

# Region 1 Youth Voices Count Survey Results 2023

## Regional Middle Schools (Grades 7 - 8)

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 Region 1 schools grades 7- 8 participated in the Youth Voices Count survey. **The survey is voluntary, anonymous, and confidential.**

The response rate was 86%. Select results are summarized here; a full report is available on [ncpncoalition.org](http://ncpncoalition.org).

### Connection to Community



Middle school students are most likely to seek help from their **parents** (65%) and their **friends** (52%).



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

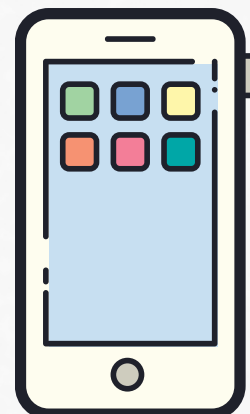
### Social Media and Gaming

Almost half (46%) report feeling more connected with others through online gaming.



23% report not getting enough sleep as a result of online gaming.

56% of youth report feeling more connected with others as a result of social media.



More than 1/4 (28%) have a hard time stopping when on social media.

# Stress and Mental Health



**79.4%** of middle school youth report feeling anxious in the past year. More than 20% of those report feeling anxious **always or almost always**.



57.5% of middle school students report **ever** being bullied

17.3% report that they were bullied in the past month, most often being **called names or intentionally excluded**.



15% of middle school students have had **thoughts of self-harm** in the past year. 15% have felt **sad or hopeless** for 2 or more weeks in a row.

**Academics** are the most commonly reported source of stress for middle school students.



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

- feeling anxious **always or almost always**,
- that anxiety almost always made things **difficult** in their life,
- having felt **sad or hopeless** 2 or more weeks in a row.



Compared to their cisgender peers, middle school youth who described themselves as transgender, non-binary, or unsure were **less** likely to report **feeling safe** in the community or at school, and less likely to know **how to get help for themselves or their peers**.



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.