

EDC

Education
Development
Center



Parent Survey

Survey Results

Belmont Wellness Coalition

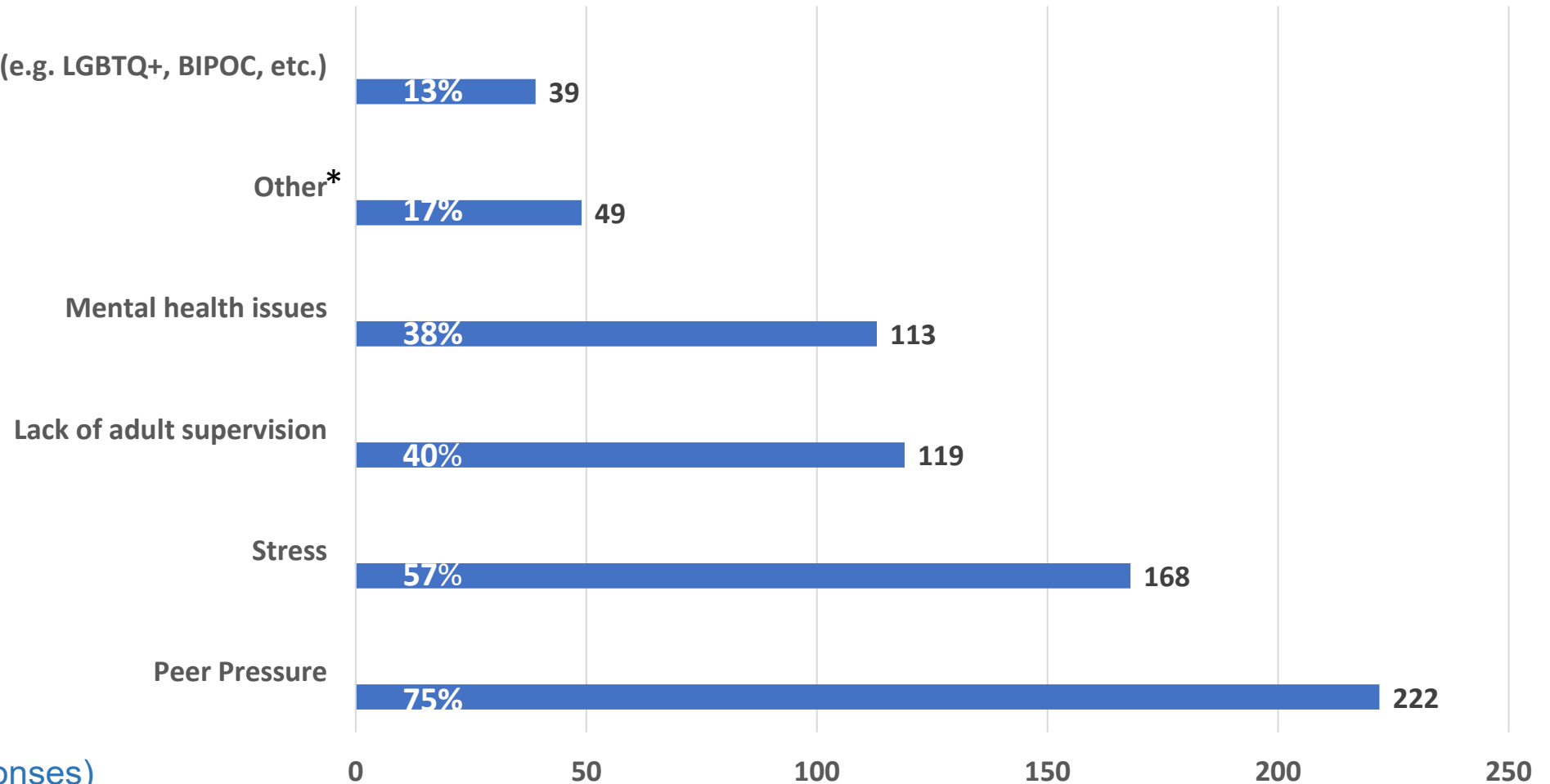
To follow-up on data from the Youth Risk Behavioral Survey (YRBS) administered to Middle and High School students Spring 2021, BWC created and distributed a survey for parents of Middle and High School students.

➤ March 2022

➤ 295 parents responded

“Surveys tell us that some teens are using alcohol, marijuana, and/or are vaping, why do you believe this is?”

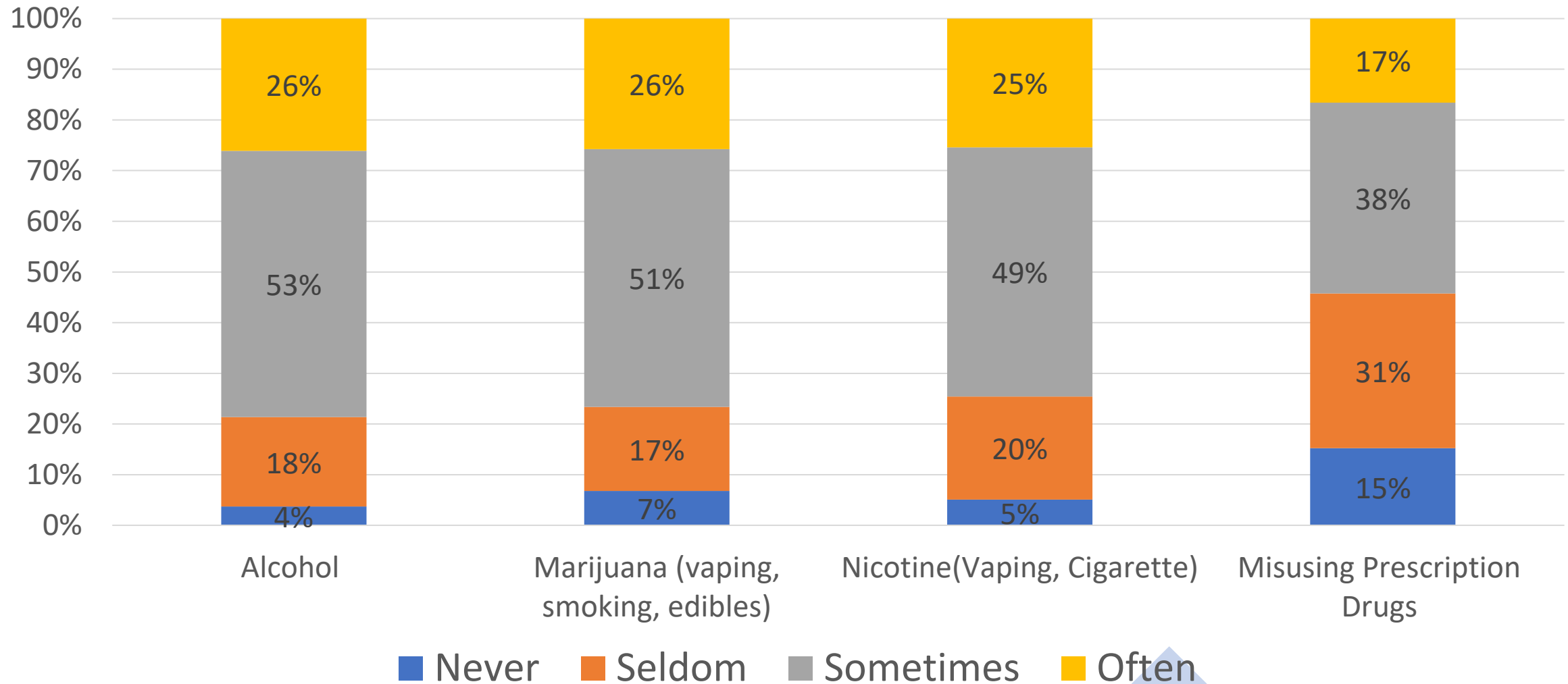
They belong to a marginalized group (e.g. LGBTQ+, BIPOC, etc.)



***Other (17%) responses:**

- They think it’s cool (10 responses)
- They are curious (10)
- They are bored/ don’t have other activities (5)
- Not enough education (4)
- Normal teen behavior (4)
- Lack of communication and trust with parents (3)
- Availability (2)
- Parents use substances (2)
- Social media (2)
- Existential dread (1)
- Self medicating (1)
- Don’t think much about this (1)

“How often do you talk with your kid(s) about the risks of ... ”



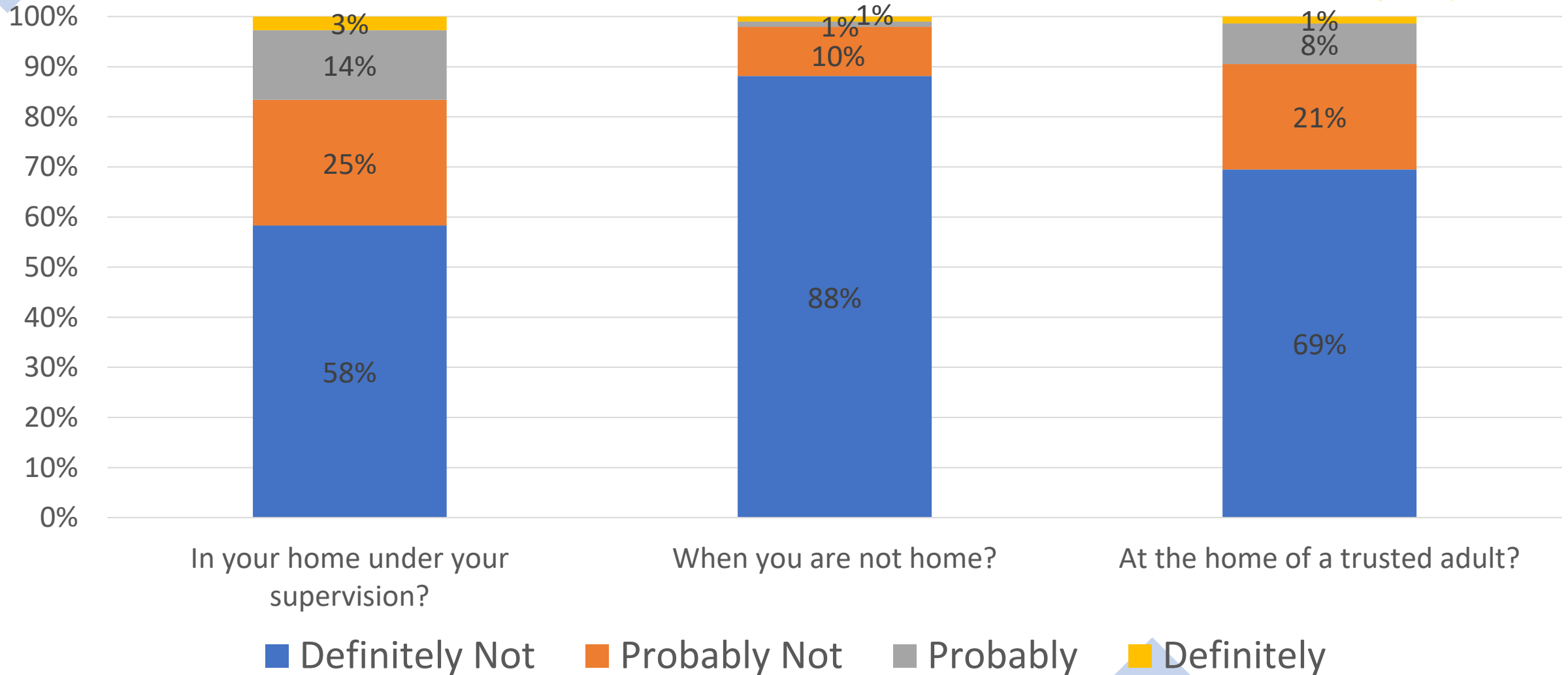
If you “often” or “sometimes” talk about drugs and alcohol with your child(ren), what has been helpful?

- Honest & open communication, listening to child (60 responses)
- Using media, current events, real-life examples (52)
- Talking about the risks/facts (52)
- Talk about what peers are doing (5)
- Children bring up the conversation (4)
- School started the education/conversation (3)
- We started when they were young (2)
- They are too young to talk (2)
- We get support from other parents (2)
- We talk about safe consumption (2)
- Other (15)

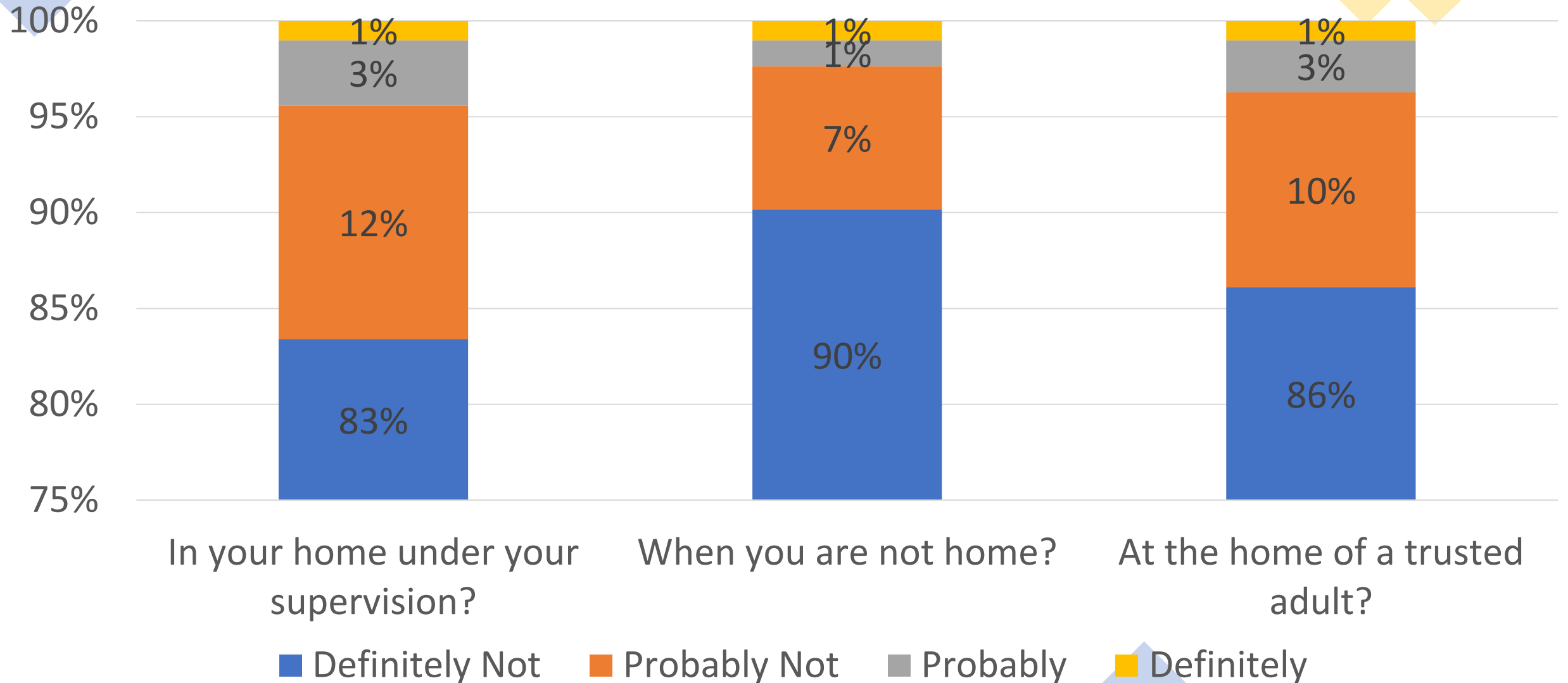
If you “seldom” or “never” talk about drugs and alcohol with your child(ren), how come?

- They talk about it at school (21 responses)
- They’re not interested in using (21)
- I don’t know what to say (19)
- I talk about other substance, but haven’t talked about prescription drugs (17)
- They’re too young (14)
- My kids won’t talk to me (12)
- I haven’t thought about it (9)
- There’s no time (8)
- It hasn’t come up (5)
- We don’t talk about it often, but we’ve talked about it enough (3)
- Other (6)

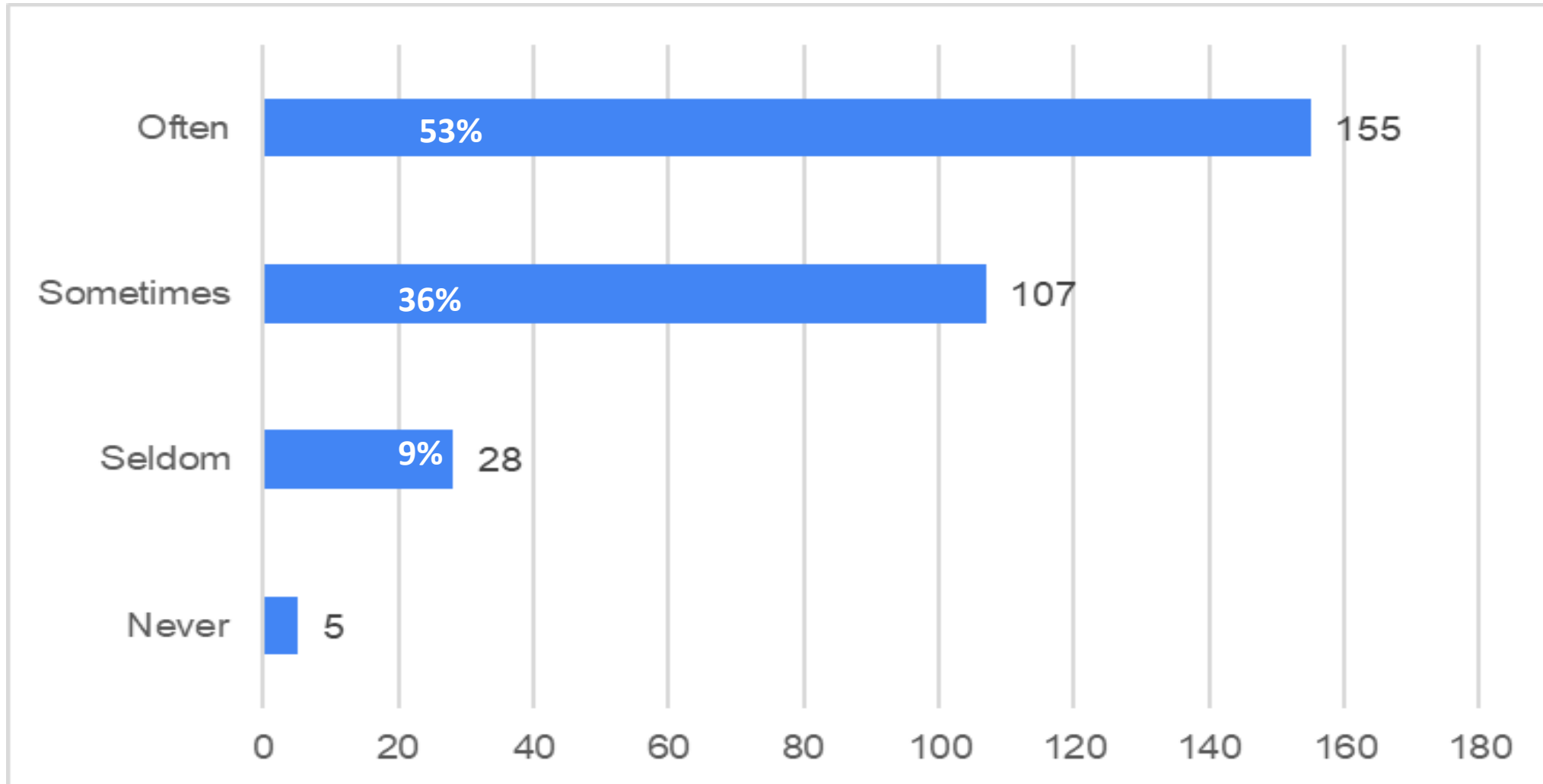
“Under what circumstance would allow your high school kid(s) to drink alcohol with their friends?”



“Under which circumstance would you allow your high school kid(s) to use marijuana with their friends?”



“How often do you have conversations with your child(ren) about [mental health, e.g., anxiety, depression]?”

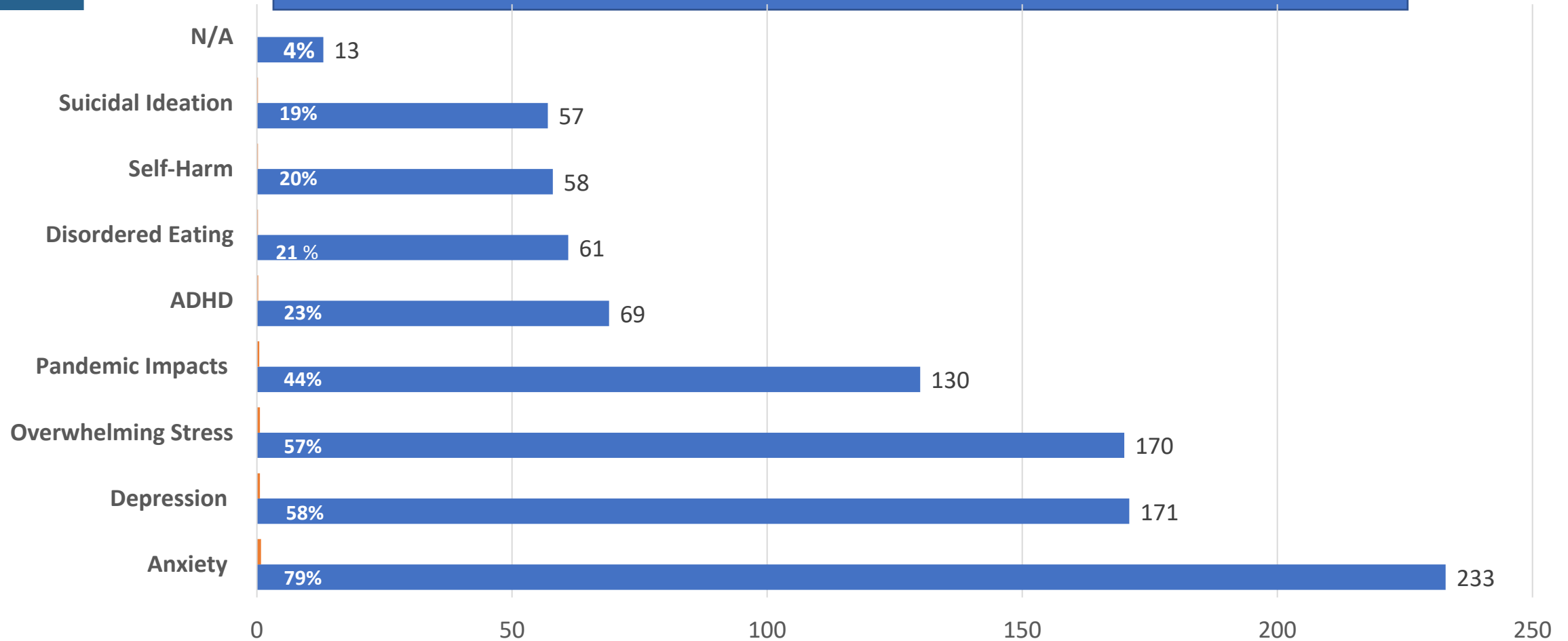


Often =
a few times a
month

Sometimes =
several times
a year

Seldom =
twice a year

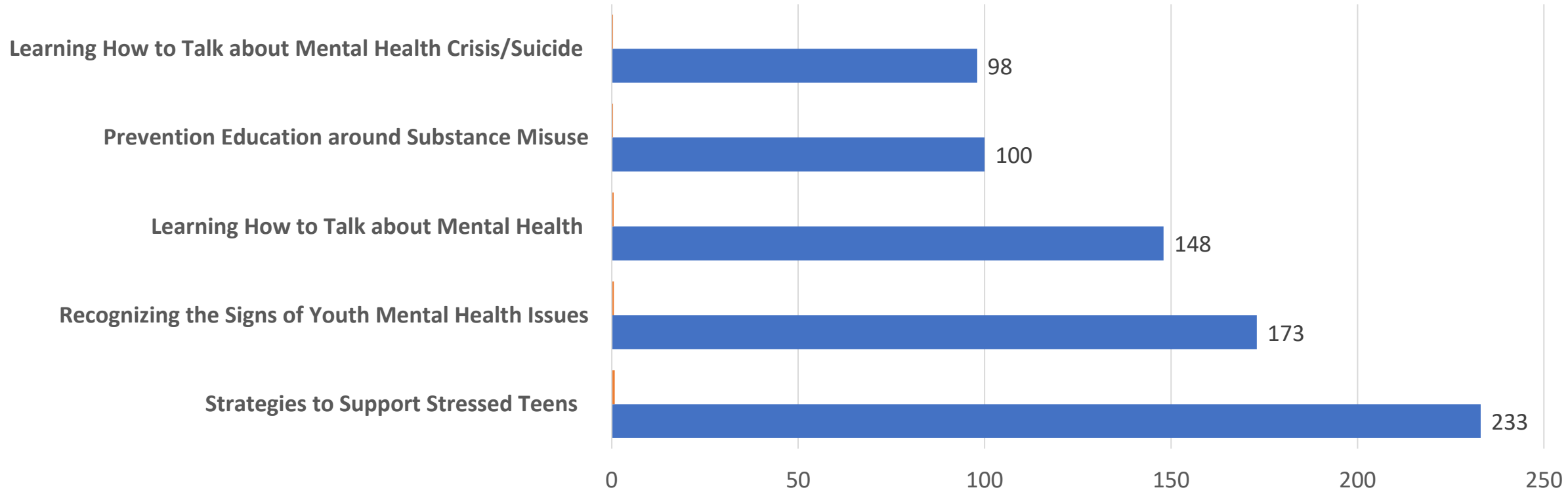
“What are you most concerned about with regards to your child’s mental health?”



Other concerns regarding child’s mental health:

- Difficulty socializing (bullying, peer issues, isolation) (8)
- Addiction to screens (social media)(4)
- Politics / Global stress (3)
- Perfectionism (2)
- OCD (2)
- Autism (1)
- Climate change (1)
- Body issues (1)
- Family issues (divorce) (1)
- Immigration and assimilation (1)
- Substance use disorder (1)
- Sleep (1)

“As we plan parent workshops, what topics would be most helpful?”



Other requested topics for future workshops:

- How to find professional support (4)
- How to support kids using substances (4)
- Better tools & education for school professionals (4)
- Culture of Stress (3)
- Teen dating, sex, and consent (2)
- Resisting peer pressure (2)
- Support for stressed parents (2)
- Healthy eating and nutrition / disordered eating (1)
- Spending time together as family and conflict resolution (1)
- Supporting executive functioning needs (1)
- Social Media (1)
- Issues of hate in the town (1)
- Prevention for late elementary aged students (1)