

## TIME USE



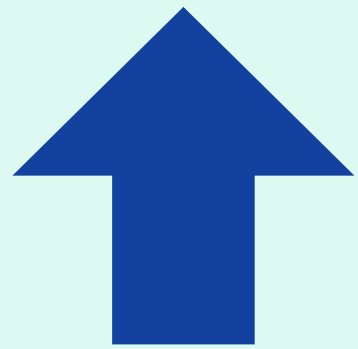
# 2022 - 2023 Youth Survey Fact Sheet

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



## Insights

The rates of physical activity, adequate sleep, and limited screen time use for 2022 have improved from the past year.



20%

of 6th grade students **watched TV for at least three hours a day** (and 12% of 8th, 10th, and 12th grade students)



36%

of those who were **physically active slept at least eight hours** at night (vs. 28% of those who were not physically active)



74%

of students who **used electronic devices for non-school related work for at least three hours a day slept fewer than eight hours** a night (vs. 64% of those who did not use devices for as many hours)

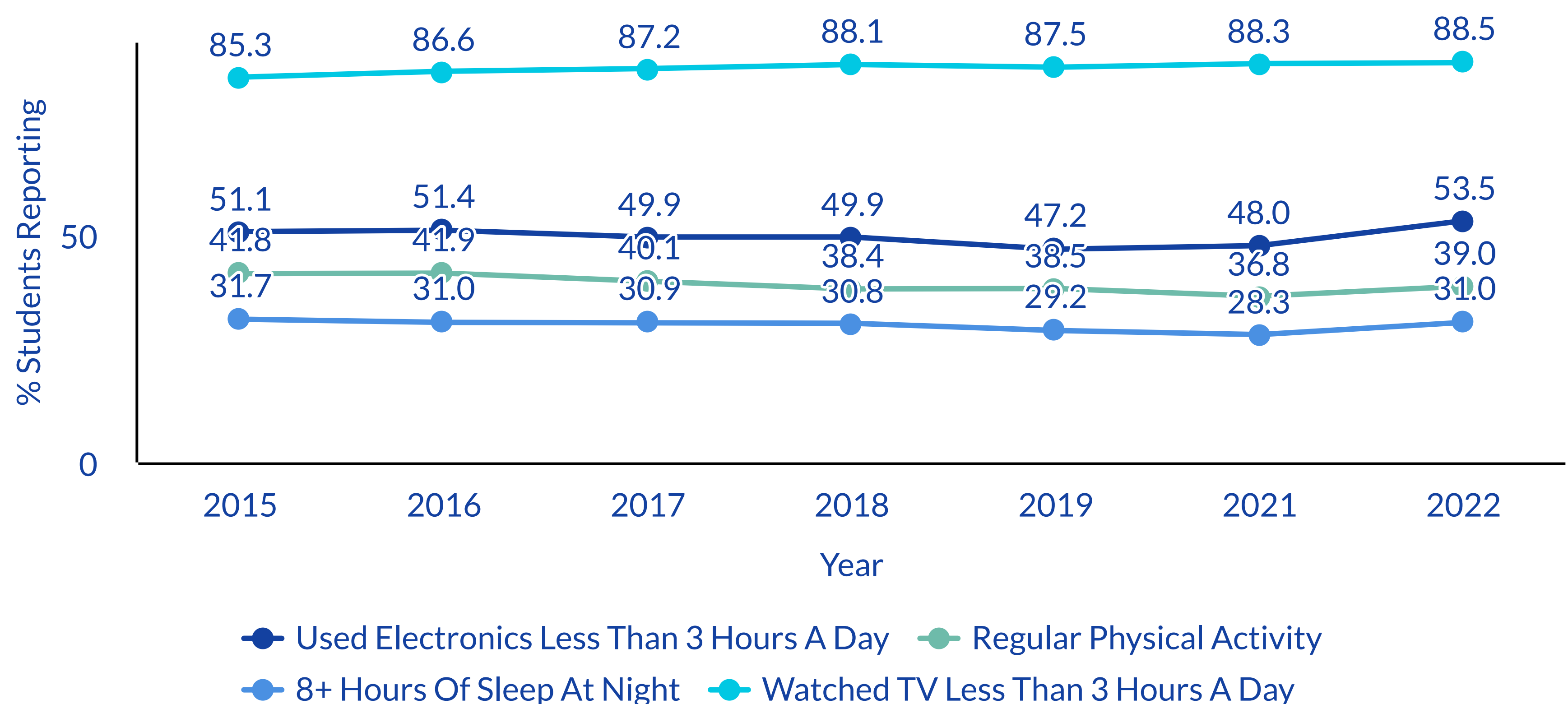


24%

of those who were **physically active felt sad or hopeless** for two or more weeks in a row (vs. 32% of those who were not physically active)

## 1 Trends

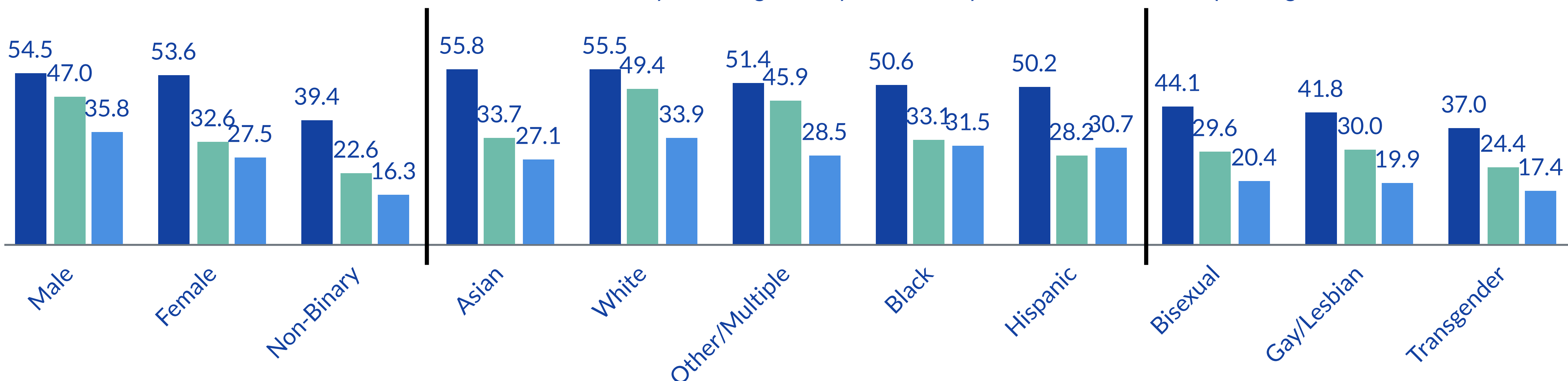
The rates of physical activity, adequate sleep, and limited screen time use had generally declined from 2015 to 2021 but rebounded in 2022.



## 2 Differences by Demographic Factors

LGBT students were less likely to spend less than three hours a day using their electronic devices and less likely to be regularly physically active. Asians and students of other or multiple races were least likely to sleep eight or more hours at night.

■ Used Electronics Less Than 3 Hours A Day ■ Regular Physical Activity ■ 8+ Hours Of Sleep At Night

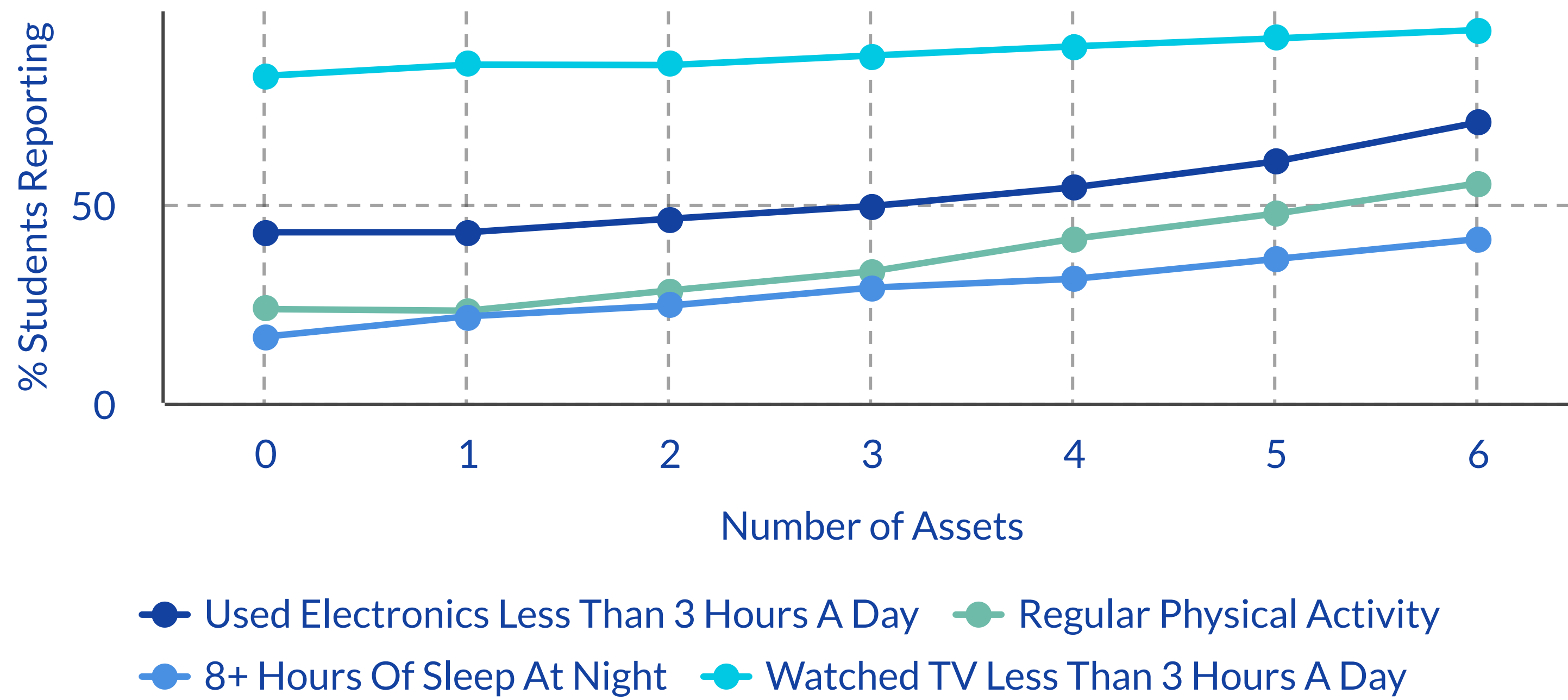


For comparison: Heterosexual: Electronics - 55.5%, Regular Physical Activity - 42.6%, 8+ hours sleep - 33.4%; Non-transgender: Electronics - 54.1%, Regular Physical Activity - 40.2%, 8+ hours sleep - 31.6%.

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. Regular physical activity is defined as being physically active for at least an hour per day for five to seven days in the week prior to the survey. The use of electronic devices includes playing video games or using a computer outside of schoolwork, watching videos, texting, and using social media on smartphones.



### 3 Three to Succeed



(Note: For the given indicators, rising percentages denote improvements.)

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?

#### Get Active

The Centers for Disease Control and Prevention (CDC) recommends that children spend at least 60 minutes of physical activity per day. **Help kids stay active by:**

- **Making physical activity part of your daily routine.**
- **Asking your kids what activities they enjoy** and exploring new physical activities.
- **Exercising together.** Dance, stretch, take walks and go for bike rides as a family.
- **Utilizing programs in the community** such as team sports and teen centers.
- Registering kids in **summer programs.**
- Encouraging kids to **join after-school programs.**
- Signing up for **volunteer opportunities** in your community.

#### Establish Screen Expectations

The CDC suggests limiting kids' total screen time to no more than 1-2 hours per day. **Help reduce screen times by:**

- **Developing device and media use plans as a family.**
- **Tracking screen time** as a family. Set and enforce rules to limit time spent on TV, videos, phones, computers, and video games.
- **Avoiding having televisions, video games, and cell phones in your child's bedroom.**
- **Supporting safe technology use by using it with them.** Know what apps your child has on their phone and know who they are engaging with via social media and video games.
- **Using parental controls** to set limits.

#### Get Some Rest

The CDC suggests teenagers aged 13 to 18 get 8-10 hours of sleep per night. **Help kids get a good night's sleep by:**

- Setting a **bedtime** and sticking to a **consistent sleep schedule.** Go to bed at the same time each night and get up at the same time each morning.
- **Limiting light exposure and technology use in the evenings** by turning off electronics at a set time each night.
- Making sure the **bedroom is quiet, dark, relaxing and a comfortable temperature.**
- **Avoiding large meals and caffeine** close to bedtime.
- **Get moving.** Physical activity during the day can help you fall asleep more easily at night.

### 5 For Help & More Information

**Fairfax County Park Authority**  
[www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks)

**Park Authority Rec-PAC Scholarships:**  
<https://www.fairfaxcounty.gov/parks/scholarships>

**Park Authority Recreation Services for Customers with Disabilities**  
[www.fairfaxcounty.gov/parks/ada-inclusion](http://www.fairfaxcounty.gov/parks/ada-inclusion)

**Fairfax County Department of Neighborhood and Community Services**  
[bit.ly/fairfaxNCS](http://bit.ly/fairfaxNCS)

**Neighborhood and Community Services Therapeutic Recreation Services:**  
[www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation](http://www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation)

- **National Institutes of Health:** [www.nhlbi.nih.gov/health/educational/wecan](http://www.nhlbi.nih.gov/health/educational/wecan)
- **Fairfax County Volunteer Opportunities:** <https://www.fairfaxcounty.gov/topics/volunteering>
- **Fairfax County Public Schools Digital Citizenship:** <https://bit.ly/DigitalCitizenshipFCPS>

- **Sleep in Middle and High School Students | CDC:** <https://www.cdc.gov/healthyschools/features/students-sleep.htm>
- **Volunteer Fairfax:** <https://www.volunteerfairfax.org/>
- **Move Your Way:** <https://health.gov/moveyourway/get-kids-active>