

2021 YAC Planet Youth Survey Report



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Introduction

The West Central Mountains of Idaho is a region of rich scenic beauty with a population with a strong work ethic. We value our environment and spend a lot of time outdoors which likely contributes to our residents being some of the healthiest in Idaho. Nevertheless, the use of mind-altering substances is a problem locally.

The Idaho West Central Mountains Youth Advocacy Coalition (YAC) has been operating in the region for over a decade. We work to foster the physical and mental well-being of youth, including preventing youth substance use. Using substances at an early age alters brain development that can cause a multitude of problems during youth and later in life. The younger a person begins using a mind-altering substance, the more likely they are to continue to use them throughout life and to develop a substance use disorder.

1

There is a 1 in 4 chance of developing a substance use disorder if you use before age 18.

There is a 1 in 25 chance if you don't use until over age 21.

YAC has partnered with Planet Youth and members of your community to bring a highly successful evidence-based community collaborative approach to reduce substance use and promote good mental and physical health in local youth. This is not a quick and dirty solution, but aims to gradually reduce substance use by changing behaviors and environmental conditions that contribute to substance use.

Developed in Iceland in the 1990's, this highly successful program reduced youth drunkenness and daily smoking in Iceland by ~90% over 15 years. The approach recognizes that

- ◆ raising healthy drug-free youth is a community-wide effort,
- ◆ treating the community, not the individual, will maximize success, and
- ◆ blaming a single group for problems, e.g., parents, peers, communities, or schools, is counter-productive.

There are five key steps in implementing the Planet Youth approach

- ◆ Work with researchers and schools to collect data about local youth to understand their behaviors and local factors that contribute to both positive and negative behaviors
- ◆ Disseminate the data widely in the community
- ◆ Members of the community that represent all facets of community life develop a strategic plan
- ◆ Implement the strategic plan
- ◆ Repeat on a two-year cycle

Together, by following these steps, we can reduce youth substance use and foster the development of happy health young people supported by nurturing families and a caring community.

About this Survey and Report

As the first step in implementing the Planet Youth approach, in spring of 2021, YAC conducted surveys of 8, 9, and 10th grade students in the Meadows Valley and Cascade School Districts. Students in each school took the survey on the same day. 83% of students participated. Surveys were administered by Planet Youth through their secure online platform. Students were not identified at any time during the process; answers are completely anonymous.

Planet Youth compiled the data and YAC performed the data analyses presented in this report. Most of the graphs presented represent data for the two schools combined. Where findings from the two school districts differed significantly, district specific data are presented as long as, in doing so, privacy could be maintained.

This survey was administered in the midst of the COVID-19 pandemic. At the time, both schools had been holding in-person instruction for at least 30 days. Nevertheless, the lives of our youth had suffered significant disruptions in the previous year which may have impacted student attitudes and behaviors. At the same time that students completed this survey, they also completed a questionnaire related to their experiences relative to COVID-19. Those data will be compiled in a separate report.

We hope that as you read through the survey findings you see the many positive aspects of youth culture and community supports in the Idaho West Central Mountains. At the same time, we hope that you will not turn a blind eye to areas where we could do better. We ask you to consider ways that you as an individual and we as a community can work together to maintain our positives and mitigate our negatives. Together we can nurture healthy, happy, and productive youth ready to take on the world as adults.

Thank you!

The YAC Team

For further information contact YAC at

PO Box 1761, McCall, ID 83638

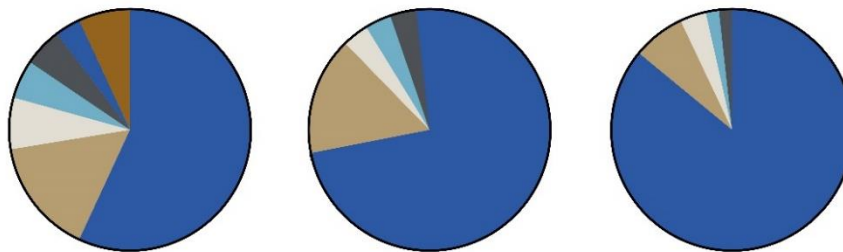
wcm.yac@gmail.com

westcentralmountainyouth.org/

Alcohol Use

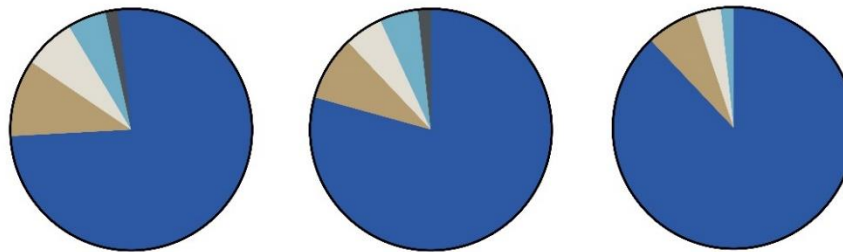
Alcohol Use 45% of youth report having drunk alcohol
 Parental attitudes on youth drinking may impact use

Ever Drank alcohol - In last year In last month

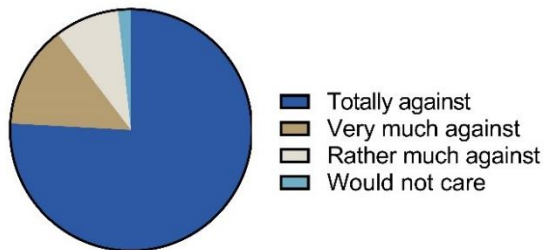


- Never
- 1-2 times
- 3-5 times
- 6-9 times
- 10-19 times
- 20-39 times
- 40 times or more

Was drunk -

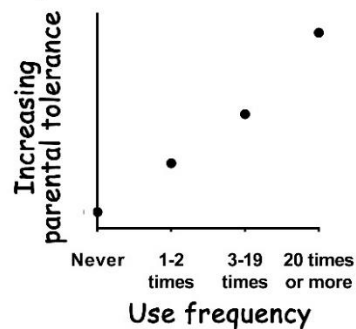


Parental attitude to my use of alcohol



- Totally against
- Very much against
- Rather much against
- Would not care

Youth use vs parental attitudes

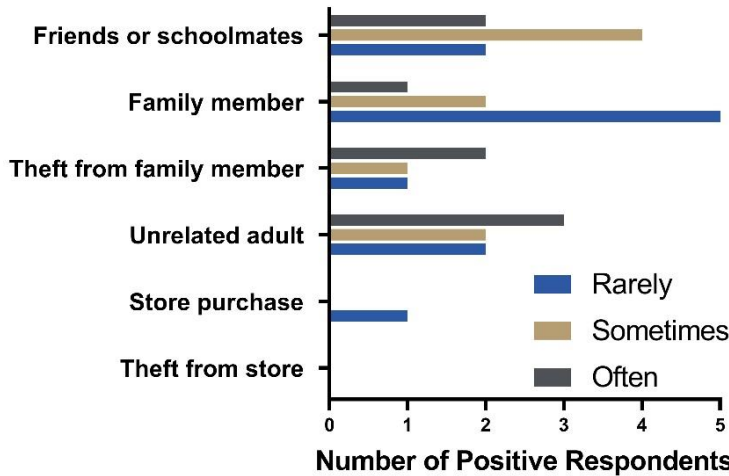


Where Youth Obtain and Use Alcohol

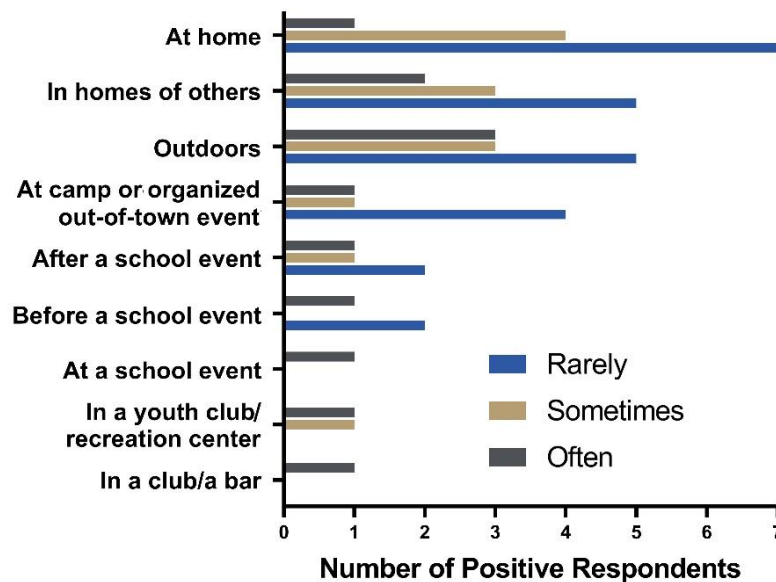
Most youth consume alcohol in their own home or that of a friend

Many youth obtain alcohol from family members either by being given it or stealing it

Where I get alcohol -



Where I drink alcohol -

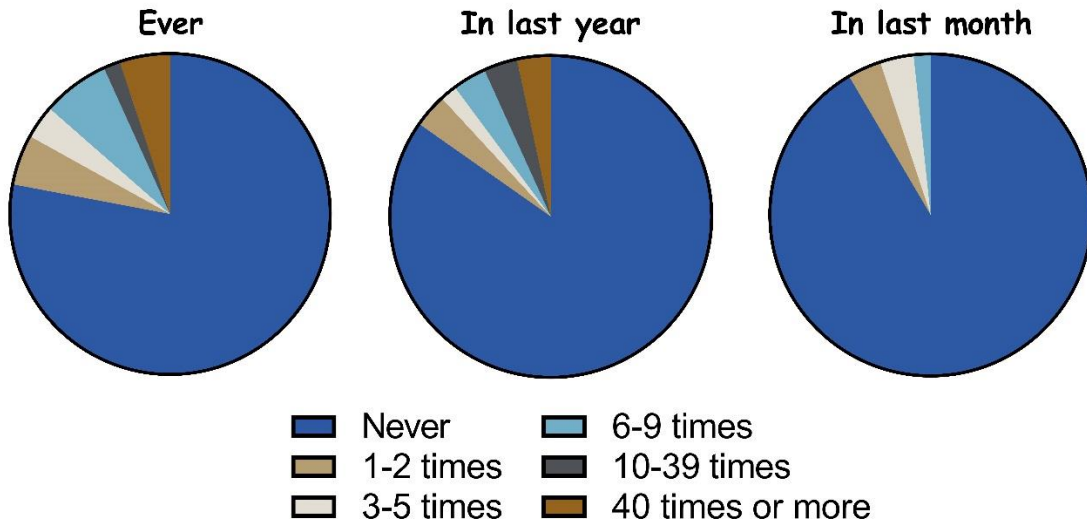


Cannabis Use

Almost a quarter of our youth have tried cannabis

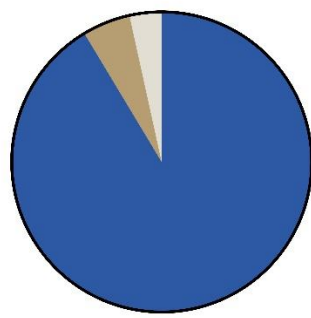
Parents look on cannabis use less favorably than alcohol use

Used cannabis -



Parental attitude to my use of cannabis

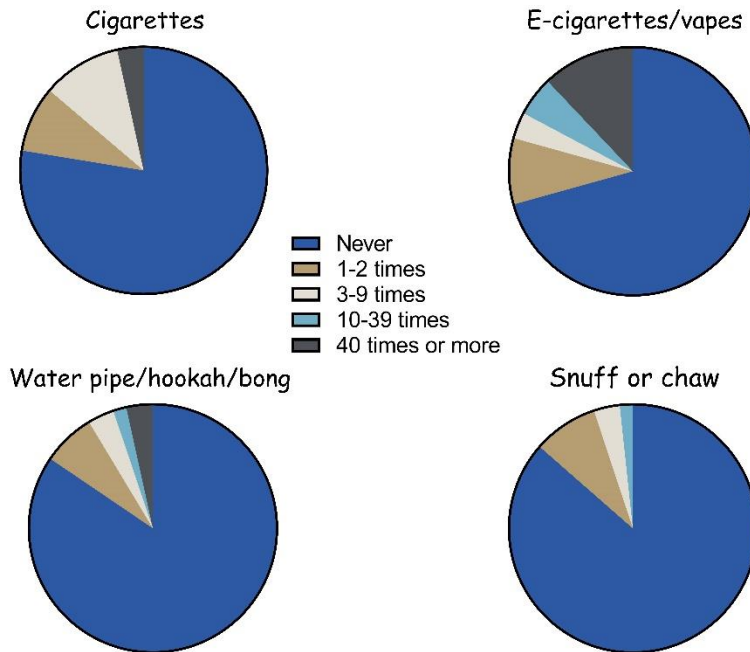
- Totally against
- Very much against
- Rather much against



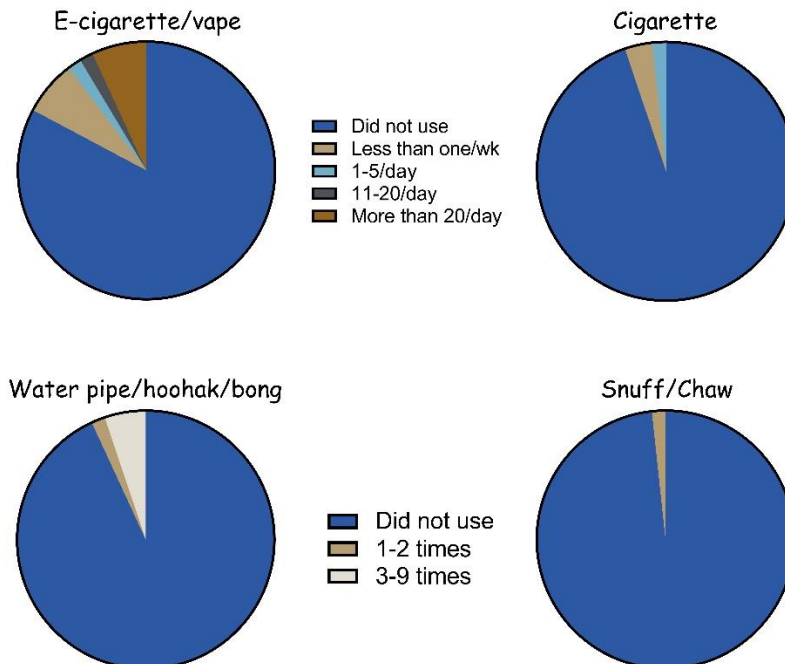
Tobacco and Vape Use

Youth tobacco use is a significant local problem

Lifetime -

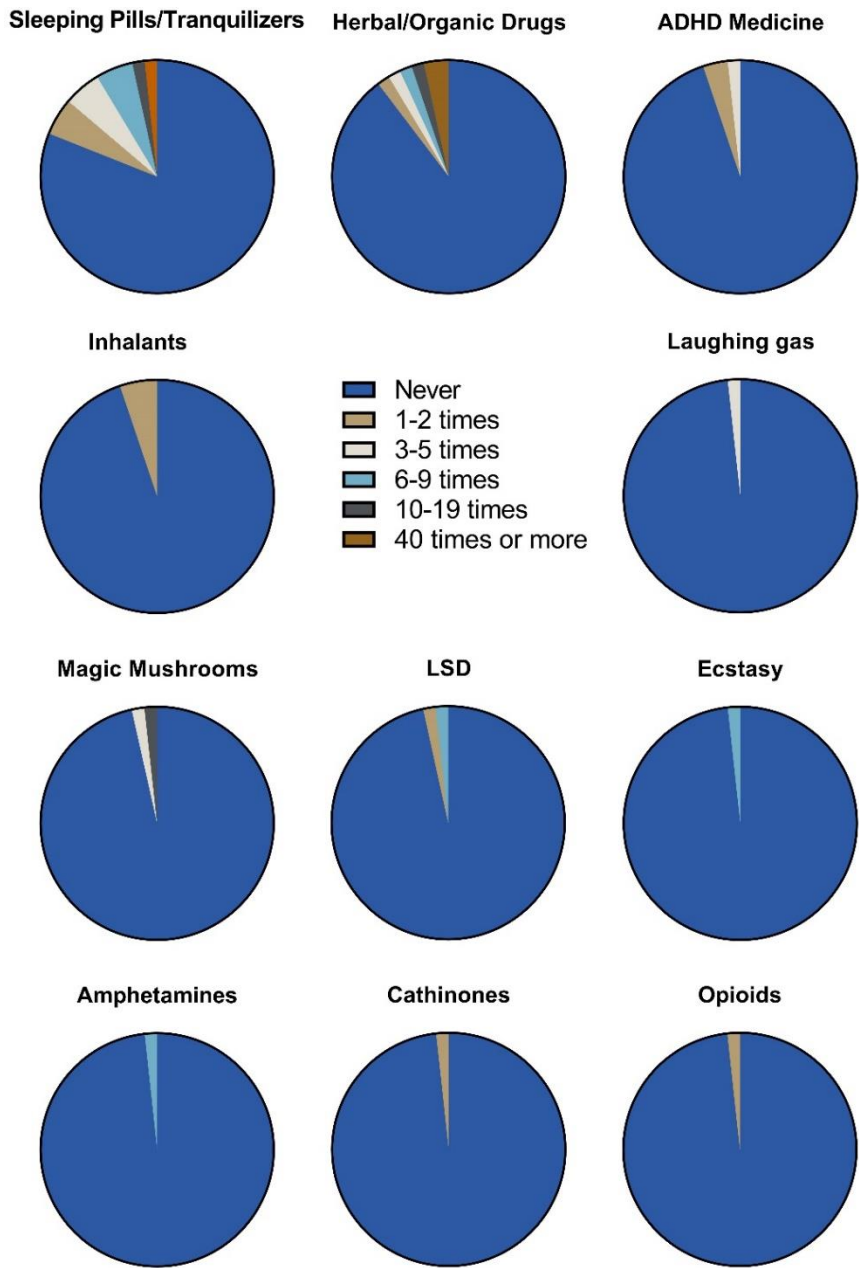


Past month -



Other Substance Use

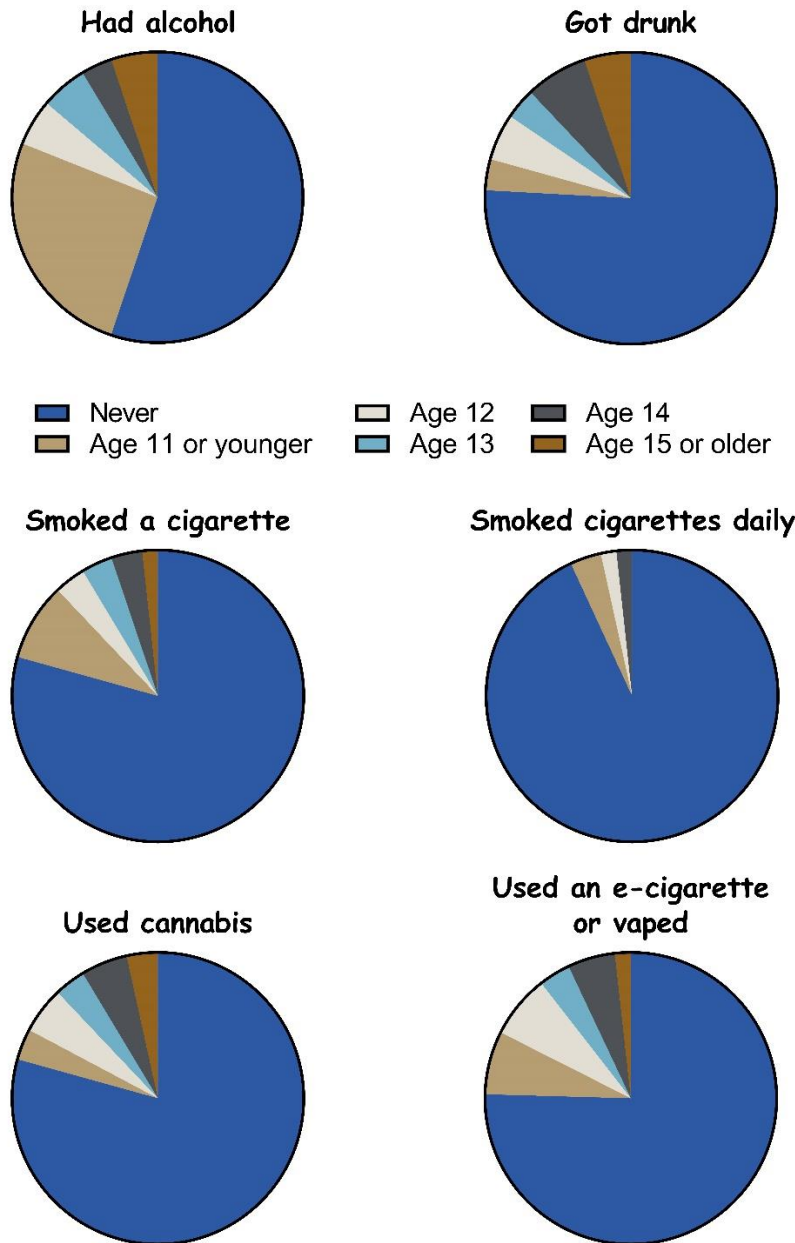
23% of students report they have used at least one of these substances at some time in their life



Age of First Use

Almost ¼ of our youth had their first drink of alcohol by the age of 11

Students were older when they first used tobacco or cannabis or vaped



Participation in Organized Activities

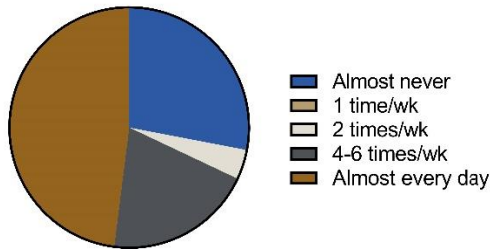
More than 90% of students participate in sports, arts, or other activities at least 3 times weekly

Sports

Most students regularly participate in organized sports, but have limited physical activity outside of these

Engage in organized sports

Exert myself until I sweat

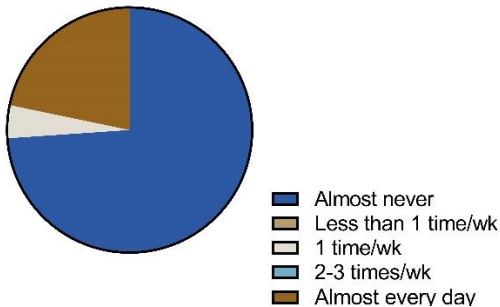


Other organized activities

Most students participate in an organized social activity at least once per week

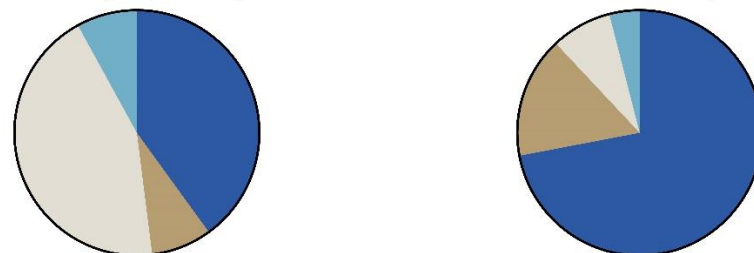
Do music/art/drama/dance

Participate in other organized activities



Participate in a community or church group activity

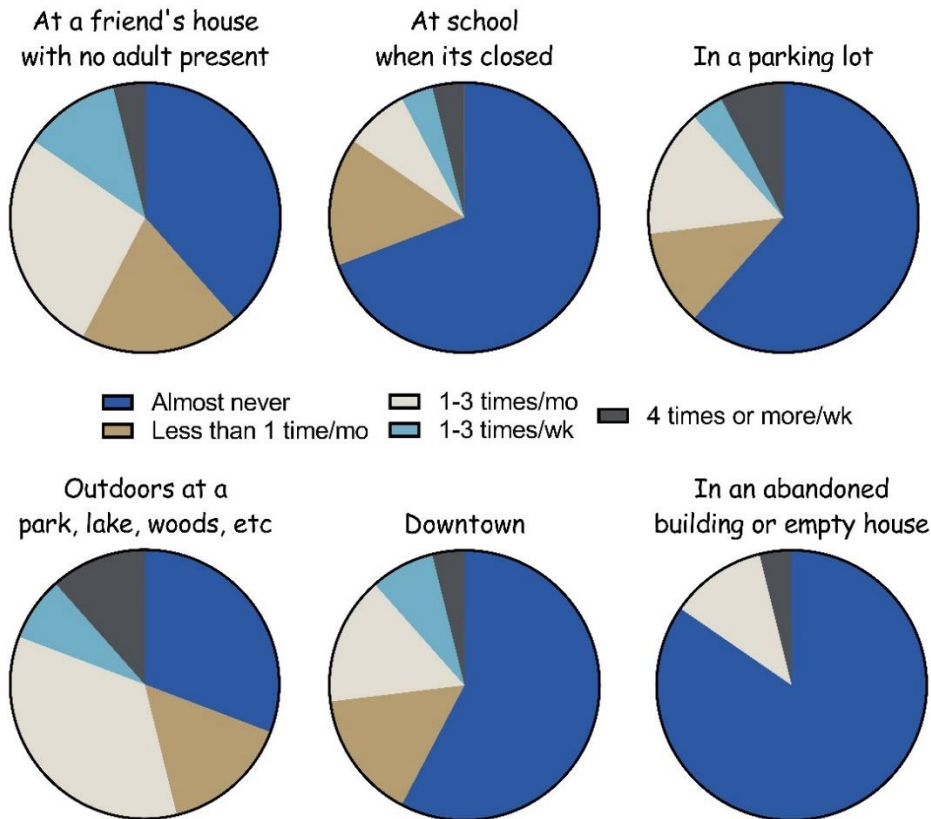
Volunteer in the community



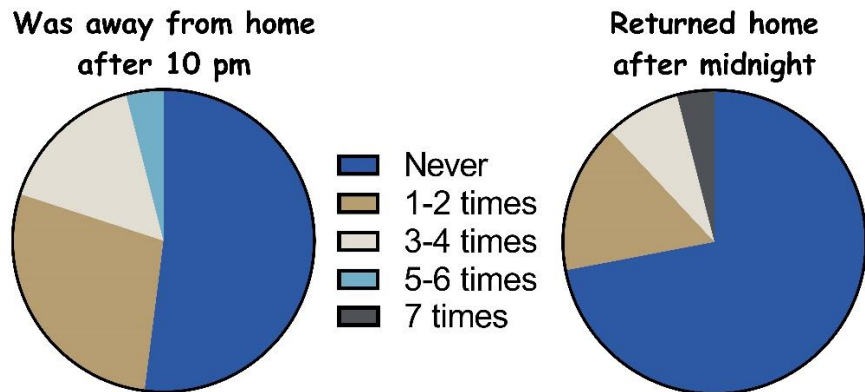
Unsupervised Time

Students find time and places to get together unsupervised
Youth are often out late at night

Unsupervised places where students hang out together



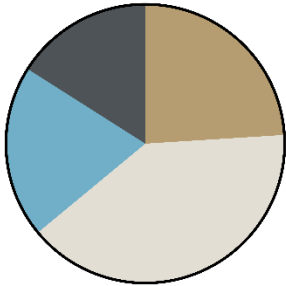
Staying out late



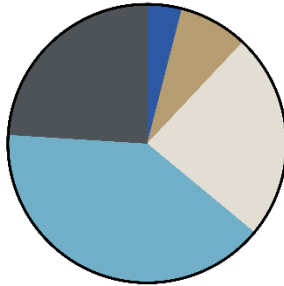
Attitudes towards Rules

Students have flexible attitudes towards rules

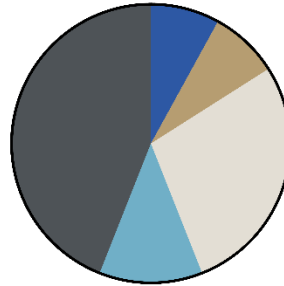
I can break rules if they don't seem to apply



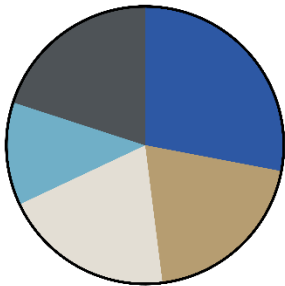
I follow whatever rules I want to follow



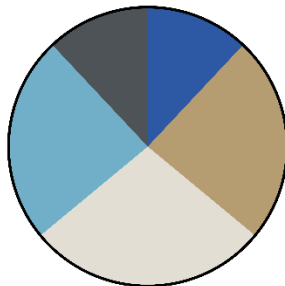
There are very few strict rules in life



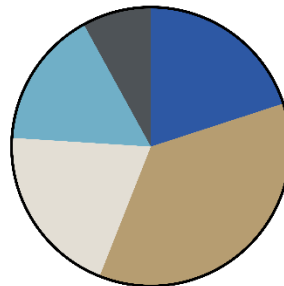
It is difficult to trust anything, because everything changes



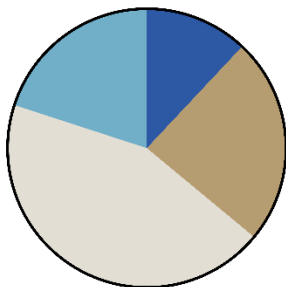
Nobody knows what is expected of them in life



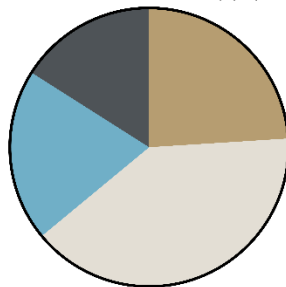
You can never be certain of anything in life



Sometimes you need to break rules in order to succeed



I can break rules if they don't seem to apply

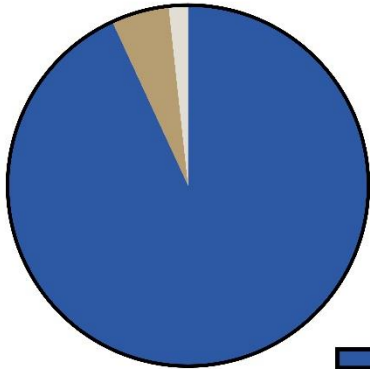


- Strongly agree
- Agree somewhat
- Neither agree nor disagree
- Disagree somewhat
- Strongly disagree

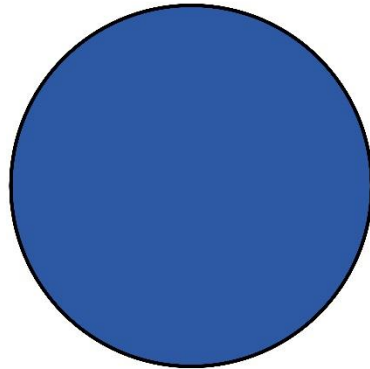
Youth Crime

Our students report that they rarely commit a non-drug-related crime

Stolen something worth more than \$30

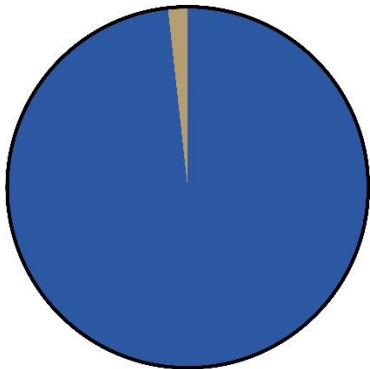


Used physical violence to steal

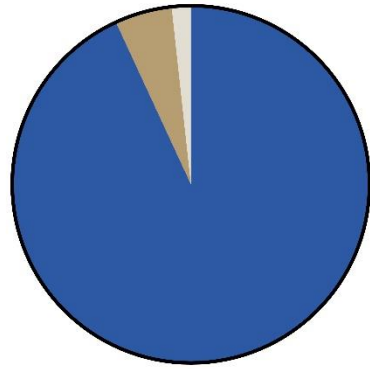


- Never
- Once
- More than once

Broken into a building or car to steal



Committed another offense

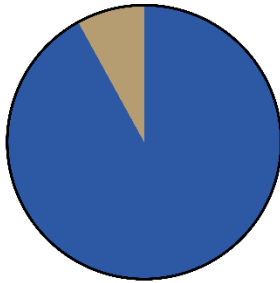


Perceived Behavior of Peers

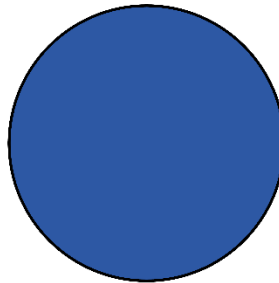
Students think their friends behave a bit more improperly than they admit to themselves

In the past year, how many friends do you think have -

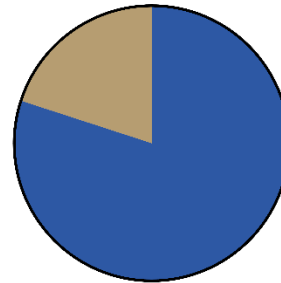
Stolen something worth more than \$30



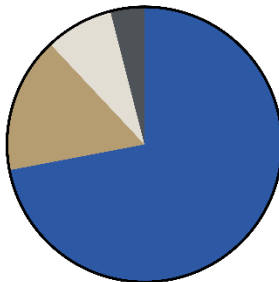
Broken into a building/car in order to steal



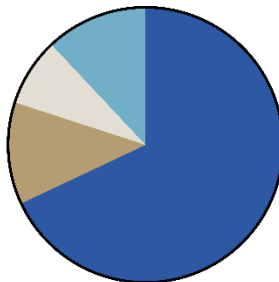
Damaged or vandalized things



Picked or searched out fights

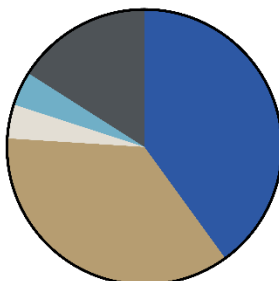


Smoked cigarettes

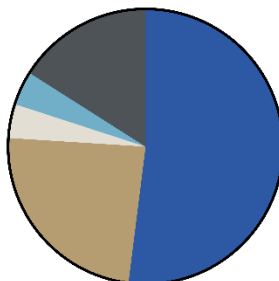


- None
- A few
- Sometimes
- Most
- Almost all

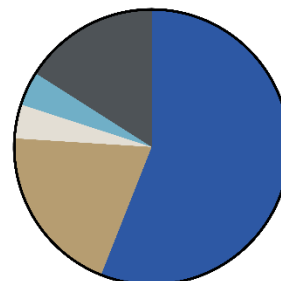
Drank alcohol



Became drunk at least once a month



Used cannabis

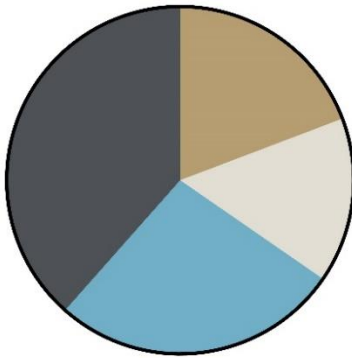


Peer support

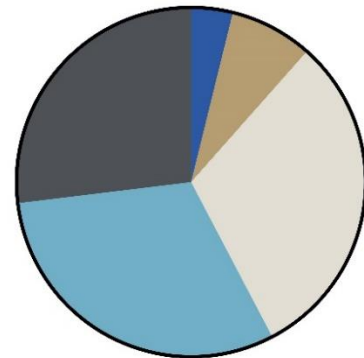
2/3 of students do not agree that students are nice to each other

1/3 of students don't have friends that they are sure care about them

I have friends that care about me

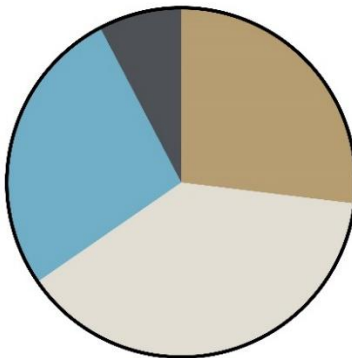


My friends think we should do our best at school

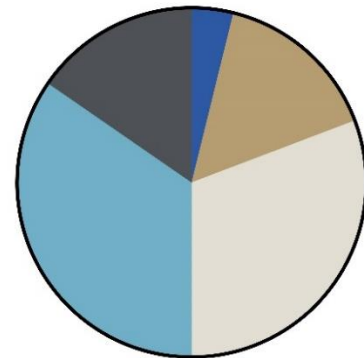


- Strongly disagree
- Disagree somewhat
- Neither agree nor disagree
- Agree somewhat
- Strongly agree

The students are nice to each other



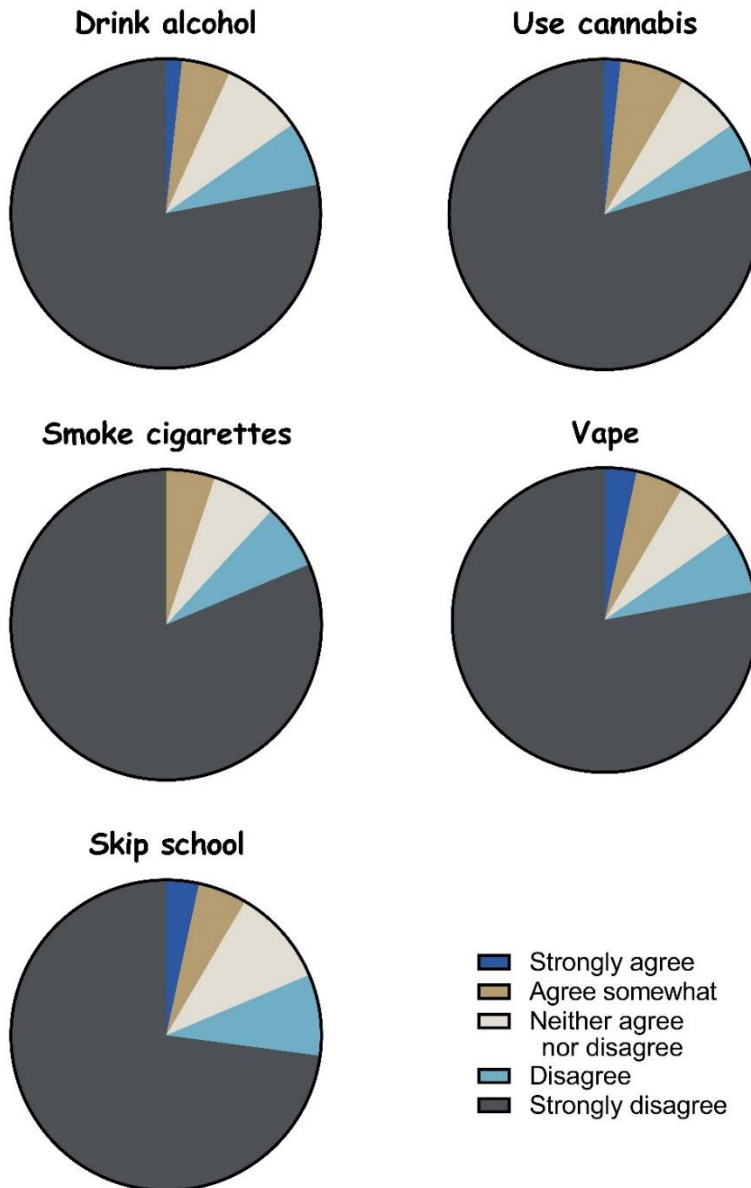
It is not a big deal to make mistakes



Peer pressure

Most students do not report much peer pressure to make poor choices about substance use

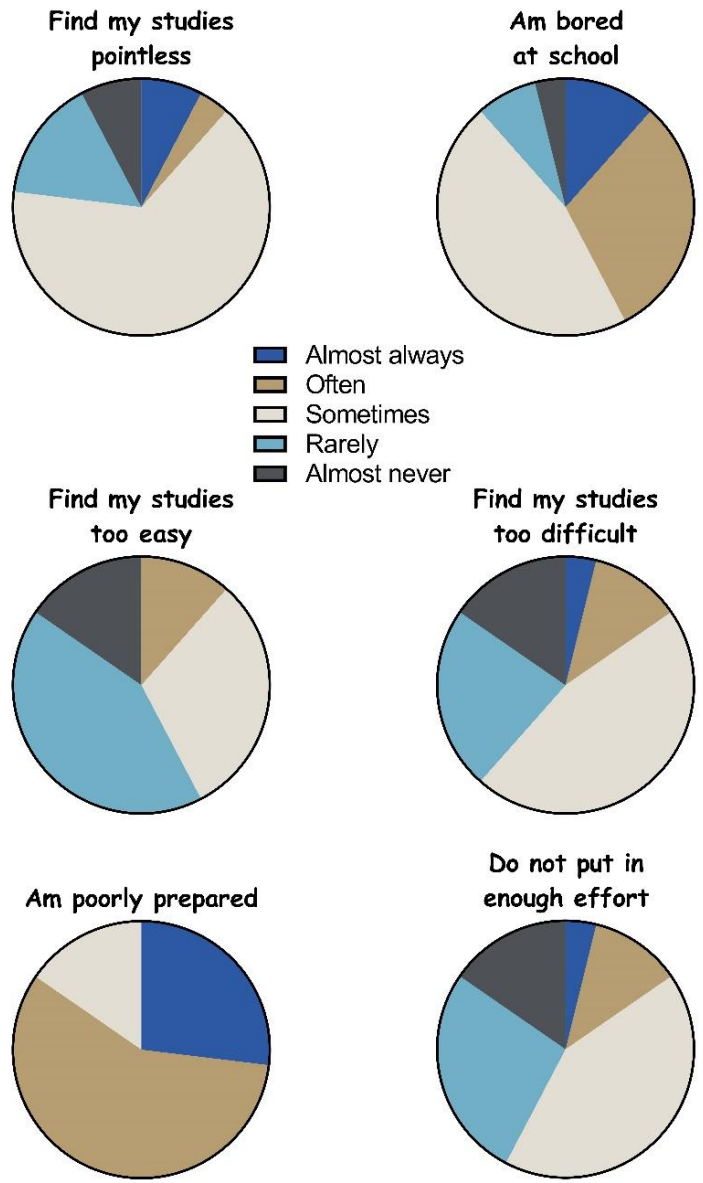
To not be left out of the group, sometimes you must -



Interest in school*

Students are struggling to stay engaged in school and feel poorly prepared for classes

Although most students say studies can be too difficult, well over half admit that at least sometimes they do not put in enough effort



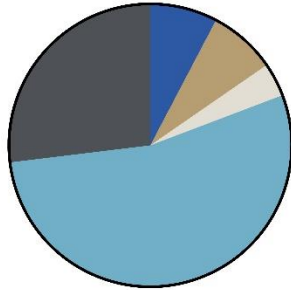
*Answers may be atypical due to COVID-induced school changes

Doing my best at school*

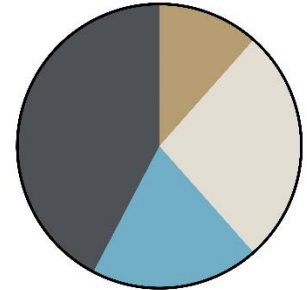
Youth mostly try their best at school

Students do not feel strongly that school is meeting their needs

I try my best in school

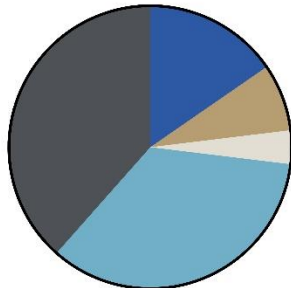


Doing my best in school now will help me when I am older

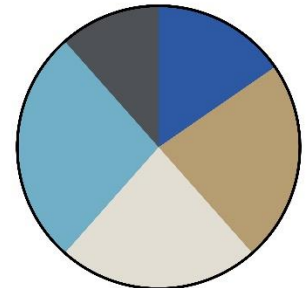


- Strongly disagree
- Disagree somewhat
- Neither agree nor disagree
- Agree somewhat
- Strongly agree

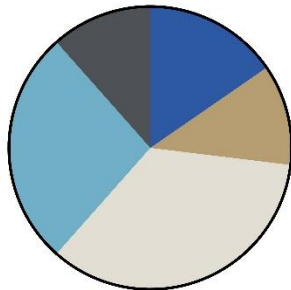
At least one thing I do at school makes me want to be the best I can be



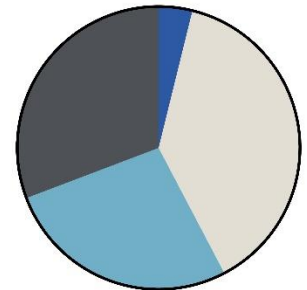
My school is helping me achieve goals that matter to me



My school helps me discover things I'm good at



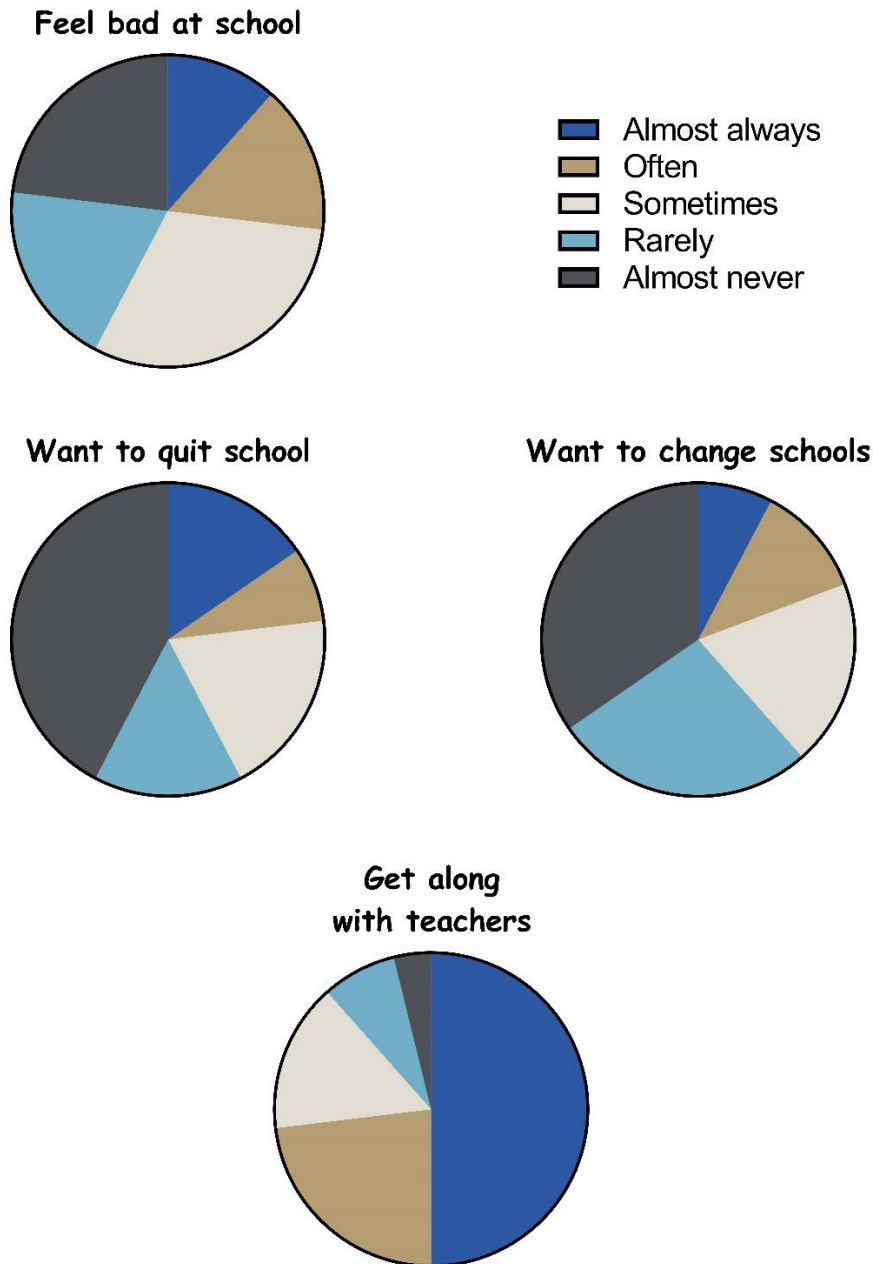
I have a good time participating in activities at my school



**Answers may be atypical due to COVID-induced school changes*

Satisfaction with school*

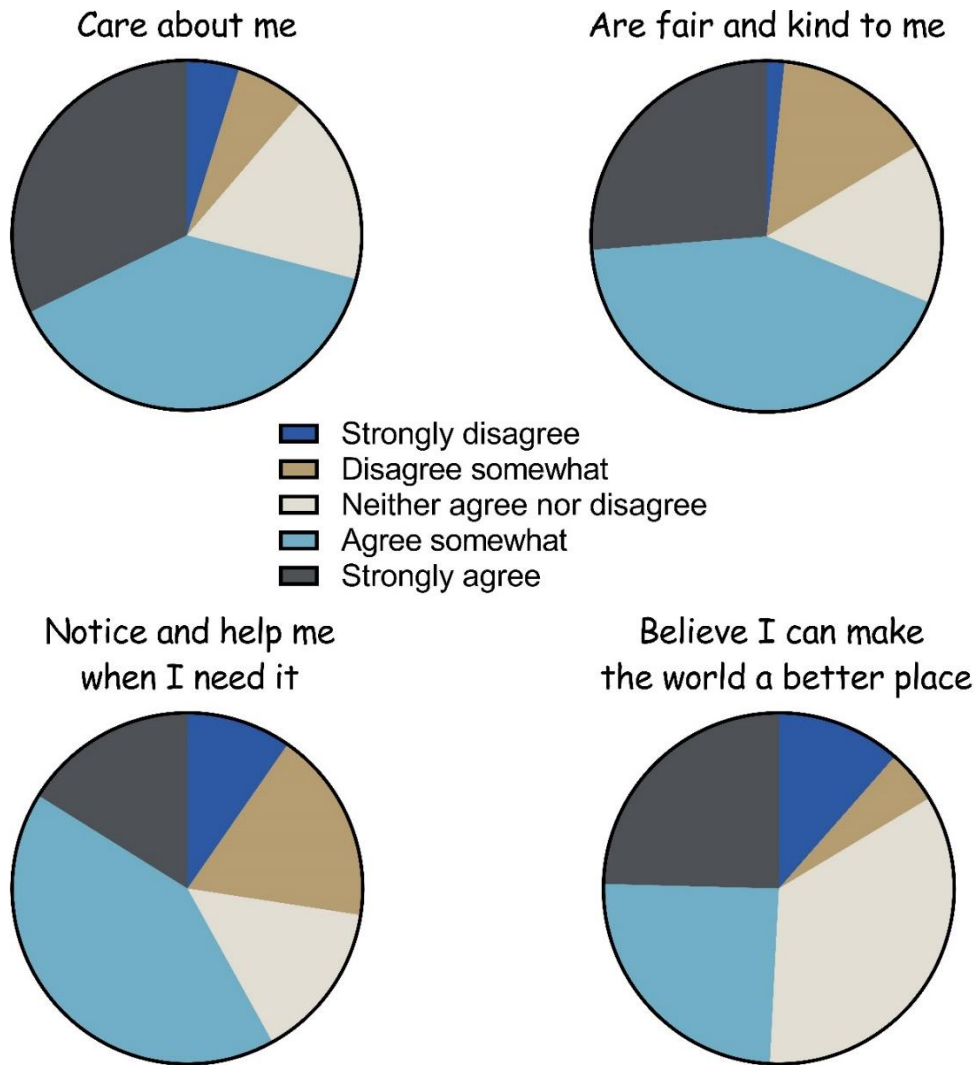
Students are not particularly happy at school, but they mostly get along with their teachers



*Answers may be atypical due to COVID-induced school changes

Satisfaction with adults at school

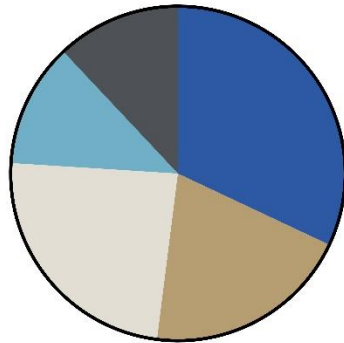
A wide majority of students feel adults at school care about them, are fair and kind, and are helpful



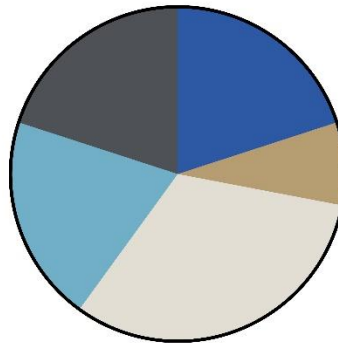
Satisfaction with the community

Students generally find their community a reasonably good place to live, but many hope to leave in the future

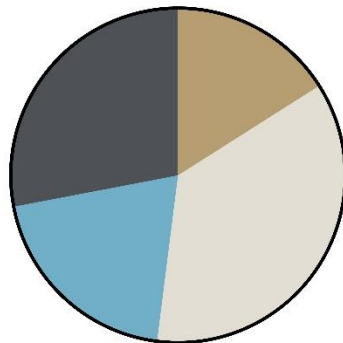
It is good to live here



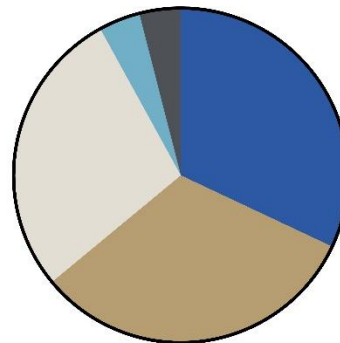
There are a lot of things to do here



In the future I would like to continue to live here



In the future I would like to move to another city

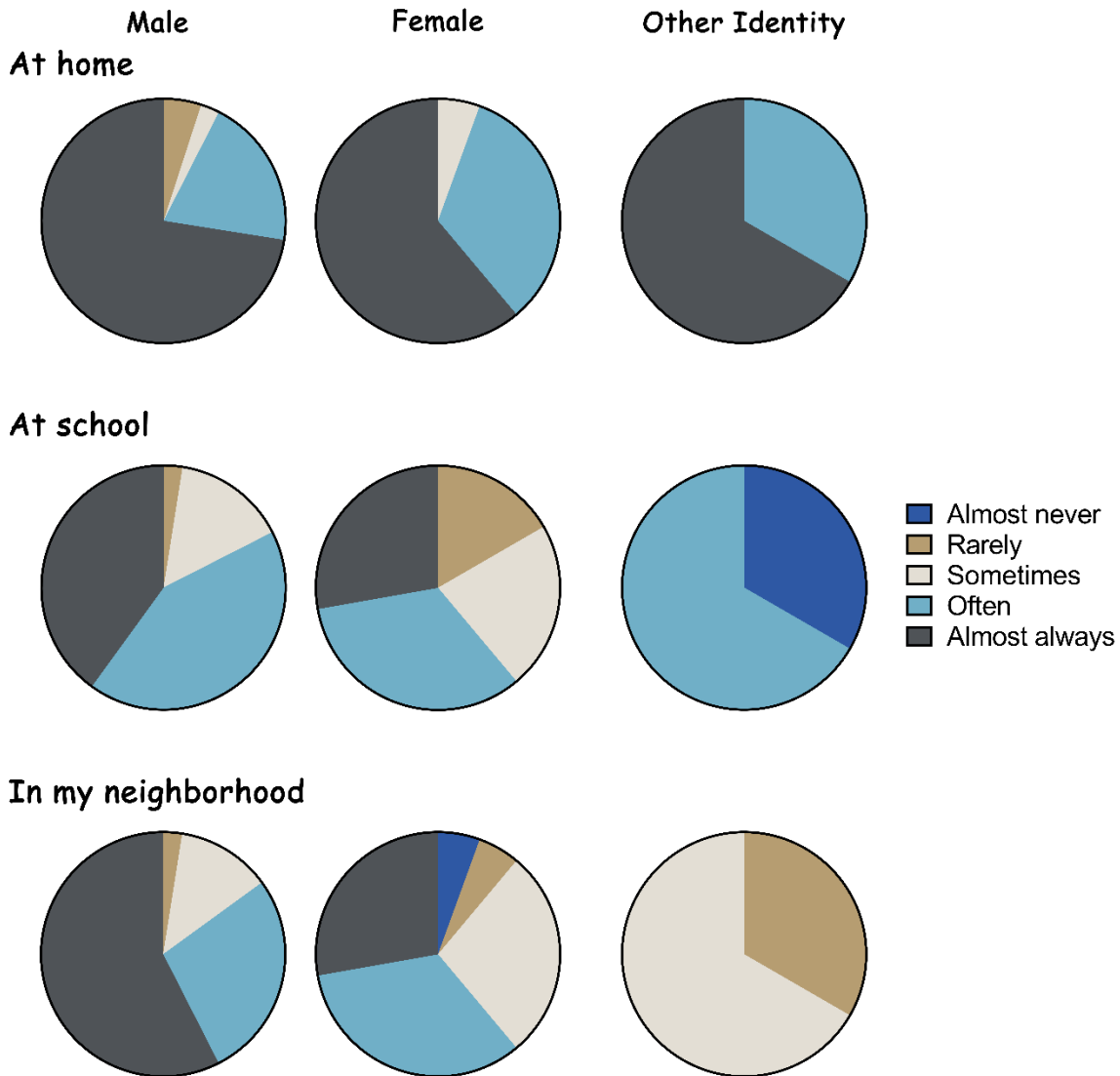


- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Sense of safety

Most boys feel safe most of the time, but many girls and individuals with non-traditional gender identification often feel unsafe outside their home

I feel safe -

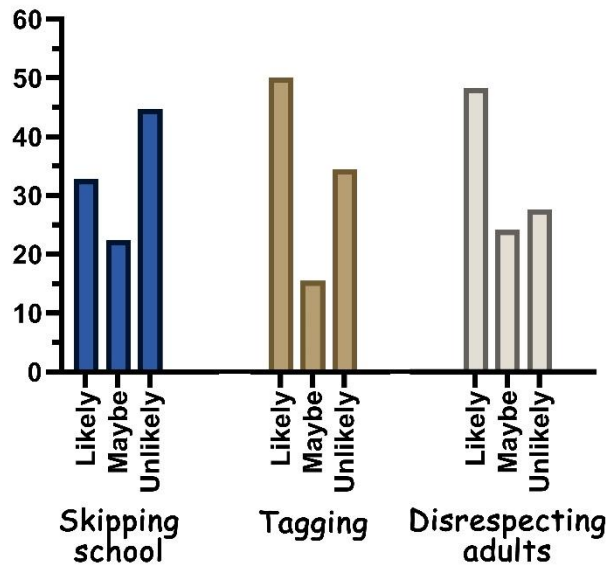
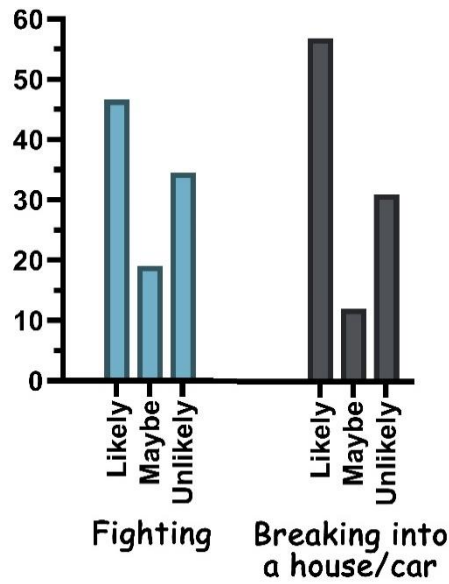


Monitoring by adults in the community

Youth think about 1/3 of adults would do nothing to stop bad behavior

More students think neighbors would step in if they saw a break-in than two kids fighting

My neighbors would do something if they saw youth -

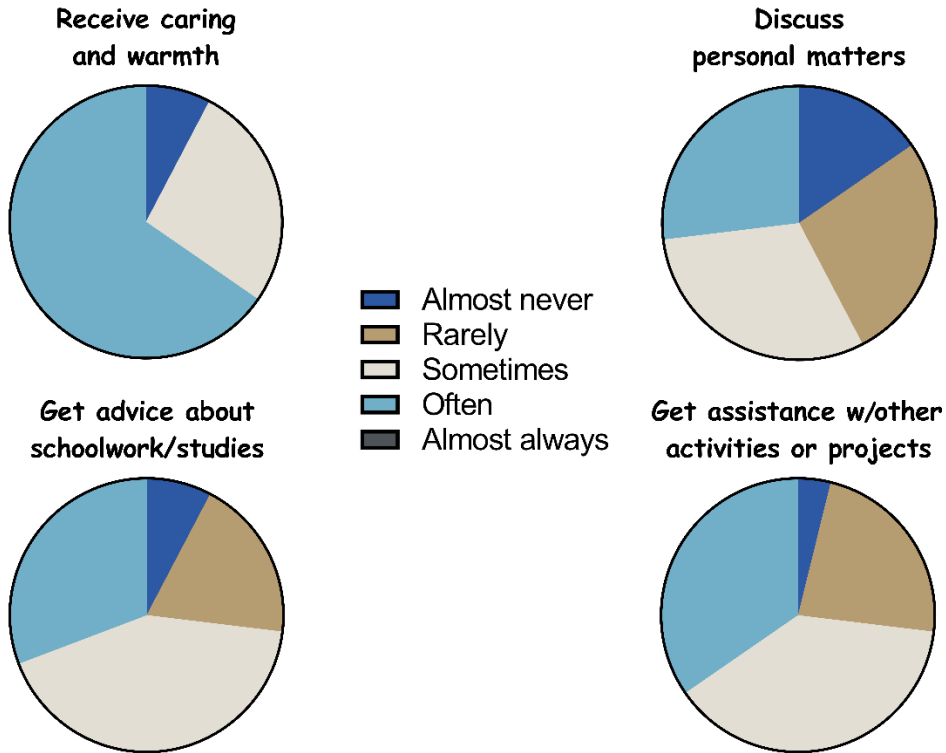


Attention of parents to youth needs

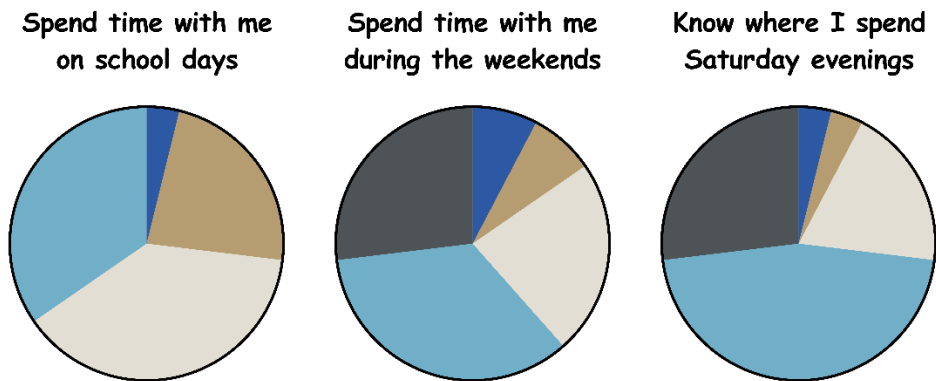
No student reports getting the desired attention from parents almost always

Many parents don't know where their children are

From/with my caregivers I can -



My caregivers -



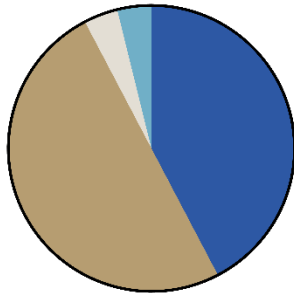
Parental rule setting and youth monitoring

Students have a good sense of parental expectations

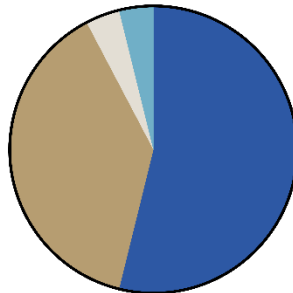
Parents mostly keep an eye on their kids and know their friends

My caregivers set definite rules about -

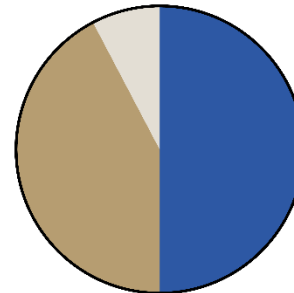
What I can do at home



What I can do outside the home

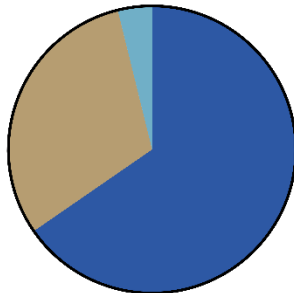


When I should be home in the evening

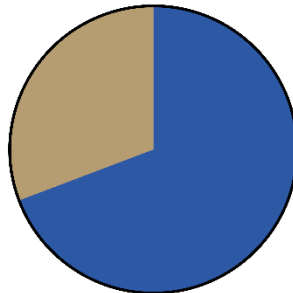


My caregivers -

Know who I am with in the evenings

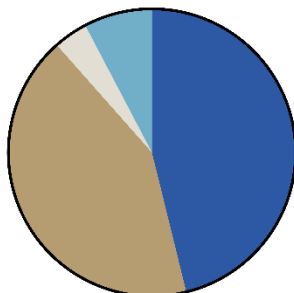


Know where I am in the evenings



- Very well
- Rather well
- Neither well nor poorly
- Rather poorly
- Very poorly

Know my friends



Know the parents of my friends

