



Petoskey-Harbor Springs Area
community foundation
YOUTH ADVISORY COMMITTEE

YOUTH NEEDS ASSESSMENT

2021 Survey - Summary

Teens who took the survey (99 responses):

Female:	48%	7th grade:	15.3%	White:	83.3%
Male:	49%	8th grade:	39.8%	Native American:	6.3%
Prefer not to say:	3%	10th grade:	5.1%	Asian or Pacific Islander:	5.2%
		11th grade:	16.3%	Hispanic or Latino:	3.1%
		12th grade:	23.5%	Other:	2.1%

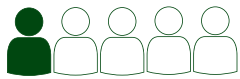
TOP TEN IDENTIFIED NEEDS - 2021

1. Mental health issues like depression, anxiety, or suicide
2. Academic pressure
3. Mental health awareness and education
4. Vaping/e-cigarettes
5. Drug use/abuse
6. Self-esteem or body image
7. Bullying or cyberbullying
8. Sexual harassment or assault
9. Peer pressure
10. Not enough positive, fun things to do after school or on weekends

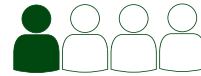
Mental Health Issues Like Depression, Anxiety or Suicide



3 out of 4 youth responded that they feel depressed or experience anxiety sometimes or daily



Nearly 1 in 5 youth responded that they had attempted or seriously considered suicide in the last 12 months.



1 out of 4 have considered or attempted harming themselves in the last 12 months

Academic Pressure

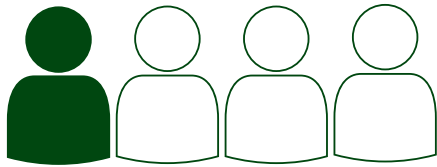


Nearly 2 out of 3 reporting feeling pressure to succeed or to go college, to the point where it causes them excessive stress

What causes you the most stress?

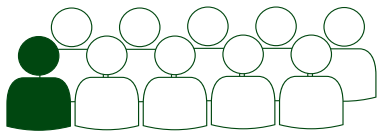
23%	School	8%	Family
22%	Being too busy or juggling too much	6%	Sports
15%	Grades/academics	5%	Relationships
12%	Future plans	9%	Other - various

Substance Use

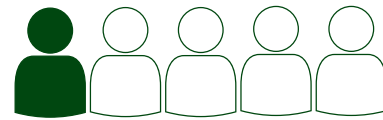


1 in 4 reported ever using **marijuana**,
and 8 percent within the past month

2 in 5 reported ever consuming **alcohol**,
4.5 percent within the past month



1 in 10 youth reported being offered, sold, or
receiving illegal drugs on school property



1 in 5 reported being impacted by substance
abuse in their homes

General Health and Wellness



Nearly 1 in 3 reported developing an eating disorder

2 in 5 reported having felt unsafe in any way
at school (physically, emotionally, etc.)

2 out of 5 youth responded that they feel
they spend an unhealthy amount of time
using electronics

27% reported spending more than 7 hours
daily using electronic devices for non-school
related things.

Community

79% reported feeling supported by their teachers

75% reported feeling supported by their community

90% reported knowing an adult in their community that they can go to for help

What do you wish was available or more available for youth in your school or
community?

1. Outdoor recreation areas (skate or bike parks, trails, etc.)
2. Stress management programs
3. Career exploration or job shadowing opportunities
Skill-building or personal development workshops
4. Art, writing, or music-focused activities

For more information visit www.phsacf.org