

## SUBSTANCE USE

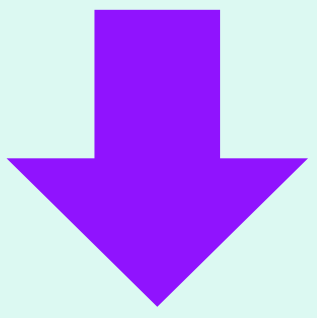


# 2022 - 2023 Youth Survey Fact Sheet

[www.fairfaxcounty.gov/data/youth-survey](http://www.fairfaxcounty.gov/data/youth-survey)



### 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.



92%

of students **did not consume any alcohol** (and 99% of 6th grade students)



90%

of students **did not use tobacco or other substances** (and 98% of 6th grade students)



12%

of students **who felt stressed** most or all of the time **reported consuming alcohol** (vs. 6% of those who did not feel as much stress)



19%

of those who **felt sad or hopeless** for two or more weeks in a row **used tobacco or other drugs** (vs. 7% of those who did not feel so)



97%

of students whose **parents think smoking marijuana is wrong** **did not use marijuana** (vs. 72% of those whose parents think it's okay)



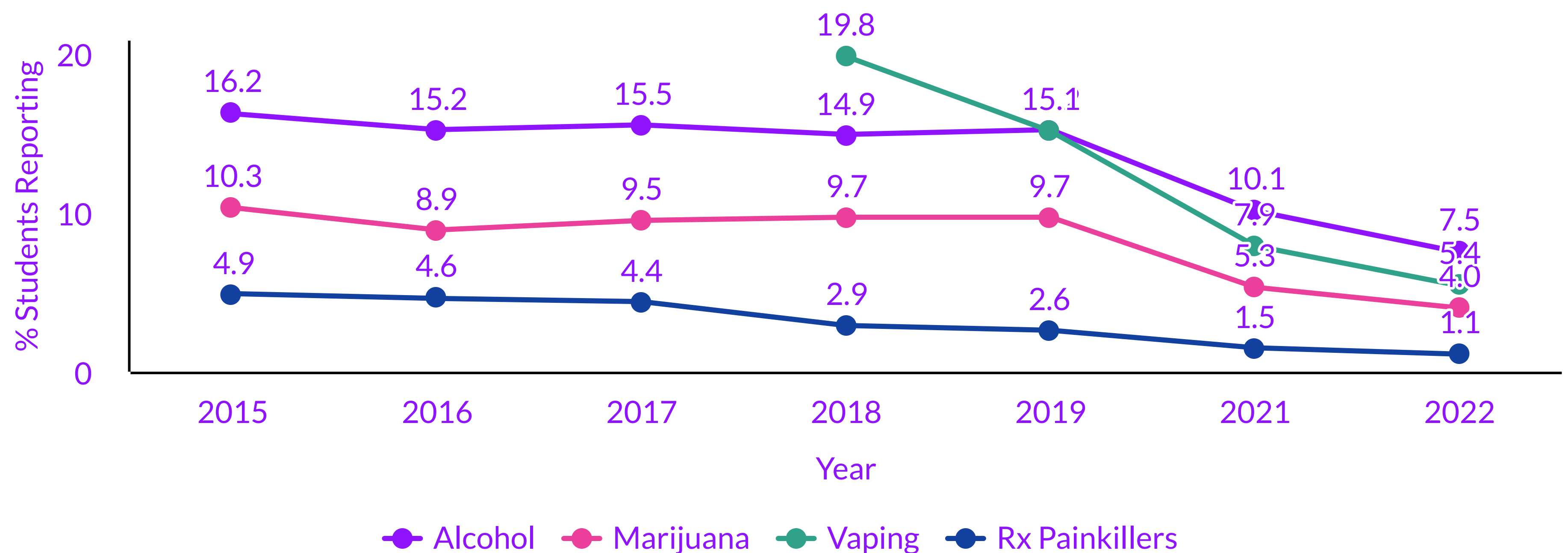
39%

of those who **took prescription painkillers** without a doctor's order also **considered suicide** (vs. 10% of those who did not take prescription painkillers)

## 1

### Trends

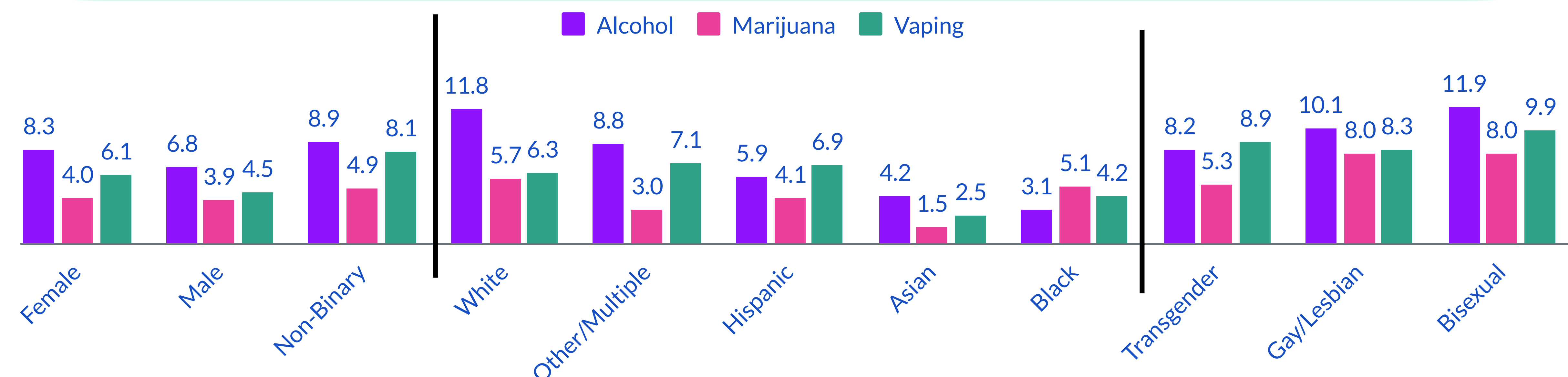
Past month substance use, including the most commonly used substances of alcohol, marijuana and vaping, have been declining.



## 2

### Differences by Demographic Factors

In 2022, students of different demographic groups varied in their rates of alcohol and substance use, including by race/ethnicity, gender, gender identity and sexual orientation.

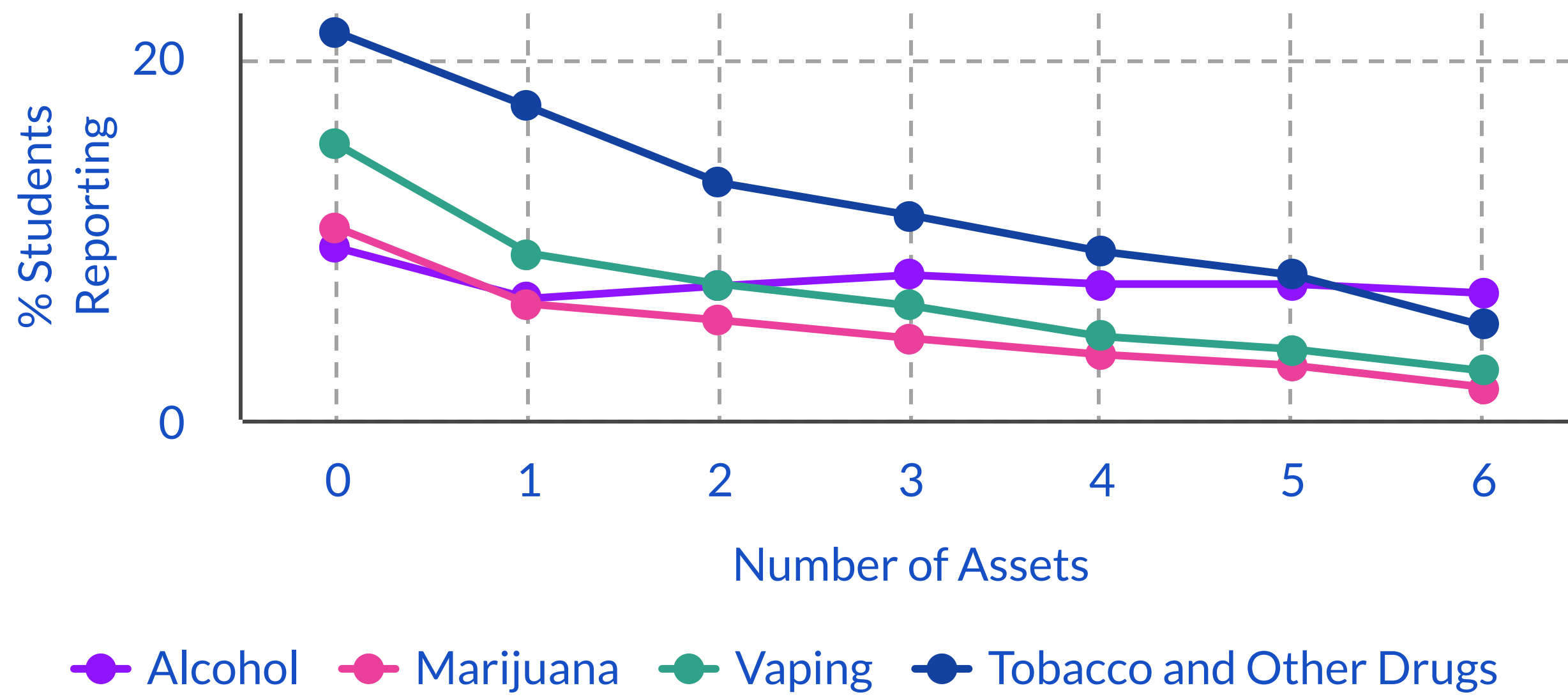


For comparison: Heterosexual: Alcohol – 7.2%, Marijuana – 3.4%, Vaping – 4.8%; Non-transgender: Alcohol – 7.6%, Marijuana – 4.0%, Vaping – 5.3%.

\*All data are self-reported and are from the 2022 - 2023 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 first added to the survey in 2018. Rx Painkillers are taken without a doctor's order.



## 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?

### Set Clear Expectations



Make sure teens know that you do not want them to use alcohol, tobacco, vape, or other drugs. Apply appropriate and consistent consequences for any unwanted behaviors.

### Listen & Talk



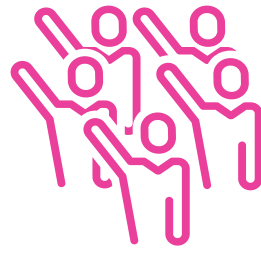
Have ongoing conversations with teens about the health impacts of drugs and alcohol. Try to understand the pressures of young people's life. Avoid criticism, minimize lecturing, and openly answer your child's questions. Build their self-confidence by congratulating them on their successes.

### Practice Skills



Youth face a lot of pressure in their lives. Help them come up with ways to say to "no" if they are asked to drink, smoke or use drugs.

### Encourage Activities



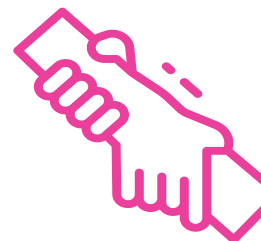
Support your teen's participation in positive pro-social activities that provide a sense of belonging. Try to get to know their friends and their friends' parents.

### Be a Positive Role Model



Don't misuse alcohol or use illegal drugs. Don't drink and drive. If you are using tobacco or vaping, consider quitting. Do not smoke or vape in front of teens.

### Connect with School



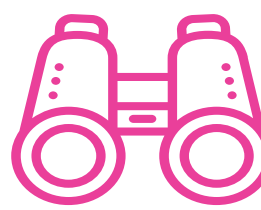
Talk to your teen's school counselor, psychologist, or social worker. Stay involved with what's happening in your teen's school via involvement in the PTA, etc.

### Monitor Medicines



Store prescription and over-the-counter medicines in a secure place. Immediately and securely dispose of expired or unused medicines.

### Watch for Signs



Watch for changes in behaviors or mood that could be signs of drug use, including: change in relationships with family/friends, unusually tired, decreased motivation, sudden weight loss or gain, disappearance of money/valuables, disappearance of prescription/over-the-counter pills, locked bedroom doors, loss of interest in school/hobbies/sports/activities, or a drop in grades.

(Adapted from [www.drugabuse.gov](http://www.drugabuse.gov) and [www.drugfree.org](http://www.drugfree.org).)

## 5 For Help & More Information

### Fairfax-Falls Church Community Services Board

[bit.ly/FairfaxCSB](http://bit.ly/FairfaxCSB)

Entry & Referral

703-383-8500

24-Hr Emergency Services

703-573-5679

### Fairfax County Public Schools Intervention and Prevention Services

[bit.ly/FCPSspecialsvcs](http://bit.ly/FCPSspecialsvcs)

571-423-4020

### Fairfax County Public Schools Student Safety and Wellness Office

[bit.ly/FCPSspecialsvcs](http://bit.ly/FCPSspecialsvcs)

571-423-4270

### Community Regional Crisis Response

[www.cr2crisis.com](http://www.cr2crisis.com)

24-Hr Emergency Response

844-N-Crisis or 571-364-

7390

- **Fairfax County Prevention Unit:** <http://bit.ly/FairfaxPrevention>
- **Fairfax Prevention Coalition:** [www.fairfaxpreventioncoalition.com](http://www.fairfaxpreventioncoalition.com)
- **Vaping | FCPS:** <http://www.fcps.edu/vaping>
- **National Institute on Drug Abuse:** <https://bit.ly/3tsqQlX>

- **Live Vape Free:** <http://www.livevapefreeva.org>
- **Partnership to End Addiction:** <http://www.drugfree.org>
- **The Real Cost | HHS:** <https://therealcost.betobaccofree.hhs.gov>
- **Talk. They Hear You | SAMHSA:** <https://bit.ly/SAMHSAgov>