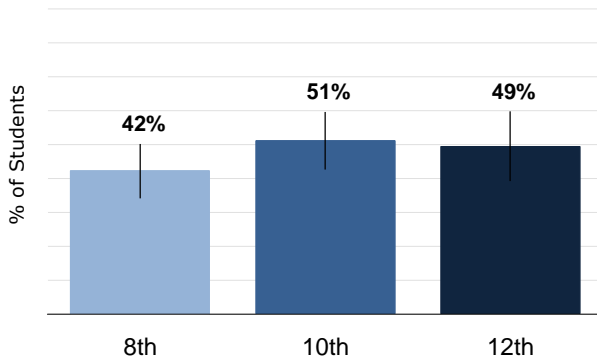




Depressive Feelings, Anxiety and Suicide for Jefferson County in 2018

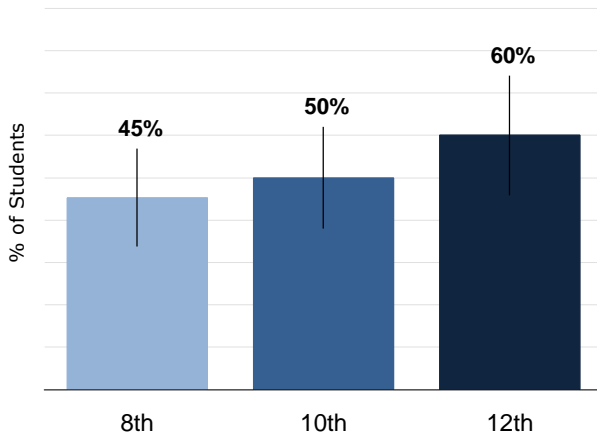
Depressive Feelings...

Students who report feeling sad or hopeless for at least two weeks in the past year



Support...

Students who report they have an adult to turn to when they feel sad or hopeless



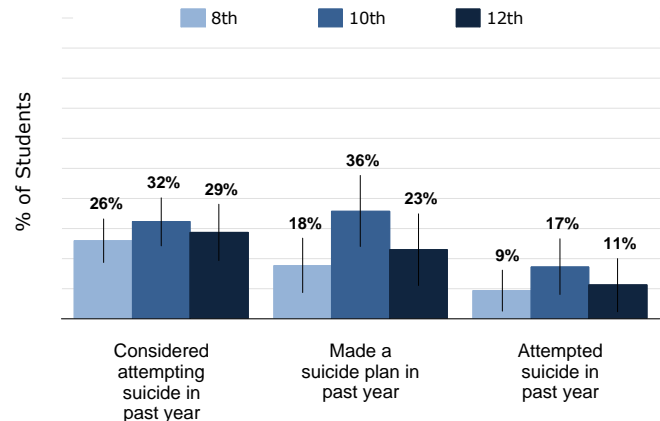
For help and information about what you can do, contact:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8225) or www.suicidepreventionlifeline.org
- For help, text "HOME" to 741741 for a 24/7, free, confidential crisis counselor or call 1-800-TEENLINK (833-6546) to speak with a caring teen.

The data in these charts are based on the State of Washington's Healthy Youth Survey conducted in fall 2018. In Jefferson County, 155 6th graders, 159 8th graders, 138 10th graders and 97 12th graders completed the anonymous survey.

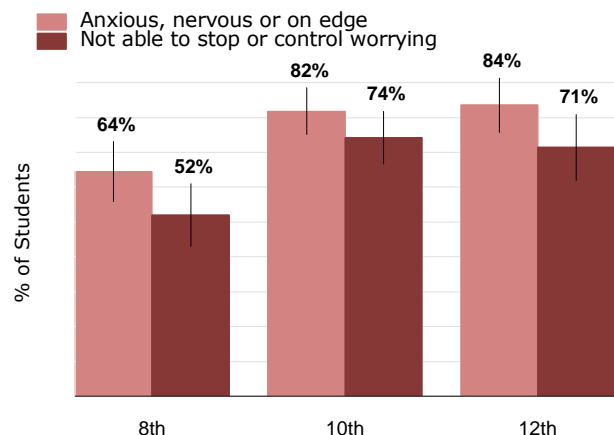
Suicidal Feelings and Actions...

Students who report considering suicide, making a suicide plan, and attempting suicide in the past year



Feeling Anxious and not able to Stop Worrying...

Students who report feeling nervous, anxious or over the edge or not being able to stop or control worrying in the past 2 weeks



YOU can save a life:

- Take it Seriously
- Understand the risk factors and watch for the warning signs (<https://afsp.org/about-suicide/risk-factors-and-warning-signs>).
- Emphasize, don't rationalize. Show you care. "I'm worried about you" or "I want to help you".
- Ask if they are thinking about killing themselves.
- Get help. Don't keep it a secret!

For immediate help call
1-800-273-TALK
1-866-4-U-TREVOR (GLBTQ)



For more results from the 2018 Healthy Youth Survey, please visit www.AskHYS.net



Marijuana Use for Jefferson County in 2018?

Page 1 of 3

The data in these charts are based on the Healthy Youth Survey conducted in fall 2018. In Jefferson County, 155 6th graders, 159 8th graders, 138 10th graders and 97 12th graders completed the survey.

For more results from the 2018 Healthy Youth Survey, please visit www.AskHYS.net

Background:

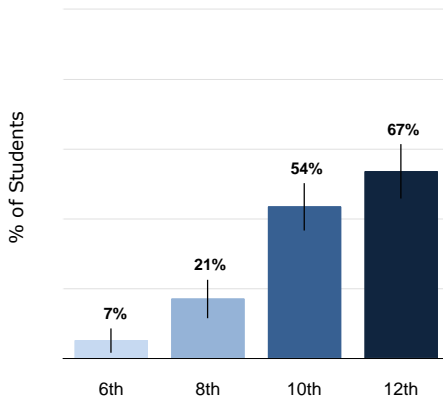
- Marijuana can be addictive. Most teens who enter drug treatment programs report marijuana is the main drug they use.
- If teens use marijuana, anxiety and depression can get worse. Marijuana use is associated with risk of anxiety and depression.
- Teens who use marijuana can have problems with learning and memory and are more likely to fail in school.

For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. For prevention tips and to connect with a prevention coalition in your area, visit www.StartTalkingNow.org.
- For free printed guides on preventing marijuana, alcohol and other drug use, visit the ADAI Clearinghouse www.adaiclearinghouse.org or call (206) 221-8325.
- For 24 hour help for mental health, substance use and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.
- For more information and references visit www.LearnAboutMarijuanaWA.org.

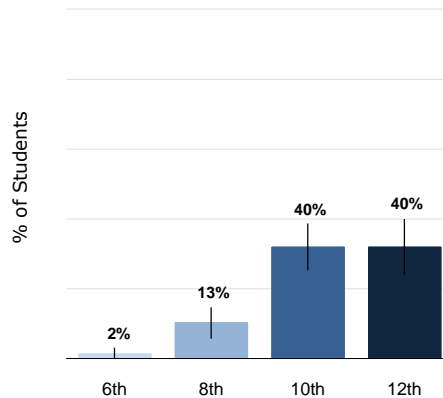
Lifetime Marijuana Use

"I have used marijuana at least once."



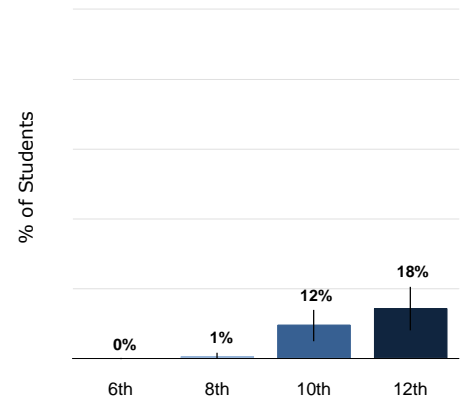
Current (past 30-day) Marijuana Use

"I have used marijuana at least once in the past month."

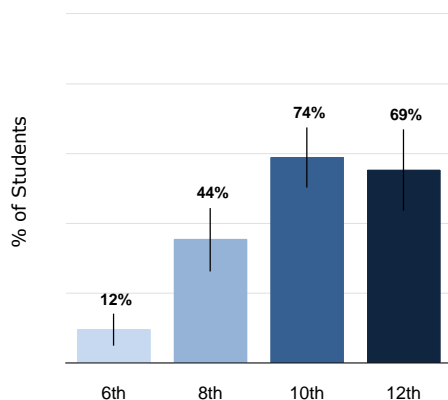


Heavy Marijuana Use

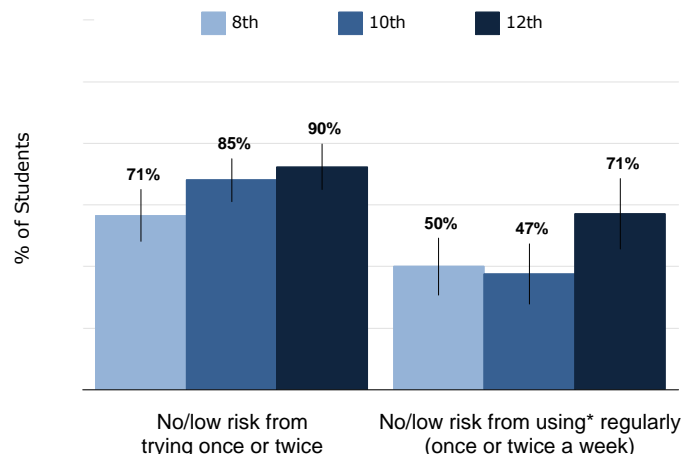
"I have used marijuana on 10 or more days in the past month."



Marijuana is Perceived as Easy or Very Easy to Get



Marijuana is Perceived as Not Harmful



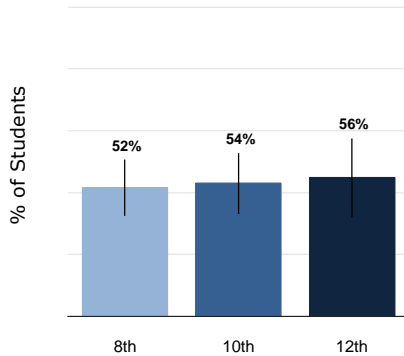
*"Smoked" regularly changed to "Used" regularly in 2014



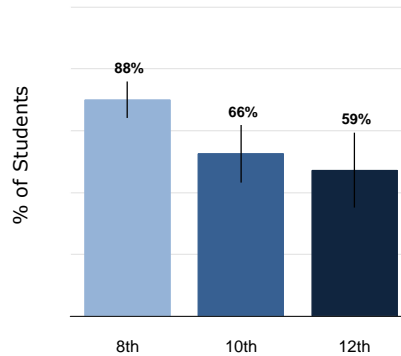
Marijuana Use for Jefferson County in 2018?

Page 2 of 3

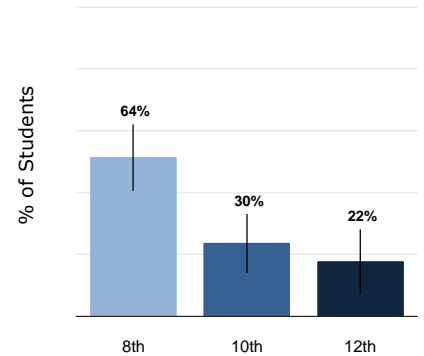
Parental discussion about not using marijuana



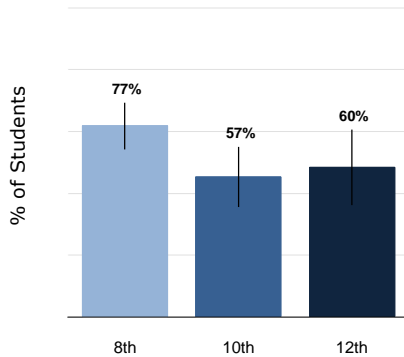
Parents think youth marijuana use is wrong



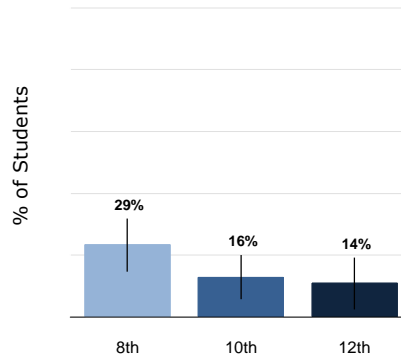
Peers think youth marijuana use is wrong



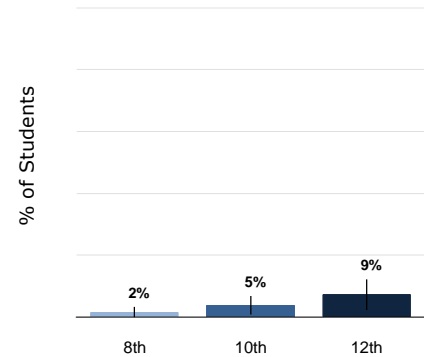
Community norm is marijuana use is wrong



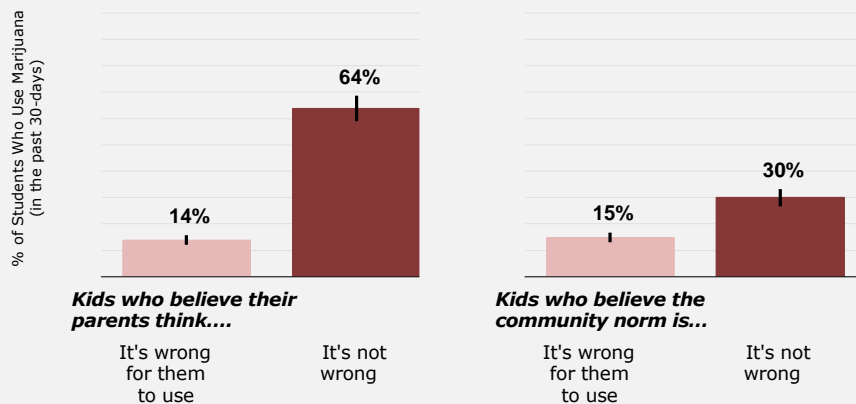
Police would catch me if I used marijuana



Marijuana use on school property in past month



Relationship between Marijuana Use and Perceived Parental and Community Norms, Grade 10, 2018



What does this chart say?

- Statewide, 10th graders are less likely to use marijuana if they believe their parents think it is wrong for them to use.
- Statewide, 10th graders are less likely to use marijuana if they believe their community thinks it is wrong for them to use.

Tips for parents and guardians to help teens avoid alcohol, marijuana and other drugs

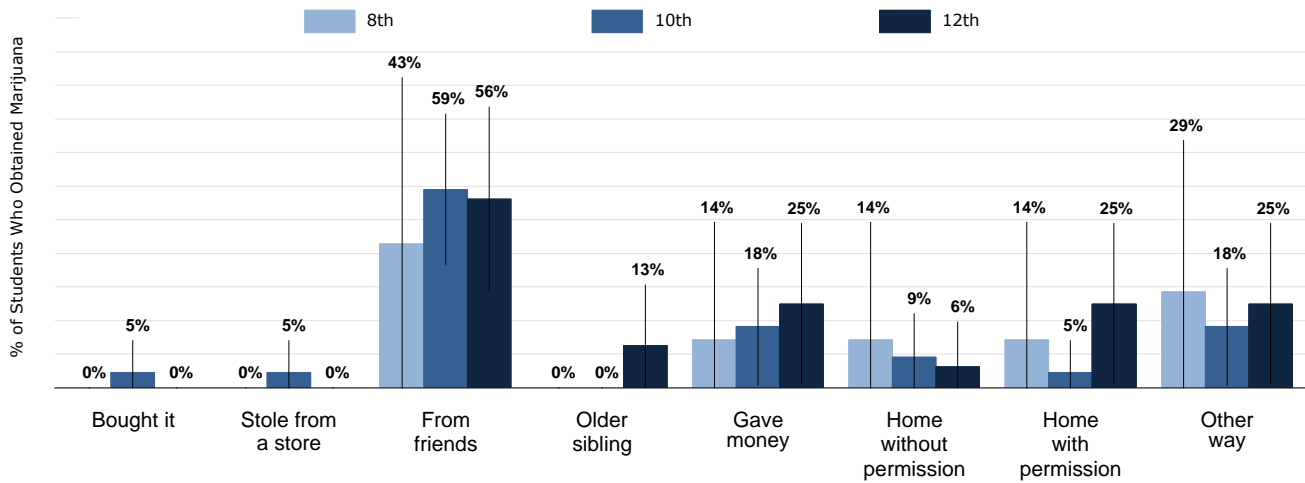
- Talk early and often about the risks. Get tips for how to talk with your child and stay better connected at www.StartTalkingNow.org.
- Set clear rules against alcohol and drug use, and enforce reasonable consequences.
- Stay involved in your child's life: eat dinner together, know who their friends are, keep track of what they are doing.
- Be aware of the signs and take action if you think your teen is using. Talk to your school's counselor, or get information about other resources in your area by calling the Washington Recovery Help Line at 1-866-789-1511.
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.



Marijuana Use for Jefferson County in 2018?

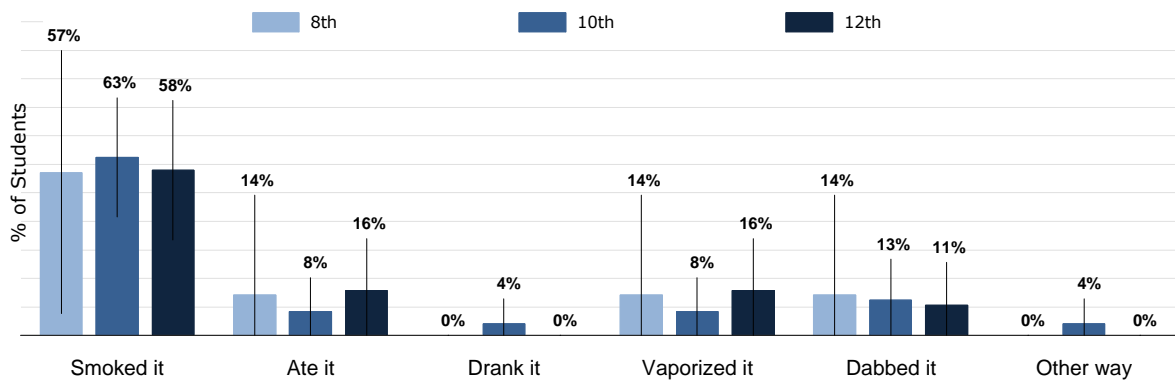
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Where Do Youth Get Marijuana?

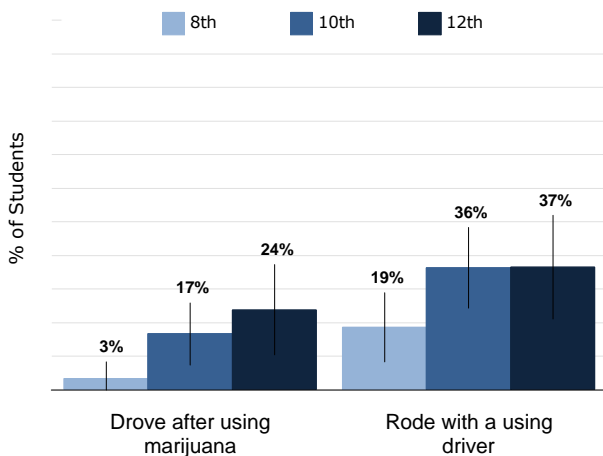


The percentages in this chart are based on all students who reported getting marijuana in the past 30 days, regardless whether they reported using in the past 30 days. Students could select multiple sources.

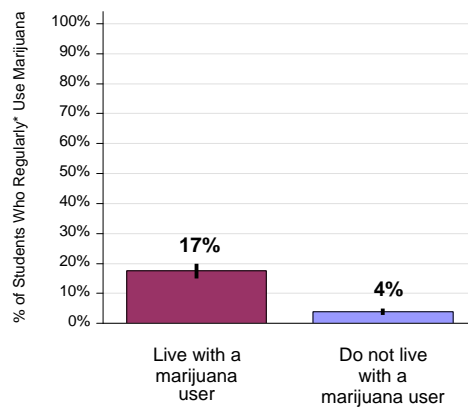
Type of Marijuana Use, among Current Marijuana Users



Marijuana Use and Riding/Driving



Statewide Relationship between Regular* Marijuana Use and Living with a Marijuana User, Grade 10, 2018



Statewide, more 10th graders who live with a marijuana user report regular* marijuana use compared to those who don't live with someone who uses marijuana.

*Regular marijuana use is defined as use on 6 or more days in the past 30 days.



Teen Prescription Misuse and Abuse for Jefferson County in 2018

Background:

- Prescription drug abuse is when someone takes a medication that was prescribed for someone else or takes their own prescription in a way not intended by a doctor---like to stay awake, or "to get high".
- Prescription drugs that affect the brain, including opioid pain killers, stimulants, and depressants, may cause physical dependence that can turn into addiction.
- Most teens get prescription drugs they abuse from friends and relatives, sometimes without the person knowing.
- Prescription drug abuse has become an important health issue, particularly the danger of abusing prescription pain medications. Drug overdose deaths have been on the rise in the United States; in 2014 there were more overdose deaths than deaths from motor vehicle crashes (CDC National Center for Health Statistics).

What can parents or caregivers do to prevent teen prescription misuse and abuse?

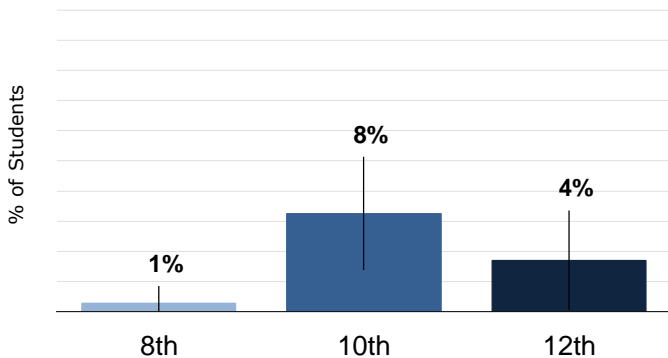
- Talk to your children about what you do to stay healthy, and, if you use medications, why they are safe for your personal use and not for them.
- Talk to your teen about the dangers of prescription drug misuse. Learn more at www.medicineabuseproject.org.
- Keep the most commonly abused prescription drugs (painkillers, sedatives and stimulants) in a lock box.
- Take steps to safeguard the most commonly abused prescription drugs (painkillers, sedatives, and stimulants) in your home: monitor their use, keep them in a lock box, and properly dispose of unused or expired medications.

For More Information:

- Learn more at www.drugfree.org.
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.
- For medication disposal locations, see www.takebackyourmeds.org.

Student Abuse of Painkillers (in last 30 days)

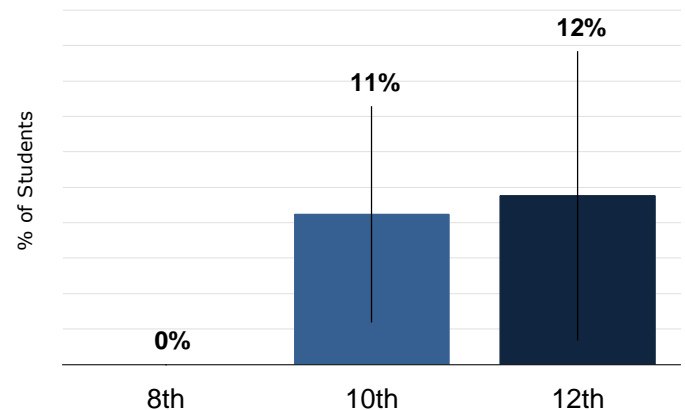
Students who report using painkillers* to get high at least once in the past month



*painkillers like Vicodin, OxyContin (sometimes called Oxy or OC) or Percocet (sometimes called Percs)

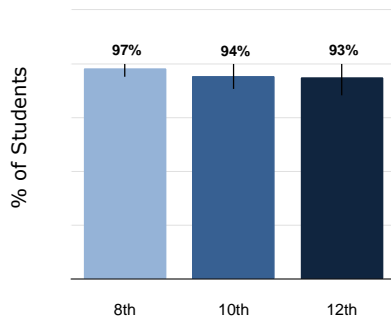
Students Misuse of Someone Else's Prescription (in last 30 days)

Students who report using prescription drugs not prescribed to them in the past month

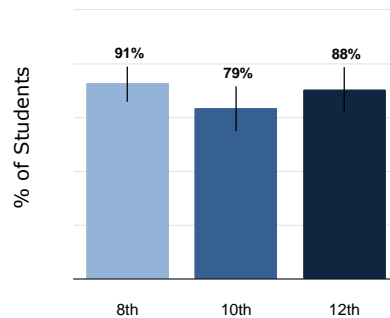


When students are asked about the use of prescription drugs that are not prescribed for them... their perceptions are:

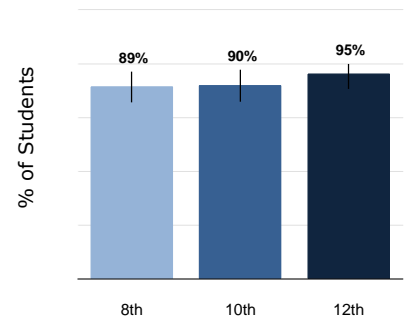
My parents would think it was wrong if I used prescription drugs not prescribed for me



My friends would think it was wrong if I used prescription drugs not prescribed for me



I risk harming myself if I use prescription drugs that are not prescribed for me



For more results from the 2018 Healthy Youth Survey, please visit www.AskHYS.net

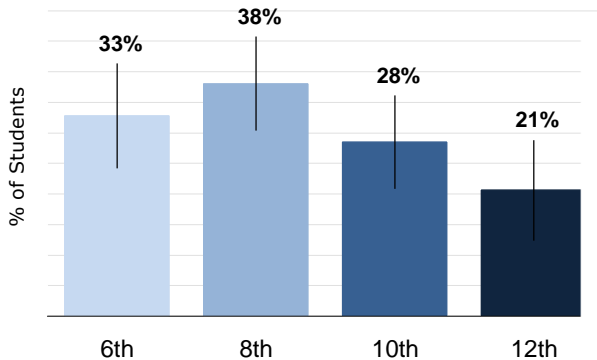
The data in these charts are based on the Healthy Youth Survey conducted in fall 2018. In Jefferson County, 155 6th graders, 159 8th graders, 138 10th graders and 97 12th graders completed the survey.



School Safety for Jefferson County in 2018

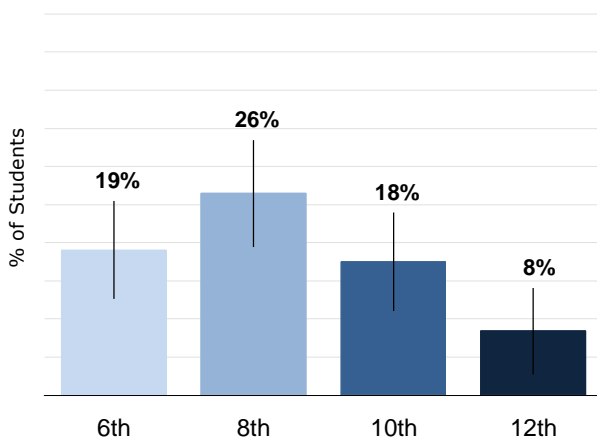
Bullied at school*...

Students who report they were bullied at school in the past month



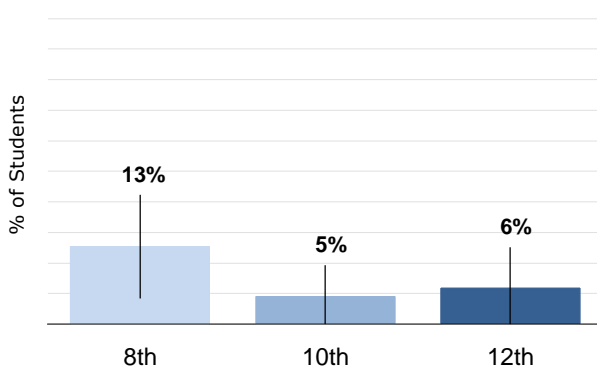
Not feeling safe...

Students who report they did not feel safe at school



Missing school due to safety...

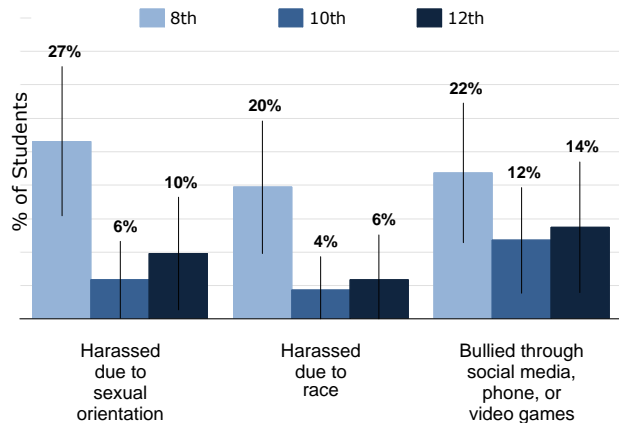
Students who report not going to school because they did not feel safe



For more results from the 2018 Healthy Youth Survey, please visit www.AskHYS.net

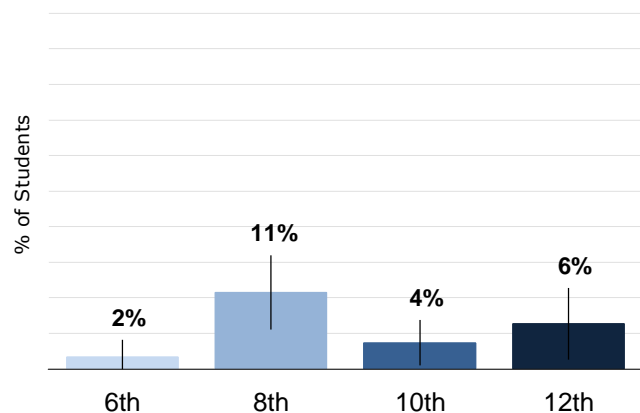
Harassment...

Students who report being harassed or bullied at school due to their perceived sexual orientation or race or by a computer or cell phone in the past month



Weapon carrying...

Students who report they carried a weapon on school property in the past month



For more information about bullying prevention and school safety, visit:

- Office of Superintendent of Public Instruction's School Safety Center: www.k12.wa.us/safetycenter

The data in these charts are based on the Healthy Youth Survey conducted in fall 2018. In Jefferson County, 155 6th graders, 159 8th graders, 138 10th graders and 97 12th graders completed the survey.

*In 2018, bullying is defined as when one or more students threaten, spread rumors about, hit, shove, or otherwise hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

Prevalence is displayed with 95% confidence intervals (as black bars |). "U" indicates data is unavailable, because of too few surveys completed, questions not asked, or other reasons.

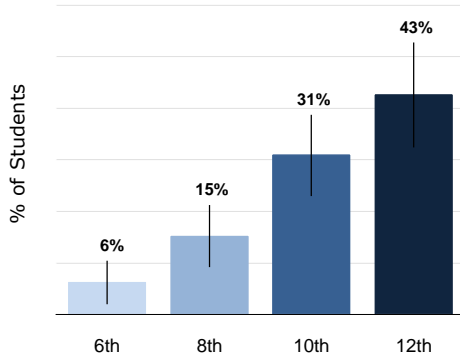


Youth Alcohol Use for Jefferson County in 2018

Are OUR youth using alcohol?

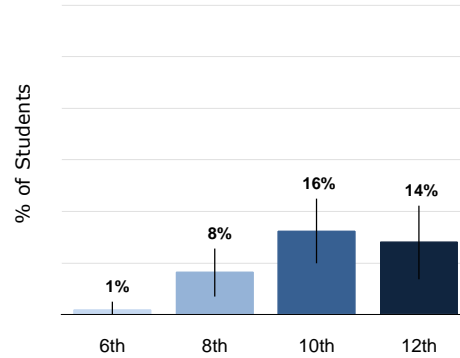
Current Drinking

Students who report drinking at least once in the past month



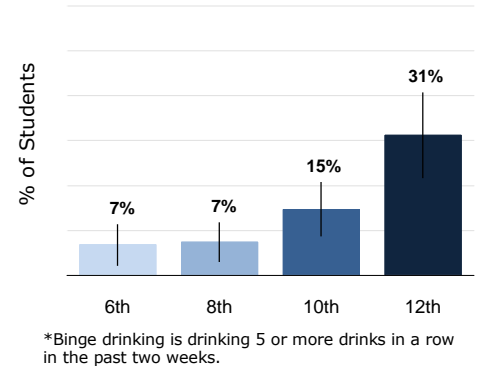
Experimental Drinking

Students who report drinking on 1-2 days in the past month, but no binge drinking



Problem or Heavy Drinking

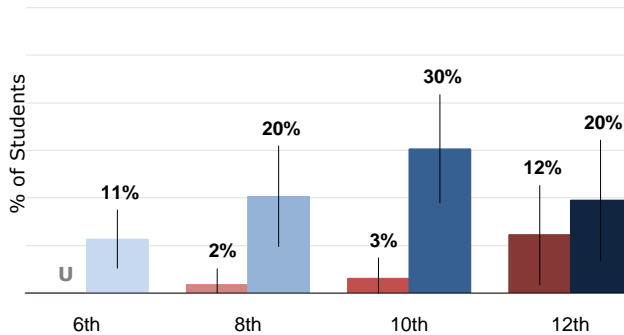
Students who report drinking 3 or more days in the past month and/or one or more binge drinking episodes*



In a Vehicle

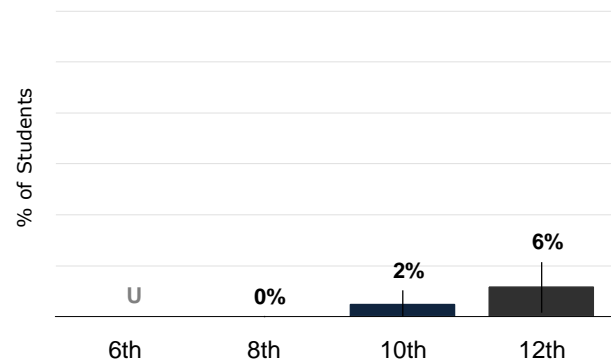
Students who report drinking and driving OR riding with a driver who had been drinking

■ Drove after drinking ■ Rode with drinking driver

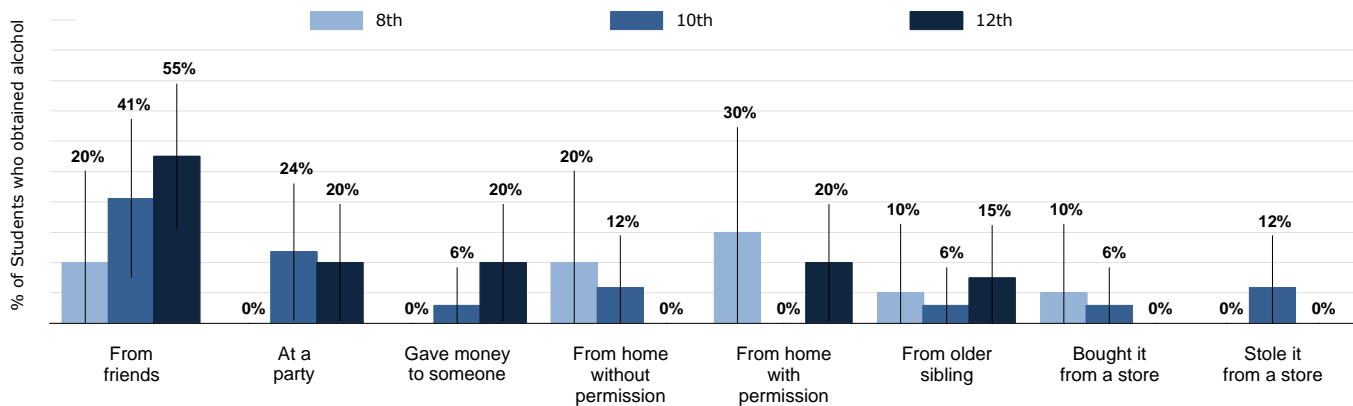


On school property

Students who report drinking on school property in the past month



Where Do Youth Get Alcohol?



The percentages in this chart are based on all students who reported getting alcohol in the past 30 days, regardless whether they reported drinking in the past 30 days. Students could select multiple sources.

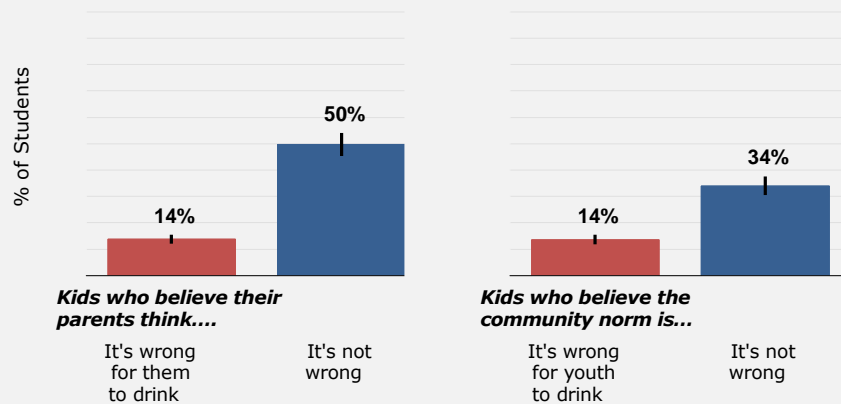
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Parents and communities have influence!

Kids are less likely to drink if they believe their parents or their communities disapprove of youth drinking.

Percent of 10th Graders who Drink Alcohol (Statewide)

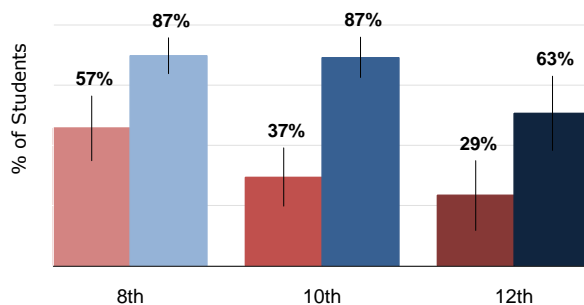


What does this chart say?

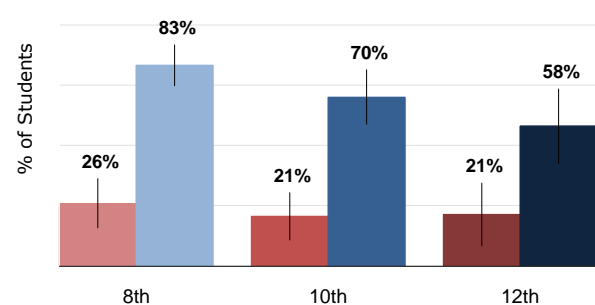
- Only 14% of kids drink alcohol if their parent's think it's wrong, while 50% drink if their parents don't think it's
- ~~wrong~~ 14% of kids drink alcohol if their community thinks it's wrong, while 34% drink if their community doesn't think it's wrong.

Kids in Jefferson County reported that they believe...

■ Parents would catch me if I had been drinking
■ Parents think youth drinking is wrong



■ Police would catch me if I had been drinking
■ Community norm is that youth drinking is wrong



Take action to reduce youth alcohol use!

Community Members - help reduce youth drinking by making it difficult for them to get alcohol.

The percent of Jefferson County kids who think that it would be easy to get alcohol increases as they get older, from 18% in 6th Grade to 60% in 12th Grade.

Parents - talk to your kids about the dangers of drinking alcohol.

The percent of Jefferson County kids who said their parents **didn't** talk to them about the dangers of alcohol increases as they get older, from 22% in 8th Grade to 19% in 12th Grade.

Start the conversation

Continue the conversation

Visit us at: www.StartTalkingNow.org

