

YOUTH TOBACCO AND DRUG USE

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%

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

TOBACCO	6th Graders	8th Graders	10th Graders	12th Graders
Currently smoke cigarettes¹	0.8%	3.0%	8.7%	12.9%
Currently use a hookah to smoke tobacco	~	0.7%	4.2%	14.4%
Currently use chew, snuff, or dip tobacco	0.8%	1.4%	1.9%	1.7%
Currently use e-cigarettes or vape pens	1.4%	2.9%	14.3%	17.6%
Think it is wrong for someone their age to smoke cigarettes	99.2%	97.6%	97.2%	92%
Think there is a great to moderate risk of smoking one or more packs of cigarettes per day	86.4%	89.2%	92.6%	91.6%
Have made a firm commitment to not smoke cigarettes	~	84.9%	67.0%	66.7%
<i>1.Currently= Within the past 30 days ~ = Question was not asked to these students</i>				
MARIJUANA	6th Graders	8th Graders	10th Graders	12th Graders
Currently use marijuana	1.4%	4.1%	15.8%	23.7%
Have ever tried marijuana	2.0%	5.4%	28.1%	39.5%
Think marijuana would be sort of or very easy to get	6.1%	17.4%	45.9%	61.3%
Think it is wrong for someone their age to use marijuana	98.8%	98.4%	82.7%	71.8 %
Think there is no/ slight risk in using marijuana regularly (1-2 times a week)	15.9%	16.3%	37.9%	45%
Live with someone who uses marijuana	~	12.8%	22.4%	24.9%
Recently¹ rode in a car driven by someone who was using marijuana	~	4%	19%	19%
<i>1.Recently= Within the past 30 days</i>				
ILLEGAL DRUGS	6th Graders	8th Graders	10th Graders	12th Graders
Have ever used methamphetamines	~	2.4%	2.7%	4.8%
Have ever used heroin	~	3.2%	2.7%	4.3%
Currently use illegal drugs (including marijuana)	1.7%	5.5%	18.6%	24.9%
Think illegal drugs would be easy to obtain	2.7%	9.2%	15.4%	18.9%
PRESCRIPTION DRUGS	6th Graders	8th Graders	10th Graders	12th Graders
Currently use prescription drugs, not prescribed to them	~	5.5%	5.9%	6.3%
Currently use pain killers to get high	~	1.1%	4.8%	3.8%



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HEALTHY
YOUTH
SURVEY

WHAT WE CAN DO

Children & Youth learn by example.

If you currently smoke tobacco, consider quitting:
Call

1-800-QUIT-NOW

It is free and can help improve you and your family's health.

PARENTS

Know the signs of potential drug abuse:

- Deceitful or secretive behavior
- Mood changes or emotional instability
- Makes endless excuses
- Messy, careless appearance
- Disappearance of money or valuables
- Frequent sickness
- Drop in grades
- Loss of interest in hobbies, extracurricular activities, or sports¹

If you suspect your child is using drugs:

- First educate yourself about drug abuse and dependency; know the signs and trends.
- Talk with your child about the issue; be sure to do so when you are both calm; don't let emotions take over.
- Get them the help they need.

Positive parenting skills are a key factor in preventing drug abuse. **PARENTS CAN:**

- Strive to **develop good communication** skills with your children.
- **Encourage** your child to make positive choices, try new things, tackle difficult ones and build new friendships.
- **Negotiate solutions with your child**, help them develop communication skills, focus on solutions rather than problems and help them think through possible outcomes of behaviors.
- **Set limits** to teach self-control, responsibility, and provide safe boundaries.
- **Supervise your children;** When children are away from home it is important to know where they are and what they are doing. Clear rules should be set, consistent consequences and praise given when appropriate and parents should check in with their child to know what they are doing.
- **Know your children's friends.** Youth are influenced greatly by their friends. Teach your children about positive

COMMUNITIES AND GOVERNMENT

LOCAL GOVERNMENT OFFICIALS CAN adopt policies that limit smoking tobacco, vaping and marijuana in outdoor public spaces to discourage use and decrease second-hand smoke/vape exposure.

Island County Drug Abuse Resources

24/7 Prescription Drug Drop Off Bin for expired or unused medications: Oak Harbor Police Department

SEAMAR (Oak Harbor): 360-679-7676

Drug Overdose Washington State Poison Control:
800-222-1222

Alcohol & Drug 24-Hour Help Line: 877-345-8336

Narcotics Anonymous 24 Hour Helpline: 877-789-0819

Resource for Teens and Parents:

- www.drugfree.org
- Starttalkingnow.org
- <https://www.islandcountywa.gov/Health/AHC/Prevention/>

SCHOOLS

Schools can partner with local community groups to plan and implement prevention programs.

SCHOOL PROGRAMS CAN:

- Be implemented at key transition points, such as moving into middle or high school.
- Address the SPECIFIC drug abuse problems happening in their community.
- Reach different populations in various settings, such as schools, club, media, faith-organizations.³
- Provide adequate educational information about the risks of tobacco, vaping, marijuana and drugs.

1. Partnership for a Drug-Free America. (2013). *Time to Act!* Retrieved from The Partnership at Drugfree.org: <http://timetoact.drugfree.org/think-look-for-signs.html>

2. National Institute on Drug Abuse (n.d.). *Family Checkup; Positive Parenting Prevents Drug Abuse*. Retrieved from National Institute on Drug Abuse: <http://www.drugabuse.gov/sites/default/files/files/Familycheckupall.pdf>

3. National Institute on Drug Abuse (October 2003). *Preventing Drug Use among Children and Adolescents: A Research-Based Guide for Parents, Educators, and Community Leaders, 2nd ed.* http://www.drugabuse.gov/sites/default/files/preventingdruguse_2.pdf