LYME-OLD LYME
PREVENTION COALITION

Lyme-Old Lyme Youth Voices Count Survey Results for Board of Education,

April 2026

youth VOICES count

B. WEYLAND SMITH
CONSULTING

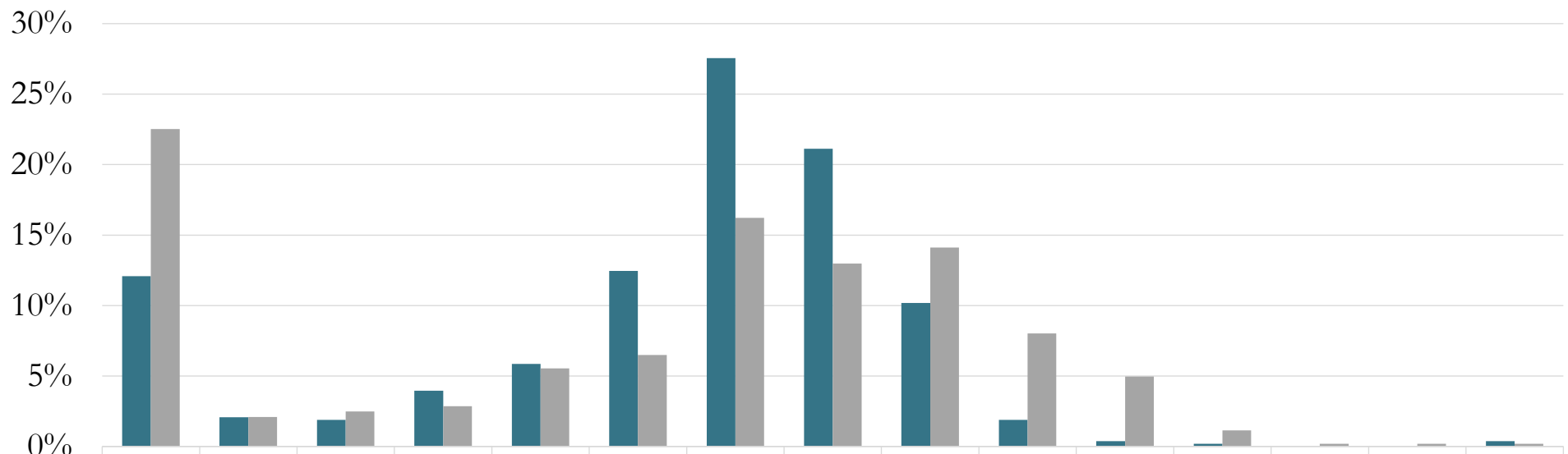
Response Rate

Sample Response Rates	Sample Count	Population Count	Response Rate (%)
Grade 6	95	99	96.0%
Grade 7	81	85	93.5%
Grade 8	95	95	100.0%
Grade 9	83	87	95.4%
Grade 10	80	85	94.1%
Grade 11	74	87	85.1%
Grade 12	67	99	67.7%
Grades 6-8	271	279	97.1%
Grades 9-12	304	358	84.9%
Grades 6-12	575	637	90.3%



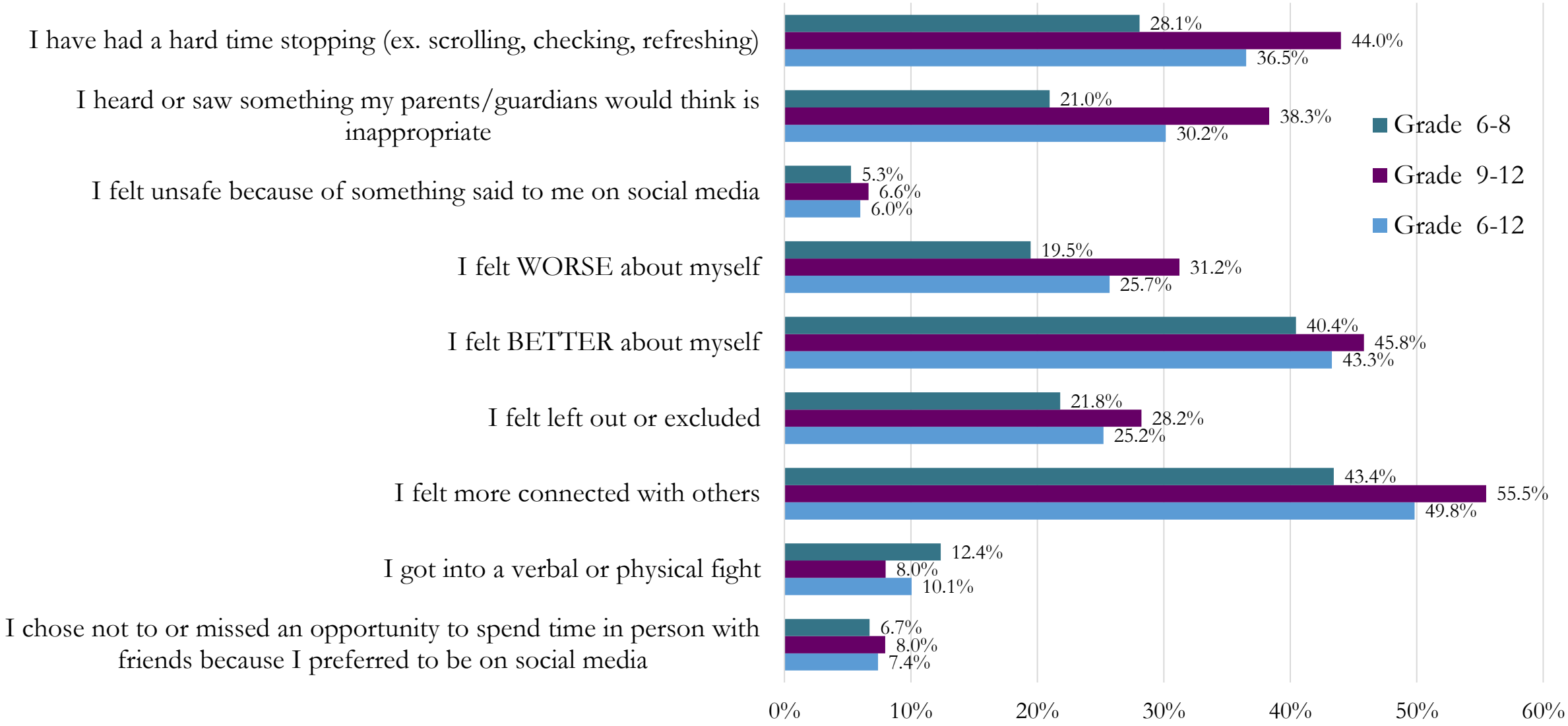
Youth Lifestyles

Smartphone and Social Media Age of Access



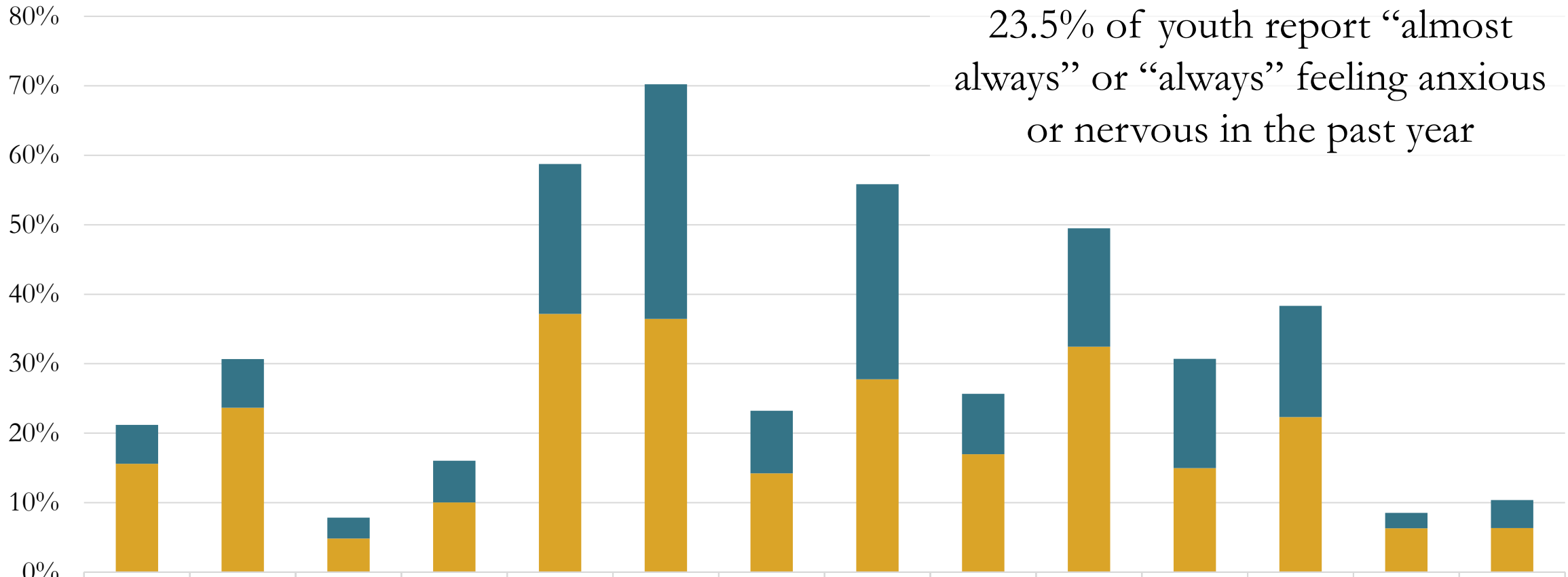
	I do not have this	6 or less	7	8	9	10	11	12	13	14	15	16	17	18	19
Smartphone or iPhone - Age	12.1%	2.1%	1.9%	4.0%	5.8%	12.5%	27.5%	21.1%	10.2%	1.9%	0.4%	0.2%	0.0%	0.0%	0.4%
Social media account - Age	22.5%	2.1%	2.5%	2.9%	5.5%	6.5%	16.2%	13.0%	14.1%	8.0%	5.0%	1.1%	0.2%	0.2%	0.2%

Perceived Social Media Assets and Consequences



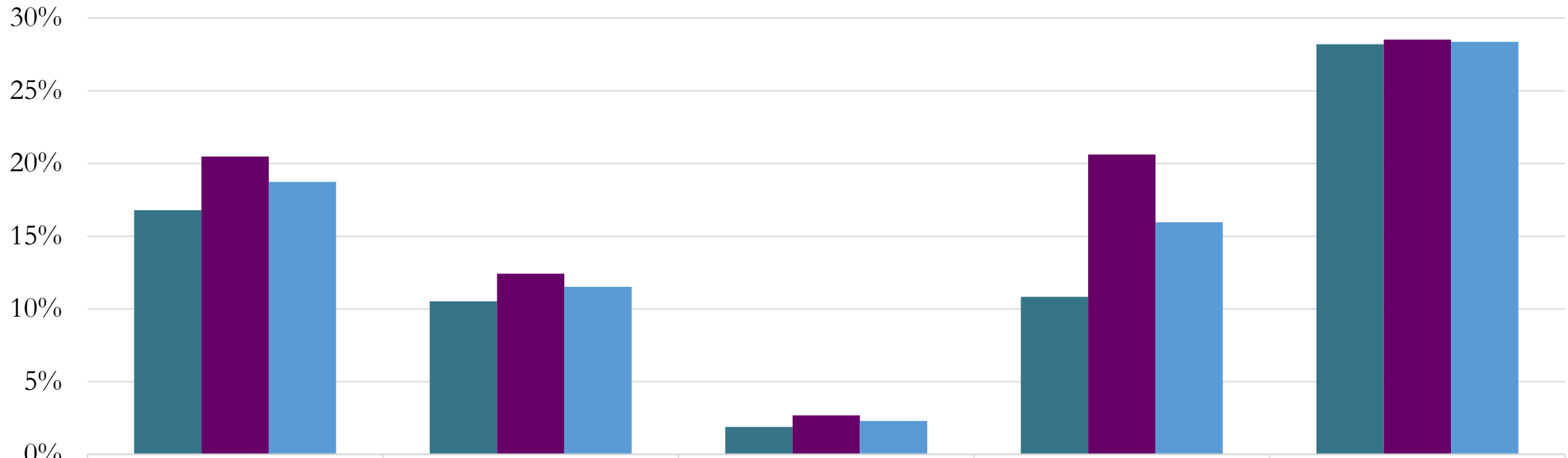
Emotional Health

Sources of Stress, Anxiety, or Worry



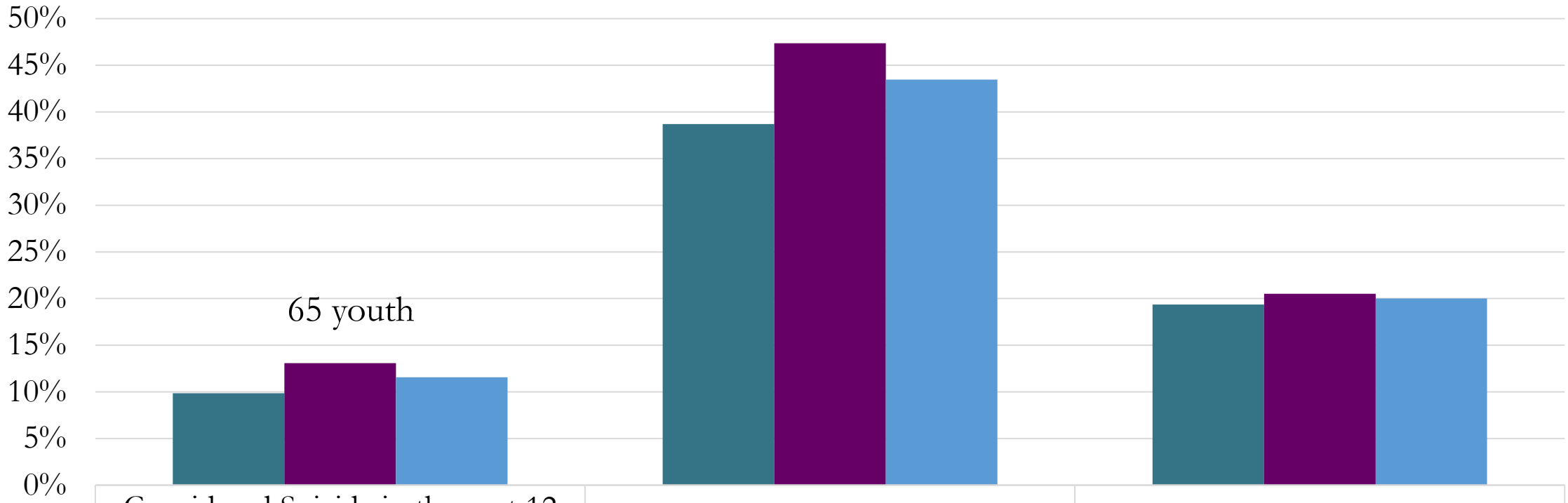
	Home/family life		Financial Security		Academics		Post High School Plans		Schedule		Peers		Social media	
	G 6-8	G 9-12	G 6-8	G 9-12	G 6-8	G 9-12	G 6-8	G 9-12	G 6-8	G 9-12	G 6-8	G 9-12	G 6-8	G 9-12
High	5.6%	7.0%	3.0%	6.0%	21.6%	33.8%	9.0%	28.1%	8.7%	17.1%	15.7%	16.0%	2.2%	4.0%
Medium	15.6%	23.7%	4.9%	10.0%	37.2%	36.5%	14.2%	27.8%	17.0%	32.4%	15.0%	22.3%	6.3%	6.4%

Other Emotional Health Indicators in the Past Year, % Responding "Yes"



	Thoughts of Self Harm	Self Harm	Physical Abuse - Intimate Partner	Sad or Hopeless (2 weeks in a row)	Felt Lonely Often
Grade 6-8	16.8%	10.5%	1.9%	10.8%	28.2%
Grade 9-12	20.5%	12.4%	2.7%	20.6%	28.5%
Grade 6-12	18.7%	11.5%	2.3%	16.0%	28.4%
DRG C	15.4%	9.9%	3.3%	16.6%	27.3%

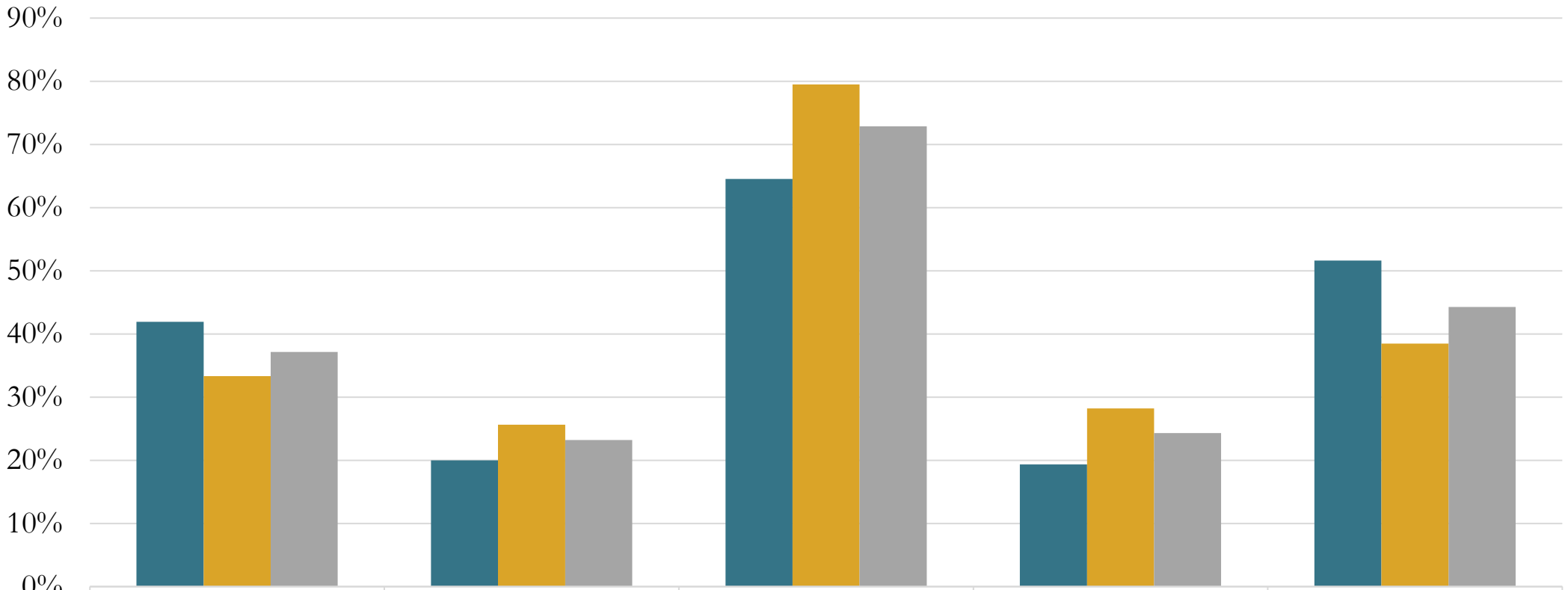
Past Year Thoughts of Suicide



	Considered Suicide in the past 12 months	Made a Plan	Attempted it
Grade 6-8	9.8%	38.7%	19.4%
Grade 9-12	13.1%	47.4%	20.5%
Grade 6-12	11.6%	43.5%	20.0%
DRG C	9.2%		

% of those who considered suicide

Suicide and Perceptions of Supports



	Talked to a friend	Talked to a parent	Know where to get help	Got help	Felt like no support
Grade 6-8	41.9%	20.0%	64.5%	19.4%	51.6%
Grade 9-12	33.3%	25.6%	79.5%	28.2%	38.5%
Grade 6-12	37.1%	23.2%	72.9%	24.3%	44.3%

% of those who considered suicide

Substance Use and Perceptions

Relationships between L/OL Youth Substance Use and Other Attitudes and Behaviors (selected)

L/OL Middle & High School youth who have used any substance in their lifetime are more likely to:

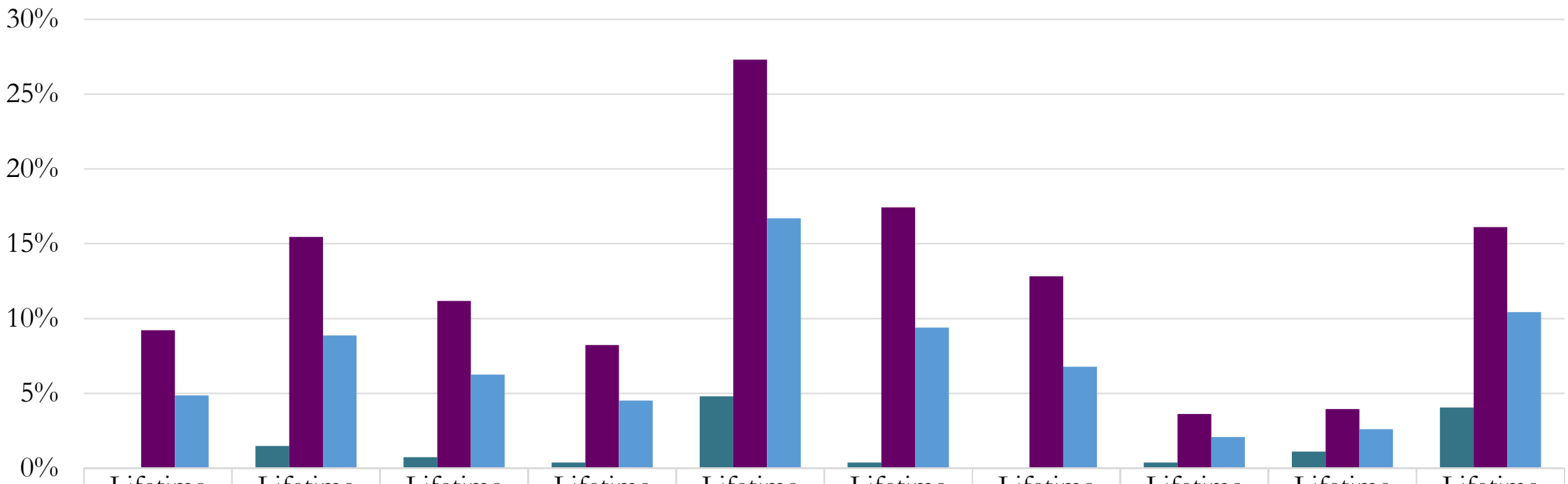
Middle School and High School…

- Use the internet 5 or more hours per day
- Feel worse about themselves because of social media use
- Have their homelife be a source of anxiety
- Have thoughts of self harm
- Believe alcohol is easy to access

High School…

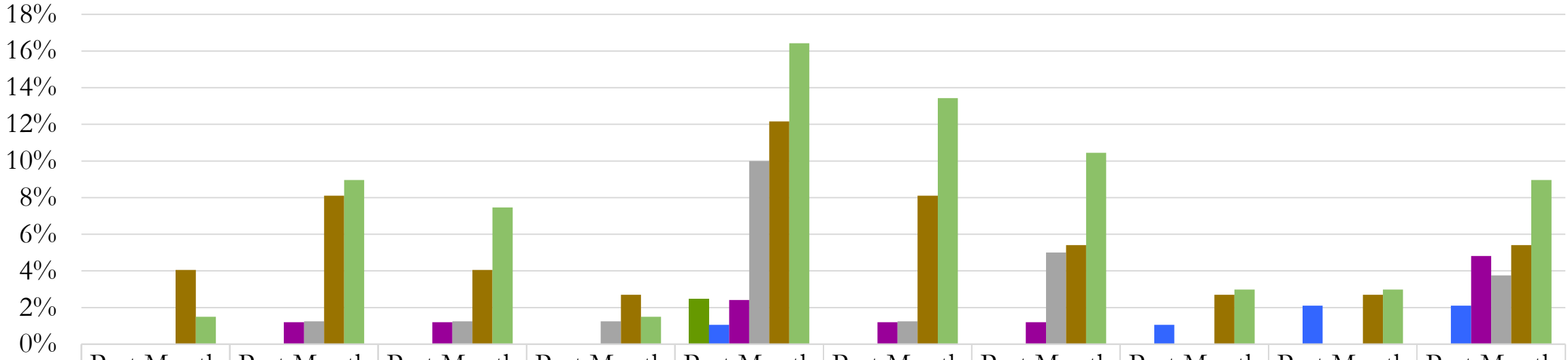
- Feel excluded because of social media
- Experience anxiety in the past year "almost always" or "always"
- Experience depression, loneliness have thoughts of self harm, self harm and considered suicide in the past year
- Report easy access to all substances
- Report a lack of clear family rules about substance use
- Report low peer disapproval and parental disapproval for all substances
- Think most peers use substances

Lifetime Use of CORE Substances and Gambling



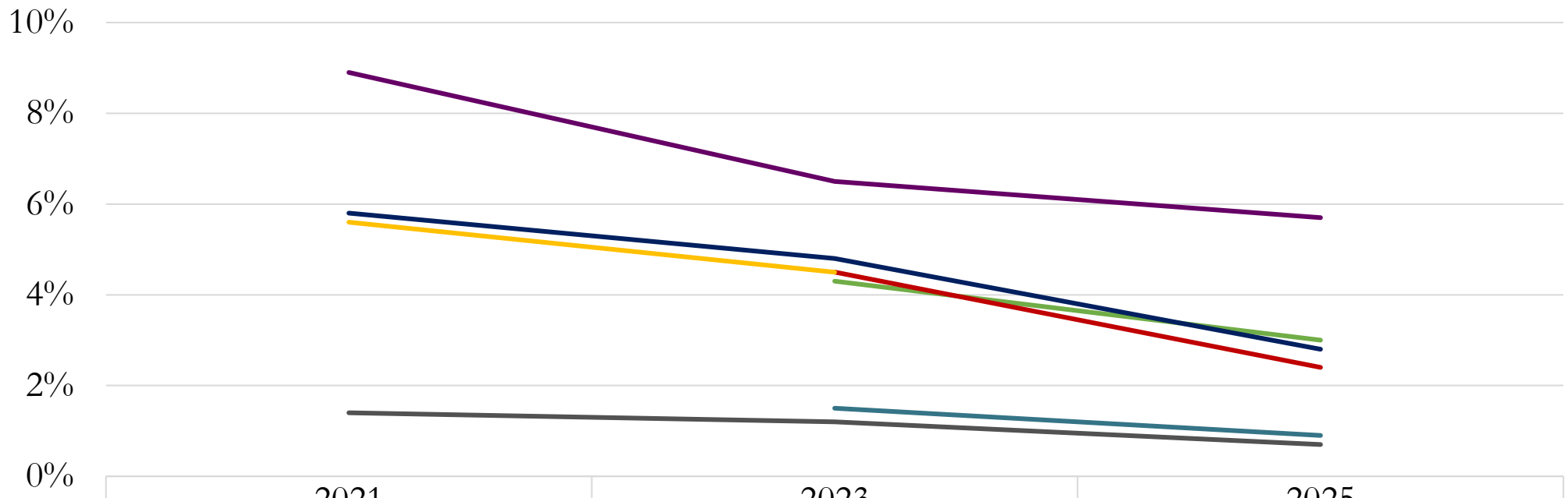
	Lifetime Cigarettes	Lifetime Vape Products Nicotine	Lifetime Nicotine in an Oral Pouch	Lifetime Tobacco	Lifetime Alcohol	Lifetime Alcohol - 4 or more	Lifetime Marijuana / THC	Lifetime RX	Lifetime OTC	Lifetime Gambling
Grade 6-8	0.0%	1.5%	0.7%	0.4%	4.8%	0.4%	0.0%	0.4%	1.1%	4.1%
Grade 9-12	9.2%	15.5%	11.2%	8.2%	27.3%	17.4%	12.8%	3.6%	3.9%	16.1%
Grade 6-12	4.9%	8.9%	6.3%	4.5%	16.7%	9.4%	6.8%	2.1%	2.6%	10.4%
DRG C	3.2%	7.8%	1.9%	3.0%	14.2%	7.8%	7.1%	1.7%	2.0%	10.5%

Past Month Use of CORE Substances and Gambling by Grade



	Past Month Cigarettes	Past Month Vape Products Nicotine	Past Month Nicotine in an Oral Pouch	Past Month Tobacco	Past Month Alcohol	Past Month Alcohol - 4 or more	Past Month Marijuana / THC	Past Month RX	Past Month OTC	Past Month Gambling
7	0.0%	0.0%	0.0%	0.0%	2.5%	0.0%	0.0%	0.0%	0.0%	0.0%
8	0.0%	0.0%	0.0%	0.0%	1.1%	0.0%	0.0%	1.1%	2.1%	2.1%
9	0.0%	1.2%	1.2%	0.0%	2.4%	1.2%	1.2%	0.0%	0.0%	4.8%
10	0.0%	1.3%	1.3%	1.3%	10.0%	1.3%	5.0%	0.0%	0.0%	3.8%
11	4.1%	8.1%	4.1%	2.7%	12.2%	8.1%	5.4%	2.7%	2.7%	5.4%
12	1.5%	9.0%	7.5%	1.5%	16.4%	13.4%	10.4%	3.0%	3.0%	9.0%

Trend Past Month Use of CORE Substances, Grades 6-12



	2021	2023	2025
Alcohol	8.9%	6.5%	5.7%
Binge Drinking		4.3%	3.0%
Cigarettes	1.4%	1.2%	0.7%
Vaping Nicotine	5.6%	4.5%	2.4%
Marijuana	5.8%	4.8%	2.8%
Prescription Drugs		1.5%	0.9%

Sources of Substances Grades 6-12

Alcohol most frequently is accessed from:

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

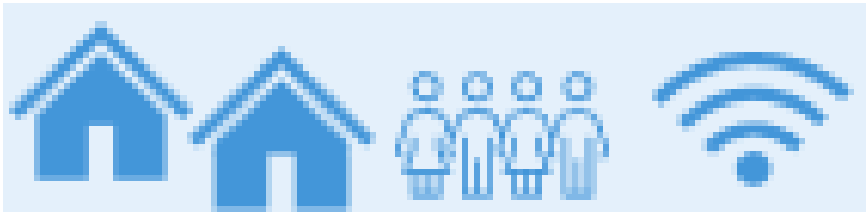
Marijuana was most frequently acquired from:

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

Vape products with Nicotine were most often obtained from:

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

Youth report
Alcohol,
Vape Products with Nicotine,
Nicotine in an Oral Pouch and
Marijuana are <u>easiest to access</u>



Top Reasons Why Substances are not Used
(Grades 9-12)

Alcohol:

1) Underage
2) Physical Health
3) Fear of Consequences-Police
4) Don't want to lose control/School Work
5) Fear of Consequences-School

Marijuana:

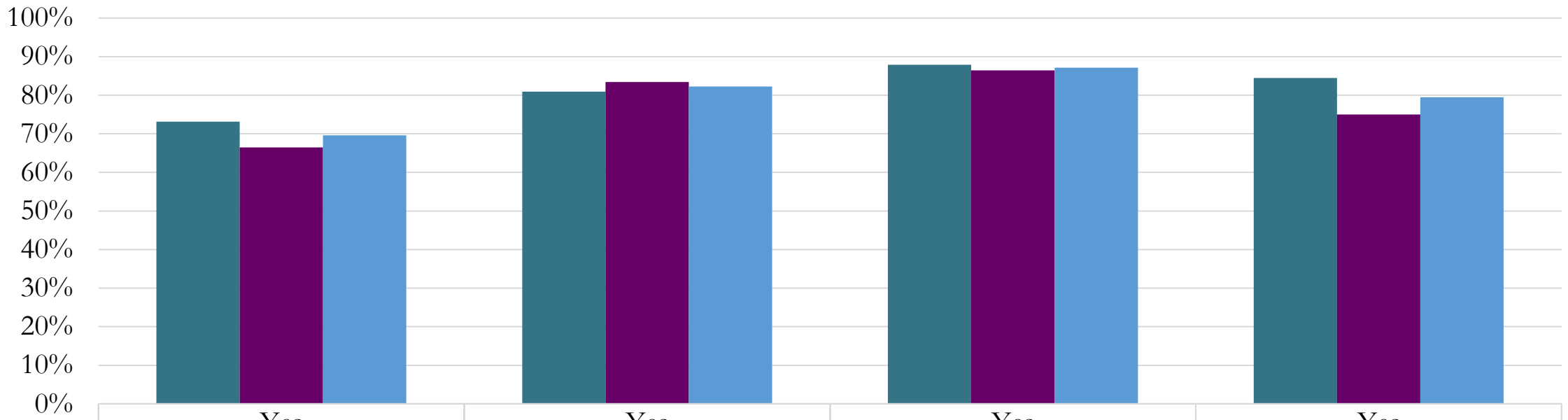
1) Physical Health
2) I don't approve
3) School Work
4) Underage
5) Don't want to lose control

Vaping Nicotine:

1) Physical Health
2) I don't approve
3) Don't want to lose control
4) Fear of Consequences-School
5) Fear of Consequences-Parents

Connected and Thriving Factors

Connected and Thriving Youth-Direction, Confidence and Supports



	Yes Life- Positive Direction	Yes Supports- School Based	Yes Supports - External to School	Yes Confidence in Future
Grade 6-8	73.2%	80.9%	87.9%	84.4%
Grade 9-12	66.4%	83.4%	86.5%	75.0%
Grade 6-12	69.6%	82.2%	87.1%	79.4%