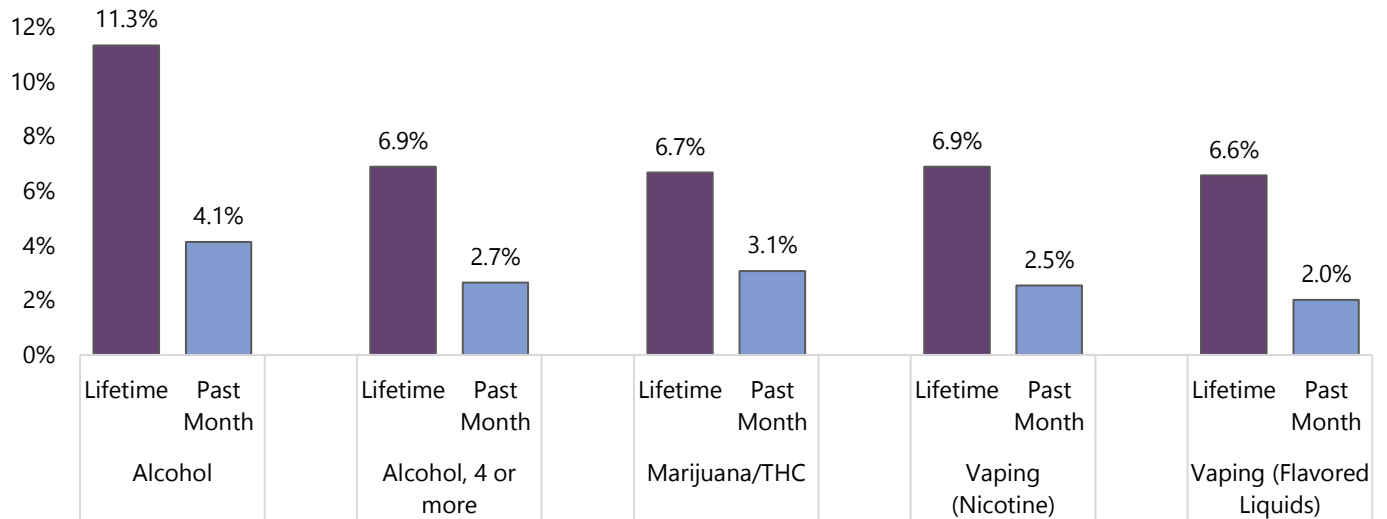




In May of 2022 students at Ellington Middle School and Ellington High School in grades 7-12 participated in the Youth Voices Count Survey on youth lifestyles, substance use, mental health, related risk and protective factors. The overall response rate was 78%.

Alcohol remains the most used substance in youths' lifetimes.

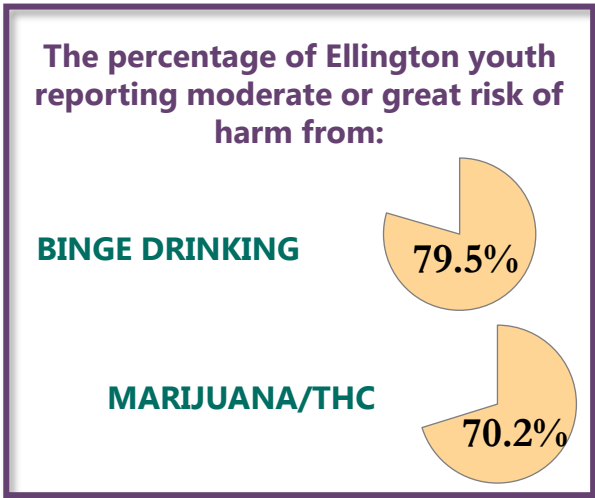
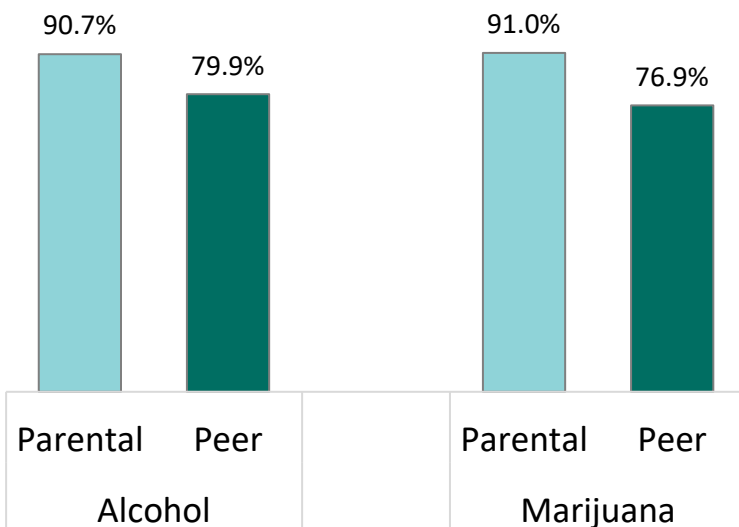


Ellington youth who have used **any substance in their lifetime** are more likely to have increased behavioral health concerns including: anxiety, self-harm behaviors, feeling sad or hopeless two or more weeks in a row, have thoughts of suicide, and report not feeling safe in their community or school.

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



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

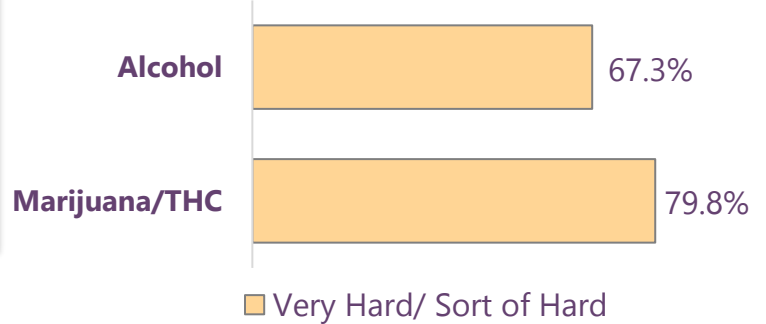
- friends/peers
- home with parents' permission
- home without parents' permission

Marijuana was most frequently acquired from:

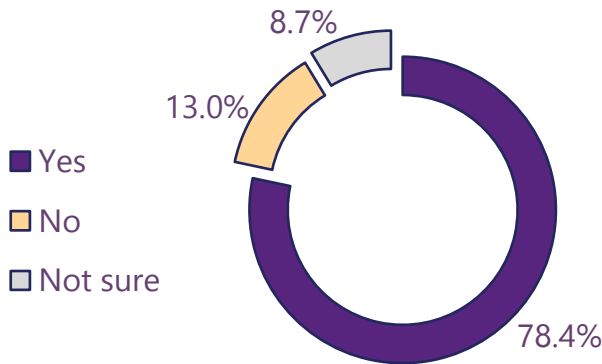
- friends/peers
- home without parents' permission
- store

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

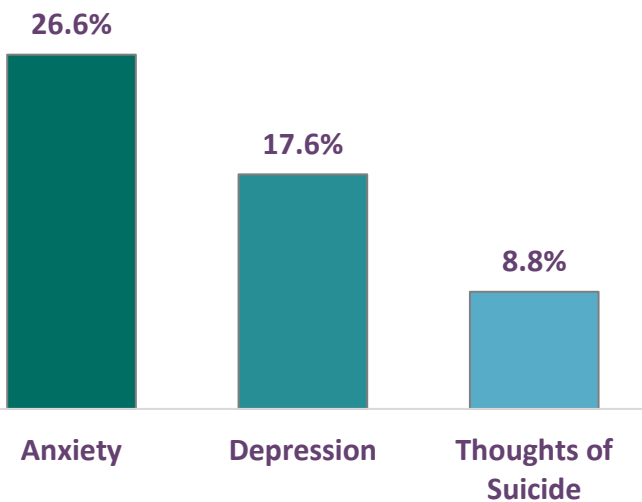


Perception of Clear Family Rules around Underage Drinking



78% of Ellington youth (grades 7-12) report clear family rules around alcohol use, compared to 86% around marijuana, and 88% around vaping.

Mental Health



26.6% of Ellington 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.

17.6% of youth reported ever feeling sad or hopeless so much that it stopped them from doing usual activities 2 or more weeks in a row. 8.8% reported having considered suicide in the past year.