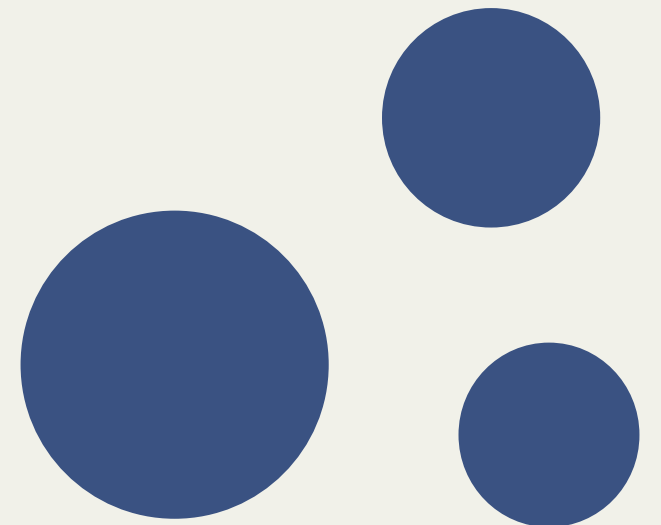


Youth Needs Assessment Report

Youth Needs Assessment Report

Presented by: Elk Grove Youth Commission
November 2024



Objective

The Youth Needs Assessment aims to highlight the issues that Elk Grove youth feel is more pertinent to them via direct survey. The assessment helps guide future Youth Commissions in generating events, programs, and planning for the next several years.

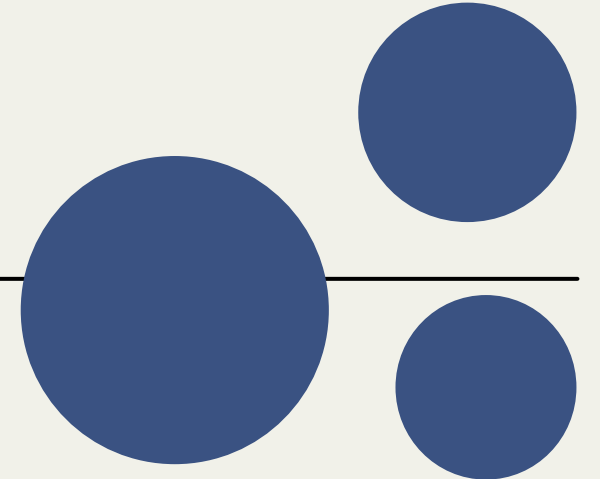


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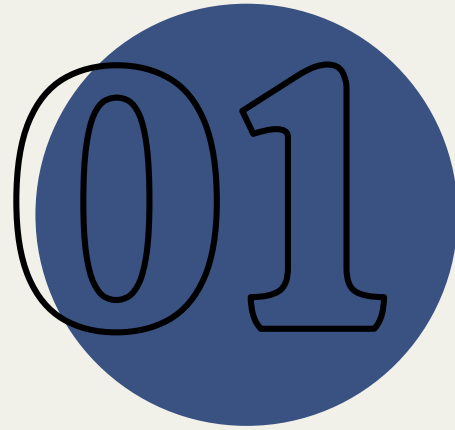
The most popular responses from respective schools.

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Background

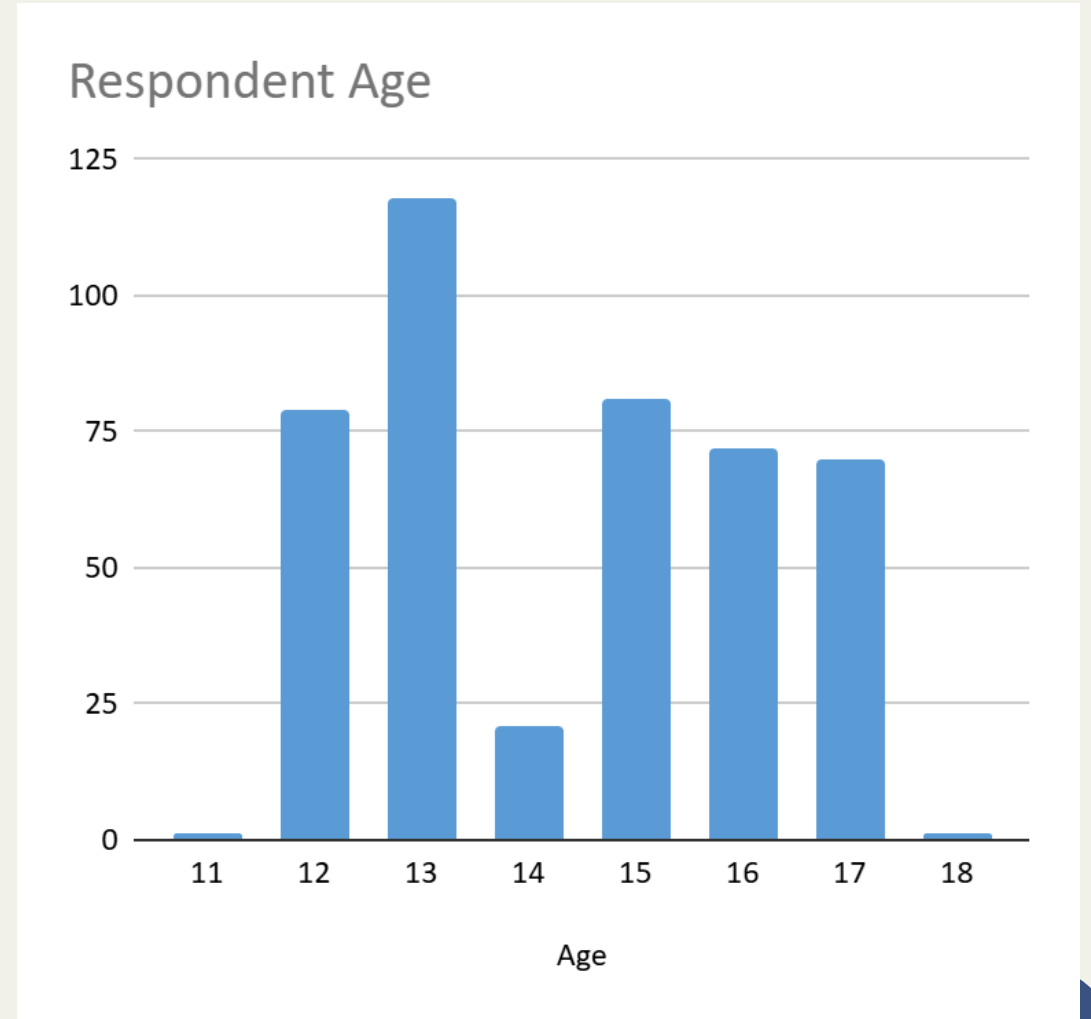
Who answered this survey?

Survey Results

447 responses

- Overwhelming response from Harriet Eddy MS
- Strong response from Franklin HS, Cosumnes Oaks HS
- Some responses from Pleasant Grove HS and Albiani MS

About 44% of respondents were 13 or under










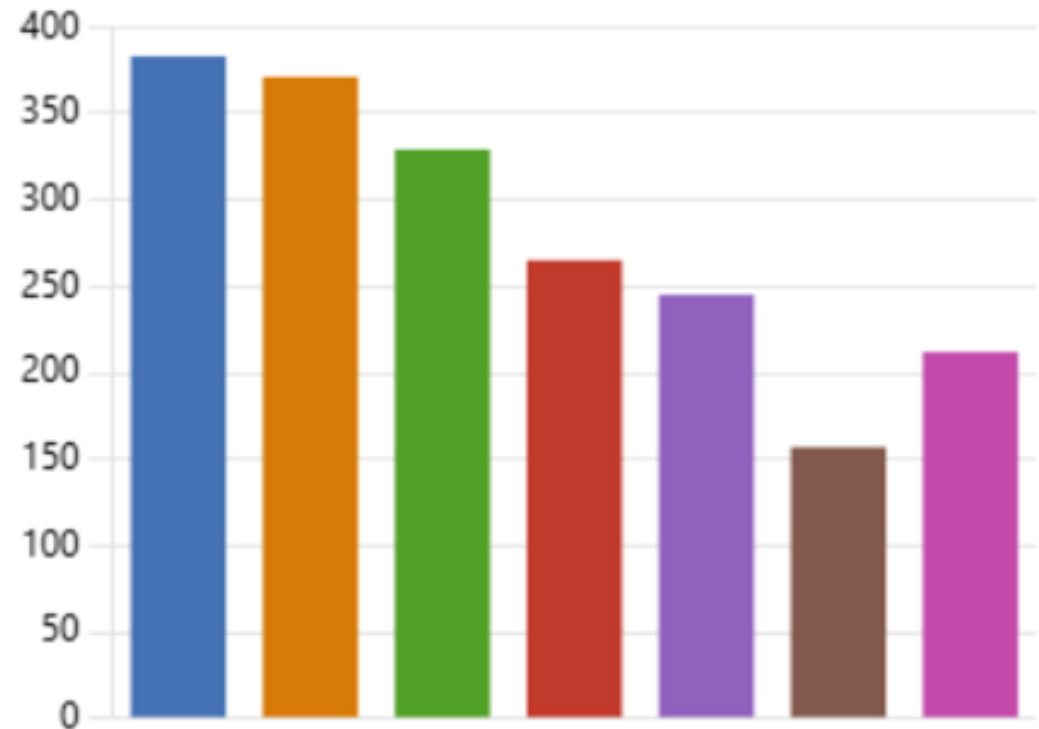


Multiple Select Statistics

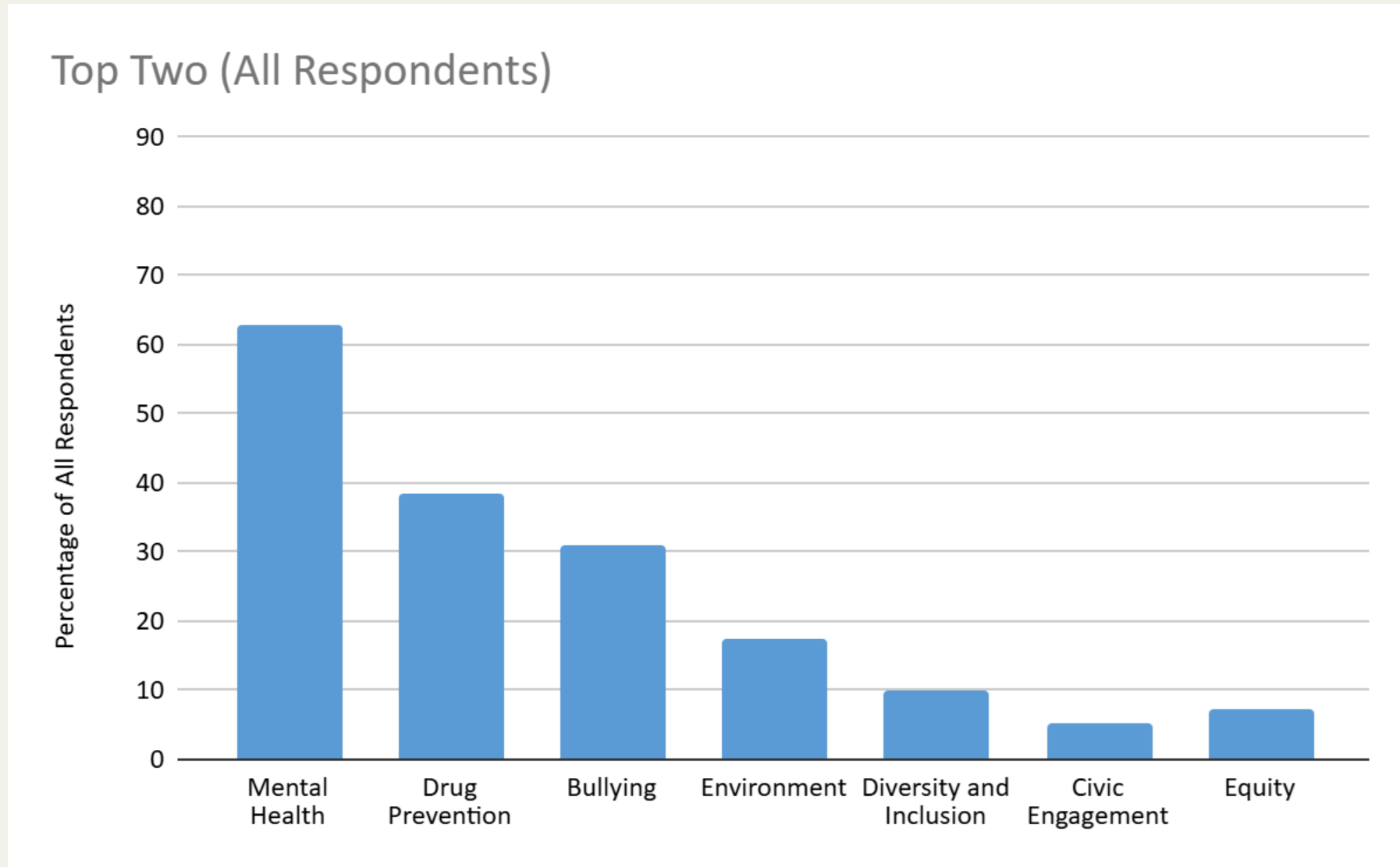
The most popular responses from respective schools.

Pick all issues you think are important for the Youth Commission to address

 Mental Health	383
 Drug Prevention	371
 Bullying	329
 Environment	265
 Diversity and Inclusion	245
 Civic Engagement	157
 Equity	212

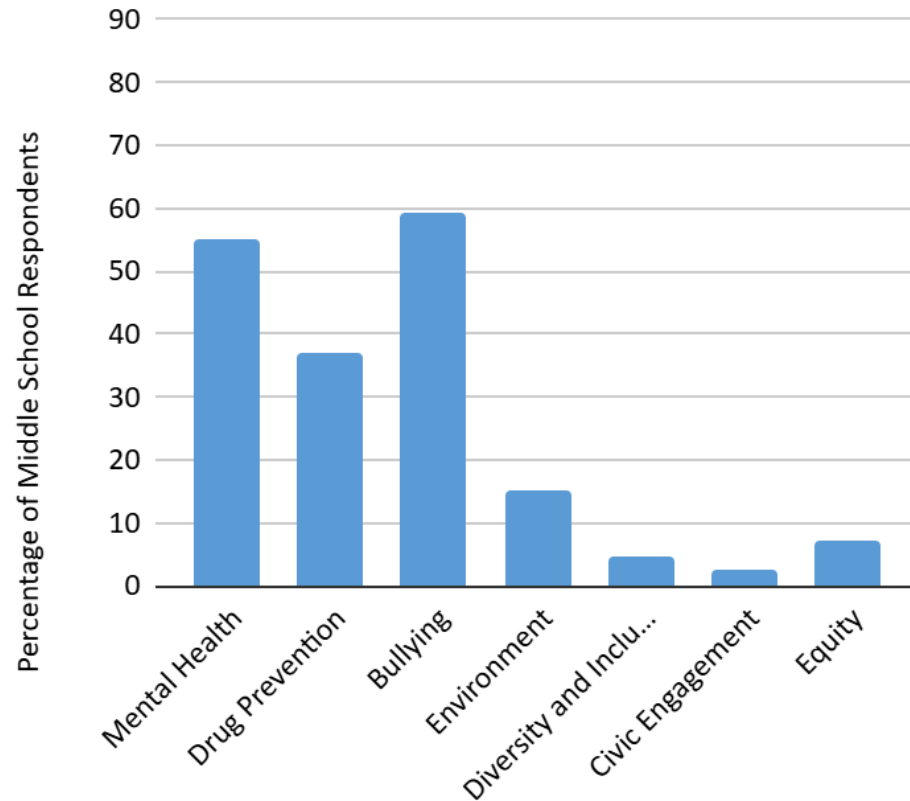


Pick the TOP 2 Issues from Above

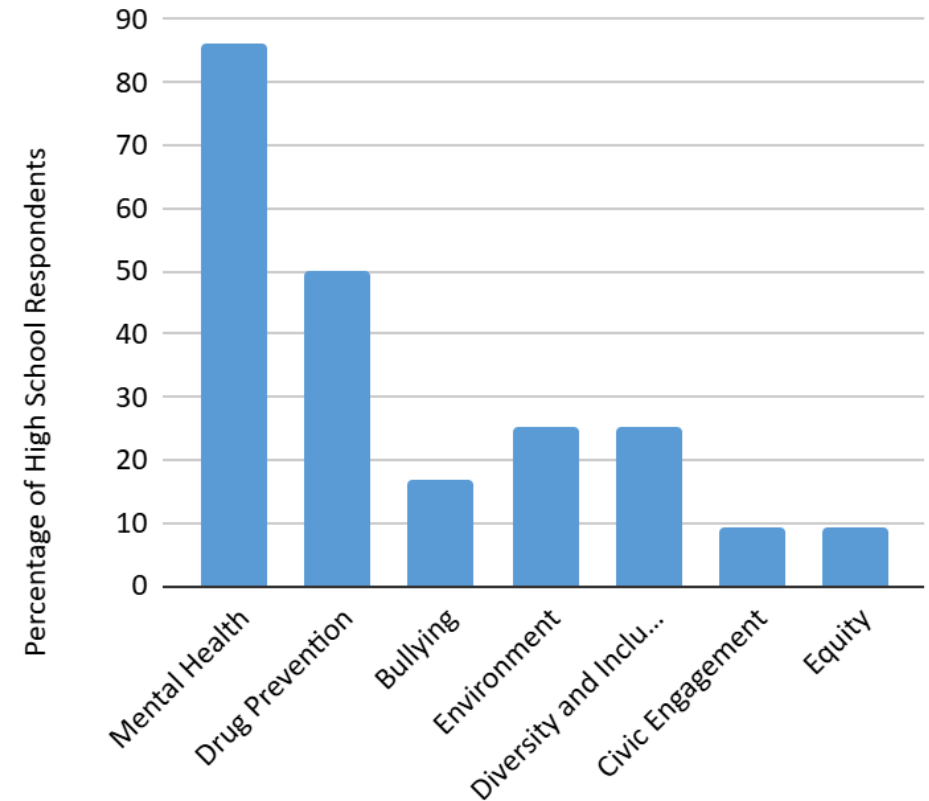


Differences between Middle & High School

Top Two (MS Only)



Top Two (HS Only)



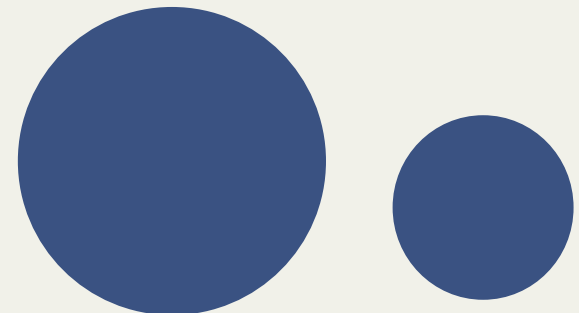
Mental Health, Drug Prevention, and D&I are *much* more important to older students.

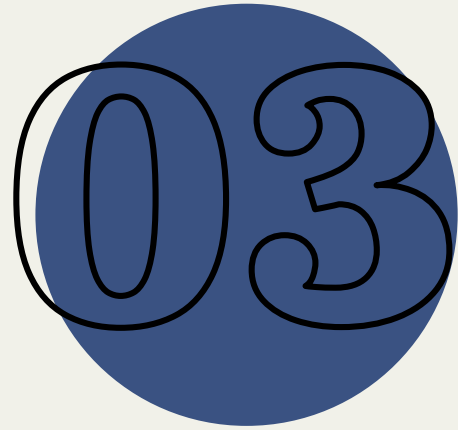
Bullying is more important to younger students.

Other issues important to the community?

A few issues not encompassed by the Multiple Choice Question but important to respondents:

Issue	Number of Respondents
Racism	10
Violence	6
Safety	16
Sexual Abuse/Harassment	5





Scaling question statistics

The average from questions like "On a scale of 1 to 10, how often do you feel stressed?"

Stress scale from 1-10

Average response:

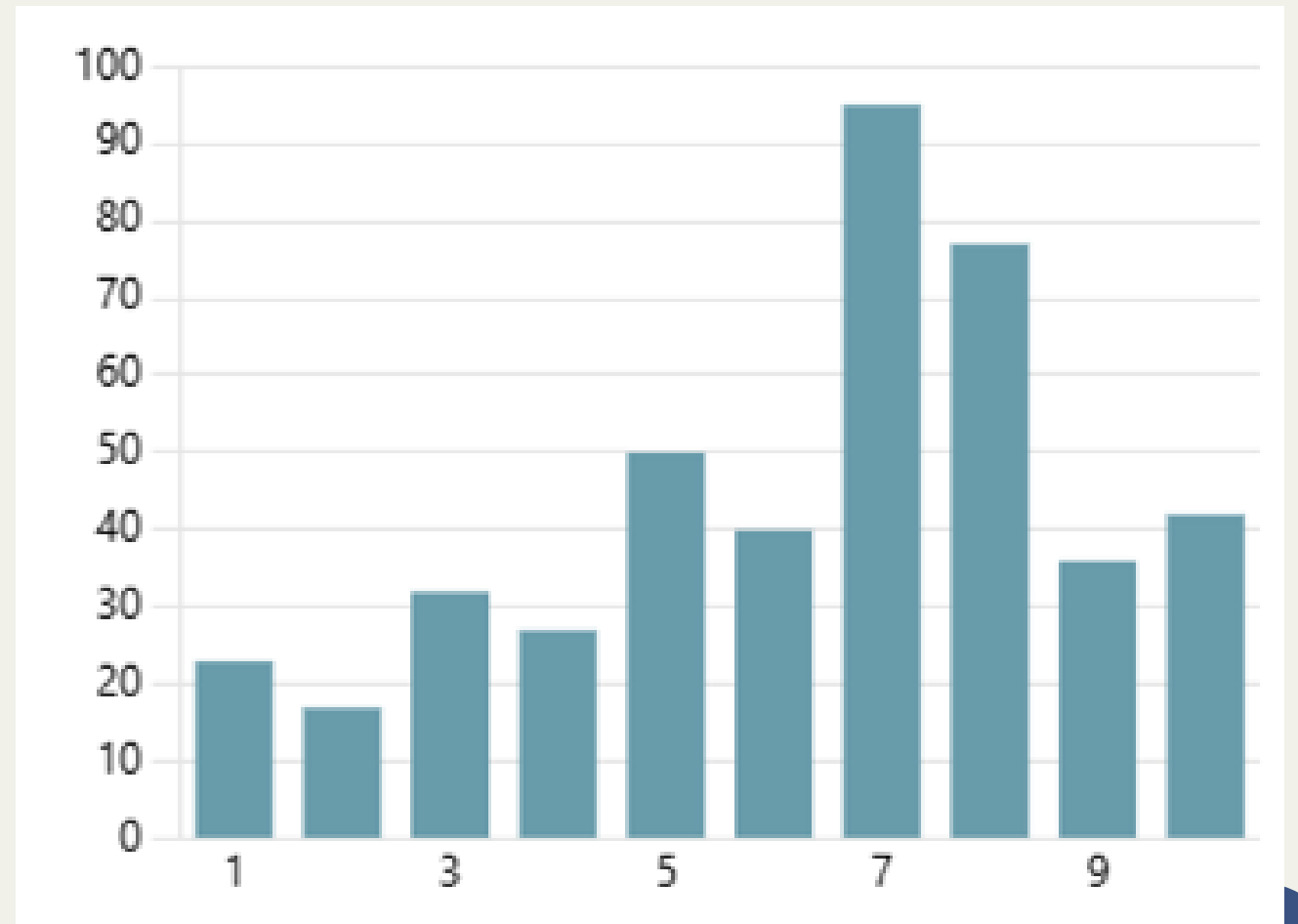
6.32

- Middle School

Average: **5.88**

- High School

Average: **6.44**



Availability of Mental Health Resources

Average response:

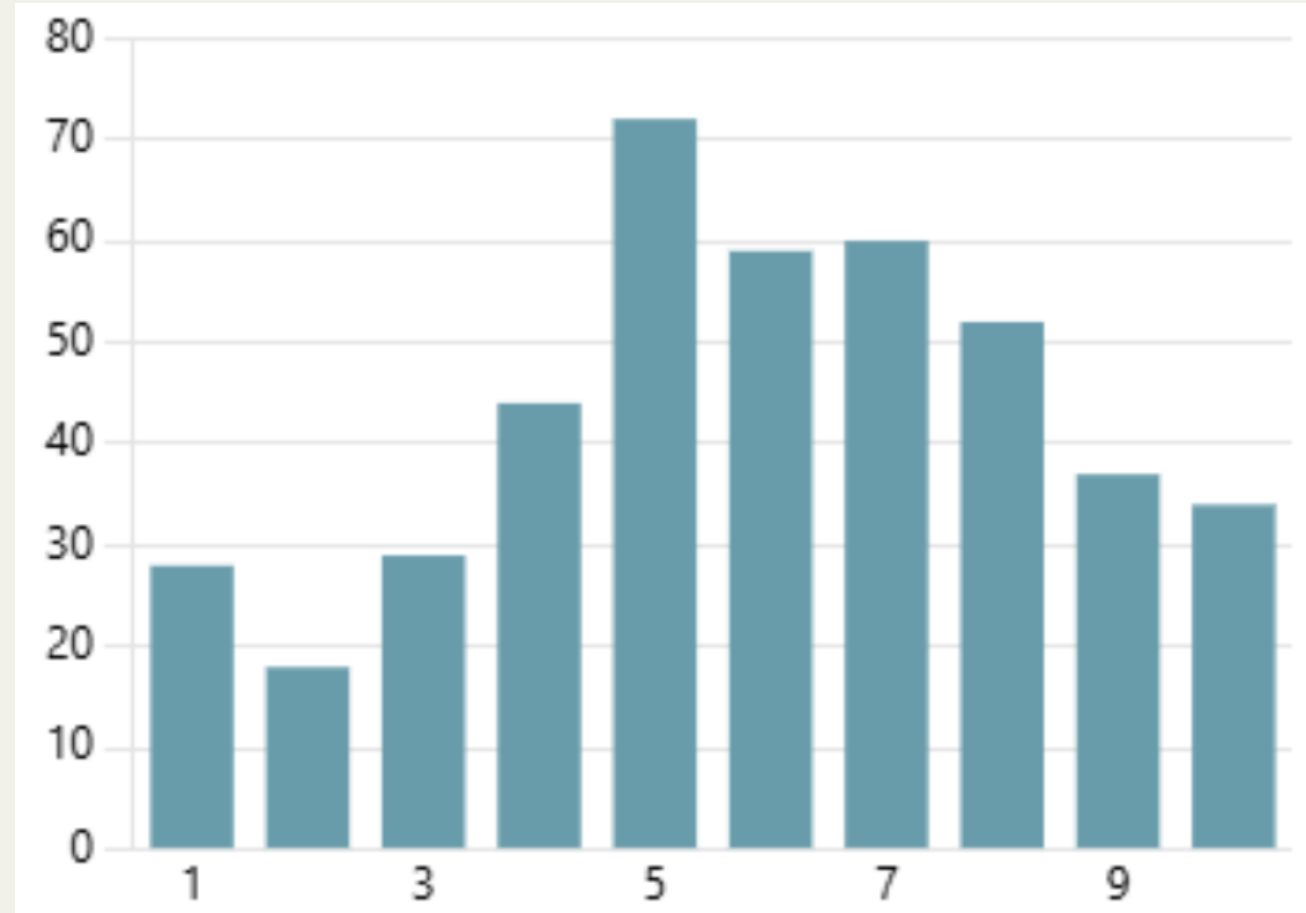
5.89

- Middle School

Average: **5.55**

- High School

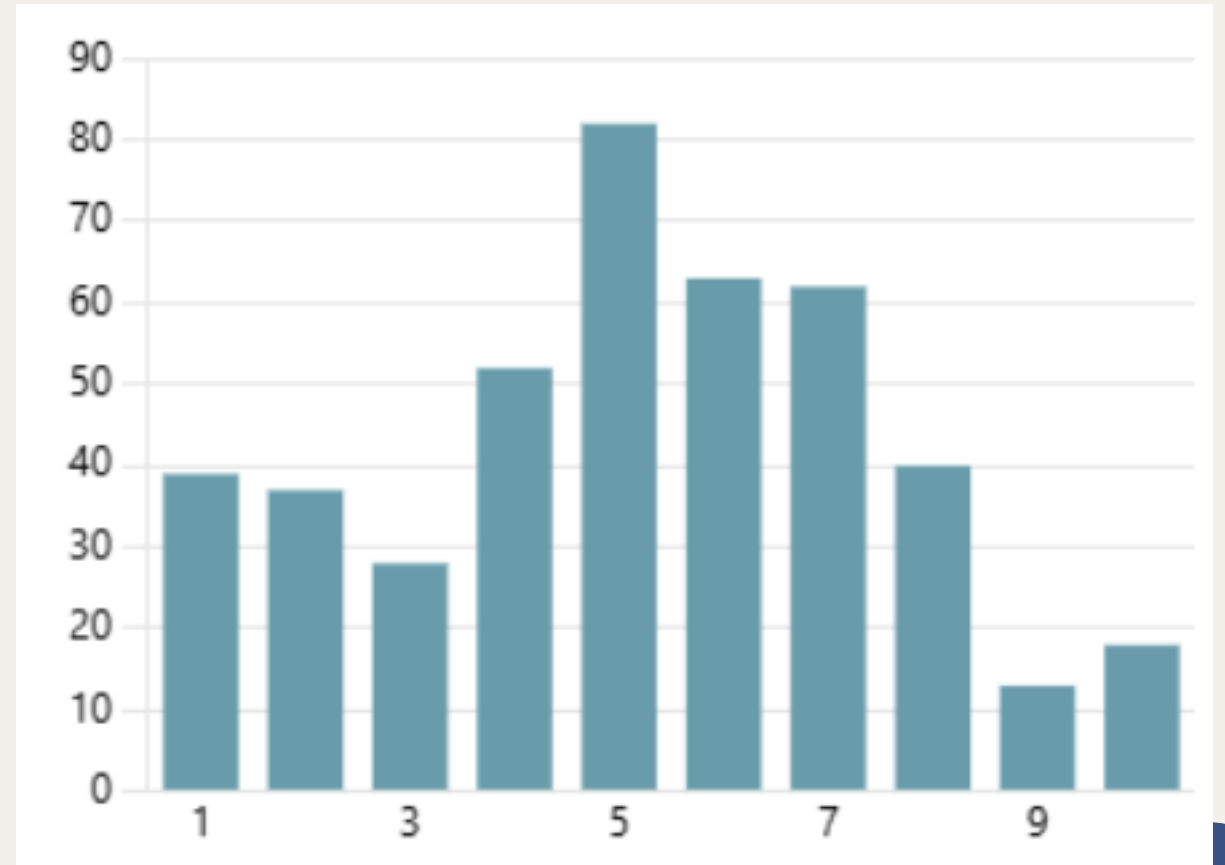
Average: **6.09**



Representation in Community Decisions

Average response:

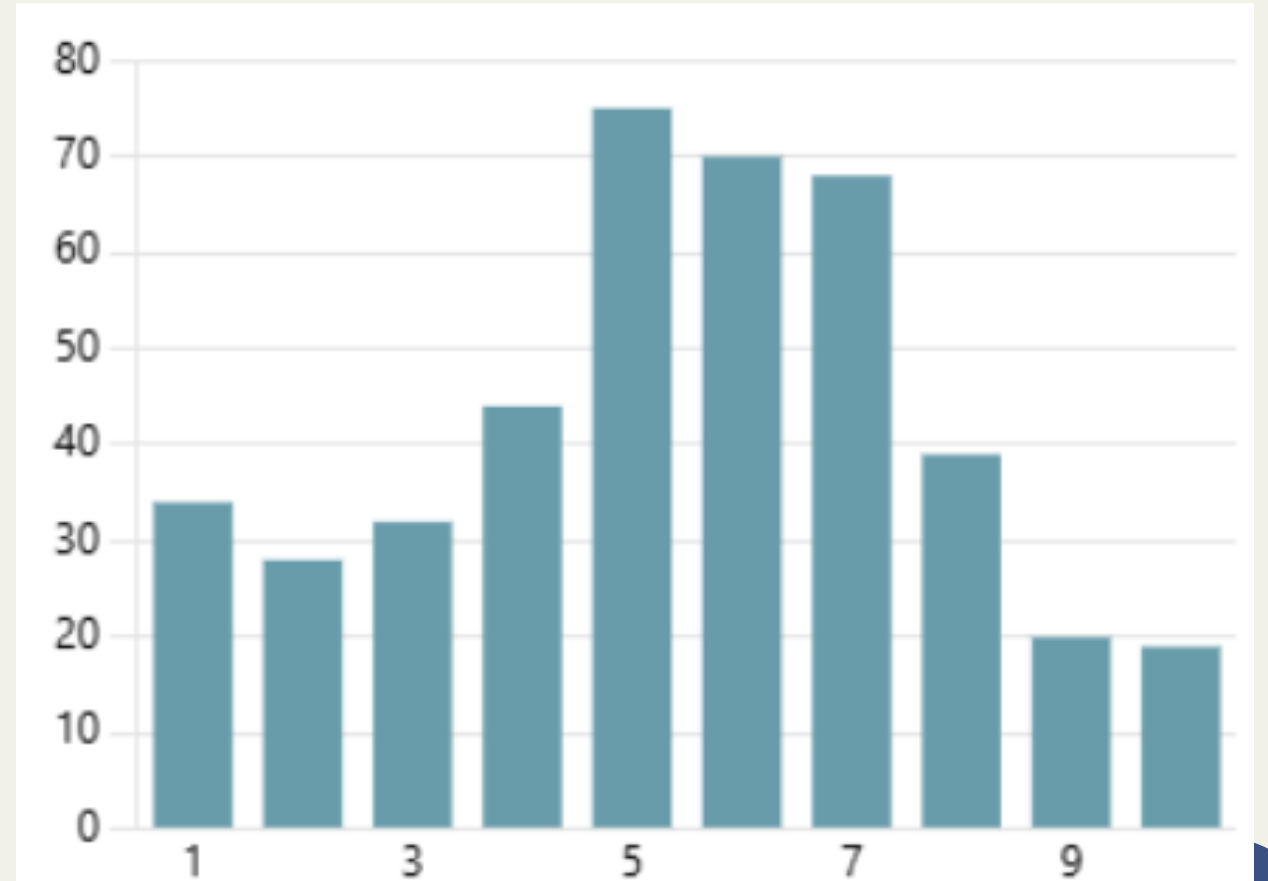
5.17



Investment in Community Decisions

Average response:

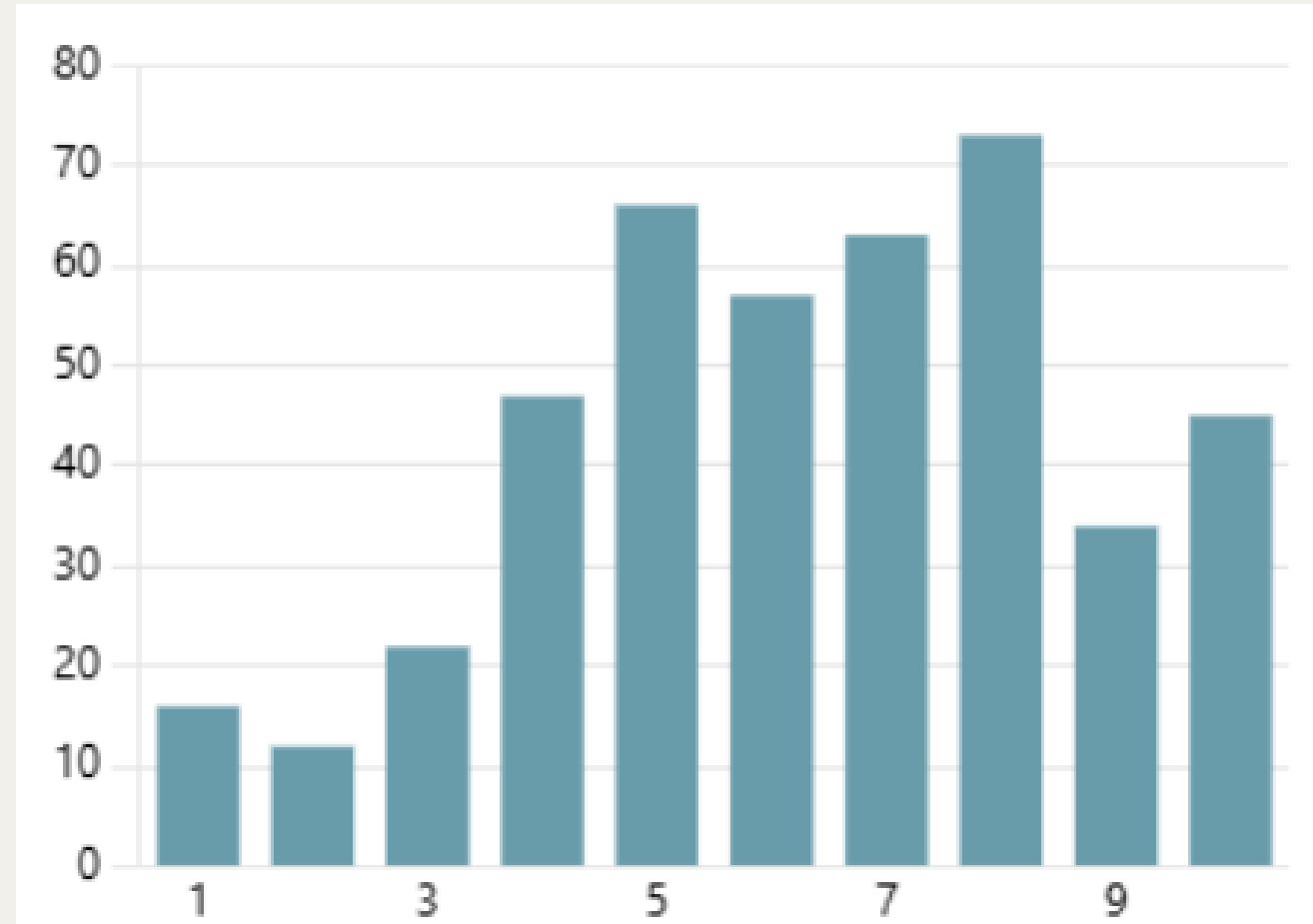
5.40

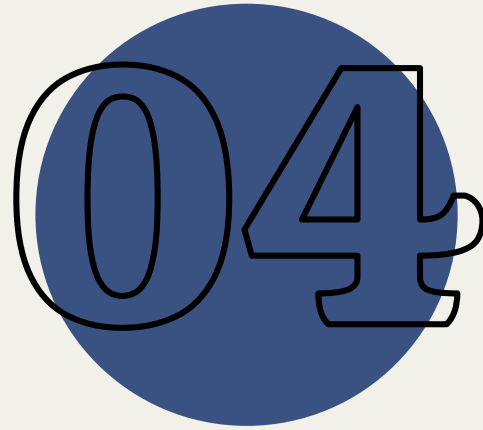


Accessibility of Civic Engagement Programs

Average response:

6.31

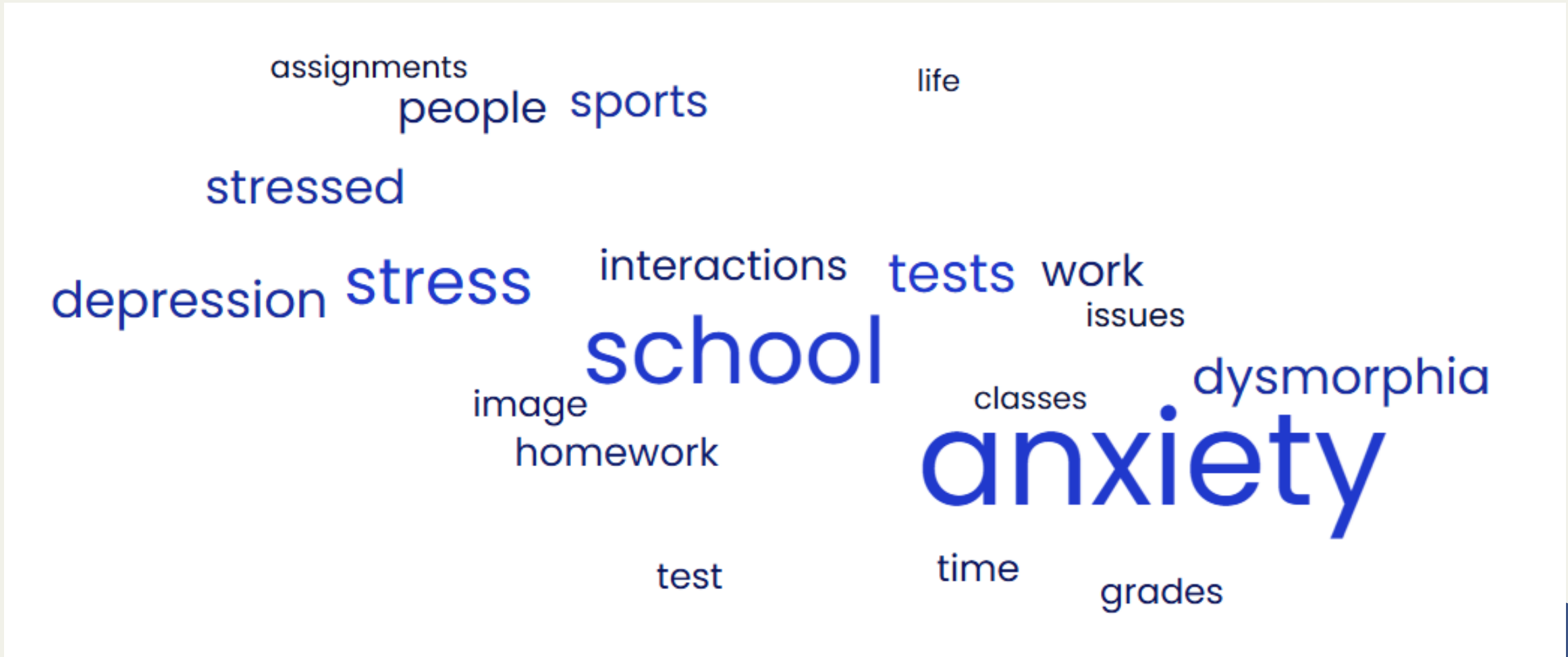


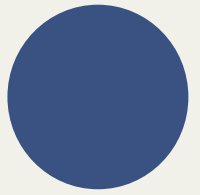


Free response questions statistics

The most common beliefs about each questions' topic.

Most Common Mental Health Challenges & Stressors





Free response question statistics

"What are your ideas for improving mental health in your community?"

Common ideas

- **Support groups or clubs (very popular response)**

Students feel that a safe space for talking about your mental health, experiences, feelings and coping strategies should become more accessible.

- **Normalizing spreading kindness**

Students think that there should be lessons on being mindful about what you say to others. They find it hard to spread positivity and kindness without it seeming forced. This could help reduce the negative impact of bullying on mental health.

- **De-stigmatizing mental health**

Many youth believe that mental health is a problem and it should be talked about more. Several middle school students feel that the occasional advocacy lesson isn't enough.

- **Anonymous outlets**

Students commonly expressed the need for a way they can talk about their true feelings in school without having their identity leaked.

- **Mental health check ins**

Many students believe that there should be a mandatory mental health check in maybe once a month through a survey or 1 on 1 with their counselor.

Free response question statistics

"What are your ideas for improving mental health in your community?"

- **Teaching strategies for studying and time management**

Many students said the majority of their stress stems from school so they should be taught how to organize and manage their work. These responses likely come from students who aren't in the AVID program. We could find a way to make sure that everybody has access to good studying skills.

- **Hiring therapists**

A common belief for students is that their school needs to hire psychologists that specialize in mental health, not just school counselors. It's commonly expressed that sometimes they just want somebody to listen to what they're going through and comfort them. Students feel their school counselors try to "fix them." Many middle school students say they're often told they're too young to worry about what they're feeling.

Free response question statistics

"What's missing? What would make it easier for YOU and other young people to make a difference in our community?"

Common ideas

- **More advertisement (very popular response, 74 people using this term)**

Students feel that their schools need to advertise opportunities better, so the youth is aware of what they can do to contribute to their community. They feel that the reason why people may not contribute is because they're unaware that they can.

- **More opportunities of interest (very popular response, 71 people using this term)**

Youth want more opportunities to make a difference that piques their interest.

- **Need a welcoming environment**

The Elk Grove youth frequently express that their environment doesn't feel welcoming enough for them to feel confident making a difference.

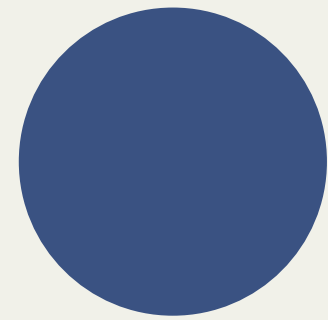
- **Incorporate service into school system**

Students feel that community service should be incorporated into the school system.

- **Less school work**

Some students explained that their abundance schoolwork is preventing them from making a difference in the community.

Free response question statistics



"What are the primary obstacles preventing your greater involvement in youth or civic engagement activities? "

Frequent responses

- **Lack of time (extremely popular response, 215 people using this term)**

Students believe that they don't have enough time to become more involved in youth or civic engagement activities.

- **Unaware of opportunities (popular response, 72 people using this term)**

Many of the people filling out this survey can conclude that they weren't even aware of the opportunities for youth and civic engagement.

- **No transportation**

Students who may not have their license cannot make it to engagement activities. It's expressed that the buses only take you from and to school at a set time. It's said to be challenging to constantly make arrangements for someone to take you to attend engagement activities.

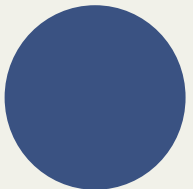
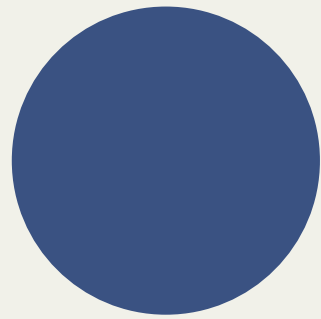
- **School/homework**

Similar to a lack of time, students feel that their everyday lives are already overwhelmed with school assignments and deadlines; this leaves little room for activities outside of school.



Youth Commission's Future

- Mental health is the most important issue to Elk Grove Youth surveyed
 - Events like Path to Positivity are important to destigmatize the subject
 - We can do more
 - Time management strategies and mental health resource expansion
- More events/programs needed for:
 - Drug Prevention
 - Environment
 - Increasing Diversity & Inclusion
 - Increasing Community Involvement
 - Volunteer opportunities, Civic education programs
 - Bullying (middle school oriented)
- Create/advertise a welcoming environment to youth of all ages





Thank you!

Do you have any questions?