



Families and Caregivers | Adults Who Understand

POSITIVE CONNECTIONS WITH SUPPORTIVE ADULTS



Young people thrive and flourish when they are surrounded by **caring and nurturing relationships with supportive adults**.

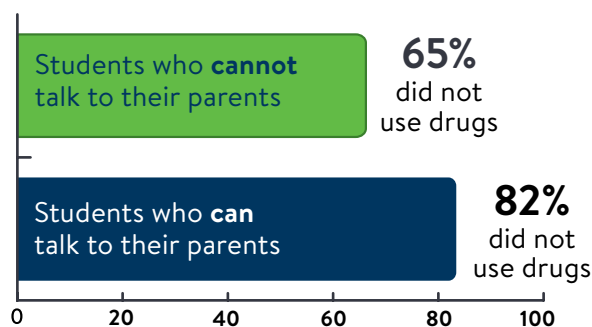
78%

of secondary students reported that their parents care about them quite a bit or very much.

The support that youth receive from parents and caregivers makes a difference.

Students who felt like they could talk to their parents were less likely to use alcohol and other drugs.

82% of adolescents who reported they could talk to their parents said they **did not use substances** in the last 30 days compared to 65% of adolescents who reported they could not talk to their parents.



70%

of Minnesota students report that they can talk to their parents or guardians about problems they are having.

Caring adults help youth be healthy and thrive.

83%

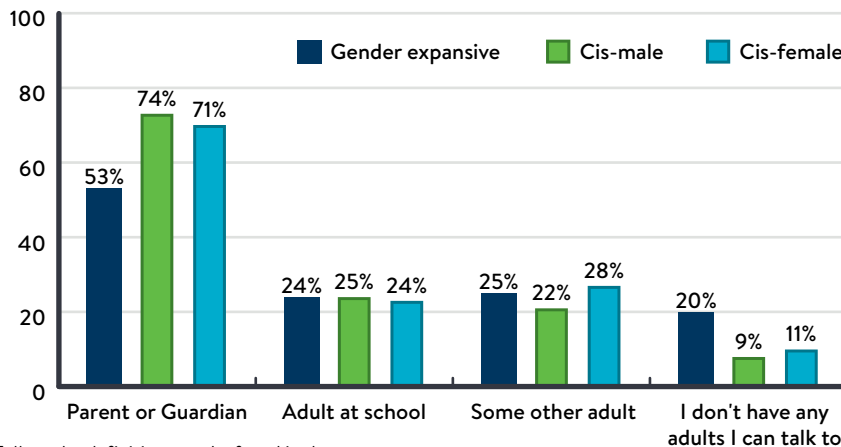
of students reported having at least one caring adult in their lives.

The presence of caring adults can save lives.

Minnesota students who reported that they did not have any caring adults had **6.4 times greater odds** of considering suicide or having a suicide attempt in the past year compared to students who had at least one caring adult.

Youth who have a stressful family life need caring adults in community more, but often these gaps go unfilled. **Students without a caring family member had 8.3 times greater odds of not having a caring adult in the community. They also had 4.2 times greater odds of not having positive teacher relationships.**

Gender expansive students are less likely to feel they are able to talk to their parents. Gender expansive students are also **2 times more likely** to say they have no adult to talk to.



Full gender definitions can be found in the [Adolescent Health Data Book \(www.health.mn.gov/people/adolescent/youth/databook.html\)](http://www.health.mn.gov/people/adolescent/youth/databook.html).

For more information, read the complete [Adolescent Health Data Book \(www.health.state.mn.us/people/adolescent/youth/databook.html\)](http://www.health.state.mn.us/people/adolescent/youth/databook.html).

Minnesota Department of Health | Child and Family Health Division
Health.AdolescentHealth@state.mn.us | 651-201-3650