

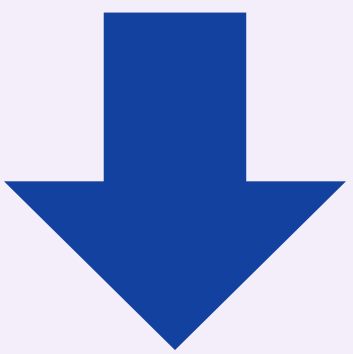


2022 - 2023 Youth Survey Fact Sheet

www.fairfaxcounty.gov/data/youth-survey



Insights



All mental health indicators have decreased from their peak in 2021.

This was the case across all grades, genders, and racial/ethnic groups.



49%

of students **who used any substance** in the past month **reported feeling sad or hopeless** for two or more weeks in a row (depressive symptoms) (vs. 26% who did not use any substance)



55%

of students **who reported emotional or physical abuse from a parent/guardian** **reported depressive symptoms** (vs. 22% of those who did not experience abuse)



24%

of students **who did not have enough food to eat at home** **reported considering suicide** (vs. 10% of those with enough food to eat at home)



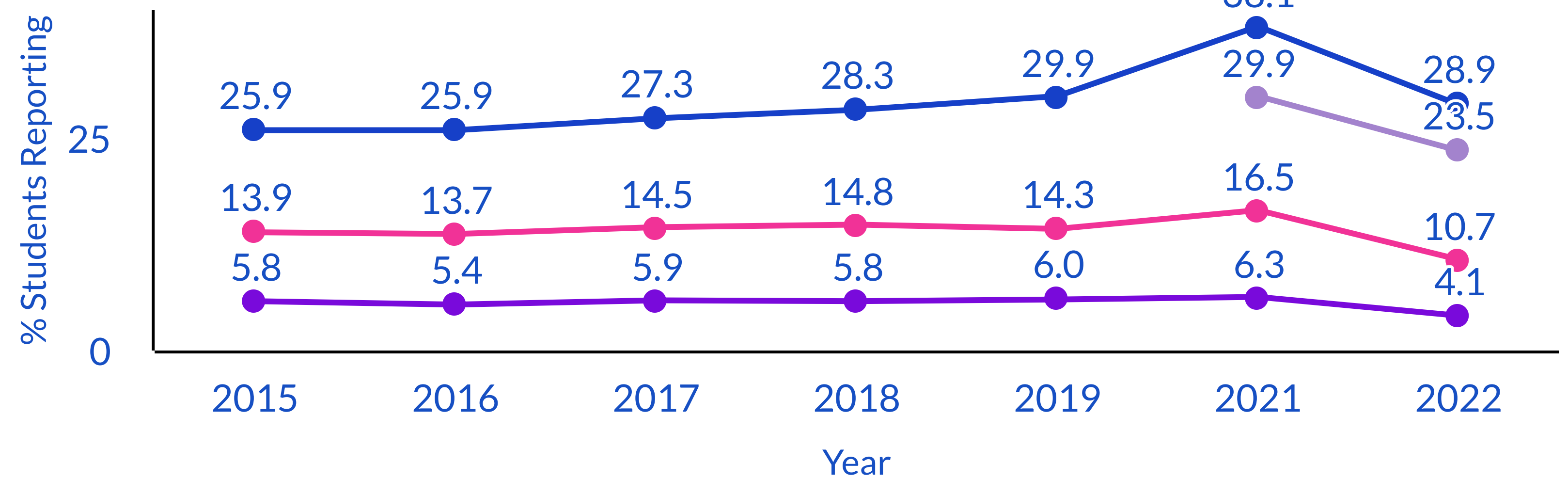
28%

of those **who were bullied in school** said they **considered suicide** (vs. 9% of those who were not bullied)

1 Trends

Since 2015, the percentage of students who reported depressive symptoms had been steadily climbing, peaked in 2021, and then fell in 2022.

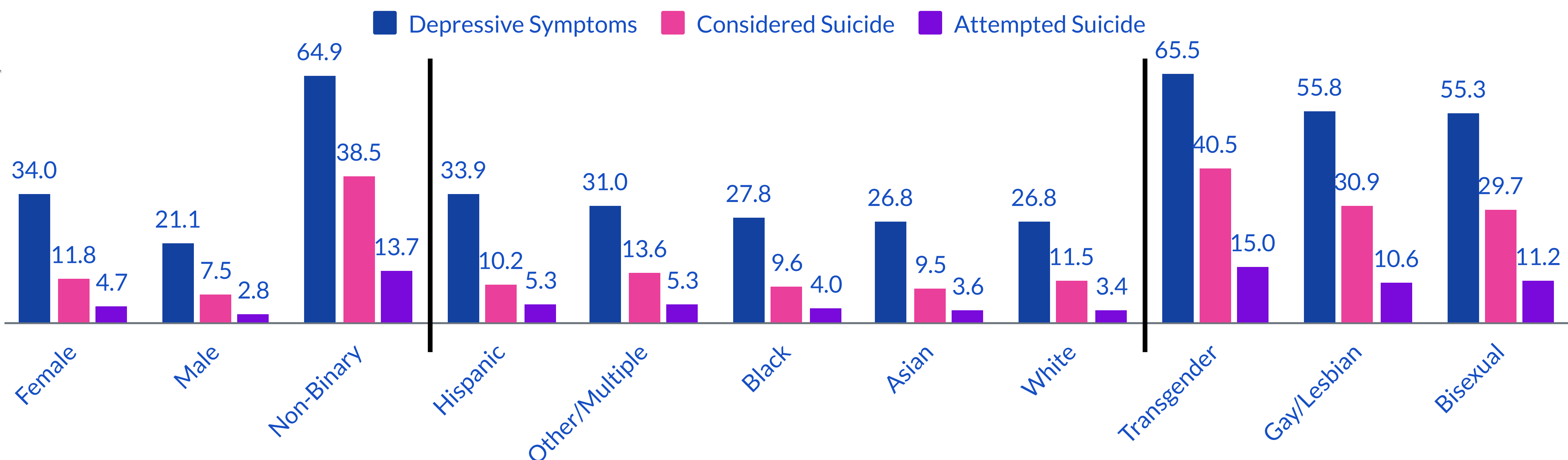
Trends among students in 6th grade followed a similar pattern, peaking in 2021 at 33.1 and then dropping to 29.2 in 2022.



● High Stress ● Depressive Symptoms ● Considered Suicide ● Attempted Suicide

2 Differences by Demographic Factors

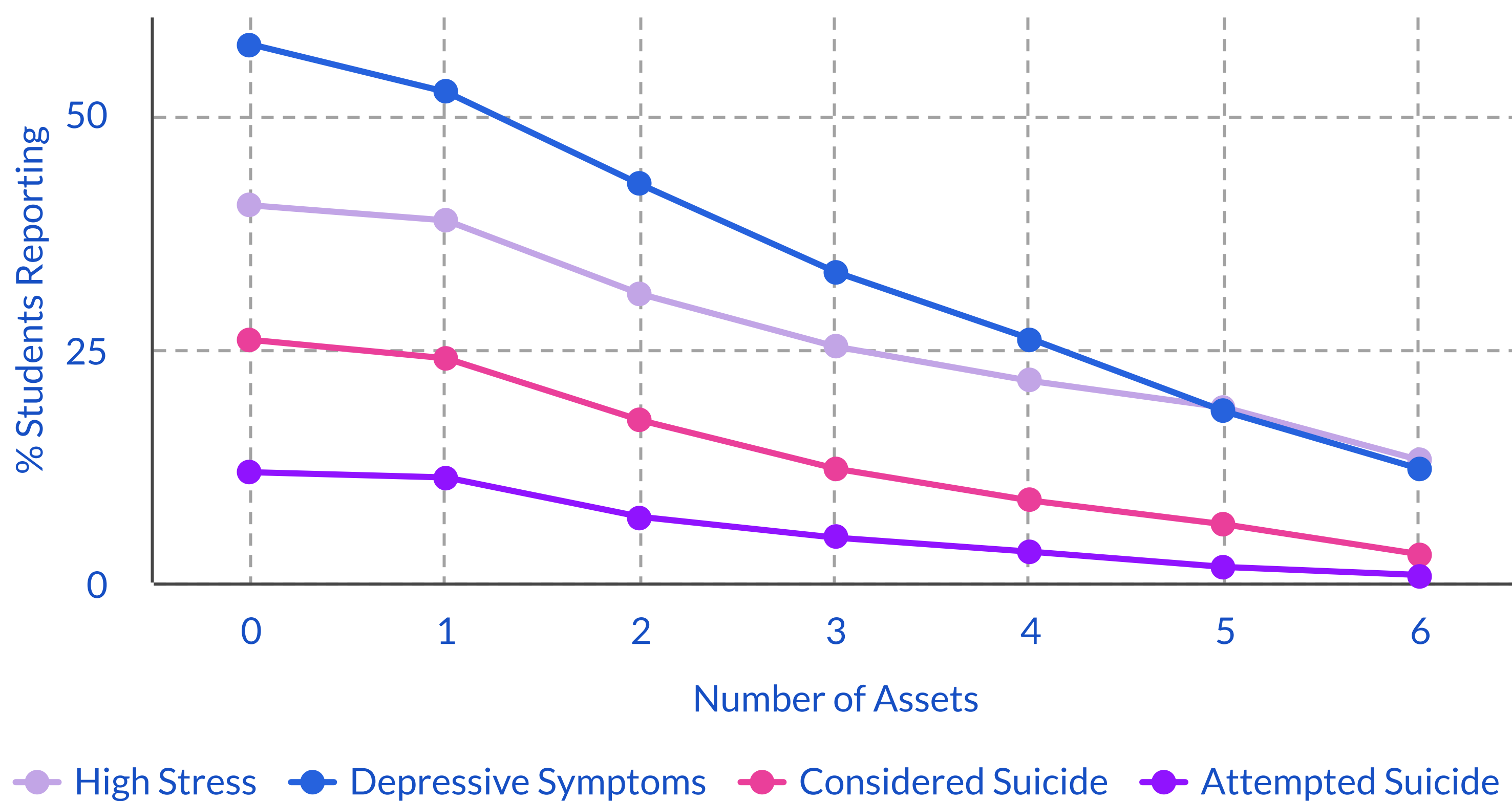
LGBT, female, Hispanic and students of Other/Multiple races were more likely to experience depressive and suicidal symptoms than their peers, highlighting the need to understand the underlying factors and to target prevention and intervention strategies.



(For comparison, Heterosexual: Depressive Symptoms – 22.8%. Considered Suicide – 6.5%, Attempted Suicide – 2.6%; Non-transgender: Depressive Symptoms – 27.2%, Considered Suicide – 9.3%, Attempted Suicide – 3.6%.)

*All data are self-reported and are from the 2022 - 2023 Youth Survey for 8th, 10th, and 12th grade students, unless otherwise noted. The survey was not administered in 2020 due to the COVID-19 pandemic. In the 2021 survey, the question on experiencing stress was changed, therefore, a direct comparison with data prior to 2021 is not recommended.

3 Three to Succeed

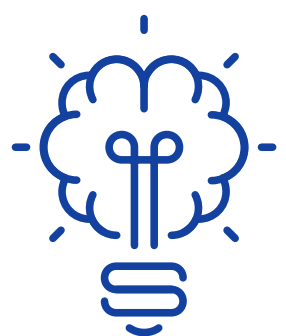


Data shows that having at least three of the six protective factors, or assets, reduces the likelihood of engaging in risky behaviors and builds personal resilience among the youth:

- Accepting responsibility for one's actions
- Having teachers recognize good work
- Participating in extracurricular activities
- Performing community service
- Having community adults to talk to
- Having parents available for help

Be an asset in a young person's life and help build a stronger, more positive community for all.

4 What Can We Do?



Know The Signs

Know the signs of depression and suicidal thought, such as talking about wanting to die, self-harm, feeling hopeless, suddenly withdrawing or changing behavior.



Listen & Reflect

Listen attentively and non-judgmentally. Reflect on what they share and let them know they are not alone and that there are supports and treatments that can help.



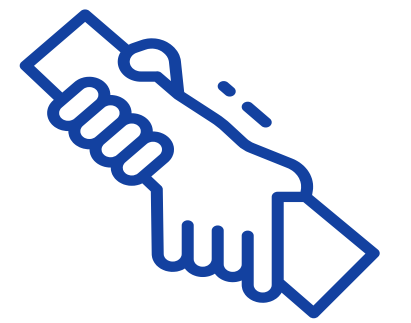
Ask Questions

Ask if they've thought about hurting or killing themselves. Asking won't put the idea in their head.



Foster Relationships

Support your child in joining activities that foster relationships and connectedness.



Connect To Help

Connect them to a qualified therapist. Your child's school can help - reach out to your child's school social worker, psychologist or counselor.

5 For Help & More Information

Fairfax-Falls Church Community Services Board
bit.ly/FairfaxCSB
Entry & Referral
703-383-8500
24-Hr Emergency Services
703-573-5679

Suicide and Crisis Lifeline/PRS CrisisLink
<https://988lifeline.org>
24-Hr Response
988 or 703-527-4077

Fairfax County Public Schools Student Safety and Wellness Office
bit.ly/FCPSspecialsvcs
571-423-4270

Community Regional Crisis Response
www.cr2crisis.com
24-Hr Emergency Response
844-N-Crisis or 571-364-7390

- **Mental Health Literacy:** <https://mentalhealthliteracy.org>
- **Our Minds Matter:** <https://ourmindsmatter.org>
- **National Alliance on Mental Illness:** <https://bit.ly/NatAllianceMI>
- **National Academies:** <https://bit.ly/EmWellbeingChild>
- **The Jed Foundation:** <https://jedfoundation.org>
- **American Foundation for Suicide Prevention:** <https://afsp.org>

- **Suicide Prevention Alliance of Northern Virginia:** <https://www.suicidepreventionnva.org>
- **The AAKOMA Project:** <https://aakomaproject.org/>
- **The Steve Fund:** <https://www.stevelfund.org>
- **Child Mind Institute:** <https://childmind.org>