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

**Fairfax County 2014 Youth Survey**
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, a comprehensive, anonymous, and voluntary survey, given each year to students in grades 6, 8, 10 and 12, examines behaviors, experiences, and other factors that influence the health and well-being of Fairfax County youth. The results provide a snapshot of the county’s youth and serve as a barometer of the community’s effectiveness in fostering healthy choices in young people. The Youth Survey is a collaboration of Fairfax County Government and the Fairfax County Public Schools.

See also: Youth Survey Frequently Asked Questions

NEW School Year 2013-2014 Fairfax County Youth Survey Results

Watch on YouTube

• Fairfax County Youth Survey Report
• Fairfax County 8th Grade Youth Survey Report
• Fairfax County Youth Survey Highlights Presentation
• Updated Fact Sheets


Visit slideshare to view this and other county presentations.

View Playlist of Youth Survey Videos on YouTube

School Year 2014-2016 Fairfax County Youth Survey Information

Youth Survey Frequently Asked Questions
Risk & Protective Factors Youth Survey Instrument (for Grades 8, 10, and 12)
6th Grade Youth Survey Instrument
Parent Letters and Opt-Out Forms (when available)

Prevention Toolkit
For suggestions, tools, and resources to assist in promoting the well-being of youth in our community. For more information, download About the Prevention Toolkit.

Results

Other Studies on Fairfax County Youth Survey Data

Videos

Fact Sheets
Get a snapshot of various risks facing Fairfax County youth and learn what you can do to help young people as well as where to go for more information.

Survey Instruments and Information

www.fairfaxcounty.gov/youthsurvey

Fairfax County 2014 Youth Survey
Fairfax County Youth Survey Participation

- **46,855** FCPS students
- Grades 6, 8, 10, and 12
- Representing **87%** of enrolled students

6th grade students take a shortened, modified survey.

*Fairfax County 2014 Youth Survey*
Three to Succeed
Asset Graph for Fairfax County (Grades 8, 10, 12)

Fairfax County 2014 Youth Survey
Alcohol, Tobacco and Other Drug Use

Fairfax County 2014 Youth Survey
Percent Who Drank Alcohol in Past 30 Days

<table>
<thead>
<tr>
<th></th>
<th>FCPS</th>
<th>US</th>
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</thead>
<tbody>
<tr>
<td>Overall</td>
<td>19.2</td>
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<td>8th</td>
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<tr>
<td>12th</td>
<td>35.5</td>
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<tr>
<td>Female</td>
<td>20.0</td>
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<td>Male</td>
<td>18.3</td>
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<tr>
<td>White</td>
<td>24.4</td>
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<td>Black</td>
<td>13.6</td>
<td>9.7</td>
</tr>
<tr>
<td>Hispanic</td>
<td>20.0</td>
<td></td>
</tr>
<tr>
<td>Asian</td>
<td>9.7</td>
<td></td>
</tr>
<tr>
<td>Other/Multiple</td>
<td>22.0</td>
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</tbody>
</table>

Note: 6th Grade Prevalence = 1.5%

Fairfax County 2014 Youth Survey
Percent Reporting Binge Drinking

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<tr>
<th></th>
<th>Overall</th>
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<th>10th</th>
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<td>3.4</td>
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<td>US</td>
<td>11.7</td>
<td>4.1</td>
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Fairfax County 2014 Youth Survey
### Percent Who Used Marijuana in Past 30 Days

#### FCCPS vs US

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<td>13.5</td>
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<td><strong>US</strong></td>
<td>14.4</td>
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<td>16.6</td>
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**Note:** 6th Grade Prevalence = 0.1%

Fairfax County 2014 Youth Survey
### Percent Who Used Inhalants in Past 30 Days

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<th>FCPS</th>
<th>US</th>
</tr>
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<tbody>
<tr>
<td>Overall</td>
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</tr>
<tr>
<td>Female</td>
<td>2.9</td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>2.3</td>
<td></td>
</tr>
<tr>
<td>White</td>
<td>1.9</td>
<td></td>
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<tr>
<td>Black</td>
<td>3.8</td>
<td></td>
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<td>Hispanic</td>
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<td>Asian</td>
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</tr>
<tr>
<td>Other/Multiple</td>
<td>3.9</td>
<td></td>
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</table>

**Note:** 6th Grade Prevalence = 2.0%

**Fairfax County 2014 Youth Survey**
Percent Who Used Painkillers or Prescription Medication in Past 30 Days

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<tr>
<th></th>
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<th>8th</th>
<th>10th</th>
<th>12th</th>
<th>Female</th>
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<th>Hispanic</th>
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<th>Other/Multiple</th>
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<td>7.0</td>
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<td>8.3</td>
<td>5.2</td>
<td>10.1</td>
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</table>

Fairfax County 2014 Youth Survey
Percent Who Smoked Cigarettes in Past 30 Days

Smoking rates for 12th Graders decreased 21 percentage points since 2001.

<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>4.1</td>
<td>1.4</td>
<td>2.9</td>
<td>8.3</td>
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<td>4.4</td>
<td>4.5</td>
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<td>5.4</td>
<td>2.3</td>
<td>4.4</td>
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<tr>
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<td>8.0</td>
<td>4.0</td>
<td>7.2</td>
<td>13.6</td>
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</table>

Note: 6th Grade Prevalence = 0.3%

Fairfax County 2014 Youth Survey
Drug Use for 6th–Graders Past 30 Days

Percent Using Drugs

<table>
<thead>
<tr>
<th></th>
<th>Overall</th>
<th>Female</th>
<th>Male</th>
<th>White</th>
<th>Black</th>
<th>Hispanic</th>
<th>Asian</th>
<th>Other/Multiple</th>
</tr>
</thead>
<tbody>
<tr>
<td>Inhalants</td>
<td>2.0</td>
<td>2.0</td>
<td>2.1</td>
<td>1.9</td>
<td>1.6</td>
<td>2.5</td>
<td>2.0</td>
<td>2.4</td>
</tr>
<tr>
<td>Alcohol</td>
<td>1.5</td>
<td>1.2</td>
<td>1.8</td>
<td>1.6</td>
<td>1.5</td>
<td>2.1</td>
<td>0.6</td>
<td>1.5</td>
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<tr>
<td>Cigarettes</td>
<td>0.3</td>
<td>0.3</td>
<td>0.4</td>
<td>0.2</td>
<td>0.8</td>
<td>0.5</td>
<td>0.1</td>
<td>0.3</td>
</tr>
<tr>
<td>Marijuana</td>
<td>0.1</td>
<td>0.1</td>
<td>0.2</td>
<td>0.1</td>
<td>0.3</td>
<td>0.3</td>
<td>0.0</td>
<td>0.1</td>
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</tbody>
</table>

Fairfax County 2014 Youth Survey
Alcohol, Tobacco and Other Drug Use (Past 30 Days) Related Factors

<table>
<thead>
<tr>
<th></th>
<th>Used ATOD</th>
<th>No ATOD</th>
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</thead>
<tbody>
<tr>
<td>Depressive Symptoms</td>
<td>45.1%</td>
<td>26.5%</td>
</tr>
<tr>
<td>(Past Year)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sex (Ever)</td>
<td>45.7%</td>
<td>8.8%</td>
</tr>
<tr>
<td>Bullied Others</td>
<td>49.1%</td>
<td>30.0%</td>
</tr>
<tr>
<td>(Past Year)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cyberbullied Others</td>
<td>13.6%</td>
<td>3.7%</td>
</tr>
<tr>
<td>(Past Year)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Fairfax County 2014 Youth Survey
Parental Perception and Alcohol Use Behavior

Percentages do not sum to 100% due to rounding

Fairfax County 2014 Youth Survey
Depressive Symptoms

Fairfax County 2014 Youth Survey
Percent Who Reported Depressive Symptoms 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>
</tr>
</thead>
<tbody>
<tr>
<td>FCPS</td>
<td>31.7</td>
<td>27.2</td>
<td>32.4</td>
<td>35.8</td>
<td>39.3</td>
<td>24.0</td>
<td>28.2</td>
<td>31.4</td>
<td>39.5</td>
<td>30.8</td>
<td>34.4</td>
</tr>
</tbody>
</table>

Note: 6th Grade Prevalence = 21.5%
A Closer Look at Depressive Symptoms

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>Overall</td>
<td>24.0</td>
<td>39.3</td>
</tr>
<tr>
<td>8th</td>
<td>19.5</td>
<td>34.9</td>
</tr>
<tr>
<td>10th</td>
<td>24.5</td>
<td>39.9</td>
</tr>
<tr>
<td>12th</td>
<td>28.1</td>
<td>43.1</td>
</tr>
<tr>
<td>White</td>
<td>20.8</td>
<td>35.3</td>
</tr>
<tr>
<td>Black</td>
<td>23.8</td>
<td>39.3</td>
</tr>
<tr>
<td>Hispanic</td>
<td>28.6</td>
<td>50.1</td>
</tr>
<tr>
<td>Asian</td>
<td>25.0</td>
<td>36.5</td>
</tr>
<tr>
<td>Other/Multiple</td>
<td>27.0</td>
<td>41.7</td>
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</table>
Assets and Experiences of Depressive Symptoms

Number of Assets

Percent with Experience

Depressive Symptoms

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 2014 Youth Survey
Depressive Symptoms (Past Year)
Related Factors

<table>
<thead>
<tr>
<th></th>
<th>Depression</th>
<th>No Depression</th>
</tr>
</thead>
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<tr>
<td>ATOD (Past 30 Days)</td>
<td>39.9%</td>
<td>22.6%</td>
</tr>
<tr>
<td>Bullied Others (Past Year)</td>
<td>42.3%</td>
<td>32.0%</td>
</tr>
<tr>
<td>Cyberbullied by Student at School (Past Year)</td>
<td>22.8%</td>
<td>7.7%</td>
</tr>
<tr>
<td>Sex (Ever)</td>
<td>26.9%</td>
<td>15.4%</td>
</tr>
</tbody>
</table>

Fairfax County 2014 Youth Survey
Nutrition and Physical Activity

Fairfax County 2014 Youth Survey
Percent Meeting Nutrition Requirements

% Who Eat 5+ Fruits and Vegetables per Day

Overall  8th    10th   12th   Female  Male  White  Black  Hispanic  Asian  Other/Multiple
FCPS     26.9   30.9   26.1   23.7    25.2   28.6   27.0   21.9    25.0   30.2   28.7

Note: 6th Grade Prevalence = 33.7%

Fairfax County 2014 Youth Survey
Percent Meeting Recommendations for Physical Activity

<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>42.5</td>
<td>48.5</td>
<td>43.2</td>
<td>35.7</td>
<td>33.9</td>
<td>51.4</td>
<td>50.1</td>
<td>39.4</td>
<td>35.3</td>
<td>33.8</td>
<td>47.6</td>
</tr>
</tbody>
</table>

Note: 6th Grade Prevalence = 53.3%

Fairfax County 2014 Youth Survey
Number of Sleep Hours on an Average School Night

- 8 or More Hours
  - 8th Grade 50.6%
  - 10th Grade 22.0%
  - 12th Grade 14.0%

- 7 hours
  - 28.3%

- 6 hours
  - 22.6%

- 5 hours
  - 12.3%

- 4 or less hours
  - 6.7%

- 10+ hours
  - 1.8%

- 9 hours
  - 7.4%

- 8 hours
  - 21.0%
Aggression and Victimization
Percentage Who Experience Bullying

Note: 6th Grade Prevalence for Victim = 43.0%; Aggressor = 16.3%

Fairfax County 2014 Youth Survey
### Percentage Who Experience Cyberbullying Between Schoolmates

<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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<td></td>
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<tr>
<td><strong>Aggressor FCPS</strong></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Victim FCPS: 12.5, 13.9, 11.9, 11.5, 16.3, 8.4, 13.5, 10.1, 13.1, 10.3, 14.8
- Aggressor FCPS: 6.4, 6.2, 6.1, 7.0, 6.4, 6.4, 5.9, 6.4, 8.0, 5.7, 7.5

**Note:** 6th Grade Prevalence for Victim = 13.9%; Aggressor = 4.6%

Fairfax County 2014 Youth Survey
Percentage Who Experience Racial/Cultural Harassment

<table>
<thead>
<tr>
<th></th>
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<th>8th</th>
<th>10th</th>
<th>12th</th>
<th>Female</th>
<th>Male</th>
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<th>Black</th>
<th>Hispanic</th>
<th>Asian</th>
<th>Other/Multiple</th>
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<tbody>
<tr>
<td>Victim</td>
<td>45.2</td>
<td>45.0</td>
<td>44.7</td>
<td>45.9</td>
<td>44.6</td>
<td>45.7</td>
<td>34.1</td>
<td>54.0</td>
<td>47.9</td>
<td>57.6</td>
<td>53.4</td>
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<tr>
<td>Aggressor</td>
<td>32.3</td>
<td>28.0</td>
<td>32.6</td>
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<td>25.9</td>
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<td>33.2</td>
<td>34.9</td>
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Note: 6th Grade Prevalence for Victim = 18.3%; Aggressor = 4.6%
Racial/Cultural Harassment by Race/Ethnicity (Grades 8, 10, 12)

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<th>Asian</th>
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<tr>
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<td>45.2</td>
<td>34.1</td>
<td>54.0</td>
<td>47.9</td>
<td>57.6</td>
<td>53.4</td>
</tr>
<tr>
<td>Aggressor</td>
<td>32.3</td>
<td>32.1</td>
<td>34.3</td>
<td>29.9</td>
<td>33.2</td>
<td>34.9</td>
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</table>

% Reporting
Percent Who Have Ever Been in a Gang

<table>
<thead>
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<th></th>
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<th>10th</th>
<th>12th</th>
<th>Female</th>
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<th>White</th>
<th>Black</th>
<th>Hispanic</th>
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<td>2.3</td>
<td>1.7</td>
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<td>4.0</td>
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Gangs and Related Factors

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<th>Sex (Ever)</th>
<th>Depressive Symptoms (Past Year)</th>
<th>Bullied Someone (Past Year)</th>
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<tbody>
<tr>
<td><strong>Gang</strong></td>
<td>70.9%</td>
<td>56.9%</td>
<td>50.7%</td>
<td>63.4%</td>
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<tr>
<td><strong>No Gang</strong></td>
<td>26.7%</td>
<td>17.9%</td>
<td>31.2%</td>
<td>34.5%</td>
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Fairfax County 2014 Youth Survey
Sexual Health

Fairfax County 2014 Youth Survey
Percent Who Have Ever Had Sexual Intercourse

<table>
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<tr>
<th></th>
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<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>
</tr>
</thead>
<tbody>
<tr>
<td>FCPS</td>
<td>19.0</td>
<td>5.0</td>
<td>16.1</td>
<td>36.8</td>
<td>16.8</td>
<td>21.4</td>
<td>18.8</td>
<td>21.7</td>
<td>27.9</td>
<td>9.4</td>
<td>21.4</td>
</tr>
</tbody>
</table>
Percent Who Have Ever Had Oral Sex

<table>
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<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>
</tr>
</thead>
<tbody>
<tr>
<td>FCPS Sex</td>
<td>19.0</td>
<td>5.0</td>
<td>16.1</td>
<td>36.8</td>
<td>16.8</td>
<td>21.4</td>
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<td>21.7</td>
<td>27.9</td>
<td>9.4</td>
<td>21.4</td>
</tr>
<tr>
<td>FCPS Oral Sex</td>
<td>22.2</td>
<td>6.0</td>
<td>19.8</td>
<td>41.6</td>
<td>19.2</td>
<td>25.3</td>
<td>25.0</td>
<td>23.2</td>
<td>26.0</td>
<td>11.6</td>
<td>26.2</td>
</tr>
</tbody>
</table>
Condom Use At Last Intercourse

8th Grade
- Yes: 3.2%
- No: 2.0%
- Never had sex: 94.8%

10th Grade
- Yes: 11.4%
- No: 5.2%

12th Grade
- Yes: 25.6%
- No: 12.0%
- Never had sex: 62.4%

Countywide, 68% Use Condoms
- Never had sex: 83.4%
- Yes: 11.4%
- No: 5.2%
Building Resiliency in Youth Through Assets

Fairfax County 2014 Youth Survey
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 2014 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

Assets Families Provide to Build Resiliency

- Parents Available to Help
- Parents Know Whereabouts
- Input for Family Decisions
- Family Members are Respectful to Each Other
- Parental Disapproval of Marijuana Use by Youth

Fairfax County 2014 Youth Survey
Three to Succeed
Family-Based (Grades 8, 10, 12)

Fairfax County 2014 Youth Survey
Assets Schools Provide to Build Resiliency

Teacher Notices Good Job
Opportunity to Talk to Teacher One-on-One
Feel Safe at School
School Communicates with Parents when Student Does Well
Teacher Praises when Student Does Well

Fairfax County 2014 Youth Survey
Three to Succeed
School-Based (Grades 8, 10, 12)

Fairfax County 2014 Youth Survey
Assets Communities Provide to Build Resiliency

- Availability of Extracurricular Activities
- Adults' Attitude about Youth Marijuana Use
- Adults in Community to Talk To
- Neighbors Notice Good Job

8th Grade
10th Grade
12th Grade

Fairfax County 2014 Youth Survey
Three to Succeed
Community-Based (Grades 8, 10, 12)

Fairfax County 2014 Youth Survey
Assets We All Help Youth Develop to Build Resiliency

- Regular Participation in Extracurricular Activities
- Volunteering Regularly
- Following Rules
- Thinking Through Possible Results Before Making a Decision
- Accepting Responsibility for Actions and Mistakes
- Doing their Best, Even for Jobs They Don’t Like

Fairfax County 2014 Youth Survey
Three to Succeed
Individual-Based (Grades 8, 10, 12)
Three to Succeed
Caring Adults (Grades 8, 10, 12)

Fairfax County 2014 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
What You Can Do to Make a Difference

• Address attitudes about alcohol, tobacco, and other drugs (ATOD)
  • Attend a United Prevention Coalition (UPC) Saturday Night in the Suburbs presentation to learn the facts about teen substance use.
  • 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.
  • Join the “Parents Who Host, Lose the Most: Don’t be a Party to Teenage Drinking” campaign [http://www.unifiedpreventioncoalition.org/](http://www.unifiedpreventioncoalition.org/)
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://www.fairfaxcounty.gov/csb/events/mental-health-first-aid.htm)
- Provide FCPS students with the CrisisText number:
  (703) 997-5444

Fairfax County 2014 Youth Survey
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

Fairfax County 2014 Youth Survey
Websites To Learn More

PREVENTION TOOLKIT

fairfaxcounty.gov/ncs/prevention/toolkit.htm

(http://bit.ly/PrevKit)

FAIRFAX COUNTY YOUTH SURVEY

fairfaxcounty.gov/youthsurvey
Questions? Contact Us!

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Fairfax County 2014 Youth Survey