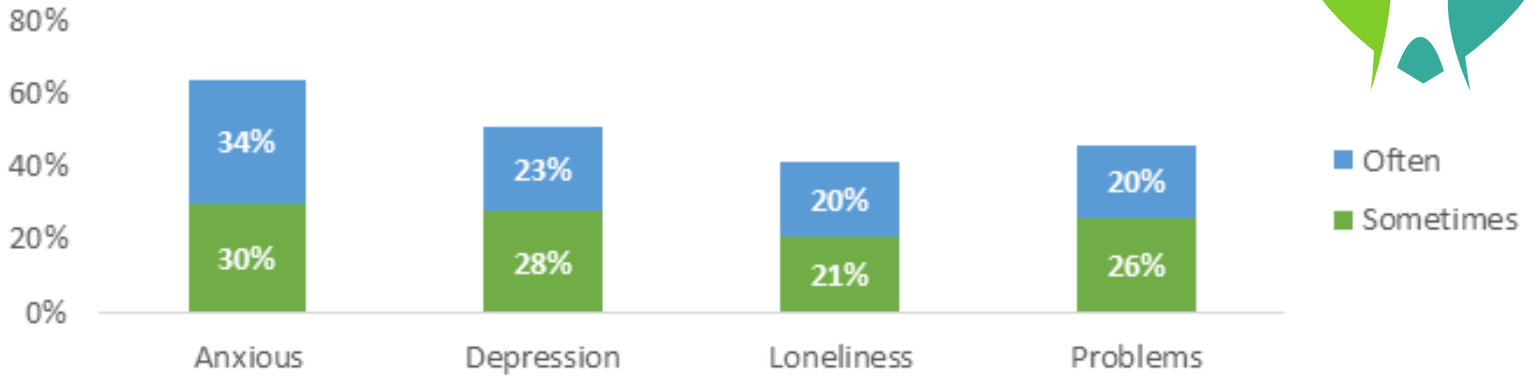


More Youth Survey Highlights

Mental Health

Self reports on well-being indicate many teens are struggling.

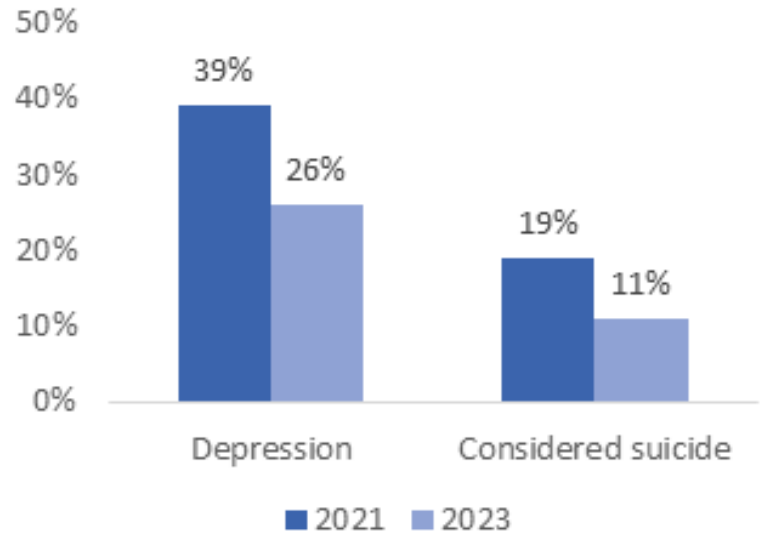
More than 1 in 4 teens report frequently **feeling anxious, depressed or having problems with family or friends** in the past month. 1 in 5 report **feeling lonely**.



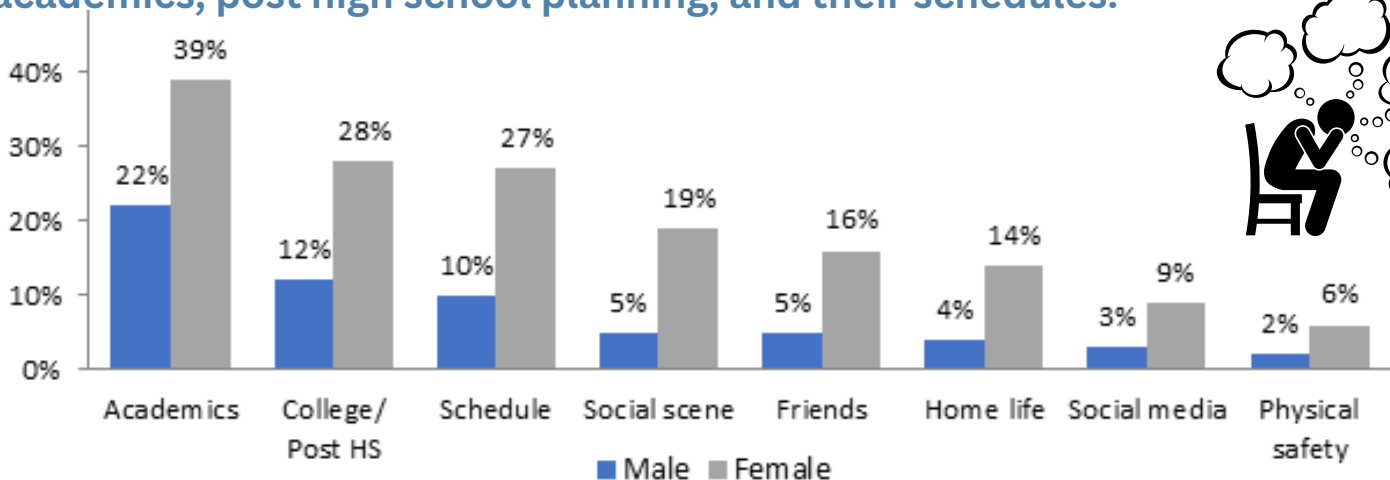
Depression and suicide ideation rates have decreased since 2021.

In 2023, 1 in 4 teens reported persistent sadness or hopelessness in the past year. Rates of depression are significantly higher among females and Hispanic youth. Rates are higher among high school aged youth compared to middle school aged youth.

In 2023, 1 in 10 teens reported that they had seriously considered suicide in the past year. Rates of suicide ideation are significantly higher among females.



Teens perceive the highest levels of day to day stress or worry to come from academics, post high school planning, and their schedules.





ASAP Youth Survey Findings

July 2023



ASAP is a nonprofit community based organization focused on reducing substance abuse by promoting healthy lifestyles through education, prevention, and positive activities across all age groups in Bethlehem & Woodbury.



Prevention Works! Research over the past two decades has proven that drug and alcohol addiction is preventable.

The longer youth delay the use of substances, the less likely they will develop addictions to those substances.

WHAT ARE TEENS IN BETHLEHEM & WOODBURY TELLING US?

In May 2023, 644 youth from Region 14 in grades 7 to 12 completed the ASAP Youth Questionnaire. This survey is conducted every 2 years and allows ASAP to:

- systematically “hear” from youth
- utilize information to enhance and plan initiatives and activities for youth in the community

Information describes youth’s perceptions and experiences regarding their emotional well-being, substance use, and other risky behaviors.

Reducing Risks & Building Protective Factors

Since 2009 drug and alcohol rates among our teens have **DECREASED**.

Bethlehem & Woodbury teens are making healthier choices around substance use and related risky behaviors.

Since 2009, the percentage of teens who report

- drinking alcohol in the past 30 days has **DECREASED** from 31% to 9%
- using marijuana in the past 30 days has **DECREASED** from 16% to 7%

In 2023, only 1% of teens reported driving a car after drinking and 3% after using marijuana.



Perceived parental disapproval rates are **STRONG**.



A young person’s perception of their parent’s disapproval has the **biggest impact** on their choice to use substances. If teens perceive their parents believe it is wrong for them to drink or use substances they are much less likely to do so.

- In 2023, **more than 89%** of all Bethlehem & Woodbury teens surveyed believe that their **parents disapprove** of them using alcohol, marijuana, cigarettes, prescription drugs (without a prescription) or a vaping device.