

Youth Needs Assessment

2025 Survey Summary

Youth Respondent Demographics (671 responses)

Gender

Female: 51%
Male: 47%
Other: 1%
Prefer not to say: 1%

Grade

6th grade: 11%
7th grade: 14%
8th grade: 20%
9th grade: 18%
10th grade: 12%
11th grade: 15%
12 grade: 11%

Ethnicity

African American: 3%
Asian or Pacific Islander: 3%
Hispanic or Latino: 2%
Native American: 12%
White: 80%

Community

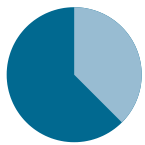
Alanson: 8%
Harbor Springs: 51%
Pellston: 16%
Petoskey: 25%

Top 10 Identified Needs

Youth report that these are their **10 biggest challenges**:

- ① Academic pressure
- ② Mental health issues (anxiety, depression, etc.)
- ③ Choosing a college or career
- ④ Self-esteem or body image
- ⑤ Not enough positive, fun things to do after school or on weekends
- ⑥ Peer pressure or social expectations
- ⑦ Finding a job
- ⑧ Family issues (divorce, neglect, or finances)
- ⑨ Paying for higher education
- ⑩ Mental health awareness and education

Academic Stress and Pressure

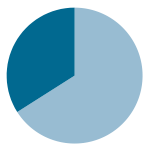


2 out of 3 youth report academic pressure as the greatest source of stress in their daily life.



Half of youth report that they are often or always stressed about school or the future.

Mental Health Resources



1 out of 3 youth report that mental health resources are insufficient or hard to find.

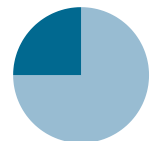
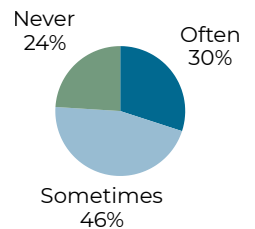


Youth are **2 to 3 times more likely** to seek support from a family member or friend than a counselor, teacher, or therapist.

Managing Stress

3 out of 4 youth report that they are sometimes or often overwhelmed or unable to manage stress.

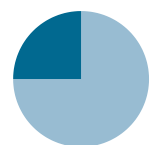
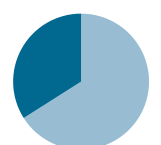
1 out of 4 youth report that they don't know what to do to help improve their mental health or well-being.



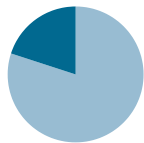
School and Community Safety

1 out of 3 youth report that they lack support from adults in their school or community.

1 out of 4 youth report they lack a safe place to go and feeling unsafe at school due to threats of violence



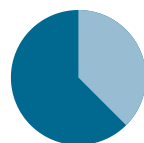
Health and Wellness



1 out of 5 youth report that they only sometimes, or less often, have access to healthy food at home.



1 out of 4 youth report that they have developed an eating disorder at some point.



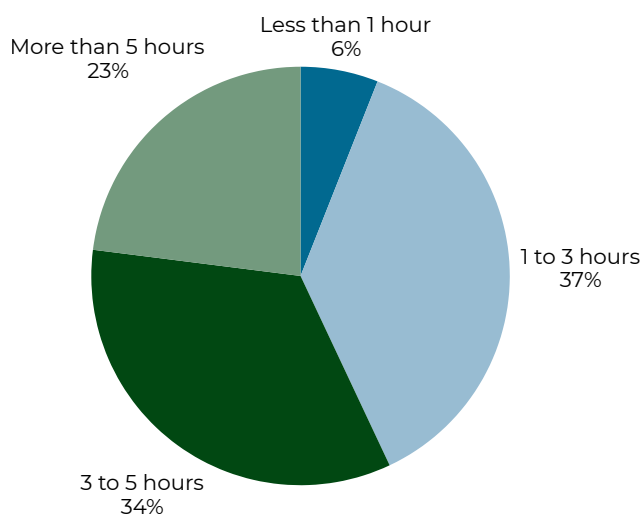
2 out of 3 youth report exercising at least once a day.

Electronics Usage

More than half of youth report spending more than 3 hours a day on electronic devices for non-school activities.

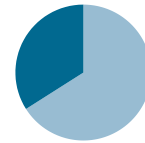
1 out of 4 youth report spending more than 5 hours a day on electronic devices for non-school activities.

How many hours a day do you spend on electronic devices for non-school activities?

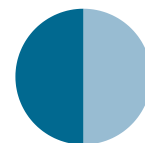


Substance Use

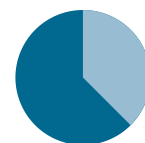
1 out of 3 youth report that they have witnessed or been impacted by substance use.



Half of youth report that it would be somewhat easy to very easy to get drugs or alcohol at school.



2 out of 3 youth feel like resources for substance use support are lacking or unclear.



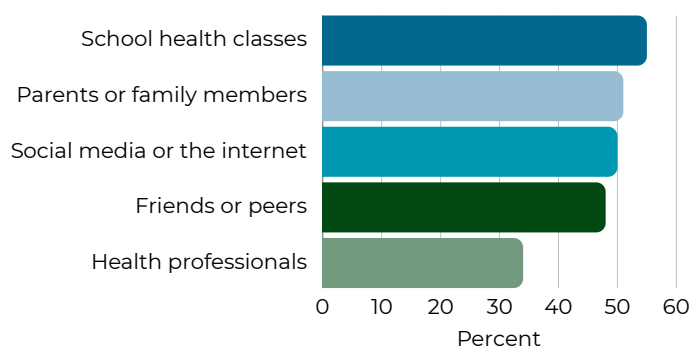
Relationships and Sexual Health

2 out of 5 youth think resources for sexual health and healthy relationships are lacking or unclear.

1 out of 3 youth report that they feel pressure from peers regarding dating or relationships.

Youth are about just as likely to learn about sexual health and relationships from the internet, social media, or their peers as from school health classes or their parents and family.

Where do you get information about relationships and sexual health?



What Youth Want in New Programs

If youth could design a new program, these would be their **top 5 choices**:

