



Greenwich Together

YOUTH SUMMARY REPORT

CHANANA CONSULTING

MARCH 2023

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Introduction

The following report is a summary of data that was gathered in February 2023 from 7th to 12th grade students in Greenwich, Connecticut. Data collected from this survey will be used in the planning and development of strategies and practices for Greenwich Together (GT), as well as other educational and social services organizations.

The survey was administered to youth enrolled in both private and public schools in Greenwich to ensure a representative sample and reliable data. Please note that the findings presented in this report are not reflective of the schools but are intended to reflect the greater community of Greenwich. Greenwich Together could not collect the Greenwich Youth Survey without the support and collaboration of the public and private schools.

The Greenwich Youth Survey fulfills the following objectives:

- i. Describes perceptions and experiences regarding substance misuse, mental health, supports and family norms among Greenwich youth in grades 7 to 12 in the year 2023.
- ii. Monitors trends in protective factors and risky behaviors over time through use of the baseline data.
- iii. Utilizes information provided by youth, allowing community stakeholders to ‘hear’ from youth to enhance and plan initiatives and activities for youth in the community.

Survey Background

The 2023 Greenwich Youth survey was adapted from several state and national survey tools including:

- National Outcome Measures (NOMs), Office of National Drug Control Policy
- Youth Risk Behavior Surveillance Survey (YRBSS), Center for Disease Control
- The Search Institute’s *Developmental Assets Profile*
- Governor’s Prevention Initiative for Youth Student Survey (Connecticut)
- Connecticut School Health Survey, Department of Public Health

Whenever possible, questions and responses in the survey are taken verbatim from state and national surveys. The Greenwich Youth Survey was established with the support of many youth and professionals in the field of survey development, program evaluation, prevention, and mental health. The core elements of the Greenwich Youth Survey are designed to understand youth’s current substance use and mental health behaviors and perceptions. Topics assessed in the survey include substance use, anxiety, depression, stress, gaming, social media, gambling, bullying, extracurricular activities, self-esteem, access to resources, supports, and family norms.

How the Survey was Conducted

The survey was administered in February 2023 to students in grades 7 through 12 at Brunswick School, Central Middle School, Eastern Middle School, Greenwich Academy, Greenwich Country Day, Greenwich High School, and Western Middle School. Standardized administration procedures were provided to school staff to enhance the quality of the data. To ensure complete student anonymity, no names or identification numbers were used. Parents were notified of the survey administration and given the option of withdrawing their child(ren).

All Surveys were administered using the SurveyMonkey.com website and software. Students were directed to access a link to the survey and an instructional video that included an overview of the survey, the assurance of anonymity, and information of their option to decline participation. Any question (other than grade) could be skipped if a student was not comfortable answering.

Final Dataset

To create the final dataset on which these findings are based a careful review was made of survey responses; 34 surveys were eliminated due to surveys with large amounts of missing data or surveys that had long patterns of

responses rather than thoughtful answers (e.g., answering “Strongly Disagree” to 18 questions in a row even though the questions have a mix of positive and negative tone). The final sample size was 4041 surveys for grades 7-12.

Sample Response Rates

Response rates by grade level are listed in the table below.

Grade(s)	Sample Count	Population Count	Response Rate (%)
Grade 7	776	905	85.7
Grade 8	774	889	87.0
Grade 9	898	993	90.4
Grade 10	712	997	71.4
Grade 11	526	942	55.8
Grade 12	355	952	37.3
Grades 7-8	1550	1794	86.4
Grades 9-12	2491	3884	64.1
Grades 7-12	4041	5678	71.2

The table below shows the confidence intervals calculated for grades 7-8, 9-12, and 7-12 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 rates in the school population.

For example, if 10% 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 (confidence level) you would find past month alcohol use rates to fall somewhere between 8% (10-2) and 12% (10+2). A higher confidence interval will determine larger ranges, for example, if your confidence interval is 5 you would find rates ranging between 5% and 15%.

	Confidence Level	Confidence Interval
Grades 7-8	95%	.86
Grades 9-12	95%	.64
Grades 7-12	95%	.83

Demographics

In 2023, the survey sample consisted of a total of 4041 students. The number of youth and survey tools used in 2018 and 2021 are listed in this table below.

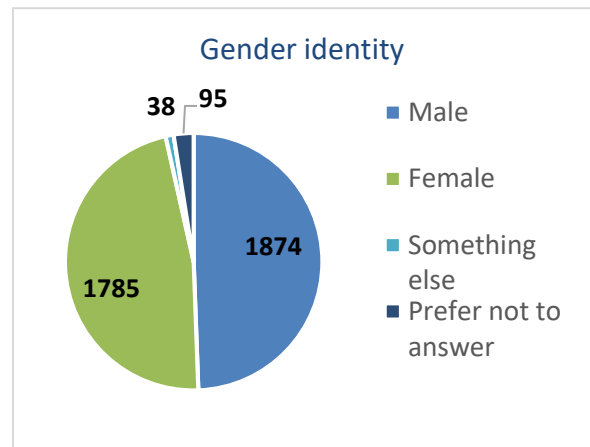
Participants	2018 ¹	2021 ²	2023
7 – 12 grade	3798 (DAP) 3905 (Addendum)	2856	4041

¹2018: Developmental Asset Profile (Search Institute) + GT Addendum Survey

²2021: Modified Developmental Asset Profile + GT Youth Survey

Gender	#	%
Man/boy	1874	49
Woman/girl	1785	47
Something else	38	1
I prefer not to answer	95	3

Race	#	%
American Indian or Alaskan Native	47	1
Asian or Asian American	361	10
Black or African American	159	4
Native Hawaiian or Other Pacific Islander	16	^
White	2539	69
Multiracial (more than 1 race)	569	15
Ethnicity		%
Hispanic	882	23

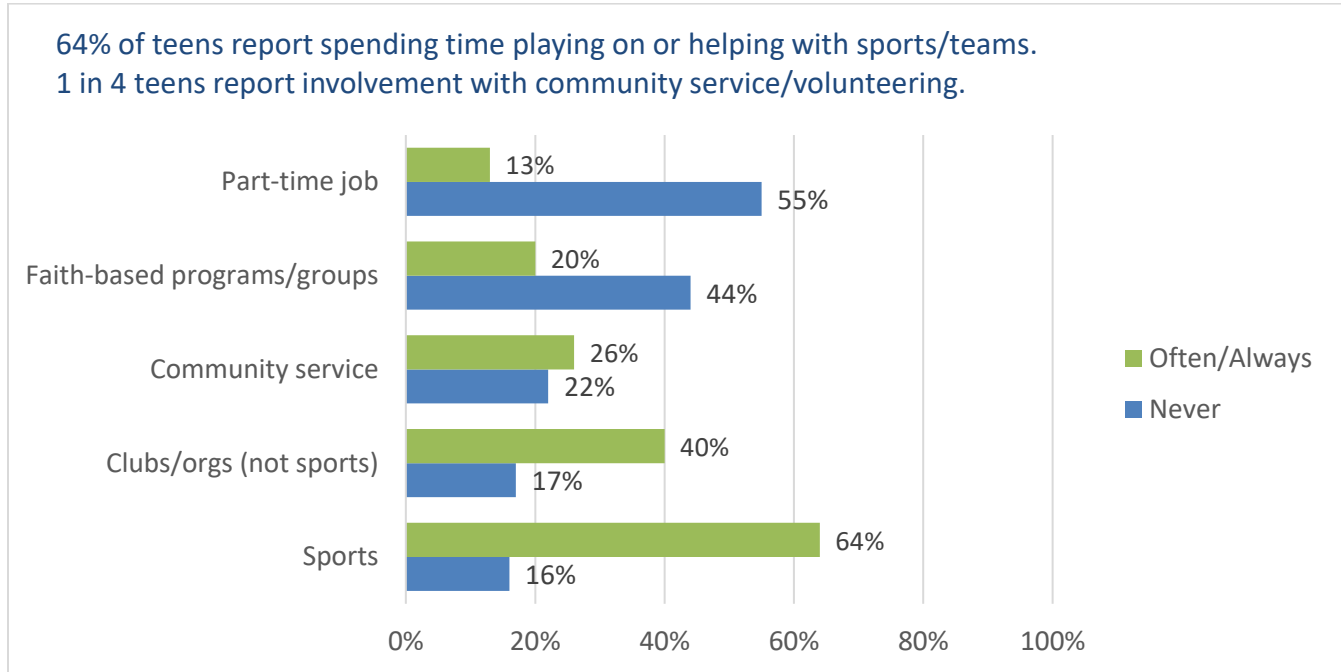


Protective Factors

Protective factors are characteristics associated with a lower likelihood of negative outcomes or that reduce a risk factor’s impact.

Individual Domain

Youth Commitments



In the past year, how much have you been involved with the following...	Grade	Never %	Rarely %	Sometimes %	Often %	Always %
Playing on or helping with sports teams at school or in the community	7-8	14	8	14	21	43
	9-12	17	8	10	22	43
	7-12	16	8	12	21	43
In clubs or organizations (both in and out of school) other than sports teams (e.g. debate, drama club, hobby clubs, music groups, school newspaper, school plays, Scouts, YMCA)	7-8	23	23	21	18	16
	9-12	14	17	26	23	20
	7-12	17	19	24	21	19
Programs or groups at a church, synagogue, mosque, or other faith-based place	7-8	40	20	17	13	10
	9-12	46	21	15	10	8
	7-12	44	21	16	11	9
Community service or volunteering	7-8	33	28	26	10	4
	9-12	15	20	32	23	10
	7-12	22	23	30	18	8
Part-time job	7-8	66	16	11	4	2
	9-12	49	16	17	11	7
	7-12	55	16	14	8	5

Commitments (Often/Always) by Gender, Alcohol Use & Depression

In the past year, how much have you been involved with the following...	Often & Always %	Male (n=1148) %	Female (n=1091) %	30-day alcohol use rate ^A %	Persistent Sadness/ Hopelessness ^B %
Grades 9-12 only (n=2473)					
Playing on or helping with sports teams at school or in the community	65	71	61	26	21
In clubs or organizations (both in and out of school) other than sports teams	44	39	48	23	27
Programs or groups at a church, synagogue, mosque, or other faith-based place	18	18	19	20	24
Community service or volunteering	33	28	38	25	25
Part-time job	18	16	21	31	32

^A The 30-day alcohol use rate among all 9-12 grade youth is 22%. Youth who Often/Always participate in sports, community service/volunteering or a part-time job have higher than average use rates.

^B The rate of persistent sadness or hopelessness among all 9-12 grade youth is 26%. Youth who Often/Always participate in sports, faith-based programs, and community service/volunteering have lower than average rates.

Commitments (Never/Rarely) by Gender, Alcohol Use & Depression

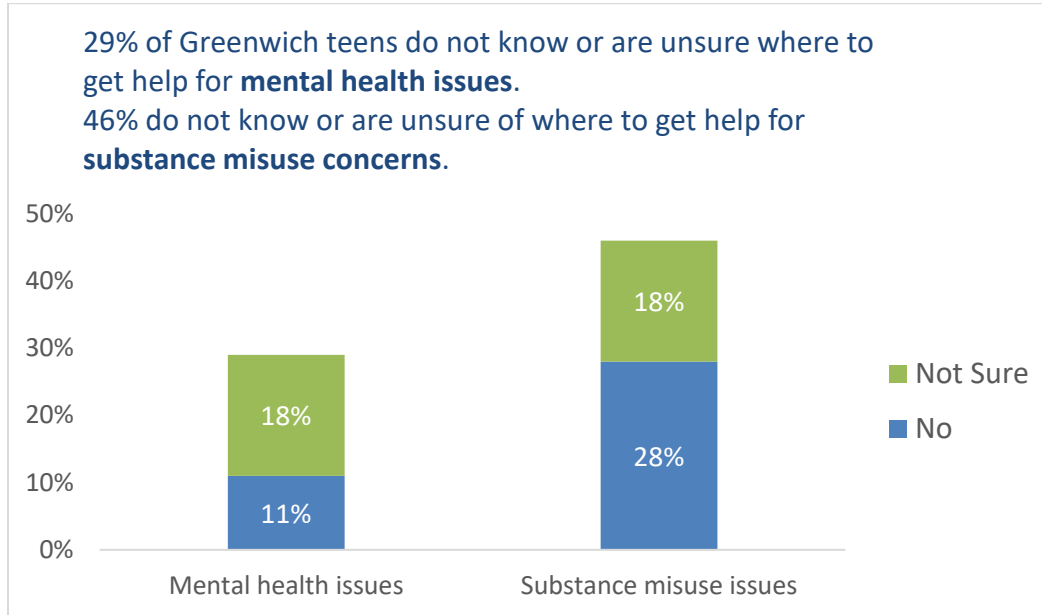
In the past year, how much have you been involved with the following...	Never & Rarely %	Male (n=1148) %	Female (n=1091) %	30-day alcohol use rate ^A %	Persistent Sadness/ Hopelessness ^B %
Grades 9-12 only					
Playing on or helping with sports teams at school or in the community	24	20	28	11	35
In clubs or organizations (both in and out of school) other than sports teams	36	35	26	19	24
Programs or groups at a church, synagogue, mosque, or other faith-based place	65	67	66	22	27
Community service or volunteering	45	40	29	17	26
Part-time job	71	67	63	17	25

^A The 30-day alcohol use rate among all 9-12 grade youth is 22%. Youth who Never/Rarely participate in sports, clubs/organization, community service/volunteering or a part-time job have lower than average use rates.

^B The rate of persistent sadness or hopelessness among all 9-12 grade youth is 26%. Youth who Never/Rarely participate in sports or faith-based programs have higher than average rates.

Knowledge of Resources

29% of Greenwich teens do not know or are unsure where to get help for **mental health issues**.
 46% do not know or are unsure of where to get help for **substance misuse concerns**.

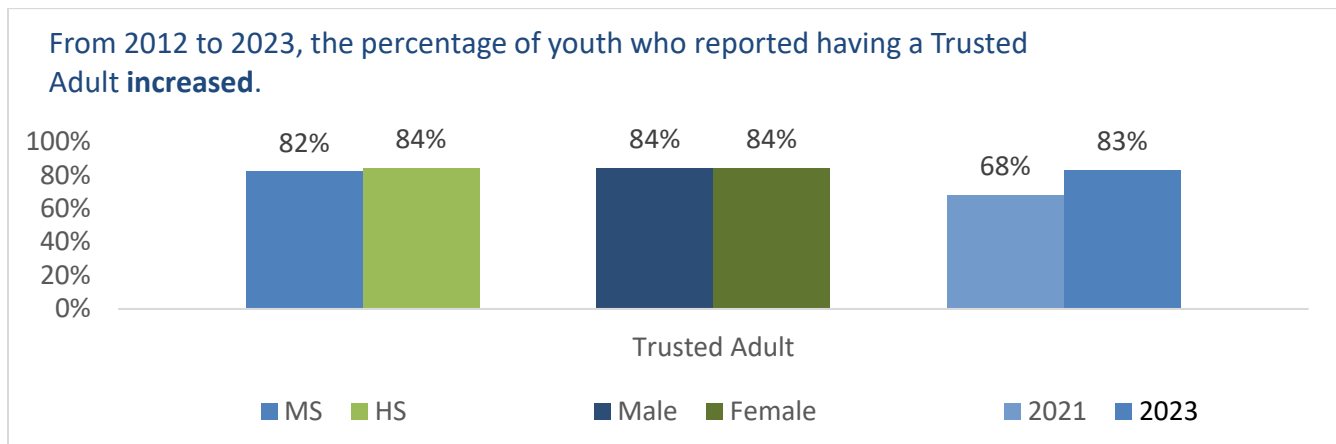
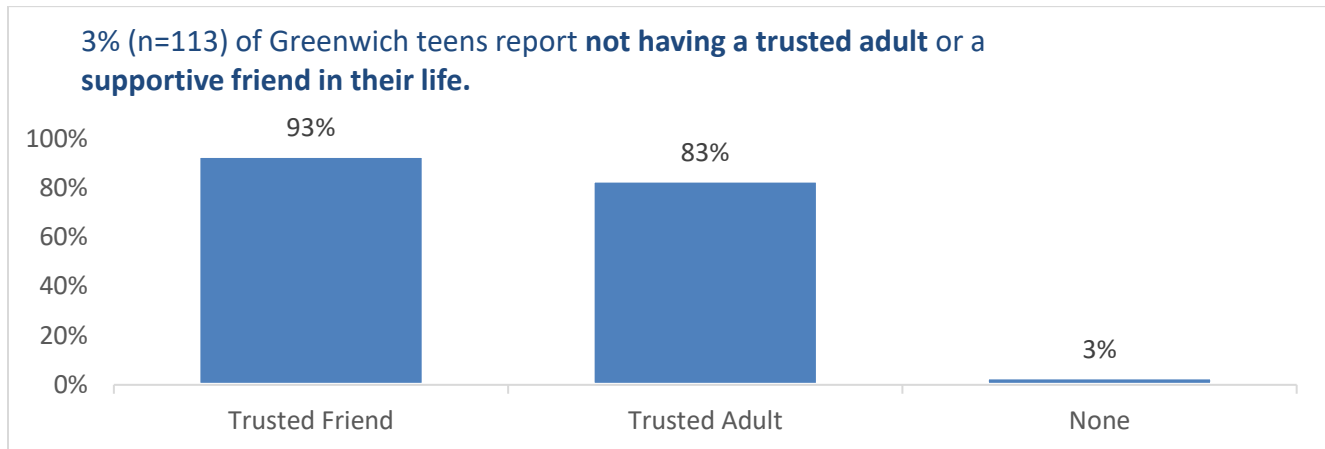


Do you know where to go for help if:	Grade	Yes %	No %	Not sure %
You, a friend or family member are struggling with a mental health issue?	7-8	65	14	21
	9-12	74	10	16
	7-12	70	11	18
you are concerned for yourself, a friend or family member around substance misuse?	7-8	48	33	19
	9-12	58	24	17
	7-12	55	28	18

Do you know where to go for help if:	Male %	Female %
YES		
You, a friend or family member are struggling with a mental health issue?	68	74 ^A
you are concerned for yourself, a friend or family member around substance misuse?	53	57 ^A

^ASignificant difference between Male and Female

Trusted Friend & Adult

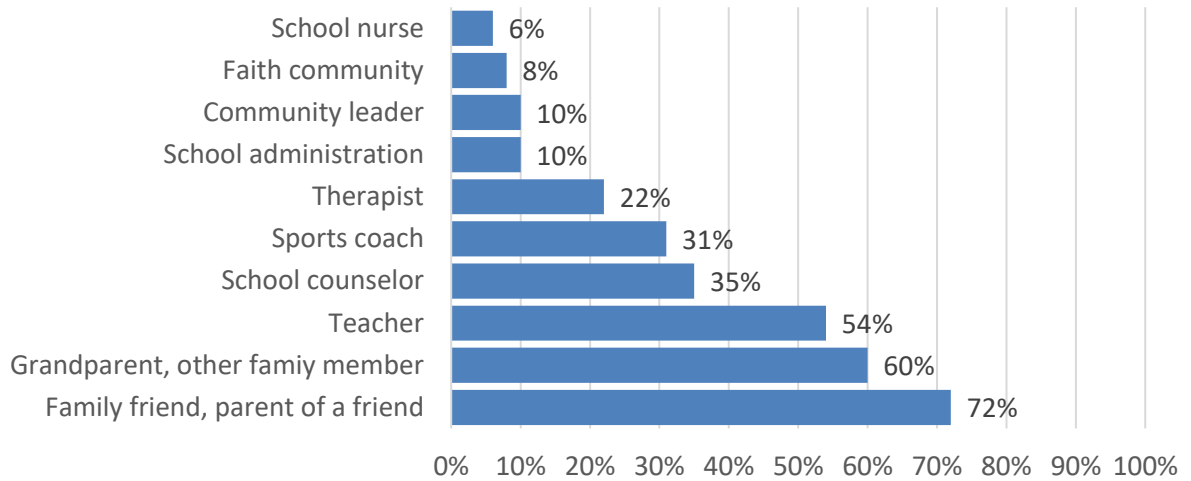


	Grade	Yes %	No %
Do you have a friend that supports you and looks out for your best interests?	7-8	92	8
	9-12	94	6
	7-12	93	7
Is there an ADULT (other than your parent or guardian) that you trust that you can talk to about important things?	7-8	82	18
	9-12	84	16
	7-12	83	17

Yes, 7-12	Male %	Female %
Supportive Friend	92	95
Trusted Adult	84	84

Yes, 7-12	2021 %	2023 %
Trusted Adult	68	83

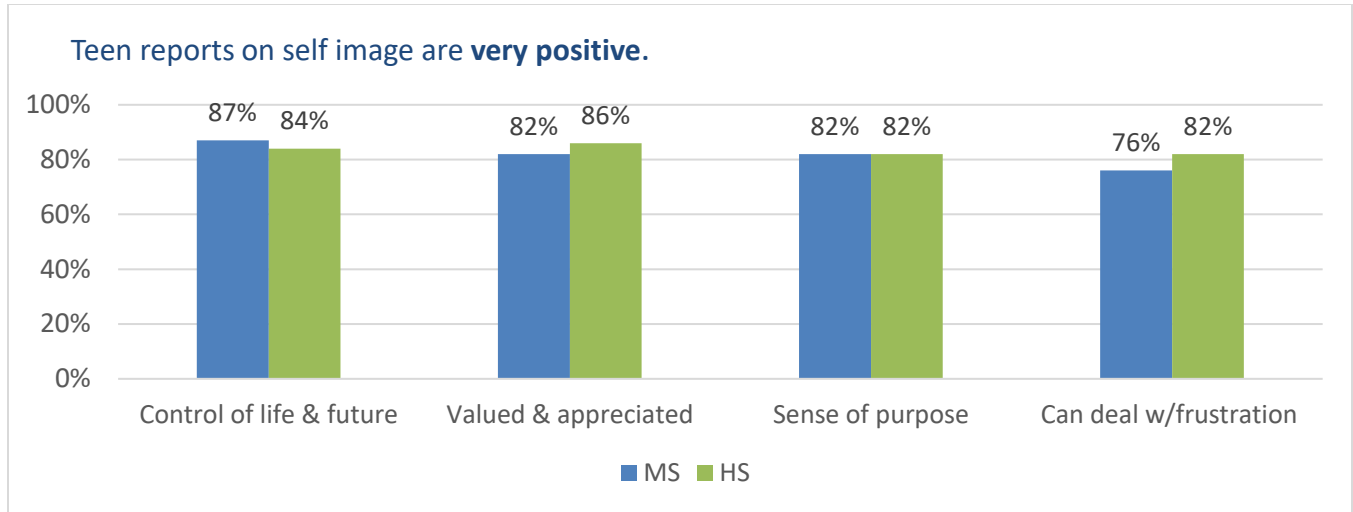
Among the 83% of teens who report that they have a **trusted adult** in their life, the largest percentage report that person is a family friend/parent of a friend (72%), a grandparent/other family member (60%), or a teacher (54%).



Who are those people? (n=3287)	%
Teacher (current or past)	54
School Counselor	35
School administrator	10
School nurse	6
Sports coach	31
Community leader (club, scouts, youth group, volunteer organization, internship or job supervisor)	10
Therapist	22
Leader from my faith community	8
Grandparent/Other family member (Aunt, Uncle, older sibling or cousin)	60
Family friend, parent of a friend, neighbor	72
Other	7

Self-Image

Individual-level protective factors include positive self-image, self-control, and social competence.



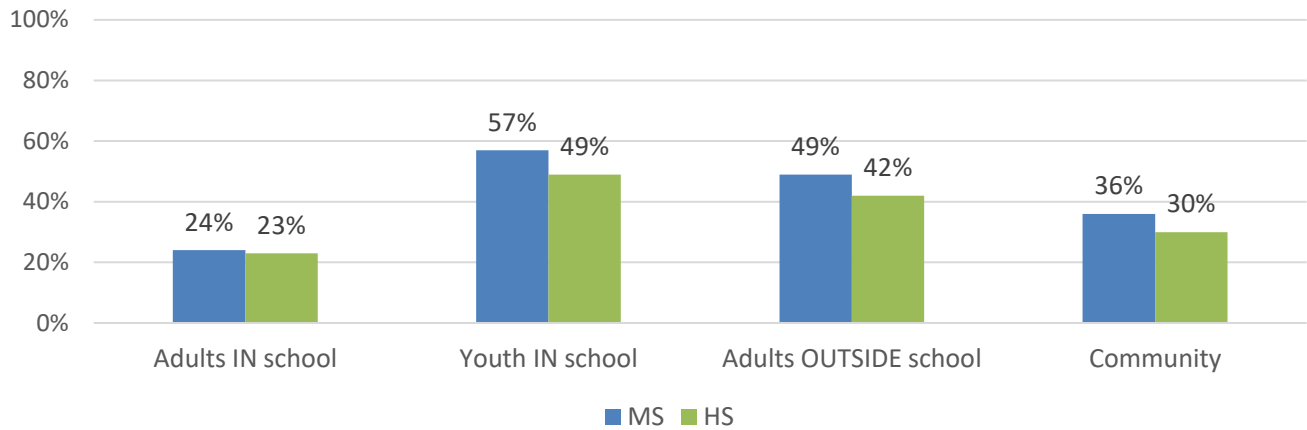
Please choose the response that best describes how you feel.	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
I feel in control of my life and future	7-8	4	8	48	39
	9-12	3	12	51	33
	7-12	4	11	50	36
I feel valued and appreciated by others	7-8	5	13	44	38
	9-12	3	12	50	36
	7-12	4	12	48	37
I am developing a sense of purpose in my life	7-8	5	13	43	39
	9-12	4	13	46	36
	7-12	5	13	45	37
I have the ability to deal with frustration or disappointment	7-8	6	17	45	31
	9-12	4	14	49	33
	7-12	5	15	48	32

Please choose the response that best describes how you feel.	Male %	Female %
Somewhat Agree & Strongly Agree		
I feel in control of my life and future	90	83 ^A
I feel valued and appreciated by others	86	84 ^A
I am developing a sense of purpose in my life	85	82 ^A
I have the ability to deal with frustration or disappointment	85	76 ^A

^ASignificant difference between Male and Female

Connectedness

Just over half of Greenwich youth report they are **very or extremely connected** to **youth in school**. 1 in 4 report high connections to **adults in school**.

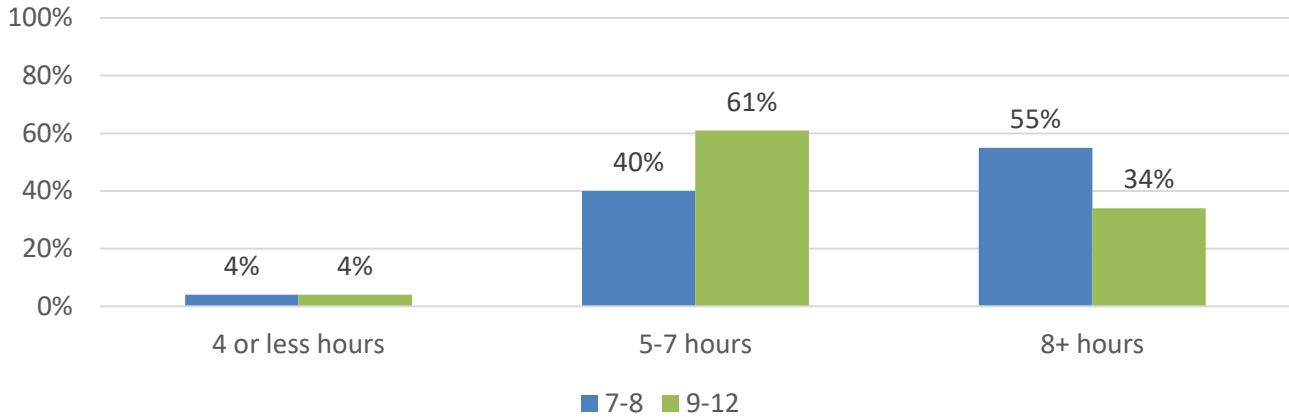


Please choose the response that best describes how connected you feel to the following:	Grade	Not at all %	Slightly %	Moderately %	Very %	Extremely %
The adults IN your school.	7-8	13	24	40	18	6
	9-12	11	27	40	17	6
	7-12	12	25	40	17	6
The youth IN your school.	7-8	7	10	26	38	19
	9-12	7	12	33	35	14
	7-12	7	11	30	36	16
The adults OUTSIDE of school.	7-8	10	15	26	26	23
	9-12	11	17	30	28	14
	7-12	11	16	28	27	17
The community where you live.	7-8	12	19	34	22	14
	9-12	14	23	32	20	10
	7-12	13	22	33	21	12

Please choose the response that best describes how connected you feel to the following:	Very/Extremely Connected		
	7-12 %	Male %	Female %
The adults IN your school.	23	26	20
The youth IN your school.	52	56	50
The adults OUTSIDE of school.	44	45	45
The community where you live.	33	35	31

Sleep

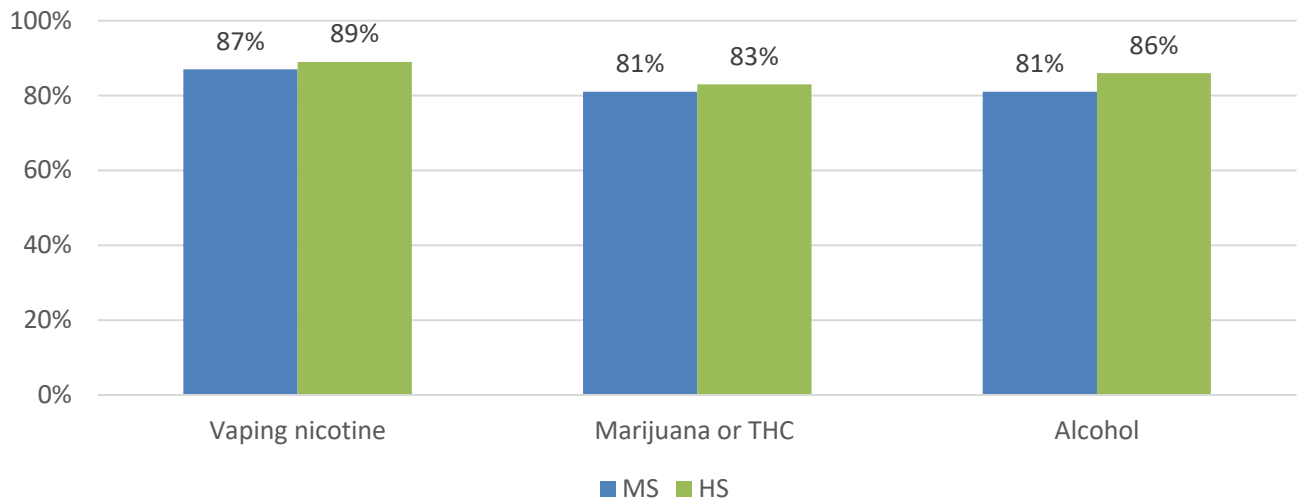
The CDC recommends teens get 8 to 10 hours of sleep a night. In Greenwich, 1 out of 3 high school teens and just over half of middle schoolers report getting 8 or more hours a night.



On a typical school night (Sunday – Thursday) how many hours do you usually sleep?	Grade	%
4 hours or less	7-8	4
	9-12	4
	7-12	4
5 hours	7-8	5
	9-12	7
	7-12	6
6 hours	7-8	11
	9-12	21
	7-12	17
7 hours	7-8	24
	9-12	33
	7-12	30
8 hours	7-8	34
	9-12	25
	7-12	29
9 hours	7-8	16
	9-12	7
	7-12	11
10 or more hours	7-8	5
	9-12	2
	7-12	3

Understanding Effects of Adolescent Substance Use

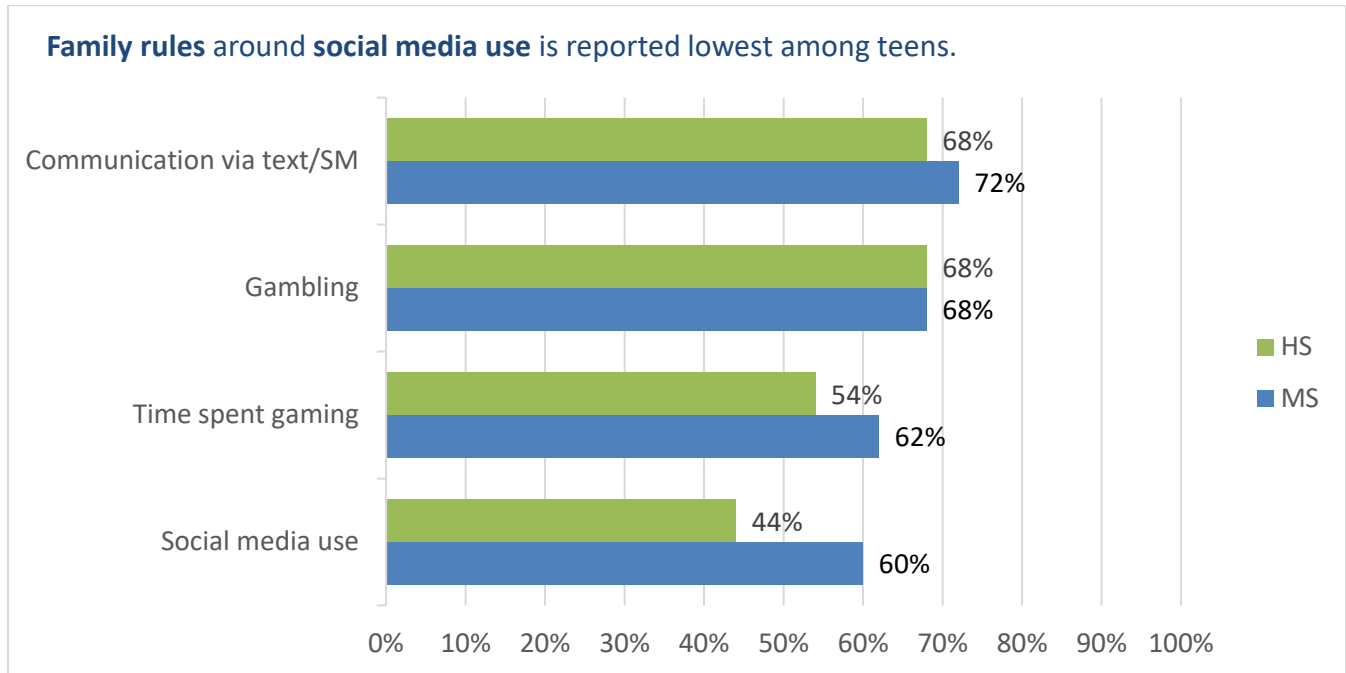
More than 8 out of 10 teens report that they have a good understanding of the health effects of substances on the teen brain.



I have a good understanding of:	Grade	Strongly disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly agree %
the contents of the E-liquid found in most vaping devices (JUUL, Blu, Puff Bar).	7-8	16	10	31	43
	9-12	14	13	34	40
	7-12	15	12	32	41
the health effects that vaping nicotine has on teens.	7-8	10	4	23	64
	9-12	7	4	29	60
	7-12	8	4	26	61
the effects that using marijuana or THC products has on teenage brain.	7-8	12	7	24	57
	9-12	8	9	30	53
	7-12	10	8	28	55
the effects that drinking alcohol has on the teenage brain.	7-8	11	7	24	57
	9-12	7	7	32	54
	7-12	9	7	29	56

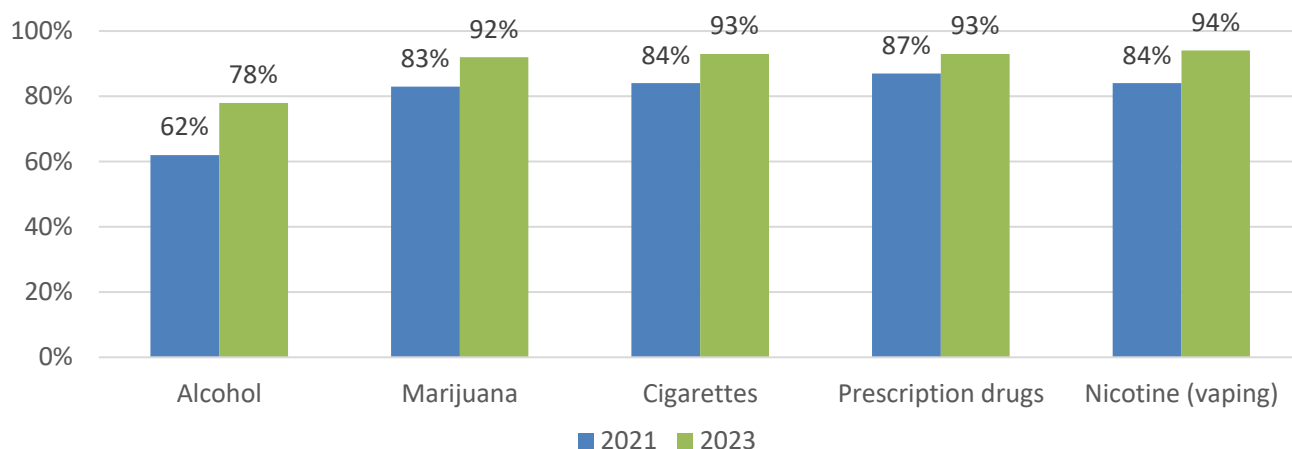
Family Norms

Rules



My parent/guardian has clear rules about the following:	Grade	Yes %	No %	Not Sure %
Gambling for money or possessions (e.g. sports betting, poker, lottery, scratch off tickets, online games).	7-8	68	12	20
	9-12	68	17	15
	7-12	68	15	17
Communicating with others via text or on social media, including sending or posting inappropriate pictures.	7-8	72	18	10
	9-12	68	21	11
	7-12	70	20	10
The amount of time spent playing video games, electronic or online games.	7-8	62	25	13
	9-12	54	35	11
	7-12	57	31	12
Your social media use (amount of time, which Apps are allowed/not allowed)	7-8	60	29	11
	9-12	44	46	10
	7-12	50	39	11

The majority of teens report that there are **family rules around substance use**. Rules around use of alcohol is reported lowest at 78%. Reported rates have increased from 2021 to 2023.

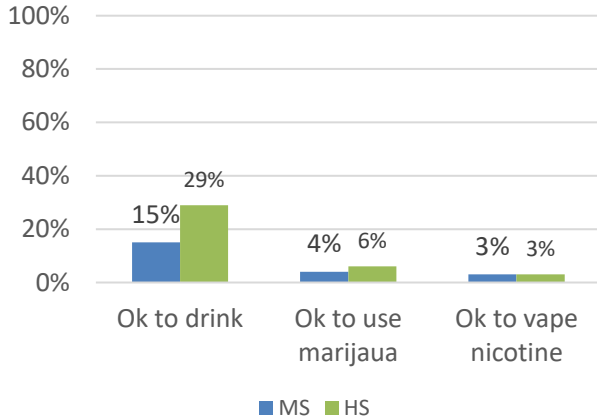


My parent/guardian has clear rules discouraging me from:	Grade	Yes	No	Not Sure
		%	%	%
Drinking alcoholic beverages	7-8	84	8	8
	9-12	73	16	11
	7-12	78	13	10
Smoking cigarettes or using tobacco	7-8	94	4	2
	9-12	93	4	3
	7-12	93	4	3
Vaping nicotine (Juil, Blue, Puff Bar)	7-8	93	4	2
	9-12	94	3	3
	7-12	94	4	2
Using marijuana or THC products (including smoking, vaping, edibles)	7-8	93	5	2
	9-12	91	5	4
	7-12	92	5	4
Using a prescription drug that is not prescribed to you, for the purpose of 'getting high'	7-8	92	5	3
	9-12	93	4	3
	7-12	93	4	3

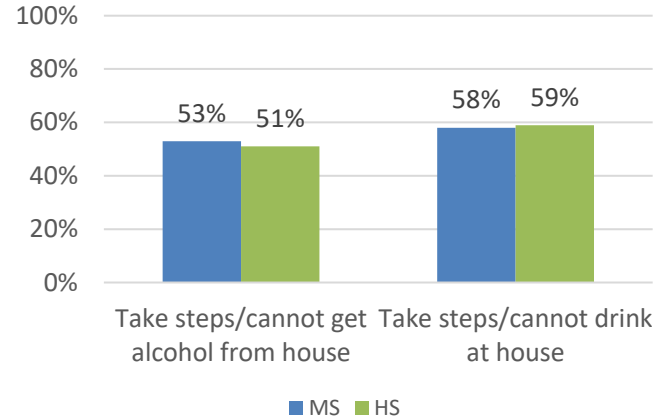
My parent/guardian has clear rules discouraging me from:	2021	2023
	%	%
7-12 grade		
Drinking alcoholic beverages	62	78
Smoking cigarettes or using tobacco	84	93
Vaping nicotine (Juil, Blue, Puff Bar)	84	94
Using marijuana or THC products (including smoking, vaping, edibles)	83	92
Using a prescription drug that is not prescribed to you, for the purpose of 'getting high'	87	93

Attitudes & Behaviors around Substance Use

1 in 4 Greenwich teens believe that their parent or guardian think it is **okay to drink** even if you someone is underage.



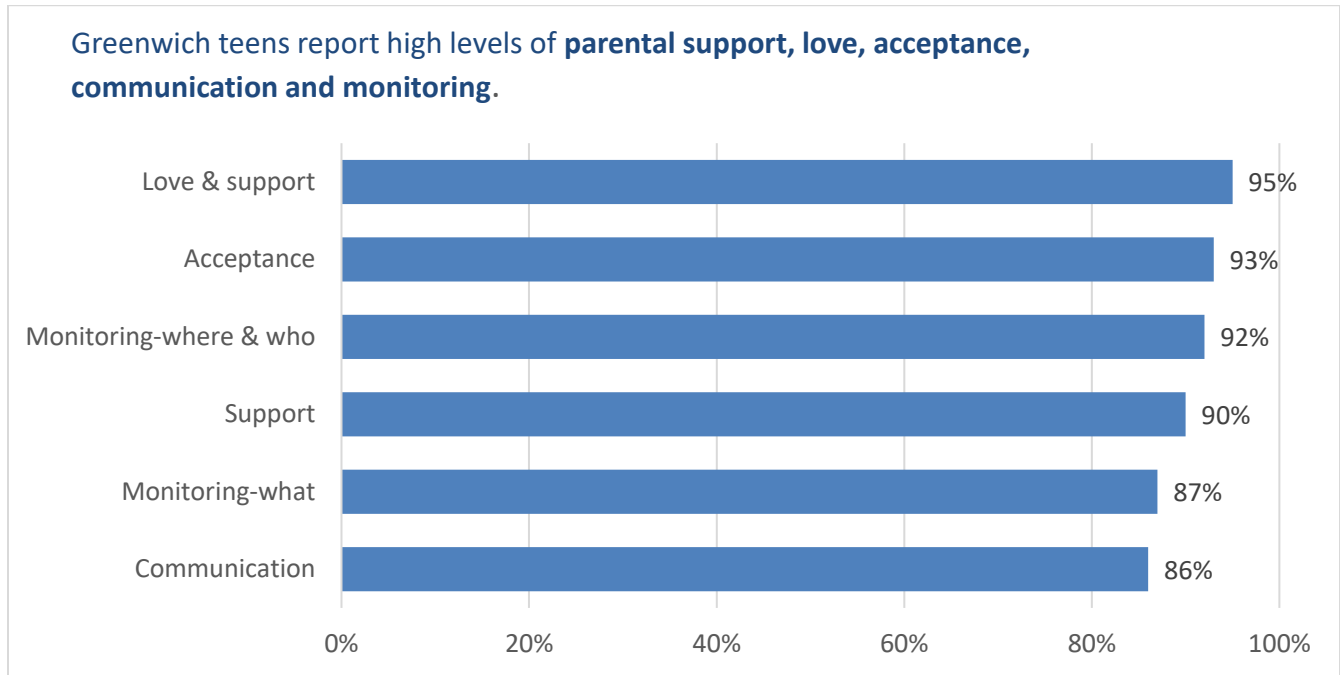
Just over half of Greenwich teens report that their parent or guardian **takes steps to prevent youth from getting alcohol and drinking at their house.**



My parent/guardian...	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
Think it is okay to drink alcohol even if you are underage (younger than 21 years old).	7-8	66	19	11	4
	9-12	44	27	24	5
	7-12	53	24	19	5
Think it is okay to use marijuana or THC products even if you are underage (younger than 21 years old).	7-8	93	3	1	3
	9-12	85	9	4	2
	7-12	88	7	3	2
Think it is okay to vape nicotine even if you are underage (younger than 21 years old).	7-8	93	4	1	2
	9-12	92	4	1	2
	7-12	93	4	1	2
take steps to ensure that underage youth cannot get alcohol from our house. (e.g. alcohol is locked up or not accessible to underage youth).	7-8	31	17	18	35
	9-12	27	22	23	28
	7-12	29	20	21	30
take steps to ensure that underage youth do not drink alcohol in our house.	7-8	31	12	14	44
	9-12	24	17	21	38
	7-12	27	15	18	40

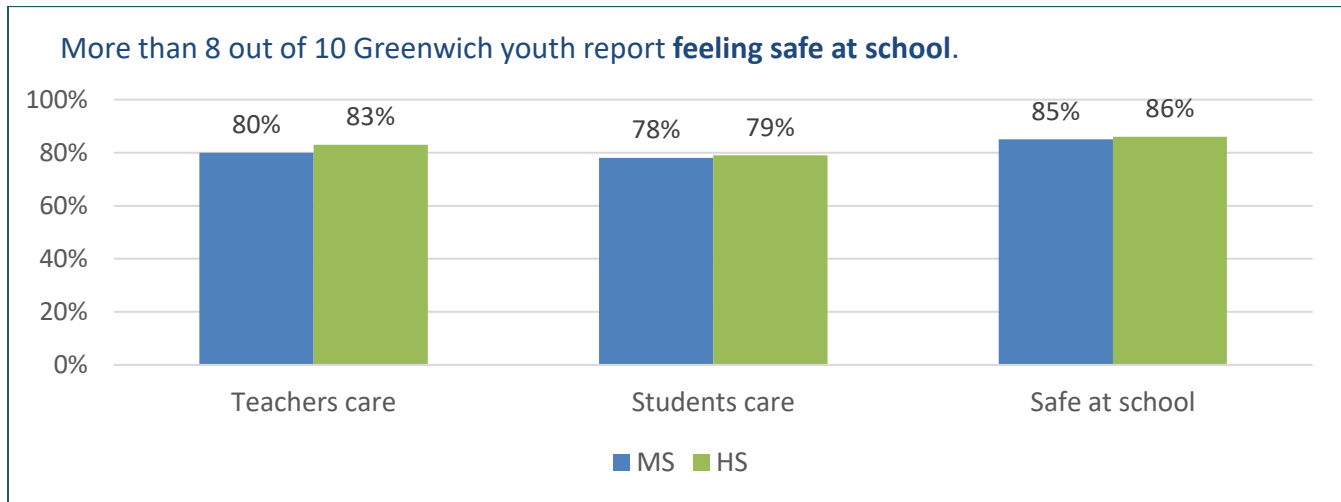
Supports

Family Support



My parent/guardian...	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
is good at talking with me about important or serious things	7-8	4	10	26	60
	9-12	5	9	35	51
	7-12	5	10	32	54
Knows where I am and who I am with when I go out	7-8	3	5	21	72
	9-12	3	5	27	65
	7-12	3	5	25	67
Knows what I am doing when I go out	7-8	3	8	26	62
	9-12	4	10	33	52
	7-12	4	10	31	56
love and support me	7-8	2	3	12	83
	9-12	2	3	13	82
	7-12	2	3	12	83
Accept me for who I am	7-8	3	4	14	80
	9-12	3	4	16	77
	7-12	3	4	15	78
Will stand by me and support me, even if I don't live up to their expectations	7-8	3	8	20	69
	9-12	4	6	22	68
	7-12	3	7	21	69

School Support

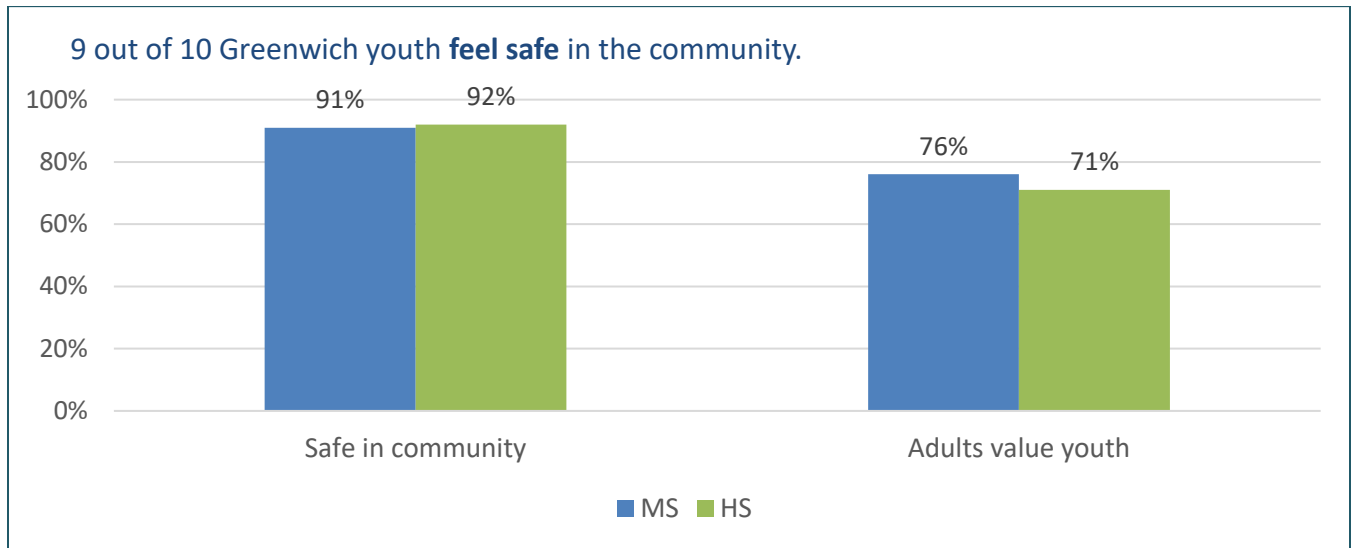


Please choose the response that best describes how you feel.	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
My teachers really care about me.	7-8	6	14	50	30
	9-12	4	13	57	26
	7-12	5	14	54	27
Students in my school care about me.	7-8	6	16	45	33
	9-12	6	16	49	30
	7-12	6	16	47	31
I feel safe at school.	7-8	5	11	38	47
	9-12	4	10	42	44
	7-12	4	10	40	45

Please choose the response that best describes how you feel.	Somewhat & Strongly Agree %	Male %	Female %
My teachers really care about me.	82	83	82
Students in my school care about me.	78	80	78
I feel safe at school.	86	90	84 ^A

^ASignificant difference between Male and Female

Community Support



Please choose the response that best describes how you feel.	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
I feel safe in my community.	7-8	3	7	37	54
	9-12	2	5	40	52
	7-12	3	6	39	53
Adults in Greenwich value youth my age (e.g. adults listen to what we have to say, they make us feel important).	7-8	7	16	43	33
	9-12	8	20	44	27
	7-12	8	19	44	30

Please choose the response that best describes how you feel.	Somewhat & Strongly Agree %	Male %	Female %
I feel safe in my community.	92	95	91 ^A
Adults in Greenwich value youth my age	74	77	72

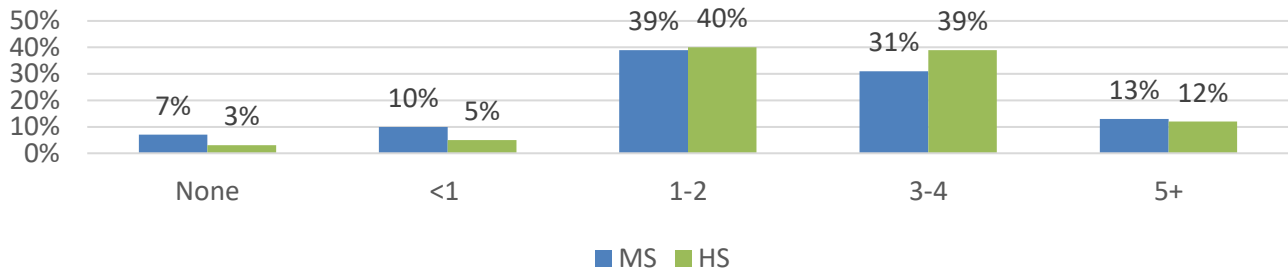
^ASignificant difference between Male and Female

Protective & Risk Factors

Social media and gaming hold qualities that can be seen as both protective (e.g. Feel more connected to others) and risky (e.g. Feel worse about myself, felt unsafe because of something said to me on social media.)

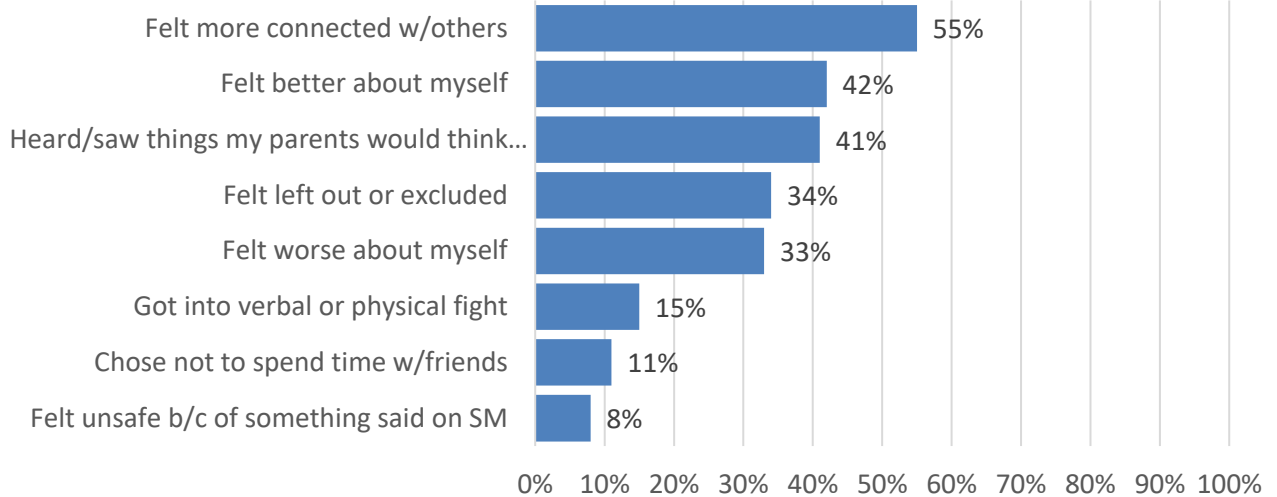
Social Media

On most school days, the largest group of teens spend **1 to 2 hours** using social media. Close to half of teens **spend 3 or more hours** per day using social media. 1 out of 10 teens spend **5 or more hours** pers day using social media.

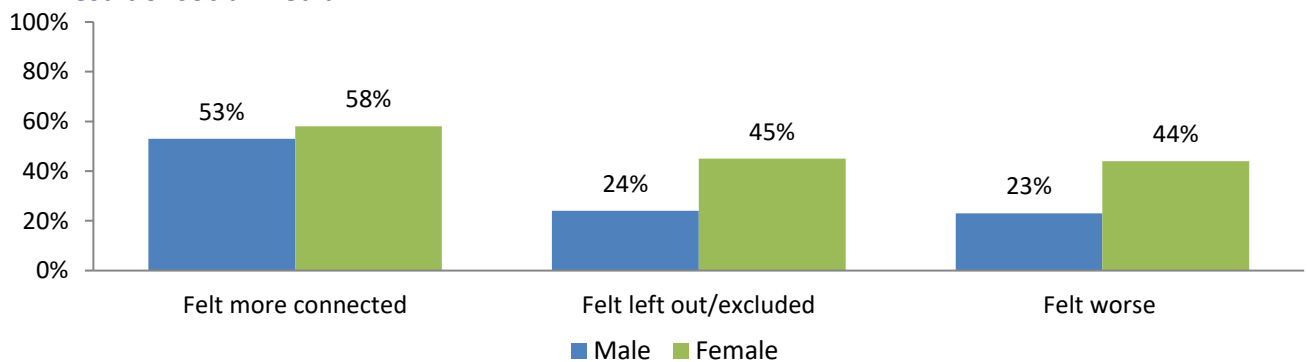


On most school days, ABOUT how many hours do you spend using social media, including posting, scrolling, commenting, or communicating with others (ex. YouTube, Instagram, Snapchat, TikTok, Discord, Twitter etc.)?	Grade	%
None	7-8	7
	9-12	3
	7-12	5
Less than one hour	7-8	10
	9-12	5
	7-12	7
1 hours	7-8	14
	9-12	13
	7-12	13
2 hours	7-8	25
	9-12	27
	7-12	27
3 hours	7-8	21
	9-12	26
	7-12	24
4 hours	7-8	10
	9-12	13
	7-12	12
5 hours	7-8	4
	9-12	5
	7-12	5
More than 5 hours	7-8	9
	9-12	7
	7-12	8

More than half of teens report feeling **more connected** with others through social media. 1 in 3 teens feel **worse** about themselves and feel **left out or excluded** through use of social media.



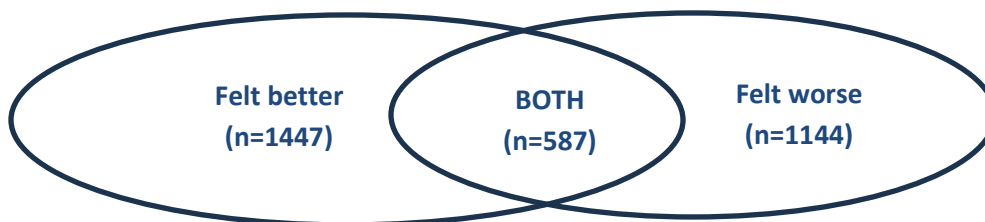
Females report **significantly higher rates** in terms of feeling connected with others, feeling left out or excluded and feeling worse about themselves as a result of social media.



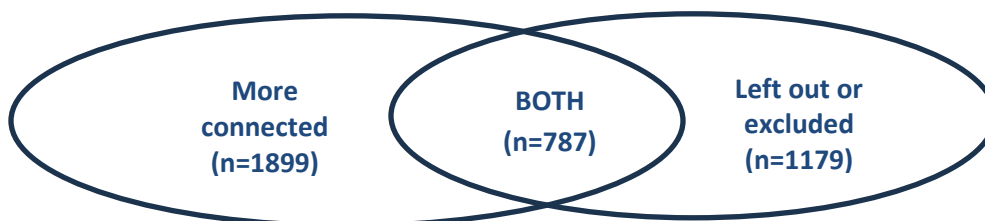
In the past 12 months, have you experienced any of the following as a result of social media?	Grade	No %	Yes %	Male Yes %	Female Yes %
I chose not to or missed an opportunity to spend time in person with friends because I preferred to be on social media	7-8	88	12		
	9-12	90	10		
	7-12	89	11	9	12 ^A
I got into a verbal or physical fight	7-8	82	18		
	9-12	86	14		
	7-12	85	15	16	14
I felt more connected with others	7-8	48	52		
	9-12	42	58		
	7-12	45	55	53	58 ^A
I felt left out or excluded	7-8	69	31		
	9-12	63	37		
	7-12	66	34	24	45 ^A
I felt BETTER about myself	7-8	57	43		
	9-12	58	42		
	7-12	58	42	41	43
I felt WORSE about myself	7-8	74	26		
	9-12	62	38		
	7-12	67	33	23	44 ^A
I felt unsafe because of something said to me on social media	7-8	92	8		
	9-12	92	8		
	7-12	92	8	7	9 ^A
I heard or saw something my parents/guardians would think is inappropriate	7-8	64	36		
	9-12	57	43		
	7-12	59	41	40	41

^ASignificant difference between Male and Female

- 587 youth report feeling BOTH better about themselves and worse about themselves as a result of social media use.

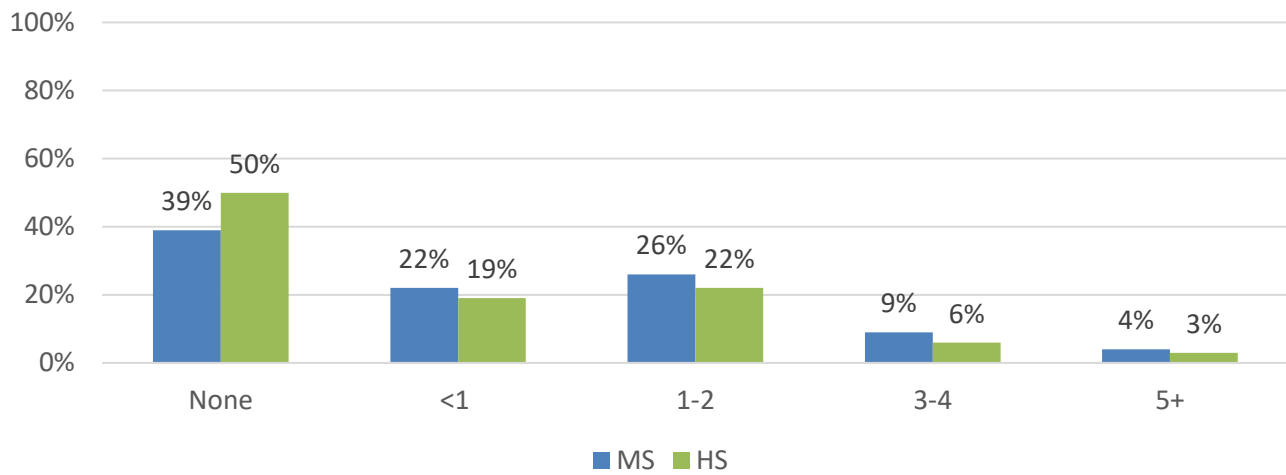


- 787 youth report feeling BOTH connected to others and left out or excluded as a result of social media use.



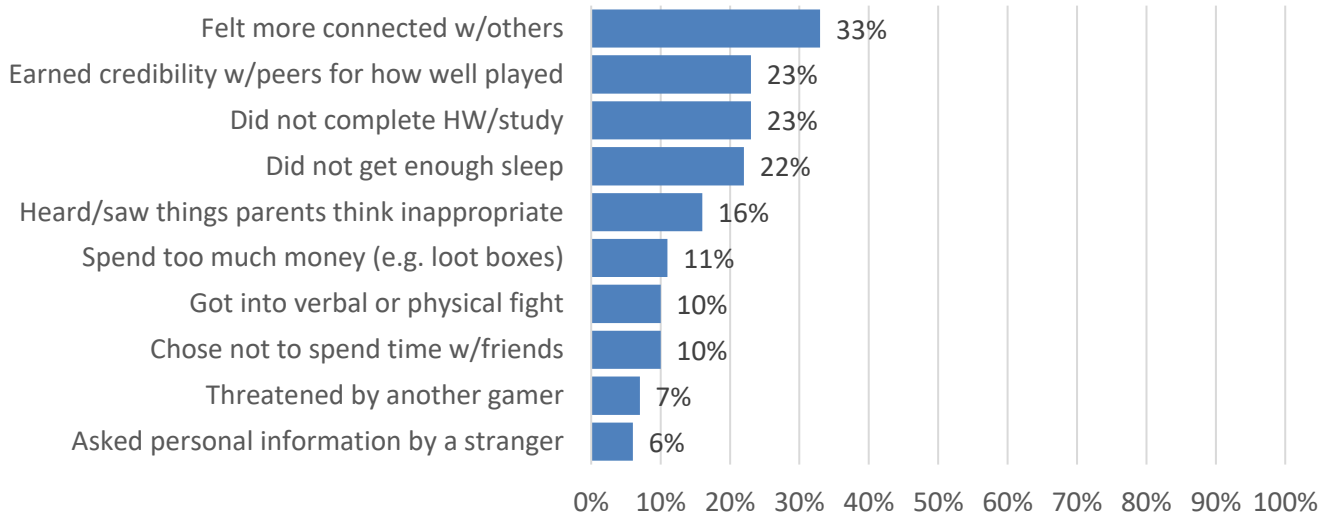
Gaming

On most school days, 1 out of 10 teens spend **3 or more hours a day gaming.**

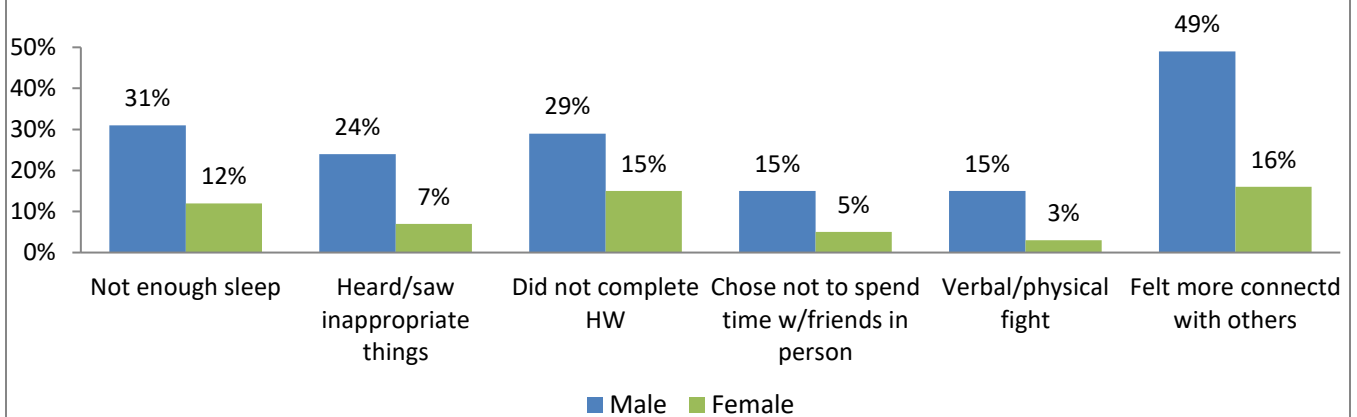


On most school days, about how many hours do you spend playing video games? Please estimate.	Grade	%
None	7-8	39
	9-12	50
	7-12	46
Less than one hour	7-8	22
	9-12	19
	7-12	20
1 hours	7-8	14
	9-12	13
	7-12	14
2 hours	7-8	12
	9-12	9
	7-12	10
3 hours	7-8	6
	9-12	5
	7-12	5
4 hours	7-8	3
	9-12	1
	7-12	2
5 hours	7-8	1
	9-12	^
	7-12	1
More than 5 hours	7-8	3
	9-12	2
	7-12	2

1 out of 3 teens report feeling **more connected with others** through gaming. Close to 1 in 4 reported that they **did not complete homework** or **get enough sleep** because of gaming.



Males report significantly higher rates in all responses about consequences of gaming. Several are highlighted here:



In the past 12 months, have you experienced any of the following as a result of playing video games?	Grade	No %	Yes %	Male Yes %	Female Yes %
I did not get enough sleep	7-8	79	21		
	9-12	77	23		
	7-12	78	22	31	12 ^A
I heard or saw things my parents/guardians would think is inappropriate	7-8	85	15		
	9-12	83	17		
	7-12	84	16	24	7 ^A
I did not complete my homework or study	7-8	76	24		
	9-12	78	22		
	7-12	77	23	29	15 ^A
I chose not to spend time in person with friends because I preferred to play video games	7-8	90	10		
	9-12	90	10		
	7-12	90	10	15	5 ^A
I got into a verbal or physical fight	7-8	90	10		
	9-12	91	9		
	7-12	90	10	15	3 ^A
I felt more connected with others	7-8	67	33		
	9-12	66	34		
	7-12	67	33	49	16 ^A
I earned credibility with my peers for how well I played	7-8	75	25		
	9-12	78	22		
	7-12	77	23	36	9 ^A
I have been asked for personal information by a stranger (e.g. name, town you live, age, etc.)	7-8	94	6		
	9-12	95	5		
	7-12	94	6	7	4 ^A
I was threatened by another gamer	7-8	93	7		
	9-12	93	7		
	7-12	93	7	11	2 ^A
I spent too much money (e.g. loot boxes)	7-8	88	12		
	9-12	90	10		
	7-12	89	11	16	5 ^A

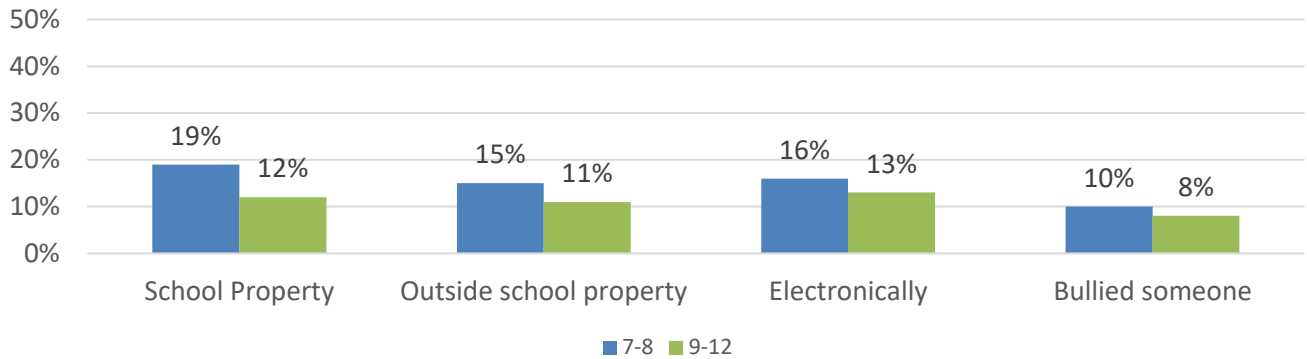
^ASignificant difference between Male and Female

Risk Factors

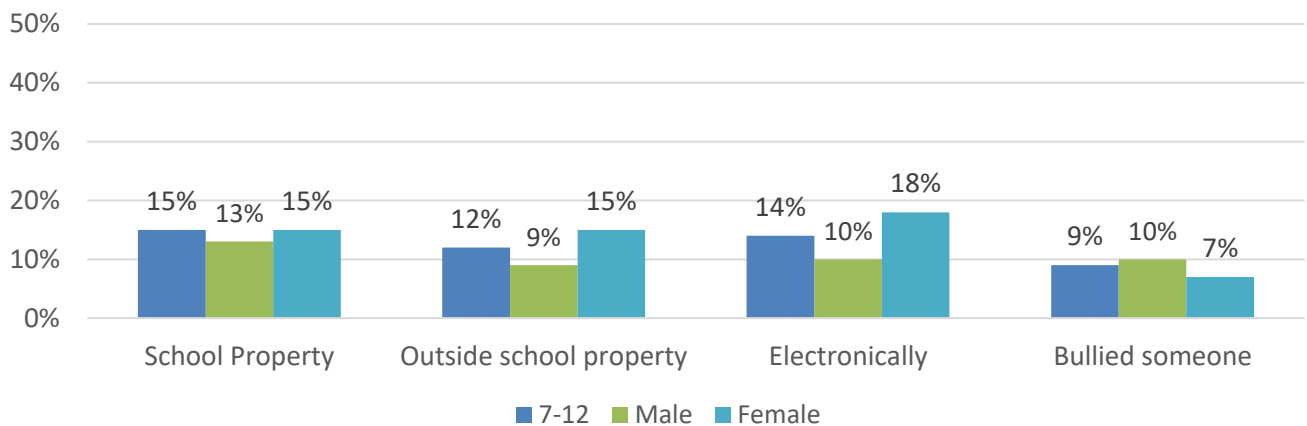
Risk factors are characteristics at the biological, psychological, family, community, or cultural level that precede and are associated with a higher likelihood of negative outcomes. People with some risk factors have a greater chance of experiencing even more risk factors, and they are less likely to have protective factors.

Bullying

In the past year, 15% of teens report **being bullied**. Close to 1 in 10 teens report that **they bullied someone**.



Females report **higher rates of being bullied** than males.



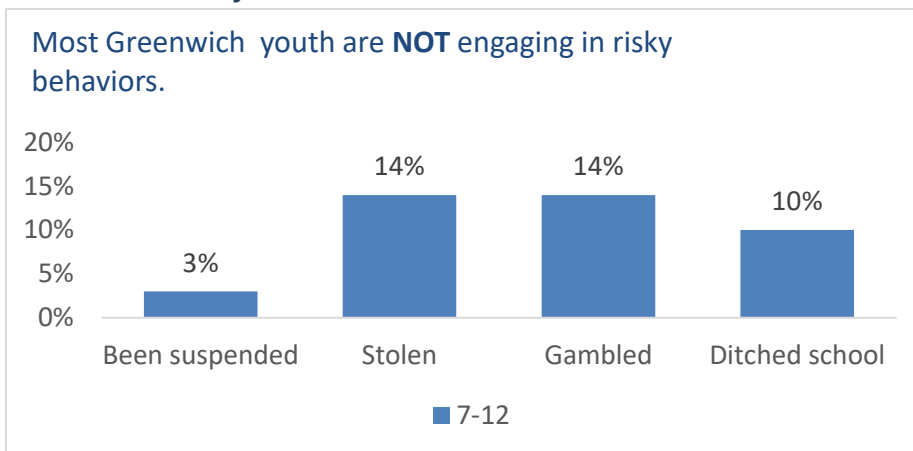
During the past 12 months...	Grade	No %	Yes %
Have you ever been bullied on school property?	7-8	82	19
	9-12	88	12
Have you ever been bullied outside of school property?	7-12	85	15
	7-8	85	15
Have you ever been electronically bullied? (Bullied through texting, Instagram, Snapchat, or other social media.)	9-12	89	11
	7-12	88	12
Have you ever bullied anyone?	7-8	84	16
	9-12	87	13
	7-12	86	14
	7-8	90	10
	9-12	92	8
	7-12	91	9

During the past 12 months...	Male %	Female %
	YES	
Have you ever been bullied on school property?	13	15
Have you ever been bullied outside of school property?	9	15 ^A
Have you ever been electronically bullied?	10	18 ^A
Have you ever bullied anyone??	10	7 ^A

^ASignificant difference between Male and Female

In 2018, 12% of youth reported they were electronically bullied in past 12 months

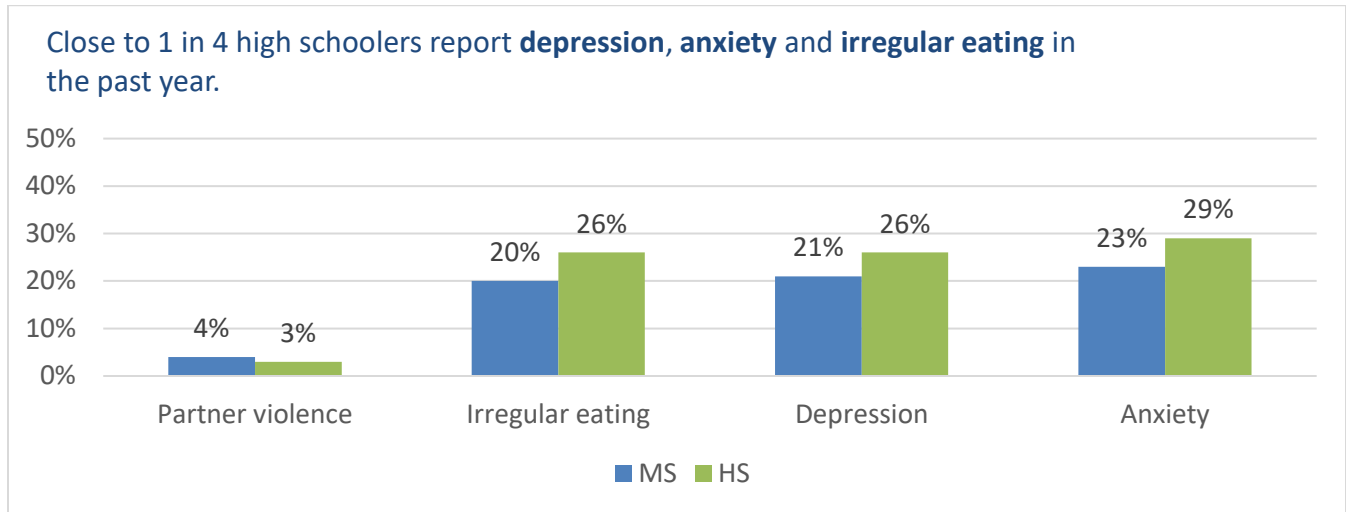
Additional Risky Behaviors



During the last 12 months, how many times have you...?	Grade	Never %	1 time %	2 or more times %
Been suspended from school?	7-8	97	3	1
	9-12	98	2	1
	7-12	97	2	1
Stolen something?	7-8	84	10	6
	9-12	88	6	6
	7-12	86	8	6
Sold drugs?	7-8	100	^	^
	9-12	98	1	1
	7-12	99	^	1
Gambled which includes scratch-off tickets, online bets, sports betting, fantasy sports leagues, poker etc.?	7-8	86	7	8
	9-12	86	6	9
	7-12	85	6	8
During the last 4 weeks, how many days of school have you missed because you skipped or 'ditched'?	7-8	90	6	4
	9-12	89	7	4
	7-12	90	6	4

Mental Health

Partner Violence, Disordered Eating, Depression and Anxiety

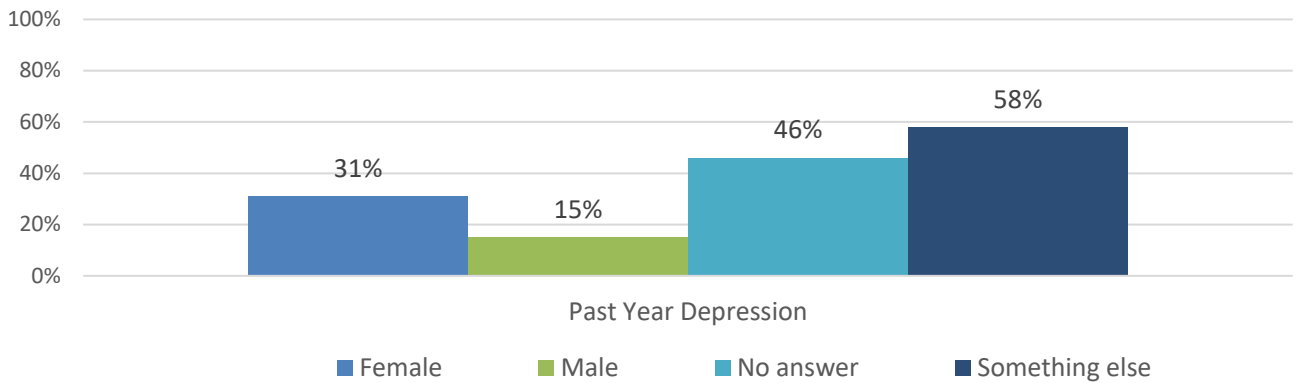


During the past 12 months...	Grade	No %	Yes %
did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)	7-8	96	4
	9-12	97	3
	7-12	96	4
did you engage in irregular eating behaviors (for example, bingeing or purging, rigid routines around food or exercise, negative feelings associated with eating)?	7-8	80	20
	9-12	74	26
	7-12	76	24
did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?	7-8	79	21
	9-12	74	26
	7-12	76	24
did you ever feel so anxious almost every day for two weeks or more in a row that you stopped doing some usual activities?	7-8	77	23
	9-12	71	29
	7-12	73	27

9-12 only	CT~ 2021 %	Greenwich 2023 %
During the past 12 months did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?	36	26

~CT School Health Survey (YRBS)

Reported rates of **depression** are highest among females & non-binary youth.



Reported Depression by Demographics

Persistent sadness/hopelessness in past year	%
AVERAGE 7th-12th	24
GENDER	
Female (n=1742)	31 ^A
Male (n=1690)	15
Prefer not to answer (n=85)*	46 ^A
Something else (n=33)*	58 ^A
GRADE	
7	19
8	22
9	23
10	26 ^B
11	24
12	36 ^B
ETHNICITY	
Hispanic – Yes	28 ^C
Hispanic - No	22
RACE	
Asian (n=347)	27 ^D
Black (n=144)	22
Multiracial (n=525)	29 ^D
White (n=2387)	22

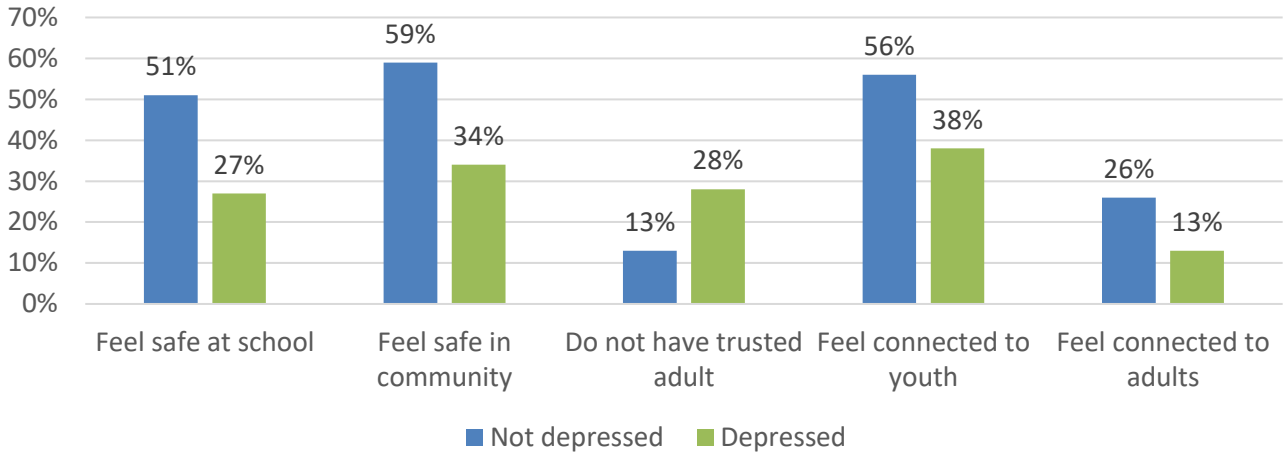
^ASignificantly higher than Male

^BSignificantly higher than grades 7, 8, 9, 11

^CSignificantly higher than non-Hispanic youth

^DSignificantly higher than White youth

Youth who report depression have lower rates of school and community supports, trusted adults and friends, adult and youth connections. They have higher rates of risky behaviors.

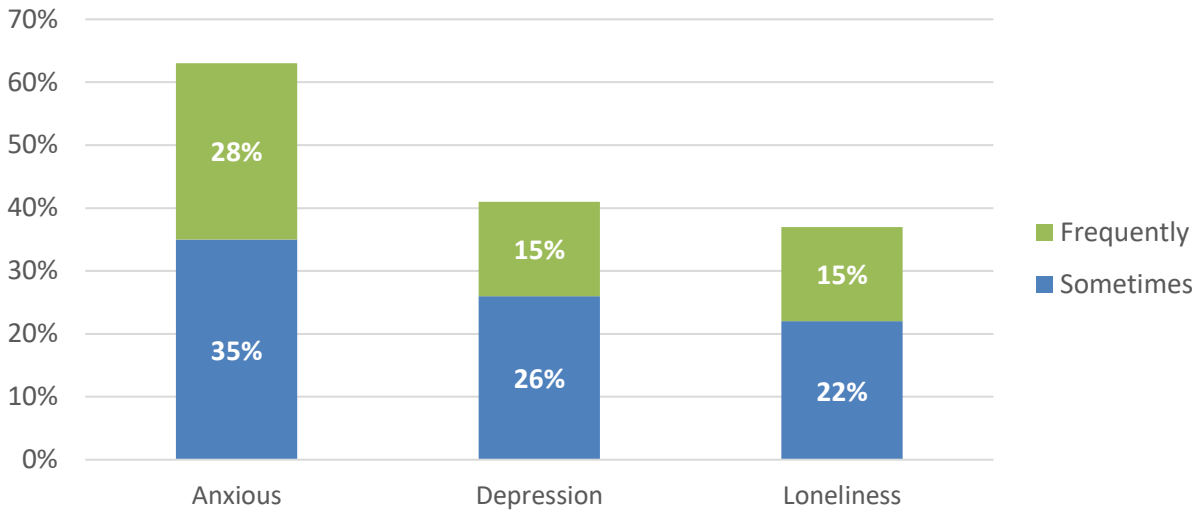


Reported Depression by Other Variables

During the past 12 months did you ever feel so sad or hopeless almost every day for 2 weeks or more in a row that you stopped doing some usual activities?	No % (n=2737)	Yes % (n=846)
School & Community Supports (Strongly Agree)		
My teachers really care about me	31	17 ^A
Students in my school care about me	36	17 ^A
I feel safe at school	51	27 ^A
I feel safe in community	59	34 ^A
No Trusted Friend		
	5	12 ^A
No Trusted Adult		
	13	28 ^A
How connected feel to: (Very/Extremely)		
Adults In school	26	13 ^A
Youth In school	56	38 ^A
Adults outside of school	49	33 ^A
Community	37	19 ^A
Past 30-day use of alcohol		
	13	17
In the past year, have you...(Yes)		
Ridden in a car whose driver had been drinking or using drugs?	9	18 ^A
Drunk so much you blacked out or forgot what happened?	4	11 ^A
Needed to drink to have fun?	7	17 ^A
Greened out?	1	5 ^A

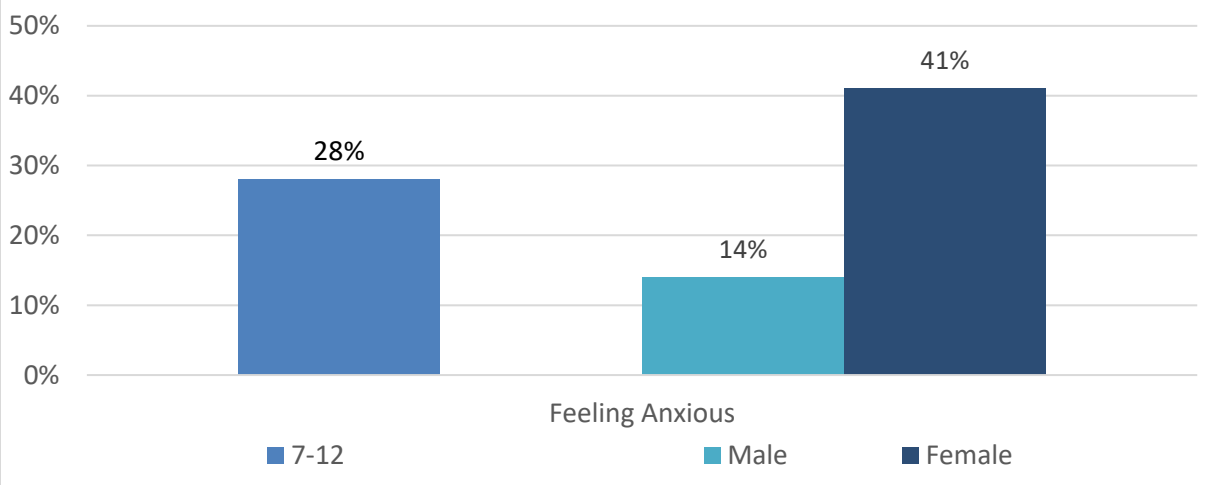
^ASignificant difference between Yes and No depression

Over 1 in 4 teens report frequently **feeling anxious** in the past month.



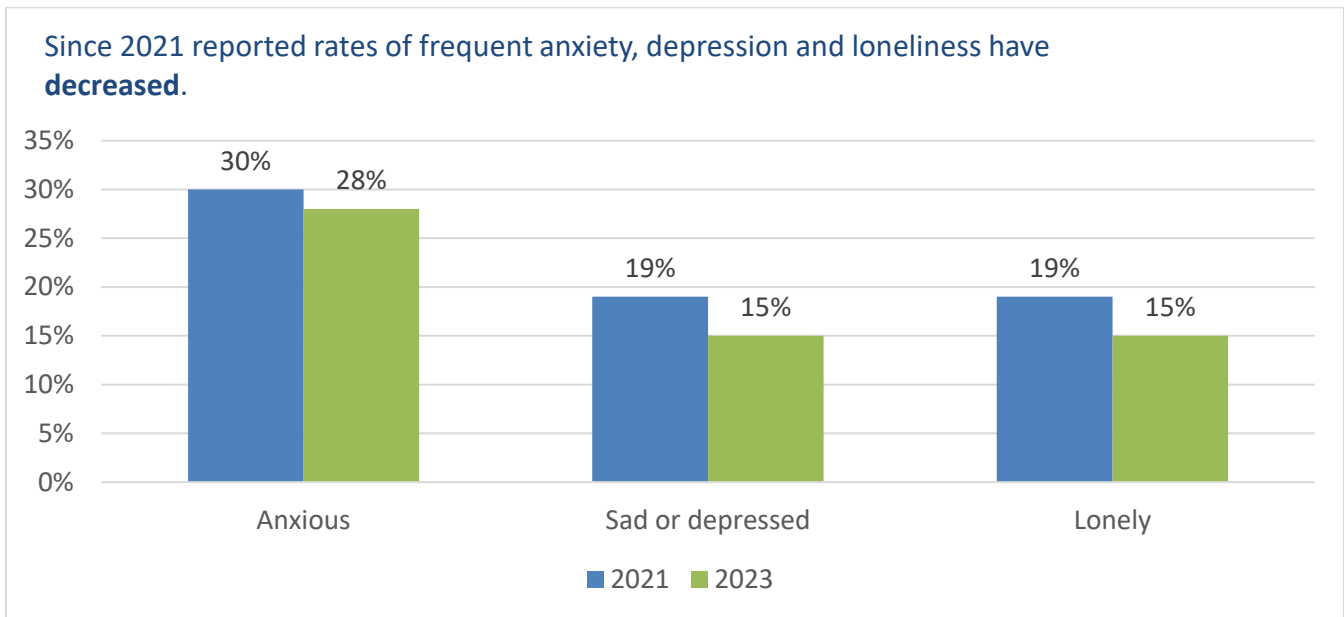
In the past 30 days, have you...	Grade	Never %	Rarely %	Sometimes %	Frequently %
Felt anxious	7-8	20	22	35	24
	9-12	17	19	34	30
	7-12	18	20	35	28
Felt sad or depressed	7-8	34	31	23	13
	9-12	27	29	28	16
	7-12	30	30	26	15
Felt lonely	7-8	40	27	19	13
	9-12	33	28	23	16
	7-12	36	28	22	15

Females report significantly **higher** rates of anxiety.



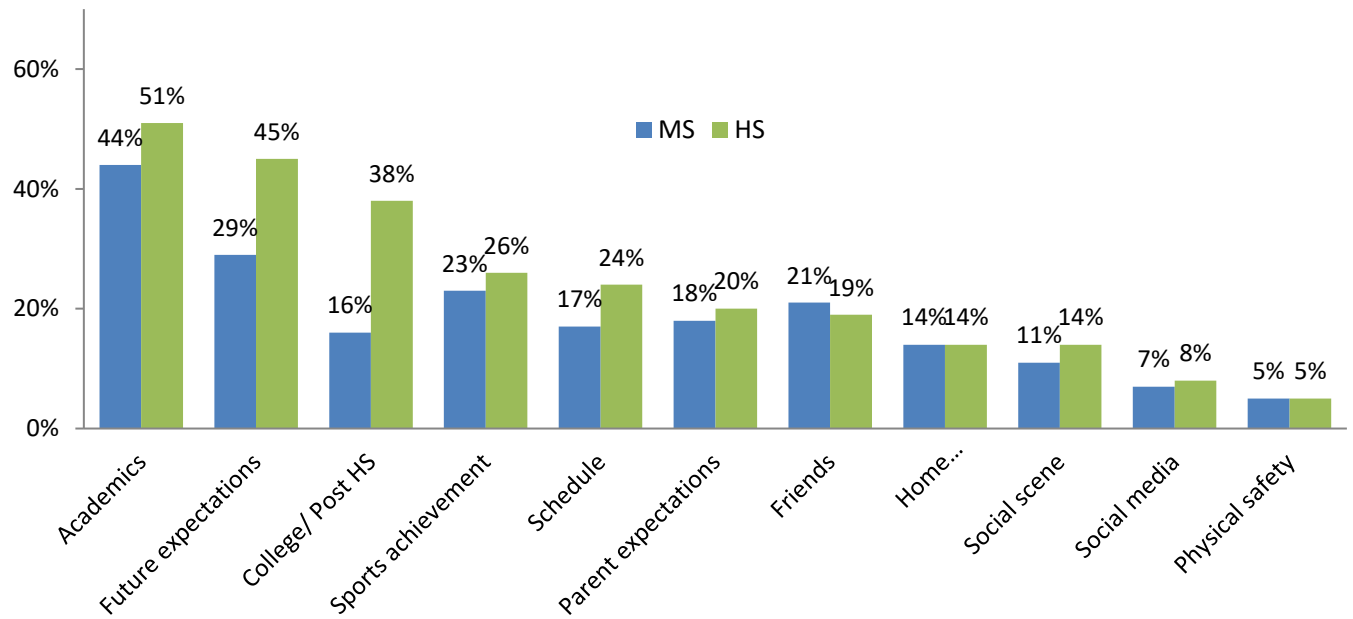
In the past 30 days, have you...	Frequently 7-12 %	Male %	Female %
Felt anxious	28	14	41 ^A
Felt sad or depressed	15	8	20 ^A
Felt lonely	15	9	19 ^A

^ASignificant difference between Male and Female



In the past 30 days report frequently feeling...	2021 %	2023 %
Anxious	30	28
Sad or depressed	19	15
Lonely	19	15

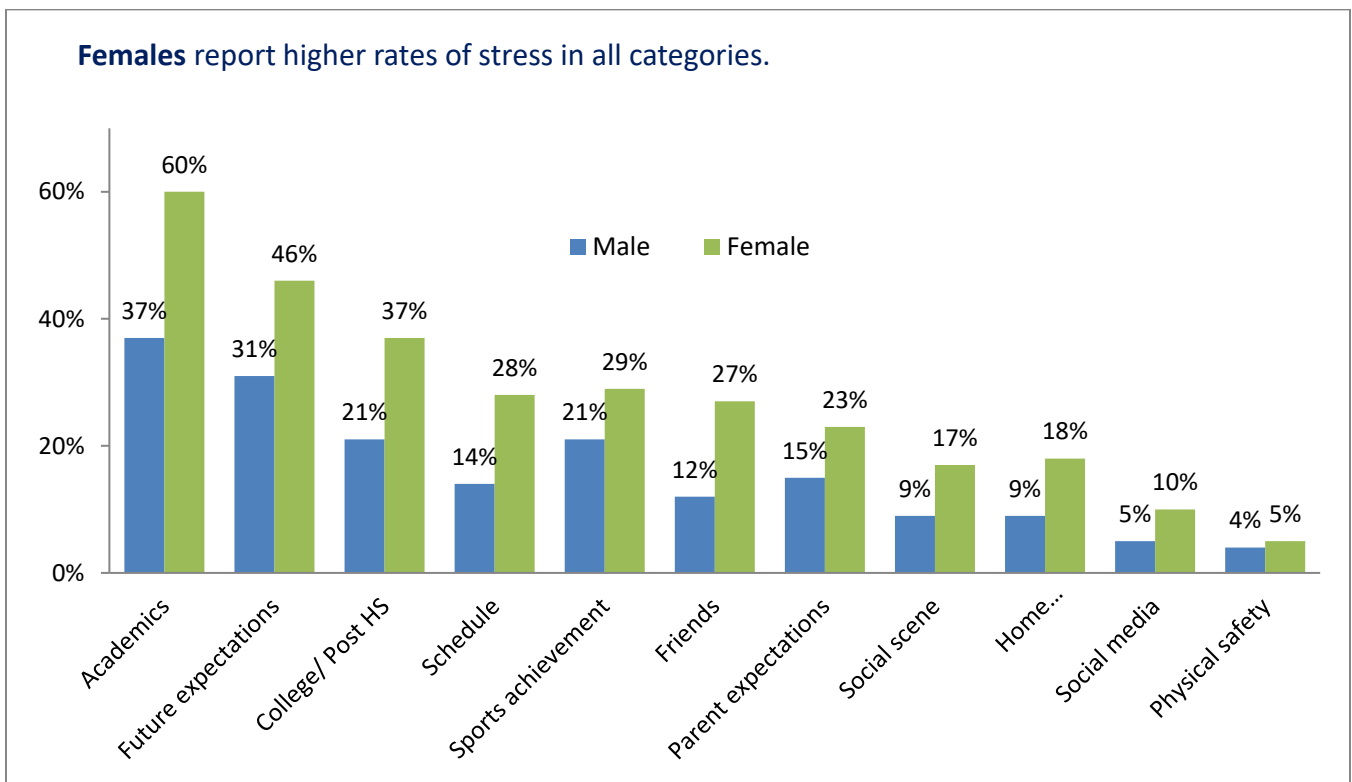
Academics causes students the most **extreme stress** in their day to day lives.



Causes of Stress or Worry

How much stress, anxiety, or worry do the following give you in your day-to-day life?	Grade	None to low %	Some or moderate %	A lot %
Academics (i.e. homework, standardized tests, grades, studying)	7-8	14	41	44
	9-12	10	39	51
	7-12	12	40	49
College or post high school planning	7-8	55	28	16
	9-12	25	37	38
	7-12	37	34	29
Expectations of your future (i.e. being successful in life, high level of achievement)	7-8	32	39	29
	9-12	18	37	45
	7-12	24	38	39
Friends and peers (i.e. having friends, fitting in)	7-8	45	34	21
	9-12	45	36	19
	7-12	45	35	20
Home life and family relationships	7-8	62	25	14
	9-12	58	28	14
	7-12	59	27	14
Parental/guardian expectations	7-8	52	30	18
	9-12	48	32	20
	7-12	49	31	19
Physical safety (i.e. violence, threats)	7-8	80	15	5
	9-12	83	13	5

	7-12	82	14	5
	7-8	48	36	17
Schedule (i.e. athletics, extra-curricular, volunteer commitments)	9-12	34	42	24
	7-12	40	39	21
Social scene (i.e. parties, going out with friends)	7-8	60	29	11
	9-12	54	32	14
	7-12	56	31	13
Social media	7-8	72	21	7
	9-12	69	23	8
	7-12	70	23	8
Sports achievement (i.e. pressure to perform well in sports or on a team)	7-8	44	33	23
	9-12	43	31	26
	7-12	44	32	25



^ASignificant difference between Male and Female

How much stress, anxiety, or worry do the following give you in your day-to-day life?	A lot 7-12 %	Male %	Female %
Academics (i.e. homework, standardized tests, grades, studying)	49	37	60 ^A
College or post high school planning	29	21	37 ^A
Expectations of your future (i.e. being successful in life, high level of achievement)	39	31	46 ^A
Friends and peers (i.e. having friends, fitting in)	20	12	27 ^A
Home life and family relationships	14	9	18 ^A
Parental/guardian expectations	19	15	23 ^A
Physical safety (i.e. violence, threats)	5	4	5
Schedule (i.e. athletics, extra-curricular, volunteer commitments)	21	14	28 ^A
Social scene (i.e. parties, going out with friends)	13	9	17 ^A
Social media	8	5	10 ^A
Sports achievement (i.e. pressure to perform well in sports or on a team)	25	21	29 ^A

Substance Use, Core Measures

The DFC National Evaluation Team seeks to determine how effective the DFC program has been at achieving its goals of increasing collaboration and reducing or preventing substance misuse among youth. All DFC grantees participate in the National Evaluation and are required, at a minimum, to collect the same four core measures. Coalitions are expected to utilize the data to assess the overall effectiveness of the DFC program on youth substance use. Core measures are:

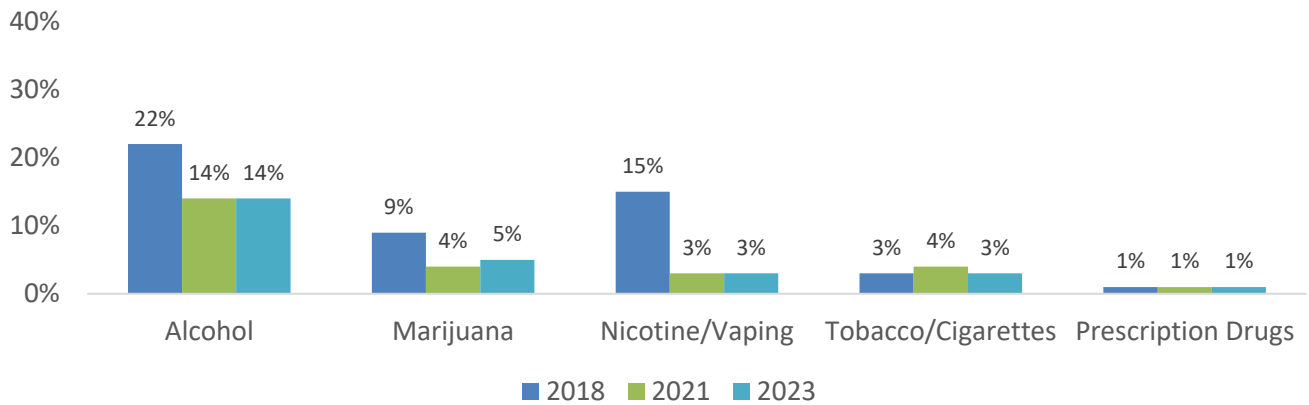
- ✓ Past 30-day Use – the percentage of youth who report using alcohol, tobacco, marijuana or prescription drugs not prescribed to them at least once in the past 30-days.
- ✓ Perception of Risk – the percentage of youth who report that there is moderate or great risk in binge drinking, smoking one or more packs of cigarettes per day, smoking marijuana once or twice a week, or using prescription drugs not prescribed to them.
- ✓ Perception of Parental Disapproval – the percentage of youth who report that their parents feel regular use of alcohol is wrong or very wrong, and report that their parents feel any use of cigarettes, marijuana, or prescription drugs not prescribed to them is wrong.
- ✓ Perception of Peer Disapproval – the percentage of youth who report that their friends feel regular use of alcohol is wrong or very wrong, and report that their peers feel any use of cigarettes, marijuana, or prescription drugs not prescribed to them is wrong.

Greenwich Together also collects core measure data around nicotine use (from a vaping device).

Core Measures, 2018 to 2023

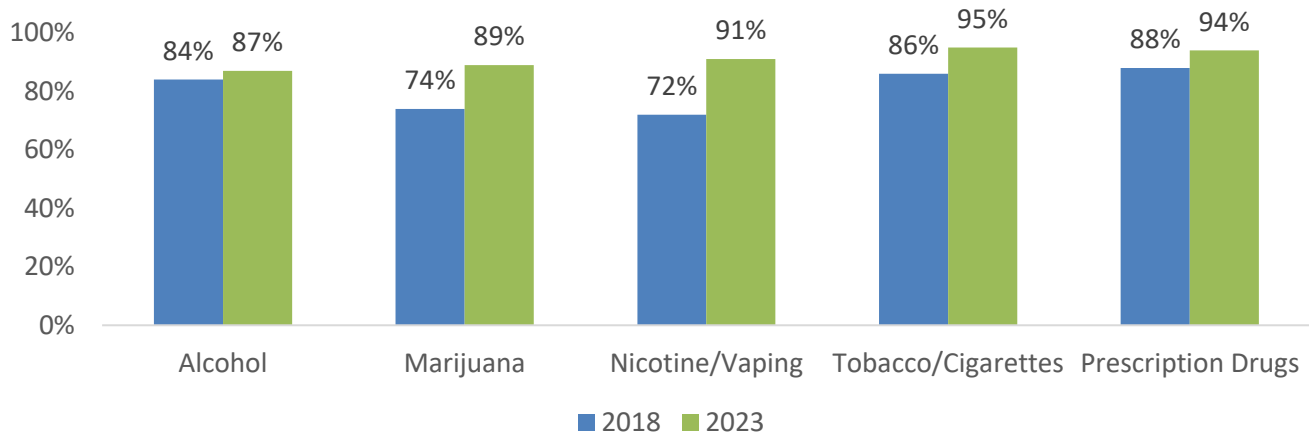
Among all 7th to 12th graders, since 2018, substance use rates have decreased and perception of harm, perception of peer disapproval and perception or parent disapproval have increased (or stayed the same.) The greater a young person’s perception that substance use is harmful/risky, and that their peers and parents disapprove of use, the less likely they are to engage in substance use.

Since 2018, substance use rates among Greenwich youth have **decreased**.

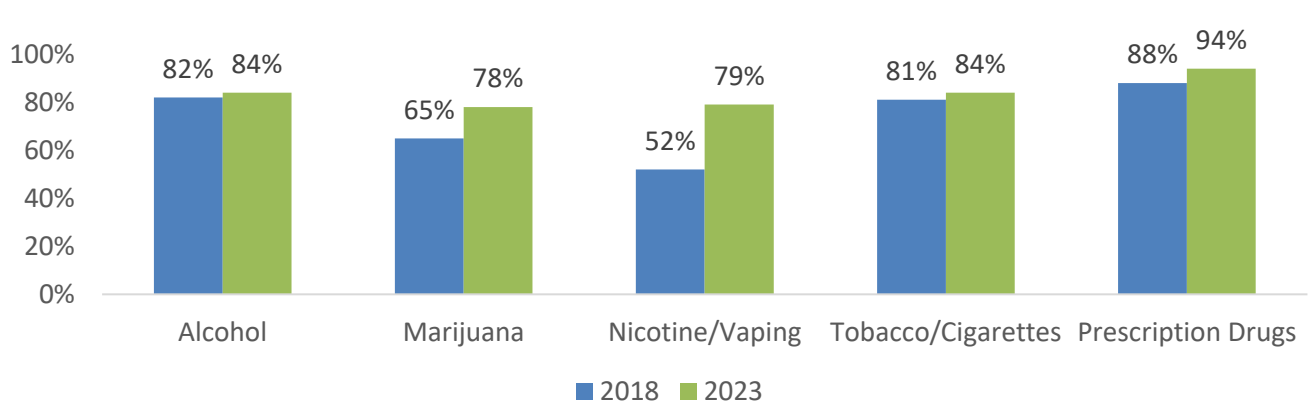


In 2023, 60% of all respondents had NEVER used alcohol, marijuana or nicotine.

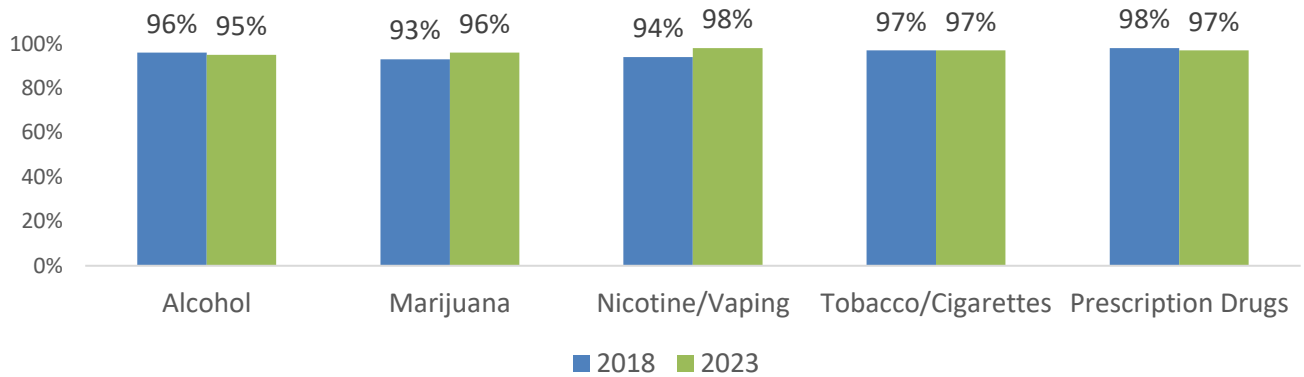
Perception of risk rates around all substances are increasing.



Perception of peer disapproval rates are increasing. Peer disapproval rates around vaping nicotine have increased significantly.



Perception of parent disapproval rates are very positive; most teens believe their parents disapprove of substance use.



Alcohol	2018	2021	2023
	%	%	%
Past 30 Day Use	22	14	14
Parental Disapproval	96	96	95
Peer Disapproval	82	72	84
Perception of Risk	84	92	87
Marijuana	2018	2021	2023
	%	%	%
Past 30 Day Use	9	4	5
Parental Disapproval	93	97	96
Peer Disapproval	65	76	78
Perception of Risk	74	79	89
Nicotine (vaping)	2018	2021	2023
	%	%	%
Past 30 Day Use	15	3	3
Parental Disapproval	94	**	98
Peer Disapproval	52	**	79
Perception of Risk	72	**	91
Tobacco	2018	2021	2023
	%	%	%
Past 30 Day Use	3	4	1
Parental Disapproval	97	96	97
Peer Disapproval	81	86	84
Perception of Risk	86	95	95
Prescription Drugs	2018	2021	2023
	%	%	%
Past 30 Day Use	1	1	1
Parental Disapproval	98	96	97
Peer Disapproval	89	92	91
Perception of Risk	88	95	94

30-day use rates High School, 9-12	Greenwich DRG B 2023 %	Fairfield DRG B 2023 %	Darien DRG A 2023 %	Trumbull DRG B 2021 %	Stratford DRG G 2022 %	YRBS US 2021 %	YRBS CT 2021 %
Alcohol	21	21	24	16	22	23	18
Marijuana	7	12	9	9	12	16	11
Nicotine/vaping	5	5	5	9	9	18	11

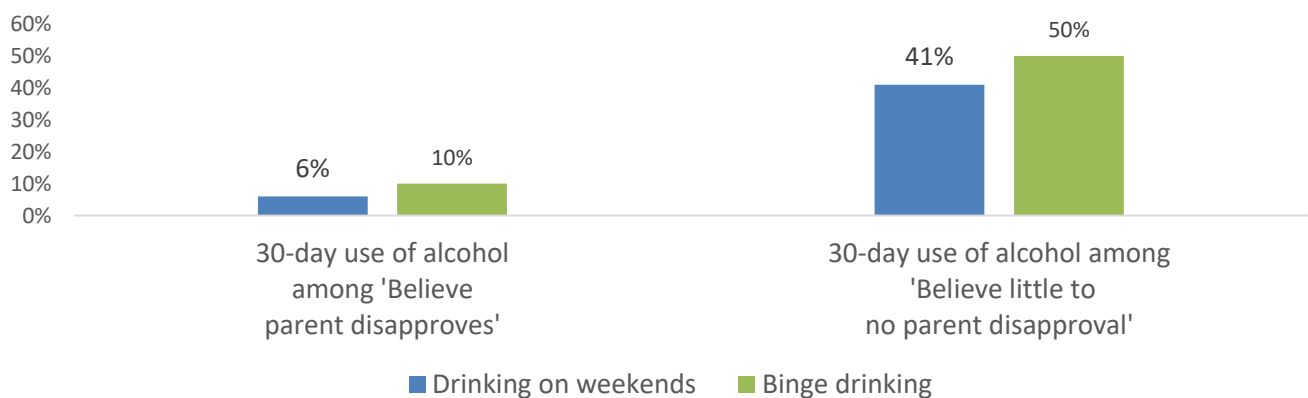
Summary of Core Measures by Grade

	Alcohol %	Tobacco %	Marijuana %	RX drugs %	Nicotine %
30-day use					
7 th	2	0	^	1	0
8 th	3	0	1	1	1
9 th	14	^	4	^	2
10 th	21	1	8	1	5
11 th	29	3	10	2	5
12 th	35	4	13	1	11
Total	14	1	5	1	3
Perception of harm					
7 th	89	93	90	91	91
8 th	88	95	88	93	91
9 th	88	96	85	96	93
10 th	88	95	78	95	90
11 th	82	94	67	95	90
12 th	85	96	67	93	91
Total	87	95	89	94	91
Perception of parental disapproval					
7 th	96	97	98	97	97
8 th	97	98	98	98	99
9 th	96	98	97	98	99
10 th	93	97	94	97	98
11 th	94	95	91	96	95
12 th	94	95	91	96	95
Total	95	97	96	97	98
Perception of peer disapproval					
7 th	91	94	95	95	94
8 th	89	92	90	93	89
9 th	81	87	82	93	82
10 th	78	77	66	89	70
11 th	80	73	56	88	61
12 th	77	67	51	87	59
Total	84	84	78	91	79

Perception of Parental Disapproval

How wrong do your <u>parents/guardians</u> feel it would be for you to do the following?	Grade	Not at all wrong %	A little bit wrong %	Wrong %	Very wrong %
Drink 1 or 2 alcoholic beverages (beer, wine, liquor) nearly every day?	7-8	1	2	11	85
	9-12	2	4	14	81
	7-12	2	3	13	83
Drink 5 or more drinks on one occasion?	7-8	2	3	13	82
	9-12	3	11	20	66
	7-12	3	8	17	73
Drink alcohol on weekends?	7-8	5	6	14	75
	9-12	10	19	22	49
	7-12	8	14	19	59
Smoke cigarettes or use tobacco?	7-8	1	1	7	91
	9-12	1	2	9	88
	7-12	1	1	8	89
Use nicotine through a vaping device (JUUL, Blu, Puff Bar)?	7-8	1	1	6	92
	9-12	1	1	7	90
	7-12	1	1	7	91
Use marijuana or THC products (includes use through a vaping device, smoking it, eating it/edibles, inhaling it)?	7-8	1	1	6	92
	9-12	2	4	10	84
	7-12	1	3	8	87
Use prescription drugs not prescribed to you?	7-8	1	1	6	91
	9-12	1	1	5	92
	7-12	1	1	6	92

Youth who believe their parents disapprove of substance use are less likely to use compared to youth who do not believe their parents disapproves of use.



Perception of parent disapproval BY alcohol use rates (Lifetime and 30-day)	Not wrong/ A little wrong %	Wrong/ Very wrong %
(Perc. of parent disapproval) Drinking 1 or 2 drinks every day	n=179	n=3577
Never drank	42	68
Drank in Lifetime	27	19
Drank in past 30-days	30	13
(Perc. of parent disapproval) Binge drinking (5+ in one occasion)	n=389	n=3365
Never drank	27	71
Drank in Lifetime	23	19
Drank in past 30-days	50	10
(Perc. of parent disapproval) Drinking on weekends	n=822	n=2917
Never drank	30	77
Drank in Lifetime	28	17
Drank in past 30-days	41	6

Perception of Peer Disapproval

How wrong do your <u>friends</u> feel it would be for you to do the following?	Grade	Not at all wrong %	A little bit wrong %	Wrong %	Very wrong %
Drink 1 or 2 alcoholic beverages (beer, wine, liquor) nearly every day?	7-8	3	7	24	66
	9-12	7	14	31	48
	7-12	5	11	28	55
Drink 5 or more drinks on one occasion?	7-8	4	7	22	67
	9-12	18	22	24	37
	7-12	13	16	23	48
Drink alcohol on weekends?	7-8	8	11	22	59
	9-12	33	23	20	24
	7-12	23	19	20	38
Smoke cigarettes or use tobacco?	7-8	2	5	19	75
	9-12	8	14	27	52
	7-12	5	10	24	61
Use nicotine through a vaping device (JUUL, Blu, Puff Bar)?	7-8	3	6	18	73
	9-12	12	17	24	47
	7-12	8	13	22	57
Use marijuana or THC products (includes use through a vaping device, smoking it, eating it/edibles, inhaling it)?	7-8	3	5	18	75
	9-12	15	17	23	45
	7-12	10	12	21	57
Use prescription drugs not prescribed to you?	7-8	2	4	17	76
	9-12	4	7	20	69
	7-12	3	6	19	72

Perception of Harm

How much do you think people risk harming themselves physically or in other ways, when they do the following:	Grade	No Risk %	Slight Risk %	Moderate Risk %	Great Risk %
Use nicotine through a vaping device (JUUL, Blu, Puff Bar) daily?	7-8	3	6	17	74
	9-12	2	6	21	70
	7-12	2	6	20	71
Use marijuana or THC products daily?	7-8	3	5	14	78
	9-12	3	9	21	66
	7-12	3	8	18	71
Smoke cigarettes, 1 or more packs a day?	7-8	3	4	11	83
	9-12	2	3	10	85
	7-12	2	3	10	84
Drink 1 or 2 drinks of alcohol nearly every day?	7-8	4	10	24	62
	9-12	2	9	25	64
	7-12	3	10	25	63
Drink 5 or more alcoholic beverages (beer, wine, liquor), 1 or 2 times a week?	7-8	3	8	22	66
	9-12	3	10	28	58
	7-12	3	10	26	61
Use marijuana or THC products, 1 or 2 times a week?	7-8	3	8	21	68
	9-12	6	17	27	50
	7-12	5	13	24	57
Use nicotine through a vaping device (JUUL, Blu, Puff Bar) 1 or 2 times a week?	7-8	3	10	21	66
	9-12	4	13	28	55
	7-12	4	12	25	59
Use prescription drugs that are not prescribed to them?	7-8	3	5	14	78
	9-12	1	3	14	82
	7-12	2	4	14	80

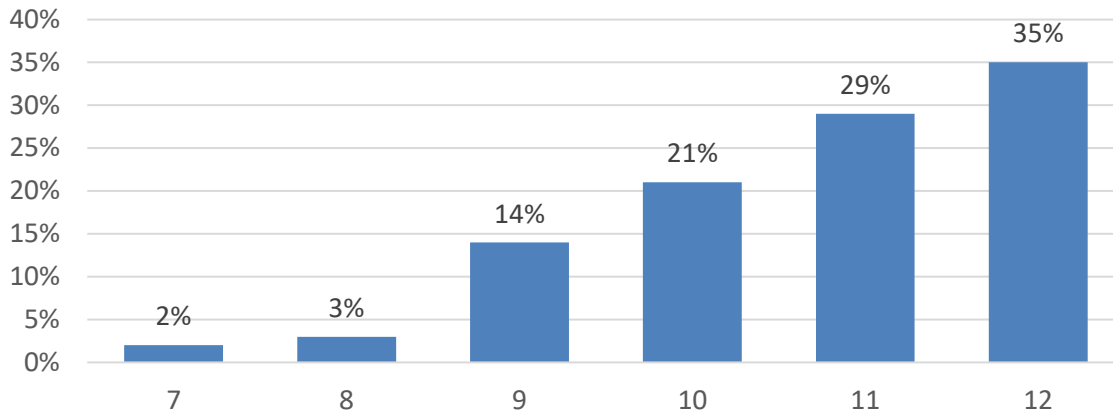
Alcohol Use & Access

Use

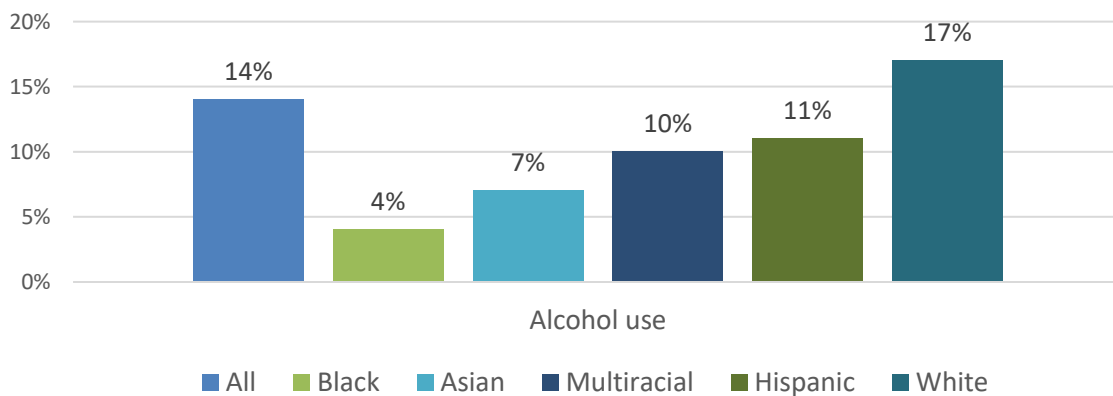
Think back over the past 30 days. On how many days, if any, did you:	Grade	I have NEVER used. %	I have used but NOT in the past 30 days. %	Occasionally (1-5 days) %	Frequently (5-20 days) %	Almost every day (21+ days) %
drink 1 or more alcoholic beverages (beer, wine, liquor)?	7-8	85	13	2	^	^
	9-12	55	24	20	1	^
	7-12	66	19	13	1	^

Alcohol Use by Grade, Race & Ethnicity

Alcohol use **increases** by grade level. 1 in 3 seniors reported drinking in the past 30-days.

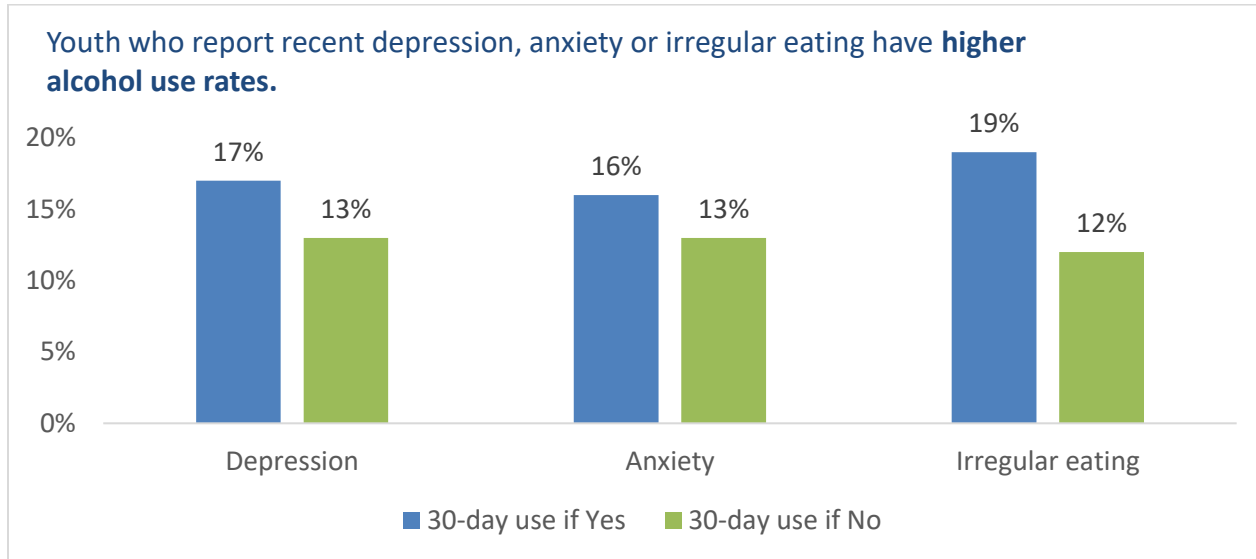


30-day use alcohol use rates are highest among White youth.



30-Day Use		Gender	
Grade	%		%
7 th	2	Male	14
8 th	3	Female	15
9 th	14		
10 th	21		
11 th	29		
12 th	35		
Race/Ethnicity			
Hispanic/Latino	11		
Asian	7		
Black	4		
Multiracial	10		
White	17		

Alcohol Use by Mental Health



30-Day Use	Sad or Depressed YES	Sad or Depressed NO	Anxiety YES	Anxiety NO	Irregular eating YES	Irregular eating NO
	(n=841) %	(n=2725) %	(n=946) %	(n=2614) %	(n=840) %	(n=2734) %
Alcohol Use	17	13	16	13	19	12

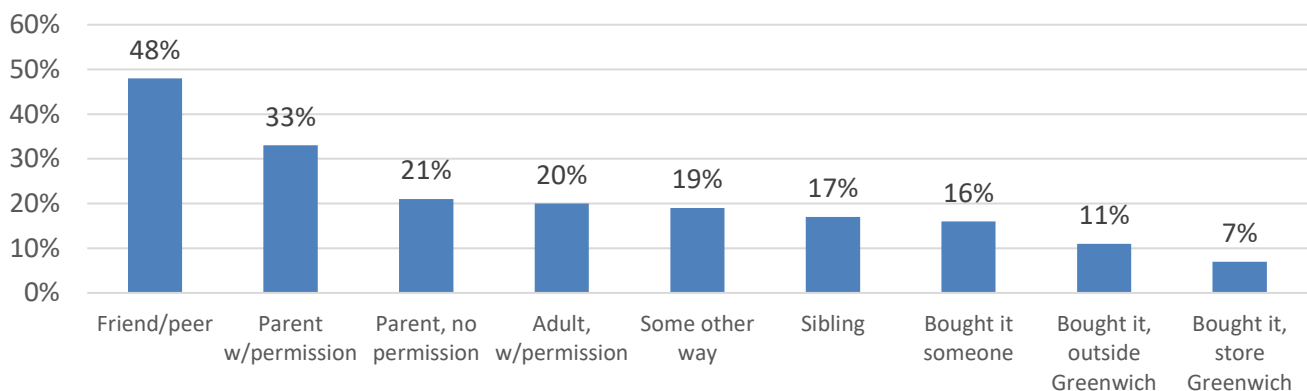
Protective and Risk Factors by Alcohol Use

- Youth who report never drinking alcohol have slightly higher rates of positive self-image compared to youth who reported drinking in the past 30-days
- Youth who report drinking in the past 30 days report higher rates of irregular eating, depression, anxiety and loneliness.

Alcohol Use	Never drank alcohol % (n=2500)	Drank alcohol in the past 30-days % (n=493)
School & Community Supports (Strongly Agree)		
My teachers really care about me	30	25
Students in my school care about me	32	35
I feel safe at school	46	48
I feel safe in community	54	56
Adults value youth	33	24
Trusted Adult (No)		
	17	13
How connected feel to: (Very/Extremely)		
Adults In school	24	22
Youth In school	52	60
Adults outside of school	47	38
Community	35	30
Self-Image (Strongly Agree)		
Control of life and future	38	33
Valued and appreciated by others	39	36
Sense of purpose in my life	39	36
Ability to deal w/ frustration or disappointment	34	30
Mental Health Indicators, Past Year (Yes)		
Irregular eating behaviors	18	33
Sadness/Hopelessness	19	29
Anxiety	23	31
Mental Health Indicators, Past 30 days (Frequently)		
Felt anxious	24	32
Felt sad or depressed	12	19
Felt lonely	12	18

Access

Youth report most often getting alcohol **from friends**. 1 in 3 teens report getting alcohol from a **parent with permission**.



When you drink, how often do you get the alcohol from the following? (n=1259)	Never %	Rarely %	Sometimes/ occasionally %	Often %
A parent/guardian, with permission	38	28	20	13
A parent/guardian, without permission	58	20	14	7
An adult, non-family member, with permission	62	18	16	4
A friend/peer gave it to me	34	17	24	24
A sibling gave it to me	69	14	12	5
Bought it from someone else	74	9	10	6
Bought it myself at a store in Greenwich	88	5	4	3
Bought it myself at a store outside of Greenwich	83	7	6	5
I got it in some other way	66	15	12	7

Location of Alcohol Use

(Summary chart on page 51)

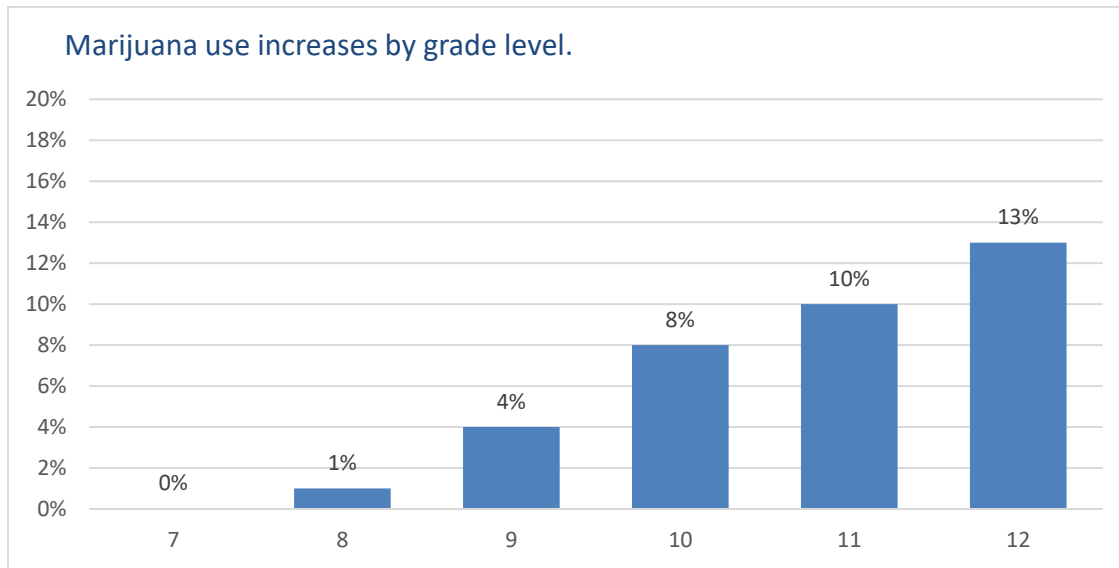
When you drink, how often do you drink at the following locations? (n=1255)	Never %	Rarely %	Sometimes/ occasionally %	Often %
At home, alone	85	10	4	1
At home, with parent guardian present	48	28	15	9
With friends at my home or my friends' home	38	20	26	16
In a car	92	5	3	1
At school or on school property	97	2	1	^
At a party	32	17	24	27
A public place, beach, park, woods, or street	77	13	7	3

Marijuana Use & Access

Use

Think back over the past 30 days. On how many days, if any, did you:	Grade	I have NEVER used. %	I have used but NOT in the past 30 days. %	Occasionally (1-5 days) %	Frequently (5-20 days) %	Almost every day (21+ days) %
use marijuana or THC products (includes use through a vaping device, smoking it, eating it/edibles, inhaling it)?	7-8	98	2	1	^	^
	9-12	84	8	5	1	1
	7-12	89	6	4	1	1

Marijuana Use by Grade



30-Day Use by grade	%
7 th	^
8 th	1
9 th	4
10 th	8
11 th	10
12 th	13
Gender	
Male	5
Female	5

Methods of Use

Please indicate the methods and frequency you have used the following marijuana and THC products (weed, cannabis) in the past year: (n=399)	Never %	Rarely %	Sometimes/occasionally %	Often %
Smoked or inhaled (e.g. joint, bong, bowl, bat, etc.)	37	34	22	8
Consumed edibles (e.g. baked goods, candy, soda or other items that contain marijuana or THC)	36	37	19	7
Vaped	44	29	15	11
Dabbed (e.g. wax or hash)	88	7	3	2
Other	89	8	2	2

Access

Where do you GET the marijuana or THC products? (n=395)	Never %	Rarely %	Sometimes/ occasionally %	Often %
A parent/guardian, with permission	94	4	2	1
A parent/guardian, without permission	88	6	3	3
An adult, non-family member, with permission	87	7	3	3
A friend/peer gave it to me	18	32	24	26
A sibling gave it to me	78	11	6	5
Bought it from someone else	65	11	13	11
Bought it from internet or social media (e.g. Snapchat)	87	7	3	3
Bought it myself at a store in Greenwich	84	6	5	5
Bought it myself at a store outside of Greenwich	84	4	6	6
Medical marijuana dispensary	93	3	2	3
I got it in some other way	80	10	6	4

Location of marijuana use

(Summary chart on page 51)

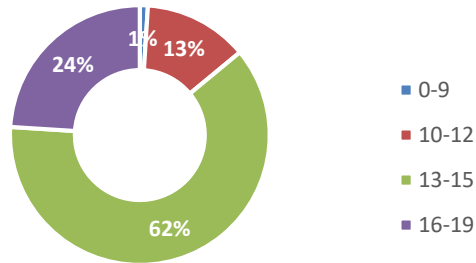
Where did you USE the marijuana or THC products? (n=393)	Never %	Rarely %	Sometimes/ occasionally %	Often %
At home, alone	63	17	12	8
At home, with parent guardian present	84	8	4	4
With friends at my home or my friends' home	24	30	24	22
In a car	76	10	8	6
At school or on school property	83	7	5	4
At a party	38	26	18	18
A public place, beach, park, woods, or street	62	18	10	10

Nicotine Use & Access

Use

Think back over the past 30 days. On how many days, if any, did you:	Grade	I have NEVER used. %	I have used but NOT in the past 30 days. %	Occasionally (1-5 days) %	Frequently (5-20 days) %	Almost every day (21+ days) %
use a vaping device or e-cig with nicotine (JUUL, Blu, Puff Bar)	7-8	98	2	^	^	^
	9-12	89	7	2	1	2
	7-12	92	5	2	1	1

62% of Greenwich teens report that they first vaped nicotine between 13 to 15 years old.



Age of Onset

How old were you when you first used a vaping device with nicotine? (n=269)	%
Younger than 8	1
8	0
9	0
10	^
11	3
12	10
13	18
14	23
15	21
16	16
17	6
18	1
19	1

Access

Where do you GET the vaping device(s) with nicotine? (n=299)	Never %	Rarely %	Sometimes/ occasionally %	Often %
A parent/guardian, with permission	97	1	1	1
A parent/guardian, without permission	90	5	2	3
An adult, non-family member, with permission	92	4	2	3
A friend/peer gave it to me	23	34	20	23
A sibling gave it to me	81	8	7	4
Bought it from someone else	73	11	7	10
Bought it from internet or social media (e.g. Snapchat)	93	4	1	2
Bought it myself at a store in Greenwich	79	7	6	8
Bought it myself at a store outside of Greenwich	76	7	6	11
I got it in some other way	82	8	5	5

Location of Use

(Summary chart on page 51)

Where do you USE the vaping devices with nicotine? (n=296)	Never %	Rarely %	Sometimes/ occasionally %	Often %
At home, alone	63	12	11	14
At home, with parent guardian present	85	6	3	6
With friends at my home or my friends' home	33	29	18	20
In a car	68	12	9	12
At school or on school property	74	11	6	9
At a party	46	19	14	21
A public place, beach, park, woods, or street	67	14	8	11

Prescription Drug Use & Access

Use

Think back over the past 30 days. On how many days, if any, did you:	Grade	I have NEVER used. %	I have used but NOT in the past 30 days. %	Occasionally (1-5 days) %	Frequently (5-20 days) %	Almost every day (21+ days) %
Use your own prescription drugs NOT as intended?	7-8	96	3	1	^	^
	9-12	97	2	1	0	^
	7-12	97	2	1	^	^
use prescription drugs <u>not prescribed to you</u> ?	7-8	98	1	^	0	^
	9-12	97	2	1	^	^
	7-12	98	2	1	^	^

Access

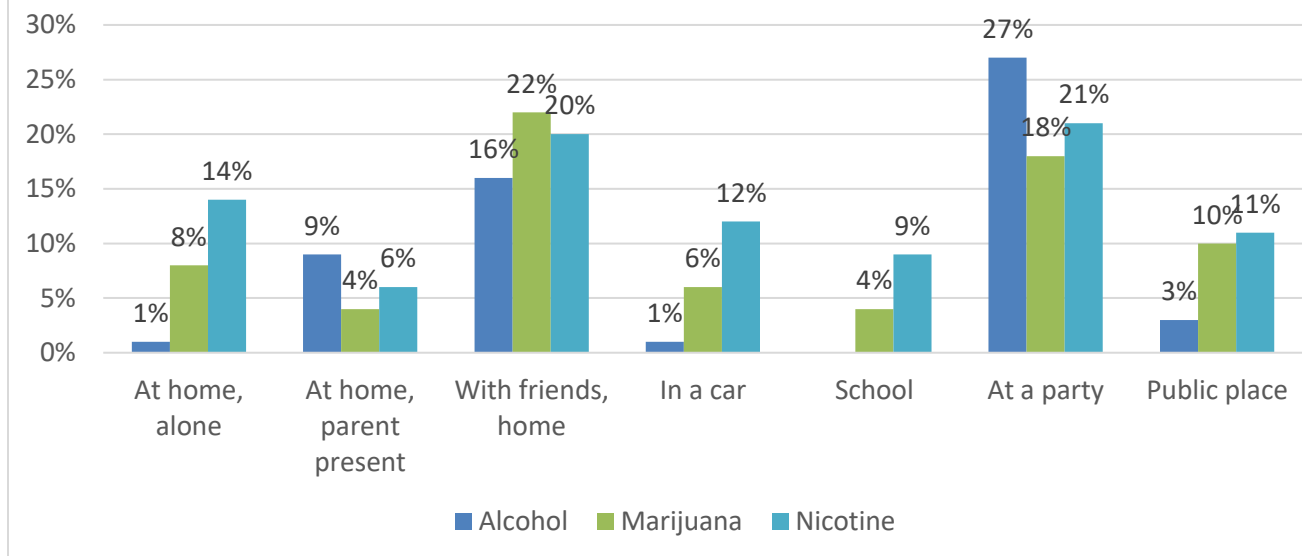
Where do you GET the prescription drugs? (n=100)	Never %	Rarely %	Sometimes/ occasionally %	Often %
A parent/guardian, with permission	45	11	9	34
A parent/guardian, without permission	72	14	7	7
An adult, non-family member, with permission	75	9	6	9
A friend/peer gave it to me	73	17	2	8
A sibling gave it to me	84	8	3	4
Bought it from someone else	90	5	2	3
Bought it from internet or social media (e.g. Snapchat)	90	5	2	3
I got it in some other way	79	8	4	8

Additional Substance Use Rates

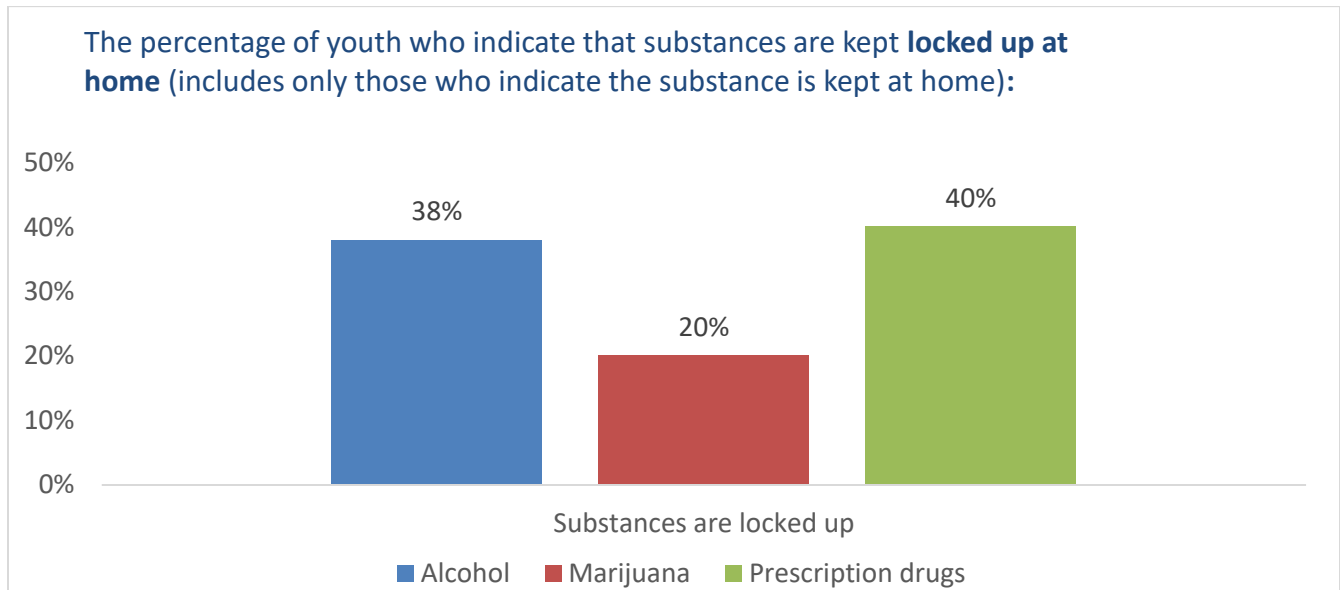
Have you EVER used any of the following?	NO, Never %	Lifetime Use %	YES, in the past 30 days %
Cigarettes	96	4	1
Other tobacco products (chewing tobacco, cigars, snuff)	97	3	1
Nicotine free vaping devices	95	5	1
Ecstasy or Molly (MDMA)	99	1	^
Cocaine/crack cocaine	99	1	^
Hallucinogens (LSD, acid, mushrooms, PCP)	99	1	^
Heroin/Fentanyl	99	^	^
Inhalants (things you sniff or inhale to get high such as glue, paint, whippets, or sprays)	98	2	1
Synthetic marijuana (Spice, K2, K3, Delta-8)	97	3	1
Ketamine (Special K)	99	1	^
Methamphetamine (Meth)	99	1	1

Access to Substances

Among youth who report 'often' using substances at the following locations, the highest group reported being **with friends at a home** and at a **party**.



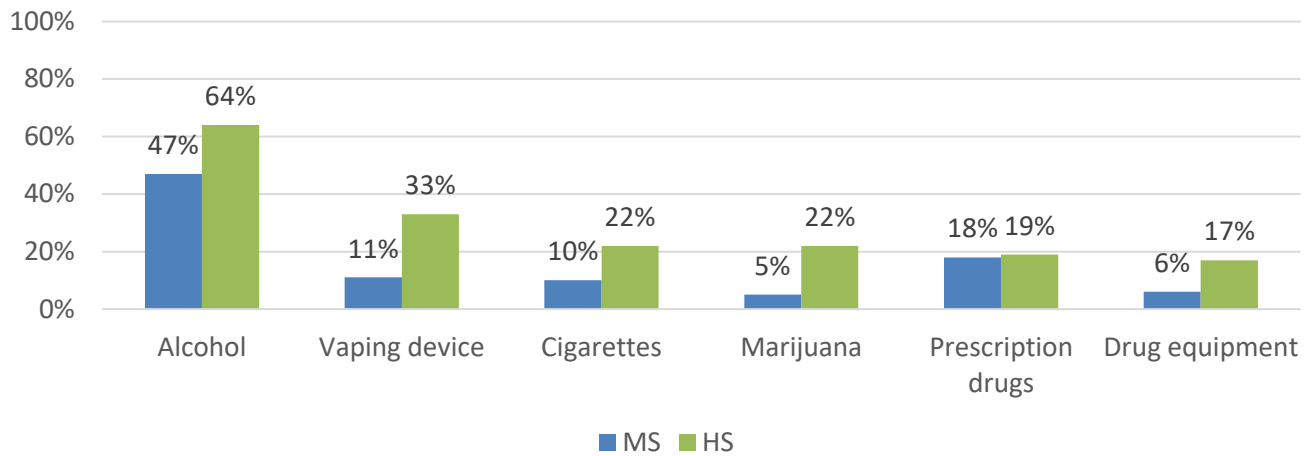
Access at Home



Are the following substances kept locked up in your home? (e.g. in a locked cabinet or fridge, sealed with a sticker, or otherwise inaccessible to kids.)	Grade	Not applicable/ not kept in my home %	Yes %	No %	Not sure %
Alcohol	7-8	17	34	38	10
	9-12	15	30	47	8
	7-12	16	32	44	9
Marijuana or THC products	7-8	83	3	10	4
	9-12	84	4	10	3
	7-12	83	4	10	3
Prescription Drugs	7-8	31	31	28	11
	9-12	29	26	36	8
	7-12	30	28	33	9

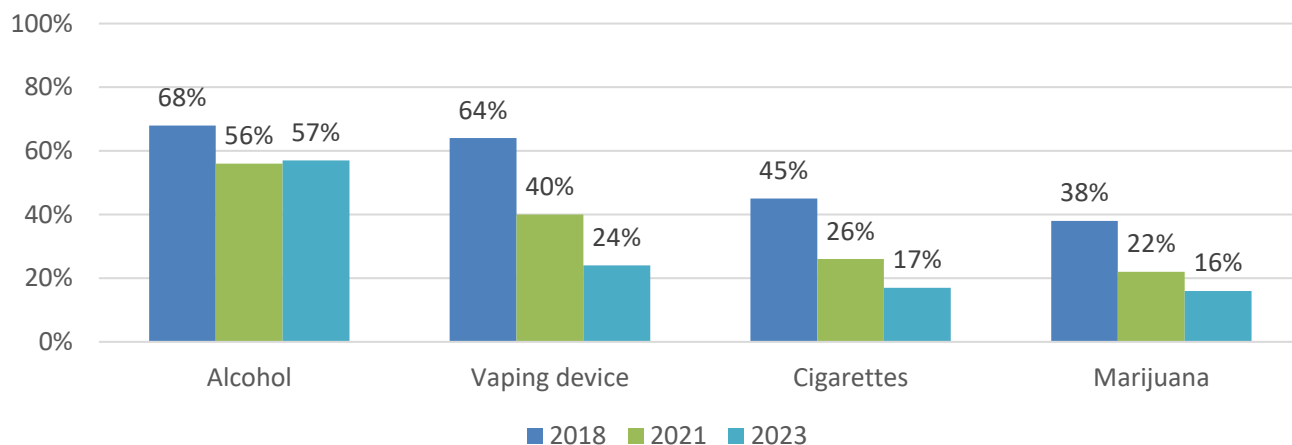
Perception of Ease of Access to Substances

Among all 7th to 12th graders, **alcohol** is perceived to be the easiest substance to get access to. More than 1 in 2 teens feel it would be **easy** to get alcohol.



How easy or hard would it be for you to get the following substances if you wanted them?	Grade	Very hard %	Sort of hard %	Sort of easy %	Very easy %
Alcohol such as beer, wine, hard liquor, alcoholic seltzers, etc.	7-8	31	22	24	23
	9-12	17	19	32	32
	7-12	22	20	29	28
Marijuana or THC products	7-8	86	8	3	2
	9-12	57	20	14	8
	7-12	69	15	10	6
A vaping device with nicotine (JUUL, Blu, Puff Bar)	7-8	78	11	6	5
	9-12	49	18	19	14
	7-12	61	15	14	10
Cigarettes or other tobacco products (chewing or pipe tobacco, cigars)	7-8	79	11	6	4
	9-12	57	21	13	9
	7-12	66	17	10	7
Prescription drugs – for the purpose of ‘getting high’ or to feel good, but not for medical purposes	7-8	70	13	10	8
	9-12	62	19	11	8
	7-12	65	17	11	8
Drug equipment and supplies (pipes, bongs, rolling papers)	7-8	85	8	3	3
	9-12	67	17	10	7
	7-12	74	14	7	5

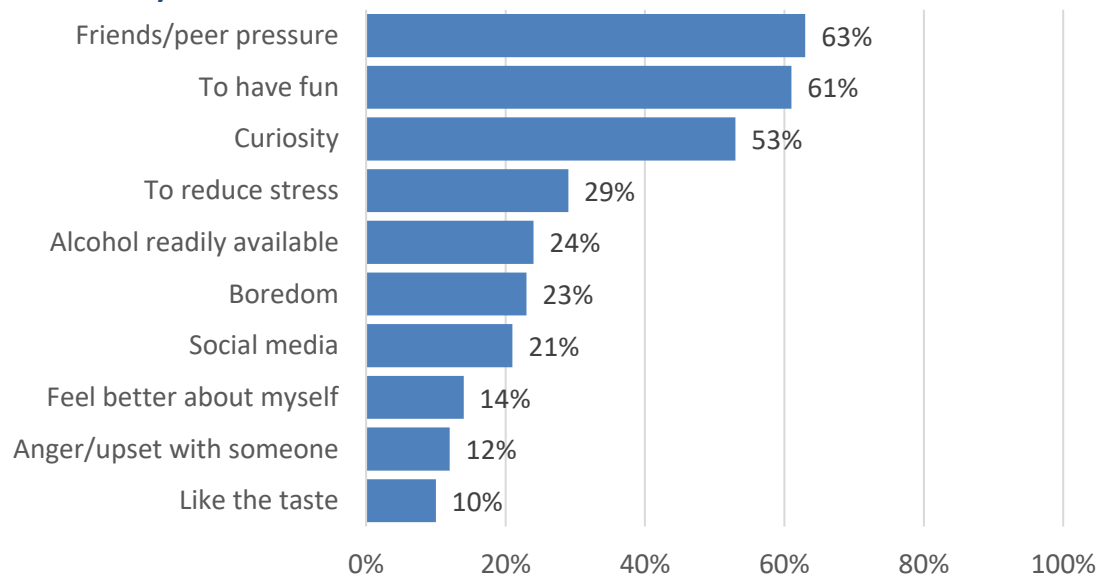
The perception that it is easy to access substances has **decreased** from 2018 to 2023. Teens perception that **access to alcohol is easy remains the highest.**



How easy or hard would it be <u>for you</u> to get the following substances if you wanted them?	2018	2021	2023
Very or somewhat easy	%	%	%
Alcohol	68	56	57
Marijuana/THC products	38	22	16
Vaping device with nicotine	64	40	24
Cigarettes/tobacco products	45	26	17

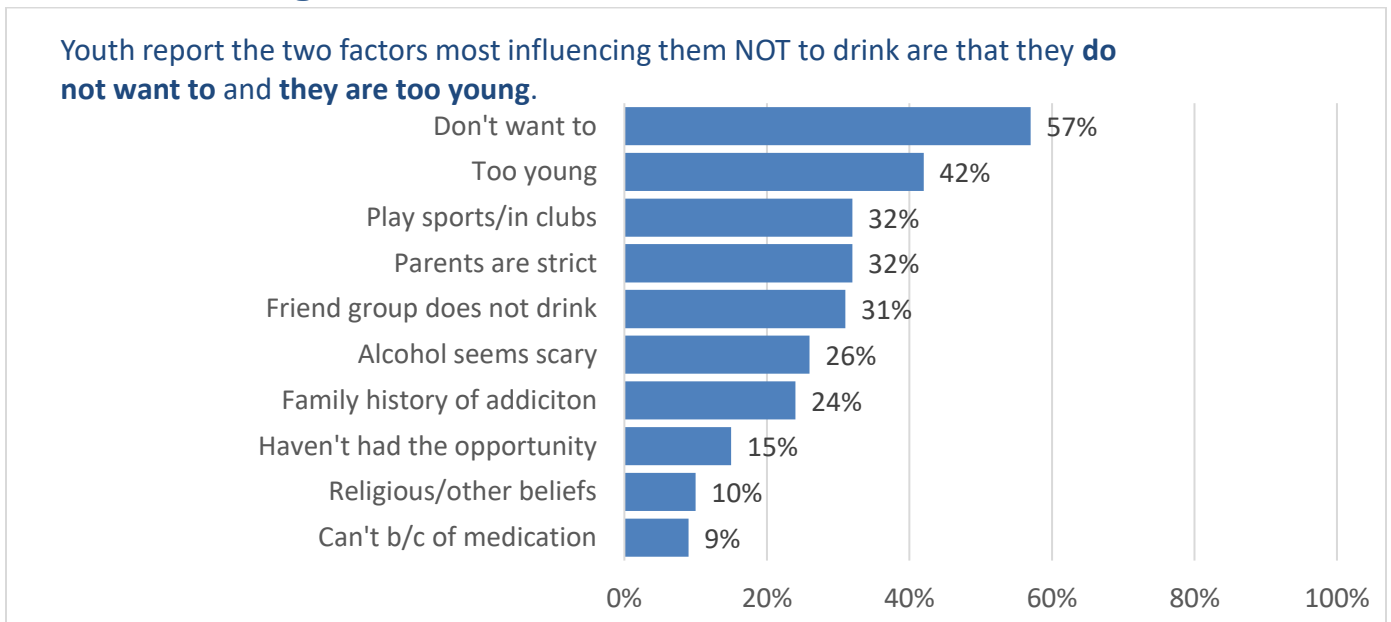
Factors Influencing Youth to Drink

Youth report the three factors most influencing them to drink are **peer pressure, to have fun, and curiosity.**



What 3 factors are most important in influencing you, or people your age, to drink?	%
Alcohol readily available	24
Anger/upset with someone	12
Boredom	23
Curiosity	53
Feel better about myself	14
Friends/ peer pressure	63
Like the taste	10
Reduce stress	29
Social media (seeing pictures, promotion of alcohol or other substances, advertisements, etc.)	21
To have fun	61

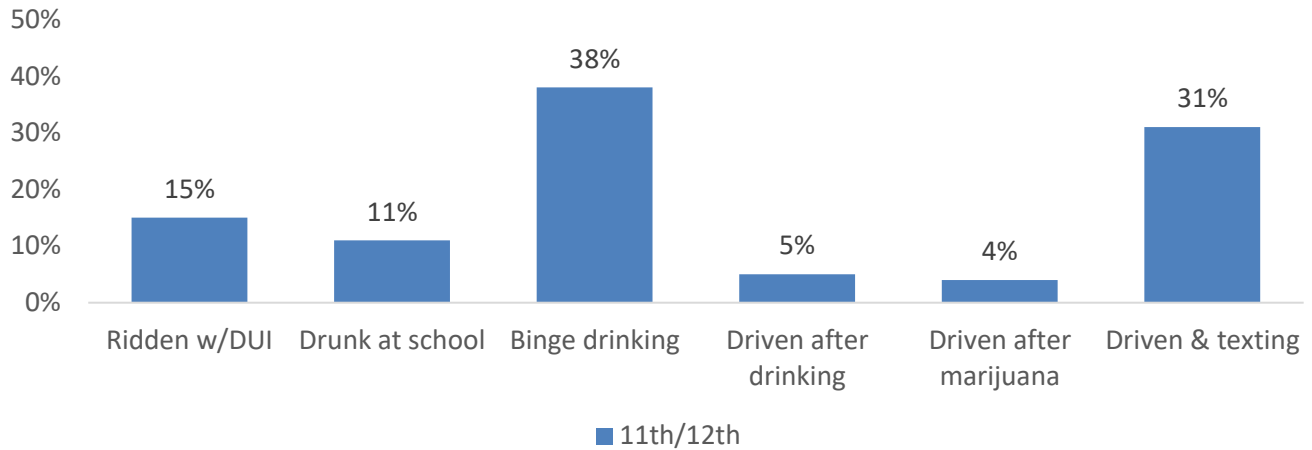
Factors Influencing Youth Not to Drink



What 3 factors are most important in influencing you, or people your age, NOT to drink?	%
Alcohol seems scary	26
Can't drink because of medication I take	9
Family history of addiction	24
Friends group does not drink	31
Haven't had the opportunity	15
It's against the law	36
Just don't want to	57
Parents are strict	32
Play sports/involved with club(s)	32
Religious or other beliefs	10
Too Young to drink	42

Risky Behaviors Related to Substance Use

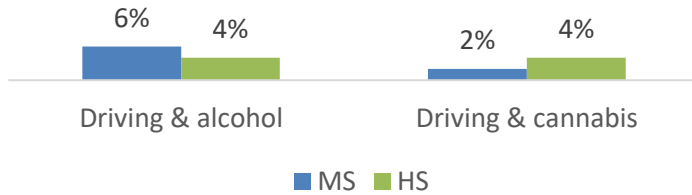
Among 11th and 12th graders, close to 4 in 10 report **binge drinking** in the past year. Rates of driving under the influence are **low**.



During the last 12 months, how many times have you...?	Grade	Never %	1 time %	2 or more times %	Not applicable/ Do not drive %
Ridden in a car whose driver had been drinking or using drugs?	7-8	83	5	5	7
	9-12	85	7	6	3
	7-12	84	6	5	5
Been drunk or high at school or at a school event (prom, football games, etc.)?	7-8	92	1	^	7
	9-12	91	3	3	3
	7-12	92	2	2	4
Drunk four or more alcoholic drinks in less than 2 hours?	7-8	91	1	1	7
	9-12	79	6	13	3
	7-12	84	4	8	4
Driven a car after you had been drinking?	7-8	82	^	**	17
	9-12	87	1	1	11
	7-12	85	1	1	13
Driven a car after you had been using marijuana or THC product?	7-8	82	^	**	17
	9-12	87	1	1	11
	7-12	85	1	1	13
Driven a car while texting?	7-8	79	1	**	18
	9-12	77	4	8	12
	7-12	78	3	5	14

Driving and Substance Use

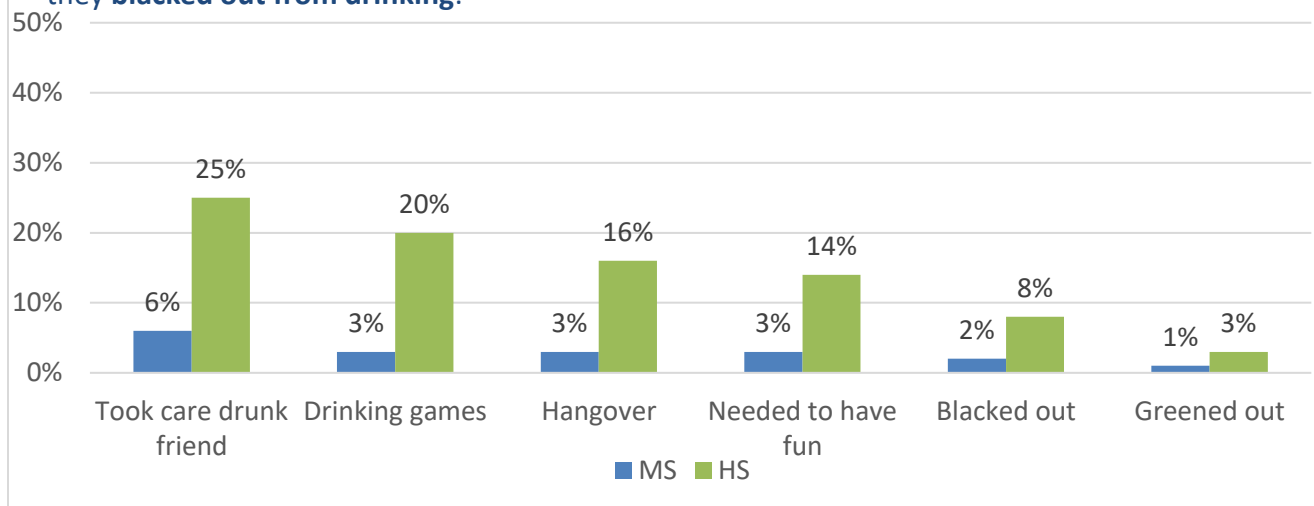
Very few youth believe it is okay to drive after drinking or using marijuana.



It's okay to...	Grade	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
		%	%	%	%
drive after you've had a couple of drinks.	7-8	80	14	5	1
	9-12	86	10	2	2
	7-12	84	12	3	1
drive after you have used marijuana or THC products	7-8	88	9	1	1
	9-12	86	11	2	2
	7-12	87	10	1	2

Consequences of Alcohol Use

16% of high schoolers report having a **hangover** in the past year, 8% report that they **blacked out from drinking**.



During the last 12 months, how many times have you...?	Grade	Never %	1 time %	2 or more times %
Drank so much you blacked out or forgot what happened?	7-8	99	1	1
	9-12	91	5	3
	7-12	94	4	2
Played competitive drinking games? (e.g. beer pong)	7-8	97	2	1
	9-12	80	8	12
	7-12	87	5	8
Had a hangover?	7-8	97	2	1
	9-12	84	8	8
	7-12	89	6	5
Needed a drink to have fun?	7-8	97	2	1
	9-12	86	7	7
	7-12	91	5	4
Had to take care of a friend who got too drunk?	7-8	94	4	2
	9-12	75	13	12
	7-12	83	9	8
Greened out or passed out after dabbing (using marijuana or THC product)	7-8	99	^	^
	9-12	97	2	1
	7-12	98	1	1

During the last 12 months, how many times have you...?	1 or more %	Male %	Female %
Drank so much you blacked out or forgot what happened?	6	5	6
Played competitive drinking games? (e.g. beer pong)	13	14	13
Had a hangover?	11	10	12
Needed a drink to have fun?	9	7	12 ^A
Had to take care of a friend who got too drunk?	17	15	19
Greened out or passed out after dabbing (using marijuana or THC product)	2	2	2

^ASignificant difference between Male and Female