



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



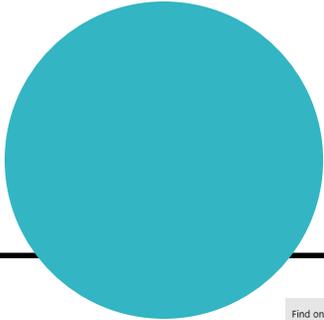
More About the Fairfax County Youth Survey



- **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




The **Fairfax County Youth Survey** asks questions about risky behavior, mental health, physical health and safety. Question topics include behavior related to:

Alcohol	Illegal drugs	Misuse of prescription drugs
Depression	Stress	Extracurricular activities
Bullying	Harassment	Time spent helping others
Personal health	Obesity	Screen time

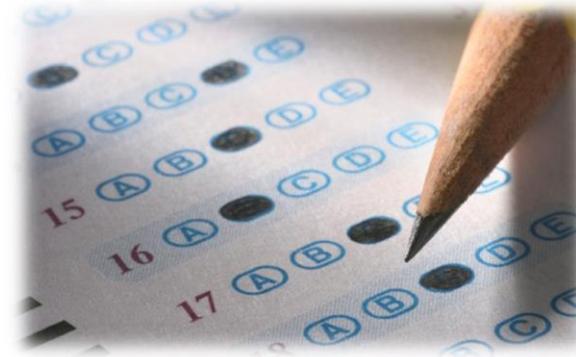
www.fairfaxcounty.gov/youthsurvey

Fairfax County 2018 Youth Survey



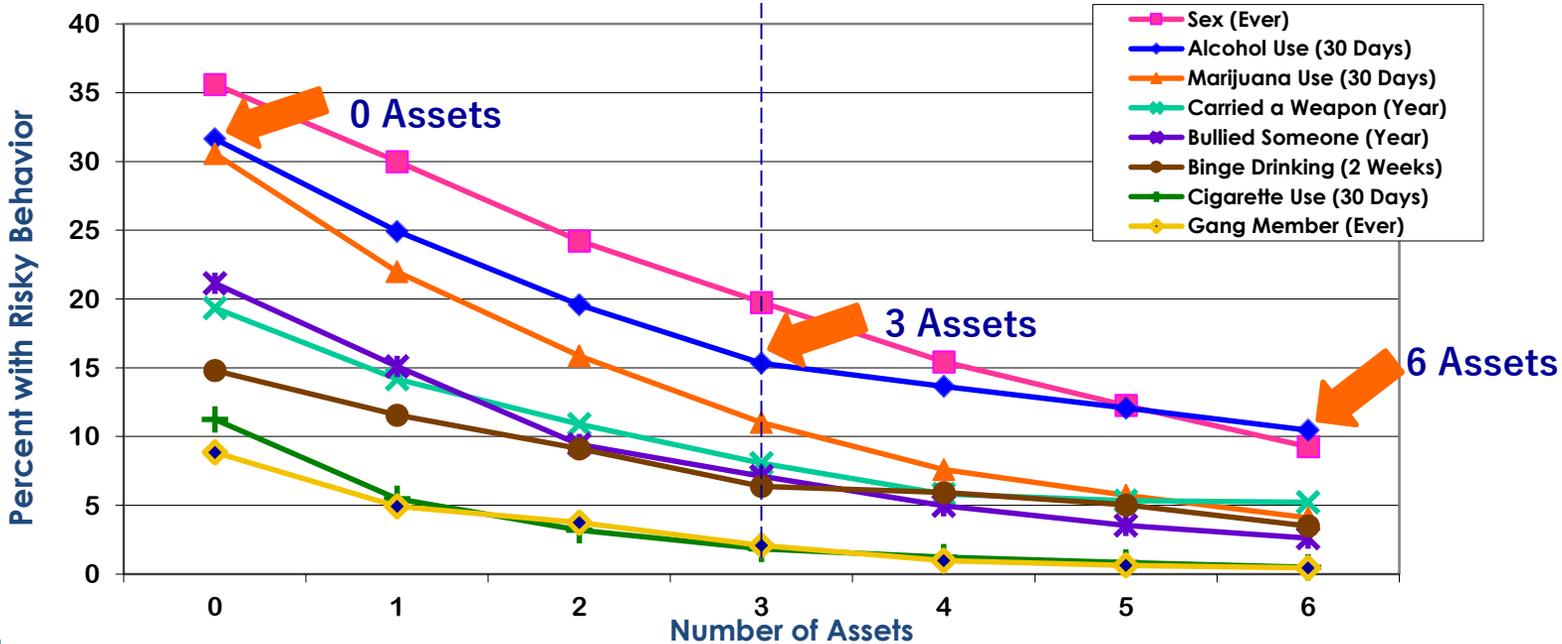
Fairfax County Youth Survey Participation

- **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



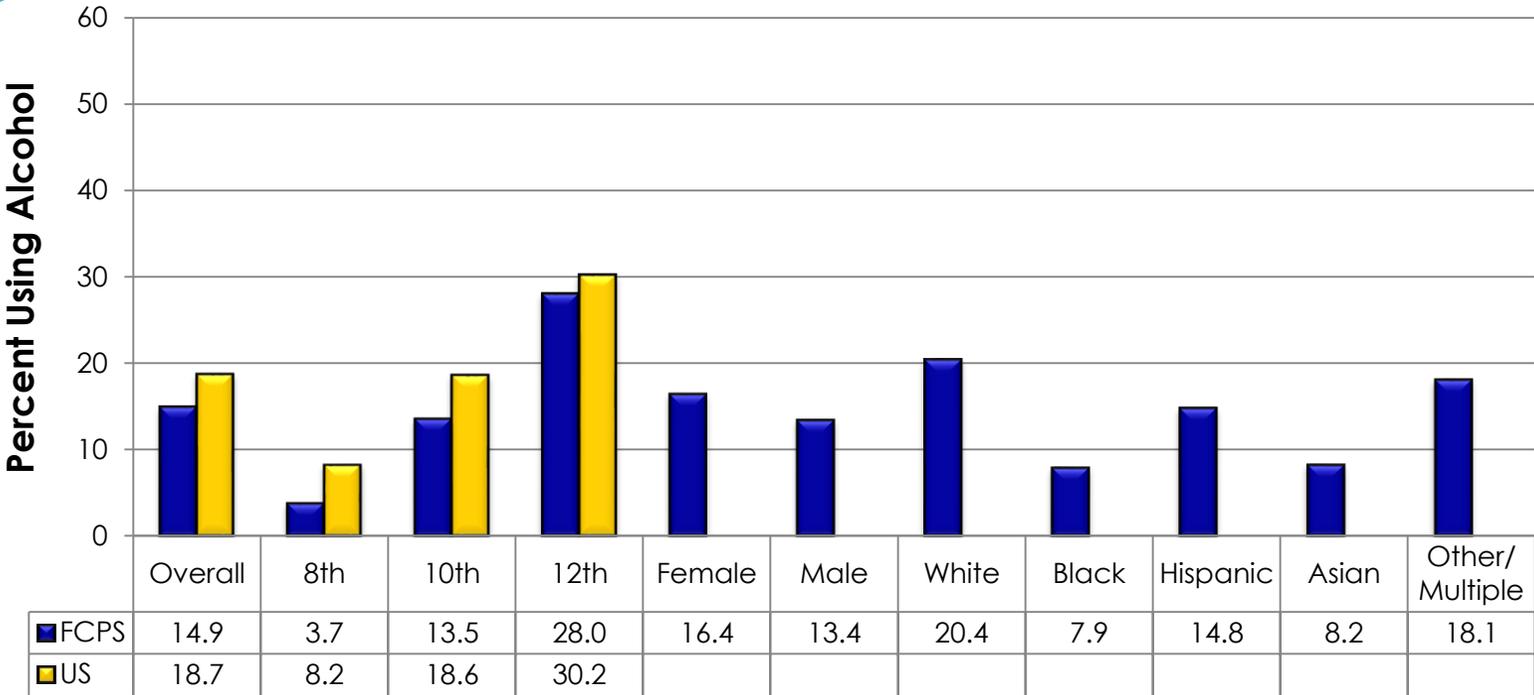
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Alcohol, Tobacco and Other Drug Use



Percent Who Drank Alcohol in Past 30 Days



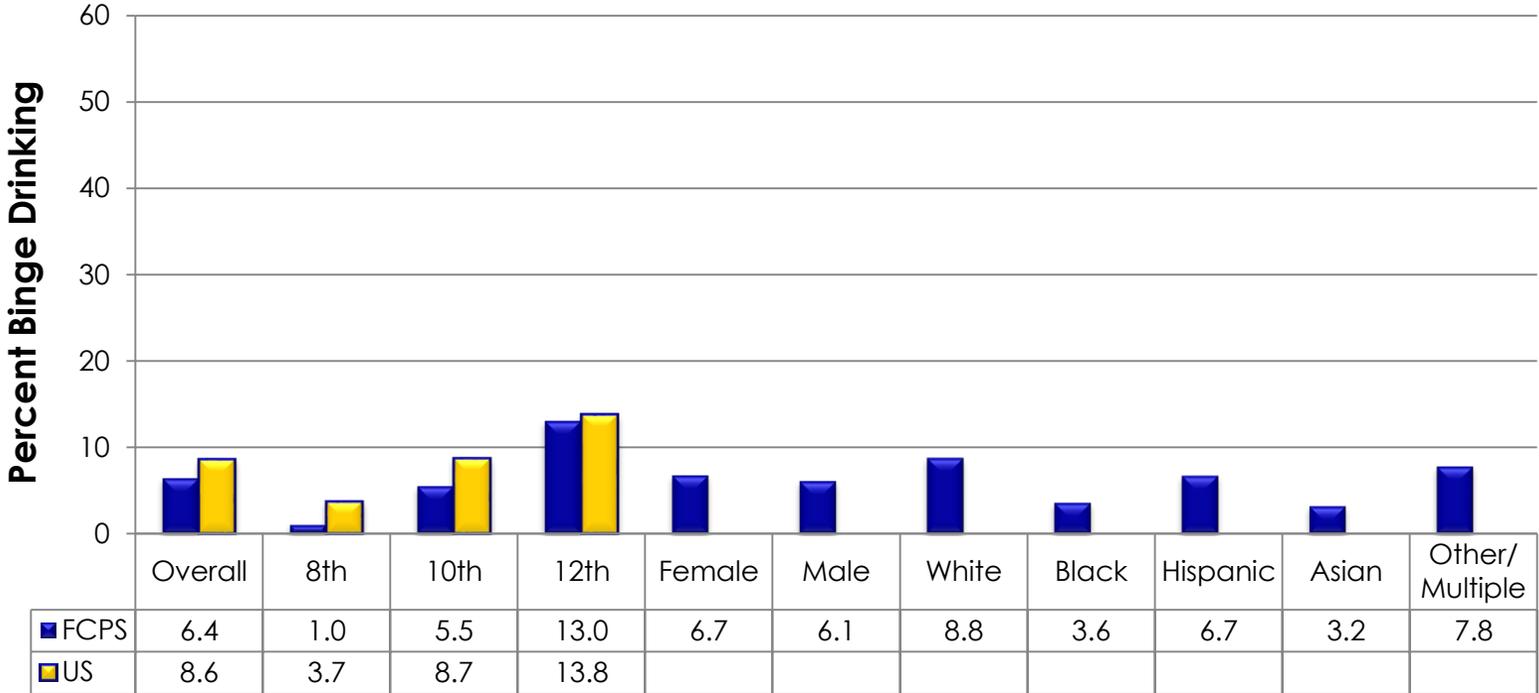
Note: 6th Grade Prevalence = 1.6%



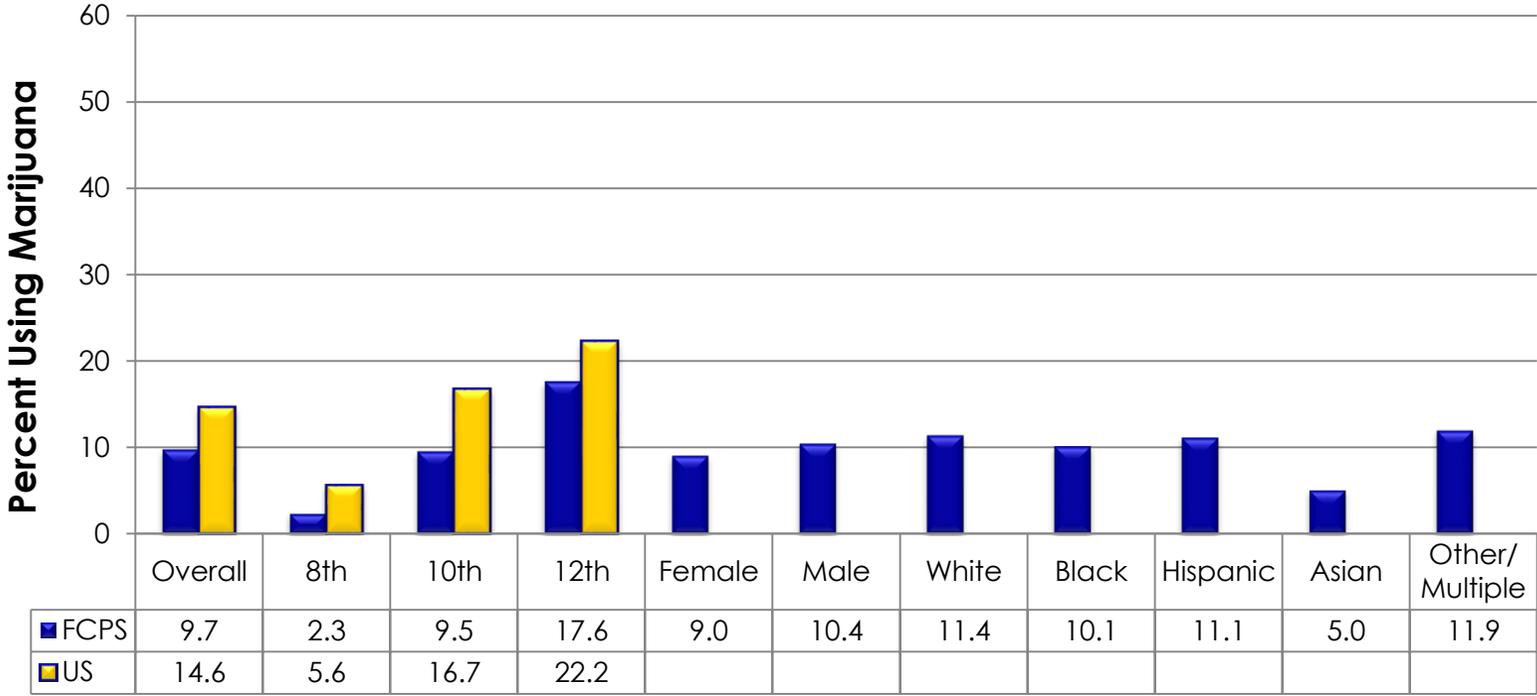
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Percent Reporting Binge Drinking



Percent Who Used Marijuana in Past 30 Days



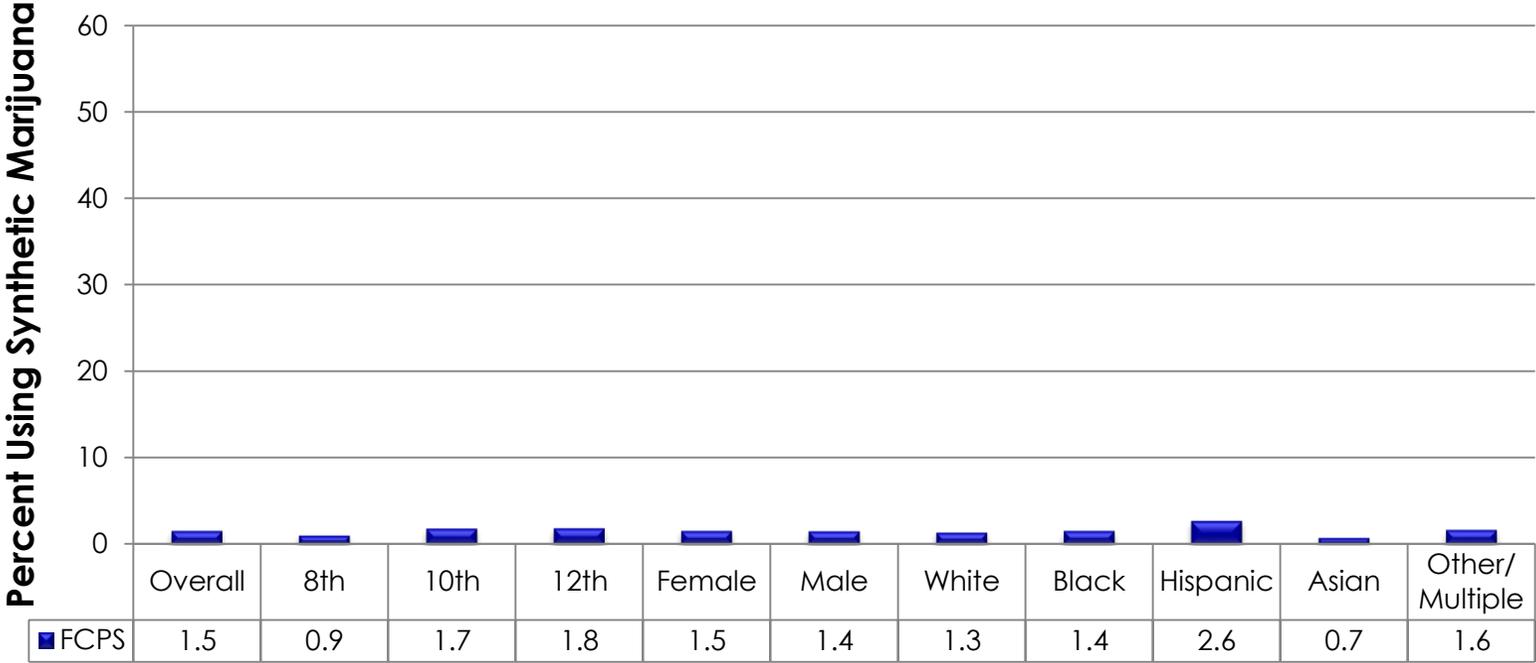
Note: 6th Grade Prevalence = 0.2%



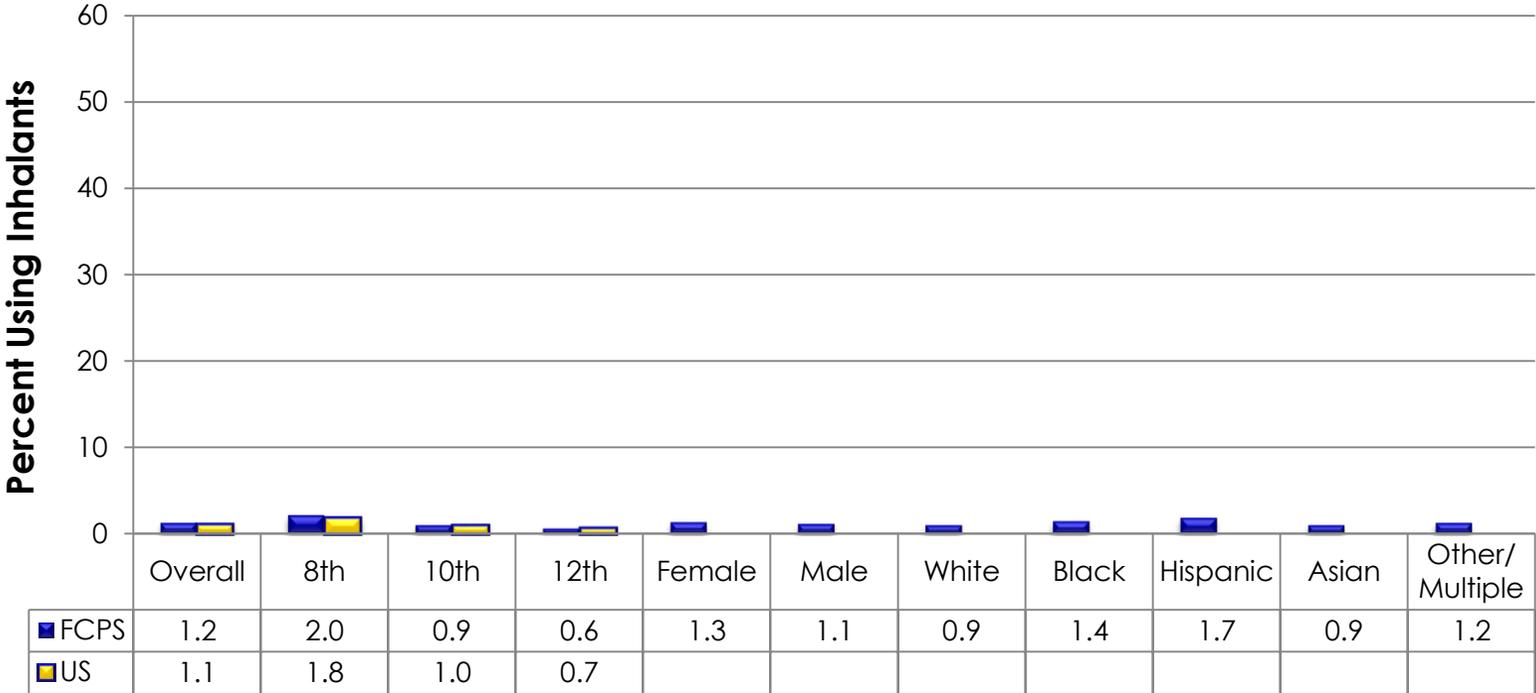
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Percent Who Used Synthetic Marijuana in Past 30 Days



Percent Who Used Inhalants in Past 30 Days



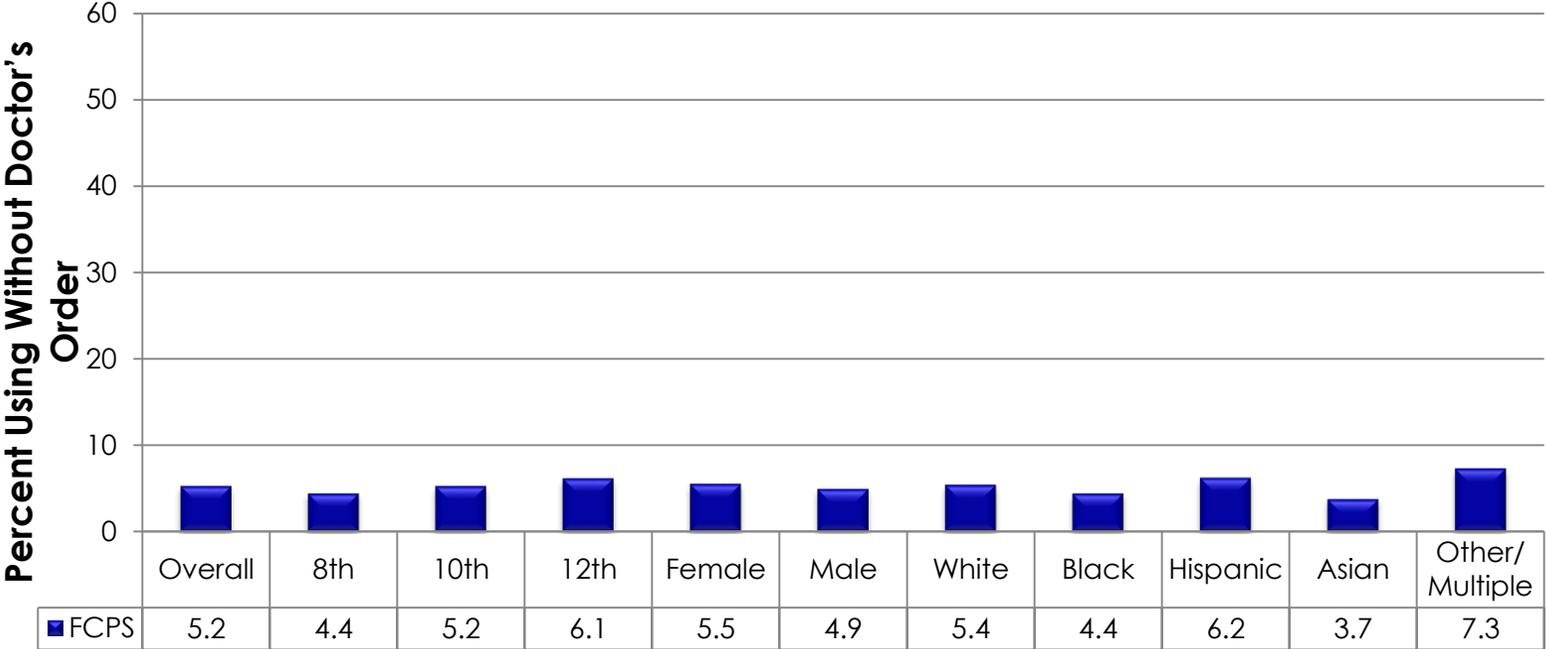
Note: 6th Grade Prevalence = 2.0%



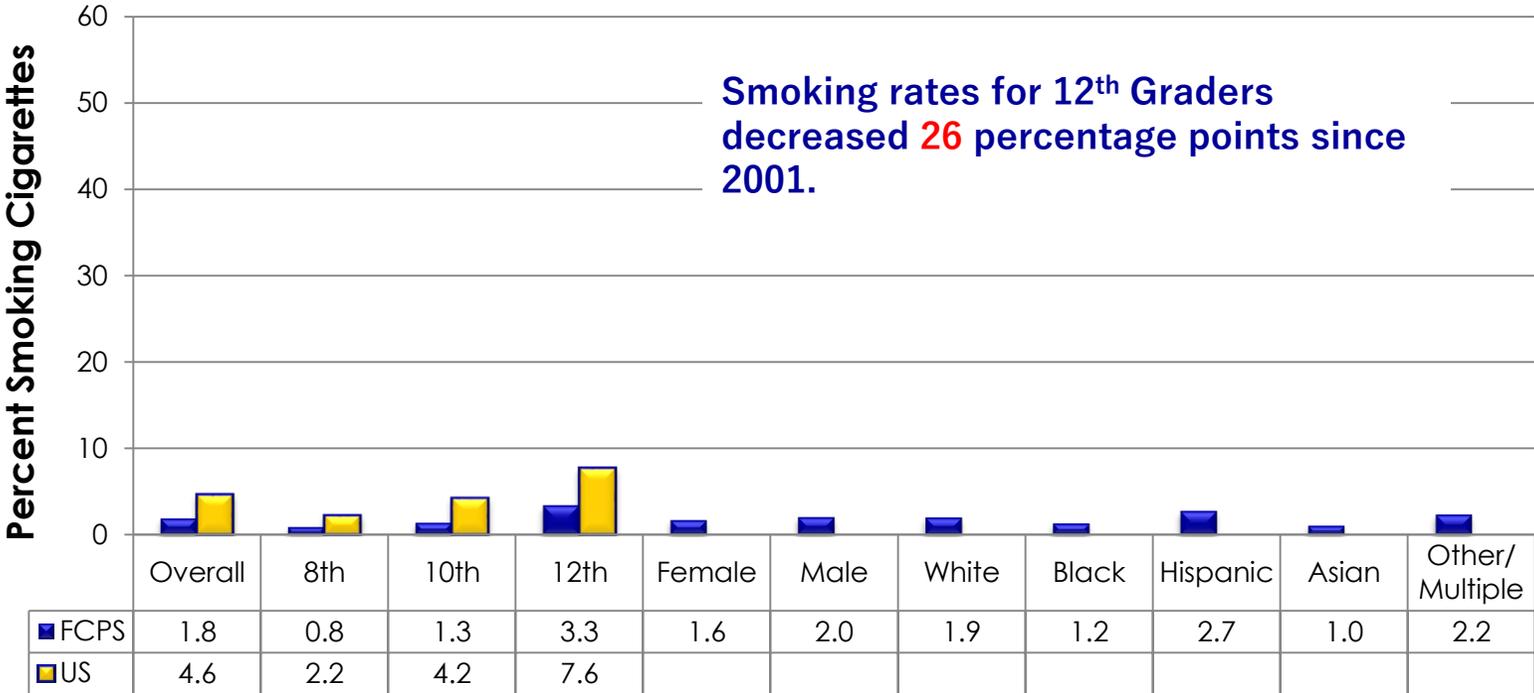
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Percent Who Used Painkillers or Prescription Medication in Past 30 Days



Percent Who Smoked Cigarettes in Past 30 Days



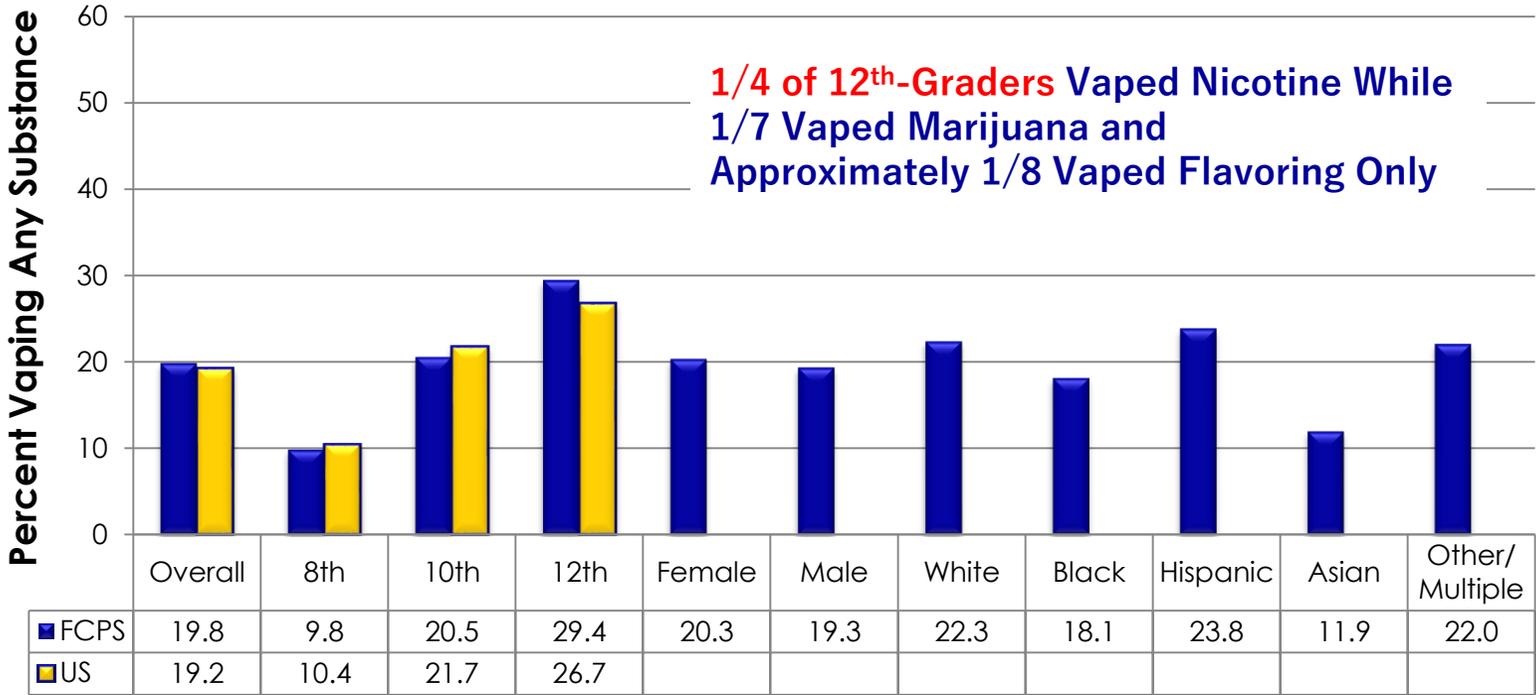
Note: 6th Grade Prevalence = 0.1%



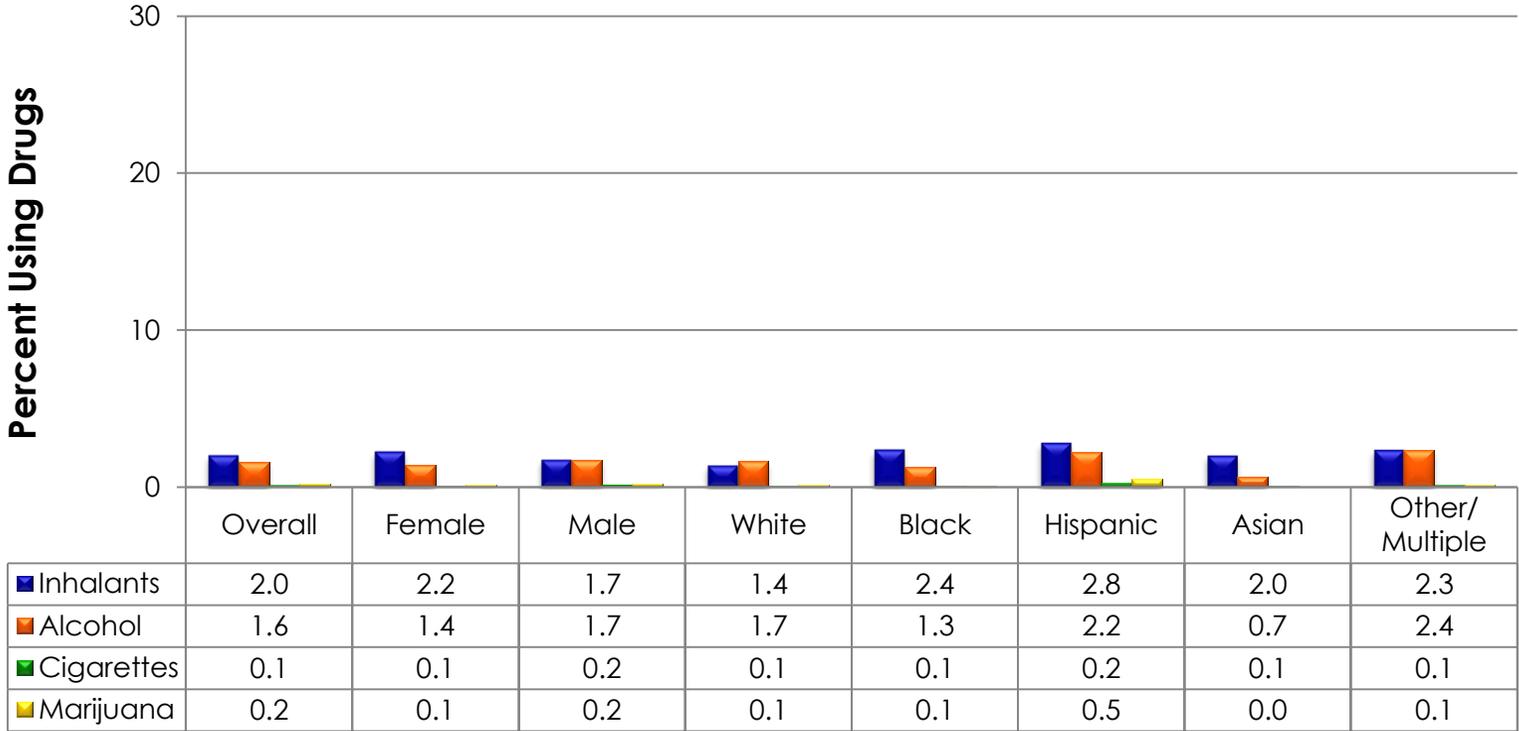
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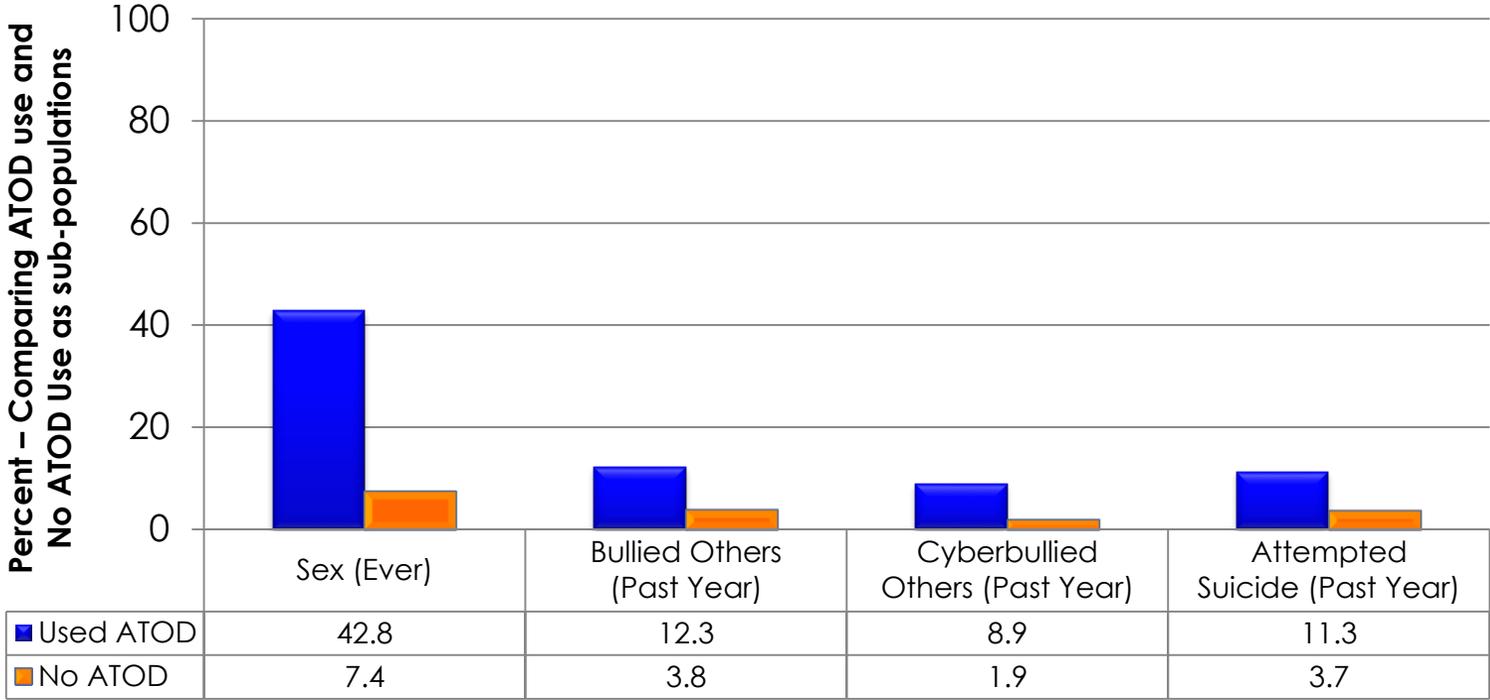
Percent Who Vaped in Past 30 Days



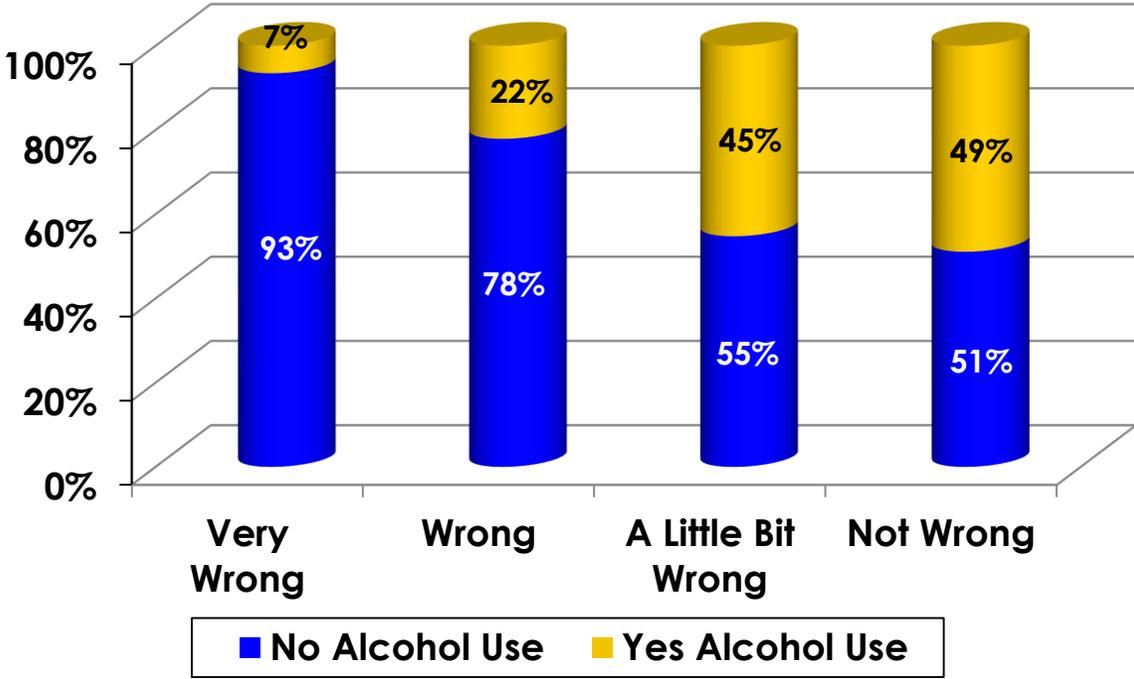
Drug Use for 6th-Graders Past 30 Days



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



Parental Perception and Alcohol Use Behavior

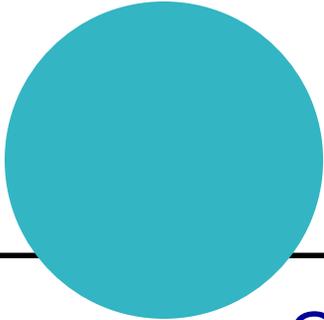


Percentages may not sum to 100% due to rounding



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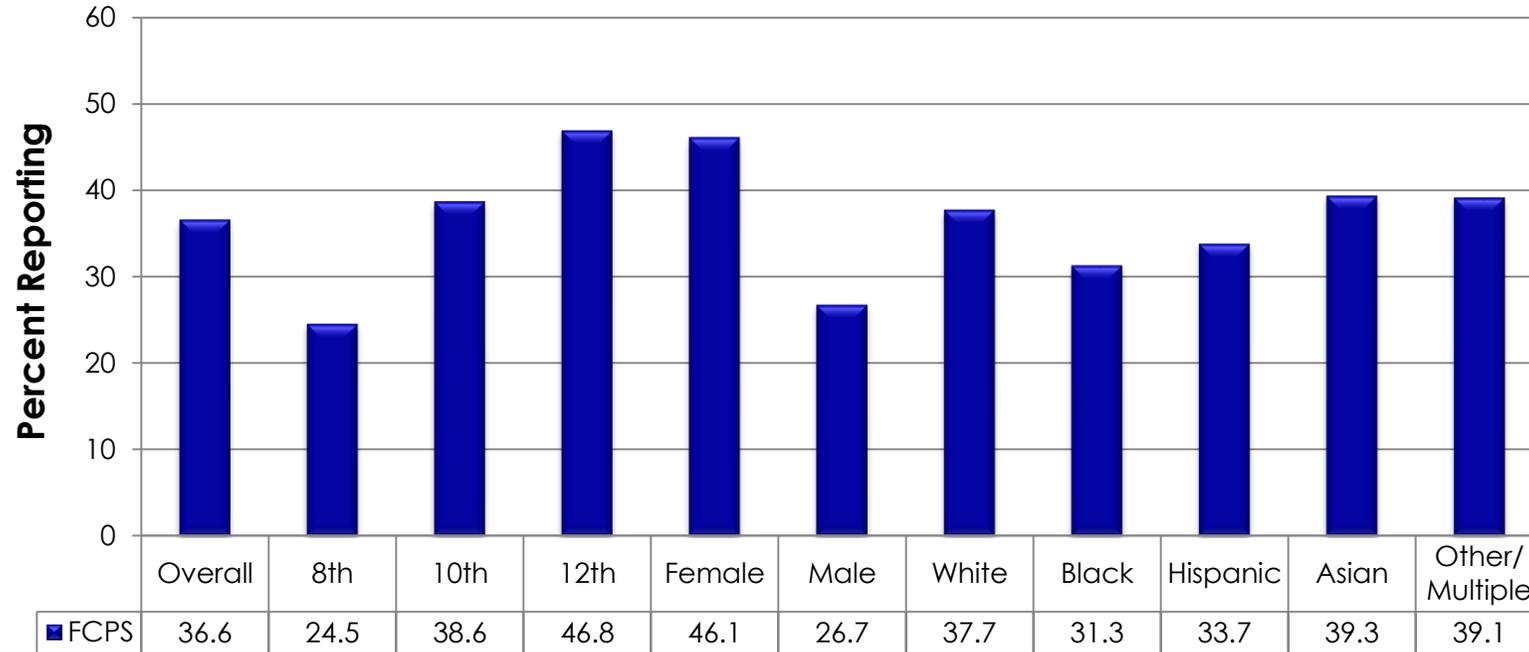




Stress, Depression, Suicide and Unhealthy Weight Loss Behavior

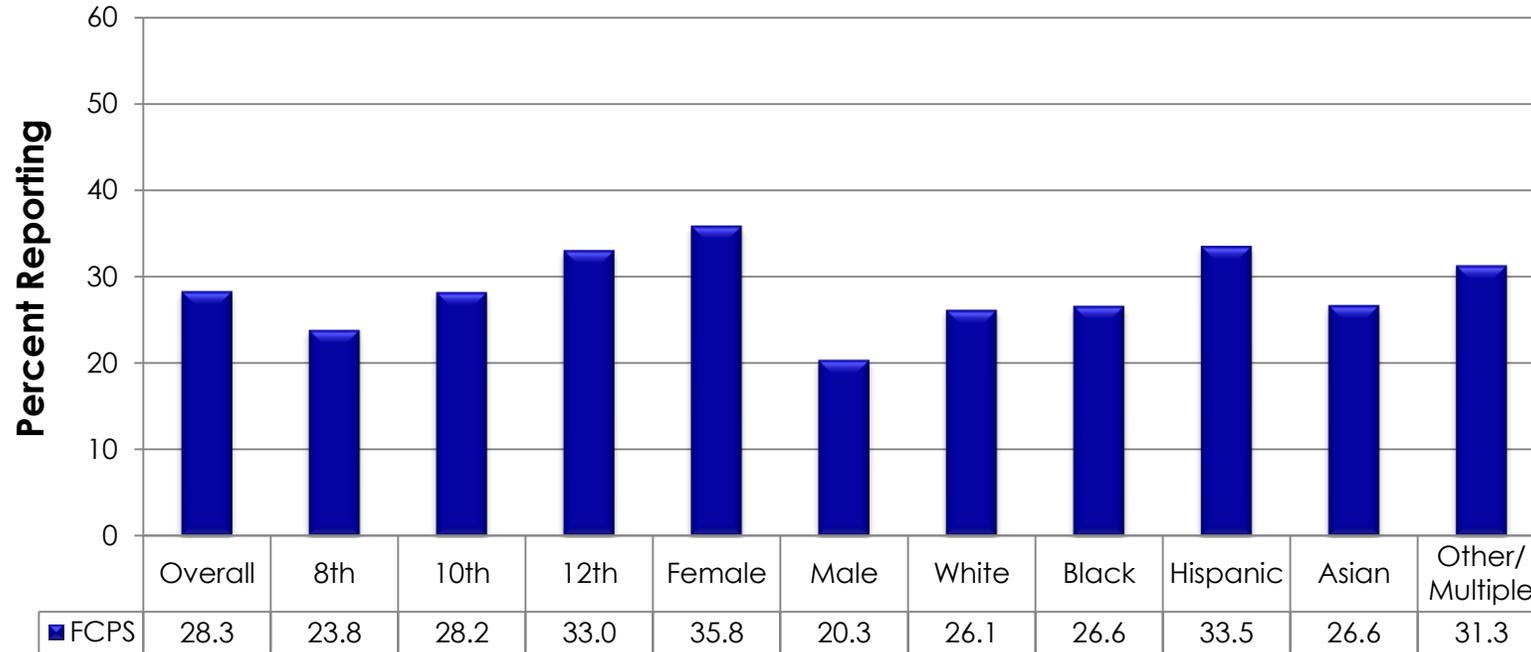


Percent Who Reported High Level of Stress in Past Month



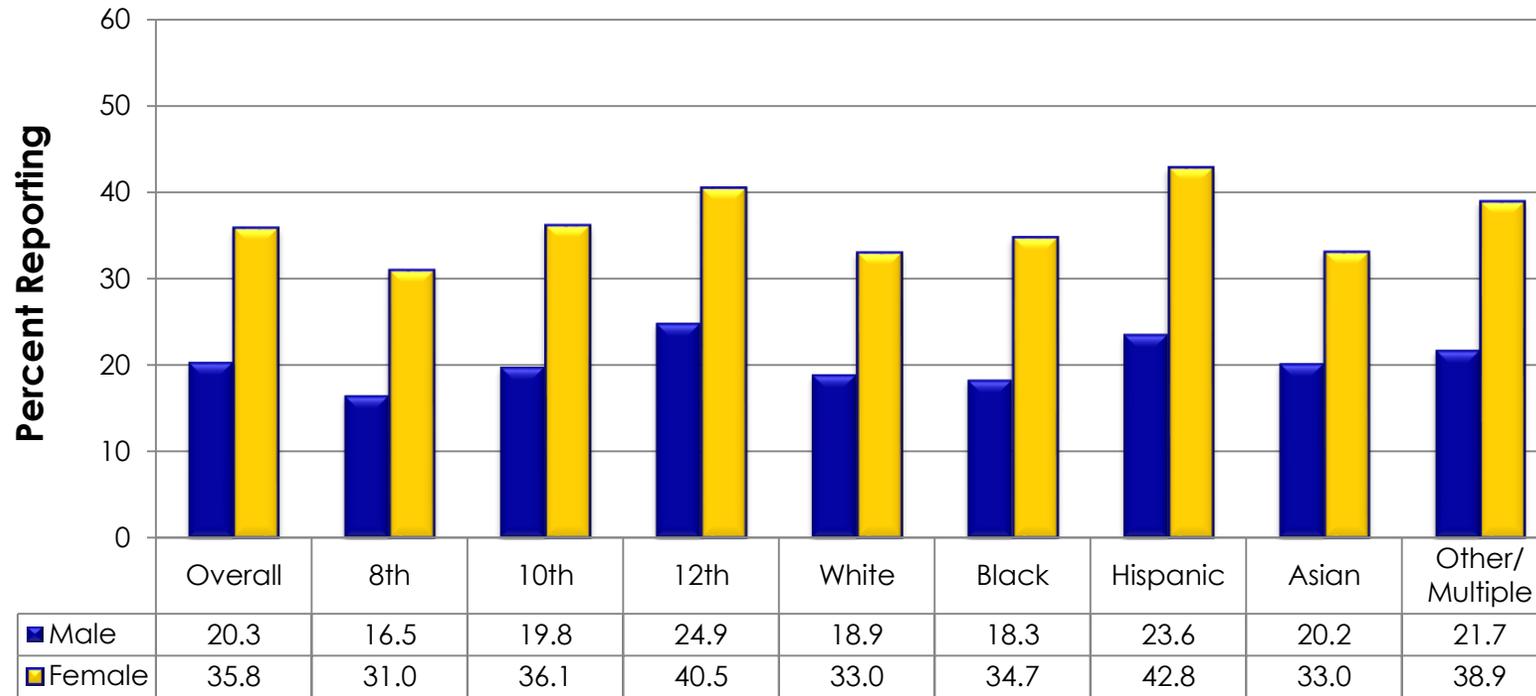
Note: 6th Grade Prevalence = 14.9%

Percent Who Reported Depressive Symptoms in Past Year

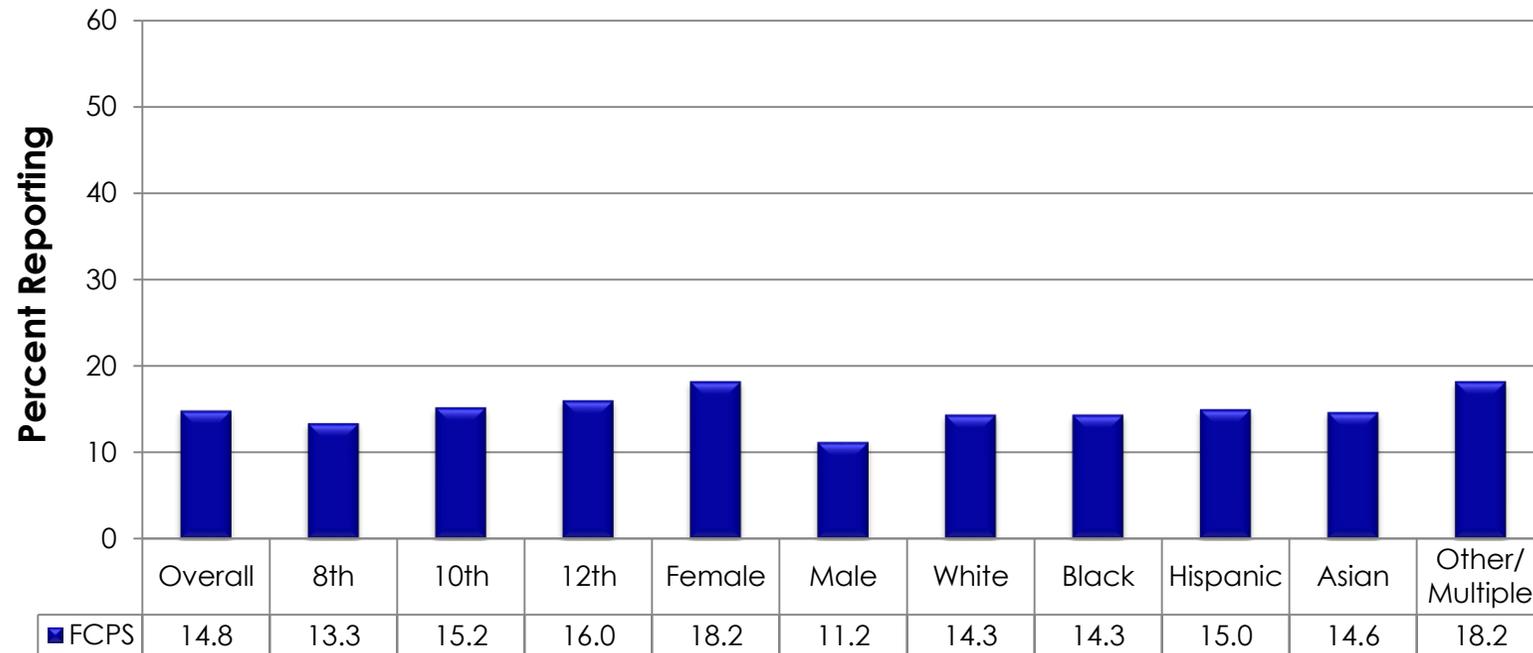


Note: 6th Grade Prevalence = 24.2%

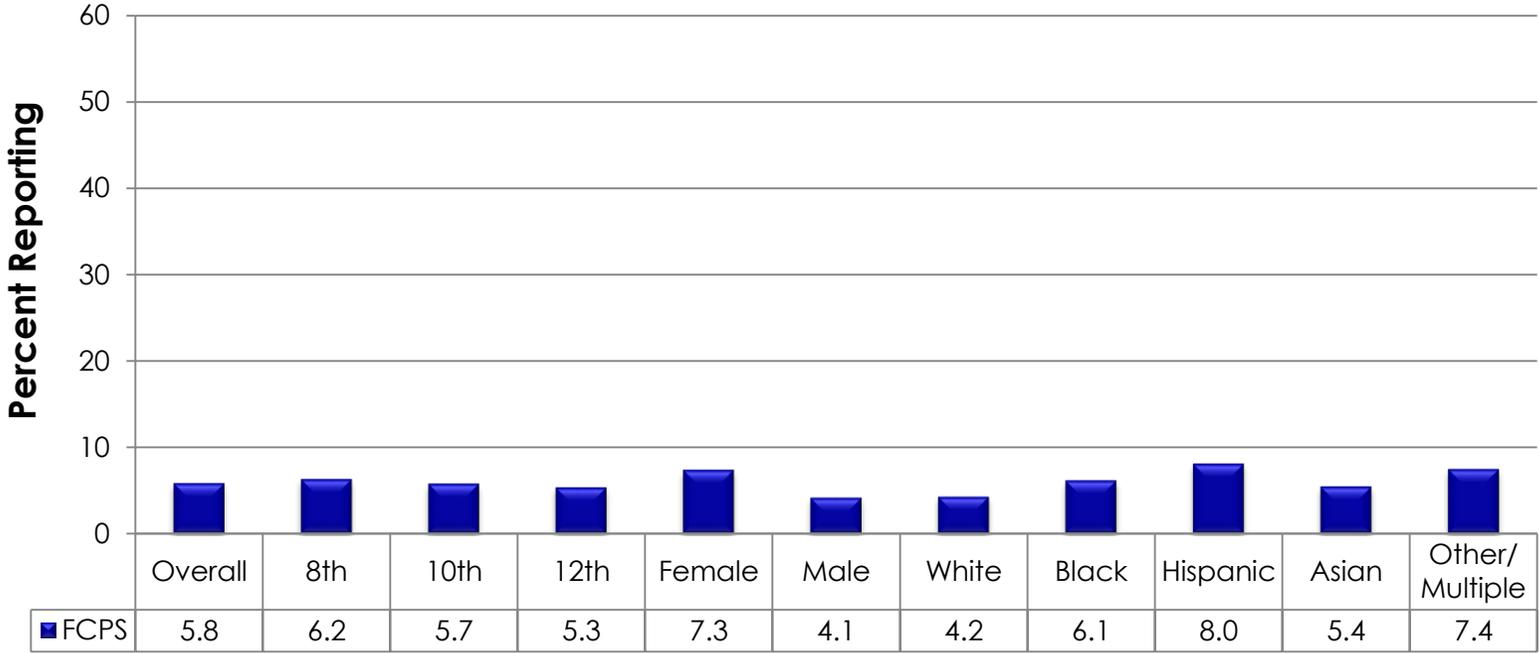
A Closer Look at Depressive Symptoms



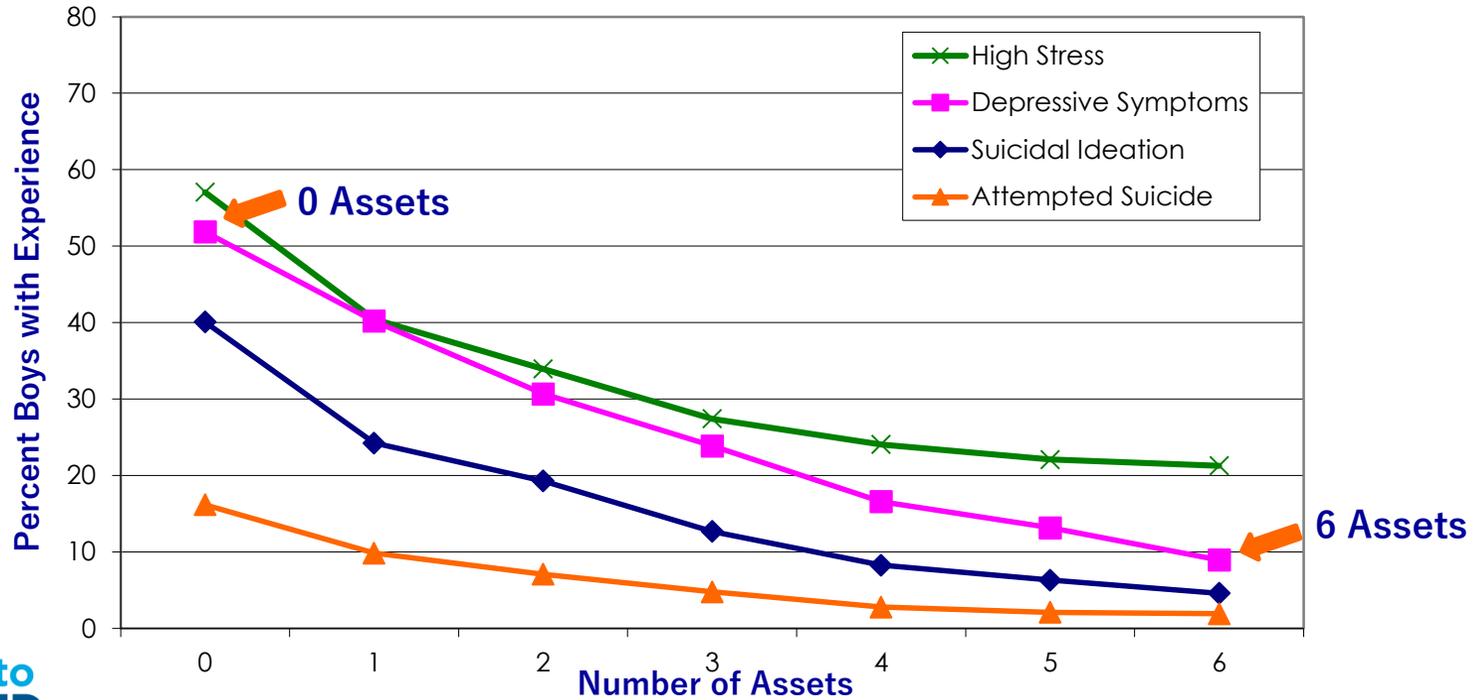
Percent Who Considered Suicide in Past Year



Percent Who Attempted Suicide in Past Year



Assets and Experiences Related to Mental Health

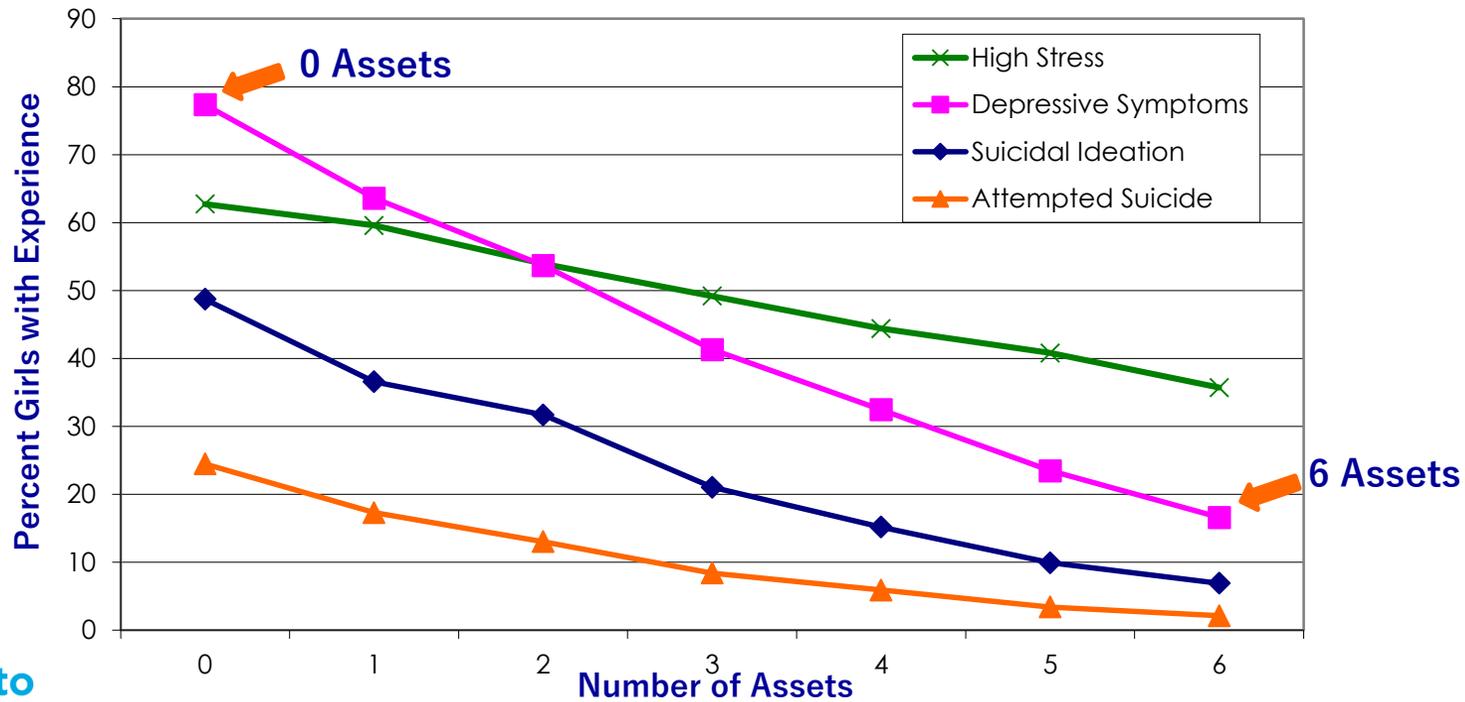


- Having High Personal Integrity
- Performing Community Service
- Having Teachers Recognize Good Work
- Having Community Adults to Talk to
- Participating in Extracurricular Activities
- Having Parents Available for Help

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Assets and Experiences Related to Mental Health

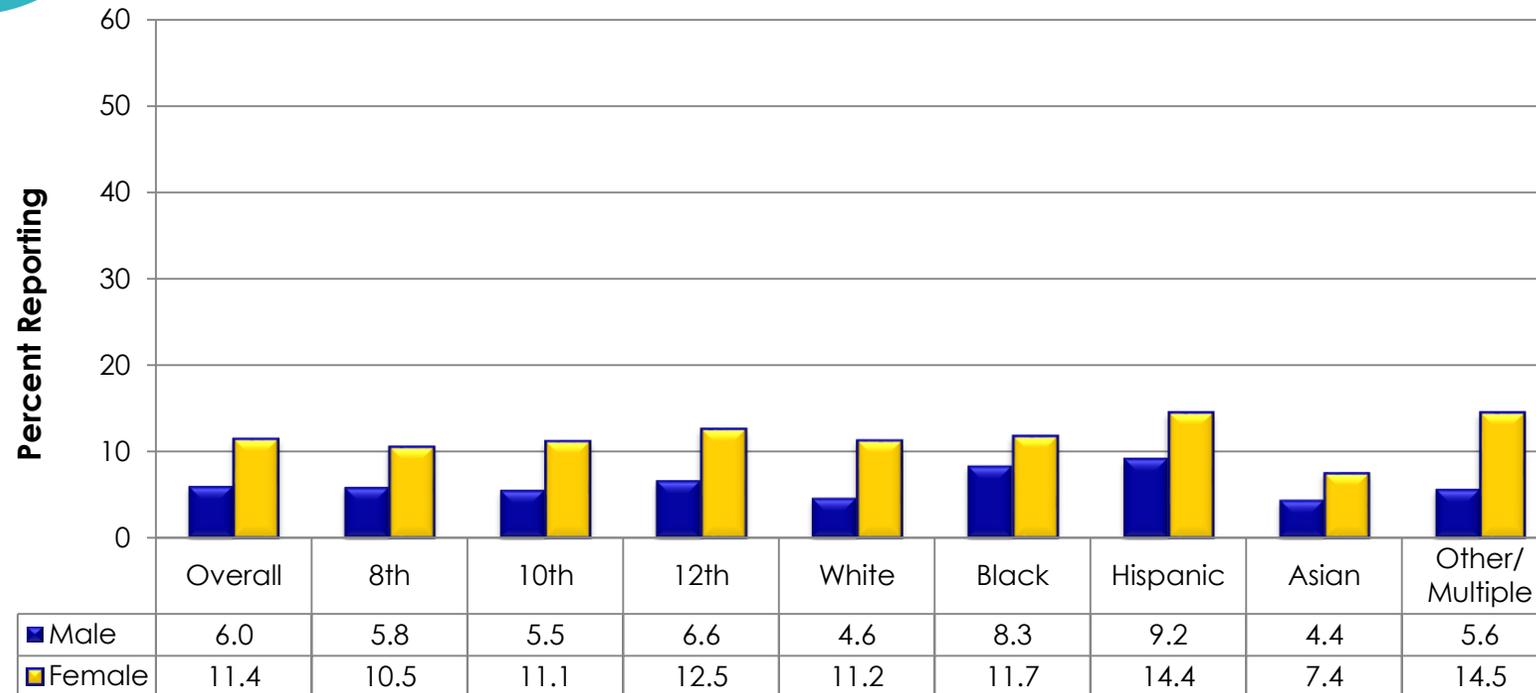


- Having High Personal Integrity
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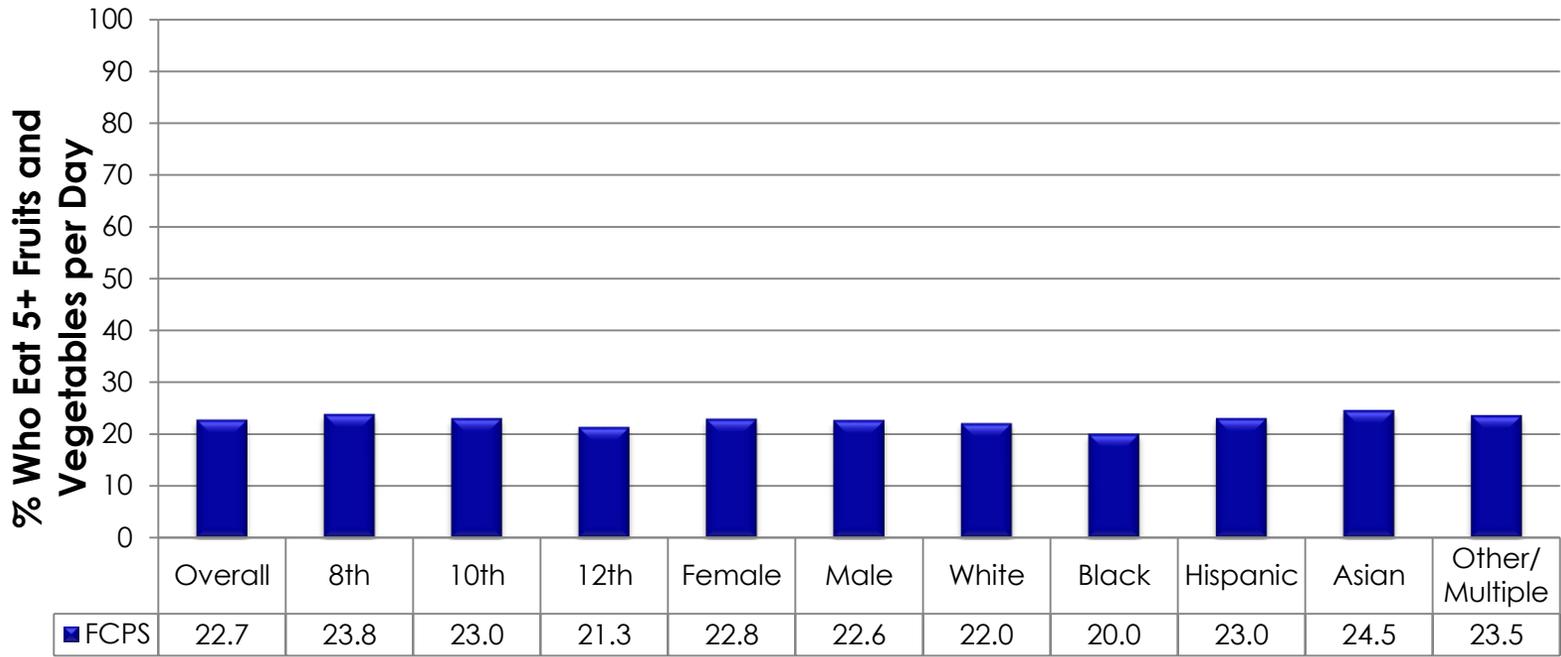
A Closer Look at Unhealthy Weight Loss Behavior



Nutrition and Physical Activity



Percent Meeting Nutrition Requirements



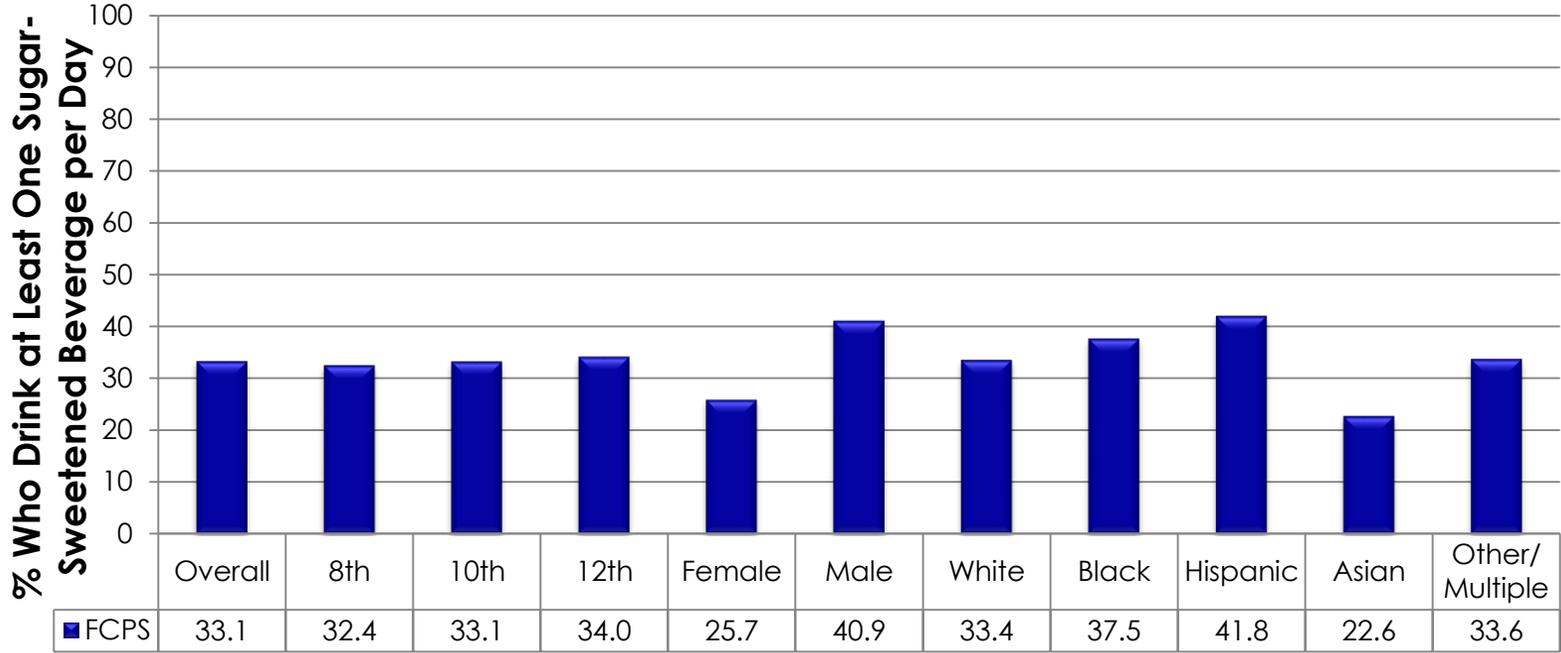
Note: 6th Grade Prevalence = 28.7%



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Percent Drinking Sugar-Sweetened Beverages Daily



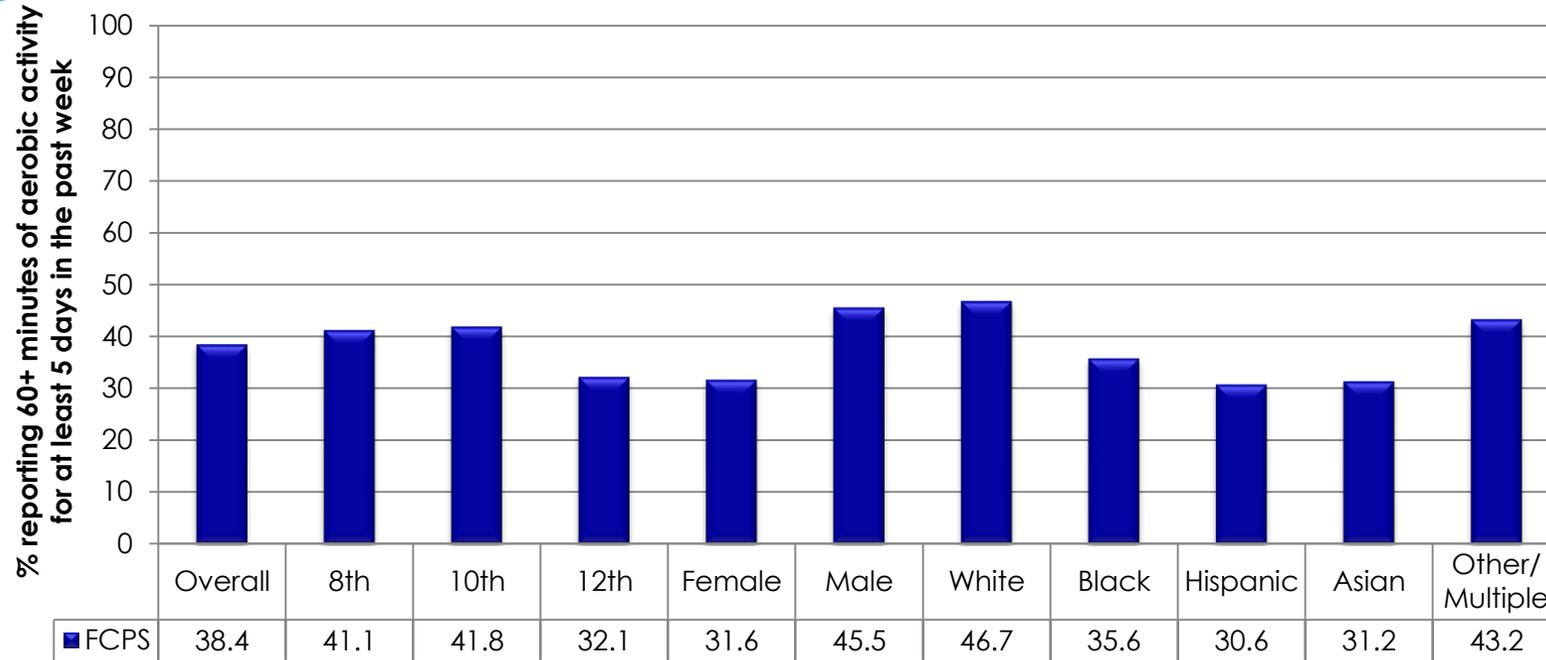
Note: 6th Grade Prevalence = 30.9%



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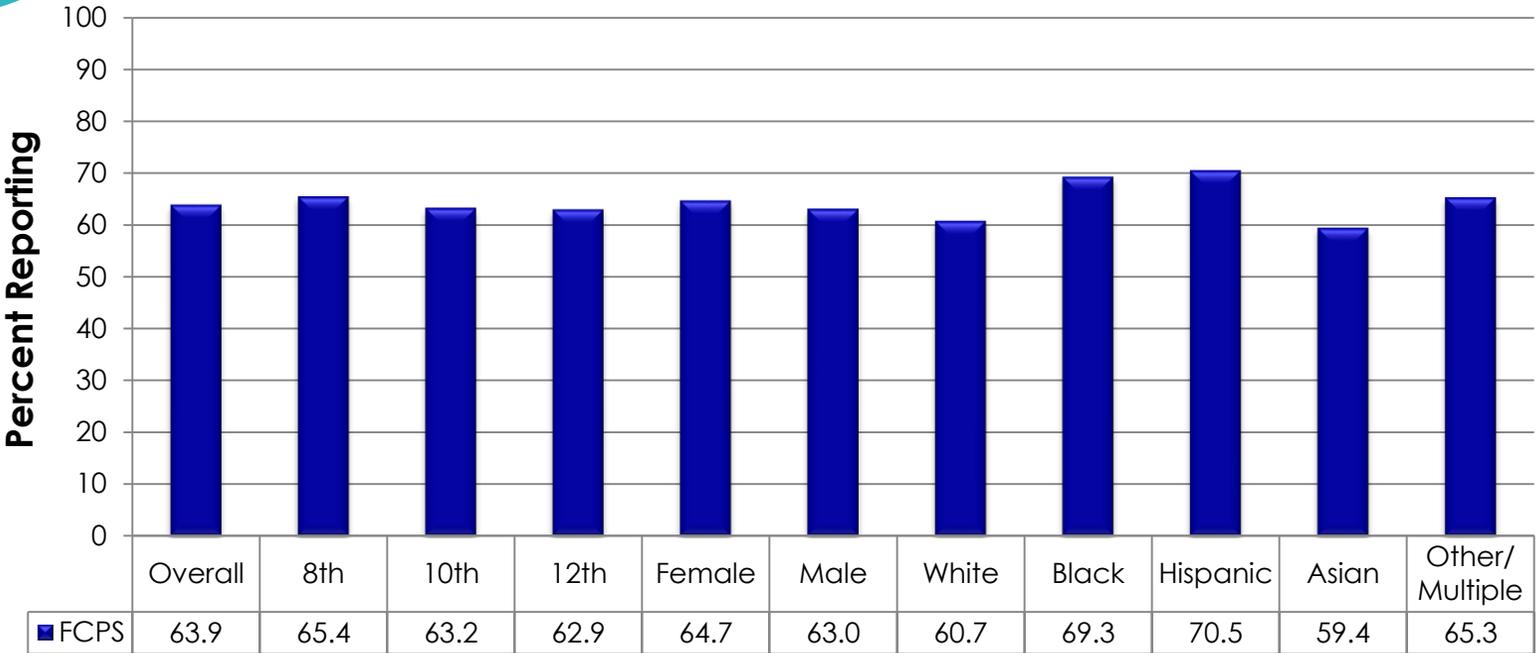


Percent Meeting Recommendations for Physical Activity



Note: 6th Grade Prevalence = 45.2%

Percent Viewing 3+ Hours of Screen Time per Day

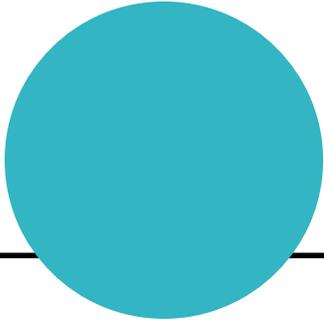


Note: 6th Grade Prevalence = 49.0%

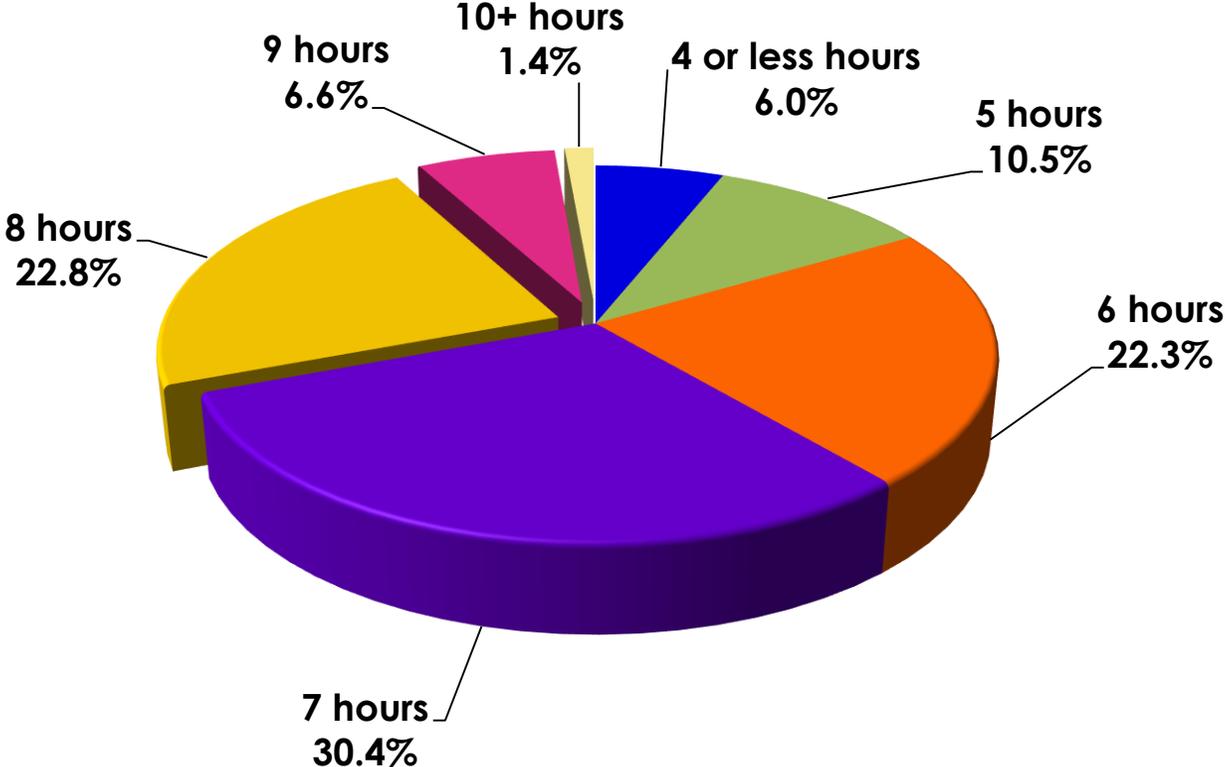


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Number of Sleep Hours on an Average School Night



8+ Hours:

8th Grade:
48.2%

10th Grade:
27.3%

12th Grade:
16.9%



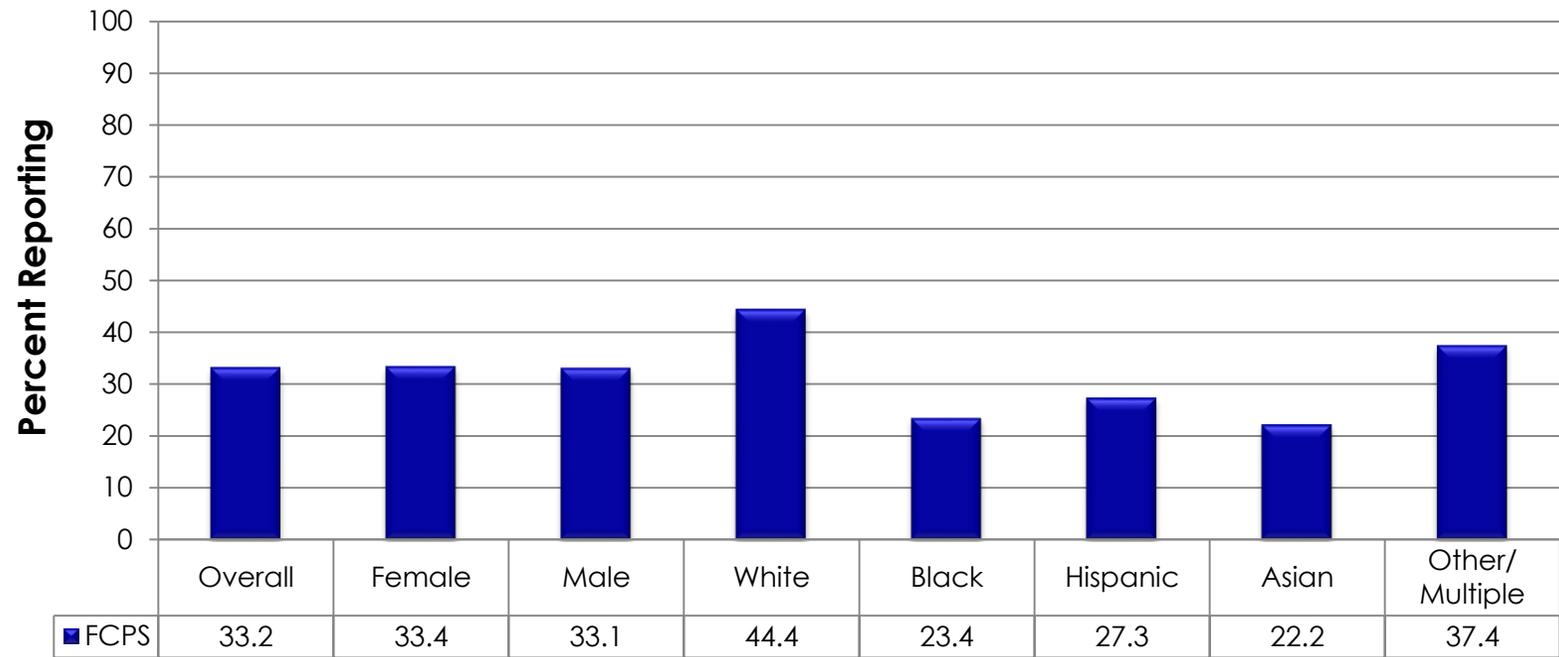
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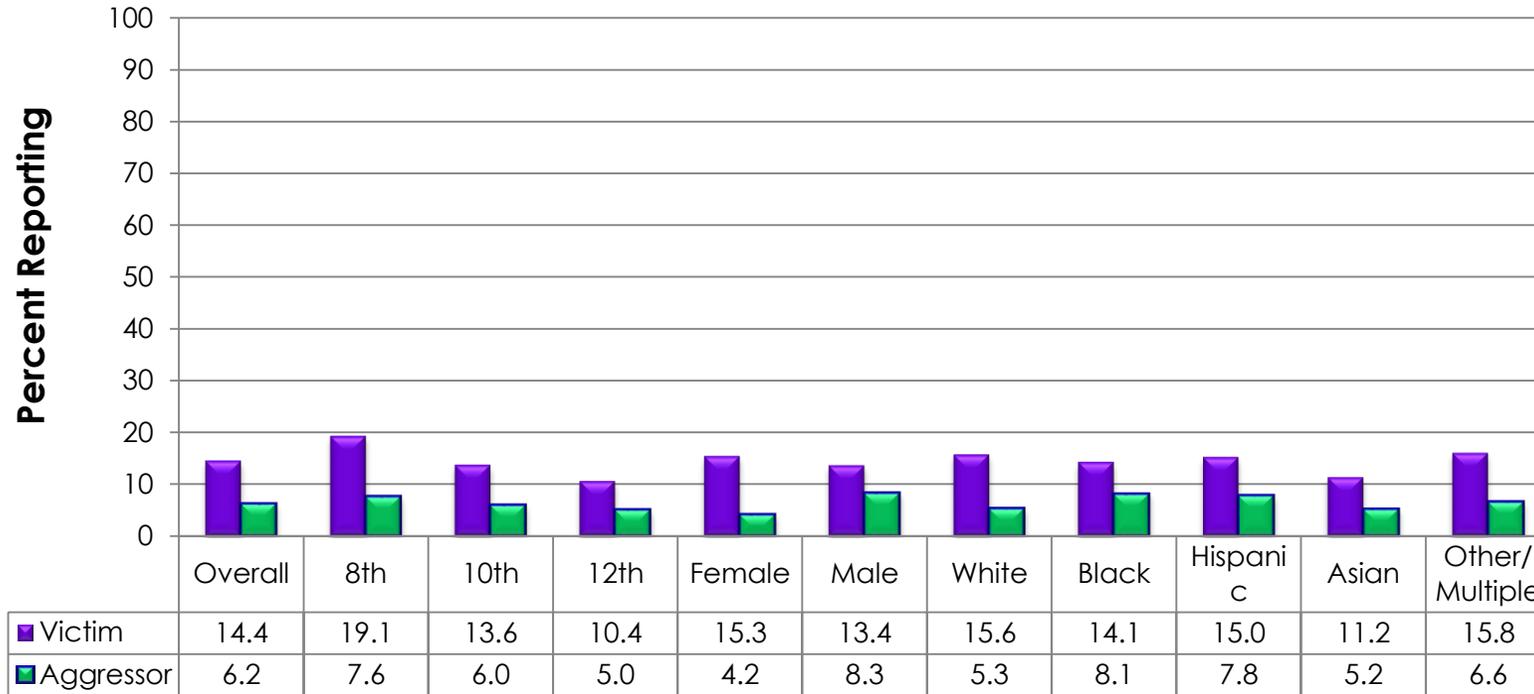
Safety, Aggression, and Victimization



12th-Graders who Texted While Driving in Past Month

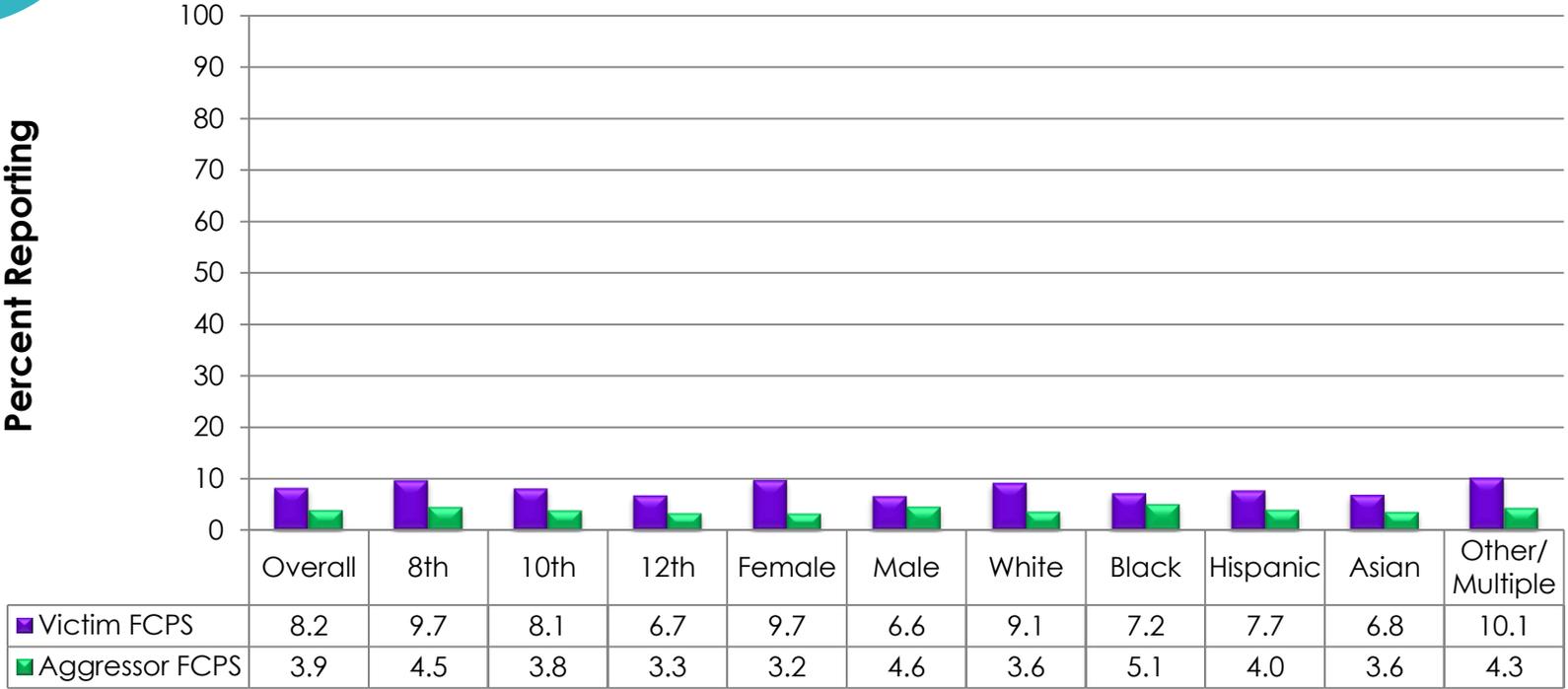


Percent Who Experienced Bullying in Past Year



Note: 6th Grade Prevalence for Victim = 29.4%; Aggressor = 6.7%

Percent Who Experienced Cyberbullying Between Schoolmates in Past Year



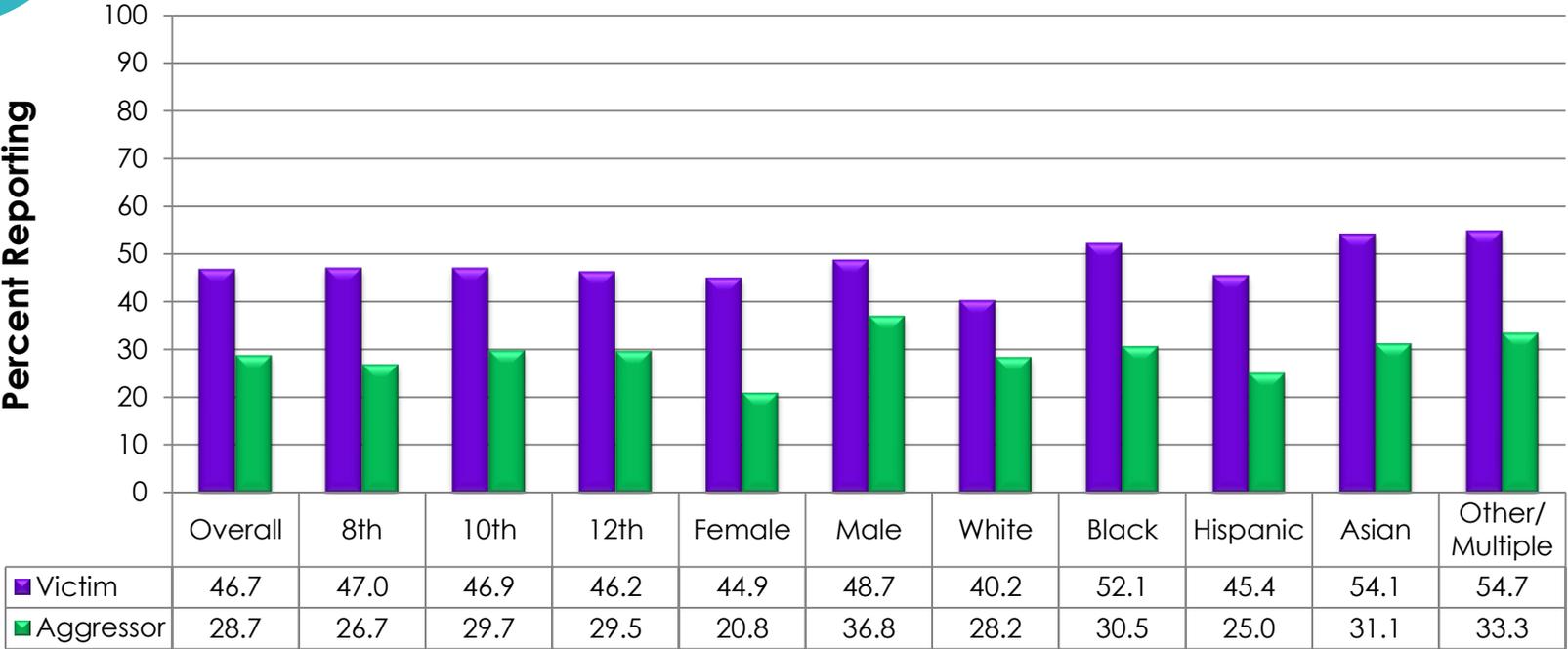
Note: 6th Grade Prevalence for Victim = 10.0%; Aggressor = 3.7%



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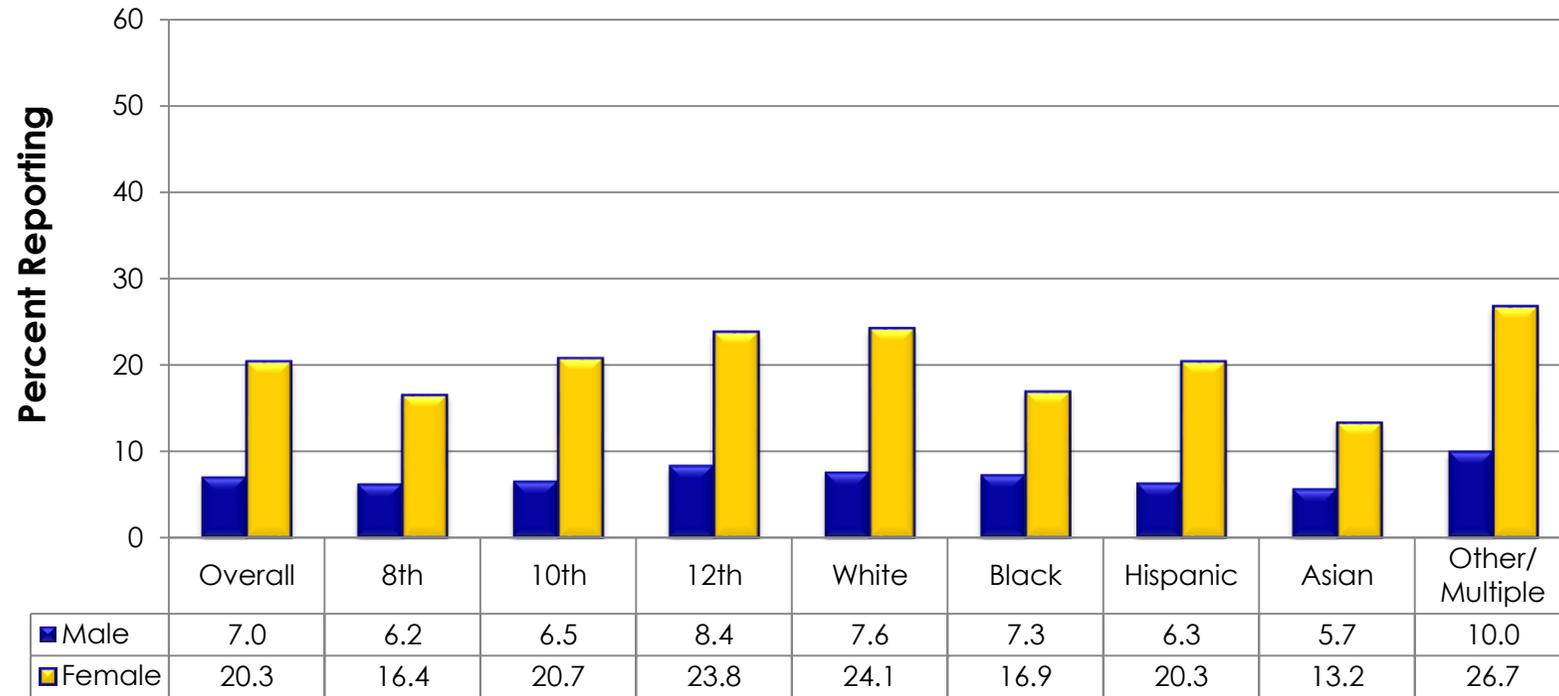


Percent Who Experienced Racial/Cultural Harassment in Past Year

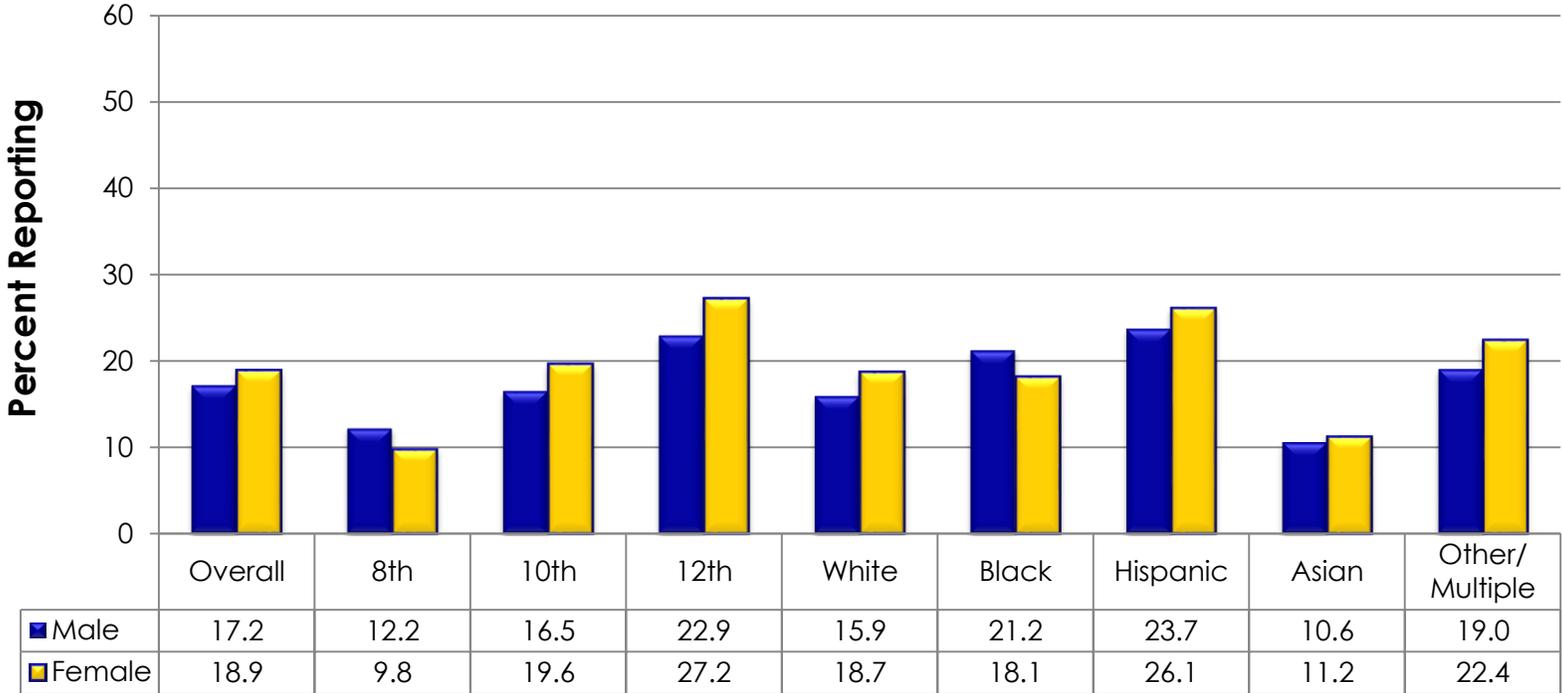


Note: 6th Grade Prevalence for Victim = 37.8%; Aggressor = 15.6%

Percent Who Experienced Sexual Harassment in Past Year



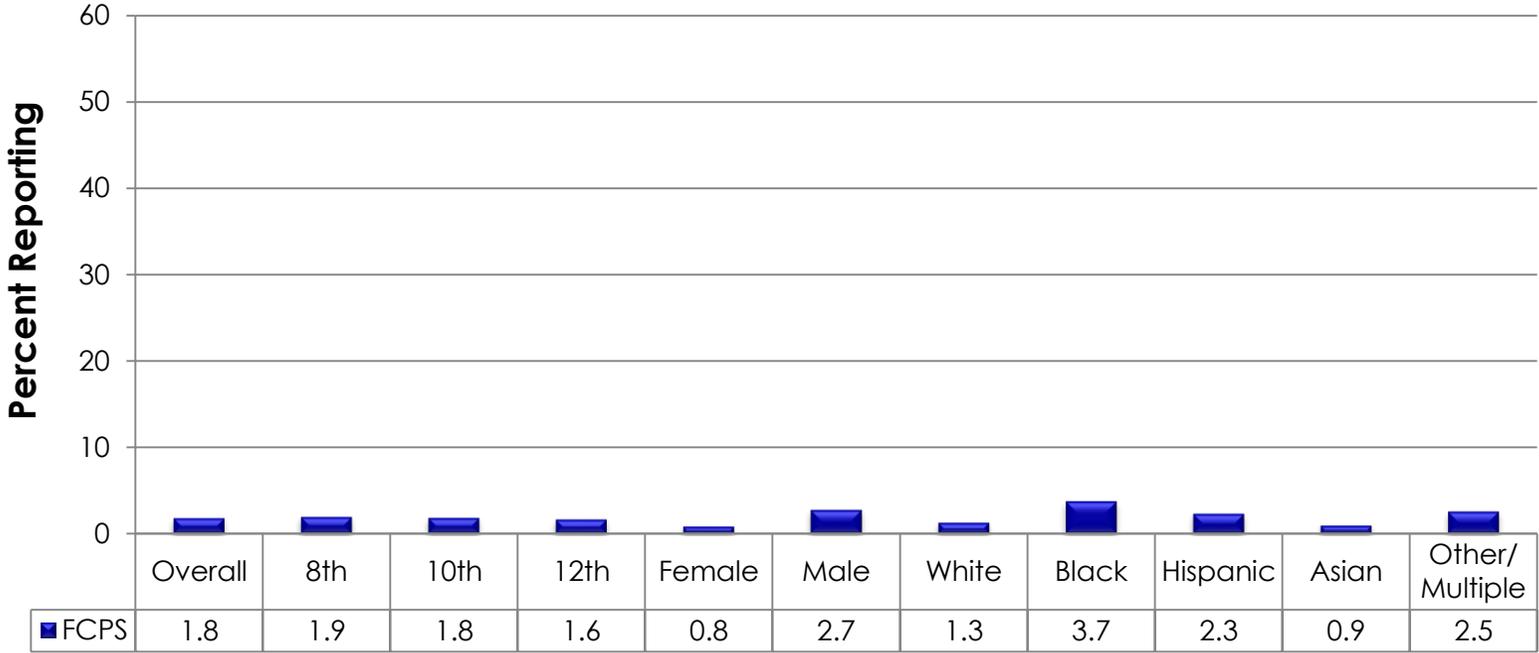
Percent Who Experienced Teen Dating Abuse/Violence



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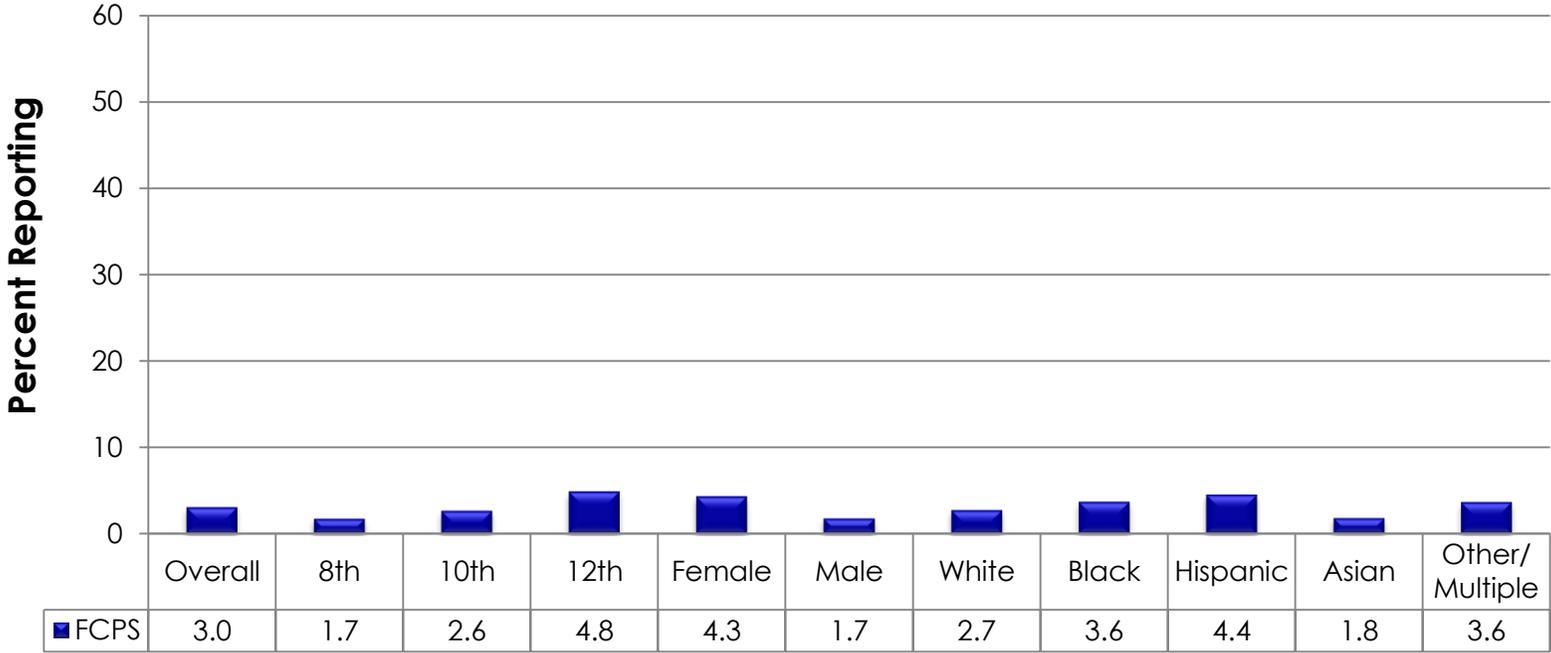
Percent Who Have Ever Been in a Gang

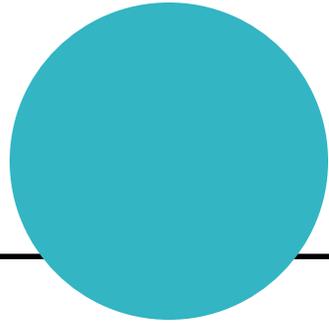


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Percent Who Have Ever Been Physically Forced to Have Sex





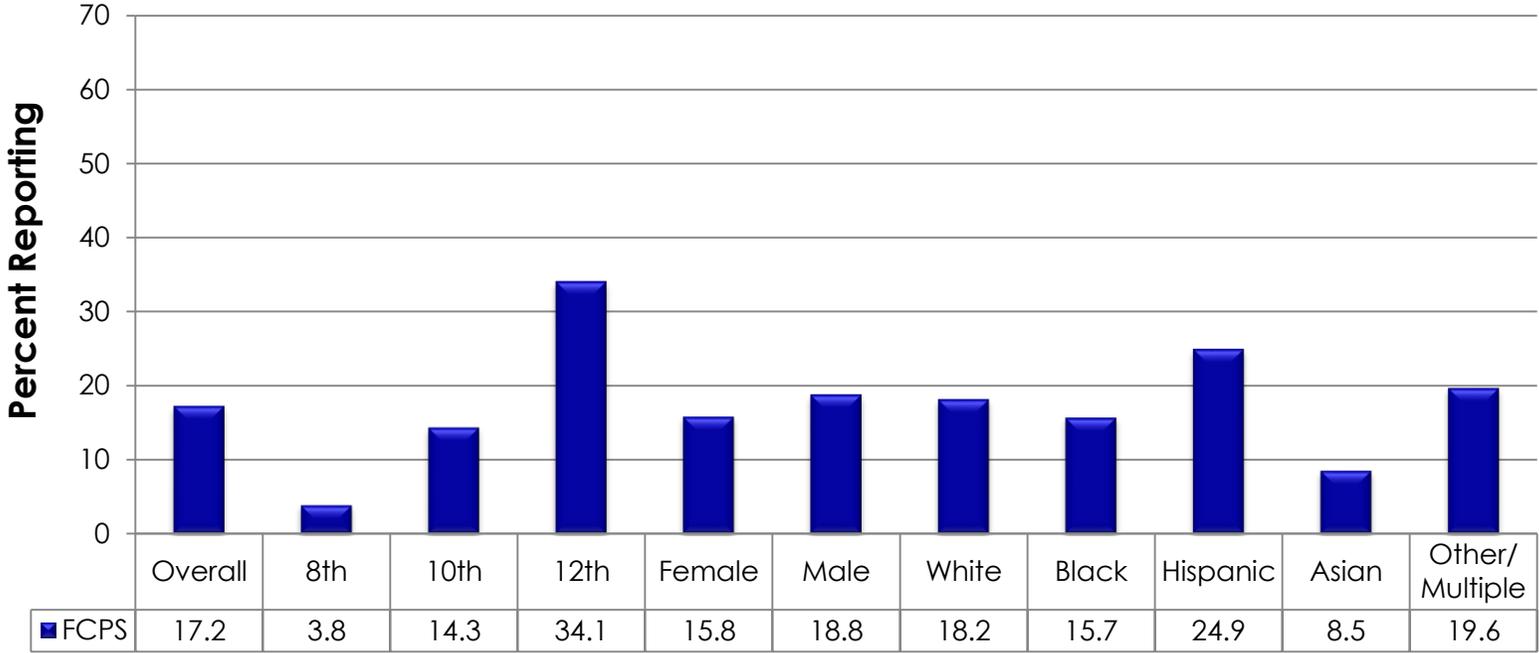
Sexual Health



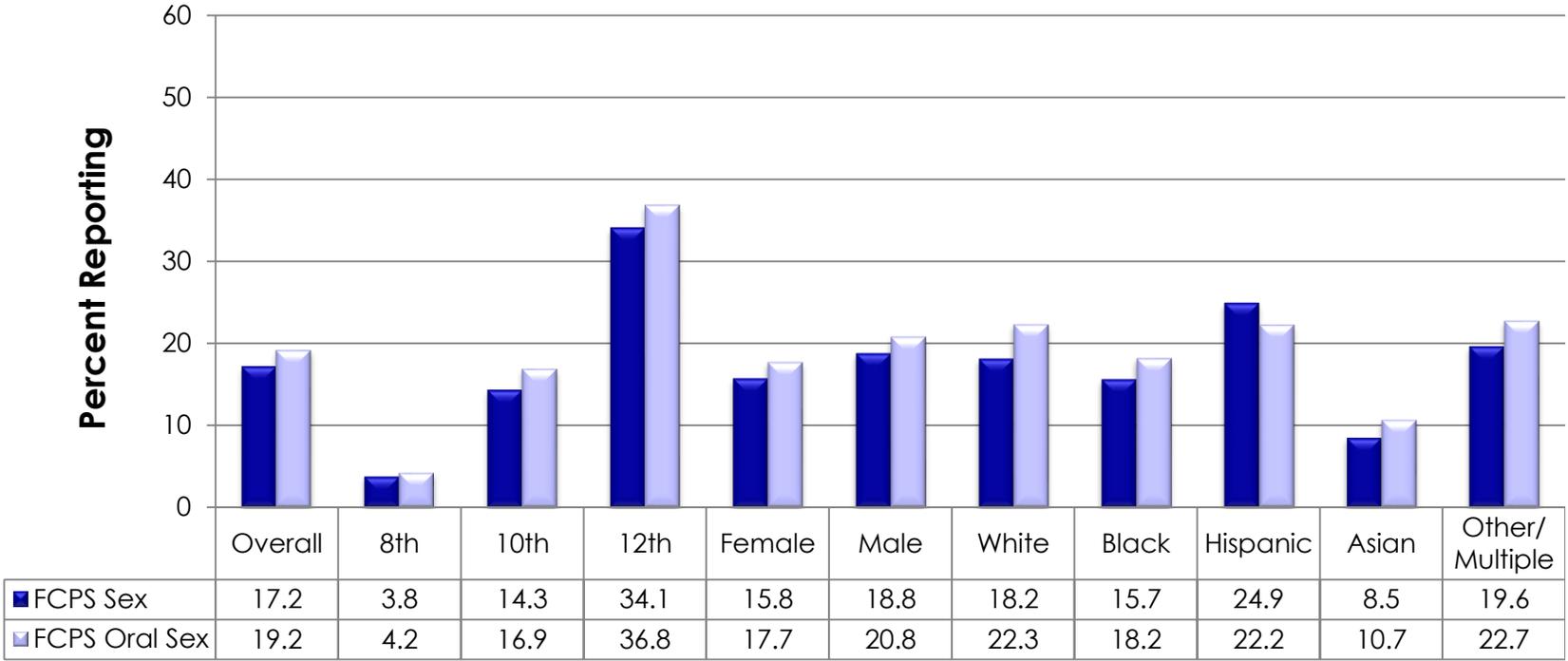
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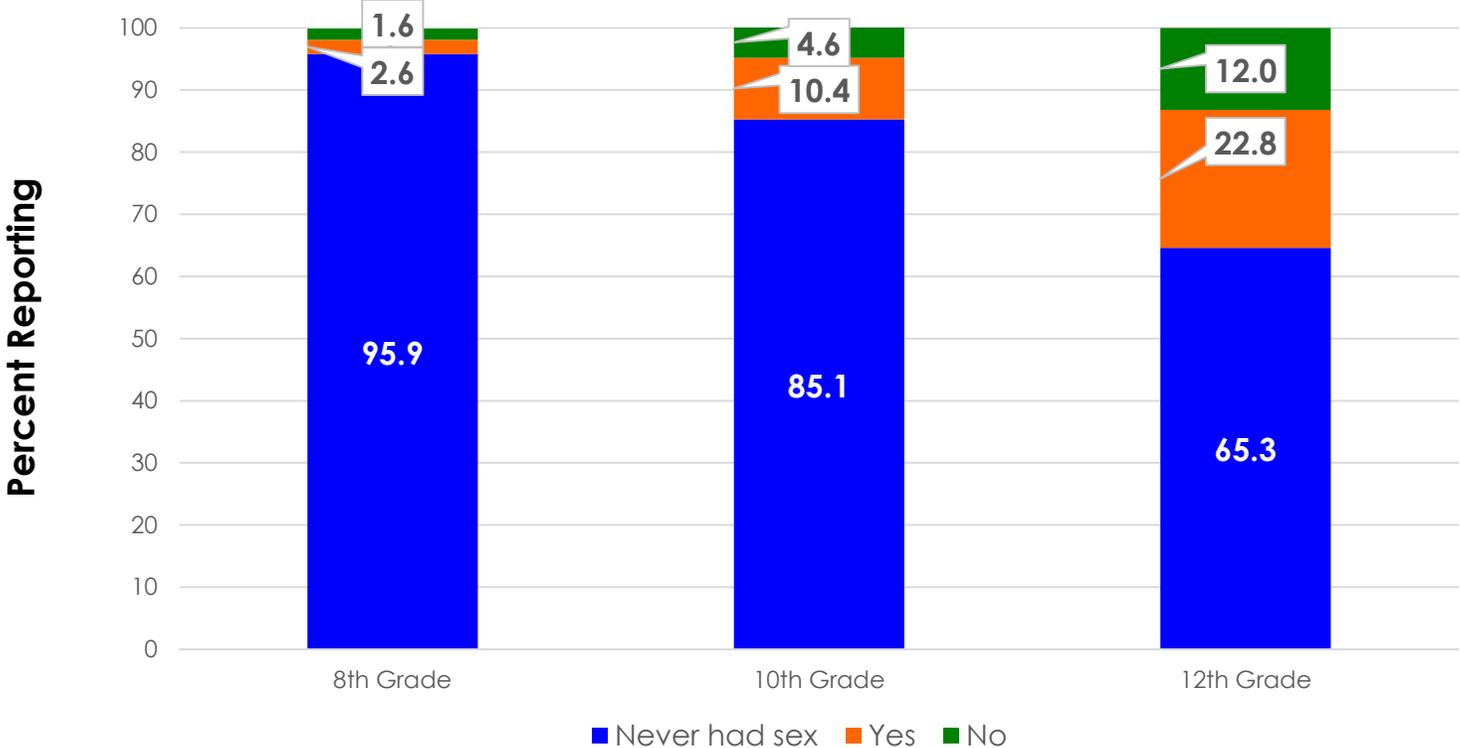
Percent Who Have Ever Had Sexual Intercourse



Percent Who Have Ever Had Oral Sex



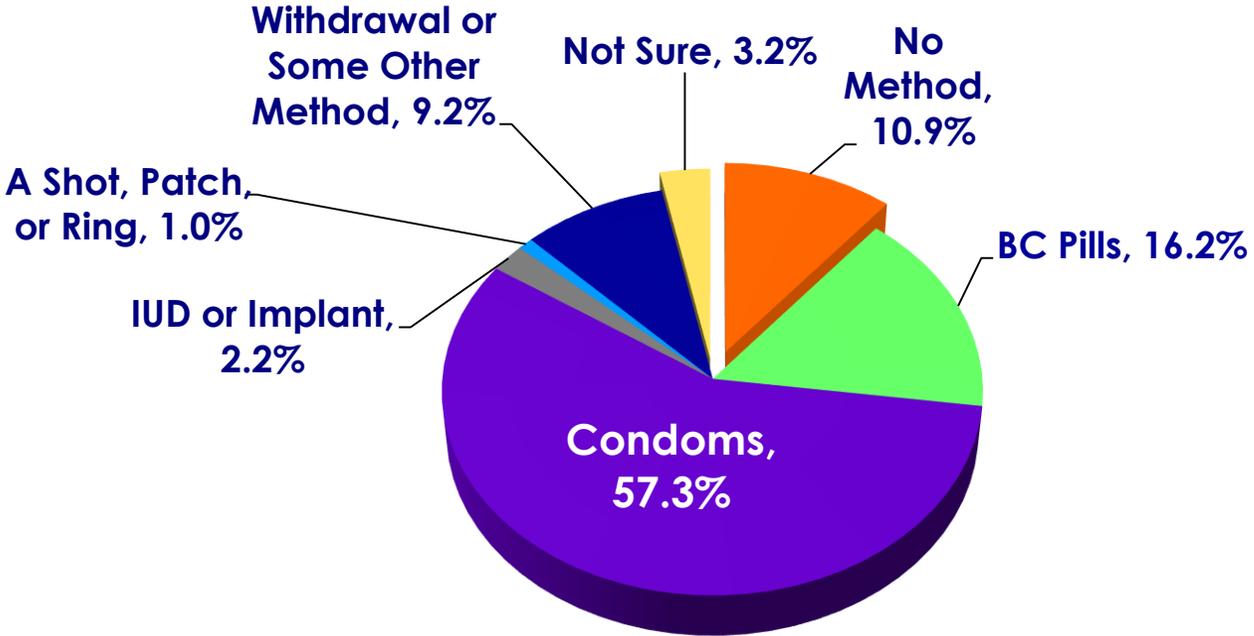
Condom Use At Last Intercourse



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Contraception Use Among Sexually-Active Students

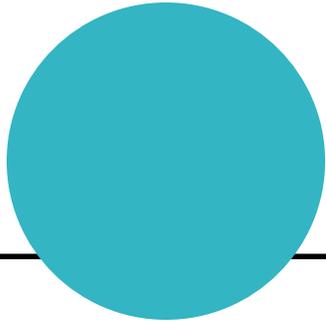


Contraceptive Use
12th Grade: 88.5%
10th Grade: 83.5%
8th Grade: 72.9%

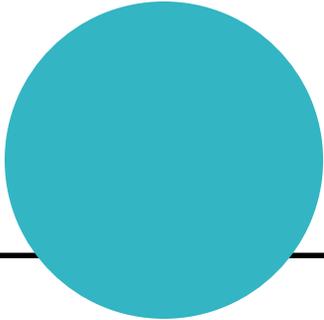


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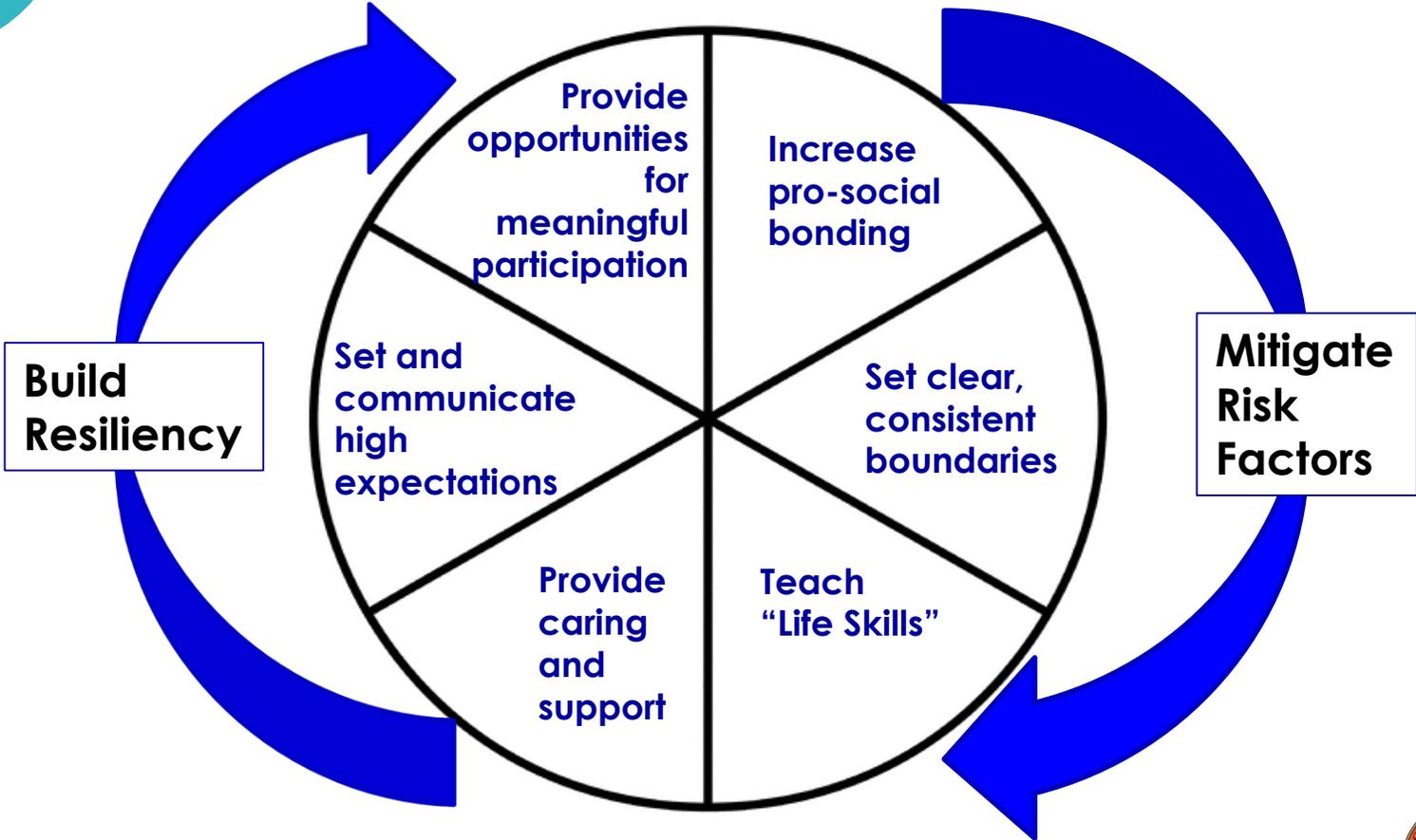
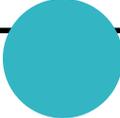


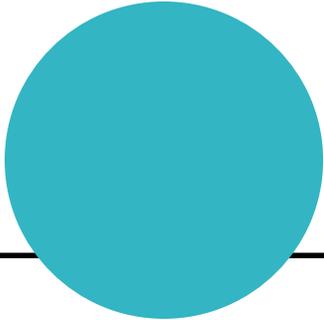


Building Resiliency in Youth Through Assets



The Resiliency Wheel





Resiliency Builders

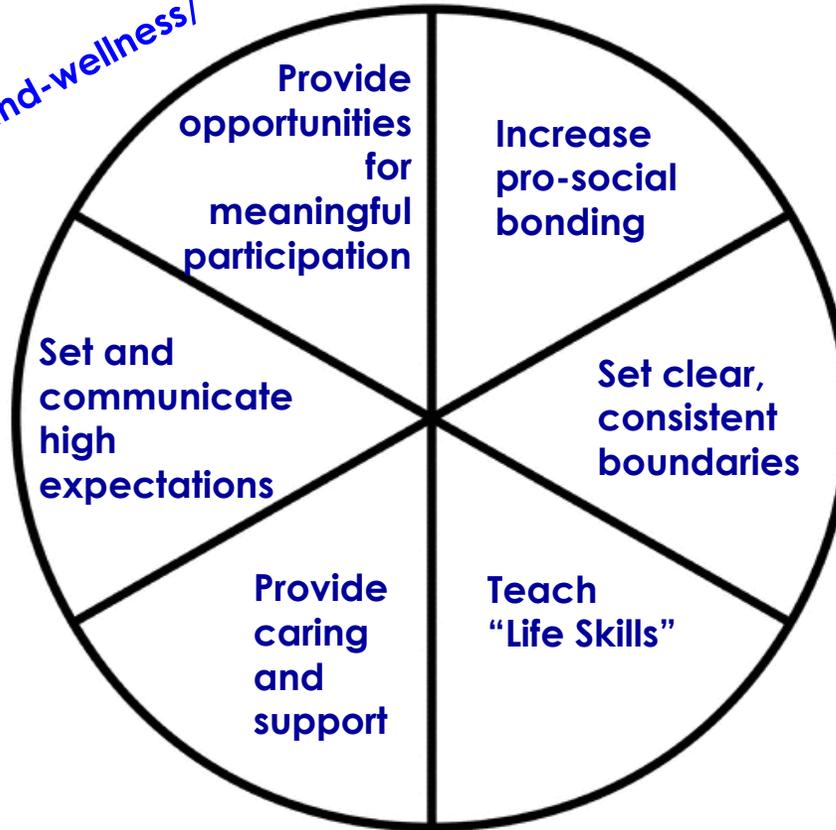


- **Increase pro-social bonding**
- **Set clear consistent boundaries**
- **Teach “life skills”**
- **Provide caring and support**
- **Set and communicate high expectations**
- **Provide opportunities for meaningful participation**

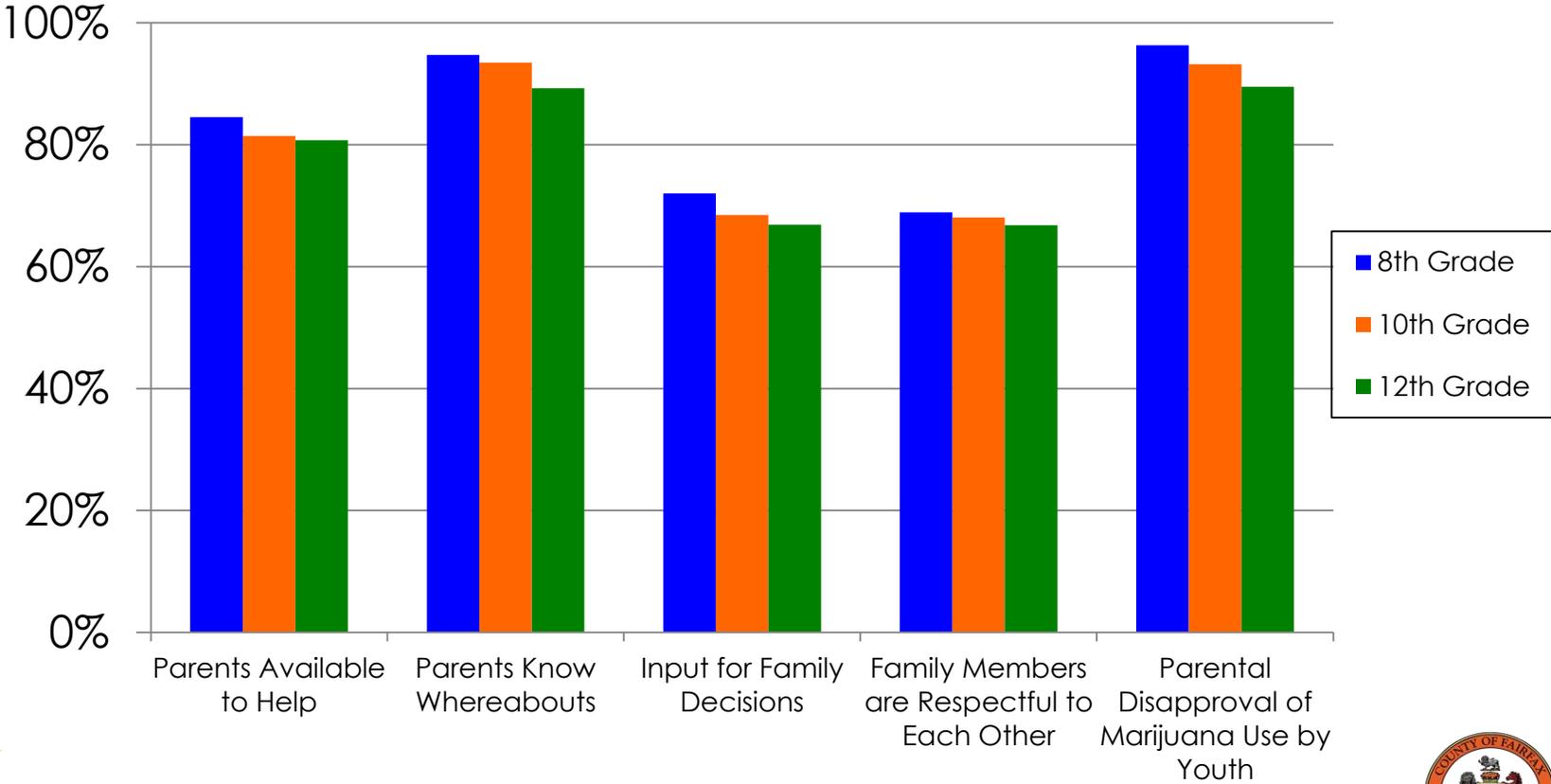
To Learn More about Resiliency Builders

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)



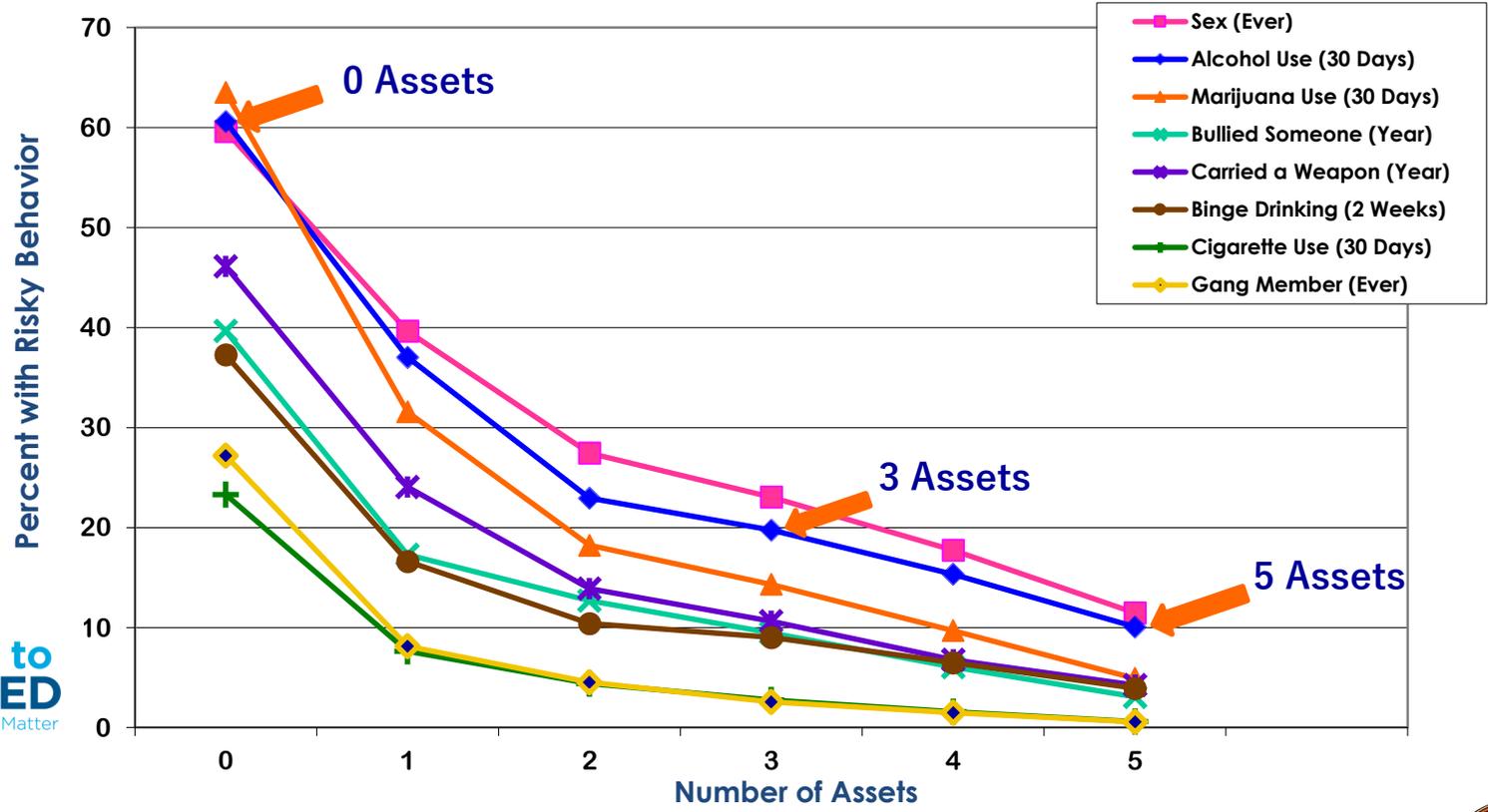
Assets Families Provide to Build Resiliency



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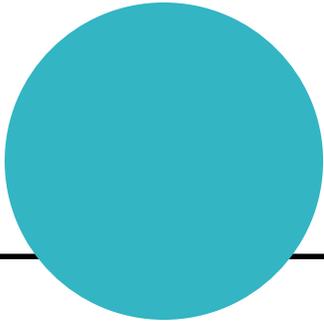


Three to Succeed Family-Based (Grades 8, 10, 12)

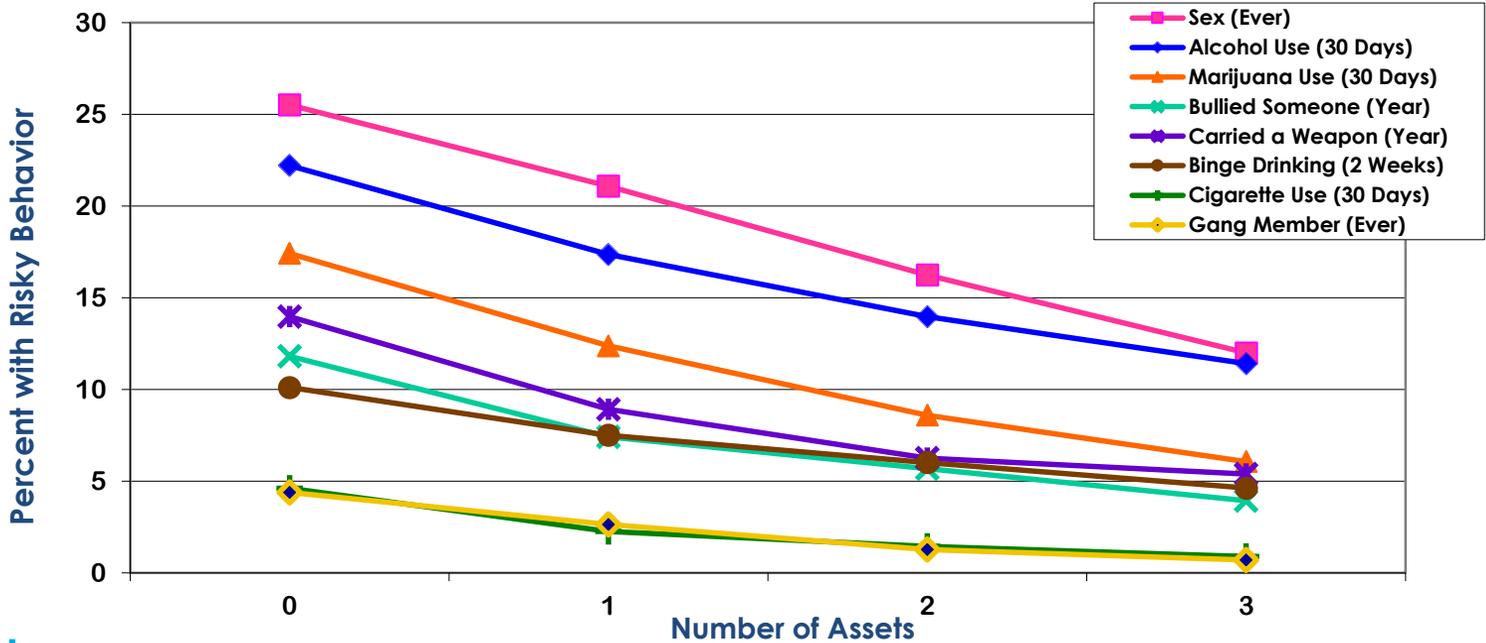
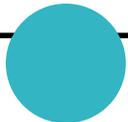


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Three to Succeed Caring Adults (Grades 8, 10, 12)

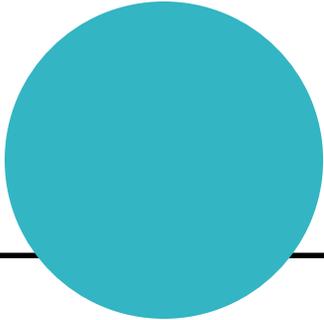


Having Parents Available for Help
 Having Teachers Recognize Good Work
 Having Community Adults to Talk to



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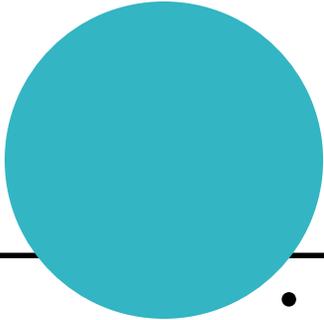




What You Can Do to Make a Difference



- **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/fairfaxMHFA>)
- Provide FCPS students with the CrisisText number:

Text NEEDHELP to 85511



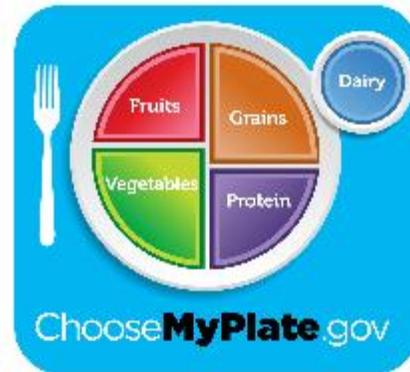
What You Can Do to Make a Difference

- **Address bullying and cyberbullying before and when it occurs**
 - **Visit stopbullying.gov 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

FAIRFAX COUNTY YOUTH SURVEY

fairfaxcounty.gov/youthsurvey

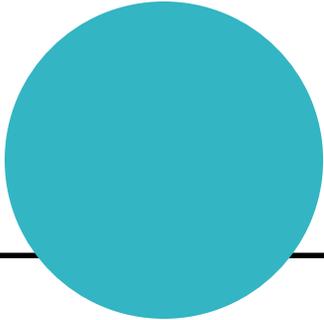
PREVENTION TOOLKIT

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



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Questions? Contact Us!



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