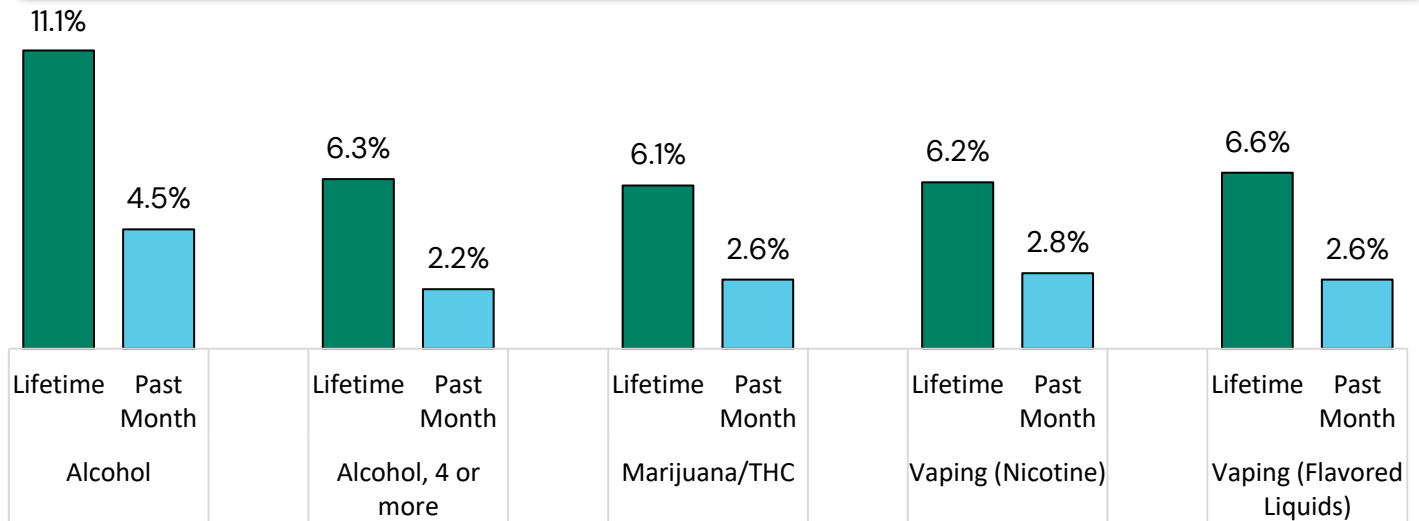




REGION 10 COMMUNITY WELLNESS COALITION

In March/April 2023, students in Region 10 Public Schools grades 7-12 participated in the Youth Voices Count Survey on youth lifestyles, substance use, mental health, related risk and protective factors. The overall response rate was 86.6%.

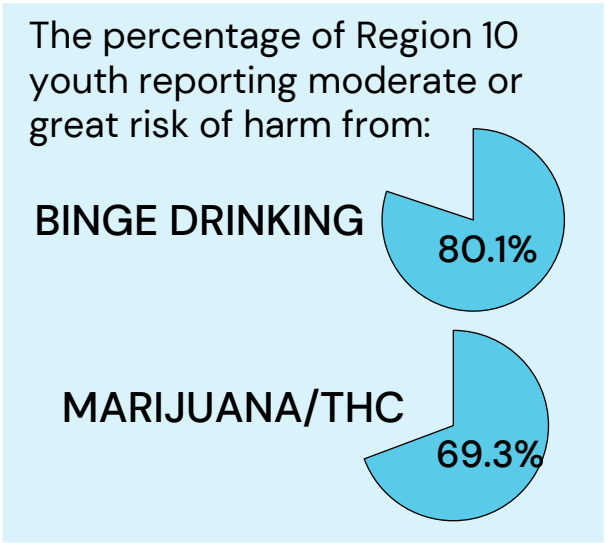
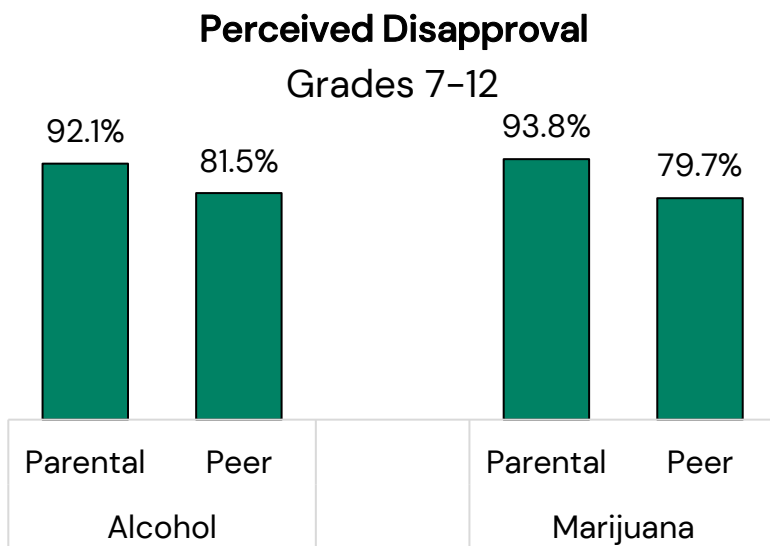
Alcohol is the most used substance in youths' lifetimes.



Region 10 youth who have used **any substance in their lifetime** are more likely to have increased behavioral health concerns including: thoughts about self-harm and self-harm behaviors, feeling sad or hopeless two or more weeks in a row, and feeling less comfortable seeking help from a parent/guardian.

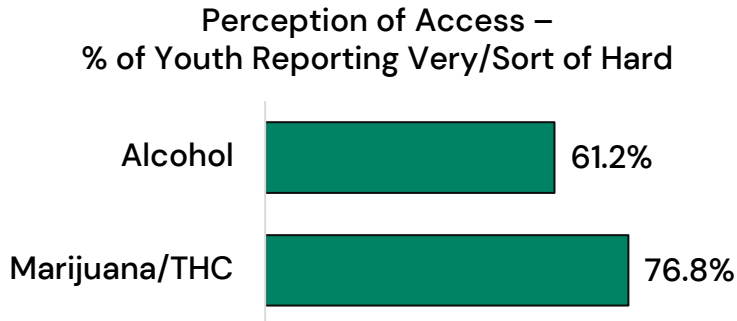
Risk Factors

Research shows that parents and peers are the leading influence on youths' decisions on whether to use substances or not. Below shows the percentage of youth reporting their parents or friends feel it is moderately or greatly wrong to use alcohol or marijuana.



Access

Ease of access to substances has been shown to have a significant relationship with youth substance use. The figure below reflects the percentage of youth reporting it is very or sort of hard to access substances.



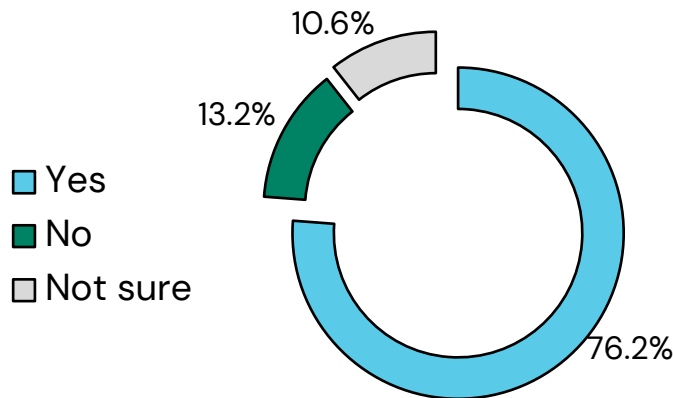
Region 10 youth reported accessing **alcohol** most frequently from:

- Friends/peers
- Home without parents' permission
- Home with parents' permission

Marijuana was most frequently acquired from:

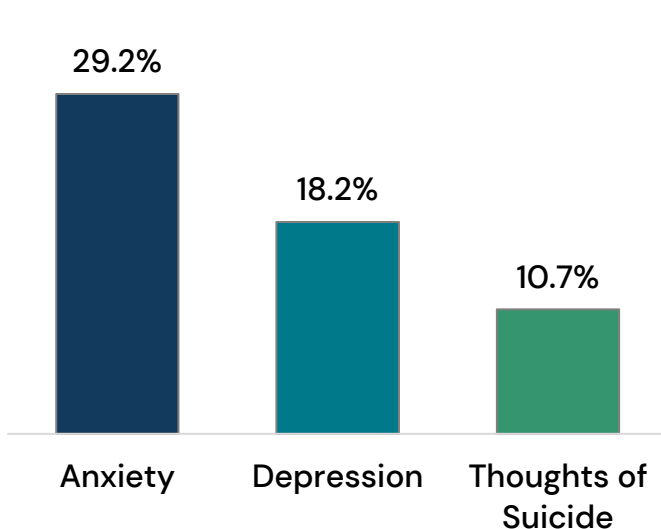
- Friends/peers
- Home without parents' permission
- Home with parents' permission

Perception of Clear Family Rules around Underage Drinking



76% of Region 10 youth (grades 7–12) report clear family rules around alcohol use, compared to 84% around marijuana, and 86% around vaping nicotine.

Mental Health in the Past Year



29% of Region 10 youth reported having anxiety in the past year "always" or "almost always." Most frequent sources of stress and anxiety included academics, post-high school plans and schedule.

18.2% of youth reported feeling sad or hopeless so much that it stopped them from doing usual activities 2 or more weeks in a row. 10.7% reported having considered suicide in the past year.