## Strengths-based survey to fill an information void

<table>
<thead>
<tr>
<th>Afterschool time</th>
<th>Communications</th>
<th>Mental Health</th>
</tr>
</thead>
<tbody>
<tr>
<td>How do teens spend time OST and how do they want to? What influences those choices? What makes a quality afterschool program?</td>
<td>How teens say they like to get information and communicate today so we can reach them effectively.</td>
<td>What teens say about mental health: stressors, stress relief, stigma and access to care.</td>
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READY to Play?

Meet Your Team
VOX ATL is all about community, so gather with your “family” team and do a quick check-in: name, pronouns & 1 strength you bring to the team.

Collaborate
You’ll have 30 seconds to collaborate with your team to assess your answers, guessing what teens today said in our survey.

Top Answer Wins
We’ll reveal teens’ top answers to the survey questions, focusing on afterschool, mental health & communications today.
2023 Teen Survey Demographics
458 youth

Ages 11-25
More than 40% were 16-17

Race
60+% identified as young people of color; 47% as white.

County
70% were in the 5-county metro-Atlanta area.

School
56% public school, 9% private, 5% homeschool & 5% alternative, 13% in college; 2% not in school.

Gender
57% identified as female; 38% as male, 5% gender queer/trans/agender
What did teens say they’d MOST LIKE to do after school?

- Career-related experiences: 48
- Relaxing space just for teens: 41
- Hang outdoors: 48
- Stay home: 40
- Sports: 43
- Participate in a club: 39
What most influenced how teens spent their OST time?

- Personal Interests: 39
- Location: 32
- Help my future: 39
- Transportation: 31
- Parent/caregiver: 35
- School requirements: 28
What do teens say makes an afterschool program a QUALITY experience?

- Community / belonging: 51
- Meeting new people: 49
- No judgment zone: 48
- Expanding my skills: 47
- Adults who know me: 42
- Interesting peer conversations: 42
What do teens say helps them feel VALUED? ("I feel valued when ____________")

- I can help others: 59
- I spend time with people I care about: 49
- Adults ask my ideas/opinions: 57
- I can make a difference (social issue): 49
- I can earn my own money: 54
- My peers ask my ideas/opinions: 48
MENTAL HEALTH

STRESS: 70%+
41% said they experience high or extremely high levels of stress. Another 31% experience moderate stress.

Talk about it!
72% said teens they know talk openly about mental health!

Suicidal thoughts
46% said they know someone who has had suicidal thoughts.
What causes teens the most STRESS in 2023?

- My mental health: 41
- Family challenges: 32
- School: 35
- My physical health: 29
- Prepping for life after HS: 33
- Financial stress: 24
How do teens say they like to RELIEVE stress?

- Consuming media: 48
- Making something creative: 38
- Extracurricular activity or sport: 44
- Gaming: 38
- Talking it out with peers: 41
- Reading: 33
What keeps teens from accessing mental health care?

- Cost: 39
- I don’t know where to go: 26
- I don’t feel ok asking for help: 28
- Don’t connect with the provider: 21
- Parent(s) said no: 18
- Transportation: 15
What do teens say are their top interests and concerns today?

<table>
<thead>
<tr>
<th>Interest</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Life after HS</td>
<td>53</td>
</tr>
<tr>
<td>Social Justice</td>
<td>46</td>
</tr>
<tr>
<td>Social Media / Games</td>
<td>40</td>
</tr>
<tr>
<td>Education (during HS)</td>
<td>40</td>
</tr>
<tr>
<td>Community / Neighborhood</td>
<td>39</td>
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<tr>
<td>Arts &amp; Culture</td>
<td>39</td>
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</table>
How do teens like to communicate with their peers (most common way to communicate)?

- Text: 21
- Social Media DMs: 18
- Messaging platforms: 18
- Video calls (like FT or Snapchat): 16
- In Person: 10
- Phone calls: 9
Which Social Media platforms do teens say they use the most daily?

- TikTok: 44
- Instagram: 38
- YouTube: 33
- Twitter: 24
- Snapchat: 21
- Discord: 18
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