

# THANK YOU FOR FILLING OUT THE GREENWICH TOGETHER 2021 SURVEY.



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YOU	are	worth	the i	time!

- Gratitude reduces stress. Take time each day to think about what you are grateful for.
- Take care of each other! Summer and new beginnings (like college or a new job) can be filled with excitement and fun. Be on the lookout for your friends and know the signs when the fun has turned to risk.

## Use your voice!

- Speak up and get them help. <u>You can</u> <u>call/text 911 to report a medical</u> <u>emergency without getting in trouble.</u> Don't just be a bystander if you think someone is in trouble.
  - Talk to a trusted adult if you are worried about someone.
  - KIC Helpline 203-661-1911
  - Crisis Mobile Line 211
  - Crisis Text Line Text HOME to 741741
  - Go to <u>www.greenwichtogether.org</u> for more information and resources

## Be there for your friends!

- Be observant. Is your friend drinking alcohol, vaping, or using other drugs to try to relax? Is this their only way of having fun? Do they think they have to do this to fit in? Come up with ways together to have fun without substances.
- Lookout for the warning signs that your friend is drinking too much: they black out, go off alone with someone who may hurt them, they throw up, get dizzy, and/or have trouble breathing.

#### Have a safe summer!

Some 'Check In' Questions to help foster a SAFE SUMMER

- Have you checked in with your friends today?
- Do you have a safe ride home?
- Have you checked in on yourself today?
- Did you take three deep breaths yet?
- How are you feeling today?
- Did you take 5 minutes to focus on yourself?
- Have you moved your body today?



65%

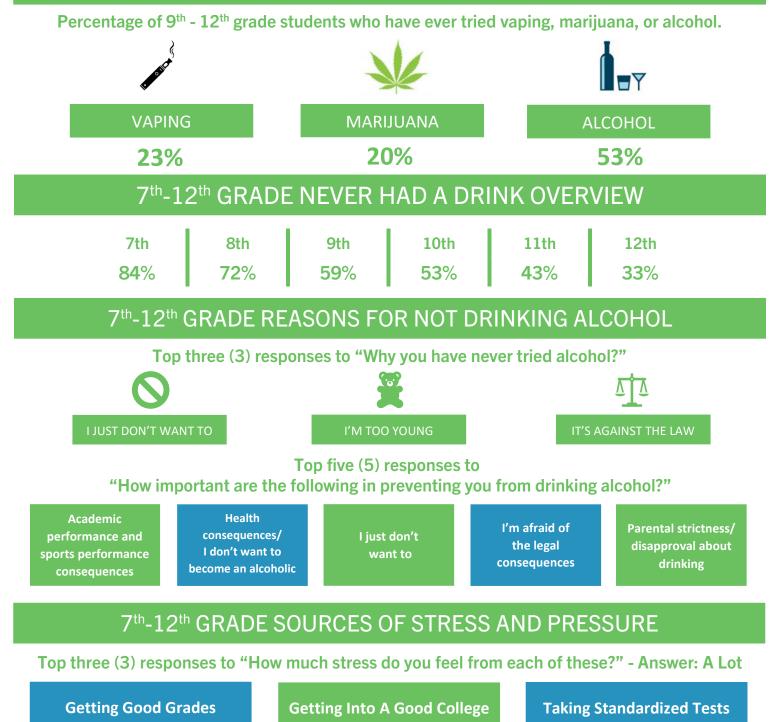
# GREENWICH TOGETHER 2021 YOUTH SURVEY RESULTS



52%

In 2021, Greenwich youth in both public and private responded to a survey regarding substance use prevention, their patterns of use, and factors impacting use. Below is a snapshot of the survey results. There are more results to come.

## 9<sup>th</sup>-12<sup>th</sup> GRADE LIFETIME SUBSTANCE USE AT A GLANCE



54%