

TEENAGE ALCOHOL USE in Fairfax County

Self-reported by 8th, 10th and 12th grade students on the Fairfax County Youth Survey.
Data from the Sixth Grade Youth Survey is reported separately and not included in totals.

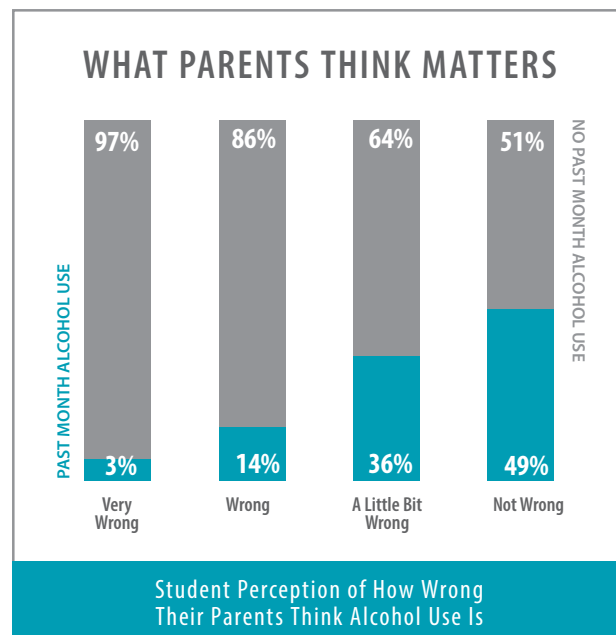
76% of high school students report never using alcohol in their lifetime.

54% of students believe it is “very wrong” for students their age to drink alcohol regularly.

97% of students have not had any binge drinking episodes over the past two weeks.

5 Things to Know

- Only three percent of students who report their parents think it would be “very wrong” for them to use alcohol used it in the past month, compared to 49 percent of students who report their parents think it’s “not wrong.”
- Nine percent of students had their first drink before age 12. Among 12th graders, 37 percent have had an alcoholic drink.
- Use increases significantly by grade level – “Ever using alcohol in their lifetime” is reported by 13 percent of 8th graders and increases to 37 percent by the 12th grade.
- Early use is a predictor of later use – 29 percent of youth who have ever used alcohol report first use by age 12.
- Binge drinking is defined as consuming five or more alcoholic drinks in a row in the past two weeks. Ninety-three percent of 12th graders report not binge drinking.



5 Things to Do

- Set clear expectations for young people’s behavior and apply appropriate and consistent consequences.
- Listen and try to understand the pressures of young people’s life. Avoid criticism and try your best to minimize lecturing.
- Encourage and support involvement in positive pro-social activities that provide a sense of belonging. Try to get to know their friends and their friends’ parents.
- Build your teen’s self-confidence by congratulating them on their successes.
- Talk to your teen’s school counselor, psychologist or social worker. Stay involved with what’s happening in your child’s school, via involvement in the PTA, etc.

Who Can Help?

Fairfax-Falls Church Community Services Board
bit.ly/FairfaxCSB
Entry & Referral 703-383-8500
24-Hr Emergency Services
703-573-5679

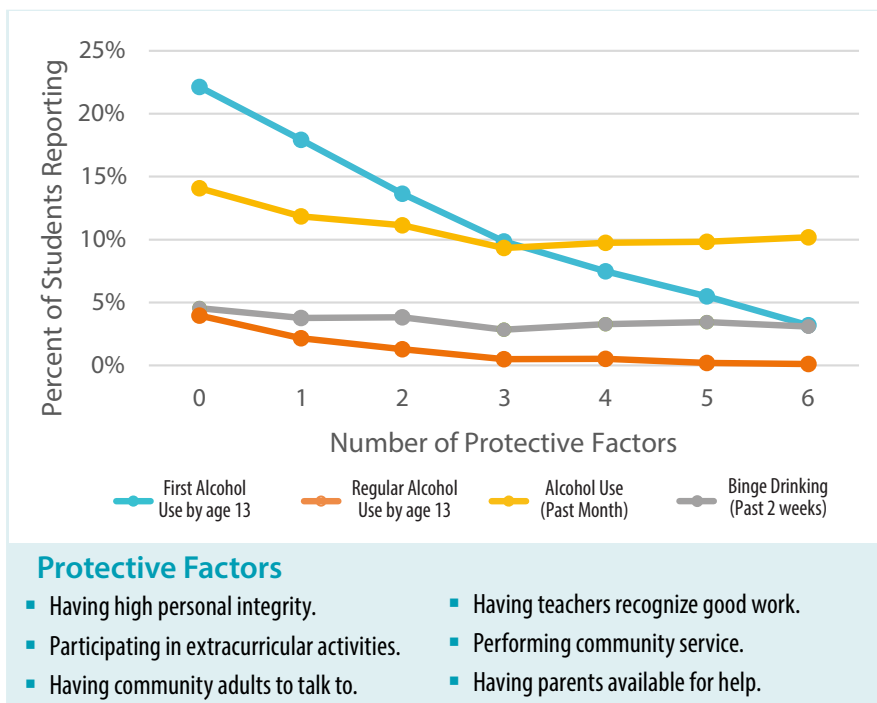
Fairfax County Public Schools Intervention
and Prevention Services
bit.ly/FCPSspecialsvcs
571-423-4020

Fairfax County Public Schools
Student Safety and Wellness Office
bit.ly/FCPSspecialsvcs
571-423-4270

Community Regional Crisis Response
www.cr2crisis.com
24-Hr Emergency Response
844-N-Crisis or 571-364-7390

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.

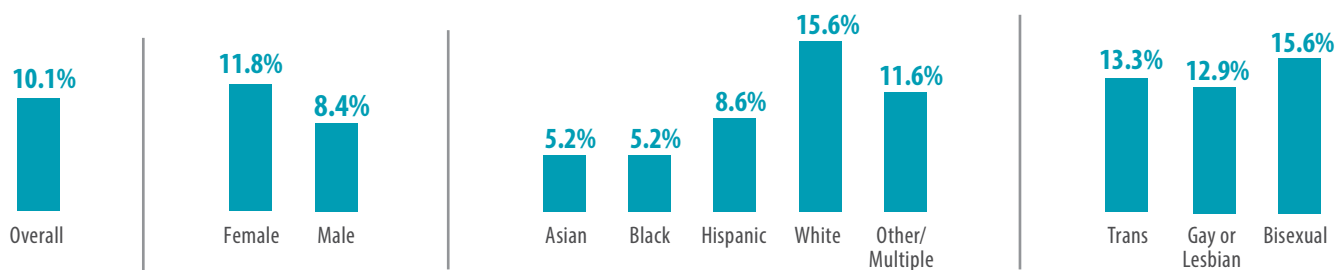
Young people in Fairfax County report positive influences from the people and opportunities in their lives. Take action to be an asset in a young person's life and help to build a stronger, more positive community that benefits ALL children and youth.



Disparities in Past 30-Day Alcohol Use

The One Fairfax policy commits us to intentionally consider equity when making policies or delivering programs and services. LGBTQ and White students use alcohol at higher rates than their peers, highlighting the need to understand root causes of use and to target prevention and intervention strategies.

30-Day Alcohol Use



For More Information

Fairfax County Youth Survey
www.fairfaxcounty.gov/youthsurvey

Fairfax County Prevention
bit.ly/fairfaxprevention

The Partnership to End Addiction
www.drugfree.org

NIDA for Teens
www.teens.drugabuse.gov

SAMHSA Underage Drinking
www.samhsa.gov/talk-they-hear-you

Fairfax Prevention Coalition
www.fairfaxpreventioncoalition.com

The Fairfax County Youth Survey was administered in the fall of 2021. The survey was not administered in 2020.



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.

