

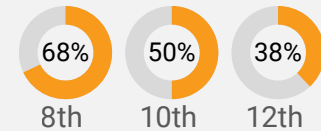
Youth Substance Use Prevention for Parents & Guardians

Learnings from the 2025 Springfield Prevention Needs Assessment Survey

About the Survey

The 2025 Springfield Prevention Needs Assessment Survey was completed by **2,613 students in grades 8, 10, and 12**, representing **51% of enrolled students**. While the findings provide valuable insights, they reflect only the responses of students who participated in the survey.

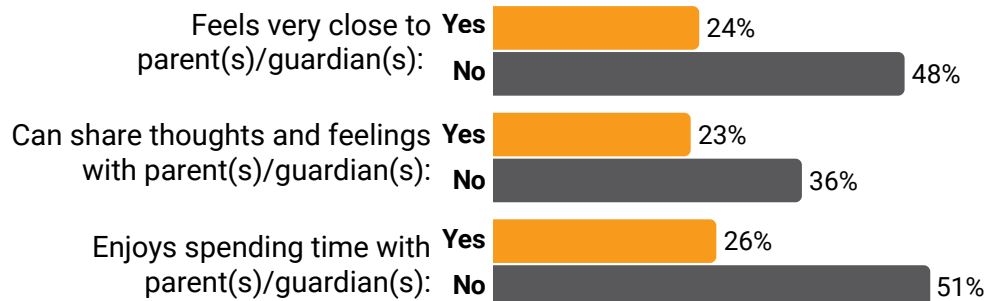
Response Rates by Grade



✓ Build Strong Connections

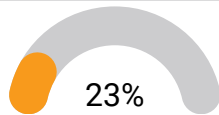
Students who reported strong connections with parents and guardians were consistently less likely to report ever using substances compared with students who did not have those supportive relationships. Broader evidence highlights the importance of connectedness in substance use prevention.^{1 2}

Student Substance Use Rates Based on Parent/Guardian Relationship(s)

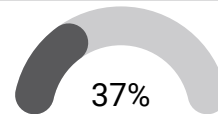


✓ Listen & Include Youth

Students who reported that their parents or guardians asked for their thoughts before making family decisions were less likely to report ever using substances than students whose parents or guardians did not ask for their feedback. Research suggests two-sided conversations about substance use are more credible to young people.²



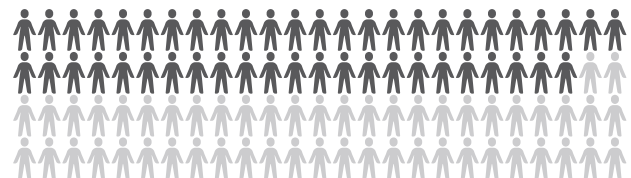
Substance use rates among students whose parents/guardians asked their thoughts



Substance use rates among students whose parents/guardians did not ask their thoughts

✓ Set Clear Expectations

Students who reported clear rules in their family were half as likely to report ever using substances as those who did not report clear rules. Research suggests that clear, consistent expectations are most effective when paired with open, supportive conversations about substance use rather than relying solely on “don’t do it” messages.²



1. O’Connell ME, Boat T, Warner KE. National Research Council and Institute of Medicine. 2009. Preventing mental, emotional, and behavioral disorders among young people: Progress and possibilities. The National Academies Press. <https://www.ncbi.nlm.nih.gov/books/NBK32769/>
2. Carver H, Elliott L, Kennedy C, Hanley J. 2017. Parent–child connectedness and communication in relation to alcohol, tobacco and drug use in adolescence: An integrative review of the literature. Drugs: Education, Prevention and Policy. <https://www.tandfonline.com/doi/full/10.1080/09687637.2016.1221060>