

FAIRFAX COUNTY YOUTH SURVEY



SCHOOL YEAR 2019-2020



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

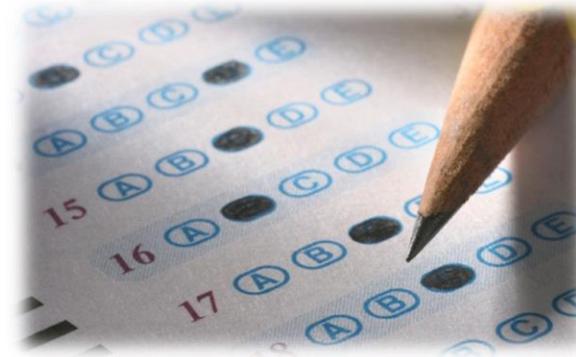
www.fairfaxcounty.gov/youthsurvey

Fairfax County 2019 Youth Survey



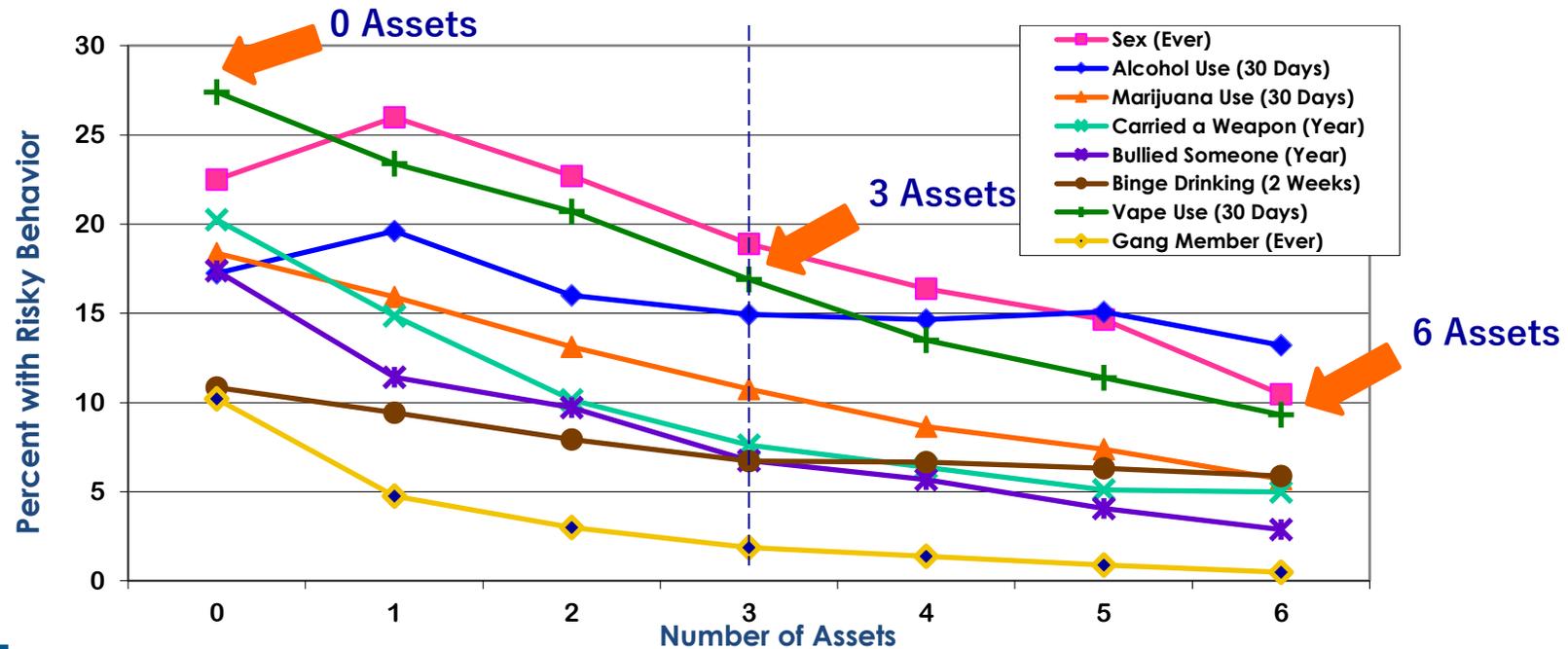
Fairfax County Youth Survey Participation

- **48,915** FCPS students
- **Grades 6, 8, 10, and 12**
- Representing **86%** of enrolled students



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

Three to Succeed Asset Graph for Fairfax County (Grades 8, 10, 12)



- 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



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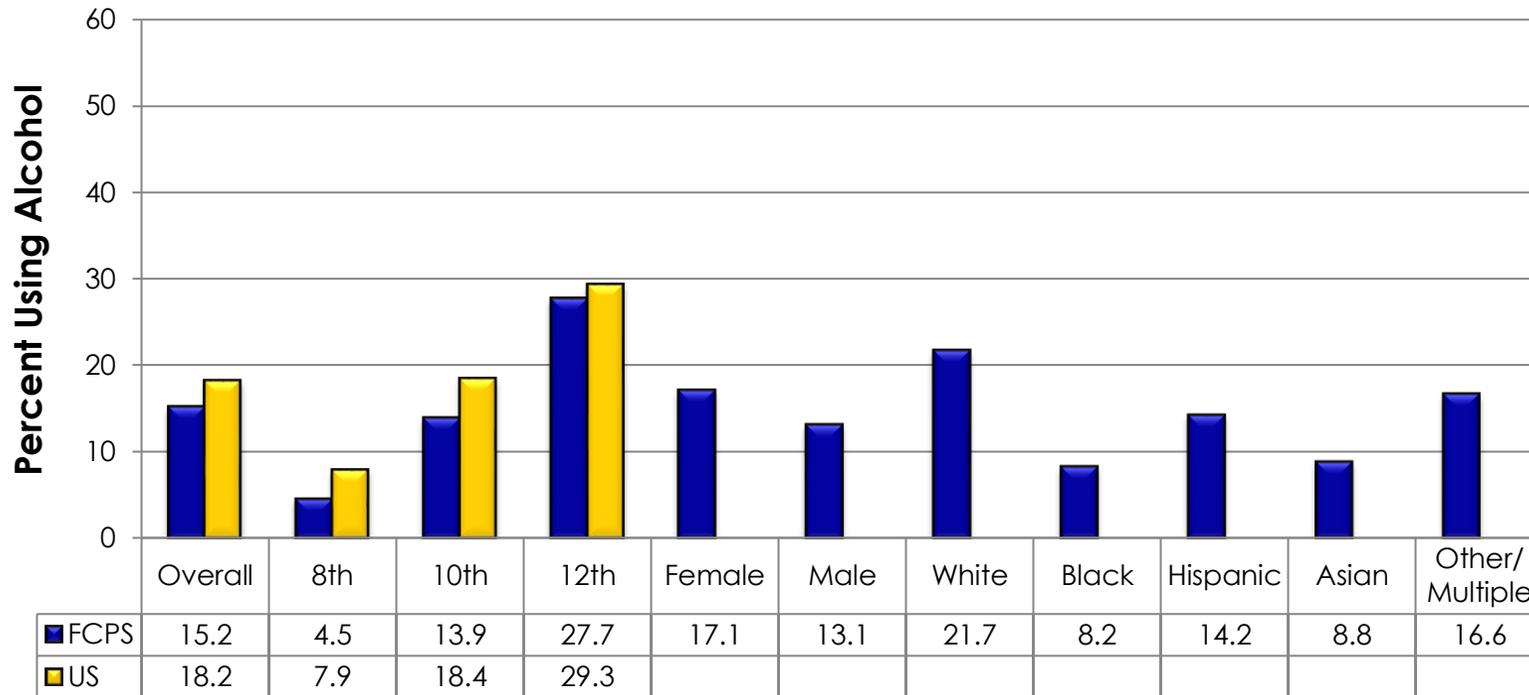
Alcohol, Tobacco and Other Drug Use



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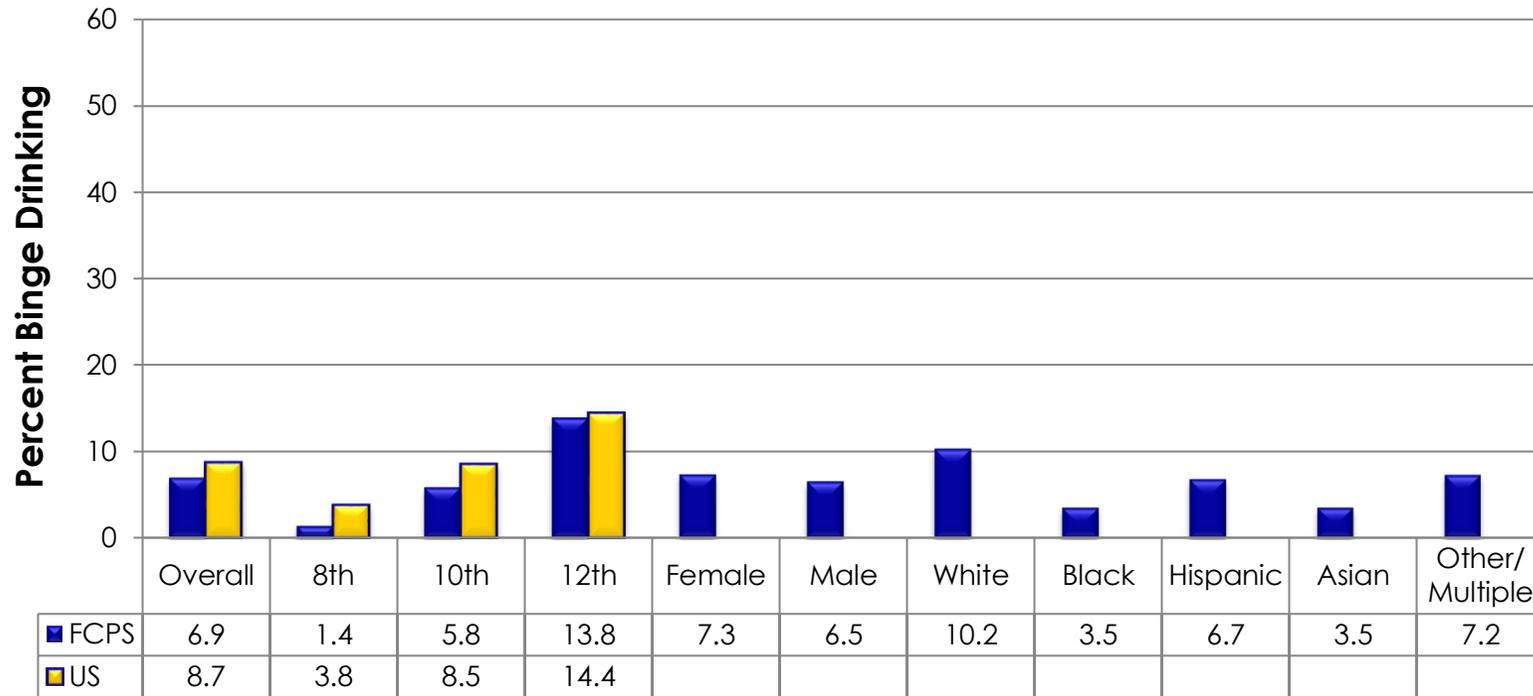


Percent Who Drank Alcohol in Past 30 Days

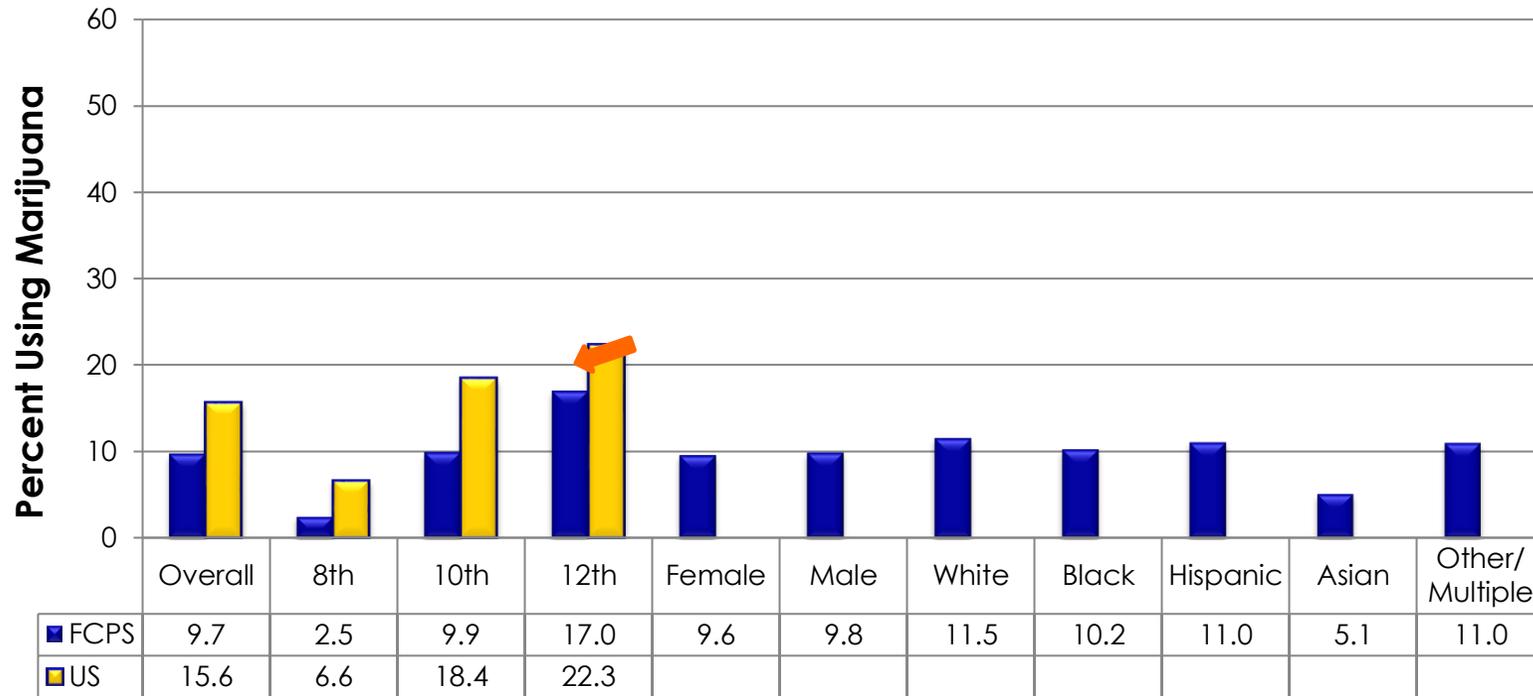


Note: 6th Grade Prevalence = 1.3%

Percent Reporting Binge Drinking



Percent Who Used Marijuana in Past 30 Days



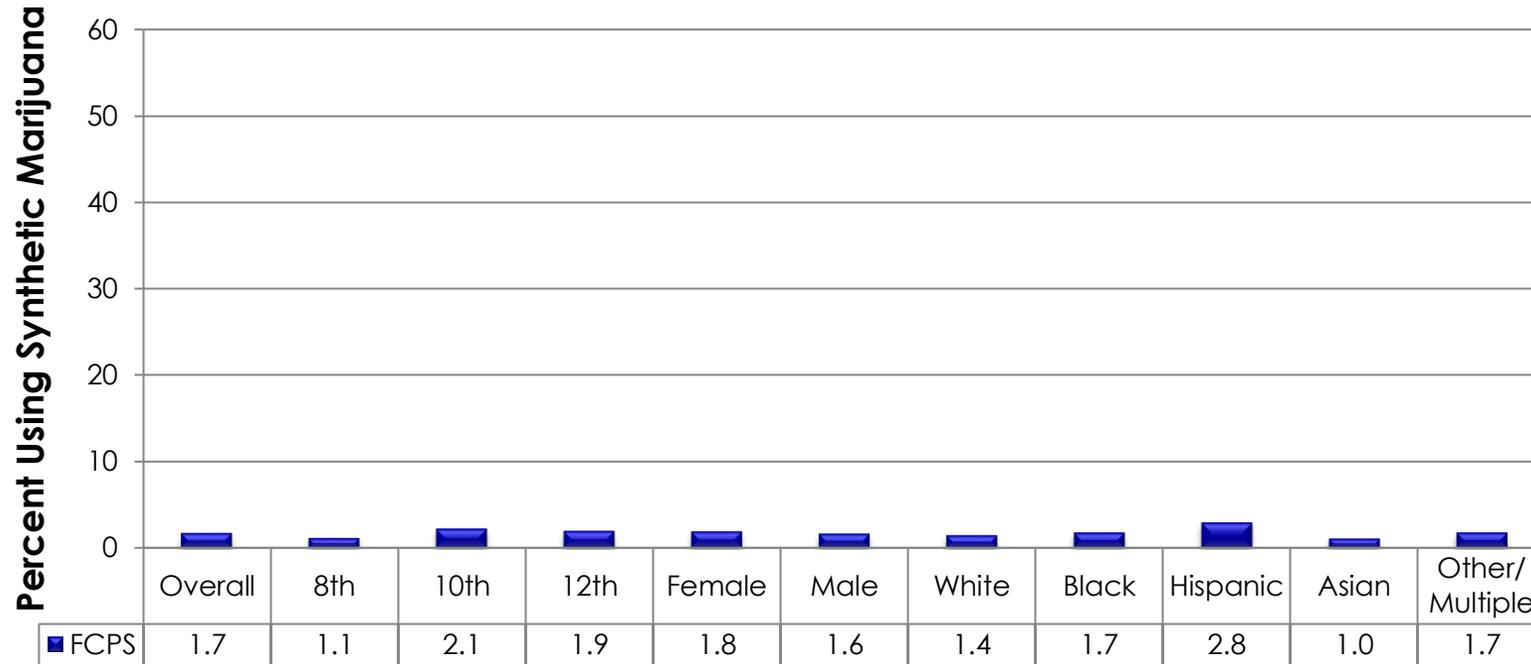
Note: 6th Grade Prevalence = 0.2%



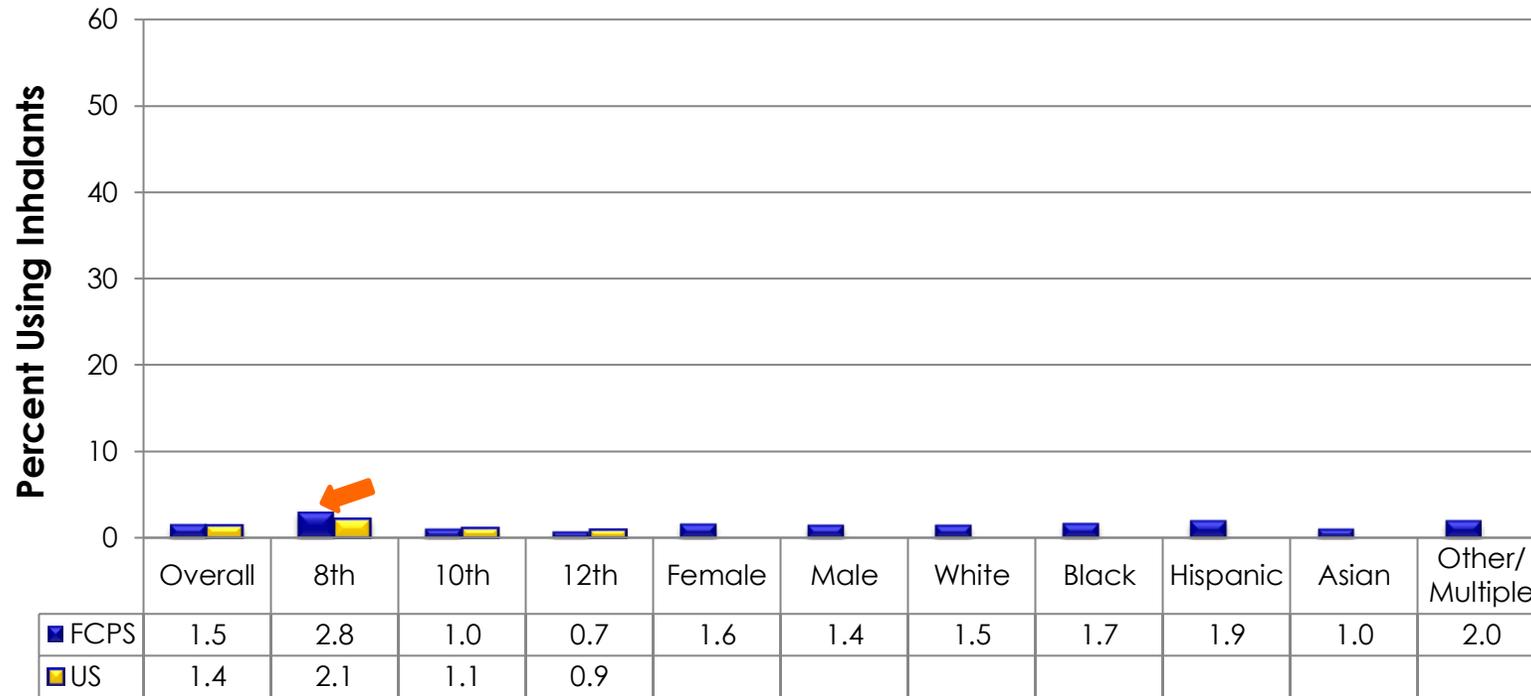
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Percent Who Used Synthetic Marijuana in Past 30 Days

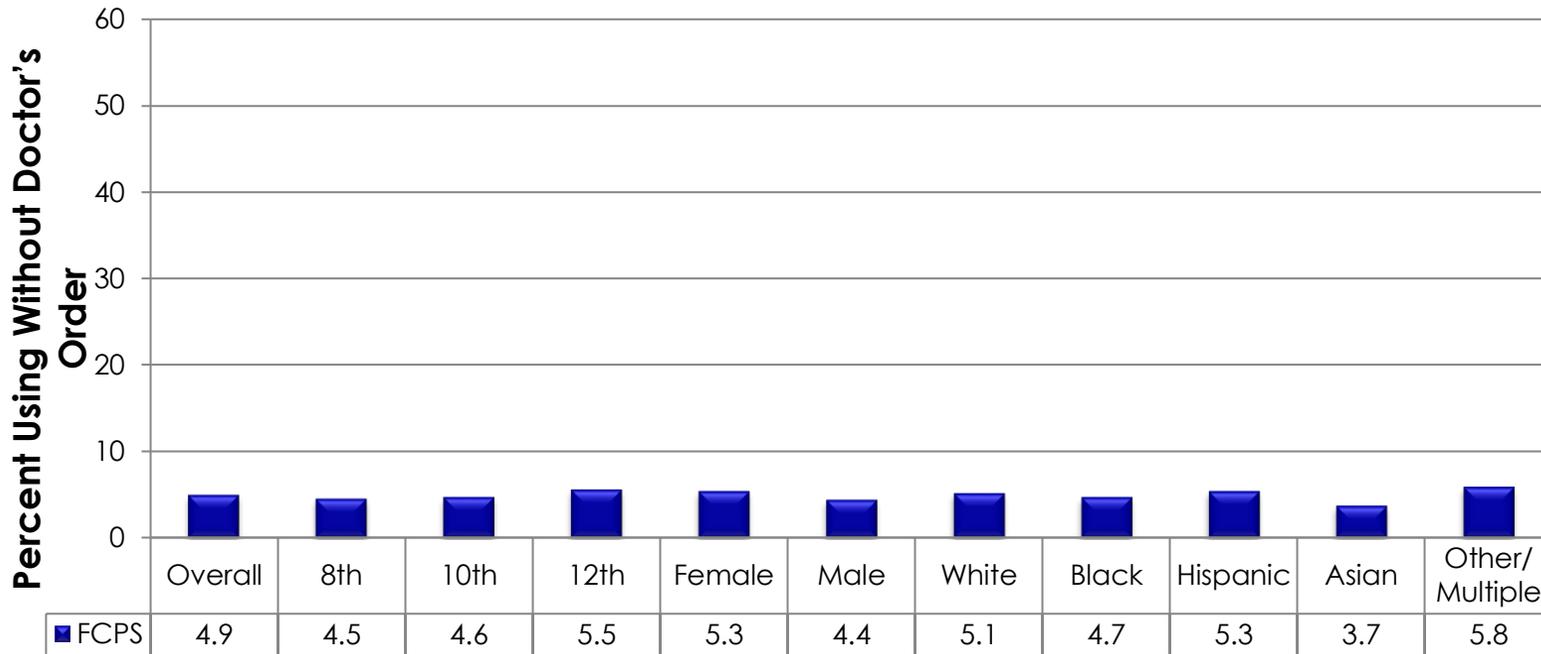


Percent Who Used Inhalants in Past 30 Days

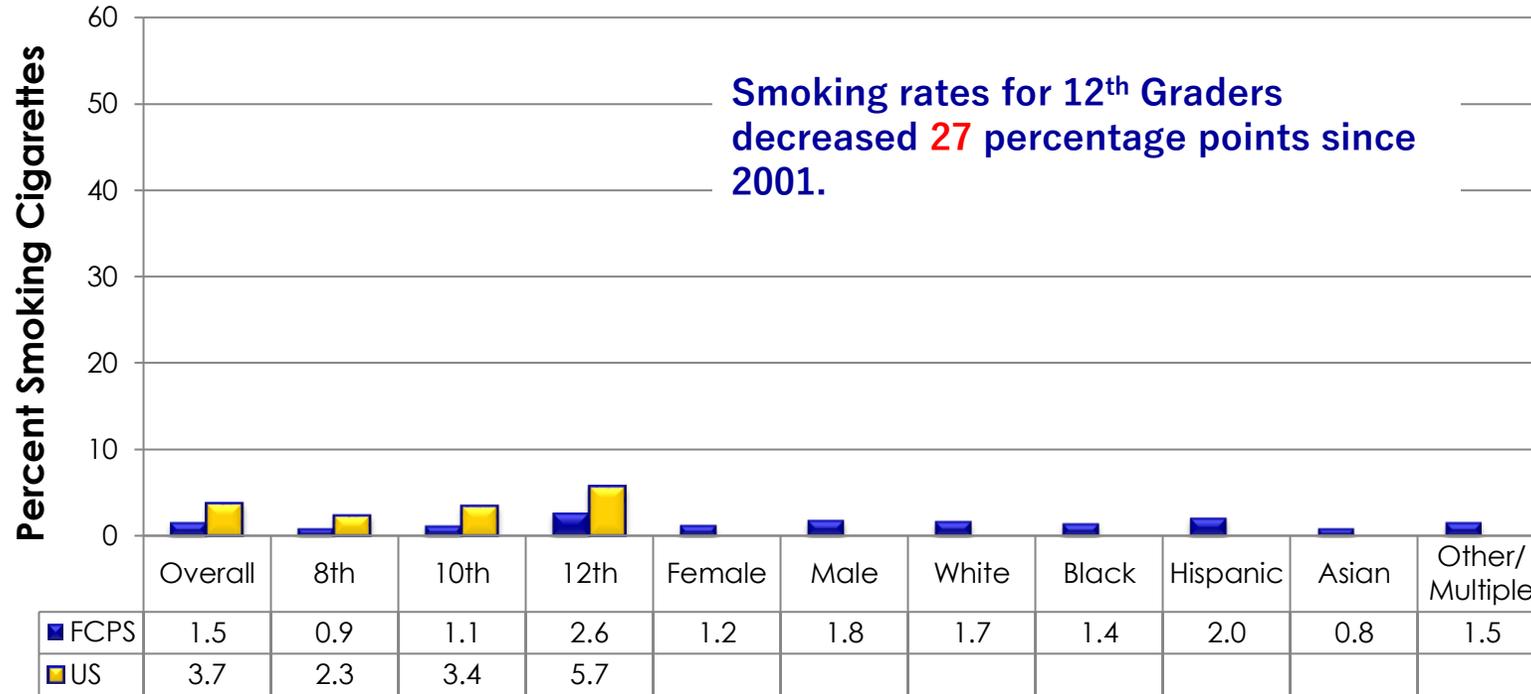


Note: 6th Grade Prevalence = 1.9%

Percent Who Used Painkillers or Prescription Medication in Past 30 Days

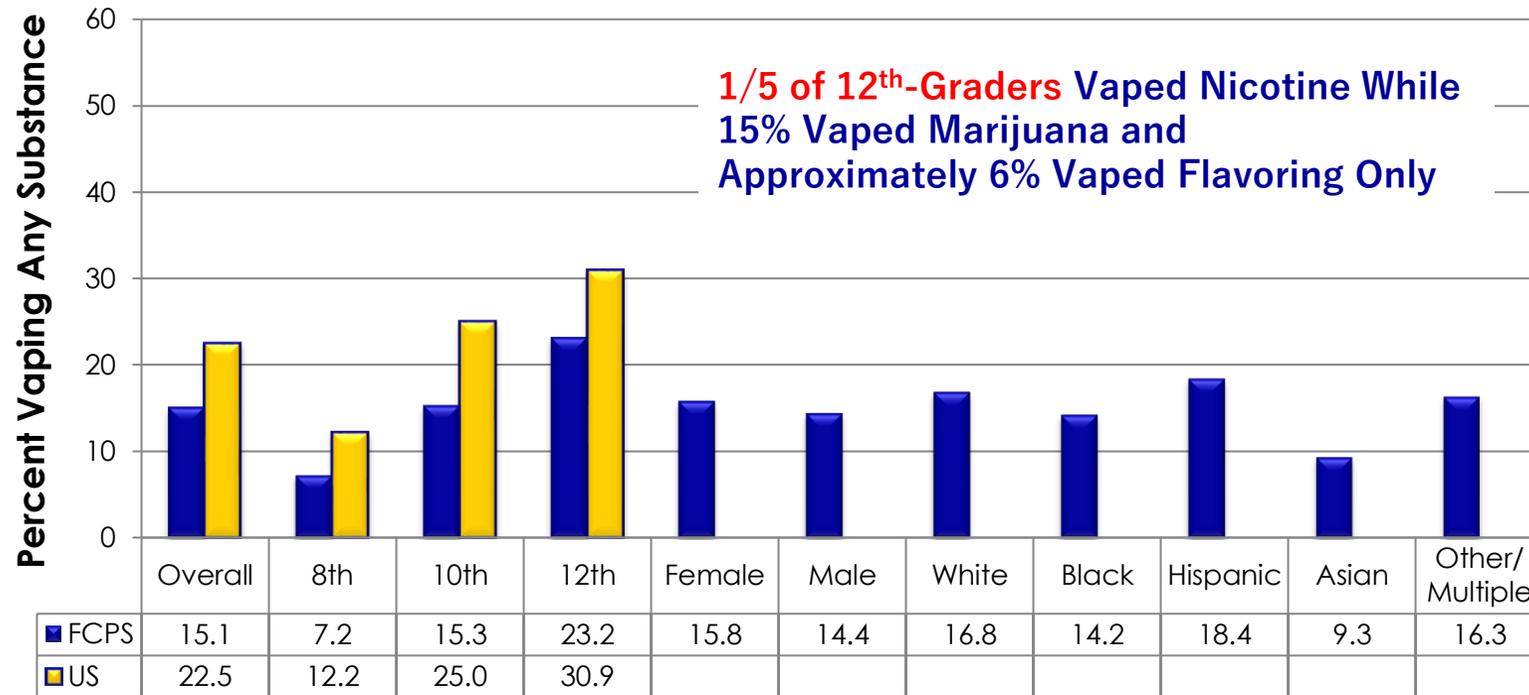


Percent Who Smoked Cigarettes in Past 30 Days

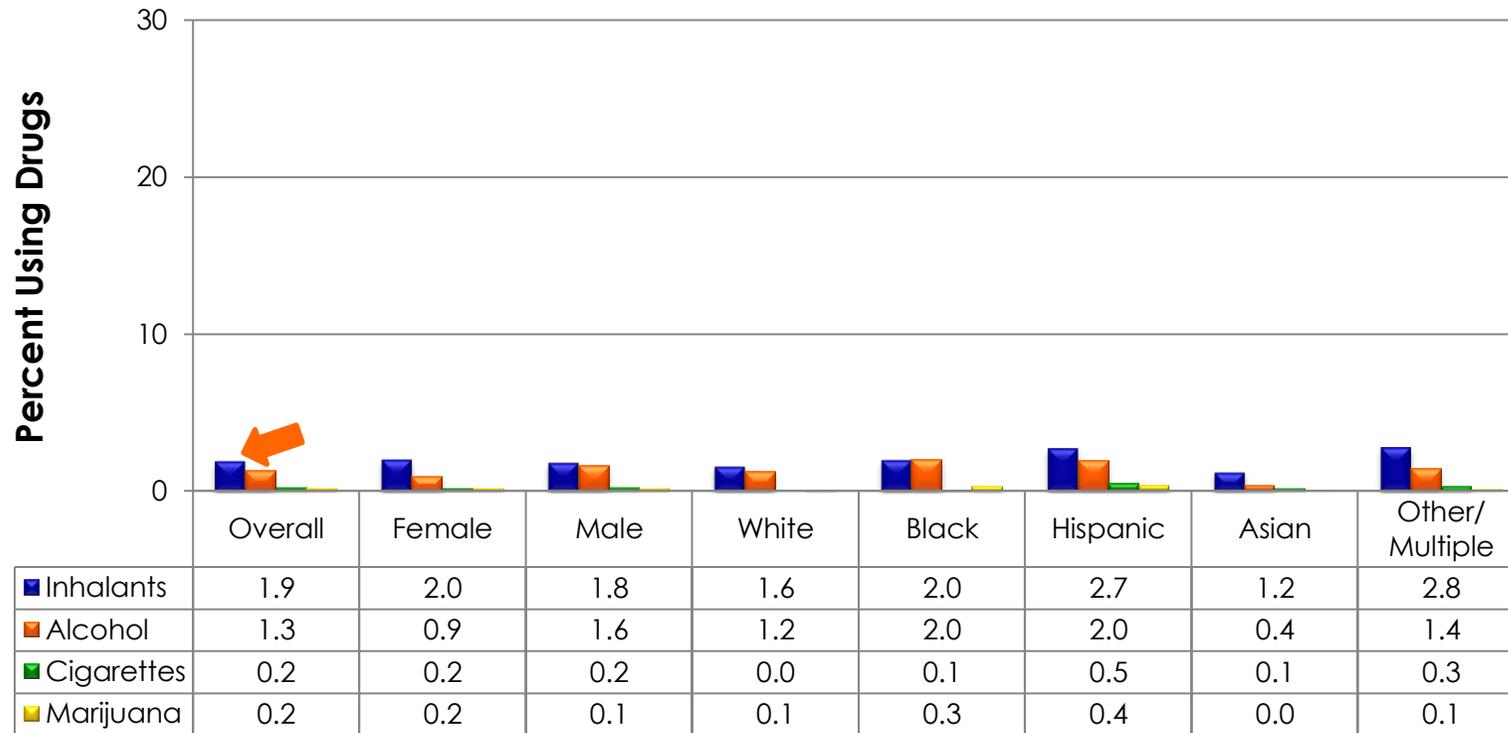


Note: 6th Grade Prevalence = 0.2%

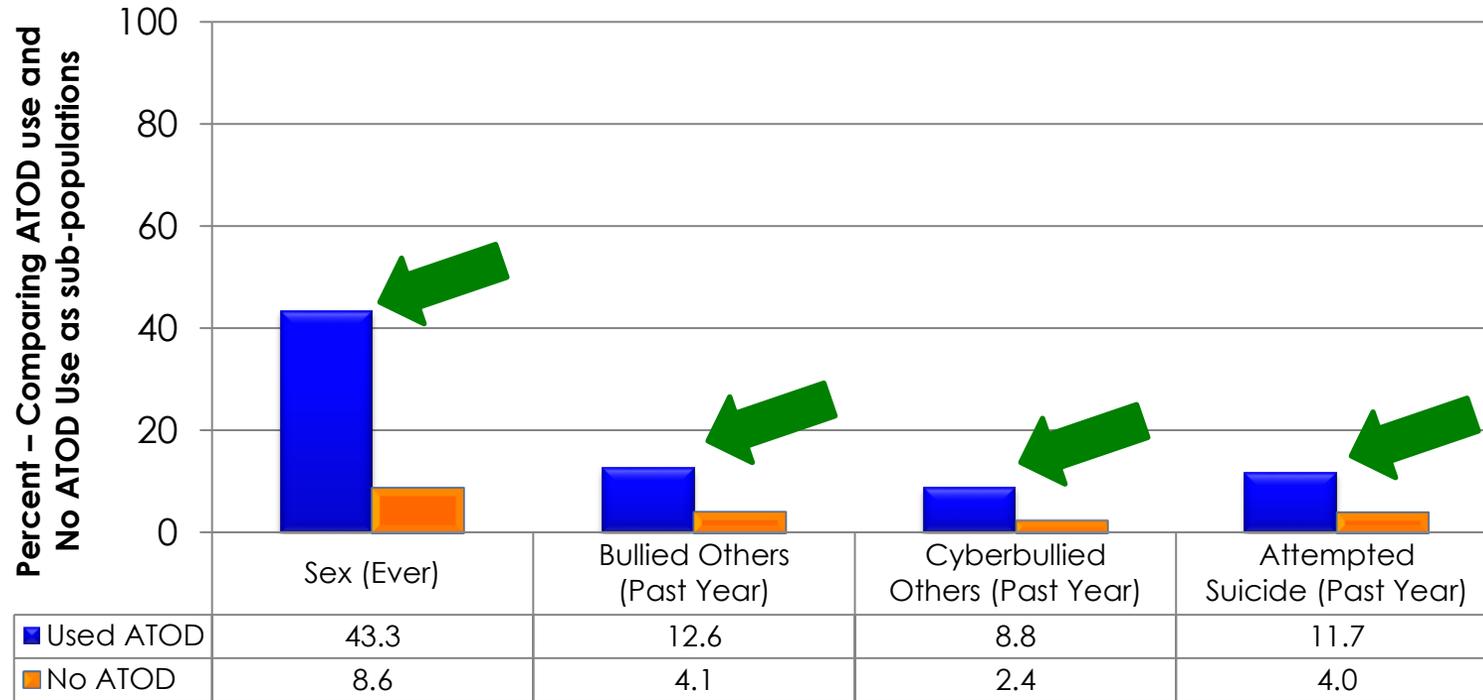
Percent Who Vaped in Past 30 Days



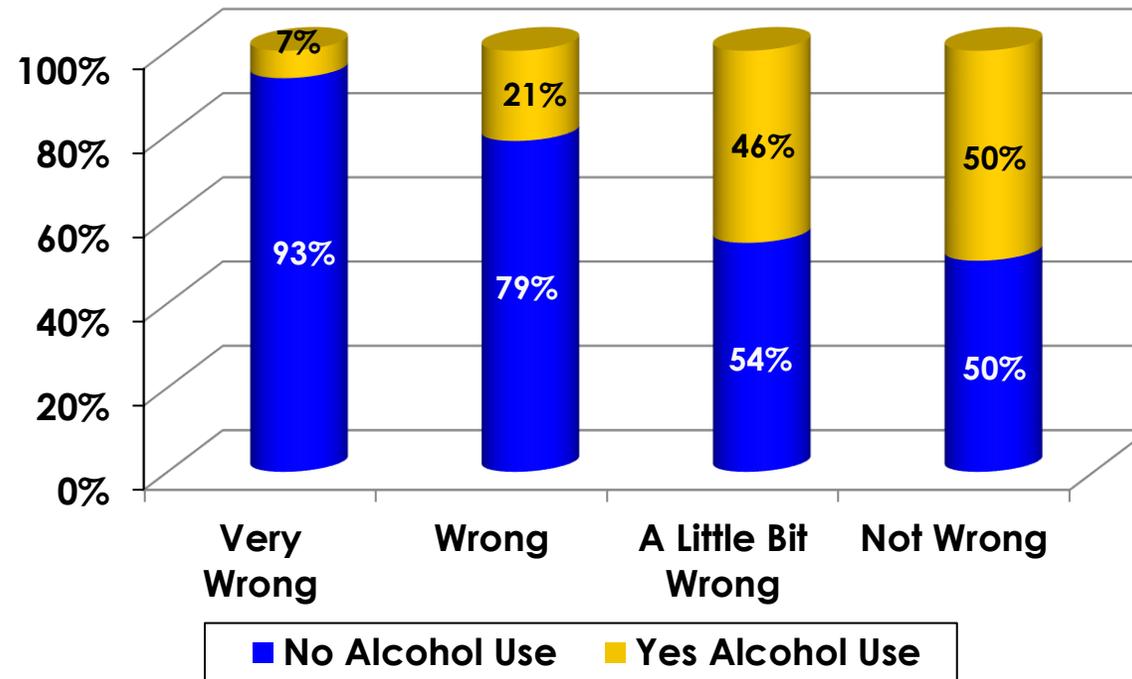
Drug Use for 6th-Graders Past 30 Days



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



Parental Perception and Alcohol Use Behavior



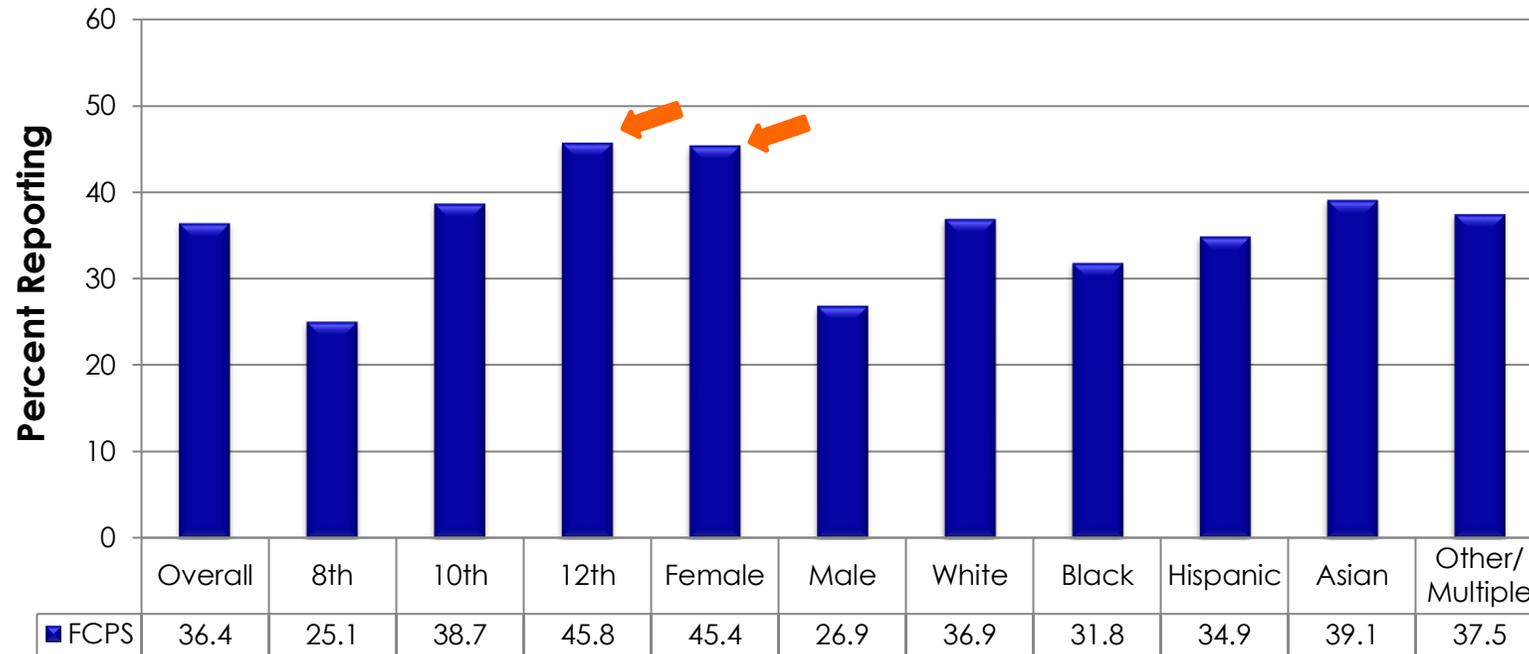
Percentages may not sum to 100% due to rounding



Stress, Depression, Suicide and Unhealthy Weight Loss Behavior



Percent Who Reported High Level of Stress in Past Month



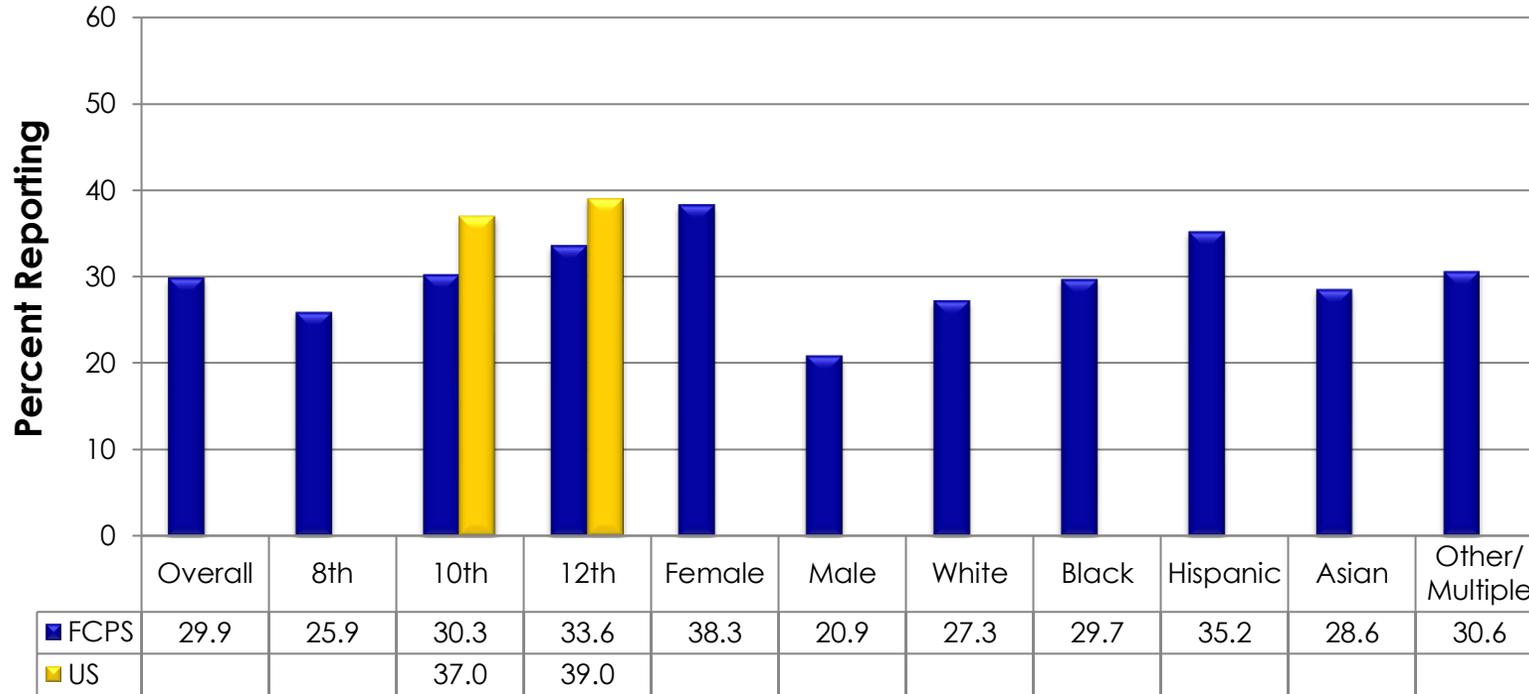
Note: 6th Grade Prevalence = 15.4%



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Percent Who Reported Depressive Symptoms in Past Year



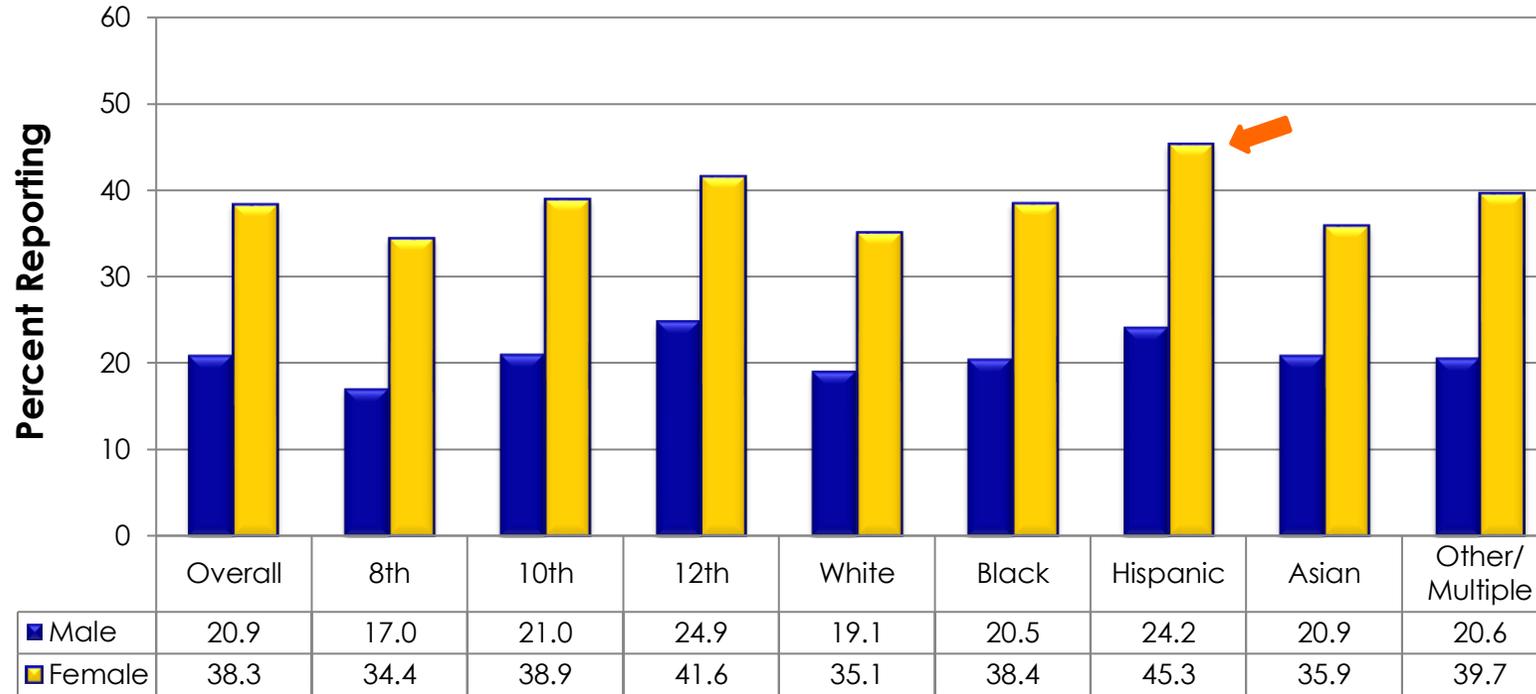
Note: 6th Grade Prevalence = 24.8%



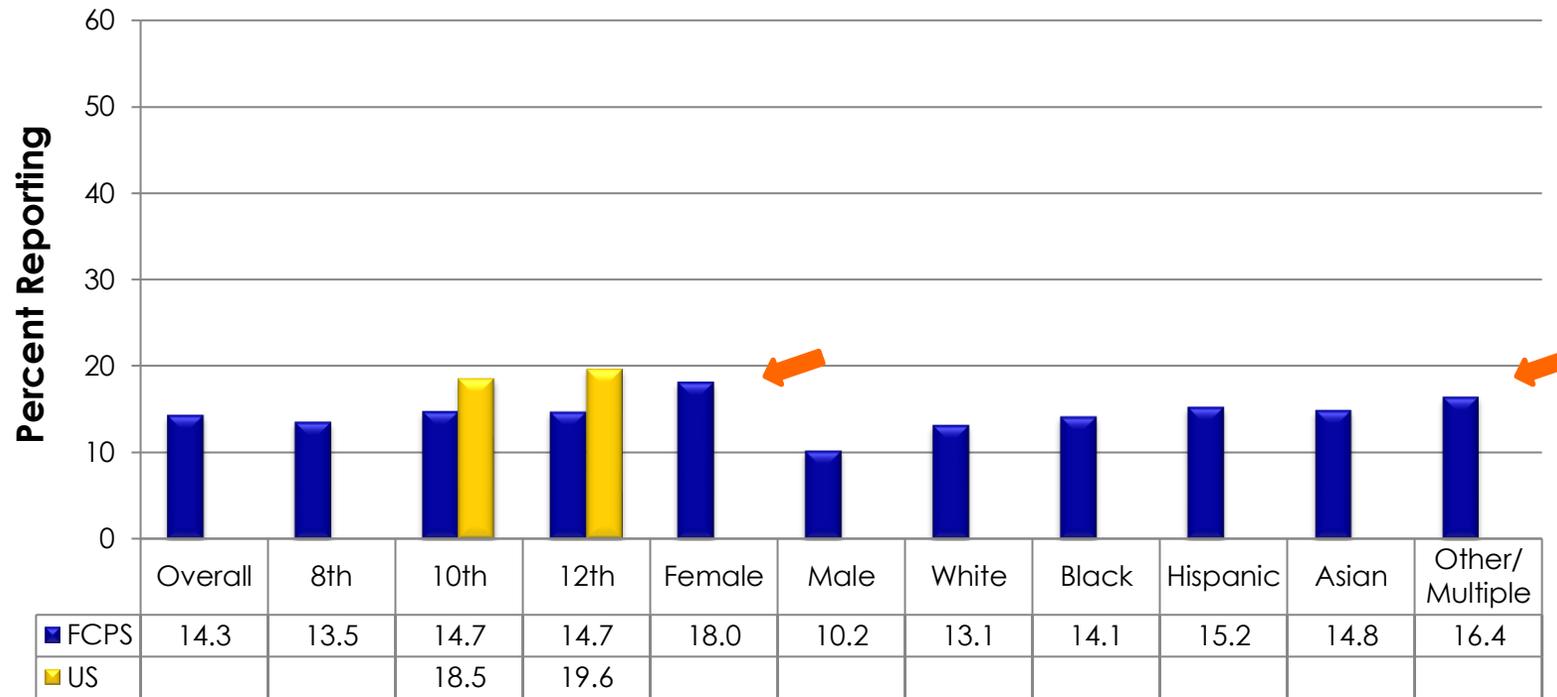
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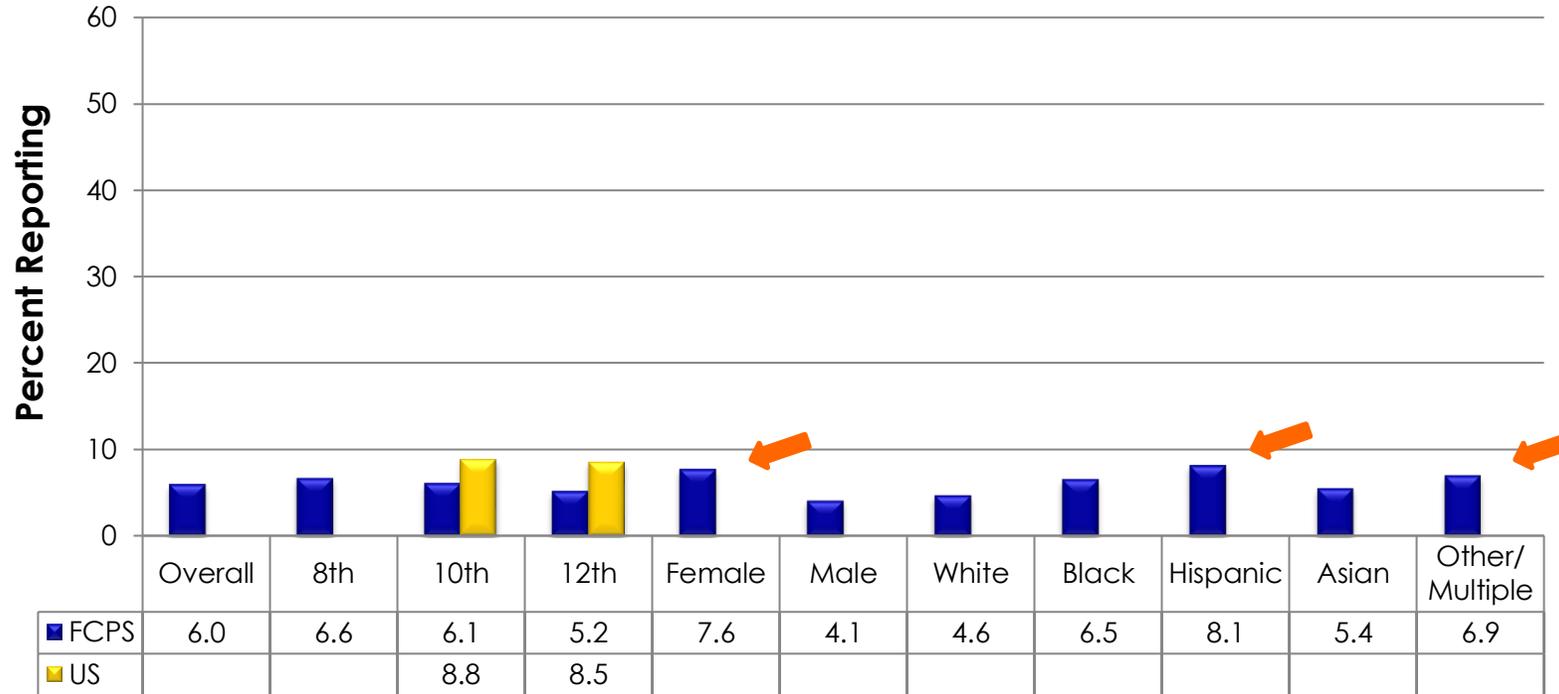
A Closer Look at Depressive Symptoms



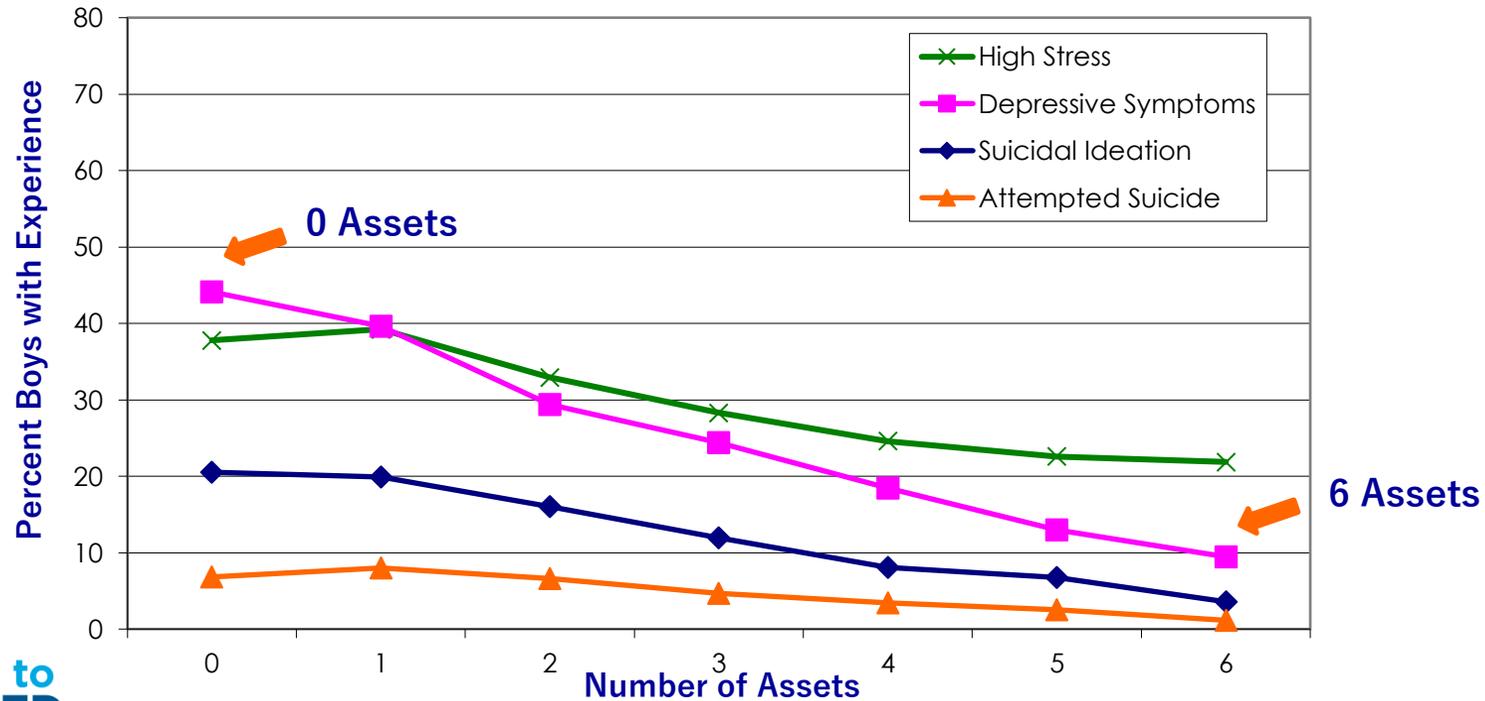
Percent Who Considered Suicide in Past Year



Percent Who Attempted Suicide in Past Year



Assets and Experiences Related to Mental Health



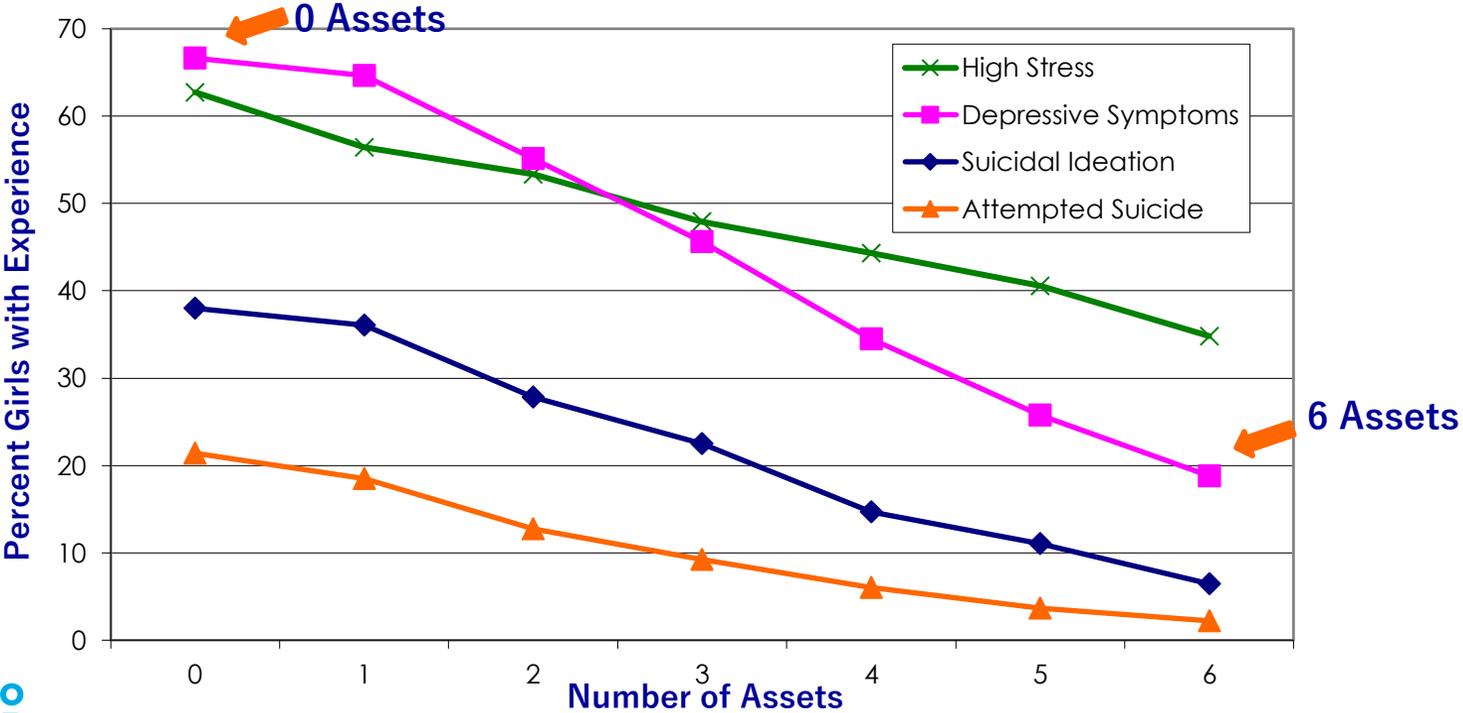
- Accepting Responsibility for One's Actions
- Performing Community Service
- Having Teachers Recognize Good Work
- Having Community Adults to Talk to
- Participating in Extracurricular Activities
- Having Parents Available for Help



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Assets and Experiences Related to Mental Health



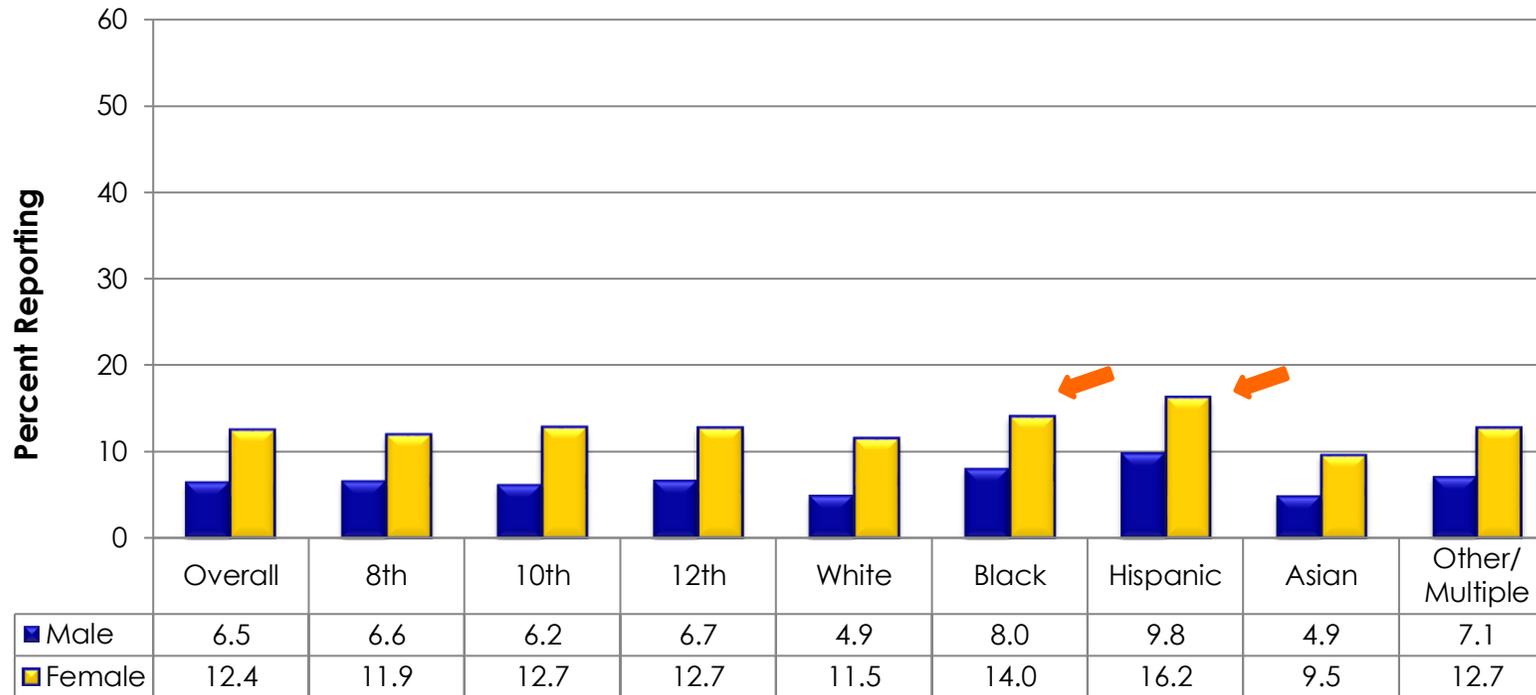
- Accepting Responsibility for One's Actions
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A Closer Look at Unhealthy Weight Loss Behavior





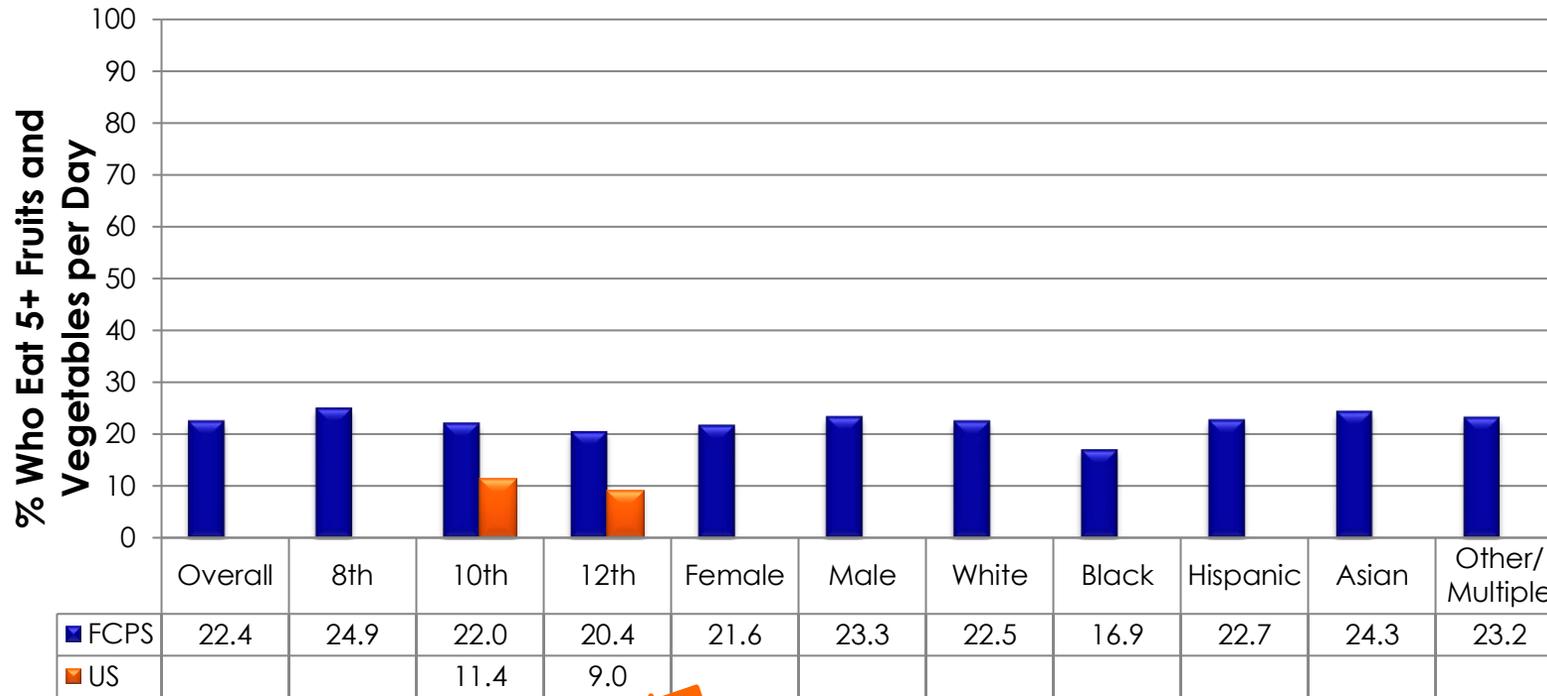
Nutrition and Physical Activity



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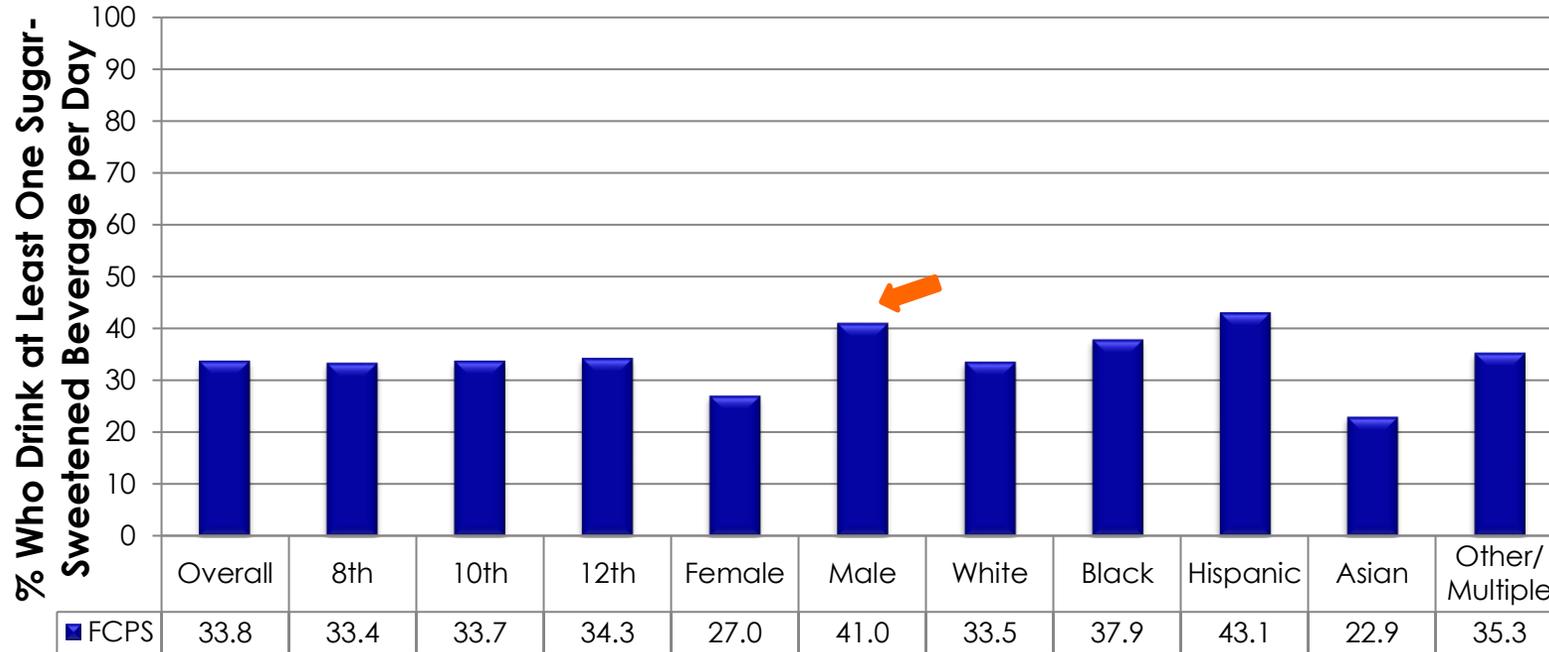


Percent Meeting Nutrition Requirements



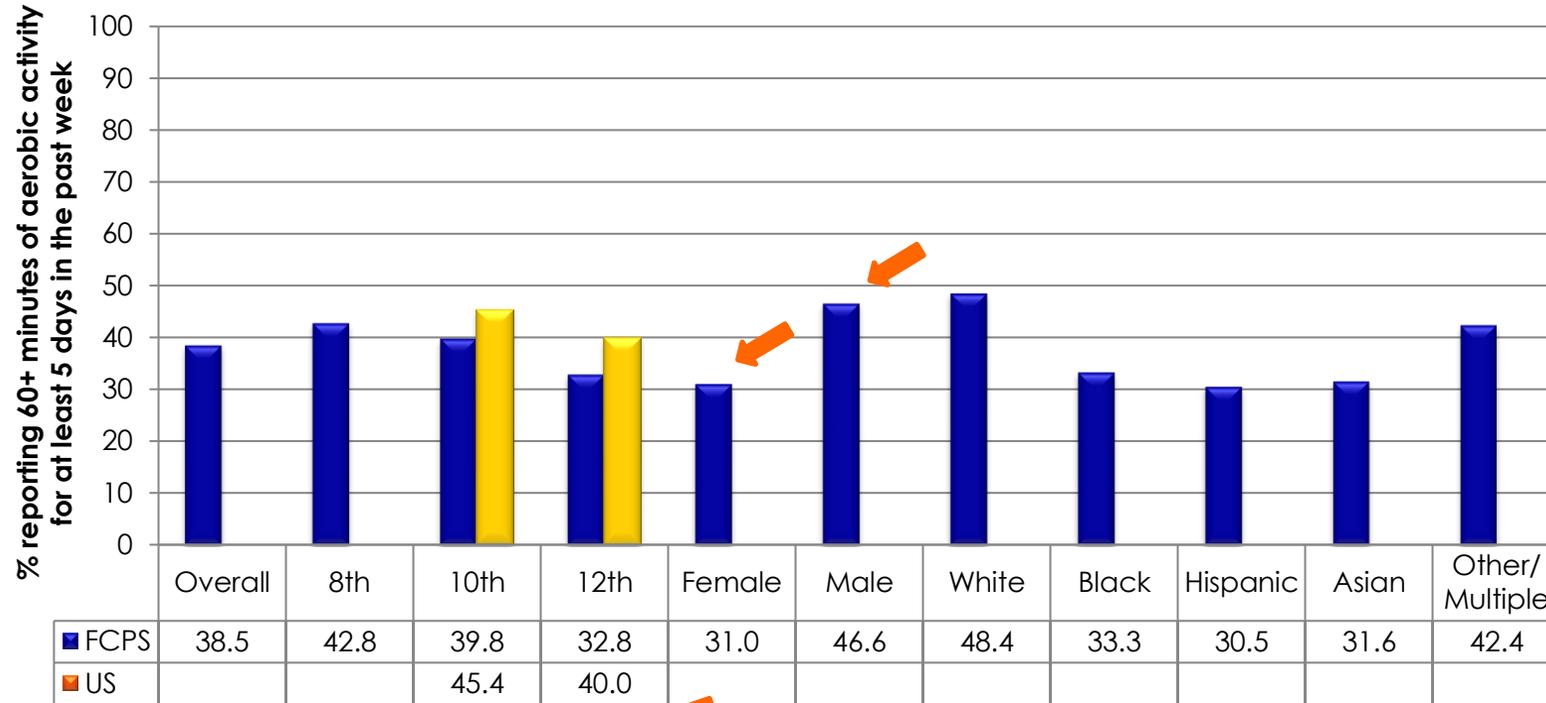
Note: 6th Grade Prevalence = 28.8%

Percent Drinking Sugar-Sweetened Beverages Daily



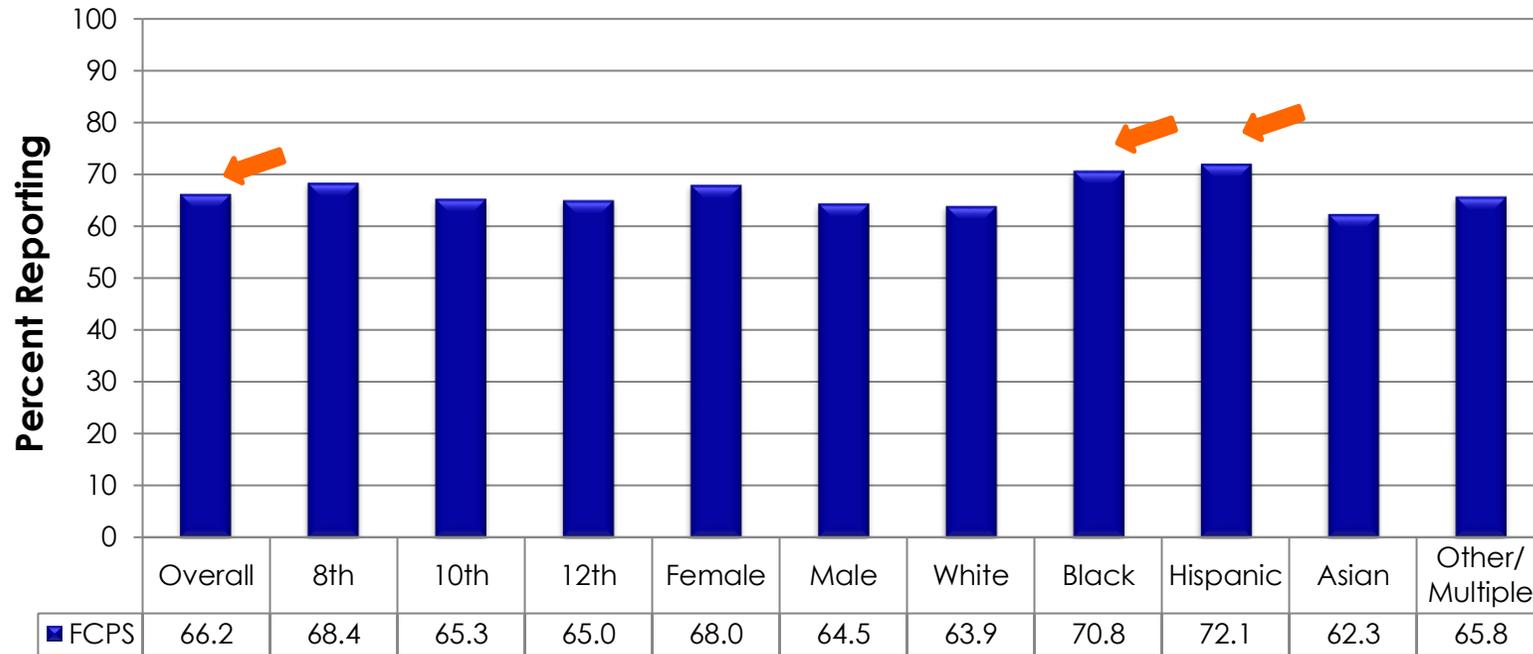
Note: 6th Grade Prevalence = 30.9%

Percent Meeting Recommendations for Physical Activity



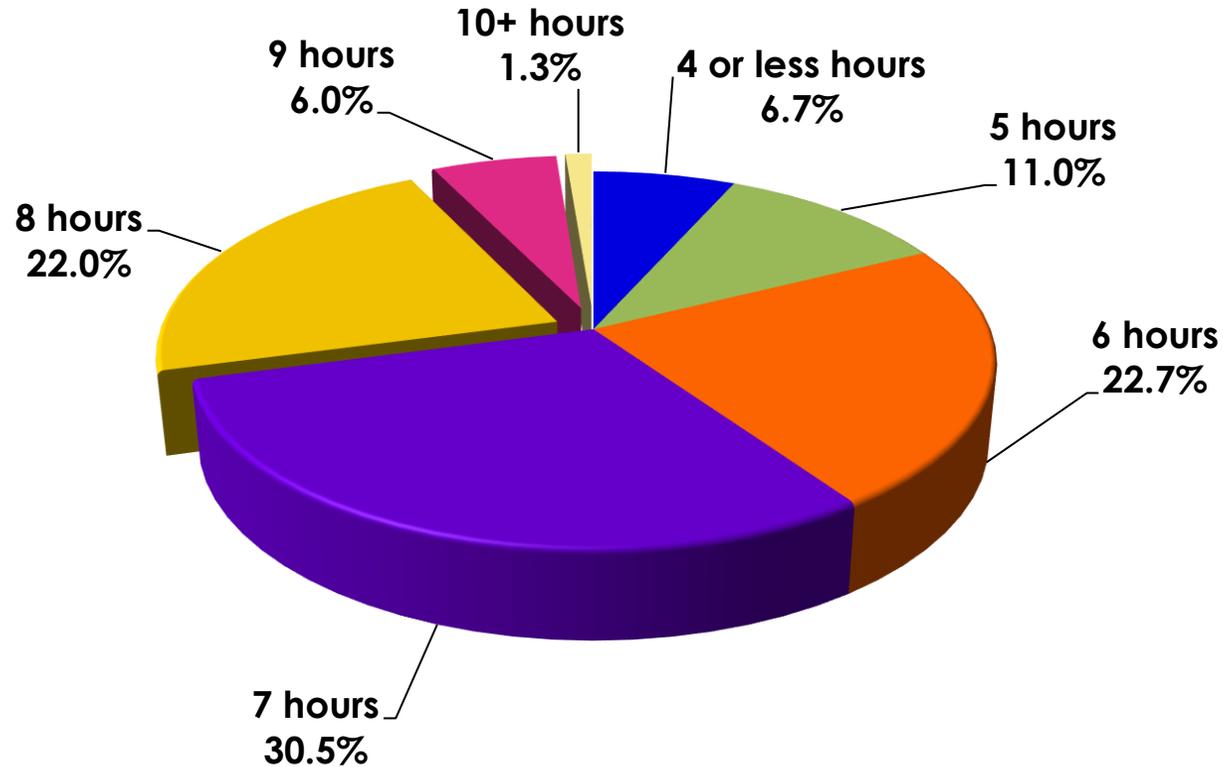
Note: 6th Grade Prevalence = 47.7%

Percent Viewing 3+ Hours of Screen Time per Day



Note: 6th Grade Prevalence = 49.9%

Number of Sleep Hours on an Average School Night



8+ Hours:

8th Grade:
44.6%

10th Grade:
26.6%

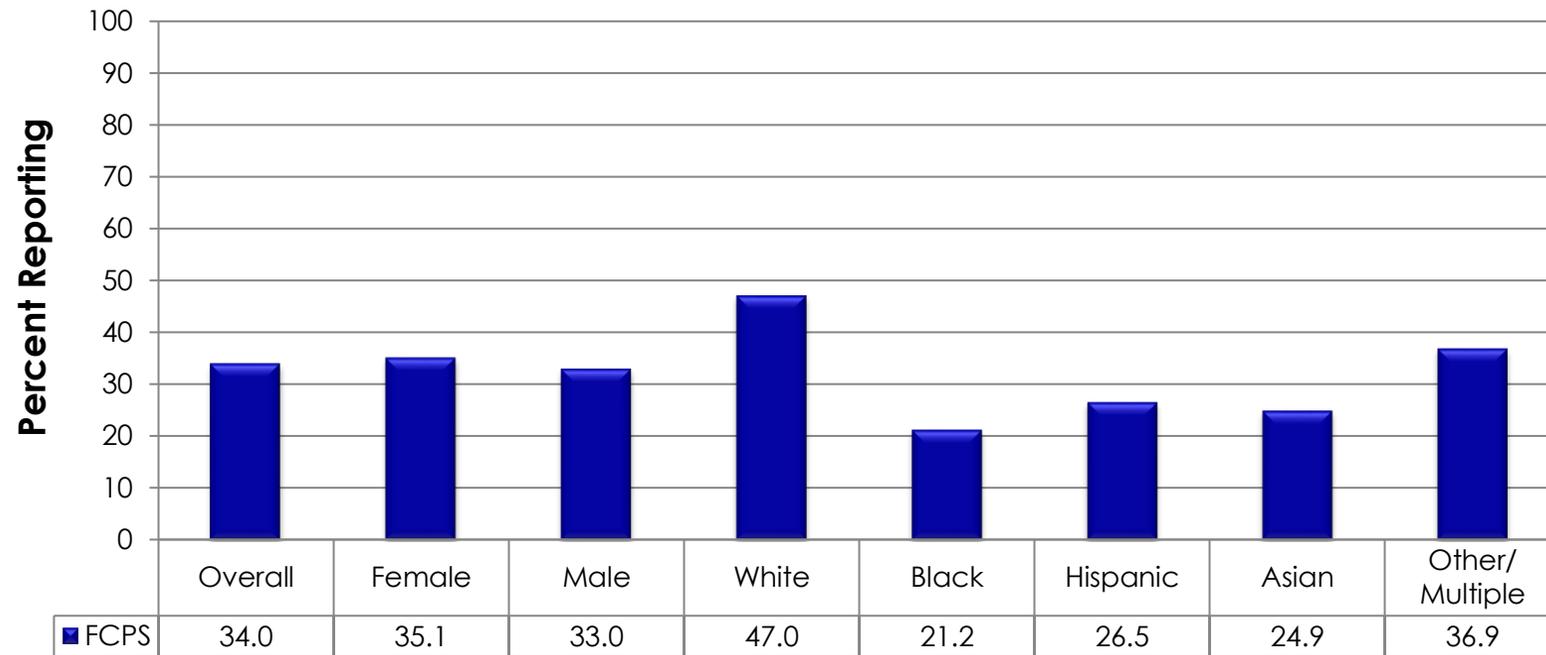
12th Grade:
16.4%



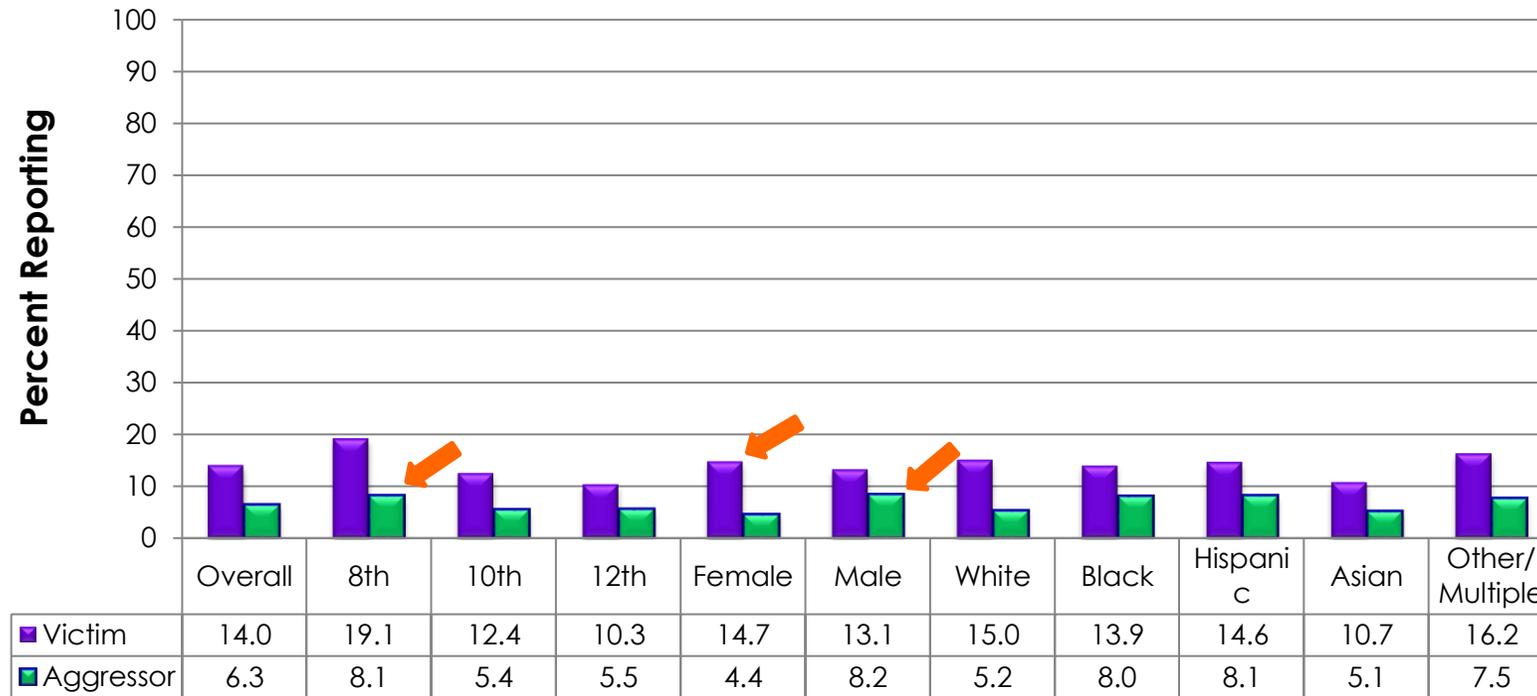
Safety, Aggression, and Victimization



12th-Graders who Texted While Driving in Past Month

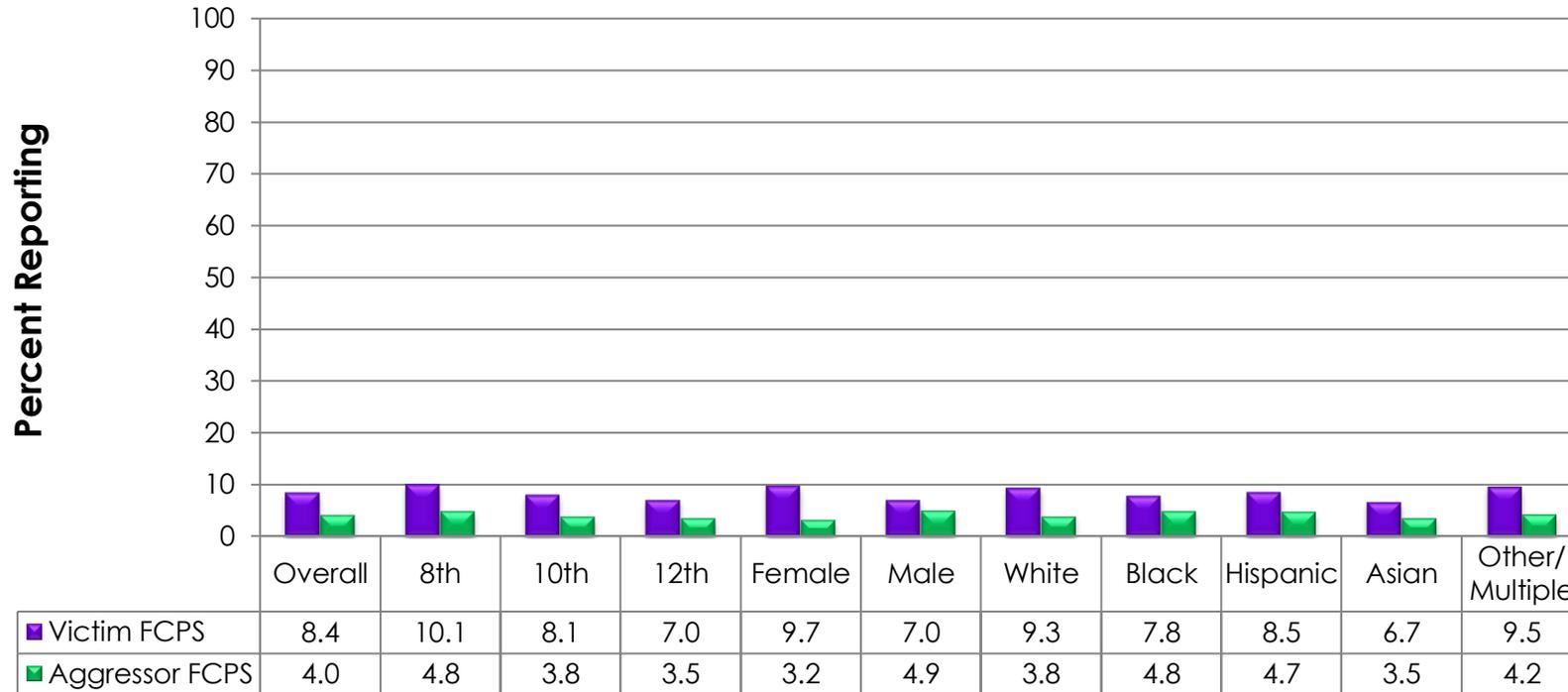


Percent Who Experienced Bullying in Past Year



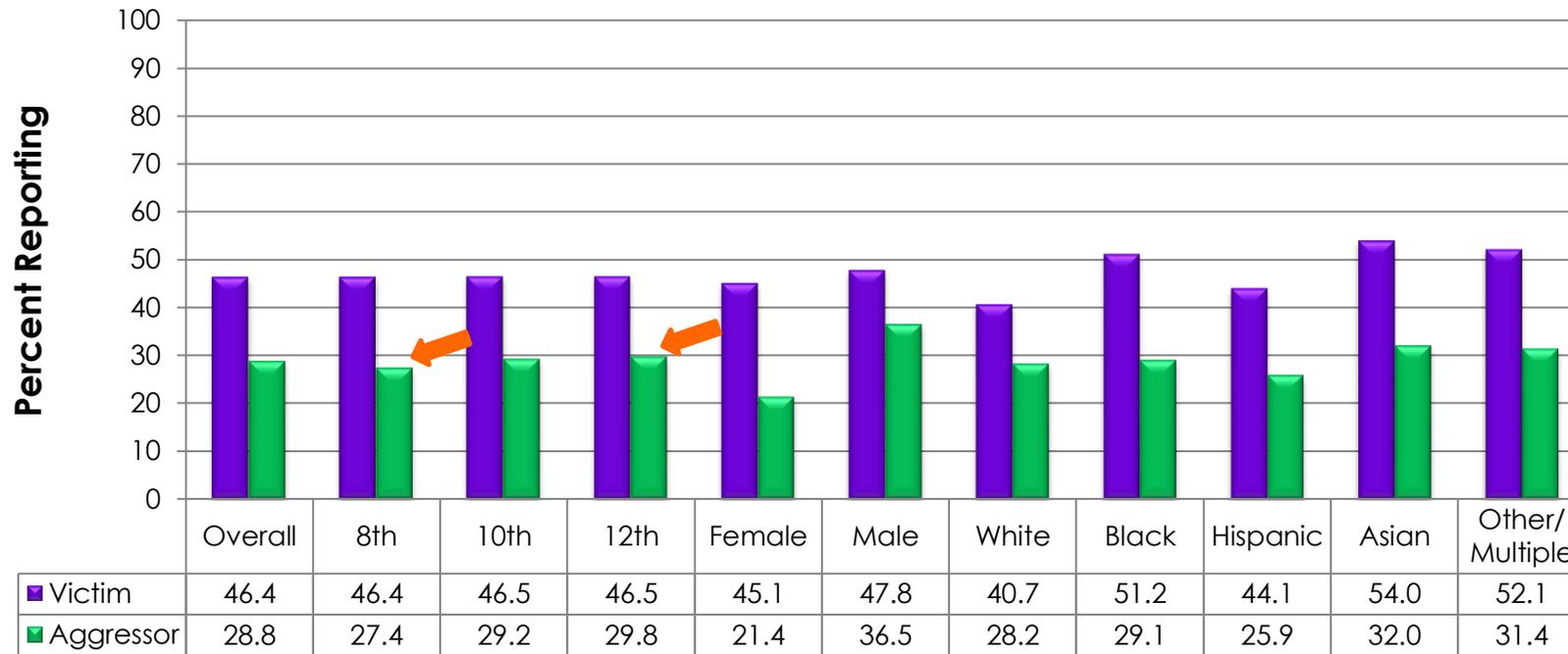
Note: 6th Grade Prevalence for Victim = 29.0%; Aggressor = 6.9%

Percent Who Experienced Cyberbullying Between Schoolmates in Past Year



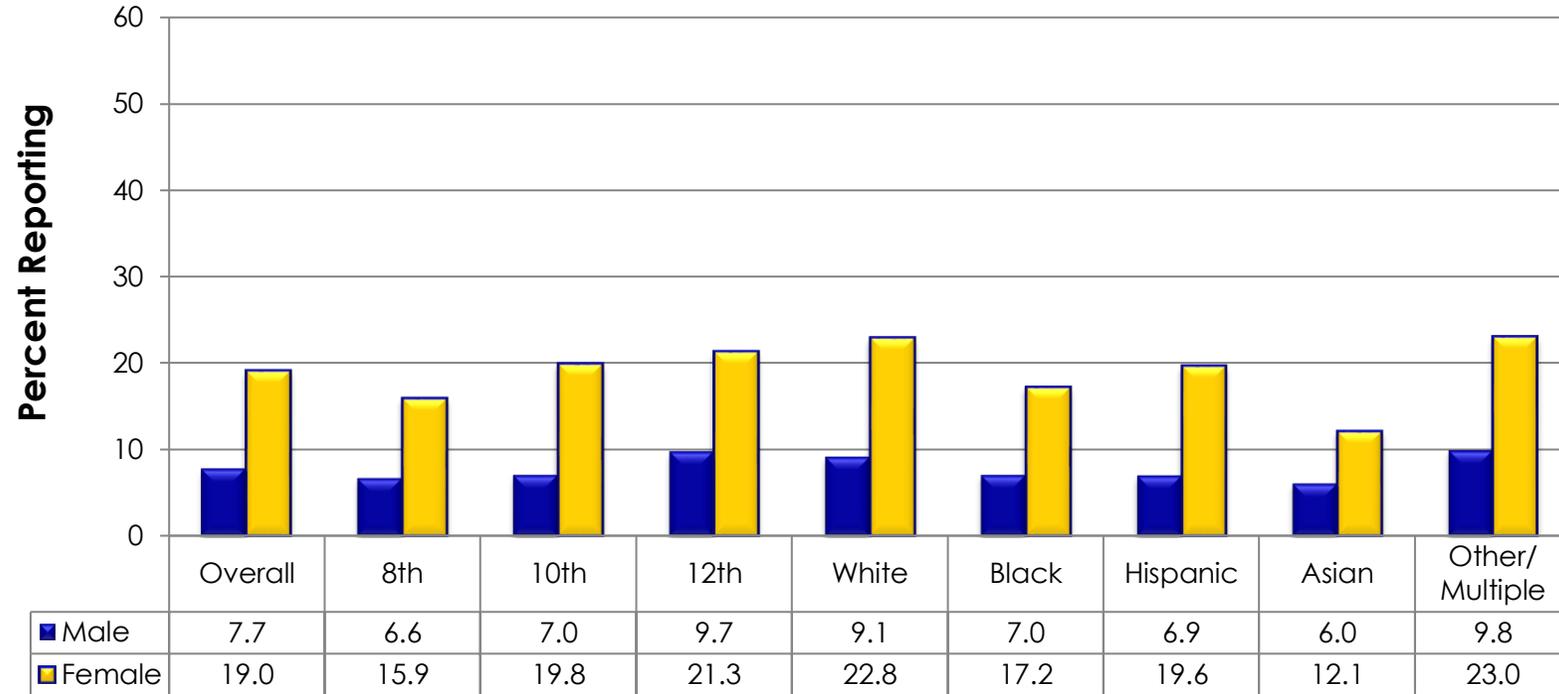
Note: 6th Grade Prevalence for Victim = 10.9%; Aggressor = 4.2%

Percent Who Experienced Racial/Cultural Harassment in Past Year

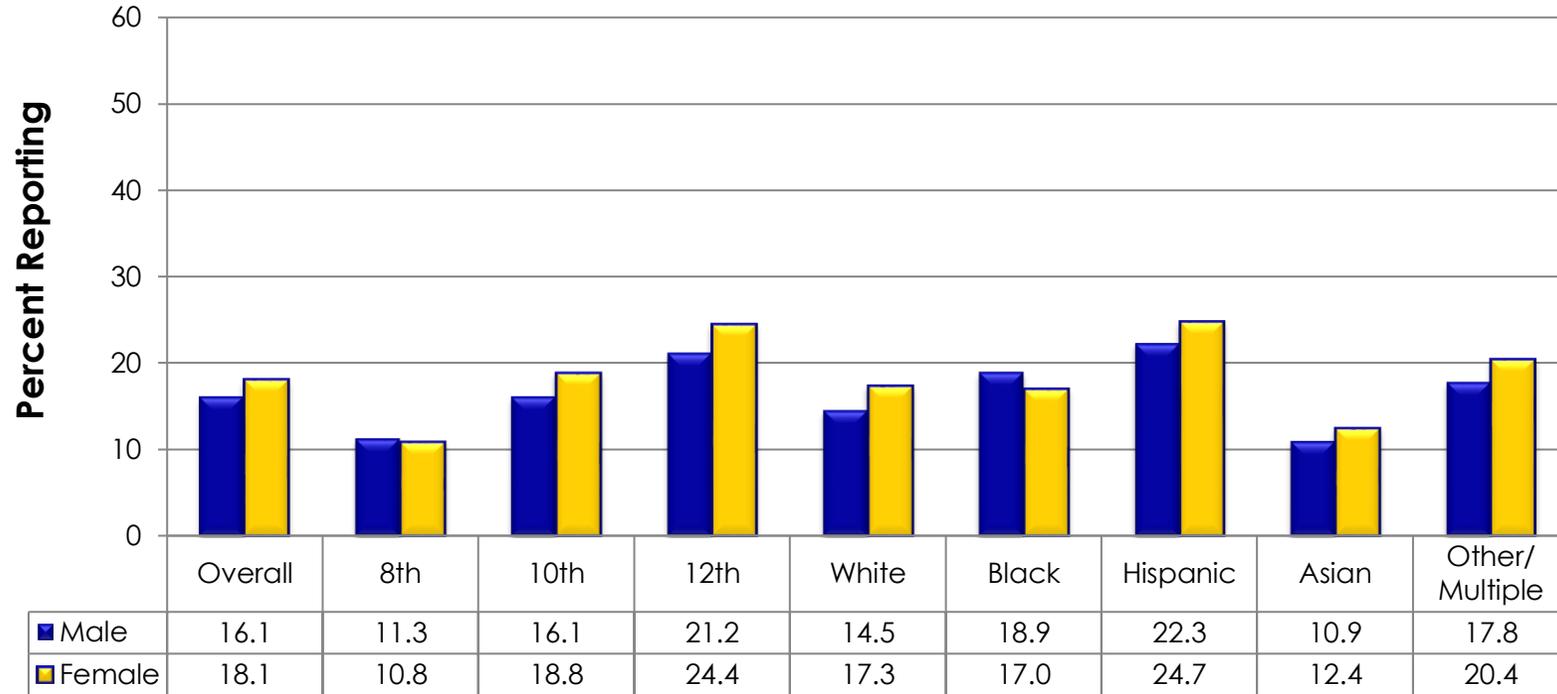


Note: 6th Grade Prevalence for Victim = 36.5%; Aggressor = 15.2%

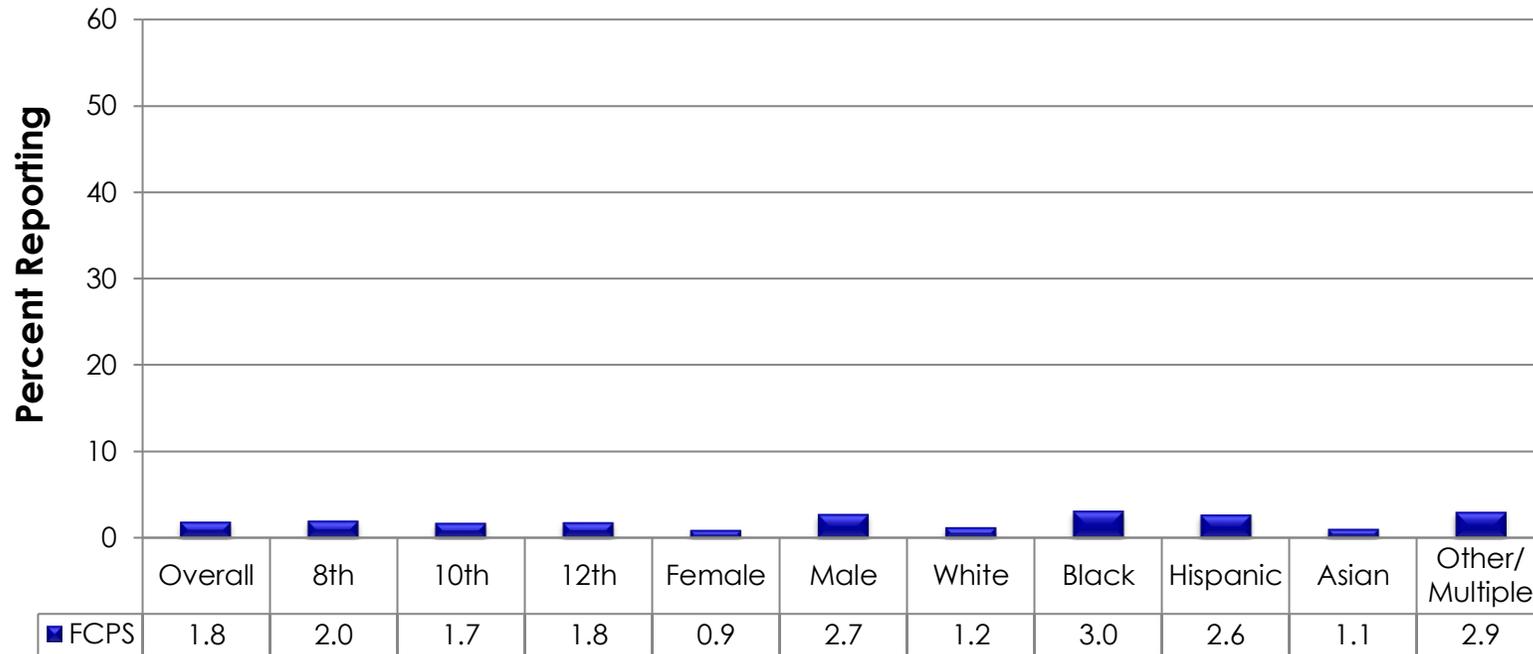
Percent Who Experienced Sexual Harassment in Past Year



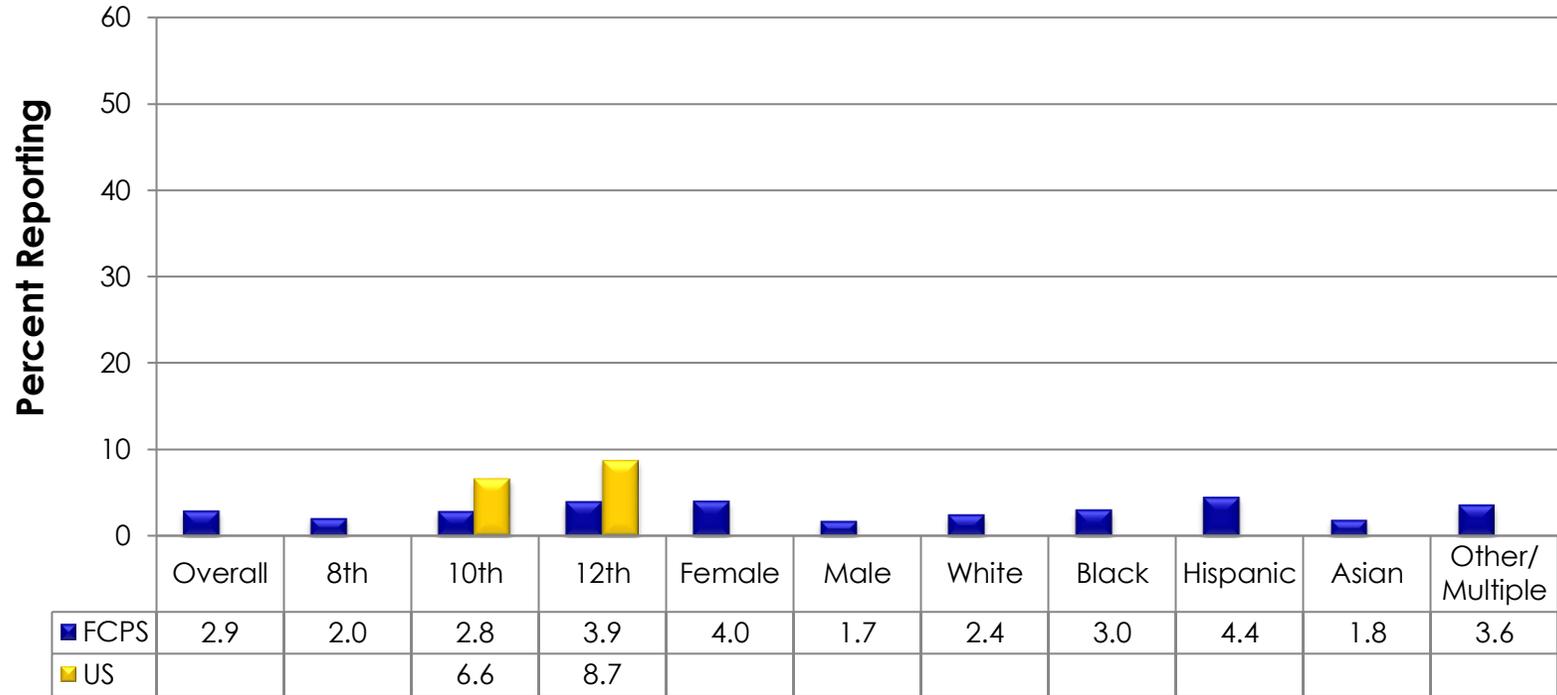
Percent Who Experienced Teen Dating Abuse/Violence



Percent Who Have Ever Been in a Gang



Percent Who Have Ever Been Physically Forced to Have Sex





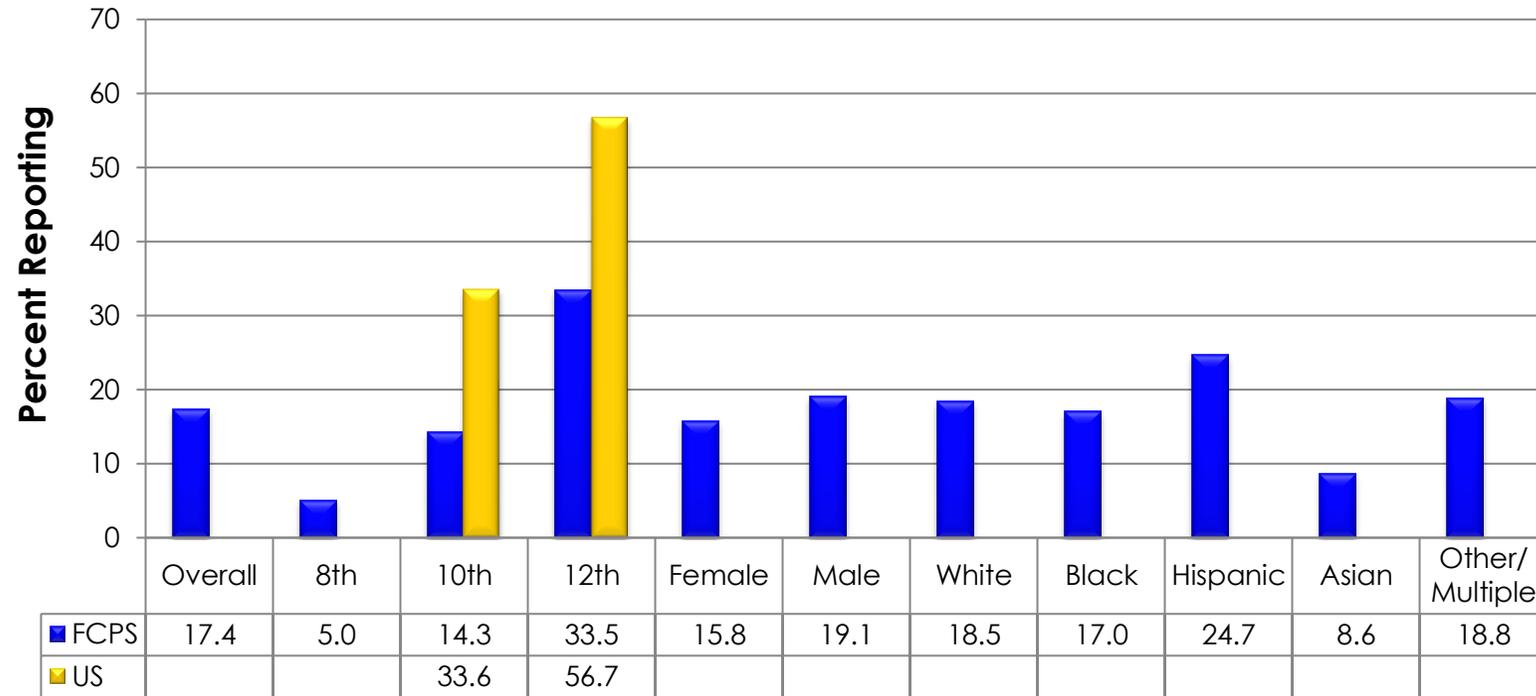
Sexual Health



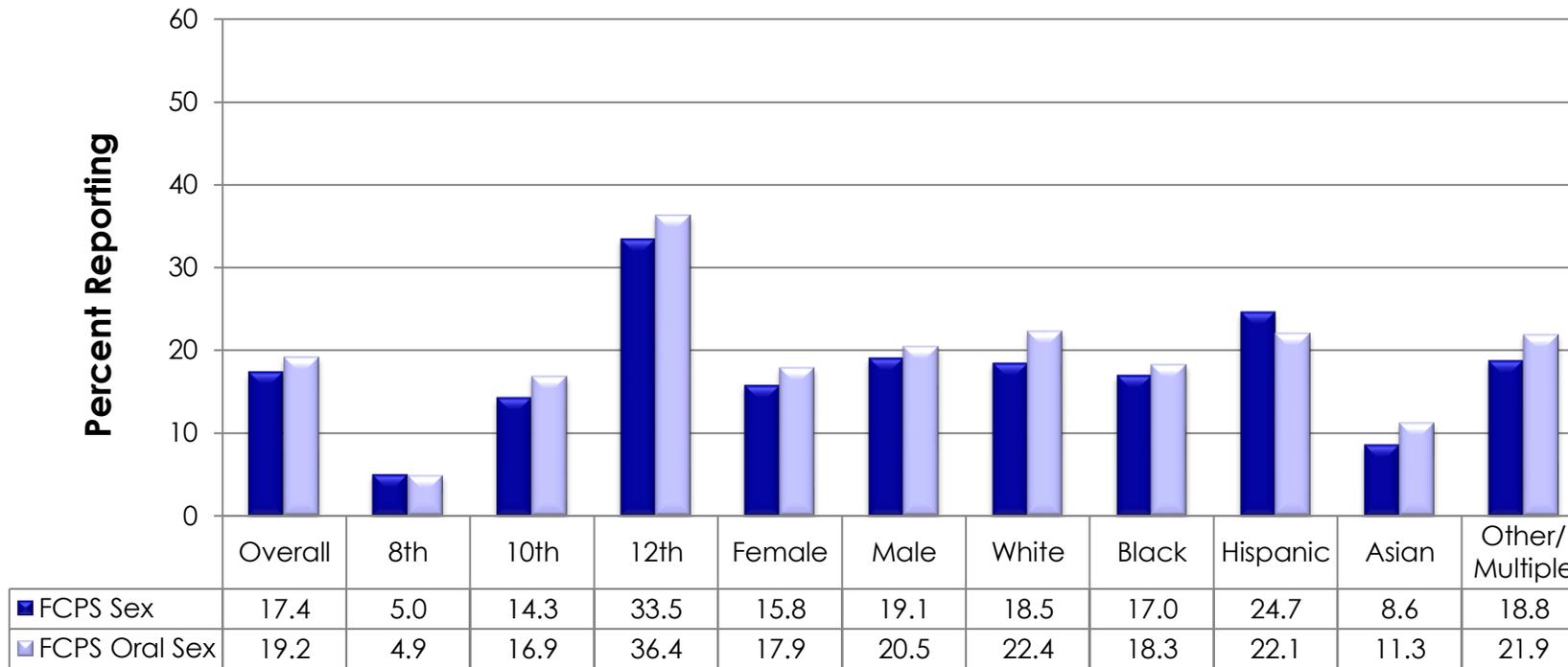
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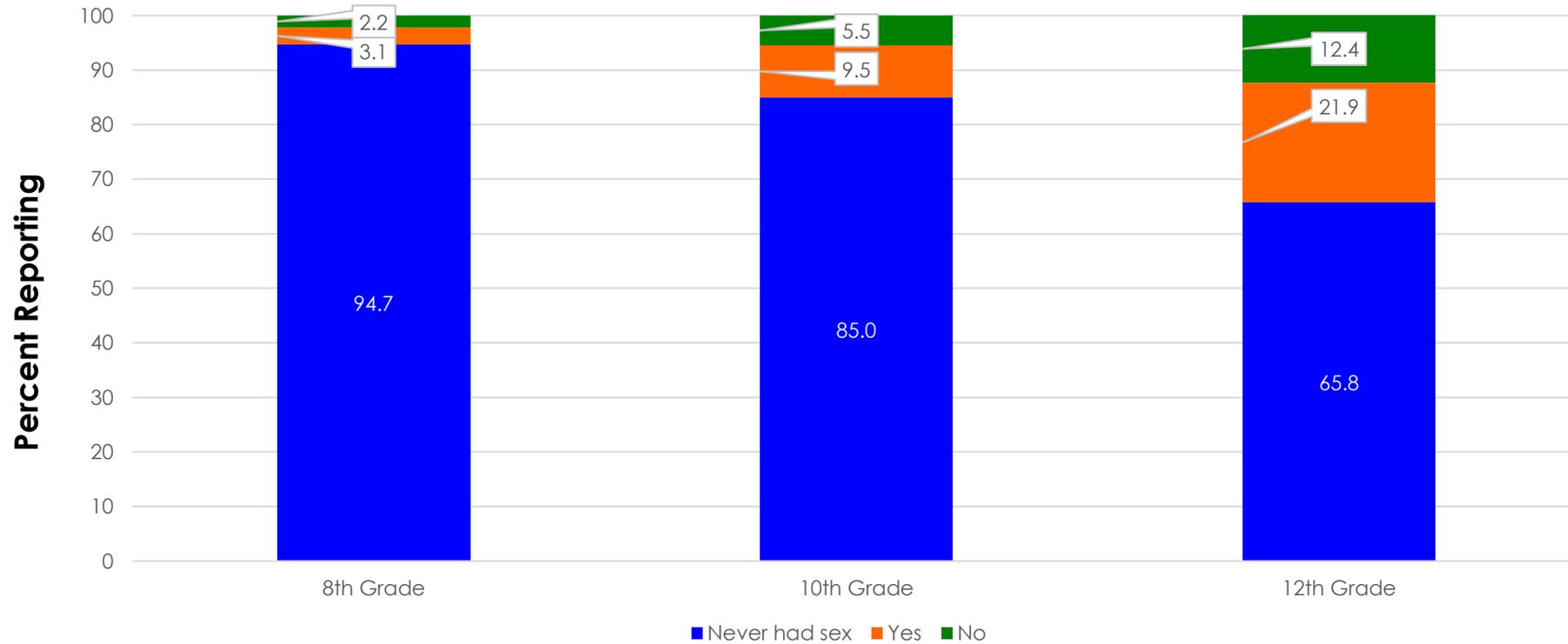
Percent Who Have Ever Had Sexual Intercourse



Percent Who Have Ever Had Oral Sex



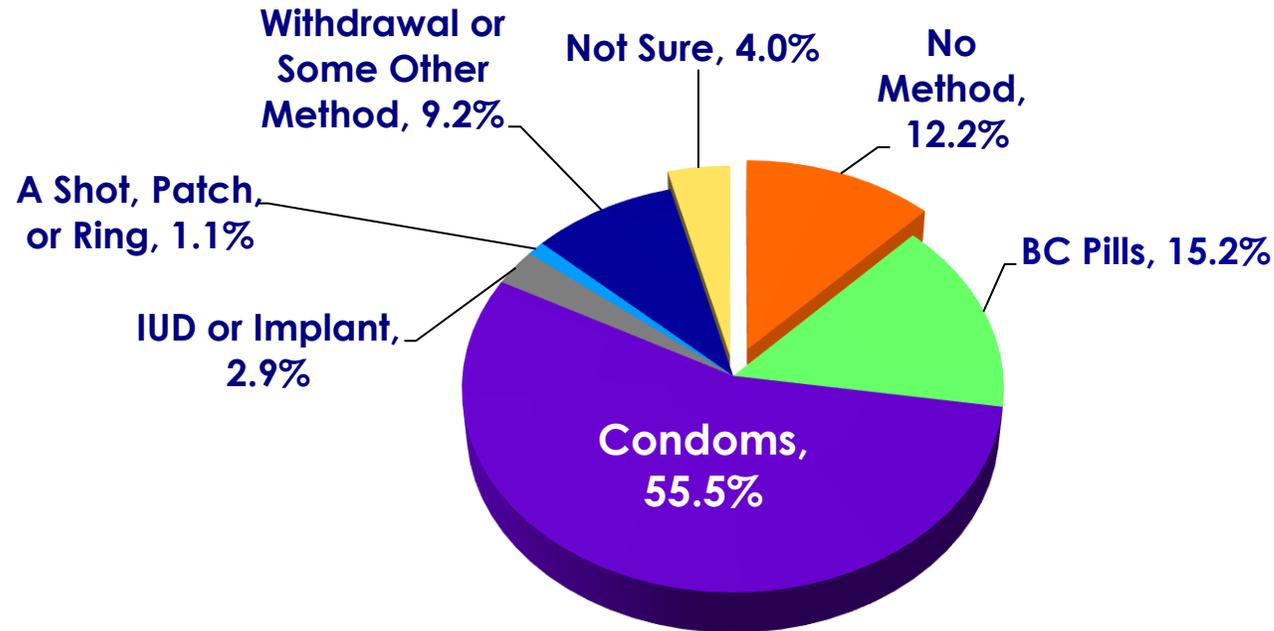
Condom Use At Last Intercourse



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Contraception Use Among Sexually-Active Students

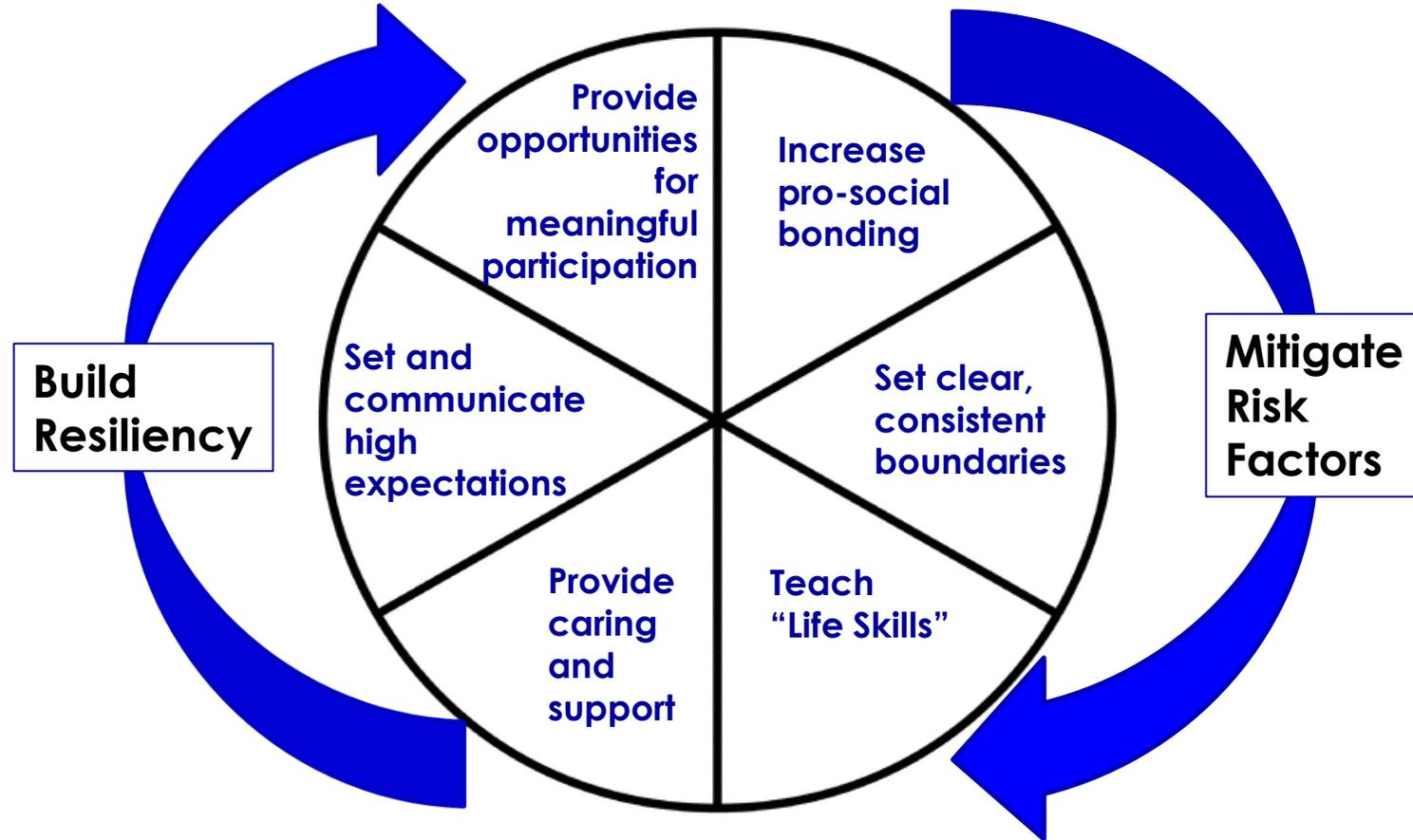


Contraceptive Use
12th Grade: 88.1%
10th Grade: 79.7%
8th Grade: 68.9%



Building Resiliency in Youth Through Assets

The Resiliency Wheel



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Resiliency Builders

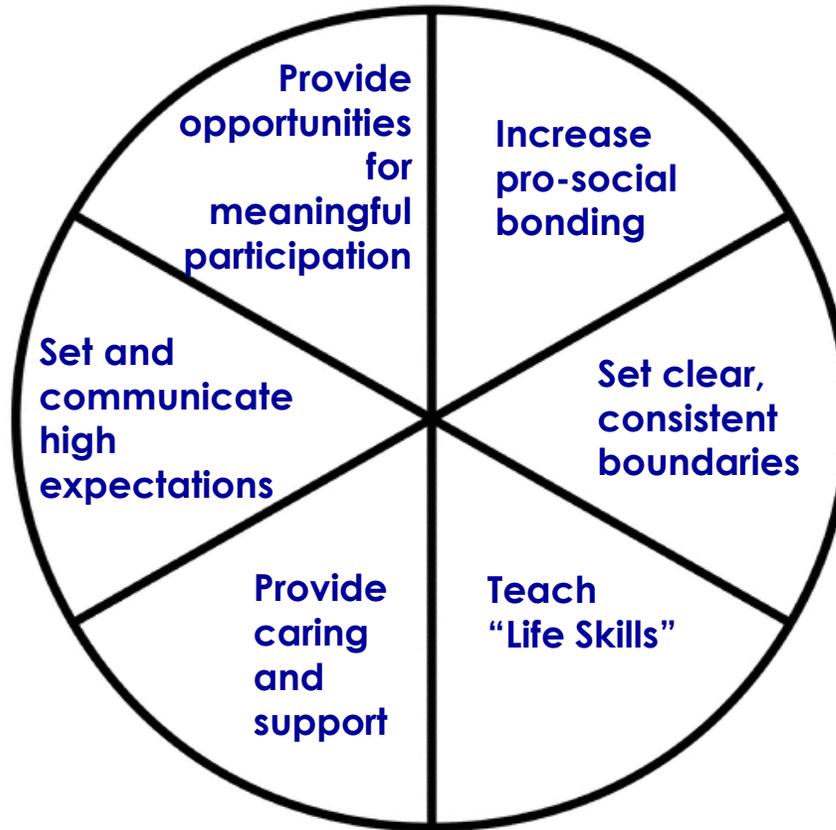


- **Increase pro-social bonding**
- **Set clear consistent boundaries**
- **Teach “life skills”**
- **Provide caring and support**
- **Set and communicate high expectations**
- **Provide opportunities for meaningful participation**

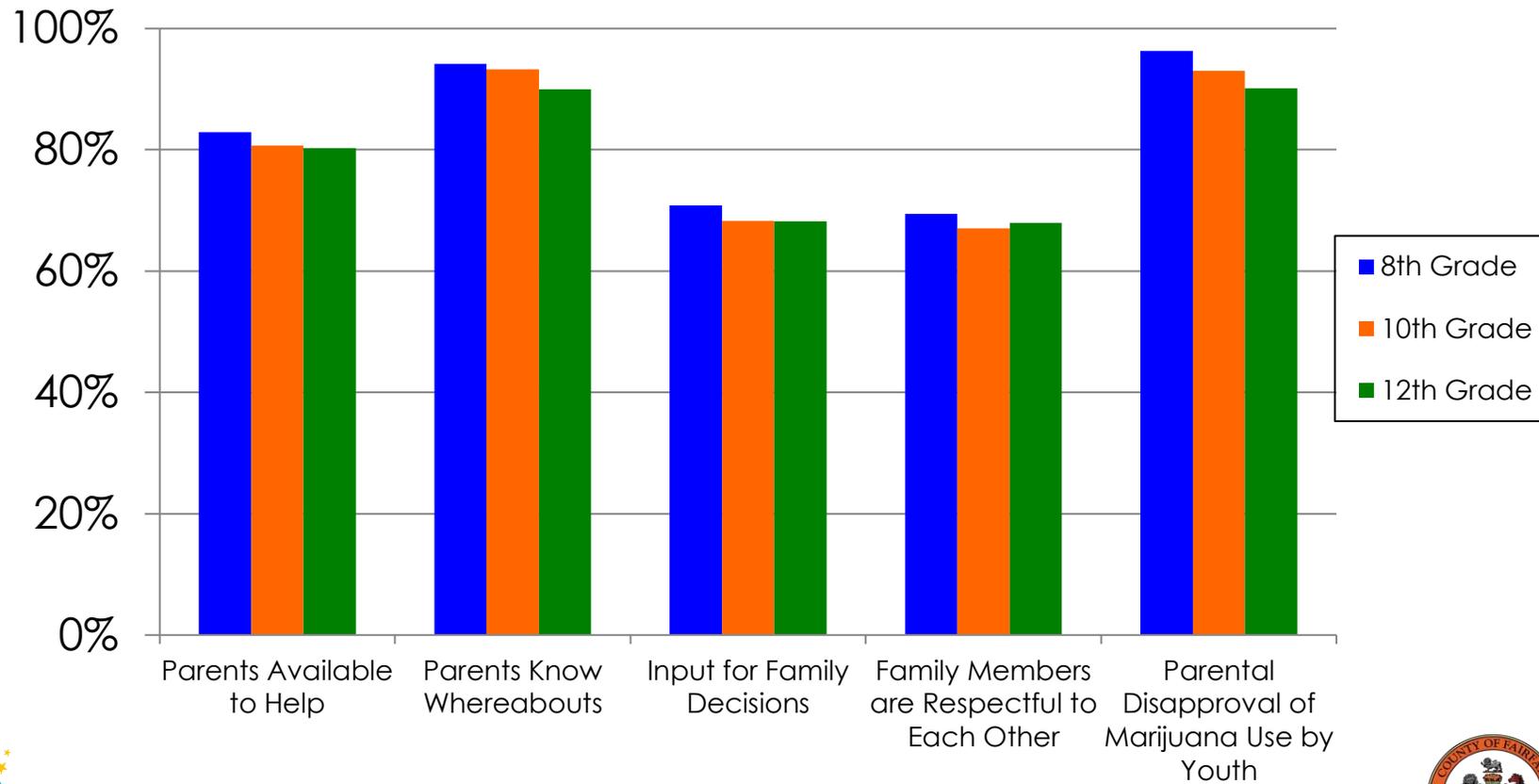
To Learn More about Resiliency Builders

<http://bit.ly/FCPSresilient>

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)



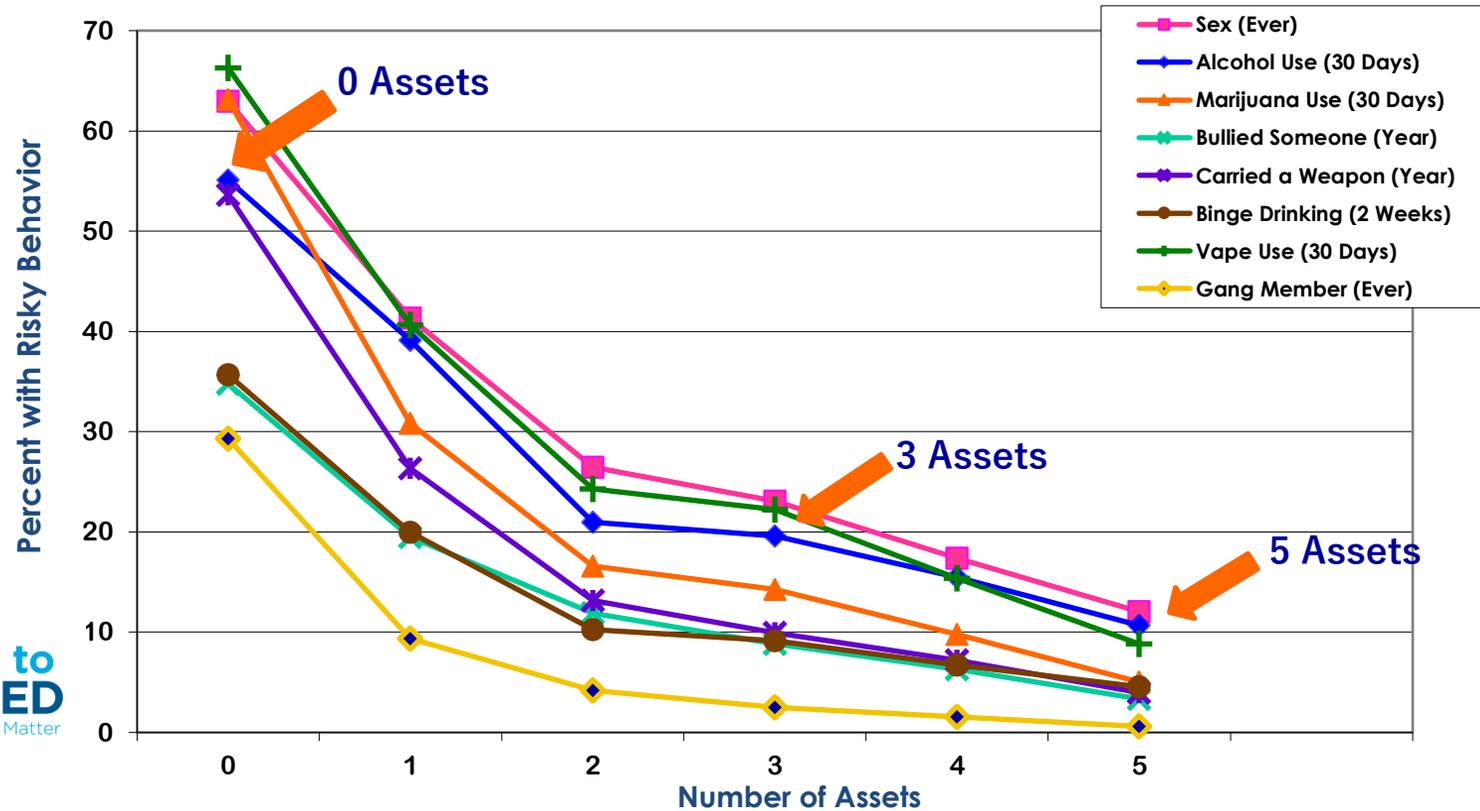
Assets Families Provide to Build Resiliency



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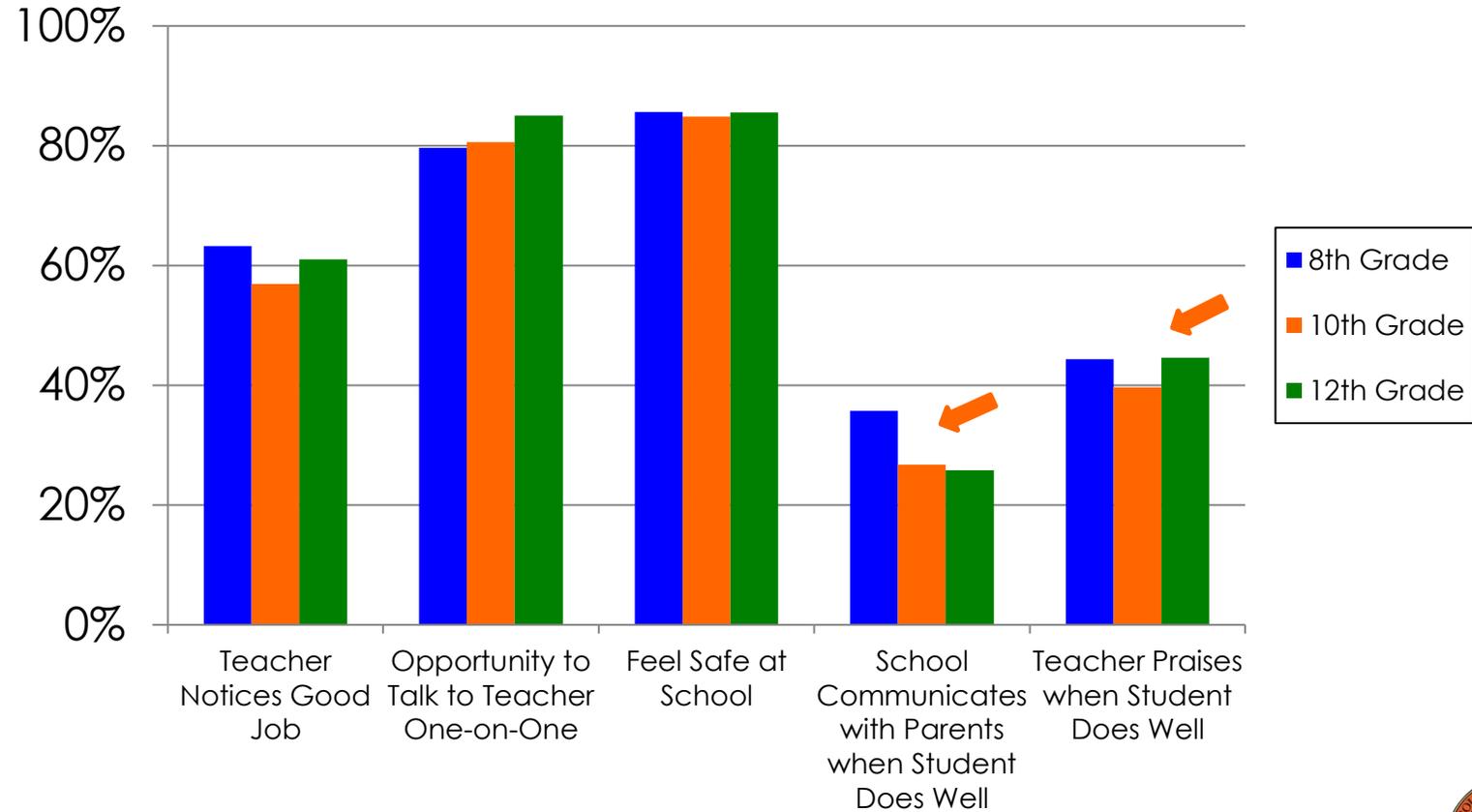
Three to Succeed Family-Based (Grades 8, 10, 12)



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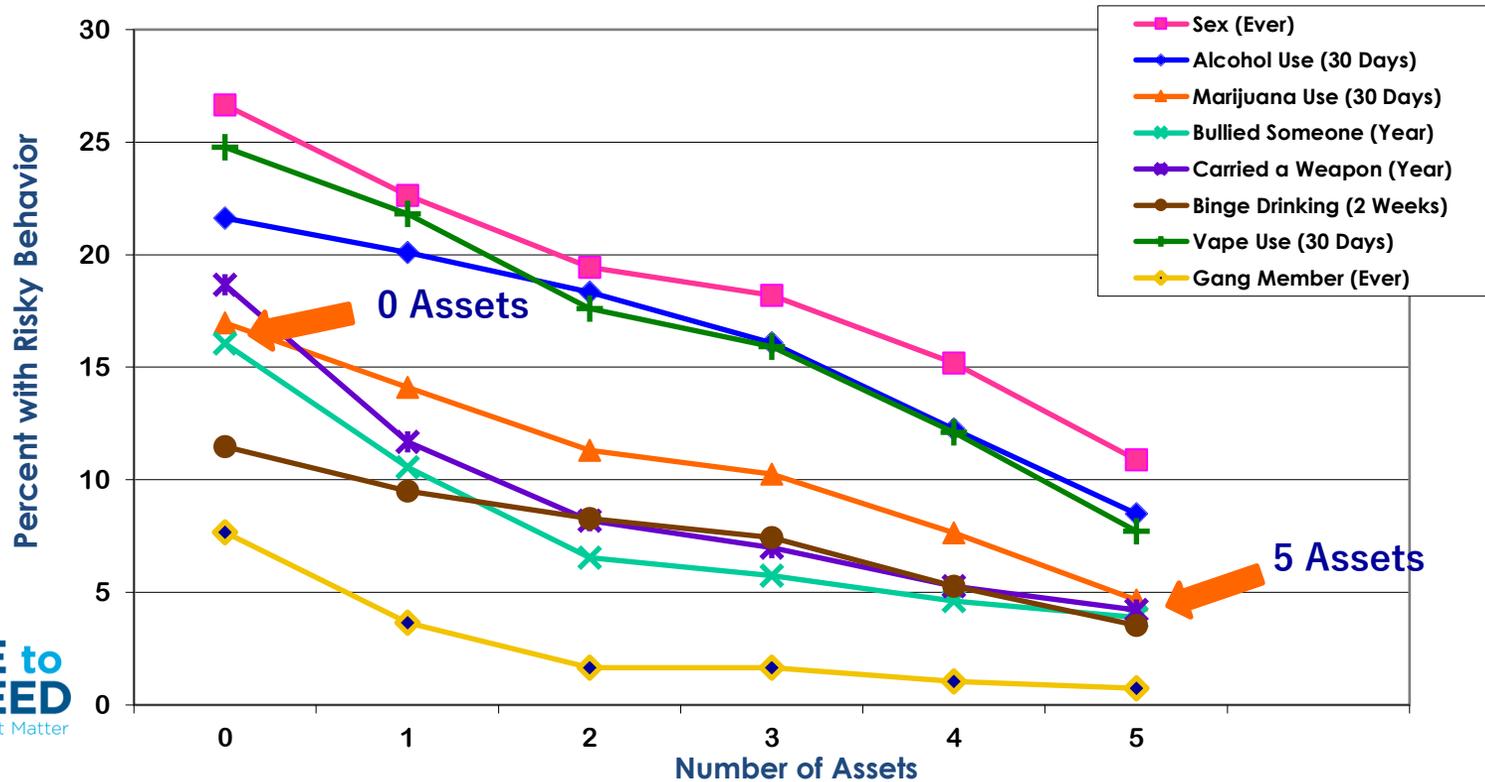
Assets Schools Provide to Build Resiliency



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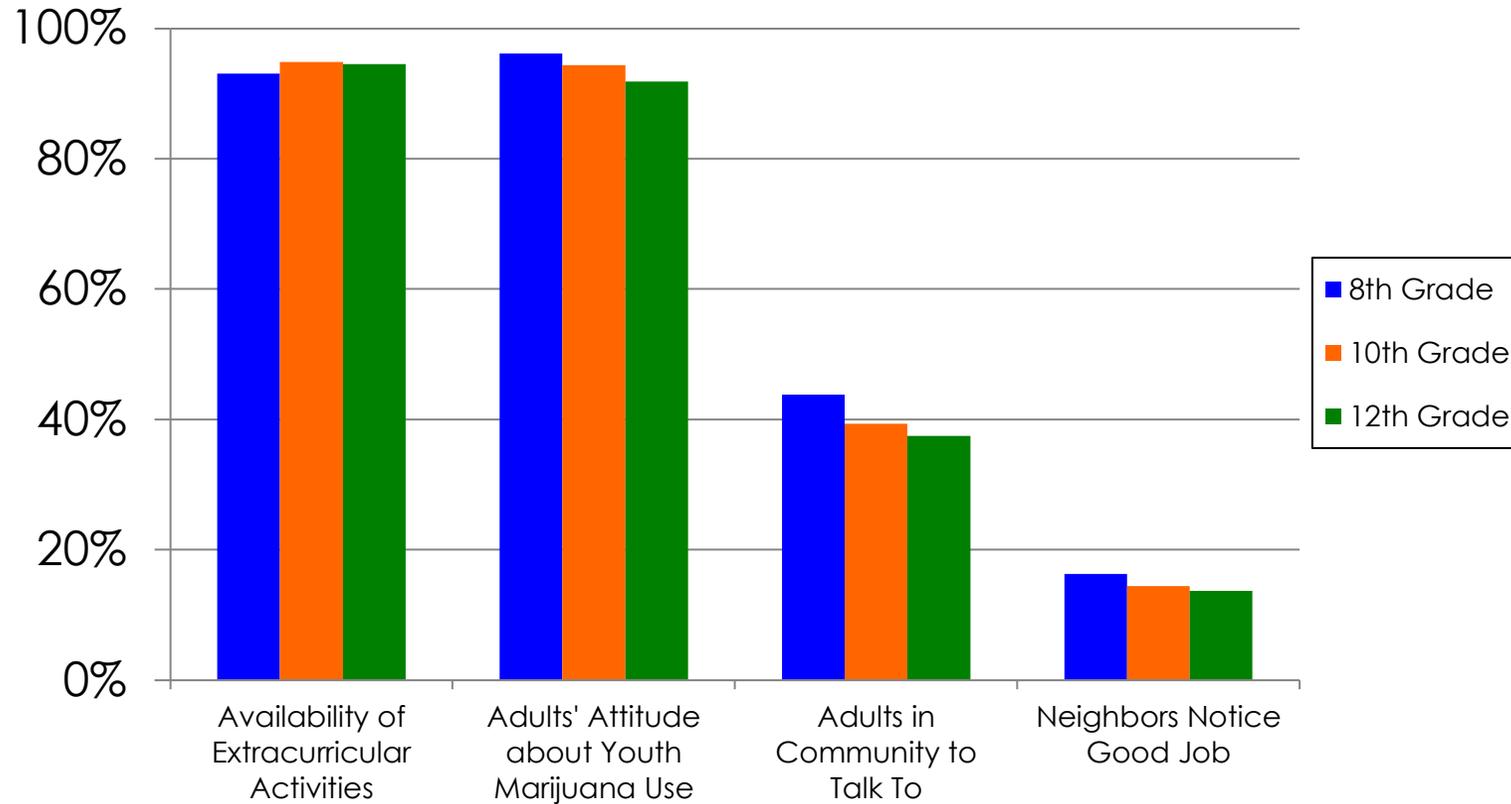
Three to Succeed School-Based (Grades 8, 10, 12)



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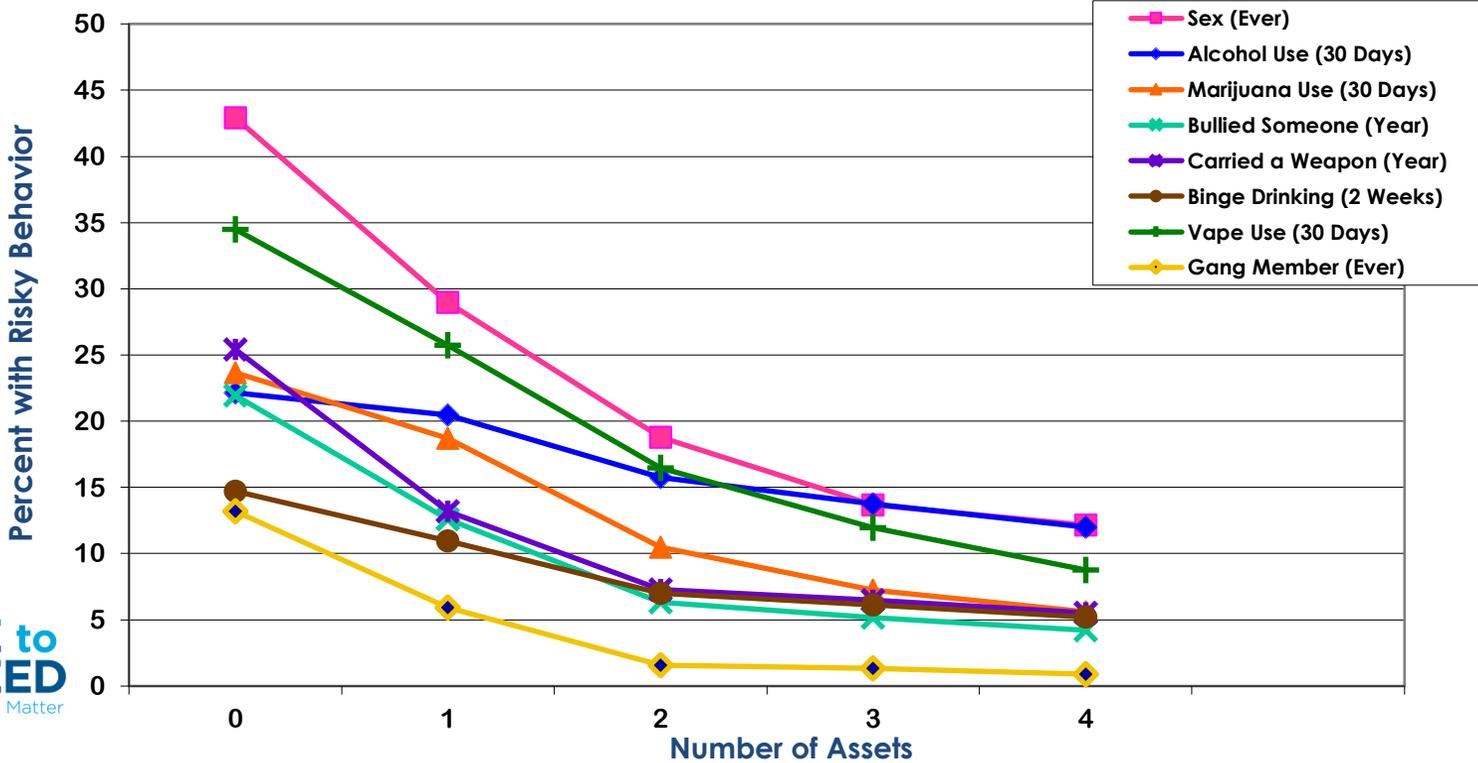
Assets Communities Provide to Build Resiliency



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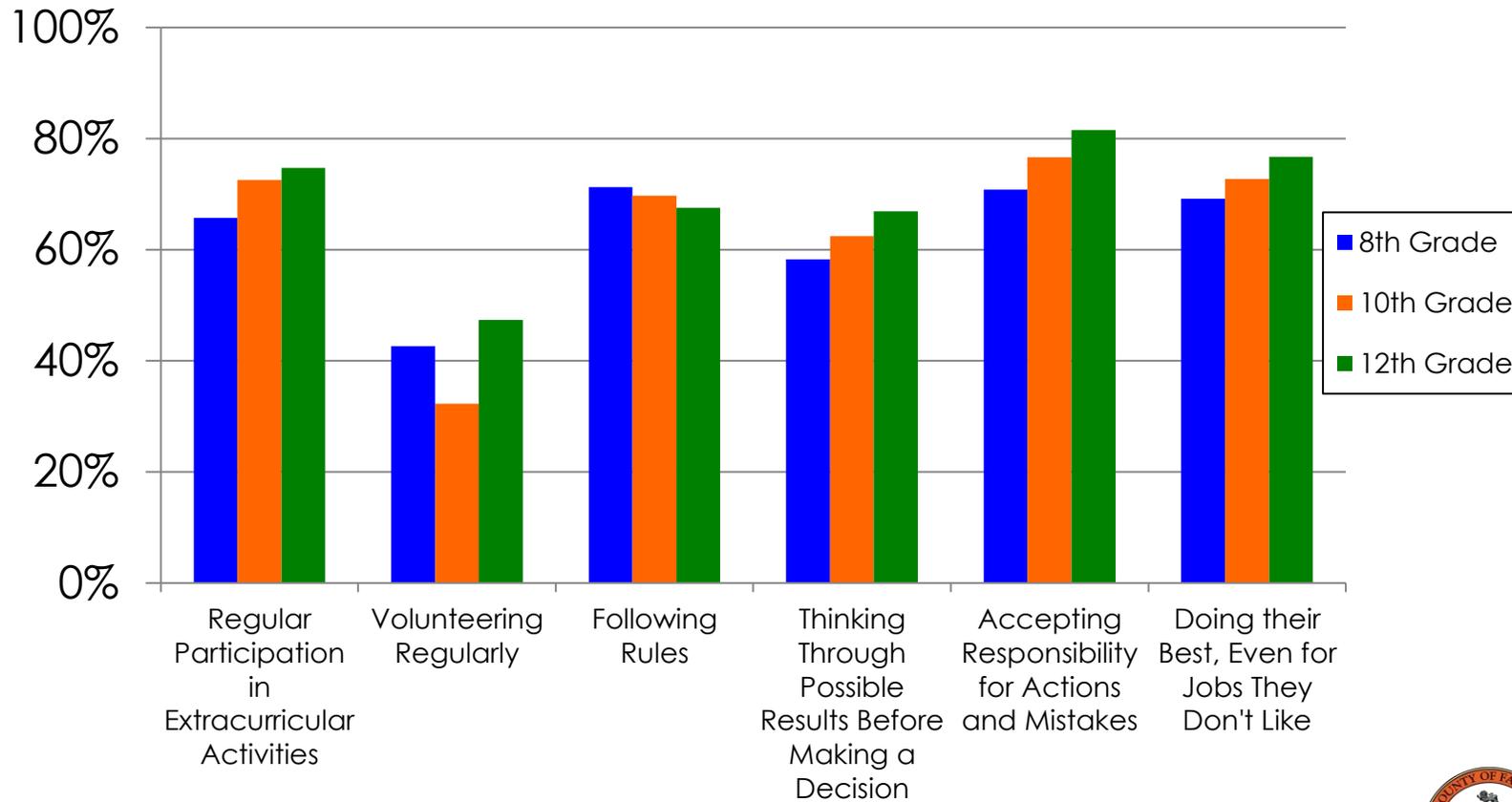
Three to Succeed Community-Based (Grades 8, 10, 12)



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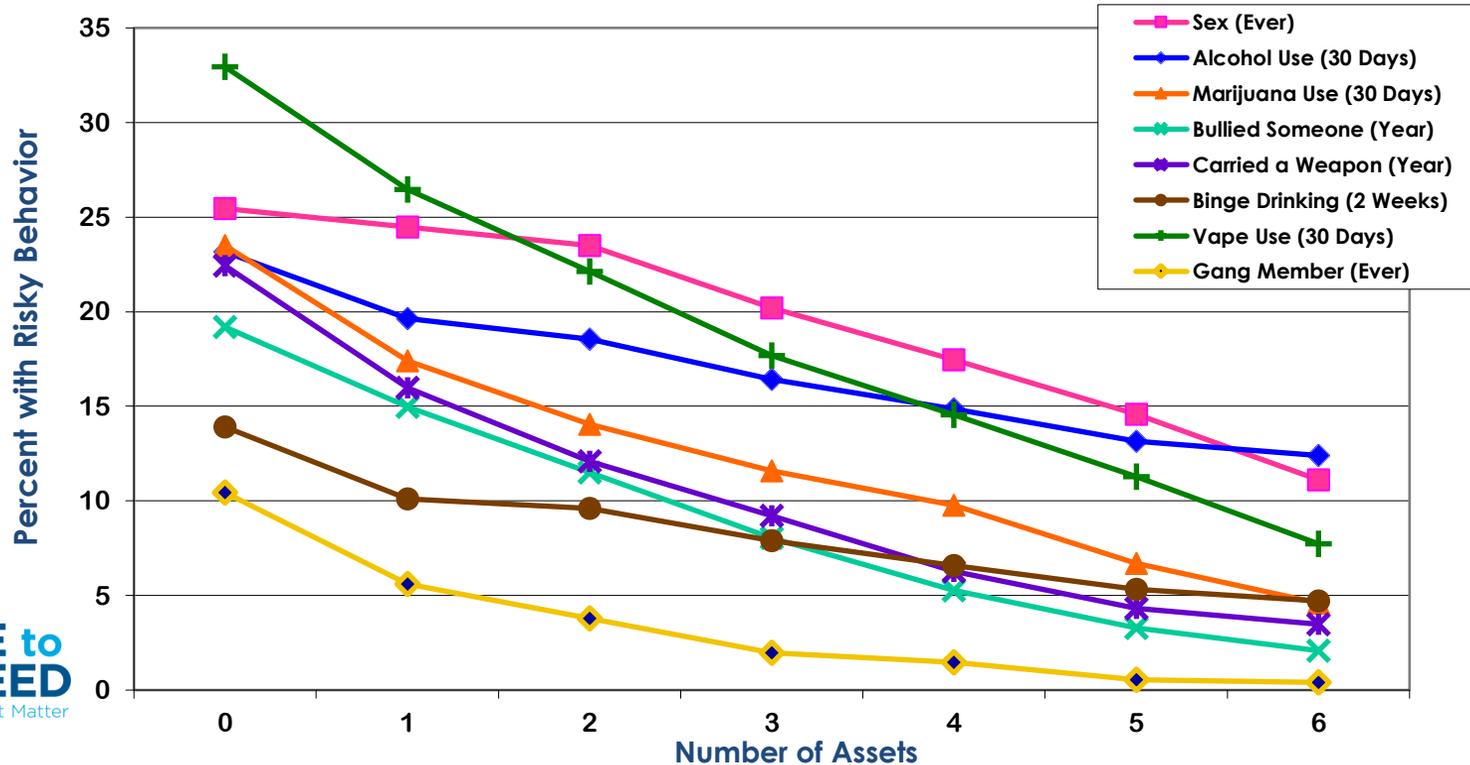
Assets We All Help Youth Develop to Build Resiliency



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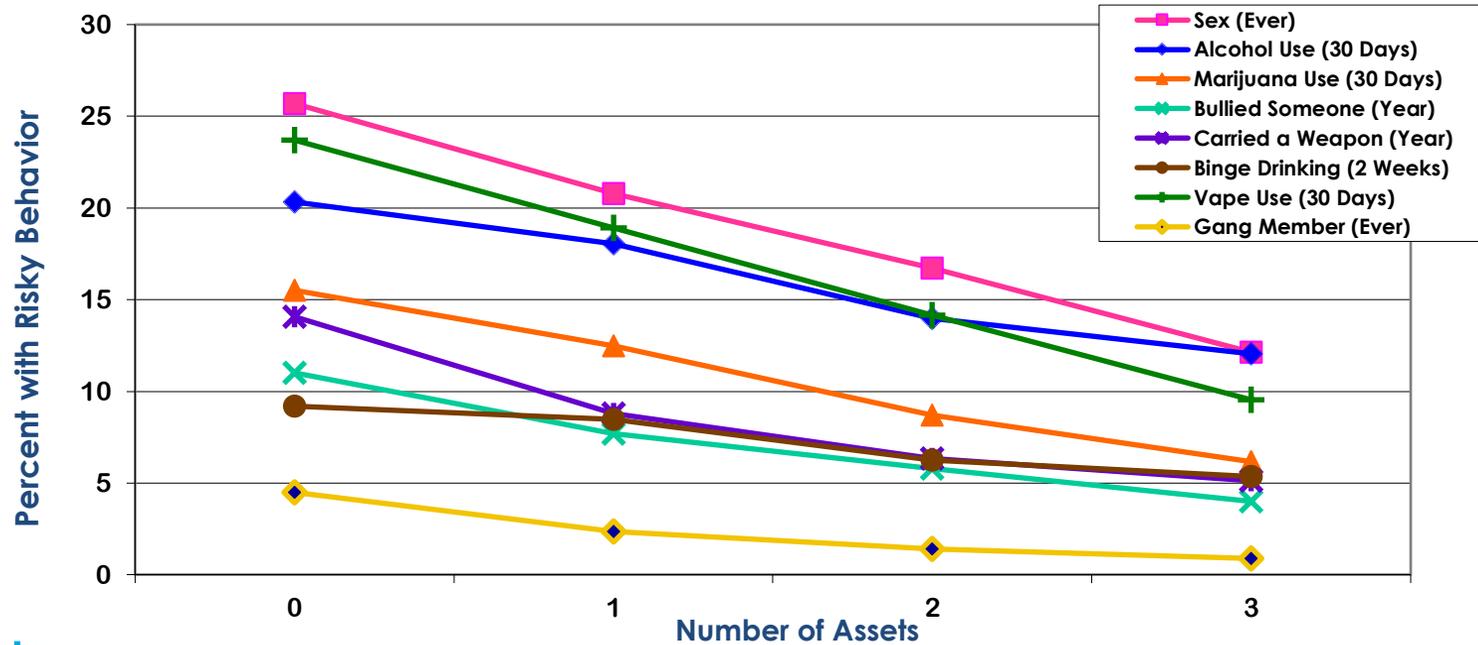
Three to Succeed Individual-Based (Grades 8, 10, 12)



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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 PRS CrisisLink phone and text number:

Call: 703-527-4077

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

www.fairfaxcounty.gov/youthsurvey

PREVENTION TOOLKIT

<http://bit.ly/ffxprevkit>



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Questions? Contact Us!

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