



Greenwich Together Youth Survey Results

Greenwich Together mobilizes youth, parents and community partners to prevent substance misuse, promote behavioral and mental health and strengthen healthy choices through positive youth, family, and community development.

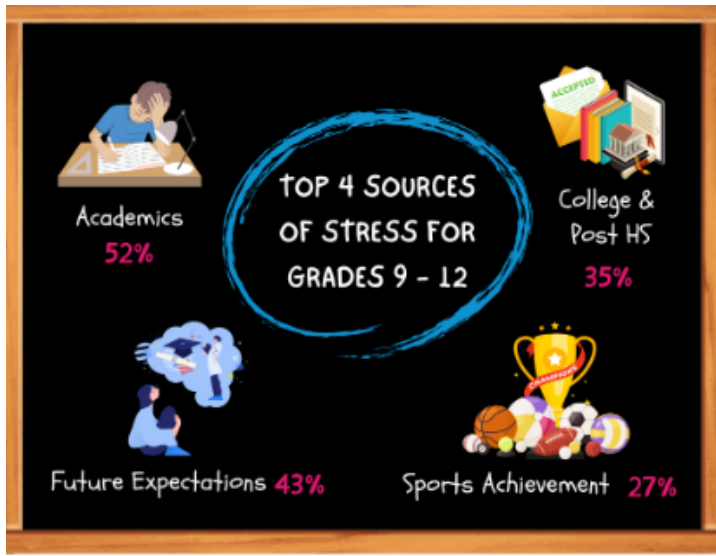
Greenwich Together was founded in 2017. We received a Drug Free Communities Grant in 2019 in which Kids in Crisis serves as the fiduciary. This federal grant provides us with the funding to be able to support the coalition efforts including administering a survey every two years.

The survey was administered in February 2025. 3,197 youth in grades 7-12 in Greenwich private and public schools completed the survey.

WHY WE SURVEY:

The purpose of the survey is to gather information about substance misuse and mental health trends, risk and protective factors, and inform how we can best support our youth as a larger community.

Mental Health: What We Learned



Teens were asked to rate various areas of their daily lives based on how much stress they experience, ranging from "none" to "a lot." Among high school students, the areas most commonly associated with high stress were academics, future expectations, post-high school planning, and sports.

The good news: from 2023 to 2025, reported stress levels in all of these areas—except sports—have decreased!



When asked about persistent depression and anxiety, 493 teens reported feeling so sad or hopeless that they stopped doing their usual activities, and 625 said they were so anxious they couldn't function as they used to.

More good news: these rates are decreasing. In 2023, 24% of teens reported persistent depression, and 27% reported persistent anxiety—both of which have declined since then.



When looking at individual protective factors, Greenwich teens are really doing well!

- 86% of Greenwich teens report that they have a trusted adult in their life - someone they can talk to about important things and one of the most important protective factors for a young person to possess.
- 86% are developing a sense of purpose in their life AND 89% feel in control of their life and future
- 72% know where to get help if they are struggling with a mental health issue
- Up to 69% are engaged in productive activities (such as clubs, community service, sports, jobs, etc.)

Gender Differences

Below are some significant differences reported between females and males:

Males report...



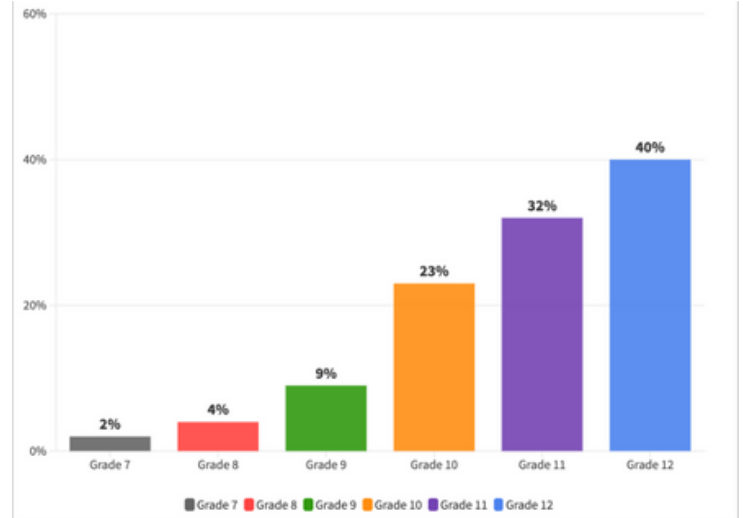
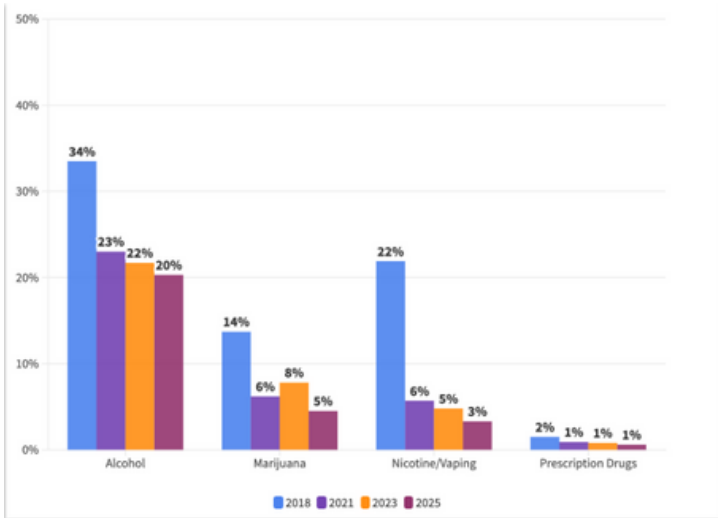
- Lower rates of knowing where to get help for mental health and substance use
- More positive and negative consequences of gaming
- Higher rates of gambling
- Higher rates of bullying someone

Females report...



- Higher rates of persistent depression and anxiety
- Higher levels of stress in all categories
- Higher rates of irregular eating behaviors
- More positive and negative consequences due to social media
- Lower rates of feeling safe at school and in the community

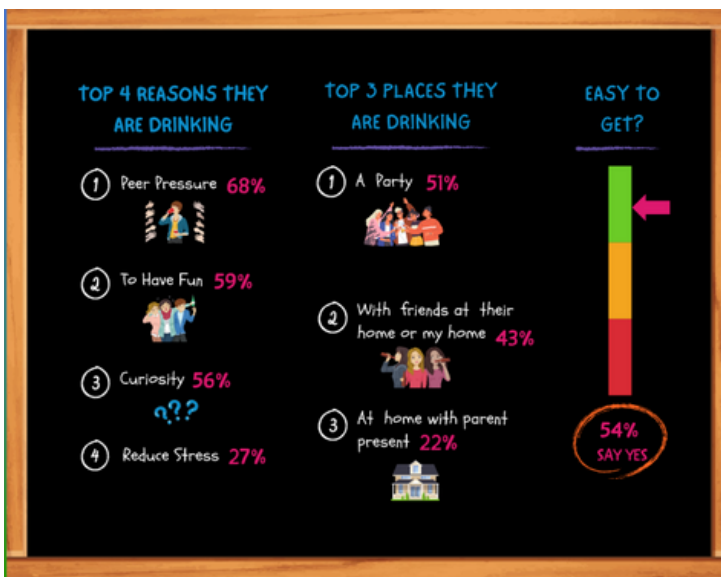
Teen Substance Misuse: Key Findings



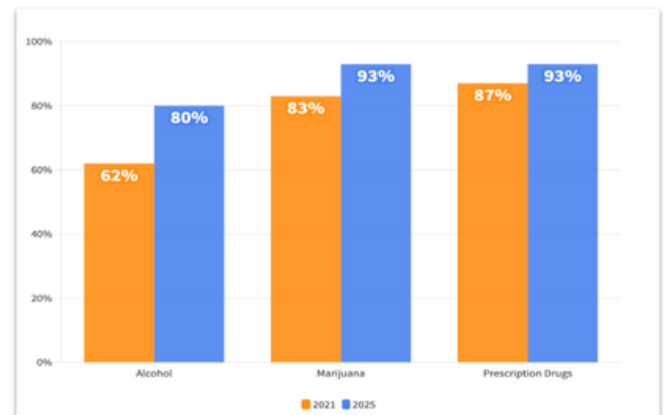
More good news! Over the past seven years, substance use rates among Greenwich teens have been decreasing. In 2018, 1 in 3 high school students reported drinking alcohol in the past 30 days, 14% had used marijuana, 1 in 5 reported vaping nicotine, and very few reported misusing prescription drugs. The 2025 survey results show decreases around all measured substances.

When we look more closely at alcohol use by grade, we see that very few 7th and 8th graders reported drinking in the past 30 days. Among 9th graders, fewer than 1 in 10 reported recent alcohol use.

Starting in 10th grade, rates steadily increase, with 4 in 10 12th graders reporting they drank in the past month. The transition into high school and the years that follow are critical periods when parents can reinforce family norms and express clear disapproval of underage drinking.



My parent/guardian has clear rules discouraging me from:



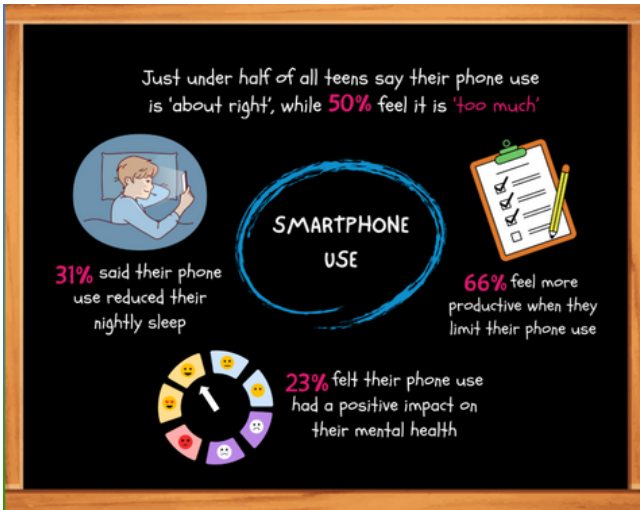
9X Teens in Greenwich are 9x more likely to drink on weekends if they don't believe their parents disapprove of them drinking

When teens are asked about the main factors influencing them and their peers to drink, the top four reasons they cite are: peer pressure, wanting to have fun, curiosity, and stress relief. Among those who reported ever drinking, the most common settings were at parties, with friends in a home, and—though less frequently—at home with their parents present.

Parents are a significant influence on a young person's decision to try or use substances. Research shows that when parents set clear rules and expectations around substance use—and consistently express disapproval—it can make a real difference. These messages need to be communicated clearly and often. The bottom line: parents play a powerful role in a teen's choice not to drink or use other substances.

As a community, how can we influence these environments? How do we reduce youth access to alcohol in the home? Notably, 54% of teens said it would be easy to get alcohol if they wanted it.

Teen Technology: Insights Gained



This year's survey explored teen smartphone use, revealing that many feel they use their phones too much and that limiting use can improve productivity and sleep. Teens reported mixed impacts on schoolwork, mental health, and social interaction, with most having made efforts to reduce their phone use.



When asked about the consequences of social media:

- 59% felt more connected with while 29% felt left out or excluded
- 46% felt better about themselves while 29% felt worse about themselves
- There is a subset of teens who report BOTH the positive and negative consequences from social media use.
- When asked about the consequence of gaming:
- 36% felt more connected with others, while 24% did not get enough sleep and 20% did not complete HW or study due to gaming

What You Can Do



Talk to your kids early and often about alcohol and substance use. They hear you!



Set clear rules and expectations about drugs and alcohol.



Be a role model to your child regarding your use of alcohol, marijuana and prescription drugs.



Help your teens develop an exit strategy if they are feeling pressured to drink or use drugs.



Be attentive to what teens are doing in your home. The two most common places for Greenwich youth to drink are at a party or with friends in someone's home.



Greenwich Together mobilizes youth, parents, and community partners across 12 key community sectors—comprised of over 30 partners—to prevent substance misuse, promote behavioral and mental health, and strengthen healthy choices through positive youth, family, and community development.

Get in Touch

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