

TIME USE

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2023 - 2024 Youth Survey Fact Sheet

www.fairfaxcounty.gov/youthsurvey



1 Insights

The rates of physical activity, adequate sleep, and limited screen time use for 2023 have been steady since last year.



of 6th grade students **watched TV for at least three hours a day** (and **11%** of 8th, 10th, and 12th grade students)



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



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. **63%** of those who did not use devices for as many hours)

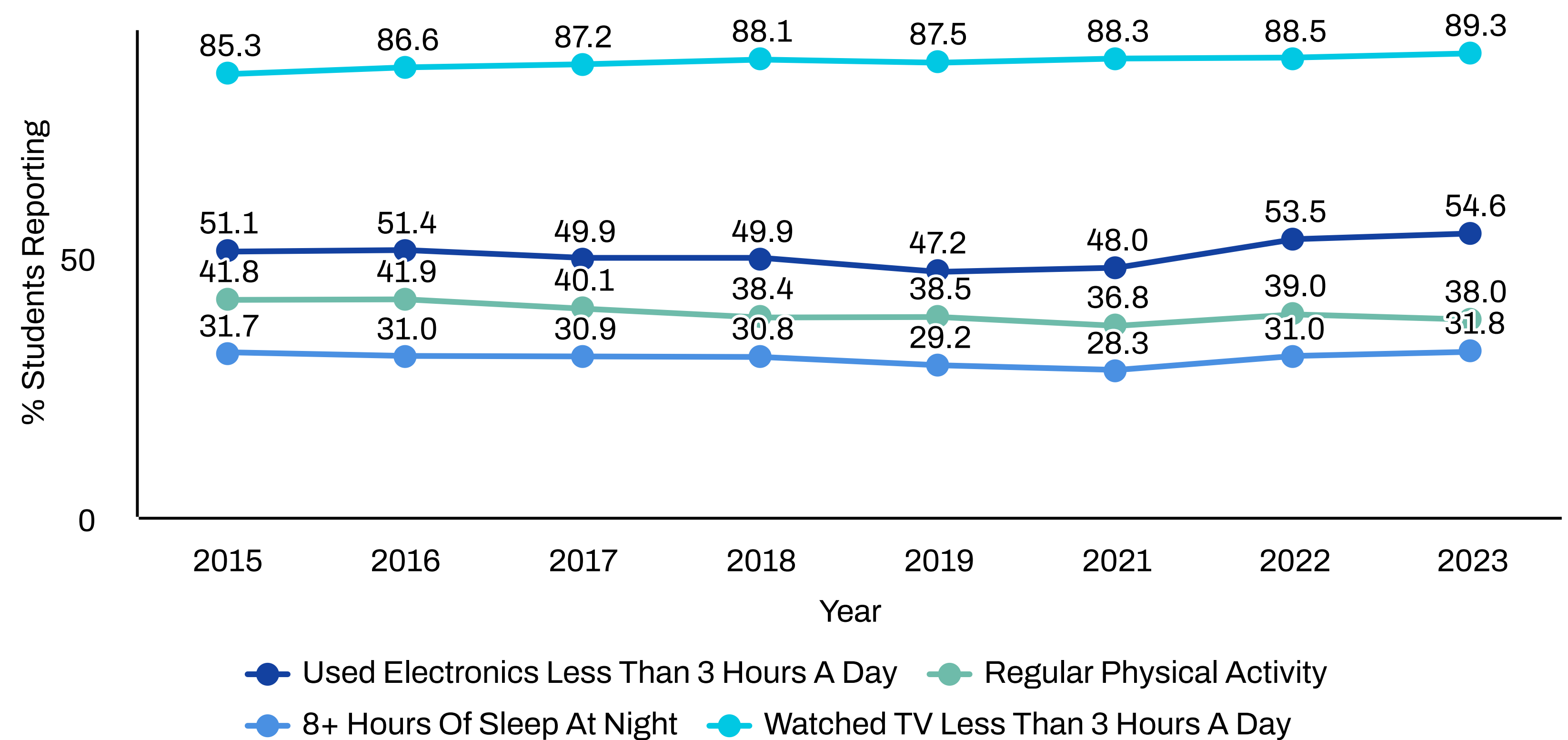


of those who were **physically active felt sad or hopeless** for two or more weeks in a row (vs. **28%** of those who were not physically active)

2 Trends

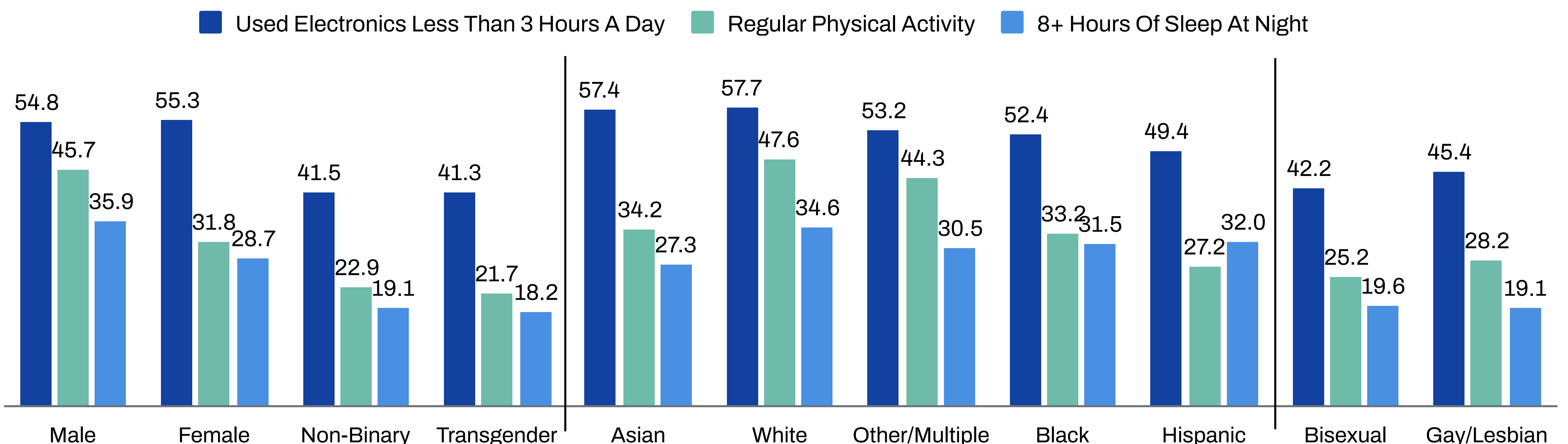
The rates of physical activity, adequate sleep, and limited screen time use had declined from 2015 to 2021 and have been fairly stable since.

The rates of using electronics less than 3 hours a day has been increasing since 2021.



3 Differences by Demographic Factors

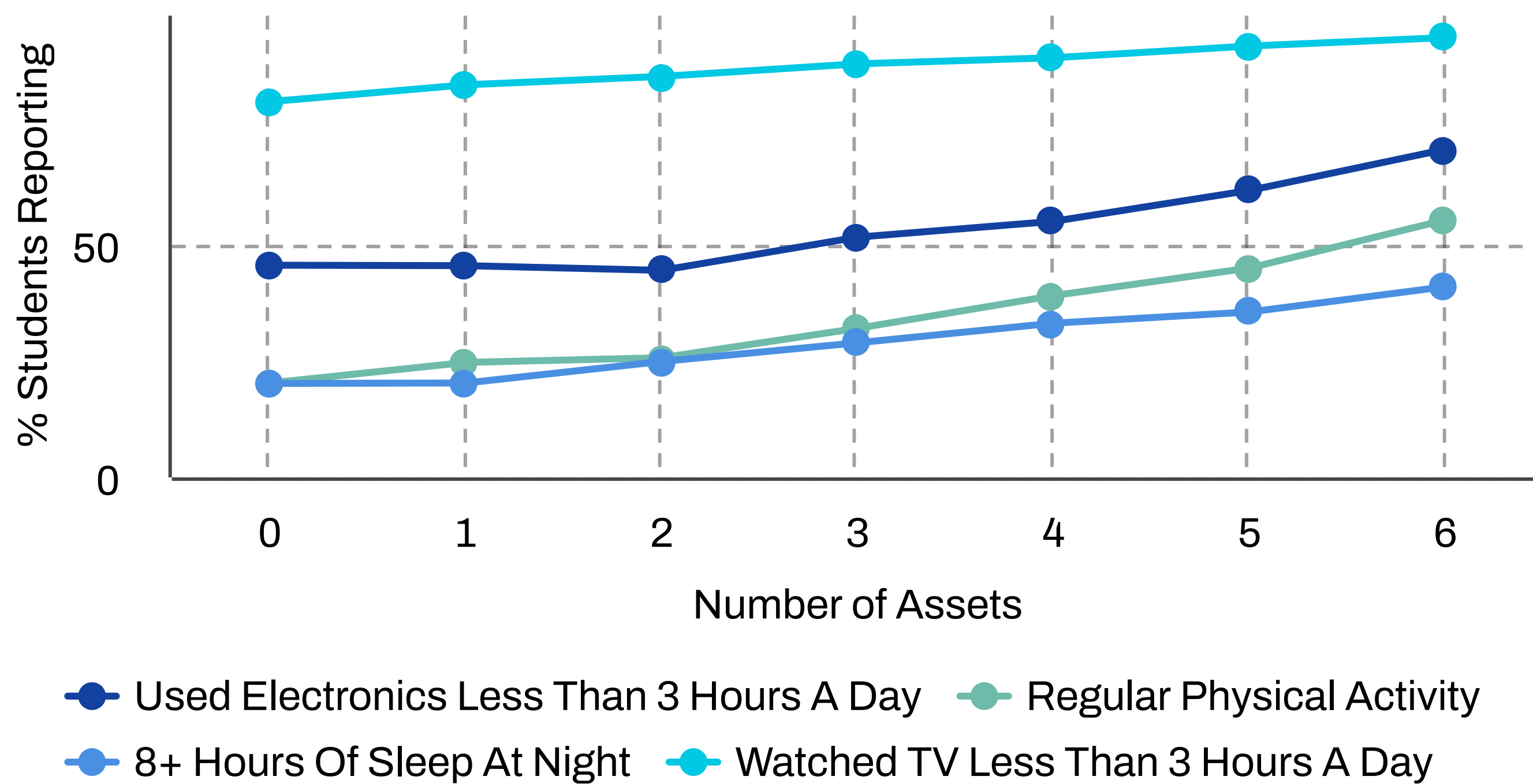
LGBTQ students were less likely to spend fewer than three hours a day using their electronic devices and less likely to be regularly physically active. Asian students and students of other or multiple races were least likely to sleep eight or more hours at night. (For comparison within the chart below: Heterosexual: Electronics - 56.3%, Regular Physical Activity - 41.1%, 8+ hours sleep - 34.0%; Not transgender: Electronics - 55.0%, Regular Physical Activity - 38.8%, 8+ hours sleep - 32.2%.)



About the Youth Survey data: All data are self-reported and are from the 2023 - 2024 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.

4 Three to Succeed

For the given indicators, rising percentages denote improvements.



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



Get Active

It is recommended that children and youth spend at least 60 minutes of physical activity per day. Help children and youth stay active by:

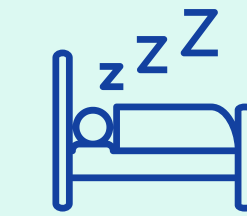
- Making physical activity part of your daily routine.
- Asking youth what activities they enjoy and exploring new physical activities.
- Exercising together. Dance, stretch, take walks and go for bike rides as a family.
- Utilizing programs in the community, such as joining sports leagues, REC Centers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



Establish Screen Expectations

Limit children and youth's 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

Teenagers (13-18) need to get 8-10 hours of sleep per night. Help teens 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.

These recommendations are provided by the Centers for Disease Control and Prevention (CDC).

6 For Help & Information

Fairfax County Park Authority
www.fairfaxcounty.gov/parks

Park Authority Rec-PAC Scholarships
www.fairfaxcounty.gov/parks/scholarships

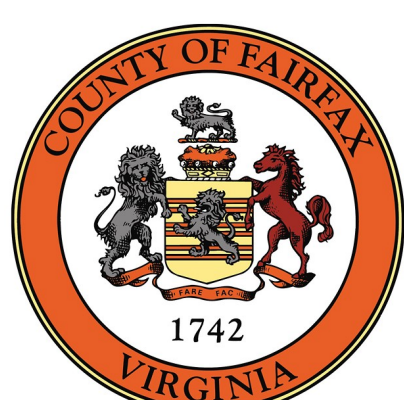
Park Authority Recreation Services for Customers with Disabilities
www.fairfaxcounty.gov/parks/ada-inclusion

Fairfax County Department of Neighborhood and Community Services
www.bit.ly/fairfaxNCS

Neighborhood and Community Services Therapeutic Recreation Services:
www.fairfaxcounty.gov/neighborhood-community-services/therapeutic-recreation

- **National Institutes of Health:** www.nhlbi.nih.gov/health/educational/wecan
- **Fairfax County Volunteer Opportunities:** www.fairfaxcounty.gov/topics/volunteering
- **Fairfax County Public Schools Digital Citizenship:** www.bit.ly/DigitalCitizenshipFCPS

- **Sleep in Middle and High School Students | CDC:** www.bit.ly/3WvJ1sm
- **Volunteer Fairfax:** www.volunteerfairfax.org/
- **Move Your Way:** www.health.gov/moveyourway/get-kids-active
- **Developmental Assets Framework | Search Institute:** www.searchinstitute.org/resources-hub/developmental-assets-framework



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