

# WHAT YOUTH HAVE TO SAY...

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# About Stress

- Kids have their own concerns and sometimes feel stressed
- Kids' stresses can be just as overwhelming to them as stress is to adults
- Things causing kids the most stress
  - Grades, school, homework (36%)
  - Family (32%)
  - Friends, peers, gossip, teasing (21%)

Source: Kids Health KidsPoll

# Coping Strategies

- 52% Play or do something active
- 44% Listen to music
- 42% Watch TV or play a video game
- 30% Talk to a friend
- 29% Try not to think about it
- 28% Try to work things out
- 26% Eat something
- 23% Lose their temper
- 22% Talk to a parent
- 11% Cry

# Survey of Local Elementary Students

- Stress is:
  - *Being sad* – 1<sup>st</sup> grader
  - *When you have too many things to do* – 2<sup>nd</sup> grader
  - *When you are late or when you're trying to do something and you can't finish it* – 3<sup>rd</sup> grader
  - *When you cry because you are alone* – 4<sup>th</sup> grader
  - *When you feel overwhelmed with something* – 5<sup>th</sup> grader

# Survey of Local Elementary Students

- I feel stressed when
  - I have a lot of homework and have to read at night – 2<sup>nd</sup> grader
  - My family isn't happy with each other – 5<sup>th</sup> grader
  - I can't play with my friends – 4<sup>th</sup> grader
  - I have problems but I don't talk to anyone – 5<sup>th</sup> grader

# Survey of Local Elementary Students

- What makes me feel better is
  - I can play with my brother and friends – 1<sup>st</sup> grader
  - Getting a Lego set – 2<sup>nd</sup> grader
  - I try to think that I can finish on time or think ‘you can do it.’ – 3<sup>rd</sup> grader
  - When my dog comes and sleeps with me – 3<sup>rd</sup> grader
  - When I get something done and I’m proud of it – 5<sup>th</sup> grader

# Middle School Students

- Stress and depression are real and talking about them is taboo
- Rumors, bullying, conflicts with peers, homework, family issues, and managing relationships create feelings of stress and depression
- Some students feel pressure to be perfect and of meeting multiple expectations
- Some feel stress and pressure from society at large and the media
- While uncomfortable to talk about, students turn to their friends for support
- They worry adults “will make a big deal out of it.”

# High School Students

- High school students identified stress as the second most important health issue facing teens.
- They experience difficulty in balancing all of the aspects of their lives.
- They are experiencing some uncertainty about their future.
- They identify stress as one of the causes of depression.



# Depression and Suicide

## Middle School - BVSD 7<sup>th</sup> and 8<sup>th</sup> graders

- 14.9% have considered suicide
- 9.1% planned suicide
- 3.6% have attempted suicide

# Depression and Suicide

## High School - Boulder County

- 19.4% intentionally self injured
- 25.1% felt sad or hopeless
- 80.7% have someone to talk to when feeling sad or hopeless
- 49.4% usually get help
- 13.3% seriously considered suicide
- 11.1% planned suicide
- 5.6% attempted suicide

What's Next