



2025 Greenwich Youth Survey Findings: Trends in Risk and Protective Factors

Agenda

- **Welcome**
- **Greenwich Together Youth Survey**
- **Key Findings**
- **Protective Factors**
- **Risk Factors**
 - **Technology**
 - **Substance Misuse**
 - **Mental Health**



Thank you

- **Greenwich Public and Private Schools**
- **Greenwich Students and Parents**
- **Kids In Crisis**
- **The Data Committee**
- **The Youth Coalition**



Introduction to Greenwich Together

Greenwich Together mobilizes youth, parents and community partners to prevent substance misuse, promote behavioral and mental health and strengthen healthy choices through positive youth, family, and community development.

- Founded in 2017
- Coalition members include leaders from over 40 organizations serving youth in Greenwich
- 6th year of grant funding focused on substance use reduction & mental health promotion
- Awarded a 2nd 5-year DFC grant in 2024
- Kids in Crisis serves as the fiduciary for Greenwich Together



Greenwich Youth Survey

Greenwich Youth Survey Questions

- From a regional youth survey question data bank
- Allows comparison to other Fairfield County towns
- Based on national and state-level prevention surveys
- Established with the support of professionals in the fields of survey development, prevention, public health and mental health, and schools

New this Year

- Smartphone Use and Impact



2025 Greenwich Youth Survey

Final Dataset

Careful review of individual responses; surveys eliminated due to large amounts of missing data or long patterns of responses rather than thoughtful answers

Confidence Interval

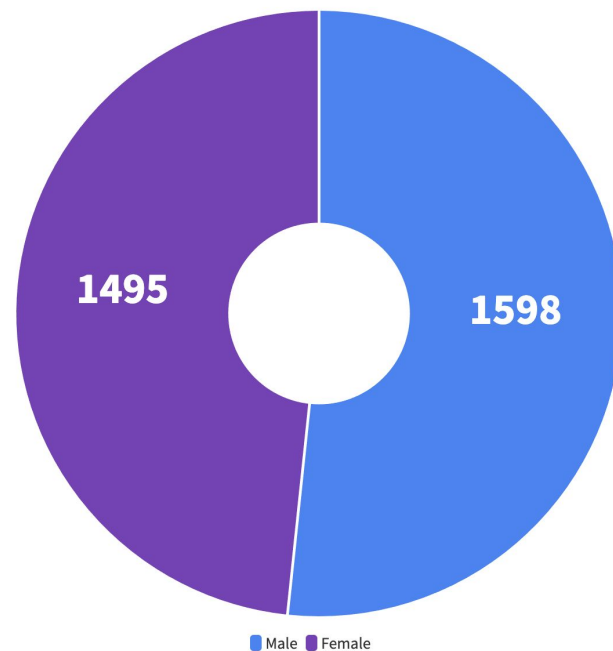
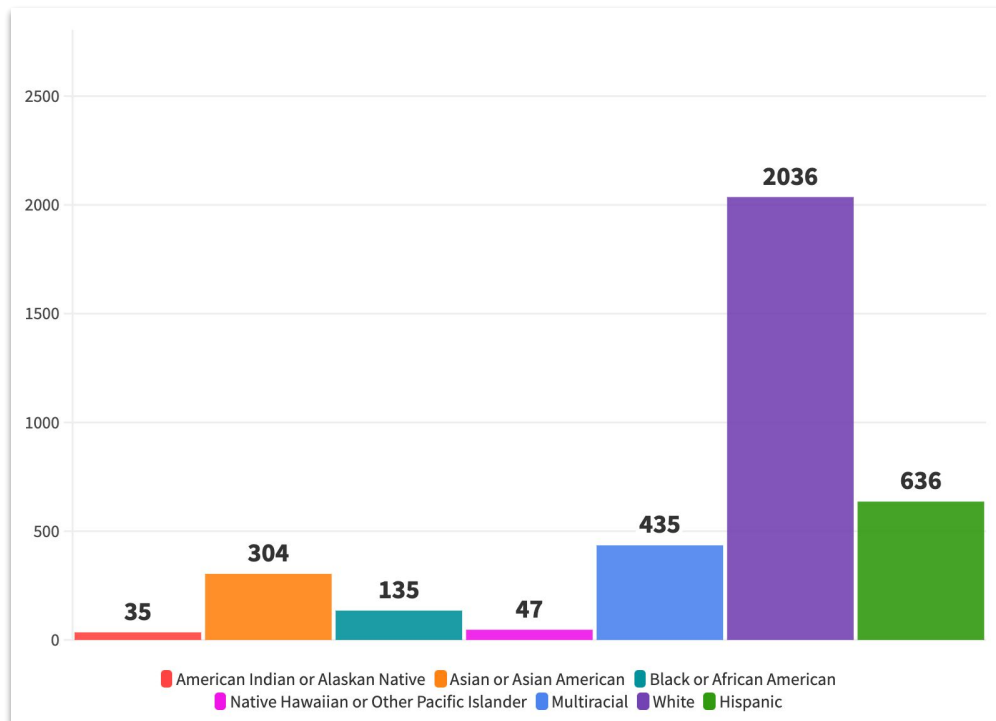
Confidence Interval calculated at ± 1.1 at a 95% confidence level

Response Rate

58% overall response rate (3,197) in grades 7 to 12



Race, Ethnicity & Gender



Think about...

What trends or patterns stand out?

Are there any surprising or unexpected results?

Do the findings align with what you are seeing in Greenwich?

What should be prioritized?

Does this data support your current priorities?



Protective Factors



Have connection to
a trusted adult

INDIVIDUAL PROTECTIVE FACTORS



Teen reports on
self-image are
very positive



Knows where to get help if they're
struggling with a mental health
issue and know where to go for
help for substance misuse



Are engaged in
productive activities



Family
Support

COMMUNITY PROTECTIVE FACTORS



Feeling safe in
community



Peer Support



Feeling safe
at school

Risk Factors



Technology



Substance Use



Mental Health
Concerns

RISK FACTORS



Bullying



Irregular
Eating



Gambling

Teen Technology

SOCIAL MEDIA & GAMING



Social Media



Gaming

School and Phone Use:

- 33% interfered with getting school work done
- 28% assisted with getting school work done
- 20% think phones are a distraction at school
- 21% think phones at school reduce students' socializing

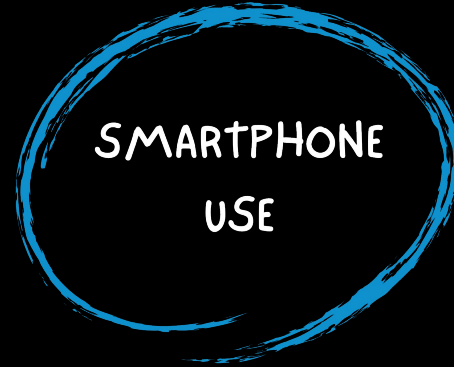
Limiting Use:

- 74% have tried to reduce their phone use in the past year

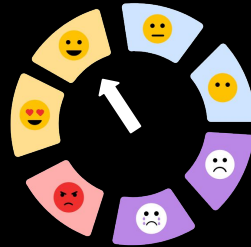
Just under half of all teens say their phone use is 'about right', while **50%** feel it is '**too much**'



31% said their phone use reduced their nightly sleep



66% feel more productive when they limit their phone use

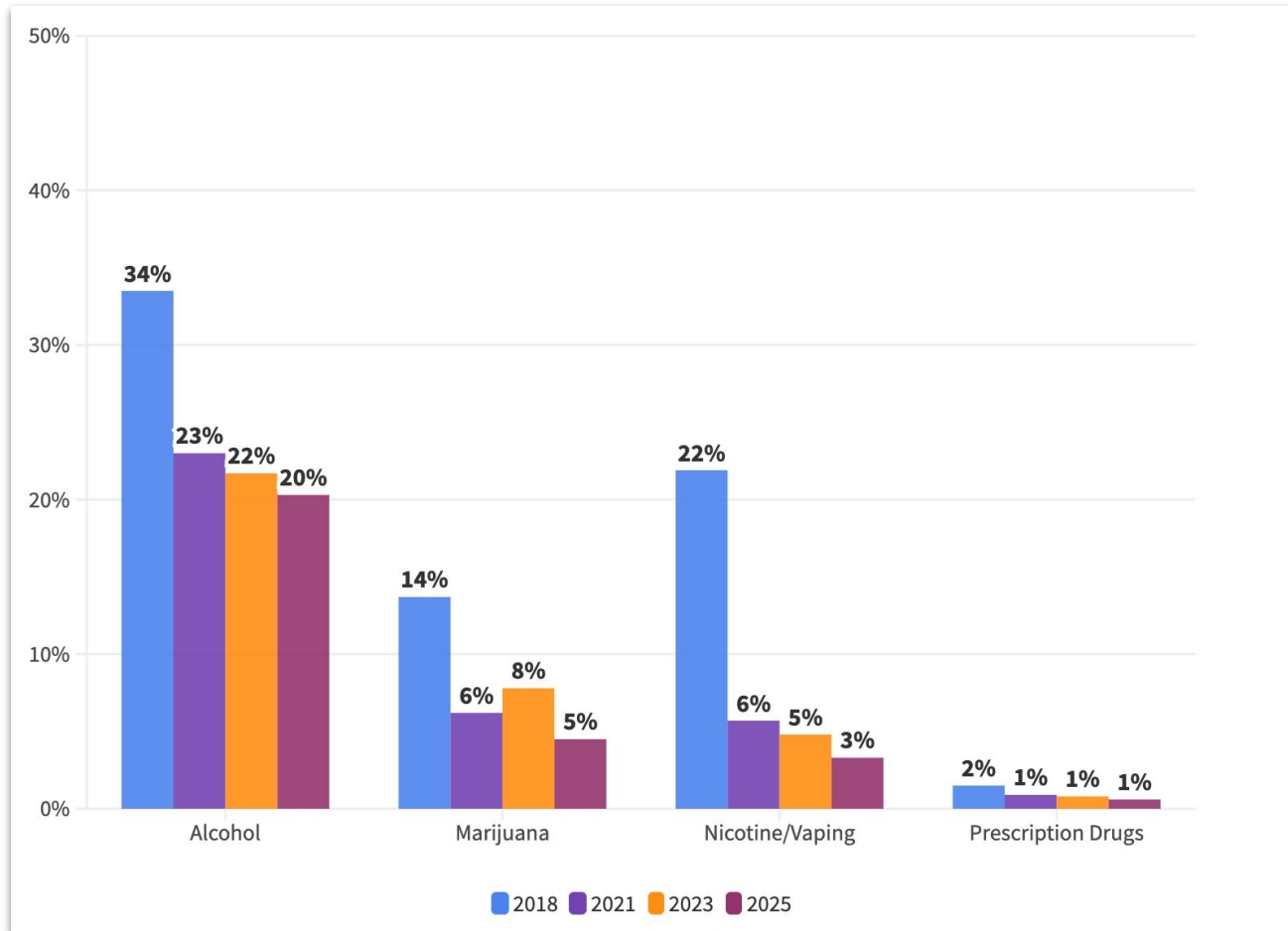


23% felt their phone use had a positive impact on their mental health

Teen Substance Misuse

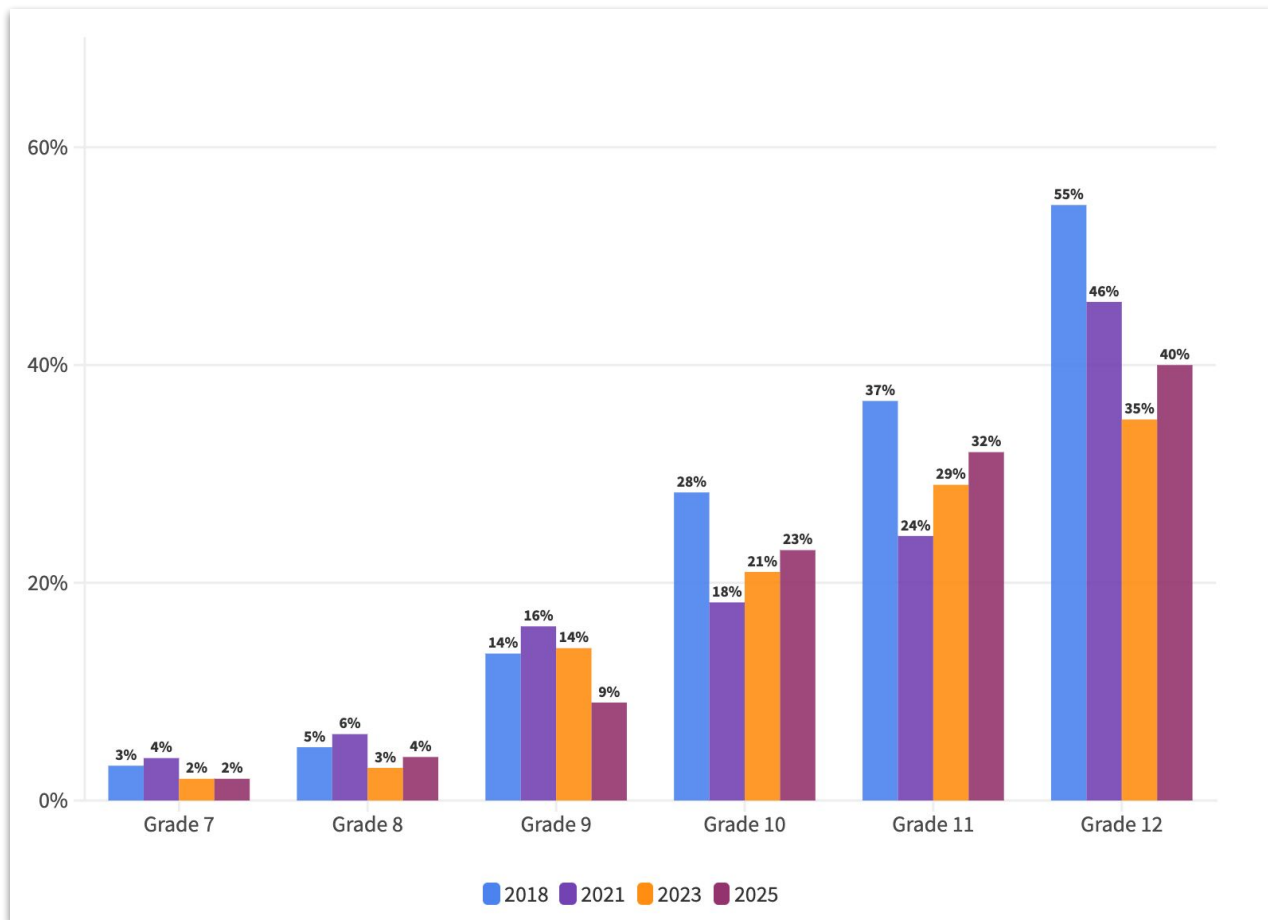
Substance Use Rates (in the past 30 Days)

Among 9th to 12th graders



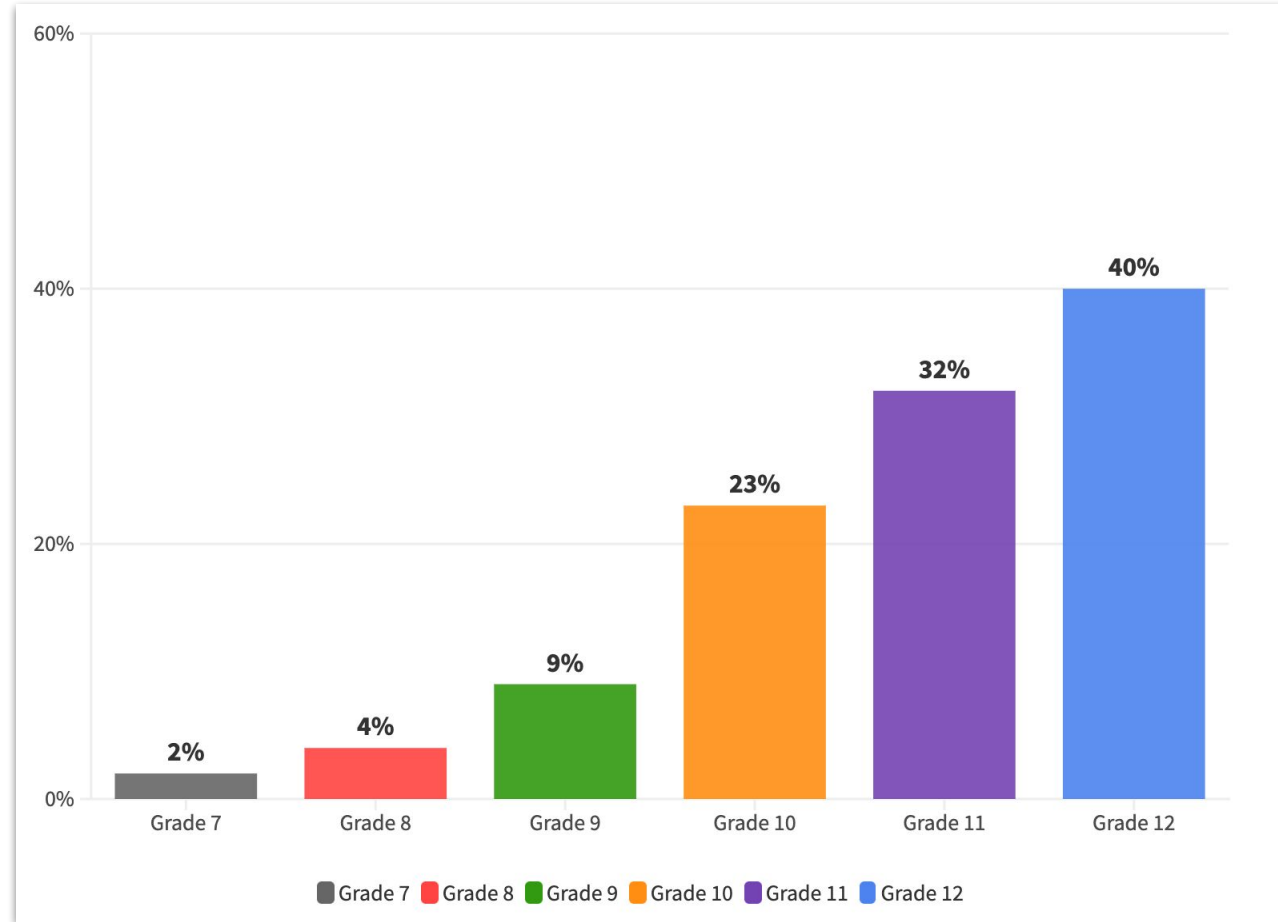
Teen Alcohol Use- Past 30 Days

2018 to 2025



2025 Teen Alcohol Use- Past 30 Days

By Grade Level



Culture of Drinking in Greenwich

TOP 4 REASONS THEY ARE DRINKING

① Peer Pressure 68%



② To Have Fun 59%



③ Curiosity 56%



④ Reduce Stress 27%

TOP 3 PLACES THEY ARE DRINKING

① A Party 51%



② With friends at their home or my home 43%



③ At home with parent present 22%



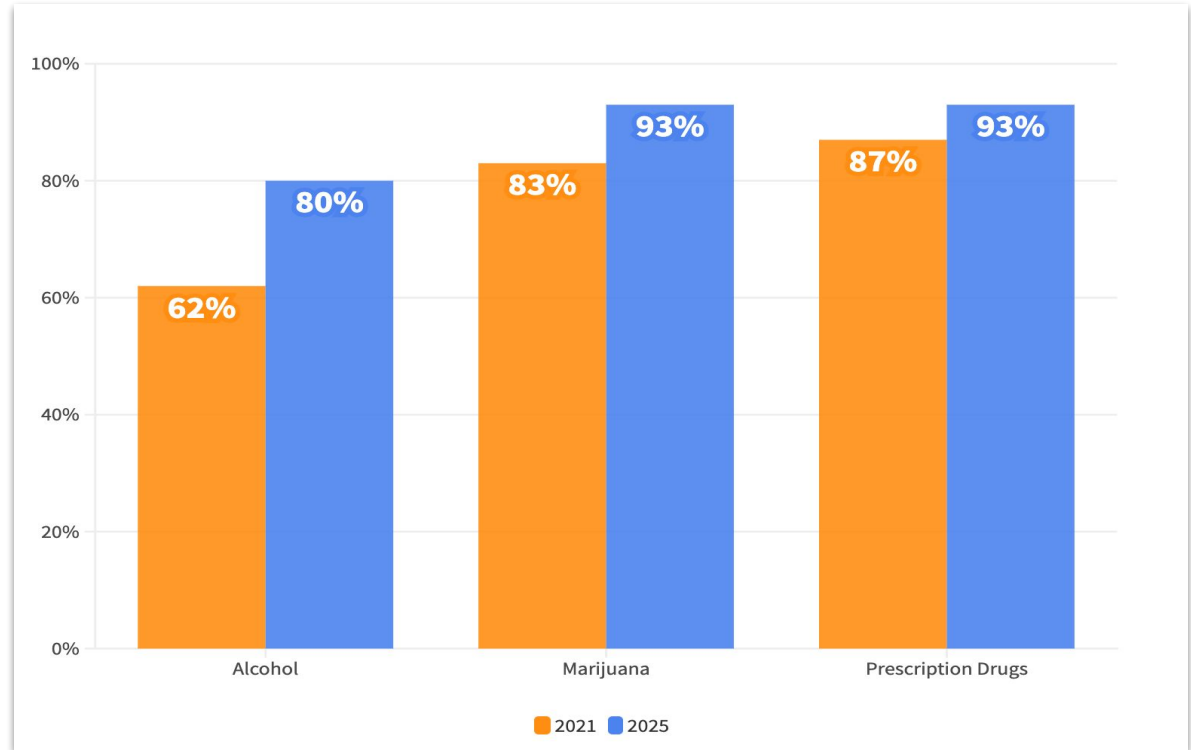
EASY TO GET?



54%
SAY YES

Family Rules Make a Difference!

My parent/guardian has clear rules discouraging me from:



9X

Teens in Greenwich are 9x more likely to drink on weekends if they don't believe their parents disapprove of them drinking

Did You Know?

- 9 out of 10 adults with a substance use disorder begin using before age 18
- Fewer alcohol-related problems develop for every year that students delay drinking
- Alcohol use changes the structure and function of the still-developing teen brain
- It's illegal

Teen Mental Health

Stress

Grades 7-8
Academics: 42%
Future: 28%
Sports: 25%



Academics
52%



College &
Post HS
35%



Future Expectations 43%



Sports Achievement 27%

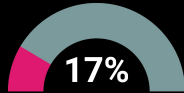
TOP 4 SOURCES
OF STRESS FOR
GRADES 9 - 12

Depression & Anxiety



493 respondents

reported feeling so sad or
hopeless almost every day
for two weeks or more in
a row that they stopped
doing some usual activities

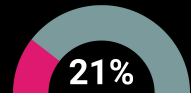


DEPRESSION & ANXIETY



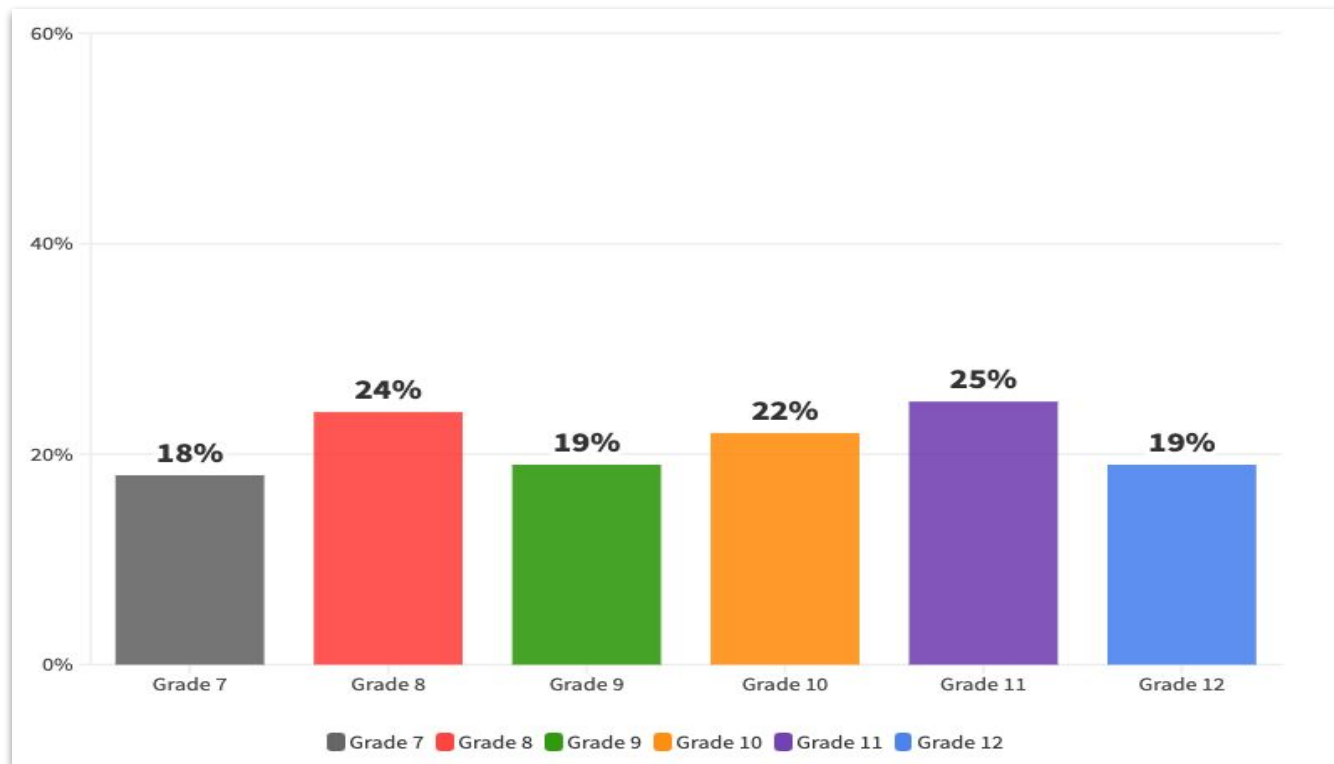
625 respondents

reported feeling so anxious
almost every day for two
weeks or more in a row
that they stopped doing
some usual activities



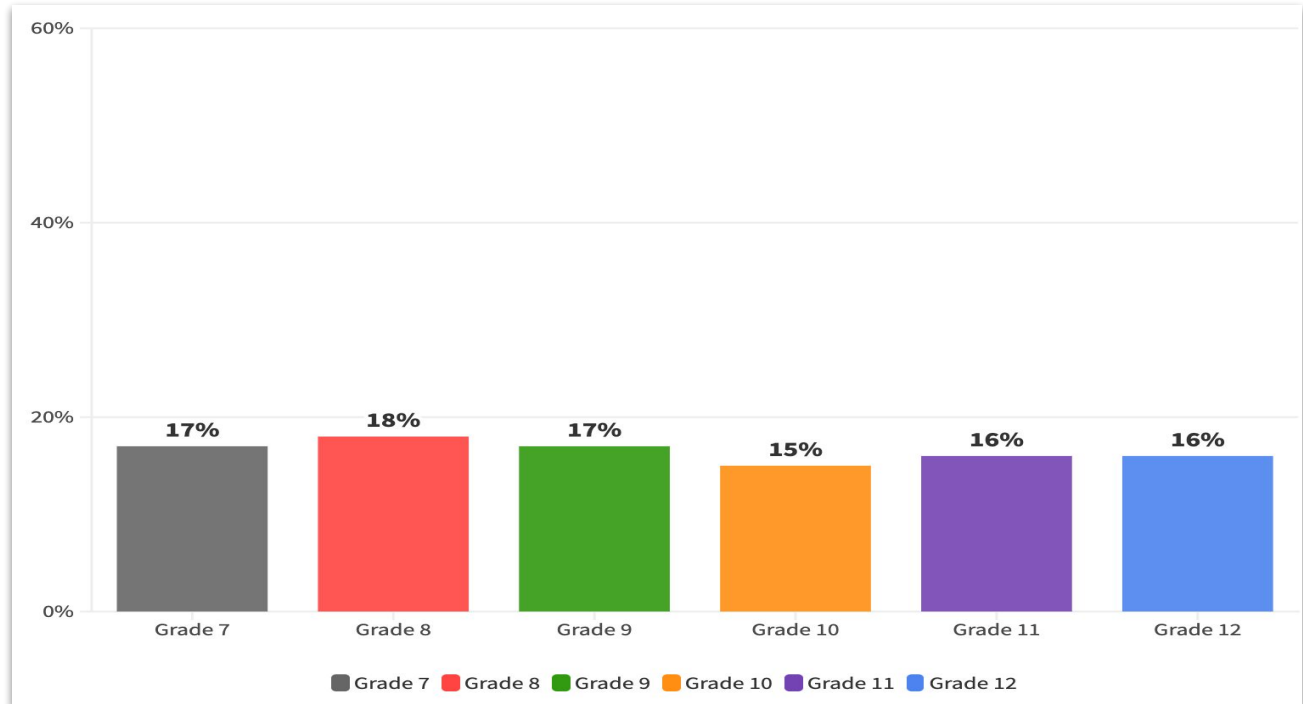
Self-Reported Rates of Anxiety

Females: 29%
Males: 14%



Self-Report Rates of Depression

Females: 22%
Males: 12%



Gender Differences



Males report...

- Higher levels of self-image
- Lower rates of sadness, anxiety and loneliness
- Higher rates of connectedness to adults and youth
- Lower rates of knowing where to get help for mental health and substance use
- More positive and negative consequences of gaming
- Higher rates of gambling
- Higher rates of bullying someone



Females report...

- Higher rates of persistent depression and anxiety
- Higher levels of stress in all categories (academics, future expectations, etc.)
- Higher rates of irregular eating behaviors
- Higher rates of being bullied
- More positive and negative consequences due to social media
- Lower rates of feeling safe at school and in the community

What You Can Do to Support Greenwich Youth



Talk to your kids early and often about alcohol and substance use. They hear you!



Set clear rules and expectations about drugs and alcohol.



Be a role model to your child regarding your use of alcohol, marijuana and prescription drugs.



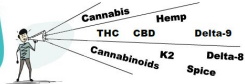
Help your teens develop an exit strategy if they are feeling pressured to drink or use drugs.



Be attentive to what teens are doing in your home.
The two most common places for Greenwich youth to drink are at a party or with friends in someone's home.

Greenwich Together Responses to Past Survey Data, 2021-2024 Programs

Marijuana and Related Products



Are you looking to learn more about these products?

Join our upcoming webinar to learn:

- What are these products and what do they look like?
- A review of the CT laws and regulations for adult use cannabis and related products
- What is being done to address sales of unlicensed products and underage sales to minors?
- What can you do?

ALL ARE WELCOME!

Tuesday, August 13th 12-1pm

Thursday, August 15th 7-8pm

Click on preferred date to register



NEW RELEASE

SCREENAGERS UNDER THE INFLUENCE

FREE

ADDRESSING VAPING DRUGS & ALCOHOL IN THE DIGITAL AGE

CLICK OR SCAN FOR TICKETS



DATE: Sunday, November 5, 2023

TIME: 3-5pm

WHERE: Bruce Museum

1 Museum Dr, Greenwich, CT

AUDIENCE: All Parents & 9-12 Grade Youth



3rd Annual

Hope Day

GREENWICH YOUTH, TEENS, FAMILIES & ADULTS

COME TOGETHER TO SMASH THE STIGMA AROUND MENTAL HEALTH CHALLENGES!



ARTS & CRAFTS



WELLNESS ACTIVITIES

SUNDAY **6** 1-4PM

APRIL 6 2025

FREE FOR EVERYONE

ARCH STREET TEEN CENTER

100 Arch St. Greenwich, CT 06830

1:15 PM WELCOME TO HOPE DAY SPEAKER

1:20 PM GREENWICH ACAPPELLA

1:35 PM HADDIE VAN DER WEIJEN

3:15 PM RAFFLE

3:30 PM GHS CHEER

3:40 PM RIVERSIDE CHORUS



FOOD & RAFFLES

RESOURCE TABLES

Adult Event Only (separate admission)



HIDDEN IN PLAIN SIGHT
WHAT ARE YOU NOT SEEING IN YOUR CHILD'S BEDROOM?

PLEASE REGISTER IN ADVANCE



Scan or Click Here

*FREE BREAKFASTING AND LIGHT BITES/REFRESHMENTS WILL BE AVAILABLE ONSITE DURING THE EVENT

TUESDAY MARCH 4, 2025

6:45-8:15pm

YWCA Greenwich

200 E Putnam Ave, Greenwich, CT

ABOUT THIS WORKSHOP

Hidden in Plain Sight helps parents and guardians spot clues and items that relate to at-risk behaviors using an interactive teen bedroom display.

During an interactive presentation, participants will learn about adolescent brain development, common signs of substance use and how to talk to your teen about alcohol and other drugs. **THIS EVENT IS FREE AND OPEN TO ALL PARENTS.**



www.greenwichtogether.org



SAVE THE DATE!

Creating a Family Frame: How to Set the Boundaries Your Child Needs to Thrive

Presented by:

Georgette Harrison, LPC, Child Guidance Center of Southern CT
Tracey Masella, LCSW, affiliated with Silver Hill Hospital

November 3, 2022 at 7 PM on Zoom



Georgette Harrison, LPC





Tracey Masella, LCSW

Children & teens are eager to explore their world and test limits, but they also need their parents to set boundaries in order to keep them physically and emotionally safe. How do parents walk the line between respecting this important drive for independence with creating a family frame of expectations & rules to help them grow & thrive?


Greenwich Together is hosting Georgette Harrison, licensed professional counselor from the Child Guidance Center of Southern Connecticut, and Tracey Masella, licensed clinical social worker in affiliation with Silver Hill Hospital to present on "Creating a Family Frame" that can help you navigate challenging conversations & situations around independence and substance use, helping you build a strong & healthy relationship with your children.

Greenwich Together conducts a youth survey in local private and public schools to collect data around risk and protective factors. This data shows the importance and difference that setting healthy boundaries can make in youth.

Coming up...



RECLAIM YOUR FOCUS, ENERGY AND BREATH




JOIN A SUPPORTIVE, CONFIDENTIAL GROUP DESIGNED FOR STUDENTS WHO WANT TO QUIT OR CUT DOWN ON NICOTINE PRODUCTS — LIKE VAPES, POUCHES, OR OTHER TOBACCO PRODUCTS.

WHAT TO EXPECT:

- Learn strategies to manage cravings
- Get support from your peers
- Work with trusted expert Heidi Mangines from Liberation Programs

LAST DAY TO SIGN UP
May 15th



SIGN UP HERE:



Please contact Kathy Steiner with questions:
Kathy_Steiner@greenwich.k12.ct.us

WHEN & WHERE:

- Room 615
- Tuesdays during school (10:30–11:25 AM):
 - May 20 (Day F, Block 5)
 - May 27 (Day B, Block 6)
 - June 3 (Day G, Block 7)



JOIN A YOUTH FOCUS GROUP


**YOUR VOICE IS NEEDED TO HELP OUR COMMUNITY
THRIVE AND STAY HEALTHY!**

Greenwich Together invites you to join a special youth discussion group focused on mental health and substance use. This is your chance to speak up about what students are really going through – the challenges and the positives – in school and around the community.

We want to hear your honest thoughts. What's helping? What's hurting? Your feedback gives us insight and helps make sense of the survey results we collect.

There are no wrong answers, and everything you share is confidential. Your voice can help make a difference for other students and help keep our community strong, safe, and healthy.

GIFT CARDS PROVIDED TO ALL WHO PARTICIPATE!



TUESDAY
MAY 27, 2025 @ 3PM

GREENWICH HIGH SCHOOL
Cantor Hall Rm 500

Email for Questions:
crestrepo@kidsincrisis.org

www.greenwichtogether.org

Discussion...

What trends or patterns stand out?

Are there any surprising or unexpected results?

Do the findings align with what you are seeing in Greenwich?

What should be prioritized?

Does this data support your current priorities?



Please take a minute to give us feedback on GT

<https://www.surveymonkey.com/r/GTMemberSurvey2025>



**Learn more about our
survey findings,
access parent resources
&
watch past programs
on our
Greenwich Together
website.**



**Follow us
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Instagram & Facebook**

**Subscribe to our
Newsletter for Monthly
updates**

Please contact
Greenwichtogether@kidsincrisis.org
with any questions.

www.greenwichtogether.org