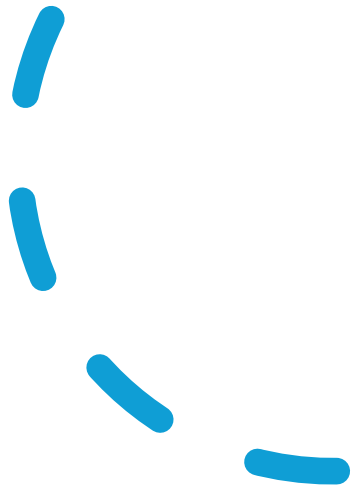


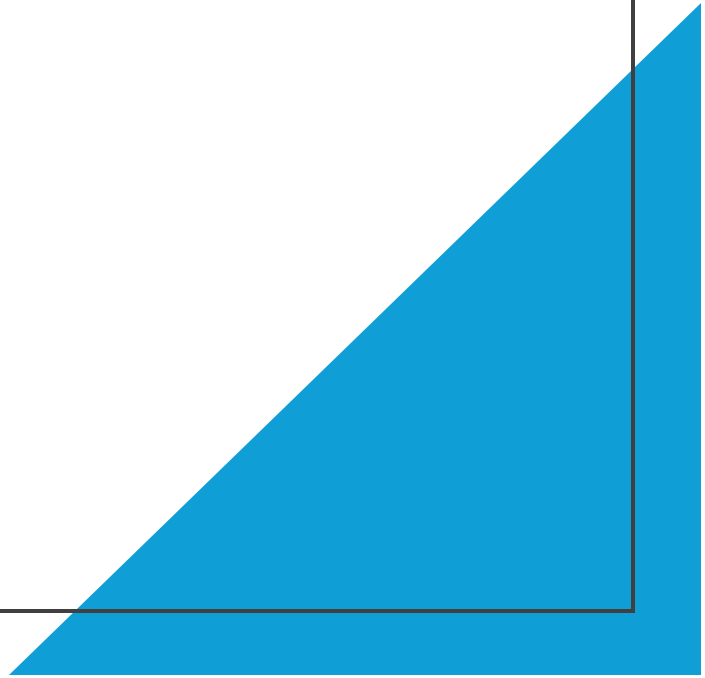


# 2025 Parent & Caregiver Survey Results



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- Descriptive results & demographics
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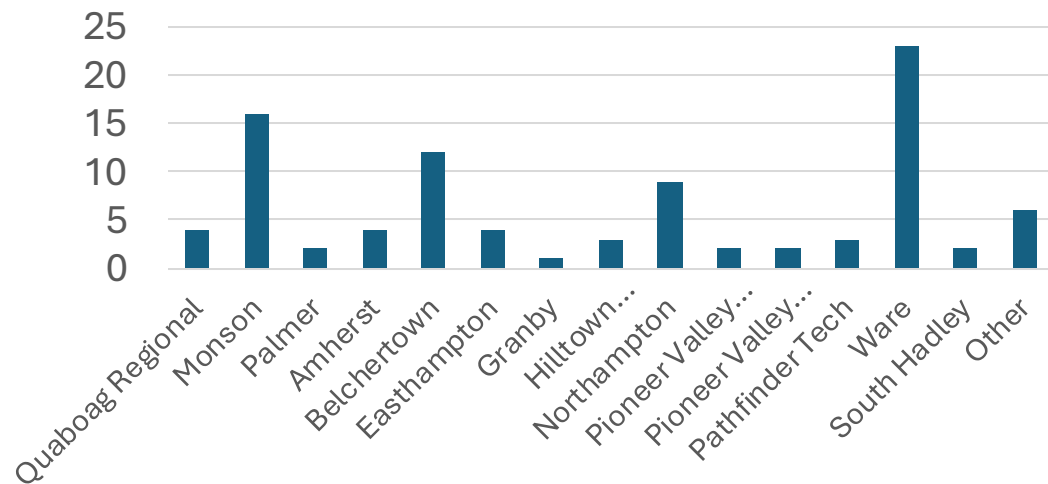
# About the Survey

- **The goal of this survey was to reach parents and caregivers across the Quaboag Hills region and Hampshire County to learn about their behaviors and beliefs around teen substance use.**
- The survey was conducted between June and September 2025 and was based on the 2023 Parent/Caregiver survey.
- Organized in partnership with BOAT and SPIFFY
- Total of 90 respondents
- All student data in this report comes from the 2025 Youth Health Survey regional results

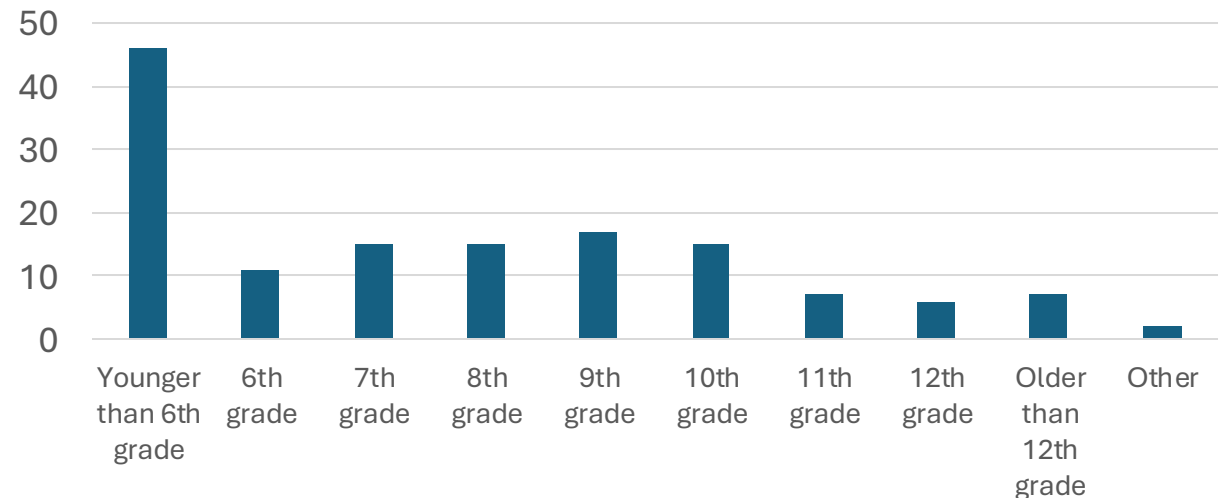
# Descriptive Results

- Most respondents were biological or adoptive parents, with a few reporting as siblings over 21 years old or stepparents
- Strong participation from Ware, Monson, and Belchertown school districts due to communication method with parents & caregivers in those towns
- Broad range in ages of the children of respondents

## School Districts

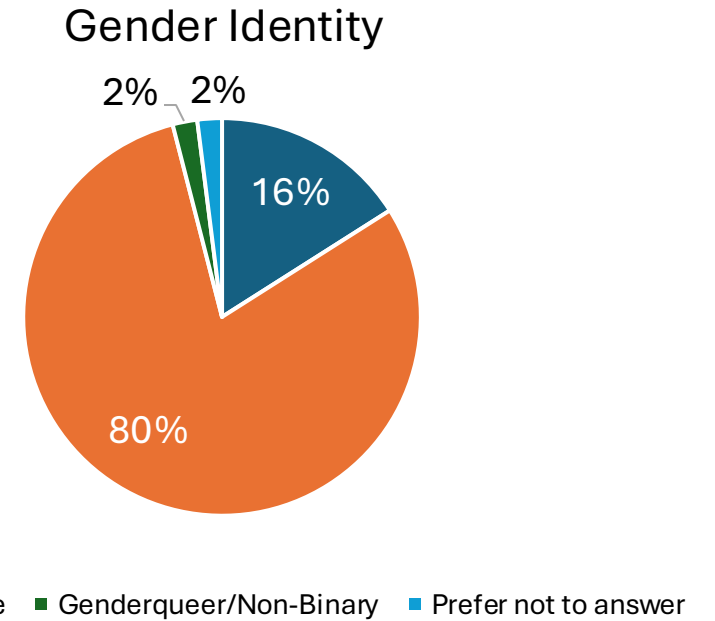
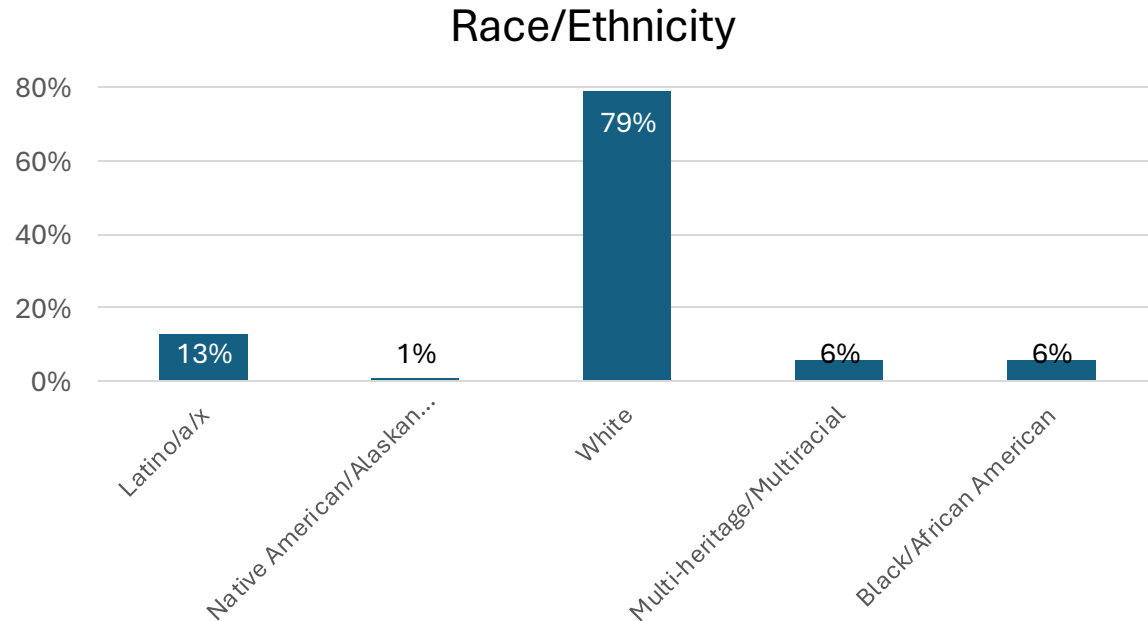


## Grade Level of Student



# Demographics

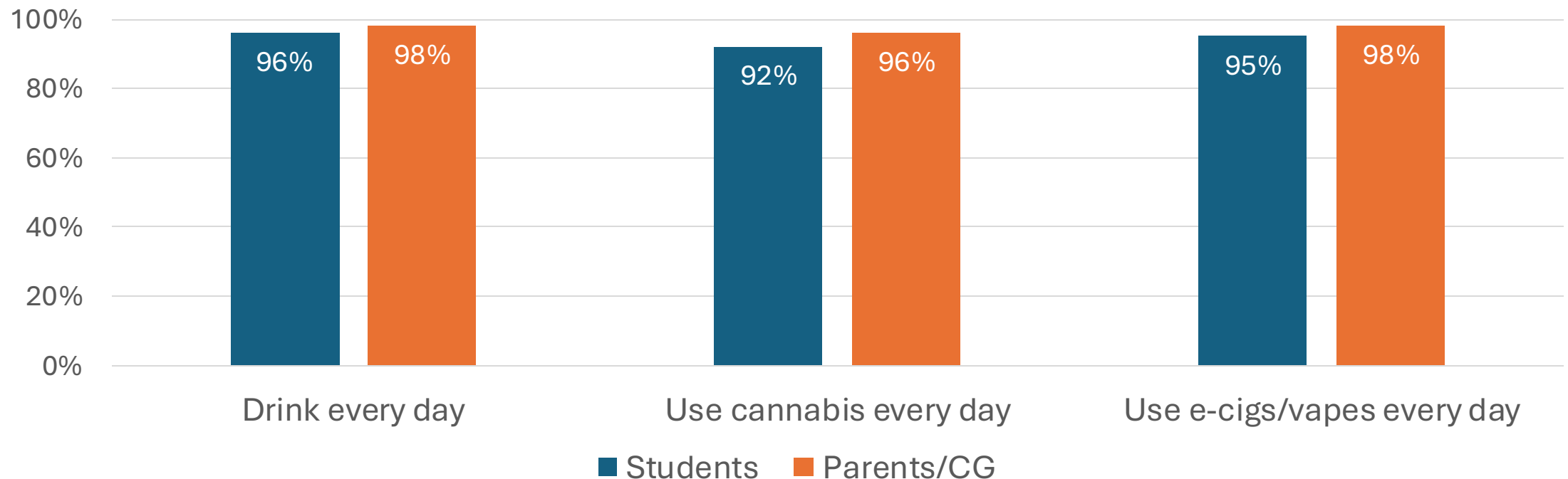
- Race/ethnicity breakdown generally matches area demographics
- Female respondents are heavily overrepresented, but this is consistent with what we generally see on this type of survey and is expected



# Beliefs about Teen Substance Use

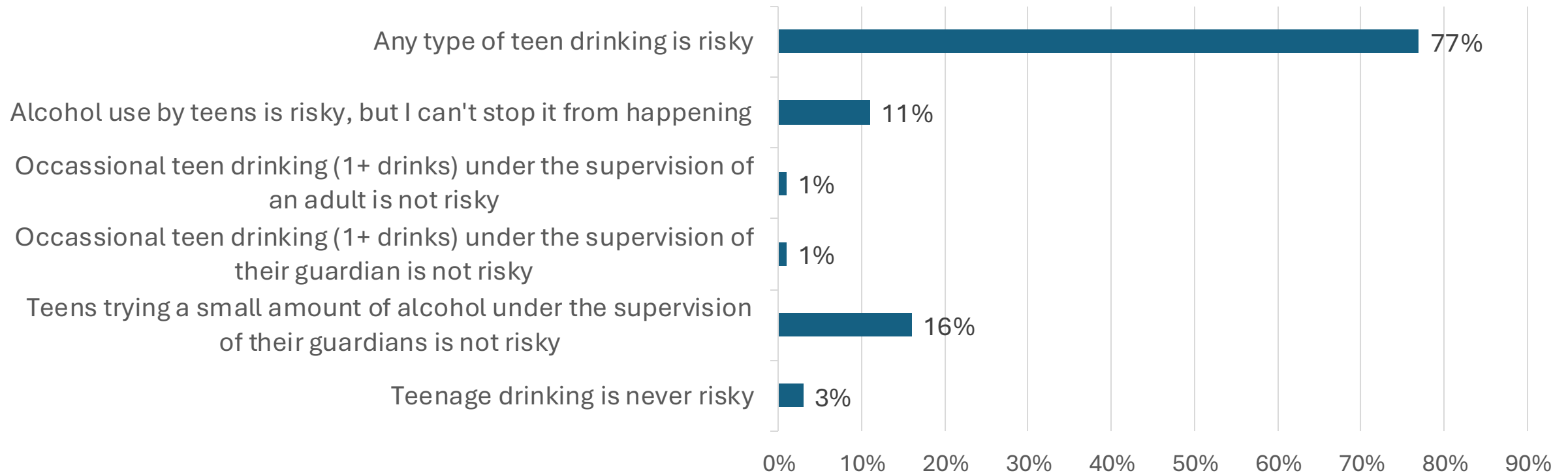
# Perceptions of Risk/Harm for Teens

- This graph shows the percent of students and parents/caregivers who believe that drinking alcohol, using cannabis, or using e-cigarettes/vape pens daily is harmful for the health of teenagers
- Among both parents and teens, there is a very high perception of harm for these behaviors



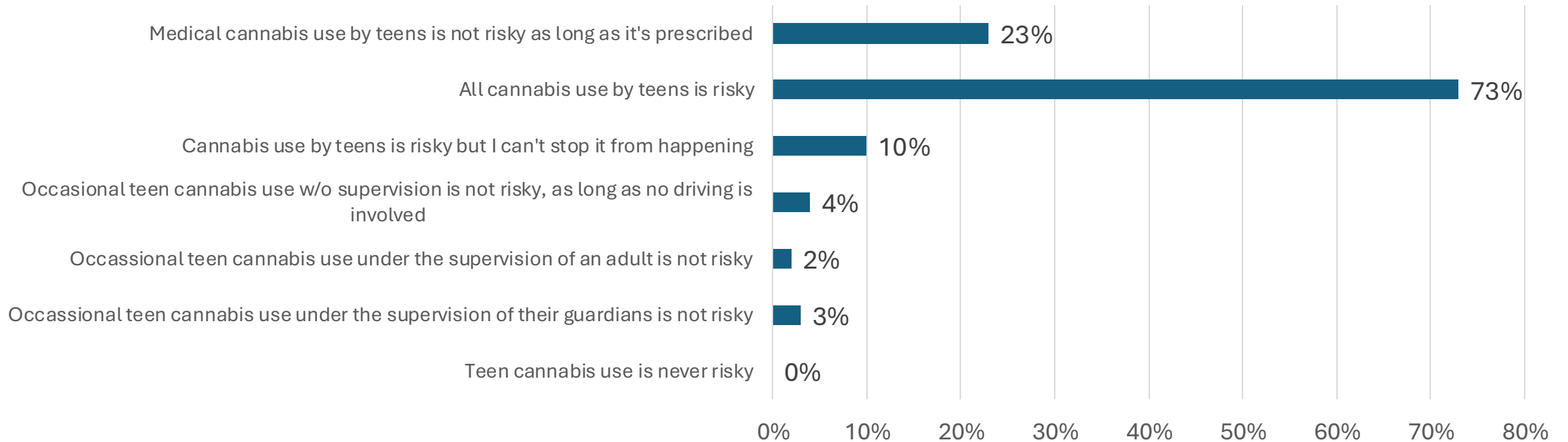
# Alcohol Beliefs - % of Parents/CG that Agree

- This shows the percent of respondents who agreed with the below statements.
- Overall, respondents overwhelmingly report that any type of teen drinking is risky, with a smaller percent agree that teens trying a small amount of alcohol under the supervision of their parent or guardian is not risky



# Cannabis Beliefs - % of Parents/CG that Agree

- This graphs shows the percent of respondents that agreed with the below statements.
- Most respondents reported that they believe all cannabis use by teens is risky, and a smaller percent reported believing medical cannabis use for teens isn't risky if it's prescribed to them by their doctor.



# Communication around Substance Use

# In the past 12 months, have you discussed...

- This table shows the percent of parents/caregivers of middle and high school students who report having spoken to their children about the below topics vs. the number of students who report their parent/caregiver having spoken to them about the same topics.
- There is a substantial difference between how often students and parents/caregivers report discussing these topics – possibly due to overreporting by parents or students not paying attention to or absorbing the conversation.
- Percentages drop a little for parents and caregivers when factoring in those who have elementary students or younger, most likely due to parents not feeling as though these conversations are necessary yet.

	Parents/Caregivers of Middle/High Students	Students
Health risks of alcohol	95%	48%
Health risks of cannabis	91%	47%
Health risks of nicotine & vaping	96%	49%
Health risks of Rx misuse	86%	38%

# Communication around Rules & Expectations

**89%** of parents/caregivers of middle/high school students report having communicated their rules & expectations around alcohol use

**94%** of surveyed students report that their family has clear rules around alcohol use

# Behaviors vs. Beliefs

**93%** of respondents believe that they can have an influence on whether their child uses alcohol or other drugs

# Supervision & Social Gatherings

**86%** of respondents report that they would like other parents/guardians to call them to see if they'll be home if their child is going to their house for a social gathering

Only **74%** of respondents encourage other parents/caregivers to reach out if they're hosting someone else's child

# Supervision & Social Gatherings

**76%** of respondents report calling ahead to make sure a guardian will be there to supervise if their child is attending a party or social gathering

Only **38%** of respondents report knowing what the Social Host law is

Link to more information on the MA Social Host law: [Social Host Law](#)

# In the past 30 days, what % of teens do you estimate to have...

- These tables show what percent of teens respondents believe to be doing the follow activities
- The largest percentage of respondents believe that 26-50% of teens are engaging in these behaviors

Drank 1-2 alcoholic beverages	
Very few: 0-10%	8%
Few: 11-25%	23%
<b>Some: 26-50%</b>	<b>35%</b>
Most: 51-75%	21%
Almost all: 76-100%	6%

Used cannabis	
Very few: 0-10%	6%
Few: 11-25%	23%
<b>Some: 26-50%</b>	<b>43%</b>
Most: 51-75%	17%
Almost all: 76-100%	6%

# In the past 30 days, what % of teens do you estimate to have...

- However, a much smaller percent of teens report having engaged in these behaviors than the respondents believed/expected!
- The same trend was seen for nicotine vaping and prescription medication use

Drank 1-2 alcoholic beverages	
Very few: 0-10%	8%
Few: 11-25%	23%
Some: 26-50%	11%
Most: 51-75%	1%
Almost all: 76-100%	1%

11% of students reported any alcohol use

Used cannabis	
Very few: 0-10%	6%
Few: 11-25%	8%
Some: 26-50%	1%
Most: 51-75%	1%
Almost all: 76-100%	6%

8% of students reported any cannabis use

# Positive Behaviors

72% of respondents report all or most of the time checking in with their child at least once if they are out with friends

80% of respondents report all or most of the time talking with their child about what they did after coming home from time with friends

84% of respondents report all or most of the time requiring their child to tell them where and with whom they will be if going out

# Caregiver Mental Health & Substance Use

# Past 30-Day Substance Use

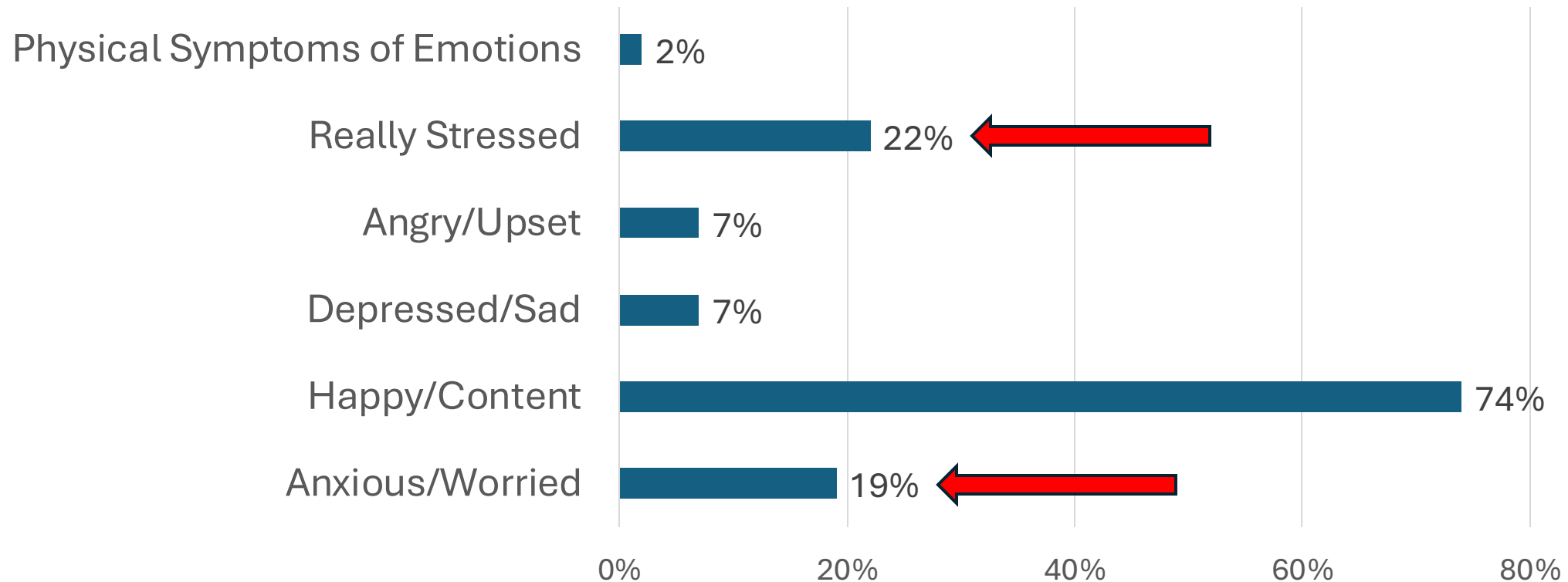
- This is reported substance use for the respondents themselves.
- High percentage of respondents report no nicotine/tobacco use!
- This table is not intended to shame adults who use these substances, but to understand the behaviors students are seeing at home and that parents/caregivers are modeling.

	Alcohol	Cannabis	Cigarettes	E-Cigs/Vapes	Nicotine Pouches
<b>x Never</b>	43%	75%	90%	87%	98%
<b>x 1-2 times</b>	23%	10%	5%	3%	0%
<b>x 3-19 times</b>	26%	6%	2%	2%	<2%
<b>x 20+ times</b>	8%	9%	3%	8%	<2%

\*<2% reported use for hallucinogens and Rx misuse

# % of Respondents who Feel these Emotions Every Day or Nearly Every Day

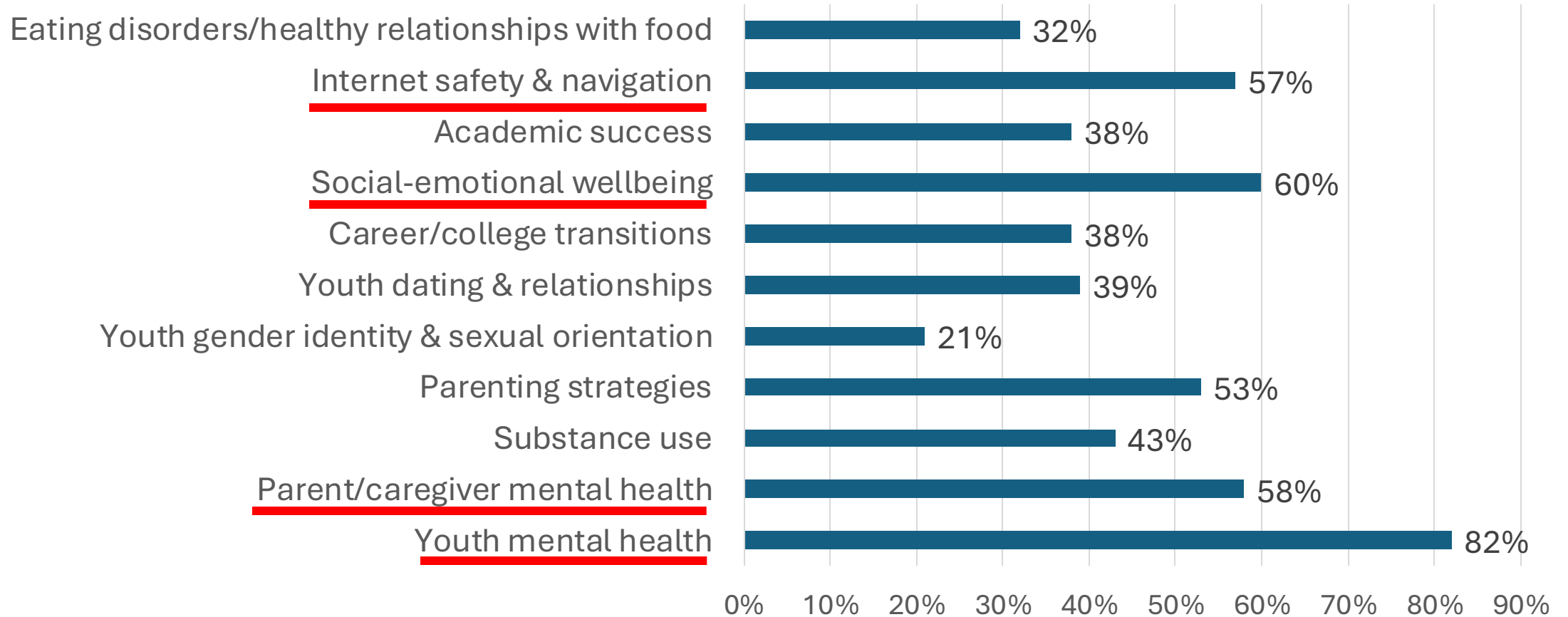
- A very high percentage of respondents report feeling happy/content every day, but a fifth reports feeling anxious/worried or really stressed.
- This question is to assess one metric of parent/caregiver mental health and stress.



# Caregiver Support & Education

# Topics for More Support

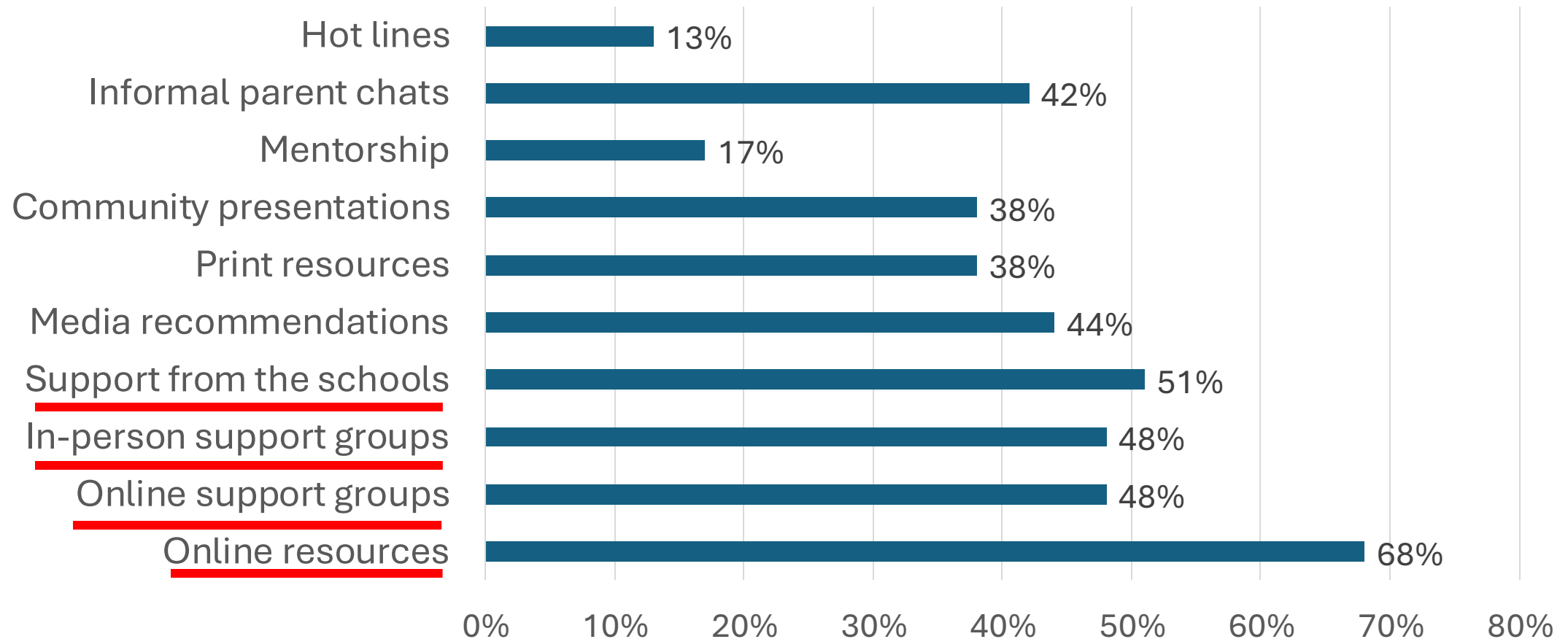
- Respondents would like more support around a range of topics, particularly those underlined in red below



- Additional write-in responses included: body image, managing screen time, ethnic diversity, and anti-bullying

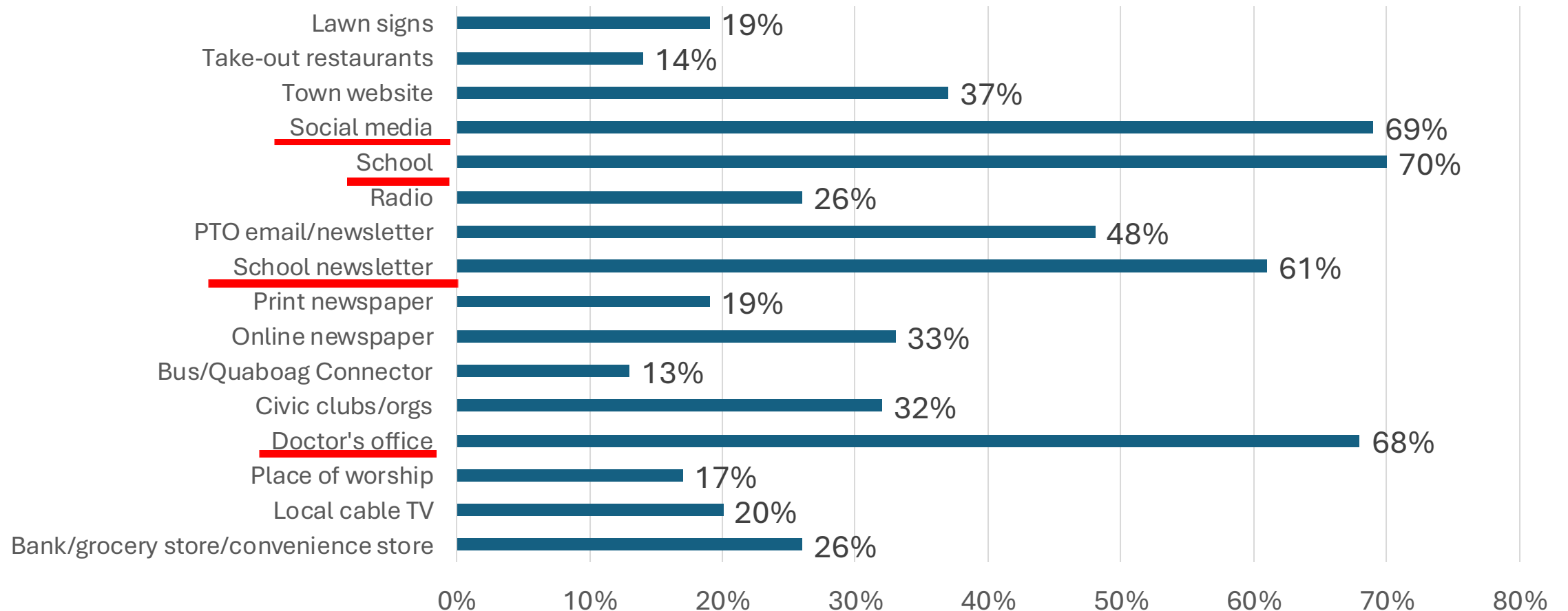
# Types of Supports

- These are the types of support that respondents reported as being most useful, especially those underlined in red



# Ways & Places to Reach Parents/Caregivers

- These are the top ways respondents reported to reach parents/caregiver with information
- Write-in responses included: libraries, billboards, local events, texts, youth sports leagues





# Key Takeaways

- Respondents believe that teen substance use is both harmful and risky
  - Parents and caregivers are having conversations with their teens about substance use but the students might not always be hearing them
  - There is a gap between belief and reality around teen substance use rates
  - Parents/caregivers want more support around a range of topics, including both parent and youth mental health
  - Lots of places and ways to reach folks with resources
-



# What do we do with the data?

- QHSUA uses these results to inform strategies for reaching out to and supporting the parents and caregivers in our communities
  - Ways we do this:
    - Positive messaging
    - Targeted resources
    - Tabling at events parents and caregivers attend
-