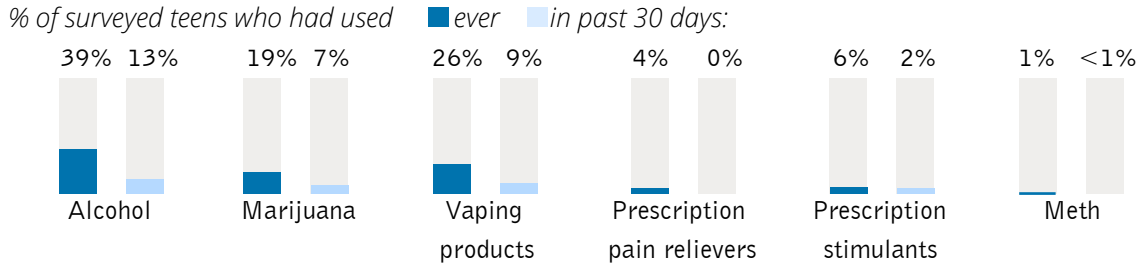
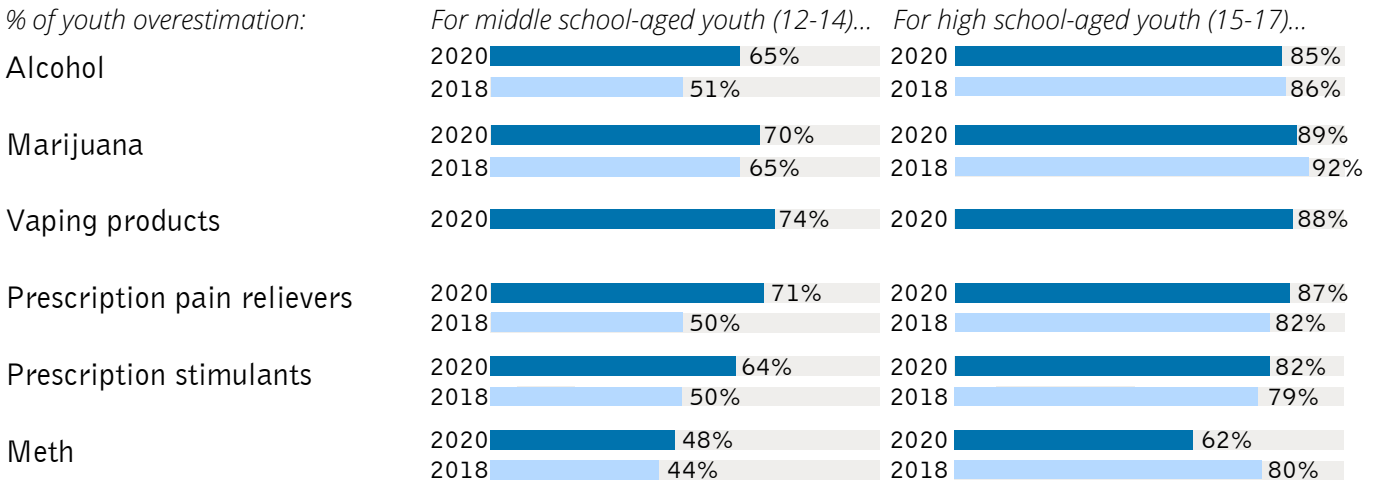


RISE ABOVE COLORADO YOUTH SURVEY

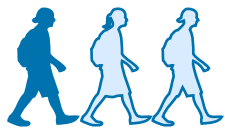
Substance use among Colorado youth remained steady in the last 2 years, although many risk factors are beginning to show cause for concern and attention. Youth report increased acceptability of using substances as a means to cope with stress. Even though most youth perceive that their peers are using substances, the hopeful reality is that the vast majority are not.



Overestimations of peer use of substances is increasing.



Youth are also reporting that most substances are becoming easier to access, and their curiosity to try various substances has either stayed the same or increased.



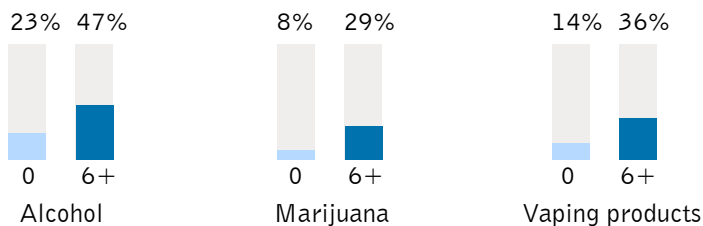
One in 3 youth who have not used marijuana are at least "somewhat curious" to try it, an increase of more than 50% since 2018.

One in three youth report having 6 or more difficult mental health days in a month.



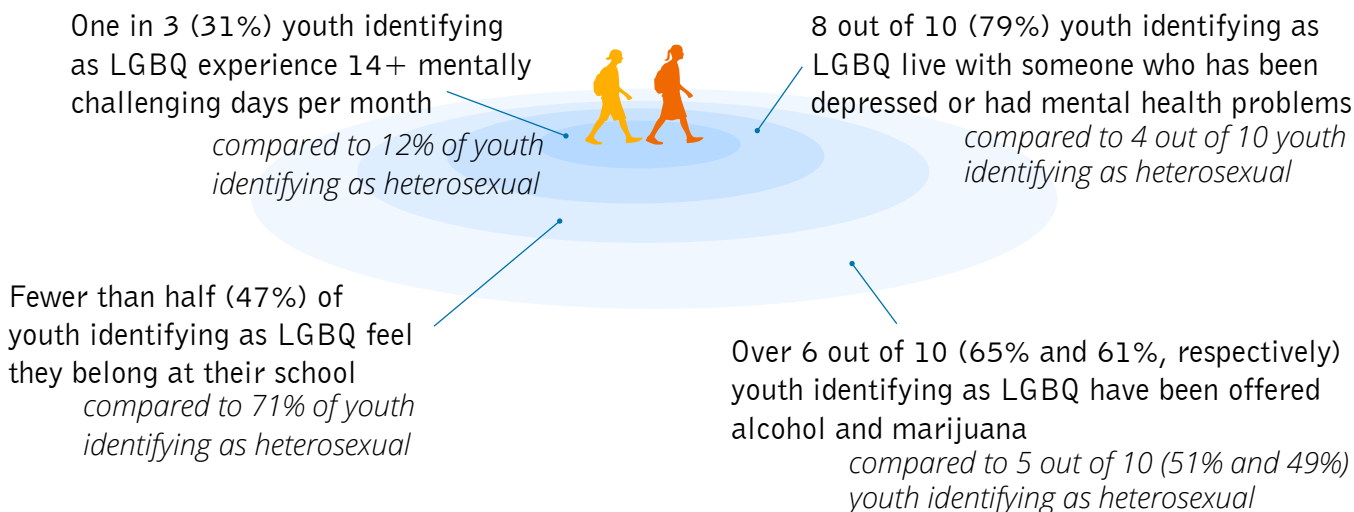
These youth are also significantly more likely to have used alcohol, marijuana, and vaping products.

% who used based on mentally difficult days last month:

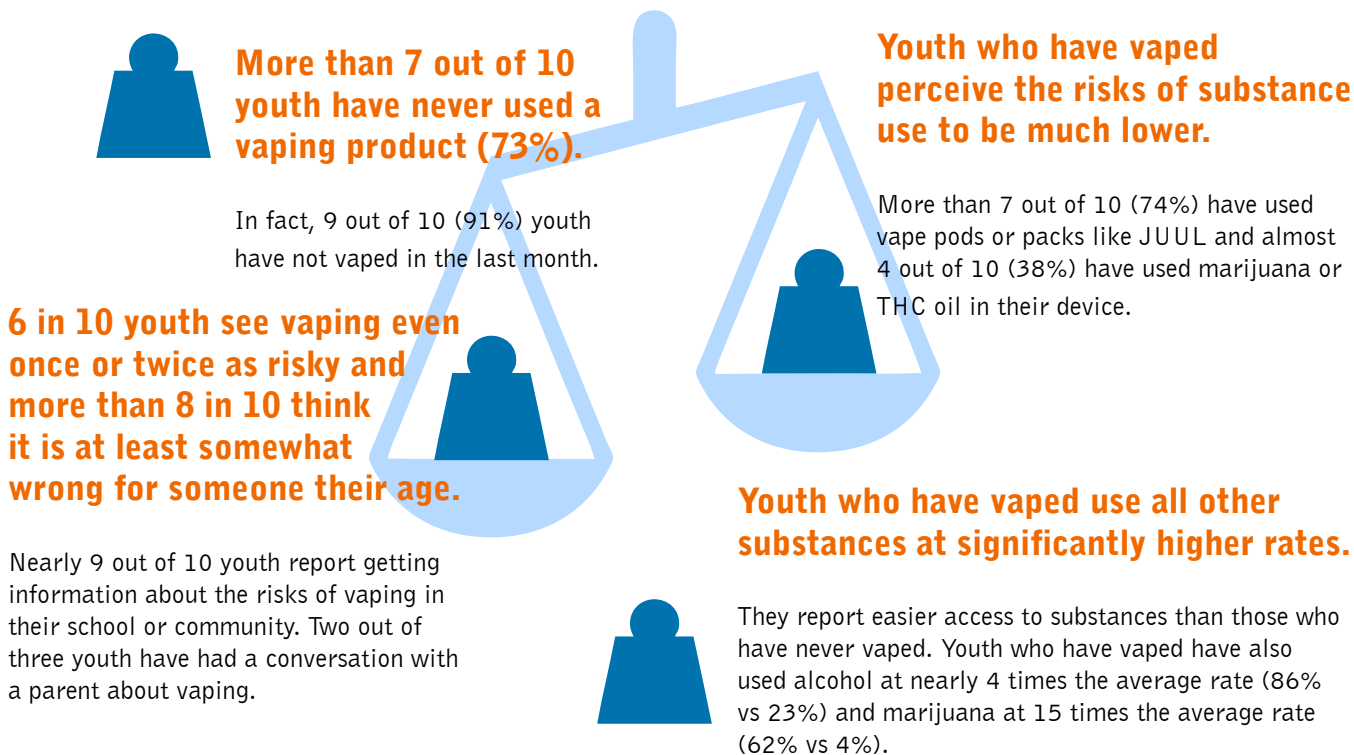


Youth Identifying as LGBTQ are Faring Worse

The environments in which young people grow up can shape their paths as well as their health outcomes. Young people of color, those whose sexual orientation is lesbian, gay, bisexual, or questioning (LGBQ), and those who belong to multiple marginalized groups, are experiencing worse outcomes related to substance use. These outcomes occur because of inequitable access to resources, opportunities, a safe school environment, and trusted relationships, all of which protect our health and opportunities to thrive. The following data illustrate some examples of these inequities.



Weighing Hope and Concern about Vaping



The Rise Above Colorado Youth Survey (RACYS) is a data source for behavioral health and substance use attitudes and behaviors among Colorado youth ages 12–17. With funding support from the Colorado Consortium for Prescription Drug Abuse Prevention and the Colorado Department of Human Services, Office of Behavioral Health, the 2020 data of more than 600 youth is based on a representative sample of the entire state. For more information and complete survey data, visit www.riseaboveco.org.