



# Healthy Youth Survey Fact Sheet

## Unintentional Injury for Mountlake Terrace High School

(Edmonds SD)

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 164

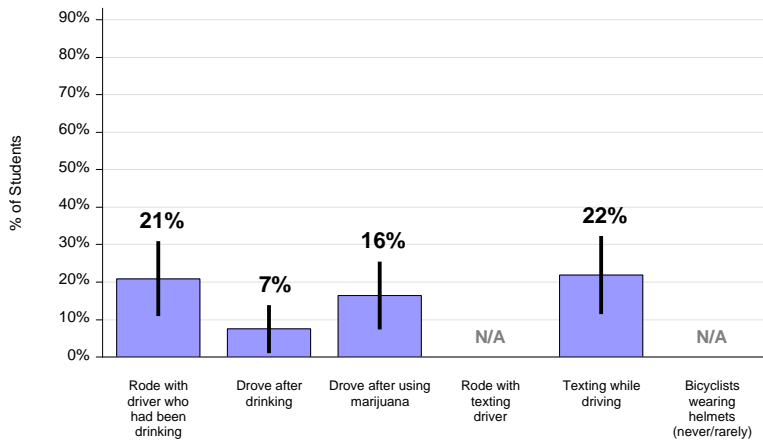
### Background:

- Unintentional injury is the leading cause of death among youth. Motor vehicle crashes are the most common cause.
- Unintentional injuries are caused by behaviors such as drinking and driving, riding with a drinking driver, riding a bike or motorcycle without a helmet, or not wearing a life jacket.
- Most unintentional injuries can be prevented. Alcohol and other substances impair one's judgment and may contribute to injuries and even death.

### For More Information:

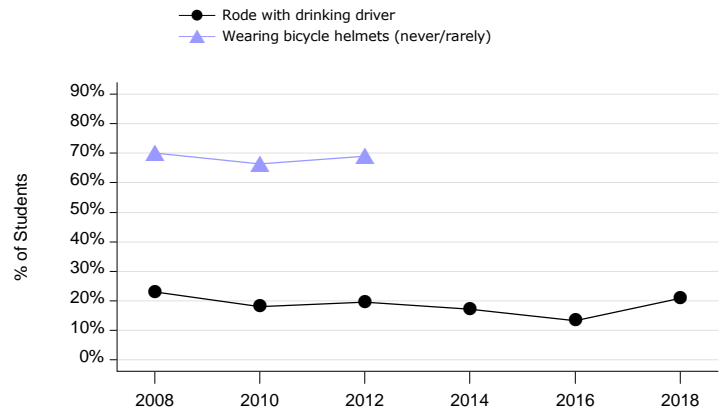
- Visit the Washington State Injury and Violence Prevention Website at: [www.doh.wa.gov/DataandStatisticalReports/InjuryViolenceandPoisoning](http://www.doh.wa.gov/DataandStatisticalReports/InjuryViolenceandPoisoning).

**Unintentional Injury  
Grade 10, 2018**



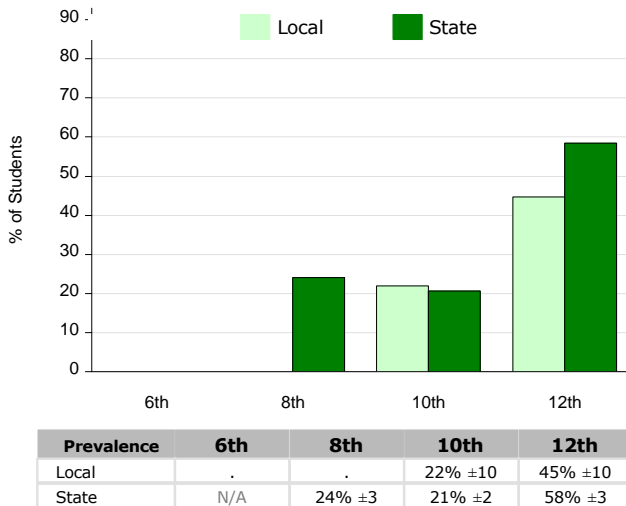
*In 2018, 21% of 10th graders in our school rode with a drinking driver.*

**Unintentional Injury Trends  
Grade 10**



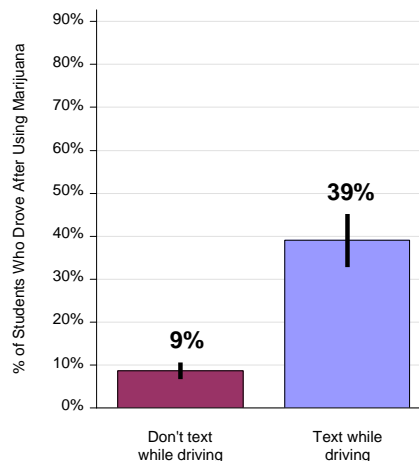
Prevalence	2008	2018
Rode with driver who had been drinking	23% ±7	18%
Wearing bicycle helmets (never/rarely)	70% ±9	66%

**Texting While Driving, among Those Who Drove  
Compared to the State, All Grades, 2018**



Prevalence	6th	8th	10th	12th
Local	0	0	22% ±10	45% ±10
State	N/A	24% ±3	21% ±2	58% ±3

**Statewide Relationship between  
Texting While Driving and  
Driving After Using Marijuana  
Grade 10, 2018**



*Statewide, more 10th graders who text while driving are more likely to report driving after using marijuana, compared to those who didn't text while driving.*



# Healthy Youth Survey Fact Sheet

## Unintentional Injury for Mountlake Terrace High School

(Edmonds SD)

Year: 2018

Grade: 12

Gender: All

Number of Students Surveyed: 174

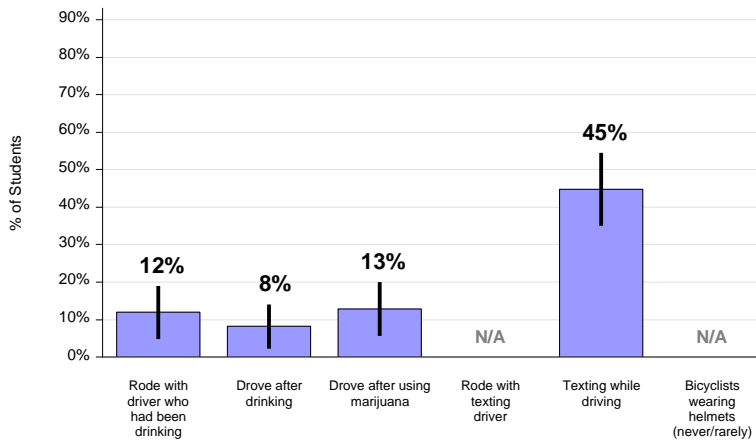
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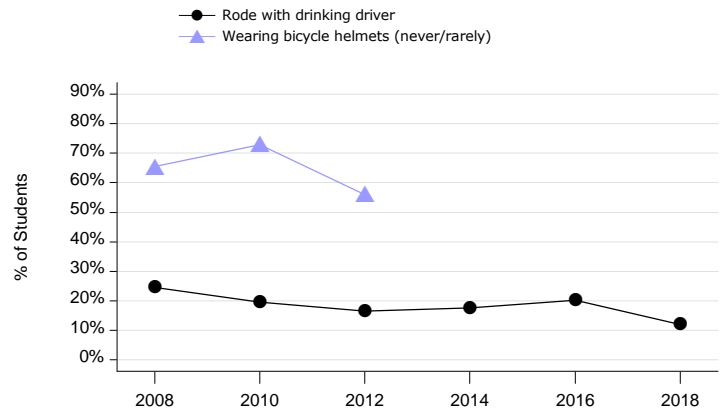
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**Unintentional Injury  
Grade 12, 2018**



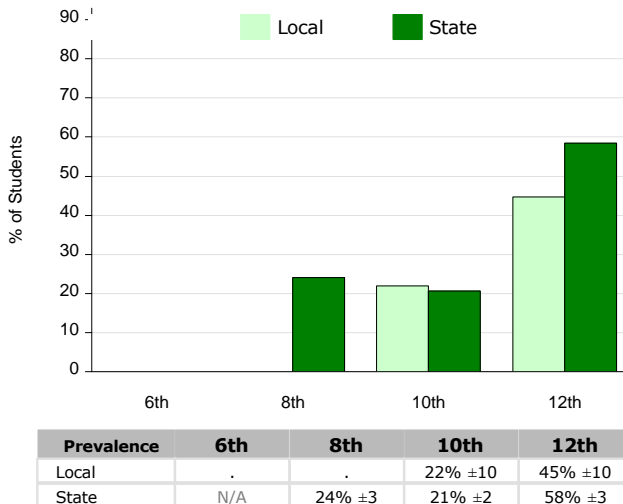
*In 2018, 12% of 12th graders in our school rode with a drinking driver.*

**Unintentional Injury Trends  
Grade 12**



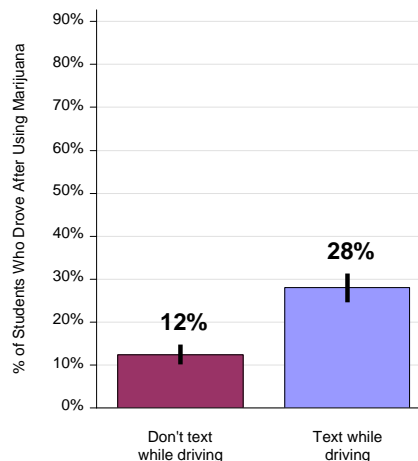
Prevalence	2008	2018
Rode with driver who had been drinking	25% ±8	19%
Wearing bicycle helmets (never/rarely)	65% ±13	73%

**Texting While Driving, among Those Who Drove  
Compared to the State, All Grades, 2018**



Prevalence	6th	8th	10th	12th
Local	-	-	22% ±10	45% ±10
State	N/A	24% ±3	21% ±2	58% ±3

**Statewide Relationship between  
Texting While Driving and  
Driving After Using Marijuana  
Grade 12, 2018**



*Statewide, more 12th graders who text while driving are more likely to report driving after using marijuana, compared to those who didn't text while driving.*



# Healthy Youth Survey Fact Sheet

Violent Behaviors and School Safety for Mountlake Terrace High School (Edmonds SD)

Year: 2018 Grade: 10 Gender: All Number of Students Surveyed: 164

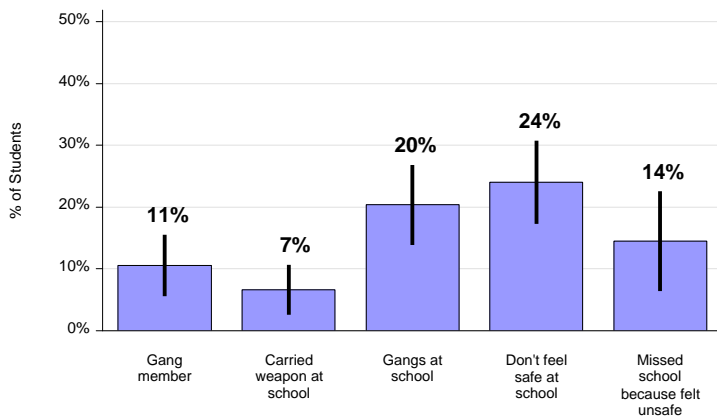
## Background:

- Creating a supportive learning environment is critical for student academic achievement.
- Researchers have identified best practice programs that can address negative student behaviors and build positive school culture.
- School safety requires the commitment of staff, students, parents and the community. Washington schools are required to have a comprehensive school safety plan that includes: prevention, intervention, all-hazards/crisis response, and post crisis recovery (RCW 28A.320.125).
- Schools referral systems that encourage students to report threats will help prevent violent incidents.

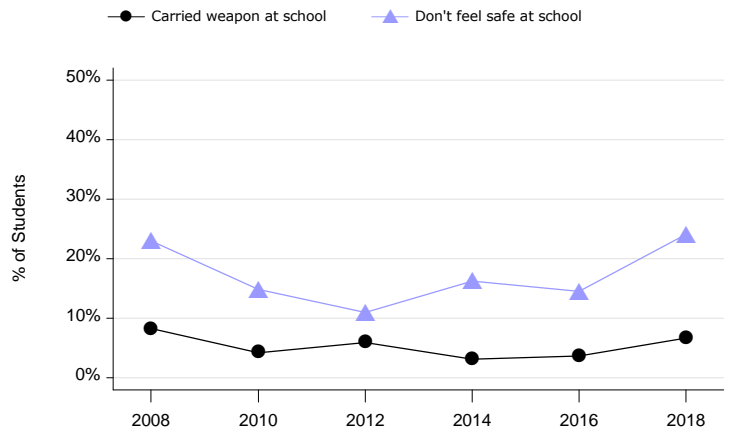
## For More Information:

- School Safety Center, the Office of Superintendent of Public Instruction: [www.k12.wa.us/safetycenter](http://www.k12.wa.us/safetycenter).
- Washington State Department of Health - Injury and Violence Prevention Program website: [www.doh.wa.gov](http://www.doh.wa.gov).

Violent Behavior and School Safety  
Grade 10, 2018

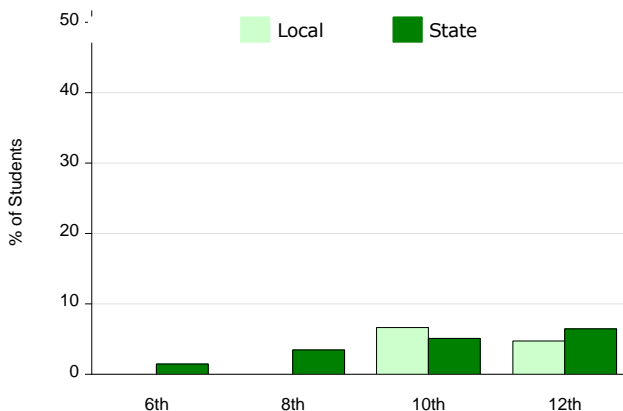


Violent Behavior and School Safety Trends, Grade 10



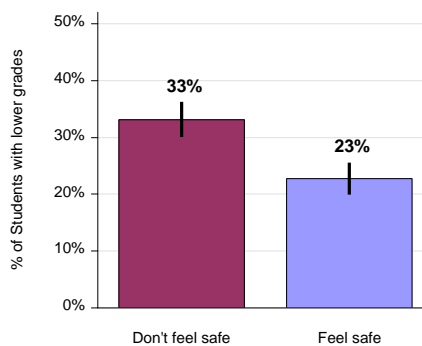
Prevalence	2008	2018
Carried weapon at school	8% ±3	4% ±3
Don't feel safe at school	23% ±5	15% ±5

Carried a Weapon at School  
Compared to the State, All Grades, 2018



Prevalence	6th
Local	0%
State	2% ±0

Statewide Relationship between  
Lower Grades and  
Not Feeling Safe at School  
Grade 10, 2018



Statewide, more 10th graders who don't feel safe at school report lower grades in school (C's, D's or F's) compared to those who feel safe.



# Healthy Youth Survey Fact Sheet

Violent Behaviors and School Safety for Mountlake Terrace High School (Edmonds SD)

Year: 2018

Grade: 12

Gender: All

Number of Students Surveyed: 174

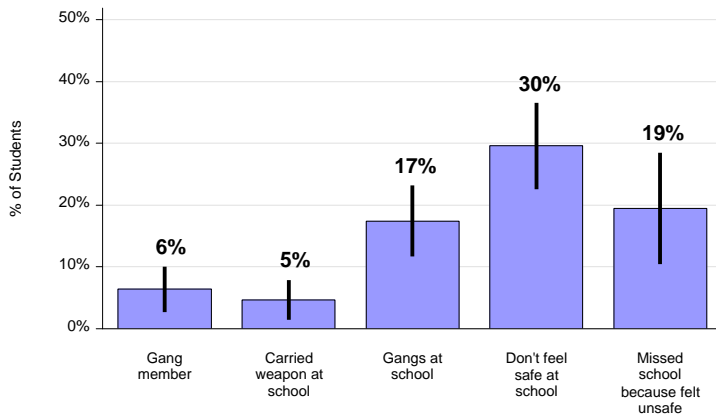
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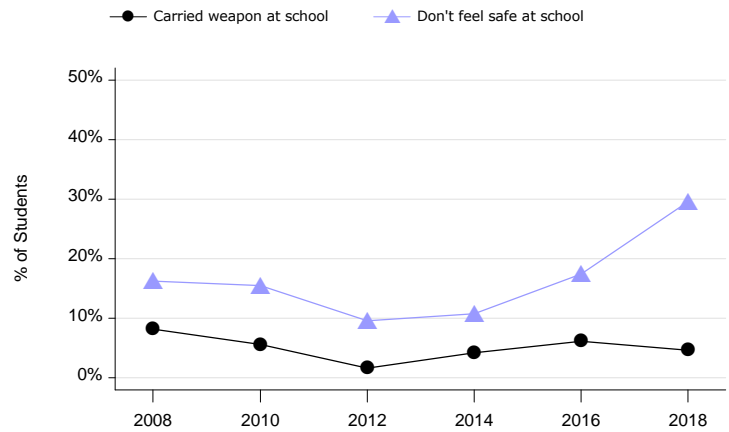
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Violent Behavior and School Safety  
Grade 12, 2018

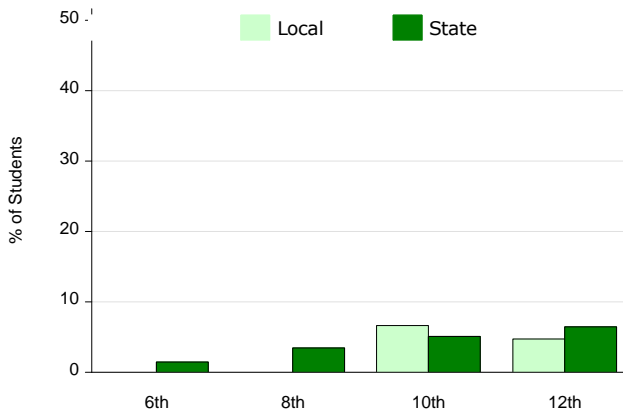


Violent Behavior and School Safety Trends, Grade 12



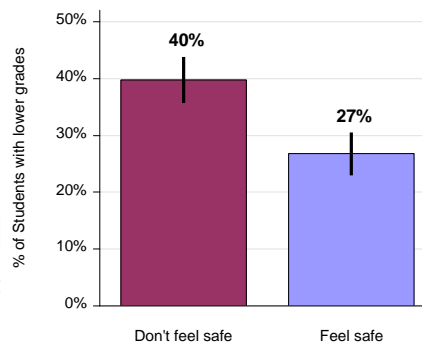
Prevalence	2008	2018
Carried weapon at school	8% ±4	6% ±3
Don't feel safe at school	16% ±5	15% ±4

Carried a Weapon at School  
Compared to the State, All Grades, 2018



Prevalence	6th
Local	0%
State	2% ±0

Statewide Relationship between  
Lower Grades and  
Not Feeling Safe at School  
Grade 12, 2018



Statewide, more 12th graders who don't feel safe at school report lower grades in school (C's, D's or F's) compared to those who feel safe.





# Healthy Youth Survey Fact Sheet

## Bullying and Harassment for Mountlake Terrace High School (Edmonds SD)

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 164

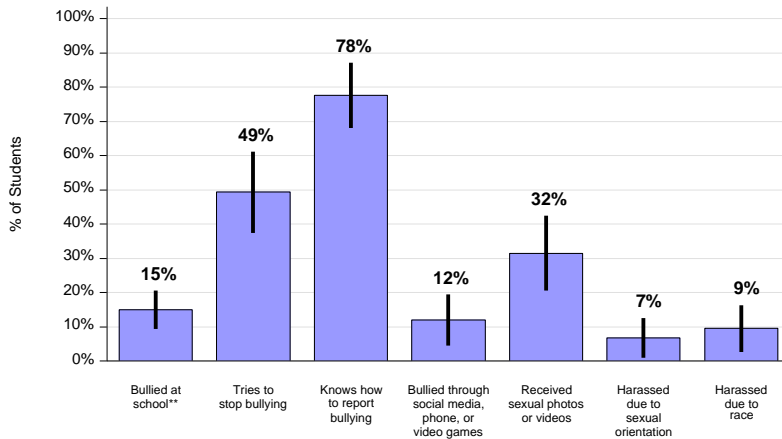
### Background:

- All Washington schools are required, at a minimum, to implement state model policy and procedures which prohibit harassment, intimidation and bullying.
- Bullying is intentional, repeated, negative behavior on the part of an aggressor or aggressors toward a target or targets. It also involves a perceived power imbalance of some kind.
- Students who report being bullied or harassed also report getting lower grades in school.
- Researchers have identified evidence-based programs which reduce bullying and harassment and help build positive school climates.

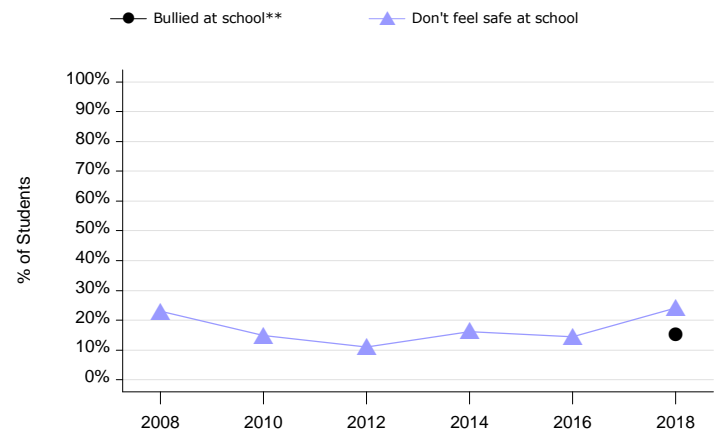
### For More Information:

- School Safety Center, sponsored by the Office of Superintendent of Public Instruction at: [www.k12.wa.us/safetycenter](http://www.k12.wa.us/safetycenter).

**Bullying and Harassment  
Grade 10, 2018**

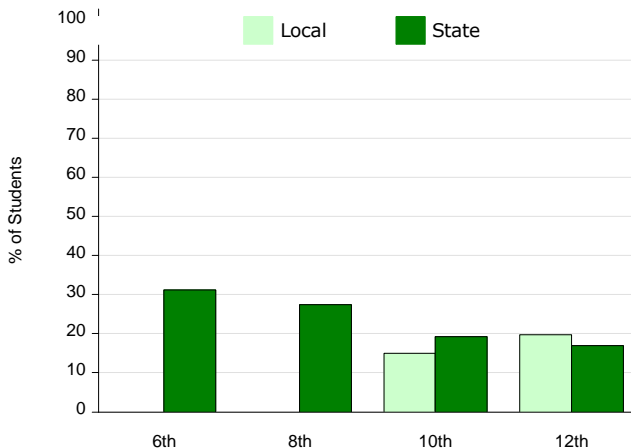


**Bullying and Harassment Trends, Grade 10**



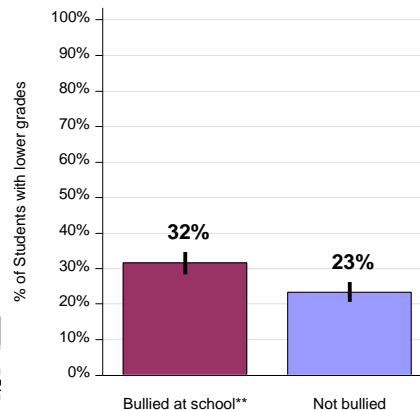
Prevalence	2008	2018
Bullied at school**	N/S	N
Don't feel safe at school	23% ±5	15%

**Bullied in Past Month  
Compared to the State/All Grades, 2018**



Prevalence	6th
Local	.
State	31% ±2

**Statewide Relationship between  
Lower Grades and Bullying  
Grade 10, 2018**



*Statewide, more 10th graders who are bullied at school report lower grades in school (C's, D's or F's) compared to those who aren't bullied.*

\*\*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 ± or black bar |)

\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-28-2019

**Missing codes:** S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade.



# Healthy Youth Survey Fact Sheet

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Year: 2018

Grade: 12

Gender: All

Number of Students Surveyed: 174

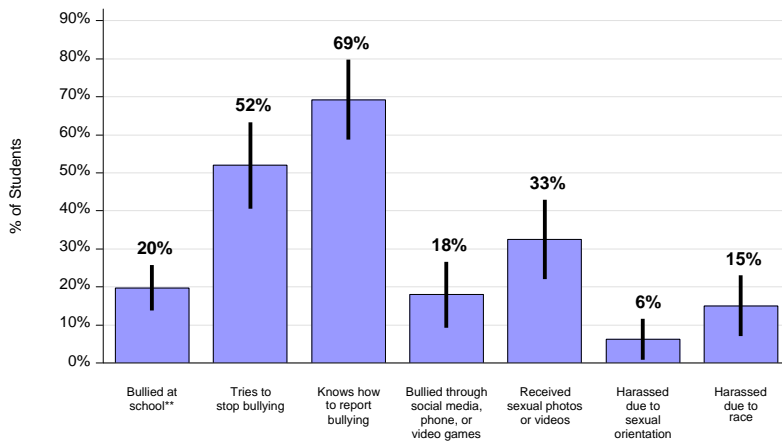
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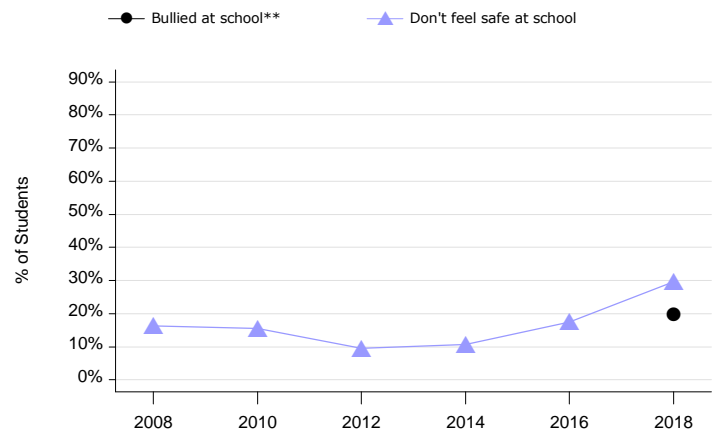
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**Bullying and Harassment  
Grade 12, 2018**

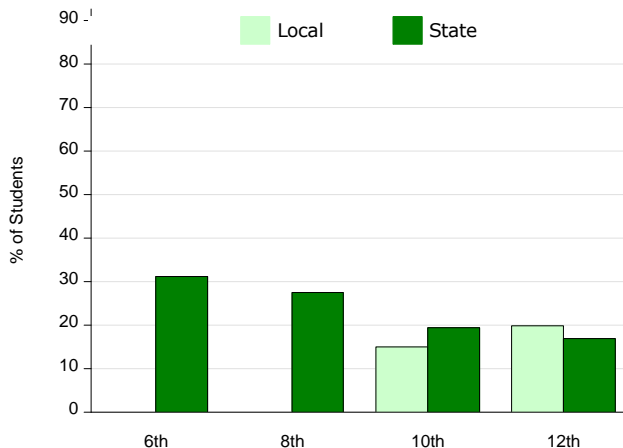


**Bullying and Harassment Trends, Grade 12**



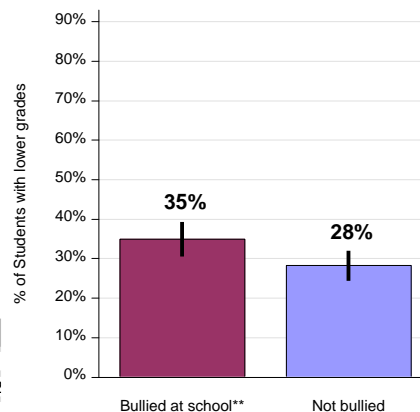
Prevalence	2008	2018
Bullied at school**	N/S	N
Don't feel safe at school	16% ±5	15%

**Bullied in Past Month  
Compared to the State/All Grades, 2018**



Prevalence	6th	2
Local	.	
State	31% ±2	2

**Statewide Relationship between  
Lower Grades and Bullying  
Grade 12, 2018**



*Statewide, more 12th graders who are bullied at school report lower grades in school (C's, D's or F's) compared to those who aren't bullied.*

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# Healthy Youth Survey Fact Sheet

Community Risk Factors for Mountlake Terrace High School (Edmonds SD)

Year: 2018 Grade: 10 Gender: All Number of Students Surveyed: 164

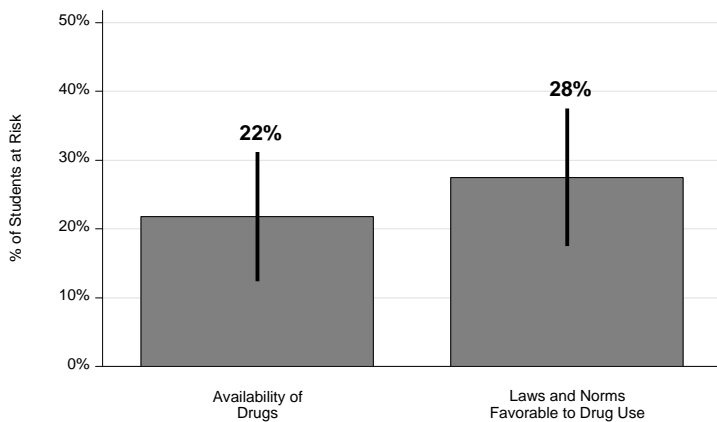
## Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance abuse. They identified risk factors that predict youth substance use, and protective factors that can protect youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection.
- Each "factor" in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the "percent of students at risk," which is defined as the percent of students whose scores were above a risk cutpoint determined by UW researchers. We also report some of the individual questions.
- Risk factors in the **community environment** point to youth perceptions of local attitudes, beliefs, and standards: if youth *perceive* people in the community look the other way when kids are using substances, the youth have a higher likelihood of being substance users – that is, they are "at risk."

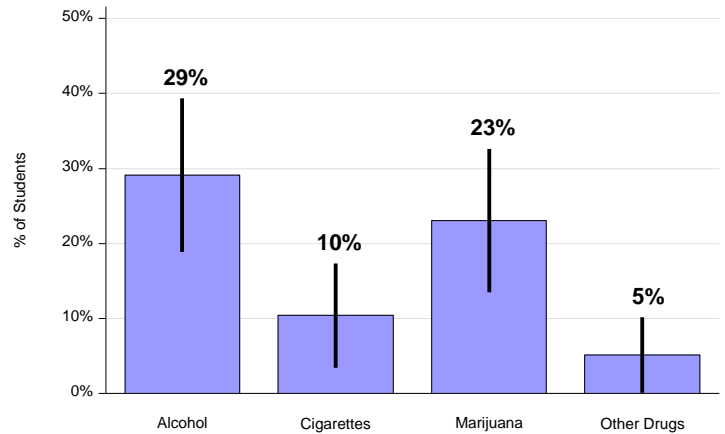
## For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. To learn more go to the Start Talking Now website: [www.StartTalkingNow.org](http://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](https://www.theathenaforum.org/cpwi_coalitions).
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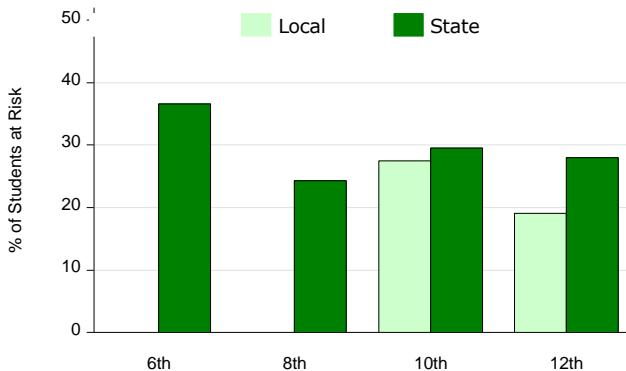
**Risk Factors: Availability of Drugs and Laws and Norms Favorable to Drug Use Grade 10, 2018**



**Substances Perceived as "Very Easy" to Get Grade 10, 2018**

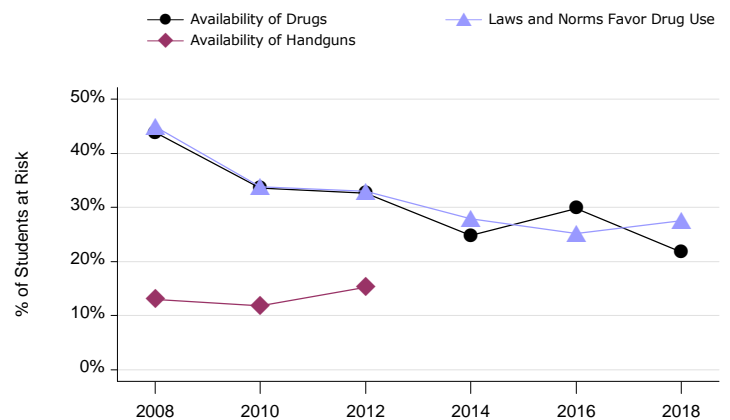


**Risk Factor: Laws and Norms Favorable to Drug Use All Grades, 2018**



Prevalence	6th	8th	10th	12th
Local	.	.	28% ±10	19% ±8*
State	37% ±2	24% ±2	30% ±2	28% ±2

**Community Risk Factor Trends, Grade 10**



Prevalence	2008	2018
Availability of Drugs	44% ±8	34%
Laws and Norms Favor Drug Use	45% ±8	34%
Availability of Handguns	13% ±6	12%

Prevalence is displayed with 95% confidence intervals (as ± or black bar )  
 \*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

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# Healthy Youth Survey Fact Sheet

Community Risk Factors for Mountlake Terrace High School (Edmonds SD)

Year: 2018 Grade: 12 Gender: All Number of Students Surveyed: 174

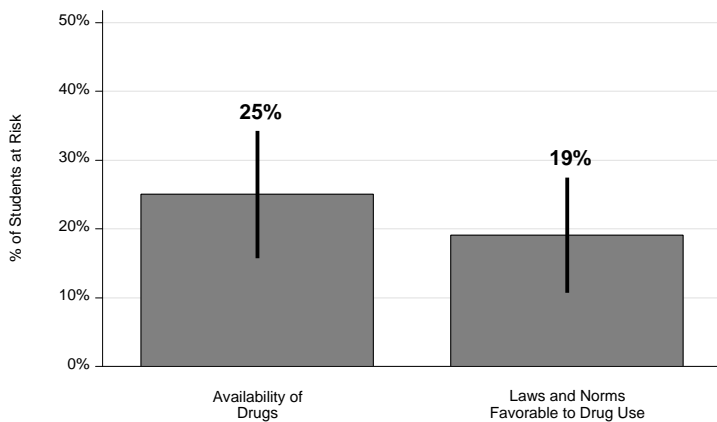
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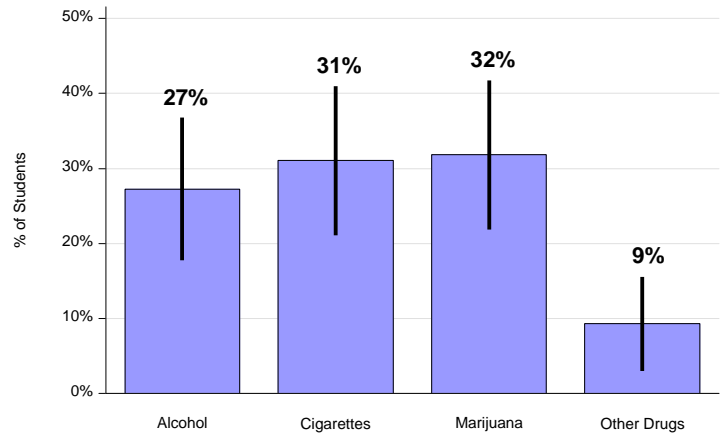
## For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. To learn more go to the Start Talking Now website: [www.StartTalkingNow.org](http://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](https://www.theathenaforum.org/cpwi_coalitions).
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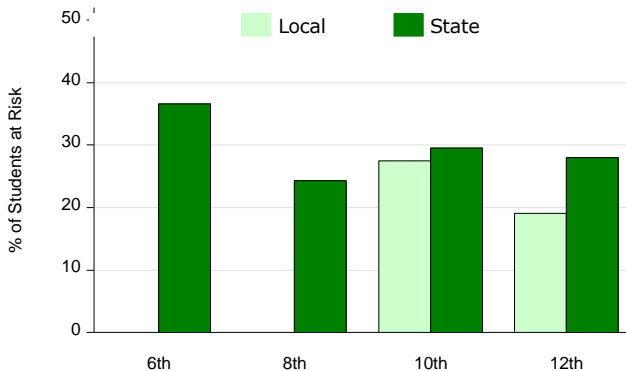
**Risk Factors: Availability of Drugs and Laws and Norms Favorable to Drug Use**  
Grade 12, 2018



**Substances Perceived as "Very Easy" to Get**  
Grade 12, 2018

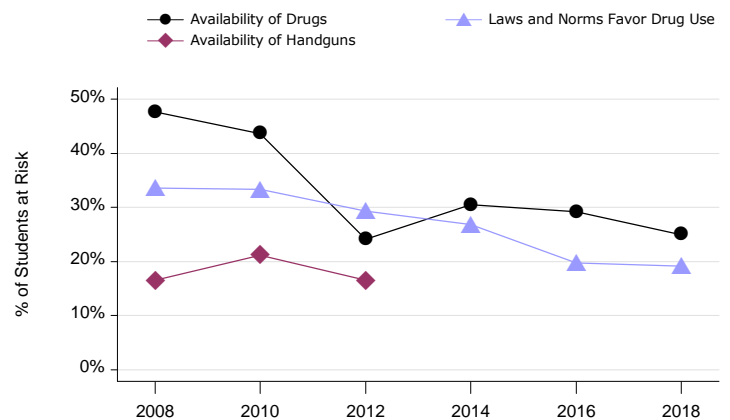


**Risk Factor: Laws and Norms Favorable to Drug Use**  
All Grades, 2018



Prevalence	6th	8th	10th	12th
Local	.	.	28% ±10	19% ±8*
State	37% ±2	24% ±2	30% ±2	28% ±2

**Community Risk Factor Trends, Grade 12**



Prevalence	2008	2018
Availability of Drugs	48% ±10	44%
Laws and Norms Favor Drug Use	34% ±9	33%
Availability of Handguns	17% ±7	21%

Prevalence is displayed with 95% confidence intervals (as ± or black bar)  
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Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 164

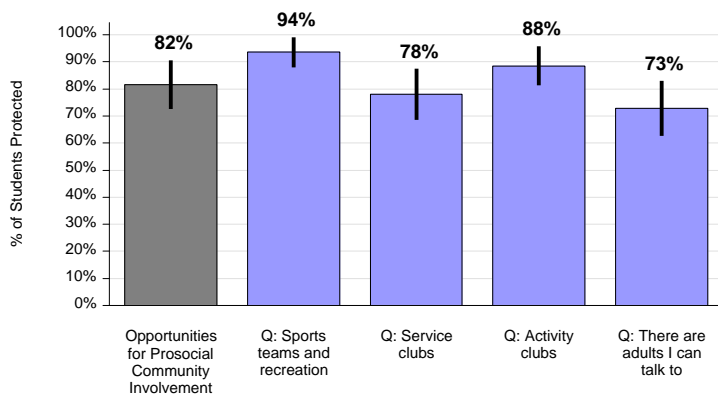
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- Each "factor" in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the "percent of students protected," which is defined as the percent of students whose scores were above a protection cutpoint determined by UW researchers. We also report some of the individual questions.
- *Protective factors in the community environment are those that offer the youth opportunities and rewards for participating in positive and healthy activities.*

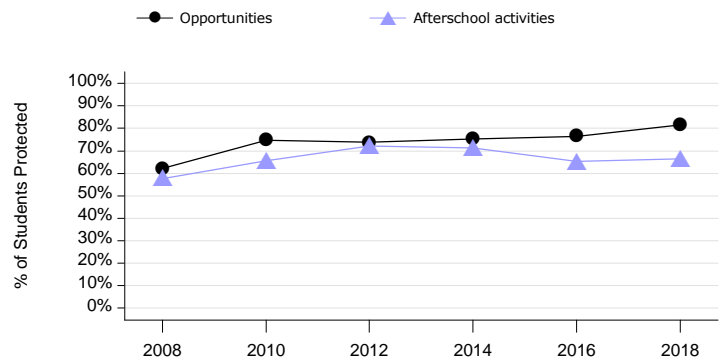
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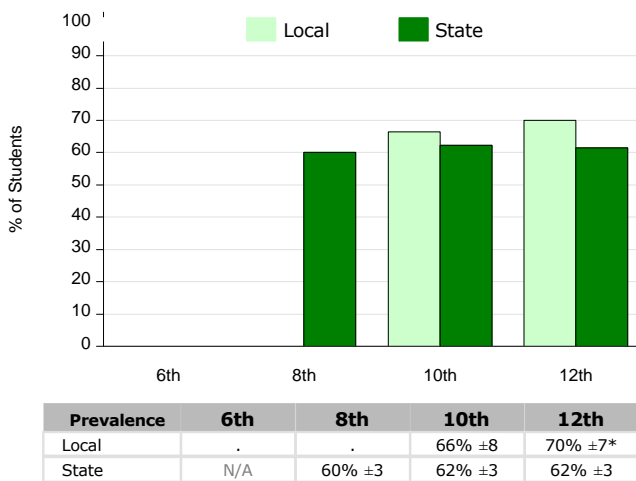
**Protective Factor: Opportunities for Prosocial Community Involvement with Component Questions (Q)**  
Grade 10, 2018



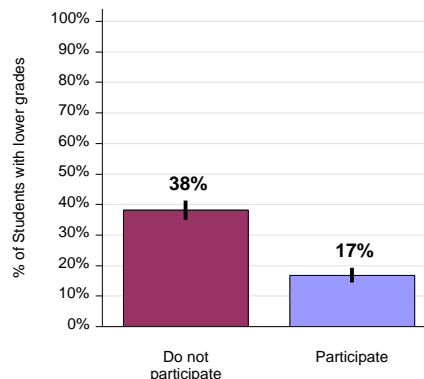
**Community Protective Factor and Afterschool Activity Trends**  
Grade 10, 2018



**Participate in Afterschool Activities**  
All Grades, 2018



**Statewide Relationship between Lower Grades and Participation in Afterschool Activities**  
Grade 10, 2018



*Statewide, more 10th graders who do not participate in after-school activities report lower grades in school (C's, D's or F's) compared to those who do participate.*

Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar)  
\*indicates a significant change from the previous year or a significant difference between state and local results,  $p < 0.05$



# Healthy Youth Survey Fact Sheet

Community Protective Factors for Mountlake Terrace High School (Edmonds SD)

Year: 2018

Grade: 12

Gender: All

Number of Students Surveyed: 174

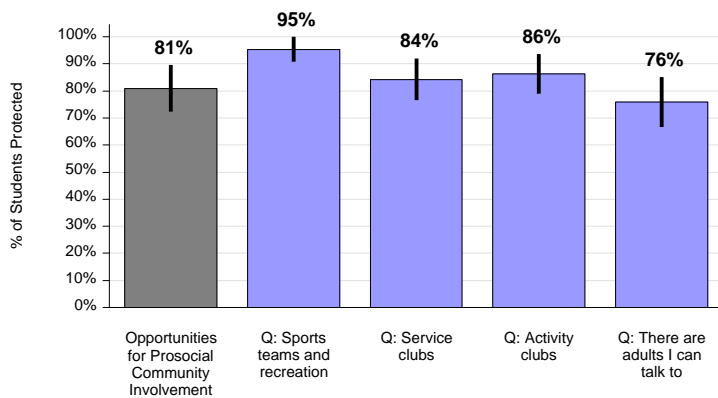
## Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance abuse. They identified risk factors that predict youth substance use, and protective factors that can protect youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection.
- Each "factor" in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the "percent of students protected," which is defined as the percent of students whose scores were above a protection cutpoint determined by UW researchers. We also report some of the individual questions.
- *Protective factors in the **community environment** are those that offer the youth opportunities and rewards for participating in positive and healthy activities.*

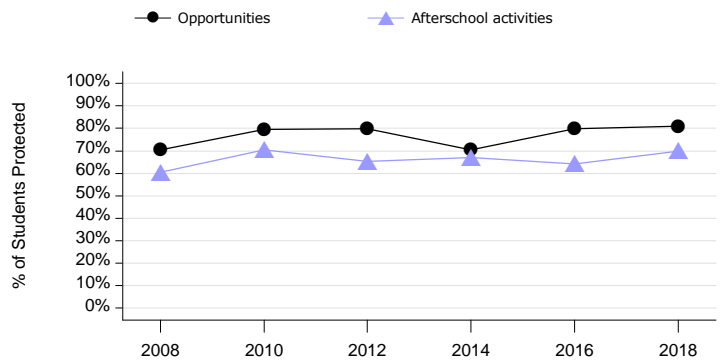
## For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. To learn more go to the Start Talking Now website: [www.StartTalkingNow.org](http://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](https://www.theathenaforum.org/cpwi_coalitions).
- For free guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse [www.ADAIClearingHouse.org](http://www.ADAIClearingHouse.org) or call (206) 221-8325.
- For prevention tips and other online resources visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org) and [www.DrugFree.org](http://www.DrugFree.org).
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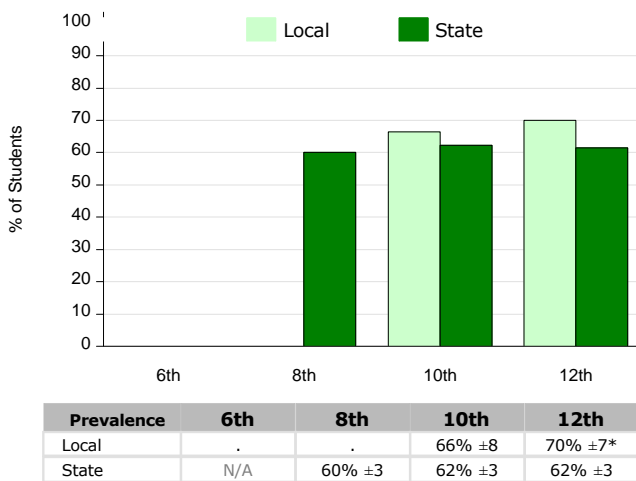
**Protective Factor: Opportunities for Prosocial Community Involvement with Component Questions (Q)**  
Grade 12, 2018



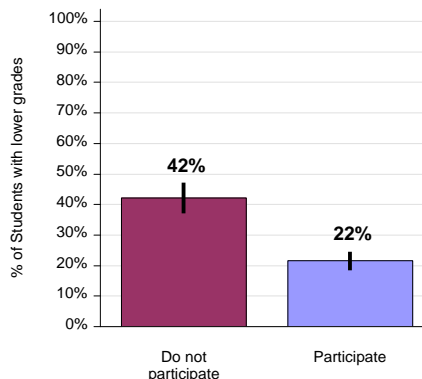
**Community Protective Factor and Afterschool Activity Trends**  
Grade 12, 2018



**Participate in Afterschool Activities**  
All Grades, 2018



**Statewide Relationship between Lower Grades and Participation in Afterschool Activities**  
Grade 12, 2018



*Statewide, more 12th graders who do not participate in after-school activities report lower grades in school (C's, D's or F's) compared to those who do participate.*

Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar)  
\*indicates a significant change from the previous year or a significant difference between state and local results,  $p < 0.05$



# Healthy Youth Survey Fact Sheet

## School Risk Factors for Mountlake Terrace High School

(Edmonds SD)

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 164

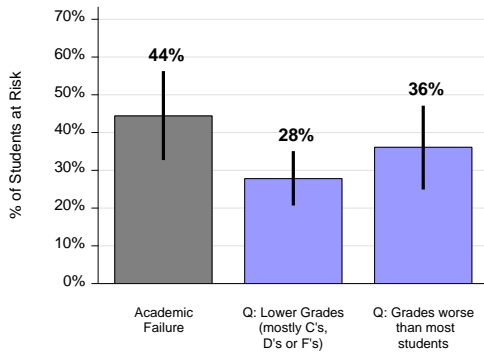
### Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance abuse. They identified risk factors that predict youth substance use, and protective factors that can protect youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection.
- Each "factor" in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the "percent of students at risk," which is defined as the percent of students whose scores were above a risk cutpoint determined by UW researchers. We also report some of the individual questions.
- *Risk factors in the **school environment** are those perceptions related to connection and commitment to school. Kids who are not doing well academically, or who don't believe that school is important, are likely to feel less connected and less committed to school and likely to be those same kids who are experimenting with drugs, or having trouble with depression.*
- Researchers have identified best practice programs that can decrease risk factors and build supportive school culture.

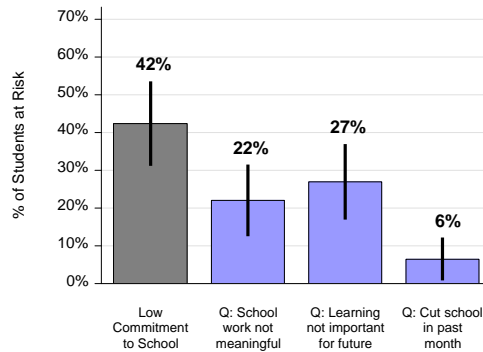
### For More Information:

- Information about supportive learning environments, sponsored by the Office of Superintendent of Public Instruction visit [www.k12.wa.us/compassionateschools](http://www.k12.wa.us/compassionateschools).
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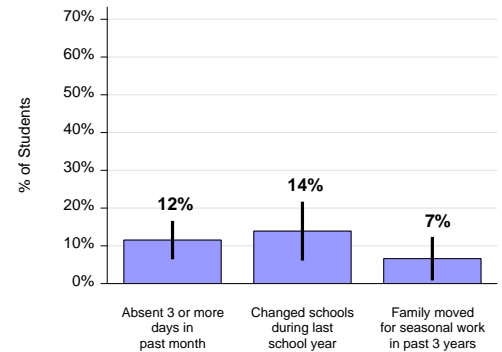
**Risk Factor: Academic Failure with Component Questions (Q:) Grade 10, 2018**



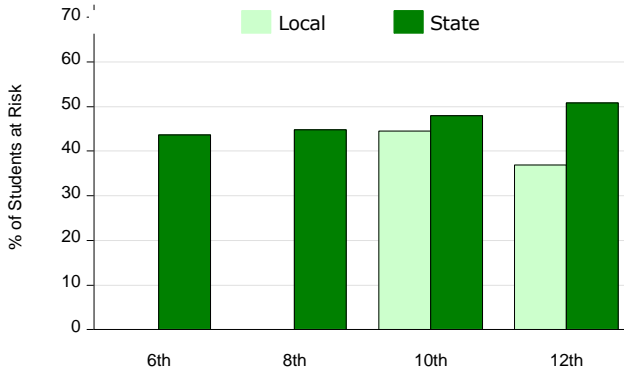
**Risk Factor: Low Commitment to School with Component Questions (Q:) Grade 10, 2018**



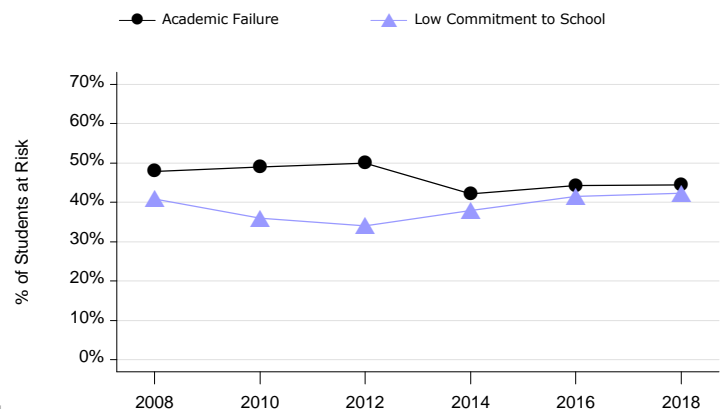
**School Attendance and Transition Grade 10, 2018**



**Academic Failure (RF) All Grades, 2018**



**School Risk Factor Trends, Grade 10**



Prevalence 6th			
Local	.	44% ±12	37% ±11
State	44% ±2	45% ±3	48% ±2

Prevalence		2008	2018
Academic Failure		48% ±8	49%
Low Commitment to School		41% ±8	36%

Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar |)  
 \*indicates a significant change from the previous year or a significant difference between state and local results,  $p < 0.05$

Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-28-2019

**Missing codes:** S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade.





# Healthy Youth Survey Fact Sheet

## School Risk Factors for Mountlake Terrace High School

(Edmonds SD)

Year: 2018

Grade: 12

Gender: All

Number of Students Surveyed: 174

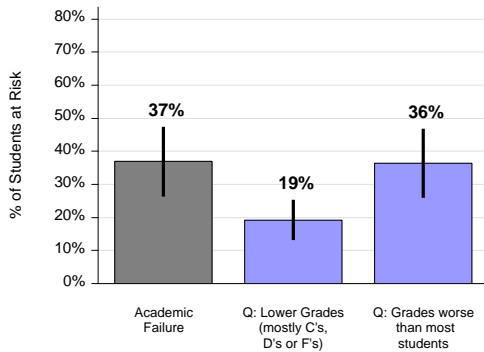
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- Each "factor" in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the "percent of students at risk," which is defined as the percent of students whose scores were above a risk cutpoint determined by UW researchers. We also report some of the individual questions.
- *Risk factors in the **school environment** are those perceptions related to connection and commitment to school. Kids who are not doing well academically, or who don't believe that school is important, are likely to feel less connected and less committed to school and likely to be those same kids who are experimenting with drugs, or having trouble with depression.*
- Researchers have identified best practice programs that can decrease risk factors and build supportive school culture.

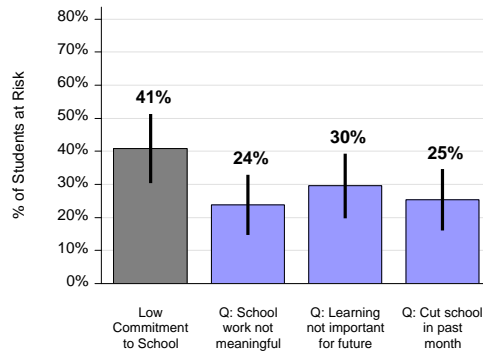
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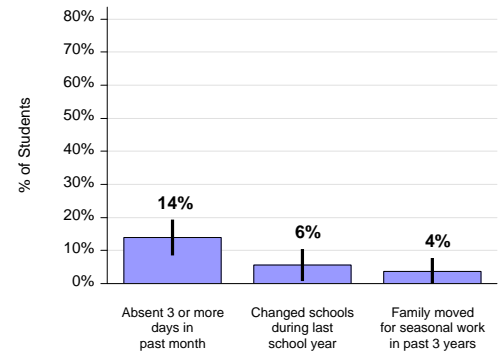
**Risk Factor: Academic Failure with Component Questions (Q:) Grade 12, 2018**



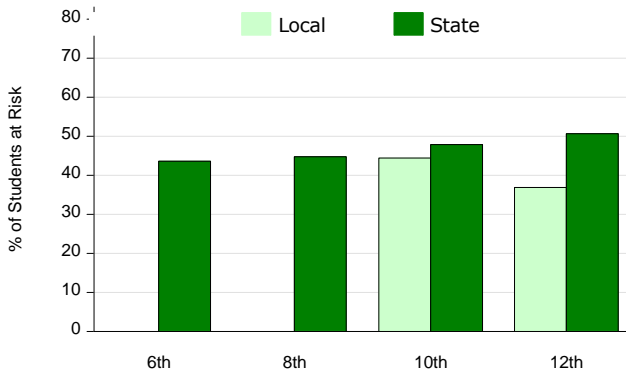
**Risk Factor: Low Commitment to School with Component Questions (Q:) Grade 12, 2018**



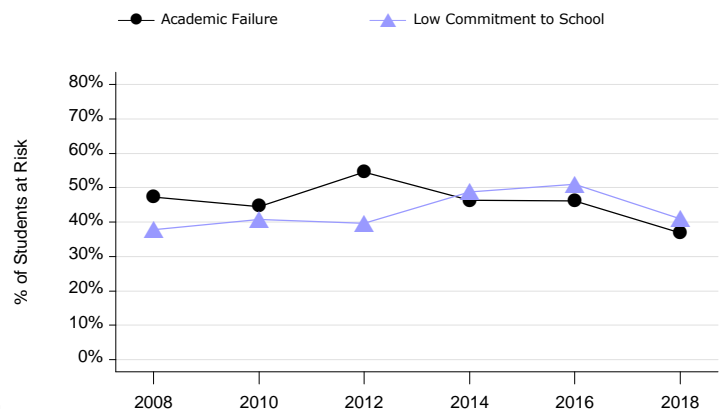
**School Attendance and Transition Grade 12, 2018**



**Academic Failure (RF) All Grades, 2018**



**School Risk Factor Trends, Grade 12**



Prevalence 6th			
Local	.	44% ±12	37% ±11
State	44% ±2	45% ±3	48% ±2

Prevalence		2008	2018
Academic Failure		47% ±9	45%
Low Commitment to School		38% ±9	41%

Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar |)  
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Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-28-2019

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# Healthy Youth Survey Fact Sheet

## School Protective Factors for Mountlake Terrace High School

(Edmonds SD)

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 164

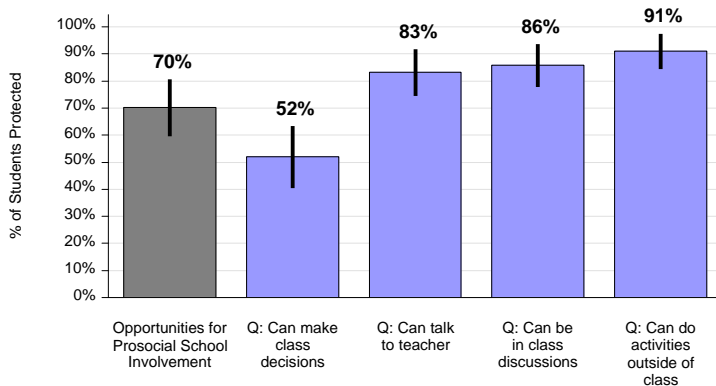
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- *Protective factors in the **school environment** are those that provide youth the opportunities to participate in meaningful ways, and to experience the rewards of doing so.*

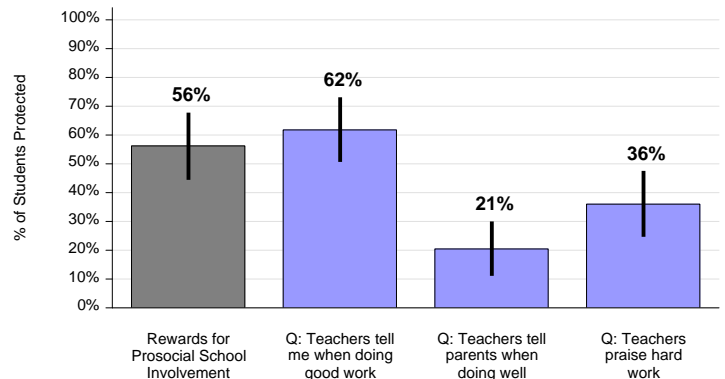
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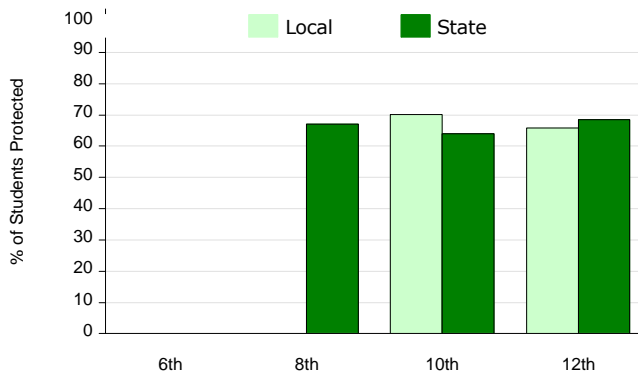
### Protective Factor: Opportunities for Prosocial School Involvement with Component Questions (Q:) Grade 10, 2018



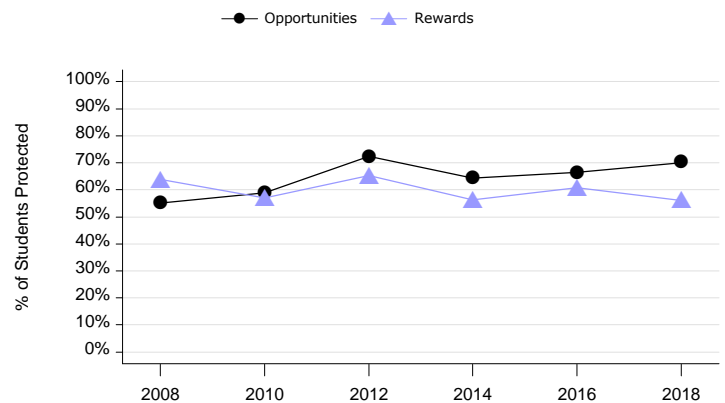
### Protective Factor: Rewards for Prosocial School Involvement with Component Questions (Q:) Grade 10, 2018



### Protective Factor: Opportunities for Prosocial Involvement Compared to the State, All Grades, 2018



### School Protective Factor Trends, Grade 10



Prevalence	6th	8th	10th	12th
Local	.	.	70% ±10	66% ±10
State	N/A	67% ±3	64% ±3	68% ±3

Prevalence	2008	2018
Opportunities	55% ±8	59%
Rewards	64% ±8	57%

Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar)

\*indicates a significant change from the previous year or a significant difference between state and local results,  $p < 0.05$

Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-28-2019

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# Healthy Youth Survey Fact Sheet

## School Protective Factors for Mountlake Terrace High School

(Edmonds SD)

Year: 2018

Grade: 12

Gender: All

Number of Students Surveyed: 174

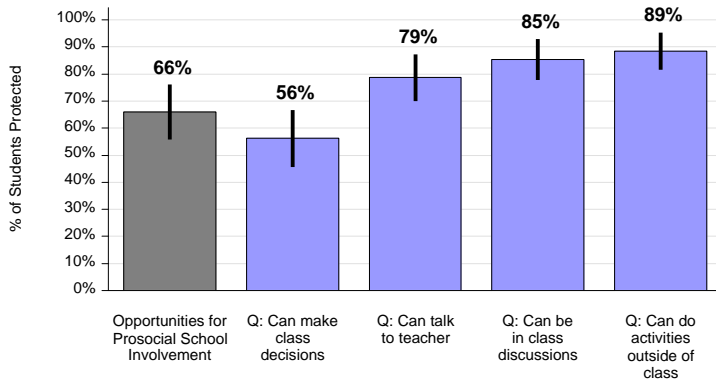
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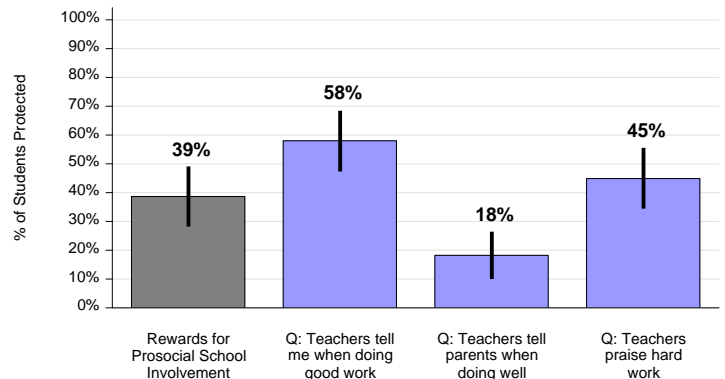
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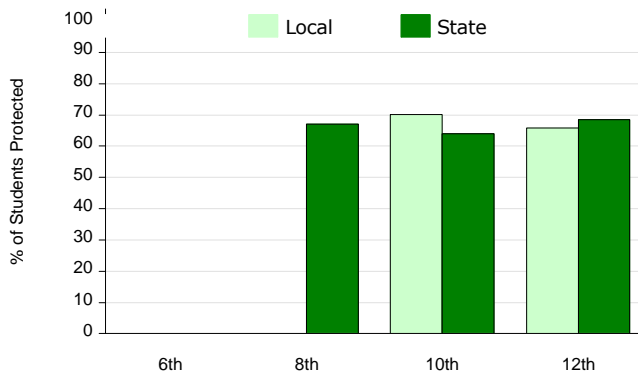
### Protective Factor: Opportunities for Prosocial School Involvement with Component Questions (Q:) Grade 12, 2018



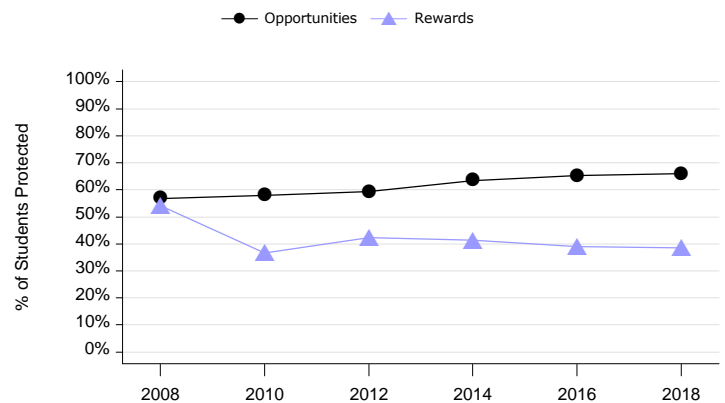
### Protective Factor: Rewards for Prosocial School Involvement with Component Questions (Q:) Grade 12, 2018



### Protective Factor: Opportunities for Prosocial Involvement Compared to the State, All Grades, 2018



### School Protective Factor Trends, Grade 12



Prevalence	6th	8th	10th	12th
Local	.	.	70% ±10	66% ±10
State	N/A	67% ±3	64% ±3	68% ±3

Prevalence	2008	2018
Opportunities	57% ±9	58%
Rewards	54% ±9	37%

Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar)

\*indicates a significant change from the previous year or a significant difference between state and local results,  $p < 0.05$

Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-28-2019

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# Healthy Youth Survey Fact Sheet

## Peer-Individual Risk Factors

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 164

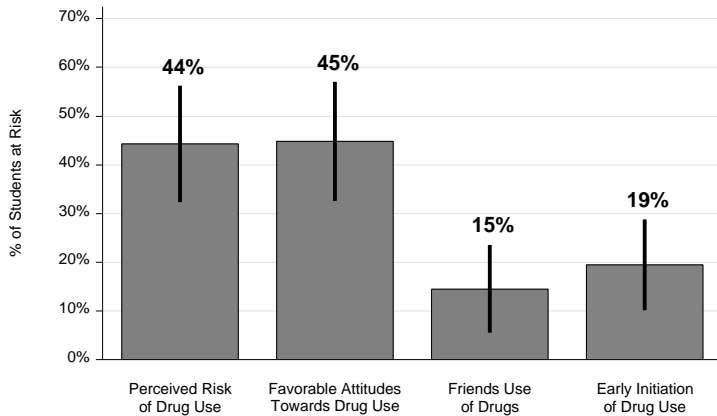
### Background:

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- Each "factor" in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the "percent of students at risk," which is defined as the percent of students whose scores were above a risk cutpoint determined by UW researchers. We also report some of the individual questions.
- Risk factors in the **peer and individual domain** include attitudes youth have about substance use as well as the behaviors of their friends.

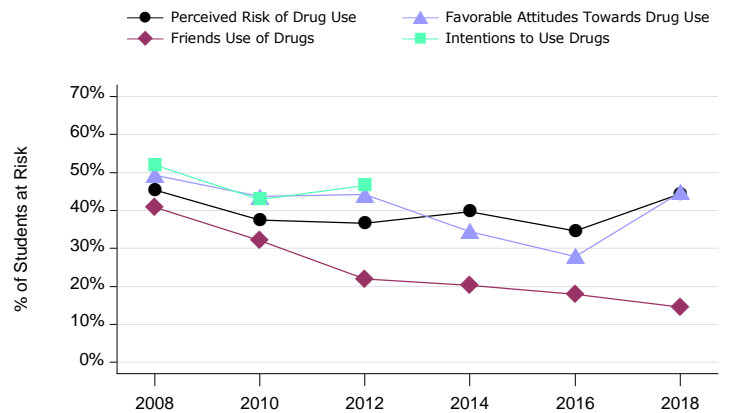
### For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. To learn more about prevention coalitions in your area and how to get involved, go to the Start Talking Now website: [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
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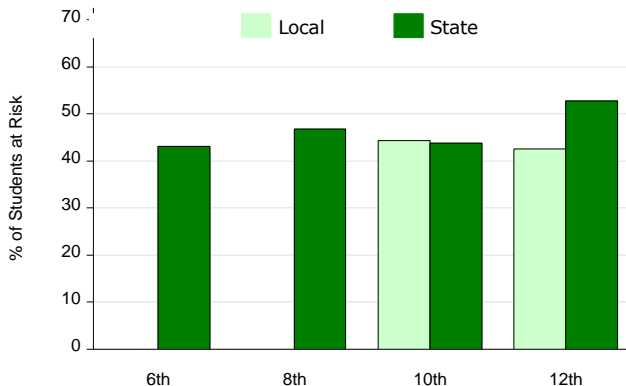
**Peer-Individual Risk Factors  
Grade 10, 2018**



**Peer-Individual Risk Factor Trends  
Grade 10**



**Risk Factor: Perceived Risk of Drug Use  
Compared to the State, All Grades, 2018**



Prevalence	6th	8th	10th	12th
Local	43% ±2	47% ±3	44% ±12	43% ±11
State	43% ±2	47% ±3	44% ±3	53% ±3

Prevalence	2008	2010	2012	2014	2016	2018
Perceived Risk of Drug Use	45% ±8	37% ±8	37% ±10	40% ±9	35% ±8	44% ±12
Favorable Attitudes Towards Drug Use	49% ±9	44% ±8	44% ±10	34% ±9	28% ±8	45% ±12*
Friends Use of Drugs	41% ±8	32% ±8	22% ±8	20% ±7	18% ±7	15% ±9
Intentions to Use Drugs	52% ±9	43% ±8	47% ±10	N/S	N/S	N/S

*In 2018, 45% of 10th graders in our school were at risk for favorable attitudes towards drugs.*

*From 2016 to 2018, there has been no change in the perceived risk of drug use among 10th graders in our school.*



# Healthy Youth Survey Fact Sheet

## Peer-Individual Risk Factors

Year: 2018

Grade: 12

Gender: All

Number of Students Surveyed: 174

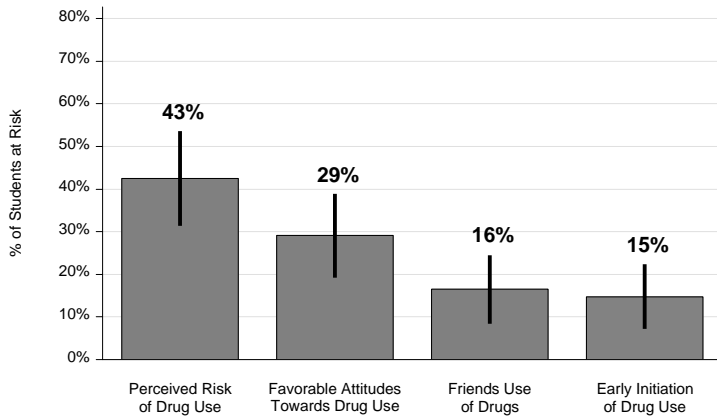
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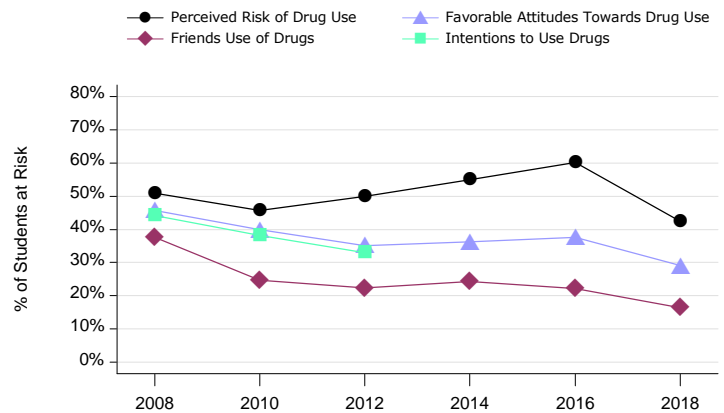
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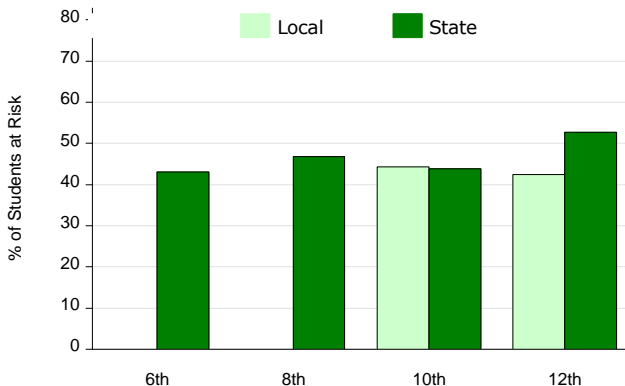
Peer-Individual Risk Factors  
Grade 12, 2018



Peer-Individual Risk Factor Trends  
Grade 12



Risk Factor: Perceived Risk of Drug Use  
Compared to the State, All Grades, 2018



Prevalence	6th	8th	10th	12th
Local	-	-	44% ±12	43% ±11
State	43% ±2	47% ±3	44% ±3	53% ±3

Prevalence	2008	2010	2012	2014	2016	2018
Perceived Risk of Drug Use	51% ±10	46% ±9	50% ±11	55% ±11	60% ±10	43% ±11*
Favorable Attitudes Towards Drug Use	46% ±10	40% ±9	35% ±10	36% ±11	38% ±10	29% ±10
Friends Use of Drugs	38% ±10	25% ±8*	22% ±9	24% ±10	22% ±9	16% ±8
Intentions to Use Drugs	44% ±10	38% ±9	33% ±10	N/S	N/S	N/S

In 2018, 29% of 12th graders in our school were at risk for favorable attitudes towards drugs.

From 2016 to 2018, there has been a decrease in the perceived risk of drug use among 12th graders in our school.



# Healthy Youth Survey Fact Sheet

Family Protective Influences for Mountlake Terrace High School (Edmonds SD)

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 164

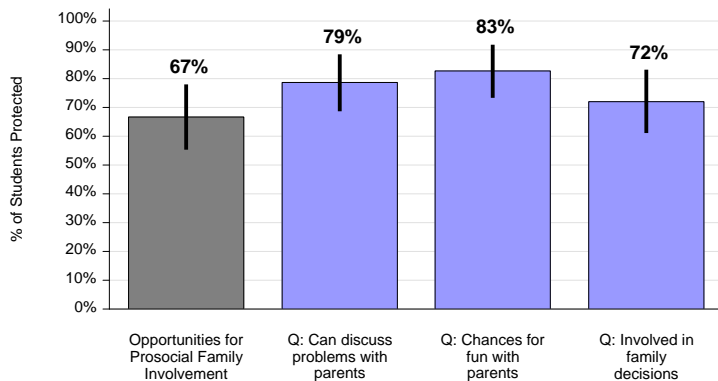
## Background:

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- Each "factor" in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the "percent of students protected," which is defined as the percent of students whose scores were above a protection cutpoint determined by UW researchers. We also report some of the individual questions.
- *Protective factors in the family environment are those that encourage positive participation in the family setting, and reward youth for that involvement.*

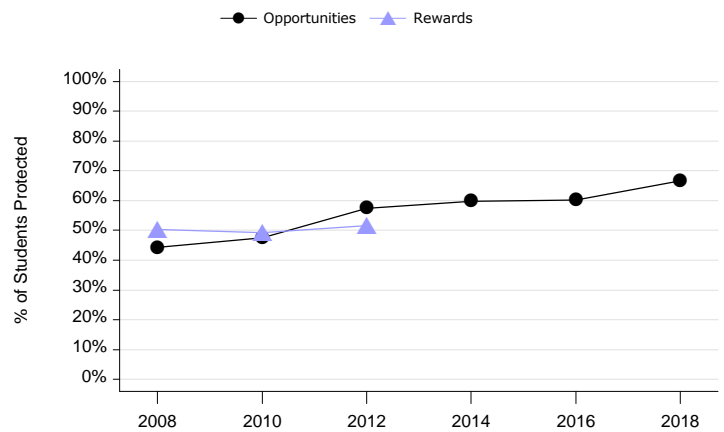
## For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. To learn more about prevention coalitions in your area and how to get involved, go to the Start Talking Now website: [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- For free guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse at [www.adaiclearinghouse.org](http://www.adaiclearinghouse.org) or call (206) 221-8325.
- For prevention tips and other online resources visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org) and [www.drugfree.org](http://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](http://www.waRecoveryHelpLine.org).

### Protective Factor: Opportunities for Prosocial Family Involvement with Component Questions (Q:) Grade 10, 2018

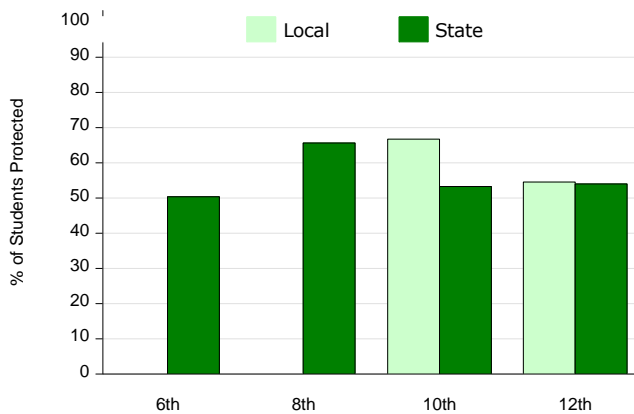


### Family Protective Factor Trends, Grade 10



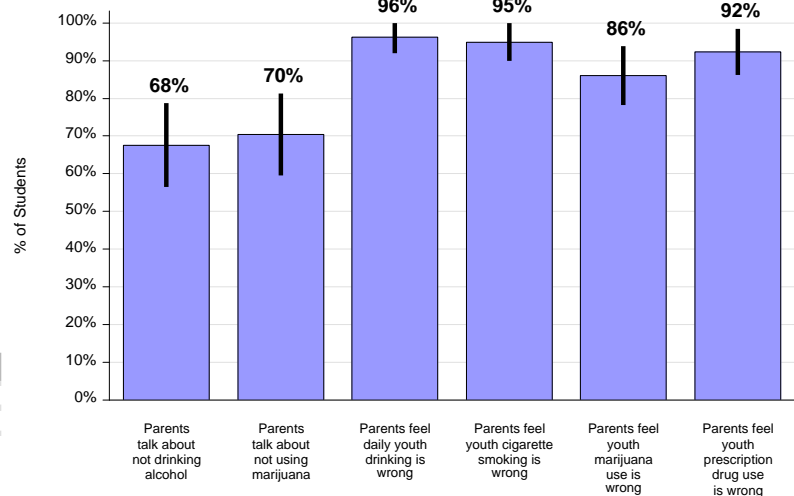
Prevalence	2008	2018
Opportunities	44% ±9	47%
Rewards	50% ±9	49%

### Protective Factor: Opportunities for Prosocial Family Involvement All Grades, 2018



Prevalence	6th
Local	-
State	50% ±2

### Parental Protective Influences, Grade 10, 2018



Prevalence is displayed with 95% confidence intervals (as ± or black bar )

\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-28-2019

Missing codes: S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade.



# Healthy Youth Survey Fact Sheet

Family Protective Influences for Mountlake Terrace High School (Edmonds SD)

Year: 2018

Grade: 12

Gender: All

Number of Students Surveyed: 174

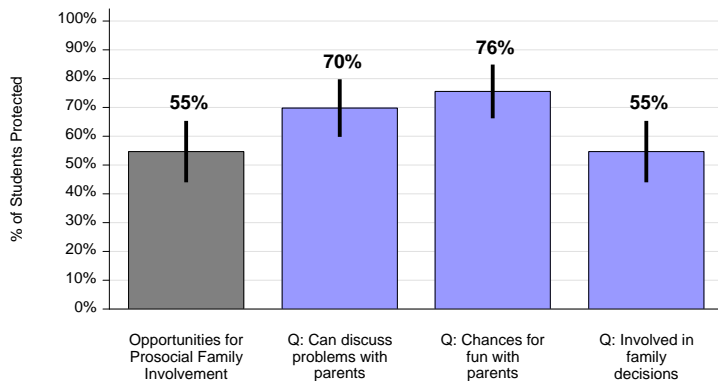
## Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance abuse. They identified risk factors that predict youth substance use, and protective factors that can protect youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection.
- Each "factor" in the HYS is measured with two or more questions to include multiple dimensions of the risk or protective factor. The charts and tables below refer to the "percent of students protected," which is defined as the percent of students whose scores were above a protection cutpoint determined by UW researchers. We also report some of the individual questions.
- *Protective factors in the family environment are those that encourage positive participation in the family setting, and reward youth for that involvement.*

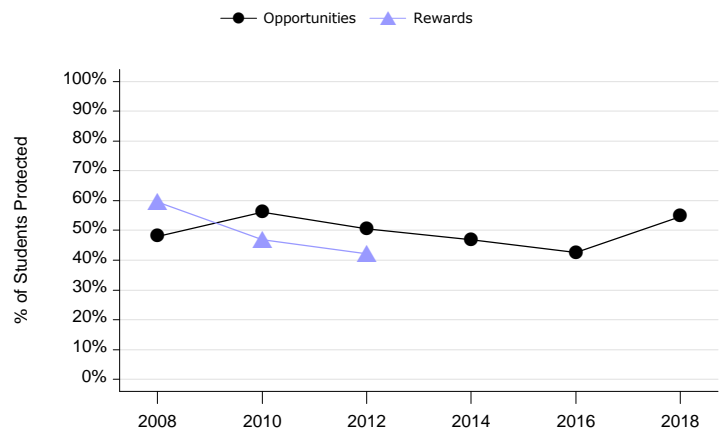
## For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe. To learn more about prevention coalitions in your area and how to get involved, go to the Start Talking Now website: [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- For free guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse at [www.adaiclearinghouse.org](http://www.adaiclearinghouse.org) or call (206) 221-8325.
- For prevention tips and other online resources visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org) and [www.drugfree.org](http://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](http://www.waRecoveryHelpLine.org).

### Protective Factor: Opportunities for Prosocial Family Involvement with Component Questions (Q:) Grade 12, 2018

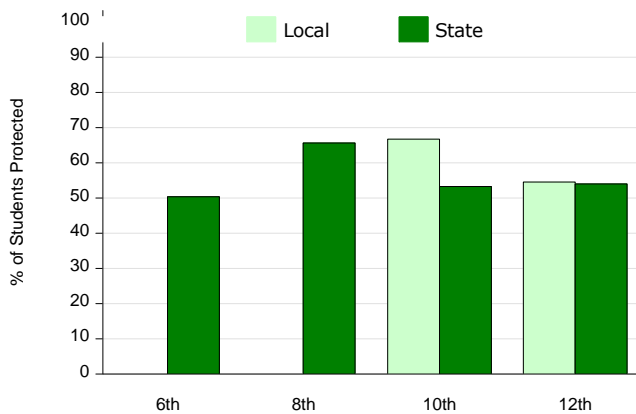


### Family Protective Factor Trends, Grade 12



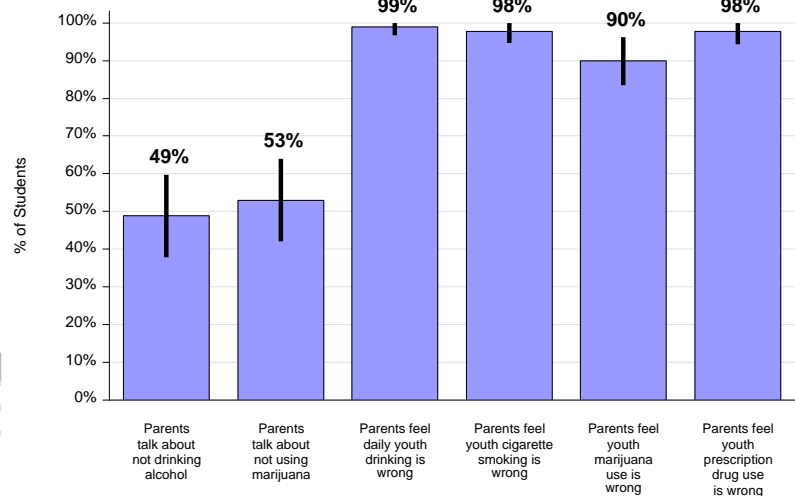
Prevalence	2008	2018
Opportunities	48% ±10	56%
Rewards	60% ±10	47%

### Protective Factor: Opportunities for Prosocial Family Involvement All Grades, 2018



Prevalence	6th
Local	-
State	50% ±2

### Parental Protective Influences, Grade 12, 2018



Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar)

\*indicates a significant change from the previous year or a significant difference between state and local results,  $p < 0.05$

Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-28-2019

Missing codes: S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade.



# Healthy Youth Survey Fact Sheet

## Weight and Obesity for Mountlake Terrace High School

(Edmonds SD)

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 164

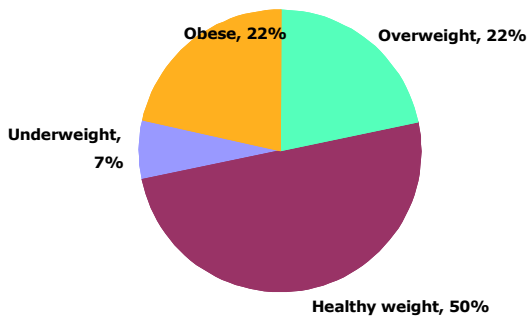
### Background:

- Poor diet and physical inactivity are risk factors for obesity and overweight among youth.
- Youth who have fewer opportunities for physical activity and increased time spent in sedentary activities such as watching television and using computers are more likely to be overweight.
- Factors that contribute to poor diet among youth include eating fewer meals at home, increased availability and affordability of unhealthy food, and increased food portion sizes.
- To be successful in increasing healthy weight among youth; governments, communities and people need to work together to create environments that support healthy diets and opportunities for physical activity.

### For More Information:

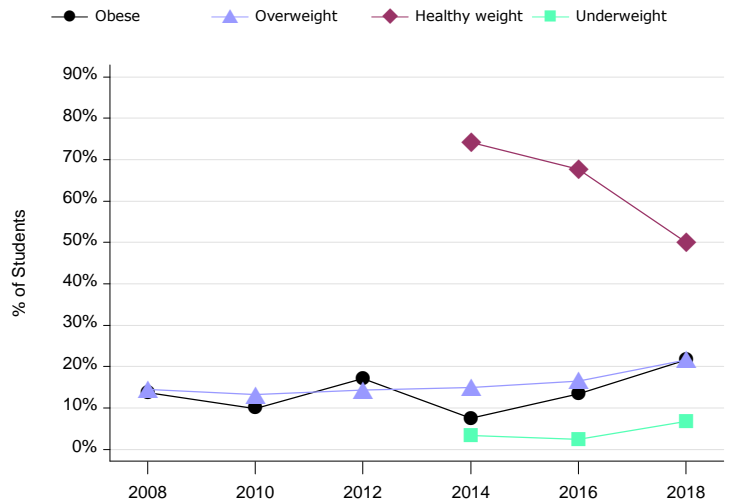
- Visit the Washington State Healthy Eating Active Living Program website: [www.doh.wa.gov](http://www.doh.wa.gov).

**Weight Distribution  
Grade 10, 2018**



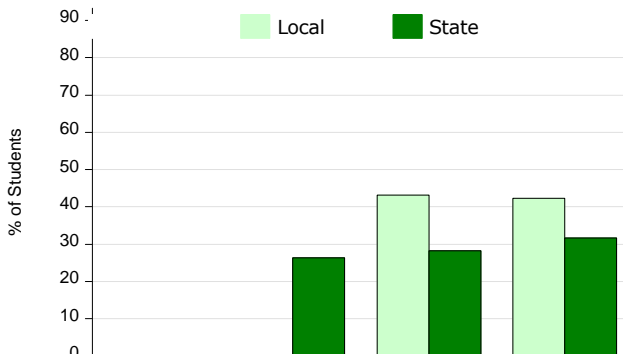
Obese (22%)  
Overweight (22%)  
Healthy weight (50%)  
Underweight (7%)

**Weight Distribution Trends, Grade 10**



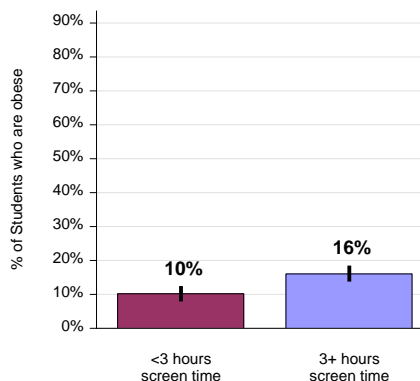
In 2018, 22% of 10th graders in our school were obese.

**Obese or Overweight  
Compared to the State, All Grades, 2018**



Prevalence	6th	8th	10th	12th
Local	.	.	43% ±12*	42% ±11
State	N/A	26% ±3	28% ±3	32% ±3

**Statewide Relationship between  
3 or More Hours Screen Time and Obesity  
Grade 10, 2018**



Statewide, more 10th graders who report spending 3 or more hours screen time (TV, electronic devices, and video games) are obese compared to those who do not.

Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar)

\*indicates a significant change from the previous year or a significant difference between state and local results,  $p < 0.05$

Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-28-2019

**Missing codes:** S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade.





# Healthy Youth Survey Fact Sheet

## Weight and Obesity for Mountlake Terrace High School

(Edmonds SD)

Year: 2018

Grade: 12

Gender: All

Number of Students Surveyed: 174

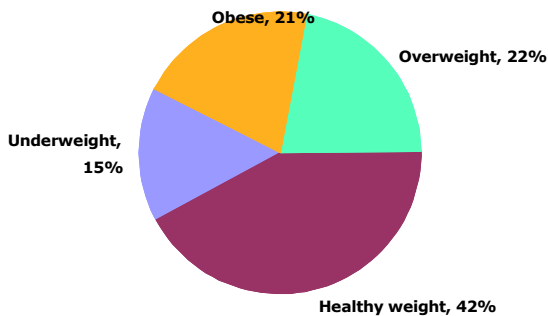
### Background:

- Poor diet and physical inactivity are risk factors for obesity and overweight among youth.
- Youth who have fewer opportunities for physical activity and increased time spent in sedentary activities such as watching television and using computers are more likely to be overweight.
- Factors that contribute to poor diet among youth include eating fewer meals at home, increased availability and affordability of unhealthy food, and increased food portion sizes.
- To be successful in increasing healthy weight among youth; governments, communities and people need to work together to create environments that support healthy diets and opportunities for physical activity.

### For More Information:

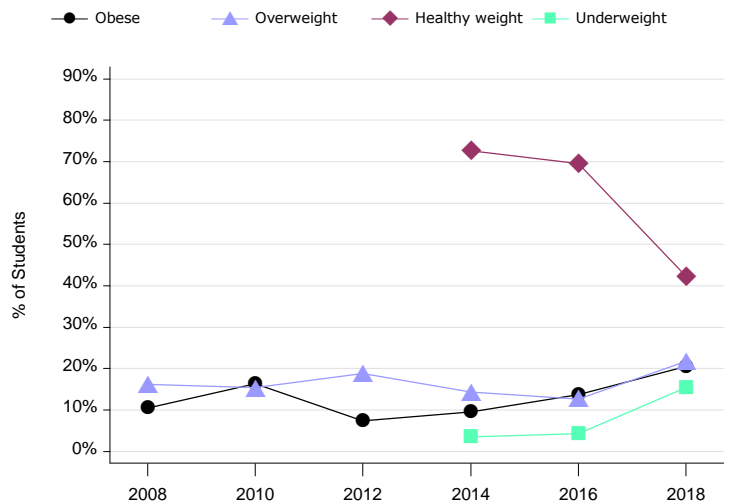
- Visit the Washington State Healthy Eating Active Living Program website: [www.doh.wa.gov](http://www.doh.wa.gov).

**Weight Distribution  
Grade 12, 2018**



Obese (21%)  
Overweight (22%)  
Healthy weight (42%)  
Underweight (15%)

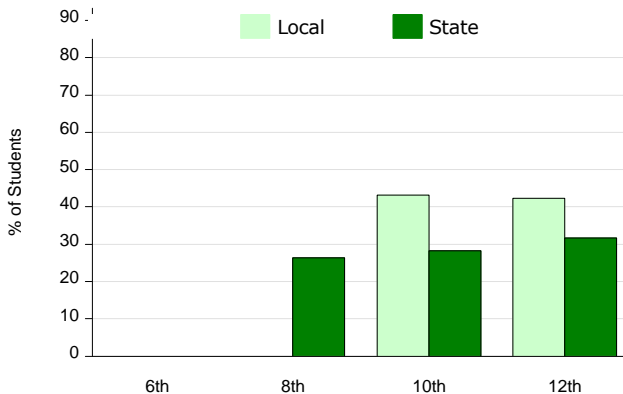
**Weight Distribution Trends, Grade 12**



Prevalence	2008	2018
Obese	10% ±6	16%
Overweight	16% ±7	15%
Healthy weight	N/S	N/S
Underweight	N/S	N/S

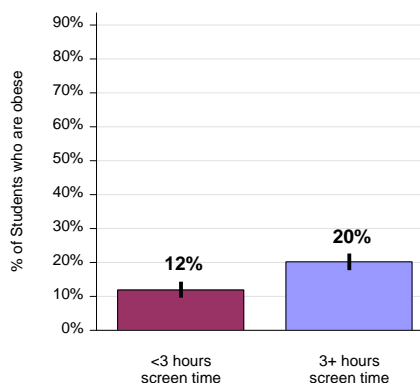
In 2018, 21% of 12th graders in our school were obese.

**Obese or Overweight  
Compared to the State, All Grades, 2018**



Prevalence	6th	8th	10th	12th
Local	.	.	43% ±12*	42% ±11
State	N/A	26% ±3	28% ±3	32% ±3

**Statewide Relationship between  
3 or More Hours Screen Time and Obesity  
Grade 12, 2018**



Statewide, more 12th graders who report spending 3 or more hours screen time (TV, electronic devices, and video games) are obese compared to those who do not.

Prevalence is displayed with 95% confidence intervals (as ± or black bar )  
\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05





# Healthy Youth Survey Fact Sheet

## Dietary Behaviors for Mountlake Terrace High School

(Edmonds SD)

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 164

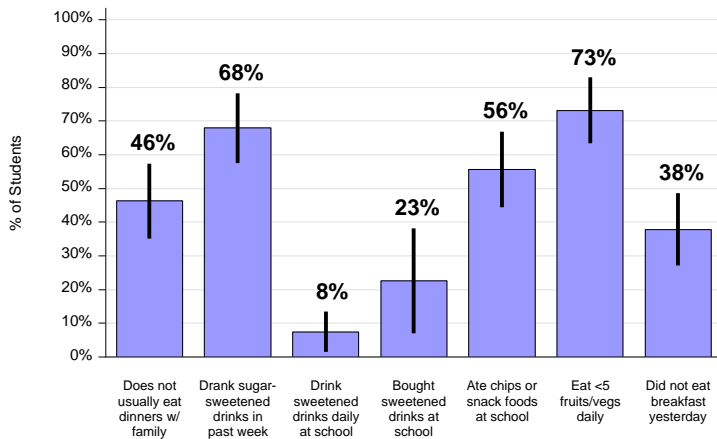
### Background:

- A nutritious diet can reduce major risk factors for chronic disease such as obesity, high blood pressure, diabetes, and high blood cholesterol.
- Poor nutrition has the potential to affect the growth, development, health status and academic achievement of children and adolescents.
- Individual food choices are made within the context of the family and the community.
- In order to be able to choose a nutritious diet, an affordable supply of health-promoting foods must be available.

### For More Information:

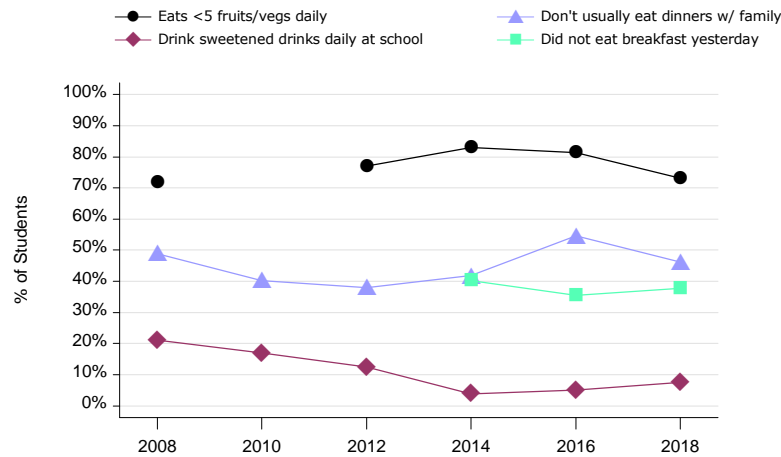
- Visit the Washington State Healthy Eating Active Living Program website: [www.doh.wa.gov](http://www.doh.wa.gov).

**Dietary Behaviors  
Grade 10, 2018**



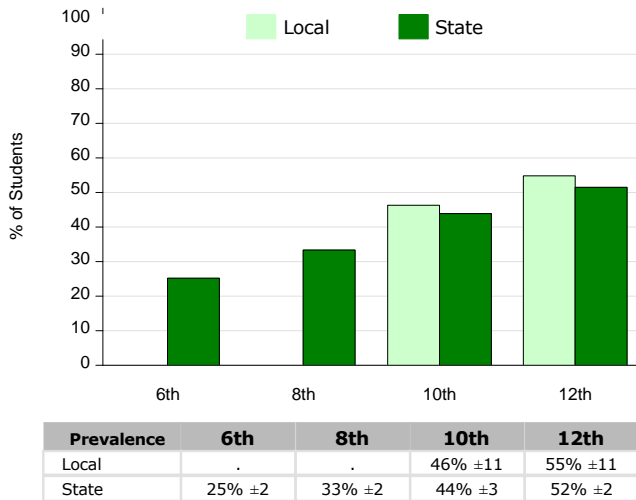
*In 2018, 46% of 10th graders in our school don't usually eat dinner with their family.*

**Dietary Behavior Trends, Grade 10**

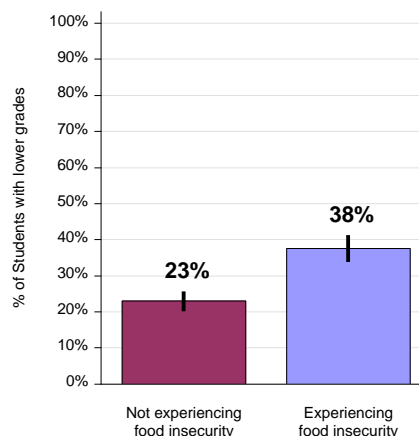


Prevalence	2008	2018
Eats <5 fruits/vegs daily	72% ±8	N/S
Does not usually eat dinners w/ family	49% ±8	40%
Drink sweetened drinks daily at school	21% ±7	17%
Did not eat breakfast yesterday	N/S	N/S

**Does Not Usually Eat Dinners with Family  
Compared to the State, All Grades, 2018**



**Statewide Relationship between  
Lower Grades and Food Insecurity  
Grade 10, 2018**



*Statewide, more 10th graders who report experiencing food insecurity also report lower grades in school (C's, D's or F's) compared to other youth.*



# Healthy Youth Survey Fact Sheet

## Dietary Behaviors for Mountlake Terrace High School (Edmonds SD)

Year: 2018

Grade: 12

Gender: All

Number of Students Surveyed: 174

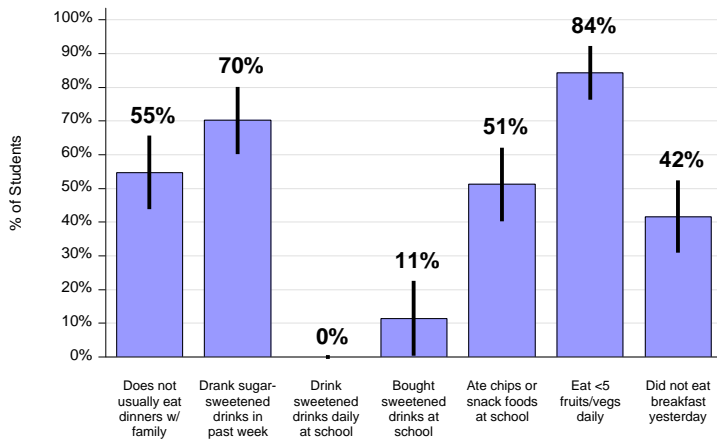
### Background:

- A nutritious diet can reduce major risk factors for chronic disease such as obesity, high blood pressure, diabetes, and high blood cholesterol.
- Poor nutrition has the potential to affect the growth, development, health status and academic achievement of children and adolescents.
- Individual food choices are made within the context of the family and the community.
- In order to be able to choose a nutritious diet, an affordable supply of health-promoting foods must be available.

### For More Information:

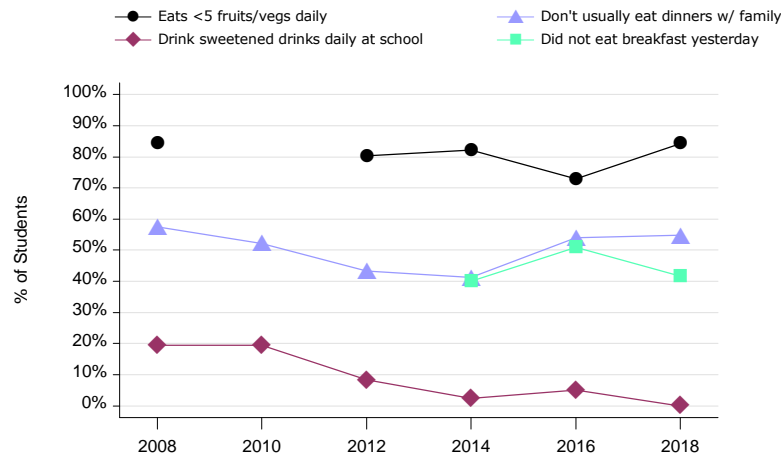
- Visit the Washington State Healthy Eating Active Living Program website: [www.doh.wa.gov](http://www.doh.wa.gov).

**Dietary Behaviors  
Grade 12, 2018**



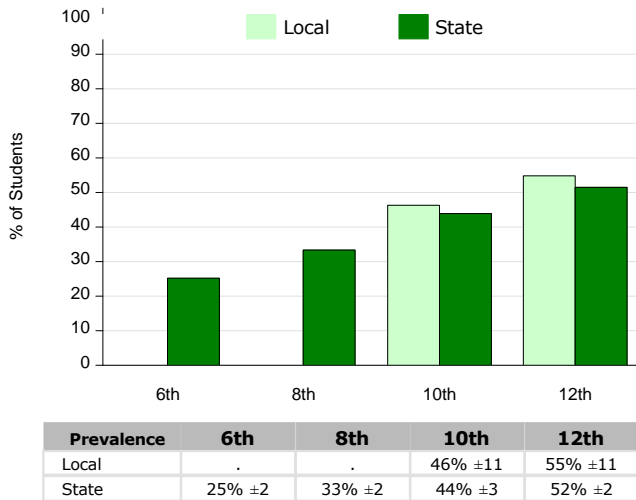
*In 2018, 55% of 12th graders in our school don't usually eat dinner with their family.*

**Dietary Behavior Trends, Grade 12**

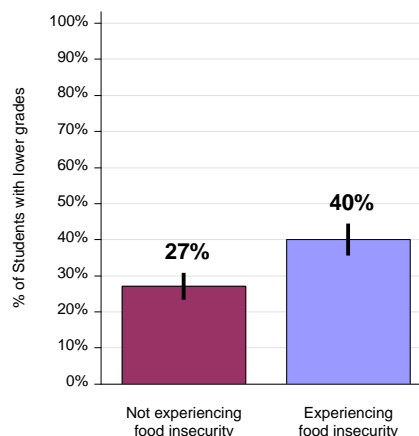


Prevalence	2008	2018
Eats <5 fruits/vegs daily	84% ±7	N/S
Does not usually eat dinners w/ family	57% ±9	52%
Drink sweetened drinks daily at school	19% ±8	19%
Did not eat breakfast yesterday	N/S	N/S

**Does Not Usually Eat Dinners with Family  
Compared to the State, All Grades, 2018**



**Statewide Relationship between  
Lower Grades and Food Insecurity  
Grade 12, 2018**



*Statewide, more 12th graders who report experiencing food insecurity also report lower grades in school (C's, D's or F's) compared to other youth.*



# Healthy Youth Survey Fact Sheet

## Oral Health for Mountlake Terrace High School (Edmonds SD)

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 164

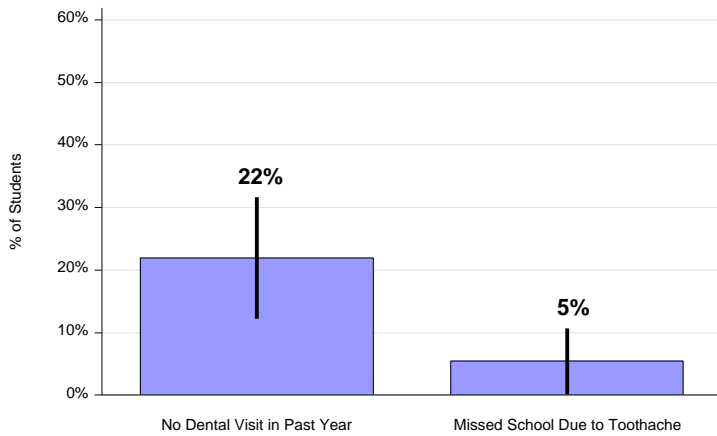
### Background:

- Dental decay affects 53% of Third Graders in Washington.
- The bacteria that causes tooth decay is a chronic condition that typically lasts into adulthood with greater costs and consequences for health and well-being.
- Dental disease is linked to broader health problems, including cardiovascular disease, stroke and diabetes mellitus.
- In the U.S., over 51 million school hours are missed each year by children due to dental related illness.

### For More Information:

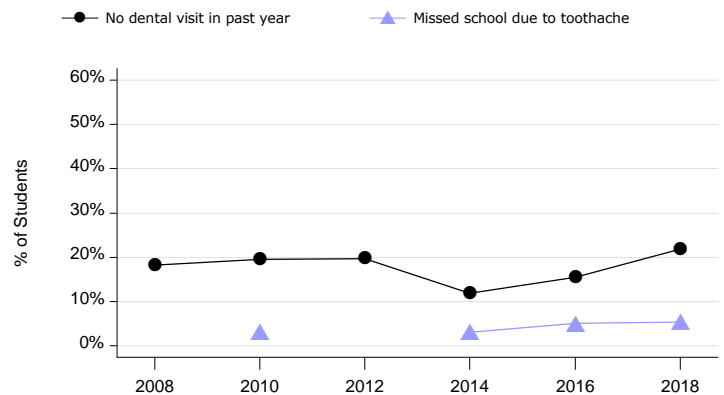
- Visit the Washington State Oral Health Program Website at: [www.doh.wa.gov](http://www.doh.wa.gov).

Oral Health  
Grade 10, 2018



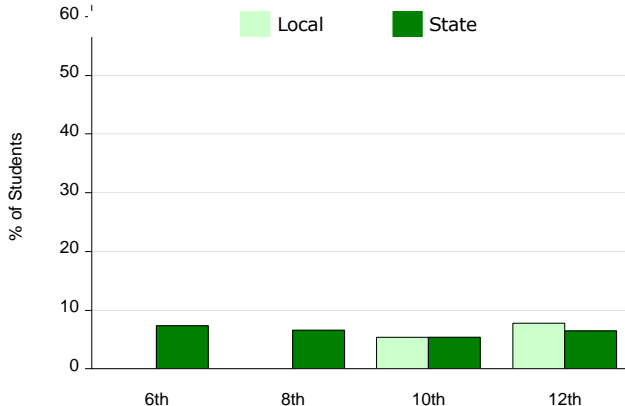
*In 2018, 3% of 10th graders in our school reported that they had never been to a dentist.*

Oral Health Trends  
Grade 10



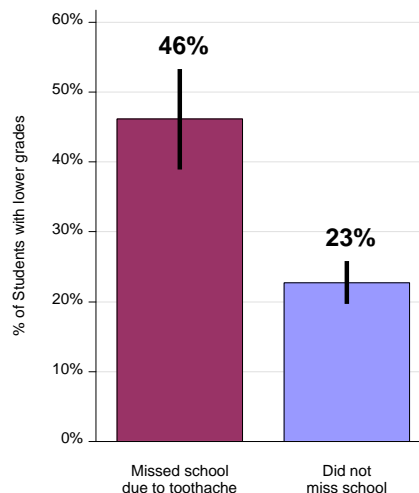
Prevalence	2008	2018
No dental visit in past year	18% ±7	20%
Missed school due to toothache	N/S	3% ±

Missed School due to Toothache  
Compared to the State, All Grades, 2018



Prevalence	6th	8th	10th	12th
Local	.	.	5% ±5	8% ±6
State	7% ±1	7% ±1	5% ±1	6% ±1

Statewide Relationship between  
Lower Grades and Missed School due to Toothache  
Grade 10, 2018



*Statewide, more 10th graders who miss school due to toothache in the past year report lower grades in school (C's, D's or F's) compared to those who didn't miss school.*



# Healthy Youth Survey Fact Sheet

## Oral Health for Mountlake Terrace High School (Edmonds SD)

Year: 2018

Grade: 12

Gender: All

Number of Students Surveyed: 174

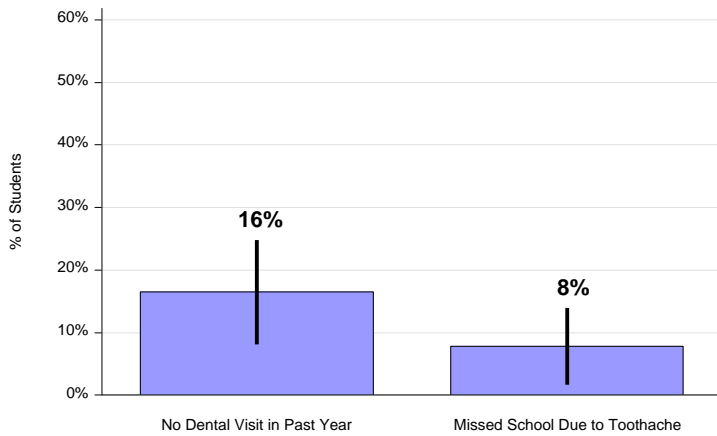
### Background:

- Dental decay affects 53% of Third Graders in Washington.
- The bacteria that causes tooth decay is a chronic condition that typically lasts into adulthood with greater costs and consequences for health and well-being.
- Dental disease is linked to broader health problems, including cardiovascular disease, stroke and diabetes mellitus.
- In the U.S., over 51 million school hours are missed each year by children due to dental related illness.

### For More Information:

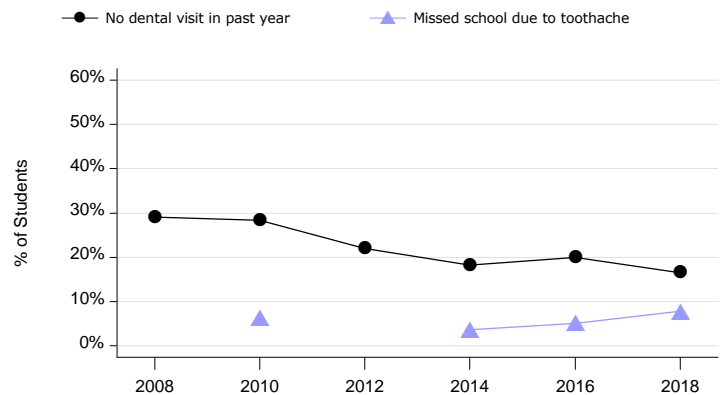
- Visit the Washington State Oral Health Program Website at: [www.doh.wa.gov](http://www.doh.wa.gov).

Oral Health  
Grade 12, 2018



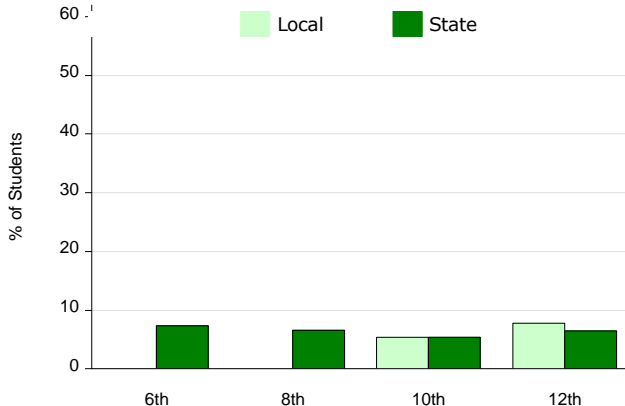
In 2018, 3% of 12th graders in our school reported that they had never been to a dentist.

Oral Health Trends  
Grade 12



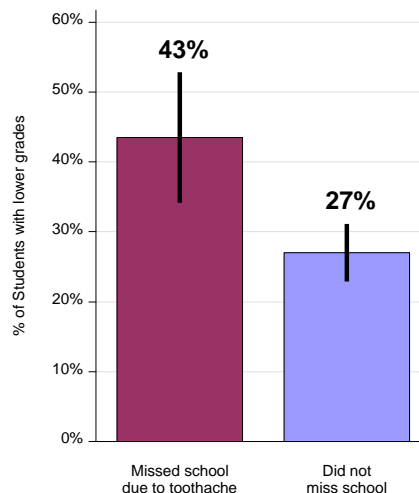
Prevalence	2008	2018
No dental visit in past year	29% ±9*	28%
Missed school due to toothache	N/S	6% ±3

Missed School due to Toothache  
Compared to the State, All Grades, 2018



Prevalence	6th	8th	10th	12th
Local	0%	0%	5% ±5	8% ±6
State	7% ±1	7% ±1	5% ±1	6% ±1

Statewide Relationship between  
Lower Grades and Missed School due to Toothache  
Grade 12, 2018



Statewide, more 12th graders who miss school due to toothache in the past year report lower grades in school (C's, D's or F's) compared to those who didn't miss school.



# Healthy Youth Survey Fact Sheet

## Physical Activity for Mountlake Terrace High School

(Edmonds SD)

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 164

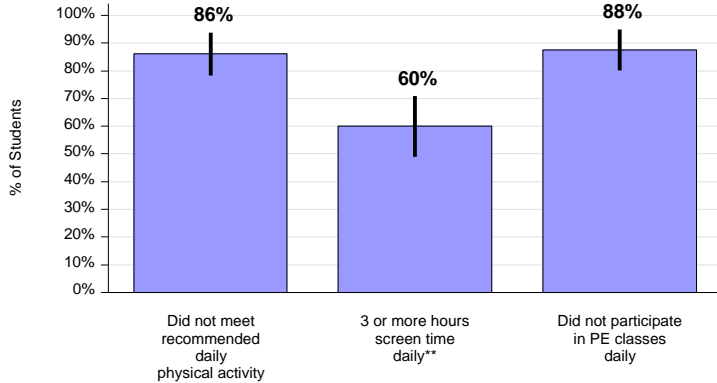
### Background:

- Regular physical activity reduces rates of obesity and serious diseases, helps people maintain a healthy body weight and improves quality of life.
- The Centers for Disease Control and Prevention recommends that children and adolescents participate in at least 60 minutes of physical activity daily, and muscle strengthening 3 days a week.
- One challenge to being more physically active is the amount of recreational screen time spent on sedentary activities such as watching TV, playing video games, using a computer for fun, or cell phone usage.
- Many social and environmental factors influence the decision to be active. Successful strategies to promote physical activity include educating individuals and developing policies in schools and communities to create environments that support being physically active.

### For More Information:

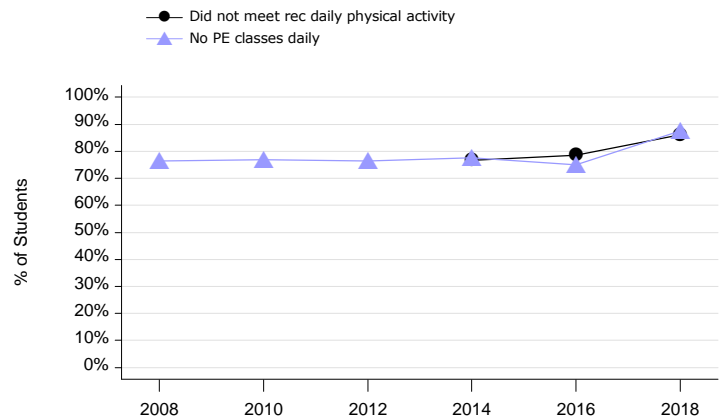
- Visit the Washington State Healthy Eating Active Living Program website: [www.doh.wa.gov](http://www.doh.wa.gov).
- Visit the National Physical Activity Plan: [www.physicalactivityplan.org](http://www.physicalactivityplan.org).
- Visit CDC Physical activity guidelines: [www.cdc.gov/physicalactivity/everyone/guidelines/children.html](http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html).
- Note: DOH advocates using the CDC recommendations of 'at least 60 minutes of physical activity daily.'

**Physical Activity  
Grade 10, 2018**



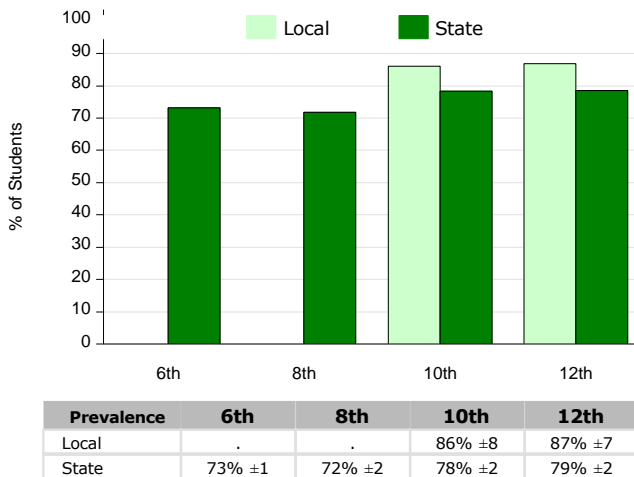
*In 2018, 86% of 10th graders in our school did not meet the recommendations for 60 minutes of physical activity 7 days a week.*

**Physical Activity Trends, Grade 10**

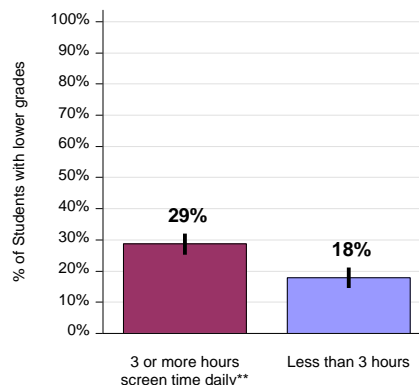


Prevalence	2008	2018
Did not meet rec daily physical activity	N/S	N/S
Did not participate in PE classes daily	76% ±7	77%

**Did Not Meet Recommendations for Physical Activity  
Compared to the State, All Grades, 2018**



**Statewide Relationship between  
Lower Grades and  
3 or More Hours of Screen Time Daily  
Grade 10, 2018**



*Statewide, more 10th graders who spend 3 or more hours of screen time daily report lower grades in school (C's, D's or F's) compared to youth who spend less than 3 hours.*

\*\*In 2018, screen time includes watching TV shows or movies or steam videos (such as YouTube, Netflix, Hulu) on any electronic advice (computer, TV, tablet or smartphone) and playing video or computer games or using a computer for something that is not school work (count time spent on things such as Xbox, PlayStation, tablet, smartphone, social media).

Prevalence is displayed with 95% confidence intervals (as ± or black bar )

\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-28-2019

**Missing codes:** S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade.



# Healthy Youth Survey Fact Sheet

## Physical Activity for Mountlake Terrace High School

(Edmonds SD)

Year: 2018

Grade: 12

Gender: All

Number of Students Surveyed: 174

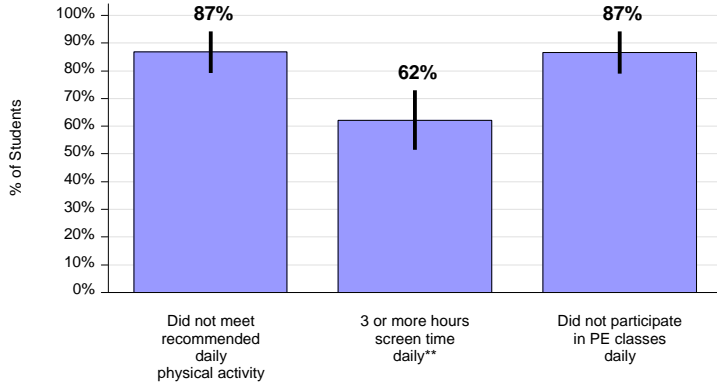
### Background:

- Regular physical activity reduces rates of obesity and serious diseases, helps people maintain a healthy body weight and improves quality of life.
- The Centers for Disease Control and Prevention recommends that children and adolescents participate in at least 60 minutes of physical activity daily, and muscle strengthening 3 days a week.
- One challenge to being more physically active is the amount of recreational screen time spent on sedentary activities such as watching TV, playing video games, using a computer for fun, or cell phone usage.
- Many social and environmental factors influence the decision to be active. Successful strategies to promote physical activity include educating individuals and developing policies in schools and communities to create environments that support being physically active.

### For More Information:

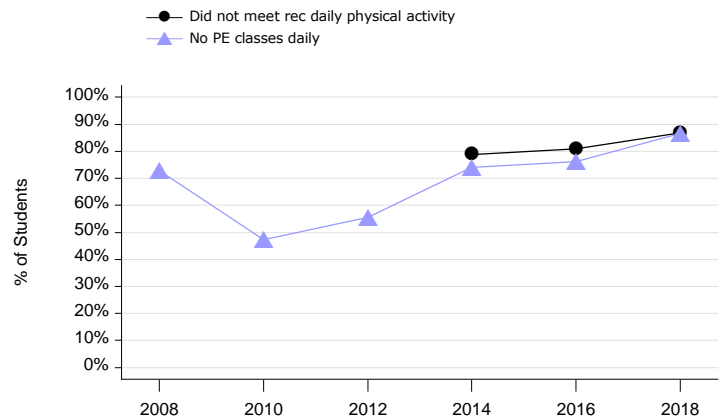
- Visit the Washington State Healthy Eating Active Living Program website: [www.doh.wa.gov](http://www.doh.wa.gov).
- Visit the National Physical Activity Plan: [www.physicalactivityplan.org](http://www.physicalactivityplan.org).
- Visit CDC Physical activity guidelines: [www.cdc.gov/physicalactivity/everyone/guidelines/children.html](http://www.cdc.gov/physicalactivity/everyone/guidelines/children.html).
- Note: DOH advocates using the CDC recommendations of 'at least 60 minutes of physical activity daily.'

**Physical Activity  
Grade 12, 2018**



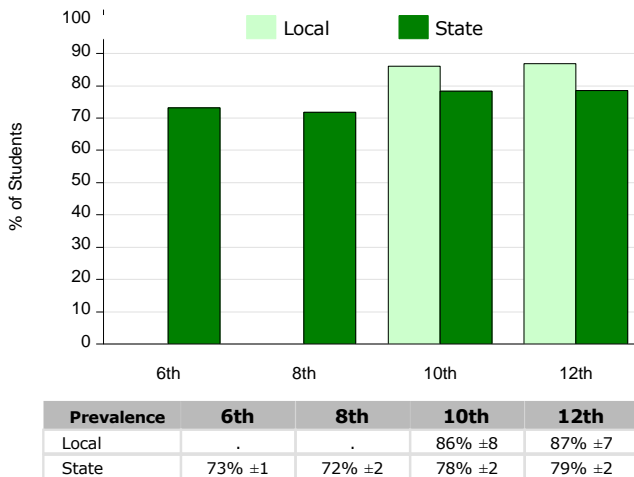
*In 2018, 87% of 12th graders in our school did not meet the recommendations for 60 minutes of physical activity 7 days a week.*

**Physical Activity Trends, Grade 12**

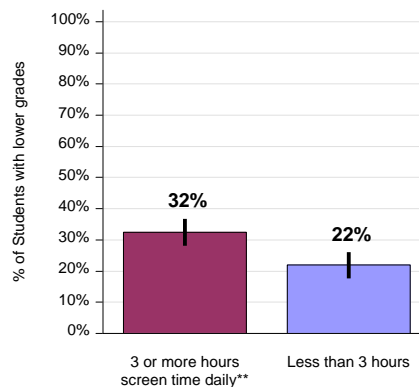


Prevalence	2008	2018
Did not meet rec daily physical activity	N/S	N/S
Did not participate in PE classes daily	73% ±9	47% ±9

**Did Not Meet Recommendations for Physical Activity  
Compared to the State, All Grades, 2018**



**Statewide Relationship between  
Lower Grades and  
3 or More Hours of Screen Time Daily  
Grade 12, 2018**



*Statewide, more 12th graders who spend 3 or more hours of screen time daily report lower grades in school (C's, D's or F's) compared to youth who spend less than 3 hours.*

\*\*In 2018, screen time includes watching TV shows or movies or steam videos (such as YouTube, Netflix, Hulu) on any electronic advice (computer, TV, tablet or smartphone) and playing video or computer games or using a computer for something that is not school work (count time spent on things such as Xbox, PlayStation, tablet, smartphone, social media).

Prevalence is displayed with 95% confidence intervals (as ± or black bar )

\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-28-2019

**Missing codes:** S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade.



# Healthy Youth Survey Fact Sheet

Depressive Feelings, Anxiety and Suicide for Mountlake Terrace High School (Edmonds SD)

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 164

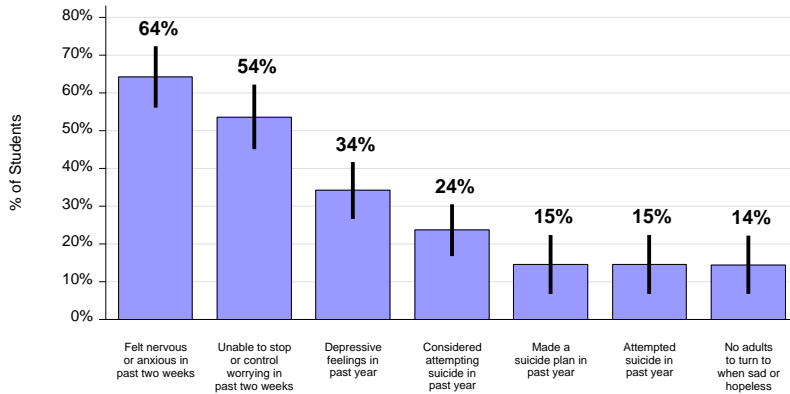
## Background:

- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Most youth suicides occur at home.
- Depression is a common yet treatable illness characterized by feelings of sadness, helplessness, and hopelessness that linger over time. Depression can occur along with substance use and thoughts of suicide. Teen Depression, National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov).
- Depression and anxiety are common and treatable conditions. Many people with depression need treatment to get better. (Teen Depression, National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov))

## For More Information:

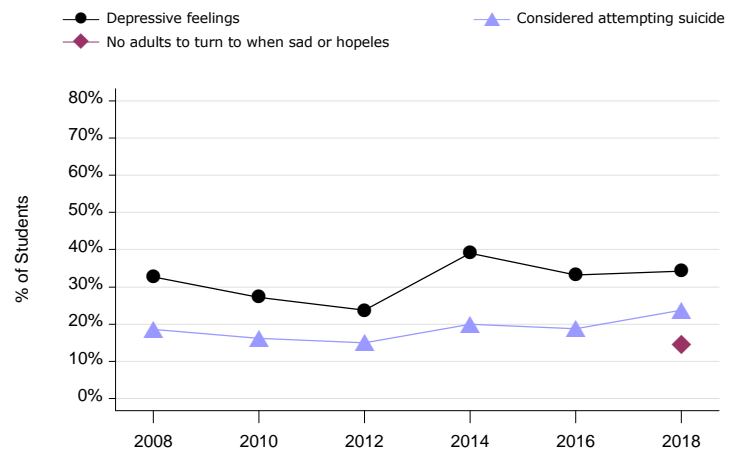
- Visit the Washington State Youth Suicide Prevention Program Website: [www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention/YouthSuicide](http://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention/YouthSuicide).
- The OSPI suicide prevention page: [www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx](http://www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx).
- National Suicide Prevention Hotline 1-800-273-TALK(8255) or [www.suicidepreventionlifeline.org](http://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.

## Depressive Feelings, Anxiety Symptoms and Suicide Grade 10, 2018



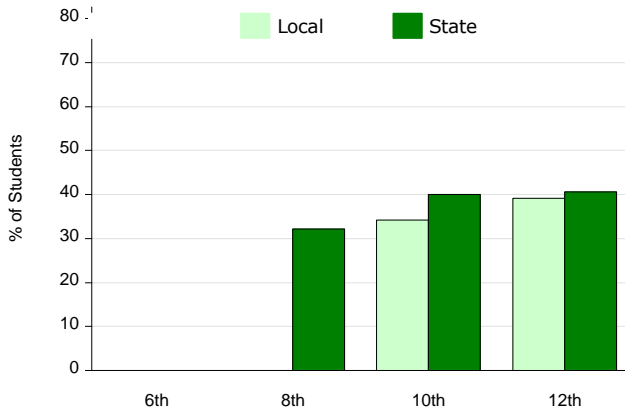
In 2018, 34% of 10th graders in our school felt so sad or hopeless for 2 weeks or more that they stopped doing their usual activities.

## Depressive Feelings and Suicide Trends, Grade 10



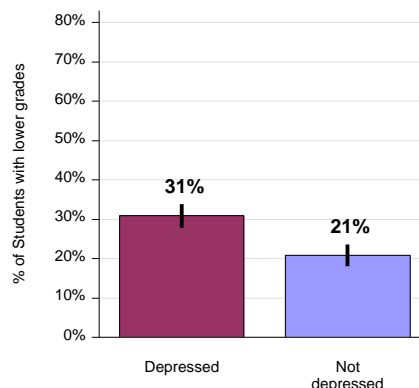
Prevalence	2008	2018
Depressive feelings	33% ±6	34% ±8
Considered attempting suicide	19% ±5	22% ±7
No adults to turn to when sad or hopeless	N/S	N/S

## Depressive Feelings Compared to the State, All Grades, 2018



Prevalence	6th	8th	10th	12th
Local	34% ±8	32% ±2	34% ±8	39% ±7
State	N/A	32% ±2	40% ±2	41% ±2

## Statewide Relationship between Lower Grades and Depressive Feelings Grade 10, 2018



Statewide, more 10th graders who have depressive feelings report lower grades in school (C's, D's or F's) compared to youth who are not having depressive feelings.





# Healthy Youth Survey Fact Sheet

Depressive Feelings, Anxiety and Suicide for Mountlake Terrace High School (Edmonds SD)

Year: 2018

Grade: 12

Gender: All

Number of Students Surveyed: 174

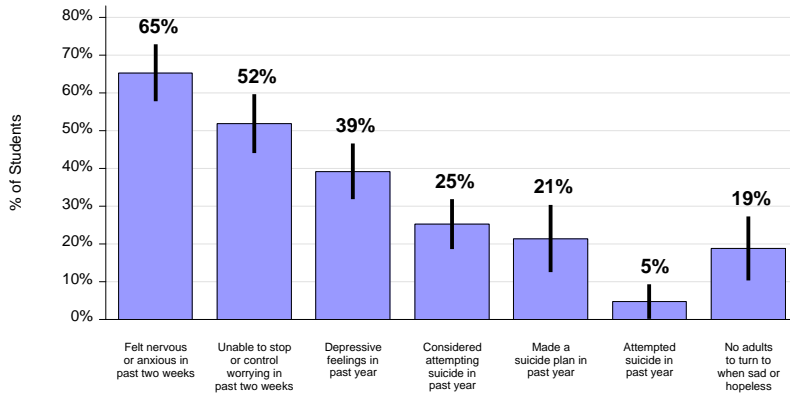
## Background:

- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Most youth suicides occur at home.
- Depression is a common yet treatable illness characterized by feelings of sadness, helplessness, and hopelessness that linger over time. Depression can occur along with substance use and thoughts of suicide. Teen Depression, National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov).
- Depression and anxiety are common and treatable conditions. Many people with depression need treatment to get better. (Teen Depression, National Institute of Mental Health [www.nimh.nih.gov](http://www.nimh.nih.gov))

## For More Information:

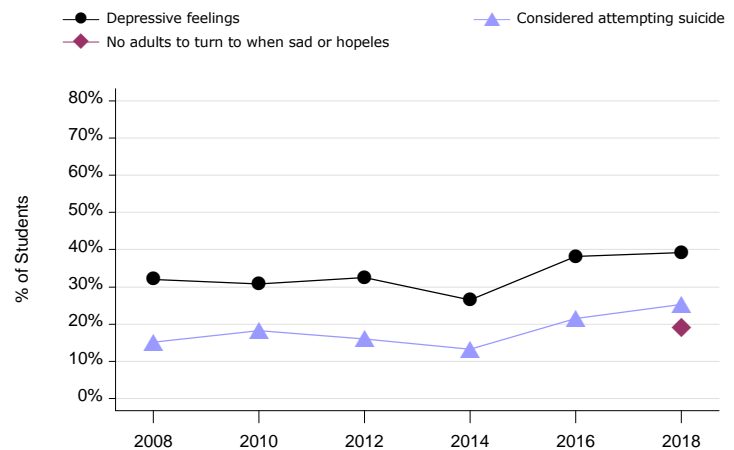
- Visit the Washington State Youth Suicide Prevention Program Website: [www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention/YouthSuicide](http://www.doh.wa.gov/YouandYourFamily/InjuryandViolencePrevention/SuicidePrevention/YouthSuicide).
- The OSPI suicide prevention page: [www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx](http://www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx).
- National Suicide Prevention Hotline 1-800-273-TALK(8255) or [www.suicidepreventionlifeline.org](http://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.

## Depressive Feelings, Anxiety Symptoms and Suicide Grade 12, 2018



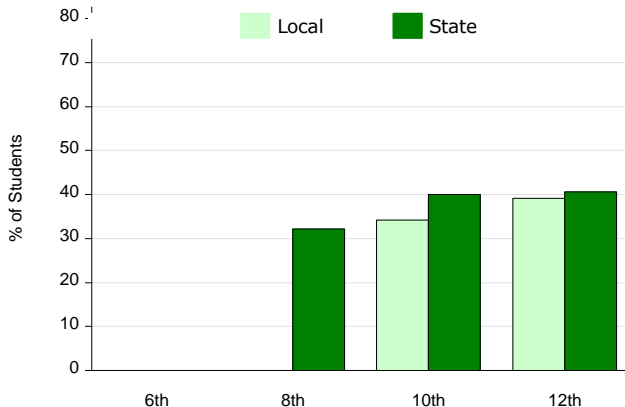
In 2018, 39% of 12th graders in our school felt so sad or hopeless for 2 weeks or more that they stopped doing their usual activities.

## Depressive Feelings and Suicide Trends, Grade 12



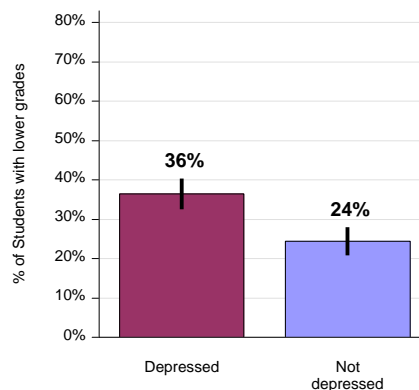
Prevalence	2008	2018
Depressive feelings	32% ±6	39% ±7
Considered attempting suicide	15% ±5	25% ±8
No adults to turn to when sad or hopeless	N/S	N/A

## Depressive Feelings Compared to the State, All Grades, 2018



Prevalence	6th	8th	10th	12th
Local	.	.	34% ±8	39% ±7
State	N/A	32% ±2	40% ±2	41% ±2

## Statewide Relationship between Lower Grades and Depressive Feelings Grade 12, 2018



Statewide, more 12th graders who have depressive feelings report lower grades in school (C's, D's or F's) compared to youth who are not having depressive feelings.

Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar )  
 \*indicates a significant change from the previous year or a significant difference between state and local results,  $p < 0.05$





# Healthy Youth Survey Fact Sheet

Sexual Behavior, Orientation, and Identity for Mountlake Terrace High School (Edmonds SD)

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 164

## Background:

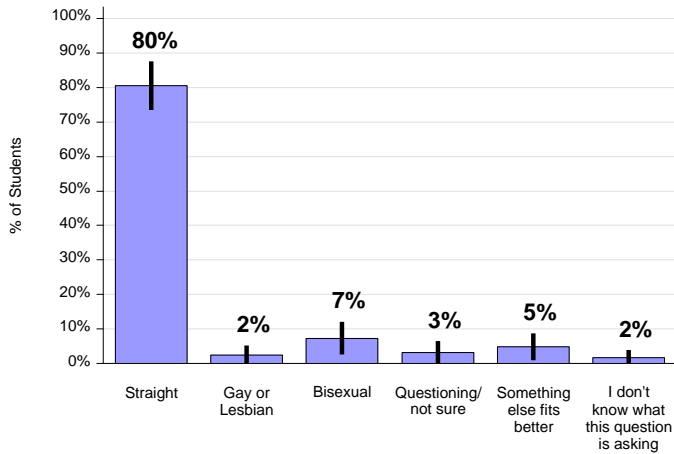
- Sexual health education is optional. Districts that choose to offer sexual health education must ensure it follows requirements of the Healthy Youth Act, Guidelines for Sexual Health and Disease Prevention, and Common School Provision [www.k12.wa.us/HIVSexualhealth/FAQ.aspx](http://www.k12.wa.us/HIVSexualhealth/FAQ.aspx).
- Washington Health Education K-12 Learning Standards provide guidance to districts, schools and teachers with grade-level outcomes related to sexual health education: [www.k12.wa.us/HealthFitness/Standards.aspx](http://www.k12.wa.us/HealthFitness/Standards.aspx).
- Evidence-based programs can significantly delay first intercourse, decrease sexual risk taking, and increase condom and contraceptive use: [recapp.etr.org/recapp/documents/programs/SexHIVedProgs.pdf](http://recapp.etr.org/recapp/documents/programs/SexHIVedProgs.pdf).

## For More Information:

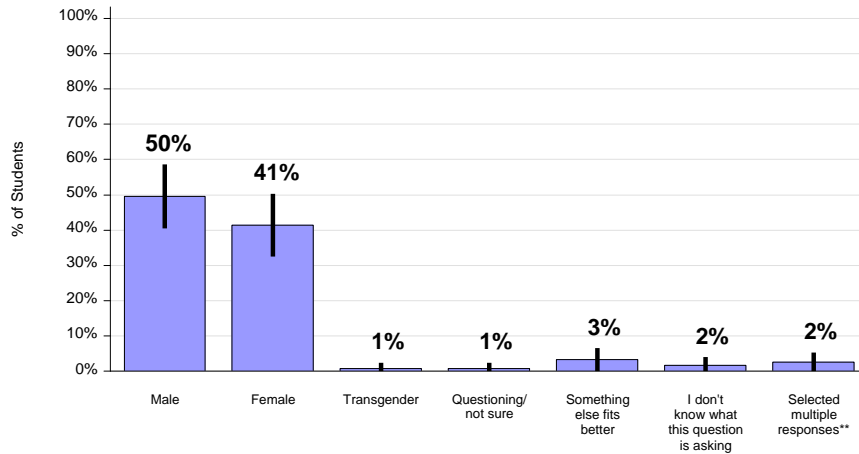
- Contact Sexual Health Education, Office of Superintendent of Public Instruction: [www.k12.wa.us/HIVSexualhealth](http://www.k12.wa.us/HIVSexualhealth).

Questions about sexual behavior, orientation and gender were included at the discretion of each school district. Therefore, local results may be missing or may not reflect a representative sample of all students in the community. In order to improve the quality and usefulness of data, it is recommended that all schools include these questions when administering the Healthy Youth Survey.

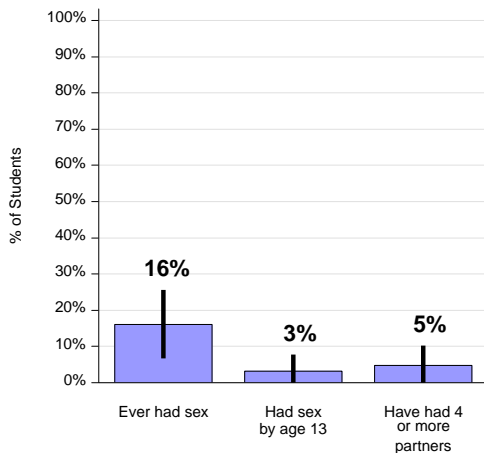
**Sexual Orientation  
Grade 10, 2018**



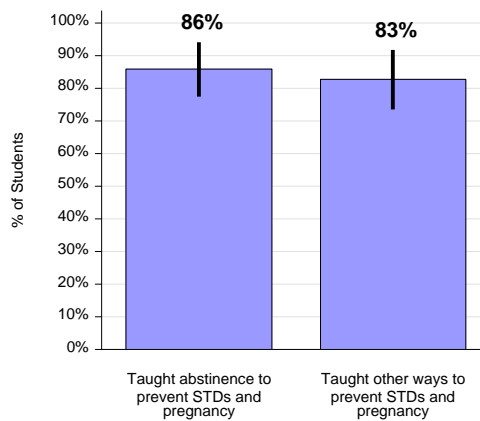
**Gender Identity  
Grade 10, 2018**



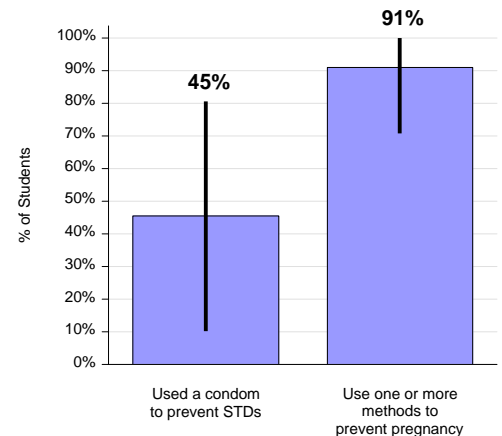
**Sexual Behaviors\*\*\*  
Grade 10, 2018**



**STDs and Pregnancy Prevention  
Taught in School  
Grade 10, 2018**



**STDs and Pregnancy Prevention  
Methods among Sexually Active Youth  
Grade 10, 2018**



\*\*Some students may select multiple answers to this question so that their response is consistent with how they identify. For example, a student who identifies as a transgender woman may select both female and transgender. This type response is represented in the 'selected multiple responses' category.

\*\*\*In 2018, sex includes oral, vaginal and/or anal sex.

*In 2018, students who report higher rates of depression and alcohol use also report having had sexual intercourse.*

Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar |)  
\*indicates a significant difference between state and local results,  $p < 0.05$

Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-28-2019

**Missing codes:** S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade.



# Healthy Youth Survey Fact Sheet

Sexual Behavior, Orientation, and Identity for Mountlake Terrace High School (Edmonds SD)

Year: 2018

Grade: 12

Gender: All

Number of Students Surveyed: 174

## Background:

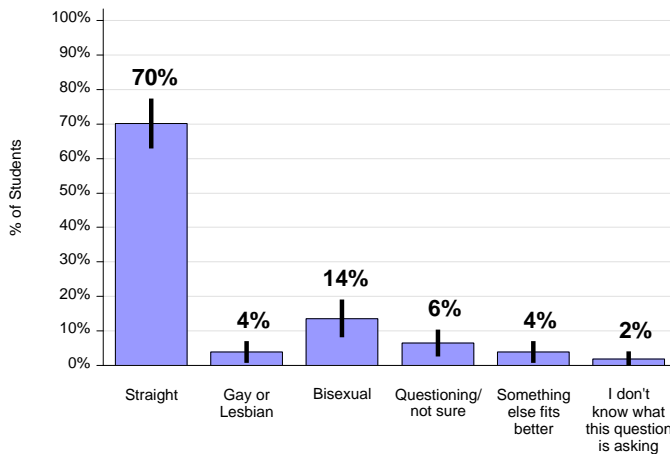
- Sexual health education is optional. Districts that choose to offer sexual health education must ensure it follows requirements of the Healthy Youth Act, Guidelines for Sexual Health and Disease Prevention, and Common School Provision [www.k12.wa.us/HIVSexualhealth/FAQ.aspx](http://www.k12.wa.us/HIVSexualhealth/FAQ.aspx).
- Washington Health Education K-12 Learning Standards provide guidance to districts, schools and teachers with grade-level outcomes related to sexual health education: [www.k12.wa.us/HealthFitness/Standards.aspx](http://www.k12.wa.us/HealthFitness/Standards.aspx).
- Evidence-based programs can significantly delay first intercourse, decrease sexual risk taking, and increase condom and contraceptive use: [recapp.etr.org/recapp/documents/programs/SexHIVedProgs.pdf](http://recapp.etr.org/recapp/documents/programs/SexHIVedProgs.pdf).

## For More Information:

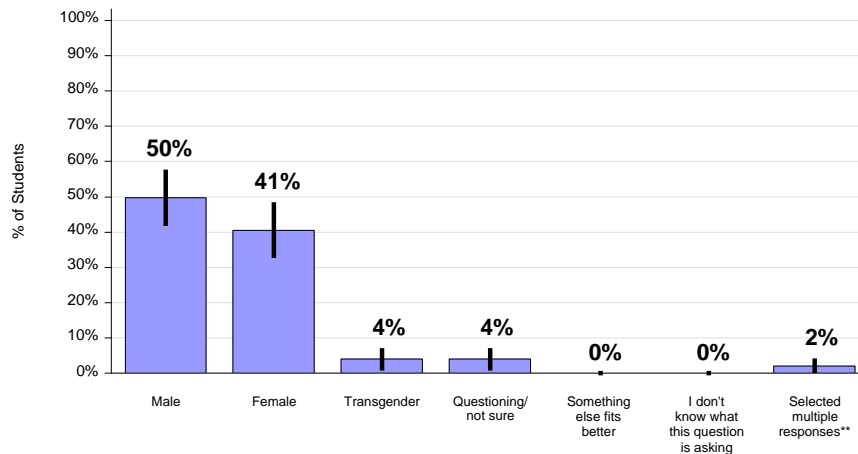
- Contact Sexual Health Education, Office of Superintendent of Public Instruction: [www.k12.wa.us/HIVSexualhealth](http://www.k12.wa.us/HIVSexualhealth).

Questions about sexual behavior, orientation and gender were included at the discretion of each school district. Therefore, local results may be missing or may not reflect a representative sample of all students in the community. In order to improve the quality and usefulness of data, it is recommended that all schools include these questions when administering the Healthy Youth Survey.

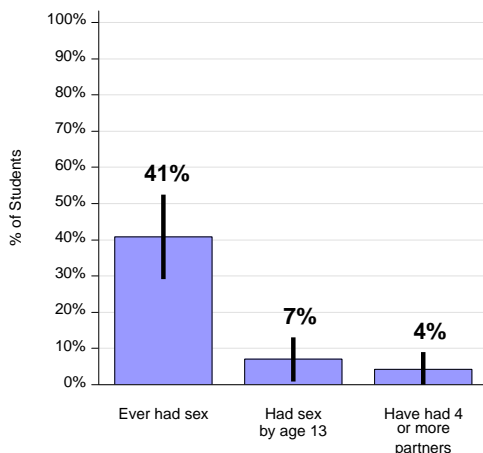
**Sexual Orientation  
Grade 12, 2018**



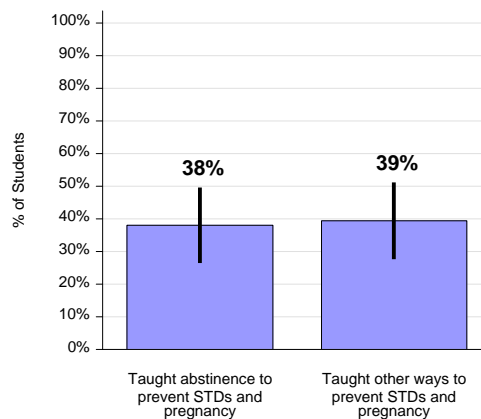
**Gender Identity  
Grade 12, 2018**



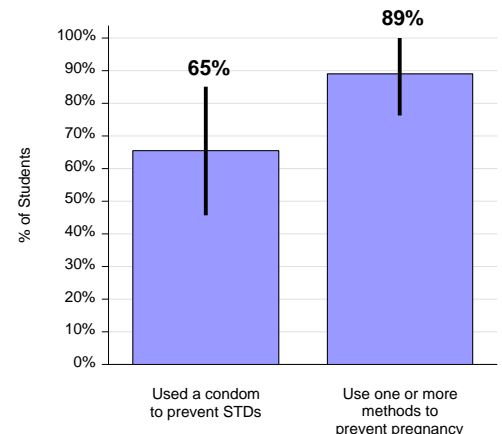
**Sexual Behaviors\*\*\*  
Grade 12, 2018**



**STDs and Pregnancy Prevention  
Taught in School  
Grade 12, 2018**



**STDs and Pregnancy Prevention  
Methods among Sexually Active Youth  
Grade 12, 2018**



\*\*Some students may select multiple answers to this question so that their response is consistent with how they identify. For example, a student who identifies as a transgender woman may select both female and transgender. This type response is represented in the 'selected multiple responses' category.

\*\*\*In 2018, sex includes oral, vaginal and/or anal sex.

*In 2018, students who report higher rates of depression and alcohol use also report having had sexual intercourse.*

Prevalence is displayed with 95% confidence intervals (as  $\pm$  or black bar )  
\*indicates a significant difference between state and local results,  $p < 0.05$

Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-28-2019

**Missing codes:** S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade.



# Healthy Youth Survey Fact Sheet

## Substance Use for Mountlake Terrace High School (Edmonds SD)

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 164

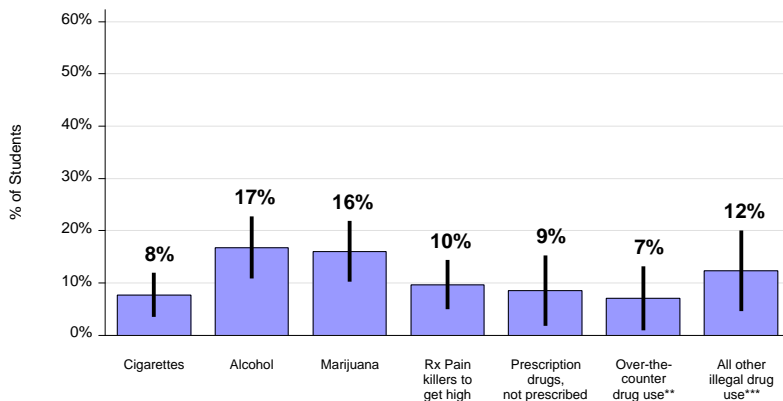
### Background:

- Parents are the primary influence on their children's decision to use alcohol, tobacco, and other drugs.
- The developing brain is more vulnerable to the effects of alcohol and other drugs. Brain development continues into the mid-20s.

### For More Information:

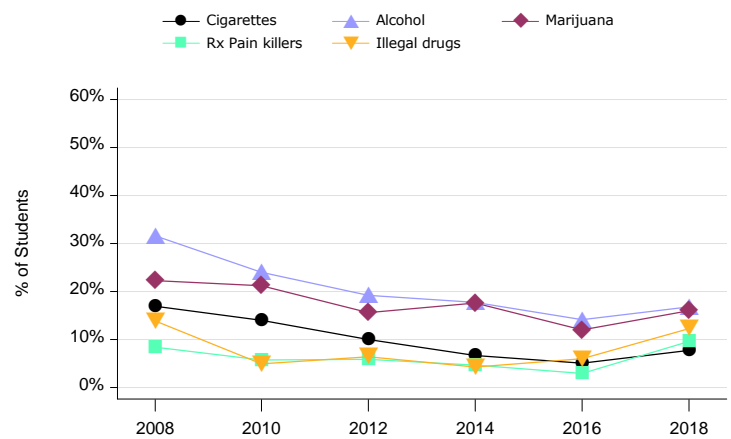
- Parents, schools, and communities can work together to keep youth healthy and safe. For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse [www.adaiclearinghouse.org](http://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](http://www.waRecoveryHelpLine.org).

**Current (past 30-day) Substance Use Grade 10, 2018**



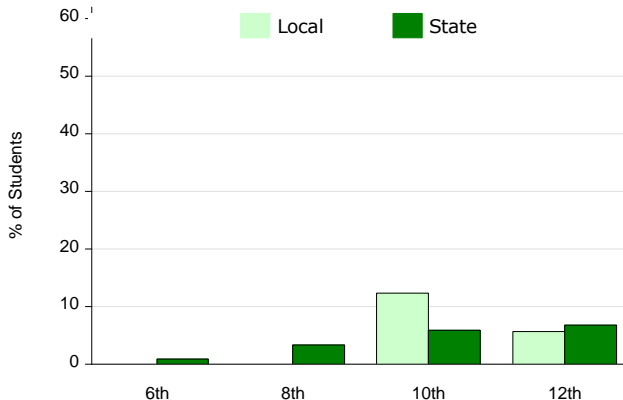
*Most youth don't use alcohol or other substances.*

**Current (past 30-day) Substance Use Trends, Grade 10**



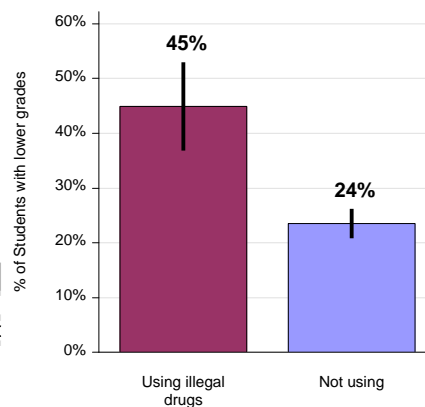
Prevalence	2008	2010	2012	2014	2016	2018
Cigarettes	17% ±4	14% ±4	10% ±4	7% ±3	5% ±3	8% ±4
Alcohol	32% ±5	24% ±5*	19% ±5	18% ±5	14% ±4	17% ±6
Marijuana	22% ±5	21% ±5	16% ±5	18% ±5	12% ±4	16% ±6
Rx Pain killers to get high	8% ±5	6% ±3	6% ±3	5% ±3	3% ±2	10% ±5*
All other illegal drug use***	14% ±4	5% ±3*	6% ±3	4% ±3	6% ±4	12% ±8

**Current (past 30-day) All Other Illegal Drug Use\*\* Compared to the State, All Grades, 2018**



Prevalence	6th
Local	1% ±0
State	1% ±0

**Statewide Relationship between Lower Grades and Current (past 30-day) All Other Illegal Drug Use\*\*\* Grade 10, 2018**



*Statewide, more 10th graders who use illegal drugs (not including alcohol, tobacco or marijuana) report lower grades in school (C's, D's or F's) compared to those who don't use.*

\*\*Over-the-counter drug use is the use of drugs like cough syrup or cold medical purposes.

\*\*\*All other illegal drug use includes prescription drugs not prescribed, Rx pain killers to get high, and all other illegal drugs; but does not include alcohol, tobacco or marijuana.

Prevalence is displayed with 95% confidence intervals (as ± or black bar)

\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-28-2019

**Missing codes:** S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade.



# Healthy Youth Survey Fact Sheet

## Substance Use for Mountlake Terrace High School (Edmonds SD)

Year: 2018

Grade: 12

Gender: All

Number of Students Surveyed: 174

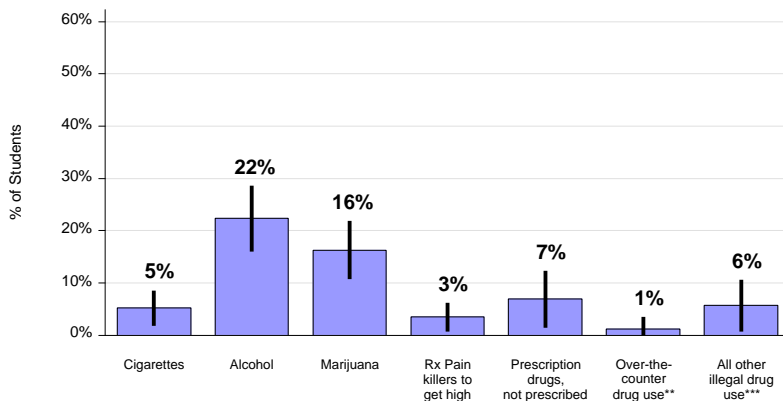
### Background:

- Parents are the primary influence on their children's decision to use alcohol, tobacco, and other drugs.
- The developing brain is more vulnerable to the effects of alcohol and other drugs. Brain development continues into the mid-20s.

### For More Information:

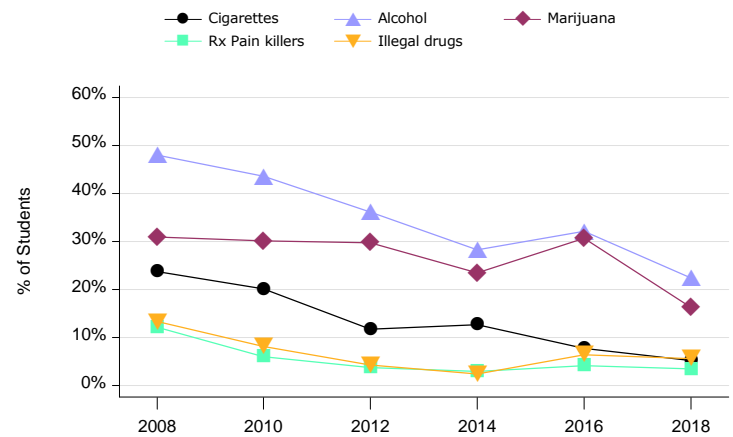
- Parents, schools, and communities can work together to keep youth healthy and safe. For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse [www.adaiclearinghouse.org](http://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](http://www.waRecoveryHelpLine.org).

### Current (past 30-day) Substance Use Grade 12, 2018



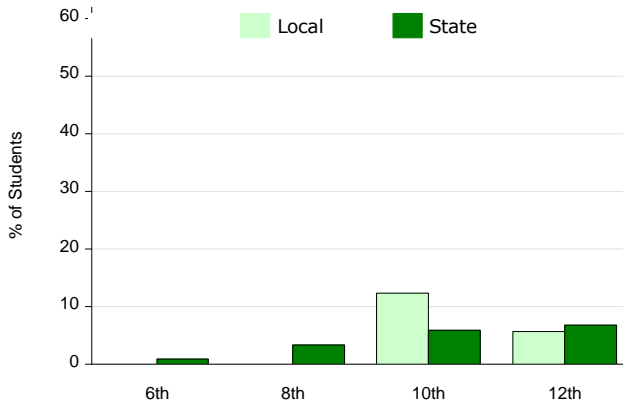
Most youth don't use alcohol or other substances.

### Current (past 30-day) Substance Use Trends, Grade 12



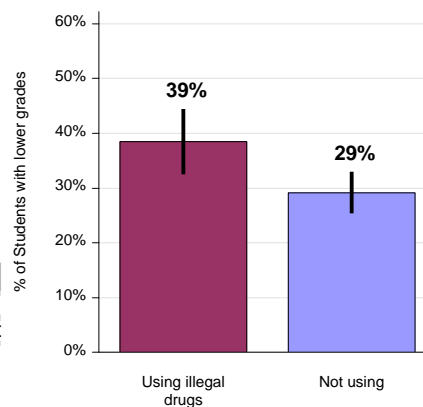
Prevalence	2008	2010	2012	2014	2016	2018
Cigarettes	24% ± 6	20% ± 5	12% ± 5*	13% ± 5	8% ± 4	5% ± 3
Alcohol	48% ± 7	44% ± 6	36% ± 7	28% ± 7	32% ± 7	22% ± 6*
Marijuana	31% ± 6	30% ± 6	30% ± 7	23% ± 7	31% ± 7	16% ± 6*
Rx Pain killers to get high	12% ± 6	6% ± 3	4% ± 3	3% ± 3	4% ± 3	3% ± 3
All other illegal drug use***	13% ± 5	8% ± 4	4% ± 3	2% ± 2	6% ± 5	6% ± 5

### Current (past 30-day) All Other Illegal Drug Use\*\* Compared to the State, All Grades, 2018



Prevalence	6th
Local	1% ± 0
State	1% ± 0

### Statewide Relationship between Lower Grades and Current (past 30-day) All Other Illegal Drug Use\*\*\* Grade 12, 2018



Statewide, more 12th graders who use illegal drugs (not including alcohol, tobacco or marijuana) report lower grades in school (C's, D's or F's) compared to those who don't use.

\*\*Over-the-counter drug use is the use of drugs like cough syrup or cold medical purposes.

\*\*\*All other illegal drug use includes prescription drugs not prescribed, Rx pain killers to get high, and all other illegal drugs; but does not include alcohol, tobacco or marijuana.

Prevalence is displayed with 95% confidence intervals (as ± or black bar)

\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-28-2019

Missing codes: S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade.



# Healthy Youth Survey Fact Sheet

Alcohol Use for Mountlake Terrace High School

(Edmonds SD), page 1 of 2

Year: 2018

Grade: 10

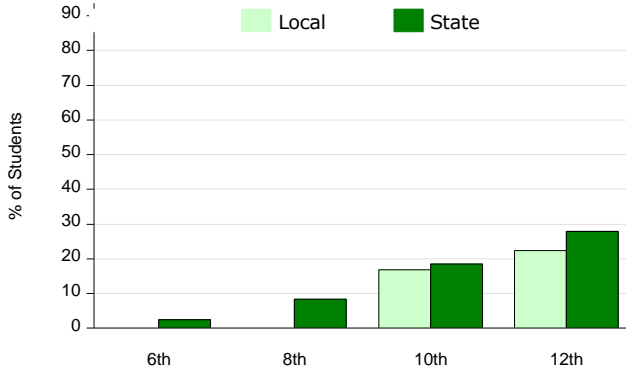
Gender: All

Number of Students Surveyed: 164

## Background:

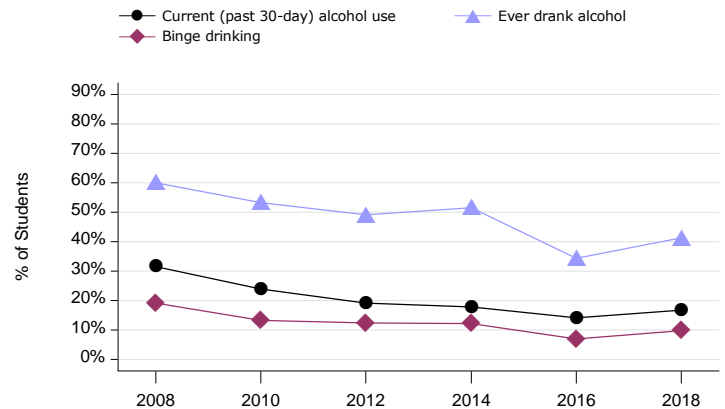
- 5,000 people under the age of 21 die each year from alcohol-related car crashes, homicides, suicides, poisoning, falls, drownings and other injuries.
- Youth alcohol use is associated with violence, school failure, and sexual activity.
- Research shows that heavy alcohol use during teen years can permanently damage the still-developing brain.

**Current (past 30 days) Alcohol Use Compared to the State, All Grades, 2018**



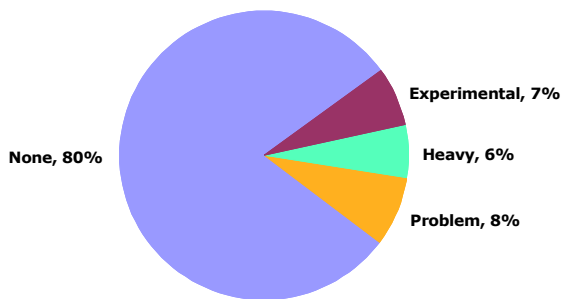
Prevalence	6th	8th	10th	12th
Local	0	0	17% ±6	22% ±6
State	2% ±0	8% ±1	18% ±2	28% ±2

**Alcohol Use Trends, Grade 10**



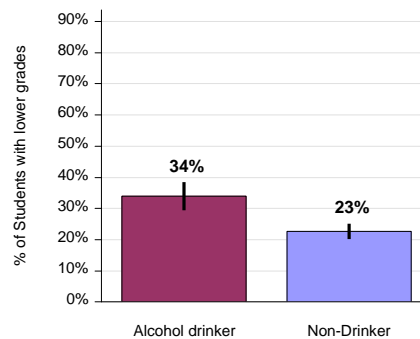
Prevalence	2008	2018
Current (past 30-day) alcohol use	32% ±5	24% ±5
Ever drank alcohol	60% ±6	53% ±3
Binge drinking	19% ±5	13% ±3

**Level of Alcohol Use Grade 10, 2018**



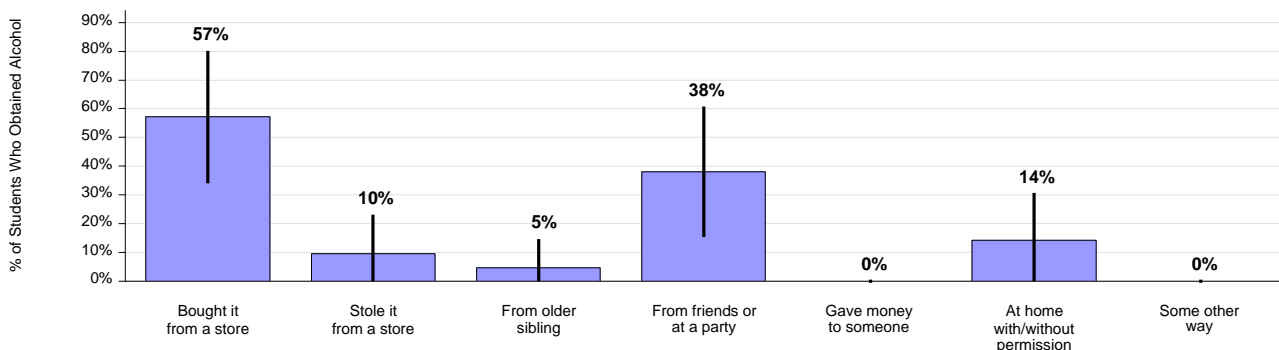
- None: no drinking in the past 30 days (80%)
- Experimental: 1-2 days drinking, and no binge drinking (7%)
- Heavy: 3-5 days drinking, and/or one binge (6%)
- Problem: 6+ days drinking, and/or 2+ binges (8%)

**Statewide Relationship between Lower Grades and Current (past 30-day) Alcohol Use Grade 10, 2018**



Statewide, more 10th graders who drink alcohol report lower grades in school (C's, D's or F's) compared to those who don't drink.

**Where Do Youth Get Alcohol? Grade 10, 2018**



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.

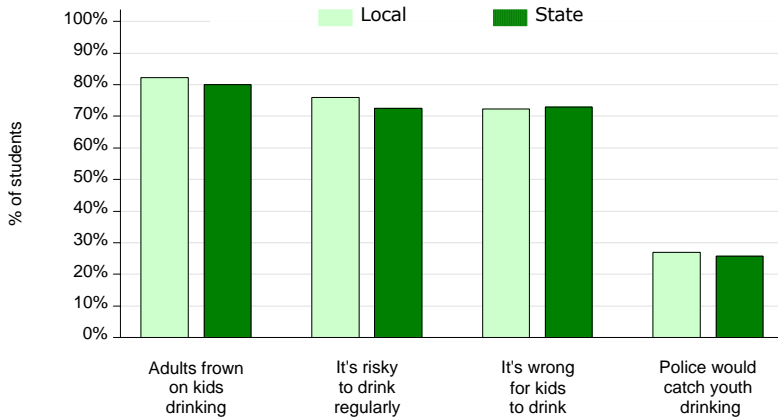


# Healthy Youth Survey Fact Sheet

## Alcohol Use for Mountlake Terrace High School

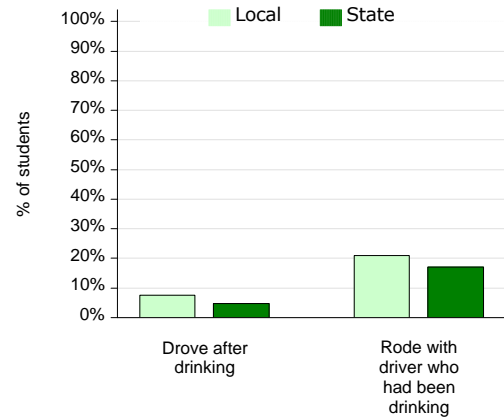
(Edmonds SD), page 2 of 2

**Youth Perceptions about Alcohol  
Compared to the State, Grade 10, 2018**



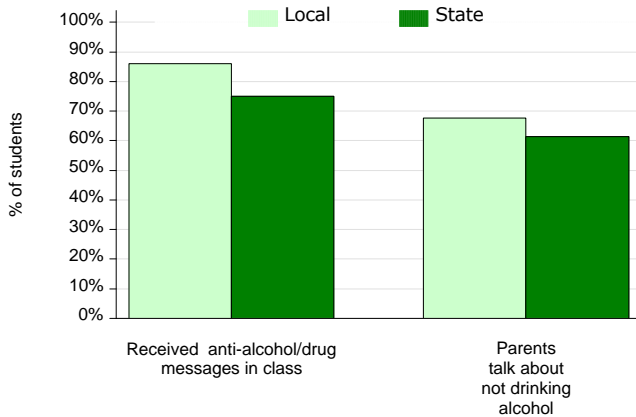
Prevalence	Adults frown on drinking	Regular drinking is risky	Drinking is wrong for kids	Police would catch youth drinking
Local	82% ±9	76% ±10	72% ±11	27% ±10
State	80% ±2	73% ±2	73% ±3	26% ±2

**Drinking and Driving/Riding  
Compared to the State, Grade 10, 2018**



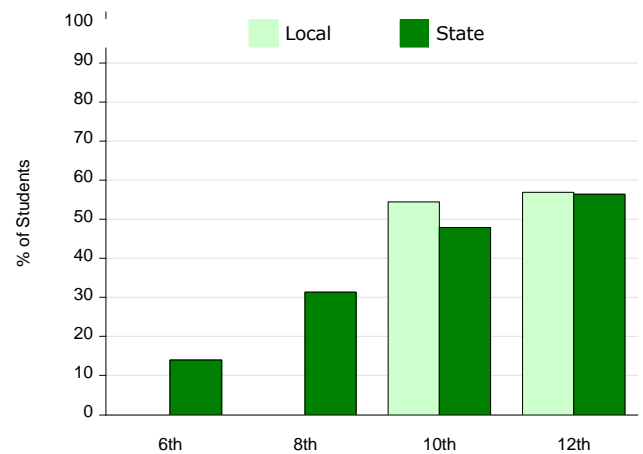
Prevalence	Drove after drinking	Rode with driver who had been drinking
Local	7% ±6	21% ±10
State	5% ±1	17% ±2

**Received Anti-Alcohol Messages  
Compared to the State, Grade 10, 2018**



Prevalence	Received anti-alcohol/drug messages in class	Parents talked about drinking
Local	86% ±8	68% ±11
State	75% ±3	61% ±2

**Youth Perception that Alcohol is Easy to Get  
Compared to the State, All Grades, 2018**



Prevalence	6th	8th	10th	12th
Local	.	.	54% ±11	57% ±11
State	14% ±1	31% ±2	48% ±2	56% ±3

### 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](http://www.StartTalkingNow.org).
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse [www.adaiclearinghouse.org](http://www.adaiclearinghouse.org) or call (206) 221-8325.
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).



# Healthy Youth Survey Fact Sheet

Alcohol Use for Mountlake Terrace High School (Edmonds SD), page 1 of 2

Year: 2018

Grade: 12

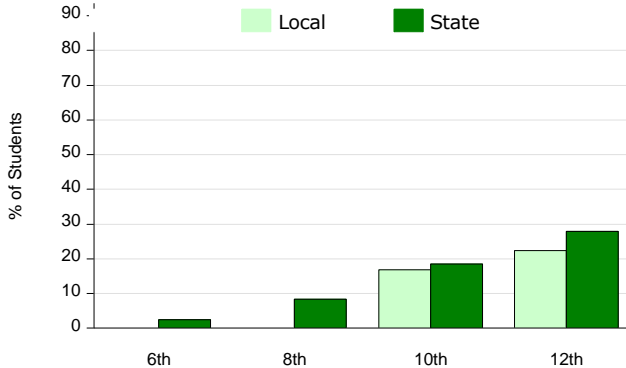
Gender: All

Number of Students Surveyed: 174

## Background:

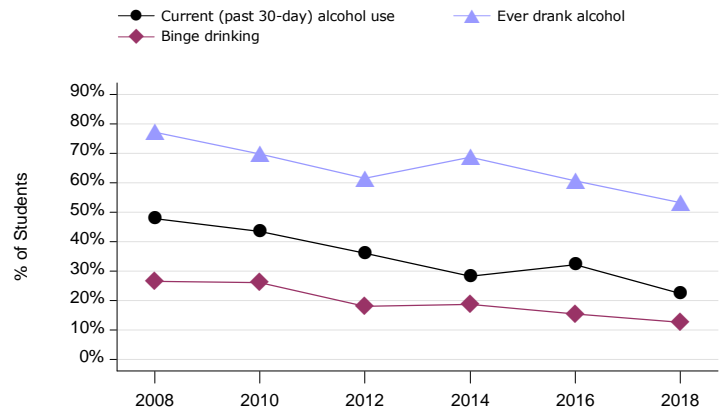
- 5,000 people under the age of 21 die each year from alcohol-related car crashes, homicides, suicides, poisoning, falls, drownings and other injuries.
- Youth alcohol use is associated with violence, school failure, and sexual activity.
- Research shows that heavy alcohol use during teen years can permanently damage the still-developing brain.

Current (past 30 days) Alcohol Use Compared to the State, All Grades, 2018



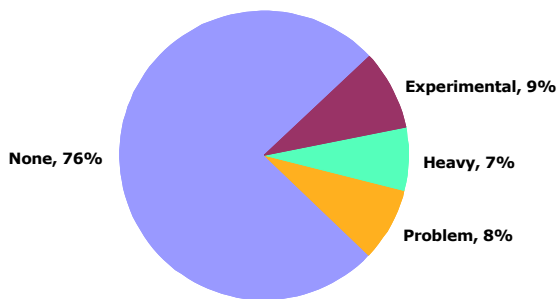
Prevalence	6th	8th	10th	12th
Local	.	.	17% ±6	22% ±6
State	2% ±0	8% ±1	18% ±2	28% ±2

Alcohol Use Trends, Grade 12



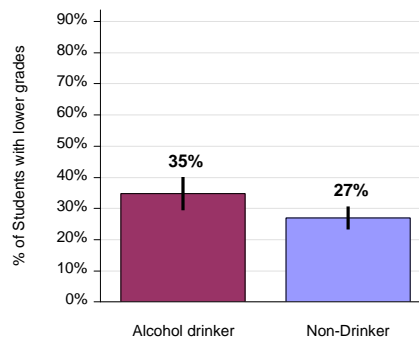
Prevalence	2008	2018
Current (past 30-day) alcohol use	48% ±7	44%
Ever drank alcohol	77% ±6	70%
Binge drinking	27% ±6	26%

Level of Alcohol Use Grade 12, 2018



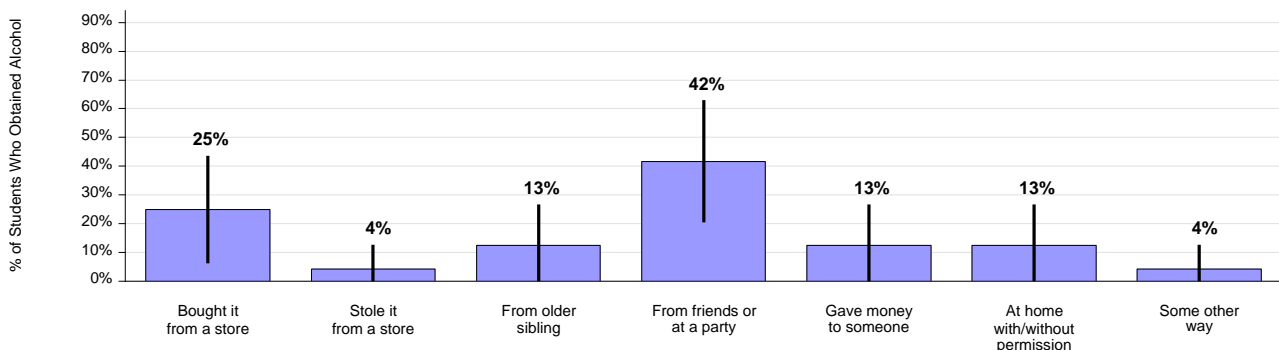
- None: no drinking in the past 30 days (76%)
- Experimental: 1-2 days drinking, and no binge drinking (9%)
- Heavy: 3-5 days drinking, and/or one binge (7%)
- Problem: 6+ days drinking, and/or 2+ binges (8%)

Statewide Relationship between Lower Grades and Current (past 30-day) Alcohol Use Grade 12, 2018



Statewide, more 12th graders who drink alcohol report lower grades in school (C's, D's or F's) compared to those who don't drink.

Where Do Youth Get Alcohol? Grade 12, 2018



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.

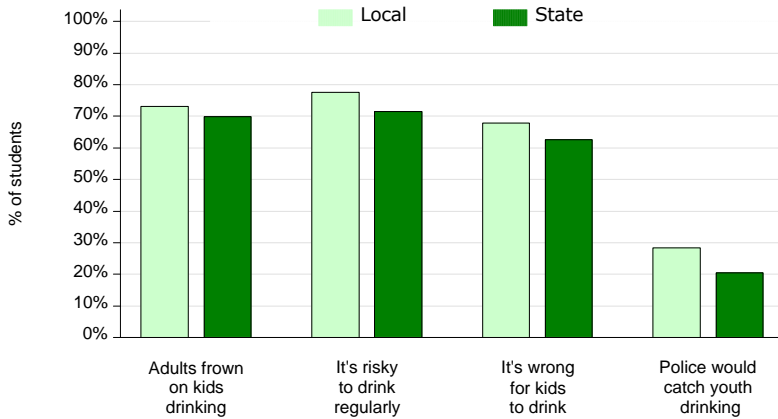


# Healthy Youth Survey Fact Sheet

Alcohol Use for Mountlake Terrace High School

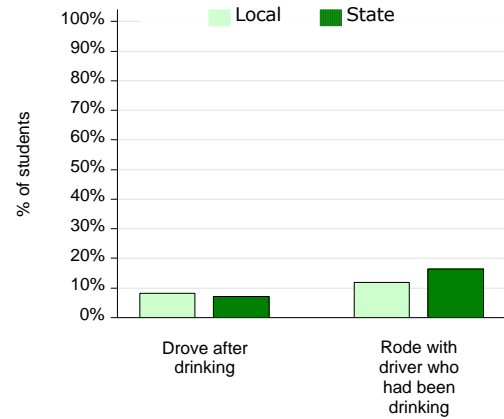
(Edmonds SD), page 2 of 2

**Youth Perceptions about Alcohol  
Compared to the State, Grade 12, 2018**



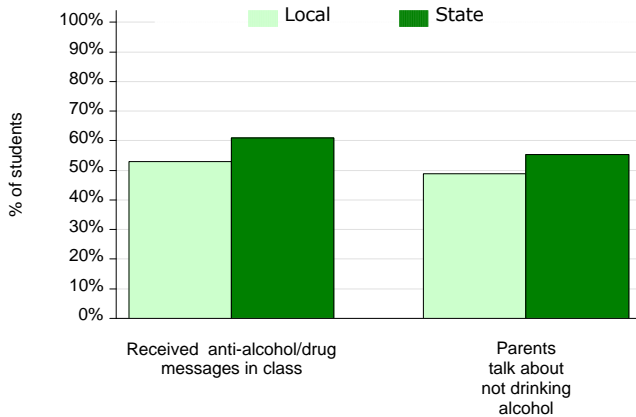
Prevalence	Adults frown on drinking	Regular drinking is risky	Drinking is wrong for kids	Police would catch youth drinking
Local	73% ±9	78% ±9	68% ±10	28% ±10
State	70% ±2	71% ±3	63% ±2	20% ±2

**Drinking and Driving/Riding  
Compared to the State, Grade 12, 2018**



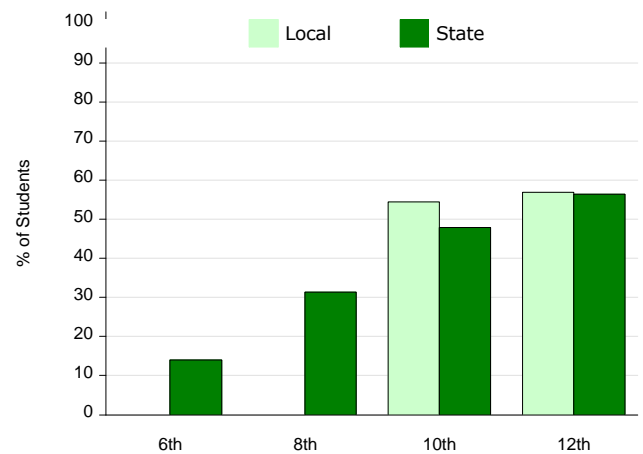
Prevalence	Drove after drinking	Rode with driver who had been drinking
Local	8% ±6	12% ±7
State	7% ±1	16% ±2

**Received Anti-Alcohol Messages  
Compared to the State, Grade 12, 2018**



Prevalence	Received anti-alcohol/drug messages in class	Parents talked about drinking
Local	53% ±11	49% ±11
State	61% ±2	55% ±3

**Youth Perception that Alcohol is Easy to Get  
Compared to the State, All Grades, 2018**



Prevalence	6th	8th	10th	12th
Local	14% ±1	54% ±11	57% ±11	57% ±11
State	31% ±2	48% ±2	56% ±3	56% ±3

## 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](http://www.StartTalkingNow.org).
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse [www.adaiclearinghouse.org](http://www.adaiclearinghouse.org) or call (206) 221-8325.
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# Healthy Youth Survey Fact Sheet

## Tobacco Use for Mountlake Terrace High School (Edmonds SD)

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 164

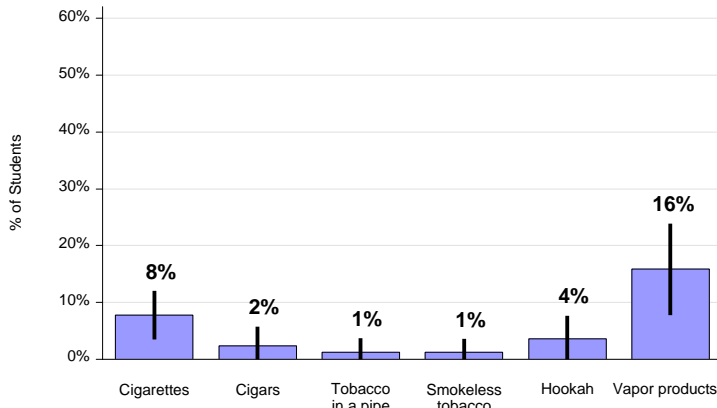
### Background:

- In Washington State, about 40 youth start smoking cigarettes each day.
- About 104,000 youth alive in Washington now will ultimately die prematurely from smoking.
- Smoking is associated with drug use and low academic performance.

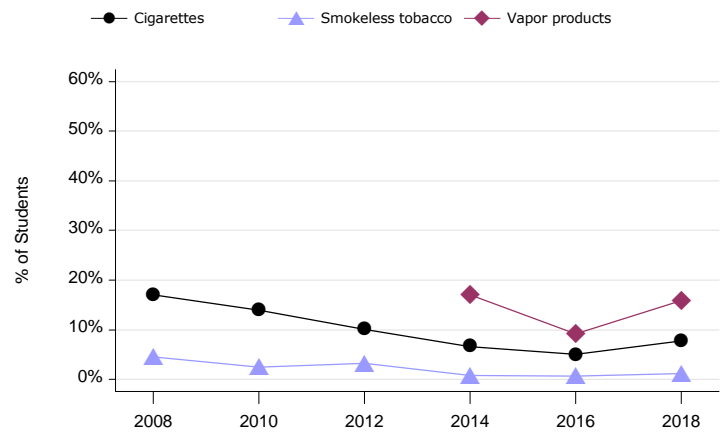
### For More Information:

- The Washington State Department of Health funds a tobacco prevention and control program to keep youth from beginning to use tobacco, to help people quit using tobacco, and to reduce exposure to secondhand smoke. Visit [www.doh.wa.gov/YouandYourFamily/Tobacco](http://www.doh.wa.gov/YouandYourFamily/Tobacco).
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).

**Current (past 30-day) Tobacco Use  
Grade 10, 2018**

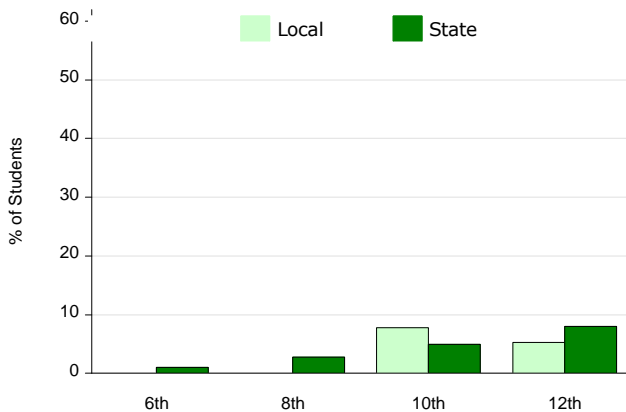


**Current (past 30-day) Tobacco Use Trends, Grade 10**



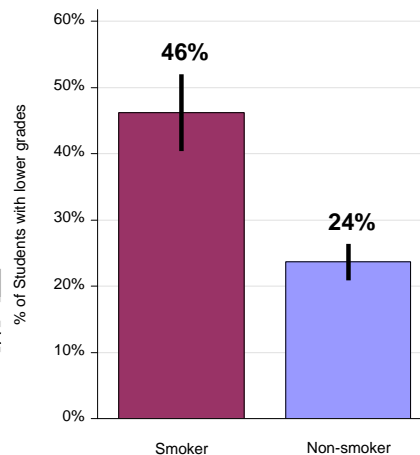
Prevalence	2008	2018
Cigarettes	17% ±4	14%
Smokeless tobacco	5% ±2	3%
Vapor products	N/S	N/S

**Current (past 30-day) Cigarette Smoking  
Compared to the State, All Grades, 2018**



Prevalence	6th
Local	1%
State	1% ±0

**Statewide Relationship between  
Lower Grades and  
Current (past 30-day) Cigarette Smoking  
Grade 10, 2018**



*Statewide, more 10th graders who smoke cigarettes report lower grades in school (C's, D's or F's) compared to non-smokers.*



# Healthy Youth Survey Fact Sheet

## Tobacco Use for Mountlake Terrace High School (Edmonds SD)

Year: 2018

Grade: 12

Gender: All

Number of Students Surveyed: 174

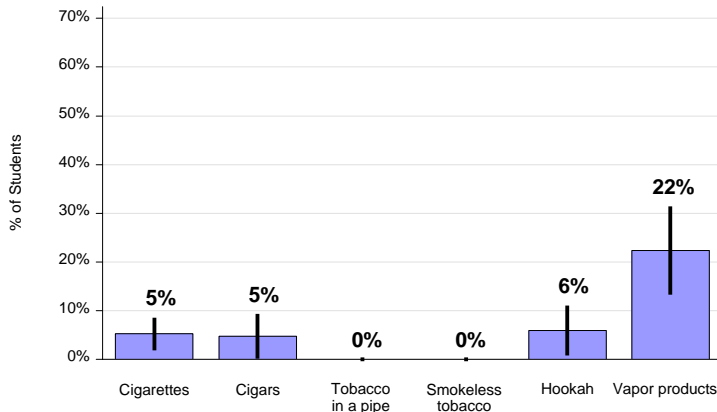
### Background:

- In Washington State, about 40 youth start smoking cigarettes each day.
- About 104,000 youth alive in Washington now will ultimately die prematurely from smoking.
- Smoking is associated with drug use and low academic performance.

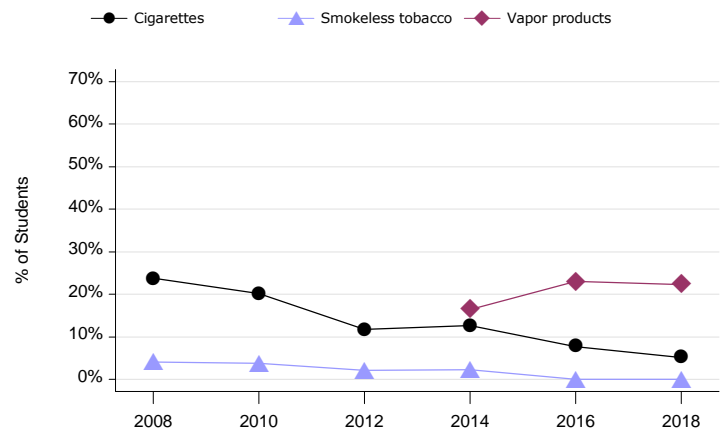
### For More Information:

- The Washington State Department of Health funds a tobacco prevention and control program to keep youth from beginning to use tobacco, to help people quit using tobacco, and to reduce exposure to secondhand smoke. Visit [www.doh.wa.gov/YouandYourFamily/Tobacco](http://www.doh.wa.gov/YouandYourFamily/Tobacco).
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).

**Current (past 30-day) Tobacco Use  
Grade 12, 2018**

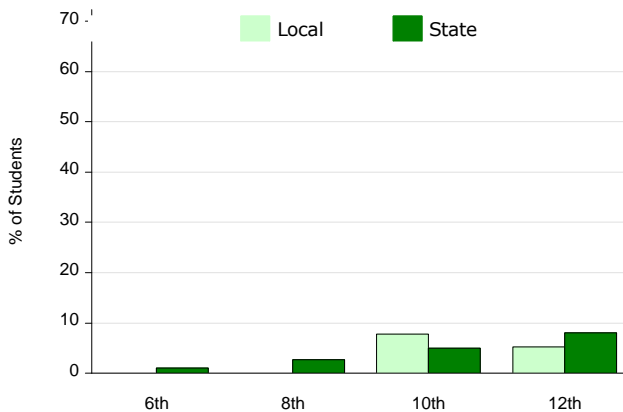


**Current (past 30-day) Tobacco Use Trends, Grade 12**



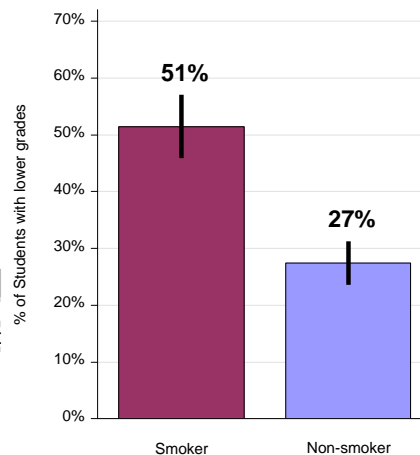
Prevalence	2008	2018
Cigarettes	24% ±6	20%
Smokeless tobacco	4% ±3	4%
Vapor products	N/S	N/S

**Current (past 30-day) Cigarette Smoking  
Compared to the State, All Grades, 2018**



Prevalence	6th
Local	1%
State	1% ±0

**Statewide Relationship between  
Lower Grades and  
Current (past 30-day) Cigarette Smoking  
Grade 12, 2018**



*Statewide, more 12th graders who smoke cigarettes report lower grades in school (C's, D's or F's) compared to non-smokers.*

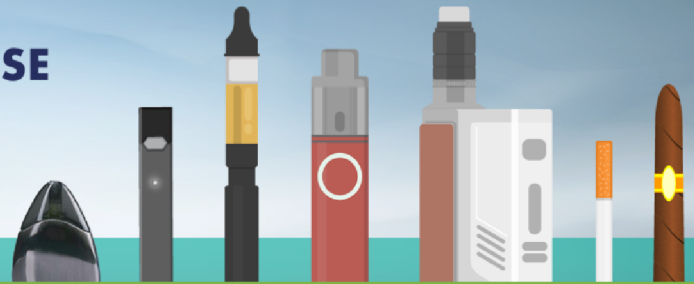
# Mountlake Terrace High School

## Healthy Youth Survey

### TOBACCO & VAPOR PRODUCT USE

# Fact Sheet

(Edmonds SD)



Year: 2018

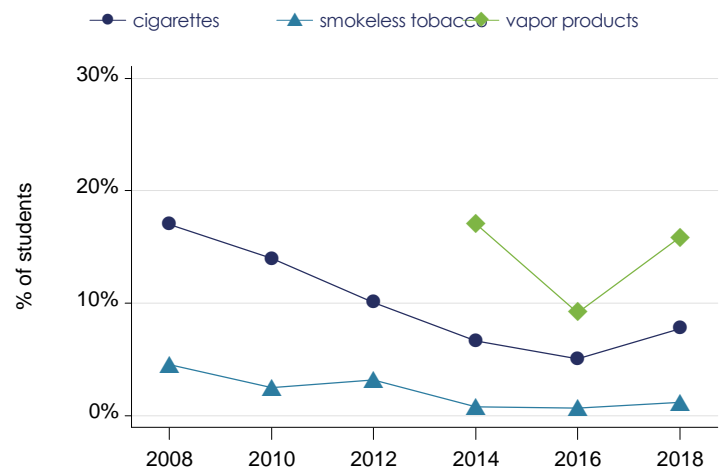
Grade: 10

Gender: All

Number of Students Surveyed: 164

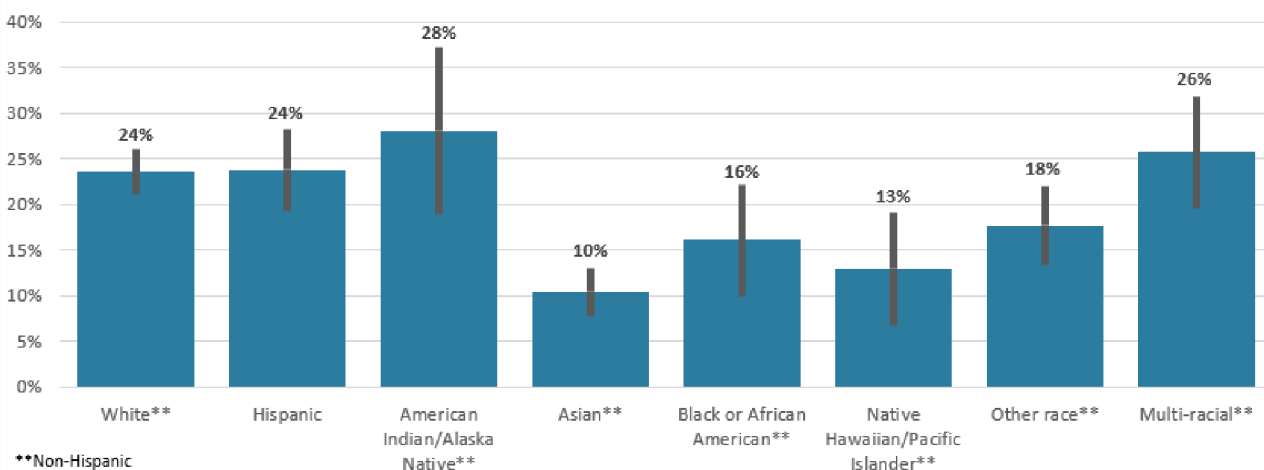
#### BACKGROUND

- Tobacco use remains the leading cause of preventable death and disease in Washington.
- Preventing youth initiation of tobacco and other nicotine use is critical to stem the tide of tobacco-related mortality, morbidity, and economic costs.
- Youth and young adults under age 18 are far more likely to start using tobacco than adults; nearly 9 out of 10 adults who smoke started by age 18.
- 104,000 Washington youth alive today will ultimately die prematurely from smoking.
- The emergence of vapor products (also called electronic cigarettes) has raised serious concern. Nicotine use can adversely affect brain development.
- The effects of nicotine exposure during youth and young adulthood can be long-lasting and can include lower impulse control and mood disorders. The nicotine in vapor products can prime young brains for tobacco use and addiction to other drugs.



Prevalence	2008	2010	2012	2014	2016	2018
cigarettes	17% ± 4	14% ± 4	10% ± 4	7% ± 3	5% ± 3	8% ± 4
smokeless tobacco	5% ± 2	3% ± 2	3% ± 2	1% ± 2	1% ± 1	1% ± 2
vapor products	N/S	N/S	N/S	17% ± 7	9% ± 5	16% ± 8

#### Statewide current [past 30-day] vapor product use and race/ethnicity, grade 10



Among 10th grade students, vaping varies by race and ethnicity. The highest rate of vaping is reported among Non-Hispanic American Indian/Alaska Native and the lowest is among Non-Hispanic Asian students. However, rates for some of these race/ethnicity sub-groups can vary widely.

#### missing codes

S = result suppressed due to insufficient reporting from students of schools;  
 N/G = grade not available; N/S = question was not surveyed this year;  
 N/A = question was not asked of this grade;

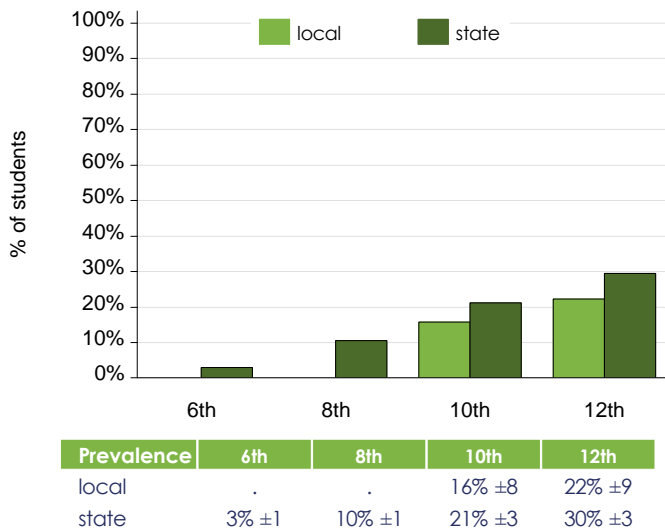
prevalence is displayed with 95% confidence intervals (ast or black bar | )

\*indicates a significant change from the previous year, <0.05

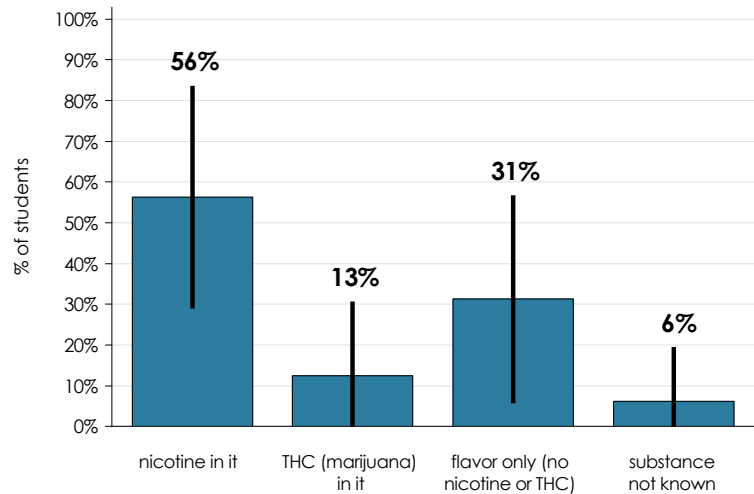
results generated at [askhys.net](http://askhys.net) on 03/28/2019

- Vapor products are the most common nicotine product used by youth.
- Youth and young adults under age 18 are far more likely to start tobacco use than adults: 4 out of 5 smokers started during adolescence. According to the U.S. Surgeon General, there is a strong association between the use of e-cigarettes, cigarettes, and the use of other burned tobacco products by young people.
- The minimum age of purchase for tobacco and vapor products is 18, but youth can get these products from their older friends and classmates.
- In 2016, Washington State passed a Vapor Products law, establishing a statewide licensing system and important protections to reduce illegal youth access to vapor products. This law applies to any vapor product, whether or not it contains nicotine.

### Current (past 30-day) vapor product use compared to the state, all grades

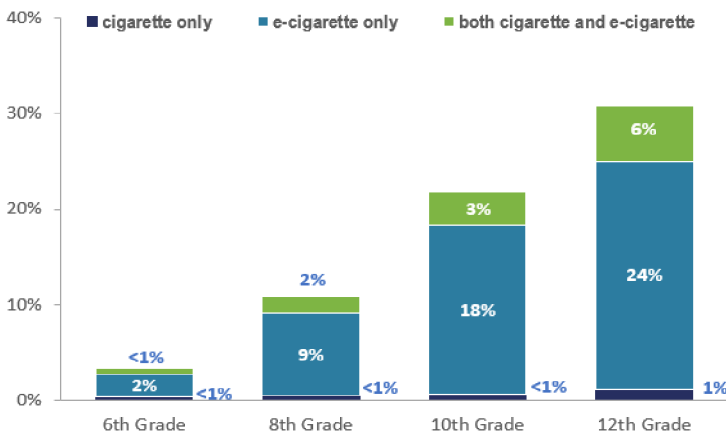


### Reported substance "vaped" among

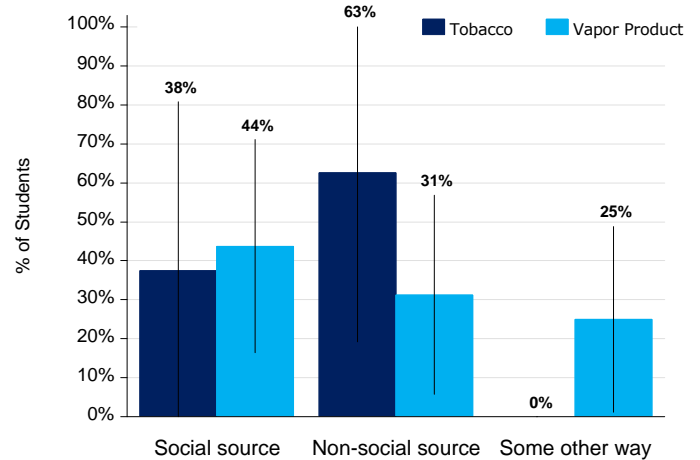


\*Students can select more than one type of substance

### Statewide prevalence of past 30 day e-cigarette, cigarette and use of both among youth by grade



### Source of tobacco and vapor products among



\*\*Social sources include: giving money to someone, "bumming", from a person 18 or older, and taking from a store or family. Non-social sources include buying from a store, the internet, or a vending machine.

### MORE INFORMATION...

- Through key partnerships, the Tobacco and Vapor Product Prevention and Control Program addresses youth access to tobacco and the growth in the use of electronic cigarettes and vapor products in Washington State. Find out more here: [www.doh.wa.gov/YouandYourFamily/Tobacco](http://www.doh.wa.gov/YouandYourFamily/Tobacco)
- For help quitting tobacco and other nicotine use, teens can call 1-800-QUIT-NOW to anonymously enroll in a free youth support program. They can also text "QUIT" to 202-804-9884 to enroll in a text message program for vaping cessation.
- For 24-hour help with mental health, substance abuse, and problem gambling, call 1-866-789-1511 or visit [www.warecoveryhelpline.org](http://www.warecoveryhelpline.org).
- E-cigarette Use Among Youth and Young Adults: A Report of the Surgeon General. (2016. December). Retrieved from [https://e-cigarettes.surgeongeneral.gov/documents/2016\\_SGR\\_Fact\\_Sheet\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Fact_Sheet_508.pdf)

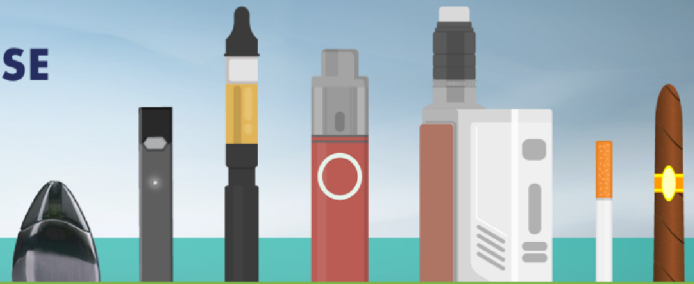
# Mountlake Terrace High School

## Healthy Youth Survey

### TOBACCO & VAPOR PRODUCT USE

# Fact Sheet

(Edmonds SD)



Year: 2018

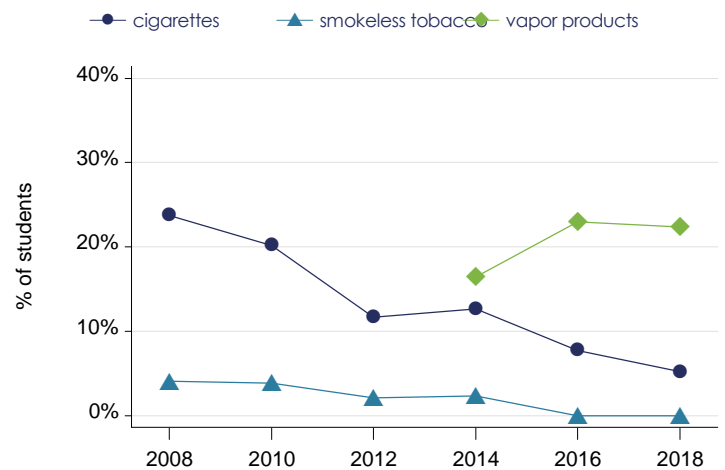
Grade: 12

Gender: All

Number of Students Surveyed: 174

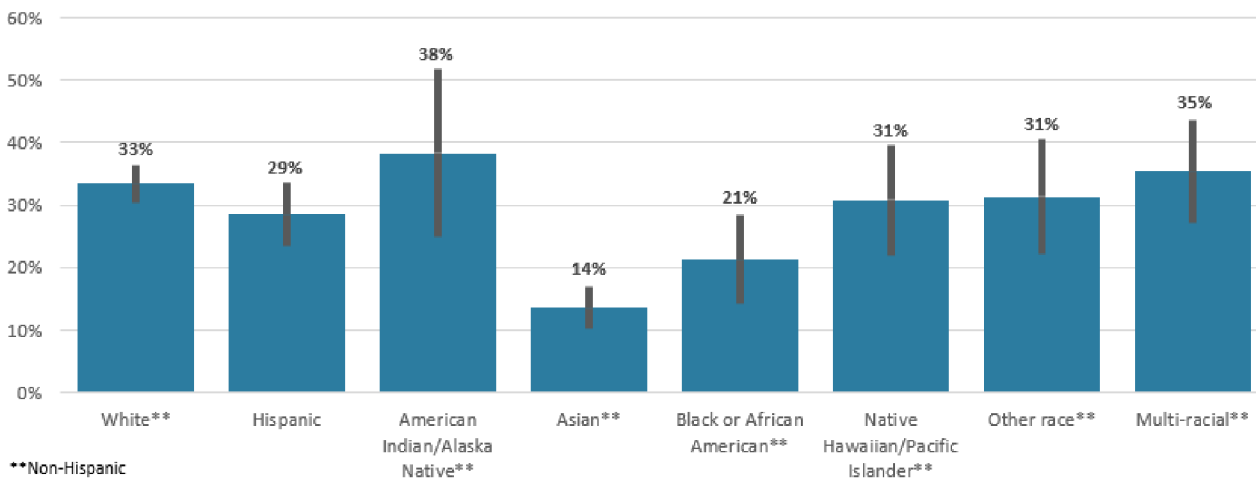
#### BACKGROUND

- Tobacco use remains the leading cause of preventable death and disease in Washington.
- Preventing youth initiation of tobacco and other nicotine use is critical to stem the tide of tobacco-related mortality, morbidity, and economic costs.
- Youth and young adults under age 18 are far more likely to start using tobacco than adults; nearly 9 out of 10 adults who smoke started by age 18.
- 104,000 Washington youth alive today will ultimately die prematurely from smoking.
- The emergence of vapor products (also called electronic cigarettes) has raised serious concern. Nicotine use can adversely affect brain development.
- The effects of nicotine exposure during youth and young adulthood can be long-lasting and can include lower impulse control and mood disorders. The nicotine in vapor products can prime young brains for tobacco use and addiction to other drugs.



Prevalence	2008	2010	2012	2014	2016	2018
cigarettes	24% ± 6	20% ± 5	12% ± 5*	13% ± 5	8% ± 4	5% ± 3
smokeless tobacco	4% ± 3	4% ± 3	2% ± 2	2% ± 3	0% ± 0	0% ± 0
vapor products	N/S	N/S	N/S	16% ± 8	23% ± 8	22% ± 9

#### Statewide current [past 30-day] vapor product use and race/ethnicity, grade 12



Among 12th grade students, vaping varies by race and ethnicity. The highest rate of vaping is reported among Non-Hispanic American Indian/Alaska Native and the lowest is among Non-Hispanic Asian students. However, rates for some of these race/ethnicity sub-groups can vary widely.

#### missing codes

S = result suppressed due to insufficient reporting from students of schools;  
 N/G = grade not available; N/S = question was not surveyed this year;  
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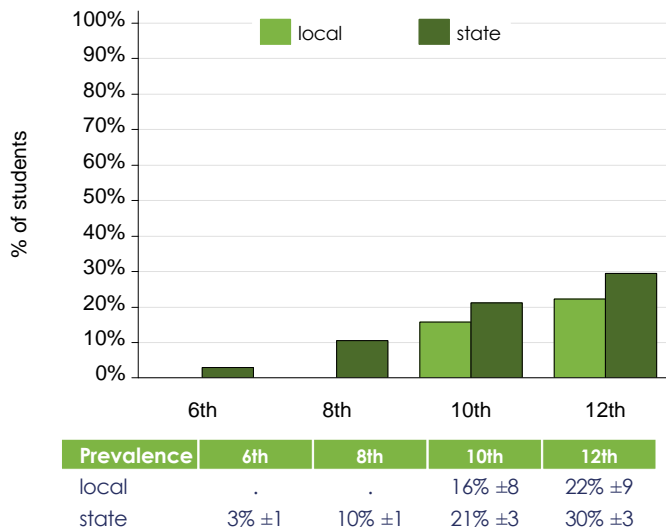
prevalence is displayed with 95% confidence intervals (ast or black bar | )

\*indicates a significant change from the previous year, <0.05

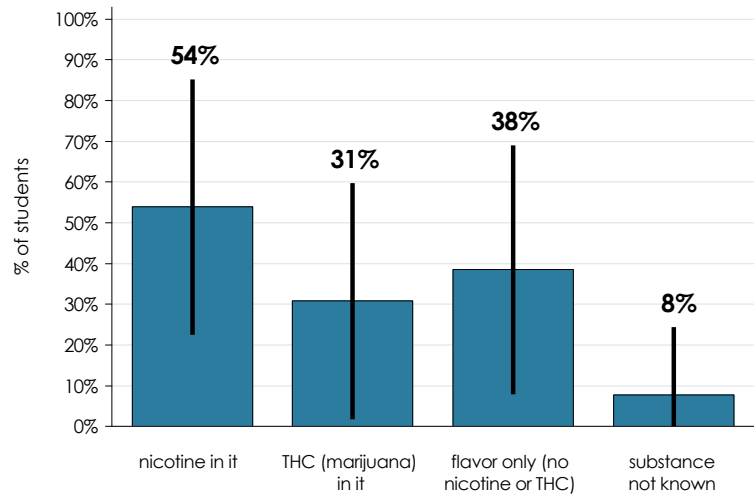
results generated at [askhys.net](http://askhys.net) on 03/28/2019

- Vapor products are the most common nicotine product used by youth.
- Youth and young adults under age 18 are far more likely to start tobacco use than adults: 4 out of 5 smokers started during adolescence. According to the U.S. Surgeon General, there is a strong association between the use of e-cigarettes, cigarettes, and the use of other burned tobacco products by young people.
- The minimum age of purchase for tobacco and vapor products is 18, but youth can get these products from their older friends and classmates.
- In 2016, Washington State passed a Vapor Products law, establishing a statewide licensing system and important protections to reduce illegal youth access to vapor products. This law applies to any vapor product, whether or not it contains nicotine.

### Current (past 30-day) vapor product use compared to the state, all grades

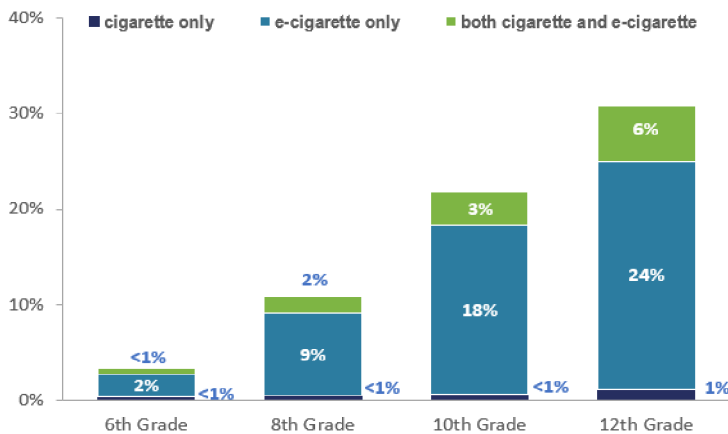


### Reported substance "vaped" among

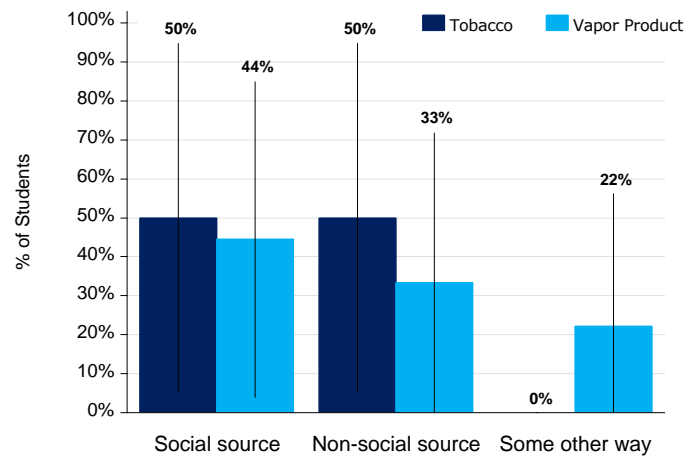


\*Students can select more than one type of substance

### Statewide prevalence of past 30 day e-cigarette, cigarette and use of both among youth by grade



### Source of tobacco and vapor products among



\*\*Social sources include: giving money to someone, "bumming", from a person 18 or older, and taking from a store or family. Non-social sources include buying from a store, the internet, or a vending machine.

### MORE INFORMATION...

- Through key partnerships, the Tobacco and Vapor Product Prevention and Control Program addresses youth access to tobacco and the growth in the use of electronic cigarettes and vapor products in Washington State. Find out more here: [www.doh.wa.gov/YouandYourFamily/Tobacco](http://www.doh.wa.gov/YouandYourFamily/Tobacco)
- For help quitting tobacco and other nicotine use, teens can call 1-800-QUIT-NOW to anonymously enroll in a free youth support program. They can also text "QUIT" to 202-804-9884 to enroll in a text message program for vaping cessation.
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- E-cigarette Use Among Youth and Young Adults: A Report of the Surgeon General. (2016. December). Retrieved from [https://e-cigarettes.surgeongeneral.gov/documents/2016\\_SGR\\_Fact\\_Sheet\\_508.pdf](https://e-cigarettes.surgeongeneral.gov/documents/2016_SGR_Fact_Sheet_508.pdf)





# Healthy Youth Survey Fact Sheet

**Marijuana Use for Mountlake Terrace High School (Edmonds SD), page 1 of 2**

Year: 2018

Grade: 10

Gender: All

Number of Students Surveyed: 164

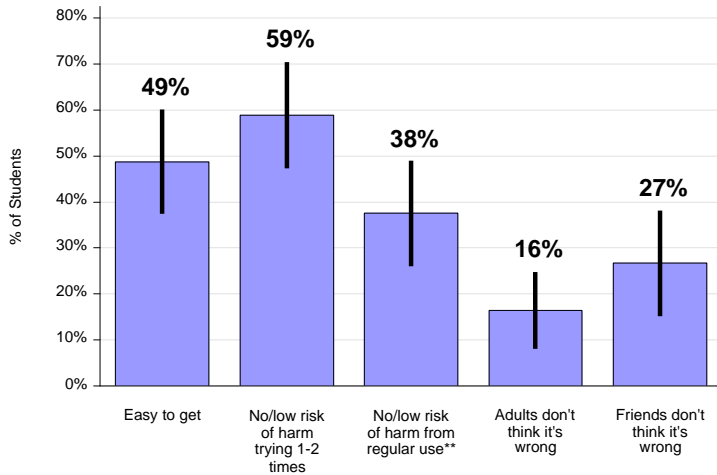
## Background:

- Marijuana is addictive. Most teens who enter drug treatment programs report marijuana is the primary 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:

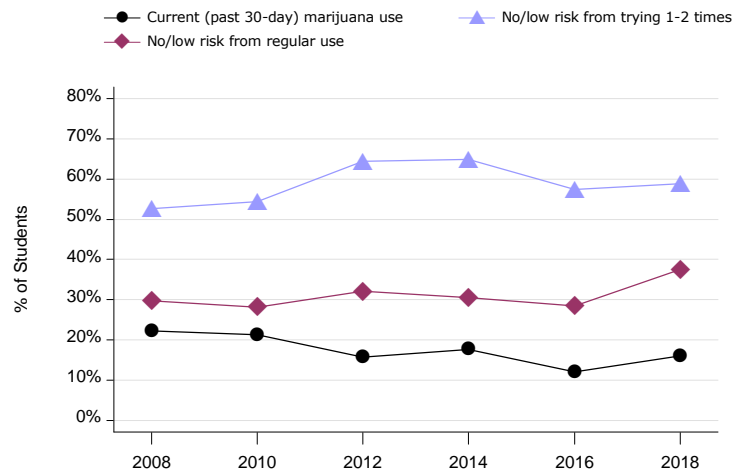
- Parents, schools, and communities can work together to keep youth healthy and safe. For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- For free printed guides on preventing marijuana, alcohol and other drug use, visit the ADAI Clearinghouse [www.adaiclearinghouse.org](http://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](http://www.waRecoveryHelpLine.org).

**Attitudes about Marijuana Use  
Grade 10, 2018**



*In 2018, 38% of 10th graders in our school thought there was little or no risk of using marijuana regularly.*

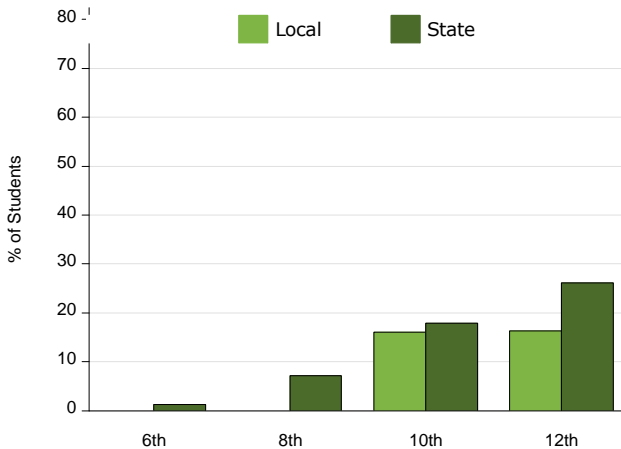
**Marijuana Use and Perception of Harm Trends  
Grade 10**



Prevalence	2008	2018
Current (past 30-day) marijuana use	22% ±5	21%
No/low risk from trying 1-2 times	53% ±8	54%
No/low risk from regular use**	30% ±7	28%

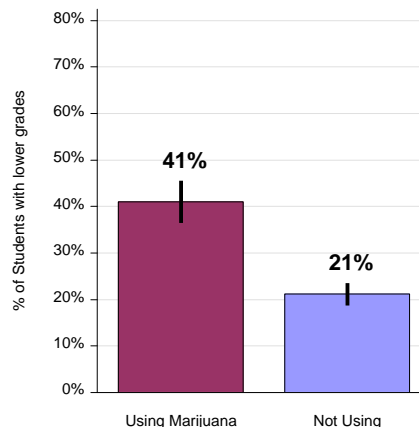
\*\*\*"Smoke" marijuana regularly was changed to "Use" regularly in 2014. This may mark a break in the trend.

**Current (past 30-day) Marijuana Use  
Compared to the State, All Grades, 2018**



Prevalence	6th	8th	10th	12th
local	1% ±0	7% ±1	16% ±6	16% ±6*
state	1% ±0	7% ±1	18% ±2	26% ±2

**Statewide Relationship between  
Lower Grades and Current (past 30-day) Marijuana Use  
Grade 10, 2018**



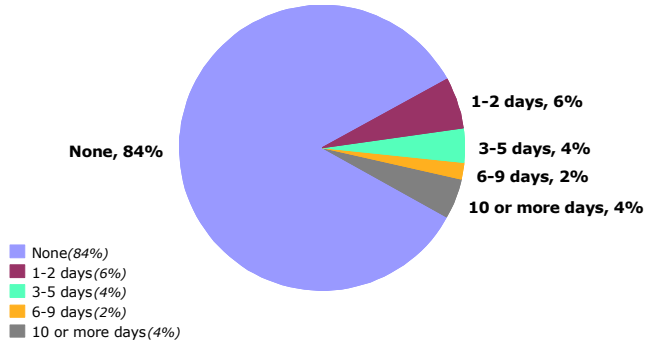
*Statewide, more 10th graders who use marijuana report lower grades in school (C's, D's or F's) compared to those who don't use.*



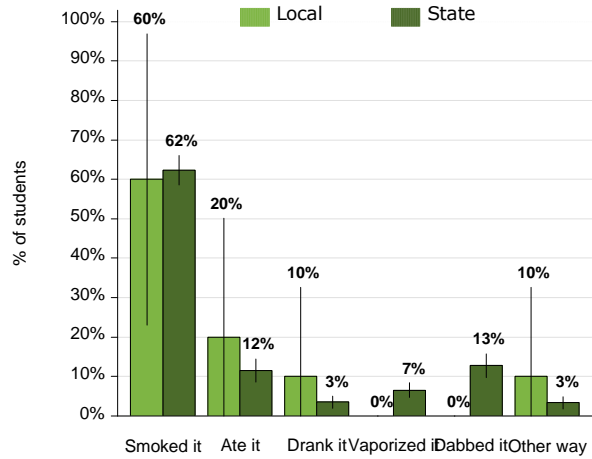
# Healthy Youth Survey Fact Sheet

**Marijuana Use for Mountlake Terrace High School (Edmonds SD), page 2 of 2**

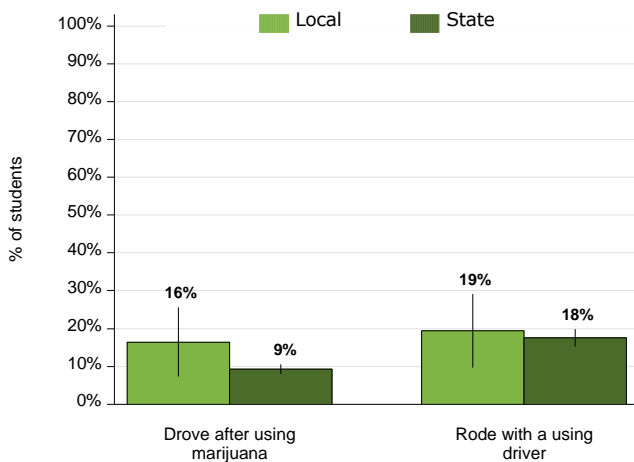
**Level of Current (past 30-day) Marijuana Use  
Grade 10, 2018**



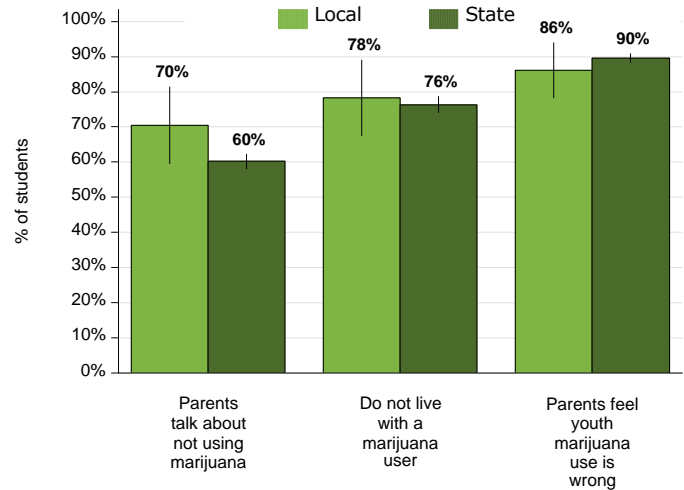
**Type of Marijuana Use among Those Who Used It  
Grade 10, 2018**



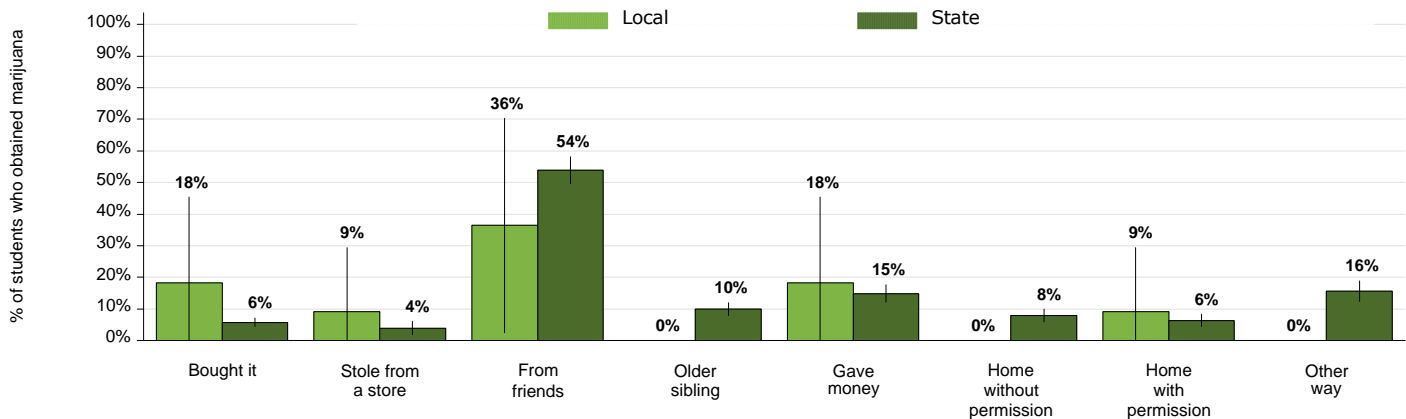
**Marijuana Use and Driving/Riding  
Grade 10, 2018**



**Family Environment, Grade 10, 2018**



**Where Do Youth Get Marijuana? Grade 10, 2018**



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.





# Healthy Youth Survey Fact Sheet

**Marijuana Use for Mountlake Terrace High School (Edmonds SD), page 1 of 2**

Year: 2018

Grade: 12

Gender: All

Number of Students Surveyed: 174

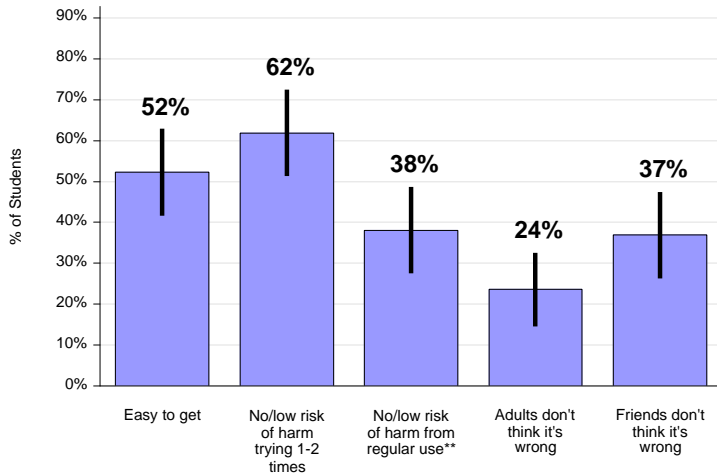
## Background:

- Marijuana is addictive. Most teens who enter drug treatment programs report marijuana is the primary 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:

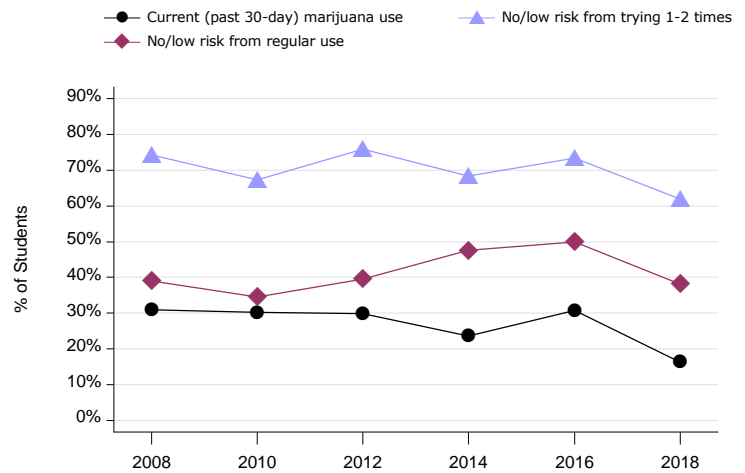
- Parents, schools, and communities can work together to keep youth healthy and safe. For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- For free printed guides on preventing marijuana, alcohol and other drug use, visit the ADAI Clearinghouse [www.adaiclearinghouse.org](http://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](http://www.waRecoveryHelpLine.org).

**Attitudes about Marijuana Use  
Grade 12, 2018**



*In 2018, 38% of 12th graders in our school thought there was little or no risk of using marijuana regularly.*

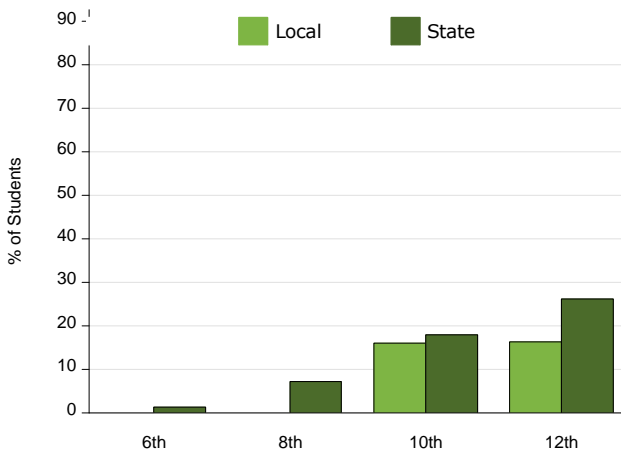
**Marijuana Use and Perception of Harm Trends  
Grade 12**



Prevalence	2008	2018
Current (past 30-day) marijuana use	31% ±6	30%
No/low risk from trying 1-2 times	74% ±8	67%
No/low risk from regular use**	39% ±9	34%

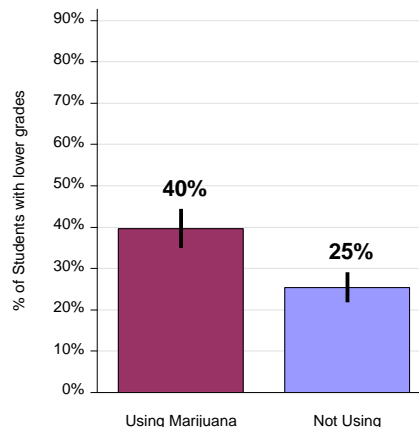
\*\*\*"Smoke" marijuana regularly was changed to "Use" regularly in 2014. This may mark a break in the trend.

**Current (past 30-day) Marijuana Use  
Compared to the State, All Grades, 2018**



Prevalence	6th	8th	10th	12th
local	1%	7%	16% ±6	16% ±6*
state	1% ±0	7% ±1	18% ±2	26% ±2

**Statewide Relationship between  
Lower Grades and Current (past 30-day) Marijuana Use  
Grade 12, 2018**



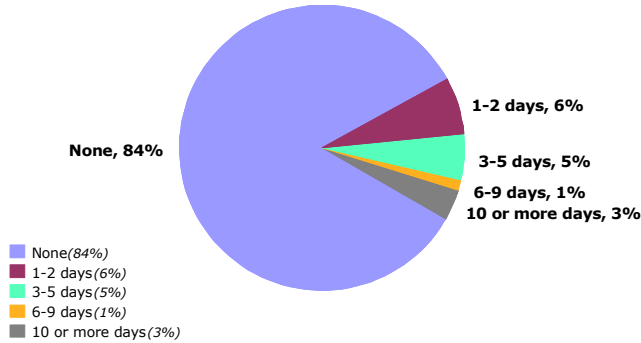
*Statewide, more 12th graders who use marijuana report lower grades in school (C's, D's or F's) compared to those who don't use.*



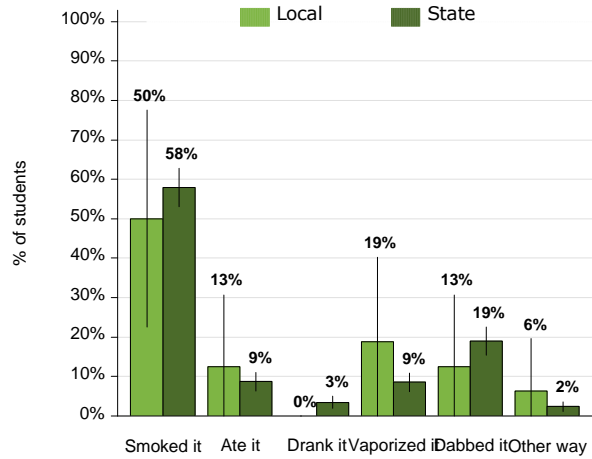
# Healthy Youth Survey Fact Sheet

**Marijuana Use for Mountlake Terrace High School (Edmonds SD), page 2 of 2**

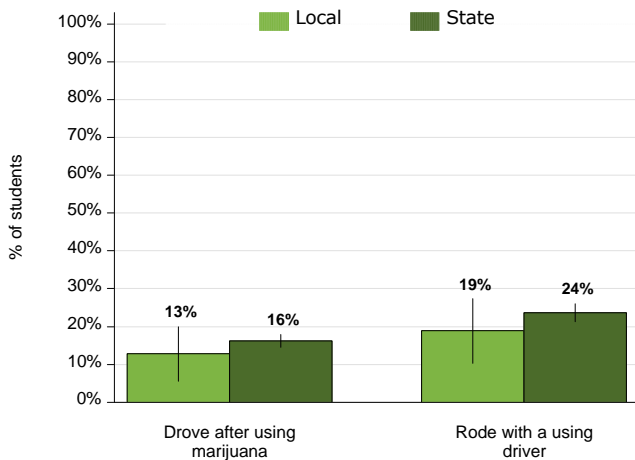
**Level of Current (past 30-day) Marijuana Use  
Grade 12, 2018**



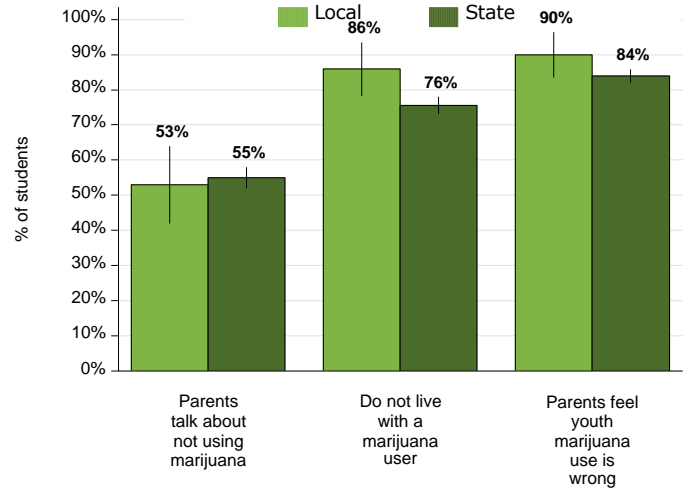
**Type of Marijuana Use among Those Who Used It  
Grade 12, 2018**



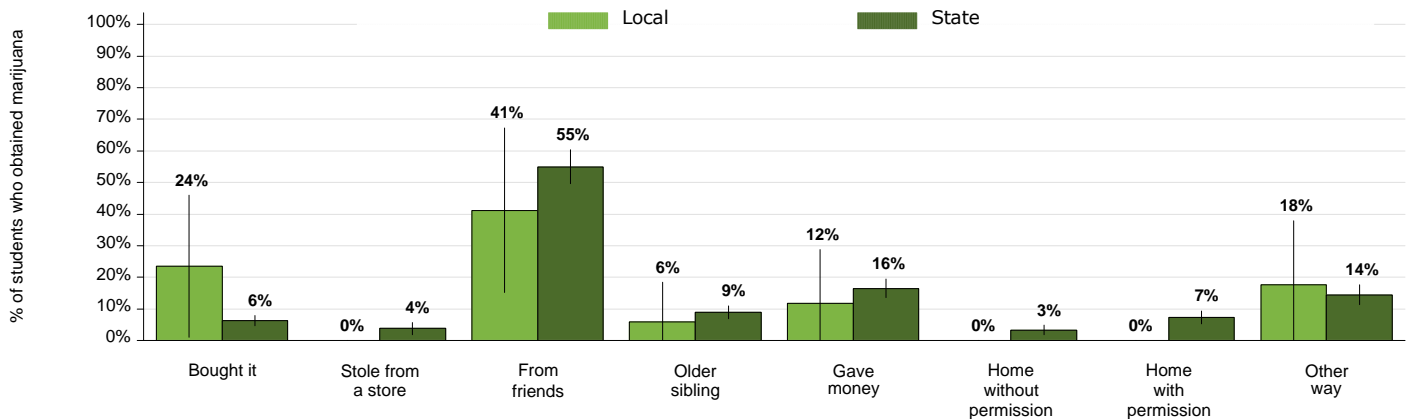
**Marijuana Use and Driving/Riding  
Grade 12, 2018**



**Family Environment, Grade 12, 2018**



**Where Do Youth Get Marijuana? Grade 12, 2018**



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.

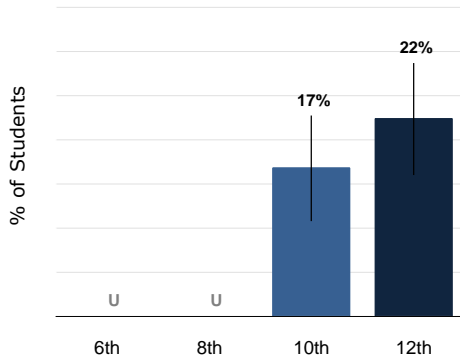


# Youth Alcohol Use for Mountlake Terrace High School (Edmonds SD) in 2018

## Are OUR youth using alcohol?

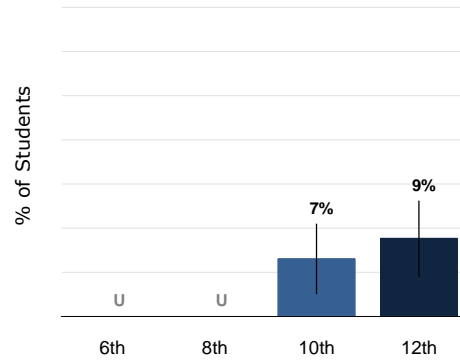
### Current Drinking

Students who report drinking at least once in the past month



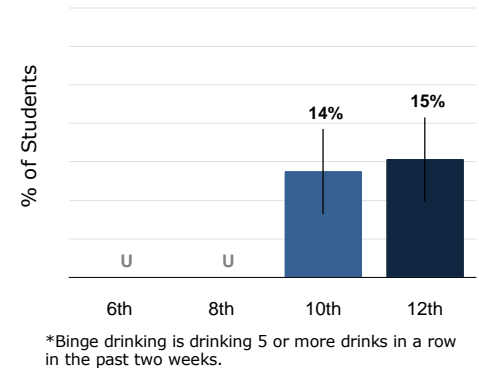
### Experimental Drinking

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



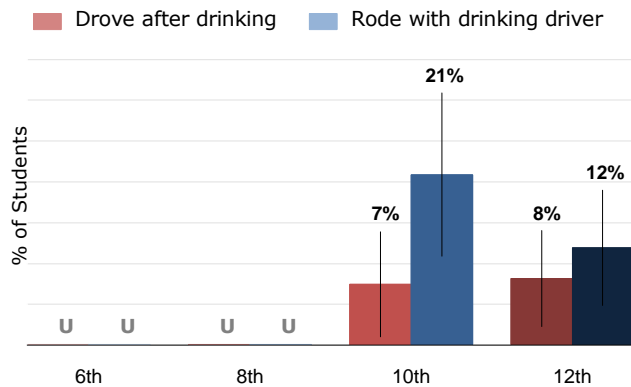
### Problem or Heavy Drinking

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



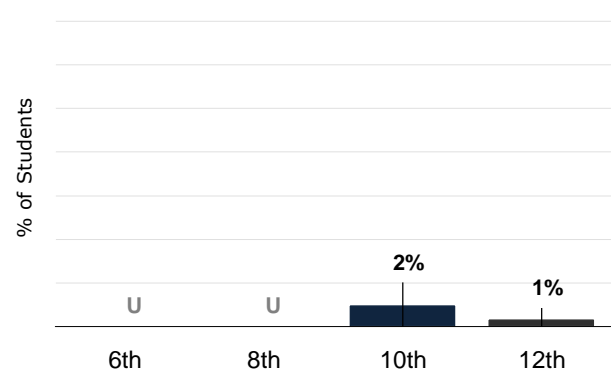
### In a Vehicle

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

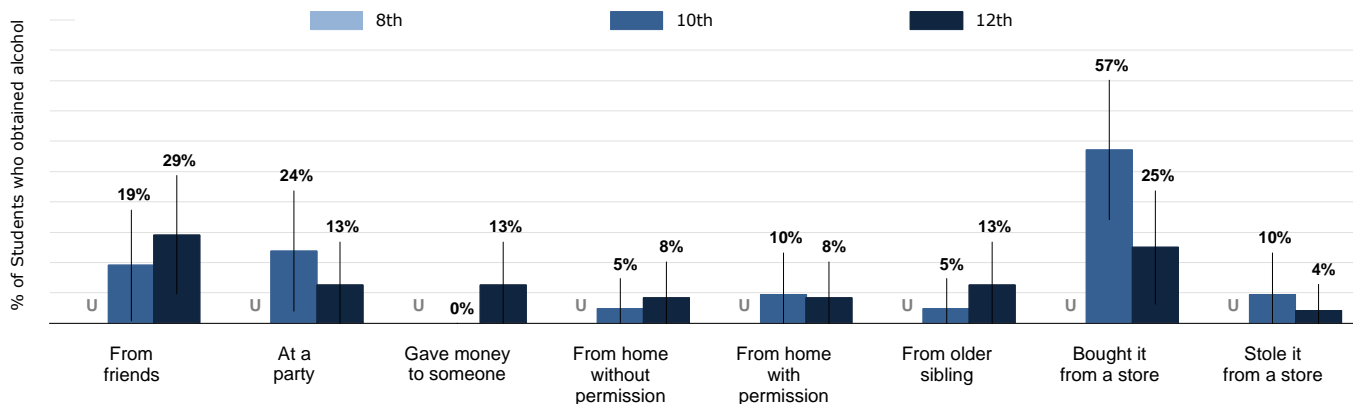


### On school property

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.

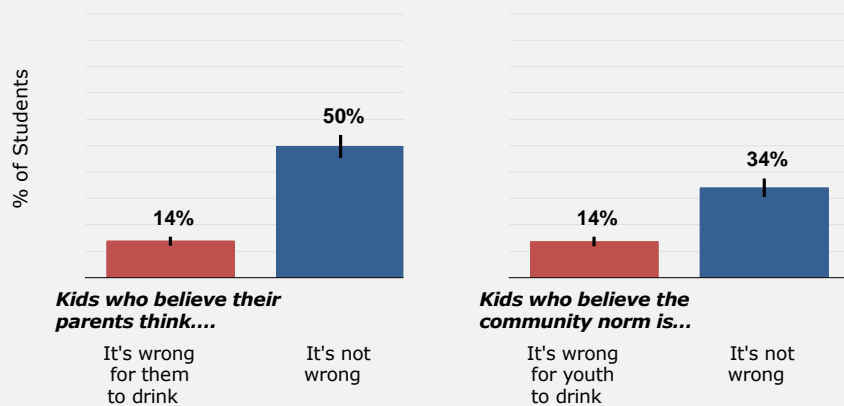
The data in these charts are based on the Healthy Youth Survey conducted in fall 2018. In Mountlake Terrace High School (Edmonds SD), 0 6th graders, 0 8th graders, 164 10th graders and 174 12th graders completed the survey.

For more results from the 2018 Healthy Youth Survey, please visit [www.AskHYS.net](http://www.AskHYS.net)

## 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)**

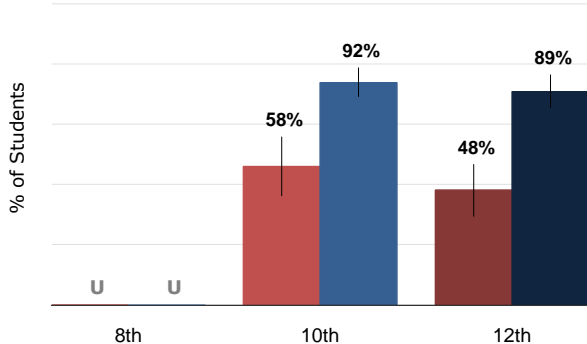


**What does this chart say?**

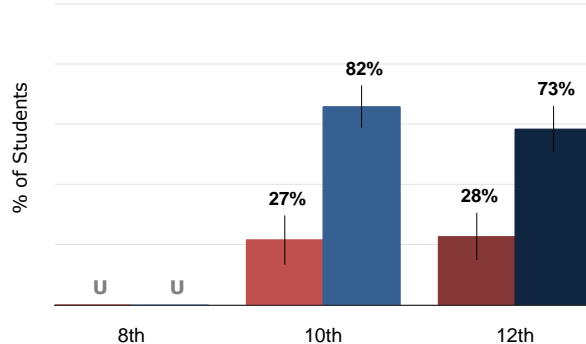
- Only 14% of kids drink alcohol if their parent's think it's wrong, while 50% drink if their parents don't think it's wrong.
- 14% of kids drink alcohol if their community thinks it's wrong, while 34% drink if their community doesn't think it's wrong.

**Kids in Mountlake Terrace High School (Edmonds SD) 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.**

(Mountlake Terrace High School (Edmonds SD) data unavailable)

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

(Mountlake Terrace High School (Edmonds SD) data unavailable)

**Start the conversation**

**Continue the conversation**

**Visit us at: [www.StartTalkingNow.org](http://www.StartTalkingNow.org)**





The data in these charts are based on the Healthy Youth Survey conducted in fall 2018. In Mountlake Terrace High School (Edmonds SD), 0 6th graders, 0 8th graders, 164 10th graders and 174 12th graders completed the survey.

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### Background:

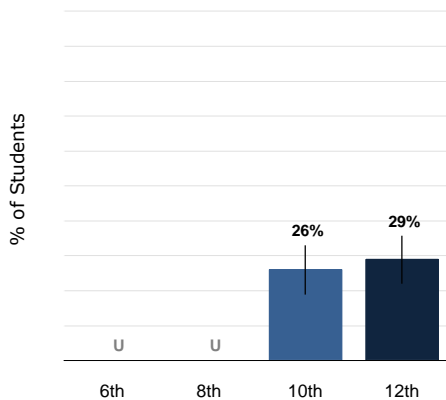
- Marijuana can be addictive. Most teens who enter drug treatment programs report marijuana is the main drug they use.
- If teens use marijuana, anxiety and depression can get worse. Marijuana use is associated with risk of anxiety and depression.
- Teens who use marijuana can have problems with learning 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](http://www.StartTalkingNow.org).
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- For 24 hour help for mental health, substance use and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).
- For more information and references visit [www.LearnAboutMarijuanaWA.org](http://www.LearnAboutMarijuanaWA.org).

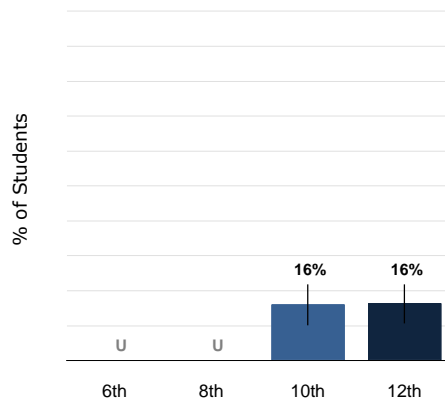
### Lifetime Marijuana Use

"I have used marijuana at least once."



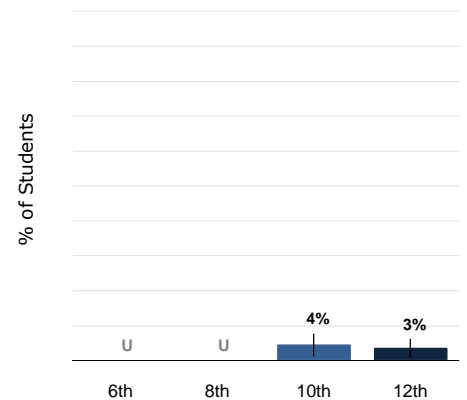
### Current (past 30-day) Marijuana Use

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

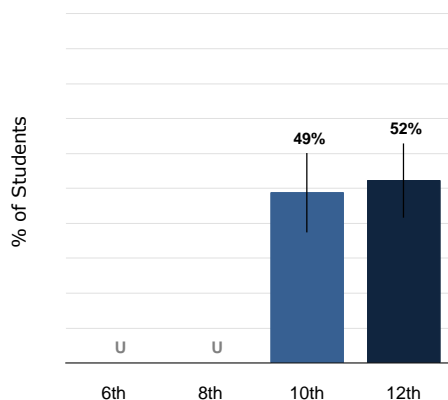


### Heavy Marijuana Use

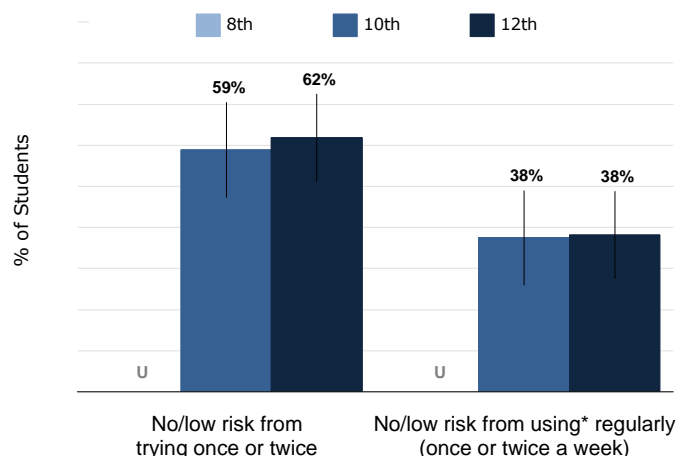
"I have used marijuana on 10 or more days in the past month."



### Marijuana is Perceived as Easy or Very Easy to Get



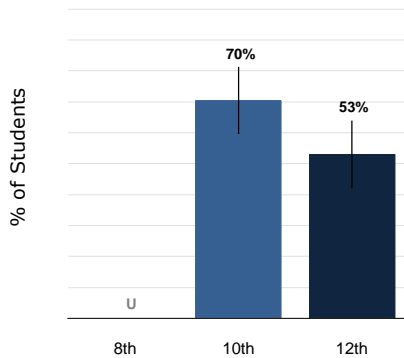
### Marijuana is Perceived as Not Harmful



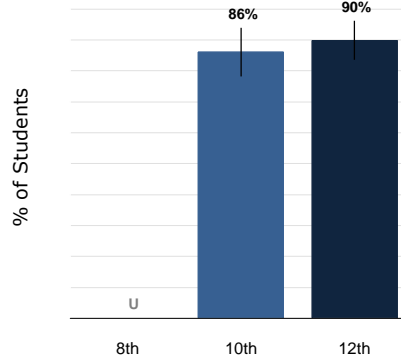
\*"Smoked" regularly changed to "Used" regularly in 2014



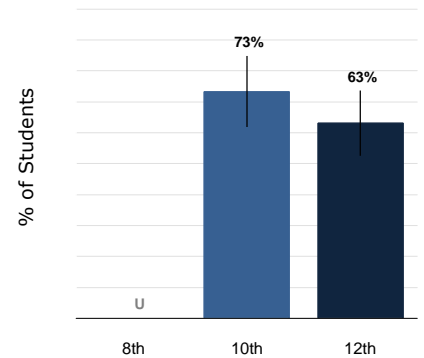
Parental discussion about not using marijuana



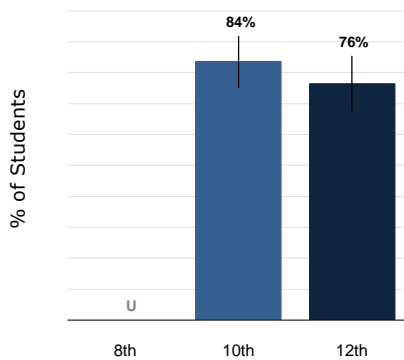
Parents think youth marijuana use is wrong



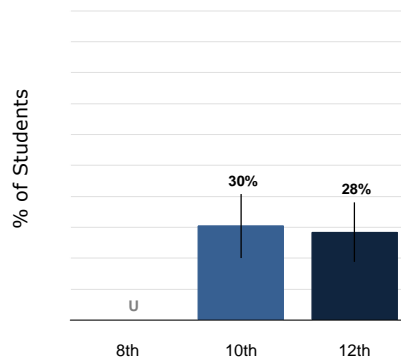
Peers think youth marijuana use is wrong



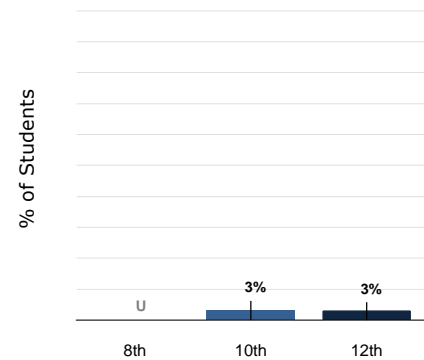
Community norm is marijuana use is wrong



Police would catch me if I used marijuana

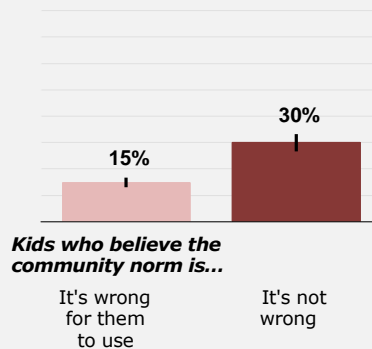
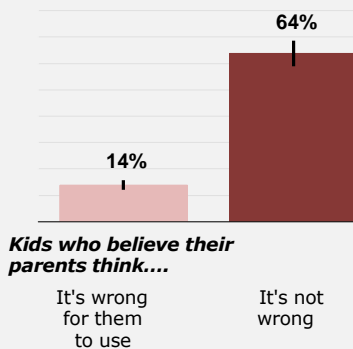


Marijuana use on school property in past month



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

% of Students Who Use Marijuana (in the past 30-days)



#### What does this chart say?

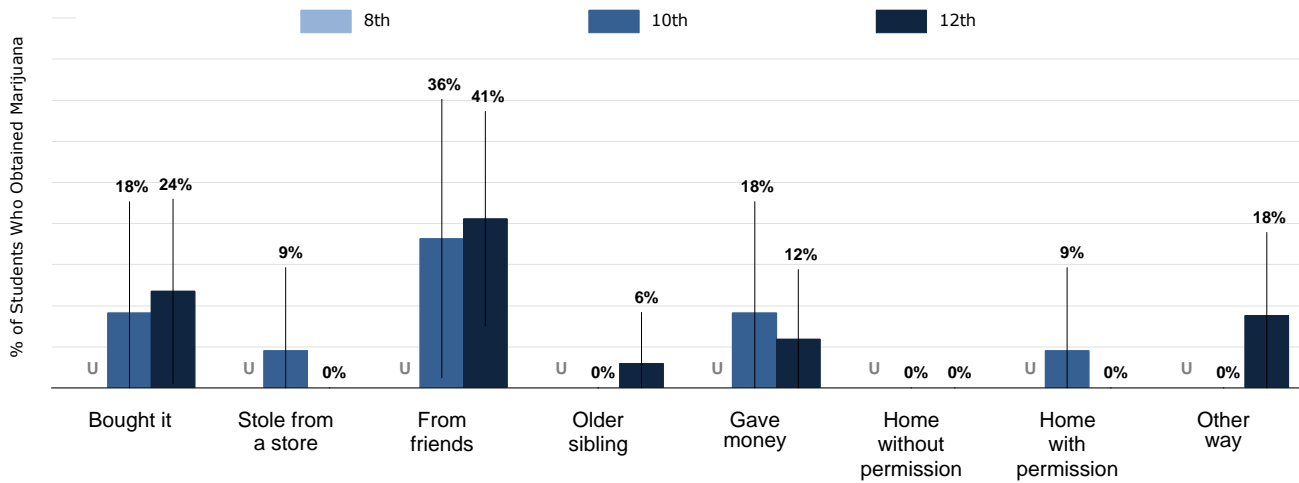
- Statewide, 10th graders are less likely to use marijuana if they believe their parents think it is wrong for them to use.
- Statewide, 10th graders are less likely to use marijuana if they believe their community thinks it is wrong for them to use.

### 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](http://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](http://www.waRecoveryHelpLine.org).

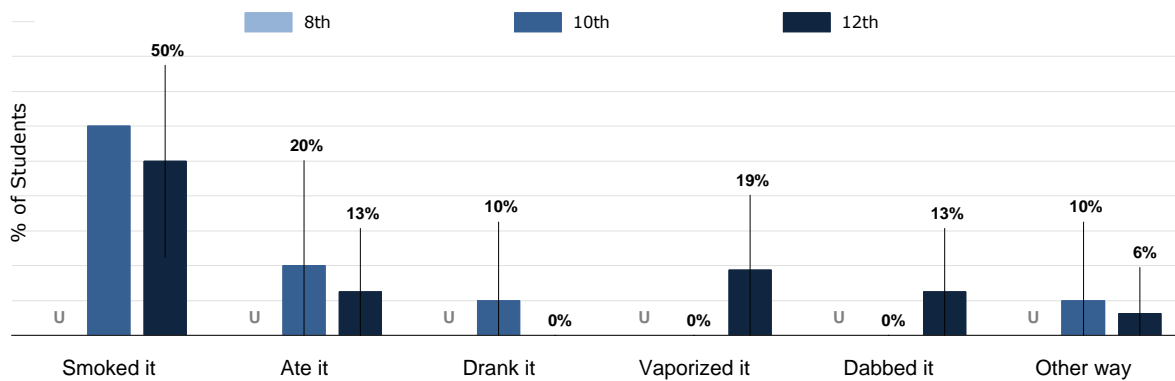


### Where Do Youth Get Marijuana?

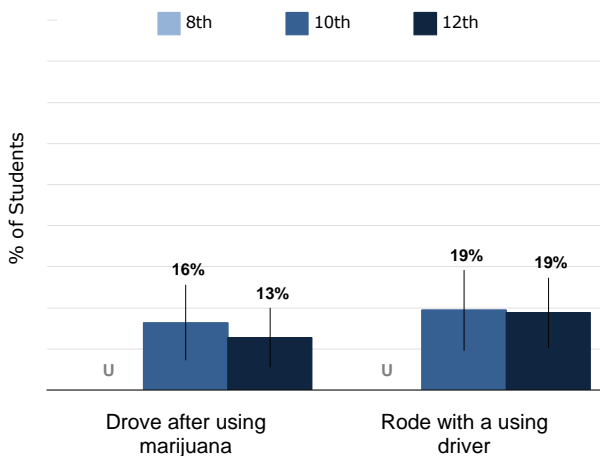


The percentages in this chart are based on all students who reported getting marijuana in the past 30 days, regardless whether they reported using in the past 30 days. Students could select multiple sources.

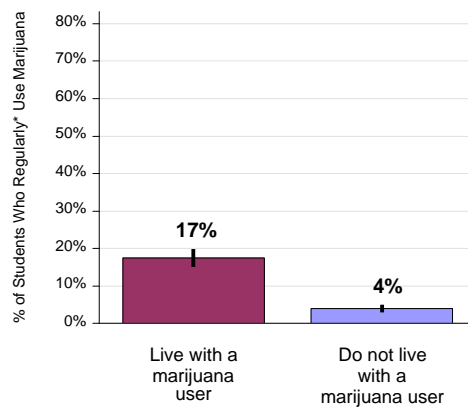
### Type of Marijuana Use, among Current Marijuana Users



### 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.

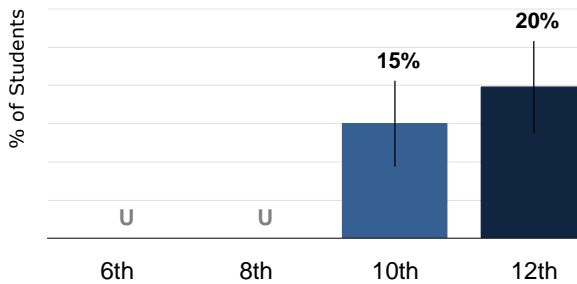


## School Safety for Mountlake Terrace High School

(Edmonds SD) in 2018

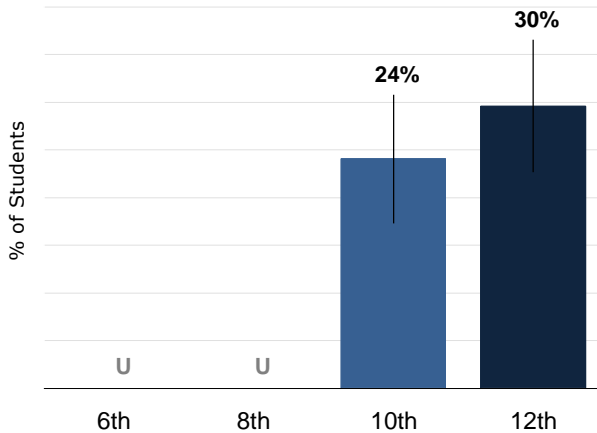
### **Bullied at school\*...**

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



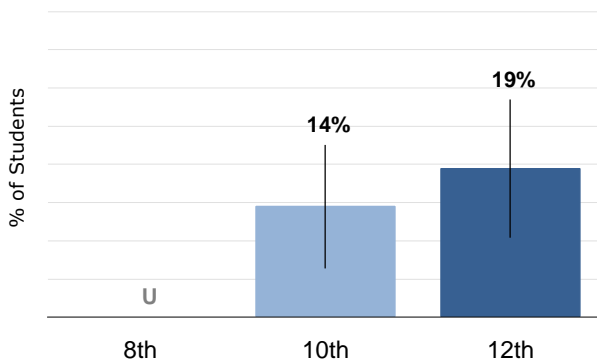
### **Not feeling safe...**

Students who report they did not feel safe at school



### **Missing school due to safety...**

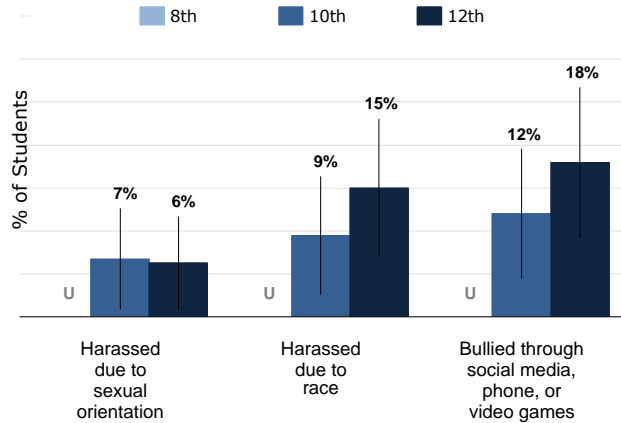
Students who report not going to school because they did not feel safe



For more results from the 2018 Healthy Youth Survey, please visit [www.AskHYS.net](http://www.AskHYS.net)

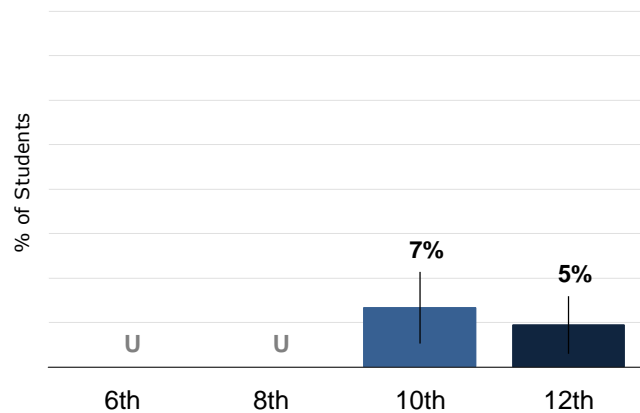
### **Harassment...**

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](http://www.k12.wa.us/safetycenter)

The data in these charts are based on the Healthy Youth Survey conducted in fall 2018. In Mountlake Terrace High School (Edmonds SD), 0 6th graders, 0 8th graders, 164 10th graders and 174 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.

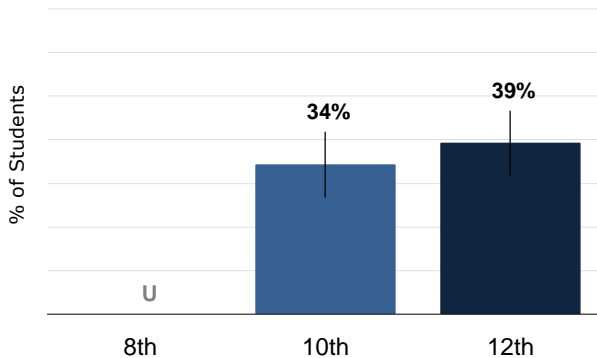
Prevalence is displayed with 95% confidence intervals (as black bars |). "U" indicates data is unavailable, because of too few surveys completed, questions not asked, or other reasons.





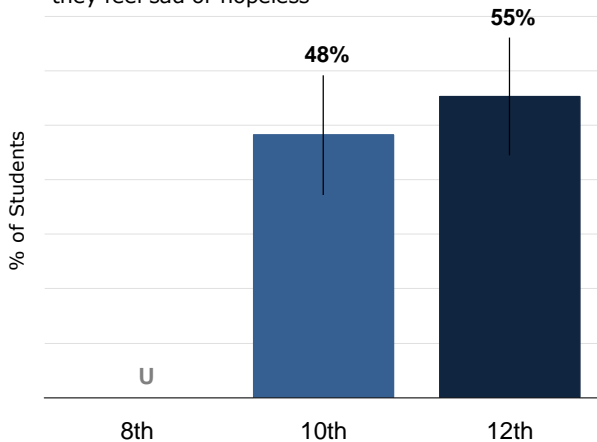
### Depressive Feelings...

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



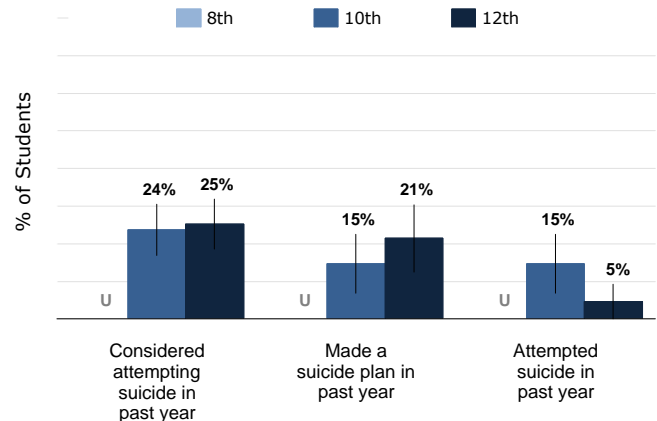
### For help and information about what you can do, contact:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8225) or [www.suicidepreventionlifeline.org](http://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 Mountlake Terrace High School (Edmonds SD), 0 6th graders, 0 8th graders, 164 10th graders and 174 12th graders completed the anonymous survey.

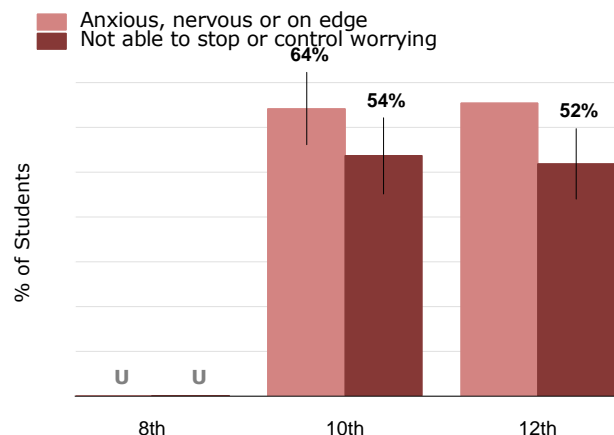
### Suicidal Feelings and Actions...

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](http://www.AskHYS.net)



### 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?

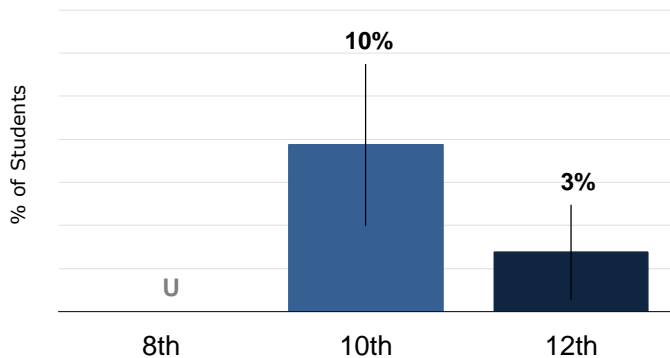
- Talk to your children about what you do to stay healthy, and, if you use medications, why they are safe for your personal use and not for them.
- Talk to your teen about the dangers of prescription drug misuse. Learn more at [www.medicineabuseproject.org](http://www.medicineabuseproject.org).
- Keep 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](http://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](http://www.waRecoveryHelpLine.org).
- For medication disposal locations, see [www.takebackyourmeds.org](http://www.takebackyourmeds.org).

#### Student Abuse of Painkillers (in last 30 days)

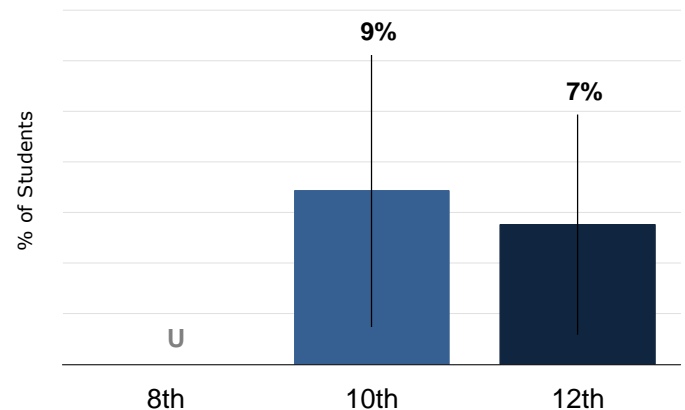
Students who report using painkillers\* to get high at least once in the past month



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

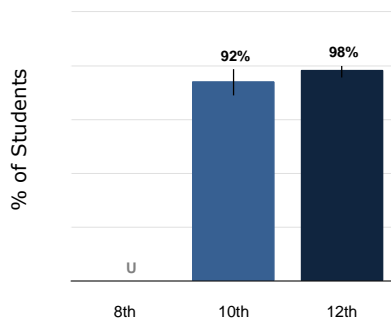
#### Students Misuse of Someone Else's Prescription (in last 30 days)

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

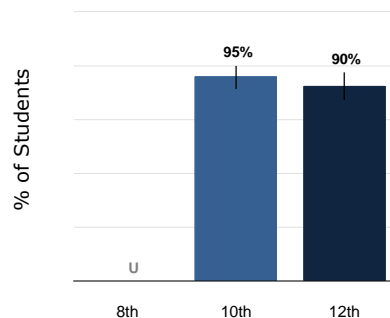


### When students are asked about the use of prescription drugs that are not prescribed for them... their perceptions are:

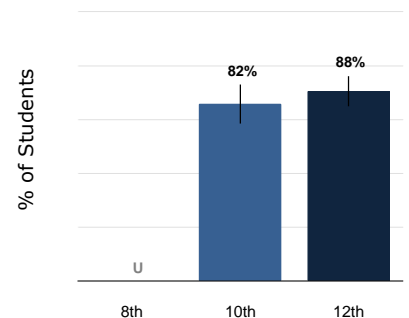
My parents would think it was wrong if I used prescription drugs not prescribed for me



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](http://www.AskHYS.net)

The data in these charts are based on the Healthy Youth Survey conducted in fall 2018. In Mountlake Terrace High School (Edmonds SD), 0 6th graders, 0 8th graders, 164 10th graders and 174 12th graders completed the survey.