



**2025 Greenwich Youth Survey  
Findings:  
Trends in Risk and Protective Factors**

# Agenda

- **Welcome**
- **Greenwich Together Youth Survey**
- **Key Findings**
- **Protective Factors**
- **Risk Factors**
  - **Technology**
  - **Substance Misuse**
  - **Mental Health**



# Thank you

- **Greenwich Public and Private Schools**
- **Greenwich Students and Parents**
- **Kids In Crisis**
- **The Data Committee**
- **The Youth Coalition**



# Introduction to Greenwich Together

**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.**

- Founded in 2017
- Coalition members include leaders from over 40 organizations serving youth in Greenwich
- 6th year of grant funding focused on substance use reduction & mental health promotion
- Awarded a 2<sup>nd</sup> 5-year DFC grant in 2024
- Kids in Crisis serves as the fiduciary for Greenwich Together



# Greenwich Youth Survey

## Greenwich Youth Survey Questions

- From a regional youth survey question data bank
- Allows comparison to other Fairfield County towns
- Based on national and state-level prevention surveys
- Established with the support of professionals in the fields of survey development, prevention, public health and mental health, and schools

## New this Year

- Smartphone Use and Impact



# 2025 Greenwich Youth Survey

## Final Dataset

Careful review of individual responses; surveys eliminated due to large amounts of missing data or long patterns of responses rather than thoughtful answers

## Confidence Interval

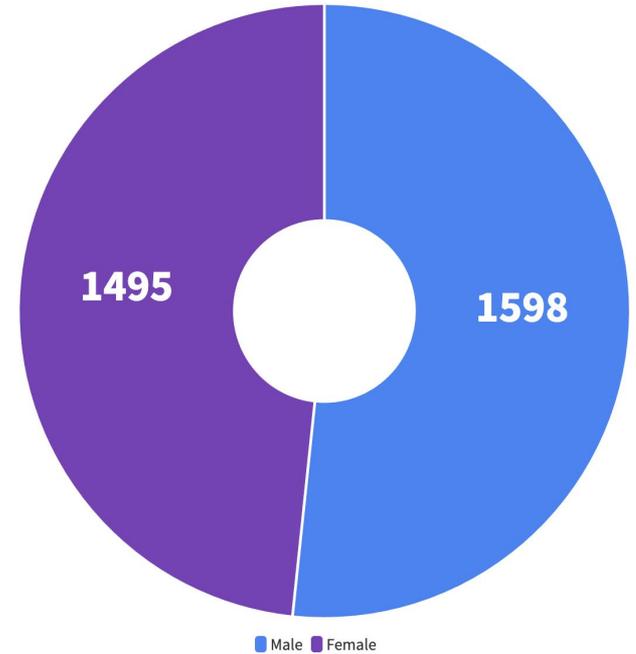
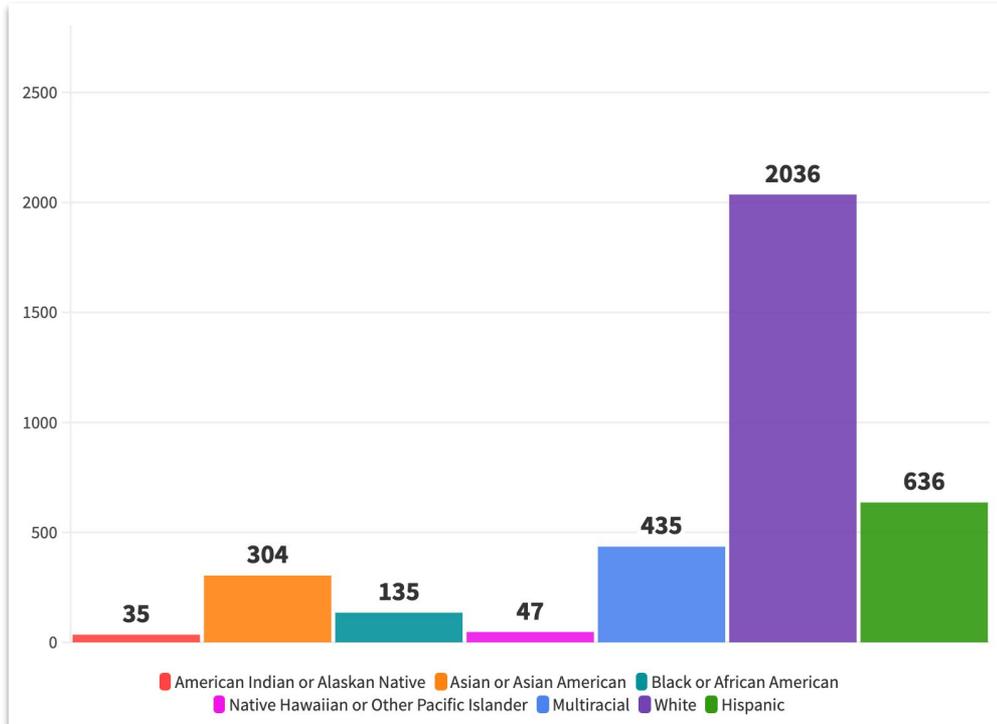
Confidence Interval calculated at  $\pm 1.1$  at a 95% confidence level

## Response Rate

58% overall response rate (3,197) in grades 7 to 12



# Race, Ethnicity & Gender



# Think about...

**What trends or patterns stand out?**

**Are there any surprising or unexpected results?**

**Do the findings align with what you are seeing in Greenwich?**

**What should be prioritized?**

**Does this data support your current priorities?**



# Protective Factors



Have connection to  
a trusted adult

## INDIVIDUAL PROTECTIVE FACTORS



Teen reports on  
self-image are  
very positive



Knows where to get help if they're  
struggling with a mental health  
issue and know where to go for  
help for substance misuse



Are engaged in  
productive activities

# COMMUNITY PROTECTIVE FACTORS



Family  
Support



Feeling safe in  
community



Peer Support



Feeling safe  
at school

# Risk Factors



Technology



Substance Use



Mental Health  
Concerns

# RISK FACTORS



Bullying



Irregular  
Eating



Gambling

# Teen Technology

# SOCIAL MEDIA & GAMING



Social Media



Gaming

## School and Phone Use:

- 33% interfered with getting school work done
- 28% assisted with getting school work done
- 20% think phones are a distraction at school
- 21% think phones at school reduce students' socializing

## Limiting Use:

- 74% have tried to reduce their phone use in the past year

Just under half of all teens say their phone use is 'about right', while **50%** feel it is 'too much'

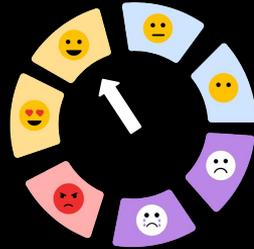


**31%** said their phone use reduced their nightly sleep

SMARTPHONE  
USE



**66%** feel more productive when they limit their phone use

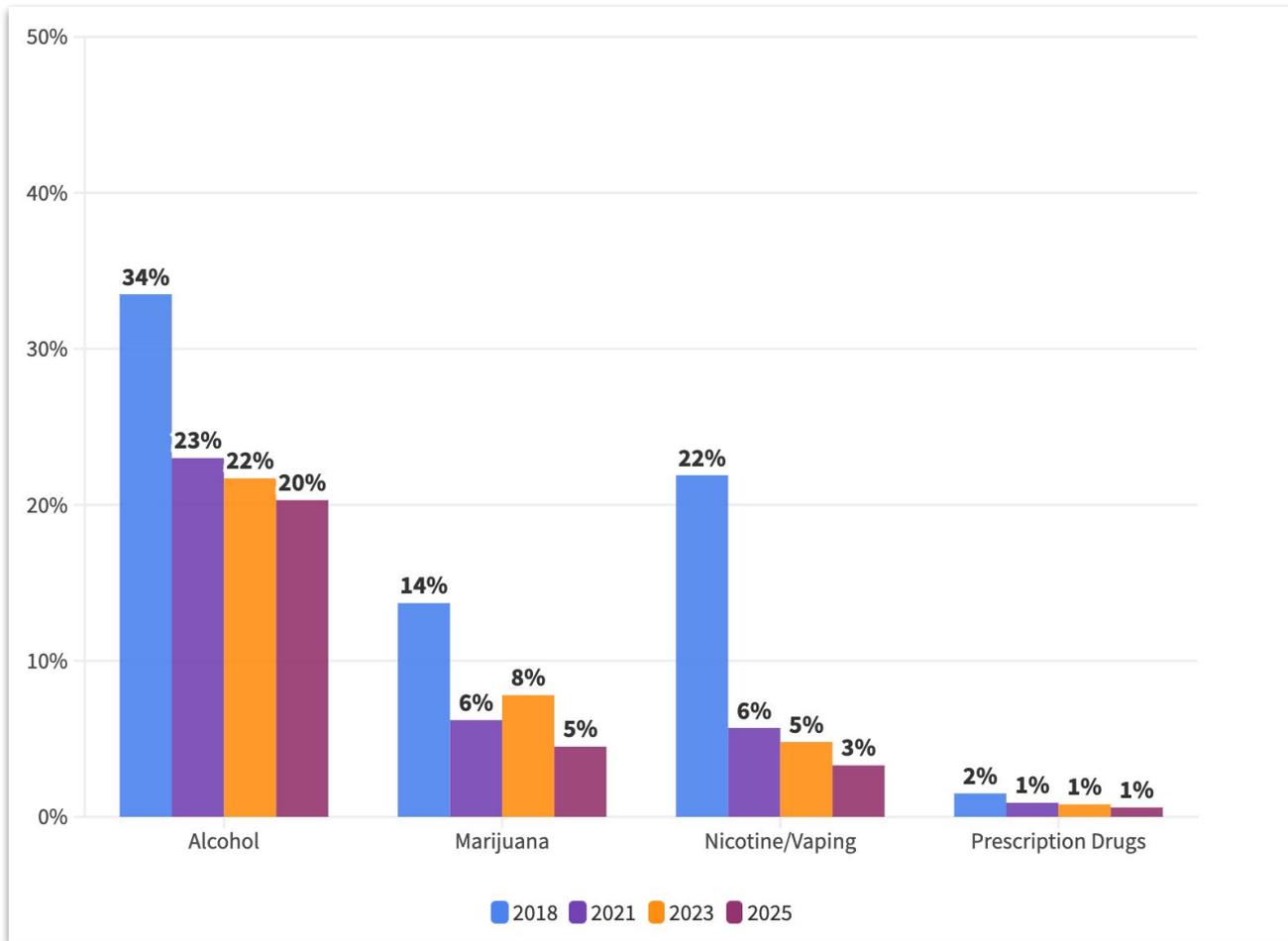


**23%** felt their phone use had a positive impact on their mental health

# Teen Substance Misuse

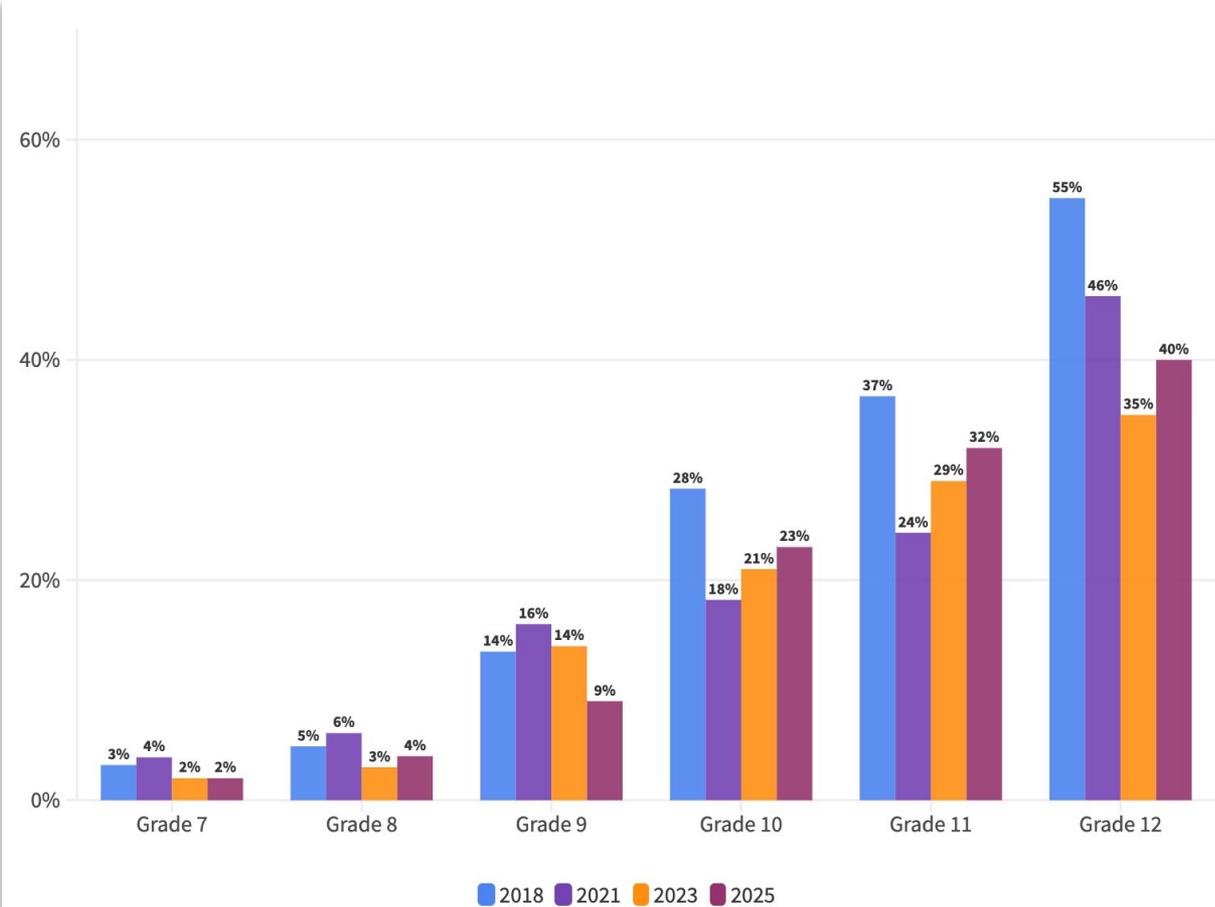
# Substance Use Rates (in the past 30 Days)

Among 9th to 12th graders



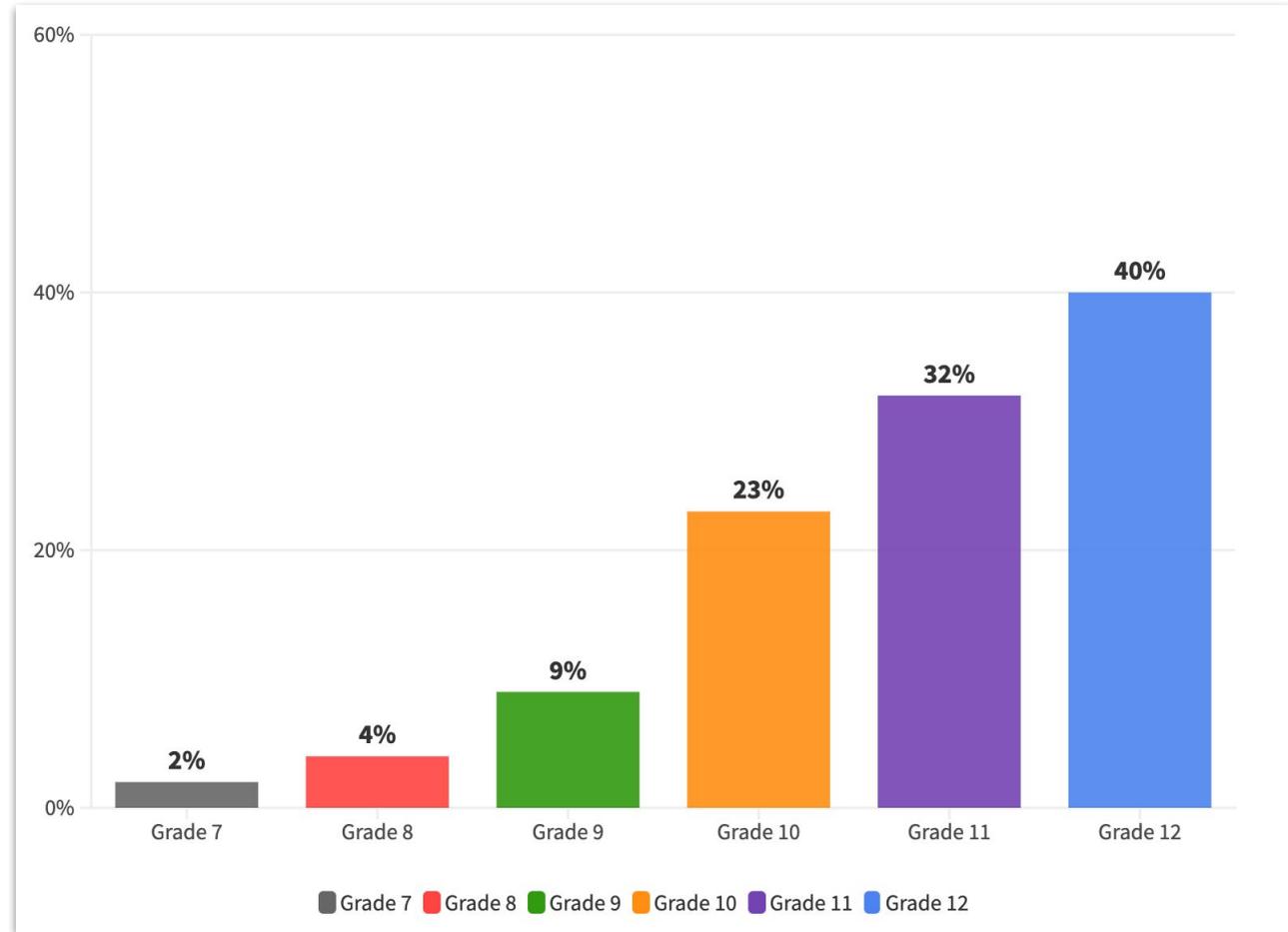
# Teen Alcohol Use- Past 30 Days

## 2018 to 2025



# 2025 Teen Alcohol Use- Past 30 Days

## By Grade Level



# Culture of Drinking in Greenwich

## TOP 4 REASONS THEY ARE DRINKING

1 Peer Pressure 68%



2 To Have Fun 59%



3 Curiosity 56%



4 Reduce Stress 27%

## TOP 3 PLACES THEY ARE DRINKING

1 A Party 51%



2 With friends at their home or my home 43%



3 At home with parent present 22%



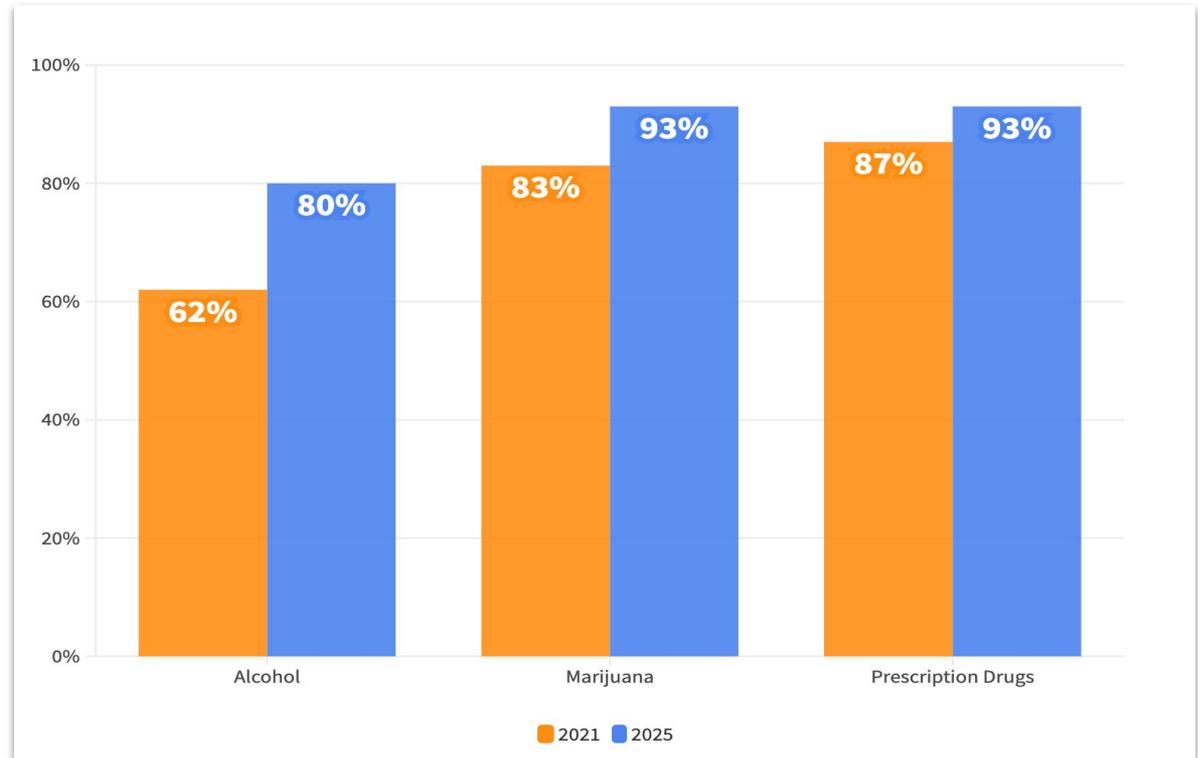
## EASY TO GET?



54%  
SAY YES

# Family Rules Make a Difference!

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

# Did You Know?

- 9 out of 10 adults with a substance use disorder begin using before age 18
- Fewer alcohol-related problems develop for every year that students delay drinking
- Alcohol use changes the structure and function of the still-developing teen brain
- It's illegal

# Teen Mental Health

# Stress

Grades 7-8

Academics: 42%

Future: 28%

Sports: 25%



Academics  
52%



Future Expectations 43%

TOP 4 SOURCES  
OF STRESS FOR  
GRADES 9 - 12



College &  
Post HS  
35%



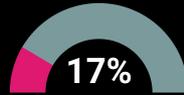
Sports Achievement 27%

# Depression & Anxiety



**493 respondents**

reported feeling so sad or hopeless almost every day for two weeks or more in a row that that stopped doing some usual activities

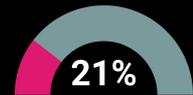


DEPRESSION  
& ANXIETY



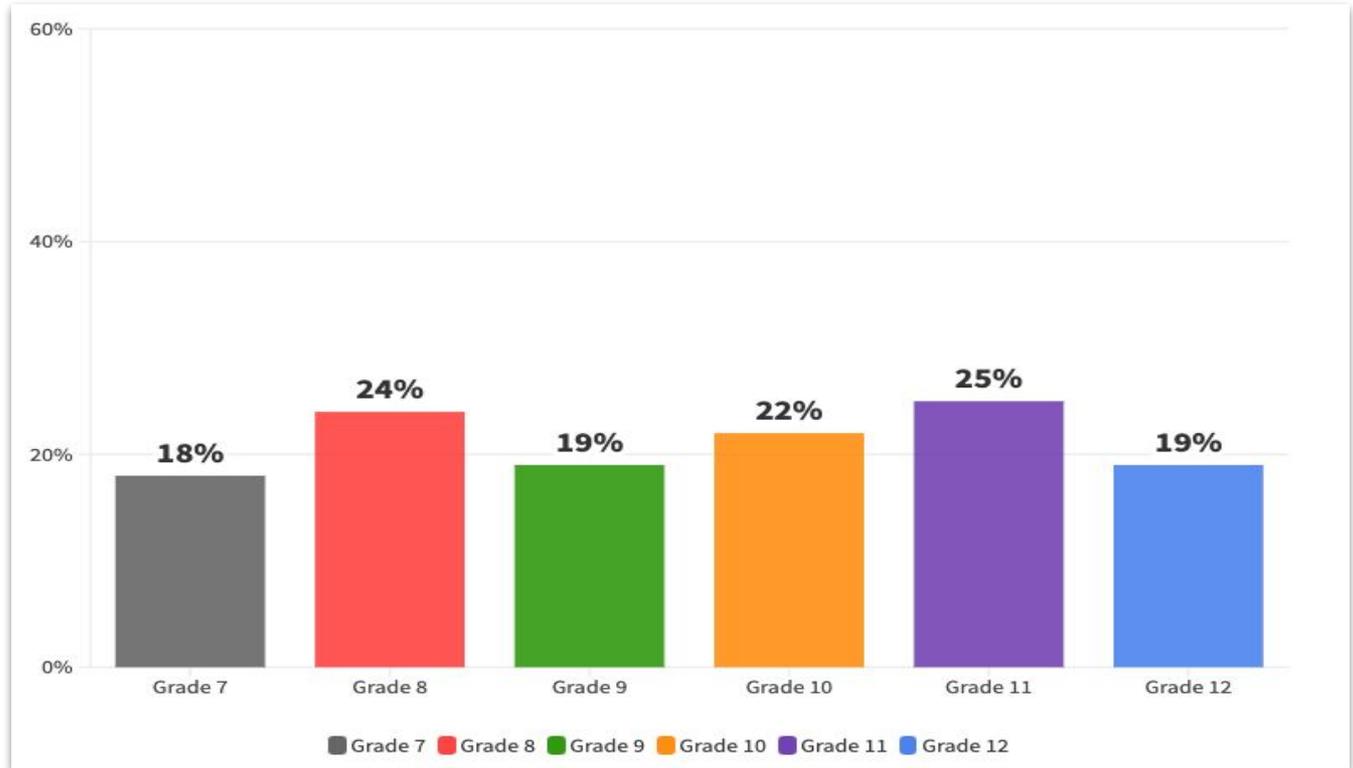
**625 respondents**

reported feeling so anxious almost every day for two weeks or more in a row that they stopped doing some usual activities



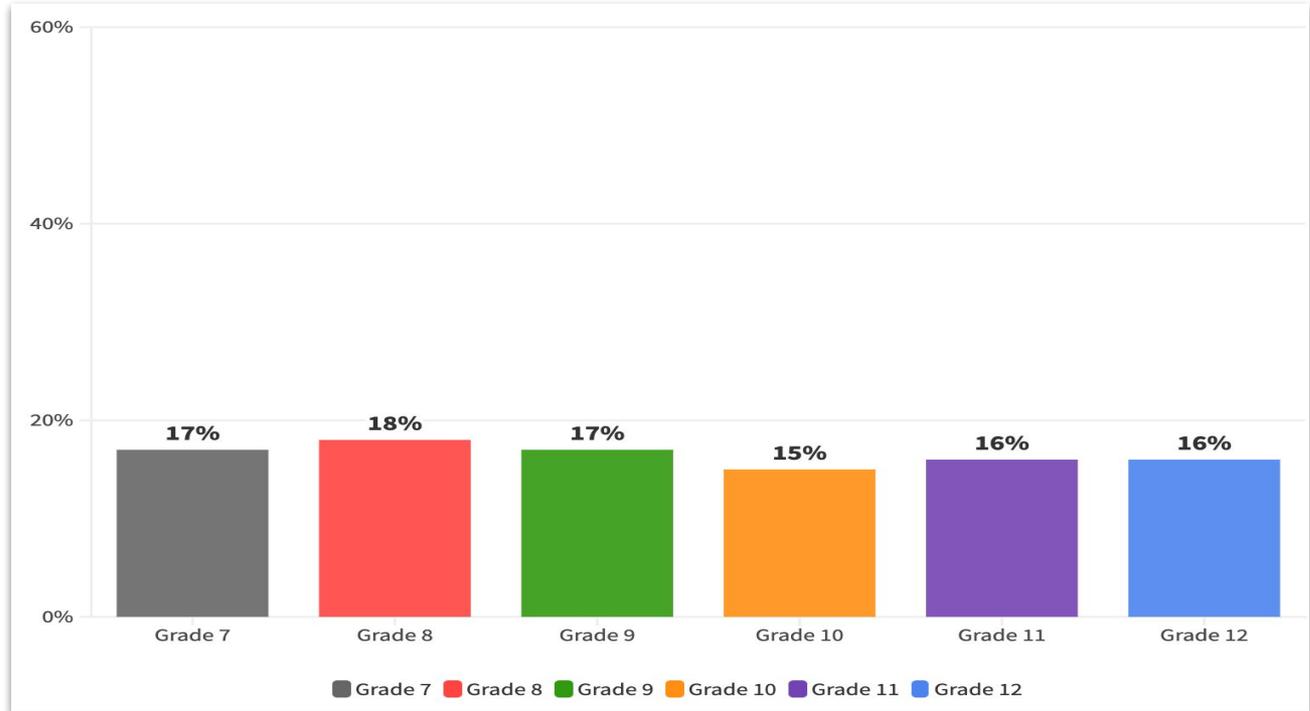
# Self-Reported Rates of Anxiety

Females: 29%  
Males: 14%



# Self-Report Rates of Depression

Females: 22%  
Males: 12%



# Gender Differences



## Males report...

- Higher levels of self-image
- Lower rates of sadness, anxiety and loneliness
- Higher rates of connectedness to adults and youth
- 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 (academics, future expectations, etc.)
- Higher rates of irregular eating behaviors
- Higher rates of being bullied
- More positive and negative consequences due to social media
- Lower rates of feeling safe at school and in the community

# What You Can Do to Support Greenwich Youth



**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.



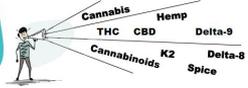
**Help your teens develop an exit strategy** if they are feeling pressured to drink or use drugs.



**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 Responses to Past Survey Data, 2021-2024 Programs

## Marijuana and Related Products



Are you looking to learn more about these products?

Join our upcoming webinar to learn:

- What are these products and what do they look like?
- A review of the CT laws and regulations for adult use cannabis and related products
- What is being done to address sales of unlicensed products and underage sales to minors?
- What can you do?

ALL ARE WELCOME!

**Tuesday, August 13th 12-1pm**

**Thursday, August 15th 7-8pm**

Click on preferred date to register



NEW RELEASE

SCREENAGERS UNDER THE INFLUENCE

FREE

ADDRESSING VAPING DRUGS & ALCOHOL IN THE DIGITAL AGE

CLICK OR SCAN FOR TICKETS



DATE: Sunday, November 5, 2023

TIME: 3-5pm

WHERE: Bruce Museum

1 Museum Dr, Greenwich, CT

AUDIENCE: All Parents & 9-12 Grade Youth



the Bruce

3rd Annual

## Hope Day

GREENWICH YOUTH, TEENS, FAMILIES & ADULTS  
COME TOGETHER TO SMASH THE STIGMA AROUND MENTAL HEALTH CHALLENGES!

ARTS & CRAFTS

WELLNESS ACTIVITIES

SUNDAY APRIL 6 2025 1-4PM

FREE FOR EVERYONE  
ARCH STREET TEEN CENTER  
100 Arch St. Greenwich, CT 06830

- 1:15 PM WELCOME TO HOPE DAY SPEAKER
- 1:20 PM GREENWICH ACAPPELLA
- 1:35 PM MADDIE VAN DER WEIJEN
- 3:15 PM RAFFLE
- 3:30 PM GHS CHEER
- 3:40 PM RIVERSIDE CHORUS

FOOD & RAFFLES

RESOURCE TABLES

Adult Event Only (no minors admitted)



## HIDDEN IN PLAIN SIGHT WHAT ARE YOU NOT SEEING IN YOUR CHILD'S BEDROOM?

PLEASE REGISTER IN ADVANCE



Scan or Click Here

\*FREE BABYSITTING AND LIGHT BITES/REFRESHMENTS WILL BE AVAILABLE ONSITE DURING THE EVENT

TUESDAY MARCH 4, 2025

6:45-8:15pm

YWCA Greenwich

239 E Putnam Ave, Greenwich, CT

ABOUT THIS WORKSHOP

Hidden in Plain Sight helps parents and guardians spot cues and items that relate to at-risk behaviors using an interactive teen bedroom display.

During an interactive presentation, participants will learn about adolescent brain development, common signs of substance use and how to talk to your teen about alcohol and other drugs.

THIS EVENT IS FREE AND OPEN TO ALL PARENTS.



## SAVE THE DATE!

Creating a Family Frame: How to Set the Boundaries Your Child Needs to Thrive

Presented by:

Georgette Harrison, LPC, Child Guidance Center of Southern CT  
Tracey Masella, LCSW, affiliated with Silver Hill Hospital

November 3, 2022 at 7 PM on Zoom



Georgette Harrison, LPC

Children & teens are eager to explore their world and test limits, but they also need their parents to set boundaries in order to keep them physically and emotionally safe. How do parents walk the line between respecting this important drive for independence with creating a family frame of expectations & rules to help them grow & thrive?

Greenwich Together is hosting Georgette Harrison, licensed professional counselor from the Child Guidance Center of Southern Connecticut, and Tracey Masella, licensed clinical social worker in affiliation with Silver Hill Hospital to present on "Creating a Family Frame" that can help you navigate challenging conversations & situations around independence and substance use, helping you build a strong & healthy relationship with your children.

Greenwich Together conducts a youth survey in local private and public schools to collect data around risk and protective factors. This data shows the importance and difference that setting healthy boundaries can make in youth.



Tracey Masella, LCSW



www.greenwichtogether.org

# Coming up...



## RECLAIM YOUR FOCUS, ENERGY AND BREATH



JOIN A SUPPORTIVE, CONFIDENTIAL GROUP DESIGNED FOR STUDENTS WHO WANT TO QUIT OR CUT DOWN ON NICOTINE PRODUCTS — LIKE VAPES, POUCHES, OR OTHER TOBACCO PRODUCTS.

**WHAT TO EXPECT:**

- Learn strategies to manage cravings
- Get support from your peers
- Work with trusted expert Heidi Mangines from Liberation Programs

**WHEN & WHERE:**

- Room 615
- Tuesdays during school (10:30-11:25 AM):
  - May 20 (Day F, Block 5)
  - May 27 (Day B, Block 6)
  - June 3 (Day G, Block 7)

**SIGN UP HERE:**



Please contact Kathy Steiner with questions:  
Kathy\_Steiner@greenwich.k12.ct.us

**Last day to sign up May 15th**



## JOIN A YOUTH FOCUS GROUP

**YOUR VOICE IS NEEDED TO HELP OUR COMMUNITY THRIVE AND STAY HEALTHY!**

Greenwich Together invites you to join a special youth discussion group focused on mental health and substance use. This is your chance to speak up about what students are really going through – the challenges and the positives – in school and around the community.

We want to hear your honest thoughts. What's helping? What's hurting? Your feedback gives us insight and helps make sense of the survey results we collect.

There are no wrong answers, and everything you share is confidential. Your voice can help make a difference for other students and help keep our community strong, safe, and healthy.

**GIFT CARDS PROVIDED TO ALL WHO PARTICIPATE!**



**TUESDAY**  
MAY 27, 2025 @ 3PM

**GREENWICH HIGH SCHOOL**  
Cantor Hall Rm 500

Email for Questions:  
[crestrepo@kidsincrisis.org](mailto:crestrepo@kidsincrisis.org)

[www.greenwichtogether.org](http://www.greenwichtogether.org)

# Discussion...

**What trends or patterns stand out?**

**Are there any surprising or unexpected results?**

**Do the findings align with what you are seeing in Greenwich?**

**What should be prioritized?**

**Does this data support your current priorities?**



**Please take a minute to give us feedback on GT**

<https://www.surveymonkey.com/r/GTMemberSurvey2025>



Learn more about our  
survey findings,  
access parent resources  
&  
watch past programs  
on our  
Greenwich Together  
website.



**Follow us**  
**@GreenwichTogether on**  
**Instagram & Facebook**

**Subscribe to our**  
**Newsletter for Monthly**  
**updates**

Please contact  
[Greenwichtogether@kidsin crisis.org](mailto:Greenwichtogether@kidsin crisis.org)  
with any questions.

**[www.greenwichtogether.org](http://www.greenwichtogether.org)**