



2023 Darien Youth Survey

SUMMARY REPORT
CHANANA CONSULTING
MARCH 2023

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Introduction

The following report is a summary of data that was gathered in March 2023 at one middle school and one high school that are part of Darien Public Schools. Data collected from this survey will be used in the planning and development of strategies, policies, and practices for Thriving Youth Darien as well as other educational and social services organizations.

The survey was administered to youth enrolled in Darien 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 Darien. Thriving Youth Darien could not collect the Darien Youth Survey without the support and collaboration of Darien Public Schools.

The Darien Youth Survey fulfills the following objectives:

- i. Describes perceptions and experiences regarding substance misuse, mental health, social media, gaming, supports and family norms among Darien youth in grades 6 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 Darien 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 Darien 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 Darien 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, bullying, extracurricular activities, self-esteem, access to resources, supports, and family norms.

How the Survey was Conducted

The survey was administered in March 2023 to students in grades 6 to 12 at Middlesex Middle School and Darien 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 an instructional video 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; 149 surveys were eliminated due to surveys with large amounts of missing data or surveys that had

long patterns of responses rather than thoughtful answers (e.g., answering “Strongly Disagree” to 18 questions in a row even though the questions have a mix of positive and negative tone). The final sample size was 1907 surveys for grades 6-12.

Sample Response Rates

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

Grade(s)	Sample Count	Population Count	Response Rate (%)
Grade 6	325	364	89.3
Grade 7	304	339	89.7
Grade 8	330	359	91.9
Grade 9	304	376	80.9
Grade 10	266	357	74.5
Grade 11	207	330	62.7
Grade 12	171	343	49.9
Grades 6-8	959	1062	90.3
Grades 9-12	948	1406	67.4
Grades 6-12	1907	2408	79.2

The table below shows the confidence intervals calculated for grades 6-8, 9-12, and 6-12 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%.

	Confidence Level	Confidence Interval
Grades 6-8	95%	.99
Grades 9-12	95%	1.82
Grades 6-12	95%	1.02

Demographics

In 2023, the survey sample consisted of a total of 1907 students. This is the fifth cycle of youth survey collection in Darien.

Participants	2008	2014	2018	2021	2023
7 - 12 grade	1736	1855	1954	2027	**
6 - 12 grade	**	**	**	**	1907

Gender	#	%
Male	881	46.86
Female	930	49.47
Nonbinary	21	1.12
Something else	8	.43
I am not sure right now	16	.85
I prefer not to answer	24	1.28
Race	#	%
American Indian or Alaskan Native	13	1
Asian or Asian American	134	7
Black or African American	20	1
Native Hawaiian or Other Pacific Islander	14	1
Multiracial	144	8
White	1520	82
Ethnicity	#	%
Hispanic	190	10

Are you comfortable answering a question about your sexual orientation?	%
Yes	90
No (n=190)~	10

~The following two data charts includes only responses from those who indicated that they were comfortable answering a question about their sexual orientation. The total sample size is indicated in each chart.

Are you a member of the LGBTQ+ community? (n=1687)	%
Yes~	9.18
No	84
I am not sure	5
I prefer not to answer	2

~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%. <https://williamsinstitute.law.ucla.edu/publications/trans-adults-united-states/>

Not comfortable answering sexual orientation question (n=188)	%
Male	38
Female	54
Nonbinary, something else, not sure right now	3
I prefer not to answer	5
Grade (n=190)	%
6	25
7	19
8	14
9	15
10	6
11	5
12	5

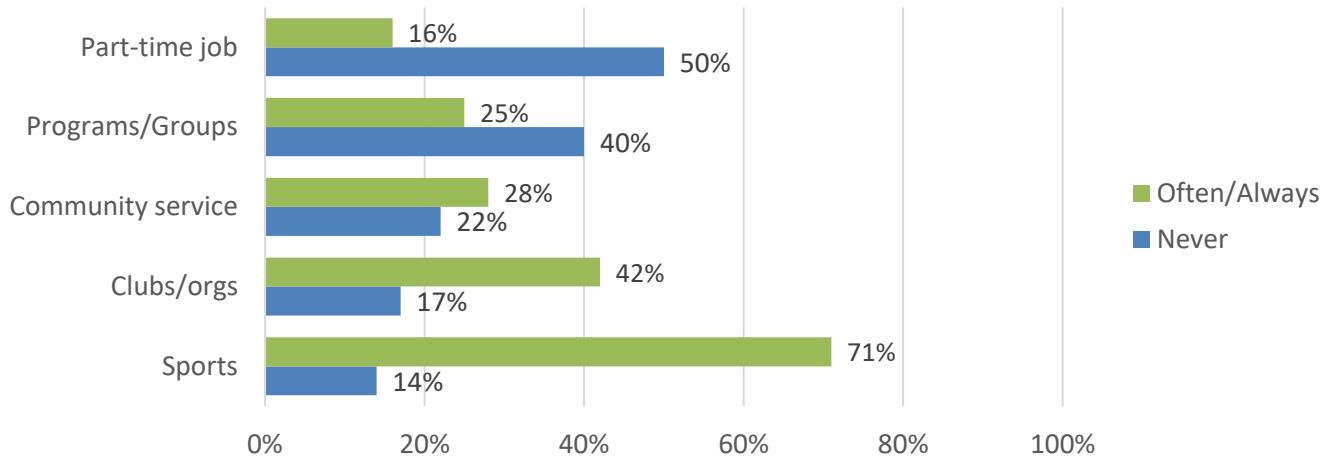
Protective Factors

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

Individual Domain

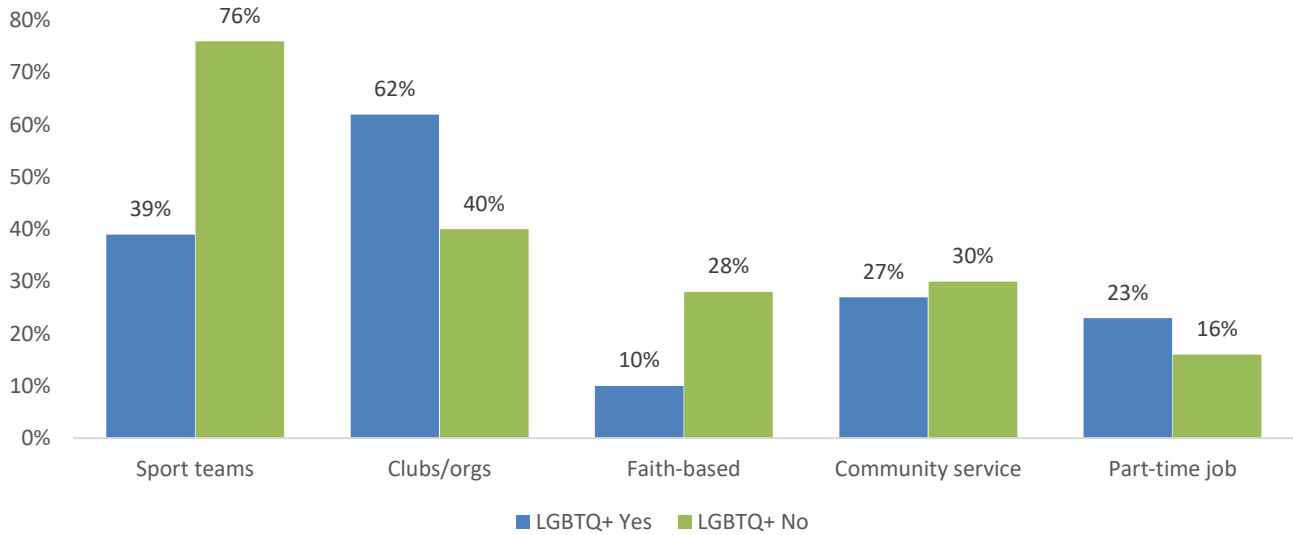
Youth Commitments

64% of teens report spending time playing on or helping with sports/teams. 1 in 4 teens report involvement with community service/volunteering.



In the past year, how much have you been involved with the following...	Grade	Never %	Rarely %	Sometimes %	Often %	Always %
Playing on or helping with sports teams at school or in the community	6-8	13	7	10	23	47
	9-12	16	4	9	27	44
	6-12	14	5	10	25	46
In clubs or organizations (both in and out of school) other than sports teams (e.g. debate, drama club, hobby clubs, music groups, school newspaper, school plays, Scouts, YMCA)	6-8	24	26	21	16	13
	9-12	9	15	22	22	32
	6-12	17	20	21	19	23
Programs or groups at a church, synagogue, mosque, or other faith-based place	6-8	37	19	17	18	9
	9-12	43	19	15	14	9
	6-12	40	19	16	16	9
Community service or volunteering	6-8	32	30	23	11	4
	9-12	13	19	28	24	17
	6-12	22	24	26	18	10
Part-time job	6-8	64	17	12	5	2
	9-12	36	16	24	14	10
	6-12	50	16	18	10	6

LGBTQ+ youth have significantly lower rates of involvement in sports teams and faith-based programs or groups.



Commitments (Often/Always) by Gender Identity & Sexual Orientation

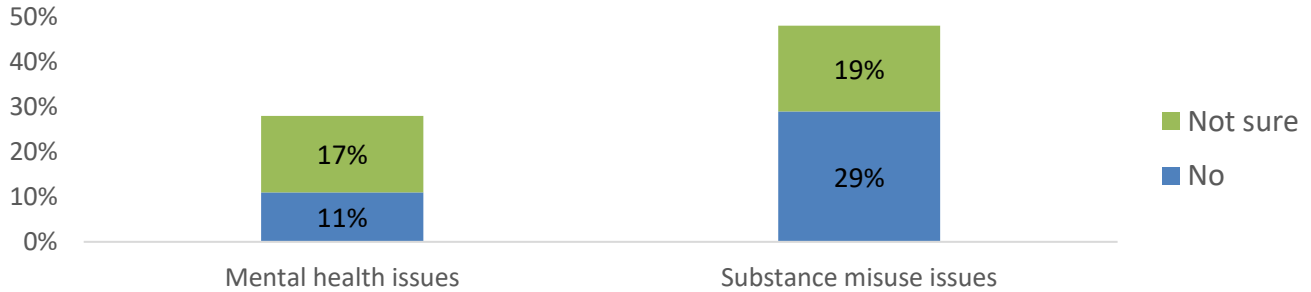
In the past year, how much have you been involved with the following...	Often & Always (n=1904) %	Male (n=878) %	Female (n=925) %	LGBTQ+ Yes (n=155) %	LGBTQ+ No (n=1416) %
Playing on or helping with sports teams at school or in the community	70	73	70	39	76 ^B
In clubs or organizations (both in and out of school) other than sports teams	41	36	46	62	40 ^B
Programs or groups at a church, synagogue, mosque, or other faith-based place	25	26	25	10	28 ^B
Community service or volunteering	28	23	33 ^A	27	30
Part-time job	16	14	18	23	16

^ASignificant difference between Male and Female

^BSignificant difference between LGBTQ+ Yes and LGBTQ+ No

Knowledge of Resources

28% of Darien teens do not know or are unsure where to get help for **mental health issues**. 48% do not know or are unsure of where to get help for **substance misuse concerns**.

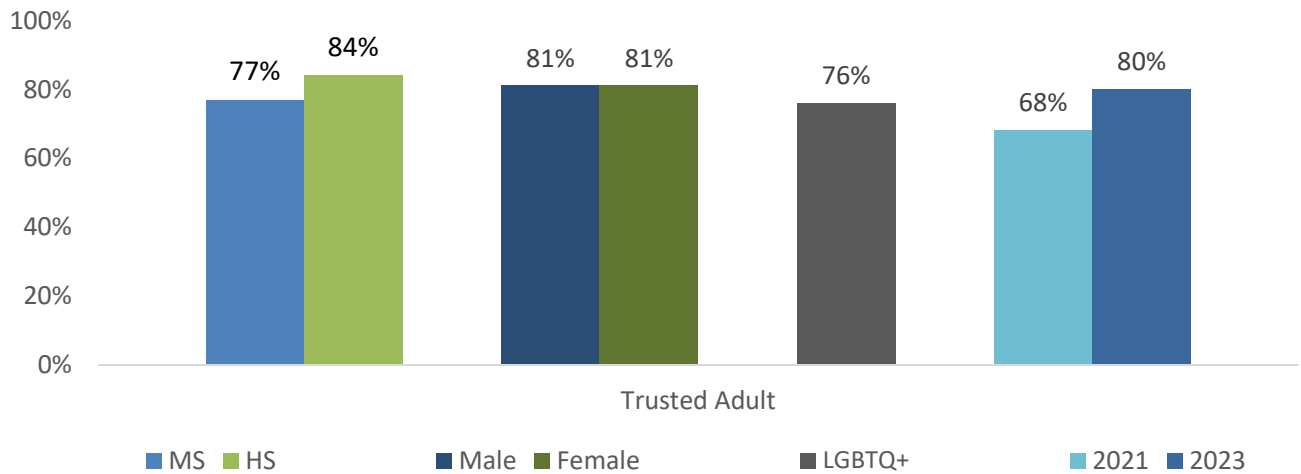


Do you know where to go for help if:	Grade	Yes %	No %	Not sure %
You, a friend or family member are struggling with a mental health issue?	6-8	63	16	21
	9-12	80	7	13
	6-12	71	11	17
you are concerned for yourself, a friend or family member around substance misuse?	6-8	46	32	22
	9-12	58	27	16
	6-12	52	29	19

Do you know where to go for help if:	Male %	Female %	LGBTQ+ Yes %	LGBTQ+ No %
You, a friend or family member are struggling with a mental health issue?	71	72	76	73
you are concerned for yourself, a friend or family member around substance misuse?	51	52	54	53

Trusted Adult

In 2023, 80% of Darien teens report having a trusted adult in their life (an increase from 2021).

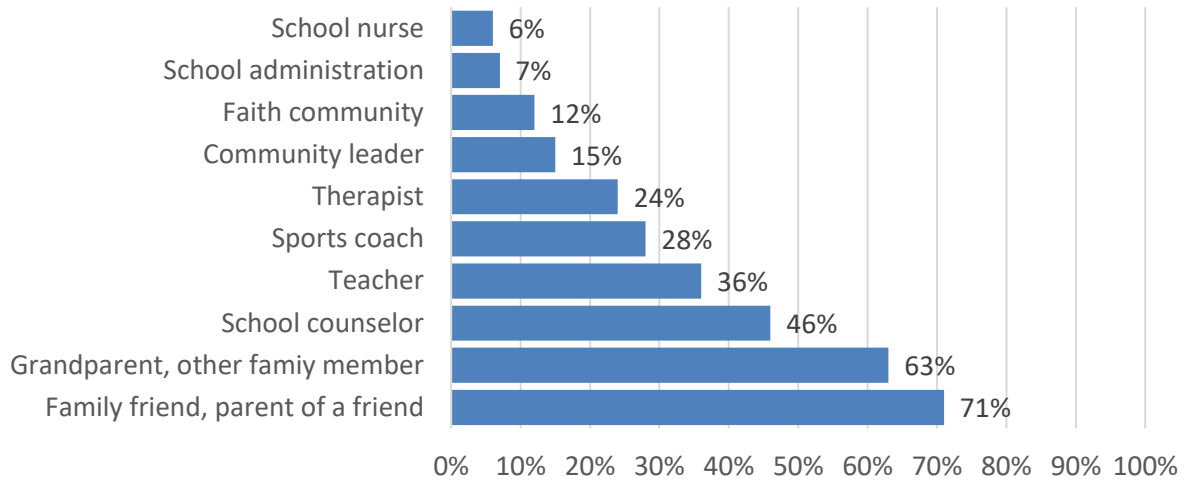


	Grade	Yes	No
		%	%
Is there an ADULT (other than your parent or guardian) that you trust that you can talk to about important things?	6-8	77	24
	9-12	84	16
	6-12	80	20

	Male	Female	LGBTQ+	LGBTQ+
	%	%	Yes %	No %
Is there an ADULT (other than your parent or guardian) that you trust that you can talk to about important things?	81	81	76	82

	2021	2023
	%	%
Is there an ADULT (other than your parent or guardian) that you trust that you can talk to about important things?	68	80

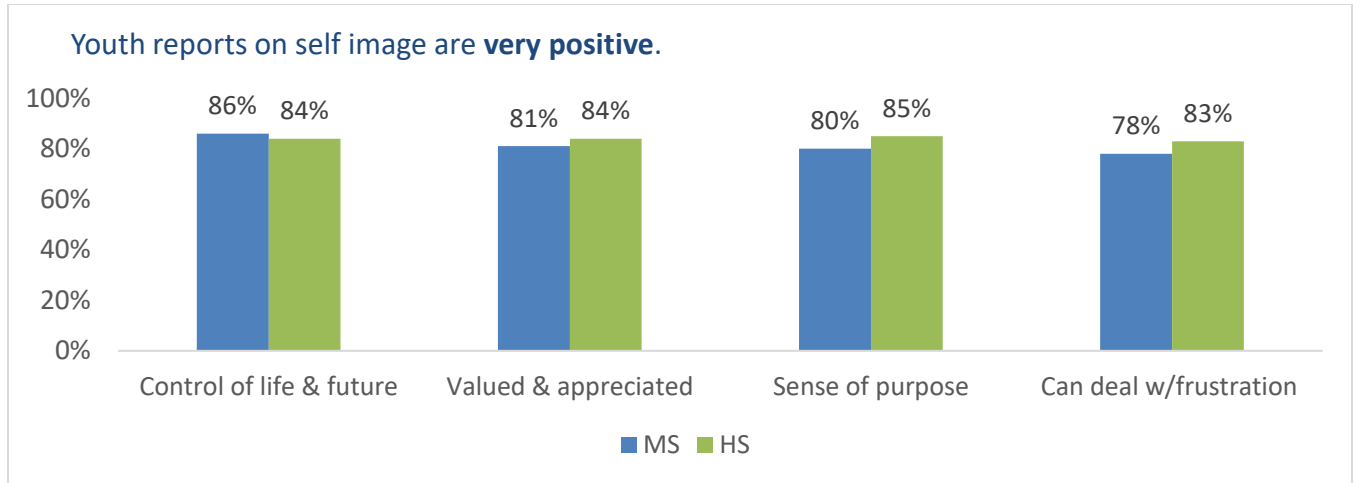
Among the 80% of teens who report that they have a **trusted adult** in their life, the largest percentage report that person is a family friend/parent of a friend (71%), a grandparent/other family member (63%), or a school counselor (46%).



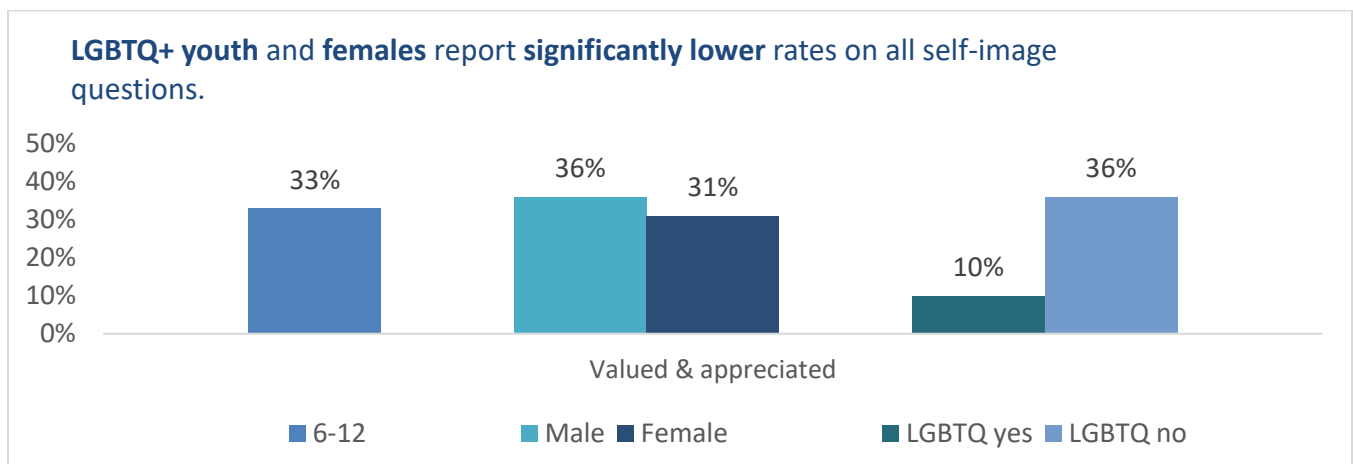
Who are those people? (n=1505)	%
Teacher (current or past)	36
School Counselor	46
School administrator	7
School nurse	6
Sports coach	28
Community leader (club, scouts, youth group, volunteer organization, internship or job supervisor)	15
Therapist	24
Leader from my faith community	12
Grandparent/Other family member (Aunt, Uncle, Older sibling or cousin)	63
Family friend, parent of a friend, neighbor	71
Other	8

Self-Image

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



Please choose the response that best describes how you feel.	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
I feel in control of my life and future	6-8	3	11	48	38
	9-12	3	13	55	29
	6-12	3	12	52	33
I feel valued and appreciated by others	6-8	4	16	45	36
	9-12	3	13	54	30
	6-12	4	15	49	33
I am developing a sense of purpose in my life	6-8	4	15	43	37
	9-12	3	13	48	37
	6-12	4	14	46	37
I have the ability to deal with frustration or disappointment	6-8	6	16	41	37
	9-12	2	15	49	34
	6-12	4	15	45	35

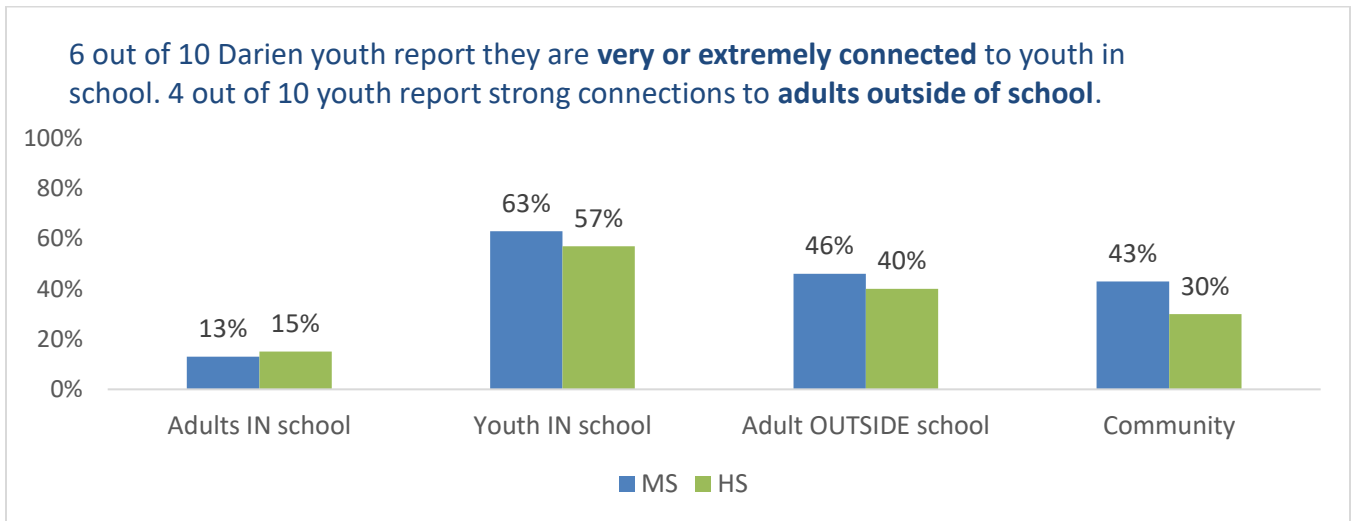


Please choose the response that best describes how you feel:	Strongly Agree %	Male %	Female %	LGBTQ+ yes %	LGBTQ+ No %
I feel in control of my life and future	33	40	28 ^A	13	36 ^B
I feel valued and appreciated by others	33	36	31 ^A	10	36 ^B
I am developing a sense of purpose in my life	37	43	33 ^A	19	40 ^B
I have the ability to deal with frustration or disappointment	35	40	33 ^A	22	38 ^B

^ASignificant difference between Male and Female

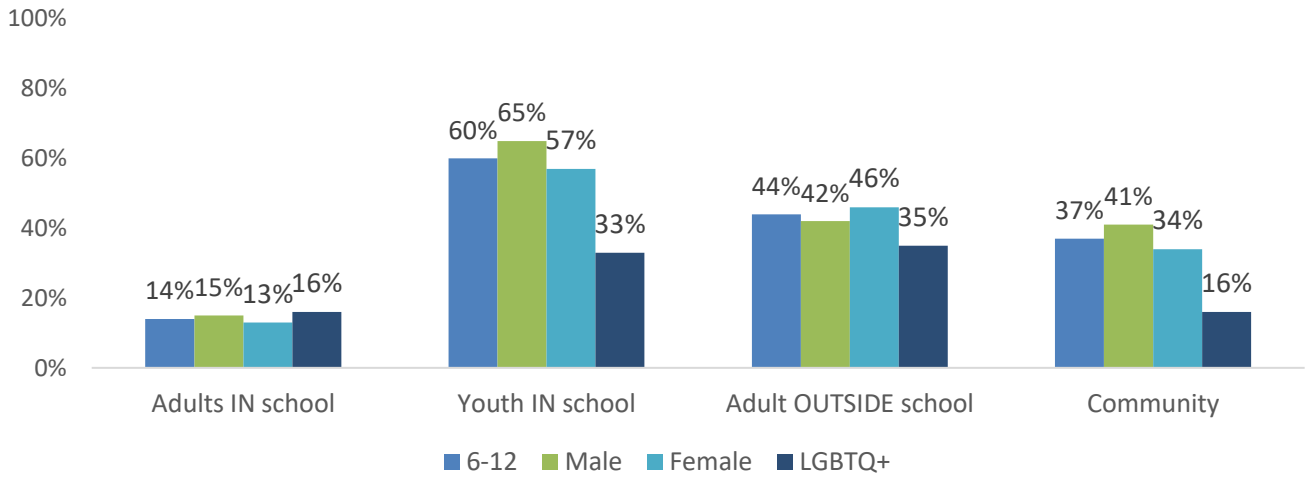
^BSignificant difference between LGBTQ+ Yes and LGBTQ+ No

Connectedness



Please choose the response that best describes how connected you feel to the following:	Grade	Not at all %					Slightly %		Moderately %		Very %		Extremely %	
		6-8	9-12	6-12	6-8	9-12	6-12	6-8	9-12	6-12	6-8	9-12	6-12	
The adults IN your school.	6-8	12	33	43	12	1								
	9-12	7	32	46	13	2								
	6-12	9	32	45	12	1								
The youth IN your school.	6-8	3	8	27	45	18								
	9-12	2	10	31	46	11								
	6-12	2	9	29	46	14								
The adults OUTSIDE of school.	6-8	7	17	29	31	15								
	9-12	5	19	35	31	9								
	6-12	6	18	32	31	12								
The community where you live.	6-8	6	19	31	31	12								
	9-12	9	22	39	25	5								
	6-12	8	21	35	28	9								

LGBTQ+ youth report significantly lower rates of connectedness to youth in school, adults outside of school, and the community where they live.



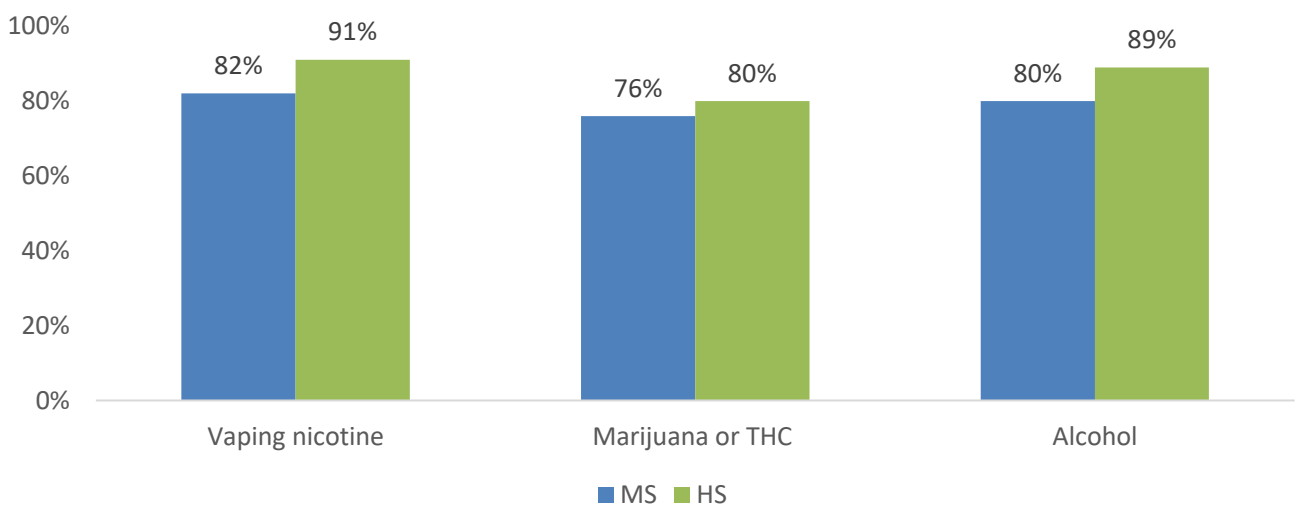
Please choose the response that best describes how connected you feel to the following:	6-12	Male	Female	LGBTQ+	LGBTQ+
	%	%	%	Yes %	No %
Very and Extremely Connected					
The adults IN your school.	14	15	13	16	14
The youth IN your school.	60	65	57 ^A	35	66 ^B
The adults OUTSIDE of school.	44	42	46 ^A	33	47 ^B
The community where you live.	37	41	34 ^A	16	40 ^B

^ASignificant difference between Male and Female

^BSignificant difference between LGBTQ+ Yes and LGBTQ+ No

Understanding Effects of Adolescent Substance Use

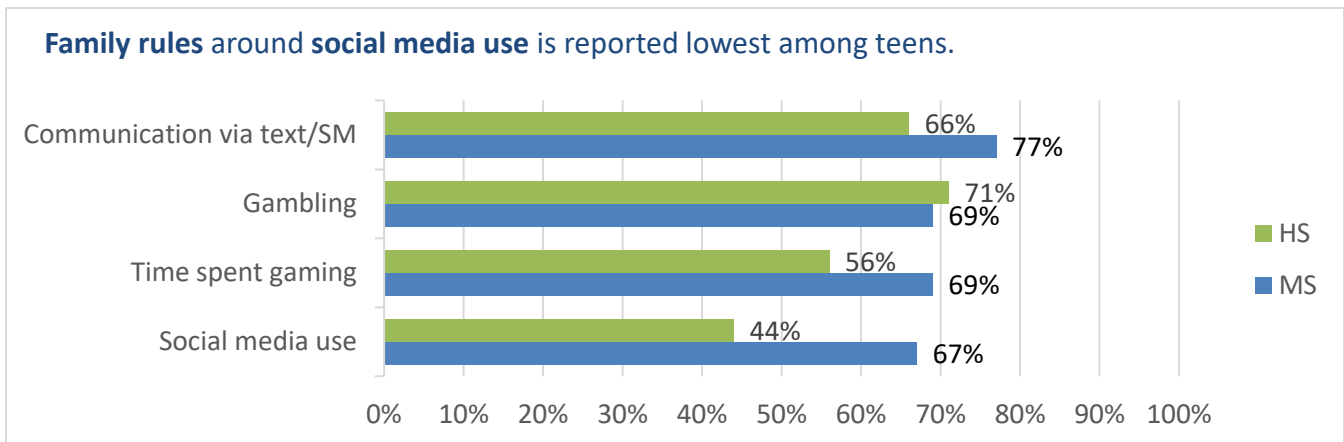
At least 8 out of 10 teens report that they have a good understanding of the health effects of substances on the teen brain.



I have a good understanding of:	Grade	Strongly disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly agree %
the contents of the E-liquid found in most vaping devices (JUUL, Blu, Puff Bar).	6-8	22	16	30	32
	9-12	10	18	40	33
	6-12	16	17	35	33
the health effects that vaping nicotine has on teens.	6-8	12	6	25	57
	9-12	4	4	32	59
	6-12	8	5	29	58
the effects that using marijuana or THC products has on teenage brain.	6-8	15	9	25	51
	9-12	5	12	38	45
	6-12	10	10	32	48
the effects that drinking alcohol has on the teenage brain.	6-8	12	8	25	55
	9-12	4	7	39	50
	6-12	8	8	32	52

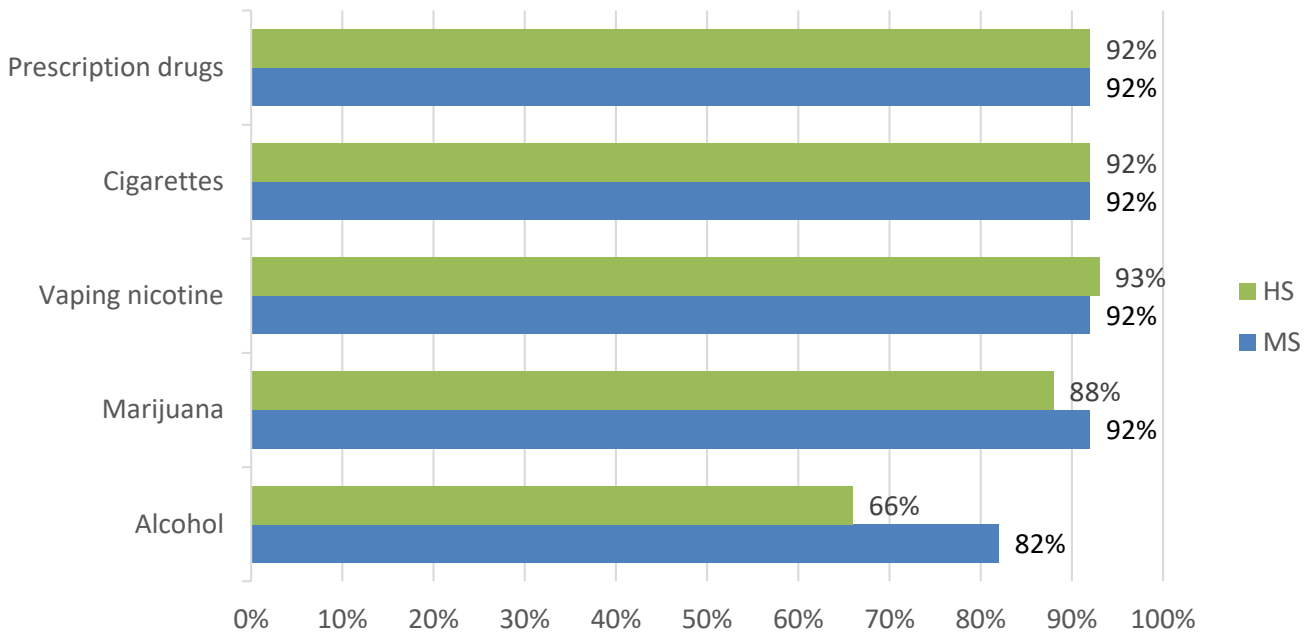
Family Norms

Rules



My parent/guardian has clear rules about the following:	Grade	Yes %	No %	Not Sure %
Gambling for money or possessions (e.g. sports betting, poker, lottery, scratch off tickets, online games).	6-8	69	14	17
	9-12	71	16	14
	6-12	70	15	16
Communicating with others via text or on social media, including sending or posting inappropriate pictures.	6-8	77	13	10
	9-12	66	21	13
	6-12	71	17	12
The amount of time spent playing video games, electronic or online games.	6-8	69	19	11
	9-12	56	34	10
	6-12	63	27	11
Your social media use (amount of time, which Apps are allowed/not allowed)	6-8	67	24	9
	9-12	44	47	8
	6-12	55	36	9

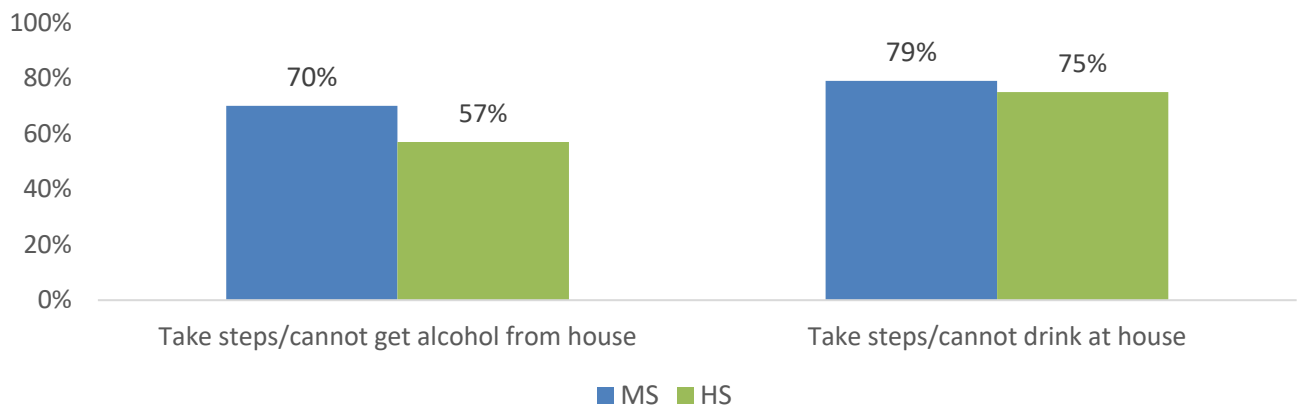
The majority of teens report that there are **family rules around substance use**.
 Rules around use of alcohol is reported lowest at 74%.



My parent/guardian has clear rules discouraging me from:	Grade	Yes	No	Not Sure
		%	%	%
Drinking alcoholic beverages	6-8	82	7	10
	9-12	66	17	17
	6-12	74	12	14
Smoking cigarettes or using tobacco	6-8	92	4	4
	9-12	92	4	4
	6-12	92	4	4
Vaping nicotine (Juil, Blue, Puff Bar)	6-8	92	4	4
	9-12	93	4	4
	6-12	92	4	4
Using marijuana or THC products (including smoking, vaping, edibles)	6-8	92	4	4
	9-12	88	6	6
	6-12	90	5	5
Using a prescription drug that is not prescribed to you, for the purpose of 'getting high'	6-8	92	4	4
	9-12	92	4	4
	6-12	92	4	4

Behaviors around Substance Use

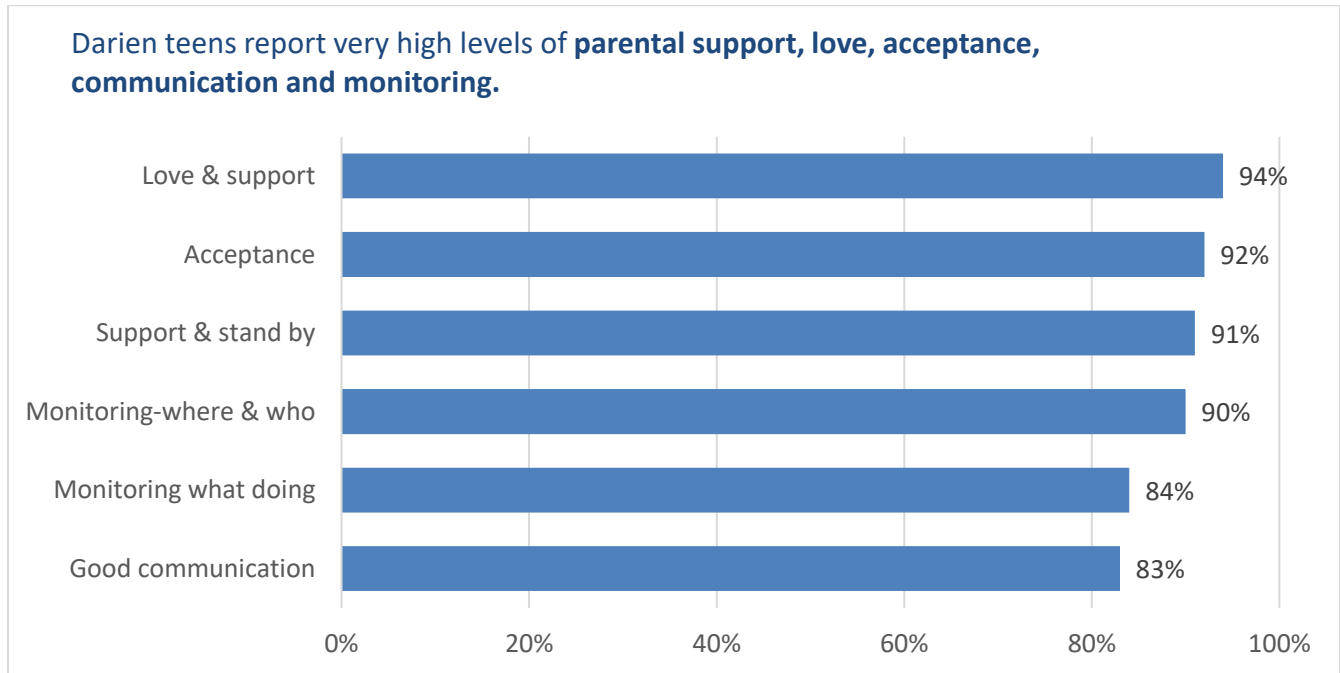
6 out of 10 Darien teens report that their parent or guardian **takes steps to ensure youth cannot get access to alcohol at their house**. 77% report that steps are taken to prevent underage youth from **drinking at home**.



My parent/guardian...	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
take steps to ensure that underage youth cannot get alcohol from our house. (e.g. alcohol is locked up or not accessible to underage youth).	6-8	13	17	24	46
	9-12	16	26	28	29
	6-12	15	22	26	37
take steps to ensure that underage youth do not drink alcohol in our house.	6-8	11	9	18	61
	9-12	12	13	27	48
	6-12	12	11	23	54

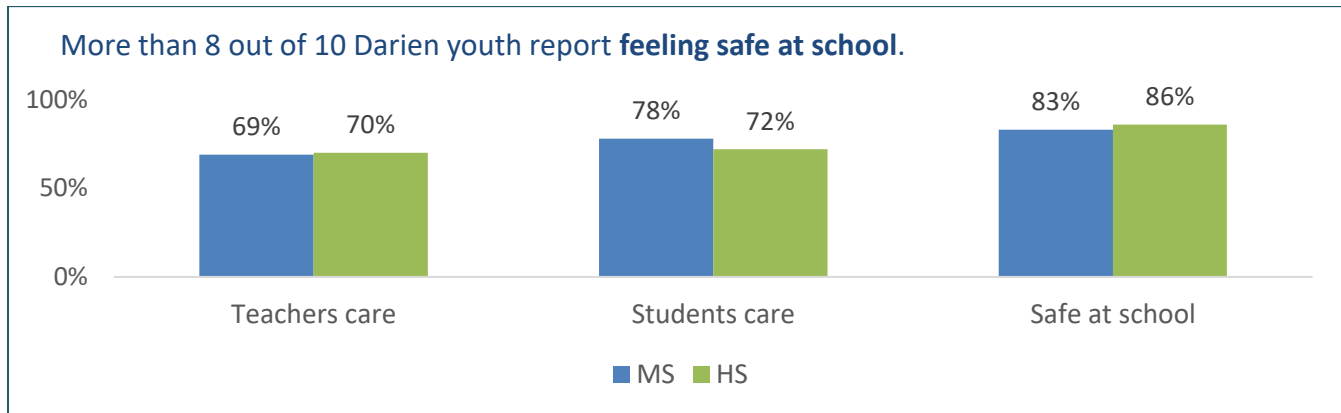
Supports

Family Support

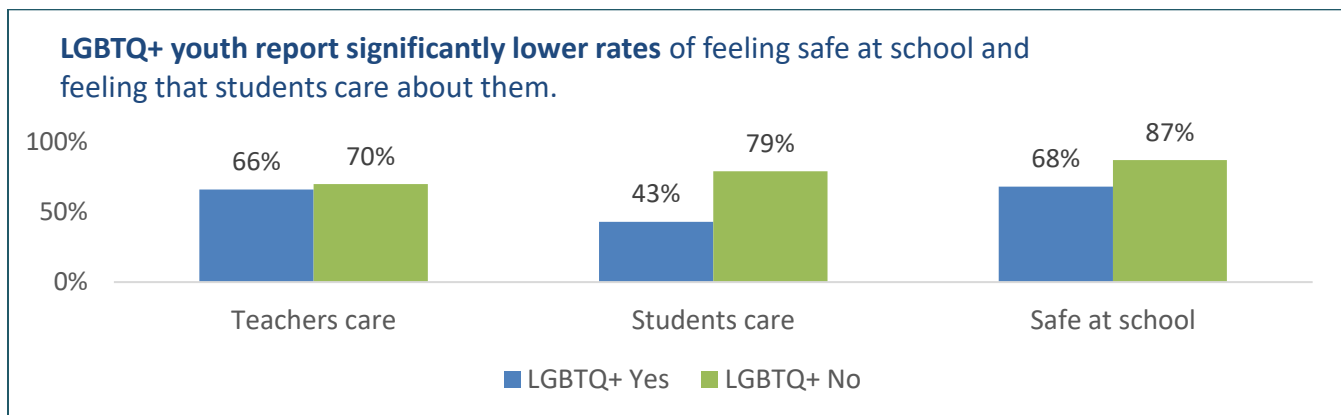


My parent/guardian...	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
is good at talking with me about important or serious things	6-8	7	8	25	59
	9-12	7	10	31	52
	6-12	7	9	28	55
Knows where I am and who I am with when I go out	6-8	4	6	20	71
	9-12	3	7	26	64
	6-12	4	6	23	67
Knows what I am doing when I go out	6-8	5	9	20	66
	9-12	5	12	29	54
	6-12	5	11	24	60
love and support me	6-8	5	3	9	83
	9-12	2	2	11	84
	6-12	4	3	10	84
Accept me for who I am	6-8	5	5	10	81
	9-12	3	3	14	80
	6-12	4	4	12	80
Will stand by me and support me, even if I don't live up to their expectations	6-8	6	5	16	73
	9-12	4	5	19	73
	6-12	5	5	18	73

School Support



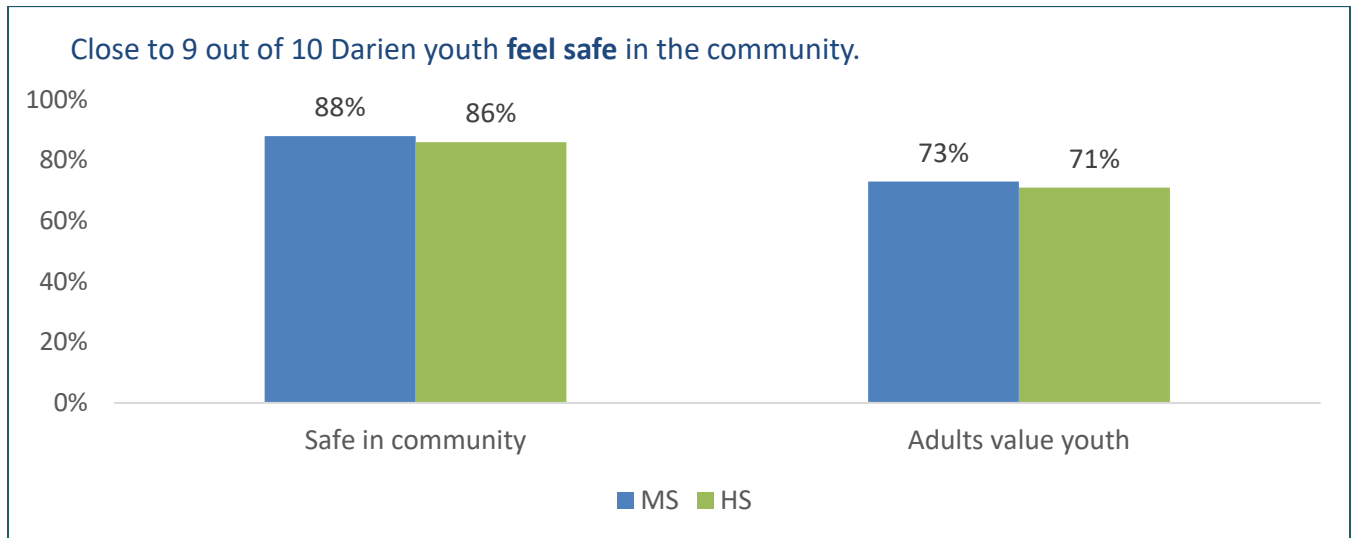
Please choose the response that best describes how you feel.	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
My teachers really care about me.	6-8	13	18	46	23
	9-12	8	22	50	20
	6-12	10	20	48	21
Students in my school care about me.	6-8	8	14	49	29
	9-12	7	22	49	23
	6-12	7	18	49	26
I feel safe at school.	6-8	6	11	41	42
	9-12	3	11	42	44
	6-12	5	11	41	43



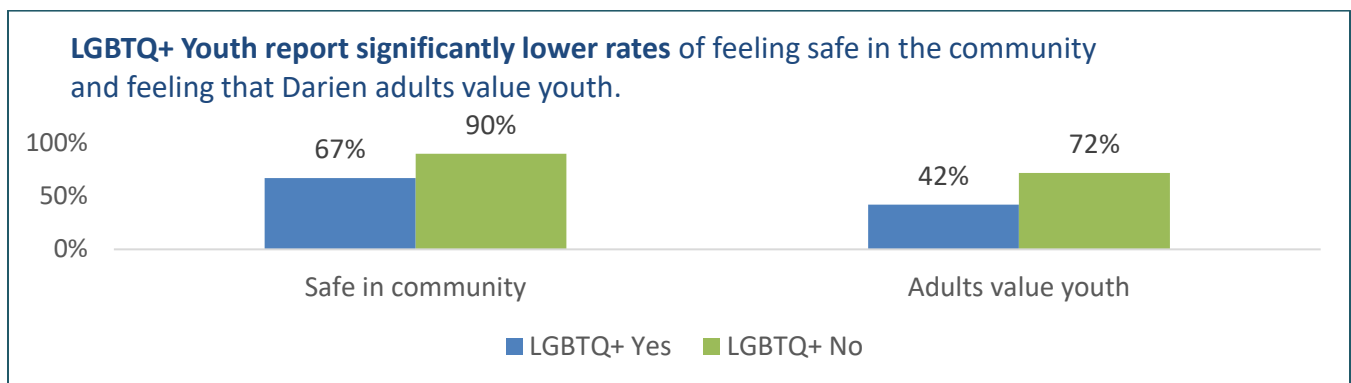
Please choose the response that best describes how you feel.	Somewhat & Strongly Agree %	Male %	Female %	LGBTQ+ Yes %	LGBTQ+ No %
My teachers really care about me.	69	69	71	66	70
Students in my school care about me.	75	79	73	43	79 ^B
I feel safe at school.	84	86	85	68	87 ^B

^BSignificant difference between LGBTQ+ Yes and LGBTQ+ No

Community Support



Please choose the response that best describes how you feel.	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
I feel safe in my community.	6-8	5	8	36	52
	9-12	4	9	39	47
	6-12	4	9	37	50
Adults in Darien value youth my age (e.g. adults listen to what we have to say, they make us feel important).	6-8	13	15	35	38
	9-12	11	25	40	23
	6-12	12	20	38	30



Please choose the response that best describes how you feel.	Somewhat & Strongly Agree %	Male %	Female %	LGBTQ+ Yes %	LGBTQ+ No %
I feel safe in my community.	87	90	87	67	90 ^B
Adults in Darien value youth my age	68	73	66	42	72 ^B

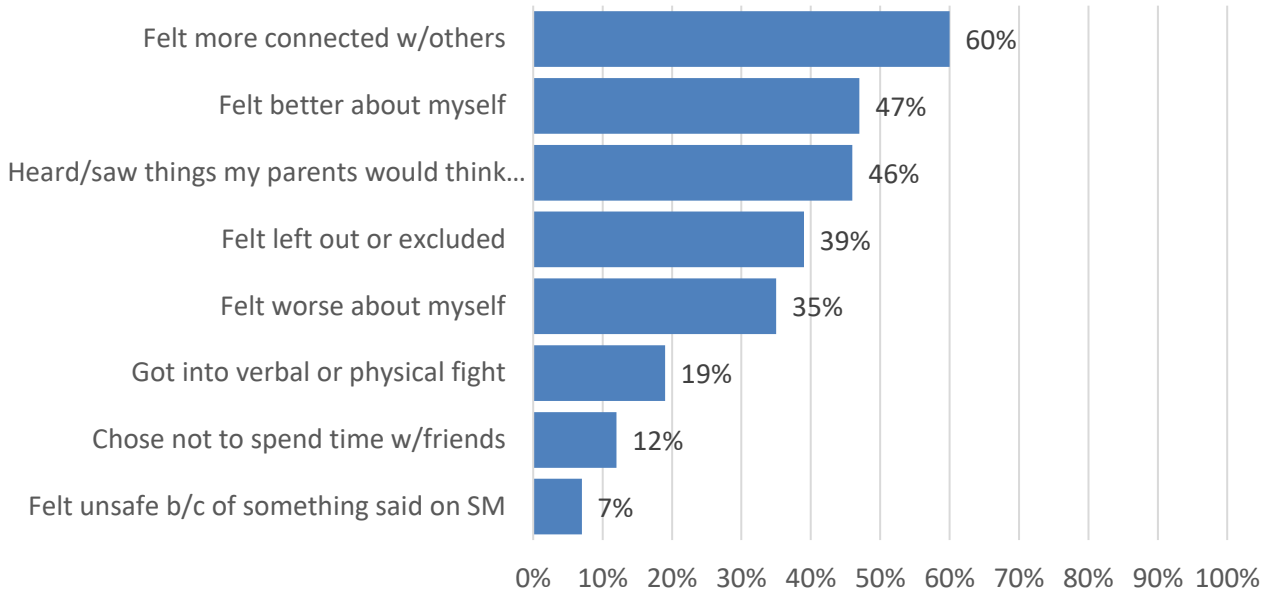
^BSignificant difference between LGBTQ+ Yes and LGBTQ+ No

Protective & Risk Factors

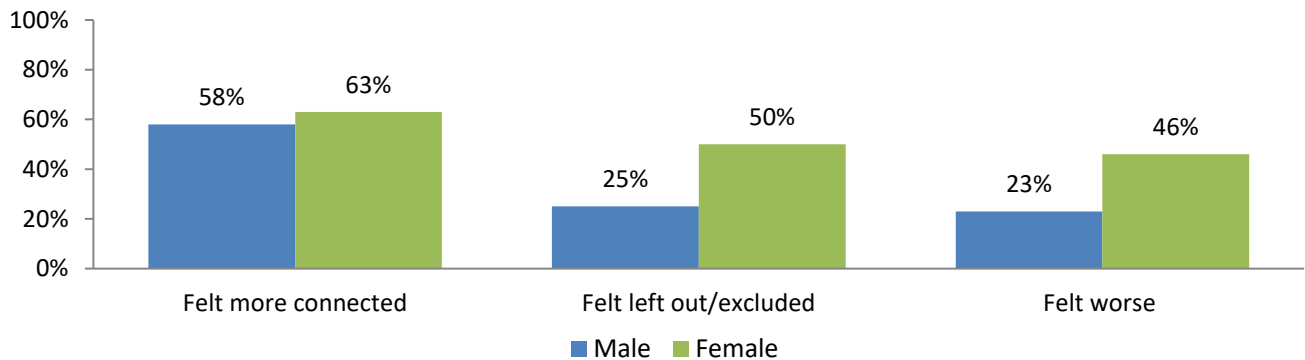
Social media and gaming hold qualities that can be seen as both protective (e.g. Feel more connected to others) and risky (e.g. Feel worse about myself, felt unsafe because of something said to me on social media.)

Social Media

6 out of 10 teens report feeling **more connected** with others through social media. More than 1 in 3 teens feel **worse** about themselves and feel **left out or excluded** through use of social media.



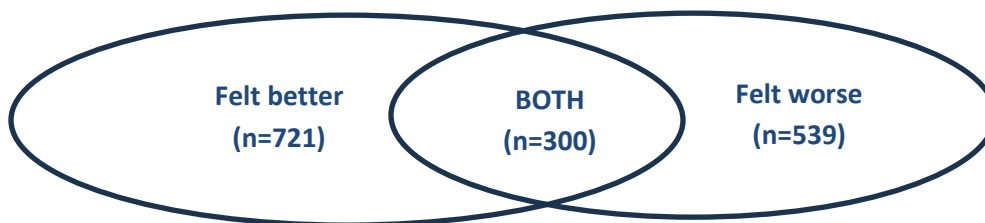
Females report **significantly higher rates** in terms of feeling connected with others, feeling left out or excluded and feeling worse about themselves as a result of social media.



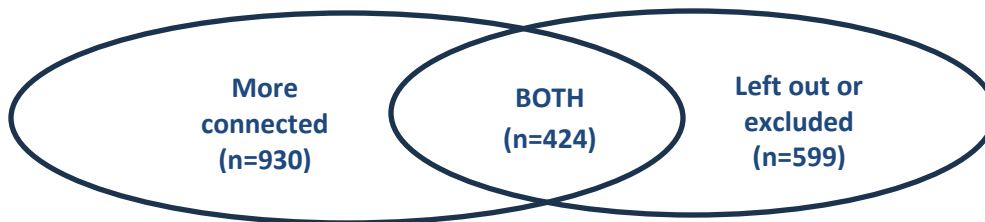
In the past 12 months, have you experienced any of the following as a result of social media?	Grade	No %	Yes %	Male Yes %	Female Yes %
I chose not to or missed an opportunity to spend time in person with friends because I preferred to be on social media	6-8	86	14		
	9-12	89	11		
	6-12	88	12	10	14 ^A
I got into a verbal or physical fight	6-8	79	21		
	9-12	83	17		
	6-12	81	19	21	17 ^A
I felt more connected with others	6-8	43	57		
	9-12	36	64		
	6-12	40	60	58	63 ^A
I felt left out or excluded	6-8	67	33		
	9-12	56	44		
	6-12	61	39	25	50 ^A
I felt BETTER about myself	6-8	53	47		
	9-12	53	47		
	6-12	53	47	45	48
I felt WORSE about myself	6-8	74	26		
	9-12	56	44		
	6-12	65	35	23	46 ^A
I felt unsafe because of something said to me on social media	6-8	92	8		
	9-12	94	6		
	6-12	93	7	5	8 ^A
I heard or saw something my parents/guardians would think is inappropriate	6-8	61	39		
	9-12	47	53		
	6-12	54	46	44	47

^ASignificant difference between Male and Female

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

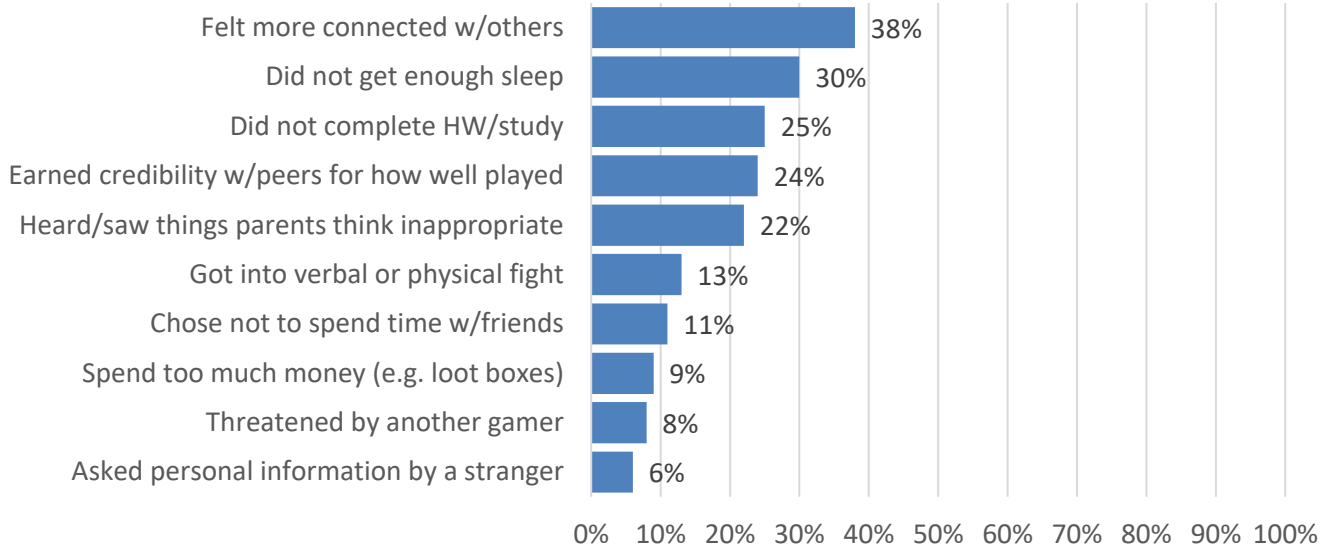


- 424 youth report feeling BOTH connected to others and left out or excluded as a result of social media use.

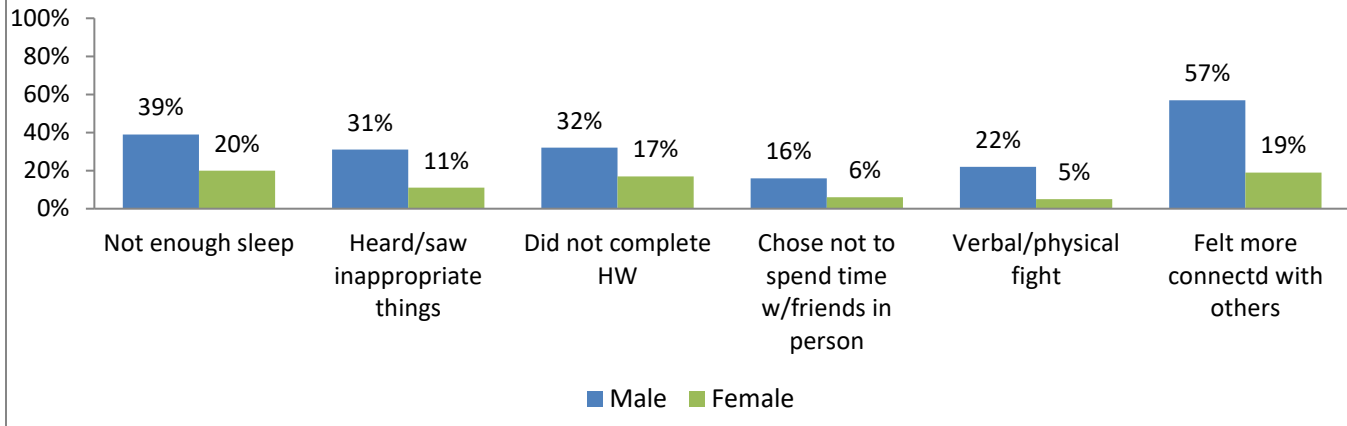


Gaming

More than 1 out of 3 teens report feeling **more connected with others** through gaming. More than 1 in 4 reported that they **did not complete homework or get enough sleep** because of gaming.



Males report significantly higher rates in all responses about consequences of gaming. Several are highlighted here:



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 %
I did not get enough sleep	6-8	71	29		
	9-12	69	31		
	6-12	70	30	39	20 ^A
I heard or saw things my parents/guardians would think is inappropriate	6-8	79	21		
	9-12	78	22		
	6-12	78	22	31	11 ^A
I did not complete my homework or study	6-8	75	25		
	9-12	74	26		
	6-12	75	25	32	17 ^A
I chose not to spend time in person with friends because I preferred to play video games	6-8	88	12		
	9-12	90	10		
	6-12	89	11	16	6 ^A
I got into a verbal or physical fight	6-8	85	15		
	9-12	88	12		
	6-12	87	13	22	5 ^A
I felt more connected with others	6-8	62	38		
	9-12	62	38		
	6-12	62	38	57	19 ^A
I earned credibility with my peers for how well I played	6-8	74	26		
	9-12	78	22		
	6-12	76	24	41	8 ^A
I have been asked for personal information by a stranger (e.g. name, town you live, age, etc.)	6-8	93	7		
	9-12	94	6		
	6-12	94	6	9	4 ^A
I was threatened by another gamer	6-8	92	8		
	9-12	92	8		
	6-12	92	8	14	2 ^A
I spent too much money (e.g. loot boxes)	6-8	89	11		
	9-12	93	7		
	6-12	91	9	15	4 ^A

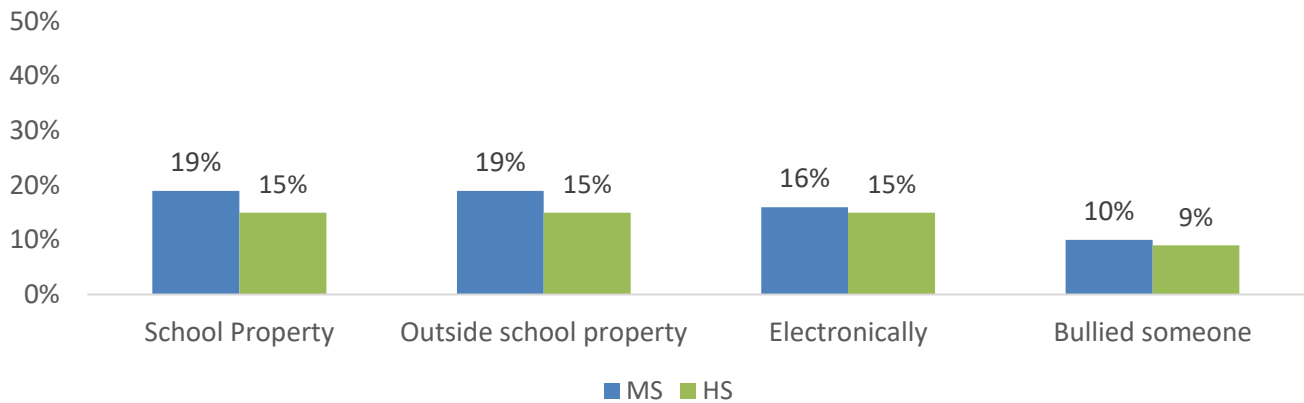
^ASignificant difference between Male and Female

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.

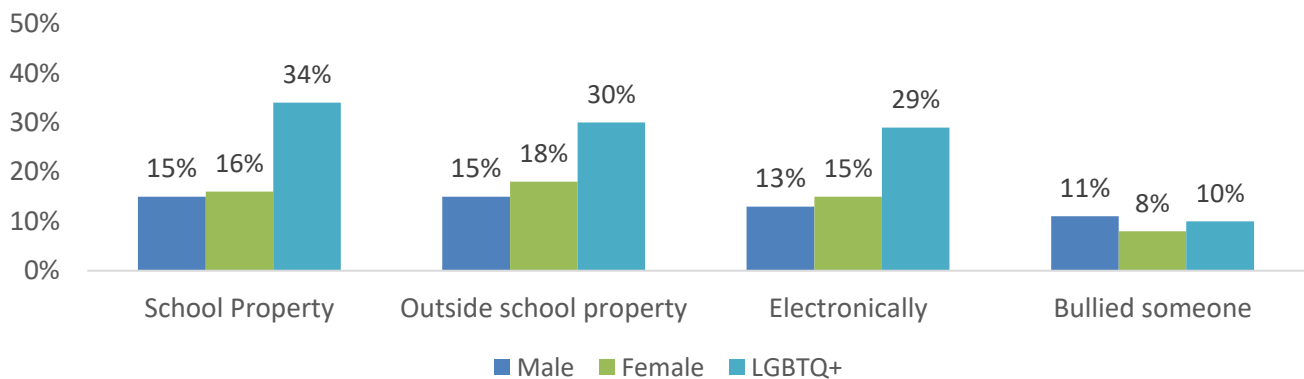
Bullying

In the past year, 17% of teens report **being bullied**.
1 in 10 teens report that **they bullied someone**.



During the past 12 months...	Grade	No %	Yes %
Have you ever been bullied on school property?	6-8	81	19
	9-12	85	15
	6-12	83	17
Have you ever been bullied outside of school property?	6-8	81	19
	9-12	85	15
	6-12	83	17
Have you ever been electronically bullied? (Bullied through texting, Instagram, Snapchat, or other social media.)	6-8	84	16
	9-12	85	15
	6-12	85	15
Have you ever bullied anyone?	6-8	90	10
	9-12	91	9
	6-12	90	10

LGBTQ+ youth report **higher rates of being bullied** in the past year. **Males** report significantly higher rates of bullying.



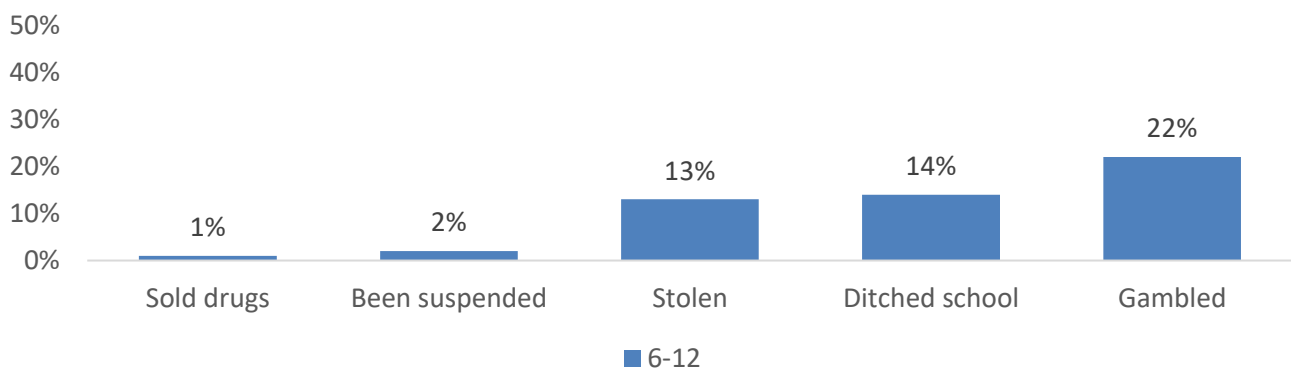
During the past 12 months...	YES	6-12 %	Male %	Female %	LGBTQ+ Yes %	LGBTQ+ No %
Have you ever been bullied on school property?		17	15	16	34	14 ^B
Have you ever been bullied outside of school property?		17	15	18	30	15 ^B
Have you ever been electronically bullied?		15	13	15	29	14 ^B
Have you ever bullied anyone??		10	11	8 ^A	10	10

^ASignificant different between Male and Female

^BSignificant difference between LGBTQ+ Yes and LGBTQ+ No

Additional Risky Behaviors

Most Darien youth are **not** engaging in risky behaviors (stealing, selling drugs, skipping school). Close to 1 in 4 teens reported gambling in the past year.

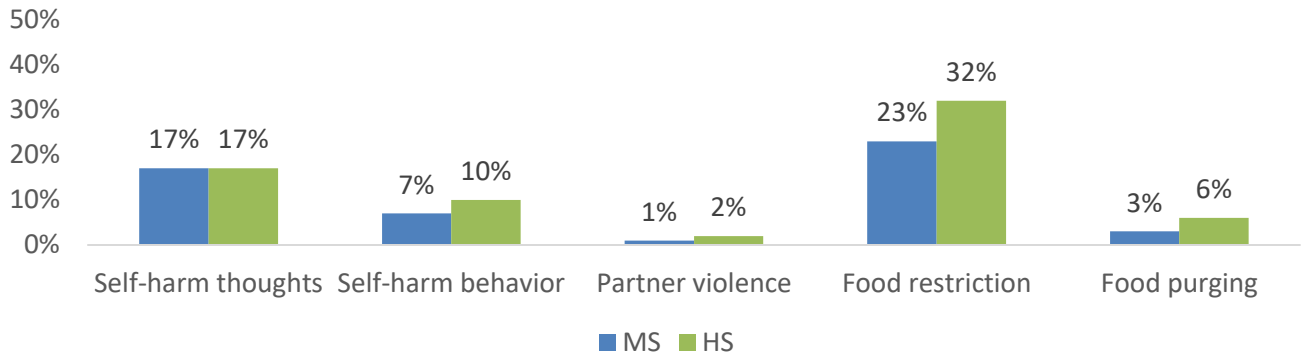


During the last 12 months, how many times have you...?	Grade	Never %	1 time %	2 or more times %
Been suspended from school?	6-8	98	2	^
	9-12	98	2	^
	6-12	98	2	^
Stolen something?	6-8	85	10	5
	9-12	89	6	5
	6-12	87	8	5
Sold drugs?	6-8	100	0	^
	9-12	99	^	1
	6-12	99	^	^
Gambled which includes scratch-off tickets, online bets, sports betting, fantasy sports leagues, poker etc.?	6-8	76	11	13
	9-12	80	8	11
	6-12	78	10	12
During the last 4 weeks, how many days of school have you missed because you skipped or 'ditched'?	6-8	88	8	3
	9-12	84	10	5
	6-12	86	9	4

Mental Health

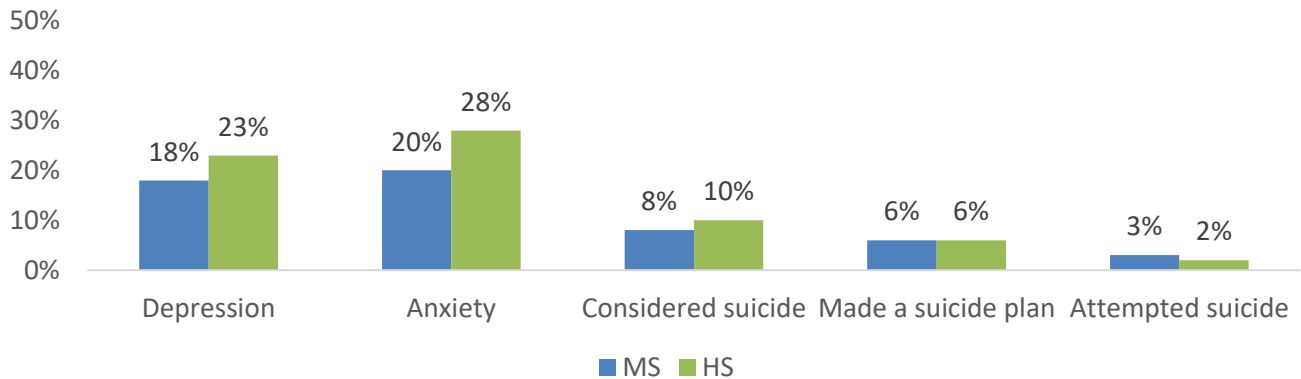
Self-Harm, Partner Violence and Disordered Eating

Close to 1 in 3 high school youth report **restricting food** to lose weight.
17% report having **thoughts of self-harm**.



Depression, Anxiety and Suicide

Close to 1 in 4 high school youth report **depression** in the past year. More than 1 in 4 report **persistent anxiety** in the past year.



During the past 12 months...	Grade	No %	Yes %	YES Male %	YES Female %
Did you have thoughts about hurting yourself (without the intent to die)?	6-8	83	17		
	9-12	83	17		
	6-12	83	17	12	20 ^A
Did you hurt yourself on purpose (without the intent to die)?	6-8	93	7		
	9-12	90	10		
	6-12	92	8	6	10 ^A
did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)	6-8	99	1		
	9-12	98	2		
	6-12	98	2	2	2
+did you deliberately try to lose weight or change your body by restricting your food intake and/or following a special diet?	6-8	77	23		
	9-12	68	32		
	6-12	72	28	22	32 ^A
Did you ever take a diet pill, laxative or purge after you consumed too many calories, as a way to control your weight or shape?	6-8	97	3		
	9-12	94	6		
	6-12	95	5	2	7 ^A
+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?	6-8	82	18		
	9-12	77	23		
	6-12	79	21	15	25 ^A
did you ever feel so anxious almost every day for two weeks or more in a row that you stopped doing some usual activities?	6-8	80	20		
	9-12	72	28		
	6-12	76	24	14	33 ^A
+Did you ever seriously consider attempting suicide?	6-8	92	8		
	9-12	90	10		
	6-12	91	9	7	9 ^A
Did you make a plan about how you would attempt suicide?	6-8	94	6		
	9-12	94	6		
	6-12	94	6	6	6
Did you attempt suicide?	6-8	97	3		
	9-12	98	2		
	6-12	98	2	2	3

^ASignificant different between Male and Female

+Disaggregated data below

Reported Restrictive Eating by Demographics

Restrictive eating in past year	Yes %
AVERAGE 6th-12th	28
Gender	
Female (n=907)	32 ^A
Male (n=872)	22
Non-binary, something else, I am not sure right now (n=45)*	44 ^A
Member of LGBTQ+ community?	
Yes (n=151)	49 ^B
Not sure (n=85)*	39 ^B
No (n=1397)	25
Grade	
6 (n=316)	20
7 (n=297)	26
8 (n=327)	24
9 (n=300)	27
10 (n=255)	32 ^C
11 (n=199)	41 ^C
12 (n=170)	32 ^C
Ethnicity	
Hispanic (n=186)	34
Non-Hispanic (n=1653)	27
Race	
Asian (n=131)	25
Multiracial (n=139)	26
White (n=1499)	28

^ASignificantly higher than Male ^BSignificantly higher than non-member of LGBTQ+ community

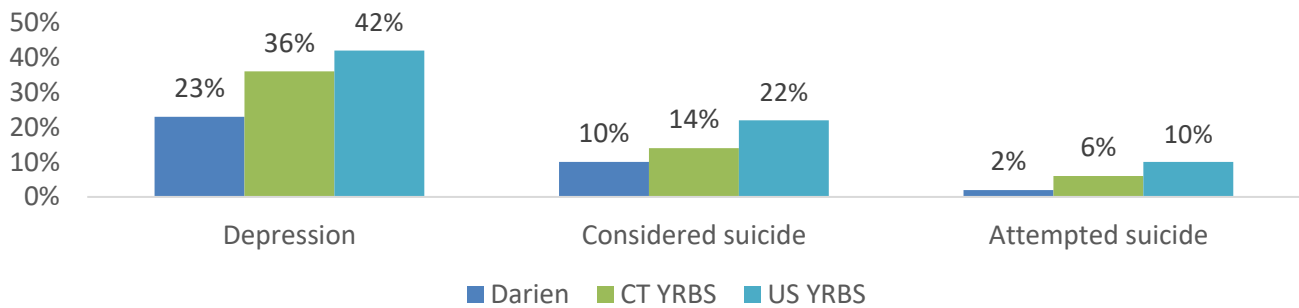
^CSignificantly higher than grades 6, 7, 8, 9

Restrictive eating past year	No % (n=1345)	Yes % (n=509)
Trusted Adult (No)	18	24 ^A
Self-Image (Strongly Agree)		
Control of life and future	38	22 ^A
Valued and appreciated by others	38	20 ^A
Sense of purpose in my life	40	28 ^A
Ability to deal w/ frustration or disappointment	40	26 ^A
Mental Health Indicators		
Self-harm behavior	10	36 ^A
Weight control through pills or purging	1	15 ^A
Depression	13	41 ^A
Anxiety	15	48 ^A

Considered suicide	5	20 ^A
Attempted suicide	1	6 ^A
Social Media Consequences		
Felt more connected with others	58	65 ^A
Felt left out or excluded	33	52 ^A
Felt Better about myself	45	51
Felt Worse about myself	28	52 ^A
Alcohol Use	9	20

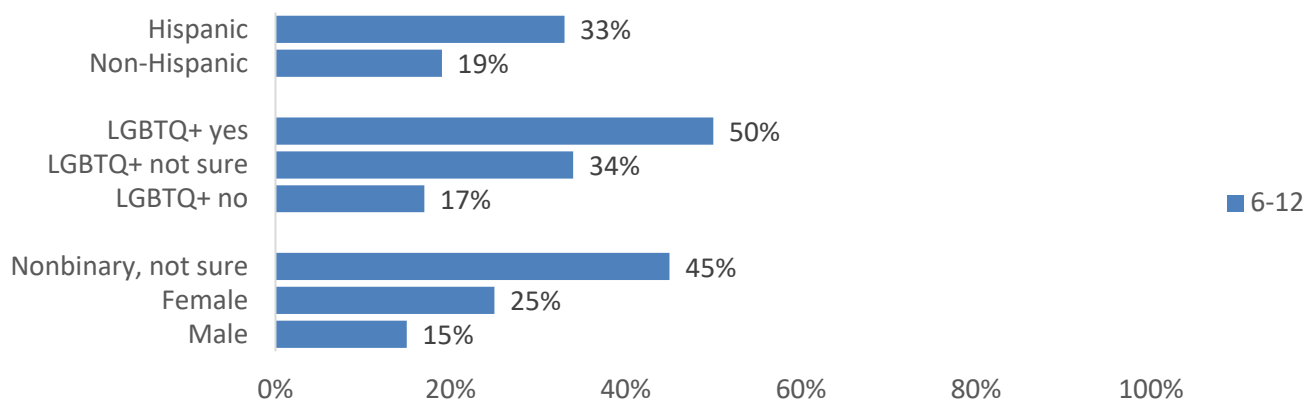
^ASignificant difference between Yes and No restrictive eating

Depression and suicide ideation rates in Darien are **currently lower** than the most recent Youth Risk Behavior Survey (CDC & DPH) data from Connecticut and the United States.



9-12 grade During the past 12 months...	Darien 2023 %	CT YRBS 2021 %	US YRBS 2021 %
Did you hurt yourself on purpose (without the intent to die)?	10	18	**
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?	23	36	42
Did you ever seriously consider attempting suicide?	10	14	22
Did you attempt suicide?	2	6	10

Reported rates of **depression** are significantly higher among females and non-binary youth, LGBTQ+, Hispanic and multiracial youth.



Reported Depression by Demographics

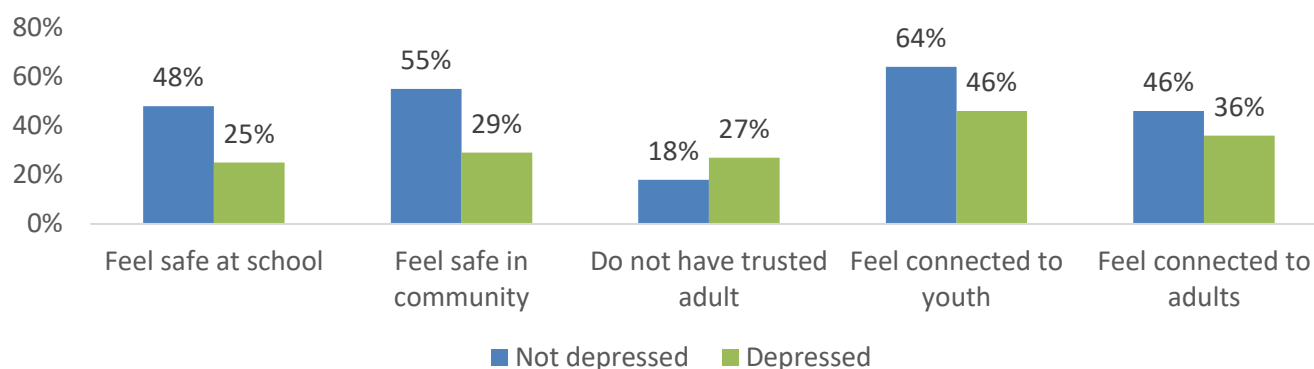
Persistent sadness/hopelessness in past year	Yes %
AVERAGE 6th-12th	21
Gender	
Female (n=907)	25 ^A
Male (n=873)	15
Non-binary, something else, I am not sure right now (n=44)*	45 ^A
Member of LGBTQ+ community?	
Yes (n=149)	50 ^B
Not sure (n=85)*	34 ^B
No (n=1397)	17
Grade	
6 (n=318)	18
7 (n=301)	21
8 (n=322)	16
9 (n=298)	23
10 (n=256)	21
11 (n=197)	27 ^C
12 (n=169)	24 ^C
Ethnicity	
Hispanic (n=187)	33 ^D
Non-Hispanic (n=1648)	19
Race	
Asian (n=130)	20
Multiracial (n=143)	32 ^E
White (n=1493)	19

^ASignificantly higher than Male ^BSignificantly higher than non-member of LGBTQ+ community

^CSignificantly higher than grades 6, 7, 8, 9, 10 ^DSignificantly higher than non-Hispanic youth

^ESignificantly higher than Asian & White youth

Youth who report **depression** have **lower rates** of feeling safe at school and in the community, having a trusted adult, and adult and youth connections. They also engage in **higher rates of risky behaviors**.



Reported Anxiety by Other Variables

During the past 12 months did you ever feel so ANXIOUS almost every day for 2 weeks or more in a row that you stopped doing some usual activities?	No % (n=1404)	Yes % (n=452)
School & Community Supports (Strongly Agree)		
My teachers really care about me	23	17 ^A
Students in my school care about me	30	14 ^A
I feel safe at school	49	25 ^A
I feel safe in community	57	28 ^A
Adults value youth	25	16 ^A
Trusted Adult		
NO Trusted adult	18	25 ^A
How connected feel to: (Very/Extremely)		
Adults In school	13	17
Youth In school	65	47 ^A
Adults outside of school	45	40
Community	42	23 ^A
Self-Image (Strongly Agree)		
Control of life and future	89	73 ^A
Valued and appreciated by others	87	67 ^A
Sense of purpose in my life	87	68 ^A
Ability to deal w/ frustration or disappointment	86	65 ^A
Mental Health Indicators		
Thoughts of self-harm	8	47 ^A
Self-harm behavior	4	22 ^A
Restrictive eating	19	55 ^A
Sad/Hopeless	8	62 ^A
Considered suicide	4	25 ^A
Made a suicide plan	3	18 ^A
Attempted suicide	1	7 ^A

Past 30-day use of		
Alcohol	11	17
Marijuana	3	8
Nicotine (vaped)	2	5

^ASignificant difference between Yes and No for Anxiety

Reported Depression by Other Variables

During the past 12 months did you ever feel so SAD OR HOPELESS almost every day for 2 weeks or more in a row that you stopped doing some usual activities?	No % (n=1473)	Yes % (n=388)
School & Community Supports (Strongly Agree)		
My teachers really care about me	23	15 ^A
Students in my school care about me	30	13 ^A
I feel safe at school	48	25 ^A
I feel safe in community	55	29 ^A
Adults value youth	35	16 ^A
Trusted Adult (No)		
	18	27 ^A
How connected feel to: (Very/Extremely)		
Adults In school	14	14
Youth In school	64	46 ^A
Adults outside of school	46	36 ^A
Community	40	25 ^A
Self-Image (Strongly Agree)		
Control of life and future	39	12 ^A
Valued and appreciated by others	38	12 ^A
Sense of purpose in my life	42	17 ^A
Ability to deal w/ frustration or disappointment	40	18 ^A
Mental Health Indicators		
Thoughts of self-harm	8	54 ^A
Self-harm behavior	3	28 ^A
Restrictive eating	21	55 ^A
Anxiety	12	71 ^A
Considered suicide	2	34 ^A
Made a suicide plan	2	22 ^A
Attempted suicide	^	10 ^A
Past 30-day use of		
Alcohol	11	17
Marijuana	3	8
Nicotine (vaped)	2	6

^ASignificant difference between Yes and No for Depression

Reported Considered Suicide by Demographics

Considered suicide in past year	Yes %
AVERAGE 6th-12th	9
Gender	
Female (n=906)	9 ^A
Male (n=870)	7
Non-binary, something else, I am not sure right now (n=44)*	30 ^{A1}
Member of LGBTQ+ community?	
Yes (n=150)	35 ^B
Not sure (n=84)*	17 ^B
No (n=1393)	5
Grade	
6 (n=314)	6
7 (n=299)	9
8 (n=325)	9
9 (n=299)	8
10 (n=255)	7
11 (n=198)	10
12 (n=167)	15 ^C
Ethnicity	
Hispanic (n=186)	15 ^D
Non-Hispanic (n=1646)	8
Race	
Asian (n=130)	12 ^E
Multiracial (n=144)	18 ^E
White (n=1488)	7

^ASignificantly higher than Male ^{A1}Significantly higher than Male and Female

^BSignificantly higher than non-member of LGBTQ+ community

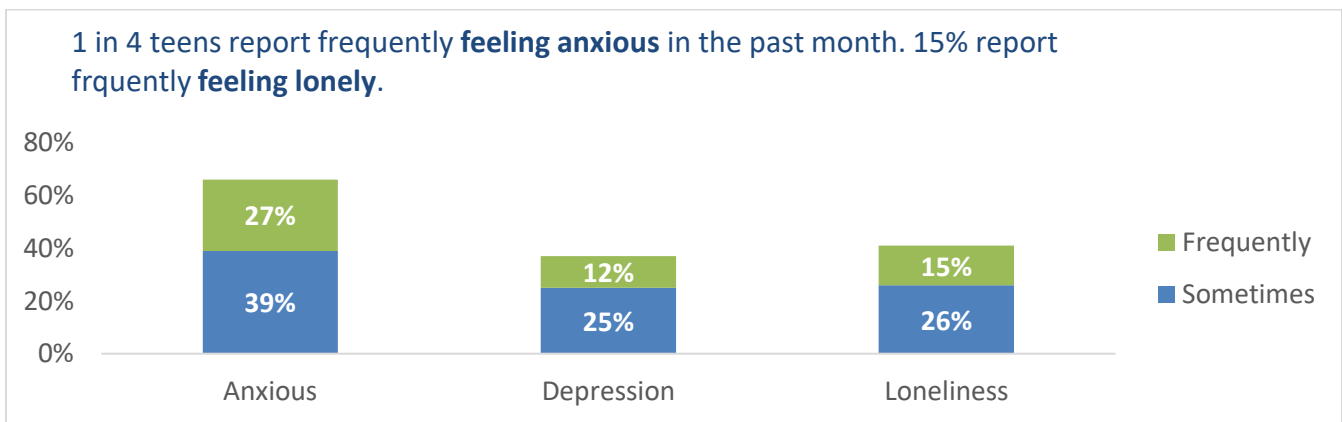
^CSignificantly higher than grades 6, 8, 9, 10

^DSignificantly higher than non-Hispanic youth

^ESignificantly higher than White youth

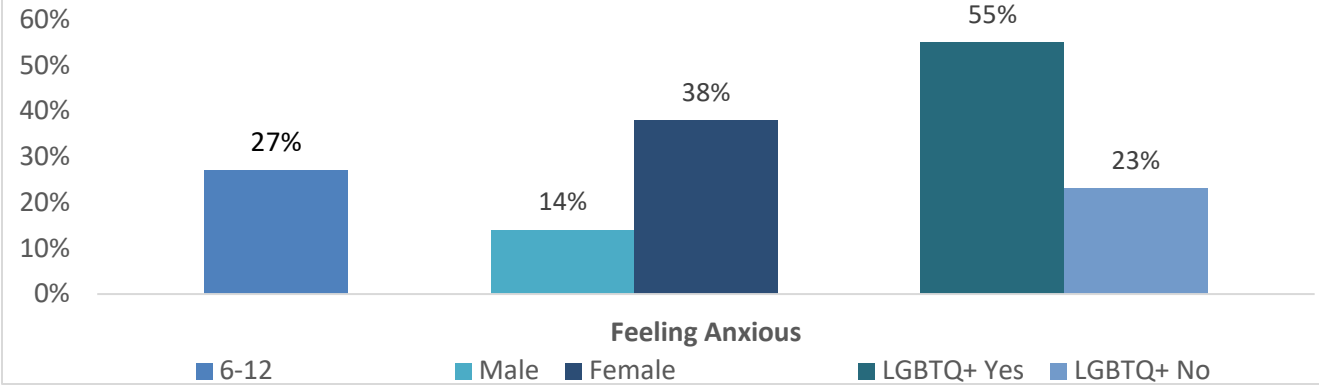
During the past 12 months did you ever seriously consider suicide?	No % (n=1694)	Yes % (n=163)
School & Community Supports (Strongly Agree)		
My teachers really care about me	22	12 ^A
Students in my school care about me	28	8 ^A
I feel safe at school	46	14 ^A
I feel safe in community	53	16 ^A
Adults value youth	33	5 ^A
Trusted Adult (No)		
	19	33 ^A
How connected feel to: (Very/Extremely)		
Adults In school	14	13
Youth In school	63	36 ^A
Adults outside of school	46	24 ^A
Community	39	16 ^A
Self-Image (Strongly Agree)		
Control of life and future	36	12 ^A
Valued and appreciated by others	35	8 ^A
Sense of purpose in my life	39	14 ^A
Ability to deal w/ frustration or disappointment	38	18 ^A

^ASignificant difference between Yes and No Considered Suicide



In the past 30 days, have you...	Grade	Never %	Rarely %	Sometimes %	Frequently %
Felt anxious	6-8	18	26	37	19
	9-12	9	16	42	34
	6-12	13	21	39	27
Felt sad or depressed	6-8	35	33	22	11
	9-12	23	36	28	14
	6-12	29	34	25	12
Felt lonely	6-8	41	27	21	11
	9-12	27	32	26	15
	6-12	34	30	23	13

Females and LGBTQ+ youth report significantly higher rates of anxiety.

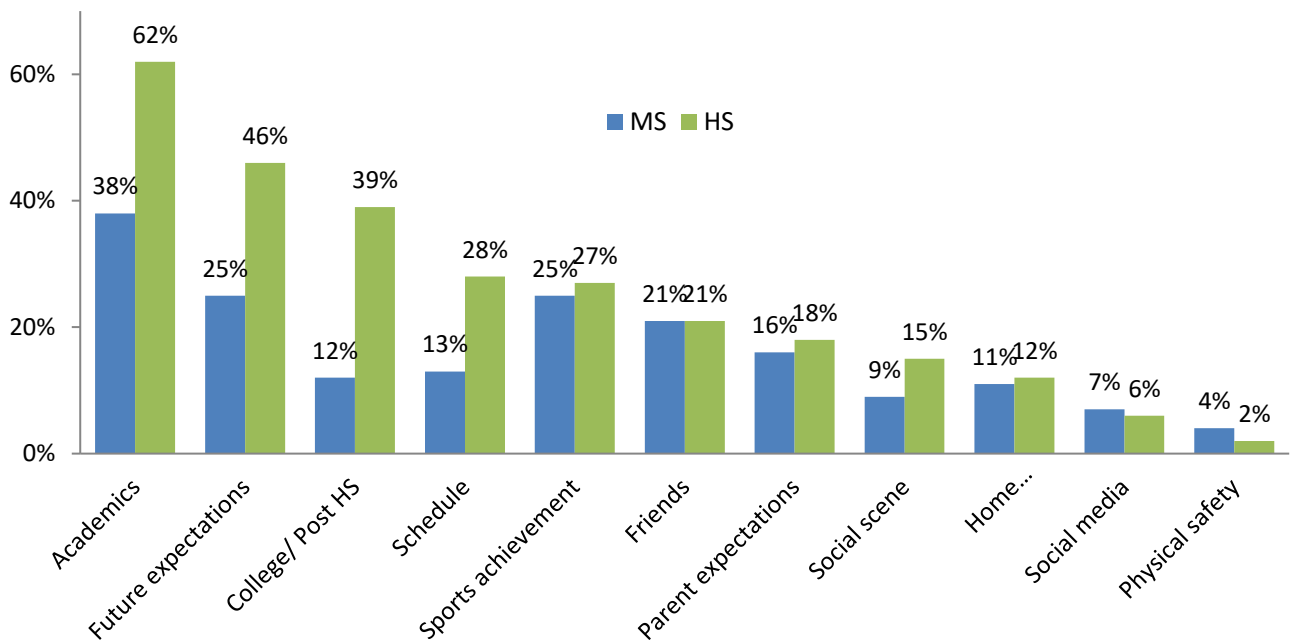


In the past 30 days, have you...	Frequently %	Male %	Female %	LGBTQ+ Yes %	LGBTQ+ No %
Felt anxious	27	14	38 ^A	55	23 ^B
Felt sad or depressed	12	7	15 ^A	35	9 ^B
Felt lonely	15	8	16 ^A	38	10 ^B

^ASignificant difference between Male and Female

^BSignificant difference between LGBTQ+ Yes and LGBTQ+ No

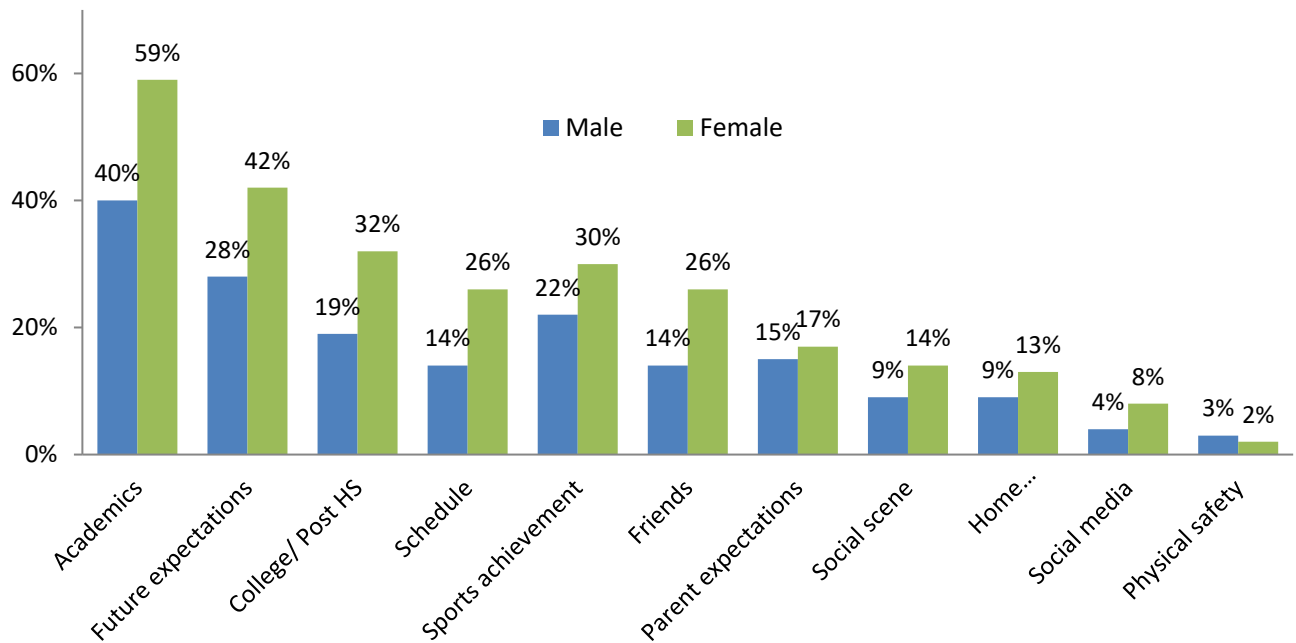
62% of Darien high school youth report that **academics** causes "A lot" of stress in their day to day lives, following by **future expectations** (46%) and **post high school planning** (39%).



Causes of Stress or Worry

How much stress, anxiety, or worry do the following give you in your day-to-day life?	Grade	None to low %	Some or moderate %	A lot %
Academics (i.e. homework, standardized tests, grades, studying)	6-8	14	48	38
	9-12	5	34	62
	6-12	9	41	50
College or post high school planning	6-8	61	27	12
	9-12	19	43	39
	6-12	40	35	26
Expectations of your future (i.e. being successful in life, high level of achievement)	6-8	36	39	25
	9-12	13	41	46
	6-12	24	40	35
Friends and peers (i.e. having friends, fitting in)	6-8	44	35	21
	9-12	40	39	21
	6-12	42	37	21
Home life and family relationships	6-8	66	22	11
	9-12	59	28	12
	6-12	63	25	12
Parental/guardian expectations	6-8	54	30	16
	9-12	46	36	18
	6-12	50	33	17
Physical safety (i.e. violence, threats)	6-8	82	14	4
	9-12	89	9	2
	6-12	85	12	3
Schedule (i.e. athletics, extra-curricular, volunteer commitments)	6-8	51	36	13
	9-12	27	45	28
	6-12	39	40	20
Social scene (i.e. parties, going out with friends)	6-8	63	28	9
	9-12	48	37	15
	6-12	55	33	12
Social media	6-8	75	19	7
	9-12	71	23	6
	6-12	72	21	6
Sports achievement (i.e. pressure to perform well in sports or on a team)	6-8	37	38	25
	9-12	40	33	27
	6-12	38	36	26

Females report higher rates of stress in all categories but physical safety.



How much stress, anxiety, or worry do the following give you in your day-to-day life?	6-12 %	Male %	Female %
A lot			
Academics (i.e. homework, standardized tests, grades, studying)	50	40	59 ^A
College or post high school planning	26	19	32 ^A
Expectations of your future (i.e. being successful in life, high level of achievement)	35	28	42 ^A
Friends and peers (i.e. having friends, fitting in)	21	14	26 ^A
Home life and family relationships	12	9	13 ^A
Parental/guardian expectations	17	15	17
Physical safety (i.e. violence, threats)	3	3	2
Schedule (i.e. athletics, extra-curricular, volunteer commitments)	20	14	26 ^A
Social scene (i.e. parties, going out with friends)	12	9	14 ^A
Social media	6	4	8 ^A
Sports achievement (i.e. pressure to perform well in sports or on a team)	26	22	30 ^A

^A Significant difference between male and female

Substance Use

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

Coalitions are expected to utilize the data to assess the overall effectiveness of the DFC program on youth substance use. **Core measures** are:

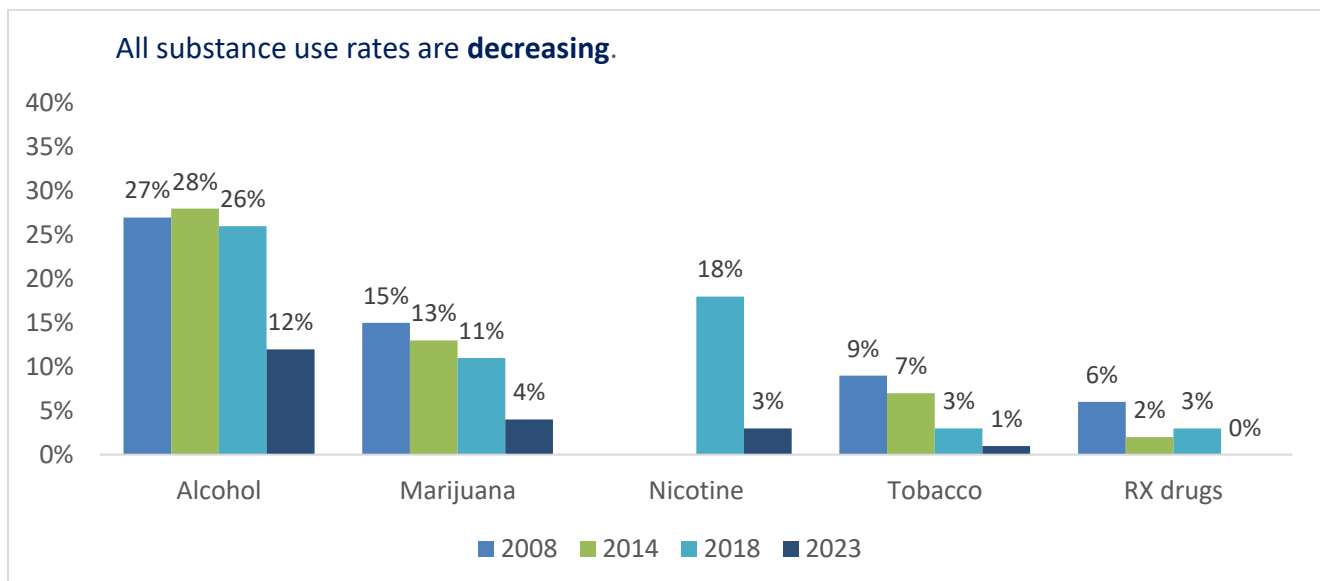
- ✓ Past 30-day Use – the percentage of youth who report using alcohol, tobacco, marijuana, or prescription drugs not prescribed to them at least once in the past 30-days.
- ✓ Perception of Risk – the percentage of youth who report that there is moderate or great risk in binge drinking, smoking one or more packs of cigarettes per day, smoking marijuana once or twice a week, or using prescription drugs not prescribed to them.
- ✓ Perception of Parental Disapproval – the percentage of youth who report that their parents feel regular use of alcohol is wrong or very wrong, and report that their parents feel any use of cigarettes, marijuana, or prescription drugs not prescribed to them is wrong.
- ✓ Perception of Peer Disapproval – the percentage of youth who report that their friends feel regular use of alcohol is wrong or very wrong, and report that their peers feel any use of cigarettes, marijuana, or prescription drugs not prescribed to them is wrong.

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

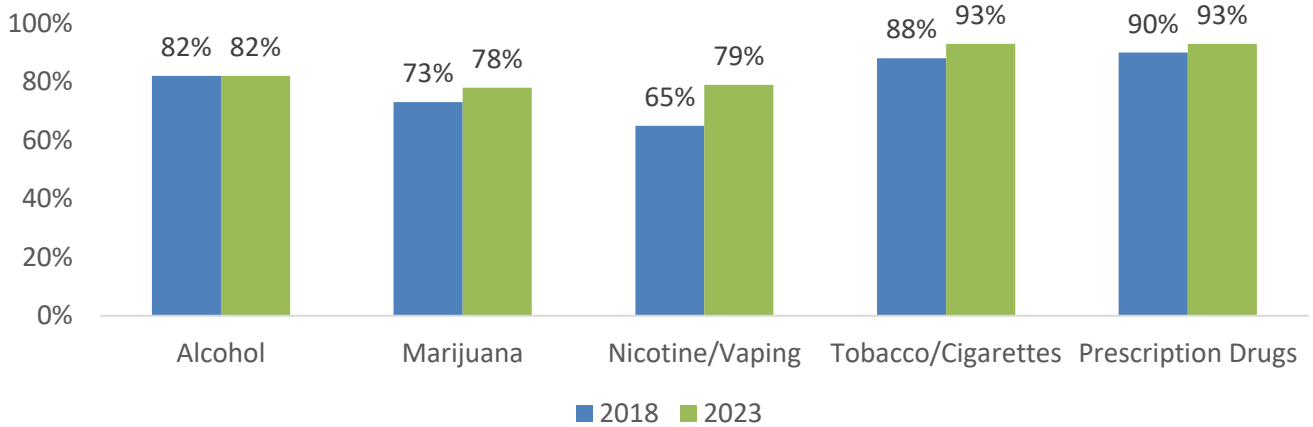
Core Measures, 2008 to 2023

Since 2008, substance use rates have decreased. Since 2018 perception of harm and perception of peer disapproval rates have increased and perception of parent disapproval rates remain high.

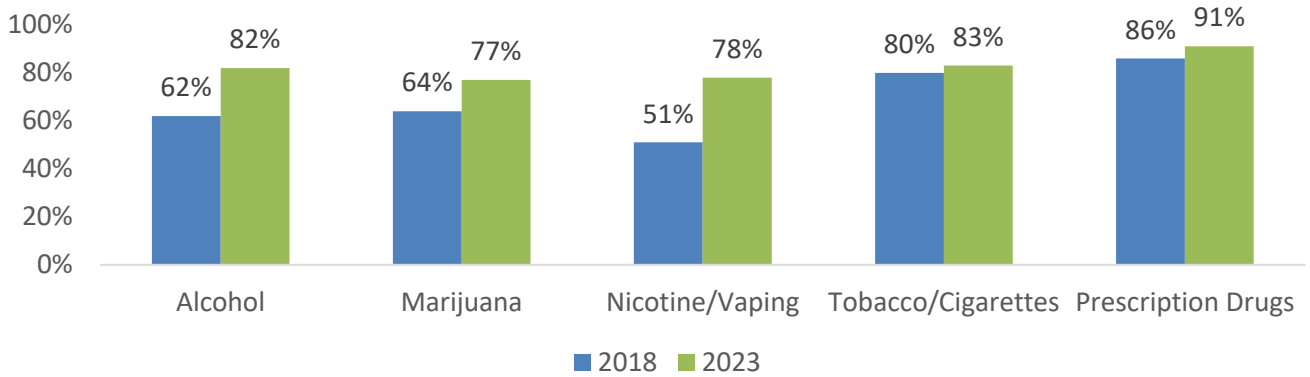
The greater a young person’s perception that substance use is harmful/risky, and that their peers and parents disapprove of use, the less likely they are to engage in substance use.



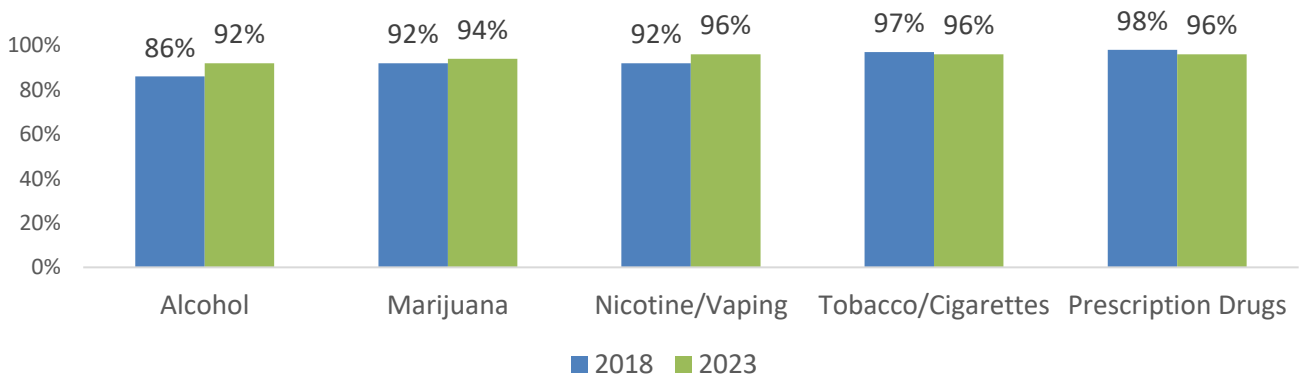
Perception of risk rates around all substances are **increasing**.



Perception of peer disapproval rates are **increasing**. Peer disapproval rates around vaping nicotine have increased significantly.



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



Alcohol	2008	2011	2014	2018	2021	2023
	%	%	%	%	%	%
Past 30 Day Use	27.3	25.9	27.7	26.2	13.6	12.3
Parental Disapproval	**	**	**	86.1	97.3	92.3
Peer Disapproval	**	**	**	61.9	89.3	82.2
Perception of Risk	**	**	**	81.9	82.4	82.3

Marijuana	2008	2011	2014	2018	2021	2023
	%	%	%	%	%	%
Past 30 Day Use	14.7	14.6	13.3	11.3	4.0	4.4
Parental Disapproval	**	**	**	91.5	96.3	93.5
Peer Disapproval	**	**	**	63.6	78.1	77.4
Perception of Risk	**	**	**	73.3	75.3	77.6

Nicotine (vaping)	2008	2011	2014	2018	2021	2023
	%	%	%	%	%	%
Past 30 Day Use	**	**	**	18.1	4.4	2.7
Parental Disapproval	**	**	**	91.7	97.0	96.4
Peer Disapproval	**	**	**	50.9	73.2	78.0
Perception of Risk	**	**	**	65.1	73.7	79.3

Tobacco	2008	2011	2014	2018	2021	2023
	%	%	%	%	%	%
Past 30 Day Use	9.0	11.4	7.3	3.1	1.3	1.3
Parental Disapproval	**	**	**	97.1	98.3	96.1
Peer Disapproval	**	**	**	79.7	84.0	83.3
Perception of Risk	**	**	**	87.8	82.9	92.9

Prescription Drugs	2008	2011	2014	2018	2021	2023
	%	%	%	%	%	%
Past 30 Day Use	6.1	6.9	2.4	2.6	.6	.3
Parental Disapproval	**	**	**	98.1	**	96.2
Peer Disapproval	**	**	**	85.5	94.4	91.0
Perception of Risk	**	**	**	89.7	85.3	92.7

30-day use rates High School, 9-12	Darien 2023	Stratford 2022	Fairfield 2023	Greenwich 2023	Norwalk 2022	Trumbull 2021	YRBS US 2021	YRBS CT 2021
	%	%	%	%	%	%	%	%
Alcohol	24	22	21	21	7	16	23	18
Marijuana	9	12	12	7	6	9	16	11
Nicotine (vaping)	5	9	5	5	5	9	18	11

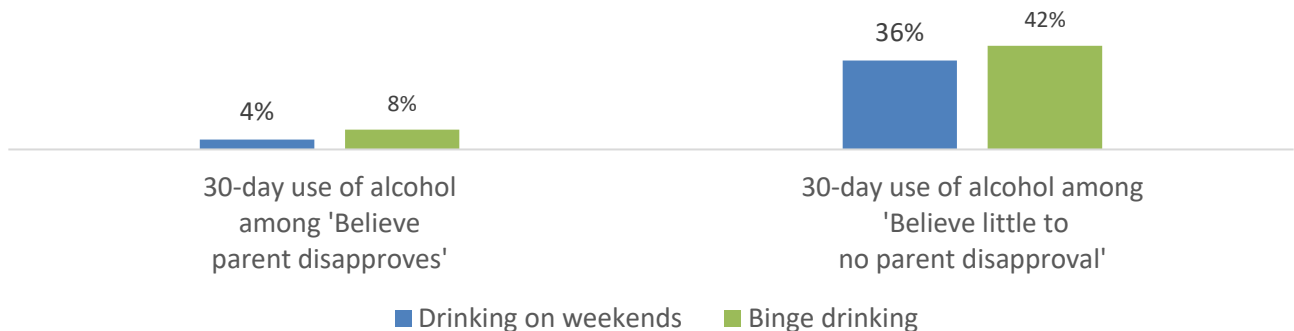
Summary of Core Measures by Grade

	Alcohol %	Tobacco %	Marijuana %	RX drugs %	Nicotine %
30-day use					
6 th	.0	.0	.0	.0	.0
7 th	2.0	.4	.3	.7	.7
8 th	1.3	.0	.6	.0	.6
9 th	11.0	.7	3.8	.0	3.8
10 th	21.8	1.3	6.0	.0	4.6
11 th	24.2	1.1	6.8	.0	3.7
12 th	50.0	9.3	23.1	2.5	9.9
Total	12.3	1.3	4.4	.3	2.7
Perception of harm					
6 th	87.6	93.7	88.9	90.3	86.5
7 th	84.4	90.4	87.0	91.5	86.0
8 th	89.2	89.8	84.2	88.6	83.4
9 th	79.8	95.2	76.6	93.1	76.3
10 th	77.1	93.3	68.1	95.7	73.1
11 th	80.3	94.4	69.0	97.0	76.5
12 th	70.3	95.1	54.3	96.3	63.6
Total	82.3	92.9	77.6	92.7	79.3
Perception of parental disapproval					
6 th	91.3	92.9	5.2	93.1	92.6
7 th	92.8	96.2	10.3	95.6	96.2
8 th	93.5	96.6	12.5	96.2	96.9
9 th	93.9	98.0	24.5	96.6	97.6
10 th	94.2	97.3	28.7	97.7	96.9
11 th	93.0	98.5	39.2	98.5	99.0
12 th	84.2	93.3	44.8	97.0	96.4
Total	92.3	96.1	93.5	96.2	96.4
Perception of peer disapproval					
6 th	89.5	92.5	93.1	92.4	92.1
7 th	88.9	92.0	93.1	95.2	93.1
8 th	88.7	92.8	89.7	91.1	89.6
9 th	78.2	83.6	79.5	90.1	74.5
10 th	78.0	77.5	66.0	89.8	68.0
11 th	74.4	71.2	54.1	88.4	59.8
12 th	67.1	55.2	38.4	87.2	46.3
Total	82.2	83.3	77.4	91.0	78.0

Perception of Parental Disapproval

How wrong do your <u>parents/guardians</u> feel it would be for you to do the following?	Grade	Not at all wrong %	A little bit wrong %	Wrong %	Very wrong %
Drink 1 or 2 alcoholic beverages (beer, wine, liquor) nearly every day?	6-8	4	3	12	81
	9-12	2	6	19	73
	6-12	3	5	16	77
Drink 5 or more drinks on one occasion?	6-8	4	4	14	78
	9-12	5	14	23	59
	6-12	4	9	18	69
Drink alcohol on weekends?	6-8	7	7	14	72
	9-12	13	24	24	39
	6-12	10	16	19	55
Smoke cigarettes or use tobacco?	6-8	4	1	7	88
	9-12	1	2	13	84
	6-12	2	1	10	86
Use nicotine through a vaping device (JUUL, Blu, Puff Bar)?	6-8	4	1	6	90
	9-12	1	1	10	87
	6-12	3	1	8	88
Use marijuana or THC products (includes use through a vaping device, smoking it, eating it/edibles, inhaling it)?	6-8	4	1	5	90
	9-12	2	5	16	76
	6-12	3	3	10	83
Use prescription drugs not prescribed to you?	6-8	4	1	7	88
	9-12	1	1	9	89
	6-12	3	1	8	88

Youth who believe their parents disapprove of substance use are **less likely** to use compared to youth who do not believe their parents disapprove of use.



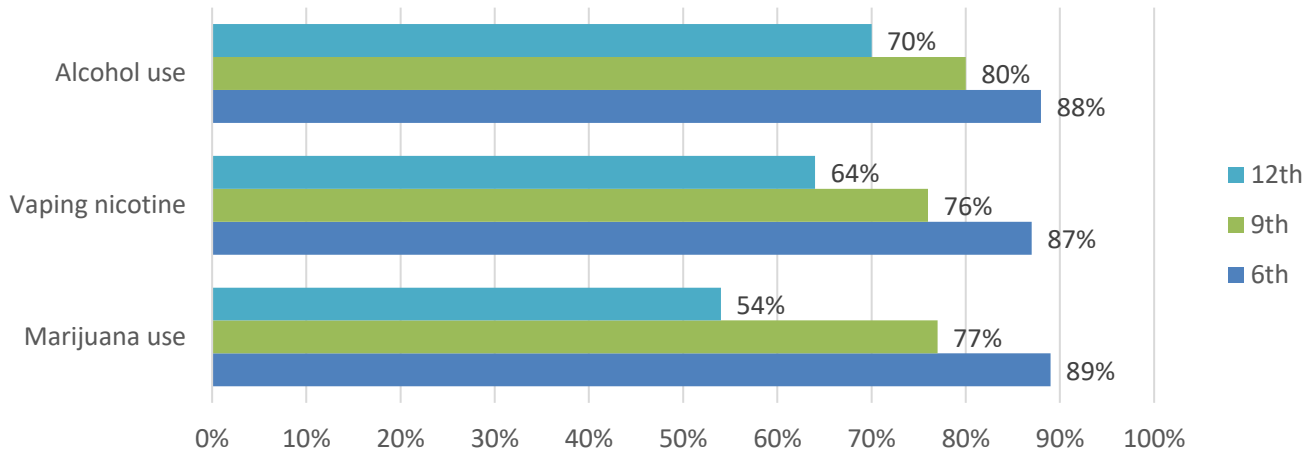
Perception of parent disapproval BY alcohol use rates (Lifetime and 30-day)	Not wrong/ A little wrong %	Wrong/ Very wrong %
(Perc. of parent disapproval) Drinking 1 or 2 drinks every day	n=138	n=1672
Never drank	61	76
Drank in Lifetime	14	13
Drank in past 30-days	25	11
(Perc. of parent disapproval) Binge drinking (5+ in one occasion)	n=238	n=1569
Never drank	42	80
Drank in Lifetime	16	12
Drank in past 30-days	42	8
(Perc. of parent disapproval) Drinking on weekends	n=459	n=1336
Never drank	42	86
Drank in Lifetime	22	10
Drank in past 30-days	36	4

Perception of Peer Disapproval

How wrong do your <u>friends</u> feel it would be for you to do the following?	Grade	Not at all wrong %	A little bit wrong %	Wrong %	Very wrong %
Drink 1 or 2 alcoholic beverages (beer, wine, liquor) nearly every day?	6-8	4	7	25	64
	9-12	9	16	32	44
	6-12	7	11	28	54
Drink 5 or more drinks on one occasion?	6-8	4	8	22	66
	9-12	26	24	22	28
	6-12	15	16	22	47
Drink alcohol on weekends?	6-8	8	9	25	58
	9-12	44	22	15	19
	6-12	26	16	20	38
Smoke cigarettes or use tobacco?	6-8	4	4	17	76
	9-12	9	17	30	44
	6-12	6	10	23	60
Use nicotine through a vaping device (JUUL, Blu, Puff Bar)?	6-8	4	4	18	73
	9-12	14	21	25	40
	6-12	9	12	74	21
Use marijuana or THC products (includes use through a vaping device, smoking it, eating it/edibles, inhaling it)?	6-8	4	4	16	76
	9-12	17	20	23	40
	6-12	11	12	19	58
Use prescription drugs not prescribed to you?	6-8	4	4	17	76
	9-12	3	8	25	64
	6-12	3	6	21	70

Perception of Harm

Perception of harm rates are **lowest** among 12th graders. The lowest perception of harm is related to **marijuana use**.



How much do you think people risk harming themselves physically or in other ways, when they do the following:	Grade	No Risk %	Slight Risk %	Moderate Risk %	Great Risk %
Use nicotine through a vaping device (JUUL, Blu, Puff Bar) daily?	6-8	3	8	26	63
	9-12	3	9	26	63
	6-12	3	8	26	63
Use marijuana or THC products daily?	6-8	3	6	20	71
	9-12	3	13	28	56
	6-12	3	10	24	64
Smoke cigarettes, 1 or more packs a day?	6-8	3	6	14	77
	9-12	2	4	12	82
	6-12	2	5	13	80
Drink 1 or 2 drinks of alcohol nearly every day?	6-8	4	13	30	53
	9-12	3	11	29	58
	6-12	3	12	29	56
Drink 5 or more alcoholic beverages (beer, wine, liquor), 1 or 2 times a week?	6-8	3	10	25	62
	9-12	4	19	31	46
	6-12	4	14	28	54
Use marijuana or THC products, 1 or 2 times a week?	6-8	3	10	26	61
	9-12	8	24	30	39
	6-12	6	17	28	45
Use nicotine through a vaping device (JUUL, Blu, Puff Bar) 1 or 2 times a week?	6-8	4	11	30	55
	9-12	5	22	31	42
	6-12	4	16	31	49
Use prescription drugs that are not prescribed to them?	6-8	3	7	18	72
	9-12	1	4	15	80
	6-12	2	5	16	76

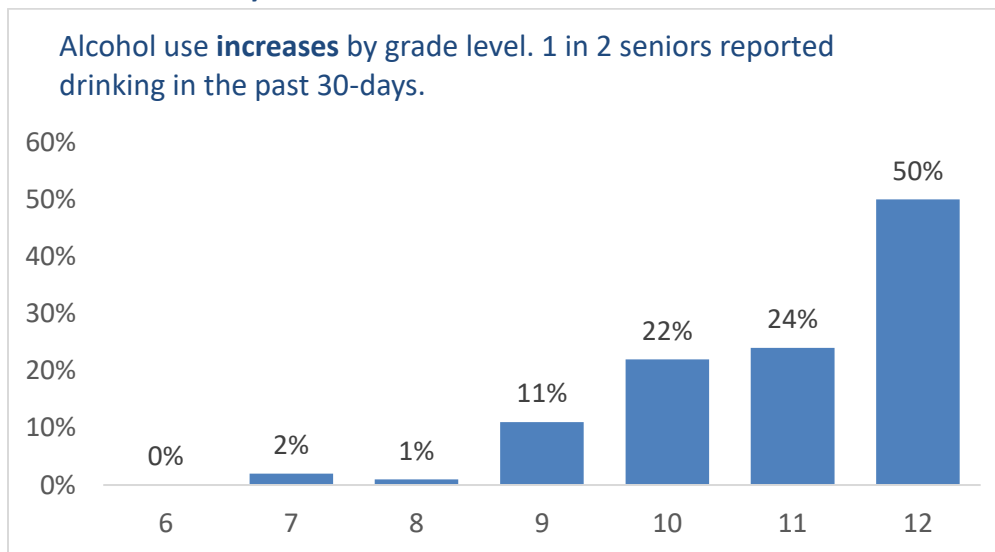
Alcohol Use & Access

Use

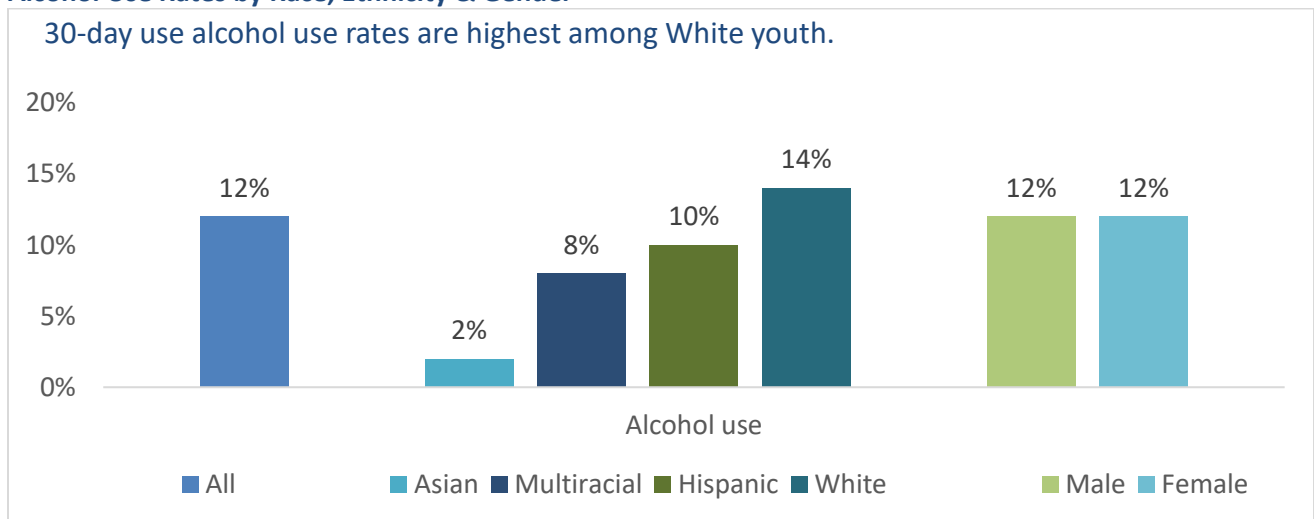
Think back over the past 30 days. On how many days, if any, did you:	Grade	I have NEVER used. %	I have used but NOT in the past 30 days. %	Occasionally (1-5 days) %	Frequently (5-20 days) %	Almost every day (21+ days) %
drink 1 or more alcoholic beverages (beer, wine, liquor)?	6-8	92	7	1	^	0
	9-12	57	19	19	5	1
	6-12	75	13	10	2	^

~The following data charts on Use, Age of First Use, and Access includes only responses from those who indicated Lifetime or Past Month alcohol use. The total sample size is indicated in each chart.

Alcohol Use Rates by Grade



Alcohol Use Rates by Race, Ethnicity & Gender



30-Day Use Rates			
Grade	%	Race/Ethnicity	%
6 th	.0	Hispanic/Latino	9.9
7 th	2.0	Asian	1.6
8 th	1.3	Multiracial	7.6
9 th	11.0	White	13.8
10 th	21.8	Gender Identity	%
11 th	24.2	Male	12.2
12 th	50.0	Female	12.7

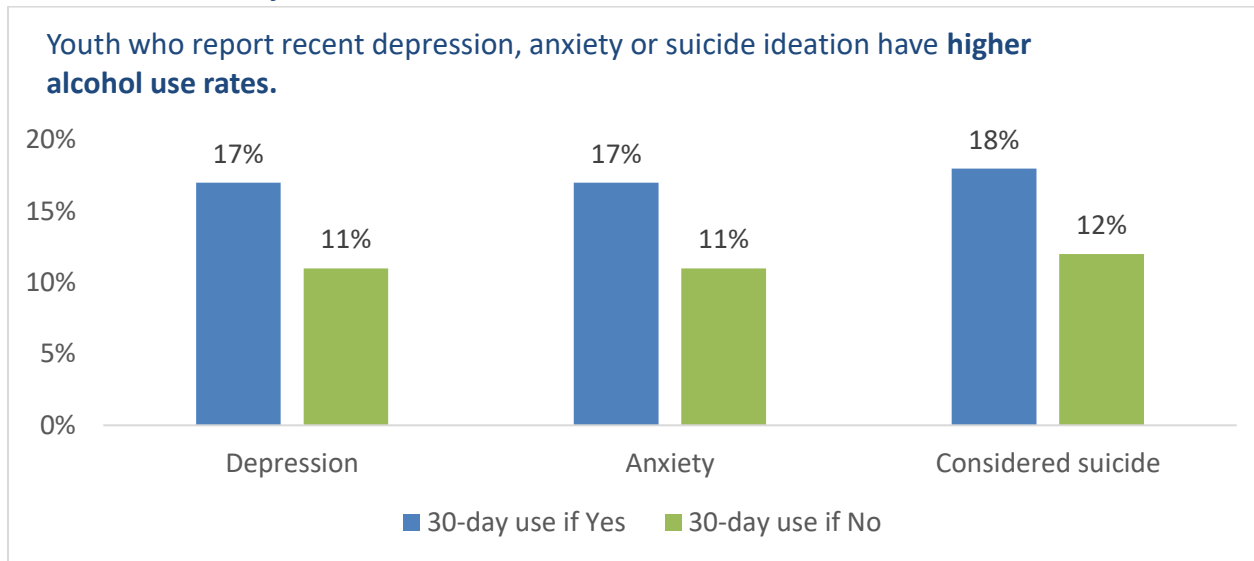
Alcohol Use Rates by Commitments

Commitments	Never/Rarely %	Often/Always %
	Sports (n=364)	Sports (n=1270)
Alcohol Use – past 30-days	7	14
	Clubs (n=676)	Clubs (n=756)
Alcohol Use – past 30-days	9	16
	Service (n=841)	Service (n=500)
Alcohol Use – past 30-days	6	23

Alcohol Use Rates by Self-Image

Self-Image	Strongly Disagree %	Strongly Agree %
	Control of life/future (n=53)	Control of life/future (n=604)
Alcohol Use – past 30-days	8	11
	Valued/appreciated (n=63)	Valued/appreciated (n=594)
Alcohol Use – past 30-days	11	13
	Sense of purpose (n=67)	Sense of purpose (n=661)
Alcohol Use – past 30-days	13	13
	Deal w/frustration (n=67)	Deal w/frustration (n=643)
Alcohol Use – past 30-days	10	12

Alcohol Use Rates by Mental Health Indicators



Mental Health Indicators	Yes %	No %
	Sad/Depressed (n=377)	Sad/Depressed (n=1419)
Alcohol Use – past 30-days	17	11
	Anxiety (n=439)	Anxiety (n=1360)
Alcohol Use – past 30-days	17	11
	Considered Suicide (n=159)	Considered Suicide (n=1637)
Alcohol Use – past 30-days	18	12
	Plan for suicide (n=113)	Plan for suicide (n=1678)
Alcohol Use – past 30-days	19	12

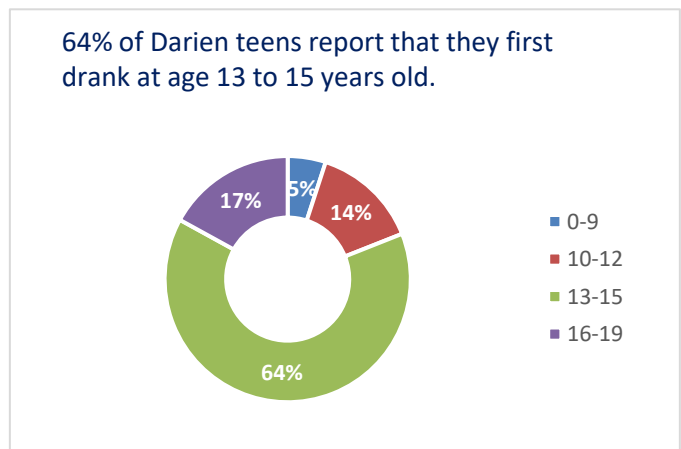
Protective and Risk Factors by Alcohol Use

Alcohol	Did not use in past 30-days % (n=1361)	Used in past 30-days % (n=223)
School & Community Supports (Strongly Agree)		
My teachers really care about me	23	14
Students in my school care about me	28	20
I feel safe at school	45	40
I feel safe in community	51	46
Adults value youth	34	16
Trusted Adult (No)		
	18	18

How connected feel to: (Very/Extremely)		
Adults In school	14	13
Youth In school	60	67
Adults outside of school	45	43
Community	38	38
Self-Image (Strongly Agree)		
Control of life and future	35	29
Valued and appreciated by others	34	36
Sense of purpose in my life	37	37
Ability to deal w/ frustration or disappointment	37	34
Mental Health Indicators		
Thoughts of self-harm	15	22
Self-harm behavior	7	14
Restrictive eating	24	45
Sadness/Hopelessness	18	28
Anxiety	21	34
Considered suicide	7	13
Made a suicide plan	5	9
Attempted suicide	2	4

Age of First Use

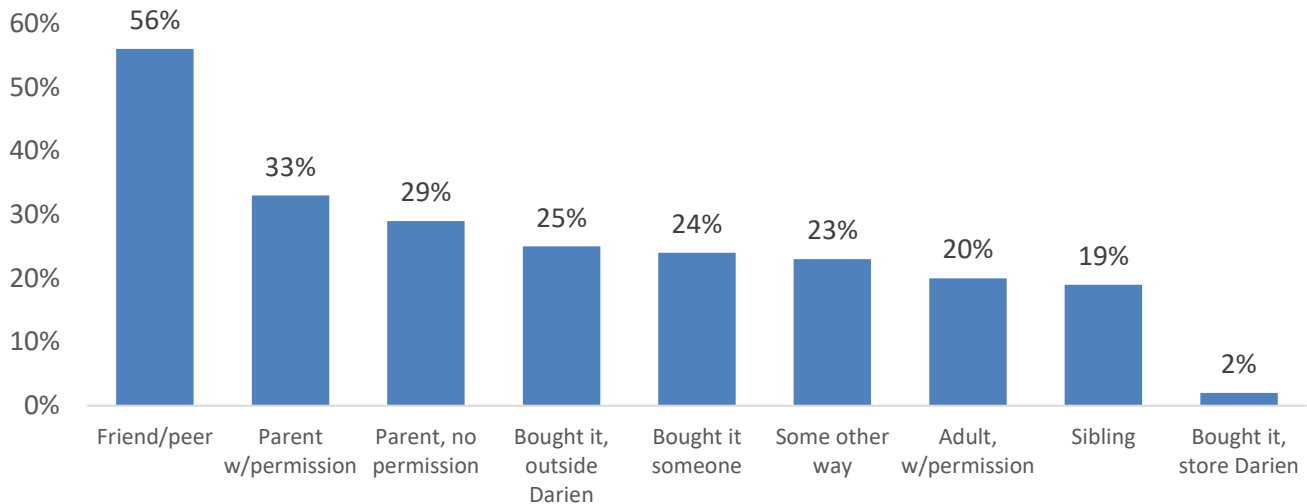
How old were you when you first drank an alcoholic beverage? (n=429)	%
Younger than 8	3
8	^
9	2
10	3
11	4
12	7
13	12
14	27
15	25
16	12
17	4
18	^
19	1



How old were you when you first drank an alcoholic beverage? (n=426)	6-8 Grade (n=62)	9-10 Grade (n=165)	11-12 Grade (n=199)
	%	%	%
Younger than 8 to 9	21	4	2
10 to 12	55	11	3
13 to 15	24	81	63
16 or older	0	4	32

Access

Youth report most often getting alcohol **from friends**. 1 in 3 teens report getting alcohol from a **parent with permission**.



If you ever drank alcohol, where did you get it? (n=454)	Never %	Rarely %	Sometimes/occasionally %	Often %
A parent/guardian, with permission	38	30	22	11
A parent/guardian, without permission	50	21	20	9
An adult, non-family member, with permission	64	15	17	3
A friend/peer gave it to me	28	16	27	29
A sibling gave it to me	71	10	12	7
Bought it from someone else	65	11	14	10
Bought it myself at a store in Darien	92	5	1	1
Bought it myself at a store outside of Darien	68	7	11	14
I got it in some other way	59	17	15	8

Location of Alcohol Use

(Summary chart on page 57)

If you ever drank alcohol, where did you drink? (n=454)	Never %	Rarely %	Sometimes/occasionally %	Often %
At home, alone	83	11	4	2
At home, with parent guardian present	48	29	17	6
With friends at my home or my friends' home	30	14	27	29
In a car	87	8	5	1
At school or on school property	97	2	1	^
At a party	30	13	23	34
A public place, beach, park, woods, or street	71	15	8	6

(Summary chart on page 58)

If you ever drank in a public place, beach, park or woods please indicate where.	6-8 (n=19)* %	9-10 (n=37)* %	11-12 (n=51)* %	6-12 (n=107) %
Cherry Lawn	5	5	20	12
Norton Bay Beach or Pier	11	19	20	18
Pear Tree Point Beach	32	14	20	20
Selleck's Woods	5	3	12	7
Tilley Pond Park	5	3	10	7
Weed Beach	21	27	53	38
Woodland Park	5	3	10	7
Other	47	51	27	39

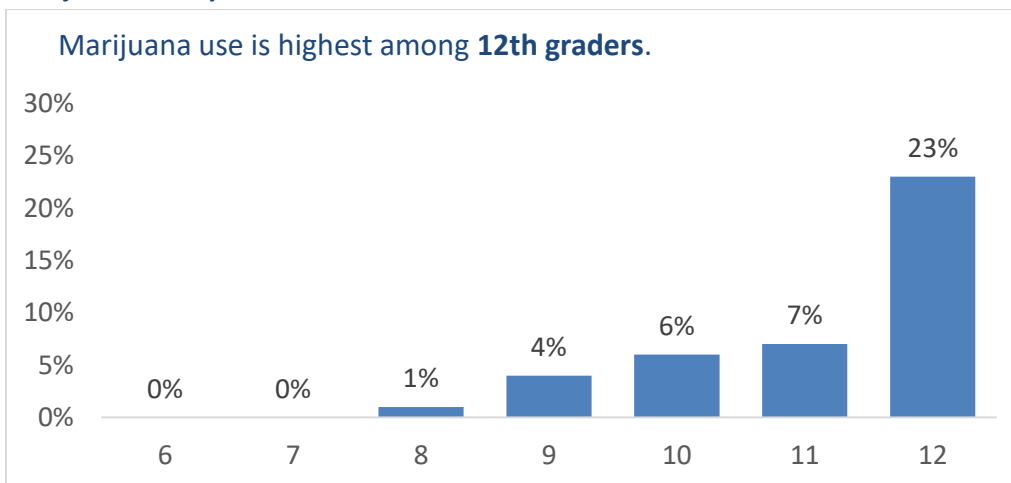
Marijuana Use & Access

Use

Think back over the past 30 days. On how many days, if any, did you:	Grade	I have NEVER used. %	I have used but NOT in the past 30 days. %	Occasionally (1-5 days) %	Frequently (5-20 days) %	Almost every day (21+ days) %
use marijuana or THC products (includes use through a vaping device, smoking it, eating it/edibles, inhaling it)?	6-8	99	1	^	^	^
	9-12	83	8	6	2	1
	6-12	91	4	3	1	^

~The following data charts on Use, Age of First Use, and Access includes only responses from those who indicated Lifetime or Past Month marijuana use. The total sample size is indicated in each chart.

Marijuana Use by Grade



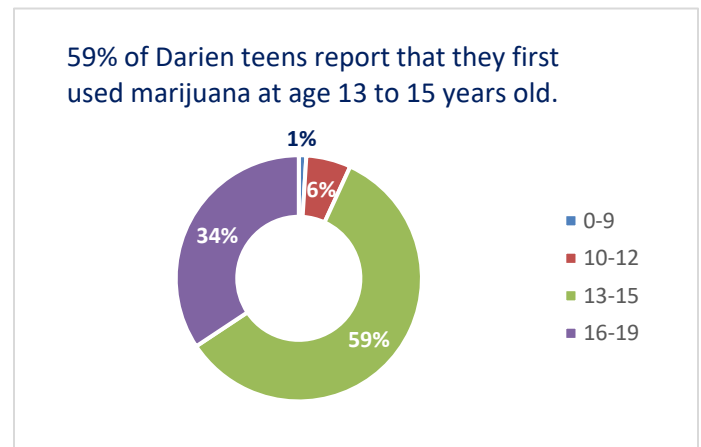
Use by grade	%
6 th	.0
7 th	.3
8 th	.6
9 th	3.8
10 th	6.0
11 th	6.8
12 th	23.1
Use by gender	%
Male	4.6
Female	4.1

Methods of Use

Please indicate the methods and frequency you have used the following marijuana and THC products (weed, cannabis) in the past year: (n=399)	Never %	Rarely %	Sometimes/occasionally %	Often %
Smoked or inhaled (e.g. joint, bong, bowl, bat, etc.)	36	35	20	8
Consumed edibles (e.g. baked goods, candy, soda or other items that contain marijuana or THC)	37	35	22	6
Vaped	44	26	19	12
Dabbed (e.g. wax or hash)	84	10	5	1
Other	91	6	2	1

Age of Onset

How old were you when you first used a marijuana or THC? (n=152)	%
Younger than 8	0
8	0
9	1
10	1
11	1
12	4
13	11
14	17
15	32
16	22
17	9
18	3
19	1



Access

If you ever used marijuana or THC, where did you get it? (n=156)	Never %	Rarely %	Sometimes/ occasionally %	Often %
A parent/guardian, with permission	95	3	1	1
A parent/guardian, without permission	89	5	5	1
An adult, non-family member, with permission	88	5	5	1
A friend/peer gave it to me	16	24	31	28
A sibling gave it to me	75	11	9	5
Bought it from someone else	57	10	19	15
Bought it from internet or social media (e.g. Snapchat)	86	5	5	4
Bought it myself at a store in Darien	97	1	2	0
Bought it myself at a store outside of Darien	68	9	13	10
Medical marijuana dispensary	89	6	3	3
I got it in some other way	81	9	5	6

Location of marijuana use

(Summary chart on page 57)

If you ever used marijuana or THC, where did you use it? (n=154)	Never %	Rarely %	Sometimes/ occasionally %	Often %
At home, alone	61	17	12	10
At home, with parent guardian present	85	10	2	3
With friends at my home or my friends' home	18	26	33	23
In a car	65	11	17	7
At school or on school property	89	5	5	1
At a party	34	23	25	19
A public place, beach, park, woods, or street	60	16	17	7

(Summary chart on page 58)

If you ever used marijuana in a public place, beach, park or woods please indicate where. (n=45)*	%
Cherry Lawn	11
Norton Bay Beach or Pier	4
Pear Tree Point Beach	13
Selleck's Woods	16
Tilley Pond Park	4
Weed Beach	36
Woodland Park	11
Other	44

Vaping Use & Access, Nicotine & E-liquid

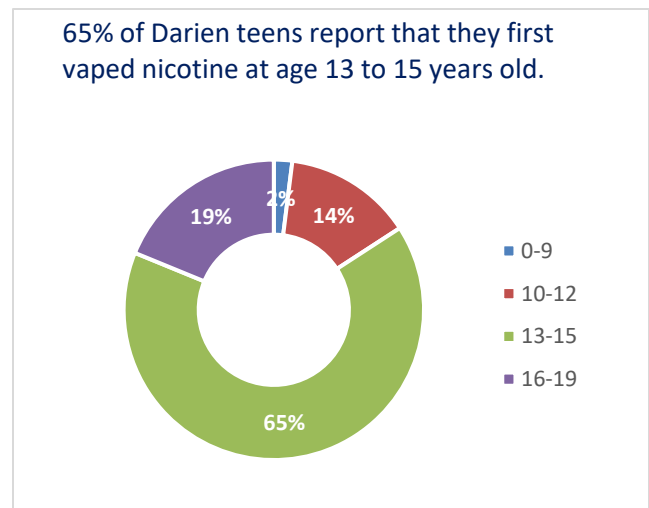
Use

Think back over the past 30 days. On how many days, if any, did you:	Grade	I have NEVER used. %	I have used but NOT in the past 30 days. %	Occasionally (1-5 days) %	Frequently (5-20 days) %	Almost every day (21+ days) %
use a vaping device or e-cig with flavored e-liquid?	6-8	99	1	^	^	^
	9-12	89	6	2	1	1
	6-12	94	3	1	1	1
use a vaping device or e-cig with nicotine (JUUL, Blu, Puff Bar)	6-8	97	2	^	0	^
	9-12	88	7	3	1	1
	6-12	93	4	1	1	1

~The following data charts on Use, Age of First Use, and Access includes only responses from those who indicated Lifetime or Past Month nicotine use. The total sample size is indicated in each chart.

Age of Onset

How old were you when you first used a vaping device with nicotine? (n=117)	%
Younger than 8	1
8	0
9	1
10	0
11	3
12	11
13	15
14	25
15	26
16	16
17	3
18	0
19	0



Access

If you ever vaped nicotine, where did you get it? (n=123)	Never	Rarely	Sometimes/ occasionally	Often
	%	%	%	%
A parent/guardian, with permission	97	3	0	1
A parent/guardian, without permission	92	2	3	3
An adult, non-family member, with permission	89	7	3	1
A friend/peer gave it to me	17	23	31	29
A sibling gave it to me	80	9	6	5
Bought it from someone else	56	11	23	10
Bought it from internet or social media (e.g. Snapchat)	89	3	6	3
Bought it myself at a store in Darien	94	0	4	2
Bought it myself at a store outside of Darien	61	8	13	19
I got it in some other way	76	10	4	9

Location of Use

(Summary chart on page 57)

If you ever vaped nicotine, where did you get it? (n=120)	Never	Rarely	Sometimes/ occasionally	Often
	%	%	%	%
At home, alone	56	16	11	18
At home, with parent guardian present	85	9	3	3
With friends at my home or my friends' home	24	25	30	21
In a car	53	20	13	15
At school or on school property	76	6	6	12
At a party	32	19	23	27
A public place, beach, park, woods, or street	66	15	8	11

(Summary chart on page 58)

If you ever vaped nicotine in a public place, beach, park or woods please indicate where. (n=36)*	%
Cherry Lawn	11
Norton Bay Beach or Pier	17
Pear Tree Point Beach	6
Selleck's Woods	8
Tilley Pond Park	11
Weed Beach	28
Woodland Park	3
Other	47

Prescription Drug Use & Access

Use

Think back over the past 30 days. On how many days, if any, did you:	Grade	I have NEVER used. %	I have used but NOT in the past 30 days. %	Occasionally (1-5 days) %	Frequently (5-20 days) %	Almost every day (21+ days) %
Use your own prescription drugs NOT as intended?	6-8	97	2	^	0	^
	9-12	97	2	1	^	^
	6-12	97	2	1	^	^
use prescription drugs <u>not prescribed to you</u> ?	6-8	98	2	^	0	0
	9-12	97	2	^	0	0
	6-12	98	2	^	^	^

~The following data charts on Use, Age of First Use, and Access includes only responses from those who indicated Lifetime or Past Month prescription drug use. The total sample size is indicated in each chart.

Age of Onset

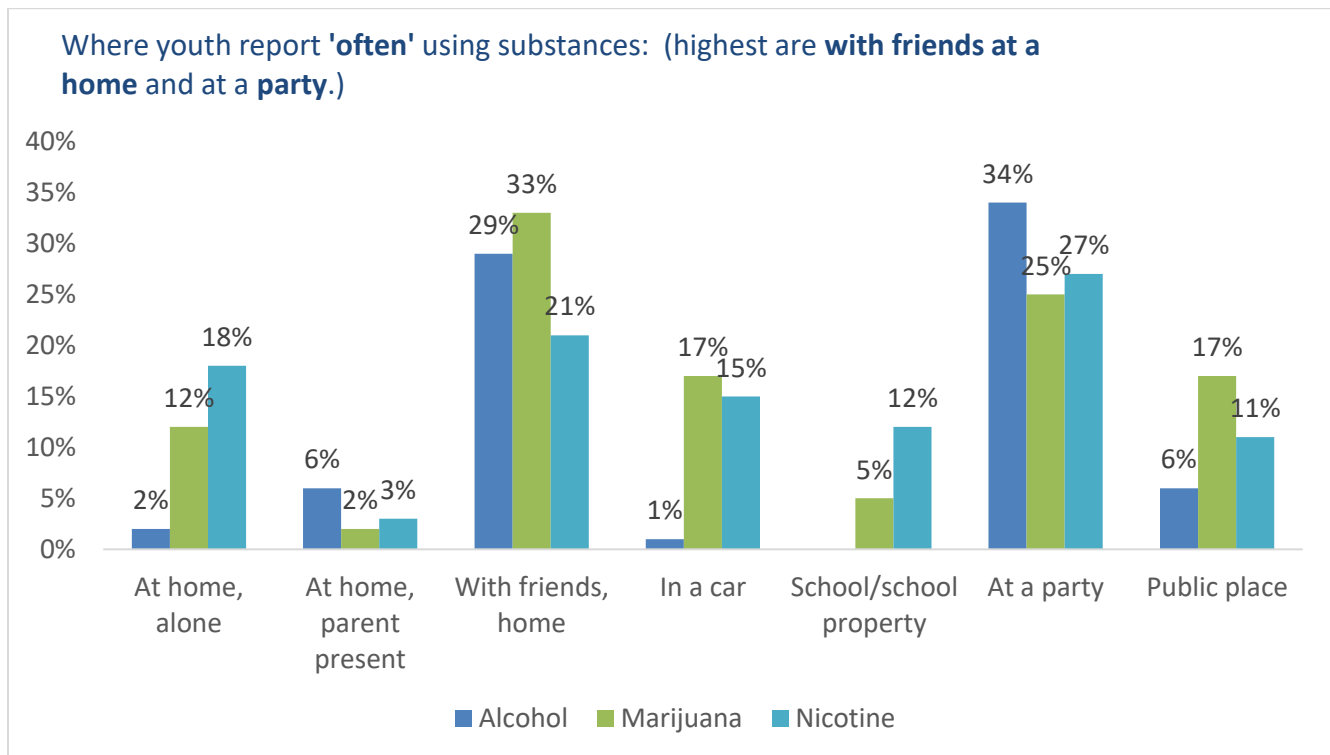
How old were you when you first used prescription drugs not prescribed to you for the purpose of 'getting high' or to feel good, but not for medical purposes? (n=18)*	#
Younger than 8	0
8	2
9	0
10	0
11	0
12	3
13	1
14	2
15	2
16	3
17	4
18	1
19	0

Access

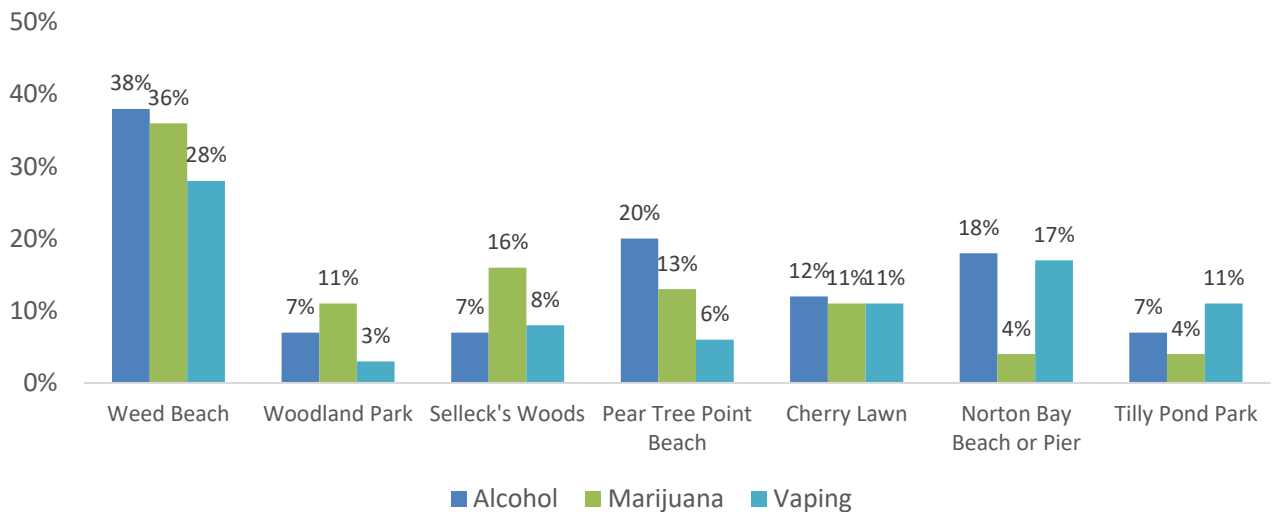
If you ever misused prescription drugs, where did you get them? (n=41)*	Never %	Rarely %	Sometimes/occasionally %	Often %
A parent/guardian, with permission	73	14	14	0
A parent/guardian, without permission	77	5	13	5
An adult, non-family member, with permission	97	3	0	0
A friend/peer gave it to me	78	8	5	8
A sibling gave it to me	95	0	0	5
Bought it from someone else	100	0	0	0
Bought it from internet or social media (e.g. Snapchat)	100	0	0	0
I got it in some other way	85	9	3	3

Additional Substance Use Rates

Have you EVER used any of the following?	NO, Never %	Lifetime Use %	YES, in the past 30 days %
Cigarettes	97	2	1
Other tobacco products (chewing tobacco, cigars, snuff)	97	1	1
Ecstasy or Molly (MDMA)	100	^	0
Cocaine/crack cocaine	100	^	0
Hallucinogens (LSD, acid, mushrooms, PCP)	99	1	^
Heroin/Fentanyl	100	^	0
Inhalants (things you sniff or inhale to get high such as glue, paint, whippets, or sprays)	98	2	^
Synthetic marijuana (Spice, K2, K3, Delta-8)	97	2	1
Ketamine (Special K)	100	^	0
Methamphetamine (Meth)	100	^	0



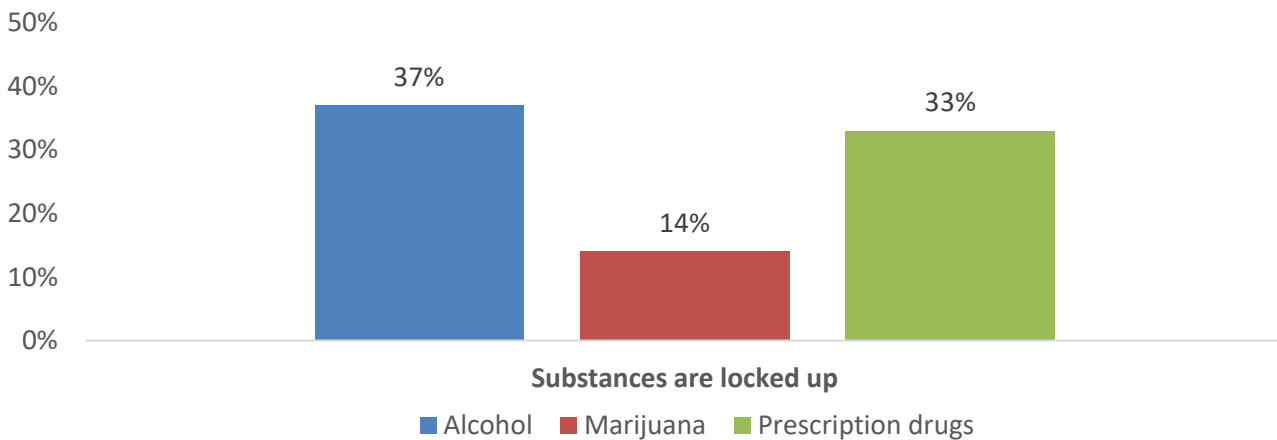
Teens were asked to indicate any public places where they have used substances. **Weed Beach** has the highest ranking of the included sites.



Access to Substances

Access at Home

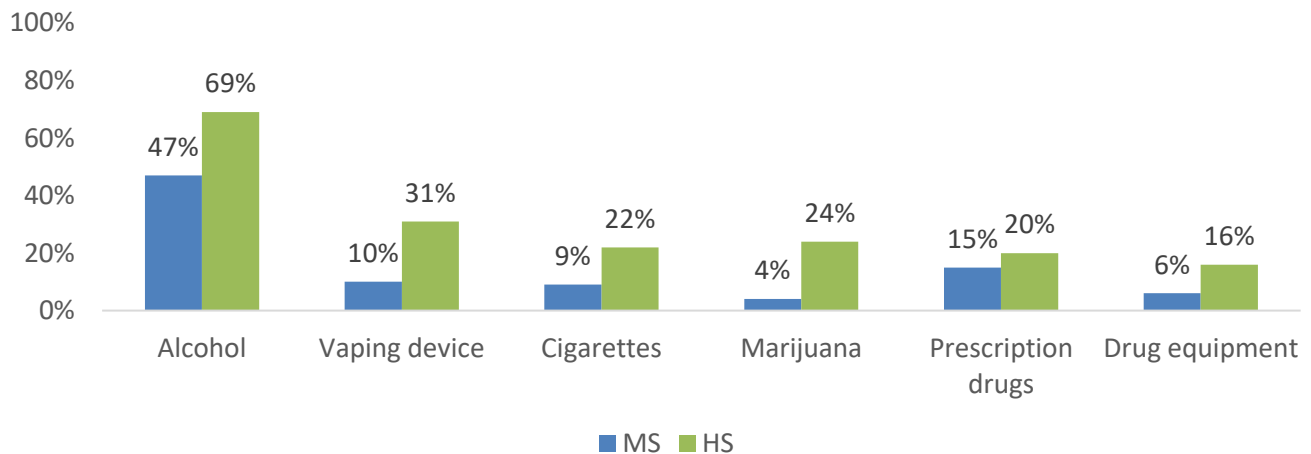
The percentage of youth who indicate that substances are kept **locked up at home**:



Are the following substances kept locked up in your home? (e.g. in a locked cabinet or fridge, sealed with a sticker, or otherwise inaccessible to kids.)	Grade	Not applicable/ not kept in my home %	Yes %	No %	Not sure %
Alcohol	6-8	18	38	32	12
	9-12	11	26	56	7
	6-12	15	32	44	10
Marijuana or THC products	6-8	76	2	16	6
	9-12	79	4	13	3
	6-12	78	3	15	4
Prescription Drugs	6-8	31	25	29	15
	9-12	22	24	46	9
	6-12	26	25	37	12

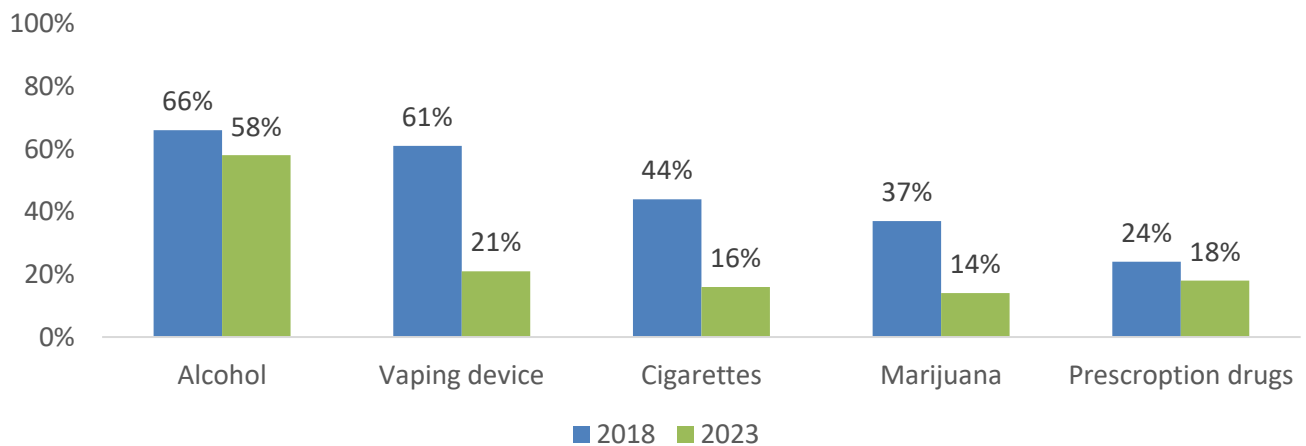
Perception of Access to Substances

Among all 6th to 12th graders, **alcohol** is perceived to be the easiest substance to get access to. More than 1 in 2 teens feel it would be **easy** to get alcohol.



How easy or hard would it be for you to get the following substances if you wanted them?	Grade	Very hard %	Sort of hard %	Sort of easy %	Very easy %
Alcohol such as beer, wine, hard liquor, alcoholic seltzers, etc.	6-8	31	21	25	22
	9-12	13	18	32	37
	6-12	22	19	28	30
Marijuana or THC products	6-8	86	10	2	2
	9-12	55	21	14	10
	6-12	71	16	8	6
A vaping device with nicotine (JUUL, Blu, Puff Bar)	6-8	76	14	5	5
	9-12	47	22	17	14
	6-12	62	18	11	10
Cigarettes or other tobacco products (chewing or pipe tobacco, cigars)	6-8	79	11	5	4
	9-12	55	23	13	9
	6-12	67	17	9	6
Prescription drugs – for the purpose of ‘getting high’ or to feel good, but not for medical purposes	6-8	70	14	9	6
	9-12	55	24	13	7
	6-12	63	19	11	7
Drug equipment and supplies (pipes, bongs, rolling papers)	6-8	87	7	4	2
	9-12	65	20	9	7
	6-12	76	13	6	4

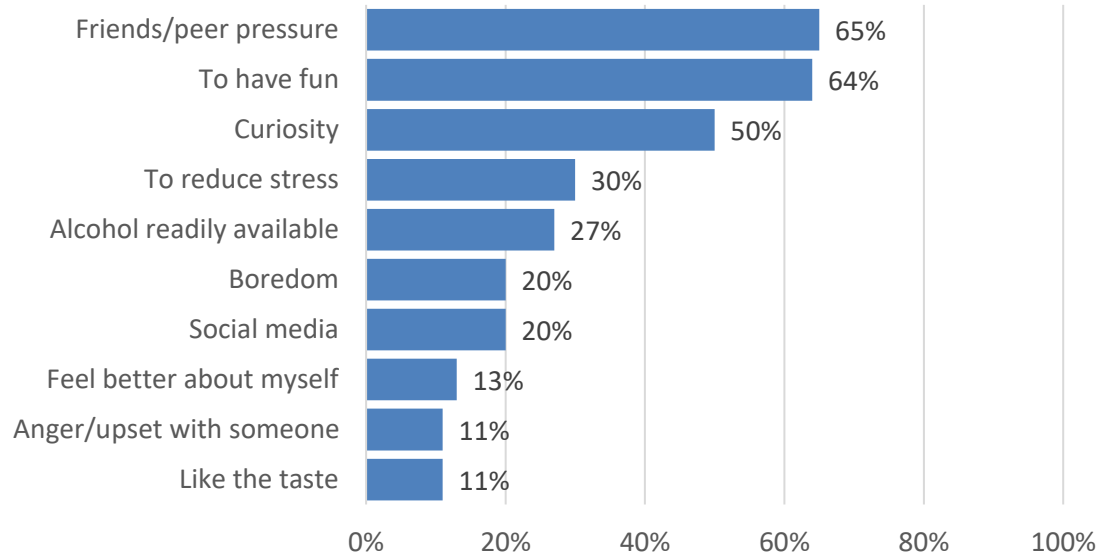
The perception that it is easy to access substances has **decreased** from 2018 to 2023. Teens perception that **access to alcohol is easy remains the highest.**



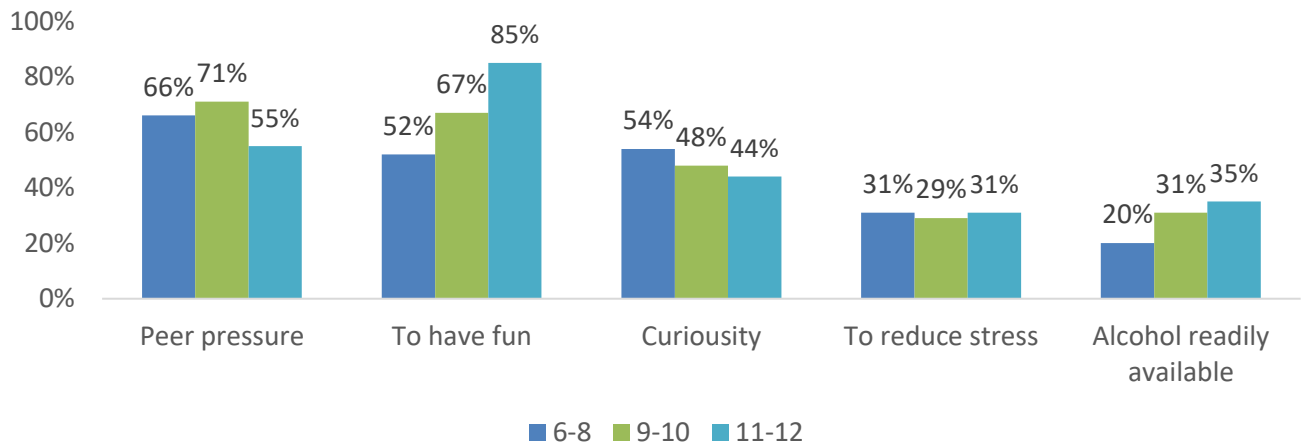
How easy or hard would it be for you to get the following substances if you wanted them?	2018 %	2021 %	2023 %
Alcohol	66		58
Marijuana/THC products	37		14
Vaping device with nicotine	61		21
Cigarettes/tobacco products	44		16
Prescription drugs (for purpose of getting high or to feel good)	24		18

Factors Influencing Youth to Drink

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



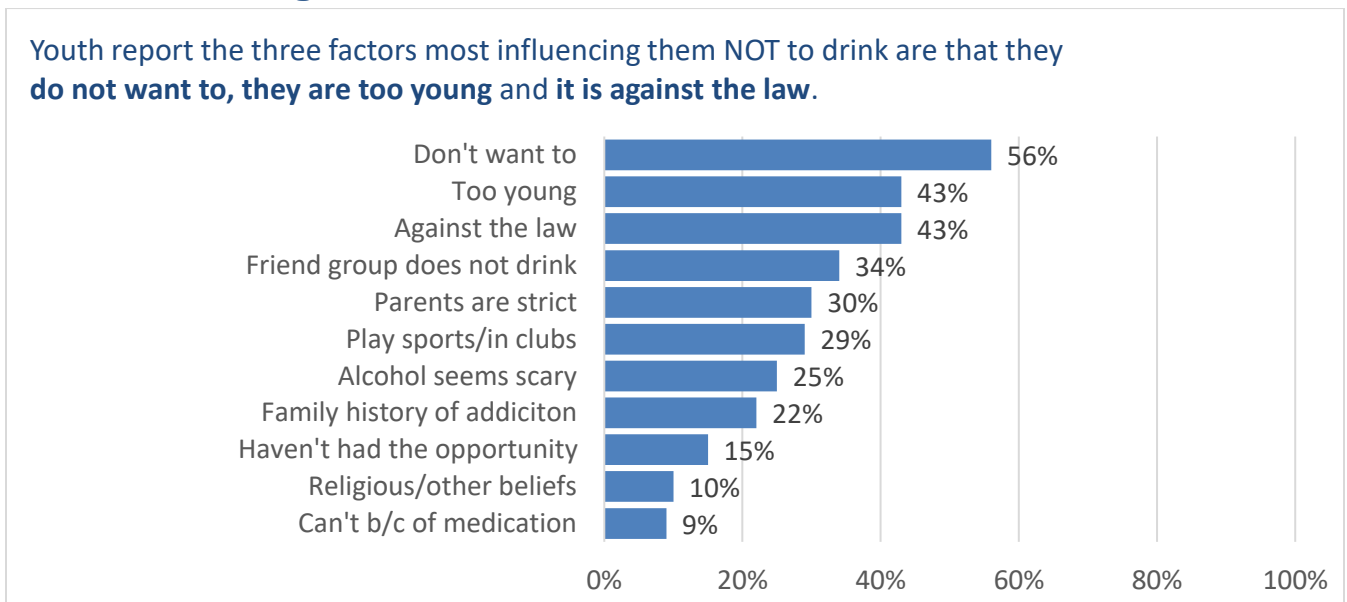
Looking at the top five influences **TO drink** broken down by grade levels there is **large variation in peer pressure, to have fun, curiosity and access to alcohol.**



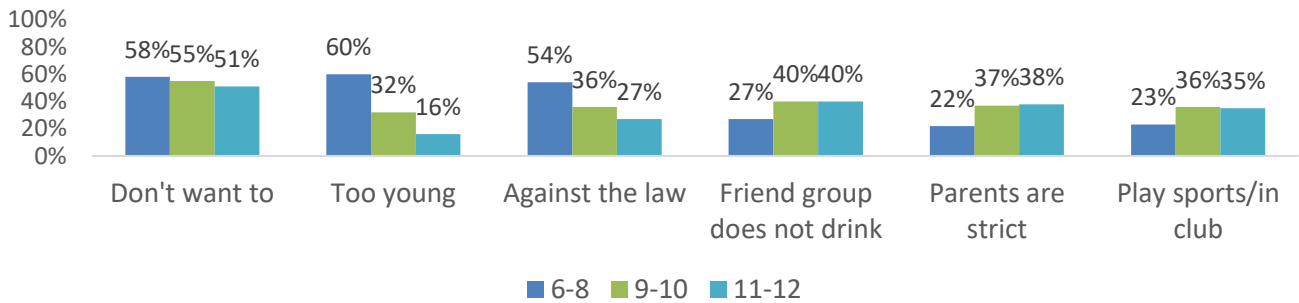
What 3 factors are most important in influencing you, or people your age, to drink?	6-8 %	9-10 %	11-12 %	6-12 %	Male %	Female %
Alcohol readily available	20	31	35	27	30	24 ^A
Anger/upset with someone	15	9	6	11	11	9
Boredom	19	18	24	20	23	17 ^A
Curiosity	54	48	44	50	53	48
Feel better about myself	15	12	11	13	12	13
Friends/ peer pressure	66	71	55	65	62	68 ^A
Like the taste	11	11	11	11	13	9 ^A
Reduce stress	31	29	31	30	29	30
Social media (seeing pictures, promotion of alcohol or other substances, advertisements, etc.)	24	18	13	20	18	22 ^A
To have fun	52	67	85	64	64	65

^ASignificant difference between Male and Female

Factors Influencing Youth Not to Drink



Looking at the top six influences **NOT to drink** broken down by grade levels there is **large variation in being too young, legality, friend group, parents are strict and playing in sports or club.**

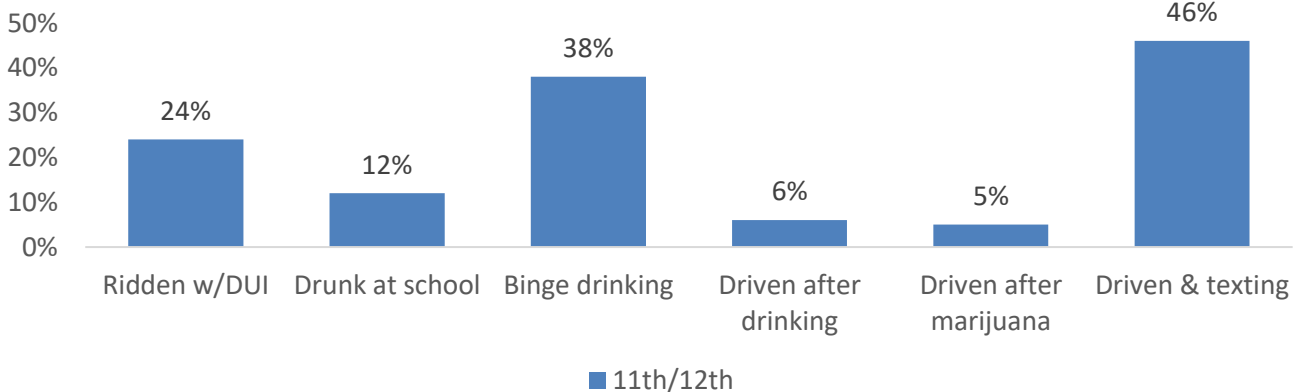


What 3 factors are most important in influencing you, or people your age, NOT to drink?	6-8 %	9-10 %	11-12 %	6-12 %	Male %	Female %
Alcohol seems scary	31	21	17	25	24	25
Can't drink because of medication I take	4	9	21	9	7	10
Family history of addiction	16	25	32	22	22	21
Friends group does not drink	27	40	40	34	34	34
Haven't had the opportunity	9	20	23	15	12	19 ^A
It's against the law	54	36	27	43	48	39 ^A
Just don't want to	58	55	51	56	57	54
Parents are strict	22	37	38	30	30	30
Play sports/involved with club(s)	23	36	35	29	30	31
Religious or other beliefs	9	9	13	10	11	7 ^A
Too Young to drink	60	32	16	43	43	42

^ASignificant difference between Male and Female

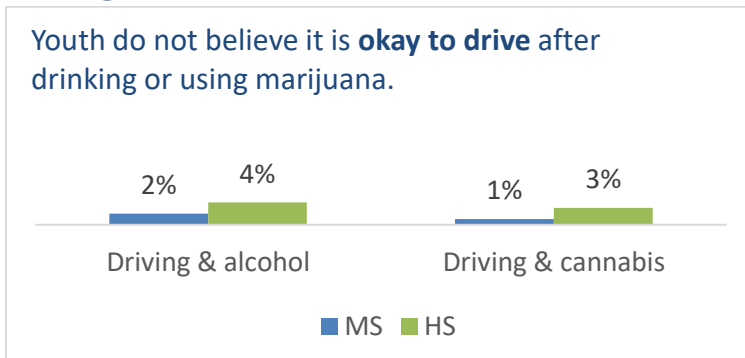
Risky Behaviors Related to Substance Use

Among 11th and 12th graders, close to 4 in 10 report **binge drinking** in the past year. Rates of **driving under the influence** are low; rates of **driving and texting** are high.



During the last 12 months, how many times have you...?	Grade	Never %	1 time %	2 or more times %	Not applicable/ Do not drive %
Ridden in a car whose driver had been drinking or using drugs?	6-8	80	6	5	8
	9-12	79	9	11	2
	6-12	80	8	8	5
Been drunk or high at school or at a school event (prom, football games, etc.)?	6-8	91	^	^	8
	9-12	91	3	4	2
	6-12	91	2	2	5
Drunk four or more alcoholic drinks in less than 2 hours?	6-8	91	^	^	8
	9-12	76	6	15	3
	6-12	83	3	8	6
Driven a car after you had been drinking?	6-8	80	0	0	20
	9-12	89	2	1	9
	6-12	84	1	^	15
Driven a car after you had been using marijuana or THC product?	6-8	80	0	0	20
	9-12	89	1	1	9
	6-12	85	^	1	14
Driven a car while texting?	6-8	76	1	1	21
	9-12	68	6	16	10
	6-12	72	4	8	16

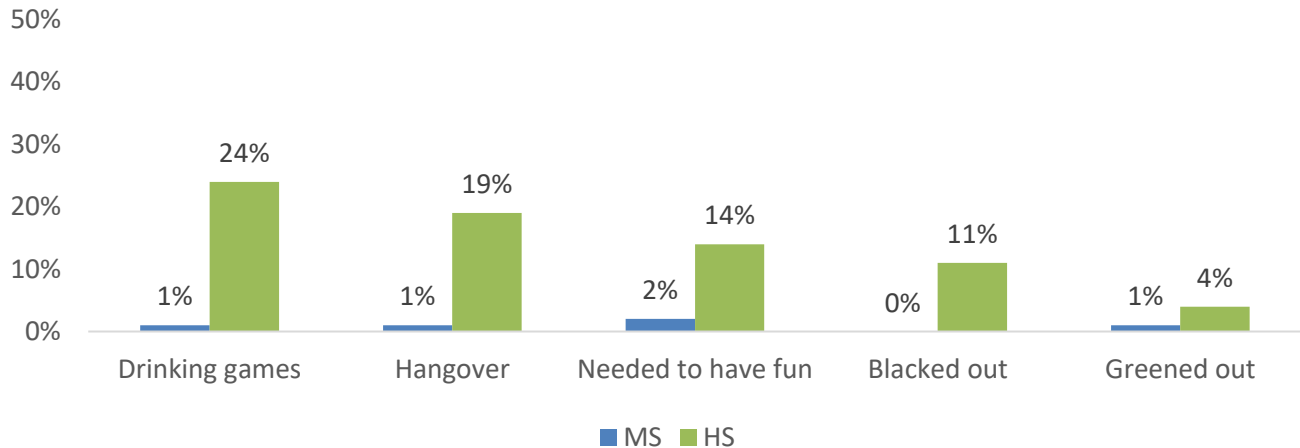
Driving and Substance Use



It's okay to...	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
drive after you've had a couple of drinks.	6-8	91	8	1	1
	9-12	90	6	2	2
	6-12	91	7	1	1
drive after you have used marijuana or THC products	6-8	94	5	1	^
	9-12	89	8	1	2
	6-12	92	6	1	1

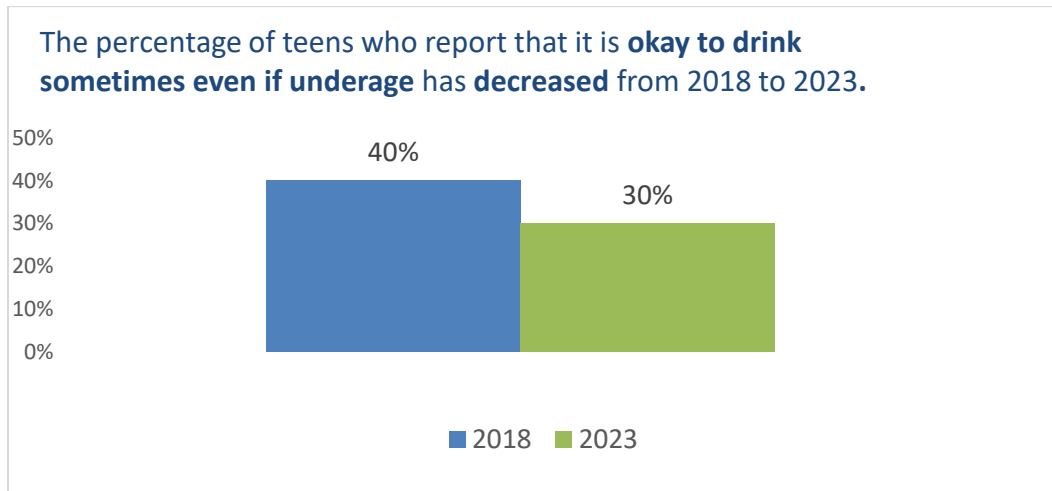
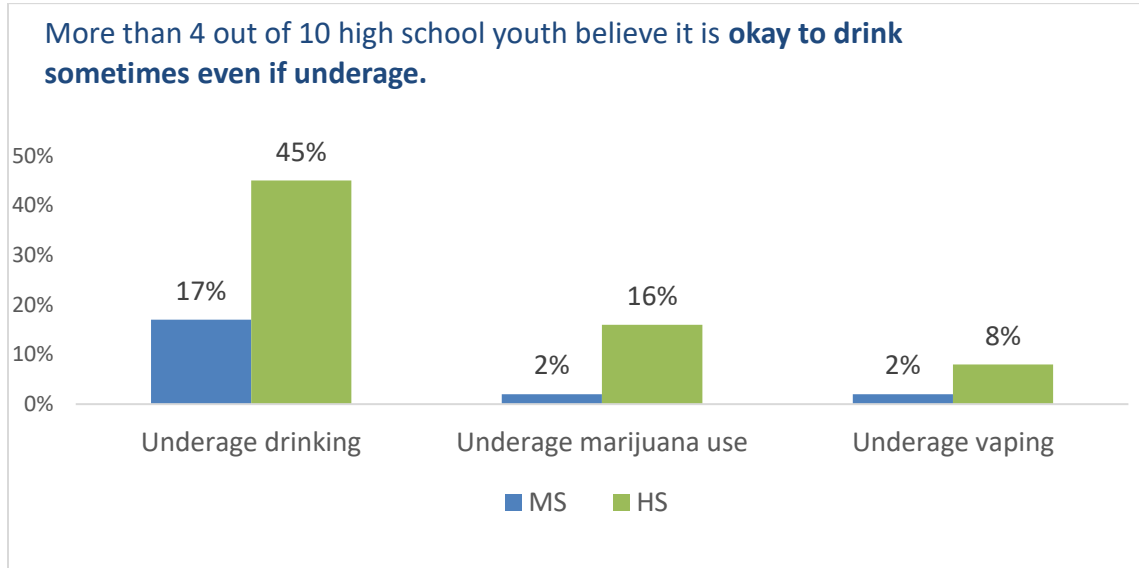
Consequences of Alcohol Use

1 in 5 high schoolers report having a hangover in the past year, 1 in 10 report that they have **blacked out from drinking** in the past year.



During the last 12 months, how many times have you...?	Grade	Never %	1 time %	2 or more times %
Drank so much you blacked out or forgot what happened?	6-8	100	0	^
	9-12	89	6	5
	6-12	95	3	2
Played competitive drinking games? (e.g. beer pong)	6-8	99	1	^
	9-12	77	8	16
	6-12	88	4	8
Had a hangover?	6-8	99	^	1
	9-12	81	8	11
	6-12	90	4	6
Needed a drink to have fun?	6-8	98	1	1
	9-12	86	6	8
	6-12	92	3	4
Had to take care of a friend who got too drunk?	6-8	98	1	1
	9-12	73	13	14
	6-12	86	7	8
Greened out or passed out after dabbing (using marijuana or THC product)	6-8	99	^	^
	9-12	96	3	1
	6-12	98	2	1

Additional Attitudes on Underage Substance Use



It's okay to...	Grade	Strongly Disagree	Somewhat Disagree	Somewhat Agree	Strongly Agree
		%	%	%	%
vape nicotine even if your underage.	6-8	92	6	1	1
	9-12	74	18	6	2
	6-12	83	12	4	1
drink sometimes even if you are underage.	6-8	59	24	14	3
	9-12	30	26	32	12
	6-12	45	25	23	7
use marijuana or THC products even if you are underage.	6-8	94	4	1	1
	9-12	65	19	12	4
	6-12	79	11	7	2