



2025 Darien Youth Survey

SUMMARY REPORT

CHANANA CONSULTING

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Introduction

The Darien Youth Survey, conducted in January and February 2025, collected data from youth at one middle school and one high school within Darien Public Schools. The survey aims to provide insights into youth behaviors, experiences, and perceptions to inform the strategic planning of Thriving Youth Darien (TYD) and other organizations supporting youth well-being in the community. The survey was administered to youth enrolled in Darien Public Schools to ensure a representative sample and reliable data. The findings presented in this report are not reflective of the schools but are intended to reflect the greater community of Darien. TYD could not collect the Darien Youth Survey without the support and collaboration of Darien Public Schools.

The survey serves three primary objectives: (1) assessing youth perceptions and experiences regarding substance use, mental health, and social behaviors; (2) monitoring trends in risk and protective factors over time; and (3) amplifying youth voices to guide community initiatives and policies.

Survey Background

The 2025 survey builds upon the 2023 iteration and integrates validated items from established national and state surveys, and whenever possible, questions and responses in the survey are taken verbatim from the following:

- 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

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 components of the survey explore key issues such as substance use, anxiety, depression, social media and gaming habits, impact of technology, bullying, extracurricular involvement, self-esteem, and access to resources, and family norms.

Survey Methodology

How the Survey was Conducted

To ensure a representative sample, the survey was carried out in January and February 2025 to students in grades 6 to 12 at Middlesex Middle School and Darien High School using an online format via SurveyMonkey. Parents and guardians received notification emails about the survey's purpose and were given the option to opt their children out through a passive consent process.

Participants were directed to access a SurveyMonkey link and an instructional video that included an overview of the survey, the assurance of anonymity, and information about their option to decline participation. Furthermore, any question could be skipped if a student was not comfortable answering. To maintain confidentiality, no names or identification numbers were collected. Additionally, students could skip any question they were uncomfortable answering, except for the grade-level prompt.

Data Analysis

Final Dataset

To create the final dataset a careful review was made of individual survey responses; 103 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 1787 surveys for grades 6-12.

Sample Response Rates

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

Table 1. Response Rates

Grade(s)	Sample Count	Population Count	Response Rate (%)
Grade 6	237	345	68.7
Grade 7	277	341	81.2
Grade 8	279	357	78.2
Grade 9	251	330	76.0
Grade 10	262	339	77.3
Grade 11	248	364	68.1
Grade 12	232	353	65.7
Grades 6-8	793	1043	76.0
Grades 9-12	993	1386	71.6
Grades 6-12	1786	2429	73.5

Table 2 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 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 6-8	95%	1.7
Grades 9-12	95%	1.7
Grades 6-12	95%	1.2

Sample Size Considerations

A low sample size can affect survey results in several important ways (noted with an asterisk* throughout the report):

- **Reduced Statistical Power:** Smaller samples decrease the ability to detect true differences or relationships between variables. As a result, real trends or effects may not reach statistical significance, even if they exist within the population.
- **Increased Margin of Error:** Smaller sample sizes yield wider margins of error, reducing the precision of survey estimates. Findings are more likely to deviate from the true population values.
- **Increased Risk of Bias:** When fewer individuals respond, the sample may not reflect the full diversity of the population. If key demographic groups are underrepresented, the results may be biased and less generalizable.

- **Weaker Conclusions:** Findings from a small sample should be interpreted with caution. Conclusions are less robust and may not confidently inform policy or program decisions.

Statistical Analyses

Statistical significance indicates that observed differences between groups are unlikely to be due to chance, based on a 95% confidence level ($p < 0.05$). This means there is less than a 5% probability that the difference occurred randomly. However, statistical significance does not always imply practical significance. It is the responsibility of the reviewer to consider whether the magnitude or nature of a statistically significant difference is meaningful in real-world contexts. Similarly, a lack of statistical significance does not imply that a finding is unimportant. It may still have practical or programmatic value, particularly in small-sample studies. Significance is noted throughout the report with superscripts.

Disclaimer

This survey report is intended for informational purposes only and may contain minor errors such as typographical or formatting issues. While efforts have been made to ensure accuracy, occasional mistakes may occur. If you notice unclear language or possible errors, please contact us for clarification.

Demographics

In 2025, the survey sample consisted of a total of 1786 students. This is the seventh cycle of youth survey collection in Darien.

Table 3. Number of Participants

Participants	2008	2011	2014	2018	2021	2023	2025
7 - 12 grade	1736	**	1855	1954	2027	**	**
6 - 12 grade	**	**	**	**	**	1907	1787

Table 4. Gender

Gender	#	%
Female	888	51.1
Male	849	48.9

Table 5. Race and Ethnicity

Race	#	%
American Indian or Alaskan Native	31	1.4
Asian or Asian American	216	9.9
Black or African American	55	2.5
Hispanic or Latino	145	6.7
Middle Eastern or North African	42	1.9
Native Hawaiian or Other Pacific Islander	19	.9
Multiracial	182	8.4
White	1484	68.3

Table 6. Answering About Sexual Orientation

Are you comfortable answering a question about your sexual orientation?	%
Yes	87.7
No (n=210)	12.3

Table 6a. Not Comfortable Answering about Sexual Orientation by Gender and Grade (n=210)

Gender	%
Female	54.5
Male	45.5
Grade	%
6	29.1
7	16.2
8	16.2
9	11.4
10	9.5
11	9.5
12	8.1

Table 6b. LGBTQ+ Community

Are you a member of the LGBTQ+ community? (n=1554)	%
Yes~	5.1
No	90.2
I am not sure	3.4
I prefer not to answer	1.4

~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/>

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

70% of teens report spending time playing on or helping with sports/teams, 50% in clubs and organization, and 34% report involvement with community service/volunteering.

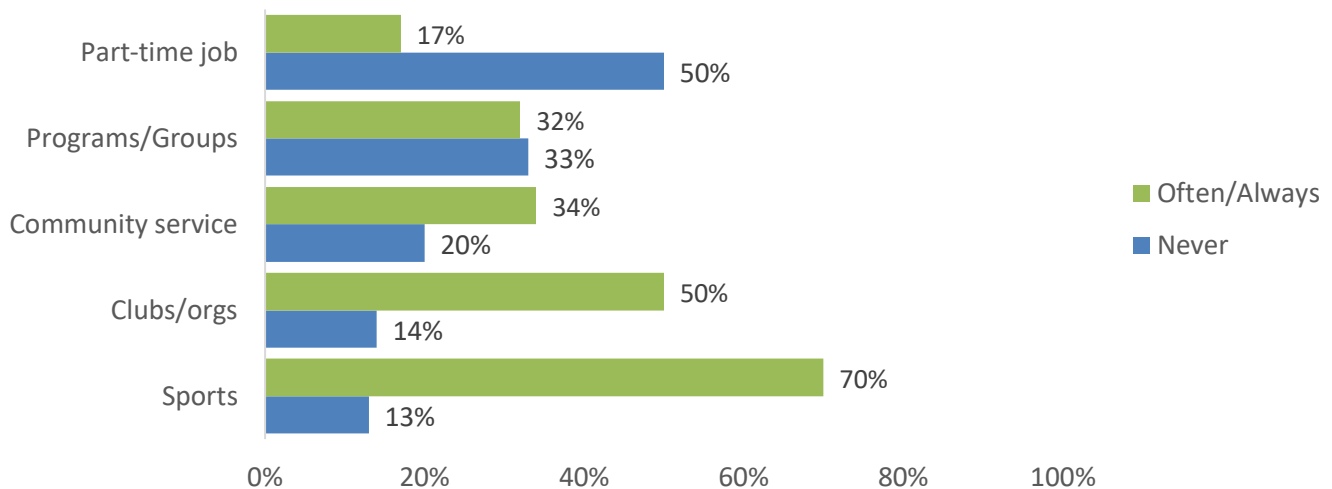


Table 7. Commitments

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	10.9	6.7	12.1	21.8	48.5
	9-12	13.8	5.2	10.9	24.9	45.2
	6-12	12.5	5.9	11.4	23.5	46.7
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	21.5	22.9	19.3	21.1	15.1
	9-12	7.2	9.9	21.2	25.6	36.0
	6-12	13.6	15.7	20.4	23.6	26.8
Programs or groups at a church, synagogue, mosque, or other faith-based place	6-8	29.7	17.6	17.2	19.6	15.8
	9-12	35.8	17.2	17.4	16.8	12.7
	6-12	33.1	17.4	17.4	18.1	14.1
Community service or volunteering	6-8	30.1	26.4	26.0	12.1	5.3
	9-12	11.6	15.8	25.8	25.9	21.0
	6-12	20.0	20.5	25.9	19.8	14.1
Part-time job	6-8	65.2	17.3	12.5	3.6	1.4
	9-12	37.6	16.1	19.4	15.2	11.7
	6-12	49.8	16.6	16.3	10.1	7.2

Males report lower rates of involvement in clubs, faith-based programs, community service and part-time jobs.

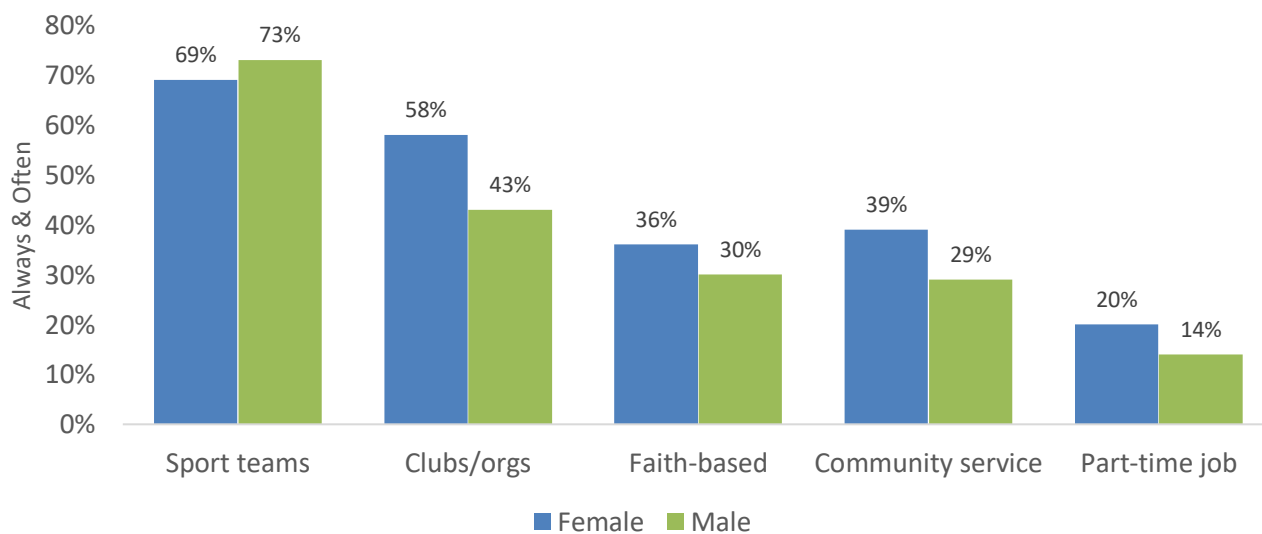


Table 7a. Commitments by Gender

In the past year, how much have you been involved with the following...	Often & Always %	Female %	Male %
Playing on or helping with sports teams at school or in the community	70.2	69.1	72.8
In clubs or organizations (both in and out of school) other than sports teams	50.4	57.5	42.7 ^A
Programs or groups at a church, synagogue, mosque, or other faith-based place	32.1	35.8	29.7
Community service or volunteering	33.9	38.9	29.0 ^A
Part-time job	17.3	20.2	14.1 ^A

^A Significant difference between Female and Male

Table 7b. Commitments, 2023 to 2025

In the past year, how much have you been involved with the following... (Often and Always)	Grade	2023 %	2025 %
Playing on or helping with sports teams at school or in the community	6-8	70	70.3
	9-12	71	70.1
	6-12	71	70.2
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	29	36.3
	9-12	54	61.6
	6-12	42	50.4
Programs or groups at a church, synagogue, mosque, or other faith-based place	6-8	27	35.5
	9-12	23	29.5
	6-12	25	32.1
Community service or volunteering	6-8	15	17.5
	9-12	41	46.8
	6-12	28	33.9
Part-time job	6-8	7	5.0
	9-12	24	26.9
	6-12	16	17.3

Knowledge of Resources

32% of middle schoolers and 17% of high schoolers do not know or are unsure where to get help for **mental health issues**.

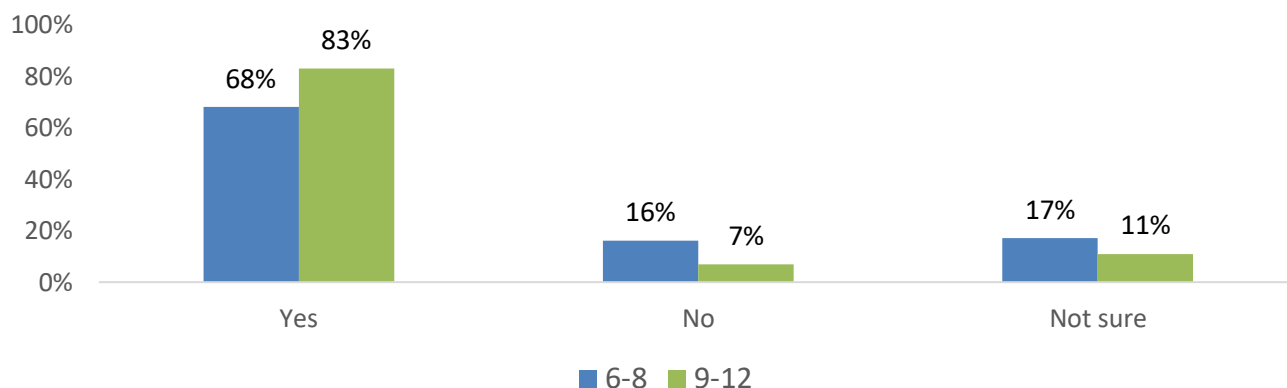


Table 8. Knowledge of Mental Health and Substance Use Resources

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	67.9	15.5	16.6
	9-12	82.8	6.5	10.8
	6-12	76.2	10.4	13.4
you are concerned for yourself, a friend or family member around substance misuse?	6-8	51.6	31.8	16.6
	9-12	71.7	16.8	11.4
	6-12	62.8	23.4	13.8

Table 8a. Knowledge of Resources by Gender

Do you know where to go for help if: (Yes)	Female %	Male %
you, a friend or family member are struggling with a mental health issue?	80.1	72.7 ^A
you are concerned for yourself, a friend or family member around substance misuse?	65.3	60.8

^A Significant difference between Female and Male

The percentage of youth who **know where to get help for mental health and substance misuse issues** has increased from 2023 to 2025.

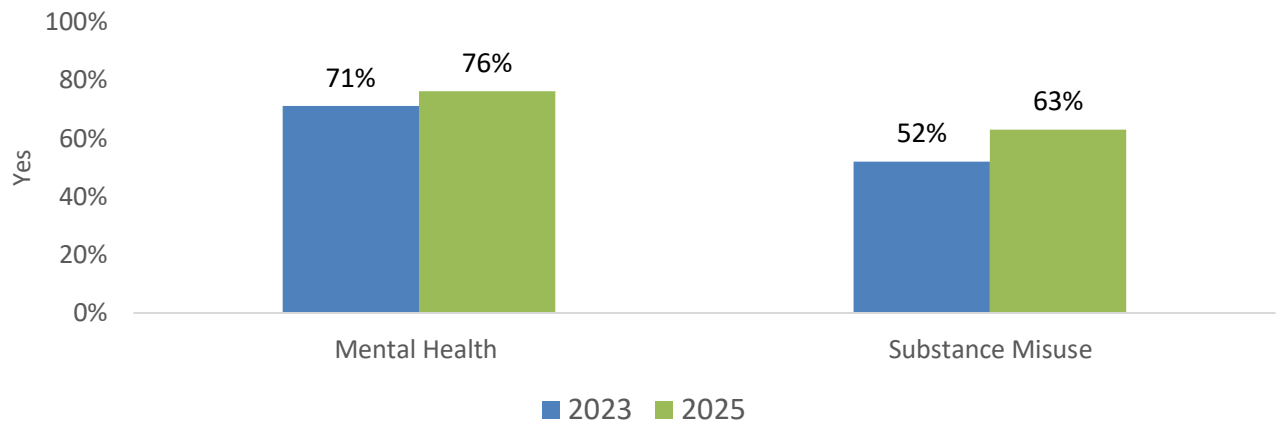


Table 8b. Knowledge of Resources, 2023 to 2025

Do you know where to go for help if: (Yes)	Grade	2023 %	2025 %
you, a friend or family member are struggling with a mental health issue?	6-8	63	67.9
	9-12	80	82.8
	6-12	71	76.2
you are concerned for yourself, a friend or family member around substance misuse?	6-8	46	51.6
	9-12	58	71.7
	6-12	52	62.8

Trusted Adult

In 2025, 87% of Darien teens report having a **trusted adult** in their life. The percentage of teens who report having a trusted adult has continued to increase since 2021.

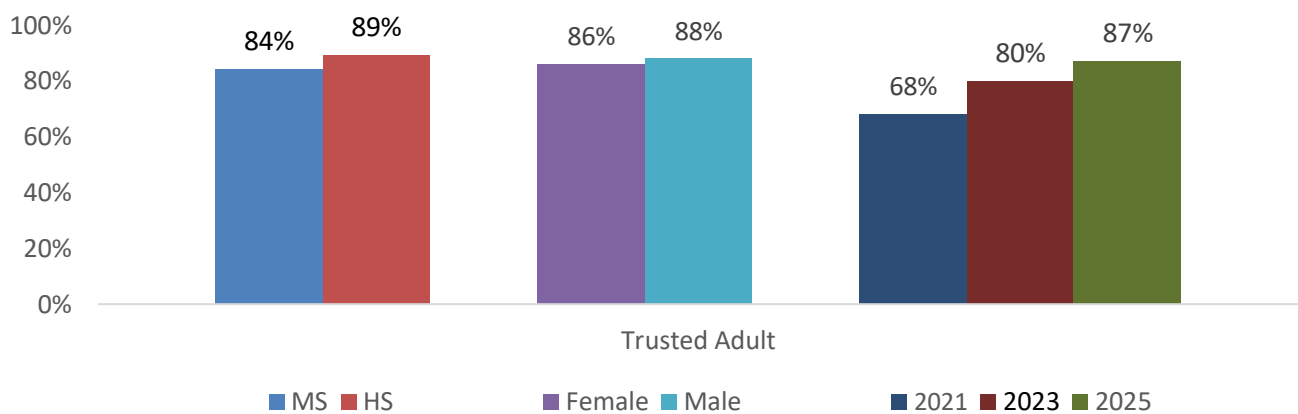


Table 9. Trusted Adult

	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	83.5	16.5
	9-12	89.4	10.6
	6-12	86.8	13.2

Table 9a. Trusted Adult, by Gender

	Female %	Male %
Is there an ADULT (other than your parent or guardian) that you trust that you can talk to about important things?	85.5	87.9

Table 9b. Trusted Adult, 2021 to 2025

	2021 %	2023 %	2025 %
Is there an ADULT (other than your parent or guardian) that you trust that you can talk to about important things?	68	80	86.8

Among the 87% 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 (74%), a grandparent/other family member (63%), or a school counselor (55%).

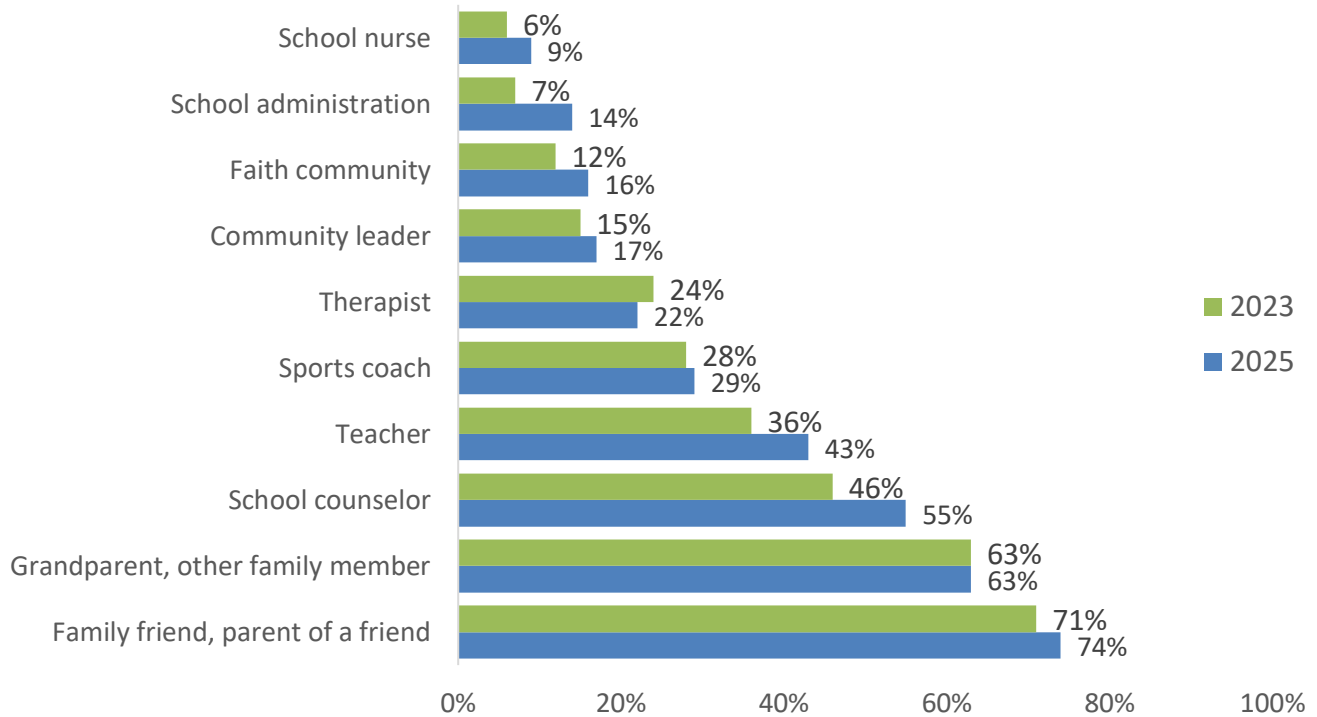


Table 10. Trusted Adults

Who are those people? (n=1513)	2023 (n=1505) %	2025 (n=1513) %
Teacher (current or past)	36	43.1
School Counselor	46	54.9
School administrator	7	14.1
School nurse	6	8.7
Sports coach	28	29.4
Community leader (club, scouts, youth group, volunteer organization, internship or job supervisor)	15	16.6
Therapist	24	21.9
Leader of my faith community	12	15.7
Grandparent/Other family member (Aunt, Uncle, Older sibling or cousin)	63	63.2
Family friend, parent of a friend, neighbor	71	73.5
Other	8	7.8

Self-Image

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

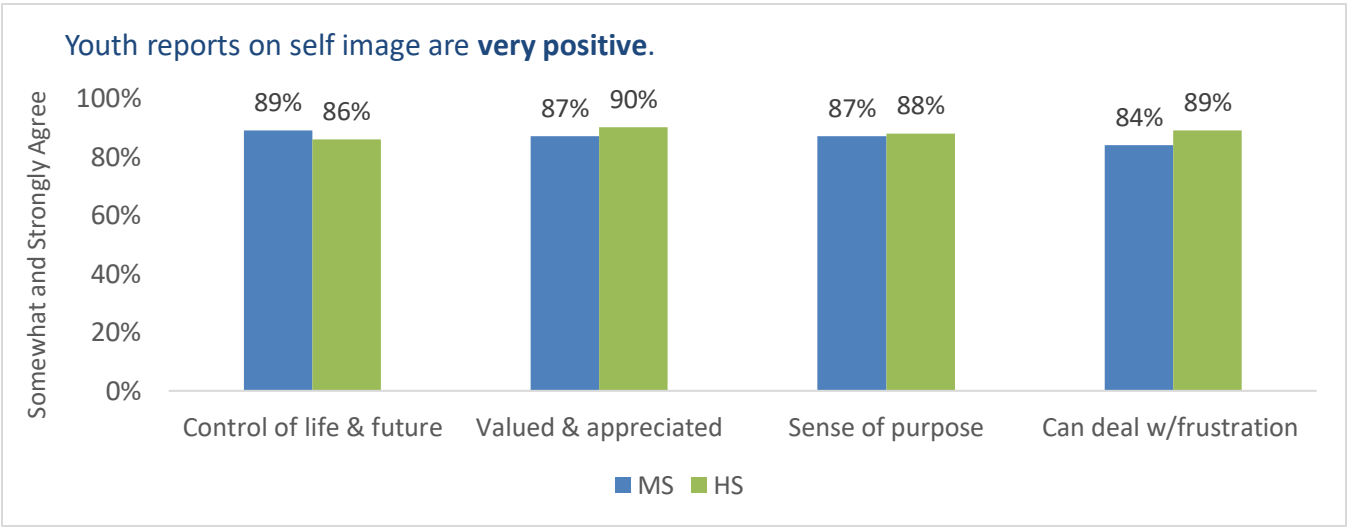


Table 11. Self-Image

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	2.6	8.2	47.0	42.3
	9-12	2.2	12.1	50.9	34.8
	6-12	2.4	10.4	49.2	38.1
I feel valued and appreciated by others	6-8	2.7	10.0	44.0	43.3
	9-12	1.6	8.6	52.6	37.2
	6-12	2.2	9.2	48.8	39.9
I am developing a sense of purpose in my life	6-8	2.7	9.9	40.9	46.5
	9-12	1.9	10.4	48.3	39.4
	6-12	2.3	10.2	45.0	42.5
I have the ability to deal with frustration or disappointment	6-8	2.8	13.2	42.5	41.5
	9-12	1.7	9.3	48.0	41.0
	6-12	2.2	11.0	45.6	41.2

Females report **lower** rates on all self-image questions. Reports have improved since 2023.

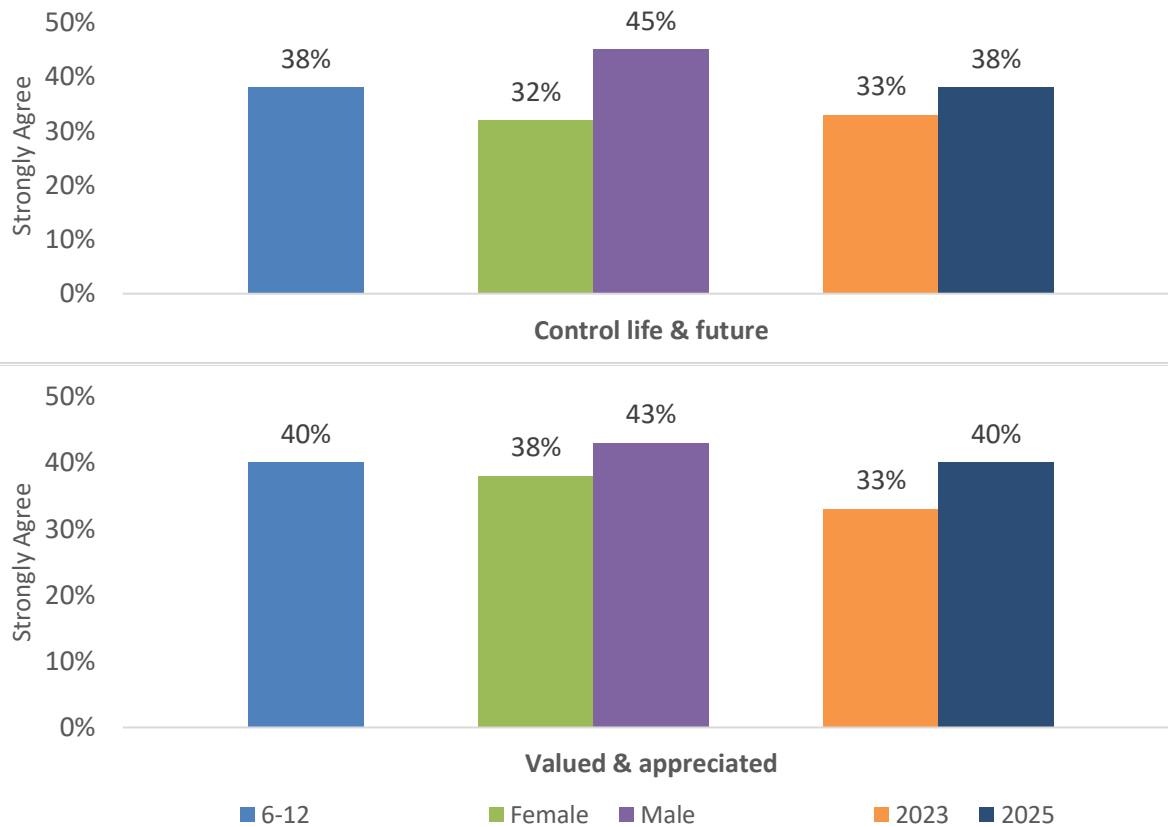


Table 11a. Self-Image by Gender

Please choose the response that best describes how you feel: (Somewhat and Strongly Agree)	6-12 %	Female %	Male %
I feel in control of my life and future	87.3	85.5	89.7 ^A
I feel valued and appreciated by others	88.7	88.8	89.4
I am developing a sense of purpose in my life	87.5	88.5	87.2 ^A
I have the ability to deal with frustration or disappointment	86.8	86.9	87.7

^A Significant difference between Female and Male

Table 11b. Self-Image, 2023 to 2025

Please choose the response that best describes how you feel: (Strongly Agree)	2023 %	2025 %
I feel in control of my life and future	33	38.1
I feel valued and appreciated by others	33	39.9
I am developing a sense of purpose in my life	37	42.5
I have the ability to deal with frustration or disappointment	35	41.2

Connectedness

6 out of 10 Darien youth report they are **very or extremely connected to youth in school**. 4.5 out of 10 youth report strong connections to **adults outside of school**. Youth report the lowest rates of connectedness to **adults in school**.

Middle schoolers are mo

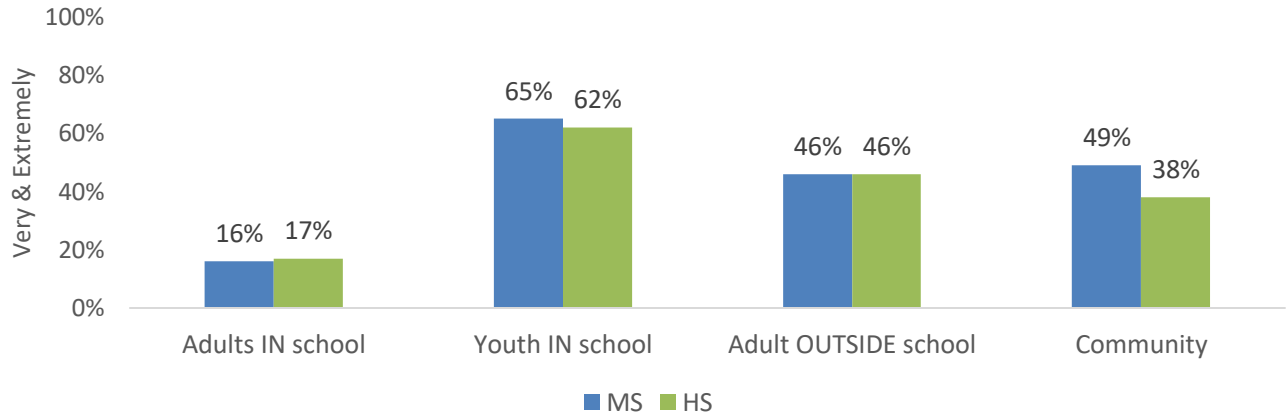


Table 12. Connectedness

Please choose the response that best describes how connected you feel to the following:	Grade	Not at all %	Slightly %	Moderately %	Very %	Extremely %
The adults IN your school.	6-8	9.3	25.6	49.0	14.5	1.7
	9-12	4.4	24.8	53.6	15.1	2.2
	6-12	6.6	25.1	51.5	14.8	2.0
The youth IN your school.	6-8	2.7	8.7	23.8	46.3	18.5
	9-12	2.0	9.5	26.8	46.8	14.9
	6-12	2.3	9.1	25.5	46.6	16.5
The adults OUTSIDE of school.	6-8	6.7	16.5	30.5	27.9	18.4
	9-12	4.8	15.3	33.6	34.7	11.7
	6-12	5.6	15.8	32.2	31.7	14.6
The community where you live.	6-8	4.6	17.0	29.5	34.0	14.8
	9-12	5.3	16.4	39.9	31.1	7.3
	6-12	5.0	16.7	35.3	32.4	10.6

Table 12a. Connectedness by Gender

Please choose the response that best describes how connected you feel to the following: (Very and Extremely Connected)	6-12 %	Female %	Male %
The adults IN your school.	16.8	15.1	18.2
The youth IN your school.	63.0	62.0	65.1
The adults OUTSIDE of school.	46.4	47.0	46.7
The community where you live.	43.0	42.3	44.7

^A Significant difference between Female and Male

The percentage of Darien teens reporting high levels of **connectedness** to adults, youth and the community have **increased** since 2023.

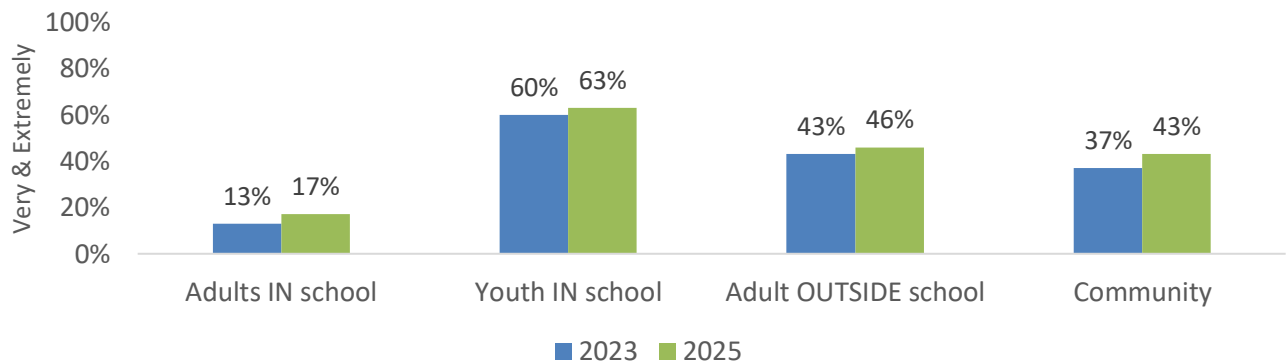


Table 12b. Connectedness, 2023 to 2025

Please choose the response that best describes how connected you feel to the following: (Very and Extremely Connected)	Grade	2023 %	2025 %
The adults IN your school.	6-8	13	16.1
	9-12	15	17.3
	6-12	13	16.8
The youth IN your school.	6-8	63	64.8
	9-12	57	61.7
	6-12	60	63.0
The adults OUTSIDE of school.	6-8	46	46.3
	9-12	40	46.4
	6-12	43	46.4
The community where you live.	6-8	43	48.8
	9-12	30	38.4
	6-12	37	43.0

Understanding Effects of Adolescent Substance Use

More than 8 out of 10 Darien teens report that they have a good understanding of the **health effects of substances on the teenage brain**.

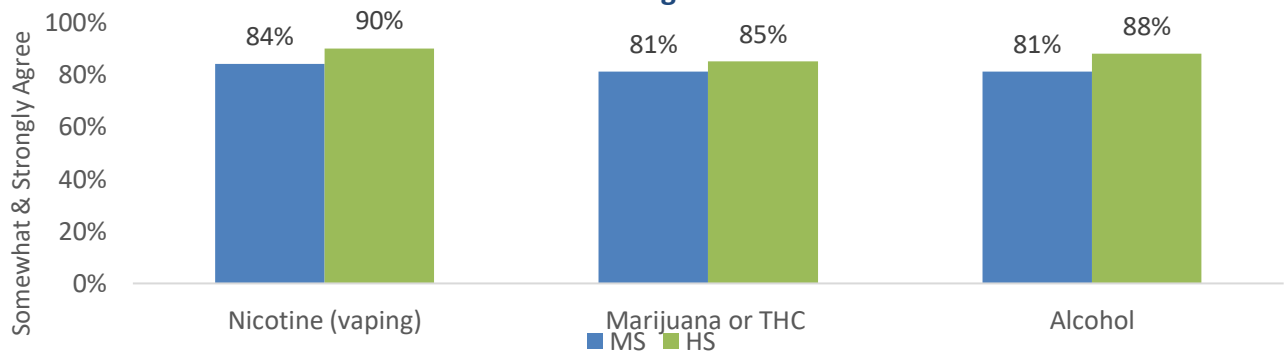


Table 13. Understanding Effects of Adolescent Substance Use

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	20.3	16.4	34.0	29.4
	9-12	10.2	16.7	39.6	33.6
	6-12	14.6	16.5	37.1	31.7
the health effects that vaping nicotine has on the teenage brain.	6-8	10.0	6.24	27.1	56.7
	9-12	4.3	5.5	33.6	56.7
	6-12	6.8	5.8	30.7	56.7
the health effects that using marijuana or THC products has on the teenage brain.	6-8	11.8	7.5	25.3	55.4
	9-12	5.3	9.8	34.9	50.0
	6-12	8.1	8.8	30.7	52.4
the health effects that drinking alcohol has on the teenage brain.	6-8	9.9	8.7	27.0	54.4
	9-12	3.7	8.0	34.4	53.9
	6-12	6.5	8.3	31.2	54.1

Table 13a. Understanding Effects of Adolescent Substance Use, 2023 to 2025

I have a good understanding of: (Somewhat and Strongly Agree)	Grade	2023 %	2025 %
the contents of the E-liquid found in most vaping devices (JUUL, Blu, Puff Bar).	6-8	62	63.4
	9-12	73	73.1
	6-12	68	68.9
the health effects that vaping nicotine has on teens.	6-8	82	83.8
	9-12	91	90.2
	6-12	87	87.4
The health effects that using marijuana or THC products have on teenage brain.	6-8	76	80.7
	9-12	83	84.9
	6-12	80	83.1
the health effects that drinking alcohol has on the teenage brain.	6-8	80	81.4
	9-12	89	88.3
	6-12	84	85.3

Family Domain

Parent Rules

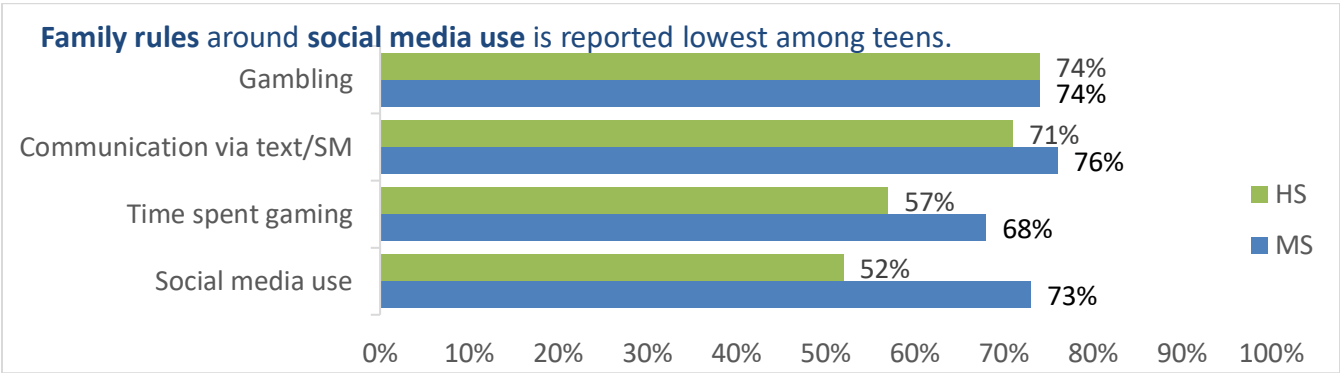


Table 14. Parent Rules

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	74.4	10.1	15.5
	9-12	73.7	14.2	12.2
	6-12	74.0	12.4	13.6
Communicating with others via text or on social media, including sending or posting inappropriate pictures.	6-8	76.3	10.5	13.3
	9-12	71.0	18.0	11.0
	6-12	73.4	14.6	12.0
The amount of time spent playing video games, electronic or online games.	6-8	67.8	17.7	14.6
	9-12	57.0	32.0	11.1
	6-12	61.8	25.6	12.6
Your social media use (amount of time, which Apps are allowed/not allowed)	6-8	72.5	16.2	11.3
	9-12	51.5	37.1	11.4
	6-12	60.9	27.8	11.4

Table 14a. Parent Rules by Gender

My parent/guardian has clear rules about the following: (Yes)	6-12 %	Female %	Male %
Gambling for money or possessions (e.g. sports betting, poker, lottery, scratch-off tickets, online games).	74.0	78.4	70.1 ^A
Communicating with others via text or on social media, including sending or posting inappropriate pictures.	73.4	78.1	69.3 ^A
The amount of time spent playing video games, electronic or online games.	61.8	65.3	58.6 ^A
Your social media use (amount of time, which Apps are allowed/not allowed)	60.9	64.6	57.8 ^A

^A Significant difference between Female and Male

From 2023 to 2025, the percentage of youth reporting that there are **family rules** has **increased** in all areas but 'time spent gaming.'

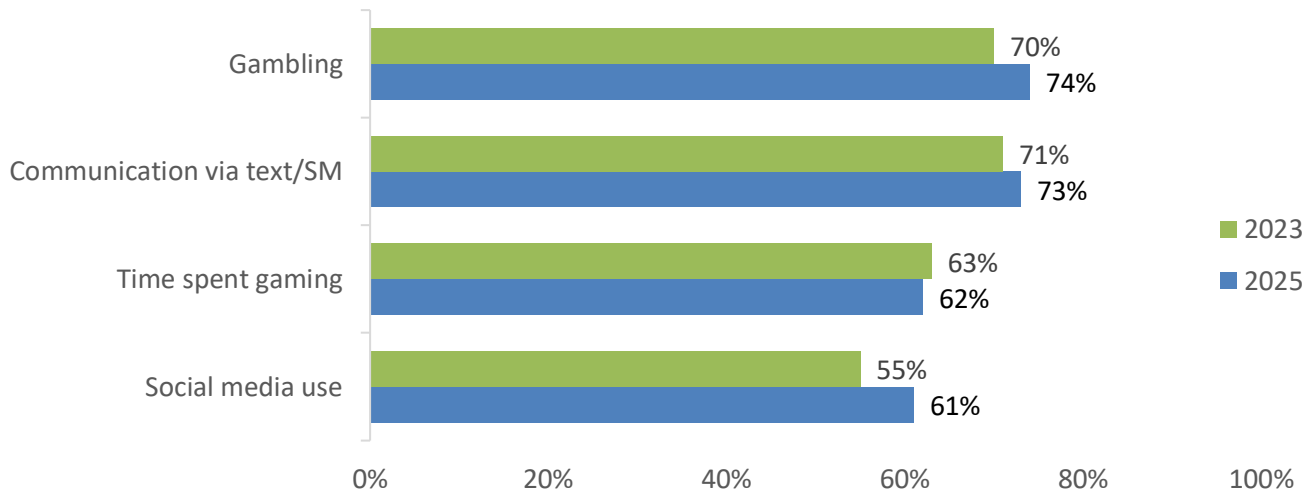


Table 14b. Parent Rules, 2023 to 2025

My parent/guardian has clear rules about the following: (Yes)	Grade	2023 %	2025 %
Gambling for money or possessions (e.g. sports betting, poker, lottery, scratch-off tickets, online games).	6-8	69	74.4
	9-12	71	73.7
	6-12	70	74.0
Communicating with others via text or on social media, including sending or posting inappropriate pictures.	6-8	77	76.3
	9-12	66	71.0
	6-12	71	73.4
The amount of time spent playing video games, electronic or online games.	6-8	69	67.8
	9-12	56	57.0
	6-12	63	61.8
Your social media use (amount of time, which Apps are allowed/not allowed)	6-8	67	72.5
	9-12	44	51.5
	6-12	55	60.9

The majority of Darien teens report that there are **family rules around substance use**. Rules around use of alcohol is reported lowest at 78%.

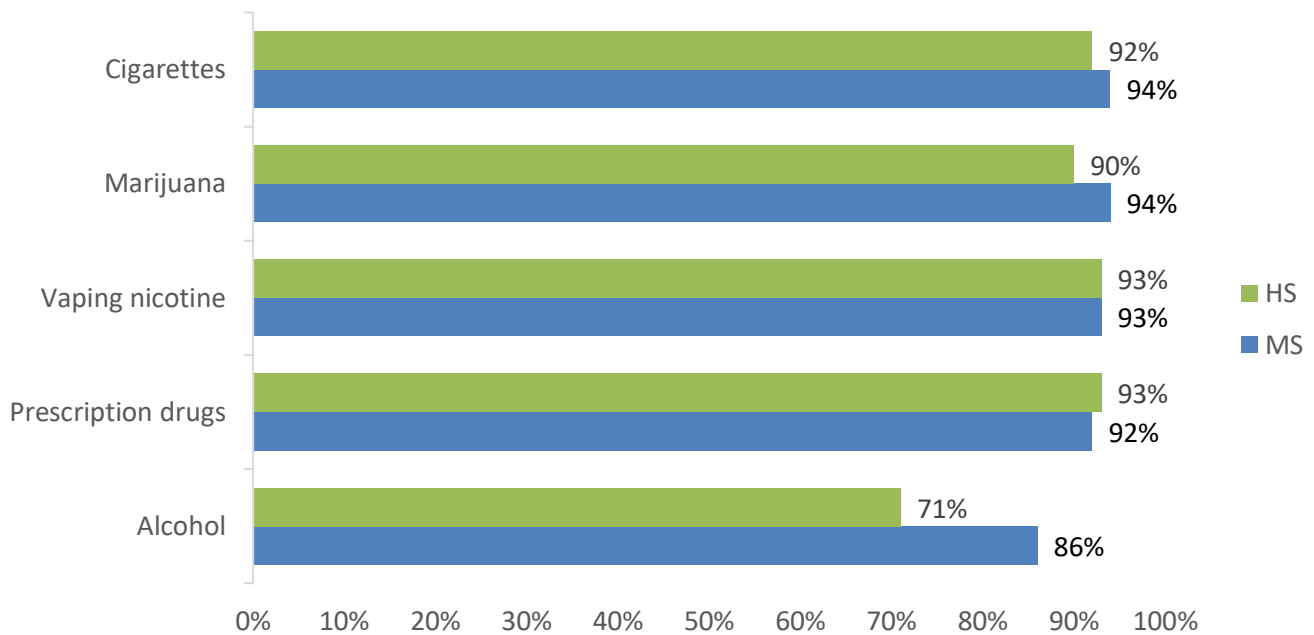


Table 15. Parent Rules Around Substance Use

My parent/guardian has clear rules discouraging me from:	Grade	Yes %	No %	Not Sure %
Drinking alcoholic beverages	6-8	85.7	6.2	8.1
	9-12	70.8	17.1	12.0
	6-12	77.5	12.2	10.3
Smoking cigarettes or using tobacco	6-8	93.8	3.1	3.1
	9-12	92.1	3.6	4.3
	6-12	92.9	3.4	3.8
Vaping nicotine (Juul, Blue, Puff Bar)	6-8	93.4	3.2	3.1
	9-12	93.1	3.2	3.7
	6-12	93.2	3.2	3.6
Using marijuana or THC products	6-8	93.7	3.2	3.1
	9-12	90.1	4.7	5.2
	6-12	91.7	4.1	4.3
Using a prescription drug that is not prescribed to you, for the purpose of 'getting high'	6-8	92.4	3.4	4.2
	9-12	92.7	2.8	4.5
	6-12	92.5	3.1	4.4

Table 15a. Parent Rules Around Substance Use, 2023 to 2025

My parent/guardian has clear rules discouraging me from: (Yes)	Grade	2023 %	2025 %
Drinking alcoholic beverages	6-8	82	85.7
	9-12	66	70.8
	6-12	74	77.5
Smoking cigarettes or using tobacco	6-8	92	93.8
	9-12	92	92.1
	6-12	92	92.9
Vaping nicotine (Juul, Blue, Puff Bar)	6-8	92	93.4
	9-12	93	93.1
	6-12	92	93.2
Using marijuana or THC products (including smoking, vaping, edibles)	6-8	92	93.7
	9-12	88	90.1
	6-12	90	91.7
Using a prescription drug that is not prescribed to you, for the purpose of 'getting high'	6-8	92	92.4
	9-12	92	92.7
	6-12	92	92.5

Monitoring Technology

Approximately 1 in 3 teens report that their parents **never** monitor how much time they spend on their smartphone, the Apps and content of their smartphone, and their use of technology.

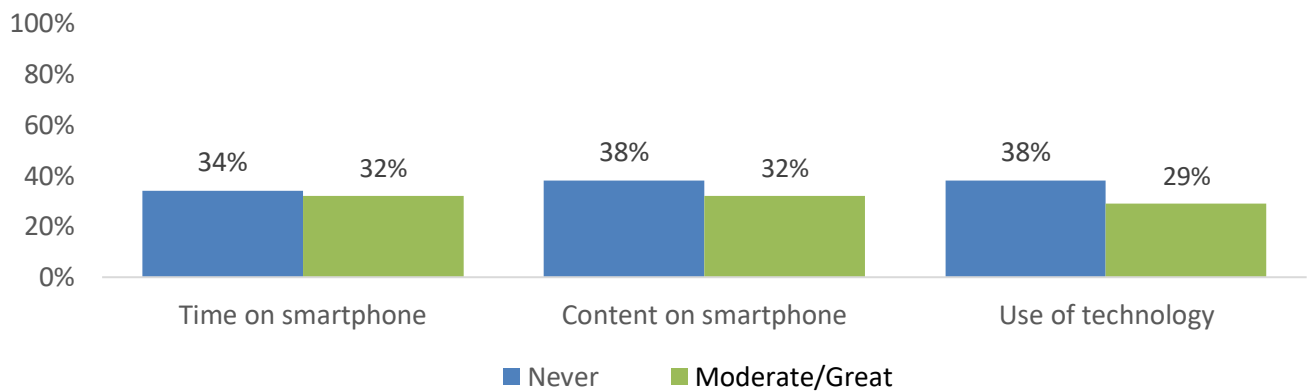


Table 16. Parent Monitoring of Technology

Does your parent or guardian monitor...	Grade	A				
		Never %	Rarely %	Occasionally %	moderate amount %	A great amount %
how much time you spend on your smartphone (or other smart device)?	6-8	17.1	13.3	19.0	26.2	24.4
	9-12	46.1	18.6	16.4	11.4	7.6
	6-12	34.4	16.5	17.4	17.3	14.4
what Apps or content you use on your smartphone (or other smart device)?	6-8	17.4	12.2	18.1	21.3	31.1
	9-12	51.5	16.4	14.6	11.2	6.4
	6-12	37.8	14.7	16.0	15.2	16.3
your use of technology (phone, tablet, computer, smart device, etc.)?	6-8	18.7	13.8	21.3	22.1	25.2
	9-12	50.6	17.9	14.9	10.4	6.3
	6-12	37.8	16.2	17.5	15.1	13.4

Behaviors around Substance Use

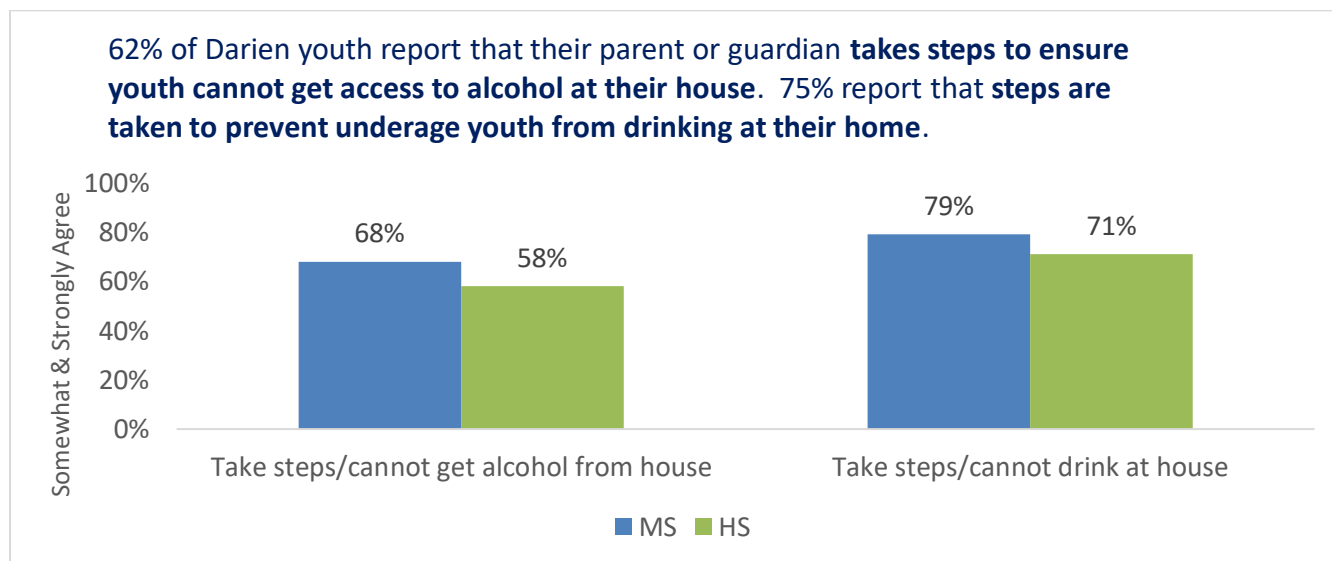


Table 17. Parents Take Steps to Reduce Underage Drinking

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	15.8	16.5	22.3	45.4
	9-12	17.1	24.8	26.3	31.8
	6-12	16.5	21.1	24.6	37.7
take steps to ensure that underage youth do not drink alcohol in our house.	6-8	11.2	10.3	16.3	62.2
	9-12	12.9	15.7	24.2	47.2
	6-12	12.2	13.3	20.8	53.7

The percentage of youth who report that their parents are **taking steps to keep alcohol unavailable to youth** has decreased slightly since 2023.

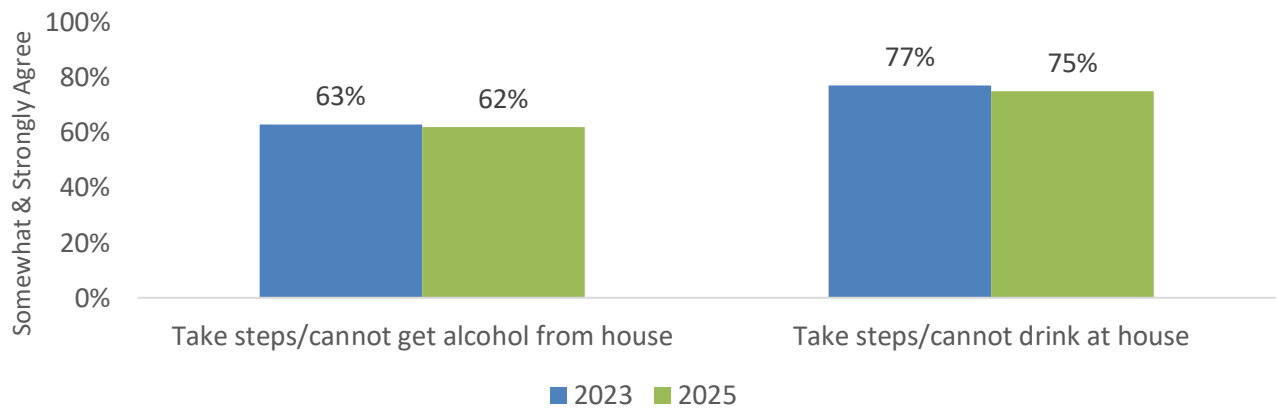


Table 17a. Parents Take Steps, 2023 and 2025

My parent/guardian... (Somewhat and Strongly Agree)	Grade	2023 %	2025 %
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	70	67.7
	9-12	57	58.1
	6-12	63	62.3
take steps to ensure that underage youth do not drink alcohol in our house.	6-8	79	78.5
	9-12	75	71.4
	6-12	77	74.5

Parent Support

Darien teens report very high levels of **parental support, love, acceptance, communication and monitoring.**

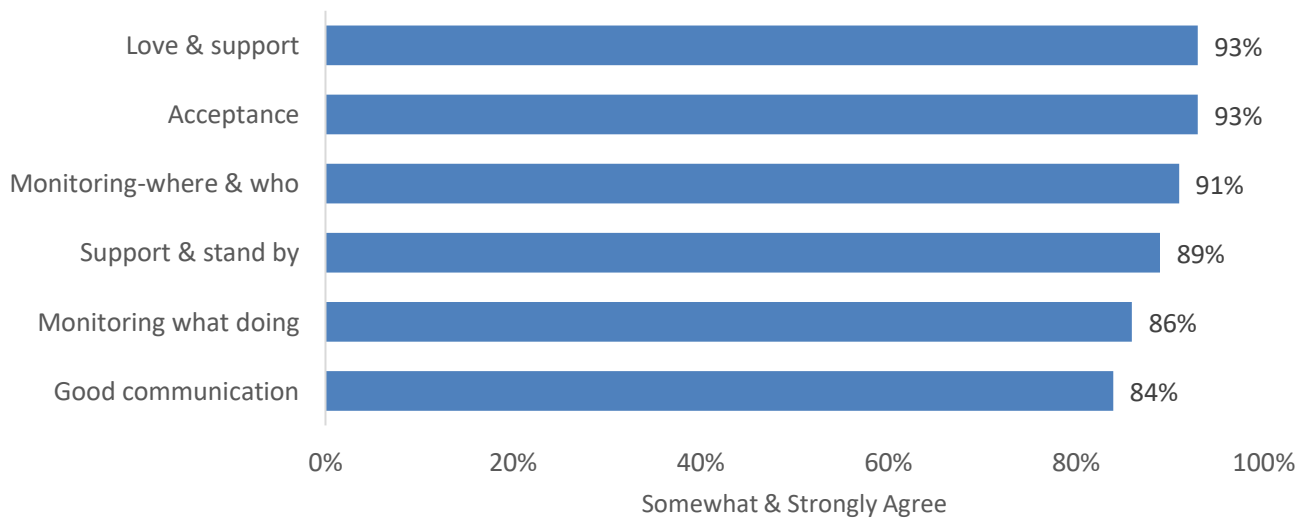


Table 18. Parent Support

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	6.9	9.6	26.3	57.2
	9-12	6.8	8.2	29.7	55.4
	6-12	6.8	8.8	28.2	56.1
Knows where I am and who I am with when I go out	6-8	4.5	3.5	19.6	72.4
	9-12	4.3	5.3	26.8	63.7
	6-12	4.4	4.5	23.6	67.6
Knows what I am doing when I go out	6-8	5.4	7.8	21.0	65.9
	9-12	6.0	9.4	28.5	56.1
	6-12	5.7	8.7	25.2	60.4
love and support me	6-8	3.6	2.9	10.5	82.0
	9-12	4.0	2.8	10.0	83.2
	6-12	4.3	2.8	10.2	82.7
Accept me for who I am	6-8	4.8	2.8	10.9	81.6
	9-12	4.0	3.1	11.4	81.4
	6-12	4.4	3.0	11.2	81.5
Will stand by me and support me, even if I don't live up to their expectations	6-8	6.5	5.5	14.5	73.6
	9-12	4.8	5.1	14.6	75.5
	6-12	5.6	5.2	14.6	74.7

Table 18a. Parent Support, 2023 to 2025

My parent/guardian... (Somewhat Agree/Strongly Agree)	Grade	2023 %	2025 %
is good at talking with me about important or serious things	6-8	84	83.6
	9-12	83	85.1
	6-12	83	84.4
Knows where I am and who I am with when I go out	6-8	91	92.1
	9-12	90	90.5
	6-12	90	91.2
Knows what I am doing when I go out	6-8	86	86.9
	9-12	83	84.6
	6-12	84	85.6
love and support me	6-8	92	92.5
	9-12	95	93.2
	6-12	94	92.9
Accept me for who I am	6-8	91	92.5
	9-12	94	92.9
	6-12	92	92.7
Will stand by me and support me, even if I don't live up to their expectations	6-8	89	88.1
	9-12	92	90.1
	6-12	91	89.2

School and Community Supports

School Support

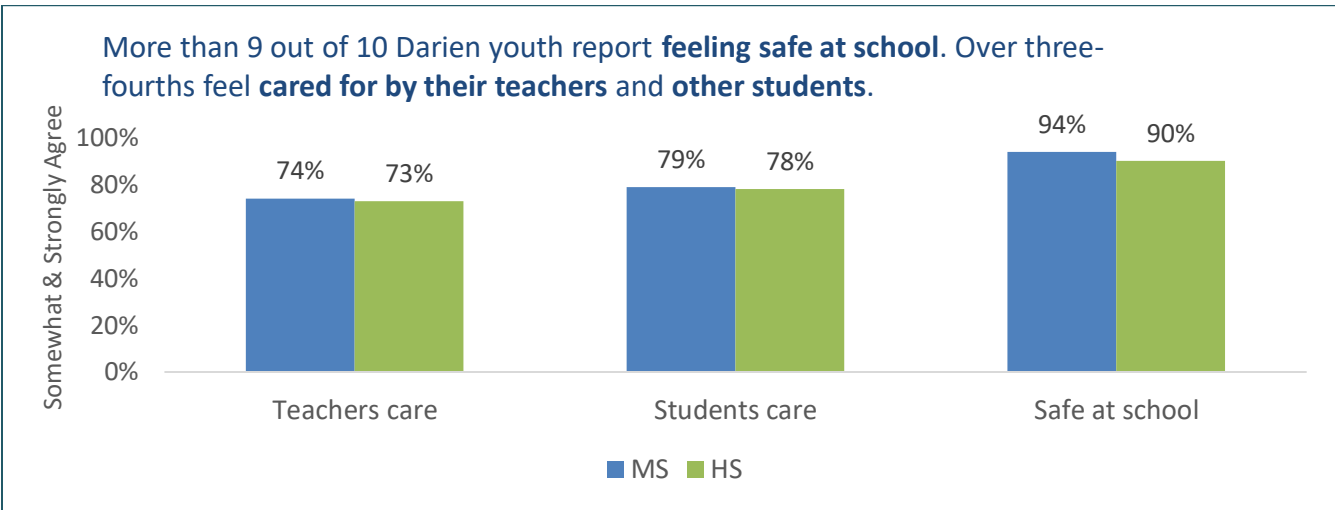


Table 19. Support and Safety at School

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	8.7	17.1	51.3	22.9
	9-12	7.8	19.5	51.7	21.1
	6-12	8.2	18.4	51.5	21.9
Students in my school care about me.	6-8	7.7	13.1	48.0	31.2
	9-12	6.8	15.7	50.2	27.3
	6-12	7.2	14.6	49.1	29.1
I feel safe at school.	6-8	6.4	9.5	36.7	57.3
	9-12	3.7	6.1	43.2	47.1
	6-12	4.9	7.6	40.2	47.2

Table 19a. Supports and Safety at School by Gender

Please choose the response that best describes how you feel. (Somewhat & Strongly Agree)	6-12 %	Female %	Male %
My teachers really care about me.	73.4	74.0	72.7
Students in my school care about me.	78.3	77.6	80.3
I feel safe at school.	87.5	87.2	88.8

The percentage of Darien teens who report that their **teachers and students care** and that **they feel safe at school** has **increased** from 2023 to 2025.

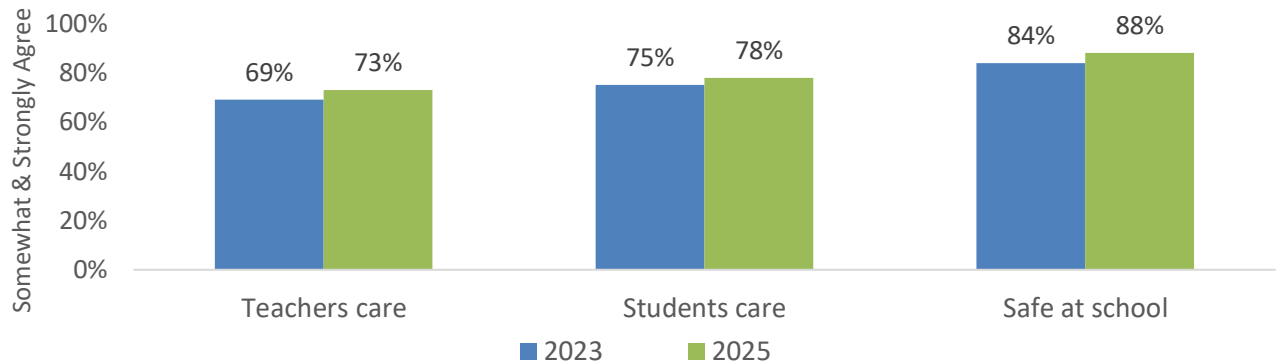


Table 19b. Supports and Safety at School

Please choose the response that best describes how you feel. (Somewhat/Strongly Agree)	Grade	2023 %	2025 %
My teachers really care about me.	6-8	69	74.2
	9-12	70	72.7
	6-12	69	73.4
Students in my school care about me.	6-8	78	79.2
	9-12	72	77.5
	6-12	75	78.4
I feel safe at school.	6-8	83	84.1
	9-12	86	90.2
	6-12	84	87.5

Community Supports

9 out of 10 Darien youth **feel safe** in the community. 3 out of 4 feel **adults value youth**.

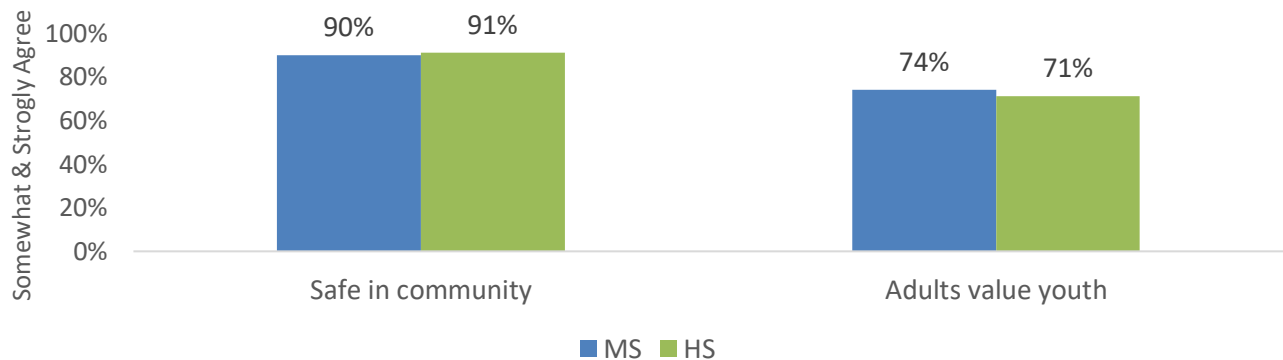
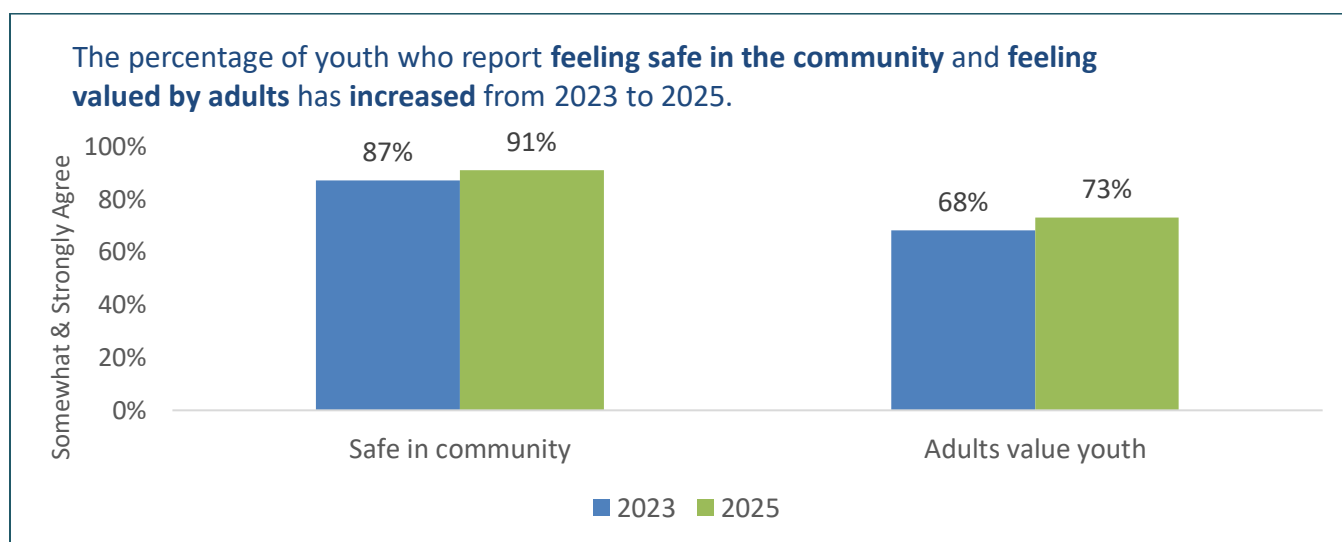


Table 20. Community Safety and Support

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	4.4	5.7	32.6	57.3
	9-12	3.1	6.0	40.2	50.8
	6-12	3.7	5.9	36.8	53.7
Adults in Darien value youth my age (e.g. adults listen to what we have to say, they make us feel important).	6-8	10.5	15.1	36.7	37.6
	9-12	10.1	17.8	43.7	28.4
	6-12	10.3	16.6	40.6	32.5

Table 20a. Community Safety and Support by Gender

Please choose the response that best describes how you feel. (Somewhat & Strongly Agree)	6-12 %	Female %	Male %
I feel safe in my community.	90.5	91.3	91.0
Adults in Darien value youth my age	73.1	72.1	75.2

**Table 20b. Community Safety and Support, 2023 to 2025**

Please choose the response that best describes how you feel.	Grade	2023 %	2025 %
I feel safe in my community.	6-8	88	89.9
	9-12	86	90.9
	6-12	87	90.5
Adults in Darien value youth my age (e.g. adults listen to what we have to say, they make us feel important).	6-8	73	74.4
	9-12	63	72.1
	6-12	68	73.1

Technology

Smartphones

Table 21. Have a Smartphone

Do you have a smartphone (i.e. cell phone)?	Grade	Yes %	No %
	6-8	80.4	19.6
	9-12	98.3	1.7
	6-12	90.3	9.7

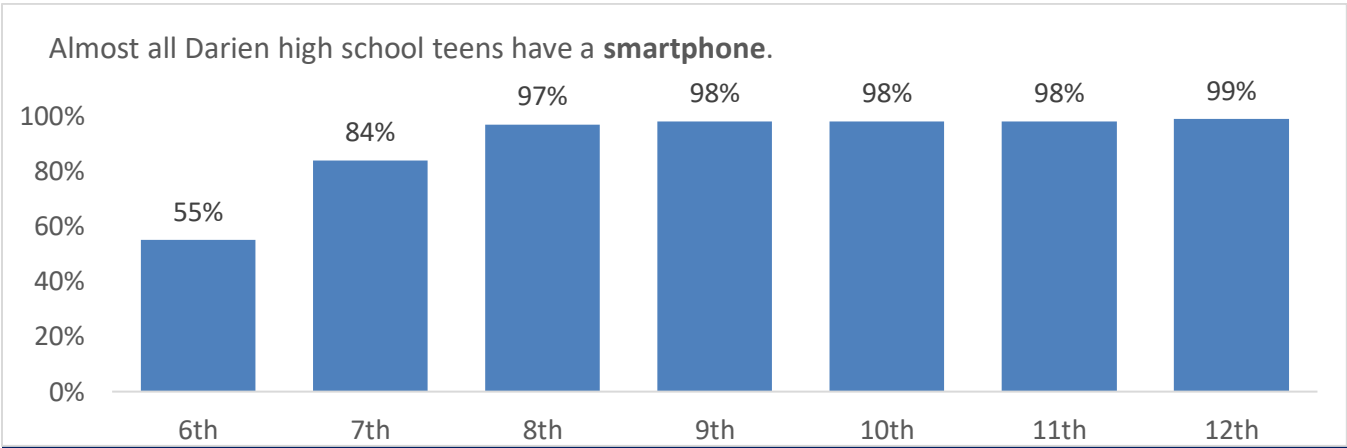


Table 21a. Have a Smartphone by Grade and Gender

Do you have a smartphone (i.e. cell phone)?	Grade	Yes %	No %
	6	55.0	45.0
	7	84.1	15.9
	8	97.4	2.6
	9	97.6	2.4
	10	98.0	2.0
	11	98.2	1.8
	12	99.5	.5
Gender			
	Female	92.0	8.1
	Male	88.7	11.4

Social media use on a smartphone is significantly higher among high school teens when compared to middle school.

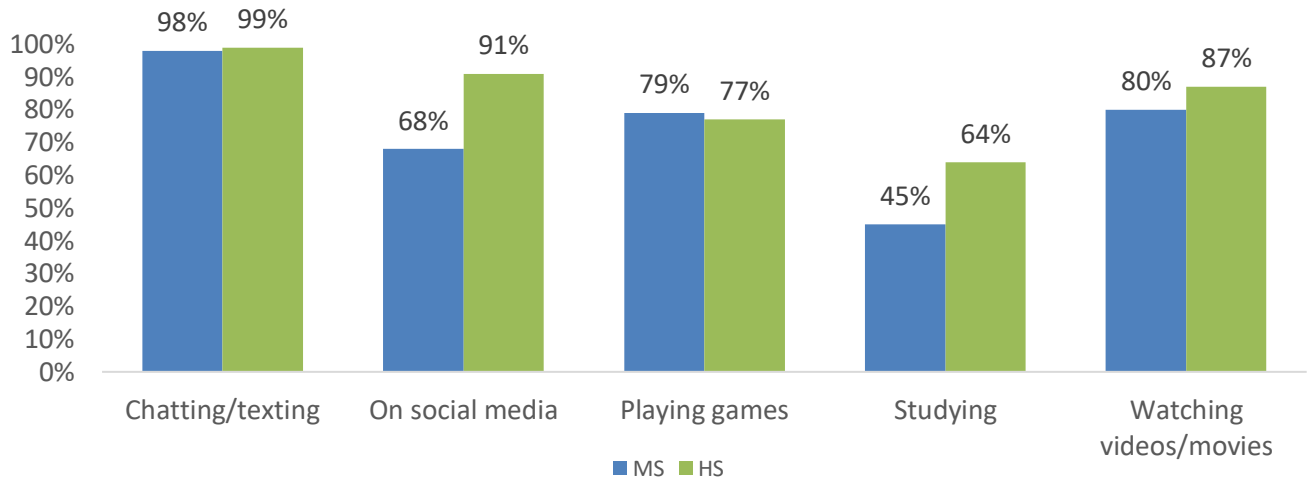


Table 22. Smartphone Uses

Which activities do you use your phone for? Multiple responses allowed	Grade	%
Chatting with friends or texting or communication	6-8	98.0
	9-12	99.4
	6-12	98.9
On social media	6-8	68.1
	9-12	90.5
	6-12	81.4
Playing games	6-8	79.0
	9-12	77.3
	6-12	78.0
Studying	6-8	44.5
	9-12	63.5
	6-12	55.8
Watching videos or movies	6-8	79.6
	9-12	86.7
	6-12	83.8

Table 23. Time Per Day on Cellphone

How many hours a day do you spend on your phone... (your best estimate)	Grade	During the school day	After school / evening
		%	%
Less than 1 hour	6-8	92.4	15.7
	9-12	65.3	3.7
	6-12	76.0	8.6
1 to 3 hours	6-8	5.7	60.3
	9-12	27.2	46.9
	6-12	16.8	52.3
3 to 5 hours	6-8	1.2	18.8
	9-12	5.2	38.5
	6-12	3.7	30.6
More than 5 hours	6-8	.7	5.2
	9-12	2.2	10.9
	6-12	1.6	8.6

More than 5 out of 10 high school teens feel **they spend too much time on their phone**. 41% of highschoolers and 70% of middle schoolers feel **the amount of time they spend on their phone is 'about right.'**

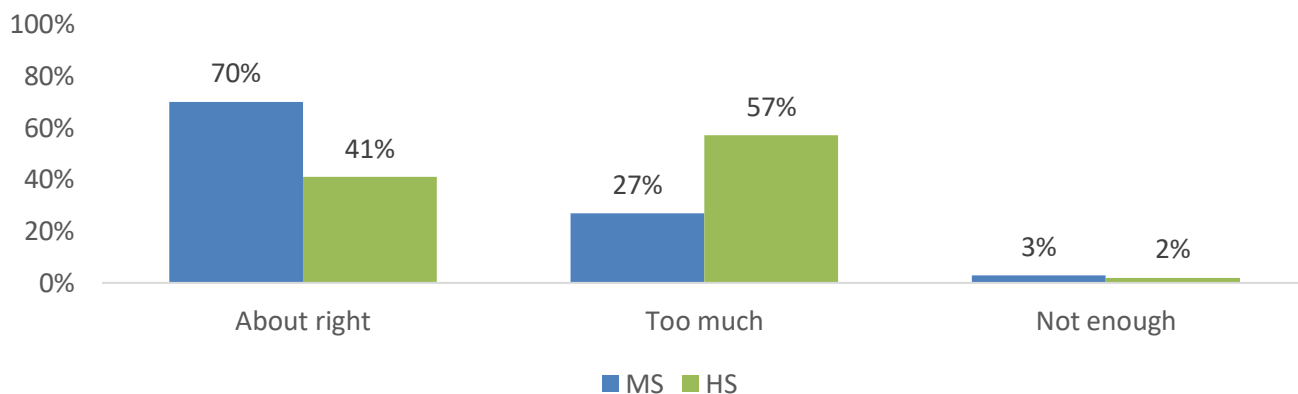


Table 24. Perception of Amount of Time Cellphone Use

Overall, would you say the amount of time you spend on your phone is...	Grade	%
About right	6-8	70.0
	9-12	41.4
	6-12	53.0
Too much	6-8	27.0
	9-12	57.0
	6-12	44.9
Not enough	6-8	3.0
	9-12	1.6
	6-12	2.1

Table 24a. Perception of Amount of Time, Cellphone Use by Gender

Overall, would you say the amount of time you spend on your phone is...	6-12 %	Female %	Male %
About right	53.0	50.4	56.3 ^A
Too much	44.9	48.2	41.1 ^A
Not enough	2.1	1.4	2.6

^A Significant difference between Female and Male

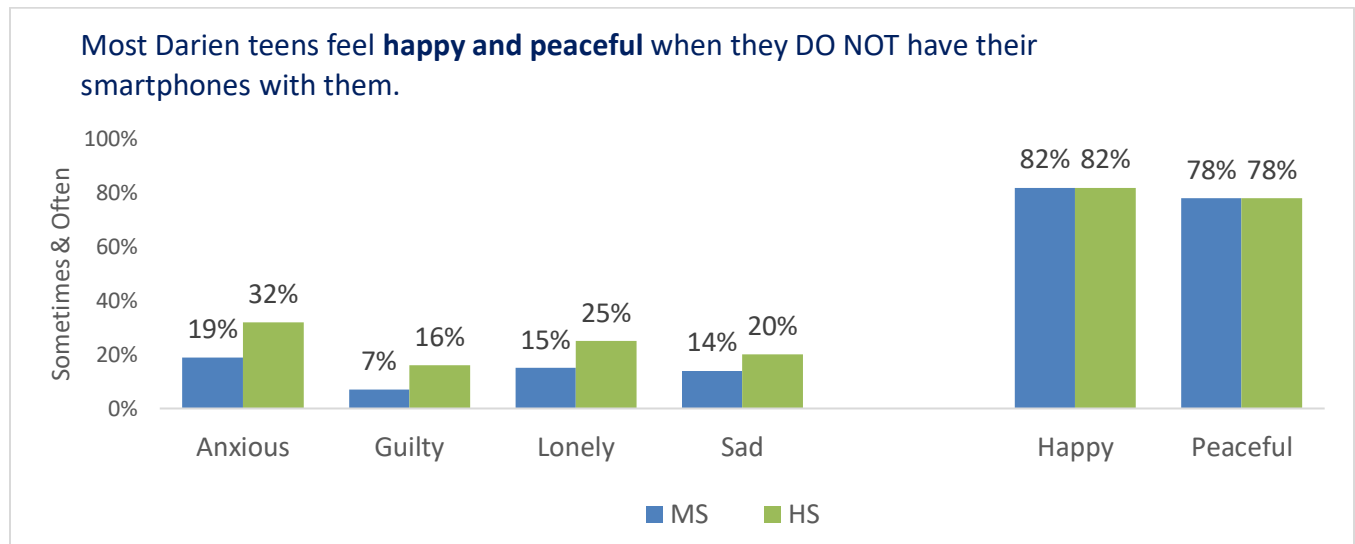


Table 25. Feelings Around Smartphone Use

When you do not have your smartphone with you, how often do you feel...	Grade	Never %	Rarely %	Sometimes %	Often %
Anxious	6-8	53.3	27.4	14.6	4.7
	9-12	36.0	32.5	23.4	8.1
	6-12	43.0	30.5	19.8	6.7
Guilty	6-8	74.9	17.8	5.8	1.5
	9-12	64.3	20.5	12.5	3.7
	6-12	68.0	19.4	9.8	2.8
Happy	6-8	10.6	7.0	37.2	45.2
	9-12	8.6	9.4	45.8	36.2
	6-12	9.4	8.4	42.4	39.8
Lonely	6-8	62.6	22.0	11.1	4.3
	9-12	46.3	28.4	20.9	4.4
	6-12	52.8	25.8	17.0	4.4
Sad	6-8	62.4	24.0	10.9	2.7
	9-12	50.8	29.8	16.1	3.4
	6-12	55.4	27.5	14.0	3.1
Peaceful	6-8	12.2	9.5	38.1	40.1
	9-12	8.8	13.1	47.9	30.2
	6-12	10.2	11.6	43.9	34.2

Table 25a. Feelings Around Smartphone Use by Gender

When you do not have your smartphone with you, how often do you feel...(Often)	6-12 %	Female %	Male %
Anxious	6.7	9.3	3.4 ^A
Guilty	2.8	3.5	2.1
Happy	39.8	40.1	39.9
Lonely	4.4	6.3	2.1 ^A
Sad	3.1	3.9	1.8 ^A
Peaceful	34.2	33.2	35.7

^A Significant difference between Female and Male

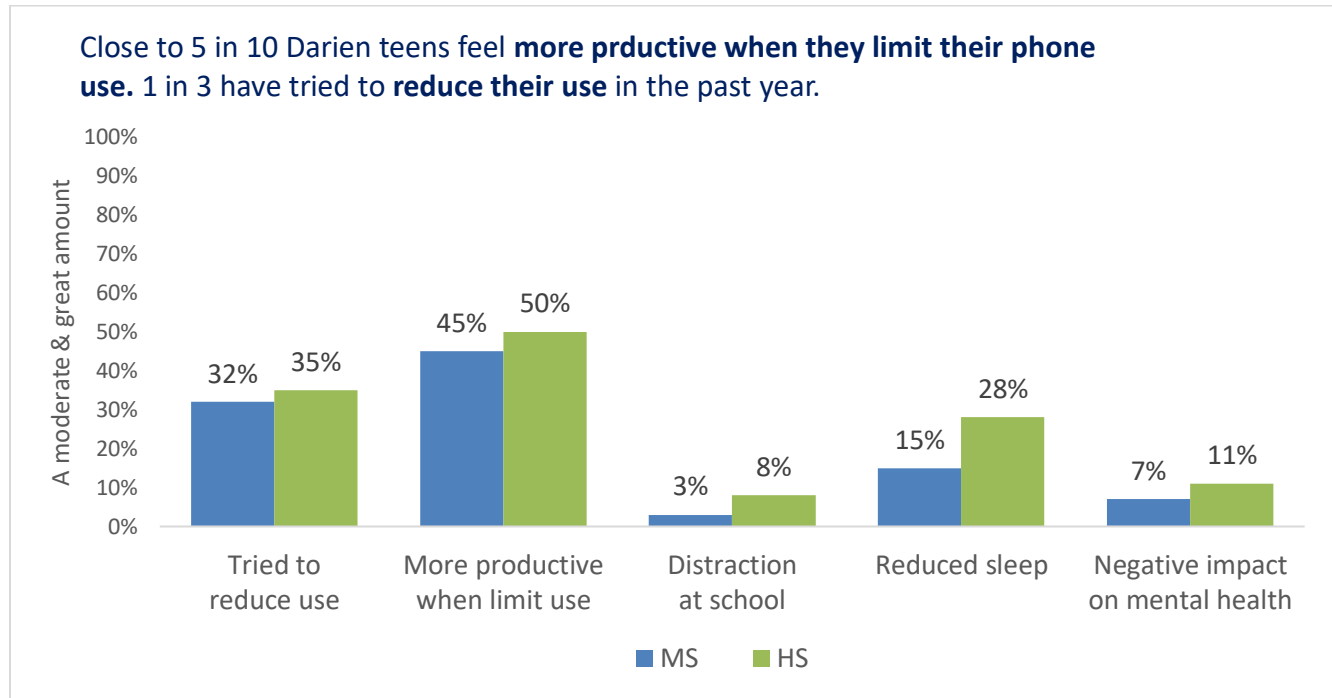
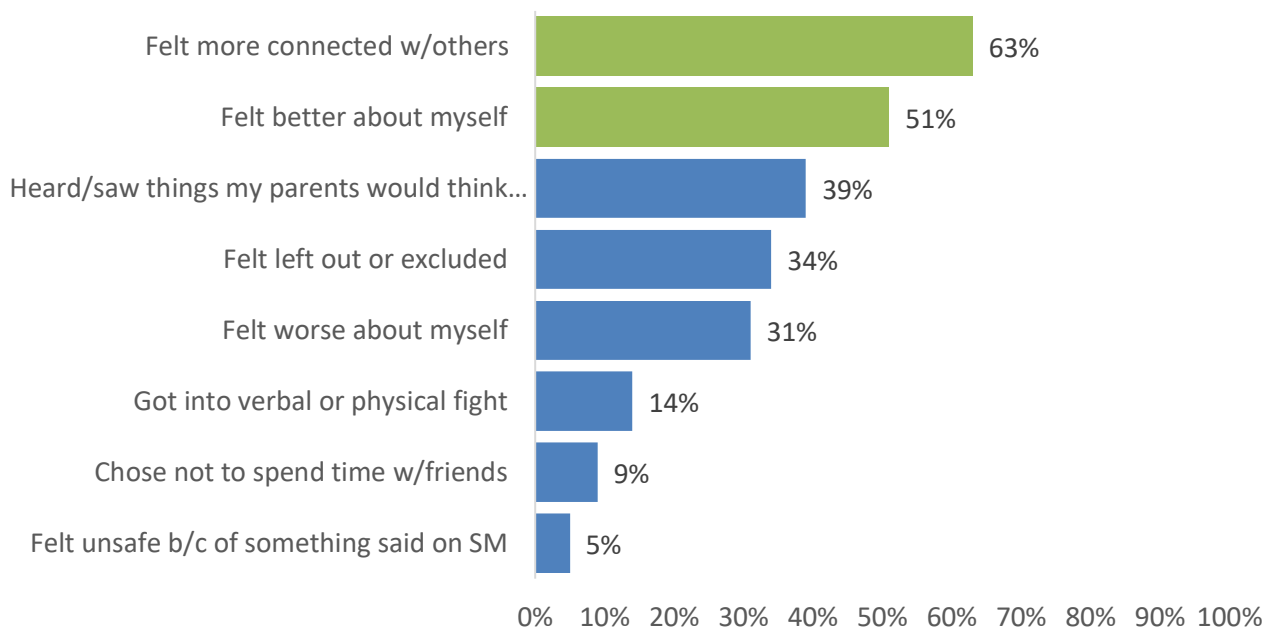


Table 26. Consequences of Smartphone Use

In the past year...	Grade					
		Never	Rarely	Occasionally	A moderate amount	A great amount
		%	%	%	%	%
have you tried to reduce your phone usage?	6-8	18.1	13.1	36.9	25.5	6.3
	9-12	13.5	14.1	37.4	26.3	8.7
	6-12	15.4	13.7	37.2	26.0	7.7
have you felt more productive when you limit your phone use?	6-8	19.5	13.7	21.5	24.0	21.2
	9-12	11.6	15.7	23.3	25.2	24.3
	6-12	14.8	14.9	22.6	24.7	23.0
has your phone been a distraction in school?	6-8	85.3	9.5	2.2	1.8	1.2
	9-12	45.9	30.3	15.5	5.5	2.8
	6-12	61.8	21.9	10.1	4.0	2.2
has your phone use reduced the amount of sleep you get at night?	6-8	44.7	26.6	14.1	8.0	6.5
	9-12	23.1	23.1	26.0	18.2	9.6
	6-12	31.8	24.5	21.2	14.1	8.4
has your phone use had a negative impact on your mental health?	6-8	64.3	21.8	7.4	3.2	3.4
	9-12	40.6	30.3	18.1	7.3	3.7
	6-12	50.1	26.8	13.8	5.7	3.6

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 better about themselves, and also feeling left out or excluded and feeling worse about themselves as a result of social media.

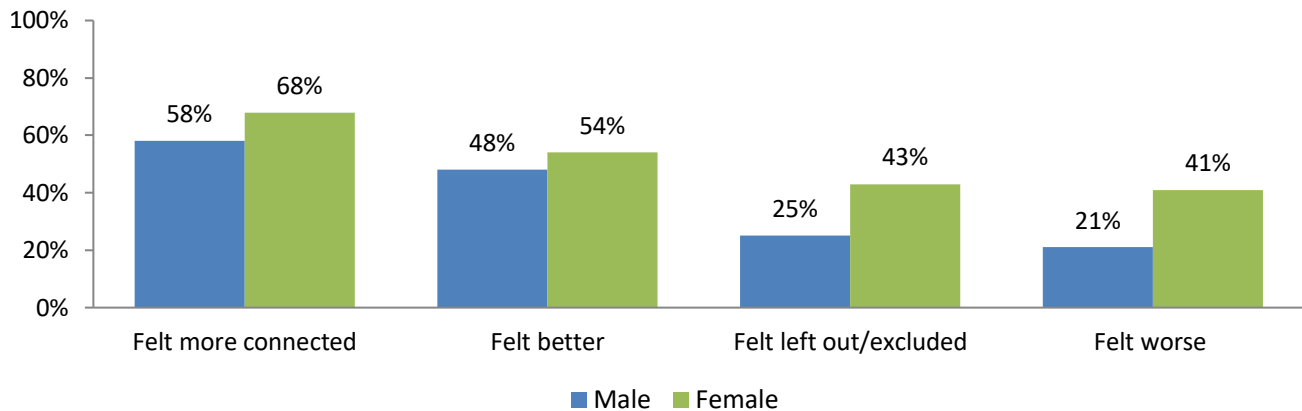
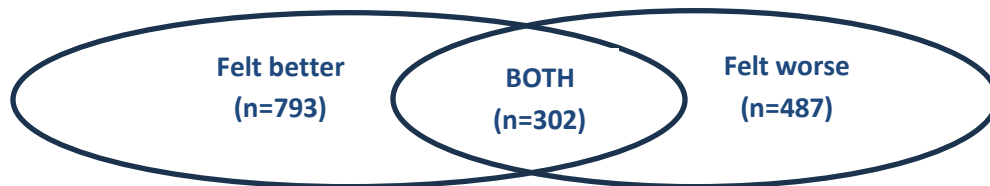


Table 27. Consequences of Social Media, by Gender

In the past 12 months, have you experienced any of the following as a result of social media?	Grade	No %	Yes %	Female Yes %	Male 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	89.3	10.7		
	9-12	91.6	8.4		
	6-12	90.6	9.4	10.8	7.9 ^A
I got into a verbal or physical fight	6-8	85.8	14.2		
	9-12	85.7	14.3		
	6-12	85.7	14.3	14.4	14.2
I felt more connected with others	6-8	43.1	56.9		
	9-12	31.7	68.3		
	6-12	36.8	63.2	68.3	58.1 ^A
I felt left out or excluded	6-8	72.4	27.6		
	9-12	61.5	38.6		
	6-12	66.3	33.7	42.7	24.6 ^A
I felt BETTER about myself	6-8	53.7	46.3		
	9-12	45.2	54.8		
	6-12	48.9	51.1	54.1	47.8 ^A
I felt WORSE about myself	6-8	77.7	22.3		
	9-12	61.8	38.2		
	6-12	68.8	31.2	41.0	21.4 ^A
I felt unsafe because of something said to me on social media	6-8	95.2	4.8		
	9-12	95.8	4.3		
	6-12	95.5	4.5	5.5	3.6
I heard or saw something my parents/guardians would think is inappropriate	6-8	67.8	32.2		
	9-12	55.3	44.7		
	6-12	60.8	39.2	38.7	39.3

^A Significant difference between Female and Male

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

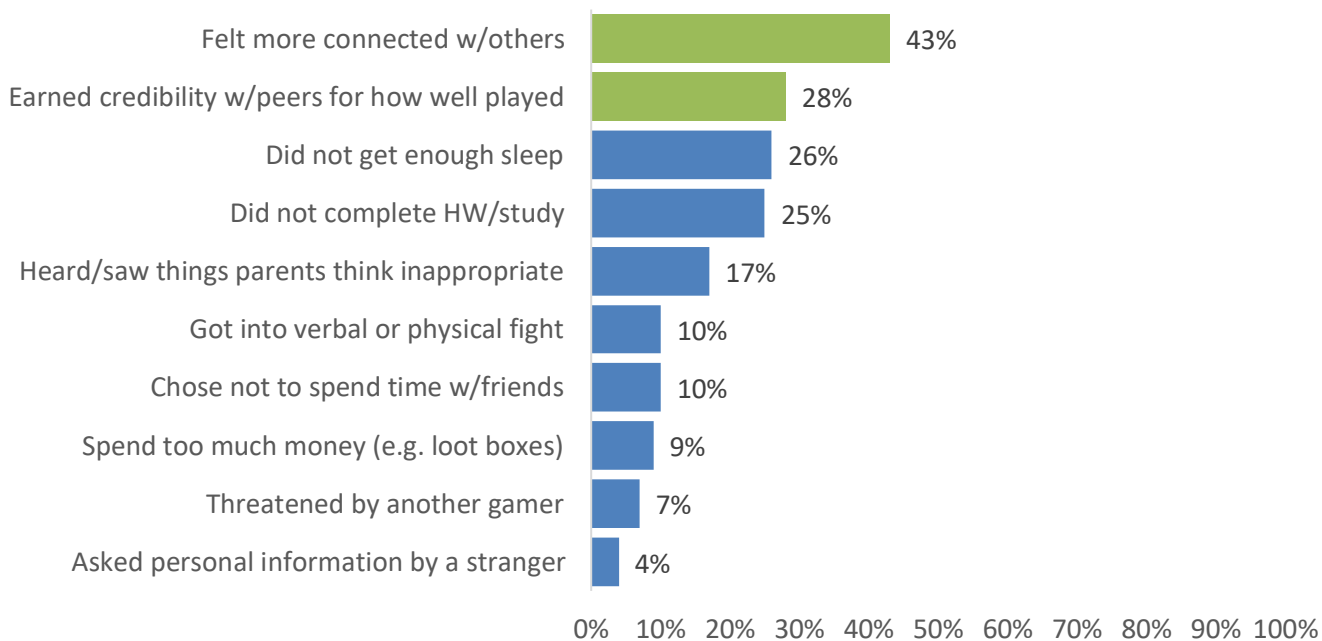


411 youth report feeling BOTH connected to others and left out or excluded as a result of social media use.



Gaming

4 out of 10 teens report feeling **more connected with others** through gaming. 1 in 4 teens 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:

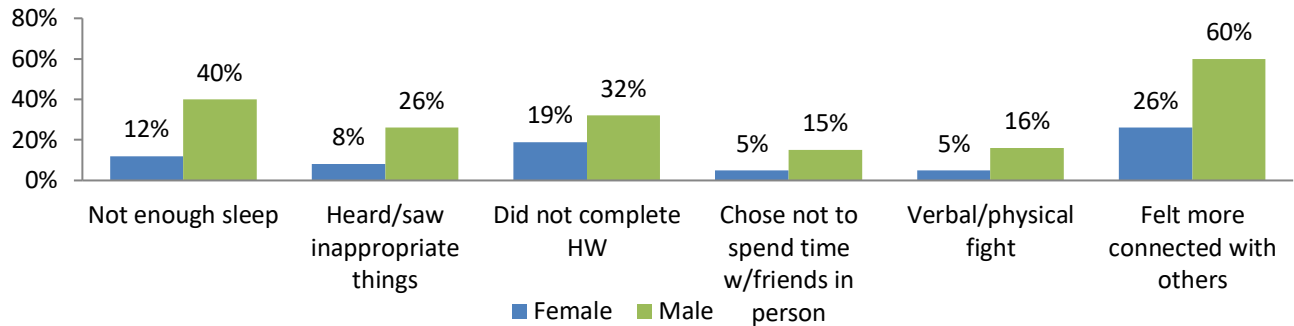


Table 28. Gaming Consequences, by Gender

In the past 12 months, have you experienced any of the following as a result of playing video games?	Grade	No %	Yes %	Female Yes %	Male Yes %
I did not get enough sleep	6-8	76.1	23.9		
	9-12	72.3	27.7		
	6-12	74.0	26.0	12.2	40.3 ^A
I heard or saw things my parents/guardians would think is inappropriate	6-8	84.8	15.2		
	9-12	82.3	17.7		
	6-12	83.4	16.6	7.8	25.5 ^A
I did not complete my homework or study	6-8	74.7	25.4		
	9-12	74.5	25.5		
	6-12	74.6	25.4	18.9	31.7 ^A
I chose not to spend time in person with friends because I preferred to play video games	6-8	90.3	9.7		
	9-12	90.1	9.9		
	6-12	90.2	9.8	4.5	15.3 ^A
I got into a verbal or physical fight	6-8	89.9	10.1		
	9-12	90.5	9.5		
	6-12	90.2	9.8	4.6	15.7 ^A
I felt more connected with others	6-8	57.2	42.8		
	9-12	57.3	42.7		
	6-12	57.3	42.7	25.9	60.0 ^A
I earned credibility with my peers for how well I played	6-8	67.1	33.0		
	9-12	75.3	24.7		
	6-12	71.6	28.4	14.8	42.7 ^A
I have been asked for personal information by a stranger (e.g. name, town you live, age, etc.)	6-8	95.8	4.3		
	9-12	96.4	3.6		
	6-12	96.1	3.9	3.4	4.2
I was threatened by another gamer	6-8	94.0	6.0		
	9-12	93.2	6.8		
	6-12	93.5	6.5	1.5	11.6 ^A
I spent too much money (e.g. loot boxes)	6-8	89.0	11.0		
	9-12	91.9	8.1		
	6-12	90.6	9.4	3.8	15.6 ^A

^A Significant difference between Female and Male

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

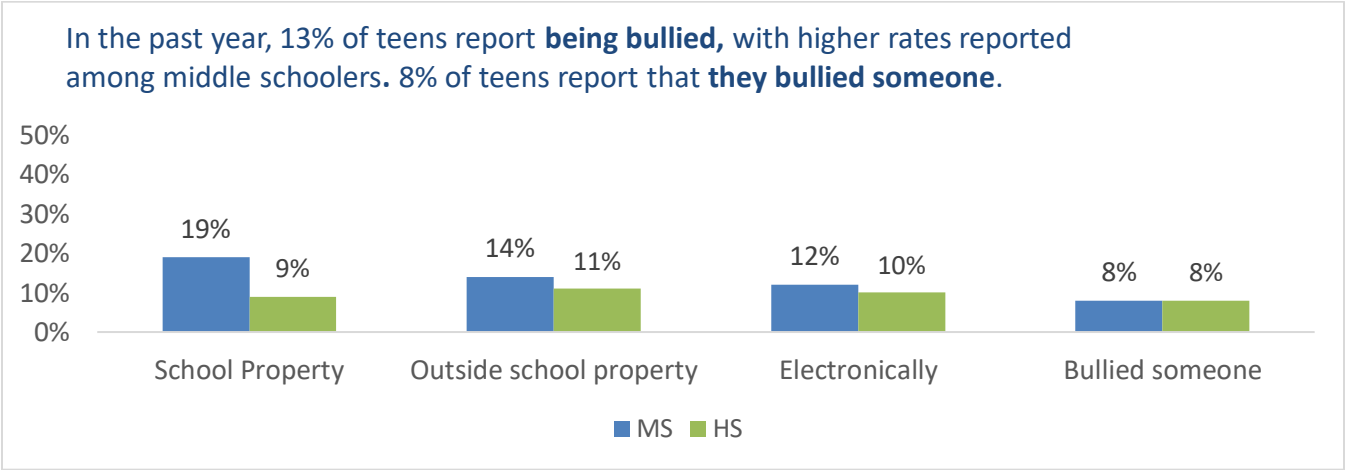


Table 29. Bullying

During the past 12 months...	Grade	No %	Yes %
Have you ever been bullied on school property?	6-8	80.9	19.1
	9-12	91.3	8.7
	6-12	86.6	13.4
Have you ever been bullied outside of school property?	6-8	86.2	13.9
	9-12	89.5	10.5
	6-12	88.0	12.0
Have you ever been electronically bullied? (Bullied through texting, Instagram, Snapchat, or other social media.)	6-8	88.5	11.5
	9-12	89.6	10.4
	6-12	89.1	10.9
Have you ever bullied anyone?	6-8	92.0	8.0
	9-12	92.4	7.5
	6-12	92.3	7.7

Males report slightly higher rates of **being bullied on school property**, while **females** report higher rates of **being electronically bullied**. **Males** report significantly higher rates of **bullying someone**.

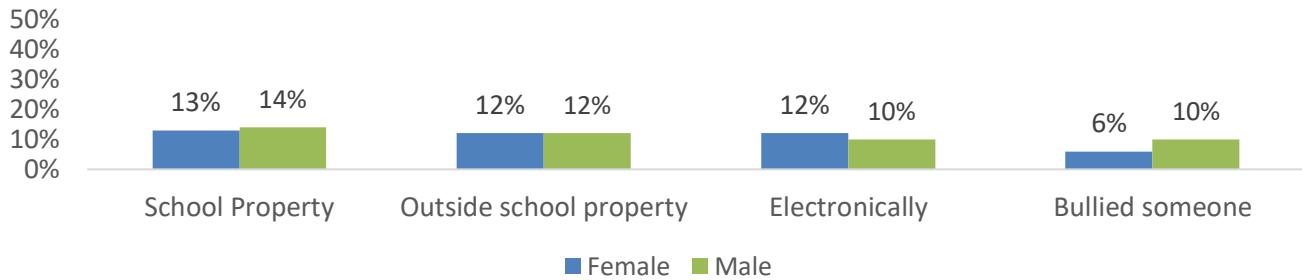


Table 29a. Bullying by Gender

During the past 12 months... (Yes)	6-12 %	Female %	Male %
Have you ever been bullied on school property?	13.4	12.9	13.6
Have you ever been bullied outside of school property?	12.0	12.4	11.5
Have you ever been electronically bullied?	10.9	12.1	9.7
Have you ever bullied anyone??	7.7	5.6	9.9 ^A

^A Significant different between Female and Male

Table 29b. Bullying, 2023 to 2025

During the past 12 months... Yes	Grade	2023 %	2025 %
Have you ever been bullied on school property?	6-8	19	19.1
	9-12	15	8.7
	6-12	17	13.4
Have you ever been bullied outside of school property?	6-8	19	13.9
	9-12	15	10.5
	6-12	17	12.0
Have you ever been electronically bullied? (Bullied through texting, Instagram, Snapchat, or other social media.)	6-8	16	11.5
	9-12	15	10.4
	6-12	15	10.9
Have you ever bullied anyone?	6-8	10	8.0
	9-12	9	7.5
	6-12	10	7.7

Additional Risky Behaviors

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

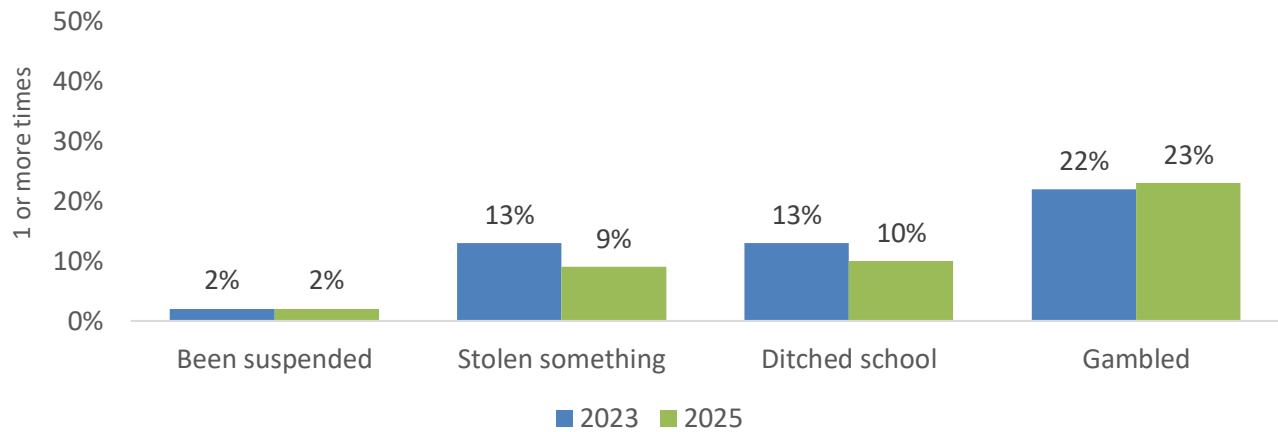


Table 30. Risky Behaviors

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	1.7	.3
	9-12	98.4	1.4	.2
	6-12	98.3	1.5	.2
Stolen something?	6-8	87.6	7.3	5.1
	9-12	93.1	4.1	2.8
	6-12	90.6	5.6	3.8
Sold drugs?	6-8	99.9	.1	0.0
	9-12	99.5	.2	.3
	6-12	99.6	.2	.2
Gambled which includes scratch-off tickets, online bets, sports betting, fantasy sports leagues, poker etc.?	6-8	75.7	10.7	13.6
	9-12	78.1	8.0	13.9
	6-12	77.0	9.2	13.7
During the last 4 weeks, how many days of school have you missed because you skipped or 'ditched'?	6-8	90.8	7.1	2.1
	9-12	90.3	7.3	2.5
	6-12	90.5	7.2	2.3

Table 30a. Risky Behaviors, 2023 to 2025

During the last 12 months, how many times have you...? 1 or more times	Grade	2023 %	2025 %
Been suspended from school?	6-8	2	1.9
	9-12	2	1.6
	6-12	2	1.7
Stolen something?	6-8	15	12.4
	9-12	11	6.9
	6-12	13	9.4
Sold drugs?	6-8	1	.1
	9-12	1	.5
	6-12	1	.4
Gambled which includes scratch-off tickets, online bets, sports betting, fantasy sports leagues, poker etc.?	6-8	24	24.3
	9-12	19	21.9
	6-12	22	23.0
During the last 4 weeks, how many days of school have you missed because you skipped or 'ditched'?	6-8	11	9.2
	9-12	15	9.8
	6-12	13	9.5

Mental Health

Causes of Stress, Anxiety or Worry

1 in 2 Darien high school youth report that **academics** causes 'a lot' of stress in their day to day lives, followed by **future expectations** (43%), **post high school planning** (40%), and **sport achievement** (24%).

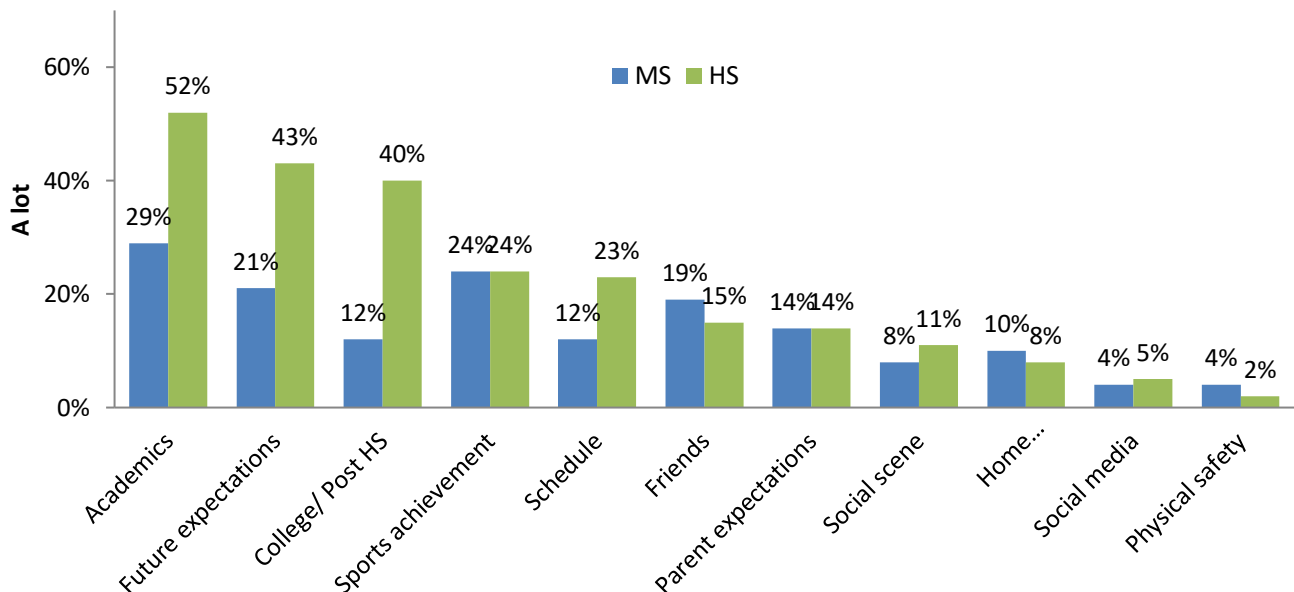


Table 31. Causes of Stress, Anxiety and Worry

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	15.5	55.7	28.8
	9-12	8.9	39.2	52.0
	6-12	11.8	46.5	41.7
College or post high school planning	6-8	59.7	28.0	12.4
	9-12	19.1	40.8	40.0
	6-12	37.0	35.1	27.9
Expectations of your future (i.e. being successful in life, high level of achievement)	6-8	40.1	38.7	21.2
	9-12	17.4	40.2	42.5
	6-12	27.4	39.5	33.1
Friends and peers (i.e. having friends, fitting in)	6-8	50.1	31.1	18.8
	9-12	48.5	36.5	15.0
	6-12	49.2	34.1	16.7
Home life and family relationships	6-8	71.1	19.4	9.6
	9-12	66.7	24.9	8.4
	6-12	68.6	22.4	9.0
Parental/guardian expectations	6-8	57.1	29.2	13.6
	9-12	52.9	33.0	14.1
	6-12	54.8	31.3	13.9
Physical safety (i.e. violence, threats)	6-8	85.9	10.3	3.8
	9-12	91.7	6.6	1.7
	6-12	89.2	8.2	2.6
Schedule (i.e. athletics, extra-curricular, volunteer commitments)	6-8	53.2	35.4	11.5
	9-12	31.0	45.6	23.4
	6-12	40.8	41.1	18.1
Social scene (i.e. parties, going out with friends)	6-8	68.9	23.1	8.0
	9-12	56.5	32.8	10.8
	6-12	61.9	28.5	9.6
Social media	6-8	79.5	16.2	4.3
	9-12	73.4	21.6	5.0
	6-12	76.0	19.3	4.7
Sports achievement (i.e. pressure to perform well in sports or on a team)	6-8	38.9	37.5	23.7
	9-12	44.3	32.0	23.7
	6-12	41.8	34.4	23.7

Table 31a. Causes of Stress, Anxiety and Worry by Gender

How much stress, anxiety, or worry do the following give you in your day-to-day life? (A lot)	6-12 %	Female %	Male %
Academics (i.e. homework, standardized tests, grades, studying)	41.7	50.3	32.4 ^A
College or post high school planning	27.8	36.9	18.3 ^A
Expectations of your future (i.e. being successful in life, high level of achievement)	33.1	40.6	25.2 ^A
Friends and peers (i.e. having friends, fitting in)	16.7	22.4	10.7 ^A
Home life and family relationships	8.9	10.5	7.3 ^A
Parental/guardian expectations	13.9	15.9	11.6 ^A
Physical safety (i.e. violence, threats)	2.6	3.0	2.2
Schedule (i.e. athletics, extra-curricular, volunteer commitments)	18.1	24.1	12.0 ^A
Social scene (i.e. parties, going out with friends)	9.5	13.0	6.3 ^A
Social media	4.7	6.3	2.9 ^A
Sports achievement (i.e. pressure to perform well in sports or on a team)	23.7	27.7	19.9 ^A

^A Significant difference between female and male

The percentage of youth who report high levels of stress around **sports achievement, future expectations, and academics** has **decreased** from 2023 to 2025.

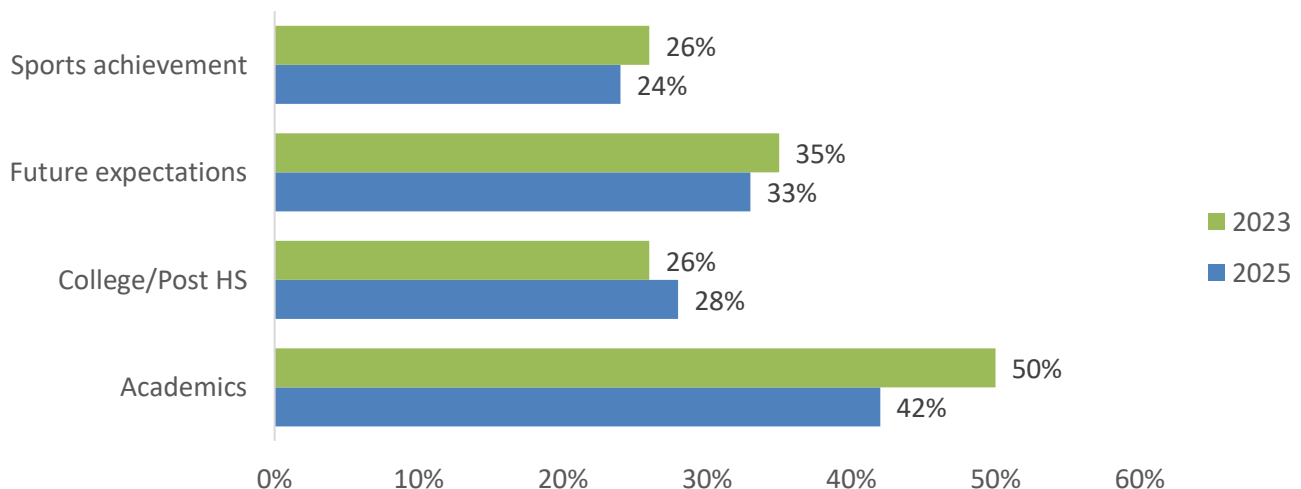


Table 31b. Causes of Stress, Anxiety and Worry, 2023 to 2025

How much stress, anxiety, or worry do the following give you in your day-to-day life? (A lot)	2023 %	2025 %
Academics (i.e. homework, standardized tests, grades, studying)	50	41.7
College or post high school planning	26	27.8
Expectations of your future (i.e. being successful in life, high level of achievement)	35	33.1
Friends and peers (i.e. having friends, fitting in)	21	16.7
Home life and family relationships	12	8.9
Parental/guardian expectations	17	13.9
Physical safety (i.e. violence, threats)	3	2.6
Schedule (i.e. athletics, extra-curricular, volunteer commitments)	20	18.1
Social scene (i.e. parties, going out with friends)	12	9.5
Social media	6	4.7
Sports achievement (i.e. pressure to perform well in sports or on a team)	26	23.7

Eating & Exercise (New wording in 2025)

Table 32. Stress related to Eating Habits and Body Image

	Grade	Never %	Rarely %	Sometimes %	Often %	Always %
How often do you feel stressed, anxious, or upset about your eating habits or body image?	6-8	21.2	31.0	26.3	14.0	7.6
	9-12	18.8	25.8	30.7	16.5	8.2
	6-12	19.8	28.1	28.7	15.5	7.9

Females report significantly higher rates of **feeling stressed, anxious or upset about their eating habits or body image.**

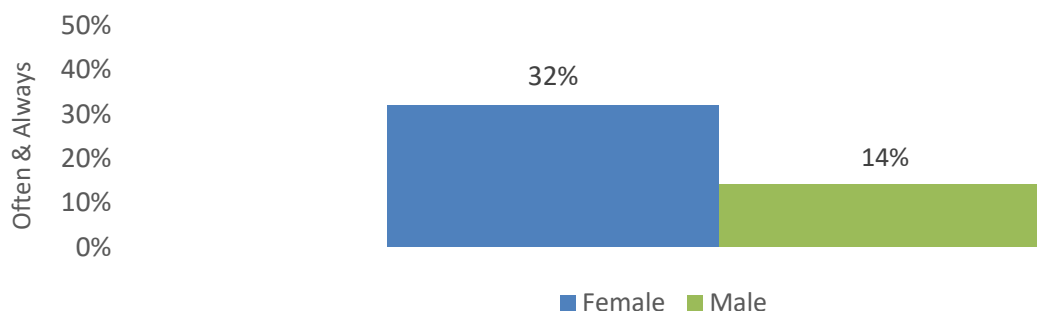


Table 32a. Stress related to Eating Habits and Body Image by Gender

	Female %	Male %
How often do you feel stressed, anxious, or upset about your eating habits or body image? (Often & Always)	32.2	13.7 ^A

^A Significant difference between female and male

1 in 3 Darien teens report making **intentional changes in their eating habits or exercise behaviors to control or lose weight** in the past year.

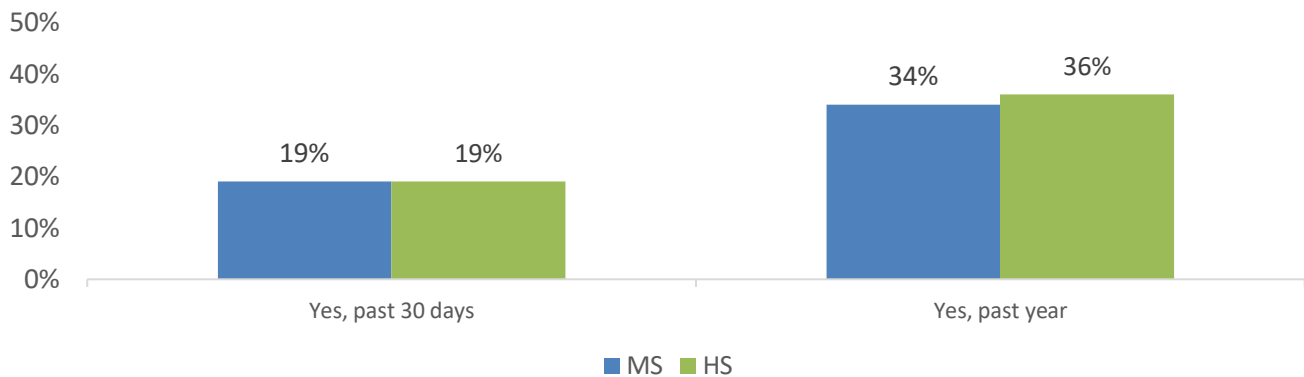


Table 33. Irregular Eating or Exercising

	Grade	No %	Yes, past 30 days %	Yes, past year %
Have you intentionally made changes in your eating habits or exercise behaviors (for example restricting food, excessively exercising, bingeing or purging) to control or lose weight?	6-8	66.0	19.3	34.0
	9-12	63.7	19.3	36.3
	6-12	64.7	19.3	35.3

Table 33a. Irregular Eating or Exercising by Gender

	Female %	Male %
Have you intentionally made changes in your eating habits or exercise behaviors (for example restricting food, excessively exercising, bingeing or purging) to control or lost weight? (Yes, past year)	36.7	33.3

Table 34. 2023 Irregular Eating Questions

	Grade	No	Yes
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
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

Anxiety, Depression, Loneliness and Suicide

Recent Anxiety, Depression & Loneliness

1 in 5 teens report frequently **feeling anxious** in the past month. 8% report frequently **feeling sad/depressed** and **lonely**.

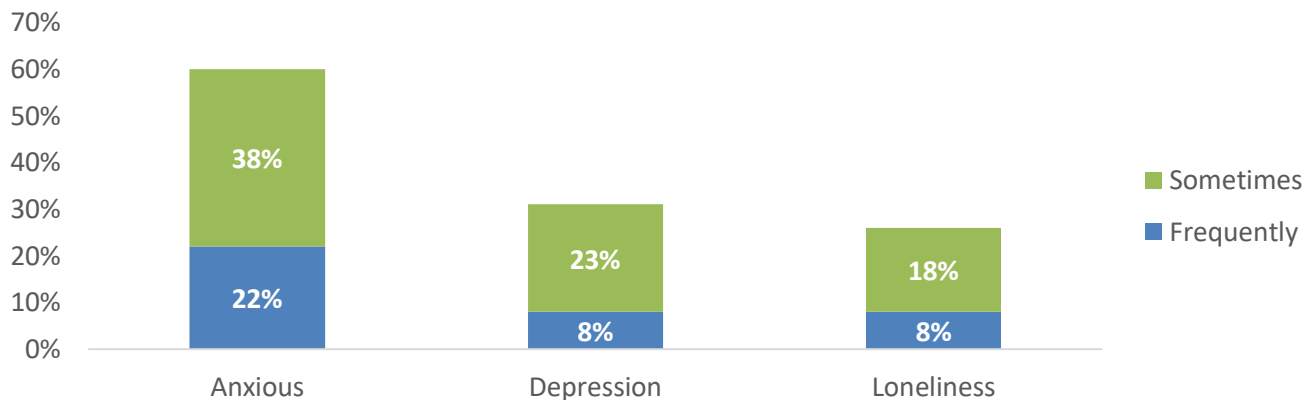


Table 35. Recent Anxiety, Depression and Loneliness

In the past 30 days, have you...	Grade	Never %	Rarely %	Sometimes %	Frequently %
Felt anxious	6-8	18.1	29.7	35.8	16.5
	9-12	12.8	22.1	39.4	25.7
	6-12	15.2	25.4	37.8	21.6
Felt sad or depressed	6-8	40.1	34.0	18.3	7.7
	9-12	31.5	34.2	26.0	8.3
	6-12	35.3	34.1	22.6	8.0
Felt lonely	6-8	52.3	25.7	12.6	9.4
	9-12	39.2	30.2	23.0	7.6
	6-12	45.0	28.2	18.4	8.4

High school teens and females report higher rates of **frequent anxiety in the past month**. Rates of frequent anxiety have decreased since 2023.

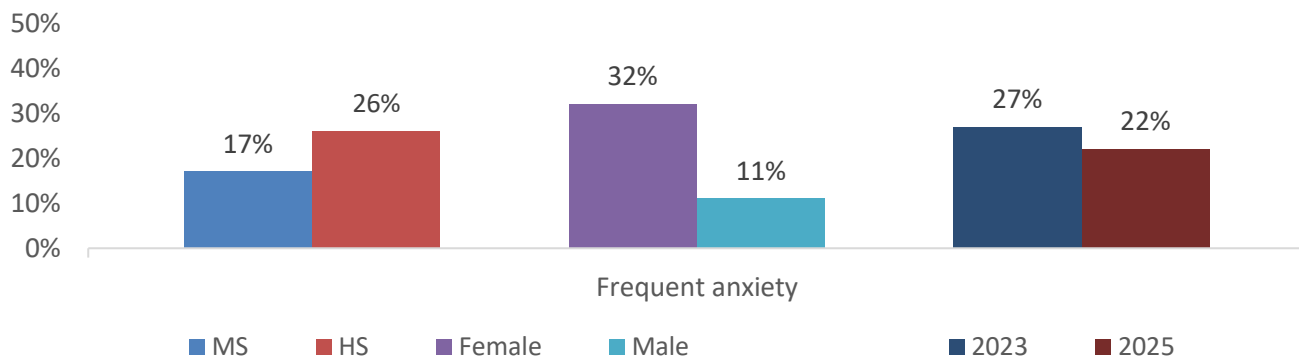


Table 35a. Recent Anxiety, Depression and Loneliness by Gender

In the past 30 days, have you... (Frequently)	6-12 %	Female %	Male %
Felt anxious	21.6	32.1	10.6 ^A
Felt sad or depressed	8.0	11.7	3.9 ^A
Felt lonely	8.4	10.9	5.2 ^A

^ASignificant difference between female and male

Table 35b. Recent Anxiety, Depression and Loneliness, 2021 to 2025

In the past 30 days, have you... (Frequently)	2021 %	2023 %	2025 %
Felt anxious	29	27	21.6
Felt sad or depressed	16	12	8.0
Felt lonely	18	15	8.4

Self-Harm and Partner Violence

1 in 10 Darien youth report **having thoughts of self-harm** in the past year (rates are significantly higher among females.)

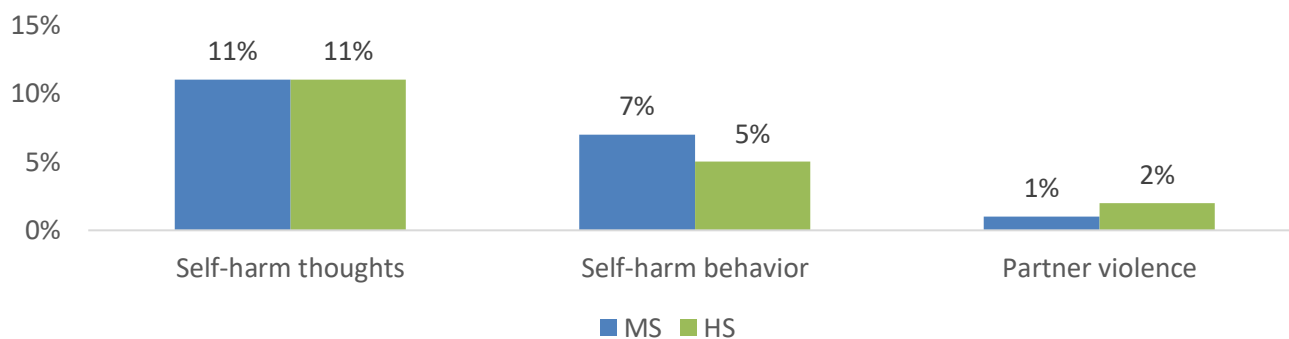


Table 36. Self-Harm and Partner Violence by Gender

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	88.9	11.1	12.7	8.3 ^A
	9-12	89.5	10.5		
	6-12	89.2	10.8		
Did you hurt yourself on purpose (without the intent to die)?	6-8	93.3	6.7	6.0	5.6
	9-12	94.6	5.4		
	6-12	94.0	6.0		
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	98.8	1.2	.9	2.2 ^A
	9-12	98.2	1.8		
	6-12	98.5	1.6		

^ASignificant different between female and male

Table 36a. Self-Harm and Partner Violence, 2023 to 2025

During the past 12 months... (Yes)	Grade	2023 %	2025 %
Did you have thoughts about hurting yourself (without the intent to die)?	6-8	17	11.1
	9-12	17	10.5
	6-12	17	10.8
Did you hurt yourself on purpose (without the intent to die)?	6-8	7	6.7
	9-12	10	5.4
	6-12	8	6.0
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	1	1.2
	9-12	2	1.8
	6-12	2	1.6

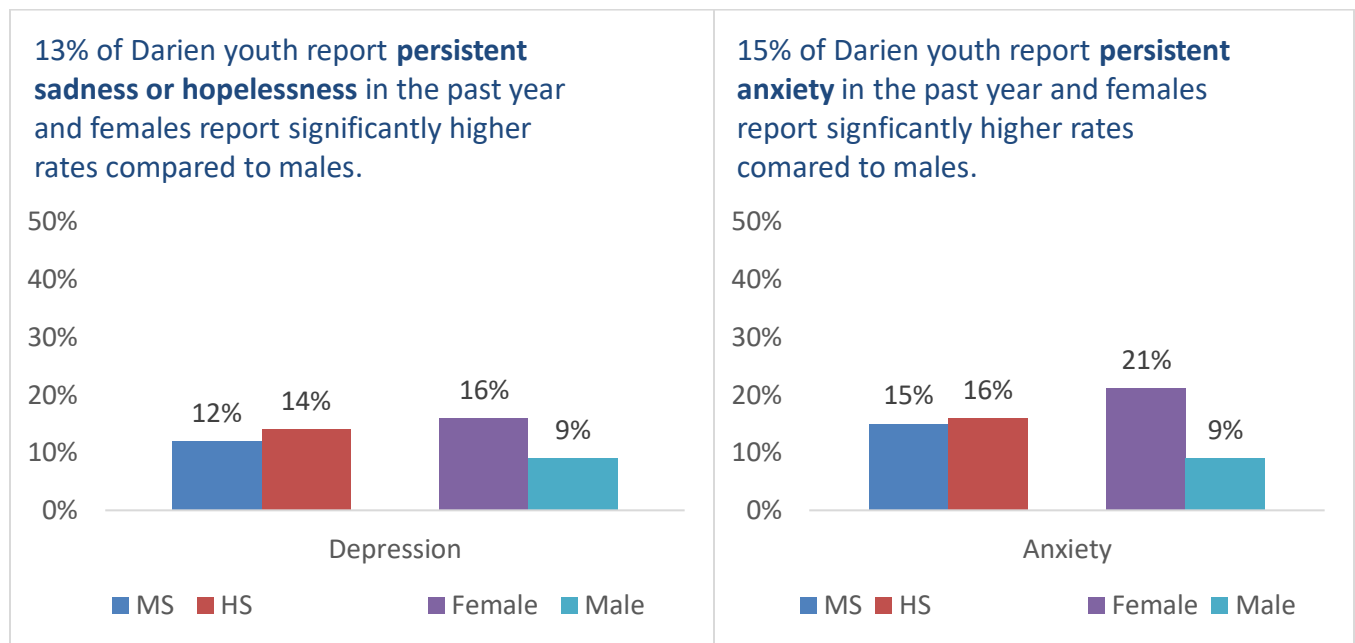


Table 37. Past Year Anxiety, Depression and Suicide by Gender

During the past 12 months...	Grade	No %	Yes %	Yes #	Female %	Male %
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	87.8	12.2	94	16.3	9.4 ^A
	9-12	86.0	14.0	137		
	6-12	86.8	13.2	231		
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	85.3	14.7	113	20.8	9.3 ^A
	9-12	84.1	15.9	155		
	6-12	84.7	15.4	268		
did you ever seriously consider attempting suicide?	6-8	93.7	6.3	48	6.8	4.1 ^A
	9-12	94.3	5.8	56		
	6-12	94.0	6.0	104		
did you make a plan about how you would attempt suicide?	6-8	95.3	4.7	36	4.2	3.5
	9-12	96.6	3.4	33		
	6-12	96.0	4.0	69		
did you attempt suicide?	6-8	99.1	.9	7	1.2	1.2
	9-12	98.5	1.5	15		
	6-12	98.7	1.3	22		

^A Significant different between female and male

The percentage of youth who report **suicide ideation and attempted suicide** has decreased from 2023 to 2025.

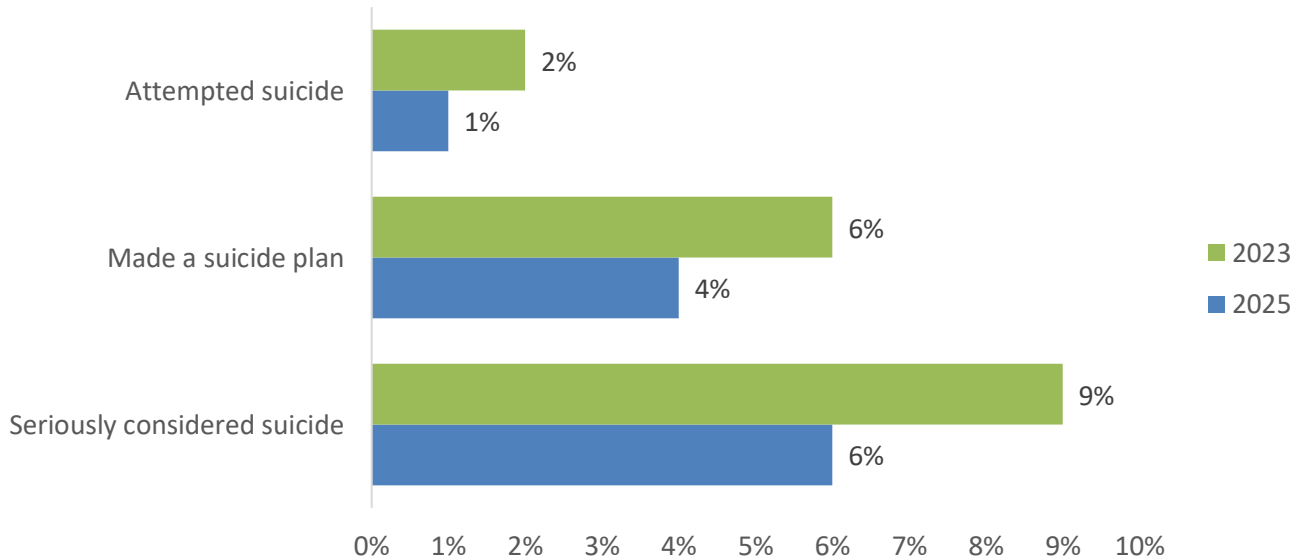


Table 37a. Past Year Anxiety, Depression and Suicide, 2023 to 2025

During the past 12 months...	Grade	2023	2025
		%	%
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	18	12.2
	9-12	23	14.0
	6-12	21	13.2
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	20	14.7
	9-12	28	15.9
	6-12	24	15.4
did you ever seriously consider attempting suicide?	6-8	8	6.3
	9-12	10	5.8
	6-12	9	6.0
did you make a plan about how you would attempt suicide?	6-8	6	4.7
	9-12	6	3.4
	6-12	6	4.0
did you attempt suicide?	6-8	3	.9
	9-12	2	1.5
	6-12	2	1.3

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:

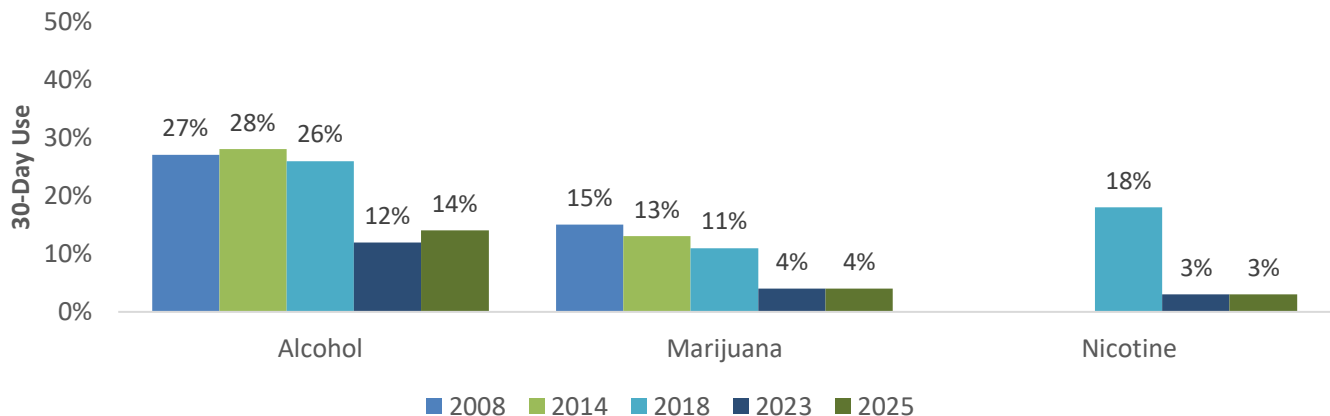
- ✓ Past 30-day Use – the percentage of youth who report using alcohol, tobacco, marijuana, or prescription drugs not prescribed to them at least once in the past 30-days.
- ✓ Perception of Risk – the percentage of youth who report that there is moderate or great risk in binge drinking, smoking one or 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.

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

Core Measures, 2008 to 2025

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.

Recent use (past 30-days) of **marijuana and nicotine** has stayed the same; **alcohol** use rates had a 1 percentage point increase from 2023.



In 2025, lifetime use rates (ever used substance) of **alcohol** are highest among high school teens.

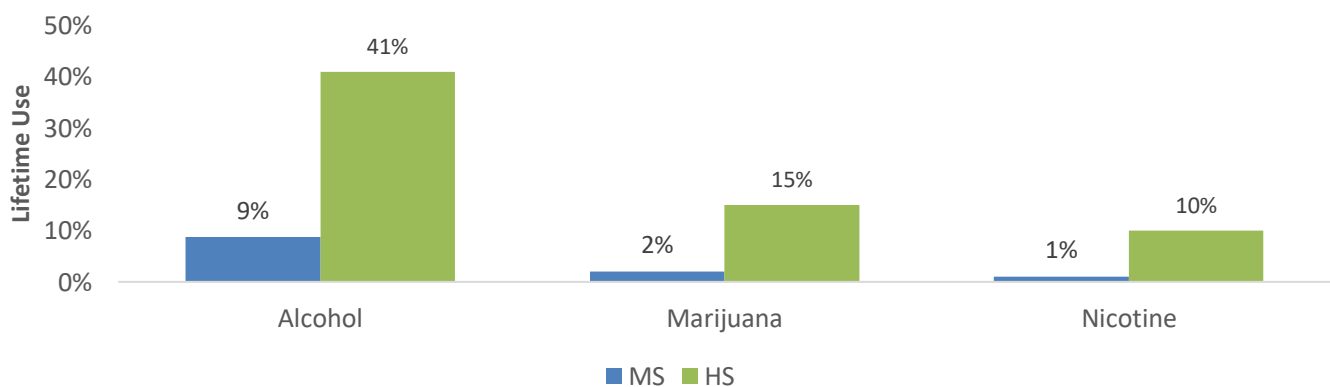


Table 38. Summary of Core Measures by Grade

	Alcohol %	Tobacco %	Marijuana %	RX drugs %	Nicotine %
30-day use					
6 th	.5	.0	.5	.0	.0
7 th	1.5	.0	.4	.4	.0
8 th	2.9	.0	.7	.7	1.5
9 th	8.4	.4	2.0	.0	2.4
10 th	18.2	1.2	5.1	.4	3.1
11 th	25.7	3.9	10.6	.4	4.7
12 th	46.4	3.2	9.9	.0	7.2
Total	14.2	1.2	4.0	.4	2.6
Perception of harm					
6 th	85.45	92.85	91.79	94.26	92.86
7 th	86.93	93.46	89.06	92.70	85.82
8 th	85.60	91.21	86.13	90.26	78.54
9 th	87.60	94.80	82.08	95.22	80.88
10 th	87.64	91.24	81.96	91.66	78.60
11 th	86.86	94.04	71.06	91.49	76.17
12 th	84.68	93.72	67.42	93.33	68.30
Total	85.58	92.04	80.64	91.51	79.77
Perception of parental disapproval					
6 th	93.27	95.47	95.02	94.57	95.48
7 th	94.42	97.01	97.76	97.37	96.64
8 th	94.22	95.66	97.07	95.29	97.47
9 th	95.20	97.58	96.80	97.59	98.80
10 th	94.16	95.35	93.77	96.11	94.56
11 th	92.44	95.76	91.99	95.79	96.63
12 th	93.83	93.81	92.07	98.25	96.04
Total	93.81	95.24	94.43	95.93	96.16
Perception of peer disapproval					
6 th	92.20	91.71	93.06	92.59	93.06
7 th	92.31	94.25	95.02	94.21	92.33
8 th	86.23	90.44	91.24	92.03	88.40
9 th	76.70	82.59	83.93	90.36	81.93
10 th	74.32	76.27	73.55	86.77	71.99
11 th	79.66	70.94	62.98	91.95	69.78
12 th	77.58	60.18	56.76	91.03	61.44
Total	82.62	80.76	79.66	90.99	79.95

Table 39. Alcohol Core Measures, 2008 to 2025

Alcohol	2008 %	2011 %	2014 %	2018 %	2021 %	2023 %	2025 %
Past 30 Day Use	27.3	25.9	27.7	26.2	13.6	12.3	14.2
Parental Disapproval	**	**	**	86.1	97.3	92.3	93.8
Peer Disapproval	**	**	**	61.9	89.3	82.2	82.6
Perception of Risk	**	**	**	81.9	82.4	82.3	85.6

Table 40. Marijuana Core Measures, 2008 to 2025

Marijuana	2008 %	2011 %	2014 %	2018 %	2021 %	2023 %	2025 %
Past 30 Day Use	14.7	14.6	13.3	11.3	4.0	4.4	4.0
Parental Disapproval	**	**	**	91.5	96.3	93.5	94.4
Peer Disapproval	**	**	**	63.6	78.1	77.4	79.7
Perception of Risk	**	**	**	73.3	75.3	77.6	80.6

Table 41. Nicotine Core Measures, 2008 to 2025

Nicotine (vaping)	2008 %	2011 %	2014 %	2018 %	2021 %	2023 %	2025 %
Past 30 Day Use	**	**	**	18.1	4.4	2.7	2.6
Parental Disapproval	**	**	**	91.7	97.0	96.4	96.2
Peer Disapproval	**	**	**	50.9	73.2	78.0	80.0
Perception of Risk	**	**	**	65.1	73.7	79.3	80.0

Table 42. Tobacco Core Measures, 2008 to 2025

Tobacco	2008 %	2011 %	2014 %	2018 %	2021 %	2023 %	2025 %
Past 30 Day Use	9.0	11.4	7.3	3.1	1.3	1.3	1.2
Parental Disapproval	**	**	**	97.1	98.3	96.1	95.0
Peer Disapproval	**	**	**	79.7	84.0	83.3	80.8
Perception of Risk	**	**	**	87.8	82.9	92.9	92.0

Table 43. Prescription Drug Core Measures, 2008 to 2025

Prescription Drugs	2008 %	2011 %	2014 %	2018 %	2021 %	2023 %	2025 %
Past 30 Day Use	6.1	6.9	2.4	2.6	.6	.3	.4
Parental Disapproval	**	**	**	98.1	**	96.2	95.9
Peer Disapproval	**	**	**	85.5	94.4	91.0	91.0
Perception of Risk	**	**	**	89.7	85.3	92.7	91.5

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

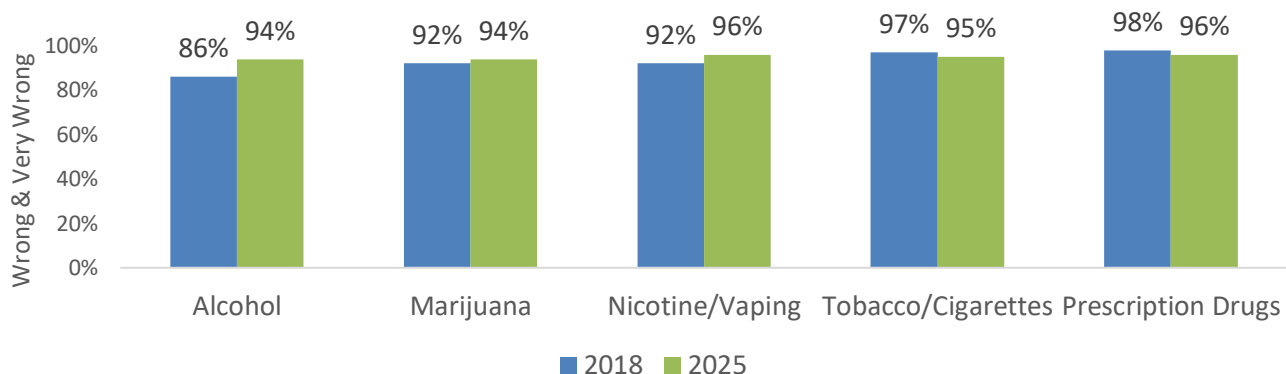


Table 44. Perception of Parental Disapproval

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	3.1	2.9	7.9	86.1
	9-12	2.4	3.7	18.6	75.3
	6-12	2.7	3.3	13.9	80.1
Drink 5 or more drinks on one occasion?	6-8	3.1	4.2	11.8	80.9
	9-12	5.3	13.9	22.8	58.0
	6-12	4.3	9.7	17.9	68.1
Drink alcohol on weekends?	6-8	5.4	5.5	11.5	77.6
	9-12	12.1	22.9	24.5	40.5
	6-12	9.2	15.2	18.8	56.8
Smoke cigarettes or use tobacco?	6-8	2.8	1.2	4.8	91.2
	9-12	1.7	2.7	12.2	84.4
	6-12	2.2	2.0	10.0	85.8
Use nicotine through a vaping device (JUUL, Blu, Puff Bar)?	6-8	2.7	.7	4.4	92.2
	9-12	1.5	2.0	12.2	84.4
	6-12	2.1	1.4	8.8	87.7
Use marijuana or THC products (includes use through a vaping device, smoking it, eating it/edibles, inhaling it)?	6-8	2.8	.5	3.8	92.9
	9-12	2.1	4.2	13.9	79.8
	6-12	2.4	2.6	9.5	85.5
Use prescription drugs not prescribed to you?	6-8	3.3	.9	6.3	89.5
	9-12	1.8	1.3	9.1	87.9
	6-12	2.5	1.2	7.8	88.5

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.

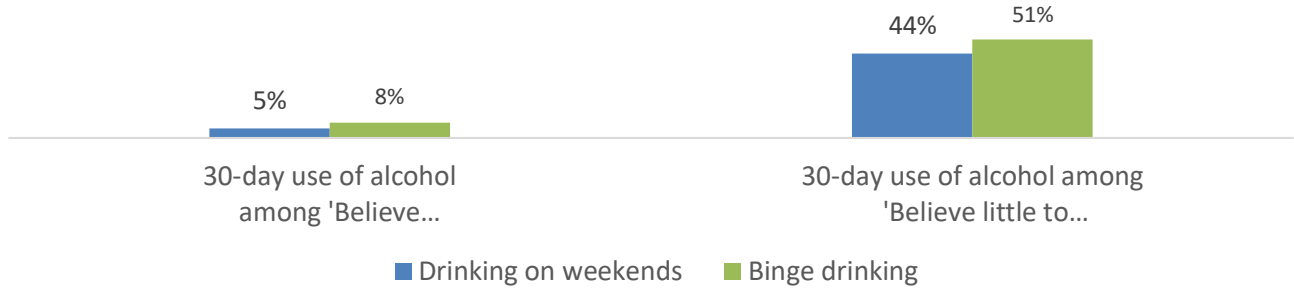


Table 44a. Parent Disapproval and Use Rates

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=105	n=1618
Never drank	62.5	74.0
Drank in Lifetime	37.5	26.0
Drank in past 30-days	24.0	13.4
(Perc. of parent disapproval) Binge drinking (5+ in one occasion)	n=238	n=1480
Never drank	34.0	79.6
Drank in Lifetime	66.0	20.4
Drank in past 30-days	51.3	8.4
(Perc. of parent disapproval) Drinking on weekends	n=416	n=1296
Never drank	35.8	85.3
Drank in Lifetime	64.2	14.7
Drank in past 30-days	43.8	4.8

Perception of peer disapproval rates are increasing. Peer disapproval rates around vaping nicotine have increased significantly since 2018.

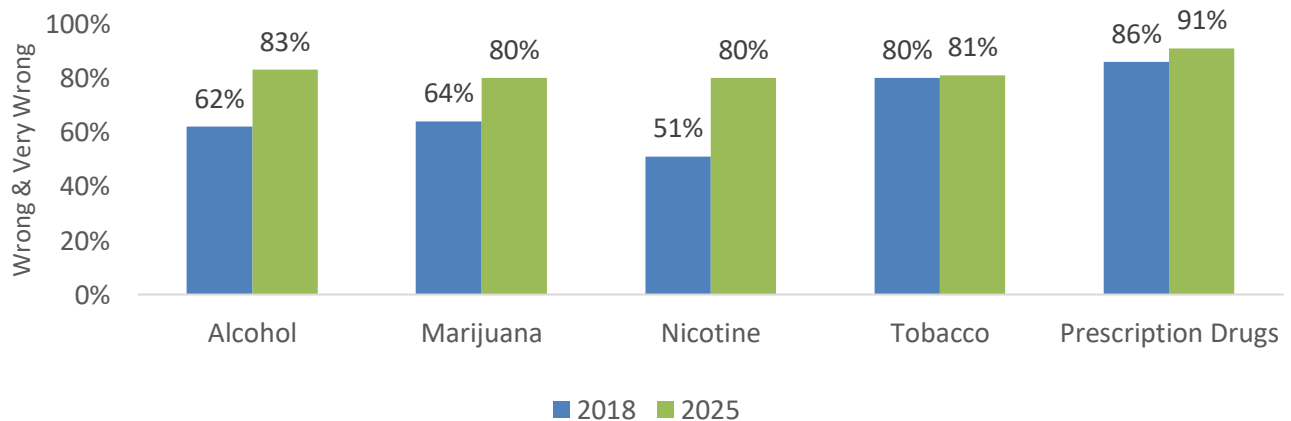
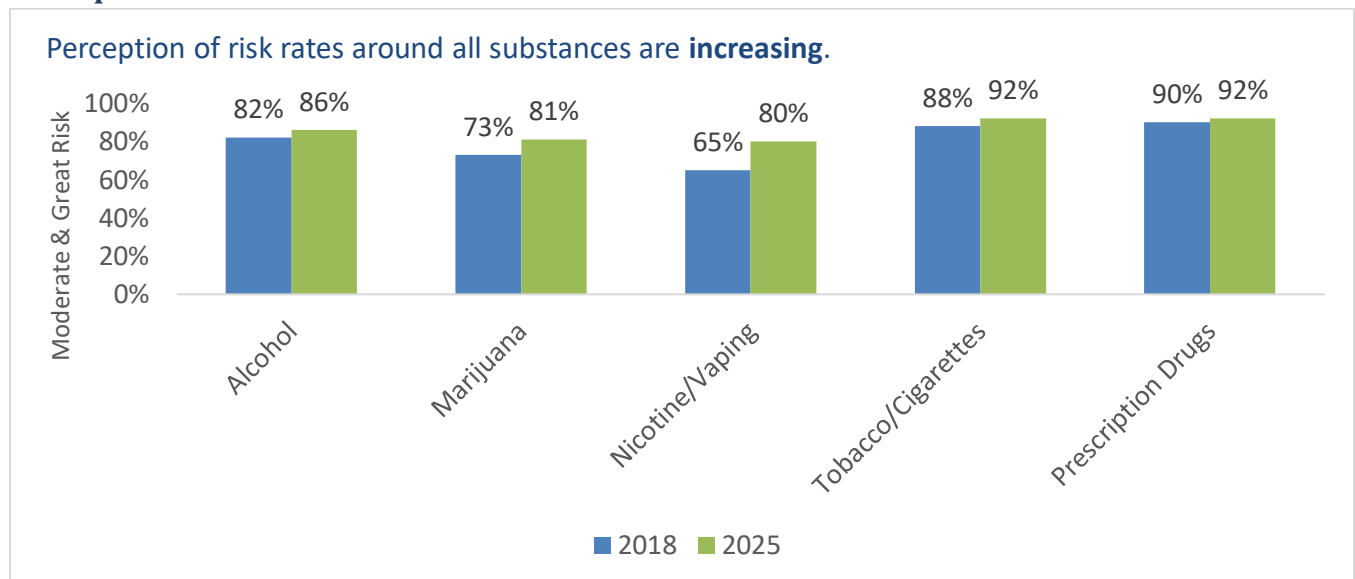


Table 45. Perception of Peer Disapproval

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	3.2	7.8	22.3	67.8
	9-12	8.2	14.8	31.7	45.3
	6-12	6.1	11.3	27.6	55.1
Drink 5 or more drinks on one occasion?	6-8	4.7	7.3	19.5	68.5
	9-12	23.7	22.4	23.3	30.7
	6-12	15.4	15.7	21.6	47.3
Drink alcohol on weekends?	6-8	7.1	8.5	20.4	64.0
	9-12	38.9	21.0	17.6	22.5
	6-12	25.0	15.5	18.8	40.7
Smoke cigarettes or use tobacco?	6-8	3.2	4.7	16.1	76.0
	9-12	8.9	18.3	26.8	46.1
	6-12	6.4	12.3	22.1	59.2
Use nicotine through a vaping device (JUUL, Blu, Puff Bar)?	6-8	4.1	4.8	14.3	76.8
	9-12	11.6	16.8	23.7	46.1
	6-12	8.4	11.5	20.6	59.6
Use marijuana or THC products (includes use through a vaping device, smoking it, eating it/edibles, inhaling it)?	6-8	3.3	3.6	14.0	79.1
	9-12	14.1	16.1	23.7	46.1
	6-12	9.5	10.6	19.4	60.5
Use prescription drugs not prescribed to you?	6-8	3.1	4.0	16.3	76.7
	9-12	3.4	6.6	23.2	66.7
	6-12	3.3	5.5	20.1	71.1

Perception of Harm



Perception of harm rates are **lowest** among 12th graders. The lowest perception of harm is reported around **marijuana and nicotine use**.

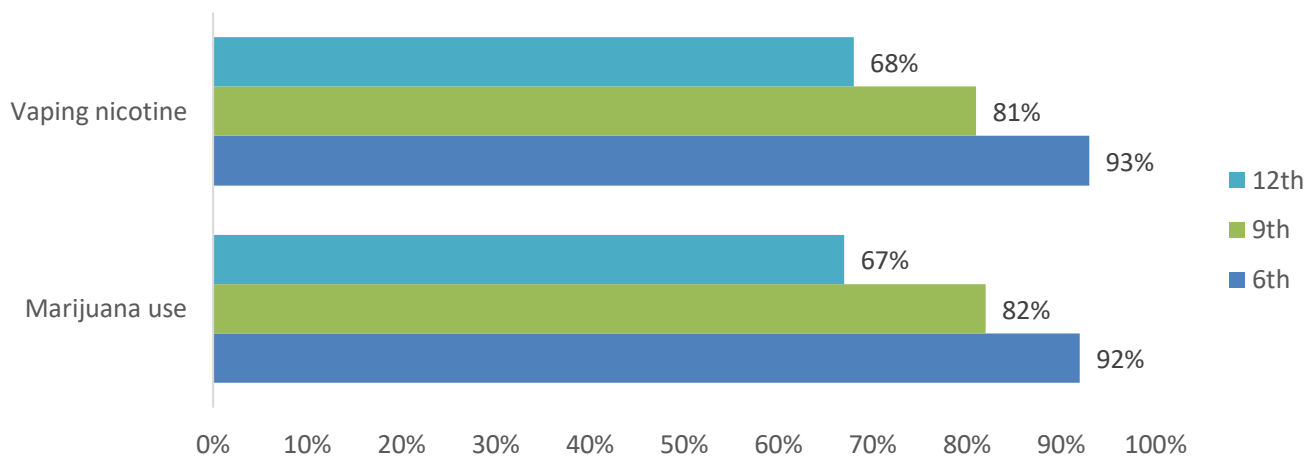


Table 46. Perception of Harm

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	3.7	5.3	25.9	65.1
	9-12	2.7	9.2	23.1	65.0
	6-12	3.2	7.6	24.3	65.0
Use marijuana or THC products daily?	6-8	3.5	3.8	12.4	80.4
	9-12	2.6	9.7	23.0	64.7
	6-12	3.0	7.1	18.4	71.5
Smoke cigarettes, 1 or more packs a day?	6-8	3.6	3.9	14.9	77.5
	9-12	2.3	4.3	13.1	80.3
	6-12	2.9	4.1	13.9	79.1
Drink 1 or 2 drinks of alcohol nearly every day?	6-8	4.4	9.5	29.6	56.5
	9-12	2.8	10.4	24.3	62.5
	6-12	3.5	10.0	26.6	59.9
Drink 5 or more alcoholic beverages (beer, wine, liquor), 1 or 2 times a week?	6-8	3.8	7.0	23.3	66.0
	9-12	3.6	16.7	30.1	49.6
	6-12	3.7	12.4	27.1	56.7
Use marijuana or THC products, 1 or 2 times a week?	6-8	4.3	6.9	23.6	65.1
	9-12	6.6	17.4	27.5	48.5
	6-12	5.6	12.9	25.8	54.3
Use nicotine through a vaping device (JUUL, Blu, Puff Bar) 1 or 2 times a week?	6-8	4.2	10.7	24.1	61.0
	9-12	5.1	18.7	27.1	49.1
	6-12	4.7	15.2	25.8	54.3
Use prescription drugs that are not prescribed to them?	6-8	3.4	4.4	17.5	74.7
	9-12	2.0	5.1	17.0	75.9
	6-12	2.6	4.8	17.2	75.4

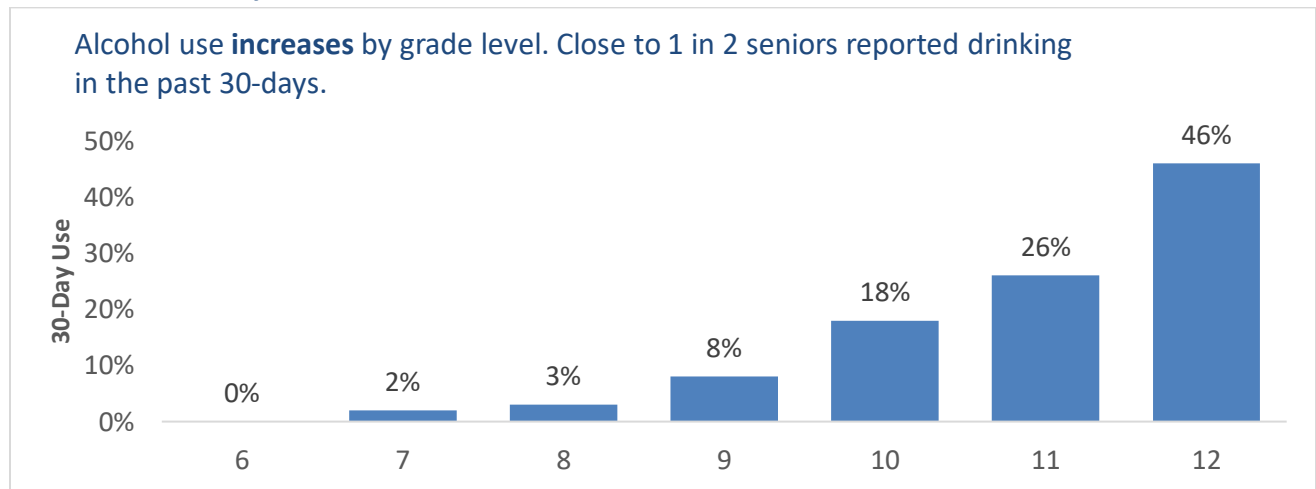
Alcohol Use, Age of Onset, Sources and Location of Use

Table 47. Alcohol 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 alcoholic beverages (beer, wine, liquor)?	6-8	91.3	7.0	1.0	.5	.1
	9-12	59.2	16.9	20.2	3.3	.4
	6-12	73.4	12.6	11.8	2.1	.3

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.

Alcohol Use Rates by Grade



Alcohol Use Rates by Race, Ethnicity & Gender

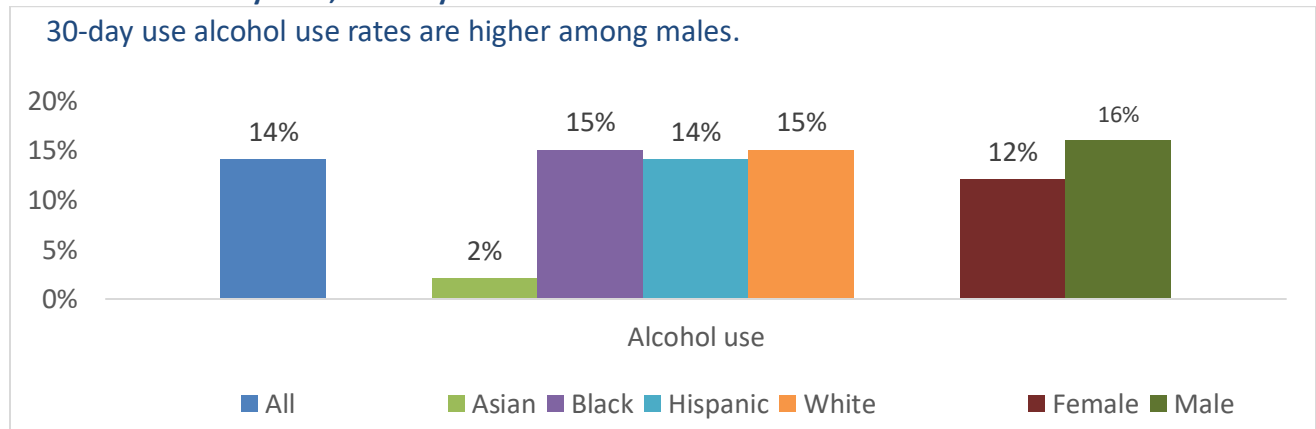


Table 47a. Alcohol Use, by Gender, Race and Ethnicity

Alcohol	Female %	Male %	Asian %	Black* %	Hispanic %	White %
30-day use	12.2	15.7	2.4	14.8	13.5	15.4

Table 47b. Alcohol Use Rates by Commitments

Commitments	Never/Rarely %	Often/Always %
	Sports (n=324)	Sports (n=1213)
Alcohol Use – past 30-days	6.5	15.9
	Clubs (n=508)	Clubs (n=874)
Alcohol Use – past 30-days	9.8	15.4
	Service (n=691)	Service (n=576)
Alcohol Use – past 30-days	7.8	21.7

Alcohol Use Rates by Mental Health Indicators

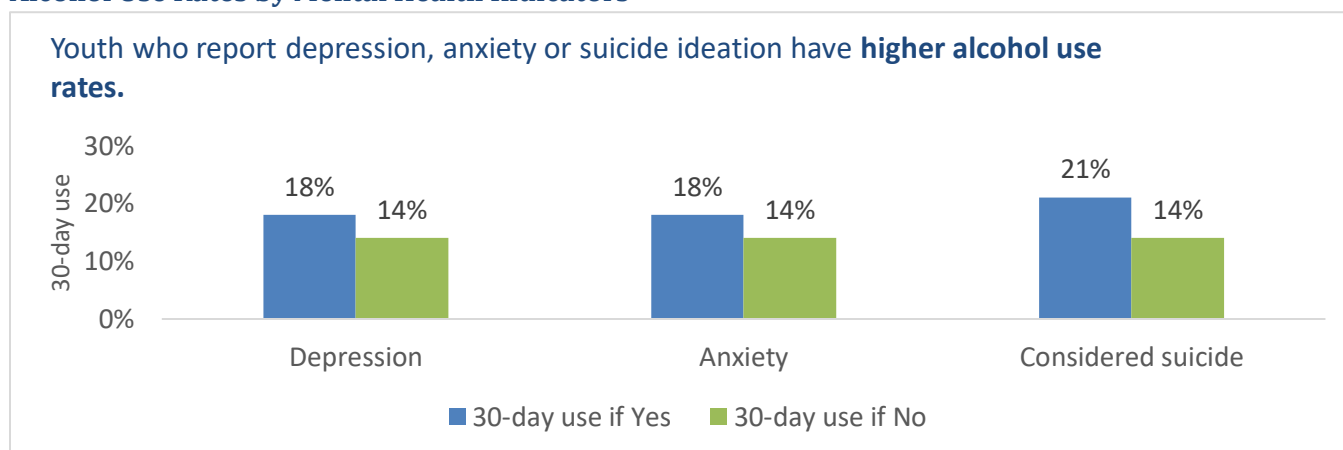


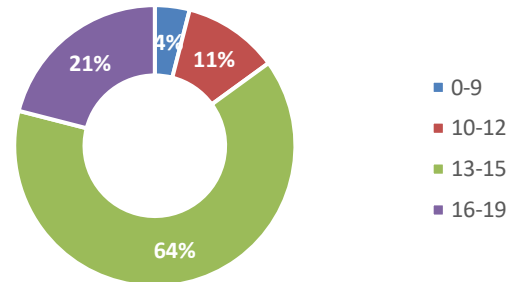
Table 47b. Alcohol Use by Mental Health Indicators

Mental Health Indicators	Yes %	No %
	Sad/Depressed (n=226)	Sad/Depressed (n=1486)
Alcohol Use – past 30-days	18.1	13.6
	Anxiety (n=261)	Anxiety (n=1449)
Alcohol Use – past 30-days	18.4	13.5
	Considered Suicide (n=103)	Considered Suicide (n=1596)
Alcohol Use – past 30-days	21.4	13.7

Table 48. Age of First Use

How old were you when you first drank an alcoholic beverage? (n=441)	%
Younger than 8	2.5
8	.5
9	.7
10	2.7
11	1.4
12	7.3
13	12.9
14	25.6
15	25.9
16	14.5
17	4.5
18	1.1
19	.5

64% of Darien teens report that they first drank at age 13 to 15 years old.



Access to Alcohol

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

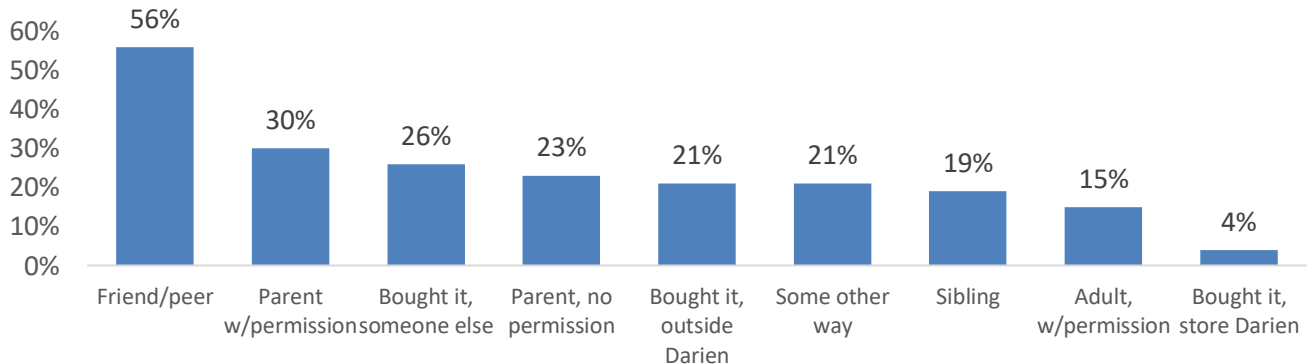


Table 49. Sources of Alcohol

If you ever drank alcohol, where did you get it? (n=462)	Never %	Rarely %	Sometimes/ occasionally %	Often %
A parent/guardian, with permission	42.2	27.5	19.5	10.8
A parent/guardian, without permission	54.5	22.2	17.6	5.7
An adult, non-family member, with permission	67.0	17.8	11.9	3.3
A friend/peer gave it to me	29.1	14.4	29.5	26.9
A sibling gave it to me	67.8	13.3	11.9	7.1
Bought it from someone else	63.6	10.0	14.4	12.0
Bought it myself at a store in Darien	91.2	4.6	2.4	1.8
Bought it myself at a store outside of Darien	71.7	7.5	8.8	11.9
I got it in some other way	63.2	16.2	11.2	9.4

Table 49a. Sources of Alcohol, 2023 to 2025

If you ever drank alcohol, where did you get it? (Sometimes/Occasionally, Often)	2023 %	2025 %
A parent/guardian, with permission	33	30.3
A parent/guardian, without permission	29	23.3
An adult, non-family member, with permission	20	15.2
A friend/peer gave it to me	56	56.5
A sibling gave it to me	19	19.0
Bought it from someone else	24	26.6
Bought it myself at a store in Darien	2	4.2
Bought it myself at a store outside of Darien	25	20.8
I got it in some other way	23	20.7

Table 50. Location of Alcohol Use

If you ever drank alcohol, where did you drink? (n=464)	Never %	Rarely %	Sometimes/ occasionally %	Often %
At home, alone	85.4	8.2	4.0	2.4
At home, with parent guardian present	50.8	25.0	16.0	8.3
With friends at my home or my friends' home	29.8	14.3	27.0	29.0
In a car	87.3	8.7	3.3	.7
At school or on school property	96.2	2.7	.7	.4
At a party	31.6	14.3	21.5	32.7
A public place, beach, park, woods, or street	68.4	17.1	11.2	3.3

Table 50a. Location of Alcohol Use, 2023 to 2025

If you ever drank alcohol, where did you drink? (Sometimes/Occasionally, Often)	2023 %	2025 %
At home, alone	6	6.4
At home, with parent guardian present	23	24.3
With friends at my home or my friends' home	56	55.9
In a car	6	4.0
At school or on school property	1	1.1
At a party	57	54.2
A public place, beach, park, woods, or street	14	14.5

Table 51. Additional Locations of Alcohol Use

If you ever drank in a public place, beach, park or woods please indicate where. (n=110)	%
Cherry Lawn	12.7
Noroton Bay Beach or Pier	20.9
Pear Tree Point Beach	21.8
Selleck's Woods	8.2
Tilley Pond Park	12.7
Weed Beach	50.0
Woodland Park	14.6
Other	37.3

Marijuana Use, Age of Onset, Sources and Location of Use

Table 52. Marijuana 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 products (includes use through a vaping device, smoking it, eating it/edibles, inhaling it)?	6-8	98.5	1.0	.3	0.0	.3
	9-12	85.5	7.8	4.3	1.8	.7
	6-12	91.2	4.8	2.5	1.0	.5

~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.

Marijuana Use by Grade

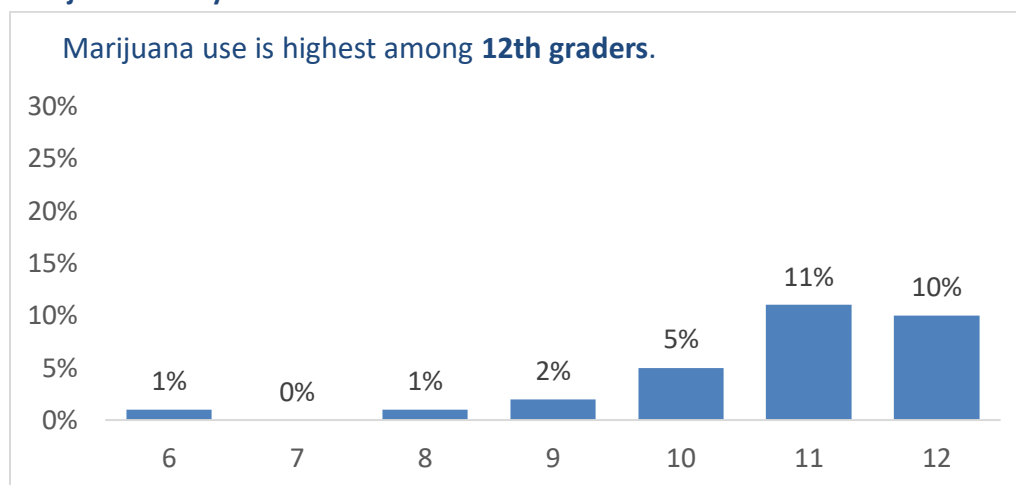


Table 52a. Marijuana Use, by Gender and Race/Ethnicity

Marijuana	Female %	Male %	Asian %	Black* %	Hispanic %	White %
30-day use	2.6	4.9	.5	1.9	5.0	4.4

Table 53. 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=159)	Never %	Rarely %	Sometimes/ occasionally %	Often %
Smoked or inhaled (e.g. joint, bong, bowl, bat, etc.)	43.3	29.9	19.8	7.0
Consumed edibles (e.g. baked goods, candy, soda or other items that contain marijuana or THC)	43.7	37.3	11.4	7.6
Vaped	43.6	25.0	19.2	12.2
Dabbed (e.g. wax or hash)	90.3	7.1	2.0	.7
Other	89.7	6.8	2.6	.9

Table 54. Age of Onset

How old were you when you first used a marijuana or THC? (n=150)	%
Younger than 8	2.0
8	0
9	0
10	0
11	2.0
12	2.0
13	8.7
14	17.3
15	28.0
16	28.7
17	9.3
18	2.0
19	0

54% of Darien teens report that they first used marijuana at age 13 to 15 years old.

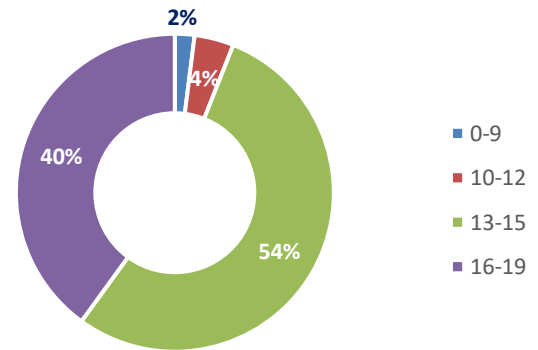


Table 55. Sources of Marijuana

If you ever used marijuana or THC, where did you get it? (n=151)	Never %	Rarely %	Sometimes/occasionally %	Often %
A parent/guardian, with permission	91.2	6.8	0.0	2.0
A parent/guardian, without permission	89.1	5.4	2.0	3.4
An adult, non-family member, with permission	89.8	6.1	3.4	.7
A friend/peer gave it to me	19.1	27.9	30.6	22.5
A sibling gave it to me	84.3	8.9	3.4	3.4
Bought it from someone else	59.5	8.8	12.8	18.9
Bought it from internet or social media (e.g. Snapchat)	85.7	4.1	2.7	7.5
Bought it myself at a store in Darien	98.6	.7	0.0	.7
Bought it myself at a store outside of Darien	69.4	7.5	10.2	12.9
Medical marijuana dispensary	89.1	4.1	4.8	2.0
I got it in some other way	82.0	8.6	3.6	5.8

Table 55a. Sources of Marijuana, 2023 to 2025

If you ever used marijuana or THC, where did you get it? (Sometimes/Occasionally, Often)	2023 %	2025 %
A parent/guardian, with permission	2	2.0
A parent/guardian, without permission	6	5.4
An adult, non-family member, with permission	6	4.1
A friend/peer gave it to me	59	53.1
A sibling gave it to me	14	6.9
Bought it from someone else	34	31.8
Bought it from internet or social media (e.g. Snapchat)	9	10.2

Bought it myself at a store in Darien	2	.7
Bought it myself at a store outside of Darien	23	23.1
Medical marijuana dispensary	6	6.8
I got it in some other way	11	9.4

Table 56. Location of Marijuana Use

If you ever used marijuana or THC, where did you use it? (n=151)	Never %	Rarely %	Sometimes/ occasionally %	Often %
At home, alone	63.2	15.3	9.0	12.5
At home, with parent guardian present	86.0	4.9	4.9	4.2
With friends at my home or my friends' home	20.0	28.3	26.9	24.8
In a car	67.1	11.9	13.3	7.7
At school or on school property	86.6	8.5	4.2	.7
At a party	43.4	19.6	20.3	16.8
A public place, beach, park, woods, or street	59.6	15.1	15.1	10.3

Table 56a. Location of Marijuana Use, 2023 to 2025

If you ever used marijuana or THC, where did you use it?	2023 %	2025 %
At home, alone	22	21.5
At home, with parent guardian present	5	9.1
With friends at my home or my friends' home	56	51.7
In a car	24	21.0
At school or on school property	6	4.9
At a party	44	37.1
A public place, beach, park, woods, or street	24	25.3

Table 57. Additional Locations of Marijuana Use

If you ever used marijuana in a public place, beach, park or woods please indicate where. (n=34)*	#	%
Cherry Lawn	11	32.4
Noroton Bay Beach or Pier	6	17.7
Pear Tree Point Beach	13	38.2
Selleck's Woods	4	11.8
Tilley Pond Park	11	32.4
Weed Beach	19	55.9
Woodland Park	4	11.8
Other	11	32.4

Nicotine Use, Age of Onset, Sources and Location of Use

Table 58. Nicotine 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 a nicotine in an oral pouch?	6-8	97.5	1.8	.5	.1	.0
	9-12	89.6	6.6	1.6	.8	1.5
	6-12	93.1	4.4	1.1	.6	.8
use a vaping device or e-cig with nicotine (JUUL, Blu, Puff Bar)	6-8	98.6	.9	.4	.0	.1
	9-12	90.4	5.3	2.1	.9	1.3
	6-12	94.0	3.4	1.3	.5	.8

~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.

Table 59. Age of Onset

How old were you when you first used a vaping device with nicotine? (n=91)	%
Younger than 8	1.1
8	0.0
9	0.0
10	0.0
11	1.1
12	6.6
13	11.0
14	24.2
15	29.7
16	23.1
17	3.3
18	0.0
19	0.0

65% of Darien teens report that they first vaped nicotine at age 13 to 15 years old.

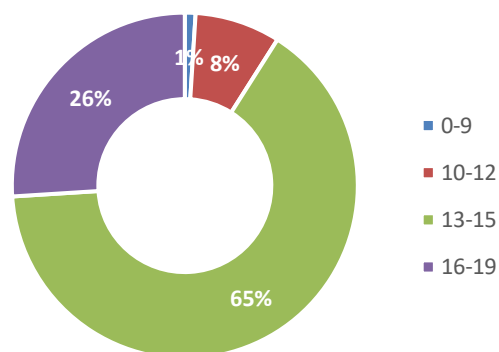


Table 60. Sources of Nicotine

If you ever vaped nicotine, where did you get it? (n=97)	Never %	Rarely %	Sometimes/ occasionally %	Often %
A parent/guardian, with permission	98.9	1.1	0.0	0.0
A parent/guardian, without permission	92.5	5.4	1.1	1.1
An adult, non-family member, with permission	92.5	4.3	1.1	2.2
A friend/peer gave it to me	8.3	29.2	36.5	26.0
A sibling gave it to me	85.0	5.4	4.3	5.4
Bought it from someone else	59.4	14.6	8.3	17.7
Bought it from internet or social media (e.g. Snapchat)	88.2	5.4	4.3	2.2

Bought it myself at a store in Darien	91.2	2.2	1.1	5.5
Bought it myself at a store outside of Darien	50.0	12.8	13.8	23.4
I got it in some other way	72.7	11.4	6.8	9.1

Table 60a. Sources of Nicotine, 2023 and 2025

If you ever vaped nicotine, where did you get it? (Sometimes/Occasionally, Often)	2023 %	2025 %
A parent/guardian, with permission	1	0.0
A parent/guardian, without permission	6	2.2
An adult, non-family member, with permission	4	3.2
A friend/peer gave it to me	60	62.5
A sibling gave it to me	11	9.7
Bought it from someone else	33	26.0
Bought it from internet or social media (e.g. Snapchat)	9	6.5
Bought it myself at a store in Darien	6	6.6
Bought it myself at a store outside of Darien	32	37.2
I got it in some other way	13	15.9

Table 61. Location of Use

If you ever vaped nicotine, where did you get it? (n=95)	Never %	Rarely %	Sometimes/ occasionally %	Often %
At home, alone	46.2	22.0	9.9	22.0
At home, with parent guardian present	87.6	4.5	4.5	3.4
With friends at my home or my friends' home	16.1	26.9	25.8	31.2
In a car	50.0	15.6	15.6	18.9
At school or on school property	68.6	13.5	10.1	7.9
At a party	22.0	22.0	23.1	33.0
A public place, beach, park, woods, or street	56.5	21.7	7.6	14.1

Table 61a. Location of Use, 2023 to 2025

If you ever vaped nicotine, where did you get it? (n=120) (Sometimes/Occasionally, Often)	2023 %	2025 %
At home, alone	29	31.9
At home, with parent guardian present	6	7.9
With friends at my home or my friends' home	51	57.0
In a car	28	34.4
At school or on school property	18	18.0
At a party	50	56.0
A public place, beach, park, woods, or street	19	21.7

Table 62. Additional Locations of Use

If you ever vaped nicotine in a public place, beach, park or woods please indicate where. (n=23)*	#	%
Cherry Lawn	5	21.7
Noroton Bay Beach or Pier	8	34.8
Pear Tree Point Beach	9	39.1
Selleck's Woods	2	8.7
Tilley Pond Park	6	26.1
Weed Beach	11	47.8
Woodland Park	4	17.4
Other	10	43.5

Prescription Drug Use, Age of Onset, Sources**Table 63. Prescription Drug 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 your own prescription drugs NOT as intended?	6-8	97.3	1.8	.1	.3	.5
	9-12	97.8	1.7	.4	.0	.1
	6-12	97.6	1.7	.3	.1	.3
use prescription drugs <u>not</u> <u>prescribed to you</u> ?	6-8	99.1	.5	.1	.1	.1
	9-12	99.3	.5	.2	.0	.0
	6-12	99.2	.5	.2	.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 prescription drug use.

Table 64. 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=9)*	Age	#
	Younger than 8	1
	8	0
	9	0
	10	0
	11	0
	12	1
	13	1
	14	0
	15	1
	16	2
	17	2
	18	0
	19	1

Table 65. Sources of Drugs

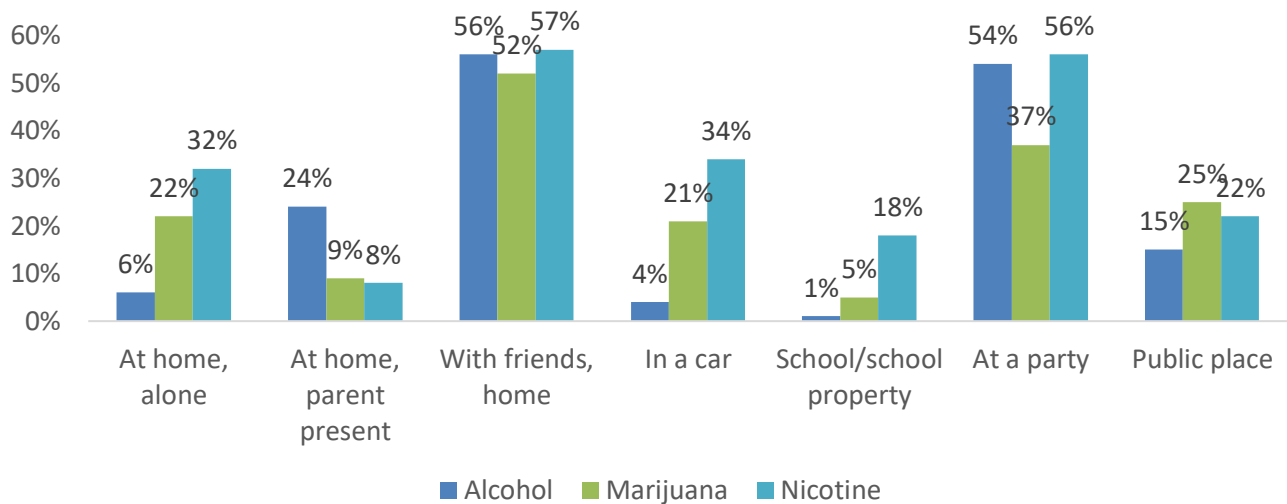
If you ever misused prescription drugs, where did you get them? (n=15)*	Never #	Rarely #	Sometimes/ occasionally #	Often #
A parent/guardian, with permission	12	1	1	0
A parent/guardian, without permission	9	1	2	2
An adult, non-family member, with permission	12	2	1	0
A friend/peer gave it to me	10	2	1	1
A sibling gave it to me	13	0	1	0
Bought it from someone else	12	0	1	1
Bought it from internet or social media (e.g. Snapchat)	14	0	1	0
I got it in some other way	12	1	1	0

Table 65a. Sources of Prescription Drugs, 2023 to 2025

If you ever misused prescription drugs, where did you get them? (Sometimes/Occasionally, Often)	2023 #	2025 #
A parent/guardian, with permission	14	1
A parent/guardian, without permission	13	4
An adult, non-family member, with permission	0	1
A friend/peer gave it to me	5	2
A sibling gave it to me	0	1
Bought it from someone else	0	2
Bought it from internet or social media (e.g. Snapchat)	0	1
I got it in some other way	3	1

Location of Substance Use

Where youth report 'often' using substances: most often **with friends at a home** and at a **party**.



Additional Substance Use Rates

Table 66. Additional Substance Use Rates

Have you EVER used any of the following?	NO, Never %	Lifetime Use %	YES, in the past 30 days %
Cigarettes	95.1	3.6	1.2
Other tobacco products (chewing tobacco, cigars, snuff)	97.7	1.9	.4
Ecstasy or Molly (MDMA)	99.8	.2	.0
Cocaine/crack cocaine	99.8	.2	.0
Hallucinogens (LSD, acid, mushrooms, PCP)	98.7	.8	.3
Heroin/Fentanyl	99.8	.0	.2
Inhalants (things you sniff or inhale to get high such as glue, paint, whippets, or sprays)	98.5	1.2	.3
Synthetic marijuana (Spice, K2, K3, Delta-8)	98.3	1.3	.4
Ketamine (Special K)	99.9	.1	.1
Methamphetamine (Meth)	99.9	0.0	.1

Access to Substances

Access at Home

The percentage of youth who indicate that substances are kept **locked up at home** (does not include those who responded NA):

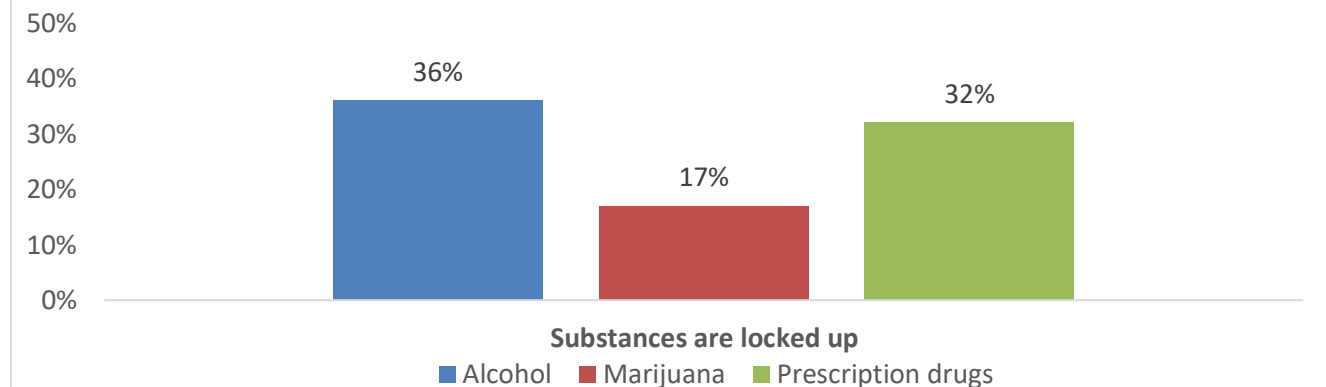


Table 67. Access to Substances At Home

Are the following substances 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	19.6	34.7	34.8	11.0
	9-12	14.0	26.3	53.5	6.3
	6-12	16.4	29.9	45.3	8.3
Marijuana or THC products	6-8	78.6	2.5	14.2	4.8
	9-12	81.4	4.1	11.3	3.3
	6-12	80.2	3.3	12.5	3.9
Prescription Drugs	6-8	32.3	23.6	29.0	15.1
	9-12	24.4	23.3	44.2	8.1
	6-12	27.9	23.4	37.5	11.2

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.

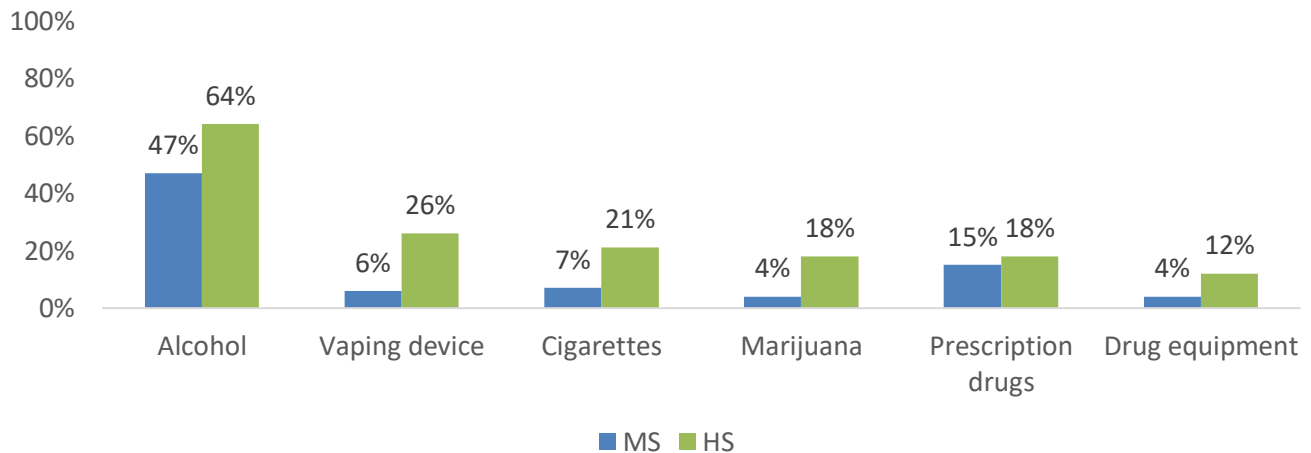


Table 68. Perception of Access to Substances

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 %
Alcohol such as beer, wine, hard liquor, alcoholic seltzers, etc.	6-8	33.5	19.7	24.1	22.7
	9-12	17.4	18.1	28.3	36.2
	6-12	24.4	18.8	26.5	30.3
Marijuana or THC products	6-8	89.0	6.8	2.9	1.3
	9-12	61.2	20.5	9.7	8.6
	6-12	73.4	14.5	6.7	5.4
A vaping device with nicotine (JUUL, Blu, Puff Bar)	6-8	84.9	8.7	3.6	2.8
	9-12	53.7	20.5	13.4	12.4
	6-12	67.4	15.3	9.1	8.2
Cigarettes or other tobacco products (chewing or pipe tobacco, cigars)	6-8	86.1	7.4	3.5	3.1
	9-12	58.8	20.6	11.2	9.5
	6-12	70.7	14.8	7.8	6.7
Prescription drugs – for the purpose of ‘getting high’ or to feel good, but not for medical purposes	6-8	70.4	14.2	9.9	5.6
	9-12	61.4	20.8	10.6	7.3
	6-12	65.3	17.9	10.3	6.6
Drug equipment and supplies (pipes, bongs, rolling papers)	6-8	90.2	6.0	1.5	2.4
	9-12	70.4	17.5	6.5	5.7
	6-12	79.0	12.4	4.3	4.2

The perception that it is easy to access substances has **decreased** from 2018 to 2025. Teens perception that **access to alcohol is easy remains the highest**.

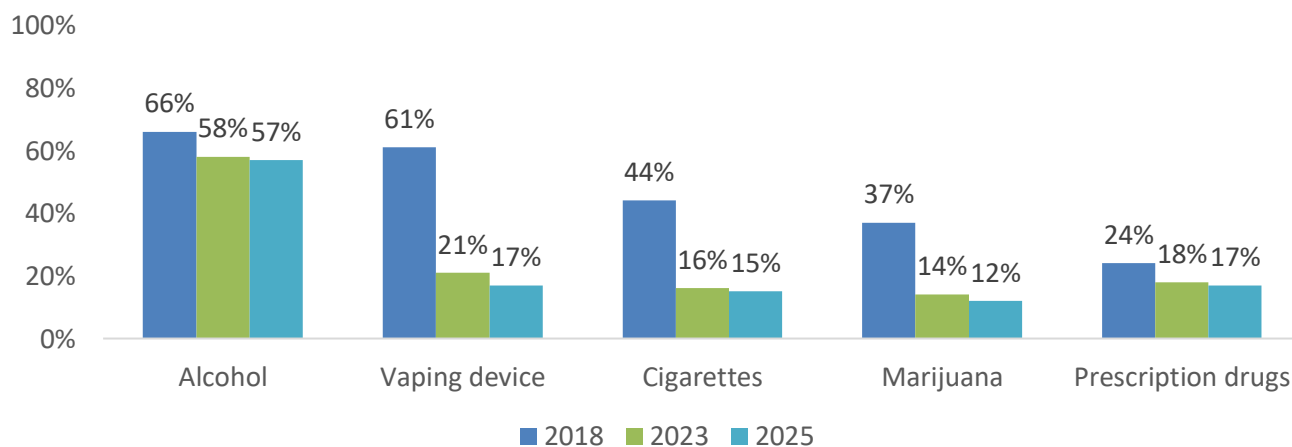
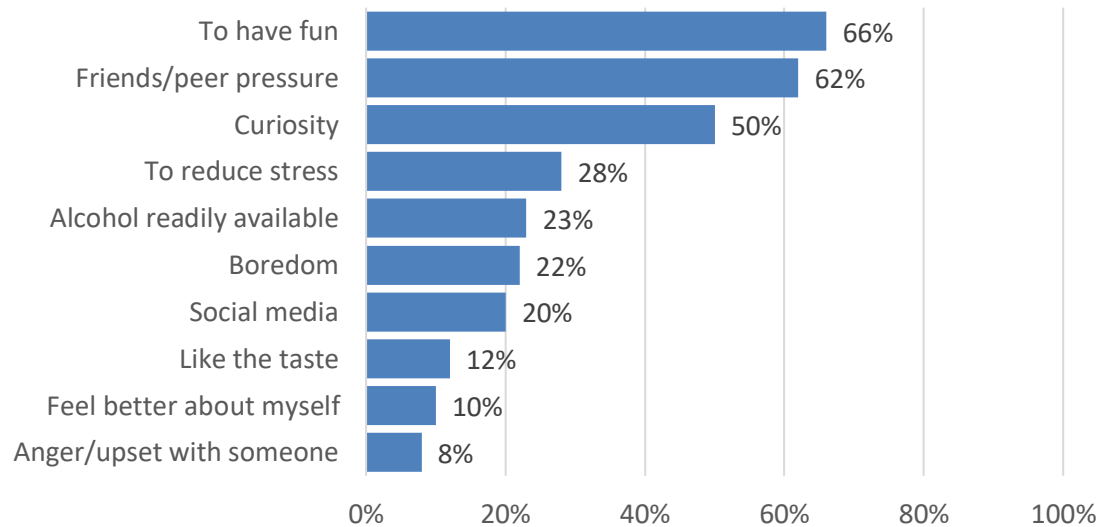


Table 68a. Perception of Access to Substances, 2018 to 2025

How easy or hard would it be <u>for you</u> to get the following substances if you wanted them?	2018 %	2023 %	2025 %
Sort of Easy/Very Easy			
Alcohol	66	58	56.8
Marijuana/THC products	37	14	12.1
Vaping device with nicotine	61	21	17.3
Cigarettes/tobacco products	44	16	14.5
Prescription drugs (for purpose of getting high or to feel good)	24	18	16.8

Factors Influencing Youth to Drink

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



Looking at the top three influences **TO drink** broken down by grade levels there is **large variation in having fun and curiosity**.

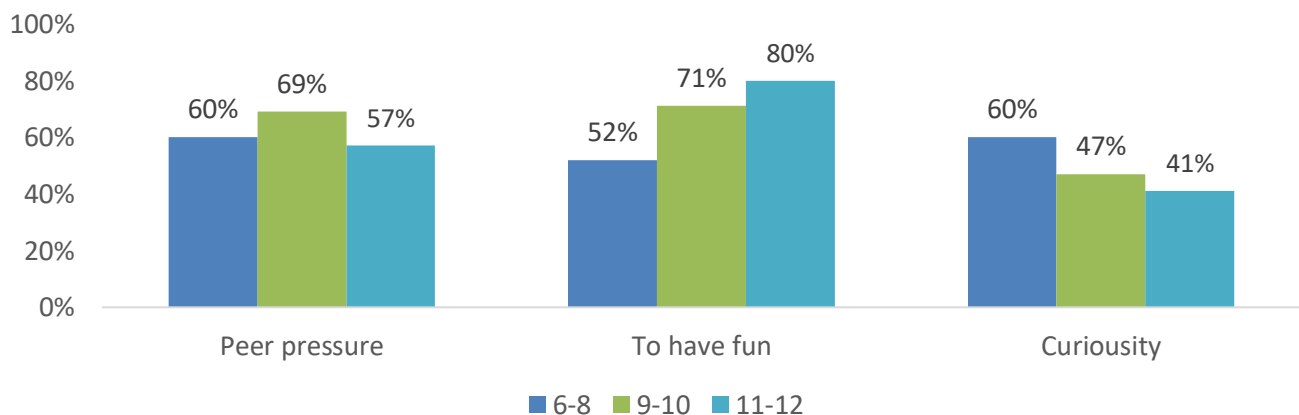
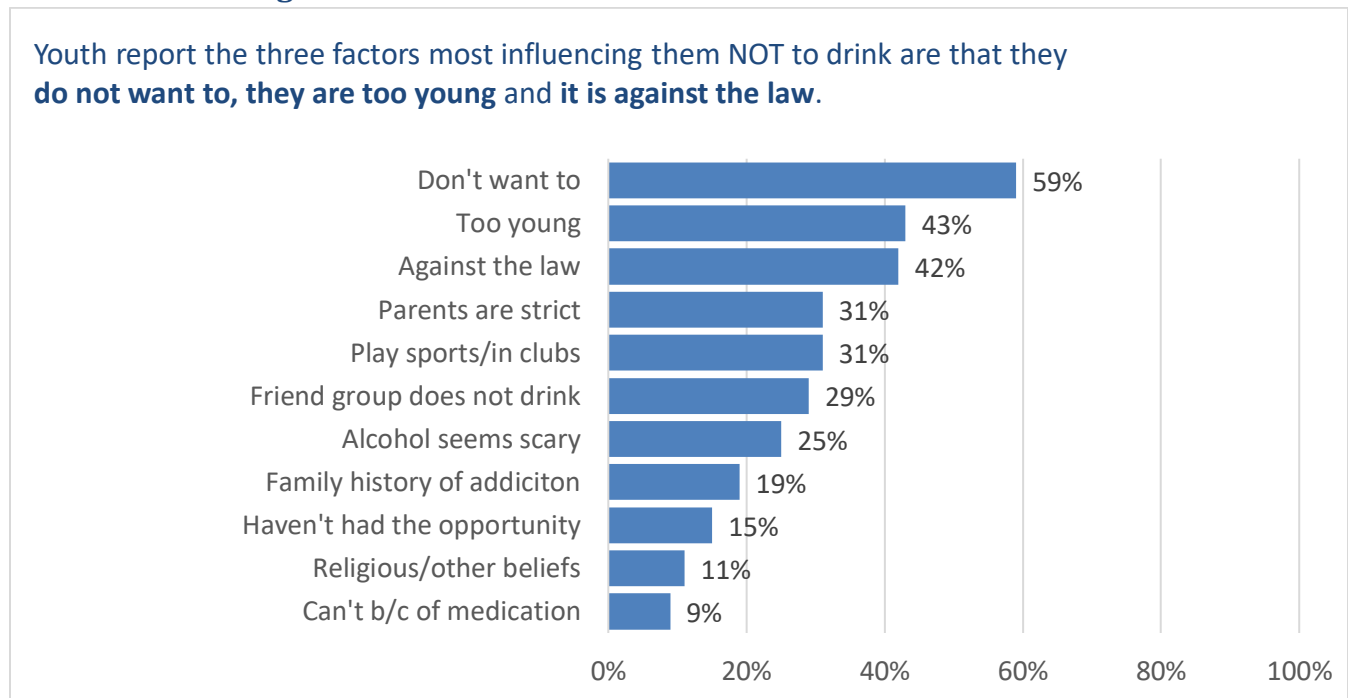


Table 69. Top Factors Influencing Youth To Drink, Grade and Gender

What 3 factors are most important in influencing you, or people your age, to drink?	6-8 %	9-10 %	11-12 %	6-12 %	Female %	Male %
Alcohol readily available	17.5	27.8	26.0	23.3	21.7	24.6
Anger/upset with someone	13.5	5.4	4.8	8.4	8.1	8.3
Boredom	16.7	23.3	26.0	21.5	18.7	24.6 ^A
Curiosity	60.3	46.8	40.5	50.1	46.5	54.5 ^A
Feel better about myself	11.3	9.5	8.7	10.0	9.4	10.2
Friends/ peer pressure	60.4	68.5	56.9	62.1	66.4	58.1 ^A
Like the taste	17.3	9.7	8.0	12.2	9.8	14.2 ^A
Reduce stress	26.8	25.2	32.5	27.9	28.3	27.7
Social media	24.8	19.0	14.0	19.8	28.3	27.7 ^A
To have fun	52.0	71.1	80.2	66.4	23.1	16.7 ^A

^A Significant difference between female and male

Factors Influencing Youth Not to Drink



Looking at the top three influences **NOT to drink** broken down by grade levels there is **large variation in being too young and legality.**

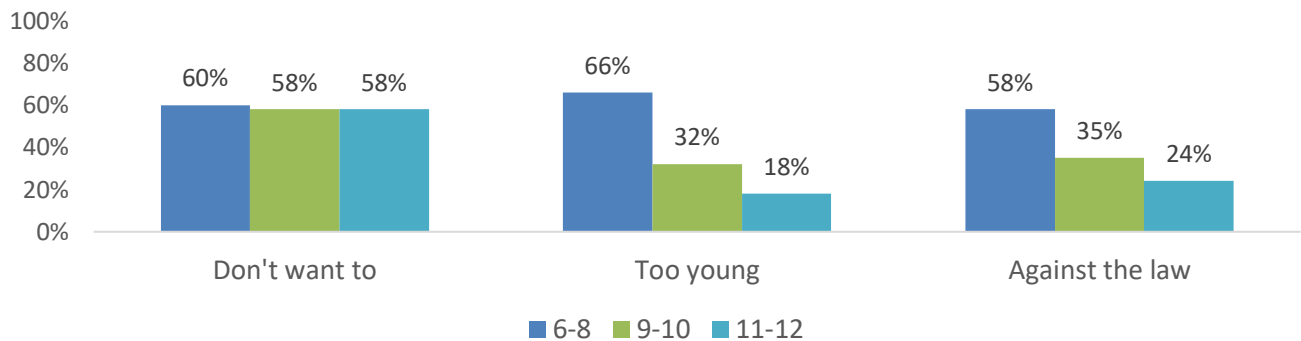


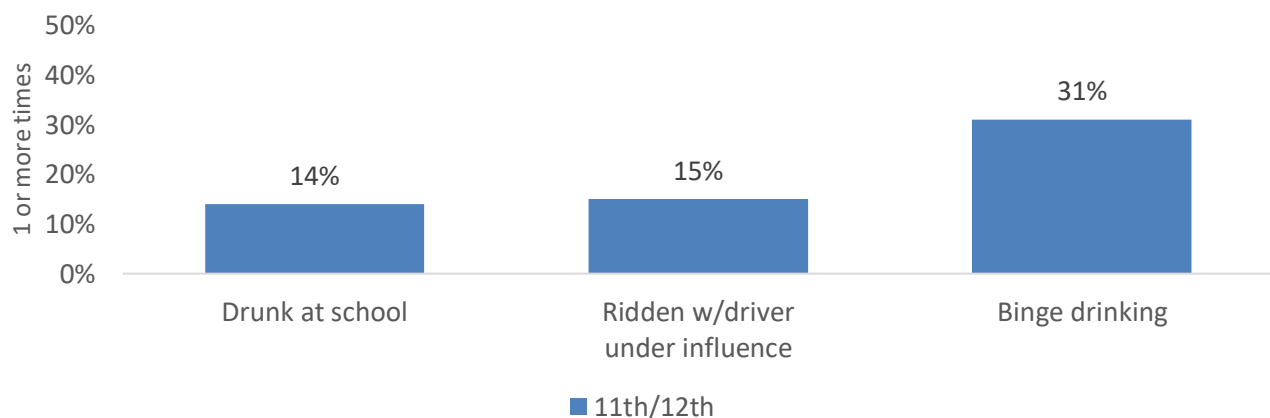
Table 70. Top Factors Influencing Youth Not To Drink, Grade and Gender

What 3 factors are most important in influencing you, or people your age, NOT to drink?	6-8 %	9-10 %	11-12 %	6-12 %	Female %	Male %
Alcohol seems scary	32.9	19.8	17.5	24.8	25.8	23.3
Can't drink because of medication I take	3.2	9.5	18.0	9.0	8.9	8.8
Family history of addiction	12.4	18.3	30.3	19.0	21.1	16.4 ^A
Friends group does not drink	21.1	33.9	37.8	29.4	31.5	26.9 ^A
Haven't had the opportunity	9.4	16.2	22.7	15.0	17.0	12.3 ^A
It's against the law	57.5	35.4	24.1	41.9	38.0	45.7 ^A
Just don't want to	60.1	57.5	58.1	58.8	57.6	60.3
Parents are strict	23.4	32.2	40.7	30.7	31.5	30.2
Play sports/involved with club(s)	22.4	40.4	33.6	30.8	31.2	30.9
Religious or other beliefs	9.5	11.4	13.0	11.0	9.7	12.5
Too Young to drink	65.5	32.2	17.5	42.7	40.5	45.1

^A Significant difference between female and male

Risky Behaviors Related to Substance Use

Among 11th and 12th graders, 3 in 10 report **binge drinking** in the past year.



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

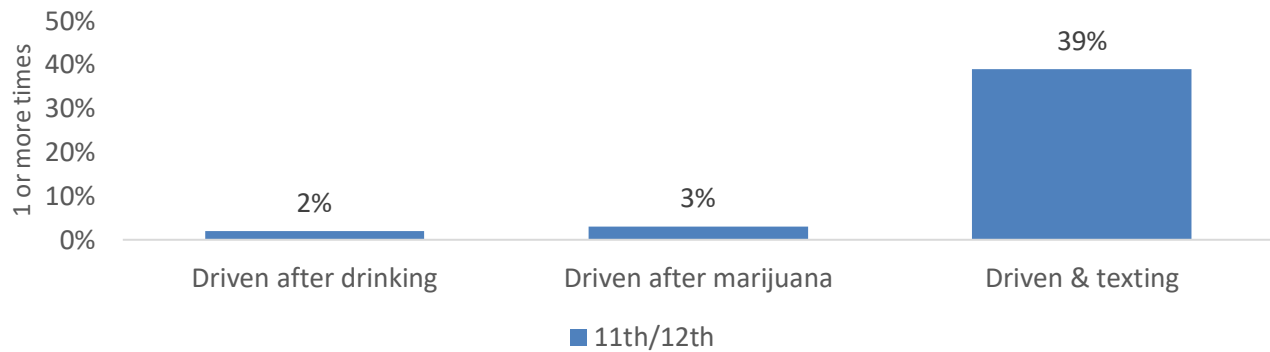


Table 71. Risky Behaviors Related to Substance Use

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	80.0	6.3	6.0	7.8
	9-12	84.3	7.5	6.0	2.3
	6-12	82.3	6.9	6.0	4.7
Been drunk or high at school or at a school event (prom, football games, etc.)?	6-8	92.7	.3	.1	6.9
	9-12	88.7	4.5	4.7	2.2
	6-12	90.5	2.6	2.6	4.3
Drunk four or more alcoholic drinks in less than 2 hours?	6-8	92.6	.8	.4	6.2
	9-12	76.3	8.3	12.8	2.7
	6-12	83.6	4.9	7.2	4.3
Driven a car after you had been drinking?	6-8	81.4	.0	.1	18.5
	9-12	90.9	.7	.4	8.1
	6-12	86.5	.4	.4	12.7
Driven a car after you had been using marijuana or THC product?	6-8	81.5	.0	.0	18.5
	9-12	90.2	.7	1.1	8.0
	6-12	86.3	.4	.7	12.7
Driven a car while texting?	6-8	75.7	2.5	1.9	20.0
	9-12	70.0	5.7	15.6	8.8
	6-12	72.6	4.3	9.4	13.8

Table 71a. Risky Behaviors Related to Substance Use by grade levels

During the last 12 months, how many times have you...? 1 or more times	7-8 %	9-10 %	11-12 %
Ridden in a car whose driver had been drinking or using drugs?	14.0	12.2	14.9
Been drunk or high at school or at a school event (prom, football games, etc.)?	.4	5.1	13.8
Drunk four or more alcoholic drinks in less than 2 hours?	1.7	12.2	31.2
Driven a car after you had been drinking?	**	.2	2.1
Driven a car after you had been using marijuana or THC product?	**	.4	3.3
Driven a car while texting?	**	5.5	39.3

Table 71b. Risky Behaviors Related to Substance Use, 2023 to 2025

During the last 12 months, how many times have you...? 1 or more times	Grade	2023 %	2025 %
Ridden in a car whose driver had been drinking or using drugs?	6-8	11	12.3
	9-12	20	13.4
	6-12	16	13.0
Been drunk or high at school or at a school event (prom, football games, etc.)?	6-8	1	.4
	9-12	7	9.1
	6-12	4	5.2
Drunk four or more alcoholic drinks in less than 2 hours?	6-8	1	1.2
	9-12	21	21.0
	6-12	11	12.1
Driven a car after you had been drinking?	6-8	0	.1
	9-12	3	1.1
	6-12	1	.7
Driven a car after you had been using marijuana or THC product?	6-8	0	.0
	9-12	2	1.7
	6-12	1	1.0
Driven a car while texting?	6-8	2	4.4
	9-12	22	21.2
	6-12	12	13.6

Table 72. Perceptions of 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	91.9	6.8	.7	.7
	9-12	92.4	5.6	1.1	.8
	6-12	92.1	6.1	.9	.9
drive after you have used marijuana or THC products	6-8	96.4	2.5	.3	.8
	9-12	92.1	6.1	1.1	.8
	6-12	94.0	4.5	.7	.8

Table 72a. Perceptions of Driving and Substance Use, 2023 to 205

It's okay to... Strongly and Somewhat Disagree	Grade	2023 %	2025 %
drive after you've had a couple of drinks.	6-8	99	98.7
	9-12	96	98.0
	6-12	98	98.2
drive after you have used marijuana or THC products	6-8	99	98.9
	9-12	97	98.2
	6-12	98	98.5

Consequences of Alcohol and Marijuana Use

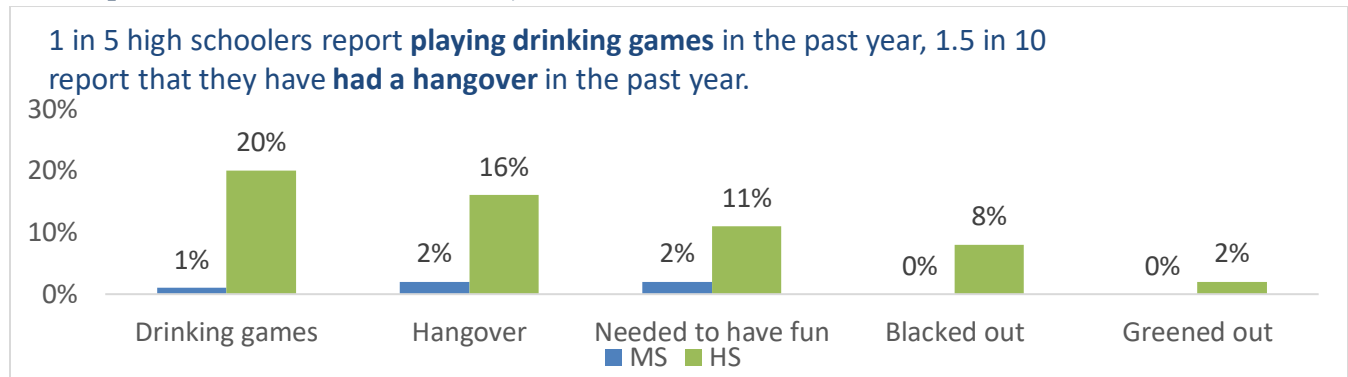


Table 73. Consequences of Alcohol and Marijuana Use

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	99.6	.3	.1
	9-12	91.9	5.2	2.9
	6-12	95.3	3.1	1.7
Played competitive drinking games? (e.g. beer pong)	6-8	99.1	.3	.7
	9-12	80.0	6.3	13.7
	6-12	88.5	3.7	7.9
Had a hangover?	6-8	98.5	1.1	.4
	9-12	83.8	7.4	8.9
	6-12	90.3	4.6	5.1
Needed a drink to have fun?	6-8	98.3	1.5	.3
	9-12	89.0	4.3	6.8
	6-12	93.1	3.1	3.8
Had to take care of a friend who got too drunk?	6-8	96.4	2.4	1.2
	9-12	73.0	15.0	12.0
	6-12	83.5	9.4	7.1
Greened out or passed out after dabbing (using marijuana or THC product)	6-8	99.9	.1	.0
	9-12	97.7	1.2	1.1
	6-12	98.6	.8	.6

Table 73a. Consequences of Alcohol and Marijuana Use, 2023 to 2025

During the last 12 months, how many times have you...? 1 or more times	Grade	2023 %	2025 %
Drank so much you blacked out or forgot what happened?	6-8	1	.4
	9-12	11	8.1
	6-12	5	4.7
Played competitive drinking games? (e.g. beer pong)	6-8	1	.9
	9-12	24	20.0
	6-12	12	11.5
Had a hangover?	6-8	1	1.5
	9-12	19	16.3
	6-12	10	9.7
Needed a drink to have fun?	6-8	2	1.7
	9-12	14	11.0
	6-12	7	6.7
Had to take care of a friend who got too drunk?	6-8	2	3.6
	9-12	27	27.0
	6-12	15	16.6
Greened out or passed out after dabbing (using marijuana or THC product)	6-8	1	.1
	9-12	4	2.3
	6-12	3	1.4

Additional Attitudes on Underage Substance Use

Most middle schoolers believe it is **not okay to use substances even if you are underage**. Rates are lower for high school youth.

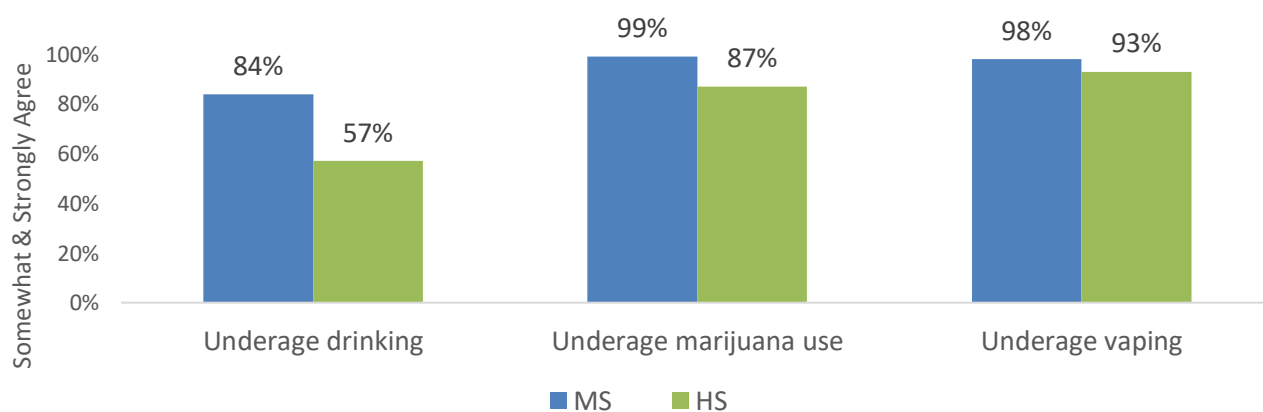


Table 74. Attitudes on Underage Substance Use

It's okay to...	Grade	Strongly Disagree %	Somewhat Disagree %	Somewhat Agree %	Strongly Agree %
vape nicotine even if you are underage.	6-8	92.4	5.6	1.5	.5
	9-12	76.8	15.8	6.4	1.0
	6-12	83.7	11.2	4.2	.8
drink sometimes even if you are underage.	6-8	61.2	22.6	13.4	2.8
	9-12	34.9	21.8	33.3	10.1
	6-12	46.6	22.1	24.4	6.0
use marijuana or THC products even if you are underage.	6-8	93.3	5.6	.7	.4
	9-12	70.8	16.3	10.9	2.1
	6-12	80.8	11.5	6.3	1.4

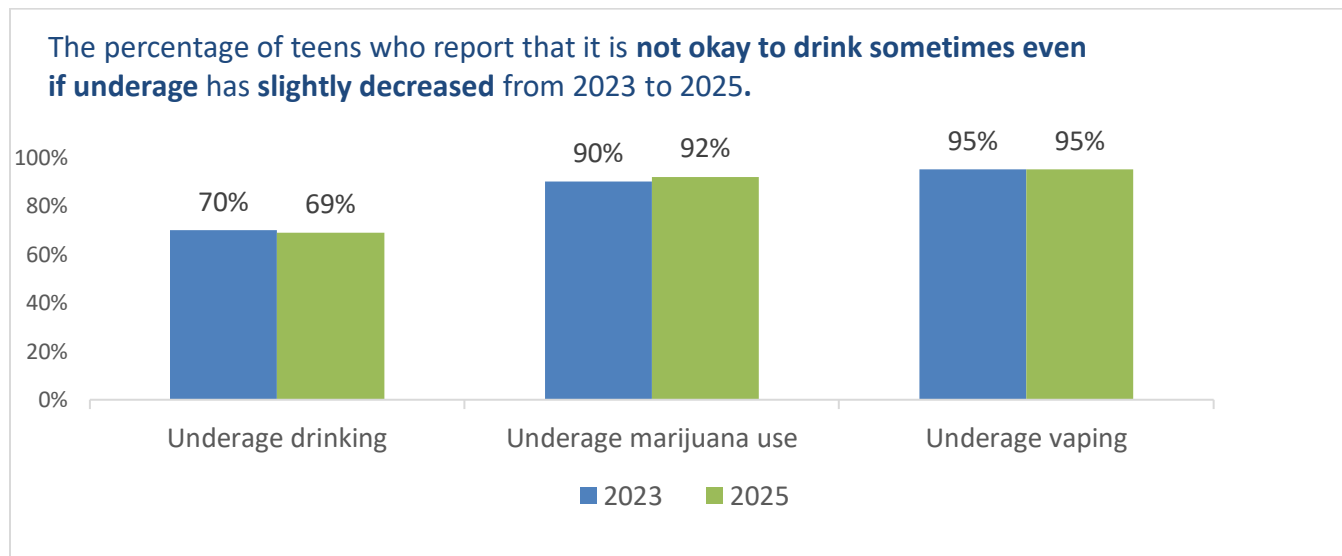


Table 74a. Attitudes on Underage Substance Use, 2023 to 2025

It's okay to... (Strongly and Somewhat Disagree)	Grade	2023 %	2025 %
vape nicotine even if you are underage.	6-8	98	98.0
	9-12	92	92.6
	6-12	95	95.0
drink sometimes even if you are underage.	6-8	83	83.8
	9-12	56	56.7
	6-12	70	68.7
use marijuana or THC products even if you are underage.	6-8	98	98.9
	9-12	84	87.1
	6-12	90	92.3

Appendix A, Disaggregated Data

The tables below present data disaggregated by demographic characteristics and by risk and protective factors. In each table, the first row shows the percentage of all youth who responded to the survey. Subsequent rows display response breakdowns by demographic group and by risk and protective factor categories. Groups reporting rates higher (or lower depending on the variable) than the overall average are highlighted in red font.

Table A1. Irregular Eating by Demographics

Intentional changes to control or lose weight	Yes, Past Year %
AVERAGE 6th-12th	35.3
Gender	
Female (n=888)	36.7
Male (n=848)	33.3
Grade	
6 (n=222)	36.5
7 (n=265)	28.7
8 (n=275)	37.1
9 (n=247)	34.8
10 (n=257)	32.7
11 (n=240)	36.7
12 (n=226)	41.6
Race/Ethnicity	
Asian (n=211)	32.2
Black (n=54) *	44.4 ^c
Hispanic (n=144)	36.1
White (n=1448)	34.9

^cSignificantly higher than Asian, Hispanic, and White

*Black youth have a sample size below 100 which results in a larger margin of error

Table A2. Irregular Eating & Protective and Risk Factors

Intentional changes to control or lose weight	No % (n=1121)	Yes, in past year % (n=277)
School & Community Supports (Strongly Agree)		
My teachers really care about me	25.1	16.3 ^A
Students in my school care about me	33.1	23.1 ^A
I feel safe at school	51.5	41.2 ^A
I feel safe in community	57.3	47.3 ^A
Adults value youth	37.9	27.7 ^A
Trusted Adult		
No trusted adult	11.6	15.6
How connected feel to: (Very/Extremely)		
Adults In school	17.9	17.1
Youth In school	64.6	63.0
Adults outside of school	62.0	66.2
Community	68.2	67.0
Self-Image (Strongly Agree)		
Control of life and future	43.8	30.0 ^A
Valued and appreciated by others	48.7	25.4 ^A
Sense of purpose in my life	49.3	29.0 ^A
Ability to deal w/ frustration or disappointment	46.0	36.0 ^A
Mental Health Indicators		
Thoughts of self-harm	6.7	16.5 ^A
Self-harm behavior	3.2	10.3 ^A
Depression	7.6	22.9 ^A
Anxiety	9.6	27.3 ^A
Considered suicide	3.7	9.2 ^A
Made a suicide plan	2.1	6.3 ^A
Attempted suicide	.7	1.9
Past 30-day use of		
Alcohol	11.6	16.7 ^A

^A Significant difference between Yes and No 'intentional changes to control or lose weight'

Table A3. Reported Depression & Demographics

Persistent sadness/hopelessness in past year	Yes %
AVERAGE 6th-12th	13.2
Gender	
Female (n=888)	16.3 ^A
Male (n=848)	9.4
Grade	
6 (n=224)	10.7
7 (n=272)	14.3
8 (n=274)	11.3
9 (n=251)	12.4
10 (n=260)	14.2
11 (n=238)	13.9
12 (n=228)	15.8
Race/Ethnicity	
Asian (n=214)	10.8
Black (n=54)*	25.9 ^C
Hispanic (n=143)	19.6
White (n=1459)	12.5

^A Significantly higher than Male^C Significantly higher than Asian and White

Table A4. Reported Depression & Protective and Risk Factors

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=1508)	Yes % (n=229)
School & Community Supports (Strongly Agree)		
My teachers really care about me	22.0	20.2
Students in my school care about me	31.3	14.4 ^A
I feel safe at school	51.0	24.2 ^A
I feel safe in community	57.4	30.0 ^A
Adults value youth	34.9	16.7 ^A
Trusted Adult		
No trusted adult	12.1	20.5 ^A
How connected feel to: (Very/Extremely)		
Adults In school	17.5	14.4
Youth In school	66.3	43.8 ^A
Adults outside of school	47.9	37.9 ^A
Community	46.4	22.0 ^A
Self-Image (Strongly Agree)		
Control of life and future	42.1	13.0 ^A
Valued and appreciated by others	44.2	13.1 ^A
Sense of purpose in my life	46.7	17.0 ^A
Ability to deal w/ frustration or disappointment	44.7	19.1 ^A
Mental Health Indicators		
Eating habits/body image stress, anxiety (Always)	5.2	26.1 ^A
Thoughts of self-harm	5.9	44.6 ^A
Self-harm behavior	3.2	25.0 ^A
Anxiety	7.2	68.8 ^A
Considered suicide	2.4	30.0 ^A
Made a suicide plan	1.7	19.6 ^A
Attempted suicide	.3	8.0 ^A
Past 30-day use of		
Alcohol	13.6	18.1

^A Significant difference between Yes and No for Depression

Table A5. Reported Anxiety & Demographics

Persistent anxiety in past year	Yes %
AVERAGE 6th-12th	15.4
Gender	
Female (n=888)	20.8 ^A
Male (n=848)	9.3
Grade	
6 (n=224)	12.8
7 (n=271)	15.4
8 (n=274)	15.6
9 (n=251)	14.3
10 (n=260)	14.8
11 (n=238)	13.6
12 (n=227)	12.9
Race/Ethnicity	
Asian (n=213)	12.2
Black (n=53)*	26.4 ^C
Hispanic (n=142)	19.7
White (n=1460)	14.9

^A Significantly higher than Male

^C Significantly higher than Asian and White

Table A6. Reported Anxiety & Protective and Risk Factors

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=1311)	Yes % (n=242)
School & Community Supports (Strongly Agree)		
My teachers really care about me	22.1	19.0 ^A
Students in my school care about me	31.9	13.2
I feel safe at school	51.0	27.0 ^A
I feel safe in community	57.9	30.3 ^A
Adults value youth	35.2	16.5 ^A
Trusted Adult		
NO Trusted adult	12.5	17.3 ^A
How connected feel to: (Very/Extremely)		
Adults In school	17.1	16.9
Youth In school	66.0	48.1 ^A
Adults outside of school	47.1	43.2
Community	45.9	28.4 ^A
Self-Image (Strongly Agree)		
Control of life and future	42.7	13.2 ^A
Valued and appreciated by others	45.0	12.0 ^A
Sense of purpose in my life	46.8	19.9 ^A
Ability to deal w/ frustration or disappointment	44.9	21.1 ^A

Mental Health Indicators		
Eating habits/body image stress, anxiety (Always)	4.6	26.6 ^A
Thoughts of self-harm	6.0	38.0 ^A
Self-harm behavior	3.5	20.4 ^A
Sad/Hopeless	4.9	59.6 ^A
Considered suicide	2.7	24.4 ^A
Made a suicide plan	2.3	13.1 ^A
Attempted suicide	.5	5.8 ^A
Past 30-day use of		
Alcohol	13.5	18.4

^A Significant difference between Yes and No for Anxiety

Table A7. Reported Considered Suicide & Demographics

Considered suicide in past year	Yes %
AVERAGE 6th-12th	6.0
Gender	
Female (n=888)	6.8 ^A
Male (n=848)	4.1
Grade	
6 (n=224)	4.9
7 (n=269)	7.1
8 (n=267)	6.7
9 (n=250)	6.0
10 (n=259)	5.0
11 (n=239)	5.9
12 (n=226)	6.2
Race/Ethnicity	
Asian (n=210)	7.1
Black (n=52)*	7.7
Hispanic (n=140)	10.0 ^C
White (n=1453)	5.4

^A Significantly higher than Male

^C Significantly higher than White

Table A8. Reported Considered Suicide & Protective and Risk Factors

During the past 12 months did you ever seriously consider suicide?	No % (n=1630)	Yes % (n=104)
School & Community Supports (Strongly Agree)		
My teachers really care about me	22.0	19.2
Students in my school care about me	30.3	12.8 ^A
I feel safe at school	48.9	24.7 ^A
I feel safe in community	55.8	26.9 ^A
Adults value youth	33.5	15.2 ^A
Trusted Adult		
No trusted adults	12.5	22.3 ^A
How connected feel to: (Very/Extremely)		
Adults In school	17.2	15.4
Youth In school	65.1	35.4 ^A
Adults outside of school	47.7	28.4 ^A
Community	44.7	21.8 ^A
Self-Image (Strongly Agree)		
Control of life and future	40.3	11.5 ^A
Valued and appreciated by others	42.2	9.7 ^A
Sense of purpose in my life	45.1	10.6 ^A
Ability to deal w/ frustration or disappointment	43.1	16.4 ^A

^A Significant difference between Yes and No Considered Suicide

Table A9. Reported Made a Suicide Plan & Demographics

Made a suicide plan in past year	Yes %
AVERAGE 6th-12th	4.0
Gender	
Female (n=888)	4.2
Male (n=848)	3.5
Grade	
6 (n=222)	5.4
7 (n=270)	3.7
8 (n=269)	5.2
9 (n=249)	2.8
10 (n=259)	3.5
11 (n=239)	2.9
12 (n=226)	4.4
Race/Ethnicity	
Asian (n=210)	2.9
Black (n=53)*	5.7
Hispanic (n=141)	7.1 ^C
White (n=1452)	3.4

^CSignificantly higher than White

Table A10. Reported Attempted Suicide & Demographics

Attempted suicide in past year	Yes %
AVERAGE 6th-12th	1.3
Gender	
Female (n=888)	1.2
Male (n=848)	1.2
Grade	
6 (n=223)	.5
7 (n=270)	1.5
8 (n=267)	.8
9 (n=249)	.4
10 (n=259)	1.9
11 (n=238)	1.7
12 (n=226)	2.2
Race/Ethnicity	
Asian (n=211)	1.0
Black (n=54)*	1.9
Hispanic (n=141)	3.6 ^c
White (n=1448)	1.2

^cSignificantly higher than White

Appendix B, Data by Grade

Risky Behaviors

Table B1. Bullying by Grade

During the last 12 months, have you ever been bullied outside of school property?	Grade	Yes %
	6	15.1
	7	13.5
	8	13.2
	9	11.2
	10	13.0
	11	11.9
	12	5.1

Table B2. Gambling by Grade

During the last 12 months, how many times have you gambled?	Grade	1 or more times %
	6	21.5
	7	21.2
	8	29.6
	9	26.9
	10	21.5
	11	14.4
	12	24.5

Table B3. Stealing by Grade

During the last 12 months, how many times have you stolen something?	Grade	1 or more times %
	6	13.3
	7	11.6
	8	12.6
	9	9.8
	10	8.5
	11	3.6
	12	5.3

Gaming

Table B4a. Gaming & Sleep by Grade

In the past 12 months, have you experienced any of the following as a result of playing video games?	Grade	I did not get enough sleep %
	6	12.5
	7	15.9
	8	16.4
	9	15.2
	10	14.9
	11	12.9
	12	11.9

Table B4b. Gaming & Homework by Grade

In the past 12 months, have you experienced any of the following as a result of playing video games?	Grade	I did not complete my homework or study %
	6	19.0
	7	26.5
	8	29.1
	9	30.6
	10	22.9
	11	23.0
	12	24.9

Table B4c. Gaming & Socialization by Grade

In the past 12 months, have you experienced any of the following as a result of playing video games?	Grade	I spent too much money (e.g. loot boxes+) %
	6	11.0
	7	12.6
	8	9.6
	9	10.9
	10	8.1
	11	5.9
	12	6.9

+ A **loot box** is a virtual item in video games that players can open to receive random rewards, such as characters, weapons, or cosmetic items. Loot boxes can be earned for free through gameplay, but many games also allow players to buy them with real money or in-game currency.

Table B4d. Gaming & Socialization by Grade

In the past 12 months, have you experienced any of the following as a result of playing video games?	Grade	I chose not to spend time in person with friends because I preferred to play video games %
	6	10.6
	7	9.1
	8	9.6
	9	13.2
	10	7.6
	11	9.8
	12	8.5

Mental Health**Table B5. Irregular Eating or Exercise Habits**

Have you intentionally made changes in your eating habits or exercise behaviors to control or lose weight?	Grade	Yes, past month %	Yes, past year %
	6	17.6	18.9
	7	17.0	11.7
	8	22.9	14.2
	9	18.6	16.2
	10	18.7	14.0
	11	16.7	20.0
	12	23.5	18.1

Table B6. Loneliness (past month)

In the past 30 days, have you felt lonely?	Grade	Frequently %
	6	8.4
	7	9.3
	8	10.2
	9	8.0
	10	8.9
	11	7.1
	12	6.2

Table B7. Stress related to Sports Achievement

How much stress, anxiety or worry do the following give you in your day-to-day life? Sports Achievement	Grade	High %
	6	20.4
	7	24.6
	8	25.5
	9	30.2
	10	27.4
	11	19.6
	12	16.7

Table B8. Thoughts of Self-Harm

During the past 12 months, did you have thoughts about hurting yourself?	Grade	Yes %
	6	9.6
	7	10.5
	8	13.0
	9	14.0
	10	8.9
	11	10.5
	12	8.4

Table B9. Self-Harm

During the past 12 months, did you hurt yourself on purpose?	Grade	Yes %
	6	8.1
	7	5.3
	8	7.0
	9	4.0
	10	5.0
	11	7.6
	12	5.3

Table B10. Depression

During the past 12 months, did you feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?	Grade	Yes %
	6	10.7
	7	14.3
	8	11.3
	9	12.4
	10	14.2
	11	13.9
	12	15.8

Table B11. Plan for Suicide

During the past 12 months, did you make a plan about how you would attempt suicide?	Grade	Yes %
	6	5.4
	7	3.7
	8	5.2
	9	2.8
	10	3.5
	11	2.9
	12	4.4

Appendix C, Comparison Data

Table C1. Local, State and National Data

9-12 Only	US 2023 (YRBSS) ^A	CT 2023 (CSHS) ^B	Darien 2023 (TYD)	Darien 2025 (TYD)
Alcohol Use (Recent)	22	21	24	24
Marijuana Use (Recent)	17	15	9	7
Drunk and drive (past year)	**	6	3	1
Rode with a driver who was drinking (past year)	**	14	20	13
Texted and drove (past year)	**	40	22	21
Bullied on school property (past year)	19	18	15	9
Gambled (past year)	**	24	19	22
Depression (past year)	40	35	23	14
Seriously considered suicide (past year)	20	16	10	6
Attempted suicide (past year)	9	8	2	2

^A CDC's 2023 Youth Risk Behavior Surveillance System (YRBSS)

^B 2023 Connecticut School Health Survey (CSHS) – the YRBS is administered biennially as the “Connecticut School Health Survey” to public high school students.

Table C2. Regional Data

9-12 Only	Darien 2025 %	Greenwich 2025 %	Norwalk 2024 %	Stamford 2024 %	Westport 2024 %
Alcohol Use (recent)	24	20	7	7	25
Marijuana Use (recent)	7	5	4	**	**
Depression (past year)	14	16	19	**	**