What Youth Are Saying About MENTAL HEALTH
PAYS 2021 Data

What is PAYS?
The Pennsylvania Youth Survey (PAYS) is a student survey administered in odd-numbered years (e.g. 2017, 2019, 2021) to youth in 6th, 8th, 10th, and 12th grades in participating schools throughout the state. The questions asked in the survey cover many types of attitudes, knowledge, behaviors, and experiences.

DASD Youth Reported They:

Felt depressed or sad MOST days in the past 12 months.

At times, think that they are no good at all.

Approximately one out of five adolescents has a diagnosable mental health disorder, and nearly one third show symptoms of depression. Effective treatments for mental health disorders, especially if they begin soon after symptoms appear, can help reduce its impact on an adolescent’s life.

Warning Signs:

Social Withdrawal
Major Change in Sleeping Habits
Persistent irritability or anger
Major Change in Eating Habits
DASD Youth Reported:

Of students that reported being bullied through texting/social media in the past year, 59% felt so sad or hopeless almost every day for at least 2 weeks in the past year that they stopped doing usual activities.

Of students that reported skipping school due to bullying fears in the past year, 76.5% reported they felt so sad or hopeless almost every day for at least 2 weeks in the past year that they stopped doing usual activities.

“Resilient” adolescents are those who have managed to cope effectively, even in the face of stress and other difficult circumstances, and are poised to enter adulthood with a good chance of positive mental health.

Effective Coping Strategies:

- Regular Exercise
- Asking for Help
- Caring Relationships
- Positive Self Talk
- Listening to Music

Learn more about youth mental health on our website (www.dtownctc.org - scan QR) & follow us on social media:

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CTC is funded in part by the Chester County Department of Drug & Alcohol Services.