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 2018 Youth Survey
Fairfax County Youth Survey Web Page

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.

*Fairfax County 2018 Youth 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
Alcohol, Tobacco and Other Drug Use

Fairfax County 2018 Youth Survey
Percent Who Drank Alcohol in Past 30 Days

Note: 6th Grade Prevalence = 1.6%
Percent Reporting Binge Drinking

<table>
<thead>
<tr>
<th></th>
<th>Overall</th>
<th>8th</th>
<th>10th</th>
<th>12th</th>
<th>Female</th>
<th>Male</th>
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</table>

Fairfax County 2018 Youth Survey
Percent Who Used Marijuana in Past 30 Days

Note: 6th Grade Prevalence = 0.2%

Fairfax County 2018 Youth Survey
Percent Who Used Synthetic Marijuana in Past 30 Days

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### Percent Who Used Inhalants in Past 30 Days

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<tr>
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**Note:** 6th Grade Prevalence = 2.0%
Percent Who Used Painkillers or Prescription Medication in Past 30 Days

<table>
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<tr>
<th>Percent Using Without Doctor's Order</th>
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<th>12th</th>
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Fairfax County 2018 Youth Survey
Percent Who Smoked Cigarettes in Past 30 Days

Smoking rates for 12th Graders decreased 26 percentage points since 2001.

<table>
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<tr>
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<td>2.2</td>
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<td></td>
<td></td>
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</tbody>
</table>

Note: 6th Grade Prevalence = 0.1%
Percent Who Vaped in Past 30 Days

1/4 of 12th-Graders Vaped Nicotine While 1/7 Vaped Marijuana and Approximately 1/8 Vaped Flavoring Only

FCPS

Percent Vaping Any Substance

Overall 8th 10th 12th Female Male White Black Hispanic Asian Other/Multiple

FCPS 19.8 9.8 20.5 29.4 20.3 19.3 22.3 18.1 23.8 11.9 22.0

US 19.2 10.4 21.7 26.7

Fairfax County 2018 Youth Survey
Drug Use for 6th-Graders Past 30 Days

<table>
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<th>Drug Type</th>
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<td>2.0</td>
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<td>Alcohol</td>
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<td>1.7</td>
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<td>1.3</td>
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<td>0.7</td>
<td>2.4</td>
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<tr>
<td>Cigarettes</td>
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<td>0.1</td>
<td>0.1</td>
<td>0.5</td>
<td>0.0</td>
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</table>

Fairfax County 2018 Youth Survey
Alcohol, Tobacco and Other Drug (ATOD) Use (Past 30 Days) Related Factors

<table>
<thead>
<tr>
<th>Factor</th>
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</thead>
<tbody>
<tr>
<td>Sex (Ever)</td>
<td>42.8</td>
<td>7.4</td>
</tr>
<tr>
<td>Bullied Others (Past Year)</td>
<td>12.3</td>
<td>3.8</td>
</tr>
<tr>
<td>Cyberbullied Others (Past Year)</td>
<td>8.9</td>
<td>1.9</td>
</tr>
<tr>
<td>Attempted Suicide (Past Year)</td>
<td>11.3</td>
<td>3.7</td>
</tr>
</tbody>
</table>

**Fairfax County 2018 Youth Survey**
Parental Perception and Alcohol Use Behavior

Fairfax County 2018 Youth Survey

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 = 14.9%
Percent Who Reported Depressive Symptoms in Past Year

Note: 6th Grade Prevalence = 24.2%
A Closer Look at Depressive Symptoms

<table>
<thead>
<tr>
<th></th>
<th>Overall</th>
<th>8th</th>
<th>10th</th>
<th>12th</th>
<th>White</th>
<th>Black</th>
<th>Hispanic</th>
<th>Asian</th>
<th>Other/Multiple</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>20.3</td>
<td>16.5</td>
<td>19.8</td>
<td>24.9</td>
<td>18.9</td>
<td>18.3</td>
<td>23.6</td>
<td>20.2</td>
<td>21.7</td>
</tr>
<tr>
<td>Female</td>
<td>35.8</td>
<td>31.0</td>
<td>36.1</td>
<td>40.5</td>
<td>33.0</td>
<td>34.7</td>
<td>42.8</td>
<td>33.0</td>
<td>38.9</td>
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</tbody>
</table>

Fairfax County 2018 Youth Survey
Percent Who Considered Suicide in Past Year

<table>
<thead>
<tr>
<th></th>
<th>Overall</th>
<th>8th</th>
<th>10th</th>
<th>12th</th>
<th>Female</th>
<th>Male</th>
<th>White</th>
<th>Black</th>
<th>Hispanic</th>
<th>Asian</th>
<th>Other/Multiple</th>
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</thead>
<tbody>
<tr>
<td>FCPS</td>
<td>14.8</td>
<td>13.3</td>
<td>15.2</td>
<td>16.0</td>
<td>18.2</td>
<td>11.2</td>
<td>14.3</td>
<td>14.3</td>
<td>15.0</td>
<td>14.6</td>
<td>18.2</td>
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</tbody>
</table>
Percent Who Attempted Suicide in Past Year

Fairfax County 2018 Youth Survey
Assets and Experiences Related to Mental Health

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

Fairfax County 2018 Youth Survey
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

Fairfax County 2018 Youth Survey
A Closer Look at Unhealthy Weight Loss Behavior

Fairfax County 2018 Youth Survey
Nutrition and Physical Activity
Percent Meeting Nutrition Requirements

Note: 6th Grade Prevalence = 28.7%
Percent Drinking Sugar-Sweetened Beverages Daily

Note: 6th Grade Prevalence = 30.9%
Percent Meeting Recommendations for Physical Activity

<table>
<thead>
<tr>
<th></th>
<th>Overall</th>
<th>8th</th>
<th>10th</th>
<th>12th</th>
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<th>Black</th>
<th>Hispanic</th>
<th>Asian</th>
<th>Other/Multiple</th>
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</thead>
<tbody>
<tr>
<td>FCPS Percentage</td>
<td>38.4</td>
<td>41.1</td>
<td>41.8</td>
<td>32.1</td>
<td>31.6</td>
<td>45.5</td>
<td>46.7</td>
<td>35.6</td>
<td>30.6</td>
<td>31.2</td>
<td>43.2</td>
</tr>
</tbody>
</table>

Note: 6th Grade Prevalence = 45.2%
Percent Viewing 3+ Hours of Screen Time per Day

Note: 6th Grade Prevalence = 49.0%
Number of Sleep Hours on an Average School Night

8+ Hours:
- 8th Grade: 48.2%
- 10th Grade: 27.3%
- 12th Grade: 16.9%

8 hours: 22.8%
7 hours: 30.4%
6 hours: 22.3%
5 hours: 10.5%
4 or less hours: 6.0%
10+ hours: 1.4%
9 hours: 6.6%
Safety, Aggression, and Victimization

Fairfax County 2018 Youth Survey
12th-Graders who Texted While Driving in Past Month

<table>
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<tr>
<th></th>
<th>Overall</th>
<th>Female</th>
<th>Male</th>
<th>White</th>
<th>Black</th>
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<th>Other/Multiple</th>
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<td>44.4</td>
<td>23.4</td>
<td>27.3</td>
<td>22.2</td>
<td>37.4</td>
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</table>

Percent Reporting
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%
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

<table>
<thead>
<tr>
<th></th>
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<th>8th</th>
<th>10th</th>
<th>12th</th>
<th>White</th>
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Fairfax County 2018 Youth Survey
Percent Who Experienced Teen Dating Abuse/Violence

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<th>Asian</th>
<th>Other/Multiple</th>
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<tbody>
<tr>
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<td>17.2</td>
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<td>22.9</td>
<td>15.9</td>
<td>21.2</td>
<td>23.7</td>
<td>10.6</td>
<td>19.0</td>
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<tr>
<td>Female</td>
<td>18.9</td>
<td>9.8</td>
<td>19.6</td>
<td>27.2</td>
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<td>18.1</td>
<td>26.1</td>
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## Percent Who Have Ever Been in a Gang

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### Fairfax County 2018 Youth Survey
### Percent Who Have Ever Been Physically Forced to Have Sex

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<td>10th</td>
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</tr>
<tr>
<td>12th</td>
<td>4.8</td>
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<tr>
<td>Female</td>
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<td>White</td>
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Sexual Health

Fairfax County 2018 Youth Survey
Percent Who Have Ever Had Sexual Intercourse

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<td>15.7</td>
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<td>19.6</td>
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Fairfax County 2018 Youth Survey
Percent Who Have Ever Had Oral Sex

Fairfax County 2018 Youth Survey
Condom Use At Last Intercourse

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<tbody>
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<td>95.9</td>
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<tr>
<td>10th Grade</td>
<td>85.1</td>
<td>4.6</td>
<td>10.4</td>
</tr>
<tr>
<td>12th Grade</td>
<td>65.3</td>
<td>12.0</td>
<td>22.8</td>
</tr>
</tbody>
</table>

Fairfax County 2018 Youth Survey
Contraception Use Among Sexually-Active Students

- No Method, 10.9%
- BC Pills, 16.2%
- Condoms, 57.3%
- IUD or Implant, 2.2%
- A Shot, Patch, or Ring, 1.0%
- Withdrawal or Some Other Method, 9.2%
- Not Sure, 3.2%

Contraceptive Use
- 12th Grade: 88.5%
- 10th Grade: 83.5%
- 8th Grade: 72.9%
Building Resiliency in Youth Through Assets
The Resiliency Wheel

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

Build Resiliency

Mitigate Risk Factors

Fairfax County 2018 Youth Survey
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

Adapted from the book


Fairfax County 2018 Youth Survey
Assets Families Provide to Build Resiliency

Fairfax County 2018 Youth Survey
Three to Succeed
Family-Based (Grades 8, 10, 12)

Fairfax County 2018 Youth Survey
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

Fairfax County 2018 Youth Survey
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

Fairfax County 2018 Youth Survey
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.

*Fairfax County 2018 Youth Survey*
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

Fairfax County 2018 Youth Survey
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

Fairfax County 2018 Youth Survey
To Learn More

FAIRFAX COUNTY YOUTH SURVEY
fairfaxcounty.gov/youthsurvey

PREVENTION TOOLKIT
Questions? Contact Us!

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Fairfax County 2018 Youth Survey