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# 2005 Fairfax County Youth Survey



# Implementation Team

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Community Services Board

Fairfax Partnership for Youth

Community & Recreation  
Services

Health Department

Department of Systems  
Management for HS

Office of the County Executive  
– Gang Prevention

Police Department

Office of Public Affairs

Fairfax County Public Schools

School – Community Coalitions



# Steps in the Right Direction

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- Cigarette smoking is down
- Marijuana use is down
- 6<sup>th</sup> graders at low risk in most areas
- Many opportunities for positive social involvement for youth and families in Fairfax County
- Binge drinking decreased



# Our Challenges

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- Age of onset/early drug use
- Use of inhalant use among 6<sup>th</sup> and 8<sup>th</sup> graders
- Use of prescription drugs/painkillers
- Depression impacting a significant number of youth / Strong correlation with substance use
- Gang members showing increased risk in all factors across all domains
- Use of alcohol, including drinking and driving



# The Survey

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- The same core survey as administered in 2001 and 2003
- Administered in December 2005 to 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders (first time administered to 6<sup>th</sup> graders)
- 14,427 students completed the survey.  
After filtering - 13,235 valid surveys



# Survey Respondents

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	<u>Respondents</u>	<u>FCPS Actual</u>
Male	45.9%	51.9%
Female	43.4%	48.1%
<i>No Response</i>	<i>2.4%</i>	
White	48.2%	50.2%
African American	8.0%	10.8%
Hispanic/Latino	11.4%	16.0%
Asian/Pacific Islander	17.3%	17.5%
Other/Multiple	5.0%	5.6%
<i>No Response</i>	<i>1.8%</i>	



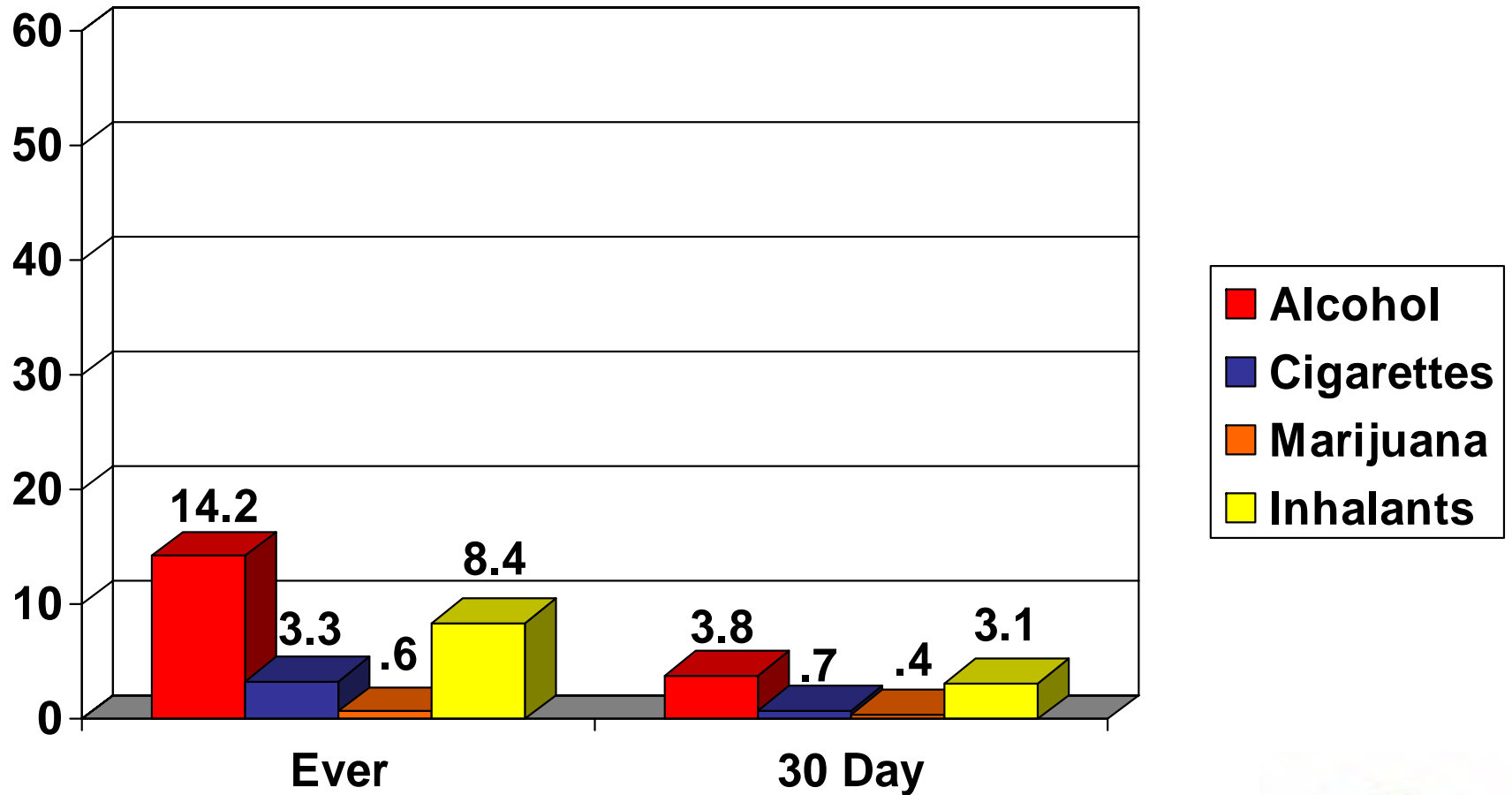
# Survey Respondents

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	<u>Respondents</u>	<u>FCPS Actual</u>	<u>% Surveyed</u>
6 <sup>th</sup> Grade	3,133	9,554	32.8%
8 <sup>th</sup> Grade	3,495	10,556	33.1%
10 <sup>th</sup> Grade	3,345	12,225	27.4%
12 <sup>th</sup> Grade	3,199	11,219	28.5%
<i>No Response</i>	<i>63</i>		
Total	13,235		30.2%



# 6<sup>th</sup> Grade Substance Use (%)



Substance Use



# Substance Use in Fairfax County Compared to National – Last 30 Day Use

	Fairfax			National			Fairfax County Above ↑ or Below ↓ National		
	8th Grade	10th Grade	12th Grade	8th Grade	10th Grade	12th Grade	8th Grade	10th Grade	12th Grade
Alcohol	16	29.5	47.9	17.1	33.2	47.0	↓	↓	↑
Binge Drinking*	5.3	11.6	26.1	10.5	21.0	28.1	↓	↓	↓
Cigarettes	3.3	8.2	18.2	9.3	14.9	23.2	↓	↓	↓
Inhalants	5.5	2.2	1.6	4.2	2.2	2.0	↑	=	↓
Marijuana	2.5	8.1	17.6	6.6	15.2	19.8	↓	↓	↓

\* 5 or more drinks in the previous 2 weeks



# Substance Use in Fairfax County

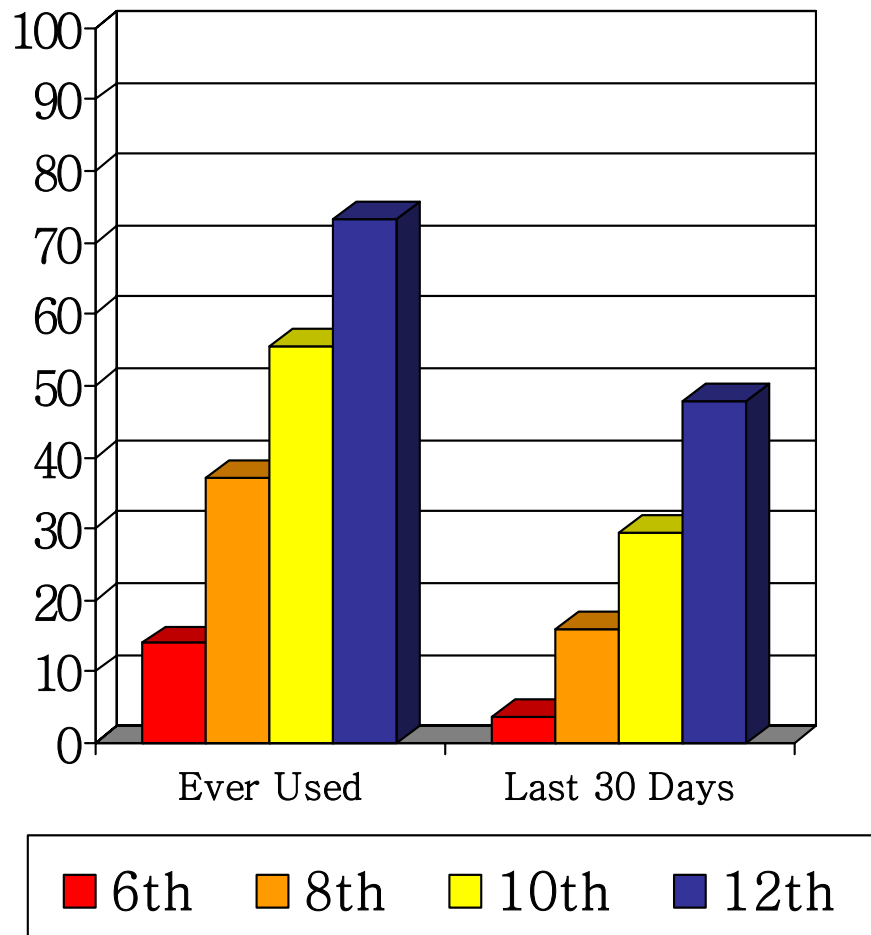
## 2001-2005 – Last 30 Day Use

	Fairfax 2001			Fairfax 2005			Increased ↑ Decreased ↓		
	8th Grade	10th Grade	12th Grade	8th Grade	10th Grade	12th Grade	8th Grade	10th Grade	12th Grade
Alcohol	21	36	53.4	16	29.5	47.9	↓	↓	↓
Binge Drinking*	7.5	17.3	31	5.3	11.6	26.1	↓	↓	↓
Cigarettes	9.3	15.4	29.6	3.3	8.2	18.2	↓	↓	↓
Inhalants	4.7	2.2	1.3	5.5	2.2	1.6	↑	=	↑
Marijuana	5.1	13.3	22.4	2.5	8.1	17.6	↓	↓	↓

\* 5 or more drinks in the previous 2 weeks



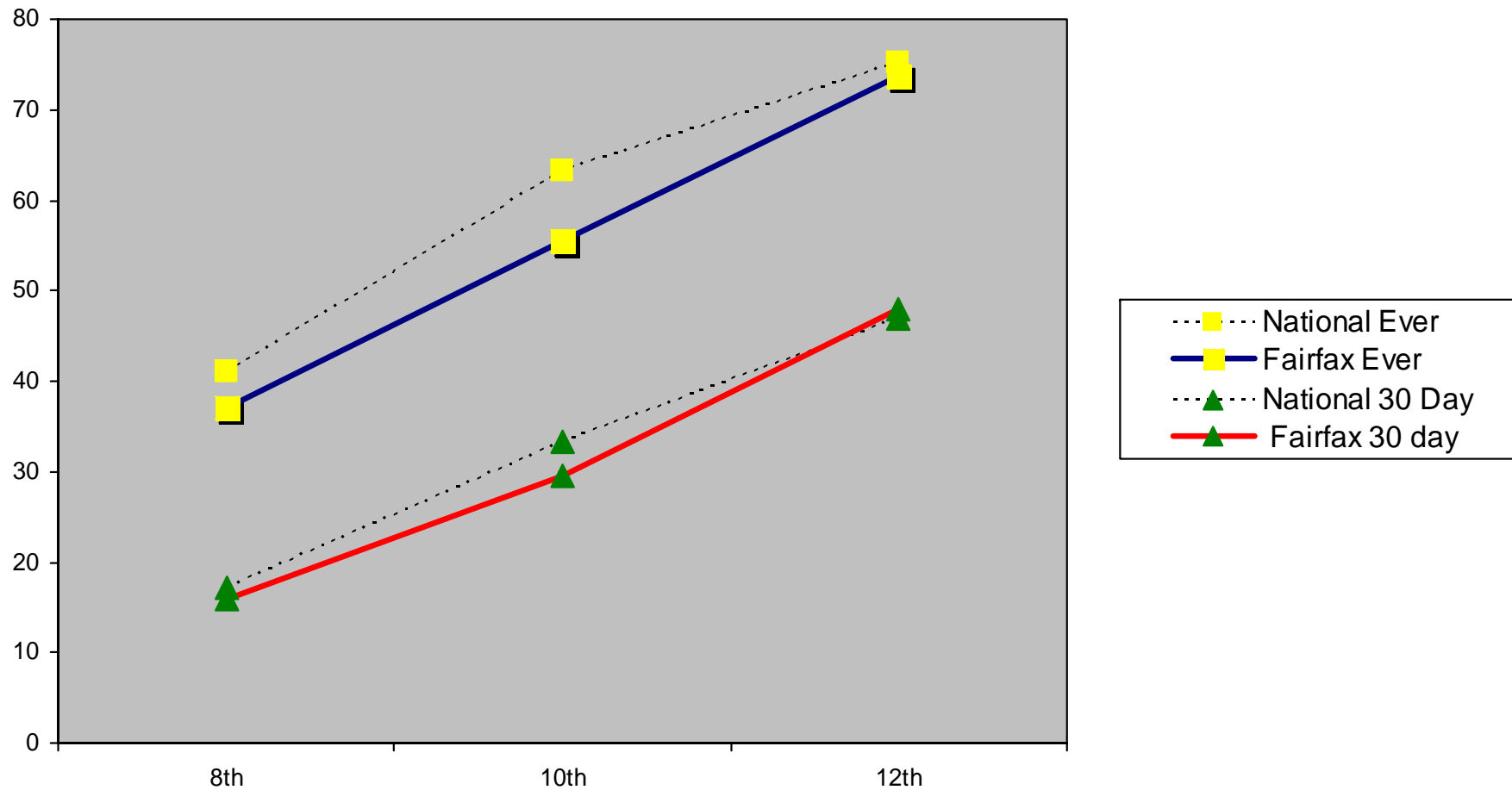
# Alcohol Use – (%) Ever/Last 30 Days by Grade



- Alcohol is the most frequently used substance
- 73% of 12<sup>th</sup> graders have used alcohol
- 14% of 6<sup>th</sup> graders reported ever drinking alcohol



# Alcohol Use - Comparison to National Data



Fairfax rates are generally lower than national rates, with the exception of 12<sup>th</sup> grade last 30 day use.



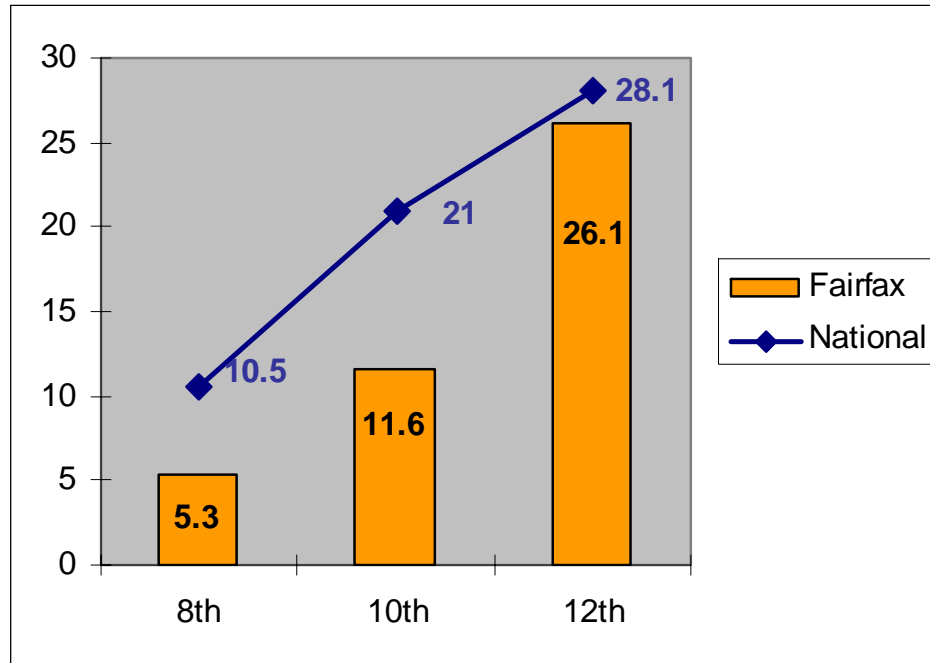
# Alcohol – Key Findings

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- 47.9% of 12th graders have used alcohol in the past 30 days
- Of those youth who have used alcohol, 45.7% of males and 34.5% of females first did so at age 12 or younger
- Whites and Latinos are nearly twice as likely as Asians and African Americans to use alcohol
- 16.8% of 12<sup>th</sup> graders came to school drunk or high in the past year



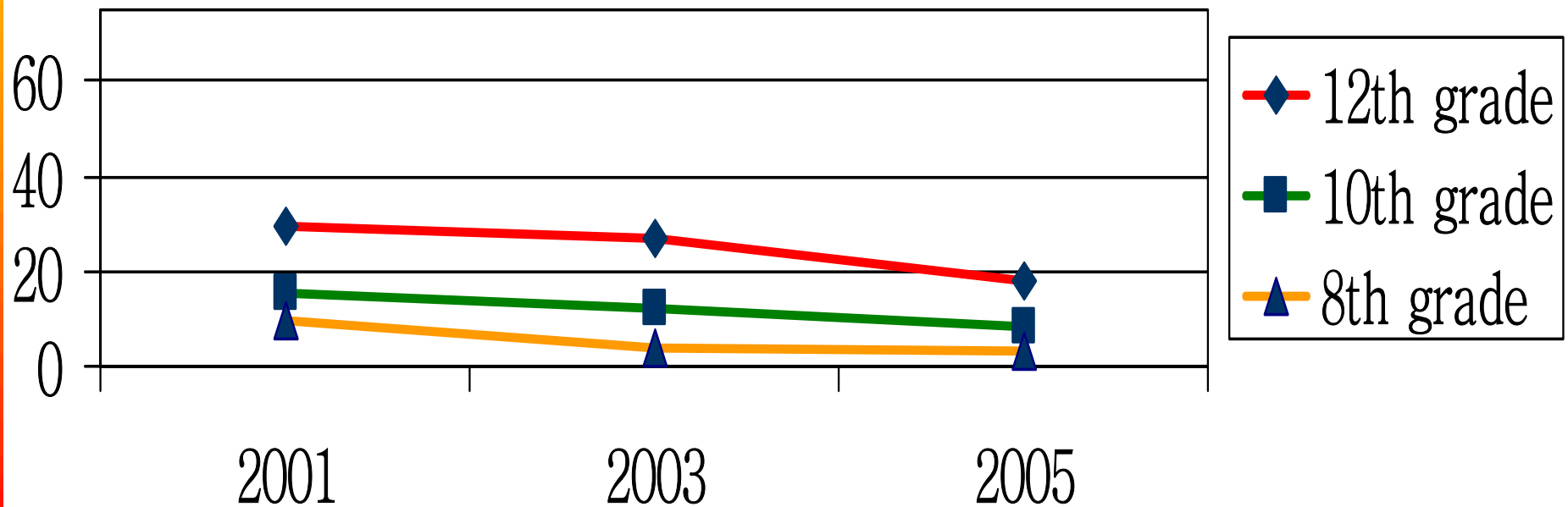
# Binge Drinking – Defined as having 5 or more drinks in a row in the last two weeks



- 26% of 12<sup>th</sup> graders report binge drinking
- That number is down from:
  - 31% in 2001
  - 27.6% in 2003
- Twice as prevalent in White (12.9%) and Latino (13.6%) youth than in African American (7.6%) and Asian (6%) youth



# Cigarette Use by Grade (% in last 30 days) 2001 – 2005



Cigarette smoking is the lowest it has been in 5 years, in all grades



# Smoking – Key Findings

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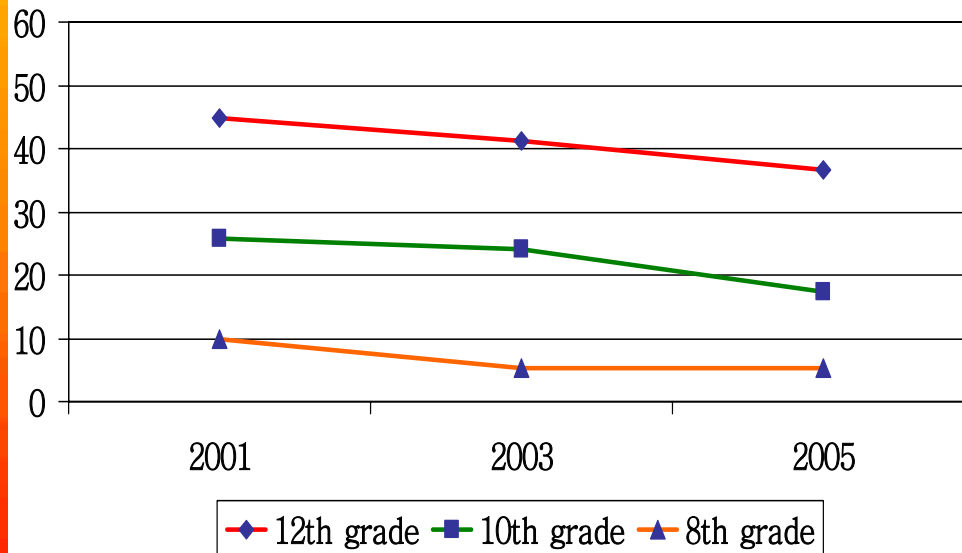
- Of those youth who have smoked a cigarette, **44% of males** and **35.6% of females** first did so at age **12 or younger**
- **Latinos** are **slightly more likely to smoke** than other groups (9.4%)
- **Fairfax** rates are **lower than national rates**, in all grades



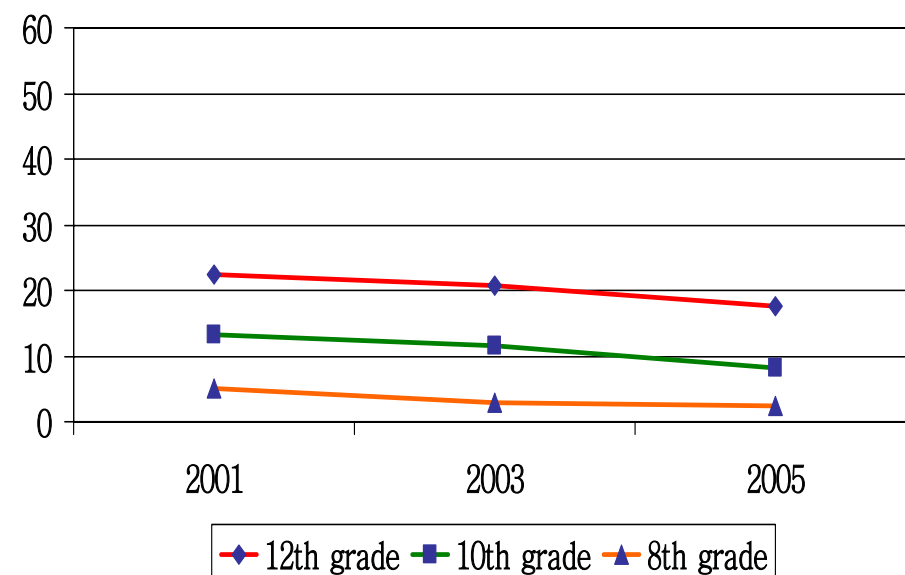
# Marijuana Use by Grade

## 2001 – 2005

% Ever Used Marijuana



% Used Marijuana in Past 30 Days



Overall the number of youth who ever used marijuana has declined by 7% since 2001 and by 4.2% for last 30 day use



# Marijuana Use – Key Findings

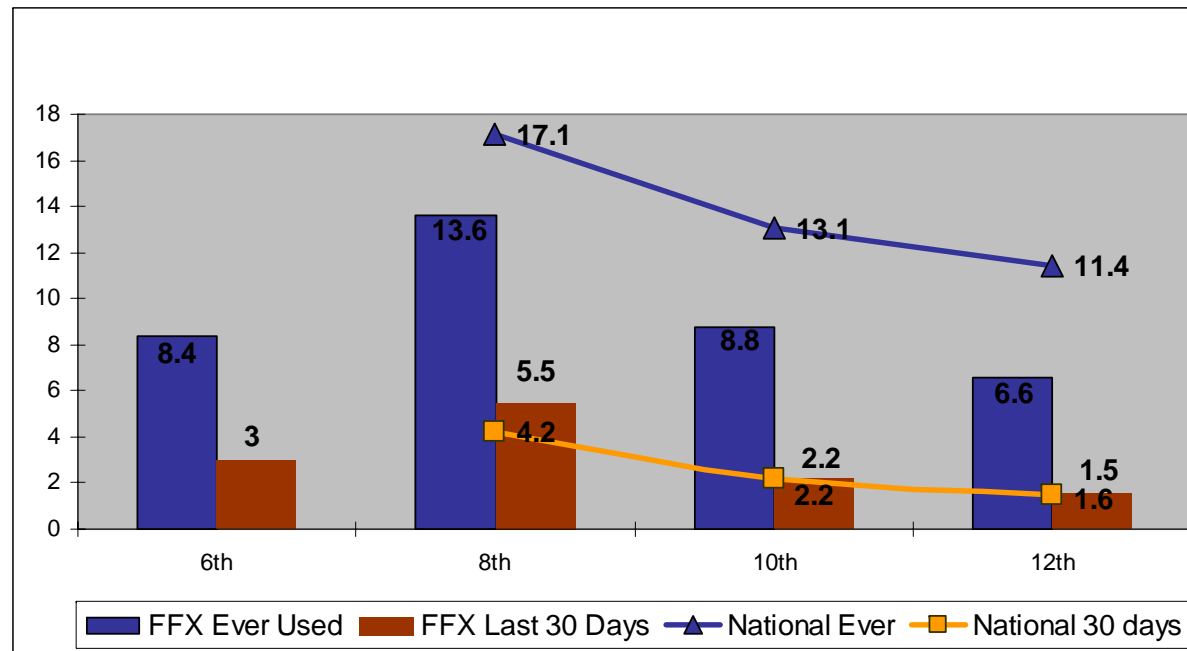
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- 36% of 12<sup>th</sup> graders report ever using marijuana and 18% report use in the last 30 days
- Fairfax rates are lower than national rates, in all grades
- Of those youth who have used marijuana, 19% of males and 7.8% of females first did so at age 12 or younger



# Inhalant Use (%)

## Ever/Last 30 Days by Grade



- Inhalant use is **highest in 6<sup>th</sup> and 8<sup>th</sup> graders**
- Fairfax **8<sup>th</sup> grade use** of inhalants (last 30 day) is **above the national average**



# Inhalant Use

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



# Other Drugs – Key Findings

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- Fairfax youth report **little use of “other” drugs**
- **Less than 1%** have used **Methamphetamine** or **Ecstasy** – low use of steroids and heroin, as well
- **Prescription drugs** and **painkillers** are the most commonly used “**other drug**” in Fairfax County
  - **6.2%** of high school seniors report using a painkiller without a prescription in the past 30 days
  - **5.4%** report using any other type of prescription drug, without a prescription in the past 30 days



# Bullying and Aggression

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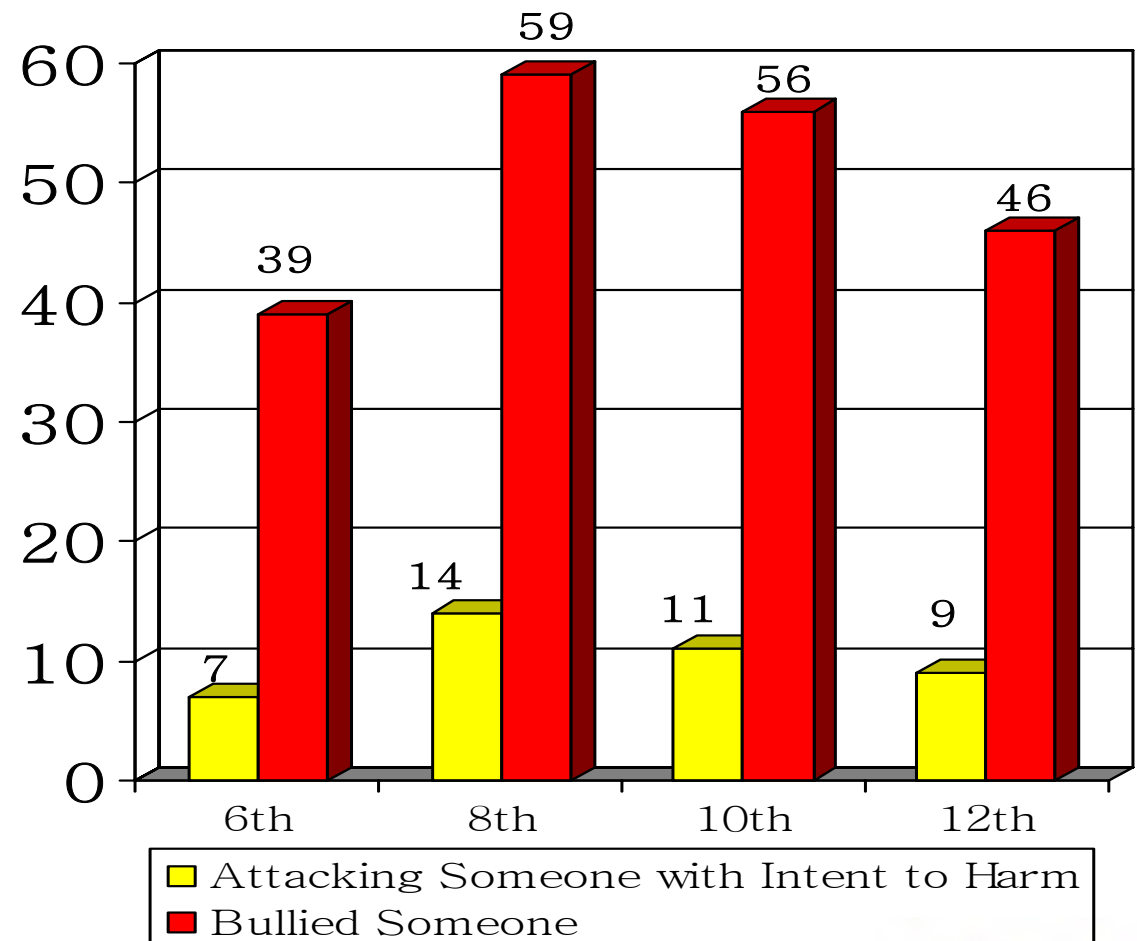
- 51% report that they have been bullied, taunted, ridiculed, or teased (10% report > 20 times)
- 14.1% report that they have bullied someone else on 10 or more occasions (compared to 18.8% in 2001)
- 35.8% report that someone said something bad about their race or culture
- 14% of 8<sup>th</sup> graders report that they have attacked someone with intent to harm (highest of all grades)
- 20% report they have been sexually harassed



# Bullying and Aggression

## % Attacking or Bullying Someone Else

Bullying and aggression are highest in 8<sup>th</sup> and 10<sup>th</sup> grade



# Bullying

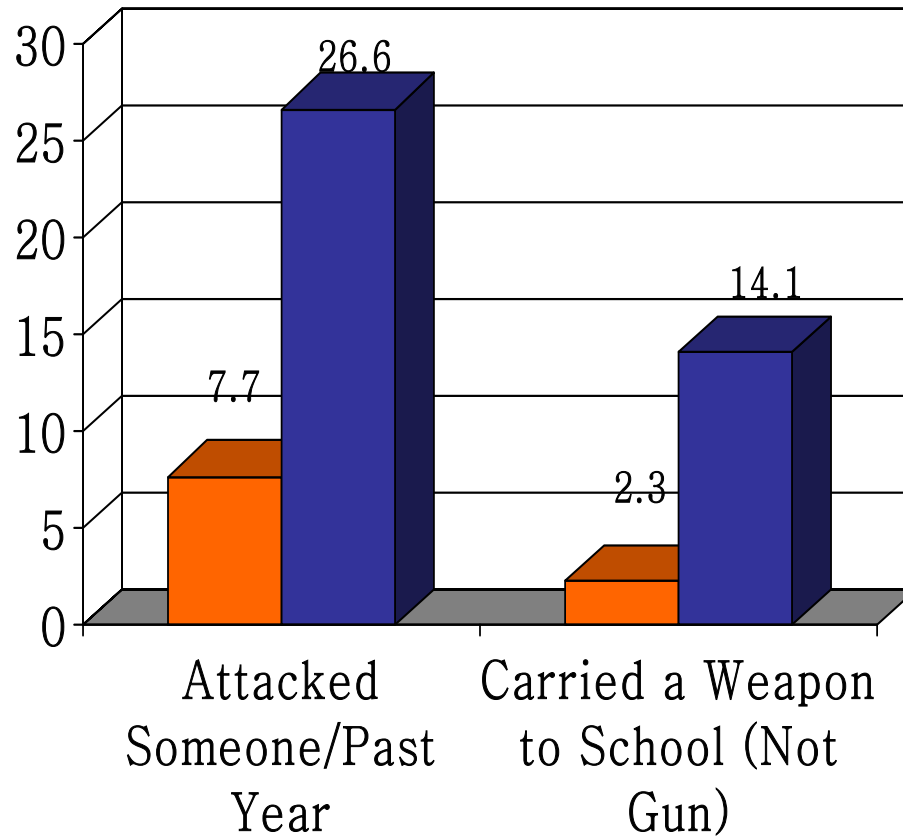
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Youth who report that they have been bullied are far more likely to report that they:

- Have carried a weapon
- Have used drugs, alcohol, or cigarettes in last 30 days
- Were lonely or depressed
- Have considered suicide



# Drugs and Aggressive Behavior (%)



**Youth who used drugs in the past 30 days were 3-6 times more likely to report attacking someone or carrying a weapon to school in the past year**

■ No Illicit Drug Use in past 30 days ■ Illicit Drug Use in past 30 days



# Gangs – Key Findings

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- Number of youth reporting gang involvement is down (from 5.6% in 2001 to 2.8% in 2005)
- 44.9% of those who indicated that they were ever in a gang joined when they were age 12 or younger
- African Americans (6.8%) and Latinos (5.3%) are most likely to report gang membership
- Youth who report being in gangs are:
  - less likely to think there are chances to get involved in extracurricular activities
  - are more likely to work at a paid job



# Vehicle Safety

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- 74% of students report riding in a car without a seatbelt at some time, 23% do so regularly
- 27.4% have ridden in a car driven by someone who had been drinking
- 19.9% of those 16 and older have driven a car after drinking alcohol



# Depression

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*“During the past 12 months felt so sad or hopeless almost every day for weeks or more in a row that they stopped doing some usual activities”*

	<u>2001</u>	<u>2005</u>
8 <sup>th</sup> – 12 <sup>th</sup> Graders	34.9%	33.9%
Females	39.4%	40.1%
Males	30.2%	27.0%



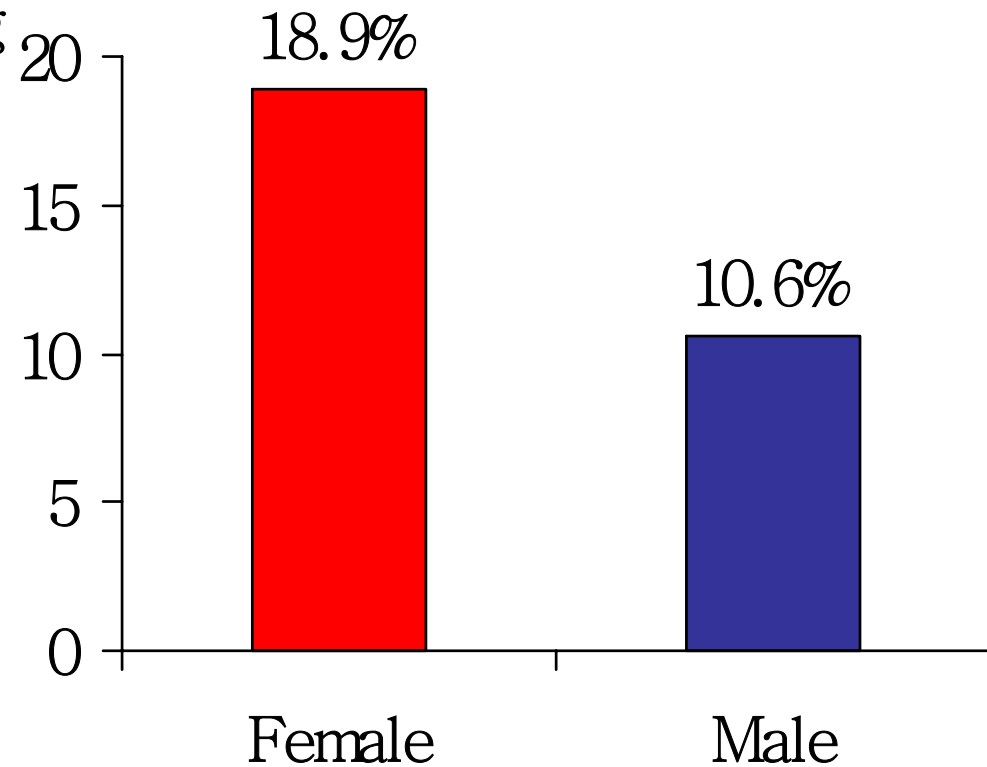
# Ever Considered Suicide

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15% of respondents reported ever considering attempting suicide

## By Grade

8 <sup>th</sup> Grade	14.6%
10 <sup>th</sup> Grade	15.1%
12 <sup>th</sup> Grade	15.2%



# National Comparison of 10<sup>th</sup> and 12<sup>th</sup>

	Fairfax County	Nationally (YRBS 2005)
Depression	10 <sup>th</sup> Grade 32.9% 12 <sup>th</sup> Grade 37%	10 <sup>th</sup> Grade 28.9% 12 <sup>th</sup> Grade 26.4%
Considered Suicide	10 <sup>th</sup> Grade 15.1% 12 <sup>th</sup> Grade 15.2%	10 <sup>th</sup> Grade 17.3% 12 <sup>th</sup> Grade 14.8%

Fairfax County youth considering suicide is similar to or lower than national rates. However, Fairfax youth are more likely to report depression than their peers nationally



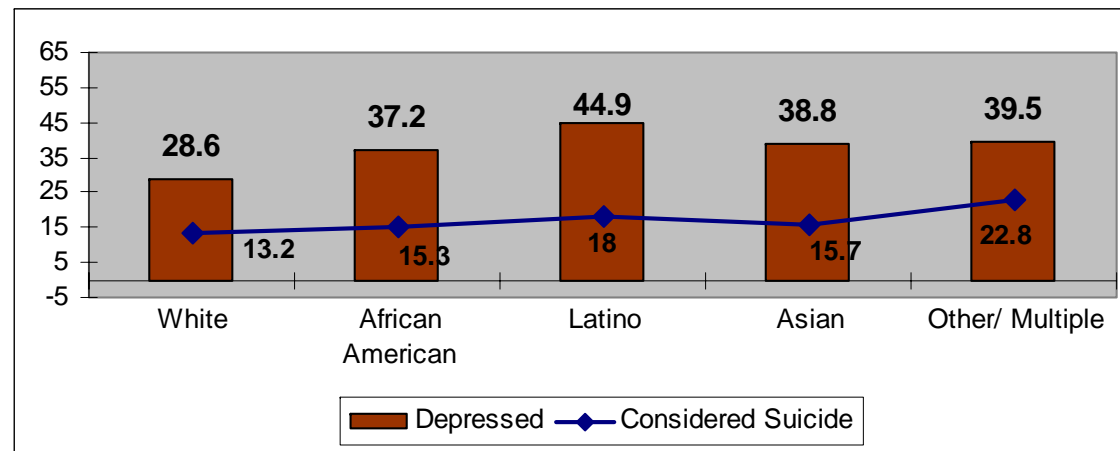
*\* Please note that this is not included in the report and is only used as a resource for looking at comparable national statistics.*

**Mental Health**



# Depression/Considering Suicide – Key Findings (8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grade)

Races/ethnicities other than white are more likely to report feeling depressed



Youth who reported that they had considered **suicide** were **nearly twice as likely** to report **illicit drug use** in the past 30 days



# What do our youth do with their free time?

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84% report participating in extracurricular activities

96% report doing fun things with their families

81% report being involved in religious activities or volunteer work

57% report spending time at home without any adults present - 1 or more hours a day



# What do our youth do with their free time?

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- 89.7% report that there are lots of chances to get involved in extra-curricular activities
- Youth who speak a language other than English at home are less likely to perceive that these activities are available for them



# 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.



# Risk and Protective Factors

## 5 Domains

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- Community Domain
- Family Domain
- School Domain
- Peer Domain
- Individual Domain



# Risk Factor Findings

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Highest percentage of respondents above the national average in the following areas:

- Peer-individual attitudes favorable to antisocial behavior
- Sensation seeking
- Parental attitudes favorable to antisocial behavior
- Family conflict
- Low school commitment
- Transitions and mobility



# Protective Factor Findings

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Highest percentage of respondents above the national average in the following areas:

- o Peer-individual social skills
- o Community opportunities for pro-social involvement
- o School opportunities for pro-social involvement
- o Peer-individual religiosity
- o Family rewards for pro-social involvement



# Risk Factors and Gangs

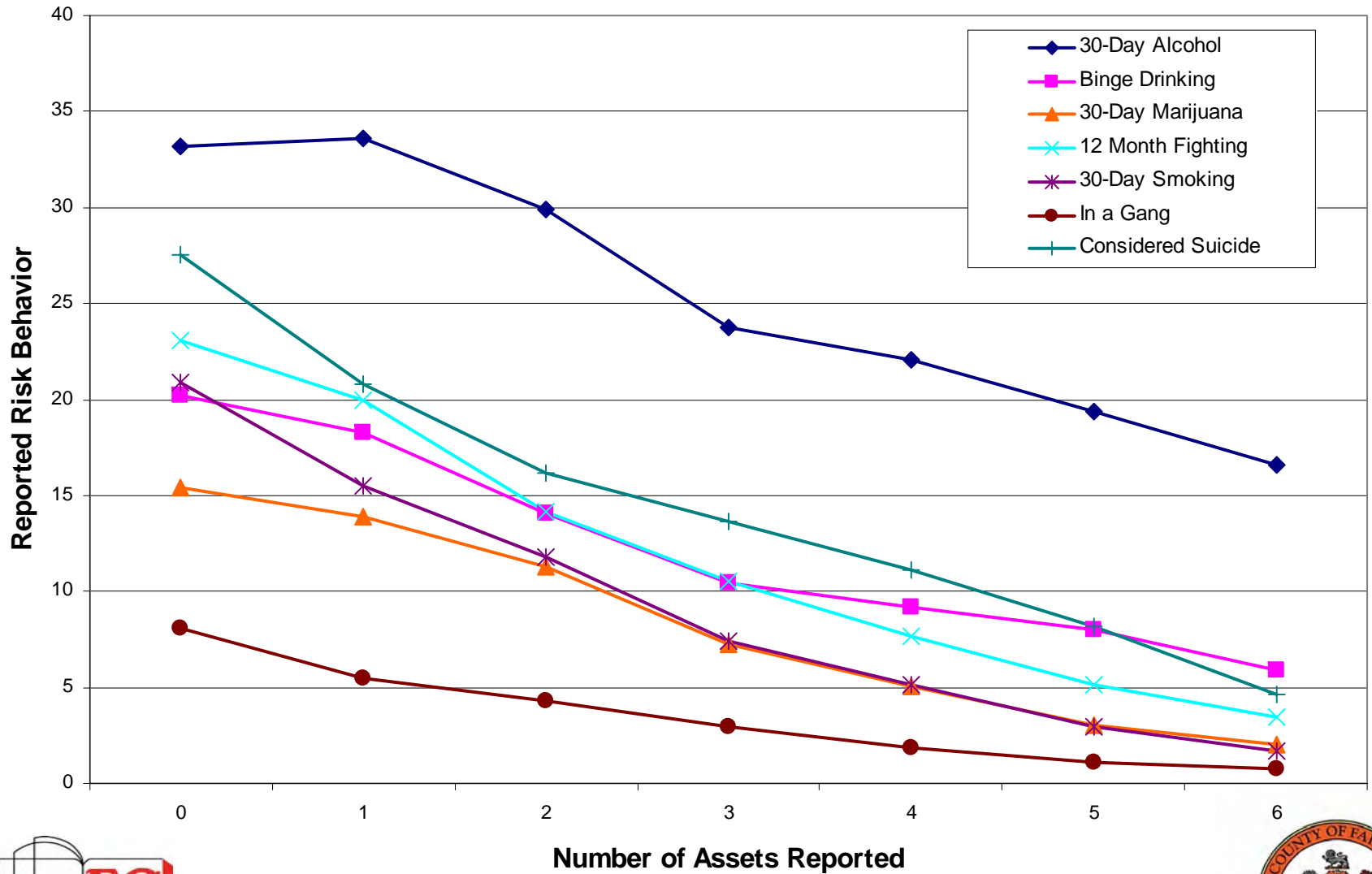
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<b>% at High Risk:</b>	<b>Overall</b>	<b>Ever in a Gang</b>
Low Neighborhood Attachment	34.9	52.4
Community Disorganization	31.8	65.5
Family Management	37.4	63.5
School Academic Failure	37.4	68.6
Peer-individual sensation seeking	42.5	77.2

Youth reporting “ever been in gangs” had substantially elevated scores for ALL risk factors



## Relationship Between Risk Behaviors and Number of Assets



# Looking Ahead

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- Consider the assets and protective factors of our youth, families, schools, and communities
- Continue our work in substance abuse and violence prevention
- Address the depression and suicide risk findings
- Risk behaviors are complex and interrelated
- Consider the needs, risks, strengths, and assets of subpopulations
  - Race/ethnicity
  - Geographic
  - Gender
  - Age



# Gaps Identified

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- No data on health-related issues such as personal health, eating disorders, obesity, and sexual behavior
- The 2007 survey will assess these issues, as directed by the Board of Supervisors

Note: State law only allows questions related to sexual behavior for those students in 8<sup>th</sup> grade or above



# Using Survey Results

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- Share results with key stakeholder groups including FPY, CSB, School/Community Coalitions, etc.
- “Everyone’s Child – Then and Now” publication
- Youth “Speak Outs” and youth press conference
- Disseminate information to community groups
- Use data on youth behaviors and risk/protective factors to assess and enhance effectiveness of programs and services



# Using Survey Results

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- Analyze key survey findings and coordinate with other county, school, and community priorities and strategic goals
- Use this data to develop priorities and a guiding strategy for ongoing system-wide prevention efforts

