

YOUTH AND ALCOHOL

HEALTHY YOUTH SURVEY

Washington State Healthy Youth Survey Facts

- More than 35,000 students participate across the state.
- 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

Island County Facts

Represented School Districts *

Oak Harbor
Coupeville
South Whidbey

Survey Response Rates

6th Grade: 62%
8th Grade: 54%
10th Grade: 74%
12th Grade: 59%

DRINKING	6th Graders	8th Graders	10th Graders	12th Graders
Currently drink alcohol¹	2.5%	6.3%	20.1%	32.5%
Have ever tried alcohol²	22.2%	21.2%	47.7%	63.6%
Currently binge drink³	0.9%	3.0%	11%	15%
Currently drink frequently⁴	0.9%	1.5%	6.2%	9.9%
Currently drink heavily⁵	0.0%	2.3%	7.3%	9.1%
Do NOT Drink	97.4%	92.5%	78.4%	66.9%

1. Current/Recent" use = Any use in the past 30 days. 2. "Ever tried" = use at anytime in the past.
3. 5+ drinks in a row 4. Drinking 3-5 days in the past 30 days or 1 binge drinking in the past 2 weeks
5. Drinking 6+ days in the past 30 days or 2 binge drinking in the past 2 weeks

DRIVING	6th Graders	8th Graders	10th Graders	12th Graders
Recently rode in a vehicle driven by someone who had been drinking¹	4.4%	7.4%	14.6%	8.6%
Recently drove a vehicle after drinking	~	2.4%	5%	5.4%

1. Recently = Any use in the past 30 days.

PERCEPTION OF USE	6th Graders	8th Graders	10th Graders	12th Graders
Think it would be very easy to get alcohol	4.9%	9.9%	21.2%	26.7%
Think it is very wrong for someone their age to drink alcohol regularly	86.1%	78.9%	47.0%	32.1%

ACCESS TO ALCOHOL	6th Graders	8th Graders	10th Graders	12th Graders
Got alcohol from friends	~	1.7%	8.9%	12.6%
Got alcohol from home without permission	~	0.9%	4.2%	3.3%
Got alcohol from home with permission	~	0.0%	3.7%	7.1%
Got alcohol from an older sibling	~	0.0%	0.5%	0.5%
Got alcohol at a party	~	0.0%	5.1%	8.2%
Gave someone money to buy alcohol for them	~	0.0%	3.3%	8.7%

~ = 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.

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



YOUTH AND ALCOHOL

HEALTHY
YOUTH
SURVEY

WHAT WE CAN DO

Alcohol Abuse Resources

SeaMar
360-679-7676

**Island County
School-Based Mental
Health Counseling**
360-969-5867

**Impaired Driving
Impact Panel of
Island County**
www.idipic.org
360-672-8219

SAMHSA
(Substance Abuse and Mental
Health Services Administration)
24-Hour Help Line
1-800-662-4357

**Drug Overdose,
WA Poison Center**
800-222-1222

PARENTS

PARENTS CAN talk to your child about alcohol use:

- **Ask your child their views about alcohol:** Listen carefully and do not interrupt them.
- **Provide them with facts about alcohol:** Many children have been given incorrect information or myths about alcohol that they believe to be true.
- **Offer reasons why they should not drink such as:** To maintain respect, drinking is illegal, it can be dangerous, it affects youth differently than it affects adults, drinking when the brain is still developing may cause long-term intellectual effects.
- **Teach them how to handle peer pressure:** Let them know that you are there to support if they find themselves in a difficult situation, like being at a home when kids start drinking. Let them know they can call you and you will pick them up.¹

PARENTS CAN lock up alcohol at home, and ask parents of your children's friends to do the same. Most youth get their alcohol from home without their parent's permission.

SCHOOLS AND COMMUNITY GROUPS

SCHOOLS AND COMMUNITIES CAN educate and encourage positive decisions by:

- **Using a "Social Norm Campaign" to Encourage Positive Behavior;**²
"80% of 10th graders don't drink alcohol."
- "I choose not to drink because I care about my future."
- **Educating about the risk of drunk driving and being a passenger in a vehicle with someone who has been drinking.**
- **Referring students to your school-based mental health counselor or prevention intervention specialist.**

GOVERNMENT

GOVERNMENT OFFICIALS AND LAW ENFORCEMENT OFFICERS CAN help prevent underage drinking by:

- **Increasing parents' awareness of current drinking trends:** Inform parents of the laws regarding serving alcohol to minors.
- **Enforcing the Zero Tolerance Law:** First offense of having a Blood Alcohol Concentration (BAC) of 0.02-0.07%, can result in a loss of license for 90 days. A second offense can cause a loss of license until age 21.
- **Making sure alcohol is not being sold to minors by conducting random checks with retailers.**
- **Enforcing and educating youth about the Minor in Possession Law (MIP):** If a minor is in possession of alcohol or if they are "exhibiting the effects of having consumed alcohol (alcohol on breath, results of a breathalyzer test)" they may be fined up to \$5,000 and could receive up to a one year jail term.³

¹National Institutes of Health (2009). *Make a Difference: Talk to your child about Alcohol*. Retrieved from National Institute on Alcohol Abuse and Alcoholism: http://pubs.niaaa.nih.gov/publications/MakeADiff_HTML/makediff.htm

²Board, W. S. (2016). *Middle and High Schools*. Retrieved June 28, 2017, from Washington State Liquor and Cannabis Board: <http://lcb.wa.gov/education/middle-and-high-schools>

³Board, W. S. (2016). *Know the Law*. Retrieved June 28, 2017, from Washington State Liquor and Cannabis Board: <http://lcb.wa.gov/education/know-the-law>