

2023 - 2024 Youth Survey Fact Sheet

www.fairfaxcounty.gov/youthsurvey



1 Insights

Fairfax County youth reported lower rates of alcohol, tobacco, and drug use for most substances compared to the US average in the past month and in their lifetime.



93% of students **did not consume any alcohol** (and **98%** of 6th grade students)



88% of students **did not use alcohol, tobacco, or other substances** (and **97%** of 6th grade students)



98% of students whose **parents think smoking marijuana is wrong did not use marijuana** (vs. **88%** of those whose parents think it's okay)



17% of those who **felt sad or hopeless** for two or more weeks in a row **used tobacco or other drugs** (vs. **5%** of those who did not feel so)



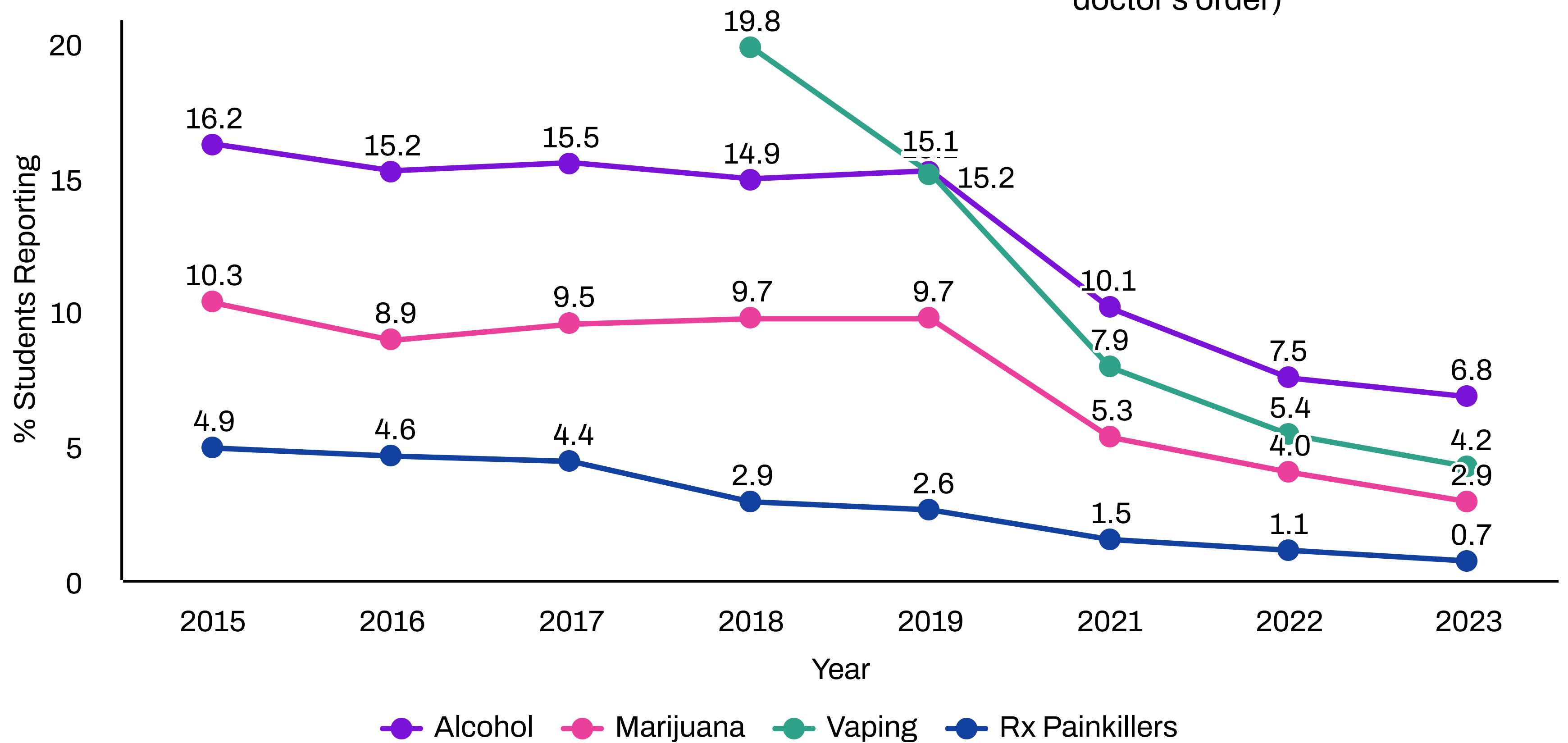
12% of students **who felt stressed** most or all of the time **reported consuming alcohol** (vs. **5%** of those who did not feel as much stress)



38% of those who **took prescription painkillers** without a doctor's order also **considered suicide** (vs. **9%** of those who did not take prescription painkillers without a doctor's order)

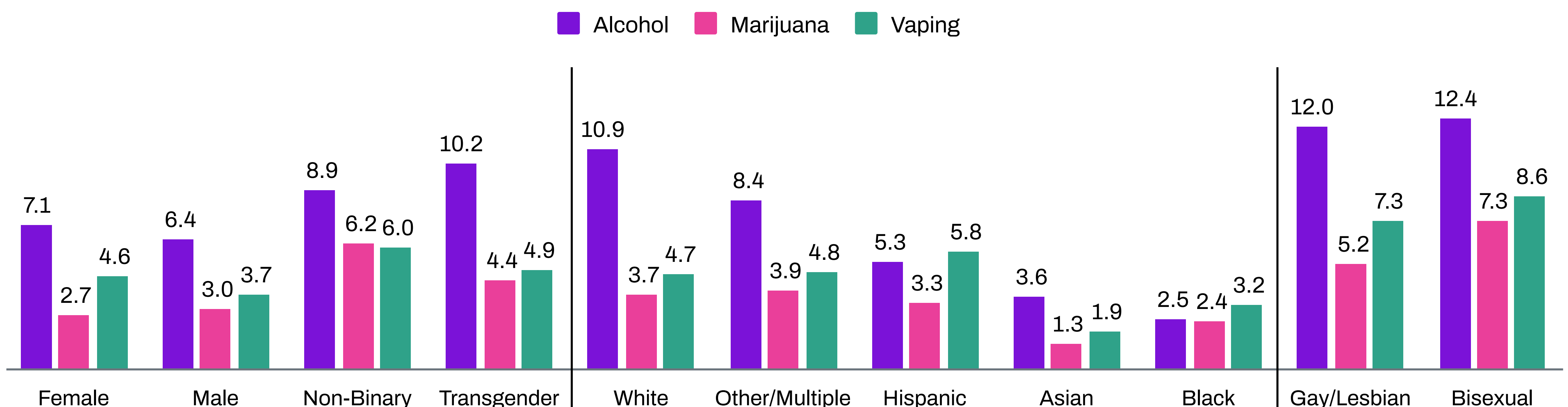
2 Trends

Past month substance use, including the most commonly used substances of alcohol, marijuana and vaping, are in decline.



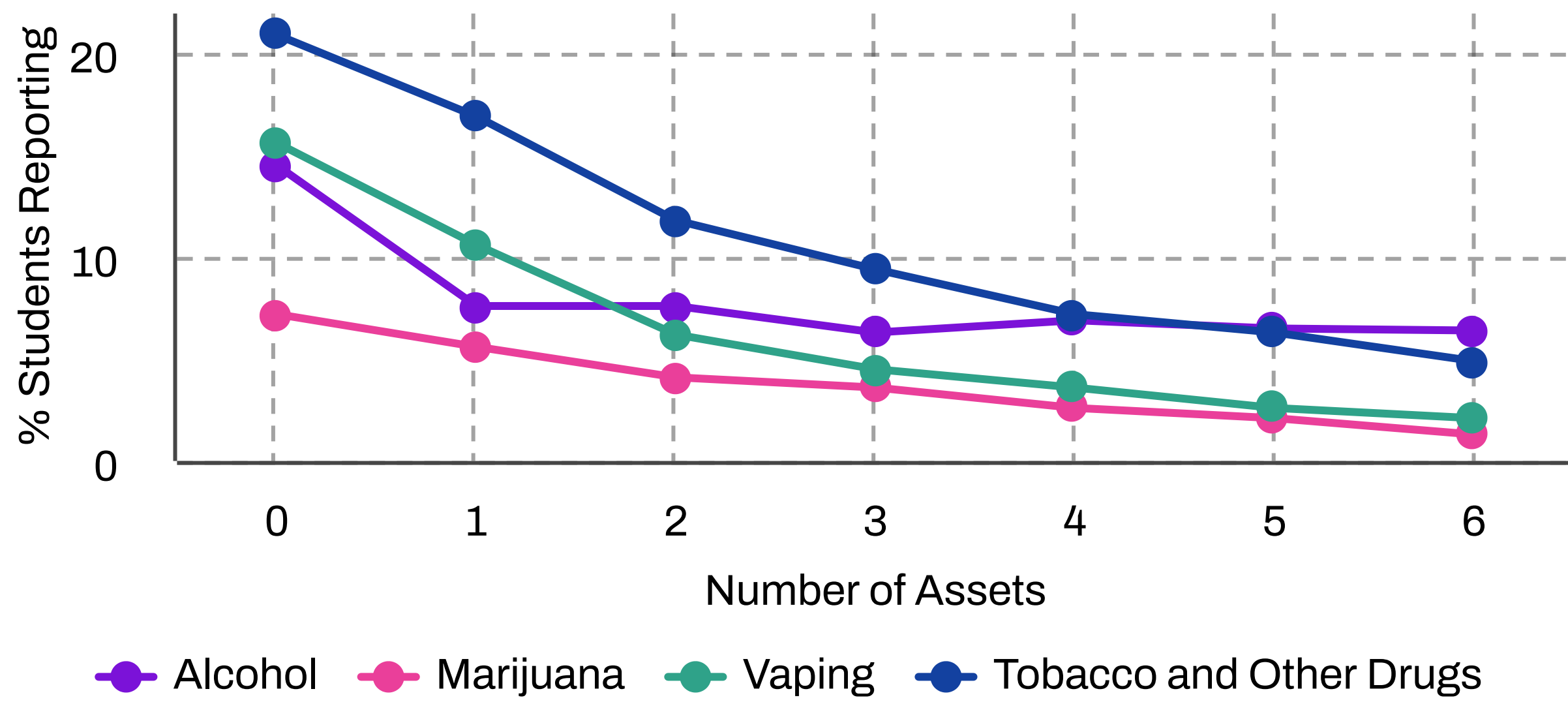
3 Differences by Demographic Factors

Students of different demographic groups varied in their rates of alcohol and substance use, including by race/ethnicity, gender, gender identity and sexual orientation. (For comparison within the chart below: Heterosexual: Alcohol – 6.4%, Marijuana – 2.5%, Vaping – 3.8%; Not Transgender: Alcohol – 6.8%, Marijuana – 2.9%, Vaping – 4.2%.)



About the Youth Survey data: All data are self-reported and from the 2023 - 2024 Youth Survey for 8th, 10th, and 12th grade students, unless otherwise noted. Data is based on reported past month consumption. The survey was not administered in 2020 due to the COVID-19 pandemic. Questions about vaping were added to the survey in 2018. Rx Painkillers are taken without a doctor's order.

4 Three to Succeed



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

5 What We Can Do



Be a Positive Role Model

Youth notice the behavior of adults. If you drink alcohol, do so in moderation and never drive after drinking. Don't use tobacco or other drugs. Model smart decision-making and healthy choices.



Listen & Talk

It's never too early to talk to youth about drugs and alcohol. Have early and ongoing conversations. Be open and show you care. Small, frequent discussions have a big impact.



Set Clear Expectations

Communicate rules and expectations about not using drugs, tobacco/vaping and alcohol.



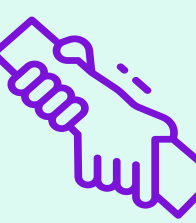
Practice Skills

Help youth practice what to say when faced with peer pressure, different ways to say "no" and develop plan to make healthy decisions.



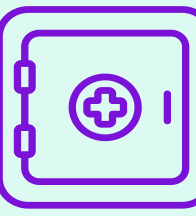
Encourage Activities

Support participation in healthy activities such as sports, clubs, youth groups and other community activities that foster positive connection.



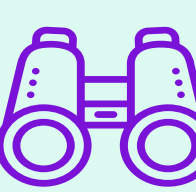
Connect with School

Talk to the Substance Abuse Prevention Specialist, counselor, psychologist, or social worker at your child's school. Stay involved with what's happening in their school by participating in the PTA and attending other school events.



Secure Medicines

Secure prescription and over-the-counter medications and properly dispose of them when expired or unused.



Watch for Signs

Watch for changes in mood or behaviors such as losing interest in favorite activities, drop in grades, changes in relationships, significant changes in eating or sleeping habits.

6 For Help & More Information

Fairfax-Falls Church Community Services Board (CSB)

www.bit.ly/FairfaxCSB

Entry & Referral: 703-383-8500

24-Hr Emergency Services: 703-573-5679

CSB Wellness, Health Promotion & Prevention

www.fairfaxcounty.gov/community-services-board/prevention

Fairfax County Public Schools Intervention and Prevention Services

www.bit.ly/FCPSsafetywellness

571-423-4020

Fairfax County Public Schools Student Safety and Wellness Office

www.bit.ly/FCPSsafetywellness

571-423-4270

Community Regional Crisis Response

www.cr2crisis.com

24-Hr Emergency Response

844-N-Crisis or

571-364-7390

- **Talk. They Hear You | SAMHSA:** www.bit.ly/SAMHSAgov
- **Healthy Minds Fairfax:** www.fairfaxcounty.gov/healthymindsfairfax/
- **Vaping | FCPS:** www.fcps.edu/vaping
- **Scenarios | The New Drug Talk:** www.thenewdrugtalk.org/scenarios
- **Fairfax Prevention Coalition:** www.fairfaxpreventioncoalition.com

- **National Institute on Drug Abuse:** www.nida.nih.gov
- **Live Vape Free:** www.livevapefreeva.org
- **Partnership to End Addiction:** www.drugfree.org
- **Fairfax County Cross-System Prevention Unit:** www.bit.ly/FairfaxPrevention
- **Developmental Assets Framework | Search Institute:** www.searchinstitute.org/resources-hub/developmental-assets-framework

