



Youth Voices Count Survey Results, 2023

youth
VOICES
count

Background

- March-April 2023, students from Har-Bur Middle School (grades 7-8) and Lewis S. Mills High School (grades 9-12) participated in the Youth Voices Count Survey on youth lifestyles, substance use, mental health, and related risk and protective factors.
- The survey was completely anonymous, no identifying information was collected.
- Students were provided an instructional video informing them of confidentiality, right to opt out and resources if the survey brought up uncomfortable feelings.

Response Rate

Sample Response Rates	Sample Count	Population Count	Response Rate (%)
Grade 7	162	170	95.29%
Grade 8	153	162	94.44%
Grade 9	152	168	90.48%
Grade 10	152	169	89.94%
Grade 11	119	149	79.87%
Grade 12	111	162	68.52%
Grades 7-8	315	332	94.88%
Grades 9-12	534	648	82.41%
Grades 7-12	849	980	86.63%

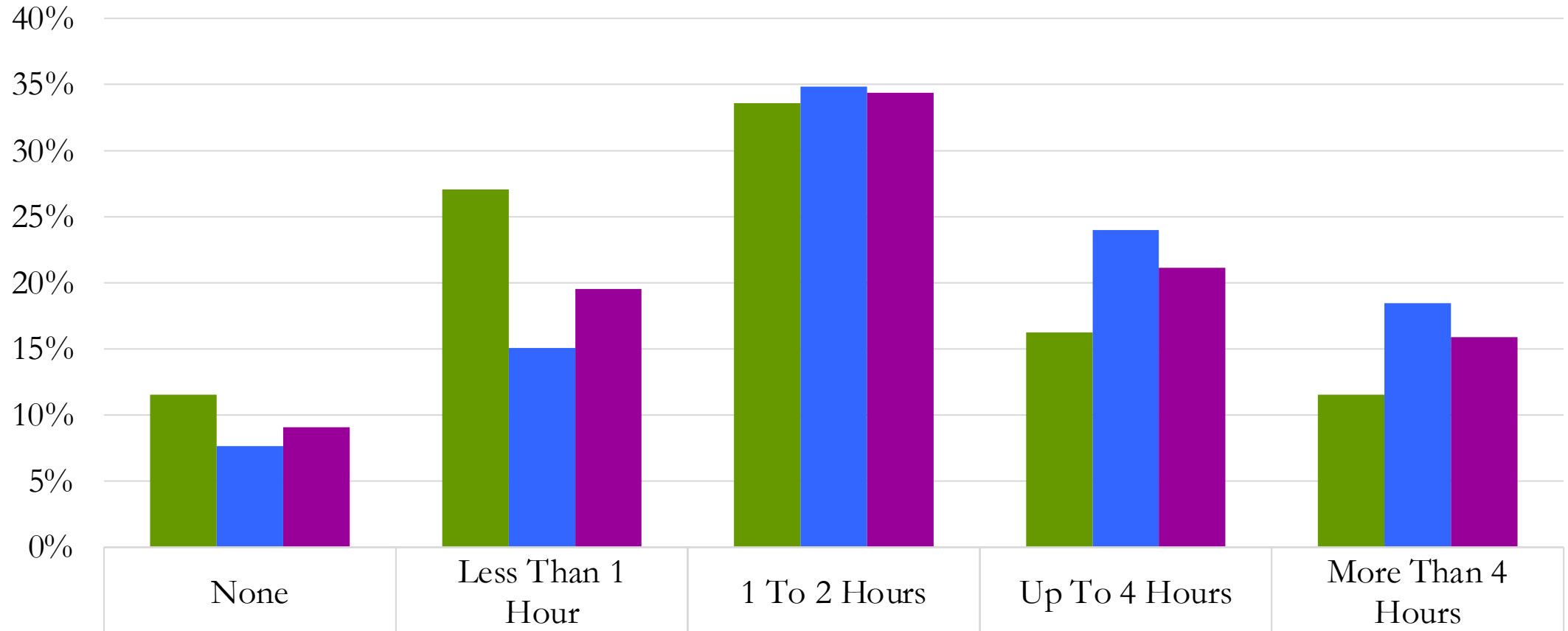


Demographics

Race/Ethnicity Category	Percent Grades 7 thru 12
White	85.63%
Hispanic or Latino	8.24%
Black or African American	0.94%
Asian	1.88%
American Indian or Alaskan Native	0.59%
Native Hawaiian or Other Pacific Islander	0.00%
Other (2 or more races selected or race not Hispanic)	2.12%
Not Specified	0.59%

	Biological Sex
Male	455
Female	395
Did not Specify	4

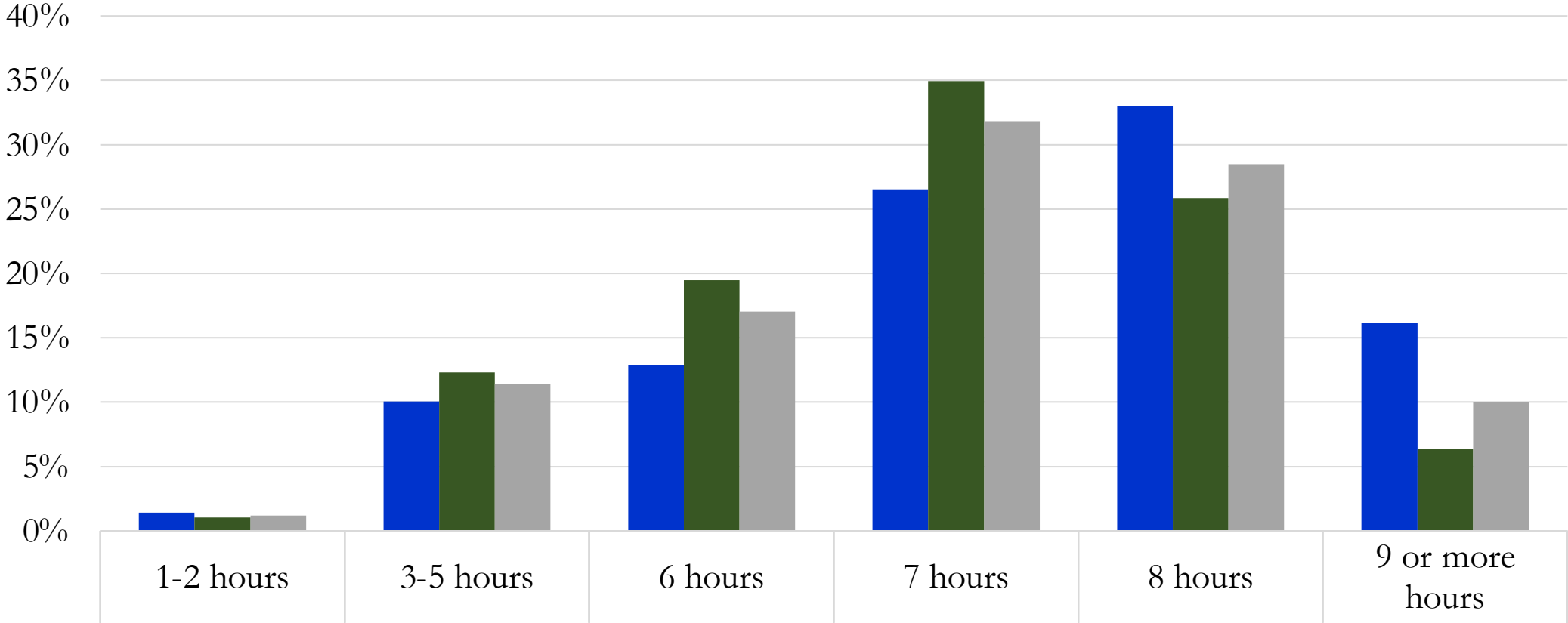
Youth Time Alone on Weekdays without Supervision



On a regular weekday, how many hours do you usually spend WITHOUT an adult present?

■ Grade 7-8	11.6%	27.1%	33.6%	16.2%	11.6%
■ Grade 9-12	7.6%	15.1%	34.8%	24.0%	18.5%
■ Grade 7-12	9.1%	19.5%	34.4%	21.1%	15.9%

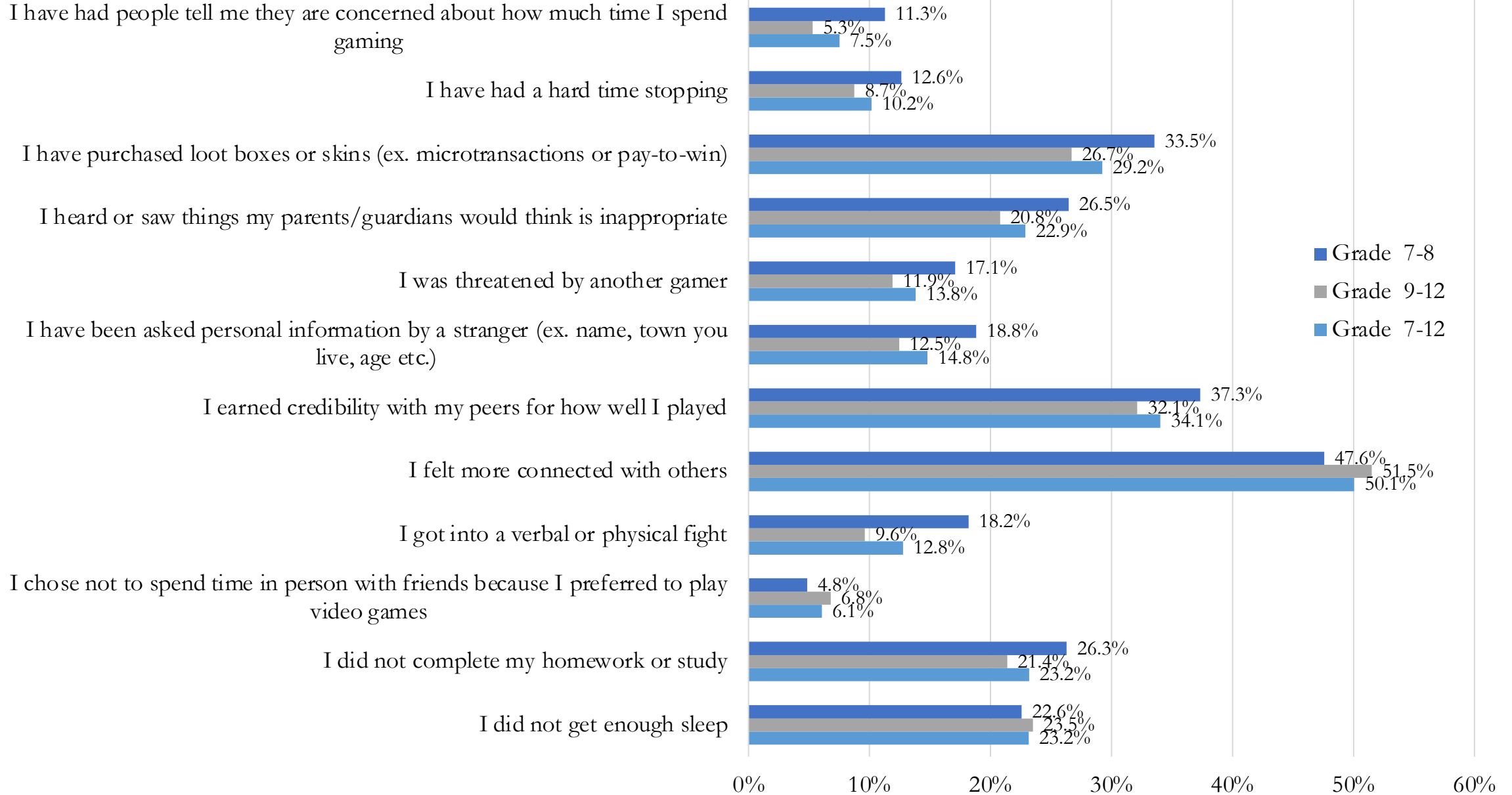
Youth Hours of Sleep on Weeknights



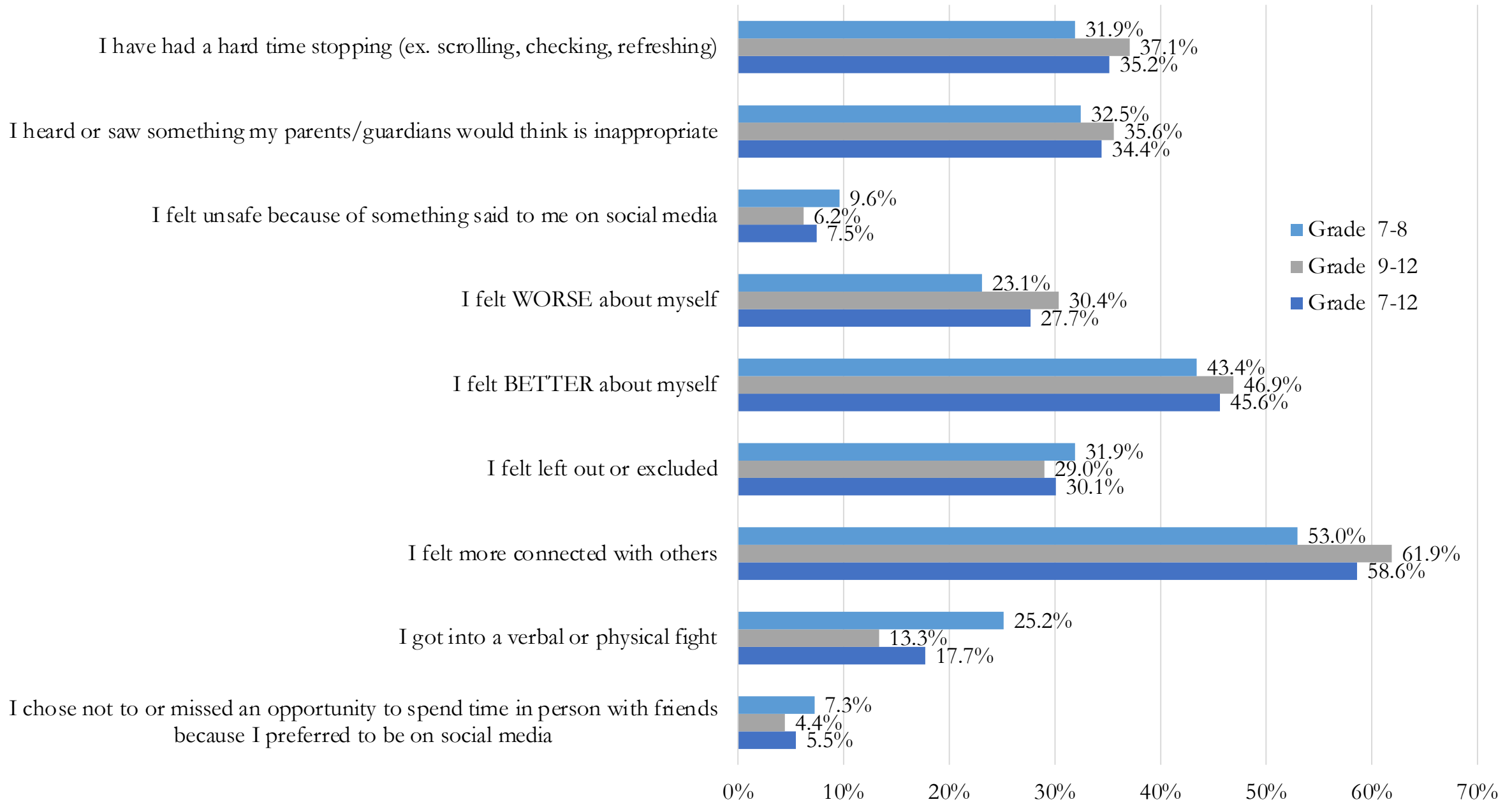
On a typical school night (Sunday-Thursday), how many hours do you usually sleep?

■ Grade 7-8	1.4%	10.0%	12.9%	26.5%	33.0%	16.1%
■ Grade 9-12	1.1%	12.3%	19.5%	35.0%	25.8%	6.4%
■ Grade 7-12	1.2%	11.5%	17.0%	31.8%	28.5%	10.0%

Perceived Gaming Assets and Consequences – Past Year



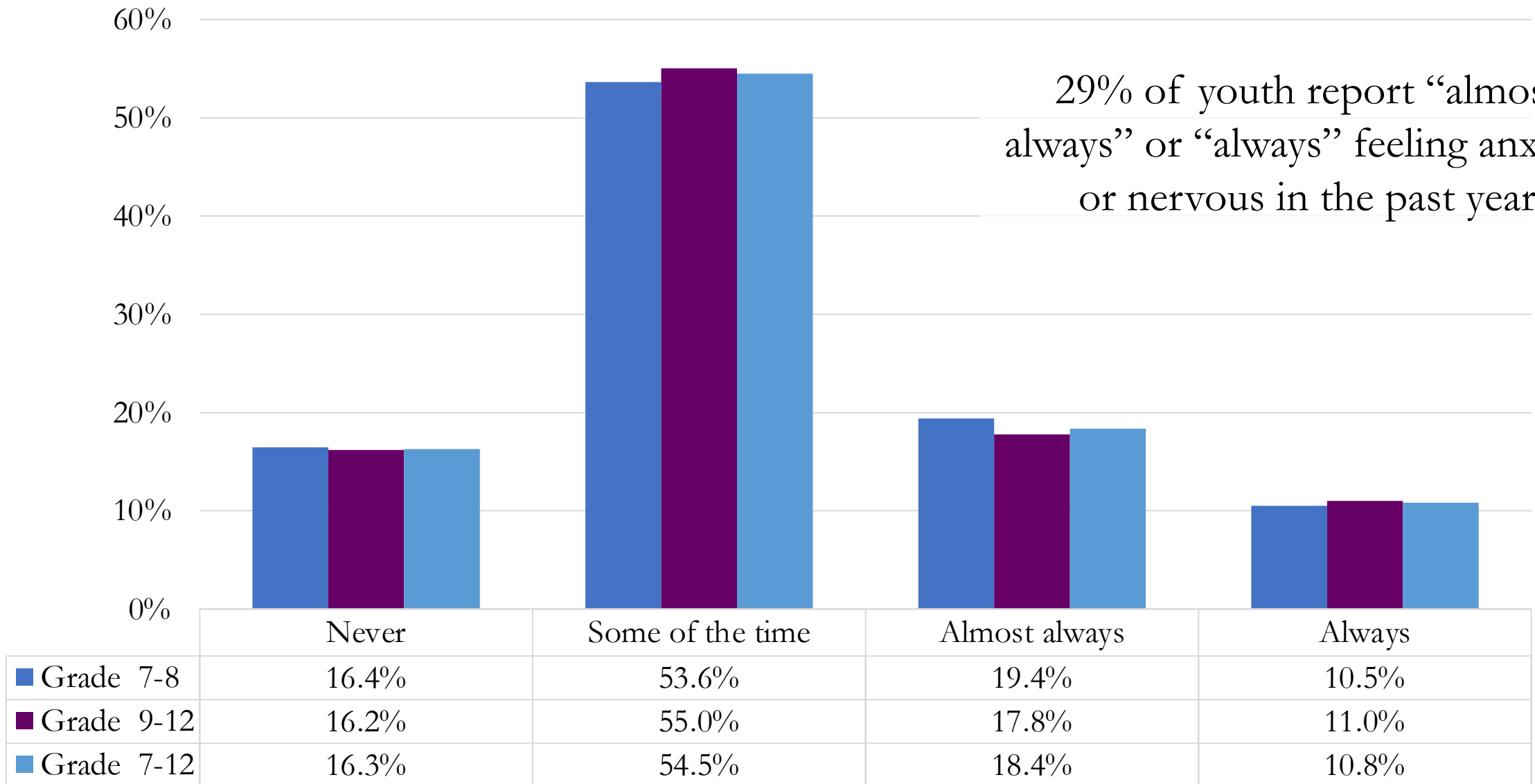
Perceived Social Media Assets and Consequences – Past Year



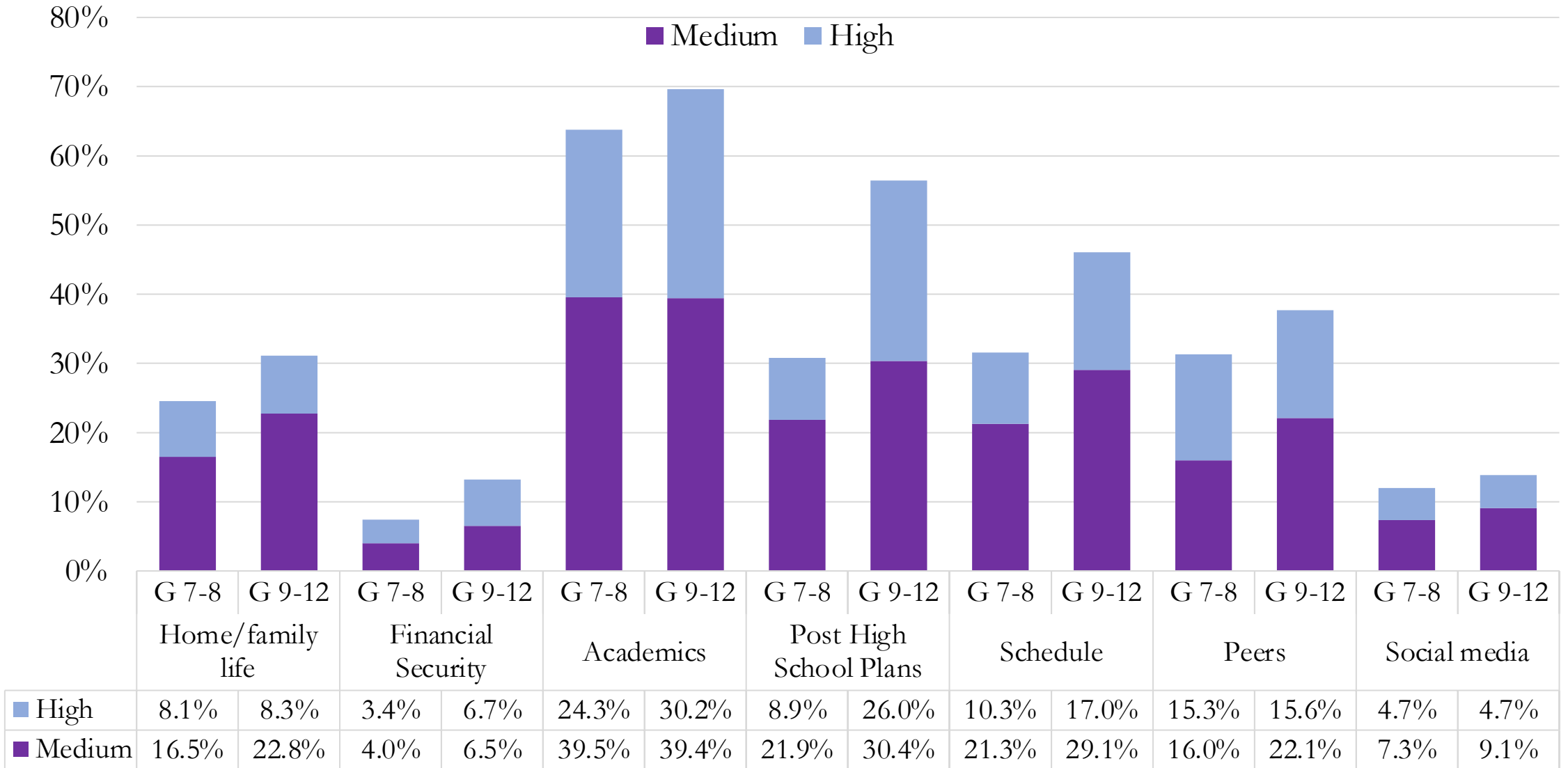
Emotional Health

Frequency of Anxiety – Past Year

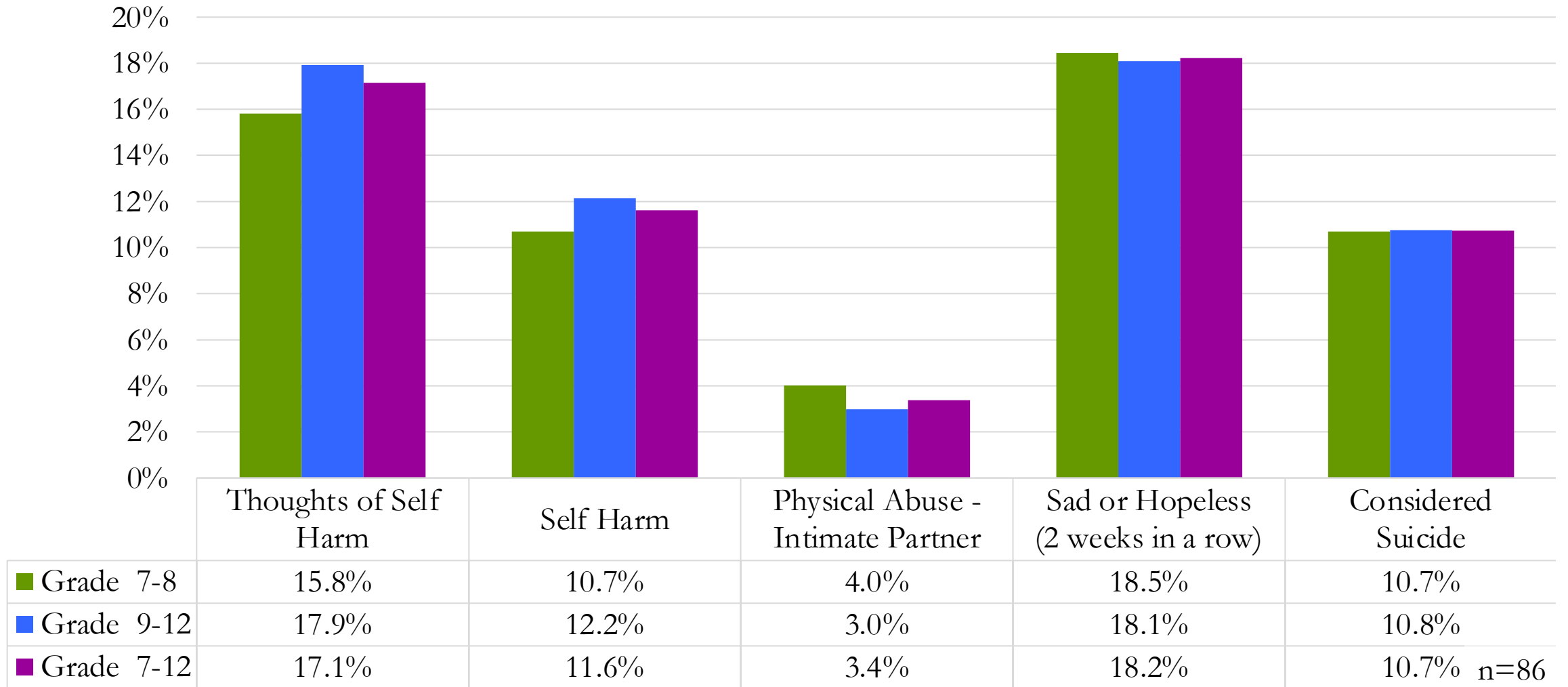
29% of youth report “almost always” or “always” feeling anxious or nervous in the past year



Anxiety Level by Source

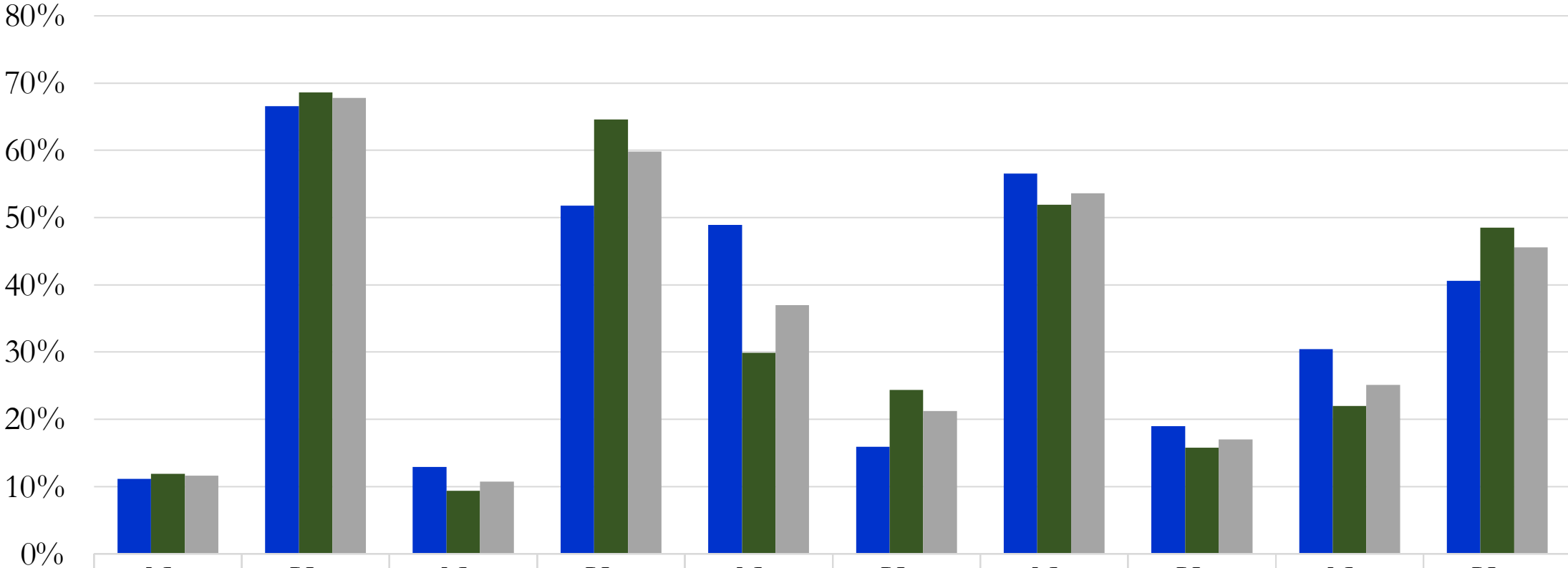


Other Emotional Health Indicators in the Past Year, % Responding “Yes”



Note: State data for grades 9-12 (YRBSS 2021) indicate that 35.6% of students felt sad or hopeless for 2 or more weeks in a row, 14.1% considered suicide, and 18.0% harmed themselves in the past year.

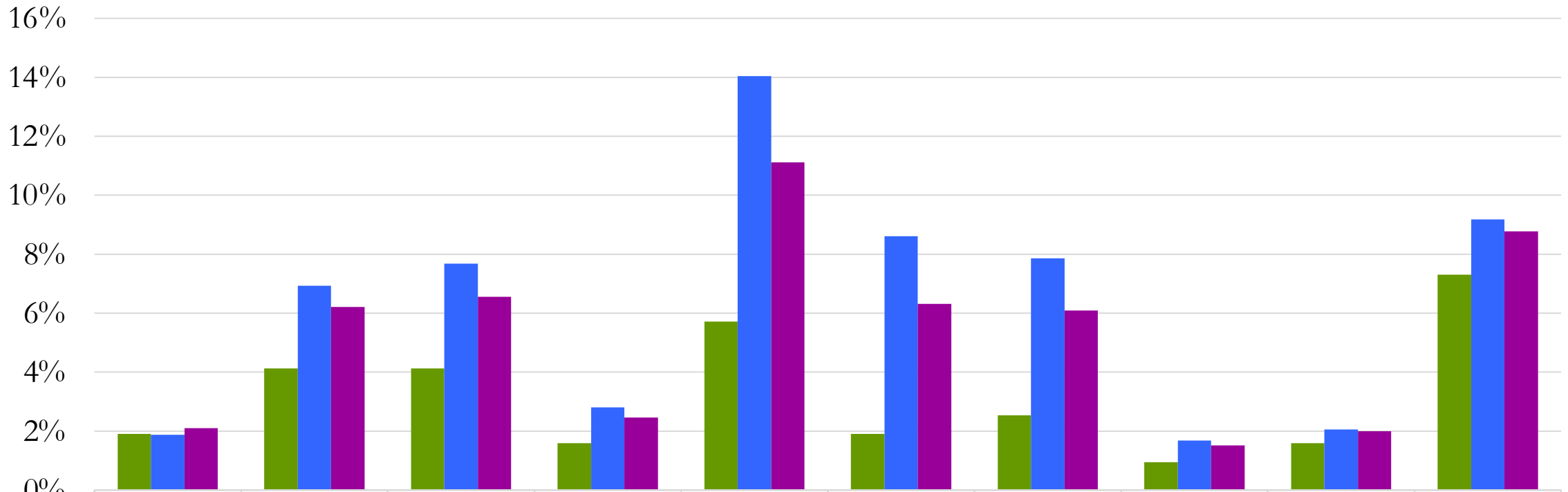
Comfort Seeking Help by Source - Family and School



	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes
	Parent/guardian		Friends		School Staff		Coach		Other Trusted Adult	
■ Grade 7-8	11.2%	66.5%	12.9%	51.8%	48.9%	15.9%	56.6%	19.0%	30.4%	40.6%
■ Grade 9-12	11.9%	68.6%	9.4%	64.6%	29.9%	24.4%	51.9%	15.8%	22.0%	48.5%
■ Grade 7-12	11.6%	67.8%	10.7%	59.8%	37.0%	21.2%	53.6%	17.0%	25.1%	45.6%

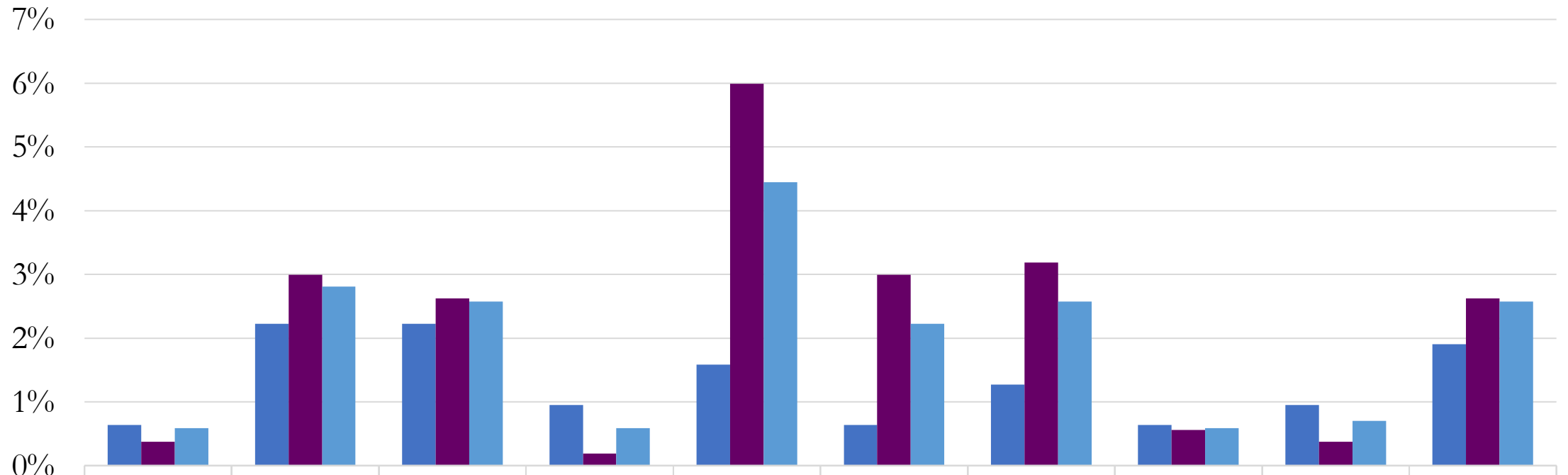
Substance Use and Perceptions

Lifetime Use of CORE Substances and Gambling



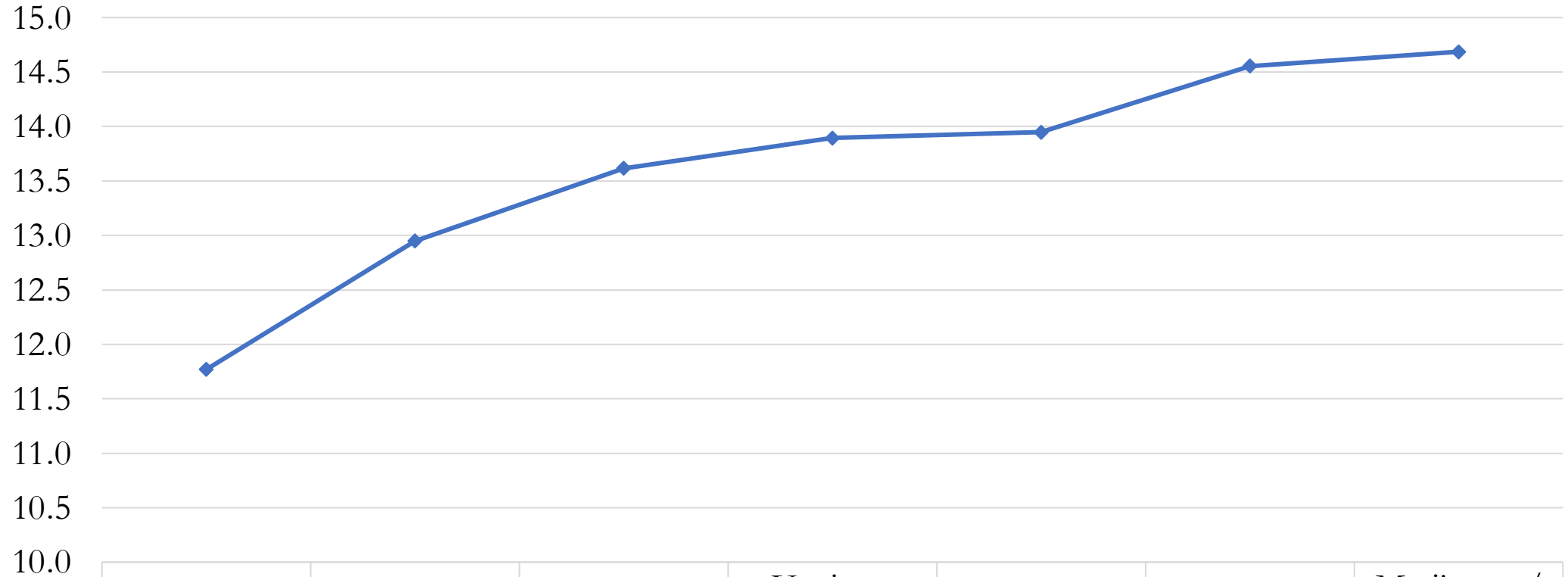
	Lifetime Cigarettes	Lifetime Vape Products Nicotine	Lifetime Vape Products Liquids	Lifetime Tobacco	Lifetime Alcohol	Lifetime Alcohol - 4 or more	Lifetime Marijuana / THC	Lifetime RX	Lifetime OTC	Lifetime Gambling
■ Grade 7-8	1.90%	4.13%	4.13%	1.59%	5.71%	1.90%	2.54%	0.95%	1.59%	7.30%
■ Grade 9-12	1.87%	6.93%	7.68%	2.81%	14.04%	8.61%	7.87%	1.69%	2.06%	9.18%
■ Grade 7-12	2.11%	6.21%	6.56%	2.46%	11.12%	6.32%	6.09%	1.52%	1.99%	8.78%

Past Month Use of CORE Substances and Gambling



	Past Month	Past Month	Past Month	Past Month	Past Month	Past Month	Past Month	Past Month	Past Month	Past Month
	Cigarettes	Vape Products Nicotine	Vape Products Liquids	Tobacco	Alcohol	Alcohol - 4 or more	Marijuana / THC	RX	OTC	Gambling
Grade 7-8	0.63%	2.22%	2.22%	0.95%	1.59%	0.63%	1.27%	0.63%	0.95%	1.90%
Grade 9-12	0.37%	3.00%	2.62%	0.19%	5.99%	3.00%	3.18%	0.56%	0.37%	2.62%
Grade 7-12	0.59%	2.81%	2.58%	0.59%	4.45%	2.22%	2.58%	0.59%	0.70%	2.58%

Age of First Use, in Years



◆ Age in Years

Gambling

OTC

Rx

Vaping -
Nicotine

Alcohol

Cigarettes

Marijuana /
THC

11.8

12.9

13.6

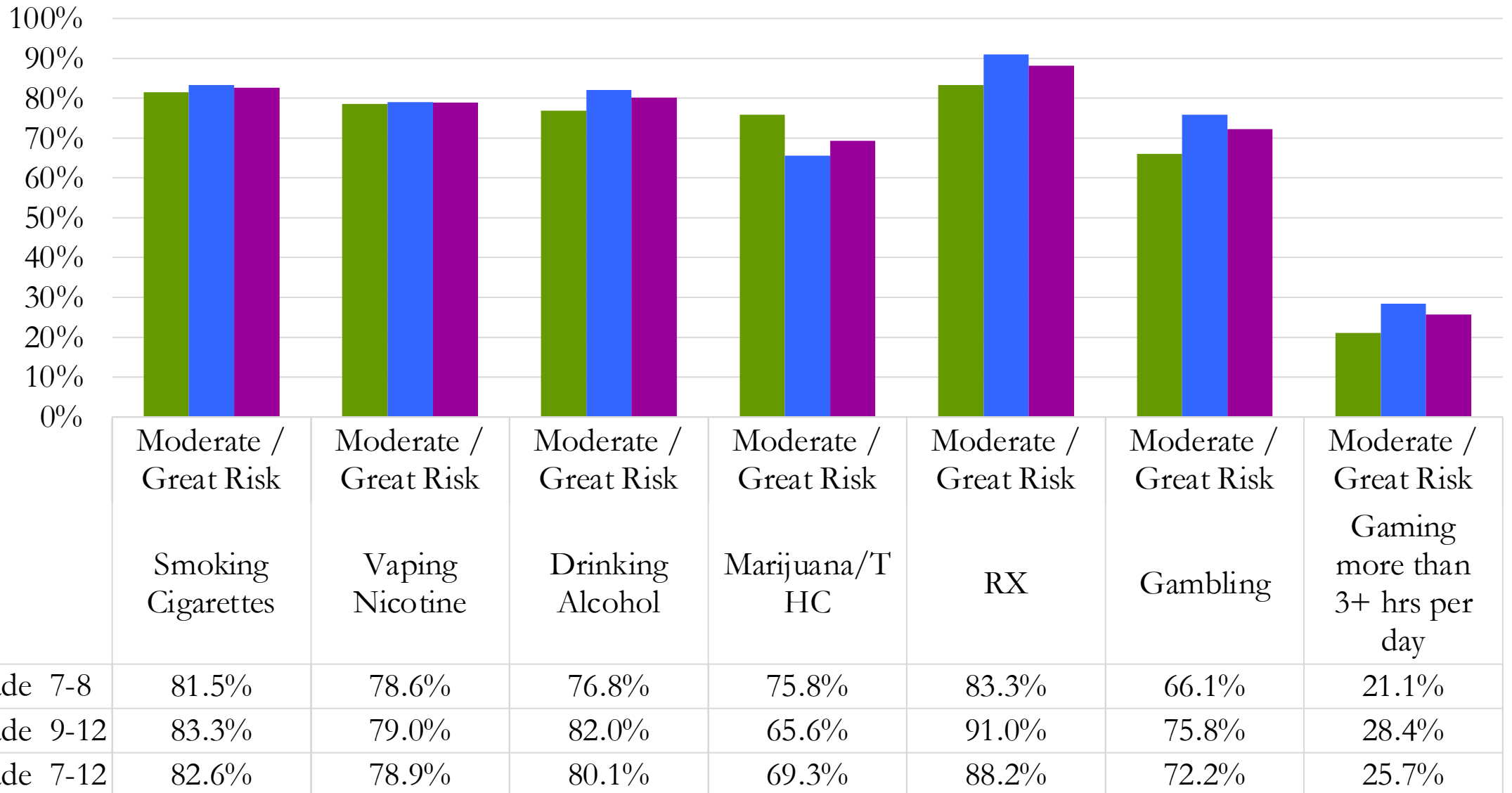
13.9

13.9

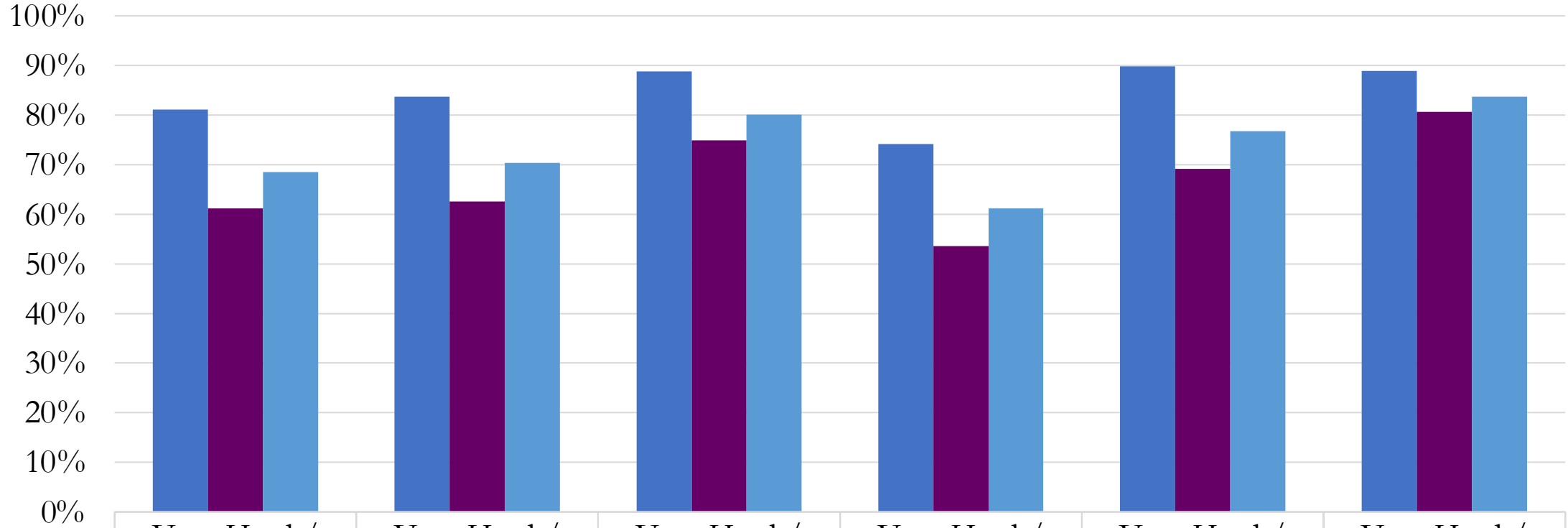
14.6

14.7

Perception of Risk/Harm

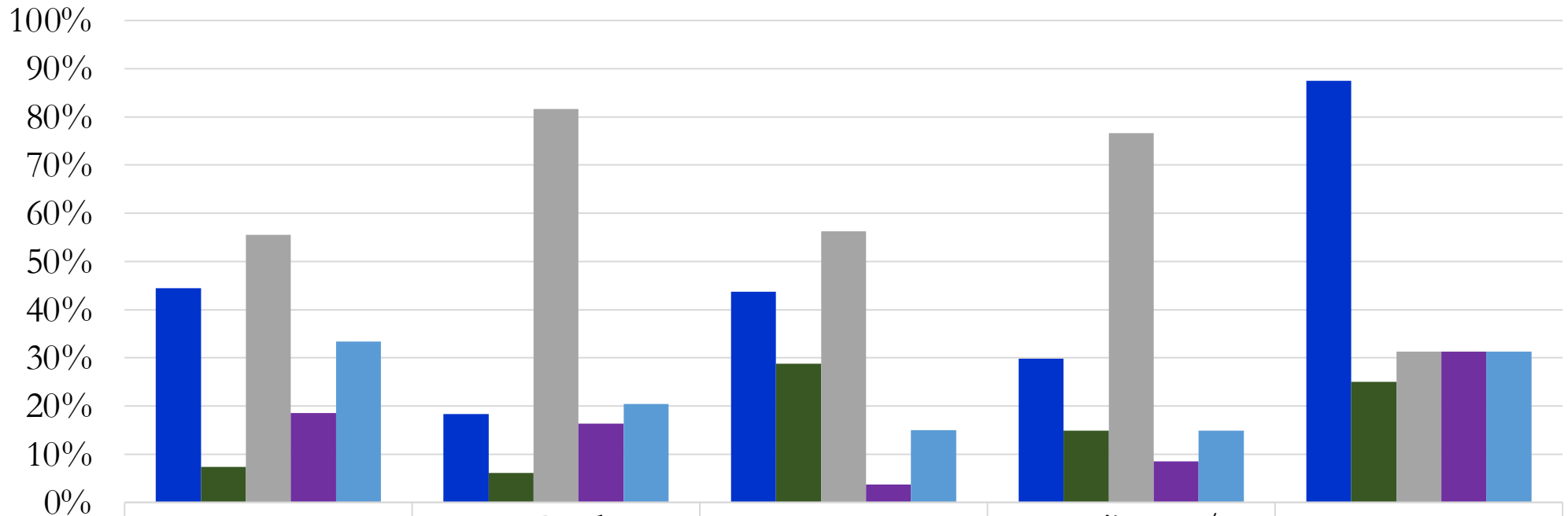


Perception of Access



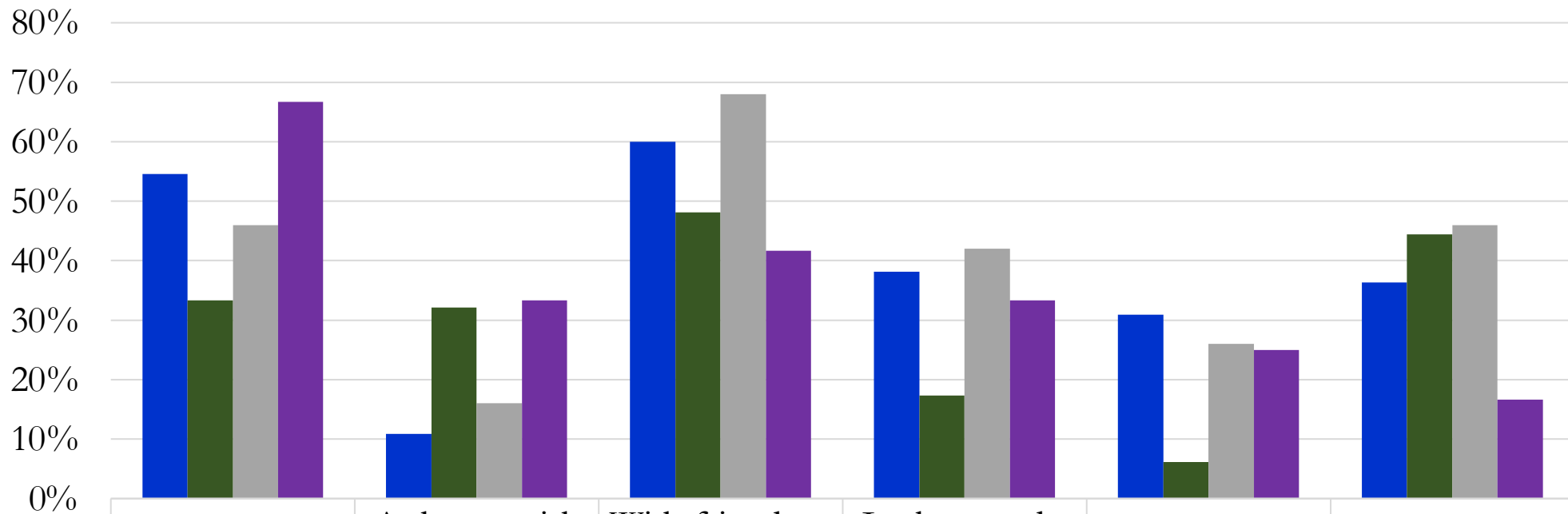
	Very Hard / Sort of Hard	Very Hard / Sort of Hard	Very Hard / Sort of Hard	Very Hard / Sort of Hard	Very Hard / Sort of Hard	Very Hard / Sort of Hard
	Vape Products Nicotine	Vape Products Liquids	Tobacco	Alcohol	Marijuana / THC	RX
■ Grade 7-8	81.1%	83.7%	88.8%	74.1%	89.8%	88.9%
■ Grade 9-12	61.2%	62.5%	74.9%	53.6%	69.1%	80.7%
■ Grade 7-12	68.5%	70.4%	80.1%	61.2%	76.8%	83.7%

Where Substances Are Acquired Most Often Amongst Lifetime Users Grades 7-12



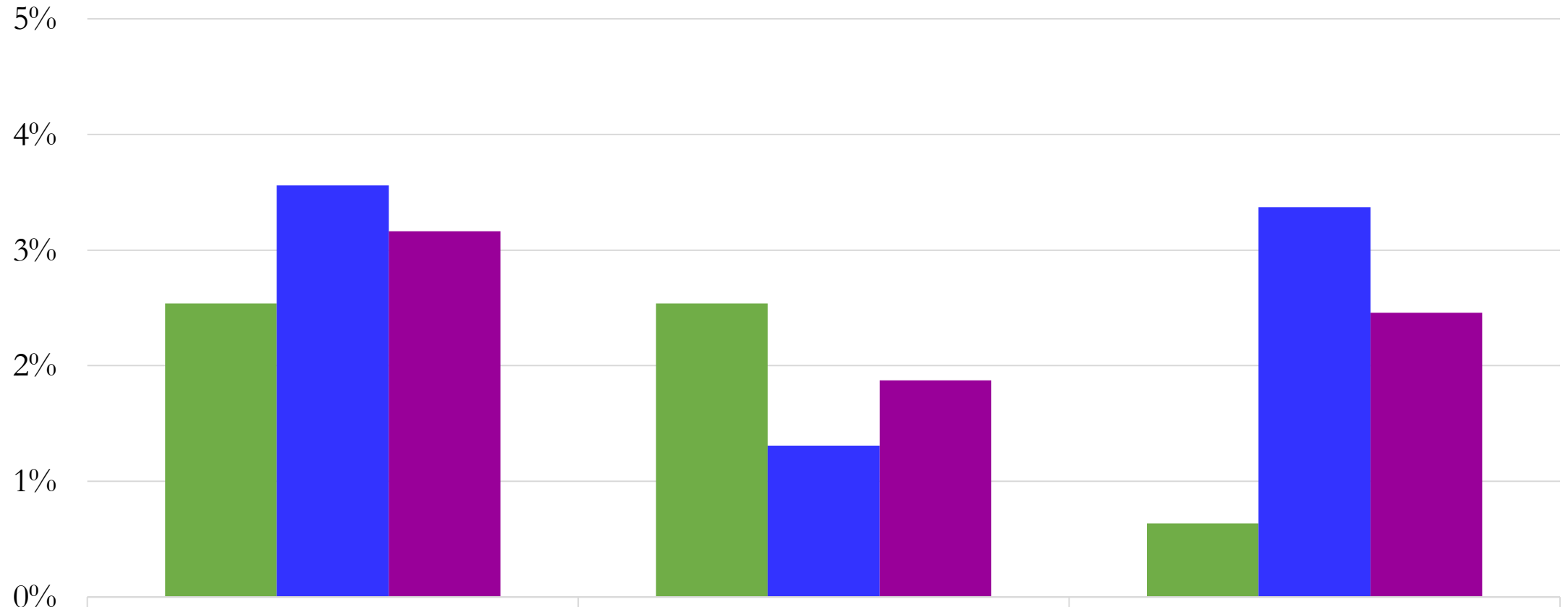
	Tobacco	Vape Products Nicotine	Alcohol	Marijuana / THC	RX
■ Home w/o Parents	44.44%	18.37%	43.75%	29.79%	87.50%
■ Home w/ parents	7.41%	6.12%	28.75%	14.89%	25.00%
■ Friends/Peers	55.56%	81.63%	56.25%	76.60%	31.25%
■ Internet	18.52%	16.33%	3.75%	8.51%	31.25%
■ Store	33.33%	20.41%	15.00%	14.89%	31.25%

Where Substances Are Used Most Often Amongst Lifetime Users Grades 7-12



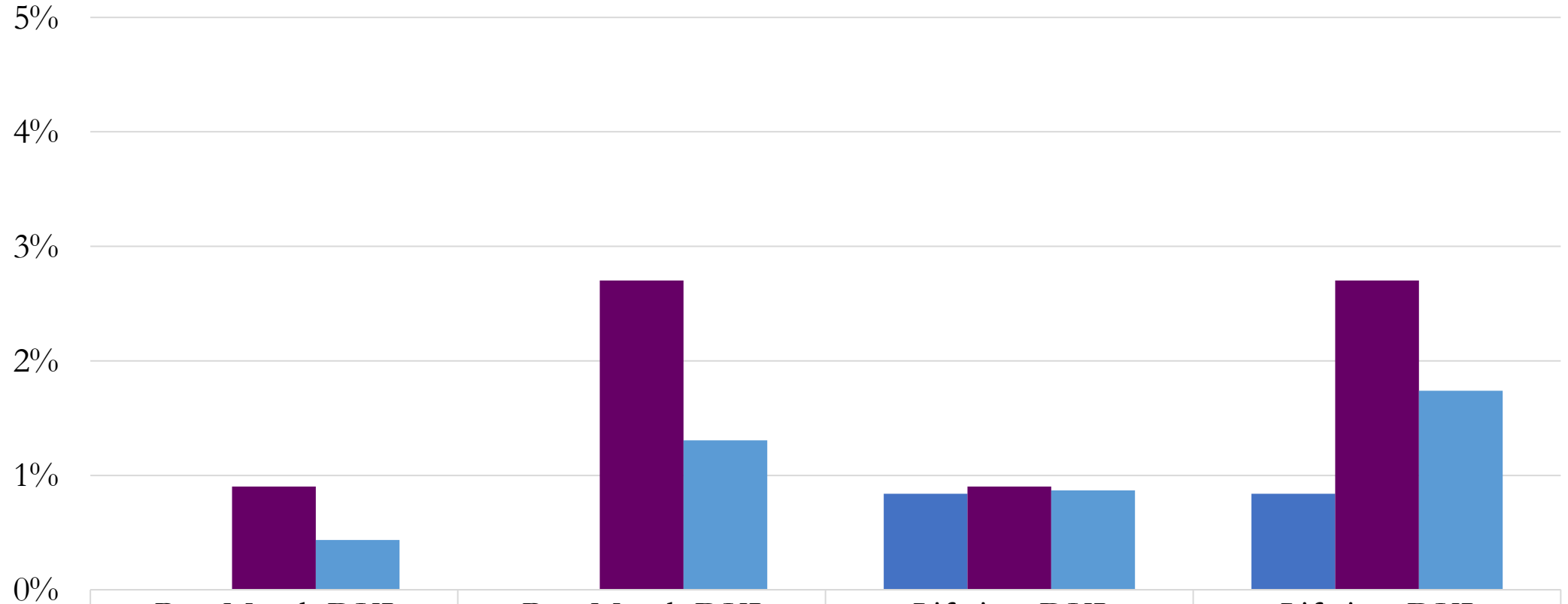
■ Vaping Nicotine/ Liquids	54.5%	10.9%	60.0%	38.2%	30.9%	36.4%
■ Alcohol	33.3%	32.1%	48.1%	17.3%	6.2%	44.4%
■ Marijuana / THC	46.0%	16.0%	68.0%	42.0%	26.0%	46.0%
■ RX	66.7%	33.3%	41.7%	33.3%	25.0%	16.7%

Youth Use of Substances at School - Including School Events



	Vaping Nicotine	Alcohol	Marijuana - THC
■ Grade 7-8	2.5%	2.5%	0.6%
■ Grade 9-12	3.6%	1.3%	3.4%
■ Grade 7-12	3.2%	1.9%	2.5%

Driving Under the Influence Alcohol and Marijuana Grades 11 -12



	Past Month DUI Alcohol	Past Month DUI Marijuana	Lifetime DUI Alcohol	Lifetime DUI Marijuana
■ Grade 11	0.0%	0.0%	0.8%	0.8%
■ Grade 12	0.9%	2.7%	0.9%	2.7%
■ Grade 11-12	0.4%	1.3%	0.9%	1.7%

Risk Factors for Any Substances Use Grades 7-12

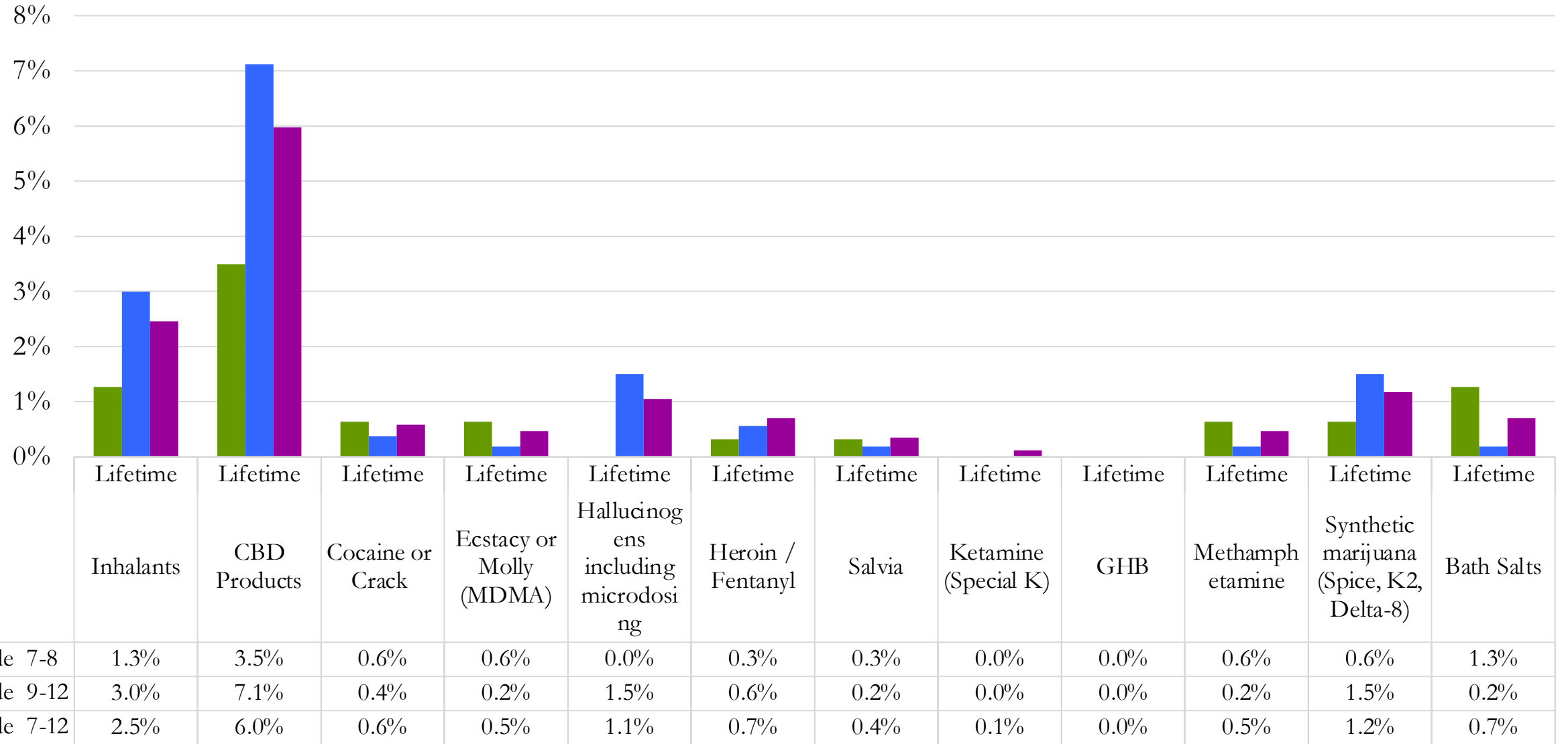
The following list includes youth reported experiences and perceptions that are statistically associated with lifetime use of any substance use. It is important to note association should not be considered causation.

*Note: these are selected findings, the complete list can be found in the full report.

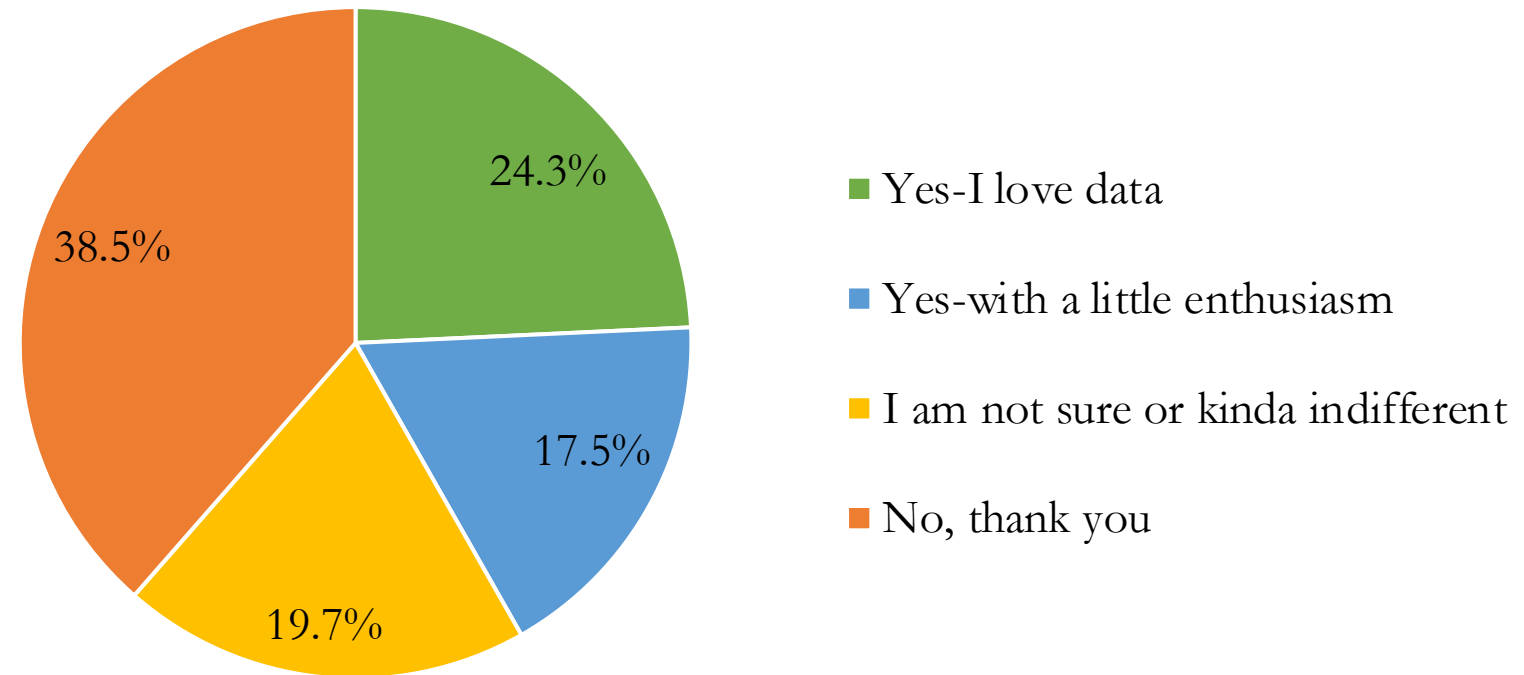
Region 10 Middle & High School youth who have used **any substance in their lifetime** are more likely to:

- Have the following experiences related to gaming: not getting enough sleep, having been threatened by another gamer, and having heard/seen something inappropriate due to gaming
- Have the following experiences related to social media: having gotten into a fight, feeling left out or excluded, feeling worse about themselves and having heard or seen something inappropriate.
- Have thoughts about self-harm, and have self-harm behaviors
- Have experienced physical abuse from an intimate partner
- Have felt sad or hopeless two or more weeks in a row
- Have considered suicide in the past year
- Feel less comfortable seeking help from a parent/guardian
- Report having family problems around alcohol, marijuana, heroin/fentanyl, other drugs, and gambling
- Report less parental disapproval for alcohol, marijuana, and gambling
- Report less peer disapproval for cigarettes, vaping, alcohol, marijuana, non-medical use of prescription drugs, and gambling
- Perceive more peer use of alcohol, marijuana, and vaping
- Report more ease of access to vape products, tobacco, alcohol, and marijuana

Lifetime Other Substance Use



Would you like to see the outcomes of this survey when the data are available?



42% of students report they would like to see the data from the survey