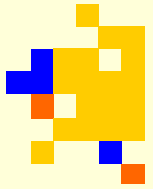


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# 2008 Fairfax County Youth Survey





## 2008 Fairfax Youth Survey Participation

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- The 2008 Fairfax County Youth Survey was completed...

By 22,251 students in...

21 high schools

4 secondary schools

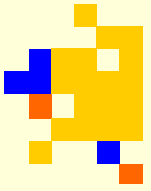
22 middle schools

62 elementary schools

4 alternative schools

By a sample of 47% of students in 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grade, representative of race/ethnicity, and gender





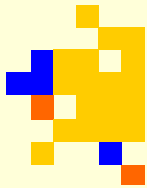
# Our Goals

## Fairfax County Youth:

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- are physically fit with good nutritional habits
- are safe from violence and bullying
- are free from alcohol, tobacco, and other drugs
- are mentally well
- respect people, property, and authority
- act responsibly toward others, including respect for cross-cultural differences and perspectives
- possess the skills to manage and resolve conflict
- make healthy and safe life choices





# Fairfax County and Madison Pyramid 2008

	Fairfax Countywide			Madison High School Pyramid			Higher in Pyramid  / Lower in Pyramid		
	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade
Alcohol*	14%	27%	43%	15%	33%	53%	=		
Binge Drinking**	4%	12%	24%	6%	15%	32%	=		
Used Inhalants*	4%	2%	1%	2%	2%	1%	=	=	=
Marijuana*	3%	9%	17%	6%	13%	25%			
Ever Had Sexual Intercourse	12%	24%	44%	12%	16%	41%	=		
Carried Non-Handgun Weapon+	23%	20%	19%	17%	18%	17%		=	=
Depression+	29%	32%	31%	25%	28%	23%			

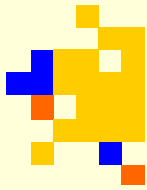
\* Use in the last 30 days

\*\* 5 or more drinks in the previous 2 weeks

+ in the past year

2% difference or less considered equal



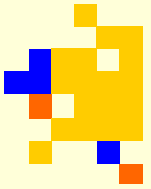


# Fairfax County and Madison Pyramid 2008

	Fairfax Countywide			Madison High School Pyramid			Positive Difference Negative Difference		
	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade
Participation in Extra-Curricular Activities (1/week or more)	54%	57%	55%	54%	60%	60%	=	↑	↑
Perceived Opportunities for Involvement Outside of Class	89%	97%	97%	89%	95%	96%	=	=	=
Feel Safe at School	86%	87%	91%	88%	93%	95%	=	↑	↑
Perceived Crime and Drugs in Neighborhood	13%	17%	17%	10%	13%	9%	↓	↓	↓
Perceived Parental Approval of Alcohol (not wrong at all)	2%	2%	6%	1%	1%	7%	=	=	=

*2% difference or less considered equal*





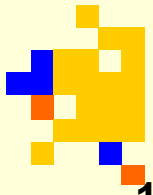
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**Countywide Prevention System Goal:**  
**Children and Youth are Free From Alcohol, Tobacco, and Other  
Drugs (ATOD)**

**Student Achievement Goal:**  
**Students will Make Safe and Healthy Life Choices**

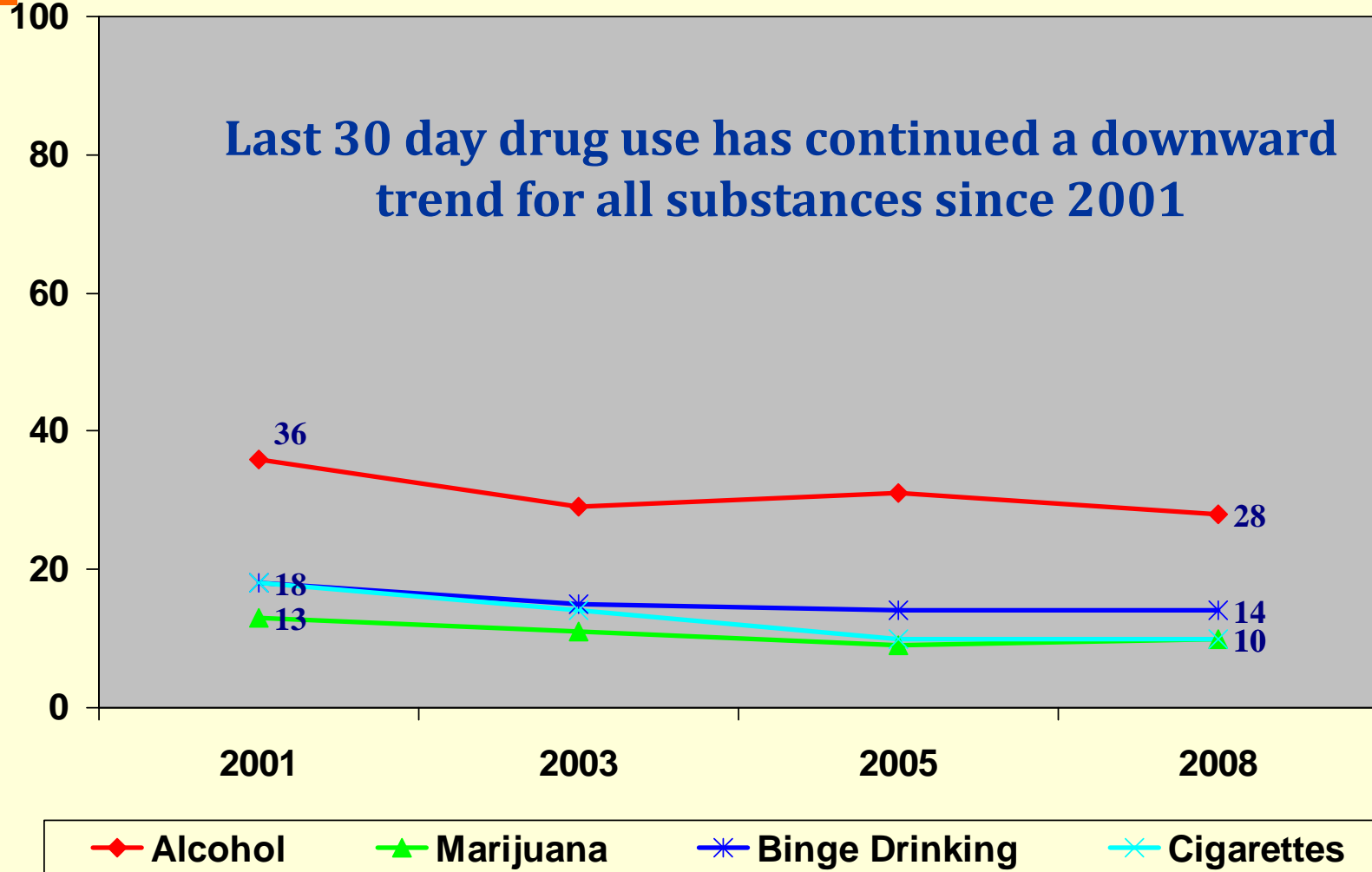
Alcohol, Marijuana, Tobacco,  
Prescription Drugs, Inhalants

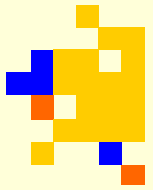




# Substance Use Trends

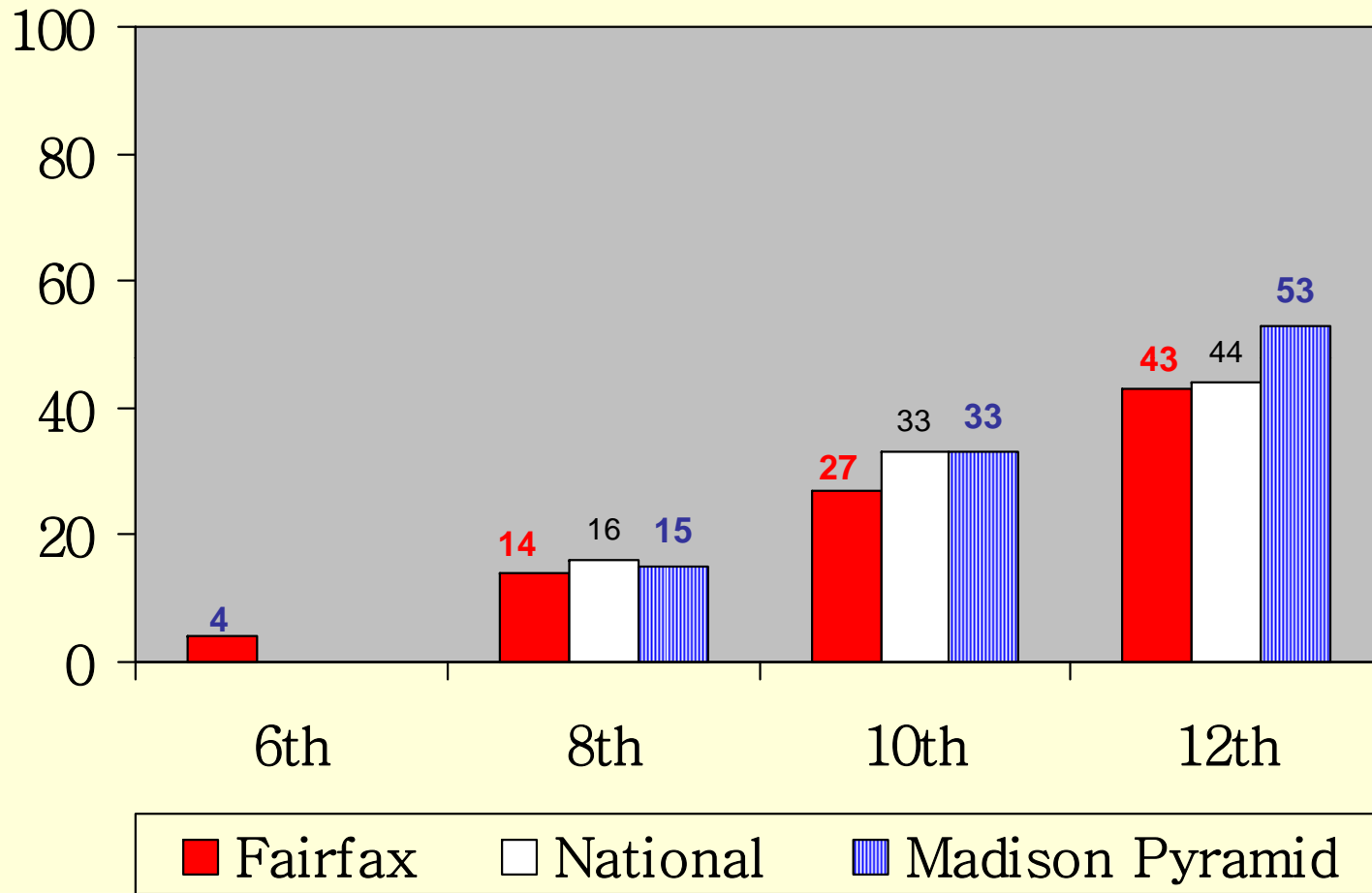
## Percent Who Used in Last 30 Days

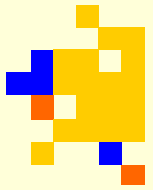




# Alcohol

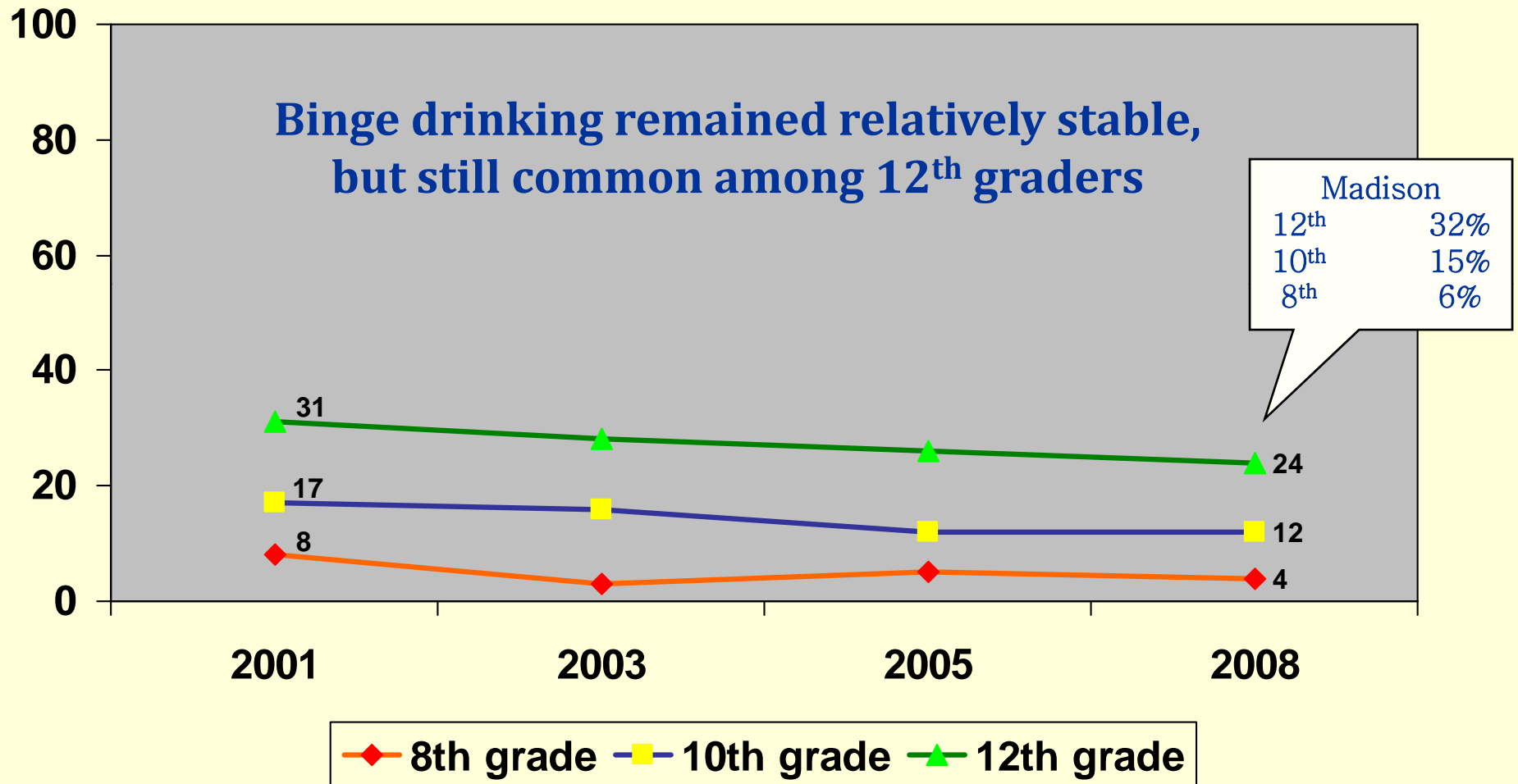
## Percent Who Used in Last 30 Days

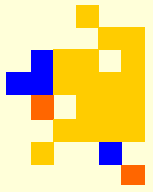




# Percent Reporting Binge Drinking

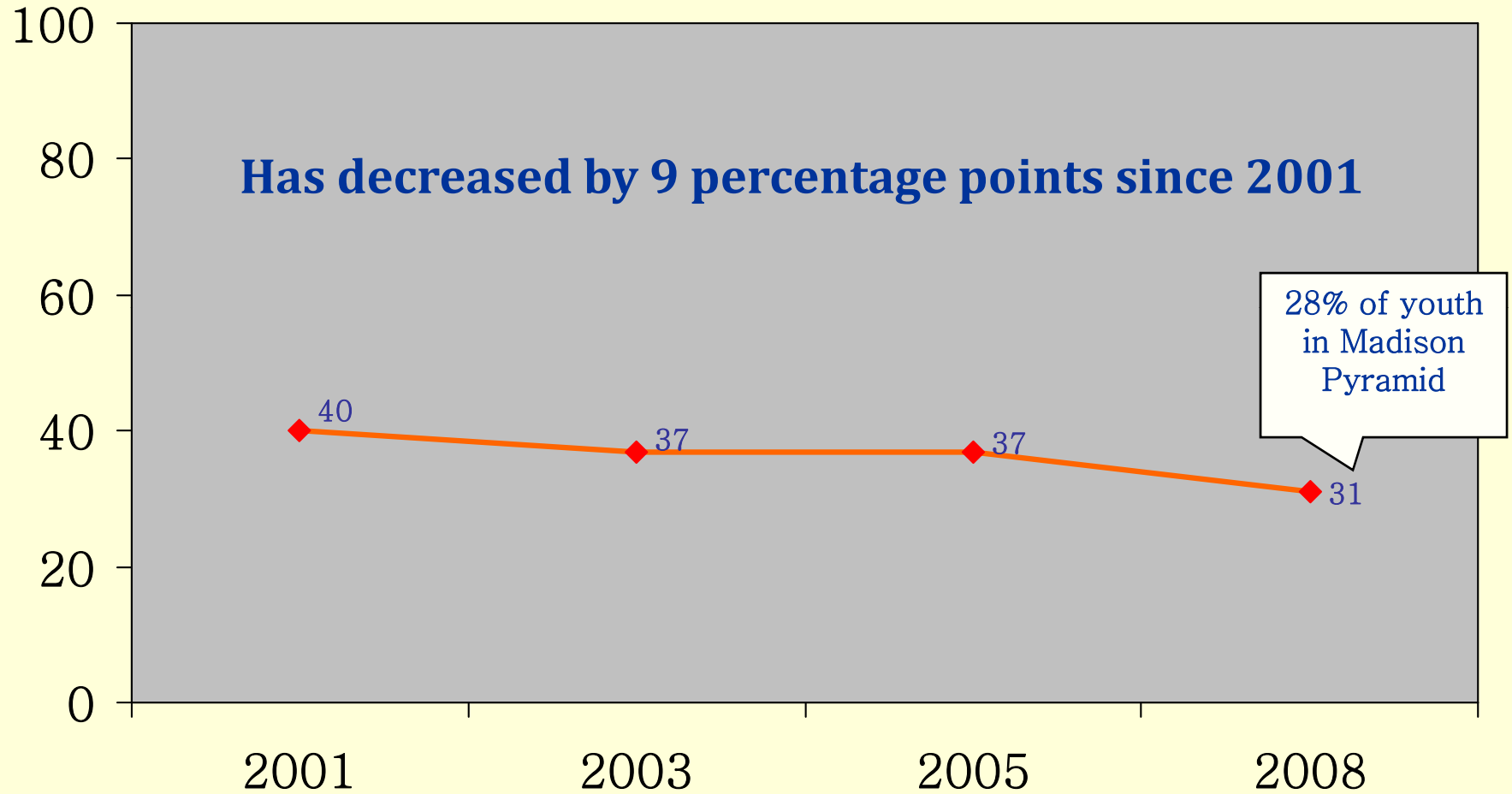
## Five or more drinks in one sitting in the past 2 weeks

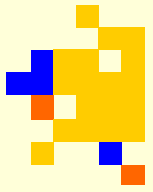




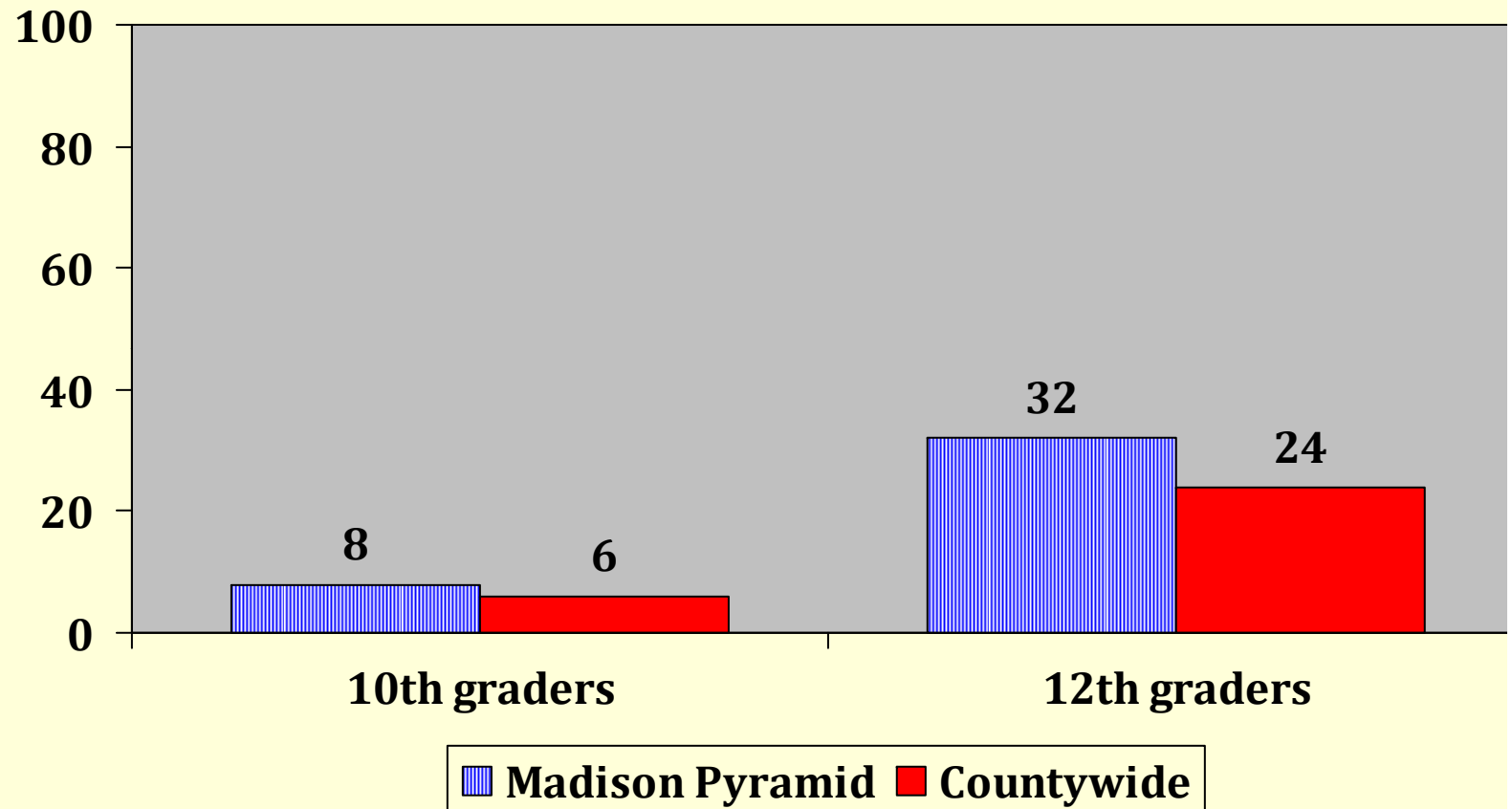
# Age of Onset Among Youth Who Have Tried Alcohol

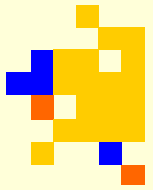
## Percent who were 12 or younger at first alcohol use





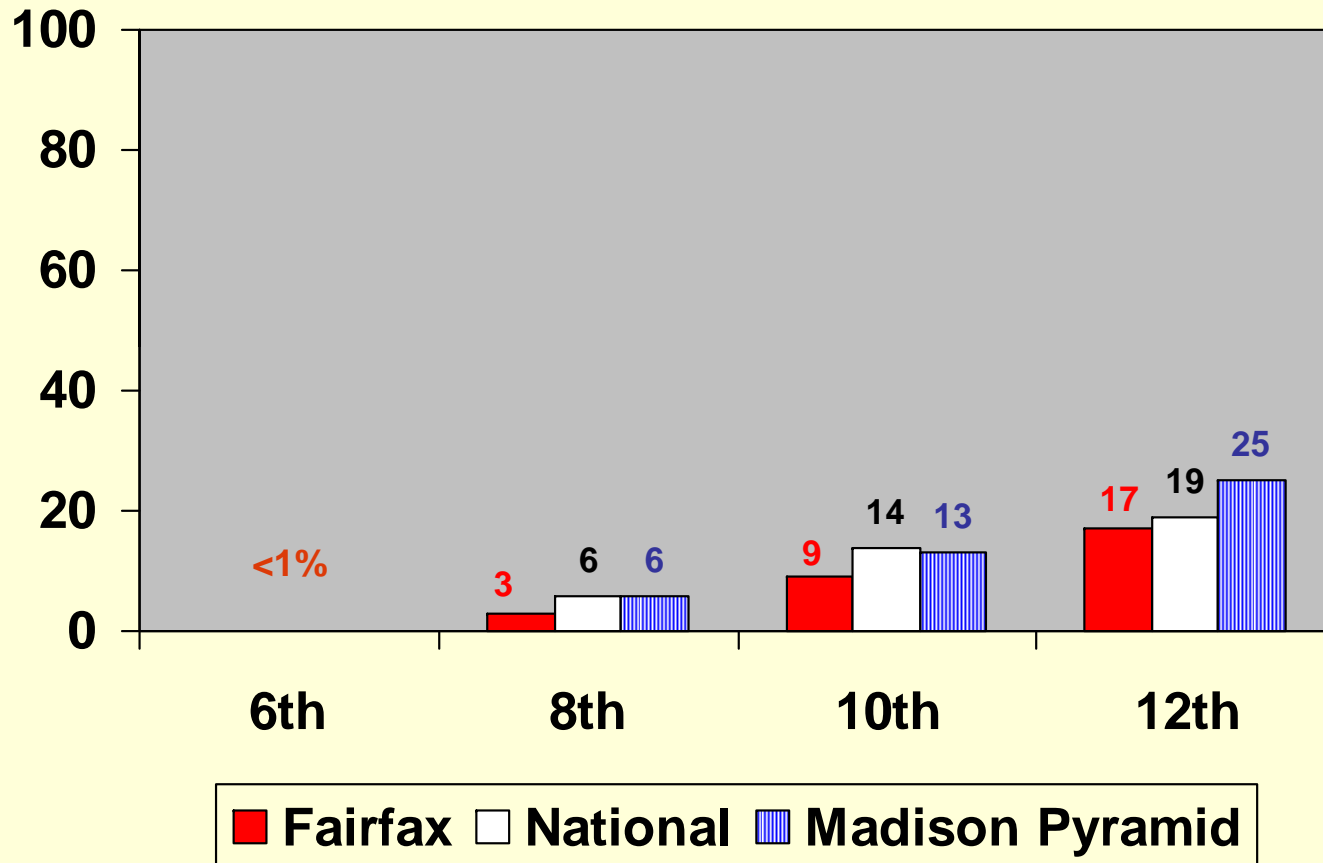
# Percent of Students who have Driven a Vehicle After Drinking

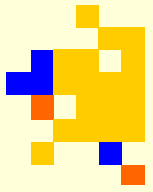




# Marijuana

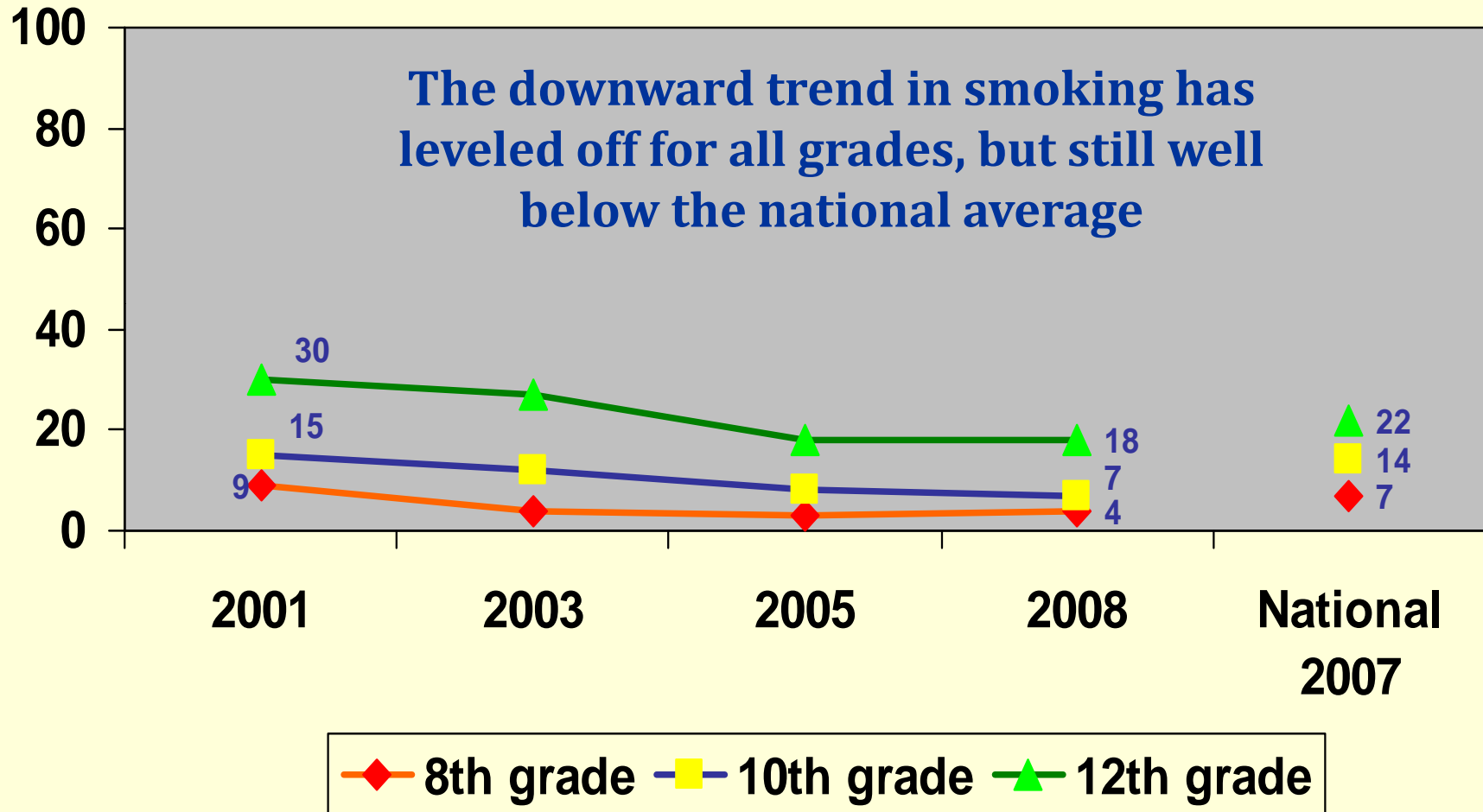
## Percent Who Used in Last 30 Days

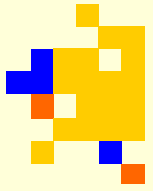




# Smoking

## Percent Who Used in Last 30 Days



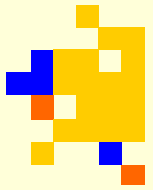


# Inhalant Use

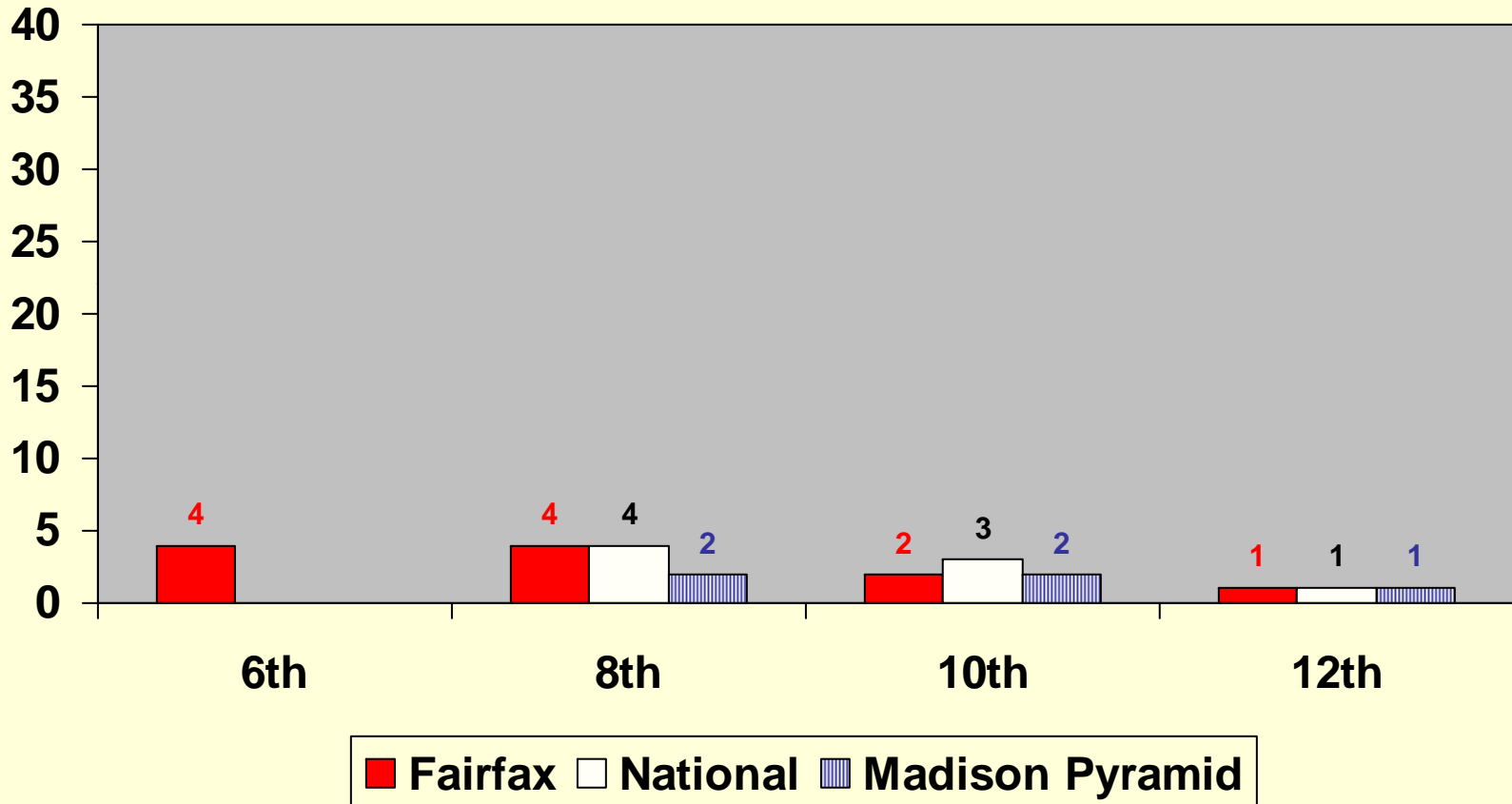
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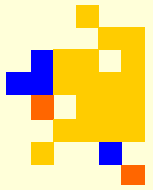
- Inhalants are the 2<sup>nd</sup> most commonly used drug among 6<sup>th</sup> and 8<sup>th</sup> graders, ahead of both cigarettes and marijuana.



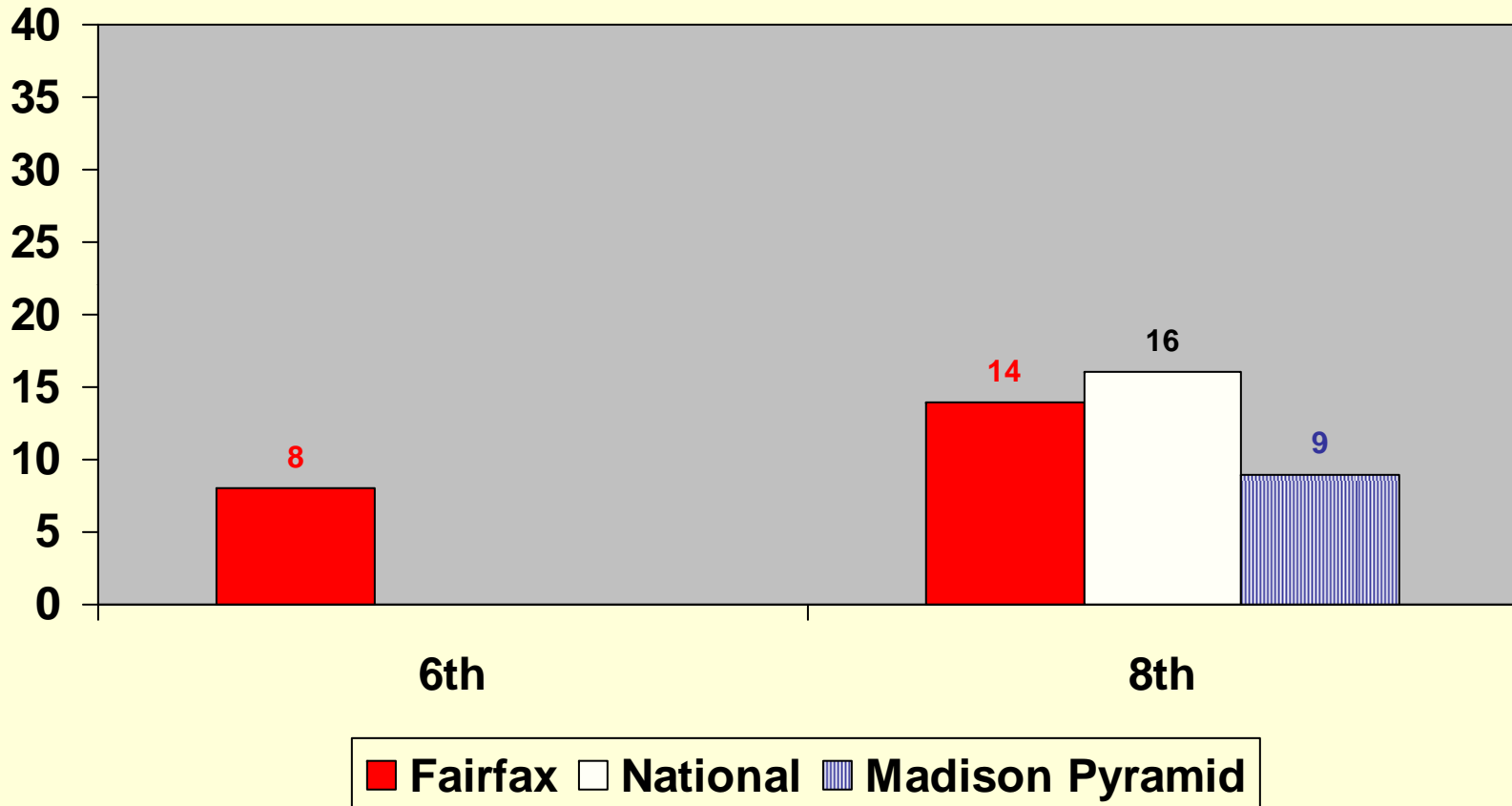


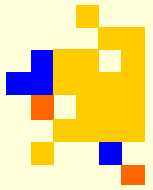
# Inhalant Use - Last 30 Days





# Inhalant Use - Ever





## Other Substance Use Trends

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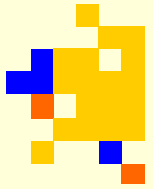
The most commonly used drugs are alcohol, tobacco, marijuana and inhalants.

The next most commonly used drug among Fairfax County youth are medications used without a doctor's orders and with the intent to get high. (examples include – ritalin, xanax, vicodin, cough syrup...)

7% of youth have taken some kind of medication (prescription or OTC) without a doctor's orders in the past 30 days, with the intent to get high

1% or fewer of Fairfax County youth have used methamphetamine, ecstasy, steroids, or heroin in the last 30 days.





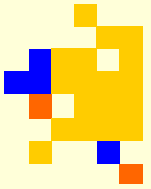
# **Additional Impacts of Substance Use**

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Youth who have used drugs or alcohol in the last 30 days are more likely to:

- Have carried a weapon
- Report having been depressed or considered suicide
- Have had sexual intercourse
- Have been victims of sexual assault



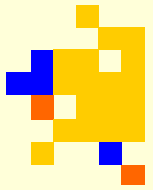


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**Countywide Prevention System Goal:**  
**Children and Youth are Mentally Well**

Depression, Suicide,  
Unhealthy Weight Loss Behaviors





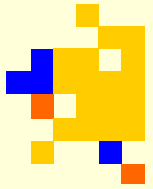
# Depression

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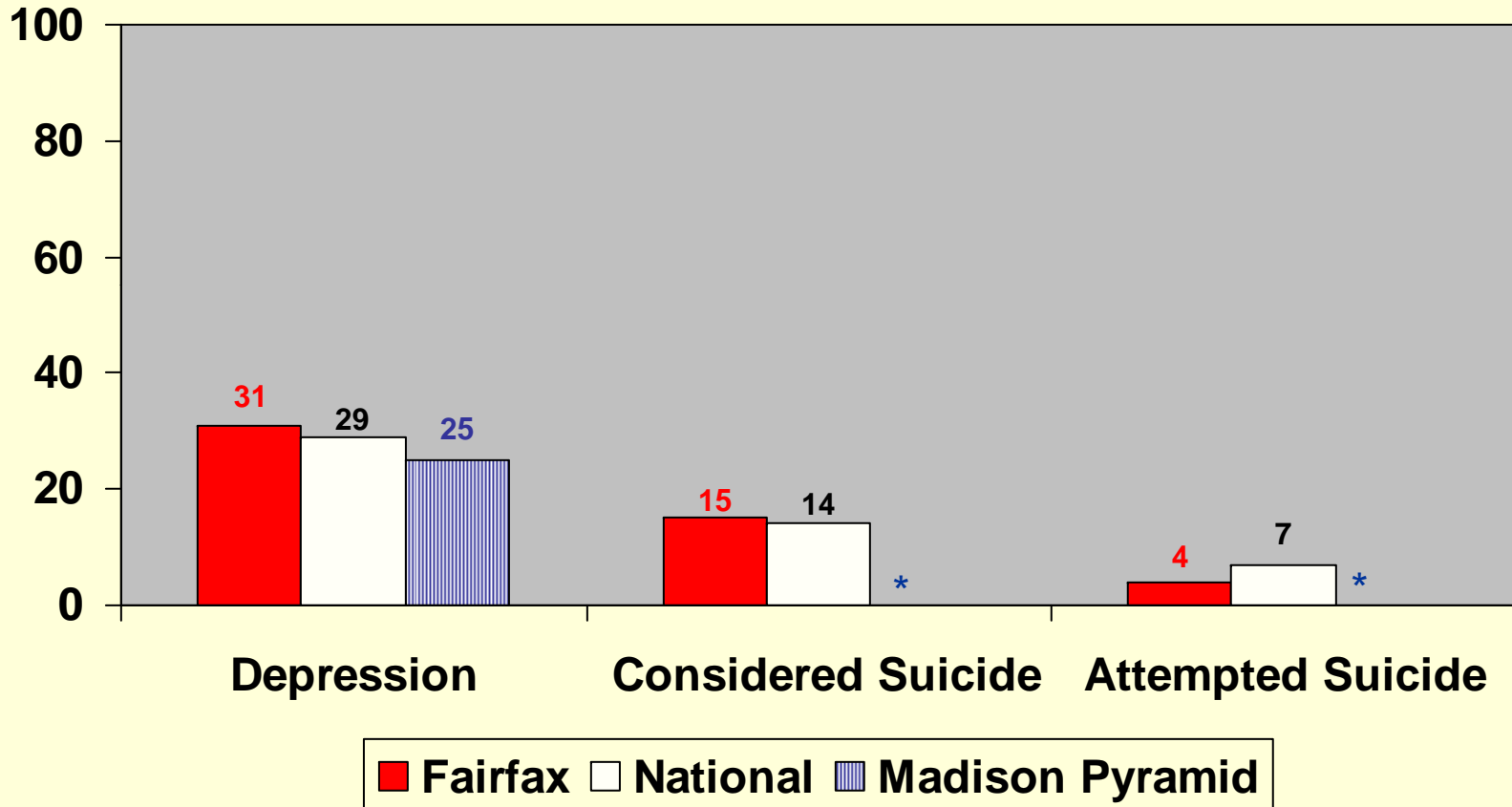
Depression on the Fairfax County Youth Survey is defined as youth who report feeling so sad or hopeless for weeks at a time that they stop doing their regular activities.

- Countywide, self-reported depressive symptoms are down slightly, especially in 12th grade (down 7 percentage points since 2001)
- However – just under a third of students still report depressive symptoms
- 10th grade students had the highest reported depressive symptoms (32%) as compared to 8th and 12th grade students. The national comparison for 10<sup>th</sup> graders is 29%



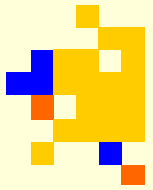


# Percent of Youth Reporting Selected Mental Health Experiences

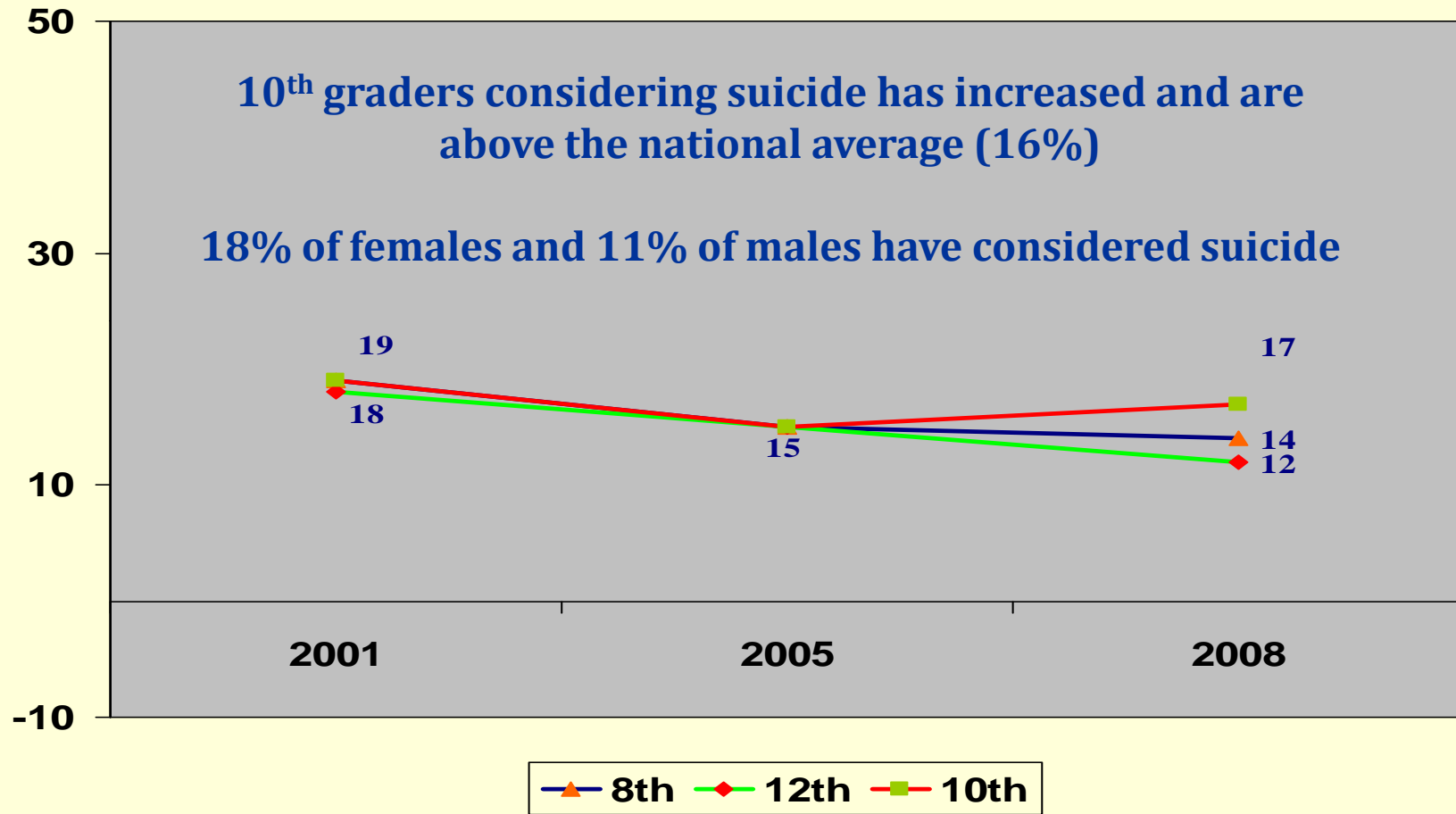


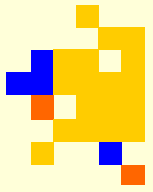
*\*No pyramid level data is available for suicide questions this year.*



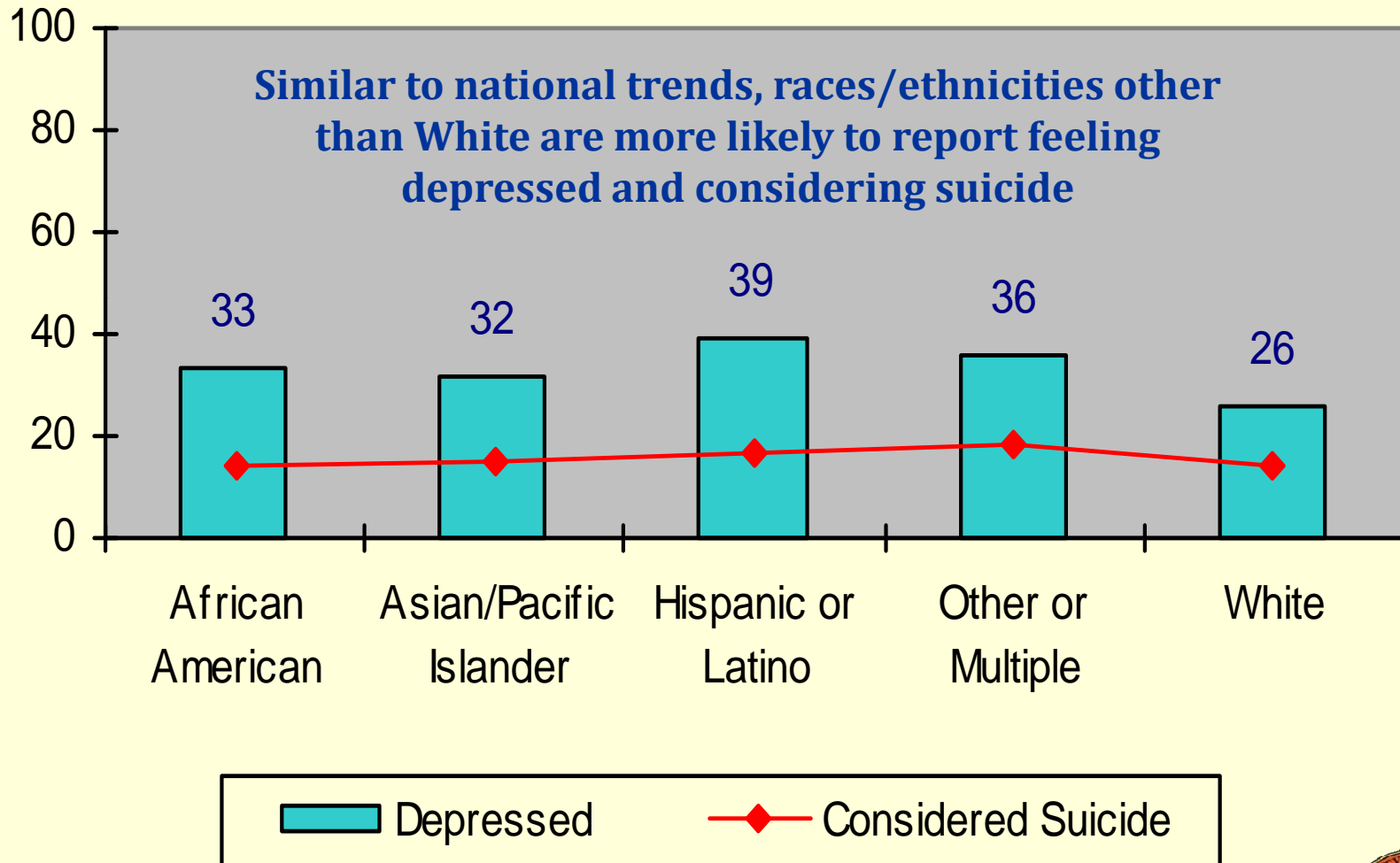


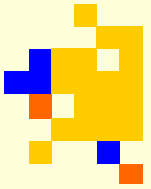
# Considered Suicide





# Depression/Considered Suicide by Race/Ethnicity



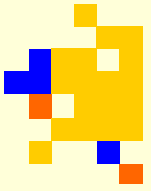


## Unhealthy Weight Loss Behaviors

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- In the last the 30 days 10% of all youth report at least one of the following behaviors:
  - gone 24+ hours without eating to lose weight/keep from gaining weight
  - vomited or taken laxatives
  - taken diet pills, powders, or liquids without doctor's orders
- This includes 14% of females and 6% of males





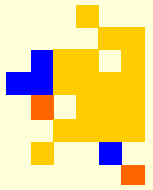
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**Countywide Prevention System Goal:**  
**Children and Youth are Safe from Violence and Bullying**

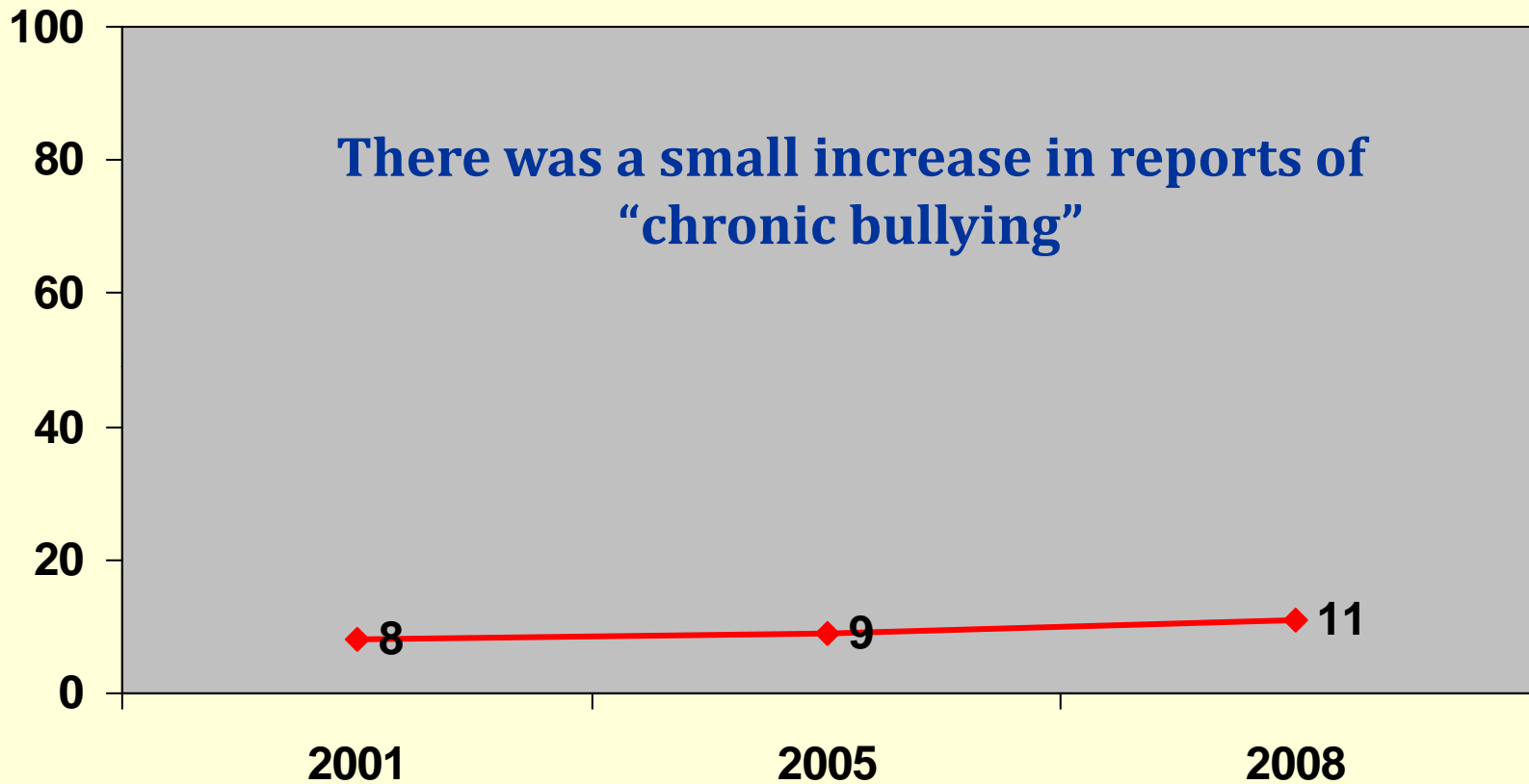
**Student Achievement Goals:**  
**Students will Possess the Skills to Manage and Resolve Conflict**  
**Students will Act Responsibly Toward Others**

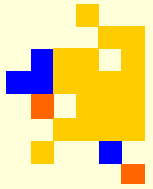
Violence, Aggression, Bullying,  
Dating Violence





## Percent Who Have Been Bullied More than 20 Times in the Past Year



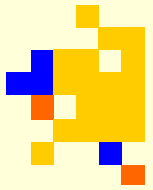


# Bullying

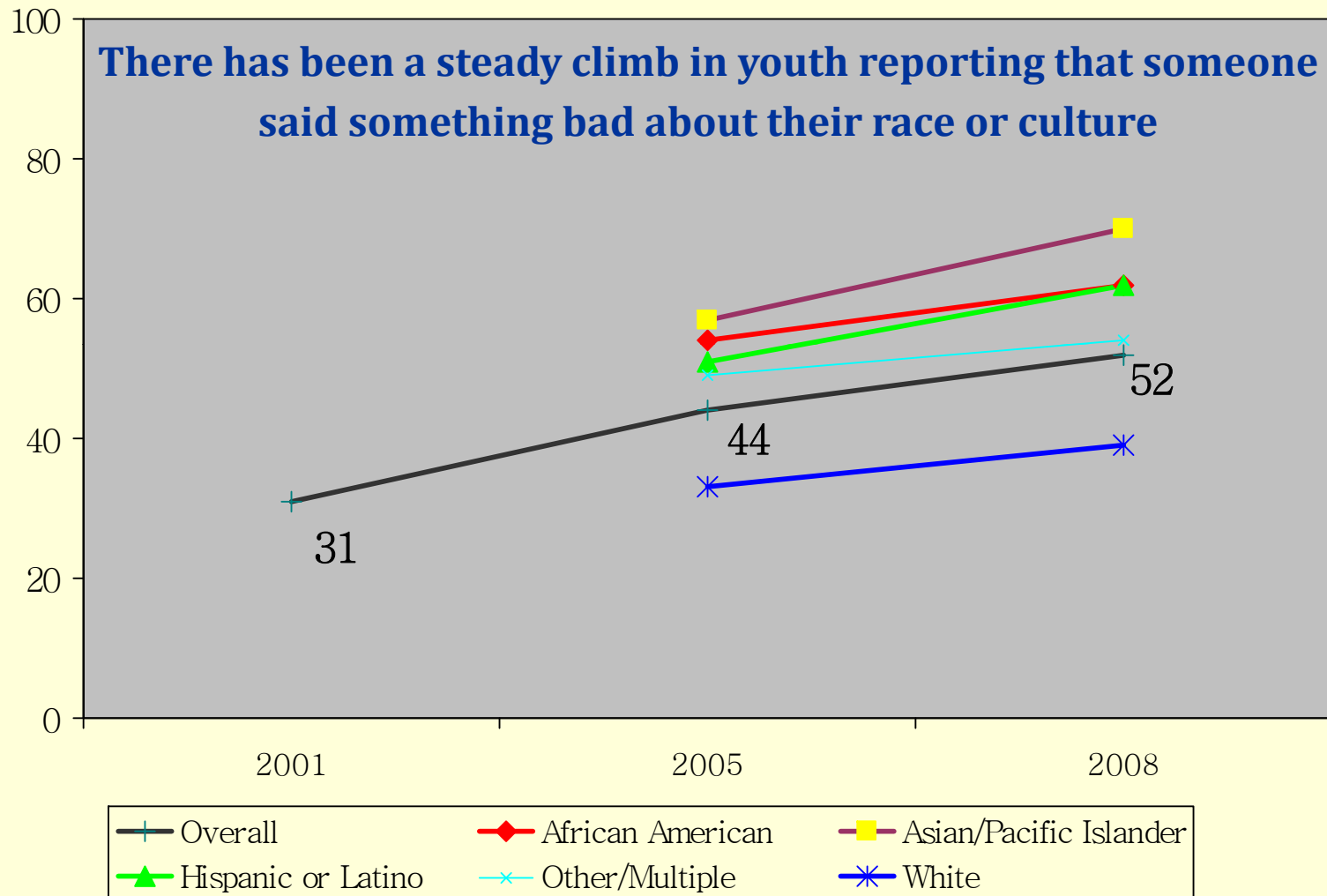
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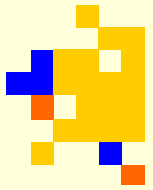
- Bullying is more common in early grades
- 18% of 6<sup>th</sup> graders reported being bullied, taunted, ridiculed, or teased at least once a week. Of those students, 45% reported a daily occurrence
- Youth who report frequent or chronic bullying are more likely to report that they:
  - Have carried a weapon
  - Have used drugs, alcohol, or cigarettes
  - Were lonely or depressed
  - Have considered suicide



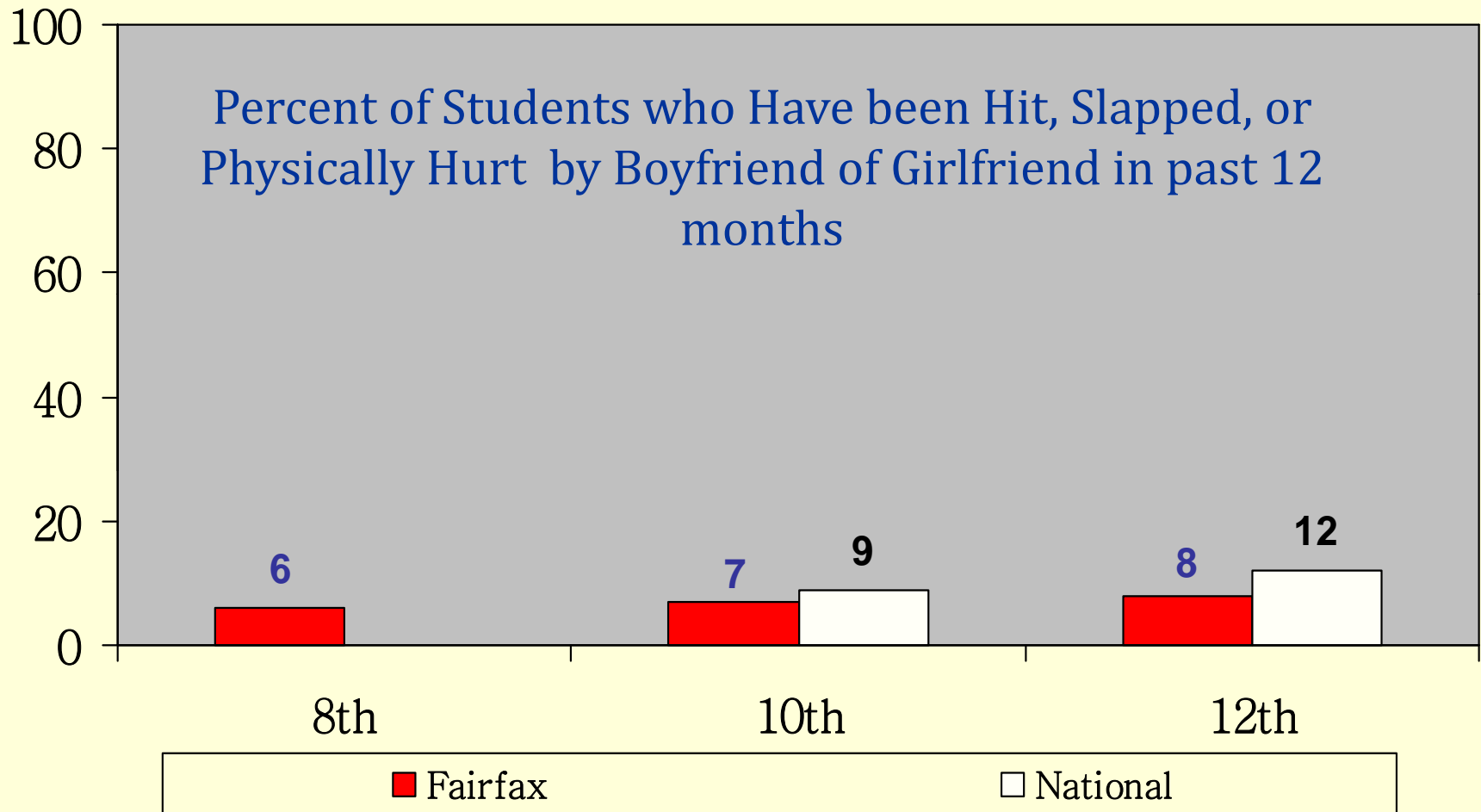


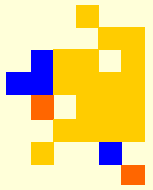
# Percent Reporting that Someone said Something Bad About their Race or Culture



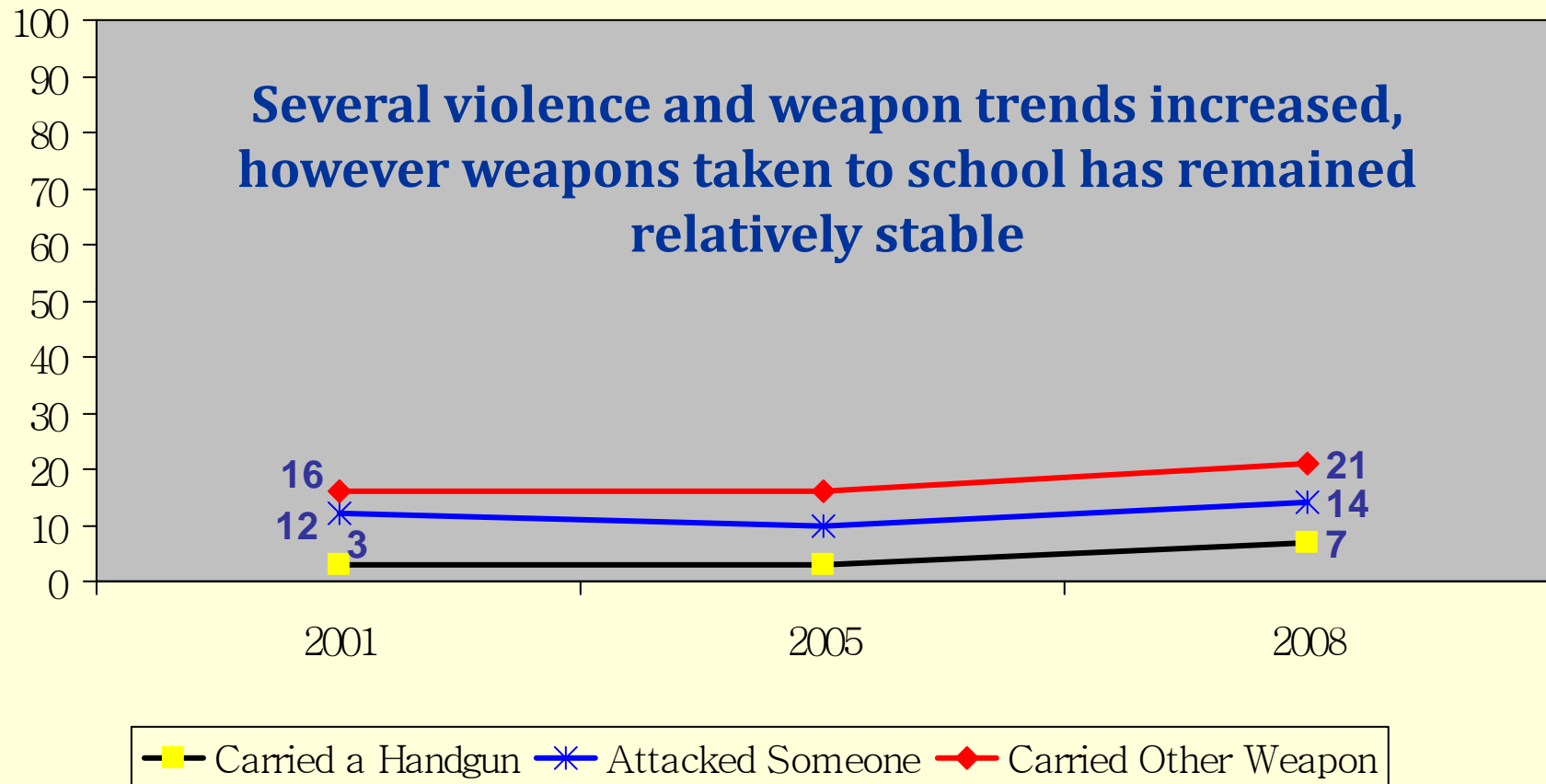


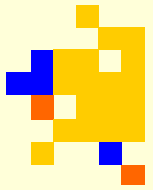
# Intimate Partner Violence





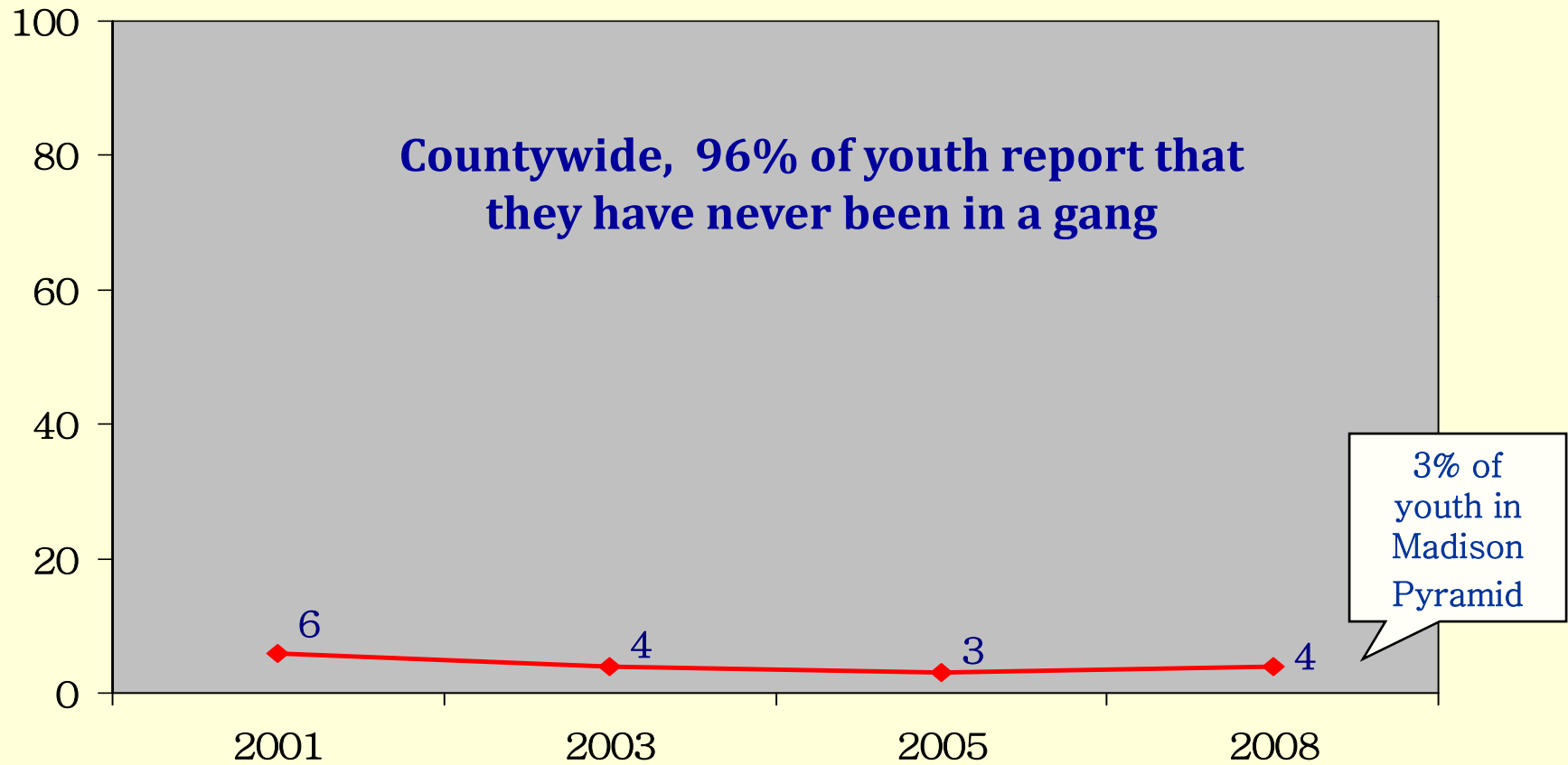
# Aggression and Violence Trends

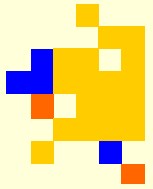




# Gangs

## Percent Who Have Ever Been in a Gang





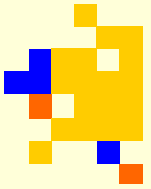
# **What We Know About Youth in Gangs:**

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**This survey tells us a great deal about the lives of youth who were ever in a gang. They are:**

- More likely to have been depressed or considered suicide
- Report similar but exaggerated drugs use patterns
- 2.5 times more likely to have had sex
- More likely to be abused by an intimate partner or forced to have sex

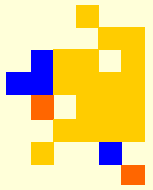




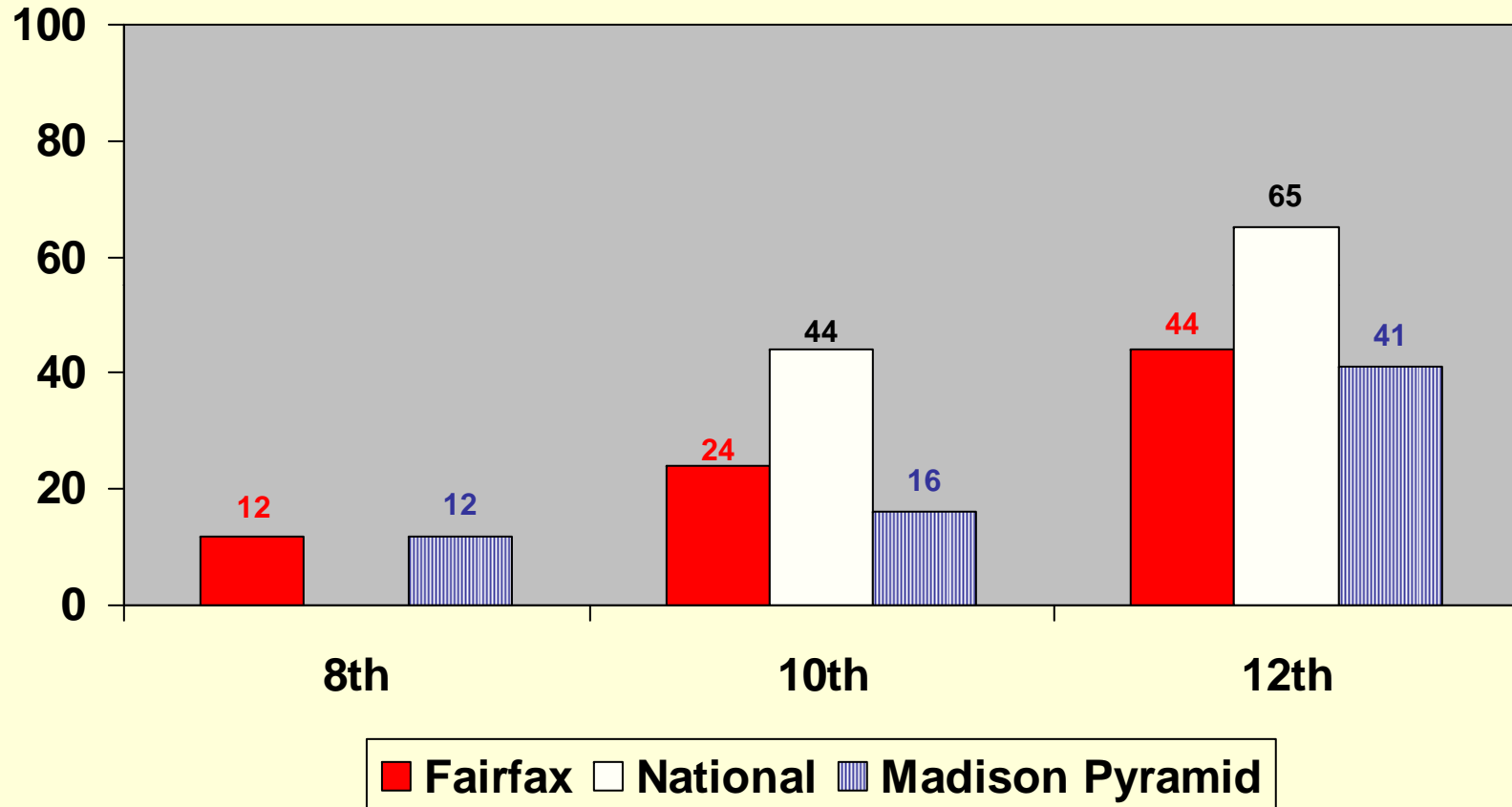
FCPS Student Achievement Goal:  
Students Make Healthy and Safe Life Choices

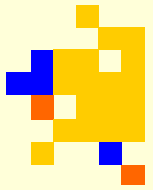
Sexual Health



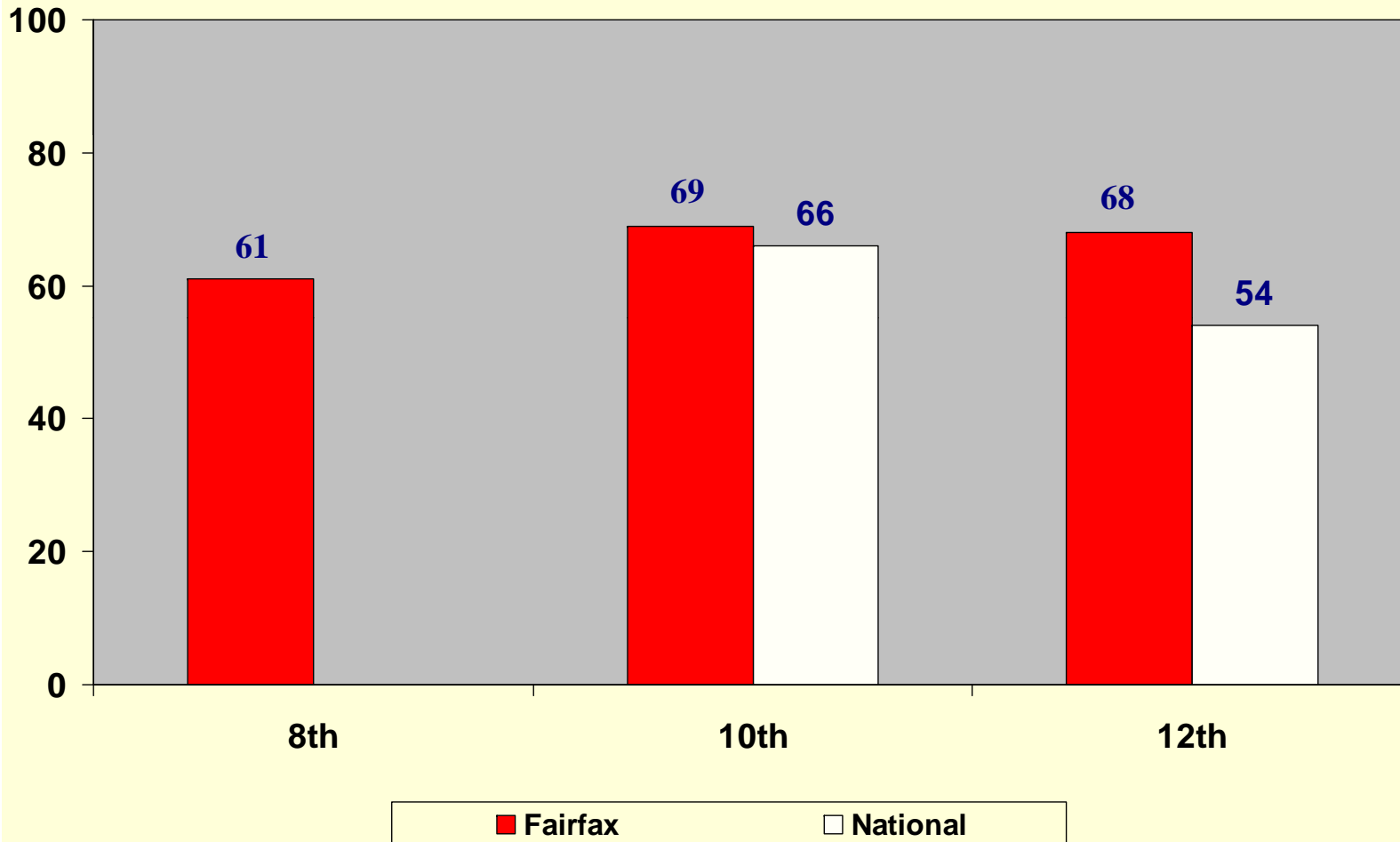


# Percent of Youth Who Have Ever Had Sexual Intercourse



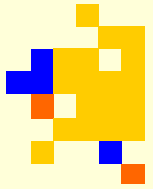


# Percent of Youth Who Used a Condom at Last Intercourse

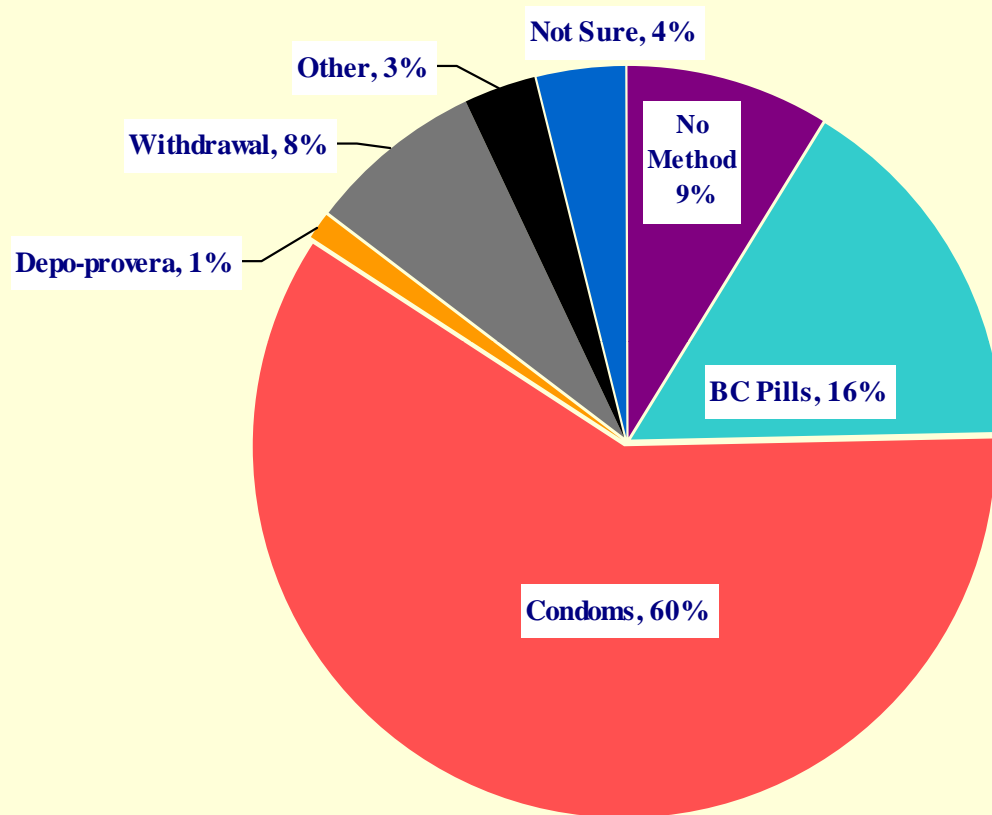


Condom use among 12<sup>th</sup> graders is much higher than 12<sup>th</sup> graders nationally



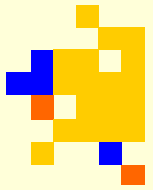


# Contraception Use



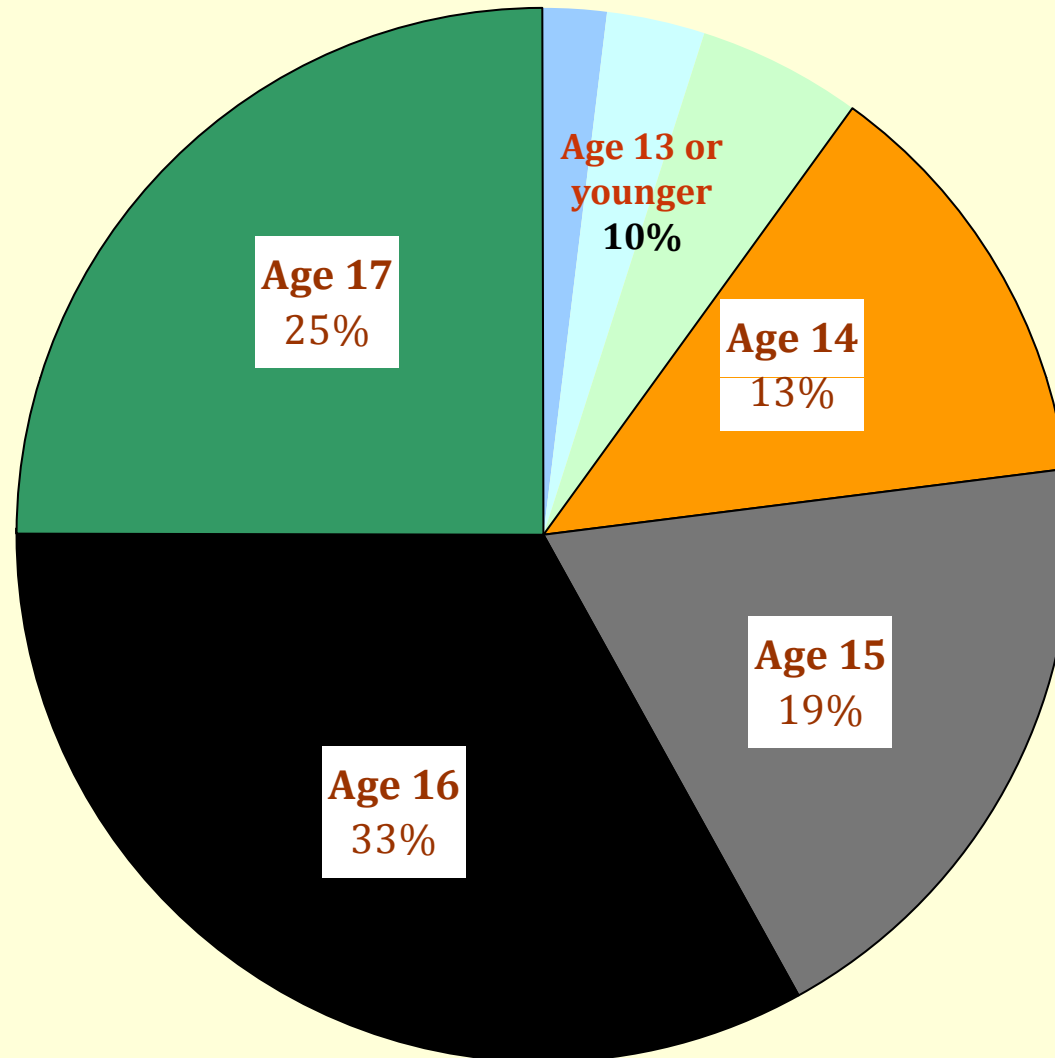
Contraceptive use seems to increase with age:

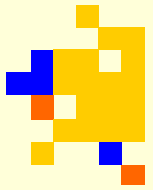
91% of sexually active 12th graders used some method to prevent pregnancy at last sexual intercourse compared to 87% of 10th graders and 71% of 8th graders.



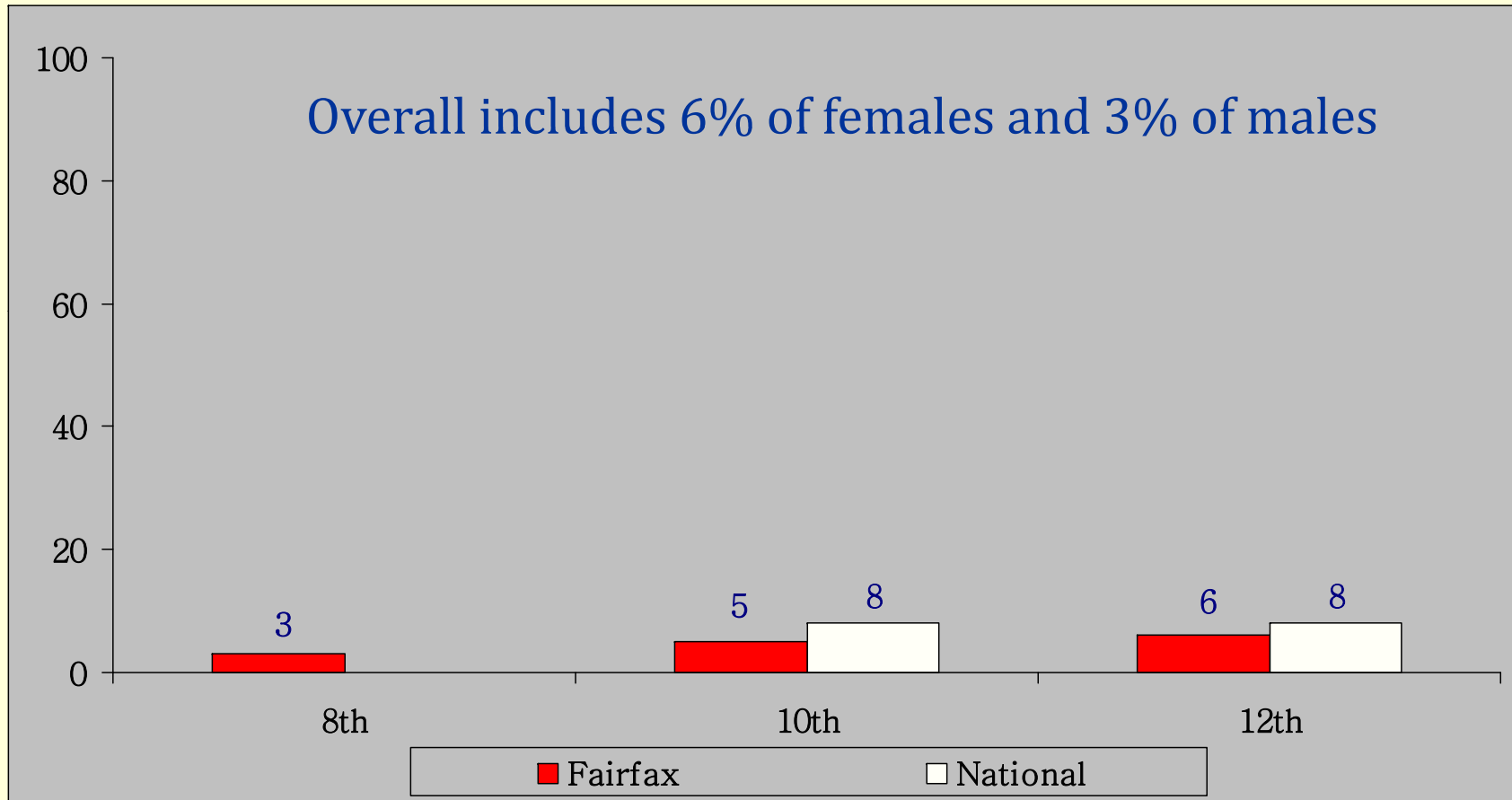
# Sexual Health – Age at First Intercourse

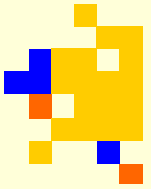
10% of sexually active 12<sup>th</sup> graders first had sexual intercourse at age 13 or younger





# Percent of Youth Who Have Ever been Physically Forced to have Sex



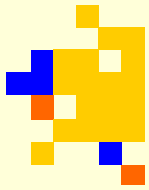


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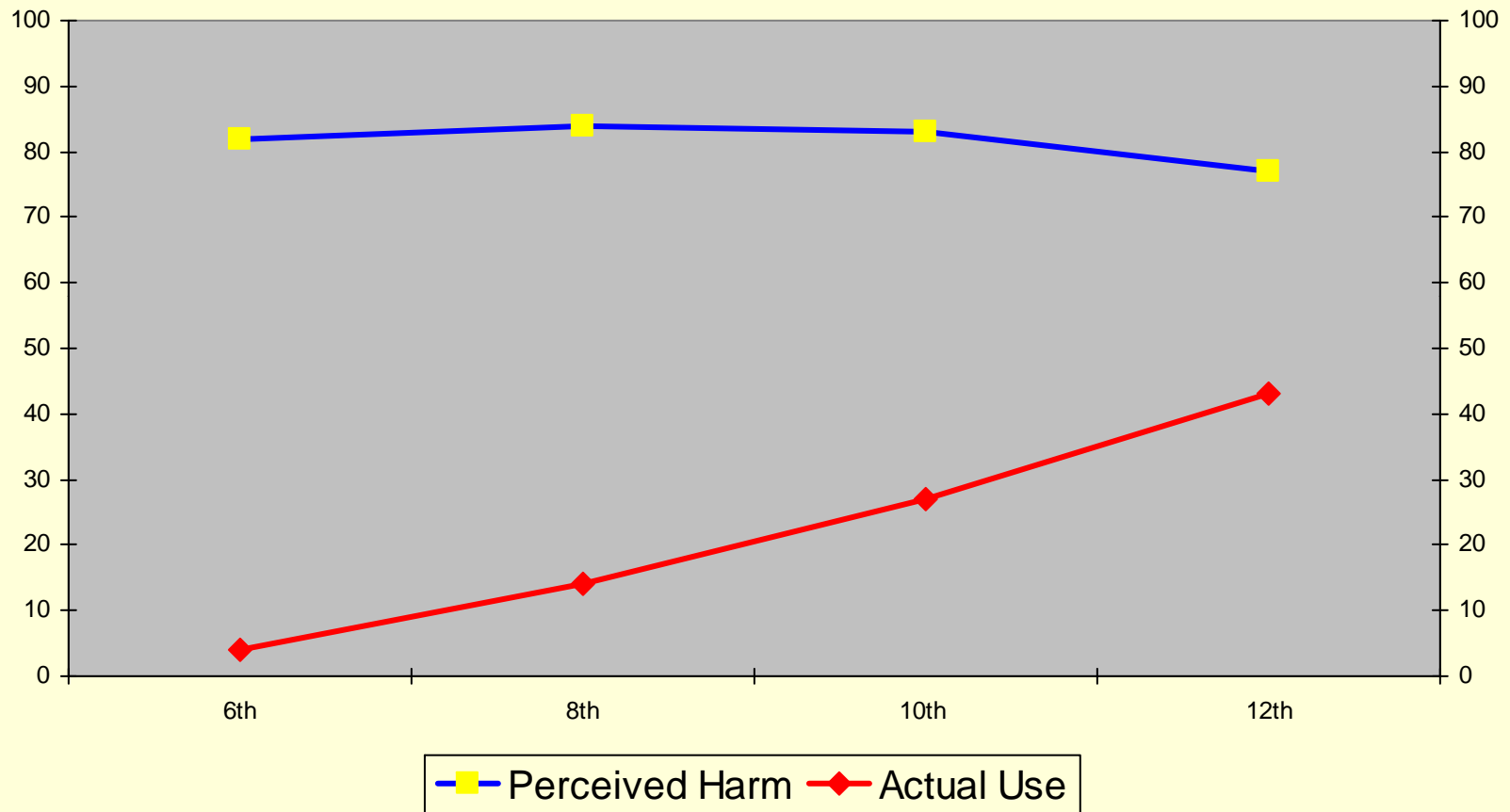
## Putting it Into Practice

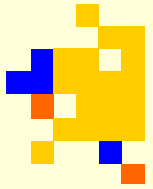
Perceived Harm/Right-Wrong  
Risk and Protective Factors/Assets



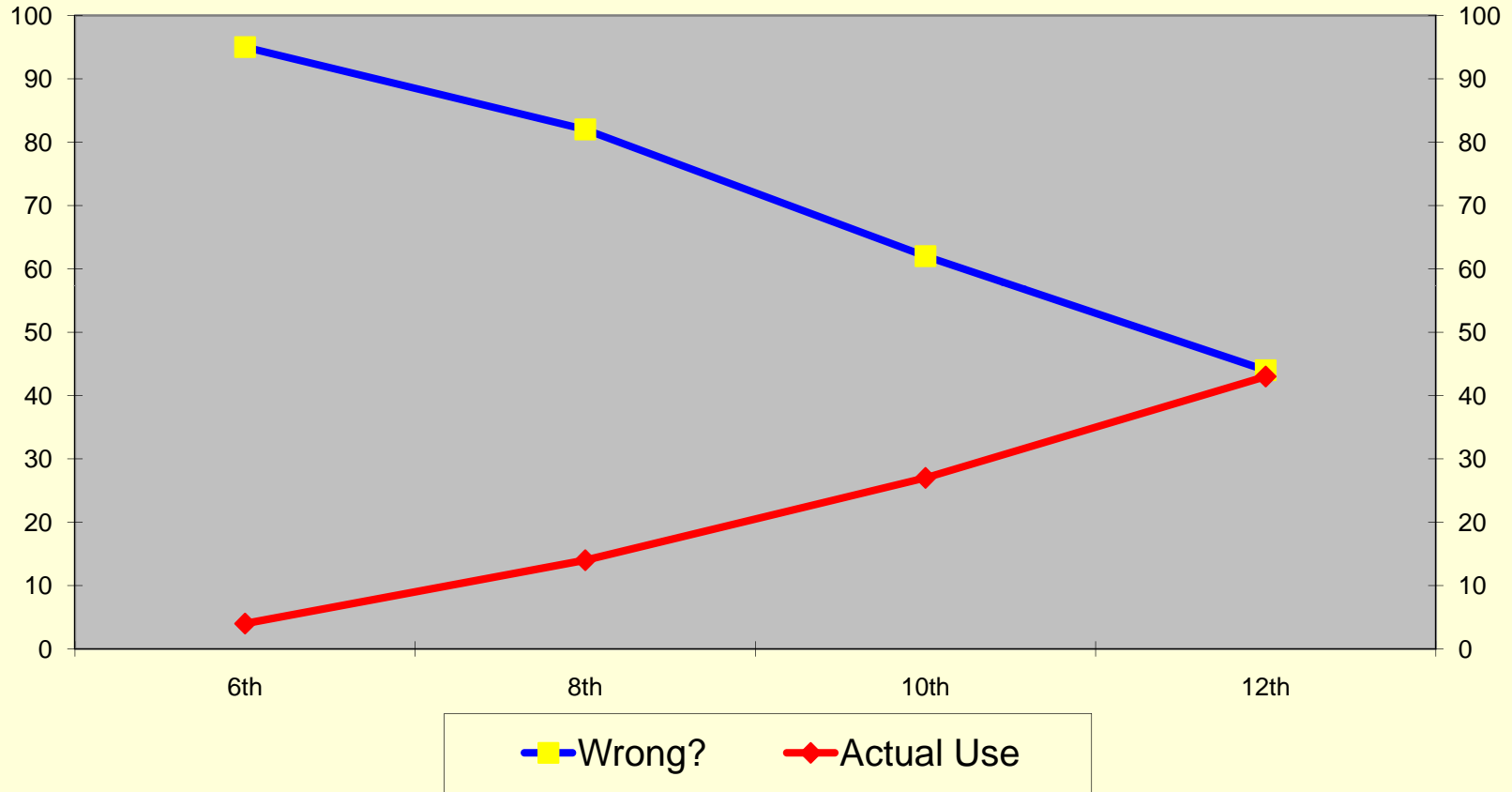


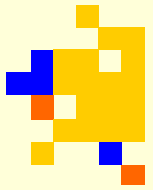
# Alcohol Use Compared to Perceived Risk





# Alcohol Use Compared to Perceived as Wrong





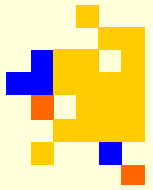
# Risk and Protective Factors

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**Risk Factors** help us explain circumstances that may increase the likelihood of problem behaviors

**Protective Factors** can help increase resiliency to drug abuse and problem behaviors are believed to buffer youth from risk

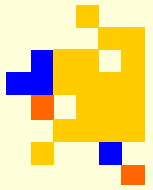




# Percent with High Protection

Protective Factor	All Respondents	Last 30 day ATOD use	Ever in a Gang
Family Attachment	51	43	33
Peer and Individual Social Skills	67	40	30
Community Rewards for Involvement	51	46	37

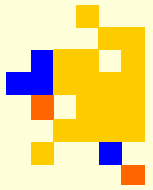




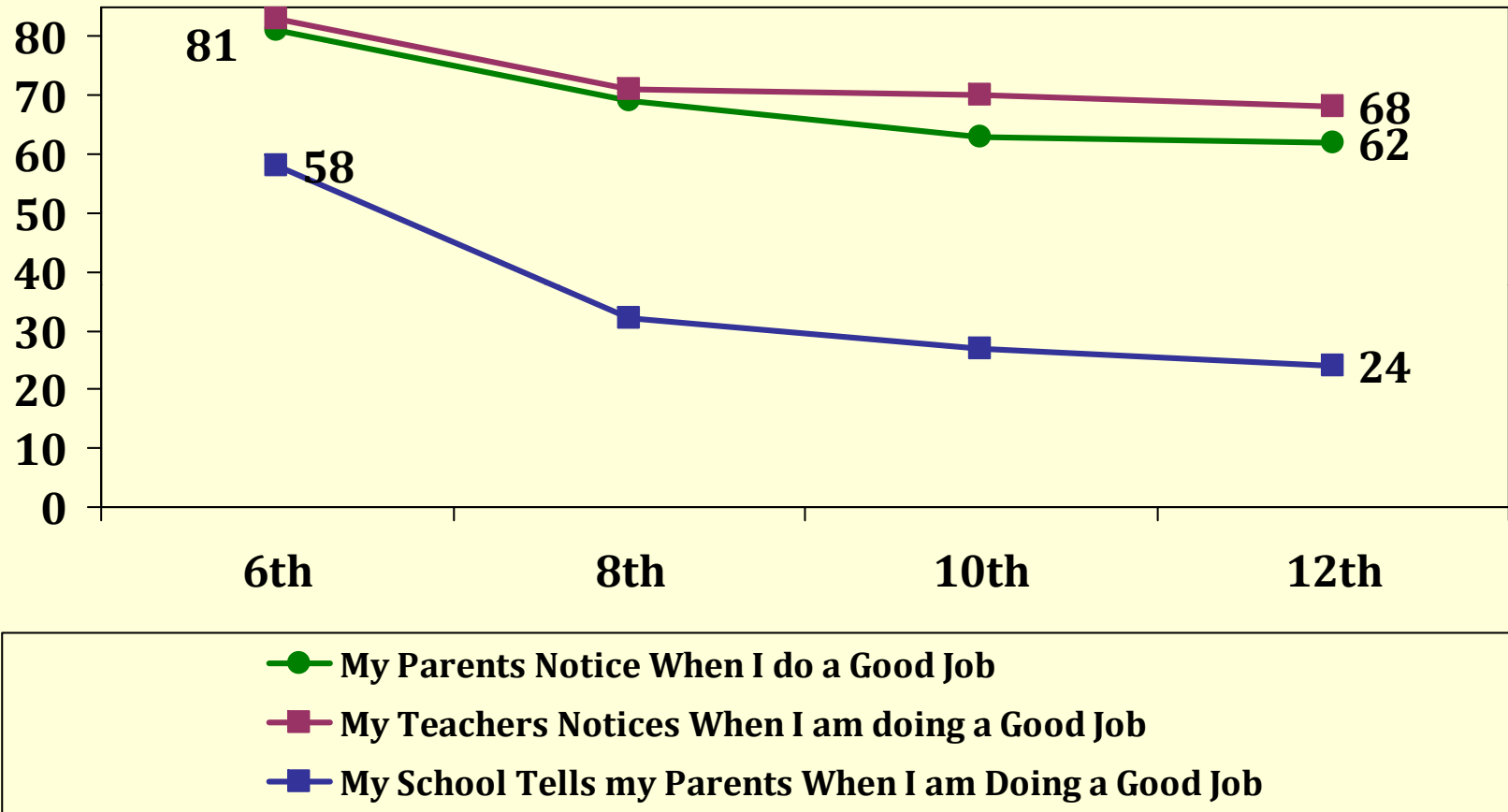
# Percent with High Risk

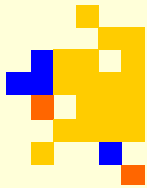
Risk Factor	All Respondents	Last 30 day ATOD use	Ever in a Gang
Low Neighborhood attachment	35	40	48
Parental Attitudes Favorable to Drug use	39 (Madison 45%)	62	55
Poor Family Management	43	62	71





# Parent and Teacher Recognition





# Fairfax County and Madison Pyramid 2008

	Fairfax Countywide			Madison High School Pyramid			Higher in Pyramid  / Lower in Pyramid		
	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade
Alcohol*	14%	27%	43%	15%	33%	53%	=		
Binge Drinking**	4%	12%	24%	6%	15%	32%	=		
Used Inhalants *	4%	2%	1%	2%	2%	1%	=	=	=
Marijuana*	3%	9%	17%	6%	13%	25%			
Ever Had Sexual Intercourse	12%	24%	44%	12%	16%	41%	=		
Carried Non-Handgun Weapon+	23%	20%	19%	17%	18%	17%		=	=
Depression+	29%	32%	31%	25%	28%	23%			

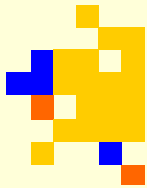
\* Use in the last 30 days

\*\* 5 or more drinks in the previous 2 weeks

+ in the past year

2% difference or less considered equal



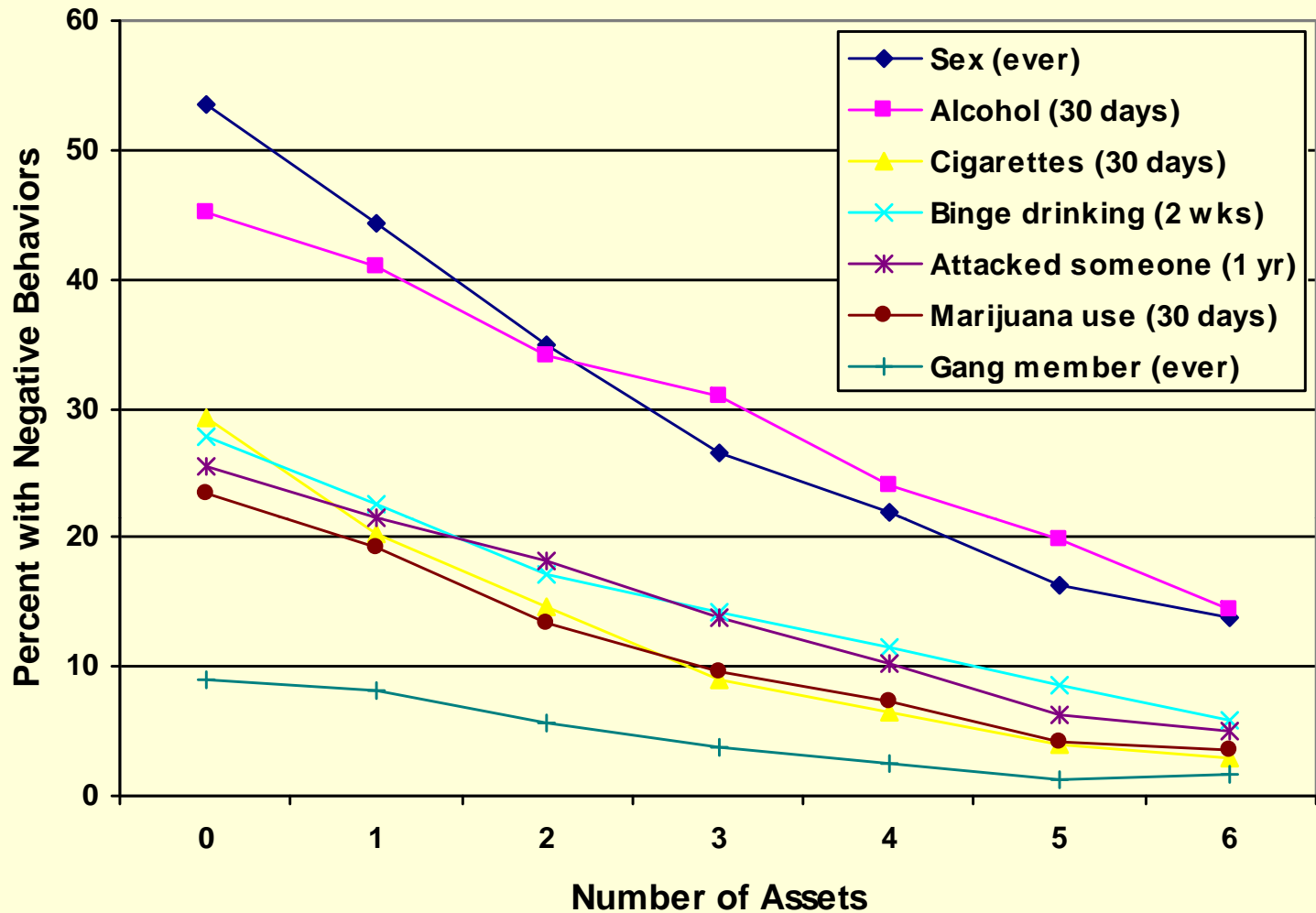
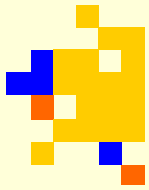


# Fairfax County and Madison Pyramid 2008

	Fairfax Countywide			Madison High School Pyramid			Positive Difference Negative Difference		
	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade	8 <sup>th</sup> Grade	10 <sup>th</sup> Grade	12 <sup>th</sup> Grade
Participation in Extra-Curricular Activities (1/week or more)	54%	57%	55%	54%	60%	60%	=	↑	↑
Perceived Opportunities for Involvement Outside of Class	89%	97%	97%	89%	95%	96%	=	=	=
Feel Safe at School	86%	87%	91%	88%	93%	95%	=	↑	↑
Perceived Crime and Drugs in Neighborhood	13%	17%	17%	10%	13%	9%	↓	↓	↓
Perceived Parental Approval of Alcohol (not wrong at all)	2%	2%	6%	1%	1%	7%	=	=	=

*2% difference or less considered equal*



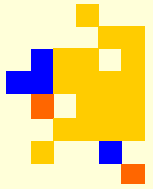


Assets	
Good Grades	Involved in extracurricular activities
Involved in decision-making	Involved in community service
Lots of adults in my neighborhood to talk to	Parents notice when doing a good job



## Fairfax County Youth Survey





## How Do I Learn More

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A full report is available for download at  
[www.fairfaxcounty.gov/youthsurvey](http://www.fairfaxcounty.gov/youthsurvey)  
[www.unifiedpreventioncoalition.org](http://www.unifiedpreventioncoalition.org)

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