

Enfield

Youth Voices Count
Survey Report, 2023

Grades 6-12



Survey Conducted by:

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C O N S U L T I N G

PROGRAM EVALUATION • GRANT PREPARATION • CAPACITY BUILDING

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Introduction

The following report is a summary of data that was gathered during February of 2023 at John F. Kennedy Middle School (grades 6-8) and Enfield High School (grades 9-12). Data collected from this student survey will be used in the planning and development of strategies, policies, and practices for the sponsoring organization, Enfield Social Services, as well as other educational and social service organizations.

This survey was administered to youth enrolled in Enfield Public Schools to ensure a representative sample and reliable data. Please note that the findings presented in this report are not reflective of the school but are intended to reflect the greater community of Enfield.

It is important to note that COVID-19 greatly disrupted lives beginning in March 2020, which may have ongoing impacts on youth substance use rates and mental health concerns.

The Youth Voices Count Survey fulfills the following objectives:

1. Describes youth’s perceptions and experiences regarding substance use, mental health, school environment, social media and online gaming, and other related behaviors among students in grades 6-12 in the year 2022.
2. Utilizes information provided by youth, allowing leaders to systematically **“hear” from youth**, in order to enhance and **plan initiatives and activities for youth** in the community.

Youth Voices Count Survey Background:

The Youth Voices Count Survey (YVCS) is adapted from the “ERASE Student Survey” which originated out of the Governor’s Prevention Initiative for Youth (GPIY) Student Survey, a school survey that was distributed throughout the State of Connecticut in 2000. Other survey influences include: The Connecticut School Health Survey, The Center for Prevention Evaluation and Statistics (CPES) Young Adults Statewide Survey and most importantly, emerging issues for youth today—including vaping, online gaming, and social media-related behaviors.

Youth Voices Count Survey is a product of B. Weyland Smith Consulting, LLC. Located in Wethersfield, Connecticut, B. Weyland Smith Consulting researchers have over 48 years combined experience of survey and statistical research regarding youth behaviors, perspectives, and experiences, specific to substance use, mental health and related risk and protective factors.

Youth Voices Count Survey was established with the support of many youth and professionals in the field of survey development, program evaluation, internet safety and school mental health staff. They provided feedback through document review and focus groups. The core elements of the YVCS are designed to understand youth’s current substance use and mental health behaviors and perceptions. These data are aligned with Federal National Outcome Measures for the Substance Abuse and Mental Health Services Administration. This allows for competitive grant applications and ongoing evaluation requirements to be met.

Topics assessed in the YVCS include: substance use, anxiety, depression, e-sports/online gaming, social media perspectives, gambling and accessing resources and supports in the community. Optional add-on topics include bullying/school climate, sexual behavioral and electronic communications, extracurricular activities and toxic stress.



Survey Methodology:

Survey Consent:

The Youth Voices Count Survey was administered in February of 2023 to students in Enfield. Students' guardians received e-mail letters notifying them of the purpose and content of the survey and were able to return a signed "passive consent" form to the school if they did not want their children to participate in the school survey. Guardians were provided with an opportunity to review the survey document.

Survey Administration:

All surveys were administered using SurveyMonkey.com website and software. Students were directed to access a link to the survey and an instructional video including an overview of the survey, ensuring anonymity, resources if the survey brought up uncomfortable feelings and informing of their option to decline participation. Any question could be skipped if a student was not comfortable answering a question. Students who chose to not participate in the survey were asked to sit quietly until all classmates finished the survey.

Data Analysis:

Data Processing:

The student survey data was exported from the SurveyMonkey.com website and imported into SPSS (Statistical Package for the Social Sciences) for data analysis. A total of 42 surveys (1.9% of original sample of 2,181 surveys) were omitted from the sample pool due to lack of any responses other than demographics (33) and survey responses that were implausible (9). The final sample size after surveys were omitted was 2,139 surveys for grades 6-12.

Sample Response Rates:

Response rates by grade level and school are listed in the table below. Note that there was 1 individual who did not specify a grade. This case was retained but will not be included in any grade level reporting. Response rates are calculated as a proportion of the number of surveys included in the sample to the number of total students enrolled in the 2022-2023 school year. Note that total sample counts only contain surveys that were used in the survey report; surveys that were omitted from the sample pool are not included in the following counts.

Sample Response Rates	Sample Count	Population Count	Response Rate (%)
Grade 6	342	368	92.93%
Grade 7	298	342	87.13%
Grade 8	295	390	75.64%
Grade 9	298	379	78.63%
Grade 10	329	399	82.46%
Grade 11	315	363	86.78%
Grade 12	261	368	70.92%
Grades 6-8	935	1100	85.00%
Grades 9-12	1203	1509	79.72%
Grades 6-12	2138	2609	81.95%

The next table below shows the confidence intervals calculated for grades 6-8, 9-12, and 6-12, using a 95% confidence level. A confidence interval means the percentage range you can expect the accurate rates to fall within. Smaller confidence

intervals give you more accurate estimates of the actual use rates in the school population (and larger confidence intervals give you less accurate estimates of the actual use rates in the school population).

For example, if 25% of your sample reported using alcohol in the past month, a confidence interval of 2.0 means that if you randomly re-sampled your population 100 times, 95 of those times you would find past month alcohol use rates to fall somewhere between 23% (25-2) and 27% (25+2). In contrast, if your confidence interval is 5 (and 25% of your sample reported using alcohol in the past month), you would typically find past month use rates ranging between 20% (25-5) and 30% (25+5) if you repeatedly re-sampled students in this population.

	Confidence Level	Confidence Interval
Grades 6-8	95.00%	1.24
Grades 9-12	95.00%	1.27
Grades 6-12	95.00%	0.90

Data Reporting:

The survey tool utilized several skip patterns to reduce the time spent on the survey for students, in addition, no question was required to be answered by respondents. Unless otherwise stated, data presented represent the percent of students responding to each question. However, survey response and completion rates are high enough for those questions to make strong estimates of the total population’s behavior and perceptions.

Survey Sample Demographics:

The student survey sample consisted of a total of 2,139 students (1,085 females, 1,048 males; 6 students did not specify their biological sex). Additionally, 1 that provided their biological sex did not specify their grade, thus are not shown below. Refer to the Table below for more descriptions of the sample by grade level.

	6 th grade	7 th grade	8 th grade	9 th grade	10 th grade	11 th grade	12 th grade
Total	342	298	295	298	329	315	261
Female	181	152	145	142	170	168	126
Male	161	144	148	156	158	147	134
Did not Identify		2	2		1		1

Statistical Analyses:

Statistical comparisons by biological sex (male/female) were conducted separately for grades 6-8 and grades 9-12 using the Chi-Square (χ^2) technique for key substance use measures (core GPRA measures for alcohol, tobacco, e-cigarettes, marijuana, prescription drug use, and gambling).

No statistical analyses for grade level differences in substance use will be included in this report, but substance use percentages by grade level will be included for core GPRA measures for alcohol, tobacco, e-cigarettes, marijuana, prescription drugs, and gambling.

Statistical Comparisons by Race:

We must be careful not to unfairly identify or stereotype a handful of students as using or misusing drugs, given the smaller sample size within specific minority groups in these schools. As also done in the CDC’s YRBSS (Youth Risk Behavior Surveillance System) National Survey, we classified students exclusively as Hispanic or Latino even if they also selected being one or more of the races, such as African American, White, and/or another category. American Indian or Alaskan Native, Native Hawaiian or Other Pacific Islander, and Other (2 or more races) were combined into an aggregate category titled “All Other Races”, to simplify analyses and ensure that no individuals are inadvertently identified due to small sample sizes of specific racial groups. Thus, the core race/ethnicity groups



included in the statistical analyses for race differences were: White, Black, Hispanic or Latino, Asian, or All Other Races (organized in table below by color).

Race/Ethnicity Category	Grades 6 thru 8	Grades 9 thru 12	Grades 6 thru 12
White	60.64%	62.84%	61.88%
Black or African American	8.45%	6.48%	7.34%
Hispanic or Latino	20.00%	21.28%	20.72%
Asian	2.89%	3.08%	2.99%
American Indian or Alaskan Native	1.07%	0.25%	0.61%
Native Hawaiian or Other Pacific Islander	0.21%	0.17%	0.19%
Other (2 or more races selected or race not Hispanic)	6.31%	5.15%	5.66%
Not Specified	0.43%	0.75%	0.61%

For information regarding race and ethnicity differences in substance use, refer to the national survey reports, such as the National Survey on Drug Use and Health (<http://oas.samhsa.gov/nsduh.htm>) or the Monitoring the Future Survey (<http://monitoringthefuture.org>).

Equity, Disparities and Social Determinants of Health:

When evaluating statistically significant differences between population groups it is essential to consider historical, political and cultural context with the intent of preventing the reinforcement of stereotypes. In the United States, minority groups have experienced discrimination leading to unequal access to resources (i.e. quality education, employment and housing). Stigma is another driver of inequity, “because of its pervasiveness, its disruption of multiple life domains (e.g., resources, social relationships, and coping behaviors), and its corrosive impact on the health of populations, stigma should be considered alongside the other major organizing concepts for research on social determinants of population health.” (Hatzenbuehler ML et al. *Stigma as a fundamental cause of population health inequalities*. Am J Public Health. 2013 May)

Executive Summary:

Student Mental Wellbeing:

Anxiety: For grades 6-12, 33.0% of youth reported feelings of anxiety in the past year as occurring almost always (20.3%) and always (12.7%). 33.8% of youth report their feelings of anxiety make things difficult for them in their lives always or almost always.

Sources of Anxiety: For grades 6-8, the most reported sources of stress or worry in their lives are academics, peers, and post-high school plans. For grades 9-12, it was academics, post-high school plans, and schedule. For all grades, social media and financial security ranked as the lowest source of anxiety among the provided choices.

Self-Harm: 26.0% of youth in grades 6-8 reported having thoughts of self-harm and 15.9% report having harmed themselves in the past year. For grades 9-12, 21.7% reported having thoughts of self-harm and 14.7% report having harmed themselves in the past year.

Depression: 24.3% of youth in grades 6-8 and 28.1% of youth in grades 9-12 reported having “felt sad or hopeless for two or more weeks in a row so much it stopped me from doing my usual activities” in the past year.

Suicidal Ideation in the Past Year: 13.4% of youth in grades 6-8 and 14.5% of youth in grades 9-12 reported having considered attempting suicide within the past year.

Comfort Seeking Help: For grades 6-12, the sources youth felt most comfortable seeking help from were parents (59.0%) and friends (53.4%).

Having a Trusted Adult: 88.3% of youth in grades 6-12 agreed with the statement, “I have at least one adult in my life that I can share my thoughts and feelings with.”

Community and School Safety: For grades 6-12, 80.5% of youth agreed with the statement, “I feel safe in my community” and 72.8% agree with the statement, “I feel safe at school.”

Bullying:

Bullying Frequency: 58.0% of youth in grades 6-12 report having been bullied in their lifetime. 8.6% experienced this 1 to 5 days in the past month, 3.2% 6 to 20 days in the past month and 2.4% for 21 days or more in the past month.

Bullying Types: The types of bullying most frequently reported among youth grades 6-12 were mean names or comments, exclusion, and rumors.

Bullying Locations: Bullying most frequently occurs in the hallways, in the classroom, and online.

Gaming and Social Media:

Gaming Assets and Consequences: For grades 6-12, 53.4% of youth indicated that as a result of gaming they “felt more connected with others.” The most common negative consequence of gaming was “I did not get enough sleep” (30.8%), followed by “I did not complete my homework or study” (30.4%).

Social Media Assets and Consequences: For grades 6-12, 59.3% of youth indicated that as a result of social media they “felt more connected with others.” 37.1% of youth reported they had a hard time stopping using social media (ex. scrolling, checking, refreshing) and 40.1% reported hearing or seeing something their parents would think was inappropriate.

Substance Use and Gambling Rates:

Youth in Grades 6-8: Alcohol (8.7%) was most used in students' lifetimes, followed by vaping nicotine (7.4%), and vaping flavored liquids (7.1%). For past month use, vaping nicotine was the most used (2.9%), followed by vaping liquids (2.1%) and marijuana (1.6%).

Youth in Grades 9-12: Alcohol (21.0%) was most used in students' lifetimes, followed by marijuana (18.0%), and vaping nicotine (17.0%). For past month use, marijuana was used most frequently (8.9%), followed by vaping nicotine (7.2%) and vaping other flavored liquids (6.7%).

Substance Use Perceptions and Behaviors:

Perceived Risk: For grades 6-8 and 9-12, non-medical use of prescription drugs had the highest perceived risk. For grades 6-12, Gaming 3+ hours per day had the lowest perceived risk, followed by marijuana.

Parental Disapproval: For grades 6-8, perceived parental disapproval was highest for non-medical use of prescription drugs (96.1%), followed by smoking (95.5%) and vaping nicotine (94.5%). For grades 9-12 parental disapproval was highest for non-medical use of prescription drugs (95.1%), followed by smoking (93.7%), and vaping nicotine and alcohol use, each at 91.8%.

Peer Disapproval: For grades 6-8 perceived peer disapproval was highest for non-medical use of prescription drugs, followed by marijuana, and smoking cigarettes. For grades 9-12, perceived peer disapproval was highest for non-medical use of prescription drugs, followed by smoking cigarettes, and drinking alcohol.

Accessibility of Alcohol and Other Drugs-Perception of Ease of Access: For grades 6-8 alcohol was perceived as the easiest to obtain, followed by vaping products with nicotine, prescription drugs were perceived as the hardest to obtain. For youth in grades 9-12, vape products with nicotine were easiest to obtain, followed by alcohol, while prescription drugs were perceived as the hardest to obtain.

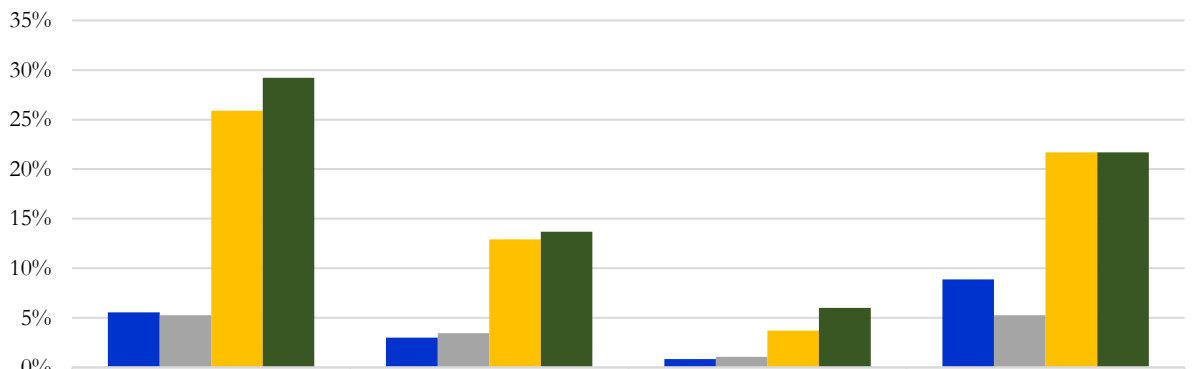
Accessibility of Alcohol and Other Drugs-Sources: Overall, students in grades 6-12 most frequently access tobacco, vape products, and marijuana from friends/peers. Alcohol is most frequently accessed from home with parents' permission, and prescription drugs are most accessed from home without parents' permission.

Locations of Substance Use: Vaping products and marijuana are most used "with friends at my home or my friends' home," while alcohol is most used at home with parents/guardians present. Prescription drugs not for medical use are the only substance most often used "at home, alone."

Driving Under the Influence of Alcohol or Marijuana/THC: Among youth in grades 11-12, more drove under the influence of marijuana/THC (1.4% past month/1.9% lifetime) than alcohol (1.0% in the past month/1.2% lifetime).

Other Substance Use: Of substances less commonly used, the highest lifetime use rates for grades 6-12 were CBD products (7.9%), followed by inhalants (4.1%). Heroin/fentanyl was 0.7%, noted here due to community concerns regarding the opioid epidemic in our state and nation.

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



■ Enfield	5.6%	3.0%	0.8%	8.9%
■ DRG F	5.2%	3.5%	1.1%	5.2%
■ Connecticut (YRBSS)	25.9%	12.9%	3.7%	21.7%
■ National (YRBSS)	29.2%	13.7%	6.0%	21.7%

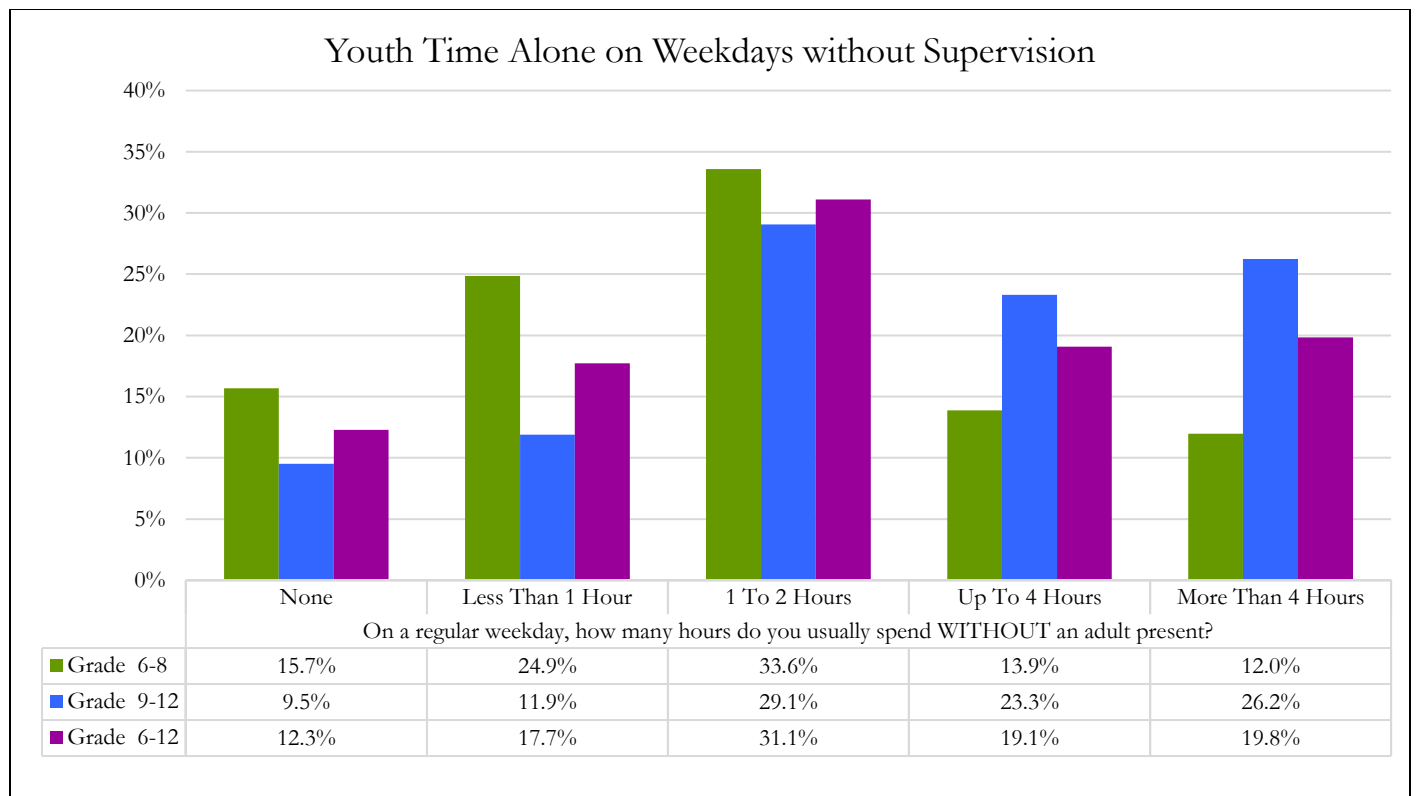
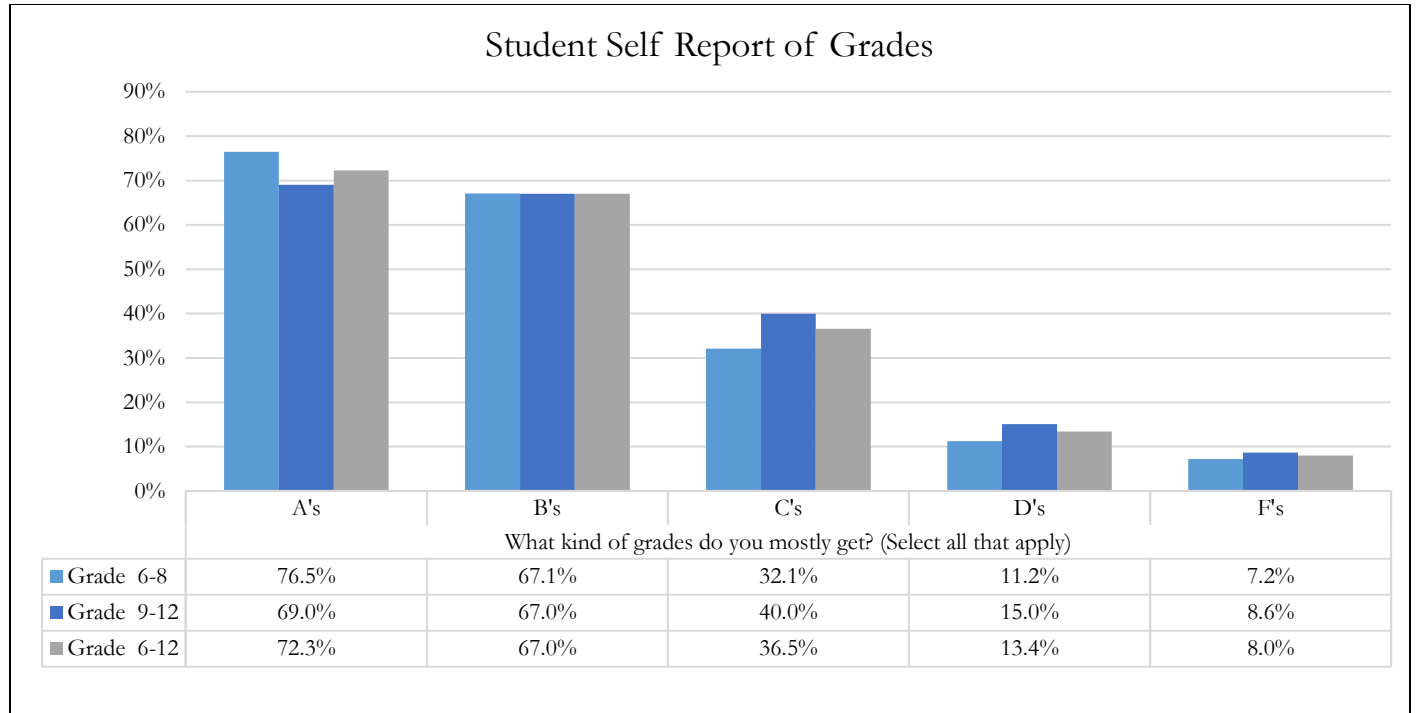
-YRBSS 2019* It should be noted that YRBSS data presented here is from 2019, the most recent year available, prior to the COVID-19 pandemic. Many youth report less substance use and less access to substances during the pandemic, thus comparisons during this time period should be interpreted with caution.

-DRG reflects aggregated data from Youth Voices Count Surveys administered in communities within the same District Reference Group as Enfield. District Reference Groups come from the Connecticut State Department of Education, and are a classification system grouping school districts with similar socioeconomic status and need in order to make comparisons. For more information, see the following: https://sdeportal.ct.gov/cedar/files/pdf/reports/db_drg_06_2006.pdf

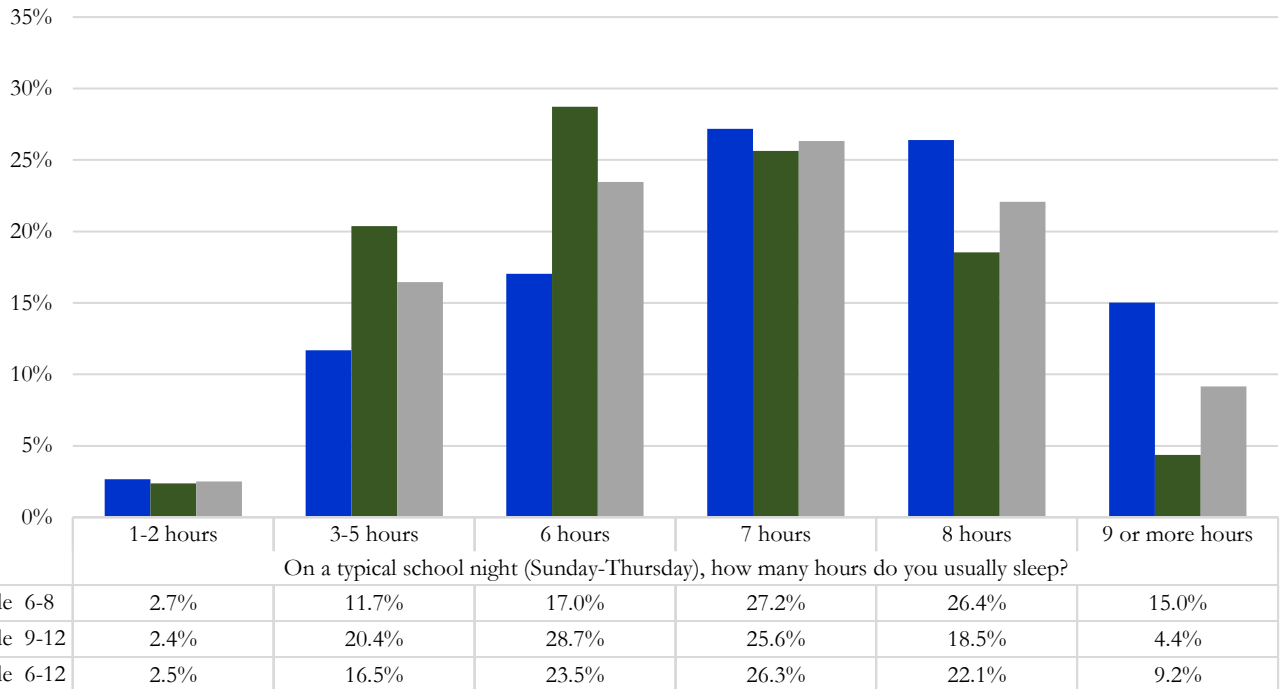
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For the following sections, tests for statistically significance difference were performed by biological sex, and race and ethnicity for grades 6-8 and 9-12. Race was grouped into categories to allow for accurate statistical analysis and to ensure that students in race categories that represent a small number of students are not inadvertently identified. The categories are white, Black, Hispanic, Asian and All Other Races. Any statistically significant difference in these groups is noted under the chart it applies to and on pages 28-29 where a list of associations with substance use are provided. There are instances where significance testing indicates differences among categories, however they are less statistically reliable due to small numbers and thus are not reported here.

Youth Lifestyles:

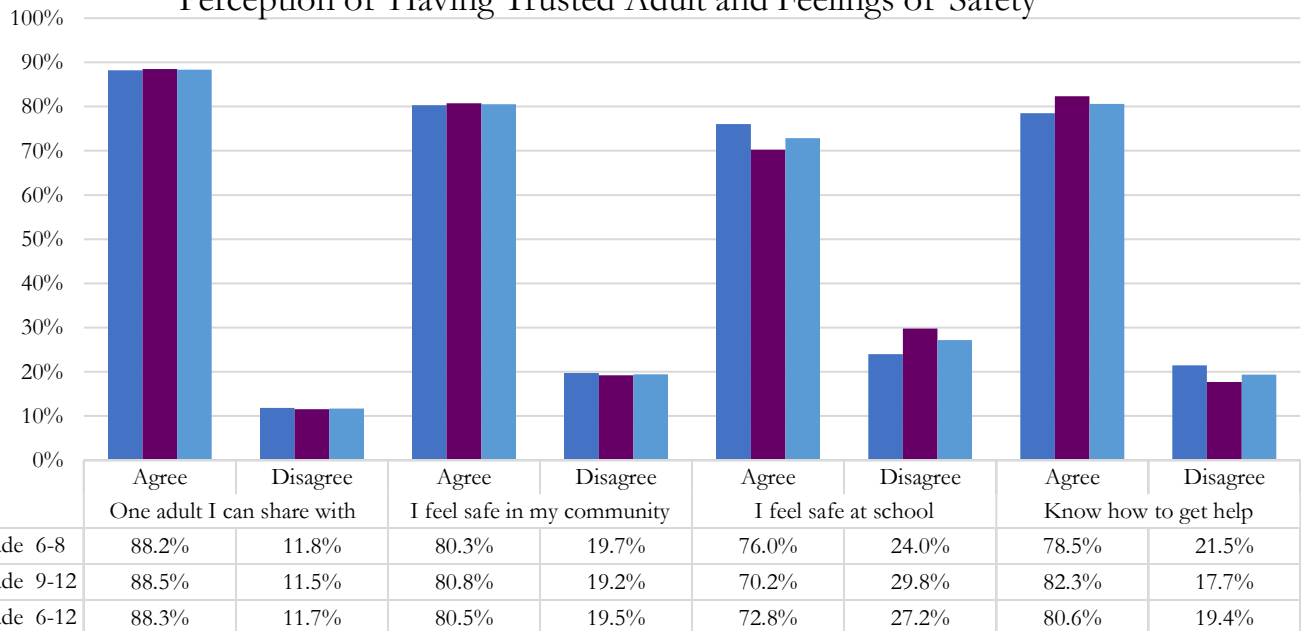


Youth Hours of Sleep on Weeknights



*Middle school females were more likely than males to report getting less sleep.

Perception of Having Trusted Adult and Feelings of Safety



*Middle school males were more likely than females to report having at least one adult they could share thoughts or feelings with.

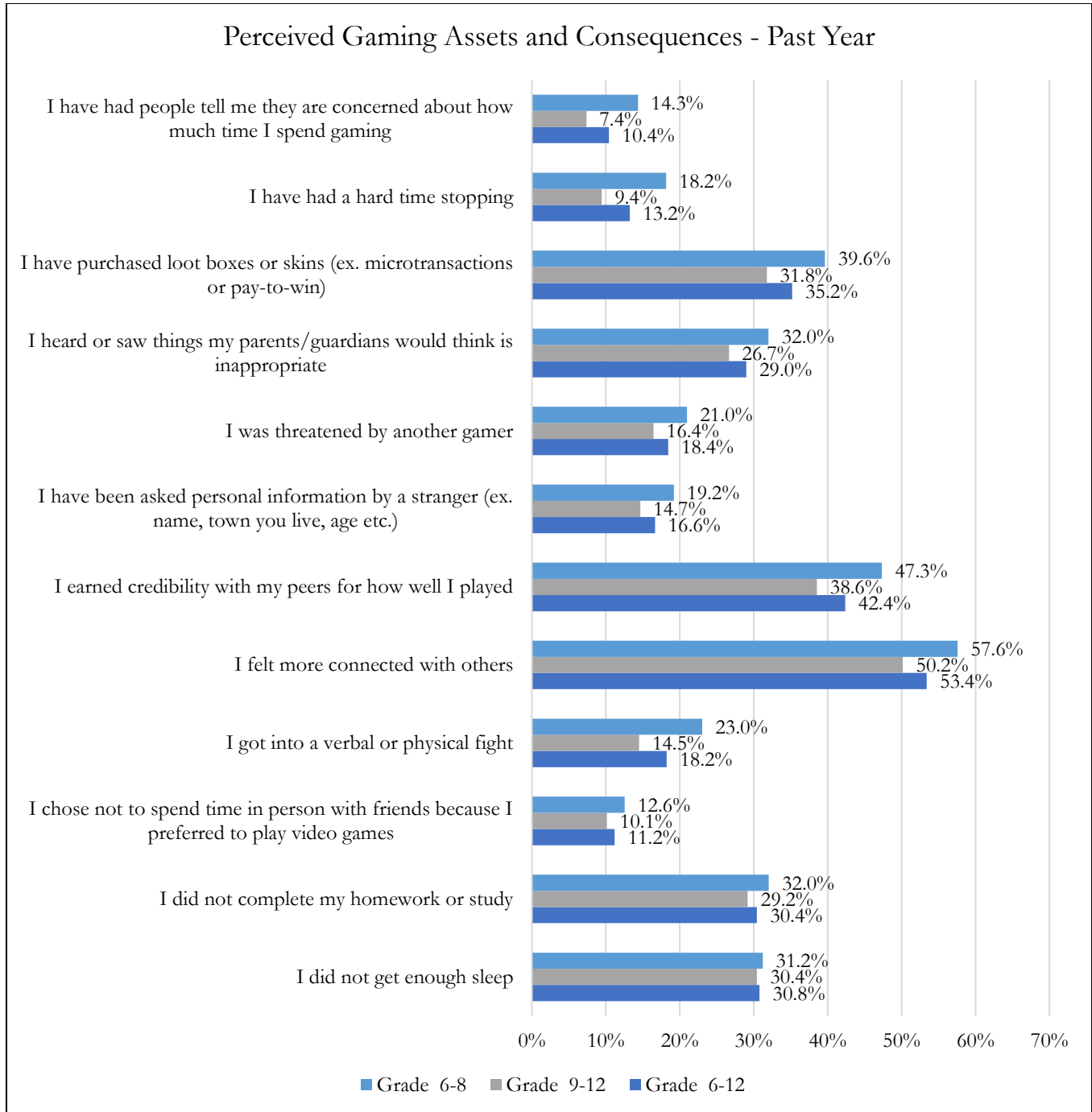
*Middle and high school males were more likely to report feeling safe in their community and at school than females.

*Middle and high school males were more likely to report knowing how to get help for themselves or peers for mental health or substance use problems at school.

*Middle and high school white youth were more likely to report having at least one adult they could share with compared to Black youth. High school white youth were also more likely than Asian youth to report having an adult they could share with.

*High school white youth were more likely to report feeling safe in their community than youth in the "All Other Races" group.

Gaming:

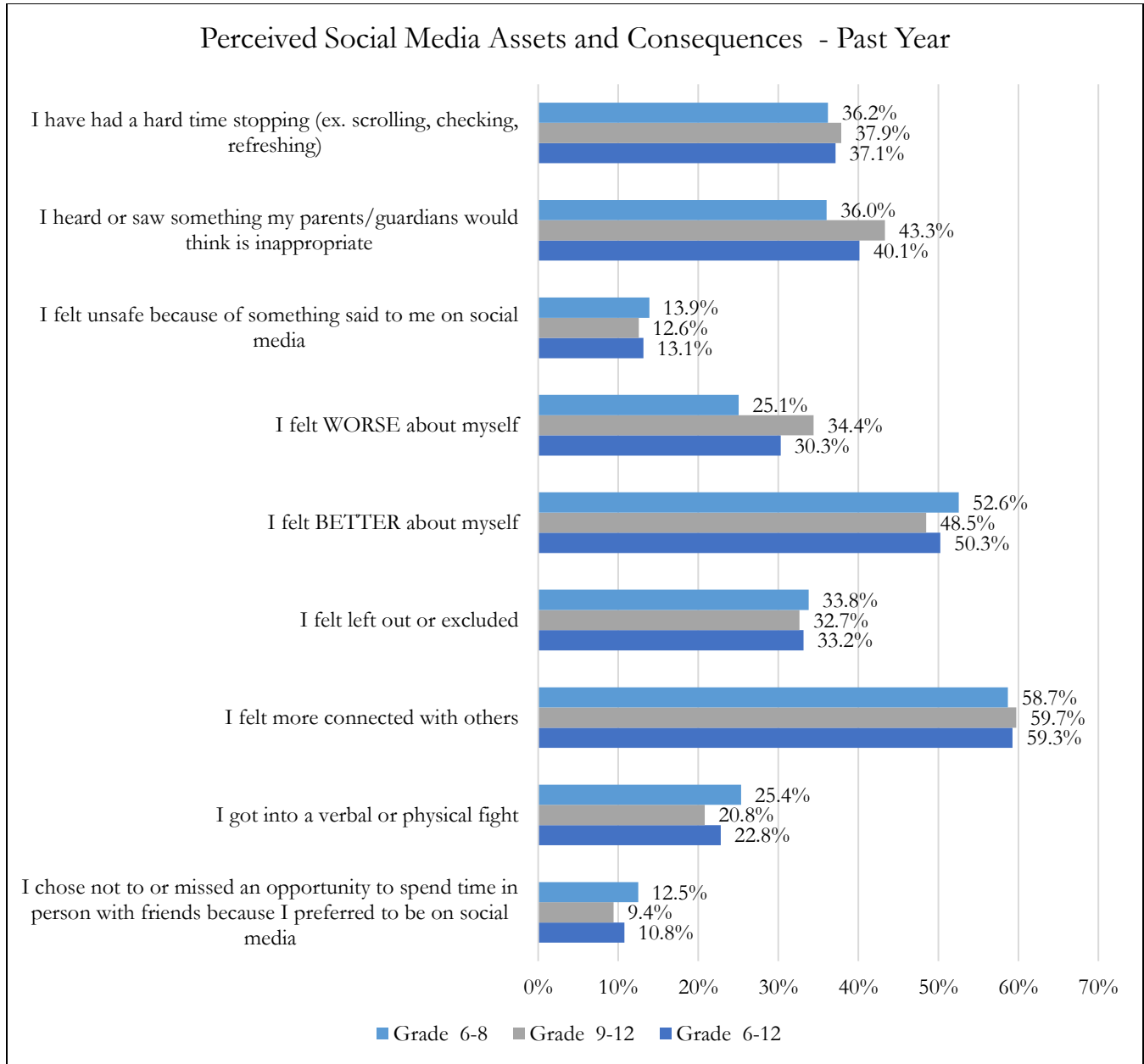


*High school males were more likely than females to report the following related to gaming: not getting enough sleep, not completing homework or studying, choosing not to spend time in person with friends, having been asked personal information by a stranger, hearing or seeing inappropriate things, having a hard time stopping and having people tell them they are concerned about time spent gaming.

*Middle and high school males were more likely than females to report getting into a verbal or physical fight, feeling more connected with others, earning credibility for how they played, being threatened by another gamer, and having purchased loot boxes or skins in games.

*Black and Hispanic youth were more likely than white youth to report having someone tell them they are concerned about time spent gaming.

Social Media:



*Middle and high school females were more likely than males to report feeling left out or excluded, feel worse about themselves, feel unsafe because of something said, and have a hard time stopping social media use.

*Middle school females were more likely than males to report choosing not to spend time in person with friends, and having gotten into a verbal or physical fight due to social media.

*High school females were more likely than males to report feeling more connected with others, and hearing or seeing something their parents/guardians would think was inappropriate.

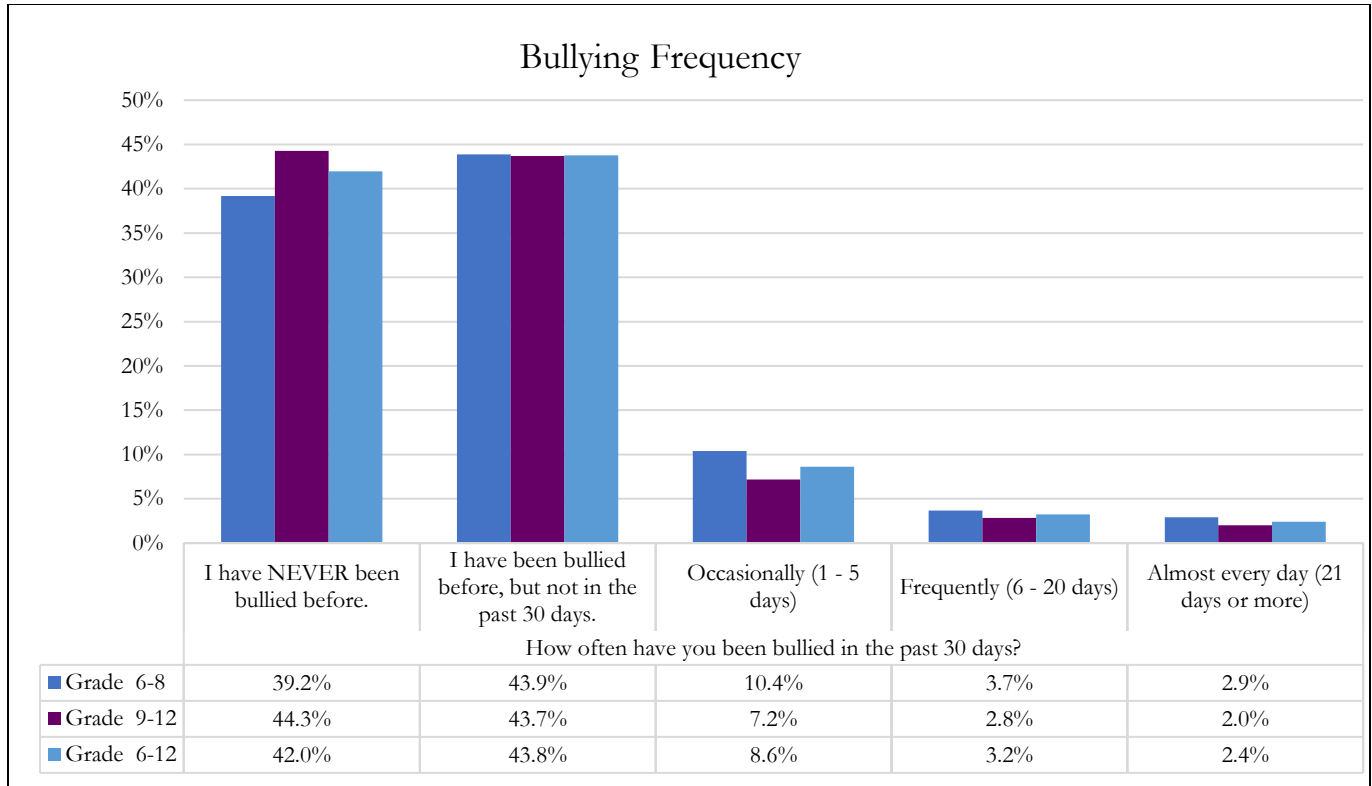
*Middle school Hispanic youth were more likely than white youth to report having gotten into a verbal or physical fight due to social media.

*Middle school Black youth were more likely than white youth to report feeling unsafe because of something said to them on social media.

*High school white youth, and youth in the “All Other Races” group were more likely than Black youth to report feeling left out or excluded due to social media.

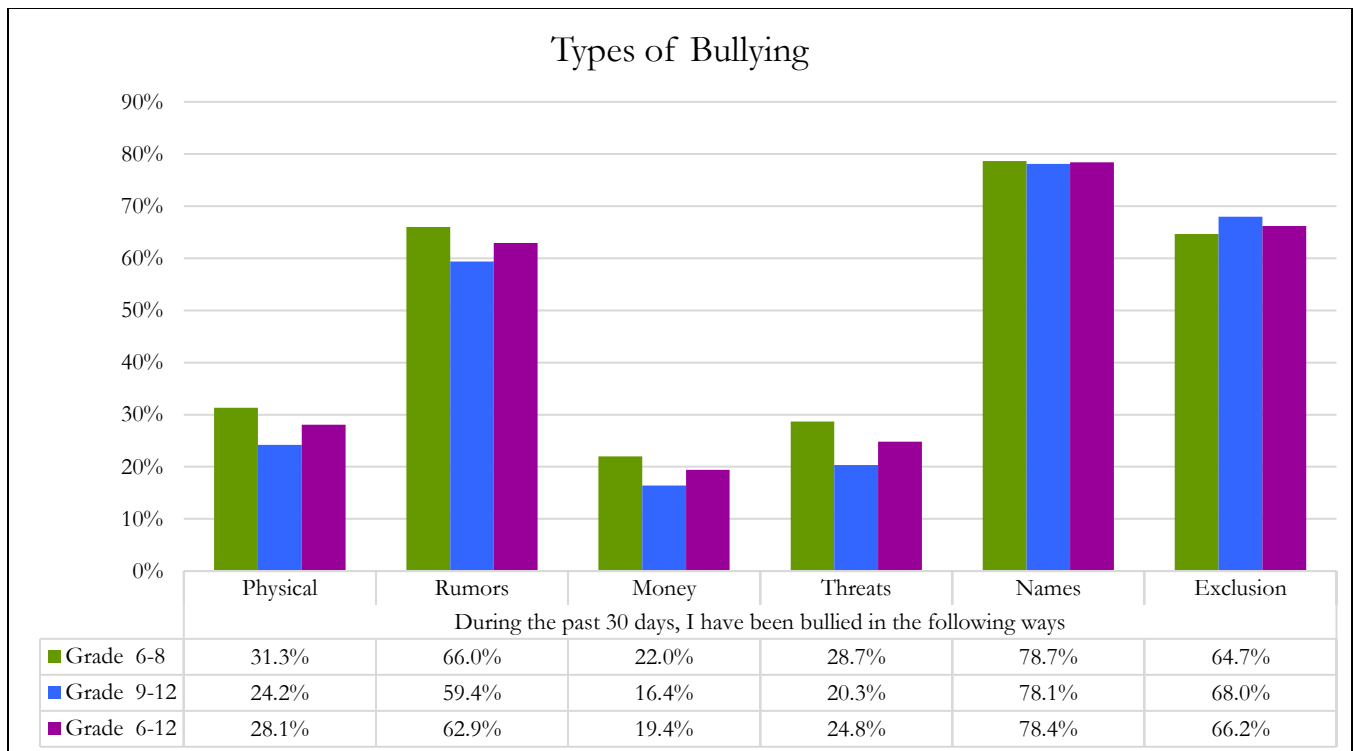
*High school white youth were more likely than Black youth to report feeling worse about themselves due to social media.

Bullying:



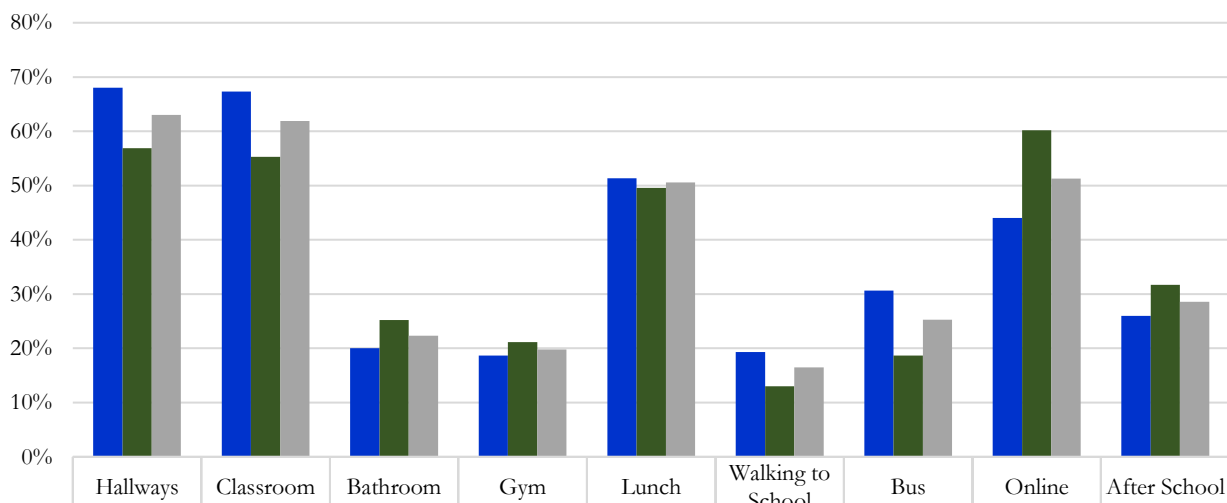
*Middle and high school females were more likely to report ever having been bullied than males.

*High school Black youth were more likely than white youth to report having never been bullied.



*High school females were more likely than males to report having been bullied by name calling, while males were more likely to report having been physically hurt, having money or things taken, and having been threatened.

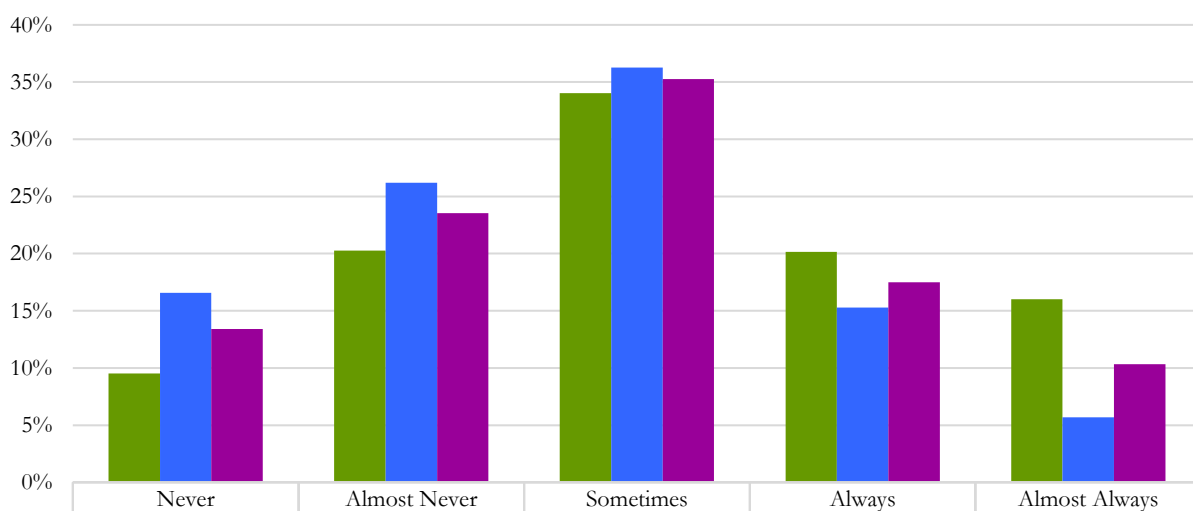
Locations of Bullying



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

Grade	Hallways	Classroom	Bathroom	Gym	Lunch	Walking to School	Bus	Online	After School
Grade 6-8	68.0%	67.3%	20.0%	18.7%	51.3%	19.3%	30.7%	44.0%	26.0%
Grade 9-12	56.9%	55.3%	25.2%	21.1%	49.6%	13.0%	18.7%	60.2%	31.7%
Grade 6-12	63.0%	61.9%	22.3%	19.8%	50.5%	16.5%	25.3%	51.3%	28.6%

Frequency of Teachers/Adults Intervening When Bullying Occurs

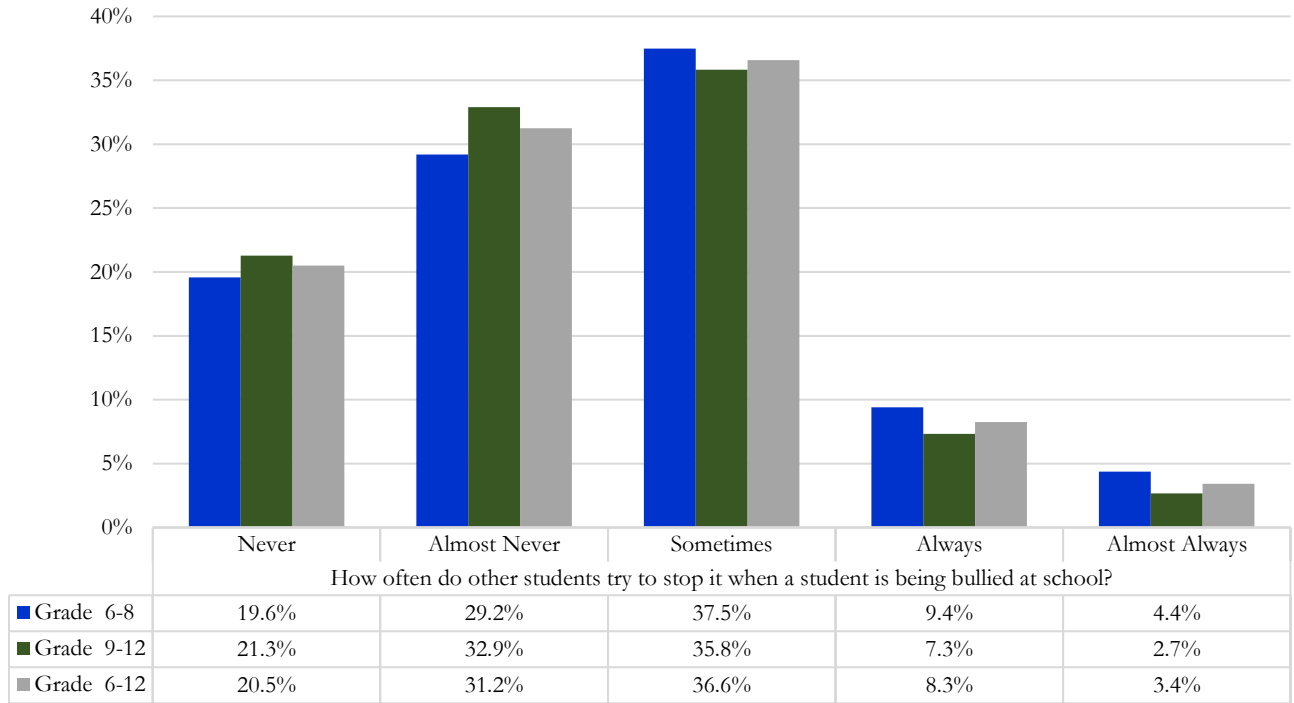


How often do the teachers or other adults at school try to stop it when a student is being bullied at school?

Grade	Never	Almost Never	Sometimes	Always	Almost Always
Grade 6-8	9.5%	20.3%	34.0%	20.2%	16.0%
Grade 9-12	16.6%	26.2%	36.3%	15.3%	5.7%
Grade 6-12	13.4%	23.5%	35.3%	17.5%	10.3%

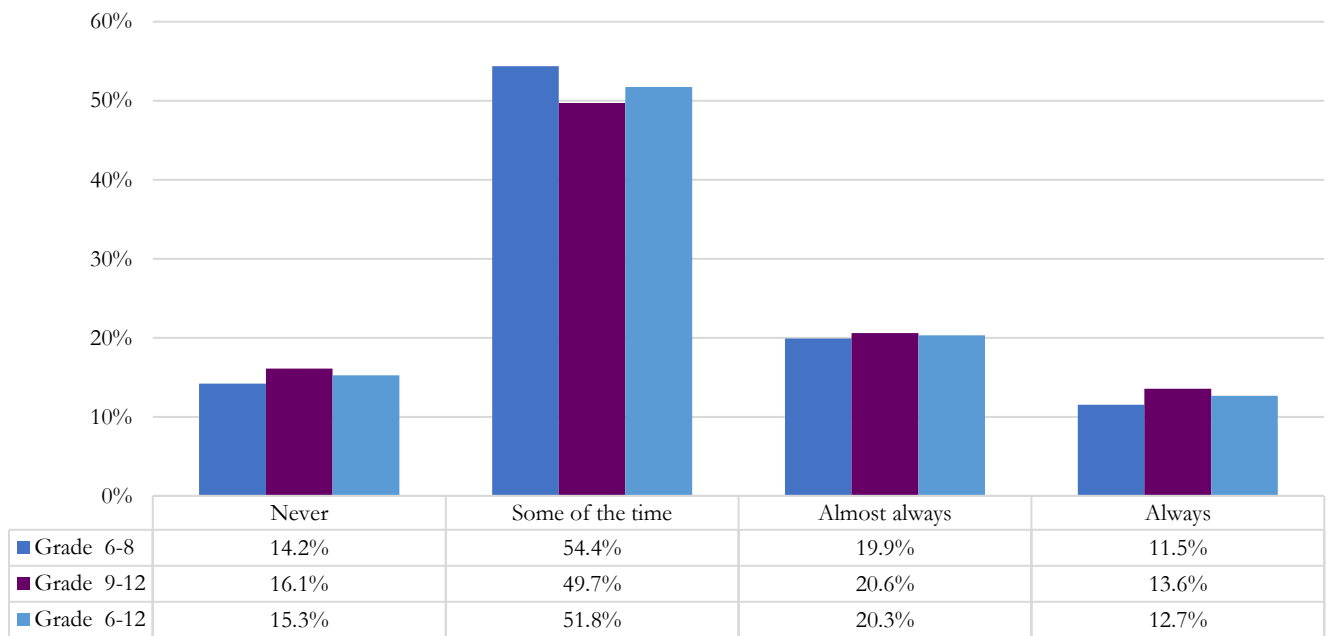
*Middle and high school males were more likely than females to report that a teacher almost always intervenes.

Frequency of Students Intervening When Bullying Occurs



Emotional Health:

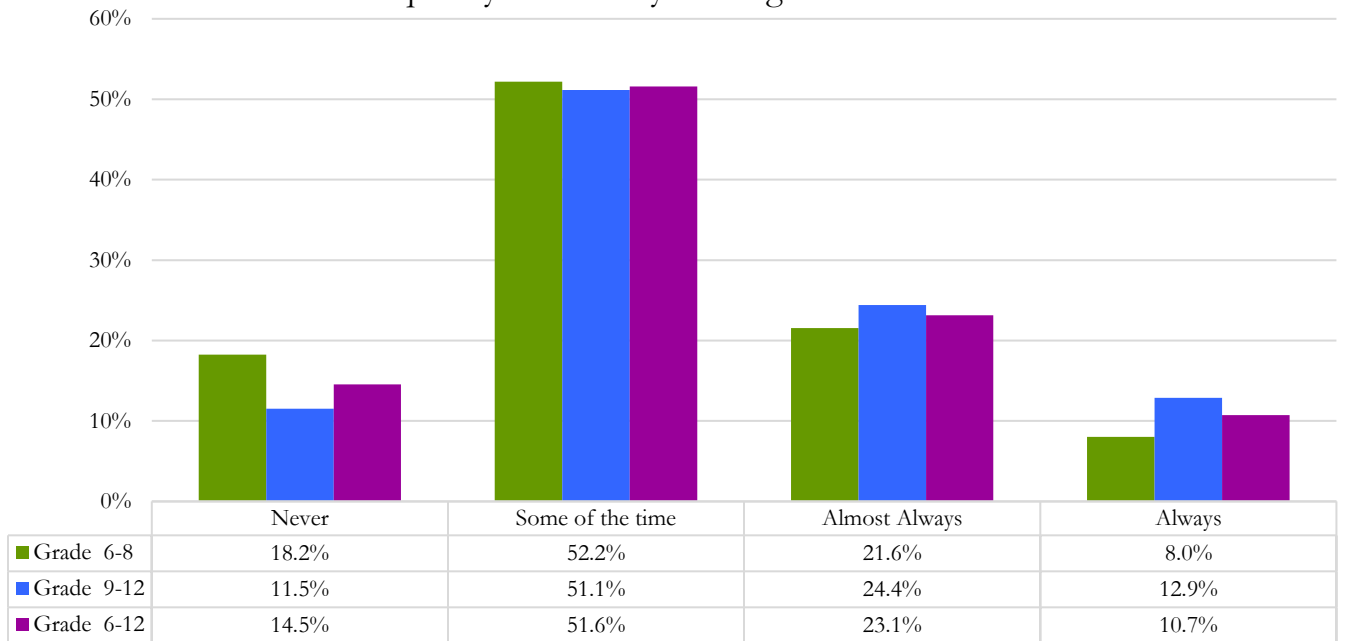
Frequency of Anxiety-Past Year



*Middle and high school females were more likely than males to report feeling anxious always or almost always.

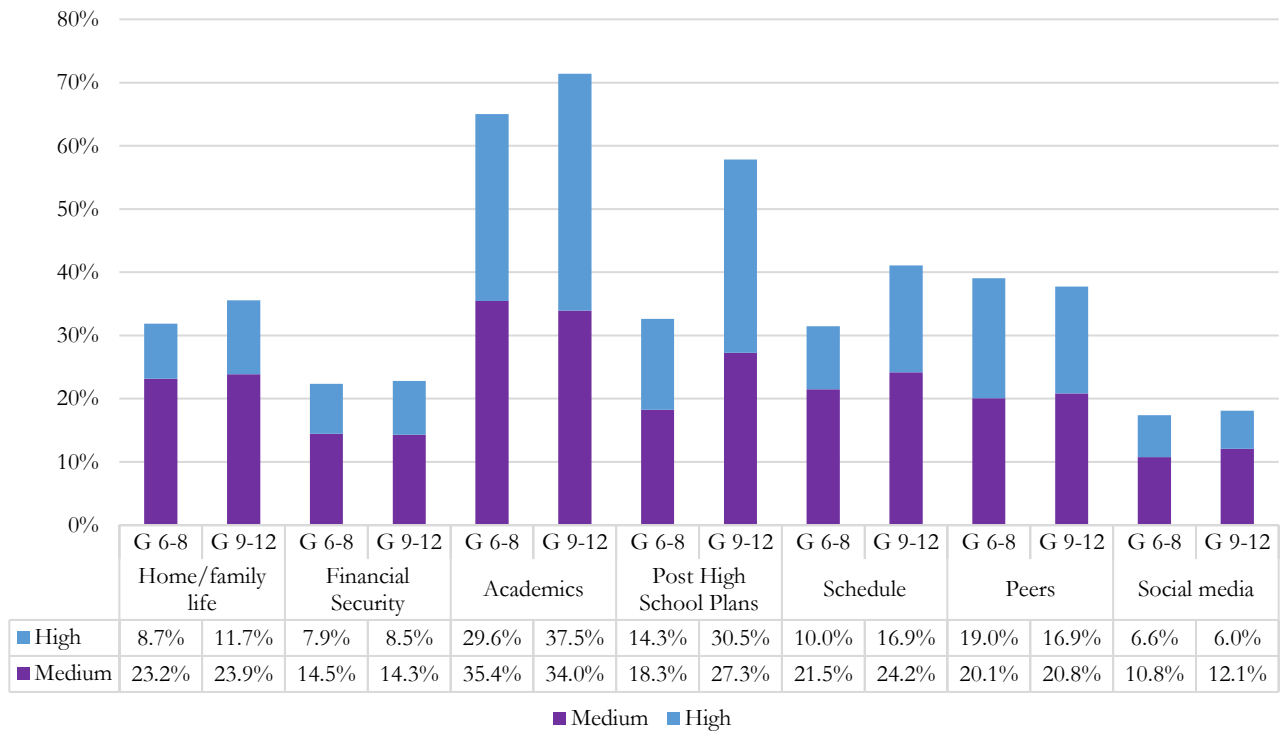
*High school Black youth were more likely than white and Hispanic youth, and youth in the “All Other Races” group, to report never feeling anxious.

Frequency of Anxiety Making Life Difficult



*Middle and high school females were more likely than males to report having anxiety make life difficult always or almost always.

Anxiety Level by Source



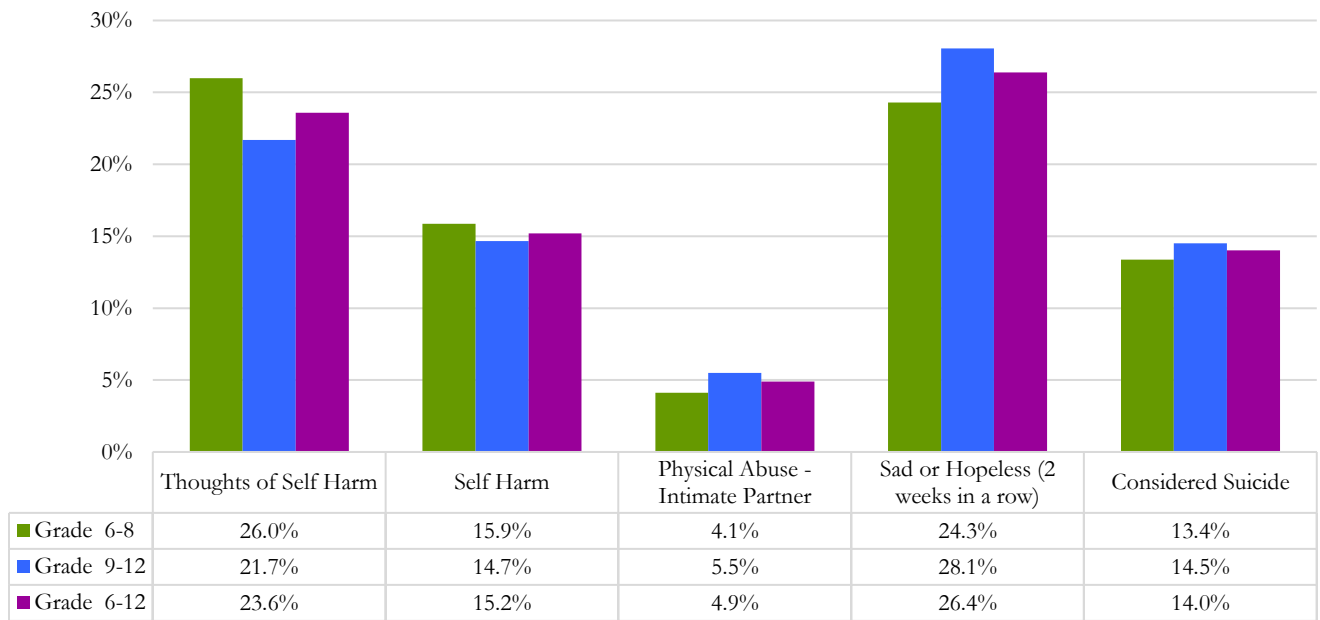
*Middle and high school females were more likely than males to report sources of anxiety as home/family life, financial security, academics, schedule, peers, and social media.

*High school females were more likely than males to report post-high school plans as a source of medium or high anxiety.

*High school females were more likely than males to report financial security as a source of anxiety.

*High school youth in the “All Other Races” group were more likely to report post-high school plans as a high source of anxiety, compared to white and Hispanic youth.

Other Emotional Health Indicators in the Past Year % Responding "Yes"



Note: State data for grades 9-12 (YRBSS 2019) indicate that 30.6% of students felt sad or hopeless for 2 or more weeks in a row, 12.7% considered suicide, 15.4% harmed themselves in the past year.

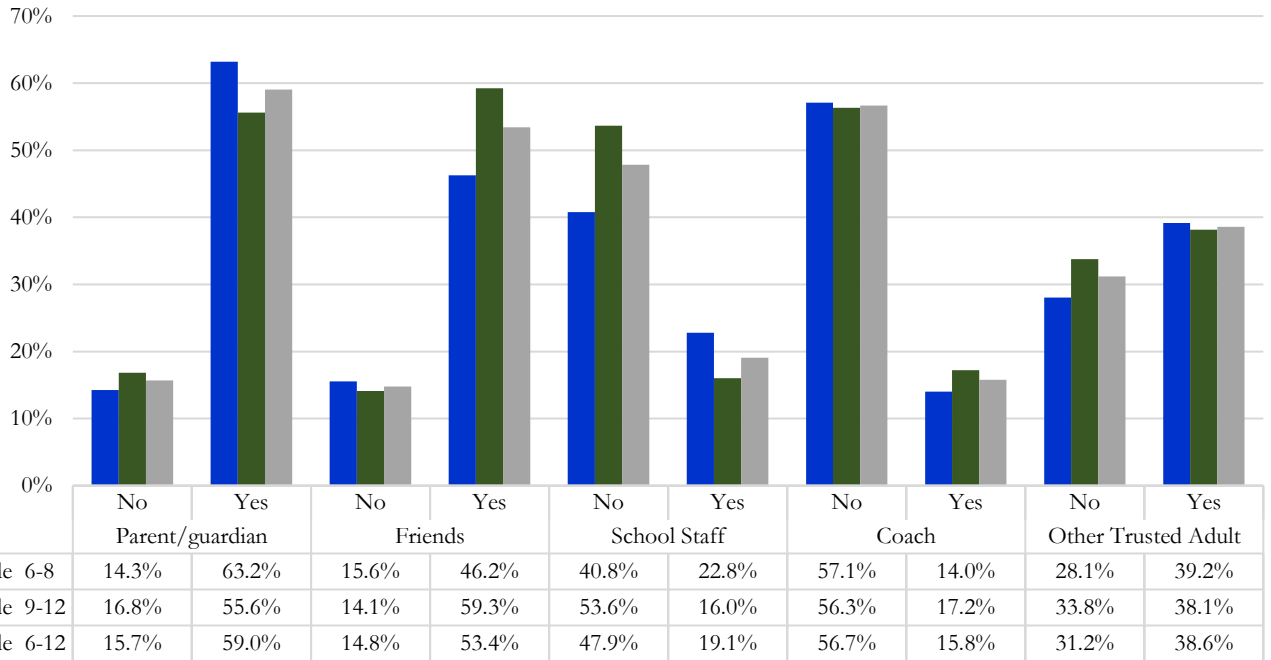
*Middle and high school females were more likely than males to report thoughts of self-harm, self-harm behaviors, feeling sad or hopeless two or more weeks in a row, and having considered attempting suicide.

*High school youth in the "All Other Races" group were more likely than white youth to report having a partner physically hurt them.

*Middle school Hispanic youth were more likely than white youth to report feeling sad or hopeless two or more weeks in a row. High school Hispanic youth were more likely than Black youth to report having felt sad or hopeless two or more weeks in a row.

*High school youth in the "All Other Races" group were more likely than Black or white youth to report having considered suicide in the past year.

Comfort Seeking Help by Source-Family and School

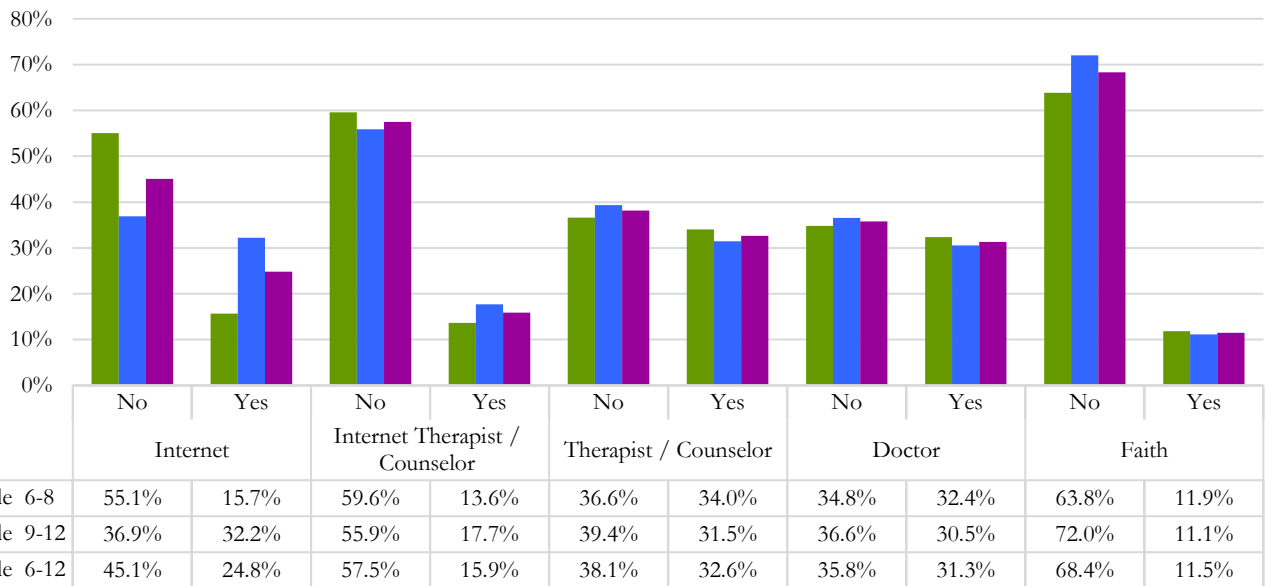


*Middle and high school males reported feeling more comfortable than females seeking help from a parent, school staff, or a coach.

*Middle school white youth were more likely than Hispanic youth to report feeling comfortable seeking help from a parent/guardian.

*High school white youth were more likely than Hispanic youth to report feeling comfortable seeking help from friends.

Comfort Seeking Help by Source-Community and Internet



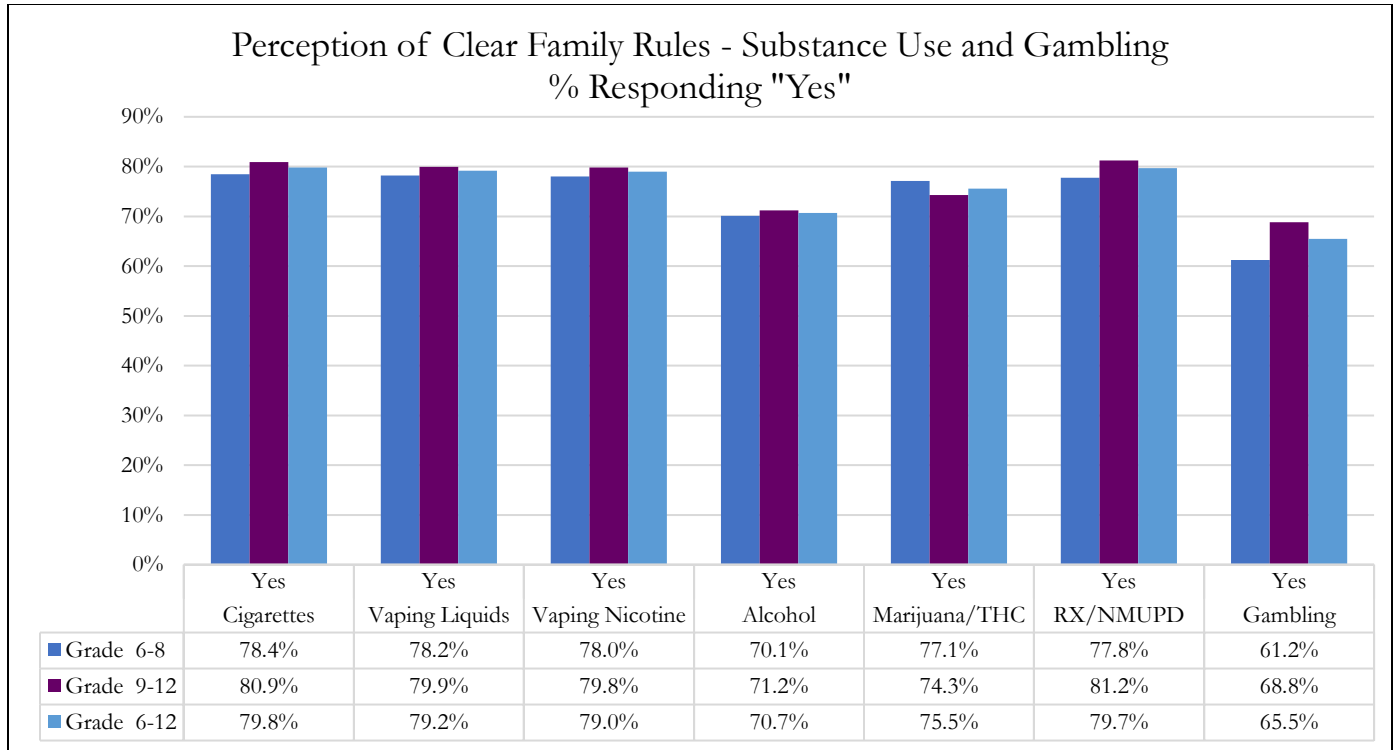
*High school females were more likely than males to report feeling comfortable seeking help from the internet for information, and a therapist/counselor in the community.

*Middle and high school males were more likely than females to report feeling comfortable seeking help from a faith/religious leader.

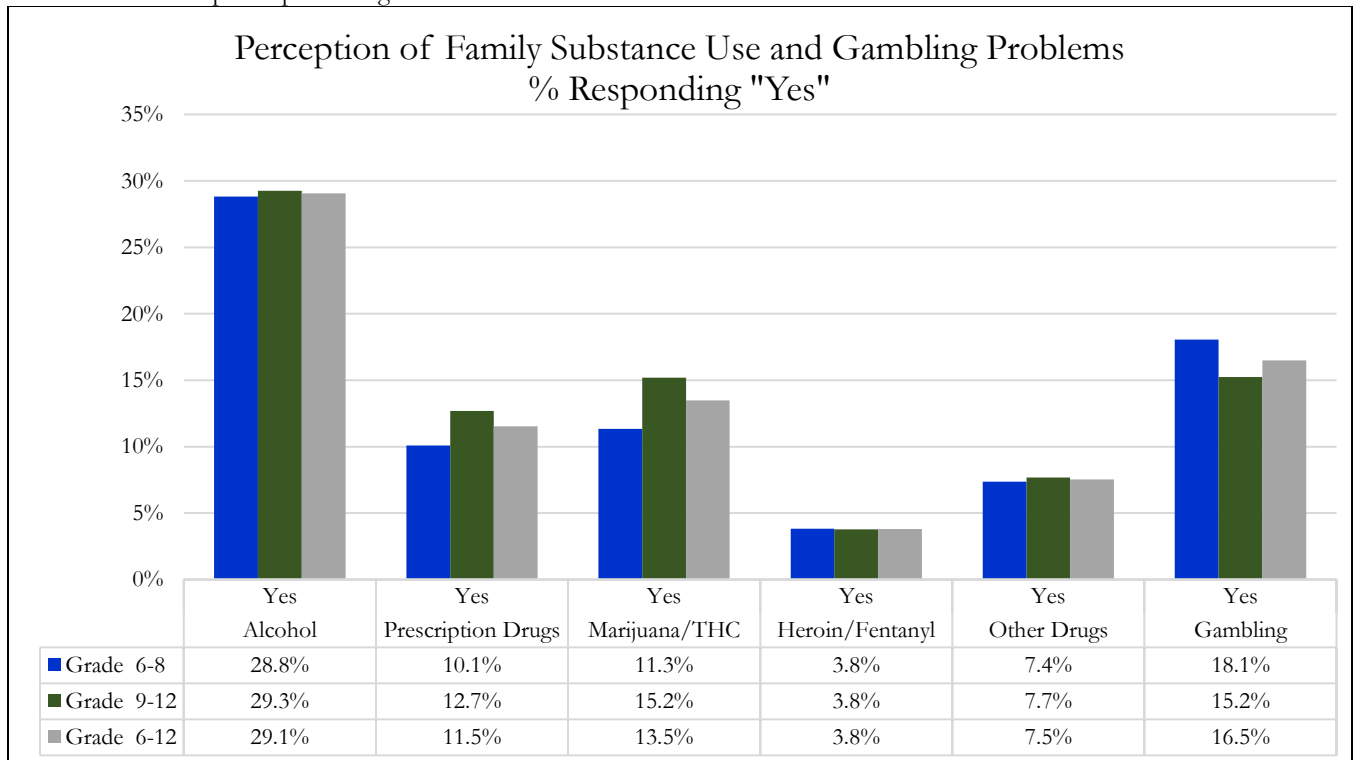
*Middle school males were more likely than females to report feeling comfortable seeking help from a doctor or nurse.

*High school white youth were more likely than Hispanic youth to report feeling comfortable seeking help from the internet for information.

Perceptions of Substance Use, Family Rules and Experiences:



*Middle school white youth were more likely than Black youth to report clear family rules around vaping liquids or nicotine and non-medical use of prescription drugs.

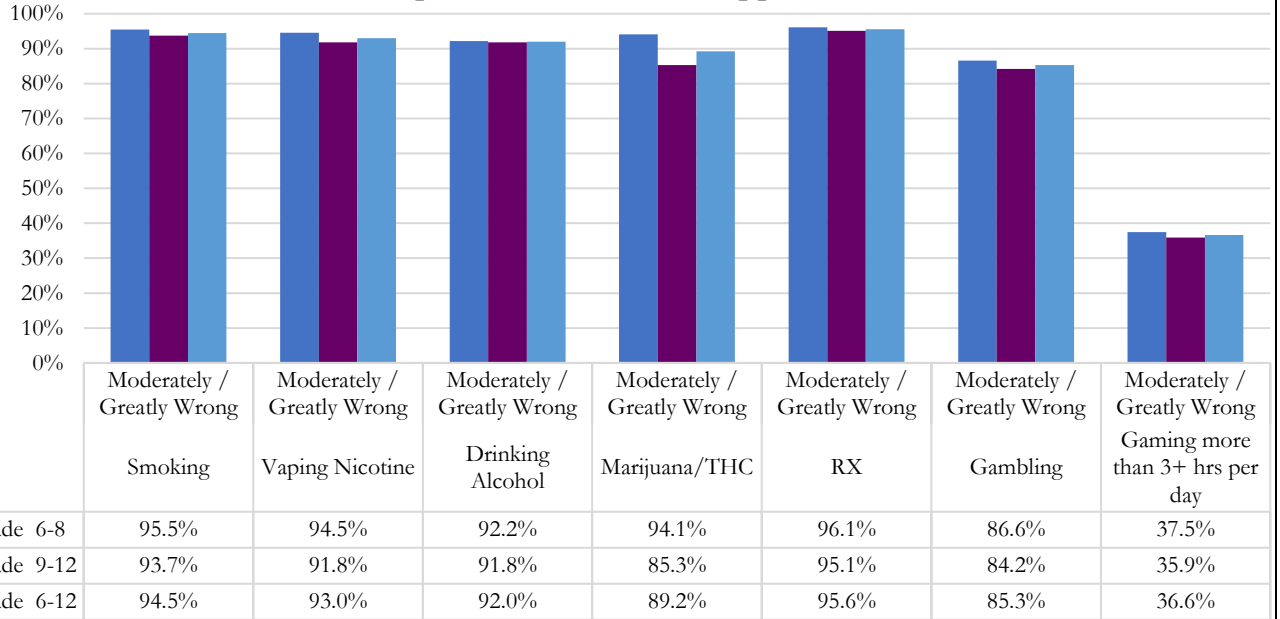


*High school females were more likely than males to report having family problems around alcohol use, prescription drugs, and marijuana.

*Middle school females were more likely than males to report having family problems around other drugs.

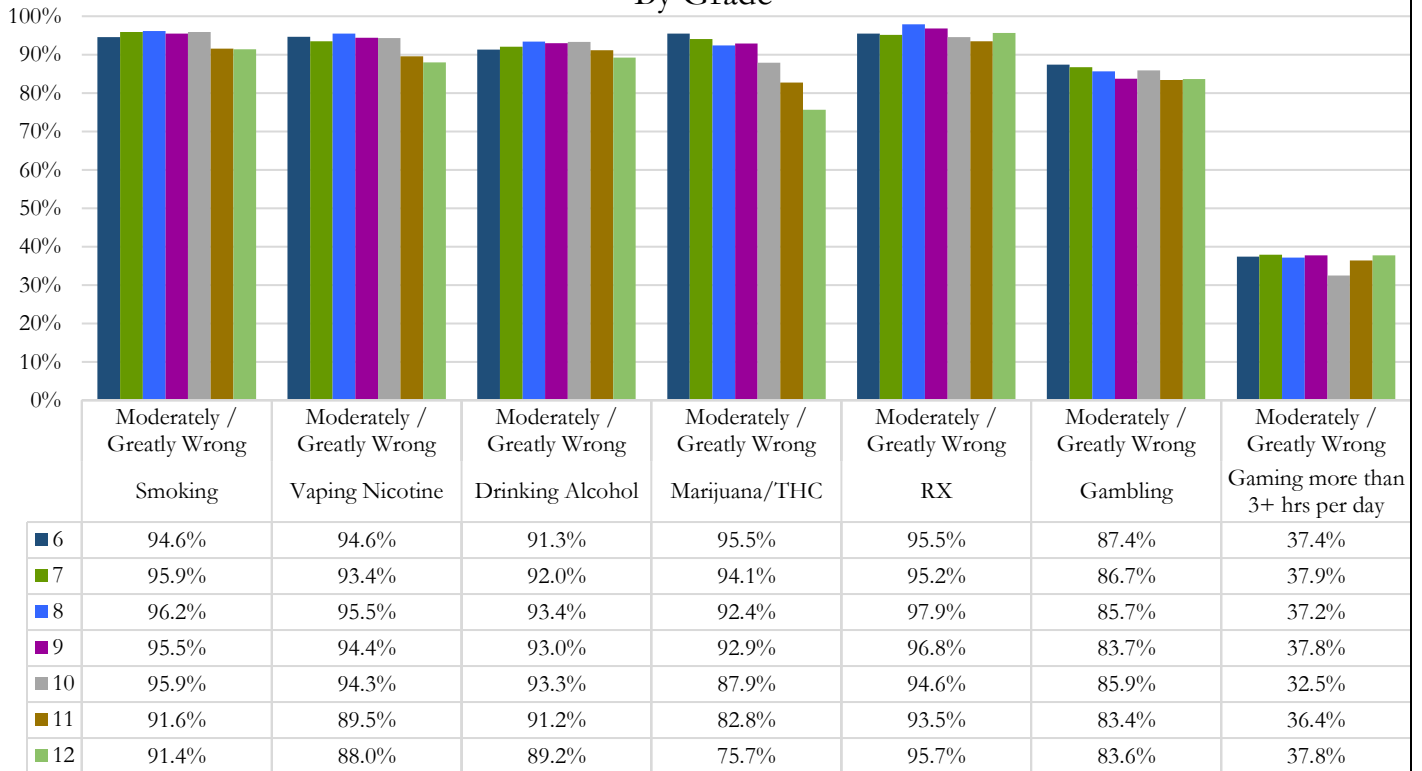
*High school white and Hispanic youth were more likely than Black youth to report having family problems around alcohol.

Perception of Parental Disapproval

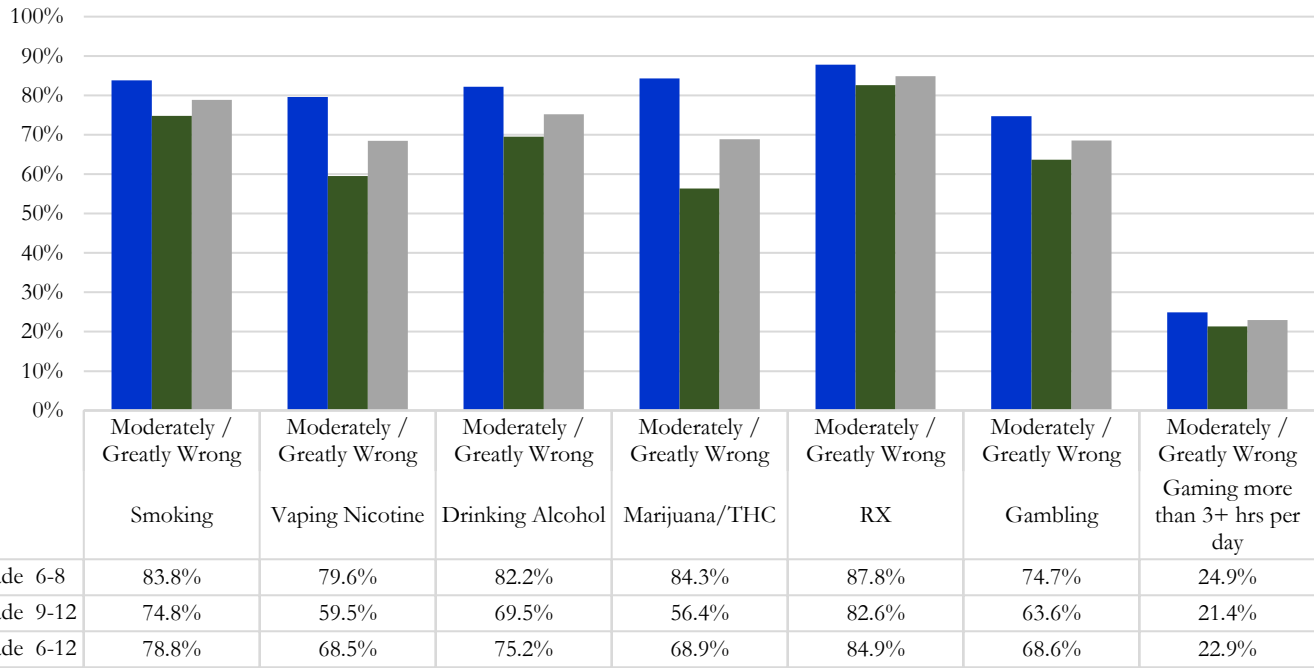


- *Middle and high school females reported more parental disapproval for gaming more than 3 hours per day compared to males.
- *High school females reported more parental disapproval for cigarettes, non-medical use of prescription drugs, and gambling than males.
- *High school white youth reported more parental disapproval for cigarettes than youth in the “All Other Races” group.
- *Middle school white youth reported more parental disapproval for non-medical use of prescription drugs than Asian youth.
- *High school white and Black youth reported more parental disapproval for non-medical use of prescription drugs than youth in the “All Other Races” group.

Perception of Parental Disapproval By Grade

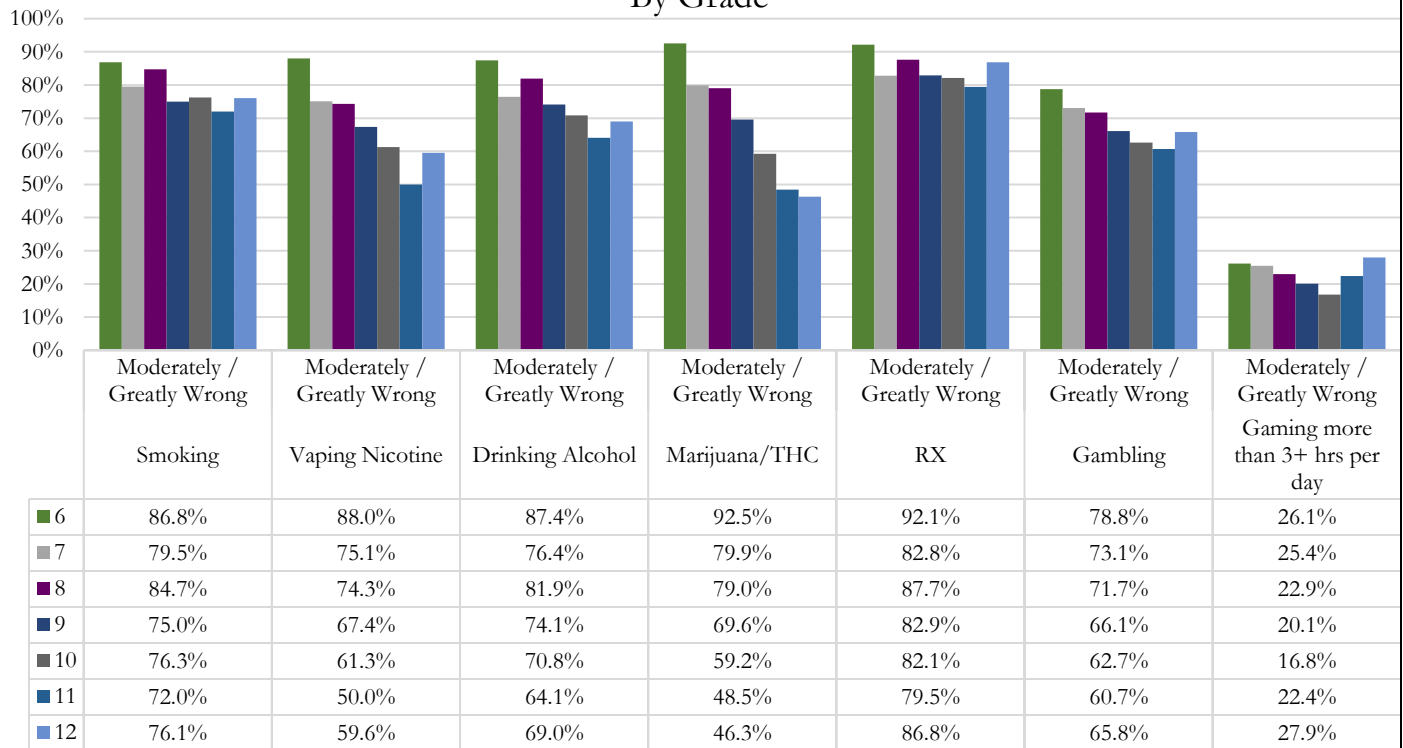


Perception of Peer Disapproval

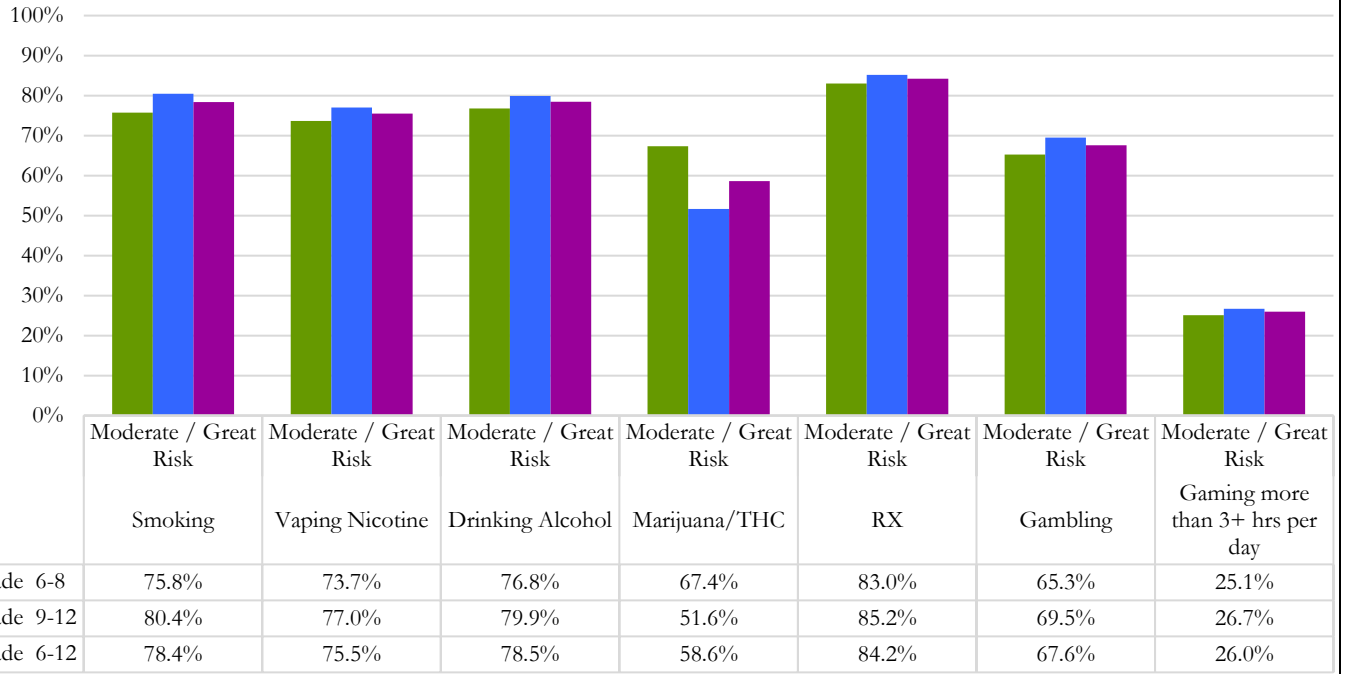


- *High school males reported more peer disapproval for vaping and marijuana than females.
- *High school females reported more peer disapproval for non-medical use of prescription drugs and gambling than males.
- *Middle school white youth reported more peer disapproval for vaping than Hispanic youth.
- *Middle school Black youth reported more peer disapproval for gaming than white youth.
- *High school Asian youth reported greater peer disapproval for marijuana use than youth in the “All Other Races” group.

Perception of Peer Disapproval By Grade



Perception of Risk/Harm

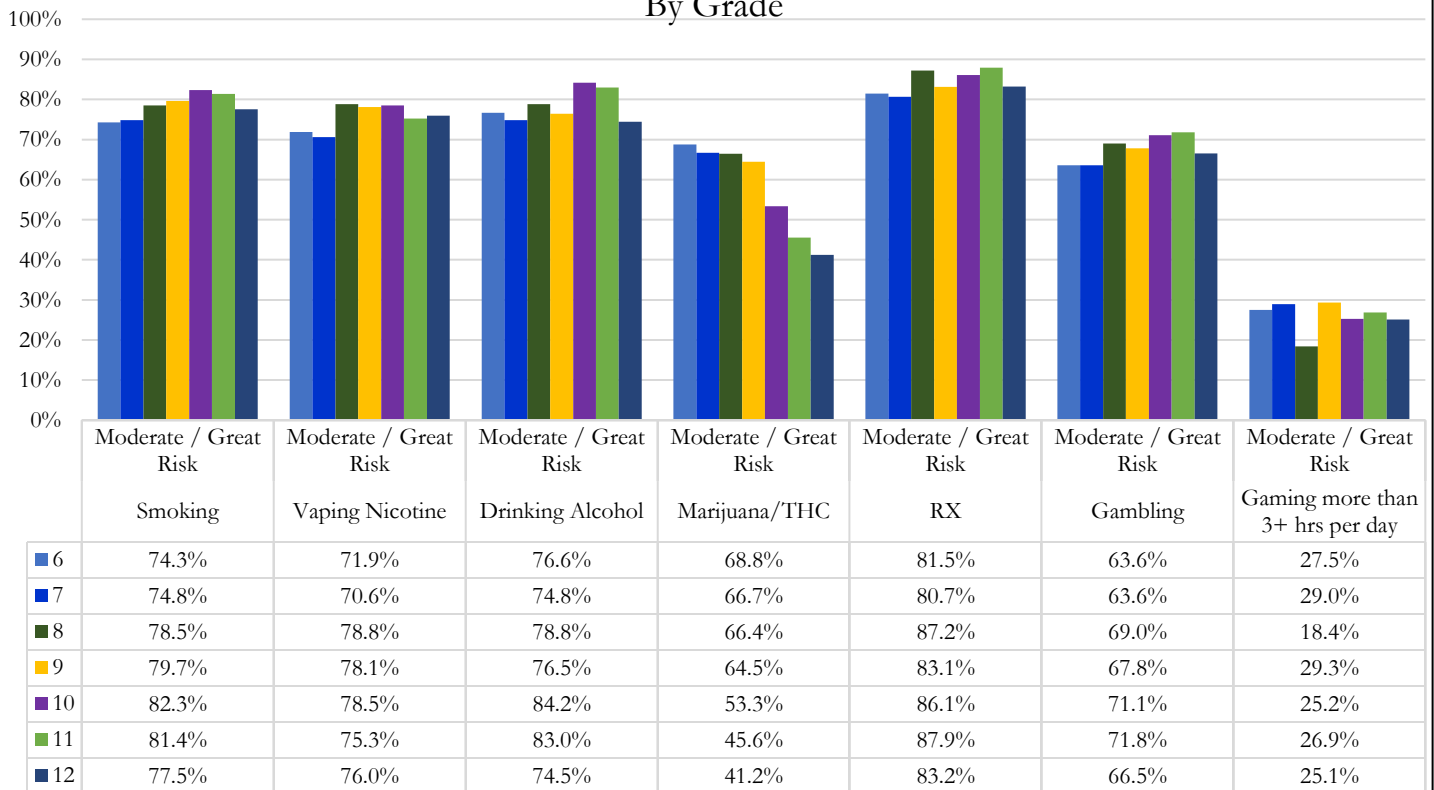


*Middle and high school females reported greater perception of risk than males for gaming more than 3 hours per day.

*High school females reported greater perception of risk than males for cigarettes, alcohol, non-medical use of prescription drugs, and gambling.

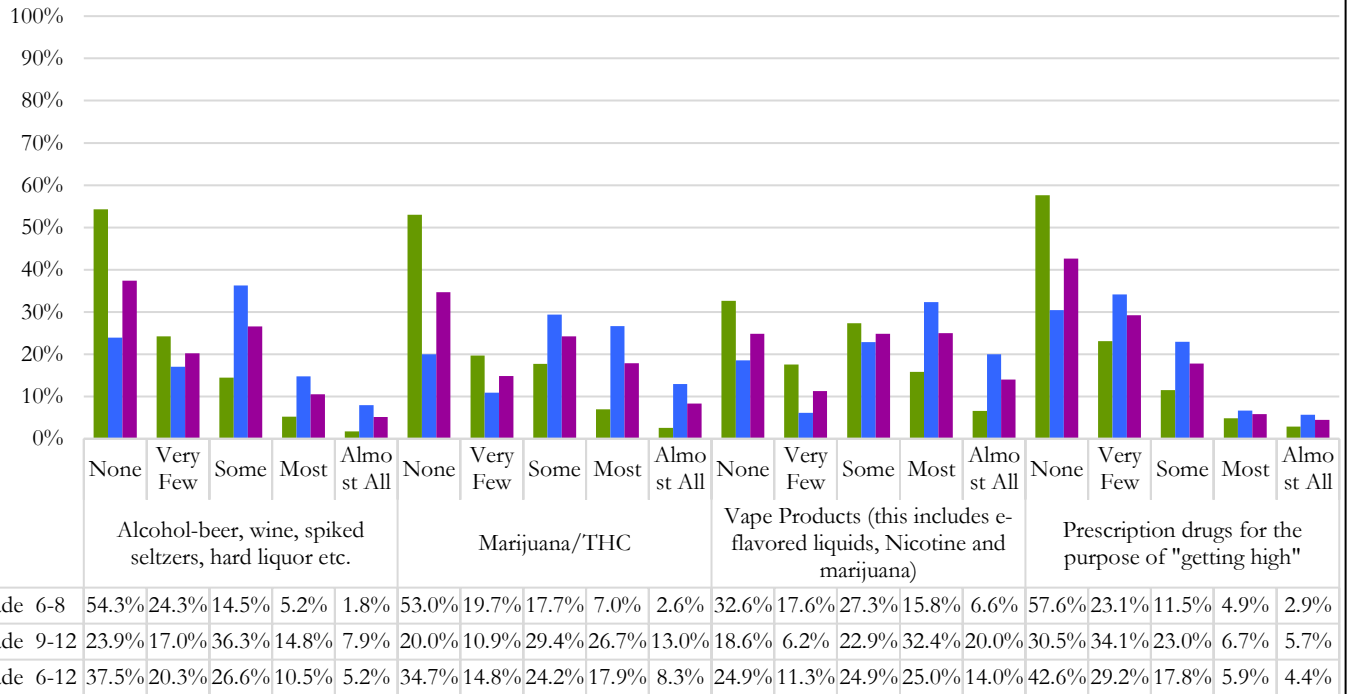
*Middle school Hispanic youth reported greater perception of risk for alcohol and non-medical use of prescription drugs than youth in the “All Other Races” group.

Perception of Risk / Harm By Grade



Perception of Peer Use in Past Month

"Estimate the percentage of peers that have used the following substances in the past month"



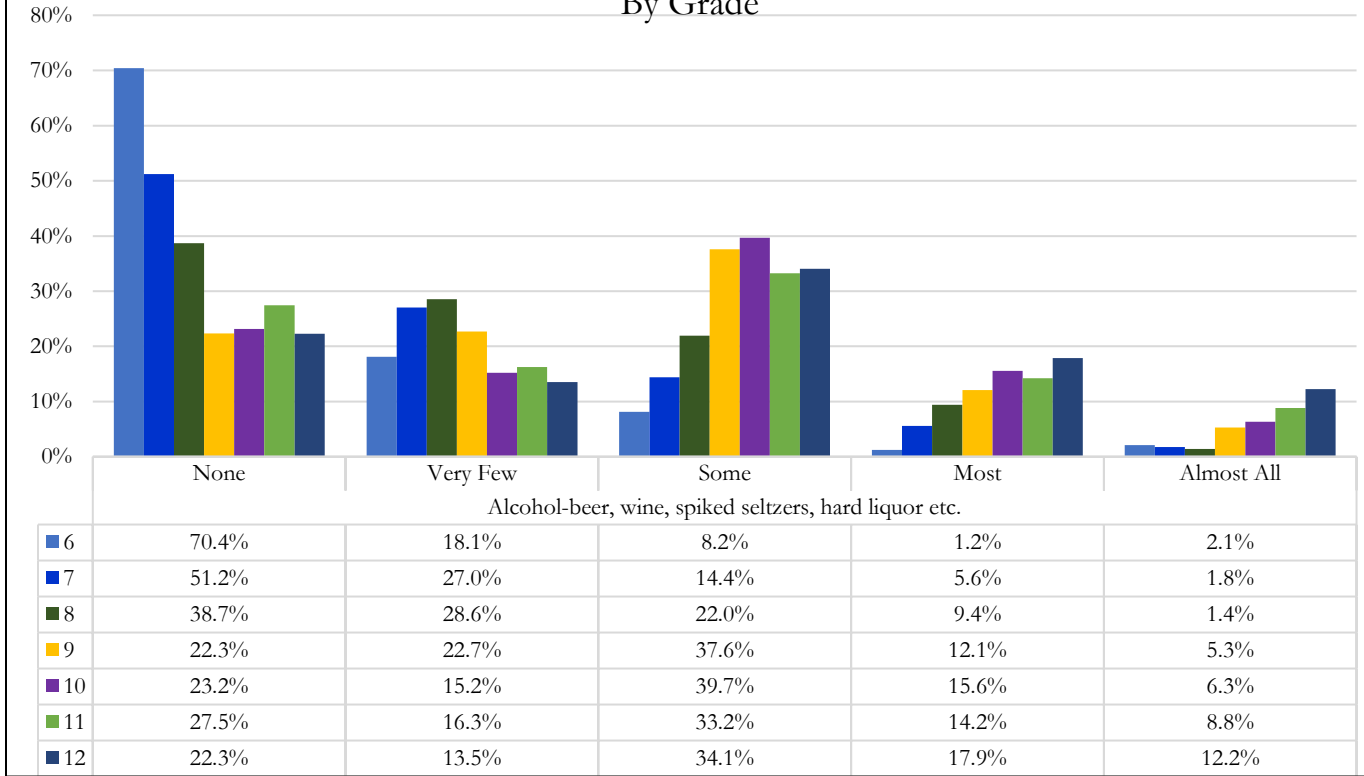
*Middle and high school males were more likely than females to report peer use of alcohol, marijuana, vape products, and prescription drugs as “none.”

*Middle school white youth were more likely to report peer use of alcohol as “very few,” compared to youth in the “All Other Races” group, who were more likely to report it as “most.”

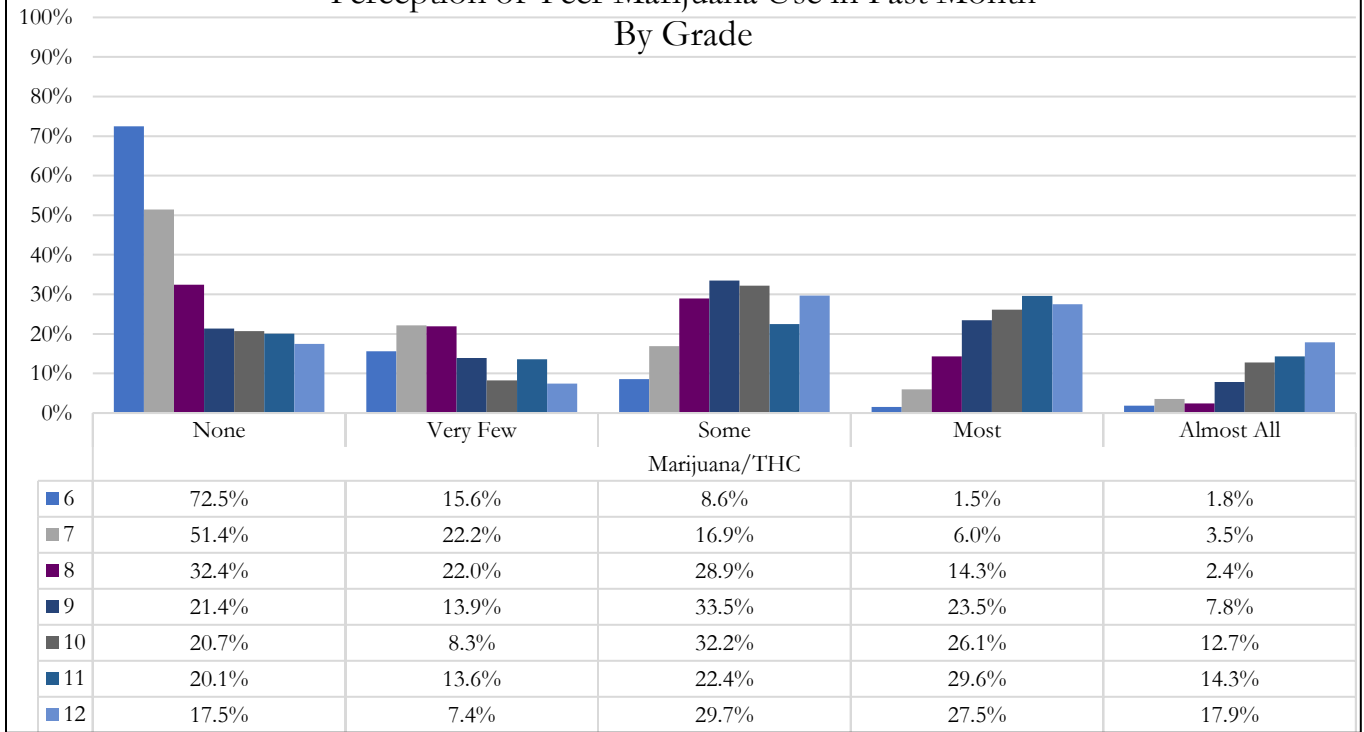
*High school Hispanic and Black youth were more likely to report peer use of alcohol as “none,” compared to white youth who were more likely to report it as “some.”

*High school Hispanic and Black youth were more likely to report peer use of prescription drugs as “none,” compared to white youth who were more likely to report it as “very few.”

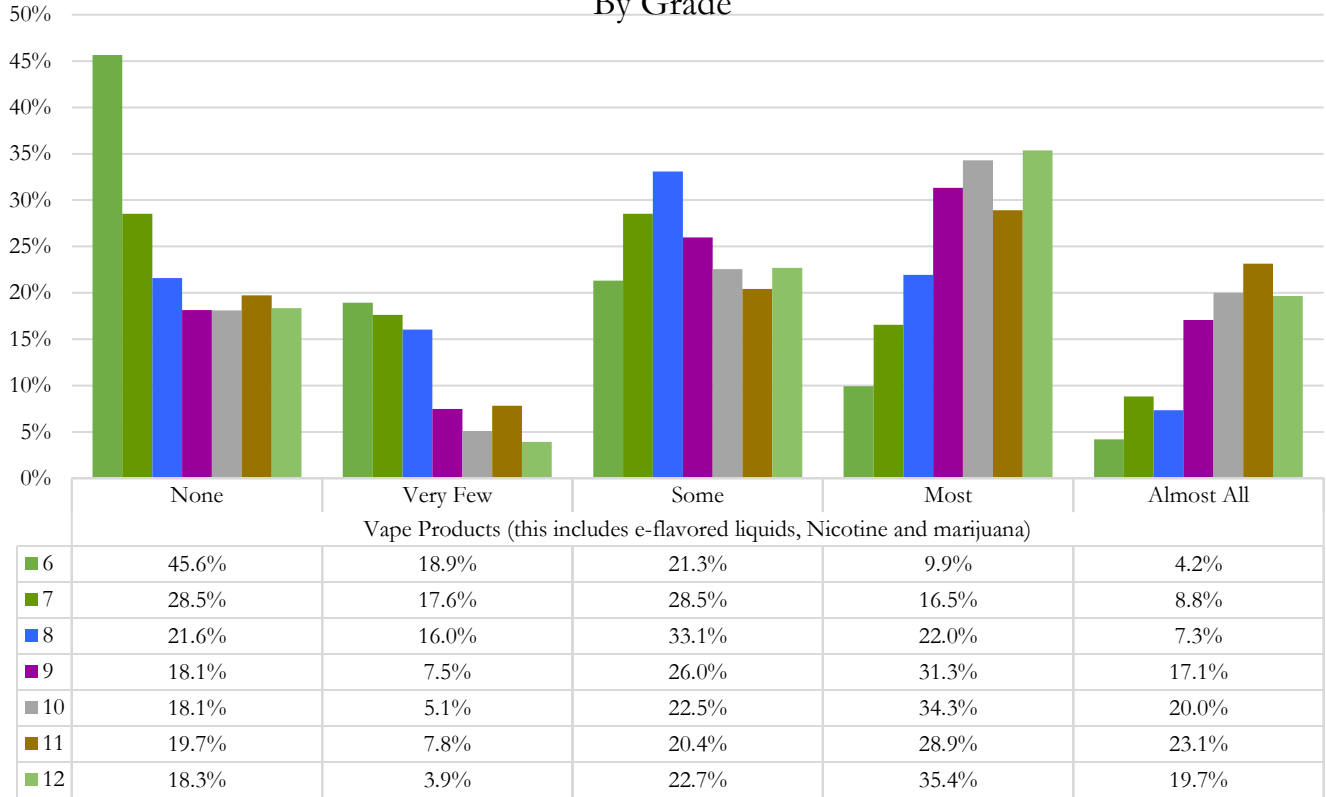
Perception of Peer Alcohol Use in Past Month By Grade



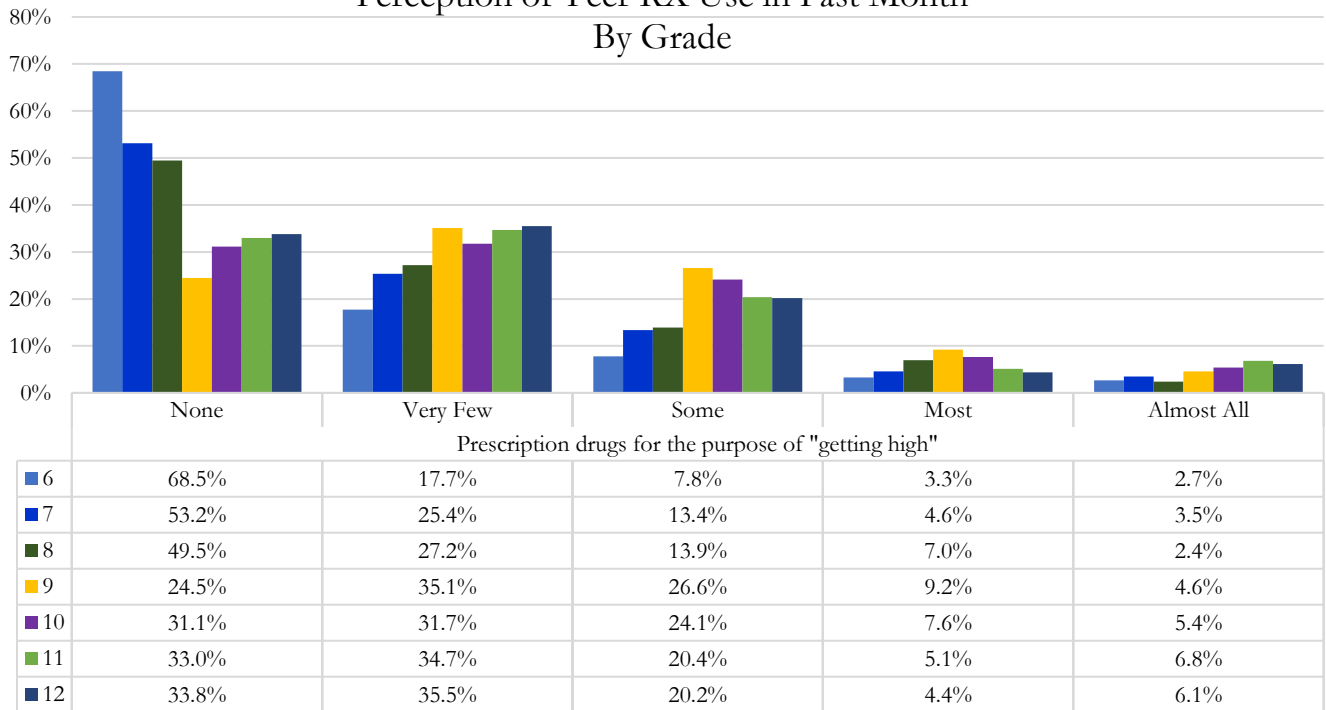
Perception of Peer Marijuana Use in Past Month By Grade



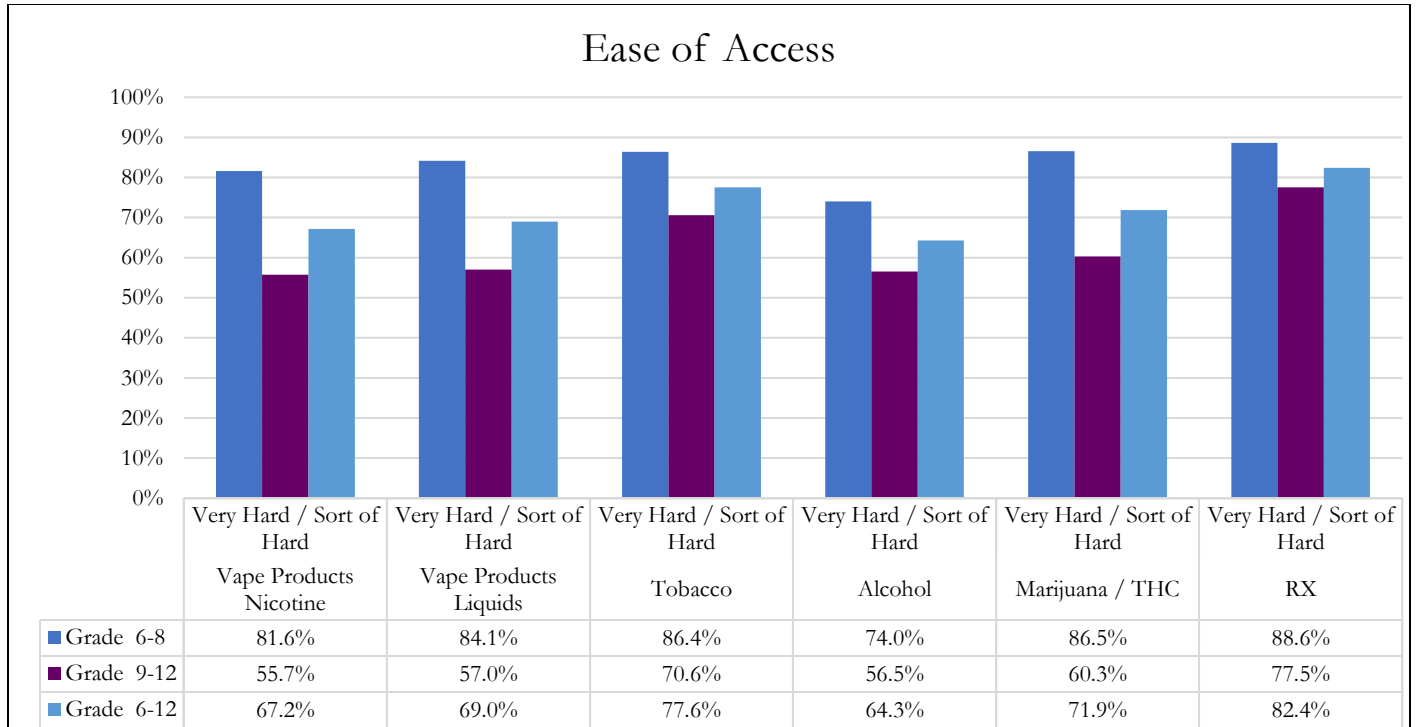
Perception of Peer Vaping Use in Past Month By Grade



Perception of Peer RX Use in Past Month By Grade

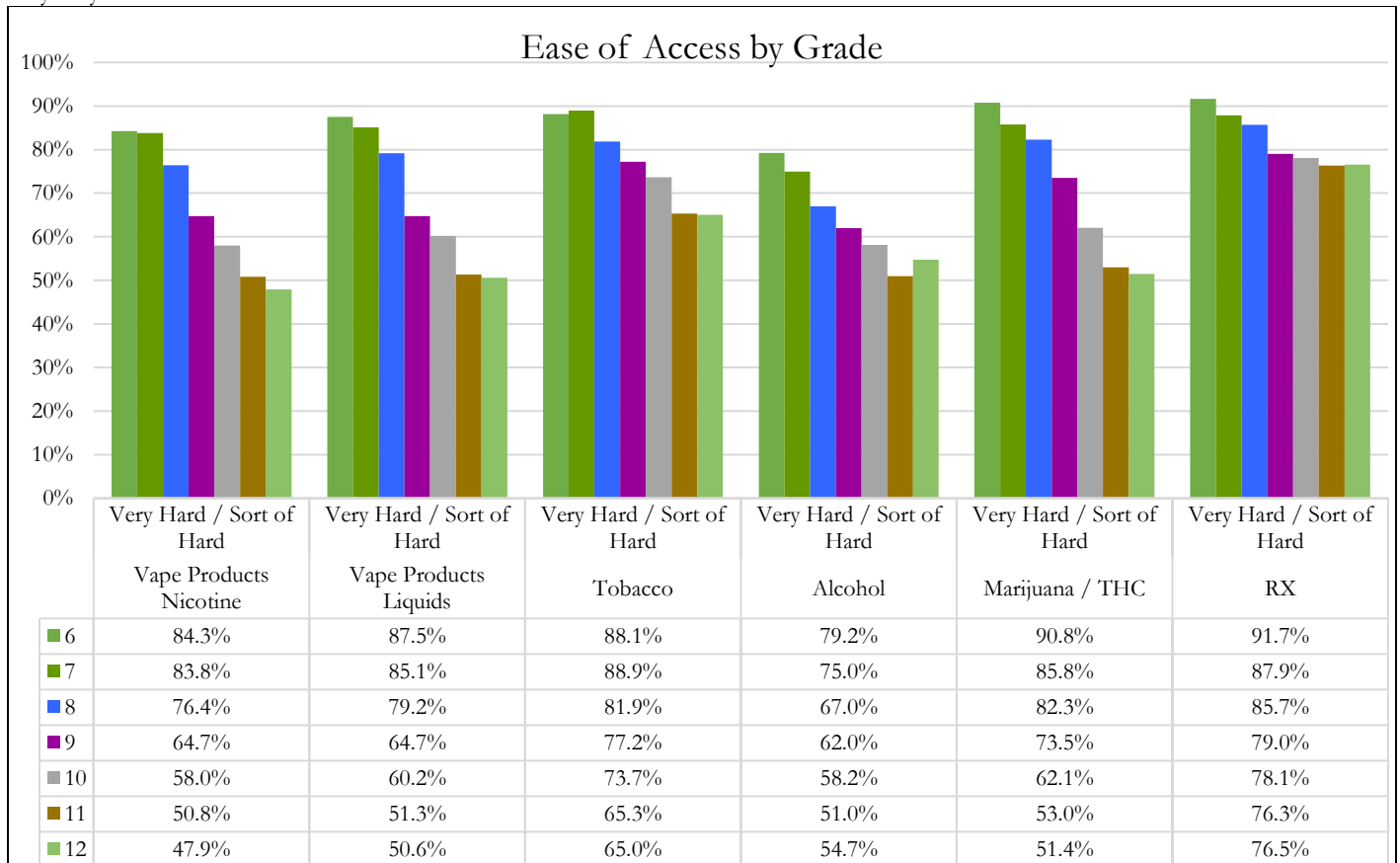


Ease of Access:



*Middle school females were more likely than males to report ease of access to alcohol as sort of or very easy.

*High school white youth were more likely than Hispanic, Black, and Asian youth to report ease of access to alcohol as sort of or very easy.



Substance Use and Gambling:

Risk Factors for Any Substance Use in Youth's Lifetime, 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.

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

- Report getting less sleep
- Spend more time home alone
- Not report having at least one adult they can share thoughts/feelings with
- Not feel safe in their community or at school
- Have the following experiences related to gaming: not get enough sleep, not complete homework or studying, have gotten into a verbal or physical fight, have been asked personal information by a stranger, have been threatened by another gamer, have heard/seen something inappropriate due to gaming, and have purchased loot boxes or skins
- Have the following experiences related to social media: have chosen not to spend time in person with friends, have gotten into a fight, feel left out or excluded, feel worse about themselves, have heard or seen something inappropriate, and having a hard time stopping their social media use
- Have ever been bullied
- Have experienced anxiety always/almost always in the past year, and report anxiety making life difficult
- Report sources of anxiety as home/family life, financial security, academics, schedule, and social media
- Have thoughts about self-harm, and have self-harm behaviors
- Have experienced physical abuse from an intimate partner
- 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 cigarettes, vaping, alcohol, marijuana, non-medical use of prescription drugs, gambling, and gaming
- Report less peer disapproval for cigarettes, vaping, alcohol, marijuana, gambling, and gaming
- Perceive less risk in marijuana use
- 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
- Spend time working at a paying job
- Perceive less coach/advisor and teammate disapproval for using substances
- Report having experienced community violence, discrimination, housing problems and food insecurity in the past year

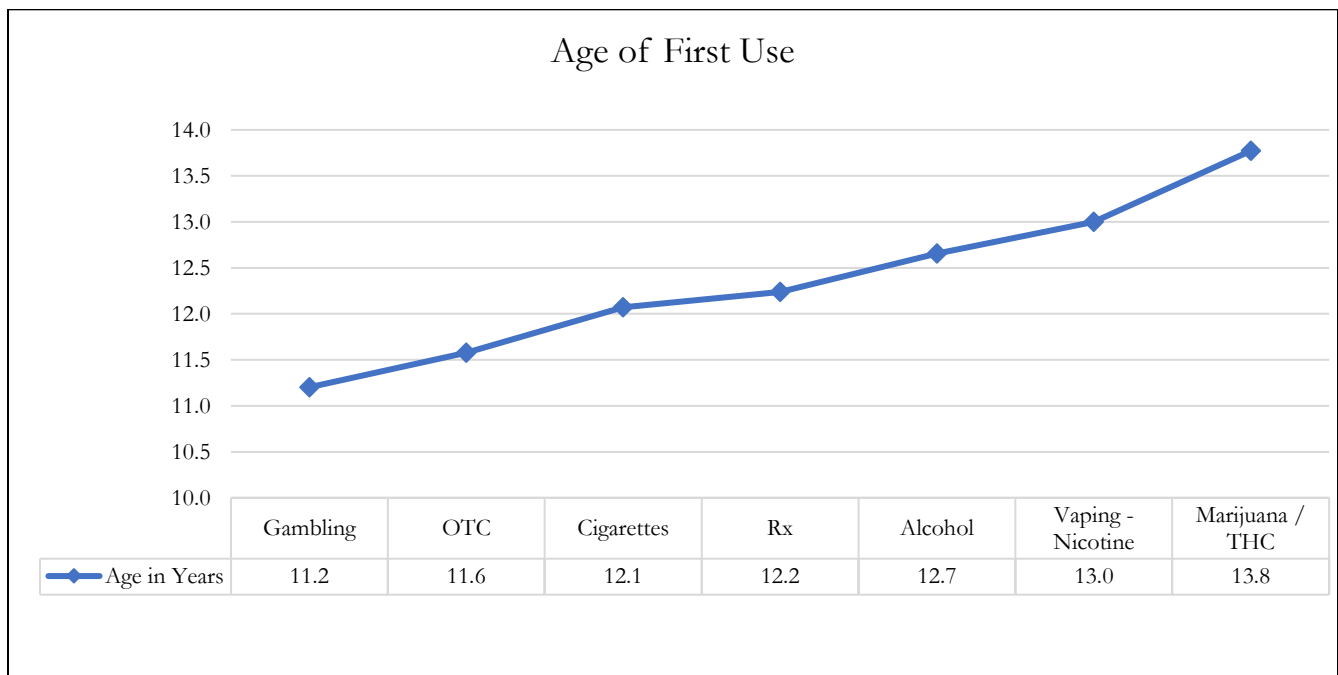
Enfield High School youth who have used **any substance in their lifetime** are more likely to:

- Disagree that they know how to get help for themselves or a peer for mental health or substance use problems at school
- Feel more connected with others due to gaming
- Have felt unsafe because of something said to them on social media
- Report peers a source of anxiety

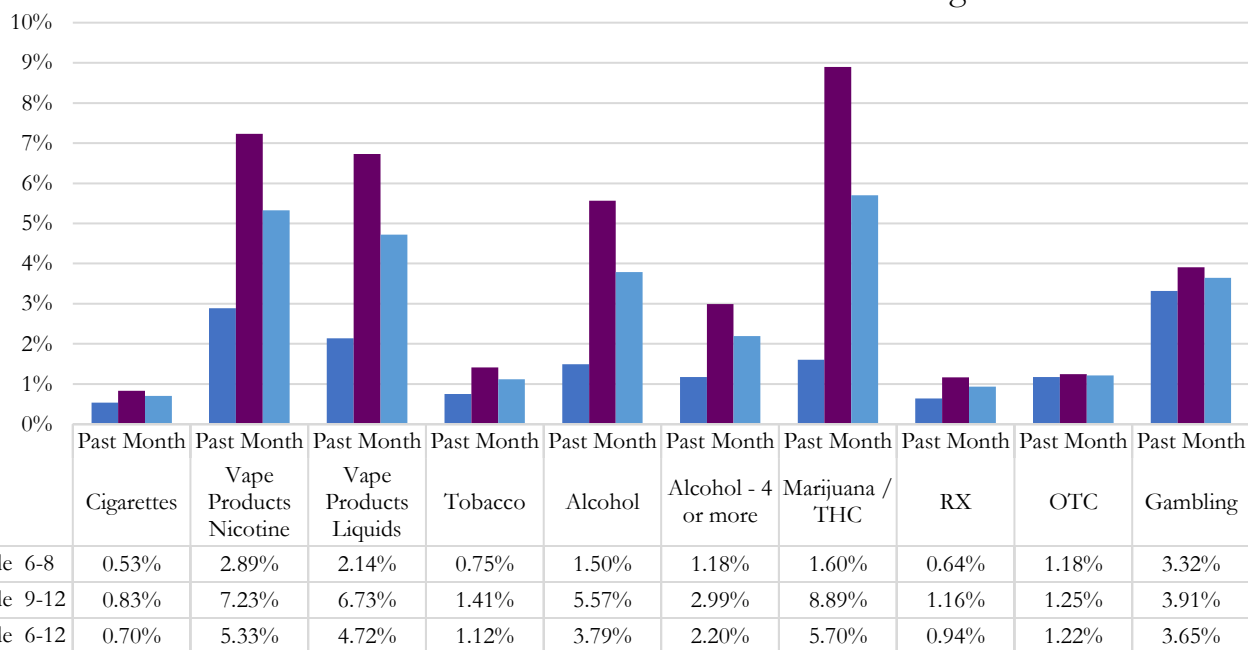
- Feel comfortable seeking help from the internet for information
- Not have clear family rules around using marijuana

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

- Have a hard time stopping playing video games
- Feel teachers never or almost never intervene when bullying happens at school, and feel other students never try to intervene when bullying happens at school
- Report post-high school plans as a source of anxiety
- Report less peer disapproval for non-medical use of prescription drugs
- Perceive less risk in vaping, gambling, and gaming 3+ hours per day



Past Month Use of CORE Substances and Gambling



*High school females were more likely than males to report past month use of vape products with nicotine and flavored liquids, and less likely than males to report past month gambling.

*High school youth in the “All Other Races” group were more likely than white youth to report past month use of vape products with flavored liquids.

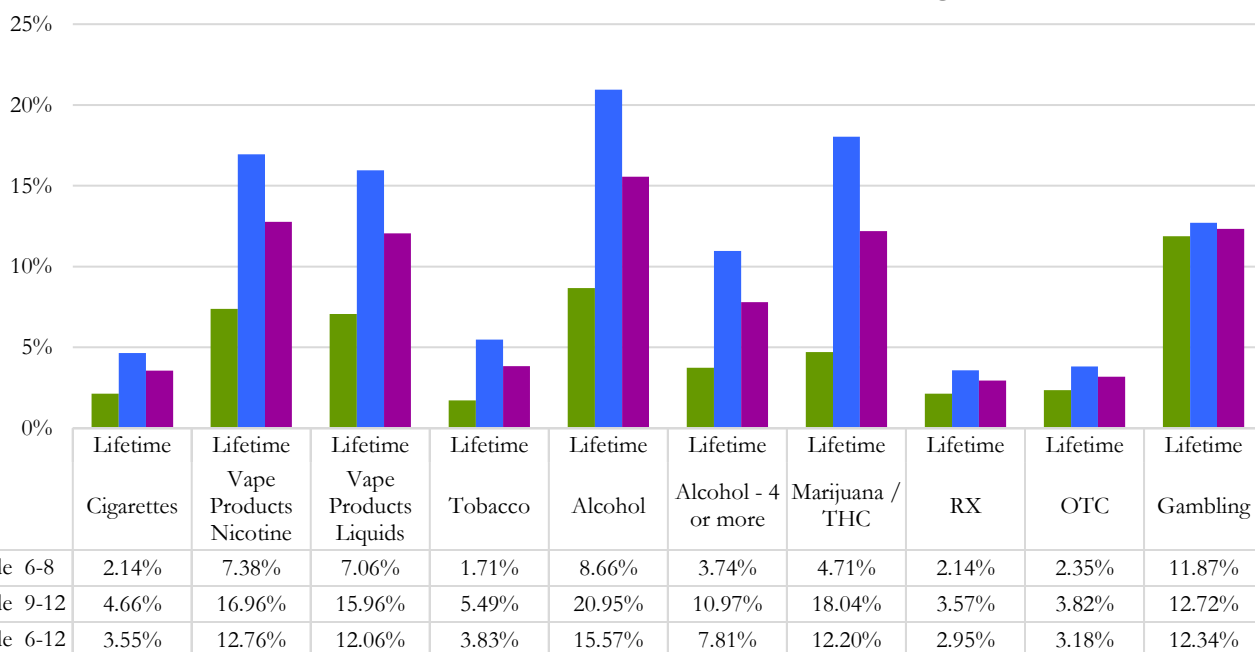
*Middle school Black and Asian youth were more likely than white youth to report other tobacco product use in the past month.

*High school youth in the “All Other Races” group were more likely than white and Black youth to report other tobacco product use in the past month.

*Middle school Asian youth were more likely than white youth to report past month non-medical use of prescription drugs.

*Middle school Black and Asian youth were more likely than white youth to report past month non-medical use of over-the-counter medications.

Lifetime Use of CORE Substances and Gambling

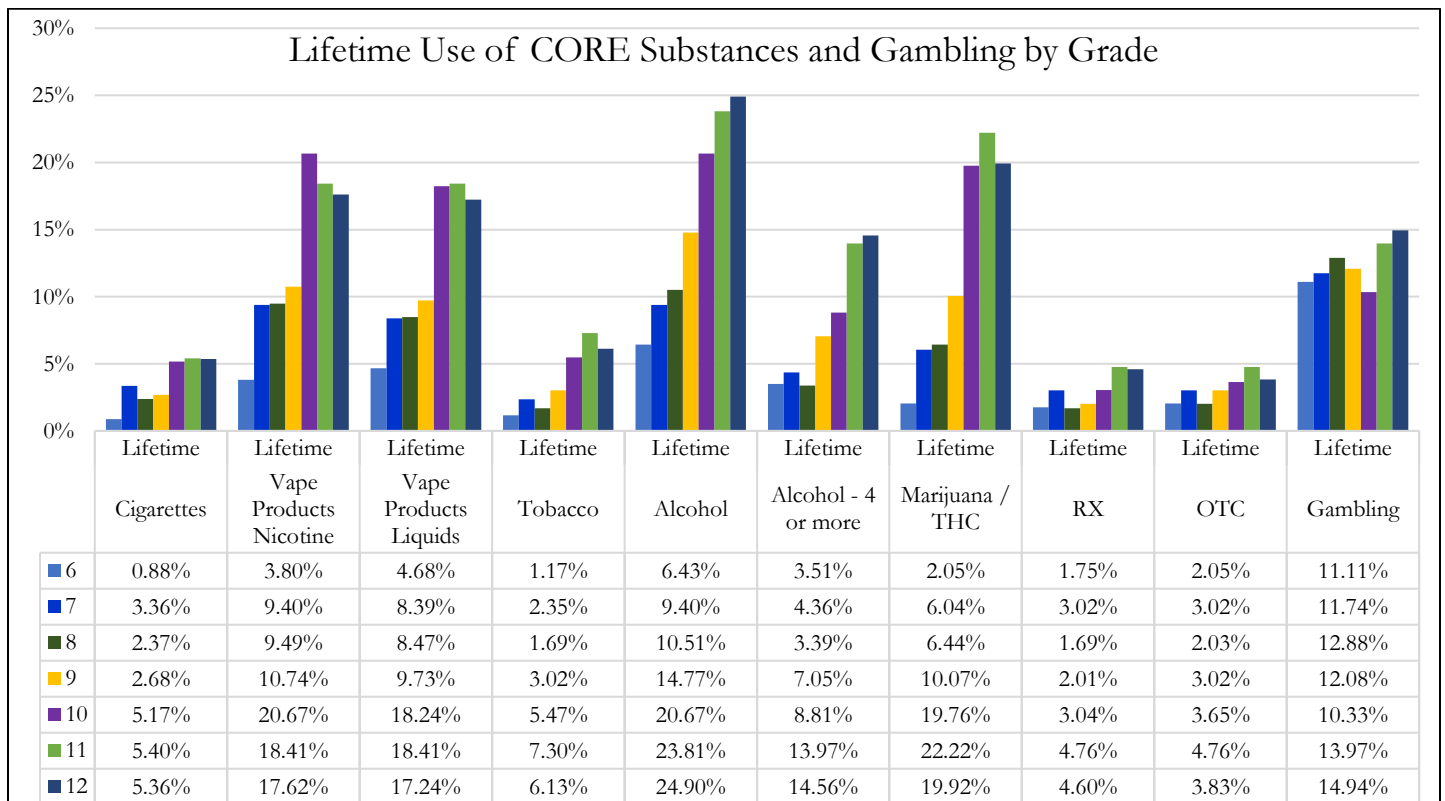
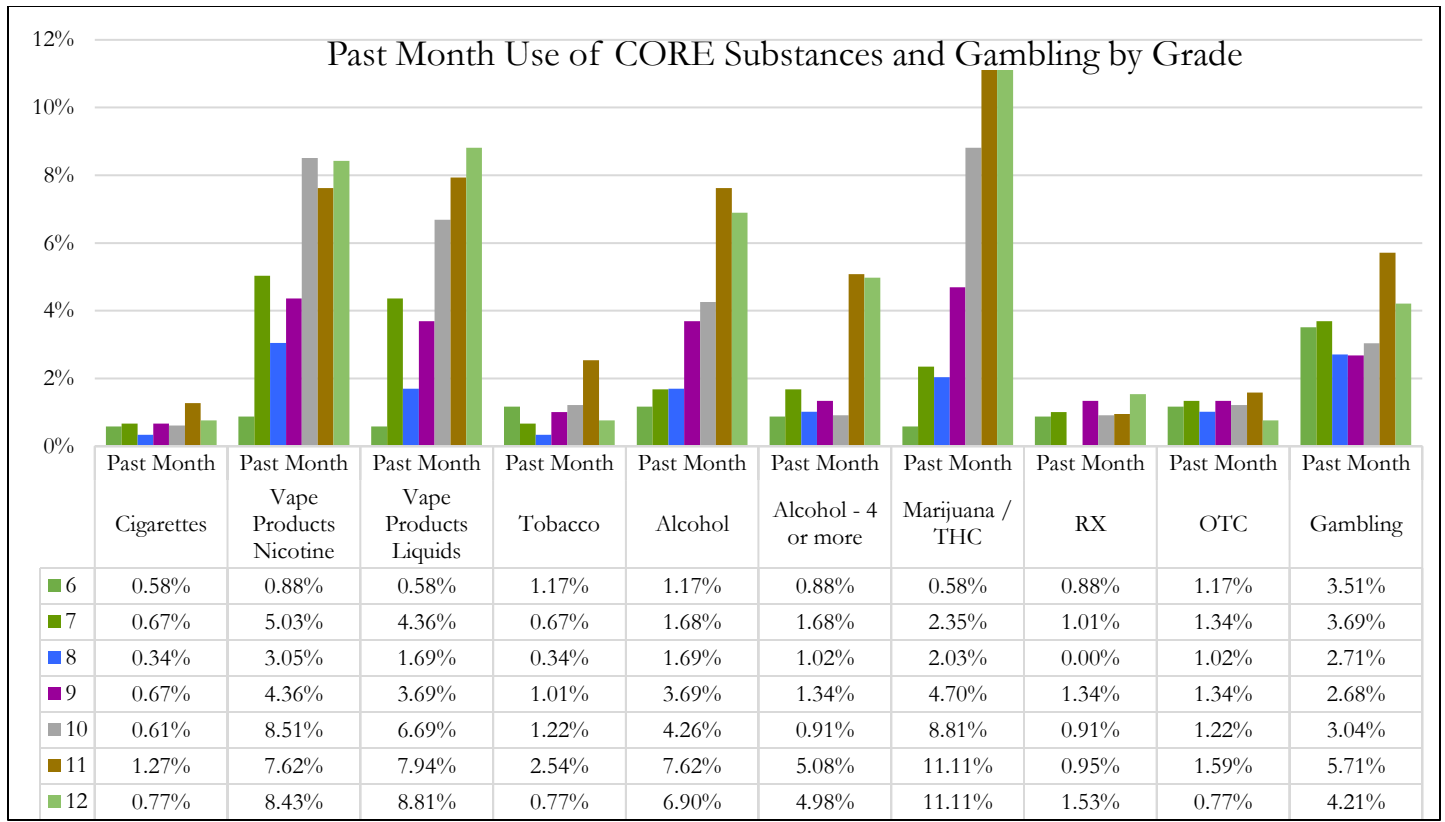


*Middle school females were more likely than males to report lifetime use of vape products with nicotine, and binge drinking.

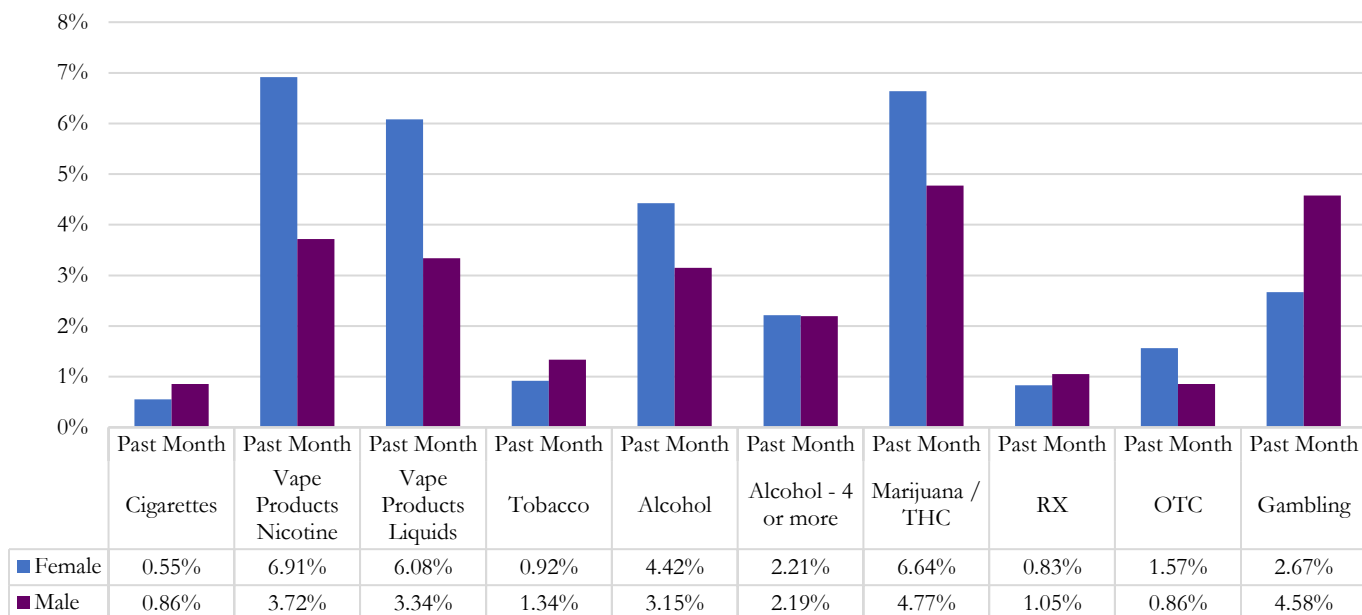
*Middle and high school females were more likely than males to report lifetime use of vape products with flavored liquids.

*High school females were more likely than males to report lifetime use of alcohol.

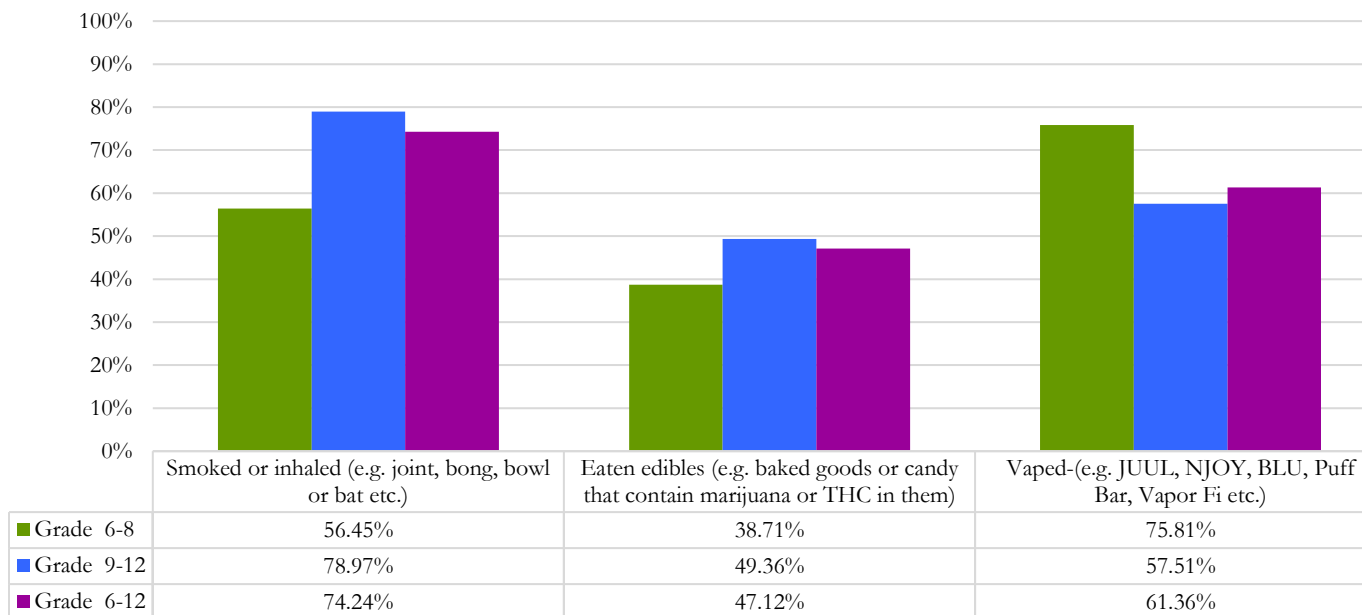
*Middle and high school males were more likely than females to report ever gambling in their lifetime.



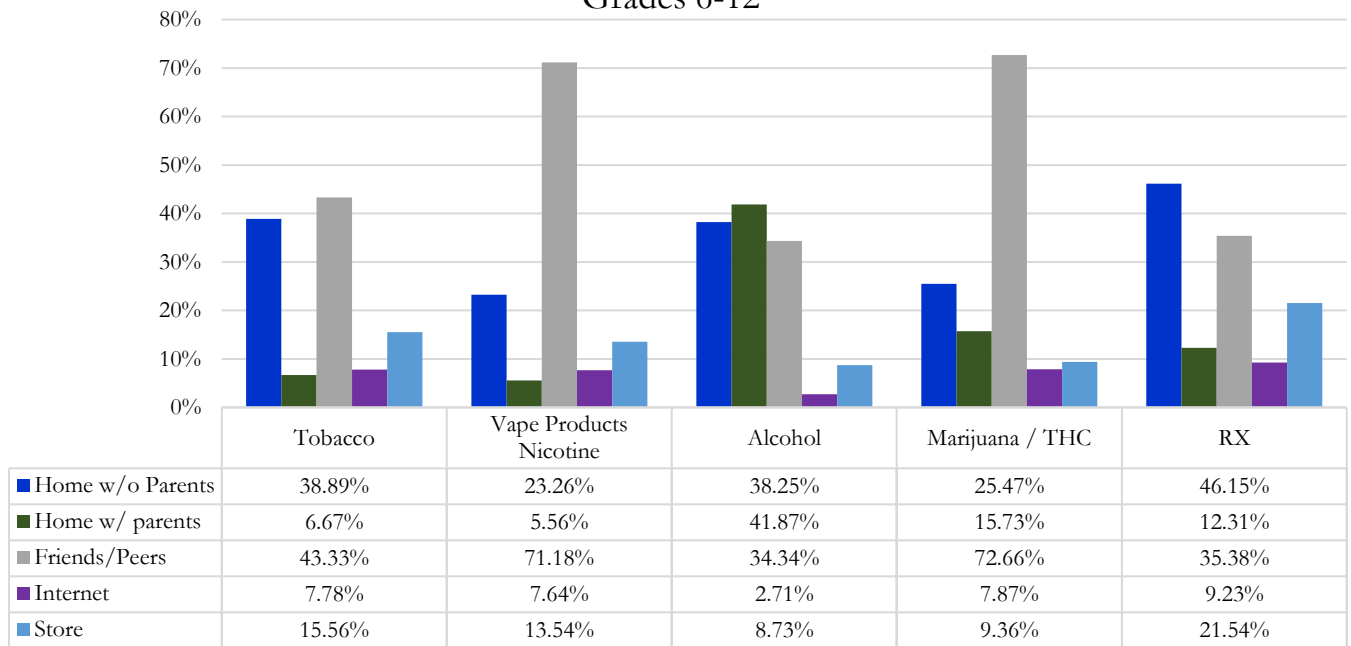
Biological Sex Differences in CORE Substance Use and Gambling Grades 6-12



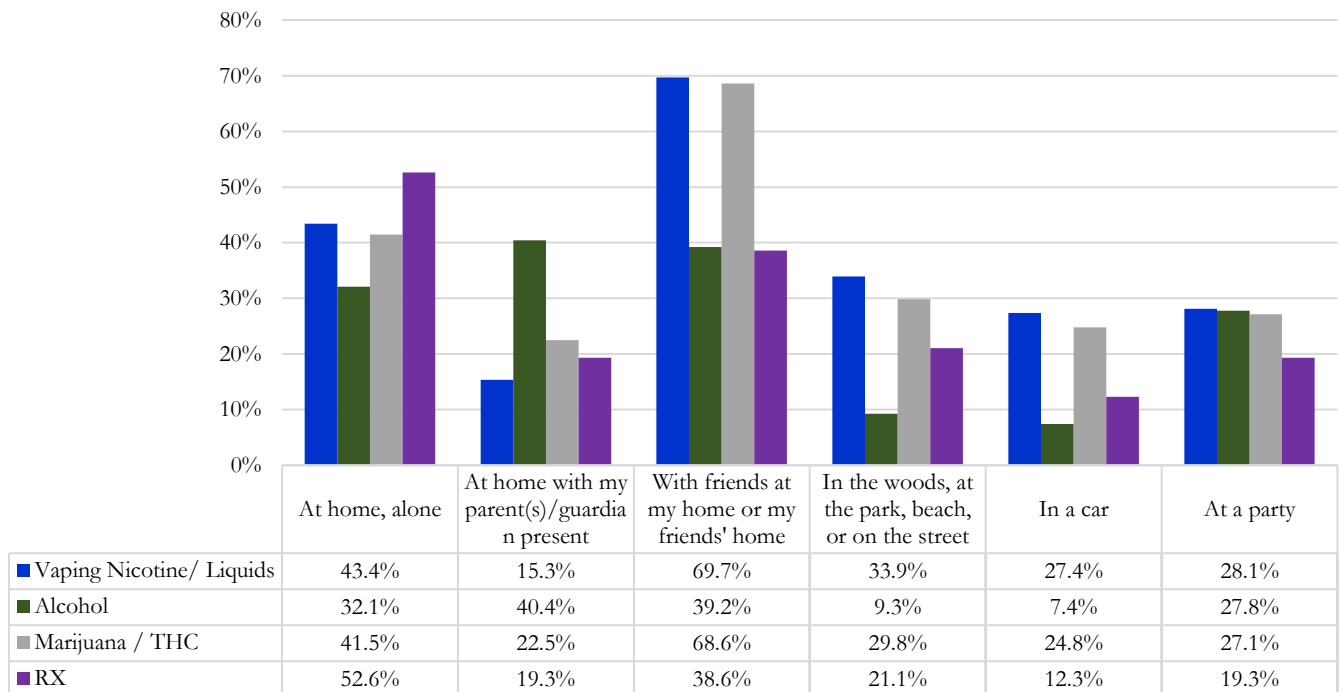
Methods of Marijuana Use Youth Who Have Used in the Past 12 Months



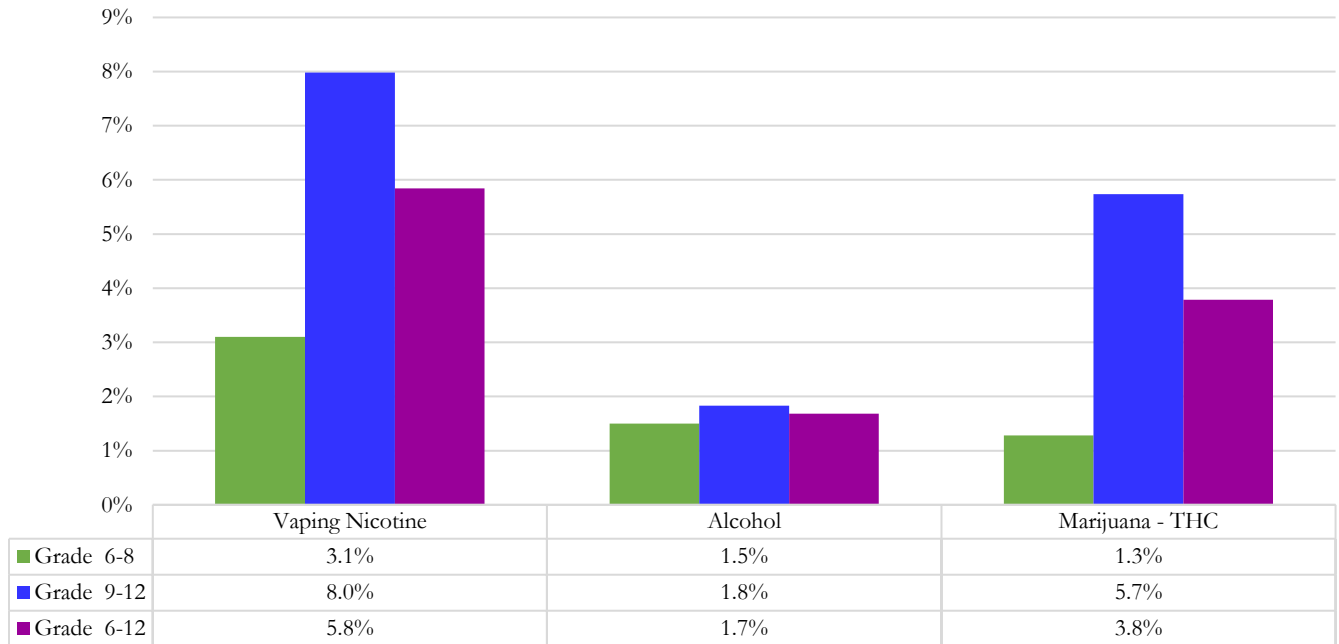
Where Substances Are Acquired Most Often Amongst Lifetime Users Grades 6-12



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

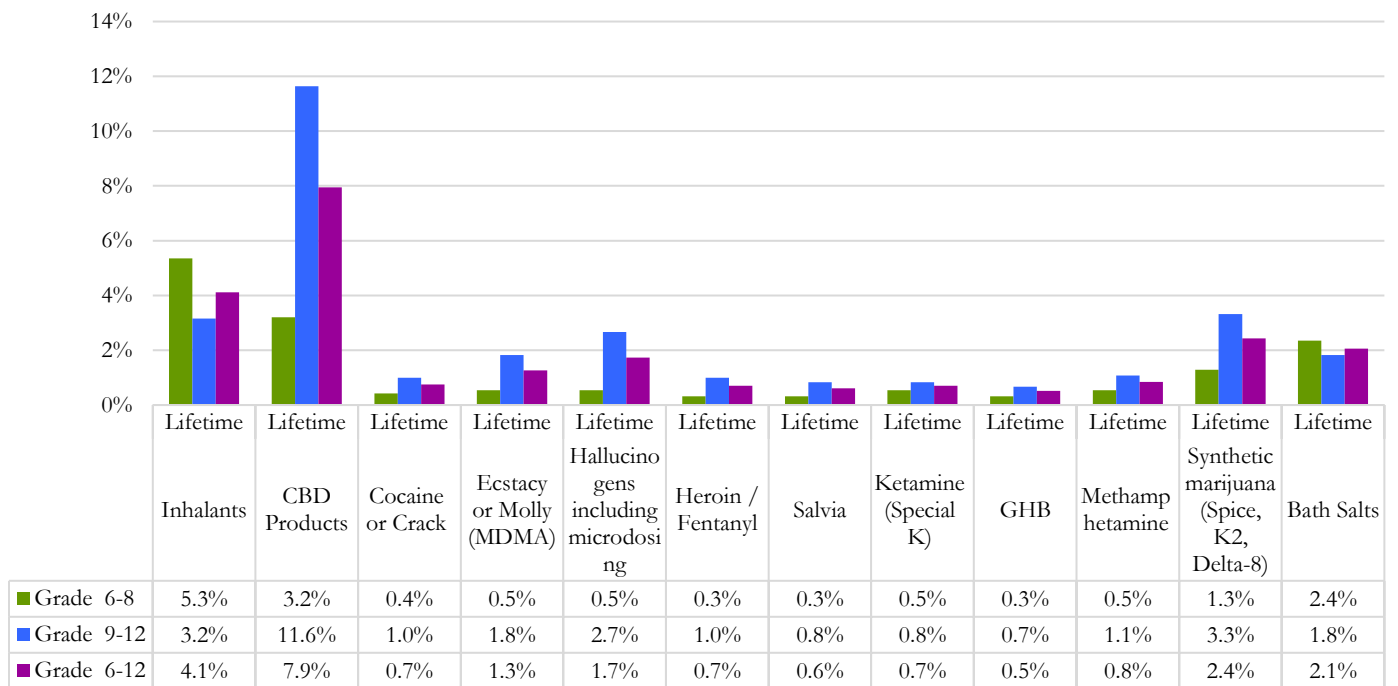


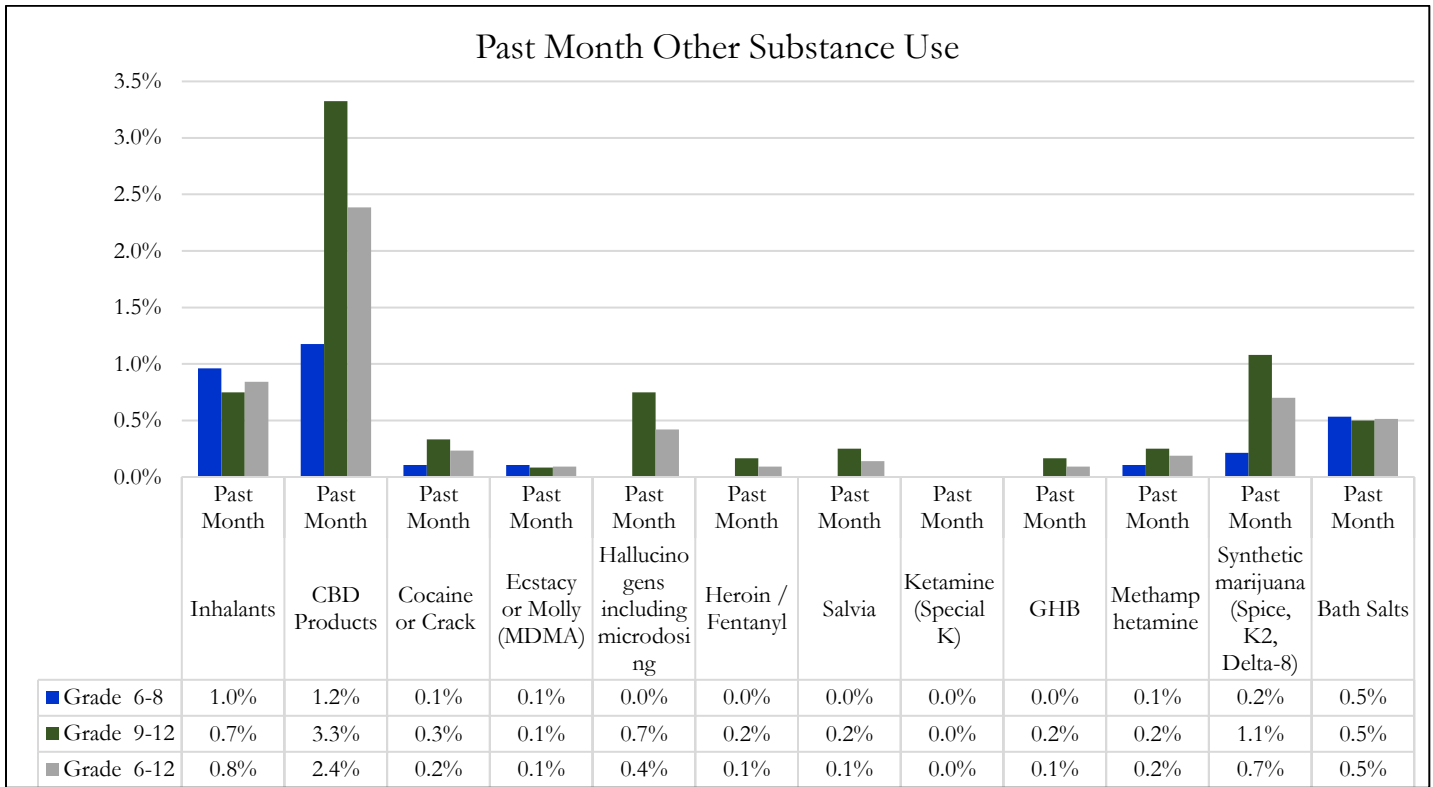
Youth Use of Substances at School- including school events



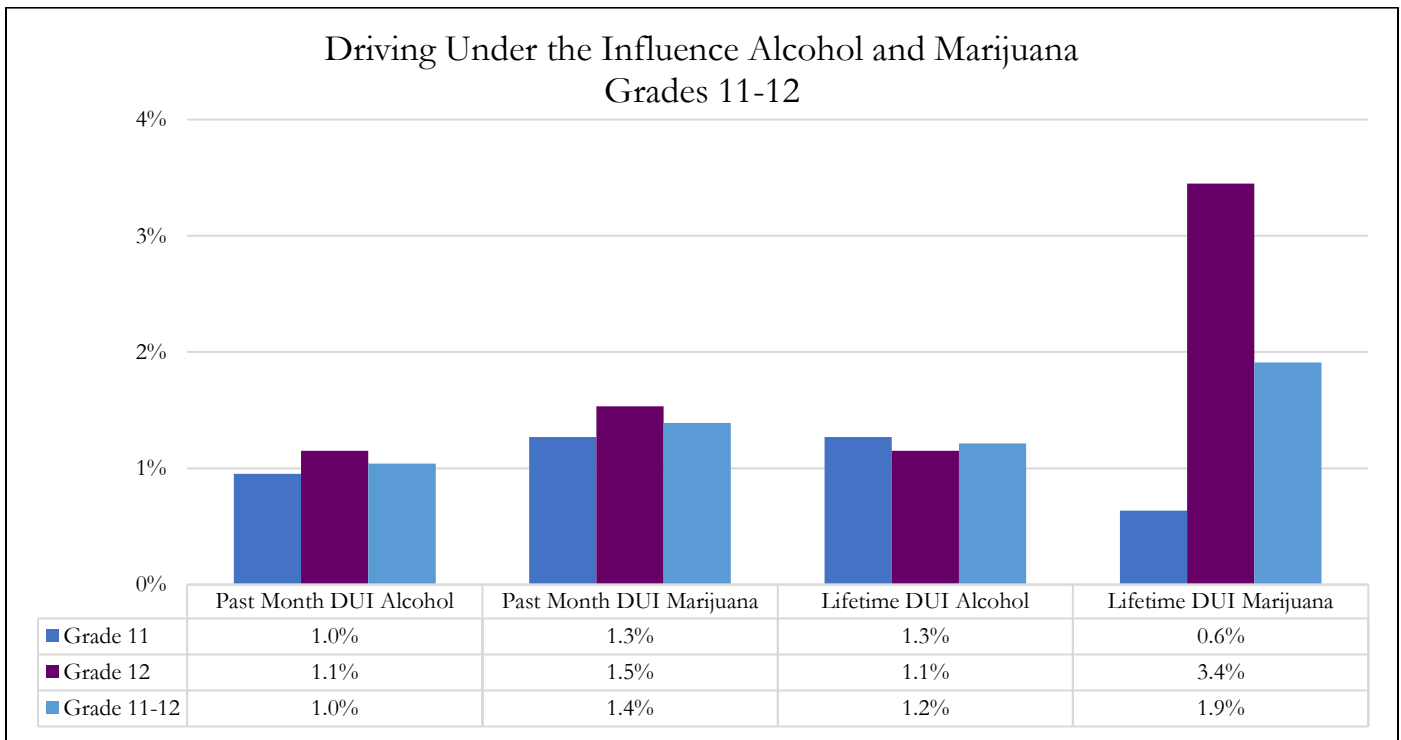
Other Substance Use:

Lifetime Other Substance Use



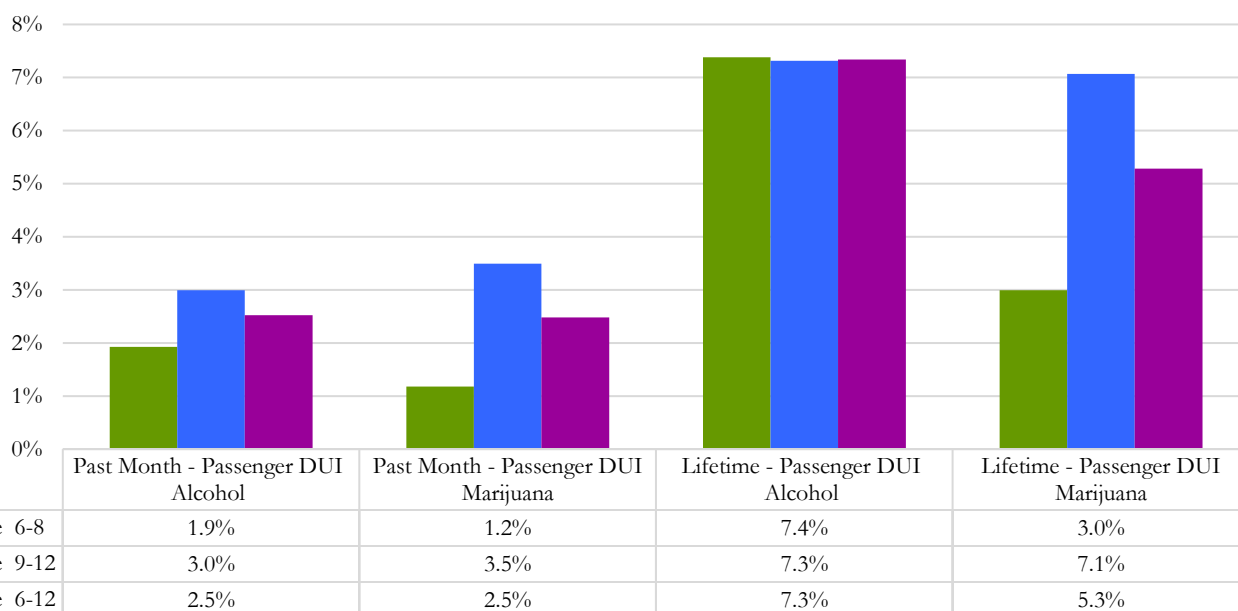


Driving Under the Influence:



Note: Two students reported past month DUI for marijuana but not lifetime DUI for marijuana, the analysts chose to keep these responses in the data set.

Passenger of Driver, Age 20 or Younger, Under the Influence Alcohol and/or Marijuana



Enfield 2023 Substance Use Rates Compared to 2021:

It is important to note when comparing 2021 and 2023 data that the survey tool and administration of the tool changed during this period. While the substance use questions remained consistent and continue to be aligned with national measures, in 2021, a different survey tool was utilized.

Past Month Substance Use 2021 and 2023, Grades 9-12					
	Enfield 2017	Enfield 2019	Enfield 2021	Enfield 2023	Percent Change 2021-2023
Alcohol	20.4%	14.9%	10.5%	5.6%	-47.01%
Binge Drinking	10.0%	5.2%	4.0%	3.0%	-25.56%
Cigarettes	5.4%	2.2%	3.8%	0.8%	-77.83%
Vaping Nicotine				7.2%	N/A
Vaping Flavored Liquids	13.1%	13.3%	9.9%	6.7%	N/A
Marijuana	22.6%	18.1%	11.6%	8.9%	-23.39%
Prescription Drugs	5.2%	3.5%	2.9%	1.2%	-59.87%

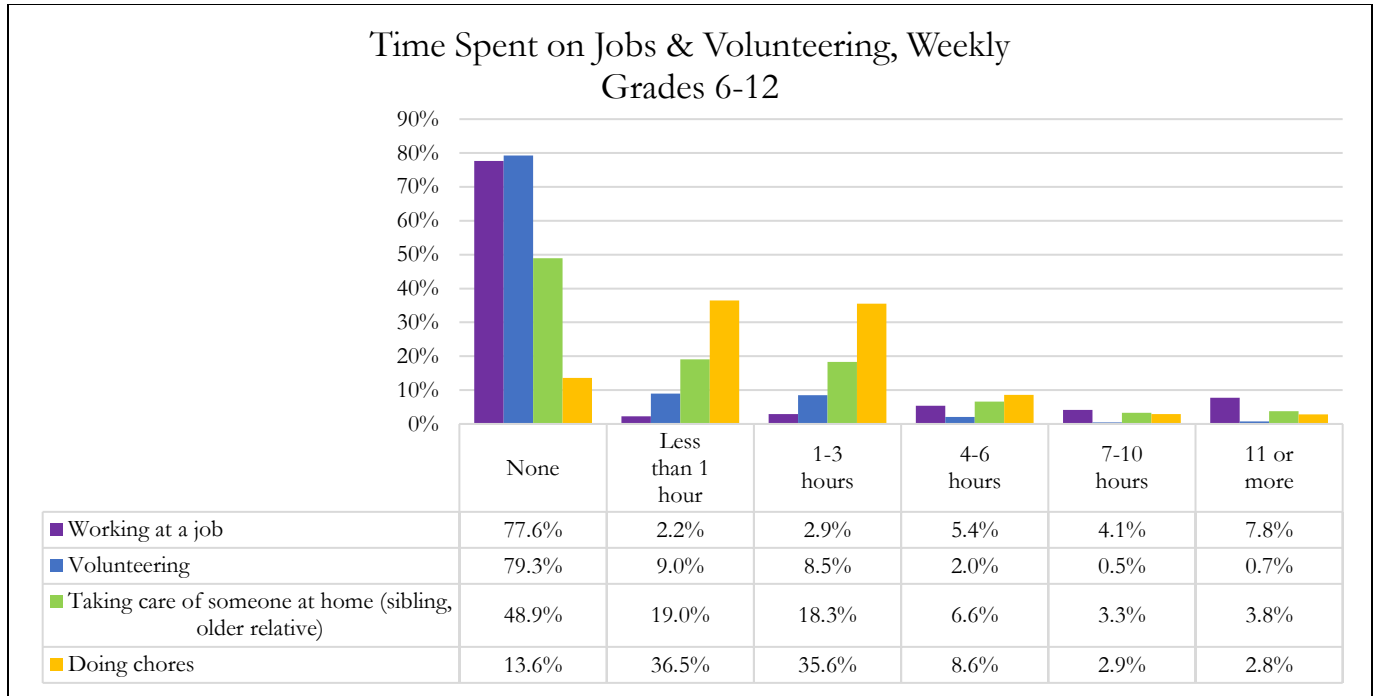
*2021 data from Enfield’s survey asked about using an “e-cigarette” but not by substances in the device.

Perception of Risk/Harm (Moderate/Great Risk) 2021 and 2023, Grades 9-12					
	Enfield 2017	Enfield 2019	Enfield 2021	Enfield 2023	Percent Change 2021-2023
Alcohol	66.7%	70.0%	66.6%	79.9%	19.96%
Cigarettes	77.7%	75.1%	75.2%	80.4%	6.97%
Vaping				77.0%	N/A
Marijuana	36.9%	37.9%	35.7%	51.6%	44.65%
Prescription Drugs	79.1%	80.0%	78.3%	85.2%	8.83%

Perception of Parental Disapproval (Moderately/Greatly Wrong) 2021 and 2023, Grades 9-12					
	Enfield 2017	Enfield 2019	Enfield 2021	Enfield 2023	Percent Change 2021-2023
Alcohol	87.9%	90.3%	88.7%	91.8%	3.57%
Cigarettes	89.9%	92.2%	89.3%	93.7%	4.99%
Vaping				91.8%	N/A
Marijuana	76.7%	79.2%	78.3%	85.3%	8.96%
Prescription Drugs	91.7%	93.8%	92.3%	95.1%	3.02%

Perception of Friends/Peer Disapproval (Moderately/Greatly Wrong) 2021 and 2023, Grades 9-12					
	Enfield 2017	Enfield 2019	Enfield 2021	Enfield 2023	Percent Change 2021-2023
Alcohol	64.9%	70.3%	73.3%	69.5%	-5.17%
Cigarettes	73.9%	77.9%	74.3%	74.8%	0.64%
Vaping				59.5%	N/A
Marijuana	48.0%	51.9%	53.5%	56.4%	5.40%
Prescription Drugs	80.7%	83.4%	85.5%	82.6%	-3.41%

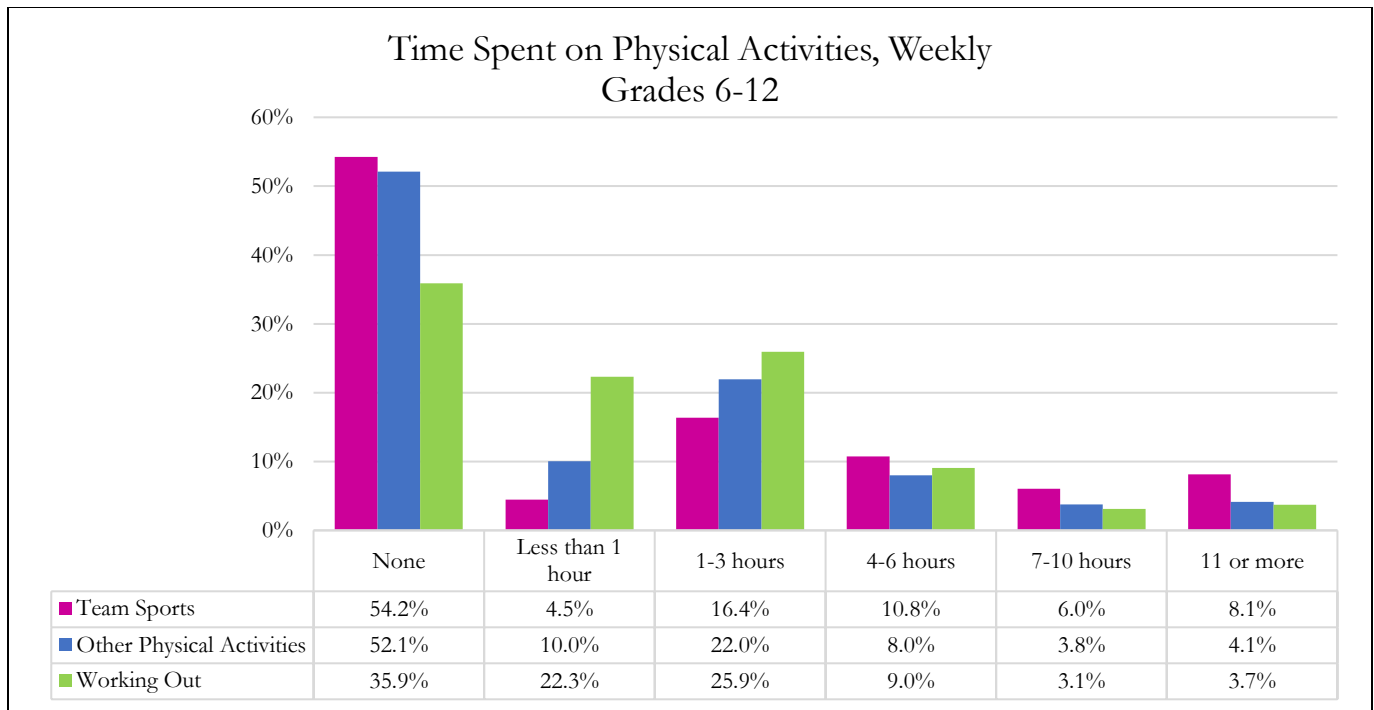
Extracurricular Activities:



*High school females reported spending more time volunteering than males.

*Middle school males were less likely than females to report spending time doing chores at home.

*High school Hispanic youth were more likely than white youth to report spending time taking care of someone at home.



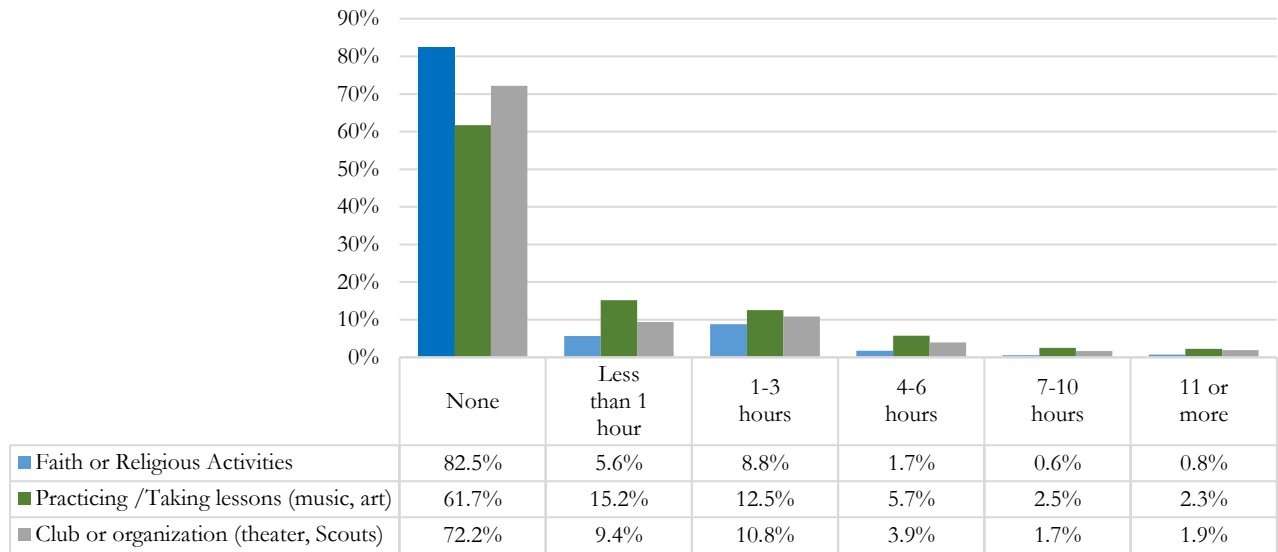
*Middle school females were more likely than males to spend time participating in other physical activities (e.g., golf, karate, gymnastics, dance).

*Middle and high school males were more likely than females to report spending time working out at home or at a gym.

*High school white youth were more likely than Hispanic youth to report spending time playing team sports.

*Middle school white youth were more likely than Hispanic youth to report spending time participating in other physical activities.

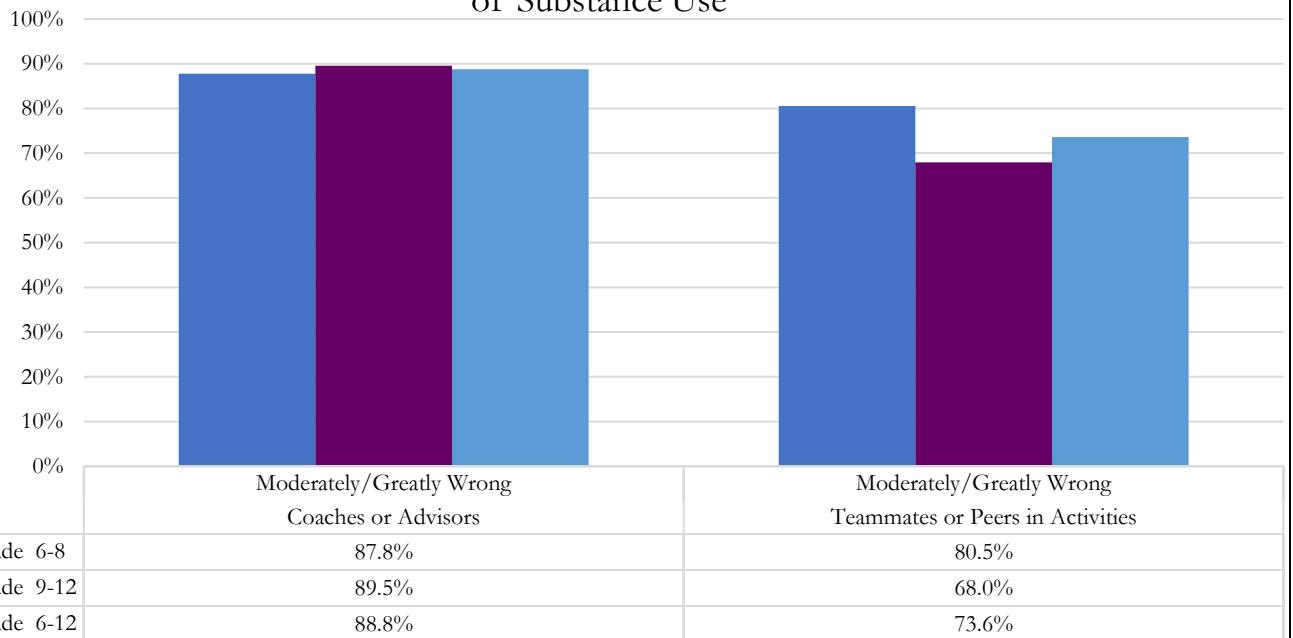
Time Spent on Faith-based Activities, Taking Lessons, Clubs or Orgs, Weekly, Grades 6-12



*Middle and high school females were more likely than males to report spending time practicing or taking lessons, and participating in a club or organization.

*Middle school white youth were more likely to report spending time involved with a club or organization than Hispanic youth.

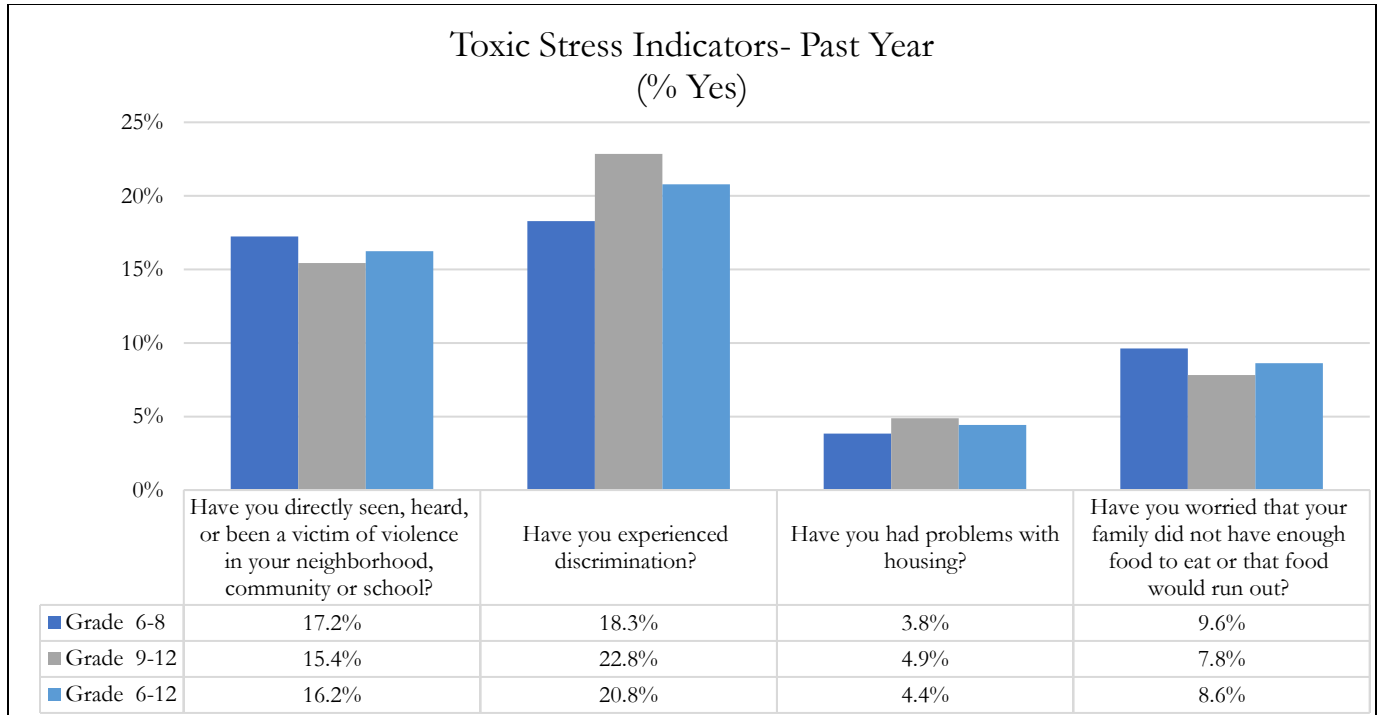
Perception of Coaches or Advisors and Teammates or Peers Disapproval of Substance Use



*High school females reported greater perceived disapproval from coaches/advisors and teammates for substance use than males.

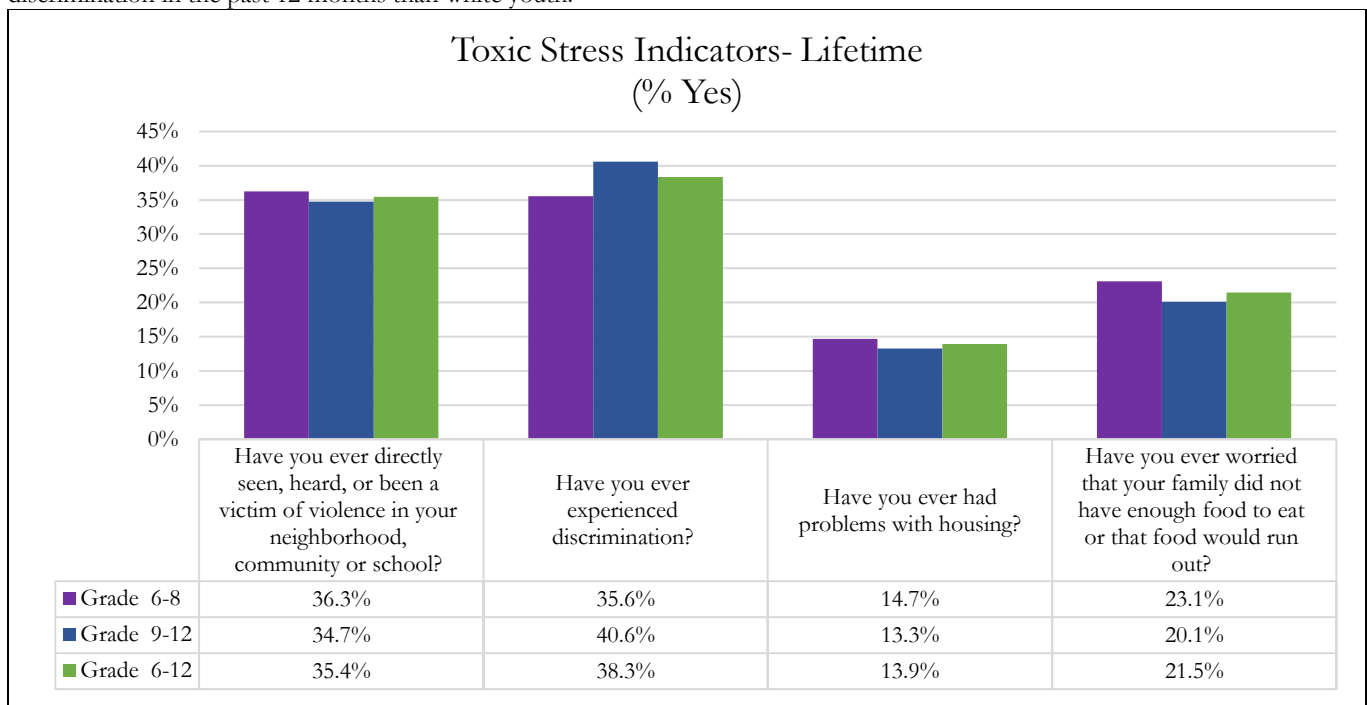
*Middle school white youth reported greater perceived disapproval from coaches or advisors for substance use than Hispanic youth.

Toxic Stress:



*Middle and high school females were more likely than males to report experiencing discrimination and have experienced food insecurity in the past 12 months.

*High school Hispanic and Black youth, and youth in the “All Other Races” group were more likely to report having experienced discrimination in the past 12 months than white youth.

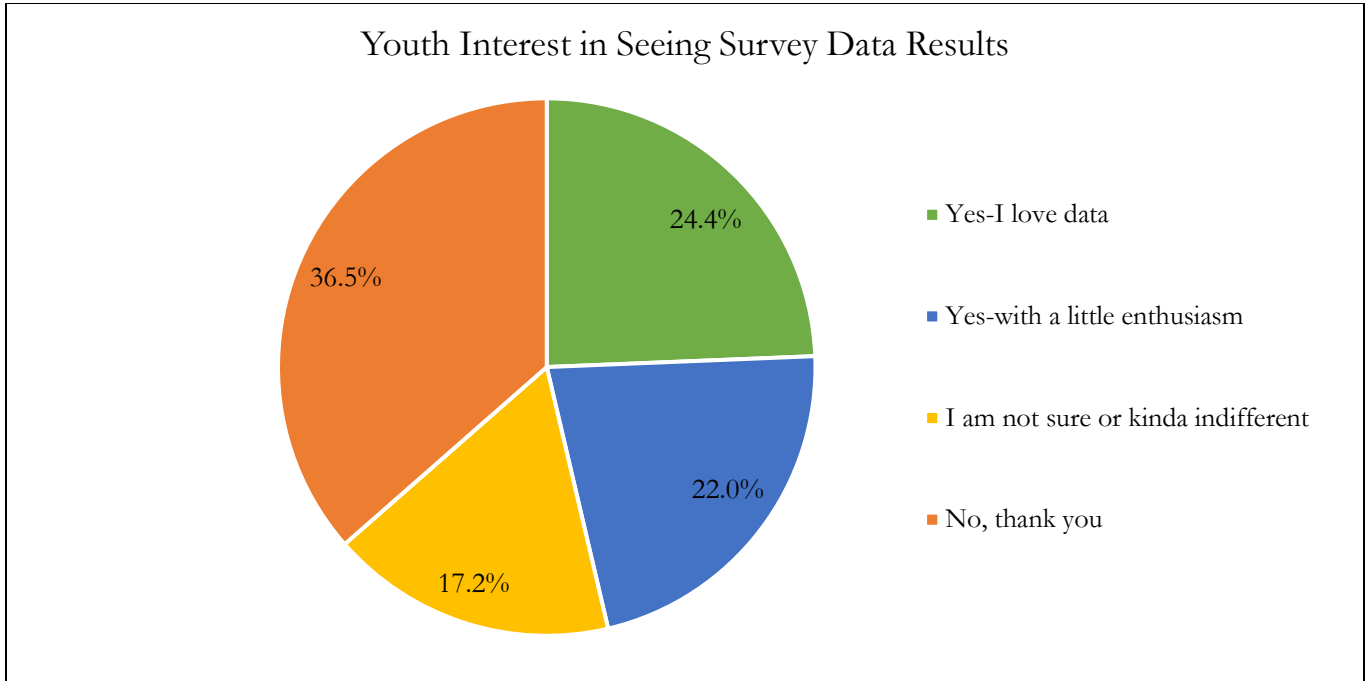


*Middle and high school females were more likely than males to report having experienced problems with housing in their lifetime.

*Middle school Hispanic youth were more likely than white youth to report having experienced discrimination.

*High school Hispanic youth were more likely than white youth to report having experienced problems with housing in their lifetime.

Youth Interest in Survey Results:



Addendum:

Substance Use and Other Emotional Health Indicators

Percentage of Responses

		Non-User*	Lifetime Substance User*	Past Month Substance User*
Depression	No	80.2%	64.3%	49.0%
	Yes	19.8%	35.7%	51.0%
Anxiety	Never/Some	71.2%	62.6%	48.0%
	Almost/Always	28.8%	37.4%	52.0%
Considered Suicide	No	91.2%	80.7%	61.8%
	Yes	8.8%	19.3%	38.2%

Number of Responses

		Non-User*	Lifetime Substance User*	Past Month Substance User*
Depression	No	1135	301	99
	Yes	280	167	103
Anxiety	Never/Some	1022	295	97
	Almost/Always	414	176	105
Considered Suicide	No	1282	376	123
	Yes	124	90	76

**Non-User: youth who had not reported any substance use in their lifetime*

**Lifetime Substance User: youth who reported use of one or more core substances in their lifetime but NOT in the past month*

**Past Month Substance User: youth who reported use of one or more core substances in the past month or 30-days.*

The following are statistically significant differences between groups:

Lifetime Substance Users were more likely to experience depression than Non-Users.

Past Month Substance Users were more likely to experience depression than Non-Users and Lifetime Users.

Lifetime Substance Users were more likely to experience anxiety more frequently than Non-Users.

Past Month Substance Users experience anxiety more frequently than Non-Users and Lifetime Users.

Lifetime Substance Users were more likely to consider suicide than Non-Users.

Past Month Substance Users were more likely to consider suicide than Non-Users and Lifetime Users.

Depression and Other Emotional Health Indicators and Risk Factors

All analysis in the tables below reflects youth grades 6-12. Emotional health indicators (depression, anxiety, thoughts of self-harm, considered suicide, etc.) reflect the past year.

Past Year Depression and Other Emotional Health Indicators:

		Sad or hopeless for 2+ weeks in a row			
		No		Yes	
		Count	Col. %	Count	Col. %
Anxiety	Never/Some	1230	80.2%	171	31.1%
	Almost/Always	303	19.8%	379	68.9%
Thoughts of Self-Harm	No	1375	89.6%	216	39.5%
	Yes	159	10.4%	331	60.5%
Self-Harm	No	1446	94.4%	319	58.1%
	Yes	86	5.6%	230	41.9%
Physical Abuse- Intimate Partner	No	1489	97.2%	489	89.2%
	Yes	43	2.8%	59	10.8%
Considered Suicide	No	1457	95.6%	324	59.2%
	Yes	67	4.4%	223	40.8%

The following are statistically significant differences between groups:

Youth who reported feeling sad or hopeless 2+ weeks in a row were more likely than those who did not to report feeling anxious always/almost always, have thoughts of self-harm, have self-harm behaviors, have experienced physical abuse from an intimate partner, and have considered suicide.

Past Year Depression and School/Community Connectedness

		Sad or hopeless for 2+ weeks in a row			
		No		Yes	
		Count	Col. %	Count	Col. %
One adult I can share with	Agree	1342	91.7%	413	79.0%
	Disagree	121	8.3%	110	21.0%
I feel safe in my community	Agree	1257	86.2%	339	65.1%
	Disagree	202	13.8%	182	34.9%
I feel safe at school	Agree	1172	80.5%	265	51.3%
	Disagree	284	19.5%	252	48.7%
I know how to get help for myself/my peers for mental health or substance use problems at my school	Agree	1254	86.2%	333	64.9%
	Disagree	201	13.8%	180	35.1%

The following are statistically significant differences between groups:

Youth who reported feeling sad or hopeless 2+ weeks in a row were less likely than those who did not to have one adult they can share thoughts or feelings with, feel safe in their community, feel safe at school, or know how to get help for themselves or peers for mental health or substance use problems at school.