



ACTION FORUM FOR YOUTH

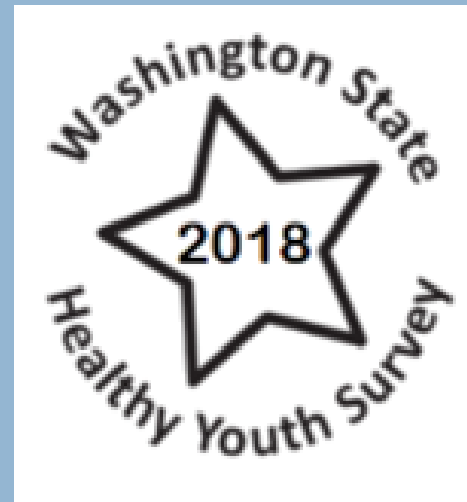
Welcome!



Sammamish Area Healthy Youth Survey

2019 Action Forum for Youth

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Executive Director
Influence the Choice



**Influence
the Choice**
Healthy Youth
Healthy Community

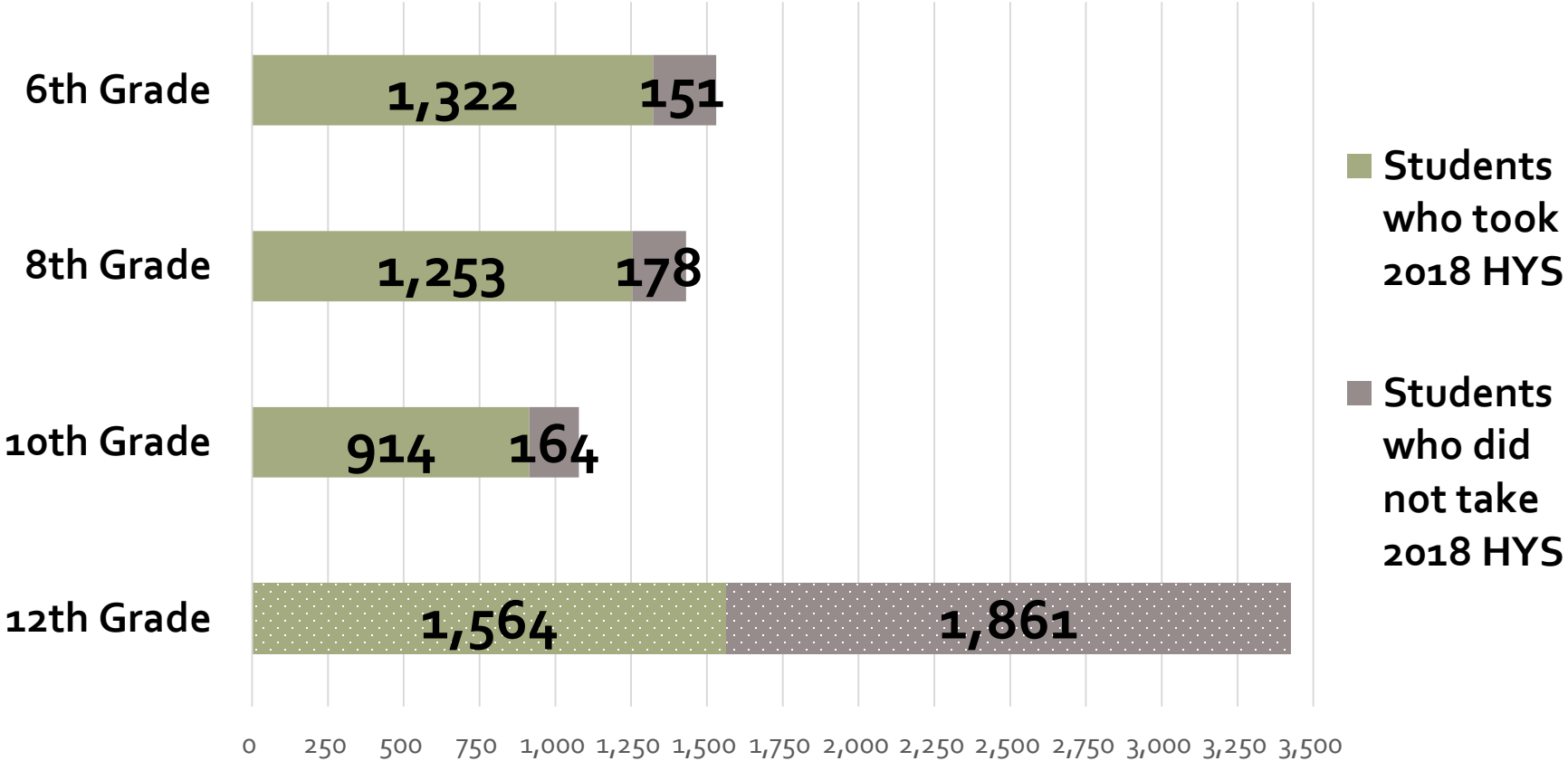
About the Healthy Youth Survey (HYS)



- Reach
- Domains
- Strengths and limitations

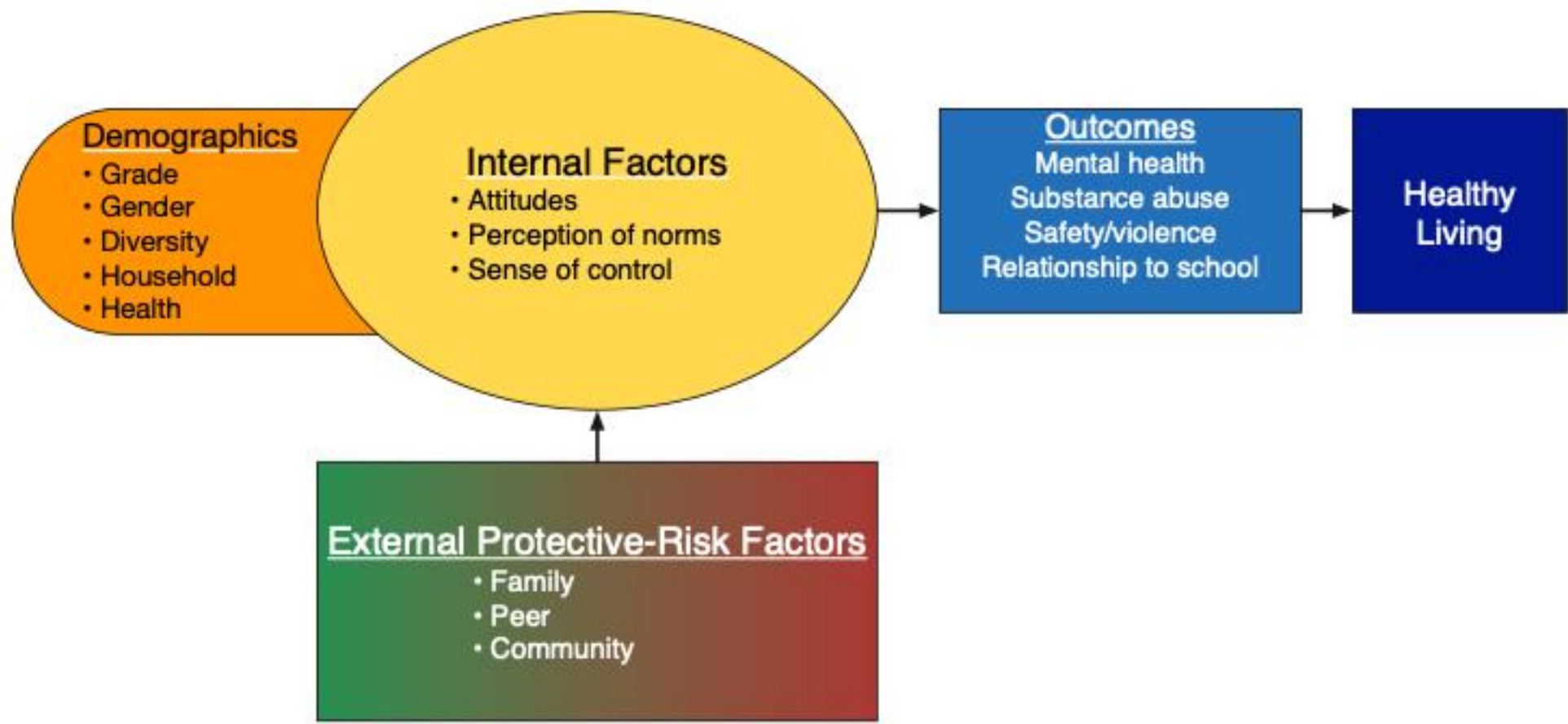
2018 participation in HYS

Healthy Youth Survey Participation in the Sammamish Area (LWSD/ISD)



These figures translate to:

- 86% of all Sammamish 6th graders
- 85% of all Sammamish 10th graders
- 88% of all Sammamish 8th graders
- 46% of all LWSD/ISD 12th graders



Mapping the Healthy Youth Survey

About Sammamish Youth (LWSD/ISD)

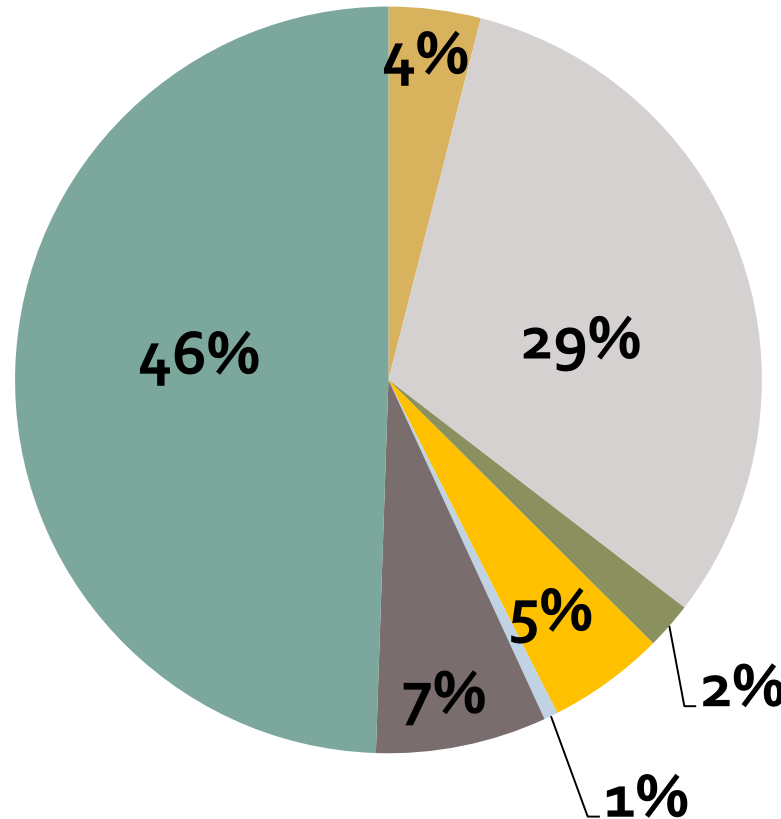
Demographic
traits

Approximately 7,465
total enrolled
students

Number of students
by HYS grade:

- 6th: 1,531 students
- 8th: 1,431 students
- 10th: 1,078 students
- 12th: LWSD 1,965
students
ISD 1,460
students

Race/Ethnic Diversity



American Indian/
Alaska Native

Asian

Black

Hispanic/ Latino

Native Hawaiian/
Other Pacific
Islander

Two or more

White

Critical Issues

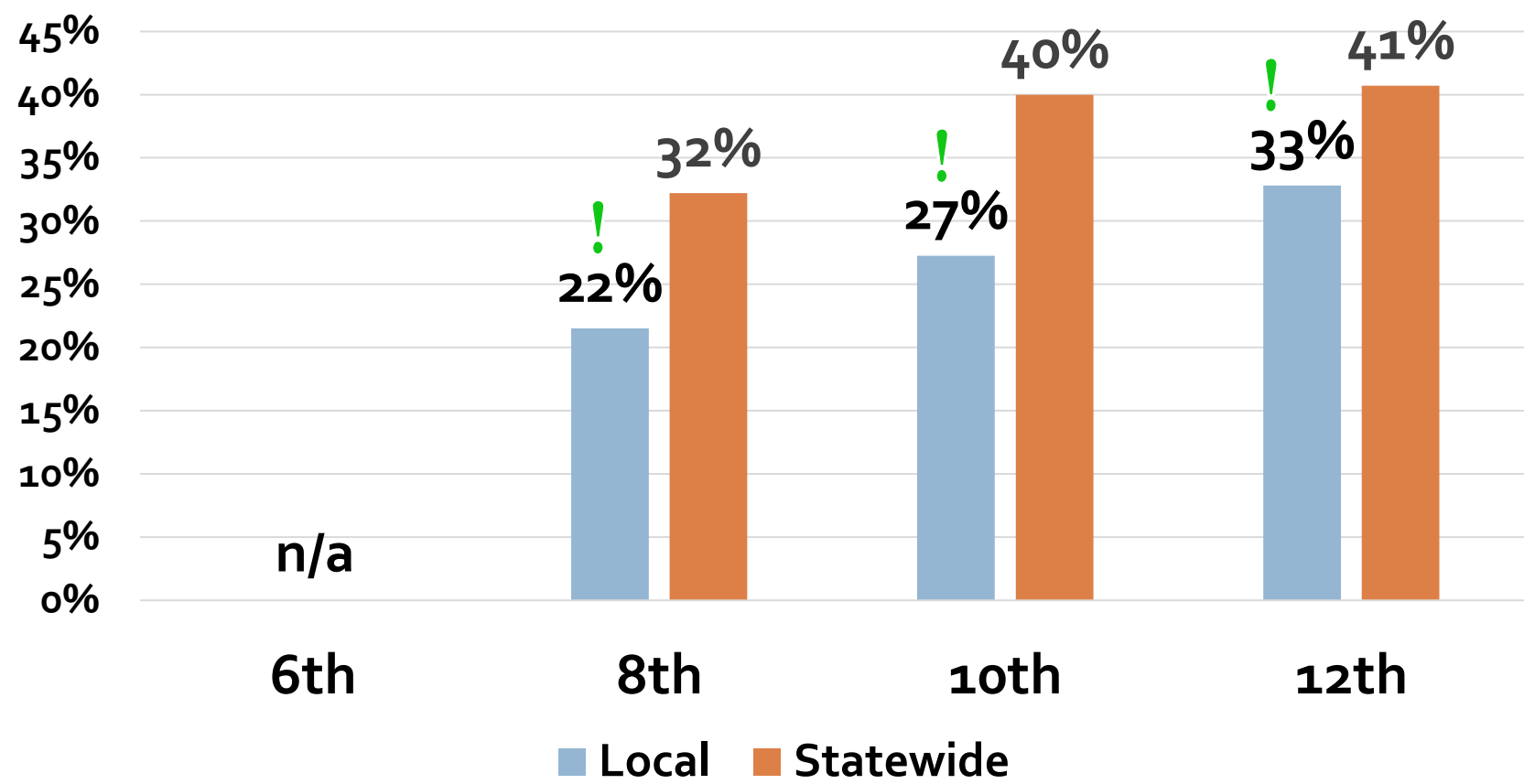
- **Mental/behavioral health**
 - Depression
 - Anxiety
 - Suicide
- **Substance use**
 - E-cigarettes/vaping
 - Marijuana
 - Alcohol
- **Relationships and support**
 - Relationship to school, community, peers

KEY	Desirable direction	Undesirable direction
Notable results	!	!

Mental Health: Depression

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

Percentage of students answering “yes”



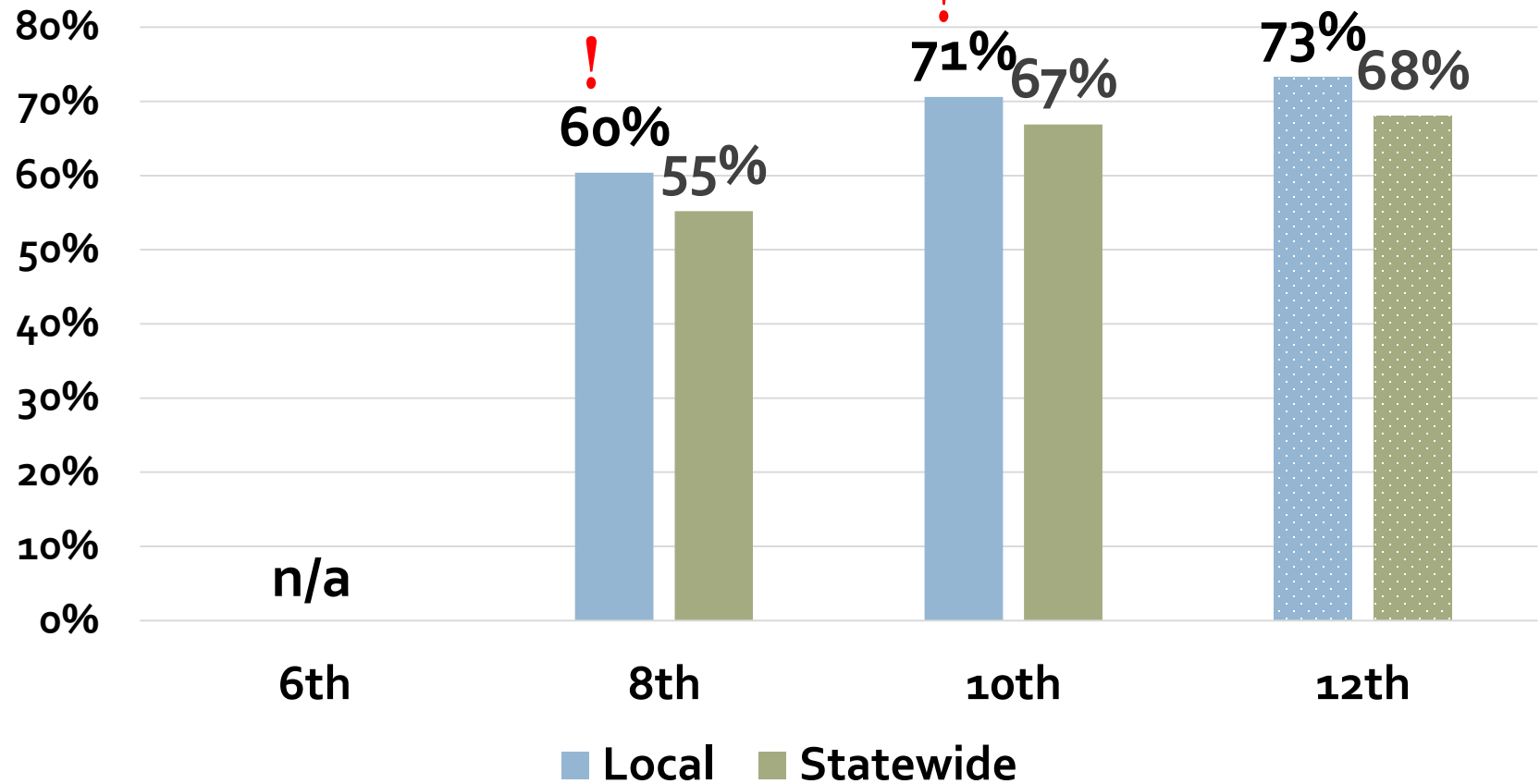
Compared to WA State...

- ! • Sammamish students across all grades report lower rates of depression:
 - 8th graders: -10%
 - 10th graders: -13%
 - 12th graders: -8%

Mental Health: Anxiety

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

Percentage of students answering any days !



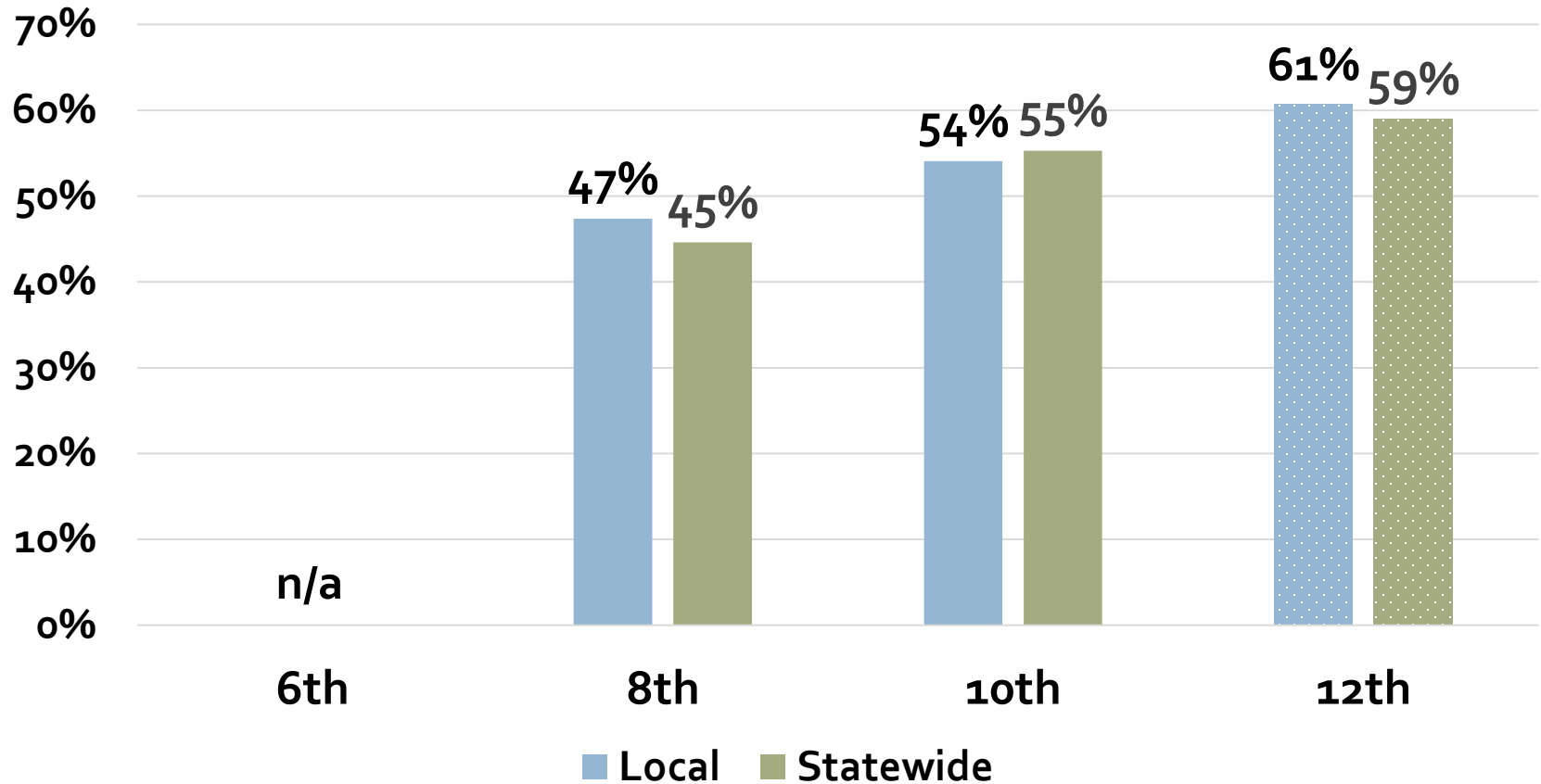
!Sammamish students across all grades report slightly higher rates of this form of anxiety as compared to their peers statewide:

- 8th graders: +5%
- 10th graders: +4%
- 12th graders: +5%

Mental Health: Anxiety

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

Percentage of students responding any days



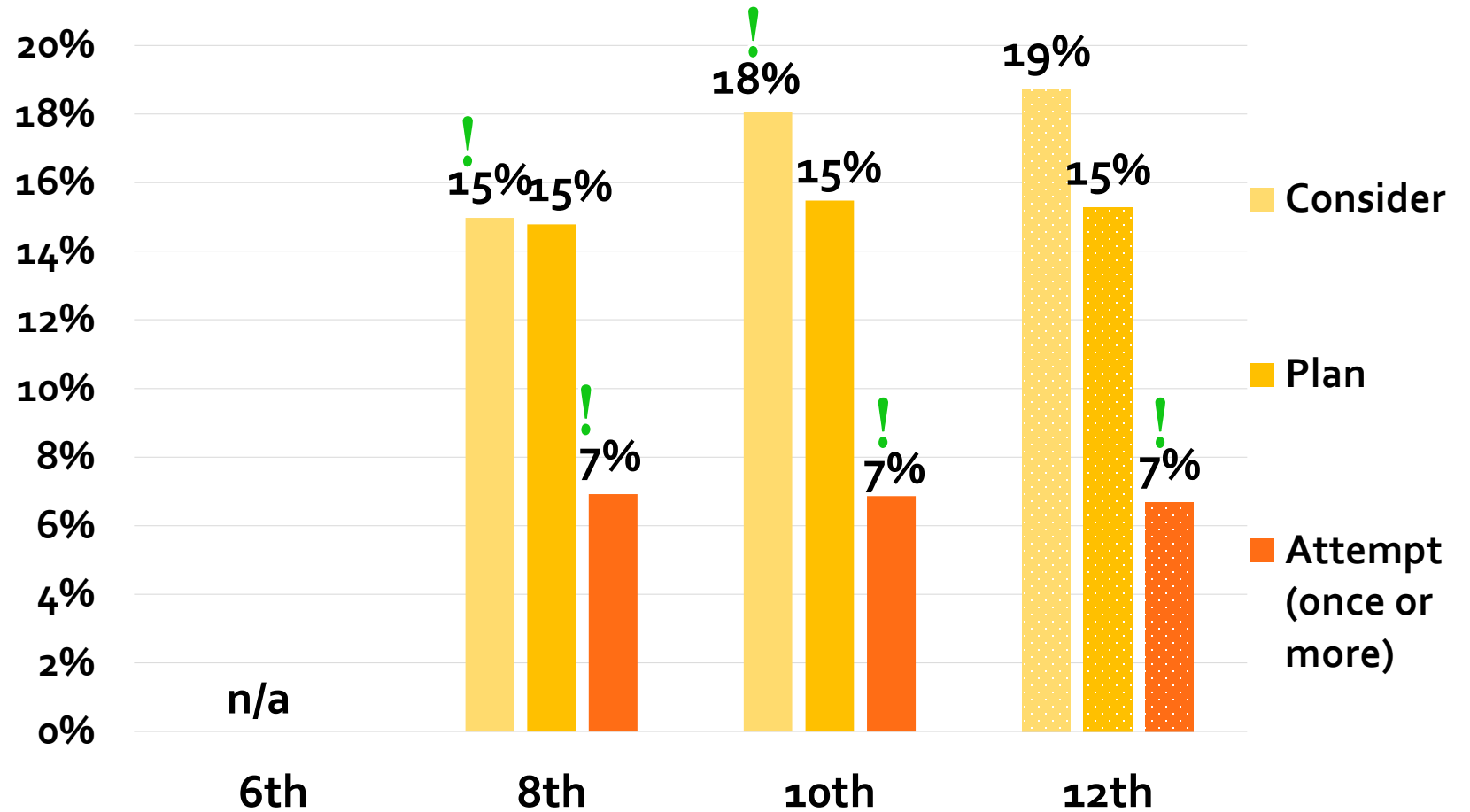
Sammamish students report relatively similar rates of this form of anxiety compared to WA state:

- 8th graders: +2%
- 10th graders: -1%
- 12th graders: +2%

Mental Health: Suicide

“During the past 12 months...”

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



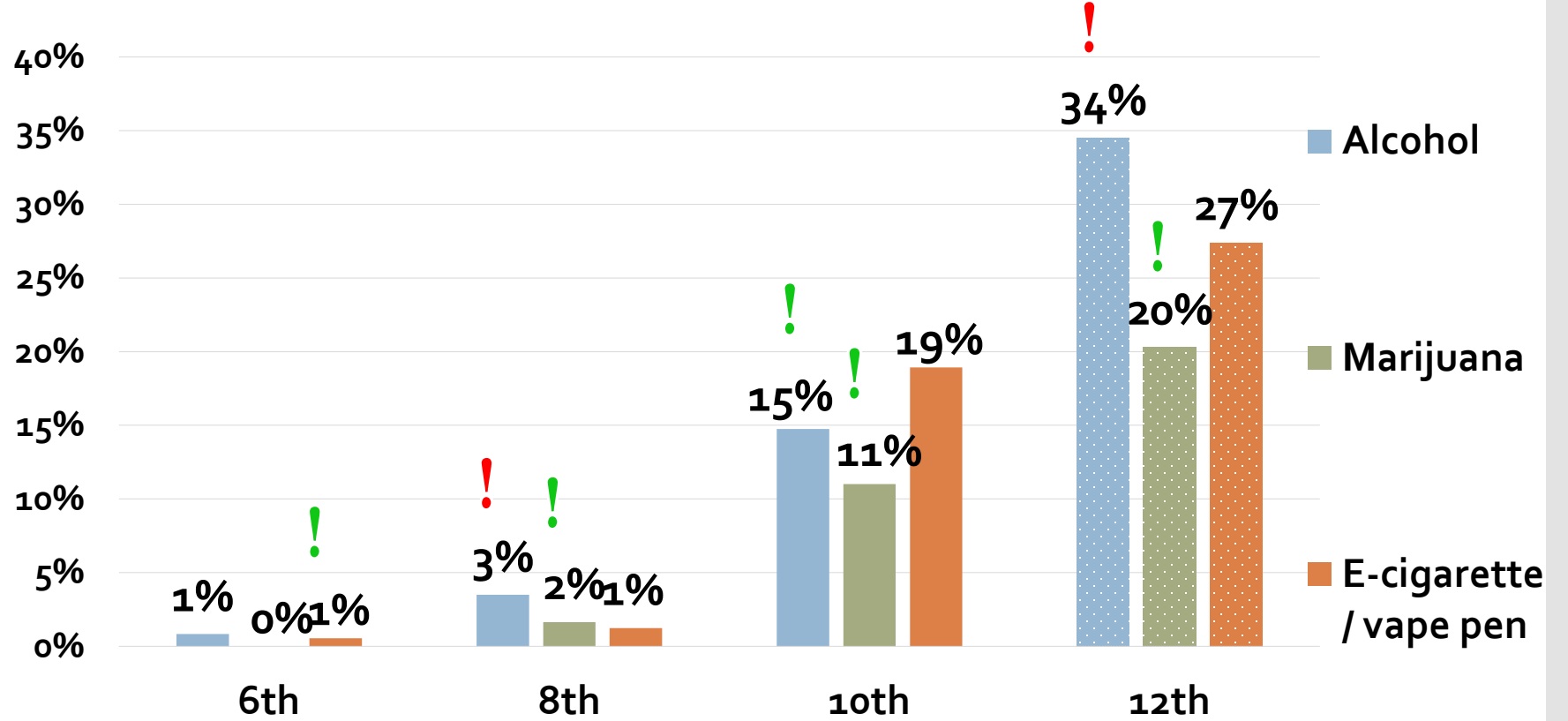
Compared to WA state...

- ! • Sammamish students reported slightly lower rates of considering, planning, and attempting suicide (during the past 12 months) across all grades, but most notably as follows:
 - 8th graders: -5% consider
 - 10th graders: -5% consider
 - 12th graders: -3% both consider and plan

Substance Use: Past 30 Days

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

Percentage of students responding one or more days



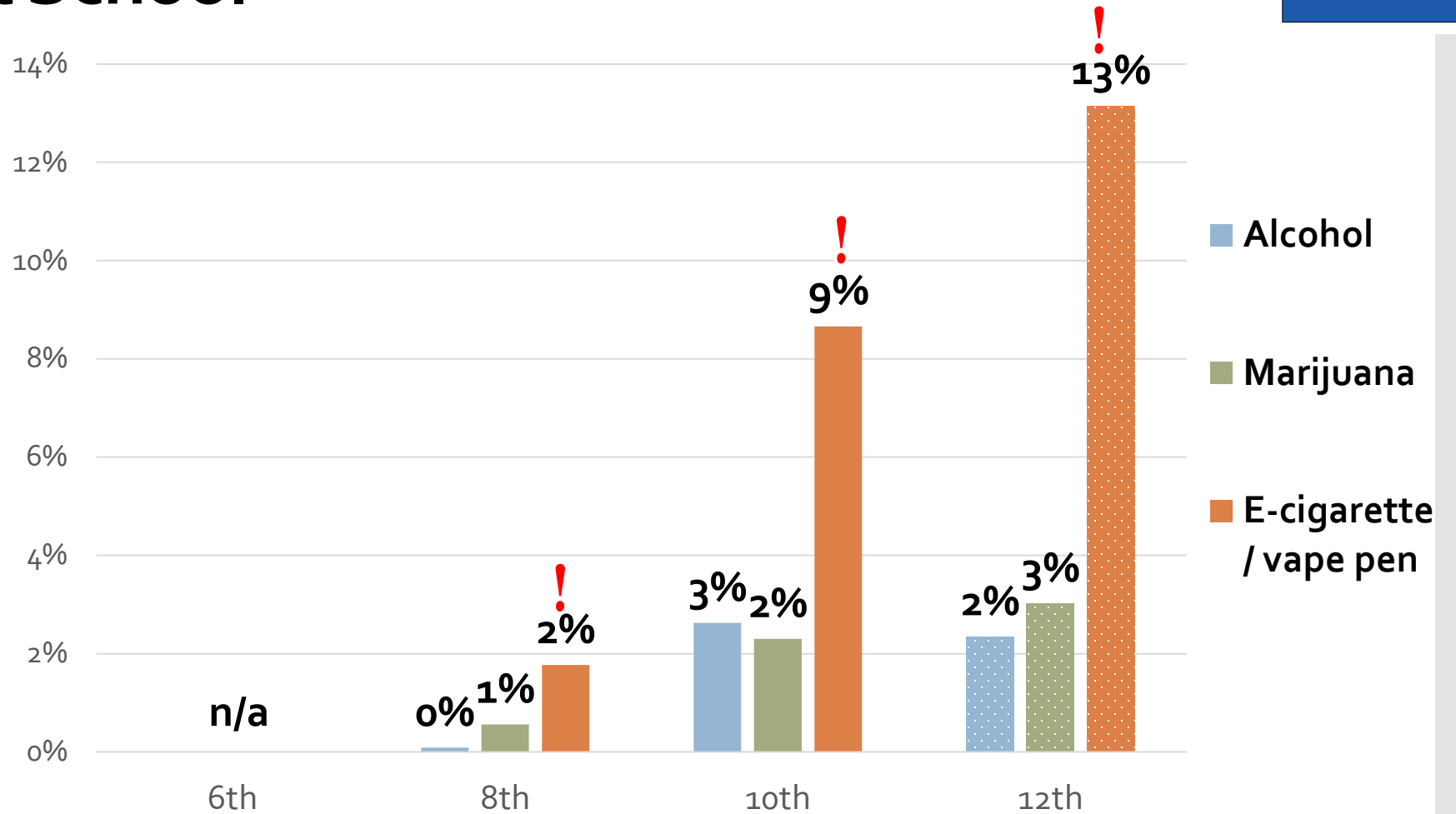
Compared to WA State...

- Sammamish students across all grades report lower rates of alcohol, marijuana, and e-cigarette/vape pen use EXCEPT for the following:
 - Alcohol use among 8th and 12th graders is slightly higher than their peers statewide (+2% and +7% respectively)

Substance Use: At School

“During the past 30 days, which of the following did you use on school property?”

Select all that apply.”

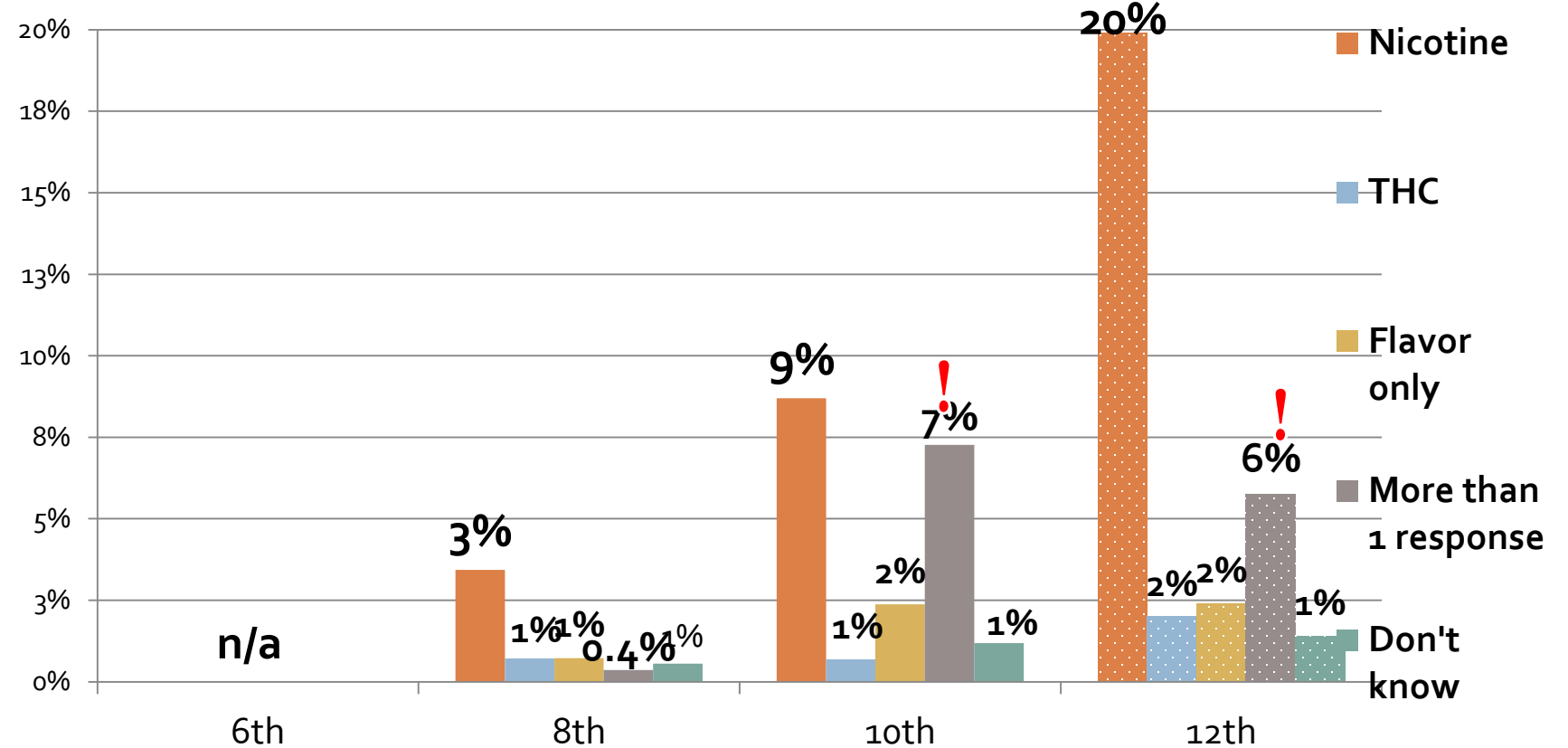


- ! Across all grades, students are most likely to use e-cigarettes/vape pens on campus
- Sammamish students report relatively similar rates of substance use at school as compared to their peers statewide (ranging from 0% to -2% difference)

Substance Use: E-Cigarette/Vape Pen

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

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



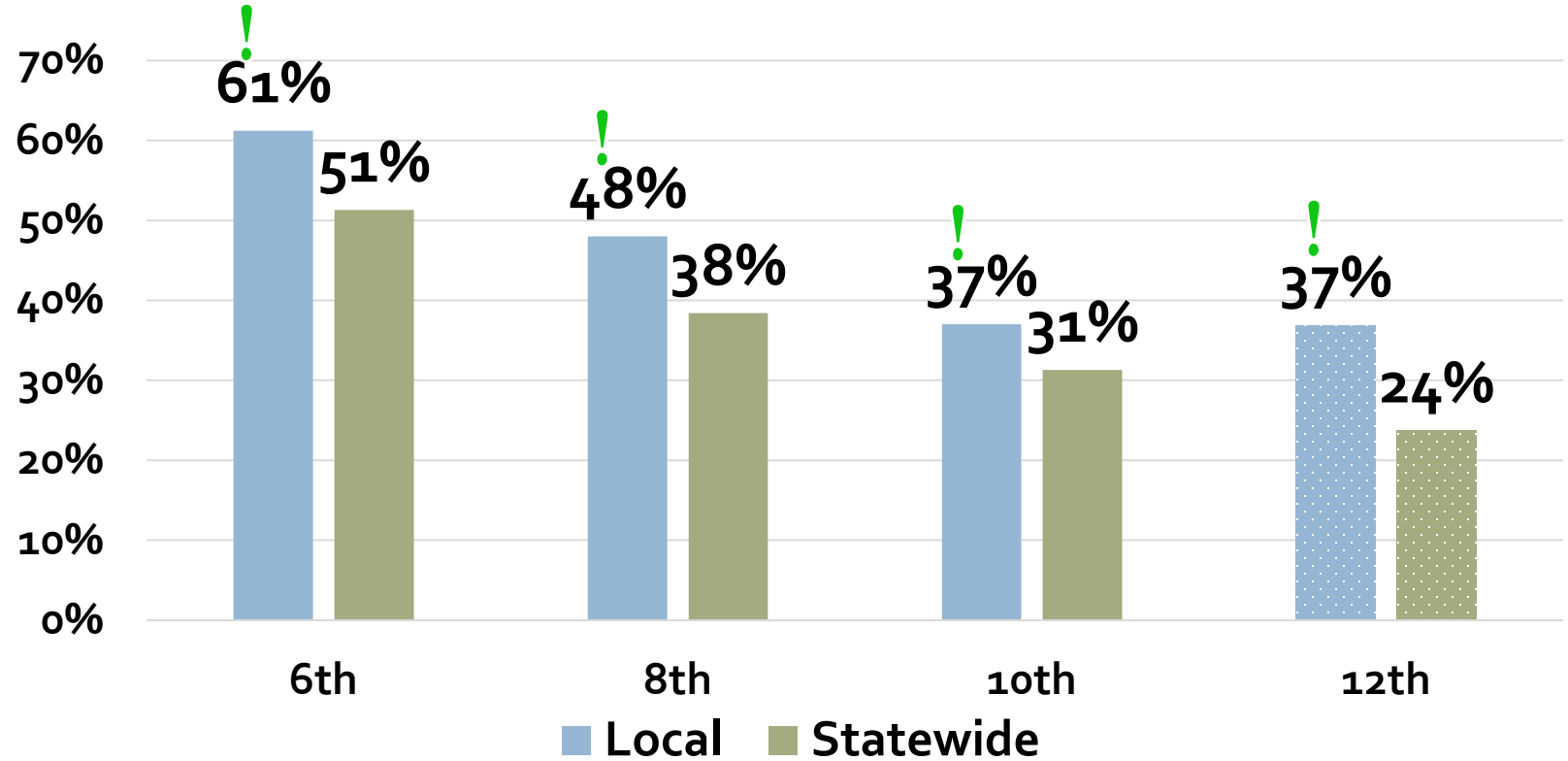
- ! Students across all grades are most likely to use an e-cig/vape pen with nicotine in it
- ! 10th and 12th graders are more likely to use an e-cig/vape pen containing multiple substances than 8th graders (+6.6% and +5.6% respectively)

Relationship to School: Enjoyment

“Think back over the past year in school...

How often did you enjoy being in school?”

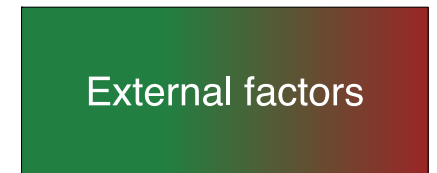
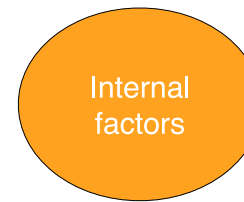
Percentage of students answering “often” or “almost always”



- ! • Compared to WA state, Sammamish students across all grades report enjoying school more in 2018:
 - 6th grade: +10%
 - 8th grade: +10%
 - 10th grade: +6%
 - 12th grade: +13%

**What
helps?**

**What
hurts?**



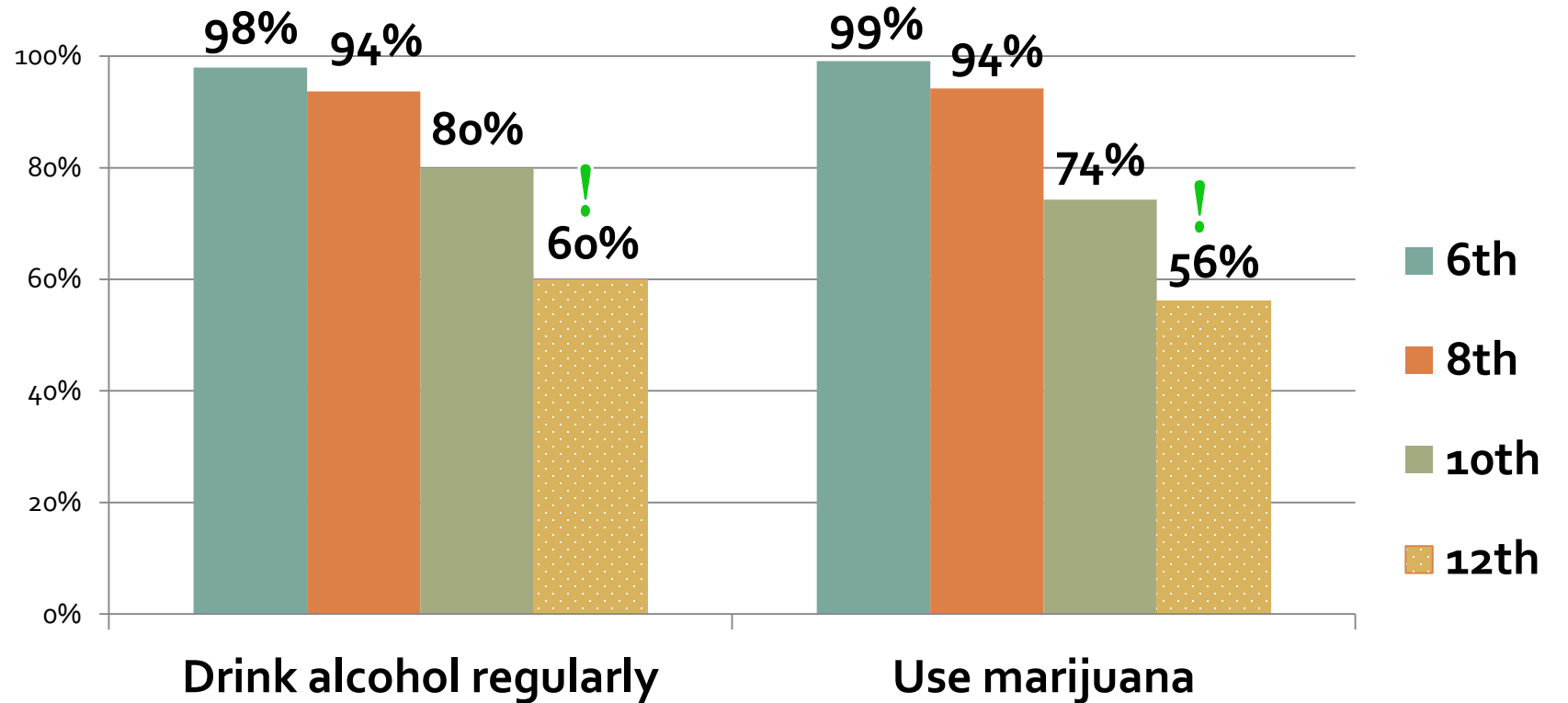
- **Internal factors**
 - **Attitudes towards substance use**
 - **Perceptions of parental attitudes**
 - **Perceptions of peer attitudes**
 - **Perceptions of control or choice**
- **External factors**
 - **Family support**
 - **Peer support**
 - **Community resources**

Youth Attitudes on Substance Abuse

Internal factors

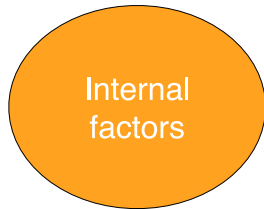
“How wrong do YOU think it is for someone your age to [use the following]?”

Percentage responding “very wrong” or “wrong”:

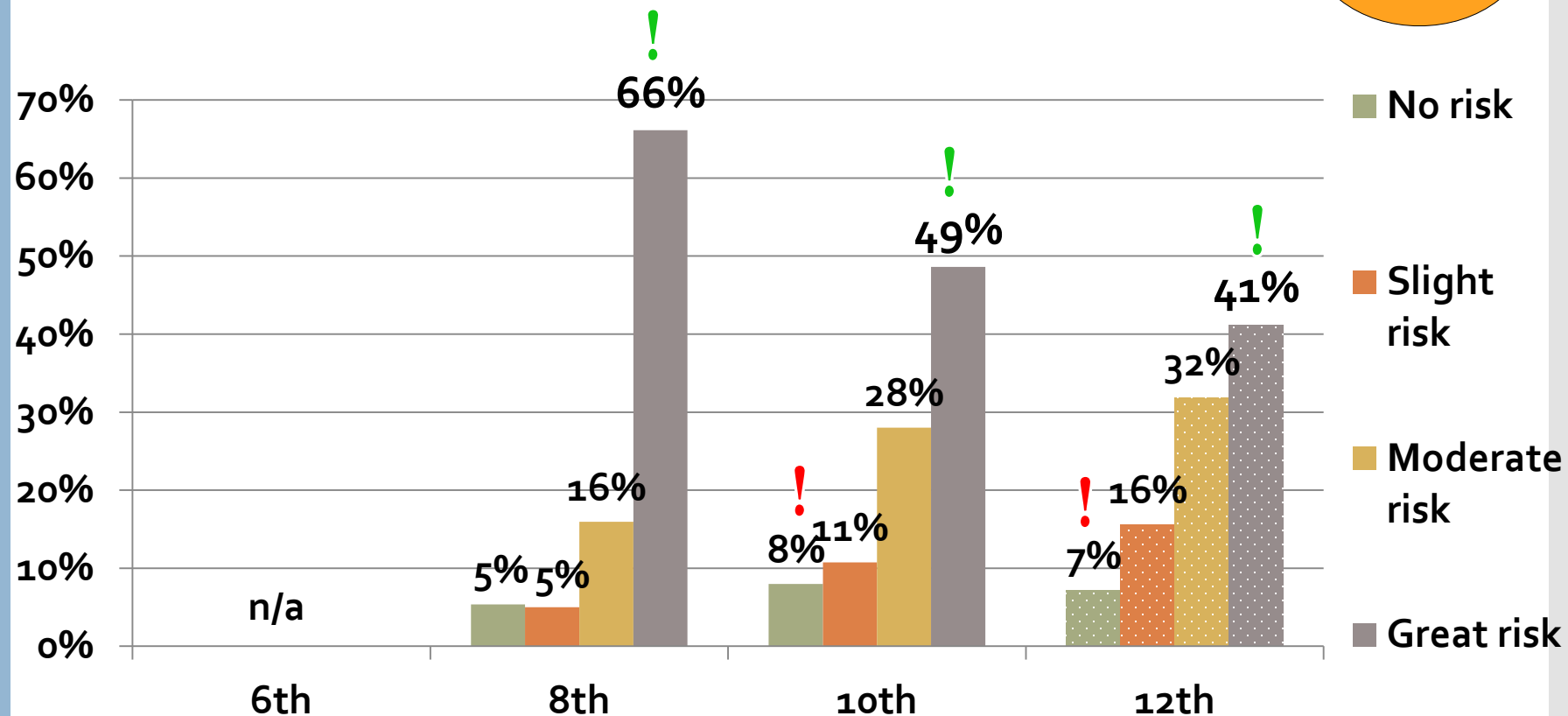


- ! Across all grades, Sammamish students report that they are more disapproving of both marijuana and regular alcohol use than their peers statewide
 - Most notably among 12th graders, whose reported disapproval is 28% greater for alcohol and 24% greater for marijuana use

Youth Attitudes on Risk of Harm (Vaping)



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



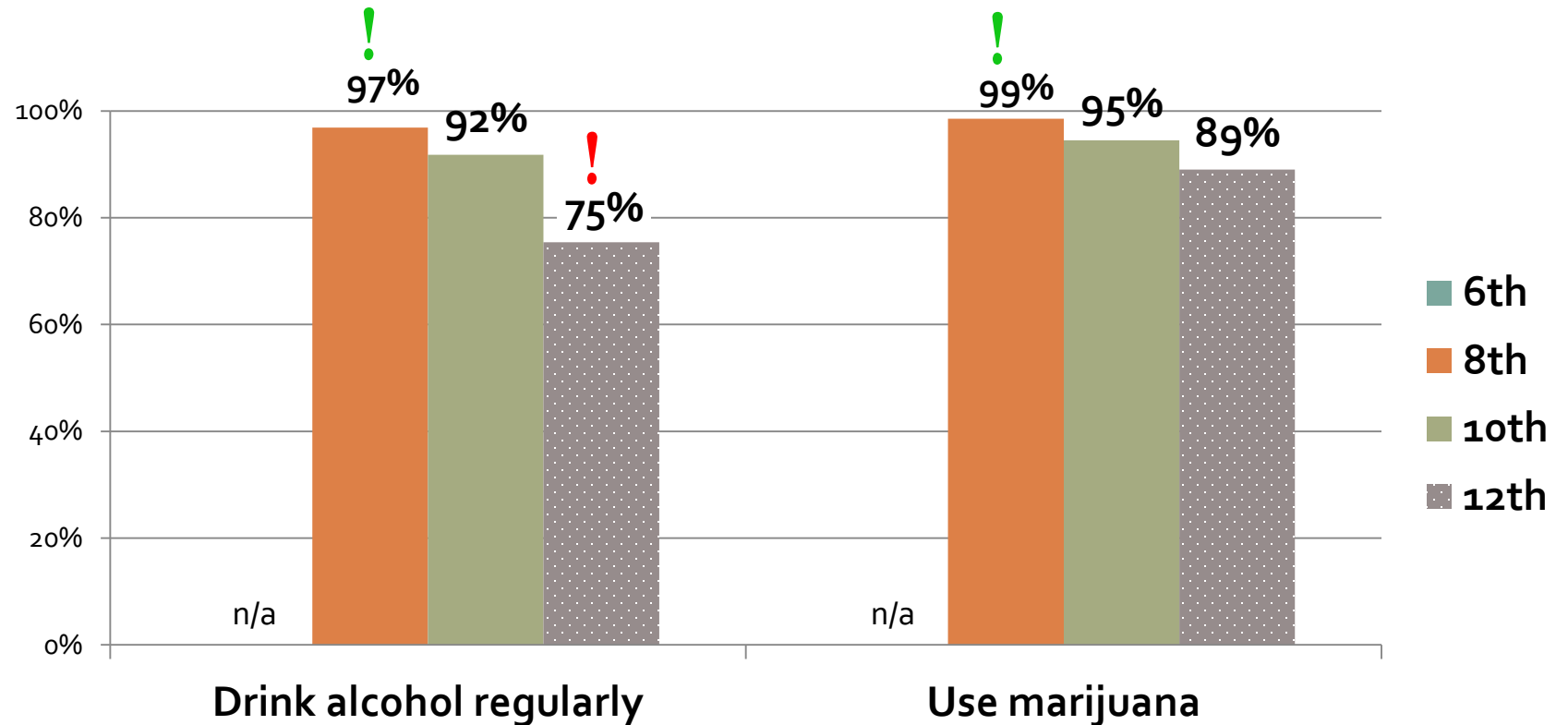
- ! • The majority of students across all grades think there is great risk of harm in using e-cigs/vape pens
- 8th are the most likely to think there is great risk (+17% to +25%)
- ! • 10th and 12th graders are slightly more likely to think there is no risk than 8th graders (+3% and +2% respectively)

Youth Perceptions of Parent Attitudes

Internal factors

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

Percentage responding “very wrong” or “wrong”:



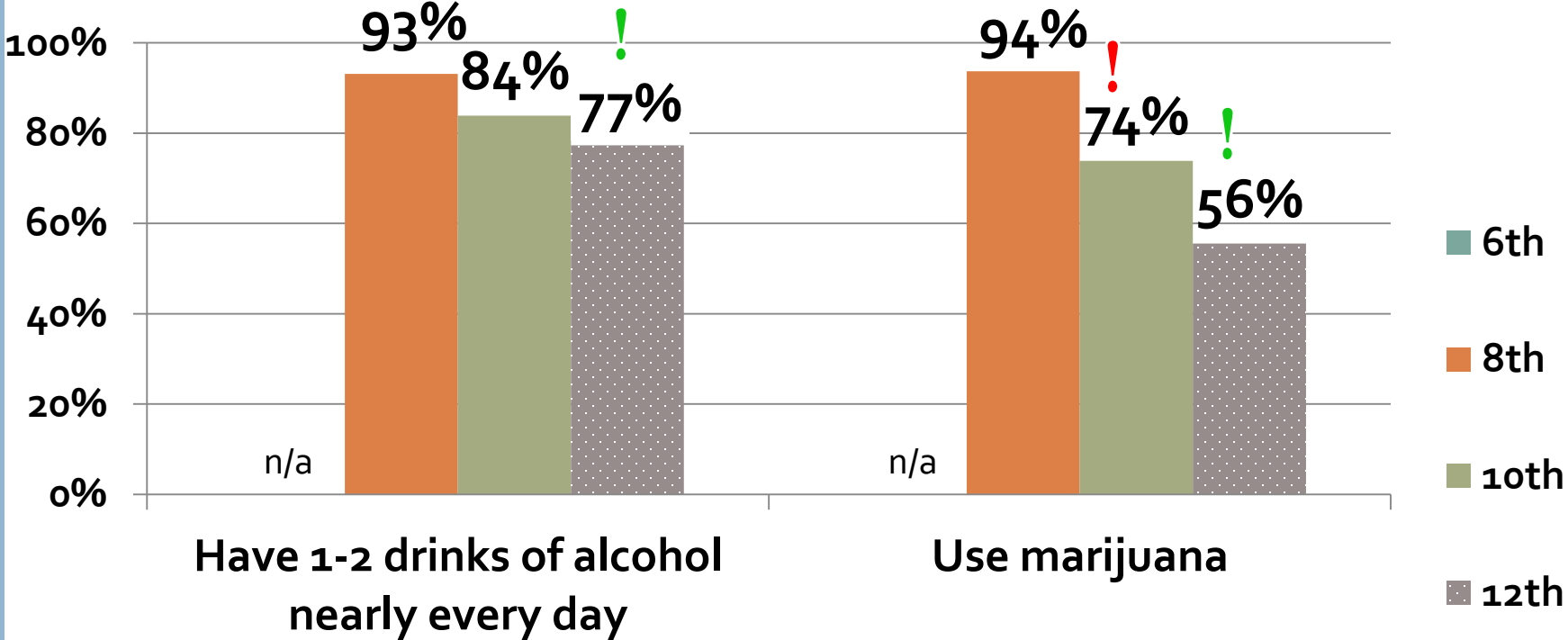
- 12th graders report believing that their parents are less disapproving of regular alcohol use than marijuana use (-14%)
- ! • Nearly all 8th graders report feeling that their parents would disapprove of regular alcohol use and marijuana use
 - Across all grades, the majority of students report believing that their parents would feel that both regular alcohol use and marijuana use is “very wrong”

Youth Perceptions of Peer Attitudes

Internal factors

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

Percentage responding “very wrong” or “wrong”:



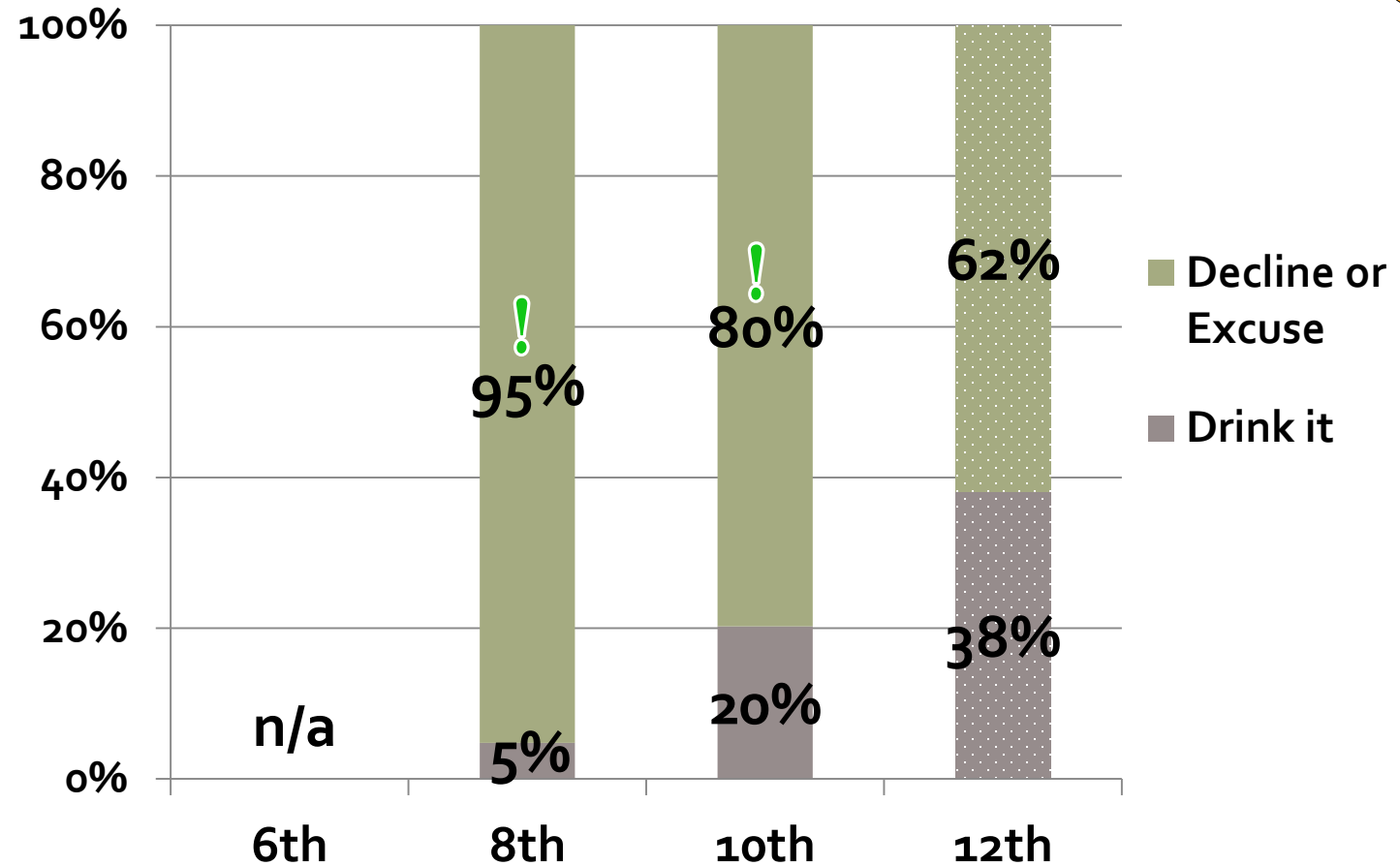
- ! • As students get older, they report believing that their peers are less disapproving of both regular alcohol use and marijuana use
- ! • The greatest drop in perceived peer disapproval for marijuana use occurs between 8th and 10th grade (-20%)
- ! • Sammamish 12th graders report that their peers are more disapproving of both marijuana use and regular alcohol use as compared to WA state as a whole (+23% and +19% respectively)

Youth Perceptions of Personal Choice

Internal factors

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

What would you say or do?”



Compared to WA state...

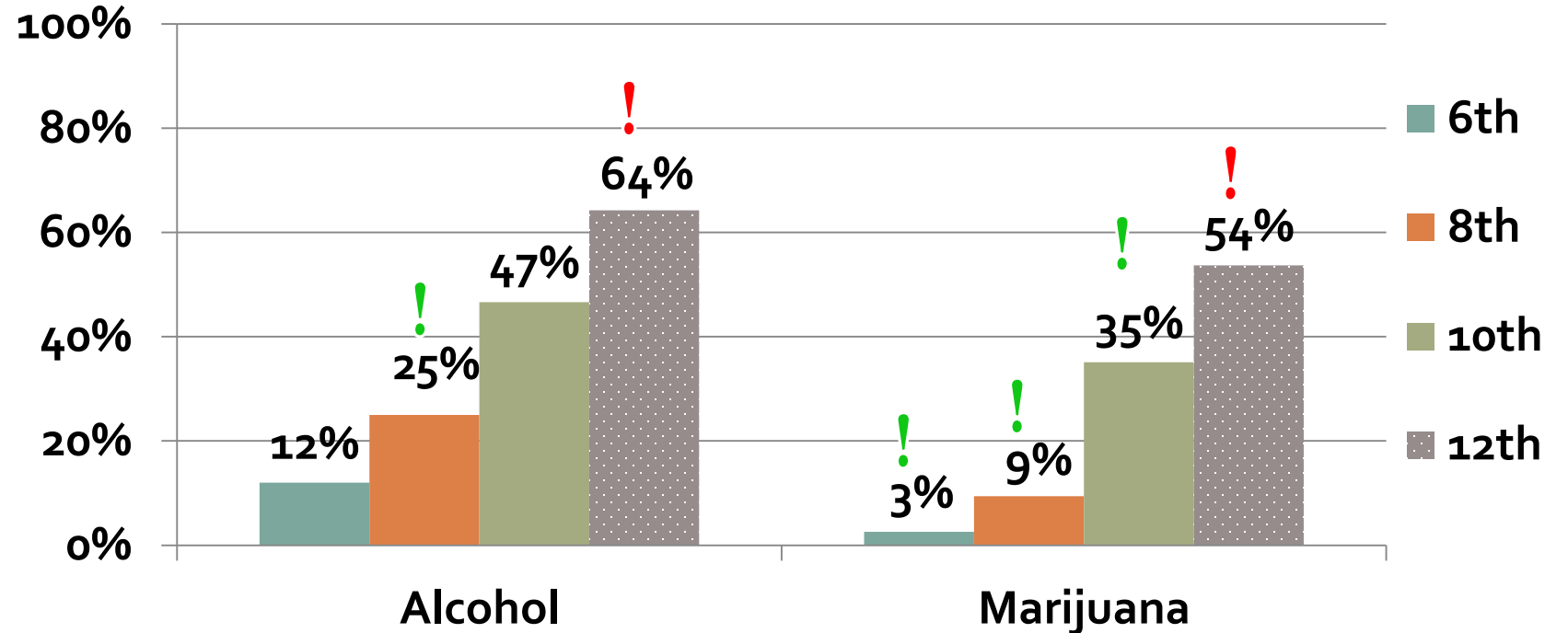
- ! 8th and 10th graders on the Sammamish are more likely to decline or excuse a drink offered by a friend (-11% and -8% respectively)
- Local 12th graders report similar rates of both declining/excusing and drinking the offered alcoholic beverage (-2% and +2% respectively)

Community: Ease of Access

External factors

“If you wanted to get some [of the following], how easy would it be for you to get some?”

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

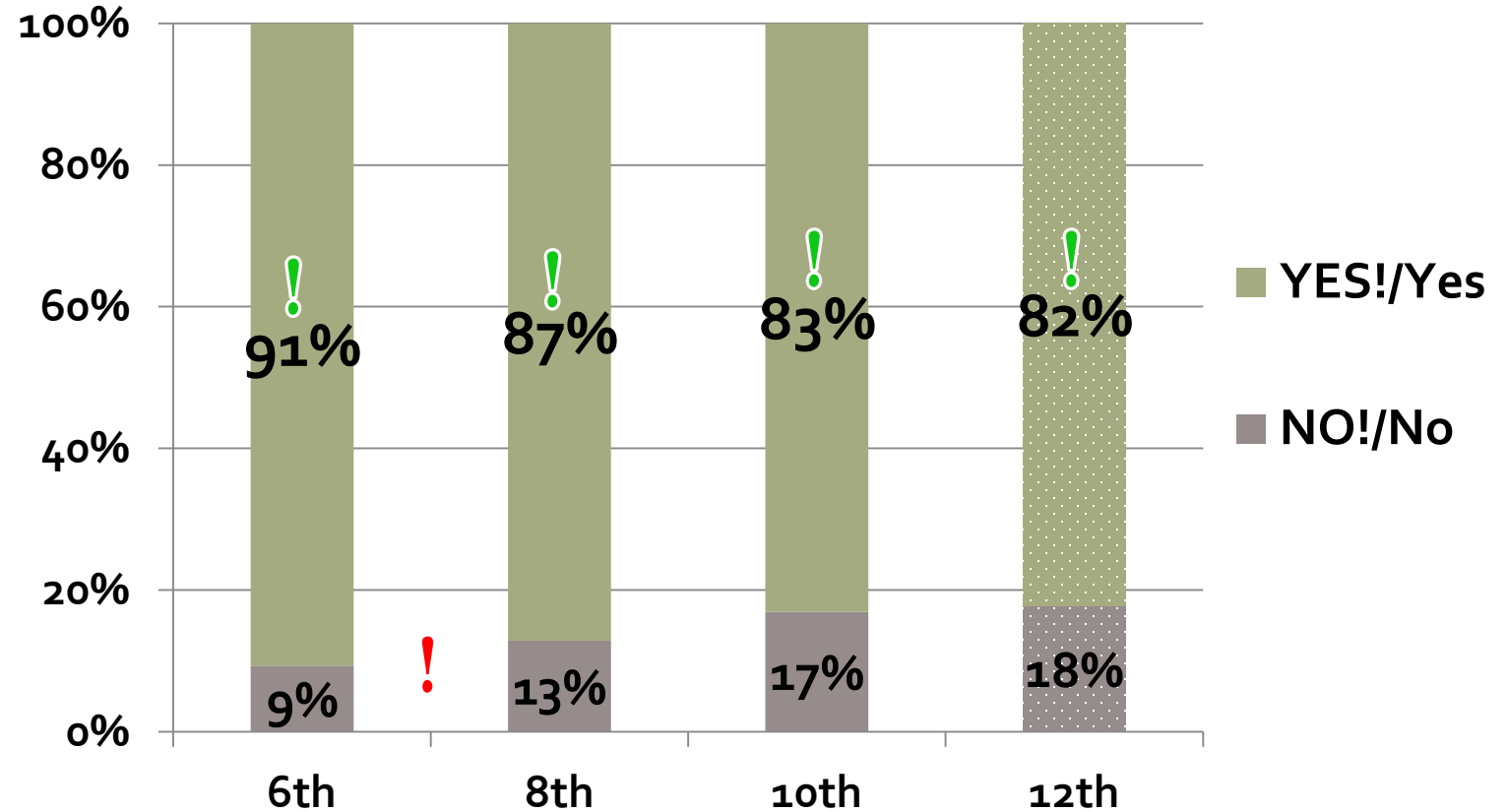


- Across 6th to 10th grade, Sammamish students report having overall less access to both alcohol and marijuana as compared to WA state as a whole, most notably:
 - 6th graders: -4% marijuana
 - 8th graders: -6% alcohol, -12% marijuana
 - 10th graders: -14% marijuana
- 12th graders, on the other hand, report having significantly greater access to both alcohol and marijuana than their peers statewide (+35% and +30% respectively)

Family Support

External factors

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

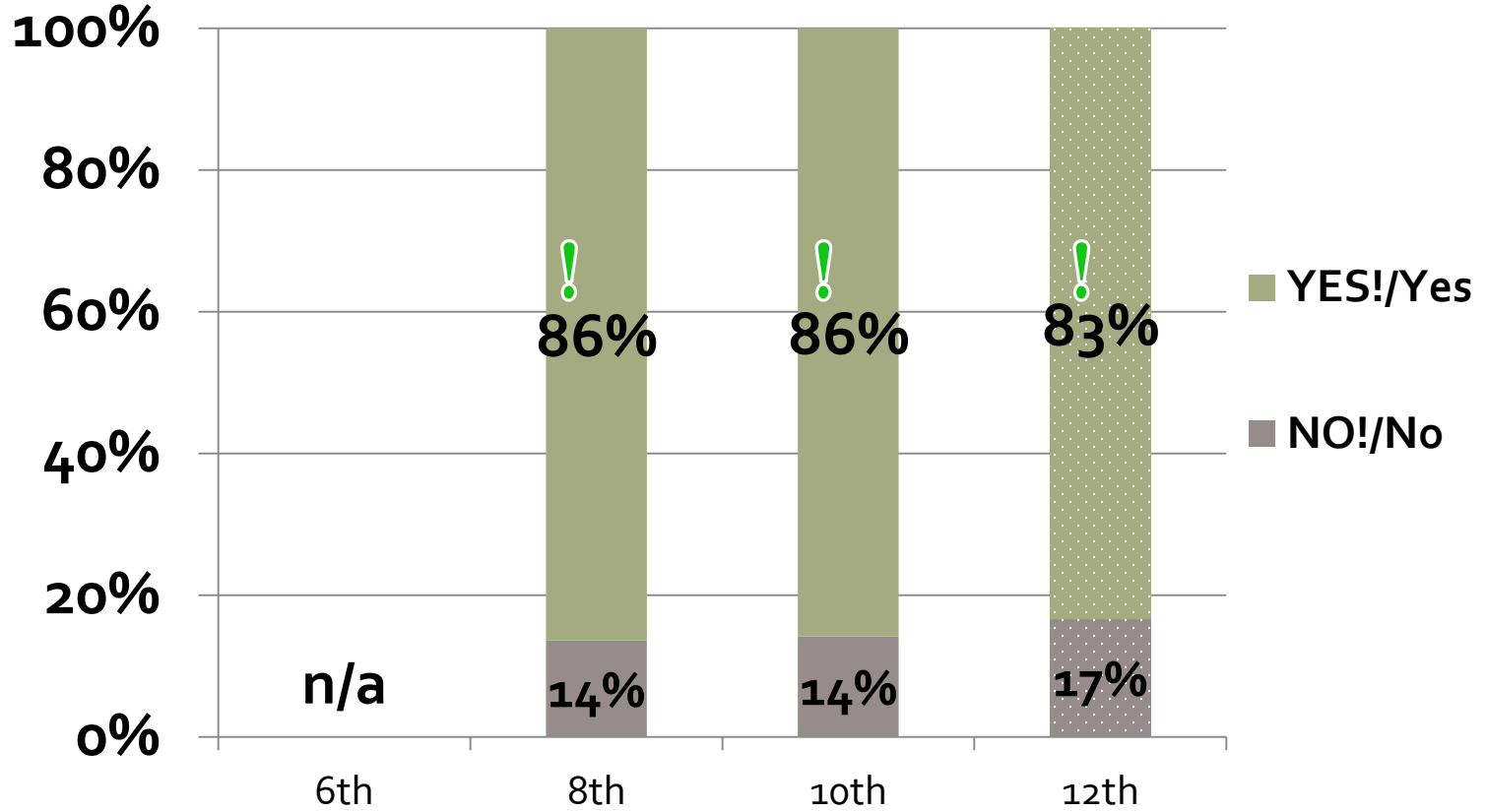


- ! • As Sammamish students get older, they report less family support:
 - Most notably between 6th and 8th grade (-4%)
- ! • However, Sammamish students also report having stronger family support as compared to their peers statewide:
 - 6th graders: +4%
 - 8th graders: +6%
 - 10th graders: +9%
 - 12th graders: +6%

Community Support

External factors

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

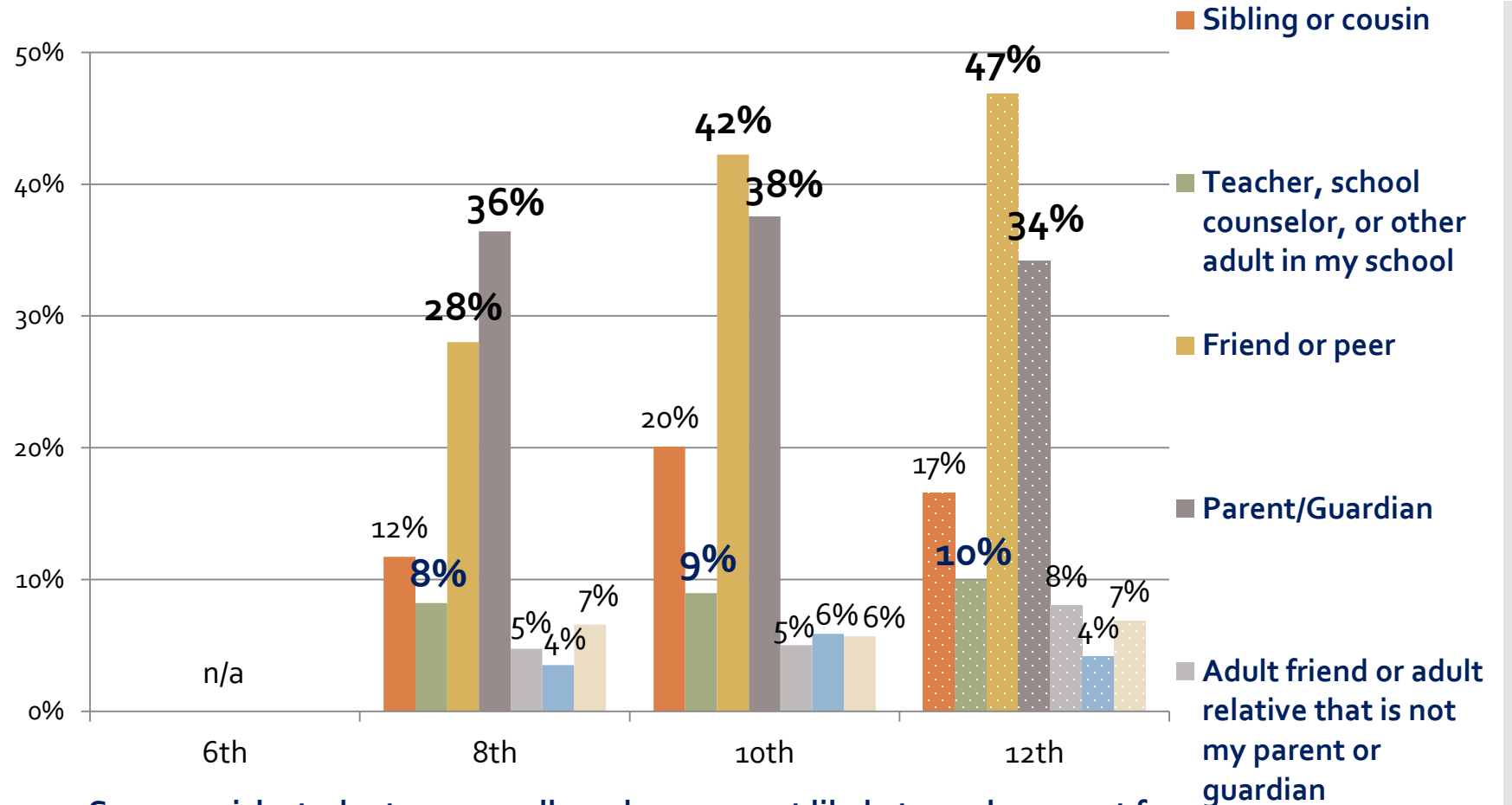


- For Sammamish students, community support is relatively consistent across grades (83% to 86%)
- ! • Compared to WA state, Sammamish students report stronger community support:
 - 8th graders: +12%
 - 10th graders: +16%
 - 12th graders: +12%

Youth Support Networks

External factors

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



- Sammamish students across all grades are most likely to seek support from a parent/guardian, friend or peer, or a sibling or cousin
- Seeking support from a parent/guardian is relatively consistent across grades (34 - 38%)
- 10th and 12th graders are more likely to connect with a friend or peer (42% and 47%, respectively) than 8th graders (28%)
- 12th graders are slightly more likely to seek support from a non-parent adult friend or relative than 8th and 10th graders (+3%)



**Please welcome
our student panel**

Thank
you!

