



2008 Fairfax County Youth Survey





2008 Fairfax Youth Survey Participation

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

By 22,251 students in...

21 high schools

4 secondary schools

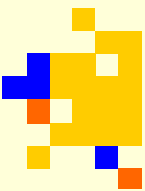
22 middle schools

62 elementary schools

4 alternative schools

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





Our Goals

Fairfax County Youth:

- 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 Langley-McLean Pyramid 2008

	Fairfax Countywide			Langley-McLean High School Pyramid			Higher in Pyramid ↑ Lower in Pyramid ↓		
	8 th Grade	10 th Grade	12 th Grade	8 th Grade	10 th Grade	12 th Grade	8 th Grade	10 th Grade	12 th Grade
Alcohol*	14%	27%	43%	14%	36%	56%	=	↑	↑
Binge Drinking**	4%	12%	24%	3%	15%	35%	=	↑	↑
Used Inhalants*	4%	2%	1%	2%	1%	1%	=	=	=
Marijuana*	3%	9%	17%	2%	9%	26%	=	=	↑
Ever Had Sexual Intercourse	12%	24%	44%	7%	17%	45%	↓	↓	=
Carried Non-Handgun Weapon+	23%	20%	19%	21%	17%	15%	=	↓	↓
Depression+	29%	32%	31%	24%	29%	29%	↓	↓	=

* 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

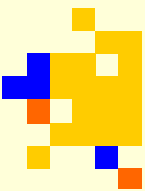


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	Fairfax Countywide			Langley-McLean High School Pyramid			Positive Difference Negative Difference		
	8th Grade	10th Grade	12th Grade	8th Grade	10th Grade	12th Grade	8th Grade	10th Grade	12th Grade
Participation in Extra-Curricular Activities (1/week or more)	54%	57%	55%	64%	56%	51%	↑	=	↓
Perceived Opportunities for Involvement Outside of Class	89%	97%	97%	86%	95%	97%	↓	=	=
Feel Safe at School	86%	87%	91%	91%	91%	94%	↓	↓	↓
Perceived Crime and Drugs in Neighborhood	13%	17%	17%	5%	10%	10%	↓	↓	↓
Perceived Parental Approval of Alcohol (not wrong at all)	2%	2%	6%	3%	3%	9%	=	=	↑

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

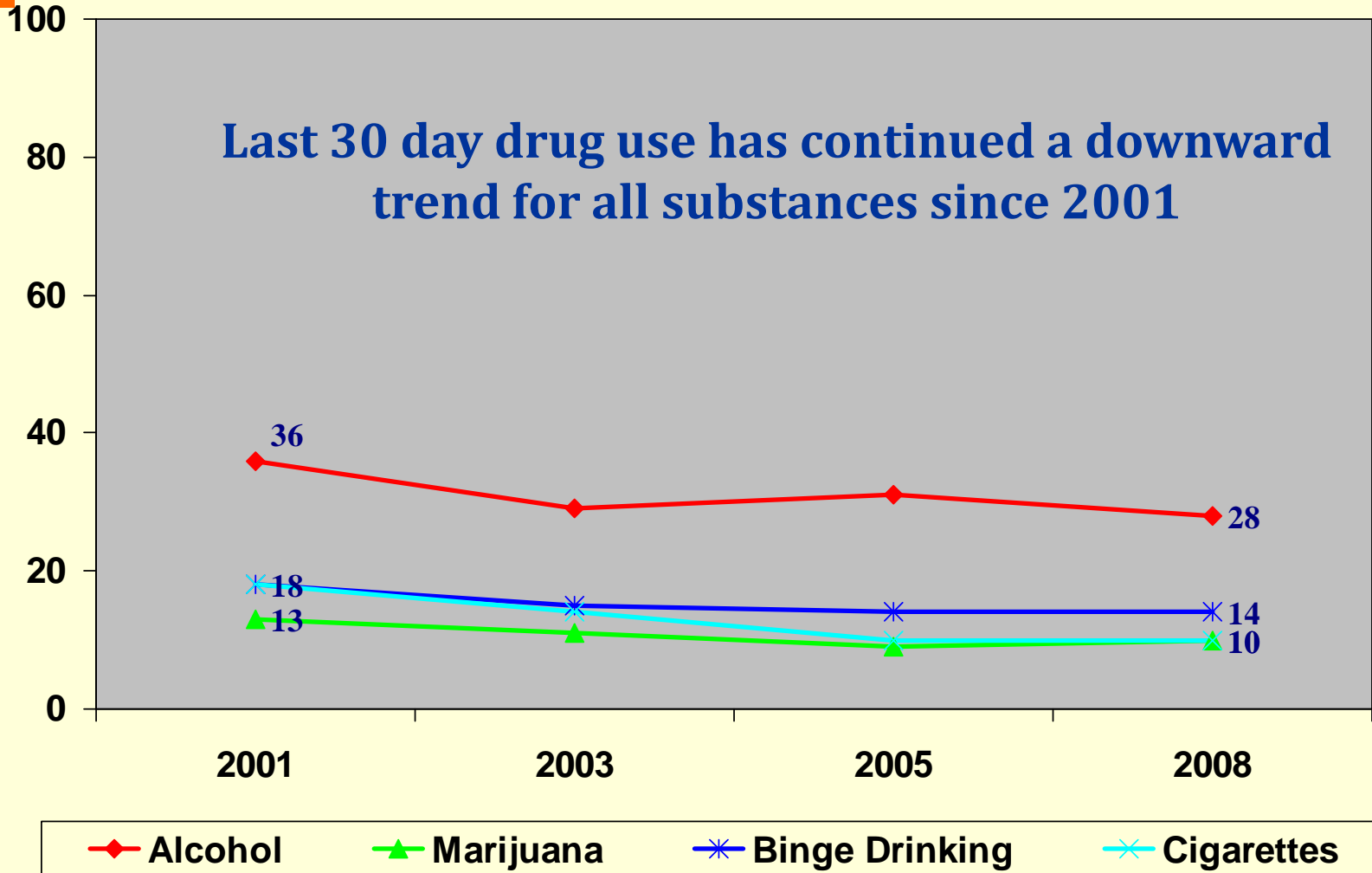
Student Achievement Goal:
Students will Make Safe and Healthy Life Choices

Alcohol, Marijuana, Tobacco,
Prescription Drugs, Inhalants



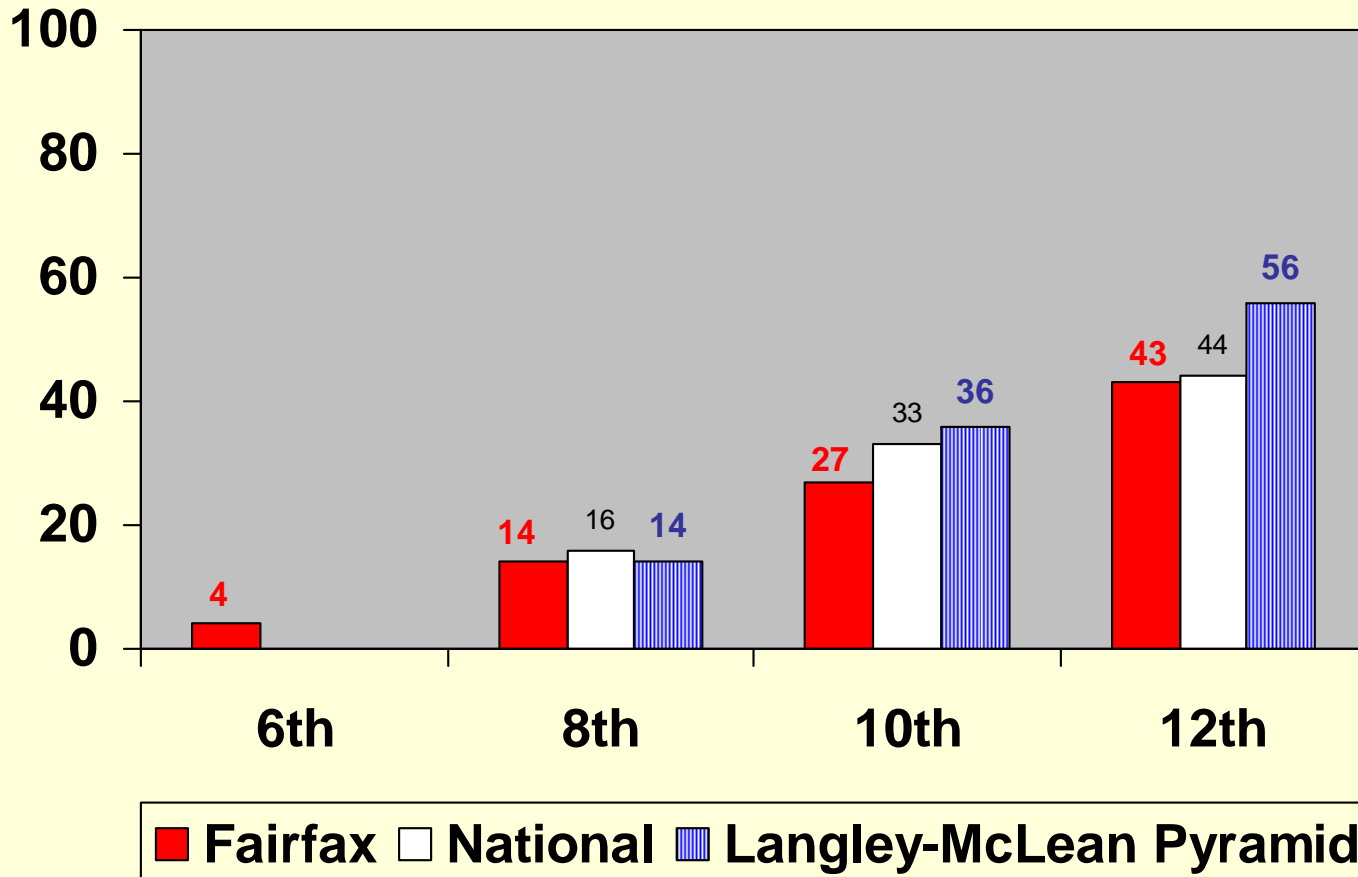
Substance Use Trends

Percent Who Used in Last 30 Days



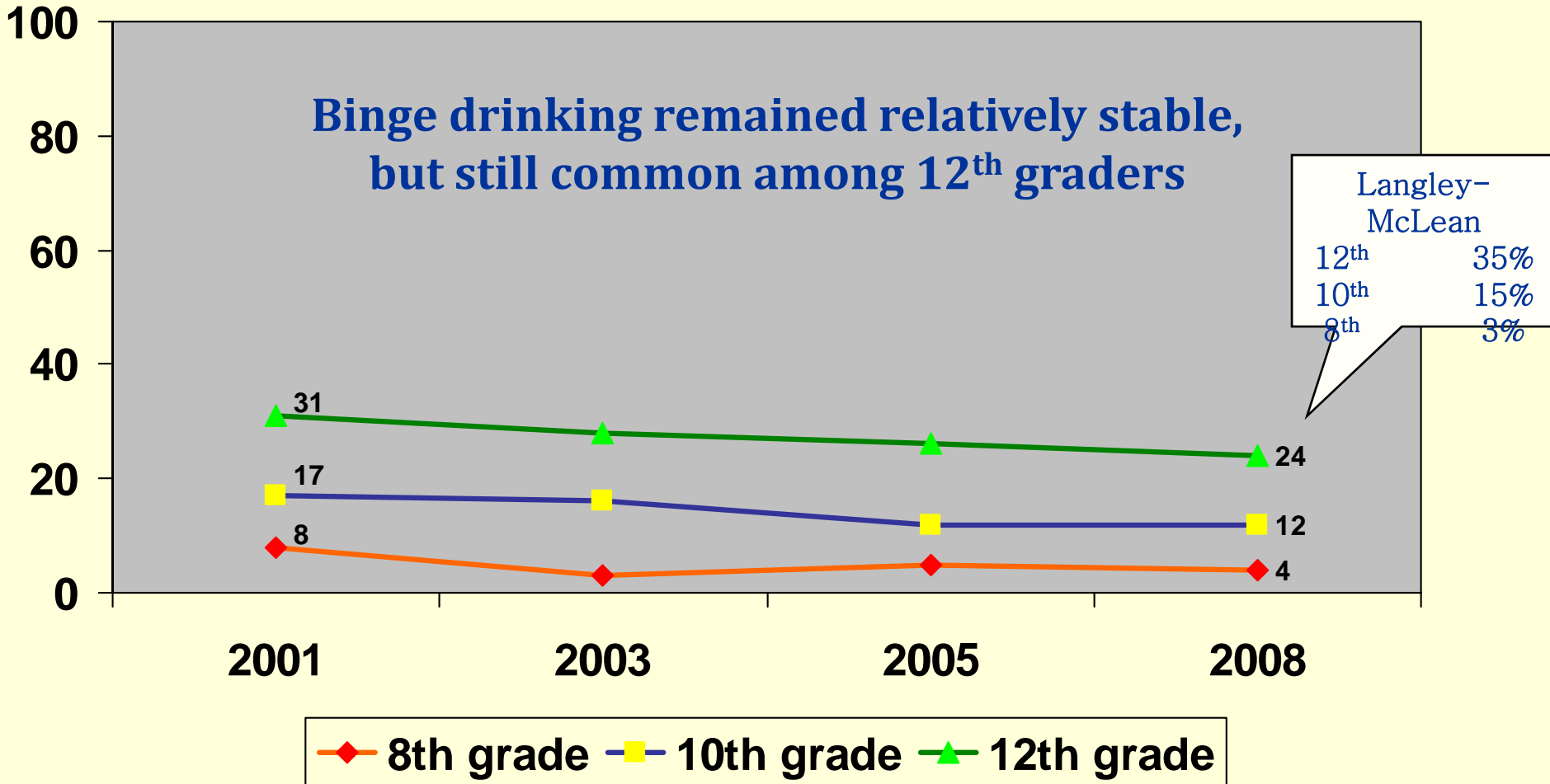
Alcohol

Percent Who Used in Last 30 Days



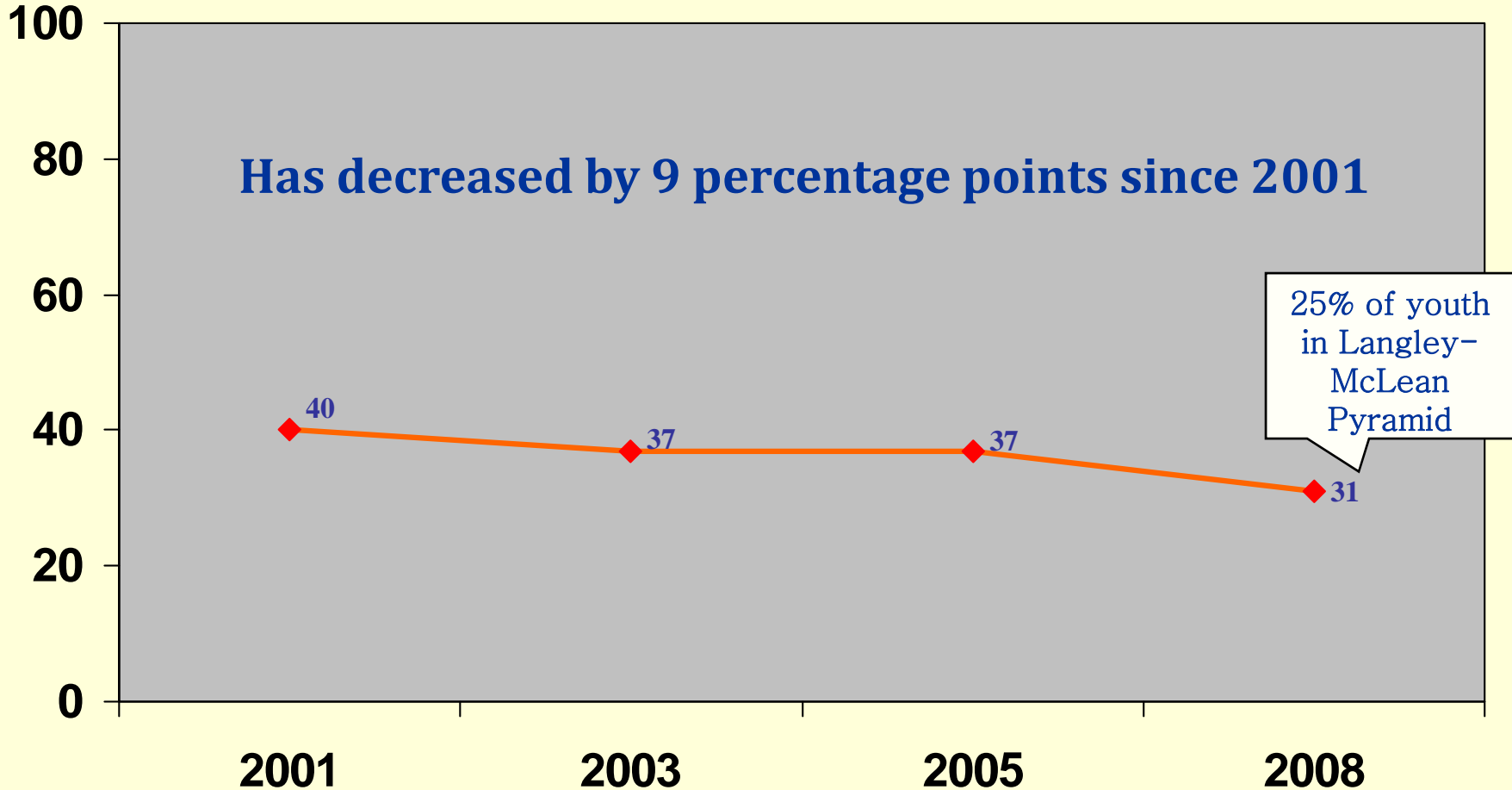
Percent Reporting Binge Drinking

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

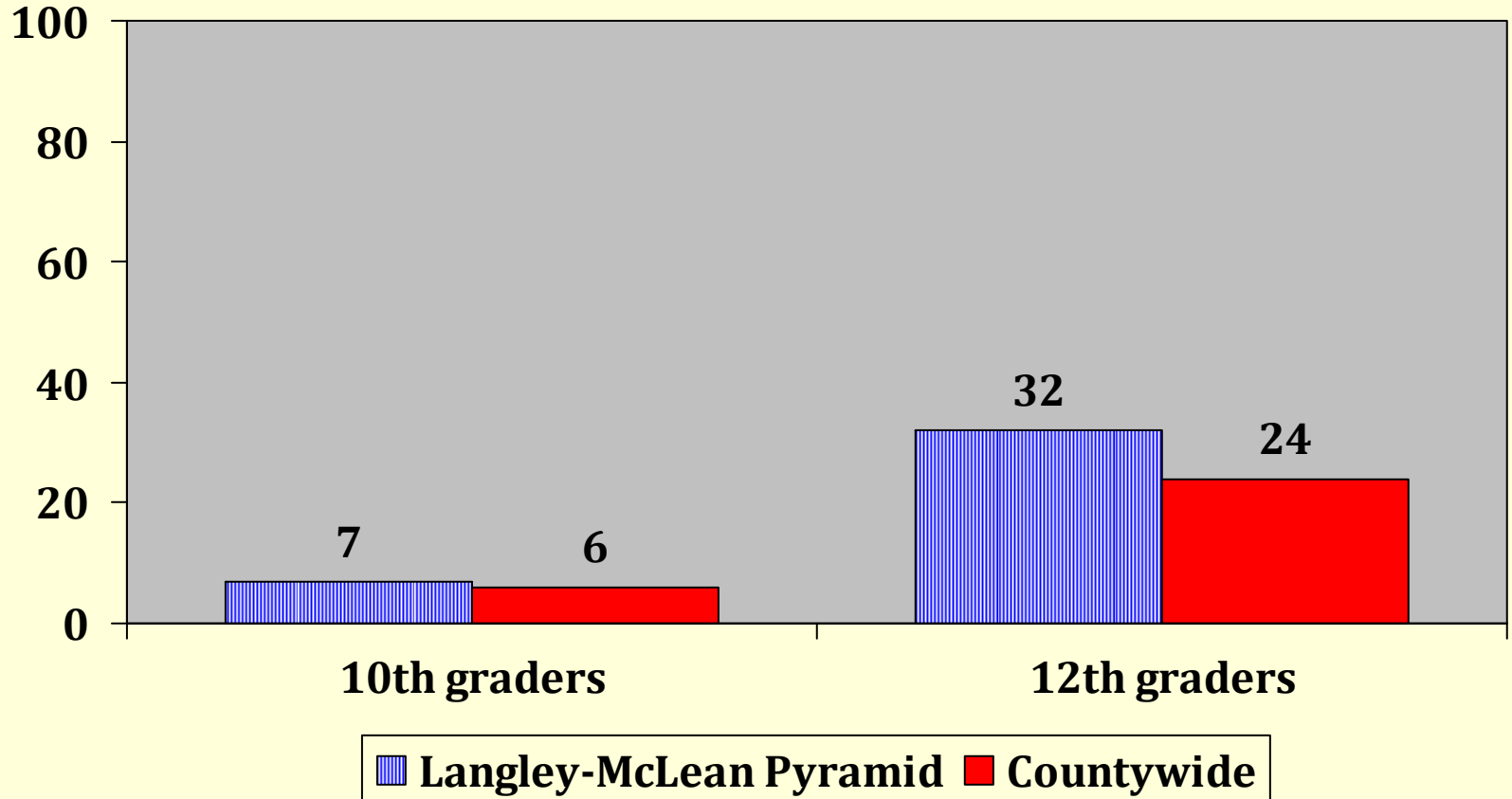


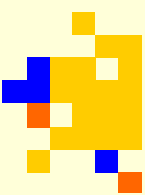
Age of Onset Among Youth Who Have Tried Alcohol

Percent who were 12 or younger at first alcohol use



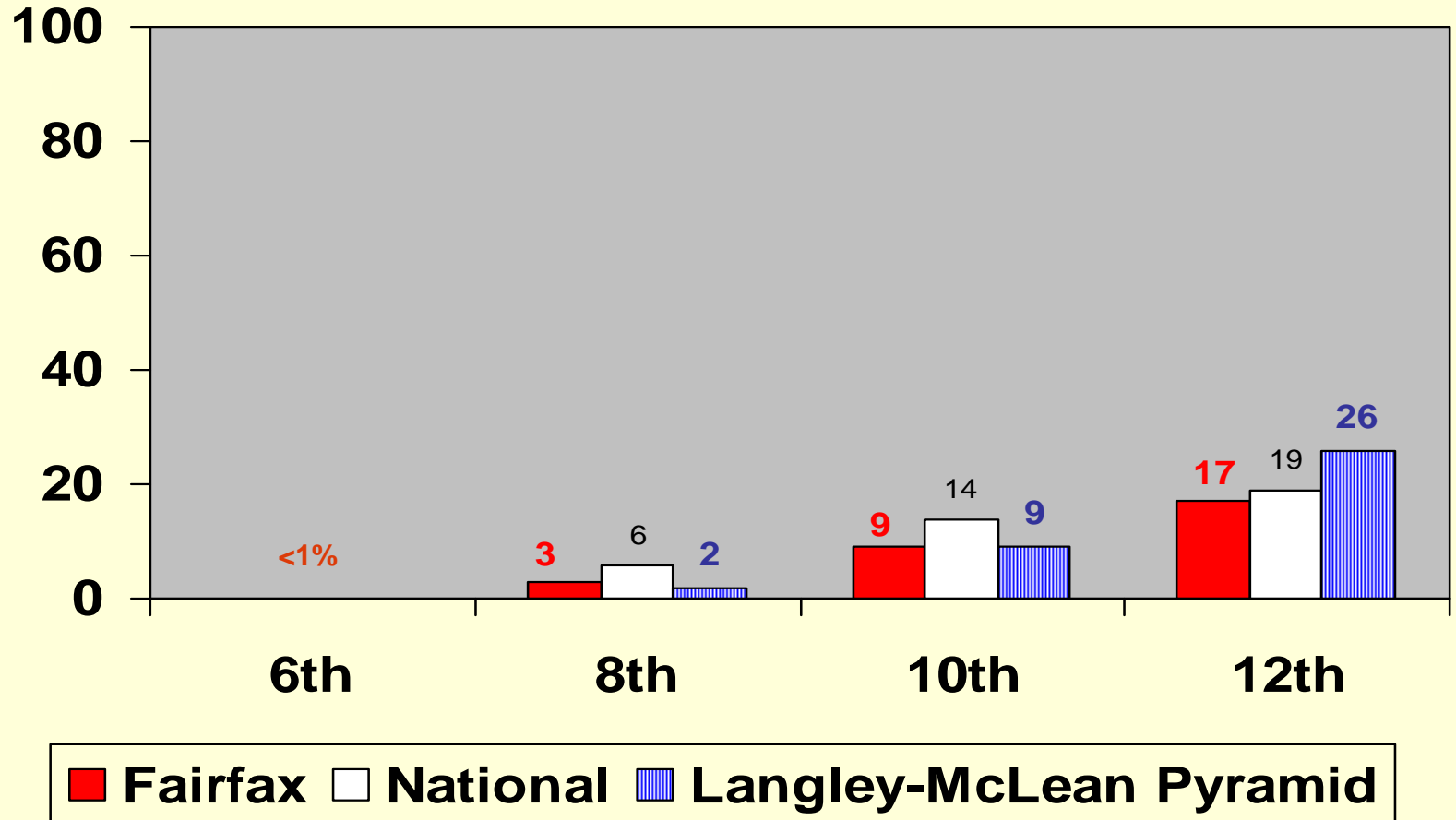
Percent of Students who have Driven a Vehicle After Drinking





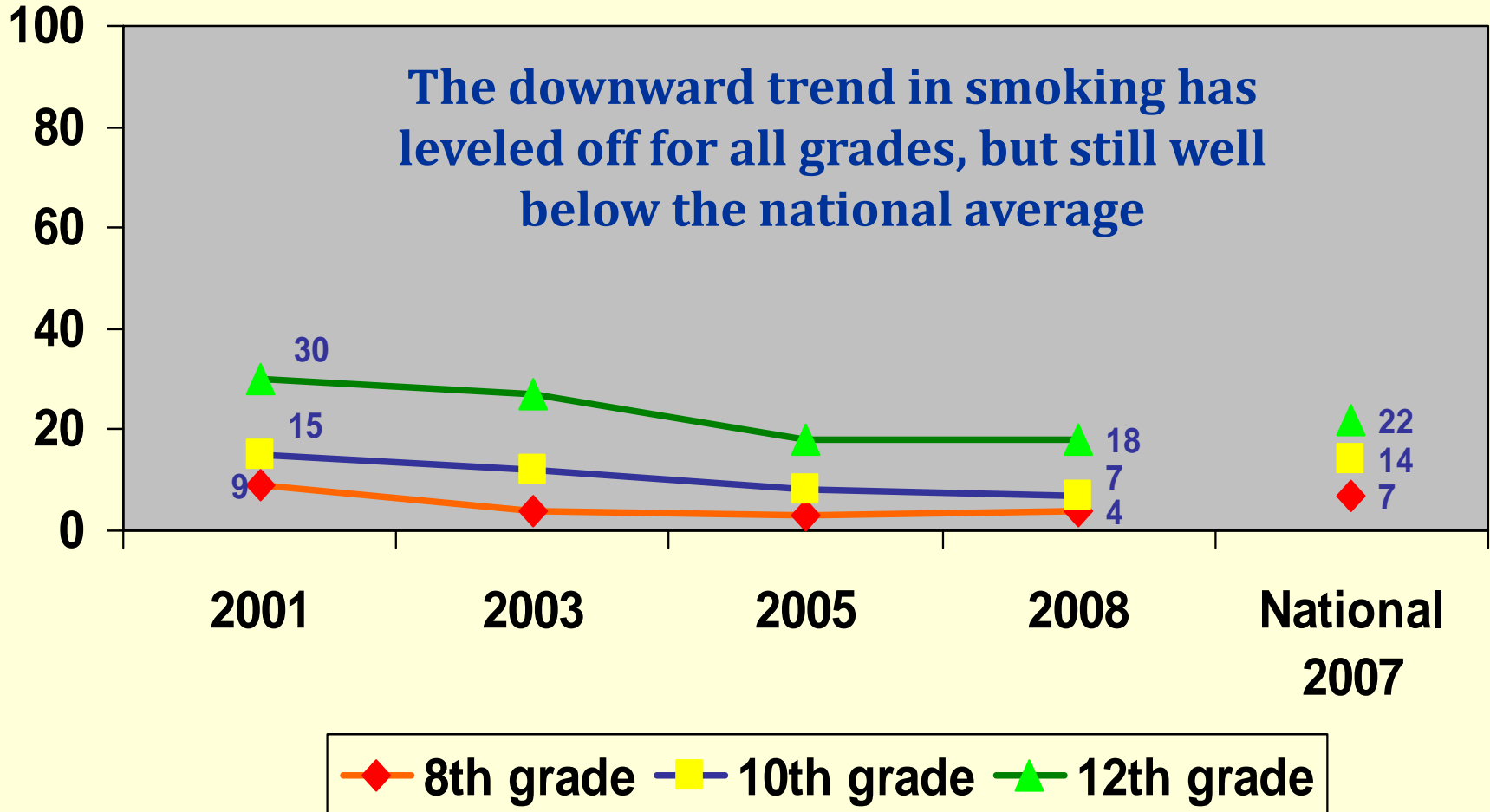
Marijuana

Percent Who Used in Last 30 Days



Smoking

Percent Who Used in Last 30 Days

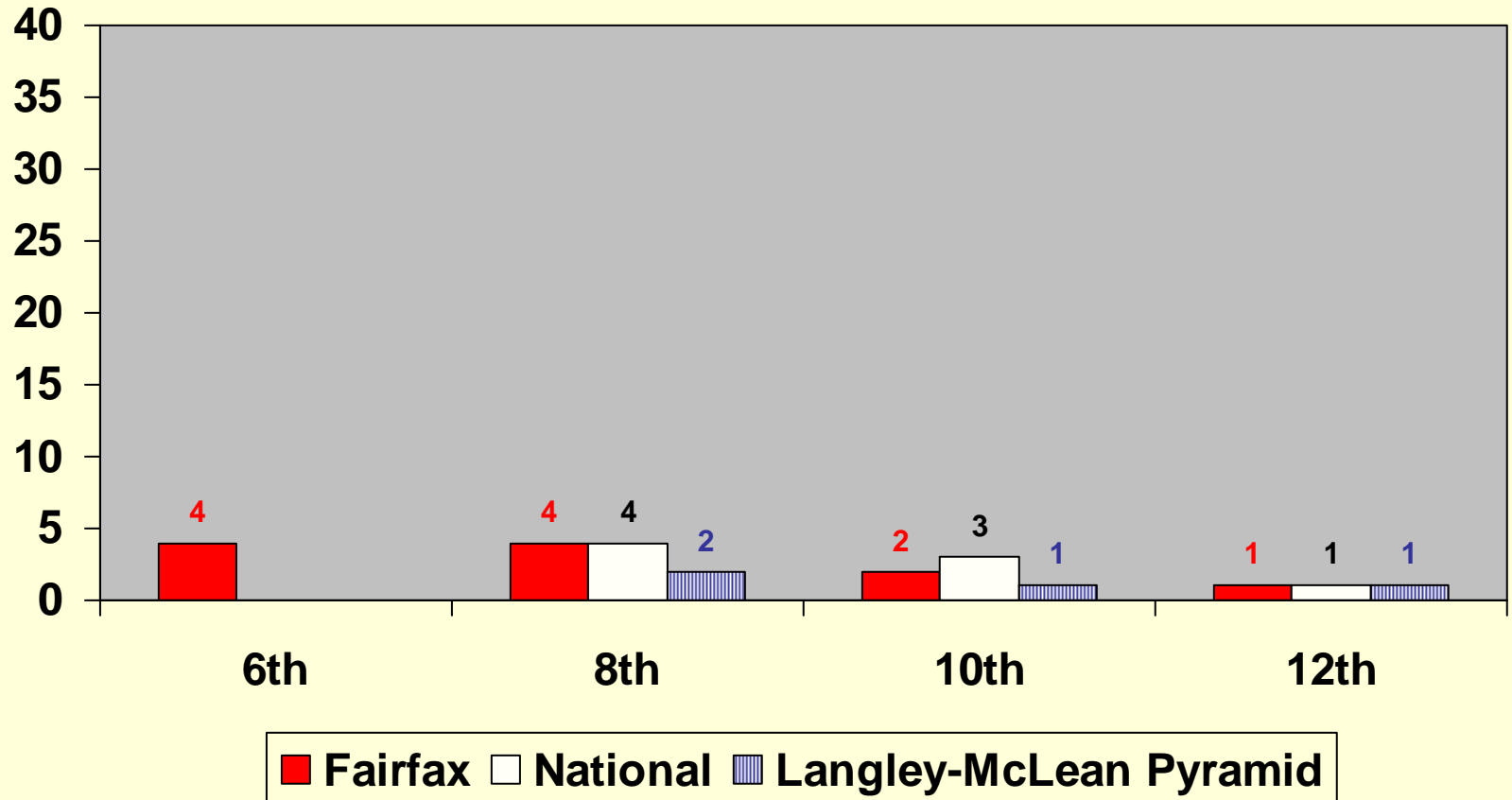


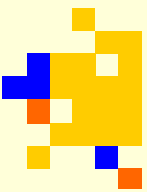


Inhalant Use

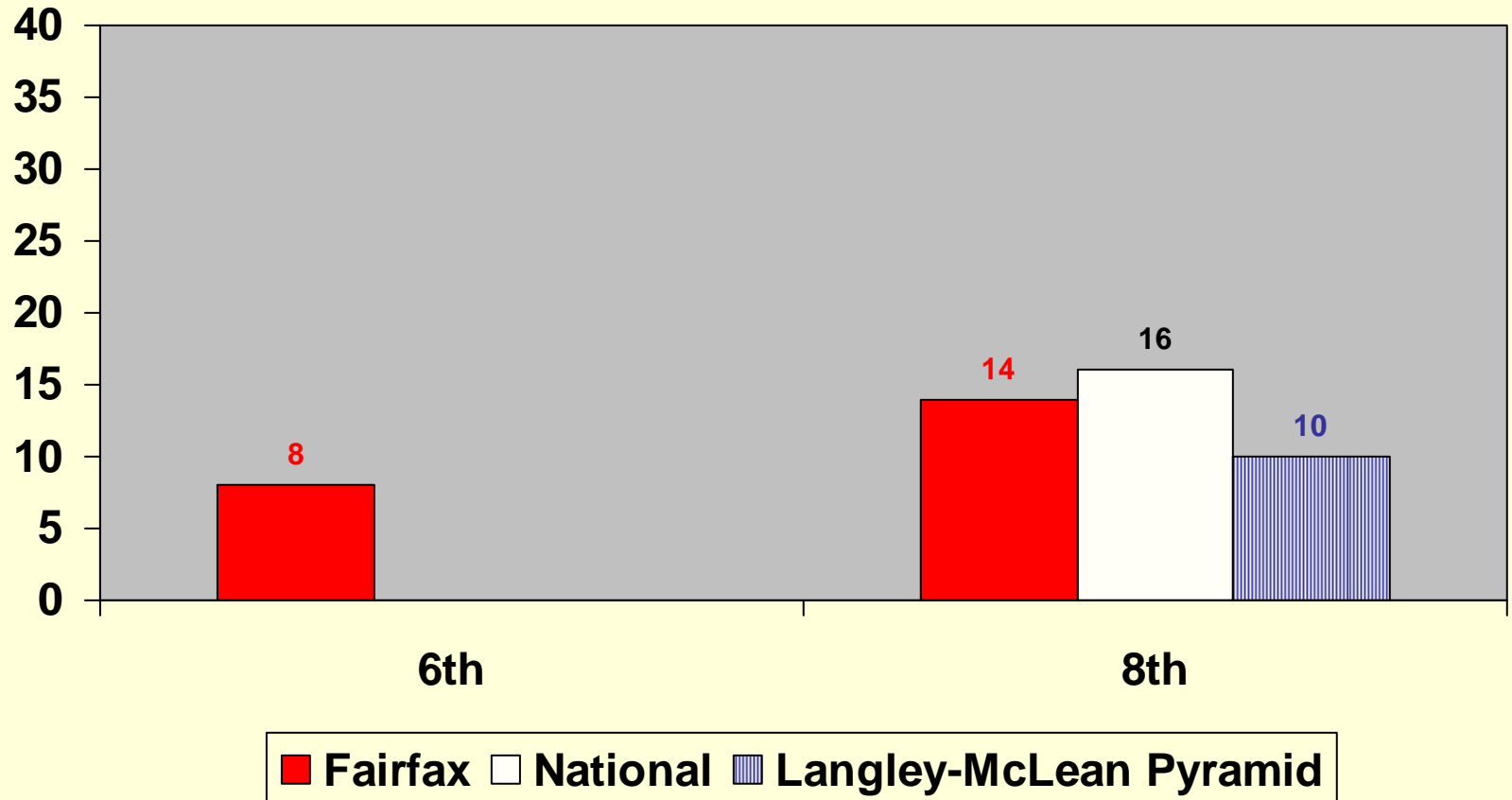
- Inhalants are the 2nd most commonly used drug among 6th and 8th graders, ahead of both cigarettes and marijuana.

Inhalant Use - Last 30 Days





Inhalant Use - Ever





Other Substance Use Trends

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

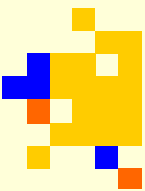
1% or fewer of Fairfax County youth have used methamphetamine, ecstasy, steroids, or heroin in the last 30 days.



Additional Impacts of Substance Use

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



Countywide Prevention System Goal:
Children and Youth are Mentally Well

Depression, Suicide,
Unhealthy Weight Loss Behaviors

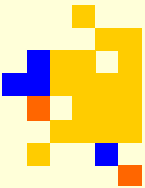




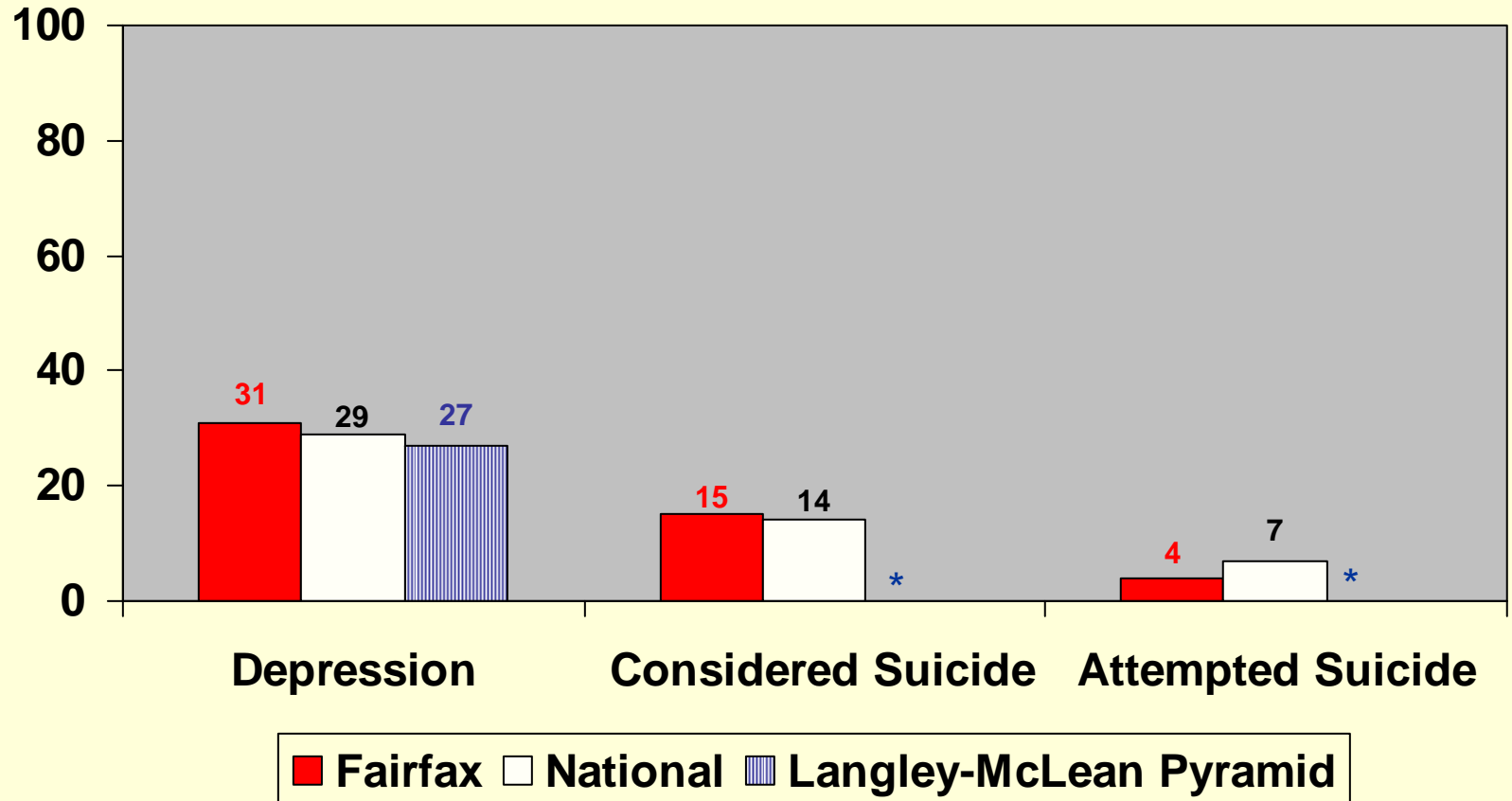
Depression

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 10th graders is 29%

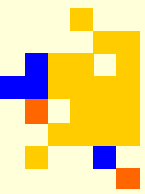


Percent of Youth Reporting Selected Mental Health Experiences

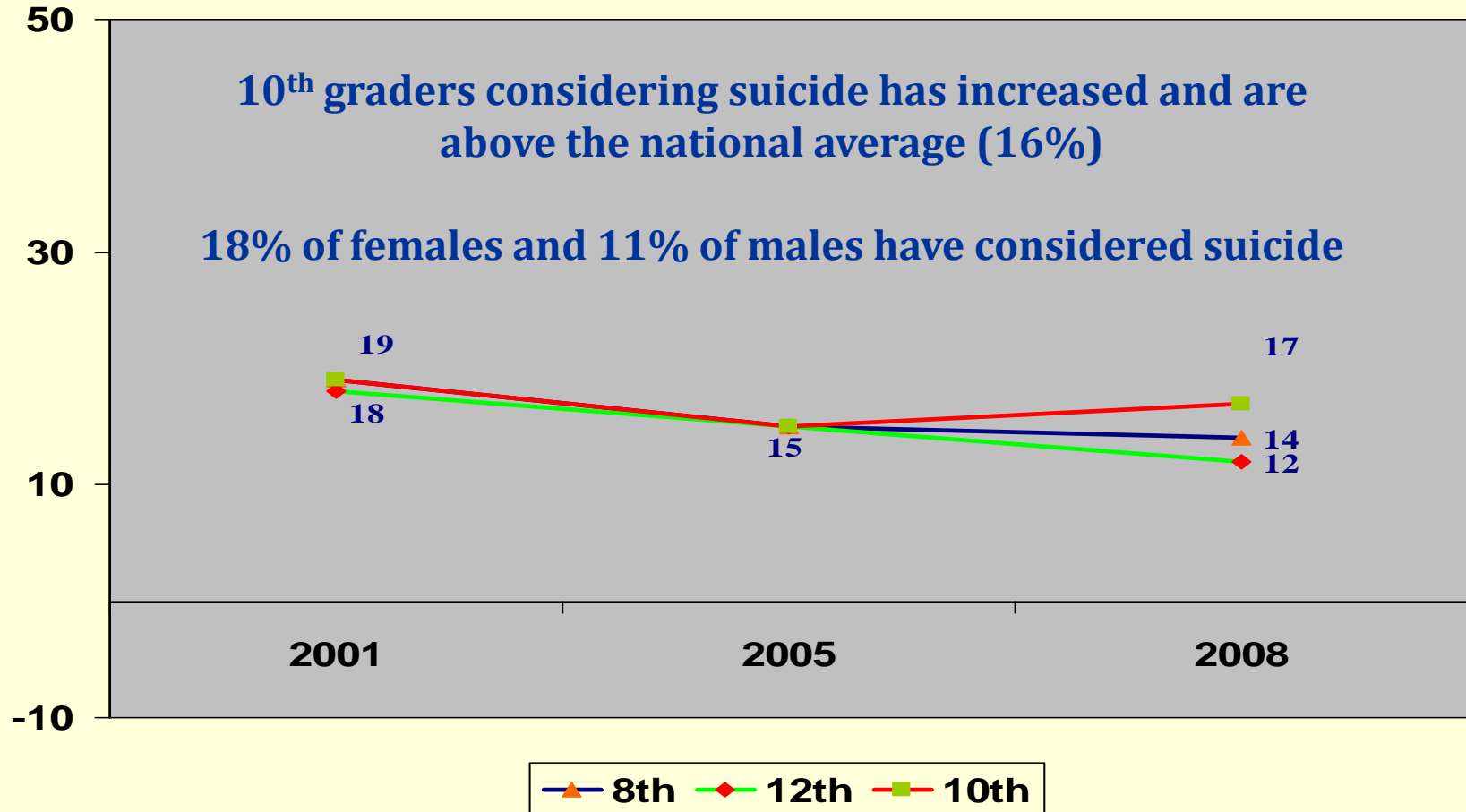


**No pyramid level data is available for suicide questions this year.*

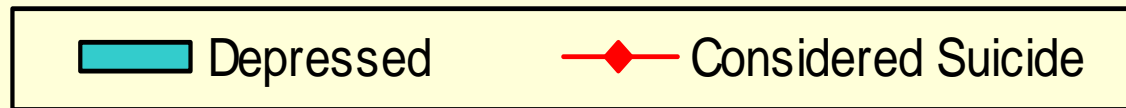
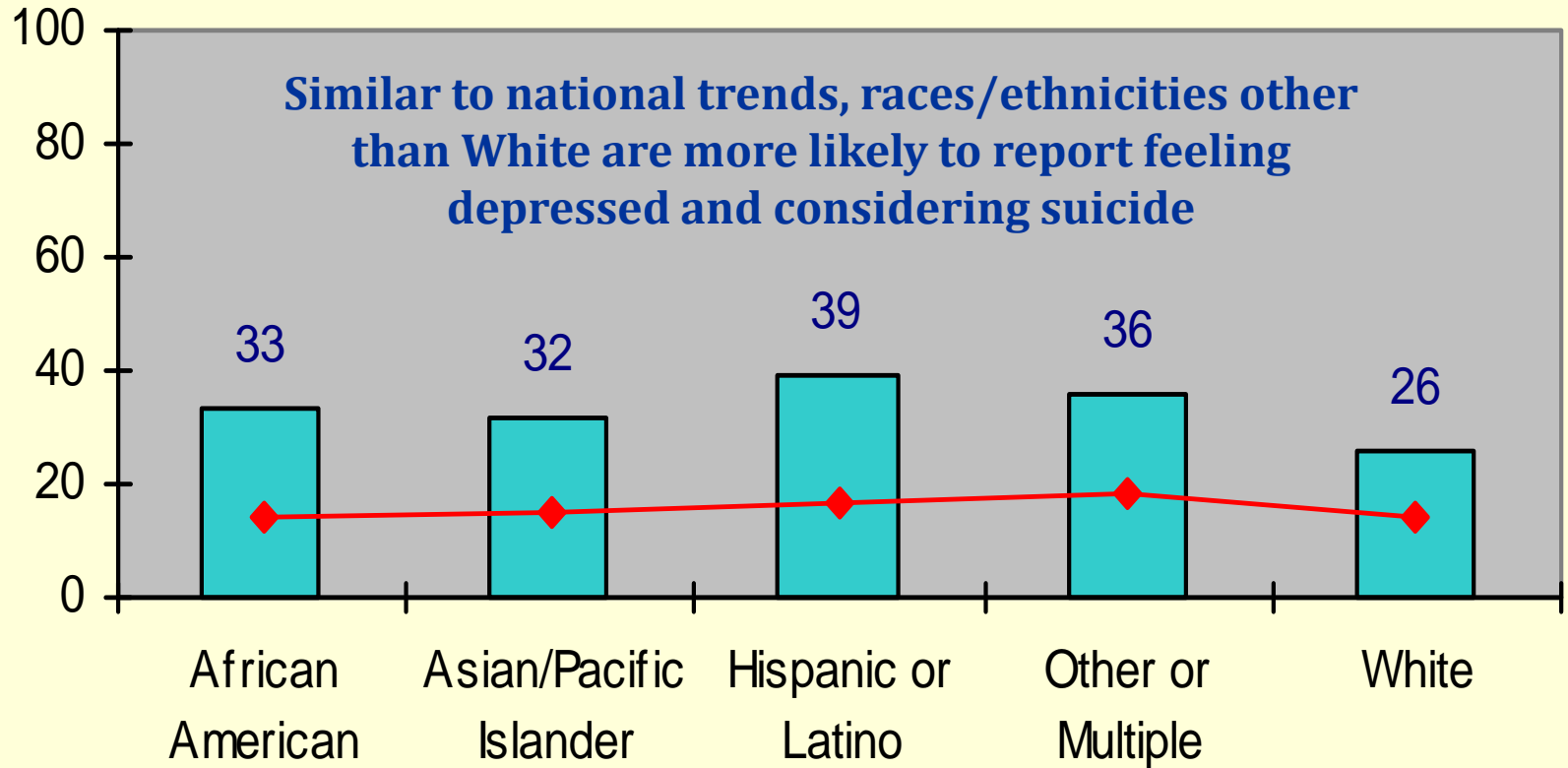




Considered Suicide



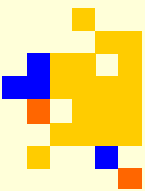
Depression/Considered Suicide by Race/Ethnicity





Unhealthy Weight Loss Behaviors

- 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

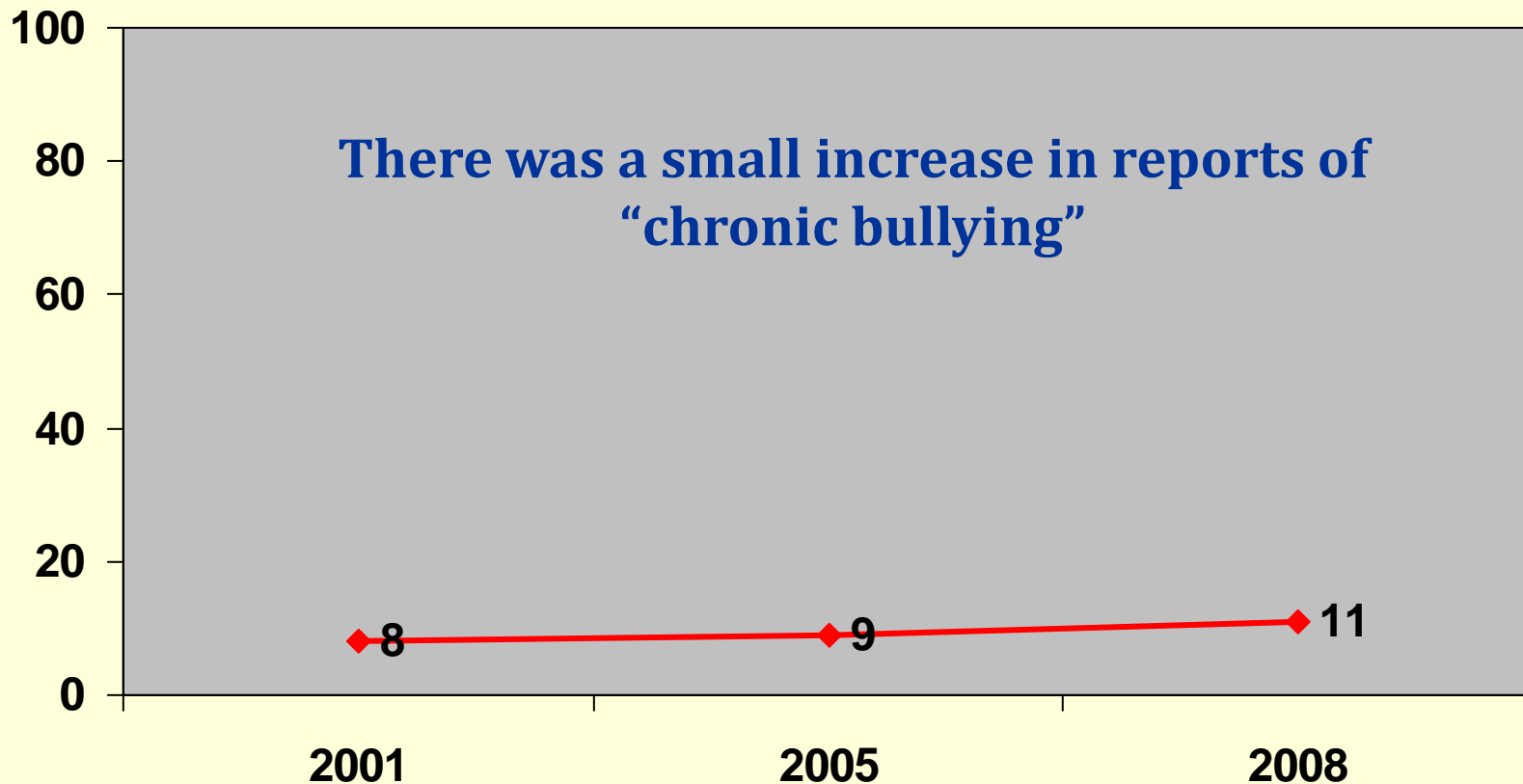


Countywide Prevention System Goal:
Children and Youth are Safe from Violence and Bullying

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

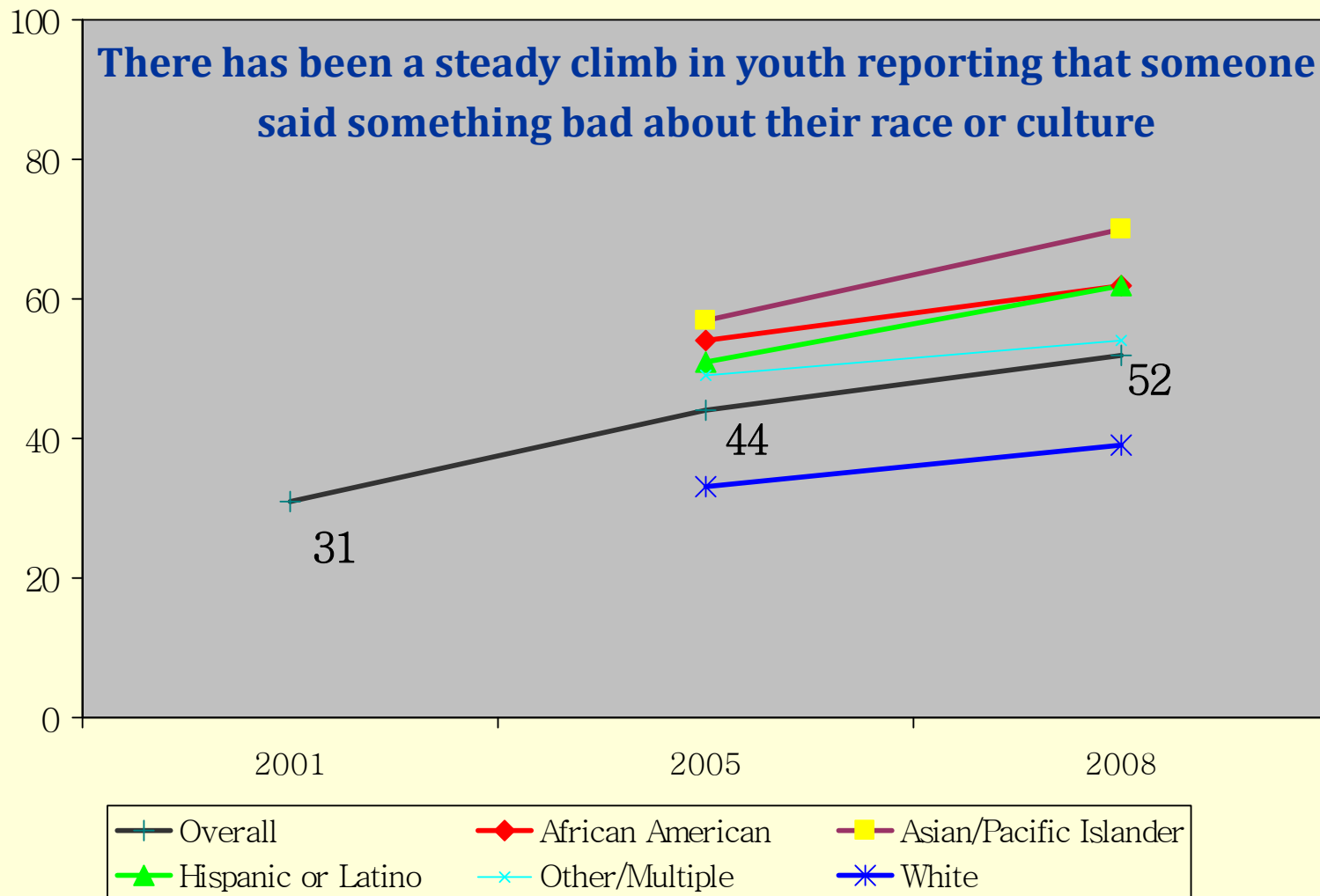




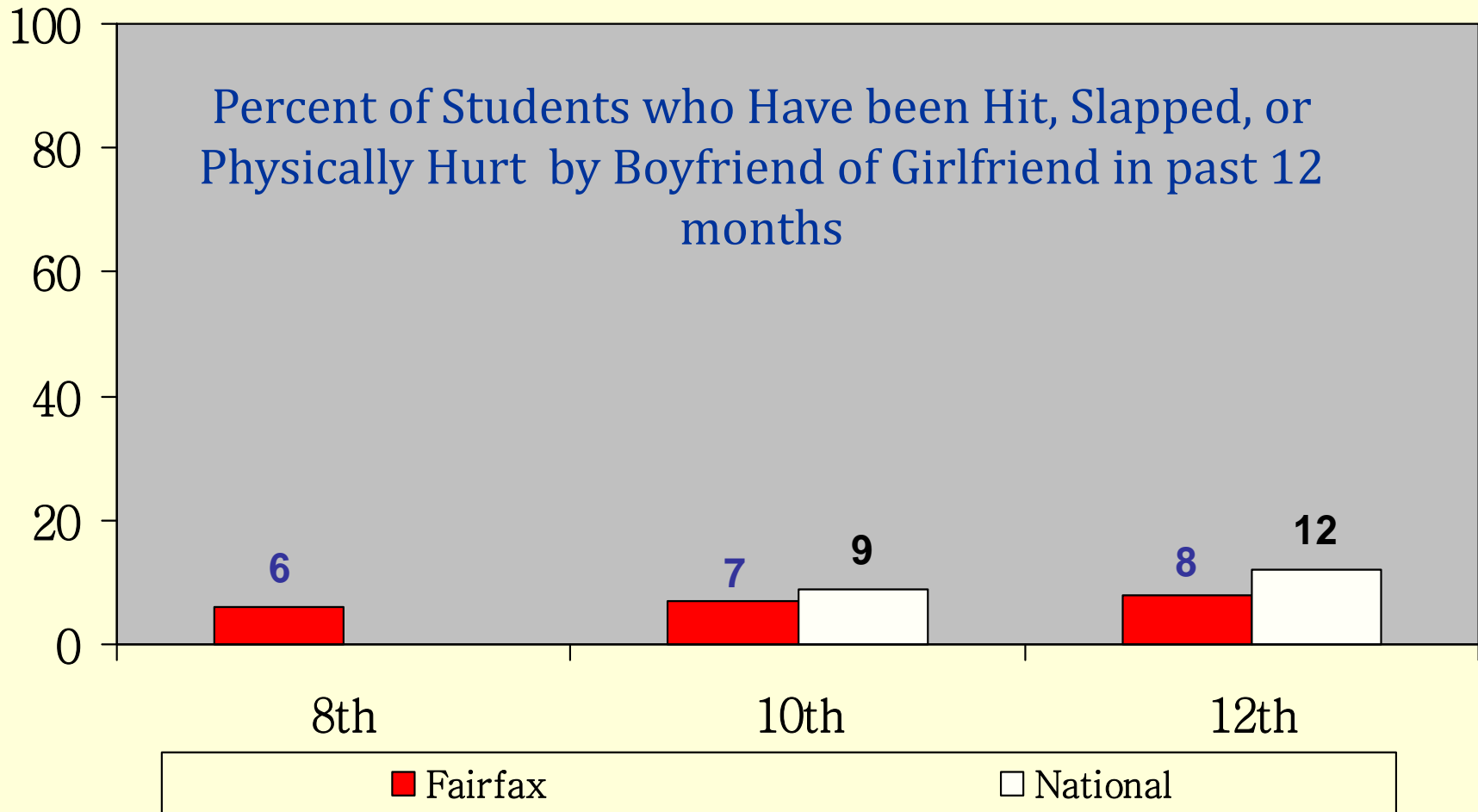
Bullying

- Bullying is more common in early grades
- 18% of 6th 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

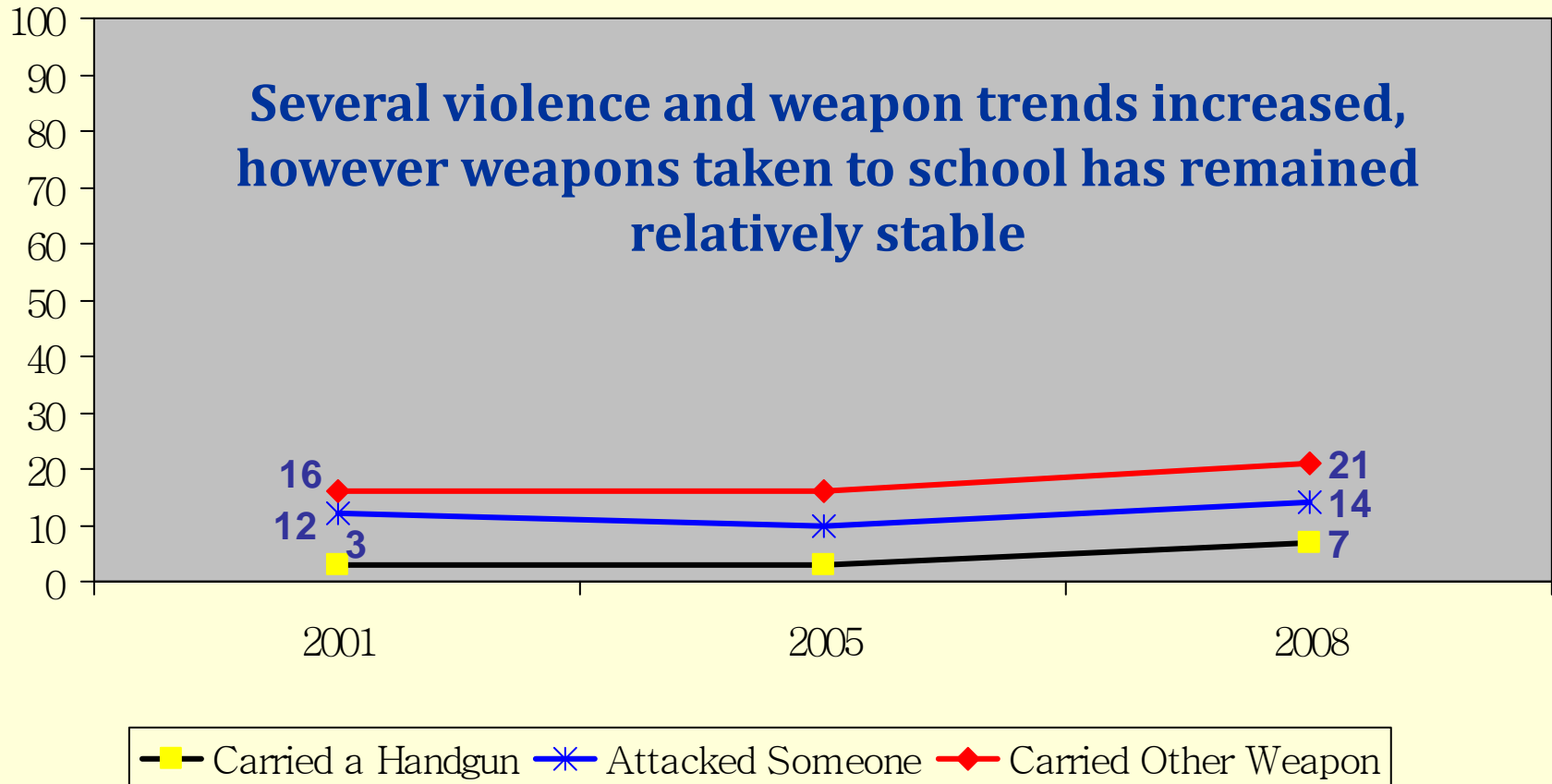
Percent Reporting that Someone said Something Bad About their Race or Culture



Intimate Partner Violence

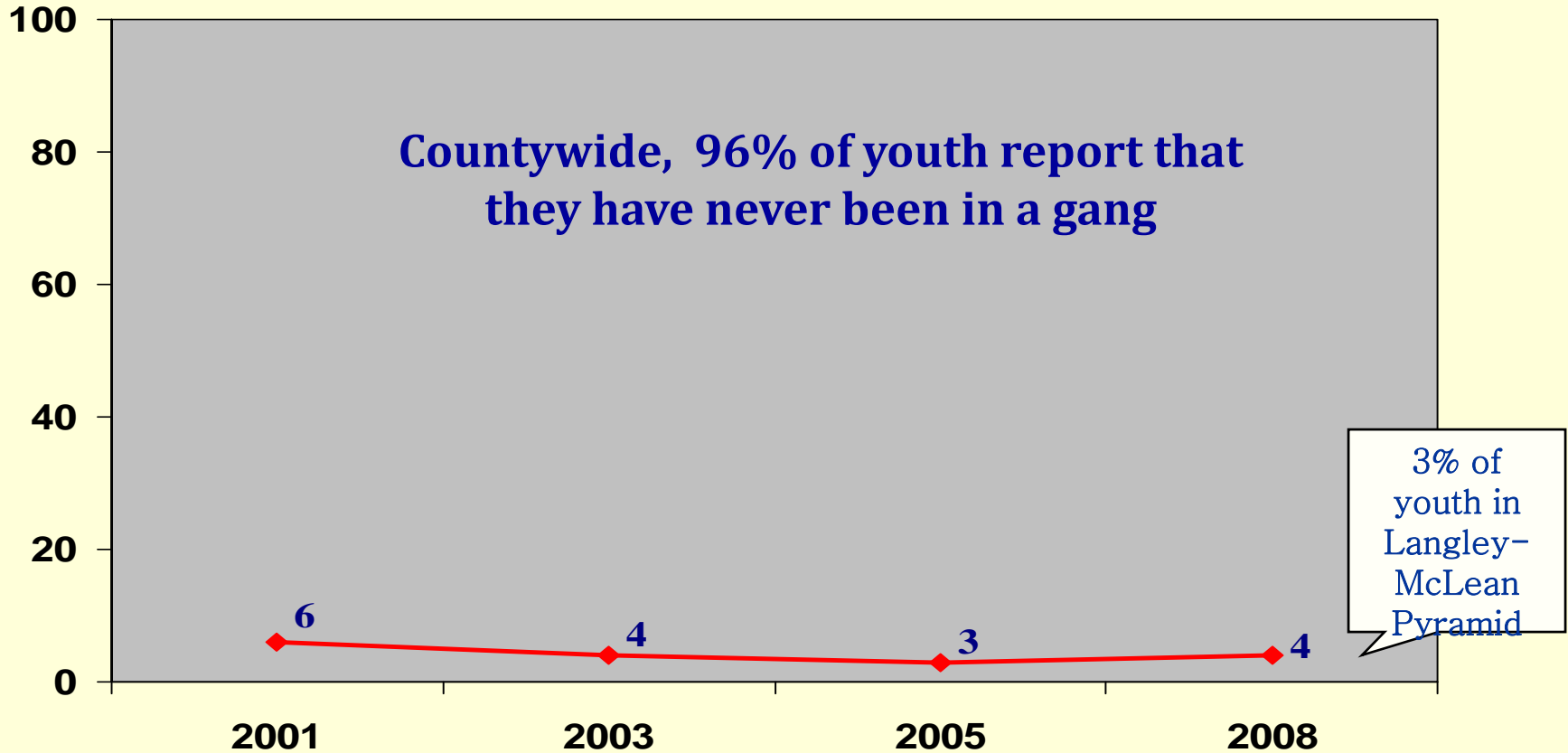


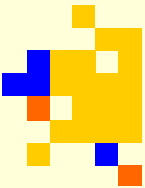
Aggression and Violence Trends



Gangs

Percent Who Have Ever Been in a Gang

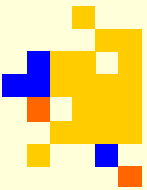




What We Know About Youth in Gangs:

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



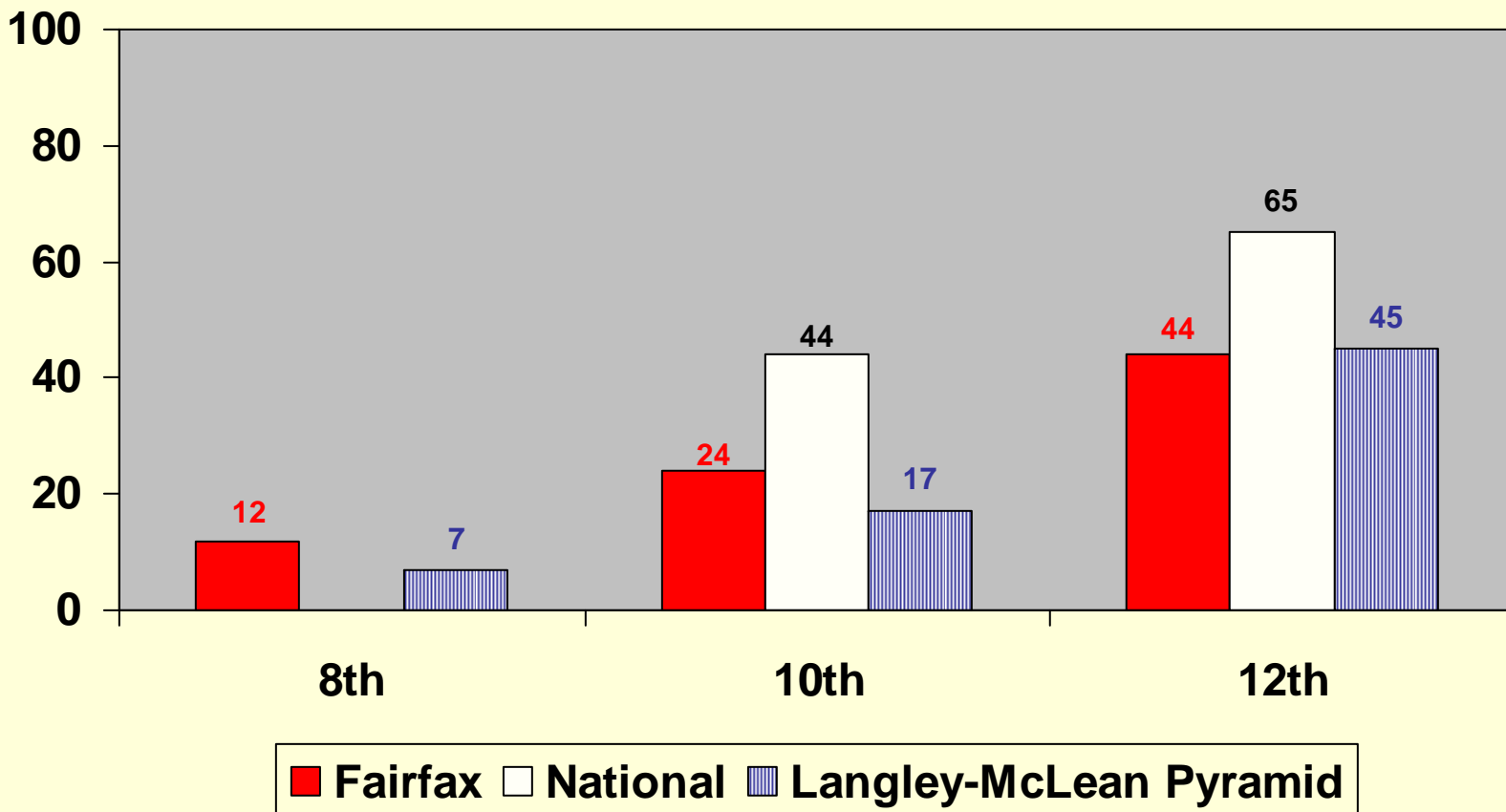
FCPS Student Achievement Goal:

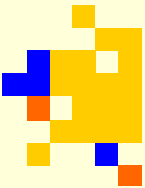
Students Make Healthy and Safe Life Choices

Sexual Health

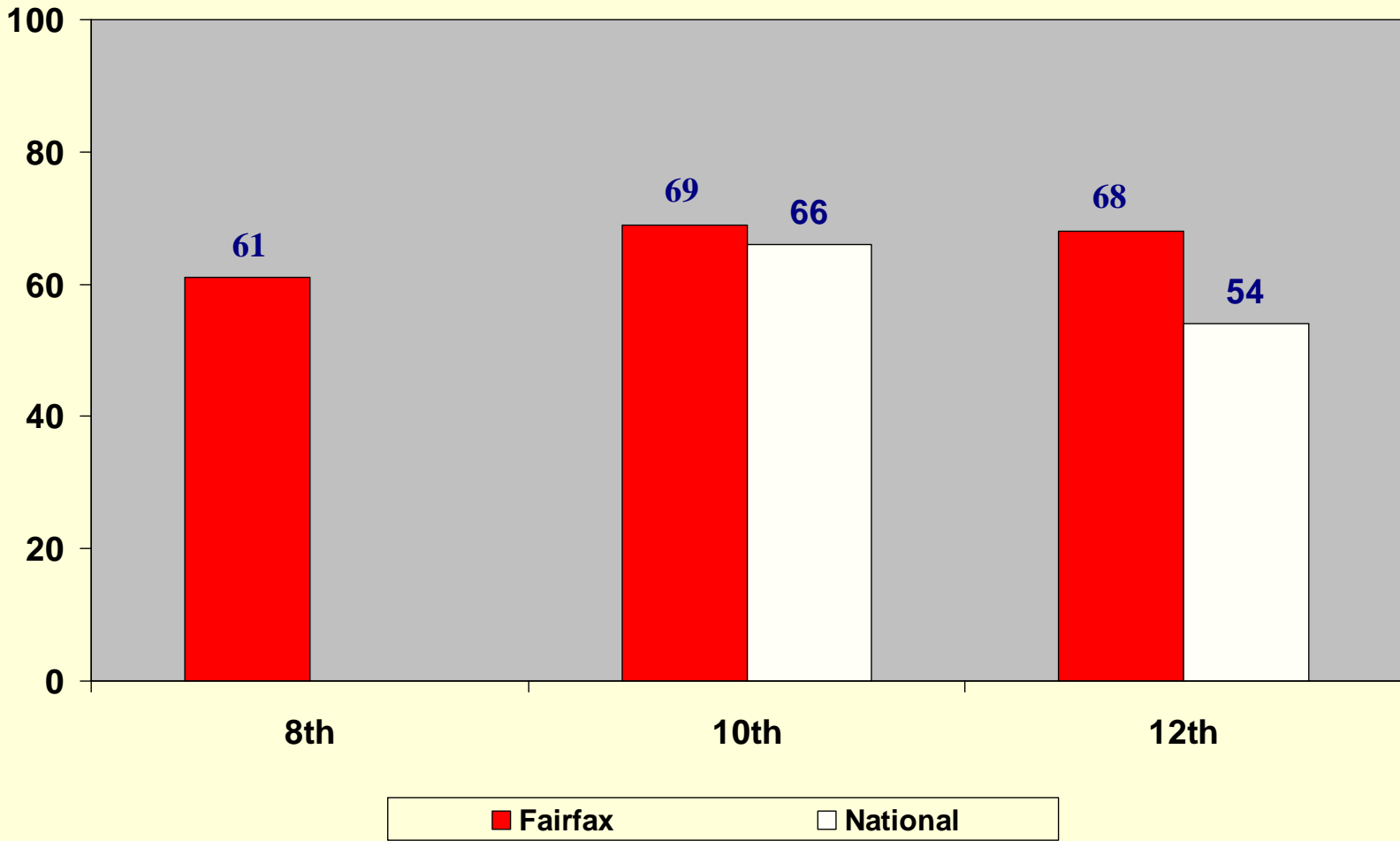


Percent of Youth Who Have Ever Had Sexual Intercourse





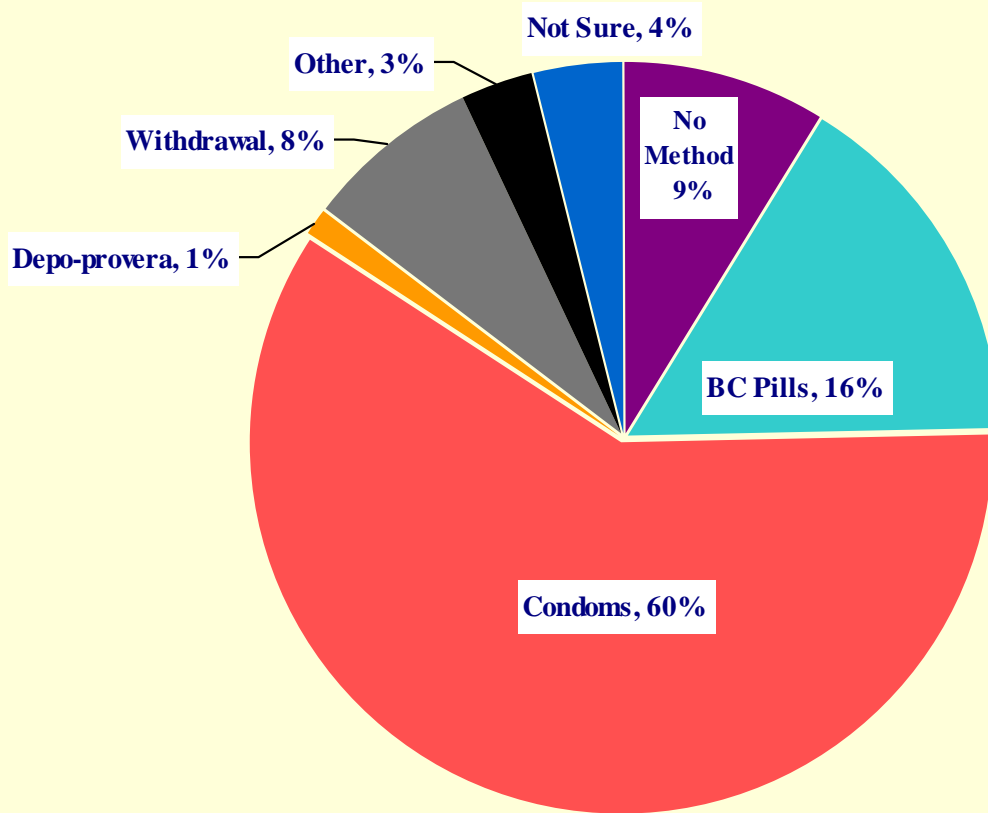
Percent of Youth Who Used a Condom at Last Intercourse



Condom use among 12th graders is much higher than 12th graders nationally



Contraception Use

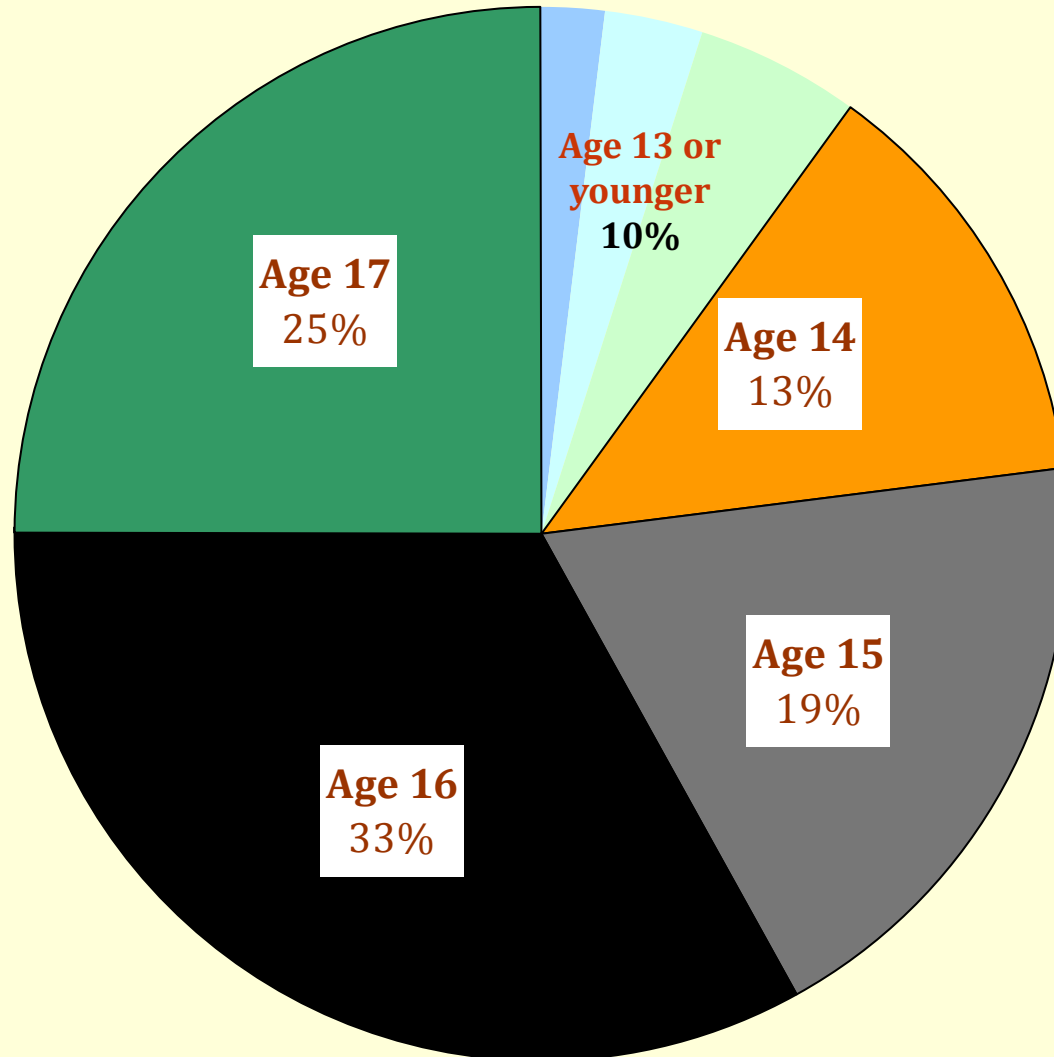


Contraceptive use seems to increase with age:

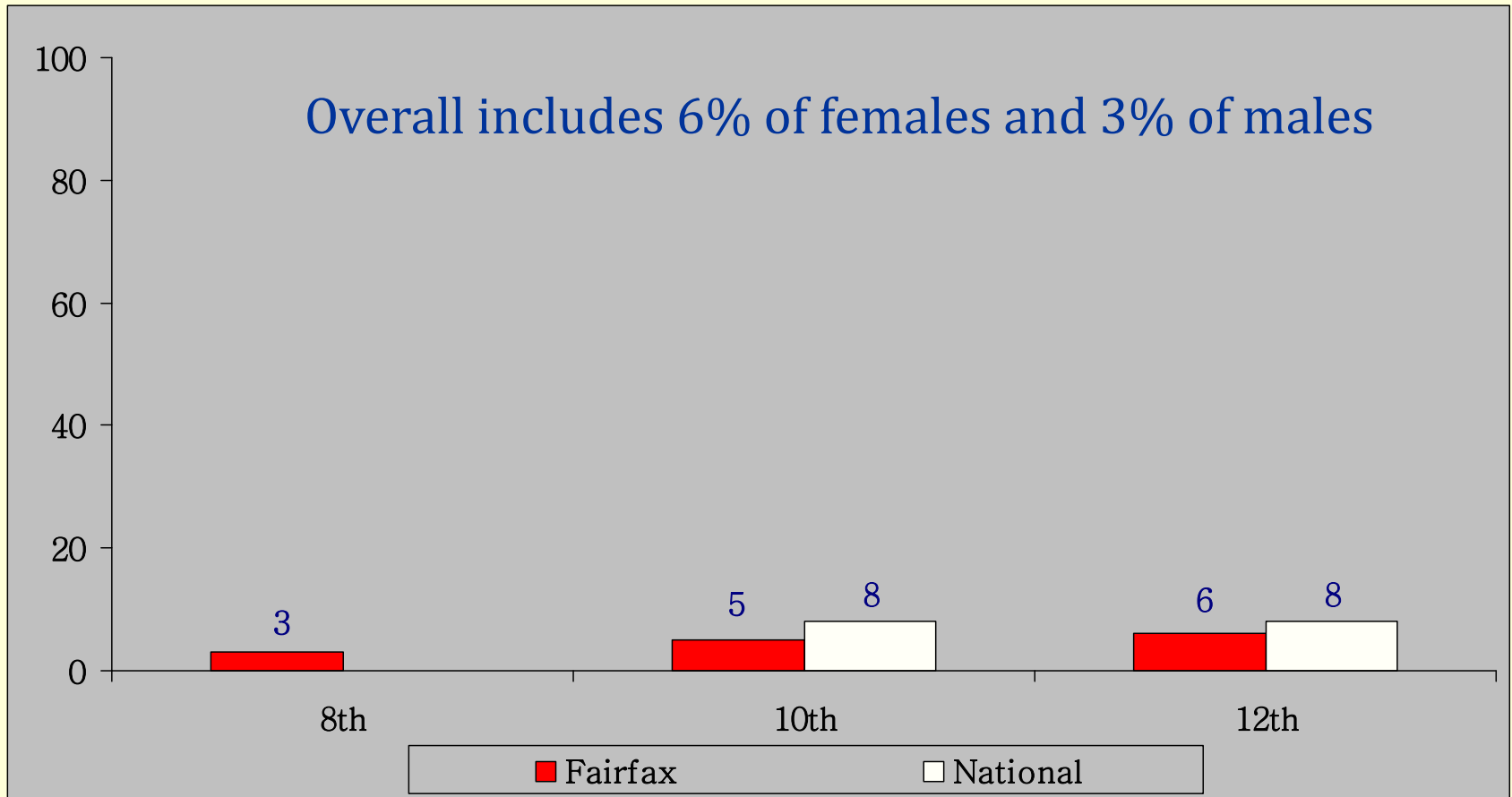
91% of sexually active 12th graders used some method to prevent pregnancy at last sexual intercourse compared to 87% of 10th graders and 71% of 8th graders.

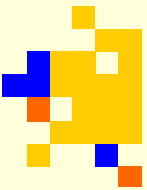
Sexual Health – Age at First Intercourse

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



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



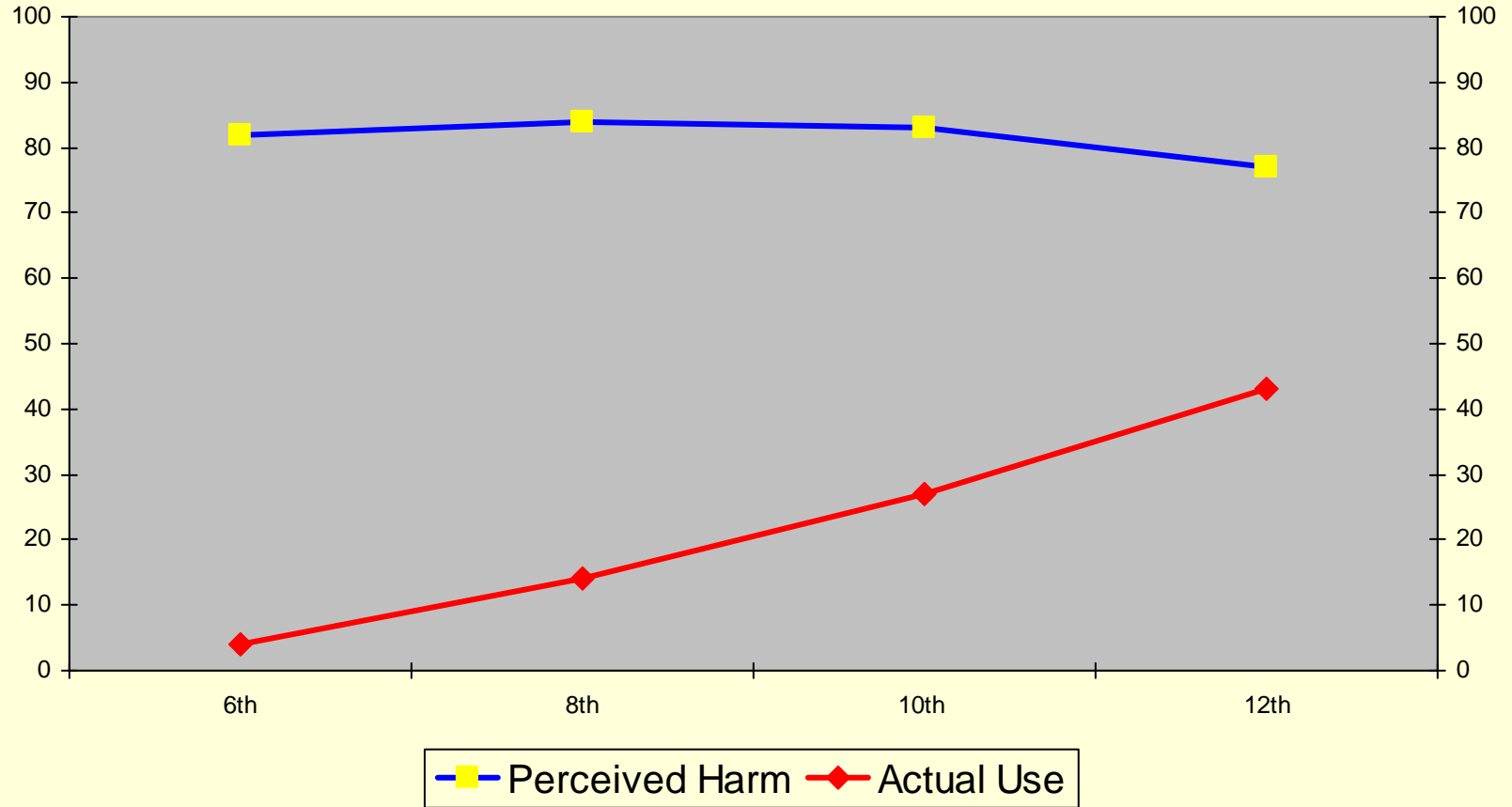


Putting it Into Practice

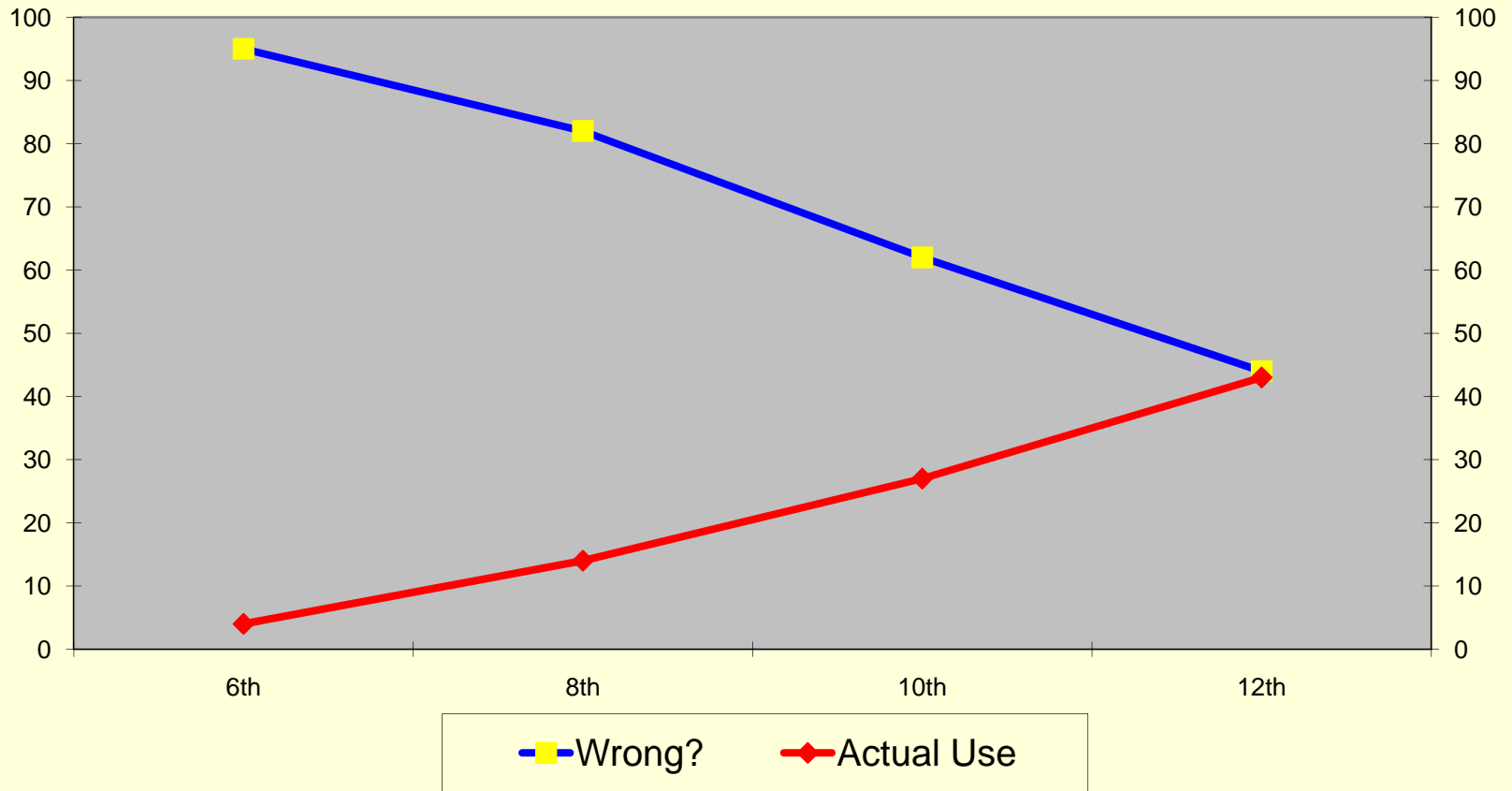
Perceived Harm/Right-Wrong
Risk and Protective Factors/Assets



Alcohol Use Compared to Perceived Risk



Alcohol Use Compared to Perceived as Wrong





Risk and Protective Factors

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

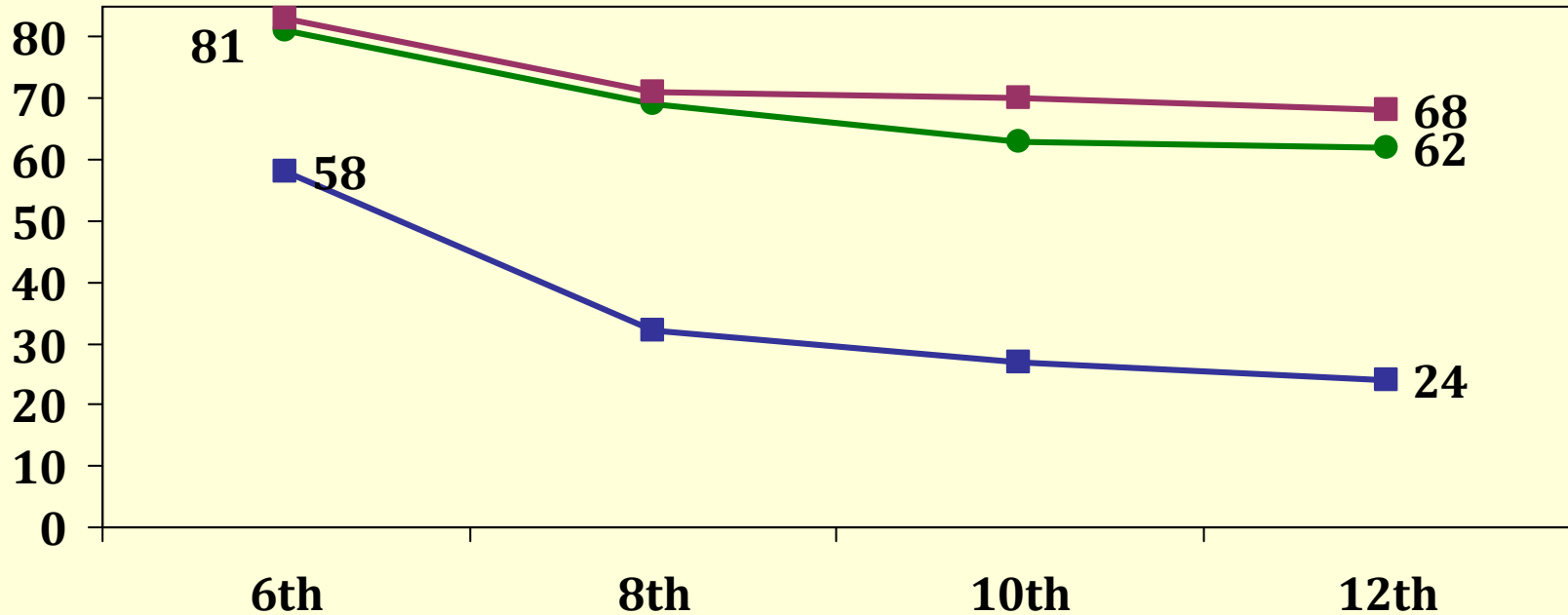
Protective Factor	All Respondents	Last 30 day ATOD use	Ever in a Gang
Family Attachment	51	43	33
Peer and Individual Social Skills	67	40	30
Community Rewards for Involvement	51	46	37



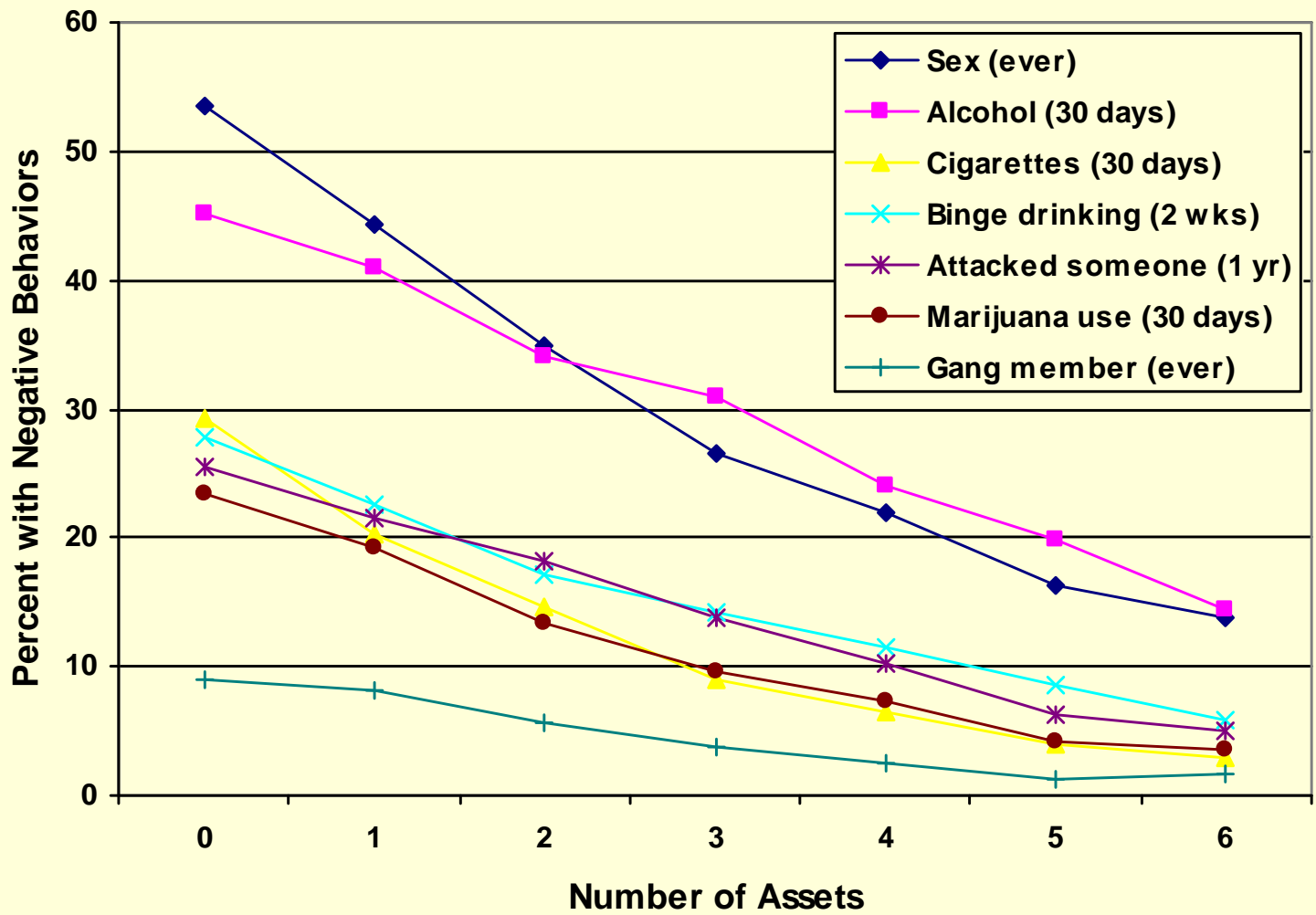
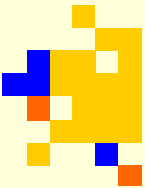
Percent with High Risk

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 (McLean/Langley 47%)	62	55
Poor Family Management	43	62	71

Parent and Teacher Recognition



- My Parents Notice When I do a Good Job
- My Teachers Notices When I am doing a Good Job
- My School Tells my Parents When I am Doing a Good Job



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



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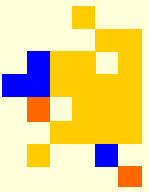


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How Do I Learn More

A full report is available for download at
www.fairfaxcounty.gov/youthsurvey
www.unifiedpreventioncoalition.org

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