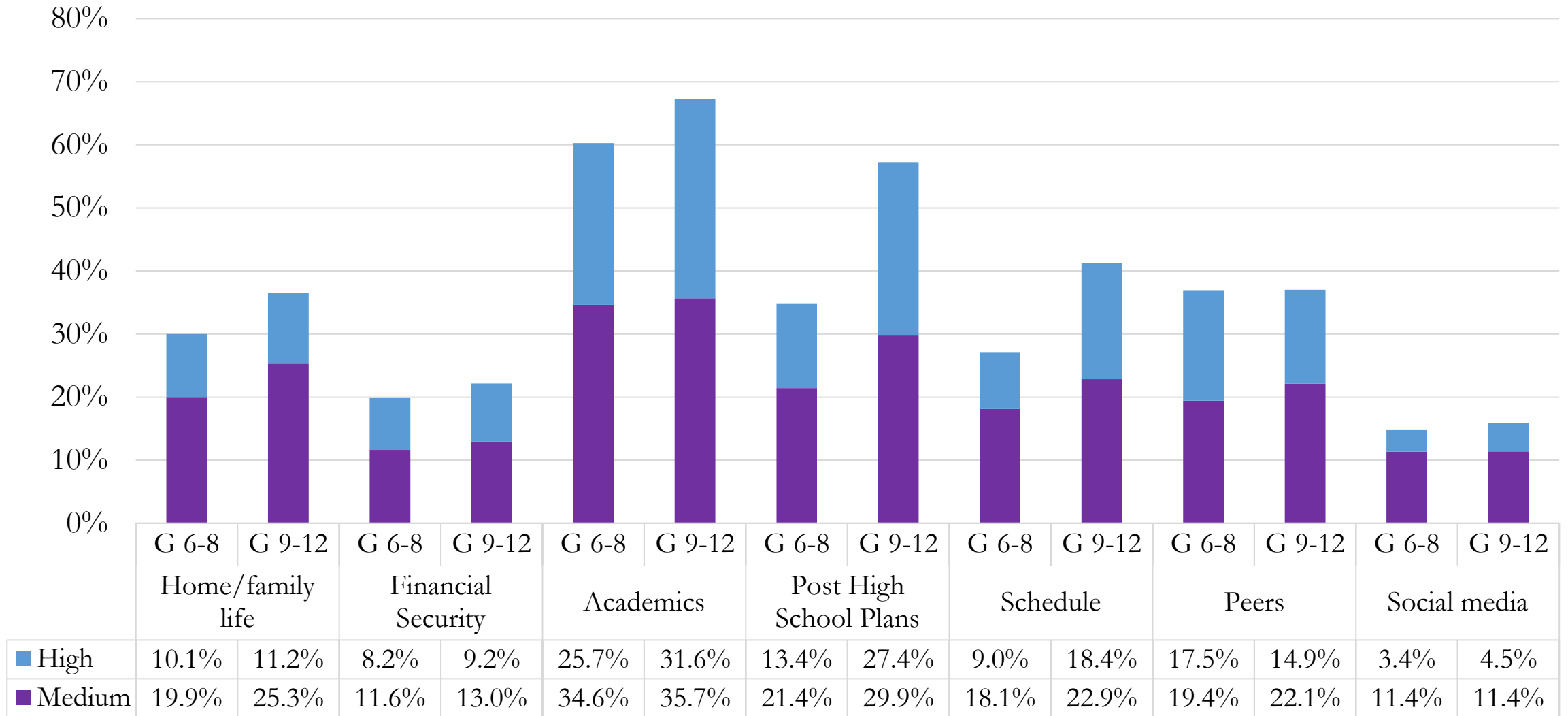
# Frequency of Anxiety – Past Year



- Grade 6-8
- Grade 9-12
- Grade 6-12

	Never	Some of the time	Almost always	Always
Grade 6-8	20.8%	54.3%	15.7%	9.1%
Grade 9-12	19.4%	49.6%	19.7%	11.3%
Grade 6-12	20.1%	51.9%	17.8%	10.3%

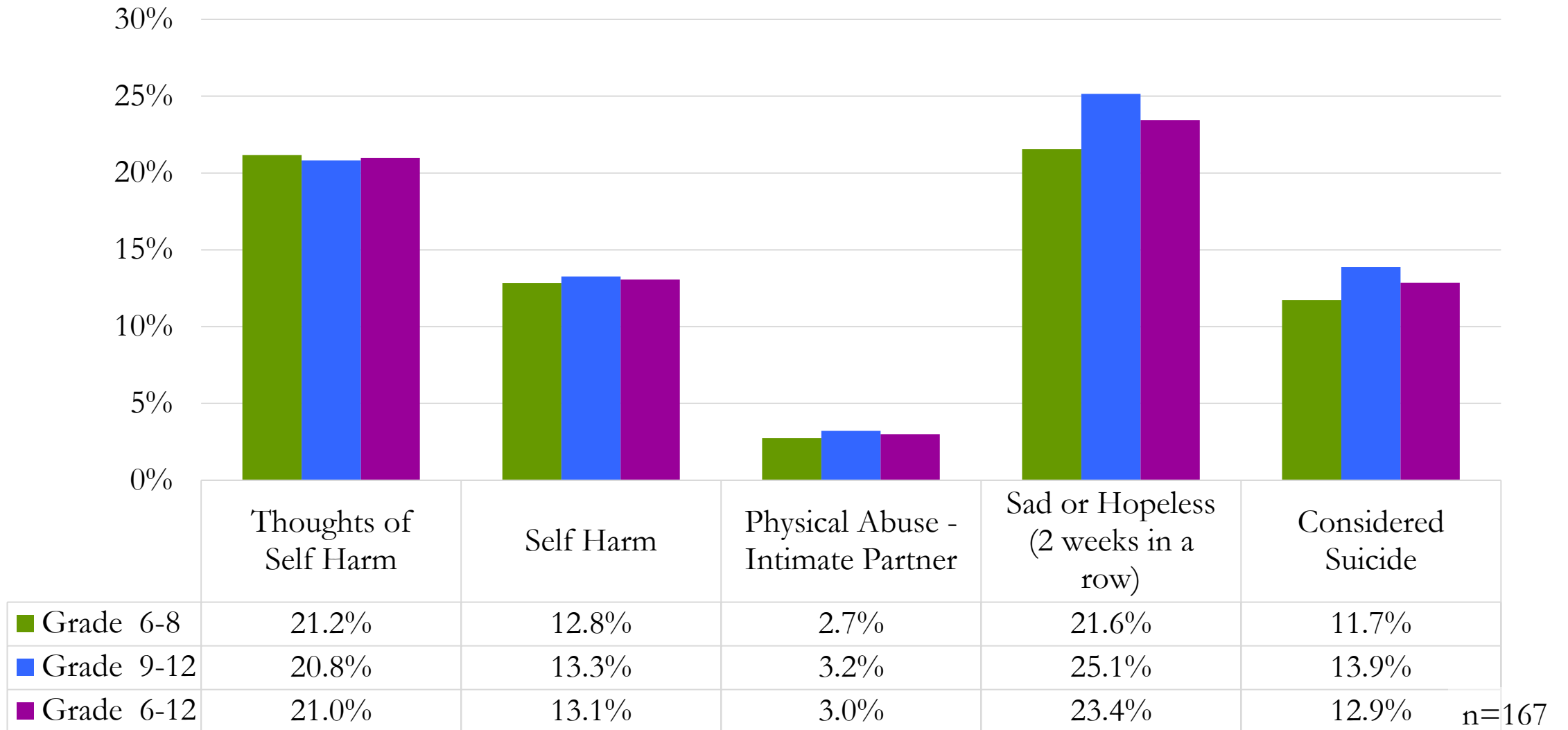
# Anxiety Level by Source



■ Medium ■ High

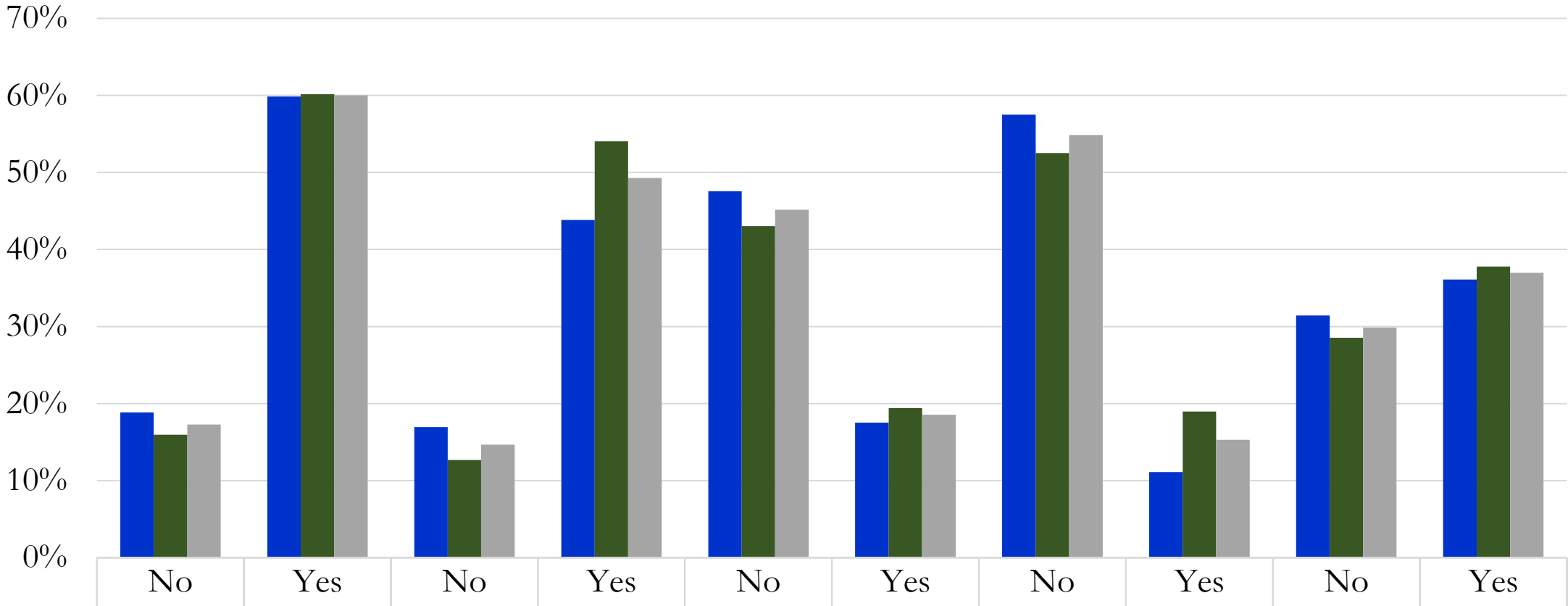


## Other Emotional Health Indicators in the Past Year, % Responding “Yes”



*Note: State data for grades 9-12 (YRBSS 2021) indicate that 35.6% of students felt sad or hopeless for 2 or more weeks in a row, 14.1% considered suicide, and 18.0% harmed themselves in the past year.*

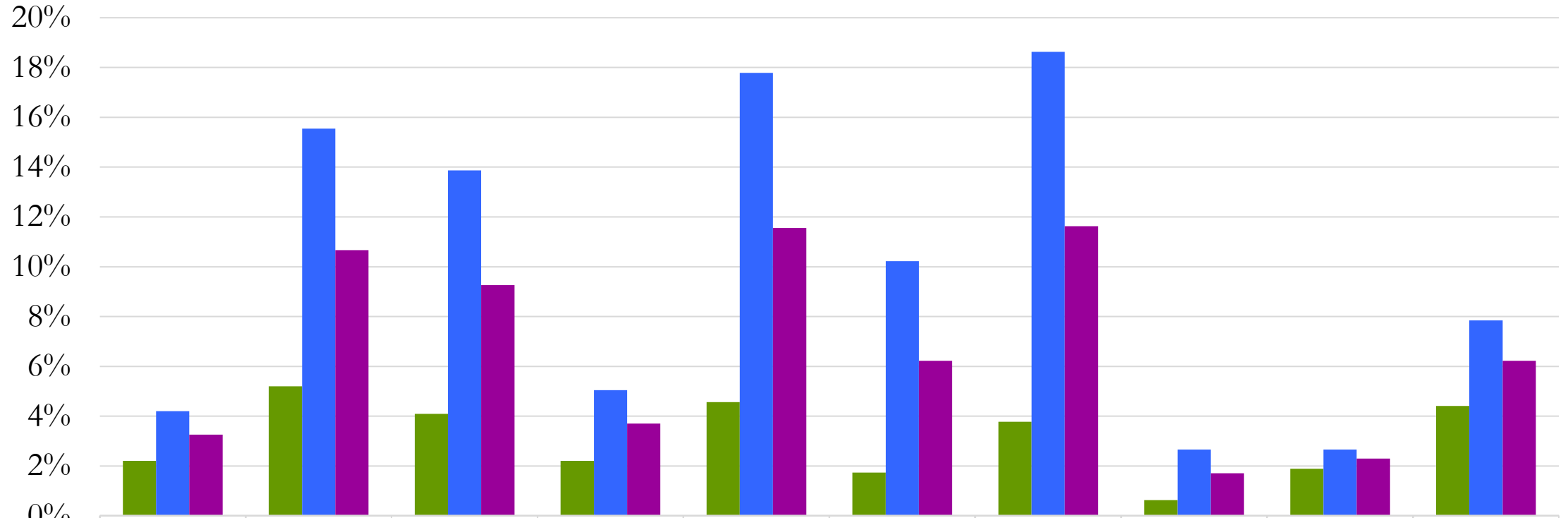
# Comfort Seeking Help by Source - Family and School



	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes
	Parent/guardian		Friends		School Staff		Coach		Other Trusted Adult	
■ Grade 6-8	18.8%	59.9%	16.9%	43.9%	47.6%	17.5%	57.5%	11.1%	31.4%	36.1%
■ Grade 9-12	15.9%	60.2%	12.7%	54.1%	43.0%	19.4%	52.5%	19.0%	28.5%	37.8%
■ Grade 6-12	17.3%	60.0%	14.7%	49.3%	45.2%	18.5%	54.8%	15.3%	29.9%	37.0%

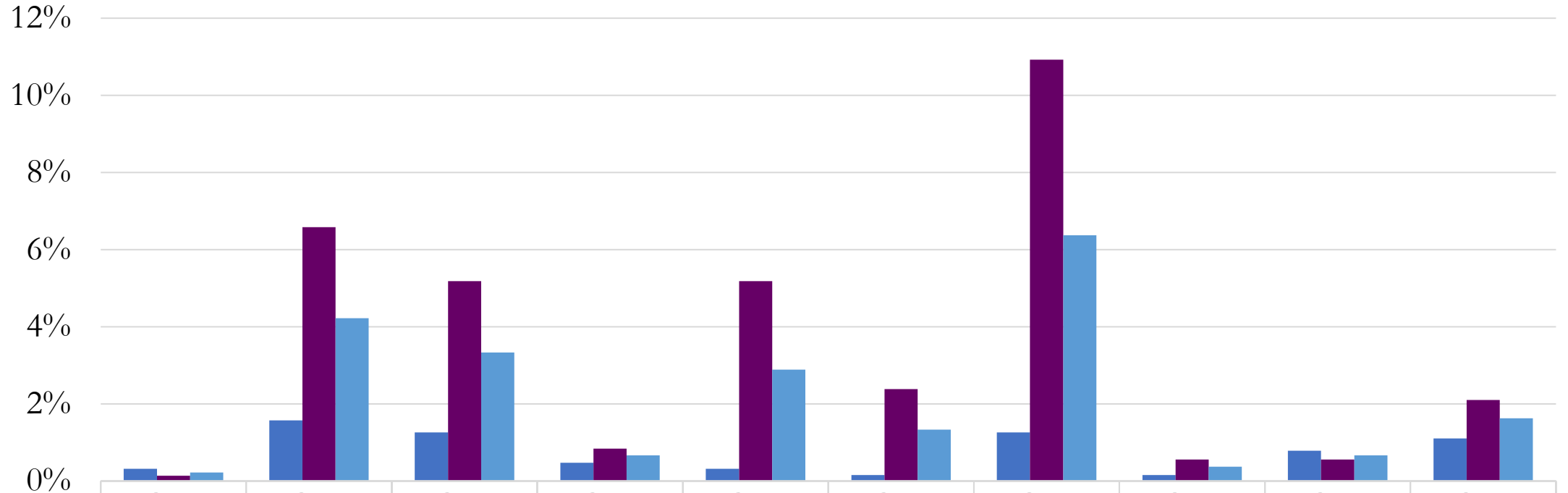
# Substance Use and Perceptions

# Lifetime Use of CORE Substances and Gambling



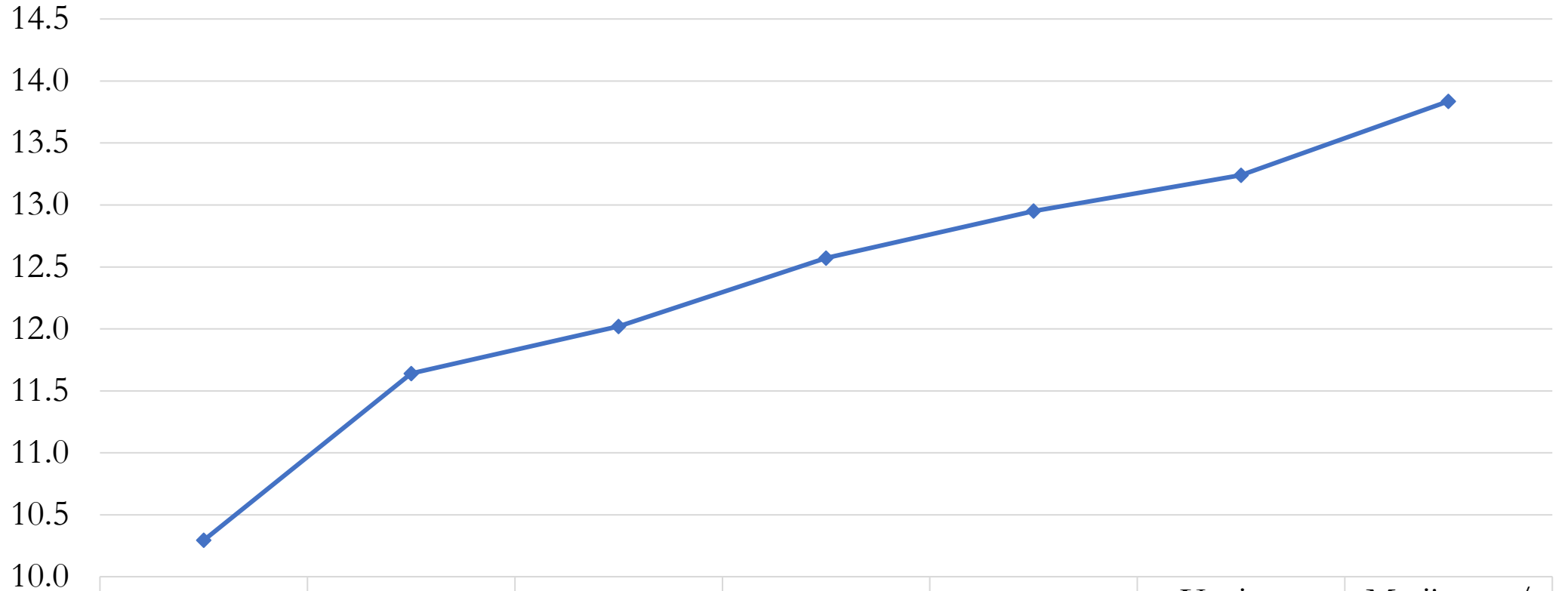
	Lifetime Cigarettes	Lifetime Vape Products Nicotine	Lifetime Vape Products Liquids	Lifetime Tobacco	Lifetime Alcohol	Lifetime Alcohol - 4 or more	Lifetime Marijuana / THC	Lifetime RX	Lifetime OTC	Lifetime Gambling
■ Grade 6-8	2.20%	5.20%	4.09%	2.20%	4.57%	1.73%	3.78%	0.63%	1.89%	4.41%
■ Grade 9-12	4.20%	15.55%	13.87%	5.04%	17.79%	10.22%	18.63%	2.66%	2.66%	7.84%
■ Grade 6-12	3.26%	10.67%	9.26%	3.70%	11.56%	6.22%	11.63%	1.70%	2.30%	6.22%

# Past Month Use of CORE Substances and Gambling



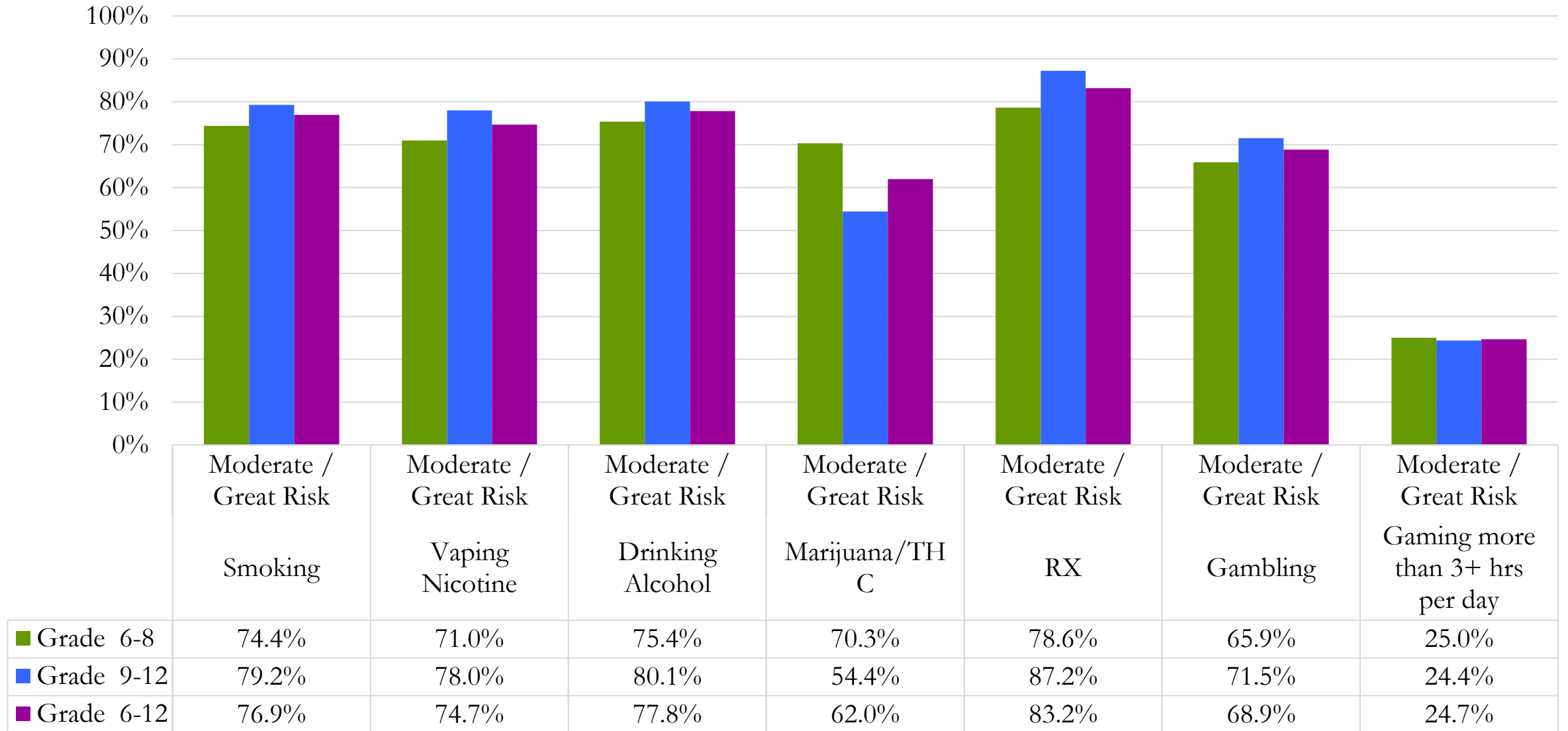
	Past Month Cigarettes	Past Month Vape Products Nicotine	Past Month Vape Products Liquids	Past Month Tobacco	Past Month Alcohol	Past Month Alcohol - 4 or more	Past Month Marijuana / THC	Past Month RX	Past Month OTC	Past Month Gambling
■ Grade 6-8	0.31%	1.57%	1.26%	0.47%	0.31%	0.16%	1.26%	0.16%	0.79%	1.10%
■ Grade 9-12	0.14%	6.58%	5.18%	0.84%	5.18%	2.38%	10.92%	0.56%	0.56%	2.10%
■ Grade 6-12	0.22%	4.22%	3.33%	0.67%	2.89%	1.33%	6.37%	0.37%	0.67%	1.63%

# Age of First Use, in Years

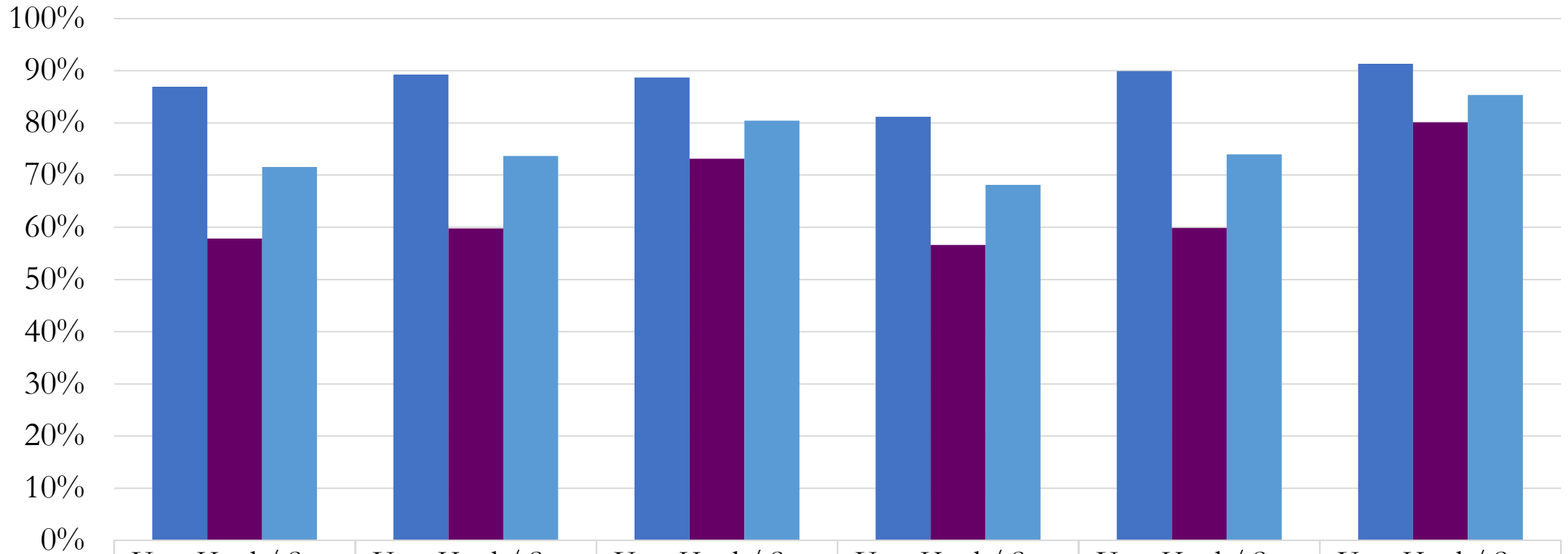


	Gambling	OTC	Cigarettes	Rx	Alcohol	Vaping - Nicotine	Marijuana / THC
Age in Years	10.3	11.6	12.0	12.6	13.0	13.2	13.8

# Perception of Risk/Harm



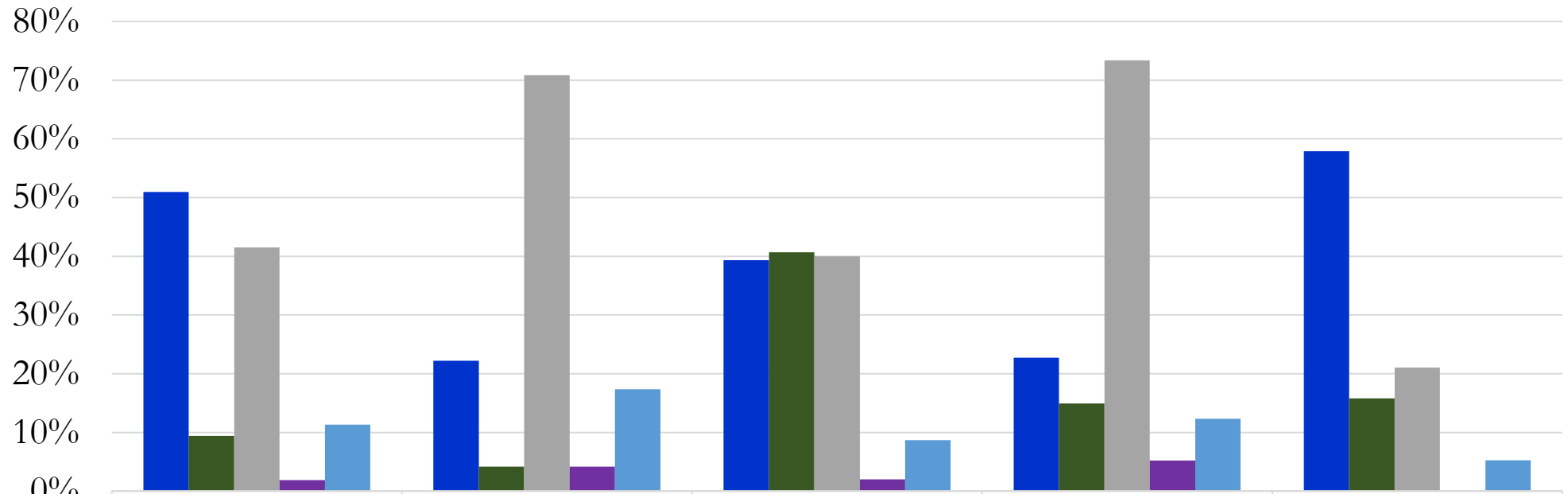
# Ease of Access



	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	86.9%	89.3%	88.7%	81.2%	89.9%	91.3%
■ Grade 9-12	57.9%	59.8%	73.1%	56.6%	59.9%	80.1%
■ Grade 6-12	71.5%	73.6%	80.4%	68.1%	74.0%	85.4%

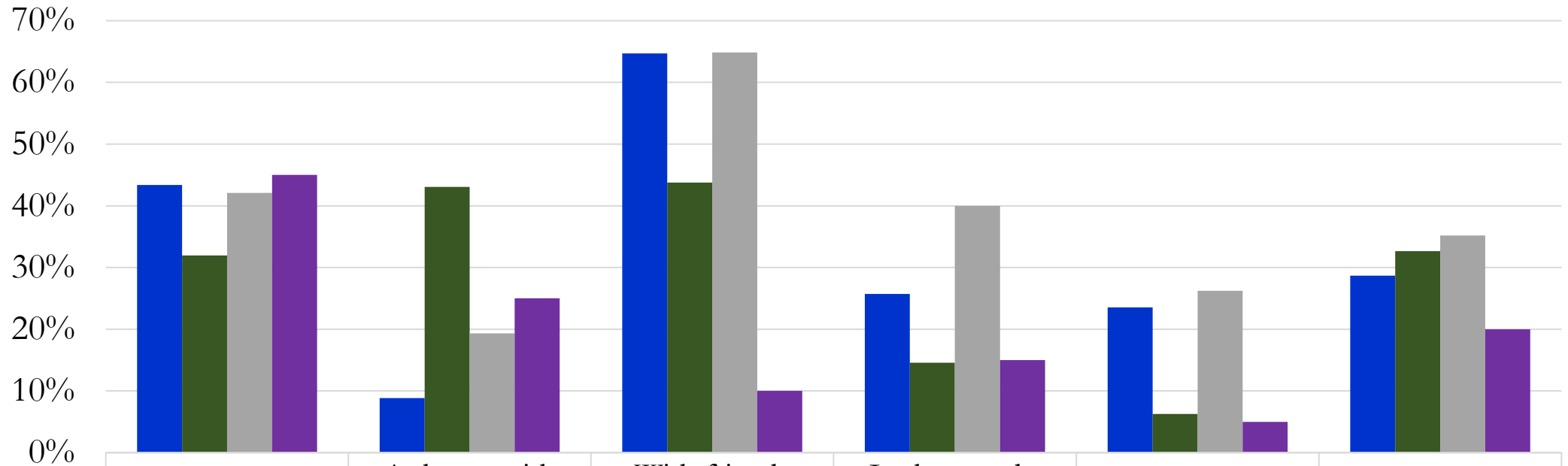


# Where Substances Are Acquired Most Often Amongst Lifetime Users Grades 6-12



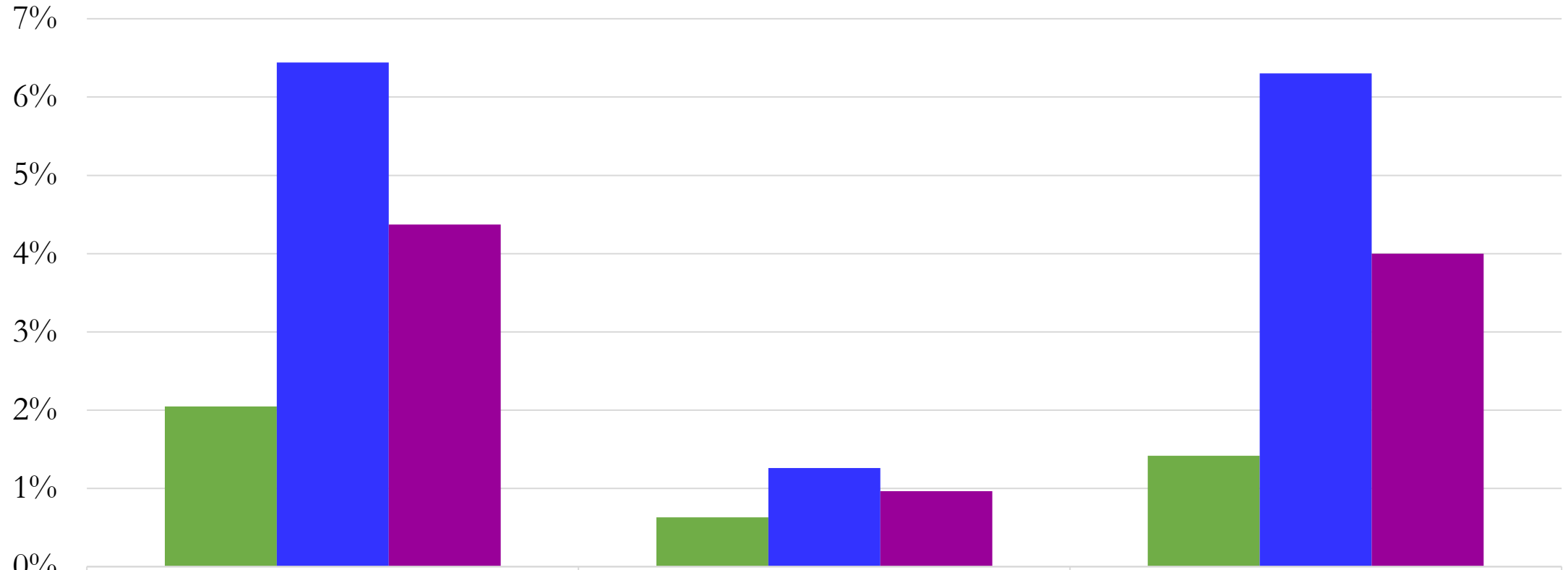
	Tobacco	Vape Products Nicotine	Alcohol	Marijuana / THC	RX
■ Home w/o Parents	50.94%	22.22%	39.33%	22.73%	57.89%
■ Home w/ parents	9.43%	4.17%	40.67%	14.94%	15.79%
■ Friends/Peers	41.51%	70.83%	40.00%	73.38%	21.05%
■ Internet	1.89%	4.17%	2.00%	5.19%	0.00%
■ Store	11.32%	17.36%	8.67%	12.34%	5.26%

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



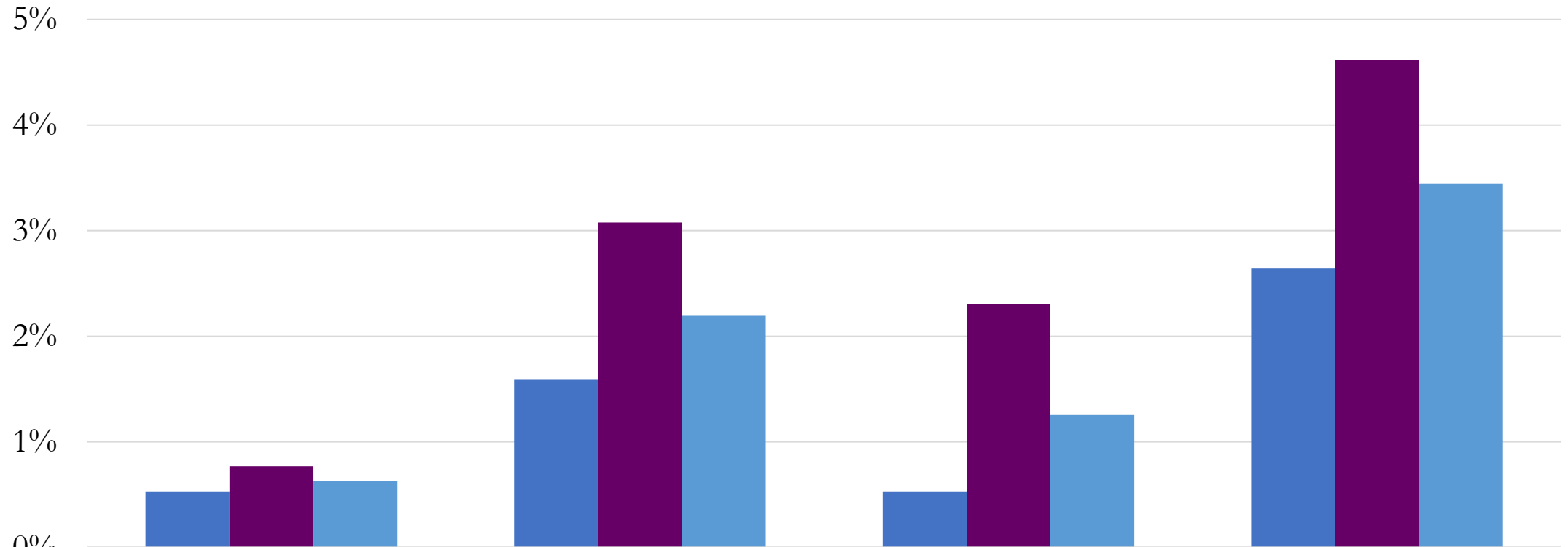
■ Vaping Nicotine/ Liquids	43.4%	8.8%	64.7%	25.7%	23.5%	28.7%
■ Alcohol	31.9%	43.1%	43.8%	14.6%	6.3%	32.6%
■ Marijuana / THC	42.1%	19.3%	64.8%	40.0%	26.2%	35.2%
■ RX	45.0%	25.0%	10.0%	15.0%	5.0%	20.0%

# Youth Use of Substances at School - Including School Events



	Vaping Nicotine	Alcohol	Marijuana - THC
■ Grade 6-8	2.0%	0.6%	1.4%
■ Grade 9-12	6.4%	1.3%	6.3%
■ Grade 6-12	4.4%	1.0%	4.0%

# Driving Under the Influence Alcohol and Marijuana Grades 11 -12



	Past Month DUI Alcohol	Past Month DUI Marijuana	Lifetime DUI Alcohol	Lifetime DUI Marijuana
■ Grade 11	0.5%	1.6%	0.5%	2.6%
■ Grade 12	0.8%	3.1%	2.3%	4.6%
■ Grade 11-12	0.6%	2.2%	1.3%	3.4%

# Risk Factors for Any Substances Use Grades 6-12

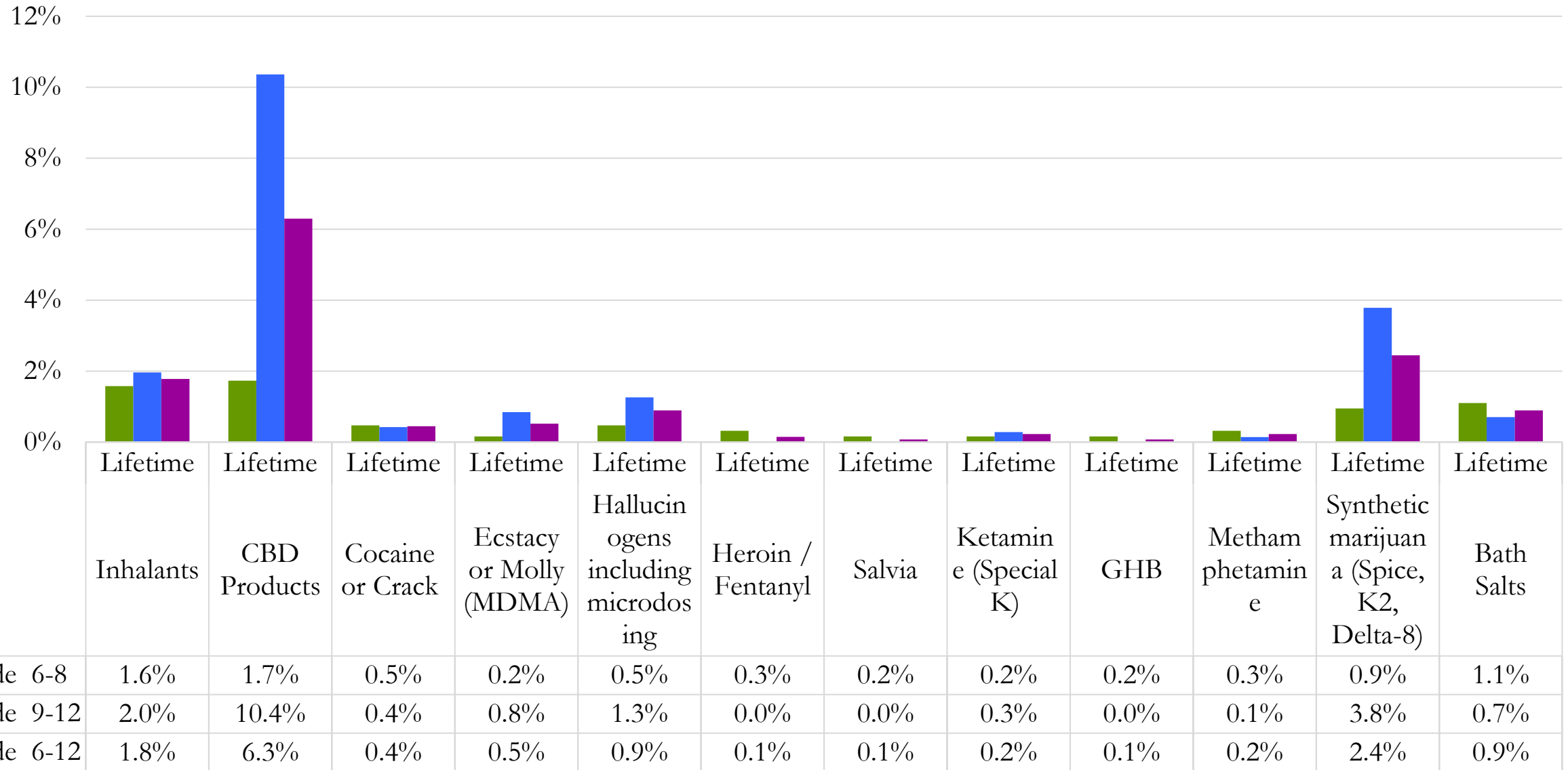
The following list includes youth reported experiences and perceptions that are statistically associated with lifetime use of any substance use. It is important to note association should not be considered causation.

\*Note: these are selected findings, the complete list can be found in the full report.

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

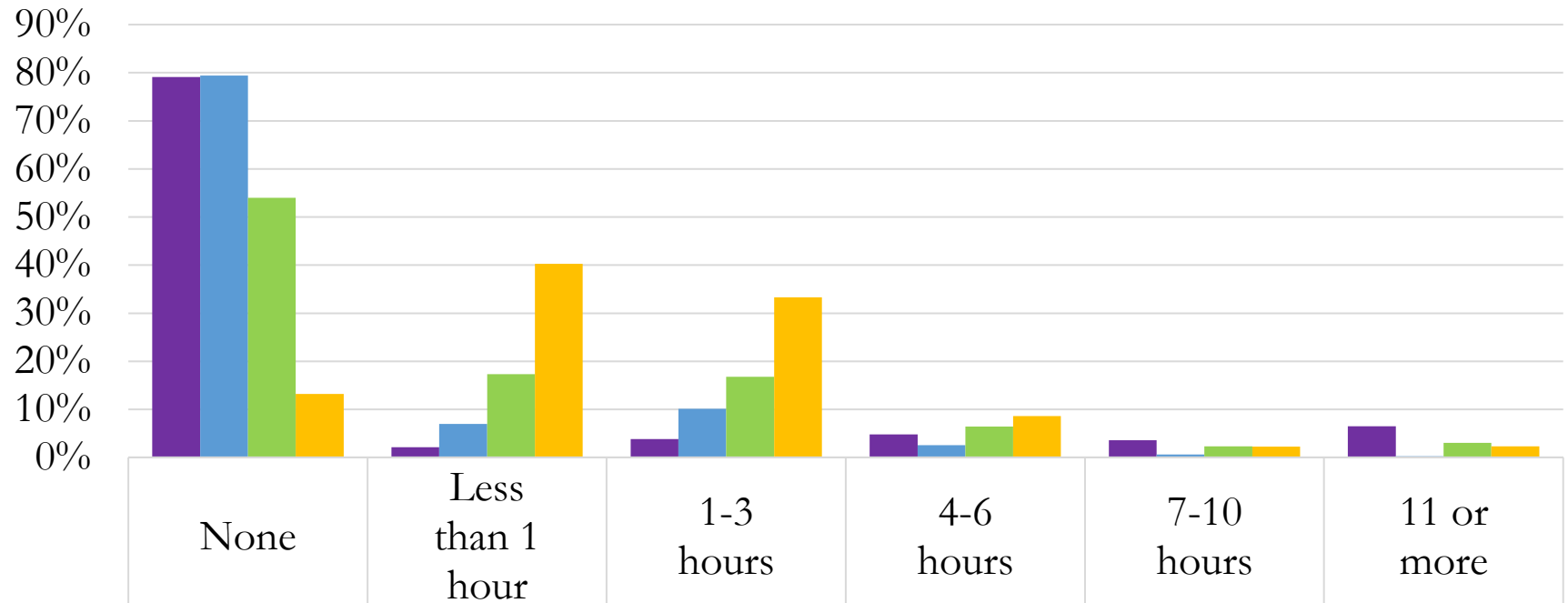
- Not feel safe in their community or at school
- Have experienced anxiety always/almost always in the past year
- Report home/family life as a source of anxiety
- Have thoughts about self-harm, and have self-harm behaviors
- Have felt sad or hopeless two or more weeks in a row
- Have considered suicide in the past year
- Feel less comfortable seeking help from a parent/guardian or doctor
- Not have clear family rules around drinking alcohol or gambling
- Report having family problems around alcohol, prescription drugs, marijuana, heroin/fentanyl, other drugs, and gambling
- Report less parental disapproval for vaping and gambling
- Report less peer disapproval for cigarettes, vaping, alcohol, marijuana, non-medical use of prescription drugs, and gambling
- Perceive more peer use of alcohol, marijuana, vaping, and prescription drugs
- Report more ease of access to vape products, tobacco, alcohol, marijuana, and prescription drugs
- Have experienced community violence, discrimination, and housing problems in the past year

# Lifetime Other Substance Use



# Extracurricular Activities

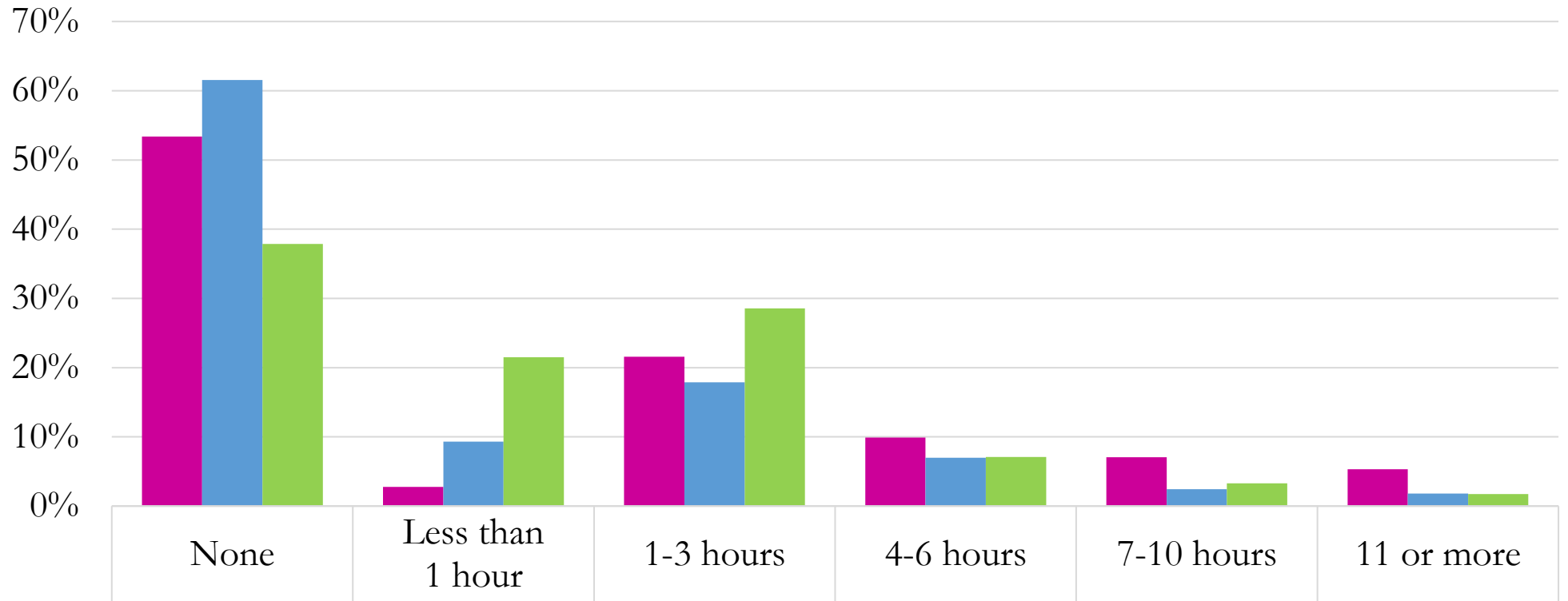
# Time Spent on Jobs & Volunteering, Weekly Grades 6-12



■ Working at a job	79.1%	2.1%	3.9%	4.8%	3.6%	6.5%
■ Volunteering	79.4%	7.0%	10.2%	2.6%	0.6%	0.3%
■ Taking care of someone at home (sibling, older relative)	54.0%	17.3%	16.8%	6.4%	2.4%	3.0%
■ Doing chores	13.2%	40.2%	33.3%	8.6%	2.2%	2.3%

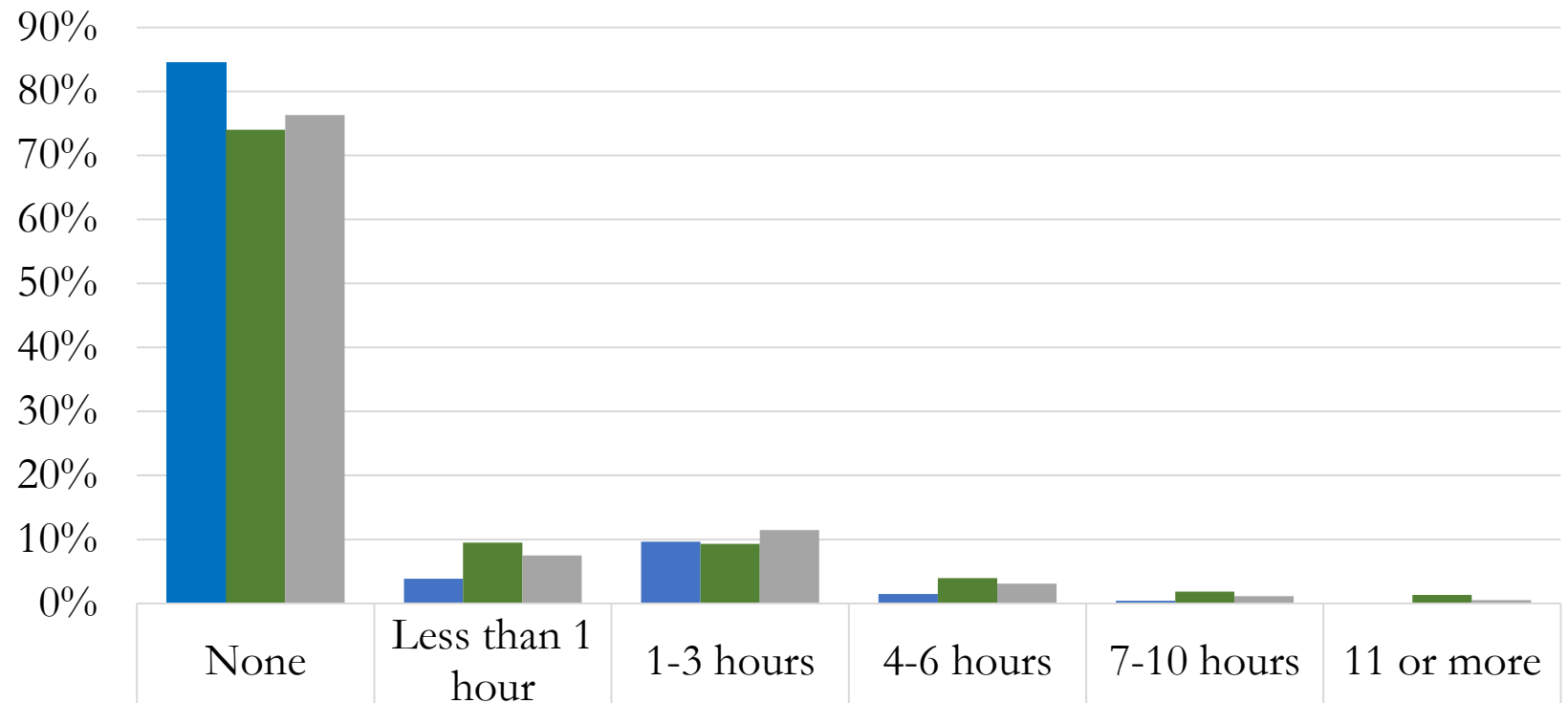


# Time Spent on Physical Activities, Weekly Grades 6-12



■ Team Sports	53.4%	2.8%	21.6%	9.9%	7.1%	5.3%
■ Other Physical Activities	61.6%	9.3%	17.9%	7.0%	2.4%	1.8%
■ Working Out	37.9%	21.5%	28.6%	7.1%	3.3%	1.7%

# Time Spent on Faith-based Activities, Taking Lessons, Clubs or Orgs, Weekly, Grades 6-12

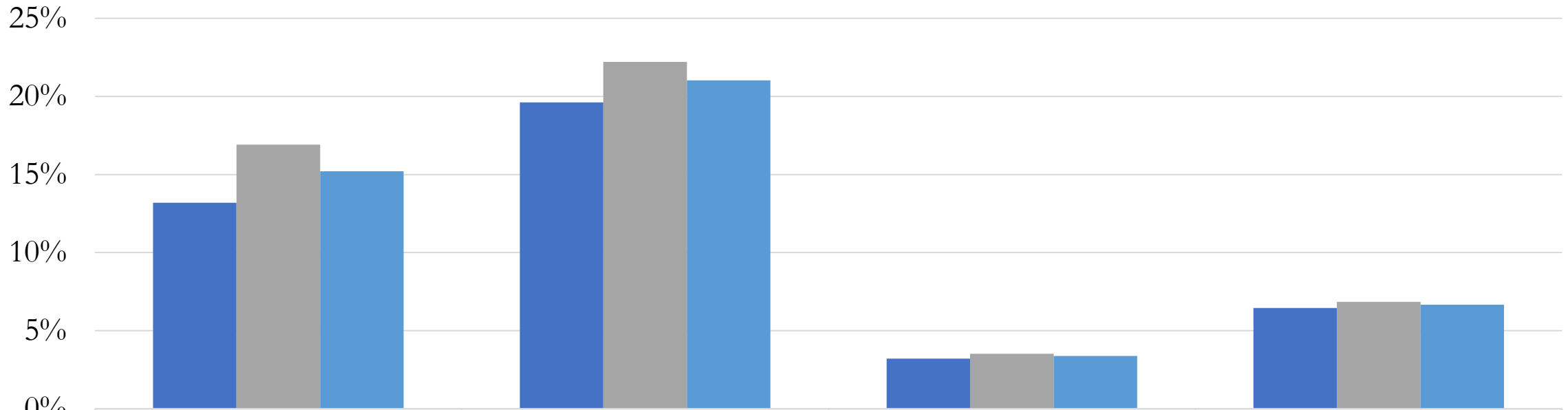


	None	Less than 1 hour	1-3 hours	4-6 hours	7-10 hours	11 or more
■ Faith or Religious Activities	84.5%	3.9%	9.6%	1.5%	0.4%	0.1%
■ Practicing / Taking lessons (music, art)	74.0%	9.5%	9.3%	4.0%	1.8%	1.3%
■ Club or organization (theater, Scouts)	76.3%	7.5%	11.5%	3.1%	1.1%	0.5%

# Toxic Stress

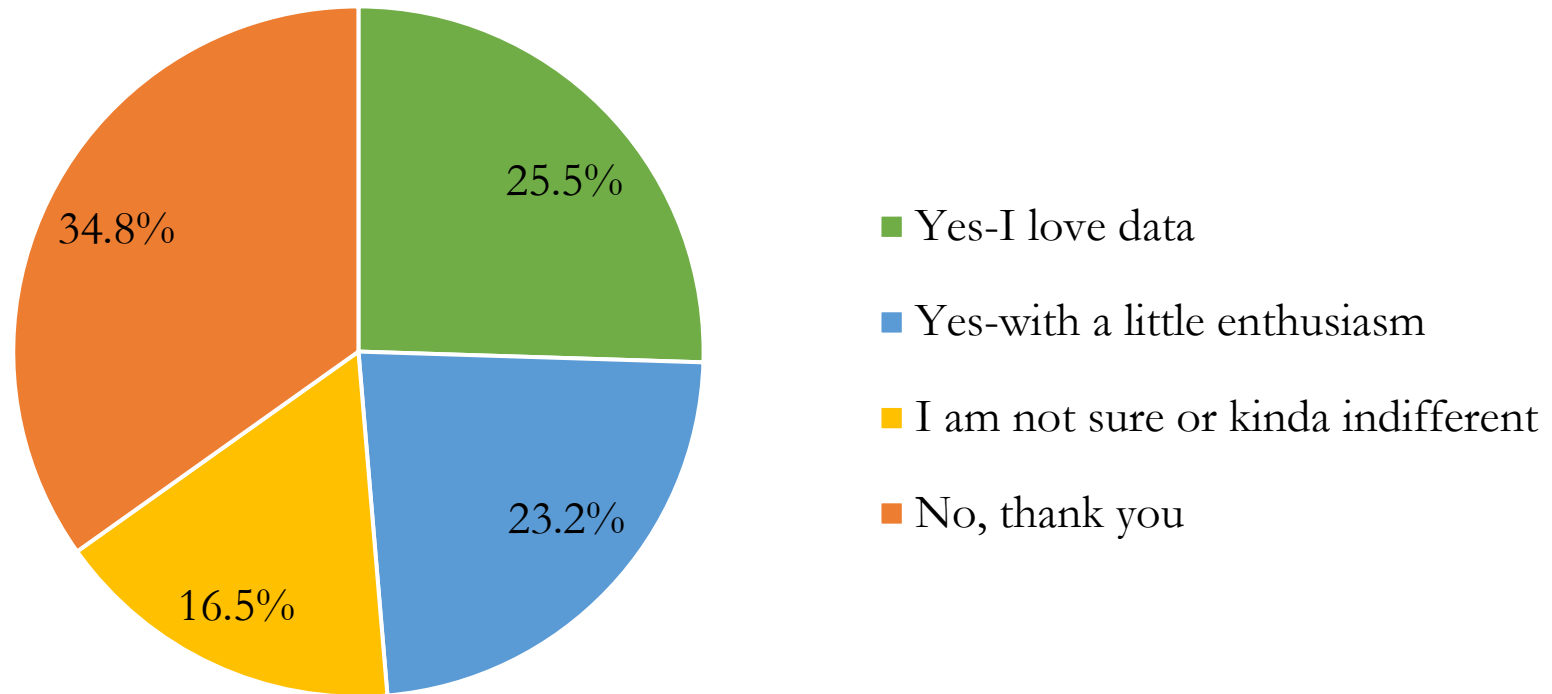
# Toxic Stress Indicators – Past Year

(% Yes)



	Have you directly seen, heard, or been a victim of violence in your neighborhood, community or school?	Have you experienced discrimination?	Have you had problems with housing?	Have you worried that your family did not have enough food to eat or that food would run out?
■ Grade 6-8	13.2%	19.6%	3.2%	6.5%
■ Grade 9-12	16.9%	22.2%	3.5%	6.8%
■ Grade 6-12	15.2%	21.0%	3.4%	6.7%

# Would you like to see the outcomes of this survey when the data are available?



49% of students report they would like to see the data from the survey