

about

TEENAGE DRUG USE IN FAIRFAX COUNTY

what you need to know...

More than two-thirds of Fairfax County youth have **not** used any drugs or alcohol in the past 30 days.

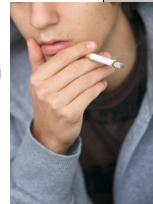
Alcohol, tobacco, and marijuana are the most commonly used drugs among youth in Fairfax County. Although alcohol is a drug, it is the focus of a separate fact sheet. Overall, 13% of youth reported smoking marijuana or cigarettes in the last 30 days, but that number increases with age. Thirteen percent of 12th-graders report smoking cigarettes in the past 30 days and 19% report smoking marijuana.

Inhalant use is most common

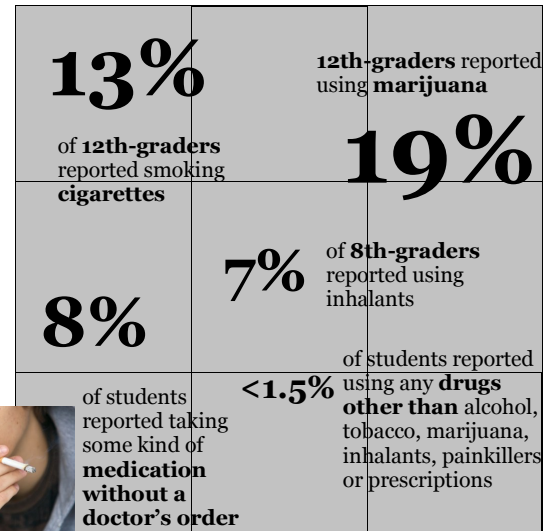
with 6th- and 8th-graders, and use decreases with grade level.

The use of drugs other than alcohol, tobacco, or marijuana is generally low in Fairfax County. Painkillers, prescription drugs, and over-the-counter medicines (used with the intent to get high) are the most frequently used "other drugs" reported in Fairfax County.

Use of drugs commonly referred to as "street drugs" such as LSD, cocaine, methamphetamines, ecstasy, or heroin is very low in Fairfax County. Fewer than 1.5% of youth report using these drugs, and in the case of heroin, use was reported as 0.4%.



Fairfax County youth self-reported current drug use (past 30 days)



Youth Survey results for 8th, 10th, and 12th Graders

what can you do?

if your teen shows signs of

- Chronic eye redness, sore throat or dry cough.
- Chronic lying, especially about whereabouts.
- Stealing.
- Deteriorating relationships with family members; wholesale changes in friends.
- Wild mood swings, hostility, or abusive behavior.
- Chronic fatigue, withdrawal, carelessness about personal grooming.
- Major changes in eating or sleeping pattern.
- Loss of interest in favorite activities.
- School problems — slipping grades, absenteeism.

consider this

- Don't jump to conclusions; many signs are the same as depression, being a teenager or physical/emotional problems.
- Don't try to talk while your child seems under the influence.
- In a calm moment, explain that you are worried and give your child a chance to explain.
- Listen.
- Speak frankly and share your values and why you are dead set against drugs.
- DON'T GIVE UP!

if you are concerned

- Consult your doctor or a professional substance abuse counselor to rule out illness and to ask for advice.
- Have your child visit a mental health professional to see if there are emotional problems.
- Get involved with an intervention program to learn techniques that will help convince a drug user to accept help.
- Family involvement is the key to a successful program. This can mean personal or family counseling.
- If you don't know about drug programs in your area, call your family doctor, local hospital, county alcohol and drug services, or school counselor.
- Find out more about the FCPS [Alcohol and Other Drug Use Intervention Seminar](#).

Source: adapted from [The Partnership for a Drug-Free America](#)

who can help?



Fairfax-Falls Church Community Services Board (CSB)
24-Hour CSB Emergency Services Phone 703-383-8500 | TTY 703-207-7737
www.fairfaxcounty.gov/csb

Fairfax County Public Schools Intervention and Prevention Services
www.fcps.edu/dss/ips/ | 571-423-4020

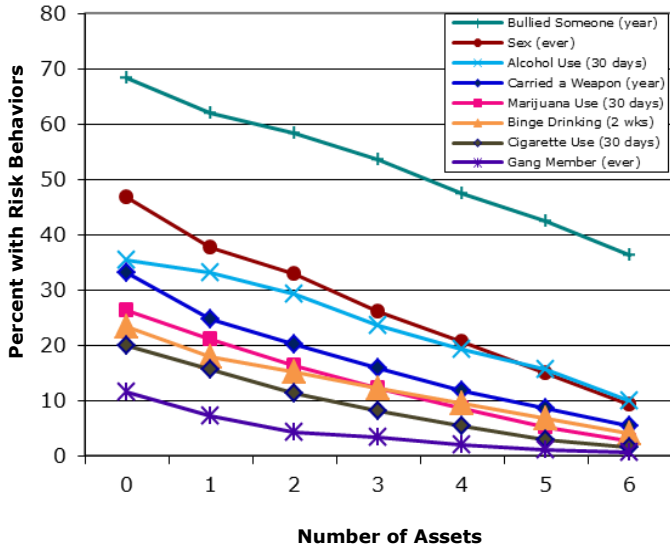
Fairfax County Public Schools Student Safety and Wellness Office
www.fcps.edu/dss/ips/ssaw | 571-423-4270



Countywide Service Integration and Planning Management

THREE TO SUCCEED

Thriving in Fairfax



Three to Succeed is based on the Youth Survey analysis that shows having **just three assets** dramatically **reduces risk behaviors** and **promotes thriving youth**.

Assets are strengths in young people, their families, friends, schools and communities that help them thrive in health, in school, in daily life, and in a safe environment. The more assets a person has, the fewer

risk behaviors they report and the Youth Survey shows that every asset makes a difference.

Young people in Fairfax County report positive influences from the people and other assets in their lives, though there are disparities that make it more challenging for some to thrive. Take action to be an asset in any young person's life and help build a stronger, more positive community that benefits ALL children.

- Assets**
- Having High Personal Integrity
 - Having Community Adults to Talk to
 - Performing Community Service
 - Participating in Extracurricular Activities
 - Having Teachers Recognize Good Work
 - Having Parents Available for Help

PAST 30-DAY DRUG USE

	Marijuana	Cigarettes	Inhalants
6th	0.2%	0.5%	4%
8th	2%	2%	7%
10th	10%	6%	3%
12th	19%	13%	2%

The Fairfax County Youth Survey was administered in the fall semester of 2010 to students in grades 8, 10, and 12. Sixth-grade students were given the *6th Grade Survey*, which asked selected questions about drug use.

	Pain-killers	Prescriptions	LSD/Hallucinogens	Over-the-Counter	Cocaine/Crack	Ecstasy	Methamphetamines	Heroin
8th	5%	2%	0.9%	1%	0.7%	0.8%	0.7%	0.4%
10th	6%	4%	1%	2%	0.7%	1%	0.6%	0.4%
12th	7%	6%	2%	2%	1%	2%	0.8%	0.5%

websites for more information

Fairfax County Youth Survey
www.fairfaxcounty.gov/youthsurvey

Fairfax County Prevention System
www.fairfaxcounty.gov/ncs/prevention

Unified Prevention Coalition
www.unifiedpreventioncoalition.org

The Partnership for a Drug-Free America
www.drugfree.org

Parents, the Anti-Drug
www.theantidrug.com

SAMHSA Family Guide
www.family.samhsa.gov



A publication of Fairfax County, Va., and Fairfax County Public Schools

related factors

Fairfax County Youth who have used drugs or alcohol in the past 30 days are

- More likely to have carried a weapon or been in a gang.
- More likely to have bullied someone or been the victim of bullying.
- More likely to report having been depressed.
- More likely to have had sex.
- More likely to have skipped school or had poor grades.



Fairfax County is committed to nondiscrimination in all county programs, services and activities. To request reasonable accommodations or to receive this information in an alternate format, call 703-324-4600, TTY 711.

May 2012