

# YOUTH INJURY AND VIOLENCE

## HEALTHY YOUTH SURVEY

### Washington State Healthy Youth Survey Facts

- More than 35,000 students participate across the state, representing all 39 counties
- Questions ask about risk for injury, health outcomes, alcohol and drug use.
- Results are used by communities to support youth and reduce risks.

More info available at:  
[www.askhys.net](http://www.askhys.net)

### Island County Facts

Represented School  
Districts \*  
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Oak Harbor  
Coupeville  
South Whidbey

Survey Response  
Rates  
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6th Grade: 86%  
8th Grade: 83%  
10th Grade: 81%  
12th Grade: 60%

\*Camano Island youth are reported as part of the Stanwood School District in Snohomish County

UNINTENTIONAL INJURY	6th Graders	8th Graders	10th Graders	12th Graders
Recently drove a vehicle after drinking alcohol <sup>1</sup>	~	1.8%	3.5%	7.8%
Recently rode in a vehicle with someone who had been drinking alcohol <sup>1</sup>	3.5%	12.0%	11.1%	13.0%
Recently rode in a vehicle where the driver was texting or emailing <sup>1</sup>	18.0%	41.2%	51.9%	52.3%
Uses a lifejacket "more than half the time" or "always"	~	47.8%	51.5%	50.3%
1. Recently is defined as "in the last 30 days".				
WEAPONS	6th Graders	8th Graders	10th Graders	12th Graders
Recently carried a weapon <sup>2</sup> on school property	2.4%	2.9%	7.1%	6.2%
Recently carried a gun on school property <sup>1</sup>	~	5.3%	7.8%	6.2%
2. Weapon, such as a gun, knife, or club				
CONFLICT AND ABUSE	6th Graders	8th Graders	10th Graders	12th Graders
Involved in a physical fight in the past year	27.8%	27.8%	33.9%	16.9%
Member of a gang in the past year	~	5.7%	6.3%	4.1%
Recently been bullied	35.5%	33.2%	27.9%	17.5%
Recently been bullied because of race, ethnicity, or national origin	~	16.3%	14.4%	6.6%
Recently been bullied because someone thought you were gay, lesbian, or bisexual	~	17.2%	12.6%	9.8%
Threatened or felt unsafe by a boy/girlfriend	~	2.8%	8.0%	9.9%
Physically hurt by a boy/girlfriend	~	2.8%	3.9%	6.8%
Physically abused by an adult	~	24.7%	31.9%	21.5%

~ = Question was not asked to these students

***We are extremely appreciative for the participation of all our Island County School Districts in the Healthy Youth Survey. Their participation allows us to report on the current health status of our youth and track trends over time.***

For more information about Island Counts or this Fact Sheet, contact :  
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HEALTHY  
YOUTH  
SURVEY

## WHAT WE CAN DO

### ISLAND COUNTY STATISTIC

54% of deaths in children and youth age 0-17 years were from **unintentional injury**.<sup>1</sup>

### YOUTH

- Never drink and drive.
- Never ride with someone who has been drinking.
- Wear a seatbelt on every trip, no matter how short.
- Obey speed limits.
- Know and follow the "Graduated Driving License" laws.

Violence is the leading cause of injury, disability, and premature death among youth in the United States.<sup>2</sup>

## COMMUNITY COLLABORATION

**Community leaders** and **government officials** can work with **schools** to create a **VIOLENCE PREVENTION PLAN**. Work with **law enforcement officers, youth groups, health care professionals, and other community members** to help build and maintain a positive living environment for youth where they can feel safe and respected.

## PARENTS

**Parents can help reduce violence by:**

- Talking to your child about how to resolve arguments without violence or weapons.
- Monitoring the media your child is allowed to watch; don't watch violent movies or TV shows, or play violent video games; limit the amount of screen time to 2 hours a day.
- Be a role model in handling situations in a nonviolent way.
- Teach your child how to handle anger and build positive relationships.<sup>3</sup>

**Parents who own guns can be sure that:**

- You talk to your child about gun safety.
- All guns are locked up and unloaded.
- Ammunition is locked separately from the gun.
- Your child or their friends are not allowed access to your gun without supervision.
- The gun is removed from your home if anyone is depressed or suicidal.

## SCHOOLS

**Schools can help prevent abuse and violence by:**

- Teaching kids how to build and maintain proper relationships.
- Role model positive coping skills.
- Have and enforce anti-bullying and violence policies.
- Provide a safe and welcoming environment for all students.
- Learn and teach conflict resolution strategies to youth.<sup>4</sup>

## GOVERNMENT

**LOCAL OFFICIALS CAN** strengthen and enforce existing policies on the minimum legal drinking age and zero tolerance laws.

- Support community outreach programs that educate on bullying and cyber-bullying laws.

### ISLAND COUNTY RESOURCES

**Island County Human Services**

360-678-7880

**Citizens Against Domestic Violence & Abuse (CADA)**

800-215-5669

**Safe Ride Home North Whidbey:**

(360) 682-6920

**South Whidbey:**

(360) 395-8714

**Child Abuse DSHS**

866-363-4276

**Teen Link Crisis Line**

866-427-4747

1. 2010-2014, Island County, WA. Washington State Department of Health, Center for Health Statistics, Death Certificate Data, 1990-2014, August 2015.

2. Centers for Disease Control and Prevention (n.d.) *Why Prevention Must Be a Priority*. Retrieved from STRYVE; Striving To Reduce Youth Violence Everywhere: [http://vetoviolence.cdc.gov/stryve/prevention\\_priority.html](http://vetoviolence.cdc.gov/stryve/prevention_priority.html)

3. Palo Alto Medical Foundation (2013). *Parents & Teachers: Teens & Violence Prevention*. Retrieved from Palo Alto Medical Foundation; Sutter Health: <http://www.pamf.org/parenting-teens/emotions/violence/violence.html>

4. United National Educational, Scientific, and Cultural Organization (2011). *Stopping Violence in Schools: A Guide for Teachers*. France.