



FAIRFAX COUNTY YOUTH SURVEY

Fairfax County Youth Survey

- **Comprehensive**
- **Anonymous**
- **Voluntary**



Behaviors



Experiences



**Risk and
Protective
Factors**



Questions are based on the **Monitoring the Future Survey** (NIH) and **Youth Risk Behavior Surveillance Survey** (CDC)

Why We Administer the Fairfax County Youth Survey



The survey provides **DATA** to county, school, and community-based organizations to:



Assess Youth Strengths and Needs



Develop Programs and Services



Monitor Trends

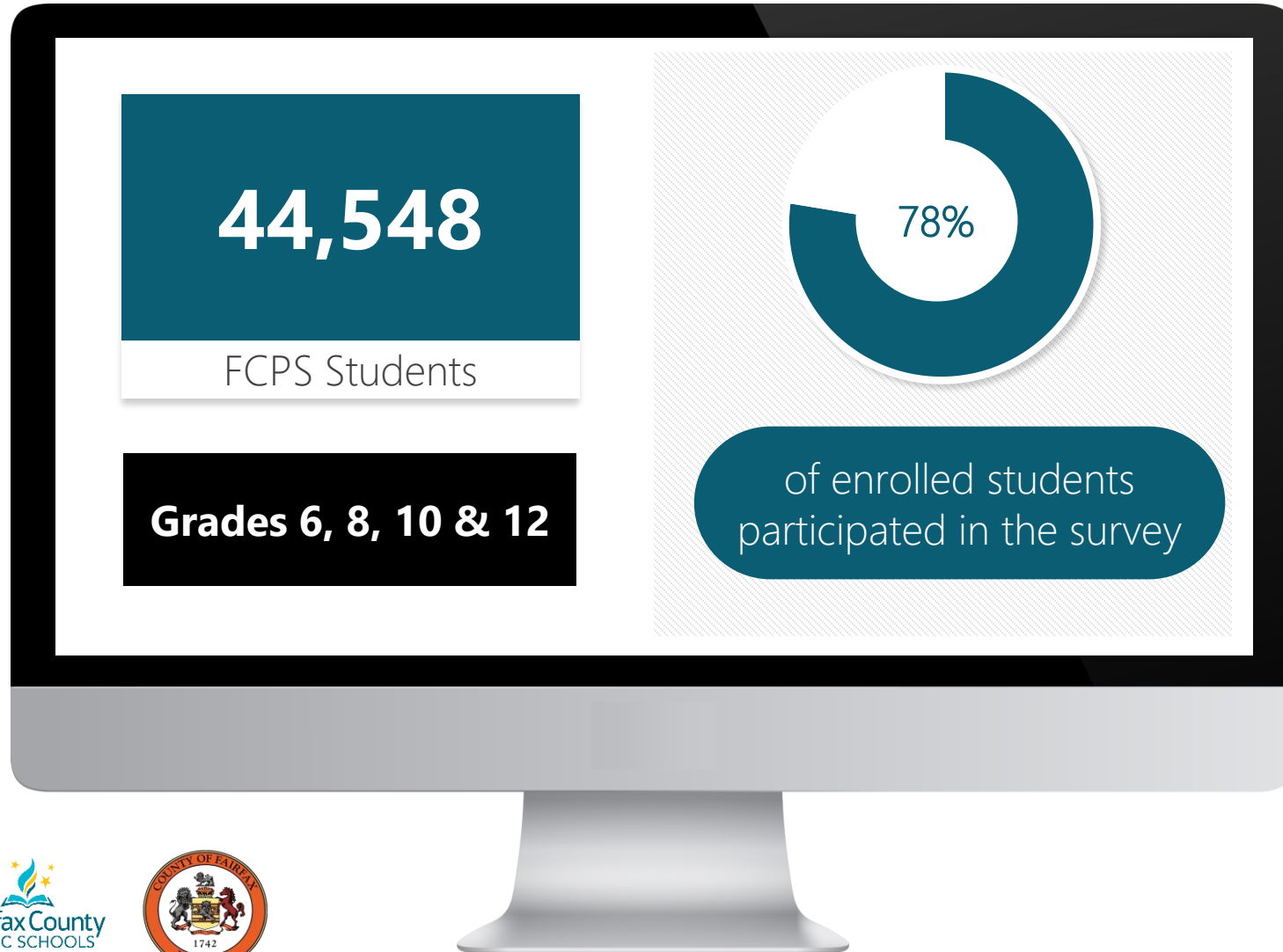


Measure Community Indicators



Guide Countywide Planning of Prevention Efforts

2021 Fairfax County Youth Survey Participation

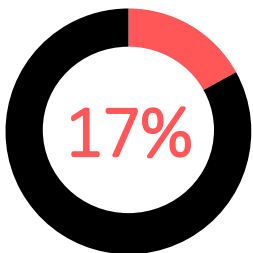
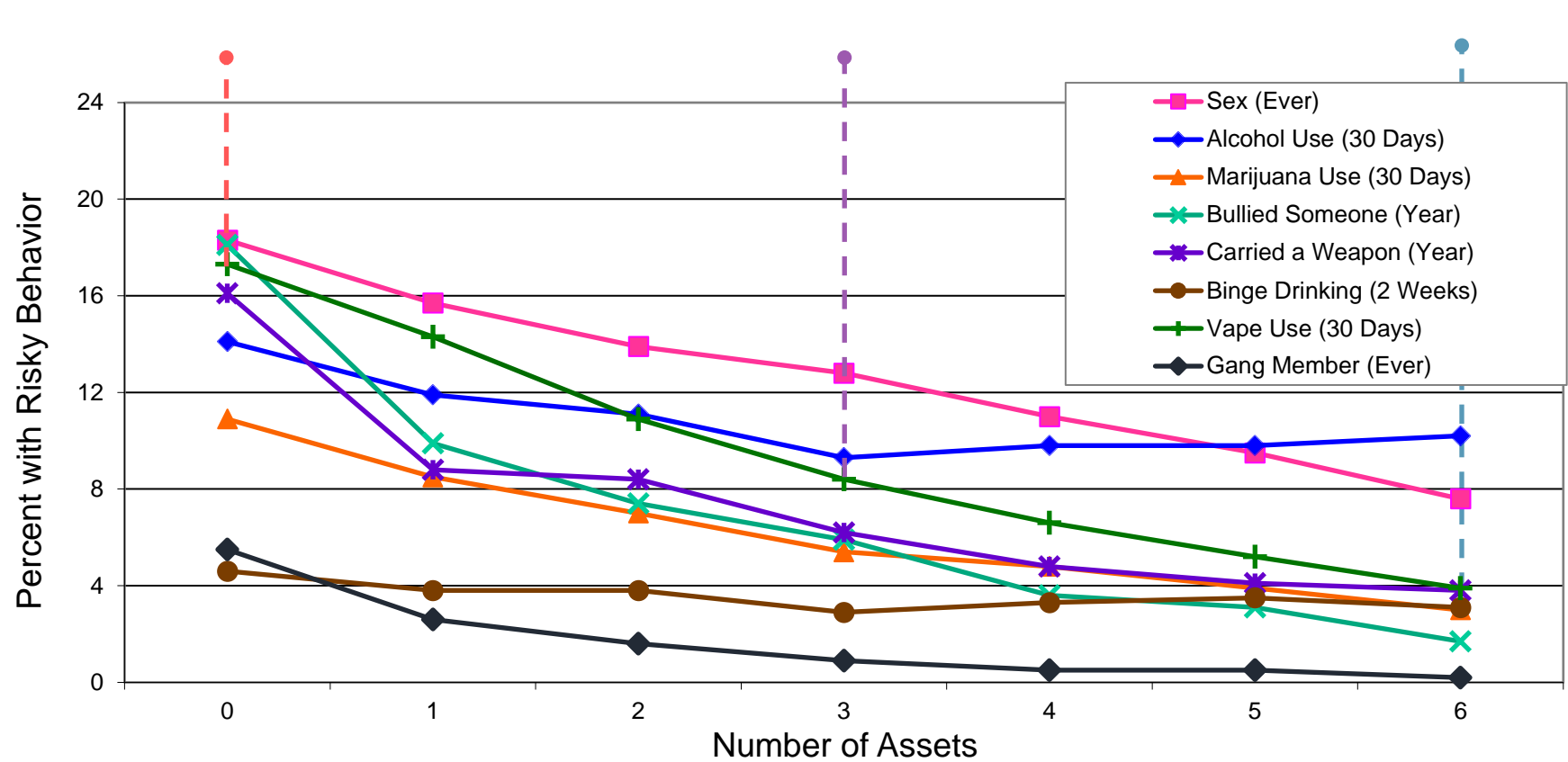


Youth Survey was administered **electronically** this year

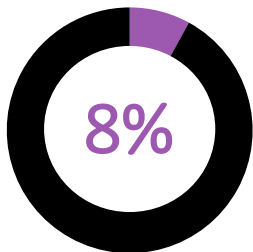


6th grade students take a **shortened, modified** survey

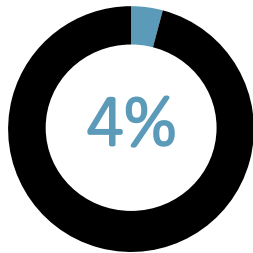
Three to Succeed Asset Graph for Fairfax County Youth (Grade 8,10,12)



Of the students with 0 assets vaped in the past 30 days



Of the students with 3 assets vaped in the past 30 days



Of the students with 6 assets vaped in the past 30 days

- Accepting Responsibility for One's Actions
- Performing Community Service
- Having Teachers Recognize Good Work
- Having Community Adults to Talk to
- Participating in Extracurricular Activities
- Having Parents Available for Help

What You Can Do to Make a Difference

It is vital that youth have caring, trusted, and supportive adult relationships in building resiliency.



Listen to youth



When they do well, provide specific feedback



Provide opportunities for extracurricular activities, volunteering, and mentoring



Set and communicate high expectations



Set clear and consistent boundaries



What You Can Do to Make a Difference

Address attitudes about alcohol, tobacco, and other drugs (ATOD)



- Participate in the *Talk. They Hear You.* campaign to learn how to discuss alcohol with teens. Download the app:
<https://bit.ly/CSB-TTHY>
- Visit the FCPS *Alcohol, Tobacco and Other Drug Programs* page for more resources:
<https://bit.ly/3ylUaew>

Limit availability of ATOD



- Store and dispose of prescription medicines in a safe and secure manner.
- Make sure teens can't access alcohol without your knowledge. Unmonitored alcohol can be a temptation. When in doubt, lock it up.

What You Can Do to Make a Difference



- Increase awareness of risk factors and warning signs of mental health issues
 - Become certified in Mental Health First Aid
- Ensure the people you care about have the 988 Suicide and Crisis Lifeline number and PRS CrisisLink text number:

Call: 988

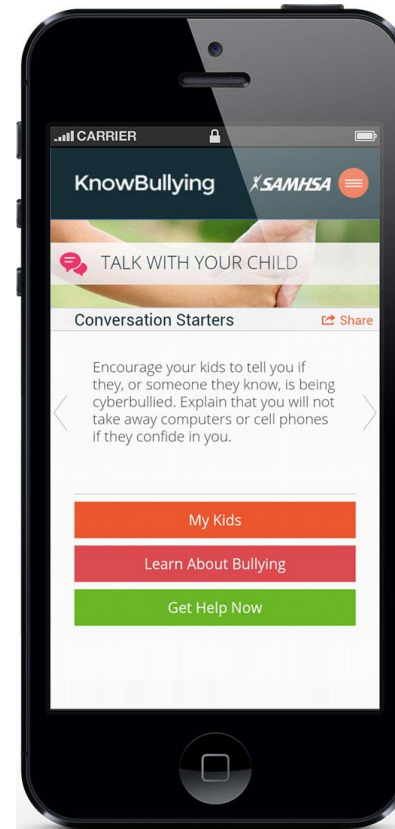
Text: "NEEDHELP" to 85511



What You Can Do to Make a Difference

Address bullying and harassment before and when it occurs:

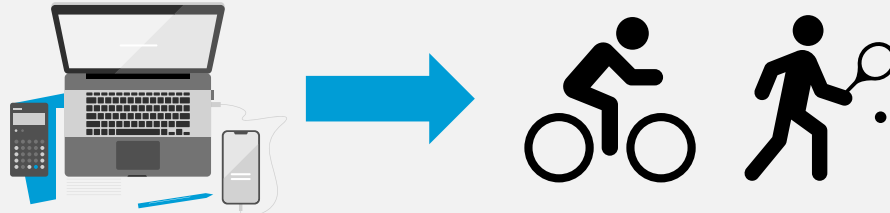
- Visit the *FCPS Bullying Prevention and Intervention* page
<https://bit.ly/3MqBR1w>
- Visit stopbullying.gov for tips and resources
- Download the **KnowBullying** app to help guide your discussion with youth and learn strategies to prevent bullying for various age groups among children and teens



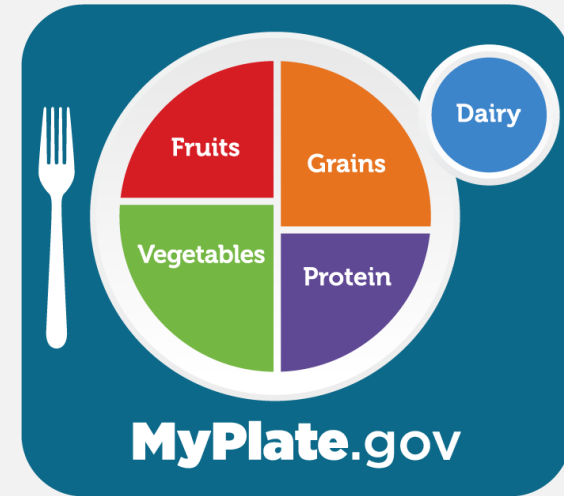
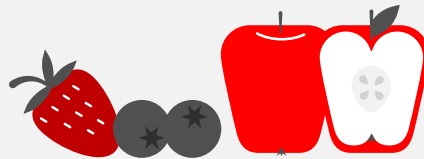
What You Can Do to Make a Difference

Improve students' nutrition and physical activity habits

- ✓ Limit screen time and encourage outdoor play and physical activity



- ✓ Use **MyPlate** as a guide for meal planning and limiting processed foods



www.MyPlate.gov



To Learn More



Visit **Fairfax County Youth Survey Website**

www.fairfaxcounty.gov/youthsurvey



Learn more about **Three to Succeed**

<http://bit.ly/3toSucceed>



Visit **Prevention Toolkit**

<http://bit.ly/ffxprevkit>



Questions?

Contact Us!



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