



2023-2024 Fairfax County Youth Survey

What You Should Know About the Fairfax County Youth Survey



Fairfax County Youth Survey is an annual survey that is...

- **Comprehensive**
- **Anonymous**
- **Voluntary**

Behaviors

Experiences

**Risk and Protective
Factors**

Questions are based on the:

- Monitoring the Future Survey* (NIH) and
- Youth Risk Behavior Surveillance System Survey* (CDC)



Why We Administer the Fairfax County Youth Survey

The survey provides data to county, school, and community-based organizations to:

- Assess Youth Strengths and Needs
- Develop Programs and Services
- Monitor Trends
- Measure Community Indicators
- Guide Countywide Planning of Prevention Efforts



2023-2024 Youth Survey Participation

Among FCPS students in grades 6, 8, 10 and 12



Youth Survey is administered electronically in a classroom setting.



6th grade students take a shortened, modified survey.



Youth Survey can be taken in seven foreign languages in addition to English.



**39,989
Students**

71%

**participated in
the Youth
Survey**

Substance Use

2023-2024 Youth Survey Findings



Substance Use: Overall Trends

No Use of Any Substances

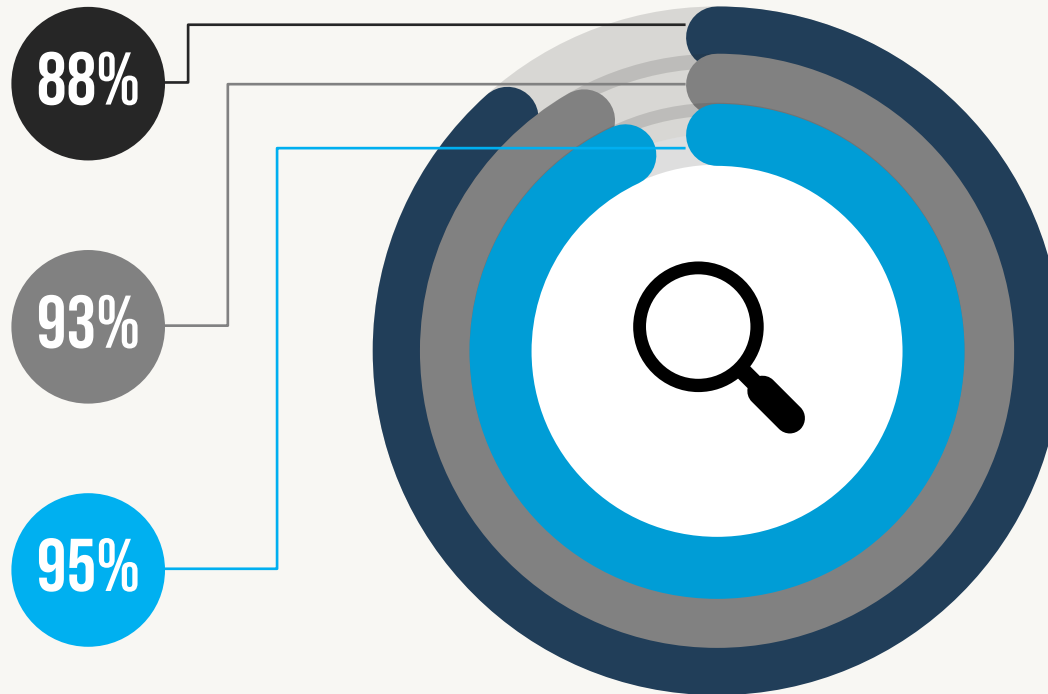
88% reported no alcohol, tobacco and/or other substance use

No Use of Alcohol

93% reported no alcohol use

No Use of Other Substances

95% reported no other substance use



Most Students Reported No Use of Any Substances

Alcohol, tobacco and other drug use continued to decrease in 2023. This year's rates were the lowest since 2010.

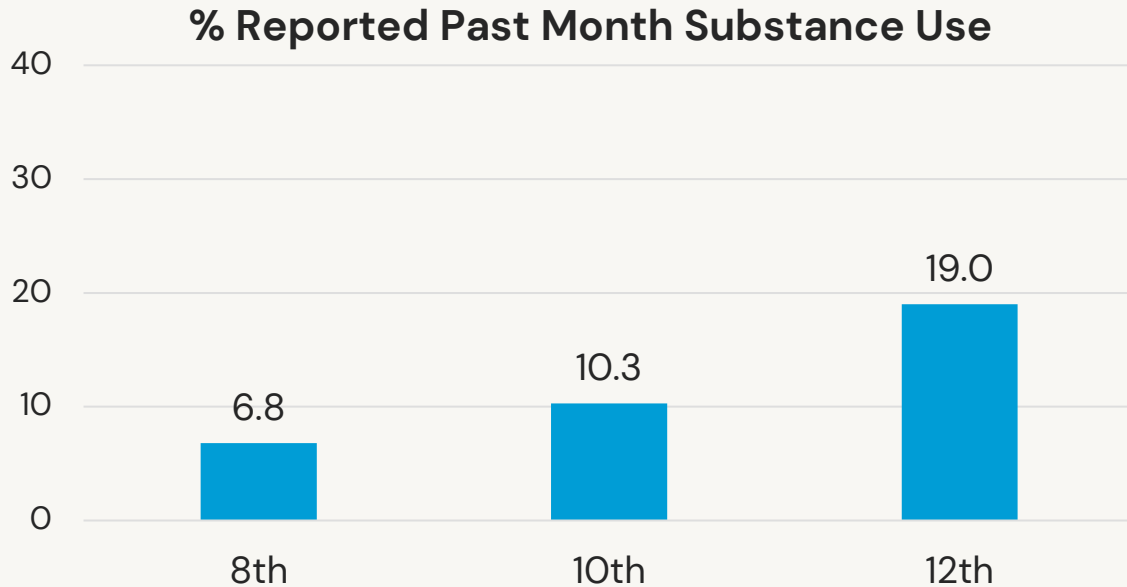
Lower than National Average

Fairfax County youth reported lower rates of use than those reported nationally for most substances assessed on the survey, including alcohol, vaping, marijuana and cigarette.

Substance Use: Demographic Differences

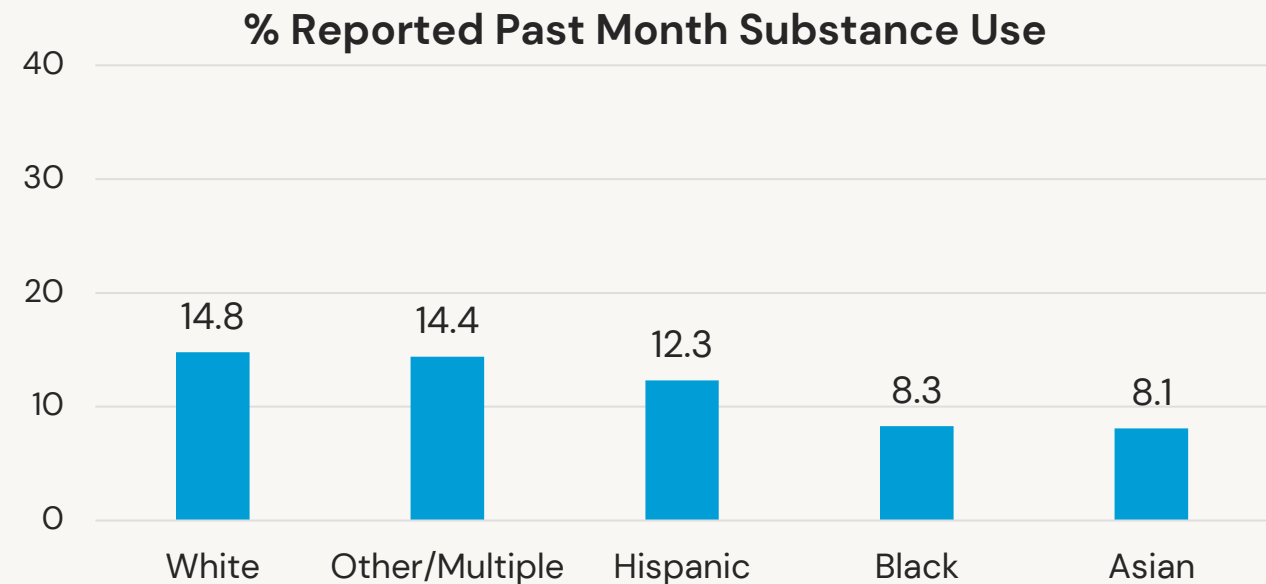
Rates Differed by Grade

Older students were more likely to report the use of alcohol and/or other substances than younger students.



Rates Differed by Race/Ethnicity

White students and students of Other/Multiple races, and Hispanic students were more likely to report the use of alcohol and/or other substances than Black and Asian students.





Substance Use: Most Commonly Used Substances

1. Alcohol

18% reported use of alcohol in their lifetime.

7% reported use of alcohol in the past month.

2. Vaping

9% reported vaping in their lifetime.

4% reported vaping in the past month.

3. Marijuana

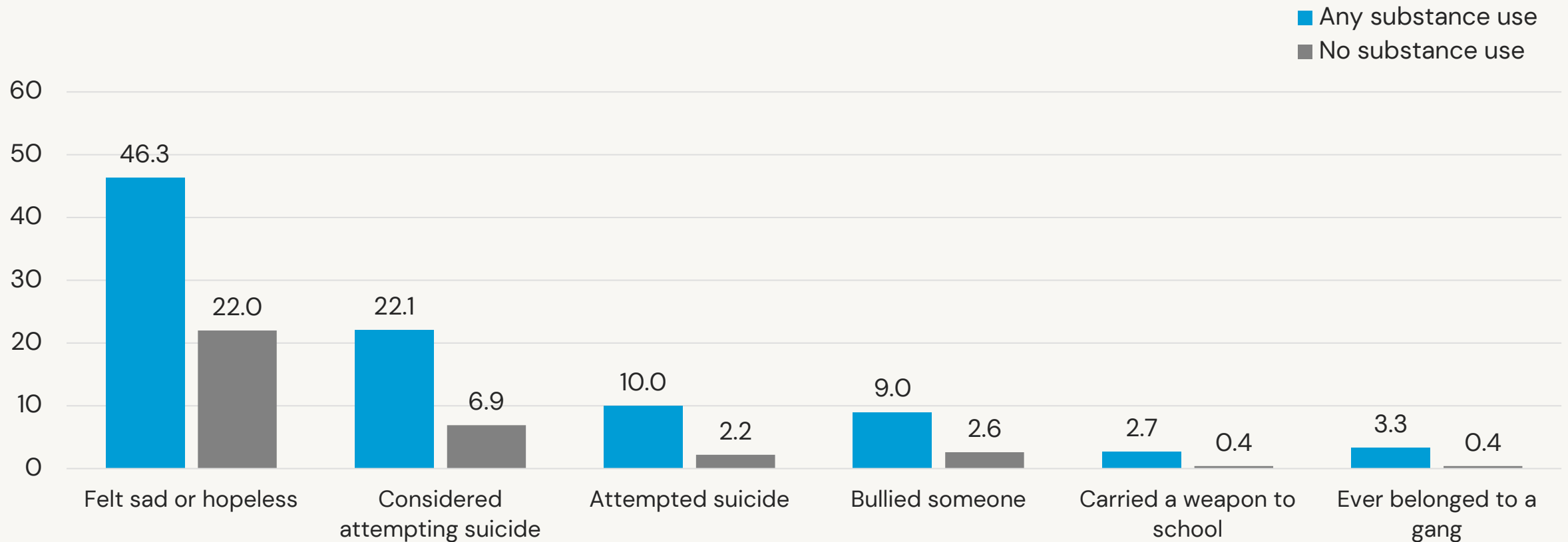
7% reported use of marijuana in their lifetime.

3% reported use of marijuana in the past month.



Substance Use and Other Risk Behaviors

Students who reported use of any substances in the past month also reported higher rates of mental health concerns, bullying and being bullied, carrying a weapon to school and gang membership than their peers who did not use any substances.



Mental Health

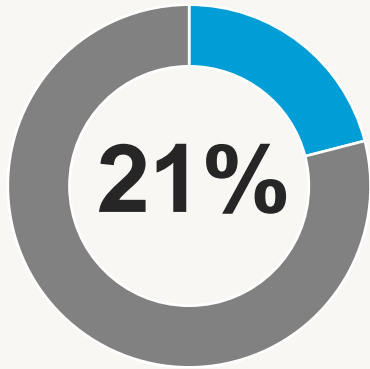
2023-2024 Youth Survey Findings



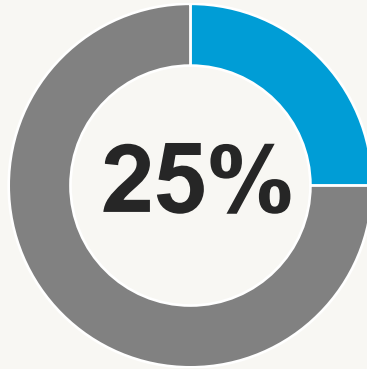


Mental Health: Overall Trends

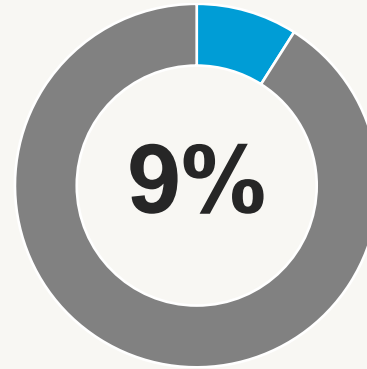
Among 8th, 10th, and 12th grade students in Fairfax County:



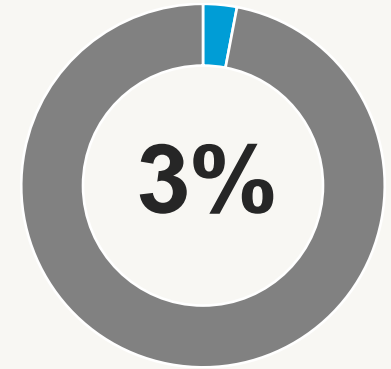
Felt stress all or most of the time in the past month



Felt sad or hopeless in the past year



Considered attempting suicide in the past year



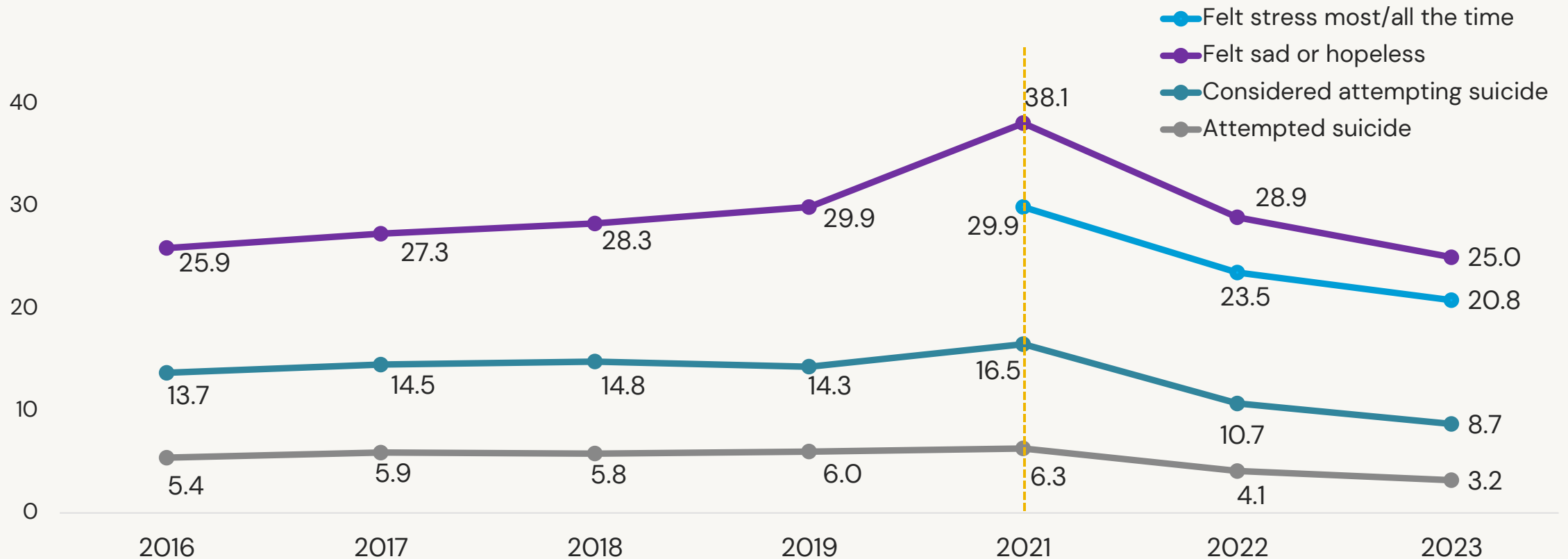
Attempted suicide in the past year

29% of 6th graders reported feeling sad or hopeless every day for two or more weeks in the past year. The rate of 6th graders reporting these feelings was higher than that of older students.



Mental Health: Historical Trends

% reported mental health concerns: 2016-2023

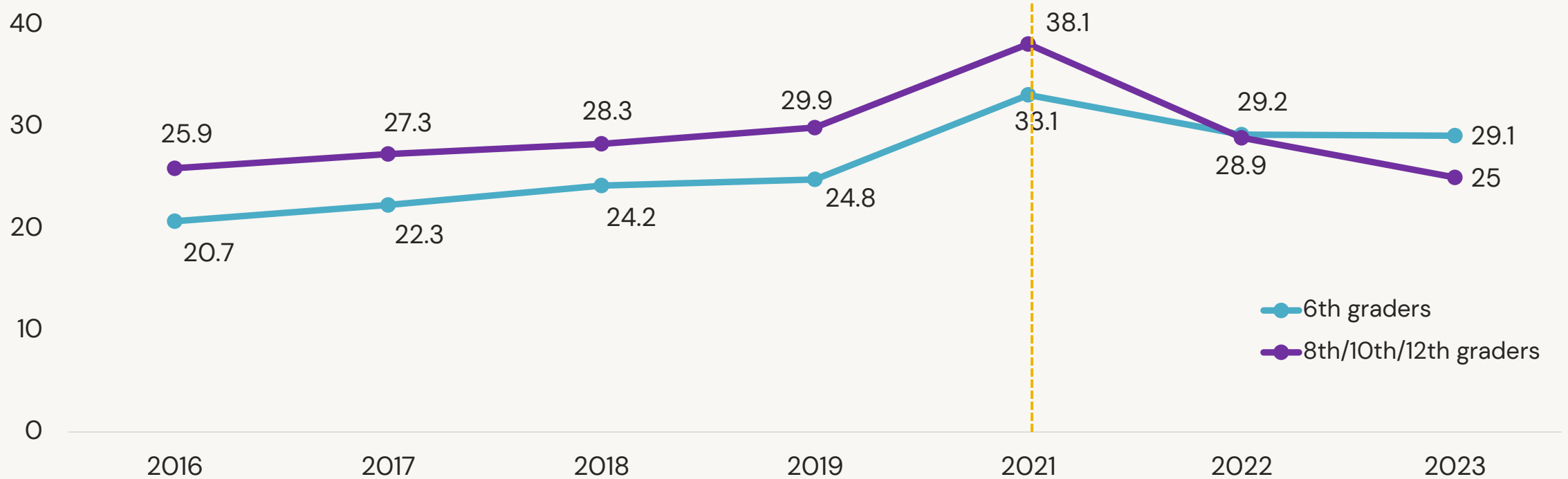


**Youth Survey was not administered in 2020 due to the pandemic.*



Mental Health: Historical Trends by Grade

% reported feeling sad or hopeless: younger vs. older students



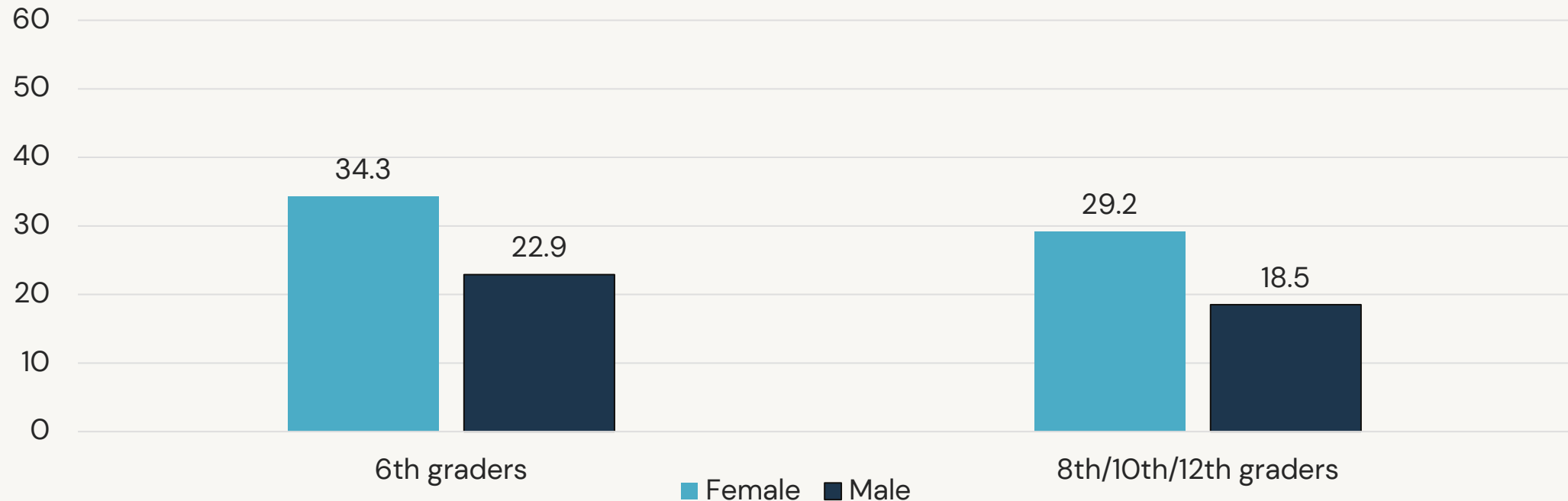
**Youth Survey was not administered in 2020 due to the pandemic.*



Mental Health: Demographic Differences

Female students are more likely to report mental health concerns.

More than one in three female 6th graders reported feelings of sadness or hopelessness. The rate for female was also higher than male students in 8th, 10th, and 12th grades.

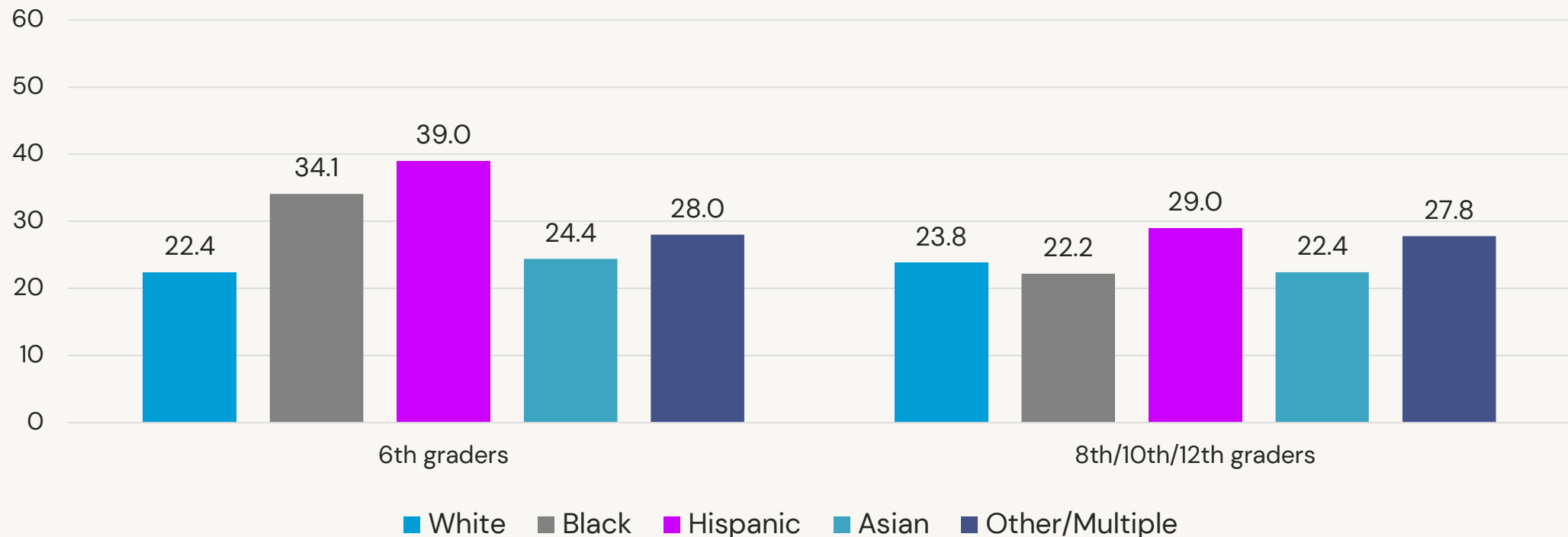




Mental Health: Demographic Differences

Some racial/ethnic groups are more vulnerable than others.

Hispanic students were most likely to report feeling sad or hopeless in the past year. Among younger students, Black students were also more likely to report the feelings.



Physical Health & Nutrition

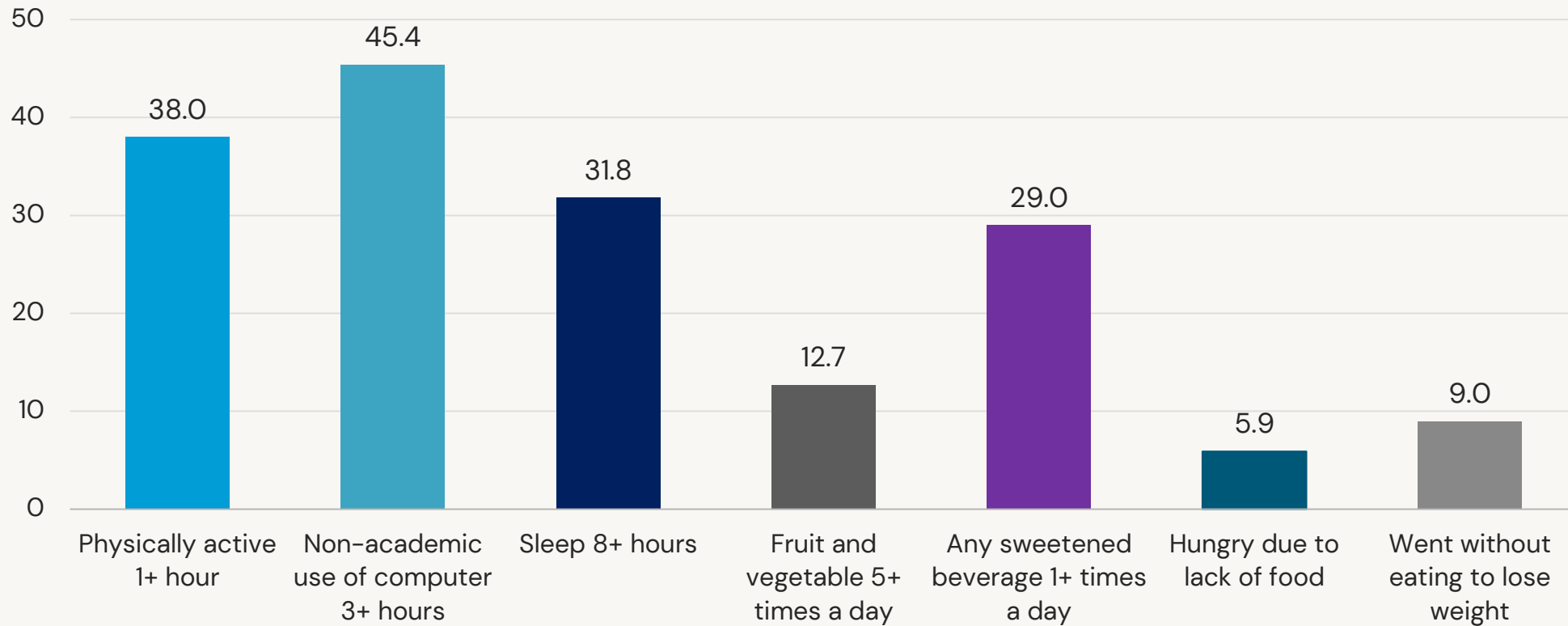
2023-2024 Youth Survey Findings





Physical Health and Nutrition: Overall Trends

% students reporting physical health and nutrition behavior



Physical Health and Nutrition: Demographic Differences

Gender

Female students were less likely to report being regularly physically active, getting enough sleep at night and engaging in unhealthy weight loss behaviors.

Male students were more likely to report daily consumption of sweetened beverages.

Age

Older students were less likely to report physical activity, enough sleep at night, and consumption of fruits and vegetables than younger students.



Physical Health and Nutrition: Demographic Differences

Race/Ethnicity

Hispanic students reported the lowest rate for physical activity and the highest for screen time, food insecurity, and unhealthy weight loss behaviors.

Black students reported the lowest rate for consuming fruits and vegetables. Rates for food insecurity and engaging in unhealthy weight loss behaviors were among the highest, following Hispanic students.

Asian students reported the lowest rate for 8 or more hours of sleep on an average school night.

White students reported the highest rate for regular physical activity.



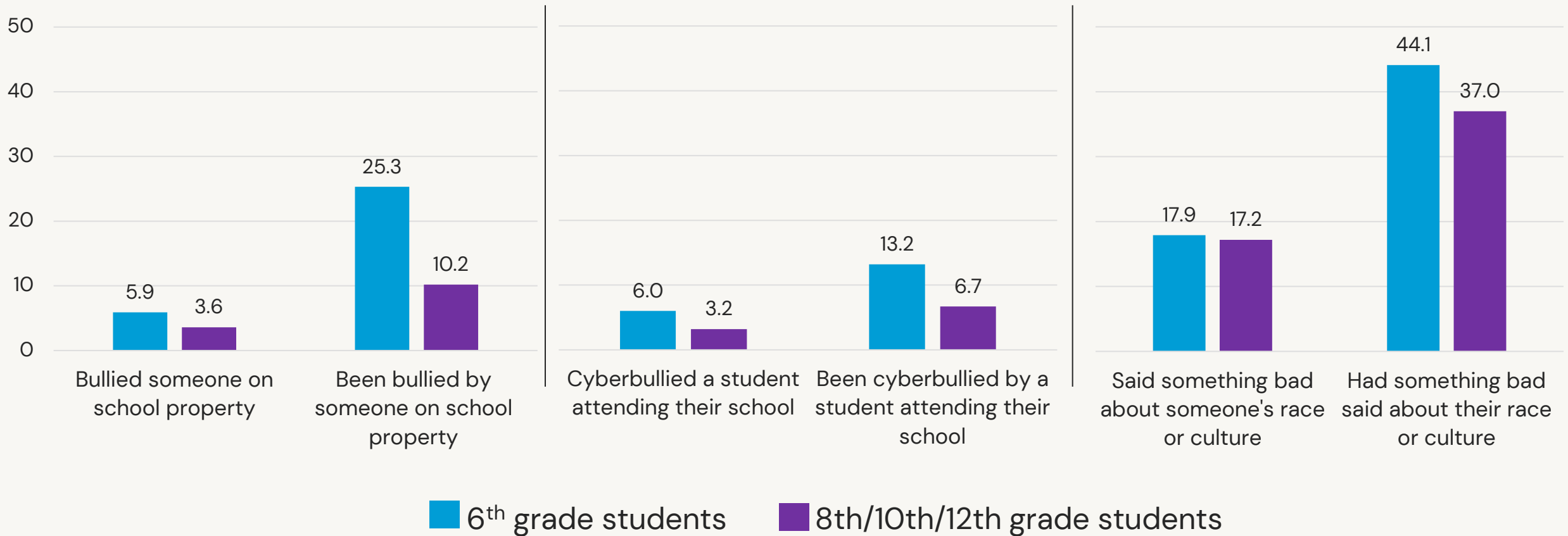
Bullying and Aggressive Behavior

2023-2024 Youth Survey Findings



Bullying and Aggressive Behavior: Overall Trends

% reported bullying, cyberbullying, & derogatory comments in the past year





Bullying and Aggressive Behavior: Demographic Differences

1

Younger students reported higher rates of bullying and aggressive behavior.

The rates for committing and experiencing bullying and other aggressive behaviors were higher among younger students than older students. Across all behaviors, the rates were the highest among 6th graders and the lowest among 12th graders.

2

Female students were more likely to report being cyberbullied.

Female students were more likely to report being a victim of cyberbullying than male students. One in seven female students (15%) in 6th grade reported the experience, compared to one in nine male students (11%).

3

Students of other/multiple race reported the highest rate of being a victim.

Almost half of both older and younger students of other/multiple race reported receiving derogatory comments about their race or culture. Almost one in three 6th grade students of this racial group (30%) reported having been bullied.

Assets and Risky Behaviors

2023-2024 Youth Survey Findings





Protective Factors (Assets)

School

- Teachers notice good job
- Opportunity to talk to teacher one-on-one
- Feel safe at school
- School communicates with parents when student does well

Community

- Availability of extracurricular activities
- Adults disapprove of marijuana use
- Adults in community to talk to
- Neighbors notice good job

Family

- Parents available to help
- Parents know whereabouts
- Input in family decisions
- Family members are respectful of each other
- Parents disapprove of marijuana use by youth

Individual

- Regular participation in extracurricular activities
- Volunteer regularly
- Follow rules
- Think through possible result before making a decision
- Accept responsibility for actions and mistakes
- Do their best, even for jobs they dislike

Three to Succeed



Six Protective Factors

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

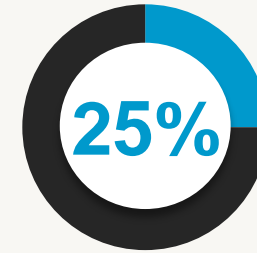
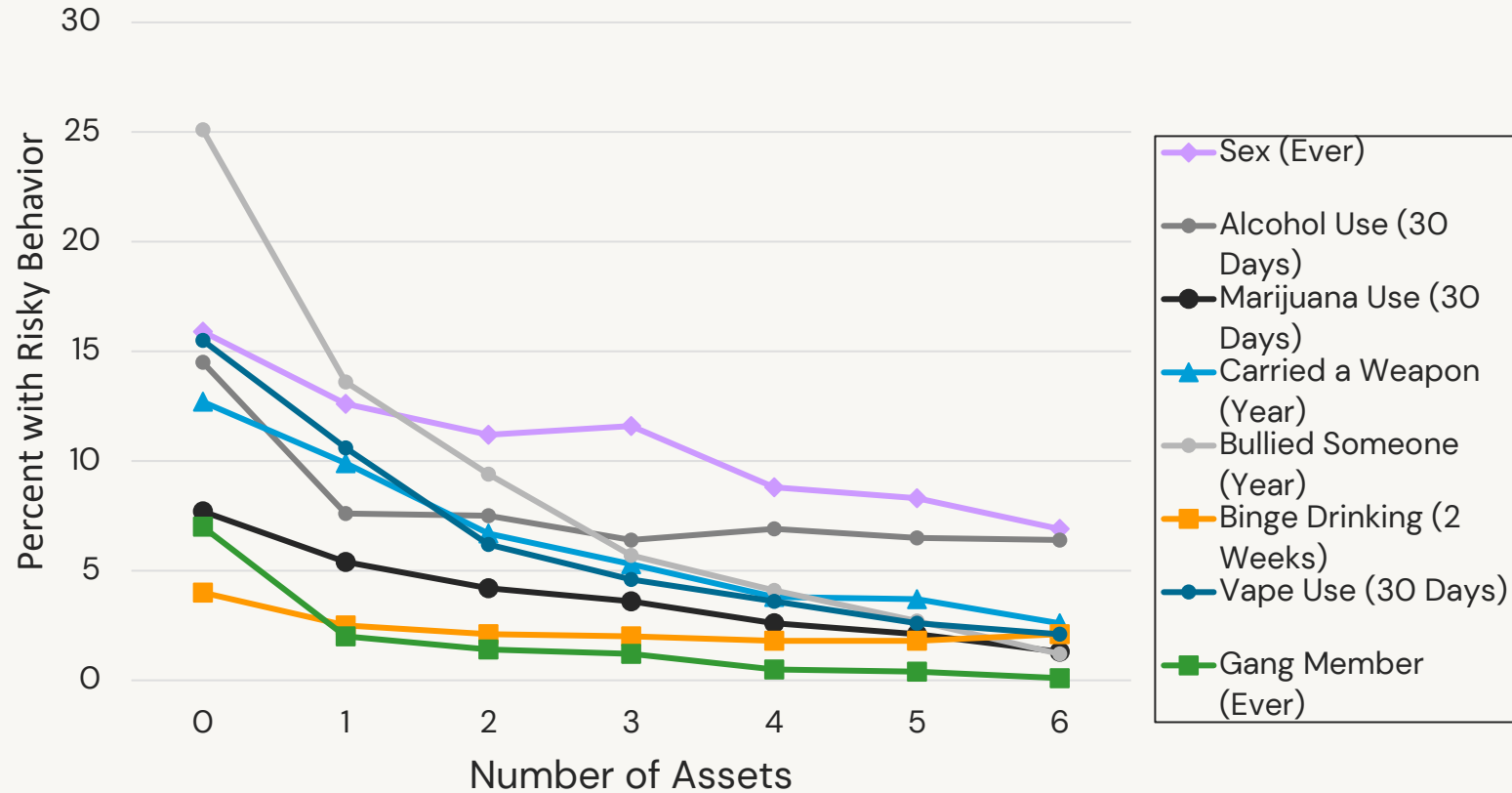


3 To Succeed

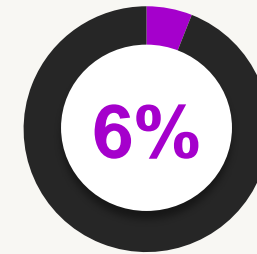
Fairfax County Youth Survey results indicate that when children and youth have **three or more** positive, protective factors in their lives, they are more likely to:

- Manage Stress
- Make Better Choices
- Develop Healthy Habits

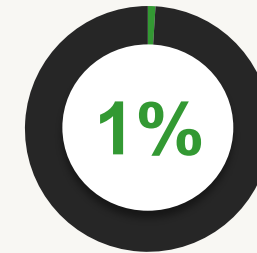
Assets and Risky Behaviors



Of the students with **0 assets** bullied someone on school property in the past year



Of the students with **3 assets** bullied someone on school property in the past year



Of the students with **6 assets** bullied someone on school property in the past year



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

What You Can Do

As Parents, Caregivers, Educators and Adults in the Community





What You Can Do to Make a Difference

Having a caring, trusted, and supportive adult relationship is vital for youth to build resiliency.



01

Listen to youth

02

When they do well, provide specific feedback

03

Provide opportunities for extracurricular activities, volunteering and mentoring

04

Set and communicate high expectations

05

Set clear and consistent boundaries



What You Can Do to Make a Difference

-
- Participate in the ***Talk. They Hear You.*** campaign to learn how to discuss alcohol and other drugs with children and youth. Download the app:
<https://bit.ly/CSB-TTHY>



- Visit the FCPS *Alcohol, Tobacco and Other Drug Programs* page for more resources:
<https://bit.ly/SubstanceUsePreventionFCPS>
-

-
- Make sure teens can't access alcohol without your knowledge. Unmonitored alcohol can be a temptation. When in doubt, lock it up.
 - Only take pills prescribed by your doctor from a licensed pharmacy. Never share medication or buy pills from social media, on the street, or from unlicensed pharmacies.
 - Store and dispose of prescription medicines in a safe and secure manner:
<https://www.fairfaxcounty.gov/health/drug-disposal>
-

-
- Get help from a professional for substance use concerns:
<https://www.fairfaxcounty.gov/community-services-board>
 - Be a mentor. Connect with a young person to provide encouragement to reach their potential:
<https://bit.ly/BeAMentorFCPS>





What You Can Do to Make a Difference



- Increase awareness of risk factors and warning signs of mental health issues
- Become certified in Mental Health First Aid

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

- Connect with a school counselor, psychologist, or social worker at your child's school.



- Learn how to respond to youth who are in crisis

bit.ly/SuicidePreventFCPS

- Ensure the people you care about have the **988 Suicide and Crisis Lifeline** number and **PRS CrisisLink** text number:

Call: 988

Text: "NEEDHELP" to 85511

What You Can Do to Make a Difference



Visit the FCPS Bullying Prevention and Intervention page:

<https://bit.ly/BullyingPreventionFCPS>



Visit stopbullying.gov for tips and resources.



Download the [KnowBullying](#) app to help guide your discussion with youth and learn strategies to prevent bullying for various age groups among children and teens.



Learn more about cyberbullying and digital literacy:

<http://bit.ly/InternetSafeFCPS>





What You Can Do to Make a Difference



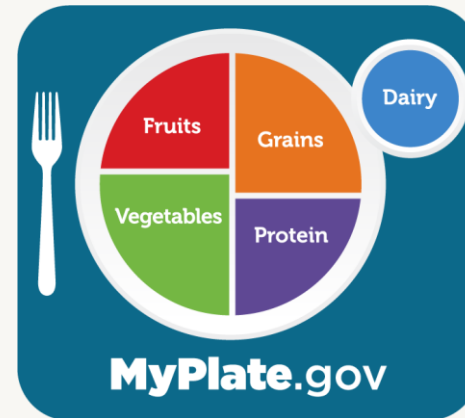
Improve students' nutrition and physical activity habits



Limit screen time and encourage outdoor play and physical activity



Use **MyPlate** as a guide for meal planning and limiting processed food



www.MyPlate.gov

To Learn More

Youth Survey



Visit the Fairfax County Youth Survey Website

www.fairfaxcounty.gov/youthsurvey

Learn More About Three to Succeed

<http://bit.ly/3toSucceed>

Visit the Prevention Toolkit

<http://bit.ly/ffxprevkit>



Questions? Contact Us!



Fairfax County Data Analytics,
Department of Management and Budget

DMBDataAnalytics@fairfaxcounty.gov



Fairfax County Public Schools Office of
Communications

OC@fcps.edu