

# 2021 Teen Health Data

Communities that Care Coalition

# **This Presentation Will Cover:**

- About the Survey
- Mental Health
- Substance Use
- Racism and Discrimination

# About the Survey

# About the Survey

While we typically use 3 surveys on teen health in rotation, this year we created an **abridged survey** that was adapted to include questions about their experiences with quarantine.

- All school districts participated voluntarily
- All surveys were issued online
- Number of students in sample: 1,539

# Demographics: who took the survey?

## Gender

Trans/GNC

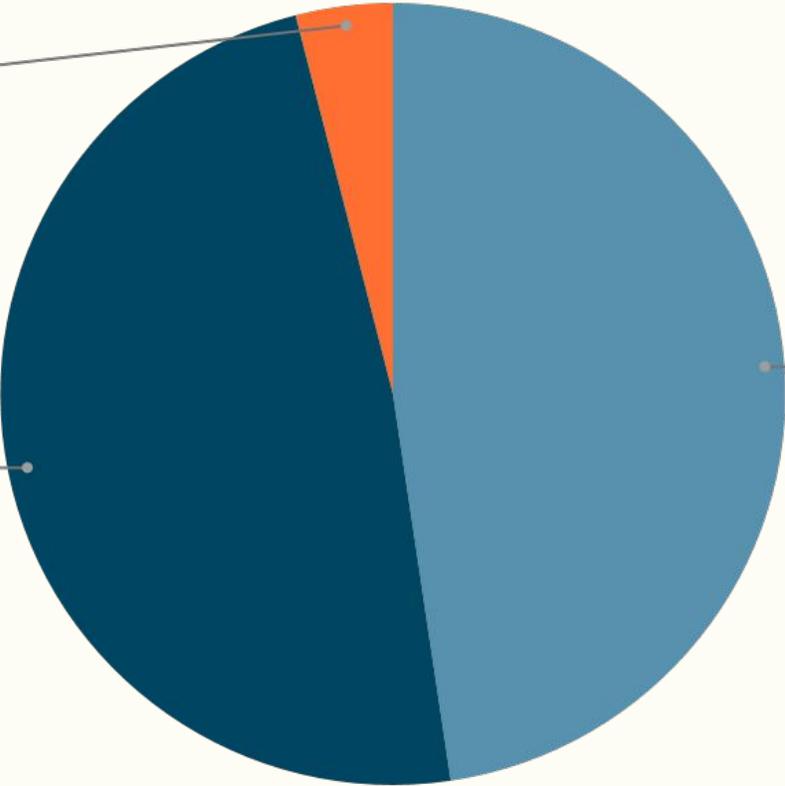
4.0%

Male

48.4%

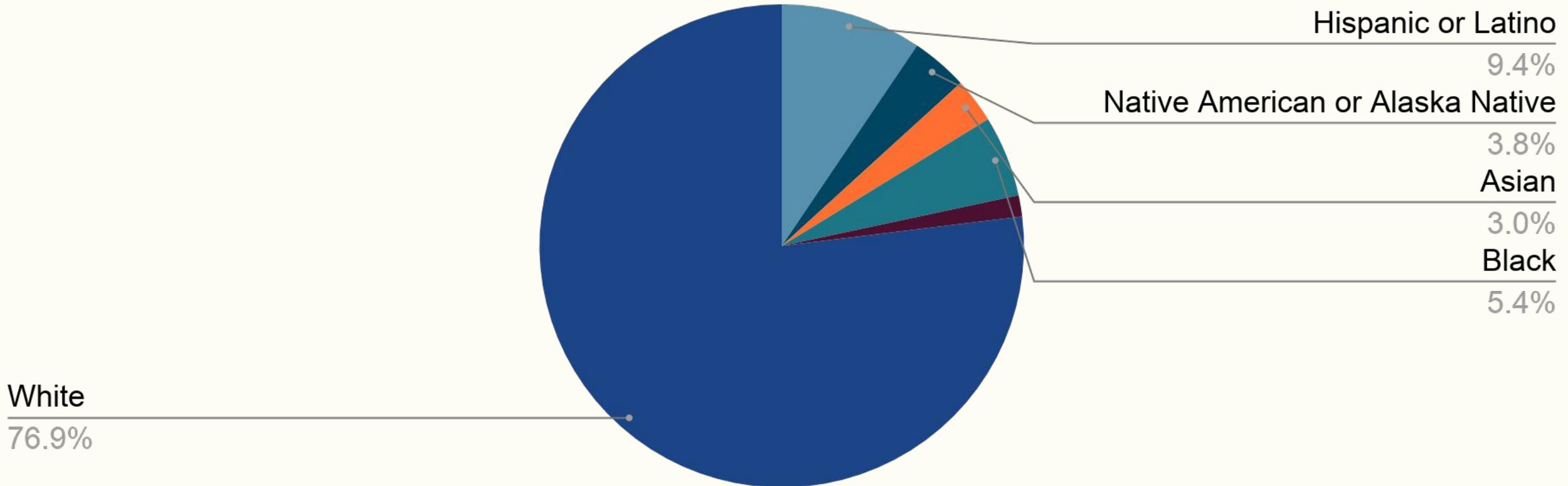
Female

47.6%



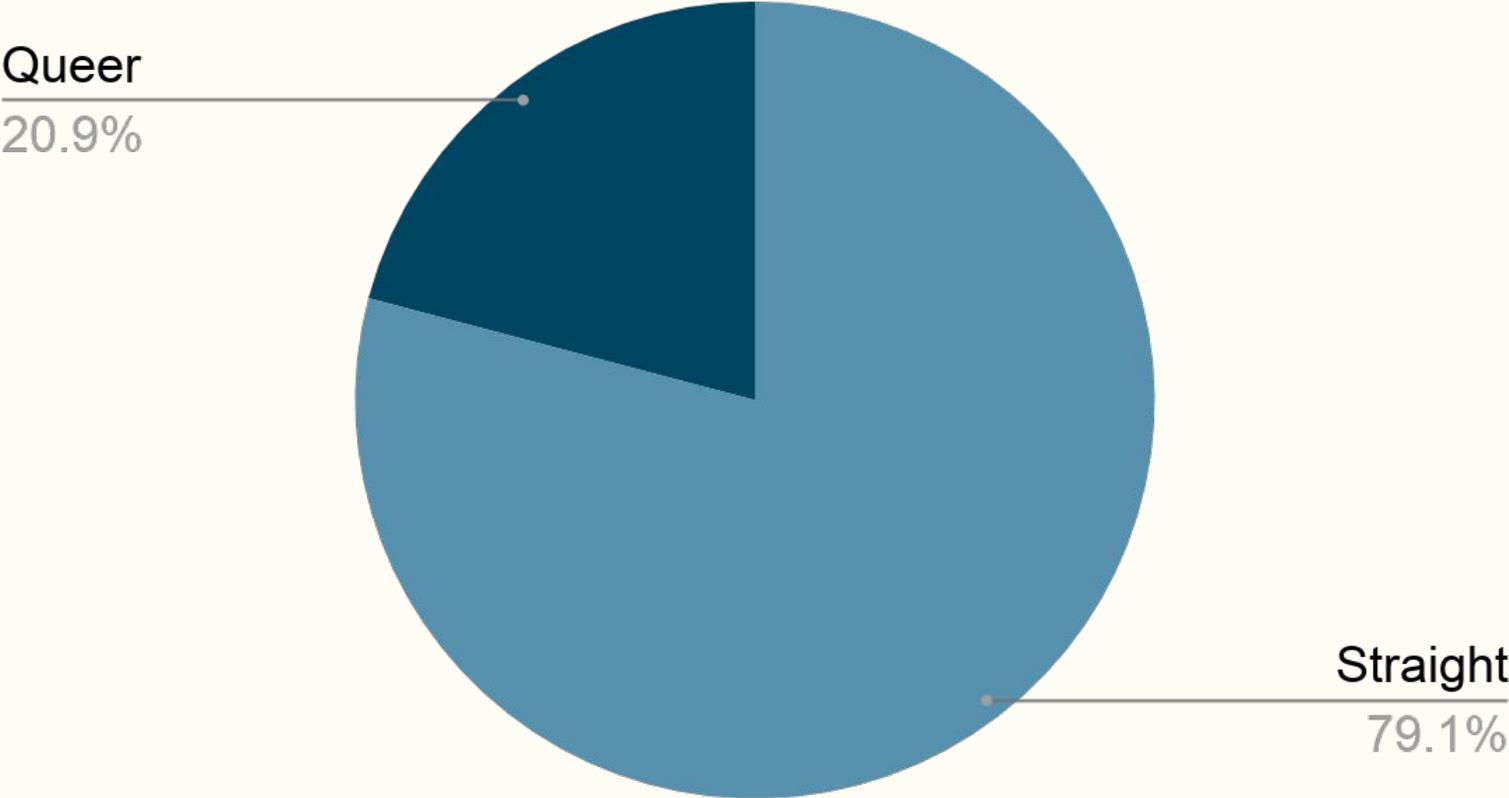
# Demographics: who took the survey?

## Race and Ethnicity



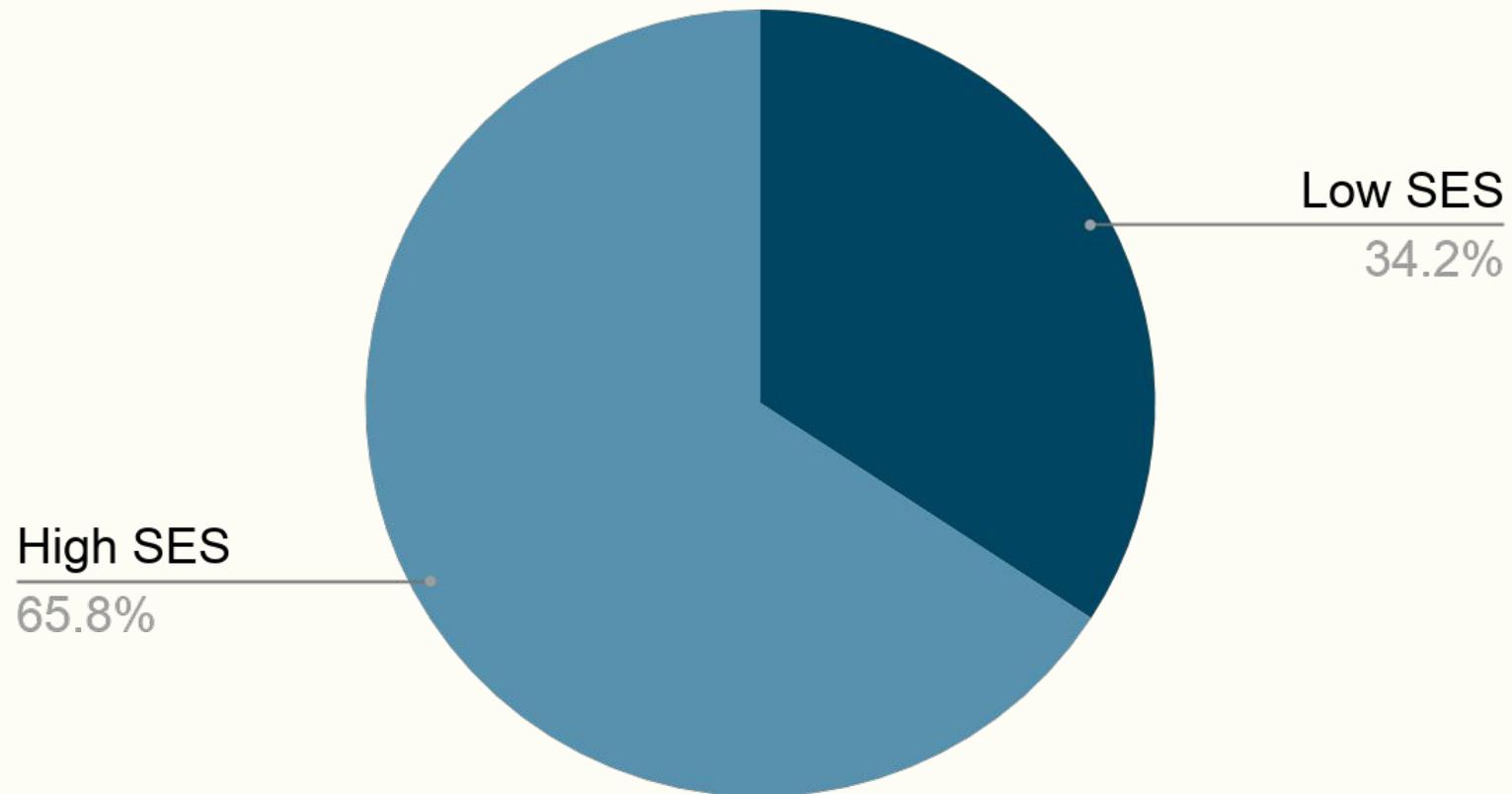
# Demographics: who took the survey?

## Sexual Orientation



# Demographics: who took the survey?

## Socio-Economic Status



*Approximated by parent/guardian educational status*

# Mental Health

# Big Takeaways

Students are reporting high rates of:

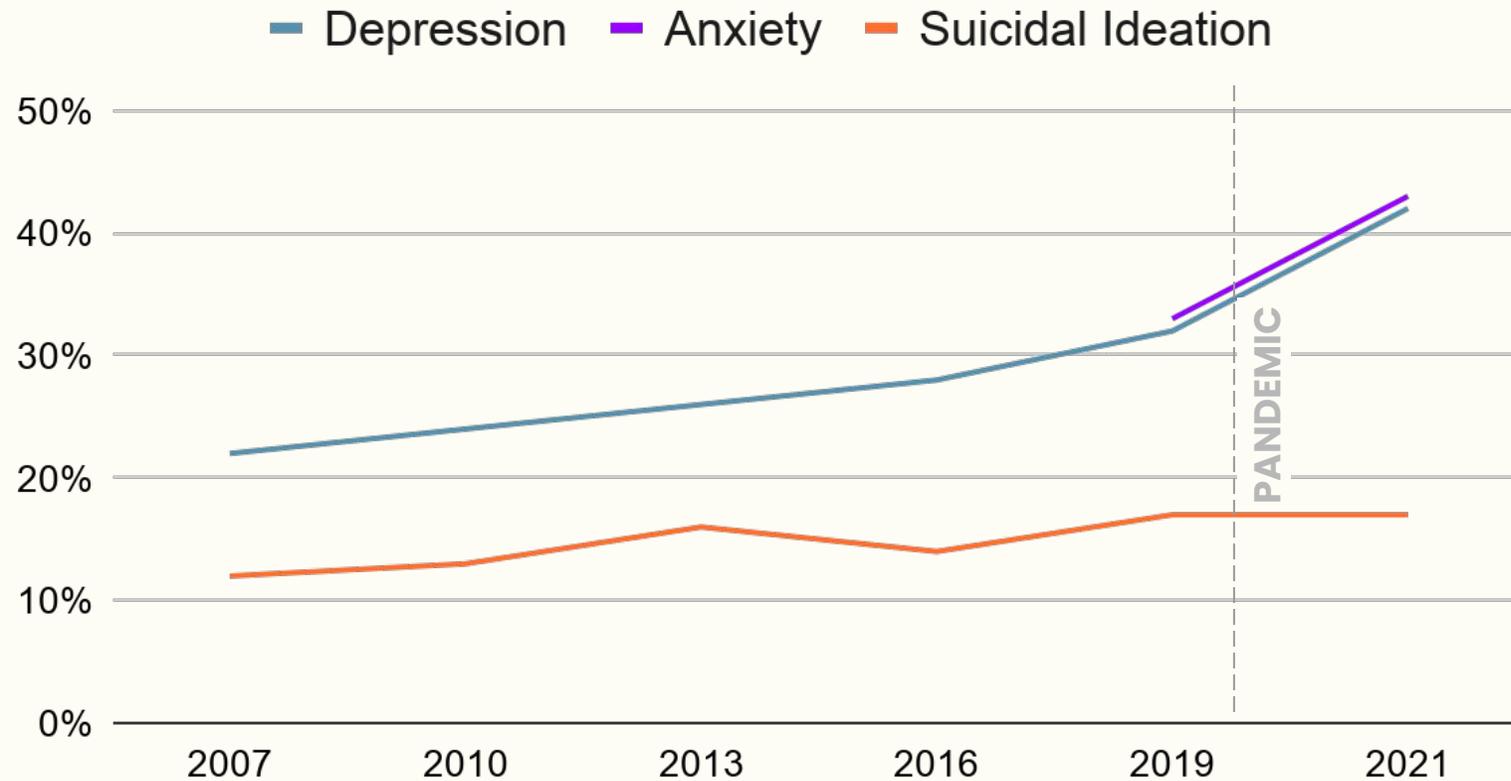
- Depression
- Anxiety
- Loneliness

Girls are struggling more than boys.

Mental health disparities are highest for queer students.

# Mental Health: Overviews

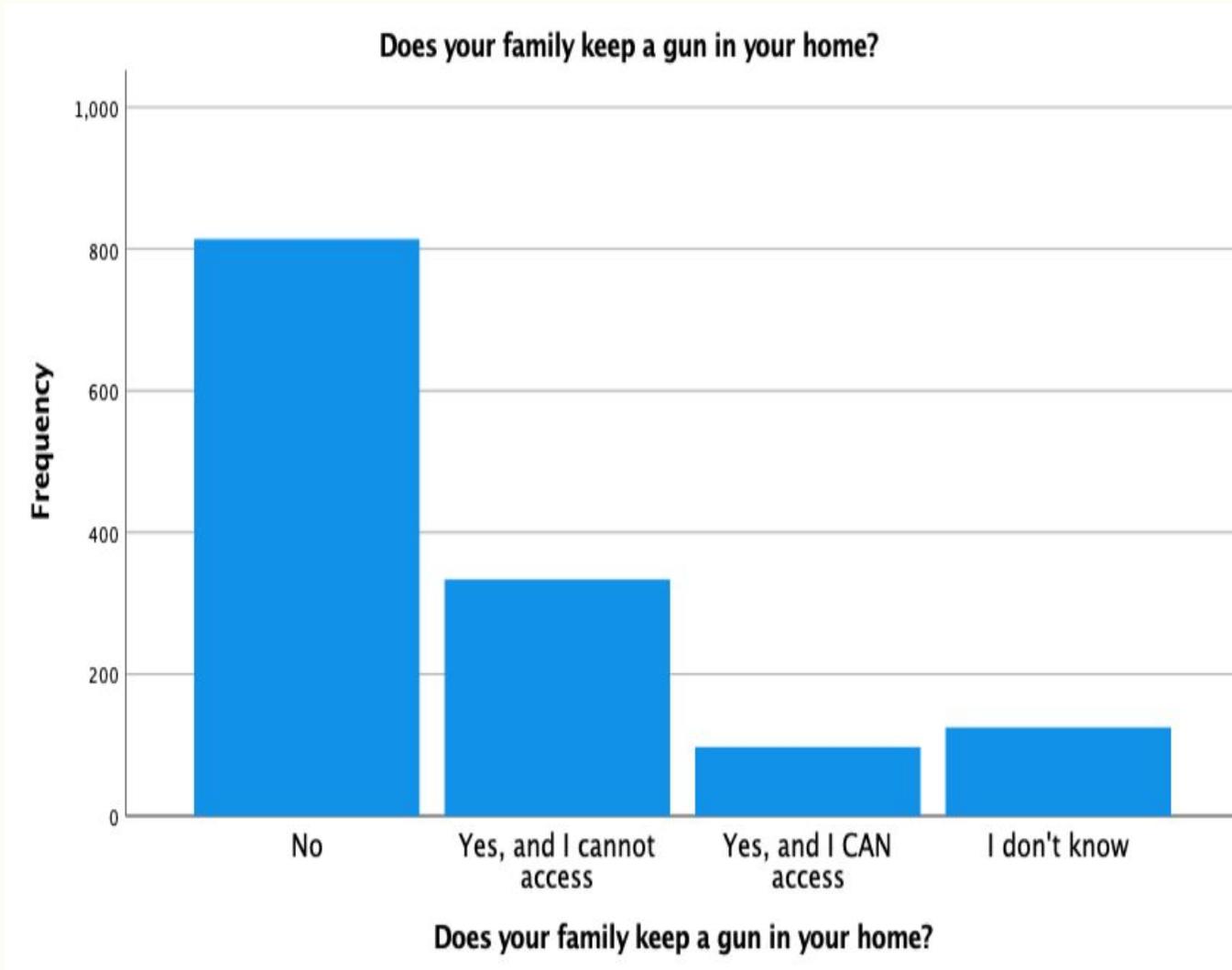
## Teen Mental Health



Symptoms of **depression** and **anxiety** has gone up tremendously (from 32 and 33% in 2019 to 42 and 43% this year).

**Suicidal ideation** hasn't risen between 2019 and 2021. Nonetheless, these numbers are still cause for concern.

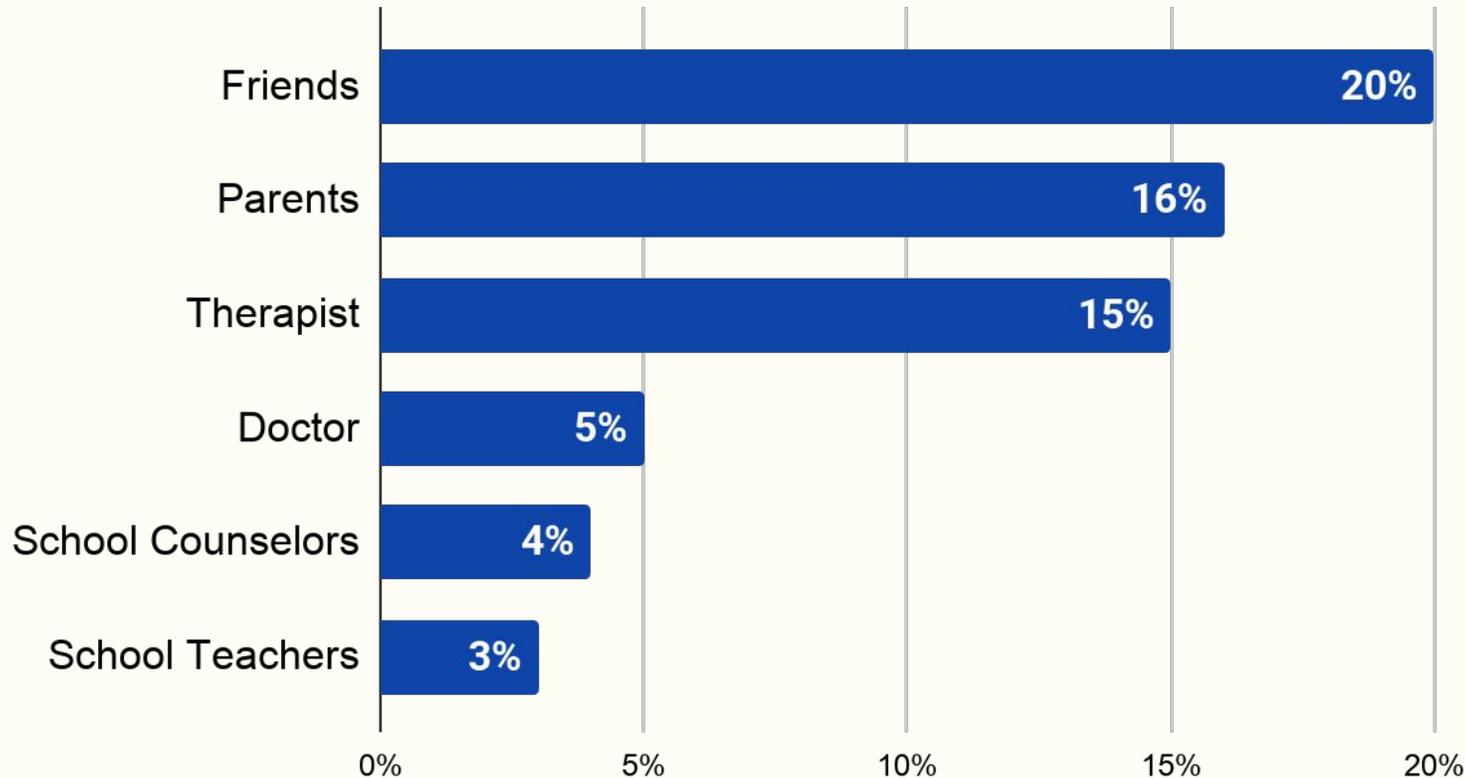
# Mental Health and Gun Access: A dangerous combination



The data on suicidal ideation is important to consider in the context of access to lethal tools, a significant risk factor for the completion of suicide.

Of those surveyed, **7% report that there is a gun in their home that they have access to.**

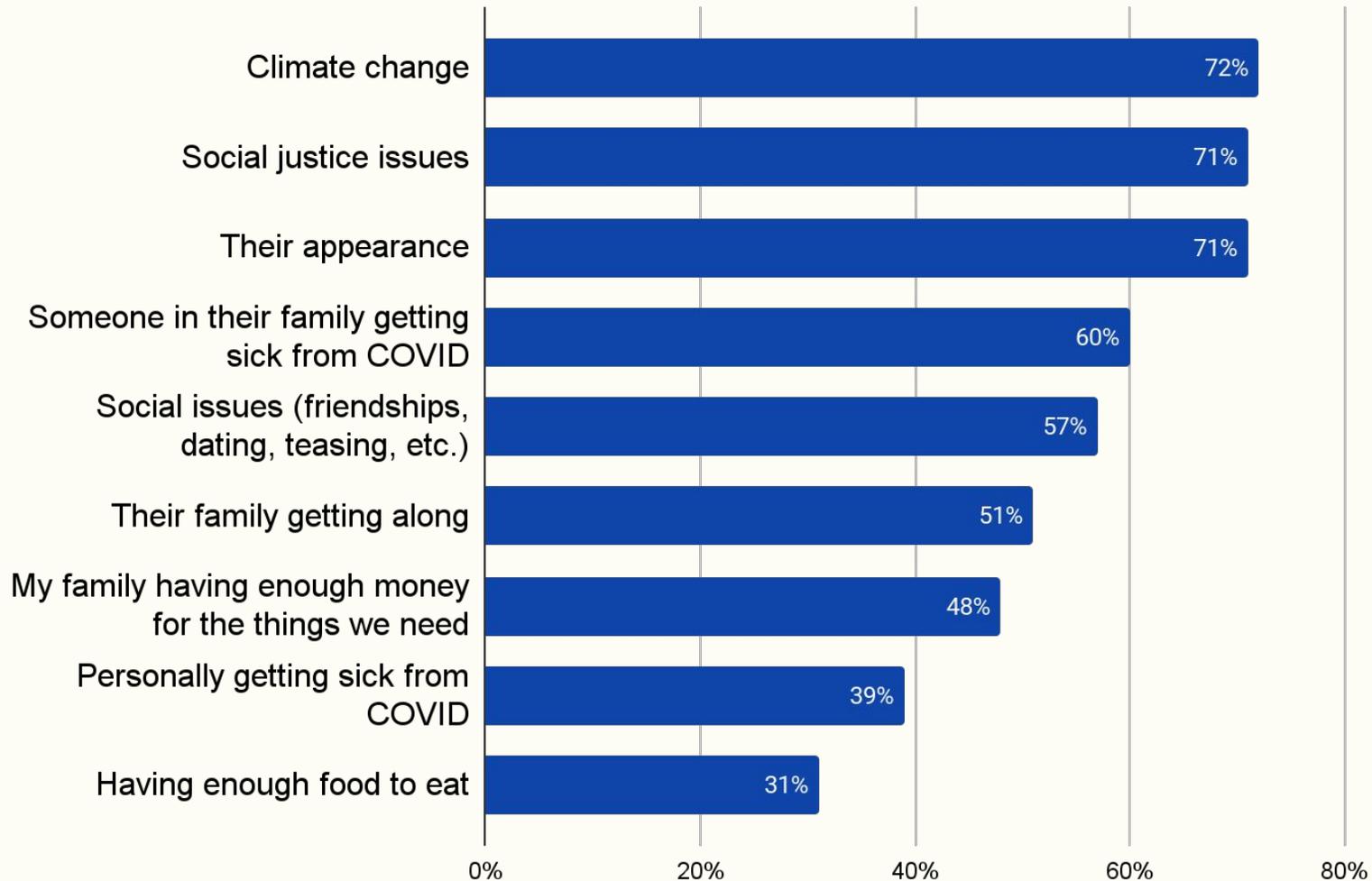
# Where are students seeking help?



Note, some students sought help from multiple sources. Fortunately, **only 3.5% sought help and did not receive it.**

While less than 10% of students have turned to a school counselor or teacher for help in the past 12 months, **62% report that they have an adult in the school that they can talk to.**

# What are students worried about?



Students were **very** concerned about **climate change, social justice, and their appearance.**

While student's weren't as concerned with personally getting sick from COVID, **students are behaving safely.** Only 20% participated in an unmasked large gathering two or more times in the last 30 days.

# Why is mental health suffering?

Loneliness, video games, lack of sleep, and school stress



- Less lonely
- No change
- More lonely

When surveyed, **half of students reported feeling more lonely** than they did before the pandemic.

Not surprisingly, 60% report spending less time with their friends.

# Why is mental health suffering?

**Loneliness, video games, lack of sleep, and school stress**

## **School Stressors:**

- 59% of respondents reported school being more stressful than it was before COVID
- 58% enjoy it less than before
- 53% report learning less than they did before

## **School Wins:**

- Nearly 9 in 10 students report that their teachers are focused when they teach
- The majority of students don't skip class (86%)
- 86% of students believe what they're learning matters at least as much as it did before quarantine, if not more

# Why is mental health suffering?

**Loneliness, video games, lack of sleep, and school stress**

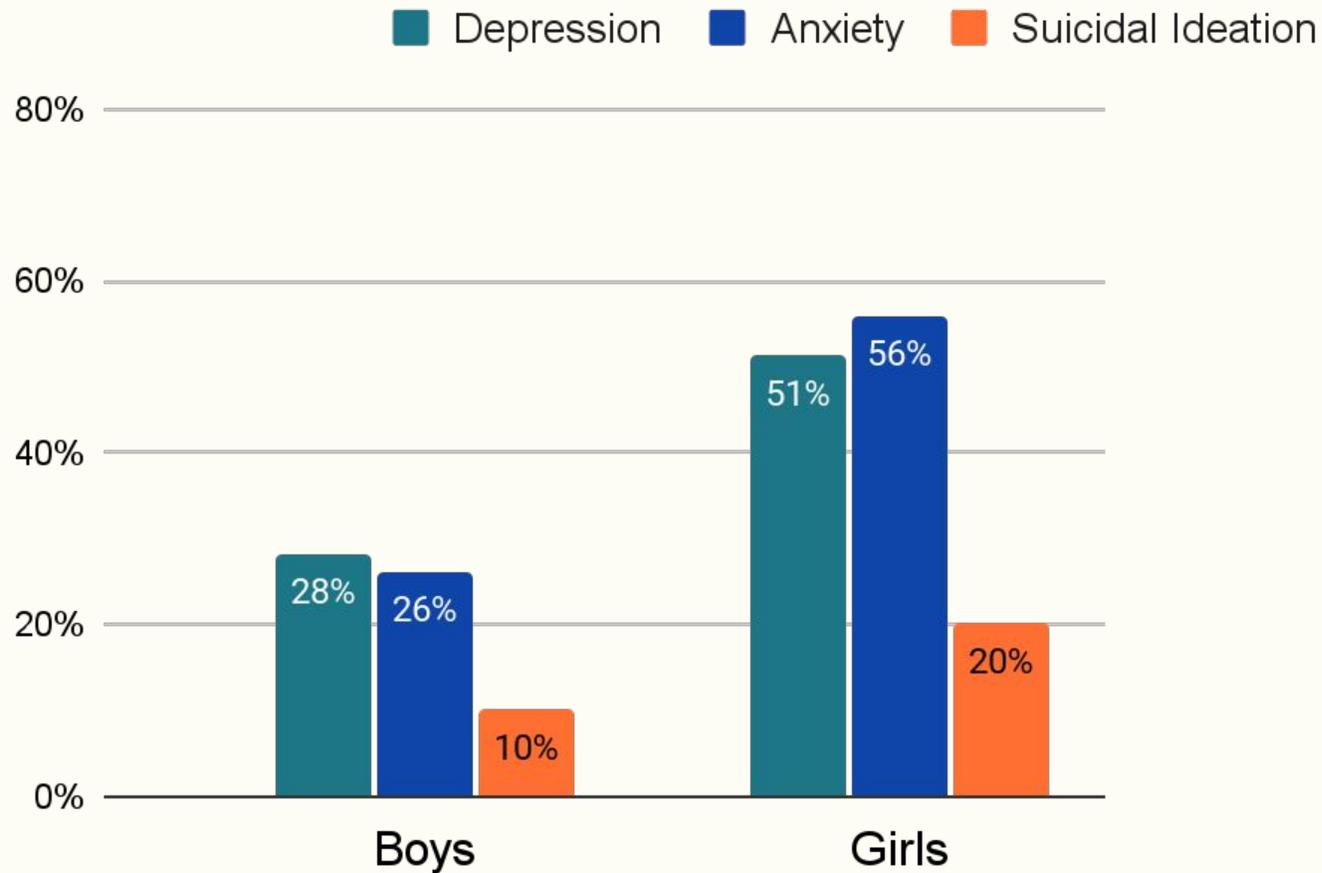
Video game and social media use is on the rise with **half of students reporting using their computers for non-school work 4 or more hours a day**, one quarter of students report these behaviors at 6 or more hours per day.

This increase in computer usage may be coming at the detriment of sleep, with the majority of the student body sleeping less than 8 hours a night.

**Nearly half are sleeping 6 or less hours nightly.**

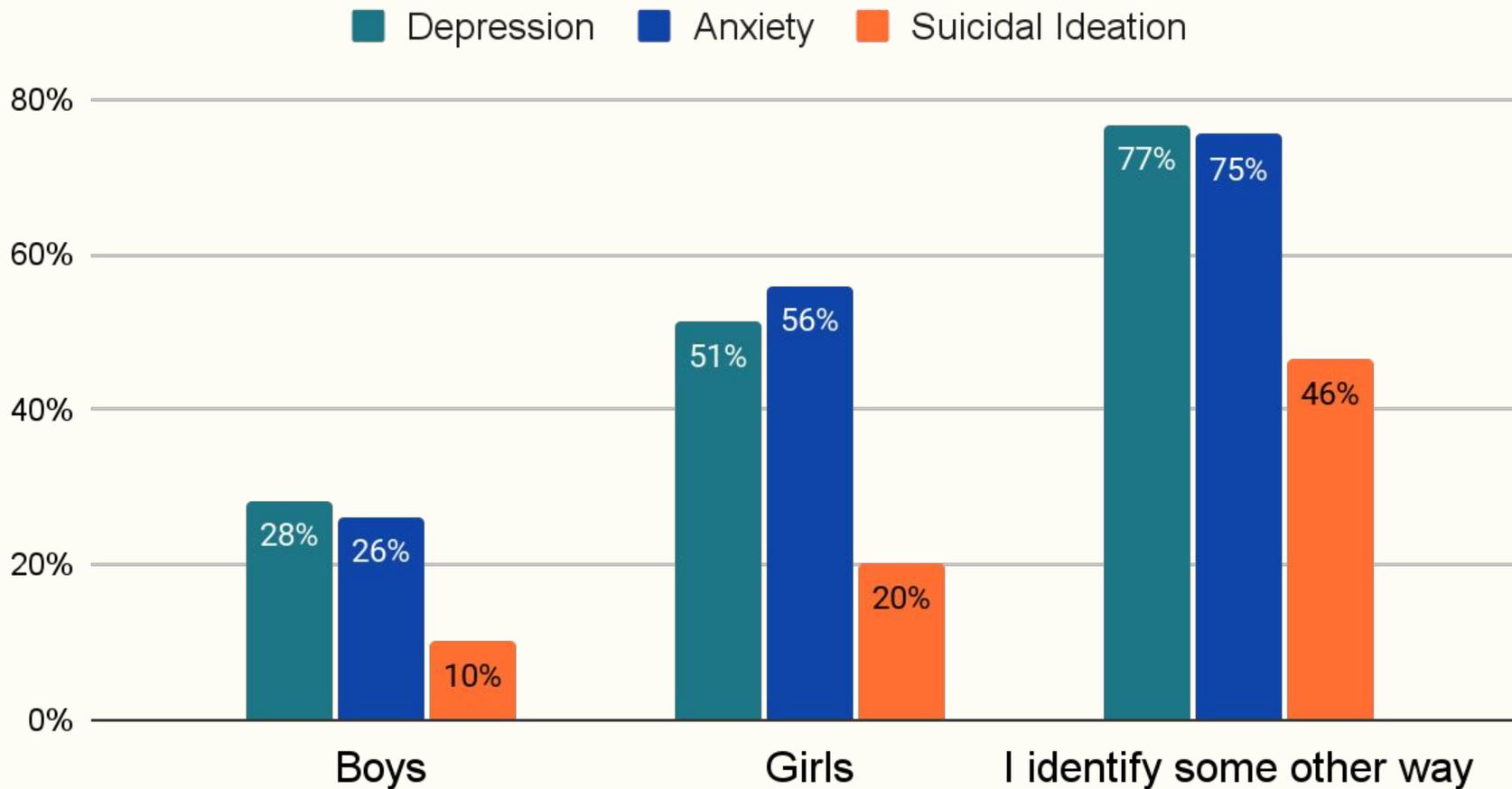
# Who's hurting most?

## Mental Health by Gender



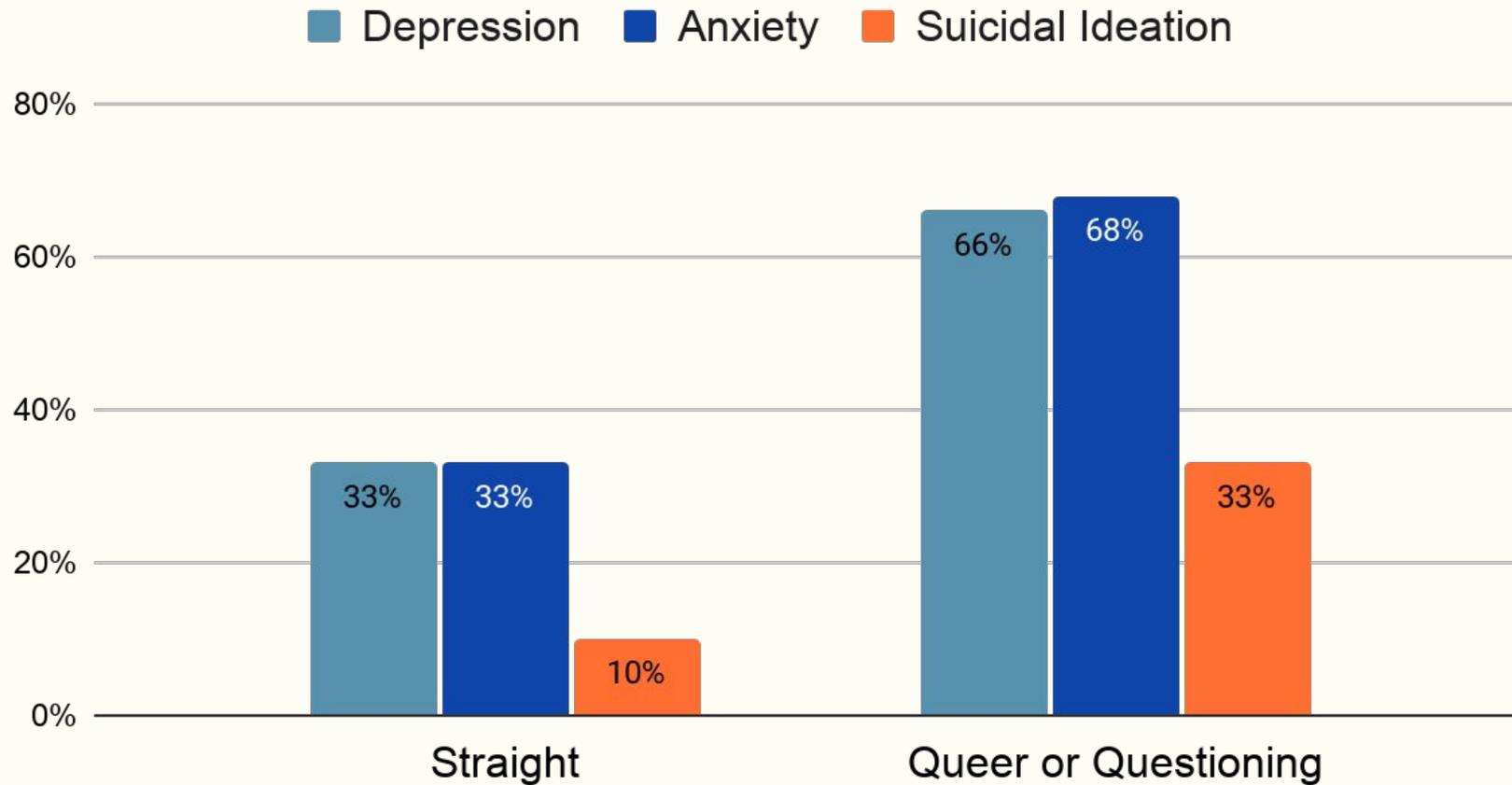
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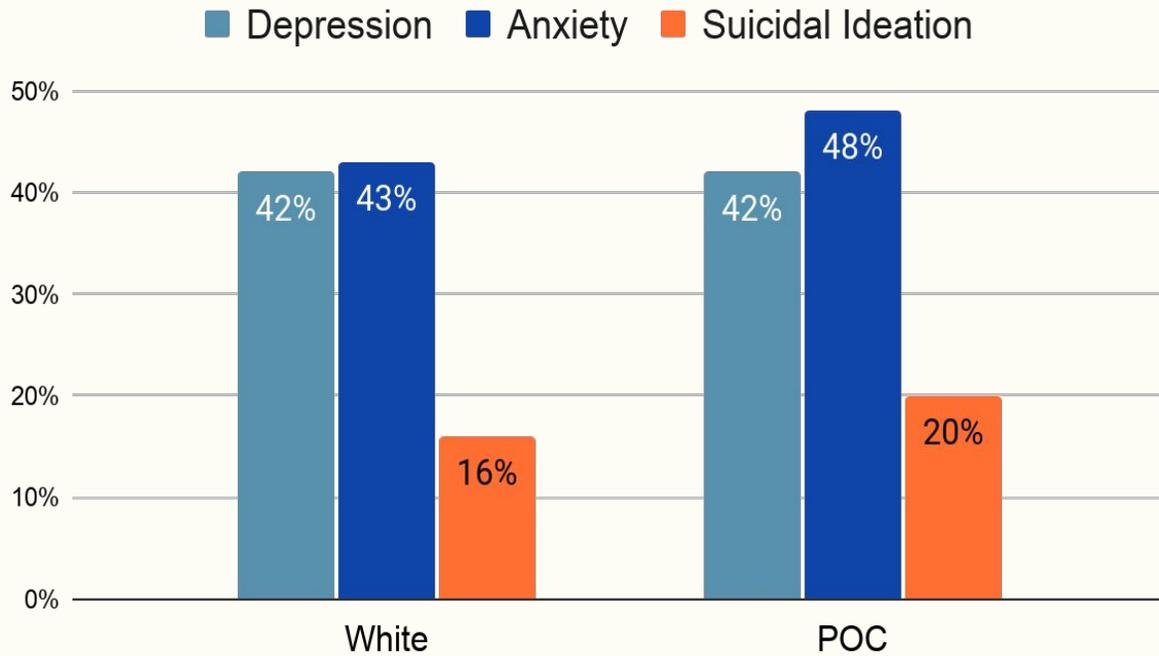
# Who's hurting most?

## Mental Health by Sexual Orientation

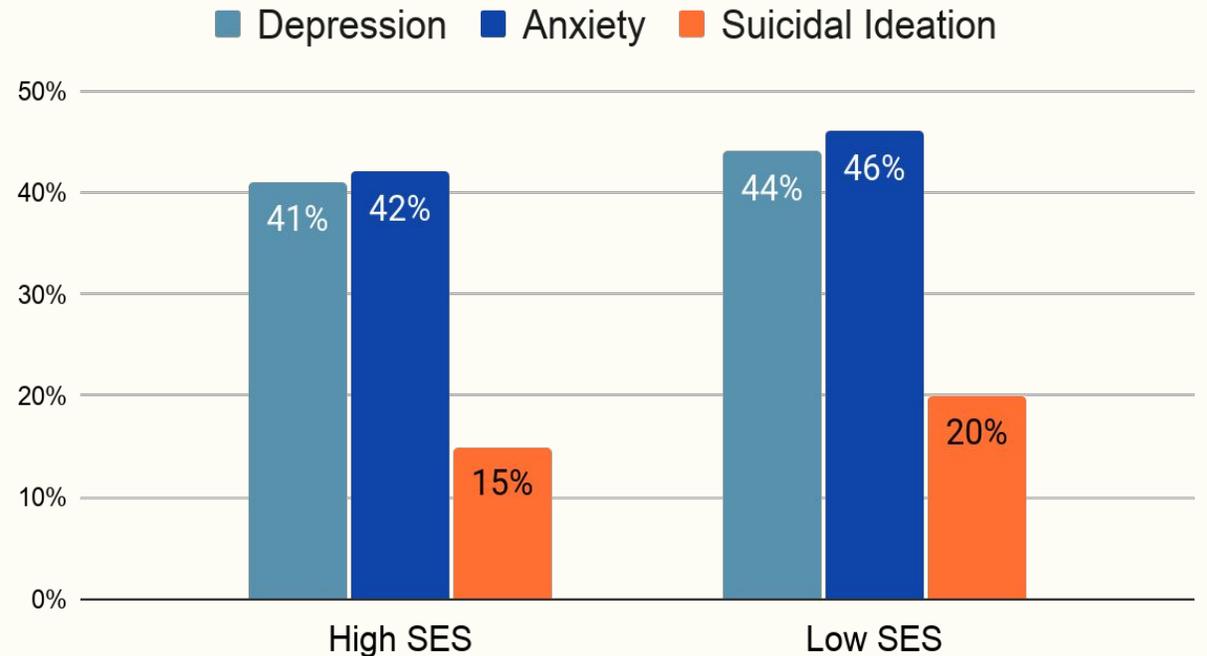


# Further demographic comparisons

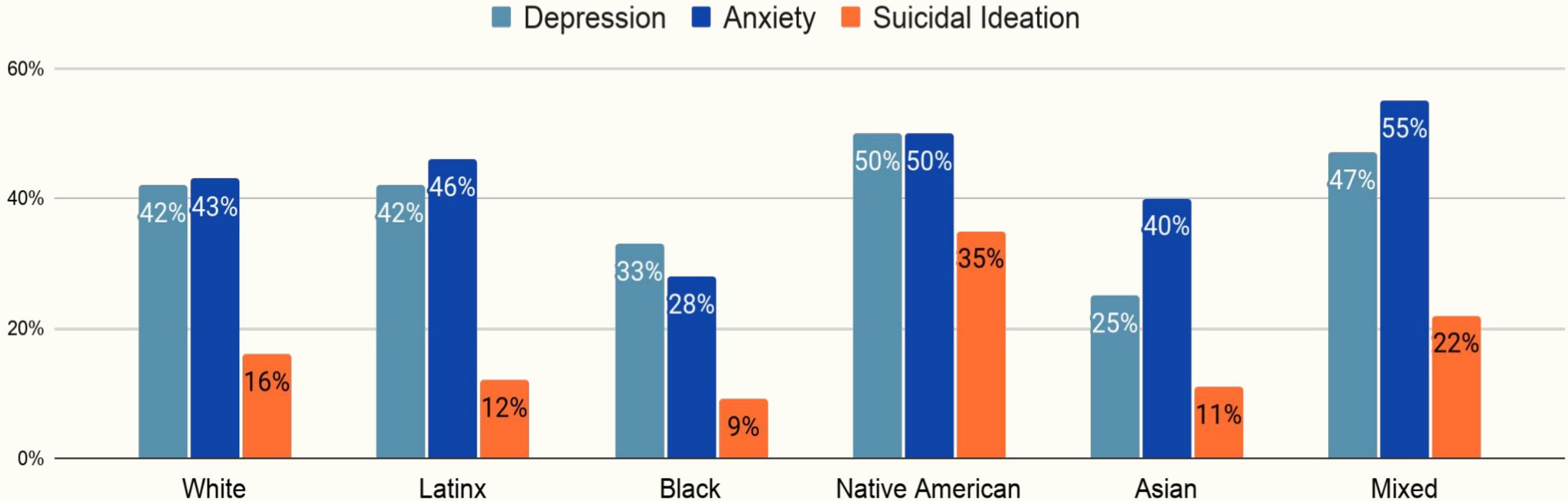
## Mental Health by Race



## Mental Health by SES

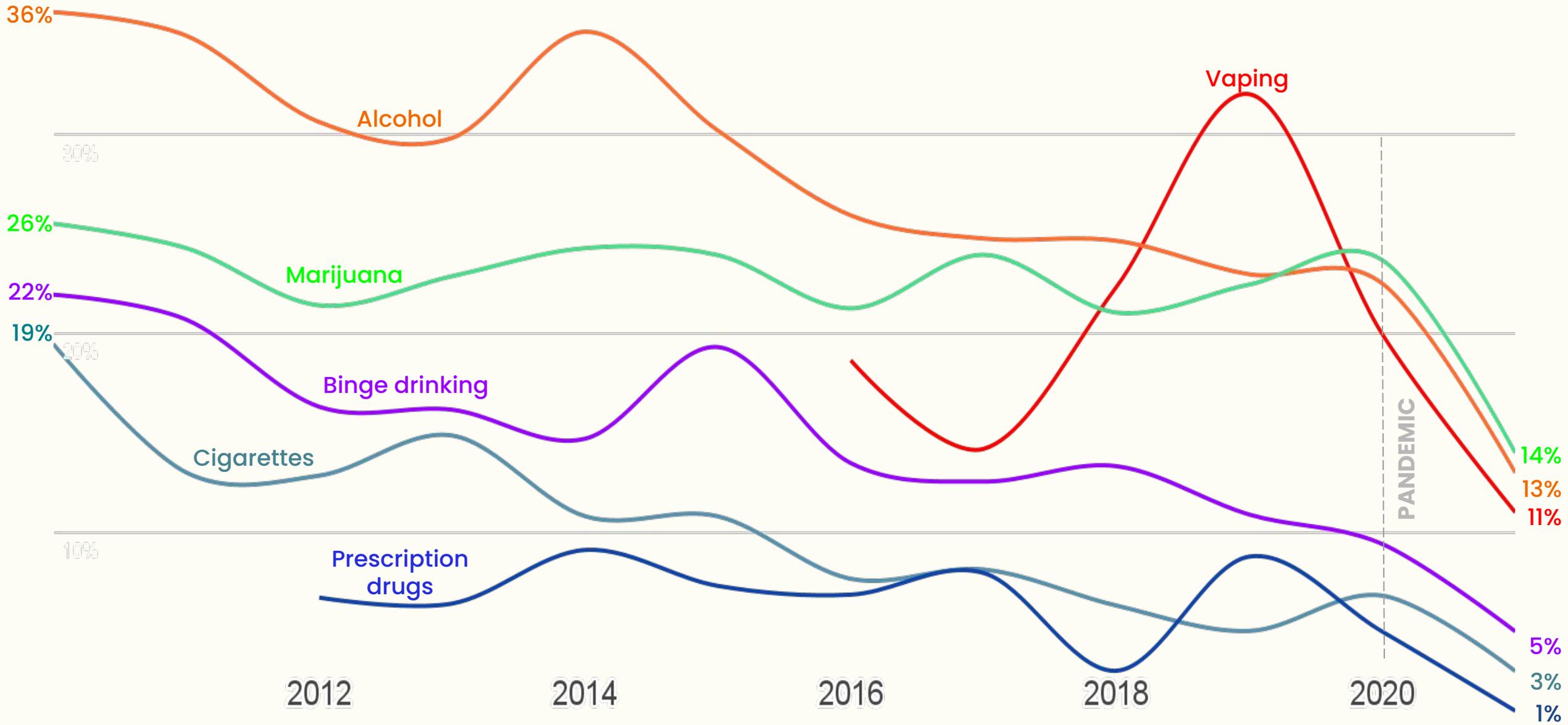


# Mental health for specific racial and ethnic groups



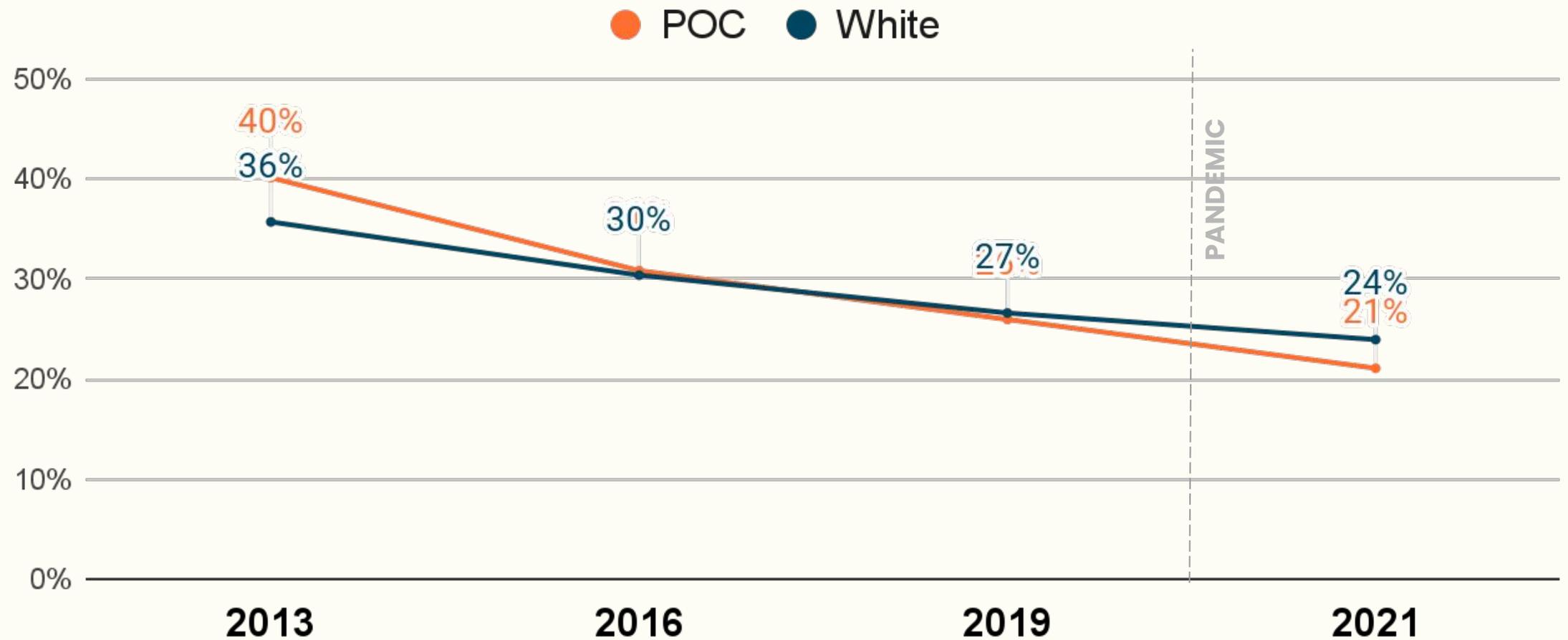
# Substance Use

# Substance use trends over time

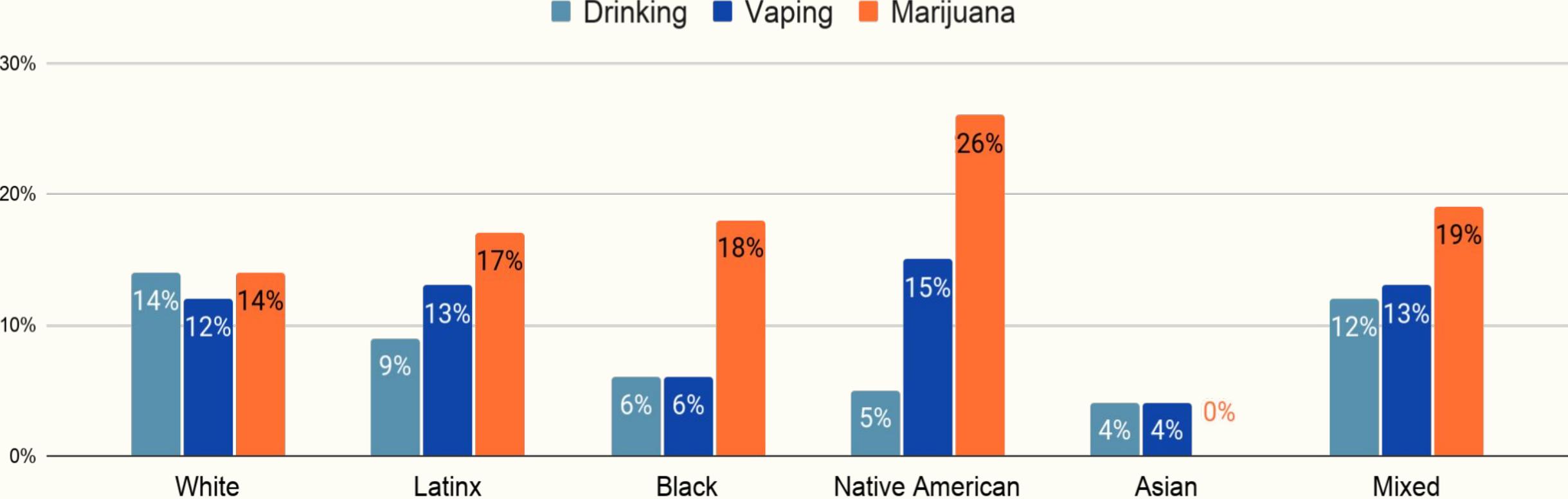


# By Demographic

## Alcohol consumption (last 30 days) by race

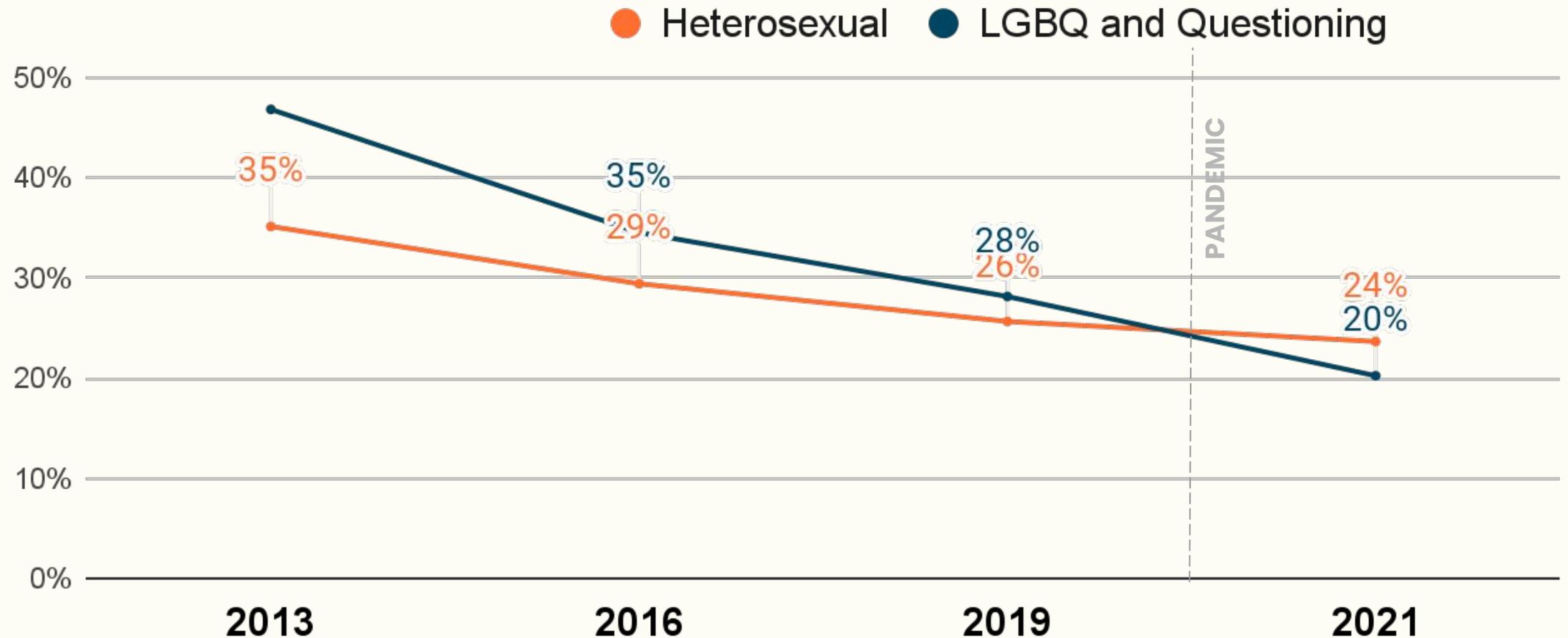


# Drug and Alcohol disparities for specific racial and ethnic groups



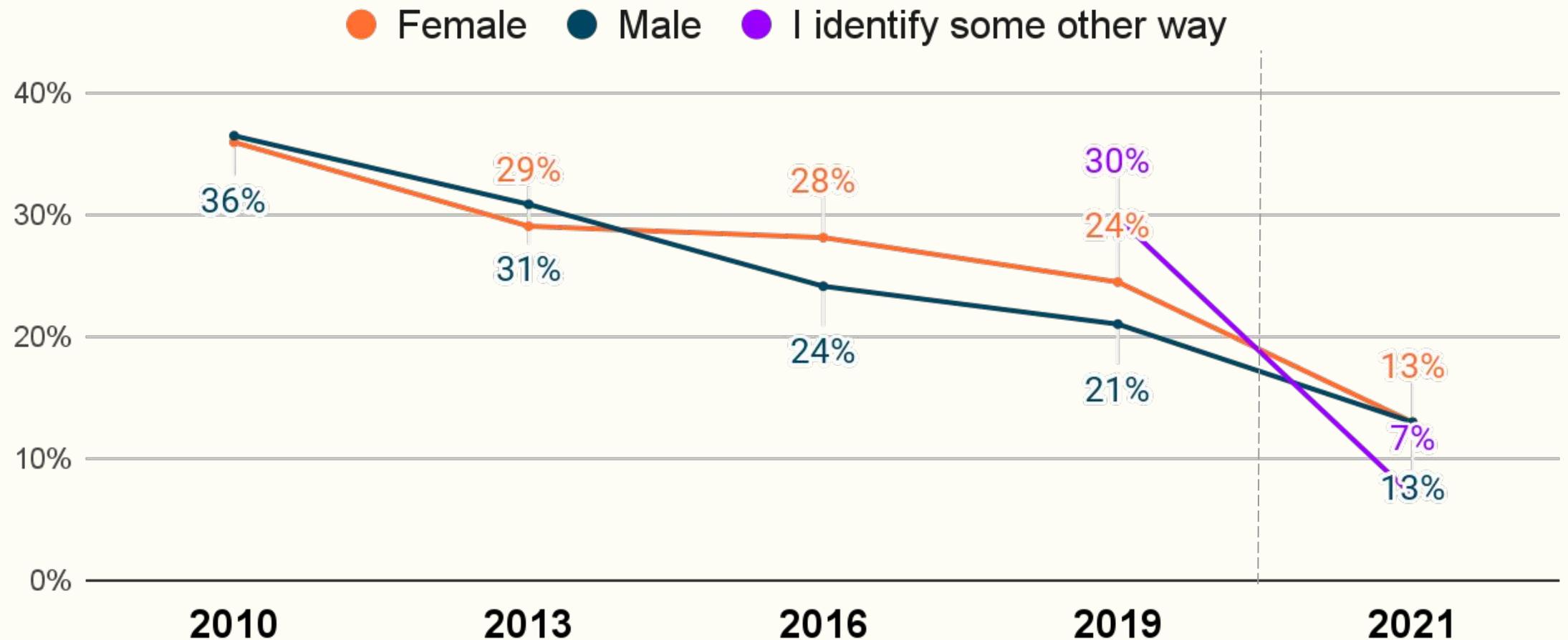
# By Demographic

## Alcohol consumption (last 30 days) by orientation



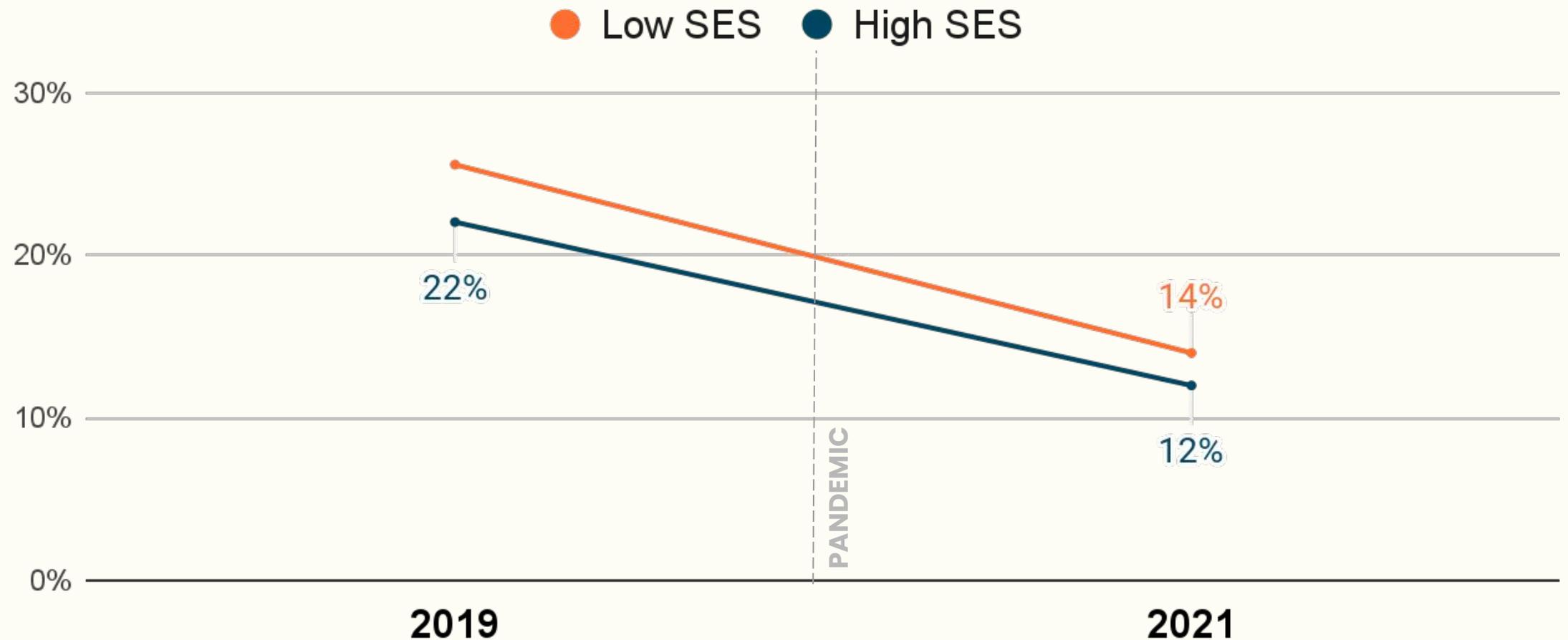
# By Demographic

## Alcohol consumption (last 30 days) by gender



# By Demographic

## Alcohol consumption (last 30 days) by SES



*Approximated by parent/guardian educational status*

# Substances behind the wheel

Of the 1.5k students who completed the survey, approx. 700 had driven a car in the last 30 days.

- 3% of drivers (23 students) reported driving after drinking.
- 8% of drivers (61 students) reported driving after marijuana use.



## Other dangers:

20% of drivers (148 students) reported texting or emailing while driving

23% of drivers (169 students) reported cell phone use while driving

# Big Wins

Students are not noticing their parent(s)/guardian(s) drinking or smoking marijuana more since the start of the pandemic.

*93% of respondents report that their parents drink the same amount or less than they did before COVID. 93% of respondents also report their parents using marijuana the same amount or less than before the pandemic.*

## Risk Factor:

**Risk Factor: Children who see their parent(s)/guardian(s) engaging in substance use are more likely to use substances.**

# **Racism & Discrimination**

# Question Summaries

We asked 3 main types of questions:

- Microaggressions that students may have experienced
- Representation of student race in and outside of the classroom
- Identifying microaggressions

# Key Terms:

**Overt Discrimination:** explicit racism is the intentional and/or obvious harmful attitudes or behaviors towards an individual or group because of their race or ethnicity

Example: Not interviewing someone because they have a name of a different ethnic background

**Covert Discrimination:** is racial discrimination that is concealed or subtle

Example: Repeatedly mispronouncing the names of people of color

# Big Takeaways

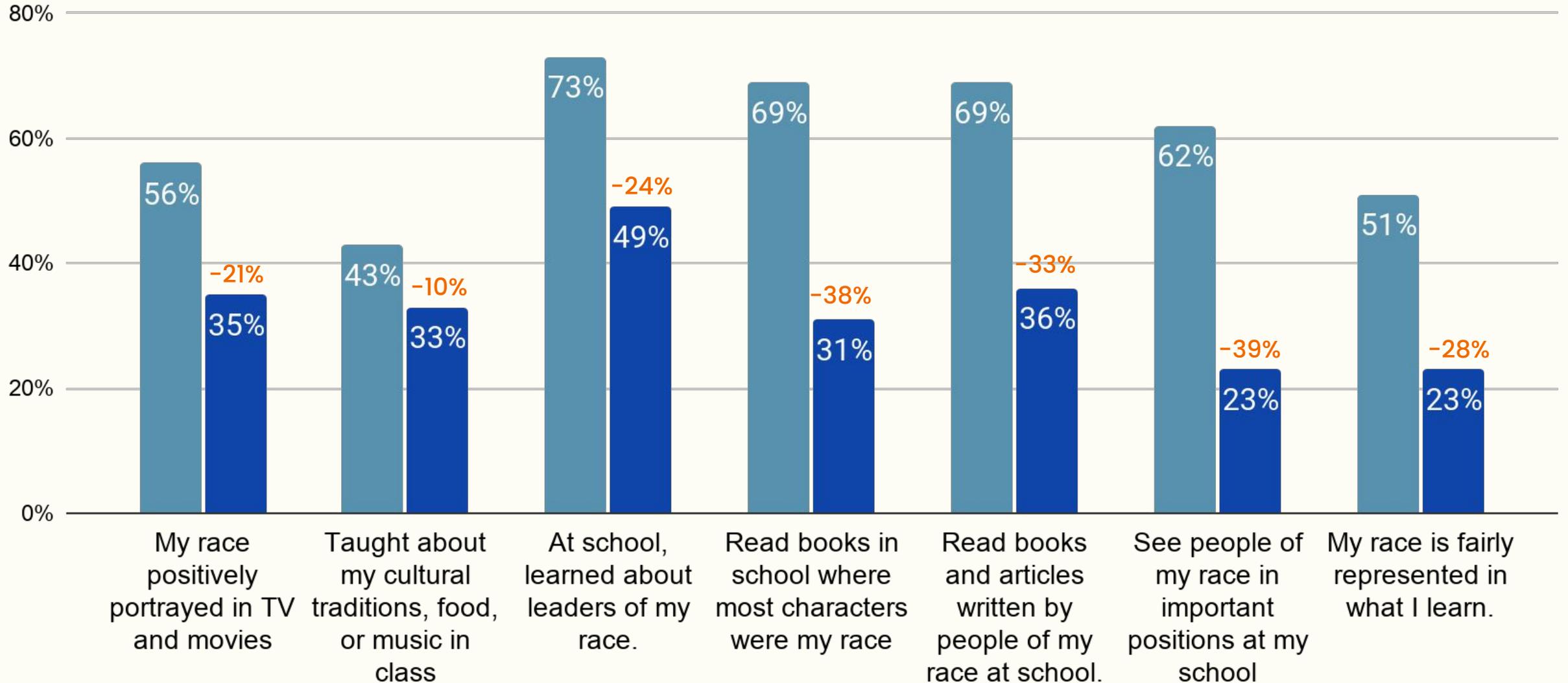
There are large disparities between white and POC students in reported experiences of **overt discrimination**.

Students of all racial and ethnic backgrounds aren't reporting differences in **covert discrimination**. Both groups have struggled to identify microaggressions as hurtful.

# Representation

Showing percent who agree

White POC



# Cross Cultural Exchange

- Most students expressed little preference for the race of their teacher, 73 white students (6%) either preferred or strongly preferred being taught by someone of their own race
- The majority of students of all races enjoyed learning about other cultures (61% of POC, 75% of white students)

# Experienced Microaggressions

There were little to no disparities in measures of covert discrimination between POC and white students.

However, **students of color report notably higher rates of overt discrimination.**

- Students of color report being called racially insulting names at much higher rates (46% vs 20%)
- Students of color report high rates of others assuming that their English was poor (29% vs 14%)
- Students of color report higher rates of others acting afraid of them (43% vs 36%)

# Large disparities for specific races and ethnicities

While some groups were too small to pull meaningful data from, some groups indicated vastly different experiences in their schools. Large differences include:

- Reports of wrongful discipline and detentions were largest between Black and white groups (42% vs 34%)
- Assumptions of poor English were highest for Asians (58% vs 14%)
- Reports of police harassment were drastically different between racial groups, with 17% of Black students reporting being hassled by the police. Native American's report similar rates while Asian and Pacific Island communities report no incidents of police harassment.

# Native American Discrimination

**Native Americans account for 1.2% of the student body**  
(20 were included in our sample)

- 67% report being threatened
- 17% report being hassled by the police
- 61% report others assuming that they're not smart (the highest of any group)
- 67% report others acting afraid of them (the highest of any group)

# Questions?

Nearly 200 questions were asked of over 1.5k students. This data can be spliced in countless ways with endless interpretations. Each school will receive their data in phased releases with each phase focusing on a specific topic.

The Communities that Care Coalition is in the process of creating a new website with the help of the Greenfield marketing agency Common Media. With their help, regional reports will be even more accessible to the public.

If you have any questions, please feel free to contact Sage Shea (they/them) at [sshea@frcog.org](mailto:sshea@frcog.org)

