



# **CASA GRANDE YOUTH ALLIANCE**

## **YOUTH WELLNESS SURVEY**

**Survey 1:** Culture, Confidence, Mental Health and Social Media – **1571 responses**

**Survey 2:** Supportive People and Community – **1,166 responses**

**Survey 3:** Stressors, Substances and School – **1086 Responses**

**Gender:** 47% Male, 53% Female

**Age:** 54% 13-15; 66% 16-18

**Ethnicity:** 8% American Indian; 4% Asian; 7% African American; 43 Caucasian; 5% Prefer Not to Answer; 3% Other

**Hispanic Origin:** 58% Hispanic; 42% not Hispanic

**Grade:** 39% Ninth Grade; 29% Tenth Grade; 22% Eleventh Grade; 11% Twelfth Grade



## **Core Messages**

- **Amount of stress that students carry at school on top of the stress of the academic, schools could do more to acknowledge that and work with that.**
- **Youth stress is at an all time high**
- **Kids are super stressed about everything in their lives**
- **Sleep is suffering**
- **Social media is used as a distraction, escape and stress reliever and is mostly viewed as entertainment.**

<b>Survey #1: Culture, Confidence, Mental Health and Social Media (1,380 answered; 191 skipped)</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neutral</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
I have a strong sense of belonging to my own culture	<b>19.75</b>	<b>33.91</b>	36.38	6.46	3.49
I understand pretty well what my cultural group membership means to me	<b>18.98</b>	<b>33.82</b>	35.64	8.07	3.49
I have often done things that will help me understand my cultural background better	<b>15.36</b>	<b>31.15</b>	34.06	12.81	6.62
I have often talked other people in order to learn more about my culture	15.73	26.88	<b>31.90</b>	<b>16.61</b>	<b>8.89</b>
I have spent time trying to find out more about my culture, such as its history, traditions, and customs	15.00	27.97	<b>32.56</b>	<b>16.24</b>	<b>8.23</b>
I feel a strong sense of attachment towards my own cultural group	17.96	27.20	<b>34.33</b>	<b>13.0</b>	<b>7.49</b>
I am happy with my life	<b>27.57</b>	<b>30.93</b>	26.55	9.85	5.11
If something interests me, I try to learn more about it	<b>36.78</b>	<b>43.37</b>	16.70	2.05	1.10
My life will make a difference in the world	16.14	24.47	<b>40.10</b>	<b>10.37</b>	<b>8.91</b>
I feel I am an important part of my community	11.66	19.97	<b>44.53</b>	<b>15.16</b>	<b>8.67</b>
I expected good things to happen to me	16.59	25.70	<b>37.81</b>	<b>13.00</b>	<b>6.90</b>
I like to work on solving problems myself rather than wait and see if someone else will deal with it	<b>24.24</b>	<b>39.30</b>	28.46	5.60	2.40
I like trying new things that are challenging to me	<b>17.92</b>	<b>37.36</b>	31.90	9.32	3.50
I like coming up with new ways to solve problems	<b>18.86</b>	<b>32.92</b>	36.20	9.25	2.77
If I set goals, I take action to reach them	<b>19.53</b>	<b>38.70</b>	31.56	6.78	3.43
Setbacks don't discourage me	11.87	26.01	<b>40.66</b>	<b>15.24</b>	<b>6.23</b>



<b>Survey #1: Culture, Confidence, Mental Health and social media (1,365 answered; 206 skipped)</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<b>LOW</b>									<b>HIGH</b>
Indicate where you feel you personally stand right down	3.53	2.94	<b>6.70</b>	<b>9.93</b>	<b>21.41</b>	<b>14.13</b>	<b>15.60</b>	<b>13.91</b>	5.22	6.92
On which step do you think you will stand about five years from now?	2.43	2.21	2.65	3.10	<b>14.23</b>	<b>10.55</b>	<b>14.82</b>	<b>19.03</b>	<b>14.90</b>	<b>16.08</b>
How often do you get the social and emotional support you need in a month?	<b>11.34</b>	<b>9.57</b>	<b>11.34</b>	<b>11.27</b>	<b>17.89</b>	<b>7.95</b>	8.98	8.32	4.34	8.98
In general, how would you rate your emotional health, including your mood and your ability to think?	6.99	5.59	<b>9.79</b>	<b>11.18</b>	<b>18.32</b>	<b>10.67</b>	<b>11.92</b>	<b>10.82</b>	6.40	8.31
In general how would you rate your physical health?	3.32	3.91	7.52	<b>9.36</b>	<b>18.28</b>	<b>11.05</b>	<b>14.52</b>	<b>13.26</b>	<b>9.43</b>	<b>9.36</b>



<b>Survey #1: Culture, Confidence, Mental Health and Social Media (1,377 answered; 194 skipped)</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neutral</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
There are people at school that struggle with mental health issues	<b>48.87</b>	<b>31.83</b>	16.46	1.09	1.75
I feel like I need to talk with someone and am struggling to find the right person	11.08	18.08	<b>34.33</b>	<b>22.59</b>	<b>13.92</b>
I am active on Facebook	5.85	6.95	<b>15.65</b>	<b>14.41</b>	<b>57.13</b>
I am active on Instagram	<b>27.15</b>	<b>28.69</b>	19.34	6.20	18.61
I am active on Twitter	6.37	7.91	<b>17.44</b>	<b>16.41</b>	<b>51.87</b>
I am active on Tik-Tok	35.79	20.38	14.68	6.06	23.08
I am active on the Snapchat	<b>28.79</b>	<b>20.88</b>	16.78	8.06	25.49
I engage with social media frequently (at least once an hour)	<b>29.06</b>	<b>27.53</b>	22.43	10.34	10.63
My engagement with social media improves and enhances my life	11.80	24.62	<b>41.01</b>	<b>11.73</b>	<b>10.85</b>
Social media can negatively impact how I feel about myself	<b>13.76</b>	<b>20.31</b>	33.99	17.90	14.05
I use social media to escape from my personal life	20.09	19.72	<b>26.56</b>	<b>17.18</b>	<b>16.45</b>
My peers always use social media appropriately	13.51	24.76	<b>39.23</b>	<b>14.24</b>	<b>8.25</b>



<b>Survey #2: Supportive People and Community (1,096 answered; 70 skipped)</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neutral</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
I know an adult who wants to know how I am making my community better	13.88	29.77	<b>35.16</b>	<b>14.06</b>	<b>7.12</b>
I know an adult who helps me when there is conflict in my social life	<b>18.17</b>	<b>37.35</b>	28.40	9.95	6.2
I know an adult who wants me to succeed in a talent of mine	<b>41.54</b>	<b>35.85</b>	16.91	3.86	1.84
I know an adult who helps me achieve my goals in school, like getting better grades	<b>29.43</b>	<b>33.55</b>	25.69	7.77	3.56
If I need some information or advice about something going on my social life, there's an adult I can talk with	<b>22.82</b>	<b>31.16</b>	27.22	10.82	7.96
I can understand what's going on with my community or school	<b>16.54</b>	<b>40.49</b>	33.27	5.58	4.11
I feel like I have a pretty good understanding of the important issues which confront my community or school	<b>17.06</b>	<b>36.95</b>	35.77	6.11	4.11
I have the ability to participate in community or school activities and decision-making	<b>19.10</b>	<b>40.22</b>	30.07	7.77	2.83
My opinion is important because it could someday make a difference in my community or school	15.19	28.36	<b>38.52</b>	<b>10.25</b>	<b>7.69</b>
There are plenty of ways for me to have a say in what our community or school does	10.61	25.71	<b>41.35</b>	<b>14.82</b>	<b>7.5</b>
It is important to me that I make my voice heard in local community issues	11.71	21.13	<b>42.09</b>	<b>15.92</b>	<b>9.15</b>
Most community or school leaders would listen to me	8.79	18.68	<b>43.77</b>	<b>17.40</b>	<b>11.36</b>
Many local activities are important to participate in	11.46	27.22	<b>45.46</b>	<b>10.17</b>	<b>5.68</b>
I have a friend who I can count on to be there for me	<b>39.67</b>	<b>33.91</b>	18.92	3.56	3.93
I have a family member I can count on to be there for me	<b>39.58</b>	<b>32.36</b>	20.11	3.93	4.02
I have an adult in my life that cares about my future	<b>50.05</b>	<b>29.59</b>	16.99	1.64	1.74
I have at least one teacher who makes me excited about the future	<b>27.85</b>	<b>31.53</b>	25	9.56	6.07

<b>Survey #2: Supportive People and Community (1,093 answered; 73 skipped)</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neutral</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>My parents support me when it comes to me and my accomplishments</b>	<b>38.28</b>	<b>33.52</b>	22.07	3.94	2.20
<b>At home, I often feel included, heard, acknowledged, and am praised</b>	<b>21.61</b>	<b>30.86</b>	<b>31.78</b>	<b>9.52</b>	<b>6.23</b>
<b>I believe that Casa Grande is a safe place to live</b>	<b>13.38</b>	<b>27.13</b>	44.55	9.26	5.68
<b>They gang violence in my community concerns me</b>	8.71	15.31	<b>39.05</b>	<b>20.26</b>	<b>16.68</b>
<b>I am actively involved in afterschool student activities, clubs, and/or sports</b>	19.74	19.56	<b>26.54</b>	<b>18.64</b>	<b>15.52</b>
<b>I sometimes feel overwhelmed by pressure at home</b>	19.85	23.81	<b>32.17</b>	<b>14.06</b>	<b>10.11</b>





<b>Survey #3: Stressors, Substance and School (1,038 answr; 57 skipped)</b>	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neutral</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
I feel safe at school	12.64	37.21	<b>37.91</b>	<b>7.92</b>	<b>4.31</b>
Teachers/staff are always willing to help with schoolwork	<b>18.67</b>	<b>43.13</b>	29.40	6.0	2.80
My teachers should allow for lots of interaction during class	12.49	34.17	<b>39.30</b>	<b>10.75</b>	<b>3.29</b>
During classes, students seem to pay attention and are interested in learning	5.30	17.84	<b>45.13</b>	<b>21.31</b>	<b>10.41</b>
I have the opportunity to work with other students on projects	<b>13.42</b>	<b>40.54</b>	33.59	8.01	4.44
When I ask questions, my teachers promptly respond	<b>17.49</b>	<b>46.47</b>	28.60	4.64	2.80
I wish there were more and different kinds of activities for students after school	21.35	26.76	<b>39.81</b>	<b>8.21</b>	<b>3.86</b>
I am concerned about the substance use that I see (alcohol and other drugs)	10.98	18.59	<b>32.85</b>	<b>20.23</b>	<b>17.34</b>
I sometimes feel overwhelmed by pressure at school	<b>29.43</b>	<b>29.33</b>	23.52	9.97	7.74
I need something to help take my mind off stress	<b>29.17</b>	<b>27.71</b>	25.87	9.50	7.75
There are people in my life (family, friends, neighbors) that use substances (tobacco, alcohol and other drugs)	16.41	22.49	<b>25.39</b>	<b>17.66</b>	<b>18.05</b>
There are people in my life (family, friends, neighbors) that are dependent/addicted to substances (tobacco, alcohol or other drugs)	11.41	13.54	<b>22.92</b>	<b>21.76</b>	<b>30.37</b>
I feel pressured to use substances (alcohol or other drugs)	2.42	4.94	<b>13.76</b>	<b>23.35</b>	<b>55.52</b>
I understand how use of substances (alcohol or other drugs) impacts my development, including how it impacts my intellectual and emotional development	<b>46.67</b>	<b>32.27</b>	14.69	2.32	4.06
I believe that preventing substance misuse is important	<b>37.68</b>	<b>33.91</b>	23.09	2.13	3.19
I believe that substance misuse, abuse and addiction is a problem in our community	<b>25.99</b>	<b>28.31</b>	31.40	9.37	4.93
My school expects my best efforts every school day	<b>26.89</b>	<b>43.33</b>	23.40	3.29	3.09
My school actively encouragement is me to improve my skills and abilities	<b>26.89</b>	<b>43.33</b>	23.40	3.29	3.09
My school encourages me to think positively about my future	<b>23.67</b>	<b>37.83</b>	29.49	5.24	3.78
My school empowers me to set and work toward achieving my college and career goals	<b>24.93</b>	<b>34.20</b>	30.43	6.28	4.15
My school encourages and empowers me to set and achieve personal goals	<b>24.30</b>	<b>34.60</b>	30.03	6.12	4.96

**Survey #3: Stressors Substances and School (1,038 answered; 57 skipped)**

	Very stressed	Somewhat stressed	Not stressed
How stressed are you that you or someone in your family will catch Covid-19?	19.27	44.51	36.22
How stressed are you about your family's finances (like ability to pay bills, purchase groceries, etc.)	18.26	39.13	42.61
How stressed are you thinking about the safety of your family and our community?	13.75	40.17	46.08



## **Casa Grande Youth Alliance Next Steps:**

- Work with youth to analyze survey results.
- Train youth to conduct focus groups.
- Align on top priorities.
- Design culturally relevant, arts-based and/or community service projects to shine a spotlight on what matters most to youth.

