Haddam-Killingworth Youth Voices Count Survey Results 2025

youth VOICES count

B. WEYLAND SMITH

CONSULTING

Background

- December 2025, students from Haddam-Killingworth public schools in grades 7-12 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.

Analysis

- Subgroup analysis was performed by race/ethnicity and biological sex to allow for the Local Prevention Council and other organizations to utilize the data to target groups experiencing greater behaviors of concern.

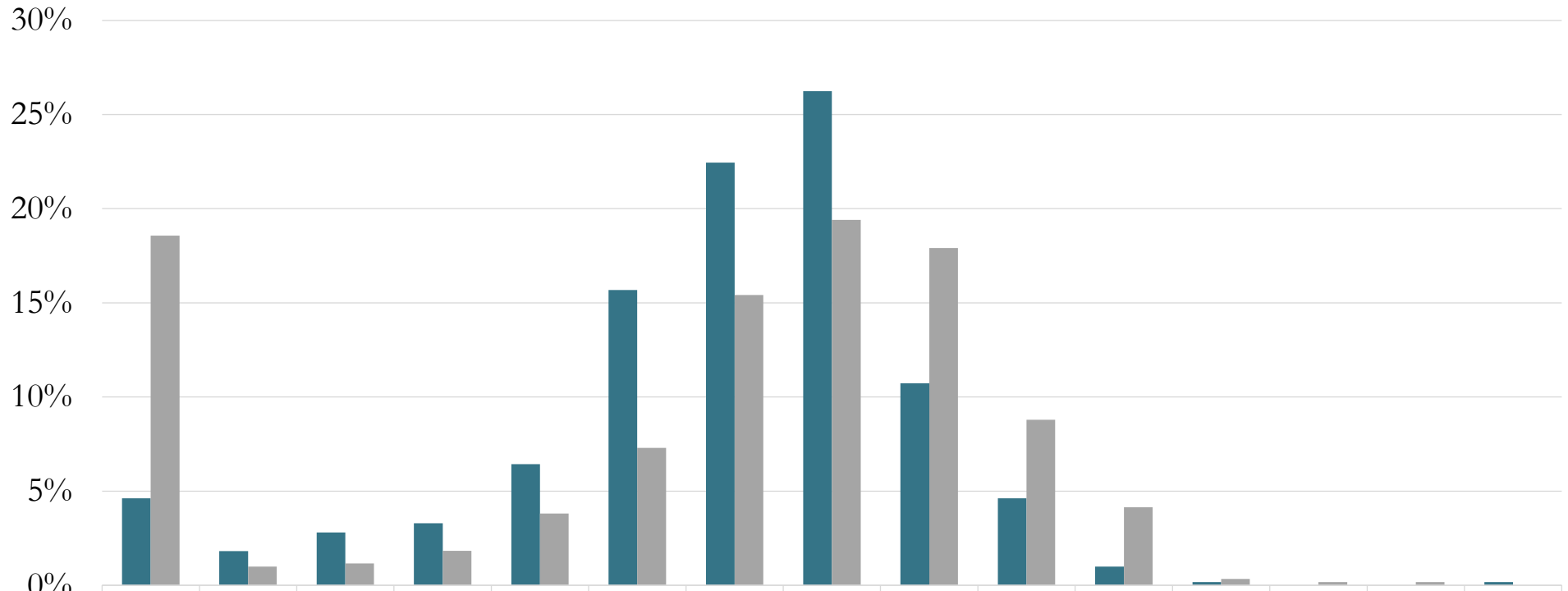
- An addendum Excel document includes analysis of these statistically significant demographic differences.

Response Rate

Sample Response Rates	Sample Count	Population Count	Response Rate (%)
Grade 7	121	134	90.3%
Grade 8	124	129	96.1%
Grade 9	112	127	88.2%
Grade 10	88	99	88.9%
Grade 11	95	116	81.9%
Grade 12	81	124	65.3%
Grades 7-8	245	263	93.2%
Grades 9-12	376	466	80.7%
Grades 7-12	621*	729	85.2%

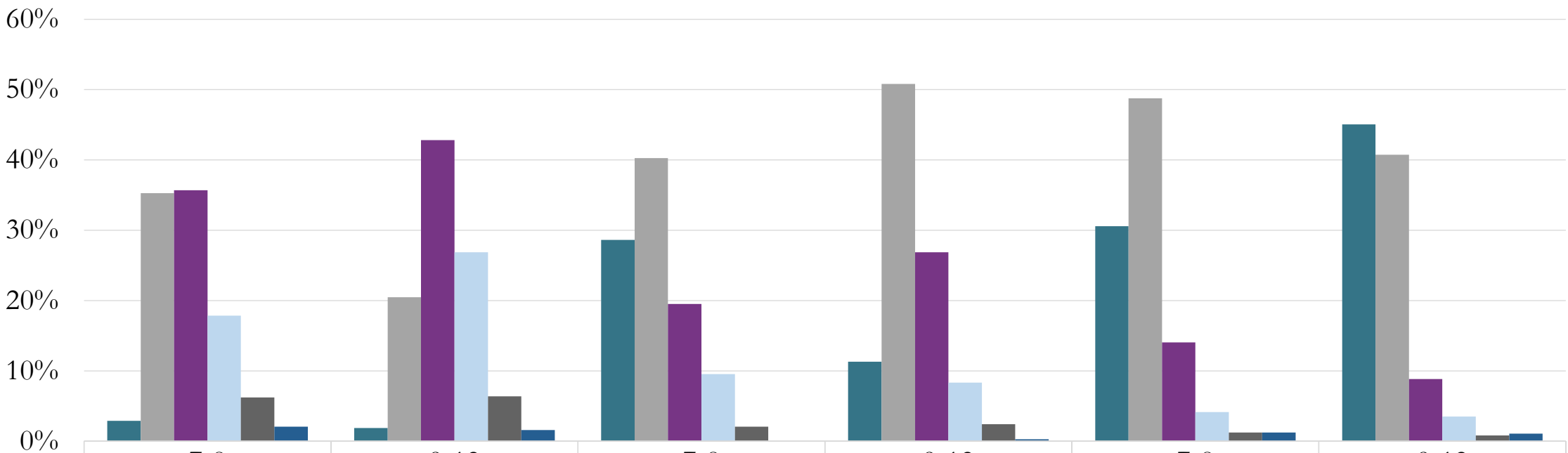
Youth Lifestyles

Smartphone and Social Media Age of Access



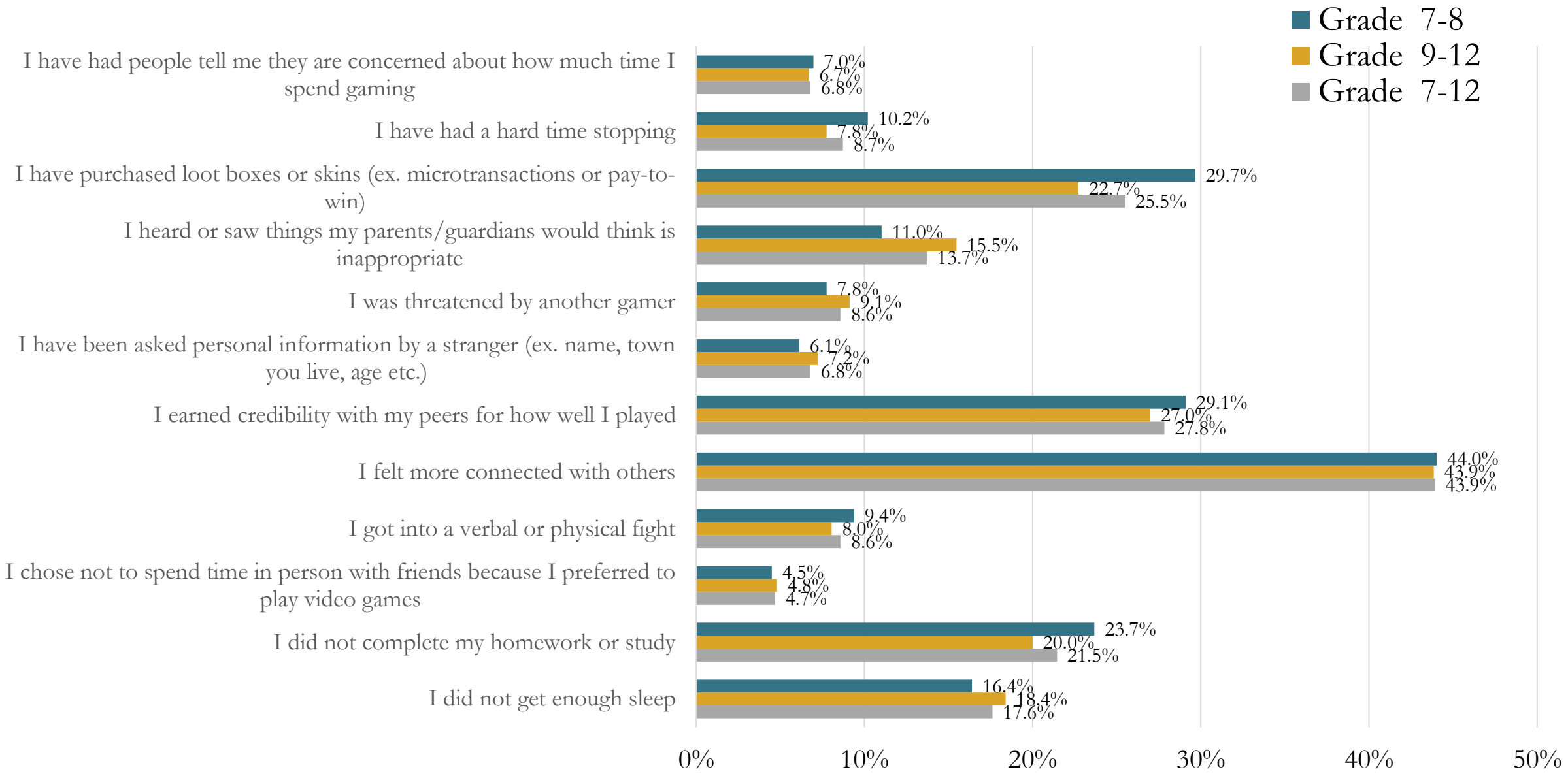
	I do not have this	6 or less	7	8	9	10	11	12	13	14	15	16	17	18	19
Smartphone or iPhone - Age	4.6%	1.8%	2.8%	3.3%	6.4%	15.7%	22.4%	26.2%	10.7%	4.6%	1.0%	0.2%	0.0%	0.0%	0.2%
Social media account - Age	18.6%	1.0%	1.2%	1.8%	3.8%	7.3%	15.4%	19.4%	17.9%	8.8%	4.1%	0.3%	0.2%	0.2%	0.0%

Daily Hours Spent Scrolling Internet, Social Media, or Gaming

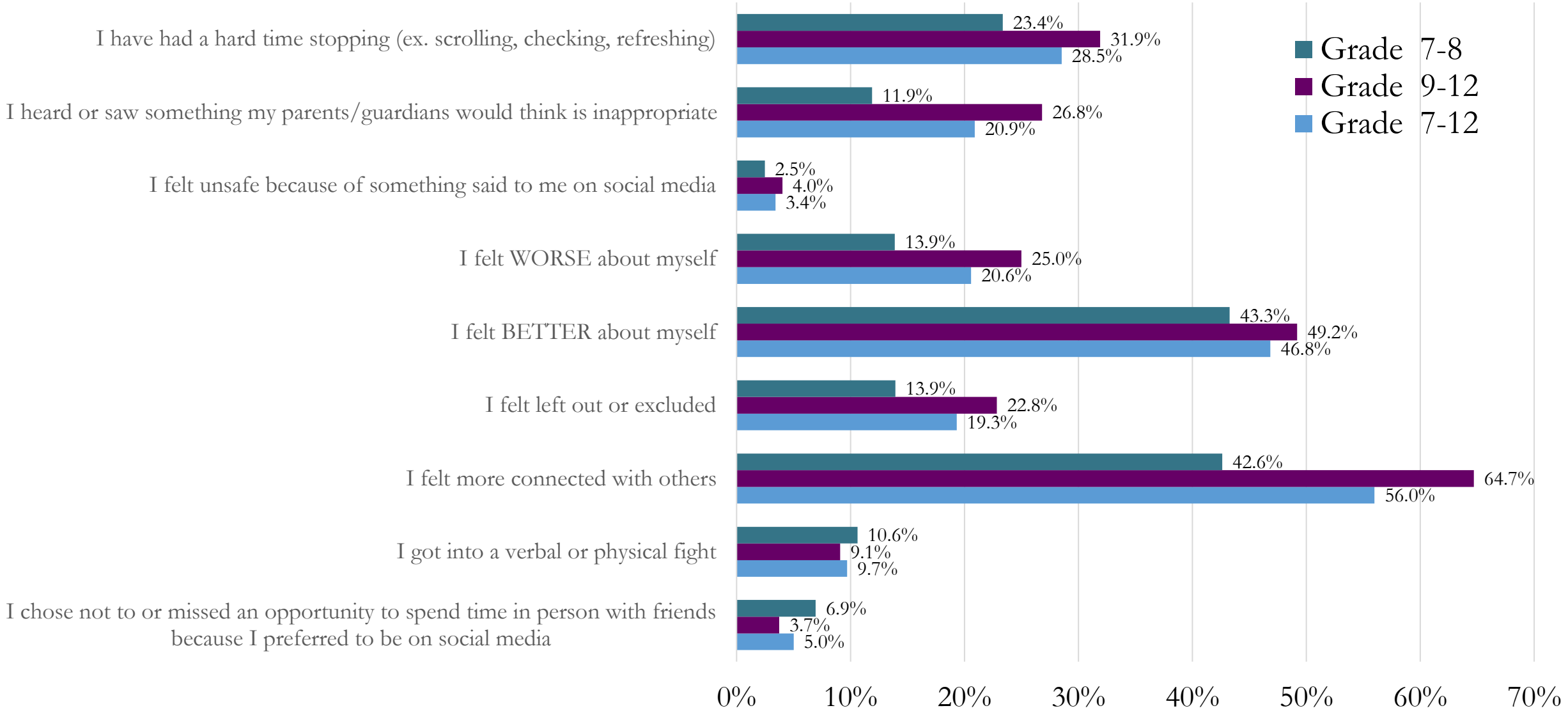


	Internet Overall		Social Media		Gaming	
	7-8	9-12	7-8	9-12	7-8	9-12
None	2.9%	1.9%	28.6%	11.3%	30.6%	45.0%
1-2 hours	35.3%	20.5%	40.2%	50.8%	48.8%	40.8%
3-4 hours	35.7%	42.8%	19.5%	26.9%	14.0%	8.8%
5-7 hours	17.8%	26.9%	9.5%	8.3%	4.1%	3.5%
8-10 hours	6.2%	6.4%	2.1%	2.4%	1.2%	0.8%
11 or more hours	2.1%	1.6%	0.0%	0.3%	1.2%	1.1%

Perceived Gaming Assets and Consequences

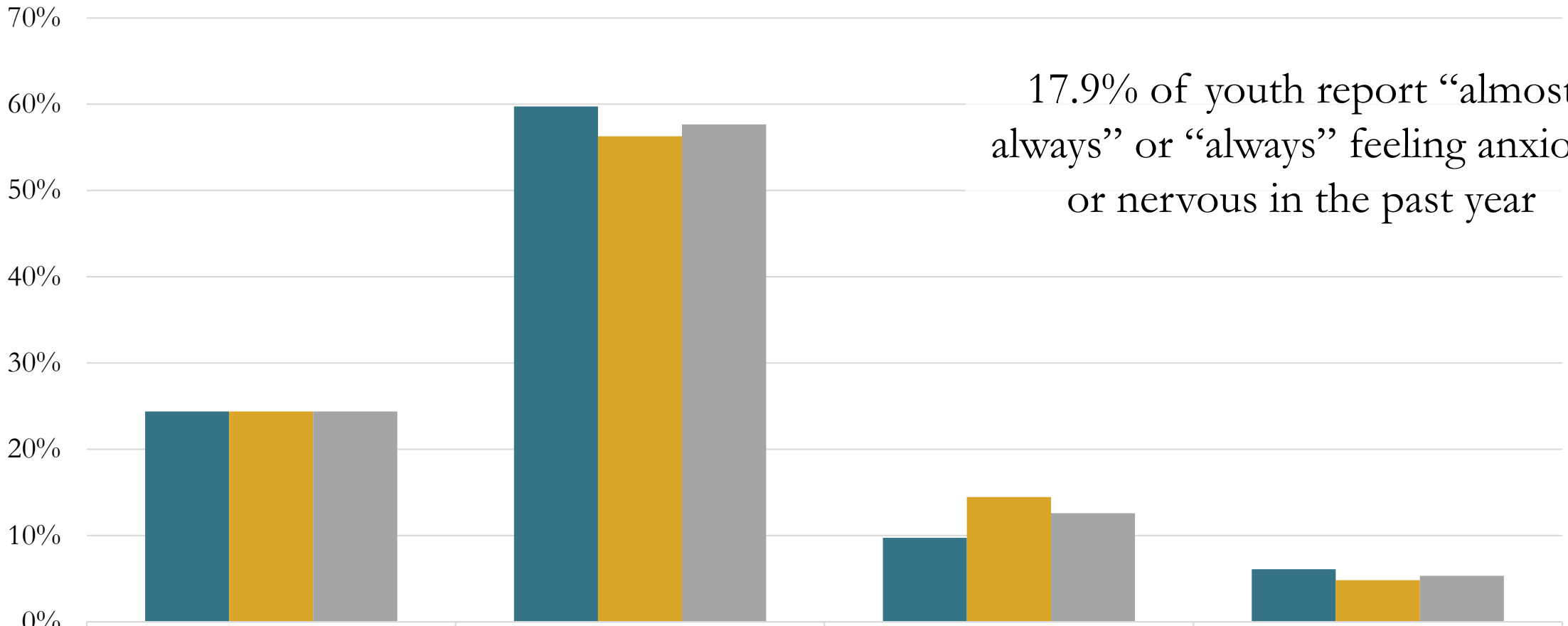


Perceived Social Media Assets and Consequences



Emotional Health

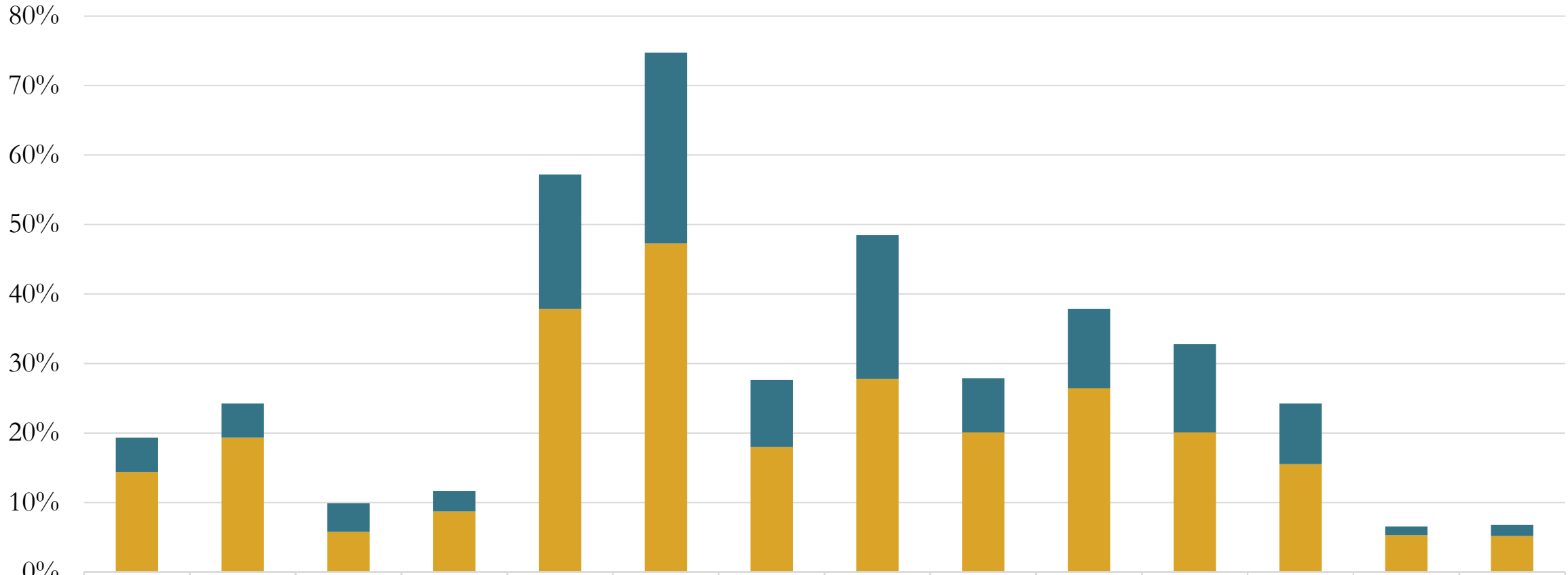
Past Year Stress, Worry, or Anxiety



17.9% of youth report "almost always" or "always" feeling anxious or nervous in the past year

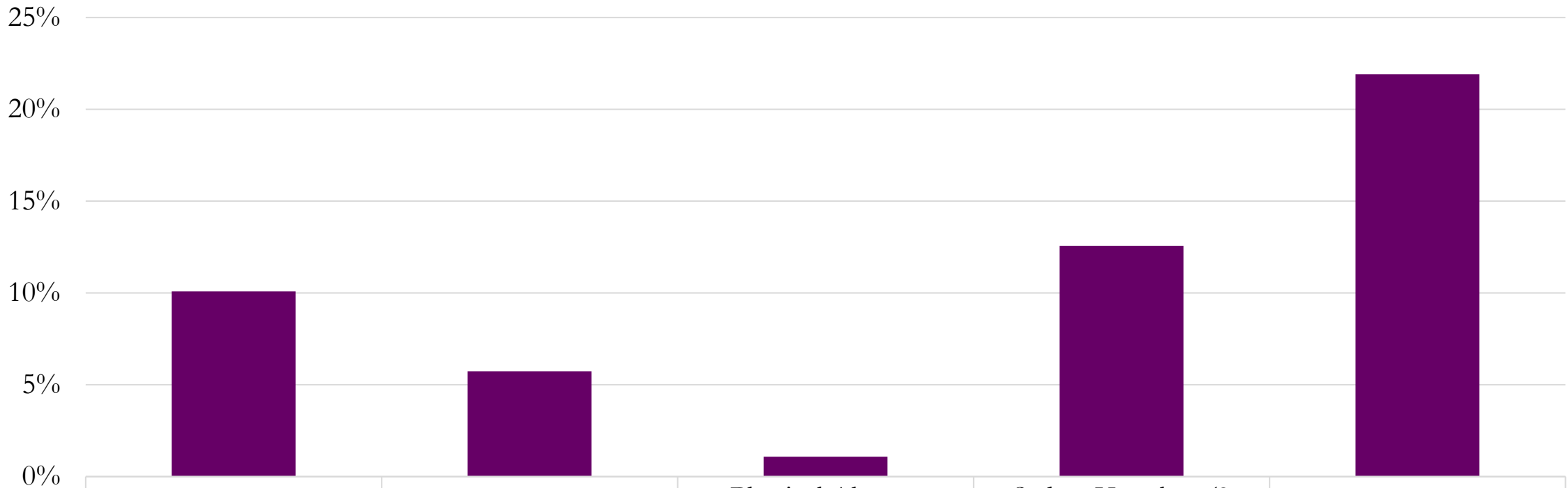
	Never	Some of the time	Almost always	Always
Grade 7-8	24.4%	59.8%	9.8%	6.1%
Grade 9-12	24.4%	56.3%	14.5%	4.8%
Grade 7-12	24.4%	57.7%	12.6%	5.3%

Sources of Stress, Anxiety, or Worry



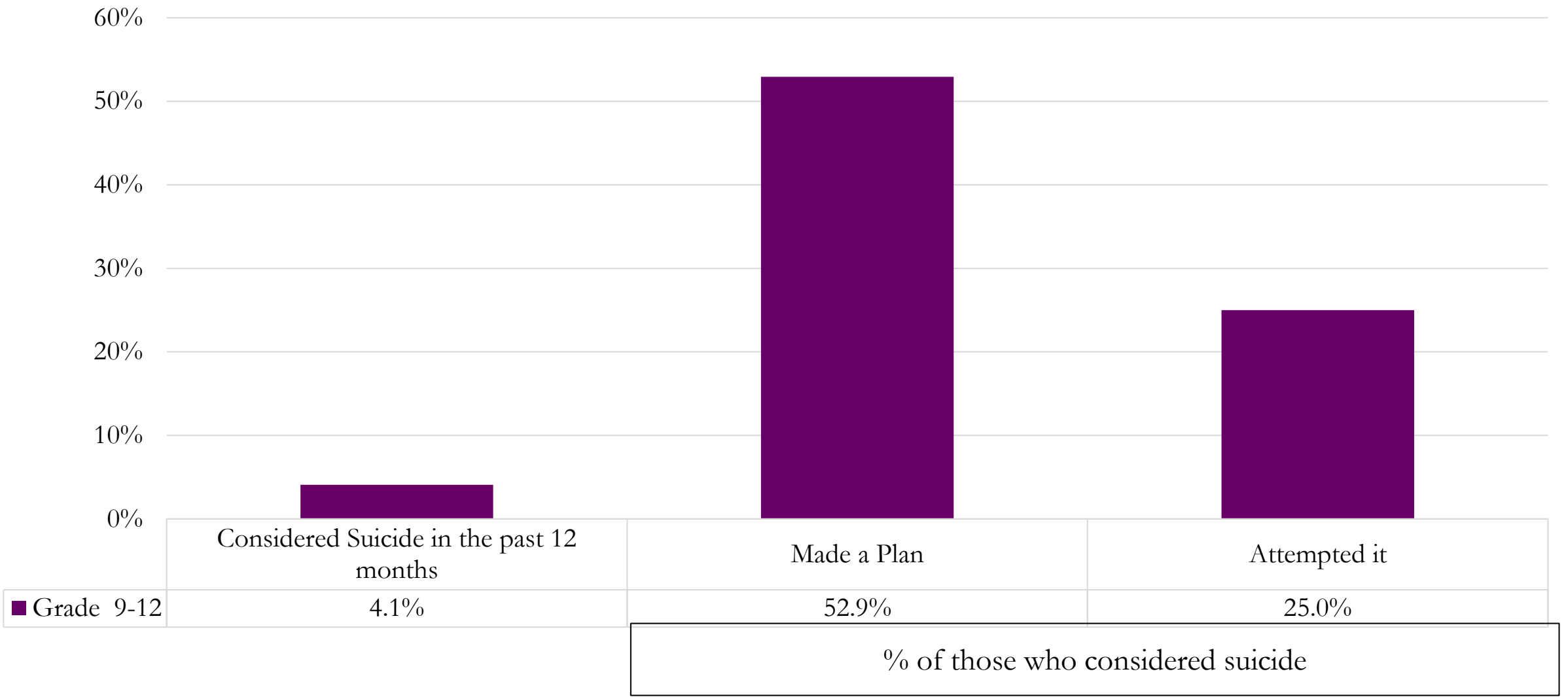
	Home/family life		Financial Security		Academics		Post High School Plans		Schedule		Peers		Social media	
	G 7-8	G 9-12	G 7-8	G 9-12	G 7-8	G 9-12	G 7-8	G 9-12	G 7-8	G 9-12	G 7-8	G 9-12	G 7-8	G 9-12
High	4.9%	4.9%	4.1%	3.0%	19.3%	27.4%	9.6%	20.7%	7.8%	11.4%	12.7%	8.7%	1.2%	1.6%
Medium	14.4%	19.3%	5.8%	8.7%	37.9%	47.3%	18.0%	27.8%	20.1%	26.4%	20.1%	15.5%	5.3%	5.2%

Other Emotional Health Indicators in the Past Year, % Responding "Yes", Grades 9-12

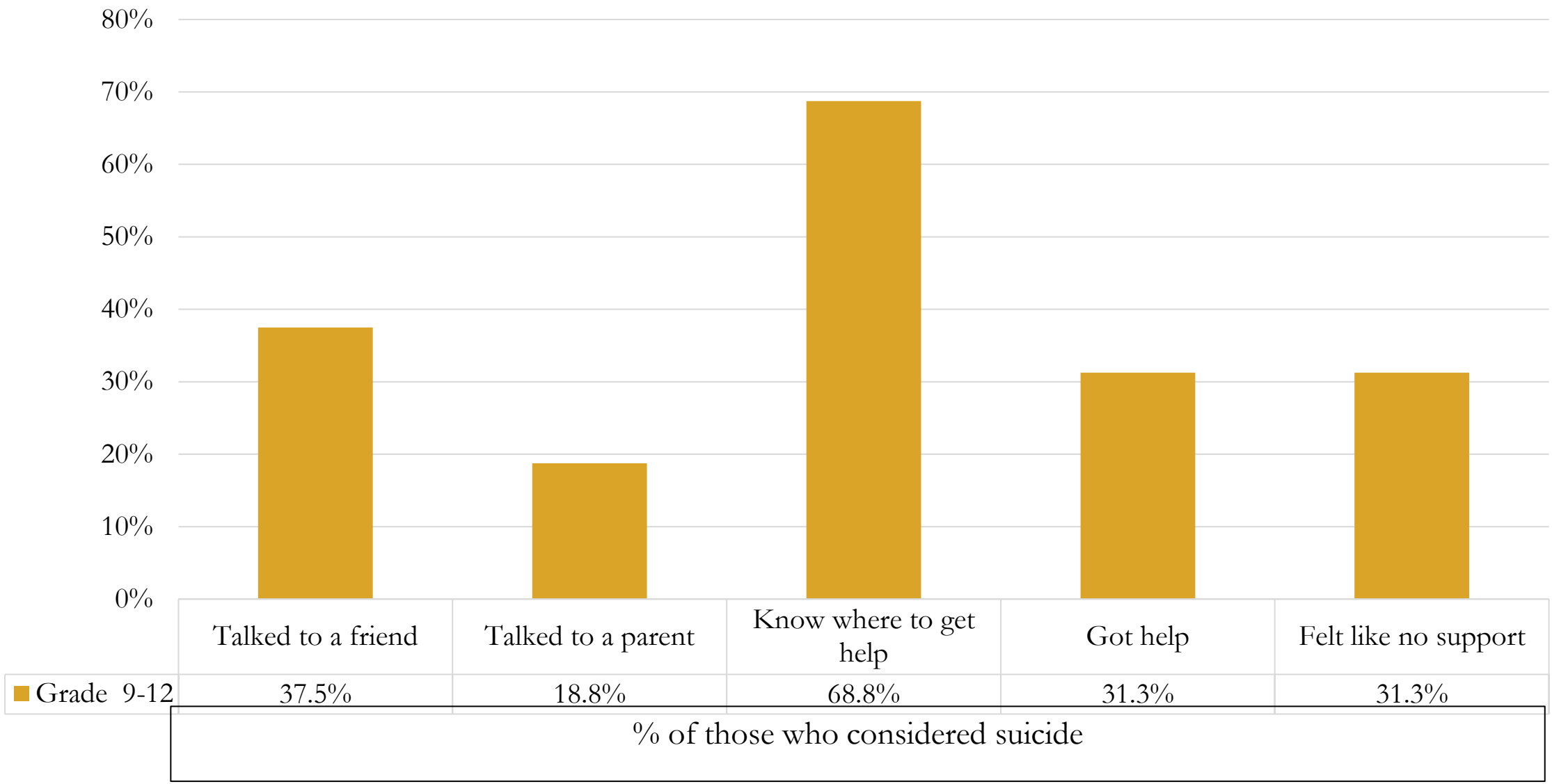


	Thoughts of Self Harm	Self Harm	Physical Abuse - Intimate Partner	Sad or Hopeless (2 weeks in a row)	Felt Lonely Often
Grade 9-12	10.1%	5.7%	1.1%	12.6%	21.9%

Past Year Thoughts of Suicide, Grades 9-12

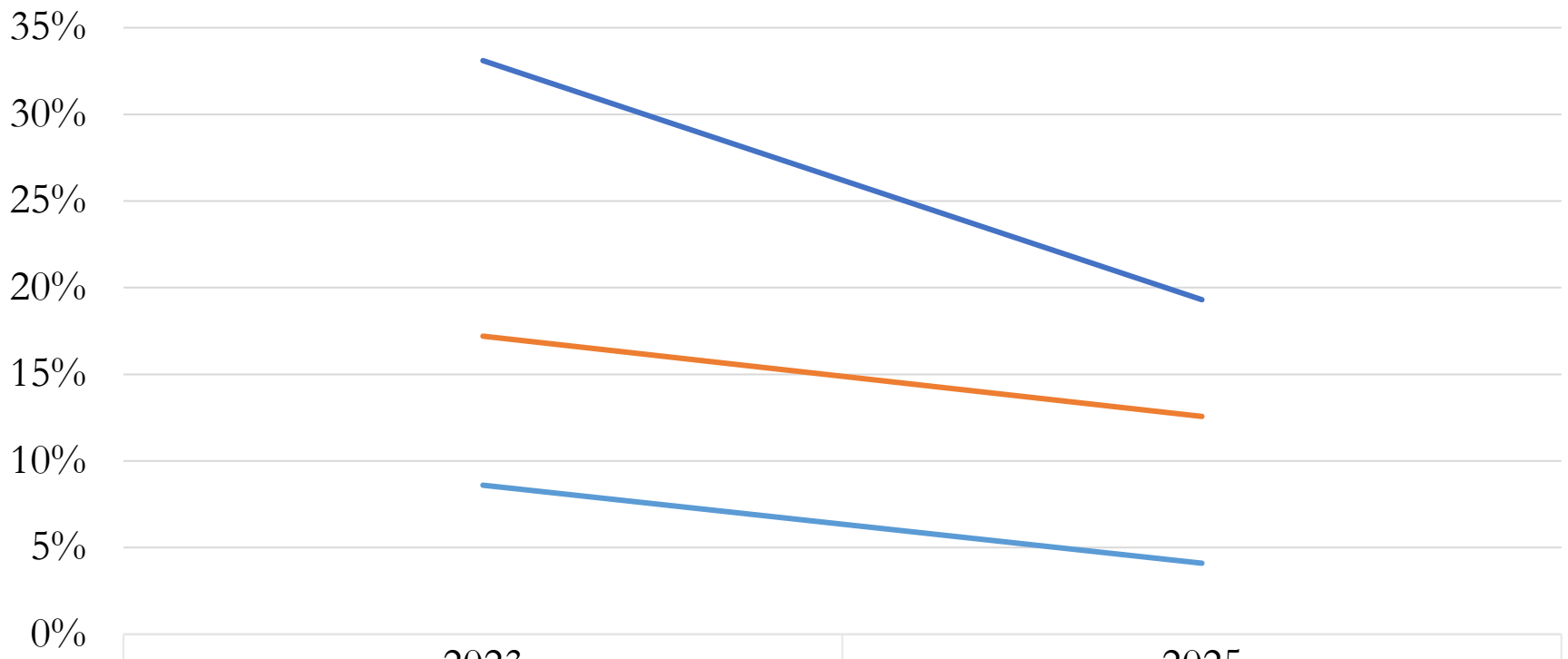


Suicide and Perceptions of Supports, Grades 9-12



Trend Emotional Health Indicators, 2023-2025

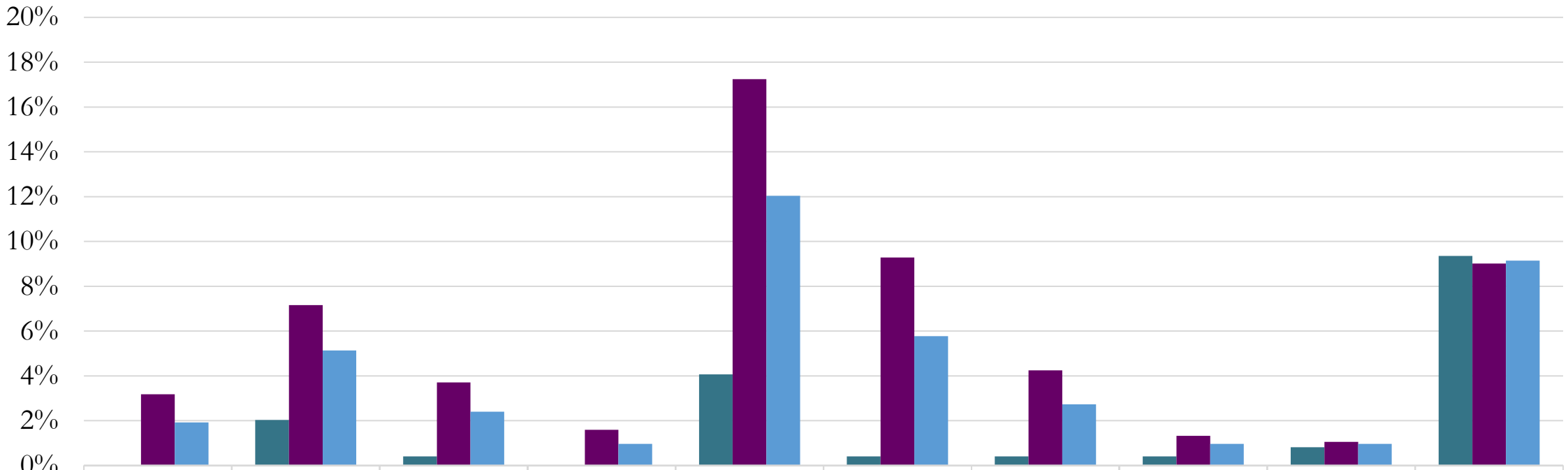
Grades 9-12



	2023	2025
Anxiety Almost Always/Always	33.1%	19.3%
Sad/Hopeless 2+ Weeks	17.2%	12.6%
Thoughts of Suicide	8.6%	4.1%

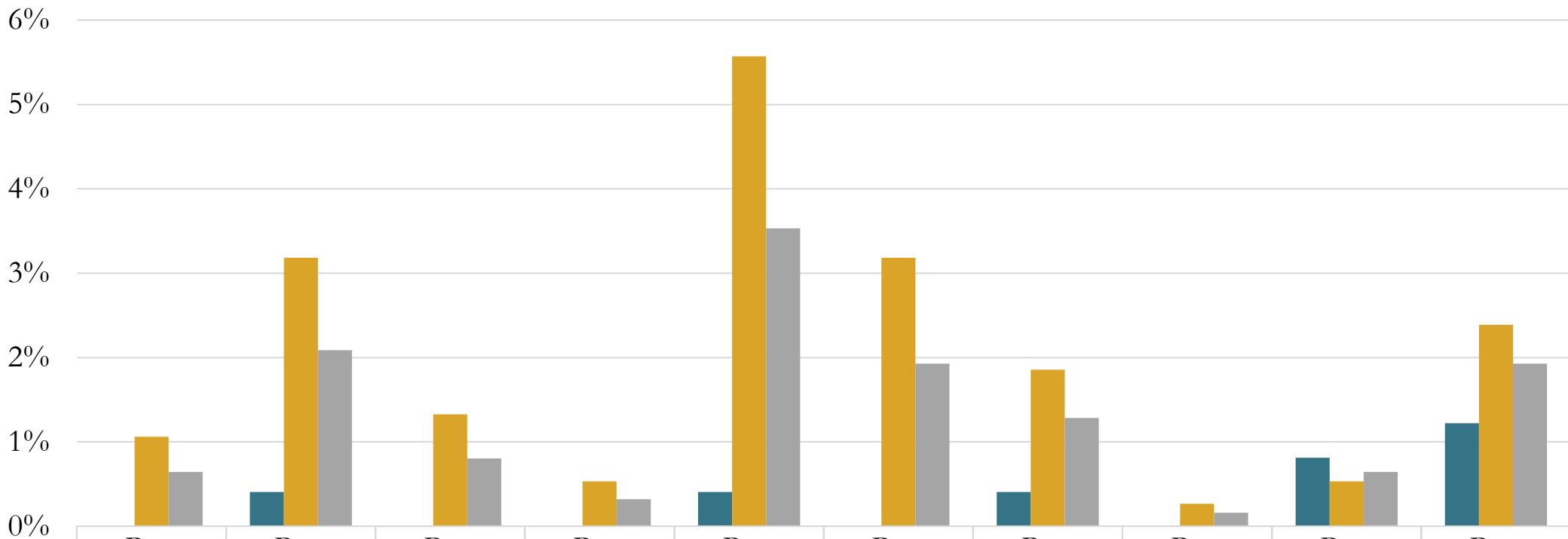
Substance Use and Perceptions

Lifetime Use of CORE Substances and Gambling



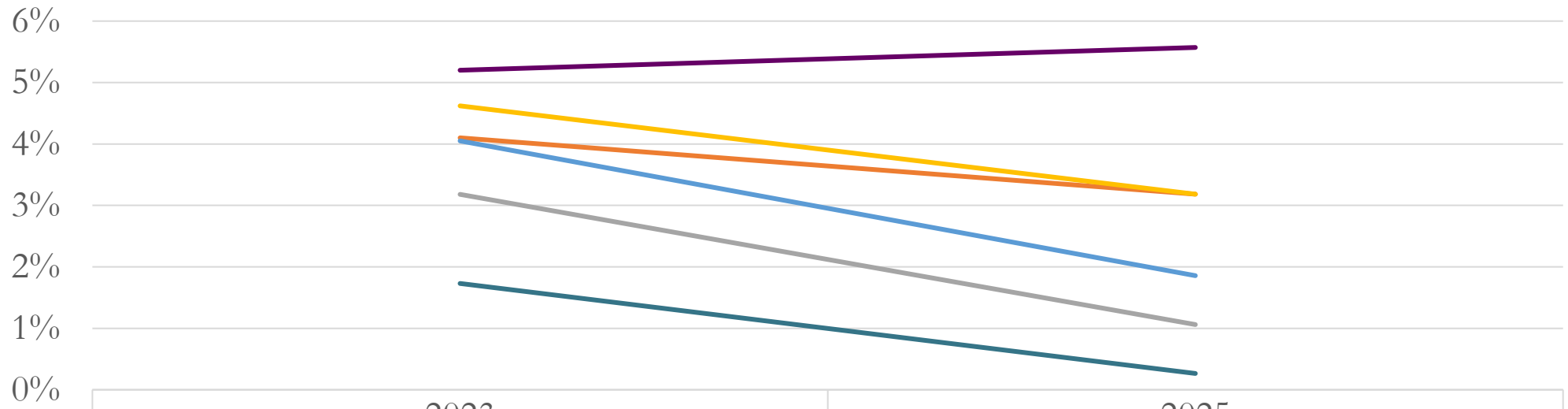
	Lifetime Cigarettes	Lifetime Vape Products Nicotine	Lifetime Nicotine in an Oral Pouch	Lifetime Tobacco	Lifetime Alcohol	Lifetime Alcohol - 4 or more	Lifetime Marijuana / THC	Lifetime RX	Lifetime OTC	Lifetime Gambling
Grade 7-8	0.0%	2.0%	0.4%	0.0%	4.1%	0.4%	0.4%	0.4%	0.8%	9.3%
Grade 9-12	3.2%	7.2%	3.7%	1.6%	17.2%	9.3%	4.2%	1.3%	1.1%	9.0%
Grade 7-12	1.9%	5.1%	2.4%	1.0%	12.0%	5.8%	2.7%	1.0%	1.0%	9.1%

Past Month Use of CORE Substances and Gambling



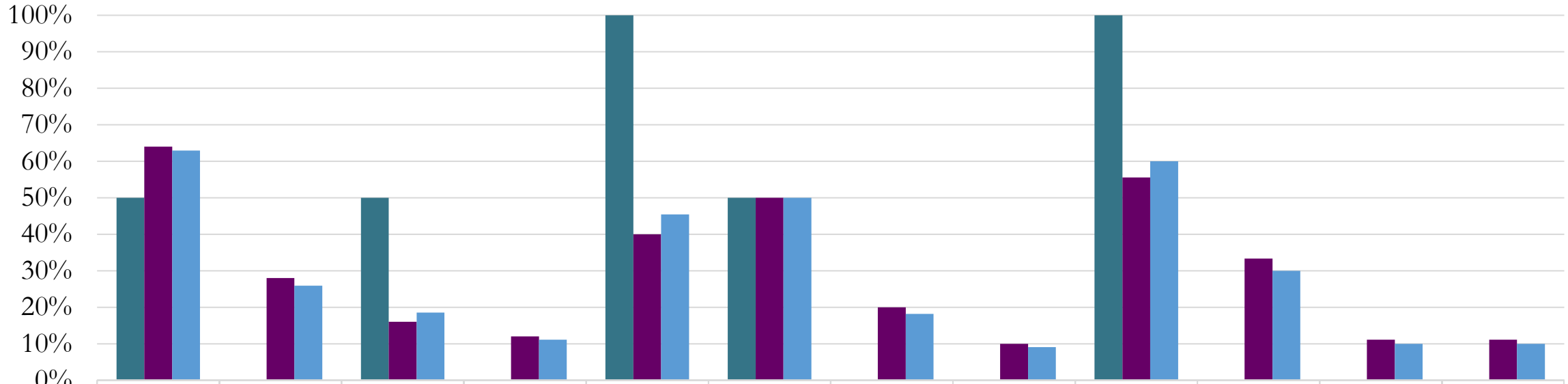
	Past Month Cigarettes	Past Month Vape Products Nicotine	Past Month Nicotine in an Oral Pouch	Past Month Tobacco	Past Month Alcohol	Past Month Alcohol - 4 or more	Past Month Marijuana / THC	Past Month RX	Past Month OTC	Past Month Gambling
Grade 7-8	0.0%	0.4%	0.0%	0.0%	0.4%	0.0%	0.4%	0.0%	0.8%	1.2%
Grade 9-12	1.1%	3.2%	1.3%	0.5%	5.6%	3.2%	1.9%	0.3%	0.5%	2.4%
Grade 7-12	0.6%	2.1%	0.8%	0.3%	3.5%	1.9%	1.3%	0.2%	0.6%	1.9%

Trend Past Month Use of CORE Substances, Grades 9-12



	2023	2025
Alcohol	5.2%	5.6%
Binge Drinking	4.1%	3.2%
Cigarettes	3.2%	1.1%
Vaping Nicotine	4.6%	3.2%
Marijuana	4.1%	1.9%
Prescription Drugs	1.7%	0.3%

Substance Use Reduction or Trying to Quit, Among Youth Who Have Used

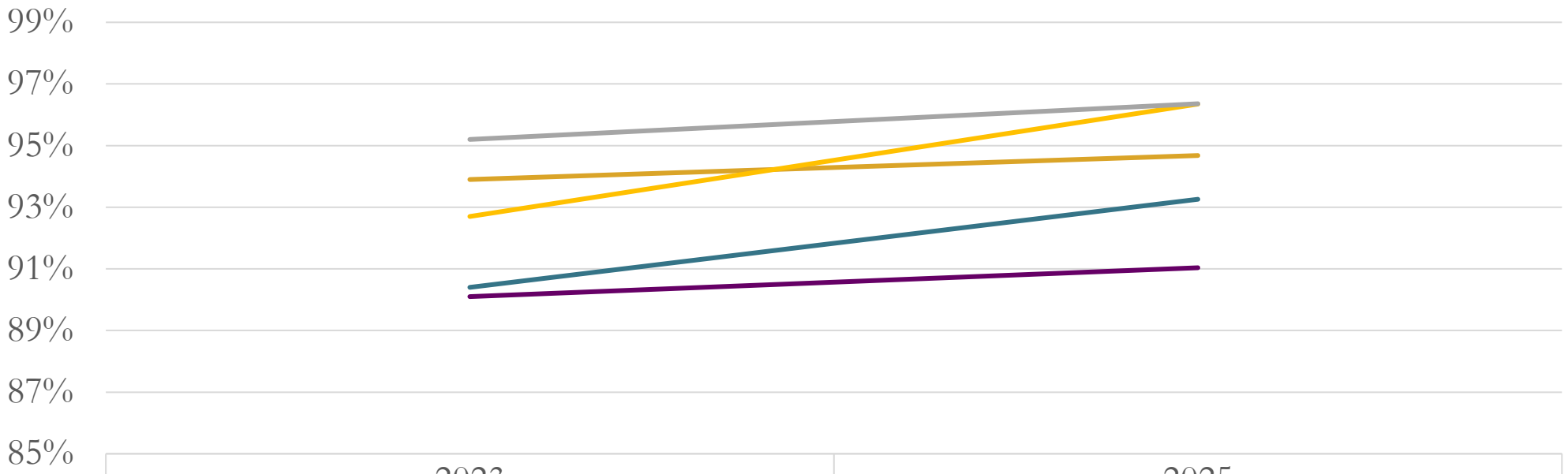


	Reduce Use				Tried to Quit or Stop				Been Frustrated by Trying to Reduce or Stop			
	Alcohol	Vapes with Nicotine	Marijuana	Don't want to reduce/quit	Alcohol	Vapes with Nicotine	Marijuana	Don't want to reduce/quit	Alcohol	Vapes with Nicotine	Marijuana	Don't want to reduce/quit
Grade 7-8	50.0%	0.0%	50.0%	0.0%	100.0%	50.0%	0.0%	0.0%	100.0%	0.0%	0.0%	0.0%
Grade 9-12	64.0%	28.0%	16.0%	12.0%	40.0%	50.0%	20.0%	10.0%	55.6%	33.3%	11.1%	11.1%
Grade 7-12	63.0%	25.9%	18.5%	11.1%	45.5%	50.0%	18.2%	9.1%	60.0%	30.0%	10.0%	10.0%

Perception of Parental Disapproval, Grades 9-12

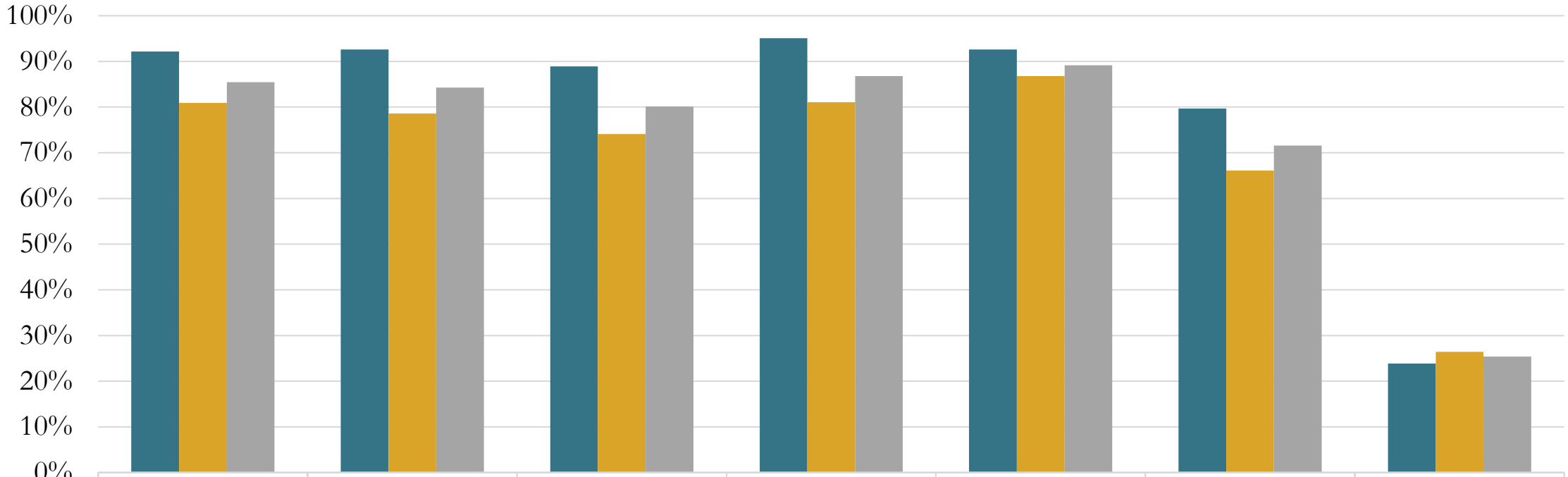
	Moderately / Greatly Wrong Smoking Cigarettes	Moderately / Greatly Wrong Vaping Nicotine	Moderately / Greatly Wrong Drinking Alcohol	Moderately / Greatly Wrong Marijuana/THC	Moderately / Greatly Wrong RX	Moderately / Greatly Wrong Gambling	Moderately / Greatly Wrong Gaming more than 3+ hrs per day
Grade 9-12	94.7%	96.3%	91.0%	93.3%	96.4%	88.5%	47.6%

Trend Perception of Parental Disapproval (Moderately/Greatly Wrong), Grades 9-12



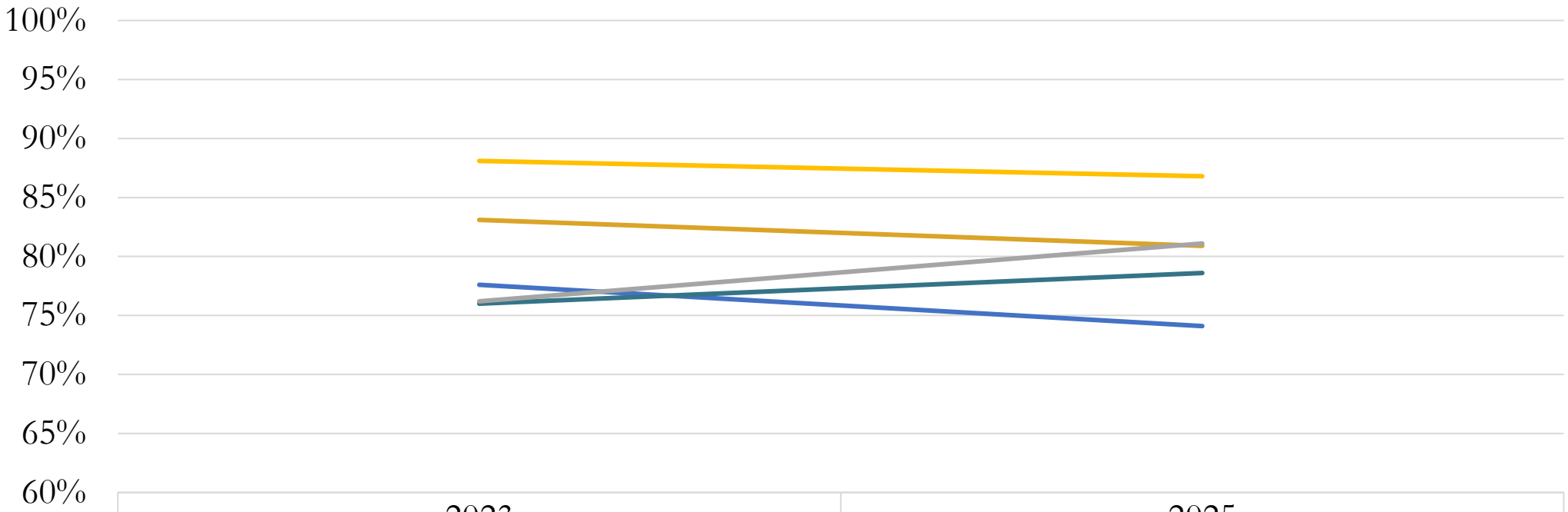
	2023	2025
Alcohol	90.1%	91.0%
Cigarettes	93.9%	94.7%
Vaping	92.7%	96.3%
Marijuana	90.4%	93.3%
Prescription Drugs	95.2%	96.4%

Perception of Peer Disapproval



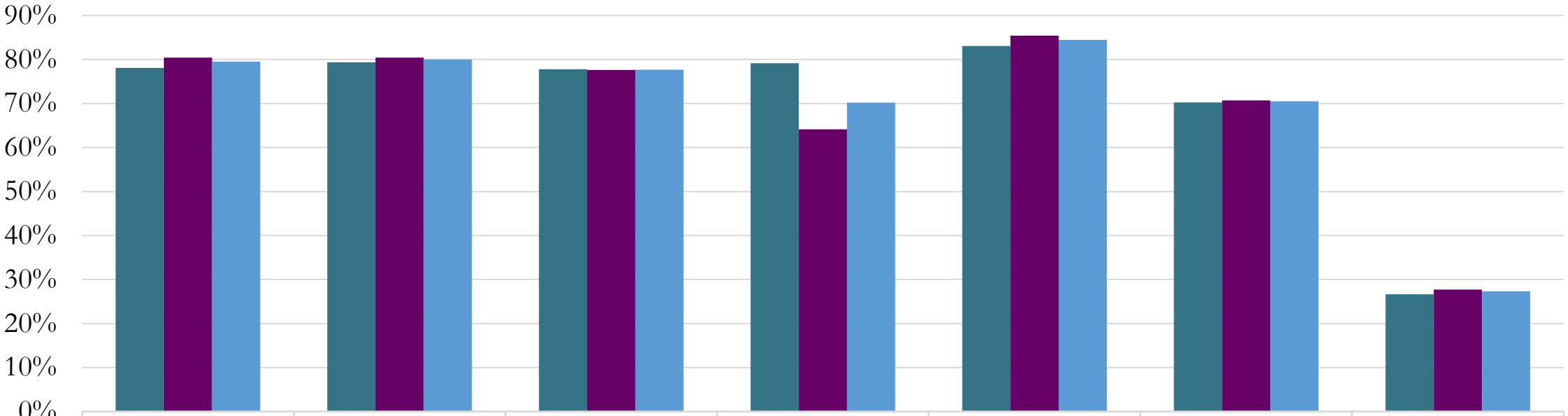
	Moderately / Greatly Wrong Smoking Cigarettes	Moderately / Greatly Wrong Vaping Nicotine	Moderately / Greatly Wrong Drinking Alcohol	Moderately / Greatly Wrong Marijuana/THC	Moderately / Greatly Wrong RX	Moderately / Greatly Wrong Gambling	Moderately / Greatly Wrong Gaming more than 3+ hrs per day
Grade 7-8	92.1%	92.6%	88.9%	95.1%	92.6%	79.7%	23.9%
Grade 9-12	80.9%	78.6%	74.1%	81.1%	86.8%	66.1%	26.4%
Grade 7-12	85.5%	84.3%	80.1%	86.8%	89.1%	71.6%	25.4%

Trend Perception of Peer Disapproval (Moderately/Greatly Wrong), Grades 9-12



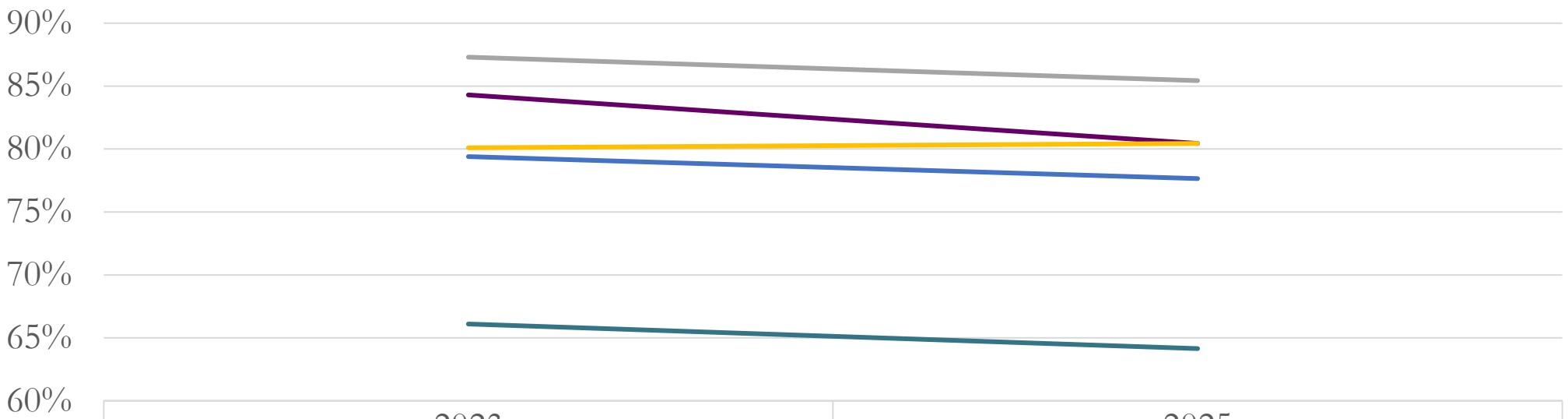
	2023	2025
Alcohol	77.6%	74.1%
Cigarettes	83.1%	80.9%
Vaping	76.0%	78.6%
Marijuana	76.2%	81.1%
Prescription Drugs	88.1%	86.8%

Perception of Risk/Harm



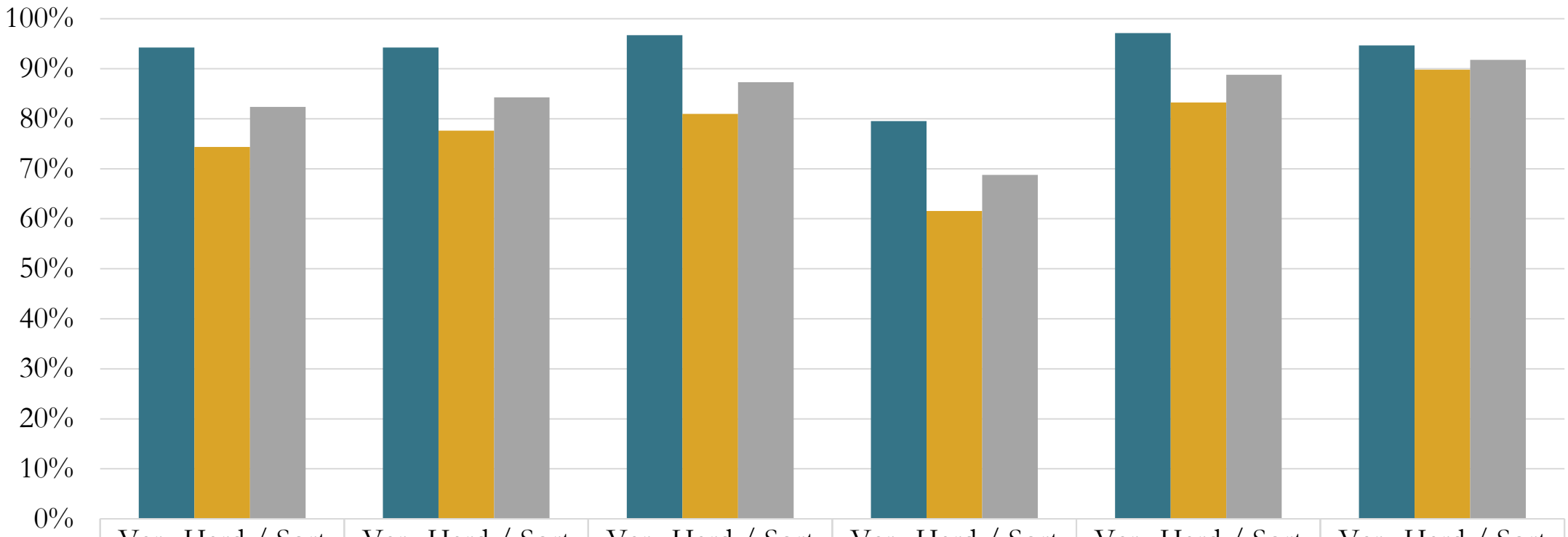
	Moderate / Great Risk Smoking Cigarettes	Moderate / Great Risk Vaping Nicotine	Moderate / Great Risk Drinking Alcohol	Moderate / Great Risk Marijuana/THC	Moderate / Great Risk RX	Moderate / Great Risk Gambling	Moderate / Great Risk Gaming more than 3+ hrs per day
Grade 7-8	78.1%	79.3%	77.8%	79.2%	83.1%	70.2%	26.6%
Grade 9-12	80.4%	80.4%	77.7%	64.1%	85.4%	70.7%	27.7%
Grade 7-12	79.5%	80.0%	77.7%	70.2%	84.5%	70.5%	27.3%

Trend Perception of Risk/Harm (Moderate/Great Risk), Grades 9-12



	2023	2025
Alcohol	79.4%	77.7%
Cigarettes	84.3%	80.4%
Vaping	80.1%	80.4%
Marijuana	66.1%	64.1%
Prescription Drugs	87.3%	85.4%

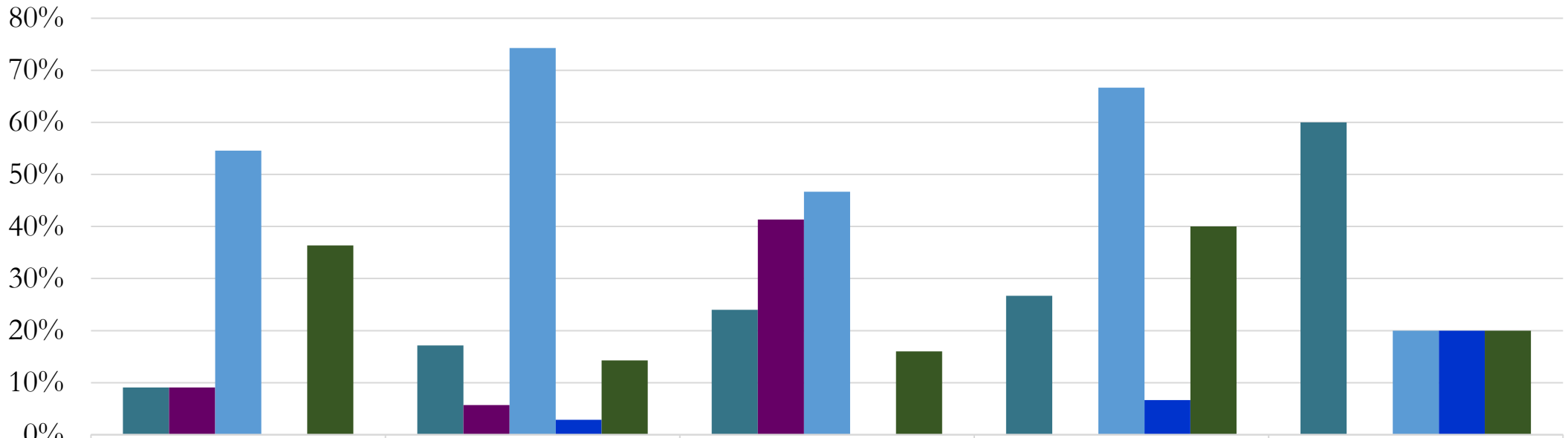
Perception of Access



	Very Hard / Sort of Hard Vape Products Nicotine	Very Hard / Sort of Hard Nicotine in an Oral Pouch	Very Hard / Sort of Hard Tobacco	Very Hard / Sort of Hard Alcohol	Very Hard / Sort of Hard Marijuana / THC	Very Hard / Sort of Hard RX
Grade 7-8	94.3%	94.2%	96.7%	79.5%	97.1%	94.7%
Grade 9-12	74.4%	77.6%	81.0%	61.5%	83.2%	89.8%
Grade 7-12	82.4%	84.3%	87.3%	68.8%	88.8%	91.7%

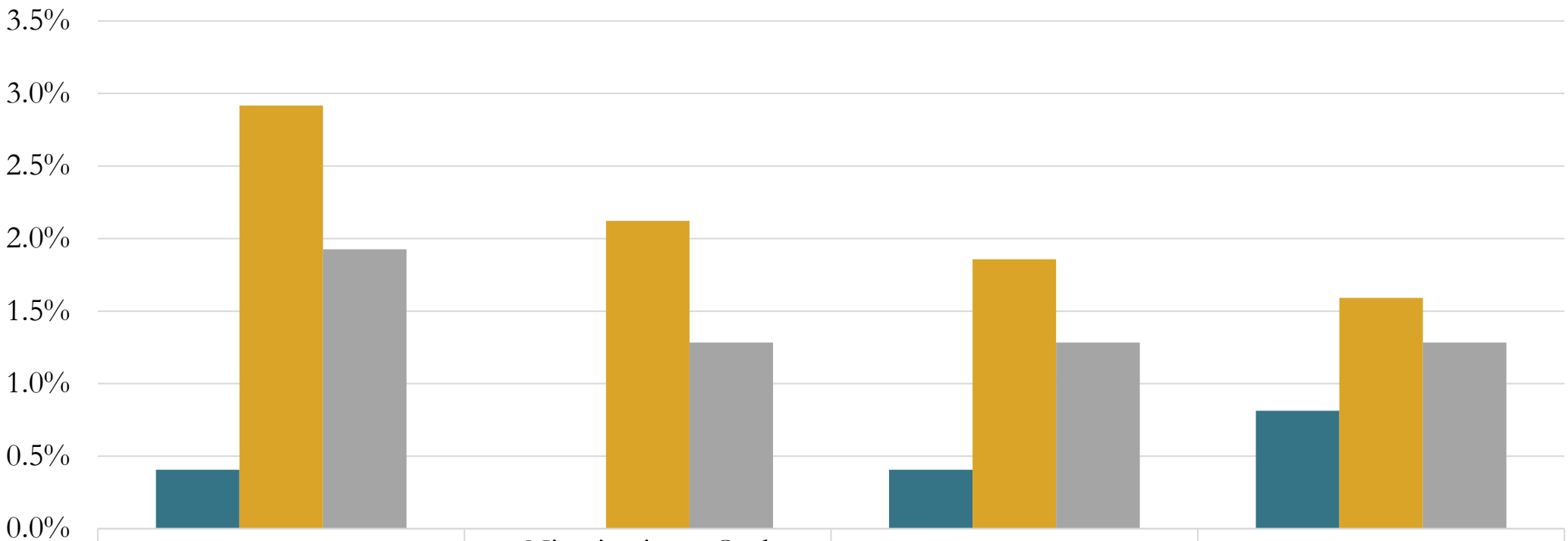
Where Substances Are Acquired Most Often

Amongst Lifetime Users Grades 7 -12



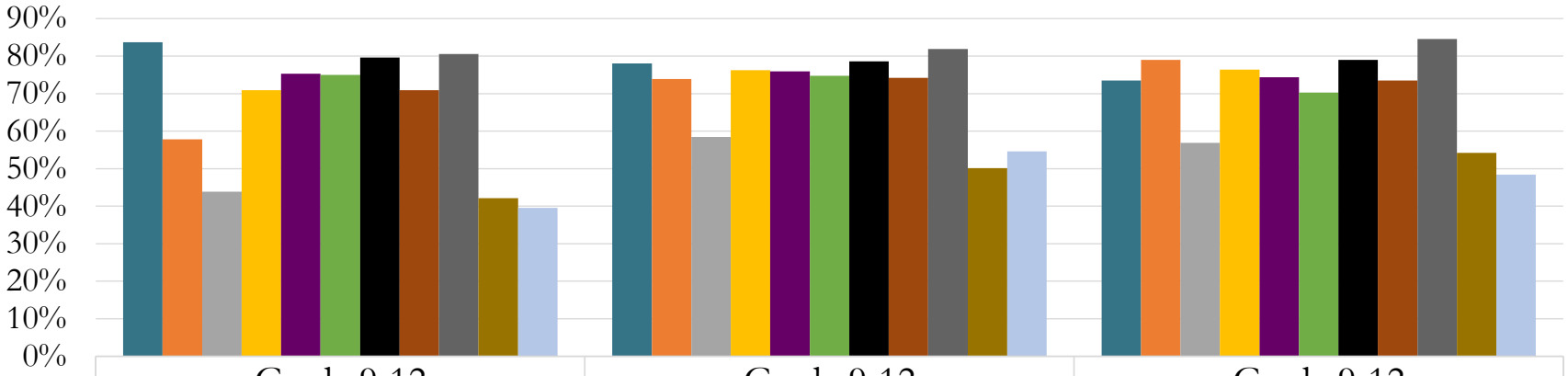
	Tobacco	Vape Products Nicotine	Alcohol	Marijuana / THC	RX
Home w/o Parents	9.1%	17.1%	24.0%	26.7%	60.0%
Home w/ parents	9.1%	5.7%	41.3%	0.0%	0.0%
Friends/Peers	54.5%	74.3%	46.7%	66.7%	20.0%
Internet	0.0%	2.9%	0.0%	6.7%	20.0%
Store	36.4%	14.3%	16.0%	40.0%	20.0%

Youth Use of Substances at School - Including School Events



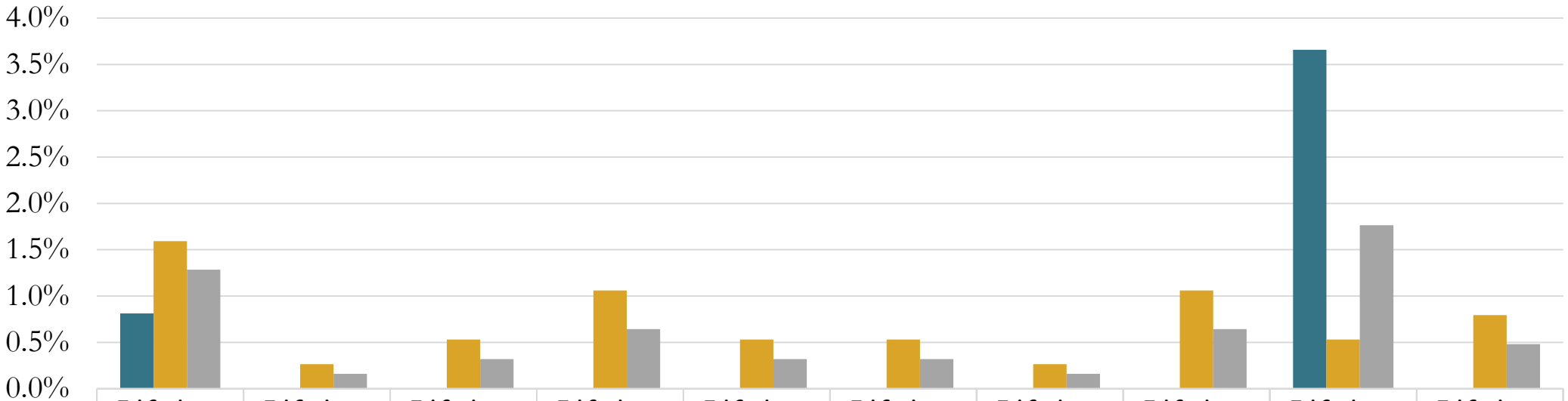
	Vaping Nicotine	Nicotine in an Oral Pouch	Alcohol	Marijuana - THC
Grade 7-8	0.4%	0.0%	0.4%	0.8%
Grade 9-12	2.9%	2.1%	1.9%	1.6%
Grade 7-12	1.9%	1.3%	1.3%	1.3%

Reasons Why Substances are not Used, Grades 9-12



	Grade 9-12 Alcohol	Grade 9-12 Marijuana	Grade 9-12 Vaping
Underage	83.7%	78.0%	73.5%
I don't approve	57.8%	73.9%	79.0%
My friends don't approve	43.9%	58.5%	56.9%
Fear of Consequences - Parent/Guardian	70.9%	76.3%	76.4%
Fear of Consequences - School	75.3%	76.0%	74.3%
Fear of Consequences - Police	75.0%	74.8%	70.3%
Don't Want to Lose Control	79.7%	78.6%	79.0%
School Work	70.9%	74.2%	73.5%
Physical Health	80.5%	81.9%	84.5%
Enviromental Impacts	42.2%	50.1%	54.2%
I don't know how to get it	39.5%	54.6%	48.4%

Lifetime Other Substance Use



	Lifetime Inhalants	Lifetime Cocaine or Crack	Lifetime Ecstacy or Molly (MDMA)	Lifetime Hallucinogens including microdosing	Lifetime Heroin / Fentanyl	Lifetime Ketamine (Special K)	Lifetime Methamphetamine	Lifetime Synthetic marijuana (Spice, K2, Delta-8)	Lifetime Bath Salts	Lifetime Kratom
Grade 7-8	0.8%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	3.7%	0.0%
Grade 9-12	1.6%	0.3%	0.5%	1.1%	0.5%	0.5%	0.3%	1.1%	0.5%	0.8%
Grade 7-12	1.3%	0.2%	0.3%	0.6%	0.3%	0.3%	0.2%	0.6%	1.8%	0.5%

Lifetime Substance Use and Associated Risk Factors, Grades 9-12

Haddam-Killingworth youth in grades 9-12 who have used any substance in their lifetime are more likely to have increased behavioral health concerns including:

- Anxiety around post academics
- Experiencing loneliness
- Thoughts about self-harm
- Feeling sad or hopeless two or more weeks in a row

The list above 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.

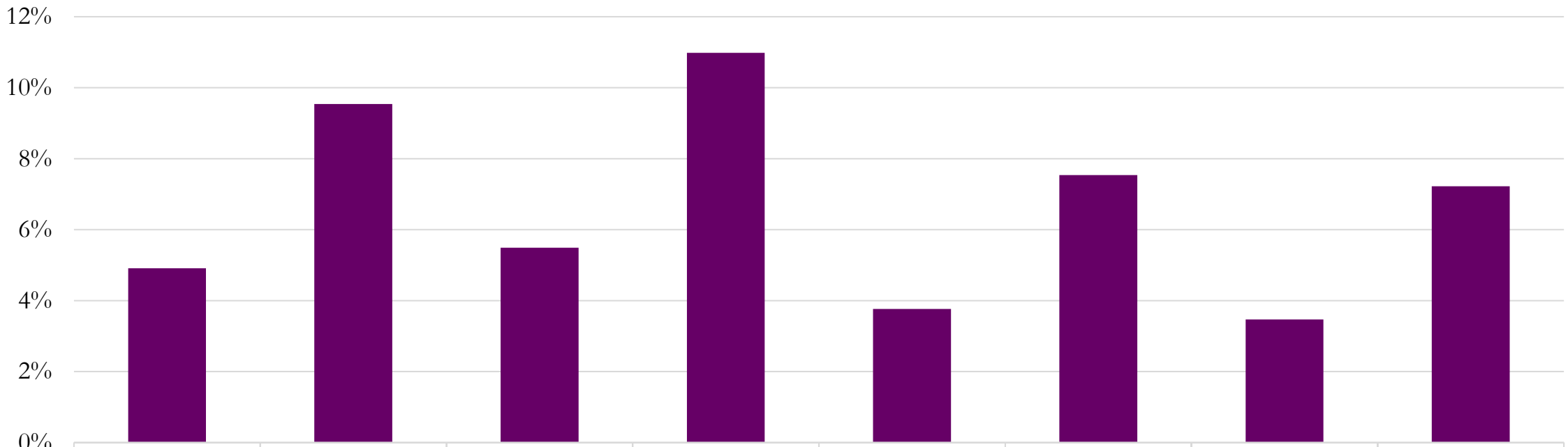
More of similar data are seen in an addendum Excel that allows for sorting risk and protective factors. Example below:

	A	B	C	D	E	F	G	H
1					Middle School		High School	
2	Risk/Protecti	Domain	Survey Section	Test Description	Lifetime User	Non User	Lifetime User	Non User
3	Protective Factor	Technology	Screen Time	Internet Hours-4 hours or less			46.40%	60.30%
4	Risk Factor	Technology	Screen Time	Internet Hours-5 hours or more			53.60%	39.70%
5	Protective Factor	Technology	Electronic/Online Gaming	Gaming Consequence-Homework-No			68.80%	81.80%
6	Risk Factor	Technology	Electronic/Online Gaming	Gaming Consequence-Homework - Yes			31.30%	18.20%
7	Protective Factor	Technology	Electronic/Online Gaming	Gaming Consequence- Inappropriate Things-No	68.20%	82.80%	67.40%	85.30%
8	Risk Factor	Technology	Electronic/Online Gaming	Gaming Consequence- Inappropriate Things-Yes	31.80%	17.20%	32.60%	14.70%
9	Protective Factor	Technology	Social Media	Social Media - Fights -No			78.40%	92.50%
10	Risk Factor	Technology	Social Media	Social Media - Fights -Yes			21.60%	7.50%
11	Protective Factor	Technology	Social Media	Social Media - Excluded -No	59.50%	76.00%	58.80%	78.30%
12	Risk Factor	Technology	Social Media	Social Media - Excluded -Yes	40.50%	24.00%	41.20%	21.70%
13	Protective Factor	Technology	Social Media	Social Media - Felt Worse-No	58.10%	79.50%	59.80%	72.50%
14	Risk Factor	Technology	Social Media	Social Media - Felt Worse-Yes	41.90%	20.50%	40.20%	27.50%
15	Protective Factor	Technology	Social Media	Social Media - Felt Unsafe-No	79.10%	96.50%		
16	Risk Factor	Technology	Social Media	Social Media - Felt Unsafe-Yes	20.90%	3.50%		
17	Protective Factor	Technology	Social Media	Social Media - Inappropriate Things-No	51.20%	78.60%	37.10%	72.00%
18	Risk Factor	Technology	Social Media	Social Media - Inappropriate Things-Yes	48.80%	21.40%	62.90%	28.00%

Lifetime User Factors

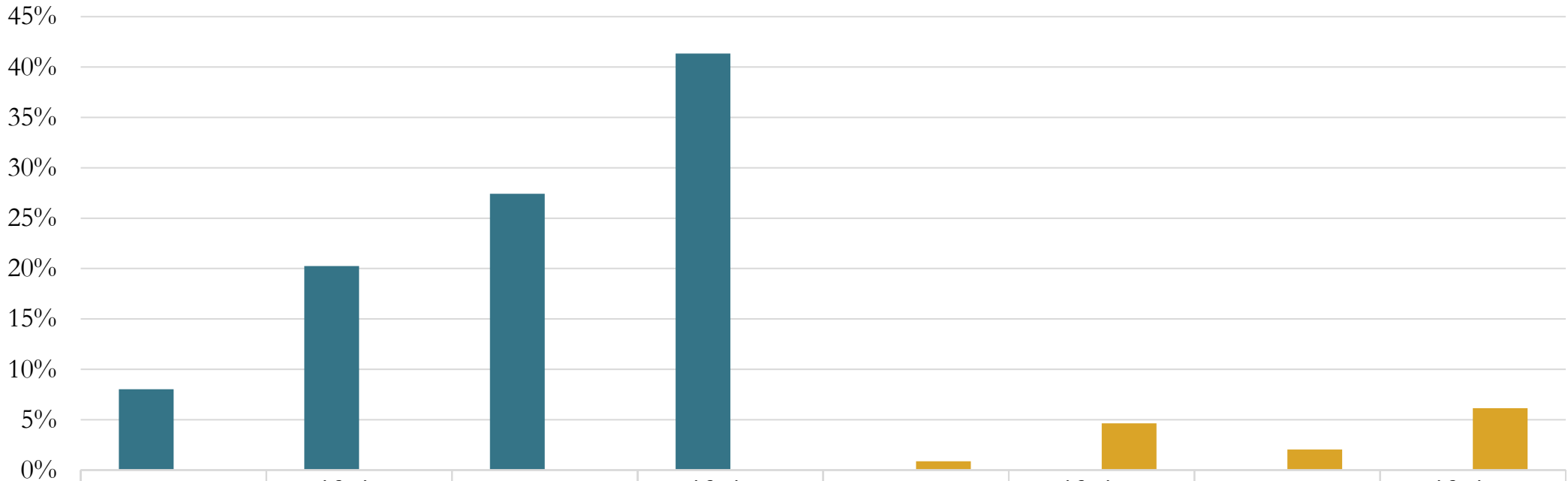
Toxic Stress

Toxic Stress – Discrimination, Grades 9-12
(% Yes)



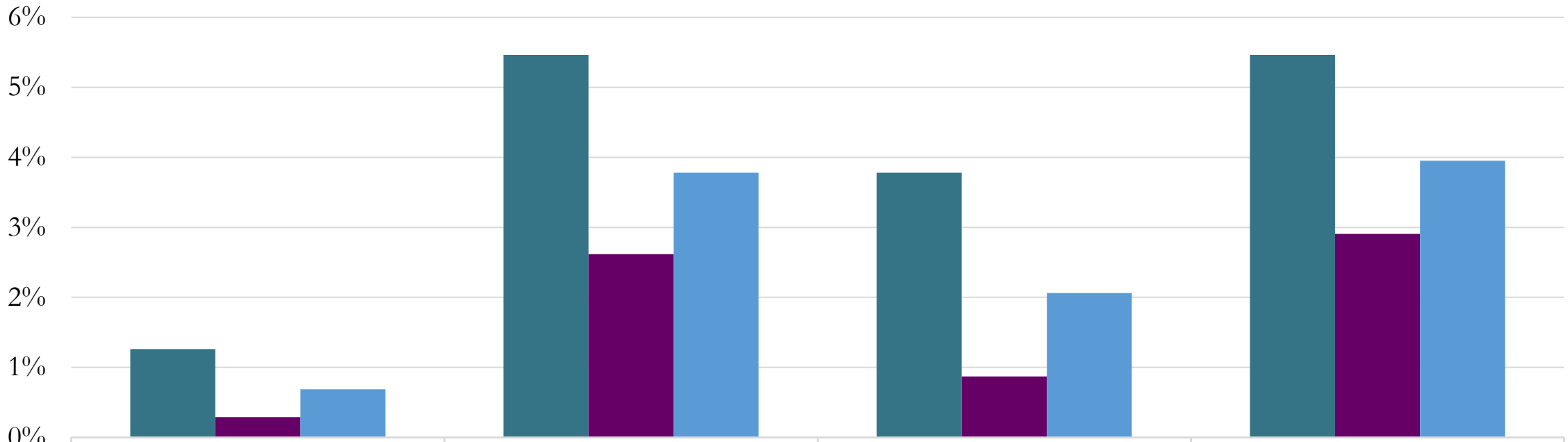
	Discrimination-Race/Ethnicity		Discrimination-Gender/Sexual Orientation		Discrimination- Religion / Cultural		Discrimination - Learning Disability	
	Past 12 Mo	Lifetime	Past 12 Mo	Lifetime	Past 12 Mo	Lifetime	Past 12 Mo	Lifetime
Grade 9-12	4.9%	9.5%	5.5%	11.0%	3.8%	7.5%	3.5%	7.2%

Toxic Stress – Violence
(% Yes)



	Seen Violence - Community		Seen Violence - At School		Violence Victim - Community		Violence Victim- At School	
	Past 12 Mo	Lifetime	Past 12 Mo	Lifetime	Past 12 Mo	Lifetime	Past 12 Mo	Lifetime
Grade 7-8	8.0%	20.3%	27.4%	41.4%				
Grade 9-12					0.9%	4.6%	2.0%	6.1%

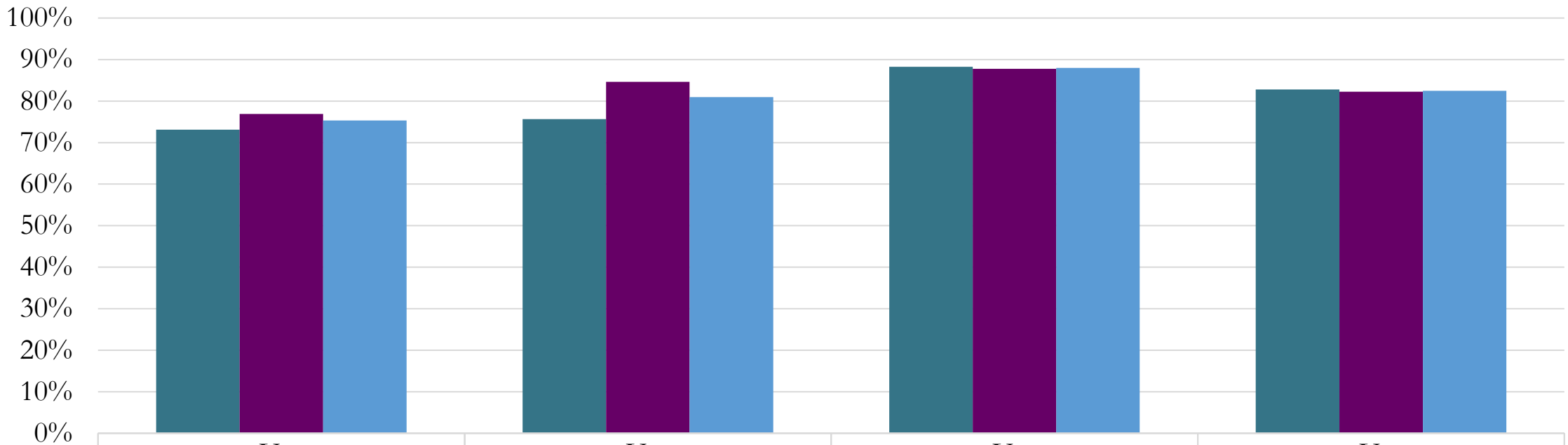
Toxic Stress – Basic Needs
(% Yes)



	Housing Problems		Food Insecurity	
	Past 12 Mo	Lifetime	Past 12 Mo	Lifetime
Grade 7-8	1.3%	5.5%	3.8%	5.5%
Grade 9-12	0.3%	2.6%	0.9%	2.9%
Grade 7-12	0.7%	3.8%	2.1%	4.0%

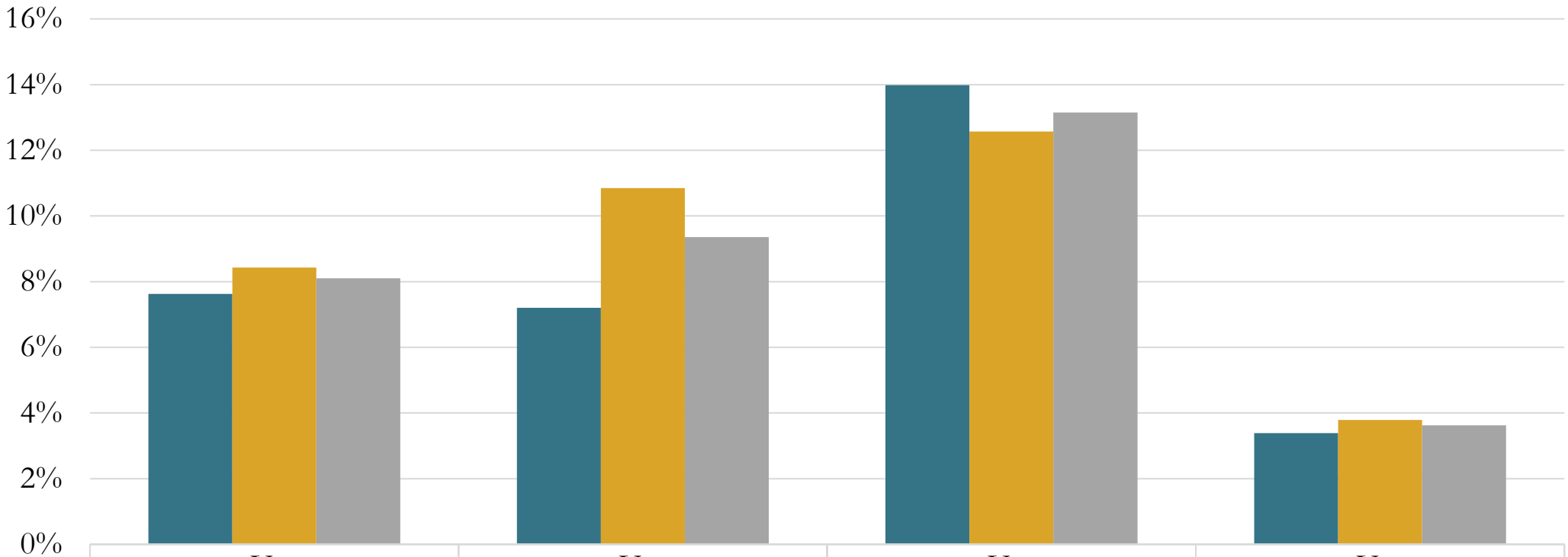
Connected and Thriving Factors

Connected and Thriving Youth-Direction, Confidence and Supports



	Yes Life- Positive Direction	Yes Supports- School Based	Yes Supports - External to School	Yes Future Confidence-College, Job
Grade 7-8	73.1%	75.6%	88.3%	82.8%
Grade 9-12	76.9%	84.6%	87.8%	82.3%
Grade 7-12	75.3%	81.0%	88.0%	82.5%

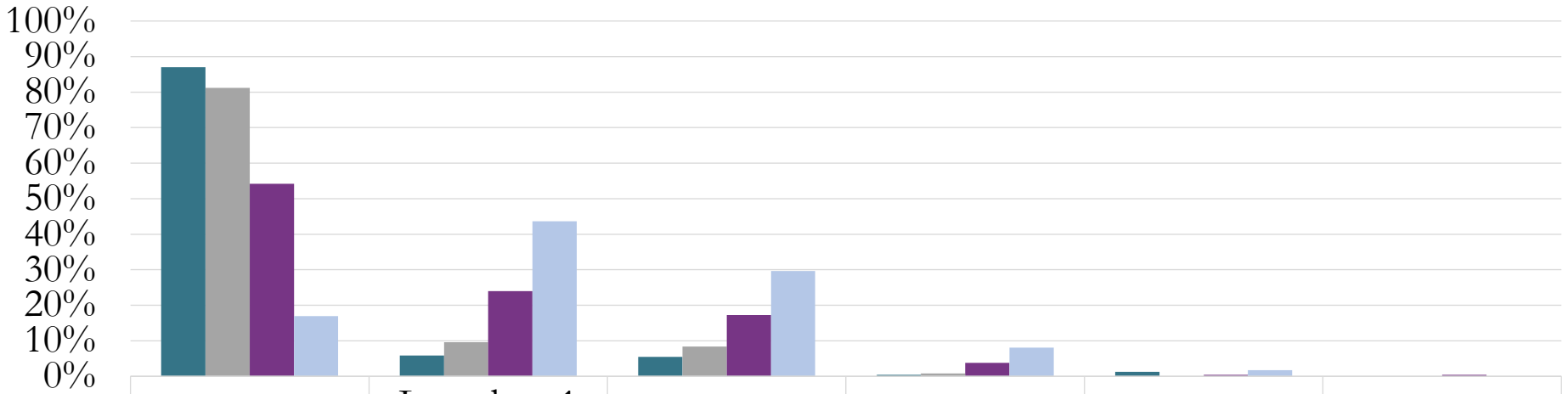
Connected and Thriving Youth-Risk Factors



	Yes Absent More Frequently	Yes Moved 4 or More Times	Yes Suspended or Expelled	Yes Legal Trouble
Grade 7-8	7.6%	7.2%	14.0%	3.4%
Grade 9-12	8.4%	10.9%	12.6%	3.8%
Grade 7-12	8.1%	9.4%	13.1%	3.6%

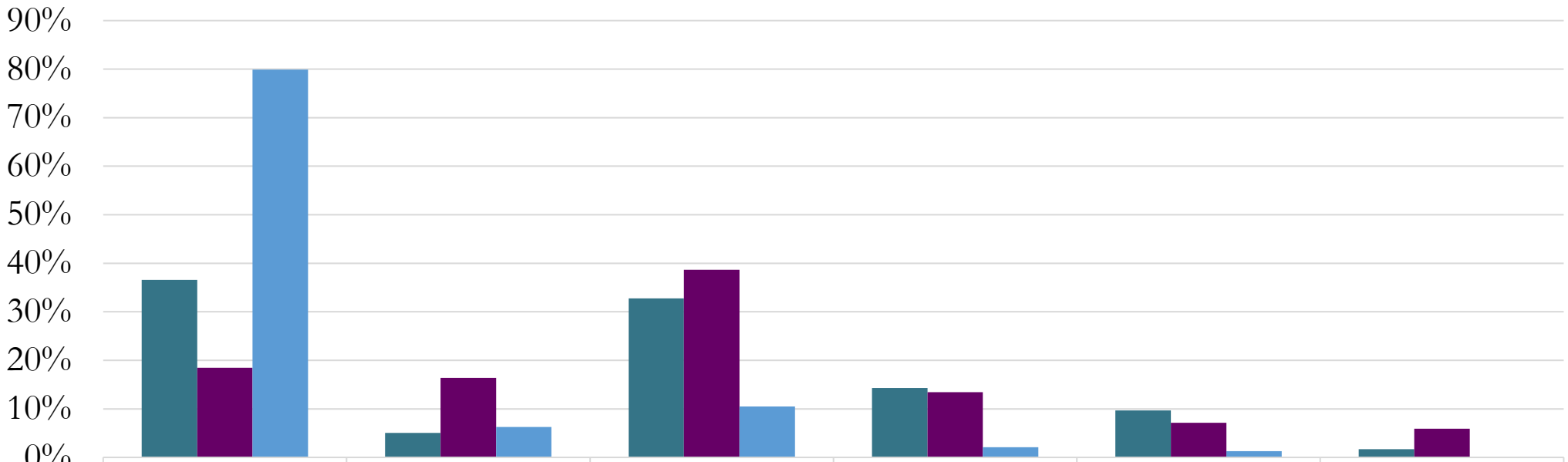
Extracurricular Activities

Time Spent on Jobs & Volunteering, Weekly
Grades 7-8



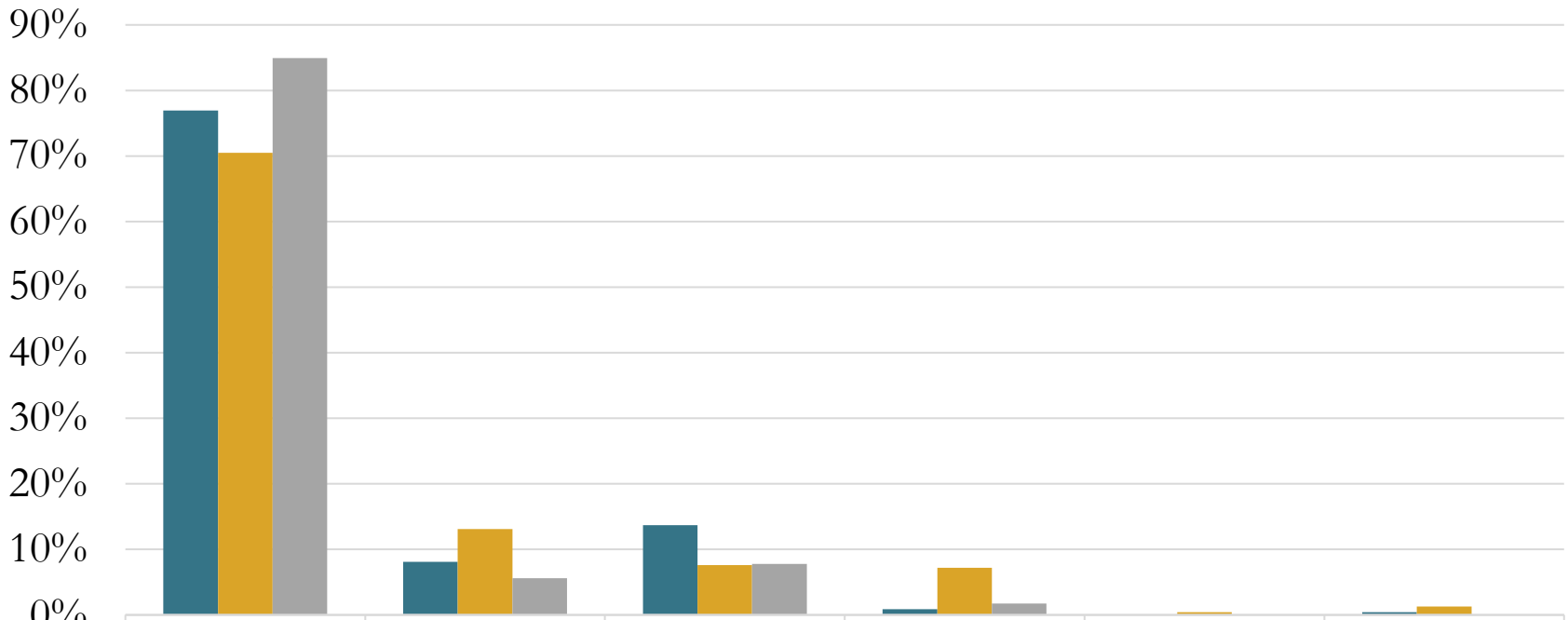
	None	Less than 1 hour	1-3 hours	4-6 hours	7-10 hours	11 or more
Working at a job	87.0%	5.9%	5.4%	0.4%	1.3%	0.0%
Volunteering	81.2%	9.6%	8.4%	0.8%	0.0%	0.0%
Taking care of someone at home (sibling, older relative)	54.2%	23.9%	17.2%	3.8%	0.4%	0.4%
Doing chores	16.9%	43.6%	29.7%	8.1%	1.7%	0.0%

Time Spent on Physical Activities, Weekly
Grades 7-8



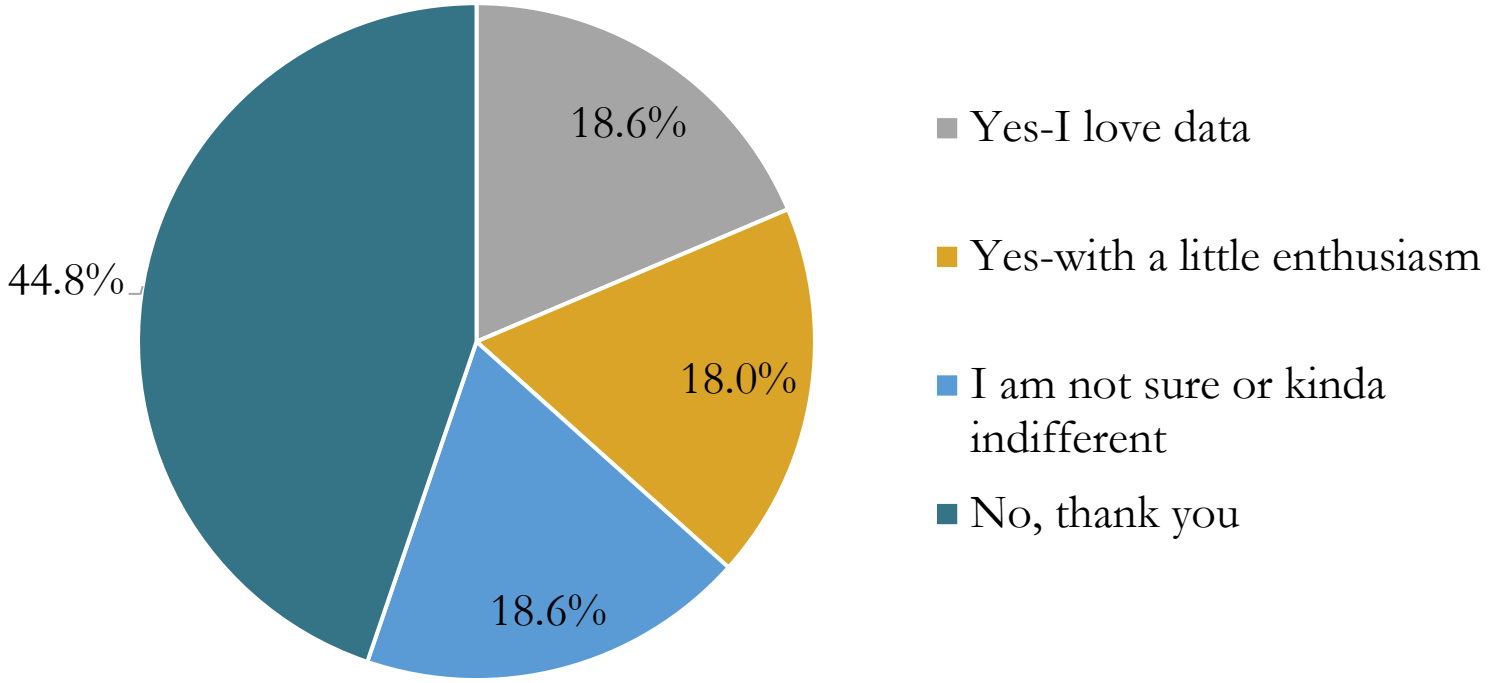
	None	Less than 1 hour	1-3 hours	4-6 hours	7-10 hours	11 or more
Team Sports	36.6%	5.0%	32.8%	14.3%	9.7%	1.7%
Other Physical Activities	18.5%	16.4%	38.7%	13.4%	7.1%	5.9%
After School Programs	79.9%	6.3%	10.5%	2.1%	1.3%	0.0%

Time Spent on Faith-based Activities, Taking Lessons, Clubs or Orgs, Weekly, Grades 7-8



	None	Less than 1 hour	1-3 hours	4-6 hours	7-10 hours	11 or more
Faith or Religious Activities	76.9%	8.1%	13.7%	0.9%	0.0%	0.4%
Practicing /Taking lessons (music, art)	70.5%	13.1%	7.6%	7.2%	0.4%	1.3%
Club or organization (theater, Scouts)	84.9%	5.6%	7.8%	1.7%	0.0%	0.0%

Would you like to see the outcomes of this survey when the data are available?, Grades 9-12



36.6% of students report they would like to see the data from the survey.