



2022-2023
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:

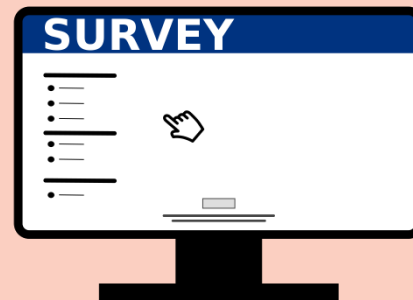
01 Assess Youth Strengths and Needs

02 Develop Programs and Services

03 Monitor Trends

04 Measure Community Indicators

05 Guide Countywide Planning of Prevention Efforts





2022-2023 YOUTH SURVEY PARTICIPATION

FCPS STUDENTS IN GRADES 6, 8, 10, AND 12

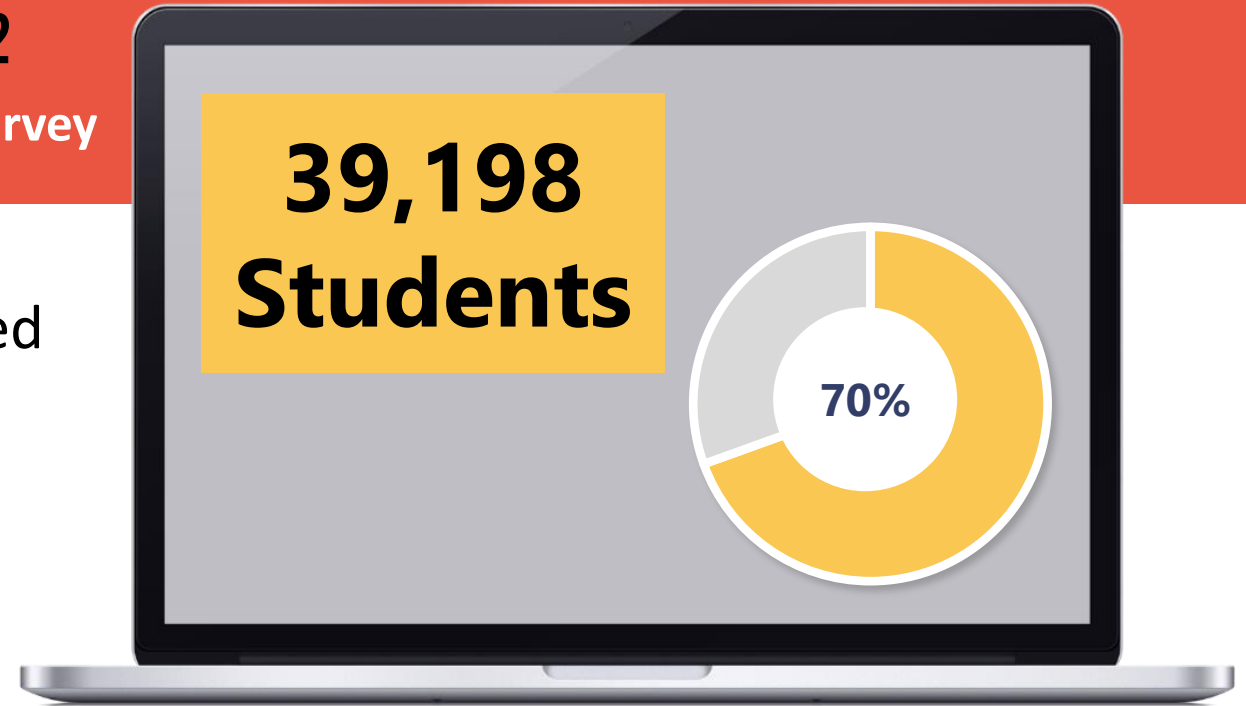
Participate in the Fairfax County Youth Survey



Youth Survey was administered **electronically**



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





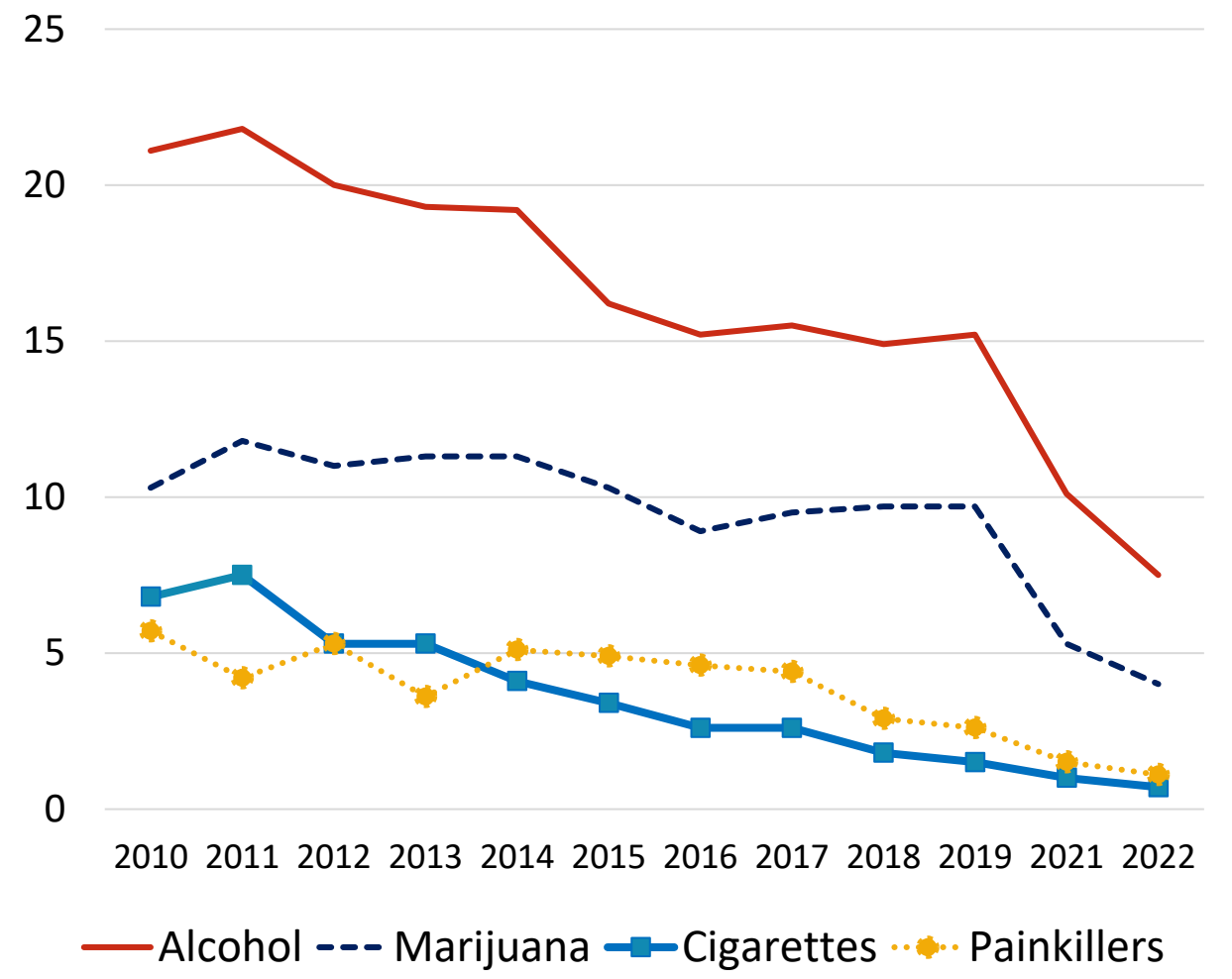
SURVEY HIGHLIGHTS: SUBSTANCE USE

83%

OF FAIRFAX COUNTY YOUTH
REPORTED NO SUBSTANCE USE
IN THE PAST MONTH

RATES OF SUBSTANCE USE TRENDING DOWN

The percentage of students reporting the use of substances have generally declined over the past ten years.



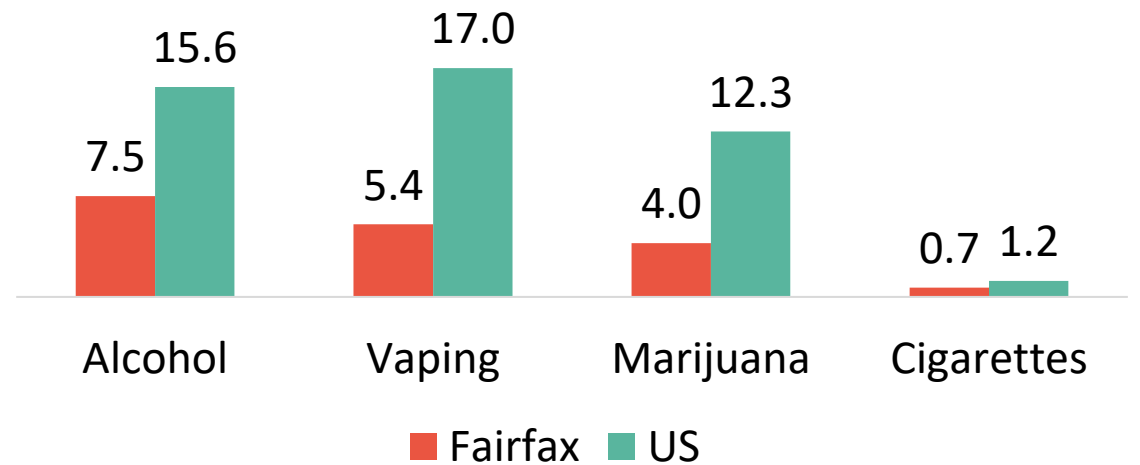


SURVEY HIGHLIGHTS: SUBSTANCE USE

LOWER THAN NATIONAL AVERAGE

Fairfax County youth reported lower rates of use than those reported nationally for most substances assessed on the survey.

Percentage of 8th, 10th, and 12th grade students reporting use of selected substances in the past month: Fairfax vs. US



SURVEY HIGHLIGHTS: BULLYING AND AGGRESSIVE BEHAVIOR

38%

Reported having had something bad said about their race or culture in the past year



10%

Reported having been bullied by someone on school property in the past year

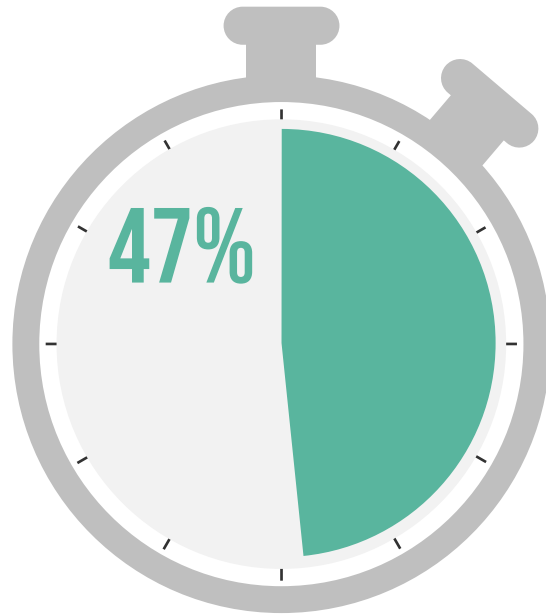
7%

Reported having been cyberbullied by a student attending their school in the past year

SURVEY HIGHLIGHTS: SCREEN TIME



3+ HOURS TV ON AN AVERAGE SCHOOL DAY

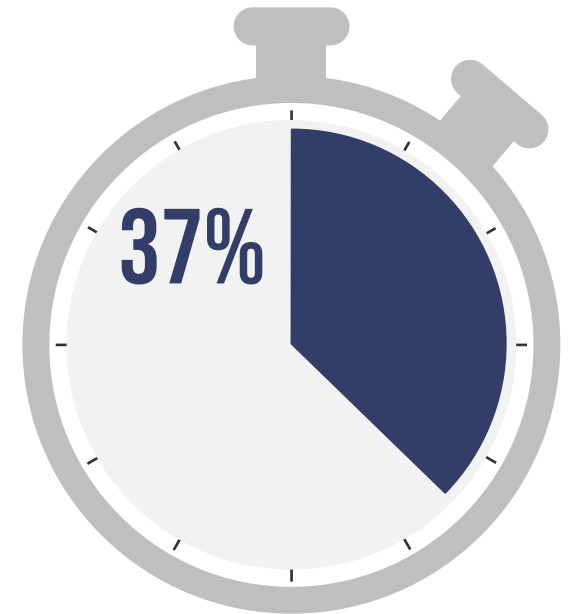


3+ HOURS VIDEO GAMES OR COMPUTER USE FOR NON-SCHOOL ACTIVITIES ON AN AVERAGE SCHOOL DAY

8TH, 10TH, 12TH GRADE STUDENTS



3+ HOURS TV ON AN AVERAGE SCHOOL DAY



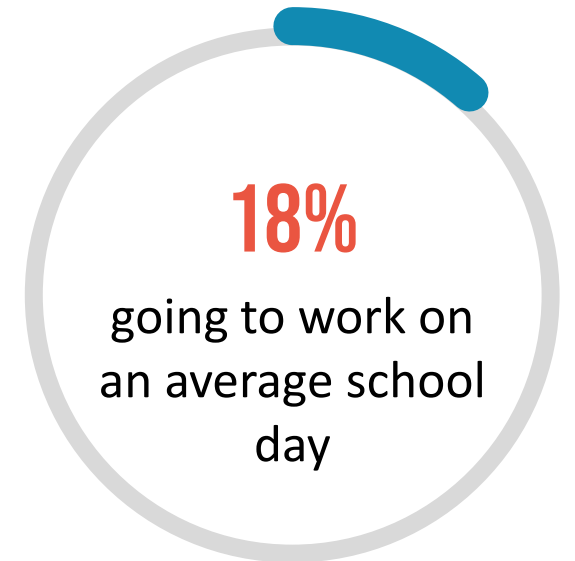
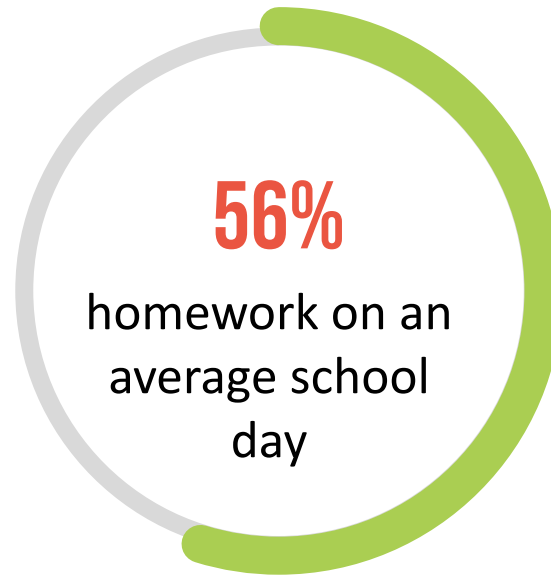
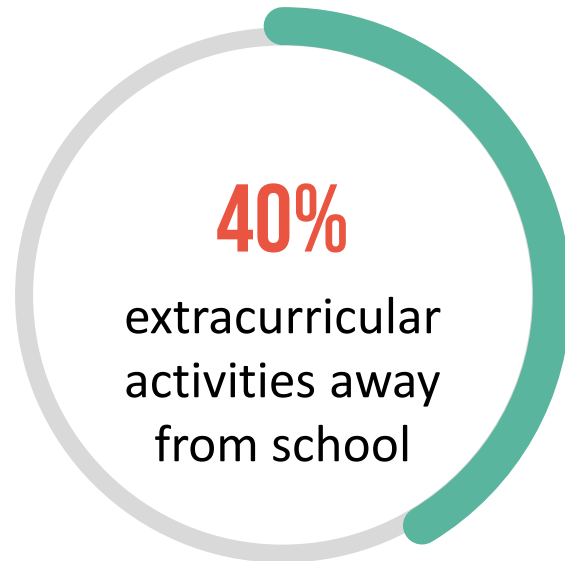
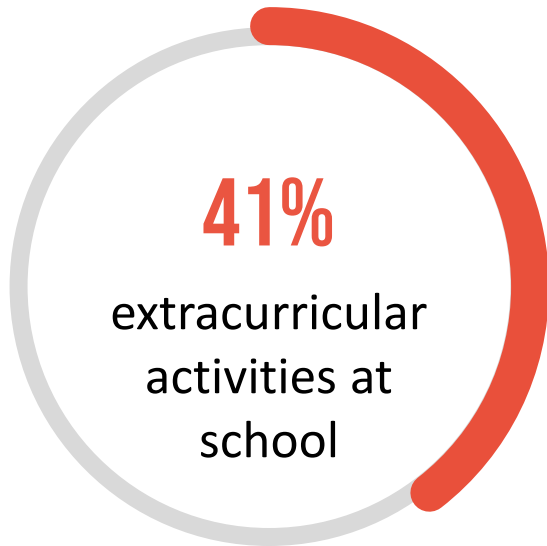
3+ HOURS VIDEO GAMES OR COMPUTER USE FOR NON-SCHOOL ACTIVITIES ON AN AVERAGE SCHOOL DAY

6TH GRADE STUDENTS



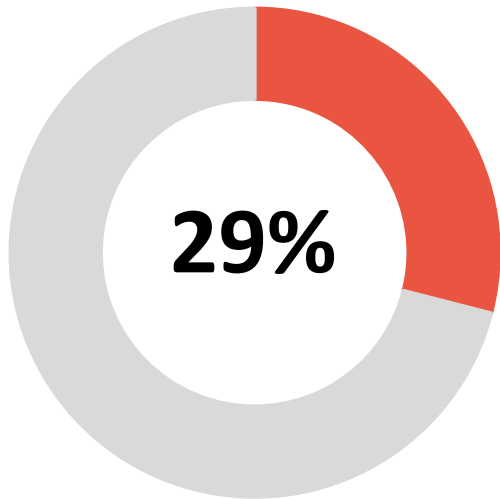
SURVEY HIGHLIGHTS: EXTRACURRICULAR ACTIVITIES

Percent of 8th, 10th, and 12th grade students who reported spending 1 or more hours on

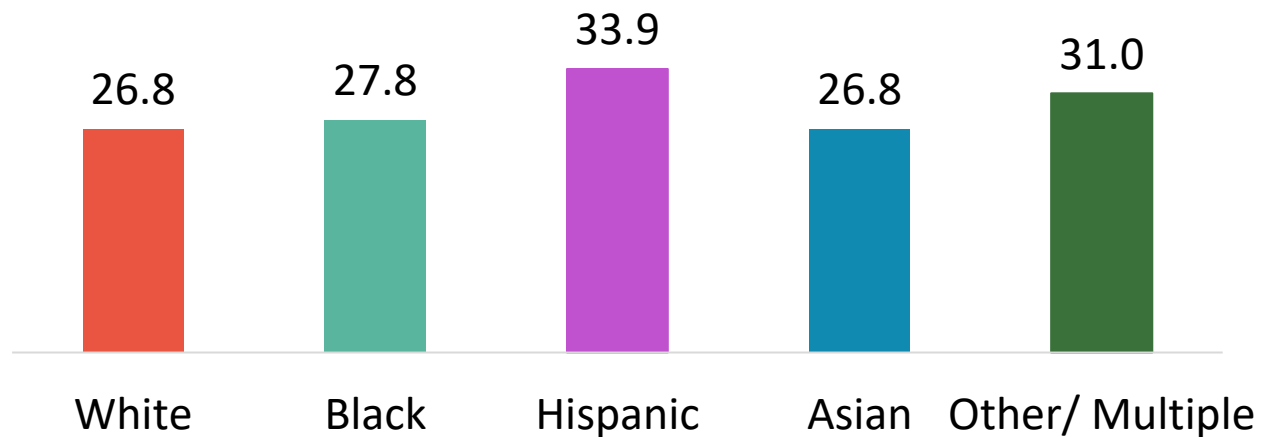
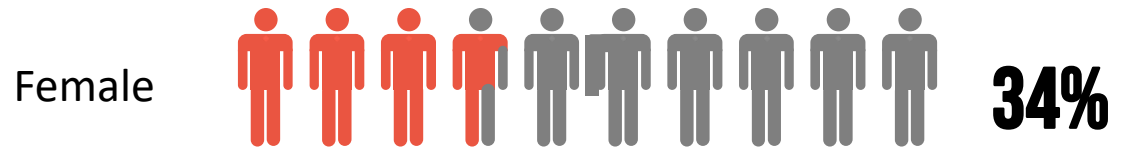


SURVEY HIGHLIGHTS: MENTAL HEALTH

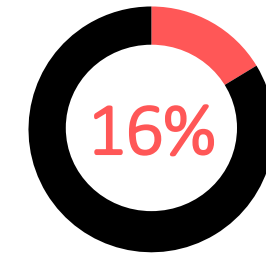
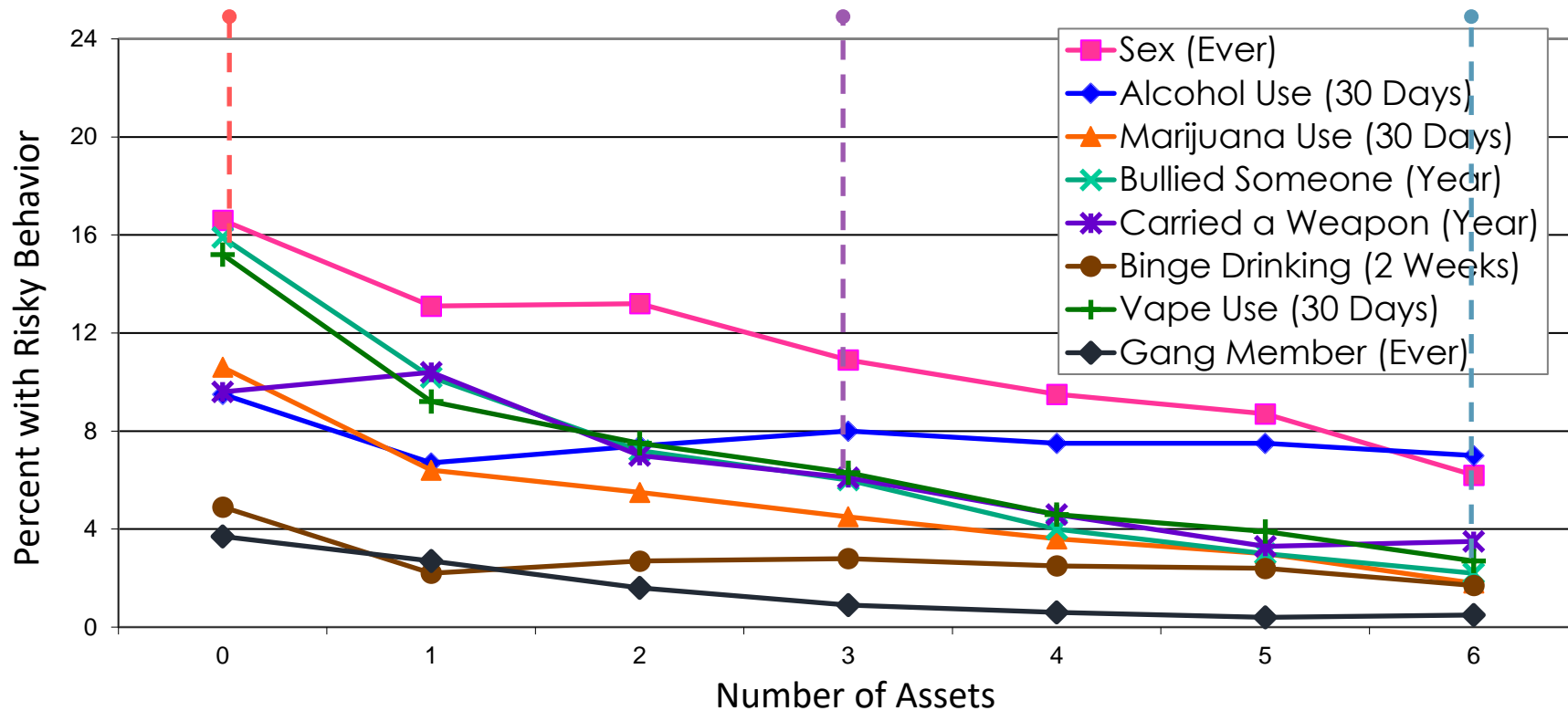
FELT SAD OR HOPELESS IN THE PAST YEAR
AMONG 8TH, 10TH, AND 12TH STUDENTS



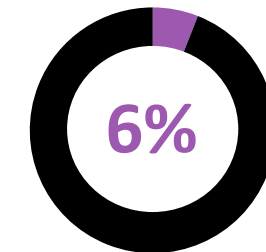
A decrease from 38% in 2021



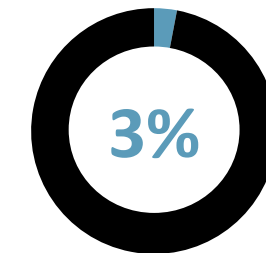
THREE TO SUCCEED ASSET GRAPH FOR FAIRFAX COUNTY YOUTH (GRADE 8, 10, 12)



Of the students with 0 assets vaped in the past 30 days



Of the students with 3 assets vaped in the past 30 days



Of the students with 6 assets vaped in the past 30 days

- Accepting Responsibility for One's Actions
- Performing Community Service
- Having Teachers Recognize Good Work
- Having Community Adults to Talk to
- Participating in Extracurricular Activities
- Having Parents Available for Help



WHAT YOU CAN DO TO MAKE A DIFFERENCE

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

It is vital that youth have caring, trusted, and supportive adult relationships in building resiliency.



WHAT YOU CAN DO TO MAKE A DIFFERENCE

ADDRESS ATTITUDES ABOUT ALCOHOL, TOBACCO, AND OTHER DRUGS (ATOD)



LIMIT AVAILABILITY OF ATOD

- Participate in the **SAMSHA Talk. They Hear You.** campaign to learn how to discuss alcohol with teens. Download the app:

bit.ly/CSB-TTHY

- Visit the FCPS *Alcohol, Tobacco and Other Drug Programs* page for more resources:

bit.ly/SubstanceUsePreventionFCPS

- 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
- Become certified in Mental Health First Aid bit.ly/fairfaxMHFA
- Find information about suicide prevention and building protective factors at home

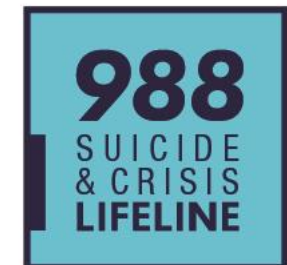
bit.ly/SuicidePreventFCPS



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

Call: 988

**Text: "CONNECT" to
85511**

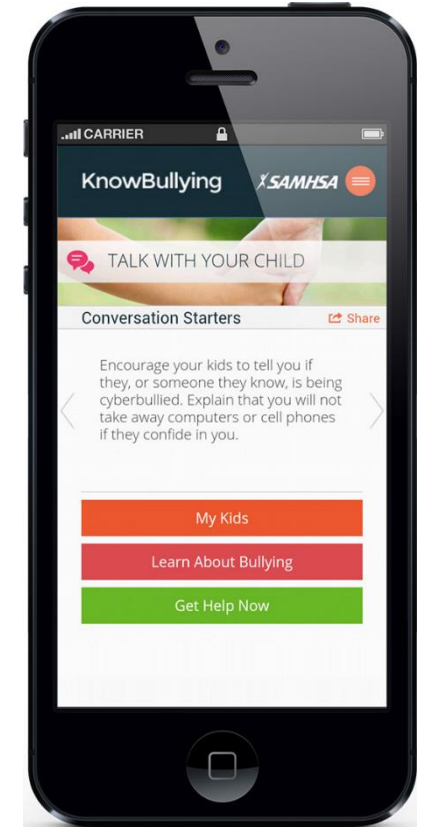




WHAT YOU CAN DO TO MAKE A DIFFERENCE

Address bullying and harassment before and when it occurs:

- Visit the *FCPS Bullying Prevention and Intervention* page bit.ly/BullyingPreventionFCPS
- Visit stopbullying.gov for tips and resources
- Download the **KnowBullying** app to learn strategies to prevent bullying for various age groups among children and teens
- Find more information on cyberbullying bit.ly/InternetSafeFCPS



WHAT YOU CAN DO TO MAKE A DIFFERENCE



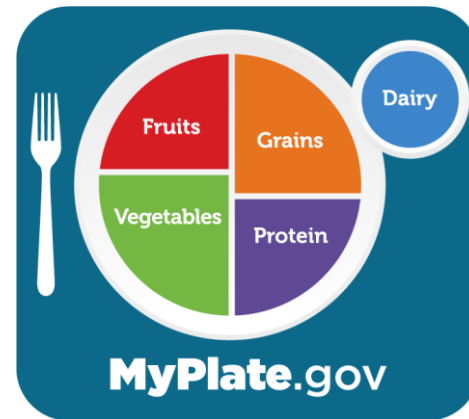
IMPROVE STUDENTS' NUTRITION AND PHYSICAL ACTIVITY HABITS



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



Visit **Fairfax County Youth Survey Website**

www.fairfaxcounty.gov/youthsurvey



Learn more about **Three to Succeed**

bit.ly/3toSucceed

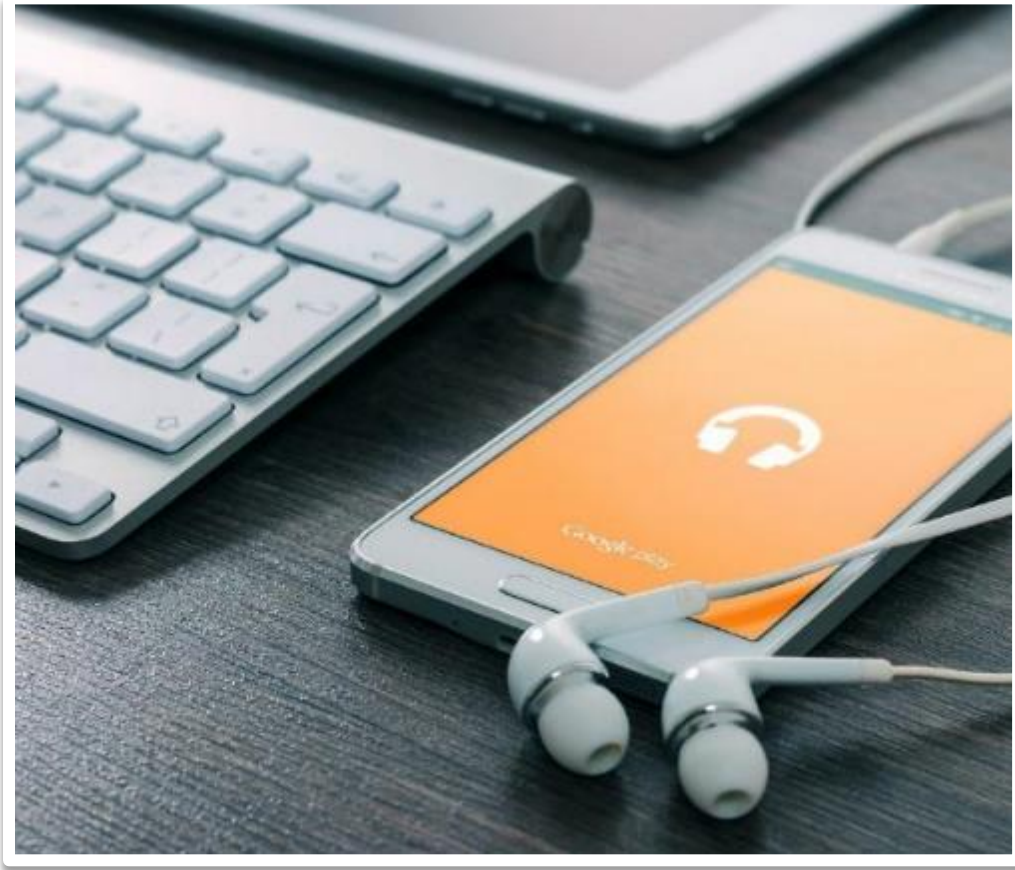


Visit **Prevention Toolkit**

bit.ly/ffxprevkit



QUESTIONS? CONTACT US!



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