

### Self-Concept

- In general youth have positive self-concepts.
- More than 89% feel “that they have a lot of good qualities”.
- When youth have a problem that bothers them, ¼ almost always keep it to themselves, and another ¼ often do.
- 1 out of 4 youths report feeling lonely or sad most of the time.
- Recent drinkers report that no one cares about them, they have trouble concentrating, and they do not feel good about themselves.

### Family

- Nearly all youth (more than 80%) agree that their parents feel it is wrong or very wrong for them to smoke cigarettes or use marijuana.
- 66% of youth say that their parent(s) drink alcohol, with 20% saying it creates a problem at home, work, or with friends.
- More than ¾ of youth say it is mostly true or definitely true their family has clear rules discouraging alcohol use, 25% do not.
- 80% of youth feel close to their parents, while 1 out of 5 do not.
- Almost 60% felt their parents did not participate in school activities

### School

- About one half of youth spend less than one hour per day doing homework.
- Between 10 and 20% of youth do not feel safe at school.
- Almost ¼ of 8<sup>th</sup> graders admitted to bullying someone.
- From 9<sup>th</sup> to 12<sup>th</sup> grade, 36.2% to 48% admitted having cheated on a test.

### Community

- 75% feel that a lot of kids in their community use marijuana and other drugs.
- 3 out of 4 feel there are a lot of drugs sold in their community.

### Tips for Adults

- Model a positive and healthy lifestyle.
- Let kids in the neighborhood know when their behavior is inappropriate.
- Volunteer at school activities, and attend your children’s events.
- Talk with your children, about everything.

### Survey Responses

- Grades 7-12
- 5843 responses included

## Recent and Lifetime Use

- Alcohol is the drug of choice among youth.
- Youth report first using alcohol as early as age 10, with most between age 13 and 14.
- 38.7% of 12th graders report recent alcohol use, and 71.9% in their lifetime.
- Marijuana is the most commonly abused illegal drug among youth in the region.
- Youths report first using marijuana as early as age 9, 41% has tried it by Grade 12.
- 1 in 10 students have used marijuana by the time they have reached high school.
- 17.3% of 10th graders have used Rx drugs in their lifetime in order to get high.
- 36.8% admitted to driving under the influence and 33% to being passengers.

## Availability & Sources

- Alcohol, cigarettes, and marijuana are considered more readily available by older youth than by younger youth.
- Youth mostly obtain alcohol from friends, at parties with no adults, and at parties with adults aware of underage drinking, and from the homes of parents without them knowing.

*According to Connecticut Statue, it is illegal for any adult to provide alcohol to a minor even on private property.*

## Perception of Harm

- Fewer youth consider regular alcohol consumption to be risky (30-40%).
- Only a quarter of youth feel there is “some risk” associated with marijuana use.
- There has been a declining perception of harm with cigarette use among youth.

*Youth who perceive that there is great risk associated with use of a substance are less likely to use that substance.*

## Prevention Strategies

- The top prevention strategies as identified by youths in order are:
- Driver’s license suspension
- Identification checks at stores/bars
- Having friends who don’t drink
- Parental strictness about drinking

*People who start drinking before age 15 are 50% more likely to become alcohol dependent as adults.*

*(National Institute on Alcohol Abuse and Alcoholism)*

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