

about

TEENAGE DRUG USE IN FAIRFAX COUNTY

what you need to know...

More than two-thirds of Fairfax County youth have not used any drugs or alcohol in the past 30 days.

Alcohol, tobacco, and marijuana are the most commonly used drugs among youth in Fairfax County. Overall, 8% of youth reported smoking marijuana or cigarettes in the last 30 days, but that number increases with age. Seventeen percent of twelfth graders report smoking cigarettes in the last 30 days and 18% report smoking marijuana.

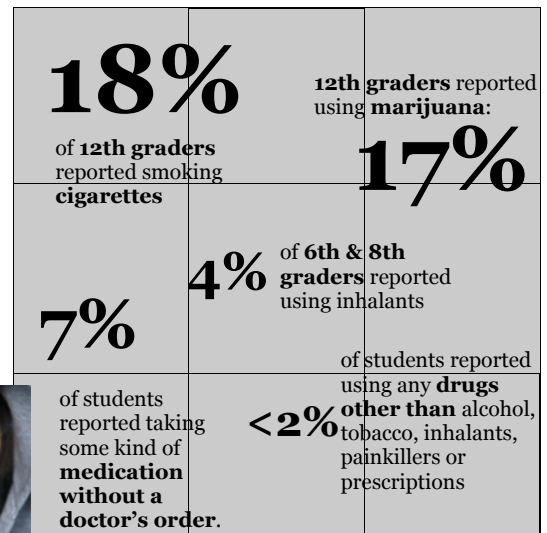
Inhalant use is most common with 6th and 8th graders and use decreases with grade level.

The use of drugs other than alcohol, tobacco, or marijuana is generally low in Fairfax County. Prescription drugs, painkillers, and over the counter medicines (used with the intent to get high) are the most frequently used other drugs reported in Fairfax County.

Use of drugs commonly referred to as "street drugs" like LSD, cocaine, methamphetamines, ecstasy, or heroin is very low in Fairfax County. Fewer than 2% of youth report using these drugs and in the case of heroin, use was reported as 0.6%.



Fairfax County youth self-reported current drug use (past 30 days).



2008 Fairfax County Youth Survey Report

what can I do?

if your teen shows signs of ...

- Chronic eye redness, sore throat or dry cough;
- Chronic lying, especially about whereabouts;
- Wholesale changes in friends;
- Stealing;
- Deteriorating relationships with family members;
- Wild mood swings, hostility, or abusive behavior;
- Chronic fatigue, withdrawal, carelessness about personal grooming;
- Major changes in eating or sleeping pattern;
- Loss of interest in favorite activities, hobbies, sports ...
- School problems — slipping grades, absenteeism

consider this ...

- Don't jump to conclusions, many signs are the same as depression, being a teenager or physical/emotional problems.
- Don't try to talk while your child seems under the influence.
- In a calm moment, explain that you are worried and give your child a chance to explain.
- Listen.
- Speak frankly and share your values and why you are dead set against drugs.
- DON'T GIVE UP!

Source: [The Partnership for a Drug-Free America](#)

if you are concerned ...

- Consult your doctor or a professional substance abuse counselor to rule out illness and to ask for advice.
- Have your child visit a mental health professional to see if there are emotional problems.
- Get involved with an intervention program to learn techniques that will help convince a drug user to accept help.
- If a program is to succeed, the family needs to be part of it. This can mean personal or family counseling.
- If you don't know about drug programs in your area, call your family doctor, local hospital or county mental health society or school counselor for a referral.



who can help?

Fairfax-Falls Church Community Services Board (CSB) Alcohol and Drug Services
www.fairfaxcounty.gov/csb/ads
24-Hour CSB Emergency Services
Phone: 703-573-5679 | TTY: 703-207-7737

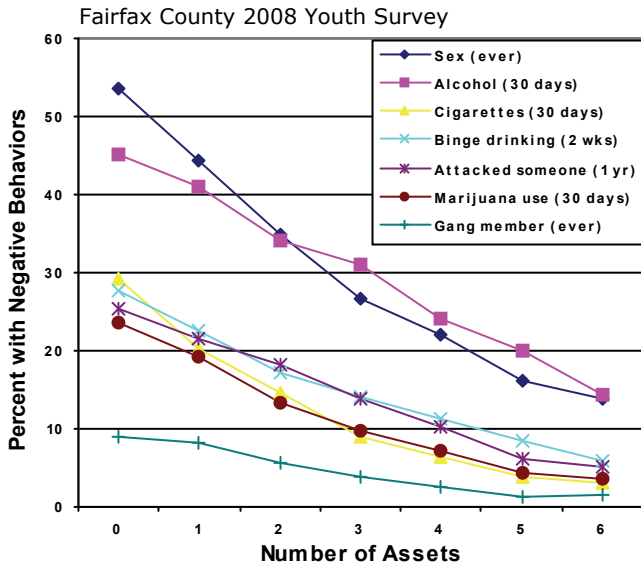
The Fairfax County Public Schools Department of Intervention and Prevention
703-423-4020

Fairfax County Public Schools Safe and Drug Free Youth
www.fcps.edu/ss/SDFY/



THREE TO SUCCEED

Thriving in Fairfax



The Three to Succeed concept is based on the youth survey analysis that shows how just having three assets (or strengths) dramatically reduces risk behaviors and promotes thriving youth.

schools, and communities that help them thrive in health, in school and daily life, and in a safe environment.

Young people in Fairfax County report positive influences from their communities, families, schools, and friends demonstrating the benefits of everyone taking a role in ensuring that EVERYONE'S CHILDREN are thriving in Fairfax.

The more assets an individual has in their lives, the fewer risk behaviors. Assets are strengths in young people, their families,

Assets	
Good grades	Parents notice when doing a good job
Involved in decision-making	Involved in extracurricular activities
Adults in my neighborhood to talk to	Involved in community service

PAST 30-DAY DRUG USE

	Marijuana	Cigarettes	Inhalants
6th	0.4%	0.6%	4%
8th	3%	4%	4%
10th	9%	7%	2%
12th	17%	18%	1%

The Fairfax County Youth Survey was administered in the spring semester of 2008 to a randomly drawn, statistically valid sample of students. Sixth grade students were administered the 6th Grade Survey which asked selected questions about drug use.

	Pain-killers	Pre-scriptions	LSD/Hallucinogens	Over-The-Counter	Cocaine/Crack	Ecstasy	Methamphetamines	Heroin
8th	3%	2%	0.6%	0.8%	0.8%	0.8%	0.8%	0.5%
10th	5%	3%	2%	2%	2%	1%	1%	0.7%
12th	4%	4%	2%	2%	2%	2%	1%	0.5%

websites

Fairfax County Prevention System (*links to Youth Survey*)
www.fairfaxcounty.gov/dsm/prevention

Fairfax-Falls Church Network of Care
www.fairfax-fallschurch.va.networkofcare.org/mh/resource/find.cfm

Unified Prevention Coalition of Fairfax County Public Schools
www.unifiedpreventioncoalition.org

The Partnership for a Drug-Free America
www.drugfree.org

Parents, the Anti-Drug
www.theantidrug.com

SAMHSA Family Guide
www.family.samhsa.gov



A publication of Fairfax County, Va., and Fairfax County Public Schools

Impacts of Substance Use

Youth who have used drugs or alcohol in the last 30 days are more likely to:

- ◆ Have carried a weapon.
- ◆ Report having been depressed or considered suicide.
- ◆ Have had sexual intercourse.
- ◆ Have been victims of sexual assault.

