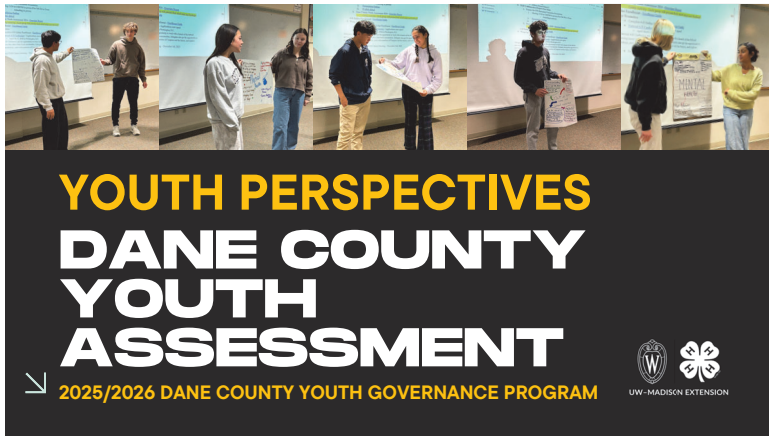




The Youth Governance Program (YGP) allows high school students to participate in the government, where they can gain a perspective on community issues and develop their leadership skills.

We analyzed the Dane County Youth Assessment (DCYA) to see trends we believe adults need to understand, along with presenting ideas for improving the youth's well-being. We are explaining what the data means from a youth perspective.

Having youth review the DCYA gives us a perspective on how we can better improve or develop youth programs.

The purpose of this presentation is to share what we learned from the Dane County Youth Assessment, explain the trends we believe adults need to understand, and offer ideas for improving youth well-being.



WHY WE DECIDED TO LOOK AT THIS DATA

- The DCYA shows what young people across Dane County are experiencing.
- We wanted to understand what issues matter most to youth like us.
- The data helps us see patterns affecting mental health, safety, school experiences, and overall well-being.
- We wanted to bring youth voices into conversations where decisions are made.
- Looking at the data helps us identify what is working and what needs to change.
- This process also helps us explore ideas for our YGP group project.
- Reviewing the data gives us a stronger understanding of youth experiences, which helps us advocate more effectively in the committees where we serve as youth representatives.



THEMES WE EXPLORED:

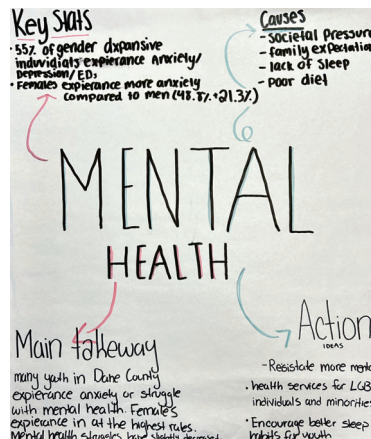
01 YOUTH MENTAL HEALTH	02 PHYSICAL HEALTH	03 ALCOHOL AND DRUG USE	04 FAMILY AND HOME LIFE	05 OUT-OF-SCHOOL TIME
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01 YOUTH MENTAL HEALTH

SOHA & SOPHIA

Societal pressure, family expectations, lack of sleep, and bad diets are the leading causes of poor mental health. Individuals a part of the LGBTQ IA+ community are at a higher risk of experiencing mental health issues such as anxiety, eating disorders, and depression.

YGP DANE COUNTY YOUTH ASSESSMENT PRESENTATION

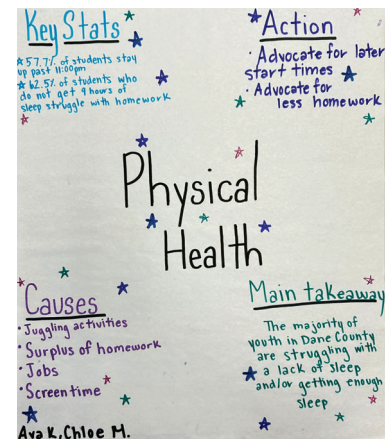


02 PHYSICAL HEALTH

AVA & CHLOE

- Sleep is the biggest problem in physical health.
- The majority of youth in Dane County are struggling with a lack of sleep and/or getting enough sleep.
 - 57.7% of students stay up past 11:00 pm
 - 62.5% of students who do not get 9 hours of sleep struggle with homework.
- Advocate for later start times and less homework
 - Teens' circadian rhythms differ from adults.

YGP DANE COUNTY YOUTH ASSESSMENT PRESENTATION

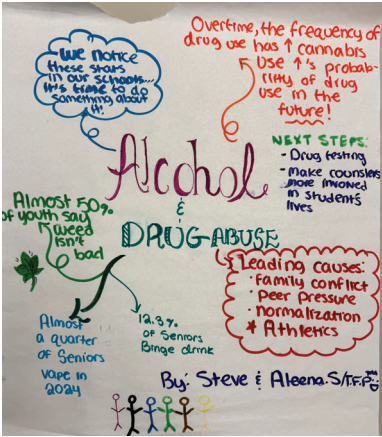


03 ALCOHOL & DRUG USE

ALEENA & STEVE

- Students are increasingly normalizing drug use, especially cannabis and vaping.
- Nearly half of Youth believe weed isn't harmful, and 1 in 4 seniors vape in 2024.
- One action: Increase counselor presence and peer-support programs to give students earlier guidance and healthier alternatives.

YGP DANE COUNTY YOUTH ASSESSMENT PRESENTATION

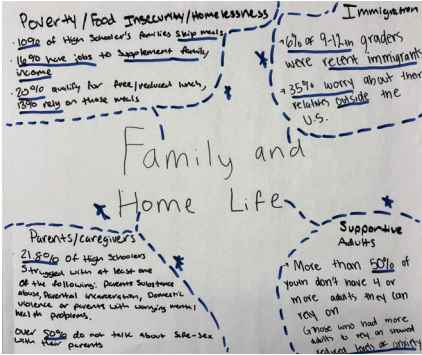


04 FAMILY & HOME LIFE

GRANT & ISHAAN

- There were many shocking statistics, numbers were much higher than expected.
- Lots of worries/problems not publicly discussed.
- We think a good first step towards addressing poor home and family life is raising awareness, as a lot of those numbers were significantly higher than we had expected.
- 10% of High Schoolers skip meals due to poverty
- 22% face serious problems outside of school.

YGP DANE COUNTY YOUTH ASSESSMENT PRESENTATION

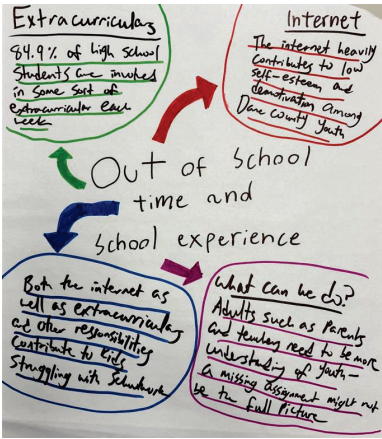


05 OUT OF SCHOOL TIME & SCHOOL EXPERIENCE

ALEX K & ALEX Y

- A combination of internet usage and extracurriculars take away from time that many students could otherwise use for homework.
- 89.4% of high school students are involved in some sort of extracurricular every week. 57.5% of high school students said they have too much responsibilities to do homework.
- 51.9% of high school students lose motivation to do other things because of the internet.
- Teachers: please give more time for homework assignments or classwork. Parents: please be understanding that your child has a lot on their plate.

YGP DANE COUNTY YOUTH ASSESSMENT PRESENTATION



YGP DANE COUNTY YOUTH ASSESSMENT PRESENTATION

- Some recurring themes include needing more accessible resources and having more adult support.
- We were surprised to learn that statistics for many issues, such as drug abuse and physical health, were much higher than expected. This data showed us the urgency of these issues and the impact they have on students across Dane County.
- Allowing youth to analyze this data conveys the data in a relative standpoint and involves us in decisions that could impact us.
- Identifying issues that youth in Dane County currently face and raising awareness about them are the first steps to tackling these issues.
- Regardless of the challenges that youth face in our County, there is action that we take!

THANK YOU!

WE APPRECIATE THE OPPORTUNITY TO SHARE YOUTH PERSPECTIVES.

2025/2026 DANE COUNTY YOUTH GOVERNANCE PROGRAM