

# 2025 SHARP REVIEW



# OVERVIEW

01

A collaborative effort of three state agencies -- the Division of Substance Abuse & Mental Health, Utah Department of Health, and the Utah State Board of Education who contracted with Bach Harrison to conduct the survey

02

Active parent permission is required, and parents are provided a web link to view the survey before signing, and even with active parent consent, the survey is voluntary for students

03

The survey is anonymous, with absolutely no way to match a student's paper or online survey back to them

04

**4,204** responses from Clinton, Clearfield, Sunset, West Point and Syracuse 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders

# WINS!



Past 30-day substance use rates are decreasing and **most** students report not drinking, using marijuana, or vaping in the past month



Students believe their parents AND peers would **strongly disapprove** of their underage substance use



Students report a **decrease** in being threatened or harrassed via the internet, email, or cell phone

# WINS!



Students are increasingly **participating in clubs, organizations, & service in the community** and spending time with **peers who are positive influences** (drug-free, try in school, like school, etc.)



Leading protective factor in students' lives is that they are **feeling involved in decision-making in their families and feel they have lots of chances to do fun things with their parents**



Students are feeling **safe in their neighborhoods**

# FOCUS AREAS

## Substance Use

- Students are increasingly **not seeing the harms** of substances
- Students believe 10x more of their peers are vaping **than actually are**
- Keep an eye on **nicotine pouches** (Zyn, On, and Velo) and **inhalants** (sniffing glue, breathing aerosol spray cans, or inhaling other gases/sprays to get high)
- Youth report parents are not talking with them about **not using alcohol**



# COMMUNITIES THAT CARE

- **Youth group projects:** Teach peers about the harms of substance use
- **Social Norms Campaign**
- **Parents Empowered Project** at Fat Cats in Clinton in July!
- Supporting substance use prevention in schools and **expanding Red Ribbon Week community-wide**
- **Gray Matters Campaign** about harms of marijuana use
- **More signage** in parks & community about 'No Vaping,' the harms of vaping, and the crimes associated with giving/selling vapes to minors



**97%**  
OF DAVIS COUNTY 6-12 GRADERS\*



**DON'T VAPE**

**JOIN THE 97% AND COUNTING!**

\*According to past 30-day use on the 2025 SHARP Survey

If you or a friend are struggling with substance use, you don't have to handle it alone—start by talking with a parent or reaching out through the SafeUT app.





**97%**  
OF DAVIS SCHOOL DISTRICT 6-12 GRADERS\* AND

**MOST**



**DON'T VAPE**

**JOIN THE 97% AND COUNTING!**



\*According to past 30-day use on the 2025 SHARP Survey

If you or a friend are struggling with substance use, you don't have to handle it alone—start by talking with a parent or reaching out through the SafeUT app.



# FOCUS AREAS

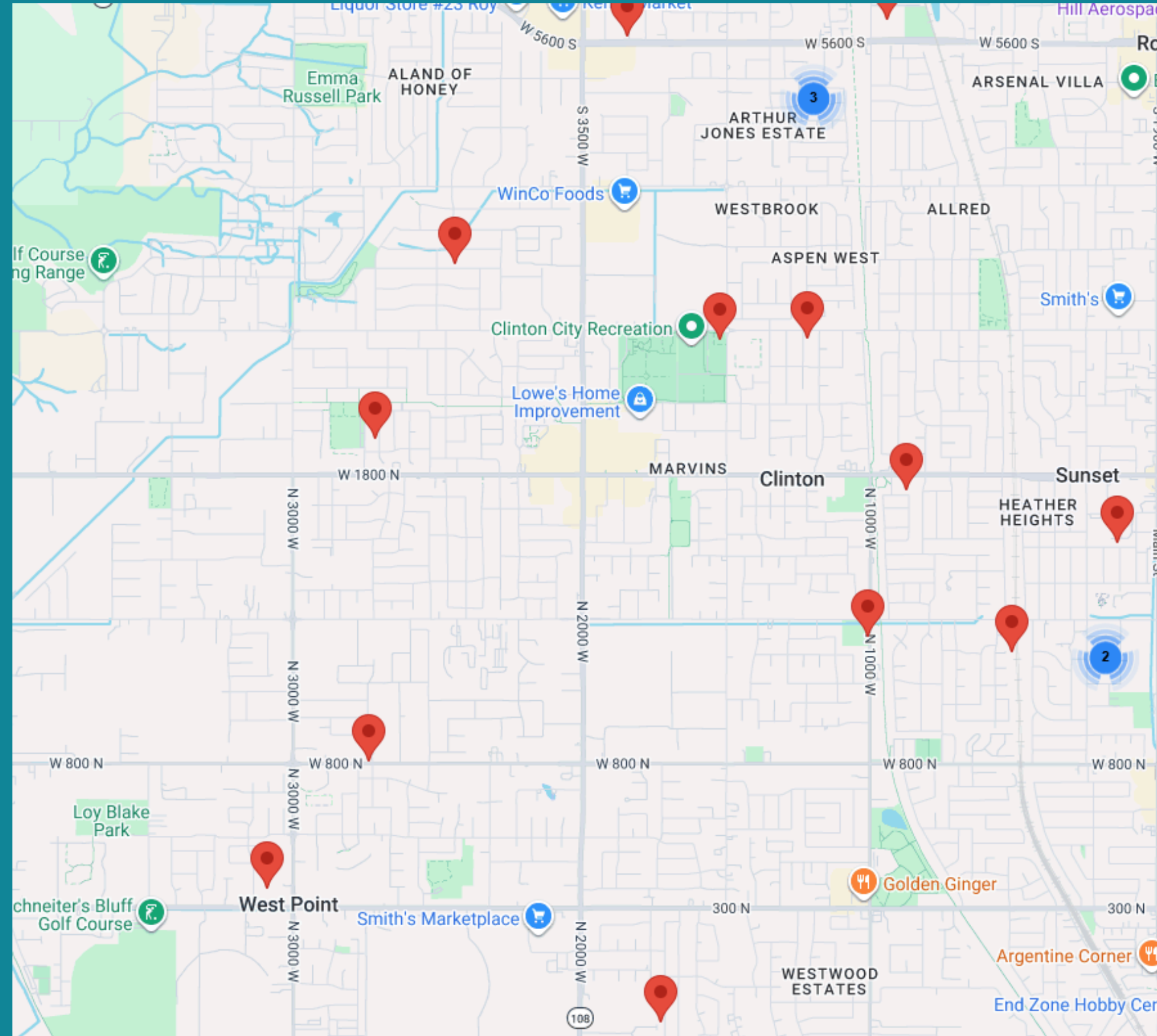
## Relationship with School

- Many students aren't feeling committed to school or seeing that what they are learning is important for their future

# COMMUNITIES THAT CARE

- **Academic Success:** For some students, how they feel about school has to do with how well they're succeeding academically
- **Opportunities for Involvement:** For some students, having opportunities to do things they like doing after-school or as part of a club or extracurricular at the school can change how they feel about school
- **Praise:** Telling our kids or neighborhood kids that we are proud of them for their effort in school, *any* improvements they're making, or their successes can help!
- **How we talk about school, reading, and learning matters:** Ask kids about what they're reading or learning and tell them about what you're reading and learning. We can create a community-wide norm around the value of school and learning

# LITTLE LIBRARIES



# FOCUS AREAS

## Mental Health & Screen Time

- Many youth who felt very sad, hopeless, or suicidal over the past year said they didn't talk to anyone about it
- Most students spend 2+ hours per school day gaming, on YouTube, or social media (not counting schoolwork)
- Many students feel that screen time gets in the way of their sleep, time spent with their family, and schoolwork/homework
- Almost half of students say their social media use makes them feel worse about their bodies
- $\frac{2}{3}$  of students report **not** getting 8+ hours of sleep on an average school night



# LET'S BUILD RESILIENCE THROUGH RELATIONSHIPS

A NEW APPROACH TO ANXIETY & DEPRESSION

The main thing a kid needs to thrive is the presence of a caring adult in their life. EveryDay Strong will show you **how you can be that caring adult** – whether you are a parent, neighbor, teacher, or friend.

Come learn an empowering way to **support a child** in their struggles and **handle challenging behaviors** in a way that builds **resilience** and strengthens **relationships**.



Tuesday, April 21  
9-10 am

West Clinton Elementary

Raffle for \$25 gift card!

Light breakfast included



Questions? Contact Jess Brewer  
jebrewer@dsdmail.net



# VAMOS A CONSTRUIR PERSEVERANCIA MEDIANTE RELACIONES

UN NUEVO ENFOQUE PARA LA ANSIEDAD Y LA DEPRESIÓN

Lo mas importante que necesita un niño para prosperar es la presencia de un adulto que se preocupe en su vida. Cada Dia Mas Fuerte le mostrará **cómo usted puede ser ese adulto que se preocupa**, ya sea padre, vecino, maestro o amigo.

Ven a aprender una forma empoderadora de **apoyar a un niño** en sus dificultades y como **manejar comportamientos desafiantes** de un modo que promueva la **resiliencia** y fortalezca las **relaciones**.



Martes 21 de Abril  
9-10 am

West Clinton Elementary

Rifa de tarjeta de regalo de  
\$25!

Desayuno liviano incluido



Preguntas? Contacta a Carolina Cuning  
801-726-3494



# Family Media Plan

Gather your family together to discuss your media use.  
Make a plan for improvement.

## Discover What To Work On



1. What types of screens does your family use? How many?
2. What types of media do you participate in (social media, gaming, creative/movie making, research, etc.)?
3. How does each type of media make you feel, think or act while using the media? Longer-term, how do you feel after using each type of media?
4. About how many hours are screens used in your home?
5. When are screens used (e.g. before school, after school, after dinner, before bed, anytime)?
6. What times are screens not allowed?
7. Is screen time a privilege? Yes / No  
If so, what needs to be done before screens can be used?
8. Where are screens used in the home? Where are screens not allowed?
9. Is screen time causing conflict in your home? Yes / No
10. Would you like to make adjustments? Yes / No

## Plan Ways To Adjust Your Family Screen Time

1. What type of devices, media and apps are appropriate for your family (e.g. social media, games, TV, movies, YouTube, creative)?
2. Identify screen-free times for your family (e.g. meal time, 1 hour before bed, during family gatherings, when friends are over, weekend times). When are screens allowed or not allowed?
3. If screens are a privilege, what needs to be done before screens can be used?
4. What places are screens used? What areas do you want to designate as a screen free zone (e.g. bedrooms, kitchen, car)?
5. What happens if someone in the family doesn't follow these guidelines?
6. How can we support each other?
7. Replace screen time with face-to-face interactions. Play games, do a puzzle, go for a walk or to the park. Plan family activities to do together in place of screen time.  
What activities?  
When?



Davis County Health Department  
 March 10 at 6:30 PM · 🌐

Your phone and your body both need energy to function. Sleep recharges your energy levels and helps your body repair itself.

Learn more about the crucial role of sleep here: [daviscountyutah.gov/health/sleep](https://daviscountyutah.gov/health/sleep)



Davis County Health Department  
 8.2K followers · 33

Davis County Health Department and Southwest Utah Public Health Department  
 March 9 at 2:00 PM · 🌐

Posts About Mentions Reels

Creating healthy and consistent sleep habits help to not only improve your quality of sleep, but also help you prepare for the day ahead. Small changes, such as putting your phone away at least 30 minutes before bedtime, can make a noticeable difference in your sleep health. Swipe to learn more on ways to encourage healthy and restful sleep! 📱

#SleepAwareness #SleepAwarenessMonth #SleepHealthMatters



Tiffany Lanning, Isa Breinholt Perry and 5 others  
 1 share

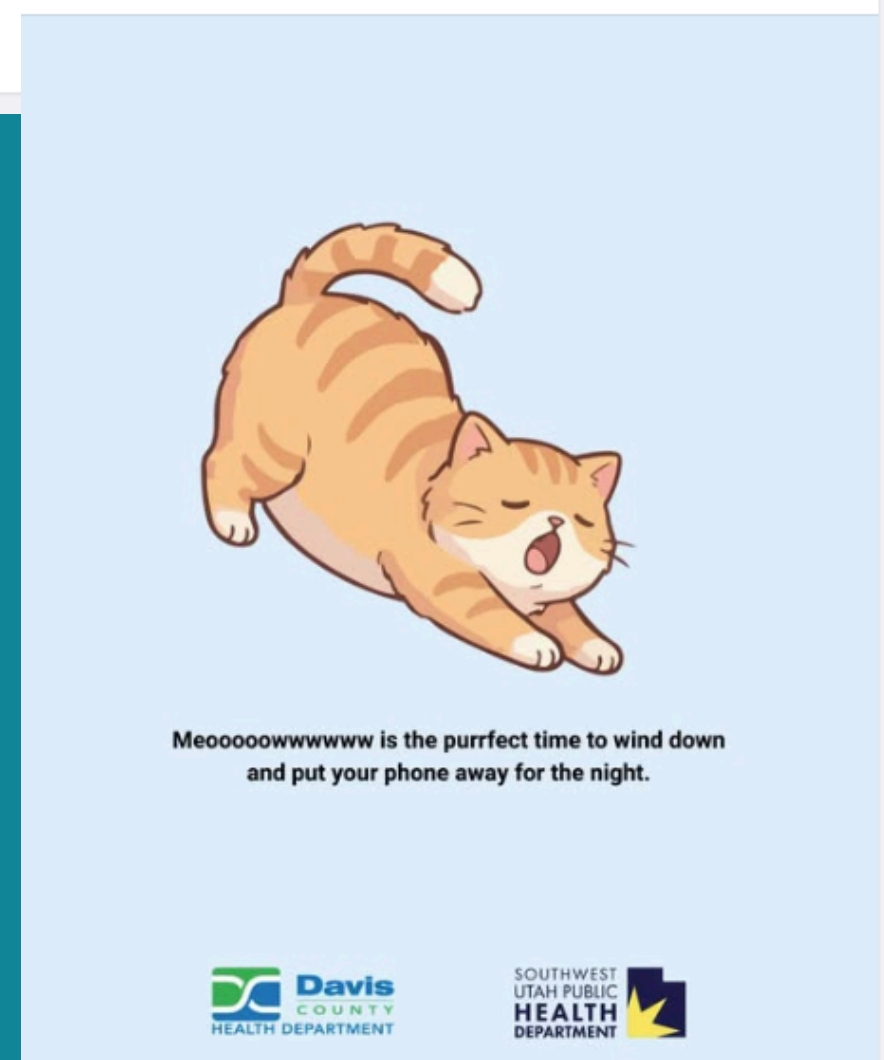
Like Comment Share

Comment as Jess Brewer

Davis County Health Department  
 March 20 at 8:01 PM · 🌐

We knew you wouldn't scroll past a cute, yawning cat! Now that we've got your attention -- It's important that you establish a relaxing bedtime routine. Set aside at least 30 minutes to take a warm bath, listen to calming music, read a book -- whatever is relaxing to you. Your brain will thank you!

#SleepBetter #Sleep #SleepHealthMatters #SleepAwarenessMonth



# FOCUS AREAS

## Family Support

- Youth don't feel their parents would think it was wrong if they stole, fought, skipped school, etc
- North Davis Communities that Care is focused on supporting youth in feeling close to their parents and parents in feeling confident setting and enforcing limits/rules

# FAMILY SUPPORT

Available  
Now!

**Strengthening Families**  
**ONLINE CLASS**  
A self-paced program for families with children ages 7-17

**PARENTS AND YOUTH WILL LEARN ABOUT**

COMMUNICATION SKILLS	SETTING GOALS	COMPLIMENTING THE GOOD	WIN-WIN NEGOTIATION
MANAGING STRESS	FAMILY RULES & REWARDS	REFUSING PEER PRESSURE	SETTING LIMITS
FAMILY FUN & TRADITIONS			

**Parents Experienced**

- More family unity
- More positive communication
- Better parenting skills
- Better parent/child relationship
- Less family conflict

**Youth Experienced**

- Better social skills and cooperation
- Better school performance
- Less aggression
- Less depression and anxiety
- Less alcohol and drug use

Scan to register!

Sponsored by:  
DAVIS COMMUNITY  
J&B

- **Upcoming Classes next school year:** Helping parents and teens feel closer to one another and building parents' confidence in setting and enforcing limits/rules
- **Coming up! Parent Text Tips:** Get tips texted to you twice a month with nuggets of wisdom to help strengthen your relationships with your kids and build your confidence as a parent
- **Parents Learning Together Gatherings:** Parents coming together to learn more, connect with other parents, etc

# CHAT CAMPAIGN

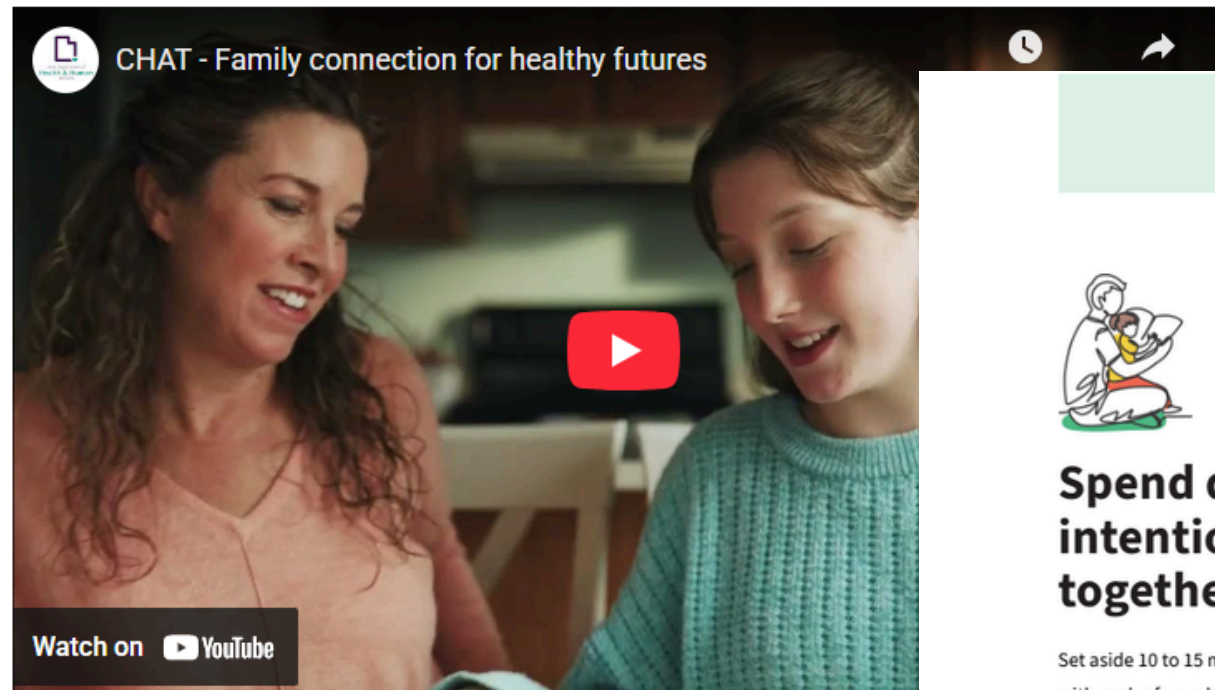
CHAT

Family **Connection** for Healthy Futures

## Meaningful connection starts with making time

In a world full of distractions, connection is what keeps kids grounded, confident, and thriving. **CHAT: Family connection for healthy futures**, helps parents strengthen communication, build trust, and create the kind of family relationships that lead to healthy futures.

[Discover ways to connect](#) ↓



## Actionable tips



### Spend quality, intentional time together

Set aside 10 to 15 minutes every day for one-on-one time with each of your kids. Add it to your calendar if you have to! Let your child lead the activity.



### Practice active listening

Make eye contact and put away distractions, like phones or tablets.



### Ask open-ended questions

Ask open-ended questions and repeat back what they say to show you understand.



### Encourage your kids and show them affection

Praise your child for effort, not just results and hug, high-five, or fist-bump your child often.



### Model positive behavior

Children often learn by example. Try to be present and calm as your child learns how to deal with difficult emotions, like anger or frustration. Show them by example how to ask for help when you are struggling.

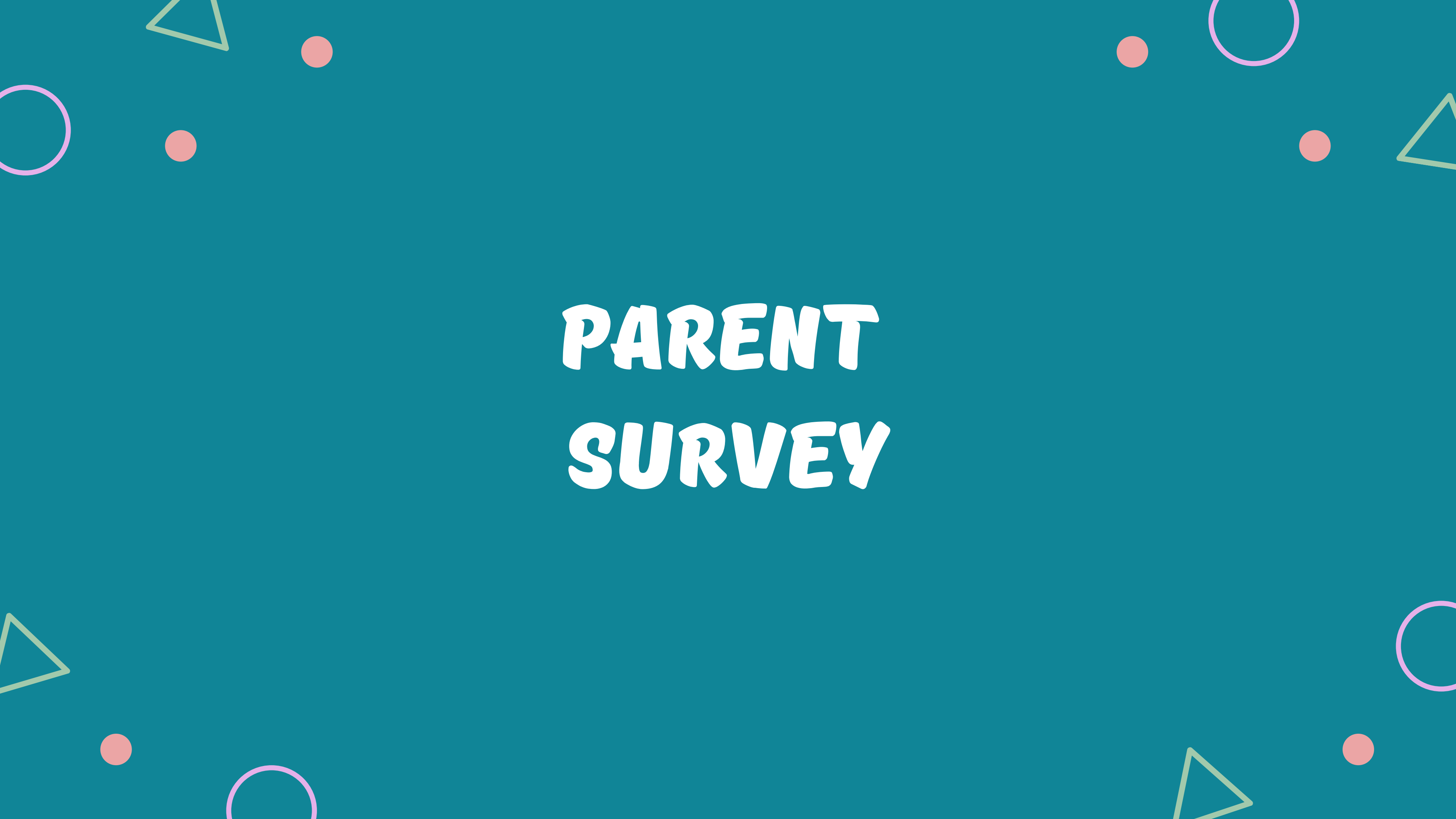


### Show up and engage

Attend the game, the play, or the concert. Put your device away. Your presence and undivided attention says, "You matter."

# CHAT CAMPAIGN



The background is a solid teal color. It is decorated with several geometric shapes: pink circles, light green triangles, and solid red circles. These shapes are scattered across the corners and edges of the page, creating a playful and modern aesthetic.

# **PARENT SURVEY**

# JOIN US!

Jess Brewer, MSW  
North Davis Communities that Care  
[jebrewer@dsdmail.net](mailto:jebrewer@dsdmail.net)

Community & Family  
Engagement

Spanish-Speaking  
Community & Family Engagement

School Engagement

Data & Assessment

Youth Engagement

Policy & Environment

Project at Fat Cats in July!