

NASEM REPORT

November 2, 2018

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INTRODUCTION

Two open-ended polls were administered to the MyVoice national cohort on behalf of the National Academies of Sciences, Engineering, and Medicine (NASEM) committee on the Neurobiological and Socio-behavioral Science of Adolescent Development and Its Applications. The purpose of these polls was to inform the committee's understanding of youth today including their own perceptions of adolescence as a developmental period and their neighborhood and community conditions. Both polls were developed in collaboration with the NASEM Staff and have undergone rigorous pilot testing with youth and experts in youth-centered text message survey design.

BRIEF DESCRIPTION OF METHODOLOGY

Data were collected via MyVoice, a national mixed methods text message poll of youth age 14-24 years. Targeted recruitment was performed via Facebook and Instagram to meet national benchmarks based on weighted samples from the 2016 American Community Survey. Informed consent/assent and demographic data were also gathered from participants through an online survey including age, gender, race, ethnicity, level of education, qualification of free or reduced lunch, and region of the country. Further details on the MyVoice study protocol have been previously described and can be found in DeJonckheere (2017).

The first poll was administered on 10/5/2018 regarding the transition from childhood to adulthood:

1-Hi from MyVoice! Going from being a kid to an adult can be a big change. What has this transition been like for you? Why?

2-What has been hard about this transition?

3-What has been good about this time in your life?

4-What would have made this transition easier?

5-What advice would you give your younger self to help you through this transition?

The second poll was administered on 10/12/2018 regarding community resources important to youth:

1-Hey {{name}}! Community resources are local places or services that help improve people's lives. What resources do you have in your community?

2-What are the most important community resources you feel like you need to live a safe and healthy life? Why?

3-What resources do you use most often? Why?

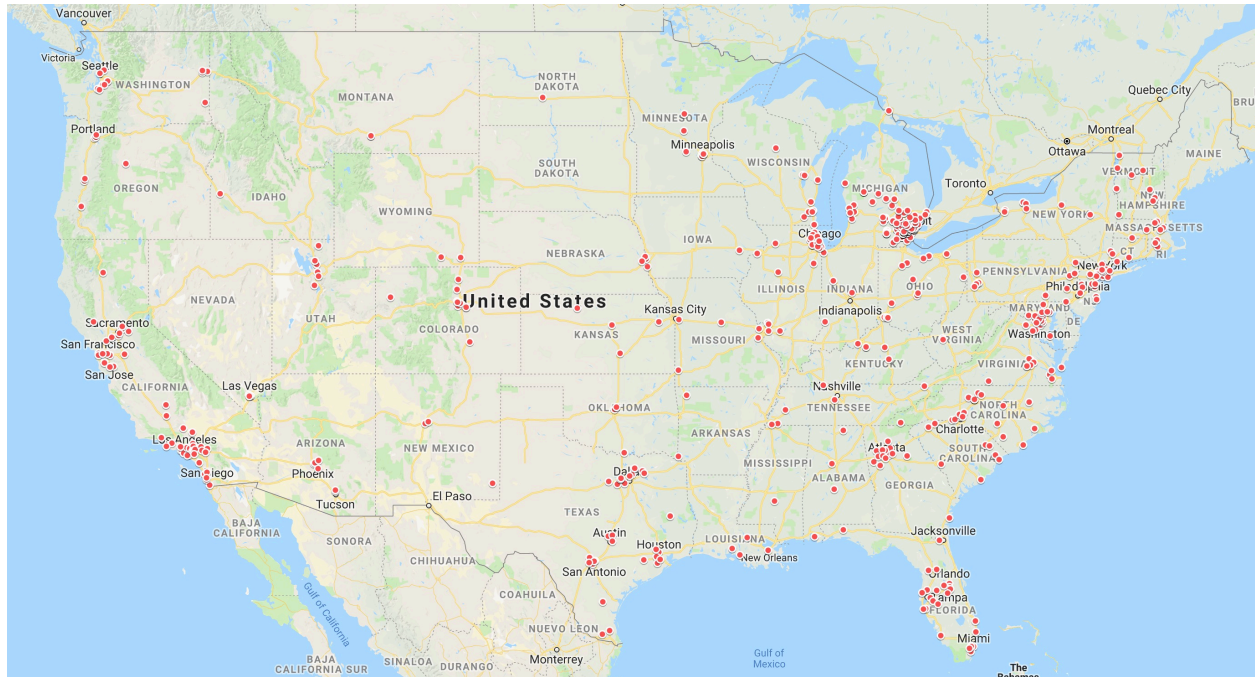
4-What gets in the way of you using the resources in your community?

5-What resources do you think are missing from your community? What makes you say that?

Two investigators reviewed and coded all responses and organized the codes into major themes to understand what youth said in their own words. Any discrepancies in coding were discussed until agreement was reached between the two coders. Responses were summarized using descriptive statistics. Frequency of specific codes were stratified by relevant demographics (age, gender, race/ethnicity, education, socio-economic status, and region of the country) and significant differences were described for each question as appropriate. The MyVoice study is approved by the University of Michigan Institutional Review Board (HUM00119982).

RESULTS

Figure 1. Map of active participants (n=1126)



There were 846 individuals who responded to at least one of the two sets of questions (response rate= 846/1126=75%). Of the 846 respondents, 575 (575/850= 68%) responded to both sets, 139 responded to only the first set and 132 responded to only the second set.

Table 1. Demographic Characteristics of Respondents by week and total

	Transition, n=714	Resources, n=707	EITHER WEEK, n=846
Age, mean(SD)	18.5 (3.0)	18.6 (3.0)	18.5 (3.0)
14-17, n(%)	385 (54.0)	366 (51.8)	450 (53.3)
18-24	328 (46.0)	341 (48.2)	395 (46.7)
Gender, n(%)	n=714	n=705	n=844
Male	257 (36.0)	249 (35.3)	305 (36.1)
Female	406 (56.9)	409 (58.0)	480 (56.9)
Other	51 (7.1)	47 (6.7)	59 (7.0)
Race/Ethnicity, n(%)	n=714	n=705	n=844
Non-Hispanic White	416 (58.3)	418 (59.3)	499 (59.1)
Non-Hispanic Black	60 (8.4)	59 (8.4)	68 (8.1)
Hispanic	92 (12.9)	81 (11.5)	106 (12.6)
Non-Hispanic Other	146 (20.5)	147 (20.9)	171 (20.3)
Education, n(%)	n=714	n=705	n=844
< High School	367 (51.4)	346 (49.1)	424 (50.2)
HS grad	61 (8.5)	67 (9.5)	76 (9.0)
Some college or Tech school	176 (24.7)	178 (25.3)	212 (25.1)
Associate's or Tech Grad	21 (2.9)	22 (3.1)	27 (3.1)
BA+	89 (12.5)	92 (13.1)	106 (12.6)
Parent Education, n(%)	n=714	n=705	n=844
High School or less	113 (15.8)	101 (14.3)	122 (14.4)
Some college or Tech school	72 (10.1)	70 (9.9)	84 (10.0)
Associate's or Tech Grad	41 (5.7)	45 (6.4)	52 (6.2)
Bachelor's	207 (29.0)	203 (28.8)	240 (28.4)
Master's	193 (27.0)	195 (27.7)	233 (27.6)
PhD	88 (12.3)	91 (12.9)	113 (13.4)
HS Free Lunch, n(%)	n=709	n=698	n=836
Yes	237 (33.4)	220 (31.5)	266 (31.8)
No	472 (66.6)	478 (68.5)	570 (68.2)
Region, n(%)	n=711	n=703	n=841
West	107 (15.0)	99 (14.1)	118 (14.0)
Midwest	371 (52.2)	371 (52.8)	446 (53.1)
South	162 (22.8)	156 (22.2)	192 (22.8)
Northeast	71 (10.0)	77 (10.9)	85 (10.1)

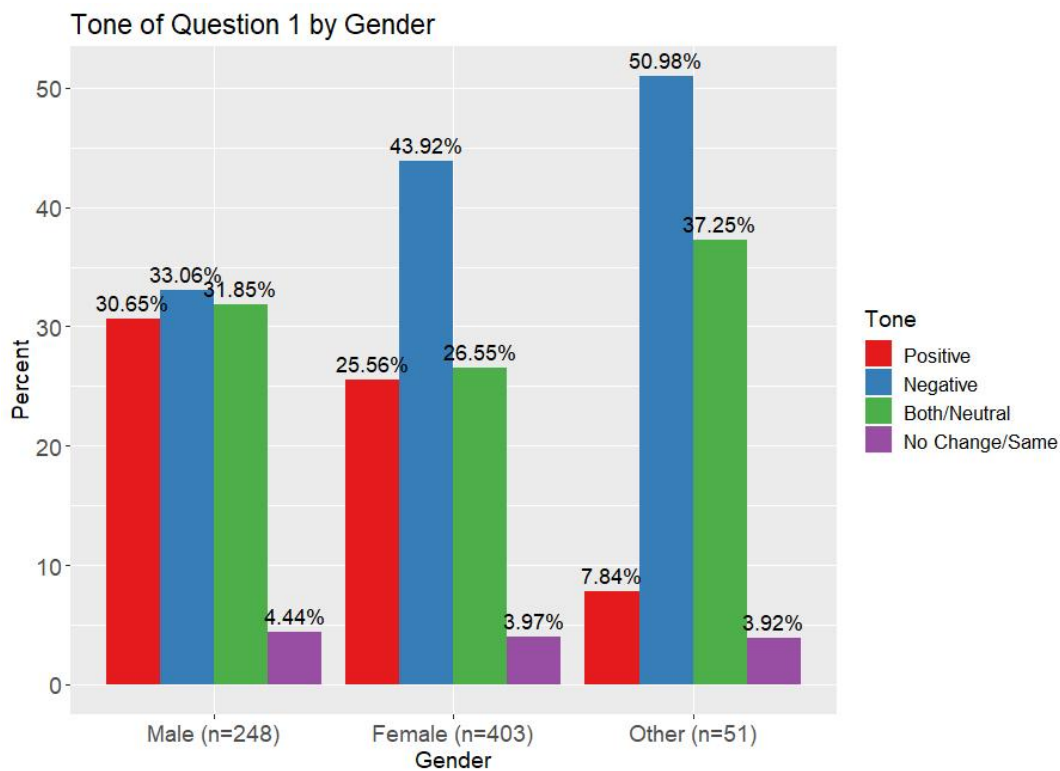
SPECIFIC NASEM INQUIRIES

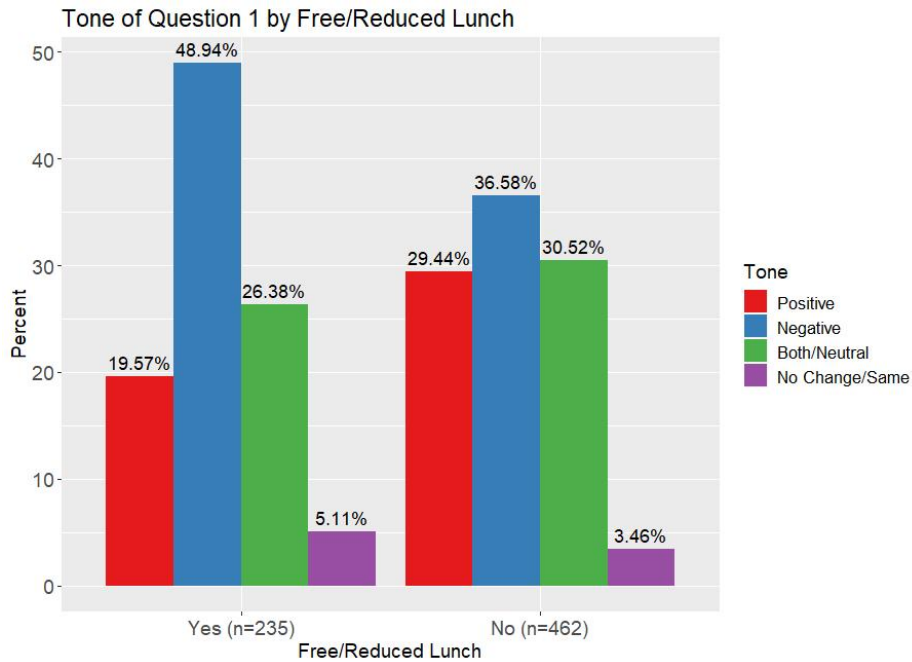
1. Understand youth’s perception of the transition between childhood and adulthood.
 - a. What do youth experience as they transition from childhood to adulthood?

Youth reported feeling significant stress in this transition as a result of increased responsibilities, but also expressed evidence of joy and excitement due to newly attained freedoms.

The range of responses included youth who felt completely prepared and happy during this transition to youth that reported that they wished it were over and that it has been incredibly difficult.

Most youth expressed a negative tone (40.6%) when describing this transition compared to feeling positive (26.1%), neutral or both positive and negative (26.1%), or that nothing had changed (4.1%). Chi-square tests found significant differences in the tone distribution between genders (p -value=0.008) and individuals receiving free/reduced lunch (p -value=0.004). No other differences were found by age, race/ethnicity, education, or region.





b. What are the challenges during this transition?

Lack of support, lack of knowledge of how to “adult”, and stressors related to developing identity, relationships, increased responsibilities, and financial concerns were prominent themes.

c. What resources, programs, policies, or systems help youth manage this transition?

Many reported their wish for more structured classes in schools on how to perform necessary adult tasks such as taxes and finances. Financial challenges related to cost of college or jobs was also common. Overall, youth reported wanting more guidance, more knowledge, and more social support from family and friends during this transition.

d. Who are the most important figures in youths’ lives as they transition to adulthood?

Family (parents, siblings) and friends (including romantic partners) were often mentioned as figures youth depended on during this transition. Some youth also mentioned their mental health counselors.

e. Is adolescence perceived as a period of opportunity or risk by contemporary adolescents?

Respondents overwhelmingly spoke about this time as a period of opportunity and excitement, but with associated stressors and anxieties. Virtually no respondent explicitly discussed this transition as a period of risk.

2. Explore the neighborhood and community conditions that impact adolescents' development and wellbeing.

a. Do youth feel that their communities have the resources they need to live healthy and safe lives? What resources do youth use most often?

There were a range of responses. Some youth stated that they had everything they needed and/or didn't need any other resources from the community while others said their communities had nothing. Participants named specific resources that they want and use, including resources for the poor, health care, mental health facilities and substance abuse treatment, public schools, recreation centers, stores, libraries and information, parks/green spaces, LGBTQ resources, utility services (water, gas, electricity), and public transportation.

We were surprised to find that many youth were not aware of the resources in their communities or thought the resources that existed were only for low-income or needy individuals.

b. What resources do youth think are missing from their communities?

The majority of youth could not identify missing resources, replying "I don't know." Responses were wide ranging and included the same list as above, with many reporting missing mental health services, resources for the poor, health care, affordable social services, and youth centers. Many listed distance or transportation as a barrier to getting to resources. Several respondents also mentioned the poor quality of the resources that exist as a reason they did not use community resources.

c. Do youth ever feel unsafe in their communities?

Yes, some youth explicitly mentioned police ("good" police/cops) and safety as needs in their communities. Those that reported safety as a needed community resource ranged in age (14-24 yo), gender, race/ethnicity, education, SES, and region of the country with no apparent pattern.

Others mentioned that they had everything they needed to be safe and healthy. Some youth even mentioned lack of safety as a barrier to using community resources.

THEMES and ILLUSTRATIVE QUOTES

Major themes are listed by frequency below each question. Additional quotes are also available upon request for each theme.

Demographic data is noted when available including **age**, **gender** (female, male, other gender), **race/ethnicity** (NH= Non-Hispanic; Hisp= Hispanic), **education** (<HS= less than high school graduate; HS grad= high school graduate, etc), **socioeconomic status** (SES; Receiving free or reduced lunch in middle or high school= Low SES, all others= Med/High SES), and **Census region of the country** (West, Midwest, Northeast, South).

Transition Data Set

1- **Hi from MyVoice! Going from being a kid to an adult can be a big change. What has this transition been like for you? Why?**

As noted previously, chi-square tests found significant differences in the tone distribution between genders (p-value=0.008) and individuals receiving free/reduced lunch (p-value=0.004). No other differences were found by age, race/ethnicity, education, or region.

Positive (183)

Negative (285)

Both/Neutral (205)

No significant trends in specific codes were noted by age, gender, race/ethnicity, education, SES, or region of the country.

Increased responsibility (119)

ID 1288: I'm still 17, but it's crazy and I don't like it so far. I don't want the responsibility of adulthood, but I want the freedom...—17yo, other gender, NH white, <HS, Low SES, Midwest

ID398 Handling responsibility in an appropriate way is difficult, especially for the small things. Dishes, cooking, time management, human relationships—18yo, male, NH Asian, HS grad, Med/High SES, West

ID 60: Ongoing rough. There's a lot of responsibility and blame and not enough tolerance granted us as we figure it out—23yo, female, NH Asian, Bachelor's +, Low SES, Midwest

ID 221: Horrible, I'm totally freaked out. It feels like everything is happening all at once. And everyone is like "what do you want!?!?!"???) honestly I feel like I might have a heart attack —16yo, female, NH white, <HS, Med/High SES, Midwest

Stress (general) (69)

ID 471: Confusing and kinda stressful. It's weird because you're too young to be an adult but too old to be a kid—15yo, other gender, NH white, <HS, Med/High SES, Midwest

ID 538: Stressful. You can never be quite sure what decisions to make, and if they're even the right choice—17yo, female, NH white, <HS, Med/High SES, Midwest

ID 892: Hard. I definitely have more stress adding on each year, and it's a never ending fight between me and my emotions. Juggling those two plus work, school and relationships with others is super hard—15yo, female, NH Asian, <HS, Low SES, West

ID 1231: very very stressful because I'm not sure how to get all this money to support myself —19yo, male, NH white, HS grad, Low SES, South

ID 918: Very stressful. As a 17 year old being bombarded with work college apps and student loans, etc, it can feel like there is way too much pressure to be under at this point in life—16yo, male, NH white, <HS, Med/High SES, East

Increased independence (65)

ID 620: It's great because I don't need to get permission from my parents to do anything anymore, it's basically just if I can afford to do it or not—17yo, male, NH white, <HS, Low SES, West

ID378: Exciting but challenging bc I'm trying new things but am away from my home and comfort zone—21yo female, NH white, Some college, Low SES, Midwest

ID 921: Being an adult didn't really hit me until I moved out of my parents home. It was after I moved in to my own apartment that I really felt the transition. It was a rough start. I struggled a lot—24yo, female, NH white, HS grad, Med/High SES, South

ID 431: Good in the sense that I don't have my mother controlling my life anymore—22yo, female, NH white, Associates degree, Med/High SES, South

ID 297: I went to the clinic by myself the other day without my mom and felt like an adult. It was pretty sad because I had to answer all the doctors questions myself—17yo male, NH white, <HS, West

ID 148: My transition has been really easy mostly because I go to a college high school program and they teach you how to adult basically and then send you out on your own. So I've had to learn how to do everything for myself. I would say I'm probably more mature than most people my age and even older than me—16yo, other gender, NH white, <HS, Med/High SES, Midwest

ID 950: It's been smooth for the most part, but there have been ups and downs. The hardest part is adjusting to the independence aspects of adulthood—23yo, male, NH Asian, Bachelor's +, Med/High SES, East

Has support (62)

ID 1167: It's been easier for me than for most people. I think because I have older siblings and they help guide—14yo, male, Hisp, <HS, Low SES, South

ID 965: It's been a good transition because I have a husband that's 5 years older so I can ask him for help on adult things if I need to—25yo, female, NH white, Bachelor's +, Med/High SES, Midwest

ID 1196: It's been pretty good for me because I've had mentors and people coaching me through—17yo, male, NH white, <HS, Med/High SES, West

Financial Stress (45)

ID 114: It's been rough. Becoming financially responsible was tough to learn and it took me years to finally spend and save money responsibly—23yo, female, Hisp, Bachelor's +, Low SES, Midwest

ID 53: scary! i don't understand 401k—20yo, female, NH white, Some college, Med/High SES, Midwest

ID 332: Not great. Unless you come from a family of money your adulthood begins with debt—23yo, other gender, NH black, Some college, Low SES, Midwest

School (37)

ID 1306: Confusing, there's a lot of change involved with classes and hormones in general—15yo, female, NH white, <HS, Med/High SES, East

ID 752: It started out being hard but at the moment it is ok. I had to learn how to deal with more school work—15yo, male, NH white, <HS, Med/High SES, East

ID 1358: It's been rough, loaded with school drama—17yo, male, NH white, <HS, Med/High SES, West

ID1316: Mostly weird and kinda frustrating. I feel like I don't get to do the classic high school things I've always thought I would—16yo, female, NH white, <HS, Med/High SES, South

ID 596: It hasn't been too bad. Stress from work and school are the biggest things. However as I age I handle it better and am less awkward—17yo, male, NH white, <HS, Med/High SES, Midwest

ID 989: Scary, I just got accepted into college and I am petrified—17yo, male, NH white, <HS, Low SES, West

ID 840: not good, its really stressful with how much time I've had to waste in school—17yo, other gender, NH white, <HS, Low SES, East

ID 524: It has been a weird transition going off to college then moving back home. It is an adjustment process being back home with my parents—22yo, female, NH white, Bachelor's +, Med/High SES, Midwest

ID 892: Hard. I definitely have more stress adding on each year, and it's a never ending fight between me and my emotions. Juggling those two plus work, school and relationships with others is super hard—16yo female, NH Asian, <HS, Low SES, West

ID 46: This transition has not been easy but with the support of family and friends and studying abroad has smoother my transition—24yo, male, NH Asian, Bachelor's +, Med/High SES, Midwest

ID 386: It's felt pretty natural, it went in stages for me. I lived away at school for four years so I was all but financially independent after high school and then after college

it was an easy transition to working and being completely independent—23yo, male, Hisp White, Bachelor's +, Med/High SES, Midwest

Change was Sudden (35)

ID 738: Fucking W E I R D it's like???? Who let me be in charge of my own life?? At what point did I become my own whole entire person—15yo, female, Hisp, <HS, Low SES, West

ID 611: Hard bc it was not a gradual change—23yo, female, Hisp white, Some college, Med/High SES, Midwest

ID 509: I feel like it's been a very big transition. I feel like going from kid to adult happens so quickly and there's so much you are expected to already know, but—23 yo, female, NH white, Associate's degree, Low SES, Midwest

ID 193: Difficult, because there's a lot more responsibility you suddenly have, yet don't necessarily want—22yo, female, NH white, Bachelor's +, Med/High SES, Midwest

ID 1217: It's been a really big change, and it's happened very fast for me because of my younger siblings and having to partially raise them with my mother. – 17yo, other gender, NH white, <HS, Low SES, West

ID 454: At first it was depressing. So much responsibility got pushed on me all at once. But now I'm relieved that I know what I need to know. Because if you don't learn it now it's 10 times harder to learn it out in the real world – 16yo, male, NH white, <HS, Med/High SES, South

ID 1072: Stressful because you just get thrown of the deep end – 17yo, male, NH Asian, <HS, Low SES, Midwest

ID 1189: It's been pretty hard, trying to figure out what I believe, what standards I have, what kind of people I like and what kind of person I want to do. It's really hard to be a teen because I feel like we're kind of thrown into the real world, and we're trying to do well in school, maintain healthy relationships, and figure out who we are as a person. It's a lot to handle. -15yo, female, NH white, <HS, Med/High SES, Midwest

ID 579: I think the transition has been difficult. There isn't a whole lot of preparation from being a kid to suddenly taking care of yourself and other people and paying bills

while going to school while getting good grades and figuring out what to do with your life. That's the hardest part for me. Not knowing what I want exactly and everyone acting like I should have a set plan when I don't – 22yo, female, NH white, Some college, Med/High SES, Midwest

Not prepared (31)

ID 1211: Very STRESSFUL I am learning how to become an adult and it is hard college is two years away from me and I am not ready. I am too scared to be on my own— 16yo, male, Hisp white, <HS, Low SES, West

Prepared (29)

ID 466: Pretty good, i had elder cousins who prepared me—19yo, male, NH Asian, Associate’s degree, Low SES, Midwest

ID 55: I'm not an adult yet, but it hasn't been too bad. I have a good support system and I've been taught well.—16yo, female, NH white, <HS, Med/High SES, Midwest

ID 707: mostly smooth, I prepared young, and I have a great family—17yo, male, Hisp other race, Some college, Med/High SES, West

ID 164: it has been pretty smooth because having the support of your parents really helps. i have had to make a lot of decisions that were hard at the time but they taught me a lot of lessons to prepare me for adulthood.—16yo, female, NH white, <HS, Med/High SES, Midwest

ID136: Not really I was prepared by my parents—25yo, female, NH white, Bachelor’s+, Med/High SES, Midwest

Personal characteristics (28)

ID 573: It's been pretty ok overall. in general, thinking about growing up bums me out because childhood is so safe and secure. that being said i'm a pretty independent teenager (i learned to drive as soon as i was old enough, i managed my own schedule, cook for myself, do my own laundry etc.) since my mom died when i was younger. i've always had to take care of myself. i'm not exactly looking forward to having to manage my finances and doing other adult stuff but it's inevitable— 15yo, female, NH Asian, <HS, Med/High SES, Midwest

ID 326: It's been relatively easy because I've always had a proactive personality— 20yo, male, NH white, Some college, Med/High SES, Midwest

Fear/worry about the unknown (26)

ID 30: It's been really tough, I'm not sure where my place is in the world and I have no clue if college actually prepared me for life, I know high school didn't—23yo, female, Hisp white, Some college, Med/High SES, Midwest

ID 896: it's scary knowing the amount of responsibilities I'll have to take on but am not really prepared to—17yo, male, NH Asian, <HS, Low SES, West

Still feel like a kid (25)

ID 1066: I'm 14 not 18—14yo, male, NH other race, <HS, Low SES, Midwest

ID 800: I wouldn't say I am a total adult now, so I can't say much—19yo, female, NH Asian, Some college, Med/High SES, Midwest

ID 1171: Fine. Not much of a change—19yo, male, NH other race, HS grad, Low SES, Northeast

ID 560: Not really, age is just a number—17yo, male, NH white, <HS, Med/High SES, South

ID 428: well I'm a teenager haha so it hasn't been anything—15yo, female, NH black, <HS, Low SES, South

ID 452: Not really noticeable. I don't know why—15yo, male, NH white, <HS, Low SES, Northeast

ID 563: Well, I'm only 17, and it hasn't really been that much. I've started driving, but that's it. I've been taking care of myself for a long time, so it's not that much—17yo, female, NH other race, <HS, Med/High SES, Midwest

ID 1012: It hasn't really been any different because my parents are very controlling—18yo, female, NH white, <HS, Med/High SES, South

Identity/life changes (23)

ID 1189: It's been pretty hard, trying to figure out what I believe, what standards I have, what kind of people I like and what kind of person I want to do. It's really hard to be a teen because I feel like we're kind of thrown into the real world, and we're trying to do well in school, maintain healthy relationships, and figure out who we are as a person. It's a lot to handle—15yo, female, NH White, <HS, Med/High SES, Midwest

Gradual (22)

ID 837: Weird but sLow because my parents help with lots—22yo, female, NH white, Some college, Med/High SES, Midwest

ID 264: It's been fairly stable as I haven't moved out yet. I've mainly been focusing on my schooling while also balancing fitness, cooking, and basic chores/obligations. I feel that my transition has been sLower compared to some people my age and as a result, fairly easy—17yo, male, NH Asian, <HS, Med/High SES, West

Mental Health (20)

ID 995: it's been tumultuous. i have definitely been on a rollercoaster of emotional and physical changes, with a nasty middle part—17yo, male, NH Asian, <HS, Med/High SES, West

ID 841: It's been rough, puberty brought out a lot of mental health issues and other things I had a tough time working through—16yo, other gender, NH white, <HS, Med/High SES, South

ID 1169: Increasingly difficult. I have social anxiety which has made it especially hard for me to get a job and even get my driver's license. I've yet to do either thing—19yo, male, NH white, HS grad, Low SES, South

Little support (17)

ID 374: It wasn't hard until I moved out of state. It involves a lot of loneliness and anxiety st first and discovering who you are—22yo, female, NH white, Bachelor's +, Med/High SES, Midwest

ID 769: I gained depression because people stopped caring for and about me—16yo, male, NH white, <HS, Low SES, Midwest

ID 461: Moving away from all my college friends—22yo, male, NH white, Some college, Med/High SES, Midwest

ID 373: The biggest transition has been about adjusting to a new location and isolation that comes with that—22yo, female, NH Asian, HS grad, Med/High SES, Midwest

ID 283: Being away from my family. I am a big family person and it's difficult moving away from them—21yo, female, NH white, Some college, Low SES, Midwest

Family responsibilities (16)

ID 966: It has been interesting. I had to grow up very fast due to getting pregnant. So now I'm responsible for this whole other person—22yo, other gender, NH white, HS grad, Low SES, South

ID 1134: it hasn't really been a big transition because as the oldest child, I've had to become independent quickly—18yo, female, NH Asian, HS grad, Med/High SES, South

ID 644: It's been hard. I hate how I never really had a childhood because I've always been helping my family, putting their needs before mine—17yo, female, Hisp other race, <HS, Low SES, Midwest

ID 1190: It's been incredibly rough, being thrust into a leadership role in my family put a lot of stress on me—18yo, female, NH white, <HS, Low SES, South

Lack of independence (14)

ID 125: It's been hard to tell because I'm still dependent and controlled by my parents so I really don't feel like an adult even though I'm 22—16yo, female, Hisp white, <HS, Med/High SES, South

ID 261: Really weird since I still live at home and just got my driver's license at 23—22yo, female, NH white, Associate's, Med/High SES, Midwest

ID836: It has been not bad although I found myself going through mood swings and wanting to be more independent—16yo, male, NH Asian, <HS, Med/High SES, South

ID 1081: Smoother for me than my parents. They still think I am a small child and are afraid that I will be hurt by my choices—17yo, female, NH white, <HS, Low SES, Northeast

ID 302: Somewhat stressful/frustrating. The expectations are raised to that of an adult in a lot of ways but I didn't receive the kinds of freedom an adult would have. All work and no okay, so to speak—16yo, male, NH white, <HS, Med/High SES, Northeast

Relationships (13)

ID 426: It's been alright. I've lost a lot of friends due to social climbing but I appreciate being a more thoughtful and mature version of myself.—15yo, female, NH other, <HS, Med/High SES, South

ID706: Kind of difficult. I can't wait to be able to move out of my toxic home though—16yo, female, NH white, <HS, Med/High SES, Midwest

ID 928: Sad. It's a lot of being let down by people who used to think it was important.—21yo, female, NH white, Some college, Med/High SES, Midwest

ID93: Good. I like the freedom. Sometimes it's hard to know who to trust though—18yo, female, NH white, Some college, Med/High SES, Midwest

I have money/job (7)

ID1203: It's been I've been working hard ever since I was able to work and now I'm on my own and feeling good—20yo, male, NH white, <HS, Low SES, Northeast

ID99: It has been easy since I started working at a young age—22yo, other gender, NH other race, Some college, Low SES, Midwest

ID1310: I have had a big change in my life got a great job more responsibilities and I'm having my second child—23yo, female, NH black, Some college, Low SES, West

ID985: It's been wonderful being able to have my own responsibilities and start working and supporting myself. This is where life truly begins.—17yo, male, NH white, <HS, Med/High SES, South

ACEs (5)

ID 1069: It's been insane. I grew up too fast due to an abusive home—20yo, female, Hisp white, Some college, Med/High SES, West

ID 234: I feel my transition was complicated. My dad died and then my mom got into drugs. I ended up stepping up into the role of adult at around 14 so me and my little—21 yo, female, NH white, Some college, Low SES, Midwest

ID780: It's been pretty difficult and also super wonderful. I grew up in a chaotic, abusive household so getting out has been freeing. However, it's also daunting to realize my childhood is over when it feels like I didn't really have one. It's also scary how much I don't know about the world, loans, budgeting, school, taxes, car buying,

mechanics, grocery shopping, it's a lot to take on without parents to really explain it—23yo, female, NH white, Bachelor's+, Low SES, Midwest

Failure throughout transition (5)

ID782: It's been hard and fun. At times, I feel like I have things under control and other times I'm grasping at straws and eating waaaay too much ramen—23yo, male, NH white, Bachelor's+, Med/High SES, Midwest

ID748: Tumultuous. A lot of harsh realities and idealisms were shattered and the person I wanted to be and the life I wanted to have were both found to be unattainable. I still managed to have a decent time meanwhile, but it was fraught with difficulty and maturation, realizations—19yo, NH white, Some college, Med/High SES, Midwest

ID97: I've settled in recently, but when I was 21-22 it was rough. I finished my student teaching in Michigan, got offered a teaching job in California, took of to start my life and was back living with my parents for a year and a half only 4 months later because the transition was so rough—25yo, male, NH white, Bachelor's+, Med/High SES, Midwest

ID370: it was a lot of error and failing and learning from it. also learning to handle more responsibility and to be adaptable to unexpected situations --17yo, female, NH Asian, <HS, Med/High SES, Midwest

Want it to end (2)

ID253: It's been ok. sometimes i wish i could speed up the process because it feels like i've been a teenager forever and i just want to be independent—16yo, male, Hisp white, <HS, Med/High SES, West

ID510: Pretty awkward. Still figuring out who I am and what I believe in even though I'm 18 and in college. I thought this would be over by now—17yo, female, Hisp other race, Some college, Low SES, South

Physical health (2)

ID304: Tough, sickness—17yo, male, NH White, <HS, Med/High SES, Northeast

ID278: Pretty hard as I got MS.—22yo, male, NH other, Associate's, Med/High SES, Midwest

2- What has been hard about this transition?

A higher proportion of older respondents (age 18-24) reported money/finances are a difficulty during this transition compared to younger respondents (14-17). Likewise, Non-Hispanic Black, those qualifying for free/reduced lunch (Low SES), and other gender respondents were more likely to report money/finances as a difficulty compared to their peers.

Increased Responsibility (117)

ID 860: You have to find your own way in the world, nobody's holding your hand anymore. You have to try harder for things that were easier once

ID 197: Making decisions that have bigger consequences and moving away from families and friends

ID 1144: The gaining of responsibilities, more expectations, more opportunities for my life to fall off the rails.

Money/Finances (105)

ID 433: Paying bills and sometimes choosing between bills and food—18yo, female, NH black, Some college, Low SES, South

ID 60: Unlearning harmful budgeting I inherited from my parents. We are so frugal, I skip meals. I don't buy anything new. I deny myself and starve because I'm too afraid of the alternative, that I'll have nothing left—23yo, female, NH Asian, Bachelor's+, Med/High SES, Midwest

ID 524: It is hard when you don't learn as much about money, financing, loans, etc and then get plopped into the real world where it all matters very quickly.—22yo, female, NH white, Bachelor's+, Med/High SES, Midwest

Independence – Growing up too fast (87)

ID 958: Growing up faster than most kids my age—22yo, male, NH black, Associate's, Low SES, Midwest

ID 1103: Literally everything. I'm not allowed to be my own person—15yo, other gender, NH White, <HS, Med/High SES, Northeast

Nothing (56)

Relationships – family and friends (55)

ID1069: My transition was very sudden. It was really hard to stay mentally healthy. And then it was hard to figure out how to do things. There aren't a whole lot of resources in New Mexico for kids in this situation as far as how to do things. It relies a lot on parent teaching so if you don't have that you're in a bad place. I was homeless for awhile and I felt alone and scared because I couldn't find any resources that could help me—20yo, female, Hispanic White, Some college, Med/High SES, West

ID 1201: Everything literally comes at you at once and it's overwhelming but I'm maintaining it right now. I also learned a lot about relationships, not just partners but friendships—17yo, male, NH other, <HS, Low SES, South

ID 1104: Being home all day, wanting to do more, not talking to friends as much cuz they have jobs and school, trying to get a job and sign up for school—17yo, male, Hispanic, <HS, Low SES, West

ID 1092: Dealing with the fact that my parents aren't going to help me as much as they did before—23yo, male, NH other, <HS, Low SES, Northeast

School (46)

ID 221: Having to apply to all these schools and constantly feel like I'm not good enough. Or that it won't work out. I also just don't know how to do so many things like taxes—16yo, female, NH white, <HS, Med/High SES, Midwest

ID1359: All of a sudden there are lots of expectations piled on you and in school you don't learn enough about how taxes work or how you're going to support yourself—16yo, female, NH other, <HS, Med/High SES, South

Expectations (39)

ID 896: everything seems to feel like it's moving too fast for me—17yo male, NH Asian, <HS, Low SES, West

ID 1347: expectations are hard to deal with. because people don't treat teenagers like kids, but they also don't treat us like adults yet. it's like we're adults or we're

kids whenever it's convenient for other people—17yo, female, NH white, <HS, Med/High SES, Northeast

Figuring out future/change (37)

ID 359: Figuring out how to navigate something entirely new. Going through school always brought something new but it also had the same familiar pieces of being home or with family and friends or the structure. Now it feels like you're pushed off the cliff and just trying to make it to shore without a life preserver or at least a failing life preserver. It's a new place that you don't know how to navigate and what step to take first. And you don't know exactly what the future will look like so that's pretty scary too—21yo, female, NH white, Some college, Med/High SES, Midwest

ID 278: Realizing I can't chase my dreams anymore—22yo, male, NH Other, Associate's, Med/High SES, Midwest

ID 793: It is tough to make decisions about my future that could affect me for many years. One thing I'm struggling with right now is choosing what to do after graduating college—20yo, female, NH White, Some college, Med/High SES, Midwest

Lack of knowledge (34)

ID 1069: My transition was very sudden. It was really hard to stay mentally healthy. And then it was hard to figure out how to do things. There aren't a whole lot of resources in New Mexico for kids in this situation as far as how to do things. It relies a lot on parent teaching so if you don't have that you're in a bad place. I was homeless for awhile and I felt alone and scared because I couldn't find any resources that could help me—20yo, female, Hispanic white, Some college, Med/High SES, West

ID 1359: All of a sudden there are lots of expectations piled on you and in school you don't learn enough about how taxes work or how you're going to support yourself—16yo, female, NH other, <HS, Med/High SES, South

ID437: Learning #howtoadult—17yo, Male, NH White, HS grad, Low SES, South

ID 1084: the hardest part has been people thinking that I'm responsible and mature enough to do adult tasks that require more knowledge than I have—15yo, male, Hispanic other, <HS, Low SES, West

Identity/ Personal Characteristics (29)

ID1013: being a tranny ;o)—14yo, other gender, NH White, <HS, Med/High SES, South

ID233: Finding who I am and what I should be doing with the rest of my life—21yo, female, NH White, Some college, Low SES, Midwest

ID398: Learning from my mistakes! Because making them is inevitable, but learning from them and changing myself is even harder—18yo, male, NH Asian, HS grad, Med/High SES, West

ID573: i think finding self-confidence has been a little bit of a struggle. i sometimes overthink a lot of social situations or stress out about what other people are going to think of me. probably my biggest struggle right now is figuring out what career to go into/what to study in college—15yo, female, NH Asian, <HS, Med/High SES, Midwest

ID473: Ideological conflict from being a primproper catholic to who I actually am—23yo, female, NH Asian, Some college, Med/High SES, Midwest

Time management/Organization (28)

ID 930 The change in pace. I'm in a few different leadership positions now, which is hard to manage along with my college applications—15yo, male, Hispanic White, <HS, Med/High SES, Northeast

ID 801: Losing friendships has been hard. When you're younger you can set up play dates and stuff but as you get older your time shrinks—22yo, male, NH white, Bachelor's+, Low SES, Midwest

ID892: Juggling everything. I barely have time to focus on myself and my mental being—16yo, female, NH Asian, <HS, Low SES, West

ID1138: Gaining more and more bills but having less and less time while barely making enough money—19yo, male, NH white, Some college, Med/High SES, South

Lack of support/Isolation (27)

ID1104: Being home all day, wanting to do more, not talking to friends as much cuz they have jobs and school, trying to get a job and sign up for school—17yo, male, Hispanic other, <HS, Low SES, West

ID95: Having to switch from the mind set of "school, clubs, social life" to "grad school apps, 40 hours a week of work, health, and social life." And the hardest part is having to adjust to not being around people I have come to love anymore—21yo, female, NH Asian, Some college, Med/High SES, Midwest

ID80: Because i'm the youngest everyone has gone through every major problem before so it's not significant to them, where as it's my first time and is—20yo, female, NH white, Some college, Med/High SES, Midwest

ID860: You have to find your own way in the world, nobody's holding your hand anymore. You have to try harder for things that were easier once—20yo, male, NH white, Some college, Med/High SES, Midwest

ID1069: My transition was very sudden. It was really hard to stay mentally healthy. And then it was hard to figure out how to do things. There aren't a whole lot of resources in New Mexico for kids in this situation as far as how to do things. It relies a lot on parent teaching so if you don't have that you're in a bad place. I was homeless for awhile and I felt alone and scared because I couldn't find any resources that could help me—20yo, female, Hispanic White, Some college, Med/High SES, West

Balance between independence and dependence (27)

ID616: School gets harder, I've gotten more independence but less time to use it, people change and I don't know what I want—16yo, female, NH black, <HS, Med/High SES, Northeast

ID325: It has been hard finding a balance between growing up and wanting to be on my own with independence, while at the same time having a lot of student debt that keeps me living with my parents in an effort to save money to put towards my loans—21yo, female, NH white, Some college, Med/High SES, Midwest

ID339: Not having enough money to be independent but wanting to be independent. Also finding people who have the same interests as me and who share the same beliefs as me—20yo, female, NH white, Some college, Med/High SES, Midwest

ID349: With more and more responsibilities and me liking to take on lots of things, I have trouble with having to ask people for help and saying no/advocating for myself in that context—21yo, female, NH Asian, Some college, Low SES, Midwest

Job stress (27)

ID599: Finding a job with a good salary to pay for rent, bills, all living expenses—23yo, female, NH black, Bachelor's +, Med/High SES, Midwest

ID1143: Dealing with stress caused by school and work—17yo, male, NH White, <HS, Med/High SES, South

ID722: Getting a good job. And then having to be a full time student and work 40+ hours a week—19yo, female, NH white, Some college, Med/High SES, Midwest

General stress (26)

ID15: The anxiety that comes with stressful decisions—20yo, female, NH White, Some college, Med/High SES, Midwest

ID1201: Everything literally comes at you at once and it's overwhelming but I'm maintaining it right now—17yo, male, NH other, <HS, Low SES, South

ID278: Realizing I can't chase my dreams anymore—22yo, male, NH other, Associate's, Med/High SES, Midwest

ID1031: The fact that I'm so much more aware and stressed about what's happening in this world...Kavanaugh just got approved for Supreme Court as a kid I wouldn't care but now I'm like WTF!?!?—19yo, female, NH White, Some college, Unreported SES, Midwest

Physical & Mental Health (25)

ID1169: I've found it hard to get a job that doesn't bring me anxiety, just about every aspect of growing up has been difficult for me—19yo, male, NH white, HS grad, Low SES, South

ID549: Depression and imbalanced emotions, big family changes resulting in me growing up fast—16yo, female, Hispanic other, <HS, Low SES, West

ID389: Peer pressure, love, mental health, school, career, a bit of everything. I've dealt with severe mental health issues, sexual assault, abusive partners, a community that used drugs as an escape, non healthy coping mechanisms, balancing

work and life, financial stability, temporary homelessness, etc.—24yo, Other gender, NH white, Bachelor's+, Med/High SES, Midwest

Everything (20)

ID255: quite literally everything—16yo, male, Hispanic other, <HS, Low SES, South

ID119: Everything from cooking your own food to managing finances—23yo, male, NH Asian, Bachelor's+, Med/High SES, Midwest

Appearance/Puberty/Hormones (16)

ID228: Accepting my body as it changes—16yo, female, NH White, <HS, Med/High SES, Midwest

ID731: everything i feel ugly and too skinny and constantly feel judged—16yo, male, NH other, <HS, Low SES, Midwest

ID1154: Mostly putting up with exaggerated emotions like it's not just being sad anymore cause hormones decide to be extra and make me super sad and not let it go for a while—14yo, male, Hispanic other, <HS, Low SES, West

ID145: Relying on social media for body images—20yo, female, NH black, Some college, Low SES, Midwest

Unprepared (12)

ID359: Figuring out how to navigate something entirely new...Now it feels like you're pushed off the cliff and just trying to make it to shore without a life preserver or at least a failing life preserver. It's a new place that you don't know how to navigate and what step to take first—21yo, female, NH white, Some college, Med/High SES, Midwest

ID1296: Not knowing how to deal with everything that's happening in your life like school, family, jobs, and even friends—17yo, female, NH black, HS grad, Med/High SES, Northeast

ID780: Learning and realizing what I don't know and what habits I don't have but need to have. You also loose friends as it gets harder to balance work and life—23yo, female, NH white, Bachelor's+, Low SES, Midwest

Unknowns (12)

ID1295: There is a lot of unknown and not a lot of guidance—18yo, female, NH Asian, HS grad, Low SES, Northeast

ID1344: Being stressed out about my future is what has been hard. Thinking about all of the finances, mostly—17yo, female, NH White, <HS, Low SES, South

Moving (12)

ID197: Making decisions that have bigger consequences and moving away from families and friends—21yo, female, NH white, Associate’s degree, Med/High SES, Midwest

ID47: I think moving away from family and learning to be fully independent has been the hardest—21yo, male, NH white, Some college, Med/High SES, West

ID181: having to meet new people and make new friends when I moved for both college and grad school—23yo, female, NH white, Bachelor’s+, Med/High SES, Midwest

Treated like kid, Respect (12)

ID914: Having people understand that I'm not a child and take me seriously—18yo, other gender, NH other race, <HS, Low SES, South

ID963: Parents thinking you're a child and trying to run your life yourself—20yo, female, NH white, Some college, Med/High SES, Midwest

I don't know (4)

Romantic (3)

ID702: Dating and sexual stuff - I had no one to teach me—18yo, male, NH white, Some college, Med/High SES, South

ID424: Being heartbroken—16yo, other gender, NH other race, <HS, Low SES, South

Built environment and Transportation (2)

ID1096: I am old enough to drive, but can't because no car. I am old enough to work, but can't because no transportation—17yo, female, NH white, <HS, Low SES, South

3- What has been good about this time in your life?

Freedom/Independence were reported less frequently among those that identified as other gender (not female/male). Otherwise no significant trends were noted.

Freedom/Independence (236)

ID 1093: The fact that I feel more free, because now it motivates me to go further—15yo, male, NH white, <HS, Med/High SES, West

ID 302: I've been able to get more freedoms, like driving and planning my own days—16yo, male, NH white, <HS, Med/High SES, Northeast

ID 887: Living alone in Manhattan, even though I was always given a lot of freedom, it's different when you truly have no one to report to or be accountable to other than yourself—18yo, female, NH white, <HS, Med/High SES, Northeast

ID 305: It's nice to be independent and have more autonomy in your life. Don't want to do the dishes? Don't have to. Rather not make your bed? Don't—24yo, female, NH white, Bachelor's +, Med/High SES, Midwest

New opportunities/Interests/ Responsibilities (96)

ID 217: It's been exciting learning about all the things I can do with myself and preparing my life being fully independent. I can start to see my future shaping up which is cool—21yo, female, NH Asian, HS grad, Med/High SES, Midwest

ID 95: It seems like all the different paths of life are open for me to take at this moment—21yo, female, NH Asian, Some college, Med/High SES, Midwest

Growth, Learning (78)

ID 1074: I feel that I have been able to start thinking about what I'm really passionate about and start cultivating skills that benefit those passions. It's exciting to start finding myself and see what may be the future—17yo female, NH white, <HS, Med/High SES, South

ID 460: Being able to be myself, not be religious, learn to take care of myself, learn who I am, transition—24yo, other, NH white, Bachelor's +, Low SES, Midwest

ID 945: I have fully come to terms with what I want to do in my life and with my sexuality—16yo, female, NH black, <HS, Low SES, South

ID 590: Getting taller—15yo, male, NH white, <HS, Med/High SES, Midwest

Friends (74)

ID 1252: Building a stronger bond with my family and friends and Learning that you have to keep pushing forward even through the hardest times—18yo, male, Hisp other race, <HS, Low SES, West

ID 201 Making new friends was hard, balancing taking care of my self with everything else I need to do, making big decisions. It's been good to feel self sufficient—20yo, female, NH other race, Some college, Med/High SES, Midwest

ID 1165: Learning and meeting the awesome people in this world—24yo, male, NH other race, Some college, Low SES, South

Identity/Finding identity (72)

ID 1351: My parents kicked me out of the house a week after my 18th birthday for being trans—20yo, other gender, NH other race, Some college, Med/High SES, West

ID 161: I've grown as a person and have learned really valuable life skills through my successes and failures—19yo, female, NH white, Some college, Med/High SES, Midwest

ID 892: I've realized that some of my relationships were toxic. After dropping g them I feel much better and happier—16yo, female, NH Asian, <HS, Low SES, West

ID 672: Becoming self-aware—23yo, female, NH white, Bachelor's +, Med/High SES, Midwest

Happy, Stability, Positive, Hopeful, Achievement (42)

ID 840: making memories, whenever I'm able to say YOLO or f*ck it, and just live for each and every moment instead of worrying about what the future holds—17yo, other, NH white, <HS, Low SES, Northeast

ID 261: Meeting a lot of people and finally getting some respect and being treated like I have knowledge and can understand "adult" talk—22yo, female, NH white, Associate's degree, Med/High SES, Midwest

ID 1165: Learning and meeting the awesome people in this world—24yo, male, NH other race, Some college, Low SES, South

ID 95: It seems like all the different paths of life are open for me to take at this moment—21yo, female, NH Asian, Some college, Med/High SES, Midwest

Free time/Social life (40)

ID11: After finishing college, I have had more free time without having schoolwork to worry about—19yo, female, NH white, Some college, Med/High SES, Midwest

ID1078: Meeting new people—16yo, other gender, NH white, <HS, Low SES, South

ID1096: I still get to hang out with my brother, play video games—17yo, female, NH white, <HS, Low SES, South

ID1104: I can take long baths when everyone is gone, I binge watch Netflix, i have more time, I sometimes hang out with friends—17yo, female, NH white, <HS, Low SES, South

Family (37)

ID336: My wife has been by far the best part about my life lately, she's just been awesome and is so much fun to be able to do life with—21yo, male, NH white, Some college, Med/High SES, Midwest

ID540: My children—22yo, female, NH white, HS grad, Low SES, South

ID277: ...I have a baby niece that's adorable, so that's nice—21yo, male, NH white, Some college, Low SES, Midwest

ID15: having my parents support—20 yo, female, NH white, Some college, Med/High SES, Midwest

ID509: I wouldn't be able to survive without help from family: financial, house hold work, explaining things—23yo, female, NH white, Associate's degree, Low SES, Midwest

Nothing (34)

School/Education/Graduating (30)

ID181: being interested in what I'm studying... —16yo, male, NH white, <HS, Med/High SES, Northeast

ID227: I love high school —15yo, female, NH black, <HS, Low SES, Midwest

ID260: Graduating with honors—16yo, male, Hisp other race, <HS, Low SES, South

ID47: College were the most fun and eye opening four years of my life—21yo, male, NH white, Some college, Med/High SES, West

Support (general) (19)

ID878: What has been good is knowing that there is someone that supports me—17yo, female, NH Asian, <HS, Low SES, West

ID389: .. I've been blessed to have a good support system at the end of the day, and those friends and loved ones have helped me to survive...—24yo, other gender, NH white, Bachelor's +, Med/High SES, Midwest

ID359: That I have the support of my family around me and that allows me to kind of ease into the transition and slowly build up to it—21 yo, female, NH white, Some college, Med/High SES, Midwest

Job/Work (19)

ID 106: I'm successfully pursuing the career path of my choice, I have lots of friends, and I'm happy—24yo, male, NH white, Bachelor's +, Med/High SES, Midwest

ID703: I have a job that I don't hate...—16yo, male, NH white, <HS, Med/High SES, South

ID985: Being able to work so I can save money for the future—17yo, male, NH white, <HS, Med/High SES, South

Money (17)

ID350: Starting full time work and earning an income— 24yo, female, NH other race, Bachelor's +, Low SES, Midwest

ID148: Working and managing my money. I bought my own car, a computer, a laptop, I pay for car insurance and my phone bill. And I still have a fair amount saved up—16yo, other gender, NH white, <HS, Med/High SES, Midwest

ID473: I'm 23 and almost financially dependent from my family—23yo, female, NH Asian, Some college, Med/High SES, Midwest

Romantic relationships (16)

ID787: New ways of relating to my parents, falling in love, writing poems—20yo, other gender, NH white, Some college, Med/High SES, Midwest

ID36: I have a great boyfriend...—15yo, female, NH other race, <HS, Med/High SES, Midwest

ID563: I got a boyfriend lol—20yo, male, NH black, <HS, low SES, Midwest

ID1215: ...finding love—24yo, male, NH other race, Associate’s Degree, Low SES, South

Transportation/Built Environment (14)

ID236: I like that I can drive and go out late now cuz I’m old enough and have a car—23yo, female, NH white, Bachelor’s +, Northeast

ID280: buying a car and having the freedom that comes with it—16yo, male, NH other race, <HS, Med/High SES, Midwest

ID1151: New truck —18yo, male, NH white, <HS, Low SES, Northeast

Everything (9)

Respect (7)

ID261: Meeting a lot of people and finally getting some respect and being treated like I have knowledge and can understand "adult" talk—22yo, female, NH white, Associate’s degree, Med/High SES, Midwest

ID1187: Getting treated with more respect—16yo, female, Hisp white, <HS, Low SES, West

I don’t know (1)

4- What would have made this transition easier?

More older respondents (18-24yo) reported money/finances and better preparation in school as something that would have made this transition easier compared to younger respondents (14-17yo). Females were more likely than other genders to report needing more support and guidance. Those that qualified for free/reduced lunch (Low SES) were more likely to report money/finances in this question than those that did not qualify.

More support/guidance from mentors (123)

ID 262: Clear, straightforward guidance!!! I don't know anything about going to college!!! It's Very Scary!!!! —16yo, female, NH white, <HS, Med/High SES, Midwest

ID 1034: I definitely think mentors or voices from your own path and interests who are able to help connect you to ideas and opps of pathways that you wouldn't otherwise know or know how to seek—23yo, female, NH Asian, Bachelor's +, Northeast

ID 598: Having an adult that I could fully trust and not having to lie about things such as who I like or what my gender is because they may be unaccepting, as well as being able to discuss mental health—14yo, other gender, NH white, <HS, Low SES, South

ID 889: More help from trusted adults in dealing with my problems—15yo, female, NH white, <HS, Med/High SES, South

Money/Finances (95)

ID 766: Honestly all my issues could be solved with money—20yo, male, NH white, Some college, Med/High SES, Midwest

ID 1231: being able to go to college for free—19yo, male, NH white, HS grad, Low SES, South

ID 549: Being able to afford my counseling sessions—16yo, female, Hisp other race, <HS, Low SES, West

ID 332: A million dollars (although by the time I'm done with debts it'll be closer to \$10) —23yo, other gender, NH black, Some college, Low SES, Midwest

ID 399: A job that paid better lol—25yo, male, NH white, HS grad, Low SES, South

Family (55)

ID 1217: A little less pressure on me from my family. Their expectations are way too high for someone my age, especially my mom's expectations—17yo, other gender, NH white, <HS, Low SES, West

ID 590: A dad—15yo, male, NH white, <HS, Med/High SES, Midwest

ID 1077: If my parents listened to me when I talked—15yo, male, NH white, <HS, Med/High SES, South

ID 639: if my parents knew how to parent—16yo, male, Hisp white, <HS, Med/High SES, West

ID 1198: Seeing my parents more often—18yo, female, NH other race, <HS, Med/High SES, Midwest

Expectations (52)

ID 844: Nothing, it's supposed to hurt. Maybe a warning but no one can protect you from the world—16yo, female, Hisp other race, <HS, Midwest

ID 305: don't think this is supposed to be an easy transition. What's the fun in that?? It's all about the peaks and valleys. You can't have one without the other—24yo, female, NH white, Bachelor's +, Med/High SES, Midwest

Better preparation in school (50)

ID 46: I think they should have a college course on this i.e how to file your taxes—20yo, male, NH white, Some college, Med/High SES, Midwest

ID 1226: If schools taught you how to apply for jobs 401k taught about human rights and how to vote how to be an adult able to think for myself—17yo, male, Hisp white, <HS, Low SES, West

ID 1288: If there were actual adulting classes in school. School doesn't prepare us for the real world, just for school. I don't know how to cook, I hardly know about finances, and I have no idea how healthcare works. I don't wanna have to learn this

stuff the hard way, but I'm going to. Nothing has really prepared me at all—17yo, other gender, NH white, <HS, Low SES, Midwest

More knowledge (47)

ID 397 - More guidance on how to set long term goals, how to deal with challenges such as meeting others as adults, learning about taxes, etc. A primer on adult life would be much appreciated —23yo, female, NH Asian, Bachelor's +, Med/High SES, West

ID 914: I wish there was a welcome being to an adult package—18yo, other gender, NH other race, <HS, Low SES, South

ID 1097: School teaching these things in life. People will hardly remember Beowulf or The Hollow Men after high school—17yo, male, Hisp white, <HS, Low SES, West

Nothing (44)

I don't know (41)

More time balance, Stress (32)

ID 810: ...more time to spend with my family rather than doing homework from when I get home to midnight every night...—15yo, female, NH other race, <HS, Med/High SES, South

ID193: More time off from work to breathe and handle my responsibilities—22yo, female, NH white, Bachelor's +, Med/High SES, Midwest

ID556: Having teachers give us more time to work on stuff for college instead of giving extra homework—17yo, female, NH white, <HS, Med/High SES, Midwest

School issues (30)

ID840: Free college—17yo, other gender, NH white, <HS, Low SES, Northeast

ID251: Probably not having middle school—16yo, female, Hisp white, <HS, Med/High SES, South

ID674: If there were less people I had to worry about and less school work—15yo, male, NH white, <HS, Med/High SES, Northeast

ID 995: less stressors from school and more emotional intelligence education—17yo, male, NH Asian, <HS, Low/Med SES, West

ID1181: Decreasing the competition from peers in school over grades and college admissions —16yo, male, NH white, <HS, Med/High SES, Northeast

Friends (28)

ID726: A guide book? I don't think there is a way to besides supportive friends and family—18yo, female, NH other race, <HS, Low SES, West

ID336: Having family and friends who are in the similar position for are in your corner is super helpful to—21yo, male, NH white, Some college, Med/High SES, Midwest

ID77: If I was at the same school with my really close friends... —16yo, female, NH white, <HS, Med/High SES, Midwest

ID231: I'm not sure. I think having a more outgoing personality would be helpful in terms of making friends, but also in terms of job prospects...—23yo, female, NH Asian, Bachelor's +, Low SES, Midwest

Better or more opportunities (20)

ID11: Having a job straight out of college so there would be less uncertainty in my life—15yo, male, NH white, <HS, Med/High SES, Northeast

ID130: Less financial burdens, more opportunity to travel—24yo, female, NH white, Bachelor's +, Med/High SES, Midwest

ID302: Being given more freedoms at a younger age so I can adjust. More fluidity with where I can go from high school—16yo, male, NH white, <HS, Med/High SES, Northeast

ID1002: More opportunities to prove myself —17yo, male, NH white, <HS, Med/High SES, Midwest

Transportation/Built Environment (15)

ID1096: Transportation, either bus or car, neither of which I have. Somewhere to go, meet kids my age, make friends that isn't partying, or drinking—17yo, female, NH white, <HS, Low SES, South

ID1351: If there were more help in housing and employment for unprivileged teens—20yo, other gender, NH other race, Some college, Med/High SES, West

ID507: Easier transportation for people under 18—15yo, female, NH Asian, <HS, Low SES, West

Cultural/societal norms (14)

ID1252: Taking away the pressure that is put against you to grow up—18yo, male, Hisp other race, <HS, Low SES, West

ID1311: If everyone was less uptight, especially about grades and college and "what do you want to do with your life"—17yo, male, NH white, <HS, Med/High SES, Northeast

ID1074: I wish that people were more supportive and accepting that we are still teenagers who want to be young, while also shouldering responsibility. If I had a bigger support system and people wanted me to grow up a little slower, I think I might be happier—17yo, female, NH white, <HS, Med/High SES, South

ID389: Less patriarchy, less of a rape culture, healthy sexual education, financial support, mental health destigmatization, positive coping mechanisms and skills, mentor relationships, healthy drug use and alcohol culture/ education—24yo, other gender, NH white, Bachelor's +, Med/High SES, Midwest

ID123: A better education system in the US—17yo, other gender, NH white, <HS, Low SES, South

Physical/Mental health (14)

ID34: Starting work earlier on balancing my life and protecting my mental health—22yo, female, NH white, Bachelor's +, Med/High SES, Midwest

ID55: It would be easier if I didn't have to deal with physical pain and with heartache that comes with getting older—16yo, female, NH white, <HS, Med/High SES, Midwest

ID428: not being alive lmao —15yo, female, NH black, <HS, Low SES, South

ID1144: Healthier coping mechanisms—15yo, male, NH other race, <HS, Med/High SES, West

Location/Being closer to home (10)

ID181: living closer to home and closer to friends would have made it easier—23yo, female, NH white, Bachelor’s +, Med/High SES, Midwest

ID652: Having family closer by—23yo, female, NH white, Bachelor’s +, Med/High SES, Midwest

Better self-identity (8)

ID953: Probably if I had a better vision of myself. I become very pessimistic about my future which usually tears down my self confidence about colleges and my future career—15yo, other gender, NH Asian, <HS, Low SES, Midwest

ID1330: Knowing what you want to become —17yo, female, NH black, <HS, Low SES, South

ID925: Better help from my parents and my school, more clarity on what I want to do in life, confidence in the economy and the political state of this country—15yo, female, NH black, <HS, Med/High SES, West

Discrimination (7)

ID732: being treated more fair—15yo, female, Hisp other race, <HS, Low SES, Midwest

ID1196: I guess just adults treating me like an adult and not a kid anymore—17yo, male, NH white, <HS, Med/High SES, West

Social issues (3)

ID310: Drinking—23yo, female, NH black, Some college, Low SES, West

ID441: Drugs or sex—17yo, male, NH white, <HS, Med/High SES, Northeast

Appearance (2)

ID731: not having acne and being able to gain weight and maybe my parents not being divorced—16yo, male, NH other race, <HS, Low SES, Midwest

ID1256: No puberty—16yo, female, NH white, <HS, Med/High SES, South

Religion (1)

ID526: Guidelines from God—15yo, male, NH Asian, <HS, Low SES, Northeast

5- What advice would you give your younger self to help you through this transition?

A sample of quotes were taken from this question to represent the breadth and range of responses. We found that youth had both specific and broad advice to themselves. Much of the advice was empowering and hopeful. Few were negative and alluding to mistakes they had made or major challenges.

ID 260: Break up with that one girl ASAP lol. Also focus more on school freshman year, and quit band—16yo, male, Hisp other race, <HS, Low SES, South

ID 887: Cook more at home and cherish the time with your mom yelling at you to get your stuff done -- she might be annoying but you'll leave it to the last minute without her. Also, use as much of her money as possible—18yo, female, NH white, <HS, Med/High SES, Northeast

ID 456: Don't go to college. You're going to hate every second of it and you don't know what you want to do so it'll be a waste of so much money. Get certified as a nail tech it's good money and you're already good at it. Figure out what you want to do while working—22yo, female, NH other race, Associate's degree, Med/High SES, Midwest

ID 101: Budget, budget, budget. Don't buy things, buy experiences. Cook more—24yo, male, NH white, Associate's degree, Med/High SES, Midwest

ID 123: Recognize how people treat you and take action accordingly, seek out help for depression sooner. Follow your instincts —23yo, male, NH white, Associate's degree, Med/High SES, Midwest

ID 20: I think to explore and job shadow—25yo, female, NH white, Bachelor's +, Med/High SES, Midwest

ID 639: to start smoking weed earlier and have less of an attitude—16yo, male, Hisp white, <HS, Med/High SES, West

ID 796: Use a condom dumb ass—17yo, male, Hisp other race, <HS, Low SES, South

ID 1322: get a job lol —20yo, other gender, Hisp white, Some college, Low SES, Northeast

ID 212: Everything will work out some how so don't stress the little things and rely on your support systems to get you through the rough spots—20yo, female, NH white, Some college, Med/High SES, Midwest

ID 533: Learn as much as you can about basic life skills beforehand—19yo, female, NH black, <HS, Med/High SES, Midwest

ID 751: Hmm. I guess I'd like to tell that guy to get out of his head and be more confident. To stop overanalyzing everything. That people really do like him and he needs to make an effort to reach out and maintain his relationships. I dunno—17yo, male, NH white, <HS, Med/High SES, South

ID 247: start preparing for college applications earlier—16yo, female, NH other race, <HS, Med/High SES, Midwest

ID 524: Tell myself that it will be okay. You'll struggle some, you'll learn who you can and can't rely on (and rely on your family), and you'll learn a lot about yourself and it will be great—22yo female, NH white, Bachelor's +, Med/High SES, Midwest

ID 140: how to fill out the fafs. —24yo, female, NH Asian, Bachelor's +, Med/High SES, Midwest

ID 675: Learn how to budget and buy things you need not want —18yo, female, Hisp white, <HS, Low SES, Midwest

ID 1190: Talk to your mom more and don't distract yourself from your education—18yo, female, NH white, <HS, Low SES, South

ID 651: It will all get better and the small things don't matter—17yo, female, Hisp other race, <HS, Low SES, South

ID 162: don't be afraid to be out of comfort zone —19yo, female, NH white, Some college, Med/High SES, Midwest

ID 859: don't be a bitch to your friends, don't wait around for toxic friends to change —16yo, female, NH white, <HS, Med/High SES, South

ID 1181: Work hard and stay focused—16yo, male, NH white, <HS, Med/High SES, Northeast

ID 366: Just don't procrastinate and do what you have to do—15yo, female, NH white, <HS, Med/High SES, Midwest

ID 1198: Just don't procrastinate and do what you have to do—18yo, female, NH other race, <HS, Med/High SES, Midwest

ID 889: Take time for yourself —15yo, female, Nh white, <HS, Med/High SES, South

ID 298: Remember your values. The incidentals come and go—19yo, male, NH Asian, Some college, Low SES, Midwest

ID 297: Think about what you love and don't just follow other people—18yo, female, NH other race, Some college, Low SES, Midwest

ID 461: I honestly don't think the transition should be easier. It's a right of passage of sorts—22yo, male, NH white, Some college, Med/High SES, Midwest

Community Resource Data Set

1- Hey {{name}}! Community resources are local places or services that help improve people’s lives. What resources do you have in your community?

A large proportion of respondents did not know what community resources exist in their communities and this did not vary by respondent characteristic. Respondents also often reported resources for the poor (homeless shelters, food banks, etc), healthcare clinics, and libraries (or sources for getting information) as prominent resources.

I don’t know (141)

Resources for the poor (123)

Healthcare (110)

Library/Information (104)

Mental Health/Substance Abuse (50)

Parks/Green Space (49)

Good Public schools (43)

Community Centers (42)

Higher education (42)

Nothing (39)

Gym/Recreation (38)

Churches/Religious groups (32)

Police/Fire/Emergency services (26)

Nonprofit/charities (24)

Grocery/food (18)

Youth centers/groups (15)

Better public transportation (15)
Other stores (not food) (12)
Career center/training (11)
Support (friends/social network) (10)
LGBTQ services (9)
Domestic Violence support (9)
Utilities- trash/water/recycling (8)
Theater/Arts (4)
Sexual assault resources (4)
Low income housing (3)
Restaurants (3)
Local news/media (1)
Better roads (1)

2- What are the most important community resources you feel like you need to live a safe and healthy life? Why?

Access to healthcare and police/fire/emergency services were the most commonly reported community resources, though this may be due to the wording of the question. Hispanic respondents and those who received free/reduced lunch (Low SES) were less likely to report requiring police to live safe and healthy lives compared to their peers.

Healthcare (204)
Police/Fire/Emergency services (178)
Mental Health/Substance Abuse (85)

Safety/safe environment (73)

I don't know (62)

Resources for the poor (homeless shelters/foodbanks) (58)

Grocery/food (48)

Good Public schools (40)

Gym/Recreation (40)

Library/Information (39)

Support (friends/social network) (38)

Utilities- trash/water/recycling (32)

Parks/Green Space (25)

Community Centers (16)

Nothing (12)

Youth centers/groups (12)

LGBTQ services (10)

Churches/Religious groups (9)

Nonprofit/charities (9)

Domestic Violence support (8)

Career center/training (7)

Government agency/programs (7)

Better public transportation (5)

Higher education (4)

Other stores (not food) (4)

Sexual assault resources (4)

Low income housing (2)

Restaurants (2)

Better roads (2)

Theater/Arts (1)

3- What resources do you use most often? Why?

A large proportion of respondents reported not using ANY community resources. Most common resources used by respondents included libraries, healthcare facilities, schools, green spaces, and gym/recreational facilities. Male respondents were more likely to report using gyms/recreational facilities than other genders.

Nothing (199)

Library/Information (102)

Healthcare (63)

Good Public schools (45)

Parks/Green Space (42)

Gym/Recreation (39)

I don't know (34)

Grocery/food (22)

Better public transportation (21)

Mental Health/Substance Abuse (20)

Police/Fire/Emergency services (14)

Churches/Religious groups (12)

Other stores (not food) (11)

Resources for the poor (homeless shelters/foodbanks) (10)

Utilities- trash/water/recycling (10)

- Youth centers/groups (9)
- Support (friends/social network) (8)
- Government agency/programs (7)
- Higher education (7)
- Better roads (4)
- LGBTQ services (4)
- Community Centers (3)
- Career center/training (2)
- Theater/Arts (2)
- Sexual assault resources (1)
- Restaurants (1)
- Safety/safe environment (1)

4- What gets in the way of you using the resources in your community?

Accessibility (location, transportation) was the largest barrier for using resources among youth. Younger respondents often reported the inability to drive or lack of a car. There were no other significant differences between respondent characteristics.

Transportation/Accessibility (196)

ID 599: Accessibility and proximity to where I live. Paying for services may be a factor too—23yo, female, NH black, Bachelor’s +, Med/High SES, Midwest

ID 722: Hours they are open—19yo, female, NH white, Some college, Med/High SES, Midwest

ID 546: Getting a ride to go places—17yo, female, NH white, <HS, Med/High SES, South

ID 108: It's not open all the time—24yo, other gender, NH white, Bachelor's +, Med/High SES, Midwest

ID 846: If there aren't appointments available or there is a long wait time—21yo, female, NH Asian, Some college, Med/High SES, Midwest

ID 1332: I can't drive myself places—15yo, female, NH black, <HS, Med/High SES, Northeast

Busy/Time constraints (115)

ID 899: Mostly time. It determines how long I can utilize a resource or how long I have to walk there—18yo, female, NH white, <HS, Med/High SES, South

ID 701: I don't have time and I wish there were more resources in my community—16yo, female, Hisp white, <HS, Low SES, South

ID1018: Usually time and accessibility. If I don't have time to look into a program that might be useful then I might not engage with it. Also most programs require you to talk face to face to somebody for information, but I would be more comfortable looking at up to date information online as opposed to in person—15yo, other gender, Hisp other race, <HS, Low SES, South

ID 950: School and work. Many places close in the evenings or on the weekends when I am free. Also, transportation: I don't have a car so not all locations are convenient—23yo, male, NH Asian, Bachelor's +, Med/High SES

Nothing (98)

Awareness (97)

ID 431: Not knowing what's available and having to jump through so many hoops in order to use them—22yo, female, NH white, Associate's degree, Med/High SES, South

ID 385: Probably the time and energy it would take for me to research the resources that are applicable to me—22yo, female, Hisp other race, Associate's degree, Low SES, Midwest

ID 349: I would say accessibility by distance, cost sometimes, just even not knowin about their existence is a big one—21yo, female, NH Asian, Some college, Low SES, Midwest

ID 49: I don't need resources—22yo, female, NH white, Some college, Med/High SES, Midwest

ID 52: I just don't need them or there aren't many that don't charge for services—23yo, female, NH white, Bachelor's +, Med/High SES, Midwest

ID 653: Independence. I am a very independent person who doesn't like needing help with things—17yo, female, NH white, <HS, Med/High SES, Midwest

ID 1140: None I'm not that poor yet—15yo, male, NH white, <HS, Low SES, South

ID 39: They're just not services I need—20yo, female, NH white, Some college, Med/High SES, Midwest

ID 253: probably the fact that all the recourses and support i need comes from my family and online. probably within my friends too they help me when i talk to them—16yo, male, Hisp white, <HS, Med/High SES, West

ID562: Nothing gets in the way of me using resources in my community. I just don't need any resources that often—17yo, female, NH white, <HS, Med/High SES, West

Cost/finances (49)

ID 966: My town and community is tiny, and everything we do have has a price that I can't necessarily pay—22yo, other gender, NH white, HS grad, Low/Med SES, South

ID 13: Probably the fees or the drive there—16yo, female, NH white, <HS, Low SES, Midwest

ID 113: if there's a cost—21yo, other gender, NH white, Some college, Low SES, Midwest

Not motivated to use them (31)

ID 255: i am lazy and we have no resources—16yo, male, NH other race, <HS, Low SES, South

ID 452: I haven't a need for em, and I don't like leaving the home—15yo, male, NH white, <HS, Low SES, Northeast

ID 441: The fact that I'm overly self reliant and the internet is a good substitute for therapy lol—17yo, male, NH white, <HS, Med/High SES, Northeast

ID 1353: Just not wanting to—16yo, male, NH white, <HS, Low SES, West

ID 1196: I just don't really want to/ don't really need to—17yo, male, NH white, <HS, Med/High SES, West

Not high quality (29)

ID 321: Limited space—22yo, female, NH Asian, Bachelor's +, Med/High SES, Midwest

ID 381: I don't think I know some exist and some are just not of high quality—18yo, female, NH Asian, Some college, Med/High SES, Midwest

ID 483: the quality of the resources—18yo, male, NH other race, HS grad, Med/High SES, South

ID 897: Their shitty service—19yo, female, NH white, HS grad, Med/High SES, Midwest

ID 761: they suck—15yo, male, NH white, <HS, Med/High SES, Northeast

ID 435: Depending on the resource they might be too small to handle the number of community members trying to utilize them—23yo, male, NH white, Bachelor's +, Med/High SES, South

I don't know (28)

No resources available (23)

ID 713: Our lack of resources. I don't live in a particularly wealthy area—19yo, NH white, Some college, Med/High SES, Midwest

ID 974: The fact that I live in a small town and there's hardly any resources—24yo, female, Hisp white, Some college, Med/High SES, Midwest

ID 1228: There is no resources in my community—14yo, female, NH white, HS grad, Low SES, South

ID 1216: They don't exist. I live in a small town, with the median age late 40s, so it doesn't really matter. The cost isn't worth the morale boost... —18yo, male, NH white, <HS, Med/High SES, South

ID 686: they either aren't available or difficult to access—15yo, female, NH white, <HS, Med/High SES, Midwest

Personal characteristics (16)

ID 166: I don't like asking for help—16yo, male, NH Asian, <HS, Med/High SES, South

ID 1035: I'm lazy and I don't know what resources are available around me—17yo, female, NH other race, <HS, Med/High SES, South

ID 906: I'm shy—17yo female, Hisp white, <HS, Low SES, West

ID 302: Nothing but myself—16yo, male, NH white, <HS, Med/High SES, Northeast

ID 1342: Pride—24yo, female, NH white, Bachelor's +, Med/High SES, South

ID 744: Shame mostly—23yo, male, NH white, Bachelor's +, Med/High SES, Midwest

Safety or Fear (14)

ID 251: I can't drive there, or I'm afraid to go—17yo female, NH white, <HS, Med/High SES, Midwest

ID 203: If I feel unsafe there or if it's unclean—22yo, female, NH white, Associate's degree, Med/High SES, Midwest

Discrimination/Stigma (10)

ID 194: distance from my house/work, shame in using them (feeling like other people need them more than me)—24yo, female, NH other race, Bachelor's +, Med/High SES, Midwest

ID 1013: being trans has fucked me over a lot if that's what u mean, —14yo, other gender, NH white, <HS, Med/High SES, South

ID 1357/702/771: Stigma—18yo, female, NH white, HS grad, Med/High SES, West

ID 834: Stigma, knowledge of availability, mindset that it could help—21yo, male, NH Asian, Some college, Med/High SES, Midwest

ID 1158: Not being able to drive and social stigma—17yo, male, NH white, <HS, Med/High SES, Northeast

ID 55: The fear of judgement from others—16yo, female, NH white, <HS, Med/High SES, Midwest

Family (9)

ID 1254: Family activities—15yo, male, NH other race, <HS, Low SES

ID: 1257: My family—17yo, other gender, NH white, <HS, Low SES, Northeast

ID 467: My parents and having a ride there or time to go—15yo, female, Hisp white, <HS, Low SES, South

ID 125: Being monitored by my parents, not being able to schedule things without walking in, money, distance—21yo, other gender, NH Asian, Some college, Med/High SES, Midwest

Mental Health (3)

ID 929/97/1268: Anxiety—17yo, other gender, NH white, <HS, Low SES, Northeast

Insurance (2)

ID 335: Lack of reliability, certain barriers (insurance) and biggest for me is not being able to prove my residency to get a library card—22yo, male, NH white, Bachelor’s +, Med/High SES, Midwest

5- What resources do you think are missing from your community? What makes you say that?

Most youth did not know what resources were missing from their community and this did not vary by respondent characteristics. Many also stated that nothing was missing.

I don’t know (165)

Nothing (115)

Resources for the poor (homeless shelters/foodbanks) (42)

Better public transportation/accessibility (36)

Mental Health Resources (35)

Healthcare (24)
Free affordable social services (mixed) (23)
Youth centers/groups (20)
Activities/Events/Comm classes (19)
Gym/Recreation (19)
Community Centers (18)
General/A lot (17)
Safe environment (general) (14)
Substance Abuse facilities (14)
Parks/Green Space (14)
Social gathering space (13)
Support (friends/social network) (12)
Emergency Financial Support (12)
More knowledge about resources (9)
Affordable Housing (7)
Good Public schools (7)
Career center/training (7)
Safety/safe environment for minorities (6)
Theater/Arts (5)
Library/Info/Internet (5)
Outreach/Social work (5)
Women's Health Resources (5)
Library/Information (5)
Grocery/food (4)
Domestic Violence support (4)

Police/Fire/Emergency services (4)

Affordable Child Care (4)

Volunteer/Civic Engagement Opportunities (4)

Utilities- trash/water/recycling (3)

Restaurants (3)

Time to access resources (3)

Support for Seniors/Elderly (3)

Better roads (2)

LGBTQ services (2)

Jobs (2)

Local news/media (1)

Higher Education (1)

Higher education (1)

Churches/Religious groups (1)

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