

SERAC REGIONAL YOUTH SURVEY 2018-2019 FACT SHEET

THE SURVEY

- ☑ Measures practices and attitudes of youth regarding substance use and other risky behaviors.
- ☑ Administered anonymously to youth enrolled in grades 7-12 in 12 communities in New London County in 2018 and 2019.
- ☑ The reported rates are based on responses from more than 9,600 youth.

SUBSTANCE USE

- ☑ **Alcohol** and **Marijuana** are the most commonly used substances among youth in the region.
 - **Lifetime Use**
 - 25% of youth report ever having used **alcohol** in their lifetime.
 - 20% of youth report ever having used **marijuana** in their lifetime.
 - **Recent Use**
 - 9% of youth report having used **alcohol** in the past 30 days.
 - 11% of youth report having used **marijuana** in the past 30 days.
- ☑ ***Among youth who do report having used alcohol in their lifetime:***
 - The most common source of alcohol is **friends**.
 - 51% report **ever** having consumed 4 or more drinks in a single occasion in their **lifetime**.
 - 18% report having had 4 or more drinks in a single occasion in the **past 30 days**.
- ☑ ***Among youth who report having used marijuana in their lifetime:***
 - The most common source of marijuana is **friends**.

- ☑ Electronic cigarettes are an emerging issue
 - 15% of youth report **ever** having used **electronic cigarettes**.
 - 7% of youth report having used electronic cigarettes in the **past 30 days**.

OTHER ILLICIT DRUGS

- ☑ Youth do report experimenting with illicit drugs, especially **cocaine** (1%), **ecstasy** (1%), **hallucinogens** (2%), and **synthetic marijuana** (3%).

LEGAL PRODUCTS

- ☑ Overall, 11% of youth in the region report **ever** having **misused a prescription medication** without a prescription.
 - The most commonly abused types of prescription medication are **pain medications** and **downers**.
 - 6% of youth report **ever** having **misused prescription pain medications** without a prescription
 - 7% of youth report **ever** having **misused downers** without a prescription
- ☑ 4% of youth in the region report **ever** having misused an **over-the-counter medication** to get high.
- ☑ 40% of youth in the region report **ever** having used **energy drinks** while 15% have used energy drinks in the **past 30 days**.



Access the full report on our website:
<https://www.seracct.org/technical-assistance/needs-assessment-and-surveys/>

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GAMBLING

- ☑ Overall, about 16% of youth report **ever** having gambled while 1% of youth report that they gamble on a **daily** basis.
- ☑ 9% of youth report that someone in their **family** has gambled so much that it created problems at home, at work or with friends.
- ☑ ***Among youth who report ever having gambled in their lifetime:***
 - About 30% report ever having tried to cut back on their gambling
 - About 11% report that a family member has expressed concern about their gambling
 - About 10% think they might have a gambling problem.

MENTAL HEALTH INDICATORS

- ☑ In the past year, 1 in 5 youth
 - Report having felt so sad or hopeless for 2 weeks or more that it stopped them from doing their usual activities (22%)
 - Report having had thoughts of hurting themselves (21%)
- ☑ In the past year, 1 in 10 youth
 - Report having hurt themselves on purpose (12%)
 - Report having seriously considered attempting suicide (11%)
- ☑ About 28% of youth **agree** or **strongly agree** that they feel lonely.
- ☑ About 23% of youth **agree** or **strongly agree** that they feel sad most of the time.

NORMS

- ☑ Family Rules
 - About 70% of youth report that it is **definitely true** that their family has clear rules discouraging their use of cigarettes/tobacco, electronic cigarettes, marijuana, or prescription drugs without a prescription.
 - About 60% of youth report that it is **definitely true** that their family has clear rules discouraging their use of alcohol.
 - Only 50% of youth report that it is **definitely true** that their family has clear rules discouraging them from gambling.
- ☑ Perceived Peer Disapproval
 - About one half of youth of feel that their friends think it would be **very wrong** for them to smoke tobacco (48%) or use prescription drugs without a prescription (57%).
 - Fewer youth feel that their friends think it would be **very wrong** for them to drink alcohol nearly every day (40%), smoke marijuana (37%), use electronic cigarettes (35%), or gamble (31%).
- ☑ Disapproval of Peer Use
 - Slightly more than one-half of youth surveyed (59%) **strongly disapprove** of someone their age having one or two drinks of an alcoholic beverage nearly every day.
- ☑ Perceived Harm
 - Perceived harm is greatest for cigarette smoking (63% great risk) or misuse of prescription medications (62% great risk) and lowest for electronic cigarettes (28% great risk) and marijuana (22% great risk).