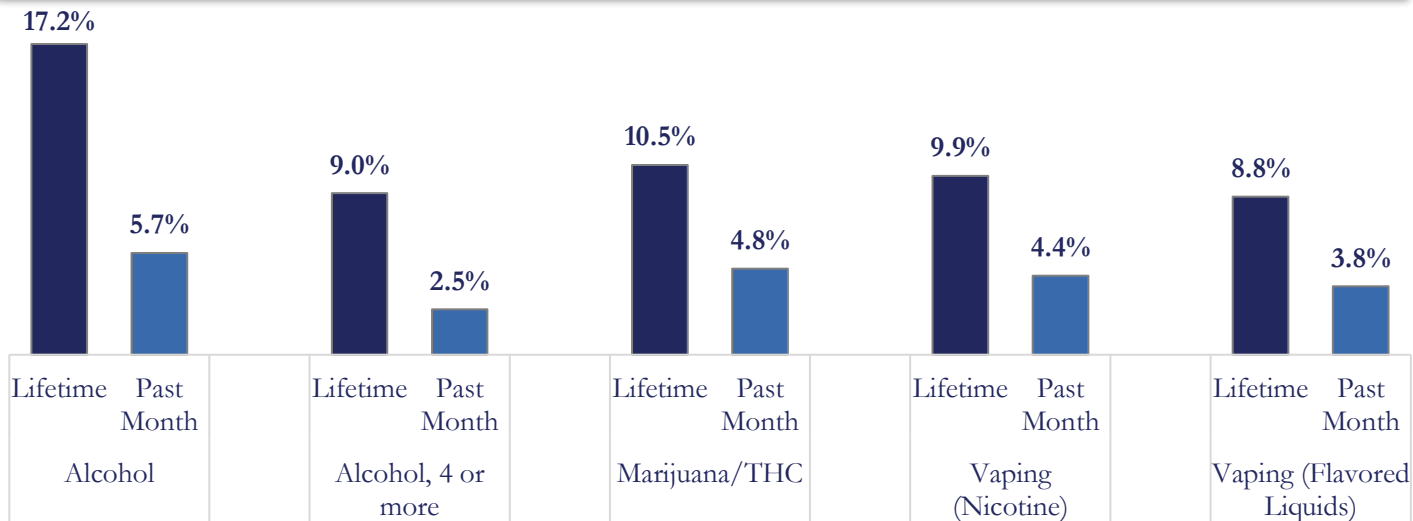




In March 2022 students at Suffield Middle School and Suffield High School in grades 6-12 participated in the Youth Voices Count Survey on youth lifestyles, substance use, mental health, related risk and protective factors, as well as impacts of COVID-19. The overall response rate was 89%.

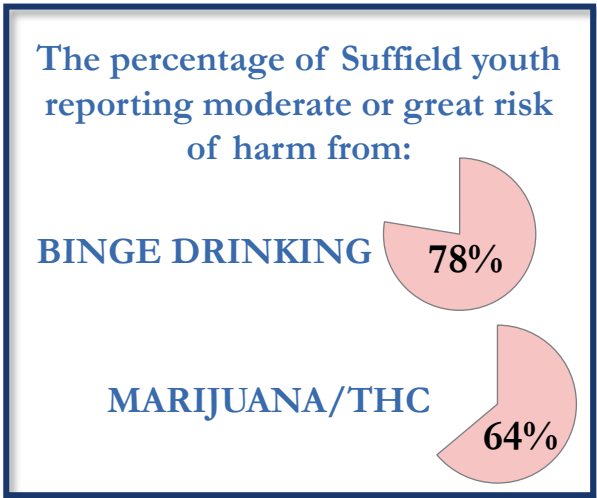
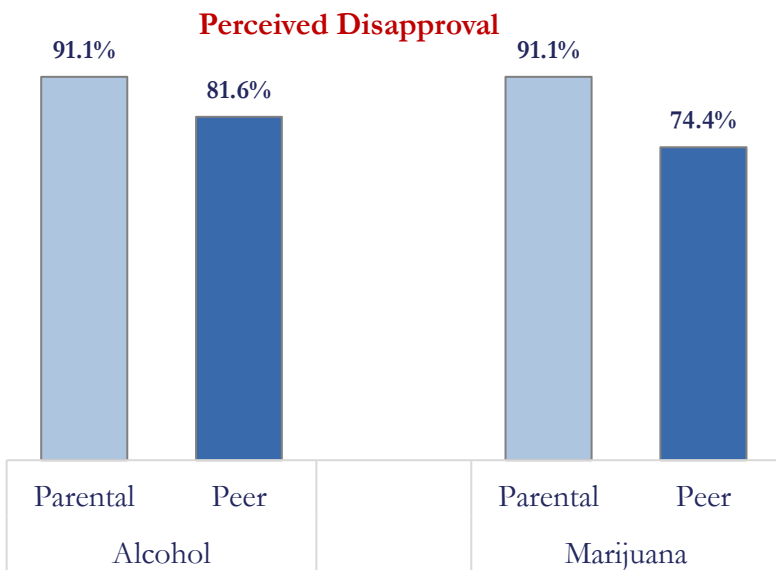
Alcohol remains the most used substance in youths' lifetimes.



Suffield youth who have used **any substance in their lifetime** are more likely to have increased behavioral health concerns including: anxiety, self-harm behaviors, feeling sad or hopeless two or more weeks in a row, have thoughts of suicide, and feel less comfortable seeking support from parents/guardians.

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



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

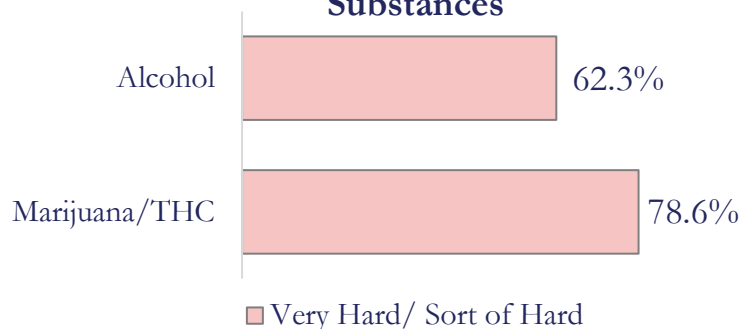
- **home with parents' permission**
- **friends/peers**

Marijuana was most frequently acquired from:

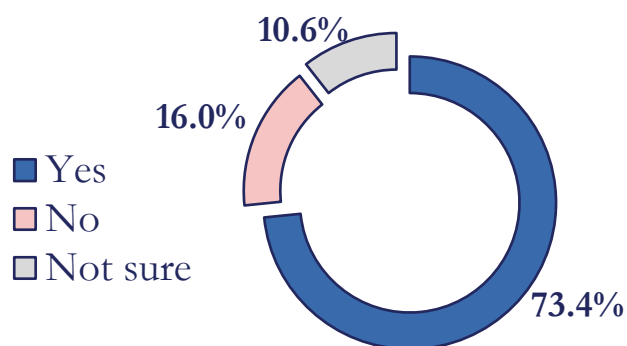
- **friends/peers**
- **store**

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



73% of Suffield youth (grades 6-12) report clear family rules around alcohol use, compared to 85% 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:

