

# 2019 ACTION FORUM FOR YOUTH



## WHAT'S THE SCOOP ON TODAY'S YOUTH?



**TrueBearing**

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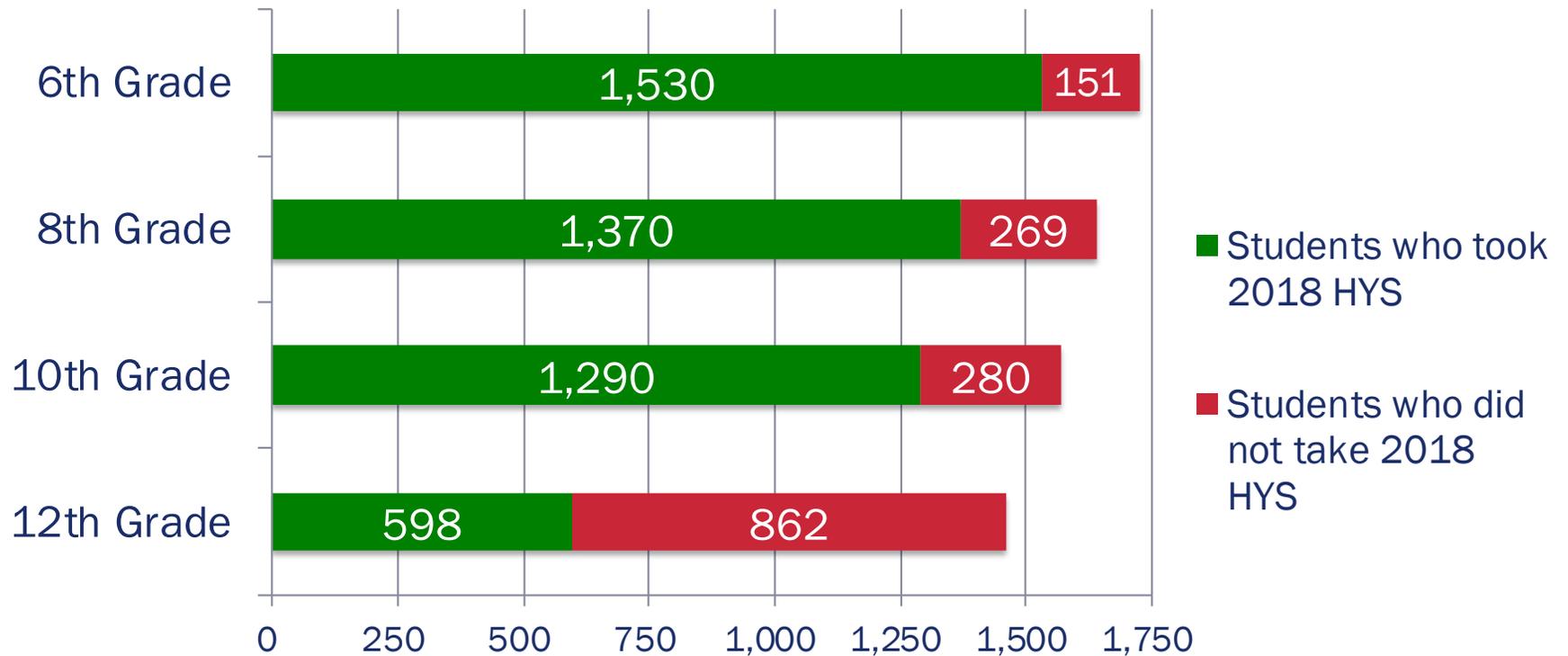
# ABOUT THE HEALTHY YOUTH SURVEY (HYS)



- Reach
- Domains
- Strengths and limitations

# THE HYS IN THE ISSAQUAH SCHOOL DISTRICT (ISD)

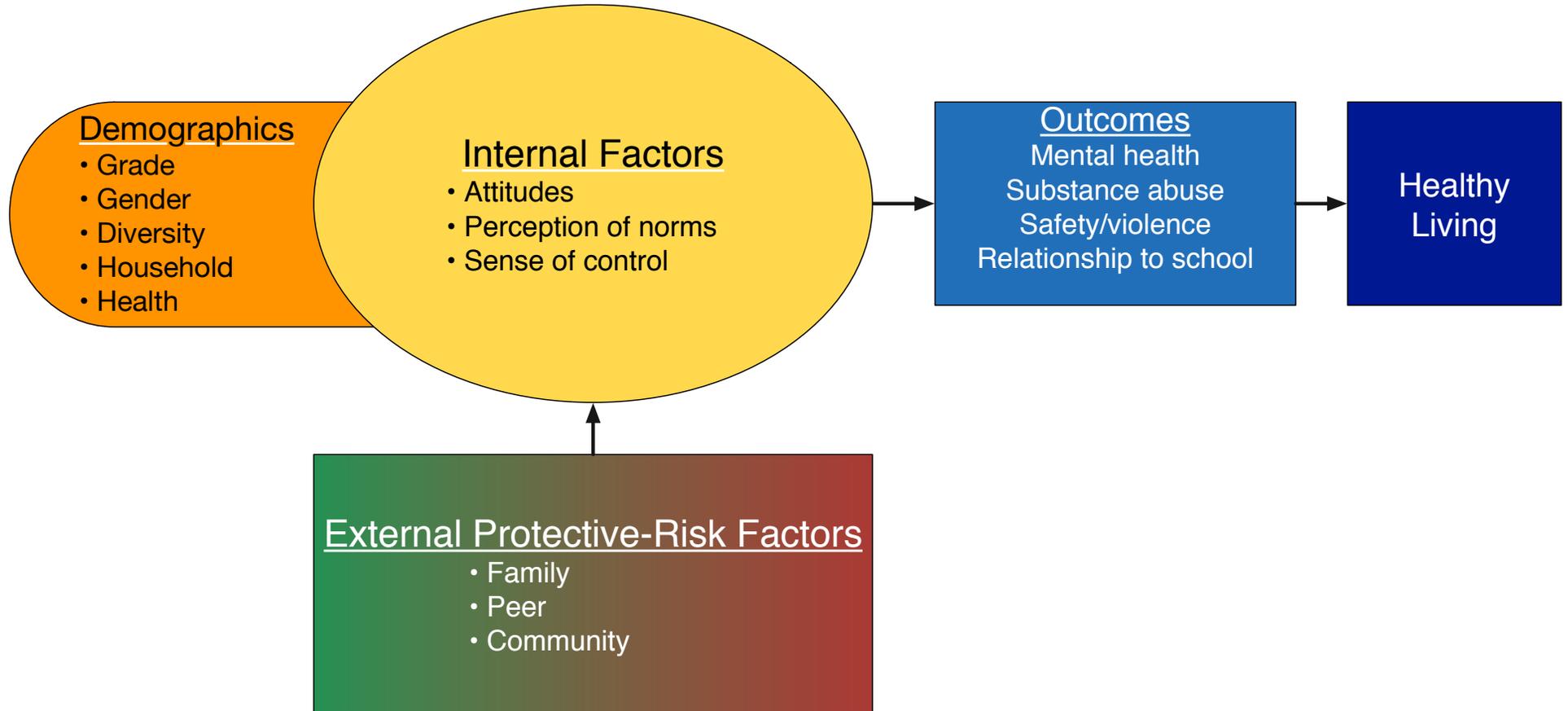
2018 ISD participation in HYS:



These figures translate to:

- 89% of all ISD 6<sup>th</sup> graders
- 84% of all ISD 8<sup>th</sup> graders
- 82% of all ISD 10<sup>th</sup> graders
- 41% of all ISD 12<sup>th</sup> graders

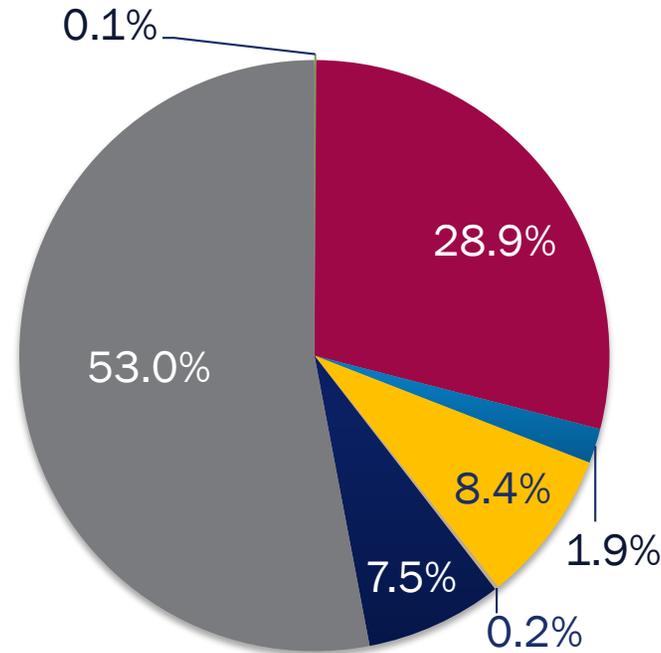
# MAPPING THE HEALTHY YOUTH SURVEY



# ABOUT ISSAQUAH SCHOOL DISTRICT YOUTH

- Approximately 21,000 total enrolled students
- Number of students by HYS grade:
  - 6<sup>th</sup>: 1,724 students
  - 8<sup>th</sup>: 1,639 students
  - 10<sup>th</sup>: 1,570 students
  - 12<sup>th</sup>: 1,460 students
- 7.8% qualify for free/reduced lunch

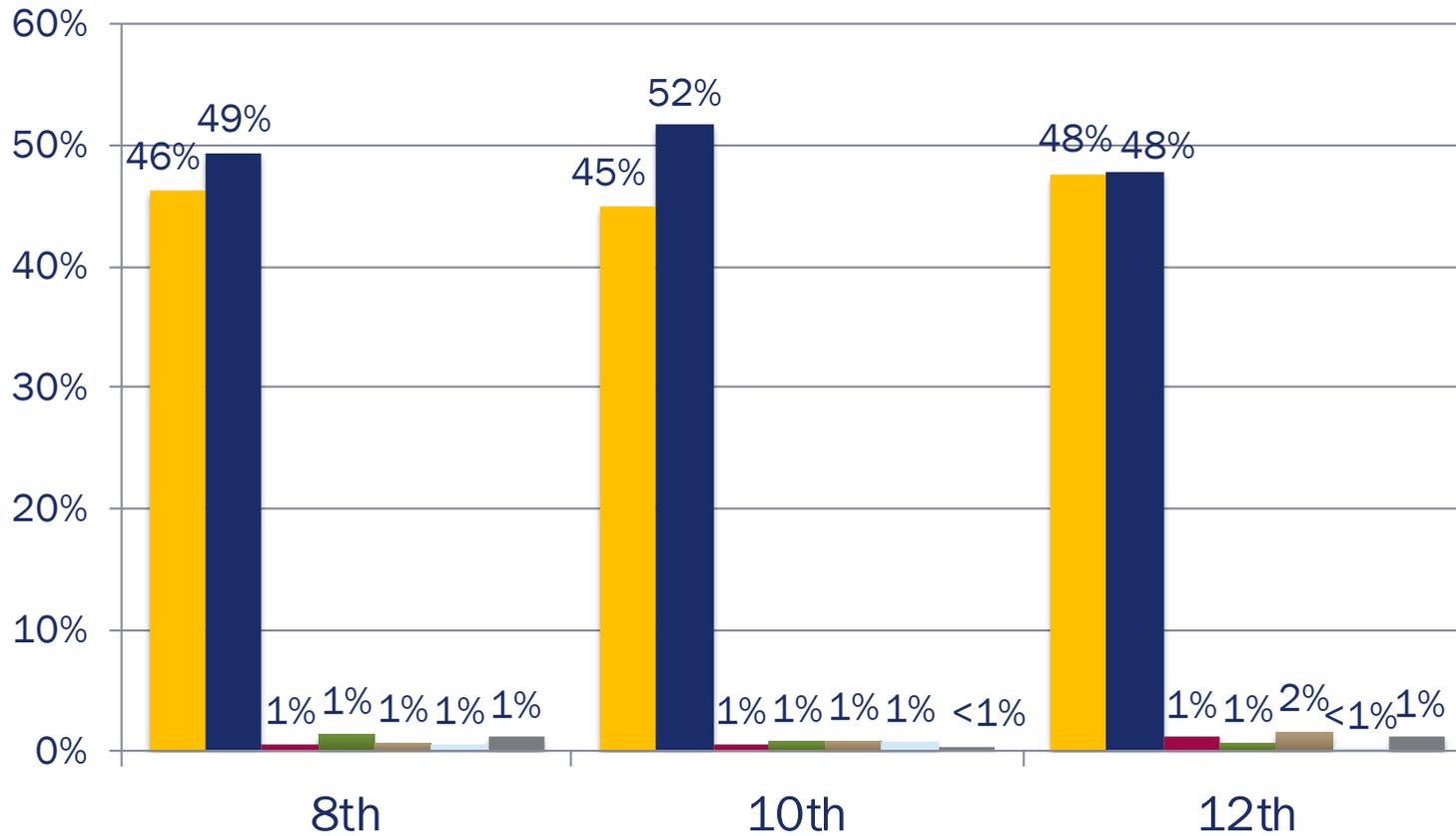
Race/Ethnic Diversity



- American Indian/ Alaska Native
- Asian
- Black
- Hispanic/ Latino
- Native Hawaiian/ Other Pacific Islander
- Two or more
- White

# NEW IN 2018: GENDER IDENTITY

“How do you currently identify yourself?”



■ Male

■ Female

■ Transgender

■ Questioning/not sure of my gender identity

■ Something else fits better

■ I do not know what this question is asking

■ More than one response selected\*

# CRITICAL YOUTH ISSUES

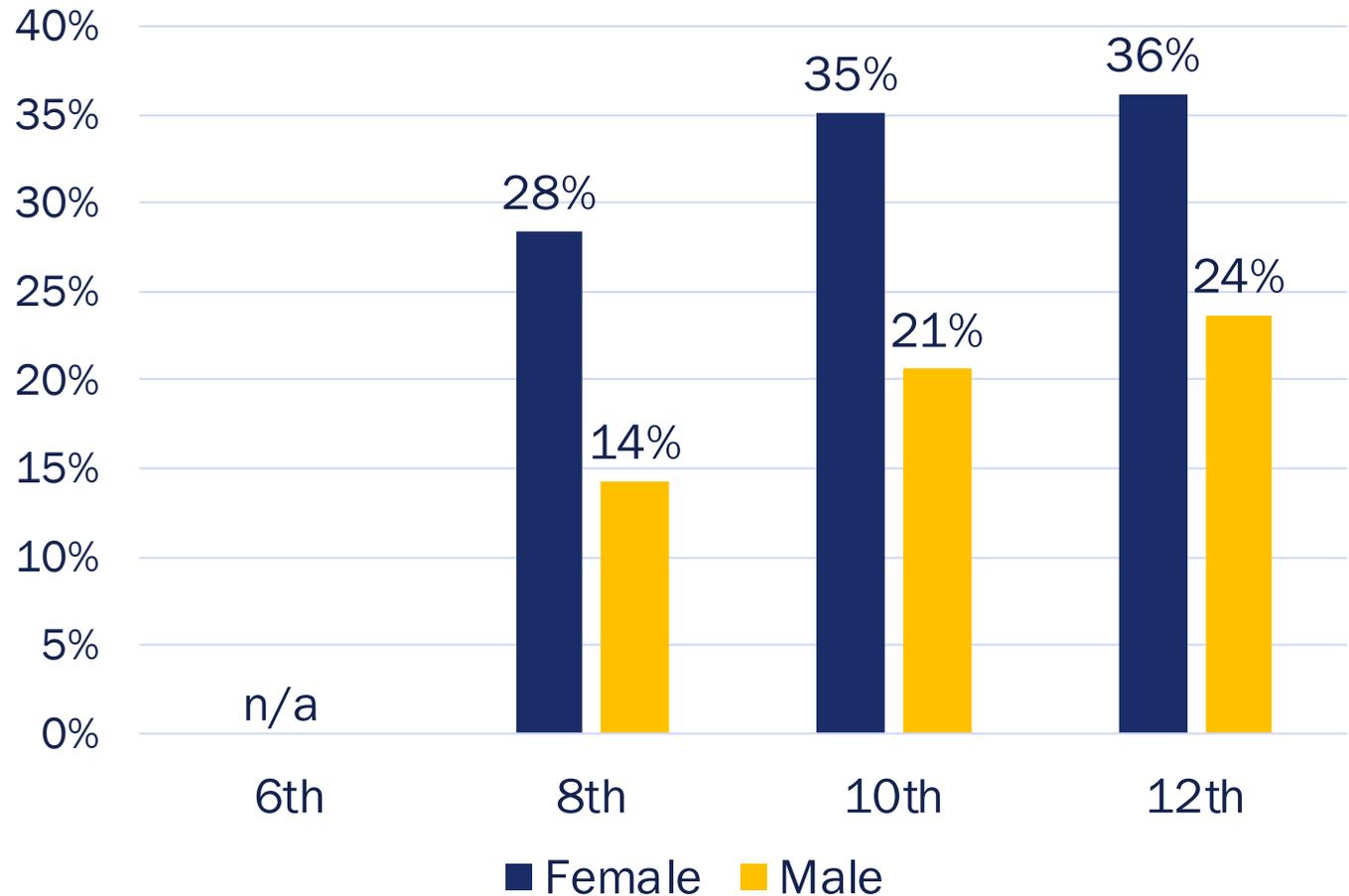
- **Mental/behavioral health**
  - Depression
  - Anxiety
  - Suicide
  - Screen time
  - Bullying and harassment; Cyber bullying
- **Substance use**
  - E-cigarettes/vaping
  - Marijuana
  - Alcohol
- **Relationships and support**
  - Relationship to school, community, peers

KEY	Desirable finding	Undesirable finding
Statistically significant	!	!

# MENTAL HEALTH: DEPRESSION

“During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?”

*Percentage of students answering “yes”:*



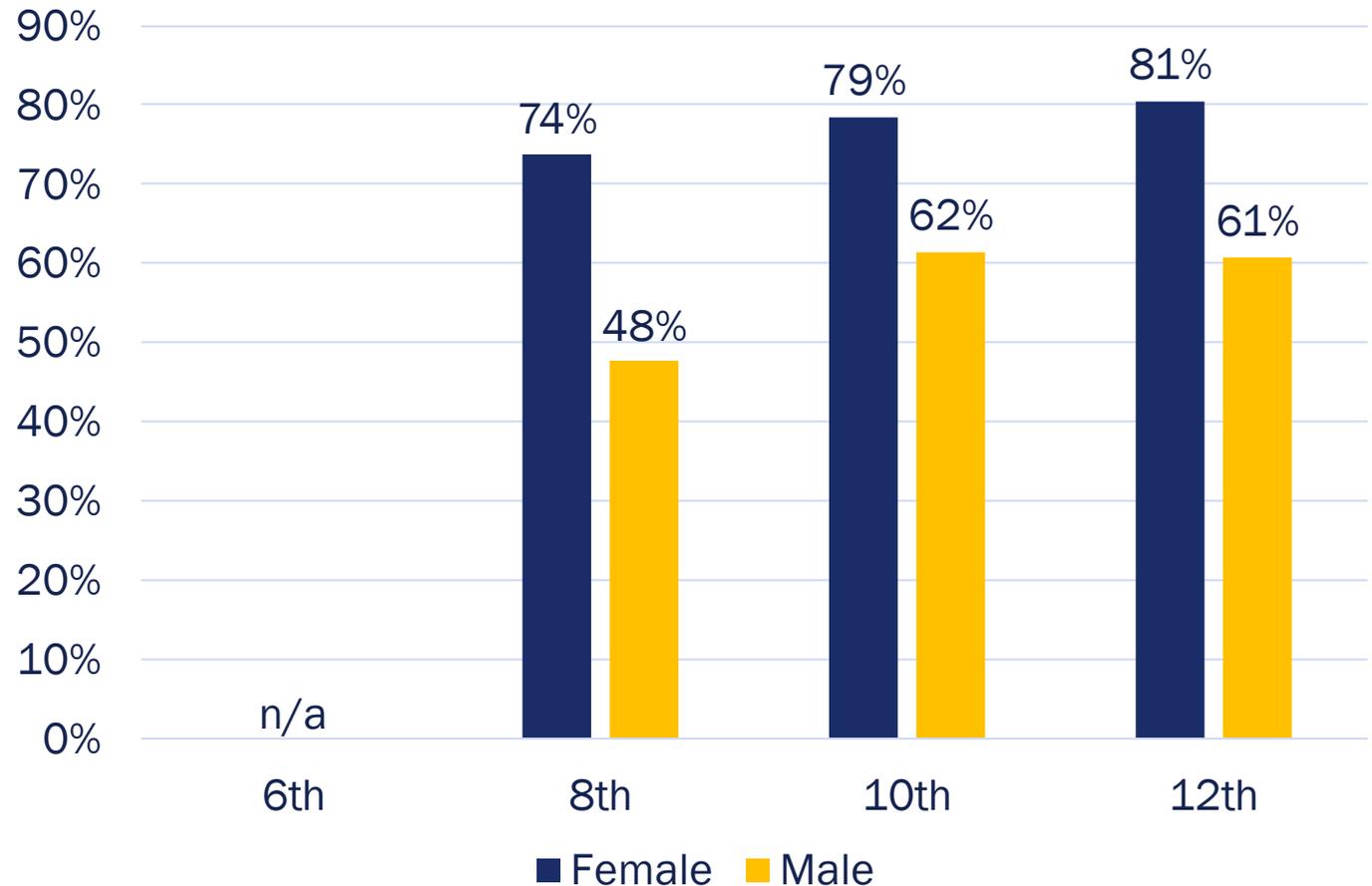
ISD students across all grades/genders report lower rates of depression than WA state as a whole:

- Male 8<sup>th</sup> and 12<sup>th</sup> graders: -9%
- Male 10<sup>th</sup> graders: -10%
- Female 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> graders: -13%

# MENTAL HEALTH: ANXIETY

“How often over the last two weeks were you bothered by feeling nervous, anxious, or on edge?”

Percentage of students answering “any days”:



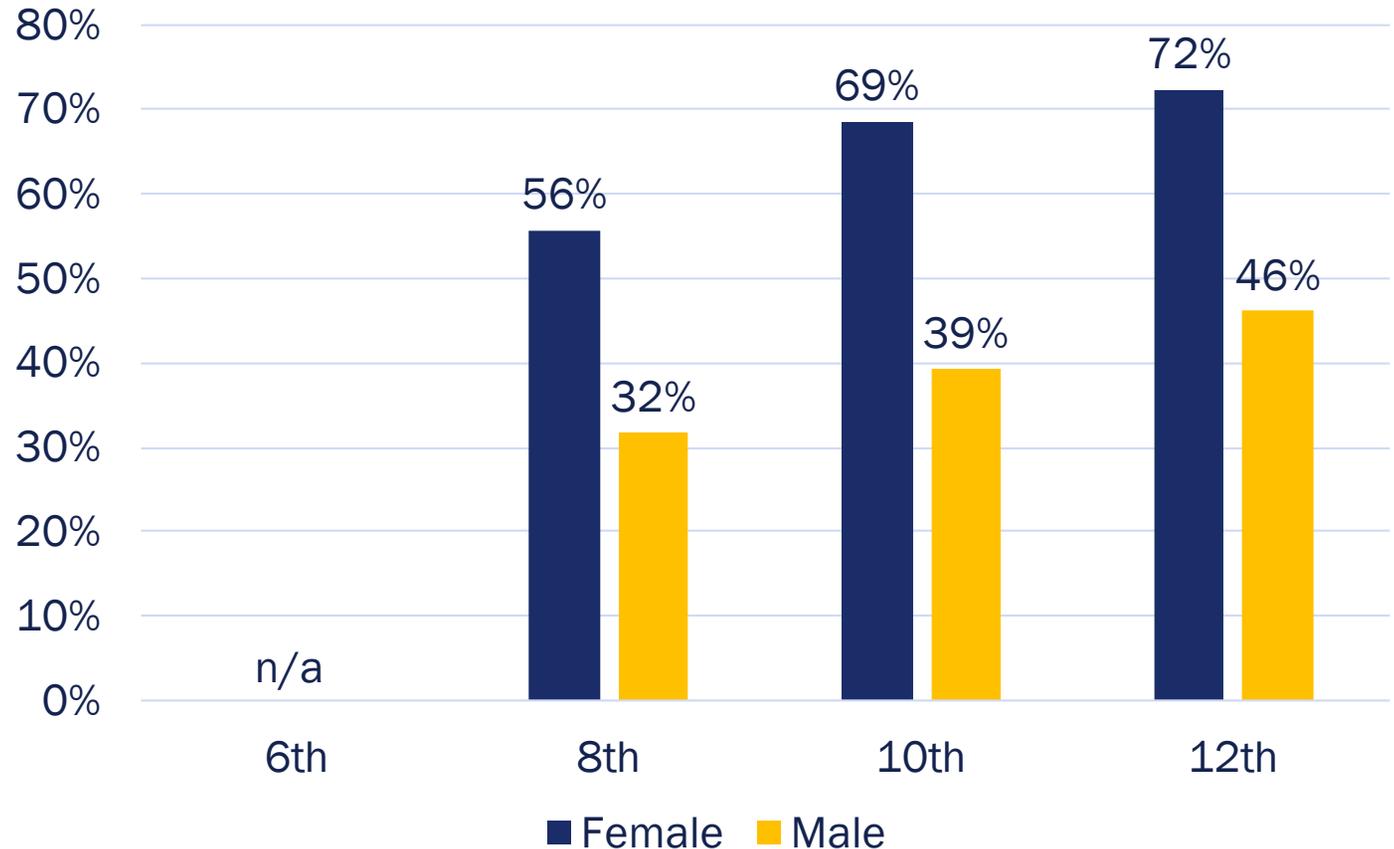
Compared to WA state...

- ! ISD 8<sup>th</sup> graders report lower rates of this definition of anxiety: Female -4%, Male -6%
- ! ISD 10<sup>th</sup> and 12<sup>th</sup> graders report higher rates of this form of anxiety:
  - 10<sup>th</sup>: Female +1%, Male +8%
  - 12<sup>th</sup>: Female +3%, Male +5%

# MENTAL HEALTH: ANXIETY

“How often over the last two weeks were you bothered by not being able to stop or control worrying”

Percentage of students answering “any days”:



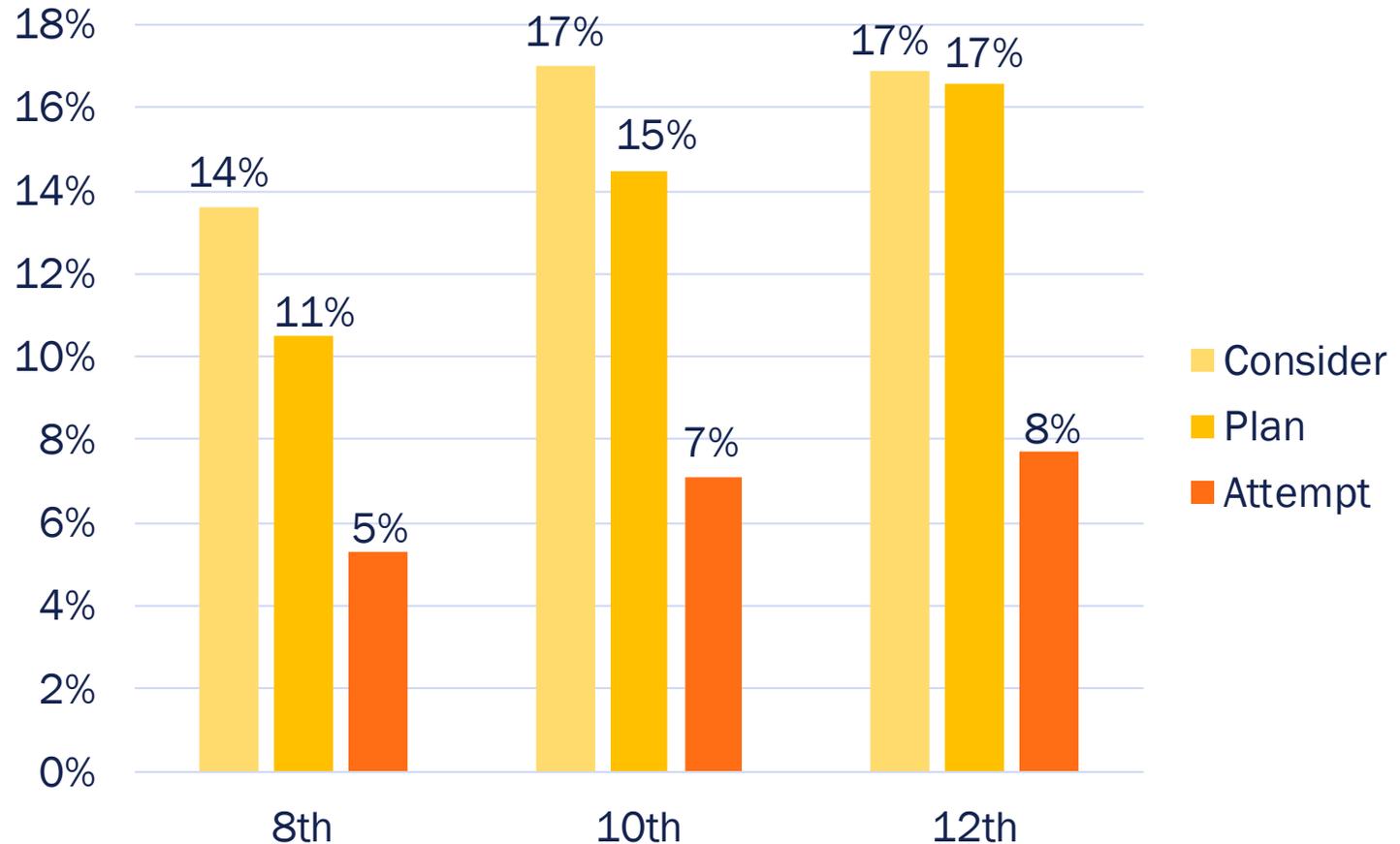
Compared to WA state...

- ISD students report relatively similar rates of this form of anxiety:
  - 8<sup>th</sup>: Female -2%, Male +2%
  - 10<sup>th</sup>: Female +1%, Male -2%
  - 12<sup>th</sup>: Female +1%, Male -1%

# MENTAL HEALTH: SUICIDE

“During the past 12 months:

- Did you ever seriously **consider** attempting suicide?
- Did you make a **plan** about how you would attempt suicide?
- How many times did you actually **attempt** suicide?”



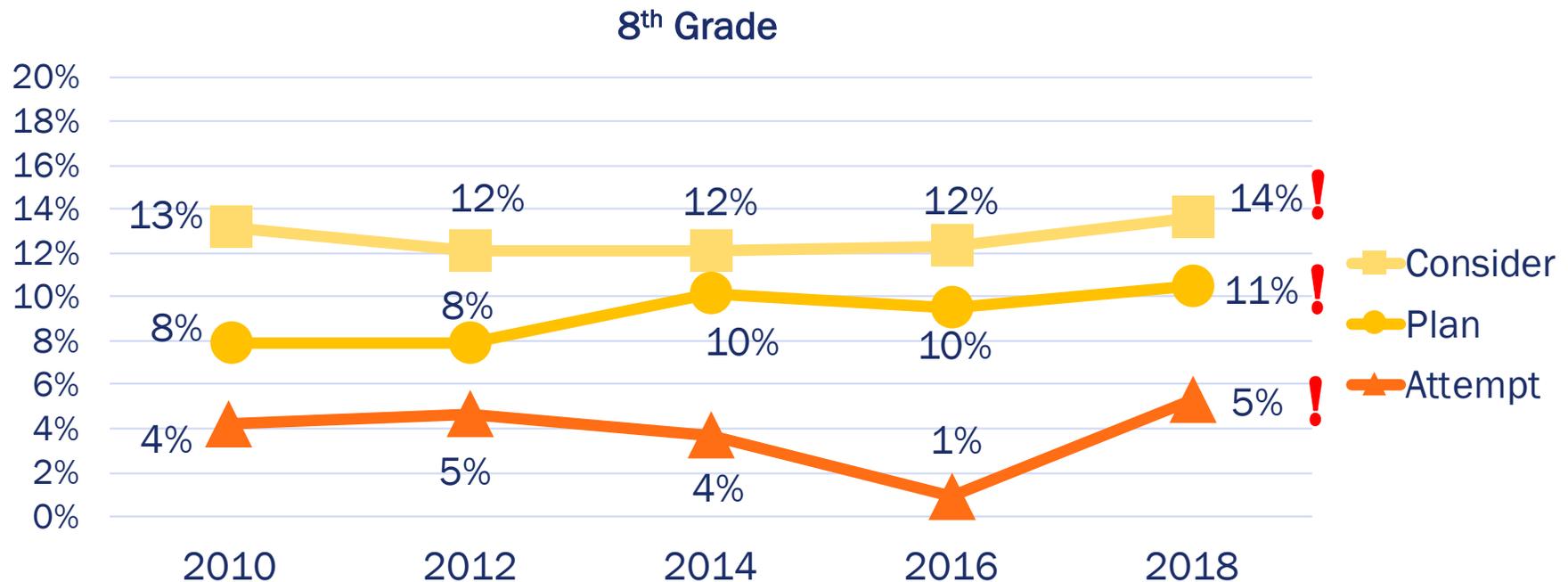
Compared to WA state...

- **!** ISD students reported lower rates of considering, planning, and attempting suicide (during the past 12 months) across all grades

# SUICIDE: YEAR-OVER-YEAR TRENDS (8<sup>TH</sup>)

During the past 12 months:

- “Did you ever seriously **consider** attempting suicide?”
- “Did you make a **plan** about how you would attempt suicide?”
- “How many times did you actually **attempt** suicide?”



- **!** ISD 8<sup>th</sup> graders report higher rates of considering, planning, and attempting suicide (during the past 12 months) since the last HYS

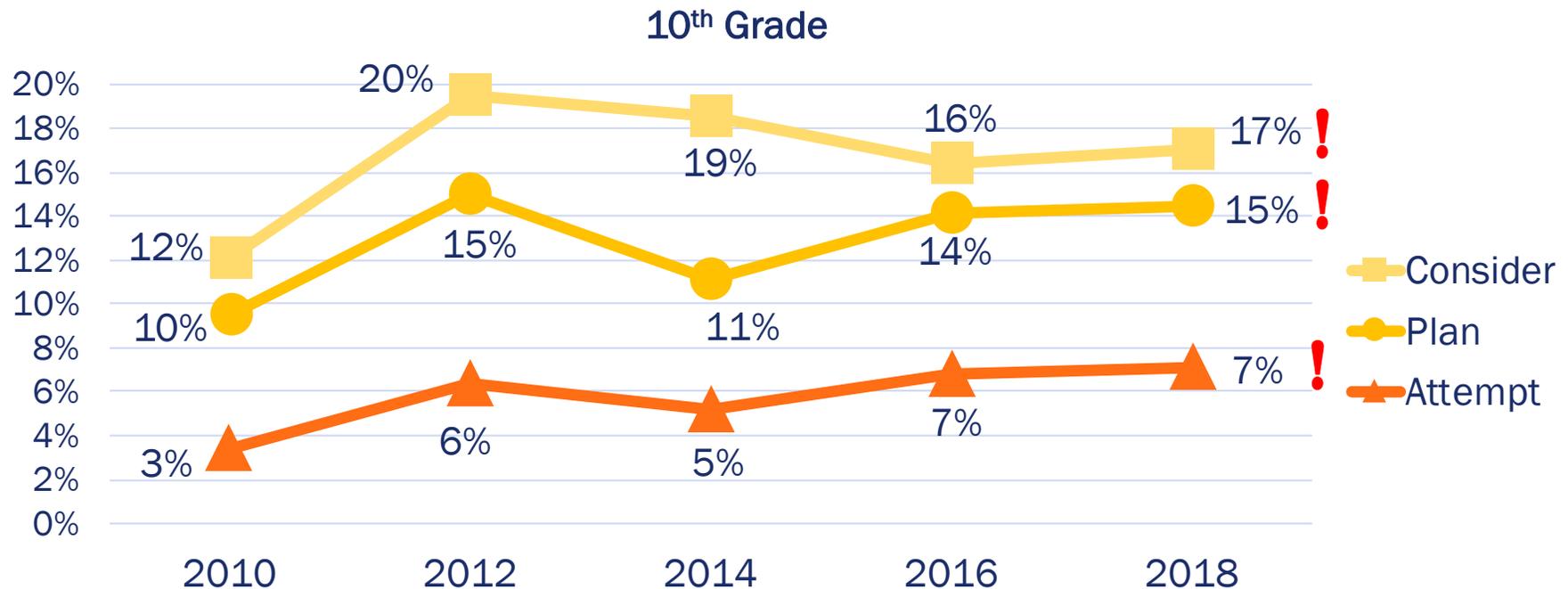
*These percentages translate to the following approximate figures, District-wide:*

- In 2018, HYS estimates ...
  - (223) 8<sup>th</sup> graders considered suicide
  - (172) 8<sup>th</sup> graders made a plan
  - (87) 8<sup>th</sup> graders made one or more attempts

# SUICIDE: YEAR-OVER-YEAR TRENDS (10<sup>TH</sup>)

During the past 12 months:

- “Did you ever seriously **consider** attempting suicide?”
- “Did you make a **plan** about how you would attempt suicide?”
- “How many times did you actually **attempt** suicide?”



- **!** ISD 10<sup>th</sup> graders report higher rates of considering, planning, and attempting suicide (during the past 12 months) since the last HYS

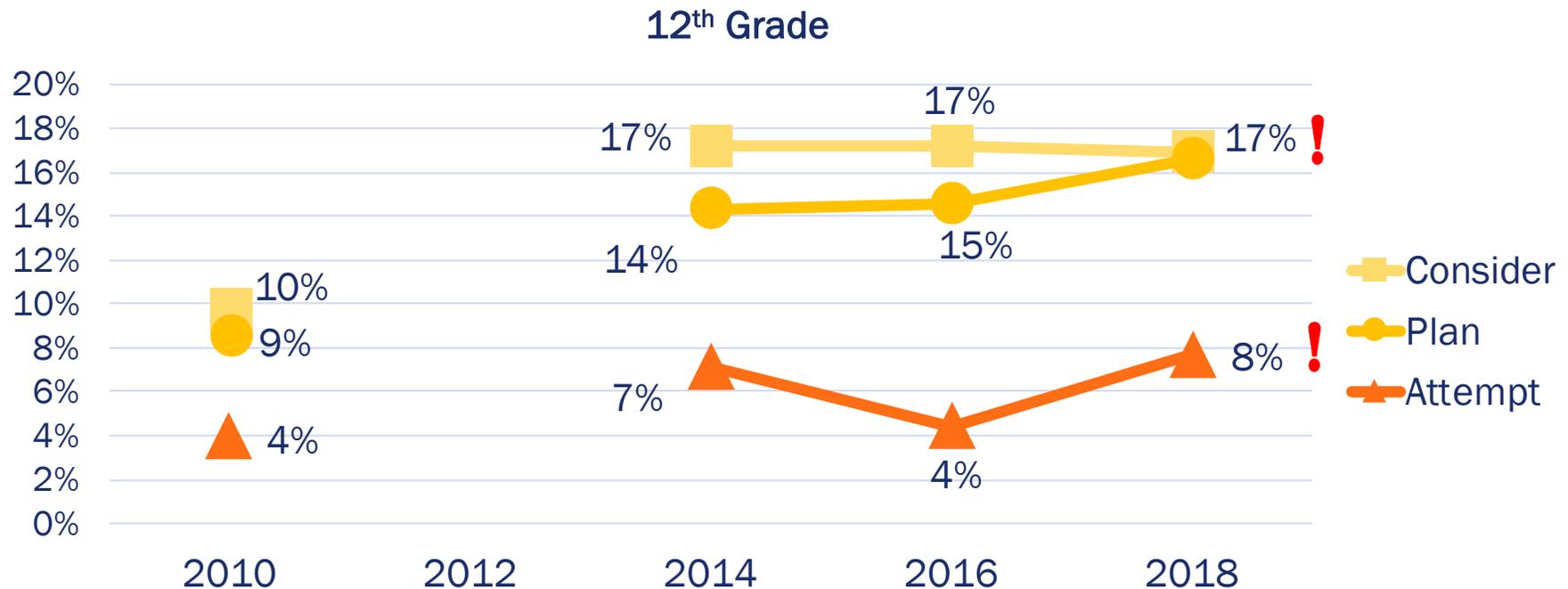
*These percentages translate to the following approximate figures, District-wide:*

- **In 2018, HYS estimates ...**
  - (267) 10<sup>th</sup> graders considered suicide
  - (228) 10<sup>th</sup> graders made a plan
  - (111) 10<sup>th</sup> graders made one or more attempts

# SUICIDE: YEAR-OVER-YEAR TRENDS (12<sup>TH</sup>)

During the past 12 months:

- “Did you ever seriously consider attempting suicide?”
- “Did you make a plan about how you would attempt suicide?”
- “How many times did you actually attempt suicide?”



- ! ISD 12<sup>th</sup> graders report higher rates of considering, planning, and attempting suicide (during the past 12 months) since the last HYS

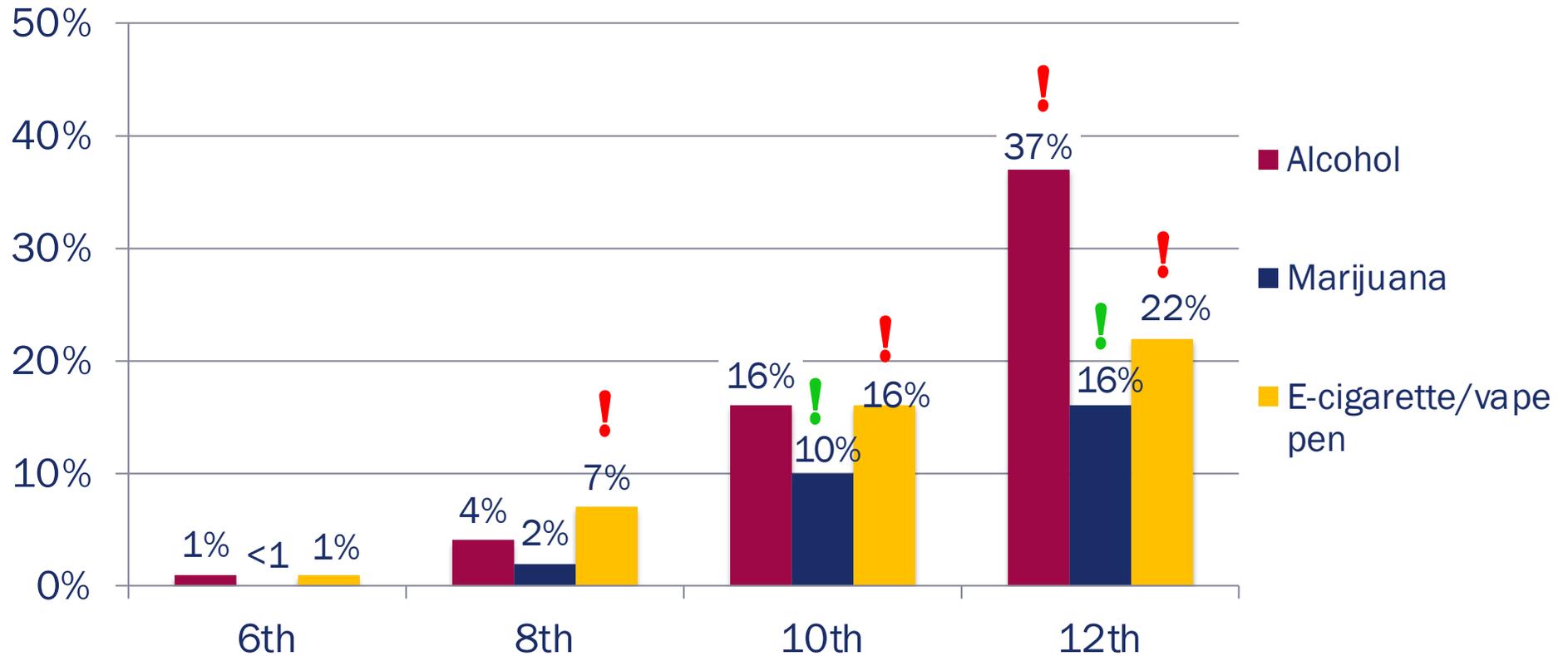
*These percentages translate to the following approximate figures, District-wide:*

- In 2018, HYS estimates ...
  - (247) 12<sup>th</sup> graders considered suicide
  - (242) 12<sup>th</sup> graders made a plan
  - (112) 12<sup>th</sup> graders made one or more attempts

# SUBSTANCE USE: PAST 30 DAYS

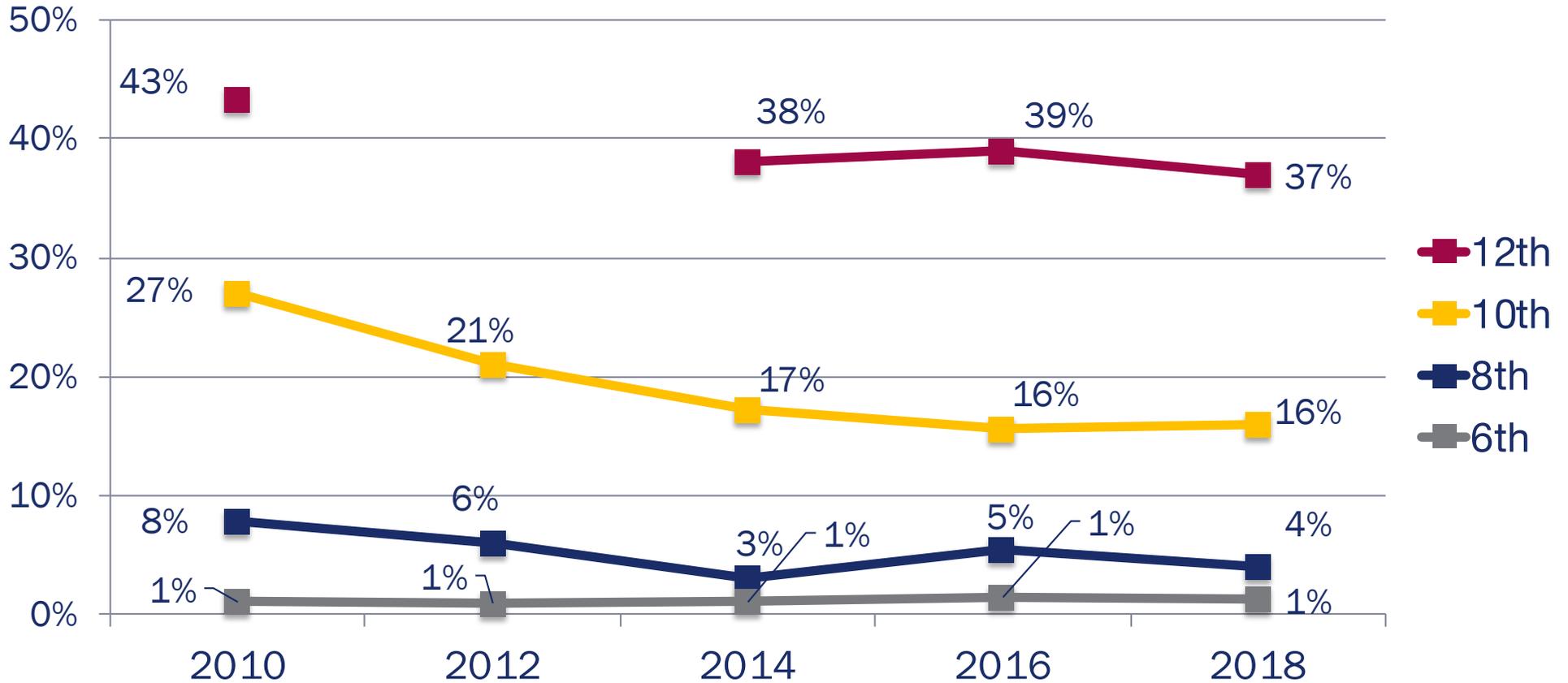
“During the past 30 days, on how many days did you [use the following]?”

Percentage of students responding 1+ days:



- Alcohol use has decreased slightly across all grades since 2016 and is less than WA state in 6<sup>th</sup>, 8<sup>th</sup>, and 10<sup>th</sup> grade
- **!** Marijuana use is down among ISD 12<sup>th</sup> graders since 2016 (-7%)
- **!** Marijuana use is lower in ISD than WA state across grades; most notably 12<sup>th</sup> graders (-10%)
- **!** E-cig/vape pen use in ISD is rising overall, with 10<sup>th</sup> and 12<sup>th</sup> graders seeing the highest increase since 2016 (+9%)
- **!** 12<sup>th</sup> grade alcohol use is higher in ISD than WA state (+9%)

# ALCOHOL 30 DAY USE: YEAR-OVER-YEAR TRENDS

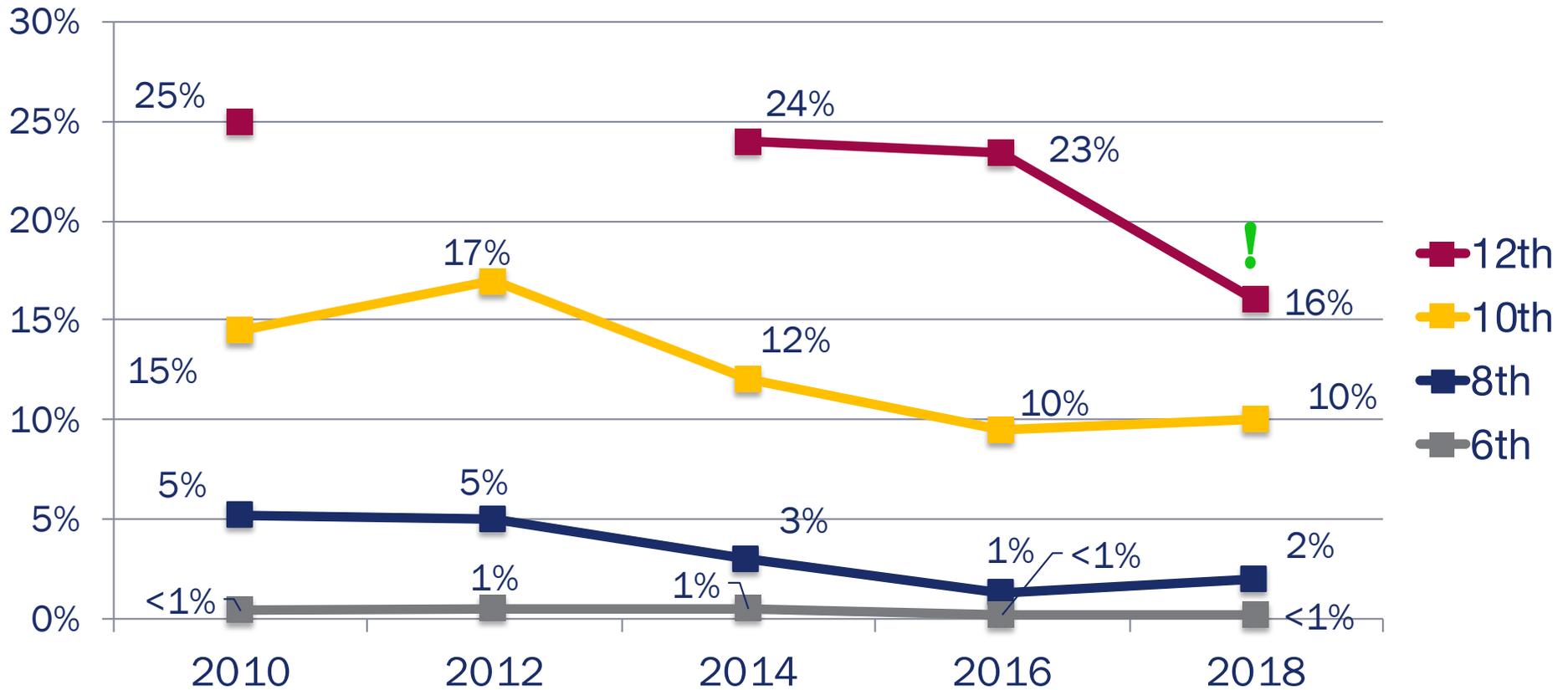


These percentages translate to the following approximate figures, District-wide:

In the past 30 days, HYS estimates...

- (21) 6<sup>th</sup> graders, (66) 8<sup>th</sup> graders, (251) 10<sup>th</sup> graders, and (540) 12<sup>th</sup> graders used alcohol

# MARIJUANA 30 DAY USE: YEAR-OVER-YEAR TRENDS

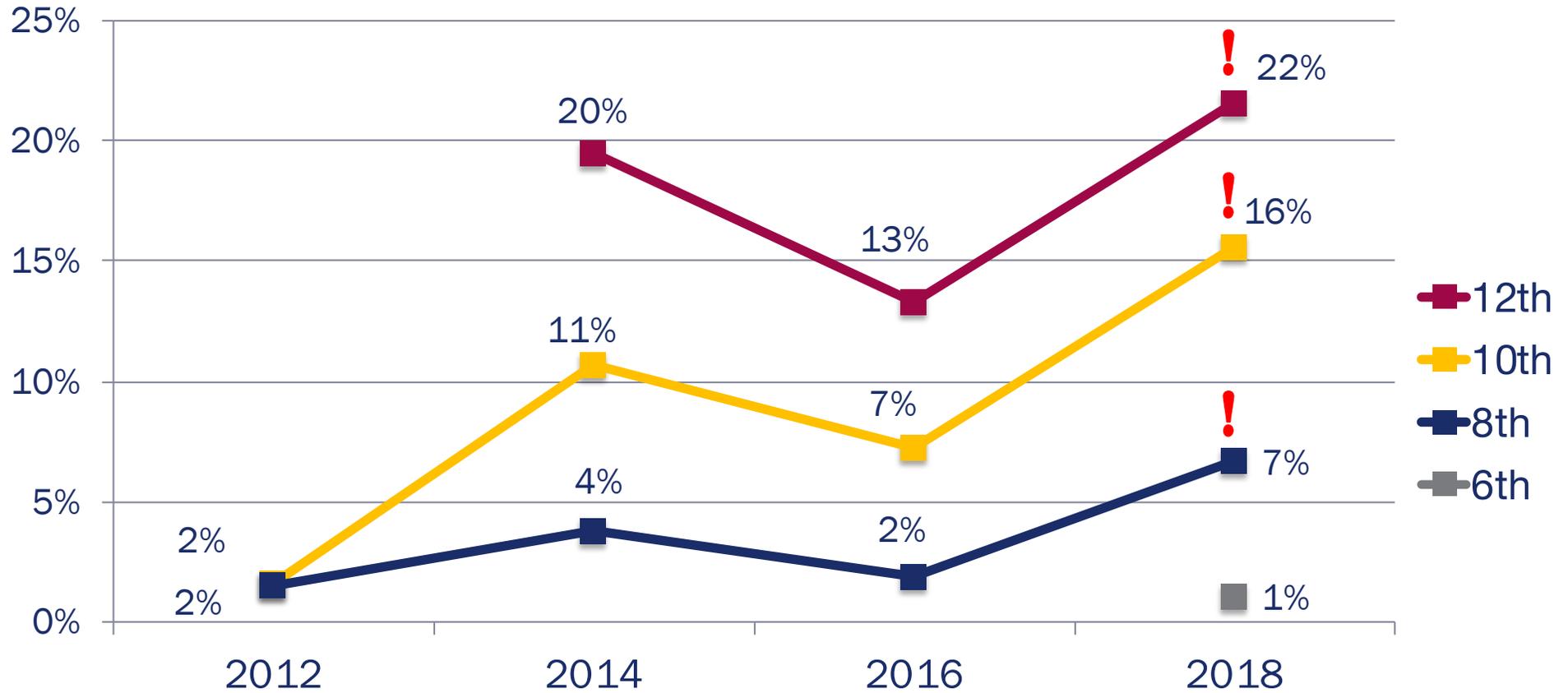


These percentages translate to the following approximate figures, District-wide:

In the past 30 days, HYS estimates...

- (3) 6<sup>th</sup> graders, (33) 8<sup>th</sup> graders, (157) 10<sup>th</sup> graders, and (234) 12<sup>th</sup> graders used marijuana

# E-CIGARETTE/VAPE PEN 30 DAY USE: YEAR-OVER-YEAR TRENDS



These percentages translate to the following approximate figures, District-wide:

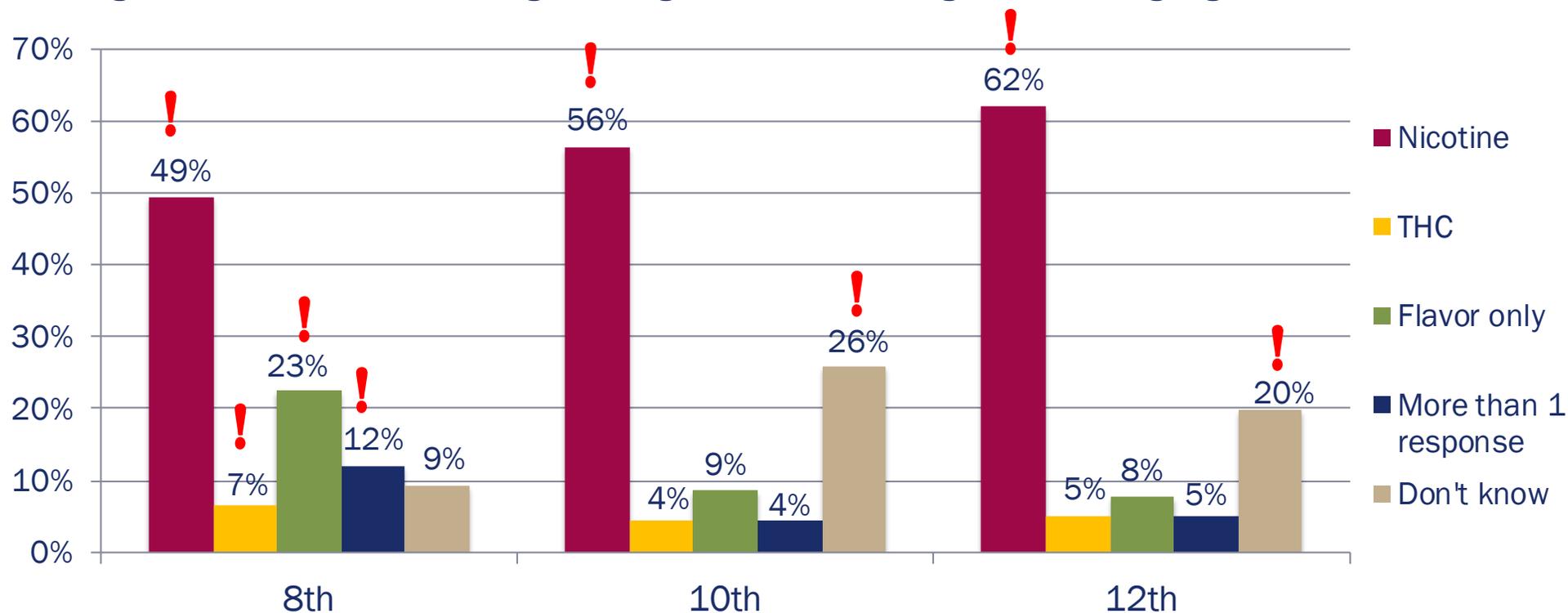
In the past 30 days, HYS estimates:

- (19) 6<sup>th</sup> graders, (110) 8<sup>th</sup> graders, (245) 10<sup>th</sup> graders, and (315) 12<sup>th</sup> graders used an e-cigarette/vape pen

# E-CIGARETTE/VAPE PEN: SUBSTANCE TYPE

“During the past 30 days, what type of substances did you use in an electronic cigarette, also called e-cigs, or vape pens?”

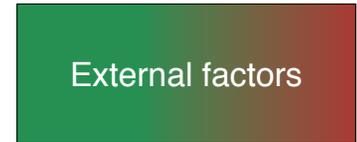
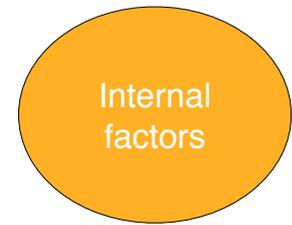
Among students who acknowledge vaping, they report using the following ingredients:



- ! ISD students across all grades are most likely to use an e-cig/vape pen with nicotine in it
- ! 10<sup>th</sup> and 12<sup>th</sup> graders are more likely to use an e-cig/vape pen without knowing its contained substance than 8<sup>th</sup> graders (+17% and +20%, respectively)
- ! 8<sup>th</sup> graders have the highest reported use of THC (+3% to +2%), flavor only (+14% to +15%), and more than one substance (+8% to +9%)
- ! Conversely, 8<sup>th</sup> graders also have the lowest reported use of nicotine (-7% to -13%)

# WHAT HELPS? WHAT HURTS?

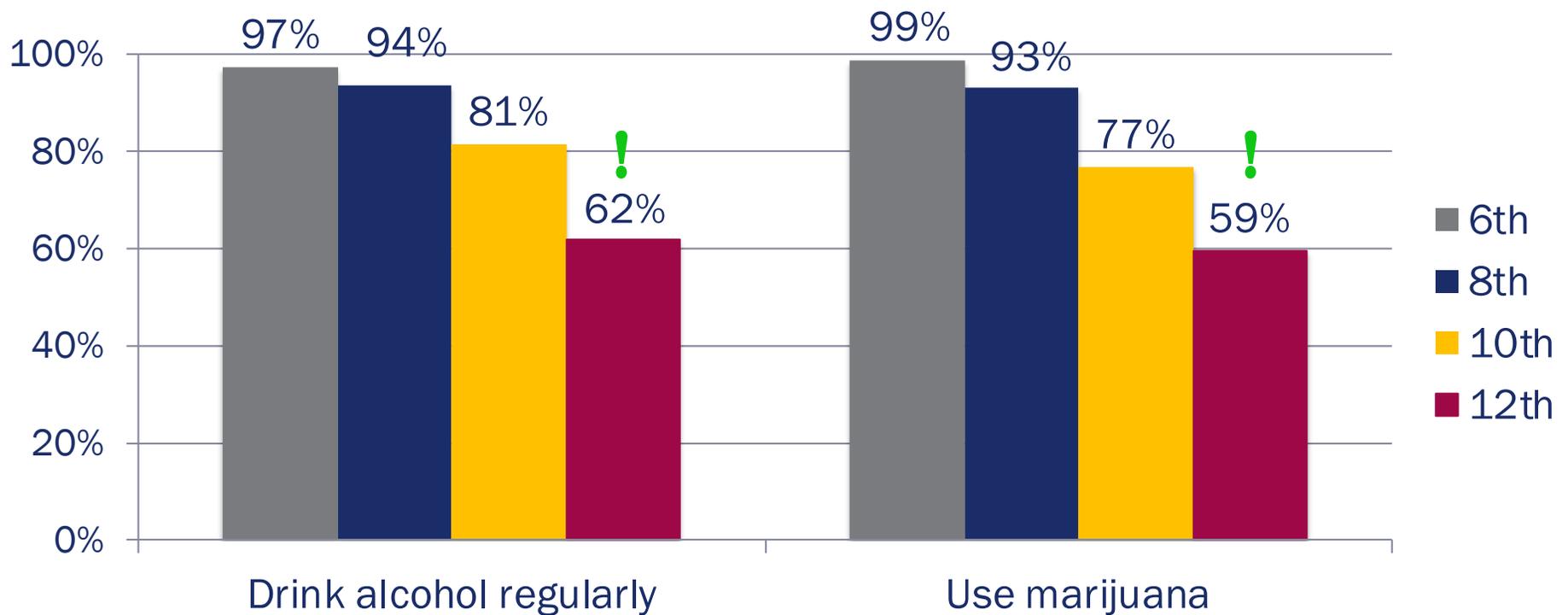
- **Internal factors**
  - Attitudes towards alcohol and drug abuse
  - Perceptions of parental attitudes
  - Perceptions of peer attitudes
  - Perceptions of control or choice
- **External factors**
  - Family support
  - Peer support
  - Community resources



# YOUTH ATTITUDES ABOUT SUBSTANCE ABUSE

“How wrong do YOU think it is for someone your age to [use the following]?”

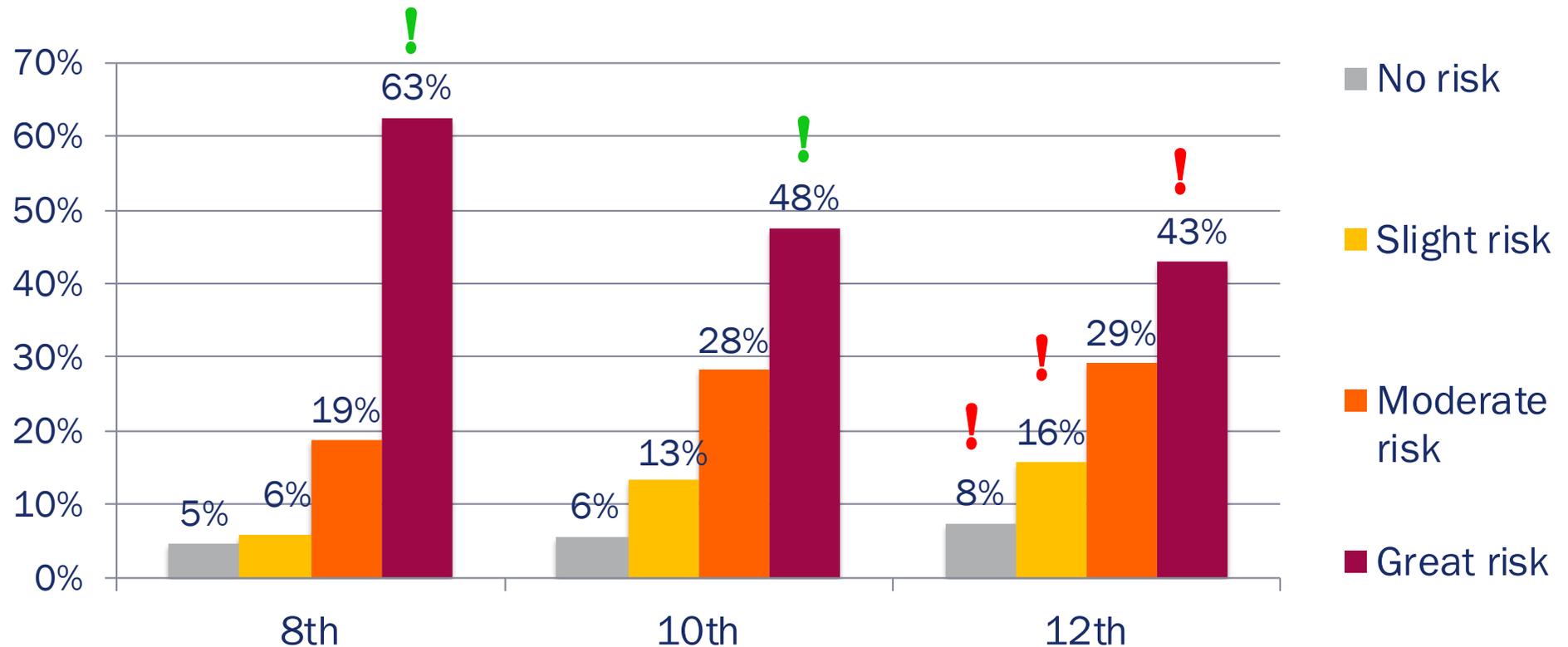
Percentage responding “very wrong” or “wrong”:



- ! In 2018, 12<sup>th</sup> graders report greater disapproval of peer alcohol (+11%) and marijuana (+4%) use compared to the last HYS

# YOUTH ATTITUDES ABOUT RISK OF HARM (VAPING)

“How much do you think people risk harming themselves if they use e-cigarettes, also called e-cigs or vape pens regularly (almost daily)?”

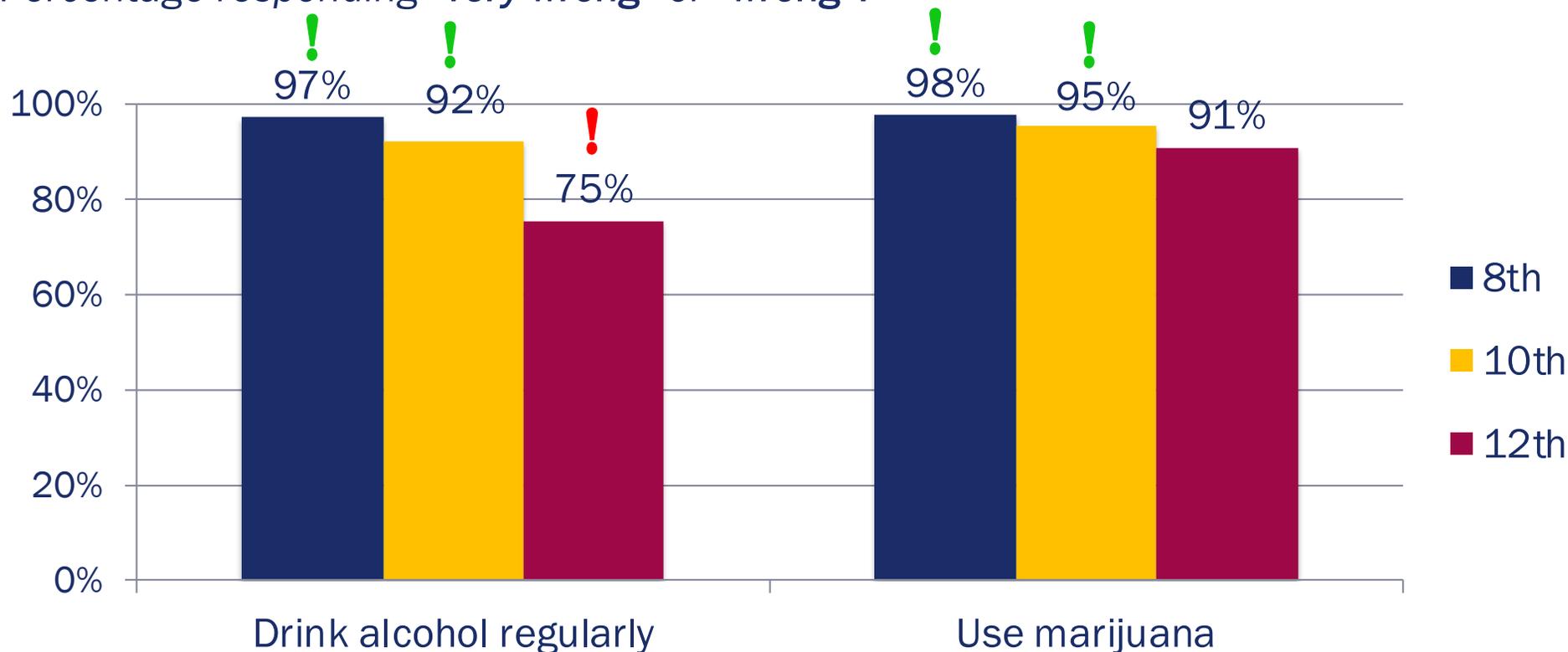


- ! The majority of students across grades think there is great risk of harm in using e-cigs/vape pens
- ! 12<sup>th</sup> graders are most likely to think there is no risk or slight risk of harm, and least likely to think there is great risk

# YOUTH PERCEPTIONS OF PARENTS

“How wrong do your parents feel it would be for you to [use the following]?”

Percentage responding “very wrong” or “wrong”:

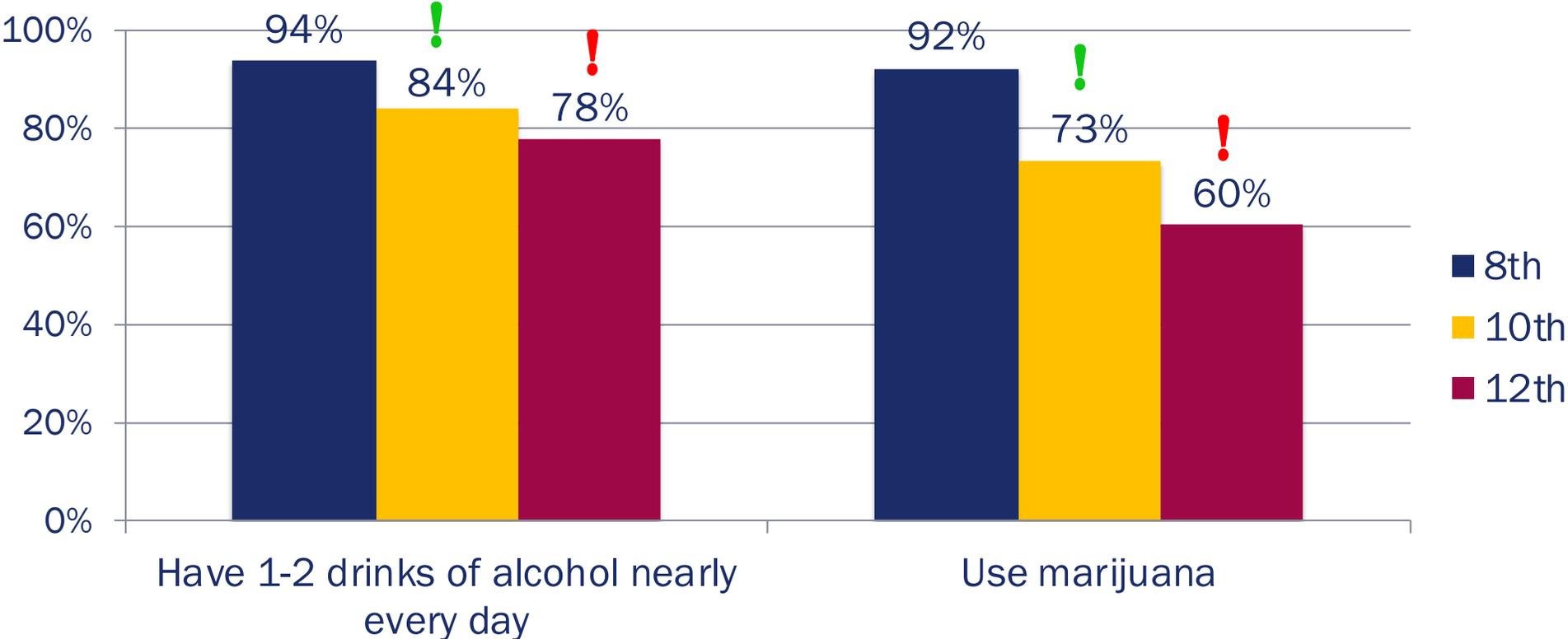


- 8% of 12<sup>th</sup> graders say their parents feel it would be “not wrong at all” for them to drink alcohol regularly
- 12<sup>th</sup> graders also report that their parents are less disapproving of regular alcohol use than marijuana use (-16%)
- Most 8<sup>th</sup> and 10<sup>th</sup> graders report that their parents strongly disapprove of both regular alcohol and marijuana use

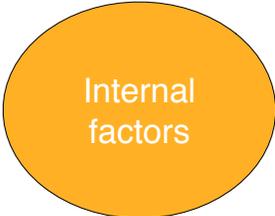
# YOUTH PERCEPTIONS OF PEERS

“How wrong do your friends feel it would be for you to [use the following]?”

Percentage of students responding “wrong” or “very wrong”:



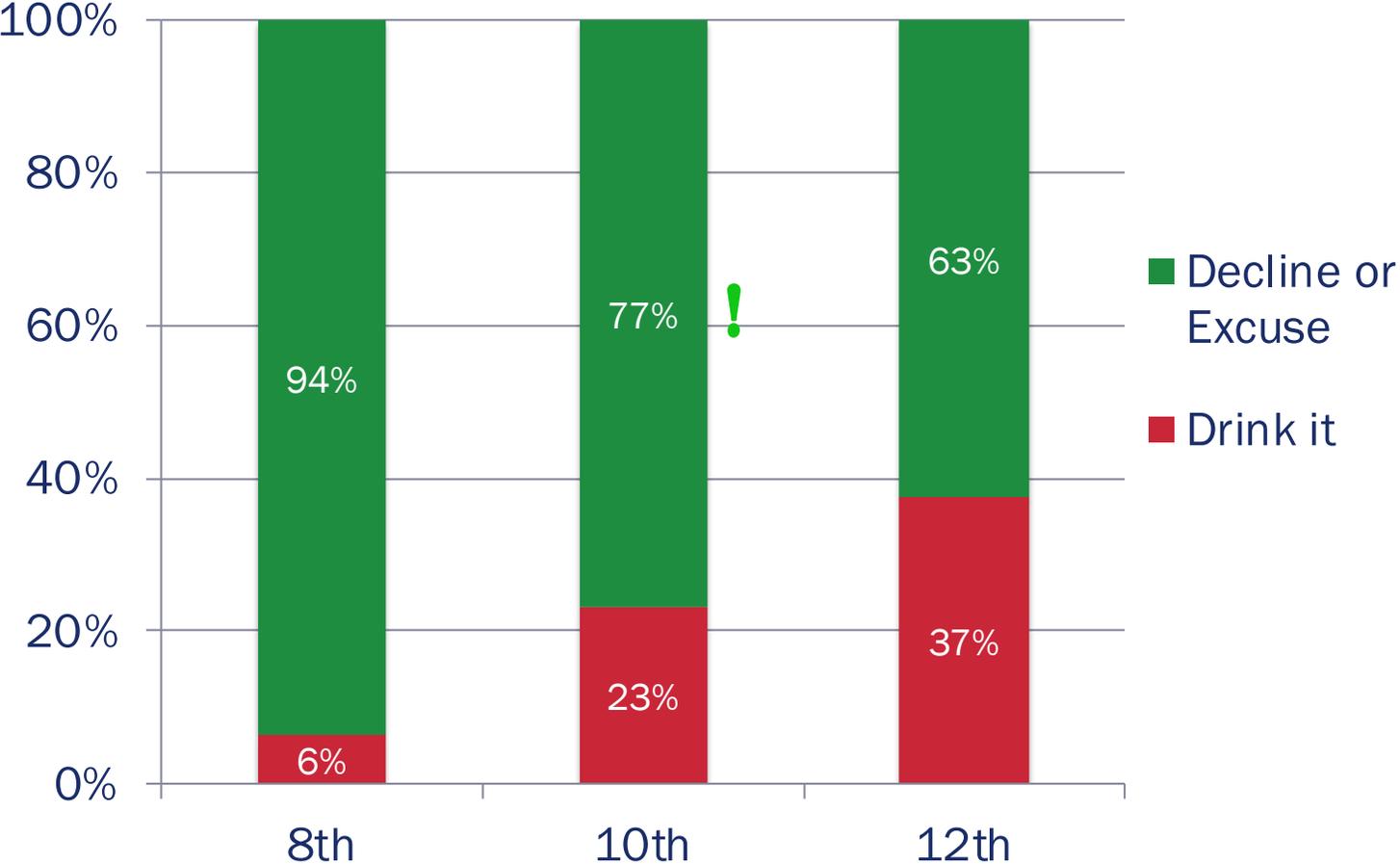
- ! In 2018, 12<sup>th</sup> graders report an increase in perceived peer disapproval of both marijuana (+2%) and alcohol use (+3%)
- ! Among 10<sup>th</sup> graders, perceived peer disapproval has dropped for both marijuana (-5%) and alcohol use (-3%) since 2016



# YOUTH PERCEPTIONS ABOUT CHOICE

“You are at a party at someone's house and one of your friends offers you a drink containing alcohol.

What would you say or do?”

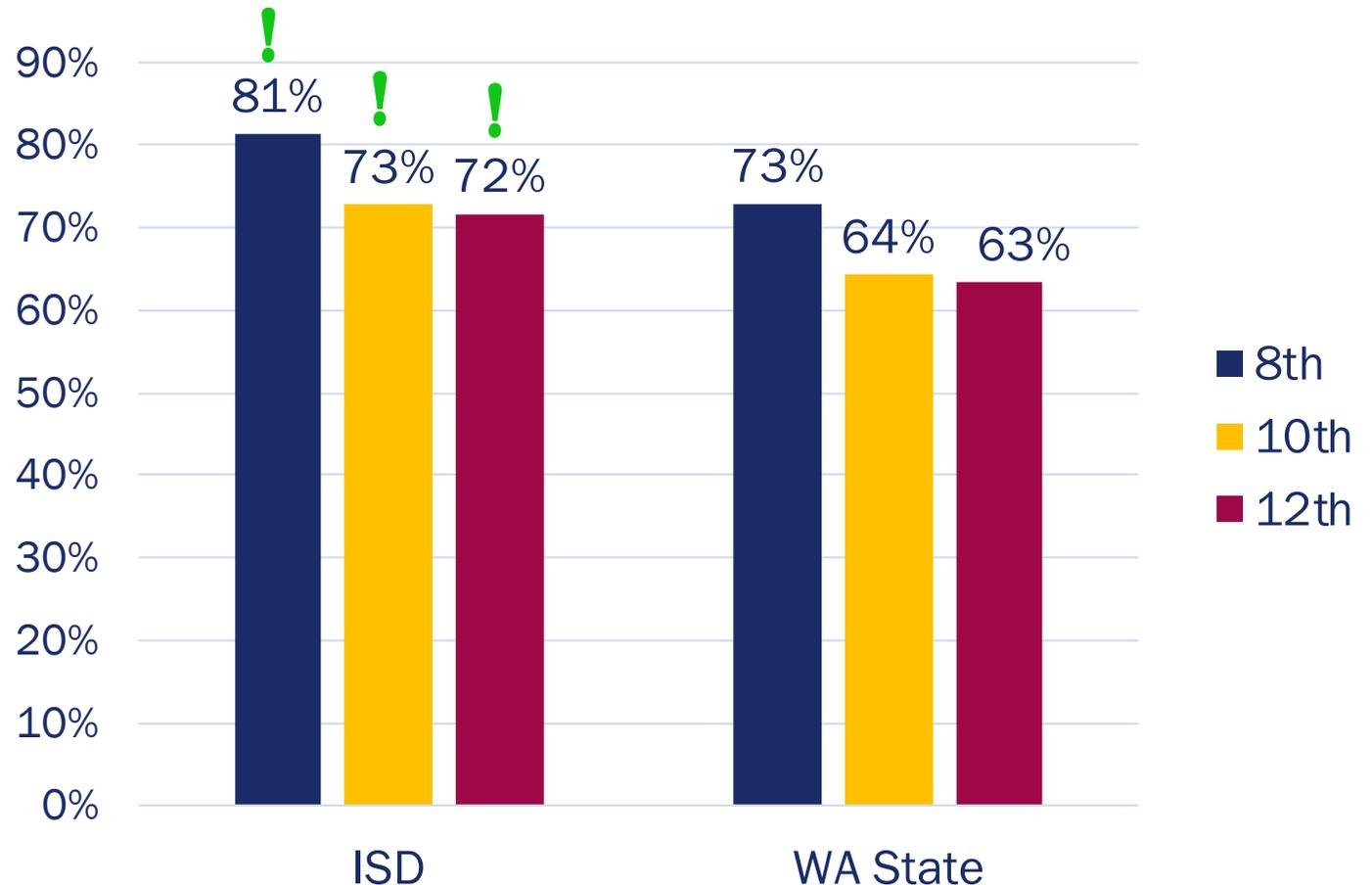


! Since 2016, more 10<sup>th</sup> graders report that they would decline or excuse an alcoholic drink offered by a friend (+3%)

# NEW IN 2018: PERCEIVED SUCCESS

“I am doing just as well as other kids my age.”

Percentage of students answering “a lot of the time” or more:

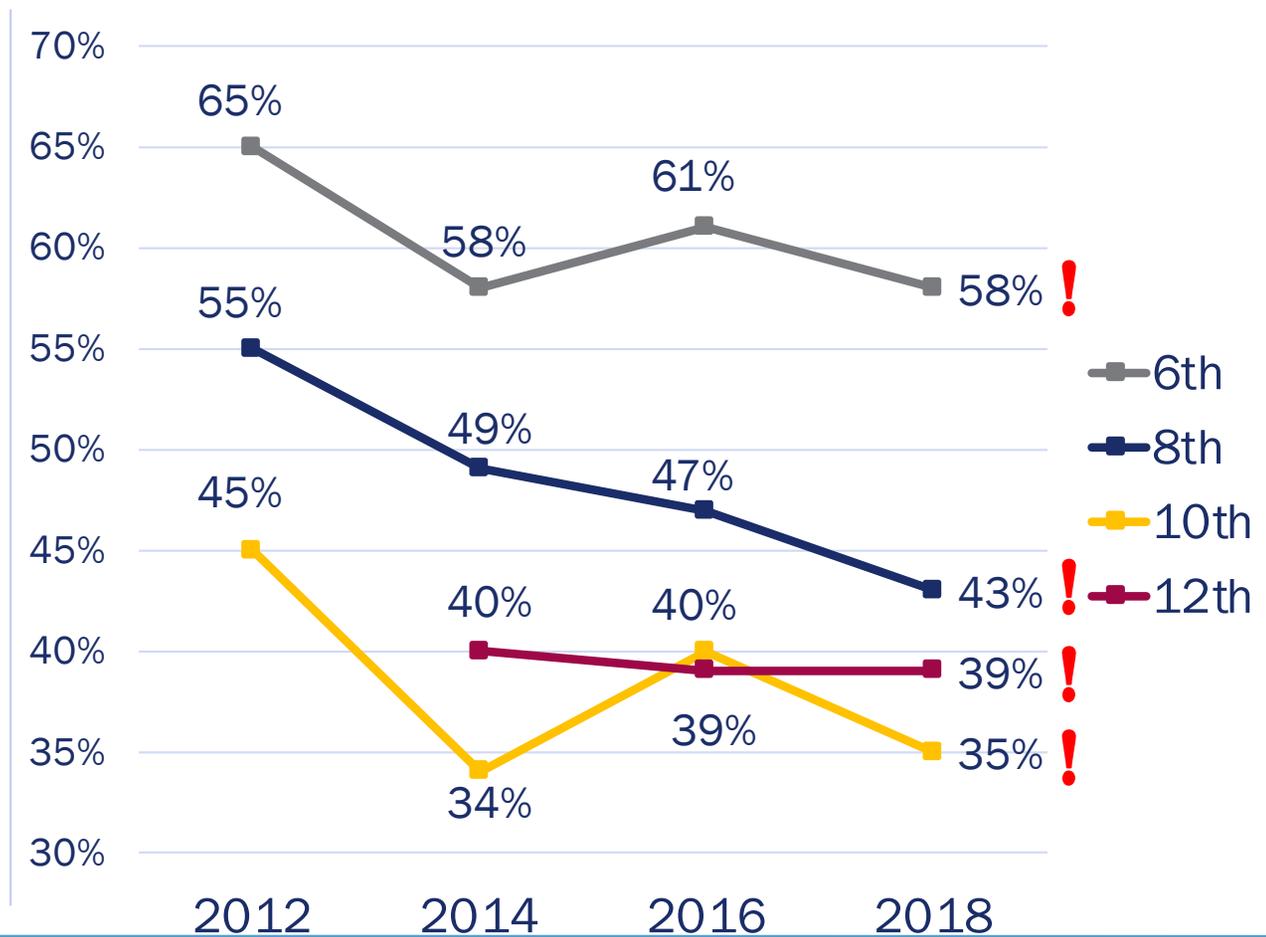
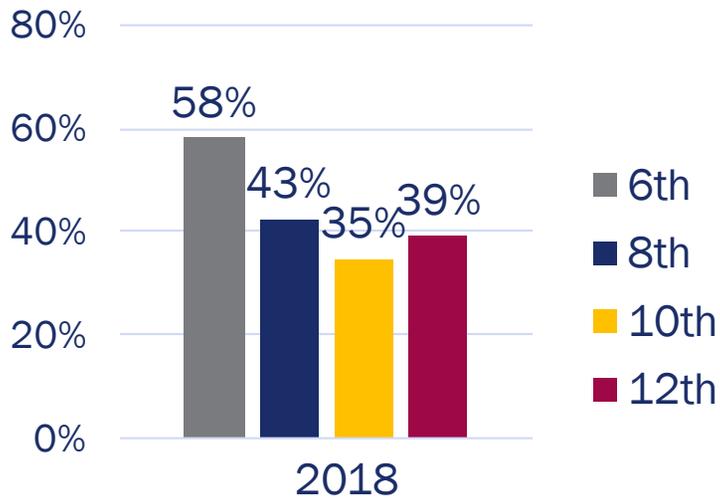


- ! Compared to WA state, ISD students report a more positive perception of their success in relation to their peers
- ! From another perspective, fewer 10<sup>th</sup> and 12<sup>th</sup> grade ISD students answer “none of the time,” suggesting greater perceived success relative to WA state as a whole:
  - 10<sup>th</sup>: -3%
  - 12<sup>th</sup>: -2%

# ENJOYMENT OF SCHOOL

“Think back over the **past year** in school. How often did you **enjoy being in school?**”

Percentage of students answering “**often**” or “**almost always**”:

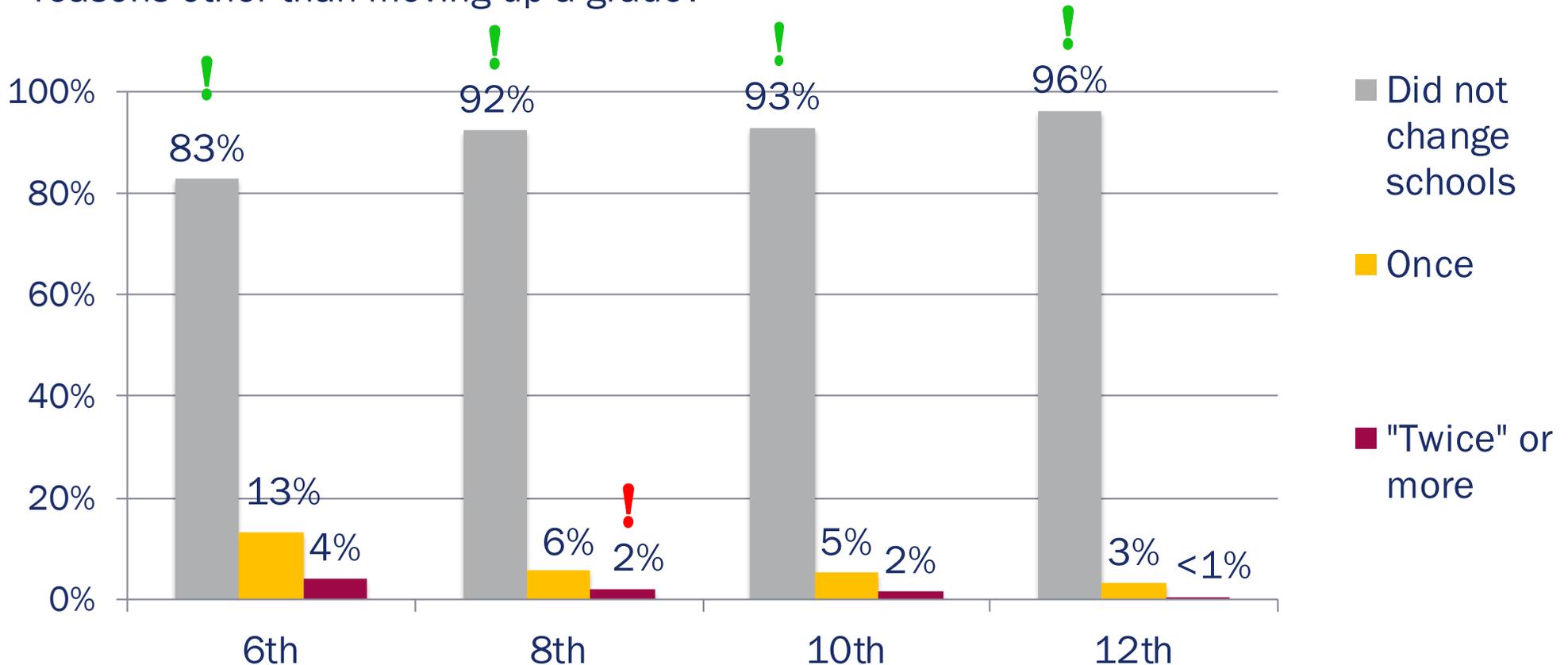


- ! In 2018, ISD students report slightly lower rates of enjoyment of school than in 2016
- ! Compared to WA state, ISD students report enjoying school more in 2018:
  - 6<sup>th</sup> grade: +7%
  - 8<sup>th</sup> grade: +5%
  - 10<sup>th</sup> grade: +4%
  - 12<sup>th</sup> grade: +8%

# MID-YEAR ENROLLMENT CHANGES

External factors

During your last school year, how many times did you change schools for reasons other than moving up a grade?"



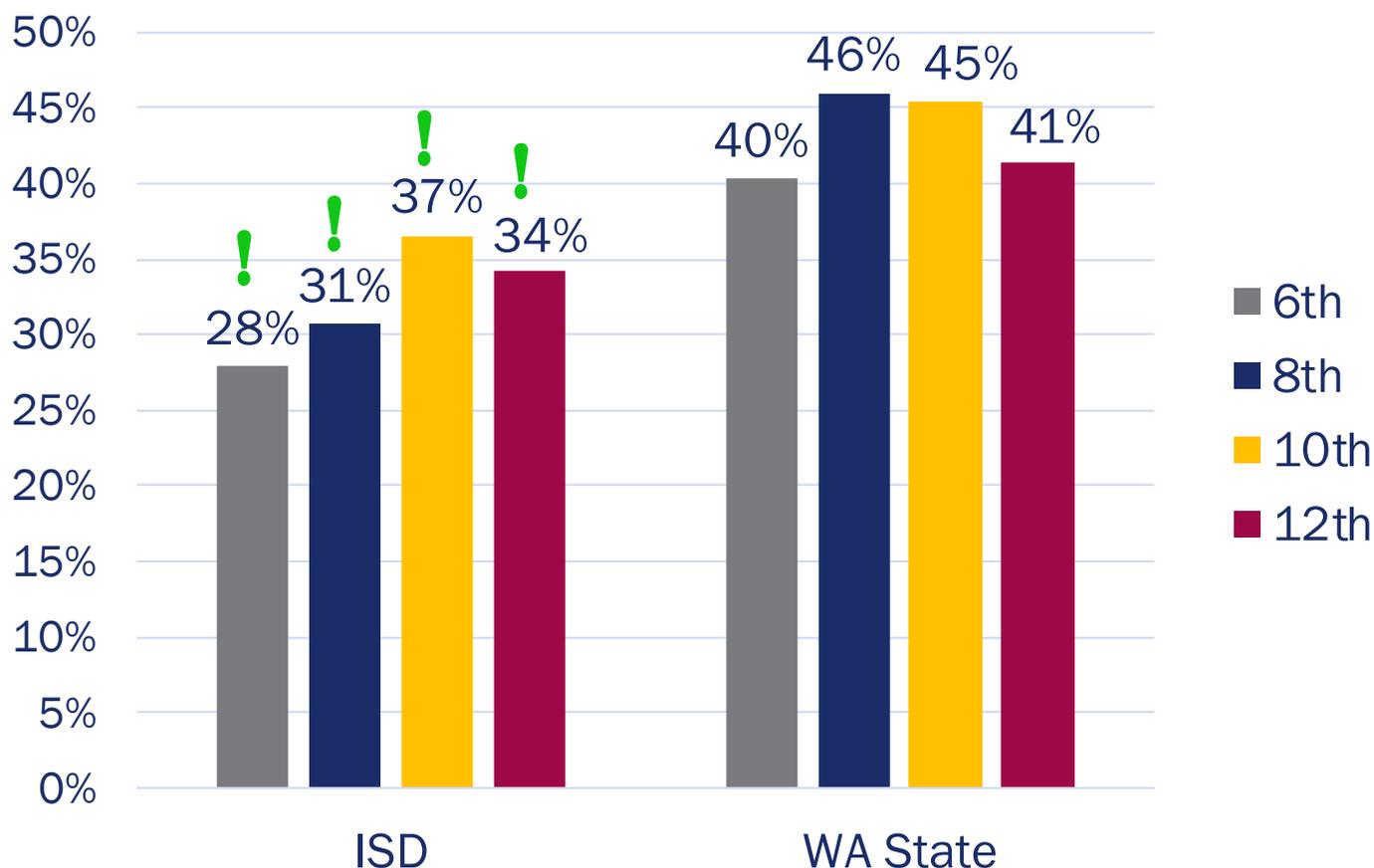
- ! Compared to WA state, ISD 10<sup>th</sup> and 12<sup>th</sup> graders report slightly fewer instances of **changing schools** during the 2017-18 school year ("Once" -4% and -5, respectively)
- ! Slightly more 8<sup>th</sup> graders in ISD moved **twice or more** in 2017-18 than their peers statewide (+2%)
- ! Most students across grades in ISD **did not change schools** last year

# BEHAVIORAL HEALTH: SCREEN TIME (PC/GAMING)

On an average school day:

“How many hours do you play video or computer games, or use a computer for something that is not school work?”

Percentage of students answering “2 hours per day” or more:



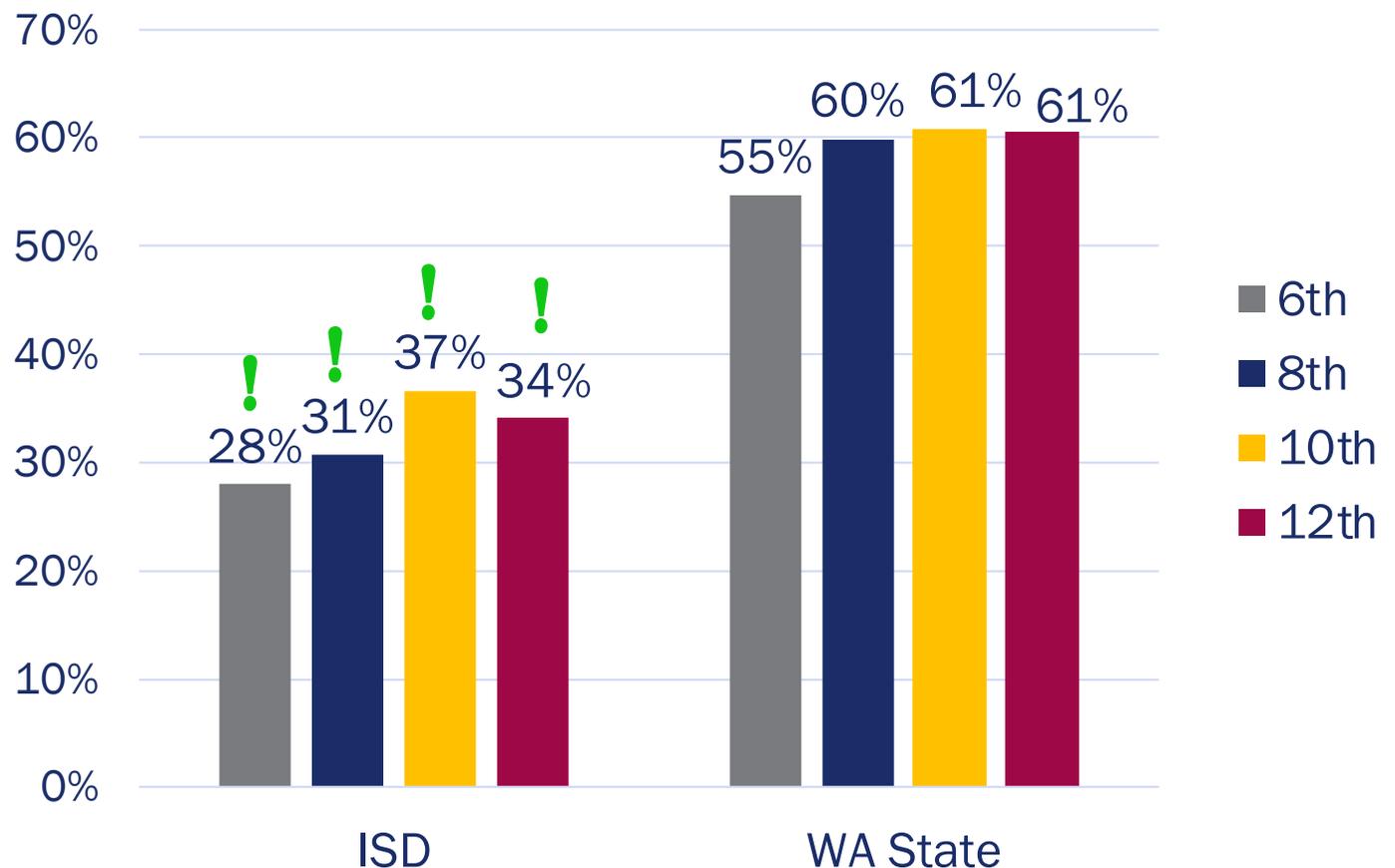
- Fewer ISD students across all grades report having 2 or more hours of leisurely PC/gaming screen time as compared to WA state as a whole (-7% to -15%)

# NEW IN 2018: SCREEN TIME (TV/STREAMING)

On an average school day:

“How many hours do you watch TV shows or movies (such as YouTube, Netflix, Hulu) on any electronic device (Computer, TV set, tablets, or smart phones)?”

Percentage of students answering “2 hours per day” or more:

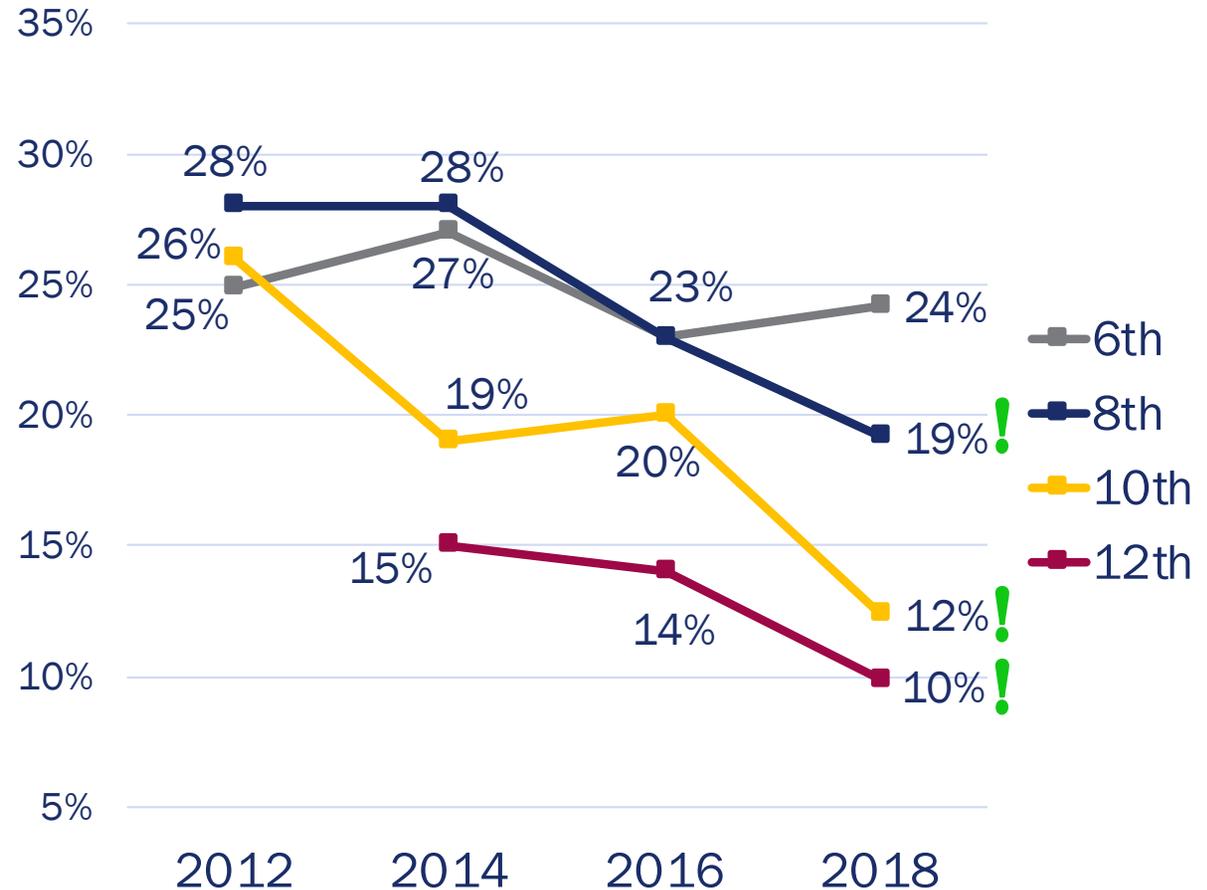
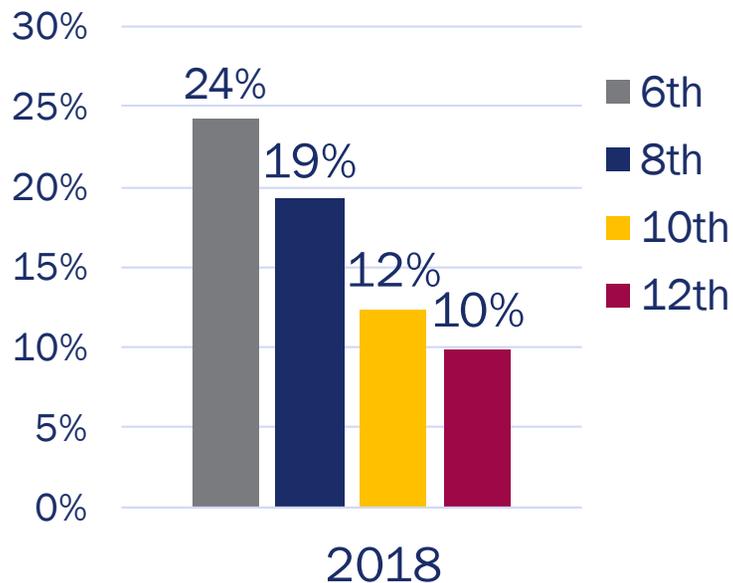


- Compared to WA state, significantly fewer ISD students across all grades report having 2 or more hours of leisurely TV/streaming screen time (-24% to -29%)

# BULLYING AND HARASSMENT

“In the last 30 days, how often have you been bullied?”

Percentage of students answering “once” or more:

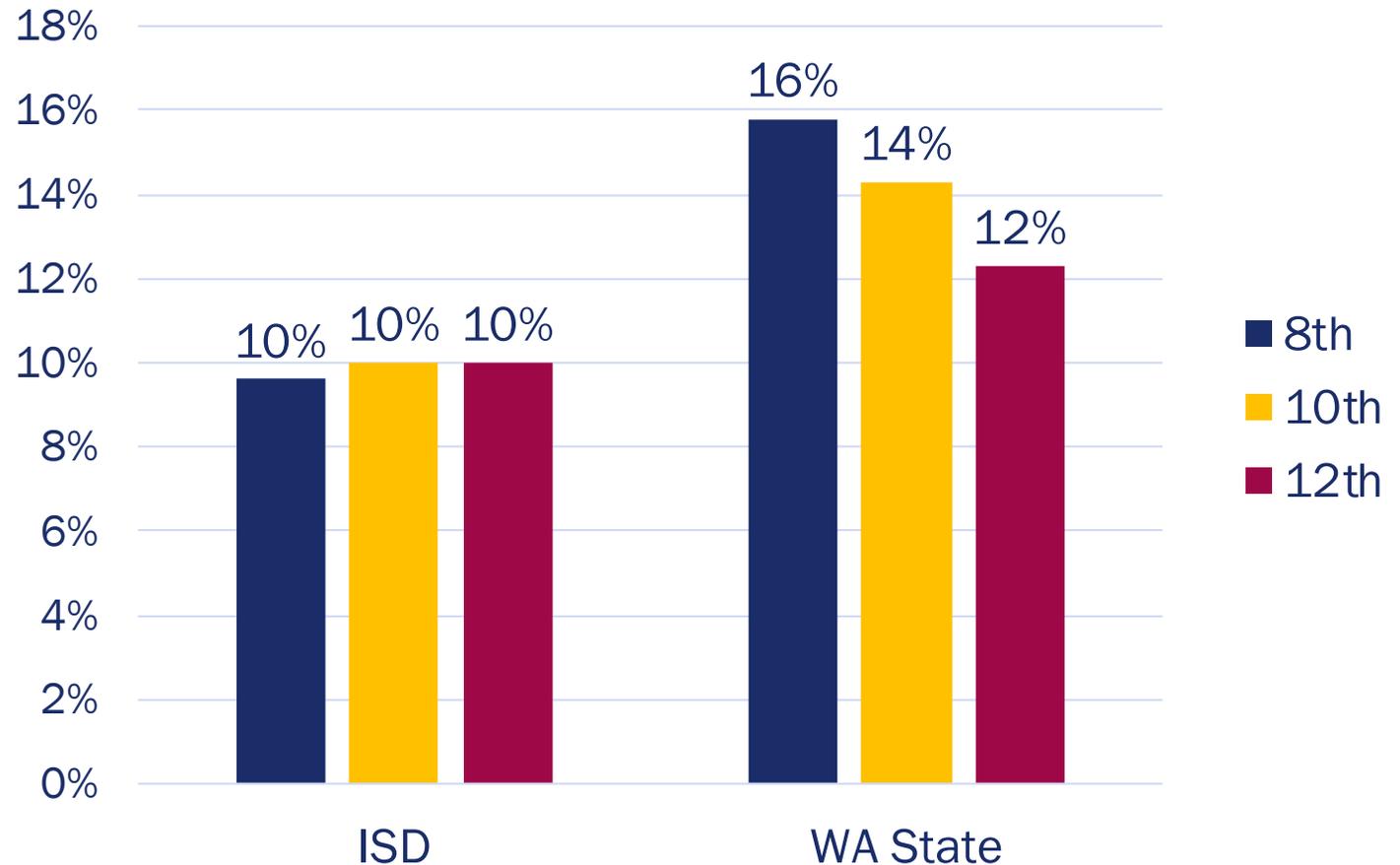


- ! Compared to WA state, ISD students are not bullied as much as their peers statewide (-7% to -8%)
- ! With the exception of 6<sup>th</sup> graders (+1% increase), reported bullying is down across all grades since last HYS
- 10<sup>th</sup> graders saw the largest decrease in reported bullying since 2016 (-8% as compared to -4%)

# NEW IN 2018: CYBER BULLYING

“In the last 30 days, how often have you been **bullied** by someone using social media, a phone, or video games?”

Percentage of students answering “once” or more:



- **Cyber bullying** rates among ISD students are equal across grades (~10%)
- **!** ISD students are less likely to be cyber bullied than their peers statewide (-2% to -6%)

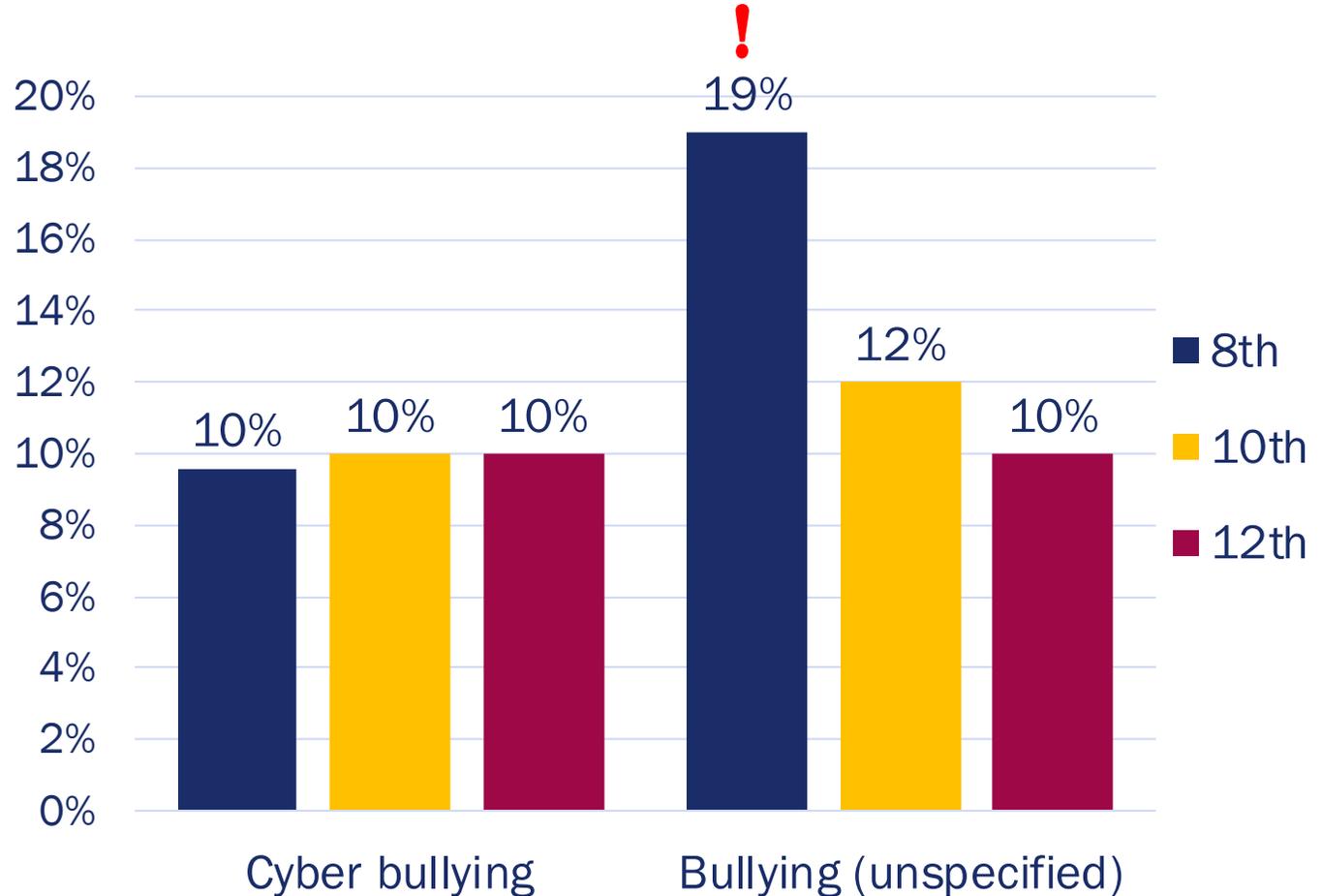
# BULLYING AND HARASSMENT: OVERVIEW

External factors

“In the last 30 days, how often have you been **bullied** by someone using *social media, a phone, or video games*?”

“In the last 30 days, how often have you been **bullied**?”

Percentage of students answering “once” or more:

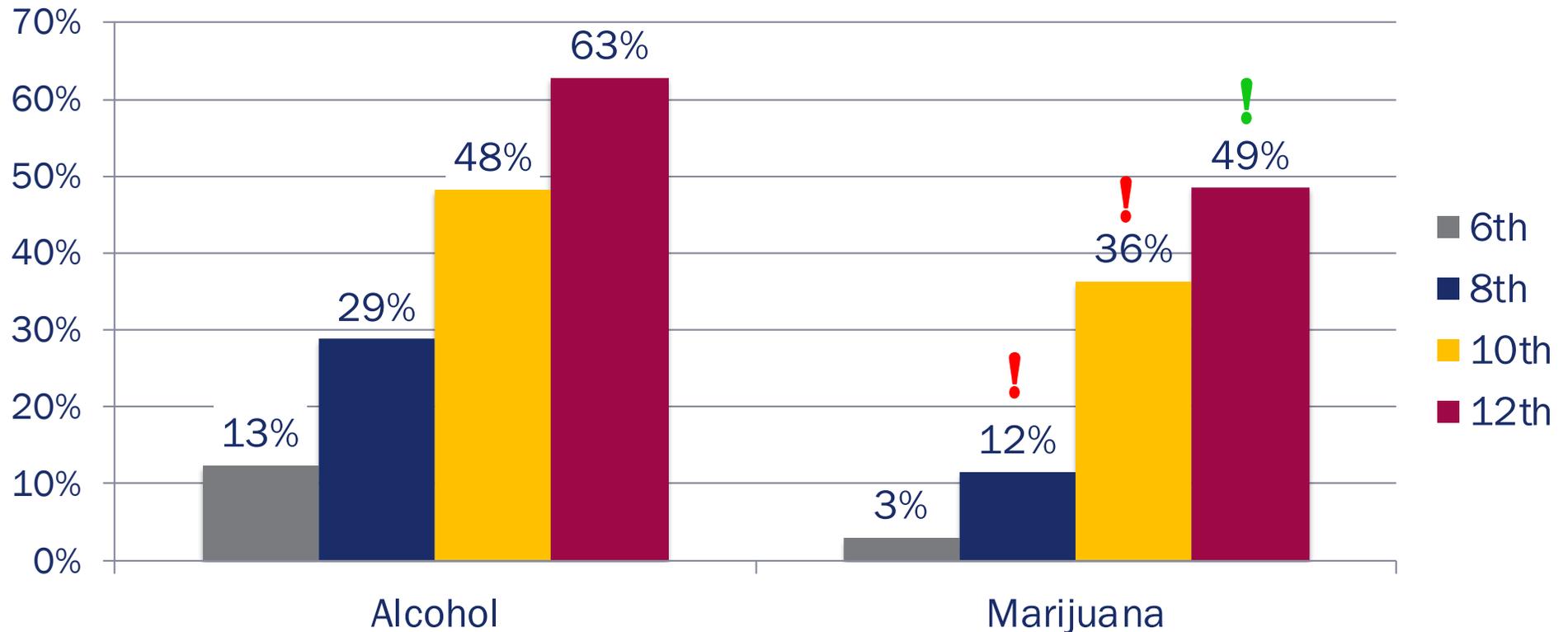


- HYS data indicates that both types of bullying decrease in correlation to higher grade levels
- **Bullying** sees a greater drop between grades (-7% and -2%) than cyber bullying (essentially no change)
- **8<sup>th</sup> grade bullying** is more prevalent than both types of bullying across all grades

# COMMUNITY: EASE OF ACCESS

“If you wanted to get some \_\_\_\_\_, how easy would it be for you to get some?”

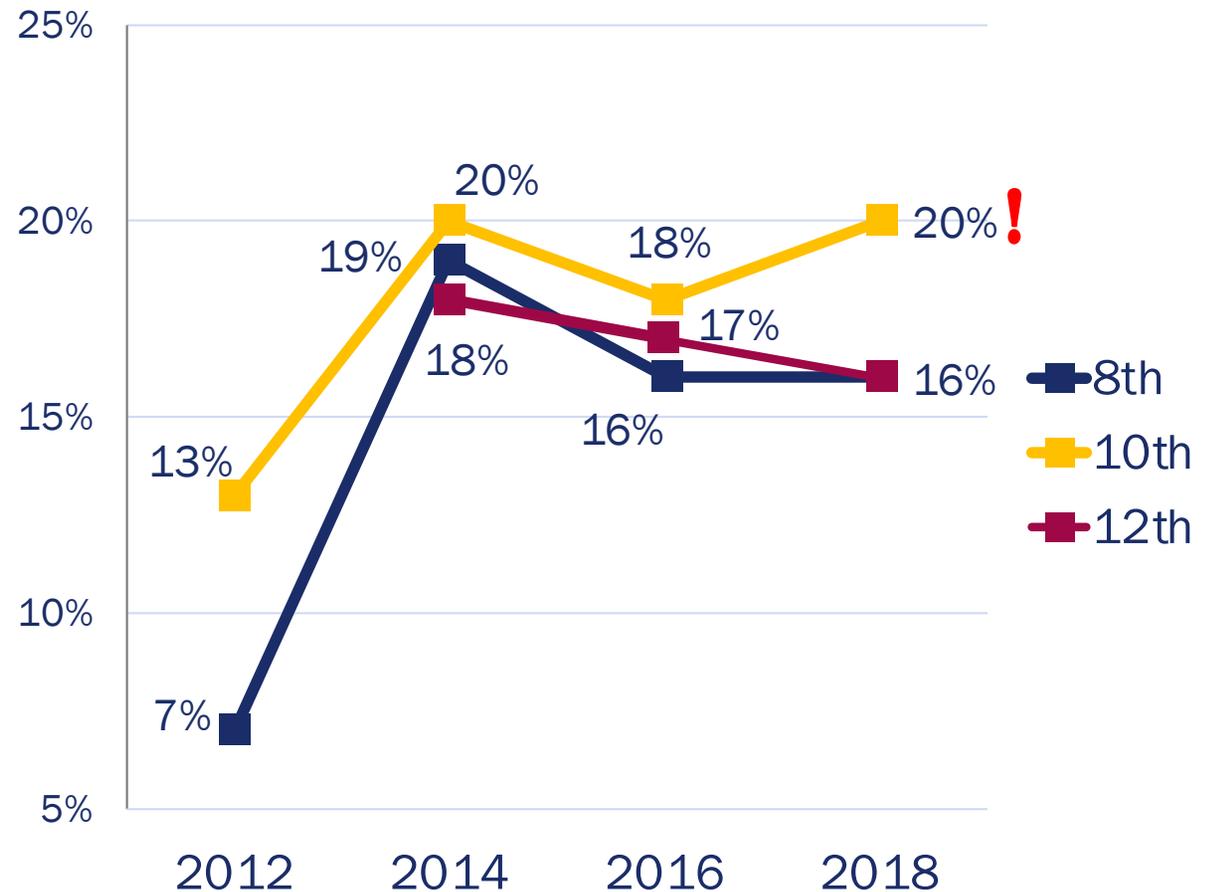
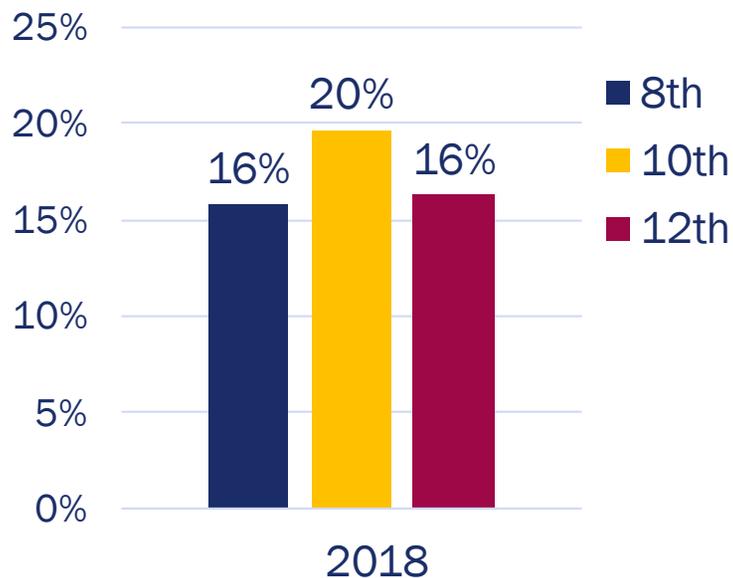
Percentage of students responding “*sort of easy*” or “*very easy*”:



- Since last HYS, ease of access to alcohol has become slightly more accessible to 6<sup>th</sup> and 8<sup>th</sup> graders (+2% and +1 increase, respectively) ; no change was reported among 10<sup>th</sup> or 12<sup>th</sup> graders
- **!** Marijuana access is up among 8<sup>th</sup> (+2% increase) and 10<sup>th</sup> graders (+7% increase)
- **!** 12<sup>th</sup> graders saw the largest change in reported marijuana access (-12% decrease)

# PHYSICAL ABUSE BY ADULT

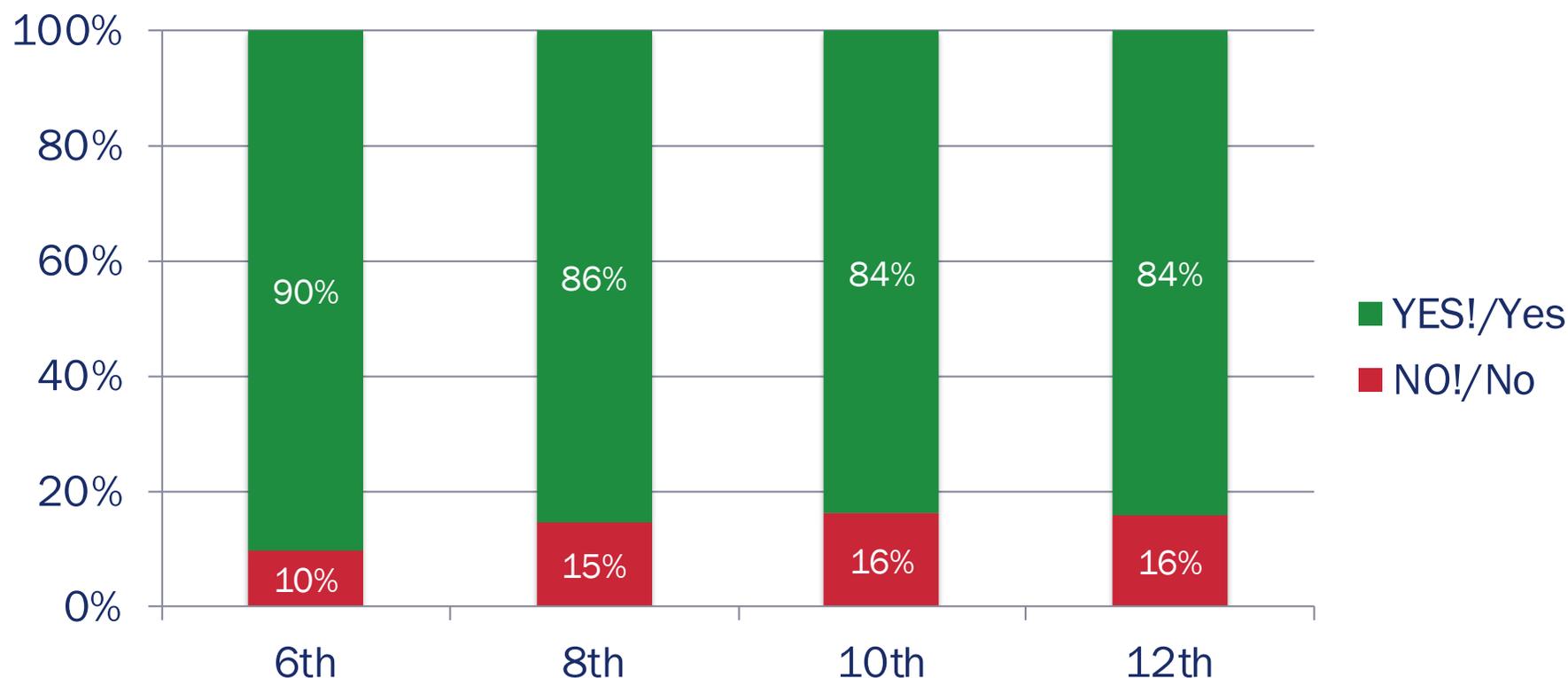
“Has an adult ever physically hurt you on purpose (like pushed, slapped, hit, kicked or punched you), leaving a mark, bruise or injury?”



- ! In 2018, more 10<sup>th</sup> graders report being physically abused by an adult in their lifetime than in 2016 (+2%); this is up +7% total since 2012
- ! On the contrary, slightly fewer 12<sup>th</sup> graders report physical abuse in their lifetime in 2016 as compared to 2018 (-1%); this grade has seen a steady decline since 2014
- While 8<sup>th</sup> graders reported essentially no change since 2016, they have seen the greatest total increase in lifetime physical abuse since 2012 (+9%)

# FAMILY SUPPORT

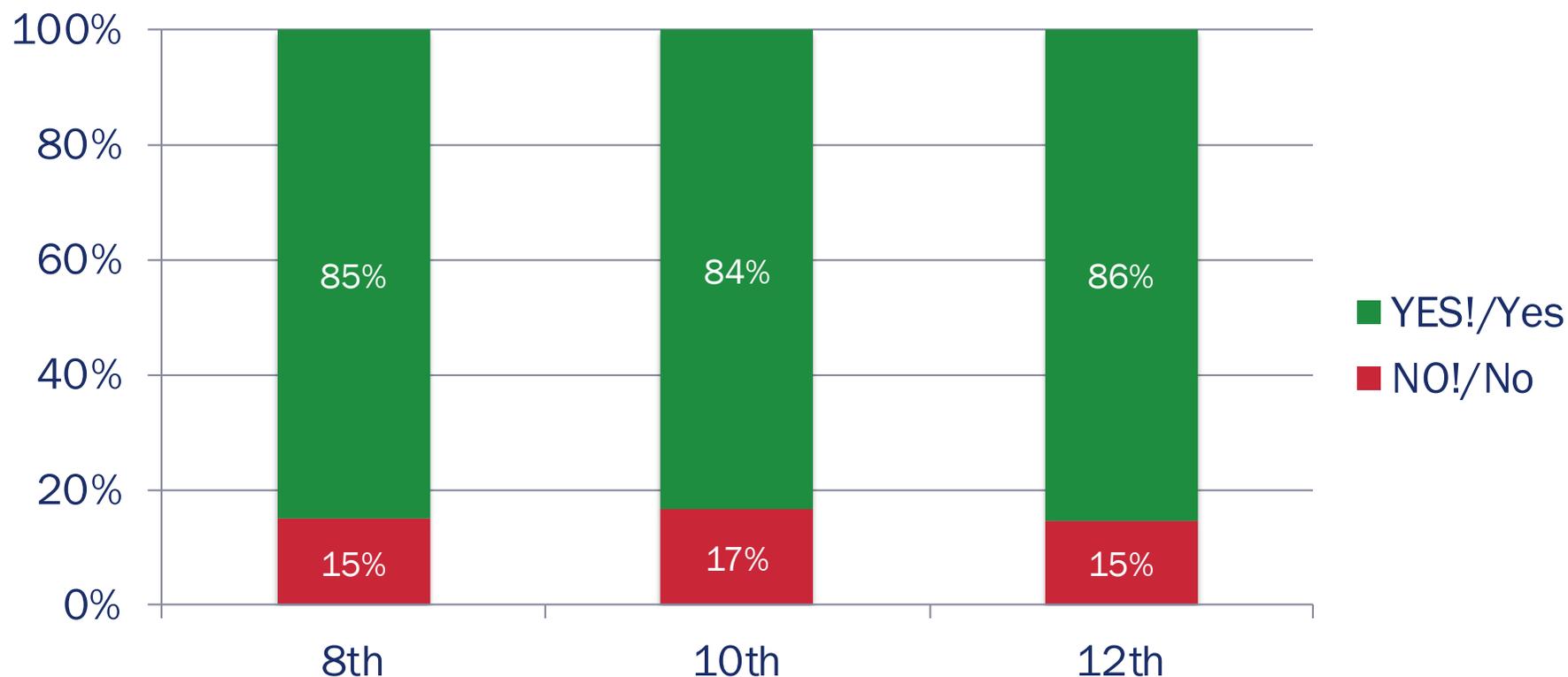
“If I had a personal problem, I could ask my mom or dad for help.”



- ! Compared to WA state, ISD students report stronger family support:
  - 6<sup>th</sup>: +4% YES!/Yes ; -4% NO!/No
  - 8<sup>th</sup>: +4% YES!/Yes ; -3% NO!/No
  - 10<sup>th</sup>: +10% YES!/Yes ; -10% NO!/No
  - 12<sup>th</sup>: +8% YES!/Yes ; -8% NO!/No
- No significant changes since last HYS

# COMMUNITY SUPPORT

“There are adults in my neighborhood or community I could talk to about something important.”

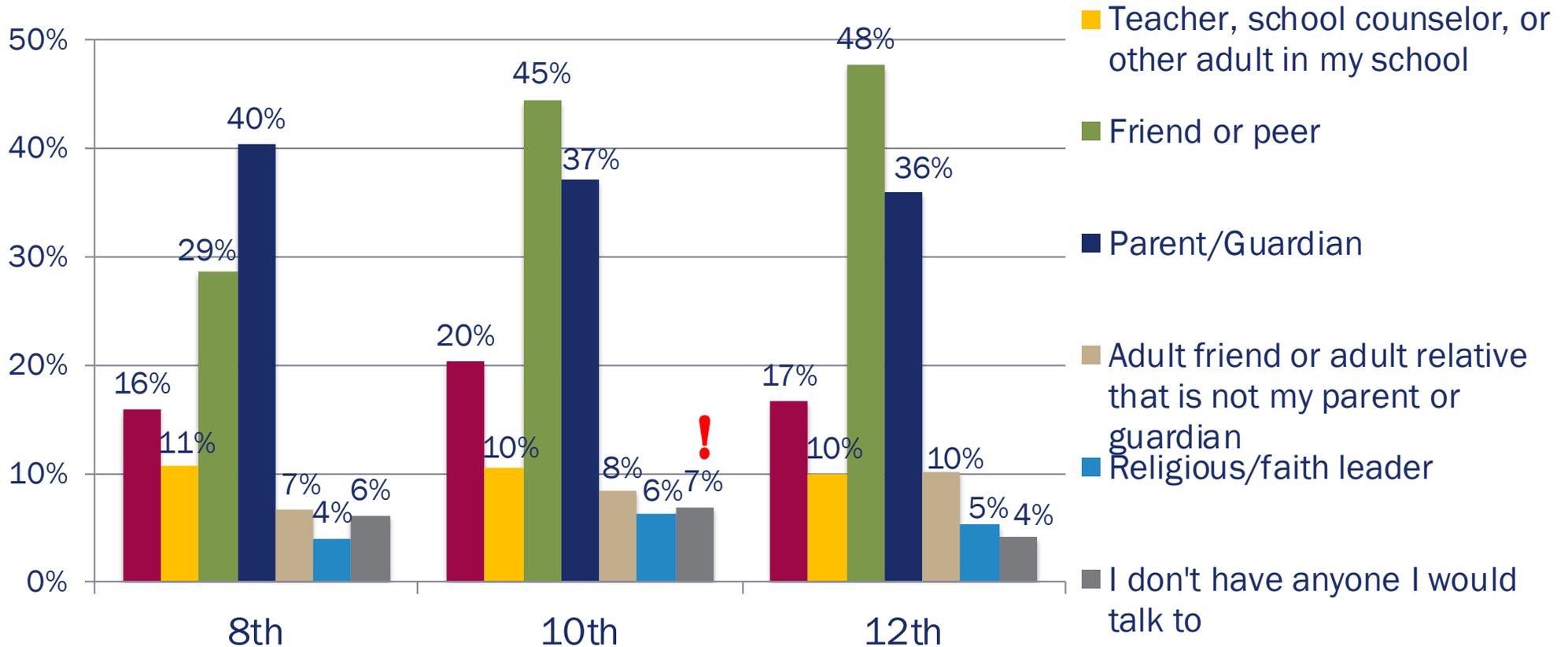


- **!** Compared to WA state, ISD students report stronger community support:
  - 8<sup>th</sup>: +11% YES!/Yes ; -11% NO!/No
  - 10<sup>th</sup>: +14% YES!/Yes ; -13% NO!/No
  - 12<sup>th</sup>: +15% YES!/Yes ; -14% NO!/No
- No significant changes since last HYS

# PERSONAL SOCIAL NETWORK SUPPORT

External factors

“If you feel sad or hopeless almost every day for two weeks or more in a row, to whom would you most likely turn for help?”



- ISD students across all grades are most likely to seek support from a **parent/guardian, friend or peer, or a sibling or cousin.**
- 8<sup>th</sup> graders are more likely to connect with their **parents** (40%) than 10<sup>th</sup> graders (37%) and 12<sup>th</sup> graders (36%)
- 10<sup>th</sup> and 12<sup>th</sup> graders are more likely to connect with a **friend or peer** (45% and 48%, respectively) than 8<sup>th</sup> graders (29%)
- **!** 10<sup>th</sup> graders are the most likely to **not have someone to ask for help** (+1% to +3%)

**QUESTIONS?  
COMMENTS?**



# THANK YOU!



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