Rise Above Colorado
Youth Survey

Behavioral Health & Substance Use

September 2022

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EXECUTIVE **SUMMARY**

The results of the 2022 Rise Above Colorado Youth Survey are in many ways more about what happened to Colorado's youth than what Colorado youth were doing (although there are certainly important changes on both fronts).

Compared to our survey from 2020, Colorado teens are reporting poorer mental health and are feeling less connected with their parents, other adults and even their friends. They consider substance use more acceptable, including as a way to deal with stress, and that prescription drugs are considered a safer alternative to illicit substances. Recent use of substances is also higher, especially when it comes to alcohol, marijuana, and vaping, and those who have never tried substances are now more curious, especially when it comes to this triumvirate of marijuana, alcohol, and vaping.

These more permissive or favorable attitudes and behaviors often represent the continuation of trends we have been seeing over the last few years but appear to have been exacerbated in 2022, possibly due to some of the external stressors teens are facing today. Perhaps most disconcerting is that some of the greatest shifts are occurring among the youngest teens surveyed – those 12 to 13 years of age – whose reported attitudes and behaviors more closely align with those of older youth especially when it comes to direct offers of substances.

Other research conducted during the past two years, largely among adult populations, has shown how stress stemming from political and social unrest, growing economic divides, mass shootings including children at schools, natural disasters stemming from climate change and the unrelenting COVID19 pandemic have coalesced to reframe what we are concerned about today, and in turn, deescalated issues such as the risk of using substances, particularly in a limited or experimental fashion.

Teens today are also more likely to report having lived with someone who has suffered from a substance use disorder, which is disproportionately impacting nearly half of female youth surveyed and more than twice the rate as 2020.

One area of recent concern with teens and substance use relates to fentanyl and its associated overdose risks as a result of unknown contamination. While it is encouraging that nearly half of teens surveyed responded that they have had conversations with someone at home about the dangers of counterfeit pills and most consider taking a substance acquired off the street or online to be of 'great risk', it is important to continue to raise awareness of the increased prevalence and significant risks of fentanyl-laced substances so that teens can be informed and, therefore, make safe choices for themselves and influence others.

Despite these challenges that youth are facing, it is important to note that the vast majority of youth are not regularly using substances. In addition, fewer youth are overestimating their peers' use of marijuana and vaping products. Correcting these misperceptions by reaching teens in-person and online are proven methods for reducing future substance use, emphasizing that the vast majority of youth are not using substances while promoting positive and healthy norms to support teens' wellbeing.

STUDY **BACKGROUND**

Rise Above Colorado, with funding support from a federal grant managed by the Colorado Department of Public Health and Environment, Prevention Services Division, Community Prevention and Early Intervention unit, commissioned this 2022 assessment among Colorado's teenagers with HealthCare Research, Inc. to understand their attitudes and behaviors surrounding substance use.

The Colorado Department of Public Health and Environment (CDPHE), Prevention Services Division (PSD) improves the health, well-being, and equity of all Coloradoans through health promotion, prevention, and ensuring access to health care. The Community Prevention and Early Intervention (CPEI) within PSD, administers the federal substance abuse block grant funds. CPEI focuses on substance misuse prevention community programs, and is responsible service provision and coordination, program monitoring and evaluation.

 This is a follow-up to similar statewide studies conducted in 2009, 2010, 2011, 2013, 2016, 2018 and 2020.

Data collection for the 2022 Rise Above Colorado Youth Survey (RAC Youth Survey) was conducted between March 9th and May 22, 2022. With fewer people participating in survey research through outbound random phone calling, data collection for the Rise Above Colorado Youth Survey (and most surveys in general) has been moving to online data collection. Up through 2013, 100% of the data collection for this study was completed by phone. In 2016, 40% of data were gathered online, which increased to 77% by 2020 (now using a combination of online panels and social media recruitment) and for 2022, all data collection was completed online, gathering 316 interviews from online panels (44%), and 402 (56%) through social media recruitment (Instagram). Participants surveyed through social media received a $10 incentive (Amazon gift card) while those who participated through an online panel received an incentive from their online panel provider (often in the form of points which can be redeemed for cash).

To qualify for the survey, teenagers had to meet the following criteria :

- ✓ Must reside in the state of Colorado

- ✓ Must be between 12 and 17 years of age

- ✓ Must be enrolled in grades seven through twelve, or have dropped out of school[1]

The maximum margin of sampling error on a sample size of 718 interviews is +/- 3.7 percentage points. Margins of sampling error are greater when looking at smaller subsets of the data. The maximum margin of sampling error when it comes to some of the smallest groups surveyed (such as the PCN communities which often have around 30 interviews each) can reach as high as +/- 18 percentage points.

Once the data were checked for accuracy and integrity, the results were weighted to mirror the distribution of respondents' age and CPEI regions to align with prior survey periods.

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[1] Teenagers who had already graduated from high school were not eligible for survey participation.

The survey instrument for the Rise Above Colorado Youth Survey needs to evolve in accordance with the substances of interest each year. For 2022, an increased focus was made on understanding attitudes and use of prescription drugs, asking specifically about stimulants, pain relievers and anti-anxiety medications (rather than "prescription drugs" in general as has been done in previous years). Also new to the survey this year was teens' level of knowledge and concern surrounding fentanyl, especially with regard to it being unknowingly added to other substances. To make room for these new questions, a few questions were removed, most of which surrounded attitudes and use of heroin and methamphetamines.

Topics explored in this year's survey include the following:

- ✓ Risk and protective factors, including sense of belonging, which are known to impact use of substances

- ✓ Self-reported mental health, social media use, and engagement in extracurricular activities

- ✓ Substance awareness, interest in trying substances, ease of access and self-reported use

- ✓ Social norms derived from perceived peer use of substances at their school and in their grade as well as injunctive norms (perceived appropriateness of use)

- ✓ Awareness of educational materials regarding substance use, seen either at school or in their community, as well as family discussions about substance use.

- ✓ Awareness of youth-oriented campaigns designed to educate Colorado teens about the risks of substance misuse and provide resources for those in need of help

The questionnaire consists of 141 questions. The survey instrument utilized skip logic in order to present individuals with questions that are most relevant to them, based upon their previous answers in the survey. The questionnaire was available in both English and Spanish and took an average of 13 minutes to complete. Respondents were allowed to indicate when they do not know the answer to a particular question or to not respond if they were uncomfortable providing an answer. For the purposes of this report, those individuals who did not respond, or said "Don't know" were excluded on a question-by-question basis. Due to both skip logic and these missing-value exclusions, the sample size can vary for each question, and is therefore noted on each slide of the report.

STATISTICAL SIGNIFICANCE **& INFERENCE**

This analysis makes use of statistical procedures, notation and terminology which are important to understand.

Statistical Inference

As a statewide survey, the statistics presented in this report regarding Colorado youth are intended to be inferential in nature, meaning they are meant to be projectable to the larger population of Colorado's teens. However, we must recognize that survey results are not always representative, as those who chose to participate may be substantively different from those who did not. Furthermore, the subject matter of this study, asking teens about their awareness, use and curiosity to try illicit substances also lends to potentially under- or over-stated responses. However, as a tracking study, the biases in the data are likely similar year to year, allowing us to focus on trends more than absolutes.

While participants are often referred to as "teens" in this report, it is important to keep in mind that these results do not necessarily represent <u>all</u> Colorado teens.

Statistical Significance Testing

Differences between groups such as by age or gender or region are evaluated to see if the difference is meaningful from a statistical perspective. Statistical tests (typically t-tests of proportions and means) are used throughout the analysis to indicate which results are most likely to represent real differences in the data (as opposed to differences which fall within the margin of sampling error).

Significance testing is performed only when sample sizes are greater than or equal to 30. The level of confidence used for all statistical significance testing in this document is 95%.

 When a difference from 2020 to 2022 is found to be statistically significant, it is notated by an arrow (⬆)

 When a difference from 2018 to 2022 is found to be statistically significant, it is notated by an arrow within a circle (◭)

 When a difference in a table is statistically significant, this is indicated by either a shaded cell or an arrow

CPEI REGION MAP

This report looks at survey results by six geographic regions across the State of Colorado, following the categorization used by Community Prevention and Early Intervention (CPEI):

State of Colorado

1	Northeast
2	Denver/Boulder MSA
3	Central
4	Southeast
5	Southwest
6	Northwest
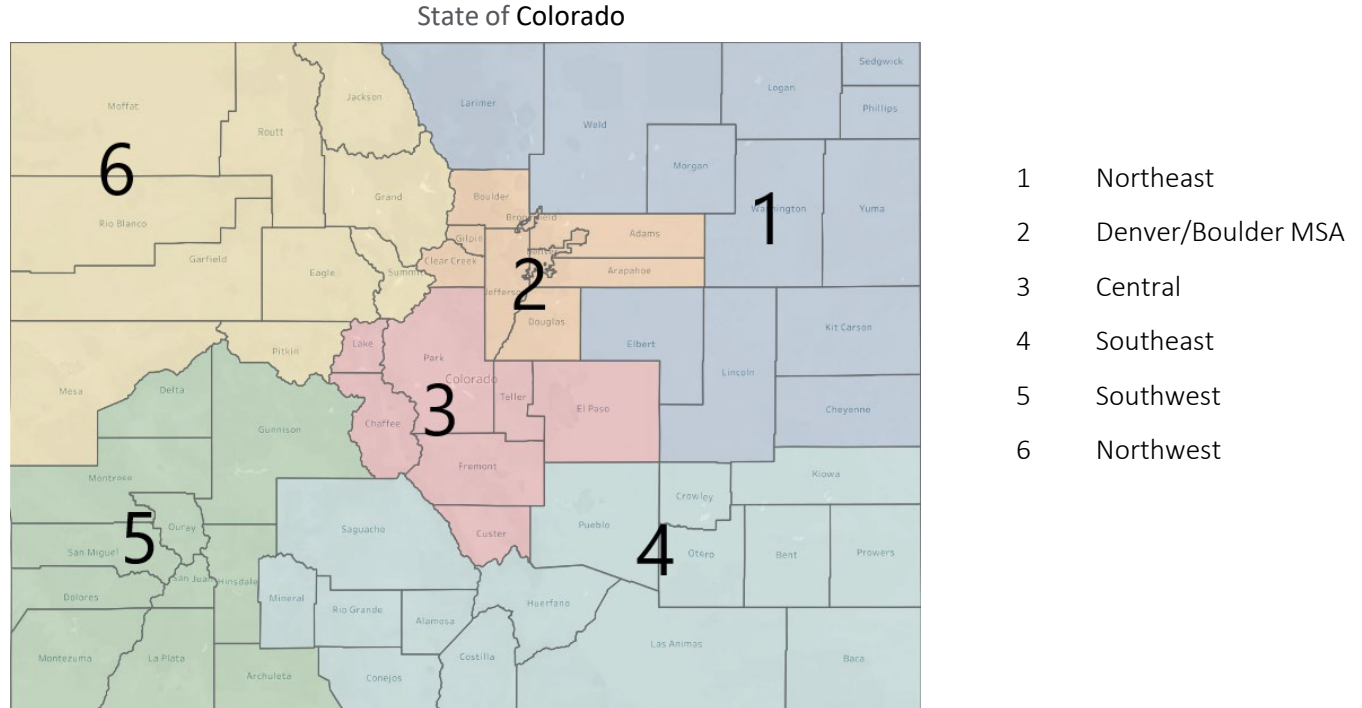
Preface

All That Changed Since 2020

As we prepared for the launch of the 2022 RAC Youth Survey we were expecting to see results which differed from the past. Surveying for the prior RAC Youth Survey (2020) was completed just prior to the COVID-19 stay-at-home orders going in place. No one knew for certain back in March and April of 2020 what the next two years would be like, and most probably did not anticipate the impact the pandemic was to have on our lives, especially the lives of youth.

What we did know, coming from other research conducted during these past two years, was that the pandemic brought about widespread changes in mental health, increased adult use of alcohol and drugs, and more reports of domestic violence.[1] Most of these studies were conducted among adults on a national basis but it seemed hard to imagine that Colorado's youth have somehow been spared the impact of these hardships. In fact, changes in youth mental health preceded COVID-19. To wit, in 2020 this survey showed 1 in 3 Colorado youth suffered 6 or more difficult mental health days in a given month, which had increased from 1 in 4 two years earlier.

Overlaid on top of the pandemic, and likely due at least in part to the pandemic, was a social and political struggle far greater than what many youth have previously witnessed. The killing of George Floyd, rioting at the Capitol building, increased frequency of mass shootings including at schools, accompanied by record heat waves, forest fires and natural disasters wore heavily on society, perhaps none more than youth.

While changes in these survey results seemed inevitable, there were many questions about the ways in which these situations would manifest themselves in teens' attitudes and behaviors compared to prior years. As will be shown in this year's survey results, the differences are often dramatic.

1 https://www.pewresearch.org/fact-tank/2020/05/07/a-third-of-americans-experienced-high-levels-of-psychological-distress-during-the-coronavirus-outbreak/

PARTICIPANT **DEMOGRAPHICS**

Demographically, teens who participated in the 2022 survey resemble those from prior years. The greatest difference this year is having fewer 12-year-old participants (4% in 2022 versus 7-8% in prior years), largely because this youngest age group cannot be directly outreached to via social media. It is also interesting to see that 3% of participants identified as gender non-binary /gender fluid, the first time this option was included when asking gender (only 21 respondents identified as gender non-binary/gender fluid, making this group too small to break out in subsequent analyses) . Fewer participants chose *not* to answer the question on sexual identity, at just 1% this year compared to 4-7% in prior years. An increase in Black respondents is also seen from prior years, and more respondents selected multiple races/ethnicities this year than in the past (9% choosing more than one race in 2022 versus 6% in 2020 and only 2% in 2018 and 2016).

	2022	2020	2018	2016
Base	718	653	604	607
Age 12	4% ⬇	7%	8%	8%
Age 13	17%	17%	17%	17%
Age 14	18%	16%	15%	15%
Age 15	19%	17%	17%	17%
Age 16	24%	22%	22%	22%
Age 17	19%	21%	21%	21%
Female	50%	48%	51%	48%
Male	47% ⬇	52%	49%	52%
Nonbinary/Gender Fluid	3% ⬆	N/A	N/A	N/A
Heterosexual	82%	78%	82%	85%
LGBQ	17%	15%	14%	8%
Prefer not to answer	1% ⬇	7%	4%	7%

	2022	2020	2018	2016
Caucasian	71%	67%	68%	73%
Hispanic	20%	22%	24%	20%
Black/African American	8% ⬆	5%	4%	4%
Asian	4%	4%	3%	3%
Native American	3%	2%	2%	1%
Other/Refused	3% ⬇	6%	1%	1%
Denver/Boulder MSA	52%	55%	55%	55%
Central	15%	16%	16%	16%
Northeast	17%	14%	13%	13%
Northwest	6%	7%	7%	7%
Southeast	6%	5%	6%	6%
Southwest	4%	4%	4%	4%

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SUBSTANCES **AT A GLANCE**

An overview of all substances, from accessibility to use and perceived social norms around the prevalence and appropriateness of use, reveals patterns much like 2020, with alcohol, vaping and marijuana being the substances respondents most often use, are considered the most accessible and are the most desired to try among those who have not used them. The most substantial shift since 2020 is in the overestimation of prescription drugs, which is now overestimated in usage by 90% of respondents, while fewer today overestimate usage behaviors for vaping and marijuana.

A - Alcohol   **M** - Meth

C - Cocaine   **P** - Prescription Drugs

H - Heroin   **V** - Vaping

J - Marijuana

EXTERNAL INFLUENCES

EXTRACURRICULAR ACTIVITIES
SOCIAL MEDIA USE
MENTAL HEALTH

To understand how the pandemic and other factors may have impacted Colorado teens, we begin with the question of mental wellbeing.

As anticipated based upon national research surveys on mental health, data from the Colorado RAC Youth Survey also show a decline in mental wellbeing, with significantly fewer teens citing that they had no mentally difficult days within the past 30 days (17%, which is half that reported in 2018). However, the number of poor mental health days did not shift to the far righthand side of the scale (where 14+ poor mental health days actually declined significantly), but instead to the categories of 1-2 difficult days per month (+5 points over 2020) and 3-5 difficult days per month (+8 points over 2020), both posting statistically significant increases.

"During the past 30 days, how many days would you say your mental health was not good? Poor mental health includes anxiety, stress, depression, and problems with emotions."

NONE				1 – 2 DAYS				3 – 5 DAYS				6 – 13 DAYS				14 + DAYS			
30%	34%	23%	17%	23%	22%	20%	25%	23%	19%	26%	34%	12%	11%	14%	15%	12%	14%	16%	10%
2016	2018	2020	2022	2016	2018	2020	2022	2016	2018	2020	2022	2016	2018	2020	2022	2016	2018	2020	2022

Percentage Base: All Respondents, excluding "Don't Know" responses

https://www.bu.edu/articles/2021/depression-rates-tripled-when-pandemic-first-hit/#:~:text=New%20research%20from%20Boston%20University,every%203%20American%20adults

https://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide
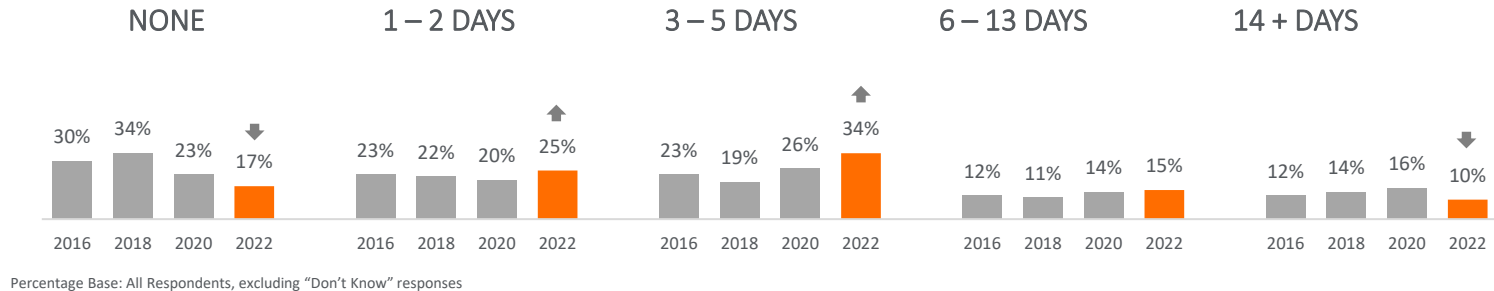
Specific groups of teens more likely to report poorer mental health are those who are younger (under the age of 16 but especially those 12-13 years of age), girls, Hispanic/Latinx, and those with incomes under $50k/year, all of which posted significant increases in the category of "3-5 poor mental health days per month." There is also a significant increase in the 3-5-day category among those who identify as heterosexual, although the highest number of difficult days per month is reported by those who identify as LGBQ, with 61% saying they experience six or more difficult days per month (versus 25% on average).

	Age 12-13		Age 14-15		Age 16-17		Denver/Boulder		Central		Northeast		Northwest		Southeast		Southwest		PCN Cohort	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	135	108	238	412	280	197	344	284	100	110	112	63	38	74	35	108	24	78	n/a	236
Number of Poor Mental Health Days																				
0 days	35%	16%	22%	22%	18%	13%	22%	13%	25%	22%	31%	11%	12%	26%	27%	39%	28%	35%	n/a	15%
1-2 days	22%	26%	23%	27%	17%	23%	21%	30%	24%	18%	20%	21%	15%	19%	9%	12%	18%	21%	n/a	32%
3-5 days	26%	40%	26%	34%	27%	32%	24%	32%	26%	36%	28%	39%	37%	35%	36%	31%	23%	31%	n/a	32%
6-13 days	5%	12%	14%	14%	20%	17%	16%	13%	11%	13%	11%	23%	18%	18%	7%	17%	10%	8%	n/a	9%
14 or more days	12%	7%	15%	4%	18%	16%	17%	12%	14%	12%	10%	6%	18%	3%	21%	2%	21%	5%	n/a	12%

	Female		Male		Heterosexual		LGBQ		Caucasian		Hispanic		<$50k		$50-74k		$75-99k		$100k+	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	350	361	294	332	494	586	134	119	445	507	135	141	122	112	275	254	138	182	108	139
Number of Poor Mental Health Days																				
0 days	17%	12%	31%	22%	27%	19%	11%	2%	21%	18%	29%	9%	30%	18%	21%	17%	29%	16%	18%	13%
1-2 days	23%	19%	16%	32%	22%	26%	10%	17%	20%	24%	18%	28%	14%	23%	21%	25%	18%	24%	28%	29%
3-5 days	26%	38%	27%	33%	28%	37%	23%	21%	29%	29%	22%	39%	22%	37%	28%	35%	27%	39%	29%	22%
6-13 days	16%	19%	12%	8%	12%	12%	26%	30%	16%	17%	11%	18%	15%	19%	16%	13%	12%	14%	11%	19%
14 or more days	19%	12%	12%	5%	12%	6%	31%	31%	15%	12%	19%	7%	20%	4%	15%	10%	15%	7%	14%	17%

Shadings indicate significant increases/decreases from the previous year at the 95% level of confidence.

SOCIAL MEDIA **USE**

Reduced in-person interactions due to stay-at-home guidelines and remote learning not surprisingly corresponded with Colorado teens reporting spending significantly more time on social media such as TikTok, Snapchat, Instagram, Twitter and Facebook. In 2018, one-fourth of participants said they spent less than 30-minutes a day on social media, which fell 8 points to 16% in 2020 and fell again by half to 8% in 2022.

However, here too, responses did not shift to the highest category of 5+ hours per day, which actually held stable, as did even the 3-5 hours per day category. Instead, the only significant shift was into the 1- to 2-hour per day category, which gained nine percentage points over 2020 to 37%.

"Thinking about an average day, how much time do you spend on social media such as TikTok, Snapchat, Instagram, Facebook, Twitter, etc.?"

	< 30 MINUTES			30 MINUTES – 1 HOUR			1 – 2 HOURS			3 – 5 HOURS			5 + HOURS		
	2018	2020	2022	2018	2020	2022	2018	2020	2022	2018	2020	2022	2018	2020	2022
	24%	16%	8%	19%	17%	20%	29%	28%	37%	18%	27%	26%	9%	11%	10%

Percentage Base: All Respondents, excluding "Don't Know" responses

Frontiers | Digital Media Use and Adolescents' Mental Health During the Covid-19 Pandemic: A Systematic Review and Meta-Analysis | Public Health (frontiersin.org)

Increased social media use is found to be significantly higher among both female and male participants (fewer of both groups spending less than 30 minutes per day on social media) as well as both 12-13 and 14–15-year-olds. Participants with household incomes of $50-99k/year also report significantly higher social media use than they did in 2020.

	Age 12-13		Age 14-15		Age 16-17		Denver/Boulder		Central		Northeast		Northwest		Southeast		Southwest		PCN Cohort	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	135	108	238	412	280	197	344	284	100	110	112	63	38	74	35	108	24	78	n/a	236
Social Media Use Per Day																				
Less than 30 minutes	24%	**14%**	18%	**6%**	10%	**7%**	14%	**7%**	15%	**11%**	25%	**10%**	20%	**10%**	16%	**6%**	15%	**5%**	n/a	3%
30 minutes to 1 hour	23%	**21%**	16%	**24%**	15%	**15%**	18%	**20%**	22%	**20%**	11%	**19%**	19%	**11%**	11%	**26%**	8%	**27%**	n/a	20%
1-2 hours	27%	**42%**	28%	**36%**	29%	**35%**	31%	**35%**	29%	**38%**	28%	**44%**	22%	**27%**	12%	**34%**	19%	**36%**	n/a	36%
3-5 hours	22%	**17%**	28%	**27%**	30%	**29%**	24%	**29%**	24%	**19%**	26%	**19%**	34%	**39%**	47%	**22%**	58%	**22%**	n/a	31%
More than 5 hours	3%	**6%**	10%	**6%**	17%	**15%**	13%	**10%**	10%	**12%**	10%	**8%**	5%	**13%**	14%	**12%**	0%	**10%**	n/a	11%

	Female		Male		Heterosexual		LGBQ		Caucasian		Hispanic		<$50k		$50-74k		$75-99k		$100k+	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	350	361	294	332	494	586	134	119	445	507	135	141	122	112	275	254	138	182	108	139
Social Media Use Per Day																				
Less than 30 minutes	14%	7%	19%	9%	16%	8%	19%	10%	17%	10%	13%	4%	16%	11%	15%	6%	17%	10%	20%	8%
30 minutes to 1 hour	13%	19%	21%	21%	18%	21%	13%	9%	15%	19%	24%	22%	25%	27%	17%	16%	13%	20%	16%	21%
1-2 hours	30%	29%	27%	46%	30%	39%	21%	28%	33%	37%	16%	40%	19%	29%	29%	40%	26%	41%	35%	32%
3-5 hours	30%	30%	24%	20%	26%	25%	31%	33%	26%	25%	31%	25%	26%	25%	27%	26%	34%	23%	22%	28%
More than 5 hours	13%	15%	9%	4%	10%	8%	17%	20%	8%	9%	16%	11%	15%	8%	11%	12%	10%	6%	7%	12%

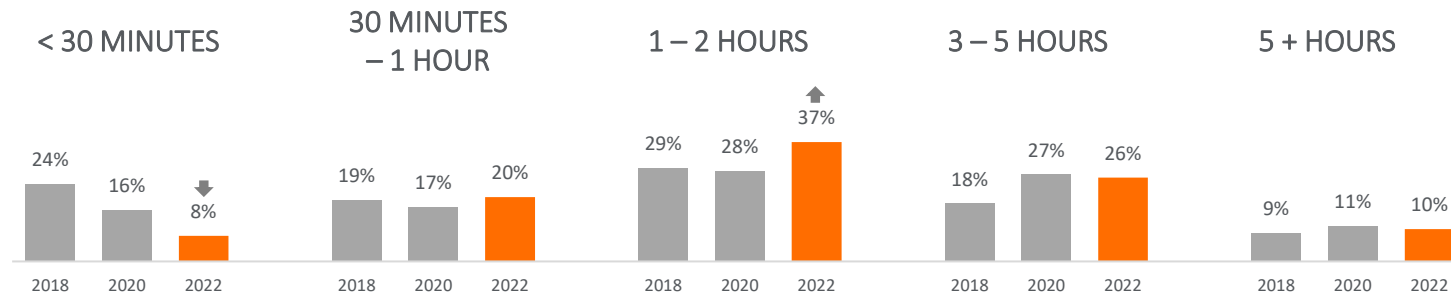Shadings indicate significant increases/decreases from the previous year at the 95% level of confidence.

EXTRACURRICULAR **ACTIVITIES**

However, we did see an increase in the participation of extracurricular activities, with 36% saying they took part in 3-5 activities this year, up from 29% in 2020, while only one out of ten (12%) said they did not participate in any extracurricular activities, which is significantly lower than 2020 (16%).

"How many extracurricular activities do you participate in, either at or outside of school, such as arts, sports, band, drama, clubs, youth group, or student government?"

NO ACTIVITIES	ONE TO TWO	THREE TO FIVE	SIX OR MORE

NO ACTIVITIES
- 2016: 17%
- 2018: 15%
- 2020: 16%
- 2022: 12% ▼

ONE TO TWO
- 2016: 43%
- 2018: 52%
- 2020: 48%
- 2022: 45% ▽

THREE TO FIVE
- 2016: 35%
- 2018: 28%
- 2020: 29%
- 2022: 36% ▲

SIX OR MORE
- 2016: 5%
- 2018: 5%
- 2020: 7%
- 2022: 7%

Base: All Respondents, excluding "Don't Know" responses

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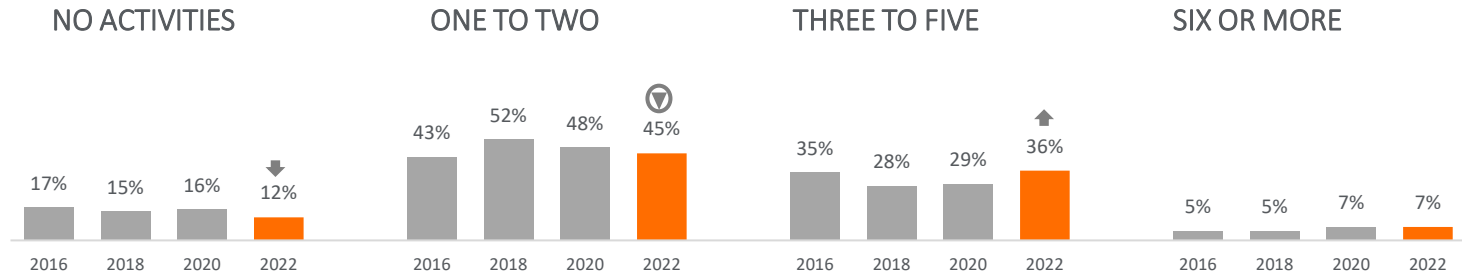
EXTRACURRICULAR **ACTIVITIES**

Demographically, participation in extracurricular activities was found to be significantly greater among 14-15 year olds, females, those who identify as heterosexual, Hispanics/Latinx, and those with household incomes under $50k/year.

Extracurricular Activities	Age 12-13		Age 14-15		Age 16-17		Denver/ Boulder		Central		Northeast		Northwest		Southeast		Southwest		PCN Cohort
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2022
sample size	135	108	238	412	280	197	344	284	100	110	112	63	38	74	35	108	24	78	236
None	13%	**12%**	19%	**10%**	15%	**14%**	18%	**13%**	12%	**7%**	12%	**14%**	14%	**15%**	10%	**13%**	27%	**5%**	n/a	5%
One to Two	48%	**45%**	51%	**47%**	46%	**43%**	46%	**40%**	60%	**60%**	45%	**46%**	38%	**34%**	55%	**54%**	57%	**48%**	n/a	41%
Three to Five	29%	**40%**	26%	**37%**	30%	**34%**	30%	**40%**	27%	**25%**	31%	**31%**	33%	**47%**	20%	**30%**	14%	**41%**	n/a	46%
Six or More	10%	**3%**	4%	**6%**	8%	**10%**	6%	**7%**	1%	**8%**	12%	**9%**	16%	**5%**	15%	**4%**	2%	**6%**	n/a	8%

Extracurricular Activities	Female		Male		Heterosexual		LGBQ		Caucasian		Hispanic		<$50k		$50-74k		$75-99k		$100k+	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	350	361	294	332	494	586	134	119	445	507	135	141	122	112	275	254	138	182	108	139
None	15%	11%	17%	12%	14%	9%	19%	26%	14%	13%	21%	5%	19%	12%	16%	12%	17%	11%	13%	12%
One to Two	50%	39%	47%	51%	47%	45%	52%	43%	47%	43%	53%	50%	51%	47%	47%	45%	43%	40%	53%	51%
Three to Five	27%	41%	30%	32%	31%	38%	21%	26%	33%	35%	18%	39%	24%	37%	29%	36%	34%	42%	26%	27%
Six or More	8%	9%	6%	5%	7%	8%	8%	5%	6%	9%	8%	7%	6%	5%	8%	7%	7%	7%	9%	10%

Shadings indicate significant increases/decreases from the previous year at the 95% level of confidence.

FACTORS IMPACTING YOUTH

RISK & PROTECTIVE FACTORS
SENSE OF BELONGING
PERSONAL SAFETY

PROTECTIVE **FACTORS**

"Protective factors" are defined as characteristic at the biological, psychological, family, or community levels that are associated with a lower likelihood of problem outcomes.[1]

In the RAC Youth Survey, we look at protective factors from the perspective of how teens feel about having a trusted adult in their lives, including their parents, who they can go to for help as well as finding a sense of meaning in their schoolwork and seeing a positive outlook for their futures. In addition, we include disc sense of belonging among friends, family and community as well as family discussion about substance use in this section on protective factors.

PROTECTIVE FACTORS
If I had a serious problem, I know an adult in or out of school, other than my parents, who I could talk to or go to for help
If I have a personal problem, I can go to one of my parents for help
The schoolwork I am assigned is often meaningful and important to me
I have goals that I have set for myself which are really important to me

---

[1] O'Connell, Boat, & Warner, 2009, "Preventing Mental, Emotional, and Behavioral Disorders Among Young People," p. xxvii

PROTECTIVE **FACTORS**

Agreement on three of the four protective factors declined since 2020. Significantly fewer participants this year felt they "know an adult they could talk to" and agreement on the statement that they can "go to one of their parents for help" has been trending downward since 2018.

Significantly lesser agreement is also seen on the statement of "having set goals for themselves which are important to them," with only half today "strongly agreeing," compared to 73% in 2018.

However, finding their schoolwork to be meaningful has improved, returning to levels not seen since 2016, perhaps reflecting an appreciation to be back in the classroom.

% Strongly + Somewhat Agree
% Strongly Agree

I know an adult who I could talk to

	2016	2018	2020	2022
Strongly + Somewhat	89%	91%	86%	84%
Strongly	61%	62%	55%	41%

I can go to one of my parents for help

	2016	2018	2020	2022
Strongly + Somewhat	92%	93%	87%	87%
Strongly	69%	69%	55%	53%
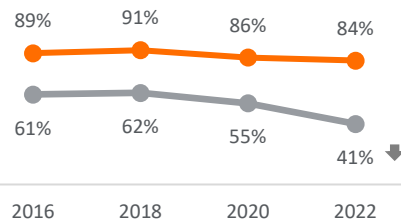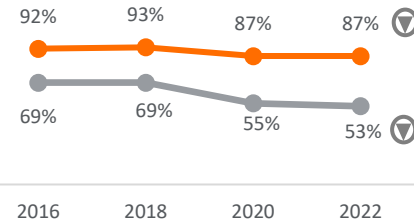
Schoolwork is often meaningful to me
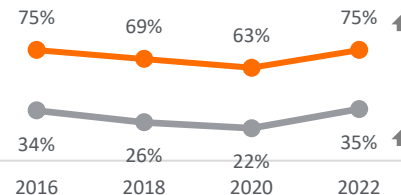
	2016	2018	2020	2022
Strongly + Somewhat	75%	69%	63%	75%
Strongly	34%	26%	22%	35%

I have goals that I have set for myself

	2016	2018	2020	2022
Strongly + Somewhat	93%	96%	90%	86%
Strongly	73%	66%	63%	53%

Percentage Base: All Respondents, excluding "Don't Know" responses

22
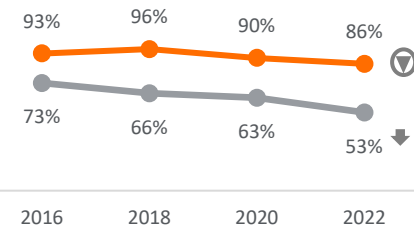
PROTECTIVE **FACTORS**

Statistically significant declines are seen on the attribute of "having an adult I can talk to" are seen among older teens (16-17 years of age) and those with incomes in the $50-75k/year range. Older teens are also significantly less likely this year to say they have set goals that are important for themselves, which also declined among females and those who identify as heterosexual. Interestingly, having schoolwork that is meaningful has increased among nearly all demographic groups.

	Age 12-13		Age 14-15		Age 16-17		Denver/ Boulder		Central		Northeast		Northwest		Southeast		Southwest		PCN Cohort	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	135	108	238	412	280	197	344	284	100	110	112	63	38	74	35	108	24	78		236
Protective Factors (% Strongly + Somewhat Agree)																				
I know an adult who I could talk to	85%	**87%**	84%	**85%**	87%	**80%**	85%	**82%**	90%	**82%**	86%	**88%**	89%	**86%**	80%	**85%**	77%	**92%**	n/a	**85%**
School work is meaningful to me	73%	**80%**	59%	**79%**	60%	**71%**	61%	**71%**	64%	**75%**	65%	**88%**	88%	**67%**	48%	**80%**	44%	**88%**	n/a	**80%**
I have goals that I set for myself	85%	**87%**	89%	**86%**	94%	**87%**	89%	**86%**	93%	**92%**	95%	**84%**	89%	**81%**	88%	**84%**	79%	**90%**	n/a	**88%**
I can go to one of my parents for help	91%	**93%**	84%	**87%**	87%	**85%**	85%	**86%**	90%	**89%**	94%	**93%**	91%	**82%**	90%	**88%**	77%	**88%**	n/a	**83%**

	Female		Male		Heterosexual		LGBQ		Caucasian		Hispanic		<$50k		$50-74k		$75-99k		$100k+	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	350	361	294	332	494	586	134	119	445	507	135	141	122	112	275	254	138	182	108	139
Protective Factors (% Strongly + Somewhat Agree)																				
I know an adult who I could talk to	88%	83%	83%	86%	86%	85%	84%	78%	86%	82%	85%	89%	79%	93%	88%	81%	88%	84%	85%	83%
School work is meaningful to me	66%	74%	59%	80%	65%	81%	52%	46%	61%	71%	64%	84%	61%	80%	63%	75%	65%	76%	58%	67%
I have goals that I set for myself	93%	85%	87%	88%	90%	86%	88%	86%	88%	85%	93%	87%	88%	89%	90%	87%	92%	82%	90%	91%
I can go to one of my parents for help	87%	85%	88%	92%	89%	90%	78%	75%	87%	86%	88%	90%	86%	91%	88%	85%	87%	89%	86%	89%

Shadings indicate significant increases/decreases from the previous year at the 95% level of confidence.

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FAMILY **DISCUSSIONS**

Talking with parents about substance use declined significantly when it comes to discussions about marijuana. Family discussions about alcohol and prescription drugs declined in 2018 and held at these lower levels in 2022.

Encouraging is the fact that 45% of teens reported having conversations with their parents about counterfeit pills which may have been contaminated with fentanyl, the first time this has been measured in the RAC Youth Survey. While not a particularly high percentage compared to other substances, it is nonetheless reassuring to know that nearly half of teens have had a conversation with their parents about this topic given the severity and growing problem of fentanyl-laced pills.

"Have you ever talked to your parents about [substance]?"

% Yes

Alcohol	Marijuana	Vaping	Rx Drugs	Counterfeit Pills

Alcohol
79% 84% 81% 74% 73%
Base: Those aware of each substance
2013 2016 2018 2020 2022

Marijuana
70% 80% 78% 69% 59%
2013 2016 2018 2020 2022

Vaping
66% 62%
2020 2022

Rx Drugs
32% 36% 51% 44% 39%
2013 2016 2018 2020 2022

Counterfeit Pills
45%
2022

* Discussions surrounding Meth, Heroin and Cocaine were removed and added Counterfeit Contaminated Pills was added in 2022

Family discussions surrounding marijuana declined significantly among teens 14 years of age and older, those who identify as heterosexual as well as Caucasian teens. Conversations about taking prescription drugs not prescribed for you fell significantly among males, those who identify as LGBQ and Caucasian participants.

	Age 12-13		Age 14-15		Age 16-17		Denver/Boulder		Central		Northeast		Northwest		Southeast		Southwest		PCN Cohort
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2022
sample size	135	108	238	412	280	197	344	284	100	110	112	63	38	74	35	108	24	78	236
Family Discussion (% Yes)																			
Marijuana	52%	**59%**	72%	**55%**	76%	**62%**	71%	**59%**	70%	**63%**	64%	**58%**	68%	**50%**	72%	**58%**	59%	**61%**	61%
Rx Drugs not prescribed to you	52%	**47%**	45%	**40%**	41%	**35%**	43%	**36%**	50%	**42%**	43%	**42%**	42%	**56%**	48%	**38%**	52%	**49%**	36%
Counterfeit, contaminated, or laced pills	n/a	**53%**	n/a	**44%**	n/a	**42%**	n/a	**46%**	n/a	**42%**	n/a	**41%**	n/a	**52%**	n/a	**48%**	n/a	**54%**	47%
Alcohol	56%	**79%**	77%	**68%**	81%	**75%**	75%	**70%**	75%	**78%**	71%	**87%**	67%	**63%**	72%	**62%**	67%	**67%**	71%
Vape	50%	**56%**	69%	**58%**	72%	**68%**	68%	**61%**	67%	**70%**	58%	**55%**	65%	**60%**	63%	**60%**	56%	**72%**	61%

	Female		Male		Heterosexual		LGBQ		Caucasian		Hispanic		<$50k		$50-74k		$75-99k		$100k+	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	350	361	294	332	494	586	134	119	445	507	135	141	122	112	275	254	138	182	108	139
Family Discussion (% Yes)																				
Marijuana	70%	63%	68%	53%	67%	55%	77%	76%	71%	57%	66%	66%	70%	64%	67%	57%	75%	61%	66%	55%
Rx Drugs not prescribed to you	43%	42%	46%	38%	42%	41%	52%	34%	47%	40%	43%	44%	48%	54%	44%	36%	48%	43%	39%	29%
Counterfeit, contaminated, or laced pills	n/a	50%	n/a	41%	n/a	45%	n/a	44%	n/a	43%	n/a	54%	n/a	48%	n/a	44%	n/a	49%	n/a	40%
Alcohol	75%	77%	72%	68%	73%	72%	74%	79%	76%	73%	71%	79%	72%	79%	72%	74%	79%	70%	75%	71%
Vape	67%	64%	63%	59%	66%	61%	63%	69%	69%	60%	62%	66%	58%	64%	64%	62%	74%	57%	69%	61%

Shadings indicate significant increases/decreases from the previous year at the 95% level of confidence.

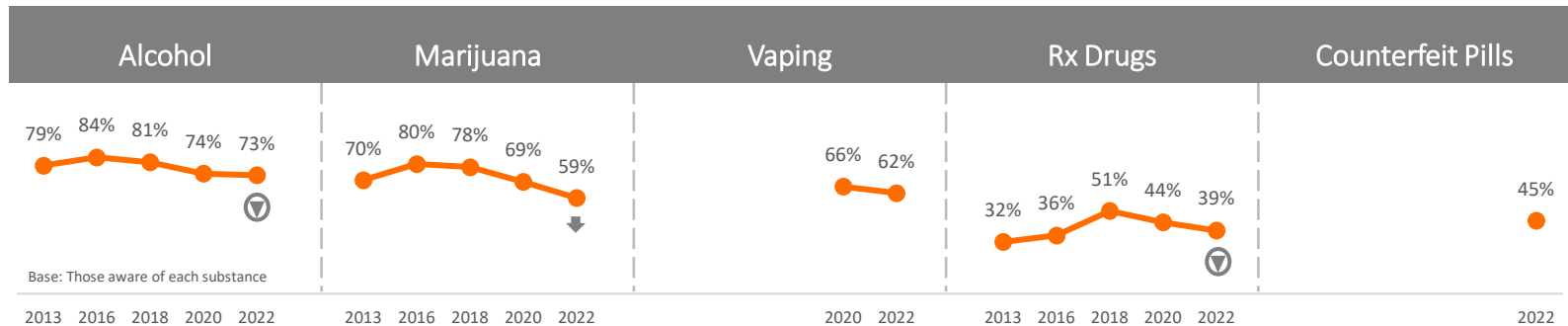# SENSE OF **BELONGING**

Having a sense of belonging among friends, classmates and adults has been identified as a protective factor and was added to the survey in 2020.

Here too we see statistically significant declines, with fewer saying they feel completely connected to others outside of their school (down 6 points at the top-box level) as well as feeling supported by their friends (down 9 points).

The attribute asking participants the extent to which they feel they "belong at their school" was modified for the 2022 survey so as to not confuse it with whether or not they felt they belonged at school *due to COVID-19 restrictions*. The new wording, which now asks if they feel welcomed and accepted by students and adults at their school received ratings on par with the 2020 attribute using the prior wording.

"To what extent do you feel that you…?"

% COMPLETELY | % MOSTLY

… connect with people outside of your school
(such as through an activity, family, community, faith group, etc.)

… feel welcomed and accepted by students and adults in your school community*

… are supported by your friends

	2020	2022		2020	2022		2020	2022
Total	60%	59%		66%	65%		80%	76%
% COMPLETELY	31%	25%		30%	26%		44%	35%
% MOSTLY	29%	34%		36%	39%		36%	41%
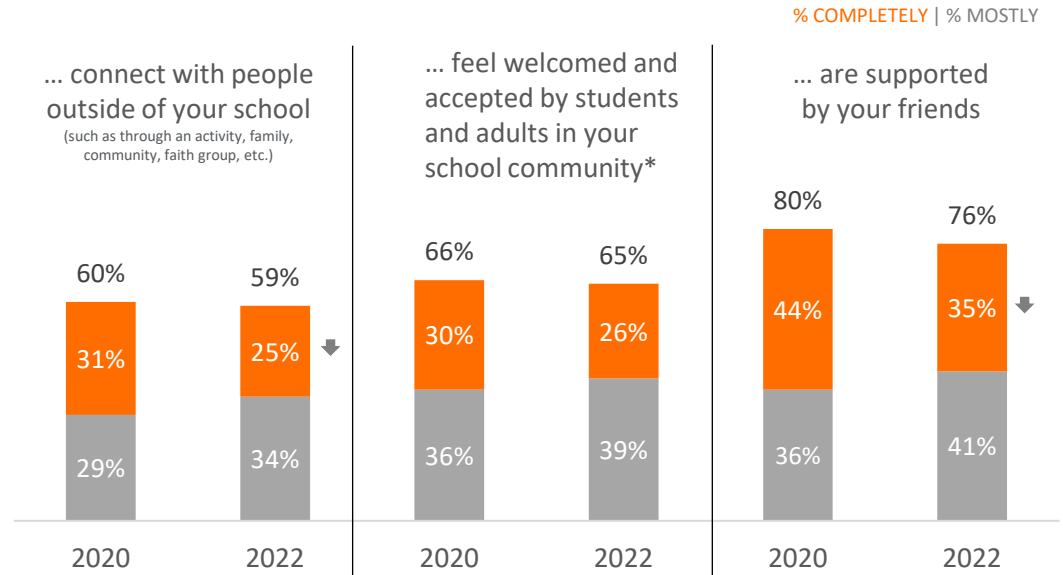
* Wording changed from "belong at your school" to avoid confusion regarding in-person and remote learning

SENSE OF **BELONGING**

Demographically, declines in feeling supported by friends are seen among older teens (16-17 years of age), females and those who identify as LGBQ. However, increases in feeling supported by friends are seen among those in the lowest income group (< $50k) and Hispanic/Latinx participants, both of whom also reported feeling more connected to those outside of their school.

	Age 12-13		Age 14-15		Age 16-17		Female		Male		<$50k		$50-74k		$75-99k		$100k+	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	135	108	238	413	280	197	350	361	294	332	122	163	275	263	138	156	108	107
Belonging (% Completely + Mostly)																		
Students and Adults in school community*	72%	**76%**	66%	**66%**	64%	**60%**	65%	**63%**	68%	**68%**	71%	**74%**	61%	**60%**	67%	**64%**	72%	**69%**
Outside of your school	65%	**65%**	58%	**65%**	60%	**52%**	60%	**57%**	61%	**64%**	50%	**70%**	60%	**56%**	63%	**59%**	67%	**56%**
Are supported by your friends	79%	**84%**	79%	**76%**	81%	**73%**	82%	**76%**	77%	**76%**	74%	**86%**	80%	**73%**	80%	**76%**	84%	**77%**

	Heterosexual		LGBQ		Caucasian		Hispanic		Parents Married		Parents Divorced		Parents Other	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	494	586	134	119	445	507	135	141	444	507	146	147	50	53
Belonging (% Completely + Mostly)														
Students and Adults in school community*	71%	**70%**	47%	**40%**	66%	**65%**	65%	**74%**	72%	**69%**	52%	**56%**	61%	**52%**
Outside of your school	66%	**65%**	37%	**34%**	62%	**59%**	54%	**68%**	65%	**63%**	49%	**46%**	55%	**56%**
Are supported by your friends	81%	**79%**	76%	**64%**	82%	**79%**	74%	**86%**	83%	**78%**	70%	**74%**	69%	**70%**

Shadings indicate significantly higher/lower ratings than overall average at the 95% level of confidence.

SENSE OF **BELONGING**

By geography, few differences are noticed in the sense of belonging metrics, with being supported by friends declining among teens in the Denver/Boulder area and feeling connected with people outside of school declining among those in the northwest region.

	Denver/Boulder		Central		Northeast		Northwest		Southeast		Southwest	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	344	284	100	110	112	63	38	74	35	109	24	78
Belonging (% Completely + Mostly)												
Students and Adults in school community*	66%	**64%**	69%	**70%**	67%	**62%**	66%	**66%**	63%	**64%**	64%	**72%**
Outside of your school	61%	**58%**	52%	**60%**	61%	**61%**	78%	**60%**	49%	**60%**	67%	**68%**
Are supported by your friends	79%	**72%**	78%	**83%**	82%	**82%**	89%	**79%**	67%	**72%**	86%	**78%**

Shadings indicate significantly higher/lower ratings than overall average at the 95% level of confidence.

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ACTIVITIES & **BELONGING**

Having a sense of belonging is statistically associated with participation in extracurricular activities.

Teens who do not participate in any extracurricular activities are significantly less likely to feel welcomed and accepted at school or to have a connection with people outside of their school and even to feel supported by their friends, all of which are rated significantly lower than average.

By participating in just one or two activities, participants' sense of belonging is nearly as strong as those who participate in three or more activities, reinforcing the importance in any participation in extracurricular activities to help create a sense of support and connection.

% Completely + Mostly	Number of Extracurricular Activities			
	None (n=84)	One to Two (n=319)	Three to Five (n=258)	Six or more (n=51)
Feel welcomed and accepted by students and adults in school/community	41% ⬇	69%	67%	73%
Connect with people outside of your school (e.g., an activity, family, community, faith group)	28% ⬇	59%	68% ⬆	71%
Are supported by your friends	49% ⬇	79%	81%	49%

RISK **FACTORS**

Risk factors are the opposite of protective factors, and include things such as lack of parental supervision, academic problems, peer substance use and easy access to drug/substances.

For this study, risk factors focus on limited perceived risk toward substance use, parental acceptance of smoking marijuana and drinking alcohol and confidence that prescription drugs are safer and not addictive.

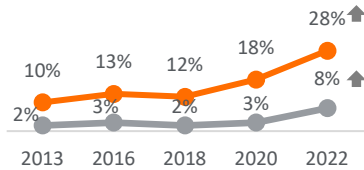| RISK FACTORS |
| --- |
| Experimenting with drugs is just part of being a teenager – it's not that big of a deal. |
| Drugs can help teens manage the stress and pressure we have to deal with. |
| My parents would be fine with me drinking beer once in a while. |
| My parents would be fine with me smoking marijuana once in a while. |
| Using someone else's prescription drugs is safer than using other illegal drugs. |
| Using prescription drugs like Ritalin or Adderall to help you stay awake and focused when studying is safe, even if the prescription wasn't written for you. |
| Prescription pain relievers like Vicodin or OxyContin are not addictive |

RISK **FACTORS**

The perceived risk of drug and substance use has been declining among Colorado teens since 2018 (meaning attitudes toward substance use are more permissible). More respondents today say their parents would be fine with them drinking beer or smoking marijuana once in awhile, as well as agreeing that drug use is not that big of a deal and can help teens manage stress. Attitudes toward prescription drugs have shifted towards greater feelings of safety and being less addictive than illegal drugs.

% Strongly + Somewhat Agree
% Strongly Agree

Experimenting with drugs is not that big of a deal

2013	2016	2018	2020	2022
10%	13%	12%	18%	28% ▲
2%	3%	2%	3%	8% ▲

Drugs can help teens manage the stress

2013	2016	2018	2020	2022
16%	16%	16%	23%	28% ▲
4%	4%	2%	4%	12% ▲

My parents would be fine with me drinking beer

2013	2016	2018	2020	2022
16%	17%	16%	21%	25%
4%	4%	3%	5%	9% ▲

My parents would be fine with me smoking marijuana

2013	2016	2018	2020	2022
5%	8%	8%	10%	16% ▲
3%	2%	1%	2%	5% ▲

Prescription drugs are safer than illegal drugs

2013	2016	2018	2020	2022
22%	24%	13%	14%	22% ▲
5%	7%	3%	2%	6% ▲

Stimulants are safe even if the script wasn't for you

2013	2016	2018	2020	2022
13%	9%	9%	9%	21% ▲
2%	3%	3%	2%	9% ▲

Prescription pain relievers are not addictive

2013	2016	2018	2020	2022
19%	20%	11%	13%	19% ▲
7%	8%	4%	3%	7% ▲

Percentage Base: All Respondents, excluding "Don't Know" responses

31
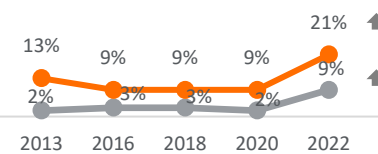
Most of the reduced concern surrounding drug/substance use is found among younger teens (whose attitudes now look much more like those 16-17 years of age) as well as among girls and those who identify as heterosexual. Significant increases in drug/substance acceptability are seen across all income categories except for $100k+ where only parental approval of marijuana is seen as more acceptable today.

| Risk Factors (% Strongly + Somewhat Agree)	Age 12-13		Age 14-15		Age 16-17		Denver/Boulder		Central		Northeast		Northwest		Southeast		Southwest		PCN Cohort	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	135	108	238	412	280	197	344	284	100	110	112	63	38	74	35	108	24	78		236
Experimenting with drugs is part of being a teen	10%	**31%**	18%	**24%**	23%	**29%**	19%	**27%**	21%	**27%**	13%	**31%**	21%	**29%**	24%	**21%**	12%	**26%**	n/a	**28%**
Drugs can help teens manage stress	15%	**33%**	20%	**25%**	30%	**27%**	25%	**27%**	21%	**24%**	15%	**30%**	20%	**31%**	35%	**23%**	20%	**26%**	n/a	**30%**
Parents would be fine with me drinking beer	8%	**21%**	17%	**22%**	32%	**30%**	19%	**29%**	19%	**18%**	27%	**24%**	32%	**17%**	28%	**19%**	14%	**27%**	n/a	**30%**
Parents would be fine with me using marijuana	7%	**12%**	7%	**15%**	13%	**18%**	9%	**15%**	14%	**15%**	10%	**21%**	2%	**13%**	15%	**14%**	7%	**19%**	n/a	**14%**
Prescription drugs are safer than illegal drugs	12%	**26%**	17%	**24%**	13%	**19%**	16%	**22%**	9%	**18%**	15%	**24%**	8%	**28%**	17%	**18%**	6%	**29%**	n/a	**26%**
Using prescription drugs (stimulants) is safe	11%	**29%**	7%	**21%**	10%	**17%**	10%	**23%**	11%	**17%**	6%	**17%**	2%	**24%**	14%	**20%**	0%	**25%**	n/a	**25%**
Prescription pain relievers are not addictive	24%	**23%**	10%	**19%**	8%	**17%**	10%	**19%**	19%	**19%**	6%	**16%**	16%	**25%**	19%	**18%**	28%	**23%**	n/a	**18%**

Risk Factors (% Strongly + Somewhat Agree)	Female		Male		Heterosexual		LGBQ		Caucasian		Hispanic		<$50k		$50-74k		$75-99k		$100k+	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	350	361	294	332	494	586	134	119	445	507	135	141	122	112	275	254	138	182	108	139
Experimenting with drugs is part of being a teen	19%	32%	17%	24%	17%	27%	21%	31%	19%	24%	22%	31%	16%	30%	17%	27%	18%	30%	23%	23%
Drugs can help teens manage stress	23%	32%	23%	22%	20%	26%	37%	37%	21%	26%	28%	29%	24%	28%	24%	26%	18%	36%	25%	18%
Parents would be fine with me drinking beer	23%	27%	19%	24%	19%	25%	30%	26%	22%	24%	18%	35%	17%	24%	21%	24%	26%	29%	19%	23%
Parents would be fine with me using marijuana	11%	18%	9%	13%	8%	14%	16%	24%	10%	14%	9%	15%	9%	23%	11%	11%	11%	19%	5%	14%
Prescription drugs are safer than illegal drugs	14%	22%	14%	23%	14%	24%	15%	15%	13%	21%	15%	22%	13%	23%	14%	22%	16%	23%	12%	16%
Using prescription drugs (stimulants) is safe	7%	22%	11%	21%	8%	23%	12%	8%	7%	19%	11%	25%	8%	21%	7%	16%	10%	26%	13%	18%
Prescription pain relievers are not addictive	9%	18%	17%	21%	13%	20%	14%	13%	10%	18%	18%	13%	21%	18%	10%	15%	10%	25%	14%	16%

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Personal safety is measured in this study in terms of having lived with someone who has either a substance use disorder/addiction or a mental health problem such as depression.

The percentage of teens saying they have lived with someone who has a substance use disorder or is addicted to alcohol or drugs increased dramatically since 2020, which is the first time this question was asked, from 25% to 41% today. However, somewhat surprising is the finding that there was no change when it came to the percentage who say they live with a household member who is depressed or suffering from other mental health problems, statistically unchanged at 46% and directionally four points lower than 2020. In some ways, the lack of reported change in living with someone who has mental health problems makes the sharp increase in living with someone with a drug or alcohol disorder even more profound.

"Have you lived with someone with a substance use disorder or addiction (alcohol or other drugs)?"

"Has a member of your household been depressed or had other mental health problems?"

25% (2020)	41% (2022)
50% (2020)	46% (2022)
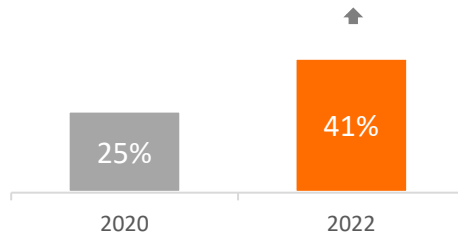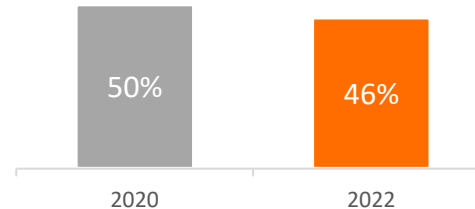
Looking across participants' demographic characteristics, significant increases in living with someone who has a substance abuse disorder is seen across all age groups, among those who identify as heterosexual as well as those who identify as LGBQ, and across nearly every region of the state and income group. However, by gender, we find males are unchanged in terms of saying they live with someone who has a substance use disorder while females are significantly higher (34% for males versus 47% for females) and males are significantly less likely this year than last to say they live with a household member who has been depressed or had other mental health problems.

	Age 12-13		Age 14-15		Age 16-17		Denver/ Boulder		Central		Northeast		Northwest		Southeast		Southwest		PCN Cohort
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2022
sample size	135	108	238	412	280	197	344	284	100	110	112	63	38	74	35	108	24	78	236
Personal Safety (% Yes)																			
Lived with someone with a substance use disorder or addiction	20%	**40%**	26%	**40%**	28%	**43%**	21%	**39%**	28%	**42%**	29%	**51%**	24%	**47%**	62%	**36%**	20%	**30%**	42%
Member of household been depressed or had mental health problems	40%	**41%**	53%	**42%**	53%	**51%**	51%	**43%**	51%	**47%**	38%	**45%**	53%	**61%**	61%	**56%**	52%	**38%**	44%

	Female		Male		Heterosexual		LGBQ		Caucasian		Hispanic		<$50k		$50-74k		$75-99k		$100k+	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	350	361	294	332	494	586	134	119	445	507	135	141	122	112	275	254	138	182	108	139
Personal Safety (% Yes)																				
Lived with someone with a substance use disorder or addiction	22%	**47%**	29%	**34%**	23%	**38%**	36%	**57%**	24%	**36%**	33%	**50%**	35%	**45%**	24%	**45%**	25%	**41%**	16%	**26%**
Member of household been depressed or had mental health problems	55%	**53%**	44%	**34%**	42%	**38%**	79%	**87%**	51%	**48%**	49%	**36%**	56%	**47%**	49%	**50%**	52%	**37%**	42%	**48%**

Shadings indicate significant increases/decreases from the previous year at the 95% level of confidence.

SOCIAL NORMS

Social norms are defined as "*rules and standards that are understood by members of a group, and that guide or constrain social behaviors without the force of law.*"[1] Perceived peer behavior (i.e., prevalence of the behavior) is referred to as *descriptive* norms, while approval/disapproval of those behaviors is referred to as *injunctive norms.*

[1] https://www.sciencedirect.com/science/article/abs/pii/074959789190020T

Injunctive norms allow us to understand the extent to which teens approve or disapprove of their peers using various substances. Of the seven substances asked about in this survey, the *least* likely to be considered "Very Wrong" to use is alcohol, with only 36% considering it very wrong, while using prescription pain relievers and cocaine are the *most* likely to be considered "Very Wrong," both at 70%.

Compared to last year, fewer teens today are willing to say it is "wrong" for someone their age to use any of these substances (either "Very" or "Somewhat Wrong"). The greatest declines are for cocaine (down 23 points) and marijuana (down 18 points).

"How wrong do you think it is for someone your age to use [substance]?"

% Very + Somewhat Wrong
% Very Wrong

	Alcohol	Marijuana	Vaping	Rx Stimulants	Rx Anti-Anxiety	Rx Pain Relievers	Cocaine
% Very + Somewhat Wrong	77% → 69%	81% → 70%	83% → 73%	88% → 82%	85%	97% → 90%	98% → 88%
% Very Wrong	49% → 36%	49% → 41%	53% → 45%	60% → 56%	62%	78% → 70%	93% → 70%
Δ 2020 - 2022 (vs "Very Wrong")	-13	-18	-9	-4	n/a	-8	-23
	2020 2022	2020 2022	2020 2022	2020 2022	2020 2022	2020 2022	2020 2022

Base: Those aware of each substance
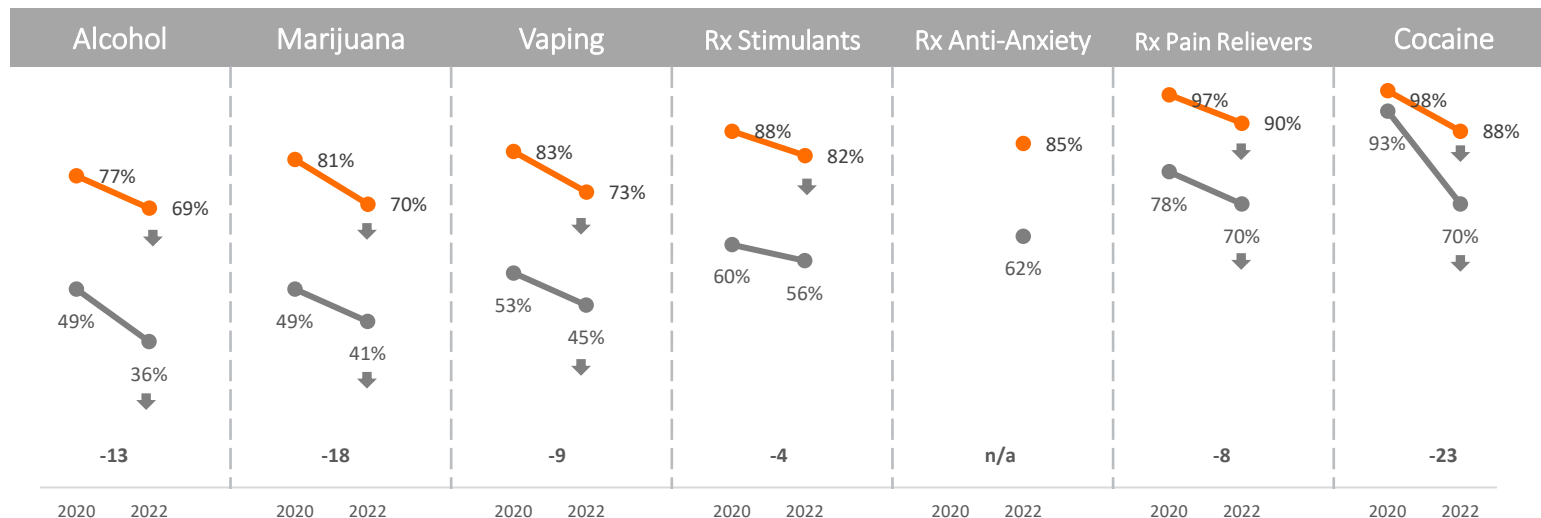
A similar question, asking participants if they would encourage their friends to quit if they knew they were using any of the four substances to the right, shows a similar pattern, with fewer this year saying they would encourage their friends to quit than in 2020, although the majority (65% and higher) still say they would.

The substances where teens would be most likely to encourage their friends to quit are prescription drugs (77%), while alcohol, vaping and marijuana are slightly lower at around seven out of ten.

"Would you encourage your friend to quit if you knew he or she was using [substance]?"

% YES

	2020	2022
PRESCRIPTION DRUGS	93%	77% ⬇
VAPING	81%	68% ⬇
ALCOHOL	77%	71% ⬇
MARIJUANA	76%	65% ⬇

■ 2020
■ 2022
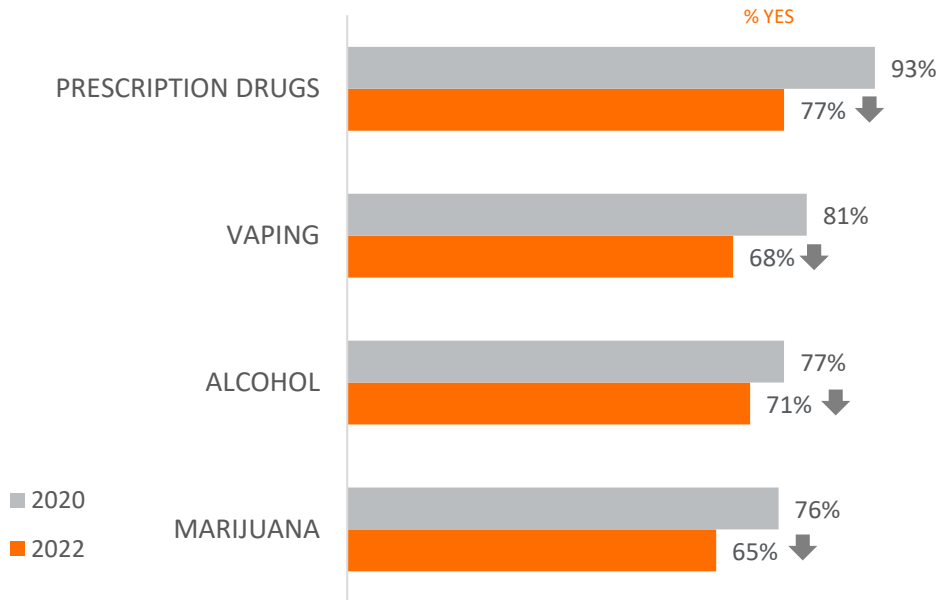
Descriptive norms represent the prevalence to which teens perceive these substances are used by their peers, measured by asking what percentage of students in their grade as well as their school in its entirety they *believe* use each of these substances. Comparing perceived usage to actual usage reported in this survey allows us to estimate the extent to which teens over- or under-estimate the prevalence of peer use for each substance. Substances which are highly over-estimated create the effect of "everyone is doing it" and hence makes those substance seem more acceptable.

Since perceived (and actual) peer use varies by age, we first look at this among 12-14-year-olds and then 15-17-year-olds. Among 12-14-year-olds, while peer use of all substances continues to be over-estimated, the gap between that and actual reported use is shrinking for the most prevalent substances. Among this age group the gap in overestimation close by 9 points for vaping, 4 points for alcohol, and 3 points for marijuana. Correcting these misperceptions is a proved strategy for reducing future substance use.

	MARIJUANA	Rx PAIN RELIEVERS	Rx STIMULANTS	Rx ANTI-ANXIETY	ALCOHOL	VAPING
Perceived Peer Use at School	24%	16%	21%	16%	25%	27%
Perceived Peer Use in Grade	22%	14%	17%	15%	22%	25%
Self-Reported 30-Day Use	7%	4%	5%	3%	12%	10%
Over-/(Under) Estimation (Perceived Use at School – Reported Use)	+17	+12	+16	+13	+13	+17
Gap Measured in 2020	+20	+11	+9	n/a	+17	+26
Gap Change from 2020	-3	+1	+7	n/a	-4	-9

Perceived Use At School- What percentage of students at your school do you believe have used [substance] during the past 30 days?
Perceived Use In Grade [New Question Added for 2018] - What percentage of students in your grade do you believe have used [substance] during the past 30 days?
Reported Use - In the past 30 days, how many days have you used [substance]?

Compared to previous years, overestimating the use of marijuana and vaping both decreased among 12–14-year-olds since 2020, while overestimating the use of pain relievers and stimulants has increased. Nearly everyone (96% of 12-14-year-olds) overestimated the percentage of students at their school who have taken anti-anxiety medications (like Xanax) within the past 30 days, representing anyone who thought it was more than the 3% self-reported in this study.

Perceived Peer Use At School

Marijuana	Vaping	Alcohol	Rx Pain Relievers	Rx Stimulants	Rx Anti-Anxiety
68% 65% 70% 57% ⬇	74% 55% ⬇	65% 51% 65% 65%	81% 50% 71% 94% ⬆	74% 50% 64% 83% ⬆	96%
2016 2018 2020 2022	2016 2018 2020 2022	2016 2018 2020 2022	2016 2018 2020 2022	2016 2018 2020 2022	2016 2018 2020 2022

Percentage Base: Those aware of each substance; "Don't know" responses are excluded. * Meth, Heroin, and Cocaine removed in 2022 and anti-anxiety medications added

Among older teens, 15 to 17 years of age, higher self-reported use for most substances is accompanied by higher estimates of peer use.

However, the 2022 data shows significant declines in overestimation compared to 2020, particularly among the most prevalent substances, with the misperception gap declining by 21 points for vaping, 19 points for alcohol and 15 points for marijuana. Helping youth have more accurate perceptions of what their peers are doing is a proven strategy for reducing future substance use.

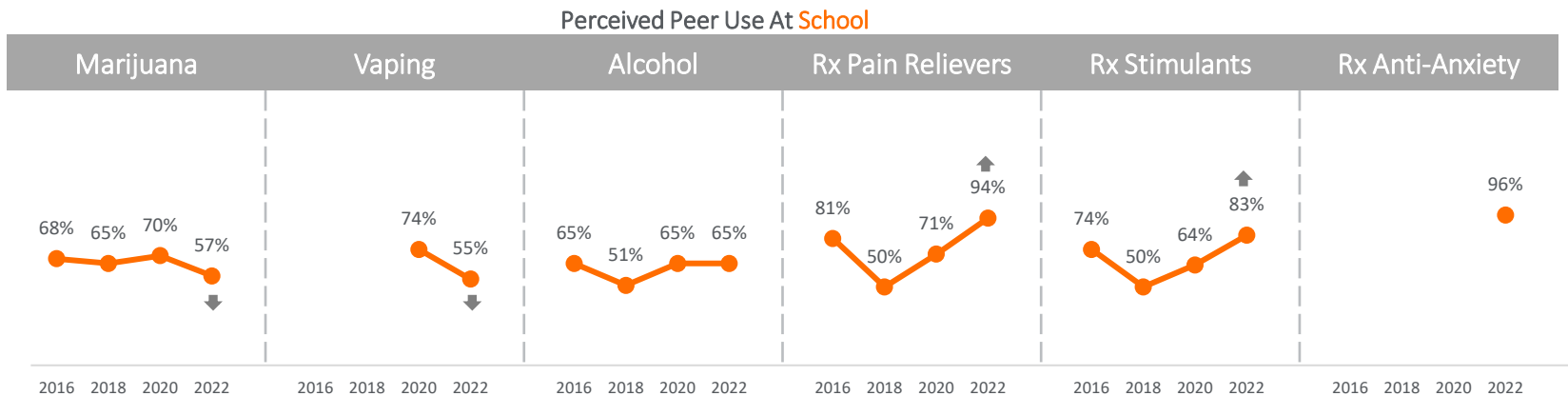|	MARIJUANA	Rx PAIN RELIEVERS	Rx STIMULANTS	Rx ANTI-ANXIETY	ALCOHOL	VAPING
Perceived Peer Use at School	37%	22%	22%	22%	41%	44%
Perceived Peer Use in Grade	36%	21%	20%	20%	39%	38%
Self-Reported 30-Day Use	17%	2%	6%	2%	24%	21%
Over/(Under) Estimation (Perceived Use at School – Reported Use)	+20	+20	+16	+20	+17	+23
Gap Measured in 2020	+35	+17	+18	n/a	+36	+44
Gap Change from 2020	-15	+3	-2	n/a	-19	-21

Perceived Use At School- What percentage of students at your school do you believe have used [substance] during the past 30 days?
Perceived Use In Grade [New Question Added for 2018] - What percentage of students in your grade do you believe have used [substance] during the past 30 days?
Reported Use - In the past 30 days, how many days have you used [substance]?

* Meth, Heroin, and Cocaine removed in 2022

Like younger teens, older teens also are less likely to overestimate the use of marijuana and vaping this year compared to 2020, while overestimation of alcohol use, prescription pain relievers and stimulants held stable with prior years. Anti-anxiety medications (like Xanax) are once again the most likely to be overestimated with a self-reported use of just 2% among 15-17 year old respondents versus a perceived use of 20% among their peers.

Perceived Peer Use At School
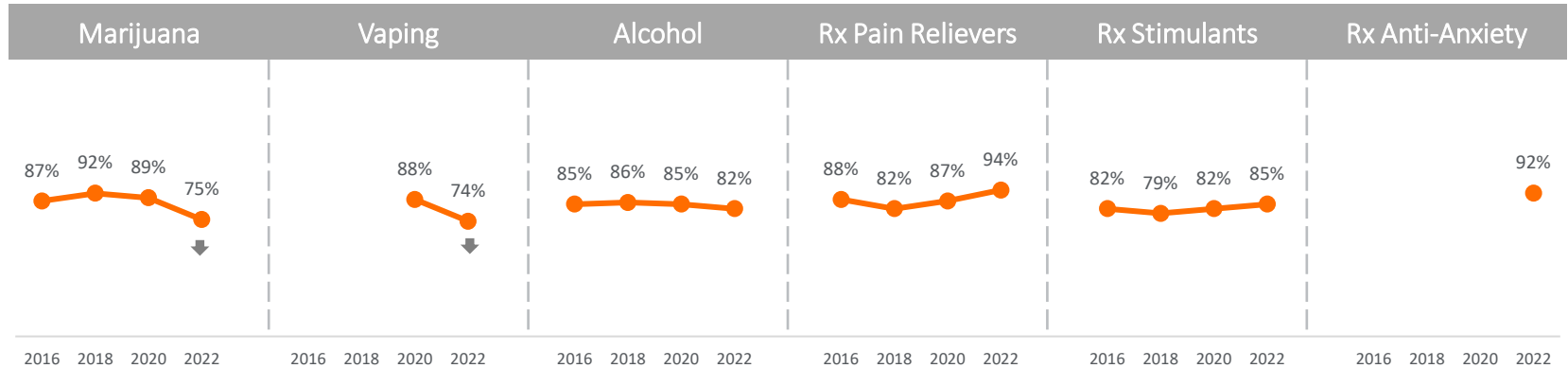
Marijuana	Vaping	Alcohol	Rx Pain Relievers	Rx Stimulants	Rx Anti-Anxiety
87% 92% 89% 75%	88% 74%	85% 86% 85% 82%	88% 82% 87% 94%	82% 79% 82% 85%	92%
2016 2018 2020 2022	2016 2018 2020 2022	2016 2018 2020 2022	2016 2018 2020 2022	2016 2018 2020 2022	2016 2018 2020 2022

Percentage Base: Those aware of each substance; "Don't know" responses are excluded
 * Meth, Heroin, and Cocaine removed in 2022 and anti-anxiety medications added

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PERCEIVED RISK OF **LIMITED USE**

Participants were asked how risky they believe it is to try, just once or twice, each of the nine substances shown below. The perceived risk of trying the most serious of substances such as meth and heroin declined significantly during the 2020 survey period and that trend continued into 2022, although only heroin eroded by a statistically significant level in term of being considered a "Great Risk."

- The perceived risk of using prescription drugs on a limited basis also declined significantly in 2020 and statistically held at those lower levels in 2022.

- The perceived risk of trying marijuana, vaping and even cocaine is reported lower in 2022 than prior years.

- The only substance that did not follow this pattern is alcohol, where the risk of limited use actually increased, although not by a statistically significant margin.

"How much risk, if any, do you think there is in trying [substance] once or twice?"

% Great + Moderate Risk
% Great Risk

* Substances added for the 2022 survey

42
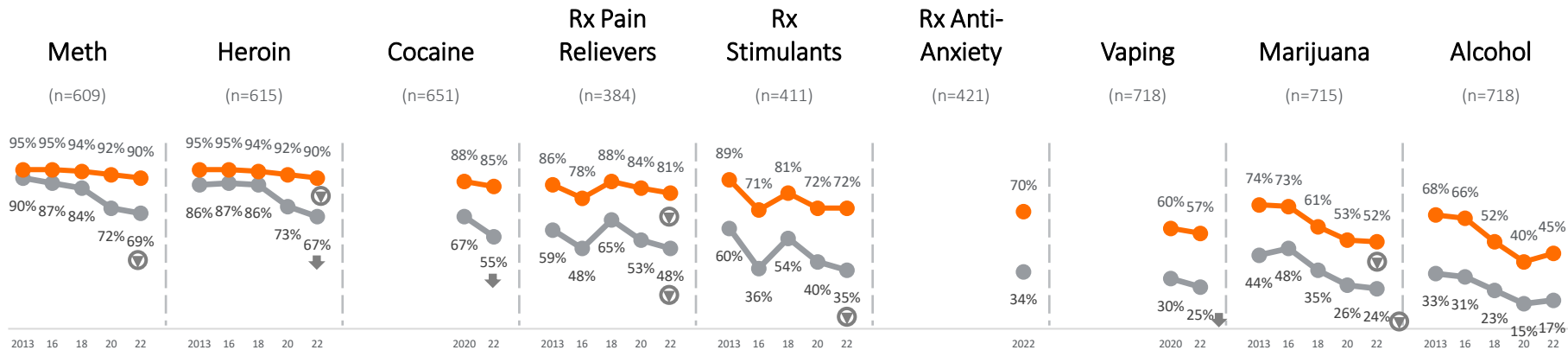
RISK OF **LIMITED USE**

Teens who are less likely to consider the limited use of substances risky in 2022 tend to be females (who consider vaping less risky), and those identifying as heterosexual (finding cocaine, pain relievers and stimulants less risky). Interestingly, those identify as LGBQ were more likely to find meth, cocaine and Rx stimulants riskier this year than in 2020).

	Age 12-13		Age 14-15		Age 16-17		Denver/Boulder		Central		Northeast		Northwest		Southeast		Southwest		PCN Cohort
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2022
sample size	97	88	221	328	261	176	299	327	87	93	100	52	38	57	34	92	21	61	206
Perceived Risk of Substance Use (% Great + Moderate Risk)																			
Trying Meth once or twice	92%	**93%**	92%	**88%**	92%	**91%**	90%	**89%**	89%	**93%**	95%	**95%**	96%	**86%**	100%	**83%**	100%	**89%**	**87%**
Trying Heroin once or twice	92%	**87%**	92%	**90%**	92%	**93%**	90%	**91%**	91%	**91%**	95%	**92%**	94%	**90%**	97%	**82%**	97%	**82%**	**91%**
Trying Cocaine once or twice	90%	**85%**	87%	**85%**	89%	**85%**	88%	**85%**	82%	**88%**	93%	**88%**	92%	**85%**	91%	**79%**	95%	**70%**	**81%**
Trying Marijuana once or twice	68%	**58%**	55%	**57%**	43%	**46%**	51%	**55%**	49%	**57%**	63%	**46%**	54%	**44%**	46%	**44%**	65%	**45%**	**56%**
Trying Rx Pain Relievers once or twice	86%	**84%**	84%	**75%**	83%	**83%**	82%	**77%**	81%	**84%**	87%	**90%**	91%	**74%**	81%	**86%**	100%	**79%**	**75%**
Trying Rx Stimulants once or twice	81%	**75%**	70%	**67%**	70%	**75%**	69%	**75%**	65%	**76%**	77%	**71%**	88%	**58%**	66%	**64%**	90%	**55%**	**63%**
Trying Rx Anti-Anxiety once or twice	n/a	**72%**	n/a	**70%**	n/a	**70%**	n/a	**71%**	n/a	**74%**	n/a	**69%**	n/a	**62%**	n/a	**69%**	n/a	**62%**	**67%**
Trying Alcohol once or twice	54%	**62%**	38%	**48%**	33%	**36%**	35%	**43%**	37%	**54%**	49%	**48%**	48%	**40%**	43%	**43%**	76%	**45%**	**45%**
Vaping/Juuling once or twice	73%	**69%**	57%	**57%**	55%	**50%**	58%	**61%**	56%	**62%**	70%	**52%**	61%	**33%**	53%	**44%**	84%	**49%**	**60%**

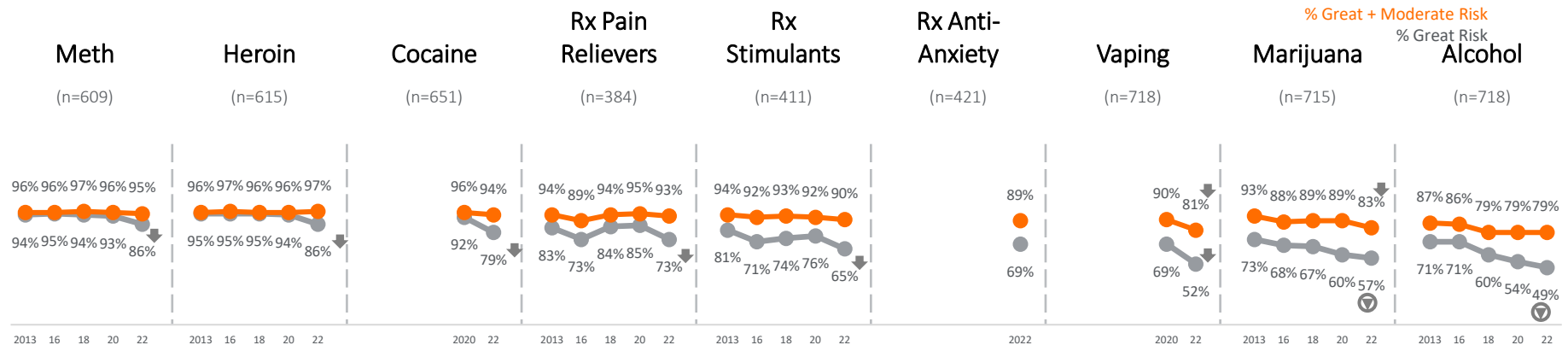|	Female		Male		Heterosexual		LGBQ		Caucasian		Hispanic		<$50k		$50-74k		$75-99k		$100k+
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	311	295	260	280	437	509	123	79	395	398	121	109	109	140	236	220	127	116	98	94
Perceived Risk of Substance Use (% Great + Moderate Risk)																				
Trying Meth once or twice	92%	89%	93%	92%	93%	90%	87%	95%	92%	91%	89%	94%	92%	90%	91%	91%	92%	91%	95%	90%
Trying Heroin once or twice	91%	91%	93%	90%	94%	91%	83%	89%	92%	90%	91%	94%	90%	83%	91%	93%	89%	92%	99%	91%
Trying Cocaine once or twice	88%	83%	90%	87%	91%	84%	79%	91%	88%	86%	89%	89%	87%	78%	88%	88%	88%	84%	92%	89%
Trying Marijuana once or twice	50%	46%	57%	61%	57%	58%	37%	26%	52%	51%	57%	57%	55%	45%	53%	53%	49%	51%	58%	57%
Trying Rx Pain Relievers once or twice	84%	78%	84%	82%	85%	78%	77%	87%	85%	80%	79%	89%	78%	84%	85%	86%	84%	77%	86%	75%
Trying Rx Stimulants once or twice	69%	68%	75%	76%	76%	70%	54%	80%	73%	78%	67%	60%	63%	67%	76%	74%	69%	77%	70%	74%
Trying Rx Anti-Anxiety once or twice	n/a	71%	n/a	70%	n/a	70%	n/a	71%	n/a	71%	n/a	80%	n/a	68%	n/a	74%	n/a	67%	n/a	73%
Trying Alcohol once or twice	39%	41%	41%	51%	41%	49%	35%	28%	40%	44%	40%	50%	41%	45%	39%	47%	44%	44%	34%	45%
Vaping/Juuling once or twice	60%	50%	61%	65%	62%	59%	53%	44%	60%	57%	60%	62%	58%	55%	57%	55%	67%	60%	65%	57%

PERCEIVED RISK OF **REGULAR USE**

When asked about the perceived risk of using these same substances on a regular basis, the risk of using marijuana regularly is also considered less risky today, continuing a downward trend since 2013 (down a total of 17 points, from 71% in 2013 to 54% today considering the regular use of marijuana to pose a "Great Risk"). The perceived risk of consuming alcohol regularly has also decreased, down from 73% in 2013 to 60% today.

However, nine out of ten teens continue to view the regular use of meth and heroin as being at least a "Moderate Risk," at 93% and 94%, respectively, although the top-box rating of "Great "Risk" experienced statistically significant declines for the first time.

The perceived risk of using prescription drugs also declined for pain relievers and for stimulants, down 12 and 11 points respectively since 2020.

"How much risk, if any, do you think there is in using [substance] on a regular basis?"

% Great + Moderate Risk
% Great Risk

Meth	Heroin	Cocaine	Rx Pain Relievers	Rx Stimulants	Rx Anti-Anxiety	Vaping	Marijuana	Alcohol
(n=609)	(n=615)	(n=651)	(n=384)	(n=411)	(n=421)	(n=718)	(n=715)	(n=718)

Meth: 96% 96% 97% 96% 95% / 94% 95% 94% 93% 86% (2013 16 18 20 22)
Heroin: 96% 97% 96% 96% 97% / 95% 95% 95% 94% 86% (2013 16 18 20 22)
Cocaine: 96% 94% / 92% 79% (2020 22)
Rx Pain Relievers: 94% 89% 94% 95% 93% / 83% 73% 84% 85% 73% (2013 16 18 20 22)
Rx Stimulants: 94% 92% 93% 92% 90% / 81% 71% 74% 76% 65% (2013 16 18 20 22)
Rx Anti-Anxiety: 89% / 69% (2022)
Vaping: 90% 81% / 69% 52% (2020 22)
Marijuana: 93% 88% 89% 89% 83% / 73% 68% 67% 60% 57% (2013 16 18 20 22)
Alcohol: 87% 86% 79% 79% 79% / 71% 71% 60% 54% 49% (2013 16 18 20 22)

* Substances added for the 2022 survey

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Perceived risk of regular use of substances is significantly lower among the youngest teens (12-13 years of age) when it comes to marijuana, vaping and prescription stimulants this year versus last, for alcohol and vaping among those 14-15 years of age, and for nearly all substances among those who identify as heterosexual.

	Age 12-13		Age 14-15		Age 16-17		Denver/Boulder		Central		Northeast		Northwest		Southeast		Southwest		PCN Cohort
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2022
sample size	97	85	221	319	261	174	299	233	87	89	100	50	38	57	34	91	21	58	201
Perceived Risk of Substance Use (% Great + Moderate Risk)																			
Using Meth on a regular basis	97%	**92%**	97%	**96%**	95%	**96%**	95%	**94%**	95%	**96%**	96%	**97%**	97%	**99%**	99%	**94%**	100%	**92%**	**97%**
Using Heroin on a regular basis	96%	**93%**	97%	**97%**	94%	**97%**	94%	**97%**	95%	**91%**	96%	**100%**	100%	**98%**	99%	**94%**	100%	**97%**	**100%**
Using Cocaine on a regular basis	95%	**89%**	97%	**94%**	95%	**95%**	95%	**93%**	95%	**95%**	96%	**96%**	99%	**93%**	99%	**93%**	100%	**87%**	**94%**
Using Marijuana on a regular basis	89%	**77%**	80%	**82%**	73%	**76%**	79%	**79%**	71%	**77%**	88%	**80%**	81%	**70%**	80%	**75%**	89%	**85%**	**85%**
Using Rx Pain Relievers on a regular basis	95%	**94%**	94%	**92%**	95%	**94%**	94%	**94%**	95%	**95%**	95%	**86%**	98%	**96%**	99%	**95%**	100%	**97%**	**93%**
Using Rx Stimulants on a regular basis	95%	**84%**	90%	**89%**	91%	**92%**	90%	**90%**	94%	**92%**	90%	**88%**	97%	**88%**	90%	**92%**	100%	**80%**	**91%**
Using Rx Anti-Anxiety on a regular basis	n/a	**82%**	n/a	**90%**	n/a	**90%**	n/a	**88%**	n/a	**91%**	n/a	**86%**	n/a	**92%**	n/a	**96%**	n/a	**85%**	**92%**
Drinking Alcohol on a regular basis	90%	**83%**	90%	**84%**	88%	**81%**	89%	**83%**	93%	**84%**	86%	**80%**	88%	**73%**	84%	**89%**	95%	**81%**	**89%**
Vaping/Juuling on a regular basis	92%	**68%**	91%	**81%**	87%	**87%**	90%	**82%**	88%	**81%**	91%	**80%**	94%	**75%**	83%	**81%**	100%	**71%**	**83%**

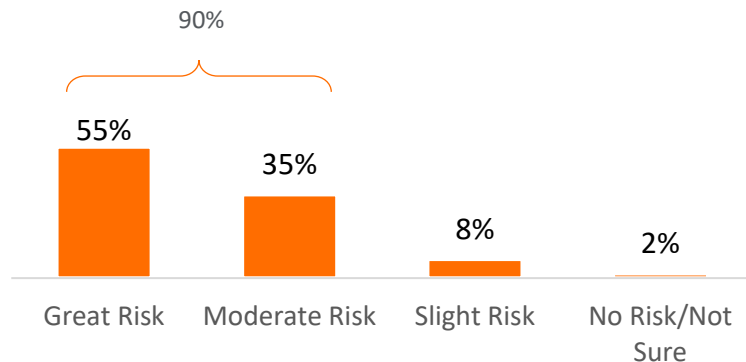|	Female		Male		Heterosexual		LGBQ		Caucasian		Hispanic		<$50k		$50-74k		$75-99k		$100k+	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	311	292	260	269	437	495	123	79	395	390	121	107	109	137	236	214	127	116	98	90
Perceived Risk of Substance Use (% Great + Moderate Risk)																				
Using Meth on a regular basis	96%	95%	96%	94%	97%	95%	92%	96%	97%	95%	94%	94%	95%	95%	95%	97%	96%	93%	98%	94%
Using Heroin on a regular basis	96%	97%	95%	96%	97%	96%	91%	100%	96%	95%	95%	97%	95%	95%	95%	97%	96%	95%	98%	99%
Using Cocaine on a regular basis	96%	93%	95%	94%	97%	92%	92%	100%	96%	94%	96%	93%	95%	93%	95%	96%	96%	90%	98%	96%
Using Marijuana on a regular basis	78%	77%	81%	82%	83%	83%	68%	59%	80%	75%	75%	79%	79%	78%	81%	81%	77%	78%	81%	75%
Using Rx Pain Relievers on a regular basis	95%	94%	95%	92%	96%	91%	88%	99%	95%	93%	92%	95%	96%	92%	94%	93%	96%	91%	96%	98%
Using Rx Stimulants on a regular basis	93%	90%	90%	90%	94%	88%	84%	95%	93%	89%	88%	89%	89%	88%	93%	90%	91%	89%	92%	92%
Using Rx Anti-Anxiety on a regular basis	n/a	86%	n/a	92%	n/a	87%	n/a	93%	n/a	88%	n/a	85%	n/a	82%	n/a	91%	n/a	89%	n/a	87%
Drinking Alcohol on a regular basis	90%	85%	87%	80%	90%	80%	87%	94%	88%	79%	89%	84%	88%	85%	90%	85%	88%	79%	92%	82%
Vaping/Juuling on a regular basis	92%	80%	87%	81%	90%	80%	87%	87%	90%	79%	88%	83%	86%	85%	91%	82%	92%	74%	90%	85%

45

PERCEIVED RISK OF **COUNTERFEIT PILLS**

With the increased presence of fentanyl and fentanyl-laced substances, questions regarding concern over counterfeit pills that could unknowingly contain substances like fentanyl were added to this year's survey.

Concern is relatively high surrounding the possibility of receiving laced substances, with 90% seeing at least a "moderate amount of risk" associated with taking pills that were purchased online or on the street and 91% at least "somewhat concerned" that a pill may be laced with other substances

"How much risk do you think someone is taking when they use pills that someone got online or on the street?"

"If someone offered you a pill that was not prescribed to you, how concerned would you be that it might be fake or "counterfeit," and could contain other substances (like fentanyl) that could cause an overdose?"

90%

55%

35%

8%

2%

Great Risk | Moderate Risk | Slight Risk | No Risk/Not Sure

91%

59%

32%

5%

1%

3%

Very Concerned | Somewhat Concerned | Not Very Concerned | Not At All Concerned | Not Sure
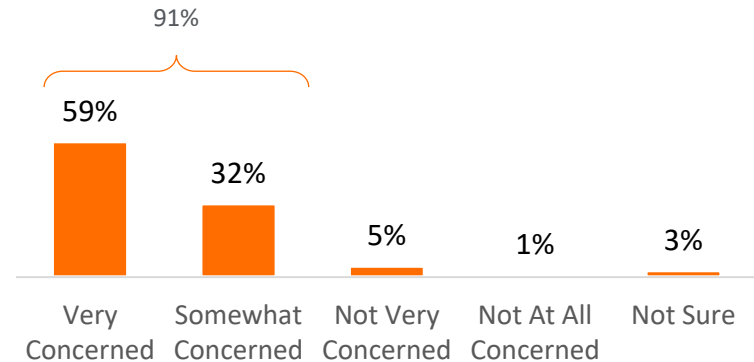
SUBSTANCE AWARENESS, USE & MISUSE
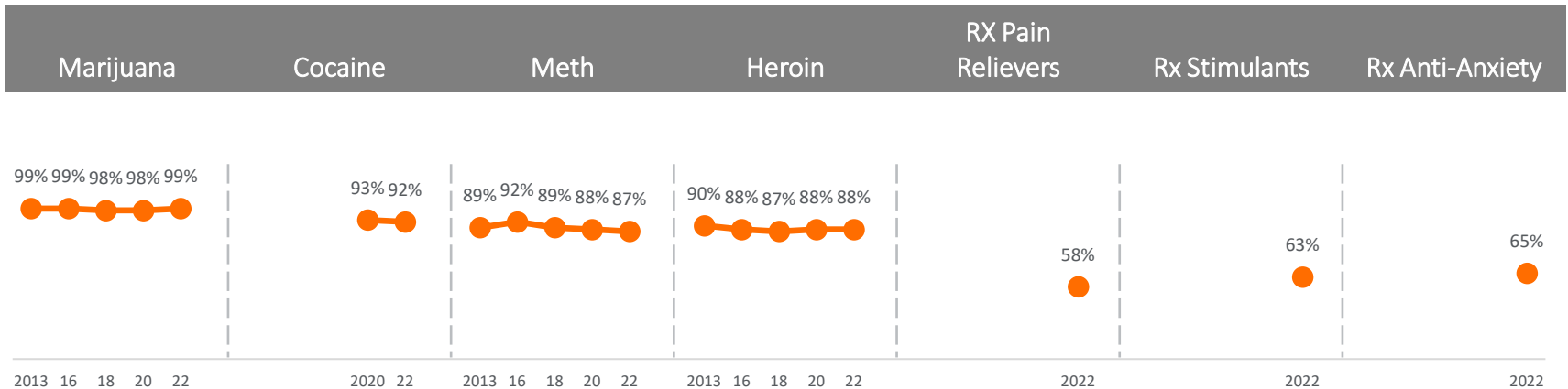
AWARENESS
USE
CURIOSITY

SUBSTANCE **AWARENESS**

Awareness of four of the seven substances listed below has not changed significantly over the years, with nearly everyone (99%) aware of marijuana and approximately nine out of ten aware of meth and heroin and cocaine.

For this year's study, awareness of prescription drugs was changed from being measured as a category ("prescription drugs") to being measured for three specific types of drugs: pain relievers (like OxyContin or Vicodin), stimulants (like Ritalin or Adderall), and anti-anxiety drugs (like Xanax). Awareness of these three prescription drugs ranges from a low of 58% for pain relievers like OxyContin or Vicodin to a high of 65% for anti-anxiety drugs like Xanax, with stimulants like Ritalin or Adderall close behind at 63%. Collectively, awareness of at least one of the three prescription drugs was 83%, which is slightly higher than when awareness of prescription drugs was asked generically in 2020 (78%).

"Which, if any, of the following drugs have you heard of?" (% Yes)

Marijuana	Cocaine	Meth	Heroin	RX Pain Relievers	Rx Stimulants	Rx Anti-Anxiety
99% 99% 98% 98% 99%	93% 92%	89% 92% 89% 88% 87%	90% 88% 87% 88% 88%	58%	63%	65%
2013 16 18 20 22	2020 22	2013 16 18 20 22	2013 16 18 20 22	2022	2022	2022

Shadings indicate significant increases/decreases from the previous year at the 95% level of confidence.

Few statistically significant changes in substance awareness are seen by respondent demographics compared to 2020.
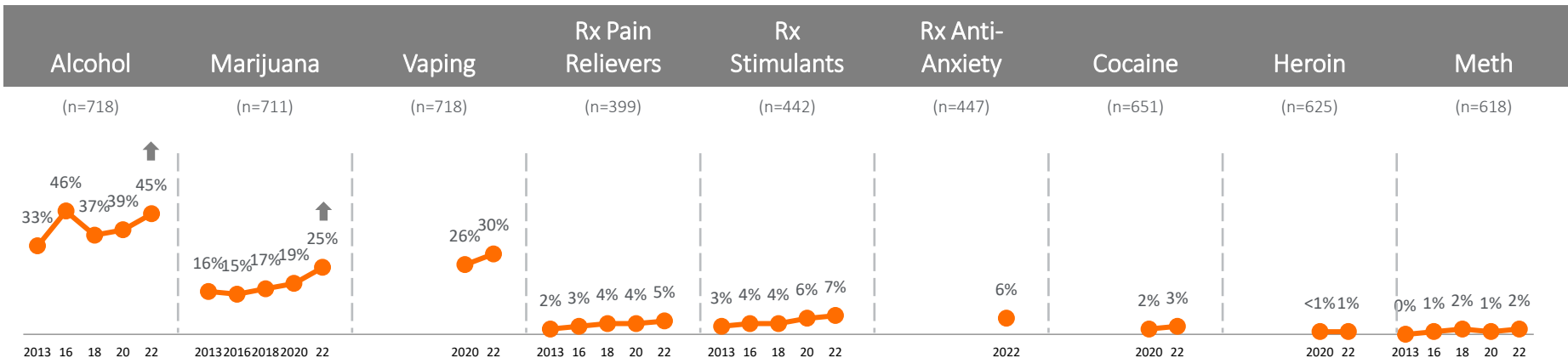
	Age 12-13		Age 14-15		Age 16-17		Denver/ Boulder		Central		Northeast		Northwest		Southeast		Southwest		PCN Cohort	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	135	108	238	412	280	197	344	284	100	110	112	63	38	74	35	108	24	78		236
Substance Awareness (% Aware)																				
Meth	69%	**81%**	93%	**83%**	95%	**93%**	88%	**88%**	85%	**85%**	88%	**85%**	100%	**88%**	96%	**88%**	78%	**83%**	n/a	**92%**
Heroin	80%	**87%**	89%	**86%**	92%	**90%**	88%	**89%**	88%	**91%**	87%	**84%**	96%	**88%**	95%	**86%**	69%	**87%**	n/a	**89%**
Cocaine	89%	**91%**	92%	**89%**	97%	**95%**	93%	**90%**	97%	**97%**	96%	**91%**	92%	**91%**	93%	**96%**	80%	**94%**	n/a	**92%**
Marijuana	95%	**97%**	98%	**100%**	100%	**100%**	97%	**100%**	99%	**100%**	99%	**97%**	100%	**100%**	100%	**99%**	96%	**100%**	n/a	**100%**
Rx Pain Relievers	n/a	**48%**	n/a	**50%**	n/a	**69%**	n/a	**60%**	n/a	**62%**	n/a	**55%**	n/a	**52%**	n/a	**54%**	n/a	**49%**	n/a	**59%**
Rx Stimulants	n/a	**59%**	n/a	**52%**	n/a	**75%**	n/a	**62%**	n/a	**66%**	n/a	**68%**	n/a	**61%**	n/a	**56%**	n/a	**58%**	n/a	**64%**
Rx Anti-Anxiety	n/a	**53%**	n/a	**57%**	n/a	**77%**	n/a	**67%**	n/a	**66%**	n/a	**59%**	n/a	**66%**	n/a	**66%**	n/a	**53%**	n/a	**64%**

	Female		Male		Heterosexual		LGBQ		Caucasian		Hispanic		<$50k		$50-74k		$75-99k		$100k+	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	350	361	294	332	494	586	134	119	445	507	135	141	122	112	275	254	138	182	108	139
Substance Awareness (% Aware)																				
Meth	90%	92%	86%	81%	87%	85%	93%	95%	89%	88%	87%	88%	86%	89%	85%	89%	95%	81%	91%	92%
Heroin	88%	89%	87%	87%	88%	86%	92%	97%	87%	89%	90%	90%	88%	84%	85%	89%	91%	85%	93%	94%
Cocaine	94%	93%	92%	90%	93%	90%	95%	99%	93%	90%	93%	93%	92%	97%	92%	91%	96%	89%	97%	95%
Marijuana	99%	100%	98%	99%	98%	99%	100%	100%	97%	99%	99%	100%	98%	100%	98%	100%	99%	98%	99%	100%
Rx Pain Relievers	n/a	62%	n/a	52%	n/a	55%	n/a	76%	n/a	59%	n/a	58%	n/a	50%	n/a	63%	n/a	56%	n/a	61%
Rx Stimulants	n/a	72%	n/a	52%	n/a	59%	n/a	86%	n/a	64%	n/a	60%	n/a	67%	n/a	67%	n/a	57%	n/a	68%
Rx Anti-Anxiety	n/a	69%	n/a	58%	n/a	60%	n/a	91%	n/a	64%	n/a	65%	n/a	62%	n/a	71%	n/a	59%	n/a	68%

SUBSTANCE **USE (Ever)**

When it comes to use, the percentage of Colorado teens who say they have used alcohol and marijuana at some point in their lives both increased significantly since 2020, and the reported use of vaping, prescription pain relievers and prescription stimulants have seen slower but steady increases over the years (although reported usage is not significantly higher this year than 2020).

- Use of alcohol returned to 2016 levels with nearly half (45%) saying they have consumed alcohol at some point in time in their lives while one-fourth say they have used marijuana and 30% have vaped.

- Self-reported usage of meth, heroin and cocaine all remain close to zero, with 1-3% saying they have ever tried these substances, statistically unchanged from prior years.

"During your life, have you ever used [substance]?" (% Yes)

Alcohol	Marijuana	Vaping	Rx Pain Relievers	Rx Stimulants	Rx Anti-Anxiety	Cocaine	Heroin	Meth
(n=718)	(n=711)	(n=718)	(n=399)	(n=442)	(n=447)	(n=651)	(n=625)	(n=618)

Alcohol: 33% 46% 37% 39% 45% (2013 16 18 20 22)
Marijuana: 16% 15% 17% 19% 25% (2013 2016 2018 2020 22)
Vaping: 26% 30% (2020 22)
Rx Pain Relievers: 2% 3% 4% 4% 5% (2013 16 18 20 22)
Rx Stimulants: 3% 4% 4% 6% 7% (2013 16 18 20 22)
Rx Anti-Anxiety: 6% (2022)
Cocaine: 2% 3% (2020 22)
Heroin: <1% 1% (2020 22)
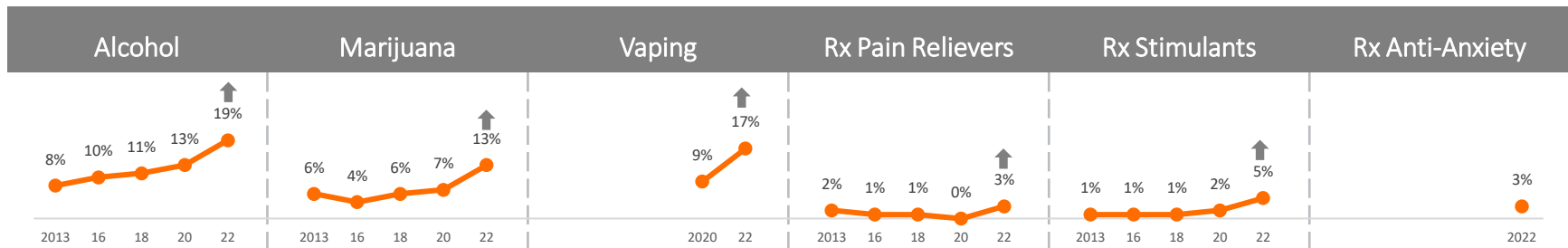Meth: 0% 1% 2% 1% 2% (2013 16 18 20 22)

Demographically, substance use is substantially greater for female participants this year as well as those who identify as heterosexual.

	Age 12-13		Age 14-15		Age 16-17		Denver/Boulder		Central		Northeast		Northwest		Southeast		Southwest		PCN Cohort
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2022
sample size	135	108	238	412	280	197	344	284	100	110	112	63	38	74	35	108	24	78	236
Substance Use (% Ever Used)																			
Meth	1%	2%	1%	2%	0%	1%	1%	1%	2%	3%	1%	1%	0%	3%	0%	1%	0%	3%	2%
Heroin	1%	0%	0%	0%	0%	2%	0%	1%	1%	1%	0%	0%	0%	1%	0%	0%	0%	2%	0%
Cocaine	0%	2%	2%	3%	2%	4%	1%	3%	5%	6%	2%	1%	0%	6%	1%	0%	0%	7%	6%
Marijuana	8%	13%	15%	25%	28%	31%	18%	30%	20%	19%	14%	15%	8%	27%	37%	28%	33%	17%	25%
Rx Pain Relievers	3%	7%	3%	6%	6%	3%	4%	6%	6%	2%	5%	7%	0%	8%	5%	4%	0%	4%	8%
Rx Stimulants	4%	5%	4%	10%	9%	7%	6%	8%	9%	8%	4%	6%	1%	12%	12%	2%	0%	11%	9%
Rx Anti-Anxiety	n/a	7%	n/a	6%	n/a	6%	n/a	7%	n/a	4%	n/a	5%	n/a	7%	n/a	7%	n/a	5%	6%
Alcohol	24%	37%	37%	43%	50%	51%	40%	51%	36%	38%	37%	40%	38%	41%	48%	42%	38%	32%	50%
Vape	14%	20%	25%	29%	34%	35%	28%	33%	28%	26%	17%	25%	20%	30%	33%	27%	27%	22%	29%

	Female		Male		Heterosexual		LGBQ		Caucasian		Hispanic		<$50k		$50-74k		$75-99k		$100k+	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	350	361	294	332	494	586	134	119	445	507	135	141	122	112	275	254	138	182	108	139
Substance Use (% Ever Used)																				
Meth	1%	1%	1%	2%	1%	2%	1%	1%	1%	1%	1%	0%	2%	2%	1%	3%	1%	1%	0%	0%
Heroin	0%	0%	1%	2%	0%	0%	1%	1%	0%	1%	1%	0%	0%	0%	0%	1%	1%	1%	0%	2%
Cocaine	2%	2%	2%	4%	1%	3%	3%	6%	2%	3%	1%	1%	2%	2%	1%	5%	2%	4%	1%	2%
Marijuana	20%	30%	18%	19%	17%	23%	29%	34%	18%	23%	26%	29%	29%	24%	17%	30%	14%	20%	18%	22%
Rx Pain Relievers	6%	7%	3%	4%	4%	6%	5%	3%	4%	5%	6%	4%	4%	7%	3%	5%	6%	5%	5%	4%
Rx Stimulants	6%	10%	6%	6%	5%	9%	9%	3%	6%	5%	6%	10%	5%	9%	3%	7%	9%	9%	9%	7%
Rx Anti-Anxiety	n/a	7%	n/a	6%	n/a	6%	n/a	7%	n/a	5%	n/a	8%	n/a	4%	n/a	8%	n/a	7%	n/a	5%
Alcohol	41%	52%	38%	39%	37%	45%	49%	48%	41%	42%	41%	51%	43%	38%	41%	48%	35%	45%	35%	45%
Vape	28%	35%	25%	25%	26%	28%	30%	39%	25%	28%	34%	36%	29%	33%	24%	30%	24%	28%	30%	27%

RECENT **SUBSTANCE USE**

Turning our attention to more recent substance use (past 30 days), statistically significant increases over 2020 are evidenced for vaping (which nearly doubled from 9% to 17%), marijuana (up 6 points to 13%), alcohol (up five points to 19%) and prescription pain relievers and stimulants (although both are still in the low single-digit range).

"In the past 30 days, how many days did you use …"

Alcohol	Marijuana	Vaping	Rx Pain Relievers	Rx Stimulants	Rx Anti-Anxiety

Alcohol: 8% (2013), 10% (16), 11% (18), 13% (20), 19% (22)

Marijuana: 6% (2013), 4% (16), 6% (18), 7% (20), 13% (22)

Vaping: 9% (2020), 17% (22)

Rx Pain Relievers: 2% (2013), 1% (16), 1% (18), 0% (20), 3% (22)

Rx Stimulants: 1% (2013), 1% (16), 1% (18), 2% (20), 5% (22)

Rx Anti-Anxiety: 3% (2022)

RECENT SUBSTANCE **USE**

Demographically, substance use is substantially greater for female participants this year as well as those who identify as heterosexual.

	Age 12-13		Age 14-15		Age 16-17		Denver/Boulder		Central		Northeast		Northwest		Southeast		Southwest		PCN Cohort
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2022
sample size	135	108	238	412	280	197	344	284	100	110	112	63	38	74	35	108	24	78	236
Substance Recent Use (% Used in past 30 days)																			
Marijuana	7%	5%	5%	13%	11%	17%	7%	18%	10%	8%	4%	5%	0%	9%	12%	19%	0%	8%	16%
Rx Pain Relievers	0%	4%	1%	4%	0%	1%	1%	3%	0%	2%	0%	4%	0%	3%	0%	3%	0%	4%	4%
Rx Stimulants	2%	5%	0%	6%	3%	5%	2%	6%	2%	5%	2%	4%	0%	7%	0%	2%	0%	8%	7%
Rx Anti-Anxiety	n/a	2%	n/a	2%	n/a	3%	n/a	2%	n/a	2%	n/a	3%	n/a	4%	n/a	3%	n/a	1%	2%
Alcohol	11%	9%	11%	19%	15%	24%	15%	25%	7%	14%	9%	10%	13%	8%	18%	18%	6%	13%	30%
Vape	7%	9%	8%	18%	12%	20%	9%	21%	12%	11%	6%	14%	6%	8%	21%	13%	0%	12%	19%

	Female		Male		Heterosexual		LGBQ		Caucasian		Hispanic		<$50k		$50-74k		$75-99k		$100k+	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	350	361	294	332	494	586	134	119	445	507	135	141	122	112	275	254	138	182	108	139
Substance Recent Use (% Used in past 30 days)																				
Marijuana	7%	17%	6%	10%	6%	12%	10%	21%	7%	10%	5%	15%	8%	13%	6%	17%	6%	9%	7%	13%
Rx Pain Relievers	0%	4%	0%	2%	0%	3%	0%	1%	0%	3%	1%	1%	1%	5%	0%	2%	0%	3%	0%	3%
Rx Stimulants	2%	7%	2%	3%	2%	6%	1%	1%	2%	3%	1%	9%	1%	6%	1%	5%	5%	6%	1%	4%
Rx Anti-Anxiety	n/a	4%	n/a	1%	n/a	3%	n/a	1%	n/a	2%	n/a	2%	n/a	1%	n/a	4%	n/a	3%	n/a	1%
Alcohol	14%	23%	11%	15%	12%	20%	15%	16%	14%	16%	12%	18%	10%	18%	14%	19%	12%	20%	13%	17%
Vape	9%	19%	10%	16%	9%	17%	10%	17%	10%	14%	10%	18%	12%	17%	8%	19%	6%	17%	12%	13%

MENTAL HEALTH & **SUBSTANCE USE**

Participants who said they've had no poor mental health days recently were significantly less likely to report having recently used marijuana, prescription stimulants, alcohol and vaping products. However, those who reported having six or more poor mental health days a month were significantly more likely to have used marijuana.

% Used Recently (Past 30 Days)	Number of Poor Mental Health Days			
	None	One to Two	Three to Five	Six or more
	(n=116)	(n=175)	(n=239)	(n=172)
Marijuana	2% ⬇	14%	15%	20% ⬆
Pain Reliever	--	1%	5%	3%
Stimulant	1% ⬇	5%	8% ⬆	5%
Anti-Anxiety	1%	1%	4%	4%
Alcohol	11% ⬇	21%	22%	20%
Vaping	6% ⬇	18%	19%	22%

BELONGING & SUBSTANCES

Not having a strong sense of belonging to any social group (outside of their school, at their school or with their friends) is also found to be related to significantly higher substance use.

Comparing those who feel "Completely" connected to at least one social group to those who do not have any such strong social connection reveals statistically significant differences in terms of having used marijuana (18-points higher among those without any strong social connections), vaping products (20-point difference) and alcohol (19-point difference).

In addition, those who don't feel a "Complete" sense of belonging to at least one social group are significantly more likely to be curious about trying marijuana (12-point difference) and cocaine (10-point difference) and are less likely to see risk in using marijuana, either to just try once or twice or to use it regularly.

BELONG TO AT LEAST ONE GROUP "COMPLETELY" n=399		DON'T BELONG TO ANY GROUP "COMPLETELY" n=317
17%	Used Marijuana*	35%
37%	Consumed Alcohol*	56%
21%	Vaped*	41%
4%	Taken anti-anxiety drugs*	9%
15%	Curious to try cocaine	25%
38%	Curious to try marijuana	50%
15%	No risk in trying marijuana once or twice	29%
3%	No risk in using marijuana regularly	11%

SIGNIFICANTLY LOWER	SIGNIFICANTLY HIGHER

*Ever Used

ATTITUDES & **SUBSTANCE USE (EVER)**

While this research is not intended to assess the efficacy of protective and risk factors in terms of substance misuse, recognizing that the breadth and depth of attitudes, behaviors and situations which comprise those factors is far greater than accounted for in this survey, we can look at the correlation coefficients between the statements used to measure each dimension and whether or not participants used any of these substances.

From this, we see the risk factors correlate most strongly to substance use, especially when it comes to prescription pain relievers and stimulants.

* Correlation coefficient indicate the degree to which two variables are related, ranging from -1.0 (a perfect negative relationship) to +1.0 (a perfect negative relationship. Correlations of 0 indicate no relationship between them.

n/s = not statistically significant
Correlations of 0.25 and higher are emphasized

Correlation Coefficients* to Substance Ever Use

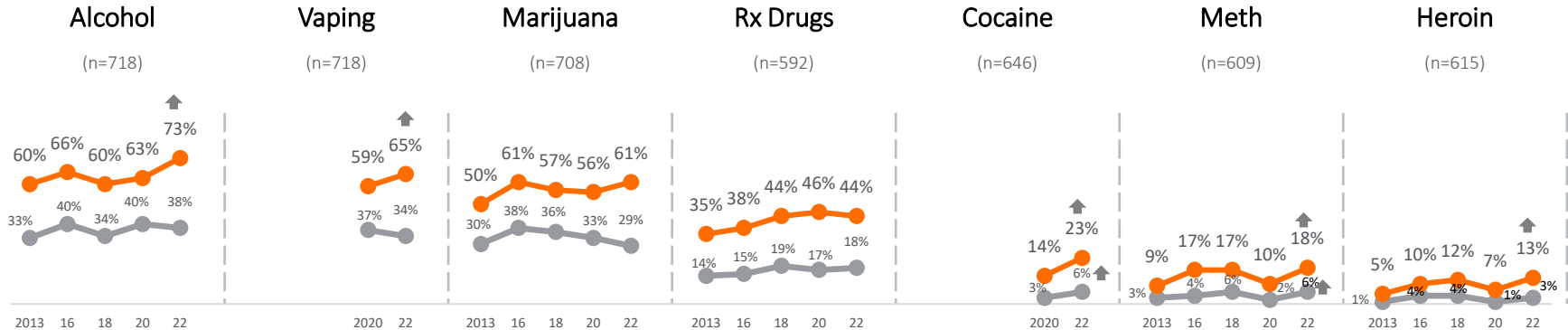|		METH	HEROIN	COCAINE	MARIJUANA	Rx PAIN RELIEVERS	Rx STIMULANTS	Rx Anti-Anxiety	ALCOHOL	VAPING
Protective Factors	I know an adult who I could talk to	n/s	n/s	n/s	n/s	-0.10	n/s	n/s	-0.11	n/s
	Schoolwork is important to me	0.11	n/s	n/s	n/s	n/s	n/s	n/s	-0.13	-0.11
	I have goals that I have set for myself	n/s	n/s	n/s	n/s	-0.12	n/s	n/s	n/s	n/s
	I can go to one of my parents for help	n/s	n/s	n/s	-0.12	-0.21	-0.16	n/s	-0.15	n/s
Belonging	Feel welcome and accepted by students and adults in school	0.11	n/s	0.21	0.21	0.11	n/s	0.10	0.23	0.24
	Connect with people outside of your school /community	n/s	n/s	0.15	0.22	n/s	n/s	n/s	0.21	0.23
	Supported by your friends	0.14	n/s	0.14	0.18	0.11	0.12	0.13	0.16	0.21
Risk Factors	Experimenting with drugs is part of being a teenager	0.10	n/s	0.14	**0.28**	**0.25**	0.19	0.16	**0.31**	**0.27**
	Drugs can help teens manage stress	0.13	n/s	0.11	0.24	**0.28**	**0.30**	0.18	**0.30**	**0.25**
	My parents would be fine with me drinking beer	0.13	n/s	0.10	0.15	**0.26**	**0.31**	0.21	0.32	0.18
	My parents would be fine with me using marijuana	0.20	0.19	0.19	**0.28**	**0.34**	**0.32**	0.22	0.22	0.22
	Prescription drugs is safer than using illegal drugs	0.14	0.11	n/s	0.13	**0.30**	**0.32**	0.24	0.24	0.20
	Using stimulants is safe	0.11	0.13	n/s	0.16	**0.29**	**0.36**	0.22	**0.27**	0.18
	Prescription pain relievers are not addictive	0.17	n/s	0.12	0.12	**0.31**	**0.33**	0.20	0.21	0.13

Alcohol continues to be the most easily accessed of these substances, with three-fourths saying it is at least "Somewhat Easy" for them to get. Vaping substances are second easiest at 66% followed closely by marijuana at 61%. Compared to prior years, alcohol is considered easier to obtain than in the past, as are vaping substances.

Further down the ease of access list are prescription drugs (44%), cocaine (23%), meth (18%) and heroin (13%). While no change in the ease of access of prescription drugs is found compared to prior years, cocaine, meth and heroin all have increased significantly in their ease of access since 2020, although for meth and heroin, they have simply returned to their 2018 levels.)

"How difficult, or easy, do you think it would be for you to get [substance]?"

% Very + Somewhat Easy
% Very Easy

| Alcohol (n=718) | Vaping (n=718) | Marijuana (n=708) | Rx Drugs (n=592) | Cocaine (n=646) | Meth (n=609) | Heroin (n=615) |

EASE OF **ACCESS**

Demographically, increased ease of access is seen across nearly all demographic groups, and perhaps most pronounced among younger teens 12-13 years of age.

	Age 12-13		Age 14-15		Age 16-17		Denver/ Boulder		Central		Northeast		Northwest		Southeast		Southwest		PCN Cohort
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2022
sample size	97	90	221	338	261	180	299	244	87	94	100	52	38	60	34	96	21	62	209
Ease of Access (% Very + Somewhat)																			
Meth	8%	24%	9%	19%	12%	15%	10%	16%	11%	21%	6%	16%	22%	24%	8%	32%	0%	18%	n/a 15%
Heroin	6%	16%	6%	14%	9%	12%	7%	13%	8%	18%	7%	10%	12%	8%	3%	20%	0%	18%	n/a 14%
Cocaine	9%	20%	11%	24%	19%	23%	16%	23%	9%	20%	12%	27%	14%	20%	16%	19%	12%	22%	n/a 23%
Marijuana	32%	58%	53%	56%	71%	68%	58%	62%	49%	65%	55%	59%	57%	60%	67%	62%	50%	41%	n/a 58%
Rx drugs not prescribed to you	35%	44%	46%	39%	50%	48%	46%	43%	38%	45%	55%	47%	41%	49%	51%	46%	60%	33%	n/a 35%
Alcohol	43%	63%	66%	68%	72%	82%	66%	75%	53%	65%	61%	82%	71%	72%	66%	64%	53%	49%	n/a 71%
Vape	39%	53%	58%	61%	71%	74%	61%	70%	52%	63%	55%	60%	63%	57%	66%	57%	48%	45%	n/a 64%

	Female		Male		Heterosexual		LGBQ		Caucasian		Hispanic		<$50k		$50-74k		$75-99k		$100k+	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	311	308	260	282	437	521	123	82	395	412	121	112	109	144	236	223	127	121	98	98
Ease of Access (% Very + Somewhat)																				
Meth	11%	21%	9%	17%	9%	19%	11%	15%	9%	18%	12%	16%	8%	24%	11%	16%	8%	19%	13%	14%
Heroin	7%	14%	8%	14%	7%	14%	8%	12%	7%	13%	8%	10%	6%	14%	9%	13%	5%	16%	7%	8%
Cocaine	13%	26%	14%	20%	13%	23%	16%	25%	13%	22%	18%	24%	11%	24%	13%	24%	17%	28%	15%	18%
Marijuana	58%	65%	54%	56%	54%	58%	64%	74%	57%	61%	55%	61%	56%	64%	60%	63%	50%	61%	54%	61%
Rx drugs not prescribed to you	50%	48%	42%	38%	42%	37%	61%	71%	46%	47%	44%	48%	42%	50%	42%	41%	49%	49%	54%	45%
Alcohol	66%	78%	60%	69%	62%	71%	70%	79%	64%	72%	58%	82%	56%	67%	62%	73%	65%	71%	72%	79%
Vape	60%	66%	58%	65%	58%	64%	60%	70%	59%	67%	55%	76%	56%	61%	56%	66%	56%	64%	72%	72%

Shadings indicate significant increases/decreases from the previous year at the 95% level of confidence.

58

Participants who have not used any of the seven substances below (but are aware of them) were asked how curious they would be to try each if someone were to give it to them.

Following similar patterns seen with usage this year as well as the more relaxed attitudes toward risk, significant increases in curiosity are seen for all seven substances compared to 2020.

- Approximately four out of ten who have never tried alcohol, marijuana or vaping are at least "Somewhat Curious" to try each and around three out of ten are at least "Somewhat Curious" to try prescription stimulants, pain relievers and anti-anxiety medications. Curiosity to try cocaine is up as well, but the lowest of these substances, with just 20% who have never tried cocaine saying they are at least "Somewhat Curious" to try.

"How curious would you be to try [substance] if someone were to give it to you?"
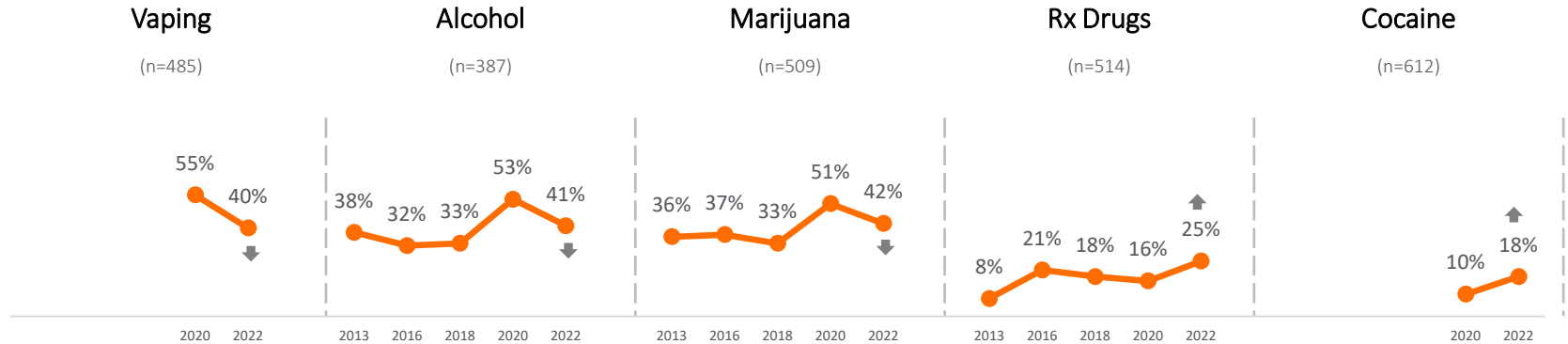*(Asked of those who have heard of, but never used, each of the following substances)*

% Very + Somewhat Curious
% Very Curious
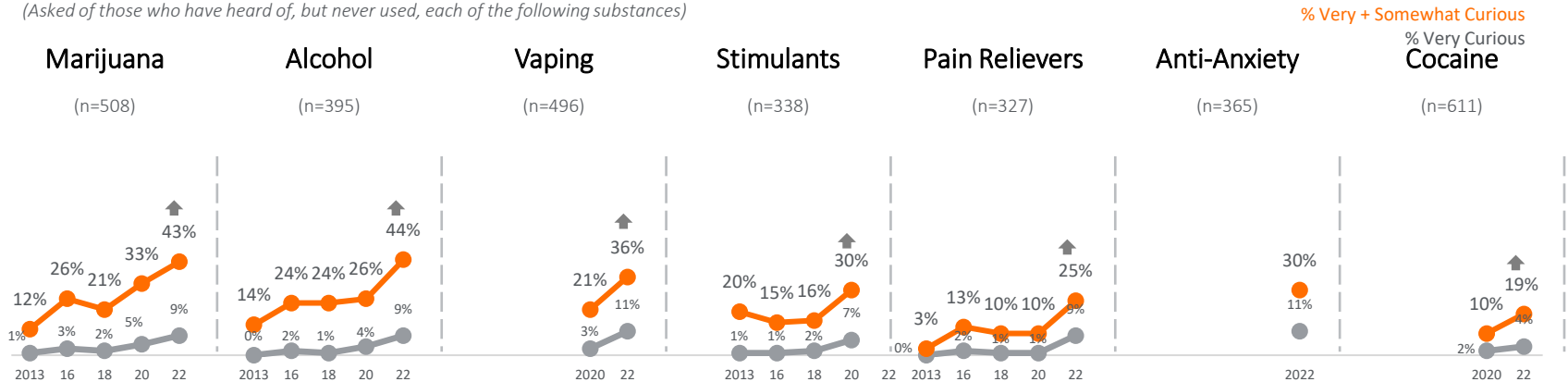
* Meth and Heroin removed in 2022 and Anti-Anxiety added

Still looking at those who have never used any of these substances, offers to try each are down significantly for vaping, marijuana and alcohol while significant higher for prescription drugs and cocaine.

"Has anyone ever offered you or tried to get you to use [substance]?"

% Yes

Vaping	Alcohol	Marijuana	Rx Drugs	Cocaine
(n=485)	(n=387)	(n=509)	(n=514)	(n=612)

Vaping: 55% (2020), 40% (2022) ↓

Alcohol: 38% (2013), 32% (2016), 33% (2018), 53% (2020), 41% (2022) ↓

Marijuana: 36% (2013), 37% (2016), 33% (2018), 51% (2020), 42% (2022) ↓

Rx Drugs: 8% (2013), 21% (2016), 18% (2018), 16% (2020), 25% (2022) ↑

Cocaine: 10% (2020), 18% (2022) ↑

Base: Those who are aware of each substance and had never used

Demographically, direct offers have increased the most for youngest teens (12-13), with access at levels as high, if not higher, than older teens. Older teens, those 16-17 years of age, report declines in direct offers for many substances compared to 2020, but it is important to keep in mind that these are teens who have not used any of these substances and may represent a clearer subset of those who don't intent to use, and who associate with others who also do not use any substances.

	Age 12-13		Age 14-15		Age 16-17		Denver/ Boulder		Central		Northeast		Northwest		Southeast		Southwest		PCN Cohort
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2022
sample size	97	88	221	348	261	176	299	235	87	98	100	56	38	55	34	100	21	68	193
Have Been Offered (% Yes)																			
Cocaine	4%	**21%**	5%	**18%**	16%	**17%**	8%	**19%**	16%	**17%**	6%	**20%**	9%	**24%**	18%	**15%**	13%	**9%**	19%
Marijuana	31%	**49%**	46%	**38%**	67%	**41%**	53%	**39%**	55%	**42%**	40%	**49%**	40%	**39%**	66%	**45%**	59%	**41%**	44%
Rx drugs not prescribed to you	13%	**29%**	13%	**26%**	19%	**23%**	17%	**29%**	18%	**24%**	8%	**14%**	8%	**23%**	30%	**25%**	11%	**18%**	26%
Alcohol	28%	**40%**	51%	**43%**	68%	**40%**	54%	**34%**	54%	**53%**	39%	**49%**	53%	**50%**	66%	**35%**	70%	**46%**	44%
Vape	34%	**35%**	49%	**38%**	71%	**45%**	55%	**40%**	65%	**38%**	42%	**43%**	41%	**39%**	65%	**42%**	60%	**43%**	43%

	Female		Male		Heterosexual		LGBQ		Caucasian		Hispanic		<$50k		$50-74k		$75-99k		$100k+	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	311	299	260	295	437	525	123	81	395	402	121	123	109	149	236	218	127	128	98	92
Have Been Offered (% Yes)																				
Cocaine	10%	21%	9%	17%	9%	20%	14%	10%	9%	16%	10%	18%	11%	16%	9%	24%	9%	14%	10%	14%
Marijuana	50%	43%	53%	39%	49%	39%	61%	58%	48%	42%	61%	38%	63%	55%	51%	45%	45%	38%	46%	34%
Rx drugs not prescribed to you	15%	28%	17%	22%	13%	26%	25%	21%	16%	23%	16%	30%	26%	24%	11%	28%	15%	25%	17%	18%
Alcohol	54%	43%	51%	40%	51%	41%	65%	47%	52%	40%	59%	48%	56%	53%	54%	41%	49%	36%	51%	40%
Vape	52%	44%	57%	36%	55%	38%	57%	46%	53%	40%	61%	32%	62%	36%	52%	45%	49%	39%	57%	38%

Shadings indicate significant increases/decreases from the previous year at the 95% level of confidence.

When asked what substances they use in their vape pen, a sharp decline is seen for nicotine pods/juice (from 74% in 2020 to 47% in 2022) and an increase in tobacco products (from 23% to 38%).

"Which of the following have you ever used in your vape pen or JUUL?"

	2022	2020
Nicotine-free flavoring	52%	54%
Nicotine vape pods/juice/packs	47% ⬇	74%
Tobacco	38% ⬆	23%
Marijuana/THC oil	32%	38%
Hash/Hash oil	21% ⬆	11%

Base: Those who have used vaping products (n=209)
Sum of percentages exceed 100% due to multi-responses.
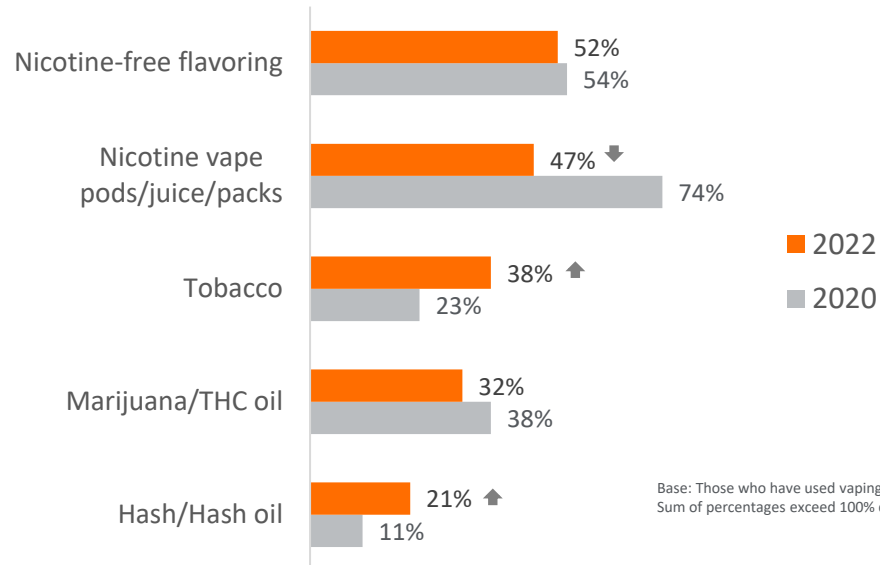
Declines in nicotine pods/juice occurred across most demographic groups while tobacco use increased mostly among males, Caucasian and LGBQ respondents.

Vaping Content	Age 12-13		Age 14-15		Age 16-17		Denver/Boulder		Central		Northeast		Northwest		Southeast		Southwest		PCN Cohort	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	19	24	55	117	91	68	96	94	25	29	16	17	8	24	14	34	6	14		72
Tobacco	34%	26%	24%	38%	20%	41%	24%	38%	26%	42%	26%	29%	7%	36%	30%	35%	0%	63%	n/a	33%
Marijuana/THC Oil	3%	27%	44%	30%	43%	35%	39%	30%	43%	31%	46%	42%	16%	24%	19%	39%	38%	44%	n/a	34%
Hash/Hash Oil	3%	20%	15%	28%	10%	18%	10%	19%	14%	20%	11%	30%	7%	25%	8%	25%	21%	27%	n/a	26%
Nicotine-free Vape Juice or Flavoring	54%	34%	54%	53%	54%	56%	56%	50%	49%	51%	48%	63%	66%	43%	54%	51%	34%	50%	n/a	45%
Nicotine vape pods/liquid/juice/packs	66%	55%	71%	31%	77%	55%	74%	43%	80%	57%	62%	65%	74%	34%	90%	24%	40%	54%	n/a	48%

Vaping Content	Female		Male		Heterosexual		LGBQ		Caucasian		Hispanic		<$50k		$50-74k		$75-99k		$100k+	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	92	118	71	88	12	173	39	35	108	134	46	45	36	50	65	76	31	45	32	28
Tobacco	19%	27%	30%	57%	26%	39%	17%	37%	25%	41%	20%	27%	28%	37%	13%	37%	37%	46%	24%	36%
Marijuana/THC Oil	35%	35%	42%	28%	37%	28%	41%	44%	35%	30%	43%	26%	23%	39%	43%	25%	36%	31%	46%	35%
Hash/Hash Oil	8%	18%	14%	28%	11%	25%	8%	9%	12%	19%	10%	19%	6%	35%	10%	12%	19%	23%	12%	22%
Nicotine-free Vape Juice or Flavoring	50%	56%	59%	42%	56%	48%	48%	65%	54%	45%	51%	69%	51%	51%	66%	54%	46%	34%	44%	68%
Nicotine vape pods/liquid/juice/packs	75%	54%	73%	34%	74%	39%	77%	71%	71%	49%	79%	59%	78%	56%	69%	45%	72%	45%	80%	43%

Shadings indicate significant increases/decreases from the previous year at the 95% level of confidence.

FIRST USE OF **SUBSTANCES**

Respondents who said they have ever used any of these substances were asked how old they were when they first tried each. First use of most substances go back to when respondents were 12 to 13 years of age.
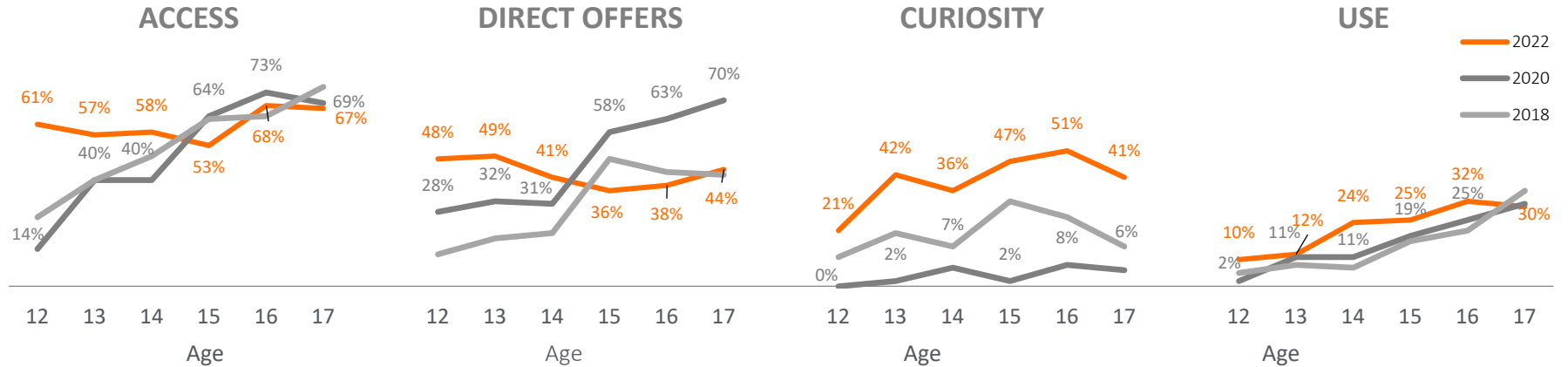
Compared to prior years, age of first use is largely similar except for prescription drugs which now have an average age of around 12 compared to 14 years of age in 2018 and 2020.

FIRST USE AVERAGE AGE*	2018	2020	2022 Range	2022
ALCOHOL (n=323)	13.6	12.8	8 – 17	12.9
MARIJUANA (n=178)	14.0	14.0	8 – 16	13.5
VAPING (n=211)	14.7	14.0	9 – 17	13.3
STIMULANTS (n=54)	13.5	14.0	9 – 16	12.1
PAIN RELIEVERS (n=37)	14.2	14.0	9 – 15	11.8
ANTI-ANXIETY (n=44)	n/a	n/a	9 –16	12.4
COCAINE (n=23)	n/a	14.8	10 – 17	14.3
METH (n=11)	14.1	14.1	10 – 15	12.6
HEROIN (n=6)	n/a	n/a	11-14	13.2

* In 2018, this question used multiple choices with response options starting from "Age 10 or younger" to "Age 17." In 2020, respondents were asked to enter the age as a numeric value. For calculating 2018 averages, the responses of "Age 10 or younger" were coded as "10."

Looking at teenagers' access, offers, curiosity and usage by age when it comes to marijuana reveals substantially greater access and direct offers among the youngest teens (12-13 years of age) today than in prior years.

ACCESS

DIRECT OFFERS

CURIOSITY

USE

2022
2020
2018

ACCESS:
61% 57% 58% 64% 73% 69%
40% 40% 53% 68% 67%
14%

DIRECT OFFERS:
48% 49% 41% 58% 63% 70%
28% 32% 31% 36% 38% 44%

CURIOSITY:
21% 42% 36% 47% 51% 41%
0% 2% 7% 2% 8% 6%

USE:
10% 11% 12% 24% 25% 32% 30%
2% 11% 19% 25%

Age   Age   Age   Age

65

For alcohol, access is again much easier among 12–13-year-olds than in the past and curiosity is higher among this age group as well. Among 17-year-olds, nearly 9 out of 10 (86%) say alcohol is at least "Very Easy" to access.

ACCESS — Age: 12, 13, 14, 15, 16, 17

2022: 61%, 64%, 64%, 72%, 78%, 86%
2020: 28%, 50%, 62%, 68%, 70%, 73%

DIRECT OFFERS — Age: 12, 13, 14, 15, 16, 17

2022: 15%, 44%, 45%, 41%, 39%, 42%
2020: 34%, 40%, 61%, 63%, 73%
2018: 12%

CURIOSITY — Age: 12, 13, 14, 15, 16, 17

2022: 49%, 52%, 39%, 48%, 49%, 27%
2020: 5%, 23%, 28%, 33%, 31%, 21%

USE — Age: 12, 13, 14, 15, 16, 17

2022: 37%, 37%, 41%, 45%, 46%, 57%
2020: 12%, 30%, 30%, 43%, 43%, 58%

Legend: 2022, 2020, 2018
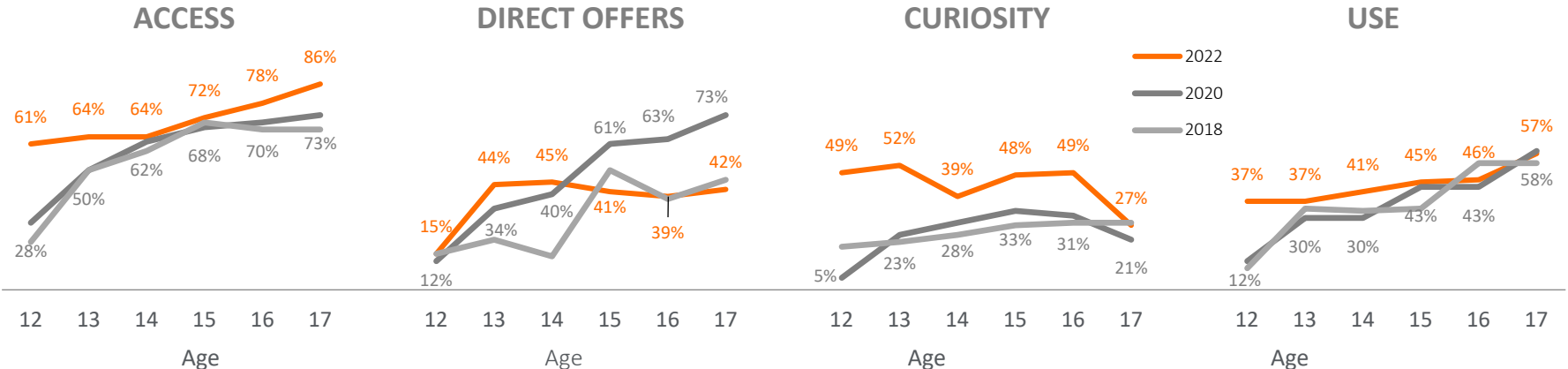
SEGMENTATION ANALYSIS

Identifying Unique Groups

A statistical segmentation analysis* allows us to find common groups of people, based on *latent* variables which cannot be directly observed or measured, such as commonly shared attitudes, beliefs or behaviors.

The types of groupings found through a segmentation analysis depends on the variables included in the model. We change the way we look at teens each time in order to continue to provide new perspectives of how they think. For 2022, the following measures were used for the segmentation:

- o   Protective Factors
- o   Risk Factors
- o   Perceived Risk of Limited Substance Use
- o   Personal Safety
- o   Sense of Belonging

Supported

43%

Masking

13%

22%

Disconnected

22%

Social Users
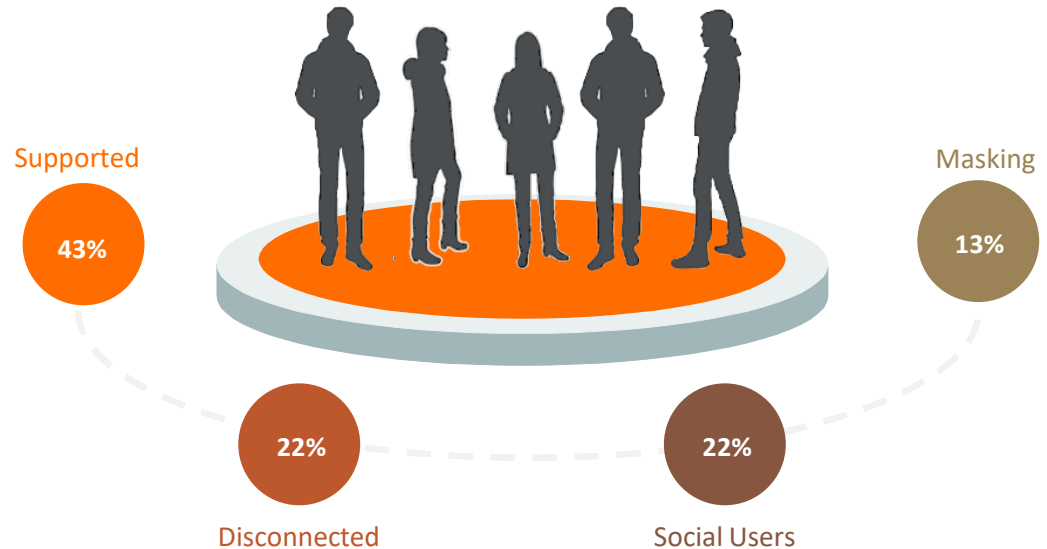
* Segments were derived using a latent class segmentation model.

About the Segments

The four segments of teens which emerged did so statistically, not through any human assignment or manual creation of different groupings.

The segments were formed based upon the questions which created the clearest distinction between different groups of people.

- Statistically, the algorithm seeks to create groupings which are internally consistent/similar (i.e., everyone in that segment should be similar on all of the questions used for the segmentation model) while as different as possible from all other segments (externally heterogeneous).

In reviewing the results of the segmentation, the questions that stand out as having been foundational in separating teens out between these four segments surround their perceived risk of drug use, their sense of belonging and support from peers, family and friends.

The names assigned to each segment is entirely subjective. We try to name them in ways that makes them easily identifiable and not in a way that casts a derogatory light on any of them. Teens in these segments are real people with real feelings that need to be viewed with respect for their situations and how those situations may have shaped their current circumstances.

THE FOUR **SEGMENTS**

Fully Supported (43%): Low Substance Use

- Members of this group feel more supported by their family and friends than any other group. They also find their schoolwork to be meaningful and have set goals for themselves which they consider important, all of which may be contributing to members of this segment reporting the fewest poor mental health days.
- Demographically, the Fully Supported look fairly typical in terms of age, gender, race/ethnicity, parental marital status, sexual orientation.
- When it comes to drug use, they view it as risky, do not agree that experimenting with drugs is safe or that using drugs is an okay way for teens to manage stress.
- Accordingly, the Fully Supported are the least likely to have used any substances and are also among the least likely to have been offered any substances, which may imply that their friends don't use either and/or others know that the type of people in this group are not interested in drug use.

Disconnected (22%): Average Substance Use

- Members of the Disconnected segment are the least likely to have a parent or other adult they can turn to for help and virtually none (just 2%) find their schoolwork to be meaningful.
- In addition to not having adults to turn to for help, they are less likely to feel accepted by people at school (adults/teachers and peers), by those outside of their school (through extracurricular activities, faith groups, etc.) and by their friends (but not to the extent of the Alone segment, which we will get to shortly).
- Members of the Disconnected segment are oldest of the four segments, with the majority being 16-17 years of age.
- They are the most likely to be female and are often to describe themselves as LBGQ (34%), gender non-binary/gender fluid (9%) and/or transgender (9%), recognizing significant overlap between these categories.
- Members of this segment report the poorest mental health, with half saying they have six or more bad days a month. They also report the highest social media use.
- They are the least likely to consider marijuana, alcohol or tobacco use to be risky and say they have easy access to most substances (possibly due in part to their older age)
- However, despite all of this, their substance use is not above average (nor is it below average) for any of the substances asked about, nor are they more likely to have been offered any of these substances

Social Users (22%): Highest Substance Use

- In terms of demographics, teens in the Social User segment look representative of Colorado youth. Half are male, half are female, they are fairly evenly spread out across the age groups, they are slightly less likely to be white (but still 59% are), their parents are the most likely to be married, they participate in the most extracurricular activities, and are the most likely to identify as heterosexual
- In terms of social connections and support structures, they are pretty much on average in terms of feeling supported at school, supported in their community and supported by friends, as well as having a parent or other adult they can turn to for help.
- Social media use is fairly high and they report slightly poorer mental health than average, but usually in the 3-5 bad days per month range and are significantly less likely to report having six or more bad mental health days/month.
- What mostly sets the Social Users apart from the other segments is their relaxed attitude toward substance use, seeing drugs as just something teens do, something that helps with stress, is relatively safe and quite simply not that big of a deal. Some of this may stem from the fact that most say they have lived with someone who has a substance abuse disorder, and it appears that situation moved their attitudes more positively toward substance use than negatively.
- In turn, members of this segment are the most likely to have used substances of all segments, especially alcohol, vaping and marijuana, and they are the most likely to have been offered substances, significantly so when it comes to cocaine and prescription drugs. However, they do not find any of these substances to be easier to access.

Masking (13%): High Substance Use

- Those in the "Masking" segment stand out for what appear to be strong anti-drug views, being the most likely to say drug use is risky, yet being significantly more likely than average to smoke marijuana, vape, and drink, surpassing even the Social User segment on marijuana use (26% having used in the past 30 days versus 21% for Partiers and 13% on average), which may indicate what is often referred to as masking their behaviors with socially-acceptable comments.
- Teens in the Masking segment appear to feel very isolated, with none (0%) saying they feel "completely" accepted by people at their school or outside of their school, and only 3% feel completely accepted by their own friends.
- They are also the least likely to participate in any extracurricular activities and they spend less time on social media.
- They are among the least likely to be White (although still 61% are White), more likely to be LGBQ (31%) and the least likely to have parents who are still married (57%).

	Total	Supported	Social Users	Disconnected	Masking
Segment Size		43%	22%	22%	13%
Age					
12-13	20%	21%	29%	13%	18%
14-15	37%	42%	38%	28%	31%
16-17	43%	37%	34%	58%	52%
Gender					
Male	46%	55%	53%	24%	46%
Female	50%	43%	47%	67%	50%
Non-Binary/Fluid	4%	2%	0%	9%	5%
Sexual Orientation					
Heterosexual	82%	88%	96%	65%	68%
LGBQ	17%	10%	3%	34%	31%
Transgender (% Yes)	5%	3%	4%	9%	4%
Race/Ethnicity					
White	71%	76%	59%	79%	61%
Hispanic	20%	21%	25%	19%	8%
Black	8%	7%	12%	2%	16%
Asian	4%	2%	5%	3%	10%
Other	3%	2%		5%	8%
Parents					
Married	71%	72%	85%	62%	57%
Not Married	30%	27%	15%	38%	43%

THE FOUR SEGMENTS

	Total	Supported	Social Users	Disconnected	Masking
Segment Size		43%	22%	22%	13%
Extracurricular					
No Activities	12%	8%	1%	13%	41%
1-2 Activities	45%	56%	31%	38%	43%
3+ Activities	43%	36%	68%	49%	16%
Social Media Use					
< 30 minutes	8%	9%	4%	2%	24%
30 minutes - 1 hour	20%	26%	19%	12%	15%
1-2 hours	37%	43%	32%	32%	34%
3 hours +	36%	23%	46%	54%	27%
Mental Health					
No Bad Days	17%	27%	11%	4%	13%
1-2 Bad Days	25%	30%	22%	12%	35%
3-5 Bad Days	34%	30%	54%	30%	22%
6+ Bad Days	25%	13%	13%	54%	31%
Support Factors (% Strongly Agree)					
Schoolwork is meaningful	35%	49%	45%	2%	29%
I have goals for myself	53%	66%	40%	43%	52%
I can go to parent(s) for help	53%	68%	48%	22%	66%
I can go to other adult for help	41%	50%	37%	20%	52%
Community (% Completely)					
Feel accepted at school	26%	42%	31%	9%	0%
Feel accepted outside of school	25%	41%	21%	11%	0%
Feel supported by friends	35%	53%	33%	20%	3%

	Total	Supported	Social Users	Disconnected	Masking
Segment Size		43%	22%	22%	13%
Risk Factors (% Strongly Agree)					
Experimenting is not a big deal	8%	1%	25%	9%	2%
Drugs help teens manage stress	12%	1%	48%	6%	0%
Parents okay with me drinking	9%	0%	29%	9%	0%
Parents okay with me smoking	5%	0%	21%	4%	0%
Rx Drugs are safer than illegal drugs	6%	0%	27%	0%	0%
Rx Stimulants are safe	9%	0%	41%	0%	0%
Rx Pain relievers are not addictive	7%	1%	23%	4%	0%
Lived with someone w/substance abuse	41%	26%	67%	46%	38%
Lived with someone w/MH problems	46%	33%	47%	66%	53%
Risk of Using Regularly (% Great Risk)					
Meth	86%	91%	68%	84%	97%
Heroin	86%	90%	63%	68%	96%
Coke	79%	85%	57%	77%	92%
Pain Relievers	73%	82%	43%	75%	85%
Stimulants	65%	69%	46%	61%	85%
Anti-Anxiety	69%	75%	51%	62%	88%
Marijuana	49%	54%	49%	30%	66%
Alcohol	57%	61%	51%	40%	82%
Vaping	52%	58%	39%	39%	80%

	Total	**Supported**	**Social Users**	**Disconnected**	**Masking**
Segment Size		43%	22%	22%	13%
Ease of Access (% Very Easy)					
Meth	6%	2%	11%	8%	8%
Heroin	3%	1%	5%	3%	5%
Coke	6%	2%	9%	12%	3%
MJ	29%	23%	24%	47%	27%
Alcohol	38%	33%	35%	51%	34%
Pills	18%	17%	15%	24%	16%
Vape	34%	30%	30%	51%	28%
Past 30 Days Use					
MJ	13%	4%	21%	17%	26%
Pain Relievers	3%	1%	8%	3%	1%
Stimulants	5%	1%	18%	3%	3%
Anti-Anxiety	3%	1%	6%	3%	3%
Alcohol	19%	8%	35%	19%	29%
Vape	17%	6%	28%	22%	26%
Discourage Use					
MJ	65%	70%	57%	48%	89%
Pills	77%	82%	49%	83%	96%
Alcohol	71%	74%	64%	60%	90%
Vape	68%	74%	57%	52%	92%
Offers					
Coke	18%	13%	39%	14%	18%
MJ	42%	44%	40%	43%	33%
Pills	25%	15%	46%	30%	21%
Alcohol	41%	41%	52%	37%	39%
Vape	40%	39%	44%	49%	29%

COMMUNICATIONS

EDUCATION IN SCHOOL & COMMUNITY

Recall of information about the risk of using alcohol, marijuana and vaping seen at schools or in their communities are all down significantly compared to 2020 while recall of information about prescription drugs is down significantly compared to 2018 (but statistically stable with 2020).

It is possible that recall of these types of communications declined as a result of teens spending less time in their schools as well as schools allocating more of their wall space to communicating COVID-19-related topics such as mask wearing and social distancing.

"Have you seen any information at your school or community talking about the risk of using [substance]?"

% Yes

Alcohol	Marijuana	Vaping	Rx Drugs	Counterfeit Pills

Alcohol: 87% (2016), 82% (2018), 77% (2020), 68% (2022)

Marijuana: 85% (2016), 81% (2018), 80% (2020), 63% (2022)

Vaping: 87% (2020), 72% (2022)

Rx Drugs: 70% (2016), 64% (2018), 57% (2020), 54% (2022)

Counterfeit Pills: 53% (2022)

Base: Those aware of each substance
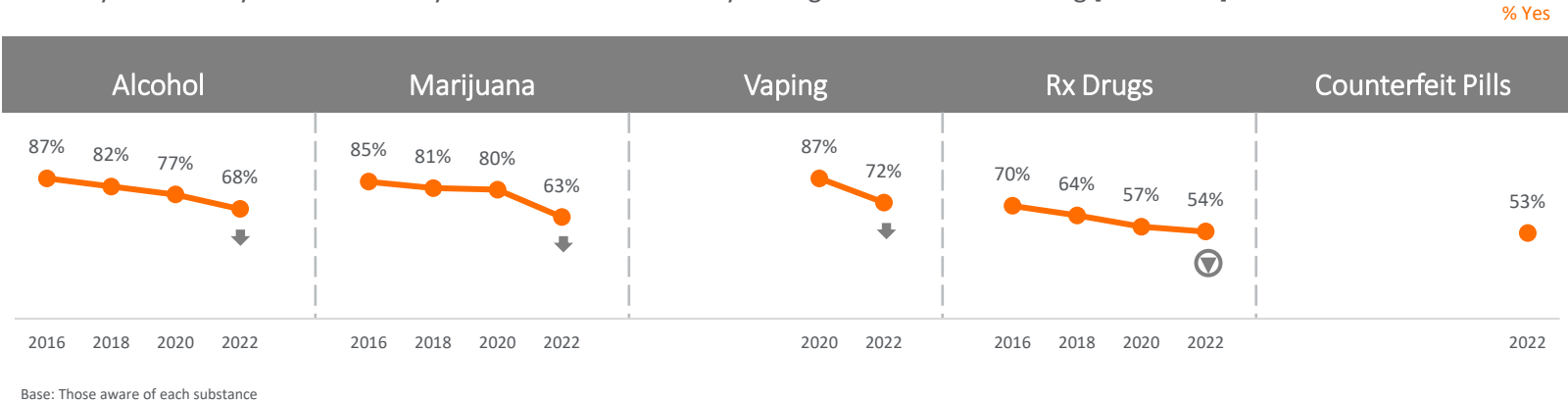
* Meth, Heroin and Cocaine removed and Counterfeit Contaminated Pills added in 2022

EDUCATION IN **SCHOOL & COMMUNITY**

Recall of these communications is down across most demographic groups. The only outlier is the youngest group of 12–13-year-olds, who were significantly more likely to see information about the risk of using prescription drugs not prescribed to them this year than in 2020.

	Age 12-13		Age 14-15		Age 16-17		Denver/ Boulder		Central		Northeast		Northwest		Southeast		Southwest		PCN Cohort
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2022
sample size	135	108	238	412	280	197	344	284	100	110	112	63	38	74	35	108	24	78	236
School Education (% Yes)																			
Marijuana	71%	**59%**	85%	**63%**	82%	**65%**	80%	**68%**	84%	**58%**	84%	**58%**	69%	**50%**	83%	**65%**	71%	**55%**	64%
Rx Drugs not prescribed to you	48%	**61%**	62%	**57%**	58%	**50%**	58%	**53%**	59%	**56%**	65%	**58%**	40%	**50%**	56%	**48%**	42%	**61%**	56%
Counterfeit, contaminated, or laced pills	n/a	**56%**	n/a	**52%**	n/a	**52%**	n/a	**58%**	n/a	**42%**	n/a	**49%**	n/a	**49%**	n/a	**46%**	n/a	**65%**	58%
Alcohol	67%	**64%**	82%	**69%**	79%	**68%**	75%	**68%**	85%	**66%**	82%	**69%**	68%	**58%**	75%	**70%**	75%	**68%**	69%
Vape	79%	**62%**	90%	**71%**	90%	**77%**	88%	**72%**	94%	**75%**	90%	**80%**	75%	**79%**	90%	**68%**	69%	**67%**	72%

	Female		Male		Heterosexual		LGBQ		Caucasian		Hispanic		<$50k		$50-74k		$75-99k		$100k+	
	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022	2020	2022
sample size	350	361	294	332	494	586	134	119	445	507	135	141	122	112	275	254	138	182	108	139
School Education (% Yes)																				
Marijuana	80%	58%	80%	68%	80%	61%	79%	71%	81%	60%	79%	75%	75%	62%	79%	64%	83%	61%	83%	67%
Rx Drugs not prescribed to you	53%	57%	62%	54%	58%	56%	54%	49%	60%	51%	49%	54%	49%	56%	59%	52%	63%	64%	56%	41%
Counterfeit, contaminated, or laced pills	n/a	54%	n/a	51%	n/a	53%	n/a	53%	n/a	52%	n/a	51%	n/a	52%	n/a	51%	n/a	55%	n/a	55%
Alcohol	76%	66%	78%	69%	78%	67%	74%	69%	77%	68%	78%	77%	74%	70%	77%	69%	79%	60%	78%	76%
Vape	87%	71%	89%	73%	89%	72%	84%	75%	87%	68%	92%	84%	82%	75%	88%	73%	87%	64%	92%	77%

Shadings indicate significant increases/decreases from the previous year at the 95% level of confidence.

APPENDIX

2022 SURVEY INSTRUMENT

Rise Above Colorado Youth Survey
Behavioral Health and Substance Abuse
March 2022

SCREENING QUESTIONS

Thank you for your willingness to complete this survey . The purpose of this survey is to better understand the kinds of issues Colorado teens are experiencing especially with regard to drugs and alcohol.

[IF SELECTED THROUGH SOCIAL MEDIA: If you qualify and complete the survey, which takes most people about 10 minutes, you will receive an email for a $10 Amazon.com gift certificate.]

1. Just to confirm, do you live in Colorado?

   Yes..1
   No..2 → Thank & End
   Refused ....9 → Thank & End

2. What is your zip code? _____

3. What is your age? _____
   (PROGRAMMER: VALID RANGE 12-17)

4. What grade in school are you currently in?

   6th or less ....6 → Thank & End
   7th grade 7
   8th grade 8
   9th grade 9
   10th grade 10
   11th grade 11
   12th grade 12
   Not in school/Dropped out 98
   Already graduated high school ....99 → Thank & End

5. The purpose of this survey is to see how Colorado's teens think about drugs, but first please indicate how you feel about some broader issues...

Supports for Success	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree	Prefer Not to Answer
The schoolwork I am assigned is often meaningful and important to me	1	2	3	4	9
I have goals that I have set for myself which are really important to me	1	2	3	4	9
If I have a personal problem, I can go to one of my parents for help	1	2	3	4	9
If I had a serious problem, I know an adult other than my parents, who I could talk to or go to for help	1	2	3	4	9

6. To what extent do you feel that you ... (RANDOMIZE ORDER)

	Not at all	Not much	Somewhat	Mostly	Completely	Prefer Not to Answer
... feel welcomed and accepted by students and adults in your school community	1	2	3	4	5	9
... connect with people outside of your school, such as through an activity, family, community, faith group, etc.	1	2	3	4	5	9
... are supported by your friends	1	2	3	4	5	9

7. The next set of questions are more specific to drugs and drug use. Please indicate whether you agree or disagree with the following statements... (DO NOT RANDOMIZE ORDER. DO NOT SHOW HEADINGS)

RISK FACTORS	Strongly Agree	Somewhat Agree	Somewhat Disagree	Strongly Disagree	Prefer Not to Answer
Complacency					
Experimenting with drugs is just part of being a teenager – it's not that big of a deal	1	2	3	4	9
Drugs can help teens manage the stress and pressure we have to deal with	1	2	3	4	9
My parents would be fine with me drinking beer once in a while	1	2	3	4	9
My parents would be fine with me smoking marijuana once in a while	1	2	3	4	9
Rx Drug Acceptability					
Using someone else's prescription drugs is safer than using other illegal drugs	1	2	3	4	9
Using prescription drugs like Ritalin or Adderall to help you stay awake and focused when studying is safe, even if the prescription wasn't written for you.	1	2	3	4	9
Prescription pain relievers like Vicodin or OxyContin are not addictive	1	2	3	4	9

PERSONAL SAFETY	Yes	No	Don't Know/ Refused
Have you lived with someone with a substance use disorder or addiction (alcohol or other drugs)?	1	2	9
Has a member of your household been depressed or had other mental health problems?	1	2	9

8. Which, if any, of the following drugs have you heard of? (DO NOT RANDOMIZE LIST)

	Yes	No	Don't Know/ Not Sure
Heroin, also known as H, junk, smack or sag	1	2	9
Marijuana, also known as weed, pot, or cannabis	1	2	9
Methamphetamines, also known as meth, crank, crystal, glass, ice, or tina	1	2	9
Prescription drugs like Vicodin or OxyContin	1	2	9
Prescription drugs like Ritalin and Adderall	1	2	9
Prescriptions drugs like Xanax	1	2	9
Cocaine or coke, including crack	1	2	9

9. How much risk, if any, do you think there is in each of the following activities. (RANDOMIZE PAIRS. DO NOT ASK IF NOT AWARE OF IN Q8)

	Great Risk	Moder-ate Risk	Slight Risk	No Risk	Not Sure
Trying meth once or twice	1	2	3	4	9
Using meth on a regular basis	1	2	3	4	9
Trying heroin once or twice	1	2	3	4	9
Using heroin on a regular basis	1	2	3	4	9
Trying cocaine once or twice	1	2	3	4	9
Using cocaine on a regular basis	1	2	3	4	9
Trying a prescription pain reliever like Vicodin or OxyContin that was not prescribed for you for the purpose of getting high one or two times	1	2	3	4	9
Using these kinds of prescription pain relievers that were not prescribed for you for the purpose of getting high on a regular basis	1	2	3	4	9

	Great Risk	Moder-ate Risk	Slight Risk	No Risk	Not Sure
Trying prescription stimulants like Ritalin or Adderall that were not prescribed for you for the purpose of staying awake one or two times	1	2	3	4	9
Using prescription stimulants like these that were not prescribed for you for staying awake on a regular basis	1	2	3	4	9
Trying prescription anti-anxiety medications like Xanax that were not prescribed to you one or two times	1	2	3	4	9
Using prescription anti-anxiety medications like Xanax that were not prescribed to you on a regular basis	1	2	3	4	9
Trying marijuana once or twice	1	2	3	4	9
Using marijuana regularly					
Trying alcohol once or twice	1	2	3	4	9
Drinking alcohol regularly	1	2	3	4	9
Vaping/Juuling once or twice	1	2	3	4	9
Vaping/Juuling on a regular basis	1	2	3	4	9

10. How much risk do you think someone is taking when they use pills that someone got online or on the street?

Great Risk 1
Moderate Risk 2
Slight Risk 3
No Risk 4
Not Sure 9

11. If someone offered you a pill that was not prescribed to you, how concerned would you be that it might be fake or "counterfeit," and could contain other substances (like fentanyl) that could cause an overdose?

Very Concerned.. 1
Somewhat Concerned... 2
Not Very Concerned... 3
Not At All Concerned... 4
Not Sure 9

12. How difficult, or easy, do you think it would be for YOU to get each of the following types of drugs [SHOW EACH ITEM AWARE OF IN Q8].

	Very Difficult	Somewhat Difficult	Somewhat Easy	Very Easy	Not Sure
Meth	1	2	3	4	5
Heroin	1	2	3	4	5
Cocaine	1	2	3	4	5
Marijuana	1	2	3	4	5
Alcohol	1	2	3	4	5
Prescription drugs not prescribed to you	1	2	3	4	5
Vape pen or JUUL or other e-cigarette	1	2	3	4	5

ATTITUDES, USAGE AND SOCIAL NORMING QUESTIONS

13. Thinking about the students at your school, what percentage do you believe have used each of the following substances in the past 30 days? Your best guess is fine. (DO NOT ASK IF NOT AWARE IN Q8)

	% of students AT YOUR SCHOOL	Don't Know
Marijuana	_____%	○
Prescription drugs that were not prescribed like Vicodin or OxyContin that could be used for getting high or for pain	_____%	○
Prescription drugs that were not prescribed like Ritalin or Adderall that could be used for getting high or for staying awake	_____%	○
Prescription drugs that were not prescribed like Xanax that could be used for getting high or for anxiety	_____%	○
Alcohol	_____%	○
A vape pen, JUUL or other e-cigarette	_____%	○

HealthCare

14. Thinking now just about the students <u>in your</u> grade, what percentage do you believe have used each of the following substances in the past 30 days? Again, a best guess is fine. (DO NOT ASK IF NOT AWARE IN Q8)

	% of students IN YOUR GRADE	Don't Know
Marijuana	_____ %	○
Prescription drugs that were not prescribed like Vicodin or OxyContin that could be used for getting high or for pain	_____ %	○
Prescription drugs that were not prescribed like Ritalin or Adderall that could be used for getting high or for staying awake	_____ %	○
Prescription drugs that were not prescribed like Xanax that could be used for getting high or for anxiety	_____ %	○
Alcohol	_____ %	○
A vape pen, JUUL or <u>other</u> e-cigarette	_____ %	○

15. During your life, have you ever used... (DO NOT ASK IF NOT AWARE IN Q8)

	Yes	No	Don't Know
Meth	○	○	○
Heroin	○	○	○
Cocaine	○	○	○
Marijuana	○	○	○
Prescription drugs that were not prescribed like Vicodin or OxyContin that could be used for getting high or for pain	○	○	○
Prescription drugs that were not prescribed like Ritalin or Adderall that could be used for getting high or for staying awake	○	○	○
Prescription drugs that were not prescribed like Xanax that could be used for getting high or for anxiety	○	○	○
Alcohol	○	○	○
A vape pen, JUUL or <u>other</u> e-cigarette	○	○	○

16. How old were you when you first tried ... (SHOW ONLY THE SUBSTANCES USED IN Q15):

	At What Age Did You First Try ...	Don't Know
Meth	_____	○
Heroin	_____	○
Cocaine	_____	○
Marijuana	_____	○
Prescription drugs that were not prescribed like Vicodin or OxyContin that could be used for getting high or for pain	_____	○
Prescription drugs that were not prescribed like Ritalin or Adderall that could be used for getting high or for staying awake	_____	○
Prescription drugs that were not prescribed like Xanax that could be used for getting high or for anxiety	_____	○
Alcohol	_____	○
A vape pen, JUUL or <u>other</u> e-cigarette	_____	○

17. In the past 30 days, how **many** days have you used ... (SHOW ONLY THE SUBSTANCES USED IN Q15):

	Number of Days Used in Past 30 Days	Don't Know
Marijuana	_____	○
Prescription drugs that were not prescribed like Vicodin or OxyContin that could be used for getting high or for pain	_____	○
Prescription drugs that were not prescribed like Ritalin or Adderall that could be used for getting high or for staying awake	_____	○
Prescription drugs that were not prescribed like Xanax that could be used for getting high or for anxiety	_____	○
Alcohol	_____	○
A vape pen, JUUL or <u>other</u> e-cigarette	_____	○

18. Would you encourage a friend to quit if you knew they were using … (DO NOT ASK IF NOT AWARE IN Q8)

	Yes	No	Don't Know
Marijuana	○	○	○
Prescription drugs that were not prescribed to them	○	○	○
Alcohol	○	○	○
A vape pen, JUUL or other e-cigarette	○	○	○

(SHOW ONLY THE **SUBSTANCES AWARE OF IN Q**8 AND NEVER USED IN Q15]:

19. Has anyone ever offered you or tried to get you to use …?

	Yes	No	Don't Know
Cocaine	○	○	○
Marijuana	○	○	○
Prescription drugs that were not prescribed to you	○	○	○
Alcohol	○	○	○
A vape pen, JUUL or other e-cigarette	○	○	○

(SHOW ONLY THE **SUBSTANCES AWARE OF IN Q**8 AND NEVER USED IN Q15]:

20. How curious would you be to try each of the following if someone were to give it to you?

	Very Curious	Somewhat Curious	Not Curious	Don't Know
Cocaine	○	○	○	○
Marijuana	○	○	○	○
Prescription drugs that were not prescribed like Vicodin or OxyContin that could be used for getting high or for pain	○	○	○	○
Prescription drugs that were not prescribed like Ritalin or Adderall that could be used for getting high or for staying awake	○	○	○	○
Prescription drugs that were not prescribed like Xanax that could be used for getting high or for anxiety	○	○	○	○
Alcohol	○	○	○	○
A vape pen, JUUL or other e-cigarette	○	○	○	○

21. How wrong do you think it is for someone your age to use … (DO NOT ASK IF NOT AWARE IN Q8)

	Very Wrong	Somewhat Wrong	Not Very Wrong	Not At All Wrong	Don't Know
Cocaine	○	○	○	○	○
Marijuana	○	○	○	○	○
Prescription drugs that were not prescribed like Vicodin or OxyContin that could be used for getting high or for pain	○	○	○	○	○
Prescription drugs that were not prescribed like Ritalin or Adderall that could be used for getting high or for staying awake	○	○	○	○	○
Prescription drugs that were not prescribed like Xanax that could be used for getting high or for anxiety	○	○	○	○	○
Alcohol	○	○	○	○	○
A vape pen, JUUL or other e-cigarette	○	○	○	○	○

22. Have you EVER talked to your parents about… (DO NOT ASK IF NOT AWARE IN Q8)

	Yes	No	Don't Know
Marijuana	○	○	○
Prescription drugs that were not prescribed to you	○	○	○
Counterfeit, contaminated, or laced pills	○	○	○
Alcohol	○	○	○
Vaping/Juuling	○	○	○

23. Have you seen any information at your school or community talking about the risks of using …? (DO NOT ASK IF NOT AWARE IN Q8)

	Yes	No	Don't Know
Marijuana	○	○	○
Prescription drugs that were not prescribed to you	○	○	○
Counterfeit, contaminated, or laced pills	○	○	○
Alcohol	○	○	○
Vaping/Juuling	○	○	○

VAPING-SPECIFIC QUESTION

(ASK ONLY IF VAPED IN Q15)
24. Which of the following have you ever used in your vape pen or JUUL?

Tobacco 1
Marijuana/THC Oil 2
Hash/Hash Oil 3
Nicotine vape pods/liquid/juice/packs 4
Nicotine-free Vape Juice or flavoring.....................5
Prefer Not to Answer 9

OUTSIDE INFLUENCES

25. How many extracurricular activities do you participate in, either at or outside of school, such as arts, sports, band, drama, clubs, youth group, or student government?

None...1
1-2 2
3-5 3
6 or more 4
Prefer Not to Answer 9

26. Thinking about an average day, how much time do you spend on social media such as TikTok, Snapchat, Instagram, Facebook, Twitter, etc.?

Less than 30 minutes 1
30 minutes to 1 hour 2
1-2 hours...3
3-5 hours...4
More than 5 hours/always connected and checking...............5
Don't Know/Prefer Not to Answer...9

27. During the past 30 days, how many days would you say your mental health was not good? Poor mental health includes anxiety, stress, depression, and problems with emotions.

0 days 1
1 day 2
2 days 3
3 days 4
4 to 5 days 5
6 to 7 days 6
8 to 13 days 7
14 or more days 8
Don't Know/Prefer Not to Answer..........................9

CAMPAIGN AWARENESS QUESTIONS

28. Have you ever seen or heard any advertising on the internet, social media, billboards, murals, at school or any other places featuring the following <u>themes:</u>

	Check All You Have Heard Of
Rise Above Colorado, #IRiseAbove or "Fill Your World <u>With</u> Good," about healthy activities and data that most youth aren't using drugs and alcohol?	☐
"I Matter" Colorado, encouraging youth to take advantage of free therapy sessions if they feel sad or are struggling?	☐
"Colorado Crisis Services' encouraging youth dealing with tough feelings just "below the surface" to text a free, confidential crisis support line?"	☐
"Forward Together," raising awareness about healthy connection and providing tips for teens to connect with friends, parents, and mentors?"	☐

2022 SURVEY

DEMOGRAPHICS

29. Right now, how many people, including yourself, are living in your household (not counting those who are visiting or staying there temporarily)?

[ENTER #]   [_____]

30. Are your parents…? [MARK ALL THAT APPLY]

Married to each other 1
Divorced or separated - neither has married again 2
Divorced - one or both has married again 3
My parents were never married to each other.......4
One or both of my parents has died 5
Refused 9

31. What racial or ethnic identity do you most identify with? [MARK ALL THAT APPLY]

American Indian/Native American or Alaska Native.........1
Black/African American 2
Asian/Asian American 3
Hispanic or Latinx...4
White 5
Other..8
Prefer not to say/Refused..9

32. What is your gender identity?

Male 1
Female...2
Genderqueer/Nonbinary/Gender Fluid 3
I do not know my gender identity (questioning).....4
Prefer not to say/Refused 9

33. Do you identify as transgender?

No, I am not transgender 1
Yes, I am transgender 2
I do not know if I am transgender 3
I do not know what this question is asking..........4
Prefer not to say/Refused 9

34. Which of the following best describes you?

Heterosexual (straight) 1
Gay or lesbian 2
Bisexual 3
I describe my sexual identity in some other way 4
I am not sure of my sexual identity (questioning)....5
Prefer not to say/Refused 9

Thank you for your participation! We are surveying about 600 Colorado teens, all of whom have been selected at random, and be assured your answers are completely anonymous. Neither your name nor email address will be attached to anything you said.