



# FAIRFAX COUNTY YOUTH SURVEY



**SCHOOL YEAR  
2018-2019**



# 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

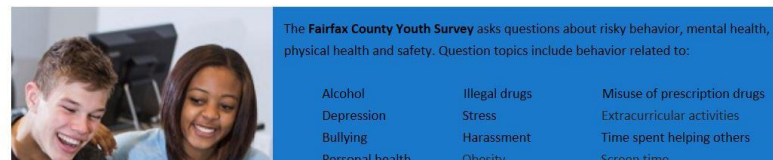


- **Comprehensive**
- **Anonymous**
- **Voluntary**

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

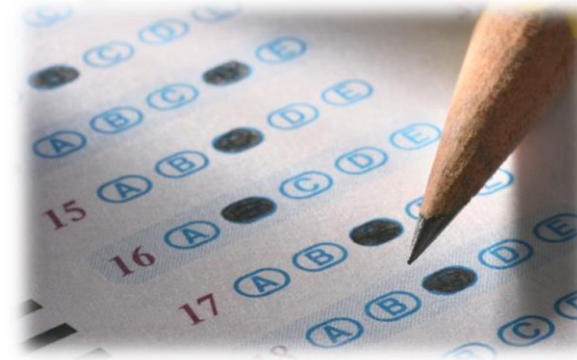


[www.fairfaxcounty.gov/youthsurvey](http://www.fairfaxcounty.gov/youthsurvey)

Fairfax County 2018 Youth Survey

# Fairfax County Youth Survey Participation

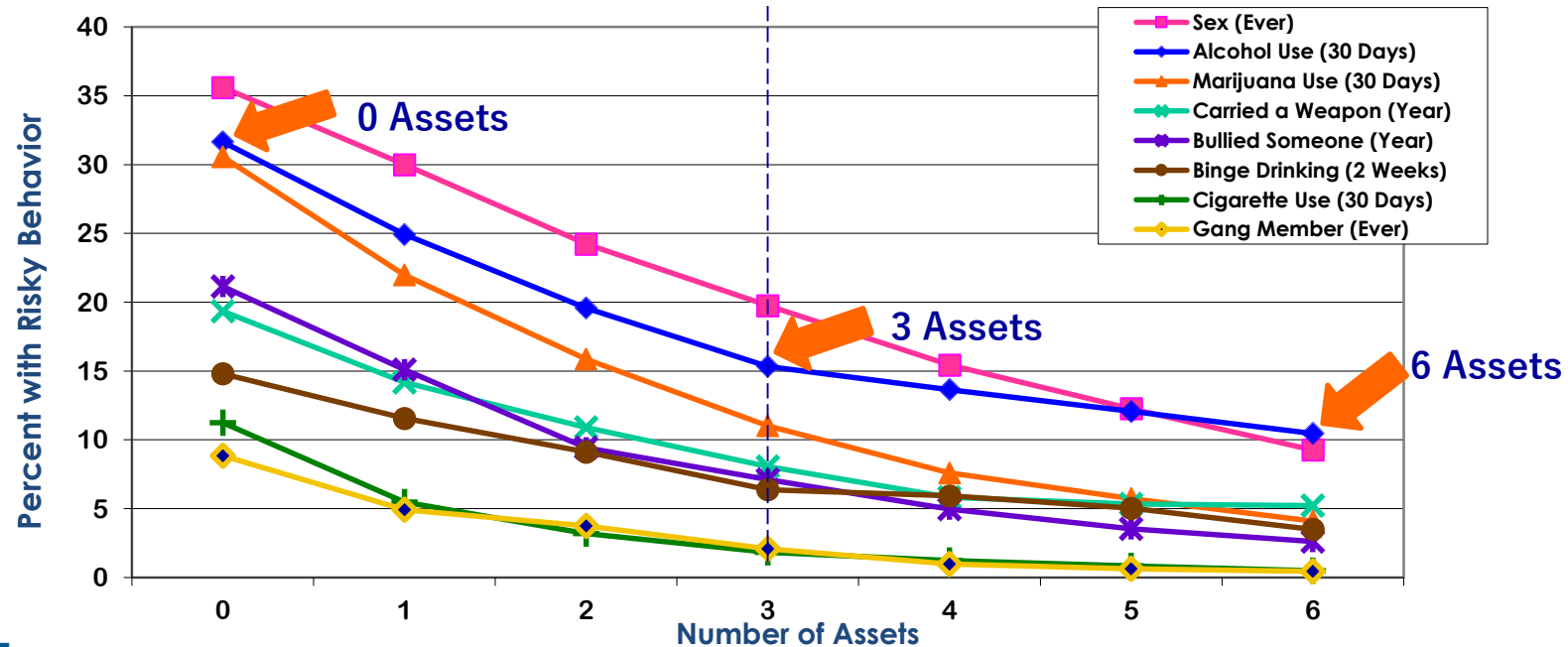
- **47,539** FCPS students
- **Grades 6, 8, 10, and 12**
- **Representing 84%** of enrolled students



**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



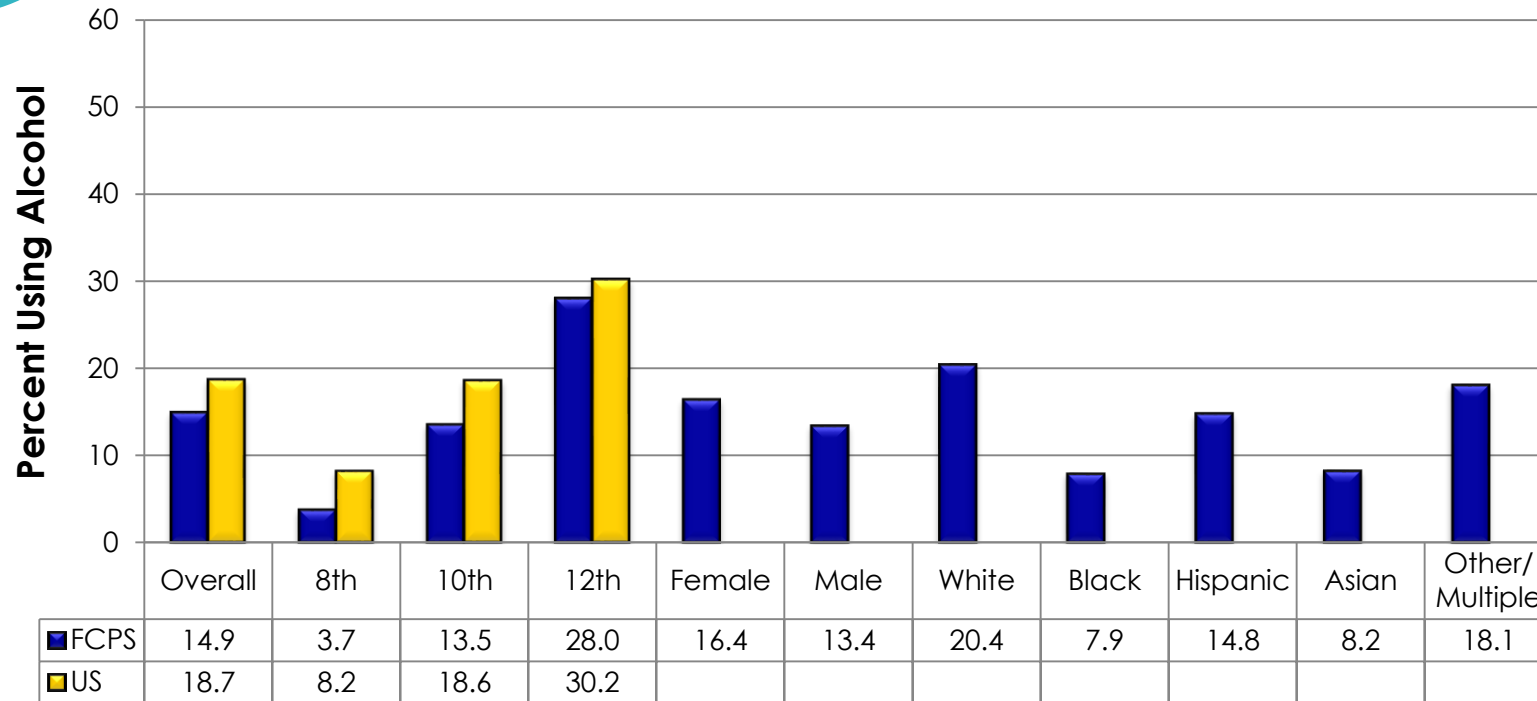
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# Alcohol, Tobacco and Other Drug Use



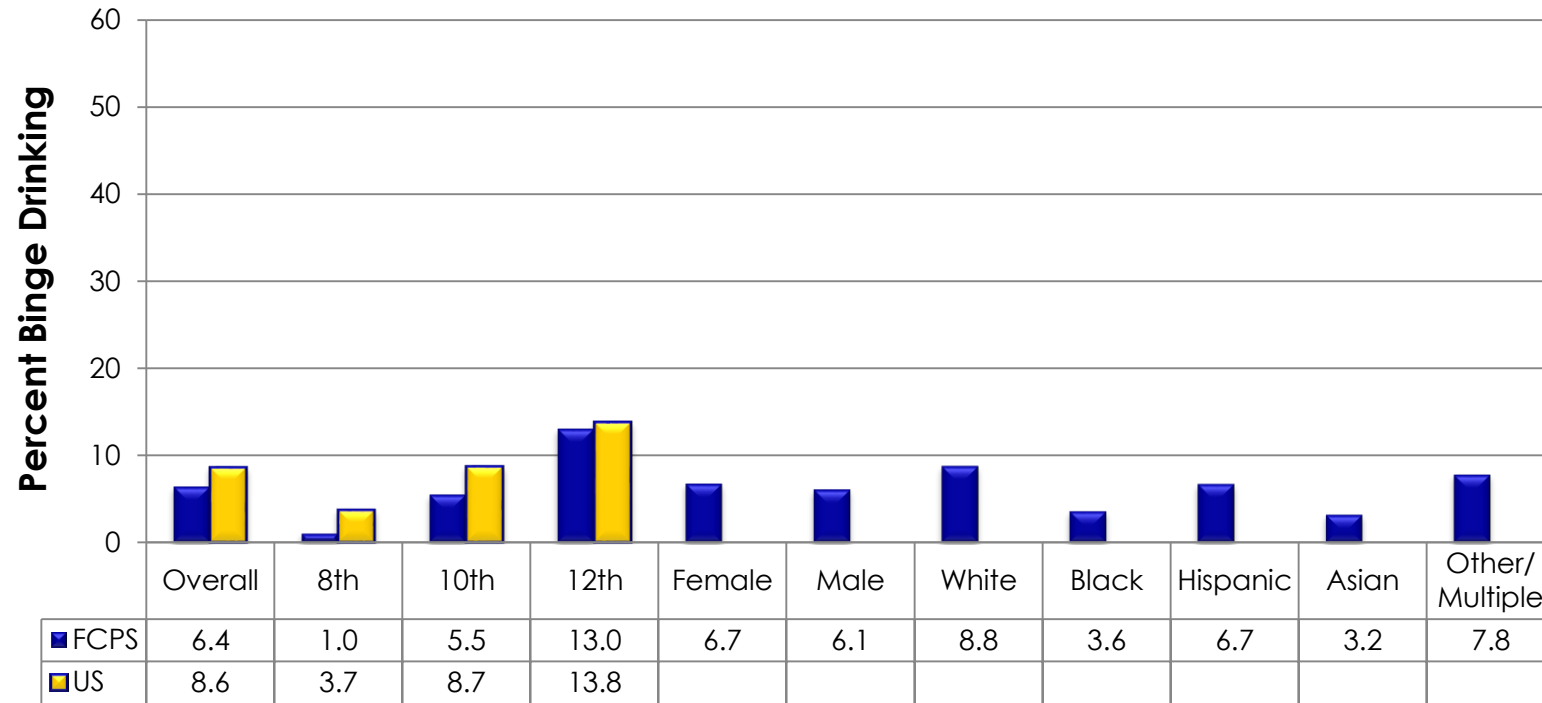
# Percent Who Drank Alcohol in Past 30 Days



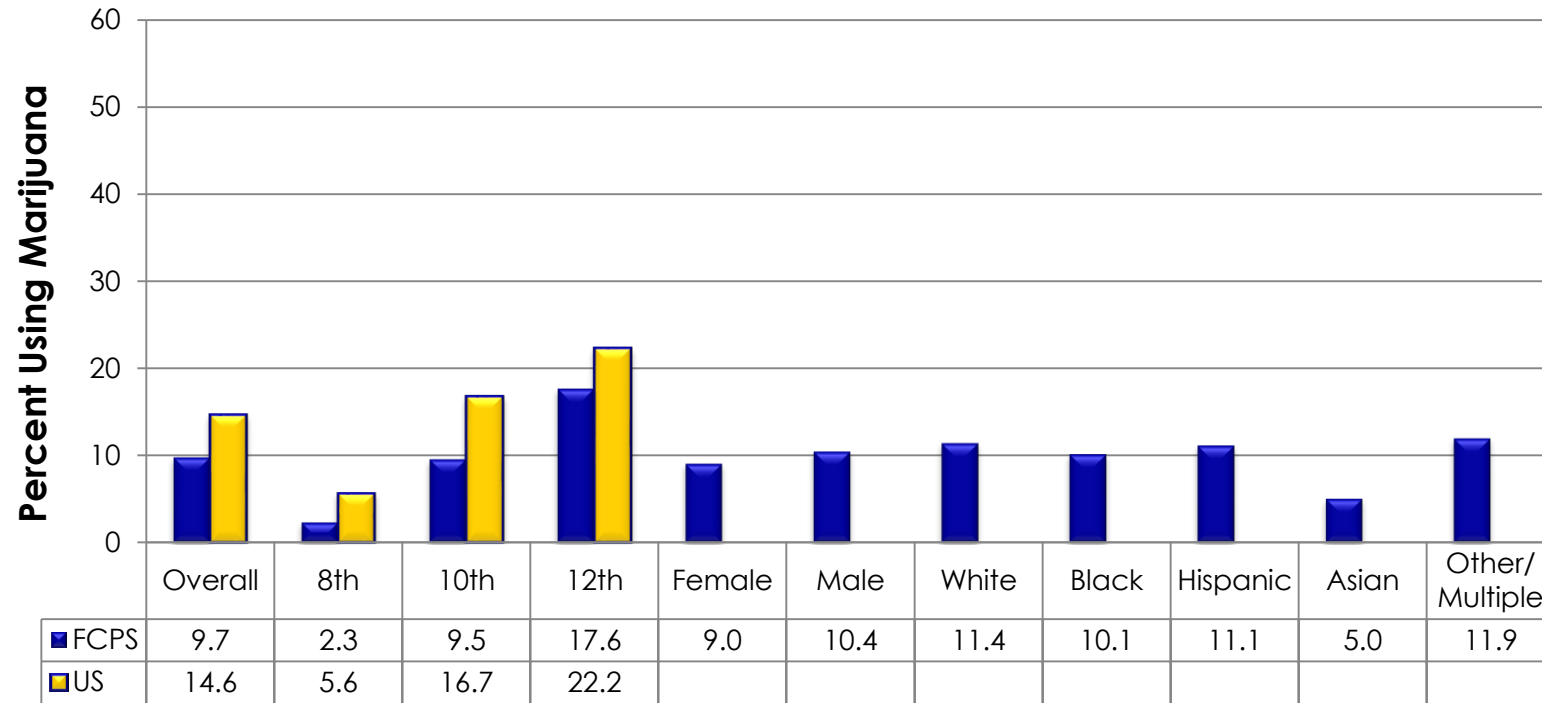
**Note: 6<sup>th</sup> Grade Prevalence = 1.6%**



# Percent Reporting Binge Drinking

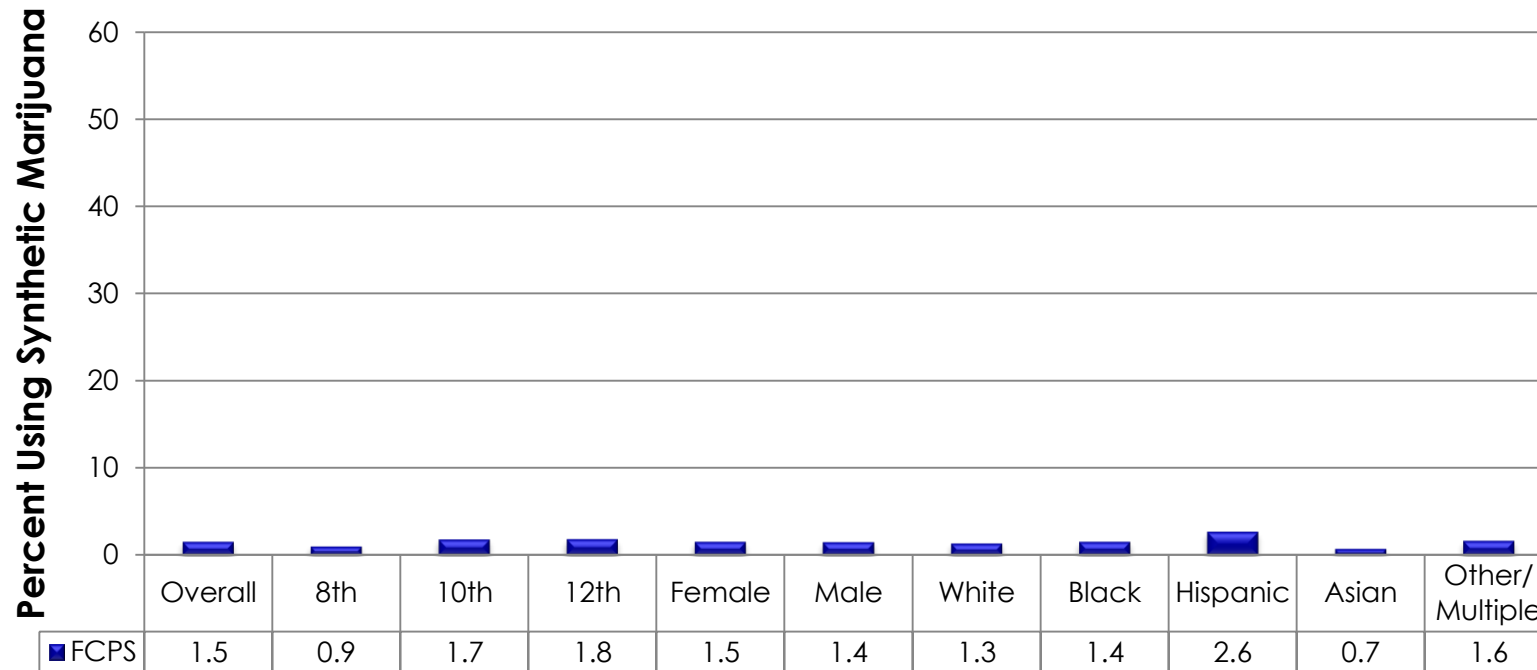


# Percent Who Used Marijuana in Past 30 Days

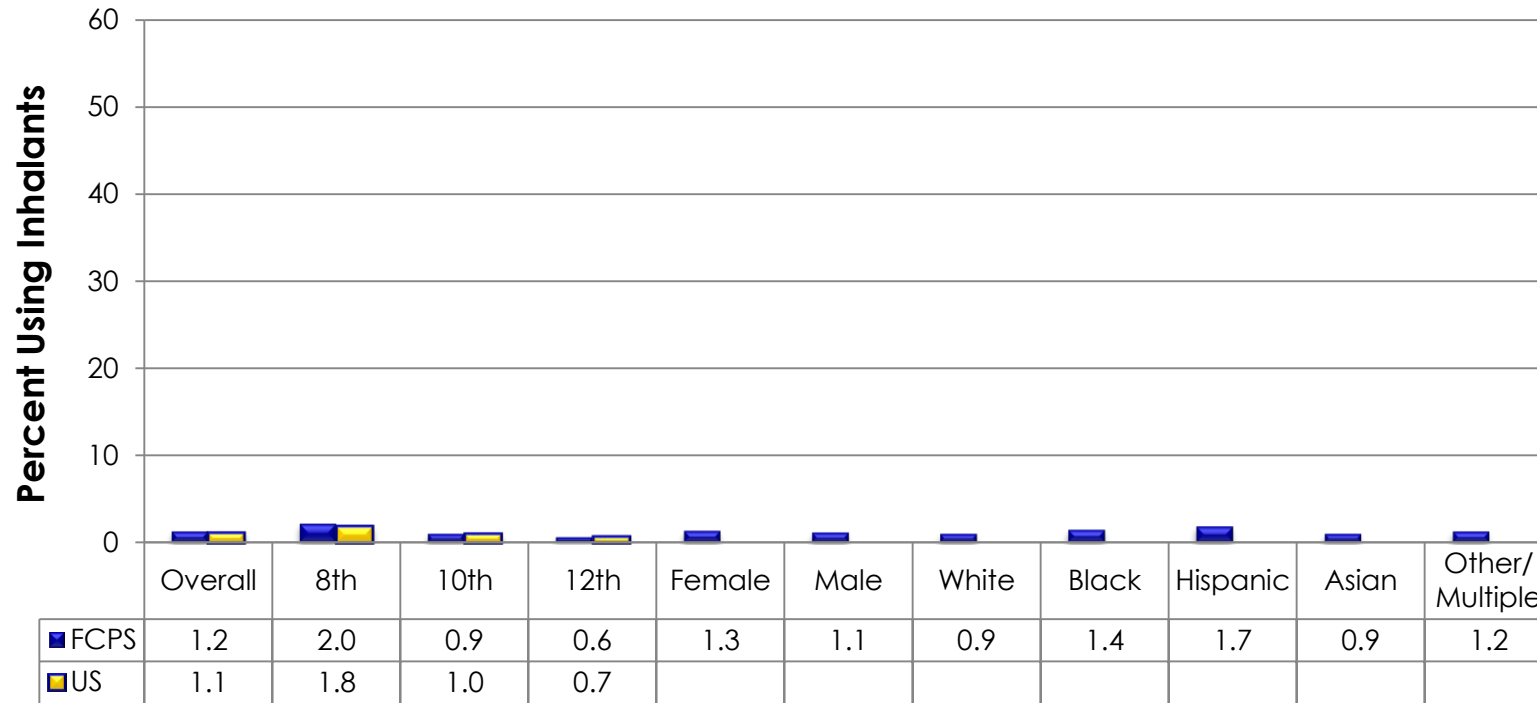


**Note: 6<sup>th</sup> Grade Prevalence = 0.2%**

## Percent Who Used Synthetic Marijuana in Past 30 Days

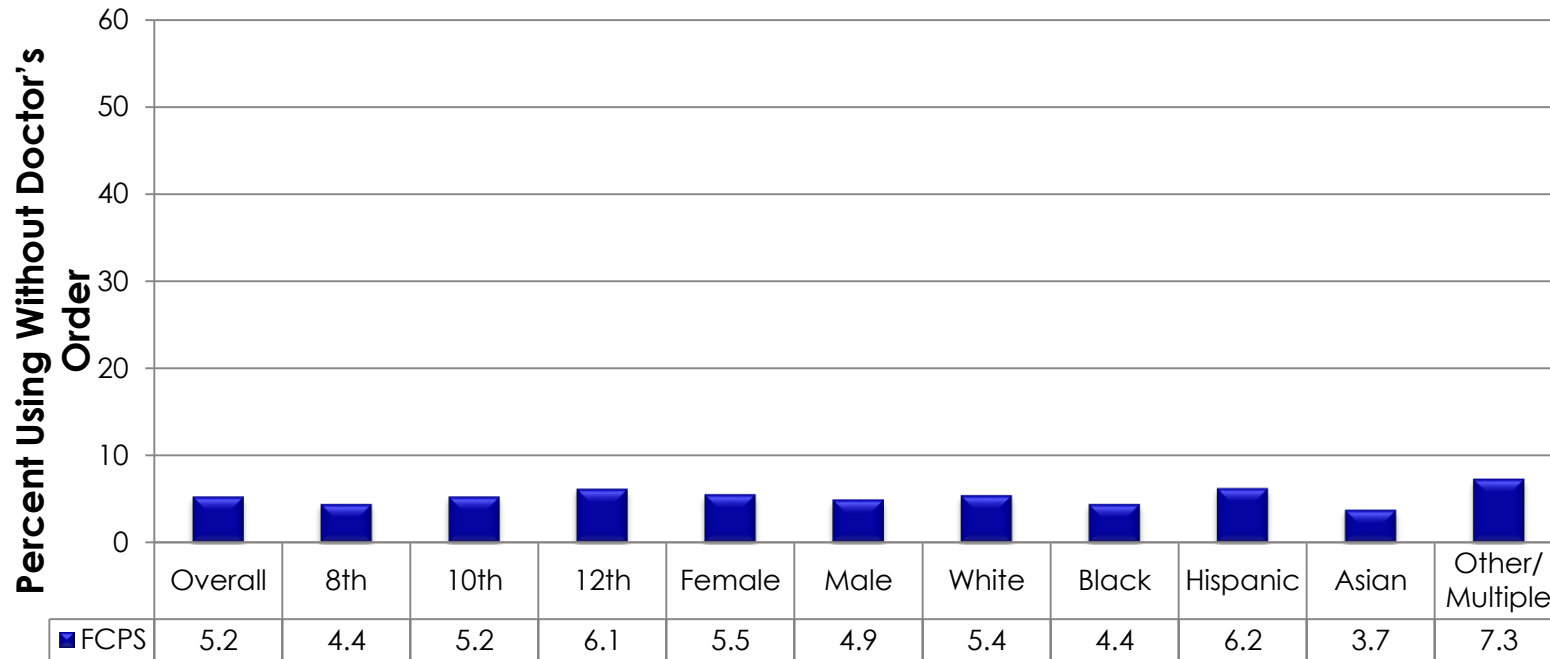


## Percent Who Used Inhalants in Past 30 Days

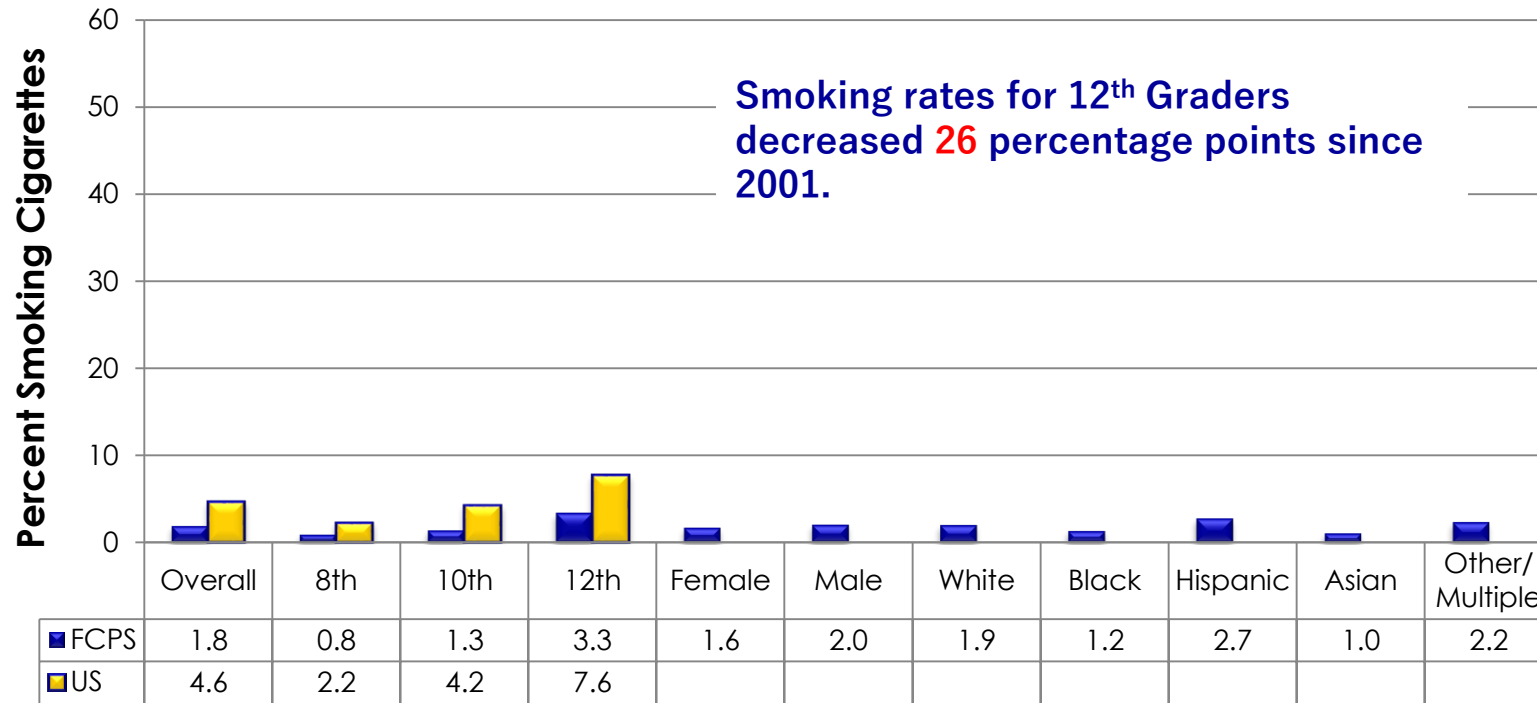


**Note: 6<sup>th</sup> Grade Prevalence = 2.0%**

## Percent Who Used Painkillers or Prescription Medication in Past 30 Days



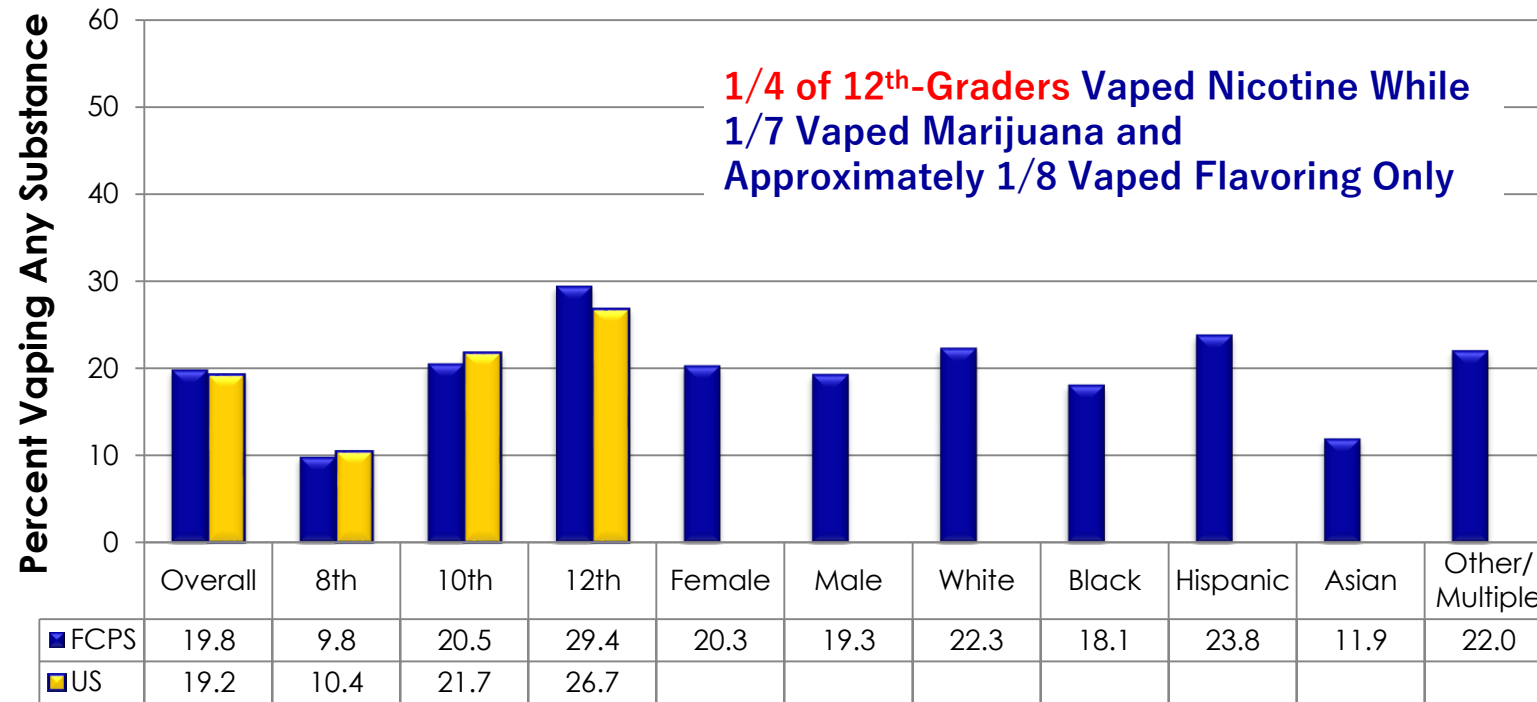
# Percent Who Smoked Cigarettes in Past 30 Days



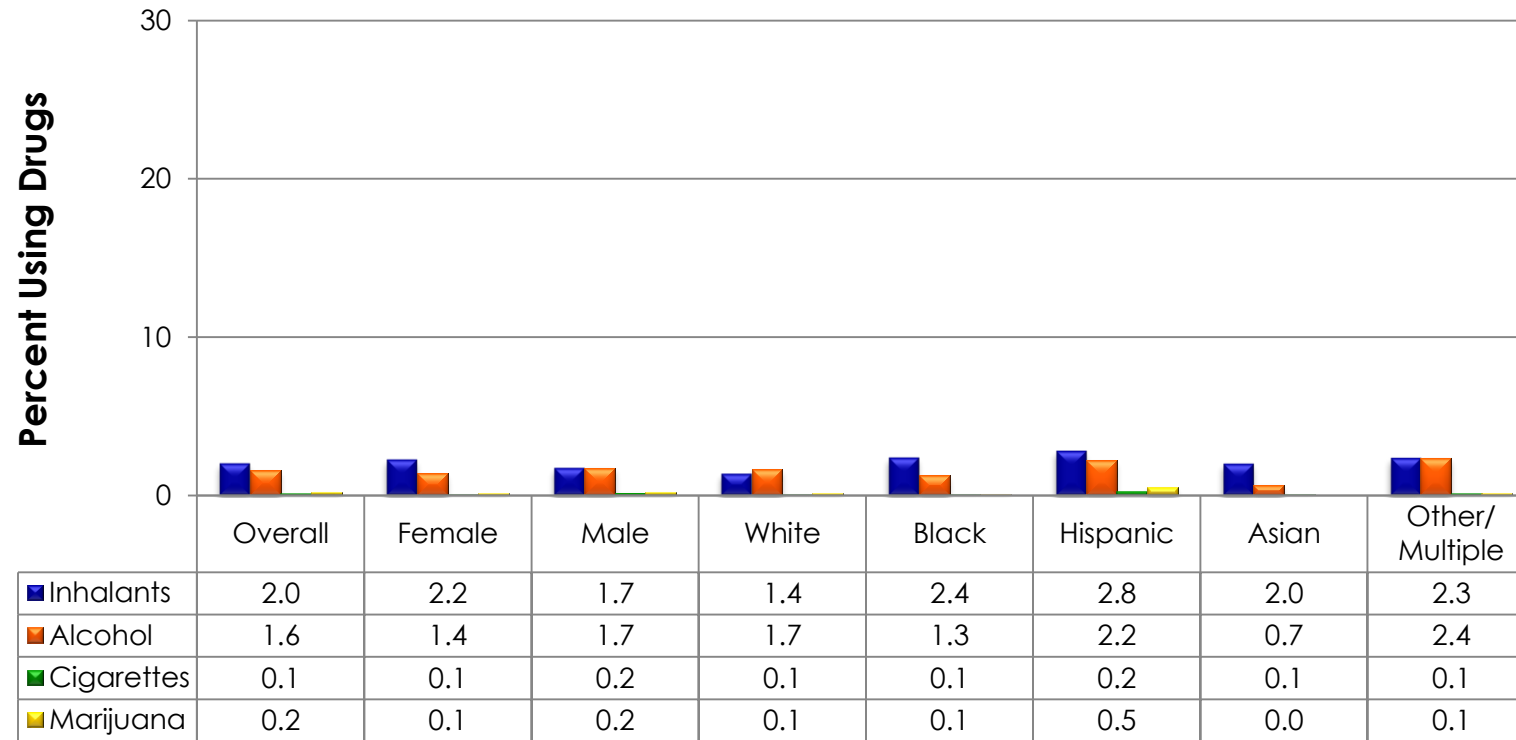
Note: 6<sup>th</sup> Grade Prevalence = 0.1%



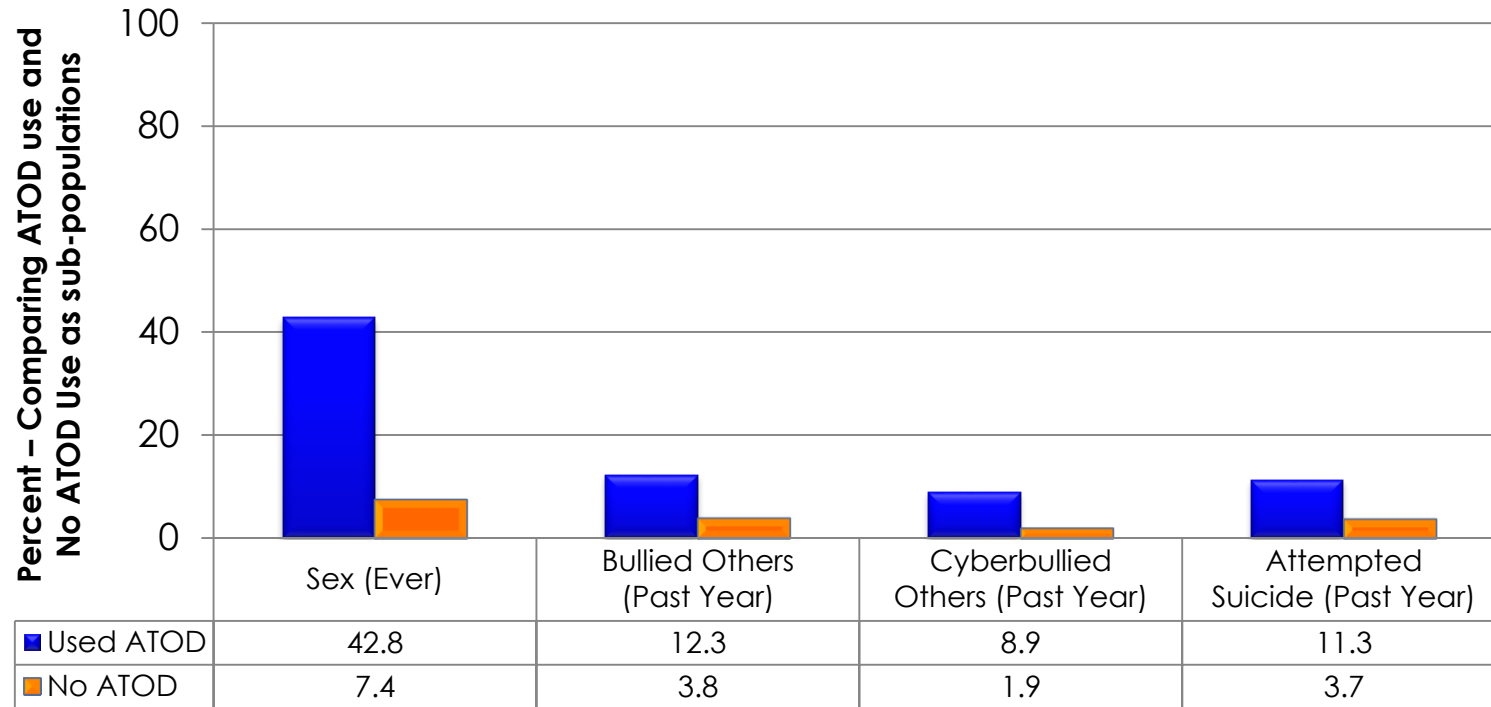
# Percent Who Vaped in Past 30 Days



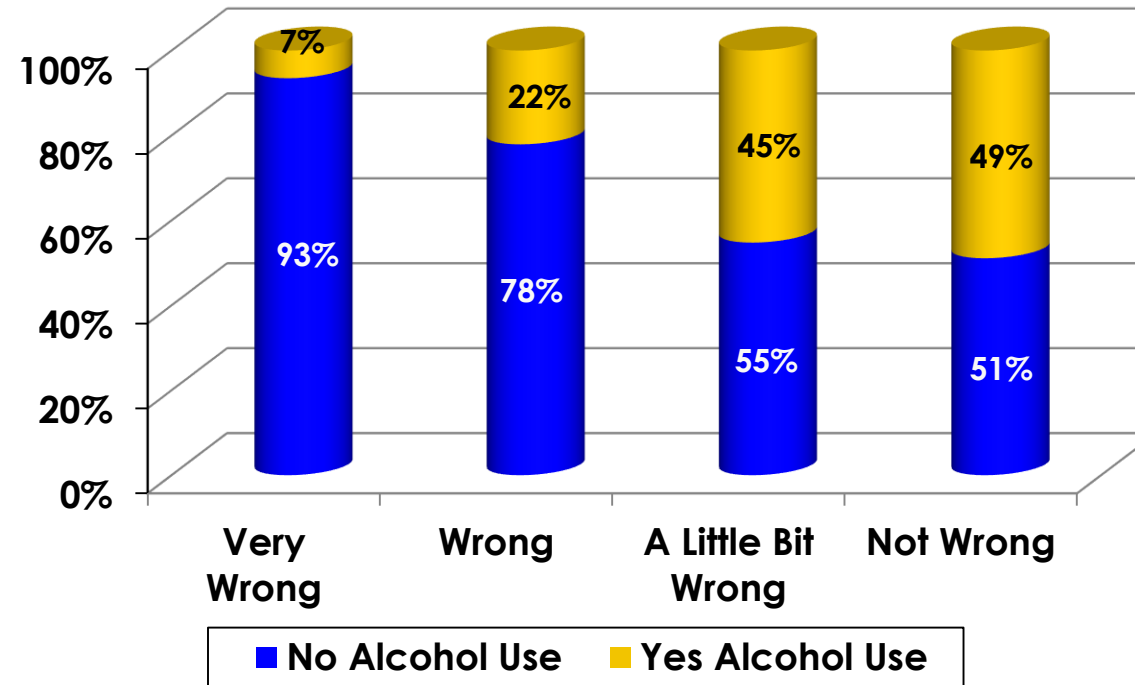
## Drug Use for 6<sup>th</sup>-Graders Past 30 Days



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



# Parental Perception and Alcohol Use Behavior

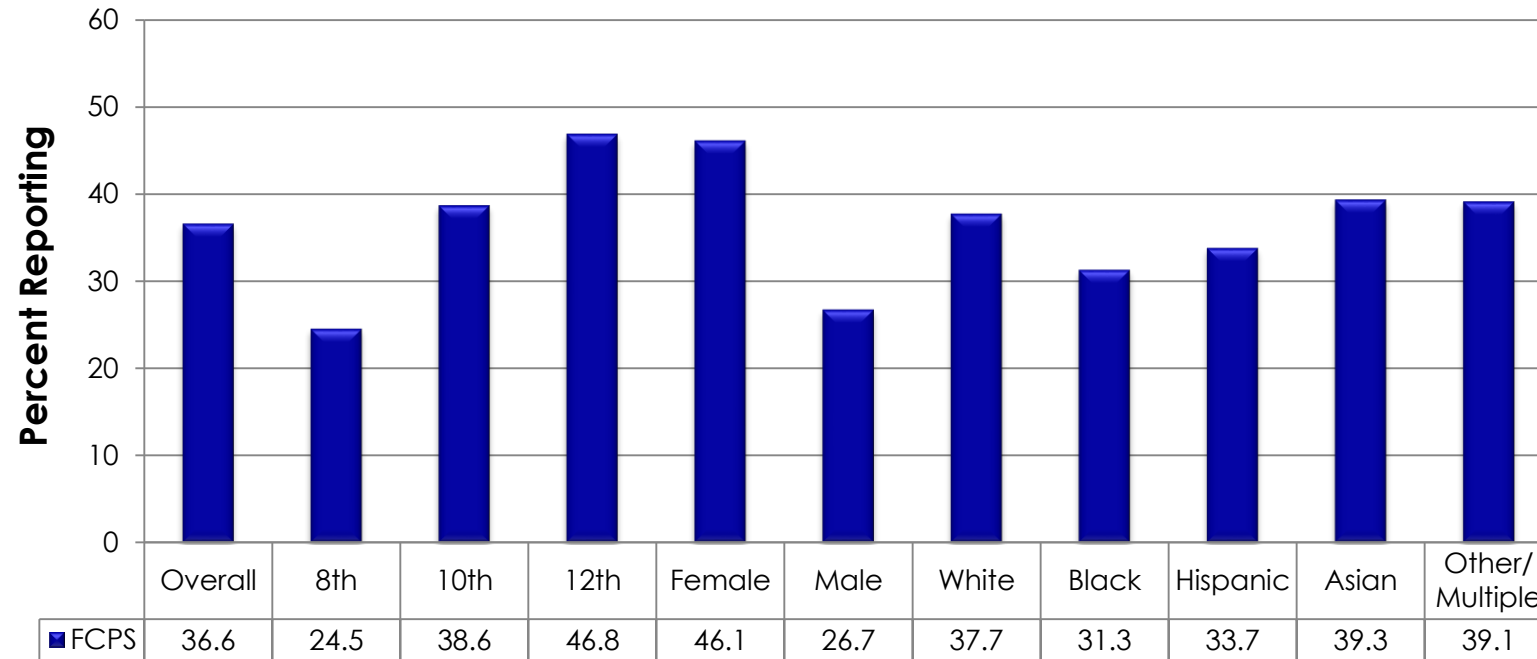


Percentages may not sum to 100% due to rounding

# Stress, Depression, Suicide and Unhealthy Weight Loss Behavior



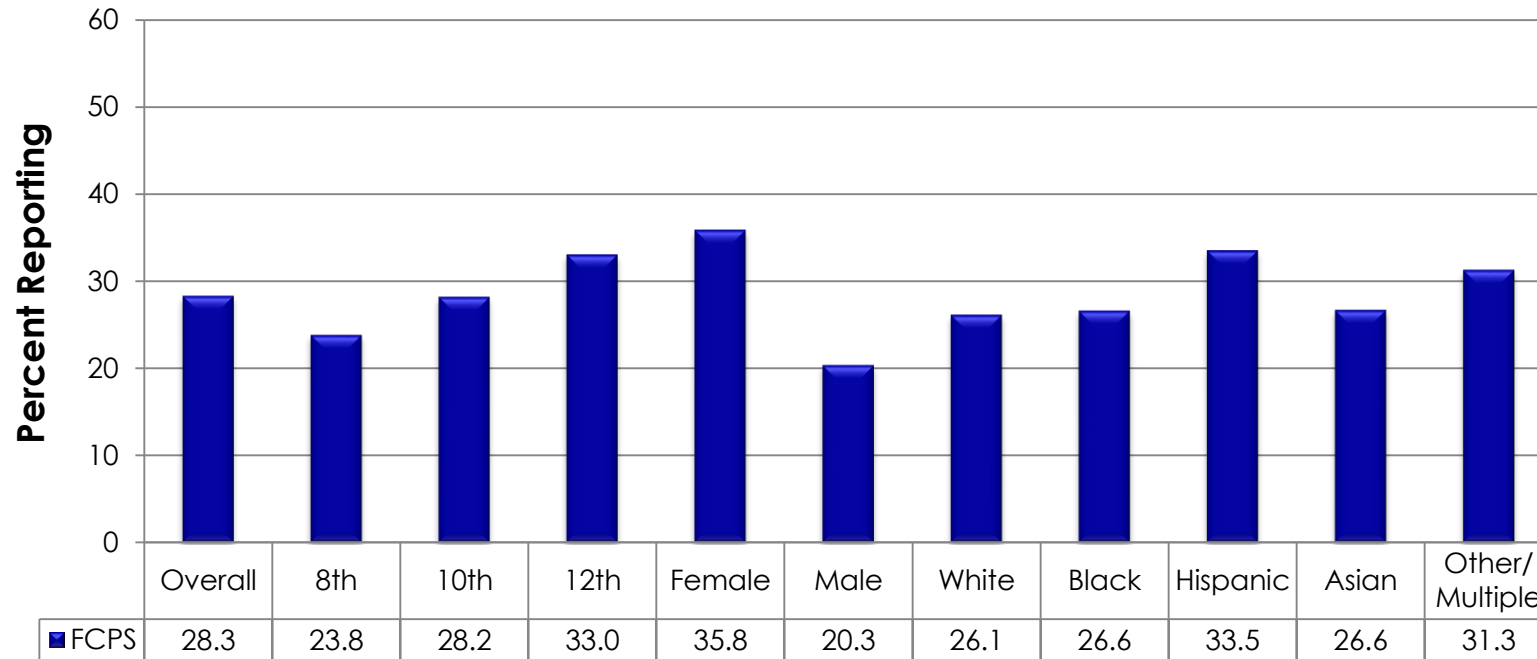
## Percent Who Reported High Level of Stress in Past Month



**Note: 6<sup>th</sup> Grade Prevalence = 14.9%**

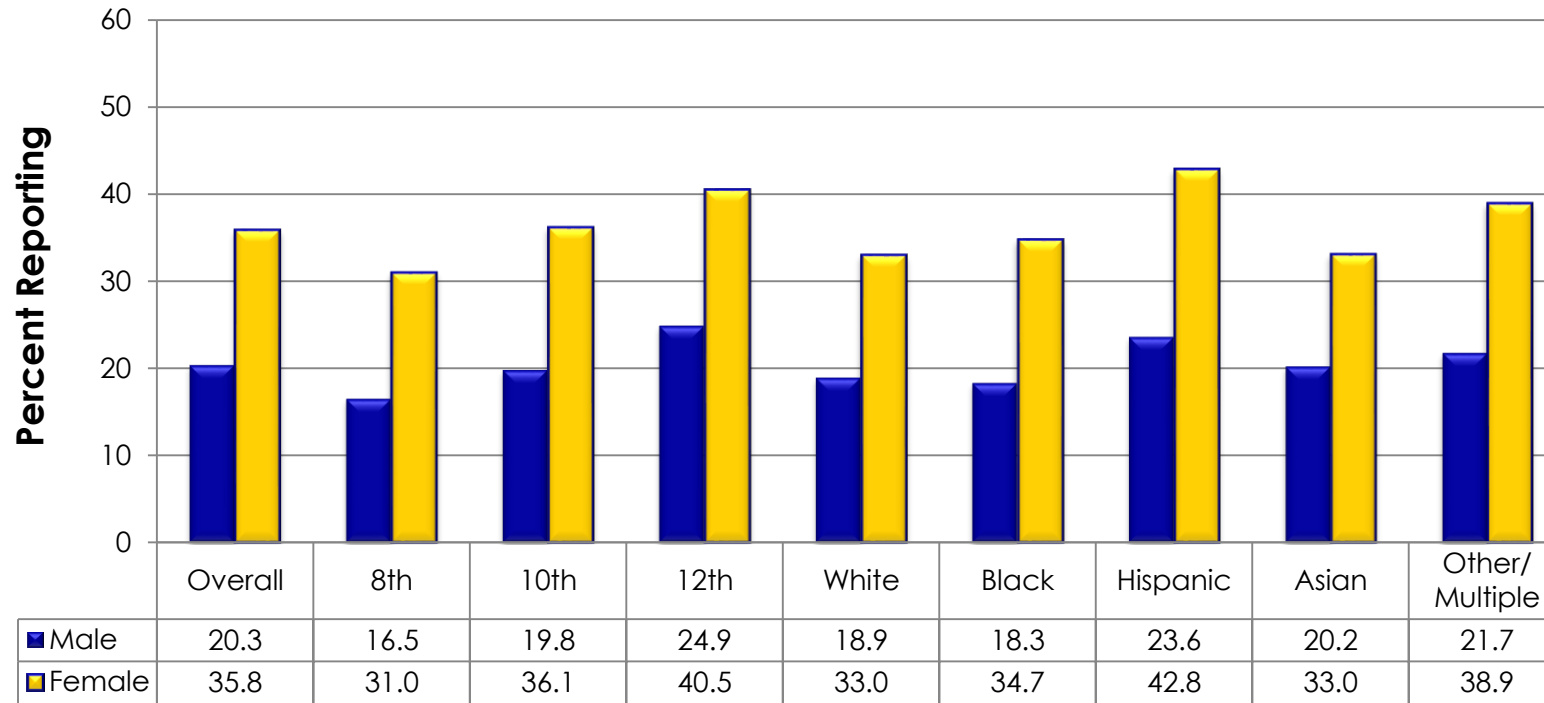


## Percent Who Reported Depressive Symptoms in Past Year

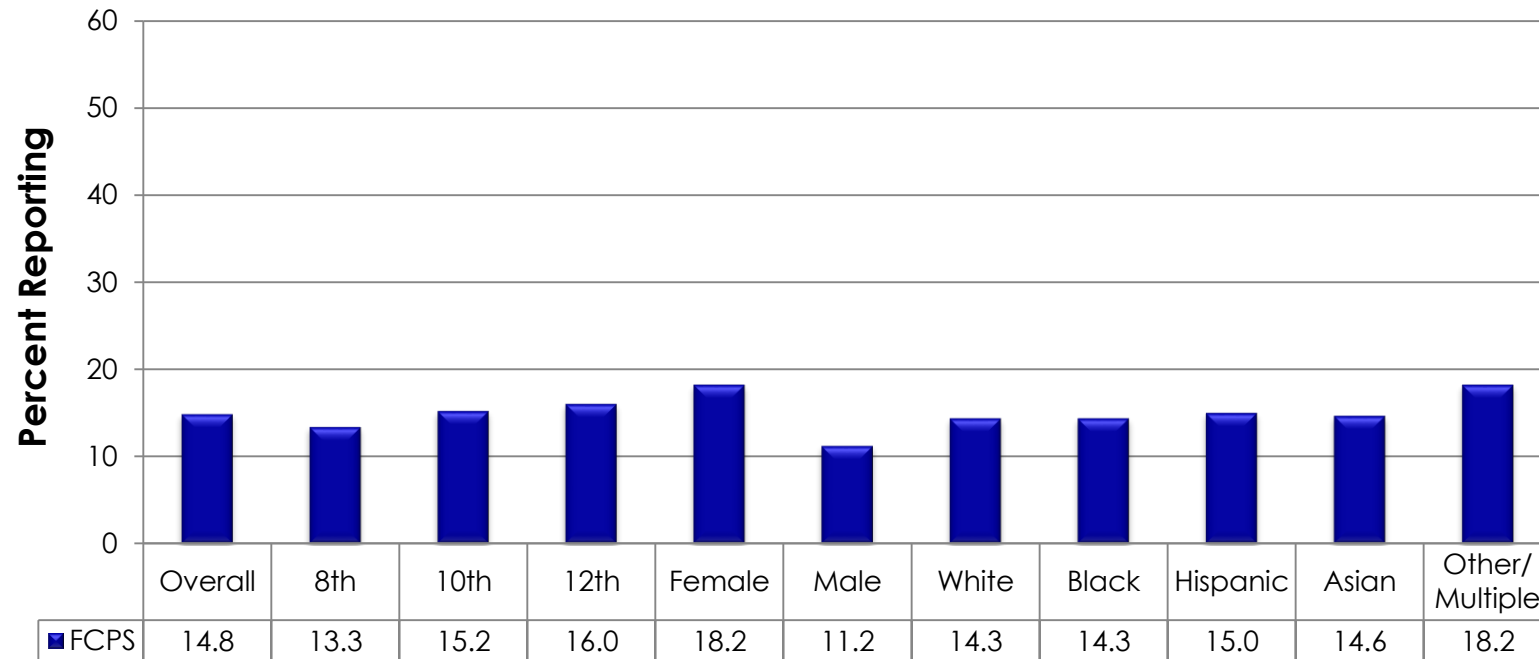


**Note: 6<sup>th</sup> Grade Prevalence = 24.2%**

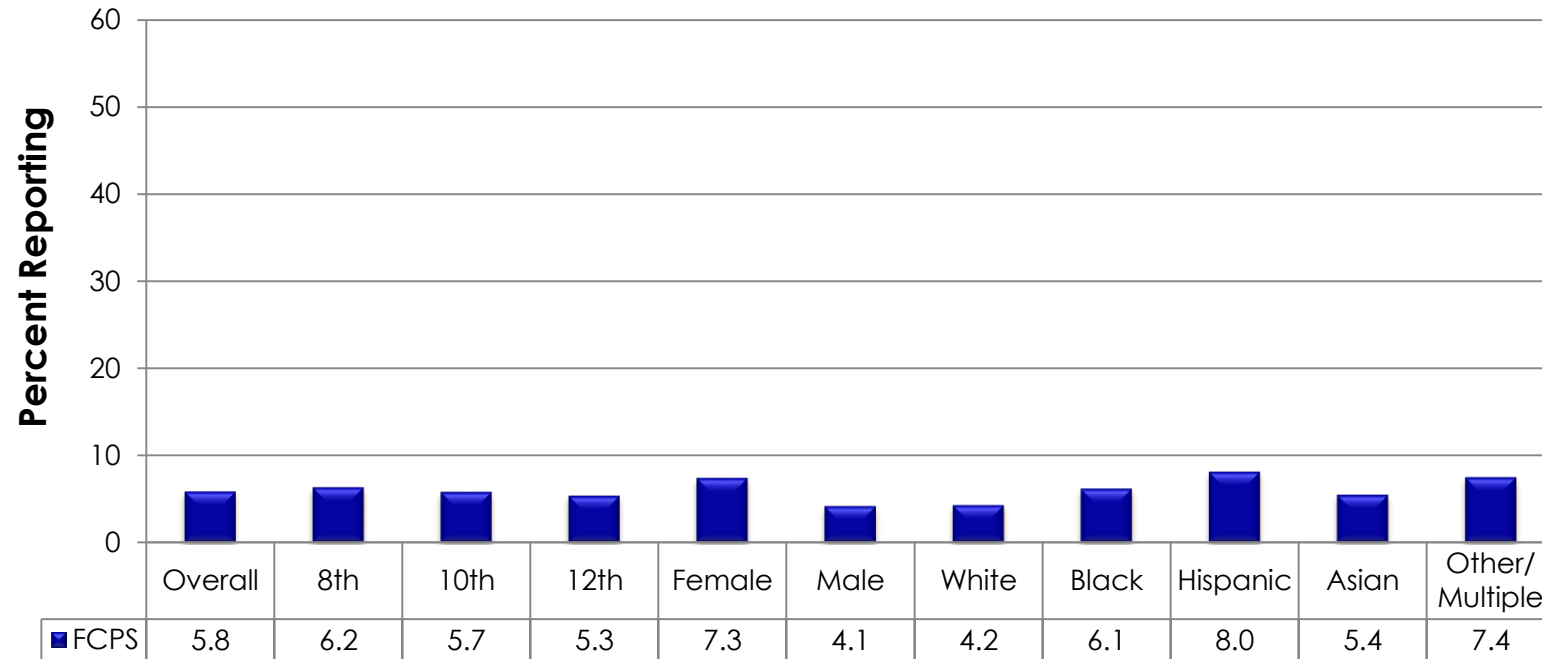
## A Closer Look at Depressive Symptoms



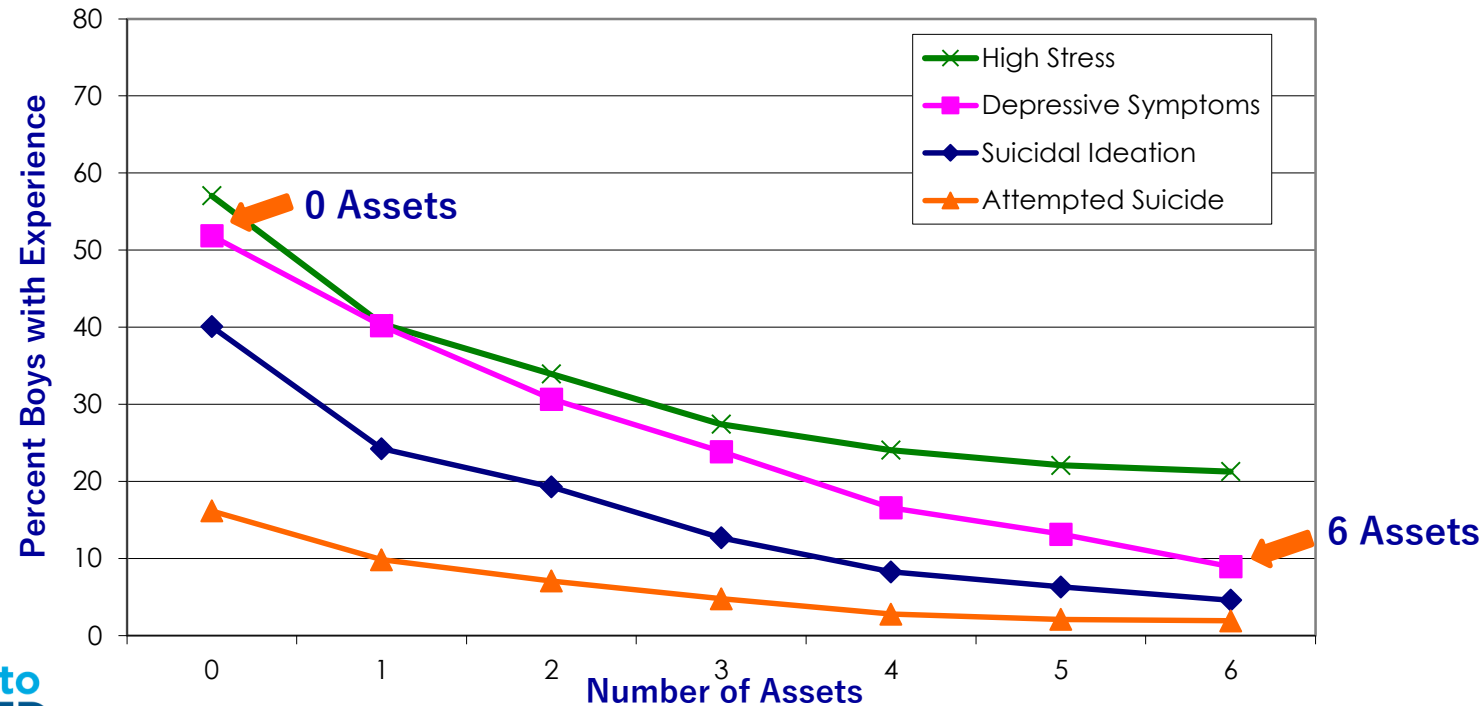
# Percent Who Considered Suicide in Past Year



## Percent Who Attempted Suicide in Past Year



# Assets and Experiences Related to Mental Health

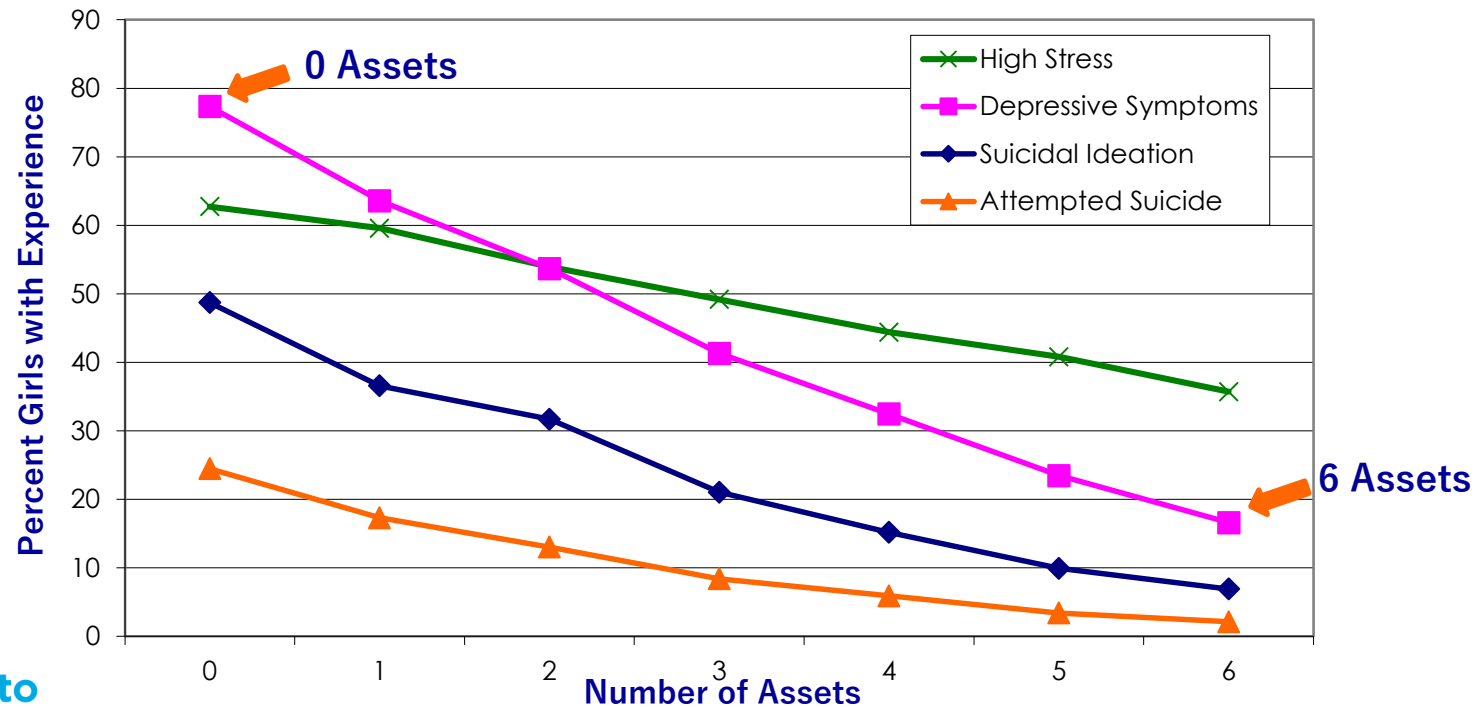


Having High Personal Integrity  
 Performing Community Service  
 Having Teachers Recognize Good Work  
 Having Community Adults to Talk to  
 Participating in Extracurricular Activities  
 Having Parents Available for Help

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# Assets and Experiences Related to Mental Health



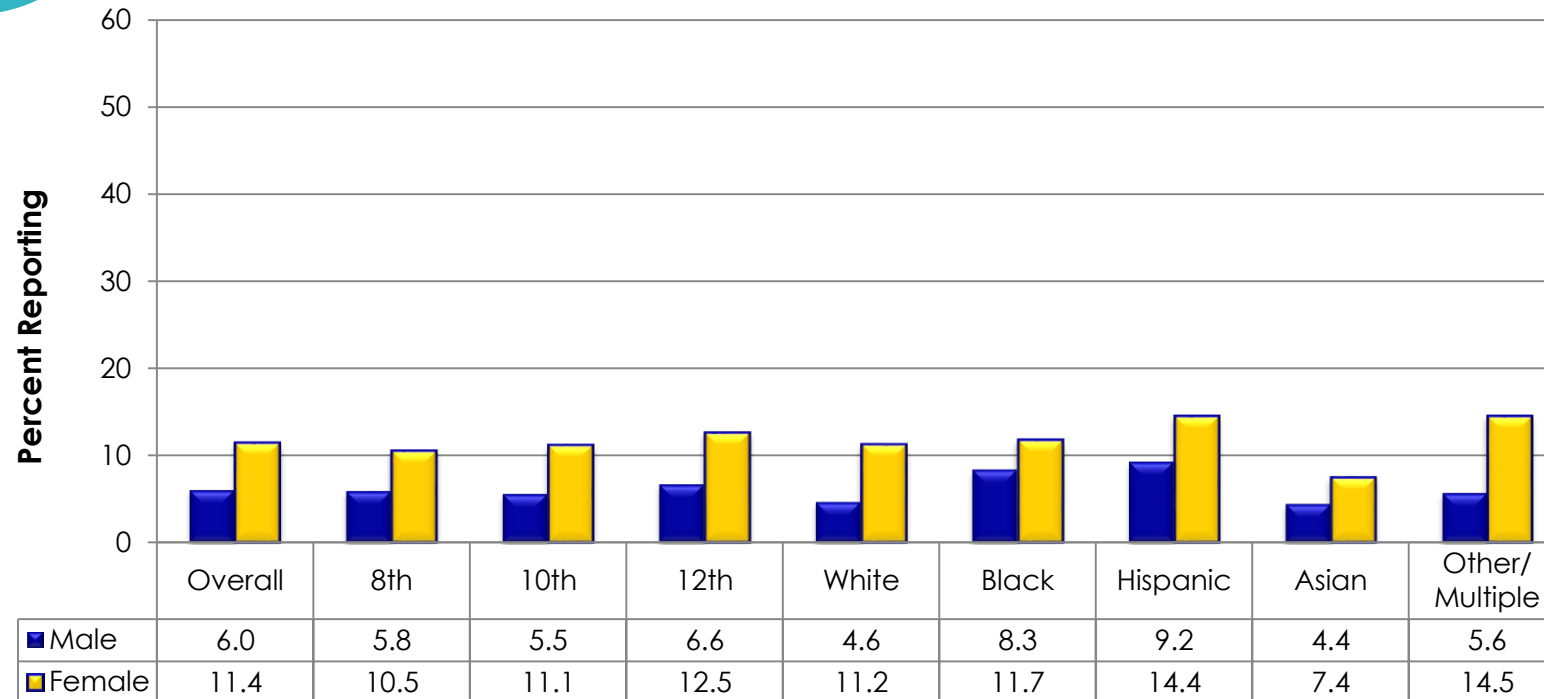
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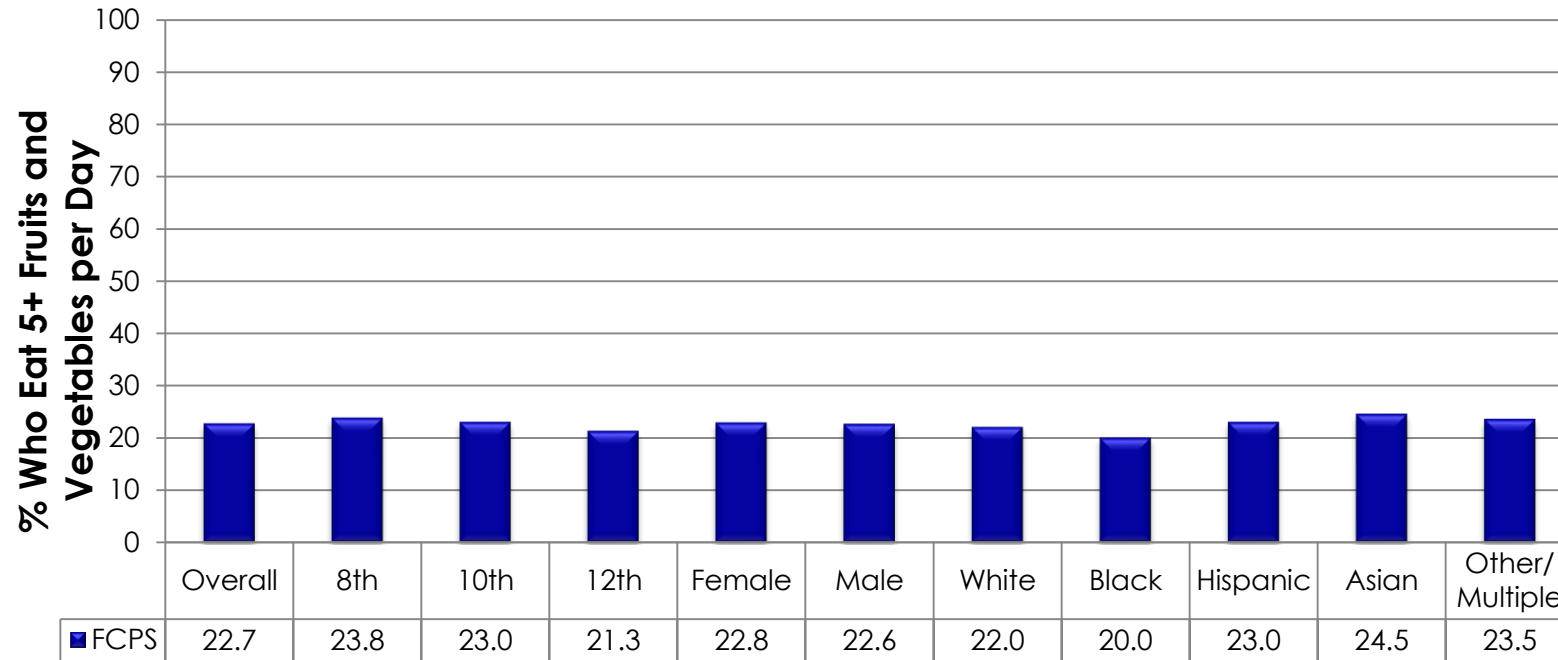
# A Closer Look at Unhealthy Weight Loss Behavior



# Nutrition and Physical Activity

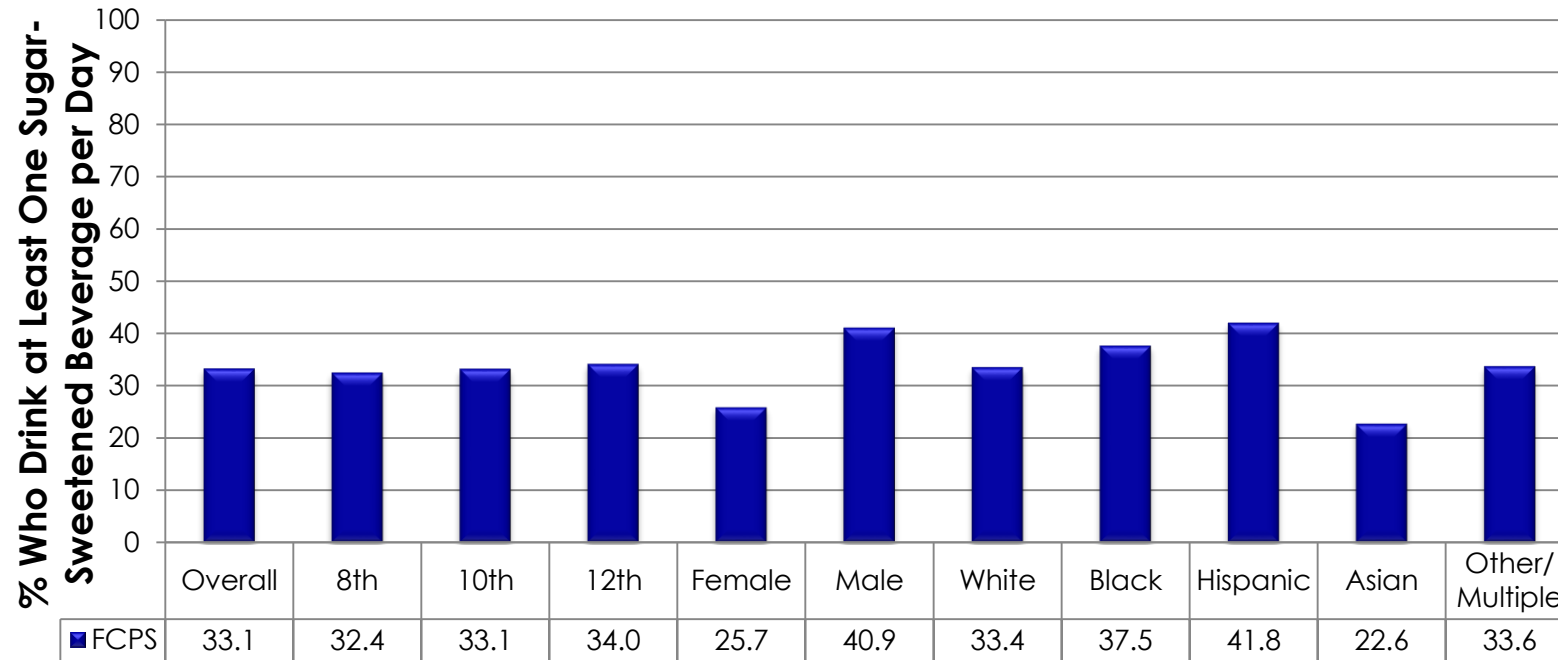


# Percent Meeting Nutrition Requirements



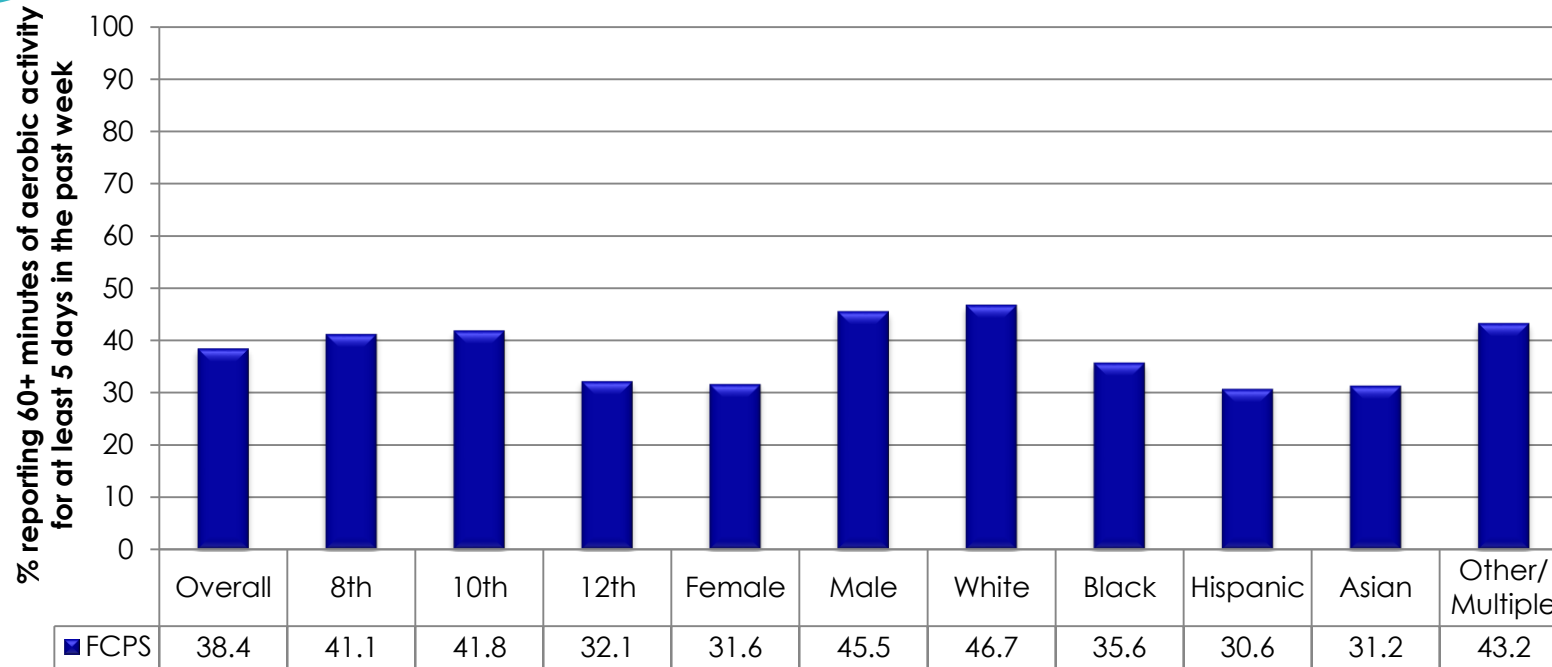
**Note: 6<sup>th</sup> Grade Prevalence = 28.7%**

## Percent Drinking Sugar-Sweetened Beverages Daily



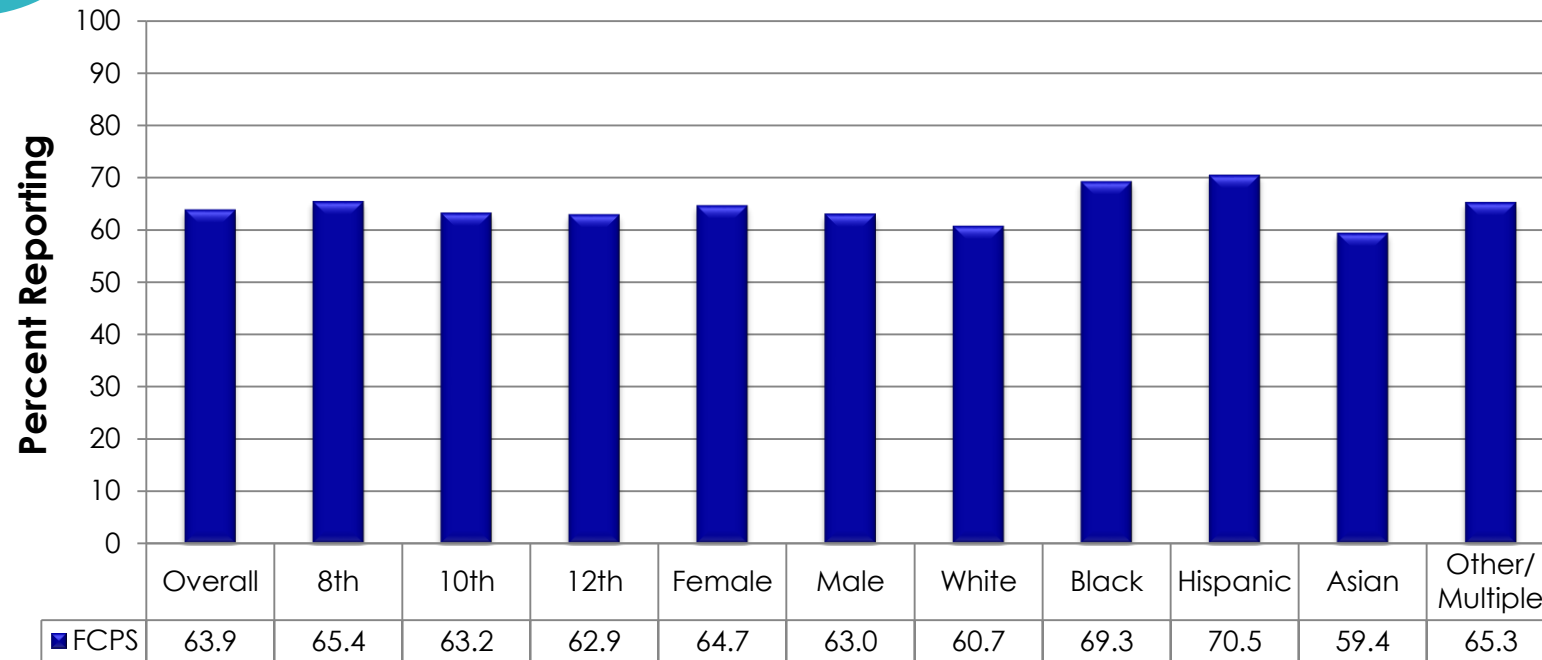
**Note: 6<sup>th</sup> Grade Prevalence = 30.9%**

# Percent Meeting Recommendations for Physical Activity



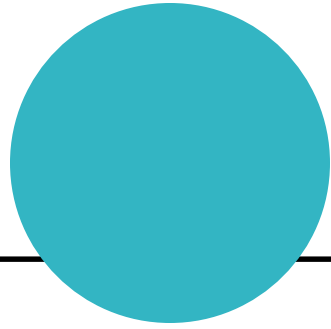
**Note: 6<sup>th</sup> Grade Prevalence = 45.2%**

## Percent Viewing 3+ Hours of Screen Time per Day

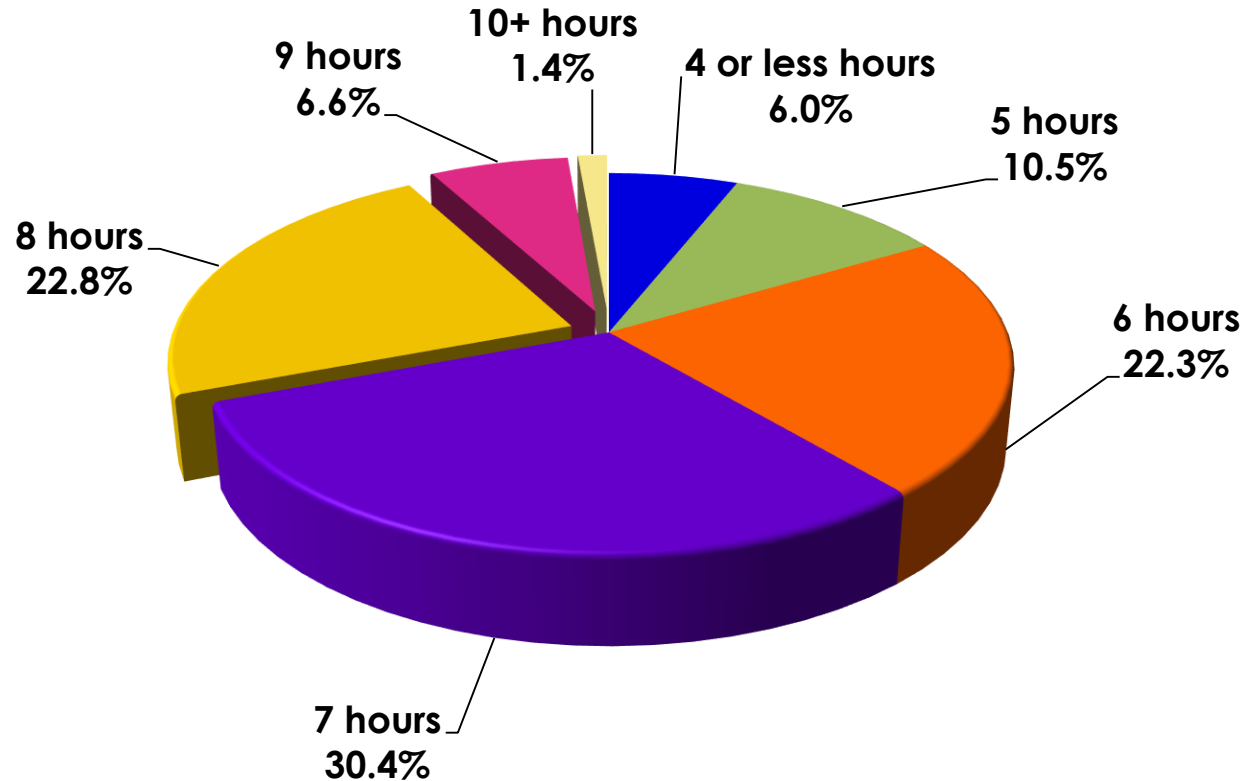


**Note: 6<sup>th</sup> Grade Prevalence = 49.0%**





## Number of Sleep Hours on an Average School Night



### 8+ Hours:

8th Grade:  
48.2%

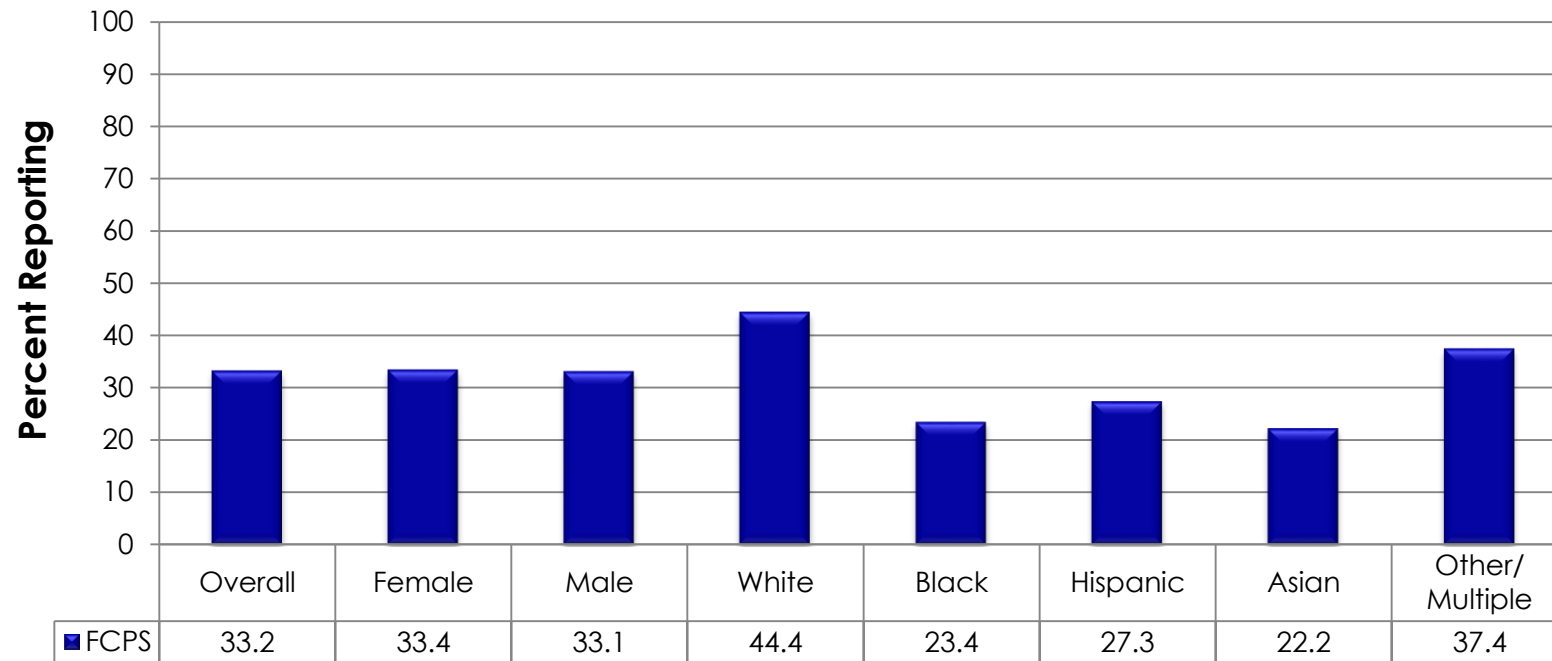
10th Grade:  
27.3%

12th Grade:  
16.9%

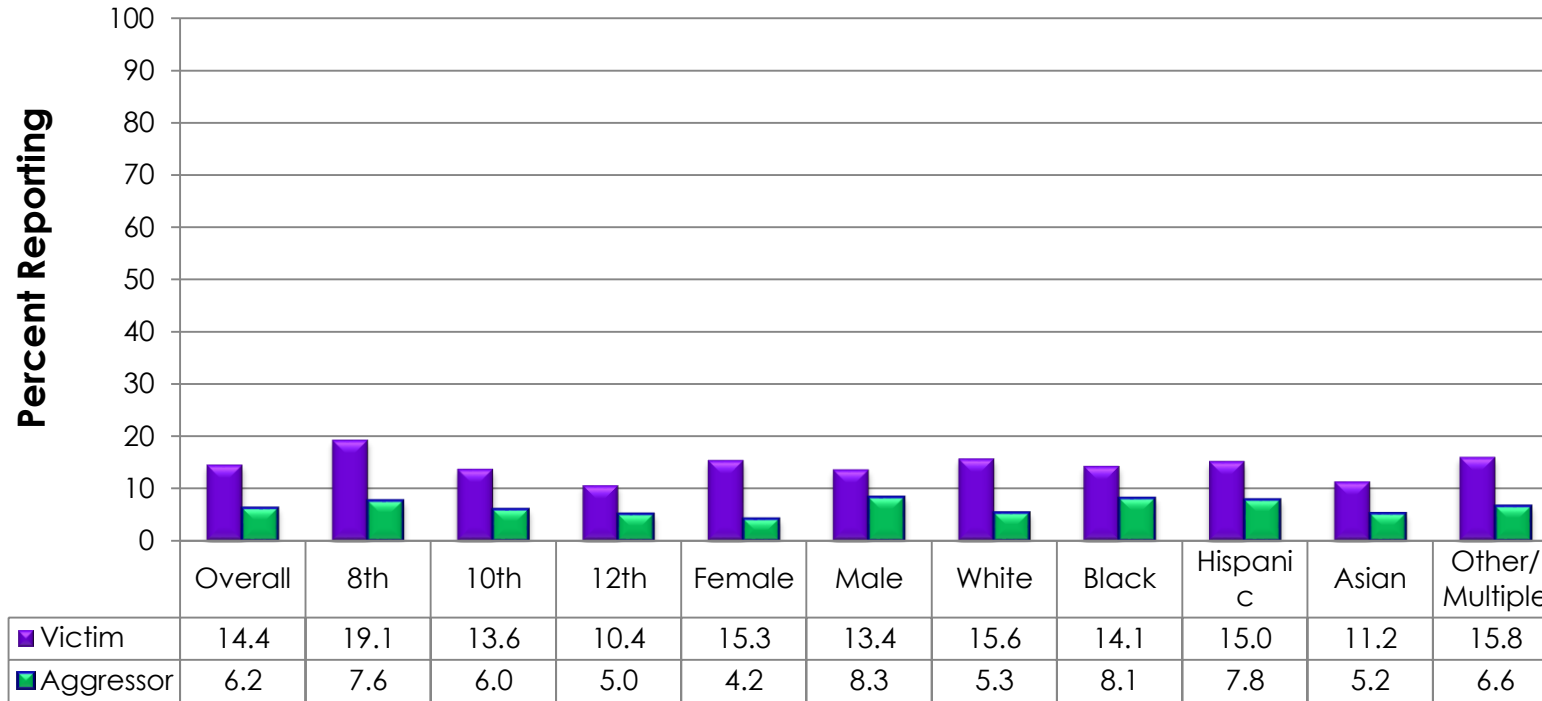
# Safety, Aggression, and Victimization



## 12<sup>th</sup>-Graders who Texted While Driving in Past Month

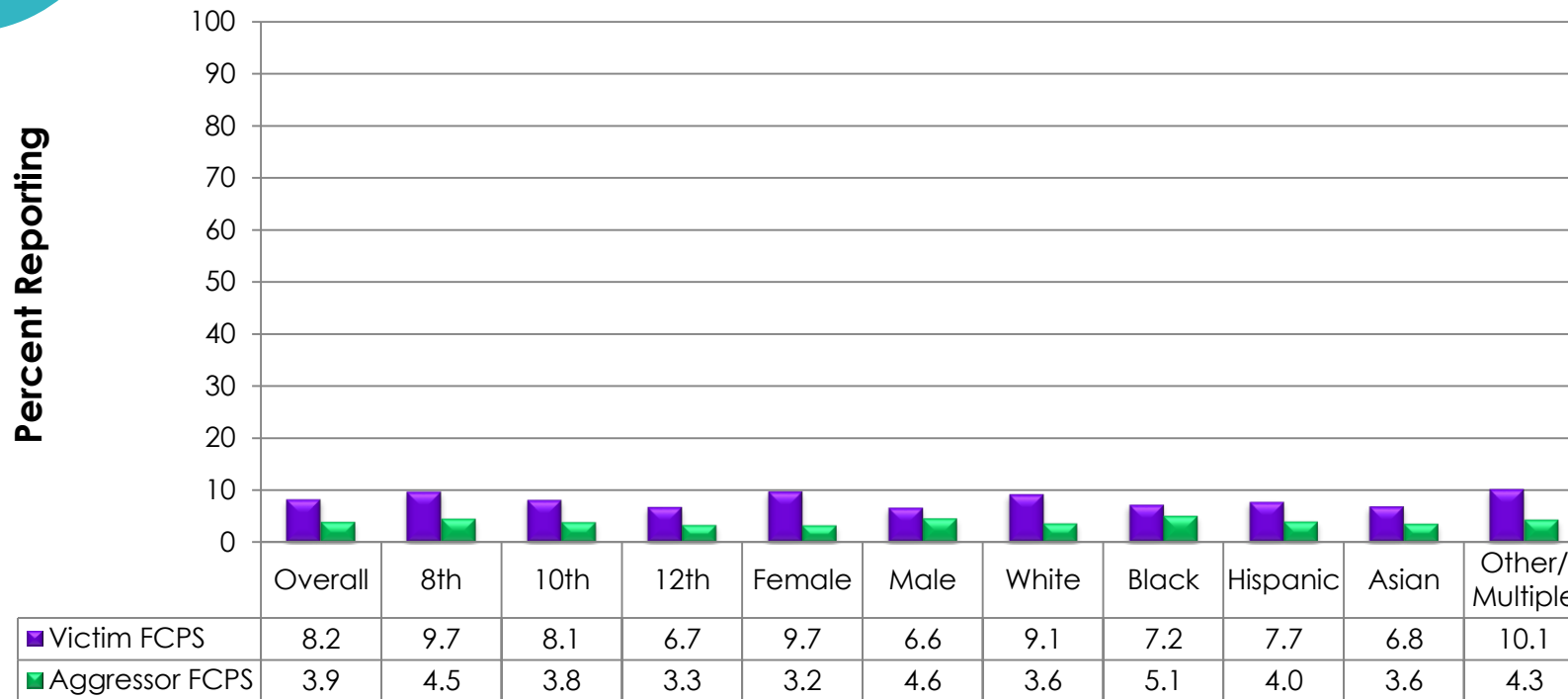


# Percent Who Experienced Bullying in Past Year



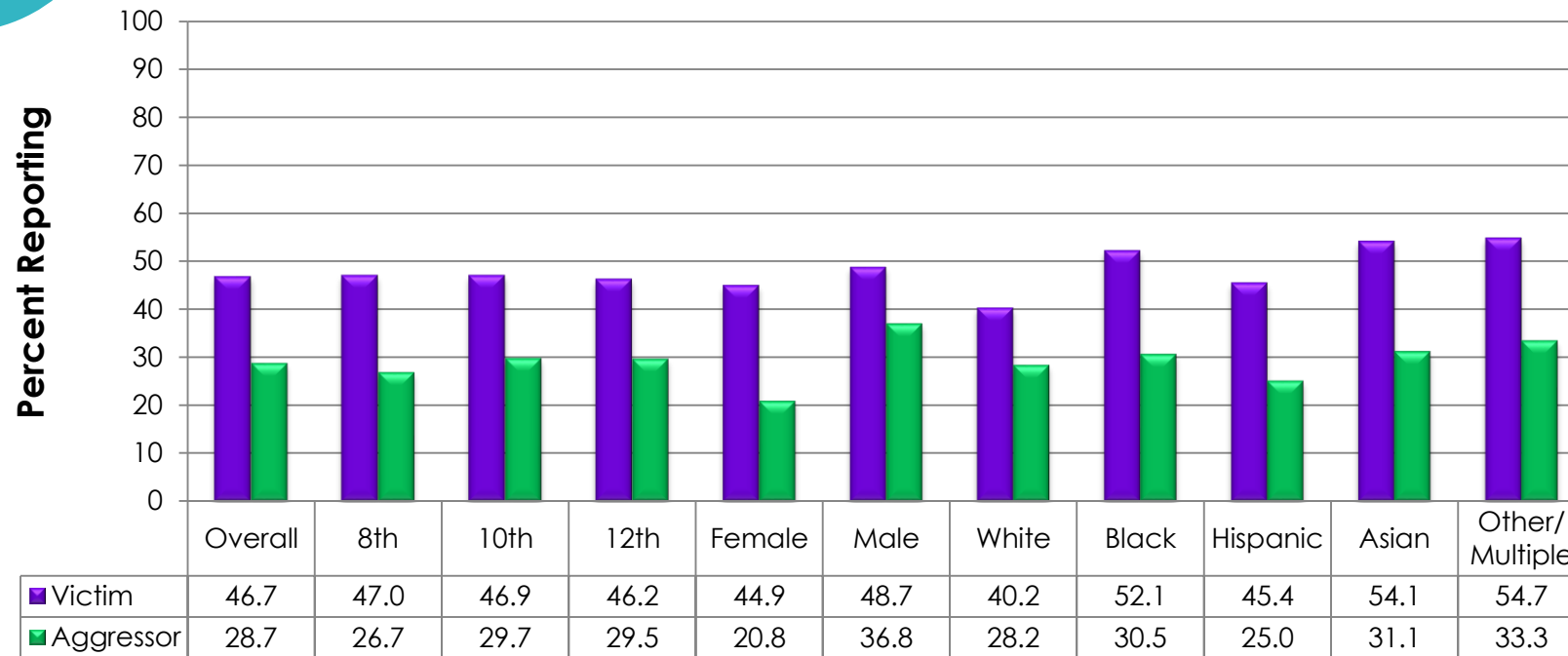
**Note: 6<sup>th</sup> Grade Prevalence for Victim = 29.4%; Aggressor = 6.7%**

# Percent Who Experienced Cyberbullying Between Schoolmates in Past Year



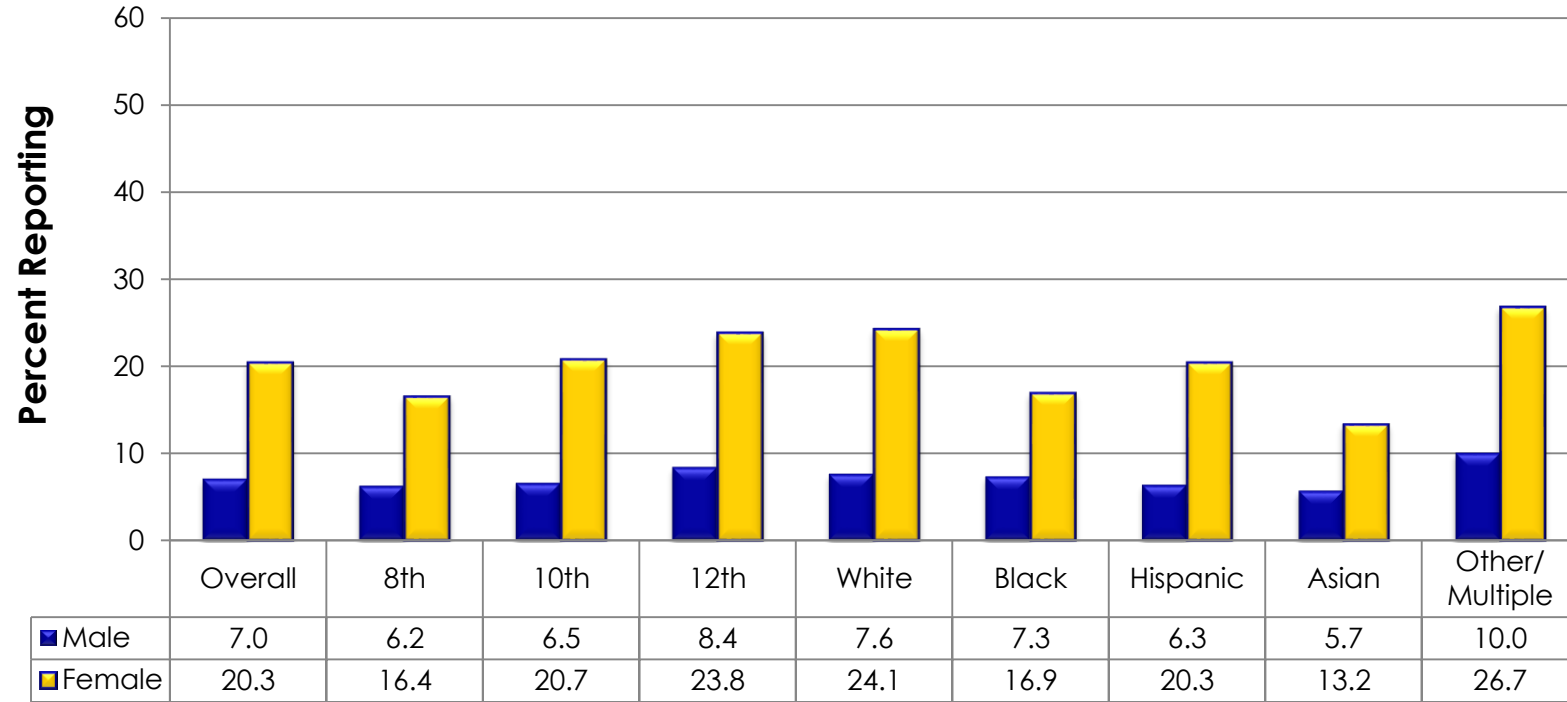
**Note:** 6<sup>th</sup> Grade Prevalence for Victim = 10.0%; Aggressor = 3.7%

# Percent Who Experienced Racial/Cultural Harassment in Past Year

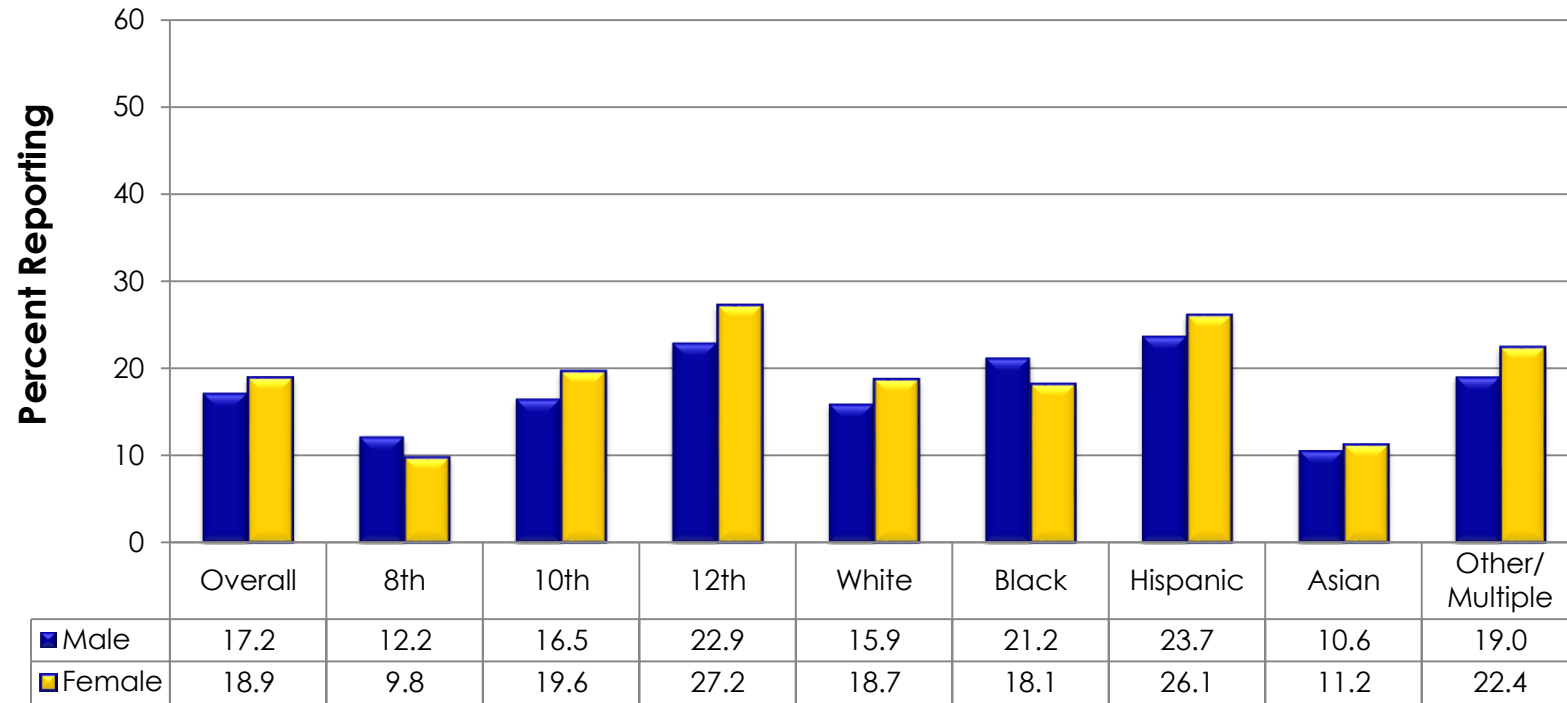


**Note: 6<sup>th</sup> Grade Prevalence for Victim = 37.8%; Aggressor = 15.6%**

# Percent Who Experienced Sexual Harassment in Past Year

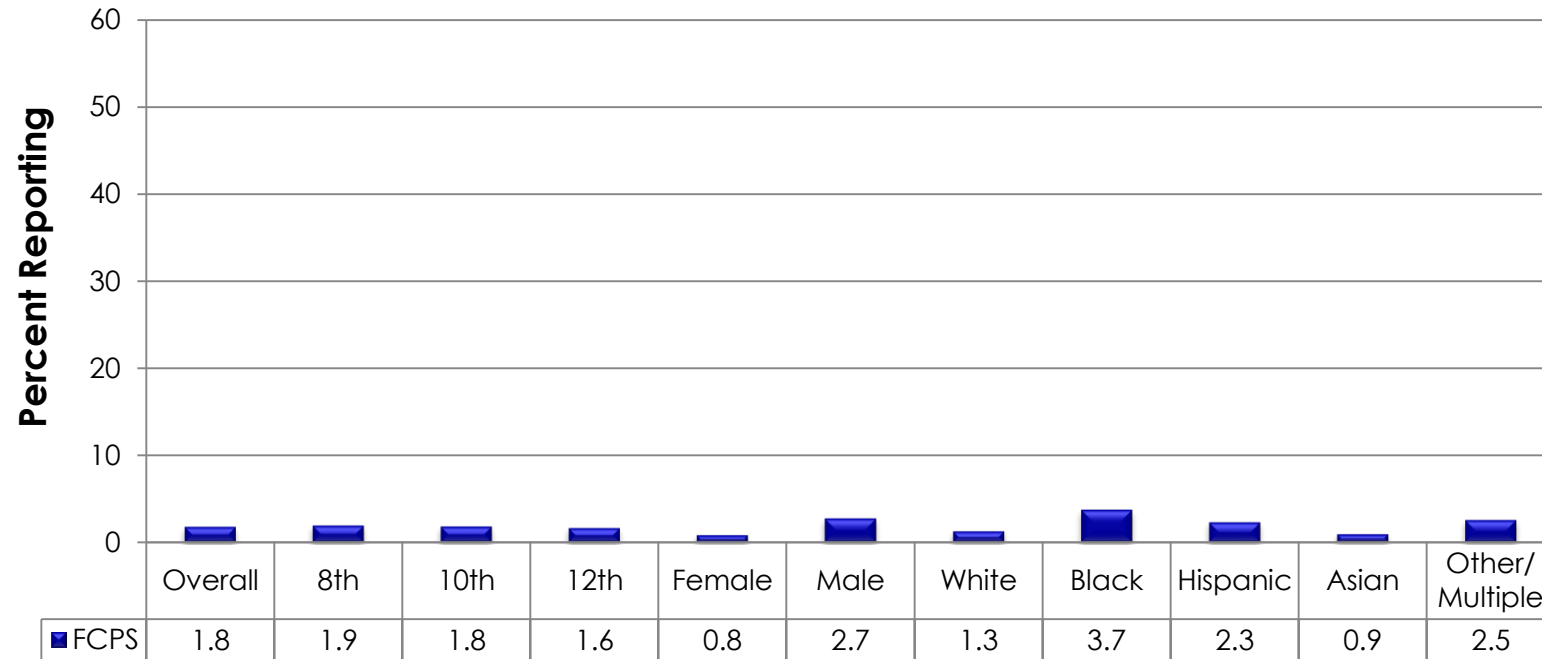


## Percent Who Experienced Teen Dating Abuse/Violence

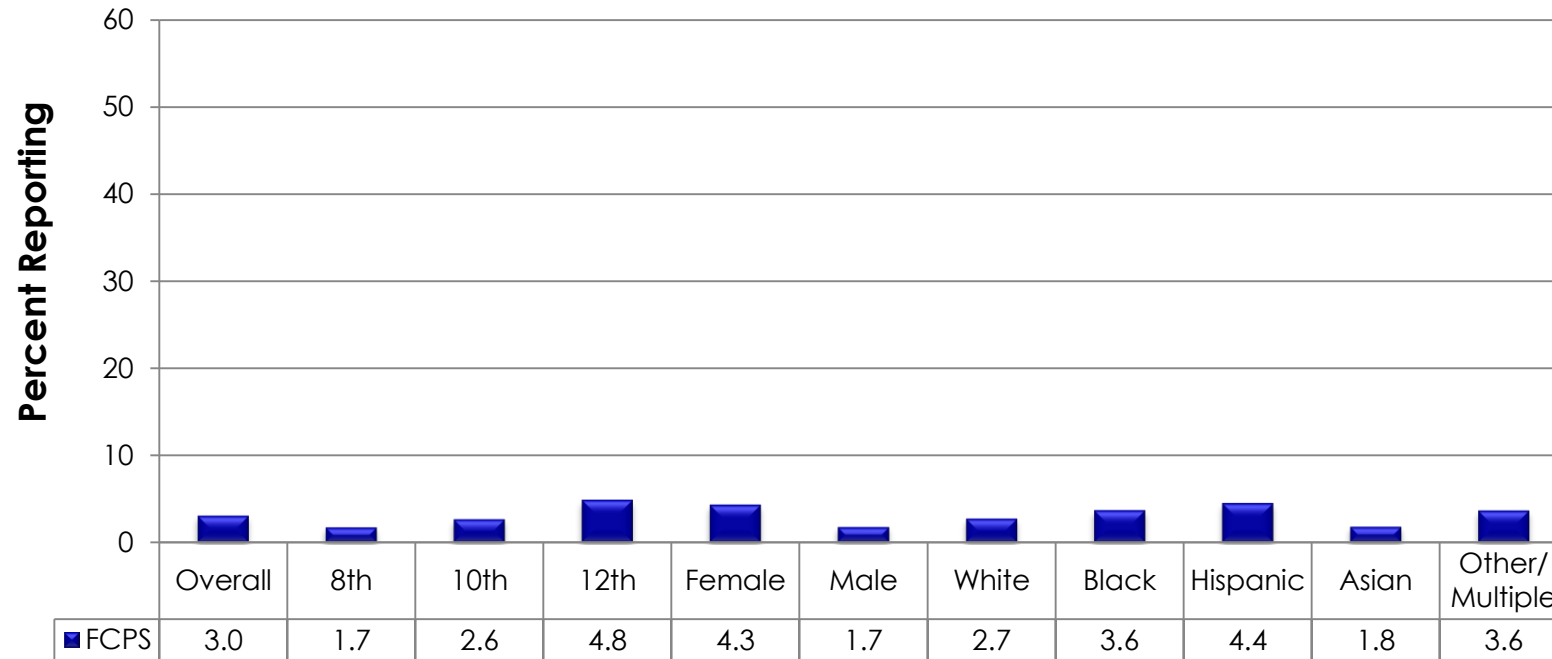


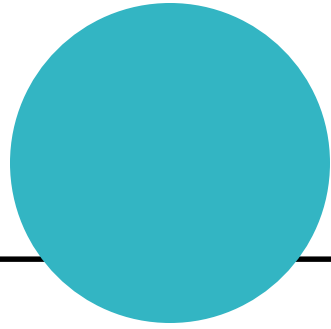


## Percent Who Have Ever Been in a Gang



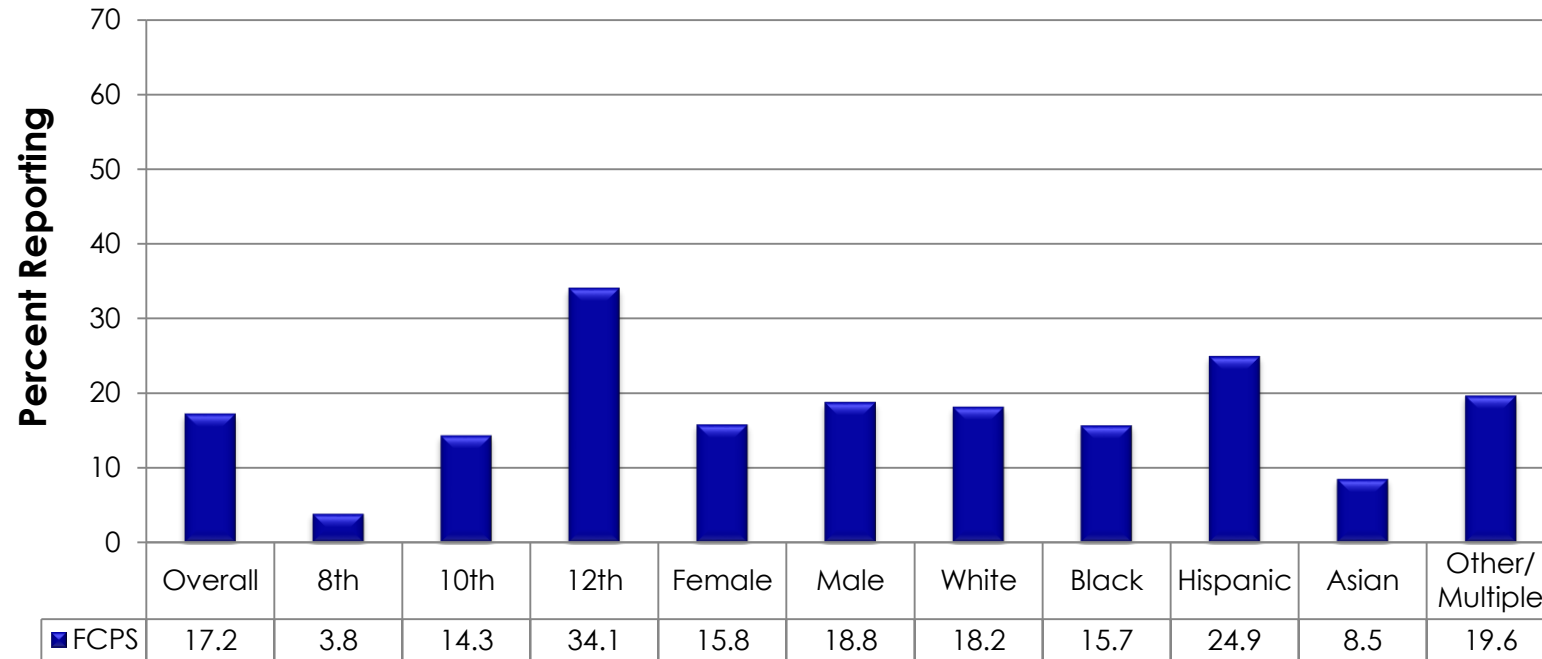
## Percent Who Have Ever Been Physically Forced to Have Sex



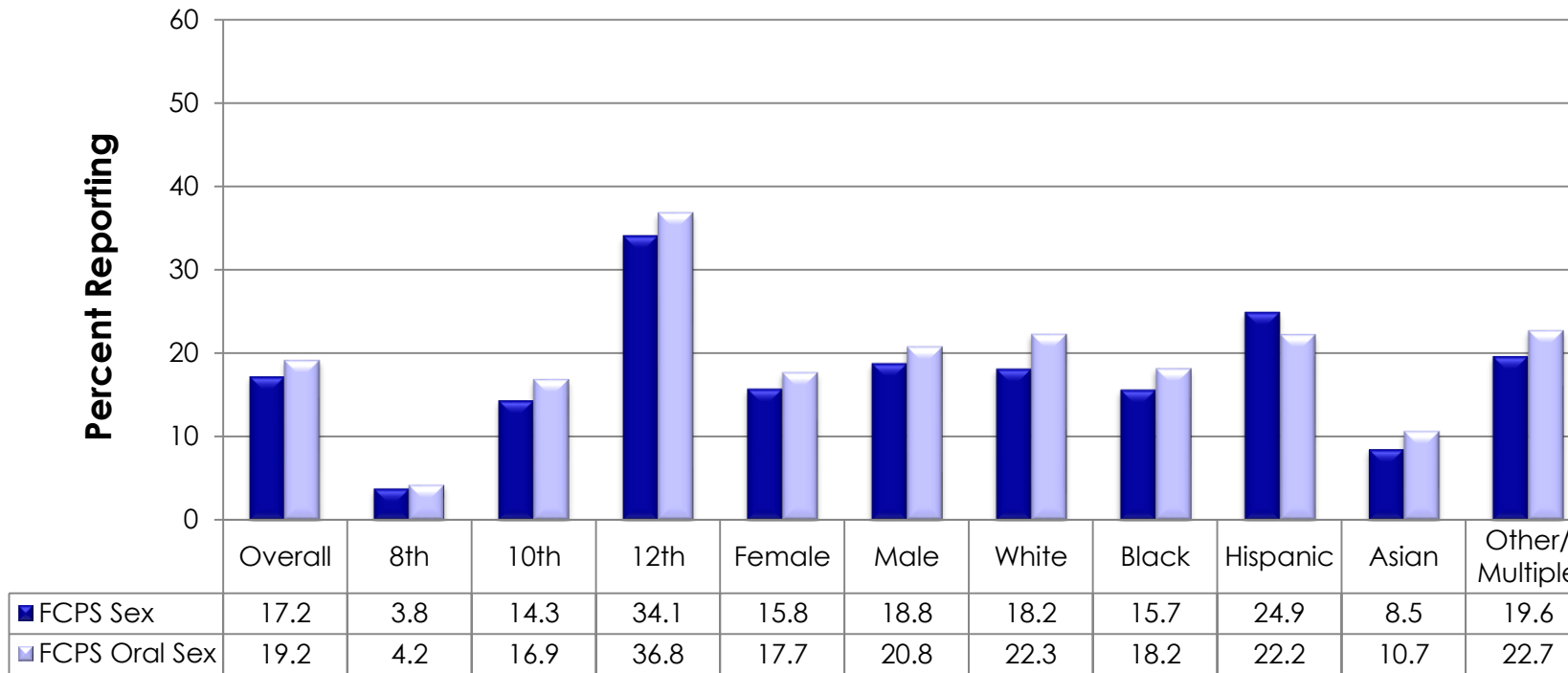


# Sexual Health

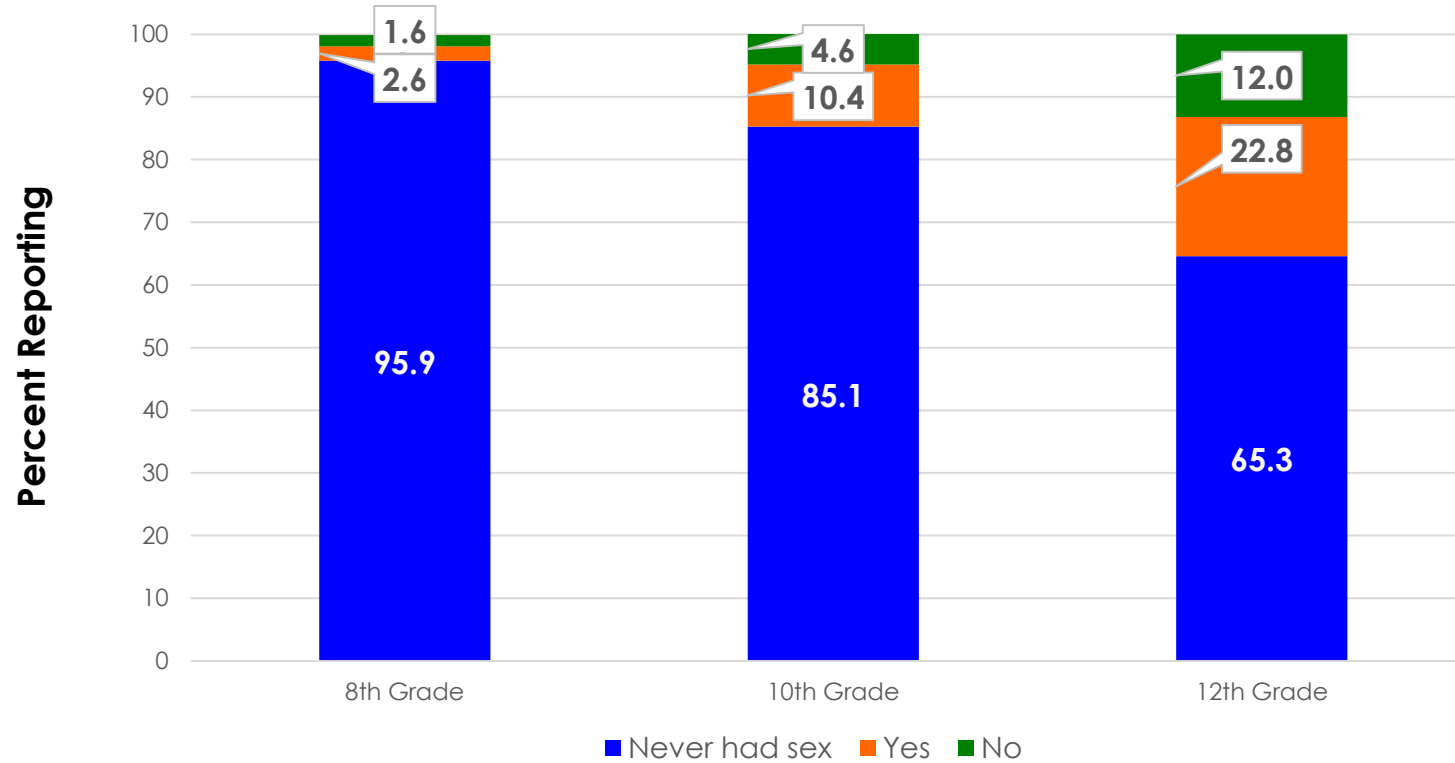
## Percent Who Have Ever Had Sexual Intercourse



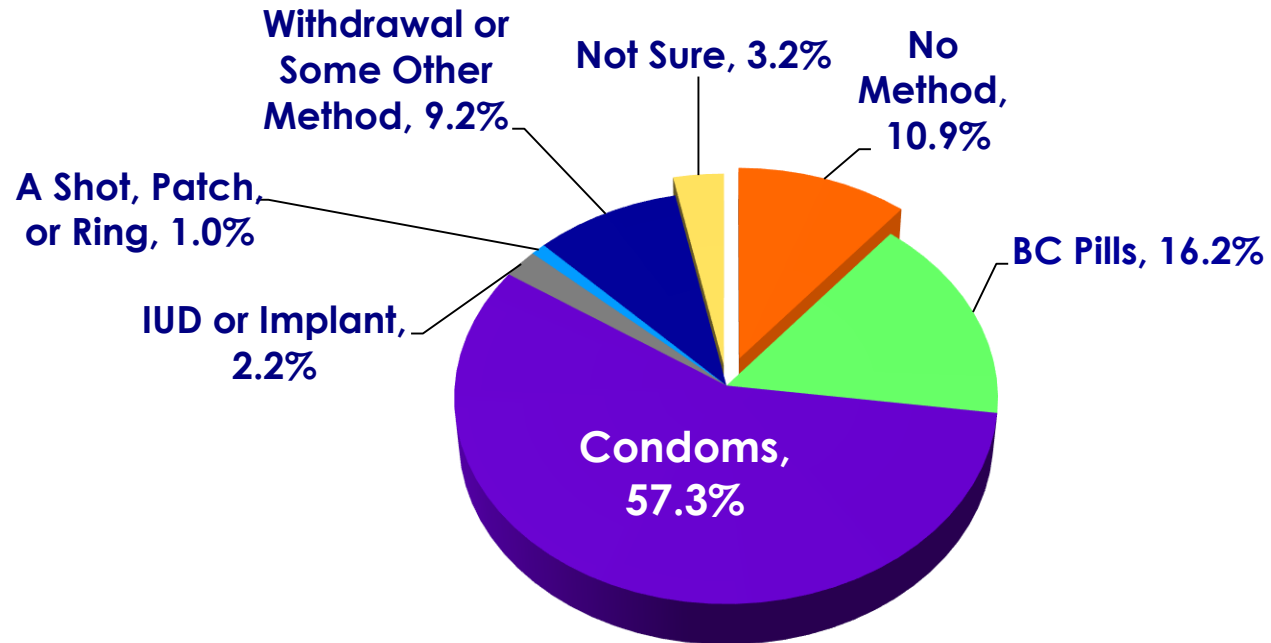
# Percent Who Have Ever Had Oral Sex



## Condom Use At Last Intercourse



## Contraception Use Among Sexually-Active Students



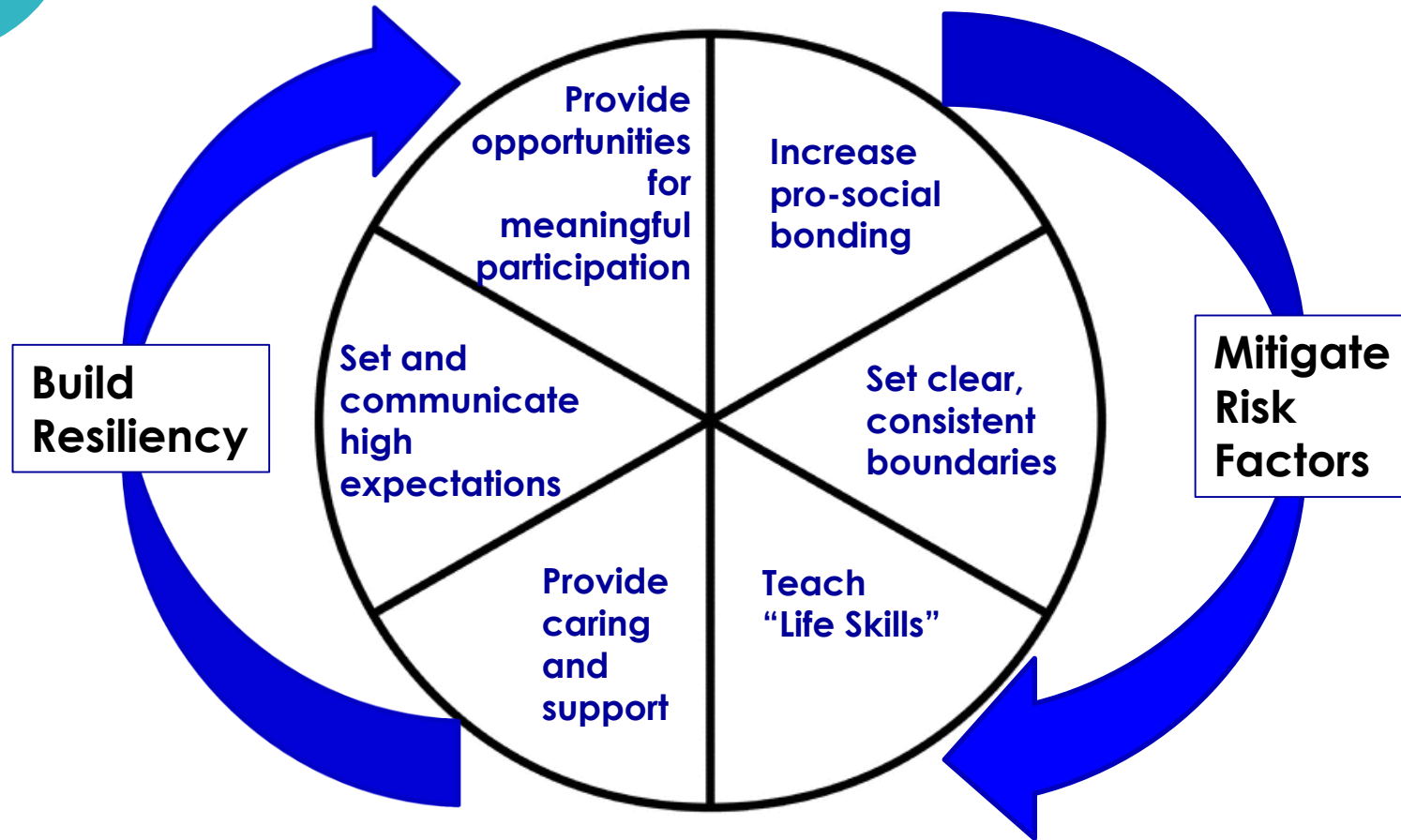
Contraceptive Use  
12th Grade: 88.5%  
10th Grade: 83.5%  
8th Grade: 72.9%



# Building Resiliency in Youth Through Assets



# The Resiliency Wheel



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## Resiliency Builders

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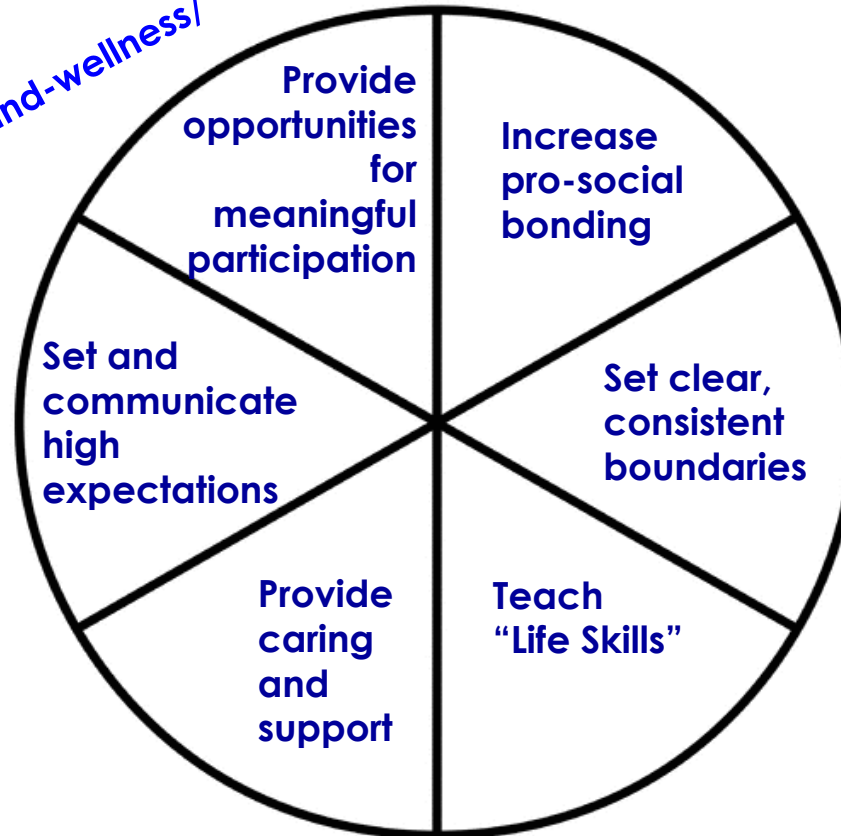


- Increase pro-social bonding
- Set clear consistent boundaries
- Teach “life skills”
- Provide caring and support
- Set and communicate high expectations
- Provide opportunities for meaningful participation

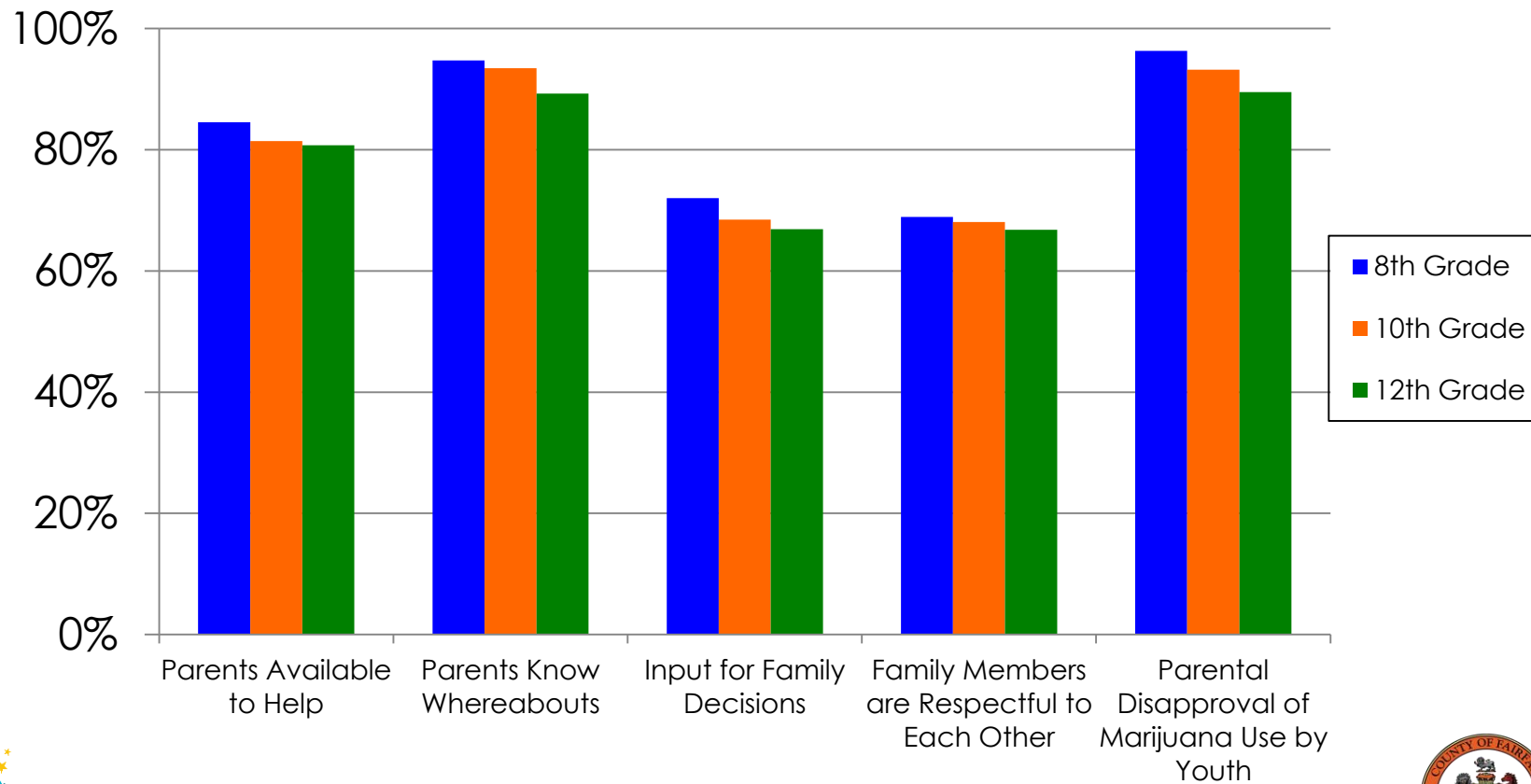
# To Learn More about Resiliency Builders

[www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency](http://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)

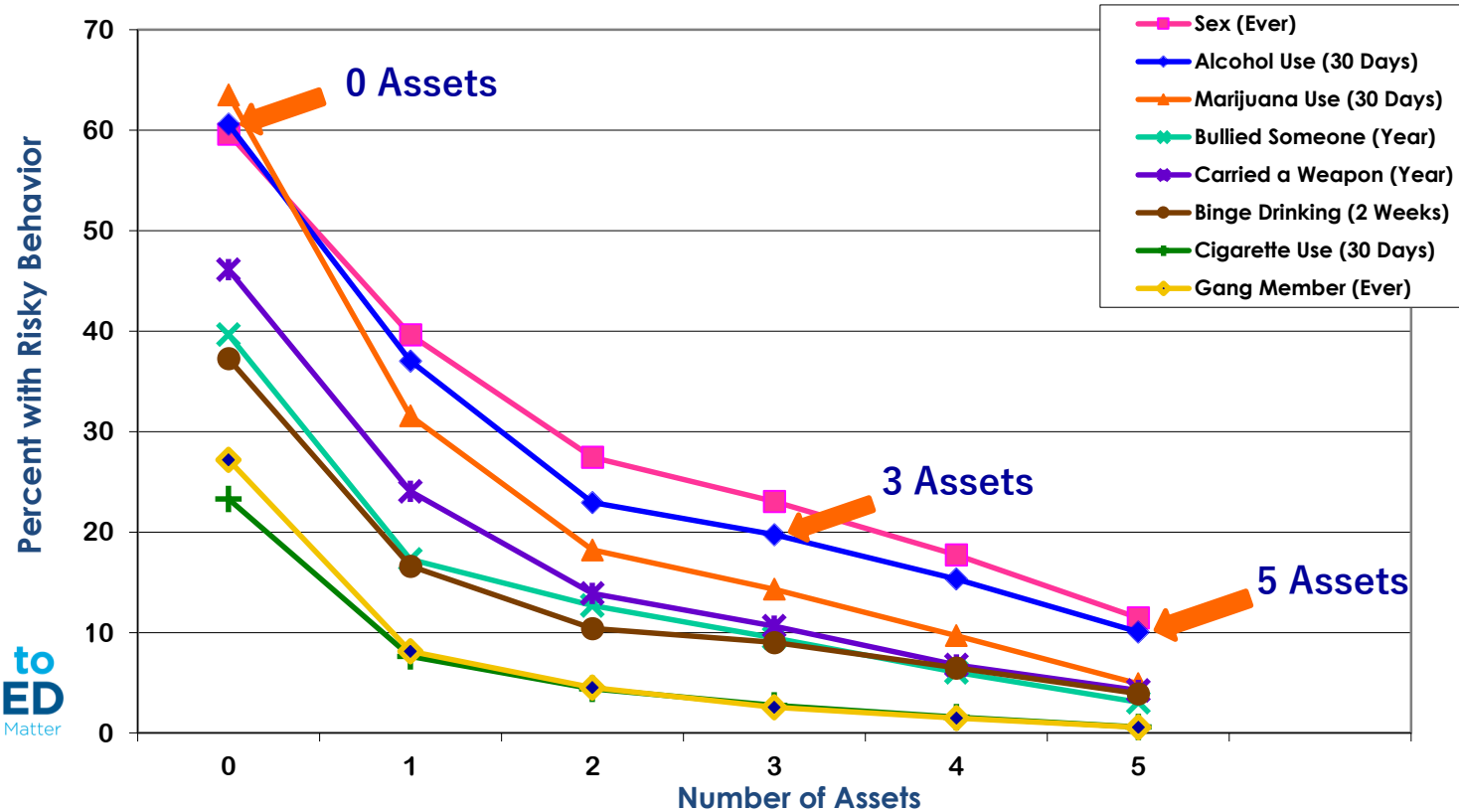


# Assets Families Provide to Build Resiliency



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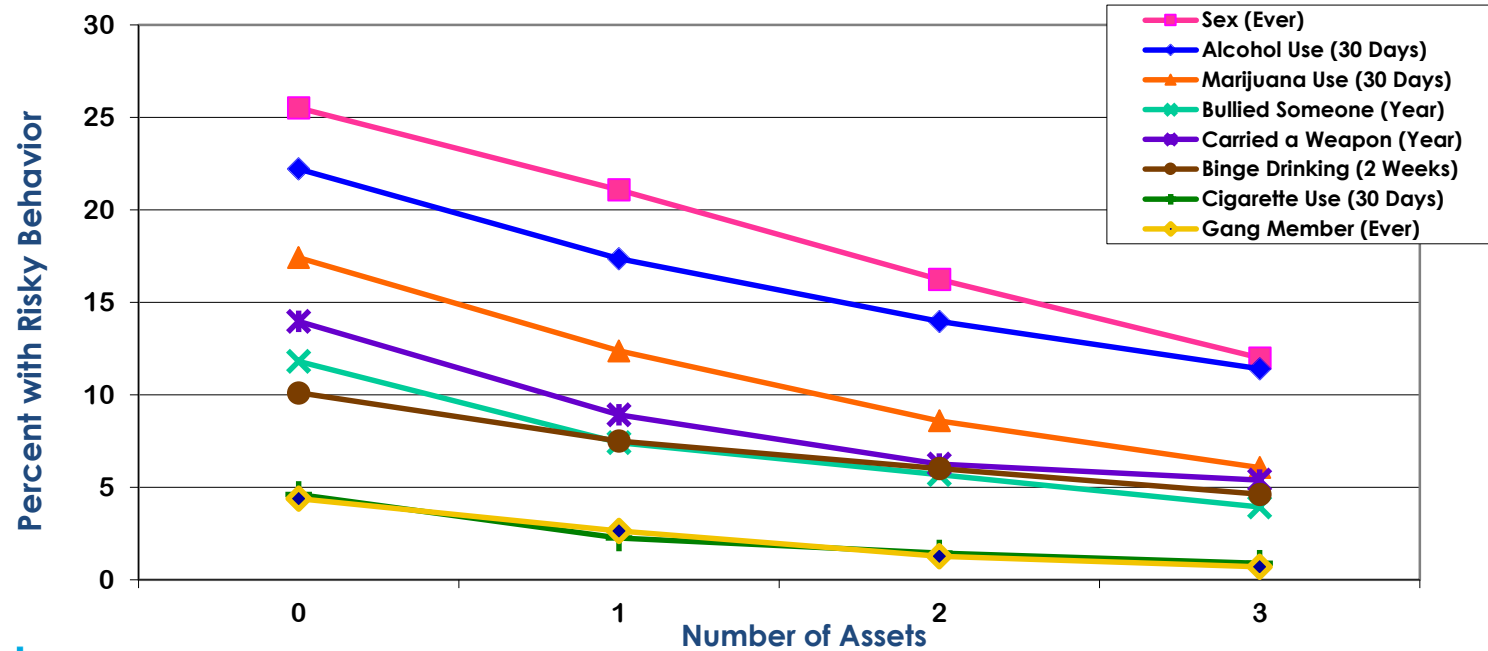
# Three to Succeed Family-Based (Grades 8, 10, 12)



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# 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



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## What You Can Do to Make a Difference

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- **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

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- **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](http://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

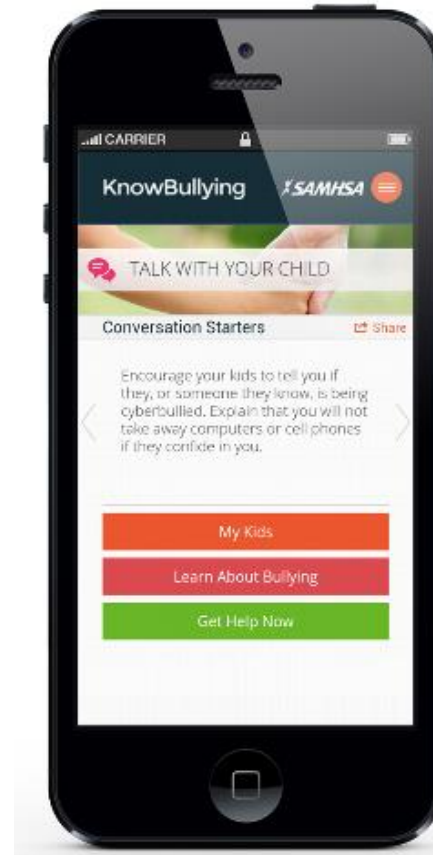
- Increase awareness of risk factors and warning signs of mental health issues
  - Take free online suicide prevention training (<http://kognito.com/fairfax>)
  - Become certified in Mental Health First Aid (<http://bit.ly/fairfaxMHFA>)
- Provide FCPS students with the CrisisText number:

**Text NEEDHELP to 85511**



# What You Can Do to Make a Difference

- **Address bullying and cyberbullying before and when it occurs**
  - Visit [stopbullying.gov](http://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





To Learn More

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## FAIRFAX COUNTY YOUTH SURVEY

[fairfaxcounty.gov/youthsurvey](https://fairfaxcounty.gov/youthsurvey)

## PREVENTION TOOLKIT

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



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## Questions? Contact Us!

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