

2020 Youth Needs, Your Voice Survey



Spirit of Youth

1/6/2021

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Introduction to Survey

The Youth Needs, Your Voice Survey was developed for the purpose of better understanding the mental health needs and resources available to youth and young adults (ages 15-24; referred to as *youth* for remainder of report) in the Anchorage Municipality, especially in the face of concurrent social issues in 2020, such as the Covid-19 pandemic, social distancing and online education, and the institutional racism highlighted by George Floyd's arrest and death and the related protests across the country. The intent of the survey was for survey results to inform Spirit of Youth's direction of youth programming with specified Alaska Department of Health and Social Services grant funds.

The Youth Needs, Your Voice survey was an online survey available on the Survey Monkey platform, and the survey was disseminated via Spirit of Youth's partner networks and youth coalition as well as the organization's online presence throughout August 2020. Survey returns are reflective of these networks and the organization's online presence as the sample for the survey was not randomized due to time and resources constraints. The inclusion criteria for the survey were: 1) respondents who lived in Anchorage Municipality ZIP Codes, 2) respondents who met self-reported respondent categories (Teen – ages 15-17, Young Adults – ages 18-24, Adult – age 25+ with a youth in your household, and teacher or youth development provider who works with teens and young adults), and 3) respondents who responded to at least one survey question (excluding demographic questions). The survey had three sections of questions: demographics questions; questions about youth needs, services, and interest in opportunities; and questions about accessing information and resources.

This report presents an analysis of the Youth Needs, Your Voice Survey data and is organized into the following subsections: Demographics of Survey Respondents, Adult Survey Responses, and Youth and Young Adult Survey Responses. Appendices include adult and youth responses to the survey's final open-ended question, and a series of survey return graphs presenting the entirety of youth responses.

Demographics of Survey Respondents

A total of 109 survey returns were collected in SurveyMonkey. After the inclusion criteria were applied to survey returns, 76 of the returns met the inclusion criteria and were analyzed.

There was a total of eight adult survey returns. Of those eight surveys, all the respondents marked their race as white, and respondent numbers by gender identity was marked: four as female, two as male, and two as non-binary. Five of the respondents marked that they were “adult(s), age 25+ with a youth in (their) household” and the other three were “teacher(s) or youth development provider(s) who work with teens and young adults.”

There was a total of 68 youth survey returns. The youth demographics for race were as follows: 11 Hispanic/Latino, 36 White, 1 Black/African American, 9 Asian/Asian American, 2 American Indian/Alaska Native, and 13 marked more than one race. The youth demographics for gender identity were as follows: 3 non-binary, 48 female, 16 male, and 1 who preferred not to answer. Lastly, the youth demographics on age bands were as follows: 47 who were ages 15-17, 14 who were ages 18-19, and 7 who were ages 21-24.

Adult Survey Responses

Adult respondents were asked four survey questions, specific to youth needs and services; three of which were ranking questions, and one question that was open-ended. The ranking questions had 8 to 10 items to rank, and the following graphs display the top five ranked responses by adult respondents. Responses to the open-ended question are provided in Appendix B.

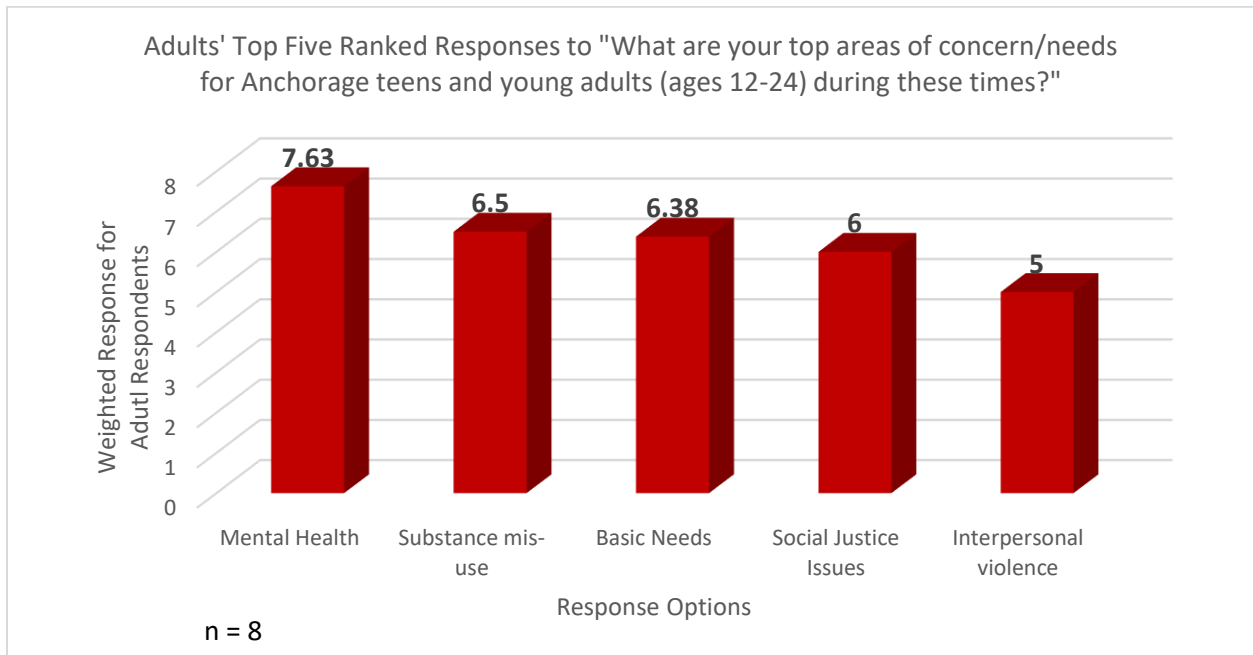


Figure 1: Adult's top five ranked responses to question "What are your top areas of concern/needs for Anchorage teens and young adults during these times?", n = 8

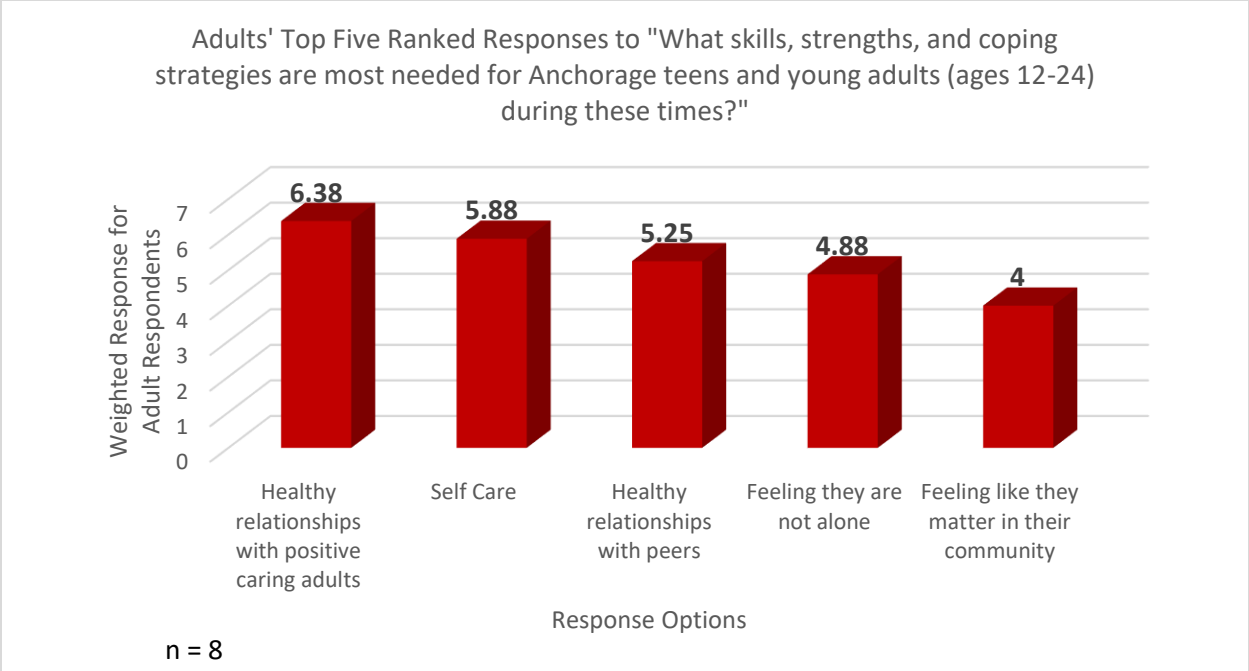


Figure 2: Adults' top five ranked responses to question "What skills, strengths, and coping strategies are most needed for Anchorage teens and young adults during these times?", n = 8

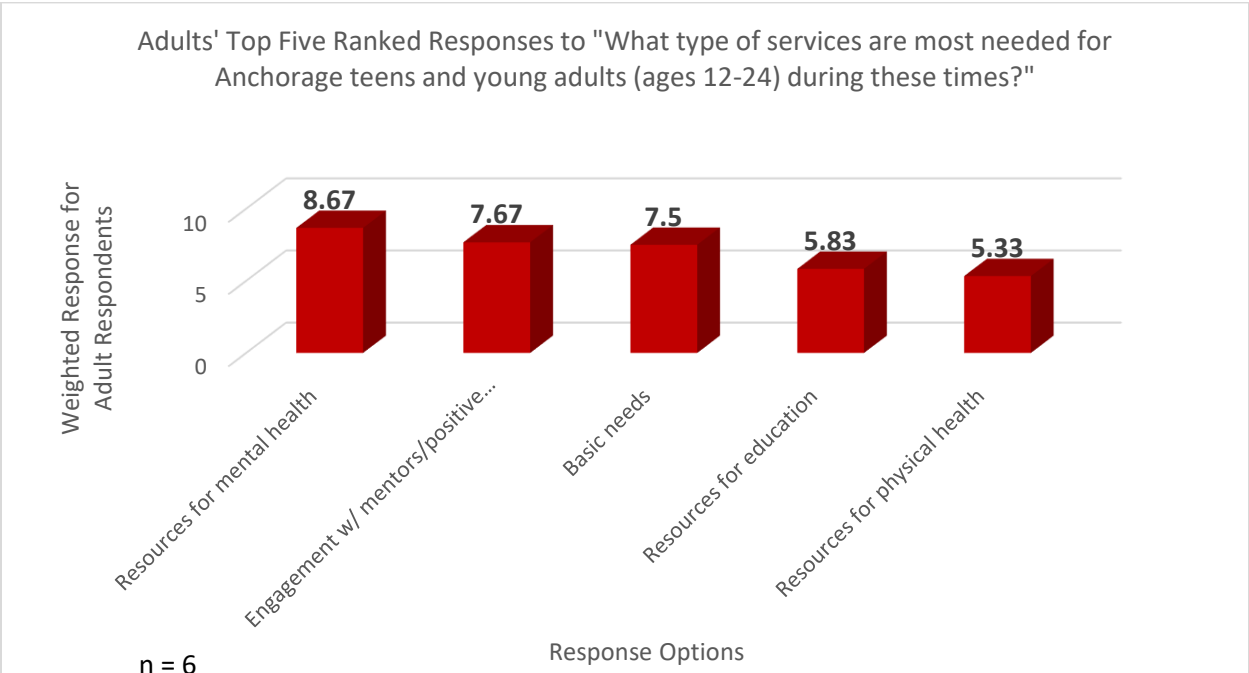


Figure 3: Adults' top five ranked responses to question "What type of services are most needed for Anchorage teens and young adults during these times?", n = 6

Youth Survey Responses

Youth respondents were asked 13 survey questions: six questions on the topic of youth needs, services, and interest in opportunities; six questions on the topic of youth access to information and resources; and one open-ended question about community awareness (responses provided in Appendix B). The first 12 questions were a series of ranking questions and multiple-choice categorical questions which are displayed in the following subsections.

Youth Responses to Questions about Youth Needs, Services, and Interest in Opportunities

The ranking questions had 8 to 10 response items to rank, and the following graphs display the top five ranked responses by youth respondents. Graphs of the first three questions (*Figures 4, 5, and 6*) of youth responses to all items for each question are provided in Appendix A.

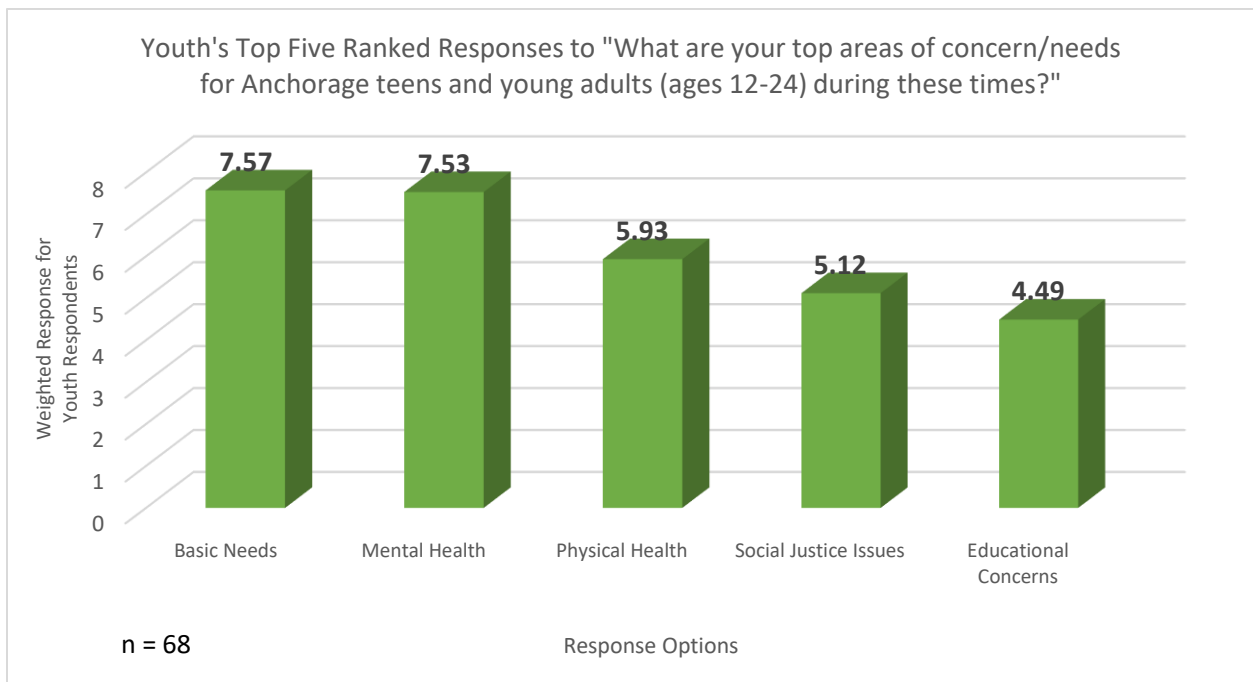


Figure 4: Youth's top five ranked responses to question "What are your top areas of concern/needs for Anchorage teens and young adults during these times?", n = 68

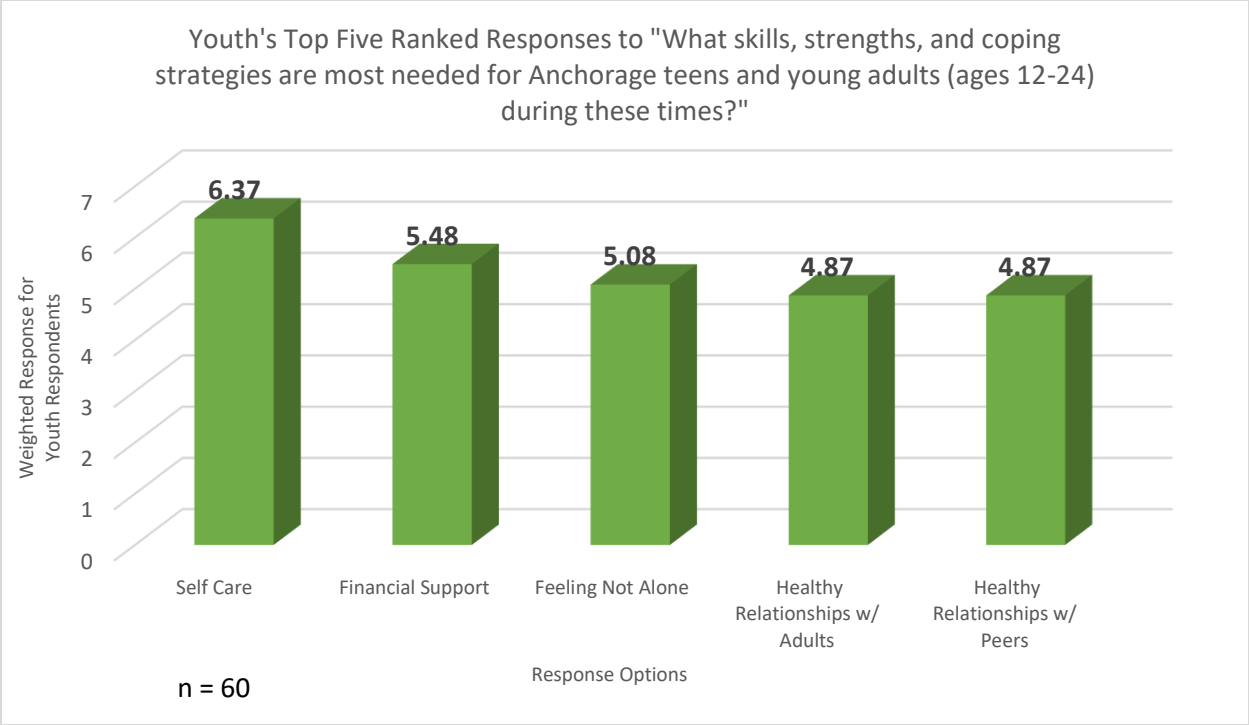


Figure 5: Youths' top five ranked responses to question "What skills, strengths, and coping strategies are most needed for Anchorage teens and young adults during these times?", n = 60

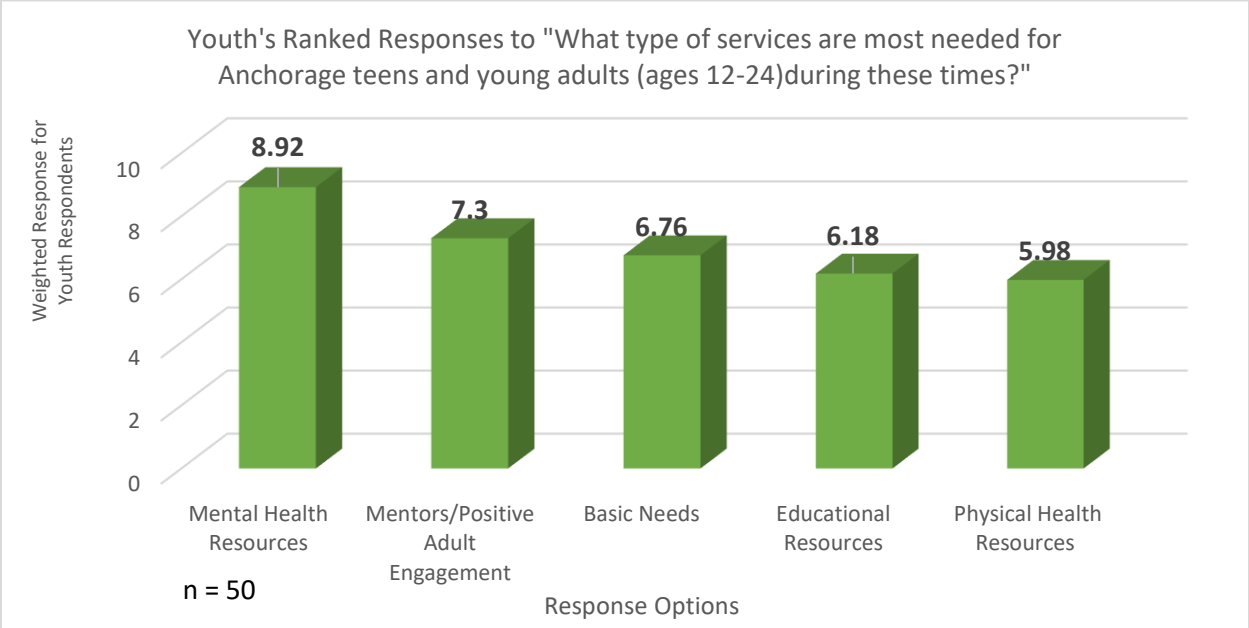


Figure 6: Youths' top five ranked responses to question "What type of services are most needed for Anchorage teens and young adults during these times?", n = 50

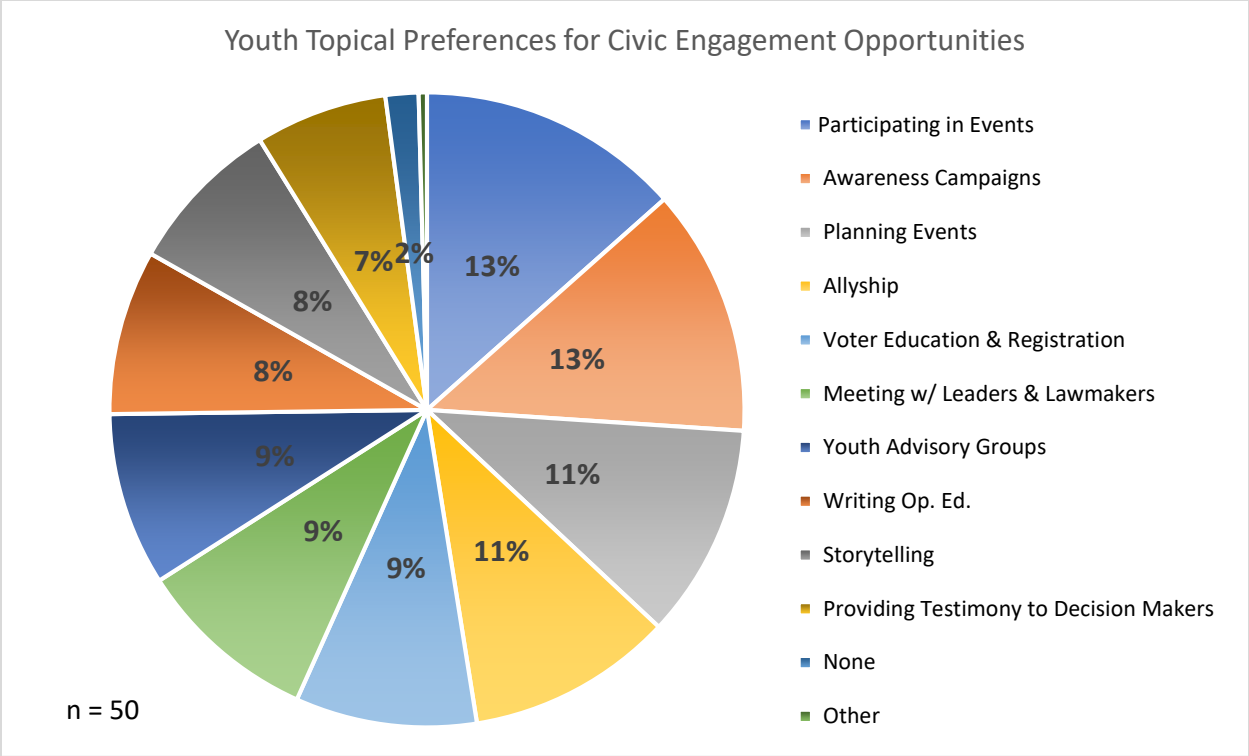


Figure 7: Youth topical preferences for civic engagement opportunities, n = 50

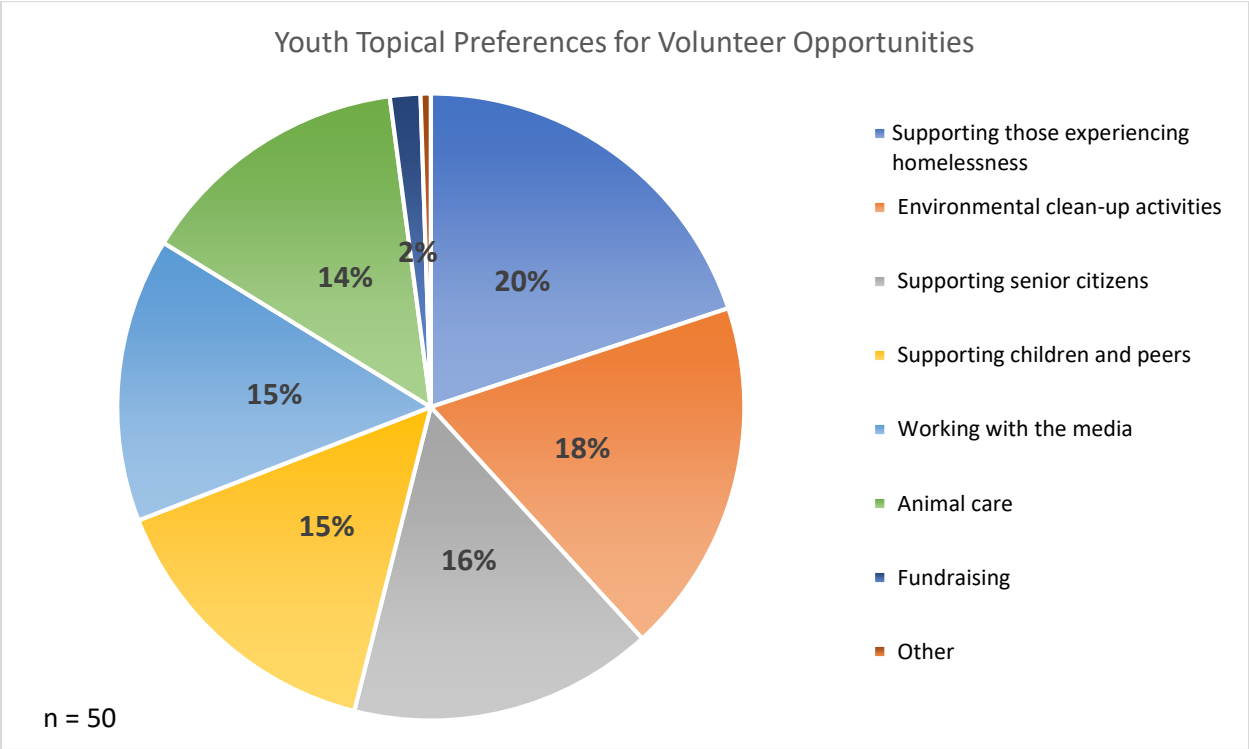


Figure 8: Youth topical preferences for volunteer opportunities, n = 50

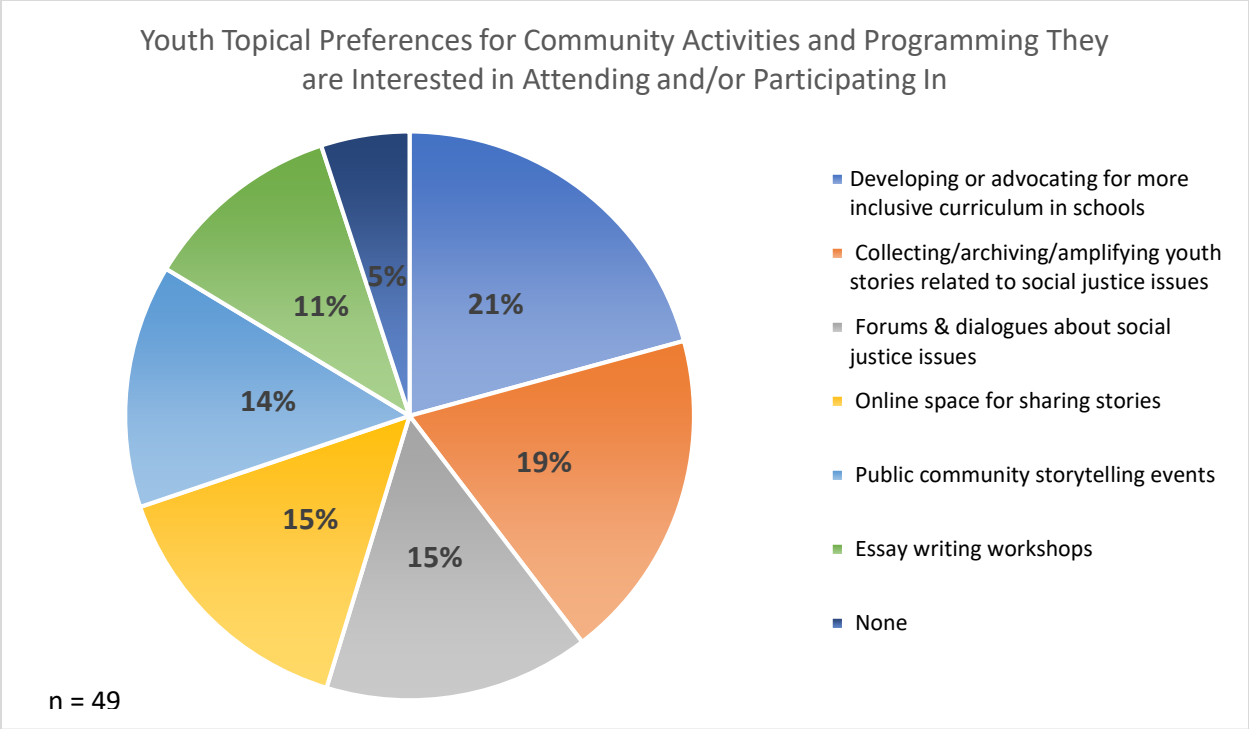


Figure 9: Youth topical preferences for community activities and programming, n = 49

Youth Responses to Questions about Accessing Information and Resources

There were six questions for youth to provide their preferences for accessing information and resources. The six questions were multiple-choice categorical questions, and the following graphs display the access preferences of youth respondents.

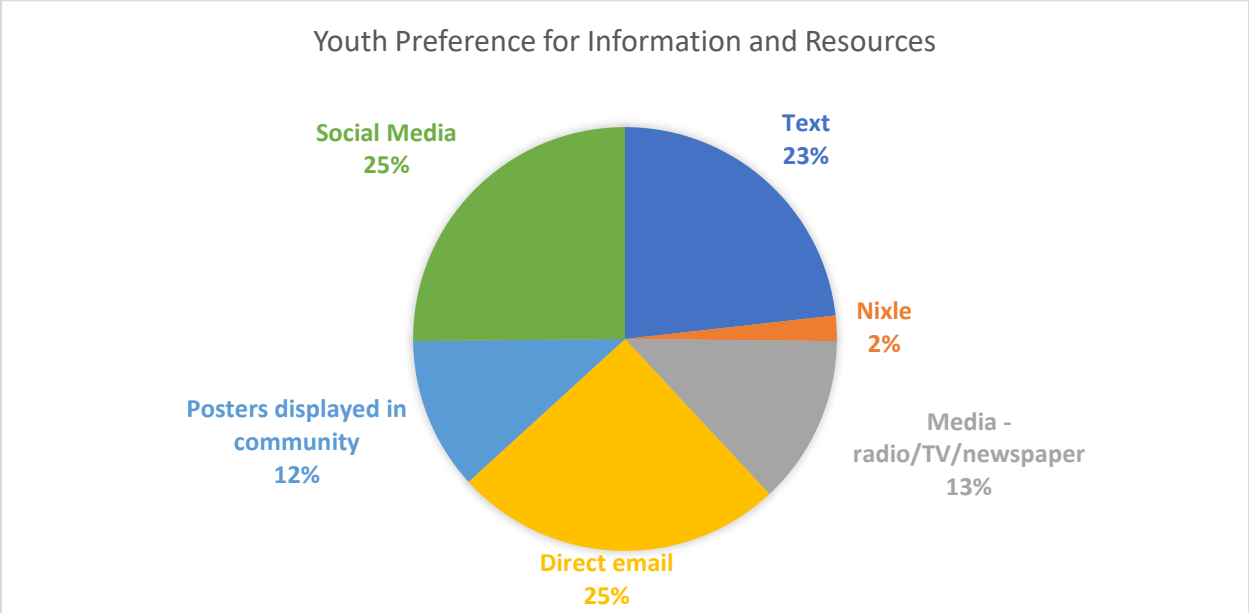


Figure 10: Youth responses to question "Where would you like information and resources to be available?", n = 48

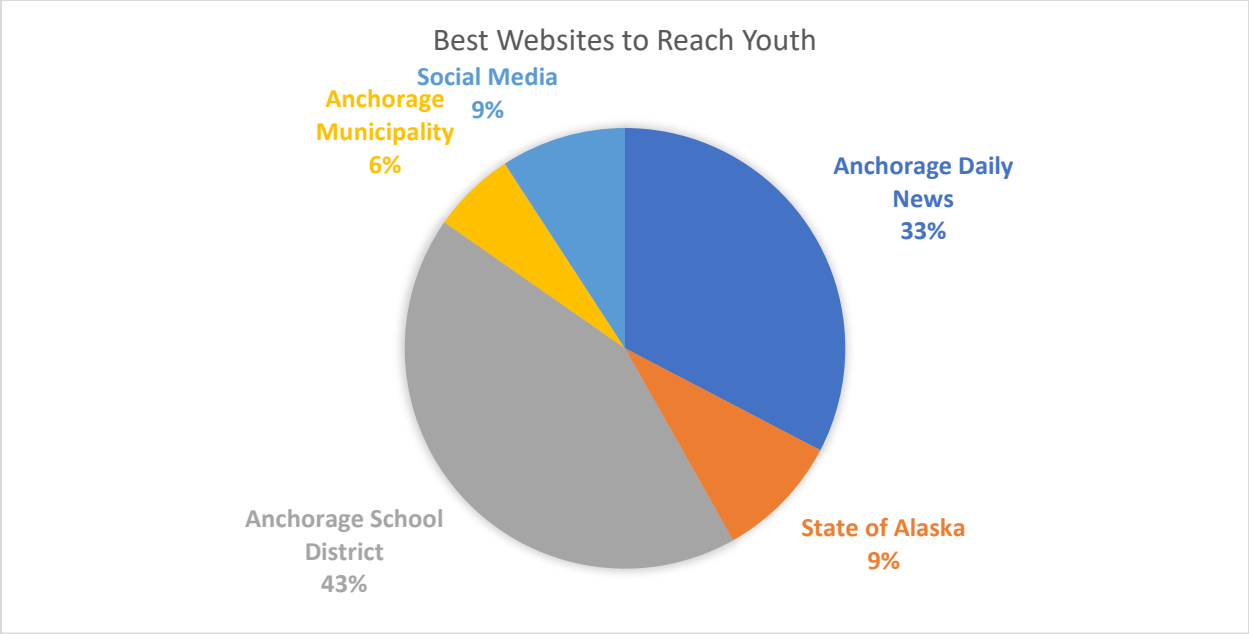


Figure 11: Youth responses to question "Please select the website information sources you think would be best to reach youth and young adults", n = 50

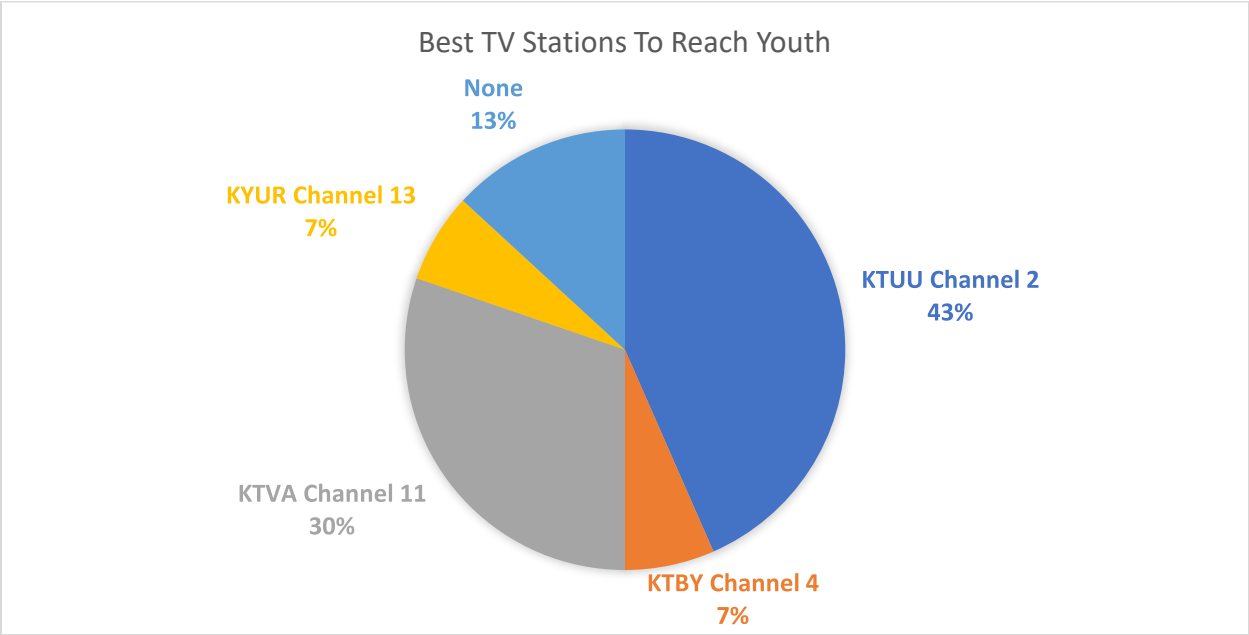


Figure 12: Youth responses to question "Please select the television information sources you think would be best to reach youth and young adults", n = 48

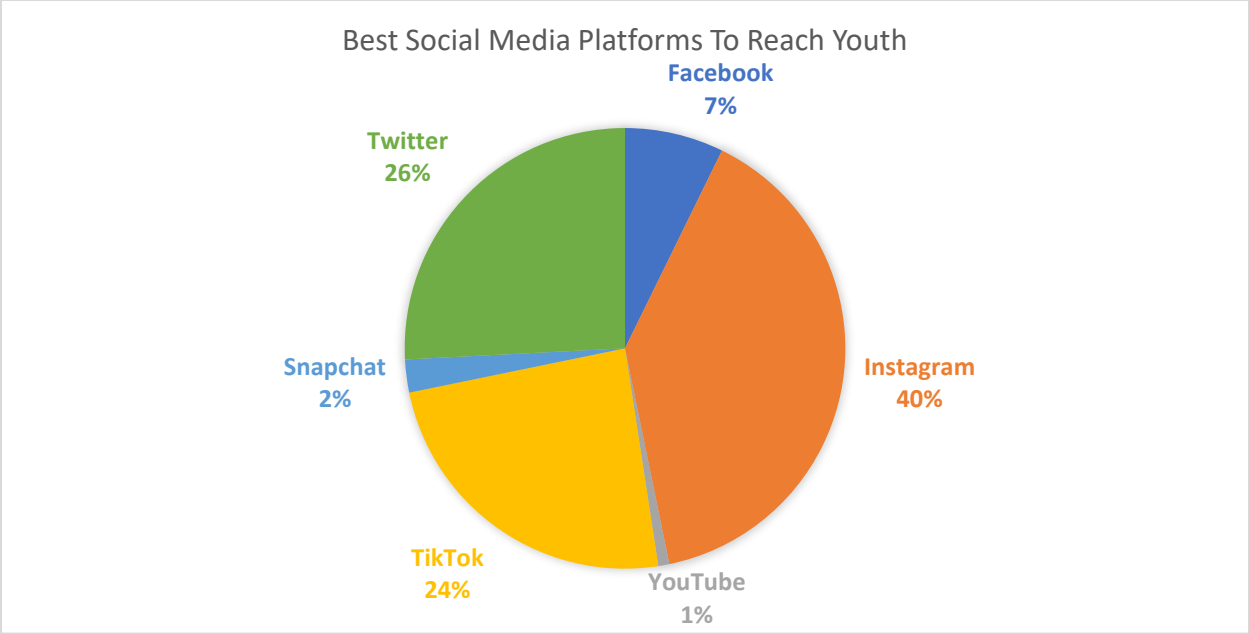


Figure 13: Youth responses to question "Please select the social media information sources you think would be best to reach youth and young adults", n = 50

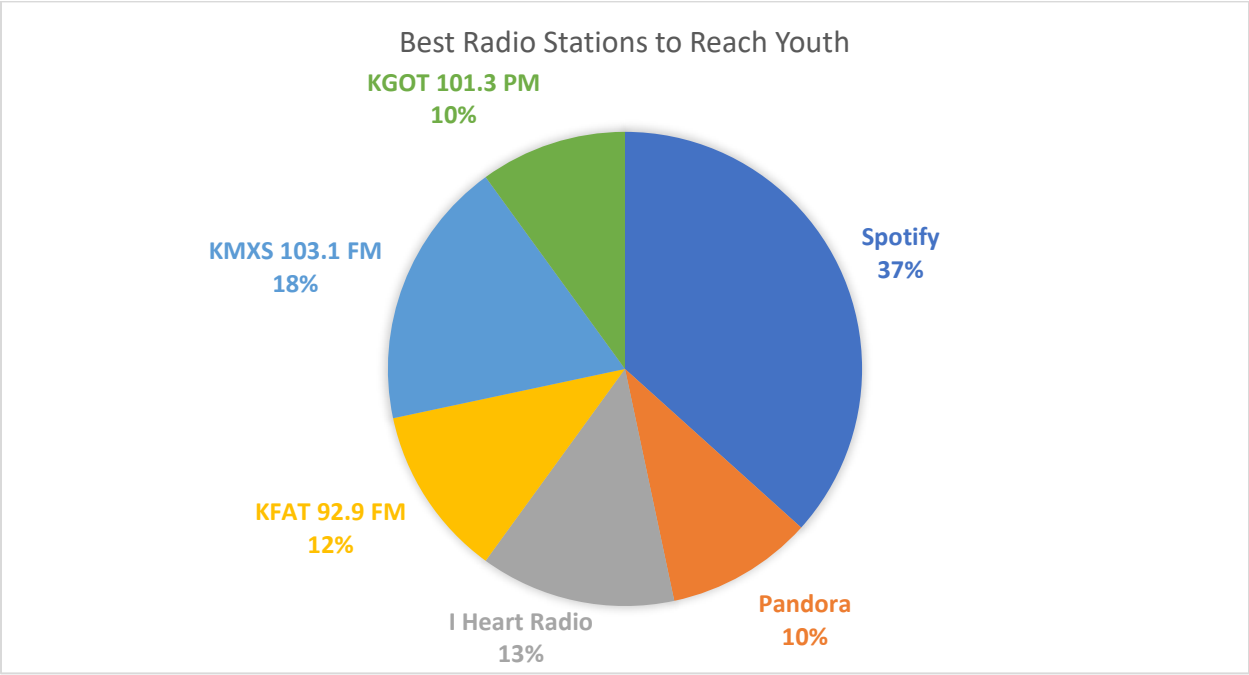


Figure 14: Youth responses to question "Please select radio information sources you think would be best to reach youth and young adults", n = 50

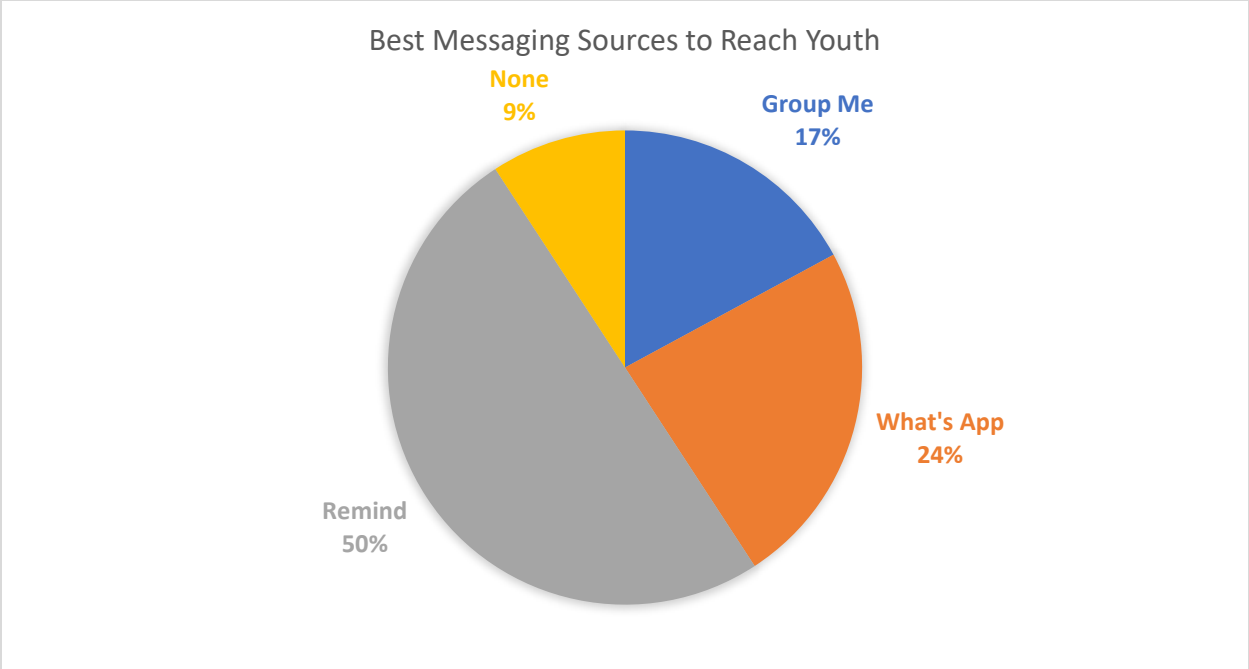
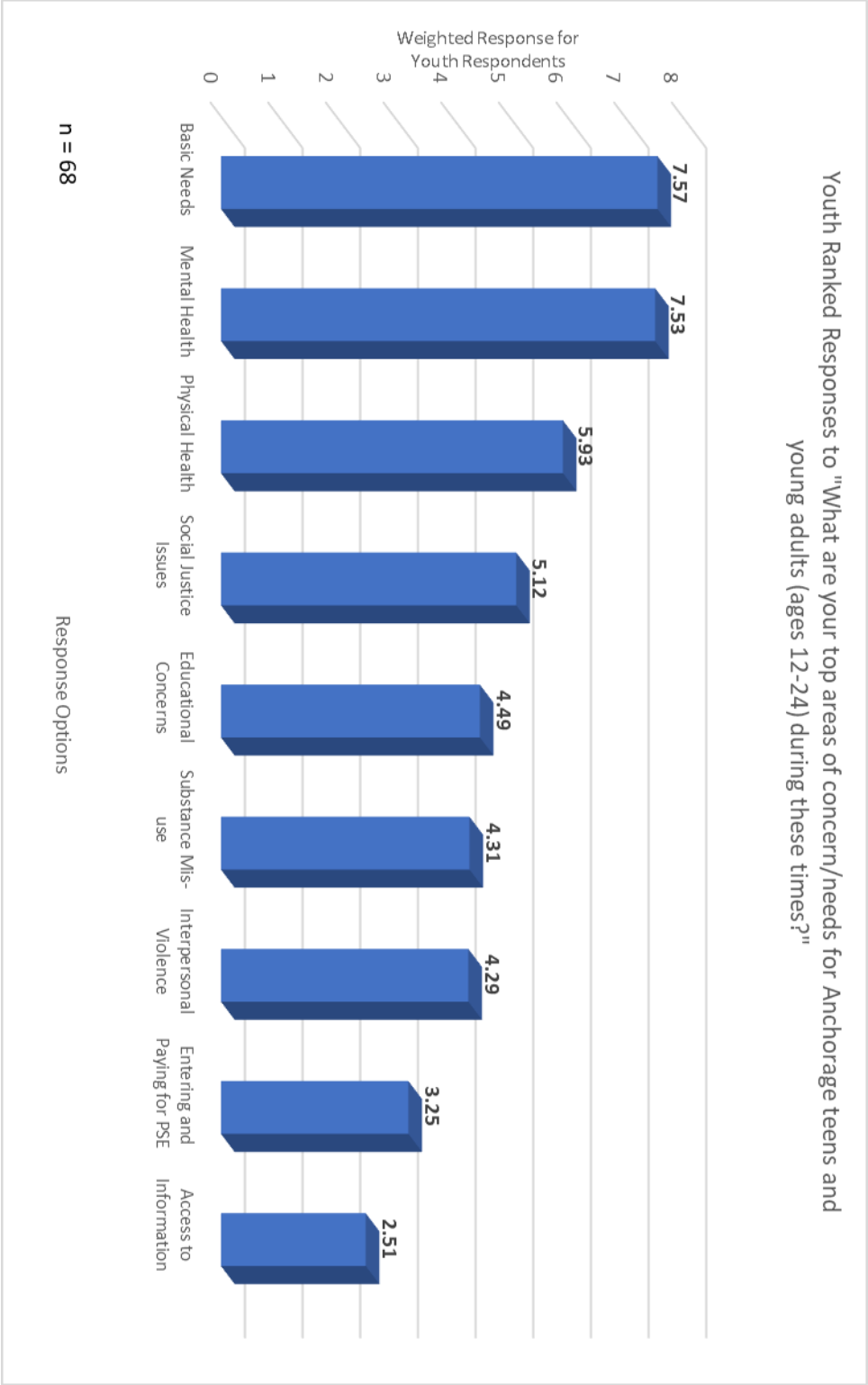
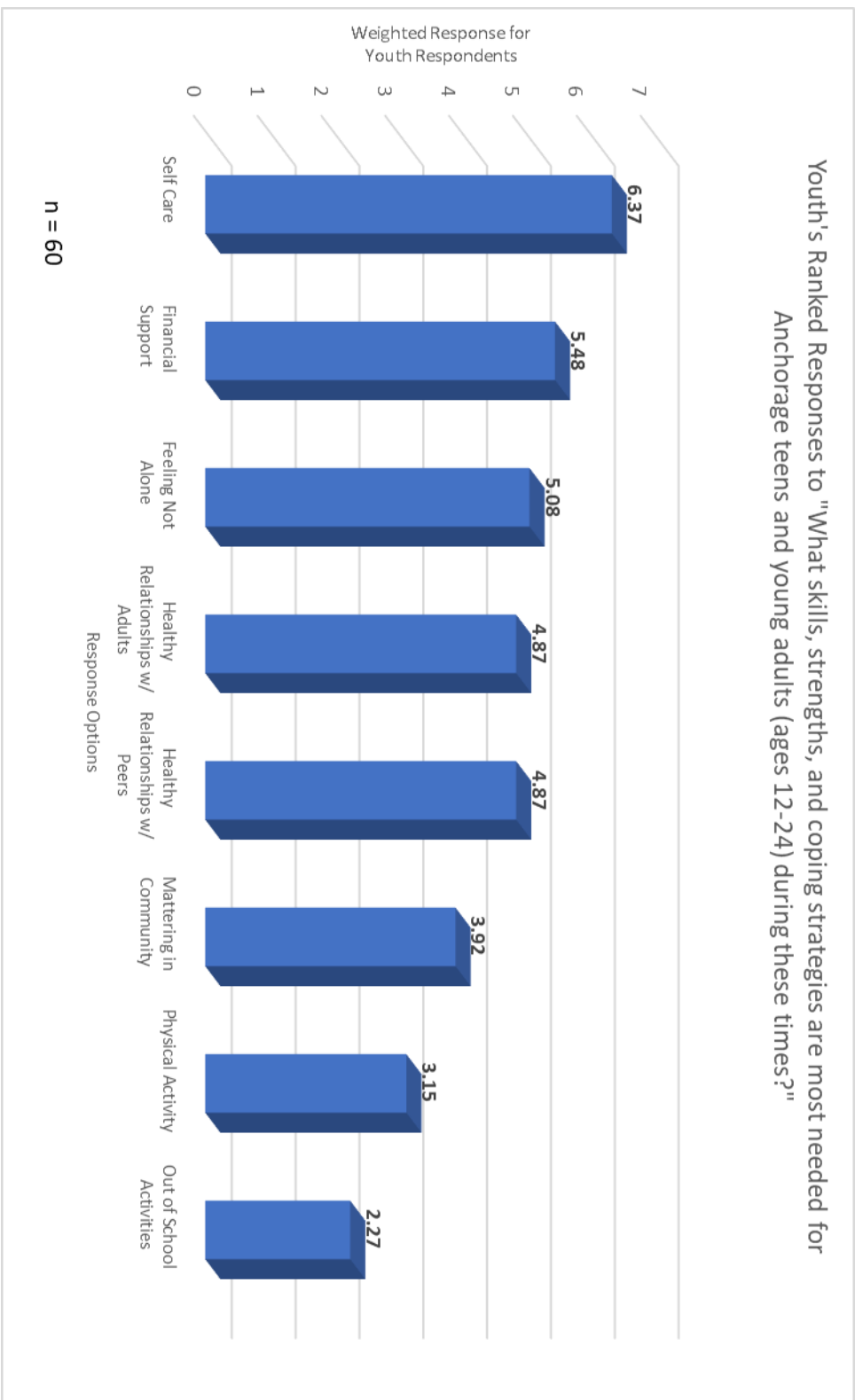


Figure 15: Youth responses to question "Please select the messaging information sources you think would be best to reach youth and young adults", n = 50

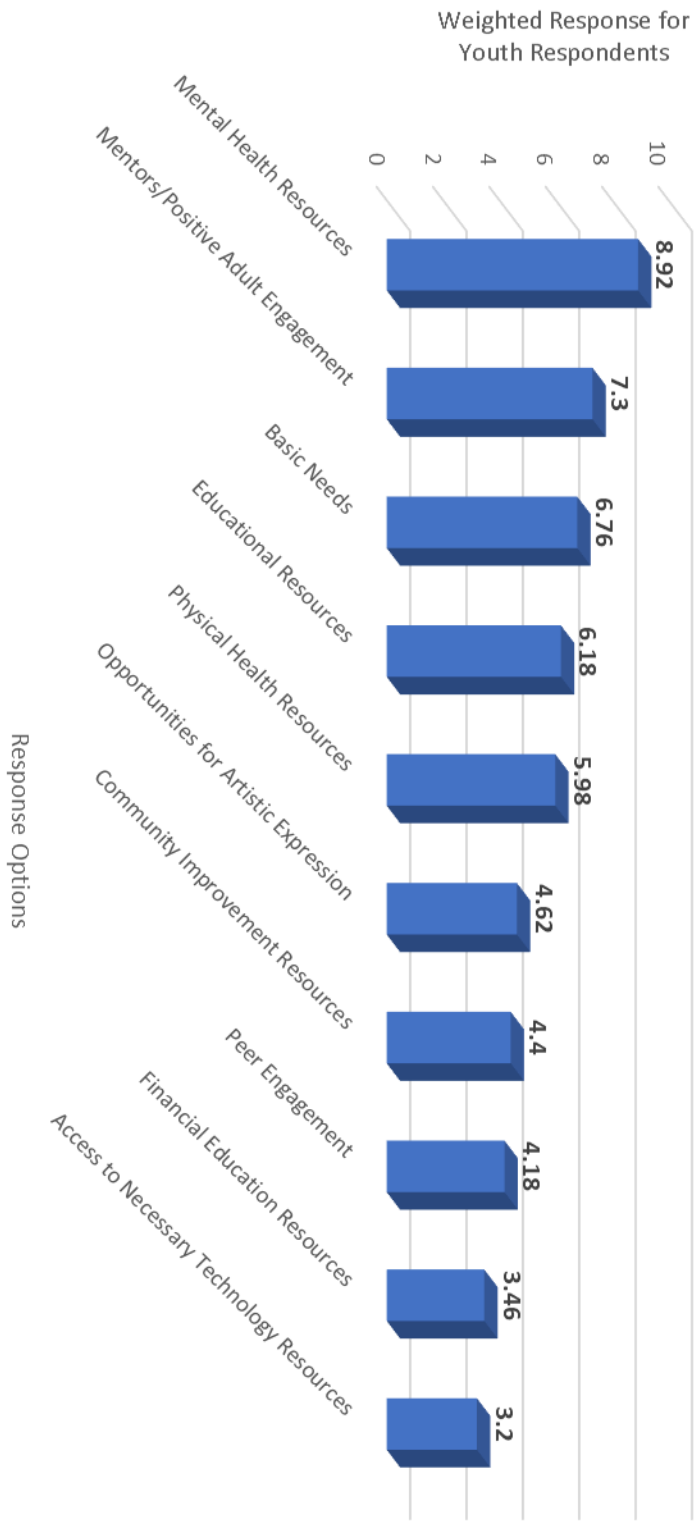
Appendix A: Graphs of Entire Youth Responses to Youth Services and Programming Needs Questions



Youth's Ranked Responses to "What skills, strengths, and coping strategies are most needed for Anchorage teens and young adults (ages 12-24) during these times?"



Youth's Ranked Responses to "What type of services are most needed for Anchorage teens and young adults (ages 12-24) during these times?"



n = 50

Appendix B: Youth and Adult Responses to Open-Ended Question

Responses that were inappropriate or did not answer the question, e.g., thanks, N/A, etc., were not included in this Appendix. Respondents are numbered by convention of “R#” and this numbering is simply for categorizing responses, not respondents.

Open-Ended Question: What else do you want community members to know about needs for teens and young adults during these times?

Adult Responses

R1: I think mental health is important

R2: They have their own opinions and voices. I would like to see them represented in decisions about their education and safety during these times-in the government meetings, school board meetings, and media.

R3: There are so many mental health issues that emerge in adolescence and with young adults that go unaddressed that would solve so many other issues.

R4: If basic needs are not meant like mental health services and substance abuse services - we will have a population of young adults without hope.

Youth Responses

R1: Getting information to them in streamlined, uniform fashion. For teens, it's not a lack of access to information. It's a lack of having a singular, organized way of getting that information.

R2: For people to take into account that there are teens who need to take care of younger siblings and not just themselves

R3: If basic needs are not meant like mental health services and substance abuse services - we will have a population of young adults without hope.

R4: we need to feel heard, especially by adults

R5: There are so many mental health issues that emerge in adolescence and with young adults that go unaddressed that would solve so many other issues

R6: mental health is really bad and financial literacy is nonexistent

R7: I want people to take teens and young adults seriously, and listen to us when we need help. This includes mental health especially with COVID-19, and raising awareness for world issues.

R8: We are scared but we are ready to fight and we need to be supported.

R9: Know that teens have passions and need an outlet and a voice to thrive.

R10: Instead of trying to make us advocates for your political/ social justice agenda give us the tools to improve our lives on our own. So we can get our own houses in order before we go out to try and fix the world

R11: It's important to emphasize that just because we are in quarantine doesn't mean we should throw away our responsibilities as peers, friends, students, members of our community--this is not an excuse to be lazy, but rather an opportunity to do more and build yourself up more. Ghosting is a serious issue

R12: mental health is super important!! And often overlooked specially in Latin/ Hispanic communities. This is something that is going to take a long time to change but it is worth talking about

R13: Teens want to be more involved and know that they are needed, whether that is volunteering or aiding organizations. Many teens feel like their voice does not matter, and I believe that mentality restricts valuable voices.

Appendix C: Youth Needs, Your Voice Survey Instrument

Survey Introduction Page

The purpose of this survey is to learn what the current greatest needs are for Anchorage teens and young adults. You will be asked questions about the concerns, coping strategies, and supports of teens and young adults in Anchorage. Individuals under the age of 25 will be asked to share how they want to participate in their community. They will also be asked to share how they would prefer to receive information and resources.

This survey is conducted on an anonymous and secure online platform that protects respondents' private information. Individual survey responses will be combined and examined as grouped responses to protect individuals' information and anonymity. The grouped survey responses will be used by youth serving organizations in the Spirit of Youth Coalition. The responses will be used to guide the youth organizations' planning for future teen and young adult programming.

This survey is voluntary. You can stop the survey at any time by closing your web browser. The survey is anonymous, and no one will be able to link your answers back to you. Please do not include any personal information that can identify you in your survey responses.

The survey takes about 10-20 minutes to complete.

Please contact Spirit of Youth at (907) 272-2875 or info@spiritofyouth.org for questions, comments, or concerns related to the survey.

* I am fifteen or older and have read the survey introduction above, agree to take this survey, and understand that I'll be answering questions about the perceived needs, concerns, coping strategies, and supports for Anchorage teens and young adults.¹

- Yes
- No

Survey Respondent Demographic Information Page

Please answer the following question about who you are. This information will be kept confidential.

What is your gender identity?

- *Dropdown list:* Female, Male, Non-binary/Non-conforming, Prefer Not to Answer

Are you Hispanic/Latino?

- Yes
- No

¹ If respondent marked 'No', the survey was ended.

Which race(s) best describe(s) you? Fill in all that apply:

- White
- Black or African American
- Hispanic or Latino
- Asian or Asian American
- American Indian or Alaska Native
- Native Hawaiian or other Pacific Islander
- Another Race (please specify)

*Which age group are you?

- *Dropdown list:* Age group 5-14, Age group 15-17, Age group 18-19, Age group 20-24, Age group 25-44, Age group 45-64, Age group 65 & Over

*What Zip Code in Alaska do you live in?

How many people live in your household including yourself?

*Based on your responses above, which description best fits who you are? ²

- Teens (ages 15-17)
- Young Adult (ages 18-24)
- Adult, age 25+ with a youth in your household
- Teacher or youth development provider who works with teens and young adults (ages 12-24)
- None of the above

Adult Series of Questions Section

*** What are your top areas of concern/needs for Anchorage teens and young adults (ages 12 - 24) during these times?**

Please rank the following in order of most needed, with 1 being the most needed and 9 being the least needed.

- ___ Basic needs (including employment, housing, access to food, safety)
- ___ Physical health (including COVID-19)
- ___ Mental health (including stress, anxiety, depression isolation, bullying)
- ___ Substance mis-use
- ___ Interpersonal violence
- ___ Social justice issues (e.g., civil discourse, advocacy and organizing, anti-racism, voter engagement, issues, and rights of BIPOC [Black, Indigenous, People of Color], issues and rights of LGBTQ, climate justice, and other issues)
- ___ Access to information normally found in schools through posters, bulletin boards, announcements (including media (identifying fake news) and financial literacy)
- ___ Educational concerns (including falling behind in school and access to testing support for SAT/ACT)
- ___ Educational concerns (including falling behind in school and access to testing support for SAT/ACT)

² If respondent marked Teen or Young Adult, survey continued to Youth Series of Questions; marks of Adult or Teacher/youth development provider led to Adult Series of Questions; and Marks of None of the Above ended the survey for respondent.

Optional follow-up question: If you would like to provide more specific or additional information about top areas of concerns/needs for teens and young adults, please do so here.

*** What skills, strengths, supports, and coping strategies are most needed for Anchorage teens and young adults (ages 12-24) during these times?**

Please rank the following in order of most needed, with 1 being the most needed and 8 being the least needed.

- Financial support
- Self care (e.g., healthy diet, getting enough sleep, positive self-talk, etc.)
- Healthy relationships with peers
- Healthy relationships with positive caring adults
- Feeling like they matter in their community
- Feeling they are not alone
- Out of school activities (e.g., clubs or youth groups)
- Physical activity

Optional follow-up question: If you would like to provide more specific or additional information about skills, strengths, and coping strategies most needed for teens and young adults, please do so here.

*** What type of services are most needed for Anchorage teens and young adults (ages 12-24) during these times?**

Please rank the following in order of most needed, with 1 being the most needed and 10 being the least needed.

- Basic needs (including employment, housing, access to food, safety)
- Engagement with peers
- Engagement with mentors/positive caring adults
- Opportunities for artistic expression
- Resources for education
- Resources for mental health (including tele-health)
- Resources for physical health (inc. tele-health)
- Resources for community improvement (including volunteer opportunities, civic engagement, civil discourse, advocacy and organizing, anti-racism, voter engagement, BIPOC [Black, Indigenous People of Color] issues and rights, LGBTQ, climate justice and more)
- Resources for financial education (financial aid for college/vocational school, financial literacy)
- Access to/resources for necessary technology (devices and connection)

Optional follow-up question: If you would like to provide more specific or additional information about needed services for teens and young adults, please do so here.

What else do you want community members to know about needs for teens and young adults during these times?

Youth Series of Questions Section

* What are your top areas of concern/needs for Anchorage teens and young adults (ages 12 - 24) during these times?

Please rank the following in order of most needed, with 1 being the most needed and 9 being the least needed.

- Basic needs (including employment, housing, access to food, safety)
- Physical health (including COVID-19)
- Mental health (including stress, anxiety, depression isolation, bullying)
- Substance mis-use
- Interpersonal violence
- Social justice issues (e.g., civil discourse, advocacy and organizing, anti-racism, voter engagement, issues, and rights of BIPOC [Black, Indigenous, People of Color], issues and rights of LGBTQ, climate justice, and other issues)
- Access to information normally found in schools through posters, bulletin boards, announcements (including media (identifying fake news) and financial literacy)
- Educational concerns (including falling behind in school and access to testing support for SAT/ACT)
- Educational concerns (including falling behind in school and access to testing support for SAT/ACT)

Optional follow-up question: If you would like to provide more specific or additional information about top areas of concerns/needs for teens and young adults, please do so here.

* What skills, strengths, supports, and coping strategies are most needed for Anchorage teens and young adults (ages 12-24) during these times?

Please rank the following in order of most needed, with 1 being the most needed and 8 being the least needed.

- Financial support
- Self care (e.g., healthy diet, getting enough sleep, positive self-talk, etc.)
- Healthy relationships with peers
- Healthy relationships with positive caring adults
- Feeling like they matter in their community
- Feeling they are not alone
- Out of school activities (e.g., clubs or youth groups)
- Physical activity

Optional follow-up question: If you would like to provide more specific or additional information about skills, strengths, and coping strategies most needed for teens and young adults, please do so here.

* What type of services are most needed for Anchorage teens and young adults (ages 12-24) during these times?

Please rank the following in order of most needed, with 1 being the most needed and 10 being the least needed.

- Basic needs (including employment, housing, access to food, safety)
- Engagement with peers
- Engagement with mentors/positive caring adults
- Opportunities for artistic expression
- Resources for education
- Resources for mental health (including tele-health)

- ___ Resources for physical health (inc. tele-health)
- ___ Resources for community improvement (including volunteer opportunities, civic engagement, civil discourse, advocacy and organizing, anti-racism, voter engagement, BIPOC [Black, Indigenous People of Color] issues and rights, LGBTQ, climate justice and more)
- ___ Resources for financial education (financial aid for college/vocational school, financial literacy)
- ___ Access to/resources for necessary technology (devices and connection)

Optional follow-up question: If you would like to provide more specific or additional information about needed services for teens and young adults, please do so here.

What type of civic engagement opportunities are you interested in? Check all that apply.

- Participating in events (e.g., community gatherings, protests, rallies, information fairs)
- Planning events (e.g., community gatherings, protests, rallies, information fairs)
- Youth advisory groups
- Voter education/voter registration
- Writing opinion editorials
- Providing testimony to decision makers
- Awareness campaigns
- Meeting with leaders/lawmakers
- Storytelling (including podcasting)
- Allyship
- Other (please specify in the comment box below)
- None

Optional. If you would like to provide more specific information to your responses for this question, please do so here.

What type of volunteer opportunities are you interested in? Check all that apply.

- Supporting those experiencing homelessness
- Environmental clean-up activities
- Supporting senior citizens
- Supporting children and peers (mentoring, tutoring, volunteer childcare)
- Working with the media
- Animal care
- Fundraising
- Other (please specify in the comment box below)
- None

Optional. If you would like to provide more specific information to your responses for this question, please do so here.

What community activities and programming opportunities for teens and young adults would you be interested in attending and/or participating in? Check all that apply.

- Online space for sharing stories with other youth and young adults
- Public community storytelling events
- Forums and dialogues about social justice issues
- Essay writing workshops
- Developing or advocating for more inclusive curriculum in schools
- Collecting, archiving and or amplifying youth stories related to social justice issues
- Other (please specify in comment box below)
- None

Optional. If you would like to provide more specific information to your responses for this question, please do so here.

Where would you like information and resources to be available? Check all that apply.

- Text
- Direct email
- Email to parent(s)/guardian(s)
- Nixle
- Posters displayed in the community
- Social Media
- Media - i.e., radio, television, newspaper
- None
- Other (please specify)

Please select the website information sources you think would be best to reach youth and young adults

- Anchorage Daily News - Website
- Anchorage School District
- Anchorage Municipality
- State of Alaska
- None
- Other (please specify)

Please select the television information sources you think would be best to reach youth and young adults

- KTUU Channel 2
- KTBV Channel 4
- KAKM Channel 7
- KTVA Channel 11
- KYUR Channel 13
- None
- Other (please specify)

Please select the radio information sources you think would be best to reach youth and young adults

- Spotify
- Pandora
- I Heart Radio
- KAFC 93.7 FM
- KAKL 88.5 FM
- KASH 107.5
- KBBO 92.1 FM

- KBFX 100.5 FM
- KBRJ 104.1 FM
- KTMB 102.1 FM
- KFAT 92.9 FM
- KMXS 103.1 FM
- KNBA 90.3 FM
- KOOL 97.3 FM
- KRUA 88.1 FM
- KSKA 91.1 FM
- KWHL 106.5 FM
- KZND 94.7 FM
- KGOT 101.3
- None
- Other (please specify)

Please select the social media information sources you think would be best to reach youth and young adults

- Facebook
- Instagram
- Tik Tok
- Twitter
- None
- Other (please specify)

Please select the messaging information sources you think would be best to reach youth and young adults

- Group Me
- What's App
- Remind
- None
- Other (please specify)

What else do you want community members to know about needs for teens and young adults during these times?