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Permission is granted to duplicate parts or sections of this report for planning and program development, educational use and administration, and community awareness. Please send copies of printed use of these data to the Town of Southampton Youth Bureau, 655 Flanders Rd., Flanders, NY 11901.

This report contains analysis of selected data findings. Additional data and further analysis are available by contacting Cara Sultan at csultan@southamptontownny.gov.

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I. INTRODUCTION

The Teen Assessment Project (TAP) is sponsored by the Town of Southampton Youth Bureau with technical assistance provided by Dr. Robert Marmo and the Stony Brook University School of Social Welfare Graduate Research Methods classes. Between December 2023 and January 2024, the Youth Bureau conducted the TAP, surveying 1648 youth in 8th, 10th and 12th grades in Southampton Town and an additional 210 youth from Riverhead Town, asking them specific questions about their quality of life and their sense of the community in which they live. The survey asked youth about risk behaviors, recreational and work activities, parental involvement, and protective factors that affect adolescent lives. This report will present data from the 1648 youth from Southampton Township for use in planning and supporting programs that address the needs of youth and families in the Town of Southampton and to improve out-of-school resources and supervision.

This is the eighth administration of this survey. The first administration was conducted in 2002 and included all 7th through 12th grade youth in Southampton Town. The TAP survey was originally chosen as the instrument for this project after evaluation of other survey programs. It was a broader survey, intended to establish a baseline of data with which to compare future data and determine patterns of behavior and community influences in adolescent lives.

The second administration was conducted in November of 2005 and surveyed only 8th, 10th, and 12th grade youth. Due to the wealth of national data that exists for youth in grades 8, 10, and 12, the Town opted to survey these same three grades in order to best compare local data to national data. A modified version was used in 2005, reducing the number of questions from 160 to 103, while adding some new topics. The instrument was again modified in 2008 and included some additional topics of inquiry, resulting in an instrument of 100 questions. Additional modifications were made in 2011 and in 2014, again adding some new topics and removing questions that were no longer providing useful data, resulting in a 101-question instrument.

Further modifications were implemented in the 2017 survey, which included clarifying questions regarding gender identity and sexual orientation, adding questions on vaping, use of marijuana

edibles, stress and anxiety, and removing questions on steroid use and weight. The survey was administered exclusively online in 2017 through Qualtrics.

The 2020 survey was modified yet again due to the unique circumstances brought on by the COVID-19 pandemic. New questions were introduced to assess the impact of the pandemic on mental health. In addition, the students across the Township completed the survey in different settings, some at home during remote learning and some in person at school. For 2023, the survey continued to include more mental health related questions, and the administration was again uniform, with all students using Qualtrics (in English or Spanish), to complete the survey during school hours.

The seven school districts serving Southampton Town youth that participate in the survey are: Bridgehampton Union Free School District (UFSD), Hampton Bays UFSD, Riverhead Central School District, Sag Harbor UFSD, Southampton UFSD, Tuckahoe Common School District, and Westhampton Beach UFSD. All survey data are combined in one database, which includes survey findings from these participating districts. Prior to completing the survey, youth are encouraged to respond honestly to the questions and assured all answers will be anonymous.

II. PROFILE OF RESPONDENTS (2023)

A total of 1,648 youth completed the 2023 Tap survey, with the following demographic breakdown:

Gender:

- 50% identified as male
- 48% identified as female
- 1% identified as non-binary
- Less than 1% identified as transgender

Grade Level:

- 31% were in 8th grade
- 37% were in 10th grade
- 32% were in 12th grade

School District Representation:

- Westhampton Beach: 33%
- Hampton Bays: 27%
- Riverhead: 12%

-
- Southampton: 14%
 - Pierson: 10%

Special Needs:

- 16% of the youth reported having a special need
- 7% reported a learning disability
- 5% reported an emotional or behavioral disability
- 1% reported a physical disability
- 3% reported another type of disability

Sexual Orientation:

- 80% identified as heterosexual
- 2% identified as gay
- 4% identified as bisexual
- 2% identified as other
- 3% were questioning their sexual orientation

Race/Ethnicity:

- 51% identified as Hispanic/Latino
- 7% identified as Black or African American
- 4% identified as American Indian/Alaska Native
- 3% identified as Asian
- 3% identified as Native Hawaiian or Other Pacific Islander
- 32% as Caucasian

Immigrant/Language Background:

- 14% identified as immigrants or refugees
- 79% identified English as their primary language

Academic Performance:

- 47% reported earning grades above 90
- 34% reported earning grades of 80 or above
- Less than 1% reported failing grades

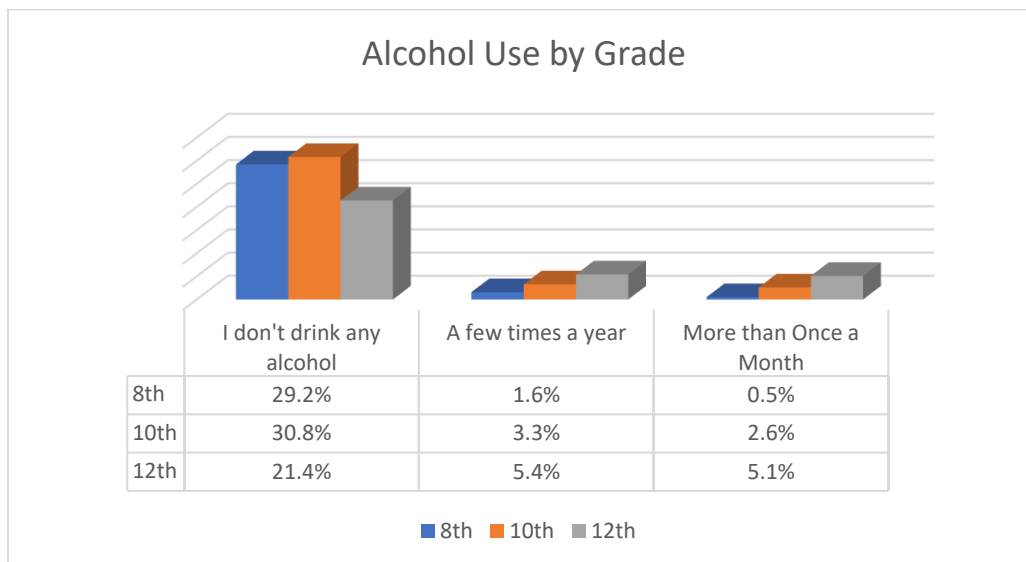
Overall, 82% of the youth surveyed reported having no special needs. However, in the remainder of this report, we will examine the current challenges faced by these young individuals and explore how the Southampton Town community can continue to support them in overcoming these challenges.

III. REPORTED RISK BEHAVIORS

Substance Abuse

Alcohol

A total of 1,308 (80%) of students reported not drinking any alcohol. Two percent (2%) report having used to drink but do not anymore. A total of 334 respondents (20%) cited current alcohol consumption ranging from a few times a year (10%), to monthly (5%), weekly (3%) or daily (1%) use.



Roughly 14% of youth engage in binge drinking and consume 5 or more alcoholic beverages in under 2 or 3 hours. This translates to approximately 225 youth at any given time.

Surveyed youth stated that they obtained alcohol from their home (2%) or a friend’s home (2%) without parental or guardian awareness. Additionally, 2% of youth were able to obtain alcohol from someone of legal age who purchased it for them or, specifically, from their parents (3%). Only 3% of youth purchased alcohol at a store or bar, while 7% of youth obtained alcohol from “some other source.”

Tobacco and Related Products

Almost all youth (98%) surveyed report never using cigarettes. Less than one percent (.8%) cited daily cigarette use, and less than half of one percent (.4%) smoked cigarettes weekly or monthly.

Most of the youth (81%) reported they did not vape tobacco or use e-cigarettes, Juul, or hookah with tobacco. This number shows an upward trend (77% in 2020) of students who report refraining from using these substances.

A total of 81% of youth (1,326) report that they have never vaped (including an e-cigarette, Juul, hookah, Vuse, NJOY). A breakdown by age reveals 90% of 8th graders, 82% of 10th graders and 71% of 12th graders have never vaped.

Overall, ninety-three respondents (6%) stated that they tried vaping once, while 2% vaped monthly, under 1% cited weekly use, and 3.5 % admitted to vaping daily. Eighty percent (80%) of respondents stated previous but not current use. Again, since the last survey in 2020, these numbers show decreasing rates of students vaping either frequently or infrequently.

Additionally, youth were asked to provide information on their consumption of other forms of tobacco products (chewing tobacco, snuff, plug, dip). Almost all youth (98.2%) stated that they do not currently use any of these tobacco-related products.

Overall, we are seeing a steady decline in substance use with tobacco and related products.

Marijuana

Most of the youth (90%) reported never using marijuana, while 2% reported smoking marijuana in the past but not currently. A total of 128 youth reported smoking marijuana either a few times a year (3%), daily (2%), weekly (1%) or monthly (2%).

Youth were also surveyed about vaping with marijuana. Overall, 92% of respondents stated that they do not vape with marijuana.

Regarding marijuana edible use (pot brownies, cookies, gummies, lollipops, etc.), 93% do not use marijuana edibles.

Overall, 95% of respondents stated that they do not use other forms of marijuana (liquid THC, dabbing, synthetic). Ninety percent (90%) of students do not use any type of CBD products.

While rates of marijuana use remain steady, if not declining, only 59% of students believe there is no risk of harming yourself with marijuana use.

Twenty-eight percent (28%) believe there is a great risk and 34% believe there is a moderate to slight risk of marijuana use.

In comparing youth perceptions of alcohol and marijuana, most youth saw the two substances as equal in risk with 39.8% of all youth reporting no risk from alcohol and 40.6% reporting no risk from marijuana use.

Perception of Risk for Alcohol and Marijuana Use

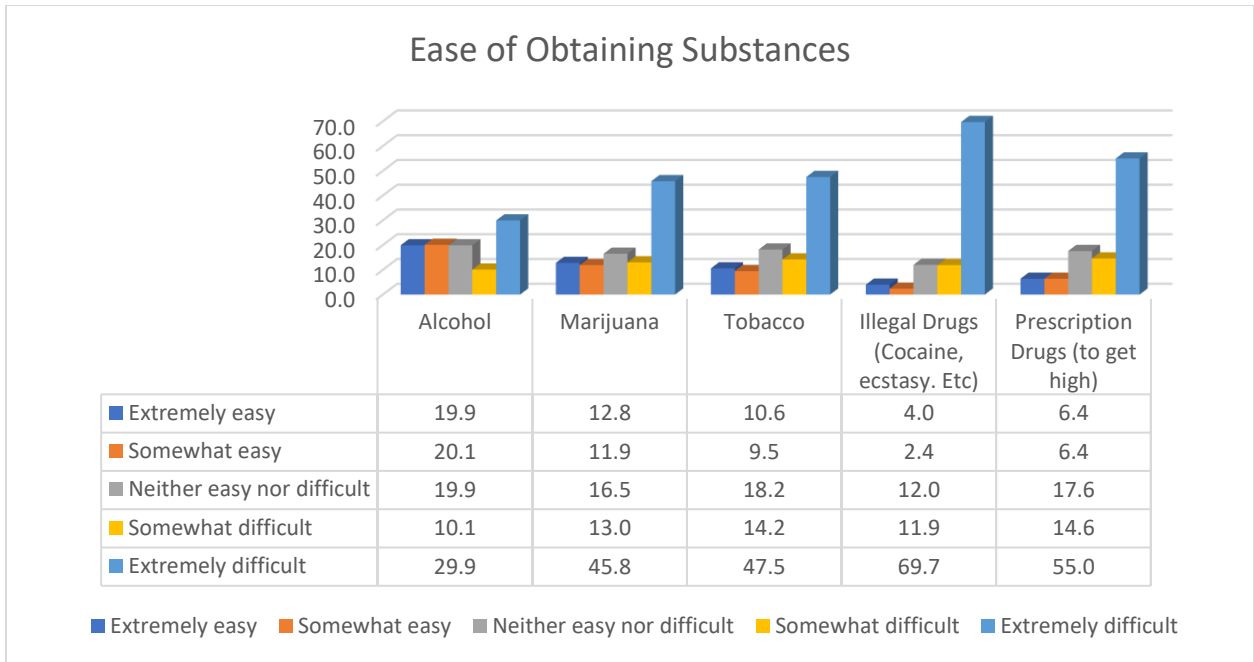
		Marijuana				Total
		No risk	Slight risk	Moderate risk	Great risk	
Alcohol	No risk	35.1%	1.9%	1.2%	1.6%	39.8%
	Slight risk	3.5%	8.0%	3.5%	2.6%	17.6%
	Moderate risk	1.2%	4.2%	9.4%	6.5%	21.3%
	Great risk	0.7%	1.2%	2.1%	17.2%	21.2%
Total		40.6%	15.3%	16.2%	27.9%	100.0%

Illicit Drug Use

The majority of youth surveyed reported no use of illicit drugs.

Ease of Access

Youth reported that obtaining heroin, prescription drugs, and other illicit substances would be difficult while obtaining marijuana, tobacco, and alcohol were deemed relatively easy to access.



Perception of Risk

An important predictor of substance abuse is how risky that behavior is perceived to be by the user. Those perceiving higher levels of risk are less likely to use while those perceiving lower levels of risk are more likely to use.

In 2020, 49% of respondents reported no or slight risk in using alcohol and 56% of respondents reported no or slight risk in using marijuana. In 2023, 58% of students report no or slight risk of using alcohol and 56% of students believe there is no or slight risk of harming yourself with marijuana use.

Sexual Activity

In 2020, 76% of youth reported never engaging in sexual intercourse while in 2023, 81% report never having had intercourse. Of those students who have had intercourse, it was mostly at age 15-16. This is reflective of a nationwide trend of more students refraining from sexual activity. Seventeen percent (17%) of youth reported use of birth control (condoms, birth control pills) and 11% of respondents stated that they never use any form of birth control.

Six percent (6%) of youth have been forced to do sexual things against their will, while 1% have been forced to perform sexual acts in exchange for money, food, drugs, clothes or shelter.

Sexting, the sending or receiving of sexually explicit photos, images, text messages, or emails by using a cellphone or other device, is a risk behavior that was first addressed by our survey in 2014. Ninety-five percent (95%) report that have never been force to take pictures of themselves that they would not want others to see. Eighteen percent (18%) of youth reported receiving or sending naked pictures of themselves or another person through text, email or social media. Seven percent (7%) of youth reported sending a sext only one time and six percent (6%) reported sending or receiving an explicit message more than one time.

Trends and Comparisons

Local Data

The Southampton Town Teen Assessment Project (TAP) has recorded an overall decline in teenage alcohol consumption since 2002 which has continued through 2023.

Reported Use of Alcohol – At Least One Drink in Your Lifetime

	2002	2005	2008	2011	2014	2017	2020	2023
<i>8th grade</i>	41%	32%	23%	15%	7%	12%	5%	7%
<i>10th grade</i>	67%	67%	61%	47%	35%	35%	13%	16%
<i>12th grade</i>	85%	81%	74%	73%	57%	54%	56%	36%

Reported Use of Other Substances Since 2002

	2002	2005	2008	2011	2014	2017	2020	2023
<i>Ever Used Prescription Pain Medications</i>	11%	12%	12%	7%	5%	6%	2%	3%
<i>Ever Used Over the Counter Medications</i>	n/a	10%	9%	6%	6%	6%	4%	5%
<i>Ever Used Tobacco Products</i>	34%	29%	25%	20%	13%	35%	25%	19%
<i>Ever Used Marijuana Products</i>	38%	37%	36%	29%	30%	20%	15%	10%

Since 2002, reported use of prescription pain medications, over-the-counter medications, tobacco, and marijuana have declined.

State and National Data

Southampton Town's reported rates of alcohol use among youth are lower than nationwide rates and comparable to the NYS rates. Marijuana rates were also lower than nationally reported averages for all grades and slightly lower than NYS rates. Vaping with nicotine products or marijuana were lower for Southampton Town students than the national rates.

	2023	2023	2021
Past Year Alcohol Use	National (NIDA)	Southampton	New York State
8 th grade	20.5%	8%	NA
10 th grade	40.7%	16%	15.3%
12 th grade	55.3%	33.3%	32.6%



	2023	2023	2021
Past Year Marijuana Use	National (NIDA)	Southampton	New York State
8 th grade	8%	2%	NA
10 th grade	17.8%	8%	12.5%
12 th grade	29%	20%	23.8%
Past Year Nicotine Vaping			
8 th grade	11.4%	8%	NA
10 th grade	17.6%	12.6%	13.9%
12 th grade	23.2%	20%	NA
Past Year Marijuana Vaping			
8 th grade	6.5%	1.8%	NA
10 th grade	13.1%	5.9%	NA
12 th grade	19.6%	11.1%	NA

National data can be acquired from the Monitoring the Future Study, courtesy of the National Institute of Drug Abuse: <https://nida.nih.gov/research-topics/trends-statistics/monitoring-future>

NYS Data from YRBS (2021) <https://www.cdc.gov/healthyyouth/data/yrbs/index.htm>

IV. HEALTH AND LIFESTYLE INDICATORS

Impact of COVID-19

In 2020, the survey included six new questions to assess the potential impact of COVID 19 on mental health and well-being. These questions were included again in 2023.

In 2020, 76% of youth report feeling more stress or anxiety than usual. In 2023, 62% of youth reported feeling more stressed or anxious than usual due to the pandemic. Eighty-one percent

(81%) in 2020 indicated more concern about their family or their family's health, while only 60% reported feeling this way in this year's survey. Food insecurity was felt by 18% of youth surveyed in 2020 and 17% in 2023 who indicated having more difficulty than usual getting adequate food.

Lengthy school closures and hybrid and/or remote schooling due to the pandemic resulted in 75% of students in 2020 feeling like they were having more difficulty keeping up with schoolwork and in 2023 59% of youth reported feeling that way.

Even before the COVID-19 pandemic began, concerns of adolescent mental health needs were growing in the United States. According to data from the National Survey on Drug Use and Health, an estimated 13.3% of US adolescents aged 12-17 experienced at least 1 episode of major depressive disorder in 2017. In 2020, our study indicated that over half (54%) of students felt more depressed than usual because of the COVID-19 pandemic. This dropped in 2023 to 40% of students feeling this way.

Currently, the rates of depression among adolescents remain high. According to the 2024 Mental Health America Survey, 20.17% of youth (ages 12-17) reported suffering from at least one major depressive episode (MDE) in the past year. 15% of youth in the U.S. experienced an MDE with severe impairment, meaning it severely impacted their functioning at work, school, or home. For individual states, the prevalence of youth with MDE ranges from 16.02% in the District of Columbia to 24.96% in Oregon. New York State ranks 18th with 19.58% of adolescents reporting at least one MDE in the past year.

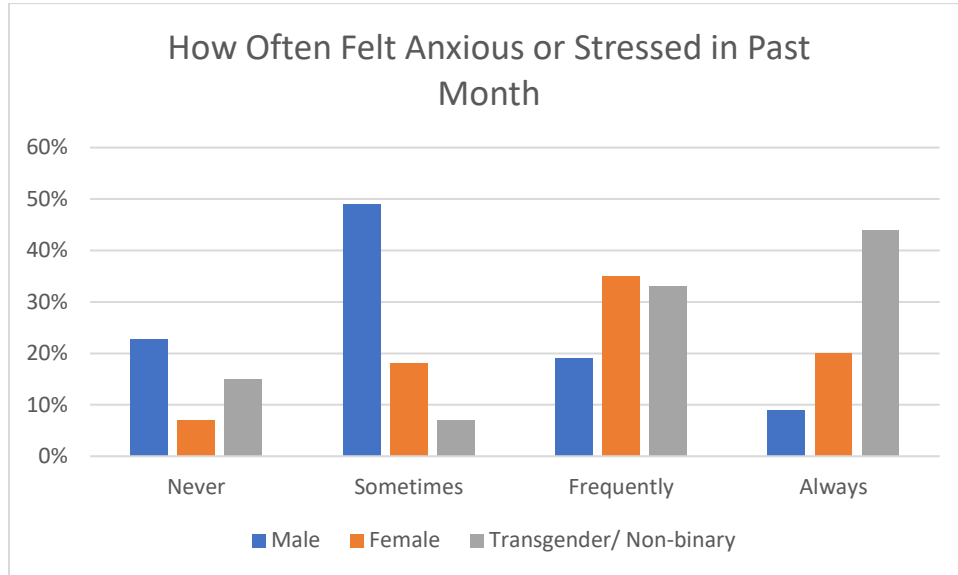
The full picture of the impact of COVID 19 on youth well-being and mental health continues to emerge. Later survey administration will track these trends.

General Mental Health

Stress & Anxiety

In addition to COVID-19 specific mental health questions, youth were asked if they had recently experienced anxiety or stress within the past 30 days. Approximately 85% of surveyed youth stated that they had experienced stress within the past 30 days either sometimes, frequently,

or always. Only fifteen percent (15%) of youth stated that they had not experienced stress within the preceding thirty days. Stress and anxiety differed by gender identity. Transgender and non-binary youth had the highest rates of reported stress and anxiety followed by females.



In 2020, 83% of youth reported that stress or anxiety impacted their schoolwork, with 33% experiencing it sometimes, 29% frequently, and 21% always. By 2023, this had shifted slightly, with 35% reporting stress sometimes, 17% frequently, and 12% always affecting their schoolwork.

Additionally, in 2023, 32% of youth stated that stress or anxiety never interfered with their schoolwork, social life, or school activities. However, approximately 68% reported stress affecting these areas to varying degrees: 37% said sometimes, 18% frequently, and 13% always.

Depression

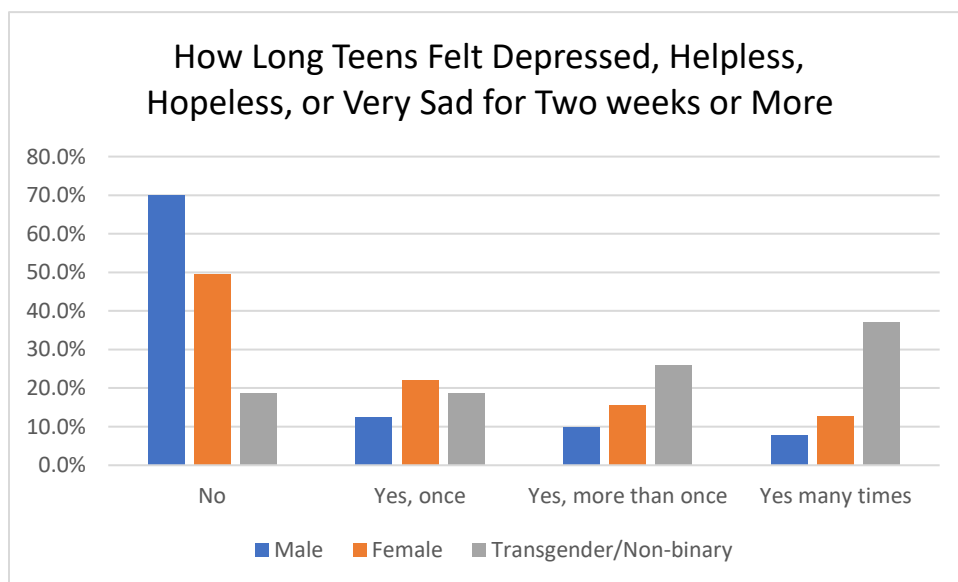
Over the past year, 59.1% of respondents reported that they had not felt depressed, helpless, hopeless, or very sad for a period of two weeks or longer. However, 17.2% experienced these feelings once, while 12.8% reported feeling this way more than once. Additionally, 10.8% stated they had felt depressed or very sad many times, bringing the total percentage of respondents who experienced these emotions at least once to over 40%.

During the past year, have you felt depressed, helpless, hopeless or very sad for a period of 2 weeks or longer?

No	59%
Yes, once	17%
Yes, more than once	13%
Yes, many times	11%
Total	100%

In the comparison of depression experiences among male, female, and transgender/non-binary youth, the findings show that 69.9% of males reported not experiencing such feelings, compared to 49.6% of females and only 18.5% of transgender/non-binary youth. When asked if they experienced depression once, the percentages were 12.6% for males, 22.0% for females, and 18.5% for transgender/non-binary youth. More frequent experiences of depression ("Yes, more than once" or "Yes, many times") were reported more often by transgender/non-binary (25.9% and 37.0%, respectively) than by males (9.7% and 7.8%) or females (15.7% and 12.8%).

This suggests that transgender/non-binary youth report experiencing depression more frequently than males or females.



The 2023 survey results show a decline in reported feelings of depression, hopelessness, or sadness among 10th and 12th graders between the two years compared, while 8th graders experienced an increase. Specifically:

- 8th graders: 41% (2023) vs. 37% (2020) — an increase of 4%.
- 10th graders: 37% (2023) vs. 48% (2020) — a decrease of 11%.
- 12th graders: 46% (2023) vs. 52% (2020) — a decrease of 6%.

There appears to be a notable improvement in mental health for 10th and 12th graders, but a concerning rise among 8th graders. This suggests that different age groups may be experiencing unique stressors or recovering from challenges at different rates, highlighting the need for targeted mental health interventions at various grade levels.

During the past year, have you felt depressed, helpless, hopeless or very sad for a period of 2 weeks or longer?

	Grade Level		
	8th	10th	12th
No	59.3%	63.3%	54.0%
Yes, once	18.1%	14.6%	19.4%
Yes, more than once	13.0%	12.1%	13.5%
Yes, many times	9.6%	9.9%	13.1%
<i>Total</i>	100.0%	100.0%	100.0%

Suicidality

Suicidal thoughts are another important indicator of mental health related issues. For all youth completing the survey, 14% indicated some thoughts or actions related to suicide in the past year. Youth reported they either attempted suicide (2.6%), seriously considered it with a plan (3.5%), or seriously considered it without a plan (7.8%).

Most concerning is that 50% of youth identifying as Transgender or Non-binary reported either attempted suicide (30.8%), seriously considered it with a plan (3.8%), or seriously considered it without a plan (23.1%).

If you have seriously contemplated suicide, did you have a plan to carry it out?

	Male	Female	Transgender/ non-binary	Total
Never seriously considered suicide	89.9%	83.6%	42.3%	86.1%
Have seriously considered suicide without a plan	5.3%	9.9%	23.1%	7.8%
Have seriously considered suicide with a plan	2.9%	4.0%	3.8%	3.5%
I have attempted suicide	1.9%	2.5%	30.8%	2.6%

When examined by grade level, 14% of 8th graders, 12% of 10th graders, and 16% of 12th graders have considered suicide.

The national trend from the 2021 Youth Risk Behavior Survey (YRBS) indicated 22% of high school students have seriously considered suicide. The same 2021 YRBS identified 16.8% of all high school students in NYS seriously considered suicide.

Self-injury

Self-injury can often take many forms, but the most commonly reported method involves cutting. Youth usually engage in self-injury in an attempt to relieve emotional pain; causing physical pain may take one’s mind off the experiences of invisible trauma. The rate of self-injury reported by Southampton Town youth is approximately 14%. Youth reported self-injurious behaviors within the past year either once (7%), more than once (4%), or many times (4%).

Running away from home

About 3% of respondents stated that they had run away from home with past year.

Approximately 8% of youth reported only thinking about running away without doing so.

Sleep Habits

More than half of youth (54%) reported sleeping 6-7 hours a night while 27% of youth reported sleeping 8 or more hours a night and 19% reported sleeping less than 6 hours a night. Further analysis by grade reveals that while 41% of 8th grader get 8 hours or more of sleep a night this number decreases to 24% by 10th grade and drops to 17% by 12th grade. Similarly, in 8th grade 13% of 8th graders report less than 6 hours of sleep on a school night, this rises to 18% by 10th grade and 25% by 12th grade.

V. SOCIAL AND RELATIONAL HEALTH

Youth were asked to complete questions regarding their relationships among partners and adults. When looking at partner violence by gender, 40.9% of males and 38.8% of females had not been in a relationship during the last 12 months. Interestingly, 22.2% of transgender/non-binary youth reported the same. In terms of abuse, a larger percentage of transgender/non-binary youth reported experiencing multiple incidents of abuse, with 7.4% reporting abuse more than once and 11.1% experiencing it many times.

Ever Been Hit, Slapped, Physically or Sexually Hurt on Purpose, by Your Boyfriend/Girlfriend/Partner in the Past 12 Months? by Sexual Orientation

	Male	Female	Transgender/Non-binary	Total
I have not been in a relationship in the past 12 months	40.9%	38.8%	22.2%	39.5%
No	56.5%	58.9%	55.6%	57.7%
Yes, once	0.9%	1.4%	3.7%	1.2%
Yes, more than once	0.8%	0.5%	7.4%	0.8%
Yes, many times	0.9%	0.4%	11.1%	0.8%
<i>Total</i>	100.0%	100.0%	100.0%	100.0%

When looking at partner violence by sexual orientation, 39.4% of heterosexual, 33.3% of gay/lesbian, and 38.9% of youth defining their sexual orientation as "other" had not been in a relationship in the past year. Regarding abuse, 3.3% of gay/lesbian students reported being abused many times by a partner, compared to 1.4% of youth from the "other" group and 0.5% of heterosexual students.

Ever Been Hit, Slapped, Physically or Sexually Hurt on Purpose, By Your Boyfriend/Girlfriend/Partner in the Past 12 Months? by Sexual Orientation

	Other Definition	Heterosexual	Gay/lesbian	TOTAL
I have not been in a relationship in the past 12 months	38.9%	39.4%	33.4%	39.2%
No	54.8%	58.6%	63.3%	58.1%
Yes, once	2.9%	0.9%		1.2%
Yes, more than once	1.9%	0.6%		0.8%
Yes, many times	1.5%	0.5%	3.3%	0.7%
<i>Total</i>	100.0%	100.0%	100.0%	100.0%

When looking at domestic violence by gender 5.8% of males, 6.9% of females, and 30.7% of transgender/non-binary youth had been physically hurt by an adult at home at least one time in the past year. Youth identifying as transgender/non-binary reported experiencing multiple incidents of abuse, with 11.5% reporting abuse more than once and 15.4% experiencing it many times.

Ever Been Physically Hurt by an Adult at Home? by Gender Identity

	Male	Female	Transgender/Non-binary	TOTAL
No	94.2%	93.1%	69.2%	93.3%
Yes, once	3.0%	3.5%	3.8%	3.3%
Yes, more than once	1.8%	2.7%	11.5%	2.4%
Yes, many times	1.0%	0.7%	15.5%	1.0%
<i>Total</i>	100.0%	100.0%	100.0%	100.0%

When looking at domestic violence by sexual orientation, 5.1% of heterosexual, 10% of gay/lesbian, and 12.9% of youth defining their sexual orientation as "Other" had been physically hurt by an adult at home at least one time in the past year.

Ever Been Physically Hurt by an Adult at Home? by Sexual Orientation

	Other Definition	Heterosexual	Gay/Lesbian	Total
No	87.1%	94.9%	90.0%	93.7%
Yes, once	6.2%	2.6%	3.3%	3.1%
Yes, more than once	4.8%	1.8%		2.2%
Yes, many times	1.9%	0.7%	6.7%	1.0%
<i>Total</i>	100.0%	100.0%	100.0%	100.0%

Victims of Bullying/Harassment

About 18% of respondents in Southampton Town reported that they have been bullied or harassed (including cyberbullying) by their peers in the past year. Approximately 12% of youth stated that they had been treated poorly due to their race, religion and/or cultural background.

Illegal Activities

Responses to the Southampton Town survey included information on whether youth were aware of or involved with an adult (21 years of age or older) whom was involved in specific types of illegal or dangerous activity. Approximately 15% of youth reported knowing an adult who used illegal drugs within the past year. Additionally, 9% of youth reported knowing an adult that sold illegal drugs in the past year. Another 16% of youth reported knowing an adult that had done something that could get them in trouble with the police within the past year. A total of 12% of youth reported carrying or knowing someone that carried a weapon, such as a gun or a knife within the past year.

Regarding gang activity, 2% of youth reported being involved in a gang and 4% of youth reported being approached to join a gang.

Use of Time Outside of School

Respondents were asked how they spend their time outside of the classroom. Students reported they spent one or more hours a week in the following activities:

- ❖ *Social networking (TikTok, Snapchat, Instagram, etc....)* – 84%
- ❖ *Doing homework or studying* – 93%
- ❖ *Reading for fun* – 44%
- ❖ *Playing video games*-74%
- ❖ *Gambling on line*- 8%
- ❖ *Participating in school or community sponsored activities (clubs, dances, etc.)* – 61%
- ❖ *Participating in school sports* – 55%
- ❖ *Participating in community sports (PAL, summer league, private)* – 30%
- ❖ *Exercising* – 82%
- ❖ *Spending time with parents and family* – 87%
- ❖ *Working a job* – 40%

VI. PROTECTIVE FACTORS

Avoiding Illegal Activities

One of the final survey questions asked youth to order, in importance from 1 to 5, the programs, specific persons, or activities that help keep them from involvement in illegal or harmful activities. A ranking of 1 was considered most important, while a ranking of 5 was considered least important. Youth were asked to rate which of the following were most helpful in keeping them from illegal or harmful activities.

- ❖ Family members 49%
- ❖ Positive role models 19%
- ❖ Afterschool programs 16%
- ❖ School counselor/social worker 14%
- ❖ In-school prevention programs 3%

In the past ten years, TAP respondents have rated the most important factors help keep them from involvement in illegal or harmful activities. Involved family members have been ranked as having the highest impact. While there was a large increase in the importance of family members in 2020, it has fallen to the same level of importance noted in the 2017 data.

	2011	2014	2017	2020	2023
<i>Family members</i>	26%	25%	49%	57%	49%
<i>Positive role models</i>	26%	31%	21%	21%	19%
<i>Afterschool programs</i>	30%	24%	16%	14%	16%
<i>School counselor/social worker</i>	12%	12%	10%	11%	14%
<i>In-school prevention programs</i>	6%	6%	4%	3%	3%

Community Activities

Youth were asked to report whether they believed there were fun things to do for people their age within the local community. Since 2011, the majority of youth have reported agreement with having fun things to do in the community, even increasing this year.

	2011	2014	2017	2020	2023
Agree	62%	67%	69%	69%	75%

The final question on the survey asked youth an open-ended question about whether there were programs or activities a youth would like to see developed in their community. Youth responses were analyzed and then categorized according to topic area. There was strong support for a community center to engage in activities with access not limited by ability to pay. Teens want a place to “hangout” with peers during all seasons. Additional youth suggestions included parks, movie theaters, sports facilities, bowling and special interest clubs.

Students also expressed the need for more programs and mental health services. Topics suggested include bullying prevention, LGBTQ+ support, mental health initiatives, and programs for Hispanic youth, community service opportunities, mentoring and drug awareness.

Categories	Frequency
<i>Recreation</i>	72
<i>Sports</i>	68
<i>Mental health services</i>	30
<i>Creative and Visual Arts</i>	24
<i>Tech (gaming and computer)</i>	10
<i>Restaurants</i>	4

Parental Involvement

Adults Youth Live With

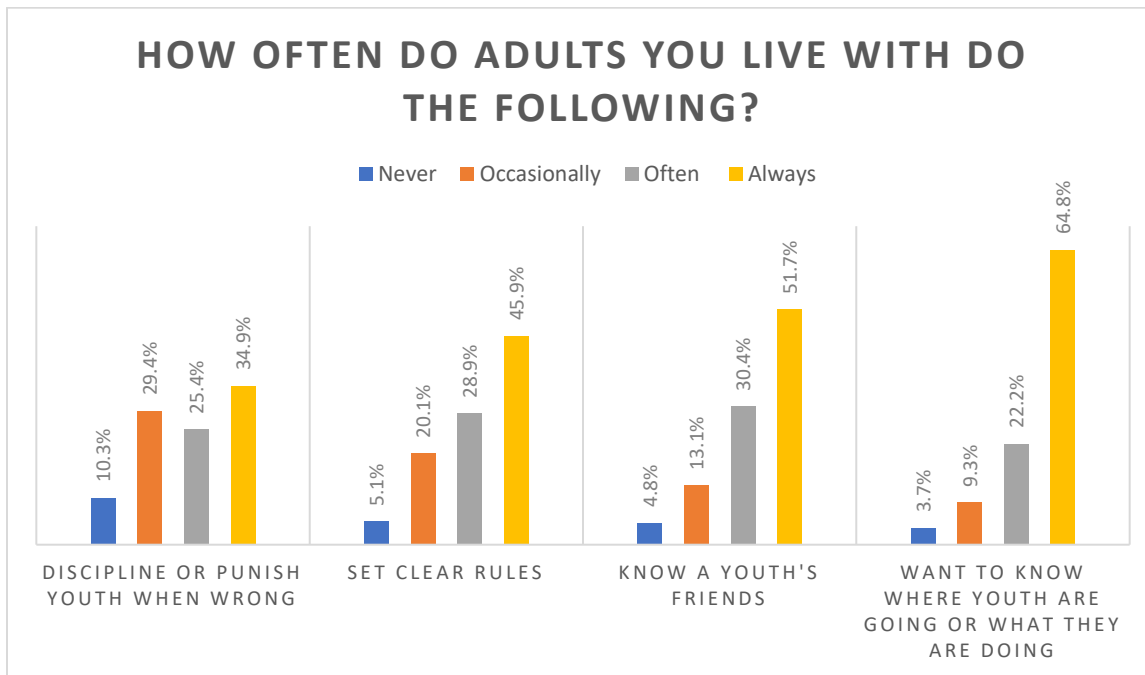
Data collected in the Southampton Town survey highlights the role parents and guardians play in a youth’s life. The data provides insight into youth's perceptions of how frequently adults exhibit specific behaviors. These behaviors include disciplining or punishing youth when they are wrong, setting clear rules, knowing their children's friends, and wanting to know where youth are going or what they are doing.

Key findings include:

- About 34.9% of youth report that adults "Always" discipline or punish them when they are wrong, with 29.4% saying this happens "Occasionally."

- 45.9% of youth say adults "Always" set clear rules, while 28.9% report this occurs "Often."
- Over half of the youth (51.7%) state that adults "Always" know their friends, with a further 30.4% saying this happens "Often."
- The most prevalent behavior is adults always wanting to know where children are or what they are doing, reported by 64.8% of children, followed by 22.2% reporting this happens "Often."

This data highlights that a significant proportion of youth perceive adults as actively involved in monitoring and regulating their behavior.



Youth were asked if they had a conversation with the adults, they live with regarding the risk of using drugs or the risks of sexual activity.

- ❖ Risk of using drugs – Yes 58%
- ❖ Risk of sexual activity – Yes 48%

Parenting Practices

The TAP survey explored positive parenting practices and risk factors among youth. Specifically, setting clear rules, following through with consequences when rules are broken, knowing your child's friends, and knowing where your child is and what they are doing were compared to reported risk factors. The comparisons where statistically significant differences occurred are outlined below.

When Parents Set Clear Rules	When Parents Don't Set Clear Rules
1% smoke tobacco	4% smoke tobacco
75% report grades above B	62% report grades above B
68% report symptoms of depression	74% report symptoms of depression

When Parents Discipline Consistently	When Parents Don't Discipline Consistently
58% report grades above B	49% report grades above B
47% felt anxious or stressed	39% felt anxious or stressed

When Parents Know Friends	When Parents Don't Know Friends
1% smoke tobacco	5% smoke tobacco
83% report grades above B	69% report grades above B

When Parents Ask Where Youth are Going	When Parents Don't Ask Where Youth are Going
2% smoke tobacco	6% smoke tobacco
7% smoke marijuana	13% smoke marijuana
87% report grades above B	81% report grades above B
45% felt anxious or stressed	36% felt anxious or stressed
23.5% report symptoms of depression	32% report symptoms of depression

Adults in the Community

The TAP survey findings also tell us about the impact adults in the community can have on youth participation in risk behaviors. Below are the comparisons where statistically significant differences in risk behaviors among youth based upon their knowing adults who engaged in risky behaviors.

Know Any Adults Who Have Sold or Dealt Any Drugs

Youth Behavior	Yes	No
Grades B and Above	8%	12%
Use Alcohol	46%	16%
Smoke Tobacco	10%	1%
Smoke Marijuana	31%	6%
Vape with Nicotine	42.5%	17%
Vape with Marijuana	35%	6.5%
Experience Anxiety	59%	42%
Experience Depression	39%	23%
Engage in Sext Messaging	51%	16.5%
Sexually Active	43%	18%

Know Any Adults Who Have Done Something That Could Get Them in Trouble with the Police

Youth Behavior	Yes	No
Use Alcohol	40%	15%
Smoke Tobacco	7%	1%
Smoke Marijuana	22.5%	5%
Vape with Nicotine	40%	15%
Vape with Marijuana	26%	6%
Experience Anxiety	60%	40%
Experience Depression	41%	21%
Engage in Sext Messaging	45%	14.5%
Sexually Active	36%	17%

Know any adults who have used illegal drugs

Youth Behavior	Yes	No
Grades B and Above	14%	19%
Use Alcohol	40%	15%
Smoke Tobacco	7%	1%
Smoke Marijuana	25%	5%
Vape with Nicotine	41%	16%
Vape with Marijuana	25%	6%
Experience Anxiety	66%	40%
Experience Depression	46%	20%
Engage in Sext Messaging	46%	15%
Sexually Active	38%	17%



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