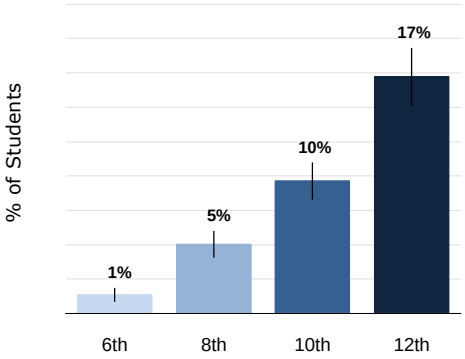
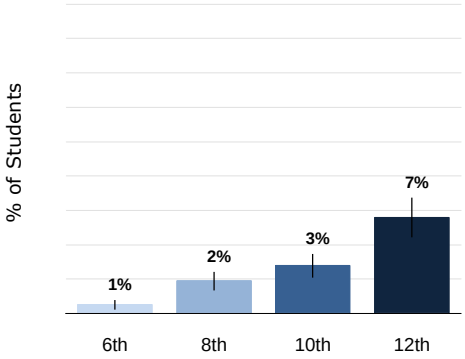
Fact Sheet
Youth Alcohol Use for Olympic ESD 114 in 2023

Are OUR youth using alcohol?

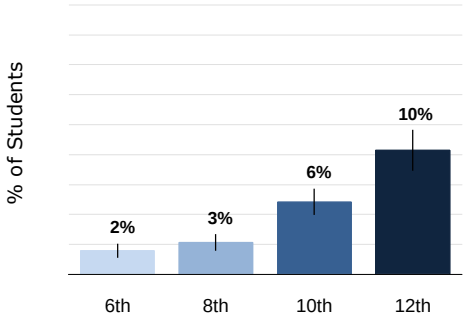
Current Drinking
Students who report drinking at least once in the past month



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

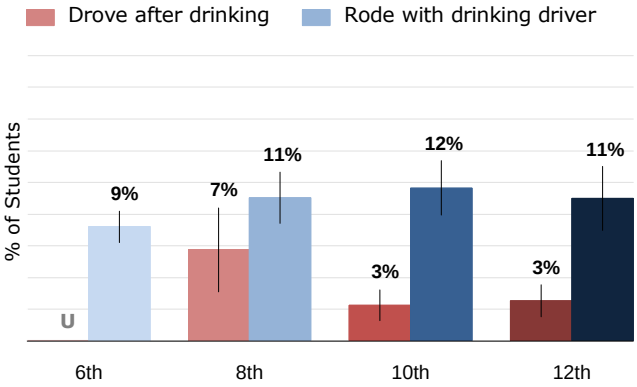


Problem or Heavy Drinking
Students who report drinking 3 or more days in the past month and/or one or more binge drinking episodes*

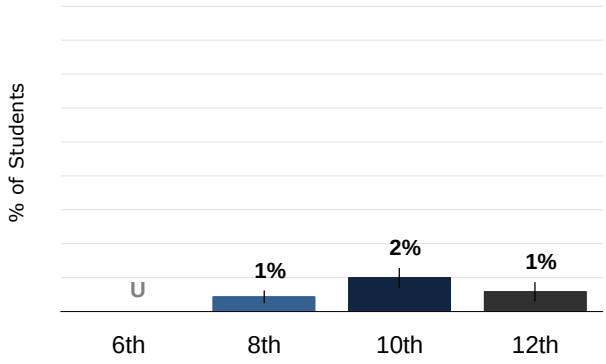


*Binge drinking is drinking 5 or more drinks in a row in the past two weeks.

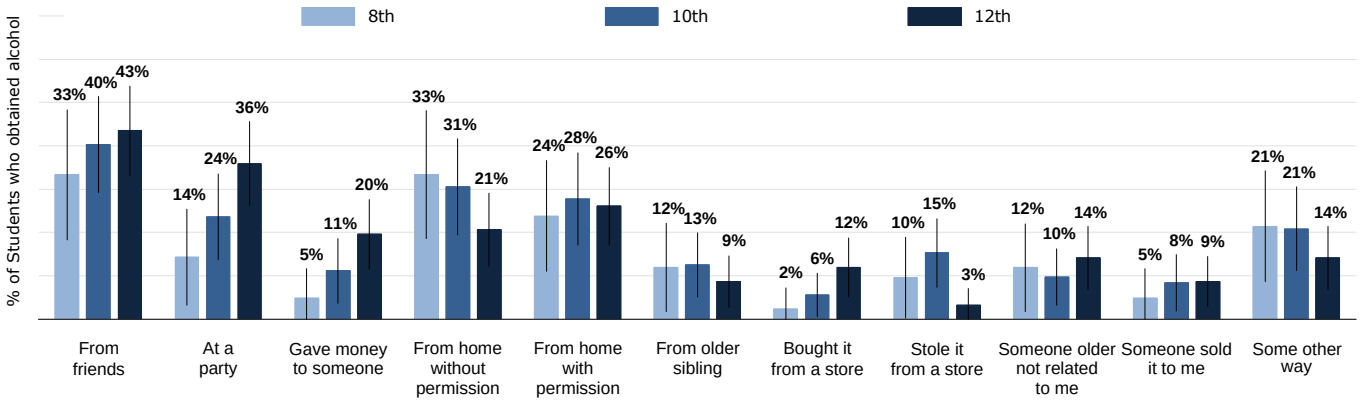
In a Vehicle
Students who report drinking and driving OR riding with a driver who had been drinking in the past 30 days



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.

The data in these charts are based on the Healthy Youth Survey conducted in fall 2023. In Olympic ESD 114, 2,304 6th graders, 2,296 8th graders, 2,154 10th graders and 1,426 12th graders completed the survey.

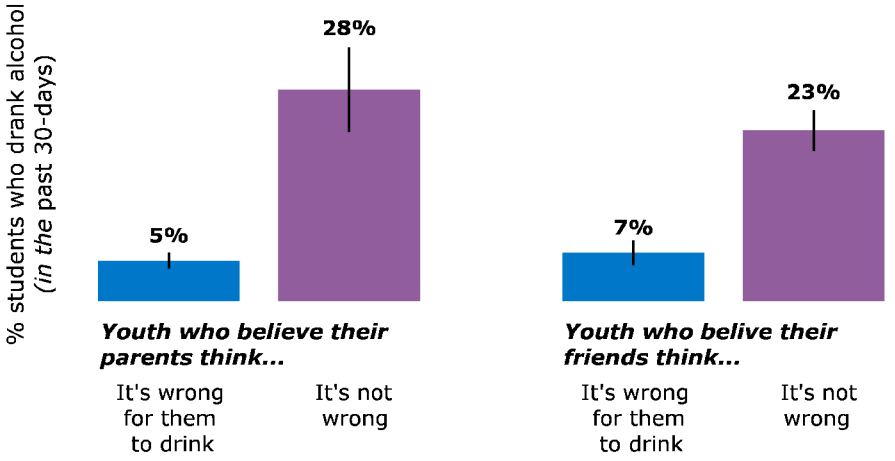
For more results from the 2023 Healthy Youth Survey, please visit www.AskHYS.net

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.

Parents and friends have influence!

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

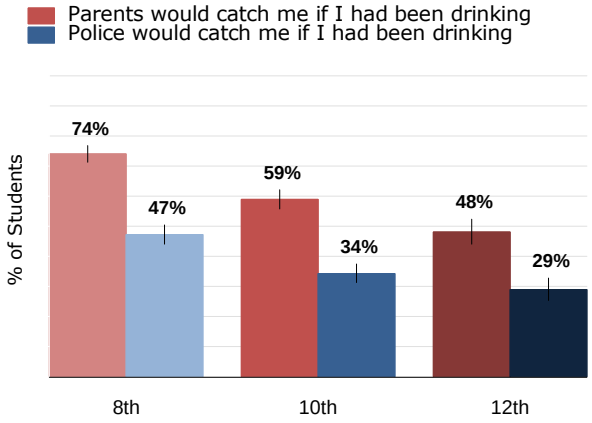
Percent of 10th Graders who Drink Alcohol (Statewide)

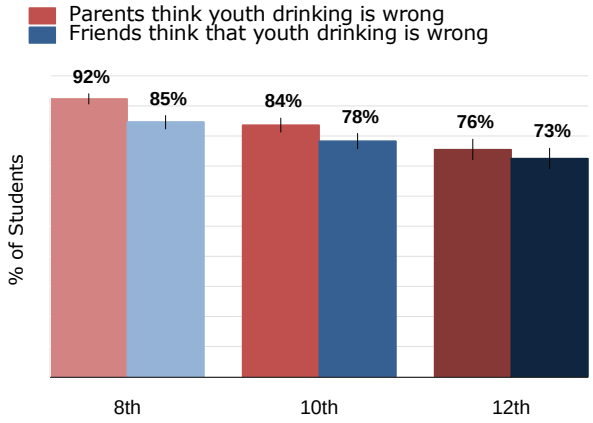


What does this chart say?

- Only 5% of youth drink alcohol if their parents think it's wrong, while 28% drink if their parents don't think it's wrong
- Only 7% of youth drink alcohol if their friends think it's wrong, while 23% drink if their friends don't think it's wrong.

Youth in Olympic ESD 114 reported that they believe...





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 Olympic ESD 114 youth who think that it would be easy to get alcohol increases as they get older, from 15% in 6th Grade to 50% in 12th Grade.

Parents - talk to your kids about the dangers of drinking alcohol.
The percent of Olympic ESD 114 youth who said their parents ***didn't*** talk to them about the dangers of alcohol increases as they get older, from 29% in 8th Grade to 32% in 12th Grade.

Help youth make healthy choices

***Start** the conversation*

Continue the conversation

Visit us at: www.StartTalkingNow.org

WASHINGTON HEALTHY YOUTH COALITION
Keeping youth and young adults free from alcohol and marijuana

Fact Sheet
Marijuana Use for Olympic ESD 114 in 2023

The data in these charts are based on the Healthy Youth Survey conducted in fall 2023. In Olympic ESD 114, 2,304 6th graders, 2,296 8th graders, 2,154 10th graders and 1,426 12th graders completed the survey.

For more results from the 2023 Healthy Youth Survey, please visit www.AskHYS.net

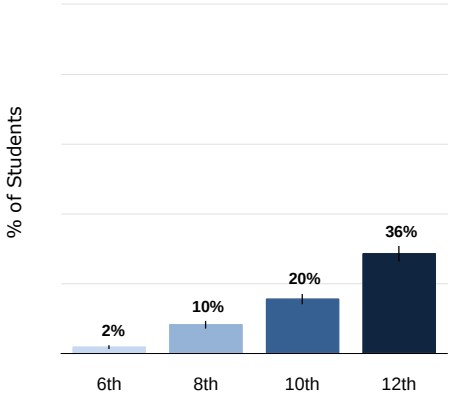
Background:

- Research shows between 10 and 30% of marijuana users develop some degree of addiction. Those who start using earlier may be more likely to develop an addiction (https://nida.nih.gov/publications/drugfacts/cannabis-marijuana).
- Marijuana use can impact brain development. Brain development continues until 25 years of age.
- Marijuana use can cause deficits in learning and memory. Teens who use marijuana are more likely to receive failing grades in school.

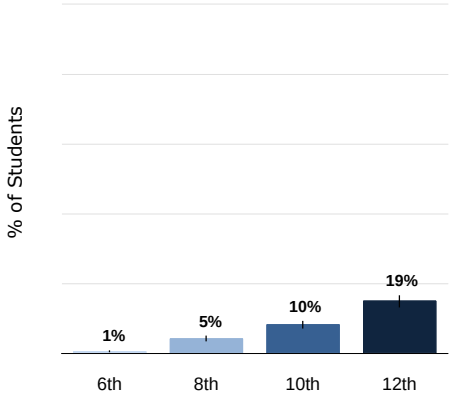
For More Information:

- To learn more, go to the Start Talking Now website: www.StartTalkingNow.org. To find out about prevention coalitions in your area and how to get involved, go to https://www.theathenaforum.org/cpwi_coalitions.
- For free printed guides on preventing marijuana, alcohol and other drug use, visit the ADAI Clearinghouse http://adaiclearinghouse.net or call (206) 221-8325.
- For 24 hour help for mental health, substance use or misuse, and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.
- For more information and references visit www.LearnAboutMarijuanaWA.org.

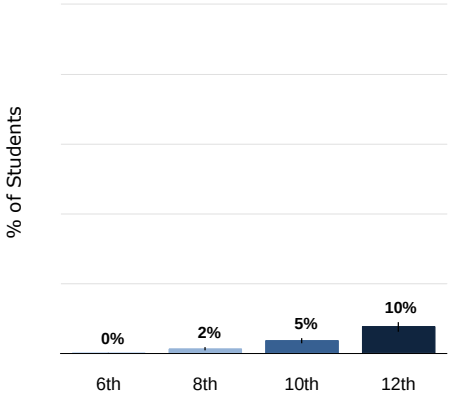
Lifetime Marijuana Use
"I have used marijuana at least once."



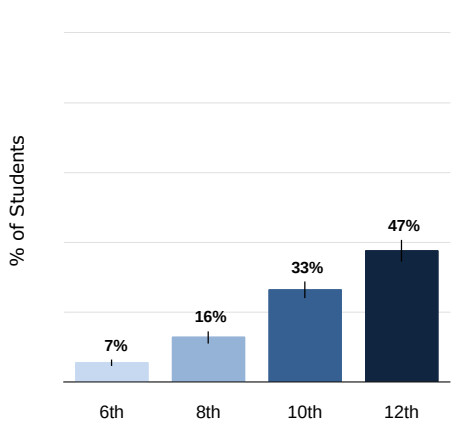
Current (past 30-day) Marijuana Use
"I have used marijuana at least once in the past month."



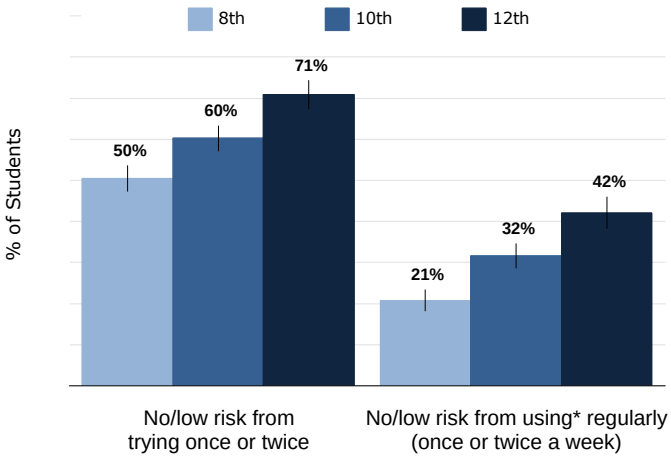
Heavy Marijuana Use
"I have used marijuana on 10 or more days in the past month."



Marijuana is Perceived as Easy or Very Easy to Get



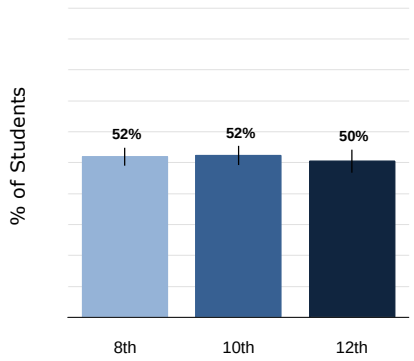
Marijuana is Perceived as Not Harmful



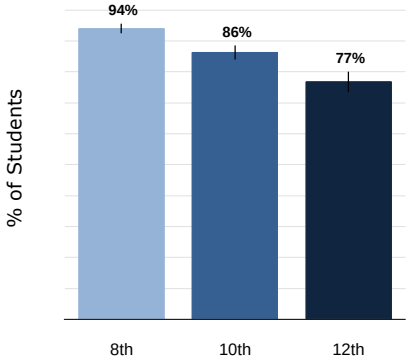
**"Smoked" regularly changed to "Used" regularly in 2014*

Fact Sheet
Marijuana Use for Olympic ESD 114 in 2023

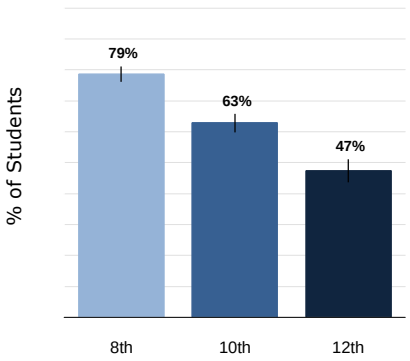
Parental discussion about not using marijuana



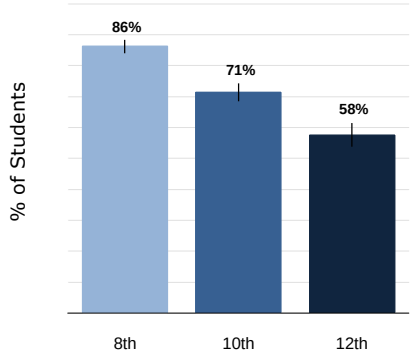
Parents think youth marijuana use is wrong



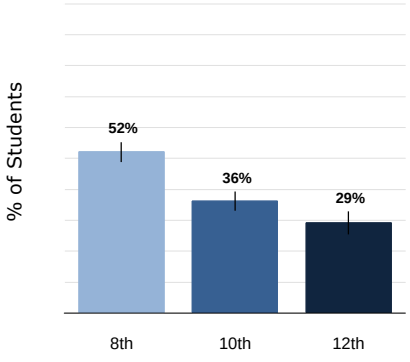
Peers think youth marijuana use is wrong



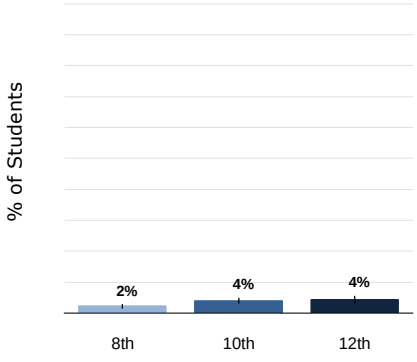
Youth think marijuana use is wrong for youth their age



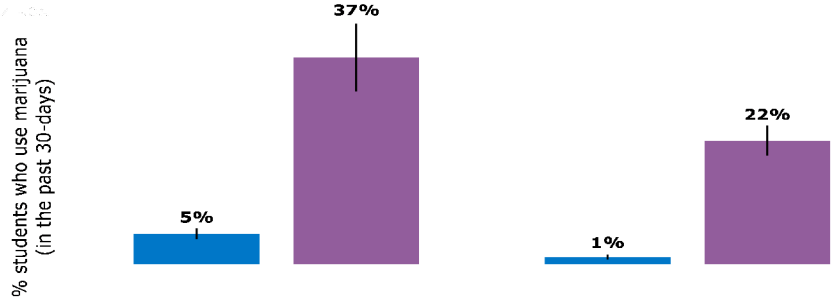
Police would catch me if I used marijuana



Marijuana use on school property in past month



Relationship between marijuana use and perceived parental and peer norms, Grade 10, 2021



What does this chart say?

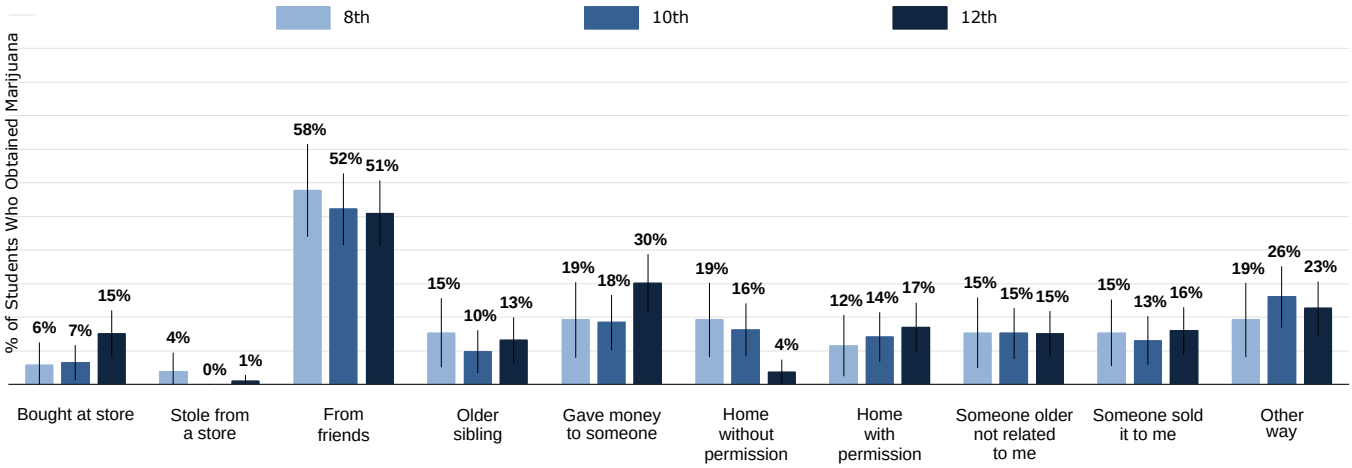
- Statewide, 10th graders are less likely to use marijuana if they belive their parents think it's wrong for them to use.
- Statewide, 10th graders are less likely to use marijuana if they believe their friends think it's wrong for them to use.

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 use or misuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.

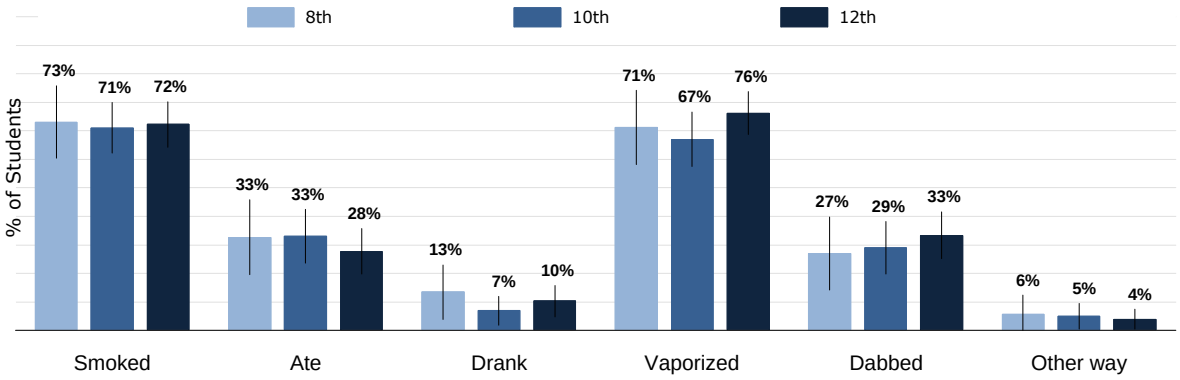
Fact Sheet
Marijuana Use for Olympic ESD 114 in 2023

Where Do Youth Get Marijuana?

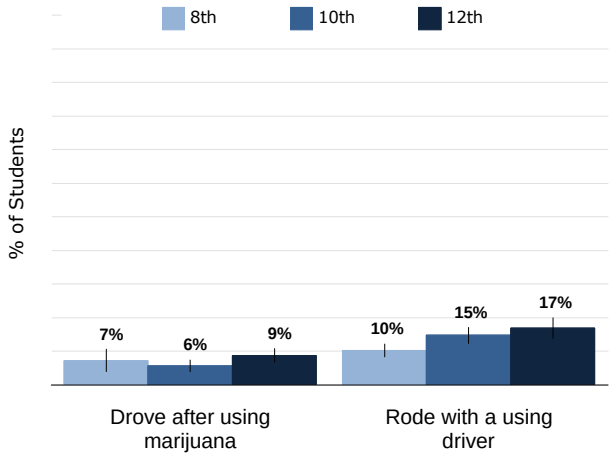


The percentages in this chart are based on all students who reported getting marijuana in the past 30 days, regardless whether they reported using in the past 30 days. Students could select multiple sources.

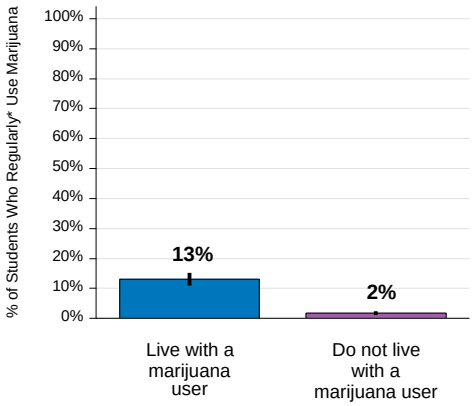
Type of Marijuana Use, among Current Marijuana Users



Marijuana Use and Riding/Driving



Statewide Relationship between Regular Marijuana Use and Living with a Marijuana User, Grade 10, 2023*



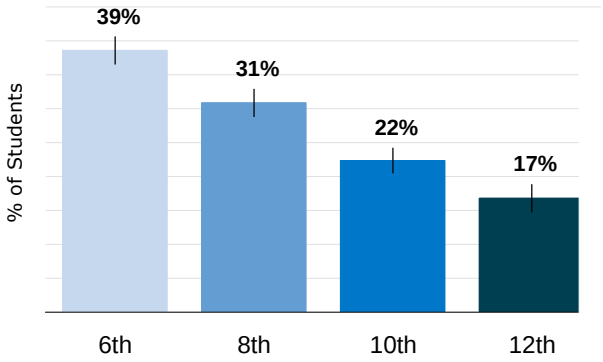
Statewide, more 10th graders who live with a marijuana user report regular marijuana use compared to those who don't live with someone who uses marijuana.*

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

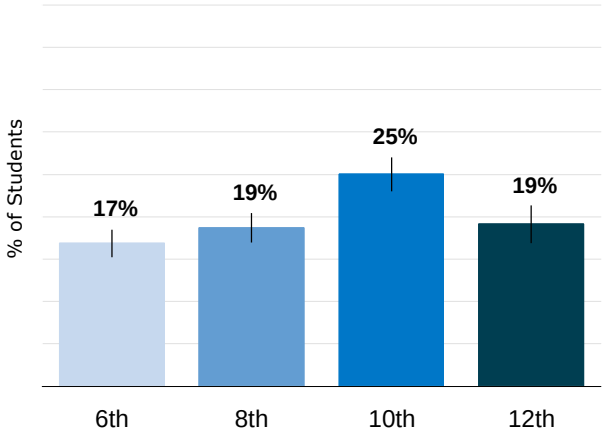
Prevalence is displayed with 95% confidence intervals (as black bars |). "U" indicates data is unavailable, because of too few surveys completed, questions not asked, or other reasons.

Fact Sheet
School Safety for Olympic ESD 114 in 2023

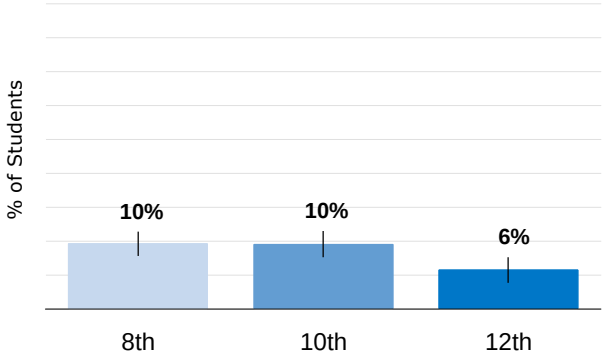
Bullied at school...*
Students who report they were bullied at school in the past month



Not feeling safe...
Students who report they did not feel safe during school

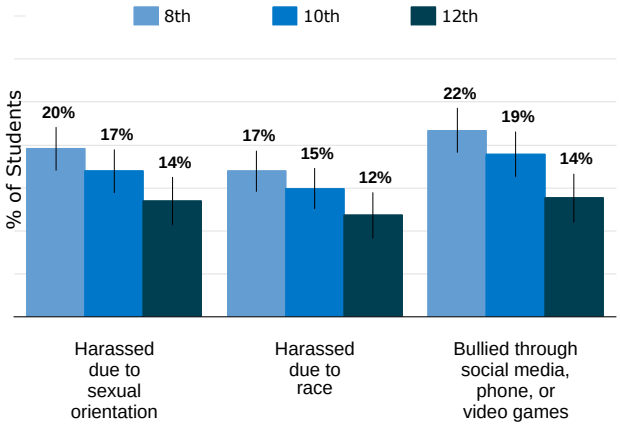


Missing school due to safety...
Students who report not going to school because they did not feel safe

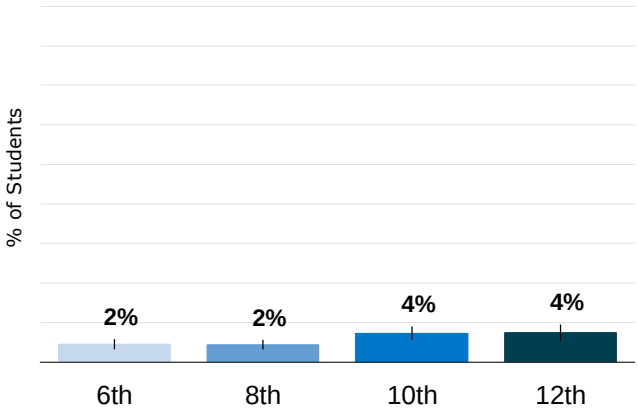


For more results from the 2023 Healthy Youth Survey, please visit www.AskHYS.net

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

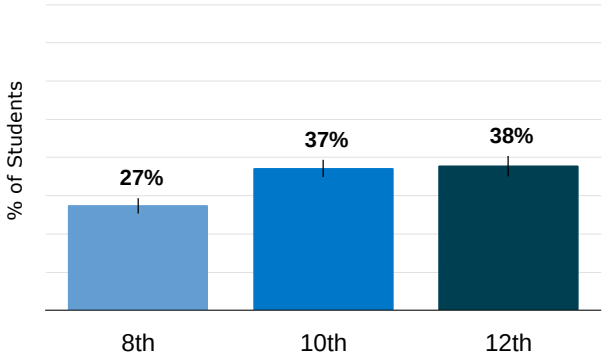
The data in these charts are based on the Healthy Youth Survey conducted in fall 2023. In Olympic ESD 114, 2,304 6th graders, 2,296 8th graders, 2,154 10th graders and 1,426 12th graders completed the survey.

*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.

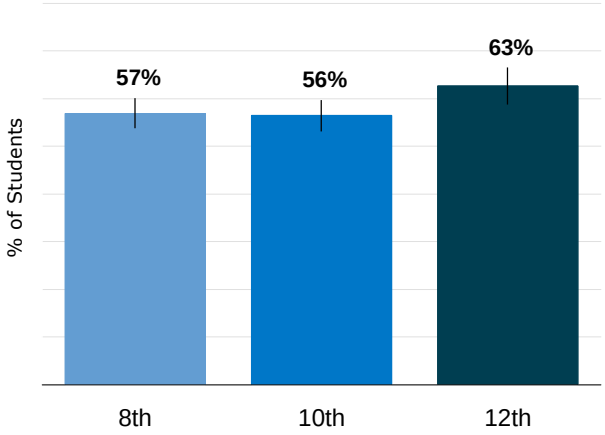
Prevalence is displayed with 95% confidence intervals (as black bars |). "U" indicates data is unavailable, because of too few surveys completed, questions not asked, or other reasons.

Fact Sheet
Depressive Feelings, Anxiety and Suicide for Olympic ESD 114 in 2023

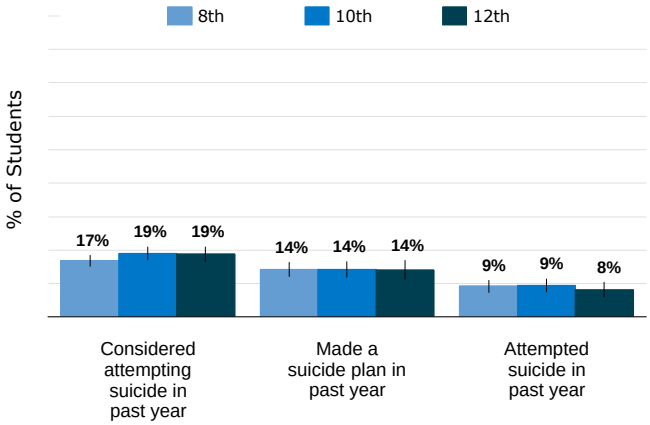
Depressive Feelings...
Students who report feeling sad or hopeless for at least two weeks in the past year



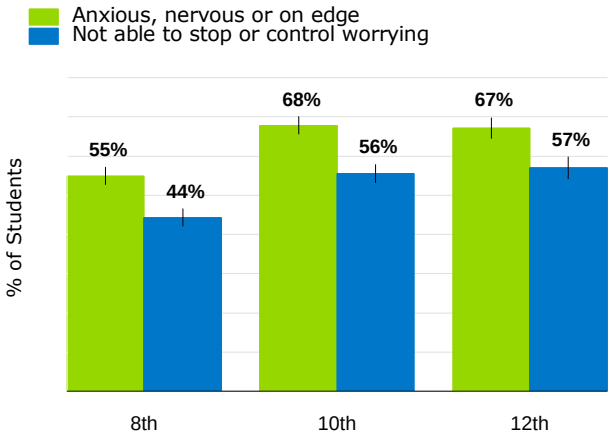
Support...
Students who report they have an adult to turn to when they feel sad or hopeless



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



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

- 988 Suicide & Crisis Lifeline: Call, text, or chat 988 or www.988lifeline.org
  - Option 1 to connect with the Veterans Crisis Line
  - Option 2 for the Spanish language line
  - Option 3 for LGBTQIA2S+ affirming support
  - Option 4 to reach a Native crisis counselor at the Native and Strong Lifeline
- For help, text 'HOME' to 741741 for a 24/7, free, confidential crisis counsel
- Tribal Health – Reaching out InVolves Everyone | NPAIHB https://www.npaihb.org/thrive

YOU can save a life:

- Take it Seriously
- Understand the risk factors and watch for the warning signs (https://afsp.org/risk-factors-protective-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, text or chat 988
- 1-866-4-U-TREVOR (LGBTQ)

The data in these charts are based on the State of Washington's Healthy Youth Survey conducted in fall 2023. In Olympic ESD 114, 2,304 6th graders, 2,296 8th graders, 2,154 10th graders and 1,426 12th graders completed the anonymous survey.

For more results from the 2023 Healthy Youth Survey, please visit www.AskHYS.net

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Fact Sheet
Medication and Opioid Misuse for Olympic ESD 114 in 2023

Background:

- Prescription drug misuse 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 misuse and use from friends and relatives, sometimes without the person knowing.
- Prescription drug misuse has become an important health issue, particularly the danger of misusing prescription pain medications. Each year, there continues to be more overdose deaths than deaths from motor vehicle crashes (CDC National Center for Health Statistics).

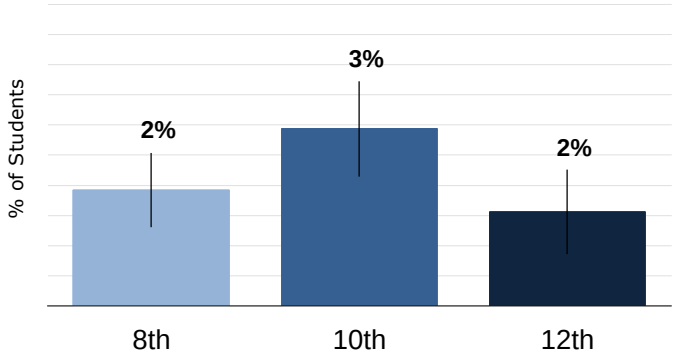
What can parents or caregivers do to prevent teen prescription misuse?

- 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. Visit Starts with One Parent Toolkit https://getthefactsrx.com/parent-toolkit
- Keep the most commonly misused prescription drugs (painkillers, sedatives and stimulants) in a lock box.
- Talk with teen about not taking pills or prescriptions not prescribed to them. Medications should not be shared with peers.
- Take steps to safeguard the most commonly misused 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. Parents should keep medication and only provide it to teen according to prescription.
- Follow prescriptions and seek advice from provider on when it’s ok to stop talking medication.

For More Information:

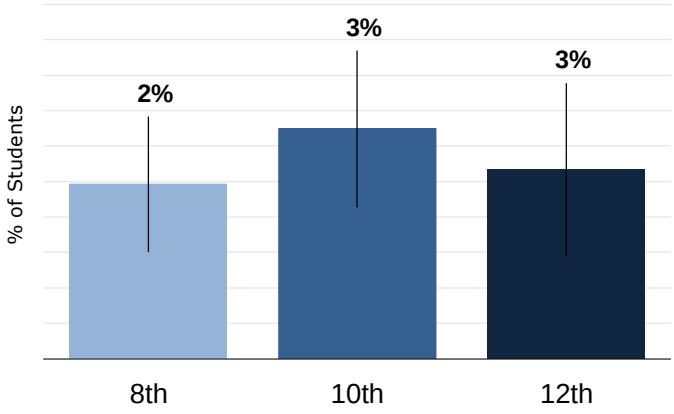
- Learn more at www.drugfree.org.
- For 24 hour help for mental health, substance use or misuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.
- For medication disposal locations, see www.takebackyourmeds.org.

Student Misuse of Painkillers (in last 30 days)
Students who report using painkillers* to get high at least once in the past month



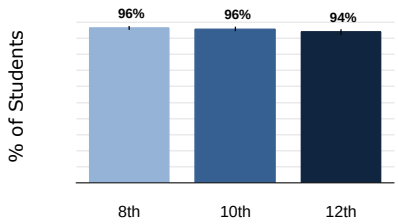
*painkillers like Vicodin, OxyContin (sometimes called Oxy or OC) or Percocet (sometimes called Percs)

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

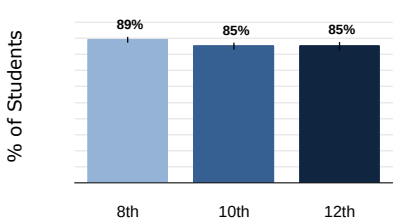


When students are asked about the use of prescription drugs that are not prescribed for them... their perceptions are:

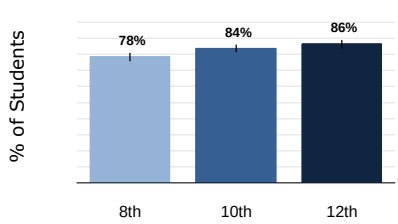
My parents would think it was wrong if I used prescription drugs not prescribed for me



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 2023 Healthy Youth Survey, please visit www.AskHYS.net

The data in these charts are based on the Healthy Youth Survey conducted in fall 2023. In Olympic ESD 114, 2,304 6th graders, 2,296 8th graders, 2,154 10th graders and 1,426 12th graders completed the survey.

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.