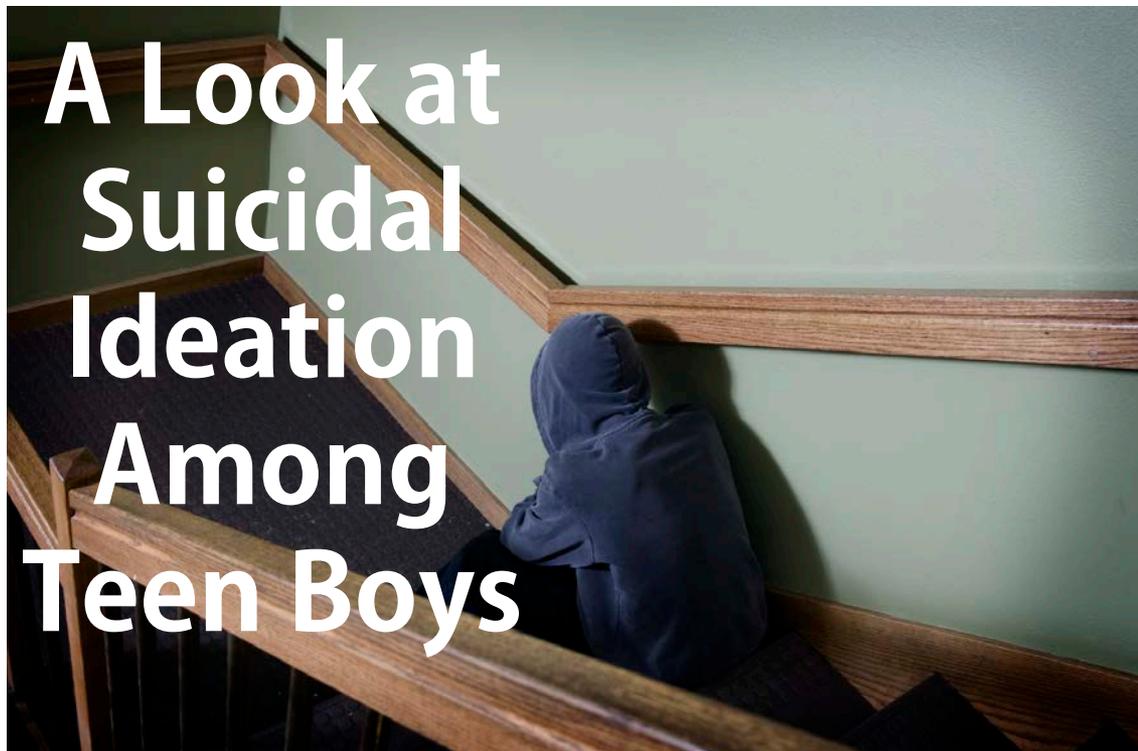

A Look at Suicidal Ideation Among Teen Boys



September 2014



Prepared by Fairfax County Department of Neighborhood & Community Services

Highlights from SY2013-14 Youth Survey

- Compared to girls, teen boys report less prevalence of depressive symptoms, suicidal ideation, and suicide attempts
- Approximately 1 in 5 teen boys reported experiencing depressive symptoms in the past year
- 1 in 9 teen boys seriously considered suicide in the past year



Fairfax County 2013 Youth Survey



Highlights from SY2013-14 Youth Survey

(cont.)

- 1 in 40 teen boys attempted suicide in the past year, less than half the prevalence of teen girls
- High school boys are at greater risk of depression and suicide than boys in middle school
- Teen boys who self-identified as multiple/other race/ethnicity are at greater risk of depression and suicide than boys who self-identify as all other race/ethnicity categories



Fairfax County 2013 Youth Survey



Overview of Mental Health Among Teen Boys



Fairfax County Youth Survey Questions

Students were asked the following question.

The next section asks about your feelings and experiences in other parts of your life.

Remember, your answers are confidential.

During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? **Yes/No**

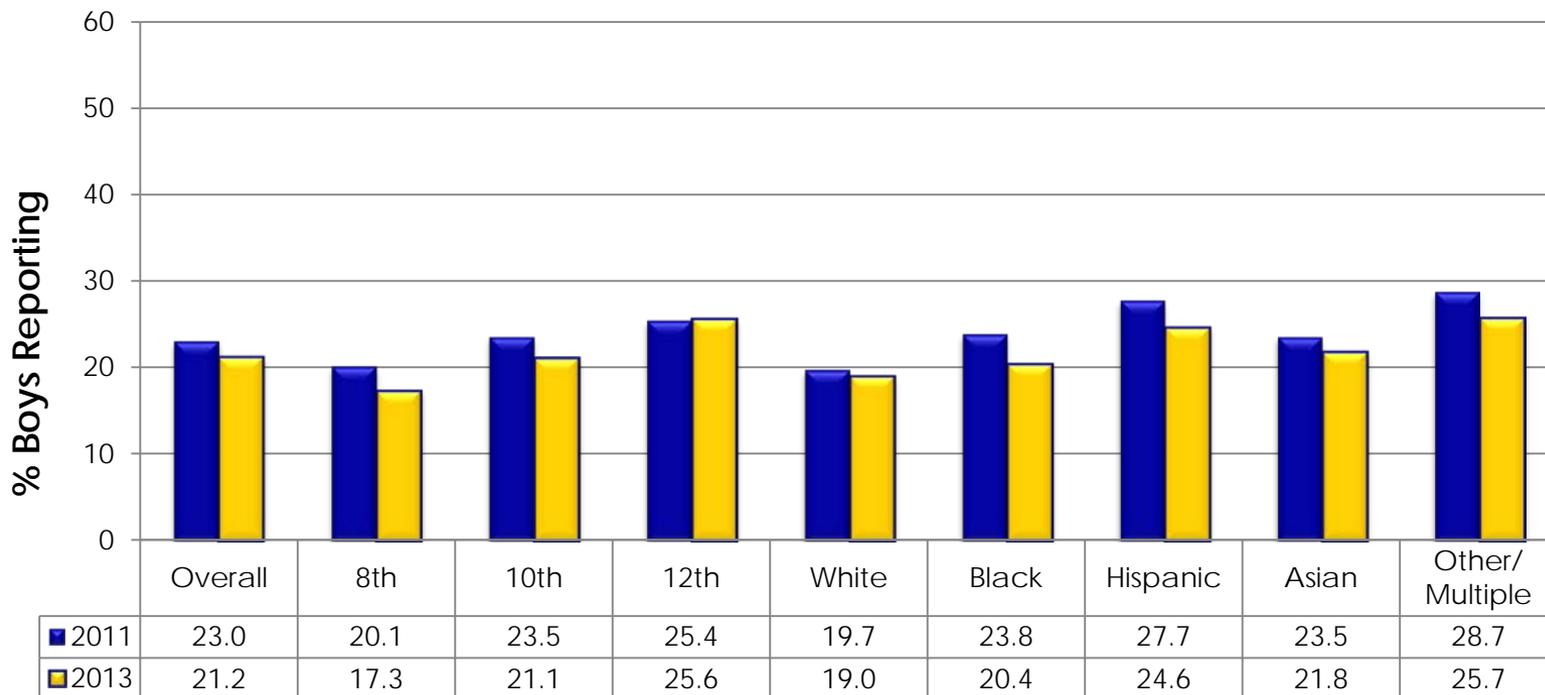


Fairfax County 2013 Youth Survey

The question regarding depressive symptoms is asked annually.



% Experiencing Depressive Symptoms in Past Year



Fairfax County 2013 Youth Survey



Fairfax County Youth Survey Questions

The next section asks about your feelings during the past 12 months.

Remember, your answers are confidential.

During the past 12 months, did you ever:
... seriously consider attempting suicide? Yes/No
... actually attempt suicide? Yes/No

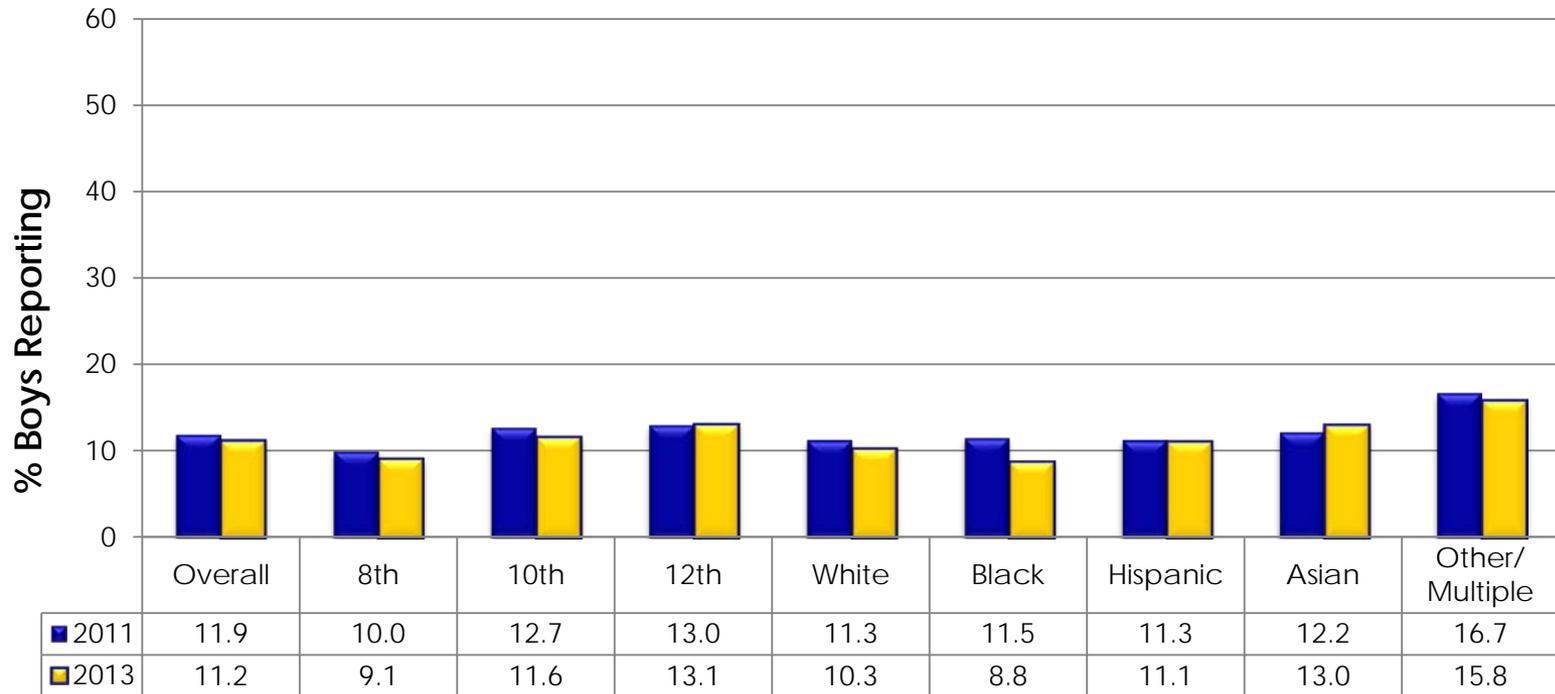


Fairfax County 2013 Youth Survey

The questions regarding suicide are asked biennially.



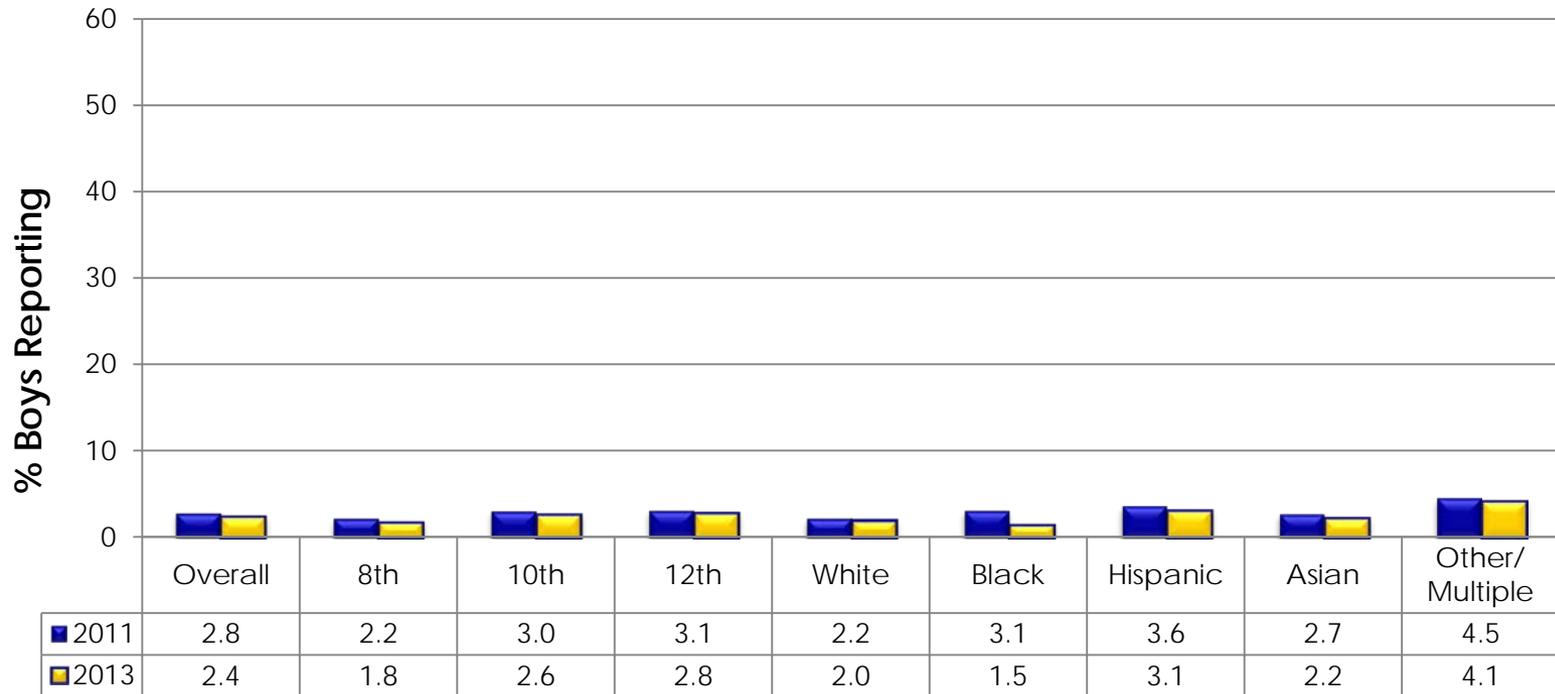
% Who Considered Suicide in Past Year



Fairfax County 2013 Youth Survey



% Who Attempted Suicide in Past Year



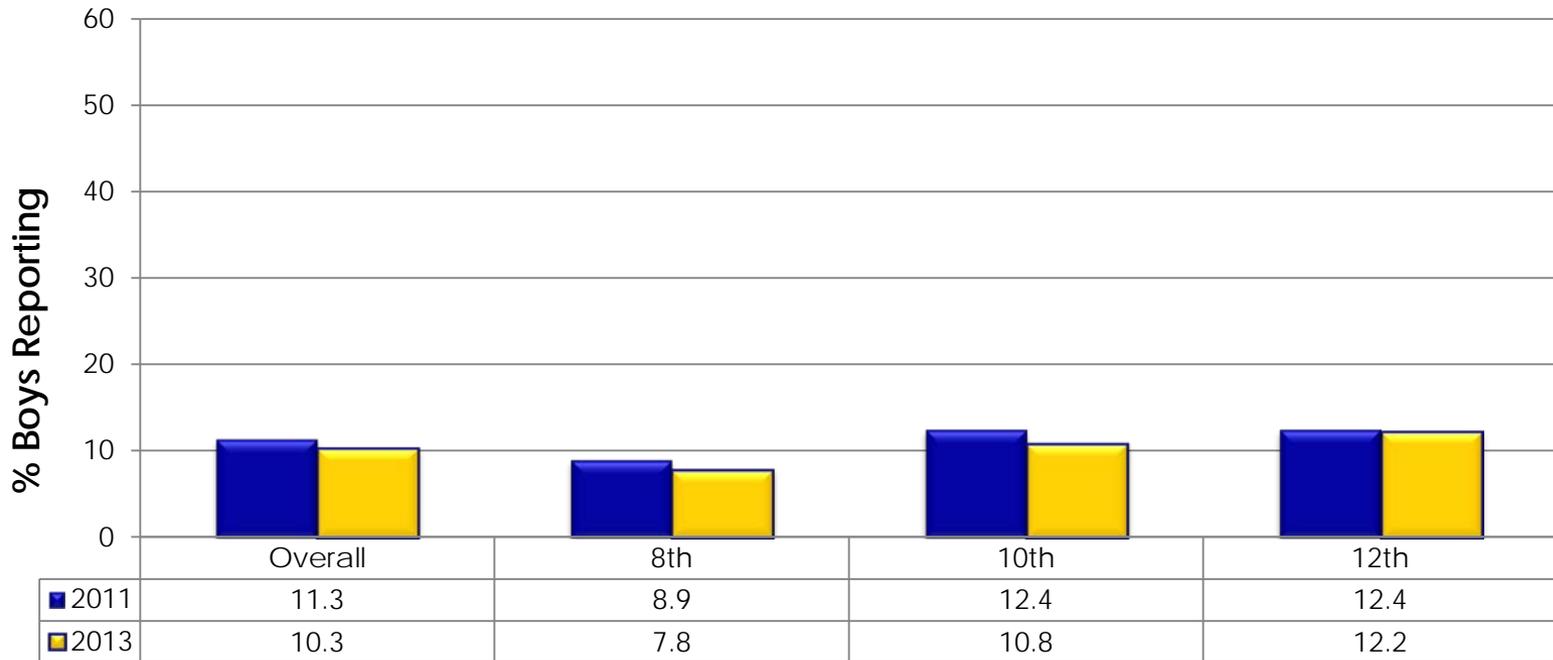
Fairfax County 2013 Youth Survey



Suicidal Ideation By Race/Ethnicity And Grade Level



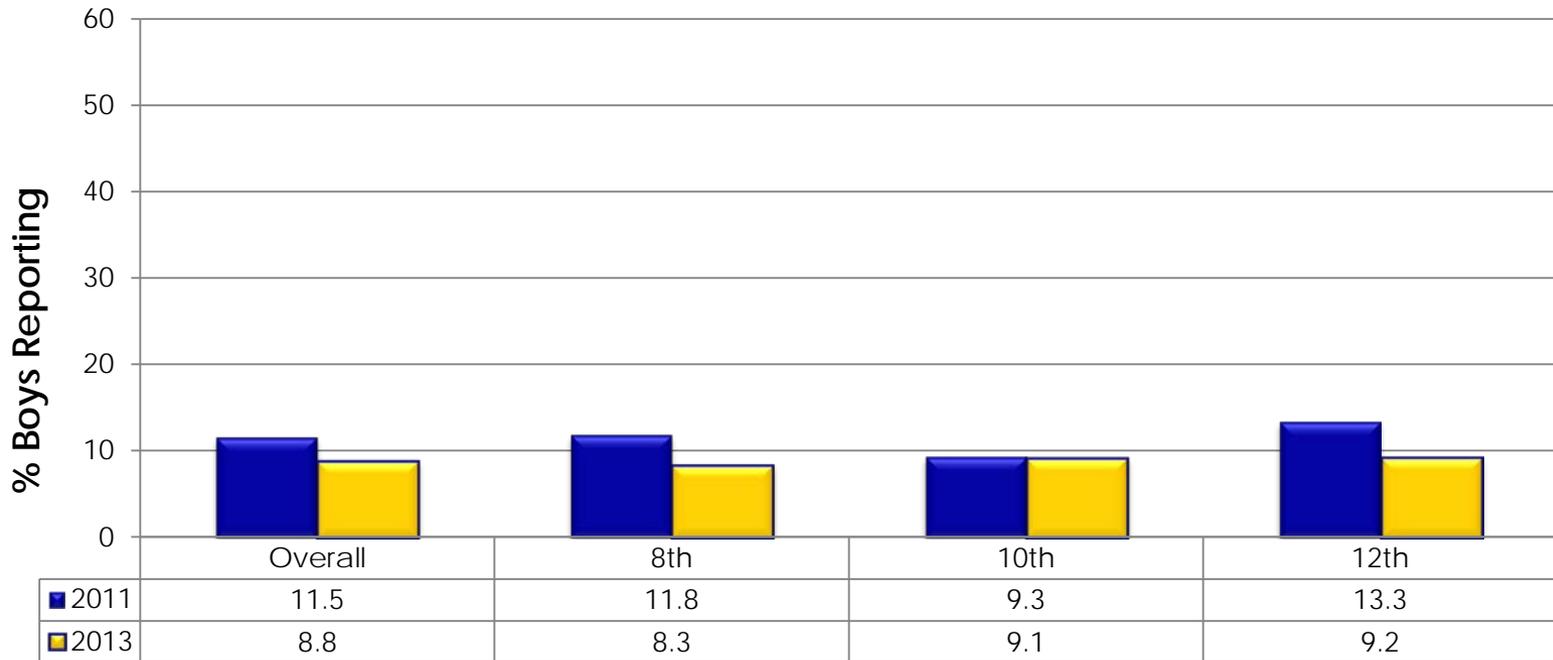
% Who Considered Suicide in Past Year (White)



Fairfax County 2013 Youth Survey



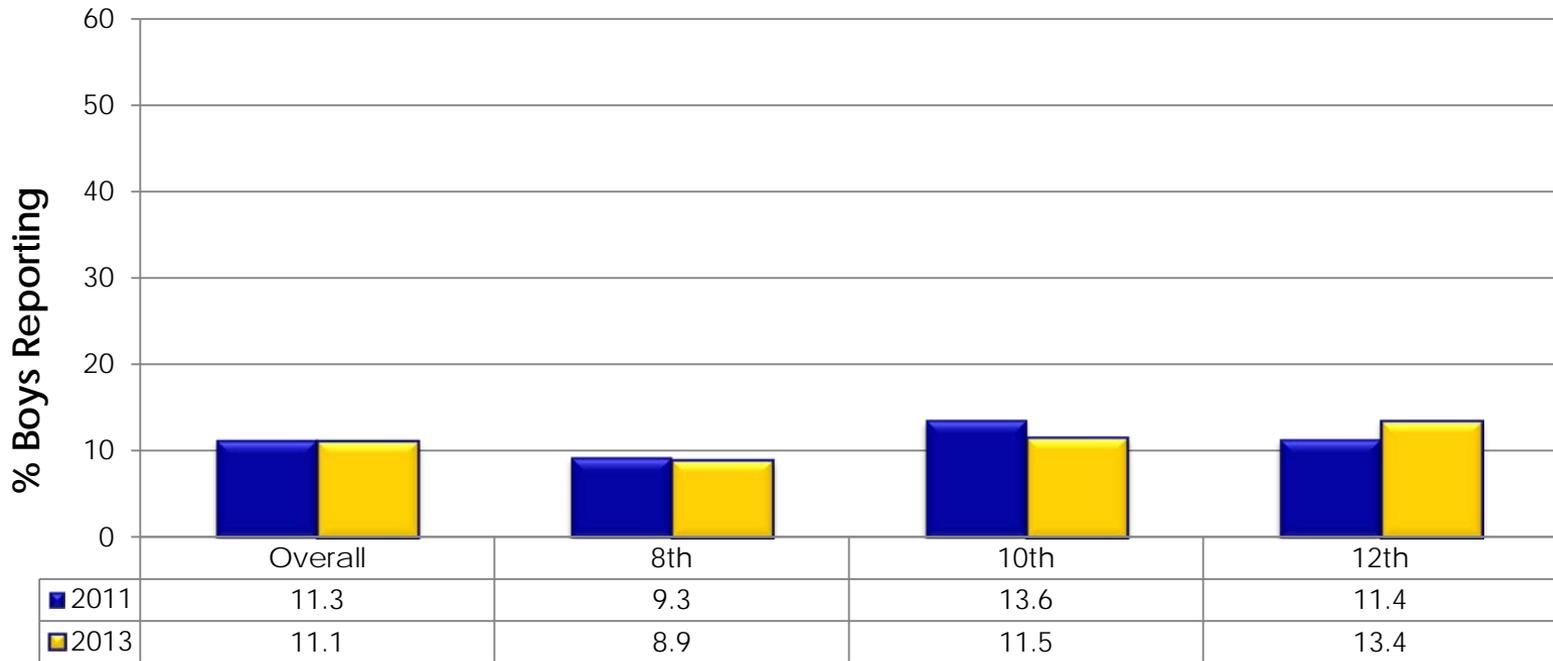
% Who Considered Suicide in Past Year (Black)



Fairfax County 2013 Youth Survey



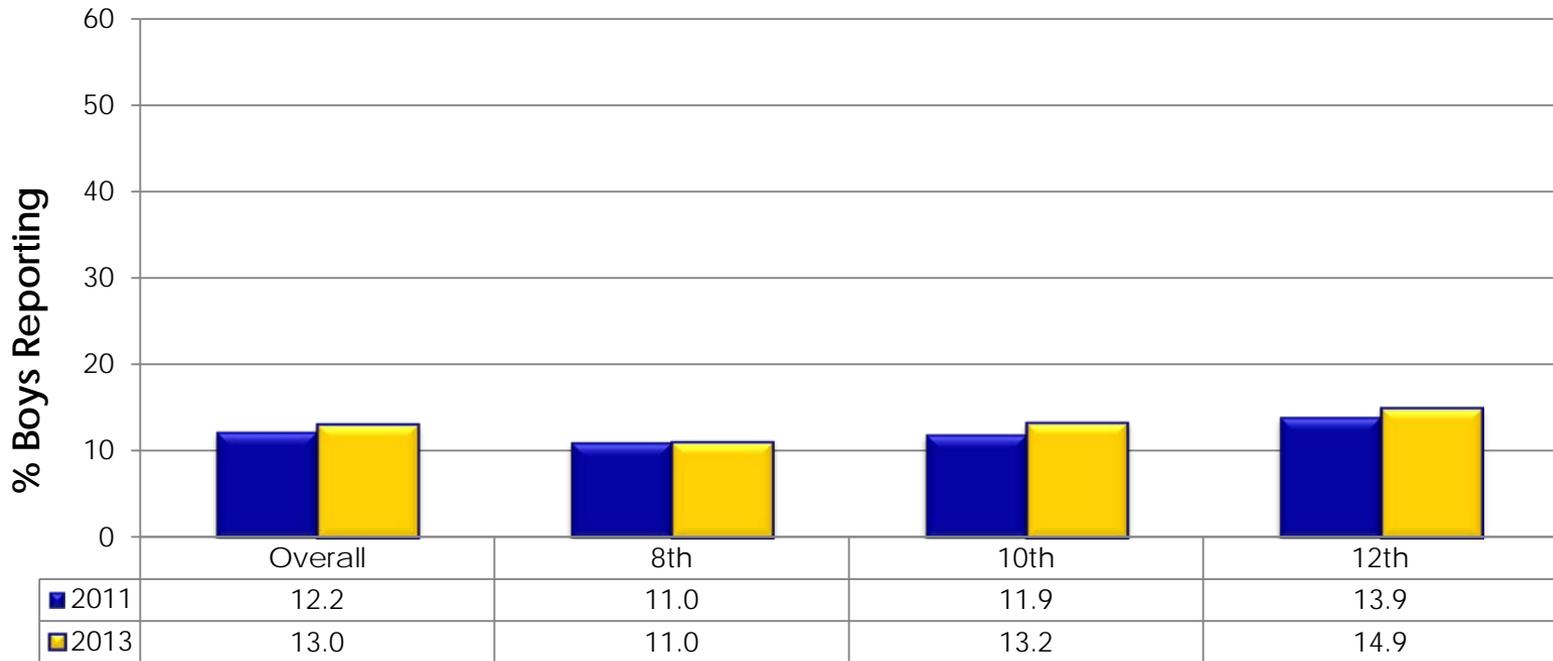
% Who Considered Suicide in Past Year (Hispanic)



Fairfax County 2013 Youth Survey



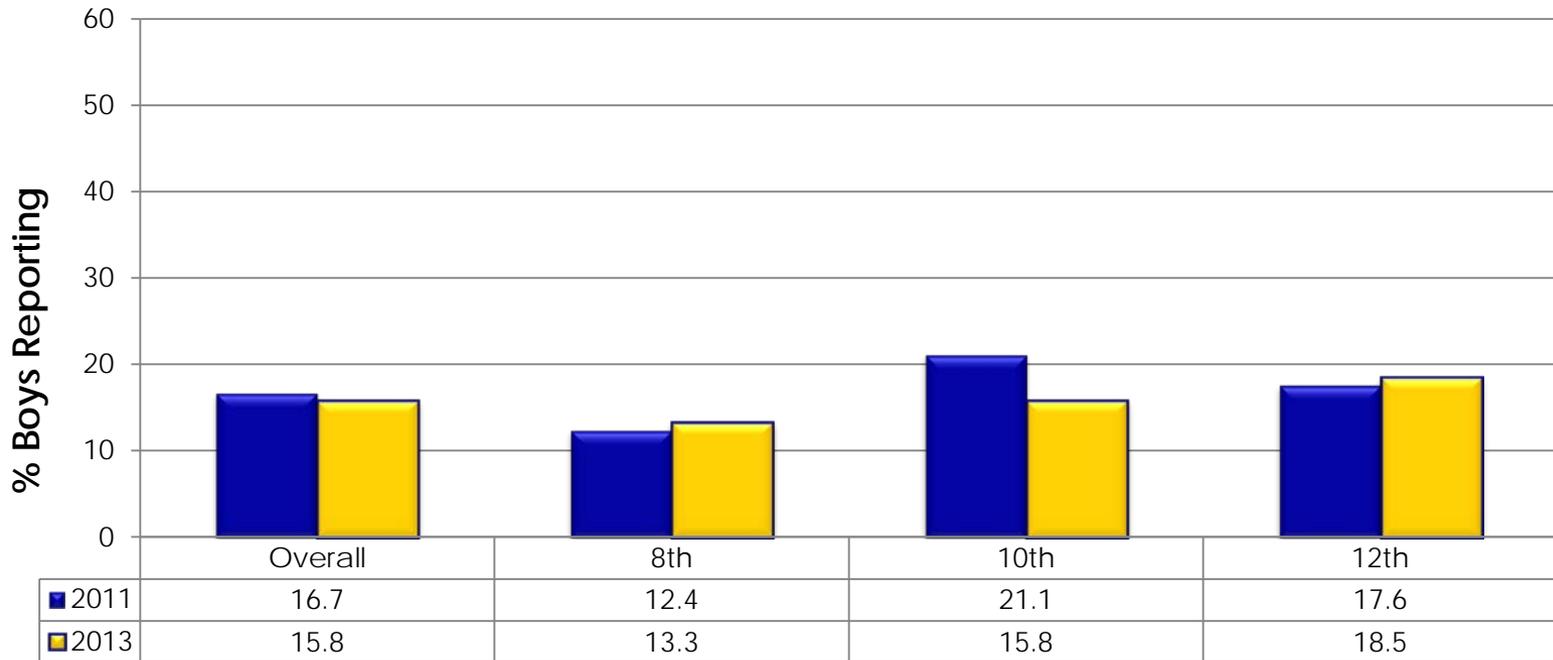
% Who Considered Suicide in Past Year (Asian/Pacific Islander)



Fairfax County 2013 Youth Survey



% Who Considered Suicide in Past Year (Multiple/Other)



Fairfax County 2013 Youth Survey

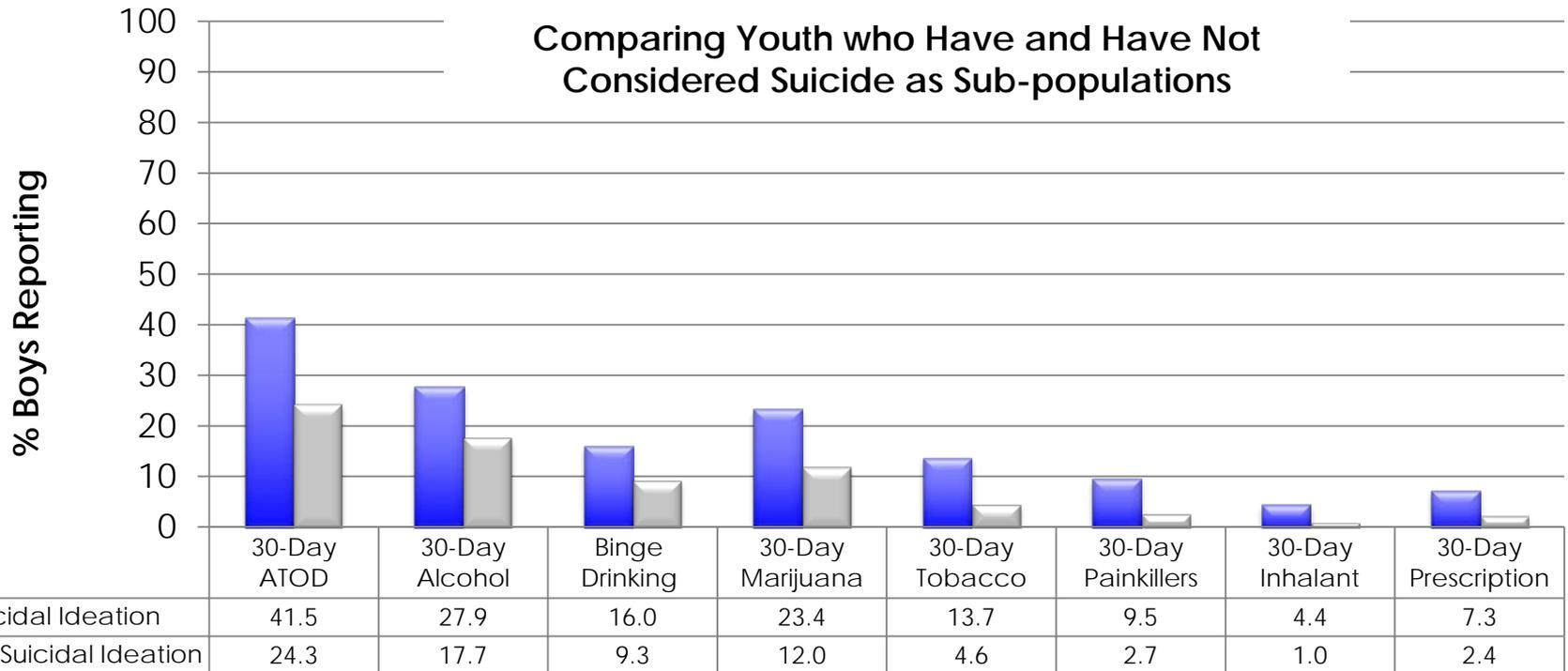




Correlations to Suicidal Ideation



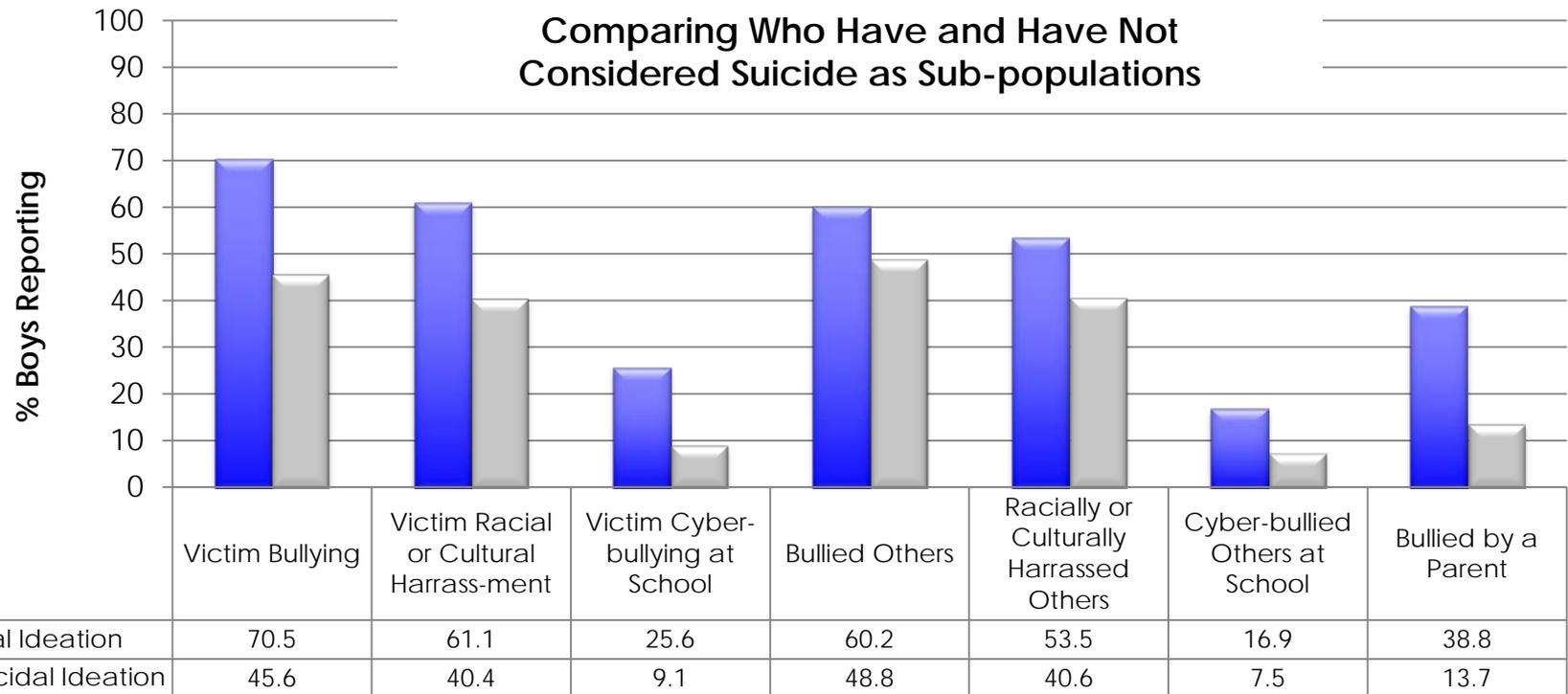
Suicidal Ideation Substance Use Related Factors



Fairfax County 2013 Youth Survey



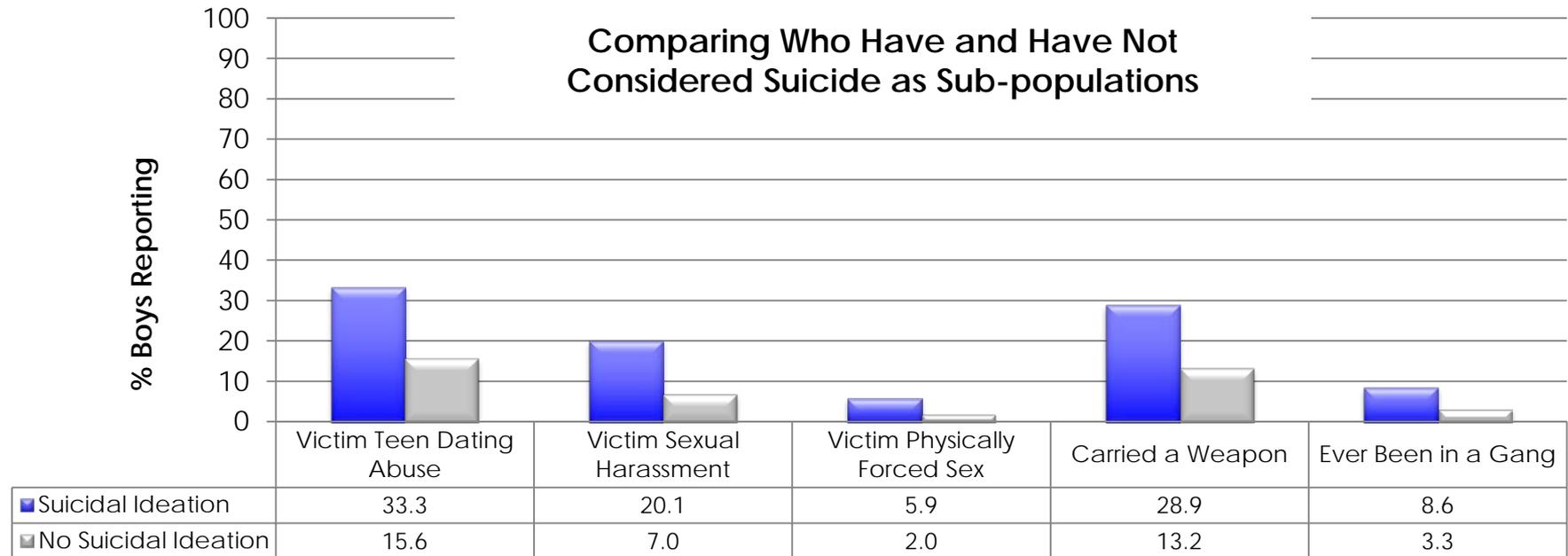
Suicidal Ideation Aggression & Victimization Related Factors



Fairfax County 2013 Youth Survey



Suicidal Ideation Aggression & Victimization Related Factors (cont.)

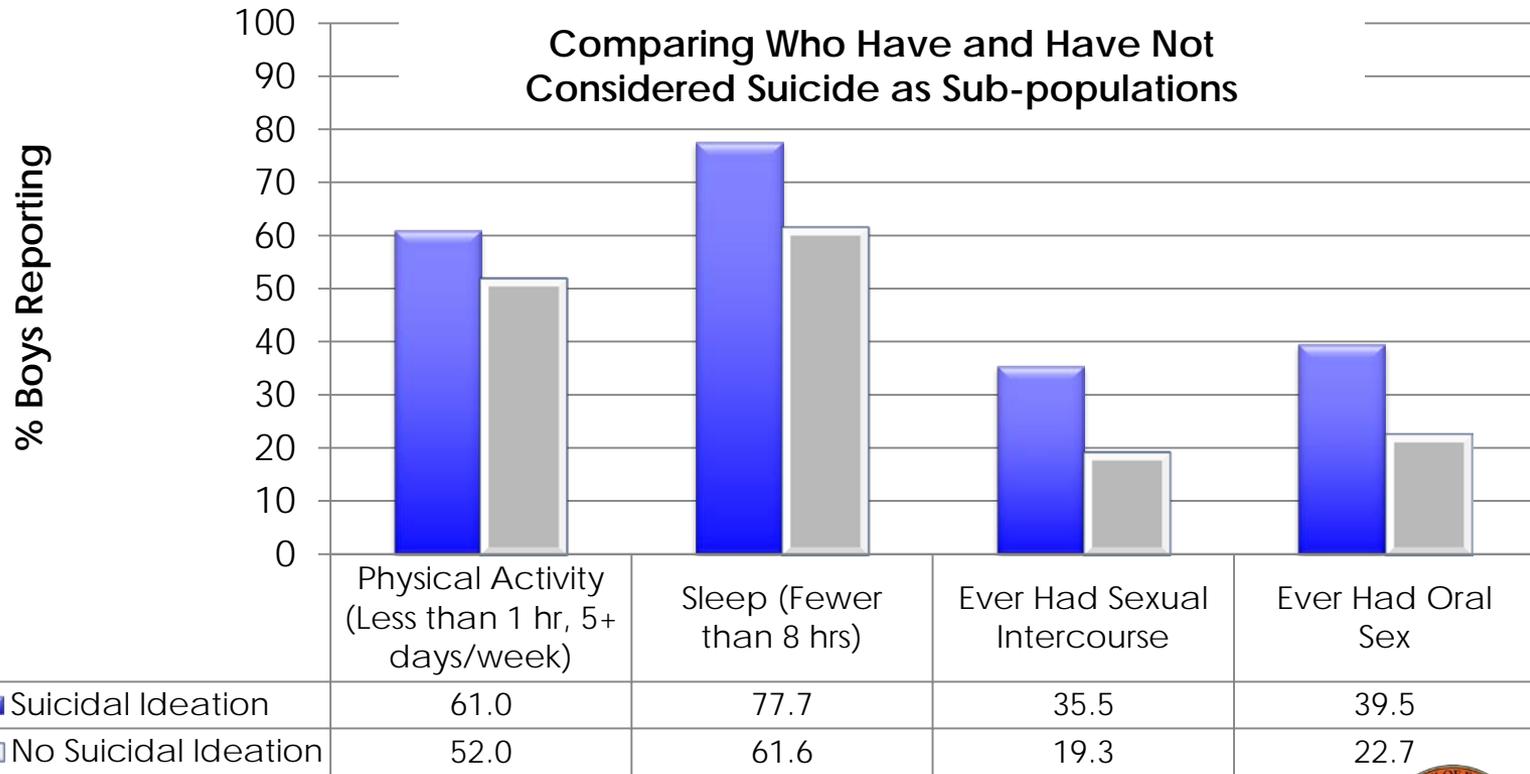


Fairfax County 2013 Youth Survey



Suicidal Ideation

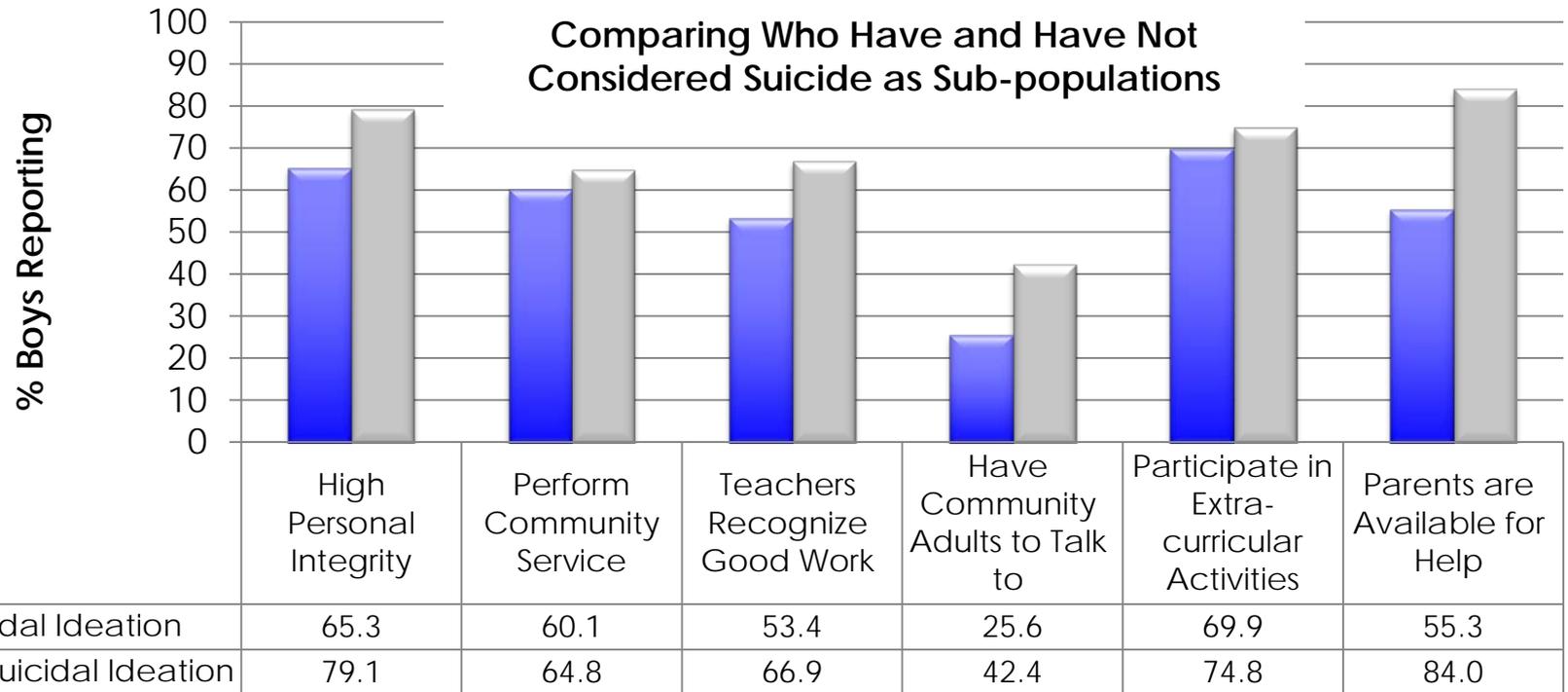
Health and Well-Being Related Factors



Fairfax County 2013 Youth Survey



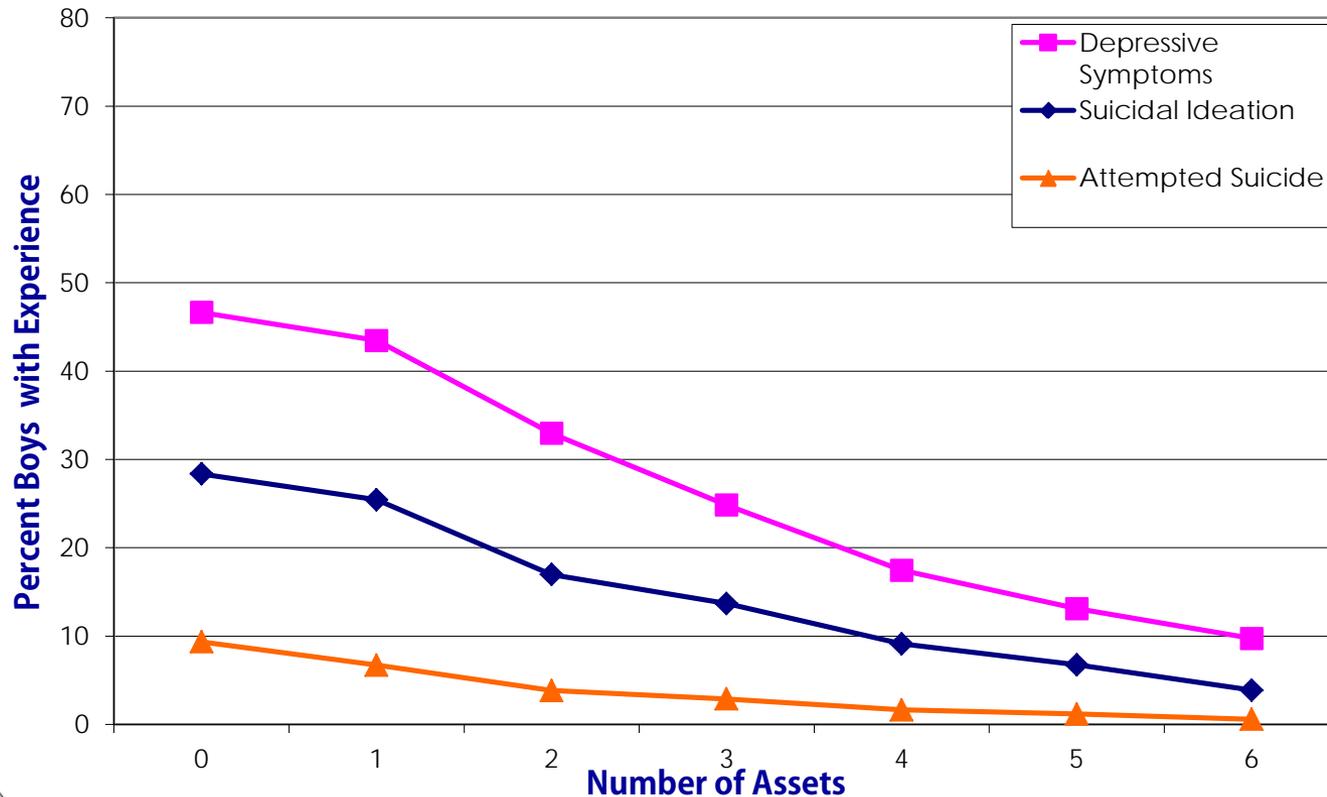
Suicidal Ideation Protective Factors



Fairfax County 2013 Youth Survey



Assets and Experiences of Depressive Symptoms and Suicide



Having High Personal Integrity
 Performing Community Service
 Having Teachers Recognize Good Work

Having Community Adults to Talk to
 Participating in Extracurricular Activities
 Having Parents Available for Help



Other Considerations

- Stress and Anxiety¹
 - Influence of social media
 - Peer perception
- Longitudinal/cumulative effects of bullying on mental and physical health²



The Prevention Toolkit

The Prevention Toolkit provides access to **presentations, videos, fact sheets**, links to **helpful organizations** and **resources**, and ideas for **taking action** in your family and community to address Youth Survey related topics.

- **Alcohol, Tobacco and Other Drugs**
- **Bullying and Cyberbullying**
- **Depression, Suicide and Unhealthy Weight Loss**
- **Nutrition and Physical Activity**
- **Teen Dating Abuse**

The Prevention Toolkit Website

www.fairfaxcounty.gov/ncs/prevention/toolkit.htm

Contact Email

NCS-Prevention@fairfaxcounty.gov



Help and More Information

Find these and other organizations in the Prevention Toolkit as resources for help and more information.

- [Crisislink Suicide Prevention Hotline](#): (703) 527-4077
- [Crisislink Text Hotline](#): (703) 940-0888
- [National Suicide Prevention Lifeline](#): (800) 273-TALK (8255)
- [Fairfax-Falls Church Community Services Board \(CSB\) Mental Health Services](#)

24-Hour CSB Emergency Services Phone: 703-383-8500

TTY: 703-207-7737



Help and More Information from Fairfax County Public Schools

Intervention and Prevention Services

- [School Psychology Services](#)
- [School Social Work Services](#)
- [Student Safety and Wellness](#)
- [School Counseling Services](#)



Questions?



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www.fairfaxcounty.gov/youthsurvey



Sources

1. Stress in America: Are Teens Adopting Adults' Stress Habits?, February 2014:
<http://www.apa.org/news/press/releases/stress/2013/stress-report.pdf>
2. Bogart, Laura M., et al. Peer Victimization in Fifth Grade and Health in Tenth Grade, *Pediatrics*, 133(4), 440-447. doi:10.1542/peds.2013-3510. Retrieved from:
<http://pediatrics.aappublications.org/content/early/2014/02/11/peds.2013-3510>

