# **TPAUD YOUTH SURVEY 2023**

Summary Report 2007 to 2023

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#### Introduction

The following report is a summary of data that was gathered in November and December 2023 at two middle schools and one high school that are part of Trumbull Public Schools. Data collected from this survey will be used in the planning and development of strategies, policies, and practices for TPAUD, Trumbull's Prevention Partnership, as well as other educational and social services organizations.

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

The Trumbull Youth Survey fulfills the following objectives:

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

#### **Survey Background**

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

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

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

In 2023, the Trumbull Youth Survey was translated into Spanish and all students had the option to complete the survey in English or Spanish. A total of 6 surveys were completed in Spanish.

#### **How the Survey was Conducted**

The survey was administered in November and December 2023 to students in grades 7 to 12 at Hillcrest Middle School, Madison Middle School and Trumbull High School. Students' parents or guardians received an e-mail notifying them of the purpose of the survey and were able to return a passive consent form to the school if they did not want their child(ren) to participate in the survey.

All surveys were administered using the SurveyMonkey.com website and software. Students were directed to access a link to the survey and instructions were provided that included an overview of the survey, the assurance of anonymity, and information about their option to decline participation. Any questions (other than grade) could be skipped if a student was not comfortable answering. To ensure complete student anonymity, no names or identification numbers were used.

#### **Final Dataset**

To create the final dataset on which these findings are based a careful review was made of individual survey responses; 293 surveys (10% of the total) 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 2592 surveys for grades 7-12.

An important factor affecting survey data quality is the degree to which the surveyed students represent all youth in a participating district. Survey studies that are intended to assess all youth should ideally obtain data form at least 80 percent of the student population. This method provides quality information about your youth.

#### **Sample Response Rates**

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

**Table 1. Response Rates** 

rable 1. Response Rate			
Grade(s)	Sample Count	Population Count	Response Rate (%)
Grade 7	476	549	86.7
Grade 8	427	525	81.3
Grade 9	470	518	90.7
Grade 10	460	570	80.7
Grade 11	386	556	69.4
Grade 12	373	576	64.8
Grades 7-8	903	1074	84.1
Grades 9-12	1689	2220	76.1
Grades 7-12	2592	3294	78.7

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 use rates in the school population. For example, if 10% of your sample reported using alcohol in the past month, a confidence interval of 2.0 means that if you randomly re-sampled your population 100 times, 95 of those times (confidence level) you would find past month alcohol use rates to fall somewhere between 8% (10-2) and 12% (10+2). A higher confidence interval will determine larger ranges, for example, if your confidence interval is 5 you would find rates ranging between 5% and 15%.

**Table 2. Confidence Intervals** 

	Confidence Level	Confidence Interval
Grades 7-8	95%	1.3
Grades 9-12	95%	1.2
Grades 7-12	95%	.9

### **Summary**

This report provides a summary of the comprehensive student survey data that has been collected by TPAUD, Trumbull's Prevention Partnership, from Trumbull public school youth in 7<sup>th</sup> through 12<sup>th</sup> grades since 2007. The

surveys examine practices and attitudes related to substance use and other risky behaviors. Surveys also identify youth perceptions of school, family and community, mental health and social supports. Information gleaned from the survey data is utilized to facilitate adaptations and changes in programming when necessary. In addition, the data provides valuable information related to a summary of trends and change over time when examining short and long-term outcomes of the Drug Free Communities (DFC) program in Trumbull. Collecting this student survey data fulfills the following objectives:

- 1. Describes the nature and extent of substance abuse, other risky behaviors, and current social norms among Trumbull youth in grades 7-12 in the year 2023.
- 2. Monitors trends in substance abuse and other risky behaviors over time through use of the 2007 baseline data.
- 3. Aids in future planning of services and activities for young people in Trumbull.

The information gleaned from the survey is invaluable to TPAUD's efforts to educate the community on current trends and norms. Current data is utilized to update working action plans for reducing substance use and other associated risky behaviors among Trumbull youth and supporting families and the community at large.

#### **Participation**

Table 3 summarizes the number of youth who completed the TPAUD Youth Survey from 2007 to 2023.

Table 3. Trumbull Youth Survey Participants, 2007 to 2023

	Grade	2007	2010	2013	2015	2017	2019	2021	2023
Number of	7-8	891	1011	919	892	977	916	837	903
Participants (n's)	9-12	1868	1860	1802	1911	1618	1920	1944	1689
	TOTAL	2759	2871	2721	2803	2595	2836	2781	2592

#### **Demographics**

Table 4. Grade & School

Grade	%	#
7th	18	476
8th	16	427
9th	18	470
10th	18	460
11th	15	386
12th	14	373
School	%	#
Hillcrest Middle School	17	440
Madison Middle School	18	463
Trumbull High School*	65	1689
*High school program (select all that apply)	%	#
Agriscience	10	166
Aquaculture	5	92
Alternative program (REACH, IIP, Alternative School)	1	23
Trumbull High School	97	1635

Table 5. Race, Ethnicity and Gender

Race	Grade	%	#
American Indian or Alaska Native	7-8	1	10
	9-12	1	15
	7-12	1	25
Asian or Asian American	7-8	13	108
	9-12	11	165
	7-12	11	273
Black or African American	7-8	8	65
	9-12	8	121
	7-12	8	186
Native Hawaiian or other Pacific Islander	7-8	1	7
	9-12	1	11
	7-12	1	18
Multiracial	7-8	19	158
	9-12	12	186
	7-12	14	344
White	7-8	59	499
	9-12	68	1071
	7-12	65	1570
Ethnicity		%	#
Non-Hispanic	7-8	74	660
	9-12	76	1224
	7-12	75	1884
Hispanic	7-8	256	226
	9-12	24	391
	7-12	25	617
Gender		%	#
Male	7-8	48	431
	9-12	45	731
	7-12	46	1162
Female	7-8	47	424
	9-12	50	814
	7-12	49	1238
Transgender*	7-8	1	7
	9-12	1	10
	7-12	1	17
Nonbinary*	7-8	1	5
	9-12	1	14
	7-12	1	19
I am not sure right now*	7-8	1	10
	9-12	1	19
	7-12	1	29

I prefer not to respond	7-8	2	17
	9-12	2	33
	7-12	2	50

<sup>\*</sup>Youth who responded with Transgender, Nonbinary, or I am not sure right now are defined as Gender Minorities throughout this summary

**Table 6. Sexual Orientation** 

Are you comfortable answering a question about your sexual orientation?	Grade	Yes %	#
	7-8	84	739
	9-12	91	1469
	7-12	89	2208
Sexual orientation (n=2225) <sup>1</sup>	Grade	%	#
Heterosexual (straight)	7-8	89	661
	9-12	82	1215
	7-12	84	1876
Gay or lesbian*	7-8	1	8
	9-12	3	37
	7-12	2	45
Bisexual*	7-8	3	21
	9-12	7	1093
	7-12	6	130
I describe my sexual identify some other way*	7-8	1	8
	9-12		47
	7-12	2	55
I am not sure about my sexual identity*	7-8	2	16
	9-12	3	48
	7-12	3	64
I do not know what this question is asking or I prefer not to respond	7-8	4	32
	9-12	2	23
	7-12	2	55

<sup>\*</sup>Youth who responded as Gay, Lesbian, Bisexual, I describe by sexual identity some other way, or I am not sure about my sexual identity are defined as Sexual Minorities throughout this summary

<sup>&</sup>lt;sup>1</sup> Data from the Williams Institute estimates that the average percentage of LGB youth ages 13-17 is 9.5% and the average percentage of Transgender youth is 1.4%. <a href="https://williamsinstitute.law.ucla.edu/publications/trans-adults-united-states/">https://williamsinstitute.law.ucla.edu/publications/trans-adults-united-states/</a>

**Table 7. Supports and Services** 

Do you:				I don't
	Grade	Yes	No	know
	Graue	%	%	%
vo an Individualized Education Program (IED) or receive	7-8	12	67	22
have an Individualized Education Program (IEP) or receive specialized education services?	9-12	11	80	10
ecialized education services:	7-12	11	75	14
	7-8	10	44	46
have a Section 504 plan?	9-12	17	62	20
	7-12	15	56	29
participate in Multi-Language Learner or English Language	7-8	14	74	12
Learner Program in school (i.e. supports to help you learn	9-12	6	88	6
English)?	7-12	9	83	8

Table 8. Individualized Education Program, Disaggregated

DO you have an IEP or receive specialized education services?	Yes	No
	%	%
Connectedness (very/extremely)		
Adults in school	23	13
Students in school	39	49
Adults outside of school	45	45
Community where you live	34	31
Know where to get help for mental health issue		
Yes, in school	29	28
Yes, outside of school	43	49
No	22	15
Depression (Past Year)		
Yes	27	19
Alcohol Use		
Past month	8	6
Lifetime	18	19
Marijuana Use		
Past month	5	4
Lifetime	12	9

#### **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**

**Table 9. Youth Commitments** 

In the past year, how much have you been	Grade	Never	Rarely	Sometimes	Often	Always
involved with the following		%	%	%	%	%
District on an halming with another tooks at sale at a	7-8	23	11	15	20	30
Playing on or helping with sports team at school or	9-12	27	9	12	18	34
in the community	7-12	26	9	13	19	32
In altibo or argaritations (bath in and aut of	7-8	16	15	25	25	20
In clubs or organizations (both in and out of school) other than sports teams	9-12	16	15	24	21	24
	7-12	16	15	24	23	23
Due que une en energia et e abrunch en encercia	7-8	31	15	19	18	17
Programs or groups at a church, synagogue,	9-12	41	19	17	12	11
mosque, or other faith-based place	7-12	37	18	18	14	13
	7-8	31	23	25	14	7
Community service or volunteering	9-12	10	16	33	26	15
	7-12	17	18	30	22	12
	7-8	73	13	8	4	2
Part-time job	9-12	46	12	14	12	15
	7-12	56	12	12	9	11

Table 10. Youth Commitments, Sports Involvement, by Demographics

In the past year, how much have you been involved with –	Never	Always
Playing on or helping with sports teams at school or in the community?	%	%
GENDER		
Female	26	34
Male	23	33
Transgender, Non-Binary, Not Sure+ (Gender minority)	56ª	14 <sup>a</sup>
ETHNICITY		
Non-Hispanic	24	34
Hispanic	32 <sup>b</sup>	27 <sup>b</sup>
RACE		
Asian+	29	20
Black	28	26
Multiple	33	24
White	22 <sup>c</sup>	38 <sup>d</sup>
Sexual Orientation		
Heterosexual	21	37
Gay, Lesbian, Bisexual, Something Else, Not sure (Sexual minority)	53 <sup>e</sup>	14 <sup>e</sup>

<sup>&</sup>lt;sup>a</sup>Significant difference between Gender minority and Male/Female at the .01 level

<sup>&</sup>lt;sup>b</sup>Significant difference between Hispanic and non-Hispanic

<sup>&</sup>lt;sup>c</sup>Significant difference between White and Multiple

<sup>&</sup>lt;sup>d</sup>Significant different between White and Asian/Black/Multiple

<sup>&</sup>lt;sup>e</sup>Significant difference between Sexual minority and Heterosexual at the .01 level

Table 10a. Youth Commitments, Sports Involvement, by Protective & Risk Factors

In the past year, how much have you been involved witl playing on or helping with sports teams at school or in t		Often/Always (n=870)	All 9-12 (n=1684)
community, 9 <sup>th</sup> -12 <sup>th</sup>	%	%	%
Trusted Adult, Yes	78	85	82
Trusted adult, Sports co	ach 5	43	26
Depression (past year)	29	15	21
Frequent anxiety (past month)	46	36	39
Past month use			
Alco	ohol 7	11	9
Mariju	ana 5	7	6
Nico	tine 4	5	5

Table 10b. Youth Commitments, Sports Involvement, Grade and Gender

Youth commitment in Sports, Often & Always	Grade	Male #	Female #	Gender Minority	Total, Often/Always	Total respondents
				#	% (#)	#
	7	128	96	3	48% (227)	471
	8	124	124	5	61% (259)	425
	9	100	118	2	49% (228)	469
	10	87	116	3	(49%) 225	459
	11	91	106	2	(54%) 208	384
	12	85	83	2	(48%) 178	372

Table 10c. Youth Commitments, Sports Involvement, 30-day Substance Use Rates by grade

Sport Involvement, Often & Always Grade	Alcohol 30-day	Marijuana 30-day	Nicotine 30-day	RX drugs 30-day
7	.5% (1)	0	0	.9% (2)
8	.9% (2)	.5% (1)	.5% (1)	1.8% (4)
9	2.0% (5)	2.0% (5)	.8% (2)	.4% (1)
10	6.4% (13)	3.8% (8)	4.3% (9)	.5% (1)
11	13.3% (26)	6.6% (13)	3.6% (7)	1.5% (3)
12	26.5% (44)	16.8% (28)	12.5% (21)	.6% (1)

Table 10d. Youth Commitments, Sports Involvement, Lifetime Substance Use Rates by grade

Sport Involvement, Often &	Alcohol	Marijuana	Nicotine	RX drugs
Always	Lifetime	Lifetime	Lifetime	Lifetime
7	4.1% (9)	.5% (1)	.9% (2)	1.8% (94)
8	6.4% (14)	1.8% (4)	2.7% (6)	4.1% (9)
9	10.1% (25)	4.4% (11)	4.4% (11)	2.4% (6)
10	19.6% (40)	8.6% (18)	7.1% (15)	2.4% (5)
11	31.3% (61)	12.8% (25)	10.3% (20)	4.1% (8)
12	49.4% (82)	28.8% (48)	22.0% (37)	3.0% (5)

Table 11. Youth Commitments, Club Involvement, by Demographics

In the past year, how much have you been involved with –	Never	Always
Clubs or organization (in and out of school) other than sports teams?	%	%
GENDER		
Female	12ª	28
Male	20	17 <sup>b</sup>
Transgender, Non-Binary, Not Sure+	23	25
ETHNICITY		
Non-Hispanic	14	24
Hispanic	22 <sup>c</sup>	18 <sup>c</sup>
RACE		
Asian	6	30
Black	19	21
Multiple	21	18 <sup>d</sup>
White	16	23
Sexual Orientation		
Heterosexual	16	22
Gay, Lesbian, Bisexual, Something Else, Not sure	13	29 <sup>e</sup>

<sup>&</sup>lt;sup>a</sup> Significant difference between male and Gender minority at the .01 level

Table 11a. Youth Commitments, Clubs or Organizations, by Protective & Risk Factors

In the past year, how much have you been involved with the following In clubs or organizations (both in and out of school) other than sports teams, $9^{th}$ - $12^{th}$	Never/Rarely (n=516) %	Often/Always (n=768) %	All 9-12 (n=1680) %
Trusted Adult, Yes	81	84	82
Trusted adult, community leader	6	15	11
Depression (past year)	23	22	21
Frequent anxiety (past month)	33	45	39
Past month use			
Alcohol	10	9	9
Marijuana	8	5	6
Nicotine	7	4	5

<sup>&</sup>lt;sup>b</sup> Significant difference between female and male

<sup>&</sup>lt;sup>c</sup> Significant difference between Hispanic and non-Hispanic

<sup>&</sup>lt;sup>d</sup> Significant difference between Multiple and Asian

<sup>&</sup>lt;sup>e</sup> Significant difference between Heterosexual and sexual minority at the .01 level

# **Knowledge of Resources**

**Table 12. Knowledge of Resources** 

Do you know where to go for help if:	Grade	Yes, in school %	Yes, outside of school %	No %	Not sure %
You are struggling with a mental health issue?	7-8	24	54	29	14
	9-12	41	64	18	10
	7-12	35	61	22	11
	7-8	11	27	64	8
you are concerned about your substance use?	9-12	20	34	54	7
	7-12	17	32	58	7

Table 12a. Knowledge of Resources, by Grade

Do you know where to go for help if:	Grade	Yes, in school %	Yes, outside of school %	No %	Not sure %
	7	22	44	22	12
You are struggling with a mental health issue?	8	19	46	25	10
	9	29	45	18	8
	10	31	48	14	7
	11	32	49	13	7
	12	32	52	10	6
	7	10	25	57	8
	8	9	25	60	6
vou are concerned about your substance use?	9	21	30	45	4
you are concerned about your substance use?	10	16	28	49	7
	11	15	29	47	8
	12	16	31	47	6

Table 12b. Knowledge of Available Resources, 2017 to 2023

Strongly and Somewhat Agree	Grade	2017 %	2019 %	2021 %	2023+ %
If I had a serious concern about depression or anxiety, I know where to get help.	9-12	82	79	72	72
If I had concern for a friend or family member around substance use, I would know where to get help. +Note wording and responses were modified in 2023	9-12	82	77	72	35

Table 12d. Know Where to Get Help if Struggling with a Mental Health Issue, Disaggregated

Knows where to get help if struggling with a mental health issue.	Yes, In	Yes, outside
	School	of school
	%	%
GENDER		
Female	28	51
Male	27	43
Transgender, Nonbinary, Not sure+	28	49
GRADE		
7	22	44
8	19	46
9	29	45
10	31	48
11	32	49
12	32	52
ETHNICITY		
Non-Hispanic	28	47
Hispanic	25	47
RACE		
Asian	27	44
Black	27	43
Multiple	26	46
White	28	49
Sexual Orientation		
Heterosexual	27	48
Gay, Lesbian, Bisexual, Something Else, Not sure	33	53
Depression (Past Year)		
Yes	29	48
No	27	47

#### **Trusted Adult**

**Table 13. Trusted Adult** 

	Grade	Yes %	No %
	7-8	82	18
	9-12	82	18
	7-12	82	18
Is there an ADULT (other than your parent or guardian) that you trust	7	83	17
that you can talk to about important things?	8	81	19
	9	84	16
	10	83	17
	11	80	20
	12	79	21

Table 13a. Trusted Adult, Disaggregated

Adult you trust who you can talk to about important things	YES
	%
GENDER	
Female	83
Male	83
Transgender, Nonbinary, Not sure+	67ª
GRADE	
7	83
8	81
9	84
10	83
11	80
12	79
ETHNICITY	
Non-Hispanic	82
Hispanic	81
RACE	
Asian	75 <sup>b</sup>
Black	80
Multiple	78
White	84
Sexual Orientation	
Heterosexual	83
Gay, Lesbian, Bisexual, Something Else, Not sure	76 <sup>c</sup>
Depression (Past Year)	
Yes	72
No	84

<sup>&</sup>lt;sup>a</sup>Significant difference between Gender minority and Male/Female at the .01 level

**Table 14. Description of Trusted Adults** 

Who are those people? (n=2095)	Trumbull	Darien	Greenwich	Norwalk
	%	%	%	%
Teacher (current or past)	48	36	54	31
School Counselor/School mental health worker	39	46	35	30
School administrator	8	7	10	**
School nurse	6	6	6	**
Sports coach	27	28	31	17
Community leader (club, scouts, youth group, volunteer organization, internship or job supervisor)	10	15	10	**
Therapist	21	24	22	24
Leader from my faith community	10	12	8	16
Grandparent/Other family member (Aunt, Uncle, Older sibling or cousin)	67	63	60	51
Family friend, parent of a friend, neighbor	76	71	72	**

<sup>&</sup>lt;sup>b</sup>Significant difference between Asian and White at the .01 level

<sup>&</sup>lt;sup>c</sup>Significant difference between Sexual minority and Heterosexual at the .01 level

# Self-Image Table 15. Self-Image

Please choose the response that best describes how you feel.	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
	7-8	4	11	47	38
I feel in control of my life and future	9-12	5	13	50	32
	7-12	5	13	49	34
I feel valued and appreciated by others	7-8	6	14	49	30
	9-12	5	15	58	23
	7-12	5	14	55	25
	7-8	5	13	44	37
I am developing a sense of purpose in my life	9-12	4	14	50	32
	7-12	4	14	48	34
I have the ability to deal with frustration or disappointment	7-8	8	22	42	29
	9-12	5	16	52	27
disappointment	7-12	6	18	48	27

Table 15a. Self-Esteem, Disaggregated

I feel valued and appreciated by others	Agree %
GENDER	<u> </u>
Female	81
Male	82
Transgender, Nonbinary, Not sure+	53°
GRADE	
7	81
8	79
9	81
10	81
11	79
12	82
ETHNICITY	
Non-Hispanic	80
Hispanic	81
RACE	
Asian	80
Black	82
Multiple	76
White	81
Sexual Orientation	
Heterosexual	83
Gay, Lesbian, Bisexual, Something Else, Not sure	68 <sup>b</sup>
Depression (Past Year)	
Yes	61
No	85

<sup>a</sup>Significant difference between Gender minority and Male/Female at the .01 level <sup>b</sup>Significant difference between Sexual minority and Heterosexual at the .01 level

#### Sleep

**Table 16. Amount of Sleep** 

	Grade	4 or less %	5-7 %	8+ %
	7-8	4	46	50
On a typical school night how many hours do you usually	9-12	6	70	24
sleep?	7-12	5	62	33

#### **Connectedness**

#### **Table 17. Connectedness**

Please choose the response that best describes how connected you feel to	Grade	Not at all	Slightly	Moderately	Very	Extremely
the following:		%	%	%	%	%
	7-8	10	31	45	13	2
The adults IN your school.	9-12	9	31	46	12	2
	7-12	10	31	45	12	2
	7-8	2	11	33	43	10
The youth IN your school.	9-12	3	14	39	37	8
	7-12	3	13	37	39	8
	7-8	6	14	28	31	21
The adults OUTSIDE of school.	9-12	6	19	34	30	11
	7-12	6	17	32	31	15
	7-8	9	22	31	27	12
The community where you live.	9-12	9	25	38	22	6
	7-12	9	24	35	24	8

Table 17a. Connectedness by Grade

Please choose the response that best describes how connected you feel to the following:	Grade	Not at all/ Slightly %	Moderately %	Very/ Extremely %
	7	39	48	14
	8	44	41	14
The and older IN Comments and	9	41	45	14
The adults IN your school.	10	44	44	12
	11	39	46	15
	12	35	48	18
	7	14	33	53
The youth IN your school.	8	13	34	53
	9	15	34	51
	10	14	40	45
	11	20	39	42
	12	19	44	37
	7	18	27	56
	8	22	29	49
The adults OUTCIDE of seheal	9	22	29	49
The adults OUTSIDE of school.	10	23	34	43
	11	32	35	33
	12	25	37	38
	7	29	31	40
	8	33	31	36
	9	27	37	37
The community where you live.	10	35	37	27
	11	38	39	23
	12	39	38	23

# **Understanding Effects of Adolescent Substance Use**

**Table 18. Understanding Effects of Adolescent Substance Use** 

I have a good understanding of:	Grade	Strongly disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly agree %
the effects that nicotine (includes vapes and pouches) has on the teenage brain.	7-8	6	3	13	78
	9-12	4	3	17	76
	7-12	5	3	16	77
the offects that using marijuana or THC	7-8	7	2	12	78
the effects that using marijuana or THC products has on teenage brain.	9-12	4	3	18	75
products has on teenage brain.	7-12	5	3	16	76
the offects that drinking alcohol has on the	7-8	6	2	11	80
the effects that drinking alcohol has on the	9-12	4	2	16	78
teenage brain.	7-12	5	2	14	79

Table 19. Knowledge of Laws Related to Substance Use

Please choose the best response.	Grade	No %	Yes %
Annual control of the Control Heat Law (a law that makes it illess for any		40	60
Are you aware of the Social Host Law (a law that makes it illegal for any adult to provide a place for teens to drink alcohol or use marijuana)?	9-12	23	77
	7-12	29	71
Annual Control of the Total Control of the Control	7-8	29	71
Are you aware the Trumbull Police Department routinely patrols at school events and in neighborhoods for underage drinking and drug use?	9-12	21	79
events and in neighborhoods for underage drinking and drug use:	7-12	24	76
Are you aware that there can be disciplinary consequences at school for using alcohol or drugs <u>outside of school hours or off school property?</u>	7-8	10	90
	9-12	9	91
	7-12	10	90

Table 19a. Laws & Patrols, 2013 to 2023

	Grade	2013 %	2015 %	2017 %	2019 %	2021 %	<b>2023</b> %
Are you aware of the Social Host Law (a law that makes it illegal for any adult to provide a	7-8	**	**	**	**	**	60
place for teens to drink alcohol)?	9-12	**	78	77	72	71	77
Are you aware the Trumbull Police Department routinely patrols at school events	7-8	**	**	**	**	**	71
and in neighborhoods for underage drinking and drug use?	9-12	**	78	79	74	75	79

# **Family Domain**

#### **Rules**

Table 20. Family Rules on Gambling, Texting, Gaming and Social Media Use

My parent or guardian has clear rules discouraging me from:	Grade	Yes %	No %	Not Sure %
Gambling for money or possessions (e.g. sports betting, poker,	7-8	76	12	12
	9-12	76	13	11
lottery, scratch off tickets, online games).		76	13	11
Communicating with others via text or on social media, including sending or posting inappropriate pictures.	7-8	80	12	7
	9-12	79	15	6
sending of posting mappropriate pictures.	7-12	79	14	6
The amount of time spont playing video games electronic or online	7-8	66	23	11
The amount of time spent playing video games, electronic or online	9-12	58	34	8
games.	7-12	61	30	9
Value and in the diameter of times, which Appends allowed that	7-8	66	24	9
Your social media use (amount of time, which Apps are allowed/	9-12	50	42	8
allowed)	7-12	56	36	8

**Table 21. Family Rules on Substances Use** 

My parent/guardian has clear rules discouraging me from:	Grade	Yes %	No %	Not Sure %
	7-8	91	6	3
Drinking alcoholic beverages	9-12	89	7	3
		90	7	3
	7-8	93	5	2
Smoking cigarettes or using tobacco	9-12	94	5	1
	7-12	94	5	1
	7-8	93	5	2
using nicotine (includes vapes or pouches)	9-12	94	5	2
	7-12	94	5	2
	7-8	93	5	1
using marijuana or THC products (includes smoking, vaping, edibles)	9-12	93	5	2
		93	5	2
using a procedintian drug that is not procedined to use for the	7-8	92	5	3
using a prescription drug that is not prescribed to you, for the		95	4	2
purpose of 'getting high'	7-12	94	4	2

# **Behaviors**

**Table 22. Family Behaviors** 

My parent/guardian	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
take steps to ensure that underage youth	7-8	9	8	14	69
cannot get alcohol from our house.	9-12	11	12	22	54
	7-12	11	11	19	59
take steps to ensure that underage youth do not drink alcohol in our house.	7-8	8	4	10	79
	9-12	8	7	18	67
not unit alcohor in our nouse.	7-12	8	6	15	71
	7-8	6	2	15	77
know where I am when I go out.	9-12	6	4	20	69
	7-12	6	4	19	72
	7-8	9	3	15	74
model responsible drinking behaviors.	9-12	8	5	18	69
	7-12	8	4	17	71

Table 22a. Family Norms Around Substance Use, 2013 to 2021

My parents	Grade	2013	2015	2017	2019	2021
Always/Mostly	Graue	%	%	%	%	%
know where I am and who I am with when I go	7-8	89	**	**	**	**
out.	9-12	86	**	**	90	92
take steps to ensure kids can't get alcohol from	7-8	69	77	82	84	89
our house.	9-12	67	74	75	82	80
take steps to ensure kids can't get prescription	7-8	**	78	86	86	91
drugs from our house.	9-12	**	76	79	85	84
madal raspansible dripking habaviars	7-8	81	**	**	**	**
model responsible drinking behaviors.	9-12	80	85	87	88	89

#### **School Domain**

**Table 23. School Supports** 

Please choose the response that best describes how you feel.	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
	7-8	7	15	52	26
My teachers care about me.	9-12	5	15	59	20
	7-12	6	15	57	22
	7-8	7	18	54	21
Students in my school care about me.	9-12	7	21	55	17
	7-12	7	20	55	19
	7-8	5	16	47	31
The school staff care about me	9-12	5	17	56	22
	7-12	5	17	53	25
Adults in my school value youth my age (e.g. adults	7-8	9	18	50	23
listen to what we have to say, they make us feel	9-12	7	24	54	15
important).	7-12	7	22	53	18

Table 23a, School Climate, 2013 to 2023

Tubic 234: 36:1001 Cilillate, 2013 to 2023							
	Grade	2013	2015	2017	2019	2021	2023
Strongly or Somewhat Agree	Graue	%	%	%	%	%	%
My teachers care about me.	7-8	91	88	91	85	87	78
	9-12	82	76	81	78	79	79
Students in my school care about me	7-8	79	80	86	81	81	75
Students in my school care about me.	9-12	70	68	74	71	66	72

Table 23b. Teacher's Care, Disaggregated

My teachers care about me	Agree %
GENDER	
Female	79
Male	81
Transgender, Nonbinary, Not sure+	67ª
GRADE	
7	81
8	75
9	83
10	78
11	76
12	81
ETHNICITY	
Non-Hispanic	81 <sup>b</sup>
Hispanic	75
RACE	
Asian	85°
Black	76
Multiple	75
White	79
Sexual Orientation	
Heterosexual	80
Gay, Lesbian, Bisexual, Something Else, Not sure	77
Depression (Past Year)	
Yes	68
No	82

<sup>&</sup>lt;sup>a</sup>Significant difference between Gender minority and Male at the .015 level

Table 23c. Students in my school care. Disaggregated

Students in my school care about me	Agree %
GENDER	
Female	74
Male	75
Transgender, Nonbinary, Not sure+	42 <sup>a</sup>
GRADE	
7	75
8	74
9	76
10	74
11	72
12	66
ETHNICITY	

<sup>&</sup>lt;sup>b</sup>Significant difference between Hispanic and non-Hispanic

<sup>&</sup>lt;sup>c</sup>Significant difference between Asian and Multiple

Non-Hispanic	74
Hispanic	71
RACE	
Asian	76
Black	68
Multiple	70
White	74
Sexual Orientation	
Heterosexual	77
Gay, Lesbian, Bisexual, Something Else, Not sure	54 <sup>b</sup>
Depression (Past Year)	
Yes	51
No	78

<sup>&</sup>lt;sup>a</sup>Significant difference between Gender minority and Male/Female at the .01 level

Table 23d. School staff care about me, Disaggregated

The school staff care about me	Agree %
GENDER	
Female	79
Male	80
Transgender, Nonbinary, Not sure	53ª
GRADE	
7	82
8	74
9	82
10	79
11	73
12	77
ETHNICITY	
Non-Hispanic	80
Hispanic	74 <sup>b</sup>
RACE	
Asian	82
Black	72
Multiple	76
White	79
Sexual Orientation	
Heterosexual	80
Gay, Lesbian, Bisexual, Something Else, Not sure	73°
Depression (Past Year)	
Yes	67
No	81

<sup>&</sup>lt;sup>a</sup>Significant difference between Gender minority and Male/Female at the .01 level

<sup>&</sup>lt;sup>b</sup>Significant difference between Sexual minorities and Heterosexuals at the .01 level

<sup>&</sup>lt;sup>b</sup>Significant difference between Hispanic and non-Hispanic at the .01 level

<sup>&</sup>lt;sup>c</sup>Significant difference between Sexual minority and Heterosexual at the .01 level

#### **Community Domain**

**Table 24. Adults Value Youth** 

Please choose the response that best describes how you feel.	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
Adults in Trumbull value youth my age (e.g. adults	7-8	7	21	49	22
listen to what we have to say, they make us feel	9-12	7	29	50	14
important).	7-12	7	26	50	17

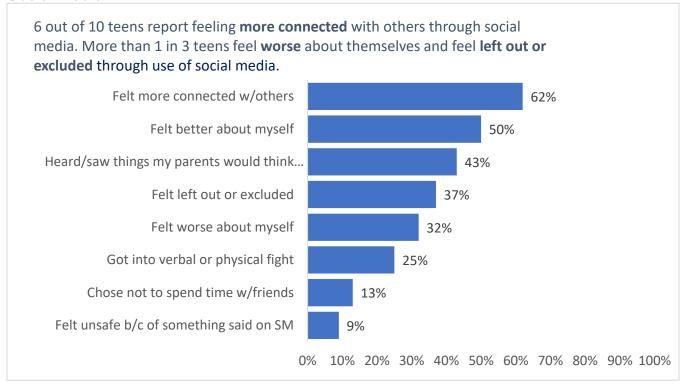
Table 24a. Adults Value Youth, 2013 to 2023

Strongly or Somewhat Agree	Grade	2013 %	2015 %	2017 %	2019 %	2021 %	2023 %
Adults in Trumbull value youth my age (e.g. adults listen to what we have to say, they	7-8	**	60	66	56	73	72
make us feel important).	9-12	**	43	53	49	55	64

#### **Protective & Risk Factors**

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

#### **Social Media**



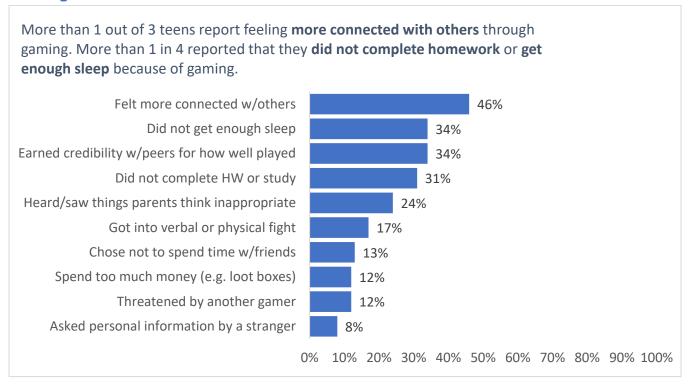
**Table 25. Social Media Consequences** 

In the past 12 months, have you experienced any of the following as a result of social media?	Grade	No	Yes	Male Yes	Female Yes
Tonowing as a result of social media:		%	%	%	%
I chose not to or missed an opportunity to spend time in	7-8	86	14		
person with friends because I preferred to be on social	9-12	88	12	_	
media	7-12	87	13	11	13
	7-8	73	27		
I got into a verbal or physical fight	9-12	76	24	_	
	7-12	75	25	25	24
	7-8	44	56		
I felt more connected with others	9-12	34	66	_	
	7-12	38	62	58	67 <sup>A</sup>
	7-8	67	33		
I felt left out or excluded	9-12	61	39	_	
	7-12	63	37	24	48 <sup>A</sup>
	7-8	51	49		
I felt BETTER about myself	9-12	49	51	_	
	7-12	50	50	49	52
	7-8	75	25		
I felt WORSE about myself	9-12	65	35	_	
	7-12	68	32	22	40 <sup>A</sup>
I falt woods because of something sold to use an exist	7-8	91	9		
I felt unsafe because of something said to me on social	9-12	91	9		
media	7-12	91	9	7	10 <sup>A</sup>
I be and an accordant bina accordant for and in a constant bina	7-8	68	32		
I heard or saw something my parents/guardians would think	9-12	51	49	_	
is inappropriate	7-12	57	43	39	46 <sup>A</sup>

<sup>&</sup>lt;sup>A</sup>Significant difference between Male and Female

65% of youth who reported 'feeling better' ALSO reported 'Feeling worse' 57% of youth who reported 'feeling more connected' ALSO reported 'feeling left out/excluded'

#### **Gaming**



**Table 26. Gaming Consequences** 

In the past 12 months, have you experienced any of the following as a result of playing video games?	Grade	No %	Yes %	Male Yes %	Female Yes %
	7-8	64	36		
I did not get enough sleep	9-12	67	33	_	
	7-12	66	34	44	24 <sup>A</sup>
I be and an acceptable as any consistency of the second of	7-8	77	23		
I heard or saw things my parents/guardians would think is	9-12	75	25	-	
inappropriate	7-12	76	24	31	17 <sup>A</sup>
	7-8	64	36		
I did not complete my homework or study	9-12	71	29	_	
	7-12	69	31	39	24 <sup>A</sup>
	7-8	86	14		
I chose not to spend time in person with friends because I	9-12	87	13	-	
preferred to play video games	7-12	87	13	19	<b>7</b> ^
	7-8	80	20		
I got into a verbal or physical fight	9-12	85	15	_	
	7-12	83	17	24	10 <sup>A</sup>
	7-8	50	50		
I felt more connected with others	9-12	55	45	-	
	7-12	54	46	63	31 <sup>A</sup>
	7-8	61	39		
I earned credibility with my peers for how well I played	9-12	69	31	-	
	7-12	66	34	49	20 <sup>A</sup>
	7-8	91	9		
I have been asked for personal information by a stranger	9-12	92	8	-	
(e.g. name, town you live, age, etc.)	7-12	92	8	8	8
	7-8	88	12		
I was threatened by another gamer	9-12	88	12		
I was threatened by another gamer	7-12	88	12	18	6 <sup>A</sup>
	7-8	85	15		
I spent too much money (e.g. loot boxes)	9-12	90	10	-	
	7-12	88	12	18	6 <sup>A</sup>

<sup>&</sup>lt;sup>A</sup>Significant difference between Male and Female

#### **Risk Factors**

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

# **Gambling**

**Table 27. Type of Gambling** 

Have you participated in any of the following?	Grade	NO, Never %	Yes, in the past year %	YES, in the past 30 days
	7-8	74	26	15
Fantasy sports	9-12	75	25	15
	7-12	75	25	15
Sports betting (in-person or online)	7-8	85	15	6
	9-12	86	14	6
	7-12	86	14	6
	7-8	96	4	1
Other on-line gambling (e.g. poker)	9-12	94	6	3
	7-12	94	6	2
	7-8	82	18	5
In person card games (e.g. poker)	9-12	75	25	9
	7-12	77	23	8
	7-8	71	29	6
Scratch offs	9-12	70	30	4
	7-12	71	29	5

**Table 28. Gambling Consequences** 

In the past 12 months have you	Grade	No	Yes
		%	%
	7-8	95	5
bet more than you could afford to pay?	9-12	98	2
	7-12	97	3
needed to gamble with larger amounts of money to get the same feeling of excitement?	7-8	99	1
	9-12	99	1
	7-12	99	1
	7-8	98	2
gone back another day to try and win back the money you lost?	9-12	97	3
	7-12	97	3
	7-8	99	1
borrowed money or sold anything to gamble?	9-12	99	1
· · · · · · · ·	7-12	99	1

#### **Mental Health**

# **Causes of Stress, Anxiety and Worry**

Table 29. Causes of Stress, Anxiety and Worry

How much stress, anxiety, or worry do the	Grade	None				A lot
following give you in your day to day life?		1	2	3	4	5
		%	%	%	%	%
	7-8	4	11	25	28	32
Academics (Homework, Tests, Grades)	9-12	5	10	27	31	28
	7-12	4	11	26	30	29
College/Post High School Plans	7-8	25	23	23	16	13
College/Post High School Plans	9-12	9	16	24	25	27
	7-12	14	19	24	21	22
Expectations of your future (i.e. being successful	7-8	11	17	24	23	26
in life, high level of achievement	9-12	5	10	22	27	36
in the, flight level of achievement	7-12	7	12	23	26	32
	7-8	23	25	21	16	15
Friends and peers (i.e. having friends, fitting in)	9-12	17	25	28	18	13
	7-12	19	25	25	17	14
	7-8	39	23	18	9	11
Home life and family relationships	9-12	26	28	22	13	11
	7-12	31	26	20	12	11
	7-8	26	28	20	14	13
Parent/guardian expectations	9-12	17	23	28	18	13
	7-12	20	25	25	17	13
	7-8	48	25	15	6	6
Physical safety (i.e. violence, threats)	9-12	44	28	17	6	4
	7-12	46	27	16	6	5
	7-8	29	26	24	13	8
Schedule	9-12	15	22	31	20	13
	7-12	20	23	29	17	11
	7-8	42	26	17	9	6
Social scene	9-12	27	26	25	13	9
	7-12	32	26	22	12	8
	7-8	51	26	14	5	3
Social media	9-12	39	30	18	8	4
	7-12	44	29	17	7	4
	7-8	29	17	21	16	18
Sports achievement*	9-12	33	14	20	17	16
	7-12	31	15	21	17	16
*Sports achievement (*indicated sports involvement Often, Always in Table 8.)	7-12*	12	14	25	24	25

Table 29a. Causes of Stress, Anxiety and Worry by Grade

How much stress, anxiety, or worry do the following give you in your day to day	Grade	Weighted
life?		Ave
	7	3.31
	8	3.52
Academics (Homework, Tests, Grades)	9	3.29
Academics (nomework, rests, drades)	10	3.35
	11	3.54
		3.41
		2.42
	8	2.71
College/Post High School Plans	9	2.81
	10	3.07
_	11	3.43
	12	3.51
	7	3.05
	8	3.17
	9	3.25
Expectations of your future (i.e. being successful in life, high level of achievement	10	3.36
	11	3.56
	12	3.65
	7	2.62
	8	2.61
Estanda and annual for his tax fisheds (futures)	9	2.66
Friends and peers (i.e. having friends, fitting in)	10	2.75
	11	2.71
	12	2.79
	7	2.06
	8	2.33
Discover P.C. and Constitution of the Constitution	9	2.30
Home life and family relationships	10	2.49
	11	2.43
	12	2.53
	7	2.41
	8	2.54
Derent/guardian evacetations	9	2.60
Parent/guardian expectations	10	2.78
	11	2.79
	12	2.80
	7	1.91
	8	1.92
District of the first of the section	9	1.91
Physical safety (i.e. violence, threats)	10	1.99
		1.93
	11 12	1.88
Schedule	7	2.21

	8	2.54
	9	2.66
	10	2.70
	11	2.96
	12	2.96
	7	1.94
	8	2.21
Control and the second	9	2.25
Social scene	10	2.49
	11	2.55
	12	2.42
	7	1.74
	8	1.86
Control worlds	9	1.91
Social media	10	2.07
	11	2.04
	12	2.13
	7	2.56
	8	2.62
Consider a chicago and	9	2.66
Sports achievement	10	2.87
	11	2.56
	12	2.29

Table 29b. Causes of Stress, Anxiety and Worry by Gender

How much stress, anxiety, or worry do the following give you in your day to day	Male	Female
life? 4 or 5 Responses Only	%	%
Academics (Homework, Tests, Grades)	47	69ª
College/Post High School Plans	34	51 <sup>a</sup>
Expectations of your future (i.e. being successful in life, high level of achievement	50	65ª
Friends and peers (i.e. having friends, fitting in)	23	37 <sup>a</sup>
Home life and family relationships	17	26ª
Parent/guardian expectations	24	34ª
Physical safety (i.e. violence, threats)	10	11
Schedule	21	34ª
Social scene	15	23ª
Social media	7	14 <sup>a</sup>
Sports achievement+	30	37 a

ASignificant difference between Male and Female

Table 29c. Causes of Extreme Stress, Anxiety and Worry, 2015 to 2023

How much stress, anxiety or worry do					Extreme			
the following give you in your day to day life?	Grades	<b>2015</b> %	2017 %	2019 %	2021 %	1 to 5 scale 2023 %		
Andomics (Homeswerk Tests Credes)	7-8	42	35	42	35	32		
Academics (Homework, Tests, Grades)	9-12	54	49	49	49	28		
Callered / Death High Cale and Discour	7-8	**	**	**	**	13		
College/Post High School Plans	9-12	42	40	41	38	27		
Schedule (Athletics, Extra-curricular,	7-8	19	14	12	11	8		
Volunteer commitments)	9-12	30	28	30	27	13		
Social scope (Social Modia / Erionds	7-8	16	14	15	13	**		
Social scene /Social Media/Friends	9-12	18	19	22	21	**		
11 196.	7-8	15	12	13	12	11		
Home life	9-12	18	16	18	16	11		

<sup>+</sup>Note wording and responses were modified in 2023

# **Recent Anxiety, Depression and Loneliness**

Table 30. Recent Anxiety. Depression and Loneliness

In the past 30 days, have you	Grade	Never	Rarely	Sometimes	Frequently	Frequently
		%	%	%	%	#
	7-8	15	21	38	26	231
Felt anxious	9-12	10	17	35	39	635
	7-12	12	18	36	34	866
Felt sad or depressed	7-8	32	28	26	14	127
	9-12	20	27	32	21	344
	7-12	24	27	30	19	471
Felt lonely	7-8	38	28	19	14	125
	9-12	27	28	27	18	300
	7-12	31	28	24	17	425

Table 30a. Recent Anxiety, Depression and Loneliness by Grade

In the past 30 days, have you	Grade	Frequently
		%
	7	23
	8	29
Felt anxious	9	28
Telt dilxious	10	41
	11	46
	12	43
	7	14
	8	15
Ealt and or depressed	9	12
Felt sad or depressed	10	25
	11	26
	12	23
	7	14
	8	14
Ealt landy	9	12
Felt lonely	10	22
	11	20
	12	21

Table 30b. Recent Anxiety, Depression and Loneliness by Gender

In the past 30 days, have you	Male	Female
Frequently	%	%
Felt anxious	20	46ª
Felt sad or depressed	12	23°
Felt lonely	12	20 <sup>a</sup>

<sup>&</sup>lt;sup>a</sup> Significant difference between Male and Female

# Past Year Self-Harm, Depression & Anxiety

Table 31. Past Year Self-Harm, Depression & Anxiety

During the past 12 months	Grade	No	Yes	Yes
		%	%	#
	7-8	87	13	117
Did you have thoughts about hurting yourself?	9-12	86	14	234
	7-12	86	14	351
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	83	17	148
	9-12	79	21	348
	7-12	80	20	496
did you ever feel so anxious almost every day for two weeks or	7-8	83	17	151
	9-12	75	25	405
more in a row that you stopped doing some usual activities?	7-12	78	22	556

Table 31a. Past Year Self-Harm, Depression & Anxiety by Grade

During the past 12 months	Grade	No %	Yes %
	7	87	13
Did you have thoughts about hurting yourself?	8	86	14
	9	89	11
	10	85	15
	11	84	16
	12	82	18
	7	85	15
	8	82	18
did you ever feel so sad or hopeless almost every day for two weeks or	9	86	14
more in a row that you stopped doing some usual activities?	10	78	22
	11	75	25
	12	74	26
	7	86	14
	8	80	20
did you ever feel so anxious almost every day for two weeks or more in a	9	84	16
row that you stopped doing some usual activities?	10	75	25
	11	70	30
	12	69	31

Table 31b. Self-Reported Depression Rates, 2019 to 2023

During the past 12 months Yes	Grade	<b>2019</b> %	2021 %	2023 %
did you ever feel so sad or hopeless almost every day for two	7-8	26	32	17
weeks or more in a row that you stopped doing some usual activities?	9-12	33	43	21

Table 31c. Self-Reported Depression Rates in Our Region

9-12 <sup>th</sup> grade	Trumbull	Darien	Fairfield	Greenwich	Norwalk	Stratford
	%	%	%	%	%	%
During the past 12 months						
did you ever feel so sad or hopeless						
almost every day for two weeks or more	21	21	35	24	23	22
in a row that you stopped doing some						
usual activities?						

Table 31d. Reported Thoughts About Hurting Yourself, Disaggregated

During the past 12 months did you have thoughts about hurting yourself?	Yes %
GENDER	
Female	15
Male	10
Transgender, Nonbinary, Not sure+	56°
GRADE	
7	13
8	14
9	11
10	15
11	16
12	18
ETHNICITY	
Non-Hispanic	14
Hispanic	15
RACE	
Asian	14
Black	17
Multiple	19
White	13 <sup>b</sup>
Sexual Orientation	
Heterosexual	10
Gay, Lesbian, Bisexual, Something Else, Not sure	39 <sup>c</sup>
Depression (Past Year)	
Yes	46
No	6

<sup>&</sup>lt;sup>a</sup>Significant difference between Gender minority and Male/Female at the .01 level

<sup>&</sup>lt;sup>b</sup>Significant difference between Multiple and White

<sup>&</sup>lt;sup>c</sup>Significant difference between Sexual minority and Heterosexual at the .01 level

Table 31e. Reported Sadness or Hopelessness in Past Year, Disaggregated

During the past 12 months did you ever feel so sad or hopeless almost every day	Yes
for 2 weeks or more in a row that you stopped doing some usual activities?	%
GENDER	
Female	23
Male	13
Transgender, Nonbinary, Not sure+	58ª
GRADE	
7	15
8	18
9	14
10	22
11	25
12	36
ETHNICITY	
Non-Hispanic	18
Hispanic	24 <sup>b</sup>
RACE	
Asian	14
Black	23
Multiple	26
White	19
Sexual Orientation	
Heterosexual	16
Gay, Lesbian, Bisexual, Something Else, Not sure	45°

<sup>&</sup>lt;sup>a</sup>Significant difference between Gender minority and Male/Female at the .01 level

bSignificant difference between Hispanic and non-Hispanic

<sup>&</sup>lt;sup>c</sup>Significant difference between Sexual minority and Heterosexual at the .01 level

Table 31f. Reported Anxiety in Past Year, Disaggregated

During the past 12 months did you ever feel so anxious almost every day for	Yes
two weeks or more in a row that you stopped doing some usual activities?	%
GENDER	
Female	28
Male	13
Transgender, Nonbinary, Not sure+	48ª
GRADE	
7	14
8	20
9	16
10	25
11	30
12	31
ETHNICITY	
Non-Hispanic	21
Hispanic	27 <sup>b</sup>
RACE	
Asian	16
Black	25
Multiple	26
White	22
Sexual Orientation	
Heterosexual	18
Gay, Lesbian, Bisexual, Something Else, Not sure	52 <sup>c</sup>
Depression (Past Year)	
Yes	78
No	9

<sup>&</sup>lt;sup>a</sup>Significant difference between Gender minority and Male/Female at the .01 level

#### **Mental Health Discussion with An Adult**

Table 32. Talked to an Adult about Mental Health

*If you selected YES to any of the above questions	Grade	No %	Yes %	Yes #
	7-8	71	29	193
have you discussed your concerns with an adult?	9-12	65	35	438
	7-12	67	33	631

<sup>&</sup>lt;sup>b</sup>Significant difference between Hispanic and non-Hispanic

<sup>&</sup>lt;sup>c</sup>Significant difference between Sexual minority and Heterosexual at the .01 level

#### Substance Use

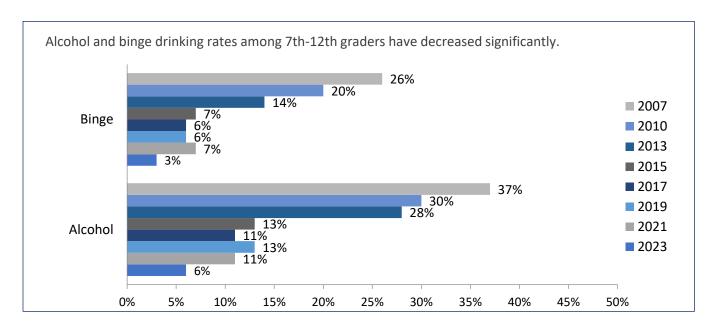
#### **Core Measures**

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 prescript 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.

TPAUD also collects core measure data around nicotine use (from a vaping device)

### Core Measures, 2007 to 2023



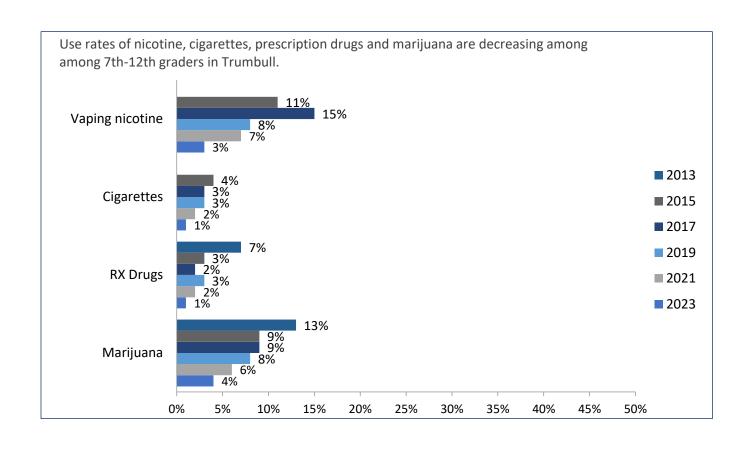


Table 33. Summary of Core Measures by Grade

Table 33. Summary of Core ivi	Alcohol	Tobacco	Marijuana	RX drugs	Nicotine
	%	%	%	%	%
30-day use					
<b>7</b> <sup>th</sup>	۸	0	0	٨	0
8 <sup>th</sup>	.7	0	۸	1.7	۸
9 <sup>th</sup>	1.8	.7	1.8	.9	1.3
<b>10</b> <sup>th</sup>	5.0	۸	3.7	1.2	3.9
<b>11</b> <sup>th</sup>	11.1	.6	5.8	1.7	4.2
12 <sup>th</sup>	21.4	4.0	14.3	.9	12.0
Total	6.0	.8	3.9	1.1	3.3
Perception of harm					
<b>7</b> <sup>th</sup>	91.0	91.7	89.5	92.1	89.0
8 <sup>th</sup>	90.9	88.3	88.2	91.1	86.4
9 <sup>th</sup>	94.2	95.3	89.7	96.6	88.6
<b>10</b> <sup>th</sup>	90.6	92.8	80.9	94.2	80.8
<b>11</b> <sup>th</sup>	89.9	93.1	79.5	95.3	84.4
12 <sup>th</sup>	87.7	91.7	63.7	93.7	78.9
Total	90.9	92.3	82.7	93.8	84.6
Perception of parental disap	proval				
<b>7</b> <sup>th</sup>	95.9	97.6	97.6	97.2	97.6
8 <sup>th</sup>	95.3	97.2	96.7	96.4	97.1
9 <sup>th</sup>	96.2	98.2	98.2	97.8	98.7
<b>10</b> <sup>th</sup>	97.3	98.2	97.0	98.4	97.5
<b>11</b> <sup>th</sup>	95.4	95.9	94.0	97.5	95.1
12 <sup>th</sup>	94.1	96.3	90.7	97.2	94.6
Total	95.8	97.3	95.9	97.4	96.9
Perception of peer disapprov	/al				
7 <sup>th</sup>	92.9	94.9	95.4	93.7	95.2
8 <sup>th</sup>	89.5	93.3	93.3	92.6	91.6
9 <sup>th</sup>	88.2	91.7	87.5	92.9	85.8
<b>10</b> <sup>th</sup>	84.1	84.0	77.2	89.8	75.1
11 <sup>th</sup>	77.9	78.5	67.0	88.0	70.3
12 <sup>th</sup>	74.6	69.1	52.0	88.3	59.7
Total	85.1	86.1	80.1	91.1	80.6

Table 34. 30-Day Use Rates, 2007 to 2023

	Grade	2007 %	2010 %	2013 %	2015 %	2017 %	2019 %	2021 %	2023 %		
	7-8	14	12	11	2	1	2	2	1		
Alcohol	9-12	49	40	36	18	17	18	16	9		
	Total	37	30	28	13	11	13	11	6		
	7-8	6	5	2	<1	٨	٨	0	٨		
Alcohol - Binge	9-12	36	29	20	10	9	9	10	4		
	Total	26	26 20 14 7	6	6	7	3				
	7-8		_	1	1	٨	٨	۸	٨		
Marijuana	9-12	**	**	19	13	14	12	9	6		
	Total		-			13	9	9	8	6	4
Cigarettes	7-8				1	1	٨	۸	0		
	9-12	**	**	**	6	4	4	3	1		
	Total				4	3	3	2	1		
	7-8			5	1	1	1	1	1		
Prescription Drugs	9-12	**	**	8	4	3	4	2	1		
	Total			7	3	2	3	2	1		
	7-8			**	2	3	1	1	٨		
Vaped nicotine	9-12	**	**		15	22	14	9	5		
	Total	· 			11	15	8	7	3		
	7-8								٨		
Cocaine	9-12	**	**	**	**	**	**	**	٨		
	Total								٨		

**Table 34a. Regional 30-Day Use Rates** 

30-day use rates, 9 <sup>th</sup> -12 <sup>th</sup>	Darien 2023 %	Fairfield 2023 %	Greenwich 2023 %	Norwalk 2022 %	Stratford 2022 %	Trumbull 2023 %
Alcohol	24	21	21	7	22	9
Marijuana	9	12	7	6	12	6
Nicotine (vaping)	5	5	5	5	9	5

**Table 35. Lifetime Substance Use Rates** 

	Grade	2023 %
	7	4
	8	7
Alcohol	9	9
Aconor	10	18
	11	29
	12	45
	7	.4
	8	2
	9	4
Marijuana	10	9
	11	14
	12	29
	7	1
	8	1
	9	2
Cigarettes	10	4
	11	6
	12	15
	7	2
	8	3
Barra della a Barra	9	4
Prescription Drugs	10	5
	11	5
	12	5
	7	1
	8	2
Vaned nicoting	9	4
Vaped nicotine	10	8
	11	11
	12	22

Table 35a. Alcohol Use Rates, Lifetime & 30-Day Use, 2007 to 2023

Alcohol Use	2007 %	2010 %	2013 %	<b>2015</b> %	2017 %	<b>2019</b> %	<b>2021</b> %	2023 %
Lifetime use (used ever in lifetime)	69	61	46	44	31	35	30	17
Recent use (used in past 30-days	37	30	28	13	11	13	11	6

# **Perception of Risk**

**Table 36. Perception of Harm** 

How much do you think people risk harming themselves physically or in other ways if they	Grade	No Risk %	Slight Risk %	Moderate Risk %	Great Risk %
drink 5 or more alcoholic beverages (beer, wine,	7-8	3	6	26	65
liquor), 1 or 2 times a week?	9-12	1	8	30	61
ilquoi j, 1 oi 2 tilles a week!	7-12	2	7	28	62
	7-8	3	7	17	73
smoke cigarettes, 1 or more packs a day?	9-12	2	4	16	77
	7-12	2	5	16	76
	7-8	3	8	22	67
use marijuana or THC products, 1 or 2 times a week?	9-12	4	17	28	51
	7-12	4	14	26	57
	7-8	2	6	17	74
use prescription drugs that are not prescribed to them?	9-12	2	3	18	77
	7-12	2	4	18	76
use misetine (includes usone or neural set 1 and 2 times	7-8	3	9	24	64
use nicotine (includes vapes or pouches) 1 or 2 times a	9-12	3	14	28	54
week?	7-12	3	12	27	58

Table 36a. Perceived Risk of Substance Use, 2010 to 2023

How much do you think people risk harming themselves physically or in other ways Moderate or great risk	Grade	2010 %	<b>2013</b> %	<b>2015</b> %	2017 %	2019 %	2021 %	2023 %
Alcohol								
if they have five or more drinks of an	7-8	95	83	83	94	91	90	91
alcoholic beverage once or twice a	9-12	86	77	81	85	85	87	91
week?	Total					87	88	91
Marijuana								
if they use marijuana or TUC products	7-8	**	81	91	90	86	86	89
if they use marijuana or THC products once or twice a week?	9-12	_	56	62	59	59	65	79
once of twice a week!	Total					68	71	83
Cigarettes								
if they smoke one or more packs of	7-8	**	**	96	98	97	96	90
	9-12			93	94	93	94	94
cigarettes per day?	Total					94	94	92
Prescription Drugs								
if they use prescription drugs that are	7-8	**	80	93	96	95	94	92
if they use prescription drugs that are not prescribed them?	9-12	_	83	89	93	92	93	95
not prescribed them?	Total	_				93	93	94
Vapes								
	7-8	**	**	71	79	90	87	88
if they vape (use e-cigs or JUULs)?	9-12	_		55	51	76	79	83
	Total						82	85

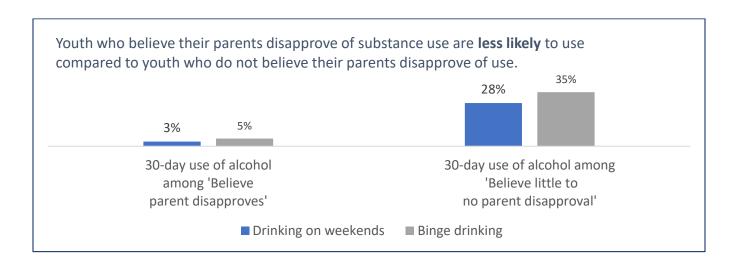
# **Perception of Parent Disapproval**

**Table 37. Perception of Parental Disapproval** 

How wrong do your <u>parent or guardian</u> feel it would be for you to	Grade	Not at all wrong %	A little bit wrong %	Wrong %	Very wrong %
	7-8	2	2	10	86
have 1 or 2 alcoholic beverages nearly every day?	9-12	1	3	14	82
	7-12	2	3	12	83
	7-8	2	1	6	91
have 4 or more drinks of an alcoholic beverage at one time?	9-12	1	3	12	84
une:	7-12	1	2	10	86
drink alcohol on weekends?	7-8	4	5	8	83
	9-12	3	9	19	68
	7-12	4	8	15	73
	7-8	2	1	5	92
smoke cigarettes or use tobacco?	9-12	1	2	10	87
	7-12	1	1	9	89
use marijuana or THC products (includes use through a	7-8	2	1	4	93
vaping device, smoking it, eating it/edibles, inhaling it)?	9-12	1	4	11	84
vaping device, smoking it, eating it/edibles, inhaling it/:	7-12	1	3	8	87
	7-8	3	1	6	91
use prescription drugs not prescribed to you?	9-12	1	1	9	89
	7-12	2	1	8	90
	7-8	2	1	5	93
use nicotine (includes vapes or pouches)?	9-12	1	2	9	87
	7-12	1	2	8	89

Table 37a. Perception of Parental Disapproval, 2010 to 2023

How wrong do <u>your parents</u> feel it would be for you to	Grade	2010 %	2013 %	2015 %	2017 %	2019 %	2021 %	2023 %
Wrong or Very Wrong		70	70	70	70	70	70	/0
Alcohol								
have one or two drinks of an	7-8	77	94	96	97	97	97	96
alcoholic beverage nearly every	9-12	62	77	93	95	94	95	96
day?	Total					95	95	96
Alcohol- Binge drinking								
have favor an arrang delights of an	7-8	**	98	98	98	98	98	97
have four or more drinks of an	9-12		89	94	94	93	91	95
alcoholic beverage at one time?	Total						93	96
Marijuana								
	7-8	**	97	98	98	97	97	97
use marijuana or THC products?	9-12		87	89	88	90	91	95
	Total					92	93	96
Cigarettes								
	7-8	**	**	97	99	98	98	97
smoke tobacco?	9-12			94	95	95	95	97
	Total					96	96	97
Prescription drugs								
use prescription drugs not	7-8	**	97	96	99	98	97	97
prescribed to you?	9-12		90	94	96	95	95	98
prescribed to you:	Total					96	96	97
Nicotine								
use nicotine? (vapes or	7-8	**	**	**	95	97	97	97
pouches)	9-12				85	93	95	97
poderies;	Total						95	97



**Table 37b. Parent Disapproval and Use Rates** 

Perception of parent disapproval BY alcohol use rates (Lifetime and 30-day)	Not wrong/ A little wrong %	Wrong/ Very wrong %
(Perc. of parent disapproval) Drinking 1 or 2 drinks every day	n=103	n=2347
Never drank	63	83
Drank in Lifetime	37	17
Drank in past 30-days	21	5
(Perc. of parent disapproval) Binge drinking (5+ in one occasion)	n=94	n=2355
Never drank	43	84
Drank in Lifetime	57	16
Drank in past 30-days	35	5
(Perc. of parent disapproval) Drinking on weekends	n=280	n=2164
Never drank	48	87
Drank in Lifetime	52	13
Drank in past 30-days	28	3

# **Perception of Friend Disapproval**

**Table 38. Perception of Peer Disapproval** 

How wrong do your <u>friends</u> feel it would be for you to	Grade	Not at all wrong %	A little bit wrong %	Wrong %	Very wrong %
	7-8	3	6	22	70
have 1 or 2 alcoholic beverages nearly every day?	9-12	5	13	32	50
	7-12	4	11	28	57
have 4 as seem driving of an aleahalia haveness at an	7-8	2	4	18	76
have 4 or more drinks of an alcoholic beverage at one	9-12	8	13	28	51
time?	7-12	6	10	25	60
	7-8	5	7	20	69
drink alcohol on weekends?	9-12	16	20	25	39
	7-12	12	15	23	50
	7-8	3	3	16	78
smoke cigarettes or use tobacco?	9-12	6	12	29	52
	7-12	5	9	25	61
van maniiyana ay TUC ayadyata (inalyadaa yaa thyayah a	7-8	2	3	16	79
use marijuana or THC products (includes use through a	9-12	12	16	25	48
vaping device, smoking it, eating it/edibles, inhaling it)?	7-12	8	12	22	58
	7-8	3	4	16	78
use prescription drugs not prescribed to you?	9-12	3	8	26	64
	7-12	3	6	22	69
	7-8	2	4	15	78
use nicotine (includes vapes or pouches)?	9-12	11	16	23	50
	7-12	8	12	20	60

Table 38a. Perception of Peer Disapproval, 2010 to 2023

How wrong do <u>your friends</u> feel it would be for you to Wrong or Very Wrong	Grade	2010 %	<b>2013</b> %	<b>2015</b> %	<b>2017</b> %	<b>2019</b> %	<b>2021</b> %	2023 %
Alcohol								
have one or two drinks of an	7-8	60	83	88	91	91	90	91
alcoholic beverage nearly every	9-12	11	39	71	67	73	76	82
day?	Total					79	80	85
Alcohol- Binge drinking								
have four or more drinks of an	7-8	**	**	94	95	95	93	94
alcoholic beverage at one time?	9-12			72	67	67	70	79
	Total						77	84
Marijuana								
use marijuana or THC	7-8	83	92	93	93	94	93	94
products?	9-12	20	53	60	54	59	64	72
	Total					70	73	80
Cigarettes								
smoke tobacco?	7-8	**	**	94	96	95	93	94
	9-12			76	73	77	79	82
	Total					83	83	86
Prescription drugs								
use prescription drugs not	7-8	**	91	93	95	96	92	93
prescribed to you?	9-12		74	85	84	84	87	90
	Total					88	88	91
Nicotine								
use nicotine? (vapes or	7-8	**	**	**	82	90	90	93
pouches)	9-12				42	55	63	74
	Total						71	81

### Alcohol

# Table 39. 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	7-8	94	5	٨	^	0
alcoholic beverages	9-12	76	15	8	1	٨
(beer, wine, liquor)?	7-12	83	11	5	1	٨

Table 39a. Alcohol Use, Disaggregated

Alcohol Use – Past 30-Day Use	Yes %
GENDER	/0
Female	6
Male	6
Transgender, Non-Binary, Not Sure+	5
ETHNICITY	
Non-Hispanic	6
Hispanic	6
RACE	
Asian	1
Black	2
Multiple	4
White	8ª
Sexual Orientation	
Heterosexual	6
Gay, Lesbian, Bisexual, Something Else, Not sure	9 <sup>b</sup>
Depression (Past Year)	
Yes	12
No	9

<sup>&</sup>lt;sup>a</sup>Significant difference between Asian and Multiple/White

#### **Table 40. Access**

If you ever drank alcohol, where did you get it? (n=437)	No %	Yes %
I got it from my home (with a parent/guardian's permission)	62	38
I got it from my home (without a parent/guardian's permission)	74	26
I got it from a friend	53	47
I got it from a sibling	85	15
I bought it myself in Trumbull	95	5
I bought it myself outside of Trumbull	81	19

### Table 41. Where Youth Get Alcohol, 2010 to 2021

145.6 12. 11.16.6 1040. 0017.100.101, 2010 to 201	<u> </u>						
If you have <u>ever</u> drank alcohol (more than	Grades	2010	2013	2015	2017	2019	2021
a sip), where did you get it?		%	%	%	%	%	%
Last it from my home	7-8	63	58	25	61	62	60
I got it from my home.	9-12	39	42	50	57	61	
Last it from a friend's borns	7-8	27	21	8	33	22	57
I got it from a friend's home.	9-12	52	48	54	61	63	
A negative was sided it	7-8	**	**	14	48	57	41
A parent provided it.	9-12			27	34	42	
An older sibling or friend bought it for	7-8	20	9	4	12	17	45
me.	9-12	49	36	39	49	51	
I hought it mysolf	7-8	3	7	**	**	**	22
I bought it myself.	9-12	11	17	22	25	24	
	9-12	TT	Τ/	22	25	24	

<sup>&</sup>lt;sup>b</sup>Significant difference between Sexual minority and Heterosexual at the .01 level

#### **Table 42. Location of Use**

If you ever drank alcohol, where did you drink?	No	Yes
(n=430)	%	%
at my home (with a parent/guardian's permission)	61	39
at my home (without a parent/guardian's permission	73	27
at a friend's home (without a parent/guardian's permission)	60	40
at a friend's home (with a parent/guardian's permission)	80	20
in a car	87	13
in a public place (park, beach, wood, etc.)	70	30

# Table 43. Where Youth Drink, 2007 to 2021

If you have <u>ever</u> drank alcohol (more than a sip), where did you drink?	Grades	2007 %	2010 %	2013 %	2015 %	2017 %	2019 %	2021 %
at mu hama	7-8	64	60	46	**	79	69	73
at my home	9-12	47	44	44		70	72	/3
at a fui an d'a b ann a	7-8	48	33	18	**	38	21	72
at a friend's home	9-12	80	72	56		73	71	72
at a hama with a nament's linewill also	7-8	**	**	**	23	**	**	<b>C</b> 2
at a home with a parent's knowledge	9-12				63	49	54	63
in a public place (park, beach, woods,	7-8	10	25	23	8	27	24	40
etc.)	9-12	33	29	26	33	40	35	48

### Marijuana

#### Table 44. 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	7-8	99	1	0	۸	0
products?	9-12	87	7	4	1	1
	7-12	91	5	2	1	1

### Table 45. Forms of Marijuana Used

Please indicate the ways you have used marijuana and THC products (weed, cannabis) in	
the past year: (n=213)	%
I smoked it in a join, bong, pipe or blunt.	36
I at it in food such as brownies, cakes, cookies or candy.	14
I vaped or 'carted' it.	44
I dabbed it using waxes or concentrates	1
I used it some other way	5

#### Table 68. Access

If you ever used marijuana or THC, where did you get it? (n=226)	No %	Yes %
I got it from my home (with a parent/guardian's permission)	93	7
I got it from my home (without a parent/guardian's permission)	89	11
I got it from a friend	31	69
I got it from a sibling	86	14
I bought it myself in Trumbull	85	15
I bought it myself outside of Trumbull	72	28

### **Nicotine**

### **Table 47. 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 nicotine (includes	7-8	98	2	0	۸	0
vapes or pouches)?	9-12	89	6	2	1	2
	7-12	92	4	1	1	1

### Table 48. Access

If you ever vaped nicotine, where did you get it? (n=194)	No %	Yes %
I bought it at a store in Trumbull	86	14
I bought it at a store outside of Trumbull	68	32
I bought it online	95	5
A parent/guardian provided it	95	5
I got it from someone my age.	36	64

### **Additional Substance Use Rates**

**Table 49. Additional Substance Use Rates** 

Have you EVER used any of the following?	Grade	NO, Never %	Lifetime Use %	YES, in the past 30 days %
Have you ever drank 4 or mare electralis hoverages in less than	7-8	98	2	۸
Have you ever drank 4 or more alcoholic beverages in less than 2 hours	9-12	88	12	4
Zilouis	7-12	92	8	3
	7-8	99	1	0
Have you ever smoked part or all of a cigarette	9-12	93	7	1
	7-12	95	5	1
	7-8	98	2	1
Have you ever used prescription drugs not prescribed to you	9-12	95	5	1
	7-12	96	4	1
	7-8	96	4	1
Have you ever used prescription drugs not as intended	9-12	96	4	1
	7-12	96	4	1
	7-8	100	٨	^
Have you ever used cocaine	9-12	99	1	۸
	7-12	99	1	۸

# **Perception of Peer Substance Use**

**Table 50. Perception of Peer Substance Use** 

About how many students in your grade do you think	Grade	Just a Few %	Some %	A Lot %	Most %
	7-8	78	19	3	1
drink alcoholic beverages at least once a month?	9-12	16	32	37	15
	7-12	37	27	25	10
TUC silet lest see	7-8	82	15	3	1
use marijuana, cannabis, THC oil at least once a month?	9-12	17	32	35	15
month:	7-12	39	26	24	10
	7-8	61	28	9	2
vape nicotine (includes vapes or pouches) at least	9-12	10	19	44	27
once a month?	7-12	27	22	32	19

Table 50a. Perception of Peer Use, 2017 to 2023

About how many students in your grade do you think High School, A lot/Most	<b>2017</b> %	<b>201</b> 9 %	2021 %	2023 %
Drink alcohol at least once a month?	72	58	56	52
Use marijuana, cannabis, THC oil at least once a month?	68	54	43	50
vape nicotine at least once a month?	**	82	66	71

# **Driving & Substance Use**

**Table 51. Past Year Dangerous Driving** 

In the past year, have you?	Grade	No %	Yes %
	7-8	**	**
driven a car after you had been drinking alcohol?	9-12	99	1
	7-12	**	**
	7-8	**	**
driven a car after you had used marijuana or THC products?	9-12	97	3
	7-12	**	**
	7-8	98	2
ridden as a passenger with a driver (under the age or 21) who is under the influence of alcohol?	9-12	96	4
initidefice of alcohor:	7-12	97	3
widden as a massagan with a duiven (waden the area on 24) what is well as the	7-8	99	1
ridden as a passenger with a driver (under the age or 21) who is under the influence of marijuana or THC products?	9-12	93	7
initidefice of manjualia of THC products!	7-12	95	5

# **Consequences of Substance Use**

# **Table 52. Consequences of Substance Use**

During the last 12 months, how many times have you? High School Only (n=1564)	Grade	None %	1 time %	2 or more %
Drank so much you blacked out or forgot what happened?	9-12	95	4	2
Played competitive drinking games? (e.g. beer pong)	9-12	90	5	5
Had a hangover?	9-12	90	6	4
Needed a drink to have fun?	9-12	93	4	4
Had to take care of a friend who got too drunk?	9-12	81	11	9
Greened out or passed out after dabbing (using marijuana or THC products)	9-12	95	3	2

# **Additional Attitudes Around Substance Use**

**Table 53. Attitudes Around Substance Use** 

A party with alcohol is more fun.  9-12 7-12 It's okay to drive if you've only had a couple of drinks.  7-8 9-12 7-12 7-12 7-12 7-12 7-8 1t's okay to drink even if you are underage. 9-12 7-12		14 27	6	2
7-12 It's okay to drive if you've only had a couple of drinks.  7-8 9-12 7-12 7-12 7-8 It's okay to drink even if you are underage.		27		_
	61		17	5
It's okay to drive if you've only had a couple of drinks.  7-12  7-8  It's okay to drink even if you are underage.  9-12		22	13	4
drinks. 7-12 7-8 It's okay to drink even if you are underage. 9-12	84	12	4	٨
7-12 7-8 It's okay to drink even if you are underage. 9-12	88	10	2	1
It's okay to drink even if you are underage. 9-12	86	10	2	1
	83	13	3	1
7-12	56	28	14	3
7-12	66	23	10	2
7-8	91	7	1	٨
It's okay to drive if you've used marijuana or THC products.	85	12	2	1
7-12	87	10	2	1
7-8	94	5	1	1
It's okay to use marijuana or THC products sometimes even if you are underage.	70	18	10	2
7-12	78	13	7	2
7-8	93	5	1	1
It's okay to use nicotine (includes vapes or pouches) even if you are underage.	74	17	7	2
7-12	81	13	5	1
7-8	94	5	1	1
It's OK to take someone else's prescription  9-12	93	5	1	1
drugs. 7-12		_	_	

Table 53a. Youth Attitudes Around Substance Use, 2007 to 2023

	Grade	2007	2010	2013	2015	2017	2019	2021	2023
Strongly or Somewhat Agree		%	%	%	%	%	%	%	%
A party with alcohol is more	7-8	29	29	9	11	10	13	11	8
fun.	9-12	63	57	37	35	39	41	36	22
It is OK to drive if you've only	7-8	21	27	**	**	**	**	**	4
had a couple of drinks.	9-12	20	18	**	9	6	9	7	3
It's OK to drink sometimes even	7-8	30	33	9	12	8	13	9	4
if you are underage.	9-12	65	62	41	33	36	34	35	17
It is OK to drive if you've	7-8	**	**	4	**	**	**	**	1
smoked marijuana.	9-12	**	**	21	18	15	15	9	3

# **Access to Substances**

**Table 54. 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 %
	7-8	49	21	16	14
Alcohol (beer, wine, hard liquor)	9-12	27	22	26	25
	7-12	35	22	23	21
	7-8	81	11	5	3
Marijuana or THC products	9-12	53	19	15	13
	7-12	63	16	12	9
	7-8	67	15	12	7
Prescription drugs (not prescribed to you)	9-12	48	23	16	12
	7-12	54	20	15	10
	7-8	76	10	8	6
Nicotine (includes vapes or pouches)	9-12	44	16	19	21
	7-12	55	14	15	15
Drug parapharpalia (i.a. pipas bangs ralling	7-8	87	7	3	3
Drug paraphernalia (i.e. pipes, bongs, rolling papers, vapor liquid)	9-12	62	17	11	10
papers, vapor liquiu)	7-12	70	14	8	7

Table 56a. Access to Substances, 2007 to 2023

How easy or hard would it be for	Grades	2007	2010	2013	2015	2017	2019	2021	2023
you to get the following substances		%	%	%	%	%	%	%	%
if you wanted them?									
Very easy/Sort of easy									
Alcohol (hoor wine hard liquer)	7-8	28	52	29	44	40	40	36	30
Alcohol (beer, wine, hard liquor)	9-12	58	76	59	74	75	67	63	51
Marijuana /TLIC	7-8	**	**	9	9	9	8	5	8
Marijuana/THC	9-12			46	48	51	42	34	28
Prescription drugs (not prescribed	7-8	**	**	22	35	30	32	29	19
to you)	9-12			33	51	46	41	37	28
Nicating (Vanos or nouchos)	7-8	**	**	**	20	24	20	13	14
Nicotine (Vapes or pouches)	9-12				58	74	60	46	40
Drug paraphernalia (pipes, bongs,	7-8	**	**	**	**	**	**	**	6
rolling papers, vapor liquid)	9-12				50	53	38	28	21

# **DFC ME Core Measures**

**Table 55. Core Measures** 

	Alcohol	Alcohol	Tobacco	Tobacco	Marijuana	Marijuana	RX	RX drugs
	Sample	%	Sample	%	Sample	%	Sample	%
	Size		Size		Size		Size	
30-Day Use								
<b>7</b> <sup>th</sup>	457	.2	456	0	454	0	455	.4
8 <sup>th</sup>	416	.7	418	0	416	.2	418	1.7
9 <sup>th</sup>	448	1.8	446	.7	450	1.8	449	.9
10 <sup>th</sup>	425	5.0	431	.2	432	3.7	428	1.2
<b>11</b> <sup>th</sup>	361	11.1	361	.6	362	5.8	361	1.7
12 <sup>th</sup>	350	21.4	351	4.0	350	14.3	352	.9
Perception of har	m							
<b>7</b> <sup>th</sup>	457	91.0	458	91.7	455	89.5	456	92.1
8 <sup>th</sup>	418	90.9	418	88.3	414	88.2	417	91.1
9 <sup>th</sup>	448	94.2	446	95.3	447	89.7	446	96.6
10 <sup>th</sup>	343	90.6	433	92.8	430	80.9	433	94.2
11 <sup>th</sup>	365	89.9	365	93.1	365	79.5	365	95.3
12 <sup>th</sup>	349	87.7	350	91.7	350	63.7	349	93.7
Perception of par	ental disap	proval						
<b>7</b> <sup>th</sup>	462	95.9	457	97.6	457	97.6	459	97.2
8 <sup>th</sup>	421	95.3	421	97.2	420	96.7	421	96.4
9 <sup>th</sup>	451	96.2	448	98.2	449	98.2	449	97.8
10 <sup>th</sup>	436	97.3	435	98.2	433	97.0	435	98.4
<b>11</b> <sup>th</sup>	367	95.4	365	95.9	365	94.0	365	97.5
12 <sup>th</sup>	355	94.1	351	96.3	353	90.7	354	97.2
Perception of pee	er disappro	val						
7 <sup>th</sup>	461	92.9	454	94.9	459	95.4	459	93.7
8 <sup>th</sup>	418	89.5	416	93.3	416	93.3	417	92.6
9 <sup>th</sup>	449	88.2	448	91.7	449	87.5	449	92.9
10 <sup>th</sup>	434	84.1	432	84.0	434	77.2	433	89.8
<b>11</b> <sup>th</sup>	367	77.9	367	78.5	367	67.0	365	88.0
12 <sup>th</sup>	351	74.6	349	69.1	350	52.0	350	88.3