

Region 1 Youth Voices Count Survey Results 2023

Housatonic Valley Regional High School

NORTHWEST
C O R N E R
P R E V E N T I O N
N E T W O R K



In May - June 2023, youth at Housatonic Valley Regional High School in grades 9 - 12 participated in the Youth Voices Count survey. **The survey is voluntary, anonymous, and confidential.**

The overall response rate was 69%. Select results are summarized here; a full report is available on ncpncoalition.org.

Connection to Community



More than 90% of youth reported having at least one **trusted adult** they can share with. 90% reported that they feel safe in their **community**; 84% reported feeling safe at **school**.



High school students are most likely to seek help from their **parents** (63%) and their **friends** (63%).



89% of youth know how to get help at their school for themselves or their peers for mental health or substance use problems.



22.5% of high school youth report that they have experienced discrimination in the past year.

White youth were more likely to report feeling safe and know how to get help for themselves or peers than youth in the "All Other Races" group.

NORTHWEST
C O R N E R
P R E V E N T I O N
N E T W O R K

youth
VOICES
count

2023

Stress and Mental Health



81% of high school youth report feeling anxious in the past year.
More than 25% of those report feeling anxious **always or almost always**.



61% of high school students report **ever** being bullied. 13.3% report that they were bullied in the past month, most often being **called names or having lies/rumors spread about them**.



Compared to males, high school females were more likely to report:

- feeling anxious **always or almost always**, and that anxiety almost always made things difficult in their life,
- **having ever been bullied**,
- having thoughts of **self-harm or self-harm behaviors**, and
- having felt **sad or hopeless** 2 or more weeks in a row.

Almost 3 out of 4 reported **academics** as the biggest source of stress, followed by post-high school plans (61%) and schedule (50%).



19.5% of high school students have had **thoughts of self-harm** in the past year.

27.7% have felt **sad or hopeless** for 2 or more weeks in a row.

12.7% have **considered suicide**.



Compared to their heterosexual peers, high school youth who described themselves as gay or lesbian, bisexual or pansexual, “I describe myself some other way” or “I am not sure right now” were more likely:

- to have been **bullied**,
- to have experienced **discrimination** in the past year
- to report **anxiety always or almost always**, and that anxiety always made their life **difficult**,
- to report **higher levels of stress** for:
 - home/family life,
 - financial security,
 - post-high school planning,
 - peers, and
 - social media,
- to have thoughts of **self-harm** and self-harm behaviors, have felt sad or hopeless 2 or more weeks in a row, and to have considered attempting suicide.

Compared to their cisgender peers, high school youth who described themselves as transgender, non-binary, or unsure were more likely to have reported feeling anxious **always**, and more likely to have experienced **discrimination** in the past year.



They were also more likely to have had thoughts of **self-harm** and self-harm behaviors, and to have felt **sad or hopeless** 2 or more weeks in a row.

They were also more likely to have **considered attempting suicide** in the past year.

Substance Use



Most youth in Region 1 do not use substances. 86% of high school youth have not used alcohol in the past month; 91% have not used cannabis.



The majority of youth report having **clear family rules** that discourage them from using alcohol (66%), cannabis (75%), and vaping (81%).



The main place high school youth access alcohol is from their home (63%).



Compared to boys, girls are **more likely** to have used alcohol, vapes, and cannabis in the past month.

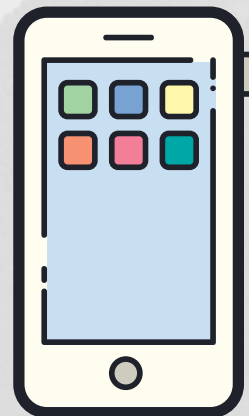
Social Media and Gaming

36% report feeling more connected with others through online gaming.



22% report not getting enough sleep as a result of online gaming.

58% of youth report feeling more connected with others as a result of social media.



As a result of using social media 42% felt **better** about themselves; 32% felt **worse**.