



Youth Mental Health Survey Result Summary

Brenna Li

Chair of AYLUS Mental Health Committee

President of Dublin Jerome High School Mind Matters Mental Health Club



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About the Survey

- Anonymous electronical survey, including 15 required and 2 optional questions
- Deadline extended from 9/30/23 to 10/30/23 (09/01/23 to 10/30/23)

SEPTEMBER IS SUICIDE PREVENTION MONTH

5th-12th Graders
TAKE THE SURVEY NOW THROUGH 09/30/23




TO

HELP RAISE MENTAL HEALTH AWARENESS

AID THE EFFORT TO COLLECT & SHARE MENTAL HEALTH RESOURCE INFO

ORGANIZED BY
AYLUS
The Alliance of Youth Leaders in the United States



AYLUS Youth Mental Health and Mental Health Resource

Questions Responses 410 Settings

AYLUS Youth Mental Health and Mental Health Resource Survey

If you are a student Grade 5 through Grade 12, please take a few minutes to fill out this anonymous survey organized by AYLUS - Alliance of Young Leaders in the United States, a national volunteer group.

The responses will be summarized in a strictly aggregated form ONLY and cannot be identified individually. The goal of the survey is to promote mental health awareness.

One survey per student, please. Thank you for your participation in AYLUS's efforts to raise mental health awareness!

1. Which AYLUS branch are you a part of or receive the survey from? (Fill in "NA" if you do not know)

Short answer text

2. Age as of September 1st, 2023 *

Short answer text

3. Gender *

Male
 Female
 Other
 Prefer not to say

4. Race *

Asian American or Pacific Islander American
 Caucasian
 African American
 Hispanic American
 Native American
 Mixed Race
 Prefer not to say

5. How would you rate your overall physical health?

Excellent
 Somewhat good
 Average
 Somewhat poor
 Poor
 Not sure

6. How would you rate your overall mental health?

Excellent
 Somewhat good
 Average
 Somewhat poor
 Poor
 Not sure

7. How much do you sleep at night on a school day? *

0-2 hours
 2-4 hours
 4-6 hours
 6-8 hours
 more than 8 hours

8. How much time do you exercise on a school day? *

No exercise
 <= 0.5 hour
 0.5-1 hour
 1-2 hours
 2+ hours

9. How much time do you spend on social media on a school day? *

0-2 hours
 2-4 hours
 4-6 hours
 6-8 hours
 more than 8 hours

10. Think about your life: What makes you stressed the most? *

Friends
 Family
 Drama with other students at school or online
 School work
 Extracurricular activity
 Other
 I am not sure.

11. How do you deal with stress? (Select all that apply) *

Talking about the stress-causing problems with someone
 Exercising
 Volunteering and helping others in need
 Taking a break and spending time on hobbies
 Spending time in nature
 Other

12. If you're feeling overwhelmed, stressed out or depressed, who do you talk to? Choose all that apply.

Friends
 Parents
 Coach
 Teacher
 Someone at church (pastor, youth leader, etc.)
 School counselor
 Mental health therapist
 Doctor
 Social media/online community
 Other
 I don't talk to anyone

13. If you are struggling with something emotional, like depression, anxiety, or thoughts of suicide, how likely are you to talk to your parents about it? *

Very likely
 Likely
 Unlikely
 Very unlikely
 Not at all

14. When you think about interactions with friends or family, when was the last time that you felt like someone asked how you were? Like, really asked how you were honestly doing? *

In the past week
 In the past month
 In the past 6 months
 I can't remember

15. Does your school or school district offer any mental health resources? *

Yes
 No

16. Share name(s) or website links to any mental health resources provided by your school district or any other publicly available mental health resources. Please list as many as you'd like and divide them with ";". Write NA if you do not know any.

Long answer text

17. Please feel free to share any other mental health related information or comments. Write NA if you do not have anything else to share.

Long answer text

About the Survey - Continued

Brief Description of the Survey Questions

- Which AYLUS Branch
- Age
- Gender
- Race
- Physical Health Self Evaluation
- Mental Health Self Evaluation
- School Day Exercise Time
- School Day Social Media Time
- School Day Sleep Time
- Stress Source
- How do You Deal with Stress?
- Who to Talk to When Stressed?
- Likelihood of Talking to Parents For Stress or Suicidal Thoughts?
- When was Last Asked How You were Doing?
- Does Your Schools Offer Mental Health Resources?
- Share Mental Health Resources (Optional)
- Other Info to Share? (Optional)

A total of 417 youth responses from 29+ branches in 12 states were received between 09/03/23 and 10/23/23.

Auburn	8	Idaho Falls	5	RSM	6
Bridgewater	6	Long Island	1	San Clemente	10
Chapel Hill	13	Manhasset	1	San Diego	6
Chatham	8	Memphis	14	Saratoga	6
Columbus	42	Oakland Gardens	41	Syosset	18
Detroit	2	Orange	8	VA	1
Dix Hills	8	Pearland	37	Warren	6
Fairfax	12	Queens	15	West Essex	15
Greater buffalo	21	Rancho Cucamonga	2	Woodbridge	22
Great Neck	7	Ridgewood	5	NA	71

Thank you for your support!!



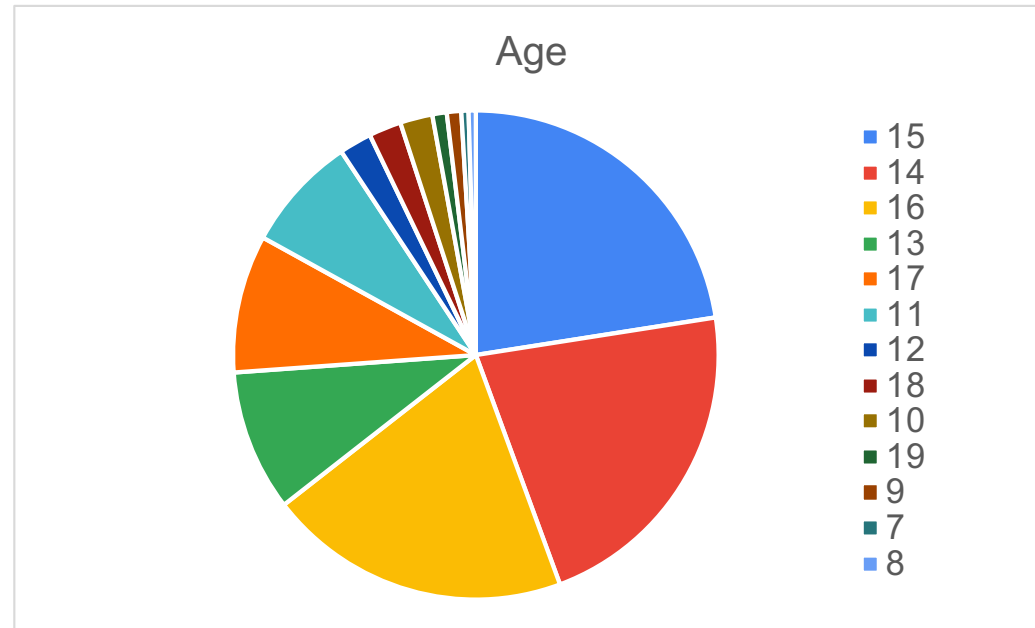
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Age

Most responders were 14-16 years of age (Range 7-19 years old), with mean and median age of 14.47 and 15 years, respectively.

Age	Number	%
15	94	22.5%
14	91	21.8%
16	84	20.1%
13	39	9.4%
17	38	9.1%
11	32	7.7%
12	9	2.2%
18	9	2.2%
10	9	2.2%
19	4	4.6%
9	4	1.0%
7	2	0.5%
8	2	0.5%
Grand Total	417	100%



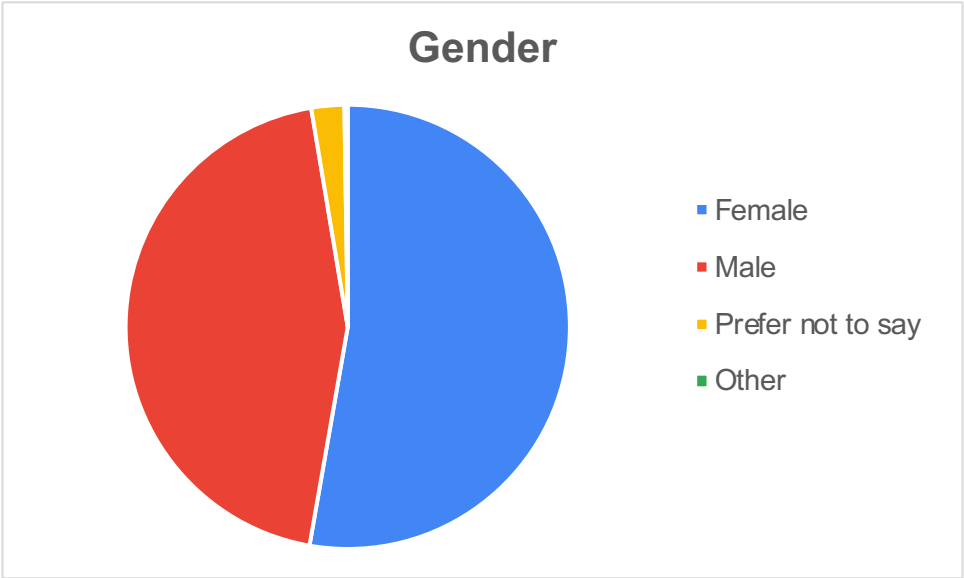
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Gender

More responses were female (52.8%) than male (44.6%) and other genders.

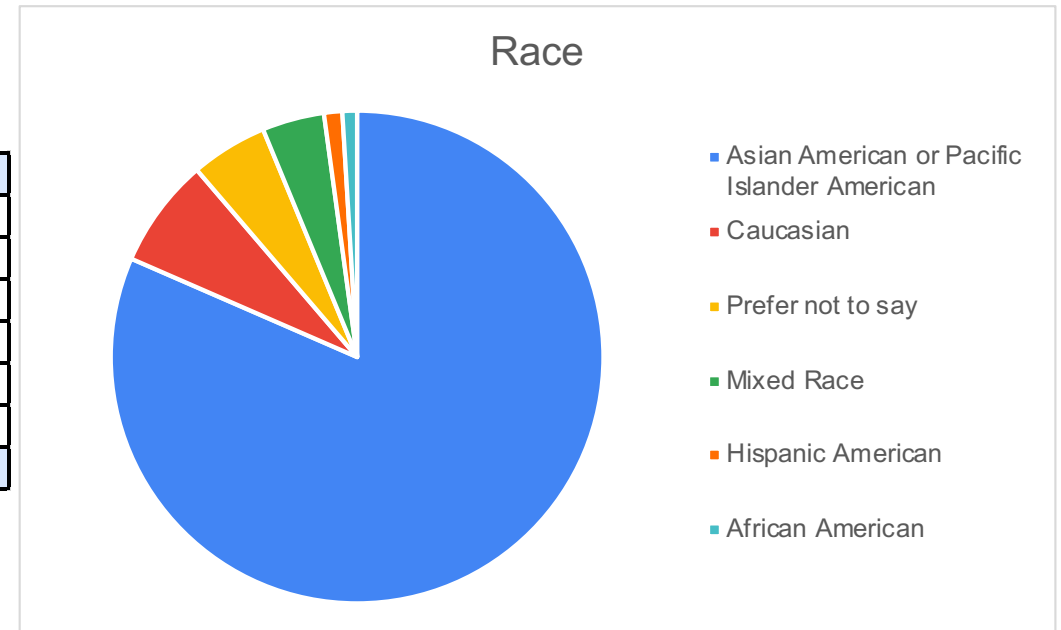
Gender	#	%
Female	220	52.8%
Male	186	44.6%
Prefer not to say	10	2.4%
Other	1	0.2%
Grand Total	417	100%



Race

Survey responders were primarily Asian Americans (81.5%), with approximately 20% from other races, such as Caucasians, Hispanic Americans, African Americans, or unknown.

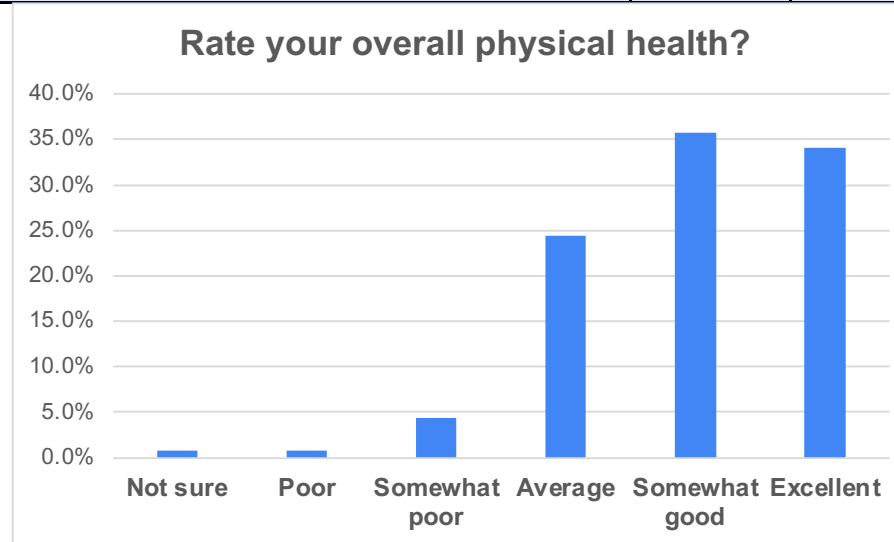
Race	#	%
Asian American or Pacific Islander American	340	81.5%
Caucasian	30	7.2%
Prefer not to say	21	5.0%
Mixed Race	17	4.1%
Hispanic American	5	1.2%
African American	4	1.0%
Grand Total	417	100%



How would you rate your overall physical health?

Approximately 70% reported somewhat good or excellent and 5% reported somewhat poor or poor physical health.

6. How would you rate your overall physical health?	#	%
Not sure	3	0.7%
Poor	3	0.7%
Somewhat poor	18	4.3%
Average	102	24.5%
Somewhat good	149	35.7%
Excellent	142	34.1%
Grand Total	417	100%



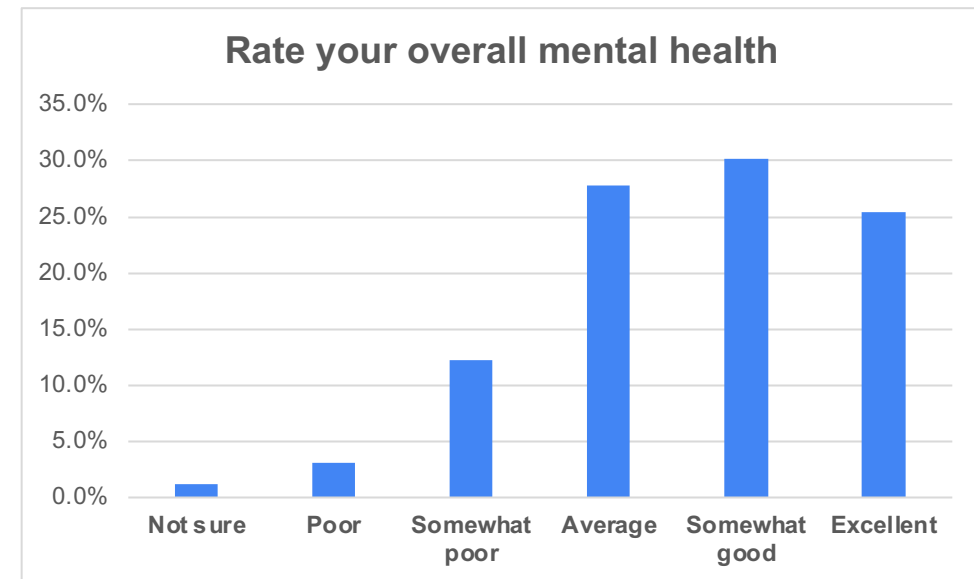
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How would you rate your overall mental health?

55.6% reported somewhat good or excellent and 15.3% reported somewhat poor or poor mental health.

6. How would you rate your overall mental health?	#	%
Somewhat good	126	30.2%
Average	116	27.8%
Excellent	106	25.4%
Somewhat poor	51	12.2%
Poor	13	3.1%
Not sure	5	1.2%
Grand Total	417	100%



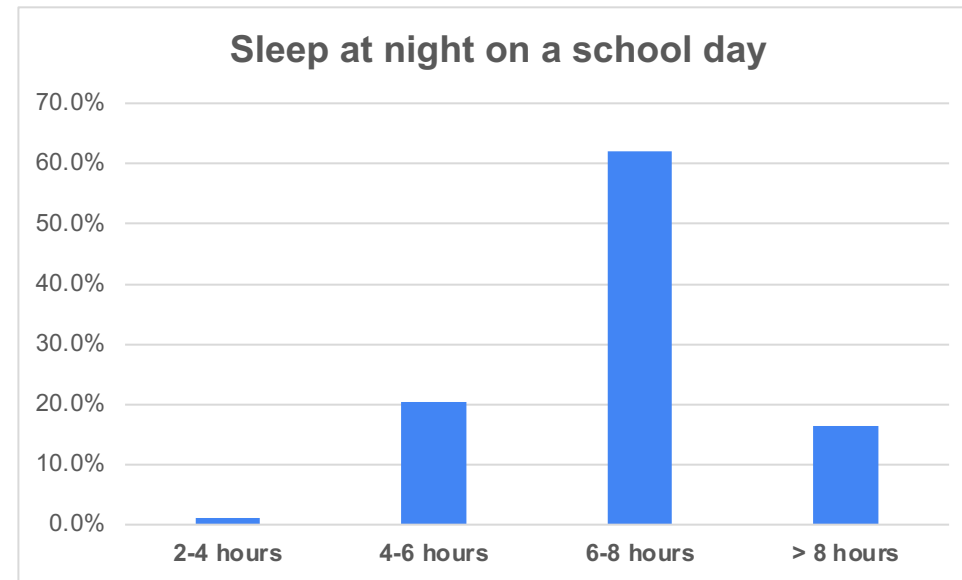
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How much do you sleep at night on a school day?

78.4% reported at least 6 hours night sleep on a school day. More than 20% reported less than 6 hours night sleep and 1.2% reported only 2-4 hours of night sleep on a school day.

How much do you sleep at night on a school day?	#	%
6-8 hours	259	62.1%
4-6 hours	85	20.4%
more than 8 hours	68	16.3%
2-4 hours	5	1.2%
Grand Total	417	100%



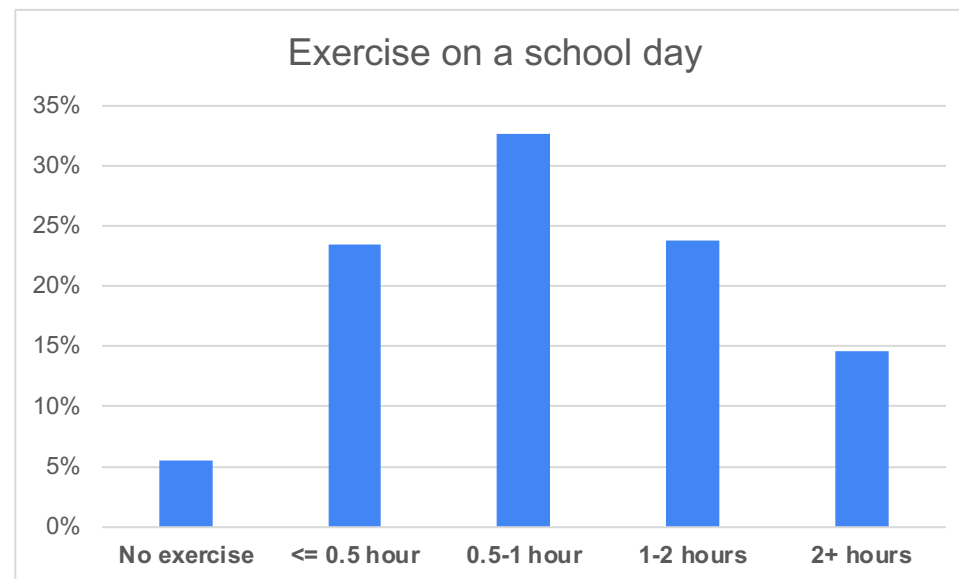
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How much time do you exercise on a school day?

Most responders had some amount of exercise time on a school day, with only 5.5% reported no exercise at all.

8. How much time do you exercise on a school day?	#	%
<= 0.5 hour	98	23.5%
0.5-1 hour	136	32.6%
1-2 hours	99	23.7%
2+ hours	61	14.6%
No exercise	23	5.5%
Grand Total	417	100.0%



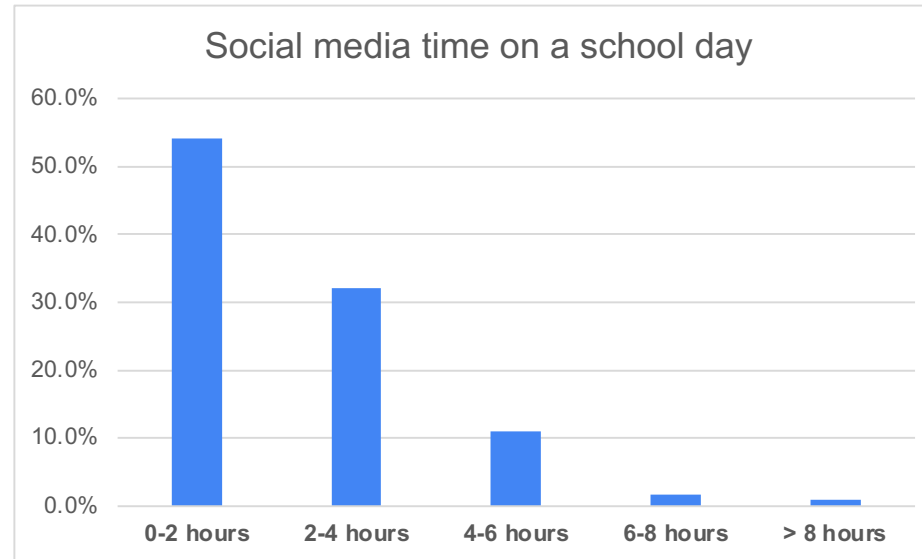
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How much time do you spend on social media on a school day?

More than 1/3 of responders spent more than 2 hours on social media on a school day.

How much time do you spend on social media on a school day?	#	%
0-2 hours	226	54.2%
2-4 hours	134	32.1%
4-6 hours	46	11.0%
6-8 hours	7	1.7%
more than 8 hours	4	1.0%
Grand Total	417	100%



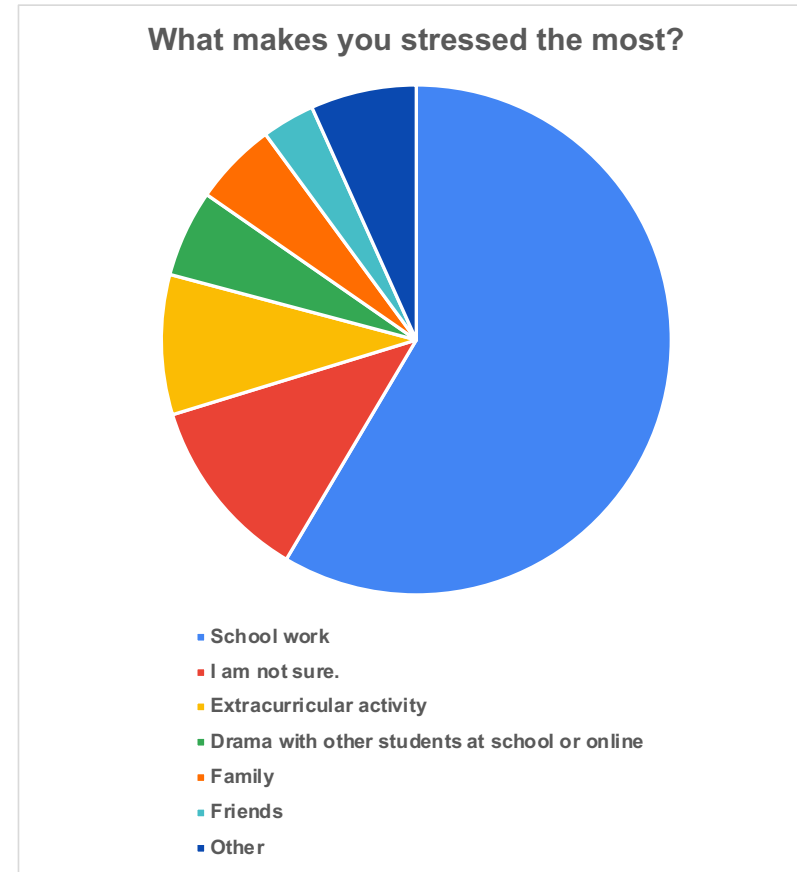
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Think about your life: What makes you stressed the most?

58.5% responders rated schoolwork as what makes them stressed the most.

10. Think about your life: What makes you stressed the most?	#	%
Schoolwork	244	58.5%
I am not sure.	49	11.8%
Extracurricular activity	37	8.9%
Drama with other students at school or online	23	5.5%
Family	22	5.3%
Friends	14	3.4%
Other	28	6.7%
Grand Total	417	100%



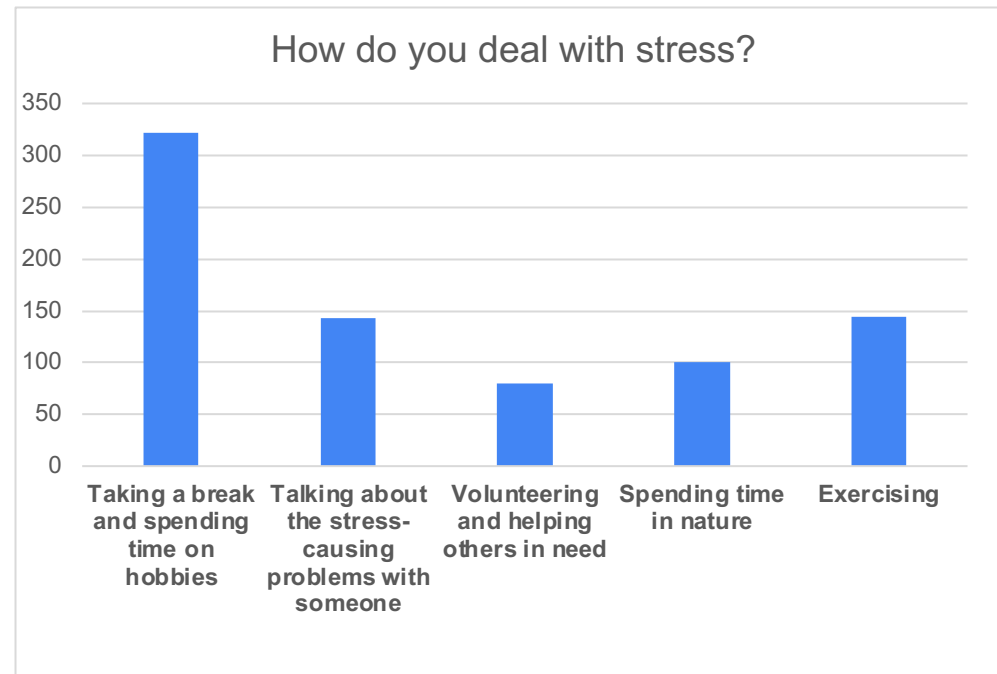
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How do you deal with stress? (Choose all that apply)

Volunteering and helping others were among the different ways survey responders dealt with stress.

11. How do you deal with stress? (Select all that apply)	#
Taking a break and spending time on hobbies	322
Talking about the stress-causing problems with someone	143
Volunteering and helping others in need	80
Spending time in nature	100
Exercising	144
Other	184



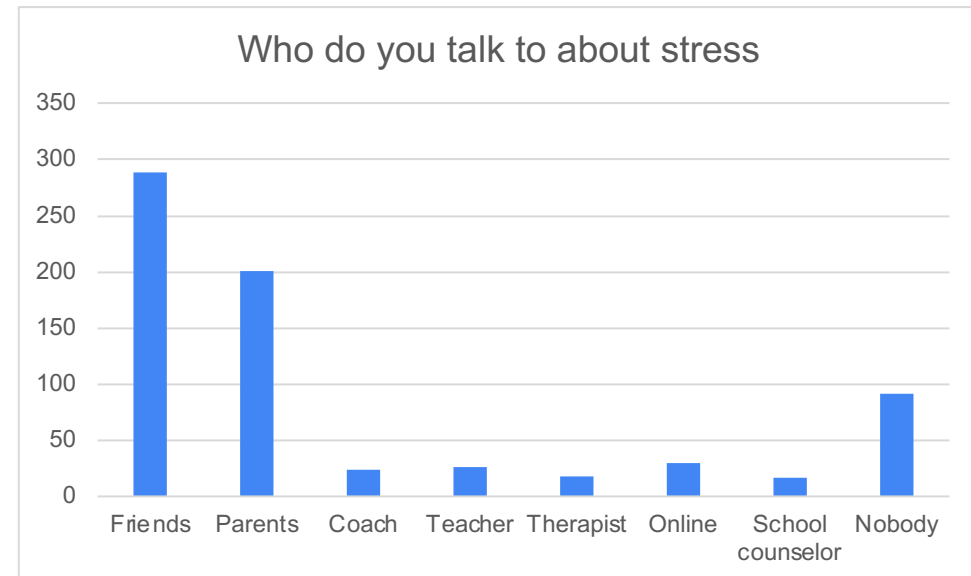
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If you're feeling overwhelmed, stressed out or depressed, who do you talk to? (Choose all that apply)

Most responders talked to friends or parents when they were stressed. They also talked to teachers, coaches, mental health therapists, school counselors, and social media and online community. **More than 1/5 (21.8%) responded that they do not talk to anyone about their stress.**

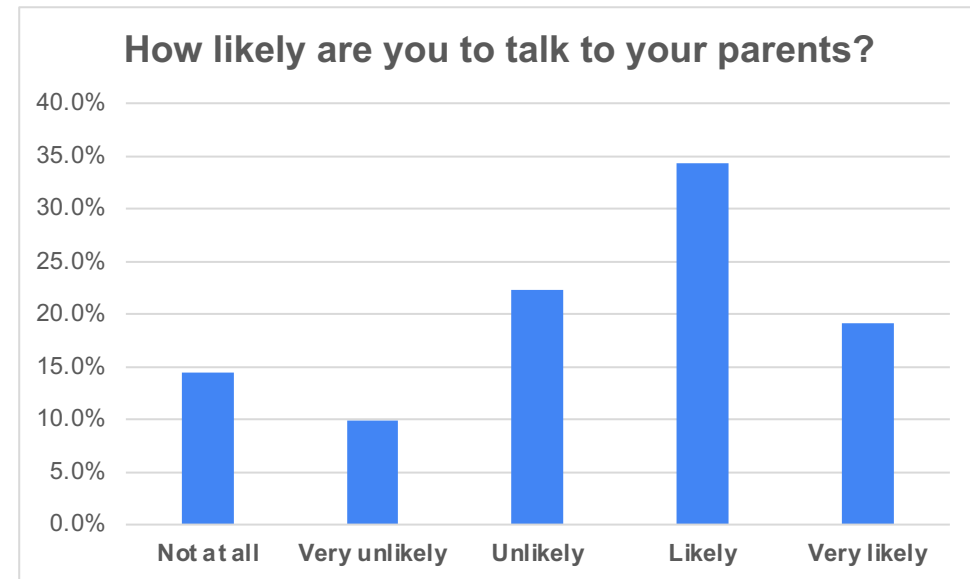
12. If you're feeling overwhelmed, stressed out or depressed, who do you talk to? Choose all that apply.	#	%
Friends	289	69.3%
Parents	201	48.2%
Social media/online community	30	7.2%
Teacher	27	6.5%
Coach	24	5.8%
Mental health therapist	18	4.3%
School counselor	17	4.1%
I don't talk to anyone	92	22.1%



How likely are you to talk to your parents about stress, anxiety, or suicidal thoughts?

Slightly more responders were likely than unlikely to talk to their parents about their stress. Notably, **14.4%** responded that they would “Not at all” talk to parents about these issues.

13. how likely are you to talk to your parents about it?	#	%
Very likely	80	19.2%
Likely	143	34.3%
Unlikely	93	22.3%
Very unlikely	41	9.8%
Not at all	60	14.4%
Grand Total	417	100%



When were you last asked about your mental status by family and friends?

Approximately 2/3 of youth responders were asked how they were doing in the past month or in the past week. **More than 1/4 of youth responders could not remember when they were asked.**

14. When were you asked how you were?	#	%
In the past week	177	42.4%
I can't remember	112	26.9%
In the past month	100	24.0%
In the past 6 months	28	6.7%
Grand Total	417	100%



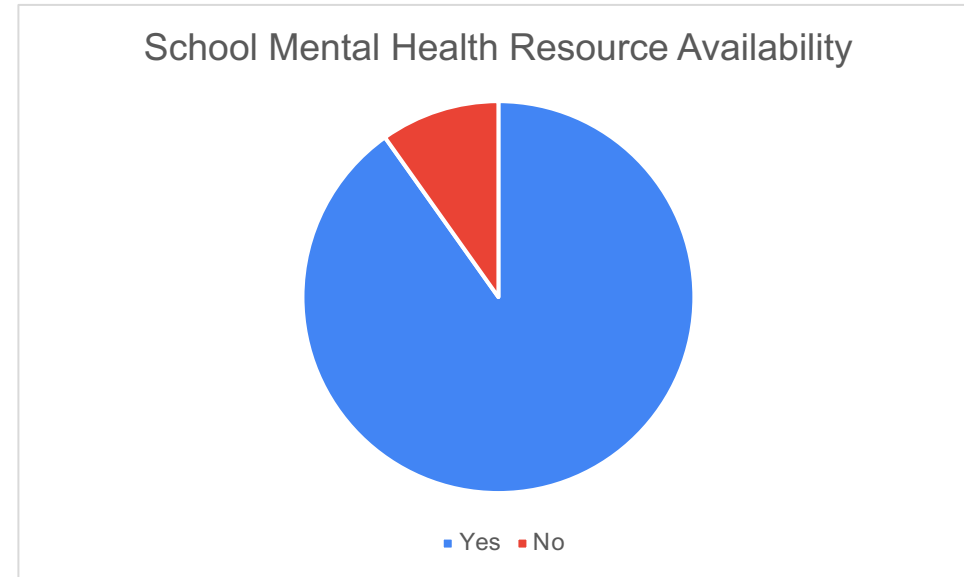
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Does your school or school district offer any mental health resources?

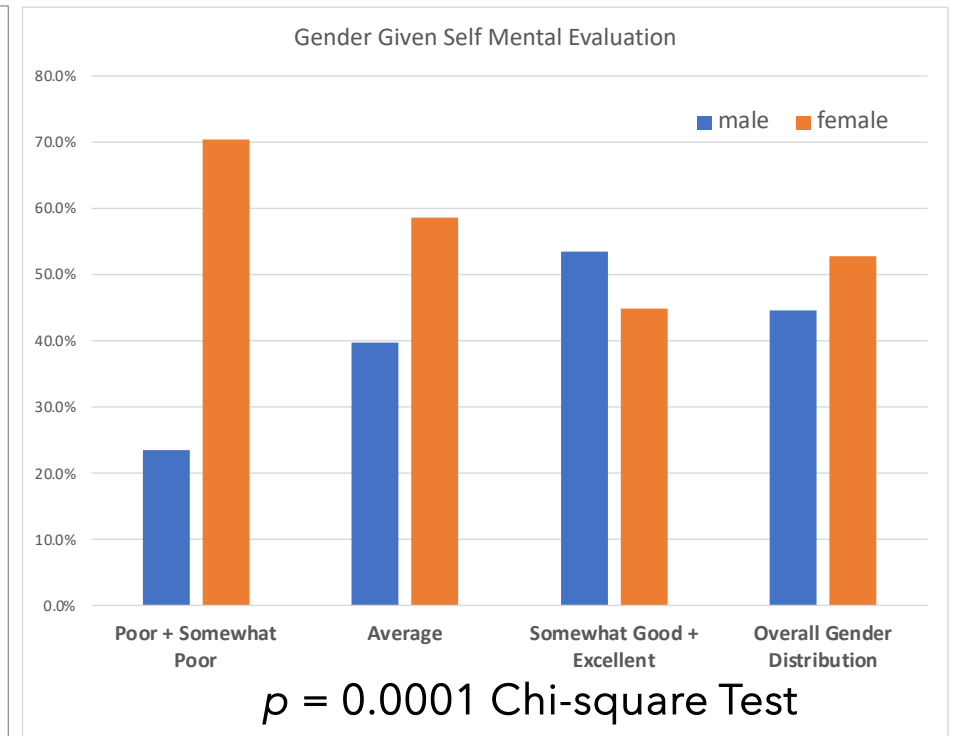
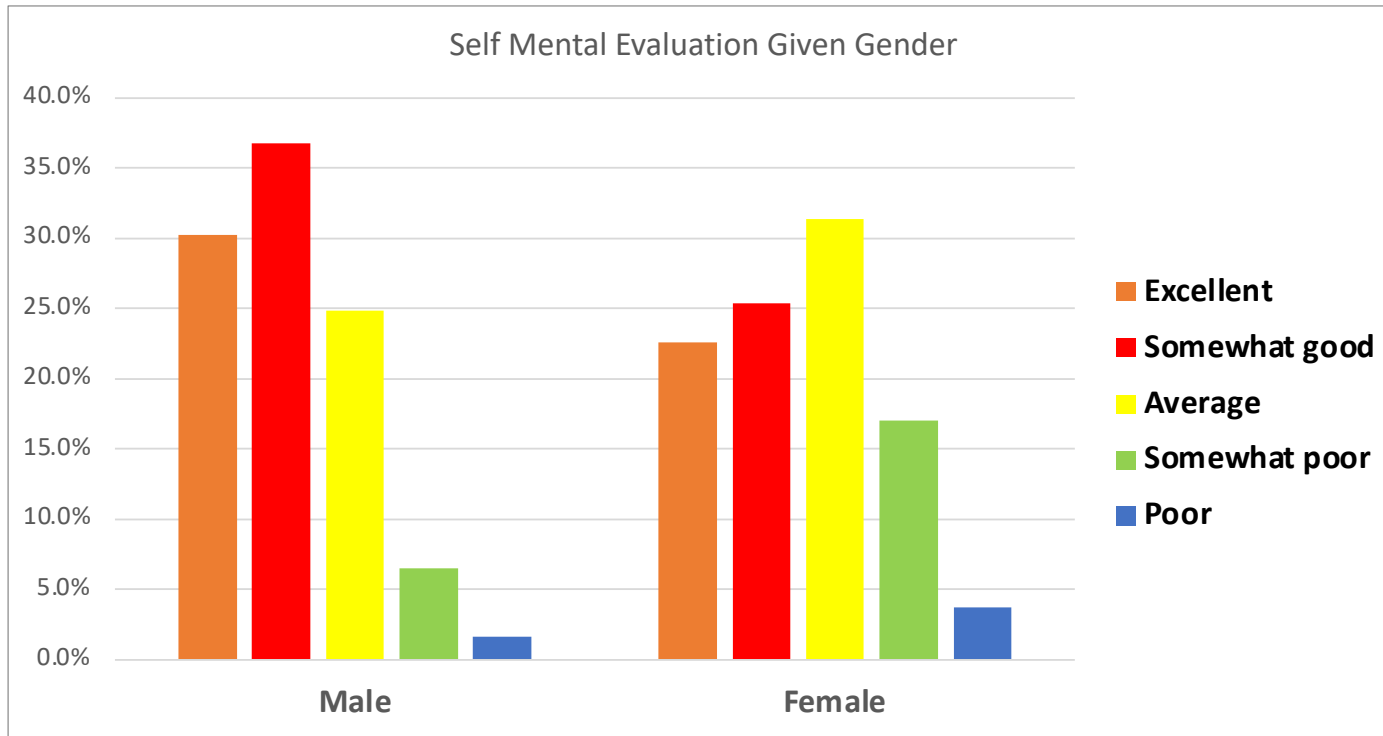
Most responders (90.2%) were aware that their schools offer mental health resources.

15. Does your school or school district offer any mental health resources?	#	%
Yes	376	90.2%
No	41	9.8%
Grand Total	417	100%%



Gender and Self Mental Evaluation

Survey responses suggest better mental health self evaluation in male than female youth.

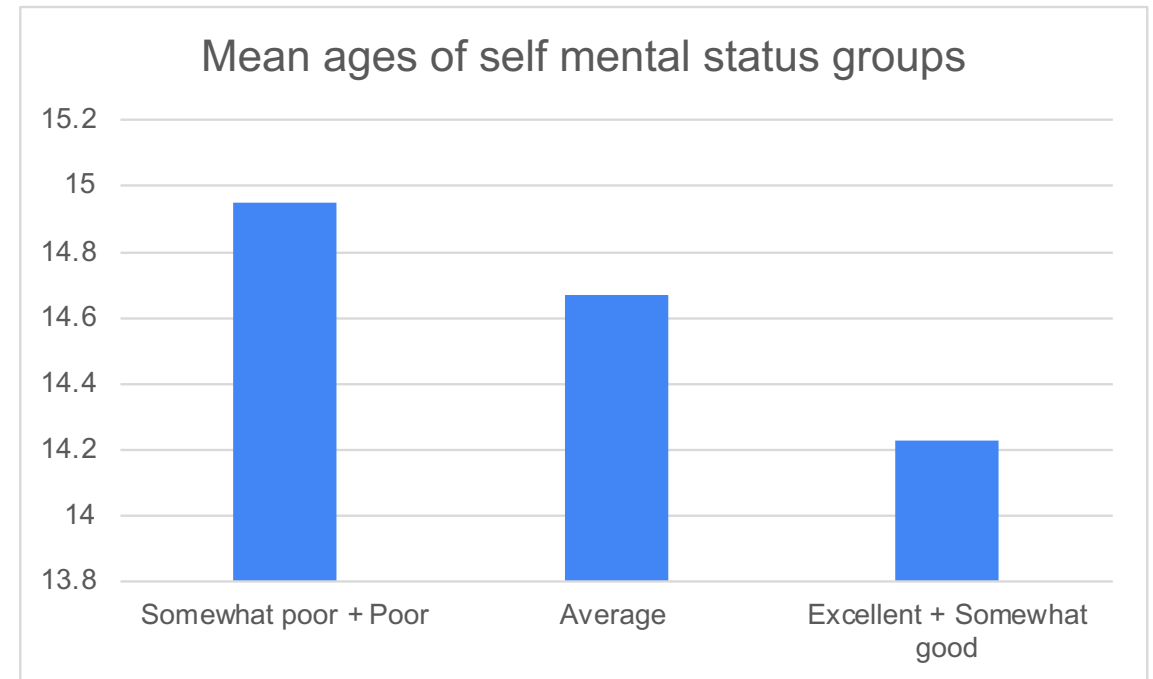
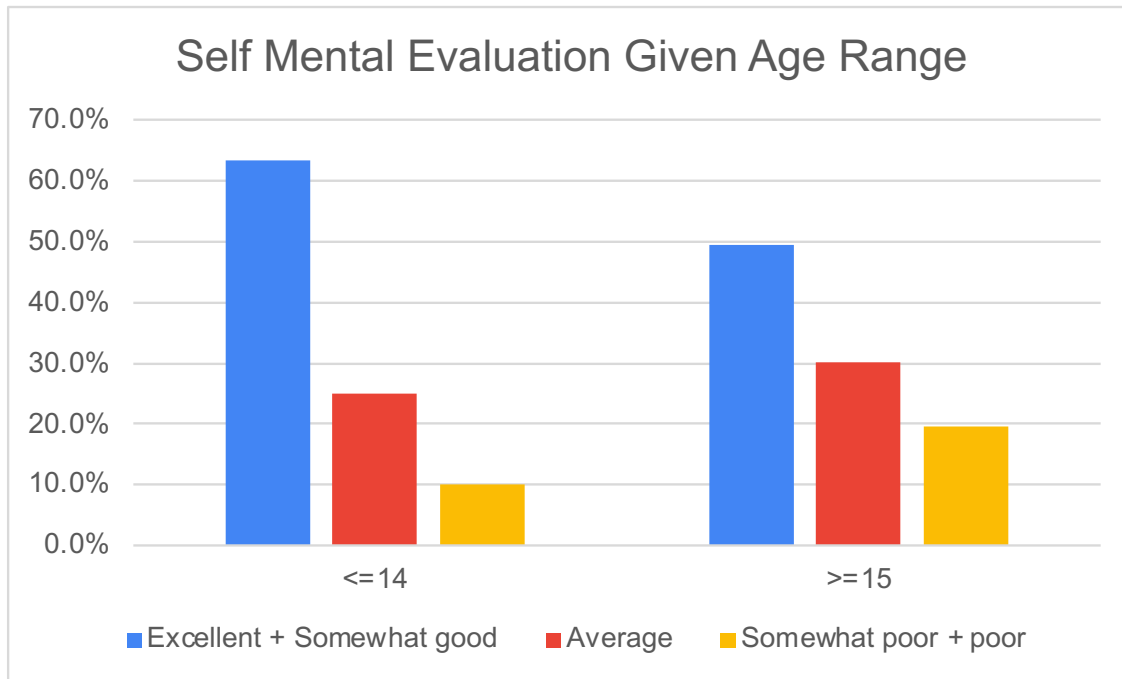


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Age and Self Mental Evaluation

The survey results suggest that younger responders had better self mental evaluation than older responders.

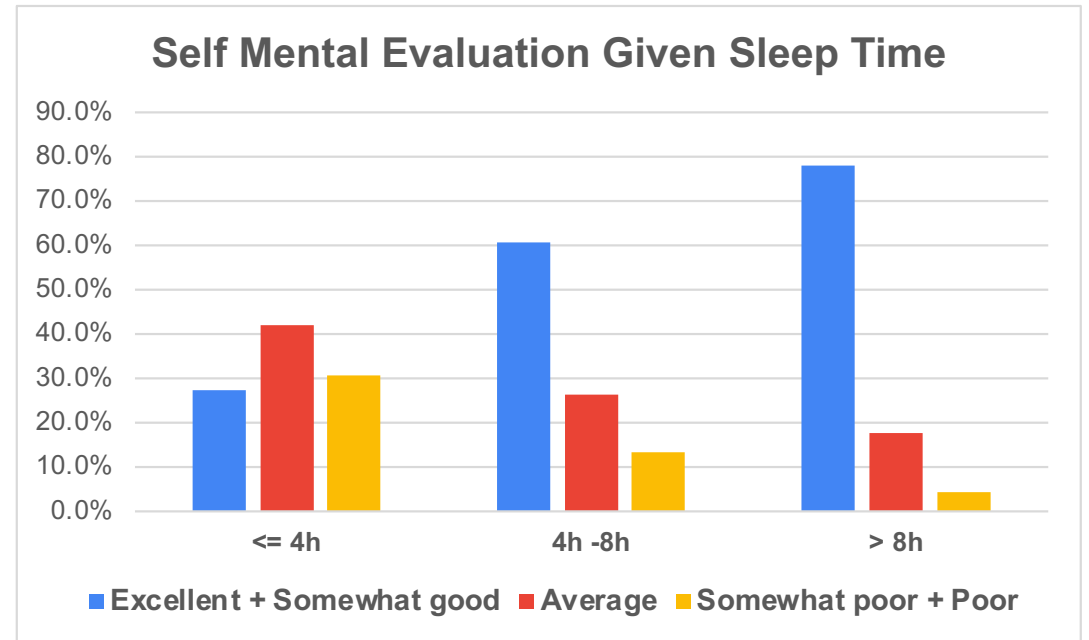


$p = 0.0004$, student T test

Sleep Time and Self Mental Evaluation

Survey responses suggest the longer the sleep time, the better the self mental evaluation.

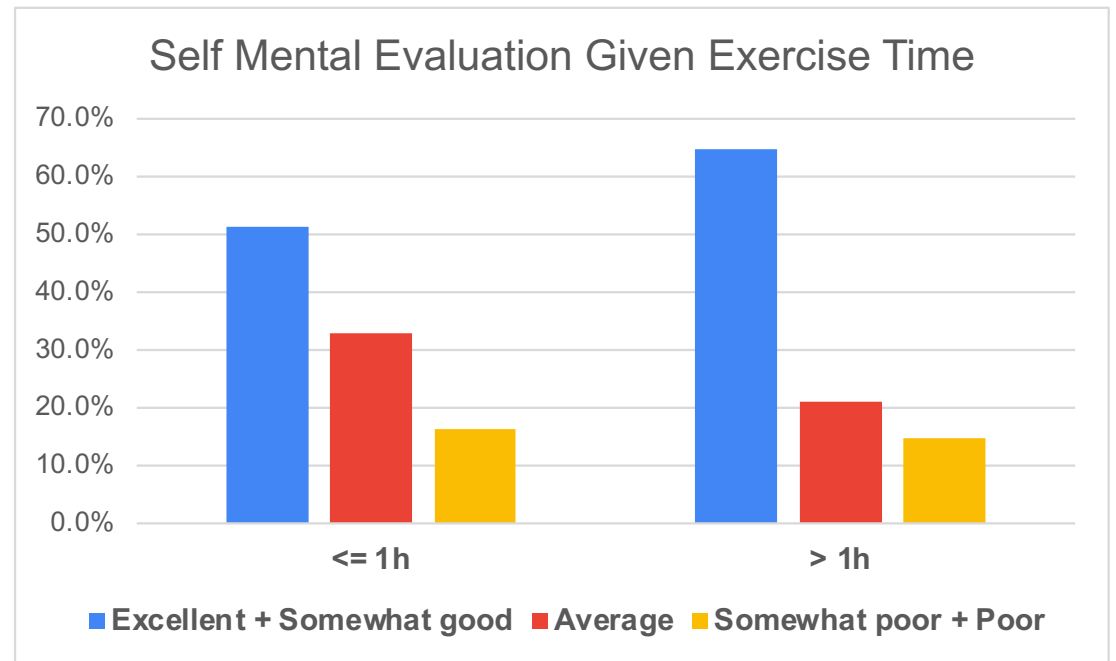
	Excellent + Somewhat good	Average	Somewhat poor + Poor
<= 4h	27.3%	42.0%	30.7%
4h -8h	60.5%	26.2%	13.3%
> 8h	77.9%	17.6%	4.4%



Exercise Time and Self Mental Evaluation

Survey responses suggest youth with longer exercise time had better self mental evaluation than youth with shorter exercise time.

	Excellent + Somewhat good	Average	Somewhat poor + Poor
<= 1h	51.2%	32.7%	16.1%
> 1h	64.6%	20.9%	14.6%



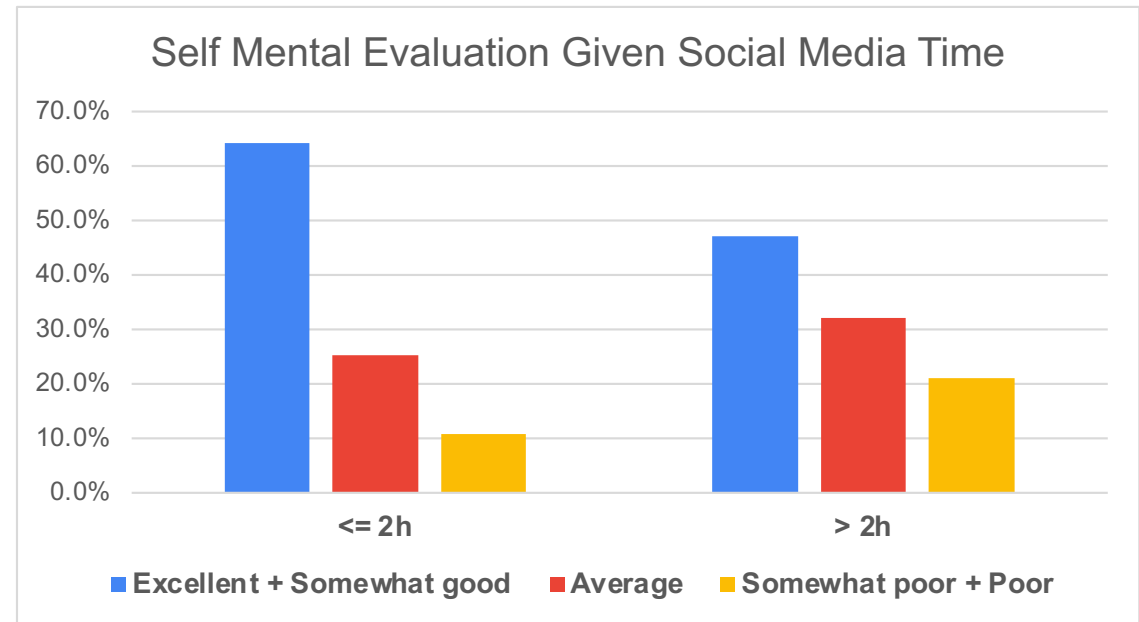
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Social media time and Self mental evaluation

Survey responses suggest youth with shorter social media time had better self mental evaluation than youth with longer social media time.

	Excellent + Somewhat good	Average	Somewhat poor + Poor
<= 2h	64.0%	25.2%	10.8%
> 2h	47.1%	31.9%	20.9%



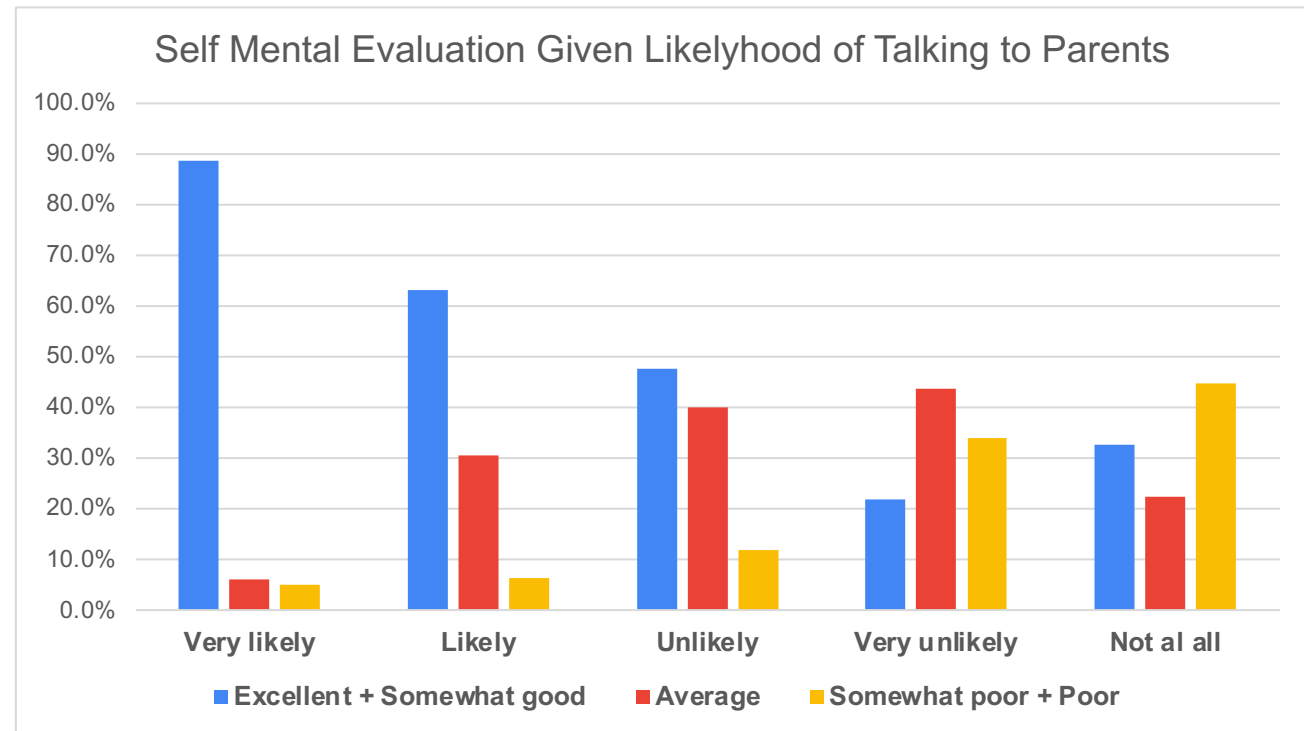
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Likelihood of Talking to Parents about Stress and Self Mental Evaluation

Survey responses suggest the more likely youth were to talk to their parents about stress, the better their self mental evaluation was.

	Excellent + Somewhat good	Average	Somewhat poor + Poor
Very likely	88.8%	6.3%	5.0%
Likely	63.1%	30.5%	6.4%
Unlikely	47.8%	40.2%	12.0%
Very unlikely	22.0%	43.9%	34.1%
Not at all	32.8%	22.4%	44.8%



A few responders shared additional thoughts anonymously on the topic of mental health

- “Sometimes I just get high and look at the stars. It makes everything okay. Except the mosquitos.....”
- “I have pressure when I get a bad grade in school.....But I will talk to my parents not hide it in my mind.”
- “I feel like I’m bipolar.”
- “I feel over stressed.”
- “Reach out to friends and one trusted adult, feel grass/be in nature, be surrounded by positive people, make a book of compliments to maintain mental health.”
- “Mental health is important, but the methods used to improve it are often invalid.”
- “Talk to siblings if u have”
- “College apps take a toll on student mental health.”
- “In my health class we are learning about suicide....I think it is very important that people know what others go through and their mental health status.”



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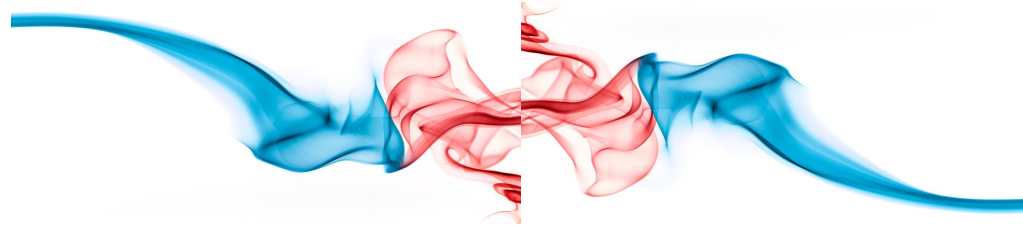
Take-home Messages

- The good news is that the survey shows that
 - Overall, the responders had good self physical and mental evaluation.
 - They use a variety of different way to deal with stress. Volunteering is one of them.
 - Most of the responders are aware of the mental health resources that their schools offer.
- Mental health issues DO exist in youth. They may be more prevalent in females than males, and in older than younger youth.
- Schoolwork is the most significant source of stress for the youth participating in the survey.
- Not surprisingly, yet importantly, the survey results seem to show that
 - Exercise time and sleep time positively correlate with self mental evaluation.
 - Social media time seem to negatively correlate with self mental evaluation.
- It is also worth noting that youth who were more likely to talk to their parents about stress seem to have better self mental evaluation than youth who were unlikely to do so. Therefore, parents, please communicate openly with your kids about mental health.



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90+ national or local mental health resources were collected through the survey.

(See separate report document)

Please feel free to share the survey results and the mental health resource information in your community to help raise awareness for youth mental health!

Thank you for your support!!!



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