

YOUTH SURVEY

FAIRFAX COUNTY

HIGH SCHOOL BOYS in Fairfax County

Self-reported by 10th and 12th grade boys on the Fairfax County Youth Survey

8% report bullying others



23% report depressive symptoms

9% report binge drinking



13% think there is no risk from smoking marijuana regularly

75% have never had sexual intercourse

67% of high school boys who have had sex used a condom at last intercourse



What You Need to Know

High school boys in Fairfax County report a high level of involvement and support in their families, schools, and community, as well as with their peers. While this is good news, high school boys also face challenges.

Alcohol is the most commonly used drug by teens in Fairfax County. Thirty-eight percent of 10th and 12th grade boys report having ever used alcohol, and 18% have used it in the past 30 days.

Marijuana is the second most commonly used substance for high school boys. Fourteen percent used marijuana in the past 30 days.

Depressive symptoms (feeling so sad or hopeless almost every day for two weeks or more that they stopped doing some usual activities) affect 23% of boys, while 32% report a high level of stress; 11% have considered suicide.

Seventy-five percent of boys report never having had sexual intercourse. However, of

those who have, 33% reported not using a condom at last sexual intercourse.

Eleven percent of boys report that they have been a victim of bullying, and 8% have bullied others.

Seven percent of boys report being a victim of cyberbullying, while nearly half (48%) report being a victim of racial or cultural harassment.

Seventeen percent of high school boys report being the victim of emotional abuse in a dating relationship.

What Can You Do?

PROMOTE HEALTHY BEHAVIORS

- ▶ The teen years are a time of rapid growth, exploration, and risk-taking. Desire for independence can bring opportunities for unsafe or unhealthy behaviors.
- ▶ Behaviors are influenced at the individual, peer, family, school, community and societal levels.
- ▶ Spend time with him. Build a relationship that includes trust, honesty, open lines of communication and setting limits.
- ▶ Be a good role model. Eat right, exercise, deal with stress in healthy ways, and avoid drug, tobacco and excessive alcohol use.
- ▶ Set rules, talk about expectations and explain the consequences of breaking the rules. Teens who believe their parents disapprove of risky behaviors are less likely to choose those behaviors.

UNDERSTAND, ENCOURAGE, LEARN, AND ACT

- ▶ Understand that it's normal for a teen to want to try new things.
- ▶ Understand that when he is angry with you, he may rebel by making poor choices. Turn his mistakes into lessons, show him you still love him, and point out the good things he does.
- ▶ Encourage and support his involvement in positive pro-social activities such as sports, school clubs, the arts, community service and any activity that provides a sense of belonging.
- ▶ Encourage him not to be ashamed of having a problem with stress, relationships, grades, weight, drugs or alcohol, but to learn how to handle problems in healthy ways.
- ▶ Learn about teen depression and suicide; alcohol and drug abuse; bullying and dating abuse; and eating disorders.
- ▶ Consult with your doctor, school staff, local hospitals or county services. Read books and get information from websites on preventing and handling risk-taking behaviors. Join and support school and community coalitions.

Adapted from www.drugabuse.gov and www.drugfree.org.

Who Can Help?

Fairfax-Falls Church Community Services Board (CSB)
<http://bit.ly/FairfaxCSB>
Entry & Referral 703-383-8500, TTY 711 24-Hour
Emergency Services 703-573-5679, TTY 711

Fairfax County Public Schools
<http://bit.ly/FCPSspecialsvcs>
Intervention and Prevention Services 571-423-4020
Student Safety and Wellness Office 571-423-4270

3 THREE to SUCCEED

The Factors That Matter

Data from the Youth Survey reinforces decades of research that shows that when youth have protective factors (also known as assets) in their lives, they do better in lots of different areas. **Having just three protective factors dramatically reduces the likelihood that youth will engage in risky behaviors.** The Youth Survey shows that every protective factor makes a difference.

Young people in Fairfax County report positive influences from the people and opportunities in their lives. Take action to be an asset in a young person's life and help to build a stronger, more positive community that benefits ALL children and youth.

Sexual Health

EVER HAD SEX	25%
EVER HAD ORAL SEX	28%
NO CONDOM DURING LAST SEX*	33%
HAD 4+ SEXUAL PARTNERS*	24%

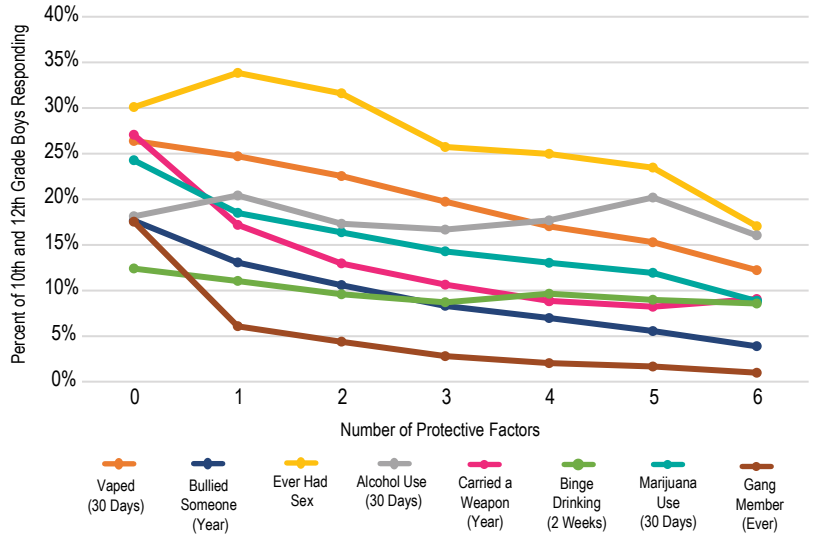
*Among students who have ever had sex.

Past 30-Day Drug Use

ALCOHOL	18%
CIGARETTES	2%
VAPING	18%
MARIJUANA	14%
PAINKILLERS*	2%
OTHER RX MEDS*	4%

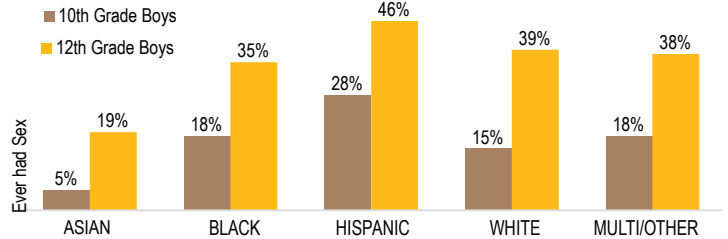
WEBSITES FOR MORE INFORMATION

Fairfax County Youth Survey
www.fairfaxcounty.gov/youthsurvey
 Fairfax County Prevention System
<http://bit.ly/FairfaxPrevention>
 US Office of Adolescent Health
www.hhs.gov/ash/oah
 NIDA for Teens
www.teens.drugabuse.gov
 Stop Bullying
www.stopbullying.gov



Protective Factors

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



Physical Health

3+ HOURS OF SCREENTIME DAILY	63%
ACTIVE 5+ DAYS PER WEEK	45%
8+ HOURS OF SLEEP DAILY	23%
EAT 5 FRUITS OR VEGETABLES DAILY	21%
DRINK SUGAR SWEETENED BEVERAGE DAILY	41%

Related Factors

High school boys in Fairfax County report they:

- Are involved in extracurricular activities (75%) and that teachers notice their good work (61%).
- Volunteer for community service (54%).
- Have parents who are available for help (82%).
- Have community adults they can talk to (42%).

The Fairfax County Youth Survey was administered in the fall of 2019.



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For information, call 703-324-4600, TTY 711.



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