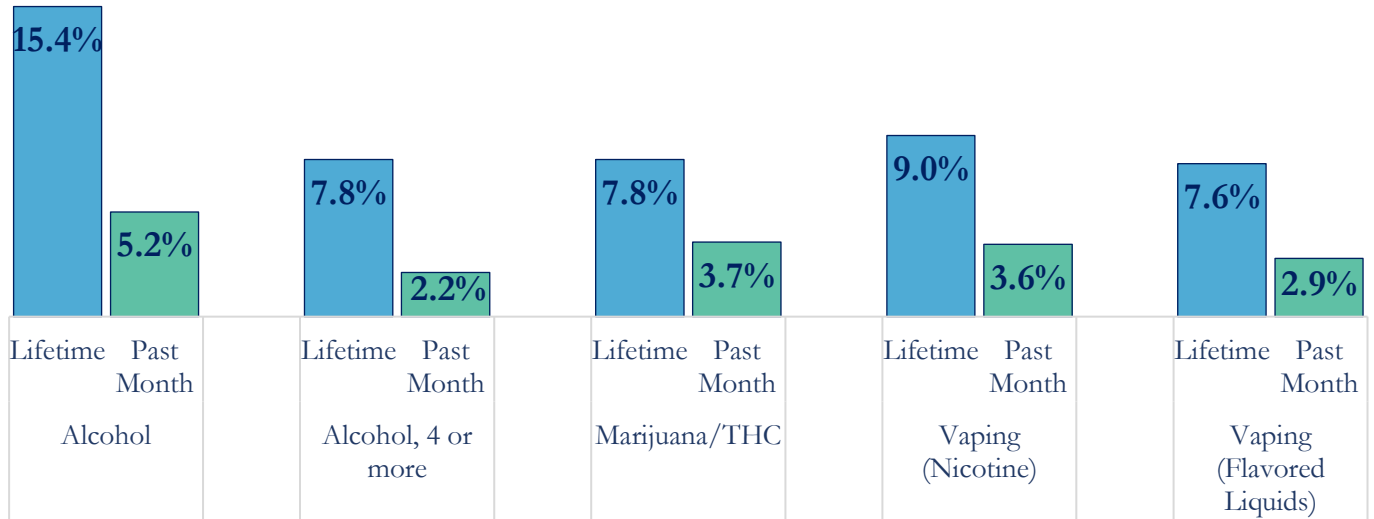




We.H.O.P.E.

Fall semester 2021, students from Wethersfield Public Schools in grades 7-12 participated in the Youth Voices Count Survey on youth lifestyles, substance use, mental health, bullying, related risk and protective factors, as well as impacts of COVID-19. The overall response rate was 88.5%.

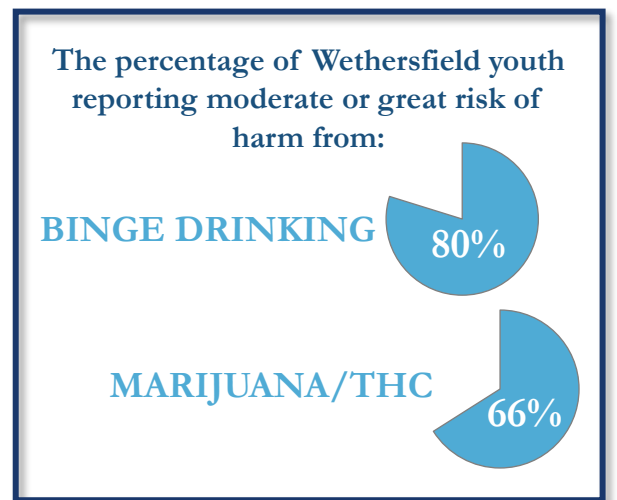
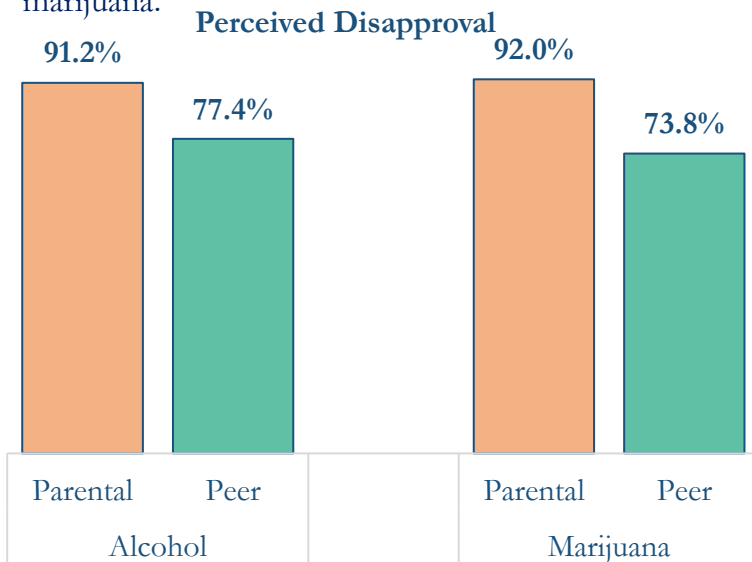
Alcohol remains the most used substance in youths' lifetimes.



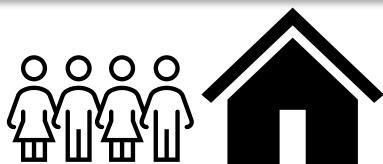
Wethersfield youth who have used **any substance in their lifetime** are more likely to have increased behavioral health concerns including: thoughts of self-harm, self-harm behaviors, thoughts of suicide, and feel less comfortable seeking support from parents/guardians and school staff.

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.



Access



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

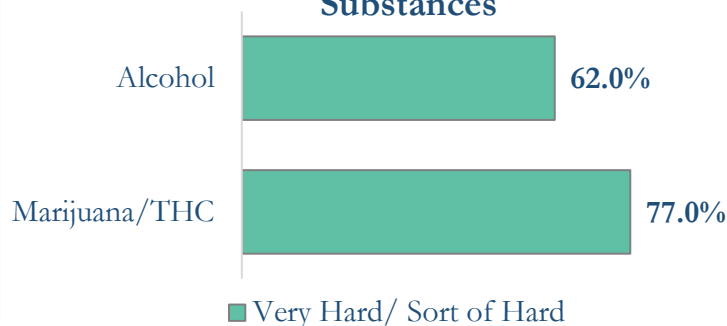
- friends/peers
- home with parents
- home without parents

Marijuana was most frequently acquired from:

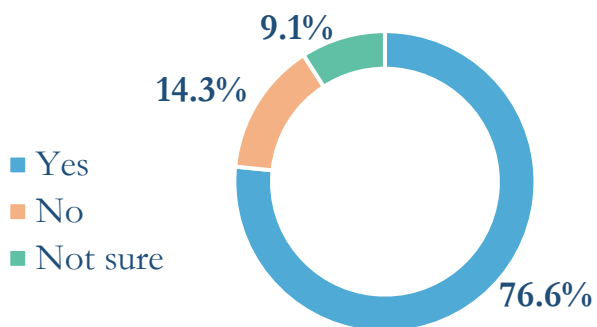
- friends/peers
- home without parents
- home with parents

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 Drinking Alcohol



77% of Wethersfield youth (grades 7-12) report clear family rules around alcohol use, compared to 84% around marijuana, and 86% around vaping.

COVID-19 Impacts on Youth

In the time of COVID-19 alterations to youth's lives, they report the following impacts:

15% of youth report using "a lot less" **alcohol, marijuana, and e-cigarettes.**

15% of youth report "a lot less" access to **alcohol** and other drugs.

54% of youth report feeling **anxious** "a little more" or "a lot more."

46% of youth report feeling **down, sad, or depressed** "a little more" or "a lot more."