

YOUTH PARTICIPANTS

Welcome

Thank you for participating in this focus group. The goal of today's discussion is to gain insights into your experiences, perspectives, and ideas related to youth substance use in your school and community. When we talk about substance use, this refers to various substances that affect the mind or body. This includes alcohol, tobacco, prescription drugs and pills (when used without a doctor's prescription or differently than how a doctor told you to use it), illegal drugs, and other harmful chemicals. We encourage open, honest conversation and want to hear from everyone.

Focus group questions

1. Describe the use of substances in your school and in the surrounding community.
2. In your opinion, what are some things youth in the community face that may increase their chances of using/misusing substances?
 - a. What are some things that may decrease the chances of youth in the community from using/misusing substances?
3. What are some things you've learned in school about using substances?
 - a. What are some things you've learned at home, about using substances?
 - b. What can using substances lead to?
4. Where do you think youth get substances from?
 - a. Do you think it's easy for people your age to get these substances?
5. How would you be punished at school if you were caught using substances at school?
6. How would your parents react if you used substances?
 - a. Would you be punished?
 - b. What about your friends, how would they react?
7. Tell me about some experiences you have had with peer pressure to use substances.
 - a. What happened?
 - b. What did you do?
8. What are some things that youth can do to keep themselves healthy and away from using substances?
9. If you wanted to talk to someone about how you're feeling (sad, mad, etc.), who would you talk to?
 - a. If you're upset or sad, what are some things you do to make yourself feel better?
 - b. Can you describe a time when you were sad and then felt better--what did you do?
10. What are the largest contributing factors impacting youth stress and anxiety in your community?
 - a. What are the biggest sources of stress?
11. What types of help or resources are available in your community that address substance use?

- a. What types of resources are needed in your community to address substance use?
 - b. Are there any barriers youth may face in getting needed mental health care, such as therapy, substance abuse treatment or general support? If so, what are those barriers?
12. Is there anything else related to the topics we discussed today that you think I should know that I didn't ask or that you have not yet shared?