



# YOUth Matter Summit Youth Voice - Data Summary

June 2019

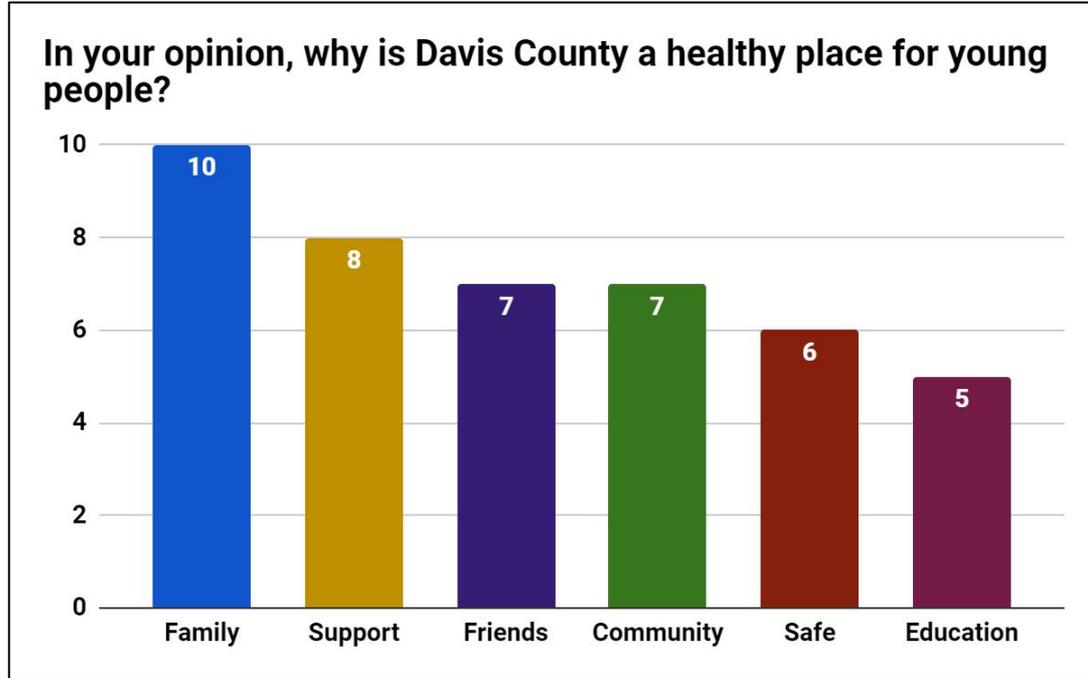
Davis County Health Department



# YOUth Matter Summit Participant Text Responses



# In your opinion, why is Davis County a healthy place for young people?

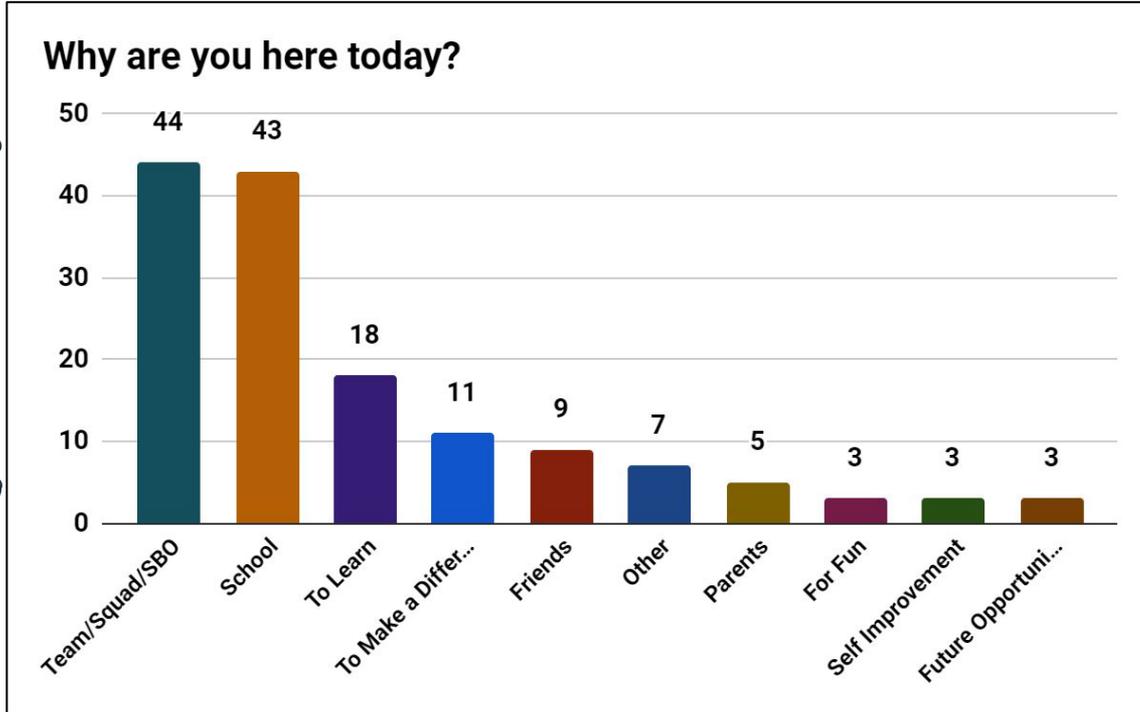


**83  
Responses**

# Why are you here today?

Because I love  
health sciences and  
the humanities

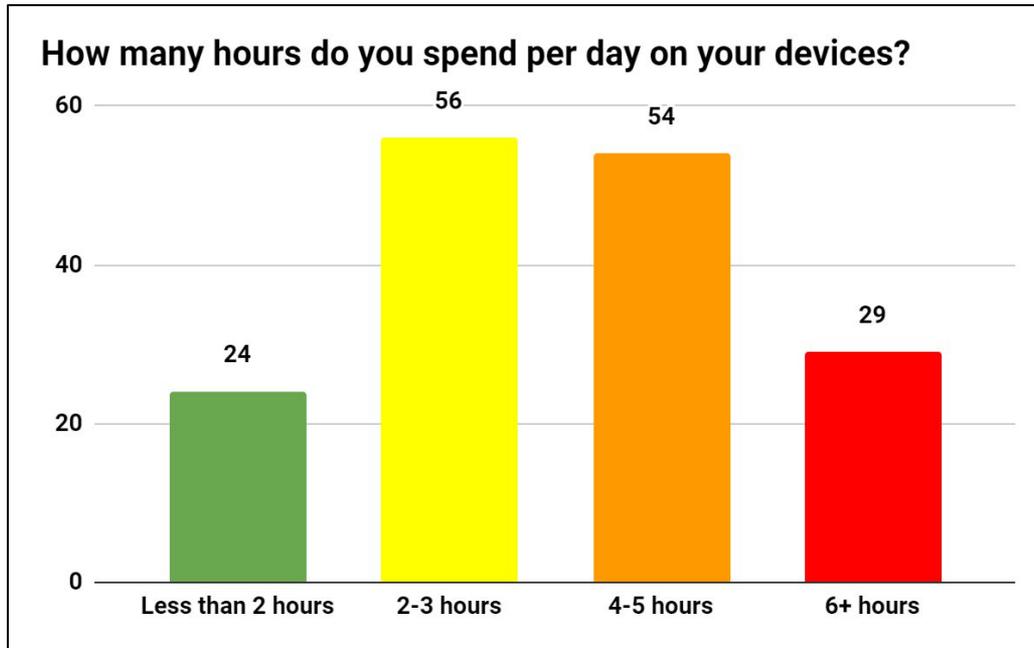
I want to  
help make a  
difference



137  
Responses

I wanted to be  
more educated  
about these  
important subjects!

How many hours do you spend per day on your devices? (phone, mobile device, gaming system, TV, computer)



**163**  
Responses



# YOUth Matter Summit Dot Voting Results



# Dot Voting Procedures

- Following Health CHAT presentation
- Youth vote on most important priorities
- Topics arranged in 5 categories:
  1. Drugs & Alcohol
  2. Lifestyle & Environment
  3. Mental, Emotional & Social Health
  4. Sexual Health
  5. Violence & Injury
  6. Other [Write-In]
- Each participant provided 2 dot stickers, could vote use dots for 1 or 2 issues

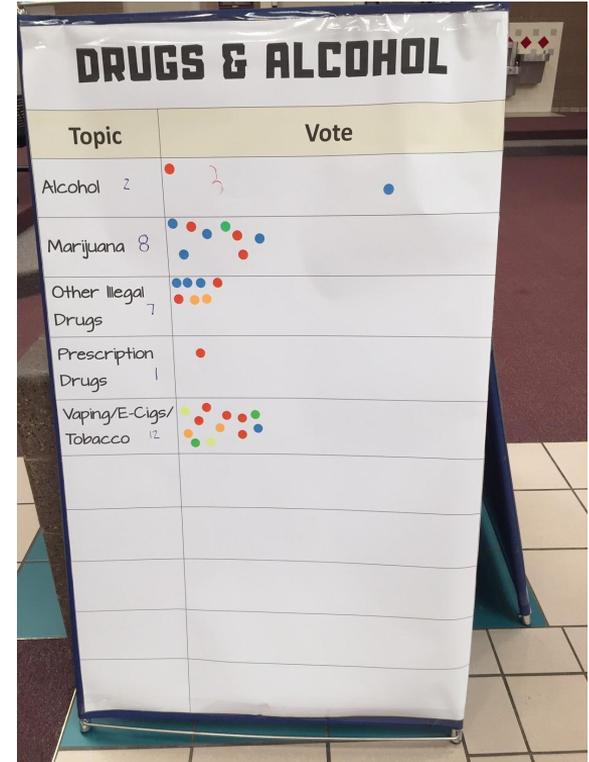
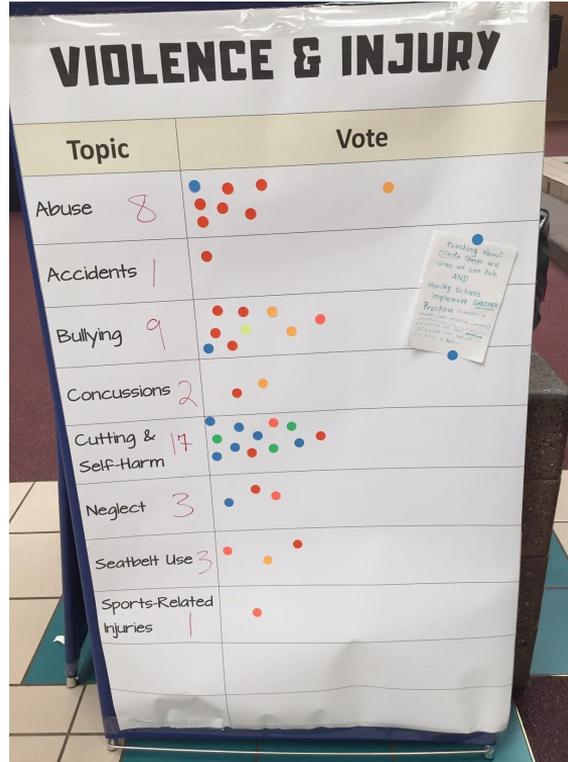
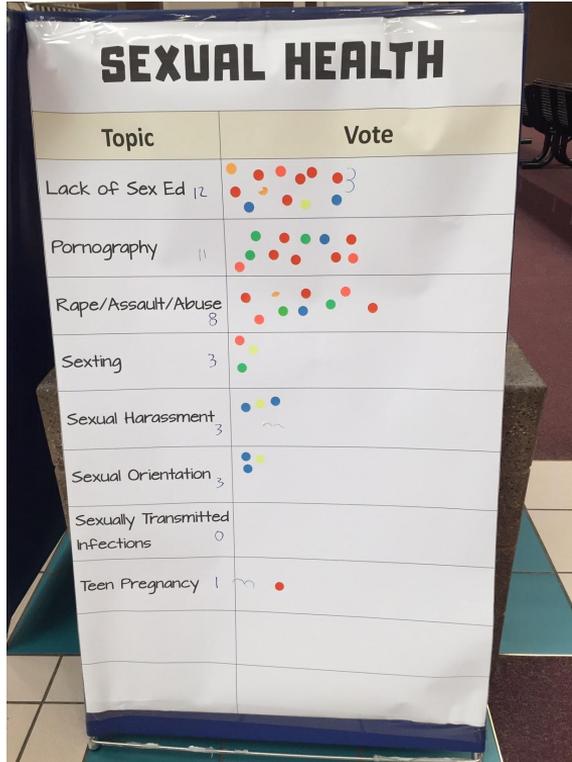
# Dot Voting Results

Topics	Votes
Abuse	8
Accidents	1
Bullying	9
Concussions	2
Cutting & Self Harm	17
Neglect	3
Seatbelt Use	3
Sports-Related Injuries	1
Alcohol	2
Marijuana	8
Other illegal Drugs	7
Prescription Drugs	1
Vaping/ E-Cigs/Tobacco	12
Anxiety & Depression	61
Eating Disorders & Body Image	17

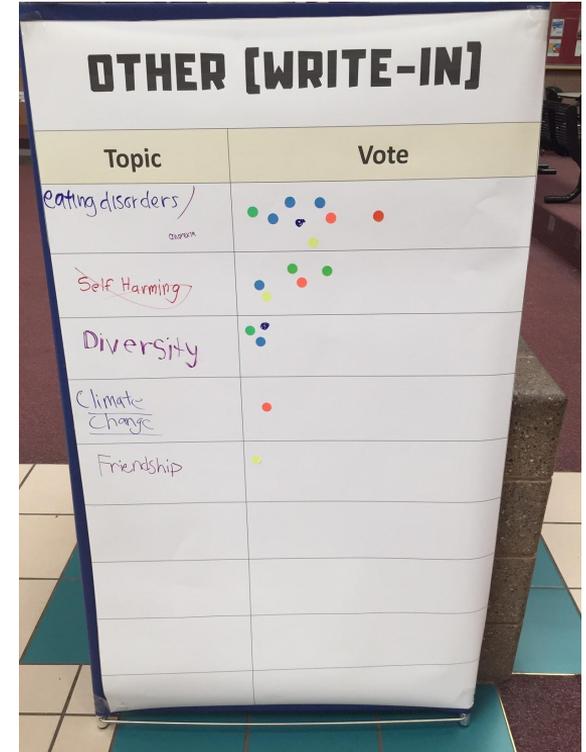
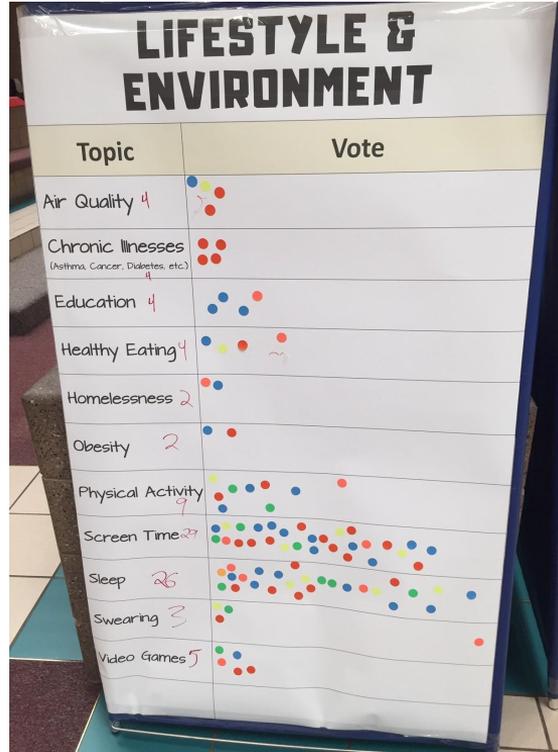
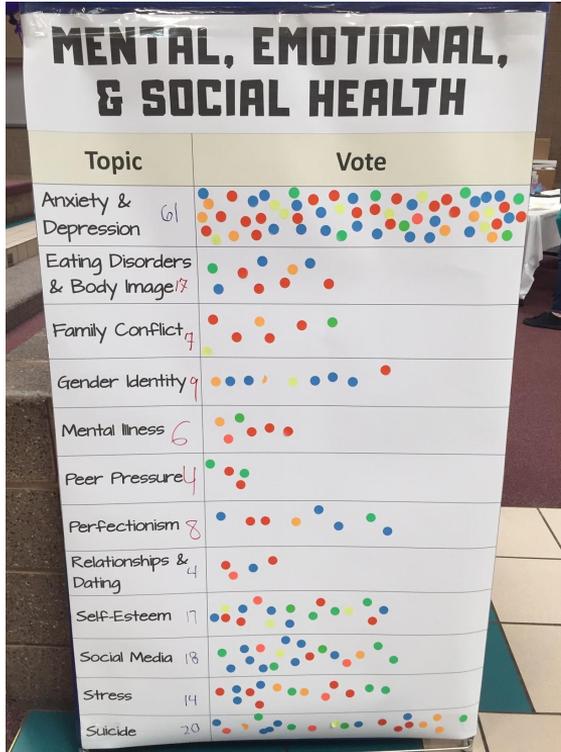
Topics	Votes
Family Conflict	7
Gender Identity	9
Mental Illness	6
Peer Pressure	4
Perfectionism	8
Relationships & Dating	4
Self-Esteem	17
Social Media	18
Stress	14
Suicide	20
Air Quality	4
Chronic Illnesses	4
Education	4
Healthy Eating	4
Homelessness	2
Obesity	2

Topics	Votes
Physical Activity	9
Screen Time	29
Sleep	26
Swearing	3
Video Games	5
Lack of Sex Ed	12
Pornography	11
Rape/Assault/Abuse	8
Sexting	3
Sexual Harassment	3
Sexual Orientation	3
Sexually Transmitted Infections	0
Teen Pregnancy	1
Diversity	3
Climate Change	2
Friendship	1

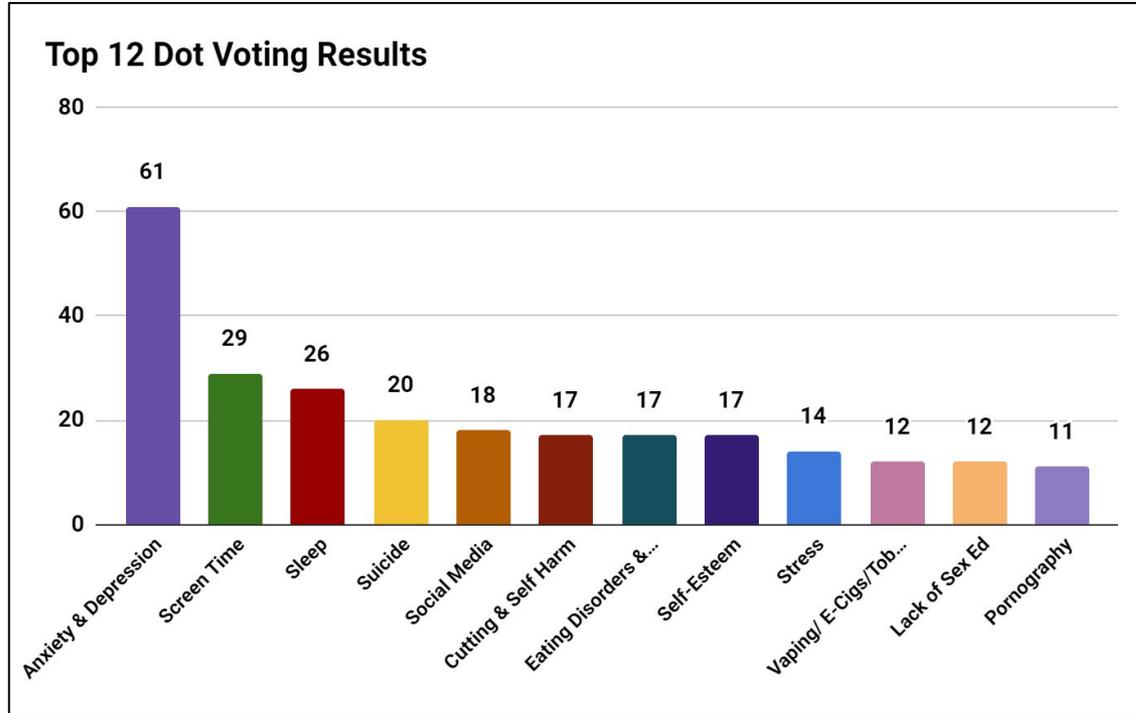
# Dot Voting Results



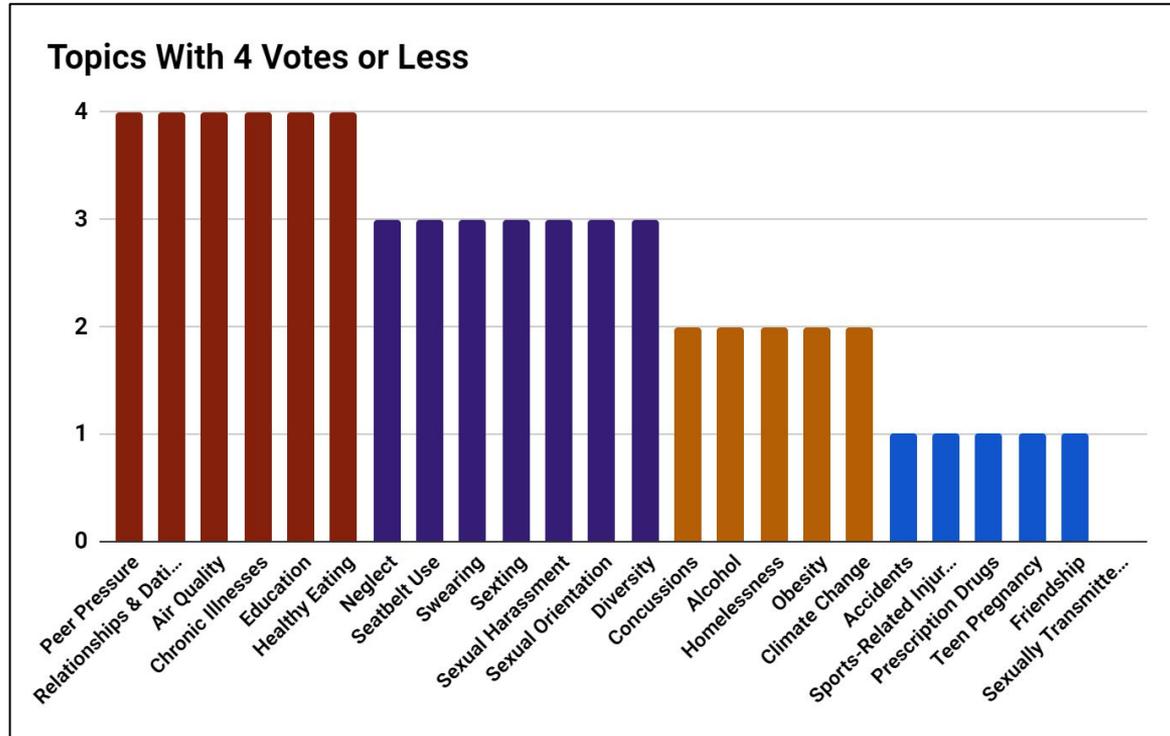
# Dot Voting Results



# Dot Voting Results



# Dot Voting Results



# Write-in Responses

- Diversity
- Climate Change
- Friendship

# Top 3 Youth Priorities Selected

- Anxiety & Depression
- Screen Time
- Sleep



# YOUth Matter Summit Small Group Discussions

# How can you influence these issues in your own home, school, and neighborhood?

- More education on gender identity
- Help other girls realize that we are more than “just a body” to a boy; teach girls that they have rights & are special
- Be supportive of others going through struggles
- Trying to get a calm room/ stress free zone in their school for students that are having a hard time or feel overwhelmed
- Talking to other people about their feelings either at home, adults at school, or friends instead of keeping all those feelings in and bottling them up
- Students sleeping too much and/or not enough

# How can you influence these issues in your own home, school, and neighborhood?

## Screen Time/Social Media

- Don't break completely from social media, but only follow the people that make you feel better about yourself. You don't have to follow everyone.
- Less time on social media & more time helping people or doing charity work
- Students talked about how big of a problem screen time is over all, as well as, for them personally and how that often affects their sleep because they are on their phone instead of sleeping
- At night students are lying in bed on their phones increasing their screen time and also decreasing the amount of time they sleep causing sleep deprivation
- On social media comparing your worst to others best

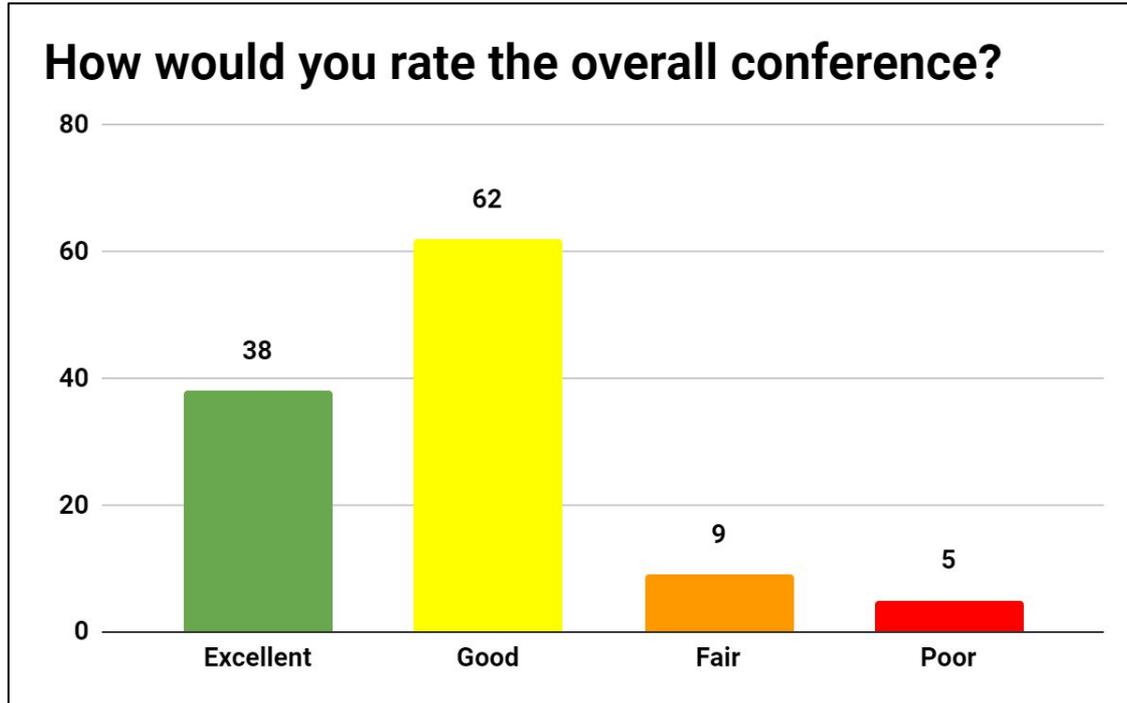
# What do you plan to do because of what you learned?

- Taking what they learned back to the clubs/organizations they are a part
- Do a skit in a school assembly about phone addiction, what we miss out on around us, connection between anxiety/depression & social media
- Put phone away & sleep
- Positivity week at school
- Focus on anxiety & relationships
- Better support for their peers
- Raise awareness that they are supportive of people who are suffering
- Be kind to families
- Share education about anxiety & pressure related to exposure to mature experiences/content through social media happening too early



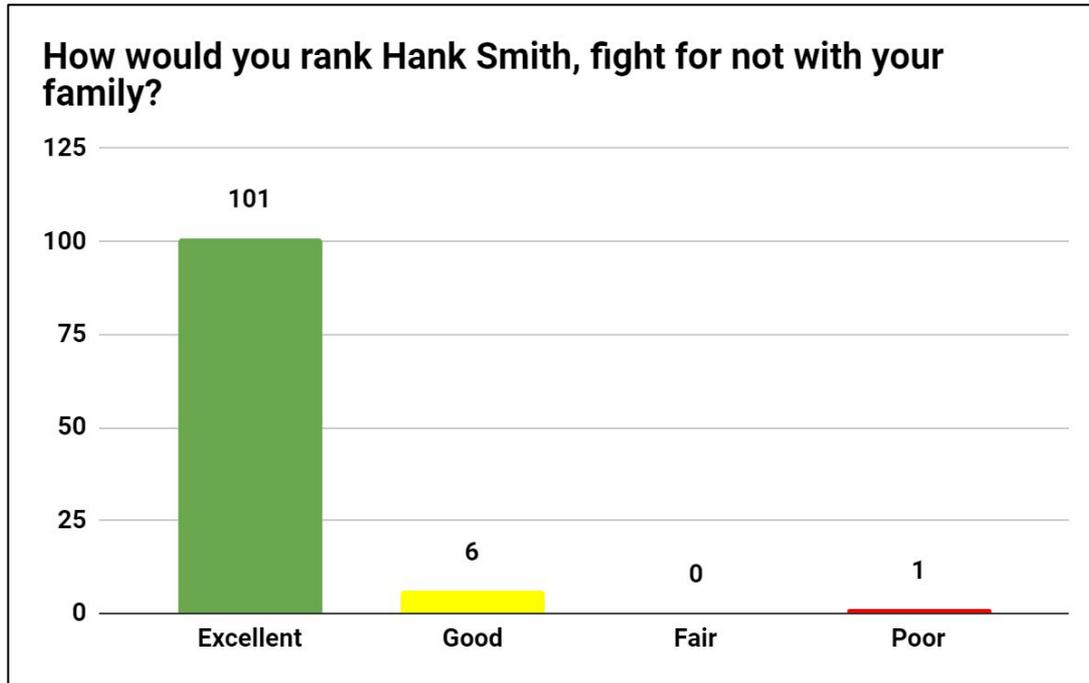
# YOUth Matter Summit Participant Evaluation

# How would you rate the overall conference?



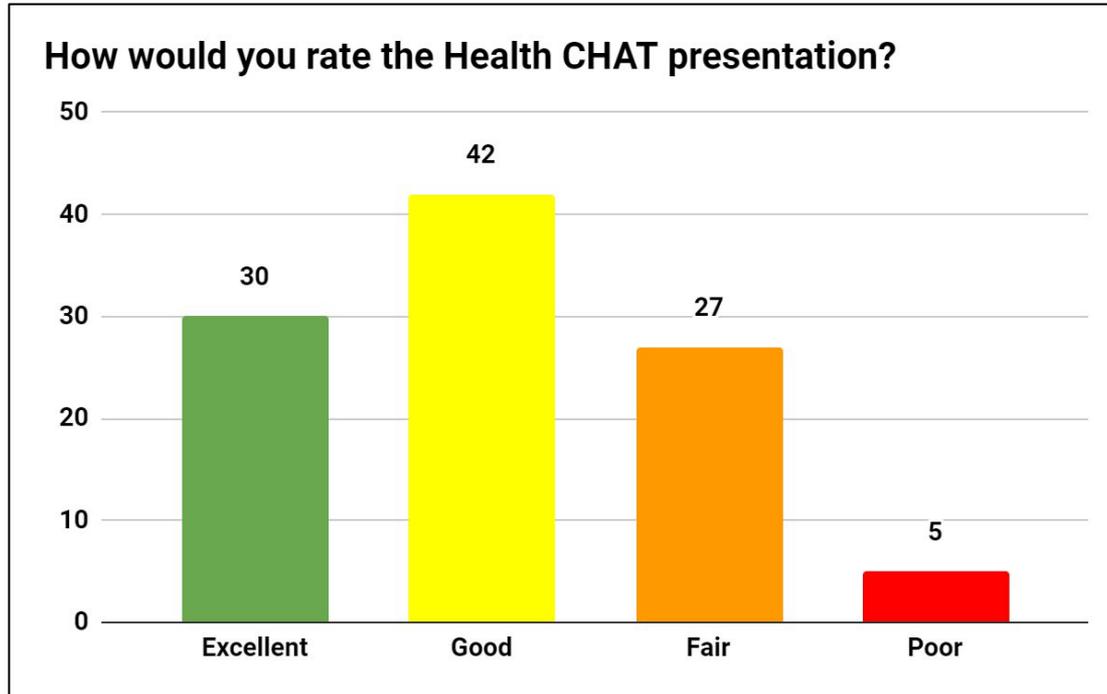
**114**  
**Responses**

# How would you rate Hank Smith, Fight For Not with Your Family?



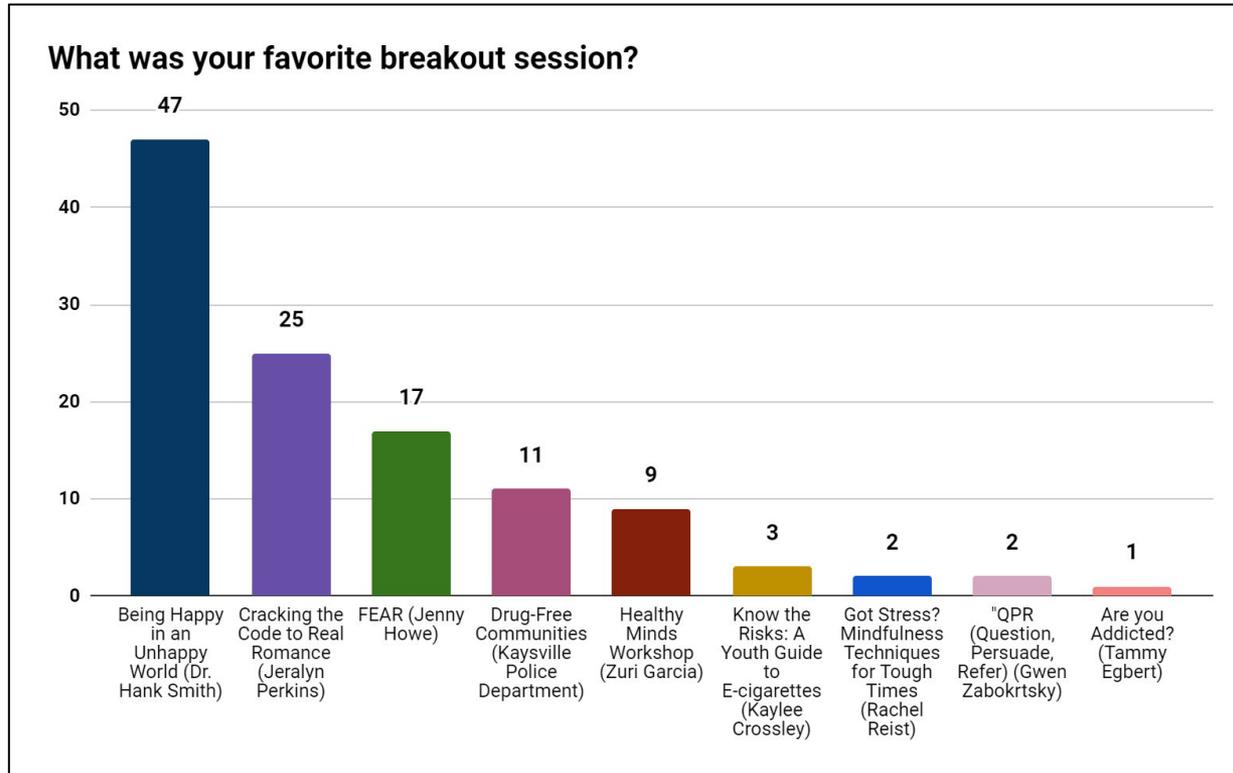
**108**  
**Responses**

# How would you rate the Health CHAT presentation?



**104**  
Responses

# What was your favorite breakout session?



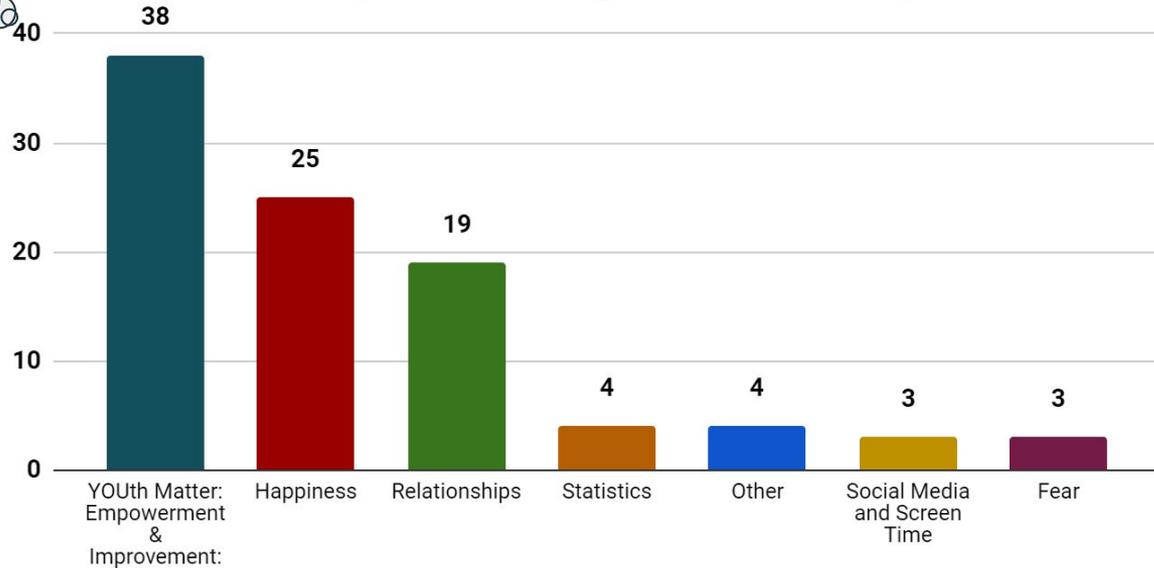
**117**  
Responses

# What is the most important message you received today?

A happy person isn't what they have, it's what they are

I am amazing and CAN make a difference

What was the most important message to received today?



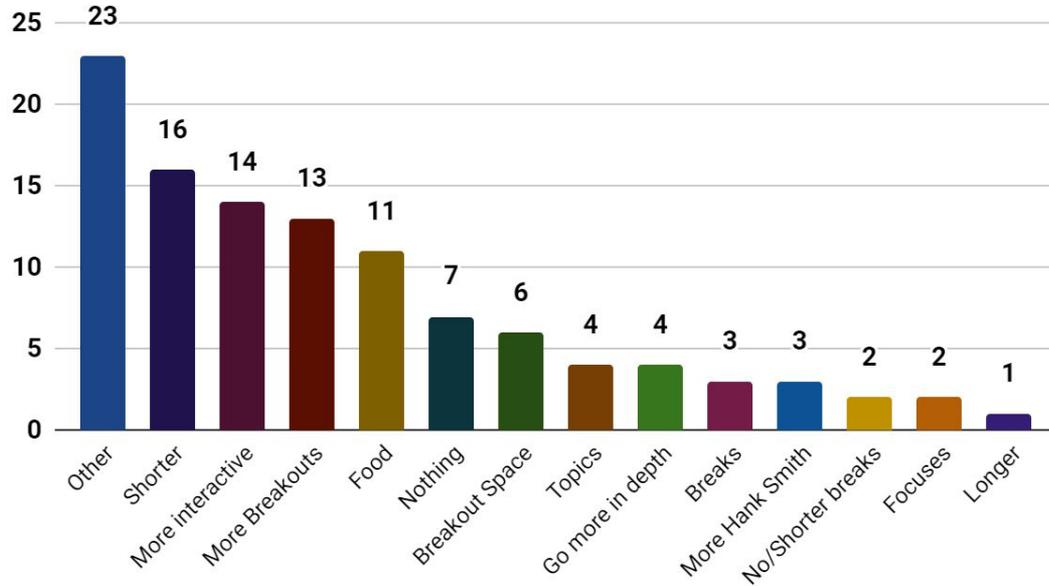
89 Responses

Family is the most important place to start to form relationships

# How can we improve this event next time?

102  
Responses

How can we improve this event for next time?



Better data, two groups to separate junior high and high school and to cover different issues within the age differences

I'd like it to be more interactive and a little bit longer, because it was fun

Have more shorter but more breakout sessions –there were so many I wanted to do.

You can improve by addressing the high social pressure in Utah