

# Haddam-Killingworth Youth Voices Count Survey Results, 2023

youth  
VOICES  
count

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# Background

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

- Subgroup analysis was performed by race, ethnicity, and biological sex to allow for Haddam-Killingworth Youth and Family Services (HKYFS) and other organizations to utilize the data to target groups experiencing greater behaviors of concern.
  - The full survey report includes analysis of these statistically significant demographic differences.
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# Response Rate

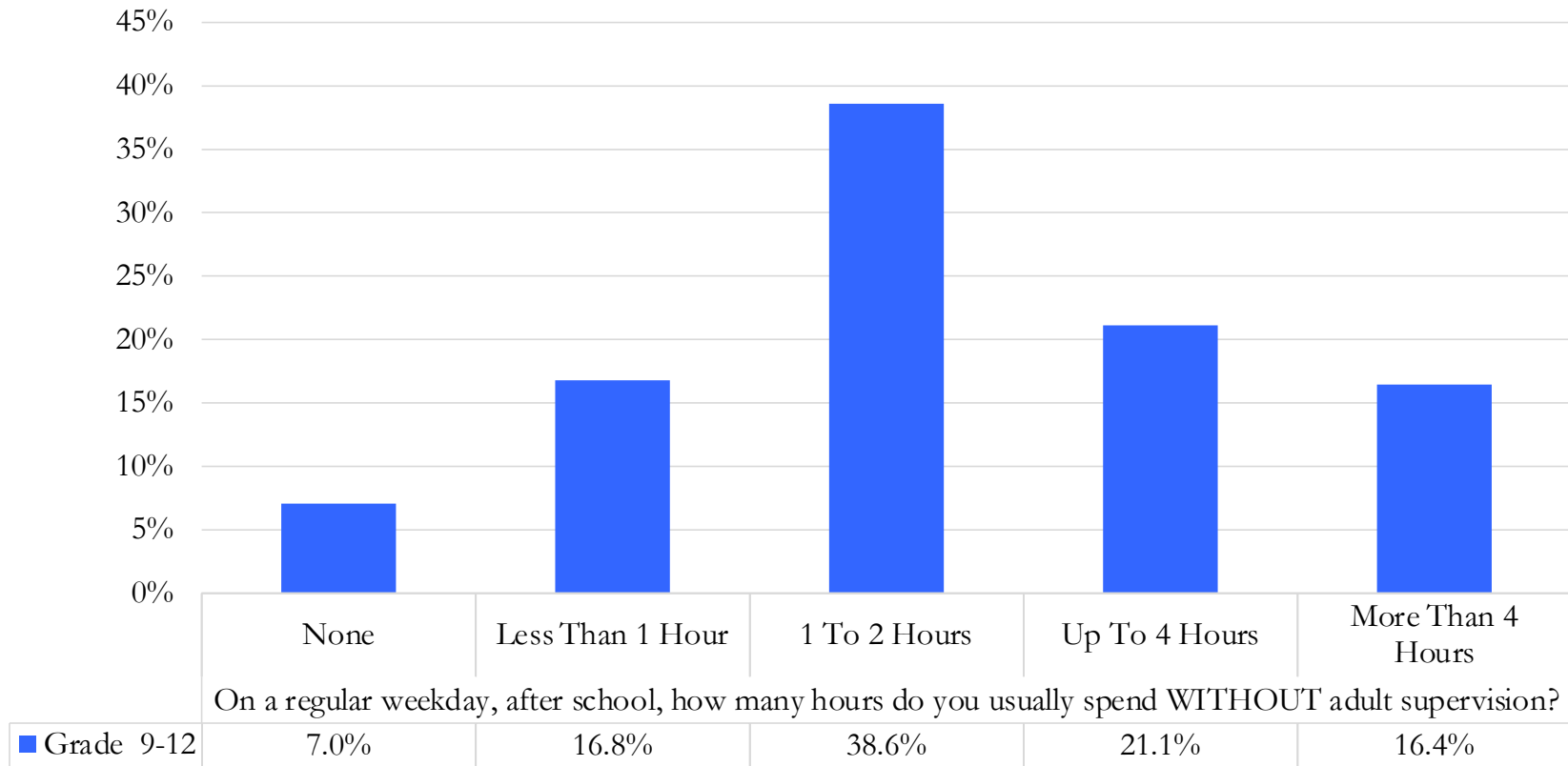
Sample Response Rates	Sample Count	Population Count	Response Rate (%)
Grade 9	105	124	84.68%
Grade 10	101	131	77.10%
Grade 11	81	130	62.31%
Grade 12	59	132	44.70%
Grades 9-12	346	517	66.92%

# Demographics

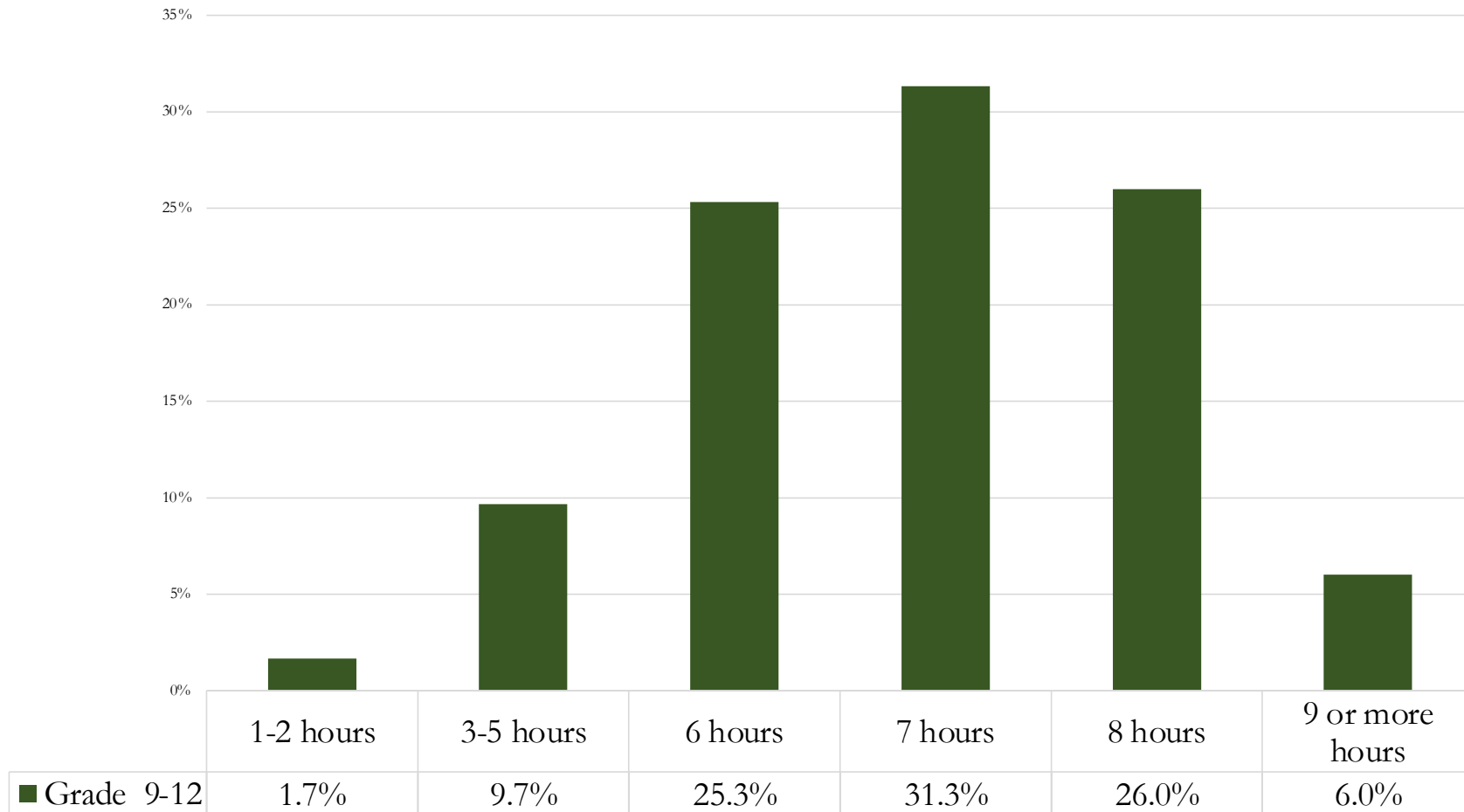
Race/Ethnicity Category	Percent Grades 9-12
White	79.77%
Hispanic or Latino	10.98%
Asian	2.89%
Black or African American	1.45%
American Indian or Alaska Native	0.58%
Native Hawaiian or Other Pacific Islander	0.29%
Other (2 or more races selected or race not Hispanic)	3.76%
Not Specified	0.29%

	Male/Female
Male	168
Female	178

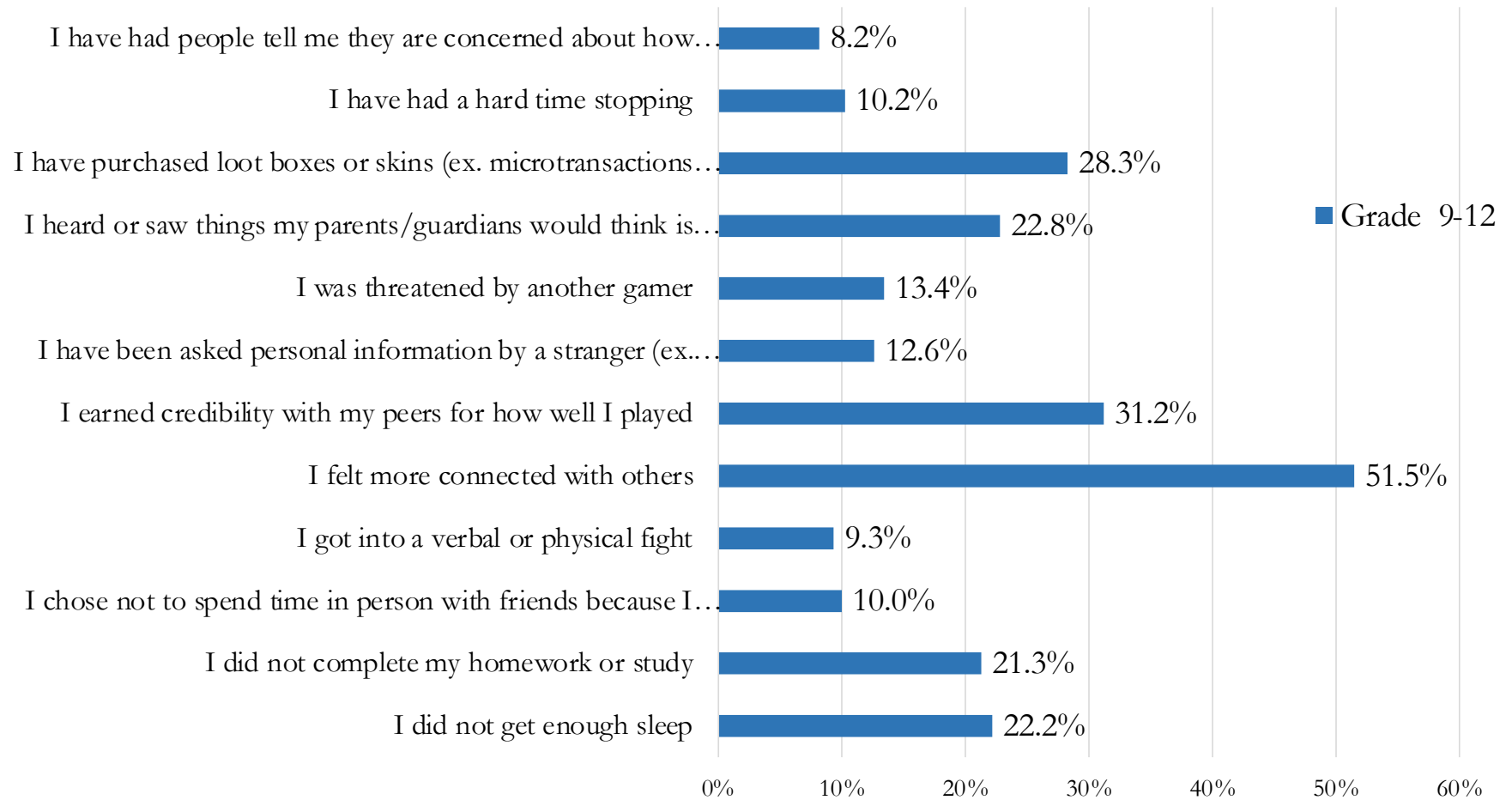
# Youth Time Alone on Weekdays without Supervision



# Youth Hours of Sleep on Weeknights

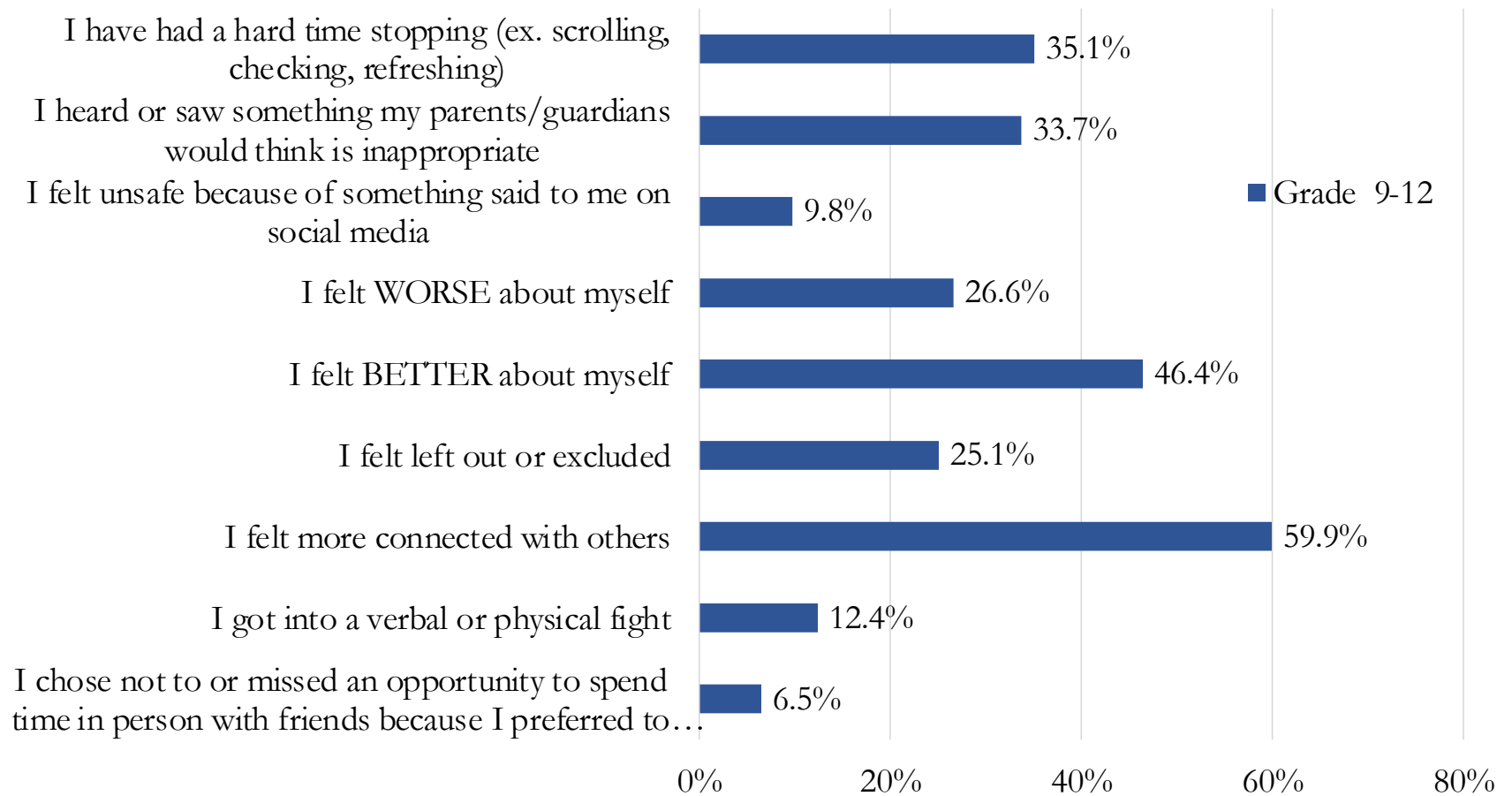


# Perceived Gaming Assets and Consequences – Past Year



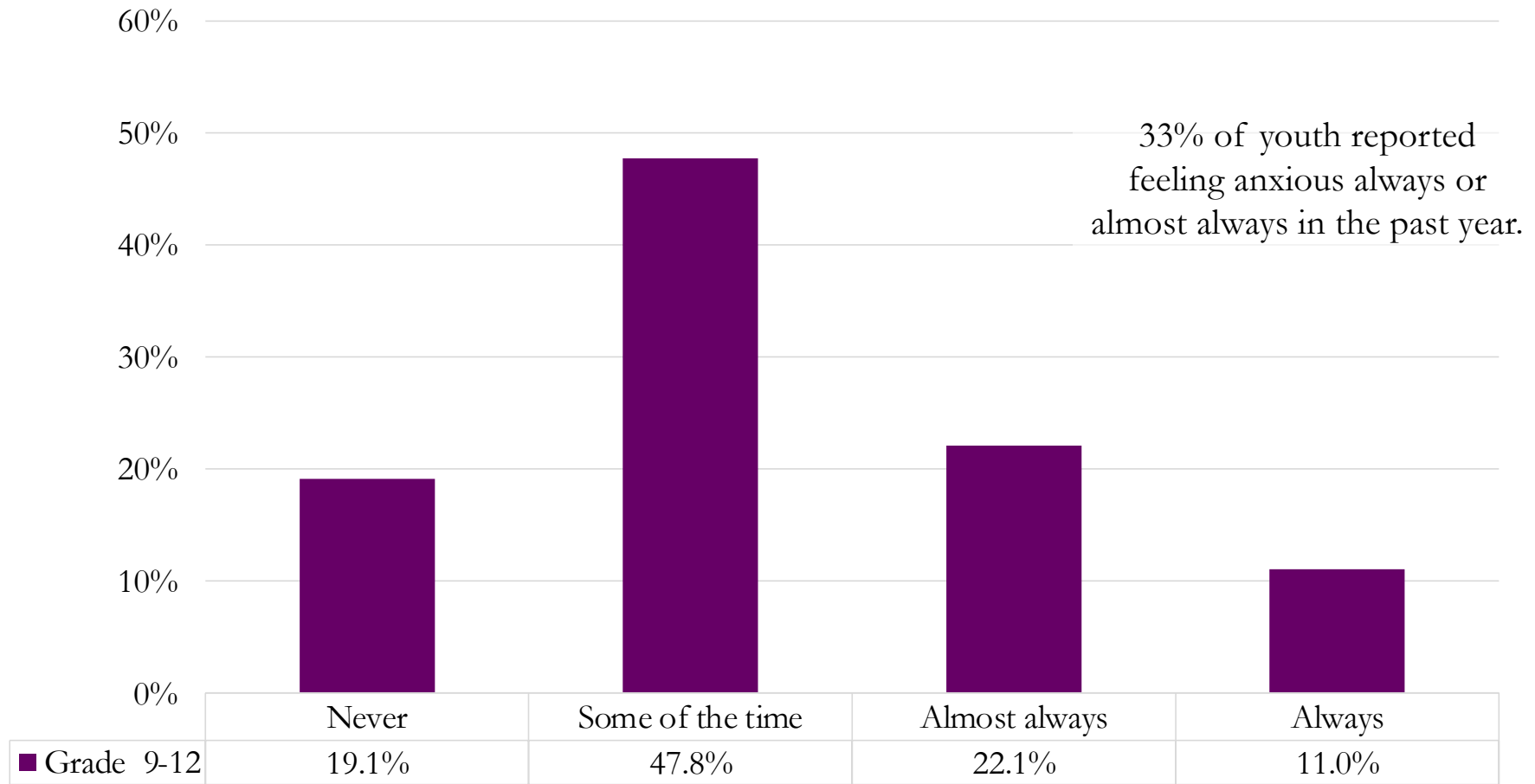


# Perceived Social Media Assets and Consequences – Past Year

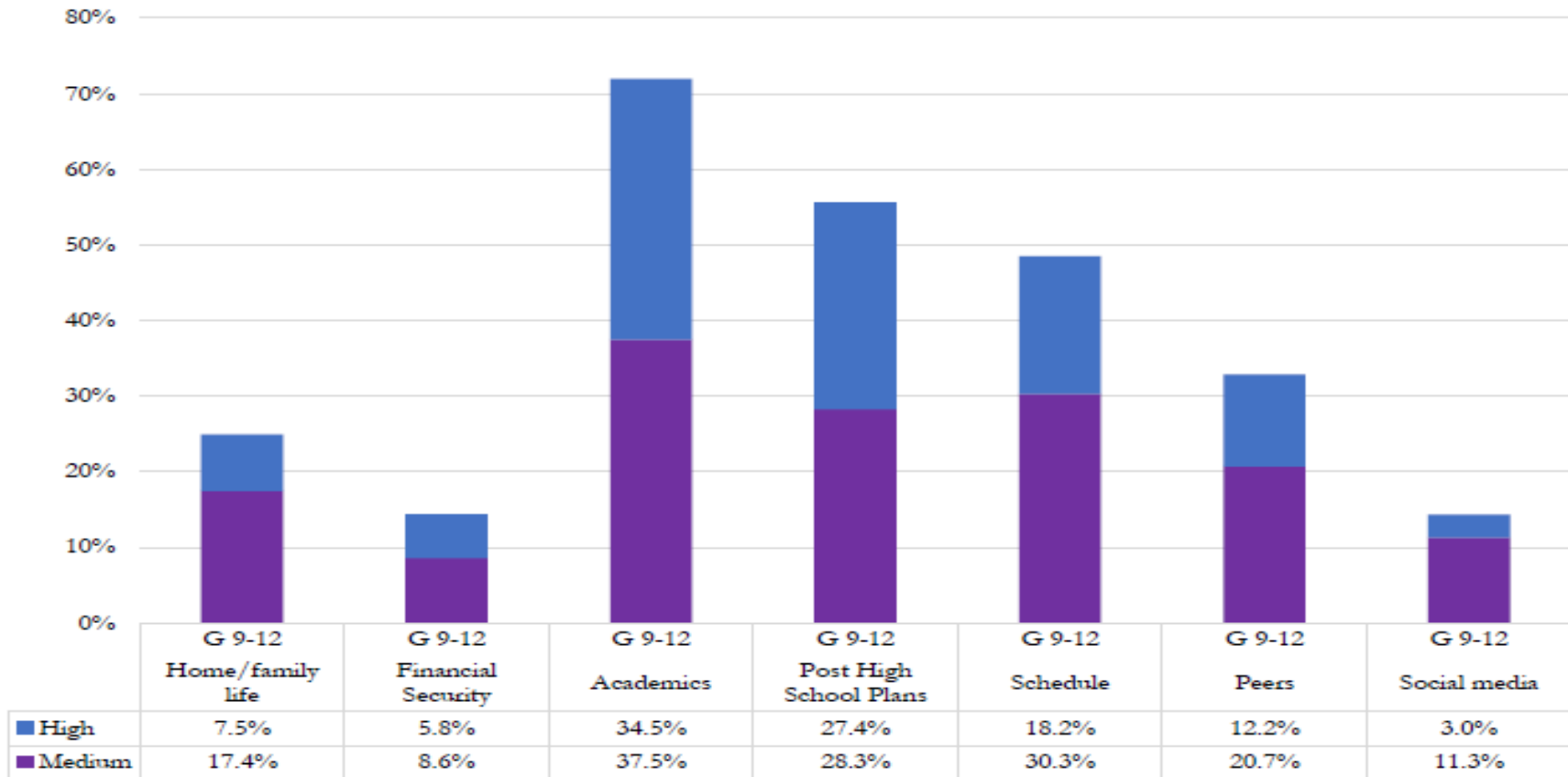


# Emotional Health

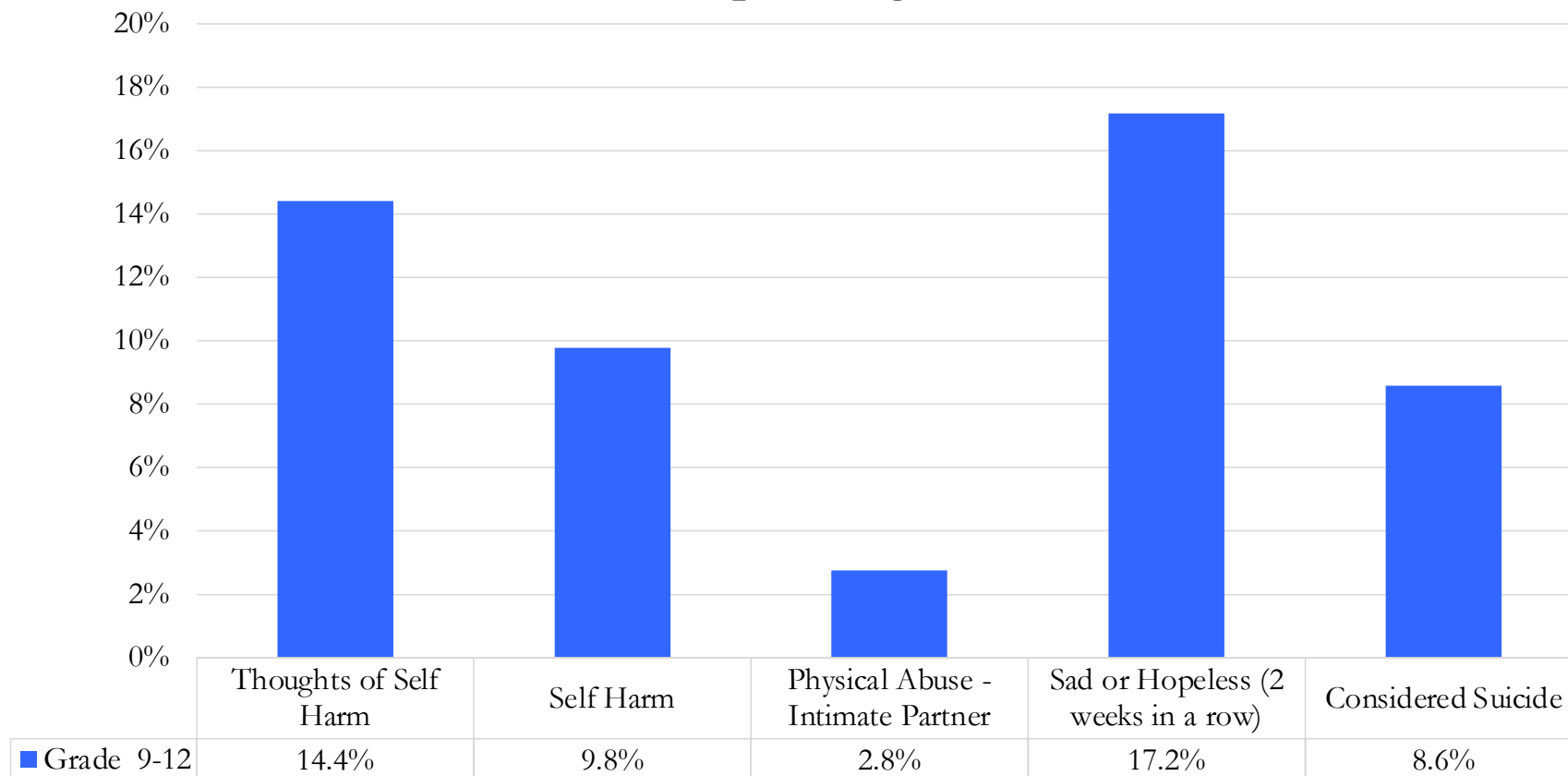
# Frequency of Anxiety – Past Year



# Anxiety Level by Source

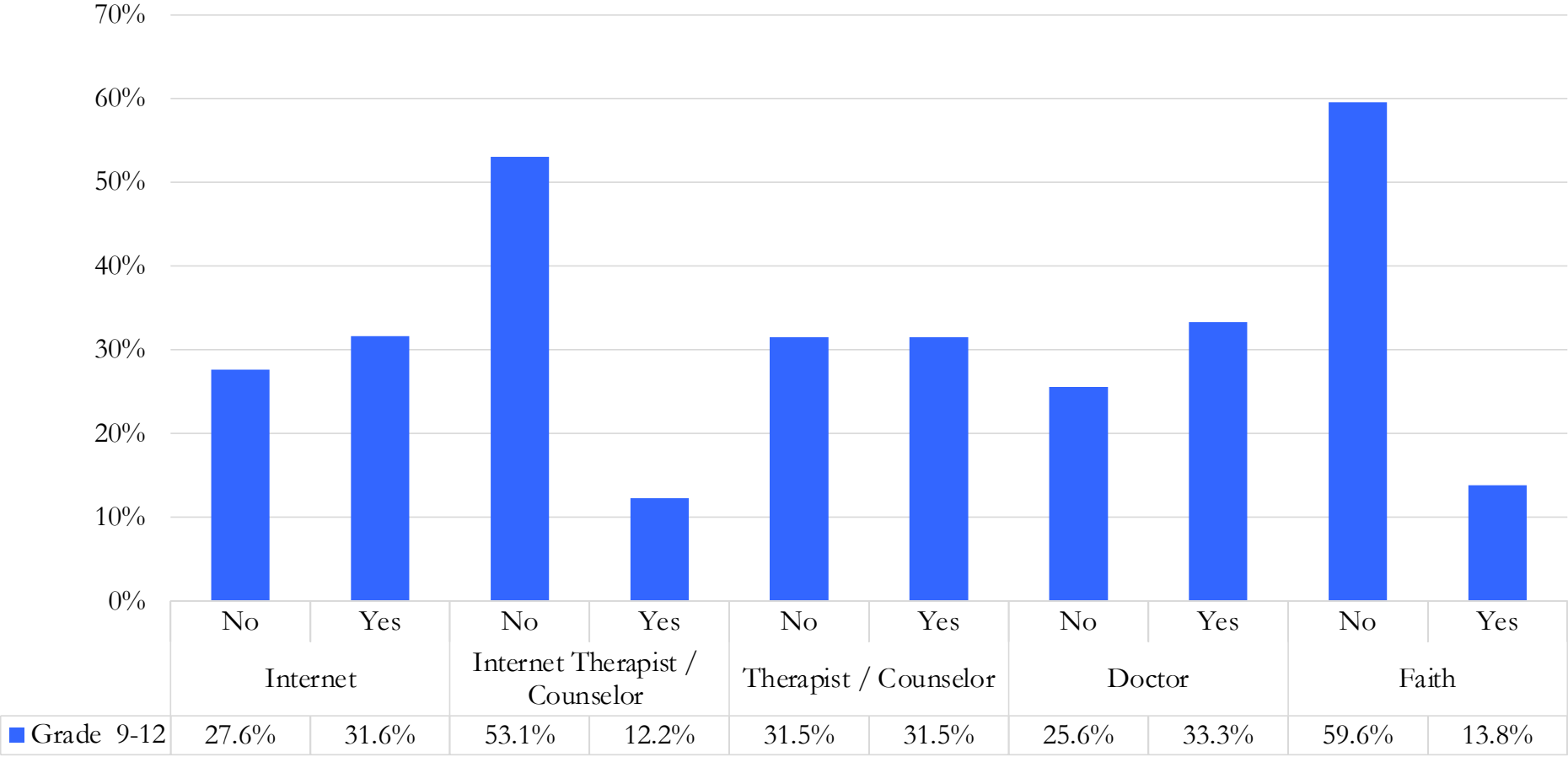


## Other Emotional Health Indicators in the Past Year, % Responding “Yes”



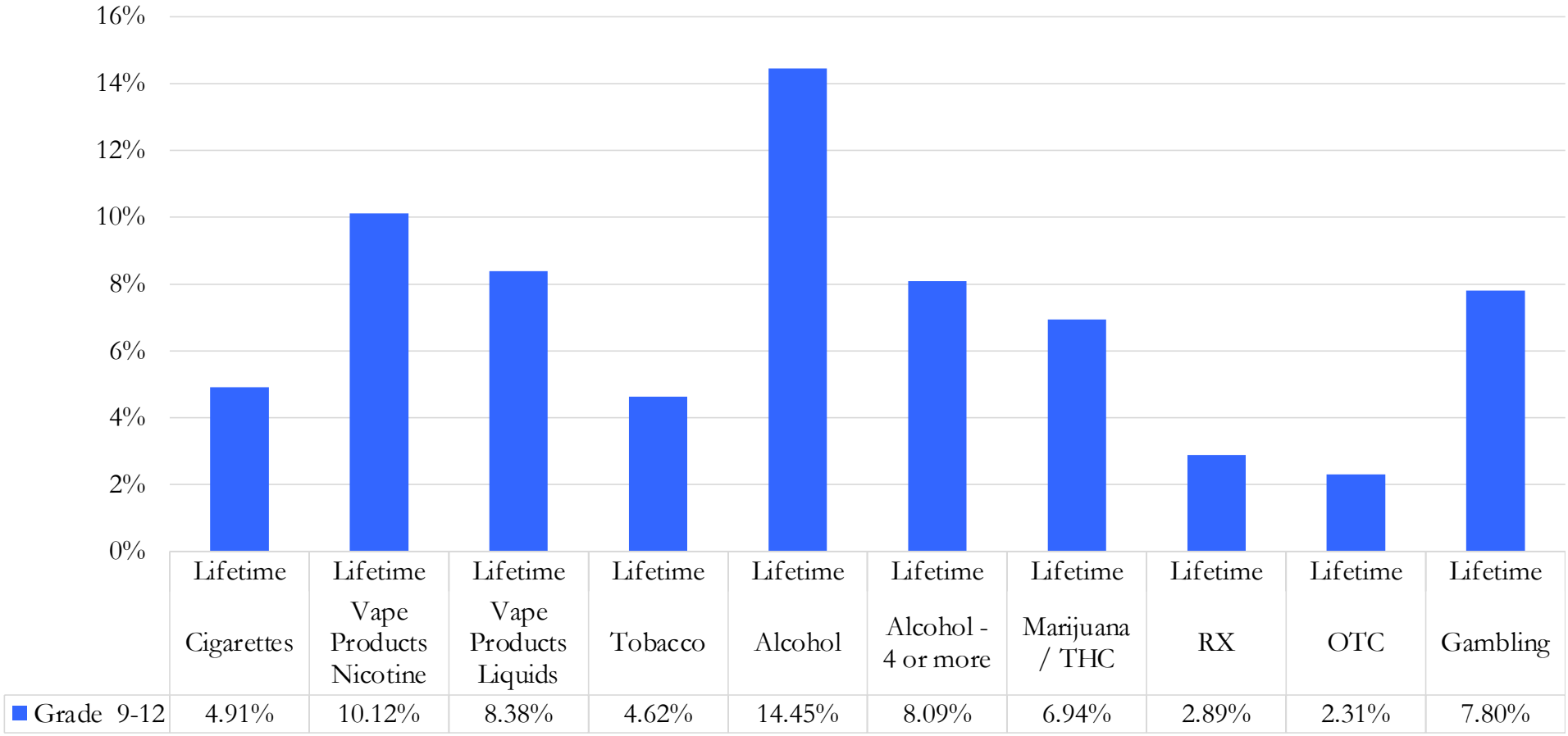
Note: State data for grades 9-12 (YRBS 2021) indicate that 35.6% of students felt sad or hopeless for 2 or more weeks in a row, 14.1% considered suicide, and 18.0% harmed themselves in the past year.

# Comfort Seeking Help by Source - Family and School



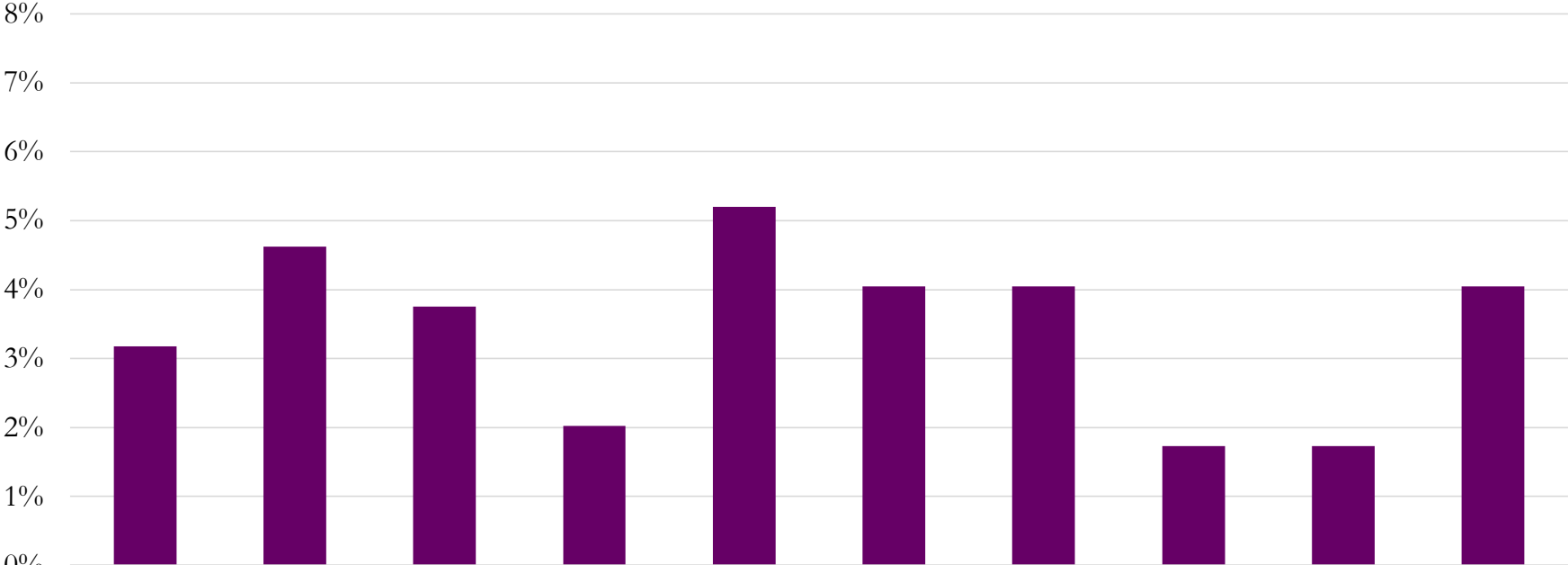
# Substance Use and Perceptions

# Lifetime Use of CORE Substances and Gambling





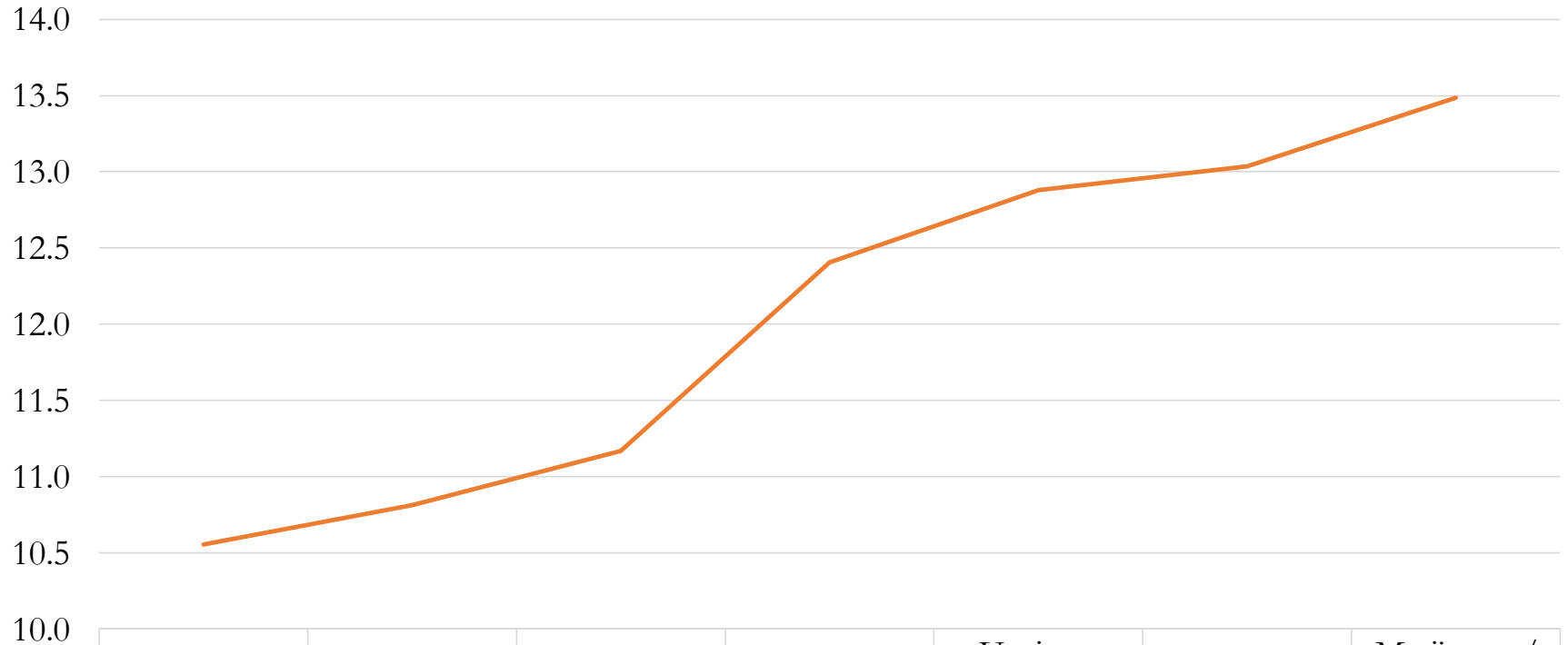
# Past Month Use of CORE Substances and Gambling



	Past Month	Past Month	Past Month	Past Month	Past Month	Past Month	Past Month	Past Month	Past Month	Past Month
	Cigarettes	Vape Products Nicotine	Vape Products Liquids	Tobacco	Alcohol	Alcohol - 4 or more	Marijuana / THC	RX	OTC	Gambling
■ Grade 9-12	3.18%	4.62%	3.76%	2.02%	5.20%	4.05%	4.05%	1.73%	1.73%	4.05%

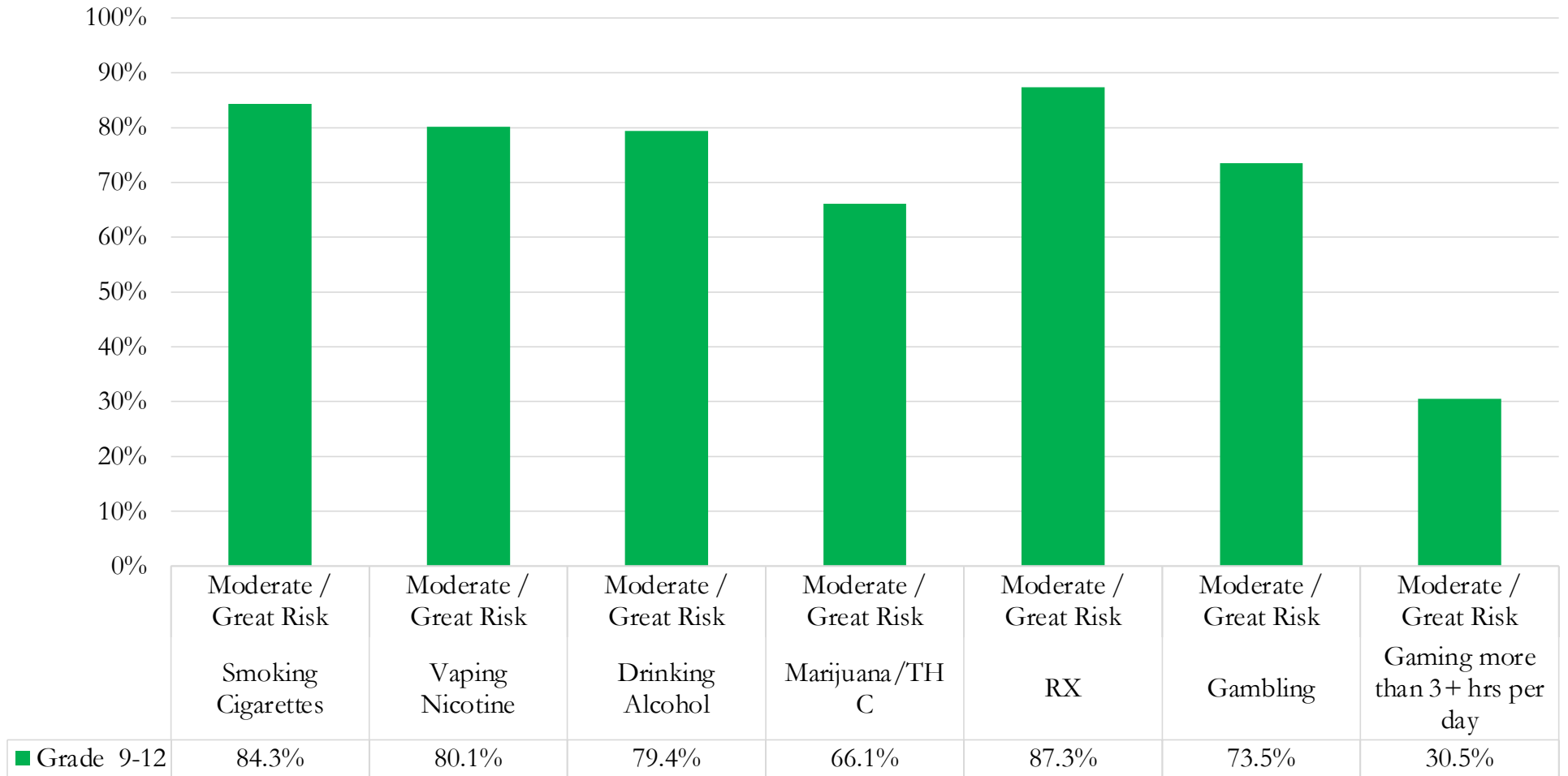


# Age of First Use, in Years

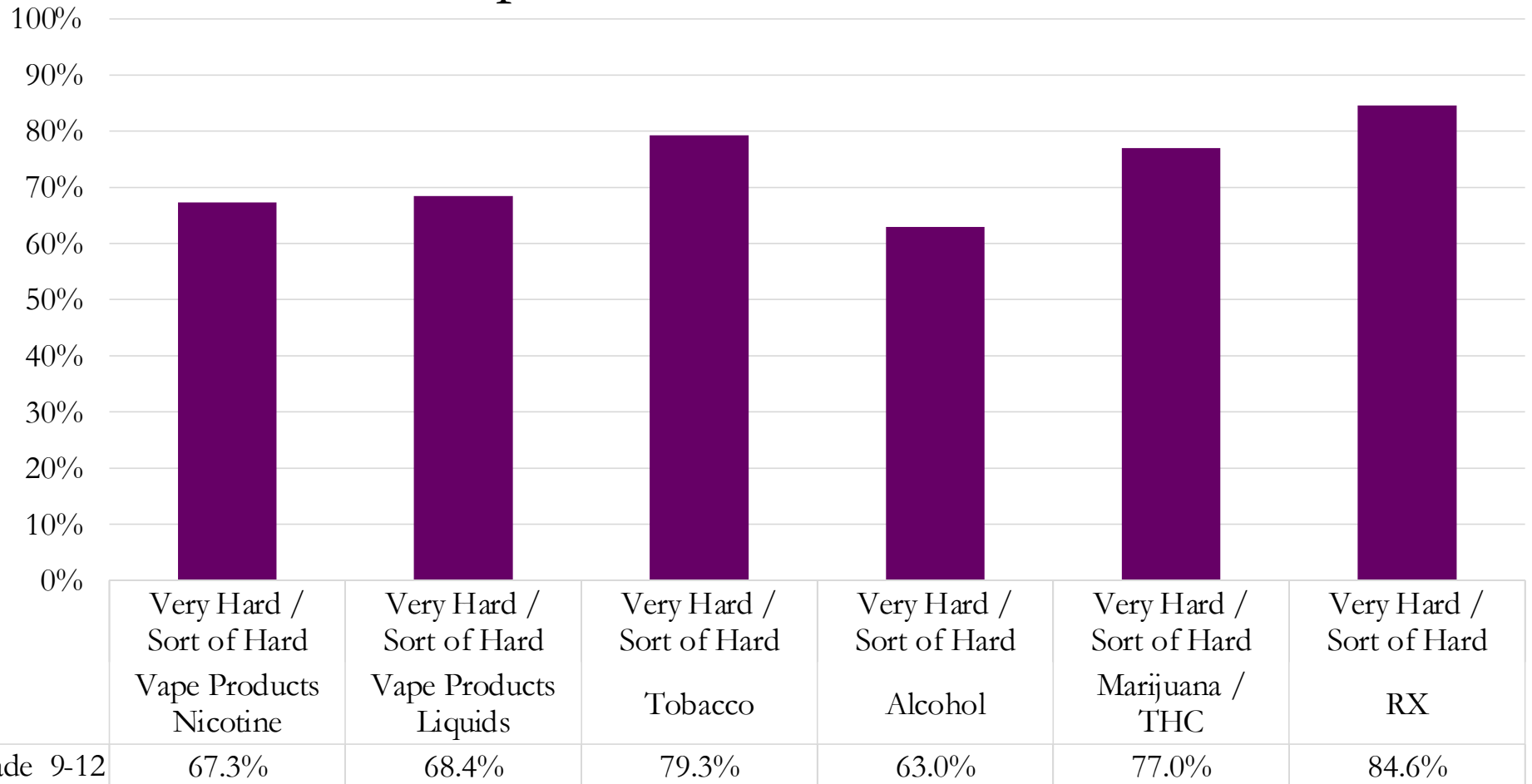


	Gambling	OTC	Alcohol	Cigarettes	Vaping - Nicotine	Rx	Marijuana / THC
Age in Years	10.6	10.8	11.2	12.4	12.9	13.0	13.5

# Perception of Risk/Harm

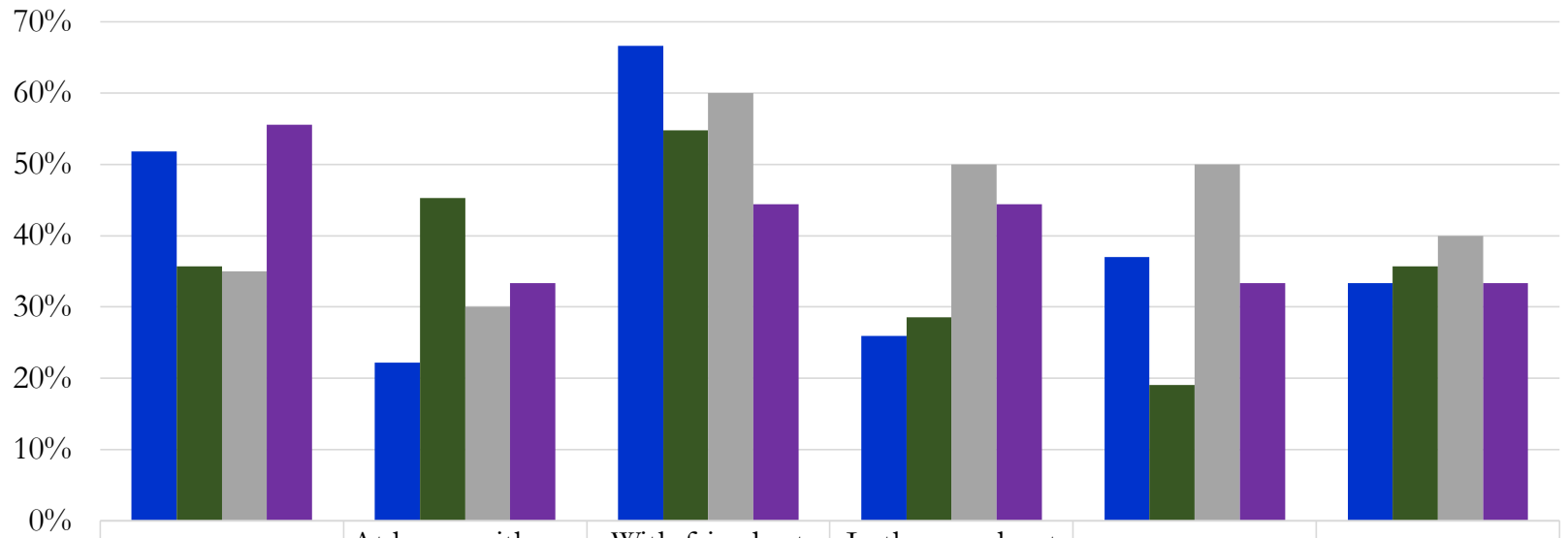


# Perception of Ease of Access



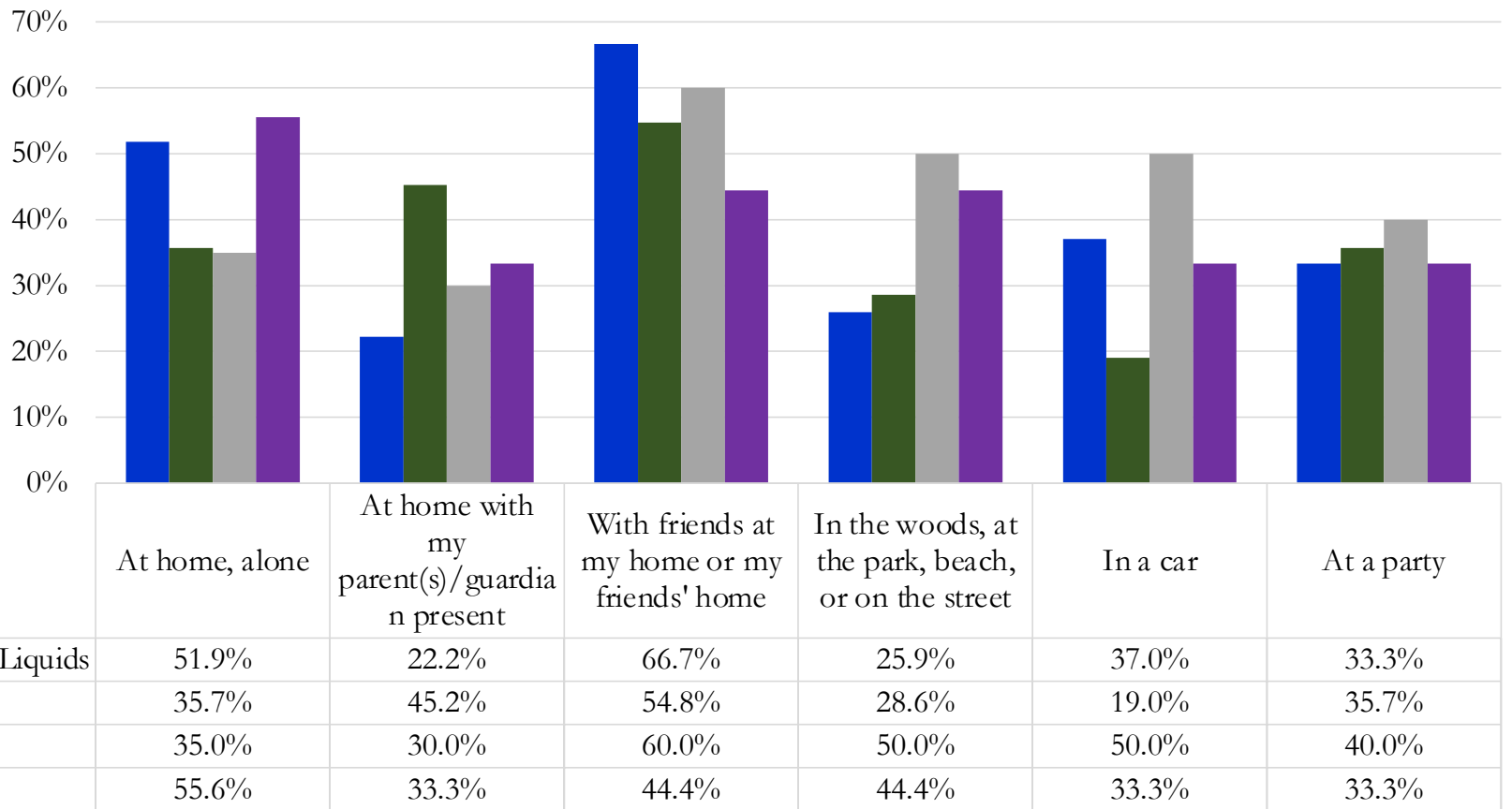
■ Grade 9-12

## Where Substances Are Acquired Most Often Amongst Lifetime Users Grades 9-12

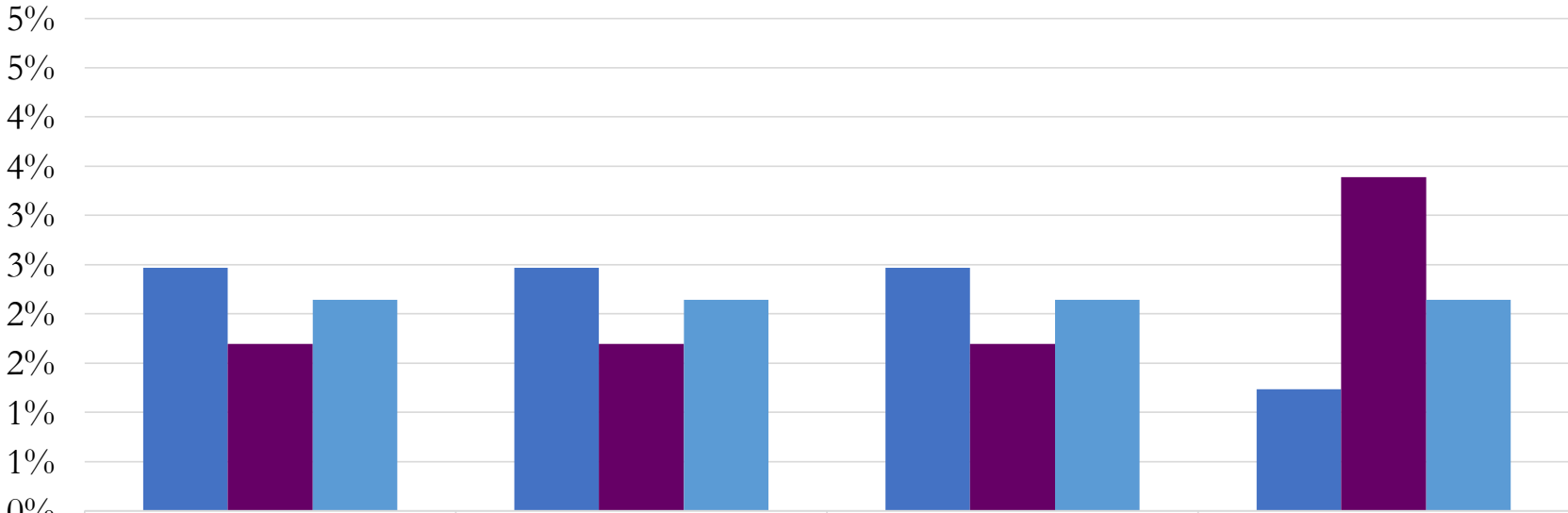


	At home, alone	At home with my parent(s)/guardian present	With friends at my home or my friends' home	In the woods, at the park, beach, or on the street	In a car	At a party
■ Vaping Nicotine/ Liquids	51.9%	22.2%	66.7%	25.9%	37.0%	33.3%
■ Alcohol	35.7%	45.2%	54.8%	28.6%	19.0%	35.7%
■ Marijuana / THC	35.0%	30.0%	60.0%	50.0%	50.0%	40.0%
■ RX	55.6%	33.3%	44.4%	44.4%	33.3%	33.3%

## Where Substances Are Used Most Often Amongst Lifetime Users Grades 9-12



# Driving Under the Influence Alcohol and Marijuana Grades 11 -12



	Past Month DUI Alcohol	Past Month DUI Marijuana	Lifetime DUI Alcohol	Lifetime DUI Marijuana
■ Grade 11	2.5%	2.5%	2.5%	1.2%
■ Grade 12	1.7%	1.7%	1.7%	3.4%
■ Grade 11-12	2.1%	2.1%	2.1%	2.1%



# Risk Factors for Any Substances Use Grades 6-12

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

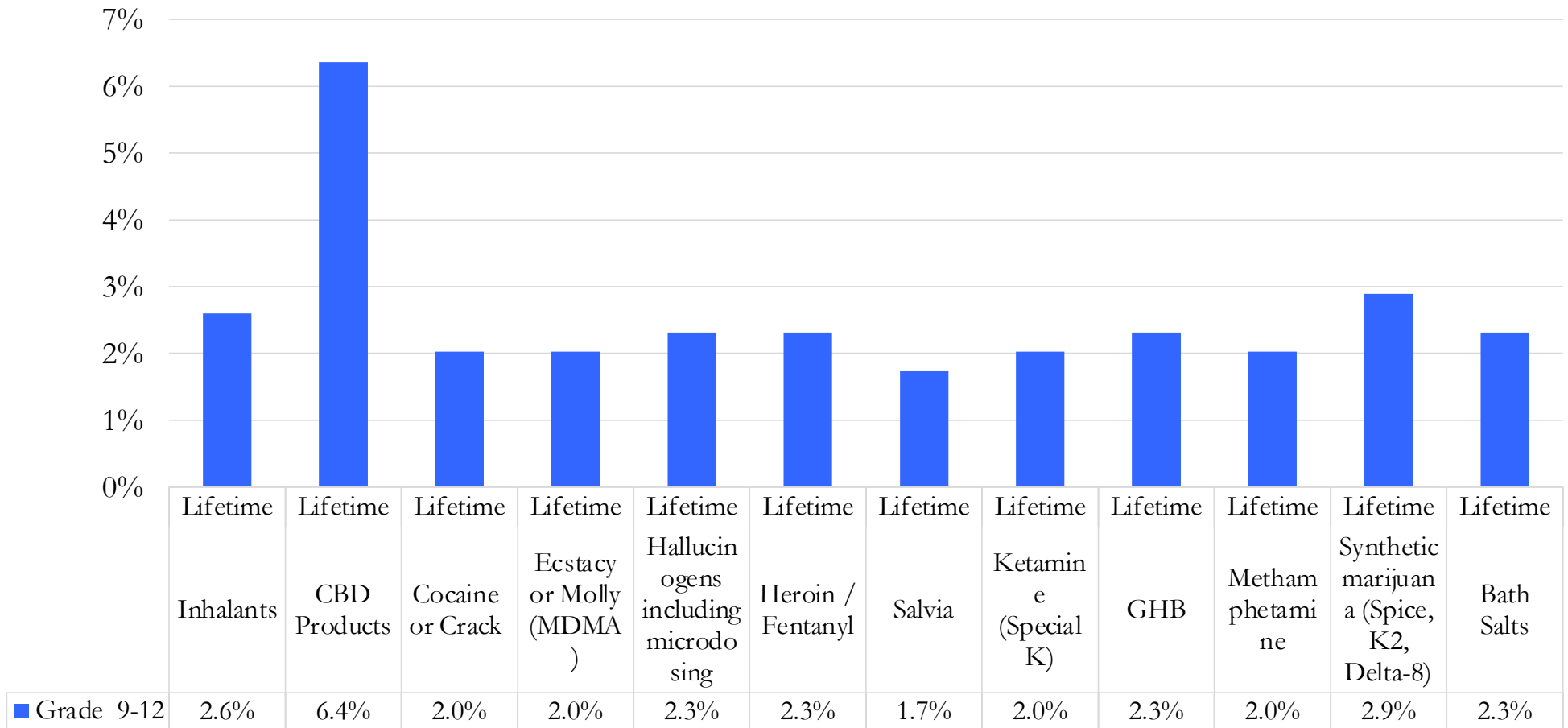
\*Note: these are selected findings, the complete list can be found in the full report.

**Haddam-Killingworth High School** youth who have used **any substance in their lifetime** are more likely to:

- Sleep less
- Report spending more time home without supervision
- Have the following experiences due to gaming: not getting enough sleep, not completing homework, choosing not to spend time in person with friends, being threatened, getting into fights, and seeing inappropriate things.
- Have the following experiences due to social media: got into fights, felt excluded, felt worse about themselves, or see or hear something their parents would feel was inappropriate
- Have thoughts of self-harm and have self-harm behaviors
- Have felt sad or hopeless two weeks in a row or more
- Have experienced intimate partner abuse
- Have considered suicide in the past year
- Not seek help from a faith leader
- Have less clear family rules for cigarettes, vaping, alcohol, marijuana, and gambling
- Report more family substance use problems
- Perceive less parental disapproval for cigarettes, vaping, alcohol, marijuana, gambling, and gaming
- Perceive less peer disapproval for cigarettes, vaping, alcohol, marijuana, prescription drugs, gambling and gaming
- Perceive more use of alcohol, marijuana, vapes, and prescription drugs by their peers
- Perceive easier access to substances
- Have experienced housing problems and food insecurity in their lifetime
- Spend more time at a job after school hours
- Perceive less coach and teammate disapproval of substance use

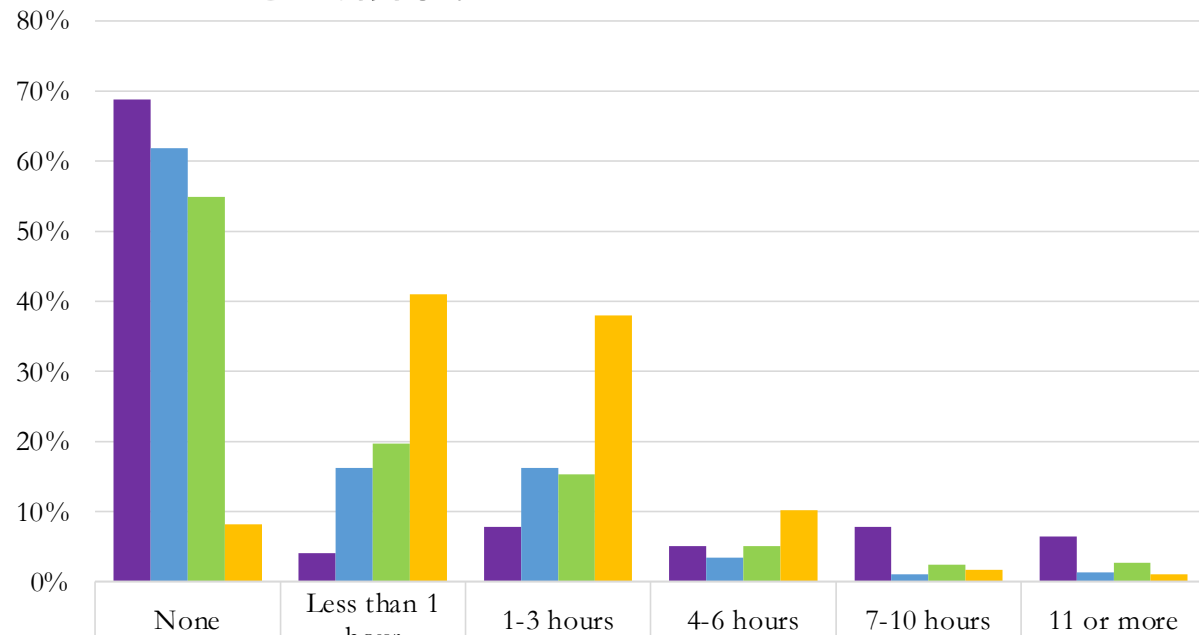


# Lifetime Other Substance Use



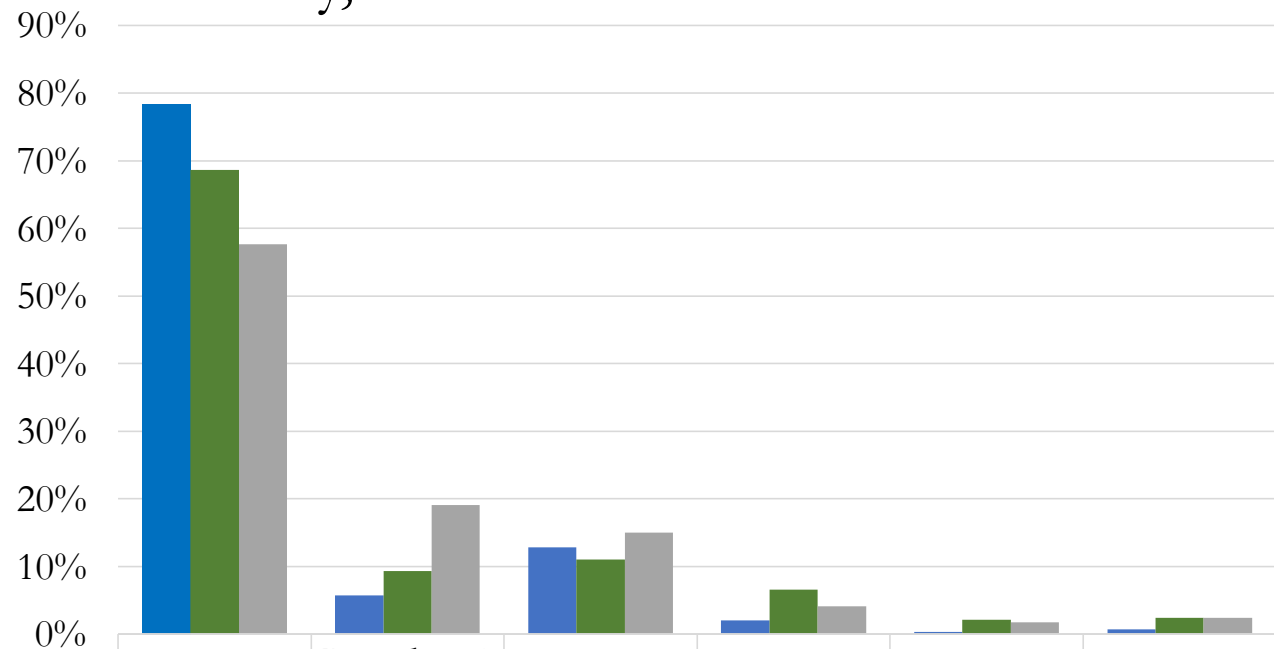
# Extracurricular Activities

# Time Spent on Jobs & Volunteering, Weekly Grades 9-12



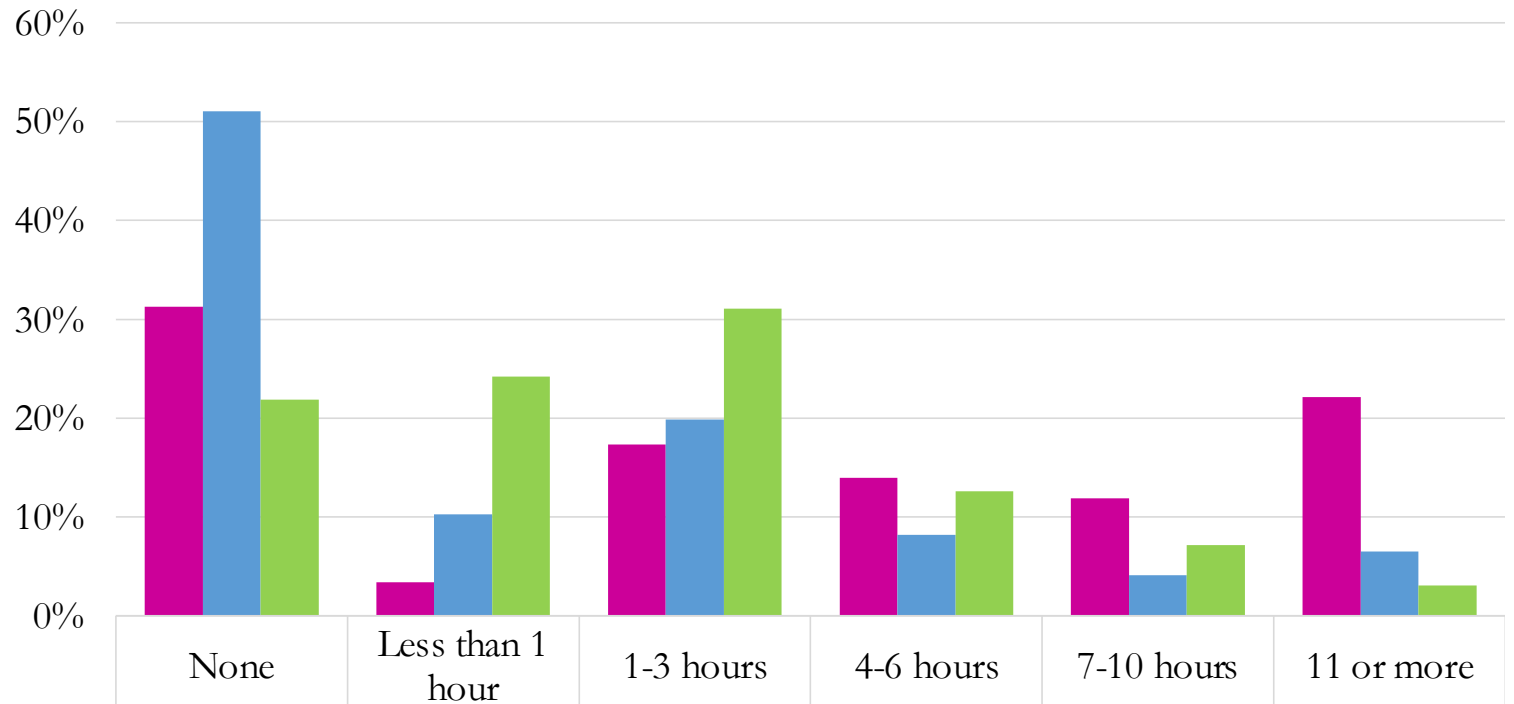
■ Working at a job	68.8%	4.1%	7.8%	5.1%	7.8%	6.4%
■ Volunteering	61.8%	16.2%	16.2%	3.4%	1.0%	1.4%
■ Taking care of someone at home (sibling, older relative)	54.9%	19.7%	15.3%	5.1%	2.4%	2.7%
■ Doing chores	8.1%	41.0%	38.0%	10.2%	1.7%	1.0%

## Time Spent on Faith-based Activities, Taking Lessons, Clubs or Orgs, Weekly, Grades 9-12



	None	Less than 1 hour	1-3 hours	4-6 hours	7-10 hours	11 or more
■ Faith or Religious Activities	78.4%	5.7%	12.8%	2.0%	0.3%	0.7%
■ Practicing /Taking lessons (music, art)	68.6%	9.3%	11.0%	6.6%	2.1%	2.4%
■ Club or organization (theater, Scouts)	57.7%	19.1%	15.0%	4.1%	1.7%	2.4%

## Time Spent on Physical Activities, Weekly Grades 9-12

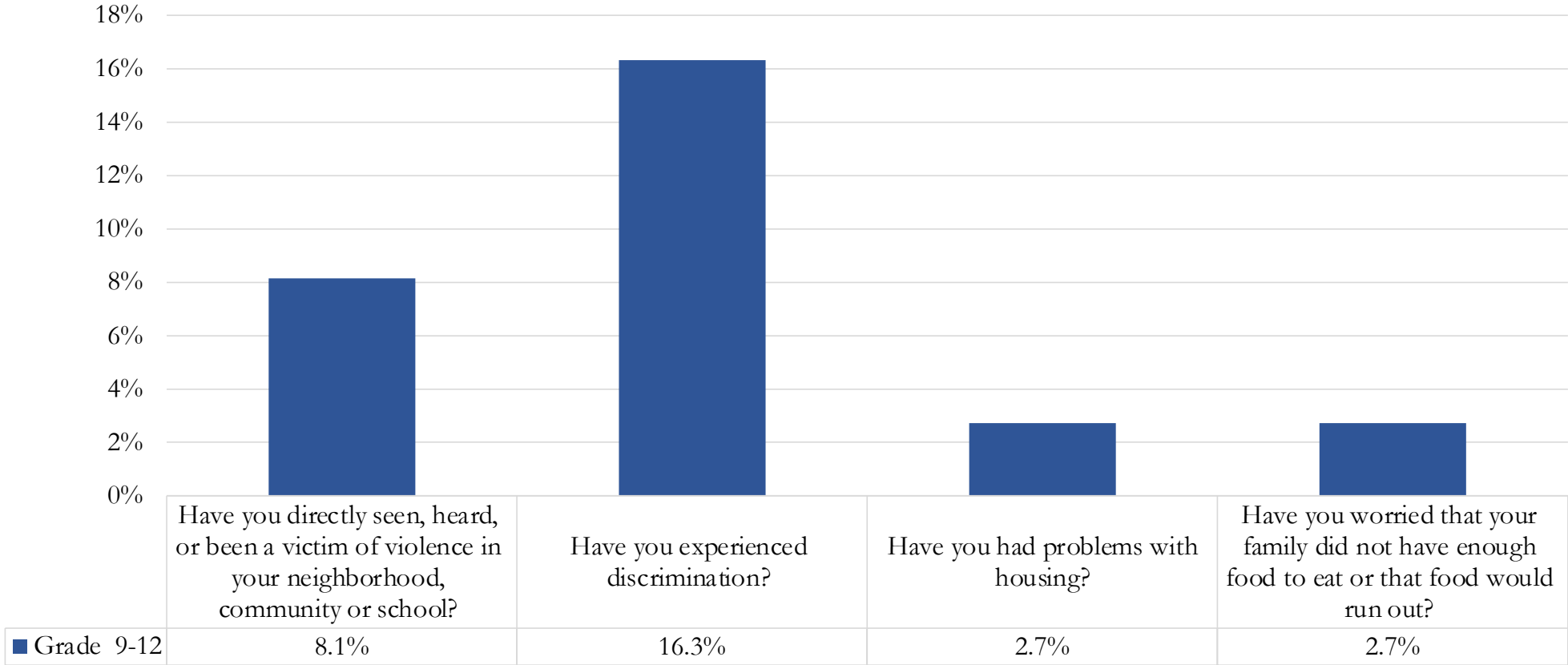


■ Team Sports	31.3%	3.4%	17.3%	13.9%	11.9%	22.1%
■ Other Physical Activities	51.0%	10.3%	19.9%	8.2%	4.1%	6.5%
■ Working Out	21.8%	24.2%	31.1%	12.6%	7.2%	3.1%

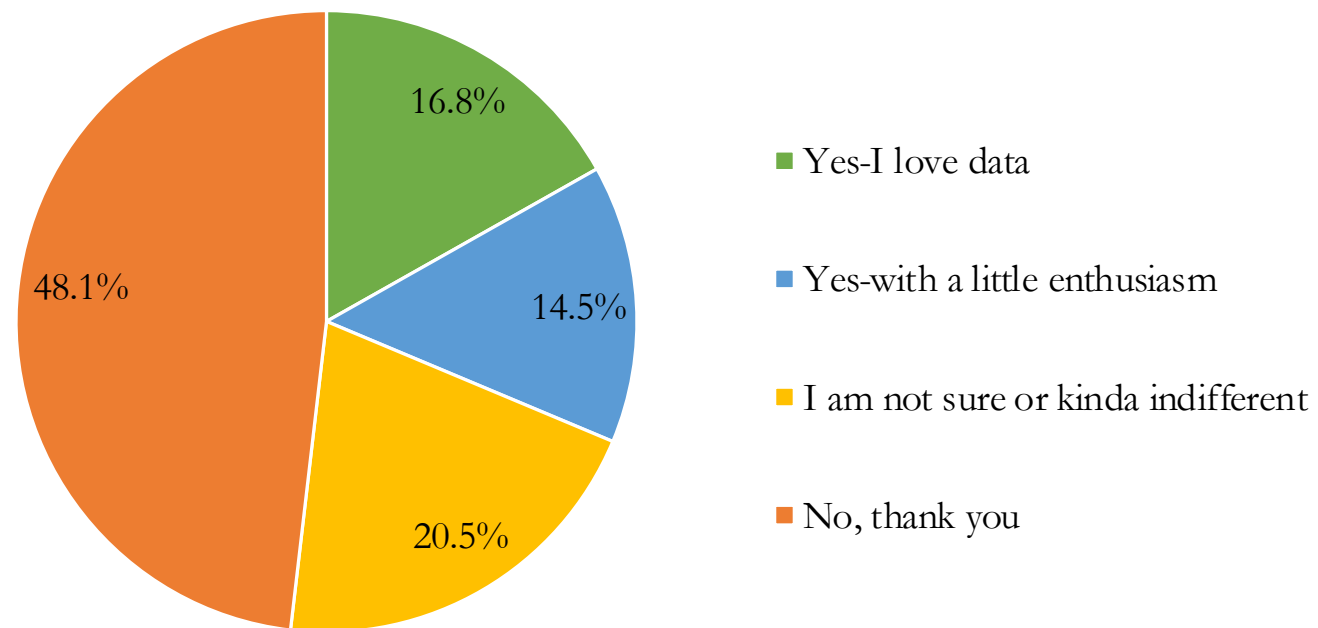
# Toxic Stress

# Toxic Stress Indicators – Past Year

(% Yes)



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



31.3% of students report they would like to see the data from the survey.