



THANK YOU FOR FILLING OUT THE GREENWICH TOGETHER 2021 SURVEY.



You are worth the 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. You can call/text 911 to report a medical emergency without getting in trouble. 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 www.greenwichtogether.org 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?

YOUR VOICE MATTERS!

GREENWICH TOGETHER 2021 YOUTH SURVEY RESULTS



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.

9th-12th GRADE LIFETIME SUBSTANCE USE AT A GLANCE

Percentage of 9th - 12th grade students who have ever tried vaping, marijuana, or alcohol.



VAPING

23%



MARIJUANA

20%



ALCOHOL

53%

7th-12th GRADE NEVER HAD A DRINK OVERVIEW

7th	8th	9th	10th	11th	12th
84%	72%	59%	53%	43%	33%

7th-12th GRADE REASONS FOR NOT DRINKING ALCOHOL

Top three (3) responses to “Why you have never tried alcohol?”



I JUST DON'T WANT TO



I'M TOO YOUNG



IT'S AGAINST THE LAW

Top five (5) responses to
“How important are the following in preventing you from drinking alcohol?”

Academic performance and sports performance consequences

Health consequences/ I don't want to become an alcoholic

I just don't want to

I'm afraid of the legal consequences

Parental strictness/ disapproval about drinking

7th-12th GRADE SOURCES OF STRESS AND PRESSURE

Top three (3) responses to “How much stress do you feel from each of these?” - Answer: A Lot

Getting Good Grades
65%

Getting Into A Good College
54%

Taking Standardized Tests
52%