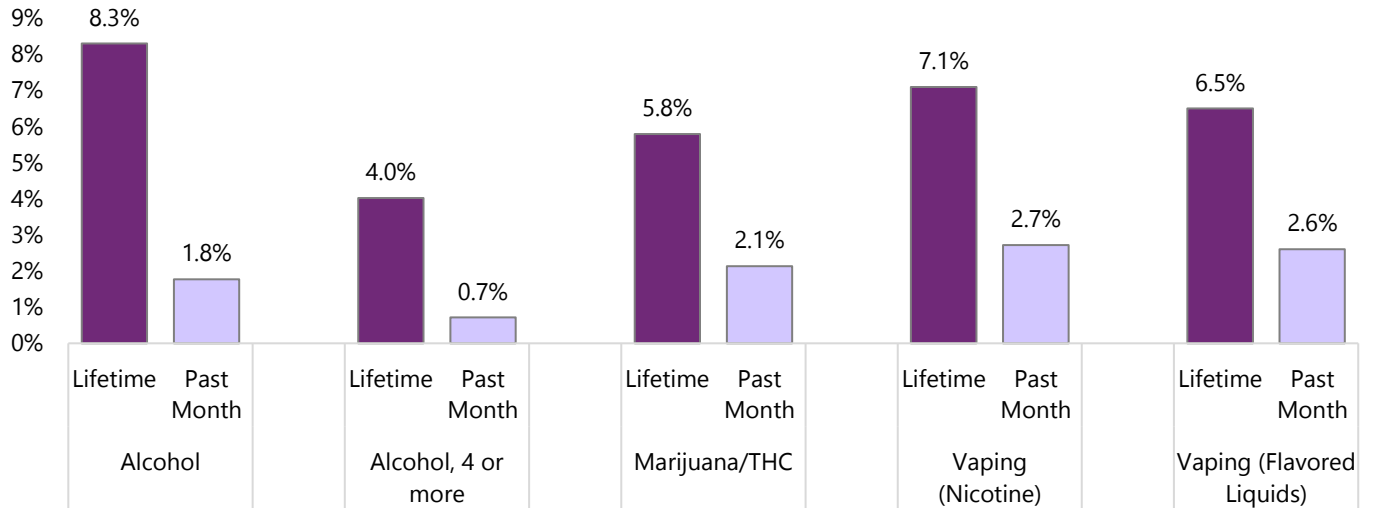




In the fall semester of 2022, students at Tyrell Middle School and Wolcott High School in grades 7-12 participated in the Youth Voices Count Survey on youth lifestyles, substance use, mental health, related risk and protective factors. The overall response rate was 85%.

Alcohol remains the most used substance in youths' lifetimes.

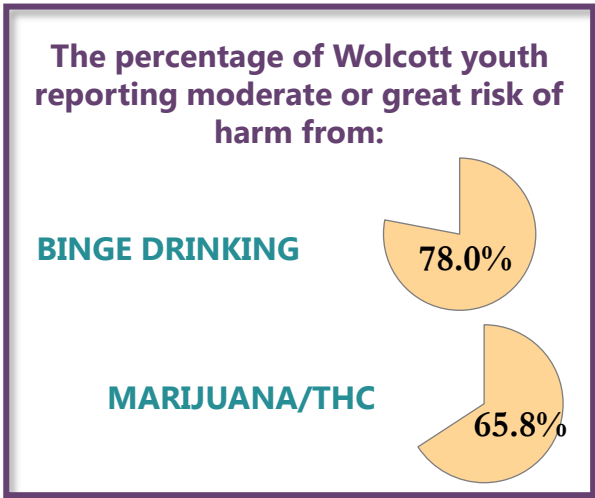
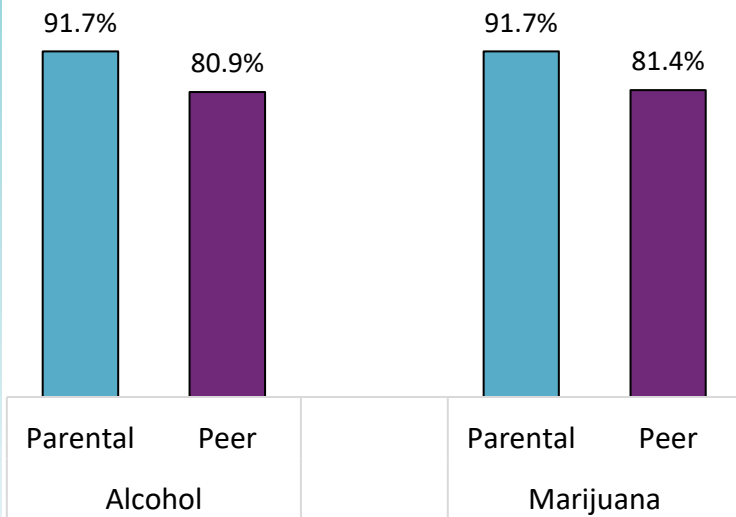


Wolcott youth who have used **any substance in their lifetime** are more likely to have increased behavioral health concerns including: thoughts about self-harm and self-harm behaviors, feeling sad or hopeless two or more weeks in a row, have considered suicide, and feel less comfortable seeking help from a parent/guardian.

Risk Factors

Research shows that parents and peers are the leading influence on youths' decisions on whether to use substances or not. Below shows the percentage of youth reporting their parents or friends feel it is moderately or greatly wrong to use alcohol or marijuana.

Perceived Disapproval



Access



Wolcott youth reported accessing **alcohol** most frequently from:

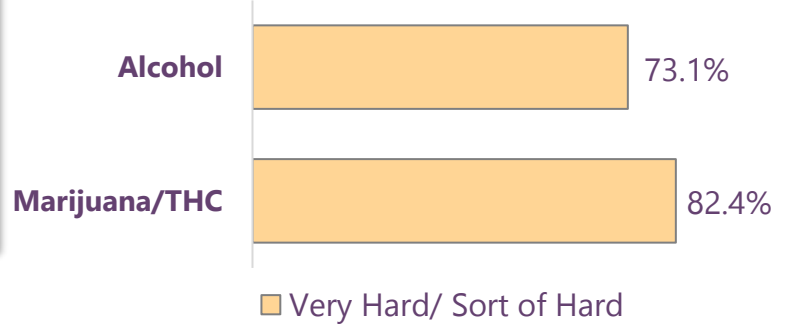
- **home with parents' permission**
- **home without parents' permission**
- **friends/peers**

Marijuana was most frequently acquired from:

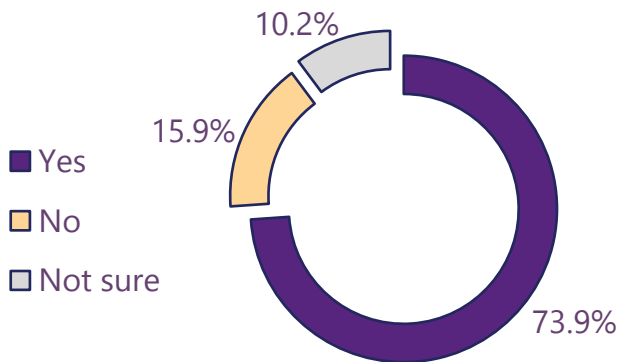
- **friends/peers**
- **home without parents' permission**
- **home with parents' permission**

Ease of access to substances has been shown to have a significant relationship with youth substance use. The figure below reflects the percentage of youth reporting it is very or sort of hard to access substances.

Ease of Access- of Youth that Accessed Substances

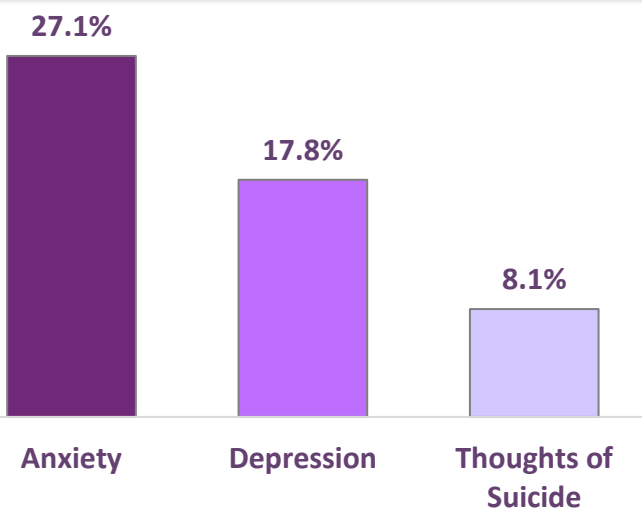


Perception of Clear Family Rules around Underage Drinking



74% of Wolcott youth (grades 7-12) report clear family rules around alcohol use, compared to 80% around marijuana, and 82% around vaping.

Mental Health in the Past Year



27.1% of Wolcott youth reported having anxiety in the past year "always" or "almost always." Most frequent sources of stress and anxiety included academics, post-high school plans, and schedule.

17.8% of youth reported feeling sad or hopeless so much that it stopped them from doing usual activities 2 or more weeks in a row. 8.1% reported having considered suicide in the past year.