



Fairfax County Youth Survey School Year 2016–2017

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

homepage > demographic and economic information > fairfax county youth survey reports

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Fairfax County Youth Survey

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's youth. The results provide a snapshot of the county's youth and serve as a barometer of the community's effectiveness 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](#)

School Year 2015-2016 Fairfax County Youth Survey Results

Explore the data in the [Fairfax County Youth Survey Online Tool!](#)

View a video of result highlights.



Fairfax County Youth Survey Highlights Video (29:01 min.)

Watch on YouTube:

- [Fairfax County Youth Survey Report](#)
- [Fairfax County 6th Grade Youth Survey Report](#)
- [Fairfax County Youth Survey Results Highlights Presentation](#)

If you use data from the School Year 2015-2016 survey, please cite *The Fairfax County Youth Survey Report School Year 2015-2016* and reference: www.fairfaxcounty.gov/youthsurvey.

Visit slideshare to view this and other county presentations.

	<p>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.</p>
	<p>Results Annually: 2009 - 2015; Biennially: 2001 -2008</p>
	<p>Other Studies on Fairfax County Youth Survey Data</p>
	<p>Videos</p>
	<p>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.</p>

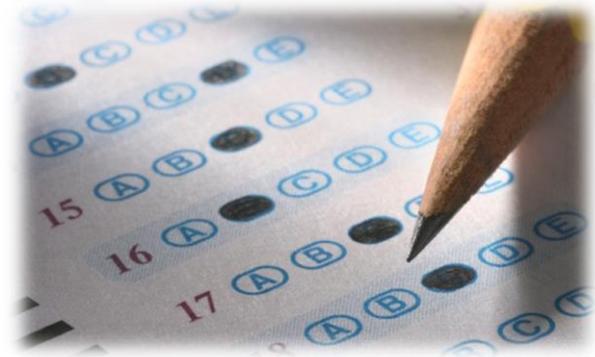
www.fairfaxcounty.gov/youthsurvey

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Fairfax County Youth Survey Participation

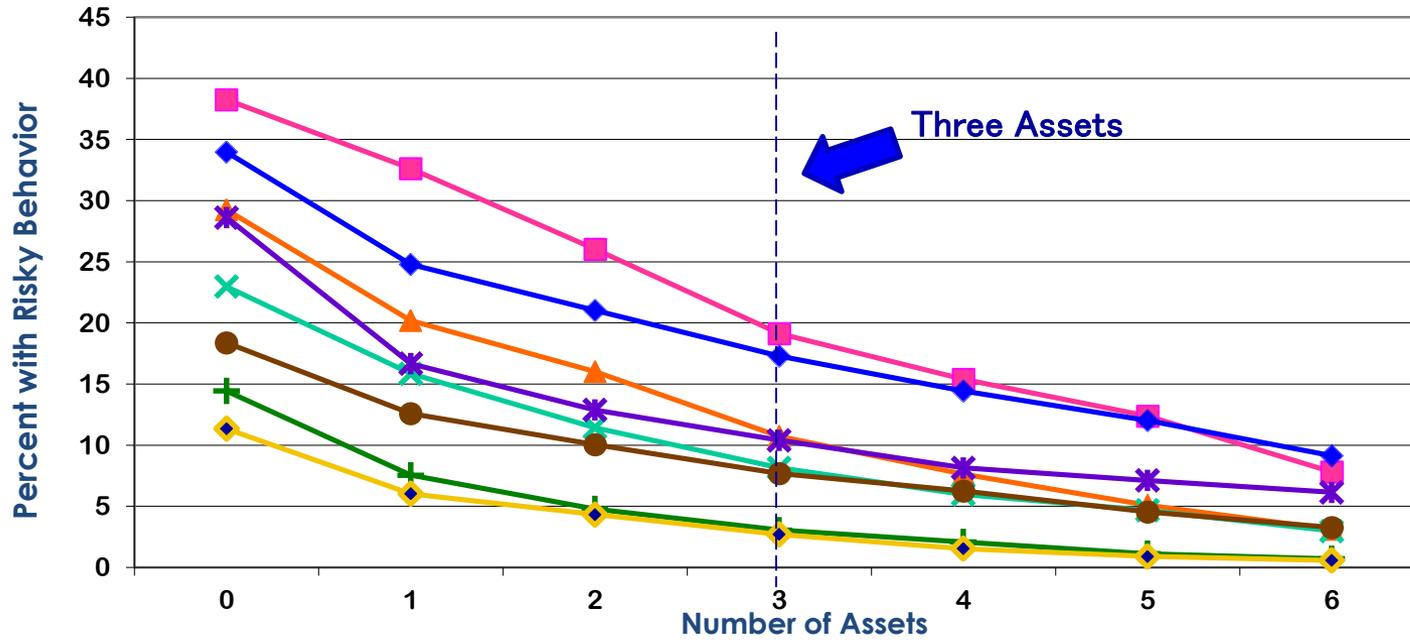
- **46,977** FCPS students
- **Grades 6, 8, 10, and 12**
- Representing **85%** of enrolled students



**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



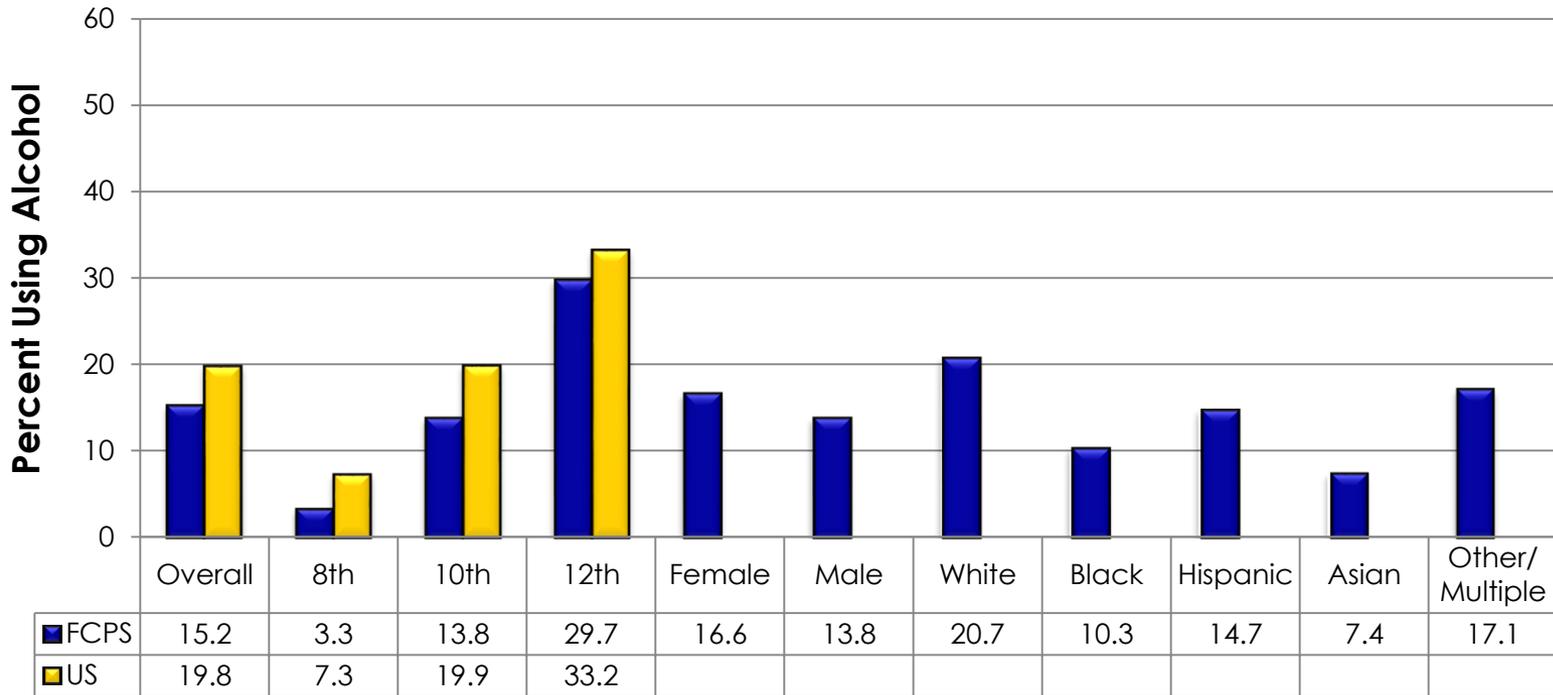
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Alcohol, Tobacco and Other Drug Use



Percent Who Drank Alcohol in Past 30 Days



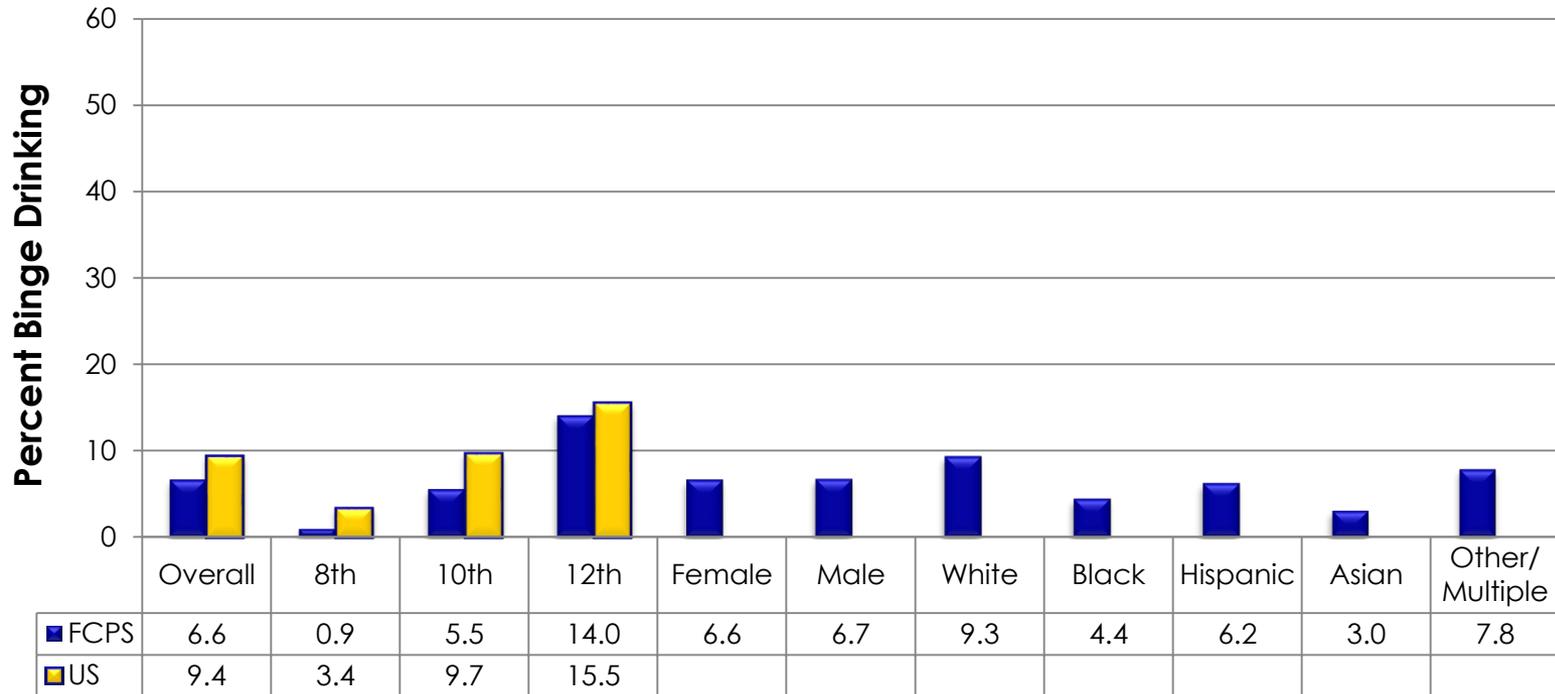
Note: 6th Grade Prevalence = 1.5%



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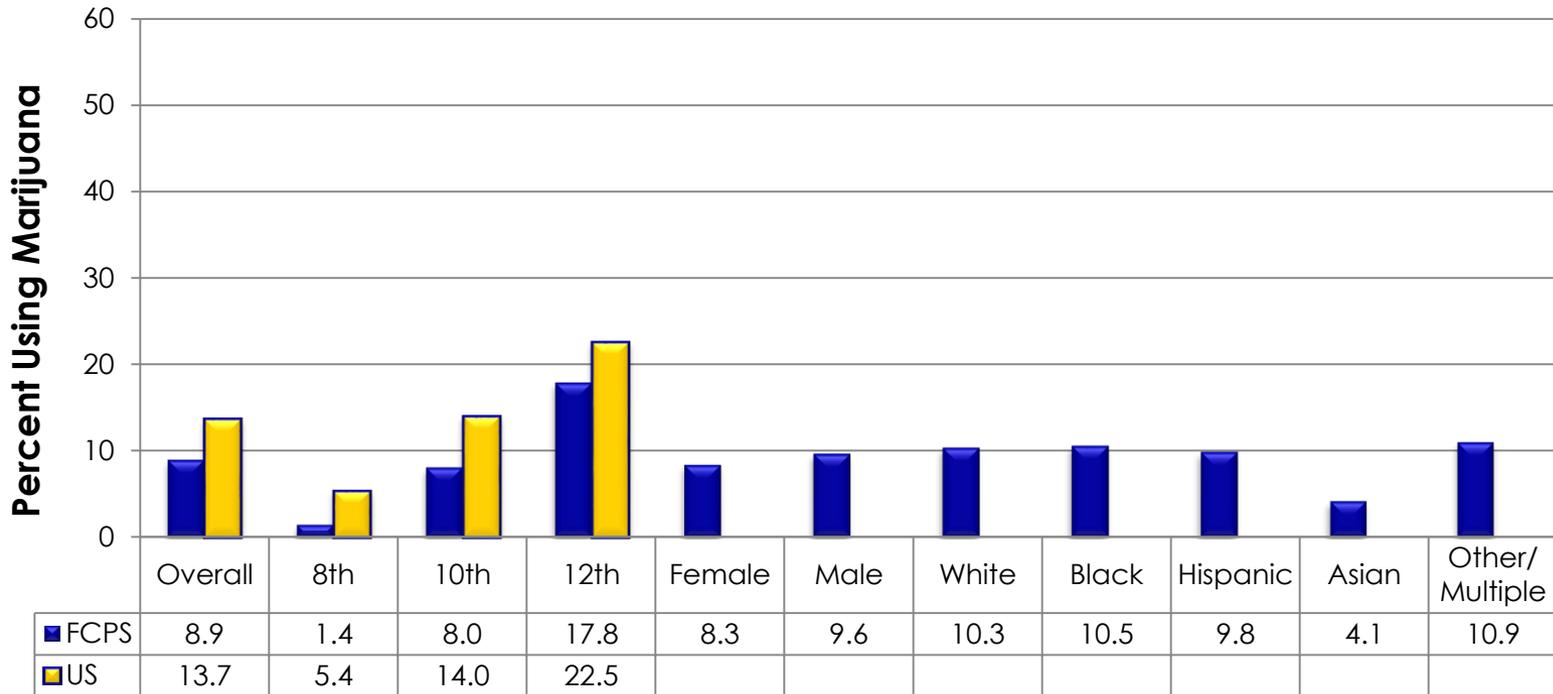
Percent Reporting Binge Drinking



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Percent Who Used Marijuana in Past 30 Days



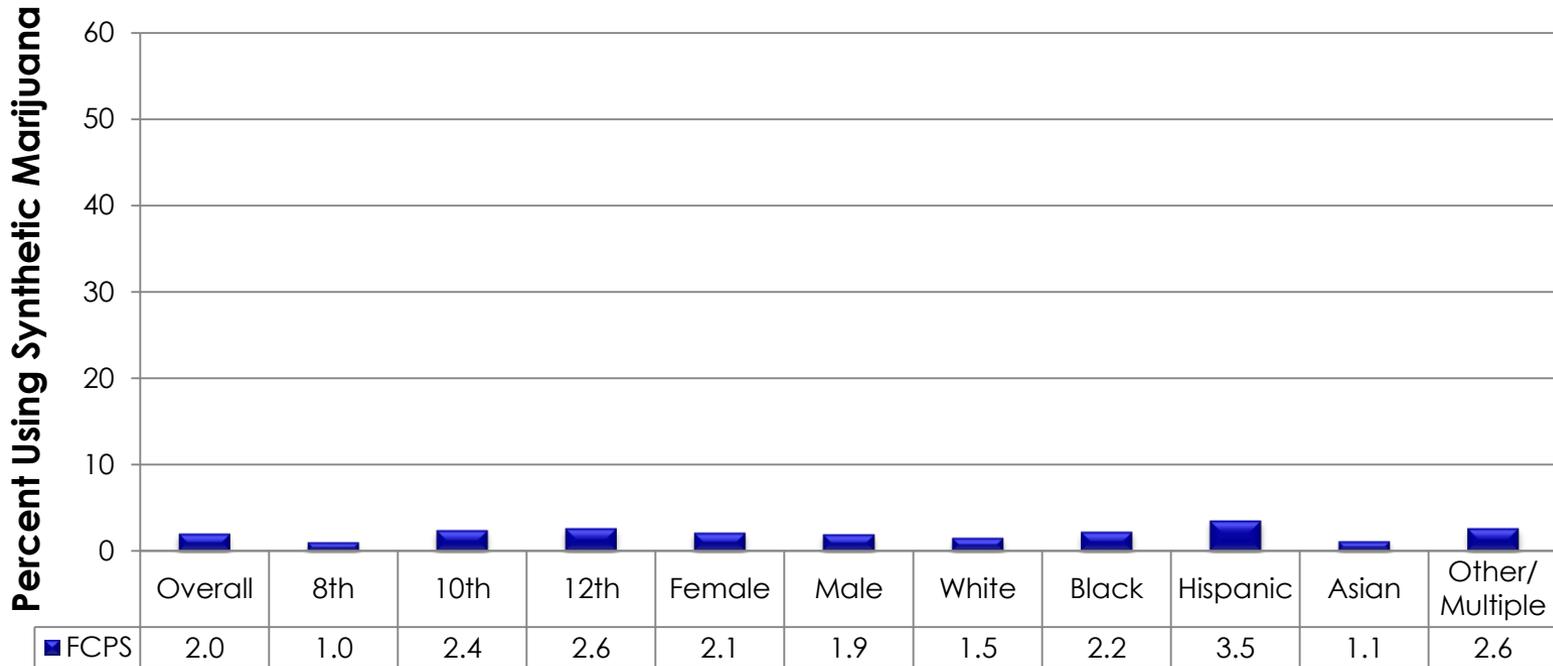
Note: 6th Grade Prevalence = 0.2%



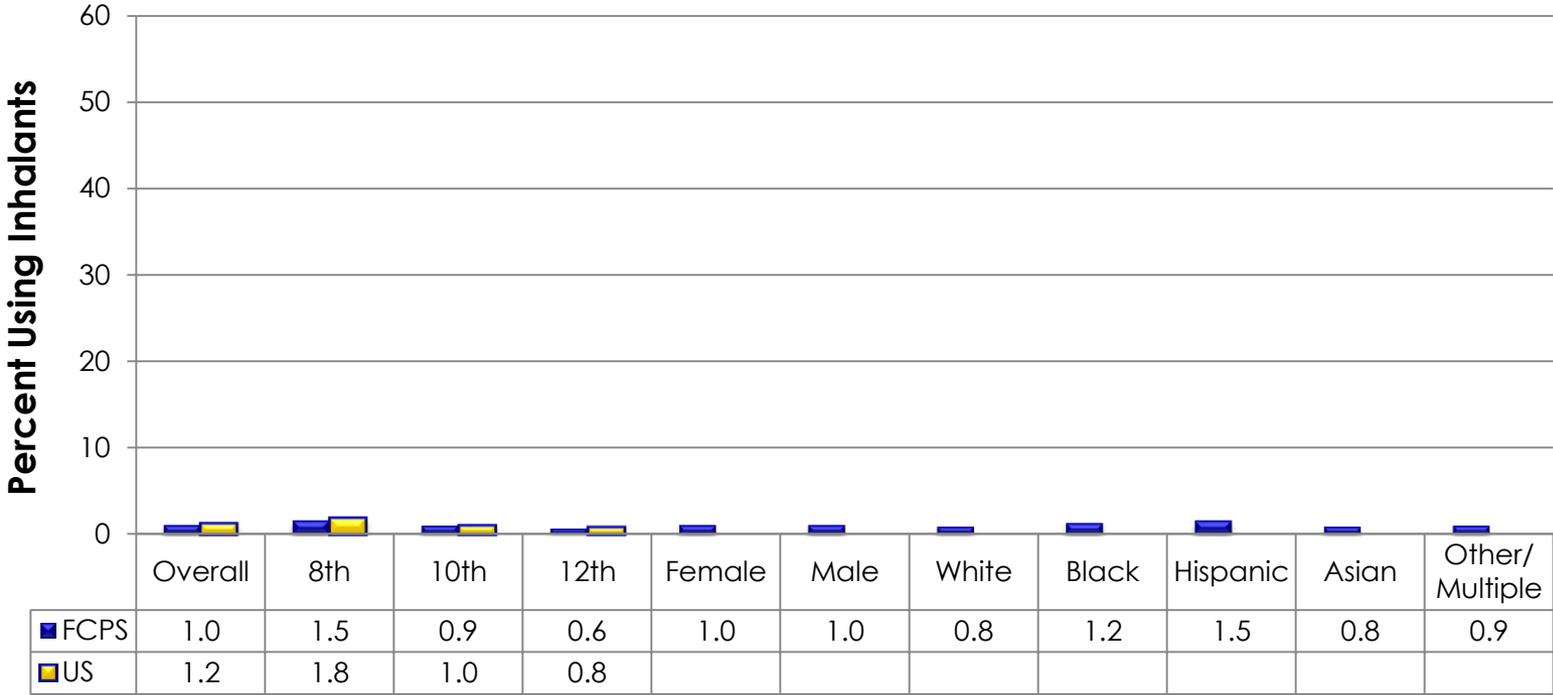
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Percent Who Used Synthetic Marijuana in Past 30 Days



Percent Who Used Inhalants in Past 30 Days



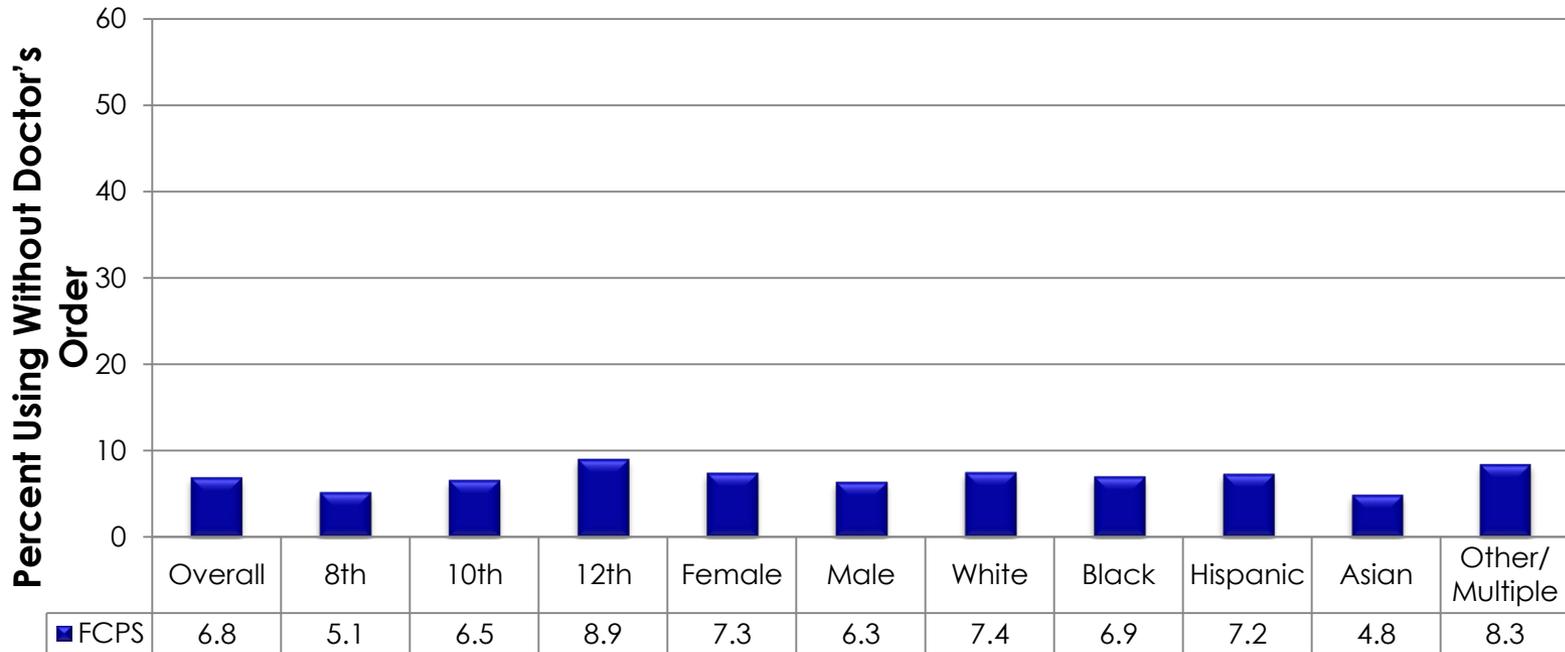
Note: 6th Grade Prevalence = 1.9%



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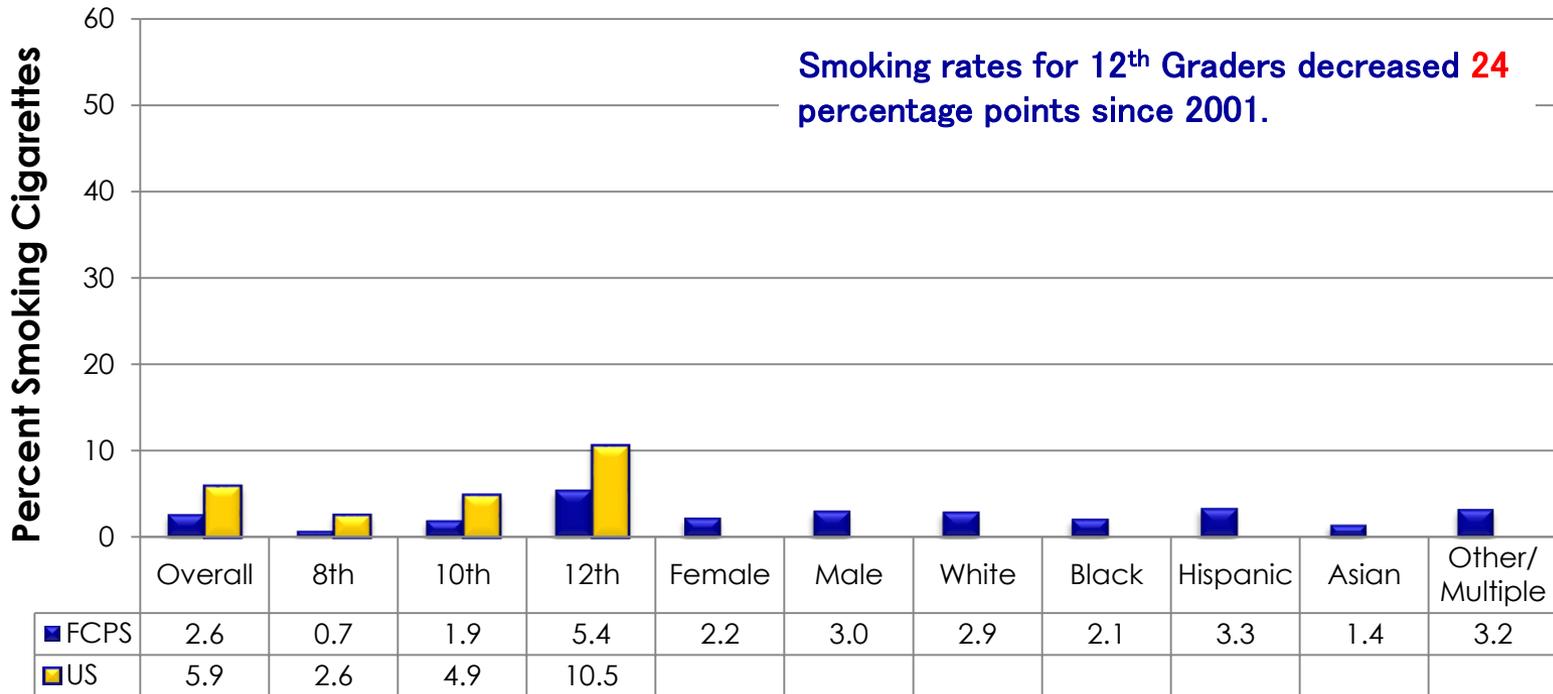
Percent Who Used Painkillers or Prescription Medication in Past 30 Days



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Percent Who Smoked Cigarettes in Past 30 Days



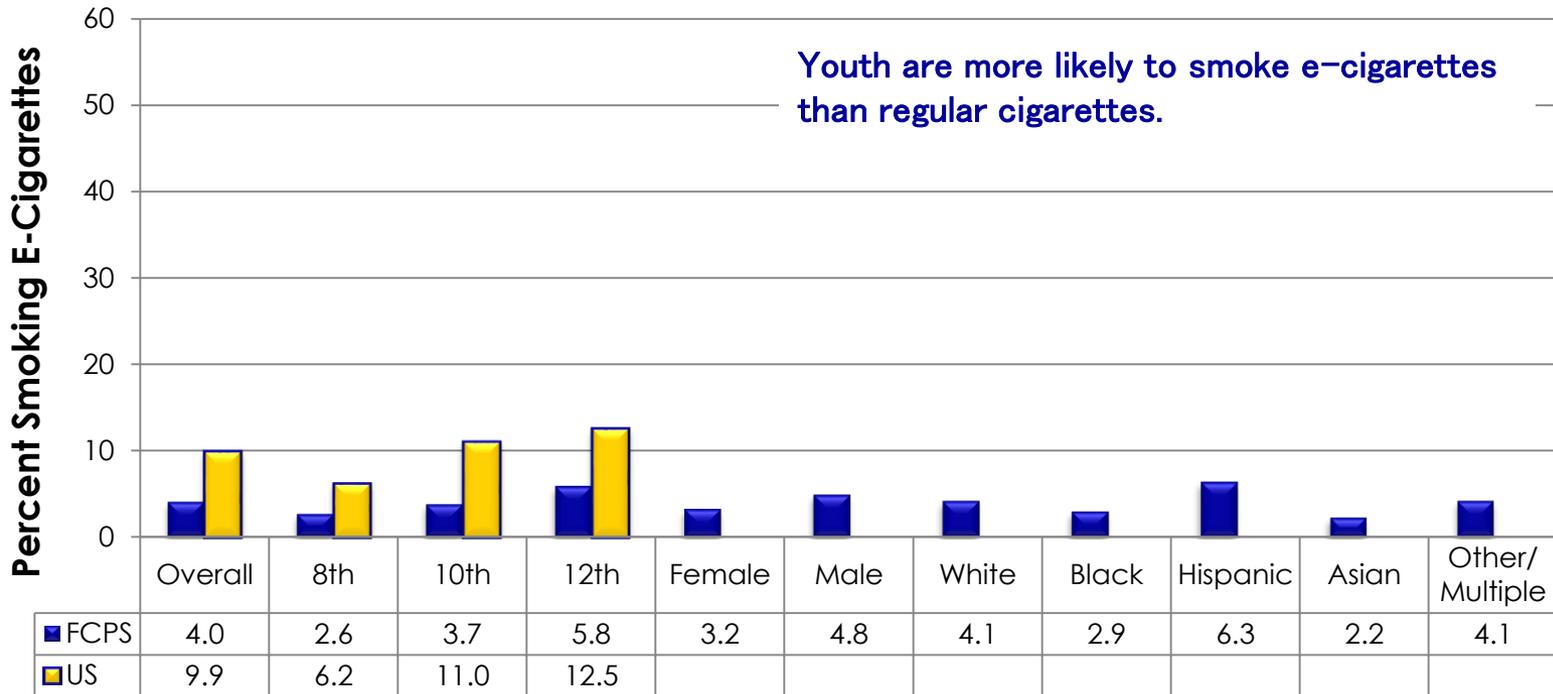
Note: 6th Grade Prevalence = 0.2%



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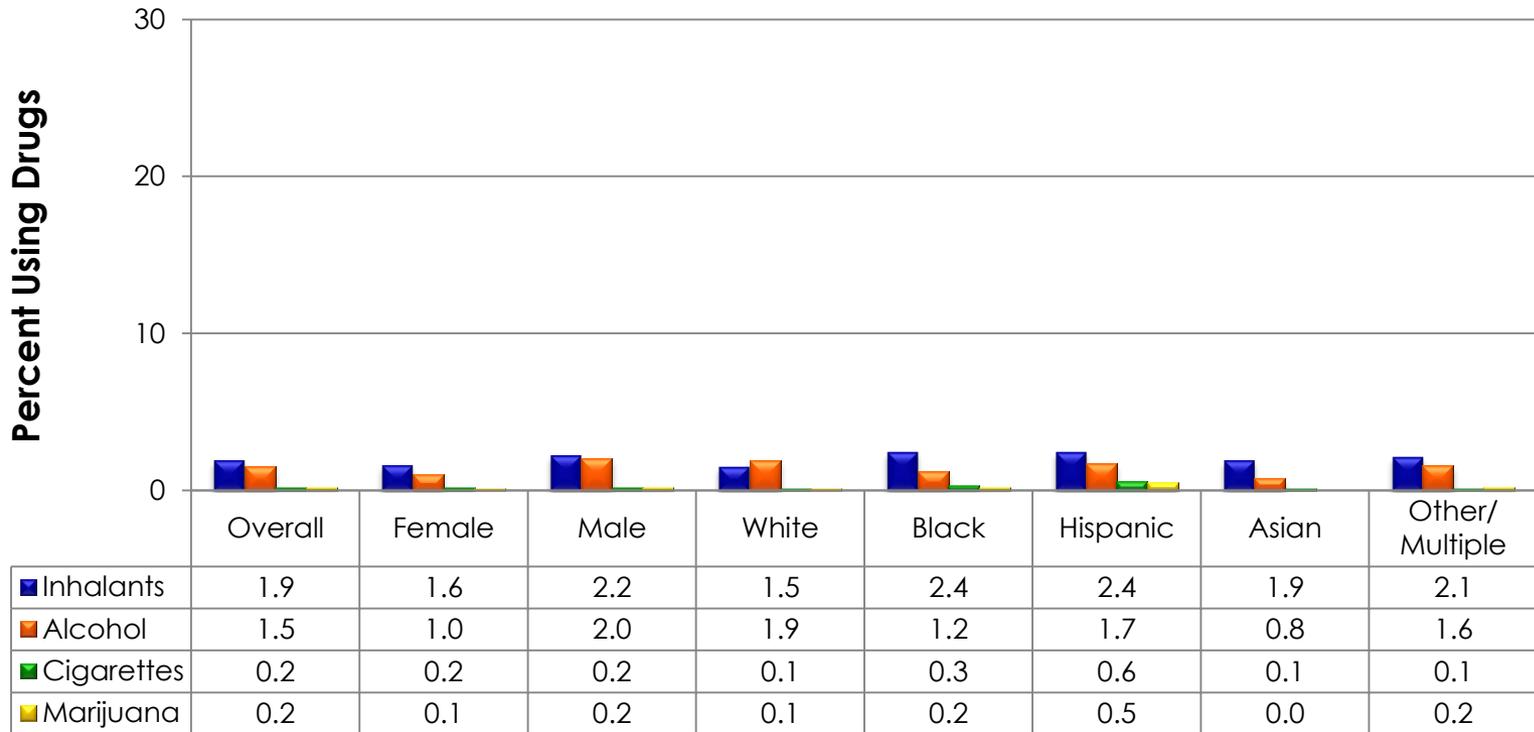
Percent Who Smoked E-Cigarettes in Past 30 Days



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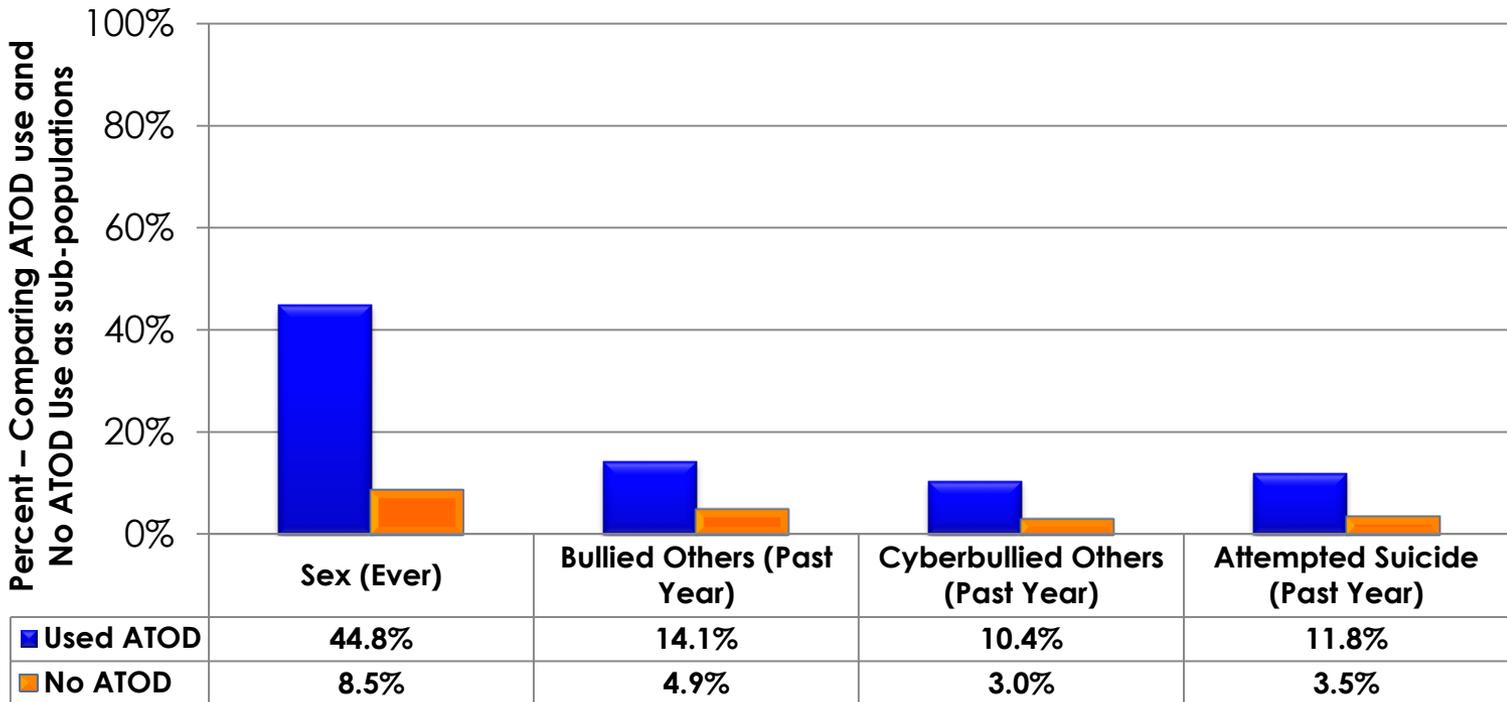
Drug Use for 6th-Graders Past 30 Days



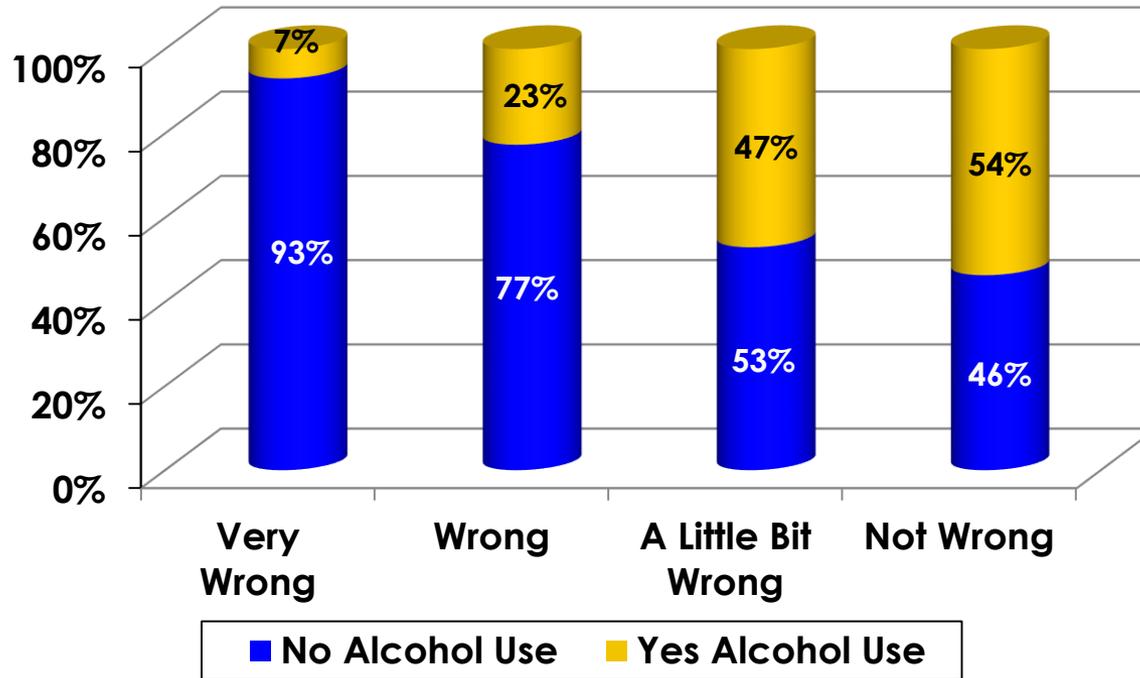
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Alcohol, Tobacco and Other Drug Use (Past 30 Days) Related Factors



Parental Perception and Alcohol Use Behavior



Percentages do not sum to 100% due to rounding



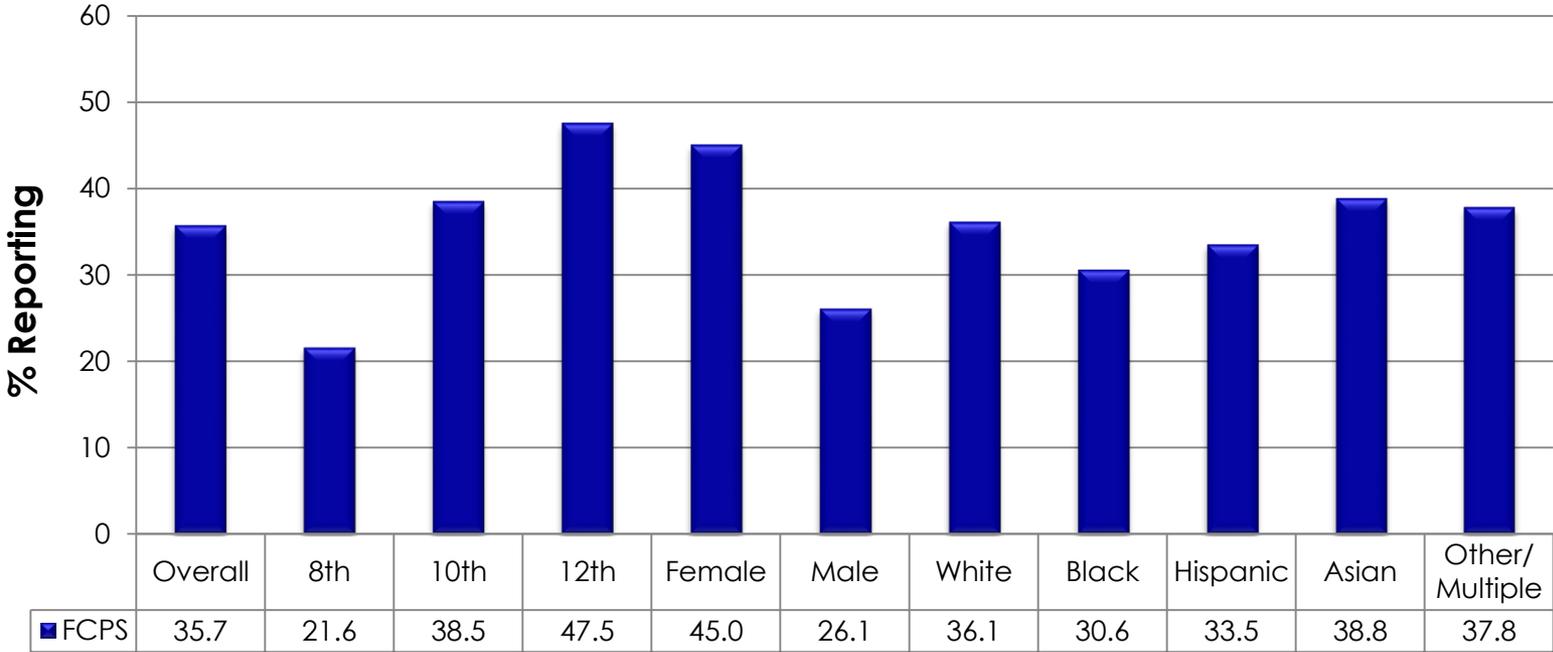
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Stress, Depression, Suicide and Unhealthy Weight Loss Behavior



Percent Who Reported High Level of Stress in Past Month



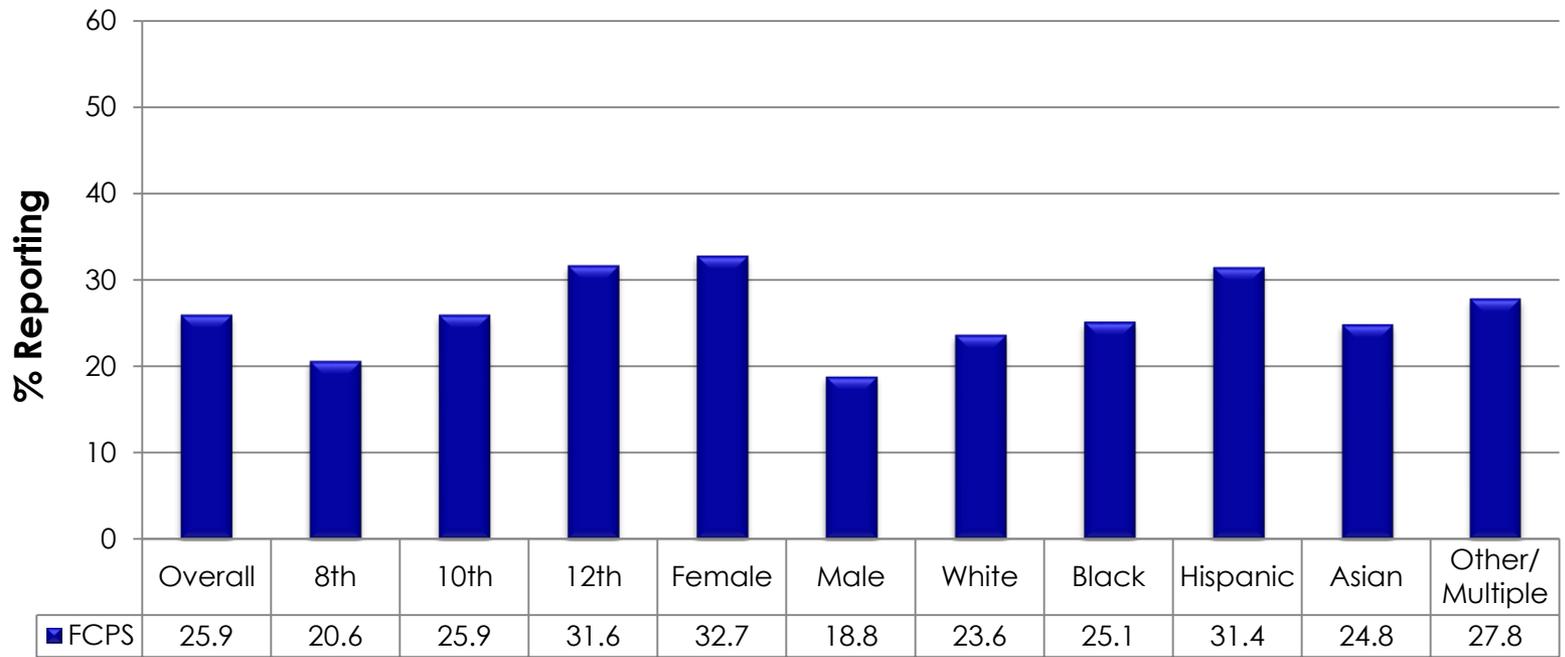
Note: 6th Grade Prevalence = 13.7%



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Percent Who Reported Depressive Symptoms in Past Year



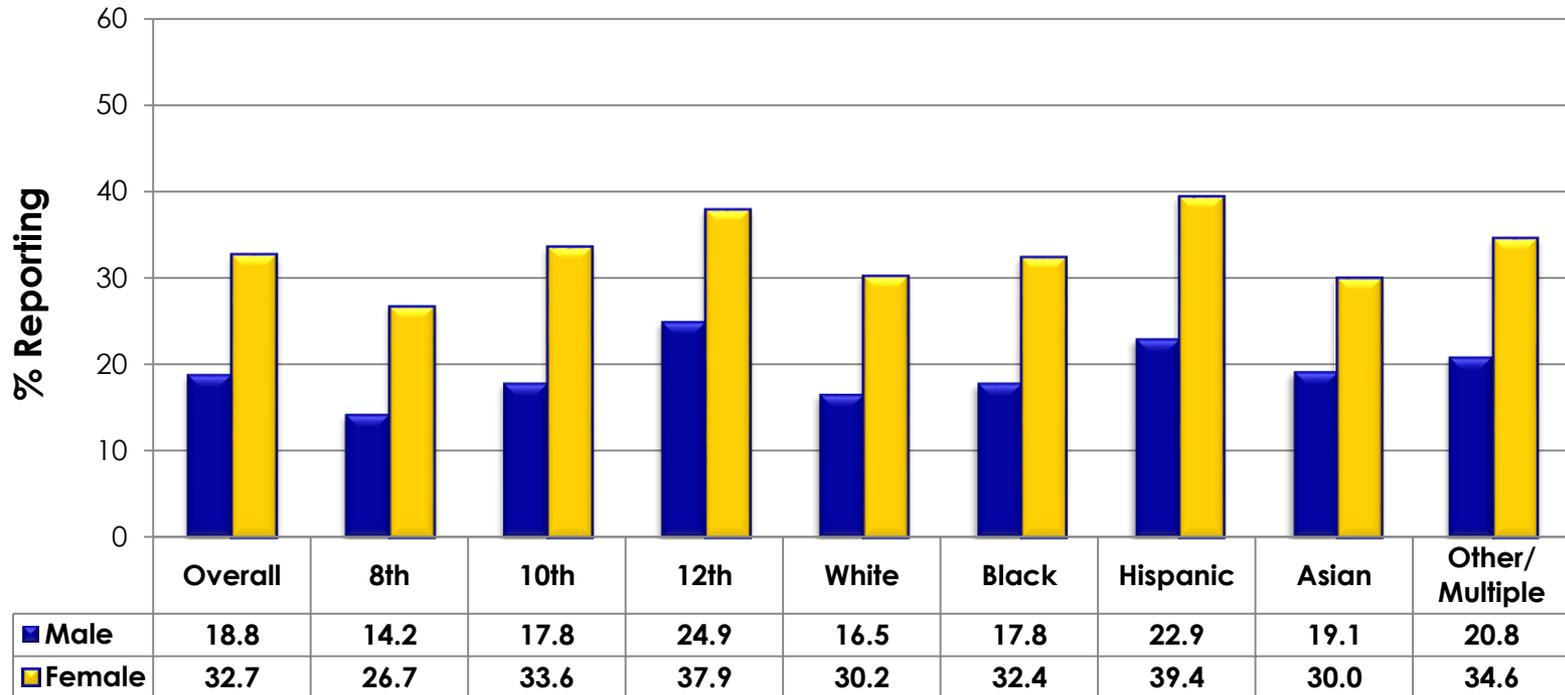
Note: 6th Grade Prevalence = 20.7%



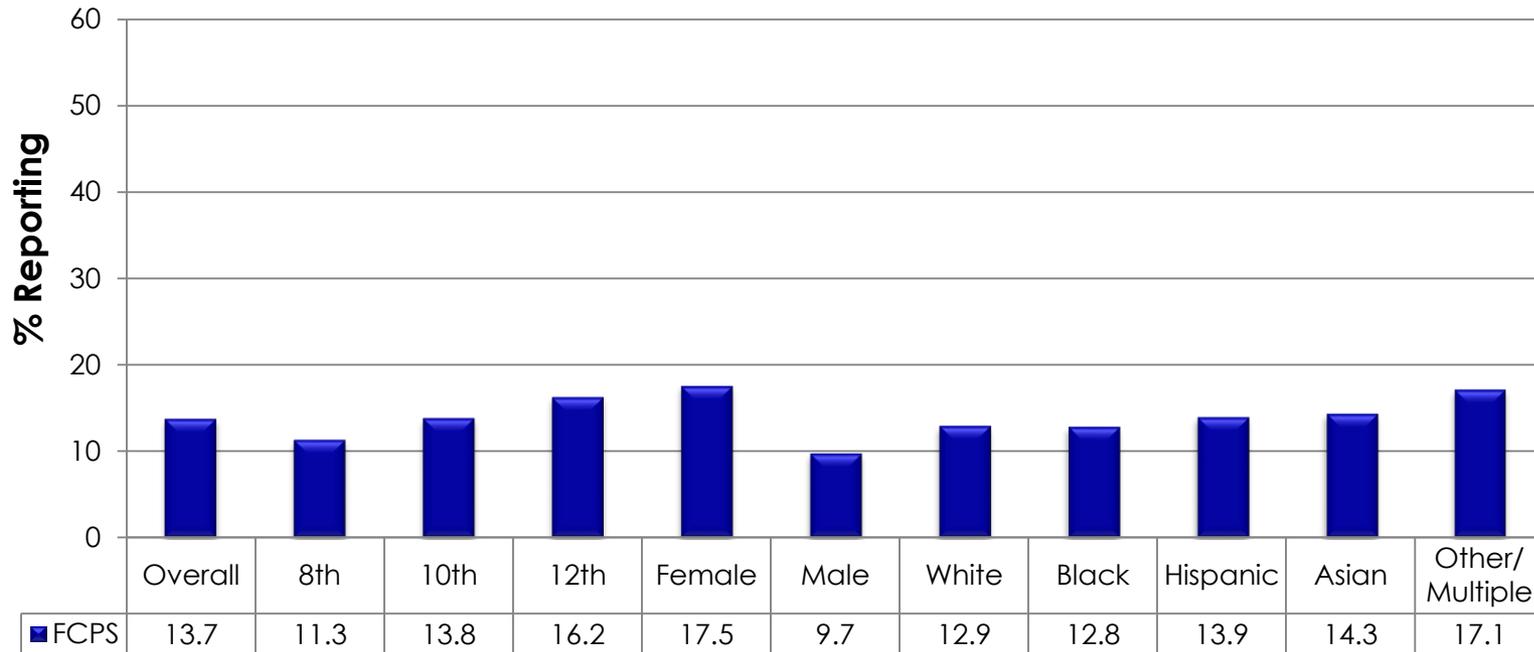
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A Closer Look at Depressive Symptoms



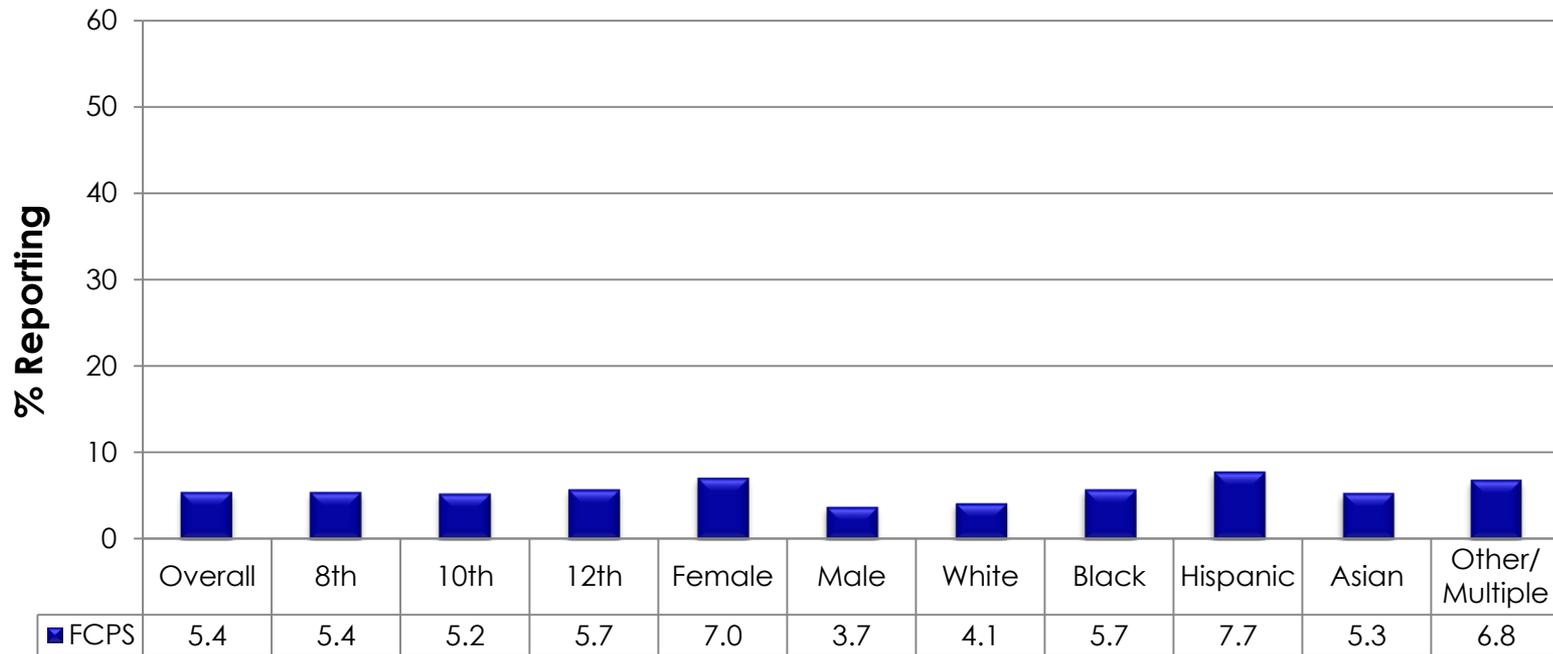
Percent Who Considered Suicide in Past Year



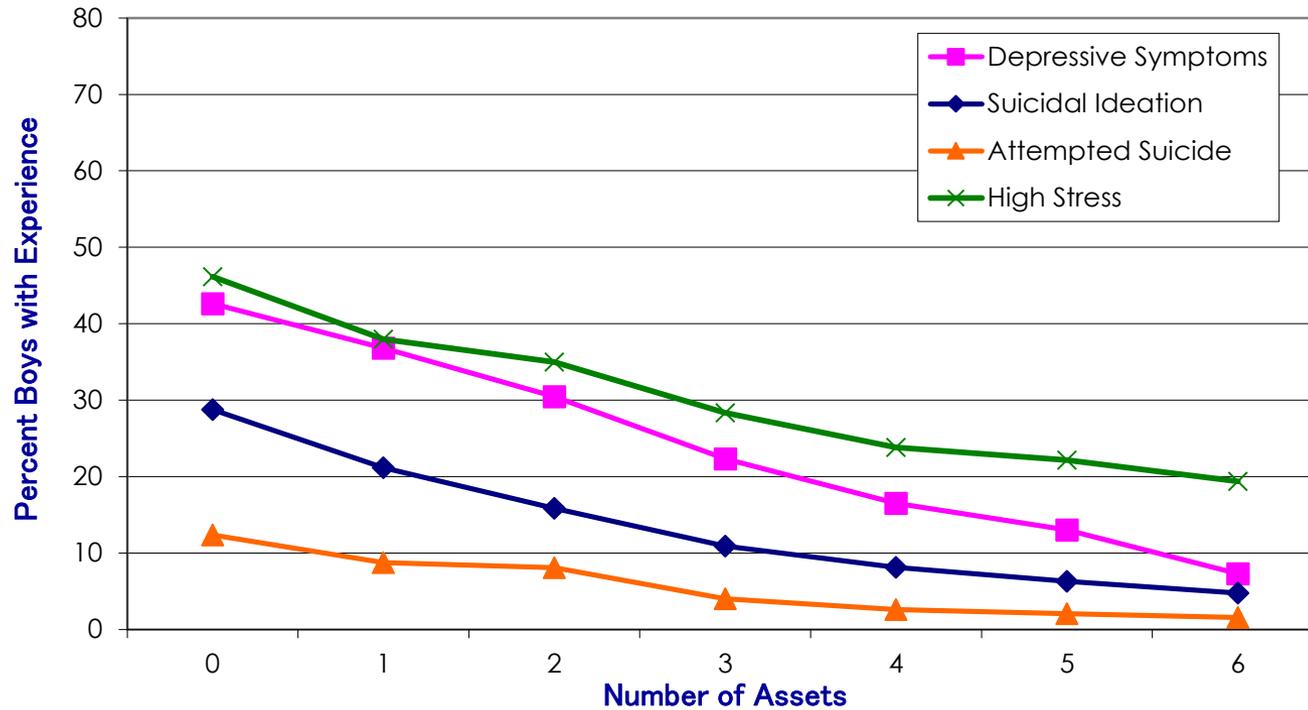
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Percent Who Attempted Suicide in Past Year



Assets and Experiences Related to Mental Health



Having High Personal Integrity
 Performing Community Service
 Having Teachers Recognize Good Work

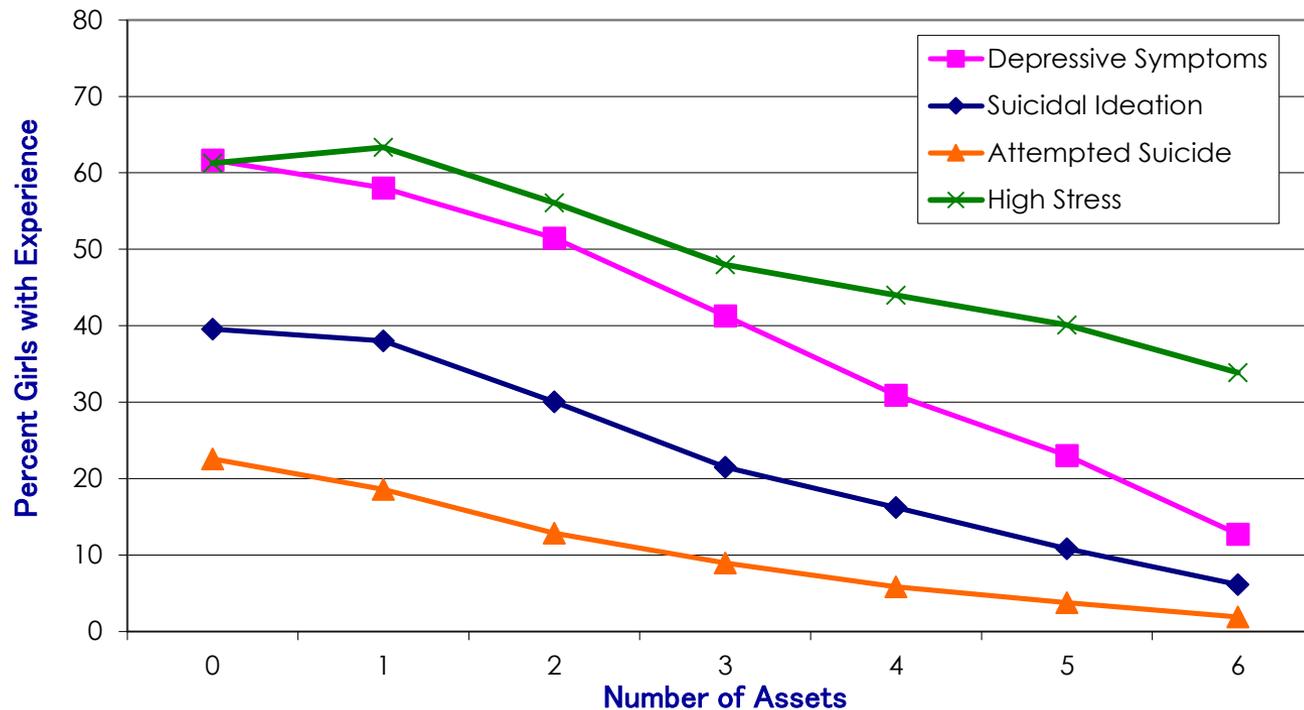
Having Community Adults to Talk to
 Participating in Extracurricular Activities
 Having Parents Available for Help



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Assets and Experiences Related to Mental Health



Having High Personal Integrity
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 Participating in Extracurricular Activities
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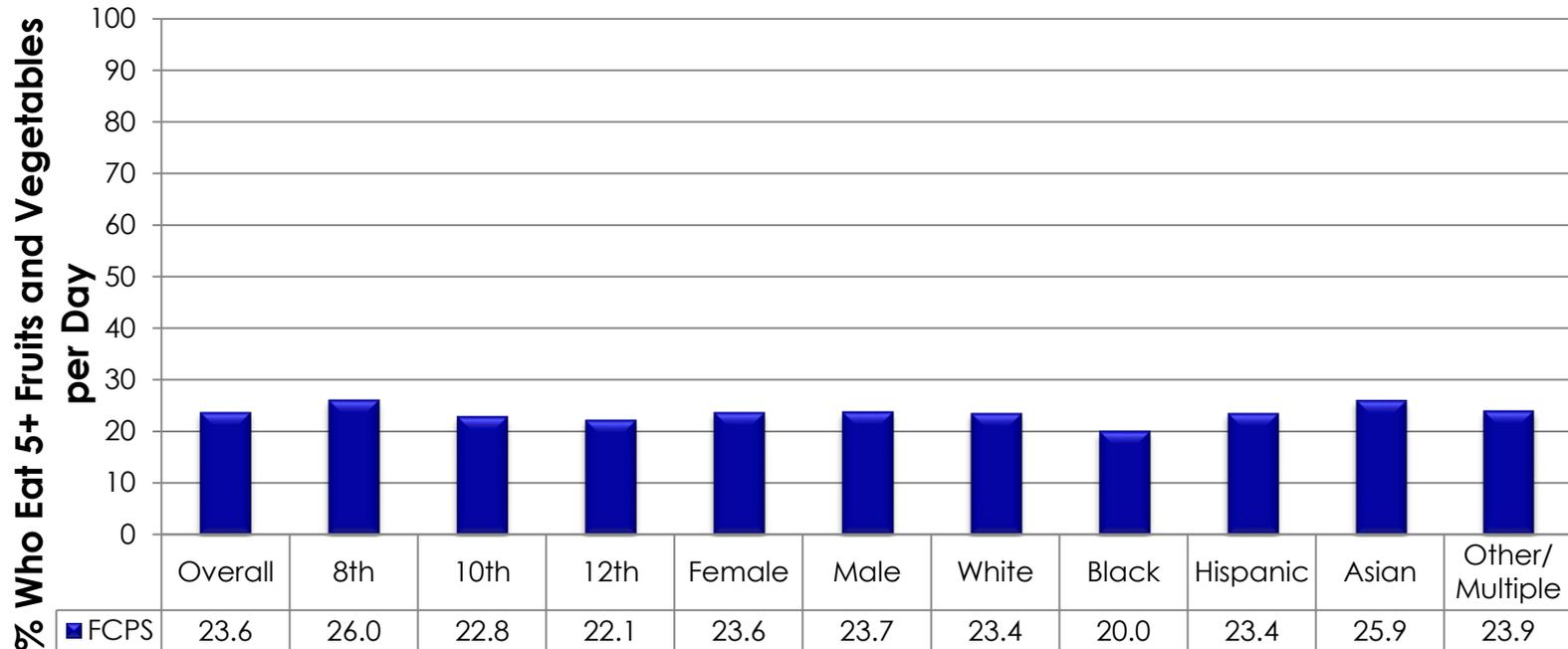
A Closer Look at Unhealthy Weight Loss Behavior



Nutrition and Physical Activity



Percent Meeting Nutrition Requirements



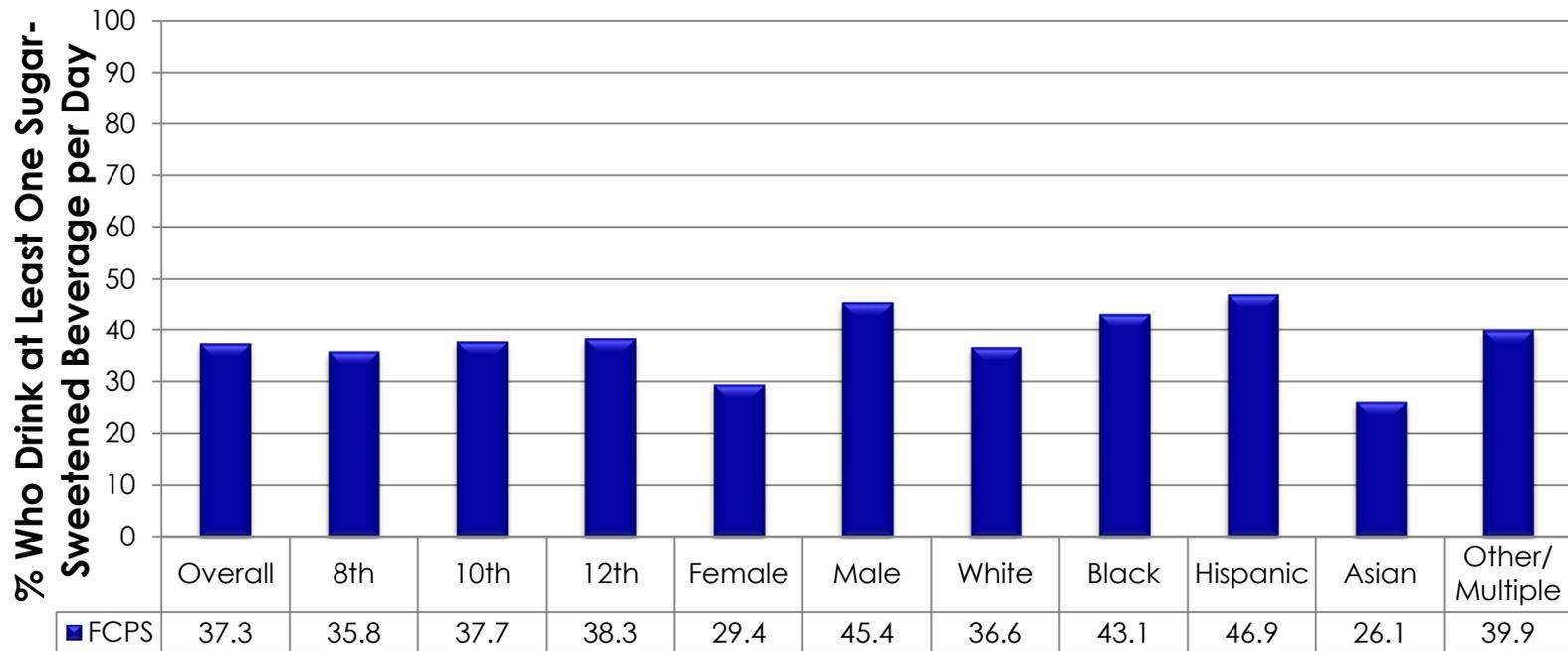
Note: 6th Grade Prevalence = 30.6%



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Percent Drinking Sugar-Sweetened Beverages Daily



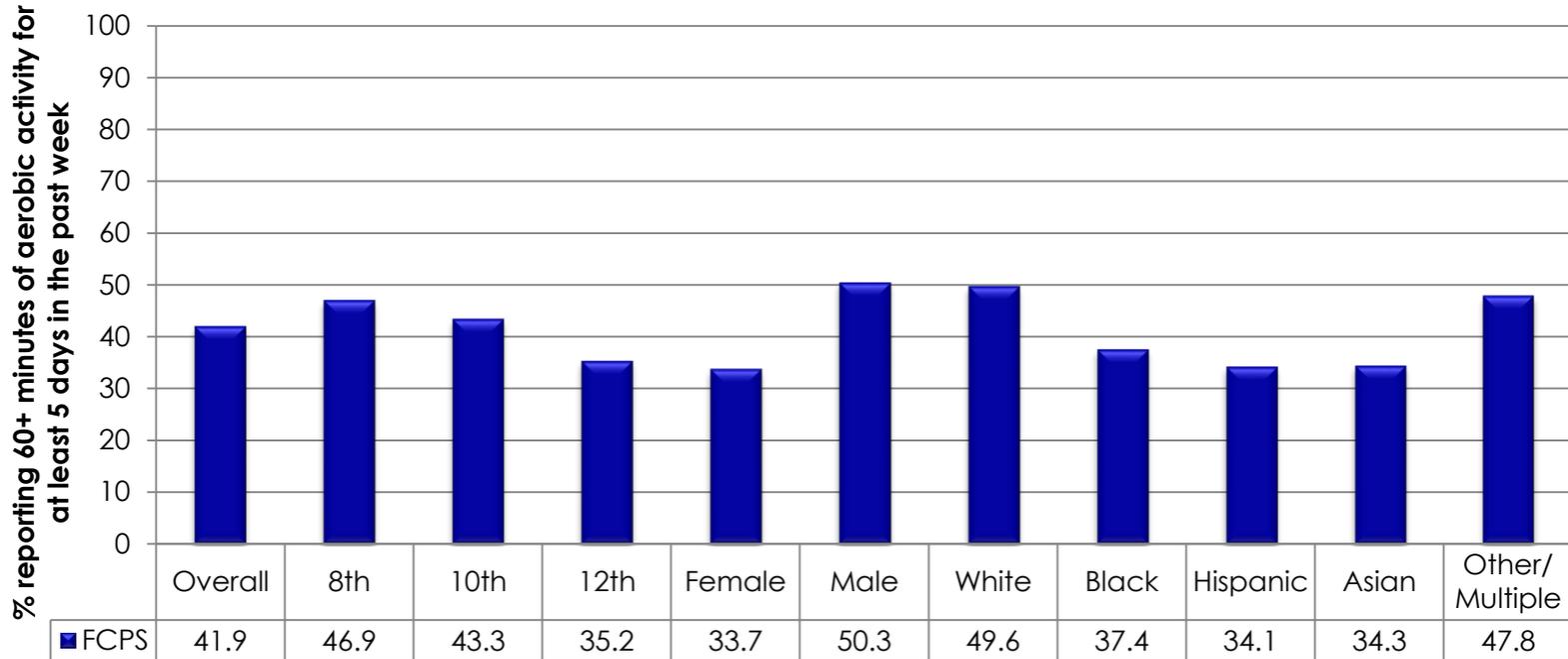
Note: 6th Grade Prevalence = 33.3%



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Percent Meeting Recommendations for Physical Activity



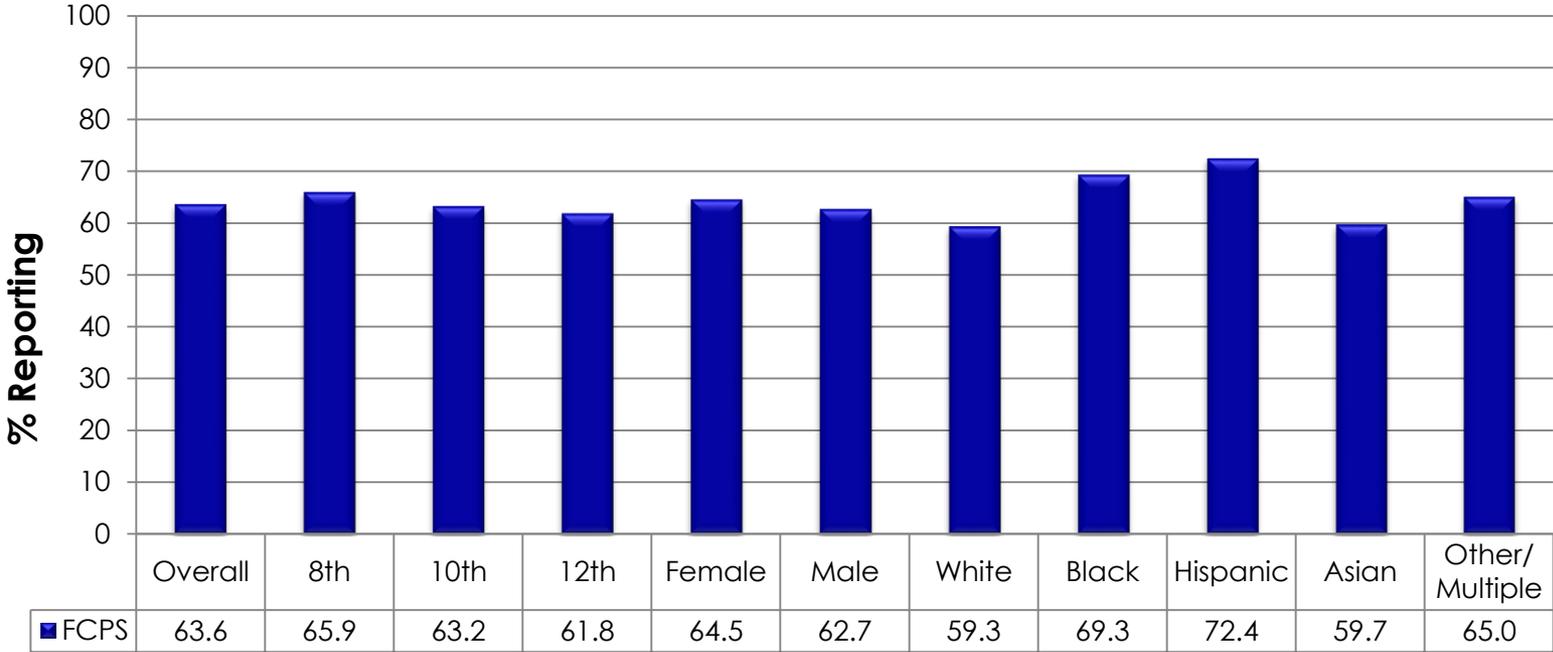
Note: 6th Grade Prevalence = 50.4%



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Percent Viewing 3+ Hours of Screentime per Day



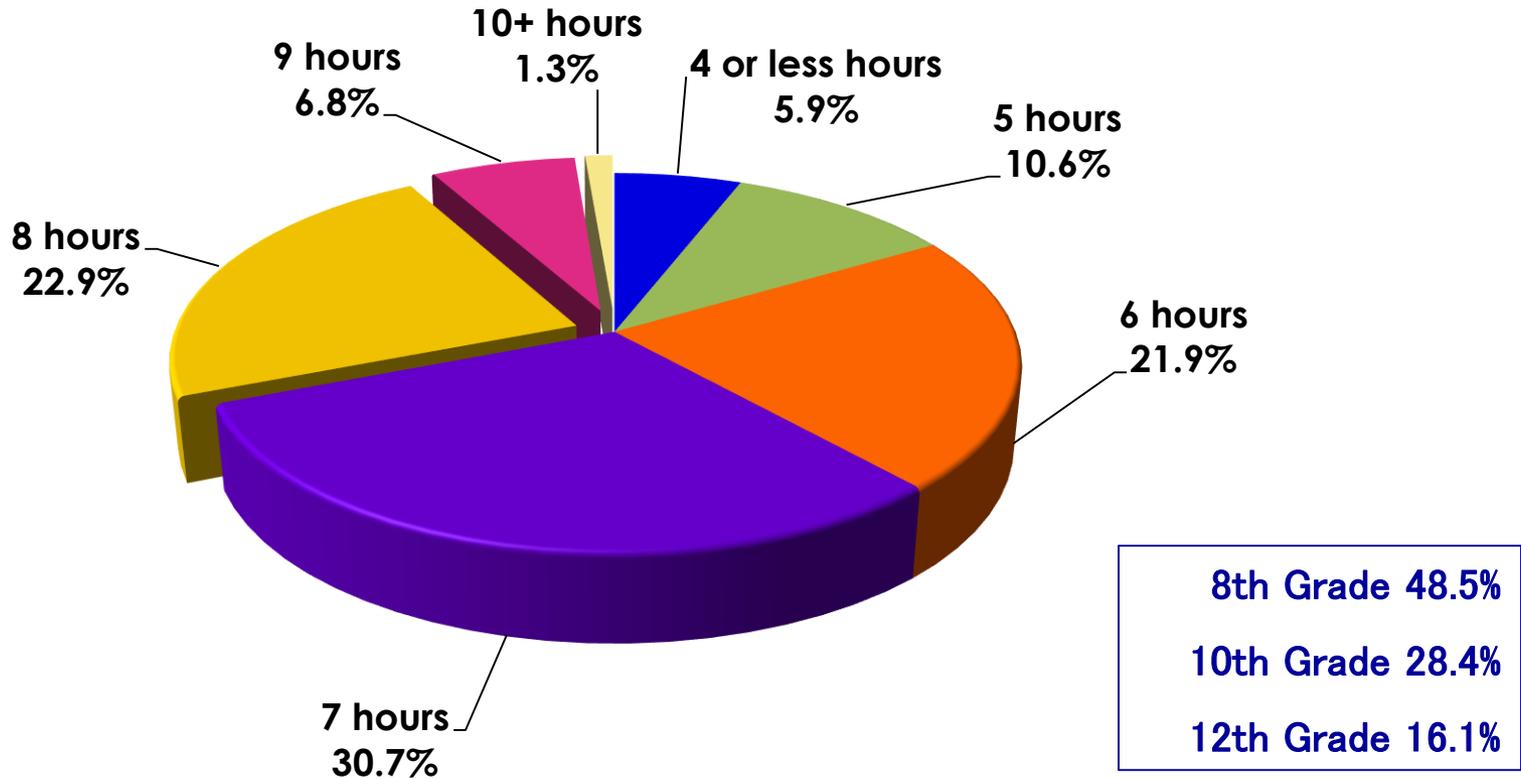
Note: 6th Grade Prevalence = 47.0%



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Number of Sleep Hours on an Average School Night



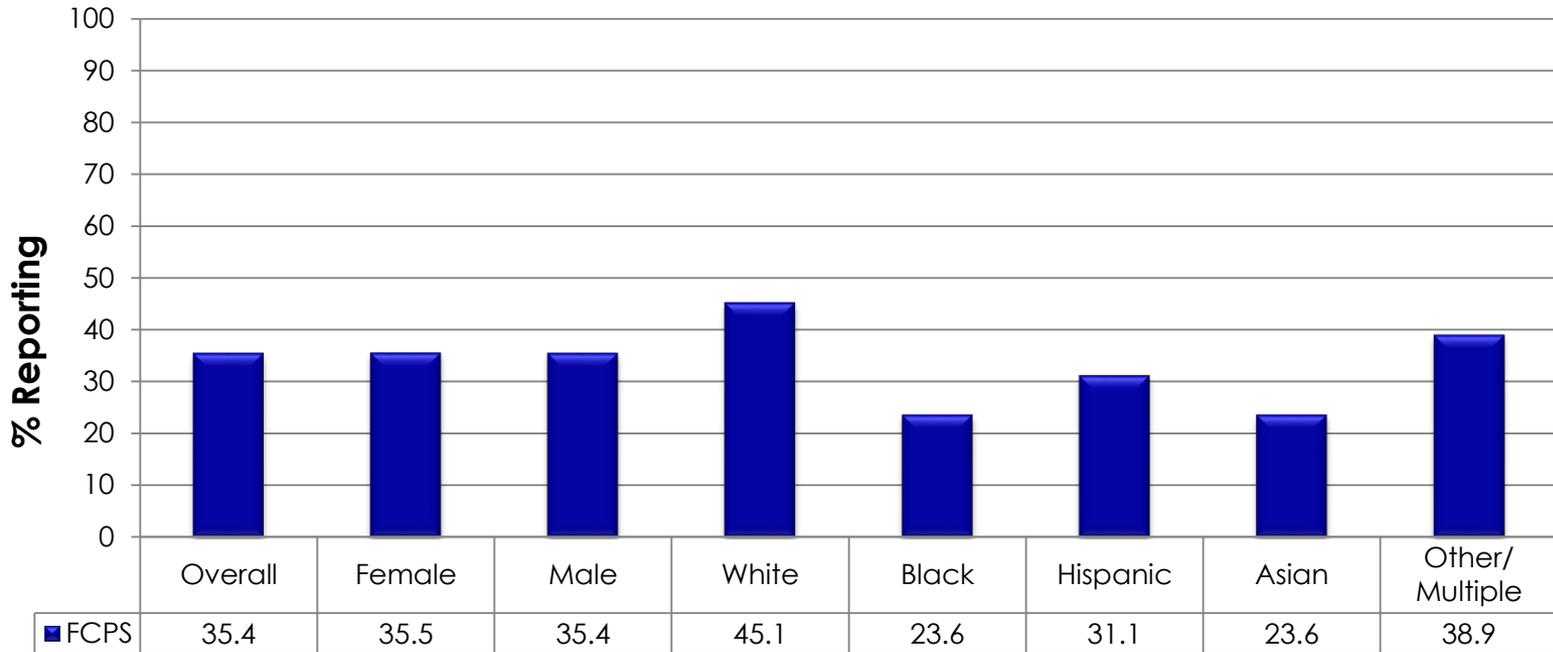
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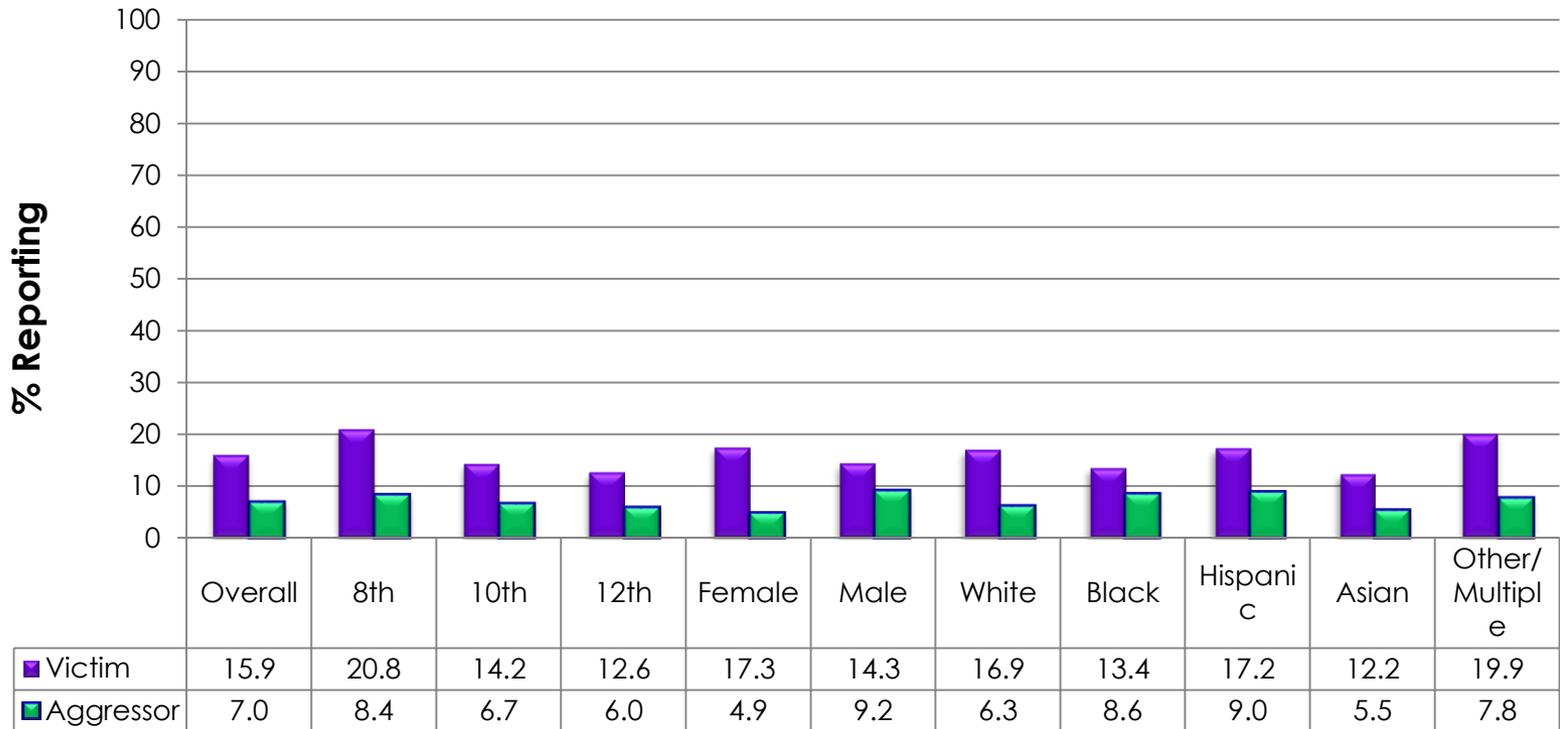
Safety, Aggression, and Victimization



Percentage 12th-Graders who Texted While Driving in Past Month



Percentage Who Experience Bullying



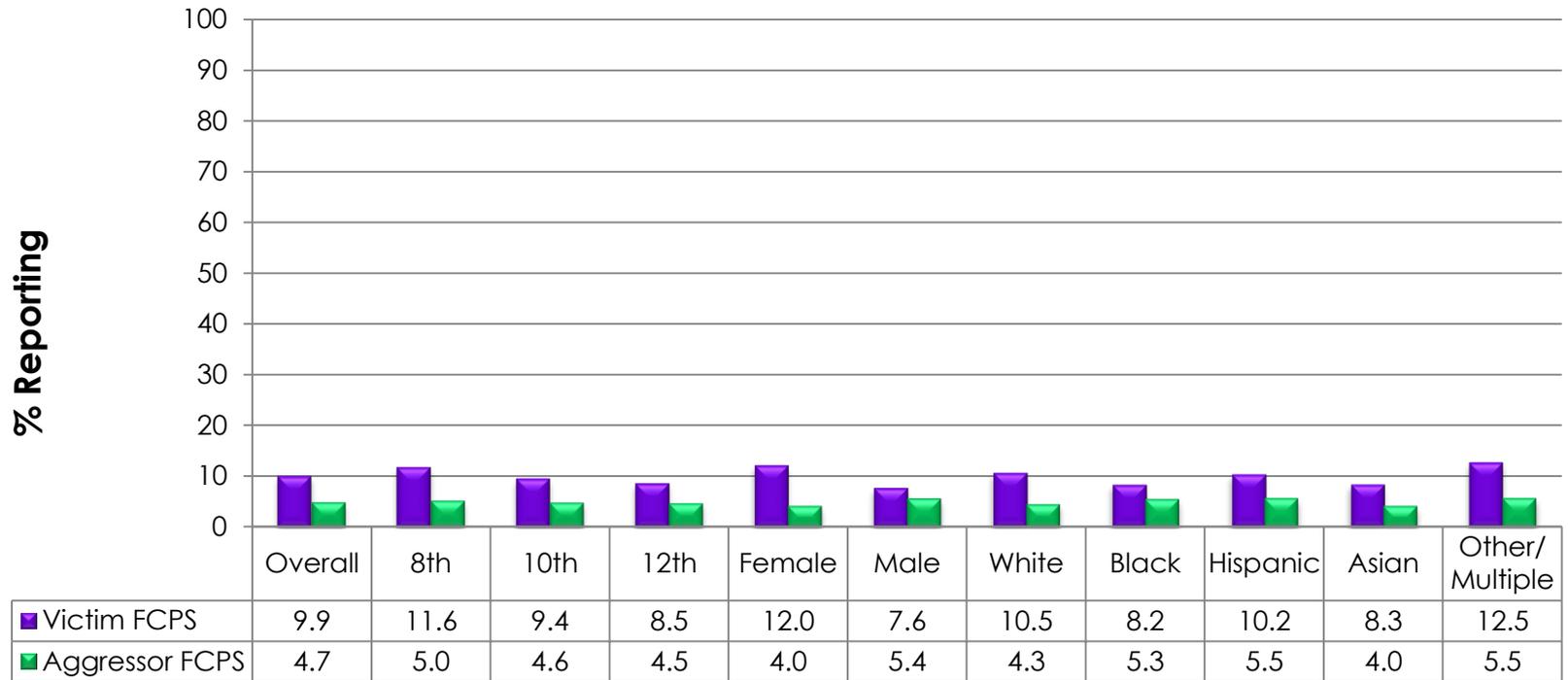
Note: 6th Grade Prevalence for Victim = 30.5%; Aggressor = 7.2%



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Percentage Who Experience Cyberbullying Between Schoolmates



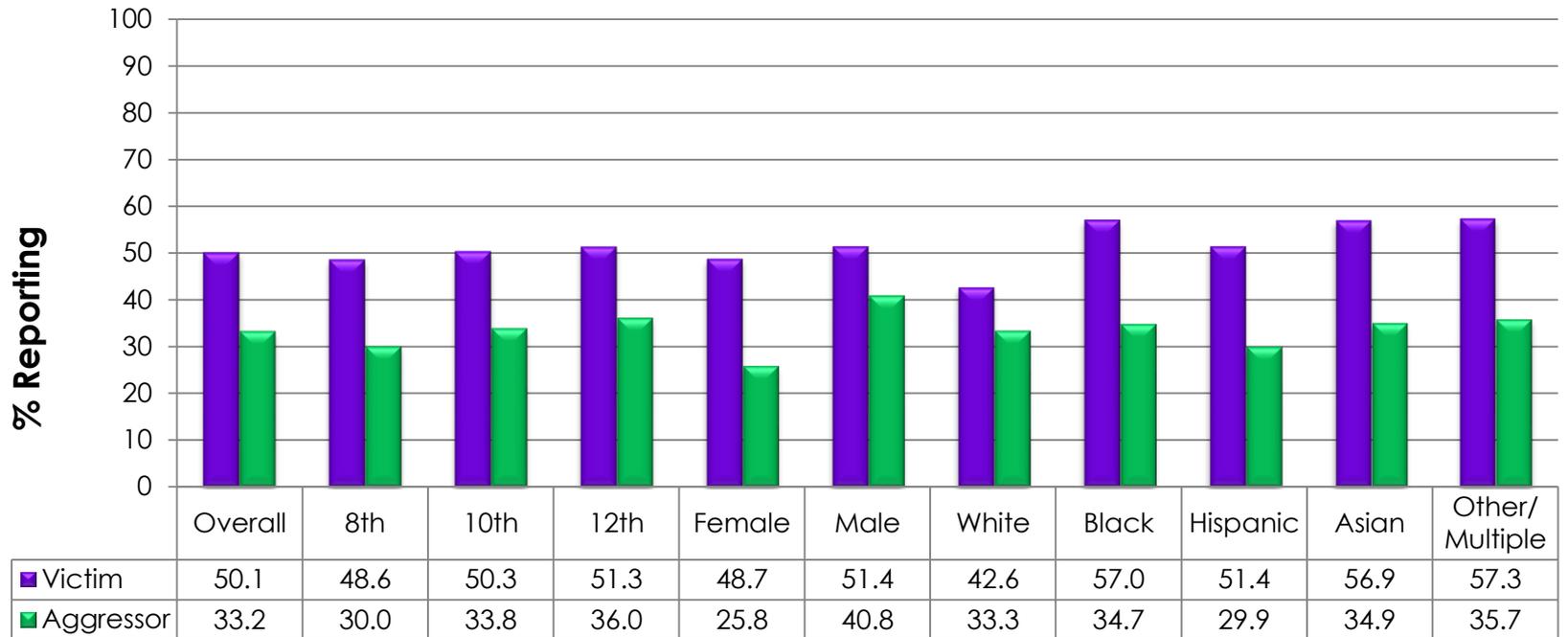
Note: 6th Grade Prevalence for Victim = 10.0%; Aggressor = 3.2%



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Percentage Who Experience Racial/Cultural Harassment



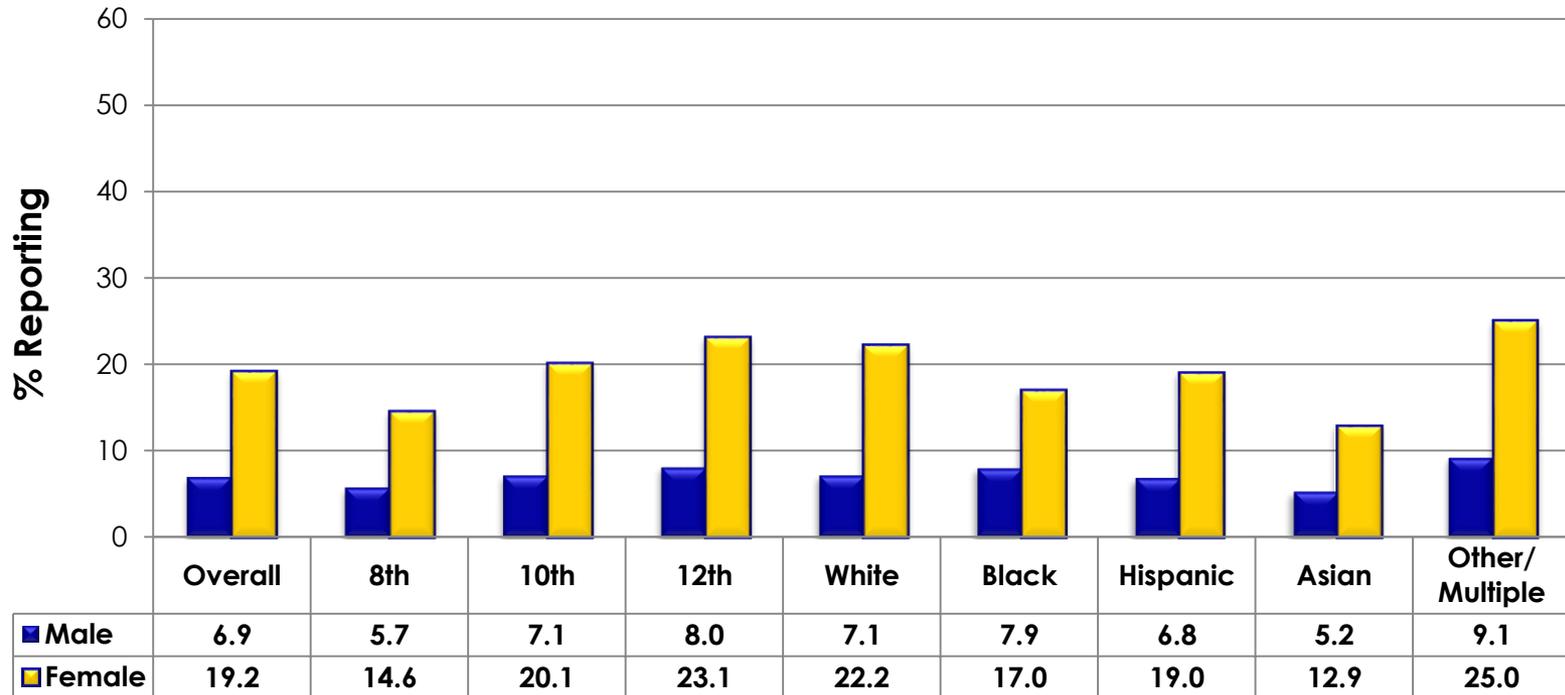
Note: 6th Grade Prevalence for Victim = 38.6%; Aggressor = 17.8%



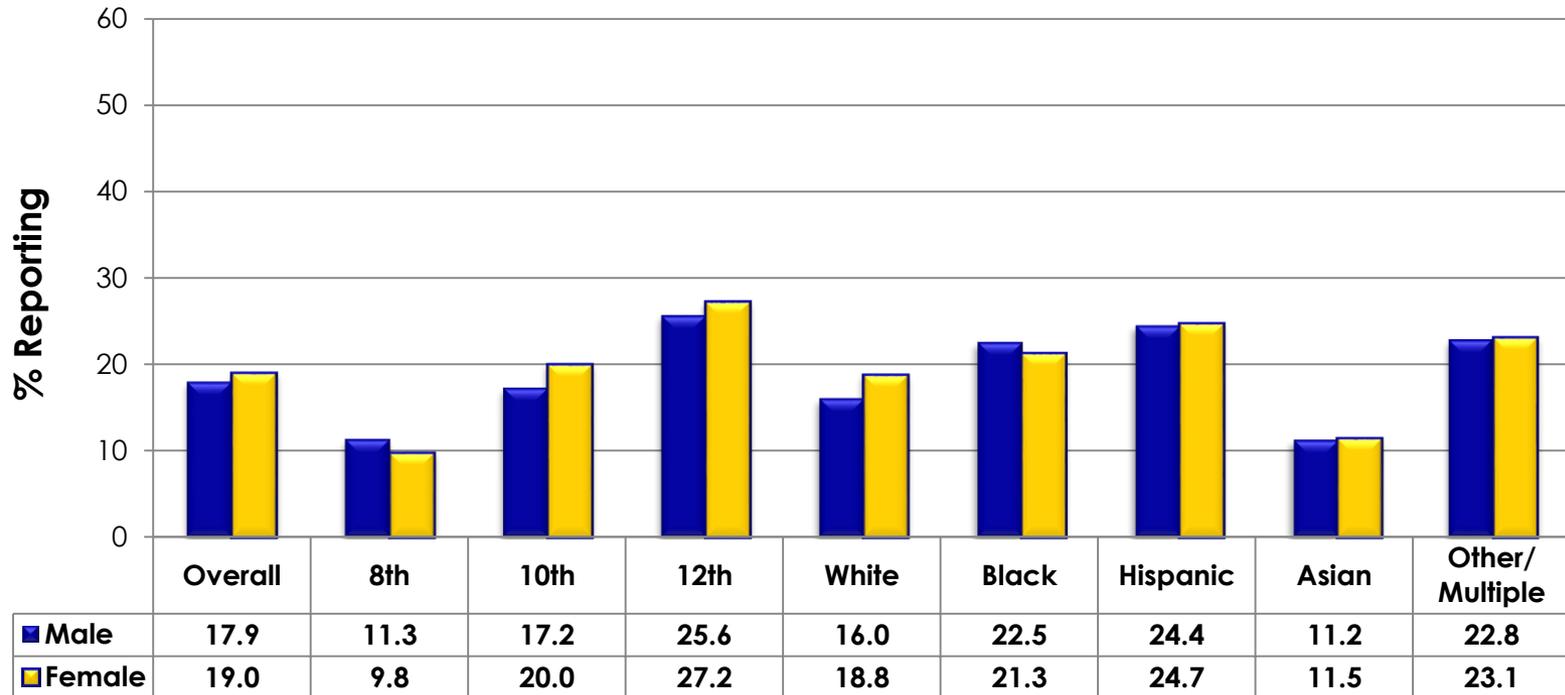
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Percentage Who Experience Sexual Harassment



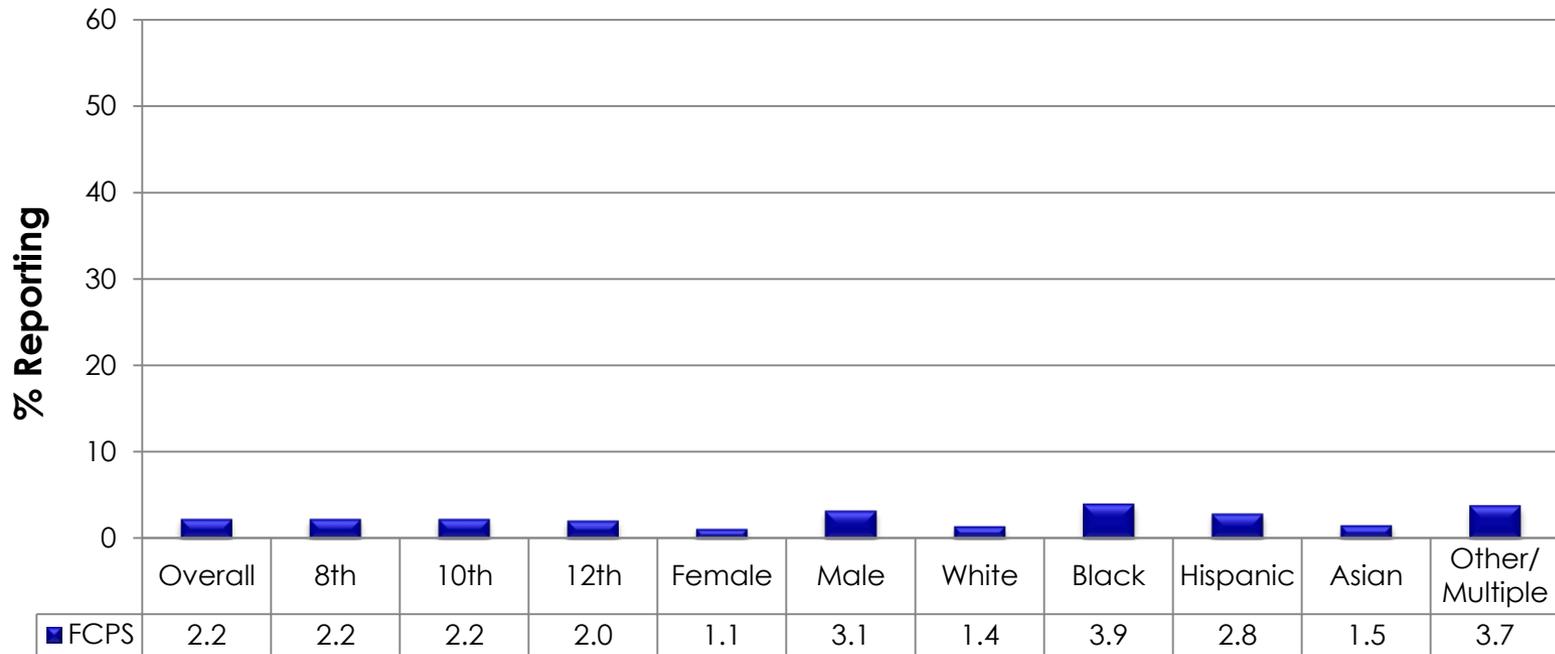
Percentage Who Experience Teen Dating Abuse/Violence



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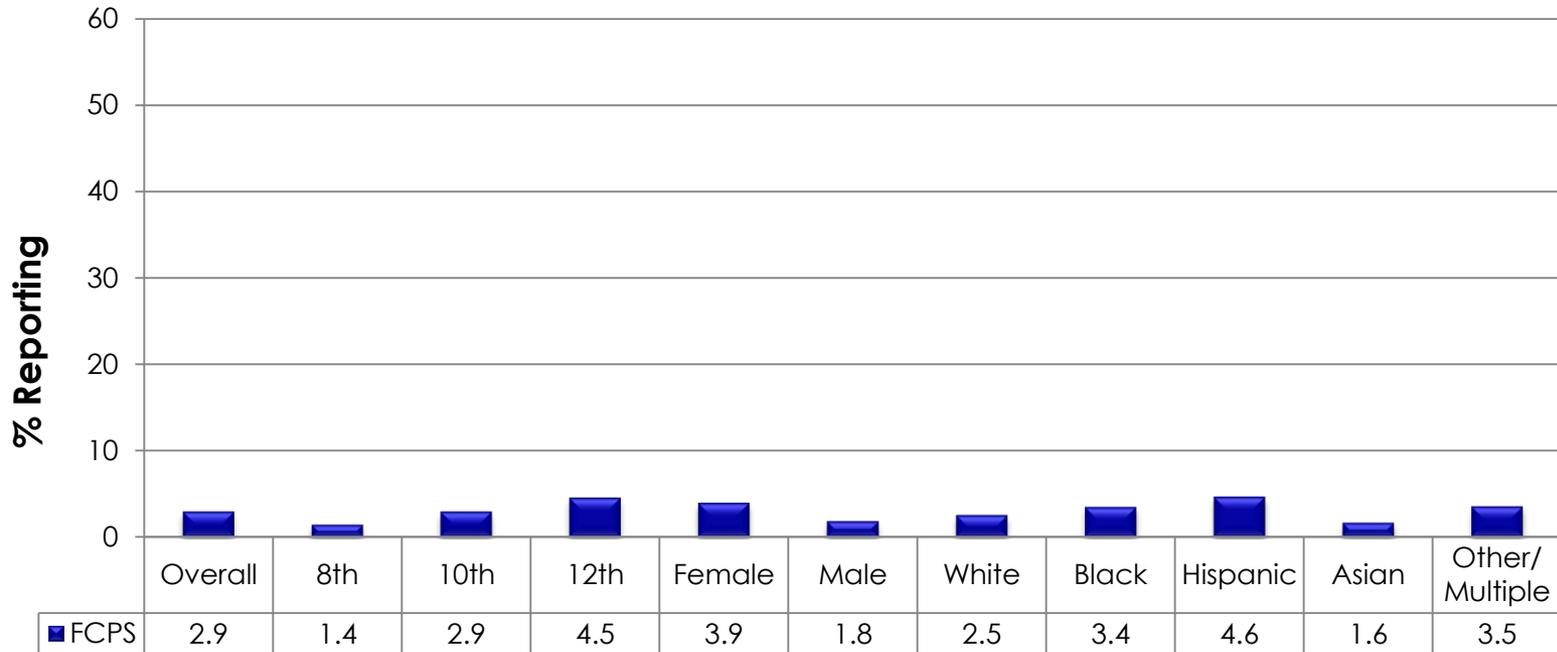
Percent Who Have Ever Been in a Gang



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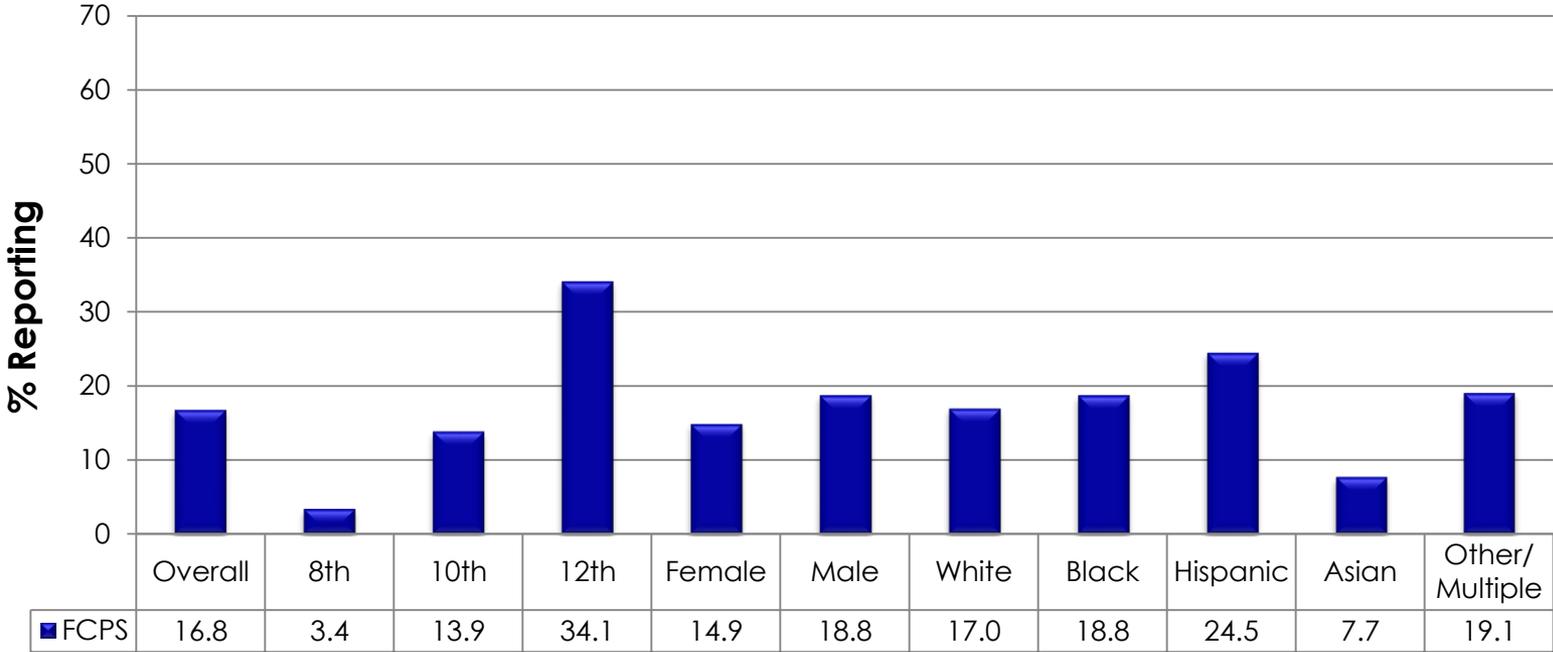
Percent Who Have Ever Been Physically Forced to Have Sex





Sexual Health

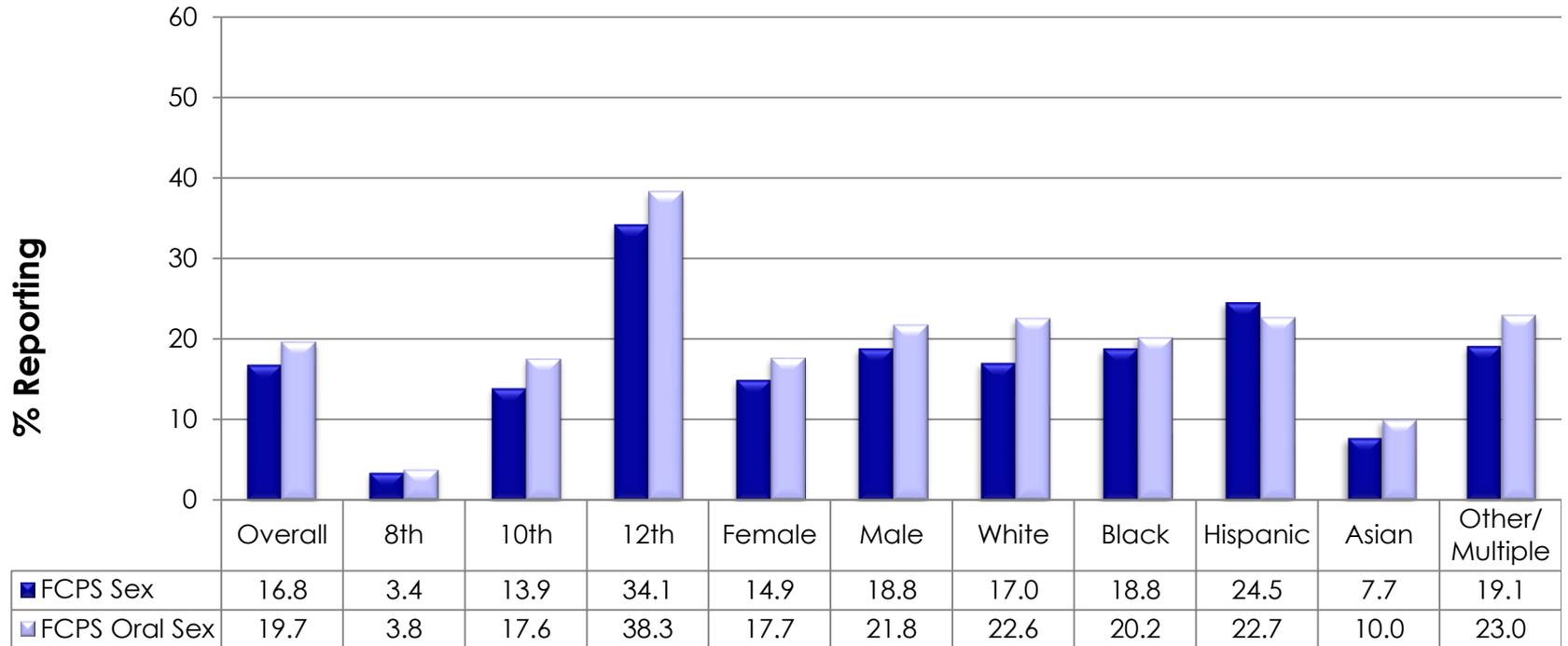
Percent Who Have Ever Had Sexual Intercourse



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Percent Who Have Ever Had Oral Sex

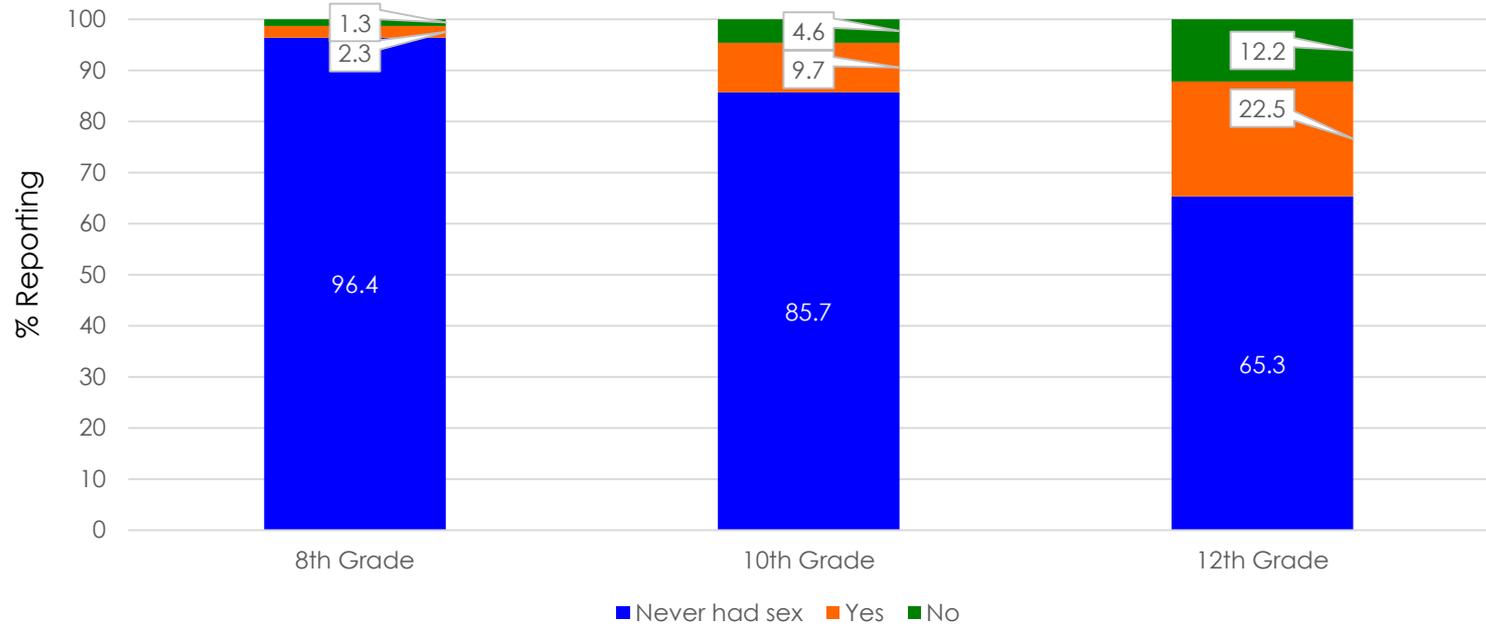


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Condom Use At Last Intercourse

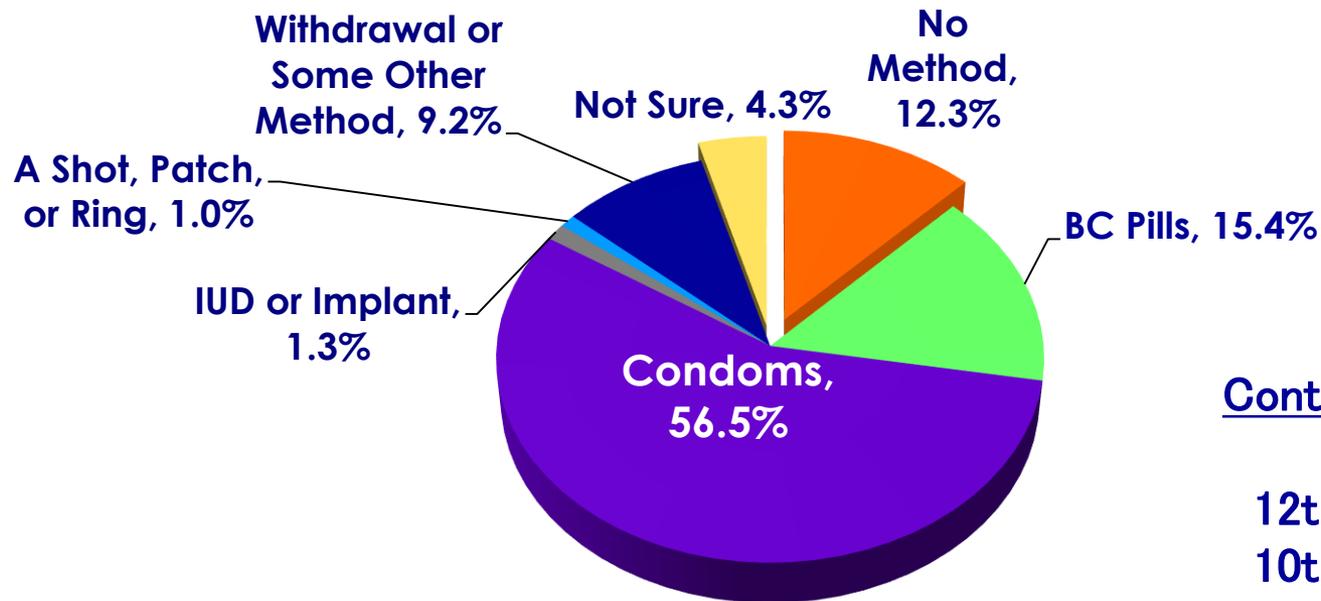
Countywide, 66% of Sexually Active Students Use Condoms



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Contraception Use Among Sexually-Active Students



Contraceptive Use

12th Grade 85.8%
10th Grade 81.4%
8th Grade 69.4%



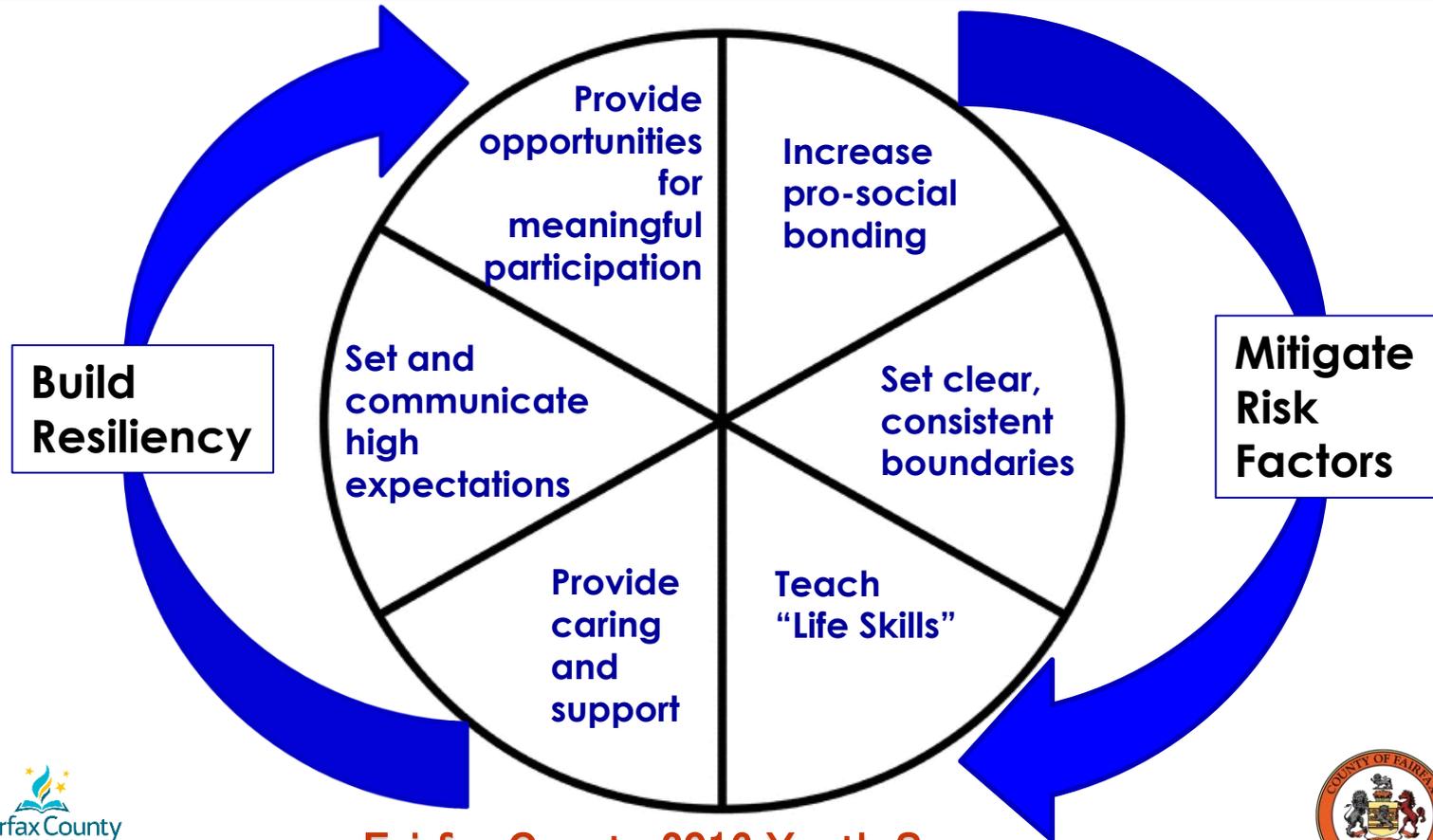
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Building Resiliency in Youth Through Assets

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

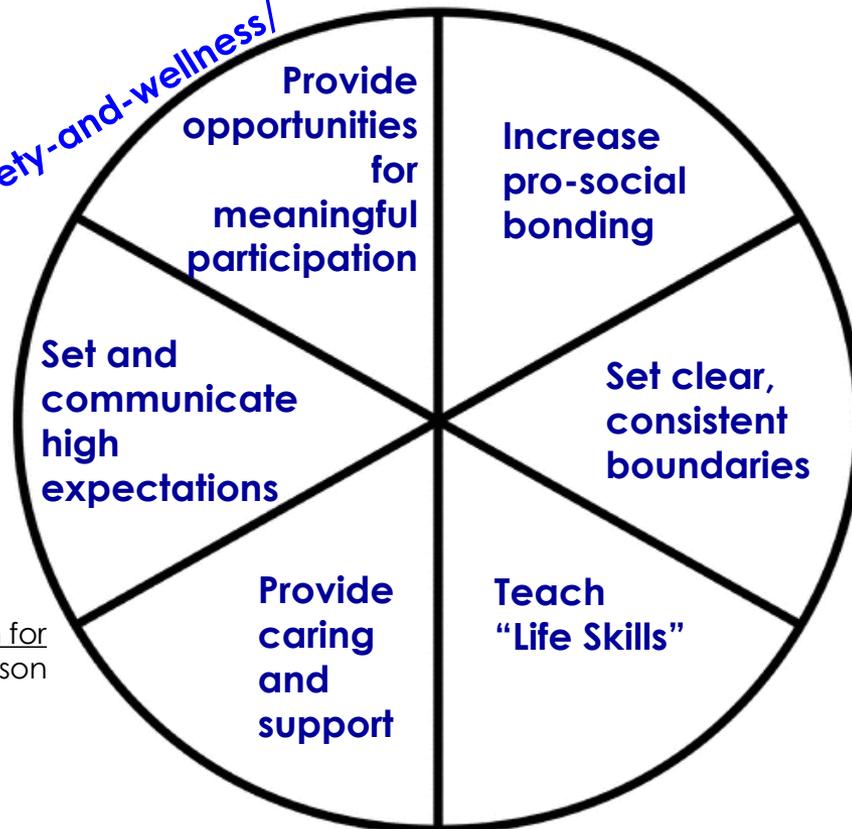


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To Learn More about Resiliency Builders

www.fcps.edu/resources/student-safety-and-wellness/mental-health-and-resiliency



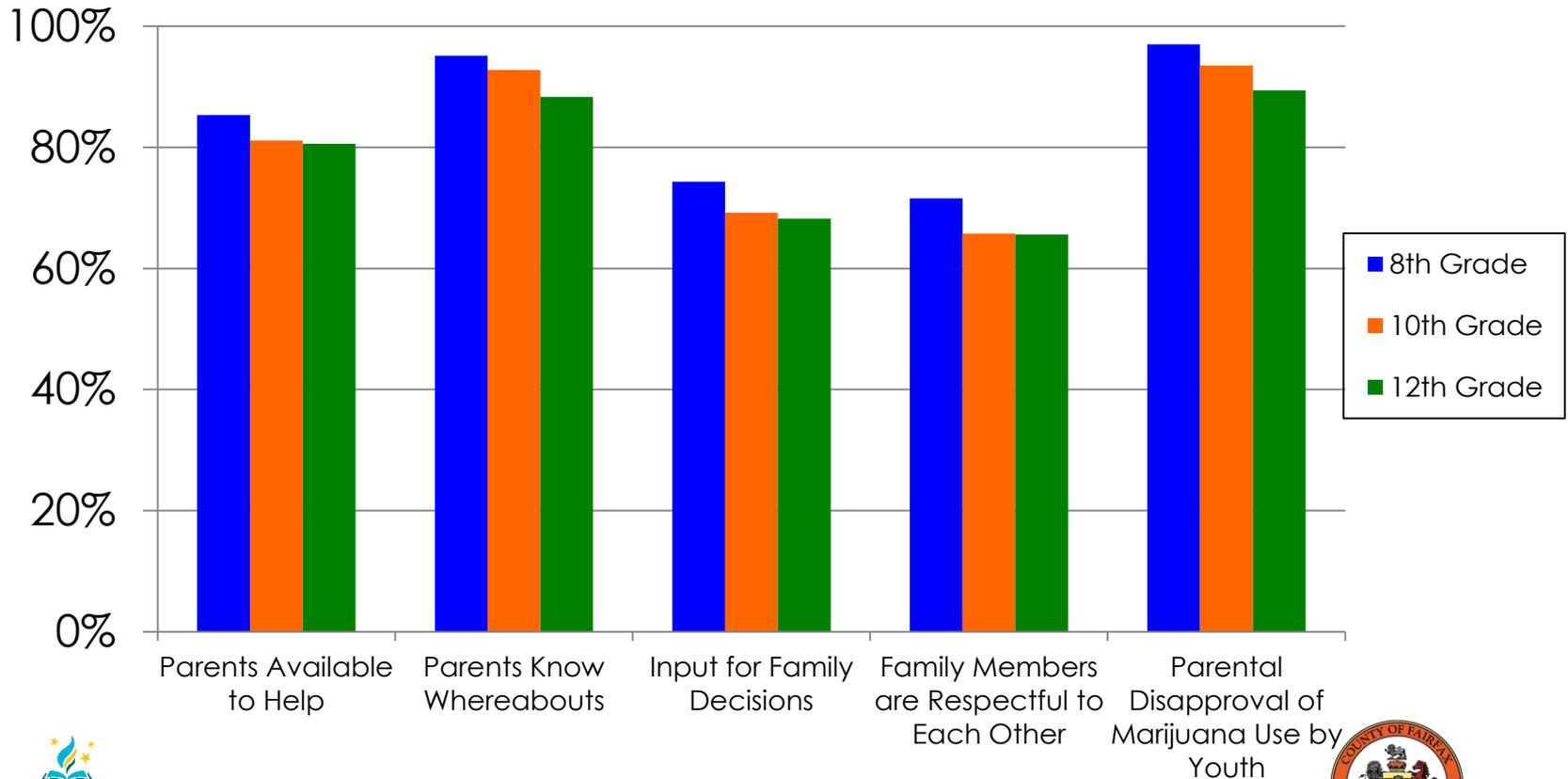
Adapted from the book Resiliency in Schools: Making it Happen for Students and Educators by Nan Henderson and Mike Milstein, Published by Corwin Press, Thousand Oaks, CA (2003)



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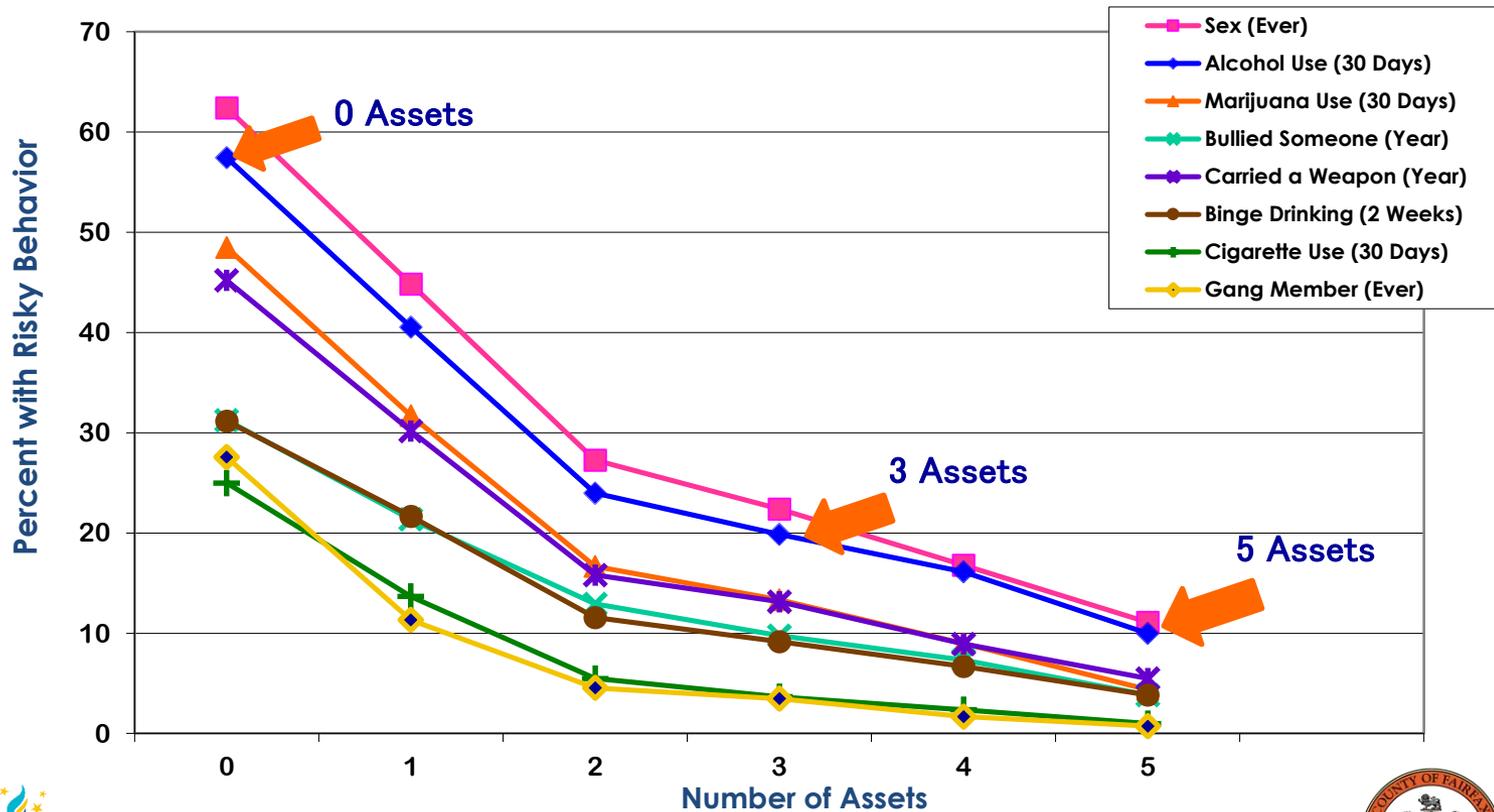
Assets Families Provide to Build Resiliency



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

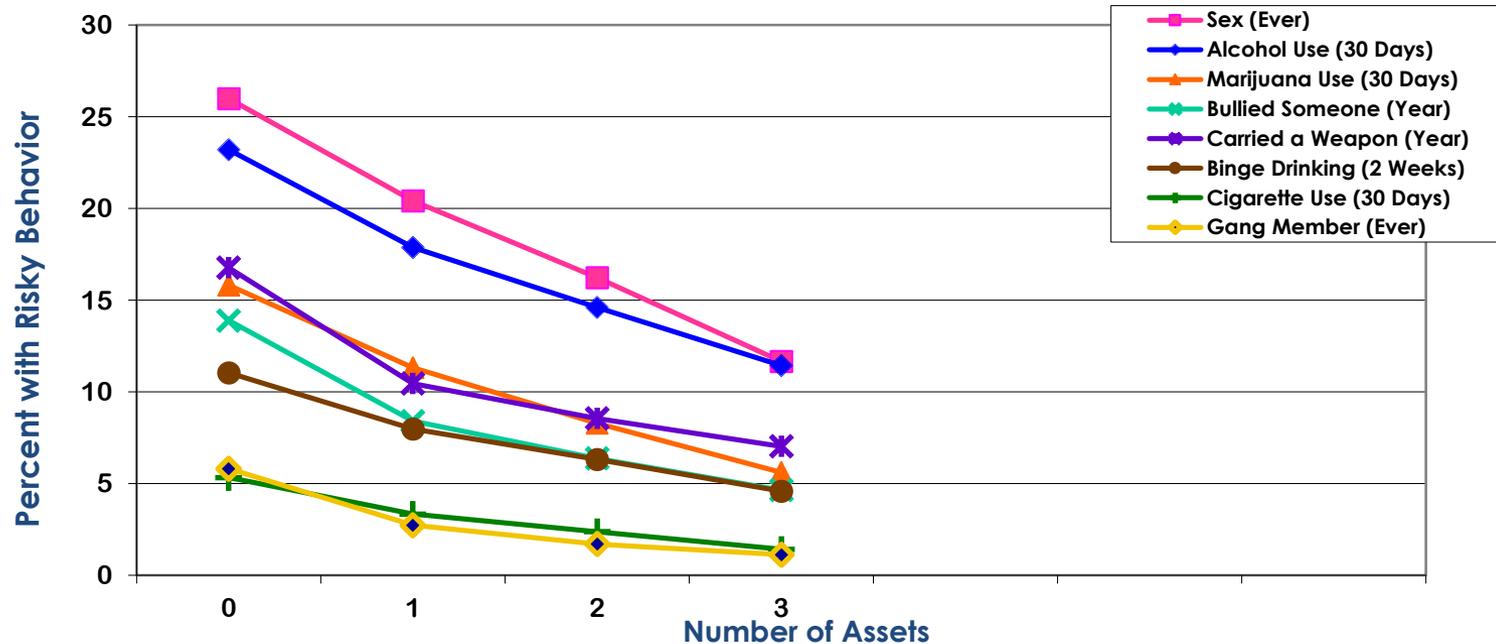


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Three to Succeed

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)**
 - 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/>

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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/mental-health-first-aid.htm>)
- Provide FCPS students with the CrisisText number:

Text NEEDHELP to 85511



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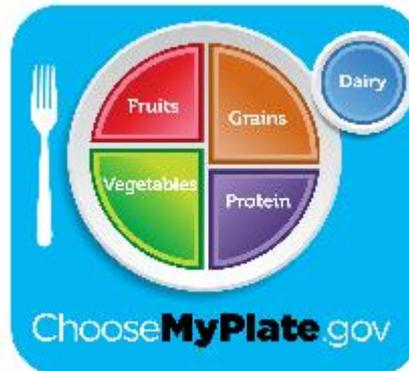
What You Can Do to Make a Difference

- **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**



Websites To Learn More

PREVENTION TOOLKIT

fairfaxcounty.gov/ncs/prevention/toolkit.htm

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

FAIRFAX COUNTY YOUTH SURVEY

fairfaxcounty.gov/youthsurvey



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Questions? Contact Us!

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