



Greenwich Together

YOUTH SUMMARY REPORT

CHANANA CONSULTING

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Summary of Findings

Protective Factors

Individual Domain

Youth Commitments

- At least 69% of all teens participate in sports regularly.
- Females report higher participation in clubs, organizations, and community service, while males report higher sports participation.
- From 2023 to 2025, participation increased in sports and faith-based programs but slightly decreased in clubs, organizations, community service, and part-time jobs.

Knowledge of Resources

- 36% of 7th-8th graders and 20% of 9th-12th graders do not know where to get help for mental health issues.
- Overall, knowledge of mental health resources has increased since 2023, though rates among 7th-8th graders have declined by one percentage point.

Trusted Adults & Friends

- 86% of 7th-12th graders report having a trusted adult, with higher rates among 9th-12th graders and males.
- Rates increased from 83% in 2023 to 86% in 2025.
- The top three trusted adult categories remain the same: family friend/parent of a friend, grandparent/other family member, and teacher.
- Trust in therapists and school support staff declined slightly from 2023.

Self-Image

- Most teens report feeling in control of their life and future, valued and appreciated, developing a sense of purpose, and capable of handling frustration or disappointment.
- Males report slightly higher rates in all four areas, with an overall increase since 2023.

Connectedness

- Connectedness to adults and peers in school and the community has increased since 2023.
- Males report higher rates of connectedness.
- Connectedness to adults in school is the lowest, and rates among 7th-8th graders declined from 24% to 22.5% in 2025.

Sleep

- 40% of 7th-8th graders and 61% of 9th-12th graders get less than 8 hours of sleep on school nights.
- 29% of 9th-12th graders and 17% of 7th-8th graders get less than 6 hours.

Effects of Teen Substance Use

- Over 82% of all youth report understanding the effects of nicotine, marijuana, and alcohol on the teenage brain.
- Slight decreases in awareness of the effects of marijuana and nicotine since 2023.

Family Domain

Rules

- Parents have fewer rules for time spent gaming and social media use compared to gambling and online communication.
- All parental rule-setting rates increased from 2023 to 2025.
- 93% of youth report having parent rules for marijuana, cigarettes, prescription drugs, and nicotine use.
- Alcohol has the lowest parental rule rate at 80%, though all rates have increased since 2023.

Attitudes Around Substance Use

- 26% of 9th-12th graders believe their parents think underage drinking is acceptable, a slight decrease since 2023.

Behaviors Around Substance Use

- 47% of 7th-12th graders report that their parents do not take steps to prevent access to alcohol at home, an increase from 2023.
- 42% report that their parents do not take steps to prevent youth drinking in the home, also an increase.

Support

- High levels of family support, including acceptance, monitoring, love, and communication, have been reported, with an increase from 2023.

School & Community Domain

School and Community Supports

- 89% of 7th-12th graders feel safe at school, an increase from 2023.
- 83% report that teachers care about them, and 84% feel that students at their school care about them.
- 94% feel safe in the community, an increase from 2023.
- 80% of youth feel valued by adults in Greenwich, with improved rates since 2023.

Technology

Smartphones (New Section in 2025)

Perceptions of Amount of Time on Phones

- 42% of 7th-8th graders and 59% of 9th-12th graders believe they spend too much time on their phones, with higher rates among females.

Consequences of Smartphone Use

- 24% of 7th-8th graders and 40% of 9th-12th graders report that they have reduced sleep due to phone use.
- 26% of 7th-8th graders and 40% of 9th-12th graders say phone use has interfered with schoolwork.
- More teens report positive (23%) than negative (9%) impacts of phone use on their mental health.
- 21% say phones at school reduce socializing with peers, staff, and teachers.

Limiting Smartphone Use

- 74% have tried to reduce phone use, with higher rates among females.
- 66% feel more productive when they limit phone use, also higher among females.

Social Media

Social Media Use

- 38% of 7th-8th graders and 47% of 9th-12th graders spend 3+ hours per school day on social media.

Consequences of Social Media

- 59% feel more connected to others, and 46% feel better about themselves due to social media.
- 34% saw inappropriate content, and 29% felt excluded or worse about themselves.
- Females report significantly higher rates in all categories.
- Some teens who experience positive effects also report negative outcomes.

Gaming

Gaming Use

- 9% of 7th-8th graders and 6% of 9th-12th graders spend 3+ hours per school day gaming.

Consequences of Gaming

- 36% feel more connected with others, and 27% gained credibility among peers.
- 24% reported insufficient sleep due to gaming, and 20% did not complete homework.
- Males report significantly higher rates for both positive and negative gaming effects.

Risk Factors

Risky Behaviors

Bullying

- 18% of 7th-8th graders and 12% of 9th-12th graders report bullying on school property; rates are slightly higher among females.
- 13% of 7th-8th graders and 10% of 9th-12th graders report electronic bullying; rates are higher among females.
- 11% of males and 8% of females report ever bullying anyone.

Stealing

- 12% of all teens reported stealing in the past year; rates have decreased from 2023.

Gambling

- 20% of all teens report gambling in the past year (including scratch-off tickets, online bets, sports betting, fantasy sports, poker, etc.); gambling rates are higher among middle schoolers.
- Gambling behavior increased from 2023 to 2025.

Mental Health Indicators

Causes of Stress, Anxiety, and Worry

- 42% of 7th-8th graders and 52% of 9th-12th graders experience significant stress due to academics (the highest reported stressor).
- Other major stressors include future expectations, college/post-high school planning, and sports achievement.
- Females reported significantly higher stress levels in all categories.
- Stress levels decreased from 2023 to 2025 in all categories except for sports achievement which had a small increase.

Recent Anxiety, Depression & Loneliness (Past 30 Days)

- 60% of teens report frequent anxiety; 35% report frequent depression, and 30% report frequent loneliness.
- Anxiety and loneliness rates are higher among 7th-8th graders.
- Females report rates 2 to 3 times higher than males for all three measures.
- Overall rates of anxiety, depression, and loneliness have decreased compared to 2021 and 2023.

Partner Violence and Irregular Eating

- 4% of all teens report partner violence; rates have decreased from 2023.
- 20% of all teens report engaging in irregular eating behaviors. Females report rates three times higher than males; rates have decreased from 2023.

Past Year Anxiety & Depression

- 17% of all teens report persistent sadness and hopelessness in the past year. Rates are 22% for females and 12% for males. Rates have decreased since 2023.
- 21% of all teens report persistent anxiety in the past year. Rates are 29% for females and 14% for males. Rates have decreased since 2023.

Substance Misuse

Substance Use Rates

- Reported use of marijuana, cigarettes, nicotine, and prescription drugs in the past 30 days remains low.

Alcohol Use

- Alcohol remains the most used substance among teens, with reported use ranging from 2% among 7th graders to 40% among 12th graders.
- Youth who report experiencing depression, anxiety, or irregular eating patterns are more likely to use alcohol than their peers.
- Among youth who consume alcohol, the most common sources are friends and parents who provide it with permission.
- The most frequently reported drinking locations include parties, friends' homes, and their own homes with a parent present.
- Alcohol is perceived as the easiest substance to access, with 52% of 7th-8th graders and 57% of 9th-12th graders stating they could obtain it easily. However, overall perceptions of ease of access for all substances have declined since 2023.

Top Factors Influencing Youth to Drink

- Youth identified the top three influences on their decision to drink as (i) friends (68%), (ii) to have fun (59%) - this reason becomes more common as grade level increases, (iii) curiosity (56%). additionally, 1 in 4 youth reported drinking to reduce stress.

Risky Behaviors Related to Substance Use

- Among 11th and 12th graders, 1 in 3 report binge drinking in the past year, 10% have ridden with a driver under the influence in the past year, and 13% were drunk or high at school or a school event
- Reports of impaired driving remain low with 4% of 11th and 12th graders reporting drinking and driving in the past year and 3% reporting driving after using marijuana in the past year.

Consequences of Alcohol and Marijuana Use

- Among 11th and 12th graders in the past year, 36% had to care for a friend who was too drunk, 24% experienced a hangover, 13% blacked out from drinking, and 4% "greened out" (experienced a severe reaction) after dabbing.

Introduction

The Greenwich Youth Survey, conducted in February and March 2025, collected data from youth in Greenwich, Connecticut. The survey aims to provide insights into youth behaviors, experiences, and perceptions to inform the strategic planning of Greenwich Together and other organizations supporting youth well-being in the community. The survey was conducted among youth enrolled in both private and public schools in Greenwich to ensure a representative sample and reliable data. 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 survey serves three primary objectives: (1) assessing youth perceptions and experiences regarding substance use, mental health, and social behaviors; (2) monitoring trends in risk and protective factors over time; and (3) amplifying youth voices to guide community initiatives and policies.

Survey Background

The 2025 survey builds upon the 2023 iteration that integrated validated items from established national and state surveys, with questions and responses in the survey are taken verbatim from the following:

- 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

The Greenwich Youth Survey was established with the support of many professionals in the field of survey development, program evaluation, prevention, and mental health.

Key protective factors explored include youth commitments, knowledge of resources, trusted relationships, self-image, connectedness, sleep, family norms, and support from family, schools, and the community. The report also examines the role of technology, including smartphone use, social media, and gaming. Risk factors covered include bullying, mental health concerns, sources of stress, and engagement in risky behaviors. A significant focus is on substance use trends, including core measures from 2018 to 2025, perceptions of parental and peer disapproval, perceived harm, and access to substances. Detailed data on alcohol, marijuana, nicotine, and prescription drug use include age of onset, sources, locations of use, and related consequences, such as impaired driving. The report also highlights factors influencing youth decisions about drinking and other substance use, providing insights into both prevention opportunities and areas of concern for youth well-being.

How the Survey was Conducted

To ensure a representative sample, the survey was carried out in February and March 2025 to students in grades 7 to 12 at Brunswick School, Central Middle School, Eastern Middle School, Greenwich Academy, Greenwich Country Day, Greenwich High School, and Western Middle School using an online format via SurveyMonkey. Parents and guardians received notification emails about the survey's purpose and were given the option to opt their children out through a passive consent process.

Participants were directed to access a SurveyMonkey link and an instructional video that included an overview of the survey, the assurance of anonymity, and information about their option to decline participation. To maintain confidentiality, no names or identification numbers were collected. Additionally, students could skip any question they were uncomfortable answering, except for the grade-level prompt.

Final Dataset

To create the final dataset a careful review was made of individual survey responses; 212 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 3197 surveys for grades 7-12.

Sample Response Rates

Response rates by grade level are listed in the table below. Overall, there was 58% response rate for participants in grade 7 to 12.

Table 1. Response Rates

Grade(s)	Sample Count	Population Count	Response Rate (%)
Grade 7	796	837	95%
Grade 8	795	853	93%
Grade 9	655	994	66%
Grade 10	455	933	49%
Grade 11	390	985	40%
Grade 12	106	953	11%
Grades 7-8	1591	1690	94%
Grades 9-12	1606	3865	42%
Grades 7-12	3197	5555	58%

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. The confidence interval for this survey was calculated at + or - 1.1. This means if we ran the survey many times, 95% of the time, the true result would fall within ± 1.1 of the estimate. For example, if our survey result is 30%, the true number is likely between 28.9% and 31.1%. Since 1.1 is small, the survey is fairly robust.

Table 2. Confidence Intervals

	Confidence Level	Confidence Interval
Grades 7-8	95%	.6
Grades 9-12	95%	1.9
Grades 7-12	95%	1.1

Disclaimer

This survey is provided for informational purposes and may contain inadvertent errors, such as typographical or formatting issues. We strive for accuracy but recognize that occasional mistakes may occur. If you encounter any unclear questions or errors, please feel free to reach out for clarification.

Demographics

In 2025, the survey sample consisted of a total of 3197 students. The number of youth and survey tools used in past years are included in this table below.

Table 3. Number of Participants

Participants	2018 ¹	2021 ²	2023	2025
7 – 12 grade	3798 (DAP) 3905 (Addendum)	2856	4041	3197

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

²2021: Modified Developmental Asset Profile + GT Youth Survey

Table 4. Gender

Gender	#	%
Female	1495	47.4
Male	1598	50.7
Non-binary	14	.4
Transgender female	5	.2
Transgender male	10	.3
I am not sure right now	32	1.0

Table 5. Race and Ethnicity

Race	#	%
American Indian or Alaskan Native	35	1.2
Asian or Asian American	304	10.1
Black or African American	135	4.5
Middle Eastern or North African	47	1.6
Native Hawaiian or Other Pacific Islander	8	.3
Multiracial (more than 1 race)	435	14.5
White	2036	67.9
Ethnicity	#	%
Hispanic	636	20.3

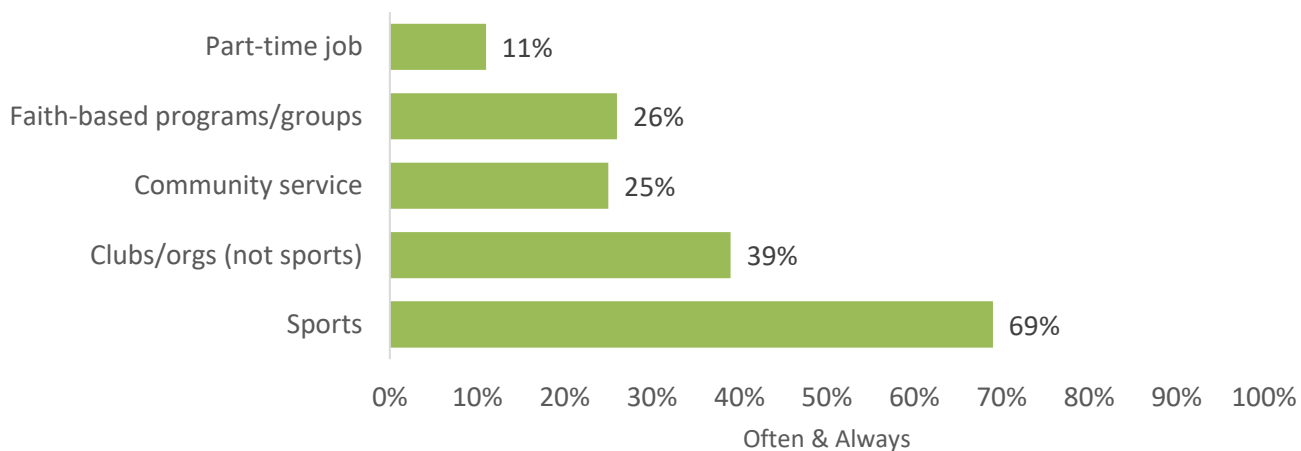
Protective Factors

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

Individual Domain

Youth Commitments

69% of teens report spending time playing on or helping with sports/teams, 39% in clubs or organizations, 26% in faith-based programs or groups, and 25% in community service or volunteering.



The percentage of teens who **never** participate in the following:

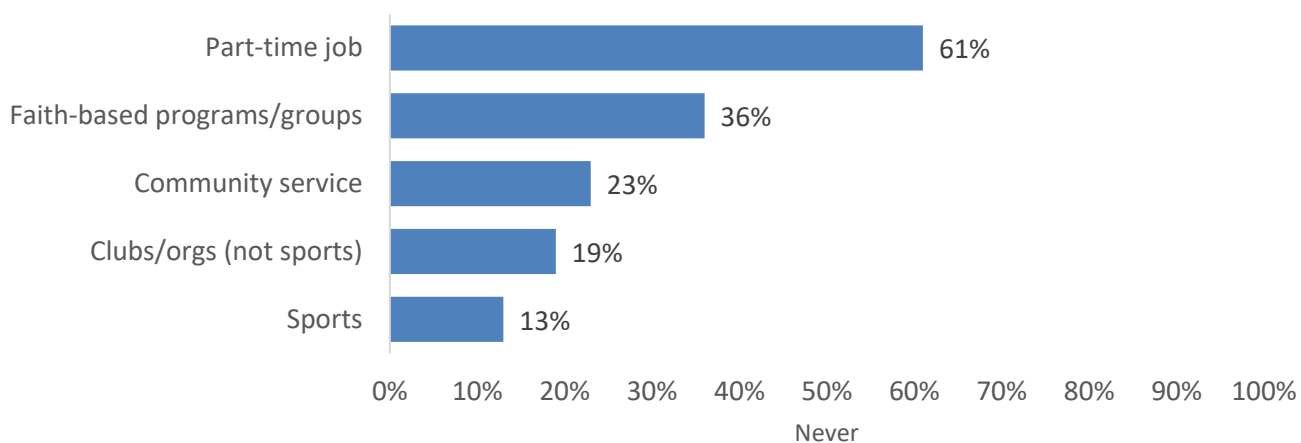


Table 6. Youth Commitments

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	13.3	7.6	12.1	21.0	46.0
	9-12	11.7	5.9	11.9	24.6	46.0
	7-12	12.5	6.7	12.0	22.8	46.0
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	25.5	21.6	21.0	15.7	16.2
	9-12	12.2	15.6	25.5	24.6	22.1
	7-12	18.8	18.6	23.3	20.2	19.2
Programs or groups at a church, synagogue, mosque, or other faith-based place	7-8	32.9	19.9	19.3	15.2	12.7
	9-12	38.1	20.7	17.4	12.3	11.5
	7-12	35.5	20.3	18.3	13.8	12.1
Community service or volunteering	7-8	34.0	26.5	24.4	10.9	4.1
	9-12	12.8	19.4	32.3	23.3	12.1
	7-12	23.3	23.0	28.4	17.2	8.2
Part-time job	7-8	72.6	11.9	10.0	4.1	1.5
	9-12	48.8	17.0	17.5	10.1	6.7
	7-12	60.6	14.5	13.8	7.1	4.1

Table 6a. High School Youth Commitments (Often/Always) by Gender

In the past year, how much have you been involved with the following... (Often & Always)	9-12 %	Female %	Male %
Playing on or helping with sports teams at school or in the community	70.6	69.2	73.4
In clubs or organizations (both in and out of school) other than sports teams	46.7	49.6	43.2
Programs or groups at a church, synagogue, mosque, or other faith-based place	23.8	23.2	24.2
Community service or volunteering	35.5	43.8	27.8
Part-time job	16.7	16.0	17.0

Table 6b. High School Youth Commitments (Never/Rarely) by Gender

In the past year, how much have you been involved with the following... (Never & Rarely)	9-12 %	Female %	Male %
Playing on or helping with sports teams at school or in the community	17.5	18.9	14.9
In clubs or organizations (both in and out of school) other than sports teams	27.9	23.9	31.9
Programs or groups at a church, synagogue, mosque, or other faith-based place	58.9	60.4	57.4
Community service or volunteering	32.2	24.8	38.9
Part-time job	65.8	65.7	66.2

Table 6c. Commitments, 2023 to 2025

In the past year, how much have you been involved with the following...(Often and Always)	Grade	2023 %	2025 %
Playing on or helping with sports teams at school or in the community	7-8	64	67.0
	9-12	65	70.6
	7-12	64	68.8
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	34	31.9
	9-12	43	46.7
	7-12	40	39.3
Programs or groups at a church, synagogue, mosque, or other faith-based place	7-8	23	27.9
	9-12	18	23.8
	7-12	20	25.8
Community service or volunteering	7-8	14	15.0
	9-12	33	35.5
	7-12	26	25.4
Part-time job	7-8	6	5.5
	9-12	18	16.7
	7-12	13	11.2

Knowledge of Resources

36% of middle schoolers and 20% of high schoolers do not know or are unsure where to get help for **mental health issues**.

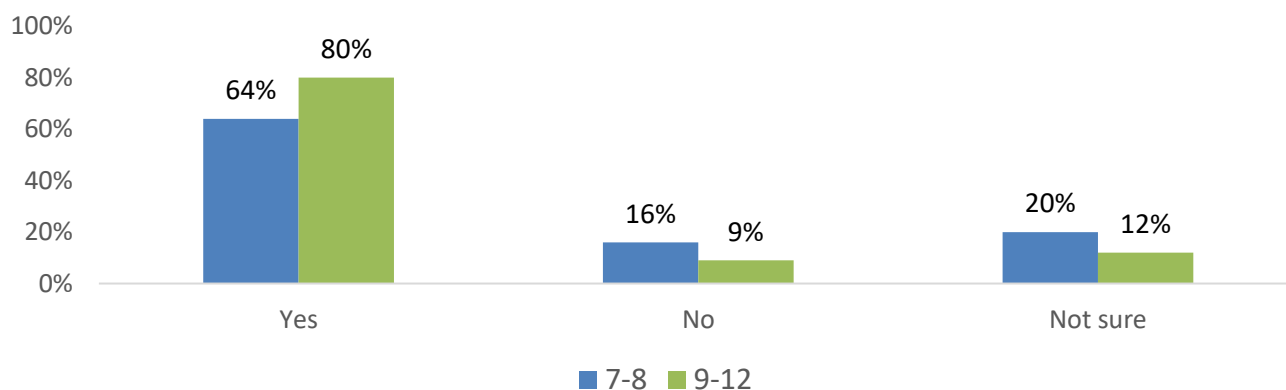


Table 7. Knowledge of Mental Health and Substance Use Resources

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	64.1	15.5	20.4
	9-12	79.9	8.5	11.5
	7-12	72.1	12.0	15.9
you are concerned for yourself, a friend or family member around substance misuse?	7-8	48.6	33.7	17.8
	9-12	67.2	20.2	12.7
	7-12	58.0	26.8	15.2

Table 7a. Knowledge of Resources by Gender

Do you know where to go for help if: (Yes)	7-12 %	Female %	Male %
You, a friend or family member are struggling with a mental health issue?	72.1	76.0	69.0 ^A
you are concerned for yourself, a friend or family member around substance misuse?	58.0	60.8	55.3 ^A

^A Significant difference between female and male

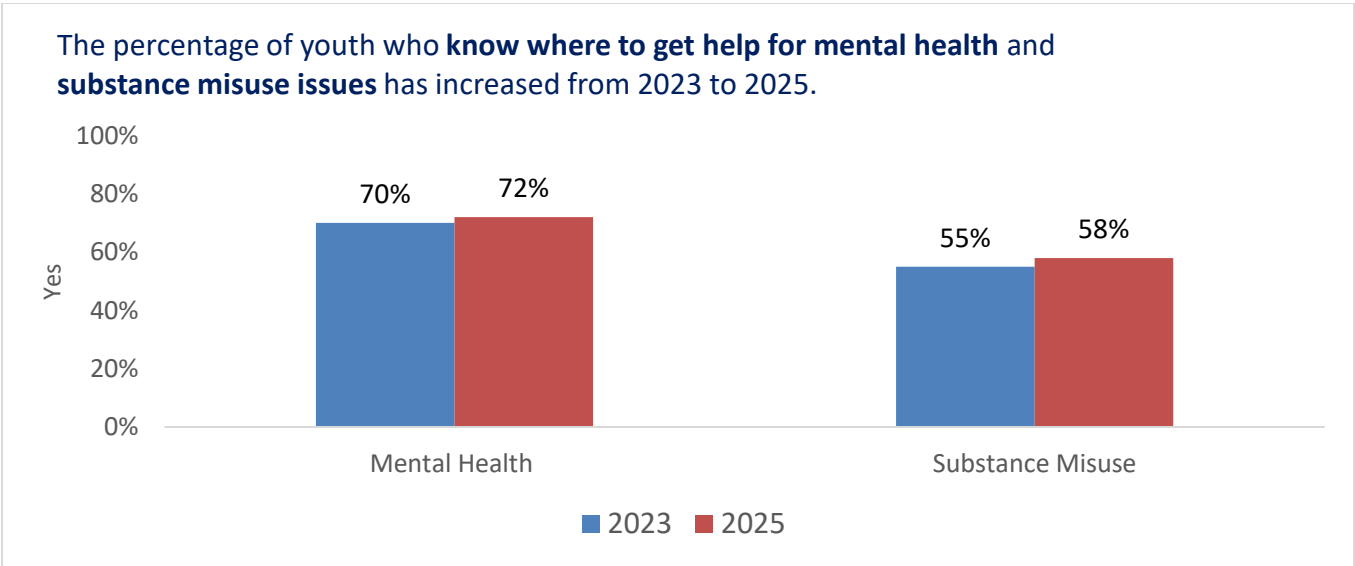


Table 7b. Knowledge of Resources, 2023 to 2025

Do you know where to go for help if: (Yes)	Grade	2023 %	2025 %
you, a friend or family member are struggling with a mental health issue?	7-8	65	64.1
	9-12	74	79.9
	7-12	70	72.1
you are concerned for yourself, a friend or family member around substance misuse?	7-8	48	48.6
	9-12	58	67.2
	7-12	55	58.0

Trusted Friend & Adult

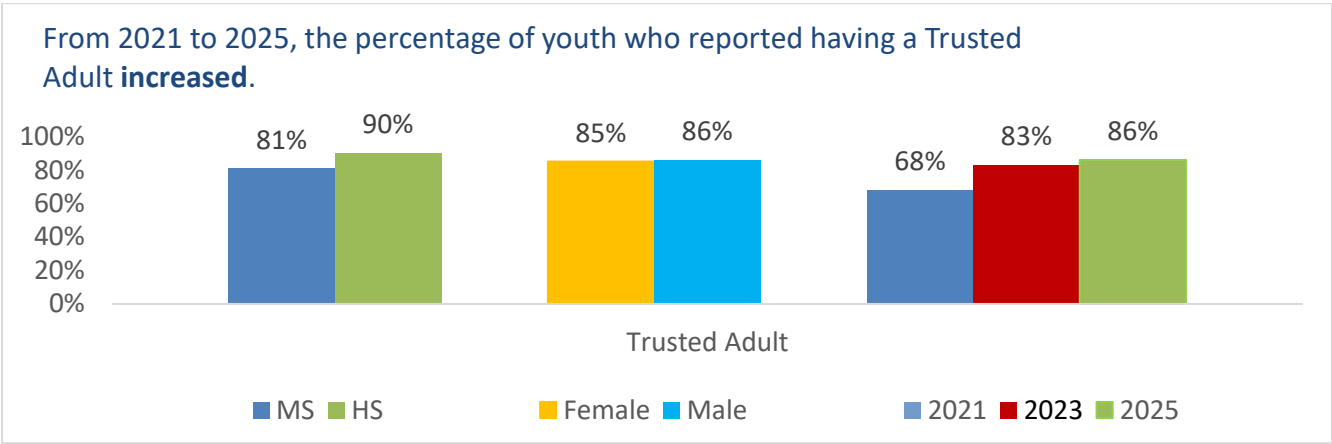
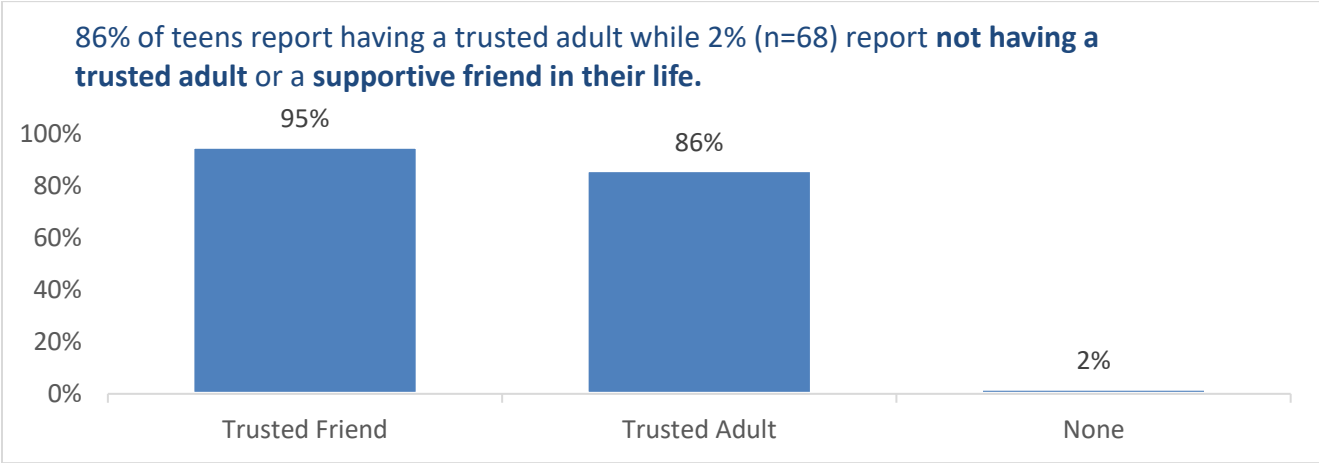


Table 8. Trusted Adult and Trusted Friend

	Grade	Yes %	No %
Do you have a friend that supports you and looks out for your best interests?	7-8	93.9	6.1
	9-12	96.2	3.8
	7-12	95.0	5.0
Is there an ADULT (other than your parent or guardian) that you trust that you can talk to about important things?	7-8	80.7	19.3
	9-12	90.2	9.8
	7-12	85.5	14.6

Table 8a. Trusted Adult and Trusted Friend by Gender

(Yes)	7-12 %	Female %	Male %
Do you have a friend that supports you and looks out for your best interests?	95.0	96.3	94.1 ^A
Is there an ADULT (other than your parent or guardian) that you trust that you can talk to about important things?	85.5	84.8	86.2

Table 8b. Trusted Adult and Trusted Friend, 2021 to 2025

(Yes)	2021 %	2023 %	2025 %
Do you have a friend that supports you and looks out for your best interests?	**	93	95.0
Is there an ADULT (other than your parent or guardian) that you trust that you can talk to about important things?	68	83	85.5

Among the 86% 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 (76%), a grandparent/other family member (63%), or a teacher (55%).

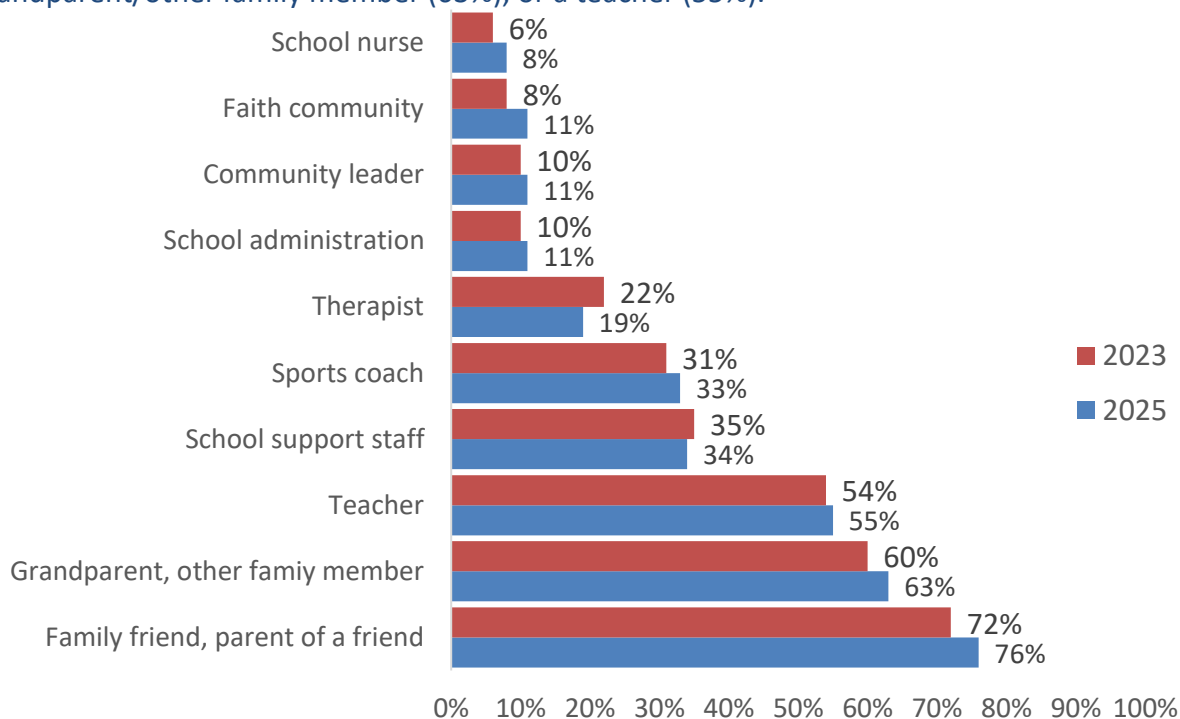


Table 9. Trusted Adults, 2023 and 2025

Who are those people?	2023 %	2025 %
Teacher (current or past)	54	54.6
School support staff (e.g. Counselor, Social Worker, Psychiatrist)	35	33.8
School administrator	10	11.4
School nurse	6	7.9
Sports coach	31	32.9
Community leader (club, scouts, youth group, volunteer organization, internship or job supervisor)	10	11.2
Therapist	22	18.9
Leader from my faith community	8	10.9
Grandparent/Other family member (Aunt, Uncle, older sibling or cousin)	60	63.2
Family friend, parent of a friend, neighbor	72	75.6

Self-Image

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

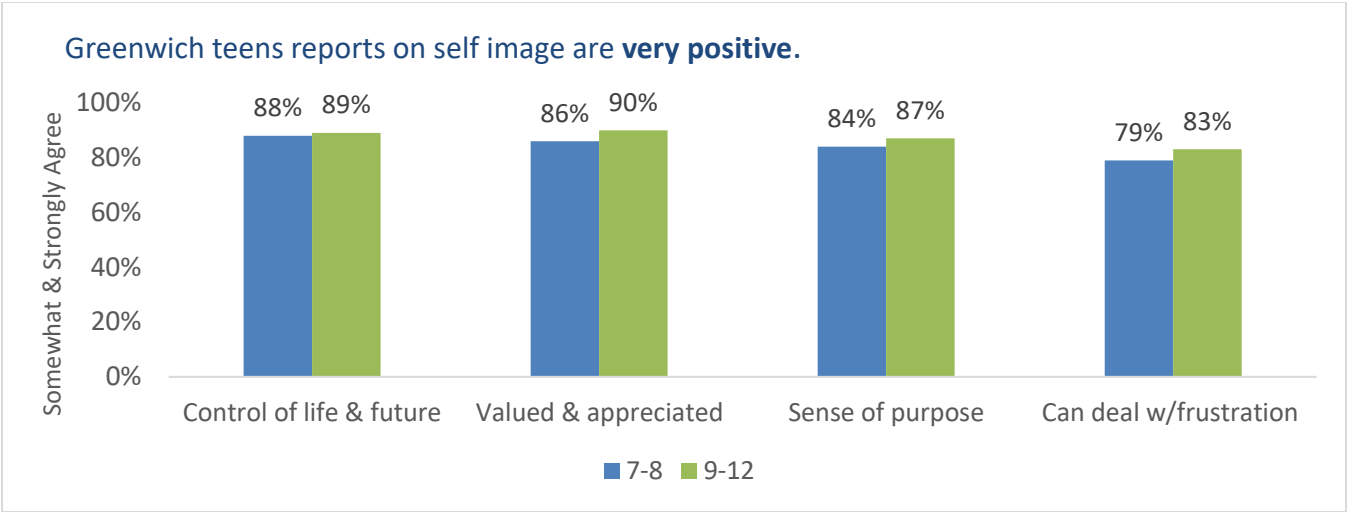


Table 10. Self-Image

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	3.4	9.1	43.7	43.8
	9-12	2.9	8.5	48.9	39.7
	7-12	3.2	8.8	46.3	42.7
I feel valued and appreciated by others	7-8	3.0	10.8	42.9	43.3
	9-12	2.1	7.9	43.9	46.0
	7-12	2.6	9.4	43.4	44.6
I am developing a sense of purpose in my life	7-8	4.0	12.2	41.3	42.6
	9-12	3.0	9.9	42.7	44.4
	7-12	3.5	11.1	42.0	43.5
I have the ability to deal with frustration or disappointment	7-8	6.5	14.3	43.1	36.1
	9-12	3.2	9.8	43.4	43.6
	7-12	4.8	12.0	43.2	39.9

Females report **lower** rates on all self-image questions. Reports have improved since 2023.

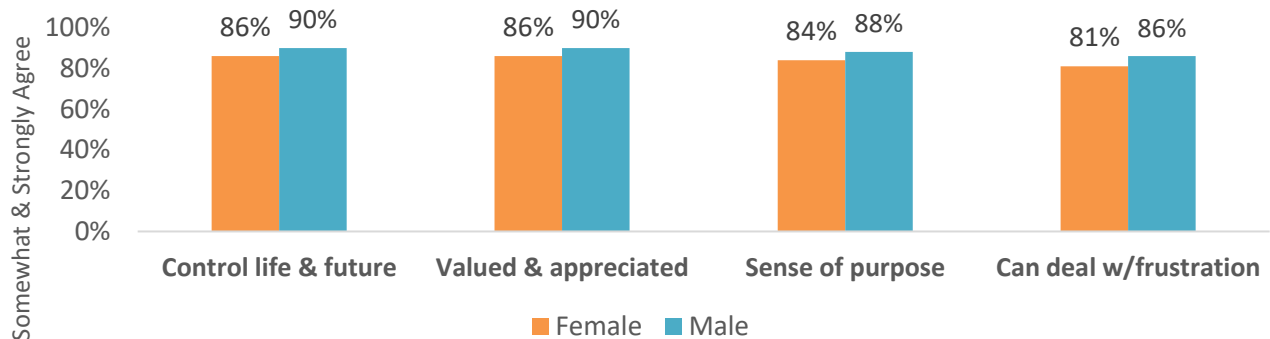


Table 10a. Self-Image by Gender

Please choose the response that best describes how you feel. (Somewhat Agree & Strongly Agree)	7-12 %	Female %	Male %
I feel in control of my life and future	88.0	86.1	90.0 ^A
I feel valued and appreciated by others	88.0	86.1	90.3 ^A
I am developing a sense of purpose in my life	85.5	83.5	87.6 ^A
I have the ability to deal with frustration or disappointment	83.1	80.5	85.6 ^A

^A Significant difference between female and male

Table 10b. Self-Image, 2023 to 2025

Please choose the response that best describes how you feel: (Strongly Agree)	2023 %	2025 %
I feel in control of my life and future	36	41.7
I feel valued and appreciated by others	37	44.6
I am developing a sense of purpose in my life	37	43.5
I have the ability to deal with frustration or disappointment	32	39.9

Connectedness

Close to 6 out of 10 Greenwich youth report they are **very or extremely connected to youth in school**. 1 in 2 report strong connections to **adults outside of school**. Connectedness to **adults in school** and the **community** are lowest.

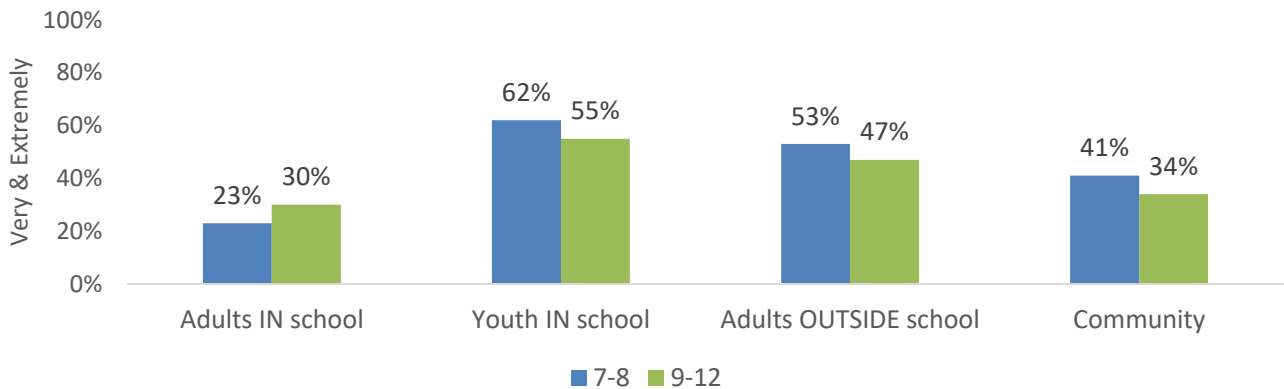


Table 11. Connectedness

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	12.3	25.6	39.7	16.6	5.9
	9-12	10.1	21.6	38.2	20.1	9.5
	7-12	11.2	23.6	39.0	18.6	7.6
The youth IN your school.	7-8	6.5	8.5	23.5	40.8	20.8
	9-12	6.5	9.7	28.3	35.7	19.7
	7-12	6.5	9.1	25.9	38.1	20.3
The adults OUTSIDE of school.	7-8	8.6	13.4	24.7	28.9	24.3
	9-12	10.3	13.1	29.7	29.2	17.7
	7-12	9.5	13.2	27.2	29.1	21.1
The community where you live.	7-8	10.9	19.0	29.2	26.6	14.4
	9-12	11.3	20.7	33.7	21.5	12.8
	7-12	11.1	19.8	31.4	24.1	13.6

Table 11a. Connectedness by Gender

Please choose the response that best describes how connected you feel to the following: (Very and Extremely Connected)	7-12 %	Female %	Male %
The adults IN your school.	26.2	23.3	29.0 ^A
The youth IN your school.	58.6	56.5	61.3 ^A
The adults OUTSIDE of school.	50.1	50.9	50.0
The community where you live.	37.7	35.5	40.3 ^A

^A Significant difference between female and male

The percentage of Greenwich teens reporting high levels of **connectedness** to adults, youth and the community have **increased** since 2023.

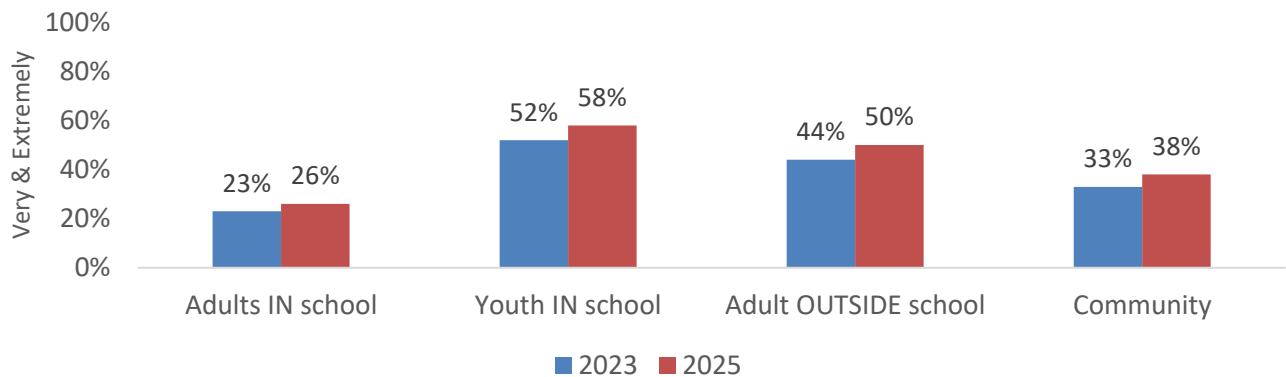


Table 11b. Connectedness, 2023 to 2025

Please choose the response that best describes how connected you feel to the following: (Very and Extremely Connected)	Grade	2023 %	2025 %
The adults IN your school.	7-8	24	22.5
	9-12	23	29.6
	7-12	23	26.2
The youth IN your school.	7-8	57	61.6
	9-12	49	55.4
	7-12	52	58.4
The adults OUTSIDE of school.	7-8	49	53.2
	9-12	42	46.9
	7-12	44	50.2
The community where you live.	7-8	36	41.0
	9-12	30	34.3
	7-12	33	37.7

Sleep

The CDC recommends teens get 8 to 10 hours of sleep a night. In Greenwich, 4 in 10 middle schoolers and 6 in 10 high schoolers get less than 8 hours per night.

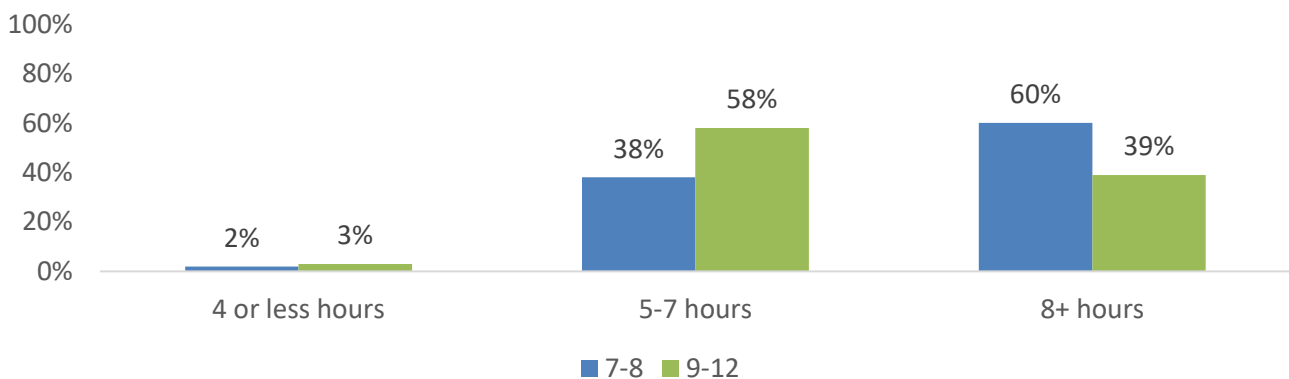


Table 12. Sleep, 2023 to 2025

On a typical school night (Sunday – Thursday) how many hours do you usually sleep?	Grade	2023 %	2025 %
4 hours or less	7-8	4	2.1
	9-12	4	2.8
	7-12	4	2.5
5 hours	7-8	5	4.0
	9-12	7	7.2
	7-12	6	5.6
6 hours	7-8	11	11.2
	9-12	21	19.0
	7-12	17	15.0
7 hours	7-8	24	23.0
	9-12	33	32.1
	7-12	30	27.4
8 hours	7-8	34	35.3
	9-12	25	28.6
	7-12	29	32.1
9 hours	7-8	16	19.1
	9-12	7	8.1
	7-12	11	13.7
10 or more hours	7-8	5	5.3
	9-12	2	2.1
	7-12	3	3.7

Understanding Effects of Adolescent Substance Use

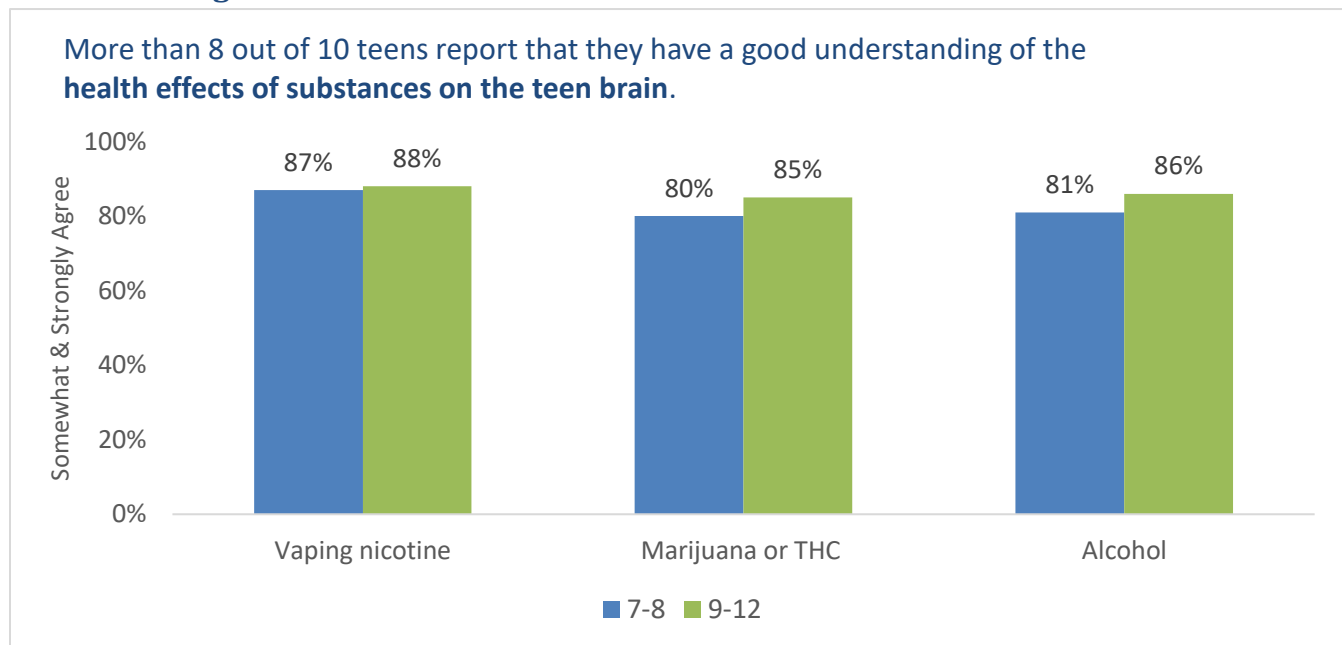


Table 13. Understanding Effects of Adolescent Substance Use

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	15.5	12.1	33.8	38.7
	9-12	12.7	12.0	31.5	43.8
	7-12	14.1	12.1	32.7	4.2
the health effects that vaping nicotine has on the teenage brain.	7-8	9.7	3.7	24.5	62.1
	9-12	8.1	4.2	27.7	60.0
	7-12	8.9	4.0	26.1	61.1
the effects that using marijuana or THC products has on the teenage brain.	7-8	12.3	7.9	24.9	55.0
	9-12	8.5	6.4	29.7	55.4
	7-12	10.4	7.2	27.3	55.2
the effects that drinking alcohol has on the teenage brain.	7-8	11.0	7.9	27.5	53.7
	9-12	8.2	5.7	29.8	56.4
	7-12	9.6	6.8	28.6	55.0

Table 13a. Understanding Effects of Adolescent Substance Use, 2023 to 2025

I have a good understanding of: (Somewhat and Strongly Agree)	2023 %	2025 %
the contents of the E-liquid found in most vaping devices (JUUL, Blu, Puff Bar).	73	73.8
the health effects that vaping nicotine has on teens.	87	87.2
the effects that using marijuana or THC products has on teenage brain.	83	82.4
the effects that drinking alcohol has on the teenage brain.	85	83.7

Family Norms

Rules

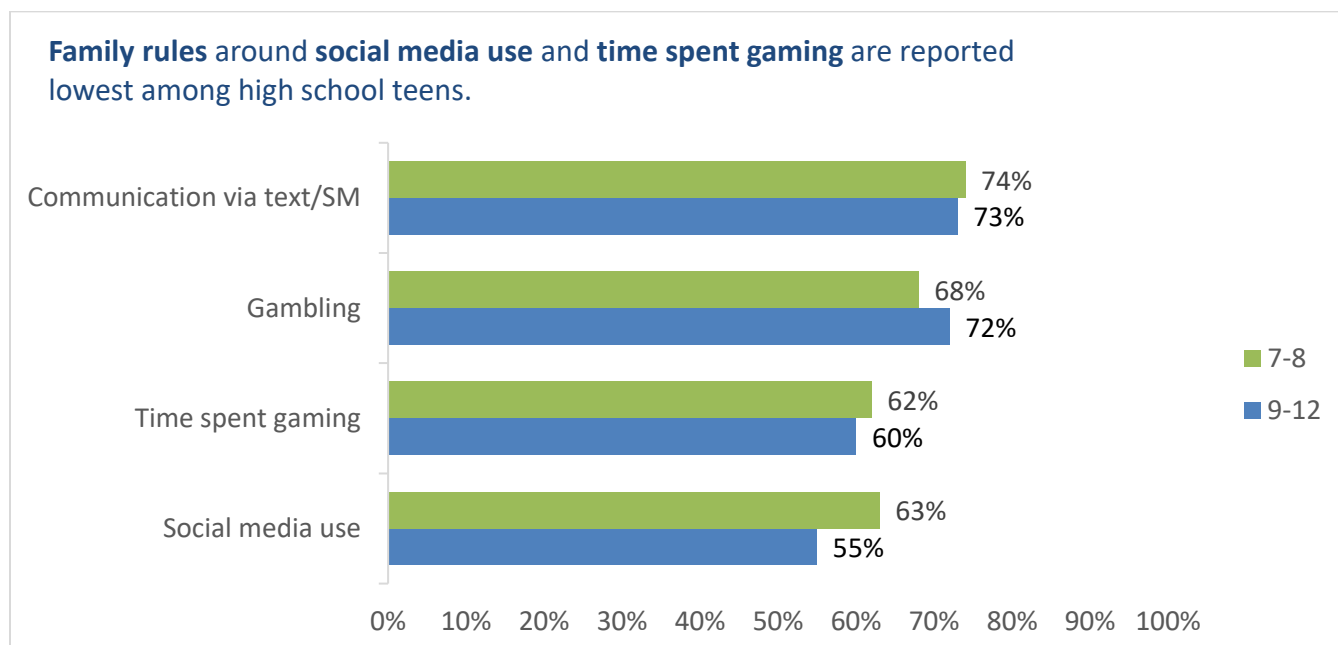


Table 14. Parent Rules

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	67.8	15.0	17.2
	9-12	71.5	14.6	14.0
	7-12	69.7	14.8	15.5
Communicating with others via text or on social media, including sending or posting inappropriate pictures.	7-8	74.3	16.1	9.5
	9-12	73.2	17.8	8.9
	7-12	73.8	17.0	9.2
The amount of time spent playing video games, electronic or online games.	7-8	61.7	24.2	14.0
	9-12	59.9	29.8	10.3
	7-12	60.8	27.1	12.1
Your social media use (amount of time, which Apps are allowed/not allowed)	7-8	63.4	25.2	11.4
	9-12	55.0	35.7	9.3
	7-12	59.2	30.5	10.3

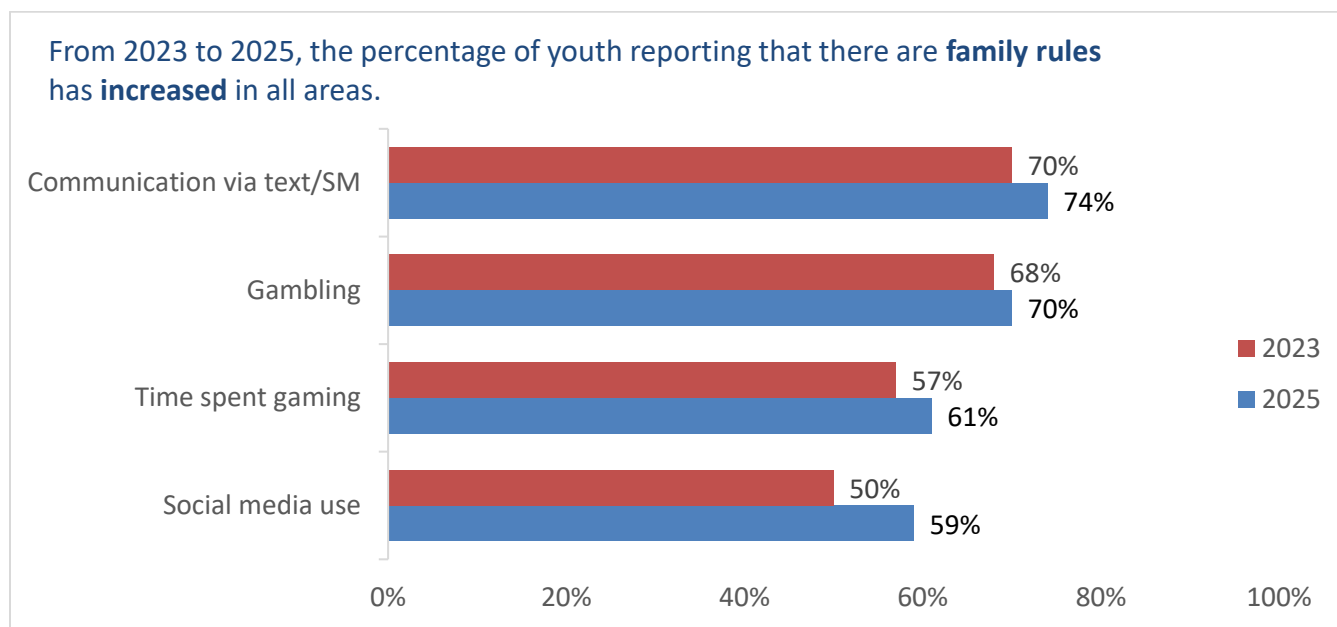


Table 14a. Parent Rules, 2023 to 2025

My parent/guardian has clear rules about the following: (Yes)	2023 %	2025 %
Gambling for money or possessions (e.g. sports betting, poker, lottery, scratch off tickets, online games).	68	69.7
Communicating with others via text or on social media, including sending or posting inappropriate pictures.	70	73.8
The amount of time spent playing video games, electronic or online games.	57	60.8
Your social media use (amount of time, which Apps are allowed/not allowed)	50	59.2

The majority of teens report that there are **family rules around substance use**. Rules around use of alcohol continues to be reported lowest, currently at 80%. Reported rates have increased from 2021 to 2025.

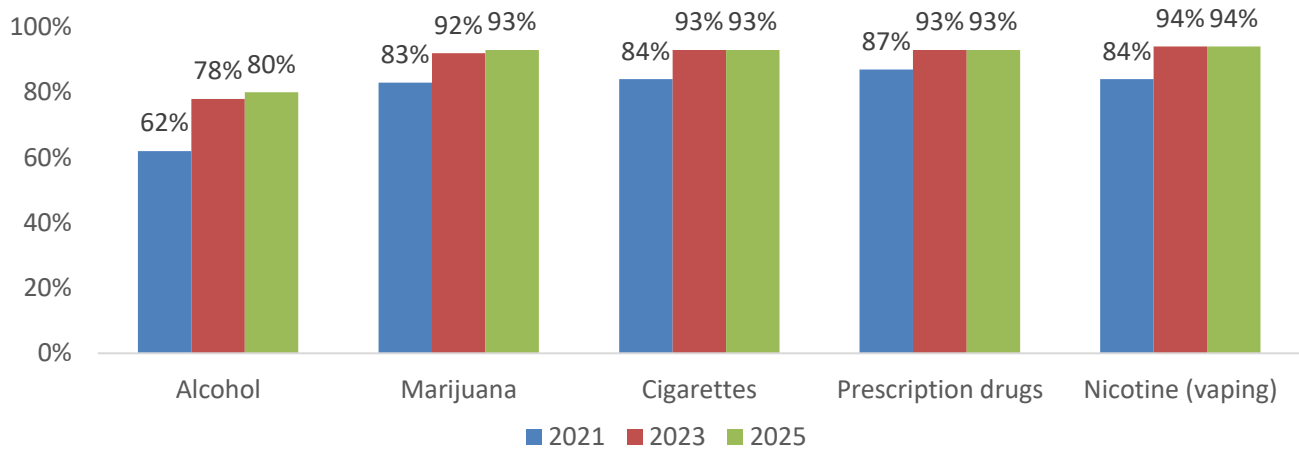


Table 15. Parent Rules Around Substance Use

My parent/guardian has clear rules discouraging me from:	Grade	Yes %	No %	Not Sure %
Drinking alcoholic beverages	7-8	83.2	8.4	8.4
	9-12	77.5	14.3	8.3
	7-12	80.3	11.4	8.3
Smoking cigarettes or using tobacco	7-8	92.5	4.7	2.8
	9-12	94.3	3.4	2.3
	7-12	93.4	4.1	2.6
Vaping nicotine (Juul, Blue, Puff Bar)	7-8	93.2	4.4	2.4
	9-12	95.0	2.8	2.2
	7-12	94.1	3.6	2.3
Using marijuana or THC products (including smoking, vaping, edibles)	7-8	92.7	4.4	2.9
	9-12	93.4	3.7	2.9
	7-12	93.1	4.0	2.9
Using a prescription drug that is not prescribed to you, for the purpose of 'getting high'	7-8	91.3	4.9	3.9
	9-12	95.4	2.5	2.1
	7-12	93.4	3.7	3.0

Table 15a. Parent Rules Around Substance Use, 2021 to 2025

My parent/guardian has clear rules discouraging me from: (Yes)	2021 %	2023 %	2025 %
Drinking alcoholic beverages	62	78	80.3
Smoking cigarettes or using tobacco	84	93	93.4
Vaping nicotine (Juul, Blue, Puff Bar)	84	94	94.1
Using marijuana or THC products (including smoking, vaping, edibles)	83	92	93.1
Using a prescription drug that is not prescribed to you, for the purpose of 'getting high'	87	93	93.4

Attitudes & Behaviors around Substance Use

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

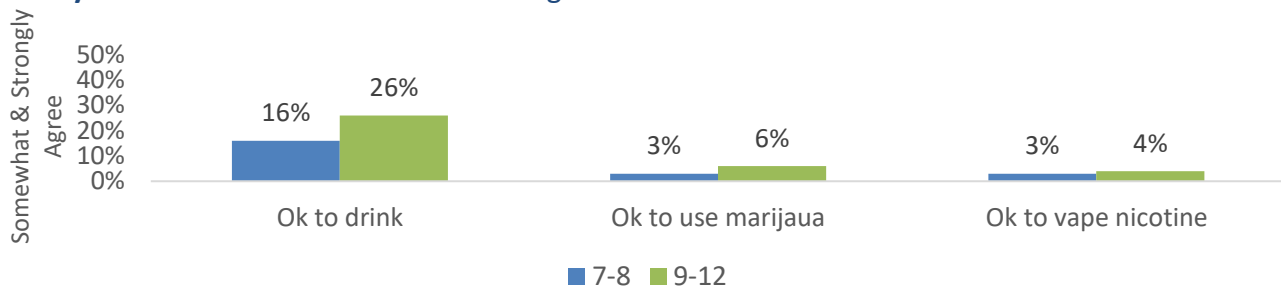


Table 16. Parent Attitudes Around Underage Substance Use

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	64.6	19.2	12.9	3.2
	9-12	49.6	24.7	20.8	4.9
	7-12	57.1	22.0	16.9	4.1
Think it is okay to use marijuana or THC products even if you are underage (younger than 21 years old).	7-8	94.0	3.0	.6	2.3
	9-12	88.5	5.9	3.1	2.5
	7-12	91.2	4.5	1.9	2.4
Think it is okay to vape nicotine even if you are underage (younger than 21 years old).	7-8	94.1	3.0	.4	2.5
	9-12	92.0	4.0	1.6	2.4
	7-12	93.1	3.5	1.0	2.5

Table 16a. Parent Attitudes Around Underage Substance Use, 2023 to 2025

My parent/guardian... (Somewhat and Strongly Disagree)	2023 %	2025 %
Think it is okay to drink alcohol even if you are underage (younger than 21 years old).	77	79.1
Think it is okay to use marijuana or THC products even if you are underage (younger than 21 years old).	95	95.7
Think it is okay to vape nicotine even if you are underage (younger than 21 years old).	97	96.6

Table 17. Parents Take Steps to Reduce Underage Drinking

My parent/guardian...	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
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	30.0	16.9	18.2	34.9
	9-12	29.1	18.2	20.7	32.1
	7-12	29.5	17.6	19.4	33.5
take steps to ensure that underage youth do not drink alcohol in our house.	7-8	30.4	11.7	13.3	44.6
	9-12	26.7	14.7	18.8	40.0
	7-12	28.5	13.2	16.1	43.2

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**. Rates have improved since 2023.

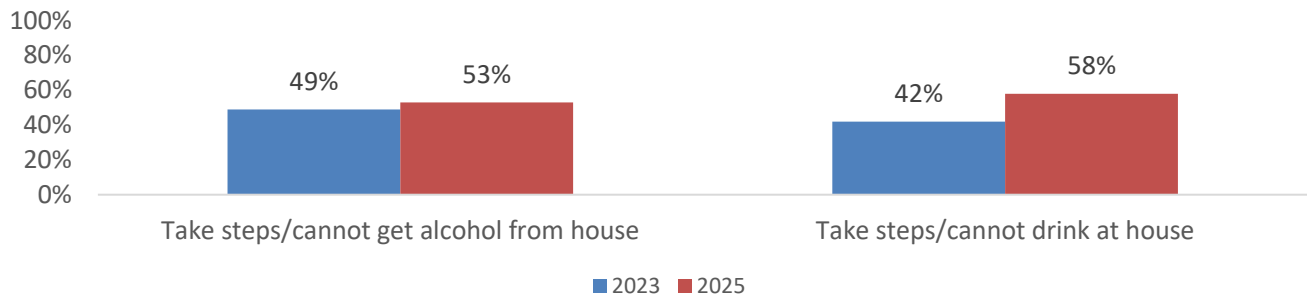


Table 17a. Parents Take Steps to Reduce Underage Drinking

My parent/guardian... (Somewhat and Strongly Agree)	2023 %	2025 %
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).	49	52.9
take steps to ensure that underage youth do not drink alcohol in our house.	42	58.3

Supports

Family Support

Greenwich teens report high levels of **parental support, love, acceptance, communication and monitoring**.

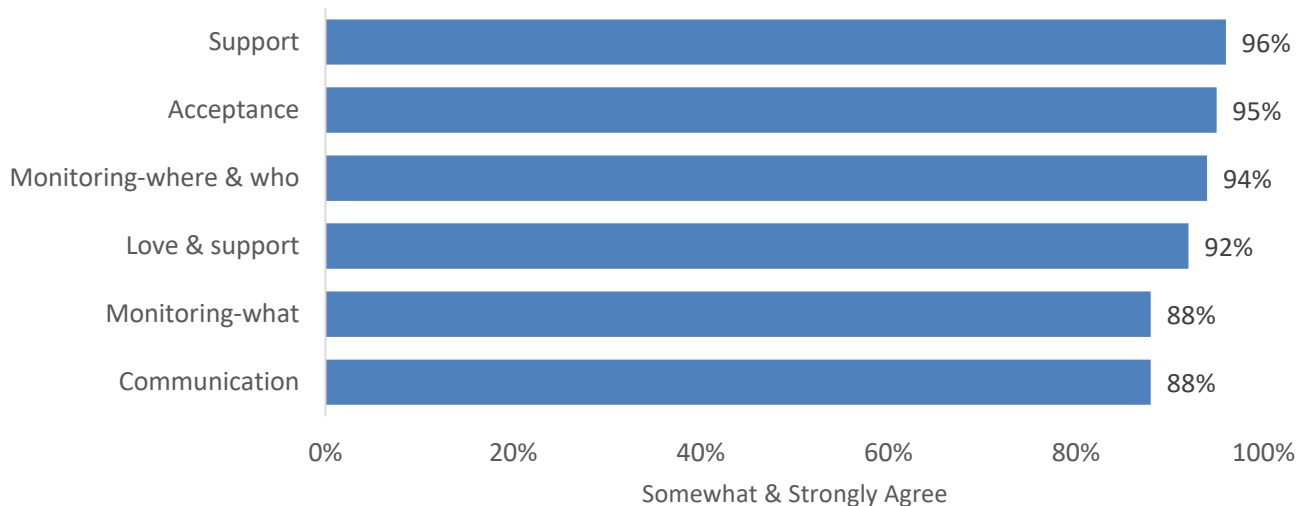


Table 18. Parents Support

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	4.1	8.1	28.0	59.8
	9-12	4.1	7.5	27.1	61.4
	7-12	4.1	7.8	27.5	60.6
Knows where I am and who I am with when I go out	7-8	2.7	3.2	19.8	74.3
	9-12	2.4	4.3	22.9	70.4
	7-12	2.6	3.8	21.3	72.4
Knows what I am doing when I go out	7-8	3.6	6.8	23.2	66.4
	9-12	3.3	9.5	25.5	61.8
	7-12	3.4	8.2	24.4	64.1
love and support me	7-8	2.5	1.7	11.2	84.6
	9-12	2.5	1.1	10.7	85.8
	7-12	2.5	1.4	10.9	85.2
Accept me for who I am	7-8	2.9	2.9	12.9	81.3
	9-12	2.4	1.8	13.8	82.1
	7-12	2.7	2.3	13.4	81.7
Will stand by me and support me, even if I don't live up to their expectations	7-8	3.8	6.5	17.1	72.6
	9-12	2.6	3.8	18.0	75.6
	7-12	3.2	5.2	17.6	74.1

Table 18a. Parents Support, 2023 to 2025

My parent/guardian... (Somewhat and Strongly Agree)	2023 %	2025 %
is good at talking with me about important or serious things	86	88.1
Knows where I am and who I am with when I go out	92	93.7
Knows what I am doing when I go out	87	88.4
love and support me	95	96.1
Accept me for who I am	93	95.0
Will stand by me and support me, even if I don't live up to their expectations	90	91.7

School Support

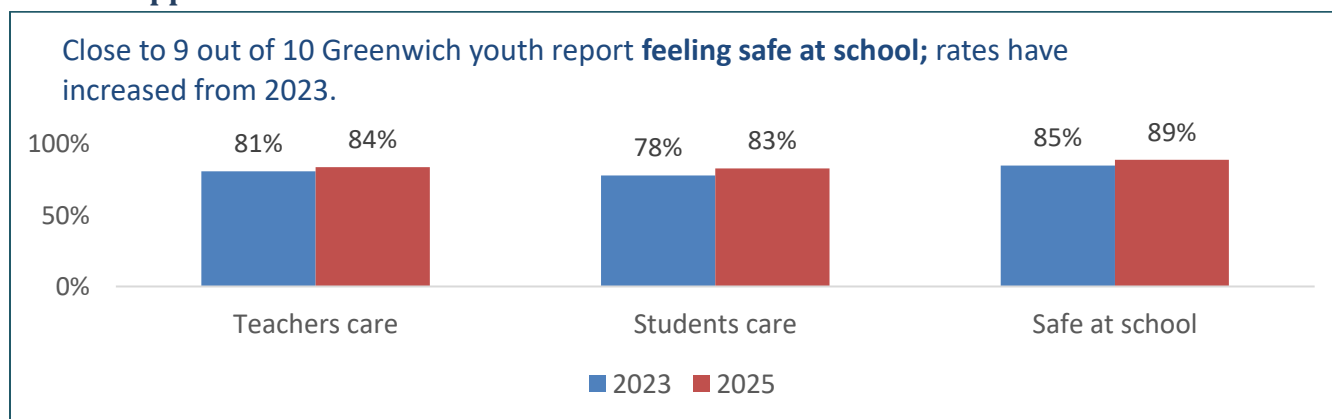


Table 19. Support and Safety at School

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	5.2	13.5	50.1	31.2
	9-12	3.4	9.7	52.2	34.7
	7-12	4.3	11.6	51.1	33.0
Students in my school care about me.	7-8	6.7	13.3	44.9	35.1
	9-12	2.9	12.1	45.2	39.8
	7-12	4.8	12.7	45.0	37.5
I feel safe at school.	7-8	5.0	9.9	34.3	50.9
	9-12	2.0	5.9	34.7	57.4
	7-12	3.5	7.9	34.5	54.1

Table 19a. Supports and Safety at School by Gender

Please choose the response that best describes how you feel. (Somewhat & Strongly Agree)	7-12 %	Female %	Male %
My teachers really care about me.	84.1	84.4	84.4
Students in my school care about me.	82.5	81.6	83.7 ^A
I feel safe at school.	88.6	87.7	90.0 ^A

^A Significant difference between female and male

Table 19b. Supports and Safety at School

Please choose the response that best describes how you feel. (Somewhat/Strongly Agree)	Grade	2023 %	2025 %
My teachers really care about me.	7-8	80	81.3
	9-12	83	86.9
	7-12	81	84.1
Students in my school care about me.	7-8	78	80.0
	9-12	79	85.0
	7-12	78	82.5
I feel safe at school.	7-8	85	85.2
	9-12	86	92.2
	7-12	85	88.6

Community Support

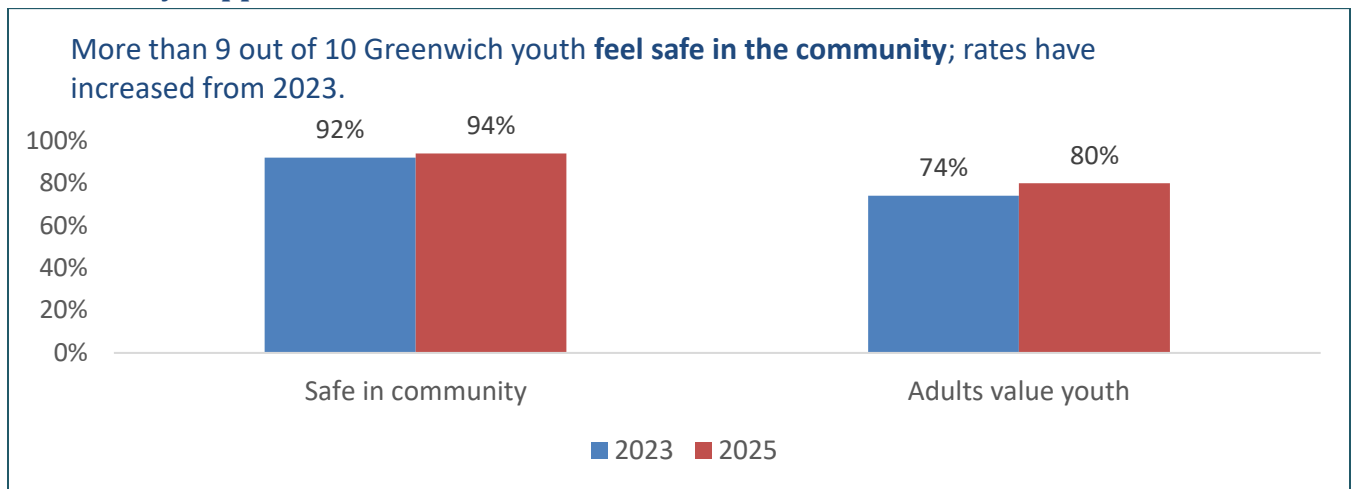


Table 20. Community Safety and Support

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	2.8	5.5	31.9	59.9
	9-12	1.6	2.9	33.4	62.1
	7-12	2.2	4.2	32.6	61.0
Adults in Greenwich value youth my age (e.g. adults listen to what we have to say, they make us feel important).	7-8	7.0	14.8	39.0	39.2
	9-12	4.6	13.6	42.3	39.5
	7-12	5.8	14.2	40.6	39.3

Table 20a. Community Safety and Support by Gender

Please choose the response that best describes how you feel. (Somewhat & Strongly Agree)	7-12 %	Female %	Male %
I feel safe in my community.	93.6	92.6	95.3 ^A
Adults in Greenwich value youth my age	80.0	79.3	81.2 ^A

^A Significant difference between female and male

Table 20b. Community Safety and Support, 2023 to 2025

Please choose the response that best describes how you feel. (Somewhat & Strongly Agree)	Grade	2023 %	2025 %
I feel safe in my community.	7-8	91	91.8
	9-12	92	95.5
	7-12	92	93.6
Adults in Greenwich value youth my age (e.g. adults listen to what we have to say, they make us feel important).	7-8	76	78.1
	9-12	71	81.8
	7-12	74	80.0

Technology

Smartphones

4 out of 10 middle schoolers & 6 out of 10 high schoolers feel they spend **too much time on their phone**; rates are higher among females.

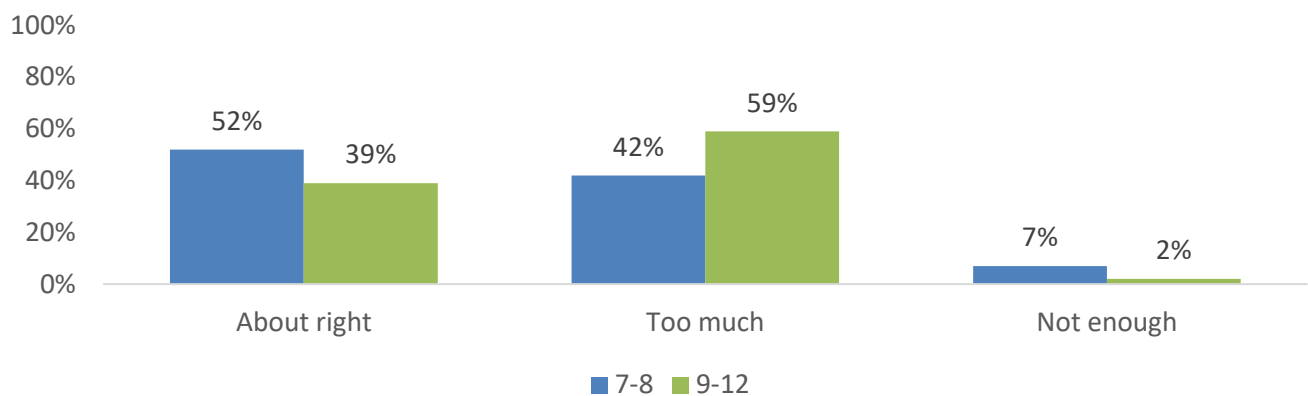


Table 21. Perception of Amount of Time Cellphone Use

Overall, would you say the amount of time you spend on your phone is...	Grade	%
About right	7-8	51.5
	9-12	38.8
	7-12	45.2
Too much	7-8	41.9
	9-12	59.1
	7-12	50.4
Too little	7-8	6.7
	9-12	2.1
	7-12	4.4

Table 21a. Perception of Amount of Time, Cellphone Use by Gender

Overall, would you say the amount of time you spend on your phone is...	7-12 %	Female %	Male %
About right	45.2	44.0	46.5
Too much	50.4	52.1	48.9
Not enough	4.4	4.0	4.6

Table 22. Consequences of Smartphone Use

In the past year, has your phone use...	Grade	Never %	Rarely %	Sometimes %	Often %	Always %
Had a negative impact on your mental health?	7-8	50.3	28.5	14.5	4.9	1.8
	9-12	35.6	28.0	24.6	9.2	2.6
	7-12	43.0	28.3	19.5	7.0	2.2
Had a positive impact on your mental health?	7-8	25.8	17.3	32.1	19.7	5.1
	9-12	19.8	20.9	37.9	17.2	4.2
	7-12	22.9	19.1	34.9	18.5	4.7
Reduced the amount of sleep you get at night?	7-8	29.0	23.3	23.8	16.1	7.8
	9-12	17.2	17.6	27.6	25.5	14.0
	7-12	23.2	20.5	25.7	21.7	9.0
interfered with getting schoolwork completed?	7-8	27.4	22.2	24.4	17.7	8.3
	9-12	17.6	14.9	28.0	25.5	14.0
	7-12	22.6	18.6	26.1	21.5	11.1
assisted you in getting schoolwork completed?	7-8	28.2	20.5	26.0	17.9	7.4
	9-12	19.0	18.6	31.3	22.7	8.5
	7-12	23.6	19.6	28.6	20.3	8.0

More than one-third of all females felt their phone use **reduced the amount of sleep they got** and **interfered with getting their school work done**.

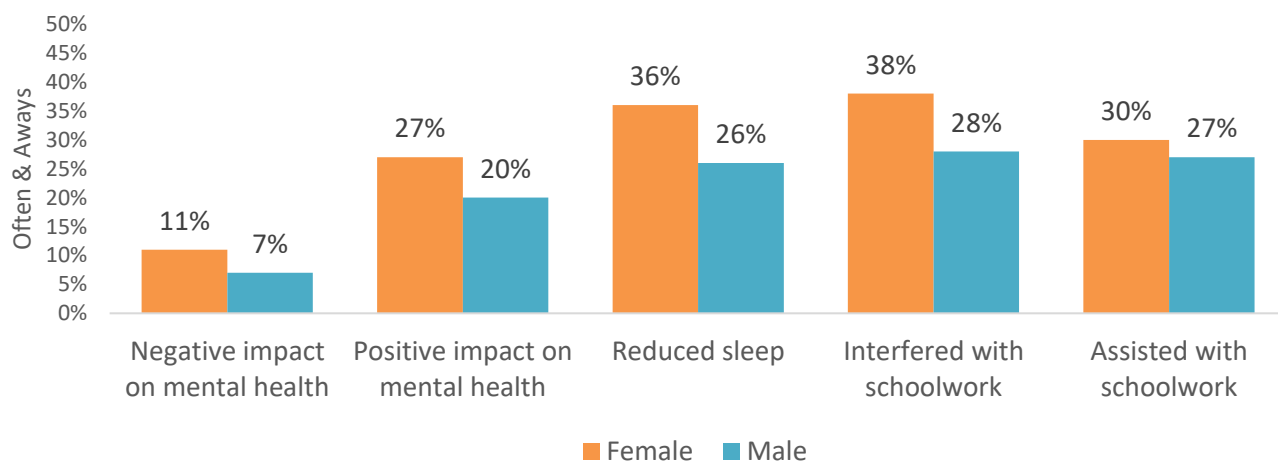


Table 22a. Consequences of Smartphone Use by Gender

Overall, would you say the amount of time you spend on your phone is... (Often/Always)	7-12 %	Female %	Male %
Had a negative impact on your mental health?	9.2	11.4	7.1 ^A
Had a positive impact on your mental health?	23.2	26.6	20.0 ^A
Reduced the amount of sleep you get at night?	30.7	36.3	25.8 ^A
interfered with getting schoolwork completed?	32.6	38.0	27.9 ^A
assisted you in getting schoolwork completed?	28.2	29.7	26.8

71% of all teens feel more productive when they limit their phone use.

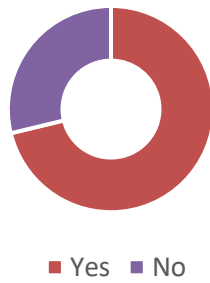


Table 23. Productivity and Smartphone Use

Please complete the following:		Yes	No	Not applicable
	Grade	%	%	%
Have you tried to reduce your phone usage?	7-8	71.1	22.5	6.4
	9-12	77.6	19.7	2.7
	7-12	74.3	21.1	4.6
Do you feel more productive when you limit your phone use?	7-8	60.3	31.1	8.6
	9-12	72.1	22.2	5.7
	7-12	66.1	26.7	7.2

Table 23a. Productivity and Smartphone Use by Gender

Please complete the following: (Yes)	7-12 %	Female %	Male %
Have you tried to reduce your phone usage?	74.3	78.0	71.0 ^A
Do you feel more productive when you limit your phone use?	66.1	69.2	63.6 ^A

Table 24. Smartphone Use, Schools and Parents

Do you...	Grade	Never %	Rarely %	Sometimes %	Often %	Always %
think phones are a distraction in school?	7-8	32.3	19.9	23.0	13.5	11.3
	9-12	25.0	27.6	32.5	9.9	5.1
	7-12	28.7	23.7	27.7	11.7	8.2
think phones at school reduce students' socializing with their peers, staff or teachers?	7-8	33.3	21.5	21.1	13.7	10.5
	9-12	30.4	27.4	24.5	11.0	6.7
	7-12	31.8	24.4	22.8	12.4	8.6
use your phone for anything you know your parents would think is inappropriate?	7-8	70.6	15.6	7.3	3.8	2.7
	9-12	62.2	18.6	11.6	5.1	2.6
	7-12	66.4	17.1	9.4	4.4	2.7

Table 24a. Smartphone Use, Schools and Parents by Gender

Do you... (Often/Always)	7-12 %	Female %	Male %
think phones are a distraction in school?	19.9	17.7	22.2 ^A
think phones at school reduce students' socializing with their peers, staff or teachers?	21.0	19.6	22.6
use your phone for anything you know your parents would think is inappropriate?	7.1	4.4	9.3 ^A

Table 25. Smartphone Use and Social Life

		Decreased face-to-face interactions %	Decreased quality time with family/friends %	Increased conflicts with family/friends %	No impact %
In what way has your phone use affected your social life?	Grade				
	7-8	10.0	17.7	8.3	64.0
	9-12	16.0	20.4	7.4	56.2
	7-12	13.0	19.1	7.8	60.1

Table 25a. Smartphone Use and Social Life by Gender

In what way has your phone use affected your social life?	7-12 %	Female %	Male %
Decreased face-to-face interactions	13.0	12.3	13.5
Decreased quality time with family/friends	19.1	21.2	17.2 ^A
Increased conflicts with family/friends	7.8	9.8	6.1 ^A
No impact	60.1	56.7	63.3 ^A

Social Media

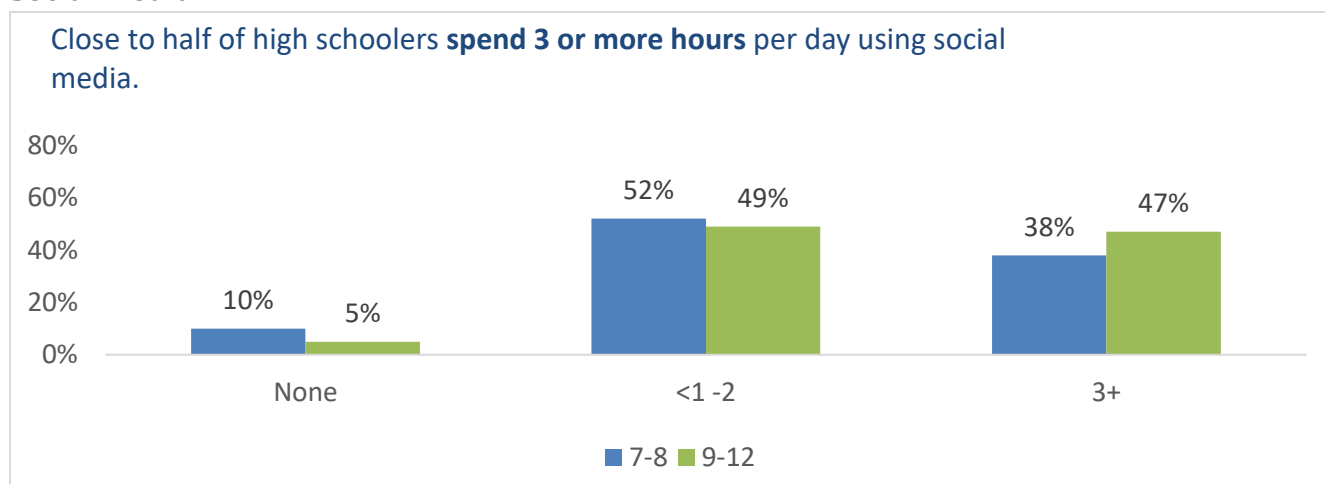
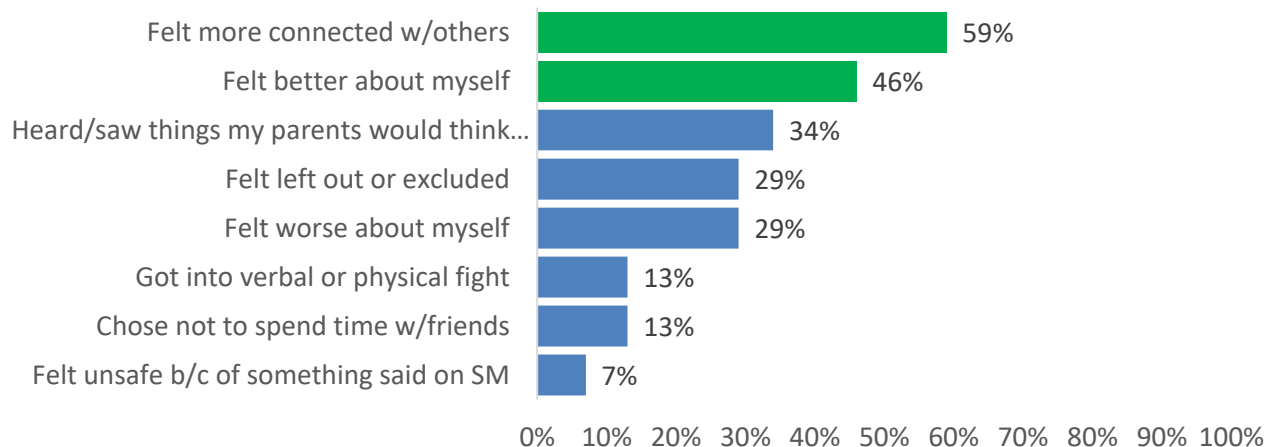


Table 26. Amount of Social Media Use

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	10.4
	9-12	4.8
	7-12	7.6
Less than one hour	7-8	11.3
	9-12	5.9
	7-12	8.6
1 hours	7-8	16.4
	9-12	14.0
	7-12	15.2
2 hours	7-8	24.5
	9-12	28.8
	7-12	26.6
3 hours	7-8	16.5
	9-12	23.1
	7-12	19.8
4 hours	7-8	10.7
	9-12	11.3
	7-12	11.0
5 hours	7-8	3.4
	9-12	5.1
	7-12	4.2
More than 5 hours	7-8	6.9
	9-12	7.0
	7-12	7.0

Close to half of teens report feeling **more connected with others** and **better about themselves** through social media. 1 in 3 teens **saw or heard things their parents would think was inappropriate**.



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

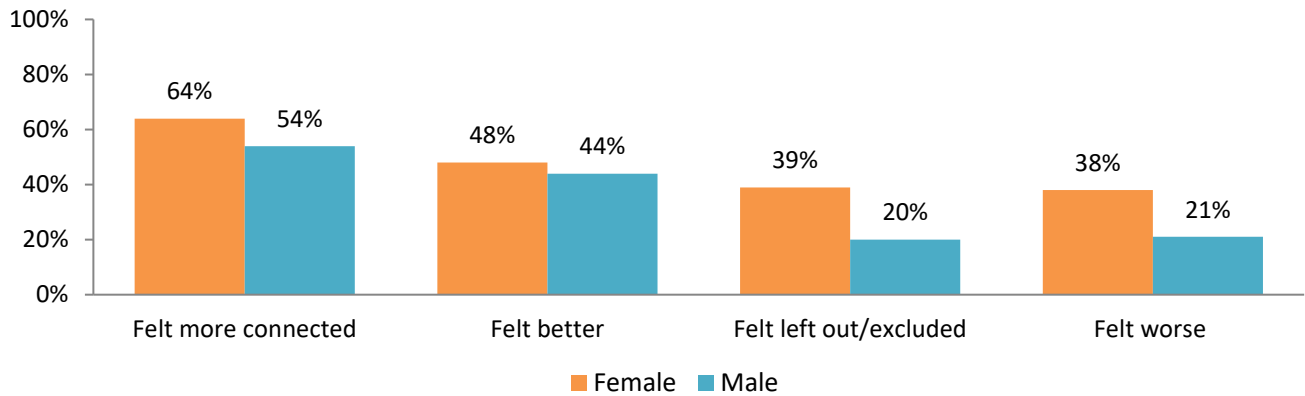


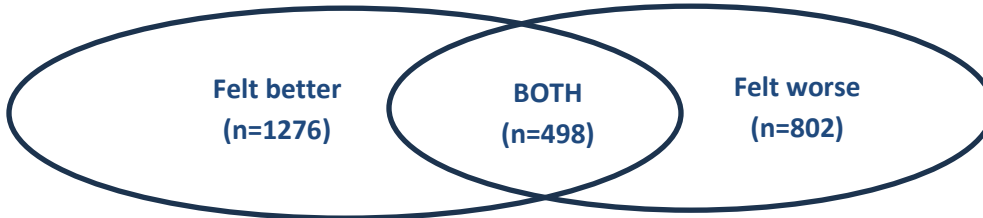
Table 27. Consequences of Social Media Use by Gender

In the past 12 months, have you experienced any of the following as a result of social media?	Grade	No %	Yes %	Female Yes %	Male 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	86.6	13.4		
	9-12	87.5	12.6		
	7-12	87.0	13.0	12.8	13.1
I got into a verbal or physical fight	7-8	85.6	14.4		
	9-12	87.5	12.5		
	7-12	86.6	13.4	13.7	12.9
I felt more connected with others	7-8	43.8	56.2		
	9-12	38.7	61.3		
	7-12	41.3	58.7	64.1	54.0 ^A
I felt left out or excluded	7-8	73.1	26.9		
	9-12	68.4	31.7		
	7-12	70.7	29.3	39.2	20.1 ^A
I felt BETTER about myself	7-8	54.4	45.6		
	9-12	53.6	46.5		
	7-12	54.0	46.1	48.4	43.7 ^A
I felt WORSE about myself	7-8	76.0	24.0		
	9-12	65.8	34.2		
	7-12	70.9	29.1	38.2	20.6 ^A
I felt unsafe because of something said to me on social media	7-8	92.6	7.4		
	9-12	93.2	6.8		
	7-12	92.9	7.1	8.4	5.6 ^A
I heard or saw something my parents/guardians would think is inappropriate	7-8	69.0	31.0		
	9-12	62.2	37.8		
	7-12	65.6	34.4	32.9	35.7

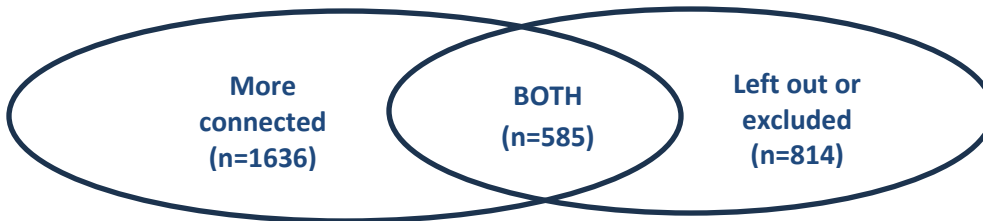
^A Significant difference between female and male

Overlap in Positive and Negative Outcomes

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



- 585 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.**

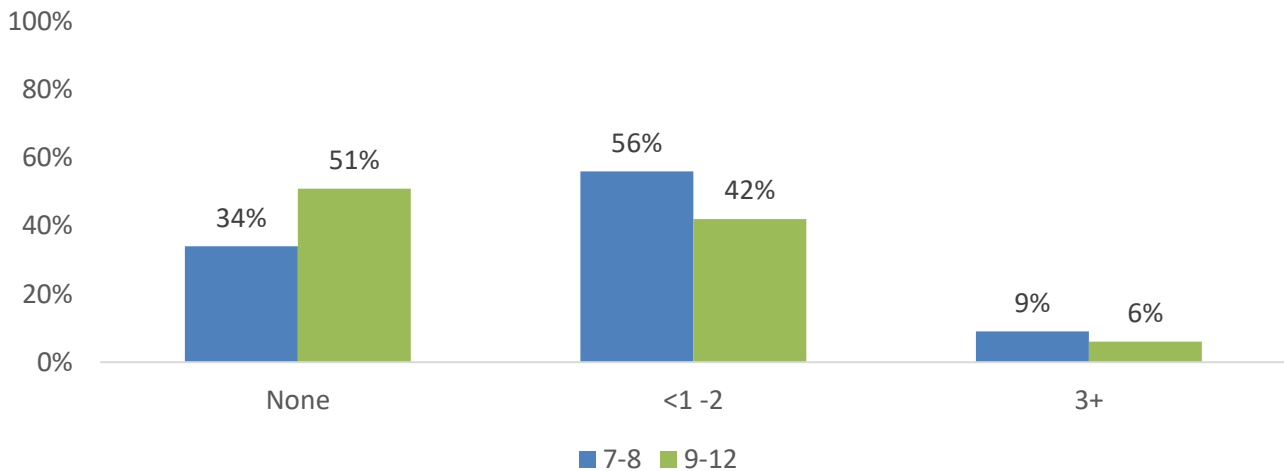
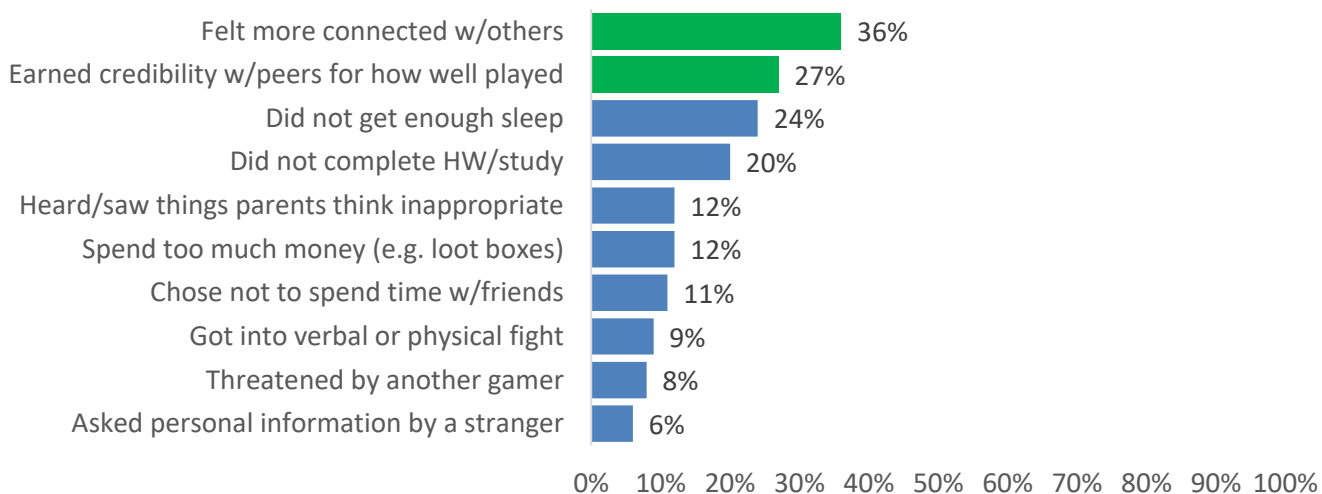


Table 28. Amount of Time Spent Gaming

On most school days, about how many hours do you spend playing video games?	Grade	%
None	7-8	33.6
	9-12	51.2
	7-12	42.3
Less than one hour	7-8	27.6
	9-12	21.6
	7-12	24.6
1 hours	7-8	15.7
	9-12	12.2
	7-12	14.0
2 hours	7-8	12.6
	9-12	7.9
	7-12	10.2
3 hours	7-8	5.1
	9-12	3.3
	7-12	4.2
4 hours	7-8	2.7
	9-12	1.4
	7-12	2.1
5 hours	7-8	.9
	9-12	.9
	7-12	.9
More than 5 hours	7-8	1.9
	9-12	1.6
	7-12	1.7

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:

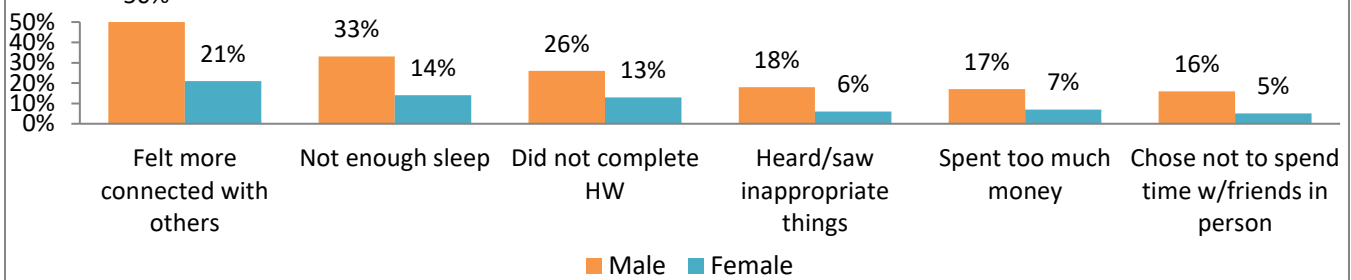


Table 29. Consequences of Gaming by Gender

In the past 12 months, have you experienced any of the following as a result of playing video games?	Grade	No %	Yes %	Female Yes %	Male Yes %
I did not get enough sleep	7-8	77.6	22.4		
	9-12	75.2	24.8		
	7-12	76.4	23.6	14.1	32.5 ^A
I heard or saw things my parents/guardians would think is inappropriate	7-8	89.1	10.9		
	9-12	86.6	13.4		
	7-12	87.9	12.2	6.2	17.6 ^A
I did not complete my homework or study	7-8	79.6	20.5		
	9-12	80.9	19.1		
	7-12	80.2	19.8	13.4	25.7 ^A
I chose not to spend time in person with friends because I preferred to play video games	7-8	89.4	10.7		
	9-12	88.8	11.2		
	7-12	89.1	10.9	5.1	16.2 ^A
I got into a verbal or physical fight	7-8	89.5	10.5		
	9-12	91.7	8.3		
	7-12	90.6	9.4	5.3	13.2 ^A
I felt more connected with others	7-8	63.5	36.5		
	9-12	65.2	34.8		
	7-12	64.3	35.7	20.7	49.8 ^A
I earned credibility with my peers for how well I played	7-8	70.2	29.8		
	9-12	76.1	23.9		
	7-12	73.1	26.9	12.6	40.5 ^A
I have been asked for personal information by a stranger (e.g. name, town you live, age, etc.)	7-8	93.4	6.6		
	9-12	94.5	5.5		
	7-12	93.9	6.1	5.2	6.9
I was threatened by another gamer	7-8	92.1	7.9		
	9-12	92.8	7.2		
	7-12	92.4	7.6	3.9	10.9 ^A
I spent too much money (e.g. loot boxes)	7-8	86.4	13.6		
	9-12	89.1	10.9		
	7-12	87.7	12.3	7.1	17.3 ^A

^A Significant difference between female and male

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

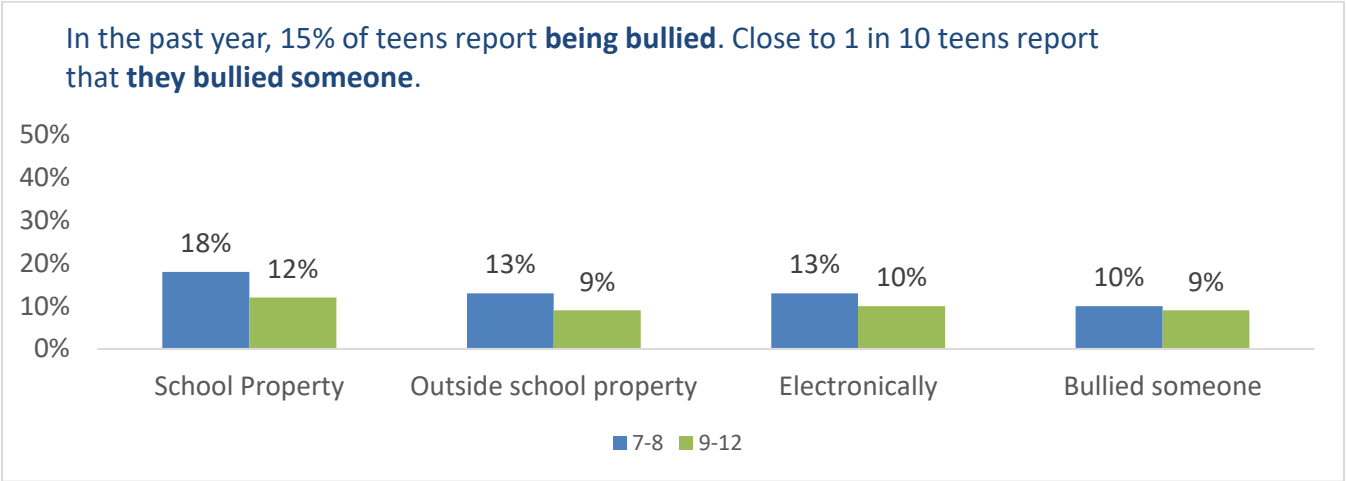


Table 30. Bullying

During the past 12 months...	Grade	No %	Yes %
Have you ever been bullied on school property?	7-8	81.3	18.7
	9-12	88.5	11.5
	7-12	84.8	15.2
Have you ever been bullied outside of school property?	7-8	86.9	13.1
	9-12	91.4	8.6
	7-12	89.1	10.9
Have you ever been electronically bullied? (Bullied through texting, Instagram, Snapchat, or other social media.)	7-8	86.6	13.4
	9-12	90.1	9.9
	7-12	88.3	11.7
Have you ever bullied anyone?	7-8	89.7	10.3
	9-12	91.5	8.5
	7-12	90.6	9.4

Table 30a. Bullying by Gender

During the past 12 months... (Yes)	7-12 %	Female %	Male %
Have you ever been bullied on school property?	15.2	15.8	14.3
Have you ever been bullied outside of school property?	10.9	12.2	9.5 ^A
Have you ever been electronically bullied?	11.7	14.5	8.9 ^A
Have you ever bullied anyone??	9.4	8.0	10.5 ^A

^A Significant difference between female and male

Rates of **being bullied on school property** and **bullying someone** have stayed the same since 2023; rates of **being bullied outside of school property** and **electronic bullying** have decreased.

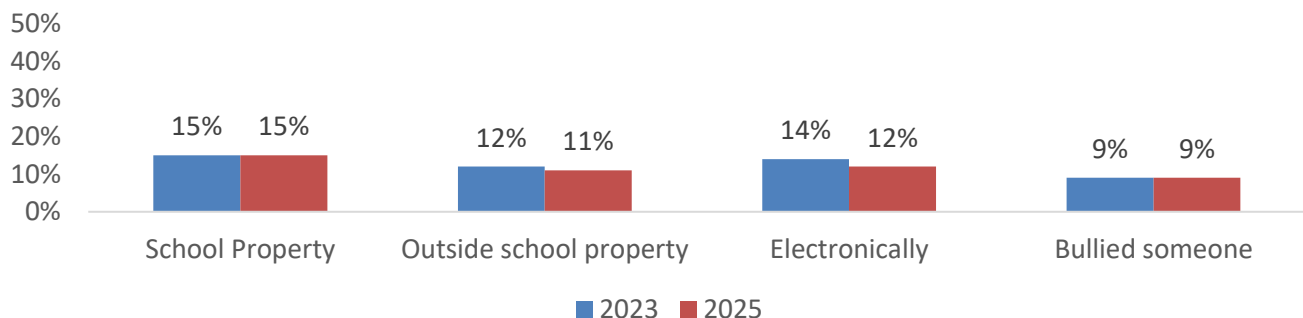
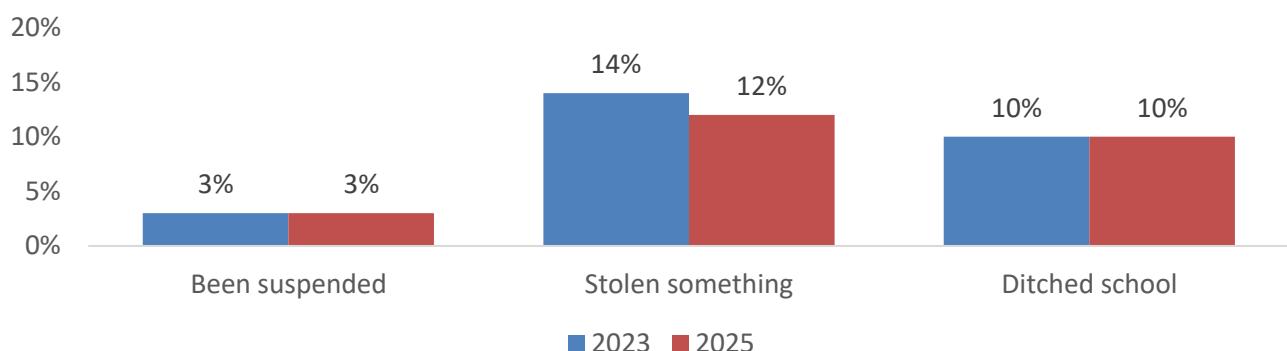


Table 30b. Bullying, 2023 to 2025

During the past 12 months... Yes	Grade	2023 %	2025 %
Have you ever been bullied on school property?	7-8	19	18.7
	9-12	12	11.5
	7-12	15	15.2
Have you ever been bullied outside of school property?	7-8	15	13.1
	9-12	11	8.6
	7-12	12	10.9
Have you ever been electronically bullied? (Bullied through texting, Instagram, Snapchat, or other social media.)	7-8	16	13.4
	9-12	13	9.9
	7-12	14	11.7
Have you ever bullied anyone?	7-8	10	10.3
	9-12	8	8.5
	7-12	9	9.4

Additional Risky Behaviors

Most Greenwich youth are **NOT** engaging in these risky behaviors:



1 in 5 teens have **gambled** in the past year; rates are slightly higher among middle schoolers.

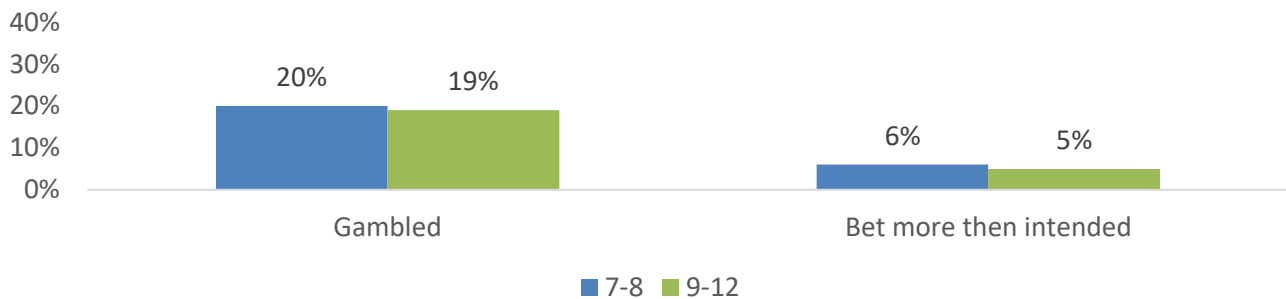


Table 31. Risky Behaviors

During the last 12 months, how many times have you...?	Grade	Never %	1 time %	2+ times %
Been suspended from school?	7-8	97.2	1.8	1.0
	9-12	97.9	1.8	.3
	7-12	97.6	1.8	.7
Stolen something?	7-8	85.0	9.3	5.7
	9-12	91.4	5.3	3.3
	7-12	88.1	7.4	4.5
Sold drugs?	7-8	99.5	.3	.3
	9-12	99.2	.6	.1
	7-12	99.4	.5	.2
Gambled which includes scratch-off tickets, online bets, sports betting, fantasy sports leagues, poker etc.?	7-8	79.8	7.9	12.3
	9-12	81.1	7.0	11.9
	7-12	80.4	7.5	12.1
Bet more than you intended to?	7-8	93.7	3.6	2.7
	9-12	94.8	2.5	2.7
	7-12	94.2	3.1	2.7
During the last 4 weeks, how many days of school have you missed because you skipped or 'ditched'?	7-8	88.9	7.5	3.6
	9-12	90.4	6.7	2.9
	7-12	89.6	7.1	3.3

Table 31a. Risky Behaviors, 2023 to 2025

During the last 12 months, how many times have you...? (1 or more times)	Grade	2023 %	2025 %
Been suspended from school?	7-8	4	2.8
	9-12	3	2.1
	7-12	3	2.5
Stolen something?	7-8	16	15.0
	9-12	12	8.6
	7-12	14	11.9
Sold drugs?	7-8	0	.5
	9-12	2	.8
	7-12	1	.7
Gambled which includes scratch-off tickets, online bets, sports betting, fantasy sports leagues, poker etc.?	7-8	15	20.2
	9-12	15	18.9
	7-12	14	19.6
Bet more than you intended to?	7-8	**	6.3
	9-12	**	5.2
	7-12	**	5.8
During the last 4 weeks, how many days of school have you missed because you skipped or 'ditched'?	7-8	10	11.1
	9-12	11	9.6
	7-12	10	10.4

Mental Health

Causes of Stress, Anxiety or Worry

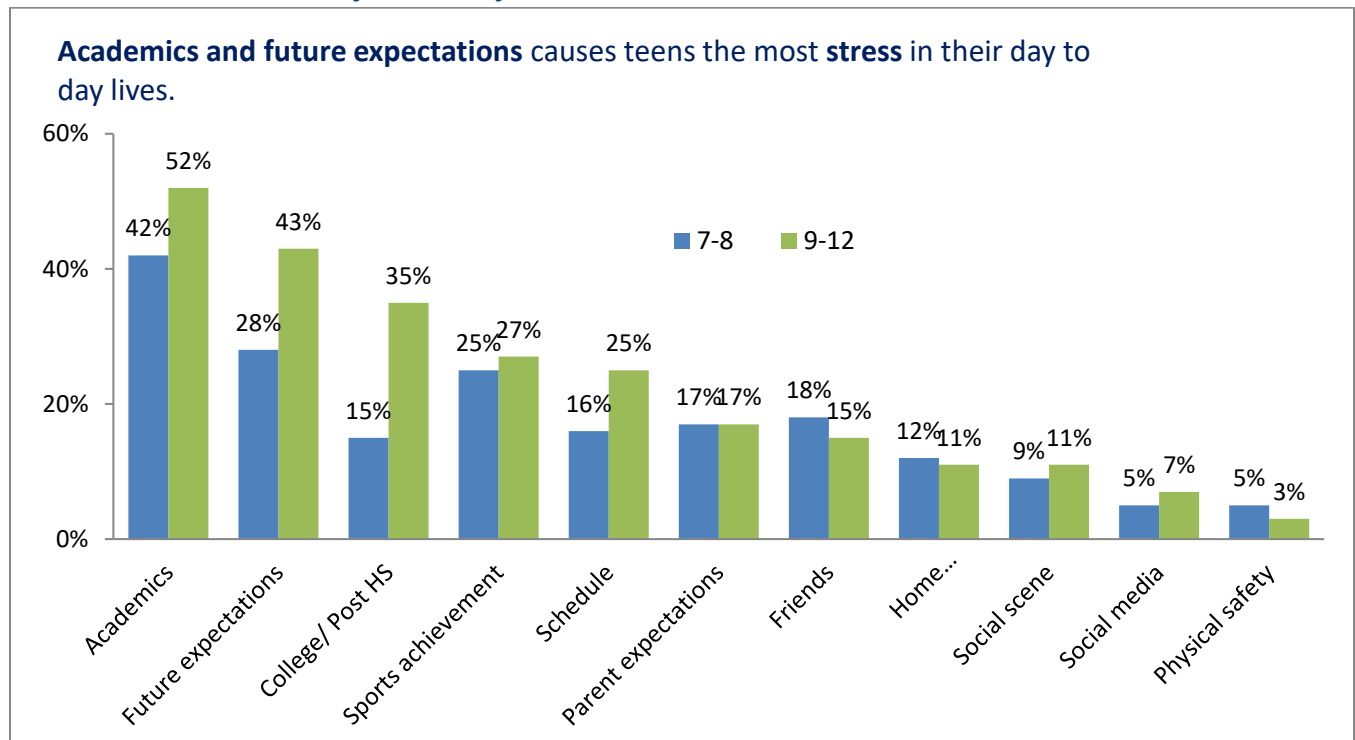


Table 32. Causes of Stress, Anxiety and Worry

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	13.7	44.7	41.6
	9-12	10.9	37.0	52.1
	7-12	12.3	41.0	46.7
College or post high school planning	7-8	58.9	26.2	14.9
	9-12	25.5	39.5	35.0
	7-12	42.6	32.7	24.7
Expectations of your future (i.e. being successful in life, high level of achievement)	7-8	34.8	37.5	27.7
	9-12	19.9	37.6	42.5
	7-12	27.5	37.5	34.9
Friends and peers (i.e. having friends, fitting in)	7-8	49.2	33.0	17.8
	9-12	48.6	36.5	14.9
	7-12	48.9	34.7	16.4
Home life and family relationships	7-8	64.7	22.9	12.4
	9-12	64.4	25.1	10.5
	7-12	64.5	24.0	11.5
Parental/guardian expectations	7-8	55.9	26.8	17.3
	9-12	51.1	32.3	16.6
	7-12	53.6	29.5	16.9
Physical safety (i.e. violence, threats)	7-8	81.6	13.2	5.2
	9-12	85.7	11.2	3.1
	7-12	83.6	12.2	4.2
Schedule (i.e. athletics, extra-curricular, volunteer commitments)	7-8	49.2	34.9	16.0
	9-12	33.8	41.1	25.0
	7-12	41.7	37.9	20.4
Social scene (i.e. parties, going out with friends)	7-8	66.7	24.7	8.7
	9-12	56.9	32.2	10.9
	7-12	61.9	28.3	9.8
Social media	7-8	77.4	17.9	4.7
	9-12	71.7	21.5	6.8
	7-12	74.6	19.7	5.8
Sports achievement (i.e. pressure to perform well in sports or on a team)	7-8	42.9	32.3	24.9
	9-12	40.8	31.9	27.2
	7-12	41.9	32.1	26.0

Females report higher rates of stress in all categories.

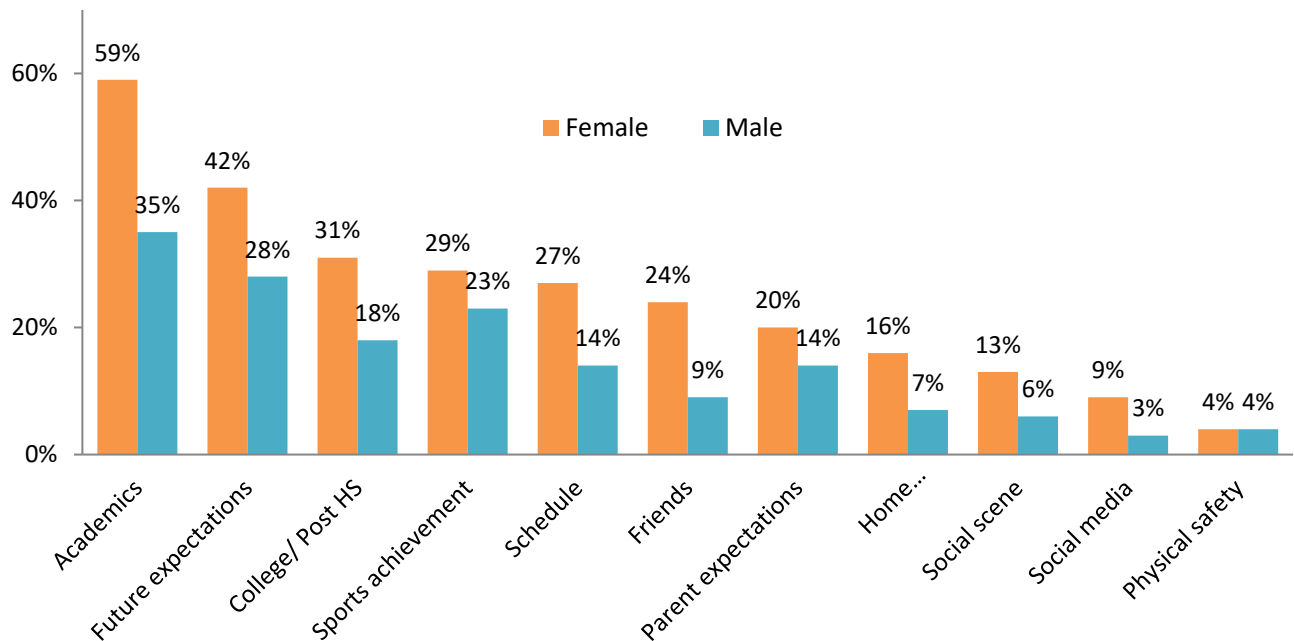


Table 32a. Causes of Stress, Anxiety and Worry by Gender

How much stress, anxiety, or worry do the following give you in your day-to-day life? (A lot)	7-12 %	Female %	Male %
Academics (i.e. homework, standardized tests, grades, studying)	46.7	59.2	35.2 ^A
College or post high school planning	24.7	31.4	17.9 ^A
Expectations of your future (i.e. being successful in life, high level of achievement)	34.9	41.6	28.4 ^A
Friends and peers (i.e. having friends, fitting in)	16.4	23.6	9.4 ^A
Home life and family relationships	11.5	15.9	7.0 ^A
Parental/guardian expectations	16.9	19.7	13.9 ^A
Physical safety (i.e. violence, threats)	4.2	4.1	3.9
Schedule (i.e. athletics, extra-curricular, volunteer commitments)	20.4	27.3	13.5 ^A
Social scene (i.e. parties, going out with friends)	9.8	13.4	6.1 ^A
Social media	5.8	8.9	2.6 ^A
Sports achievement (i.e. pressure to perform well in sports or on a team)	26.0	29.3	23.3 ^A

^A Significant difference between female and male

Rates have **decreased** in all categories from 2023 to 2025 except one; **sports achievement** has increased 1 percentage points.

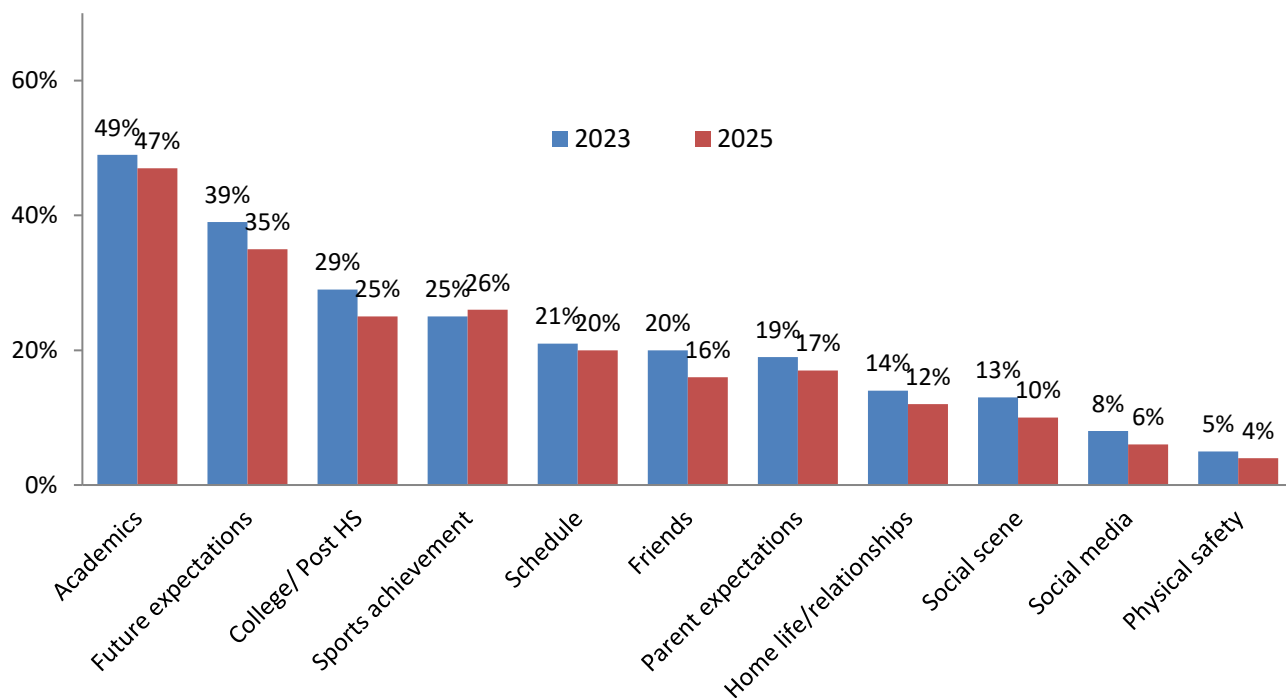


Table 32b. Causes of Stress, Anxiety and Worry, 2023 to 2025

How much stress, anxiety, or worry do the following give you in your day-to-day life? (A lot)	2023 %	2025 %
Academics (i.e. homework, standardized tests, grades, studying)	49	46.7
College or post high school planning	29	24.7
Expectations of your future (i.e. being successful in life, high level of achievement)	39	34.9
Friends and peers (i.e. having friends, fitting in)	20	16.4
Home life and family relationships	14	11.5
Parental/guardian expectations	19	16.9
Physical safety (i.e. violence, threats)	5	4.2
Schedule (i.e. athletics, extra-curricular, volunteer commitments)	21	20.4
Social scene (i.e. parties, going out with friends)	13	9.8
Social media	8	5.8
Sports achievement (i.e. pressure to perform well in sports or on a team)	25	26.0

Mental Health Indicators

Recent Anxiety, Depression & Loneliness

Over 6 out of 10 teens report feeling **anxious** sometimes or frequently in the past month; 3 out of 10 teens report feeling **lonely**.

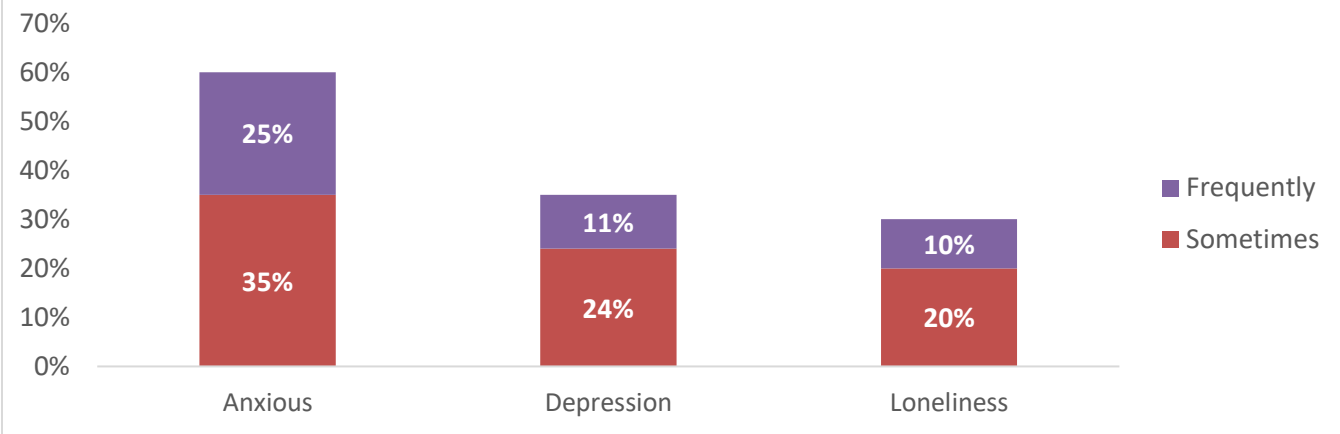


Table 33. Recent Anxiety, Depression and Loneliness

In the past 30 days, have you...	Grade	Never %	Rarely %	Sometimes %	Frequently %
Felt anxious	7-8	19.2	20.7	36.1	24.0
	9-12	19.1	19.4	34.7	26.8
	7-12	19.2	20.1	35.4	25.4
Felt sad or depressed	7-8	38.0	28.3	22.2	11.4
	9-12	34.9	30.9	24.8	9.4
	7-12	36.5	29.6	23.5	10.5
Felt lonely	7-8	46.4	25.2	17.5	10.9
	9-12	41.7	27.4	21.9	9.0
	7-12	44.1	26.3	19.7	9.9

Females report significantly higher rates of **frequent anxiety, sad and lonely**.

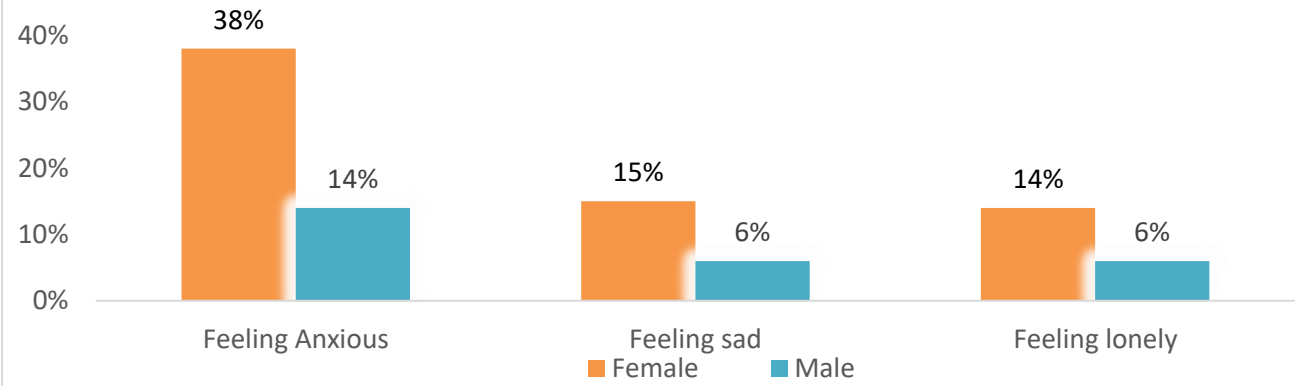


Table 33a. Recent Anxiety, Depression and Loneliness by Gender

In the past 30 days, have you... (Frequently)	7-12 %	Female %	Male %
Felt anxious	25.4	37.8	14.0 ^A
Felt sad or depressed	10.5	15.4	5.5 ^A
Felt lonely	9.9	14.4	5.6 ^A

^A Significant difference between female and male

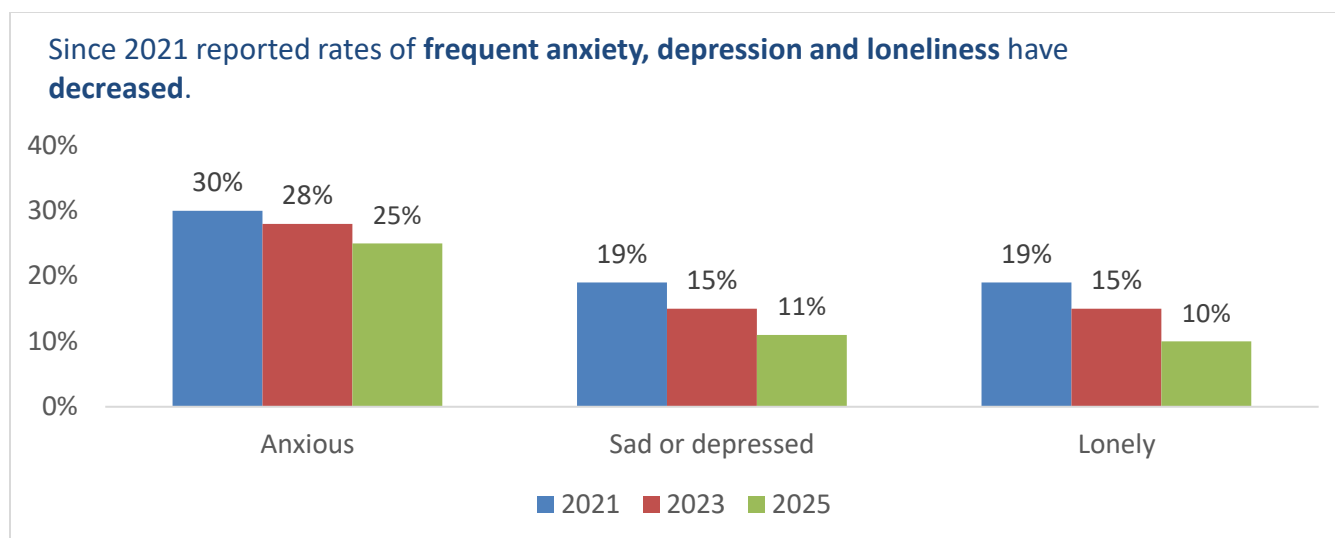


Table 33b. Recent Anxiety, Depression and Loneliness, 2021 to 2025

In the past 30 days report frequently feeling... (Frequently)	2021 %	2023 %	2025 %
Anxious	30	28	25.4
Sad or depressed	19	15	10.5
Lonely	19	15	9.9

Past Year Self-Harm and Irregular Eating

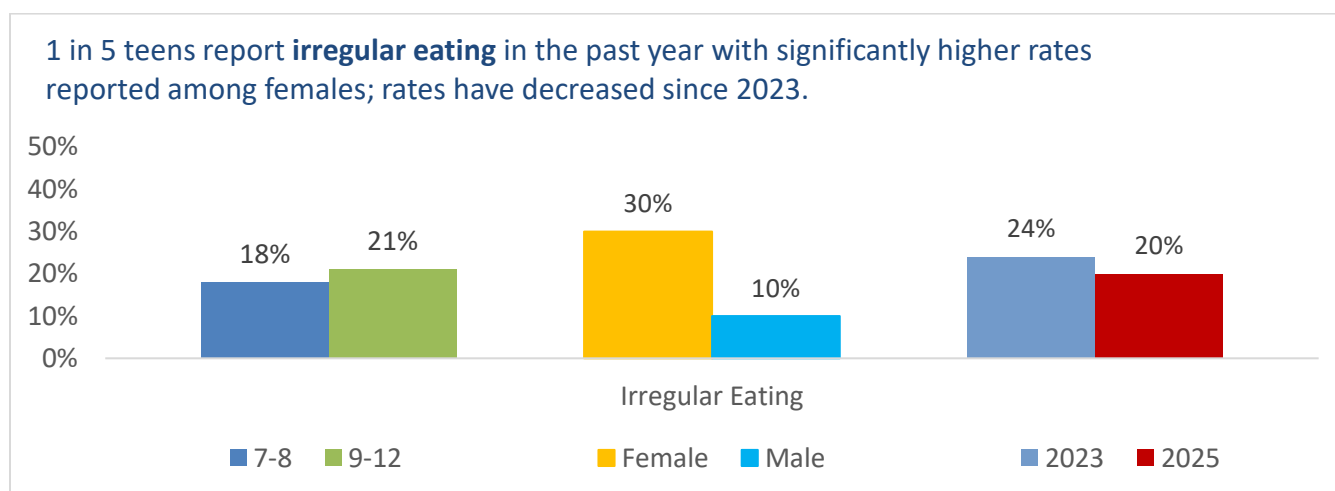


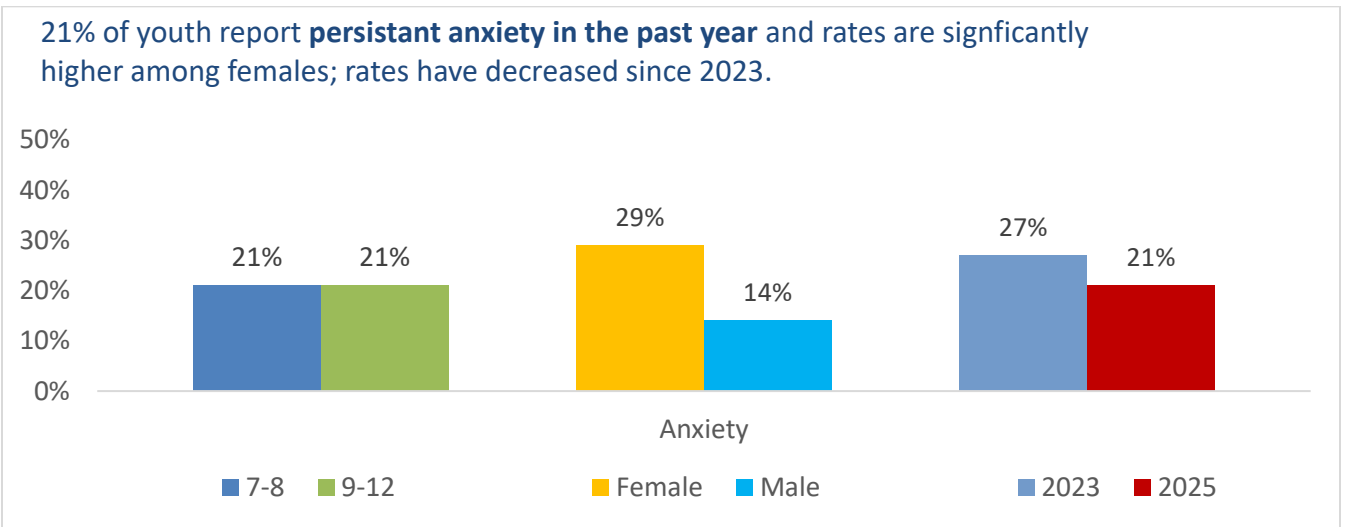
Table 34. Partner Violence and Irregular Eating & by Gender

During the past 12 months...	Grade	No %	Yes %	Female %	Male %
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	97.3	2.7		
	9-12	96.3	3.7		
	7-12	96.8	3.2	3.0	3.3
did you engage in irregular eating behaviors (for example, bingeing or purging, or restrictive eating)?	7-8	81.8	18.2		
	9-12	79.3	20.7		
	7-12	80.6	19.5	29.5	9.7 ^A

Table 34a. Partner Violence and Irregular Eating, 2023 to 2025

During the past 12 months... (Yes)	Grade	2023 %	2025 %
did someone you were dating or going out with physically hurt you on purpose?	7-8	4	2.7
	9-12	3	3.7
	7-12	4	3.2
did you engage in irregular eating behaviors (for example, bingeing or purging, or restrictive eating)?	7-8	20	18.2
	9-12	26	20.7
	7-12	24	19.5

Past Year Anxiety and Depression



17% of youth report persistent **depression in the past year** and rates are significantly higher among females; rates have decreased since 2023.

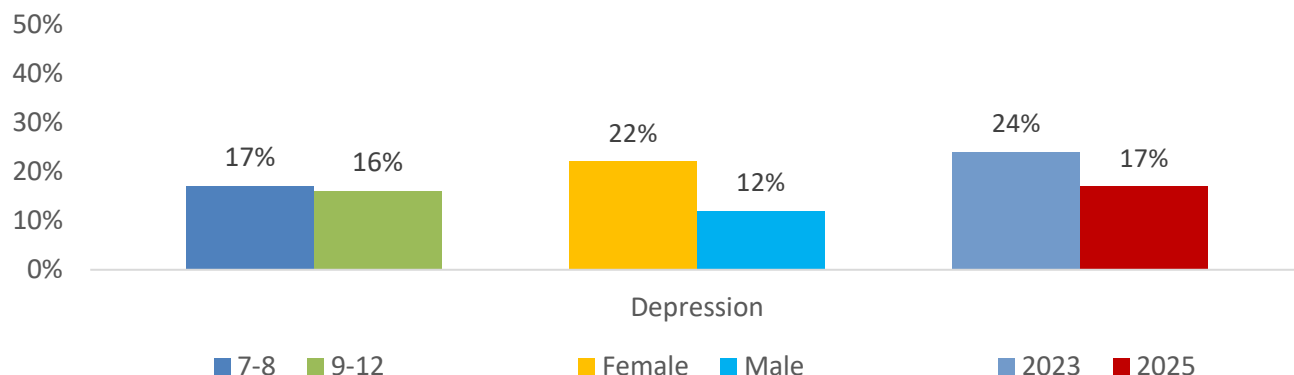


Table 35. Persistent Depression and Anxiety, by Gender

During the past 12 months...	Grade	No %	Yes %	Female %	Male %
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	82.6	17.4		
	9-12	84.0	16.0		
	7-12	83.3	16.7	22.0	11.6 ^A
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	79.0	21.0		
	9-12	78.6	21.4		
	7-12	78.8	21.2	28.9	13.9 ^A

Table 35a. Persistent Depression and Anxiety, 2023 to 2025

During the past 12 months... (Yes)	Grade	2023 %	2025 %
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	21	17.4
	9-12	26	16.0
	7-12	24	16.7
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	23	21.0
	9-12	29	21.4
	7-12	27	21.2

Substance Use, Core Measures

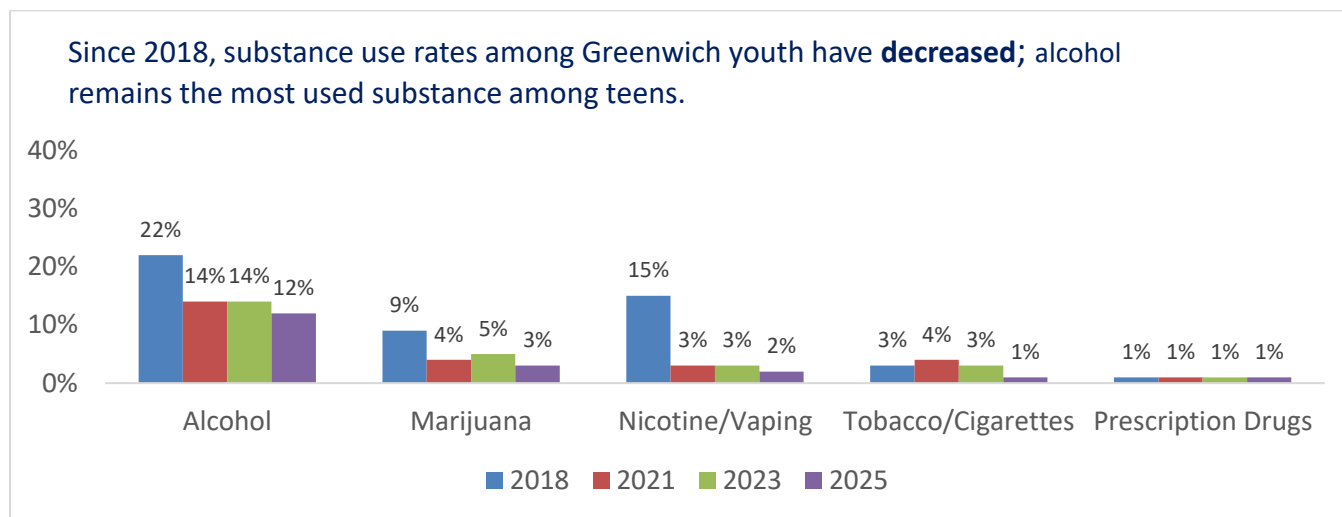
The DFC National Evaluation Team seeks to determine how effective the DFC program has been at achieving its goals of increasing collaboration and reducing or preventing substance misuse among youth. All DFC grantees participate in the National Evaluation and are required, at a minimum, to collect the 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.

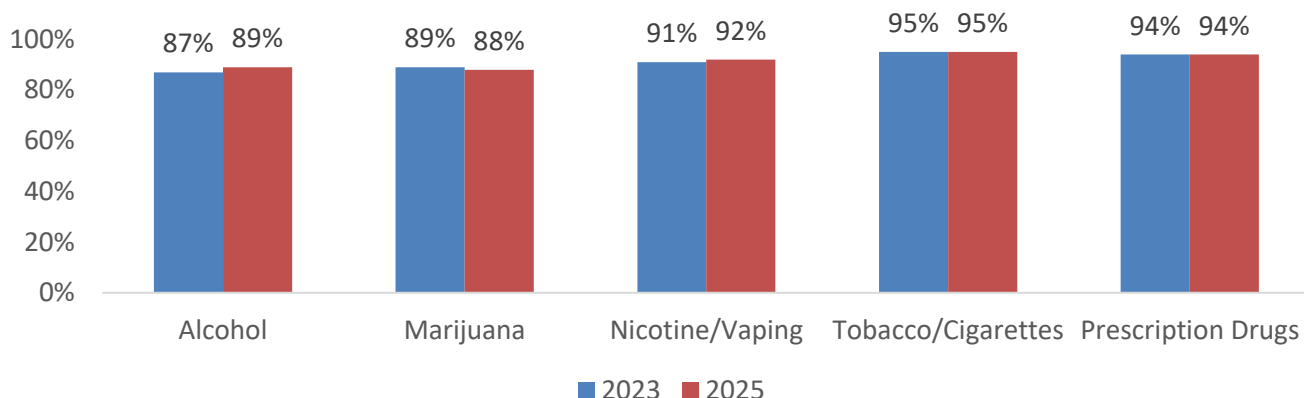
Greenwich Together also collects core measure data around nicotine use (from a vaping device).

Core Measures, 2018 to 2025

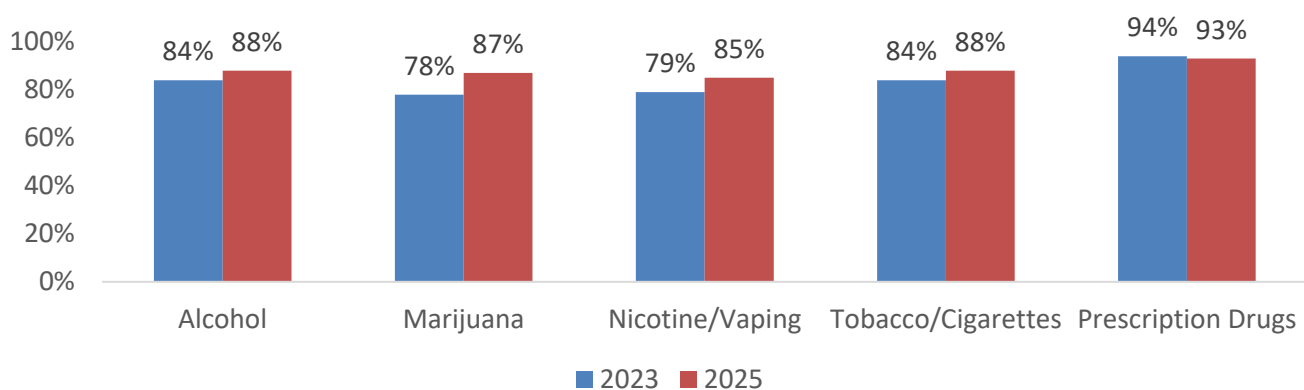
Among all 7th to 12th graders, since 2018, substance use rates have decreased and perception of harm, perception of peer disapproval and perception or parent disapproval remain positive. The greater a young person's perception that substance use is harmful or risky, and that their peers and parents disapprove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



Perception of risk rates around all substances has seen very little change since 2023.



Perception of peer disapproval rates have increased around all substances except misuse of prescription drugs.



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

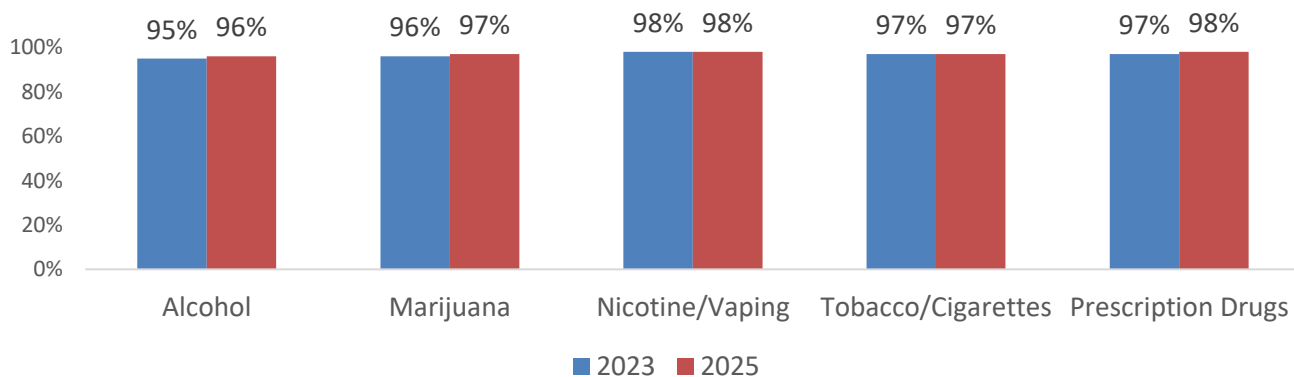


Table 36. Summary of Core Measures by Grade

	Alcohol %	Tobacco %	Marijuana %	RX drugs %	Nicotine %
30-day use					
7 th	1.9	.1	.1	.6	.4
8 th	4.1	.1	1.2	.8	1.2
9 th	8.8	.2	1.3	.2	1.8
10 th	22.6	.9	3.9	1.2	3.7
11 th	31.5	3.1	9.9	.5	4.1
12 th	40.4	2.1	7.1	0.0	8.2
Total	11.6	.7	2.6	.6	2.0
Perception of harm					
7 th	89.8	93.7	90.3	93.1	88.0
8 th	87.3	93.7	88.4	90.9	86.8
9 th	91.2	96.2	89.3	96.2	88.2
10 th	88.0	95.9	84.7	94.8	85.2
11 th	83.6	96.6	83.7	97.3	84.7
12 th	91.0	99.0	81.6	100.0	82.8
Total	88.5	95.1	87.7	94.1	92.4
Perception of parental disapproval					
7 th	96.8	97.5	98.2	97.3	97.8
8 th	95.1	97.5	98.0	97.0	97.4
9 th	96.8	97.6	97.6	97.8	97.9
10 th	94.8	96.8	96.4	97.5	97.7
11 th	95.8	96.8	96.0	97.9	97.6
12 th	95.0	94.9	93.9	98.0	99.0
Total	95.9	97.3	97.4	97.4	97.7
Perception of peer disapproval					
7 th	93.8	95.6	96.0	94.3	94.4
8 th	88.8	92.0	92.3	93.3	90.7
9 th	87.6	91.2	88.1	93.2	85.8
10 th	79.6	76.3	75.5	89.8	72.1
11 th	82.9	74.3	71.1	93.1	74.8
12 th	85.0	68.0	65.0	98.0	66.0
Total	87.6	87.5	86.5	93.2	85.2

Table 37a. Alcohol Core Measures, 2018 to 2025

Alcohol	2018 %	2021 %	2023 %	2025 %
Past 30 Day Use	22	14	14	11.6
Parental Disapproval	96	96	95	95.9
Peer Disapproval	82	72	84	87.6
Perception of Risk	84	92	87	88.5

Table 37b. Marijuana Core Measures, 2018 to 2025

Marijuana	2018 %	2021 %	2023 %	2025 %
Past 30 Day Use	9	4	5	2.6
Parental Disapproval	93	97	96	97.4
Peer Disapproval	65	76	78	86.5
Perception of Risk	74	79	89	87.7

Table 37c. Nicotine Core Measures, 2018 to 2025

Nicotine (vaping)	2018 %	2021 %	2023 %	2025 %
Past 30 Day Use	15	3	3	2.0
Parental Disapproval	94	**	98	97.7
Peer Disapproval	52	**	79	85.2
Perception of Risk	72	**	91	92.4

Table 37d. Tobacco Core Measures, 2018 to 2025

Tobacco	2018 %	2021 %	2023 %	2025 %
Past 30 Day Use	3	4	1	.7
Parental Disapproval	97	96	97	97.3
Peer Disapproval	81	86	84	87.5
Perception of Risk	86	95	95	95.1

Table 37e. Prescription Drug Core Measures, 2018 to 2025

Prescription Drugs	2018 %	2021 %	2023 %	2025 %
Past 30 Day Use	1	1	1	.6
Parental Disapproval	98	96	97	97.7
Peer Disapproval	89	92	91	93.2
Perception of Risk	88	95	94	94.1

Perception of Parental Disapproval

Table 38. 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	1.9	2.2	9.6	86.3
	9-12	1.7	2.4	12.6	83.3
	7-12	1.8	2.3	11.1	84.8
Drink 5 or more drinks on one occasion?	7-8	2.1	4.2	11.2	82.5
	9-12	2.7	8.8	18.2	70.3
	7-12	2.4	6.5	14.7	76.5
Drink alcohol on weekends?	7-8	3.7	7.0	13.3	76.0
	9-12	8.4	18.1	22.1	51.4
	7-12	6.1	12.6	17.7	63.8
Smoke cigarettes or use tobacco?	7-8	1.4	1.1	4.9	92.6
	9-12	1.2	1.8	9.5	87.5
	7-12	1.3	1.4	7.2	90.1
Use nicotine through a vaping device (JUUL, Blu, Puff Bar)?	7-8	1.3	1.1	4.8	92.7
	9-12	1.2	1.0	7.7	90.1
	7-12	1.3	1.0	6.3	91.4
Use marijuana or THC products (includes use through a vaping device, smoking it, eating it/edibles, inhaling it)?	7-8	1.3	.6	4.5	93.6
	9-12	1.3	2.1	7.7	89.0
	7-12	1.3	1.4	6.1	91.3
Use prescription drugs not prescribed to you?	7-8	1.7	1.2	6.1	91.1
	9-12	1.4	.9	6.2	91.5
	7-12	1.6	1.0	6.1	91.3

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.

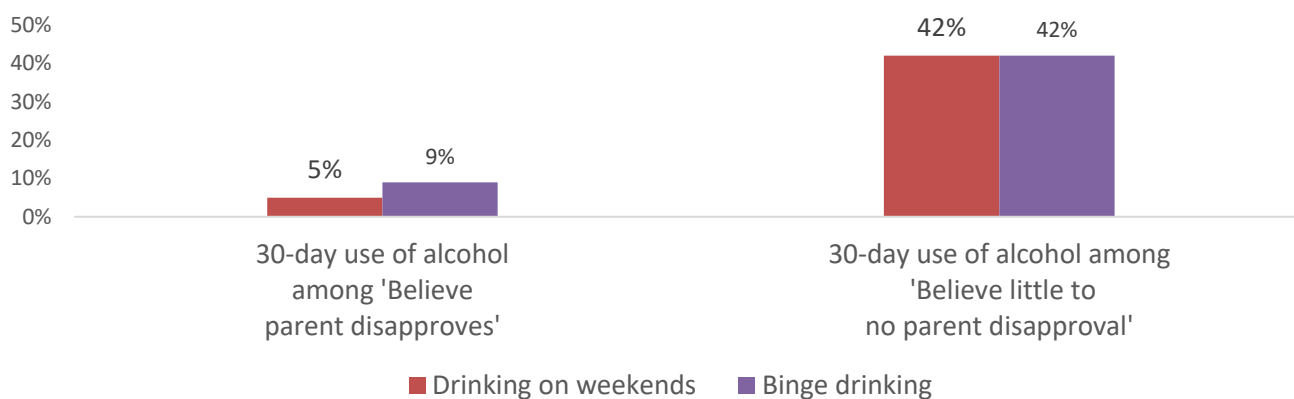


Table 38a. Parent Disapproval and Use Rates

Perception of parent disapproval BY alcohol use rates	Not wrong/ A little wrong %	Wrong/ Very wrong %
(Perc. of parent disapproval) Drinking 1 or 2 drinks every day	n=124	n=2971
Never drank	41.9	74.0
Drank in Lifetime	25.0	15.4
Drank in past 30-days	33.1	10.6
(Perc. of parent disapproval) Binge drinking (5+ in one occasion)	n=272	n=2819
Never drank	36.8	76.1
Drank in Lifetime	21.7	15.3
Drank in past 30-days	41.5	8.7
(Perc. of parent disapproval) Drinking on weekends	n=567	n=2502
Never drank	34.4	81.4
Drank in Lifetime	23.3	14.1
Drank in past 30-days	42.3	4.5

Perception of Peer Disapproval

Table 39. 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	2.6	6.2	22.2	69.0
	9-12	5.4	10.6	28.9	55.1
	7-12	4.0	8.4	25.6	62.1
Drink 5 or more drinks on one occasion?	7-8	3.8	7.6	19.5	69.1
	9-12	16.6	19.4	22.5	41.5
	7-12	10.2	13.5	21.0	47.1
Drink alcohol on weekends?	7-8	6.1	10.0	21.4	62.5
	9-12	29.3	20.3	18.9	31.5
	7-12	17.7	15.1	20.2	47.1
Smoke cigarettes or use tobacco?	7-8	2.0	4.3	16.0	77.7
	9-12	6.5	12.2	25.0	56.2
	7-12	4.2	8.2	20.5	67.0
Use nicotine through a vaping device (JUUL, Blu, Puff Bar)?	7-8	2.6	4.8	16.1	76.4
	9-12	7.8	14.4	23.2	54.7
	7-12	5.2	9.6	19.7	65.6
Use marijuana or THC products (includes use through a vaping device, smoking it, eating it/edibles, inhaling it)?	7-8	2.3	3.6	14.4	79.7
	9-12	8.5	12.7	22.5	56.4
	7-12	5.4	8.1	18.4	68.1
Use prescription drugs not prescribed to you?	7-8	2.1	4.1	14.8	79.0
	9-12	2.7	4.7	19.8	72.7
	7-12	2.4	4.4	17.3	75.9

Perception of Harm

Table 40. 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	2.6	5.3	19.5	72.6
	9-12	1.6	5.8	18.2	74.5
	7-12	2.1	5.5	18.9	73.5
Use marijuana or THC products daily?	7-8	2.6	4.6	11.8	81.1
	9-12	1.8	5.9	15.8	76.5
	7-12	2.2	5.2	13.8	78.8
Smoke cigarettes, 1 or more packs a day?	7-8	2.8	3.5	11.4	82.3
	9-12	1.4	2.3	9.1	87.3
	7-12	2.1	2.9	10.2	84.8
Drink 1 or 2 drinks of alcohol nearly every day?	7-8	3.8	9.9	24.5	61.8
	9-12	1.6	5.9	19.5	72.9
	7-12	2.7	7.9	22.0	67.3
Drink 5 or more alcoholic beverages (beer, wine, liquor), 1 or 2 times a week?	7-8	3.9	7.6	21.1	67.4
	9-12	2.5	9.1	24.2	64.2
	7-12	3.2	8.3	22.7	65.8
Use marijuana or THC products, 1 or 2 times a week?	7-8	3.0	7.7	19.6	69.8
	9-12	3.3	10.6	22.6	63.5
	7-12	3.1	9.2	21.1	66.7
Use nicotine through a vaping device (JUUL, Blu, Puff Bar) 1 or 2 times a week?	7-8	3.6	9.0	21.2	66.2
	9-12	2.9	11.0	22.3	63.9
	7-12	3.3	10.0	13.1	81.0
Use prescription drugs that are not prescribed to them?	7-8	2.9	5.2	14.0	78.0
	9-12	1.2	2.5	12.3	84.0
	7-12	2.1	3.8	13.1	81.0

Alcohol Use, Age of Onset, Sources and Location of Use

Table 41. Alcohol Use Rates

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	84.5	12.5	2.5	.4	.1
	9-12	60.6	19.1	18.3	1.6	.4
	7-12	72.7	15.8	10.3	1.0	.3

Alcohol Use by Grade, Race & Ethnicity

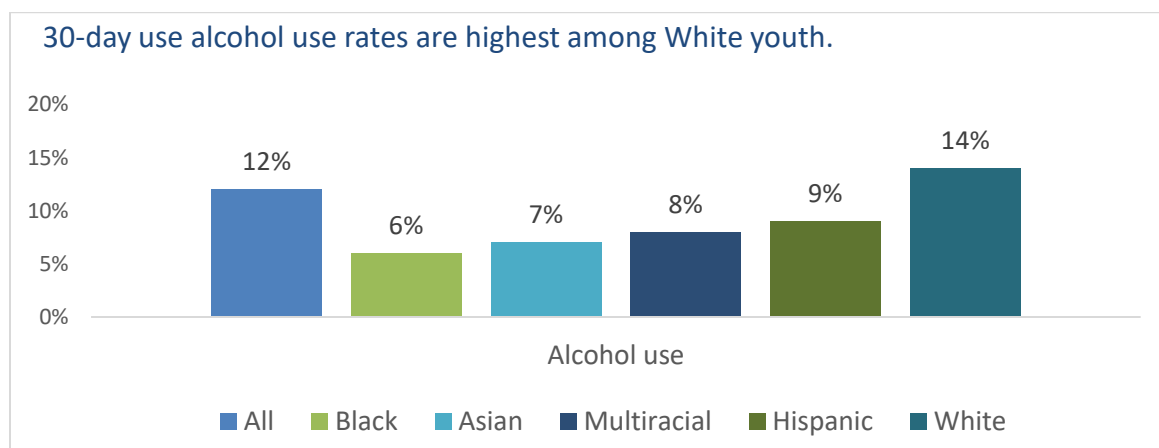
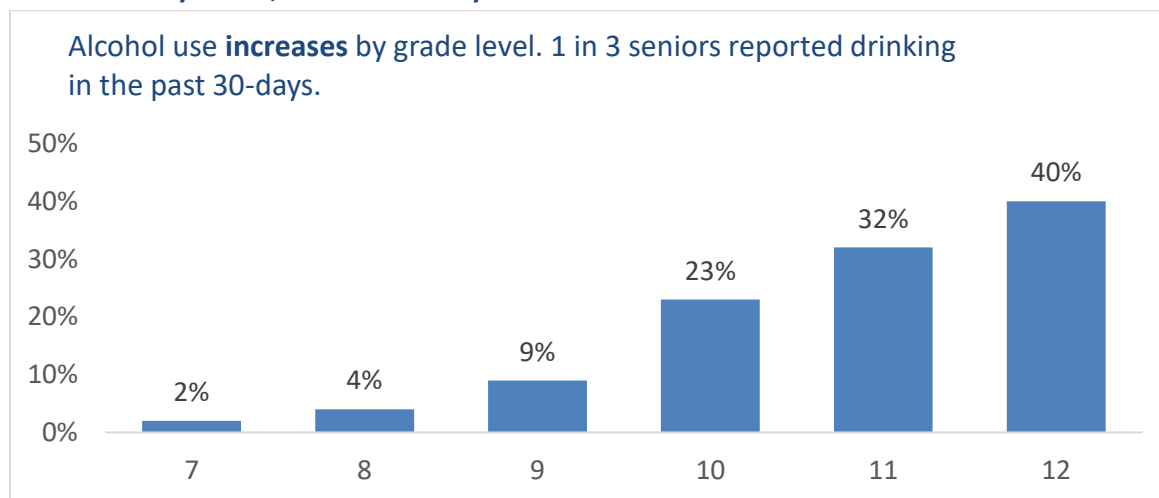


Table 41a. Alcohol Use, by Gender, Race and Ethnicity

	30-day Use %	Lifetime Use %
Gender		
Female	13.3	29.4
Male	9.8	25.1
Race/Ethnicity		
Asian	7.4	19.8
Black	6.1	18.3
Hispanic	9.1	26.4
Multiracial	8.1	28.4
White	13.9	29.4

Alcohol Use and Mental Health

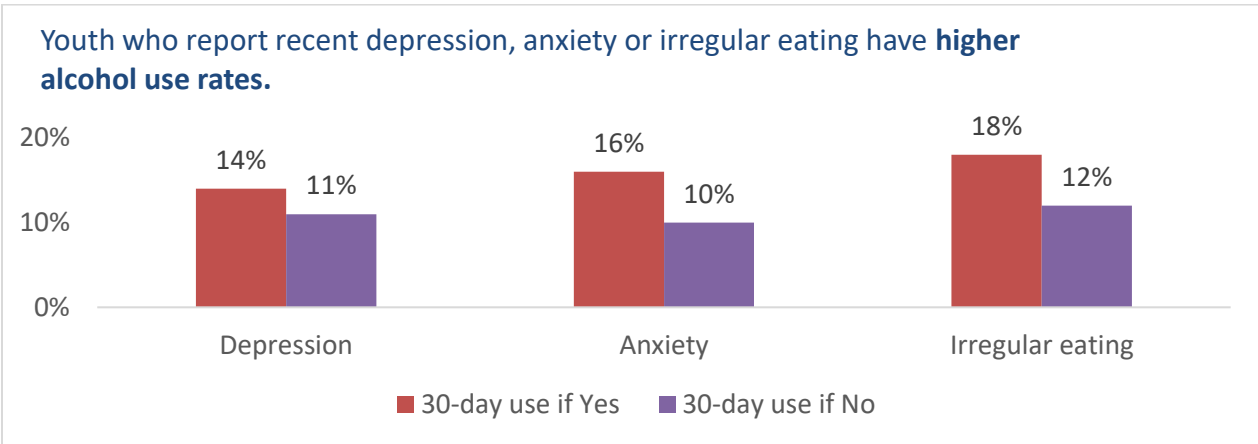


Table 41b. Alcohol Use by Mental Health Indicators

Mental Health Indicators	Yes %	No %
	Sad/Depressed (n=493)	Sad/Depressed (n=2452)
Alcohol Use – past 30-days	13.6	11.0
	Anxiety (n=625)	Anxiety (n=2312)
Alcohol Use – past 30-days	16.0	10.1
	Irregular eating (n=571)	Irregular eating (n=2364)
Alcohol Use – past 30-days	17.9	9.9

Access

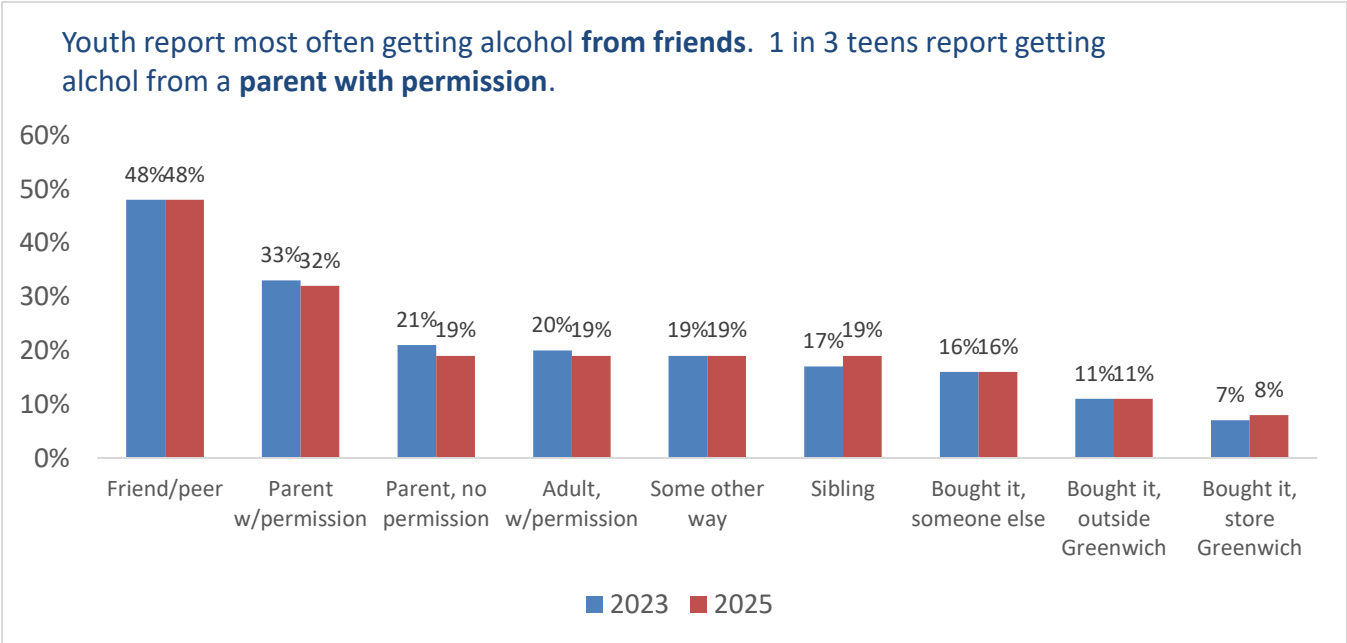


Table 42. Sources of Alcohol

When you drink, how often do you get alcohol from the following? (n=863)	Never %	Rarely %	Sometimes/ occasionally %	Often %
A parent/guardian, with permission	40.0	28.2	20.8	11.0
A parent/guardian, without permission	59.9	21.1	13.4	5.5
An adult, non-family member, with permission	62.4	18.5	14.3	4.8
A friend/peer gave it to me	36.8	15.2	23.7	24.4
A sibling gave it to me	67.0	13.6	14.5	4.9
Bought it from someone else	75.0	8.6	9.9	6.4
Bought it myself at a store in Greenwich	85.9	5.7	3.8	4.5
Bought it myself at a store outside of Greenwich	81.7	6.9	6.1	5.4
I got it in some other way	67.4	13.9	12.0	6.7

Table 42a. Sources of Alcohol, 2023 to 2025

If you ever drank alcohol, where did you get it? (Sometimes/Occasionally, Often)	2023 %	2025 %
A parent/guardian, with permission	33	31.8
A parent/guardian, without permission	21	18.9
An adult, non-family member, with permission	20	19.1
A friend/peer gave it to me	48	48.0
A sibling gave it to me	17	19.4
Bought it from someone else	16	16.4
Bought it myself at a store in Greenwich	7	8.4
Bought it myself at a store outside of Greenwich	11	11.4
I got it in some other way	19	18.7

Table 43. Location of Alcohol Use

When you drink, how often do you drink at the following locations? (n=859)	Never %	Rarely %	Sometimes/ occasionally %	Often %
At home, alone	87.0	7.4	3.4	2.2
At home, with parent guardian present	50.4	28.0	14.7	6.9
With friends at my home or my friends' home	40.8	16.0	25.7	17.5
In a car	91.7	5.3	2.1	.9
At school or on school property	96.1	2.6	.6	.7
At a party	33.5	15.5	21.4	29.6
A public place, beach, park, woods, or street	75.9	15.3	6.0	2.8

Table 43a. Location of Alcohol Use, 2023 to 2025

If you ever drank alcohol, where did you drink? (Sometimes/Occasionally, Often)	2023 %	2025 %
At home, alone	5	5.6
At home, with parent guardian present	24	21.6
With friends at my home or my friends' home	42	43.2
In a car	4	3.1
At school or on school property	1	1.3
At a party	51	51.0
A public place, beach, park, woods, or street	10	8.8

Marijuana Use, Age of Onset, Sources and Location of Use

Table 44. Marijuana Use Rates

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	97.4	2.0	.3	.1	.3
	9-12	87.9	7.6	3.5	.1	.9
	7-12	92.7	4.8	1.9	.1	.6

Marijuana Use by Grade

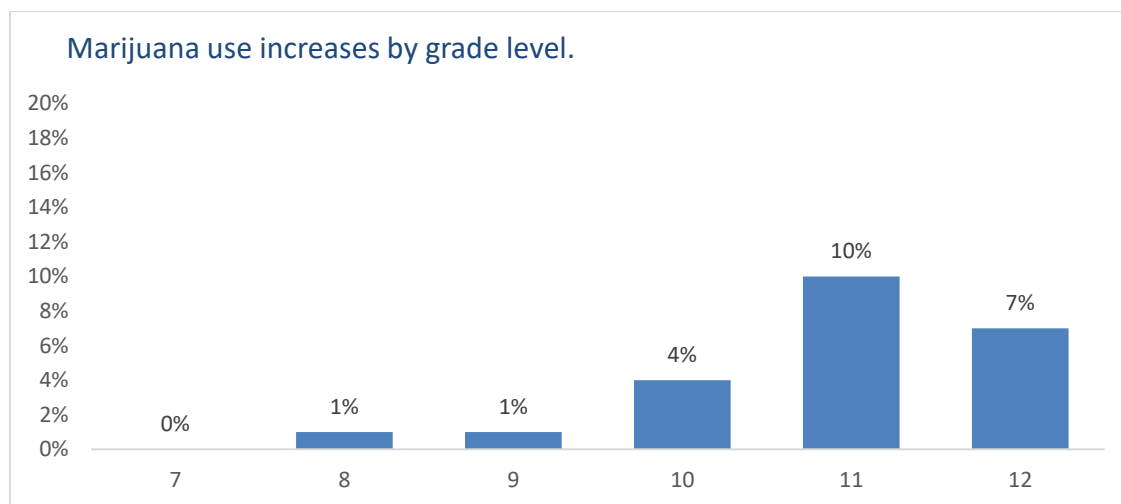


Table 44a. Marijuana Use, by Gender, Race and Ethnicity

	30-day Use %	Lifetime Use %
Gender		
Female	2.5	7.5
Male	2.3	6.9
Race/Ethnicity		
Asian	.3	3.1
Black	1.5	9.1
Hispanic	3.2	10.0
Multiracial	2.3	9.6
White	2.9	7.3

Table 45. 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=230)	Never %	Rarely %	Sometimes/ occasionally %	Often %
Smoked or inhaled (e.g. joint, bong, bowl, bat, etc.)	48.3	31.1	13.6	7.0
Consumed edibles (e.g. baked goods, candy, soda or other items that contain marijuana or THC)	57.9	27.2	10.5	4.4
Vaped	37.0	36.6	15.4	11.0
Dabbed (e.g. wax or hash)	93.3	3.6	1.3	1.8
Other	90.1	5.2	1.4	3.3

Table 46. Sources of Marijuana

Where do you GET the marijuana or THC products? (n=229)	Never %	Rarely %	Sometimes/ occasionally %	Often %
A parent/guardian, with permission	93.4	3.5	.9	2.2
A parent/guardian, without permission	89.9	4.4	2.6	3.1
An adult, non-family member, with permission	91.2	3.1	4.4	1.3
A friend/peer gave it to me	36.8	27.6	18.9	16.7
A sibling gave it to me	82.3	11.1	3.5	3.1
Bought it from someone else	74.3	9.3	9.3	7.1
Bought it from internet or social media (e.g. Snapchat)	88.9	3.5	3.1	4.4
Bought it myself at a store in Greenwich	85.9	5.7	5.3	3.1
Bought it myself at a store outside of Greenwich	83.3	7.9	5.3	3.5
Medical marijuana dispensary	96.5	.4	1.3	1.8
I got it in some other way	85.7	6.3	3.6	4.5

Table 46a. Sources of Marijuana, 2023 to 2025

If you ever used marijuana or THC, where did you get it? (Sometimes/Occasionally, Often)	2023 %	2025 %
A parent/guardian, with permission	3	3.1
A parent/guardian, without permission	6	5.7
An adult, non-family member, with permission	6	5.7
A friend/peer gave it to me	50	35.5
A sibling gave it to me	11	6.6
Bought it from someone else	24	16.4
Bought it from internet or social media (e.g. Snapchat)	6	7.5
Bought it myself at a store in Greenwich	10	8.4
Bought it myself at a store outside of Greenwich	12	8.8
Medical marijuana dispensary	5	3.1
I got it in some other way	10	8.1

Table 47. Location of Marijuana Use

Where did you USE the marijuana or THC products? (n=227)	Never %	Rarely %	Sometimes/ occasionally %	Often %
At home, alone	76.4	9.3	7.1	7.1
At home, with parent guardian present	88.4	6.3	1.3	4.0
With friends at my home or my friends' home	36.2	28.6	21.0	14.3
In a car	83.0	7.2	6.3	3.6
At school or on school property	91.0	5.9	1.4	1.8
At a party	51.1	20.0	15.1	13.8
A public place, beach, park, woods, or street	72.9	12.4	8.9	5.8

Table 47a. Location of Marijuana Use, 2023 to 2025

If you ever used marijuana or THC, where did you use it?	2023 %	2025 %
At home, alone	20	14.2
At home, with parent guardian present	8	5.4
With friends at my home or my friends' home	46	35.3
In a car	14	9.9
At school or on school property	9	3.2
At a party	36	28.9
A public place, beach, park, woods, or street	20	14.7

Nicotine Use, Age of Onset, Sources and Location of Use

Table 48. Nicotine Use Rates

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	97.1	2.1	.5	.1	.2
	9-12	91.1	5.6	2.1	.4	.8
	7-12	94.1	3.8	1.3	.2	.5

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

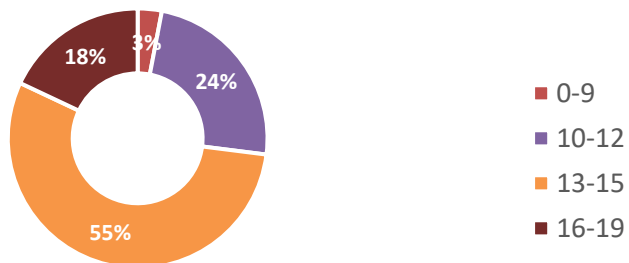


Table 49. Age of Onset

How old were you when you first used a vaping device with nicotine? (n=170)	%
Younger than 8	1.8
8	0.0
9	1.2
10	1.8
11	6.5
12	15.9
13	17.1
14	17.1
15	20.6
16	13.5
17	2.9
18	.6
19	1.2

Table 50. Sources of Nicotine

Where do you GET the vaping device(s) with nicotine? (n=198)	Never %	Rarely %	Sometimes/ occasionally %	Often %
A parent/guardian, with permission	97.0	1.5	.5	1.0
A parent/guardian, without permission	91.4	6.1	.0	2.5
An adult, non-family member, with permission	90.9	3.6	3.1	2.5
A friend/peer gave it to me	34.5	29.4	18.3	17.8
A sibling gave it to me	83.7	9.2	4.1	3.1
Bought it from someone else	80.1	6.6	7.7	5.6
Bought it from internet or social media (e.g. Snapchat)	93.4	1.5	3.1	2.0
Bought it myself at a store in Greenwich	86.7	5.1	4.6	3.6
Bought it myself at a store outside of Greenwich	84.2	5.1	5.1	5.6
I got it in some other way	85.0	6.2	4.6	4.2

Table 50a. Sources of Nicotine, 2023 and 2025

Where do you GET the vaping device(s) with nicotine?	2023 %	2025 %
A parent/guardian, with permission	2	1.5
A parent/guardian, without permission	5	2.5
An adult, non-family member, with permission	5	5.6
A friend/peer gave it to me	43	36.0
A sibling gave it to me	11	7.1
Bought it from someone else	17	13.3
Bought it from internet or social media (e.g. Snapchat)	3	5.1
Bought it myself at a store in Greenwich	14	8.2
Bought it myself at a store outside of Greenwich	17	10.7
I got it in some other way	10	8.8

Table 51. Location of Use

Where do you USE the vaping devices with nicotine? (n=197)	Never %	Rarely %	Sometimes/ occasionally %	Often %
At home, alone	67.4	15.3	6.1	11.2
At home, with parent guardian present	89.2	3.6	1.5	5.6
With friends at my home or my friends' home	43.4	26.0	11.2	19.4
In a car	79.6	8.7	4.1	7.7
At school or on school property	81.1	9.7	2.6	6.6
At a party	51.5	17.4	15.8	15.3
A public place, beach, park, woods, or street	71.9	12.8	5.1	10.2

Table 51a. Location of Use, 2023 to 2025

Where do you USE the vaping devices with nicotine?	2023 %	2025 %
At home, alone	25	17.4
At home, with parent guardian present	9	7.2
With friends at my home or my friends' home	38	30.6
In a car	21	11.7
At school or on school property	15	9.2
At a party	35	31.1
A public place, beach, park, woods, or street	19	15.3

Prescription Drug Use, Age of Onset, Sources

Table 52. Prescription Drug Use Rates

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	96.6	2.4	.3	.2	.5
	9-12	97.0	1.8	.4	.5	.3
	7-12	96.8	2.1	.4	.3	.4
use prescription drugs <u>not</u> <u>prescribed to you</u> ?	7-8	97.6	1.7	.5	.1	.2
	9-12	98.4	1.1	.4	.1	.1
	7-12	98.0	1.4	.4	.1	.1

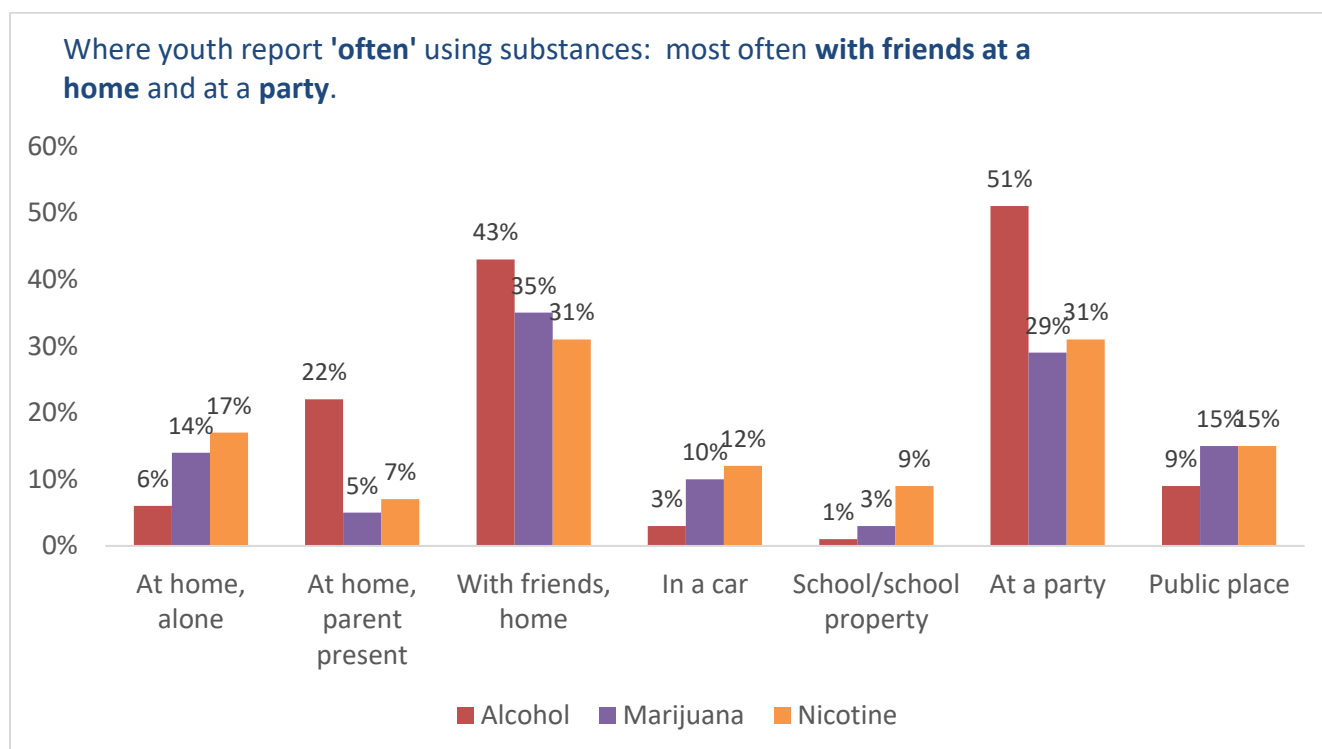
Table 53. Sources of Drugs

Where do you GET the prescription drugs? (n=66)*	Never %	Rarely %	Sometimes/ occasionally %	Often %
A parent/guardian, with permission	33.3	10.6	12.1	43.9
A parent/guardian, without permission	71.2	13.6	9.1	6.1
An adult, non-family member, with permission	74.2	12.1	3.0	10.6
A friend/peer gave it to me	81.8	4.6	9.1	4.6
A sibling gave it to me	80.3	10.6	3.0	6.1
Bought it from someone else	92.4	4.6	.0	3.0
Bought it from internet or social media (e.g. Snapchat)	97.0	.0	1.5	1.5
I got it in some other way	81.8	4.6	7.6	6.1

Table 53a. Sources of Drugs, 2023 to 2025

Where do you GET the prescription drugs?	2023 %	2025 %
A parent/guardian, with permission	43	56.1
A parent/guardian, without permission	14	15.2
An adult, non-family member, with permission	15	13.6
A friend/peer gave it to me	10	13.6
A sibling gave it to me	7	9.1
Bought it from someone else	5	3.0
Bought it from internet or social media (e.g. Snapchat)	5	3.0
I got it in some other way	12	13.6

Location of Substance Use



Additional Substance Use Rates

Table 54. Additional Substance Use Rates

Have you EVER used any of the following?	NO, Never %	Lifetime Use %	YES, in the past 30 days %
Cigarettes	96.5	3.5	.7
Other tobacco products (chewing tobacco, cigars, snuff)	97.9	2.1	.5
Nicotine in an oral pouch (Zyn, On!, etc.)	94.4	5.6	2.3
Ecstasy or Molly (MDMA)	99.8	.2	.0
Cocaine/crack cocaine	99.9	.1	.1
Hallucinogens (LSD, acid, mushrooms, PCP)	99.6	.4	.1
Heroin/Fentanyl	99.9	.1	.1
Inhalants (things you sniff or inhale to get high such as glue, paint, whippets, or sprays)	98.9	1.1	.2
Synthetic marijuana (Spice, K2, K3, Delta-8)	99.1	.9	.3
Ketamine (Special K)	99.9	.1	.1
Methamphetamine (Meth)	100.0	.0	.0

Access at Home

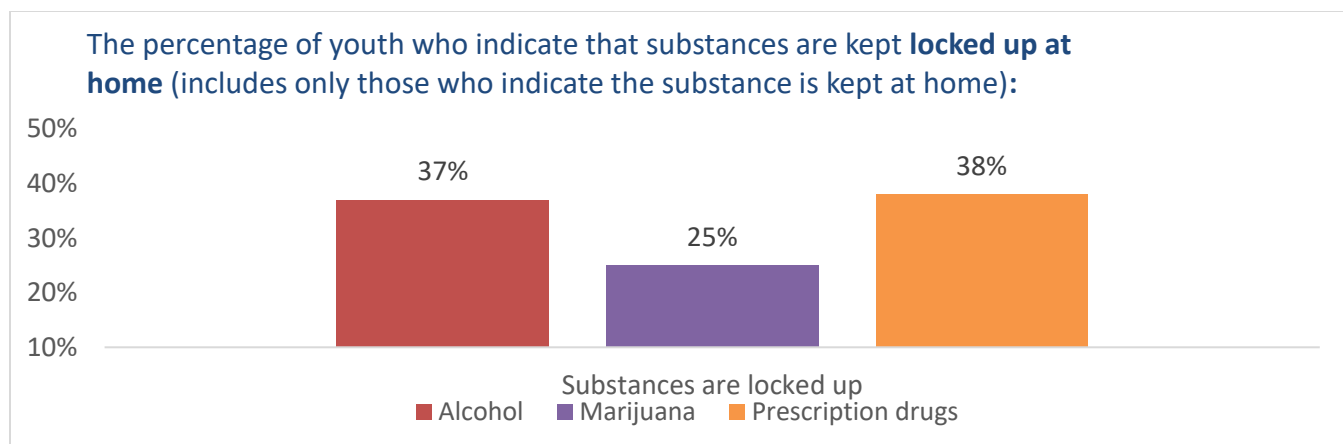


Table 55. Access to Substances At Home

Are the following substances 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	17.5	30.4	43.3	8.8
	9-12	19.7	30.1	43.7	6.5
	7-12	18.6	30.3	43.5	7.6
Marijuana or THC products	7-8	83.0	3.6	9.7	3.7
	9-12	83.5	4.8	8.6	3.2
	7-12	83.2	4.2	9.1	3.4

Prescription Drugs	7-8	29.3	26.7	33.3	10.7
	9-12	34.6	25.2	33.0	7.2
	7-12	31.9	26.0	33.1	9.0

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.

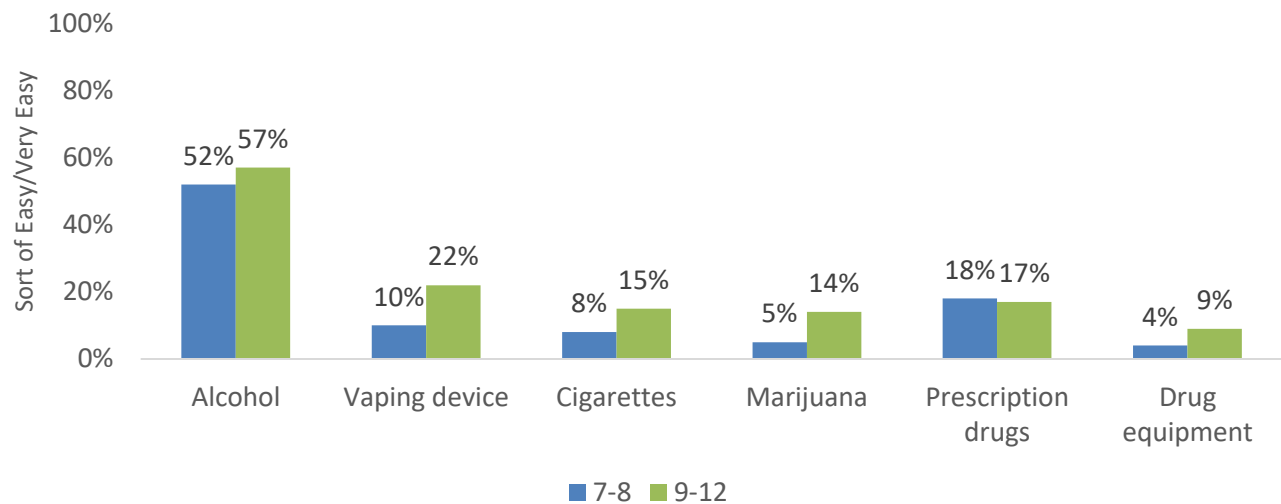


Table 56. Perception of Access to Substances

How easy or hard would it be <u>for you</u> 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	28.9	19.4	25.1	26.6
	9-12	23.2	20.1	28.9	27.9
	7-12	26.1	19.7	27.0	27.2
Marijuana or THC products	7-8	88.2	6.6	2.9	2.3
	9-12	68.6	17.1	8.7	5.5
	7-12	78.6	11.8	5.8	3.9
A vaping device with nicotine (JUUL, Blu, Puff Bar)	7-8	79.0	11.2	5.6	4.3
	9-12	61.9	16.2	13.3	8.6
	7-12	70.5	13.7	9.4	6.4
Cigarettes or other tobacco products (chewing or pipe tobacco, cigars)	7-8	82.5	10.0	4.8	2.7
	9-12	66.9	17.7	9.0	6.4
	7-12	74.8	13.8	6.9	4.5
Prescription drugs – for the purpose of ‘getting high’ or to feel good, but not for medical purposes	7-8	70.0	12.1	9.3	8.7
	9-12	66.7	16.2	10.6	6.5
	7-12	68.4	14.1	9.9	7.6
Drug equipment and supplies (pipes, bongs, rolling papers)	7-8	88.3	7.3	2.4	1.9
	9-12	77.6	13.1	5.8	3.5
	7-12	83.0	10.2	4.1	2.7

The perception that it is easy to access substances has **decreased** from 2018 to 2025. Teens perception that **access to alcohol** is easy remains the highest.

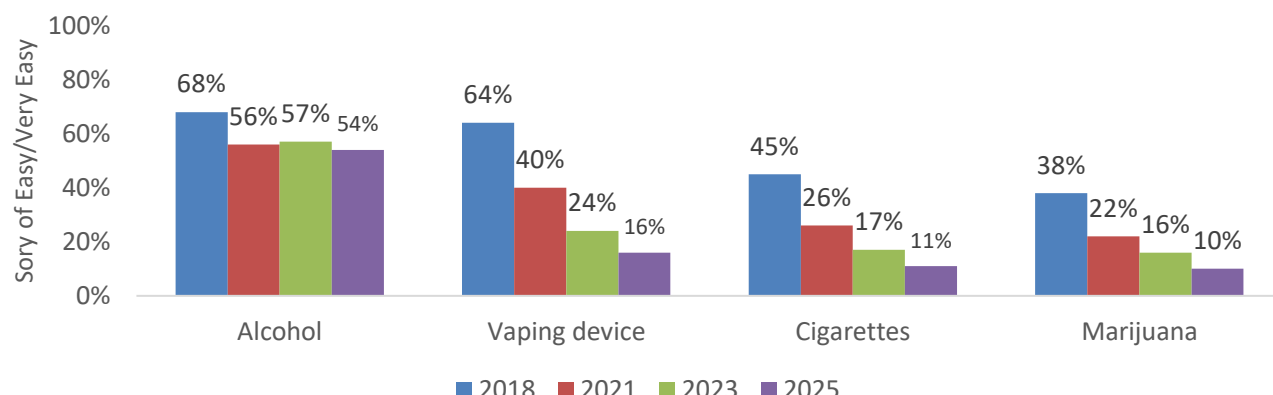
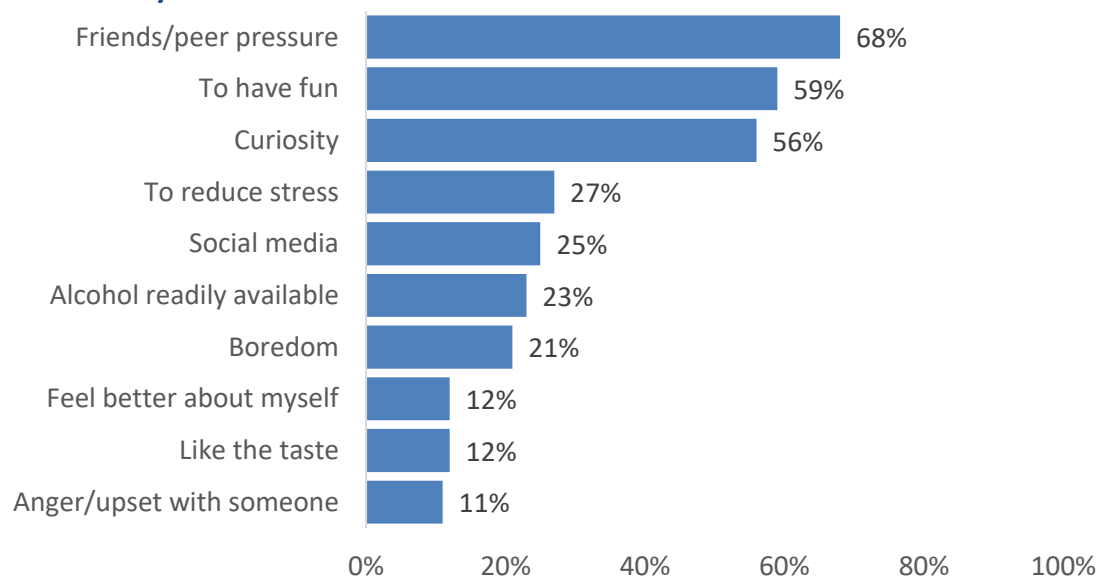


Table 56a. Perception of Access to Substances, 2018 to 2025

How easy or hard would it be <u>for you</u> to get the following substances if you wanted them? (Sort of easy and Very easy)	2018 %	2021 %	2023 %	2025 %
Alcohol	68	56	57	54.2
Marijuana/THC products	38	22	16	9.7
Vaping device with nicotine	64	40	24	15.8
Cigarettes/tobacco products	45	26	17	11.4
Prescription Drugs	**	**	19	17.5
Drug equipment and supplies	**	**	12	6.8

Factors Influencing Youth to Drink

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



Looking at the top four influences **TO drink** broken down by grade levels there is **large variation in having fun and curiosity**. More than 1 in 4 report drinking to **reduce stress**.

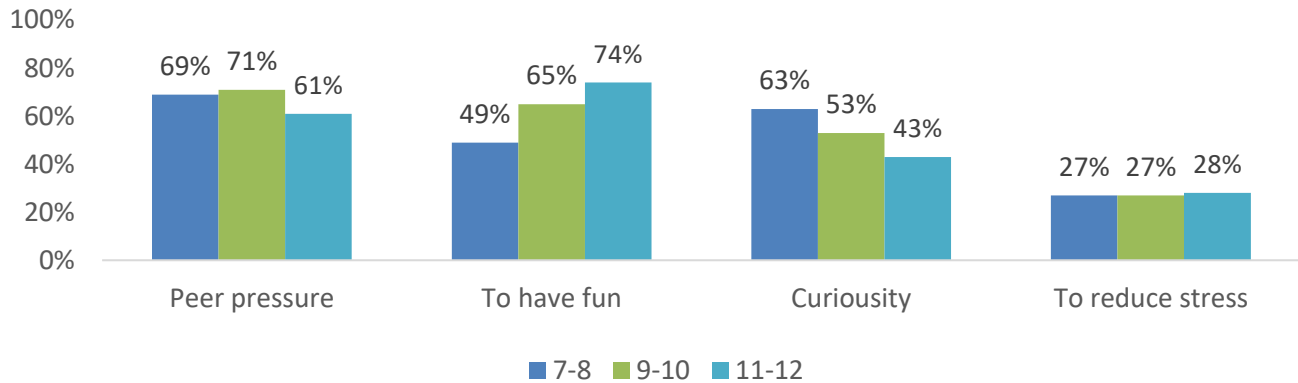


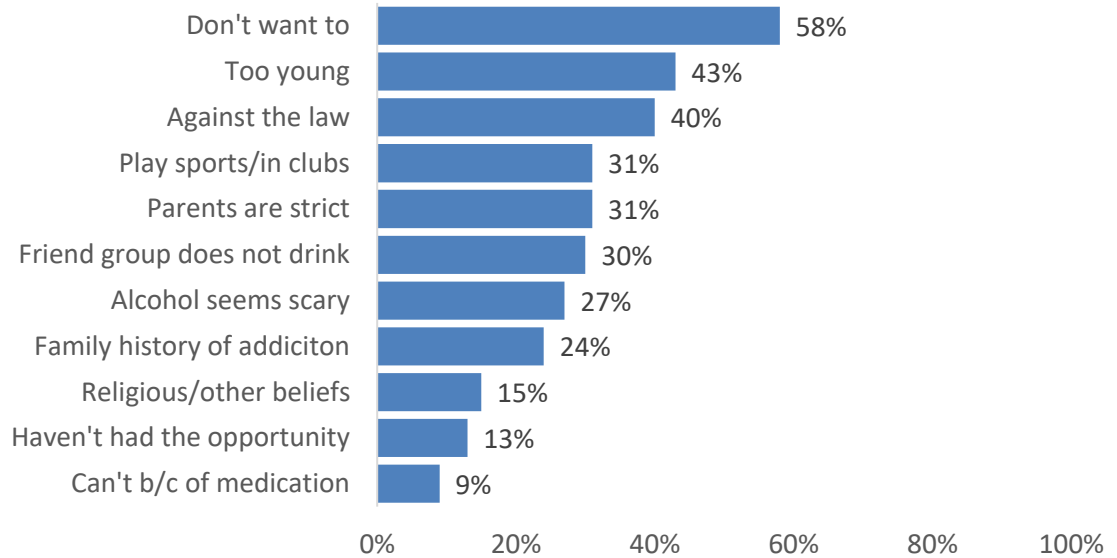
Table 57. Top Factors Influencing Youth To Drink, Grade and Gender

What 3 factors are most important in influencing you, or people your age, to drink?	7-8 %	9-10 %	11-12 %	7-12 %	Female %	Male %
Alcohol readily available	17.9	25.7	32.7	23.0	21.5	24.0
Anger/upset with someone	14.1	7.9	7.7	10.9	10.3	11.0
Boredom	18.6	23.1	22.6	20.8	18.1	22.6 ^A
Curiosity	62.5	52.7	42.9	56.0	51.9	59.7 ^A
Feel better about myself	11.9	12.3	11.1	11.9	11.7	12.0
Friends/ peer pressure	68.7	70.5	60.7	68.1	70.1	66.9
Like the taste	14.1	8.6	10.8	11.6	9.8	13.0 ^A
Reduce stress	27.1	27.4	28.4	27.4	26.3	28.6
Social media	28.0	23.8	15.6	24.6	26.1	23.0
To have fun	49.0	65.2	73.6	58.6	63.6	54.4 ^A

^ASignificant difference between female and male

Factors Influencing Youth Not to Drink

Youth report the three factors most influencing them **NOT** to drink are that they **do not want to**, **they are too young** and it is **against the law**.



Looking at the top three influences **NOT to drink** broken down by grade levels there is **large variation in being too young and legality**.

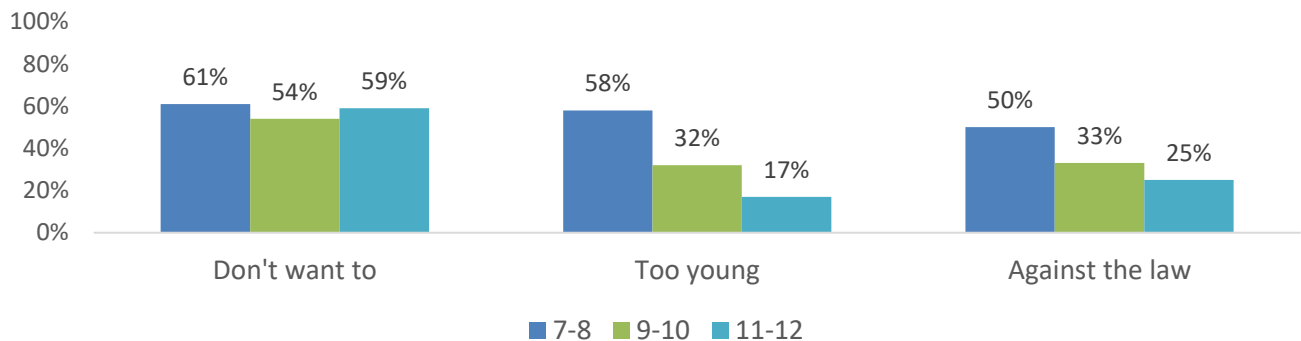


Table 58. Top Factors Influencing Youth Not To Drink, Grade and Gender

What 3 factors are most important in influencing you, or people your age, NOT to drink?	7-8 %	9-10 %	11-12 %	7-12 %	Female %	Male %
Alcohol seems scary	30.1	25.4	23.0	27.4	25.8	28.5
Can't drink because of medication I take	4.4	11.6	16.6	8.7	9.4	7.6
Family history of addiction	18.6	27.8	30.2	23.5	26.2	20.9 ^A
Friends group does not drink	24.8	36.6	32.7	30.0	33.6	26.7 ^A
Haven't had the opportunity	10.0	15.6	20.0	13.4	16.2	10.6 ^A
It's against the law	49.8	32.6	24.8	40.1	34.6	45.3 ^A
Just don't want to	61.0	54.3	58.9	58.4	58.5	58.7
Parents are strict	27.2	33.8	38.9	31.2	32.6	29.7
Play sports/involved with club(s)	24.1	38.2	40.0	31.3	31.6	31.3
Religious or other beliefs	14.7	14.7	15.7	14.9	13.0	16.9 ^A
Too Young to drink	58.2	32.0	17.3	43.1	40.4	45.9 ^A

^ASignificant difference between female and male

Risky Behaviors Related to Substance Use

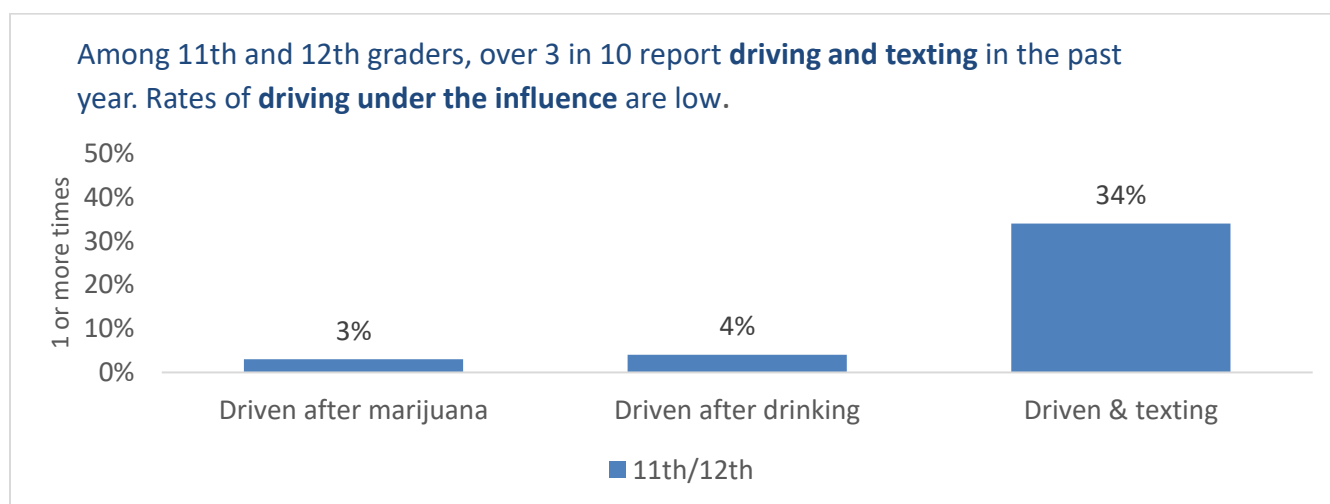
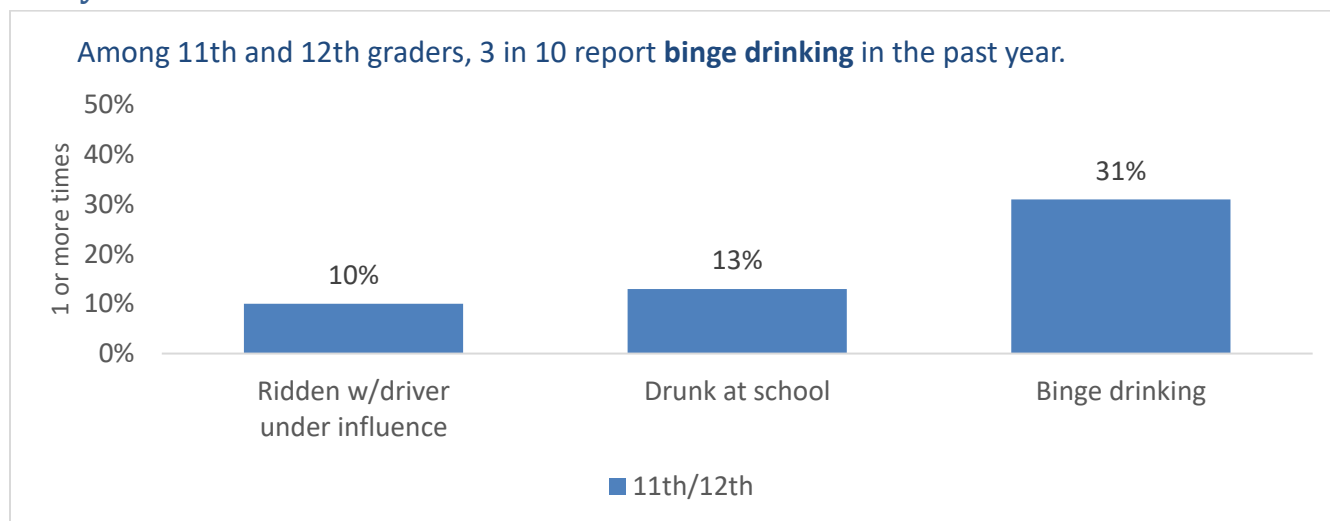


Table 59. Risky Behaviors Related to Substance Use

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, age 20 or younger, had been drinking or using drugs?	7-8	89.8	2.3	1.3	6.7
	9-12	90.6	4.4	3.1	2.0
	7-12	90.2	3.3	2.1	4.4
Been drunk or high at school or at a school event (prom, football games, etc.)?	7-8	92.5	.5	.5	6.5
	9-12	91.1	3.0	3.9	2.0
	7-12	91.8	1.7	2.2	4.3
Drunk four or more alcoholic drinks in less than 2 hours?	7-8	91.1	1.2	.9	6.7
	9-12	79.3	6.1	12.5	2.1
	7-12	85.3	3.6	6.6	4.5
Driven a car after you had been drinking?	7-8	84.4	.1	.1	15.5
	9-12	89.7	1.1	.6	8.6
	7-12	87.0	.6	.3	12.1
Driven a car after you had been using marijuana or THC product?	7-8	84.4	.1	.1	15.4
	9-12	89.9	.8	.6	8.7
	7-12	87.1	.4	.3	12.1
Driven a car while texting?	7-8	81.6	1.3	1.1	15.9
	9-12	76.9	4.6	9.2	9.3
	7-12	79.3	2.9	5.1	12.7

Table 59a. Risky Behaviors Related to Substance Use by grade levels

During the last 12 months, how many times have you...? 1 or more times	7-8 %	9-10 %	11-12 %
Ridden in a car whose driver had been drinking or using drugs?	3.5	6.5	9.6
Been drunk or high at school or at a school event (prom, football games, etc.)?	1.1	4.4	12.5
Drunk four or more alcoholic drinks in less than 2 hours?	2.1	13.3	30.7
Driven a car after you had been drinking?	**	.7	4.1
Driven a car after you had been using marijuana or THC product?	**	.7	3.0
Driven a car while texting?	**	4.7	34.3

Driving and Substance Use

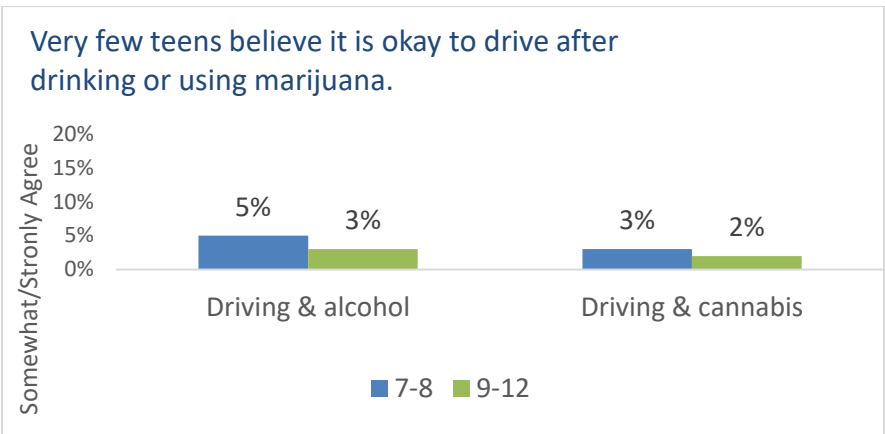


Table 60. Perceptions of Driving and Substance Use

It's okay to...	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
drive after you've had a couple of drinks.	7-8	83.2	11.6	3.9	1.3
	9-12	90.6	6.9	1.8	.8
	7-12	86.8	9.3	2.8	1.1
drive after you have used marijuana or THC products	7-8	90.1	7.1	1.2	1.6
	9-12	90.0	8.1	1.2	.7
	7-12	90.1	7.6	1.2	1.2

Table 60a. Perceptions of Driving and Substance Use, 2023 to 205

It's okay to...	Grade	2023 %	2025 %
Somewhat and Strongly Agree			
drive after you've had a couple of drinks.	7-8	6	5.2
	9-12	4	2.6
	7-12	4	3.9
drive after you have used marijuana or THC products	7-8	2	2.9
	9-12	4	1.9
	7-12	3	2.4

Consequences of Alcohol Use

More than 1 in 3 juniors and seniors report **taking care of a drunk friend** in the past year, 24% report having a **hangover**, 13% report that they **blacked out from drinking**.

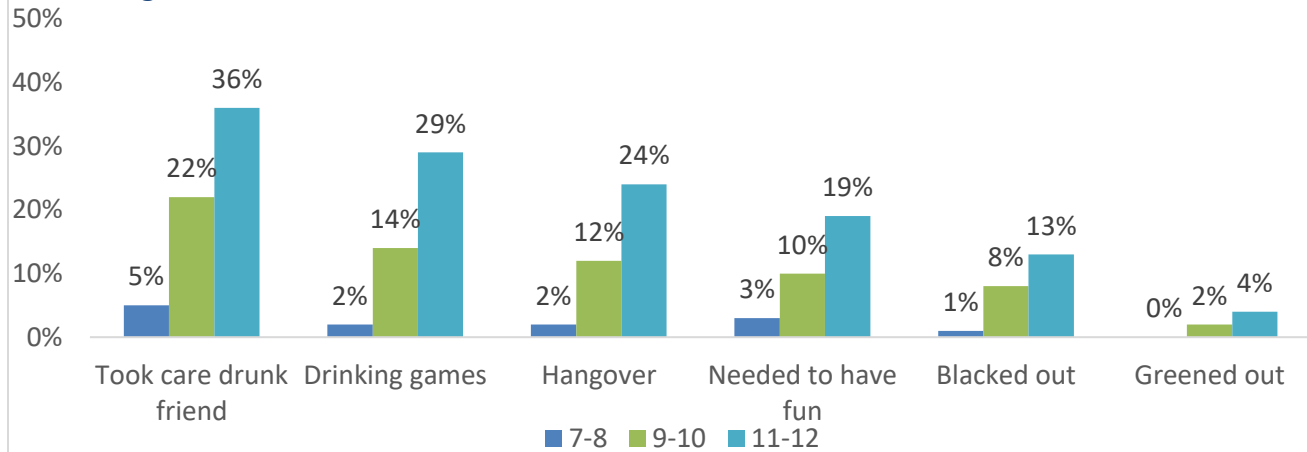


Table 61. Consequences of Alcohol and Marijuana Use

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	99.3	.3	.3
	9-12	90.4	7.0	2.7
	7-12	95.0	3.6	1.5
Played competitive drinking games? (e.g. beer pong)	7-8	97.7	1.6	.7
	9-12	81.6	8.1	10.3
	7-12	89.8	4.8	5.4
Had a hangover?	7-8	97.6	1.7	.7
	9-12	84.3	7.6	8.1
	7-12	91.1	4.6	4.4
Needed a drink to have fun?	7-8	97.5	2.2	.3
	9-12	87.3	7.3	5.5
	7-12	92.5	4.7	2.8
Had to take care of a friend who got too drunk?	7-8	95.5	3.0	1.5
	9-12	74.1	12.6	13.3
	7-12	85.1	7.7	7.3
Greened out or passed out after dabbing (using marijuana or THC product)	7-8	99.6	.3	.1
	9-12	97.4	1.6	1.1
	7-12	98.5	.9	.6

Table 61a. Consequences of Alcohol and Marijuana Use, Grade and Gender

During the last 12 months, how many times have you...? (1 or more times)	7-8 %	9-10 %	11-12 %	7-12 %	Female %	Male %
Drank so much you blacked out or forgot what happened?	.6	8.1	13.0	5.0	6.1	4.1 ^A
Played competitive drinking games? (e.g. beer pong)	2.3	13.8	29.0	10.2	12.3	8.2 ^A
Had a hangover?	2.4	11.9	24.3	8.9	10.3	7.7 ^A
Needed a drink to have fun?	2.5	10.2	18.6	7.5	10.4	4.8 ^A
Had to take care of a friend who got too drunk?	4.5	21.5	35.9	14.9	18.3	11.8 ^A
Greened out or passed out after dabbing (using marijuana or THC product)	.4	2.1	3.9	1.5	1.4	1.6

^A Significant difference between female and male

Appendix 1. Disaggregated Data

The tables below include data disaggregated by demographic variables. In all these tables, the first row provides the percentage of all youth who participated in the survey. Followed by a breakdown of responses to the question by gender, grade level, race and ethnicity. Groups that report higher than average rates are identified in red font.

Table A1. Reported Depression by Demographics

Persistent sadness/hopelessness in past year	Yes %
AVERAGE 7th-12th	16.7
GENDER	
Female	22.0 ^A
Male	11.6
GRADE	
7	17.1
8	17.6
9	16.7
10	15.1
11	15.9
12	16.1
ETHNICITY	
Hispanic – Yes	25.3 ^C
Hispanic - No	18.7
RACE	
Asian	17.7
Black	18.3
Multiracial	24.3 ^D
White	14.7

^A Significantly higher than Male; ^C Significantly higher than non-Hispanic youth; ^D Significantly 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.

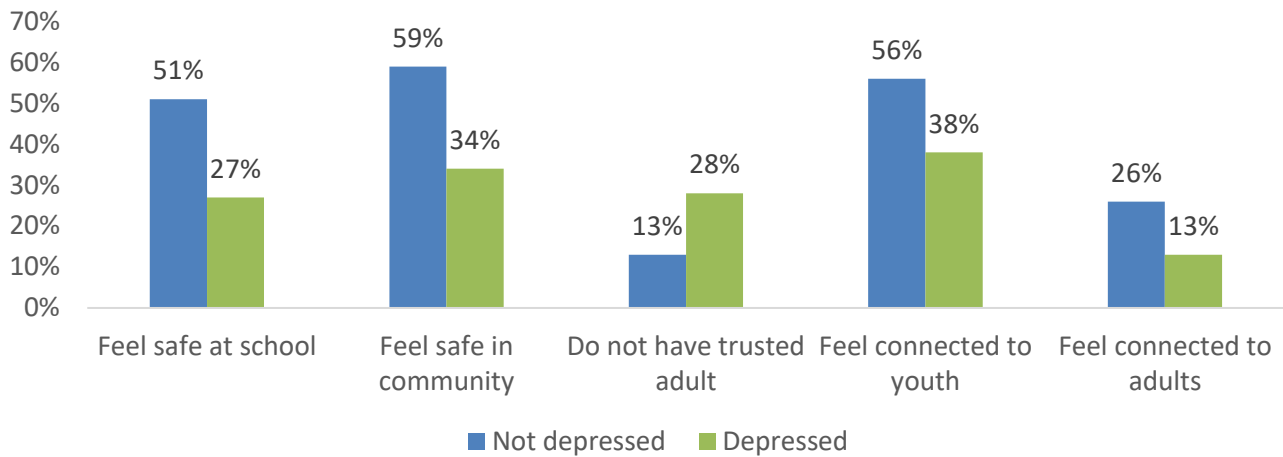


Table A2. Reported Depression & Protective and Risk Factors

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=1508)	Yes % (n=229)
School & Community Supports (Strongly Agree)		
My teachers really care about me	36.2	17.7 ^A
Students in my school care about me	41.4	20.3 ^A
I feel safe at school	58.8	35.0 ^A
I feel safe in community	66.0	39.5 ^A
Adults value youth	44.0	19.7 ^A
Trusted Adult		
No trusted adult	12.1	22.2 ^A
How connected feel to: (Very/Extremely)		
Adults In school	28.3	16.6 ^A
Youth In school	61.7	43.9 ^A
Adults outside of school	53.7	33.4 ^A
Community	40.8	22.9 ^A
Self-Image (Strongly Agree)		
Control of life and future	47.6	20.4 ^A
Valued and appreciated by others	51.1	21.6 ^A
Sense of purpose in my life	48.6	26.6 ^A
Ability to deal w/ frustration or disappointment	44.8	22.9 ^A

^ASignificant difference between Yes and No for Depression

Table A3. Reported Anxiety by Demographics

Persistent anxiety in past year	%
AVERAGE 7th-12th	21.2
GENDER	
Female	28.9 ^A
Male	13.9
GRADE	
7	18.4
8	23.7 ^B
9	19.3
10	21.8
11	25.4 ^B
12	18.5
ETHNICITY	
Hispanic	25.0 ^C
Non-Hispanic	20.4
RACE	
Asian	18.3
Black	21.0
Multiracial	30.0 ^D
White	19.9

^A Significantly higher than Male; ^B Significantly higher than other grades; ^C Significantly higher than non-Hispanic youth;

^D Significantly higher than White youth

Table A4. Reported Anxiety & Protective and Risk Factors

During the past 12 months did you ever feel so ANXIOUS almost every day for 2 weeks or more in a row that you stopped doing some usual activities?	No % (n=1311)	Yes % (n=242)
School & Community Supports (Strongly Agree)		
My teachers really care about me	36.9	19.4 ^A
Students in my school care about me	41.7	22.8 ^A
I feel safe at school	59.4	37.2 ^A
I feel safe in community	66.6	42.4 ^A
Adults value youth	44.7	21.7 ^A
Trusted Adult		
NO Trusted adult	11.8	26.1 ^A
How connected feel to: (Very/Extremely)		
Adults In school	28.3	18.7 ^A
Youth In school	61.7	47.1 ^A
Adults outside of school	53.9	36.7 ^A
Community	41.1	25.2 ^A
Self-Image (Strongly Agree)		
Control of life and future	47.1	16.3 ^A
Valued and appreciated by others	50.5	17.1 ^A
Sense of purpose in my life	48.3	22.5 ^A
Ability to deal w/ frustration or disappointment	44.1	20.5 ^A

^A Significant difference between Yes and No for Anxiety