



Fairfax County Youth Survey School Year 2017-2018

About the Fairfax County Youth Survey

It 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



More About the Fairfax County Youth Survey



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

It examines the

- **Behaviors,**
- **Experiences,** and
- **Risk and Protective Factors** that influence the well-being of our county's youth.

Fairfax County Youth Survey Web Page



The Fairfax County Youth Survey is a comprehensive, anonymous and voluntary survey given each year to students in grades 6, 8, 10 and 12 that examines behaviors, experiences and other factors that influence the health and well-being of Fairfax County's youth. The results provide a snapshot of the county's youth and serve as a barometer of the community's effectiveness in fostering healthy choices in young people. The Youth Survey is a collaboration of Fairfax County Government and Fairfax County Public Schools.

2016-2017 REPORTS

[Fairfax County Youth Survey Report](#)

[Fairfax County 6th Grade Youth Survey Report](#)

[Fairfax County Youth Survey Results Highlights Presentation](#)

[Fairfax County Youth Survey Video](#)

[Fairfax County Youth Survey Resiliency Video](#)

www.fairfaxcounty.gov/youthsurvey

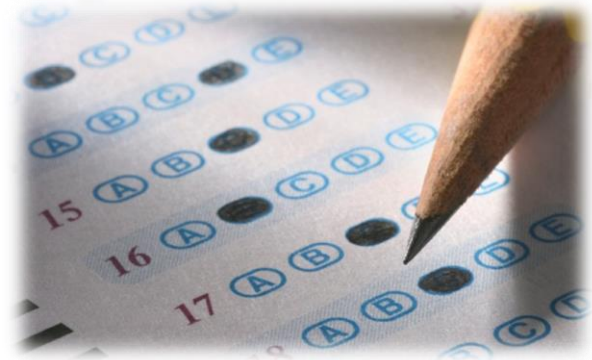


Fairfax County 2017 Youth Survey



Fairfax County Youth Survey Participation

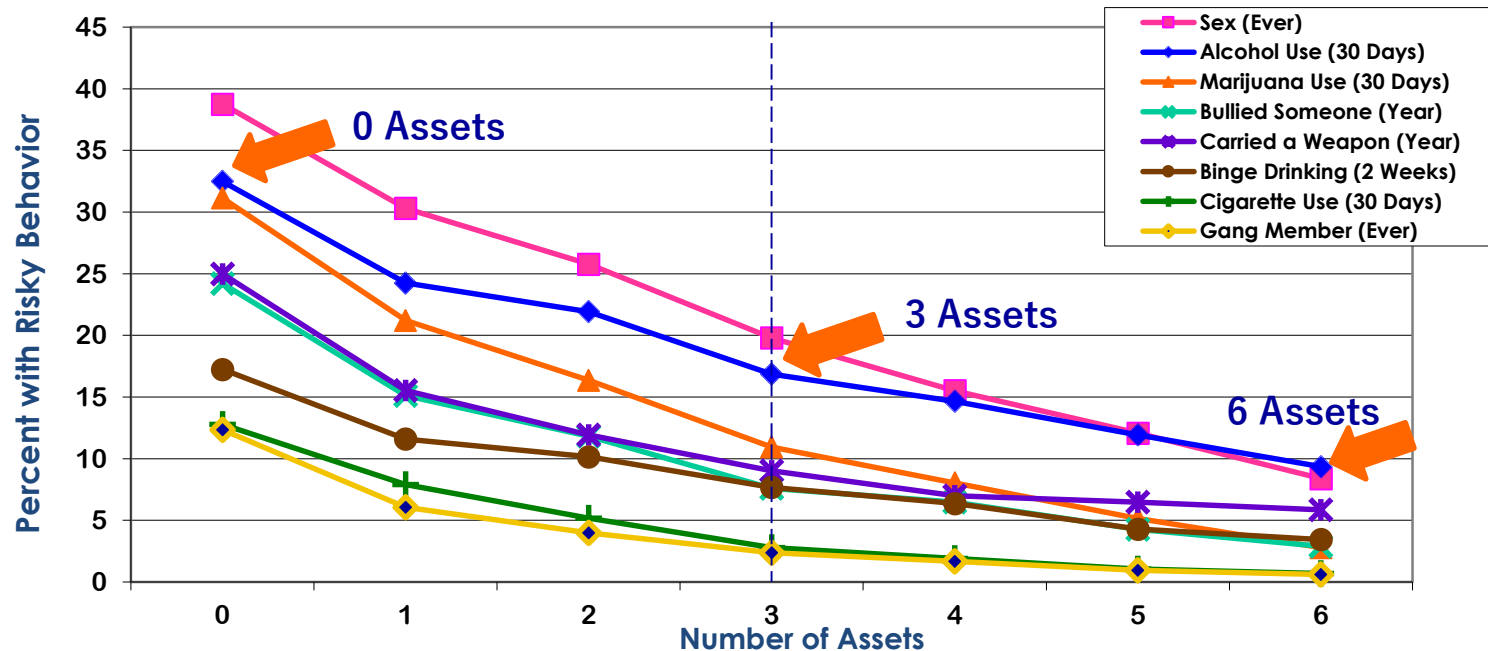
- **48,225** FCPS students
- Grades 6, 8, 10, and 12
- Representing **86%** of enrolled students



**6th grade students take a shortened,
modified survey.**

Three to Succeed

Asset Graph for Fairfax County (Grades 8, 10, 12)



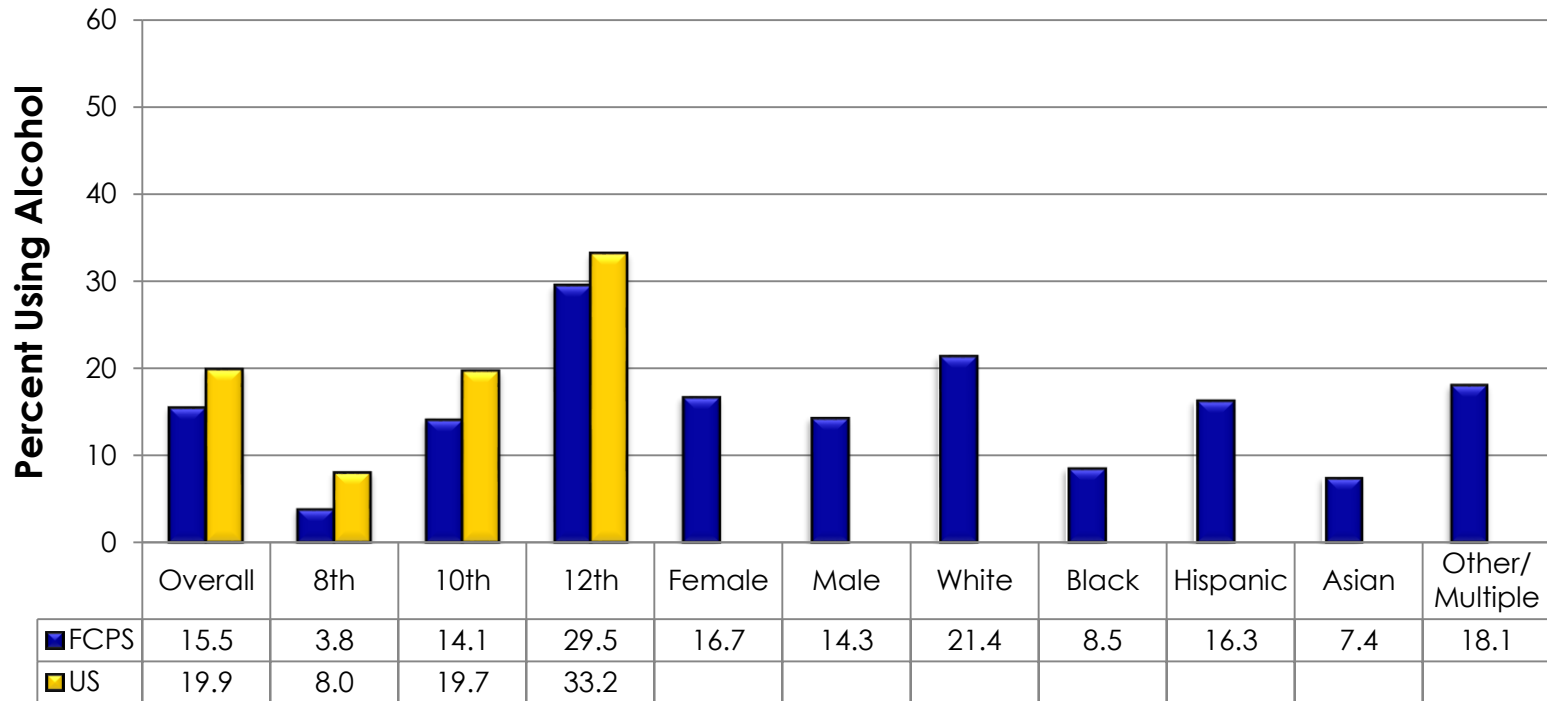
Having High Personal Integrity
 Performing Community Service
 Having Teachers Recognize Good Work

Having Community Adults to Talk to
 Participating in Extracurricular Activities
 Having Parents Available for Help

Alcohol, Tobacco and Other Drug Use

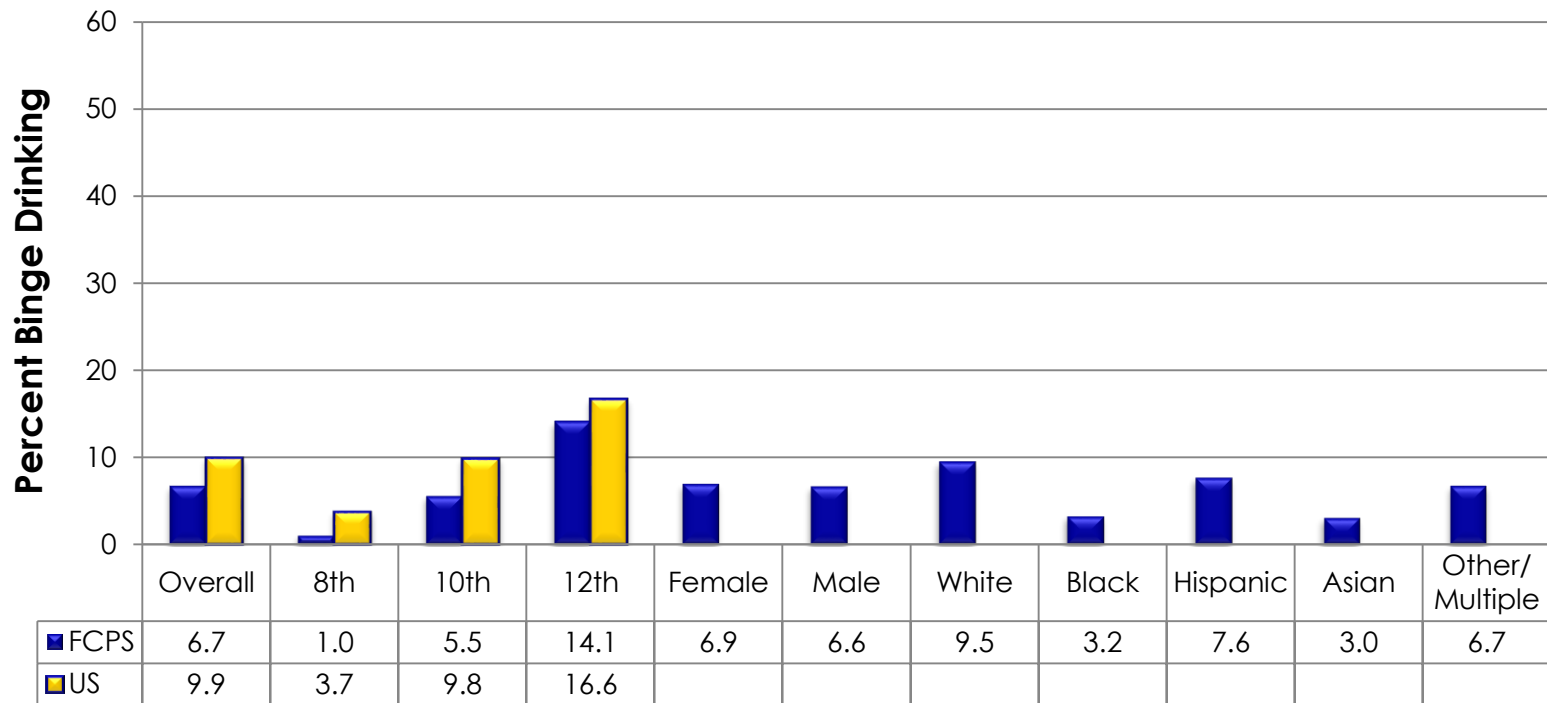


Percent Who Drank Alcohol in Past 30 Days

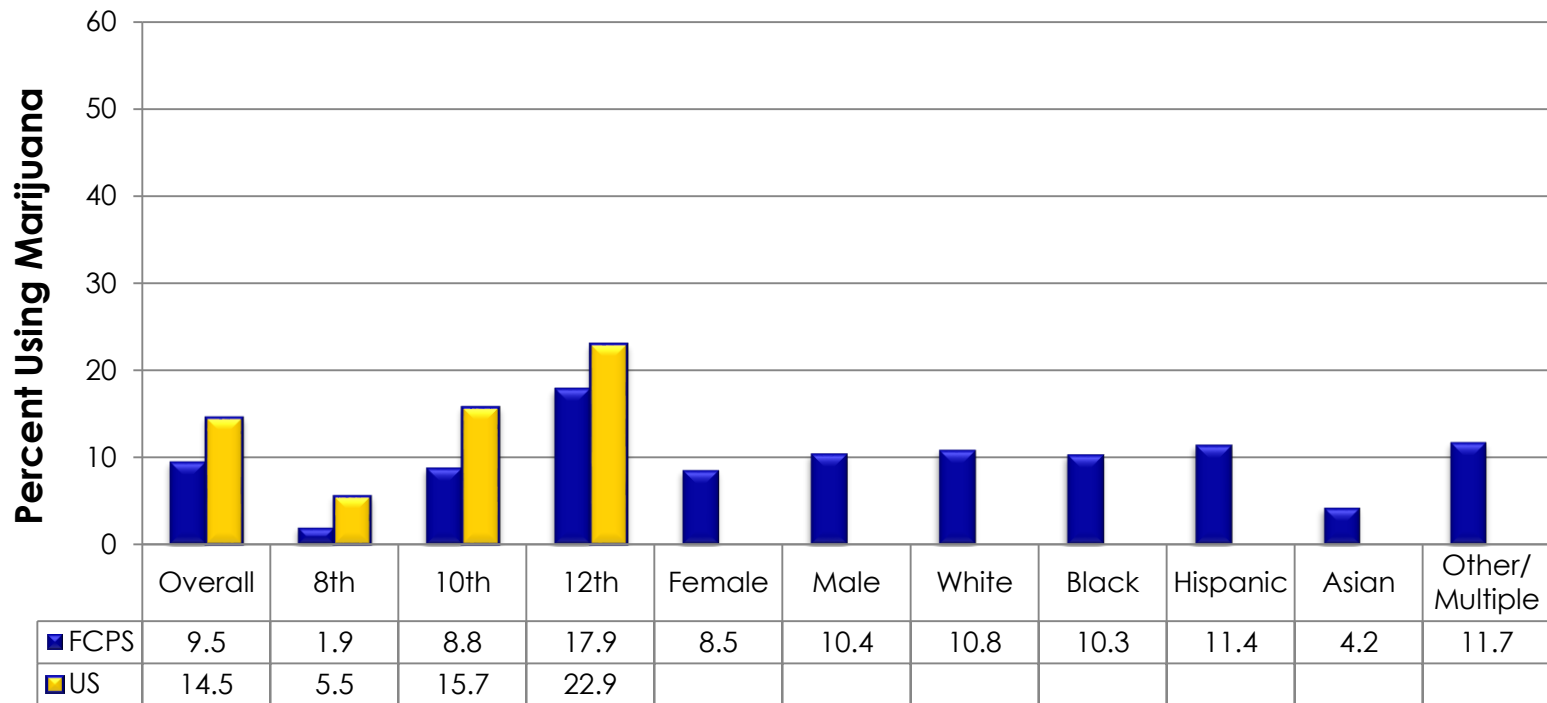


Note: 6th Grade Prevalence = 1.5%

Percent Reporting Binge Drinking

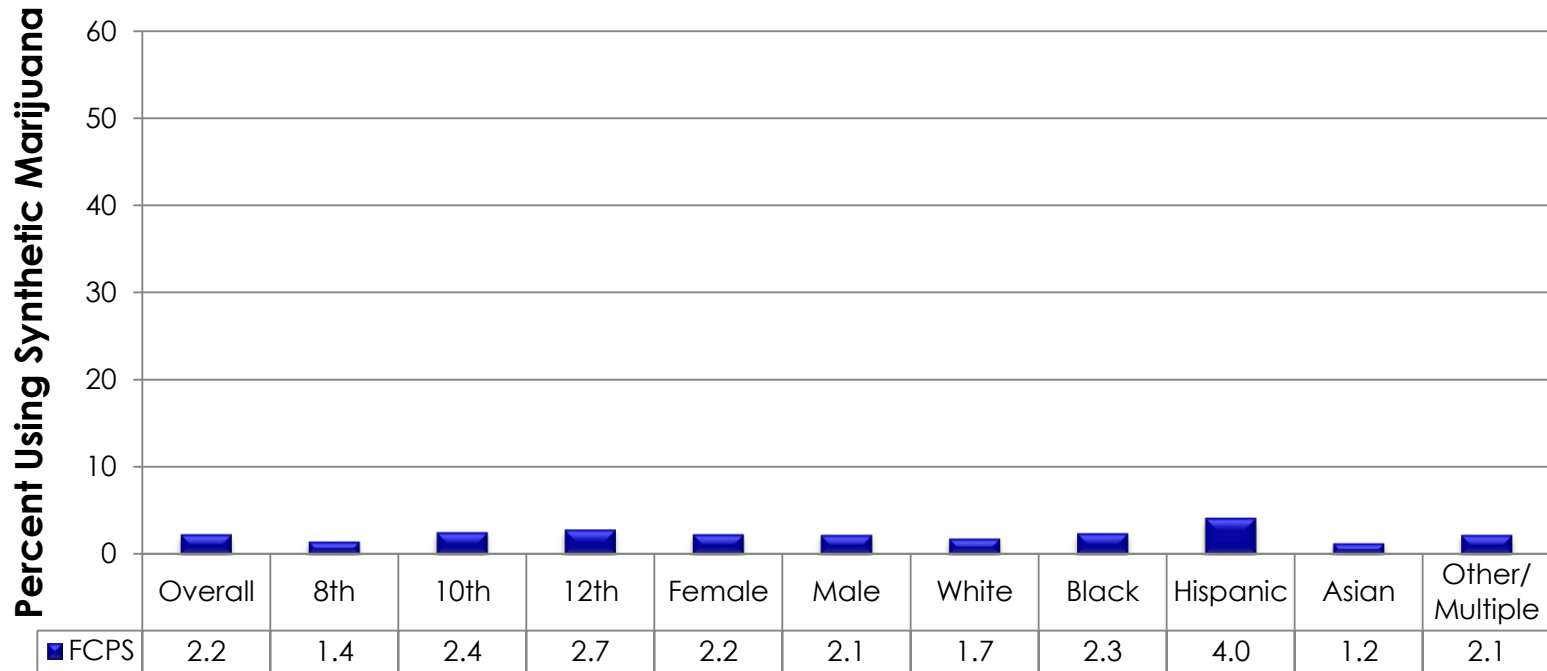


Percent Who Used Marijuana in Past 30 Days

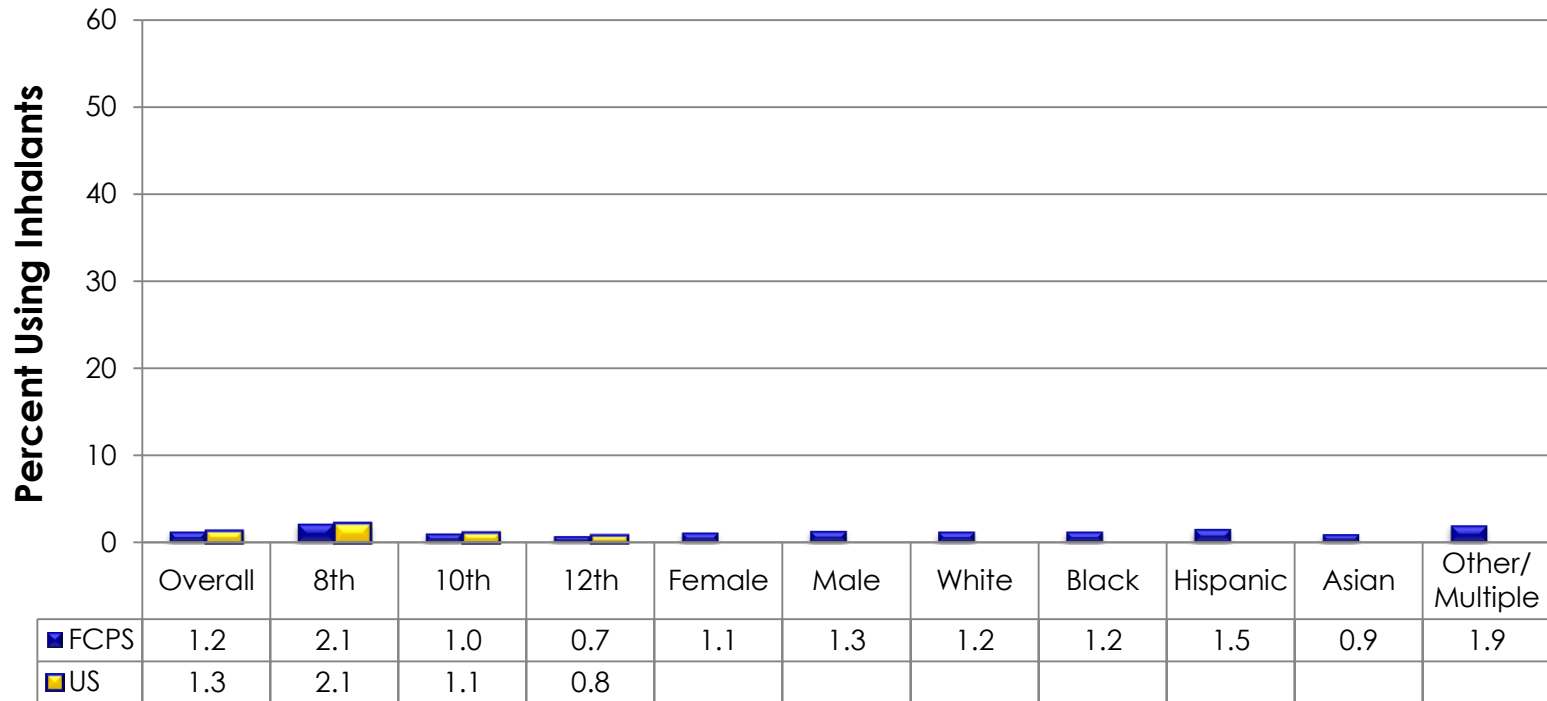


Note: 6th Grade Prevalence = 0.2%

Percent Who Used Synthetic Marijuana in Past 30 Days

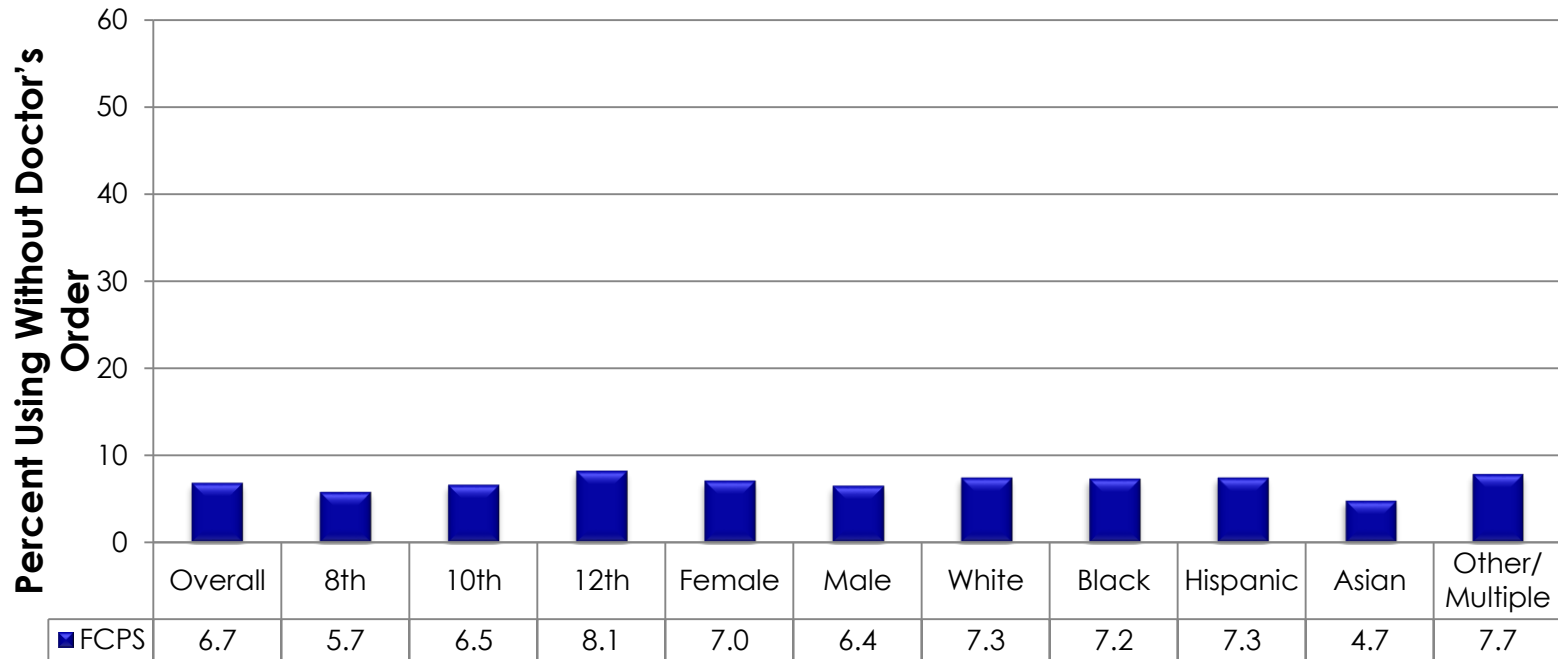


Percent Who Used Inhalants in Past 30 Days

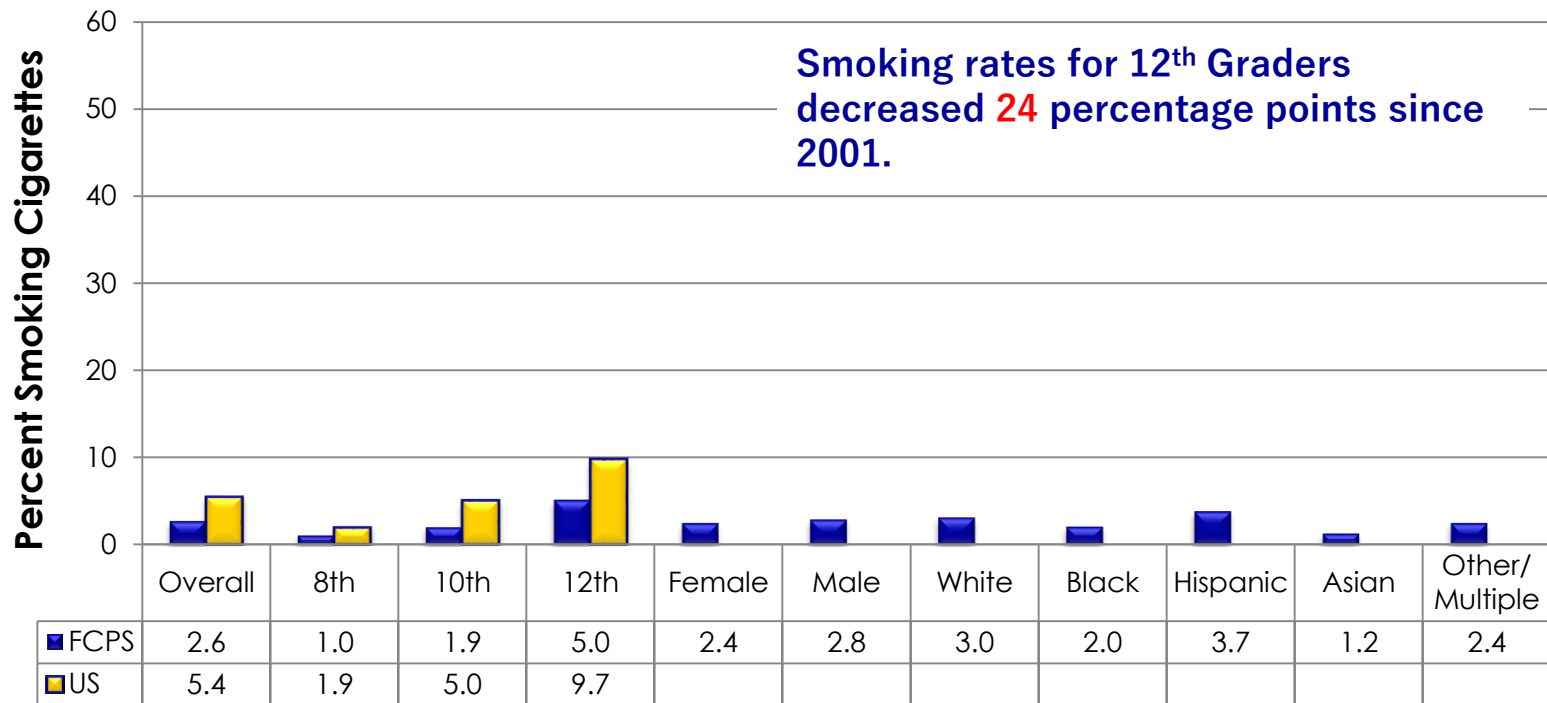


Note: 6th Grade Prevalence = 1.8%

Percent Who Used Painkillers or Prescription Medication in Past 30 Days

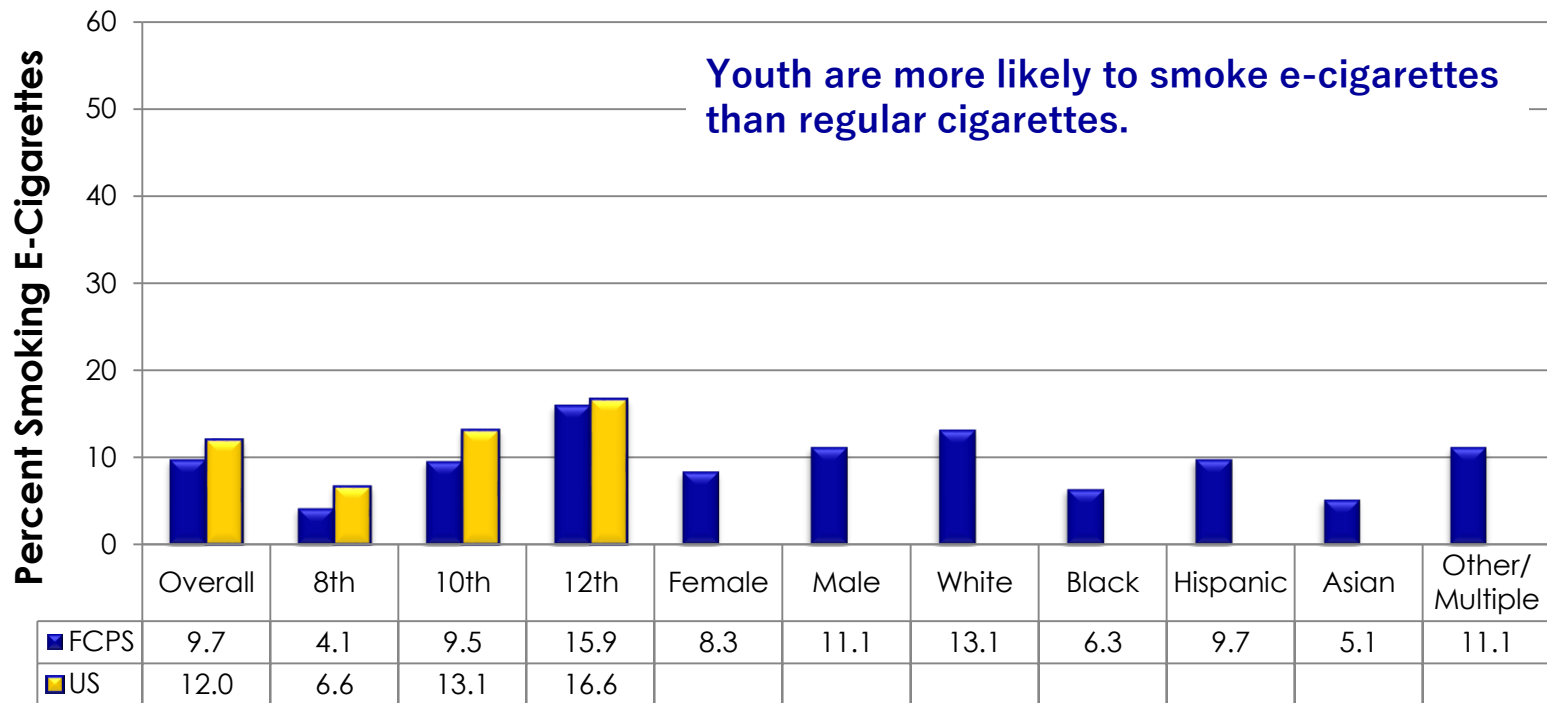


Percent Who Smoked Cigarettes in Past 30 Days

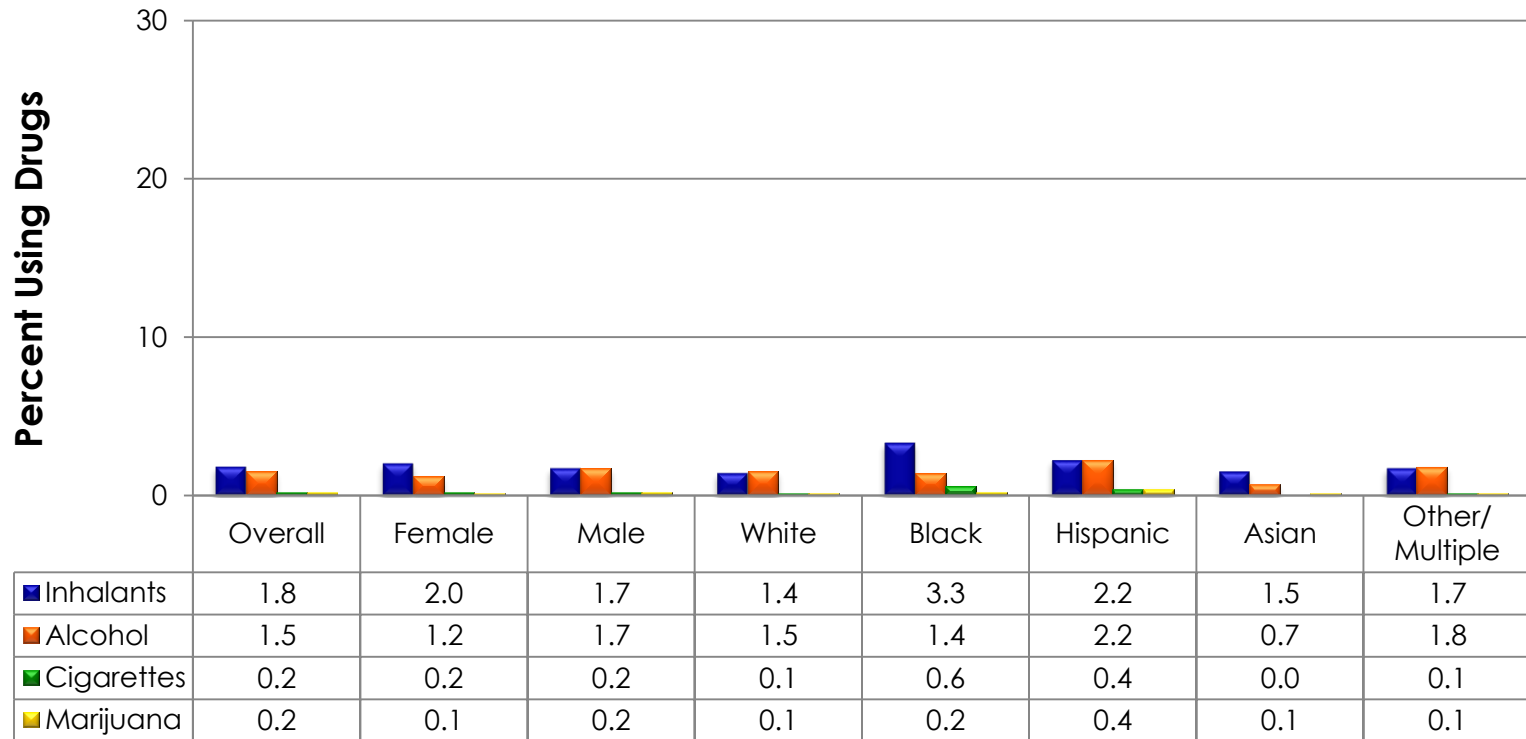


Note: 6th Grade Prevalence = 0.2%

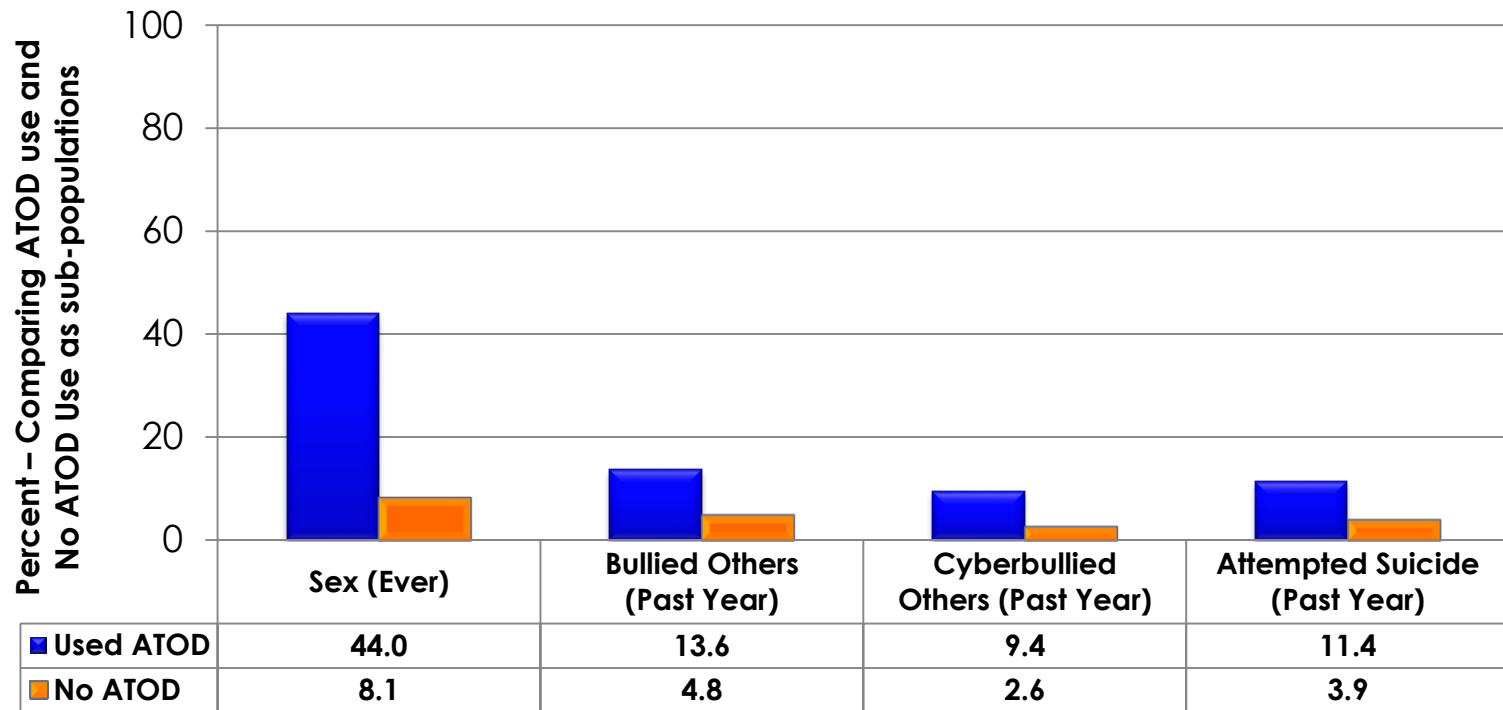
Percent Who Smoked E-Cigarettes in Past 30 Days



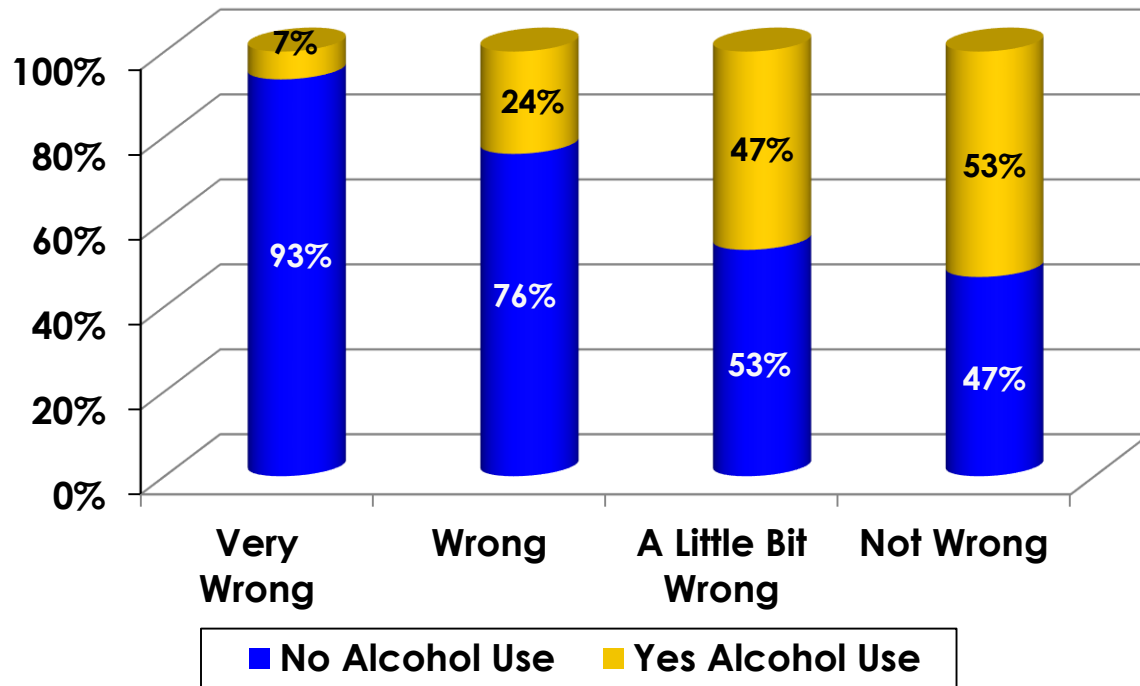
Drug Use for 6th-Graders Past 30 Days



Alcohol, Tobacco and Other Drug (ATOD) Use (Past 30 Days) Related Factors



Parental Perception and Alcohol Use Behavior

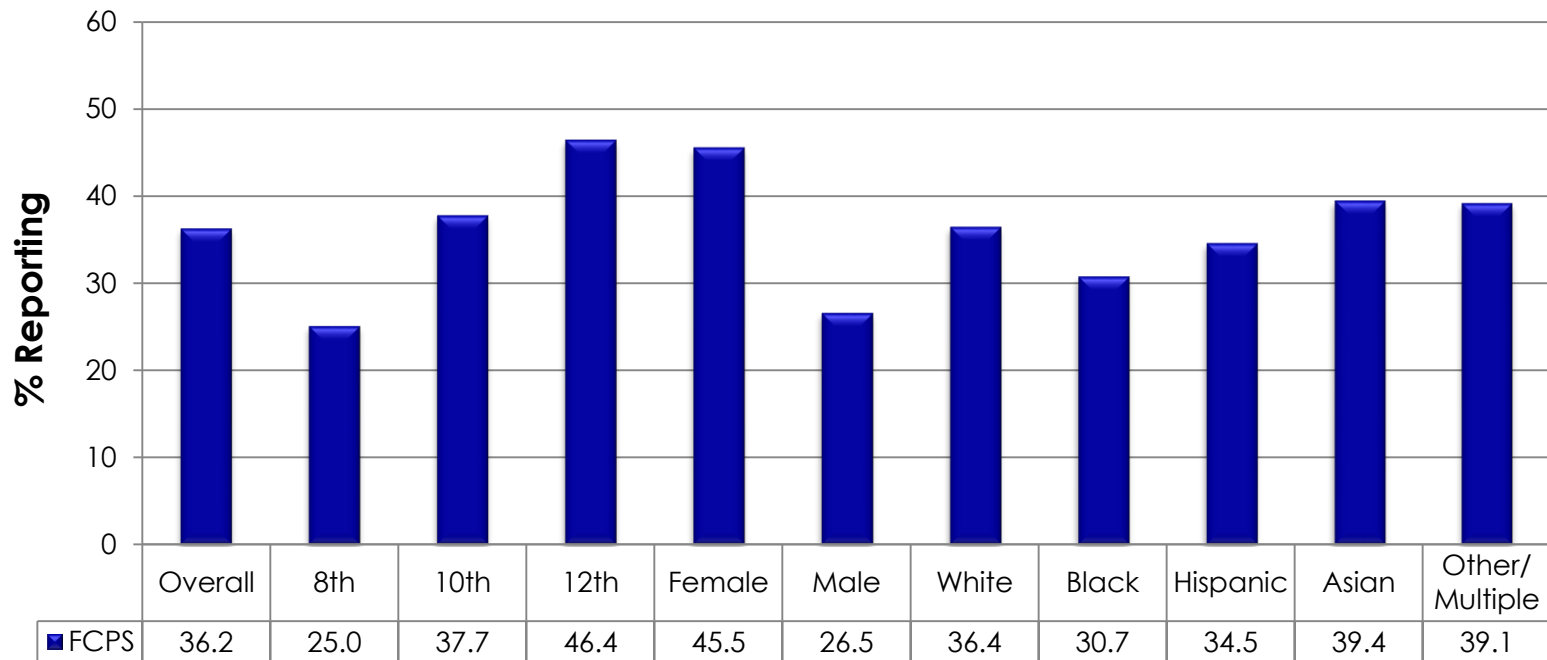


Percentages may not sum to 100% due to rounding

Stress, Depression, Suicide and Unhealthy Weight Loss Behavior

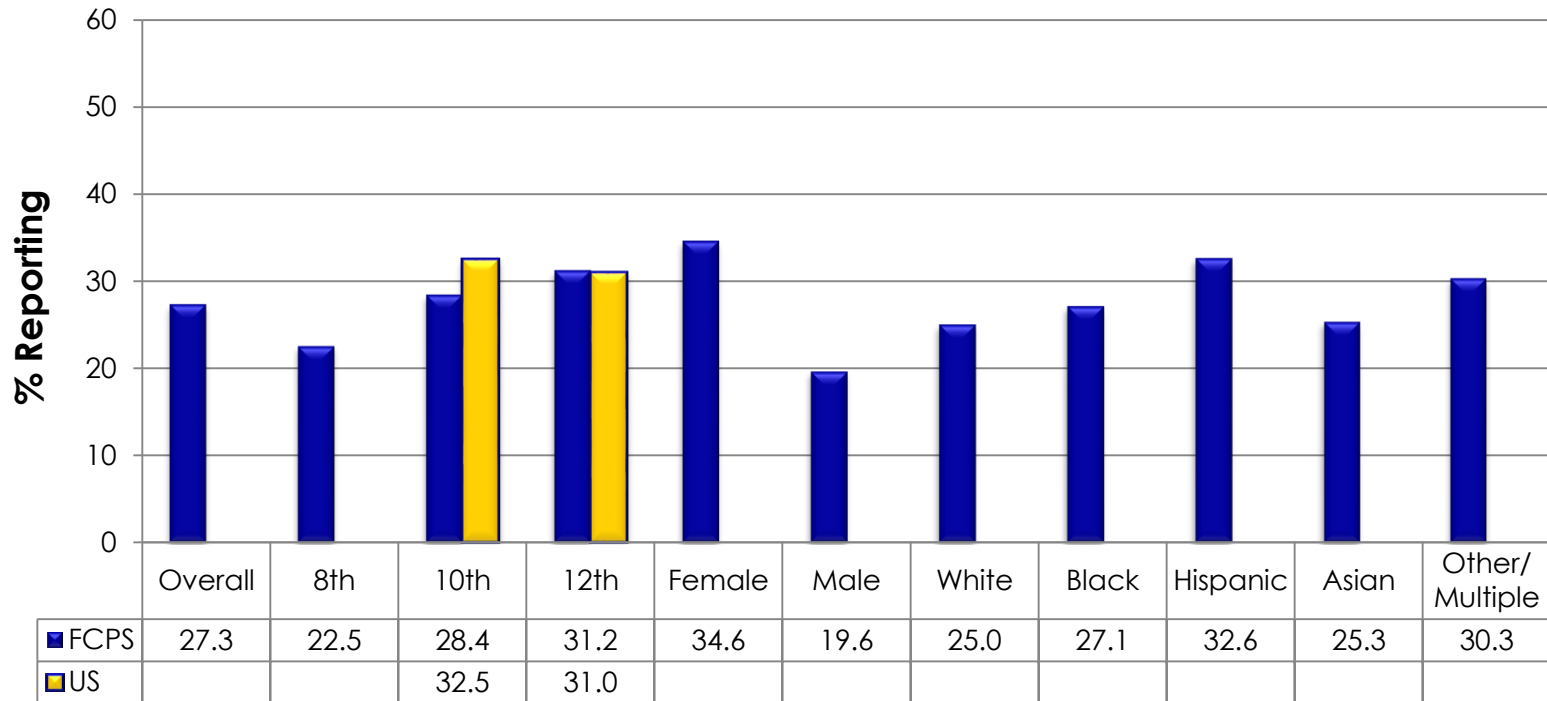


Percent Who Reported High Level of Stress in Past Month



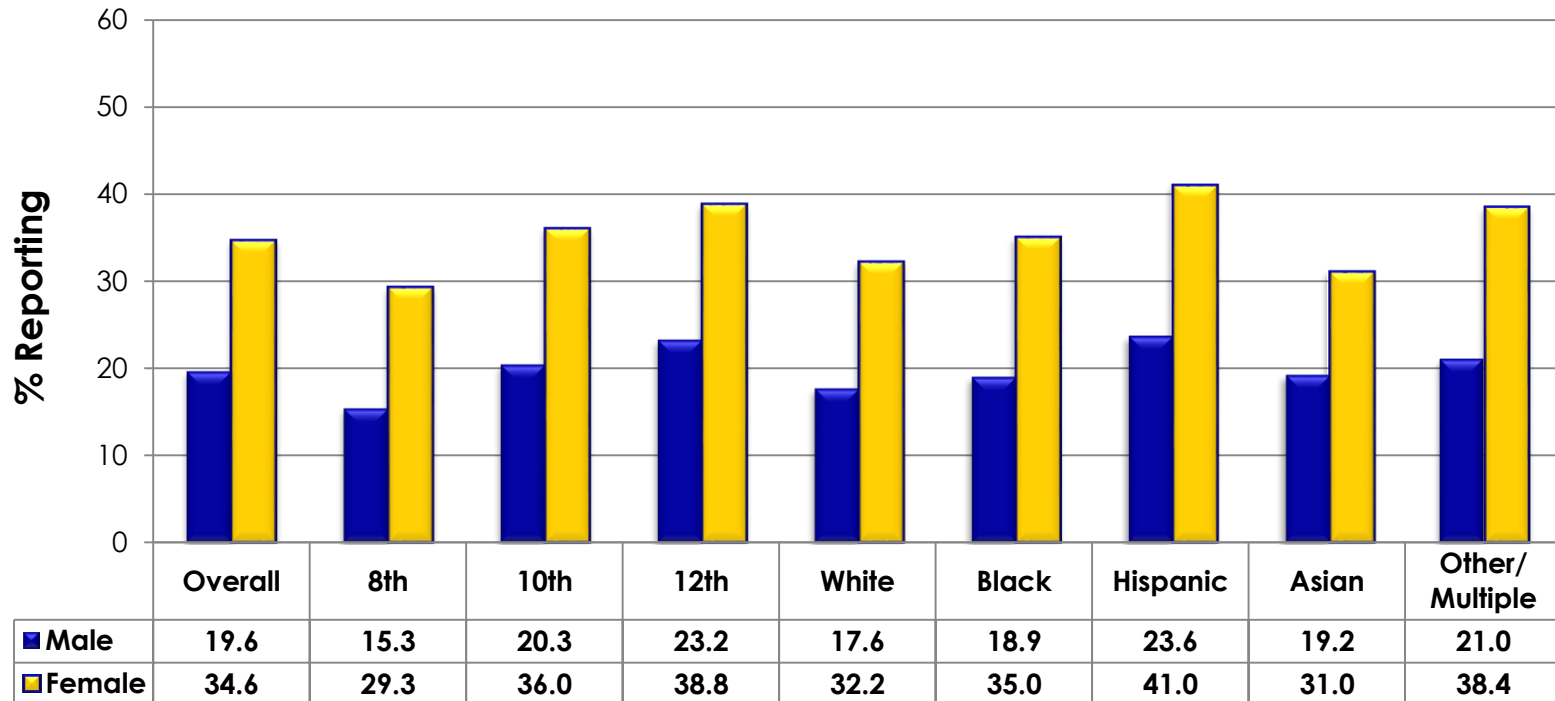
Note: 6th Grade Prevalence = 14.2%

Percent Who Reported Depressive Symptoms in Past Year

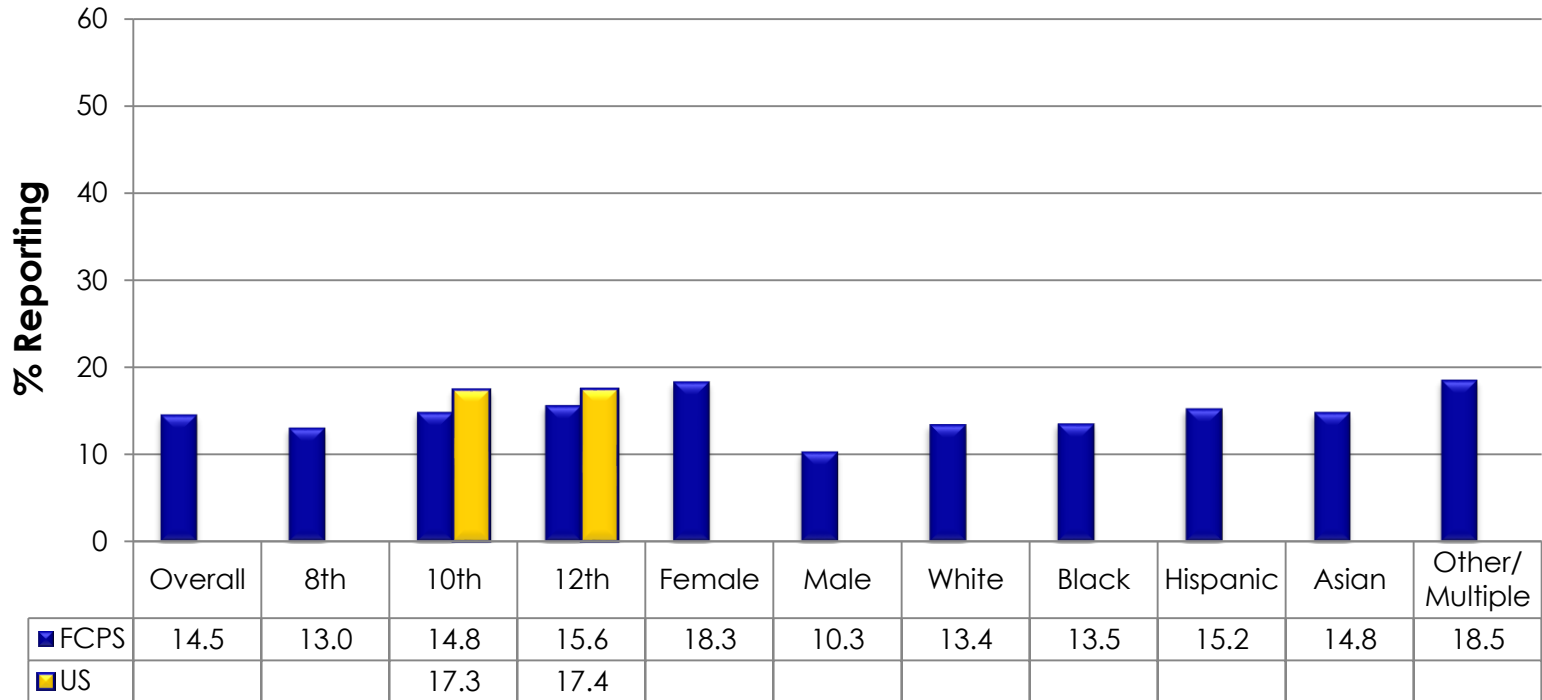


Note: 6th Grade Prevalence = 22.3%

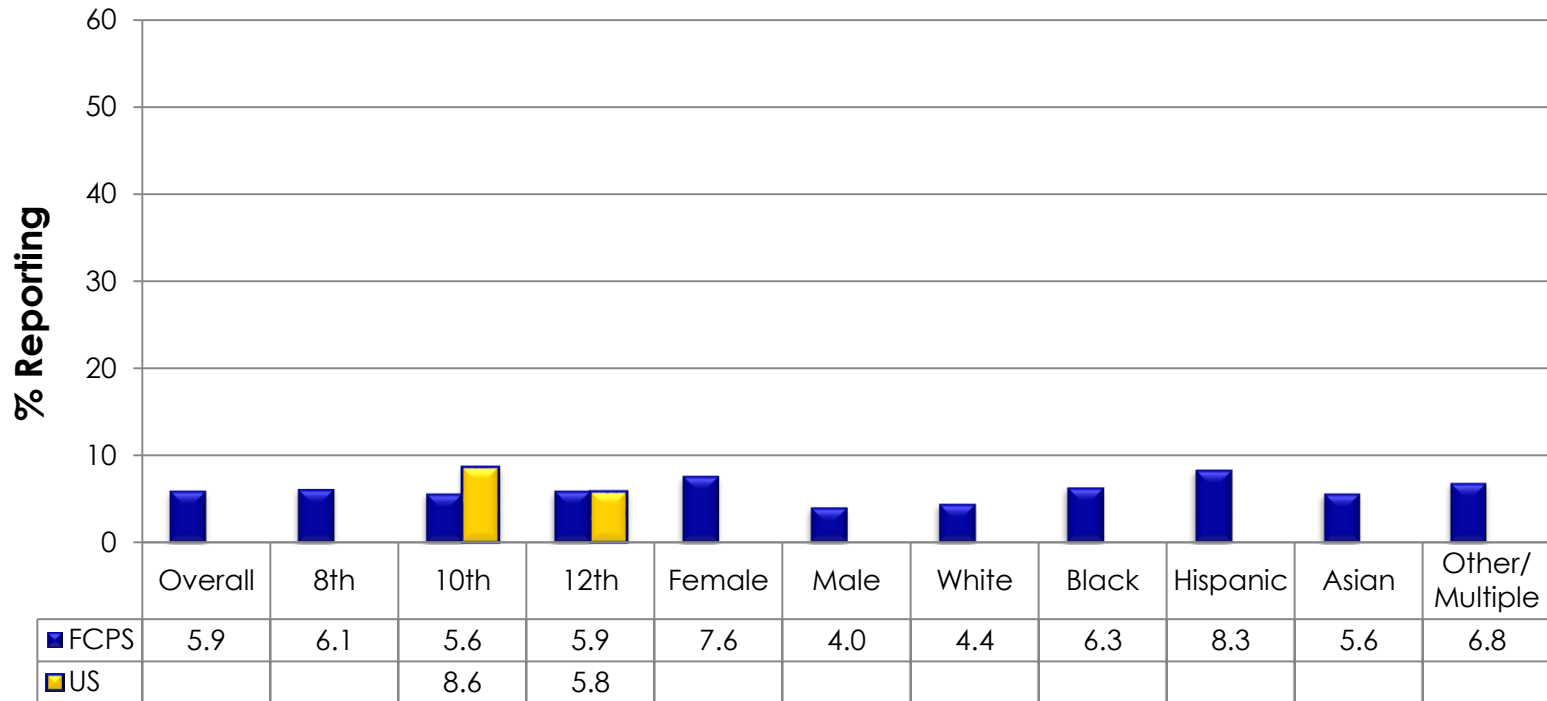
A Closer Look at Depressive Symptoms



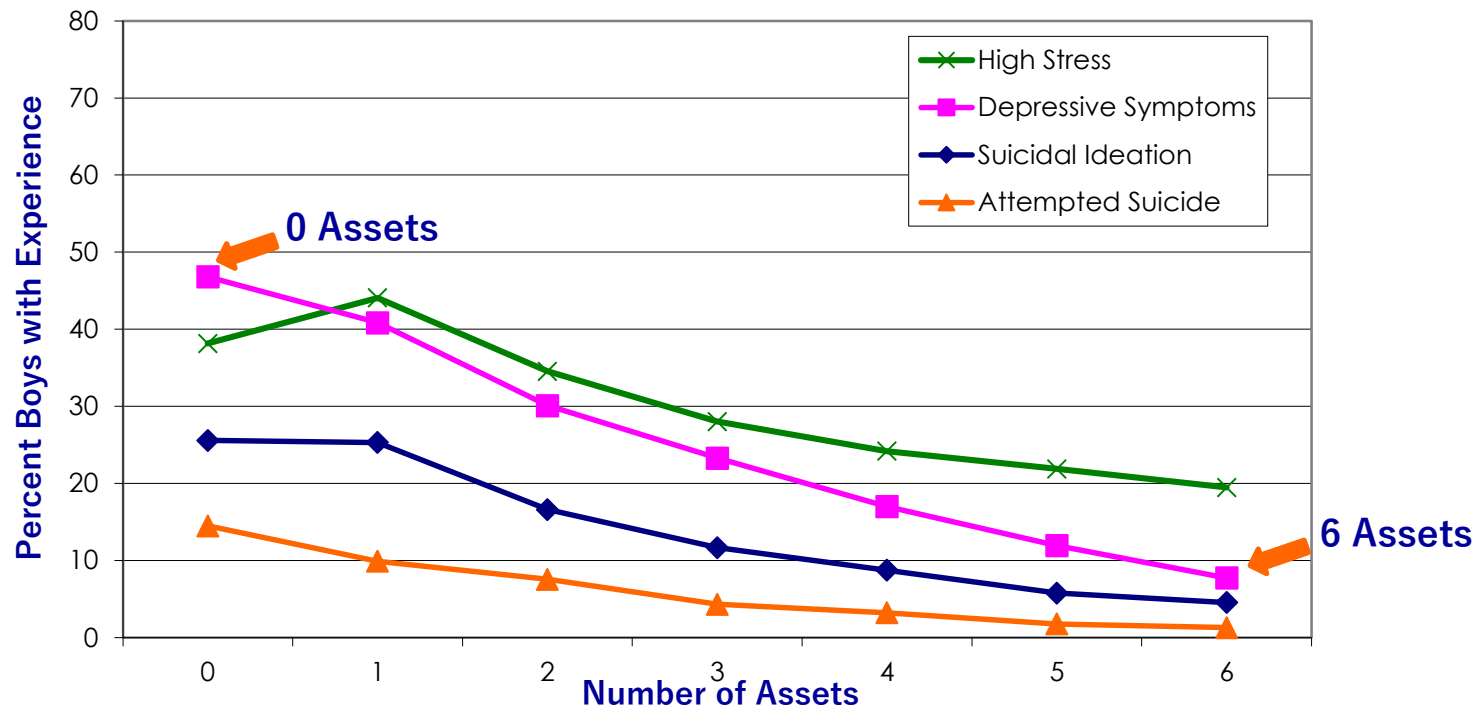
Percent Who Considered Suicide in Past Year



Percent Who Attempted Suicide in Past Year



Assets and Experiences Related to Mental Health



Having High Personal Integrity
 Performing Community Service
 Having Teachers Recognize Good Work

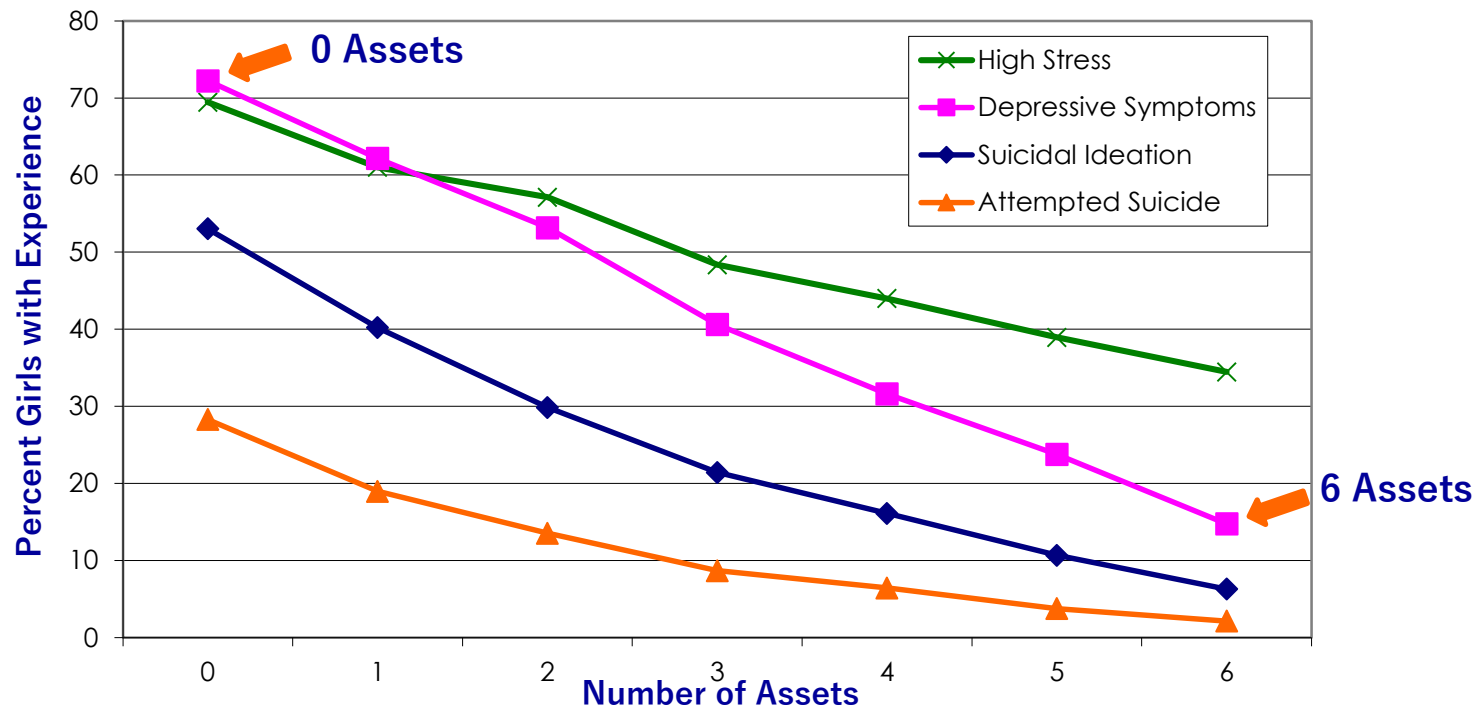
Having Community Adults to Talk to
 Participating in Extracurricular Activities
 Having Parents Available for Help



Fairfax County 2017 Youth Survey



Assets and Experiences Related to Mental Health



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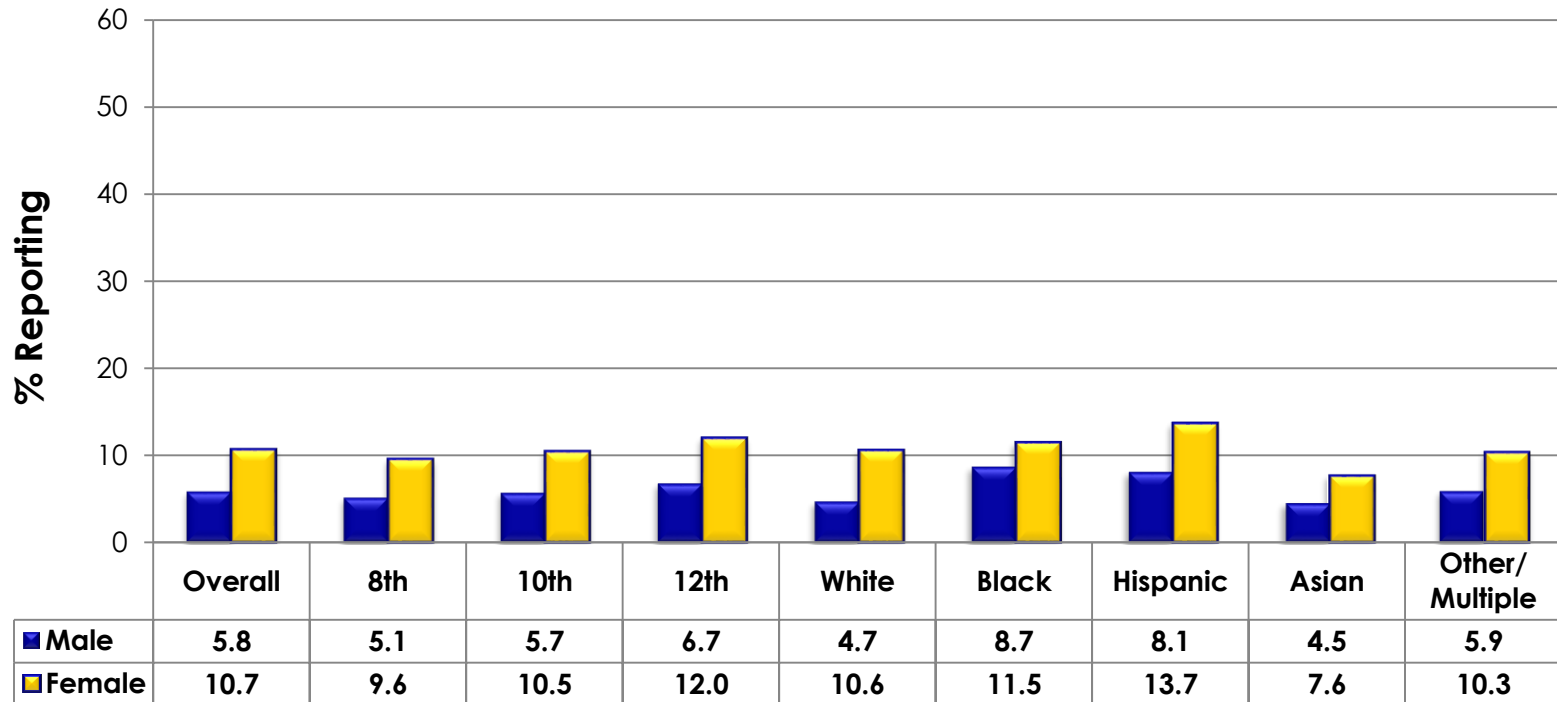
Having Community Adults to Talk to
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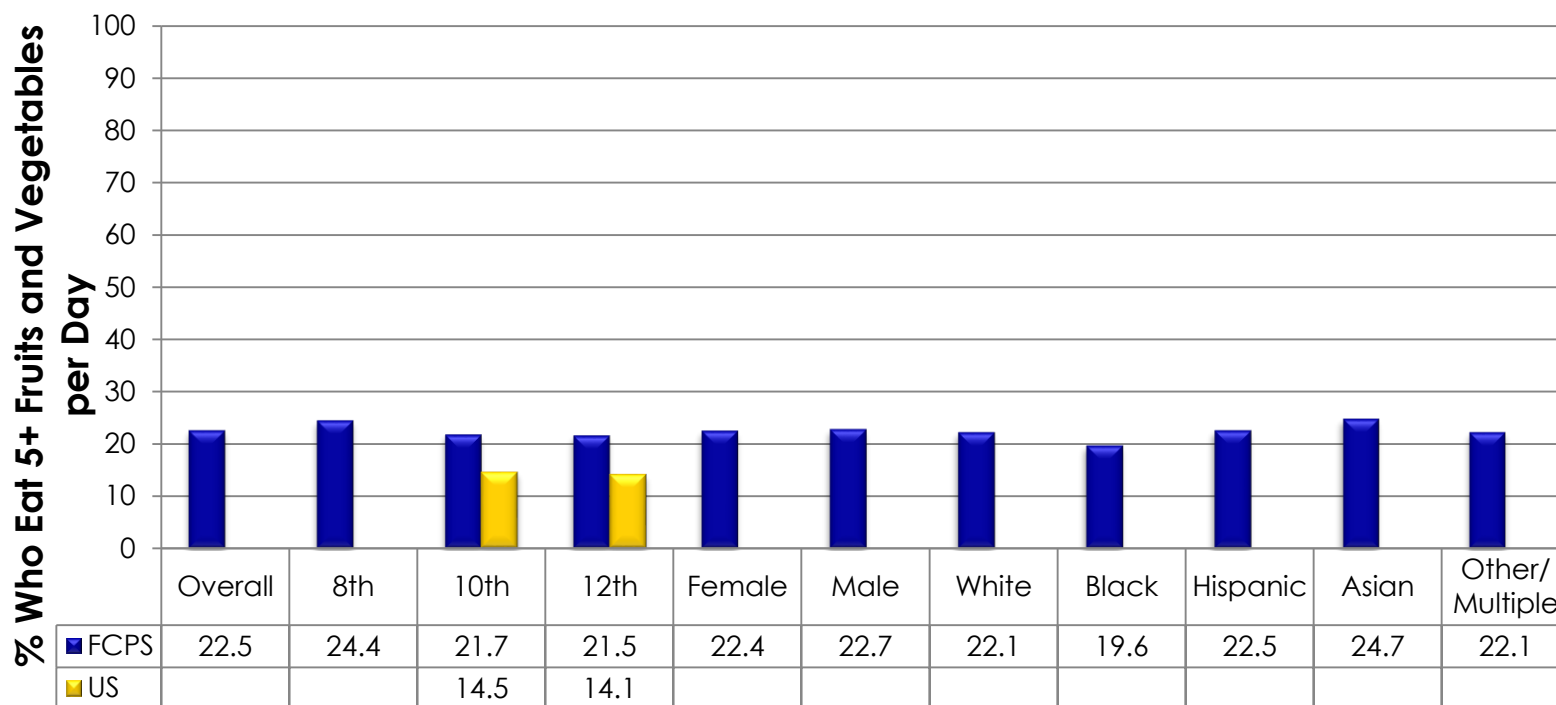
A Closer Look at Unhealthy Weight Loss Behavior



Nutrition and Physical Activity

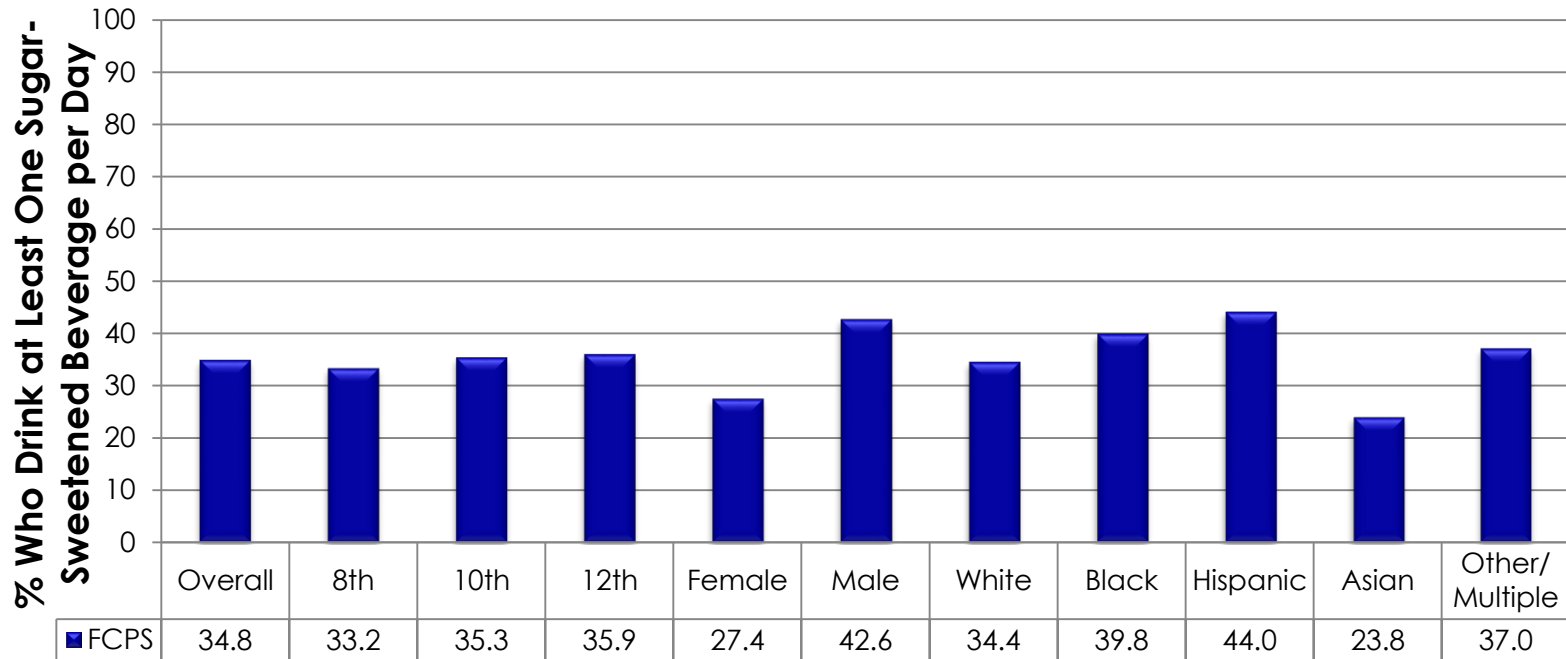


Percent Meeting Nutrition Requirements



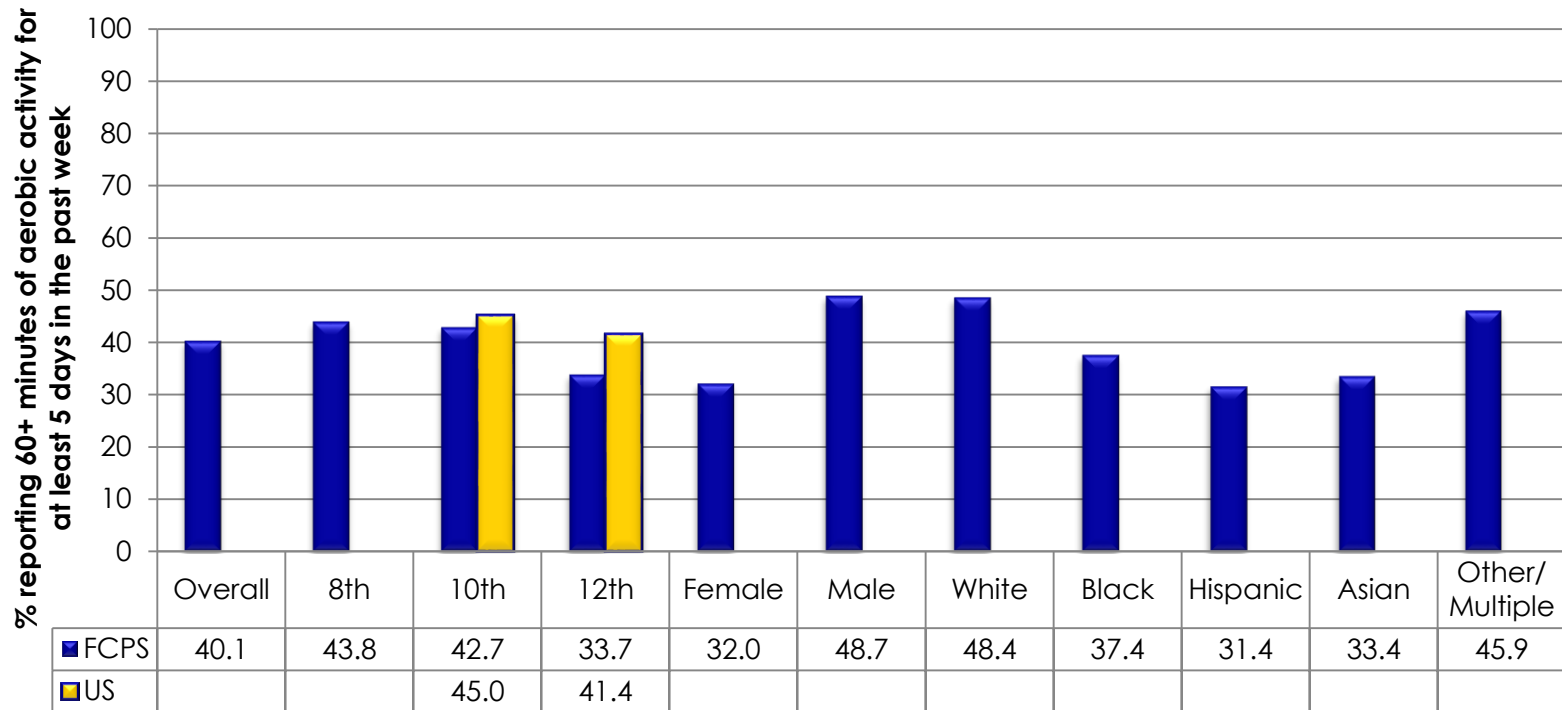
Note: 6th Grade Prevalence = 29.7%

Percent Drinking Sugar-Sweetened Beverages Daily



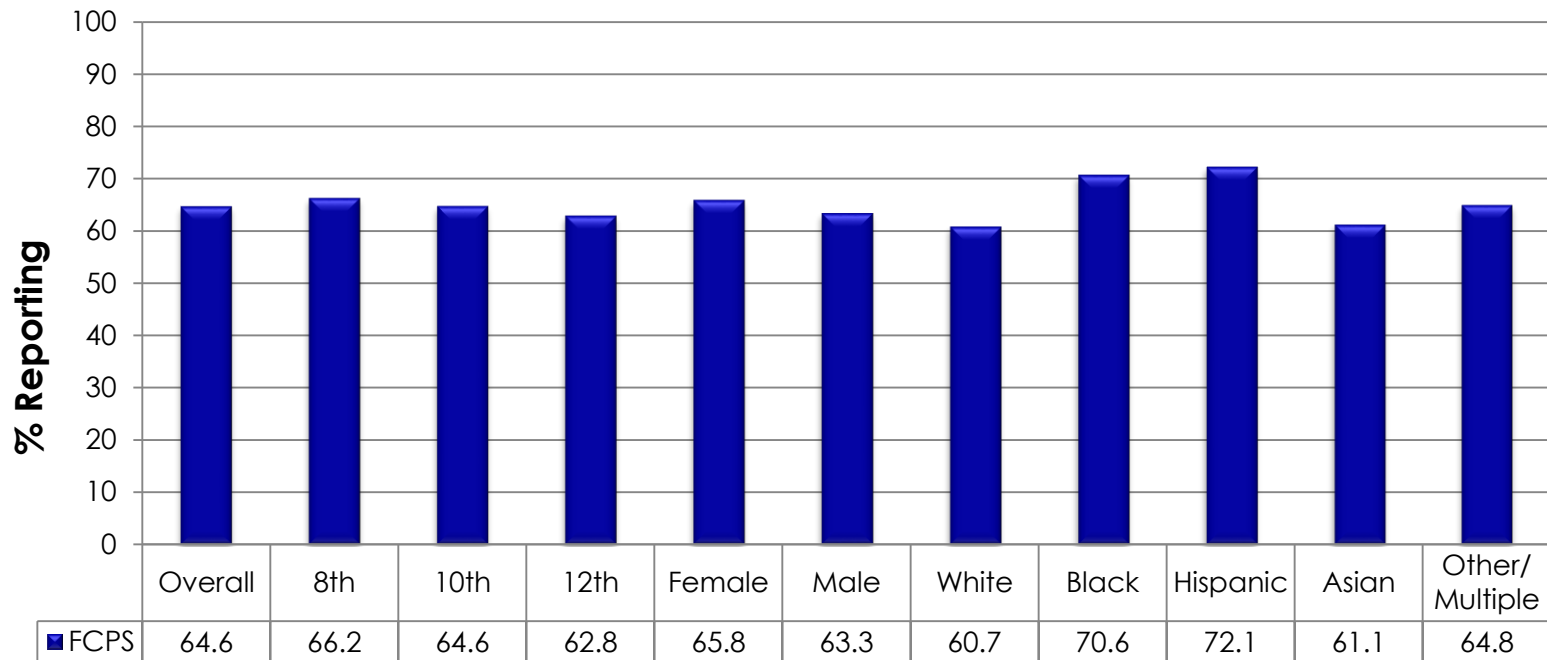
Note: 6th Grade Prevalence = 31.2%

Percent Meeting Recommendations for Physical Activity



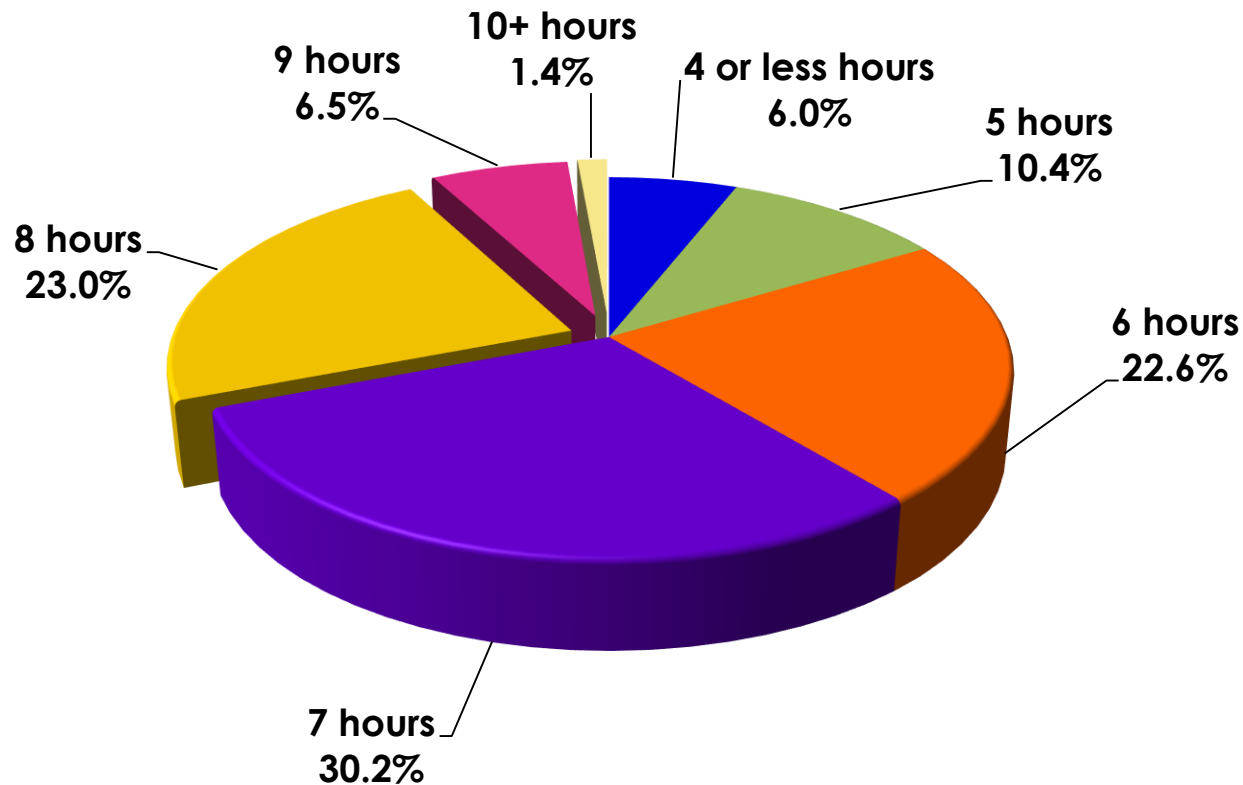
Note: 6th Grade Prevalence = 48.5%

Percent Viewing 3+ Hours of Screentime per Day



Note: 6th Grade Prevalence = 48.3%

Number of Sleep Hours on an Average School Night



8+ Hours:

8th Grade:
48.8%

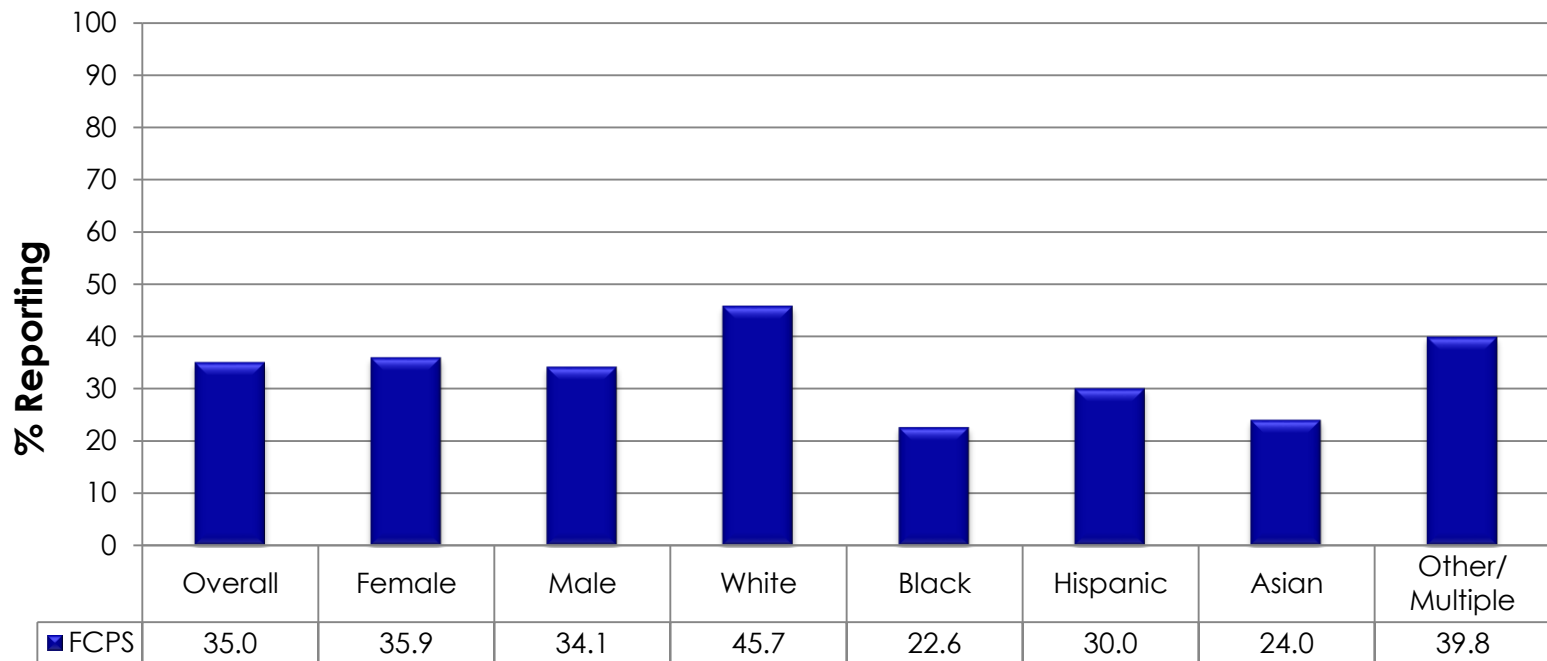
10th Grade:
26.4%

12th Grade:
17.4%

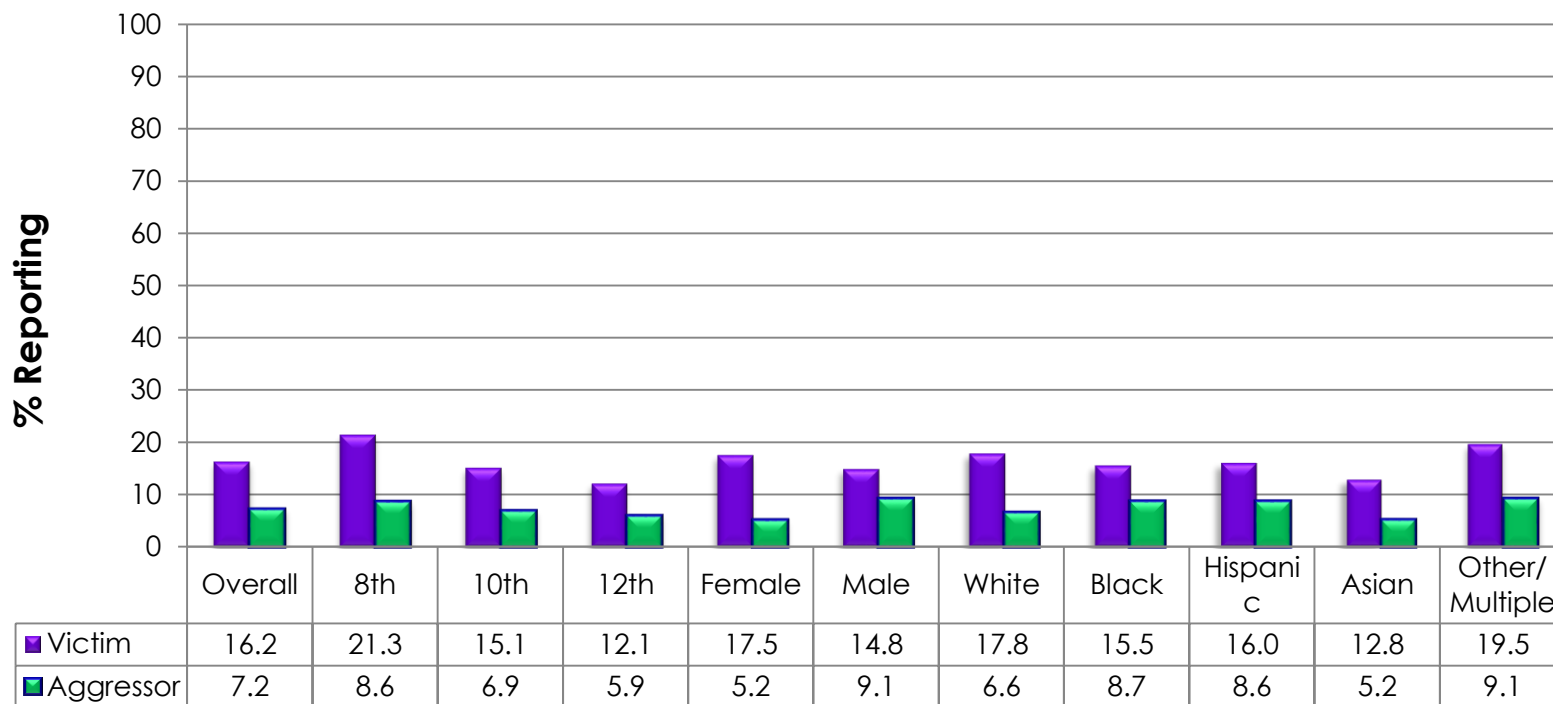
Safety, Aggression, and Victimization



Percentage 12th-Graders who Texted While Driving in Past Month

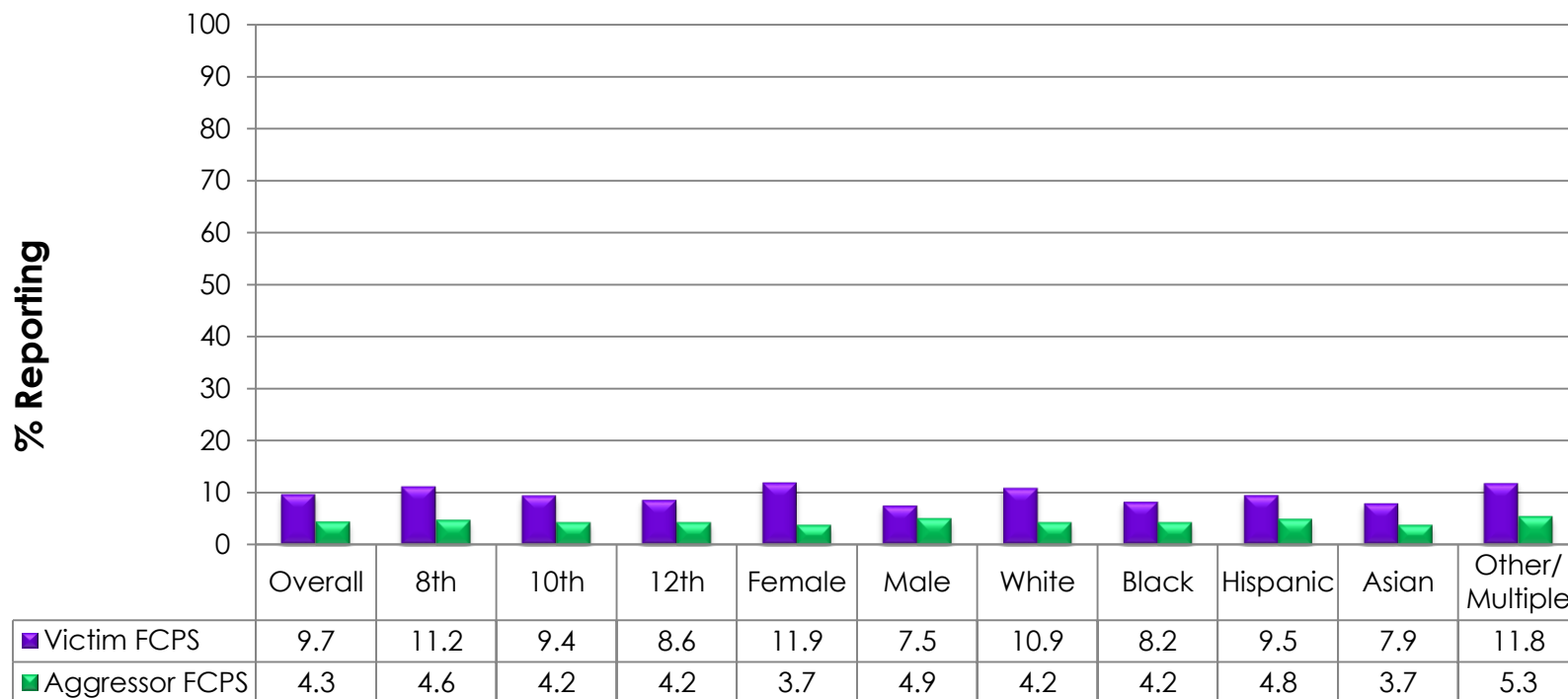


Percentage Who Experience Bullying



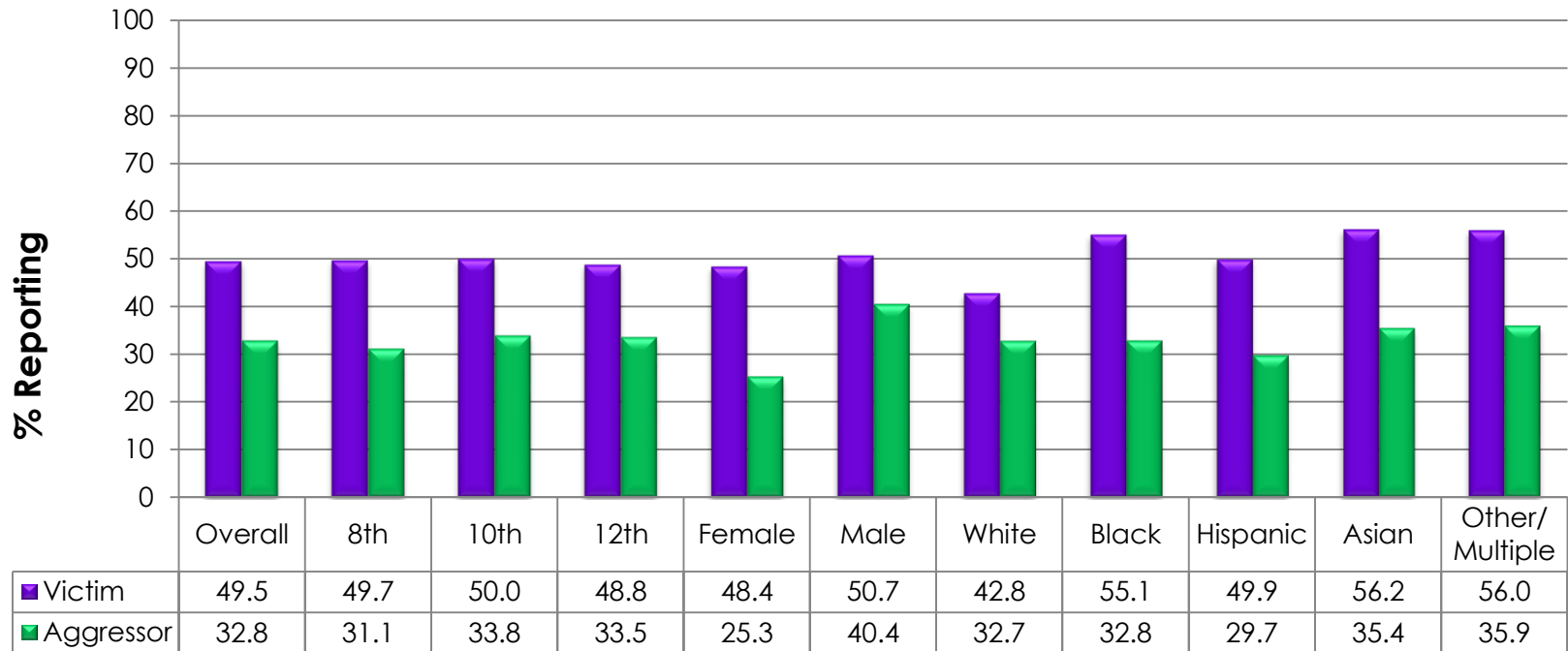
Note: 6th Grade Prevalence for Victim = 31.2%; Aggressor = 7.1%

Percentage Who Experience Cyberbullying Between Schoolmates



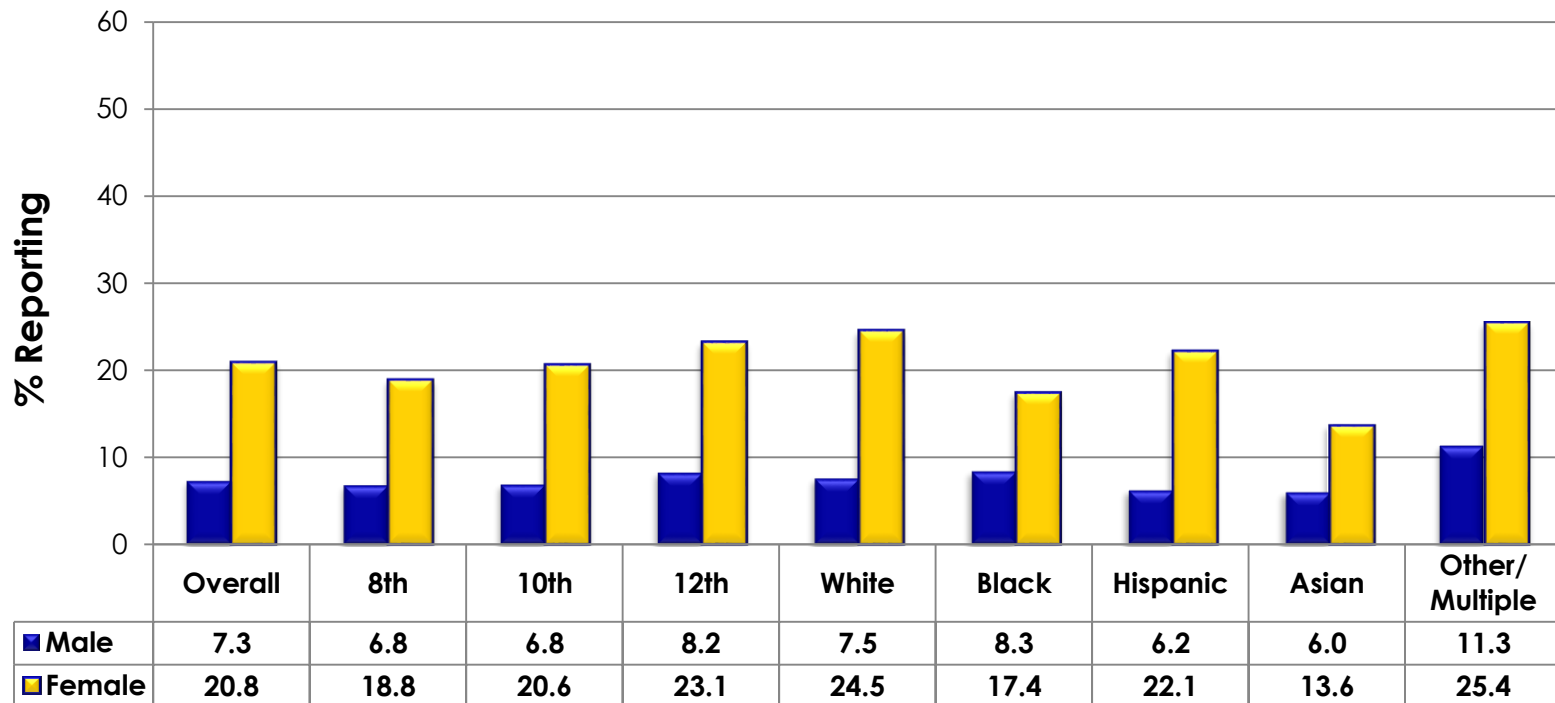
Note: 6th Grade Prevalence for Victim = 10.3%; Aggressor = 3.7%

Percentage Who Experience Racial/Cultural Harassment

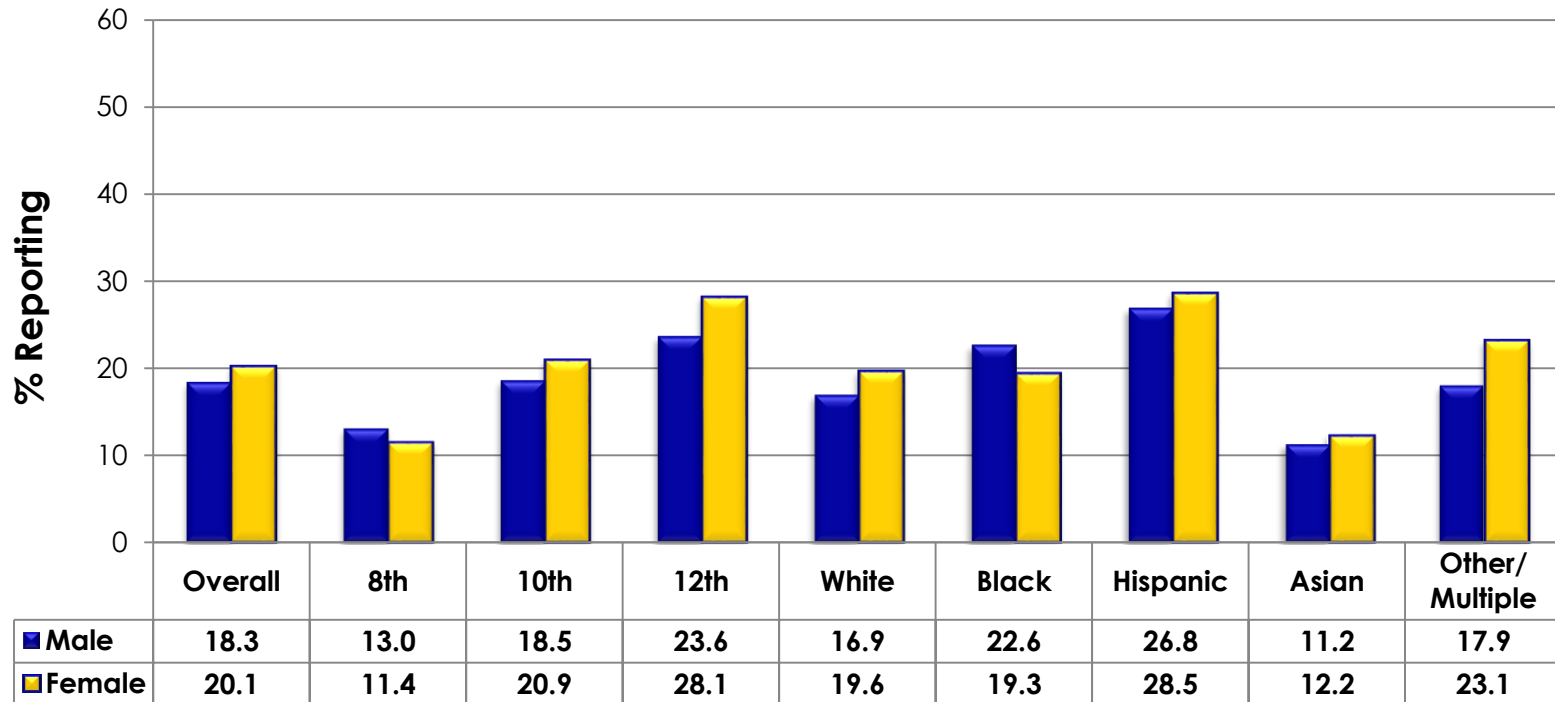


Note: 6th Grade Prevalence for Victim = 38.4%; Aggressor = 16.9%

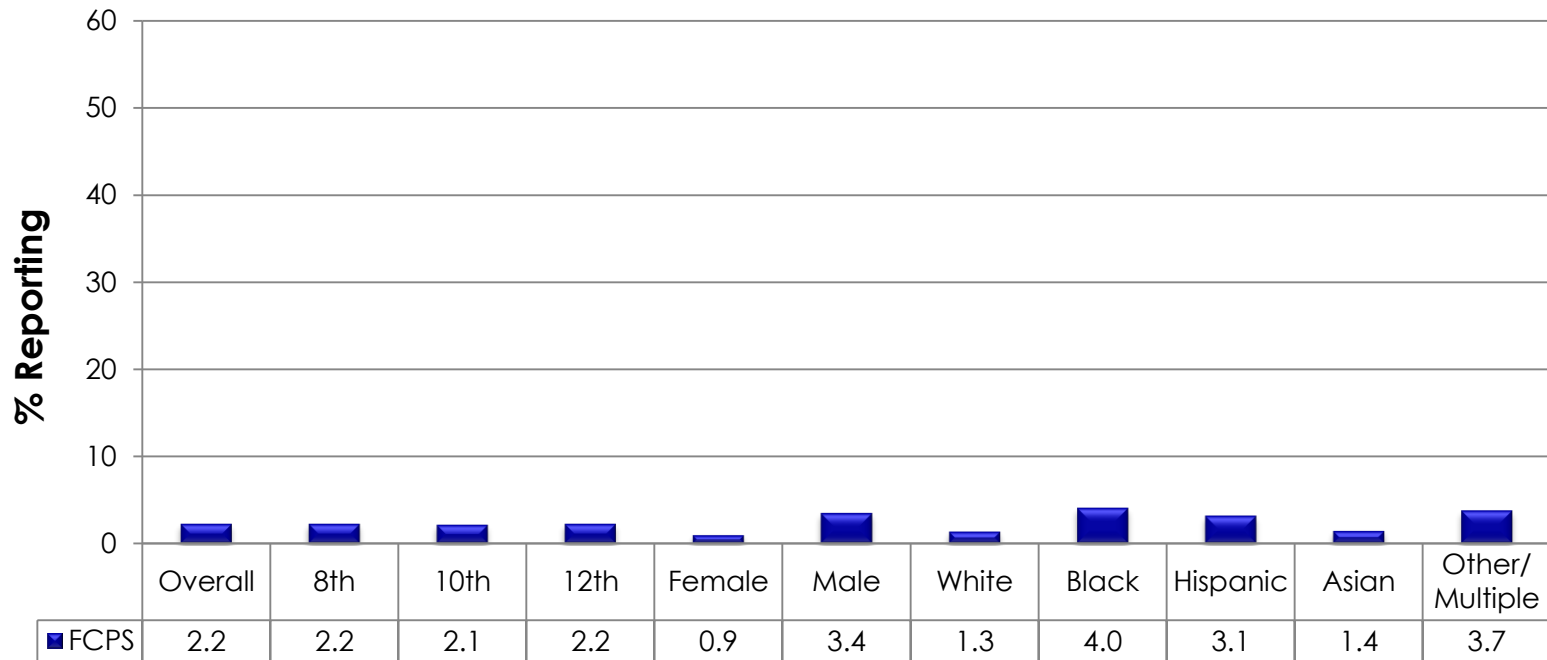
Percentage Who Experience Sexual Harassment



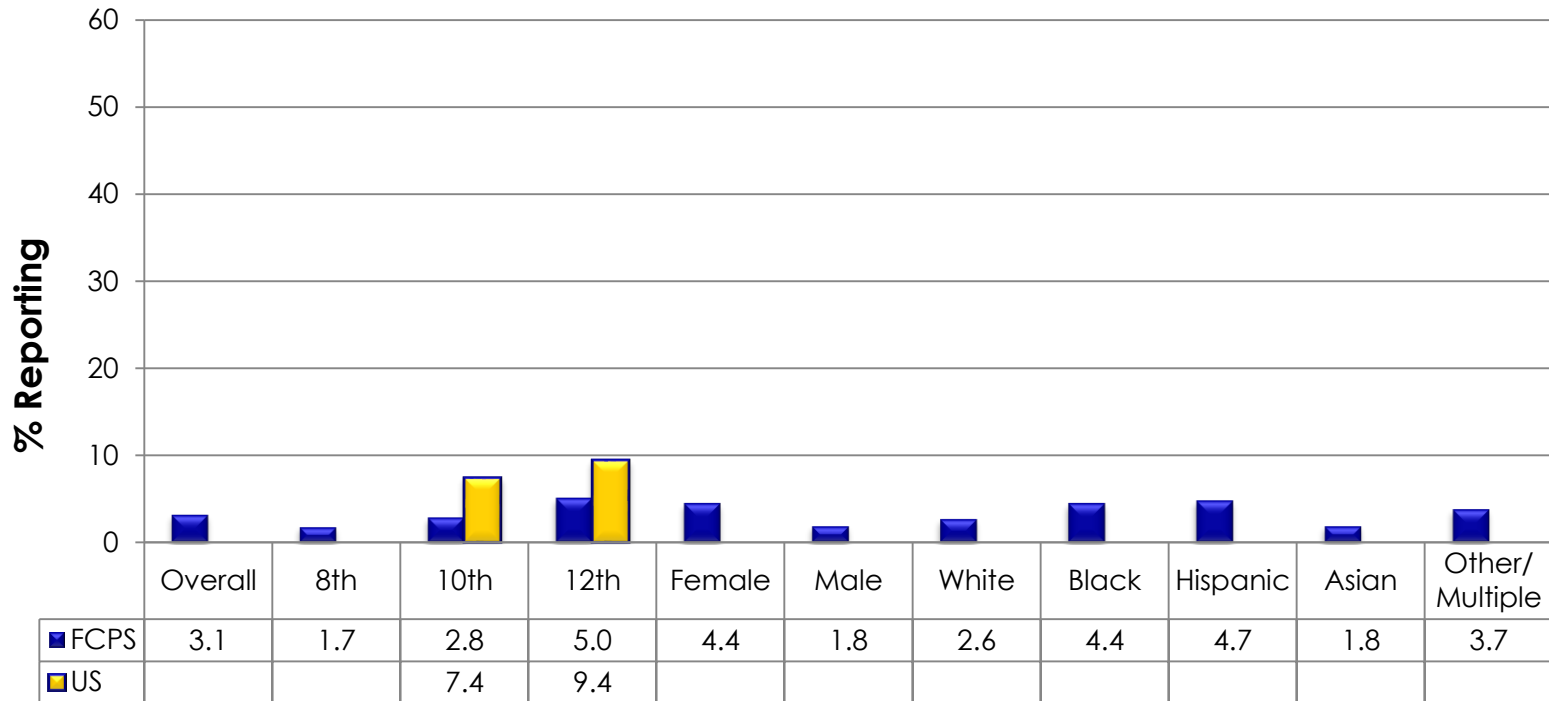
Percentage Who Experience Teen Dating Abuse/Violence



Percent Who Have Ever Been in a Gang



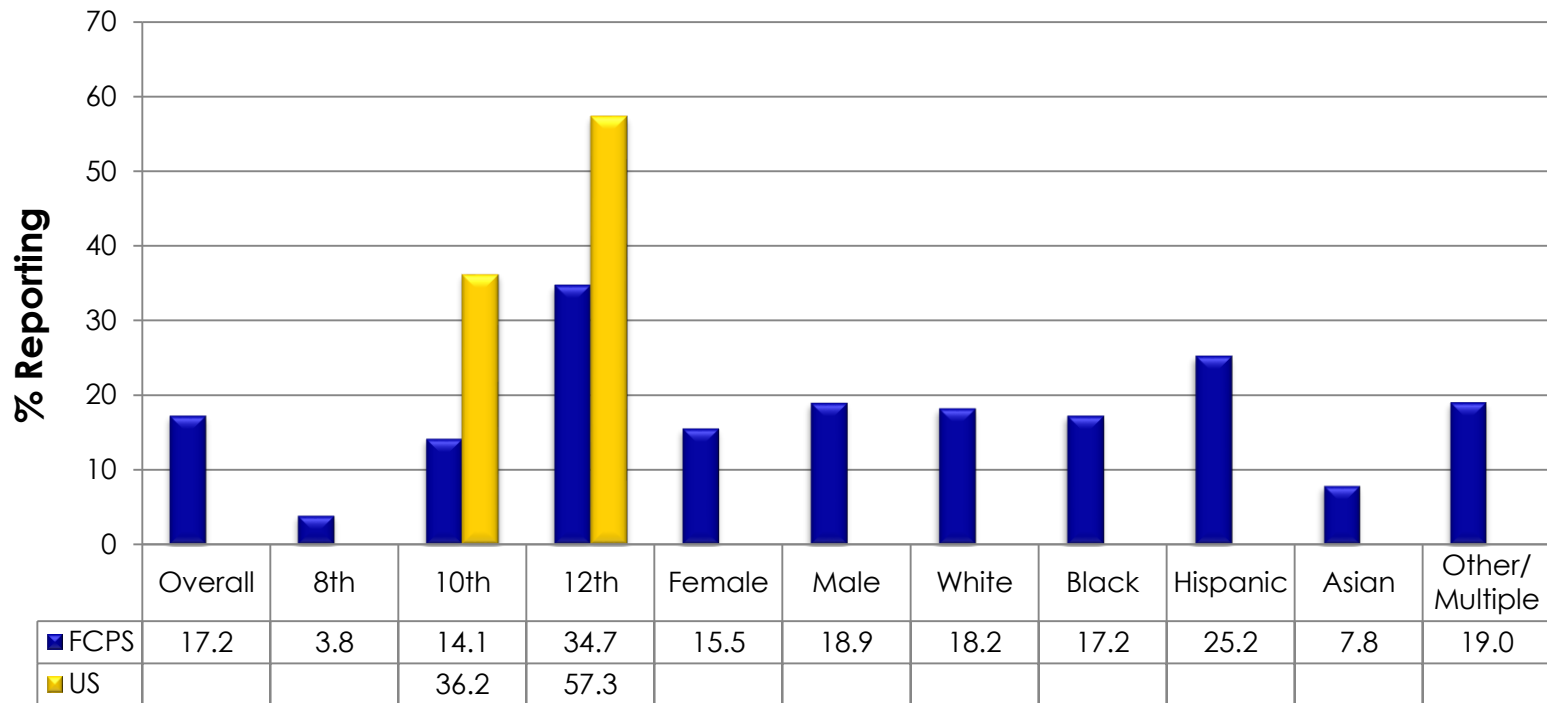
Percent Who Have Ever Been Physically Forced to Have Sex



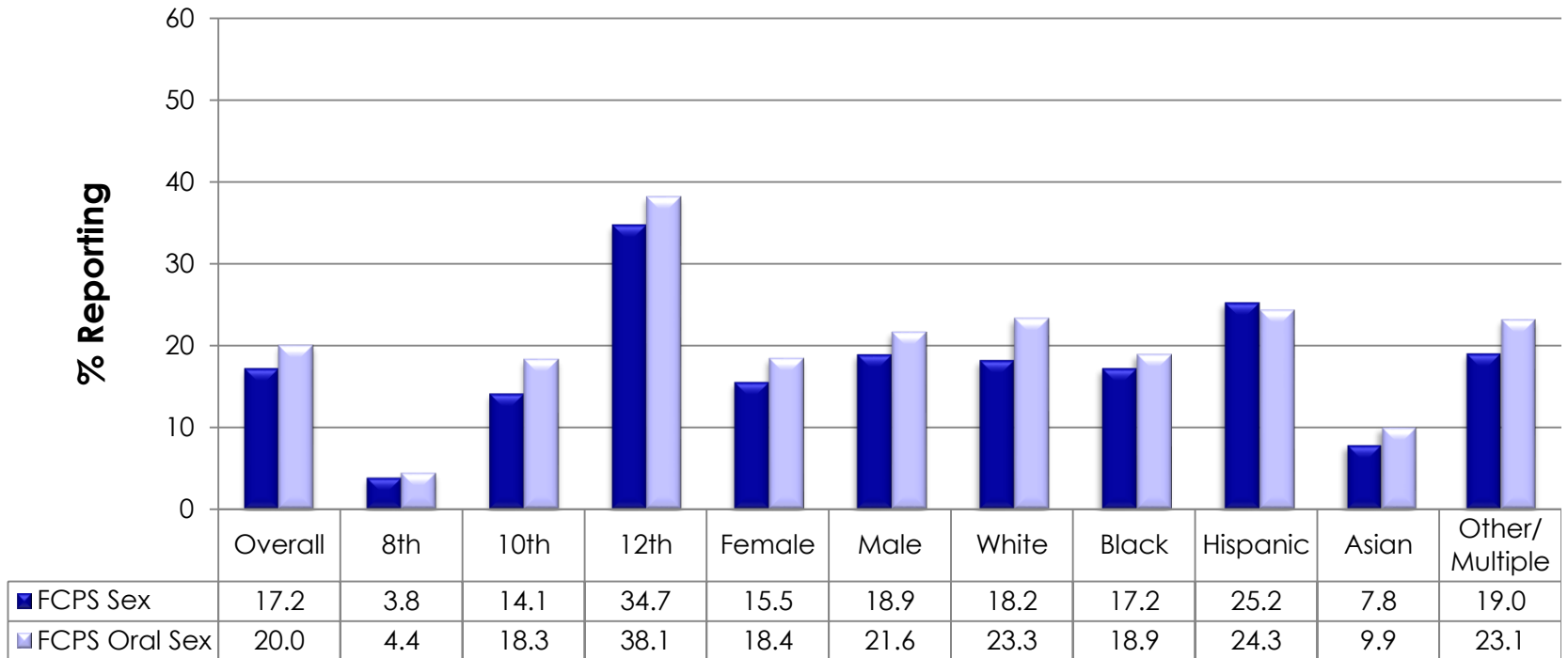


Sexual Health

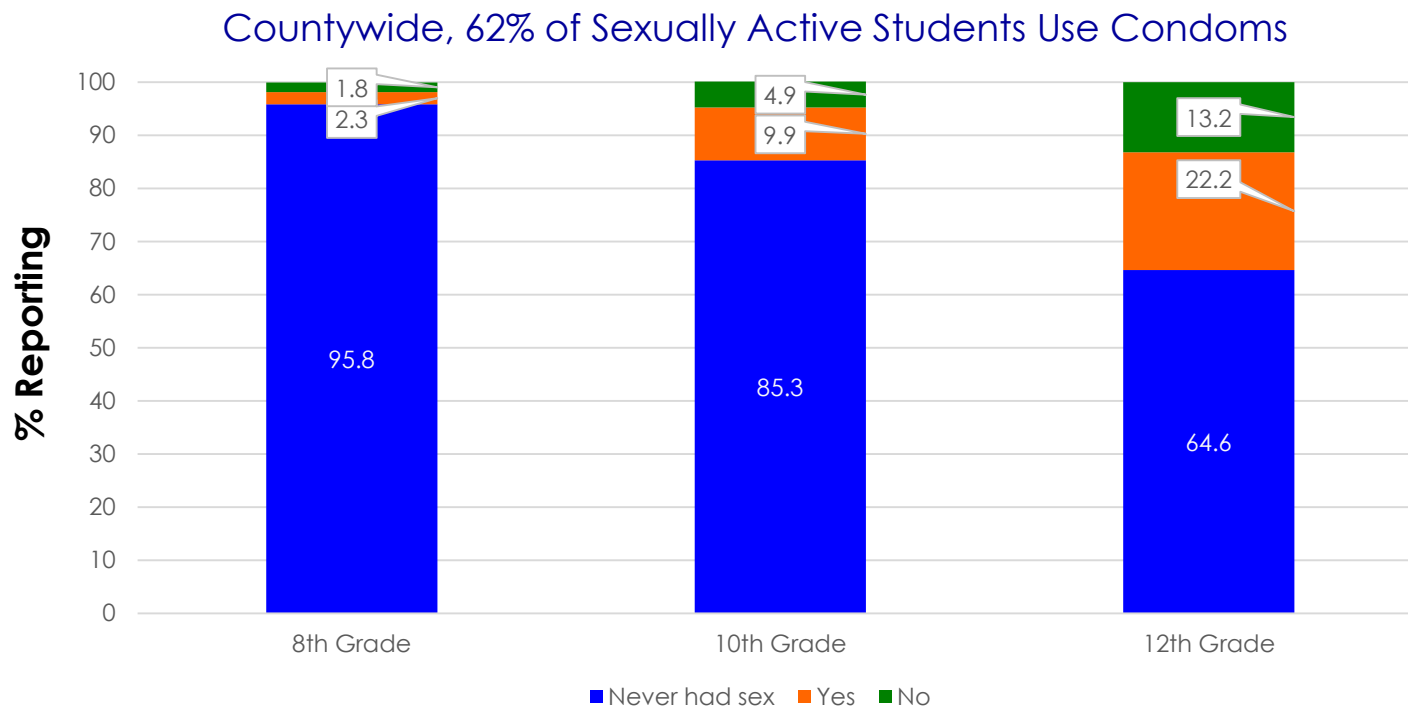
Percent Who Have Ever Had Sexual Intercourse



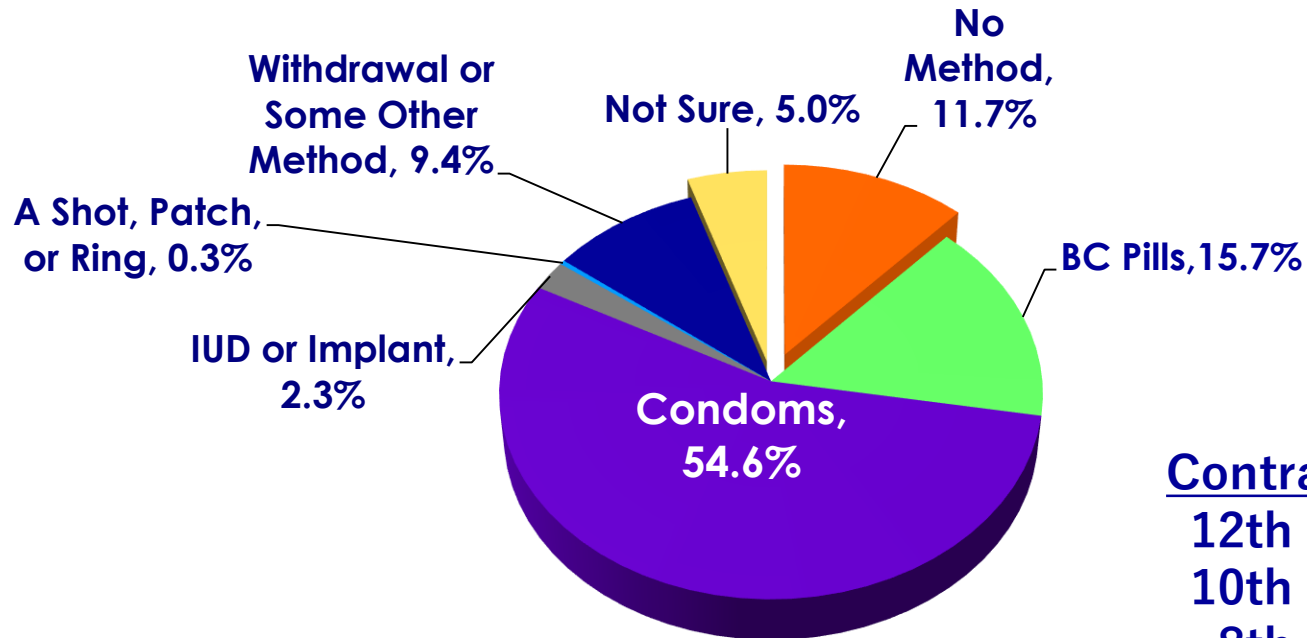
Percent Who Have Ever Had Oral Sex



Condom Use At Last Intercourse



Contraception Use Among Sexually-Active Students

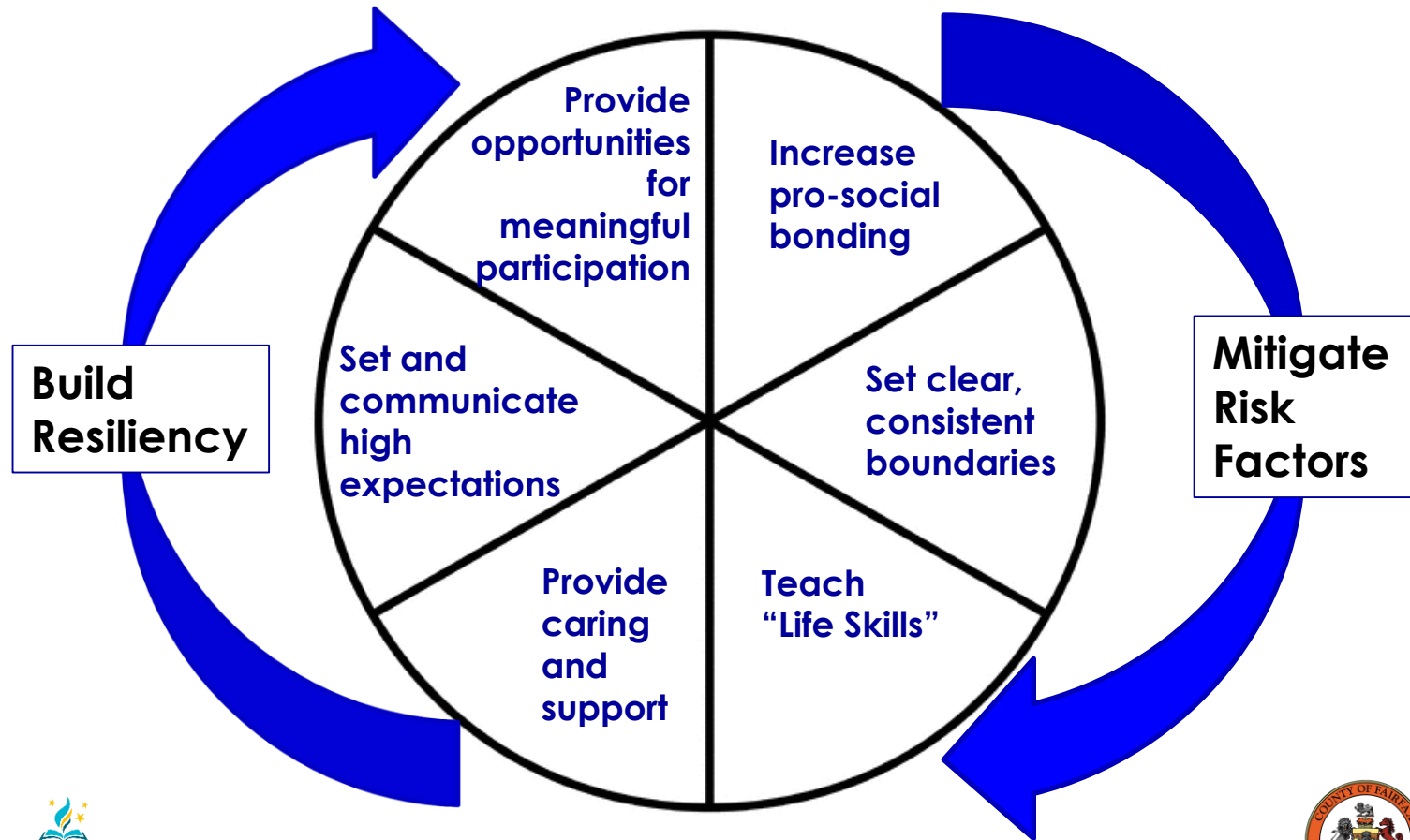


Contraceptive Use
12th Grade 86.2%
10th Grade 80.7%
8th Grade 68.9%



Building Resiliency in Youth Through Assets

The Resiliency Wheel



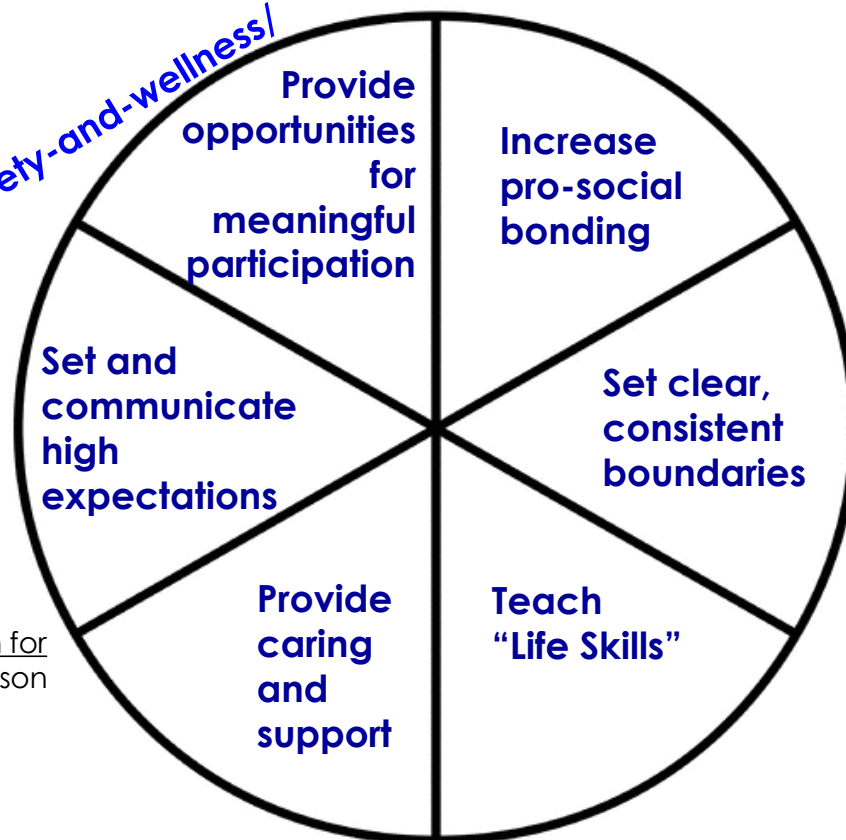
Resiliency Builders

- **Increase pro-social bonding**
- **Set clear consistent boundaries**
- **Teach “life skills”**
- **Provide caring and support**
- **Set and communicate high expectations**
- **Provide opportunities for meaningful participation**

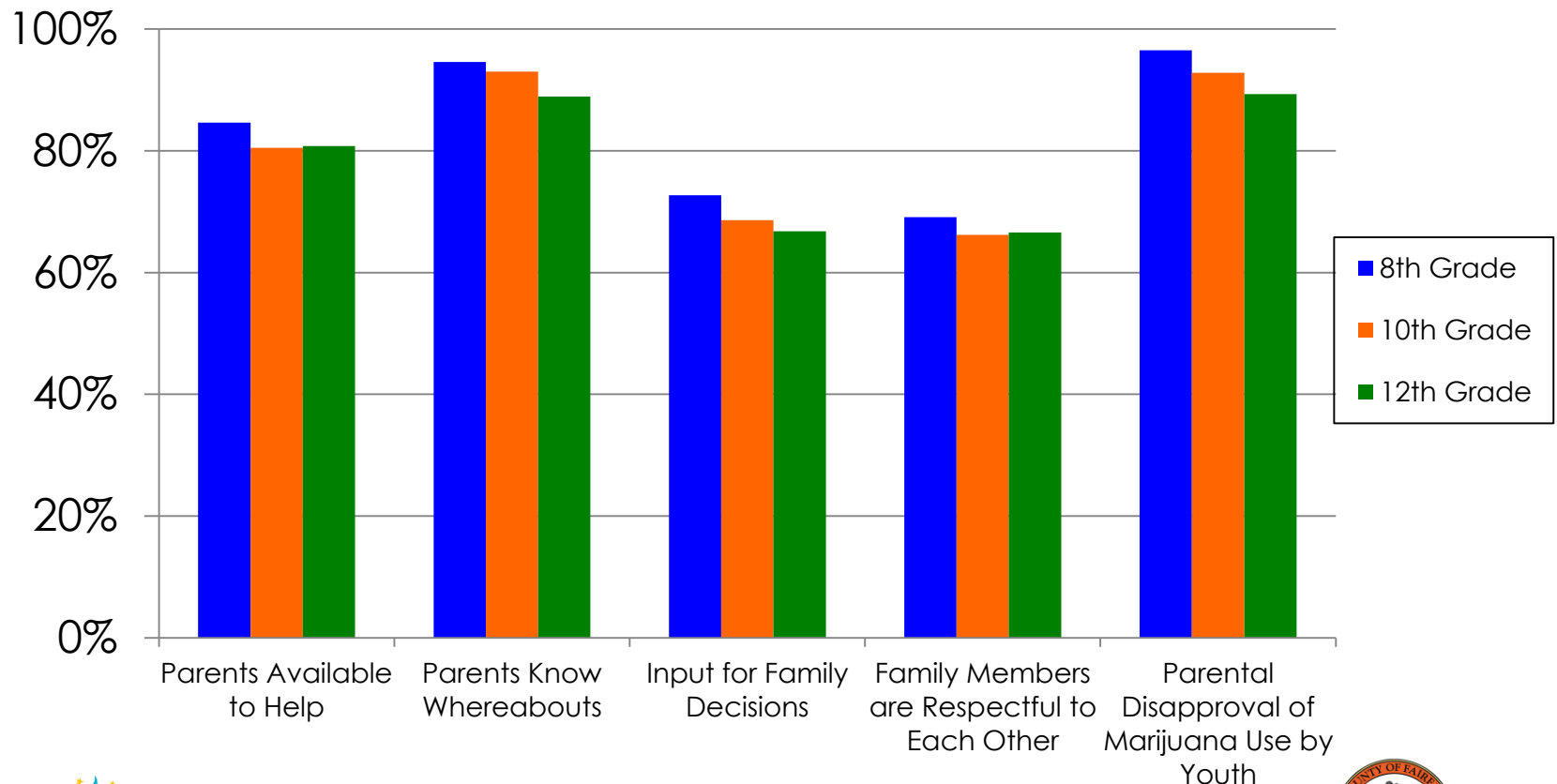
To Learn More about Resiliency Builders

www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency

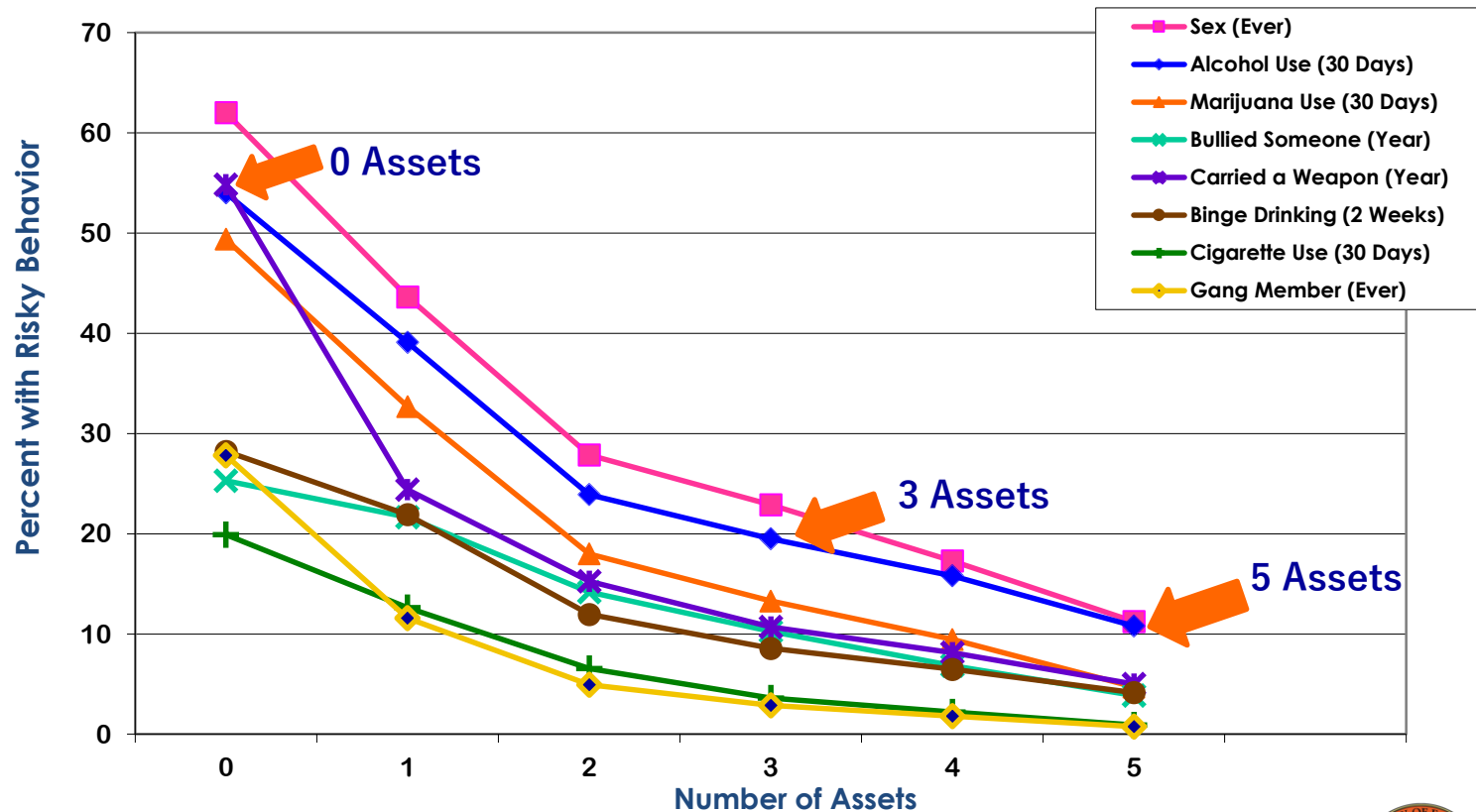
Adapted from the book
Resiliency in Schools: Making it Happen for Students and Educators by Nan Henderson and Mike Milstein, Published by Corwin Press, Thousand Oaks, CA (2003)



Assets Families Provide to Build Resiliency

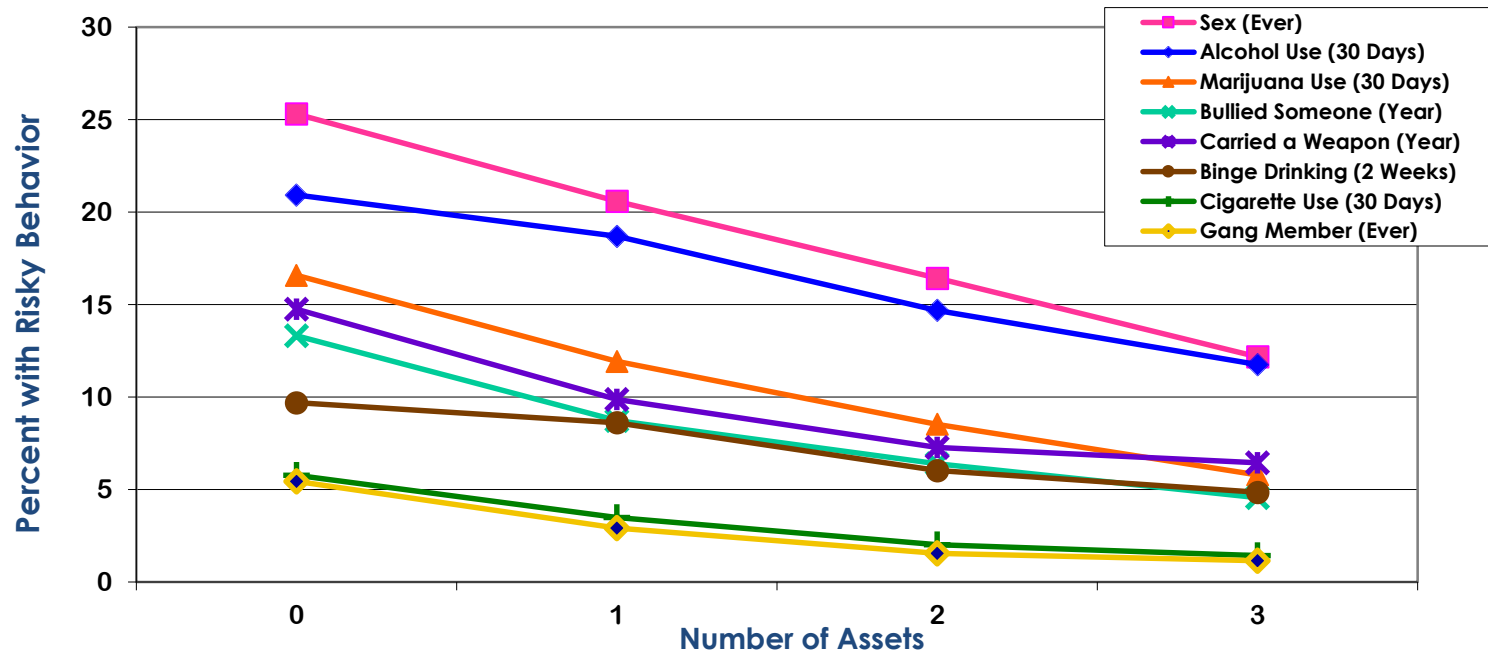


Three to Succeed Family-Based (Grades 8, 10, 12)



Three to Succeed

Caring Adults (Grades 8, 10, 12)



Having Parents Available for Help
 Having Teachers Recognize Good Work
 Having Community Adults to Talk to

What You Can Do to Make a Difference

- **Listen to youth**
- **When they do well, provide specific feedback**
- **Provide opportunities for extracurricular activities, volunteering, and mentoring**
- **Set and communicate high expectations**
- **Set clear and consistent boundaries**

What You Can Do to Make a Difference

- **Address attitudes about alcohol, tobacco, and other drugs (ATOD)**
 - Participate in the *Talk. They Hear You.* campaign to learn how to discuss alcohol use with teens. Download the app: www.fairfaxcounty.gov/community-services-board/prevention/talk-they-hear-you
 - Set and enforce consistent expectations and rules about drinking and drug use with teens.
- **Limit availability of ATOD**
 - Store and dispose of prescription medicines in a safe and secure manner.
 - Make sure teens can't access alcohol without your knowledge. Unmonitored alcohol can be a temptation. When in doubt, lock it up.

What You Can Do to Make a Difference

- Increase awareness of risk factors and warning signs of mental health issues
 - Take free online suicide prevention training (<http://kognito.com/fairfax>)
 - Become certified in Mental Health First Aid (<http://bit.ly/fairfaxMHFS>)
- Provide FCPS students with the CrisisText number:

Text NEEDHELP to 85511



What You Can Do to Make a Difference

- **Address bullying and cyberbullying before and when it occurs**
 - Visit stopbullying.gov for tips and resources
 - Download the KnowBullying app to help guide your discussions with youth and learn strategies to prevent bullying for various age groups among children and teens



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 foods**



Websites To Learn More

PREVENTION TOOLKIT

fairfaxcounty.gov/neighborhood-community-services/prevention/prevention-toolkit

(<http://bit.ly/ffxprevkit>)

FAIRFAX COUNTY YOUTH SURVEY

fairfaxcounty.gov/youthsurvey



Fairfax County 2017 Youth Survey



Questions? Contact Us!

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