

## Unintentional Injury for Thurston County

Year: 2023

Grade: 6

Sex: All

Number of Students Surveyed: 2,581

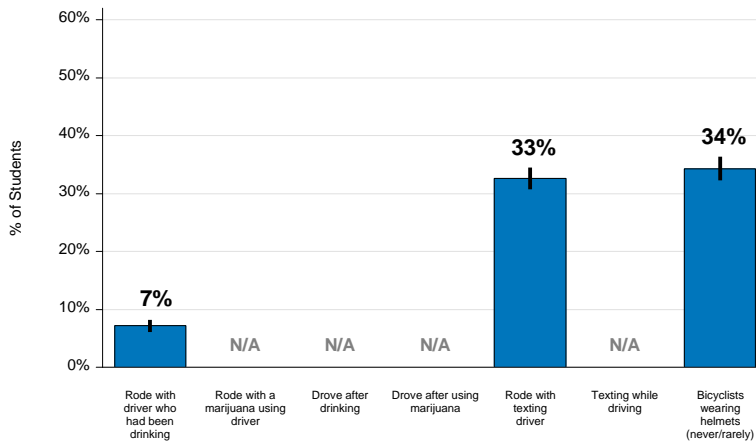
### Background:

- 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:

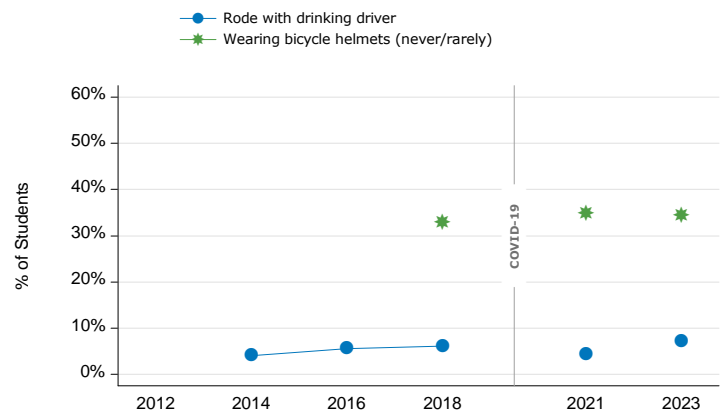
- Visit the Washington State Injury and Violence Prevention Website at: [www.doh.wa.gov/DataandStatisticalReports/InjuryViolenceandPoisoning](http://www.doh.wa.gov/DataandStatisticalReports/InjuryViolenceandPoisoning).

**Unintentional Injury  
Grade 6, 2023**



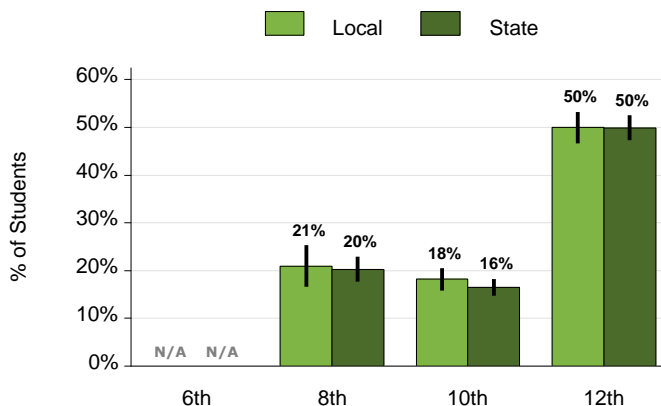
*In 2023, 7% of 6th graders in our county rode with a drinking driver.*

**Unintentional Injury 2012-2023  
Grade 6**



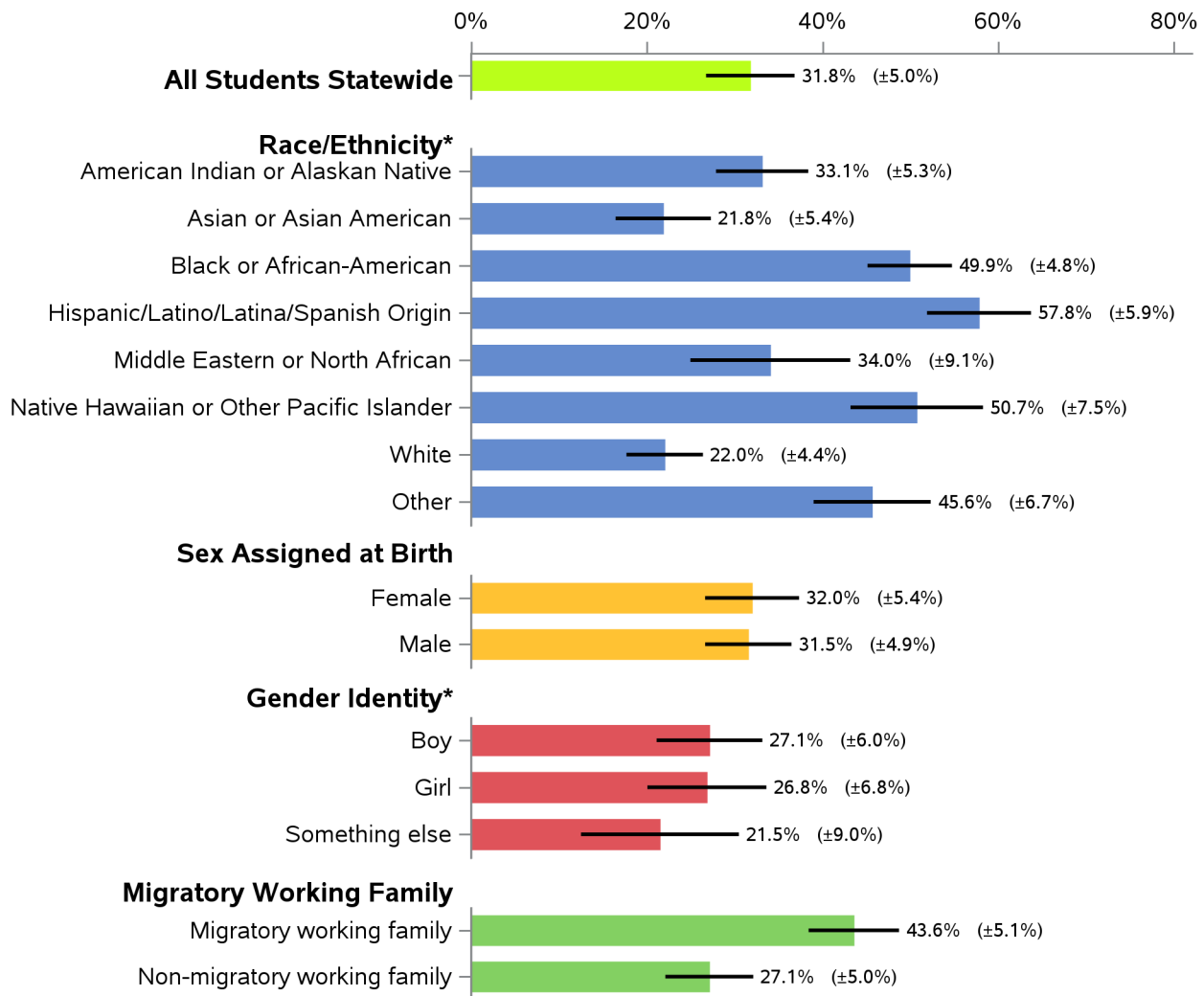
Prevalence	2012	2014	2016	2018	2021	2023
Rode with driver who had been drinking	S	4% ± 2 ▲	6% ± 1	6% ± 1	4% ± 1 ▼	7% ± 1 ▲
Wearing bicycle helmets (never/rarely)	S	N/S	N/S	33% ± 2	35% ± 2	34% ± 2

**Texting While Driving, among Those Who Drove  
Compared to the State, All Grades, 2023**



Prevalence	6th	8th	10th	12th
local	N/A	21% ± 4	18% ± 2	50% ± 3
state	N/A	20% ± 3	16% ± 2	50% ± 3

# Statewide Relationship between Bicyclists Never/Rarely Wearing Helmets and Demographics, Grade 6, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.



## Unintentional Injury for Thurston County

Year: 2023

Grade: 8

Sex: All

Number of Students Surveyed: 2,329

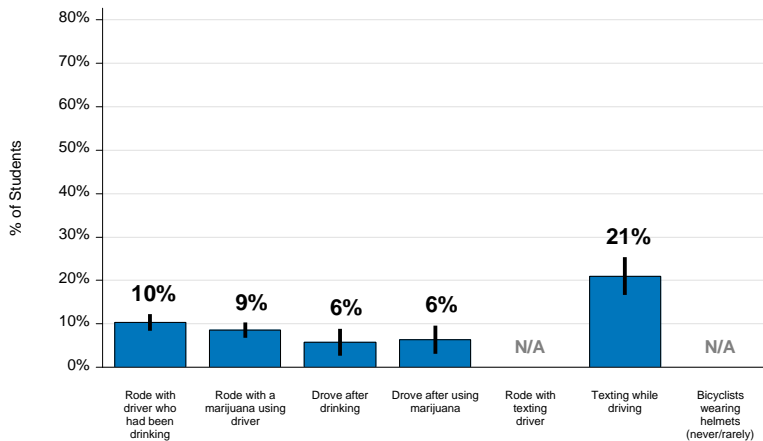
### Background:

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- 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:

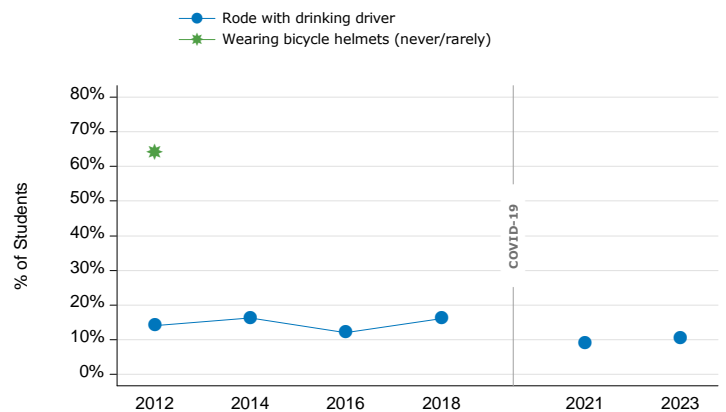
- Visit the Washington State Injury and Violence Prevention Website at: [www.doh.wa.gov/DataandStatisticalReports/InjuryViolenceandPoisoning](http://www.doh.wa.gov/DataandStatisticalReports/InjuryViolenceandPoisoning).

Unintentional Injury  
Grade 8, 2023



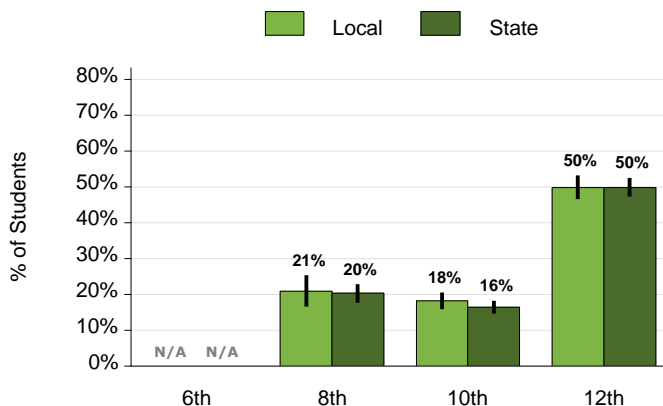
In 2023, 10% of 8th graders in our county rode with a drinking driver.

Unintentional Injury 2012-2023  
Grade 8



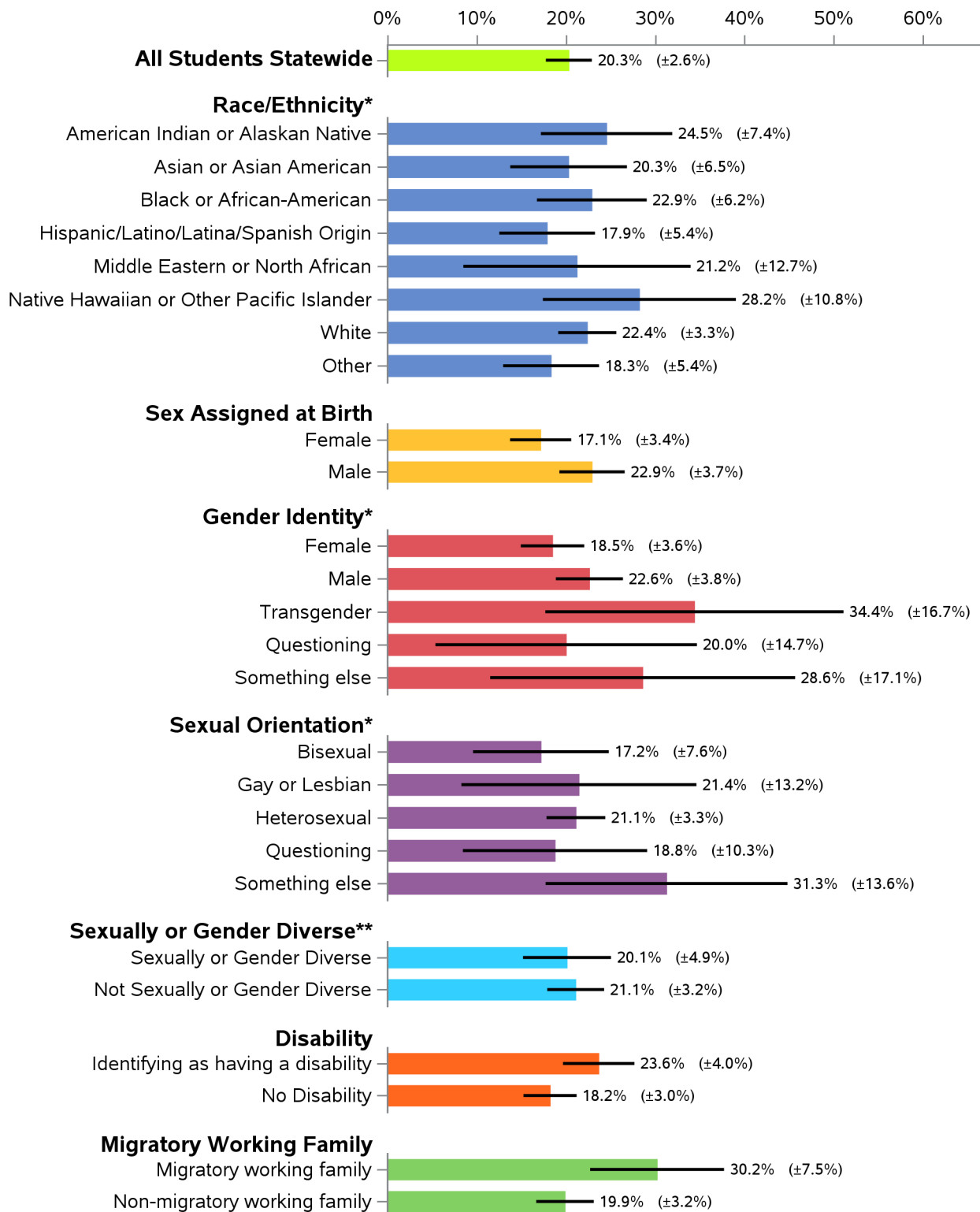
Prevalence	2012	2014	2016	2018	2021	2023
Rode with driver who had been drinking	14% ±2	16% ±2	12% ±2	16% ±2	9% ±2	10% ±2
Wearing bicycle helmets (never/rarely)	64% ±3	N/S	N/S	N/A	N/A	N/A

Texting While Driving, among Those Who Drove  
Compared to the State, All Grades, 2023



Prevalence	6th	8th	10th	12th
local	N/A	21% ±4	18% ±2	50% ±3
state	N/A	20% ±3	16% ±2	50% ±3

# Statewide Relationship between Texting While Driving (among those who drove) and Demographics, Grade 8, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

## Unintentional Injury for Thurston County

Year: 2023

Grade: 10

Sex: All

Number of Students Surveyed: 2,355

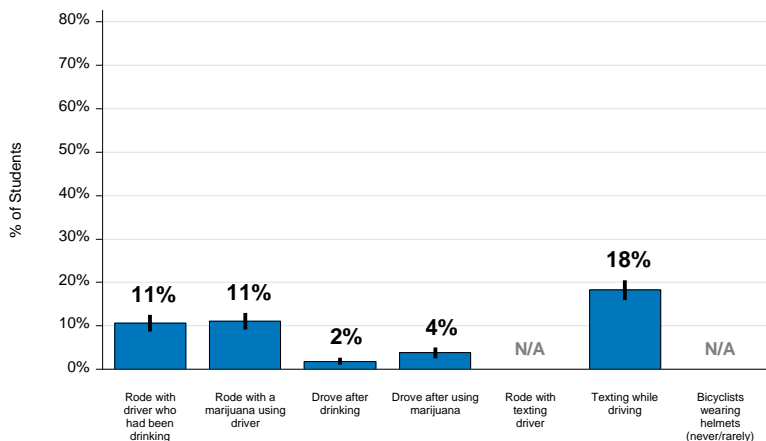
### Background:

- 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:

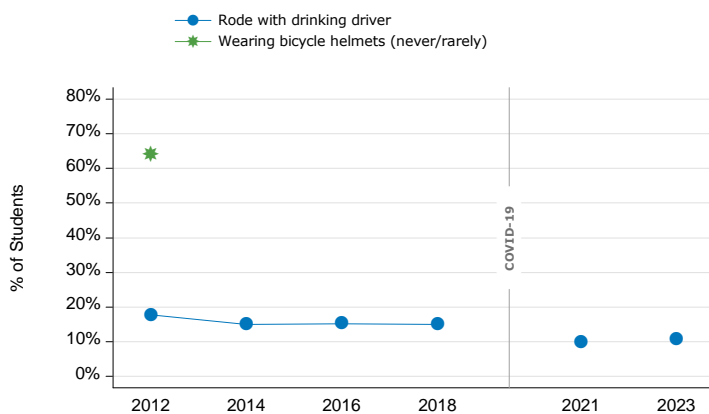
- Visit the Washington State Injury and Violence Prevention Website at: [www.doh.wa.gov/DataandStatisticalReports/InjuryViolenceandPoisoning](http://www.doh.wa.gov/DataandStatisticalReports/InjuryViolenceandPoisoning).

Unintentional Injury  
Grade 10, 2023



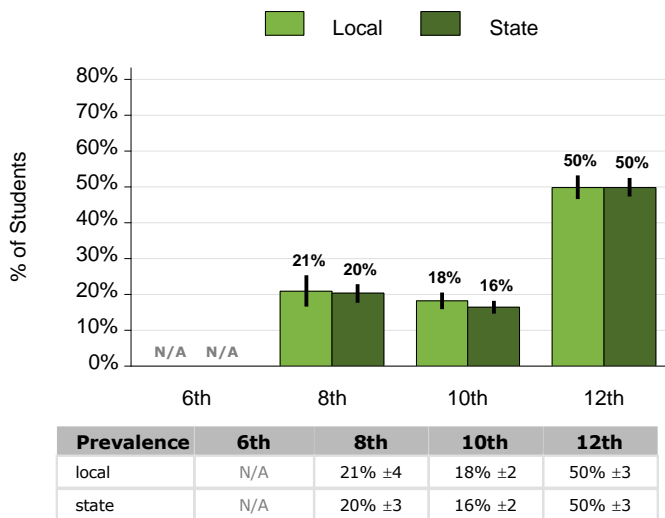
In 2023, 11% of 10th graders in our county rode with a drinking driver.

Unintentional Injury 2012-2023  
Grade 10



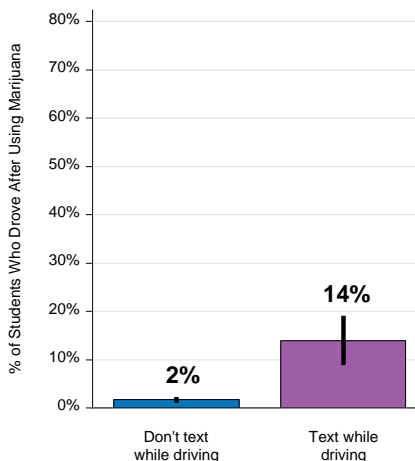
Prevalence	2012	2014	2016	2018	2021	2023
Rode with driver who had been drinking	18% ±2	15% ±2 ▼	15% ±2	15% ±2	10% ±2 ▼	11% ±2
Wearing bicycle helmets (never/rarely)	64% ±3	N/S	N/S	N/A	N/A	N/A

Texting While Driving, among Those Who Drove  
Compared to the State, All Grades, 2023



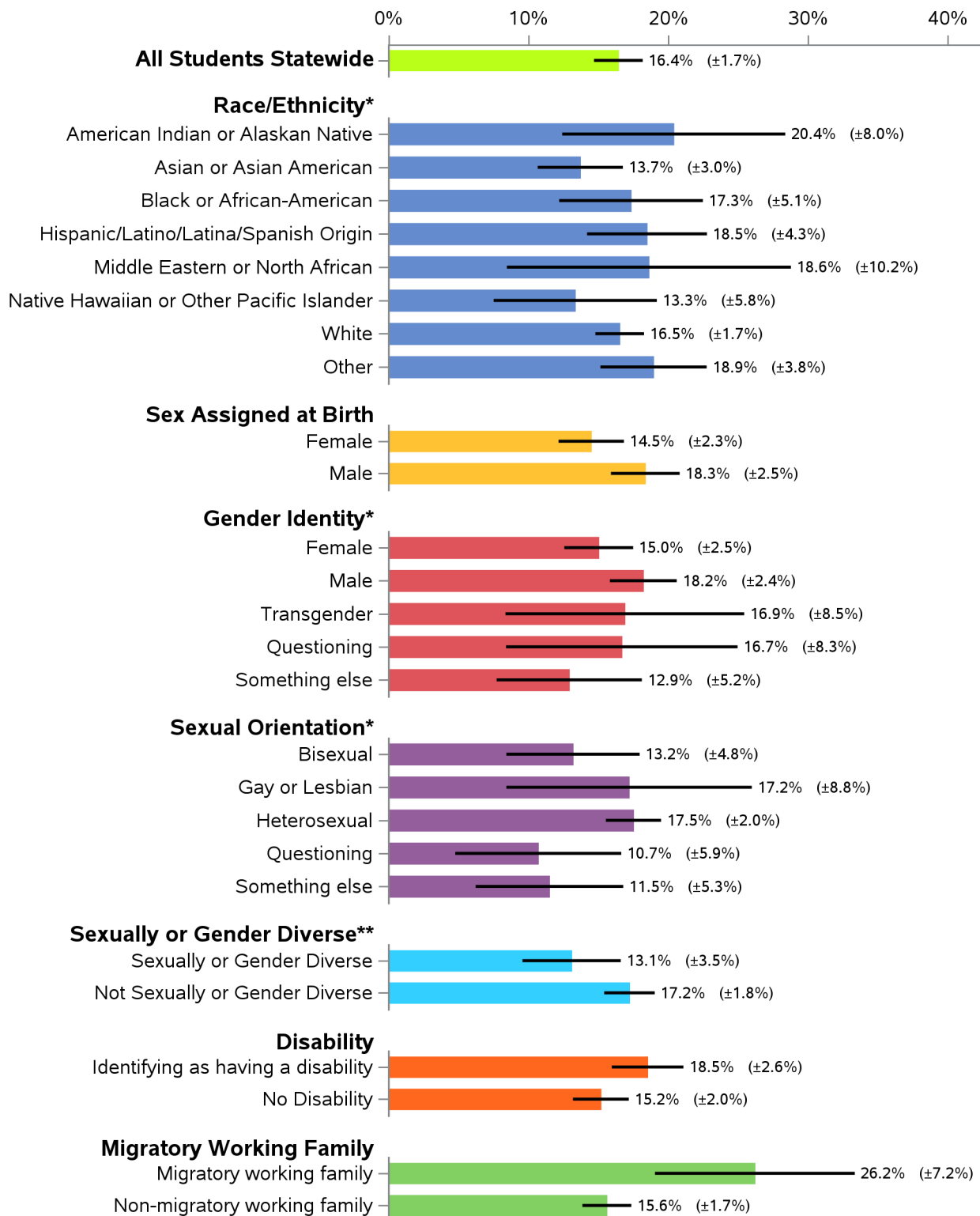
Prevalence	6th	8th	10th	12th
local	N/A	21% ±4	18% ±2	50% ±3
state	N/A	20% ±3	16% ±2	50% ±3

Statewide Relationship between  
Texting While Driving and  
Driving After Using Marijuana  
Grade 10, 2023



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.

# Statewide Relationship between Texting While Driving (among those who drove) and Demographics, Grade 10, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

## Unintentional Injury for Thurston County

Year: 2023

Grade: 12

Sex: All

Number of Students Surveyed: 1,341

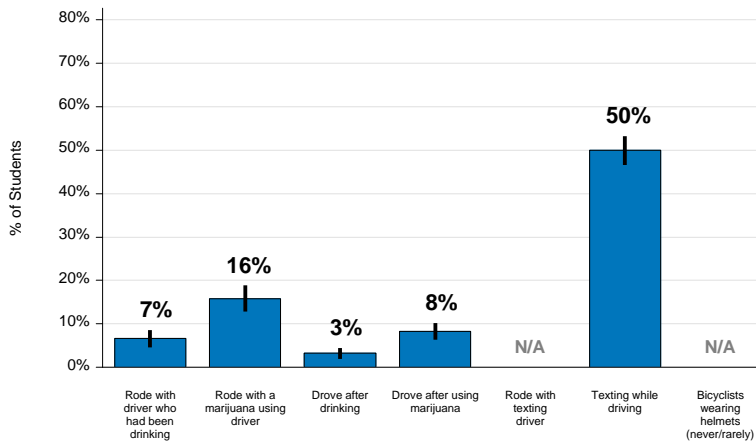
### Background:

- 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:

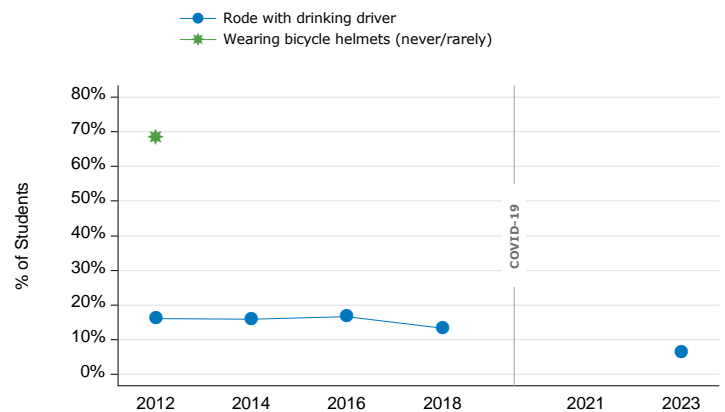
- Visit the Washington State Injury and Violence Prevention Website at: [www.doh.wa.gov/DataandStatisticalReports/InjuryViolenceandPoisoning](http://www.doh.wa.gov/DataandStatisticalReports/InjuryViolenceandPoisoning).

Unintentional Injury  
Grade 12, 2023



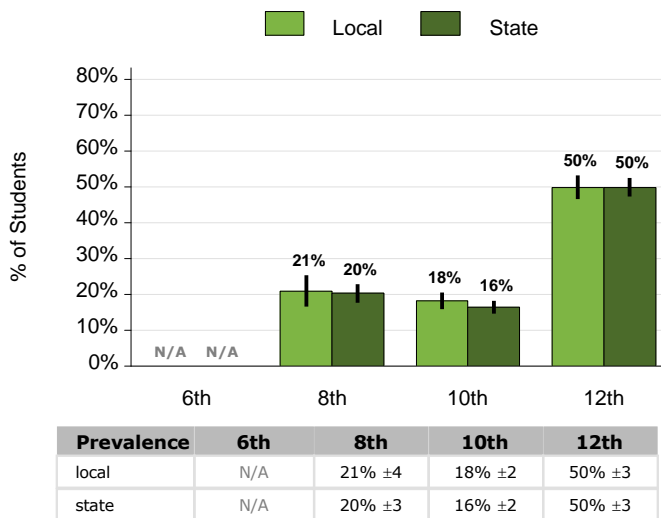
In 2023, 7% of 12th graders in our county rode with a drinking driver.

Unintentional Injury 2012-2023  
Grade 12



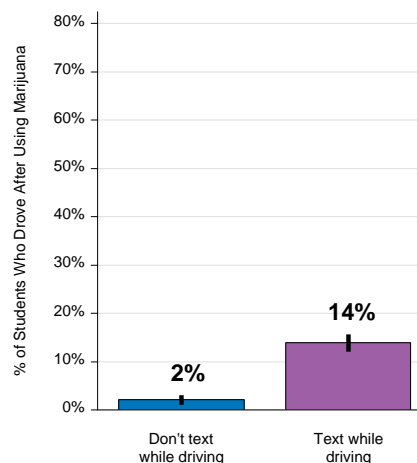
Prevalence	2012	2014	2016	2018	2021	2023
Rode with driver who had been drinking	16% ±2	16% ±2	17% ±3	13% ±2	S	7% ±2
Wearing bicycle helmets (never/rarely)	68% ±4	N/S	N/S	N/A	S	N/A

Texting While Driving, among Those Who Drove  
Compared to the State, All Grades, 2023



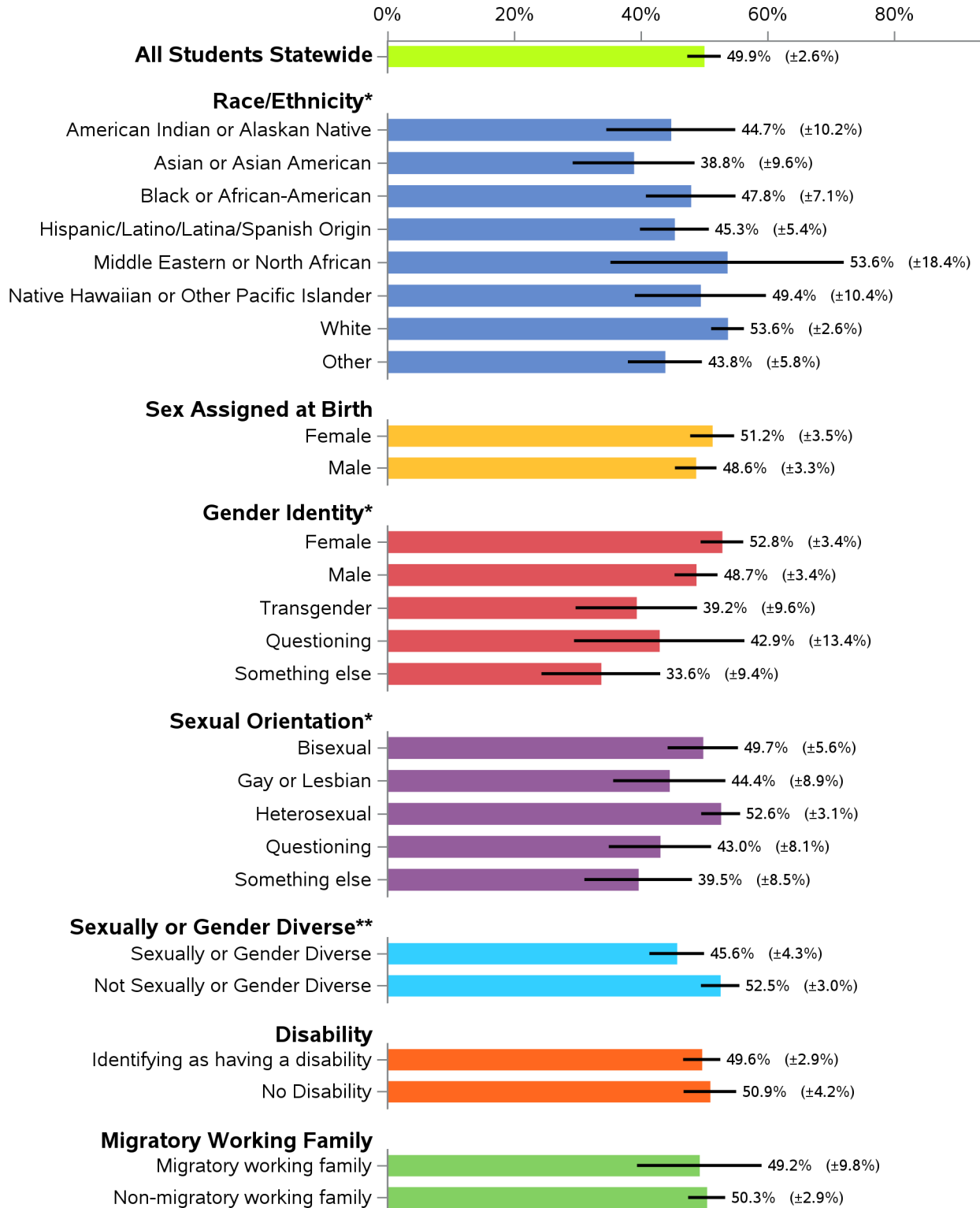
Prevalence	6th	8th	10th	12th
local	N/A	21% ±4	18% ±2	50% ±3
state	N/A	20% ±3	16% ±2	50% ±3

Statewide Relationship between  
Texting While Driving and  
Driving After Using Marijuana  
Grade 12, 2023



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.

# Statewide Relationship between Texting While Driving (among those who drove) and Demographics, Grade 12, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

Year: 2023

Grade: 6

Sex: All

Number of Students Surveyed: 2,581

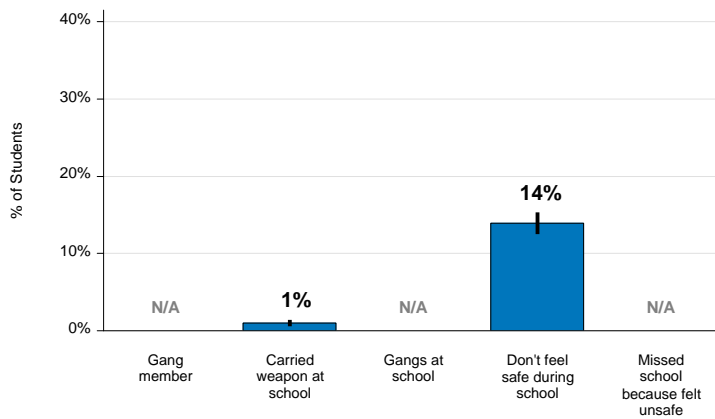
### Background:

- Feeling safe is vital for a positive school climate and learning environment. RCW 28A.320.125 requires all public school districts and public schools to have current school safety plans and procedures in place.

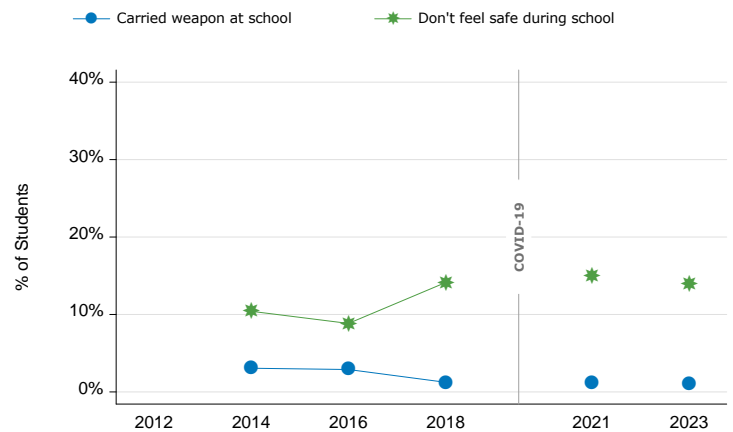
### For More Information:

- Office of Superintendent of Public Instruction (OSPI) School Safety Center: <https://www.k12.wa.us/student-success/health-safety/school-safety-center>
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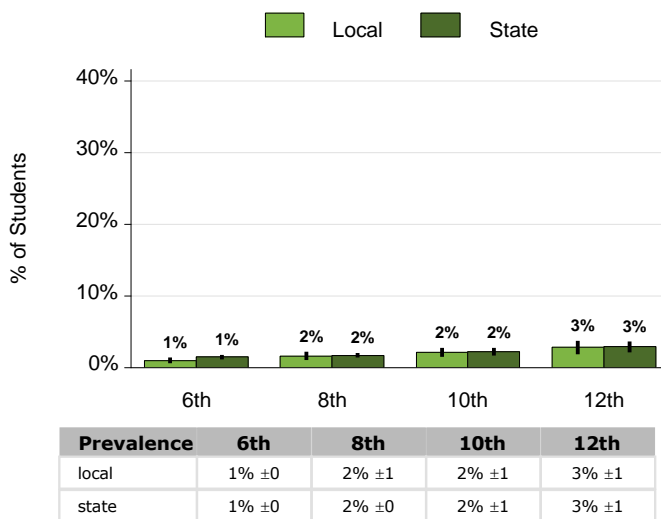
**Violent Behavior and School Safety  
Grade 6, 2023**



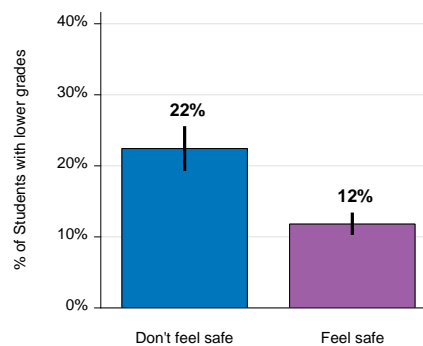
**Violent Behavior and School Safety 2012-2023, Grade 6**



**Carried a Weapon at School  
Compared to the State, All Grades, 2023**

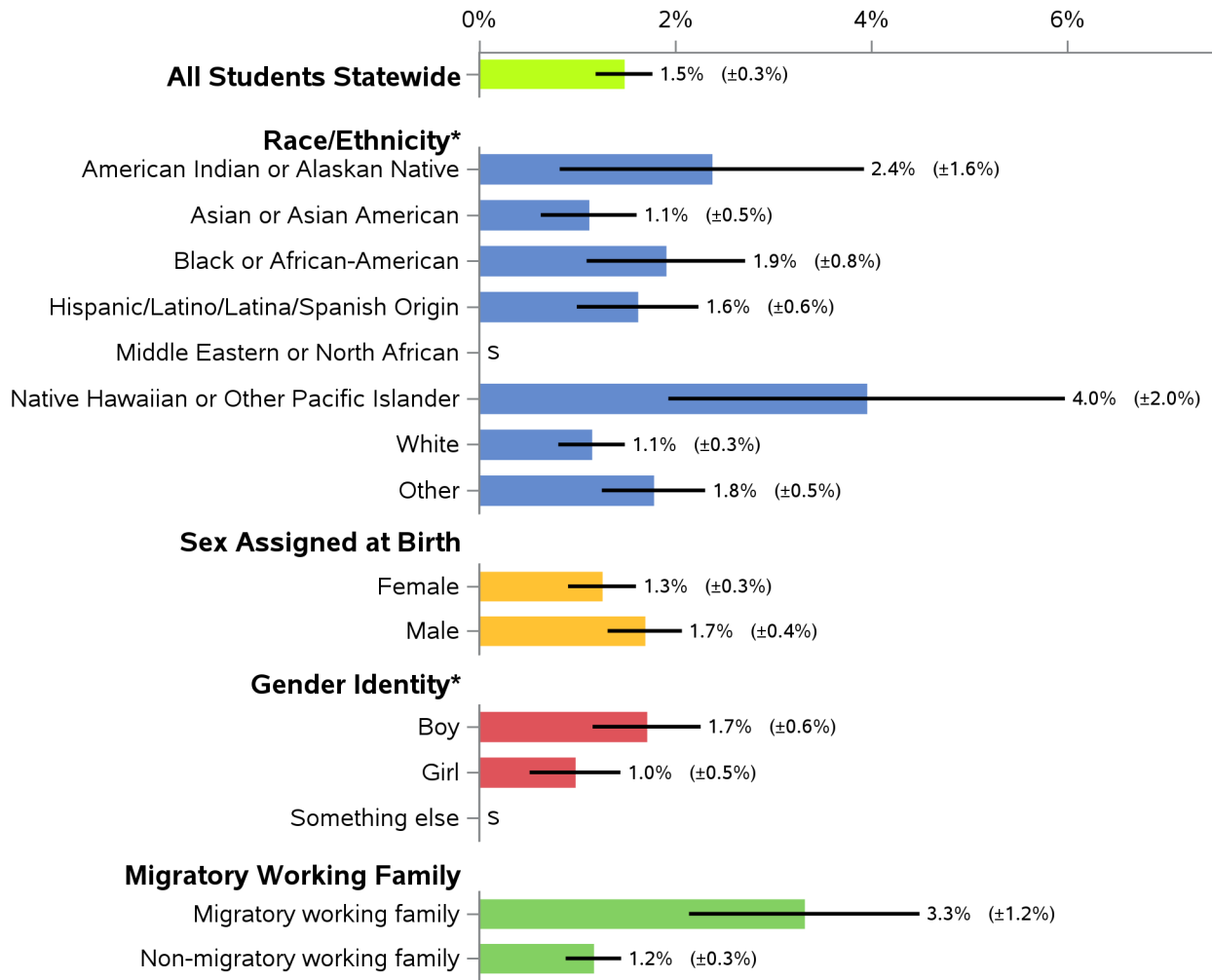


**Statewide Relationship between  
Lower Grades and  
Not Feeling Safe at School  
Grade 6, 2023**



Statewide, more 6th graders who don't feel safe during school report lower grades in school (C's, D's or F's) compared to those who feel safe.

# Statewide Relationship between Carrying a Weapon at School and Demographics, Grade 6, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

S - results are suppressed because less than 5 students answered this way



Year: 2023

Grade: 8

Sex: All

Number of Students Surveyed: 2,329

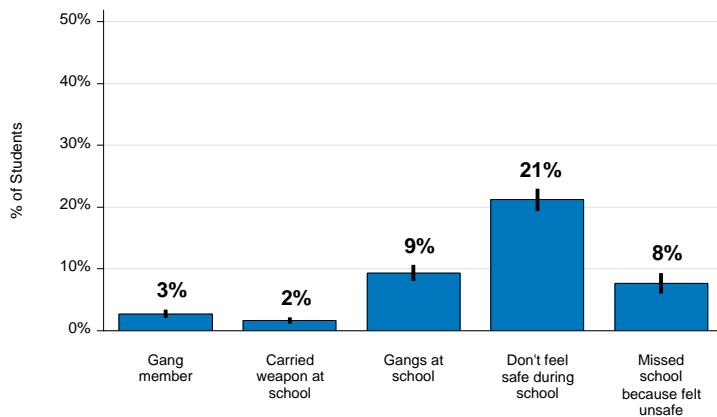
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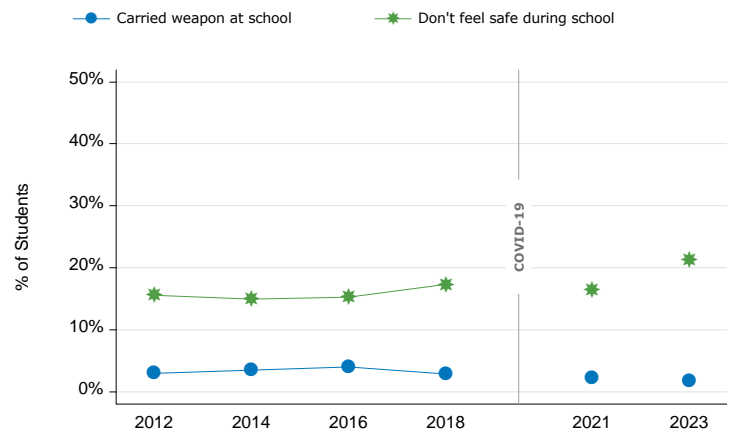
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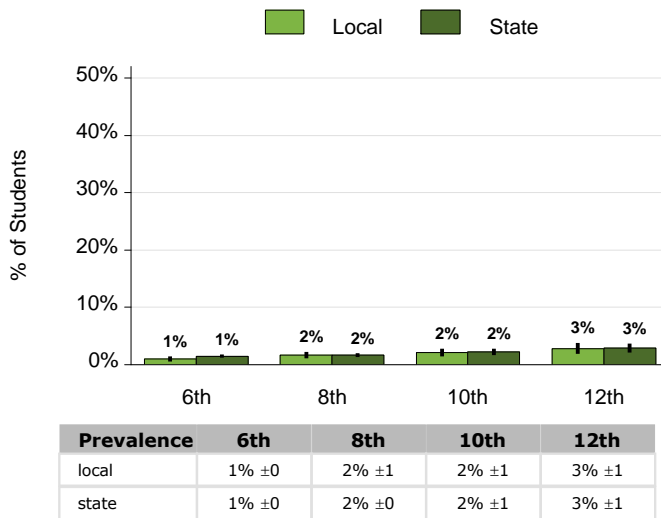
**Violent Behavior and School Safety  
Grade 8, 2023**



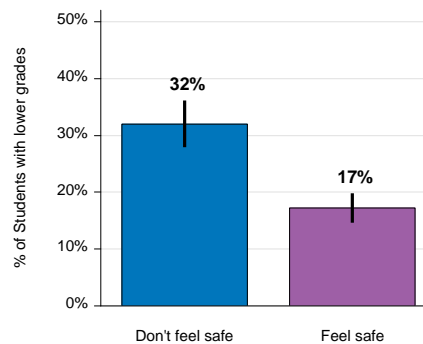
**Violent Behavior and School Safety 2012-2023, Grade 8**



**Carried a Weapon at School  
Compared to the State, All Grades, 2023**

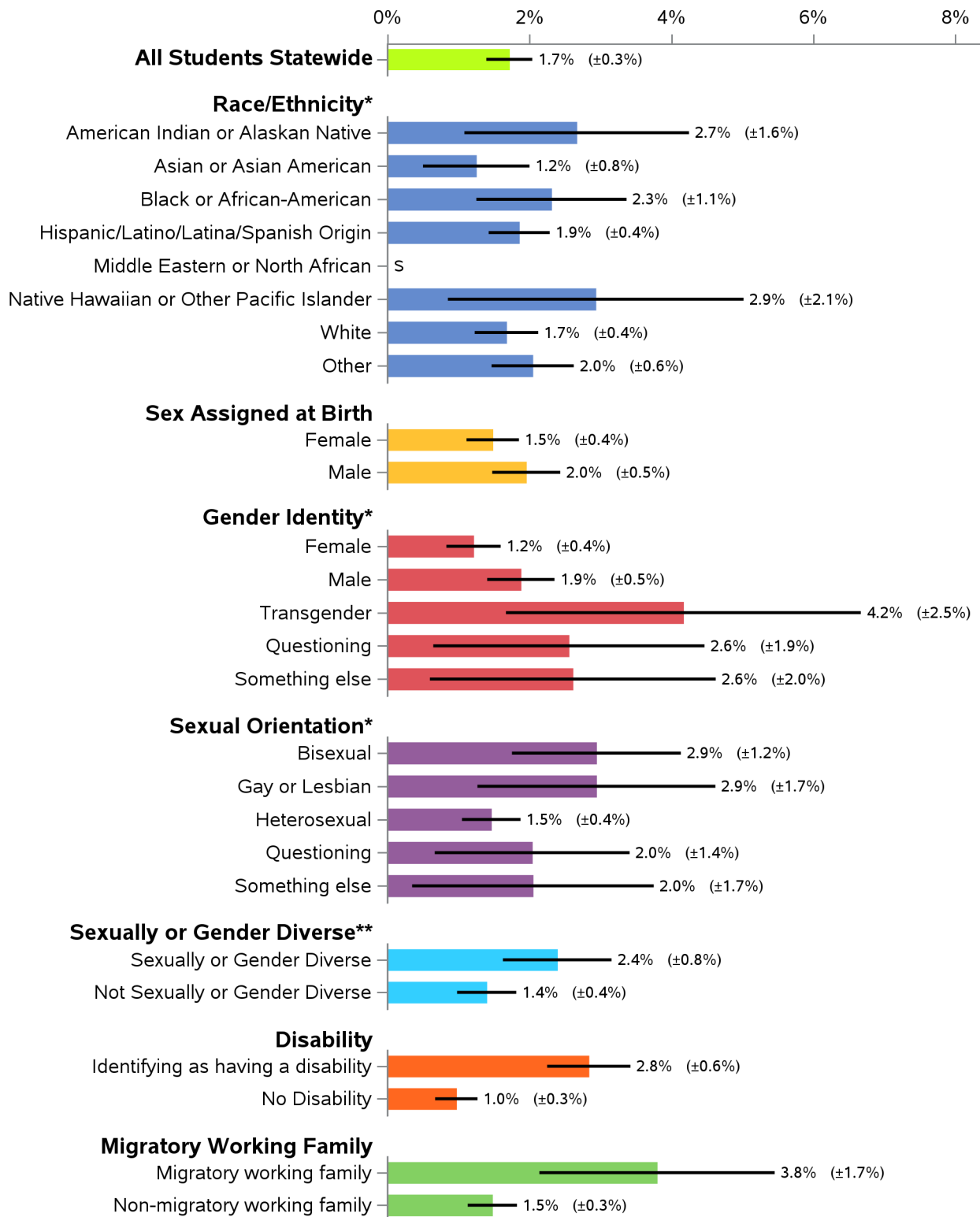


**Statewide Relationship between  
Lower Grades and  
Not Feeling Safe at School  
Grade 8, 2023**



Statewide, more 8th graders who don't feel safe during school report lower grades in school (C's, D's or F's) compared to those who feel safe.

# Statewide Relationship between Carrying a Weapon at School and Demographics, Grade 8, 2023



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Year: 2023

Grade: 10

Sex: All

Number of Students Surveyed: 2,355

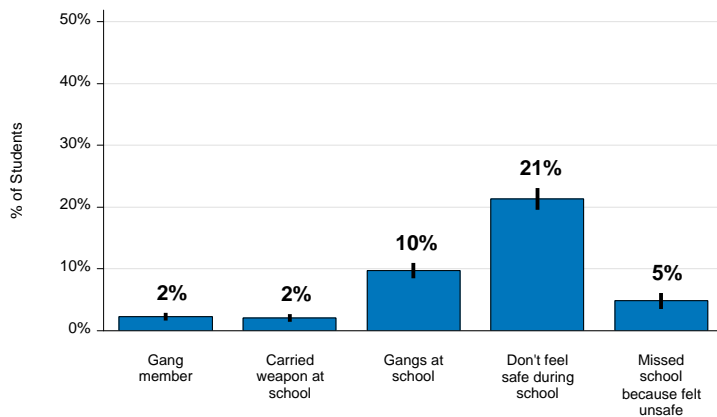
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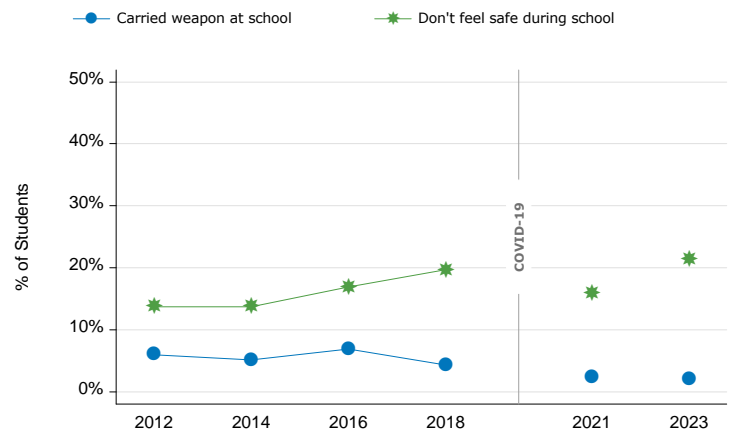
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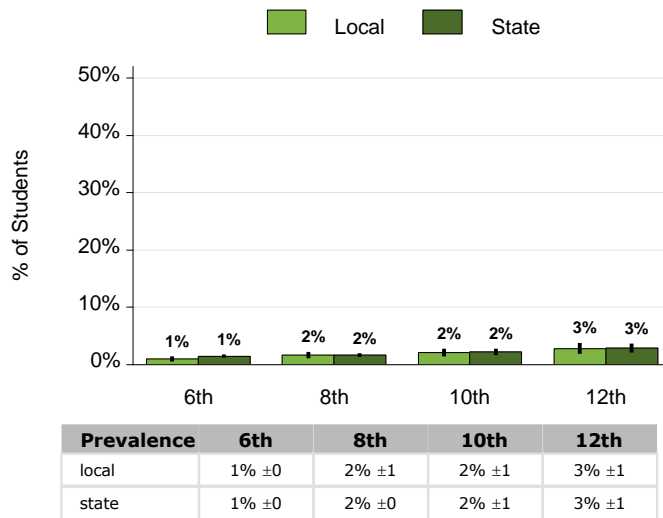
**Violent Behavior and School Safety  
Grade 10, 2023**



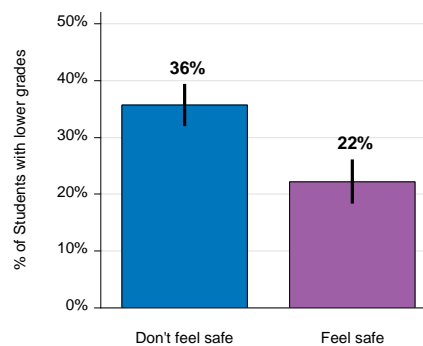
**Violent Behavior and School Safety 2012-2023, Grade 10**



**Carried a Weapon at School  
Compared to the State, All Grades, 2023**

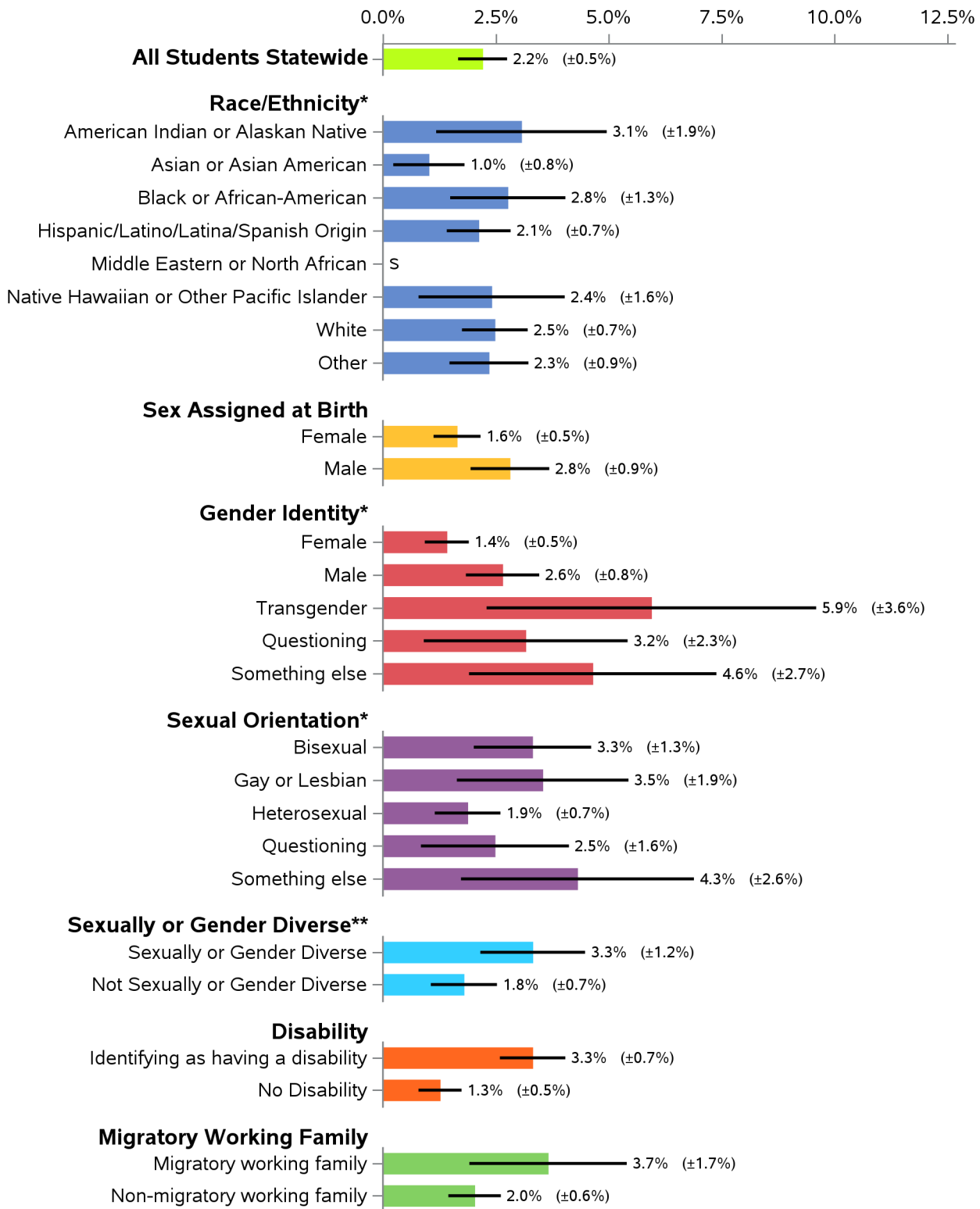


**Statewide Relationship between  
Lower Grades and  
Not Feeling Safe at School  
Grade 10, 2023**



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

# Statewide Relationship between Carrying a Weapon at School and Demographics, Grade 10, 2023



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Year: 2023

Grade: 12

Sex: All

Number of Students Surveyed: 1,341

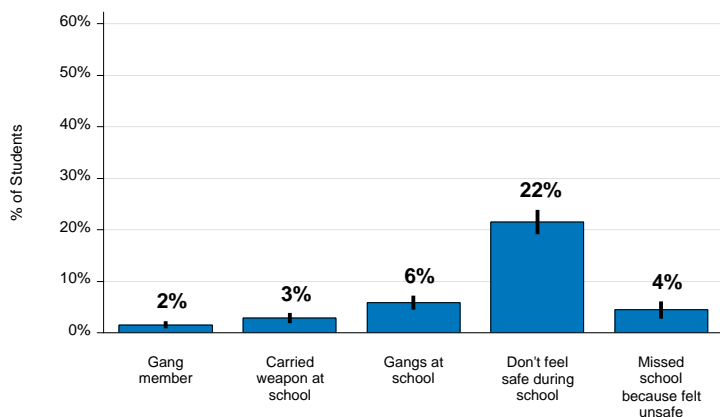
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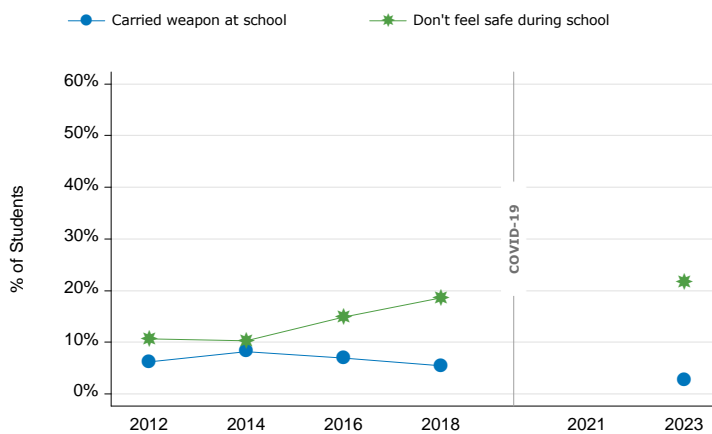
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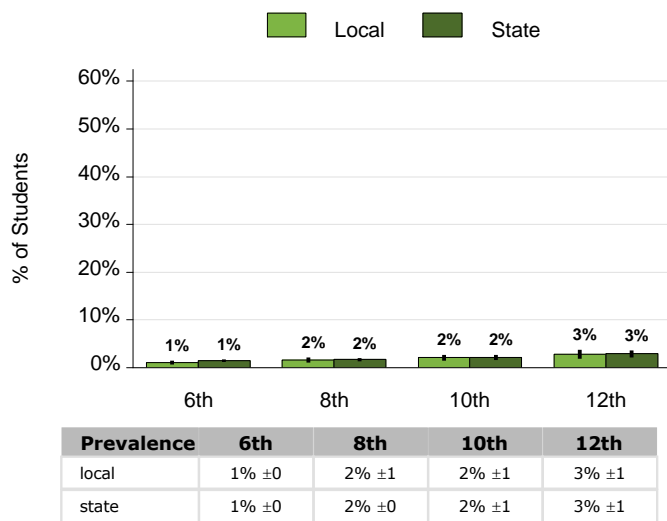
**Violent Behavior and School Safety  
Grade 12, 2023**



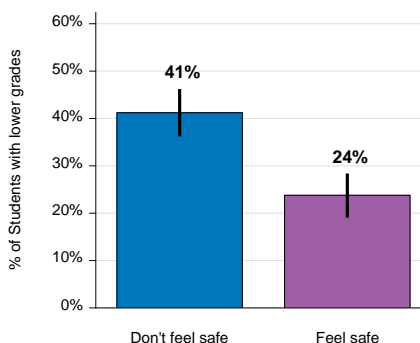
**Violent Behavior and School Safety 2012-2023, Grade 12**



**Carried a Weapon at School  
Compared to the State, All Grades, 2023**

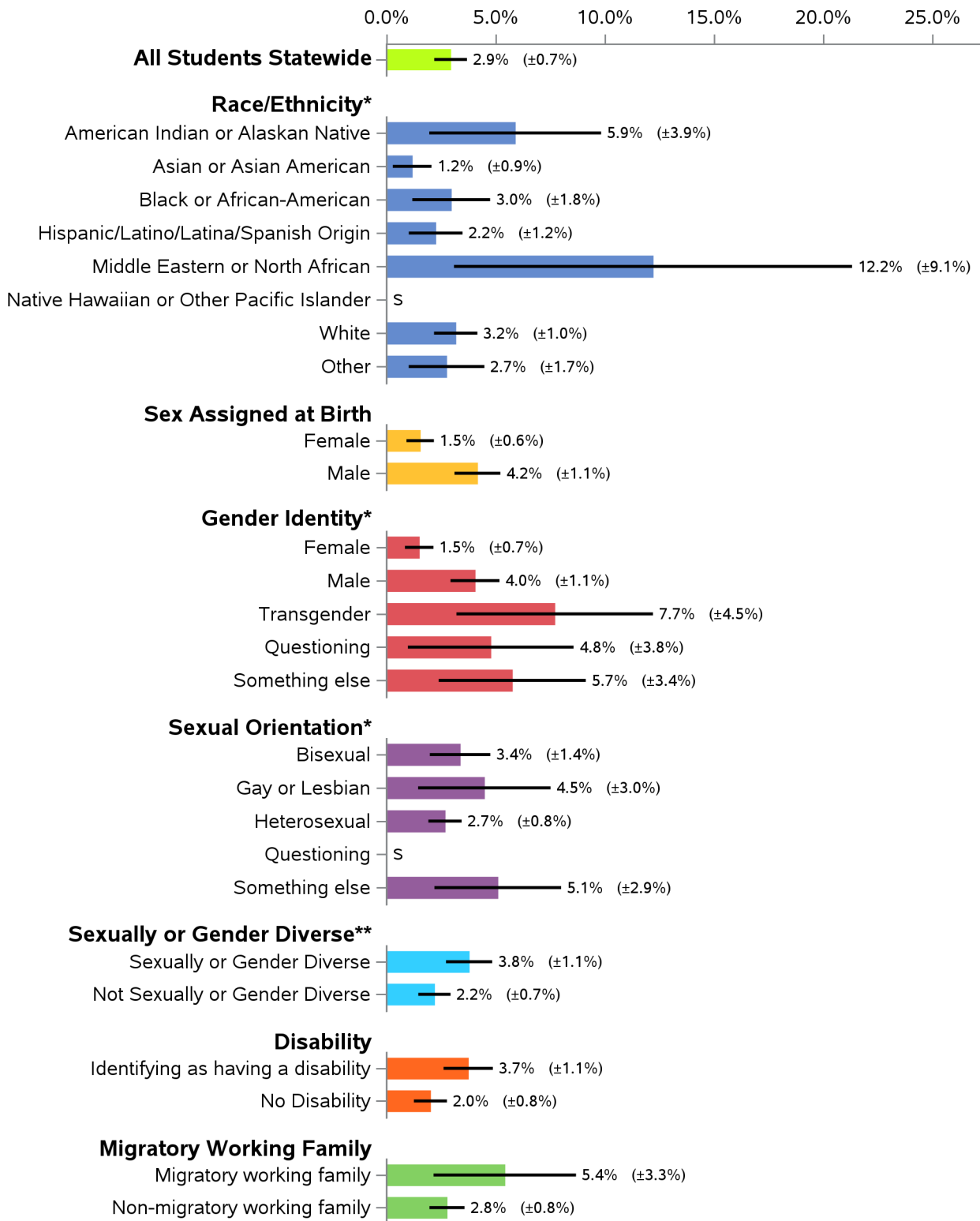


**Statewide Relationship between  
Lower Grades and  
Not Feeling Safe at School  
Grade 12, 2023**



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

# Statewide Relationship between Carrying a Weapon at School and Demographics, Grade 12, 2023



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S - results are suppressed because less than 5 students answered this way

Year: 2023

Grade: 6

Sex: All

Number of Students Surveyed: 2,581

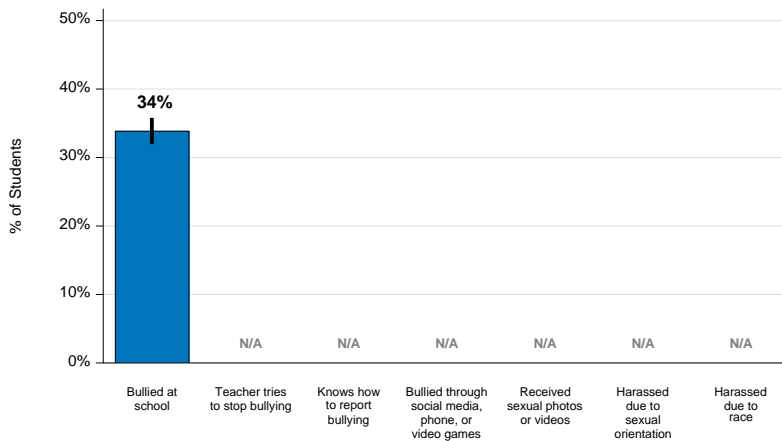
### Background:

- Bullying in this survey 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.

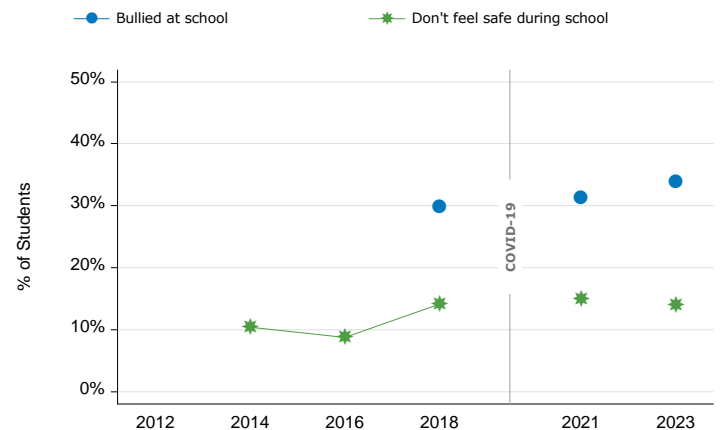
### For More Information:

- Visit the Office of Superintendent of Public Instruction (OSPI) School Safety Center website at: <https://www.k12.wa.us/student-success/health-safety/school-safety-center>

**Bullying and Harassment  
Grade 6, 2023**

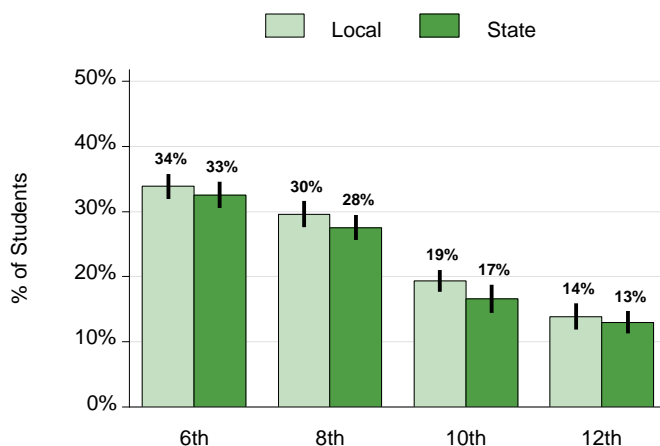


**Bullying and Harassment 2012-2023, Grade 6**



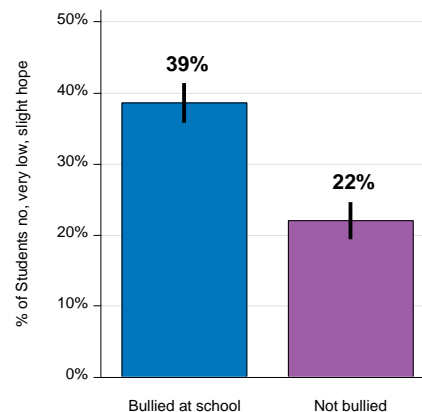
Prevalence	2012	2014	2016	2018	2021	2023
Bullied at school	S	N/S	N/S	30% ± 2	31% ± 2	34% ± 2
Don't feel safe during school	S	10% ± 4	9% ± 2	14% ± 1	15% ± 1	14% ± 1

**Bullied in Past Month  
Compared to the State/All Grades, 2023**



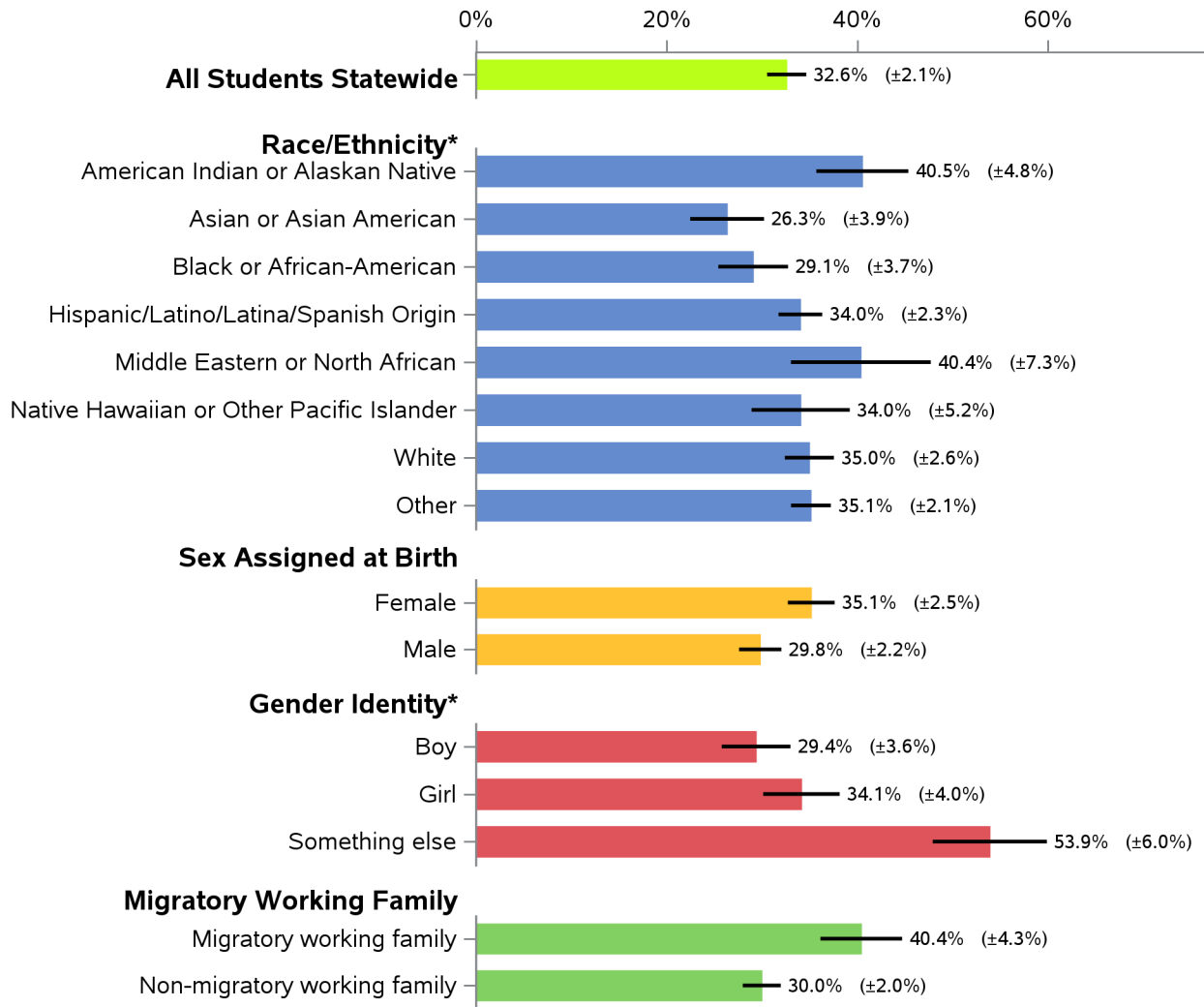
Prevalence	6th	8th	10th	12th
Local	34% ± 2	30% ± 2	19% ± 2	14% ± 2
State	33% ± 2	28% ± 2	17% ± 2	13% ± 2

**Statewide Relationship between  
No, Very Low, or Slight Hope and Bullying  
Grade 6, 2023**



*Statewide, more 6th graders who are bullied at school report having no, very low, or slight hope compared to those who aren't bullied.*

## Statewide Relationship between Bullied in Past Month and Demographics, Grade 6, 2023



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Year: 2023

Grade: 8

Sex: All

Number of Students Surveyed: 2,329

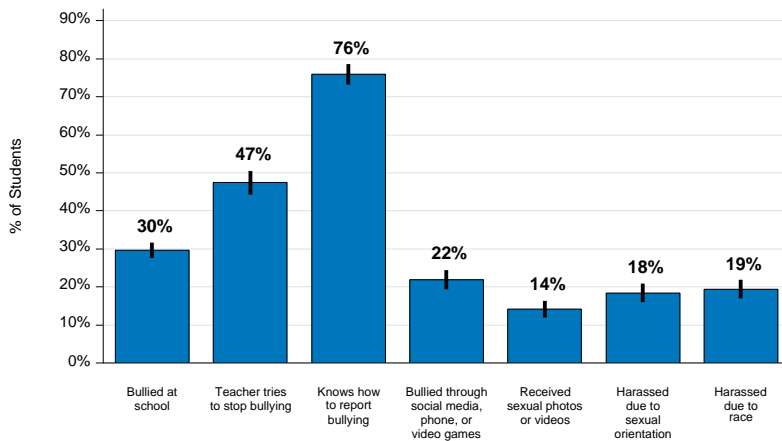
### Background:

- Bullying in this survey 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.

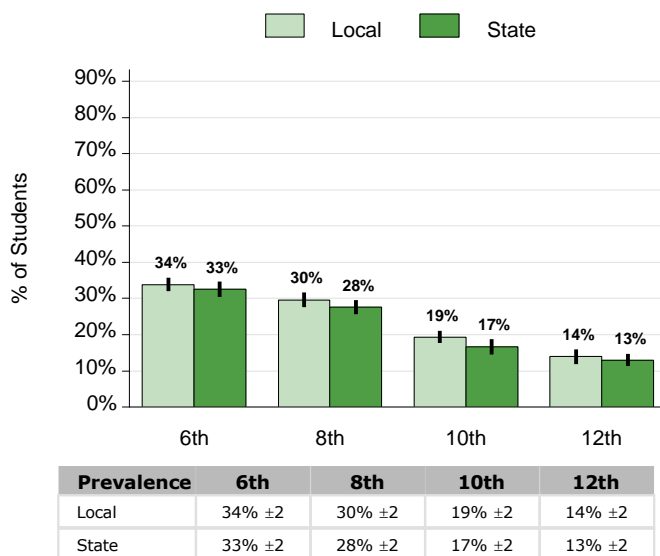
### For More Information:

- Visit the Office of Superintendent of Public Instruction (OSPI) School Safety Center website at: <https://www.k12.wa.us/student-success/health-safety/school-safety-center>

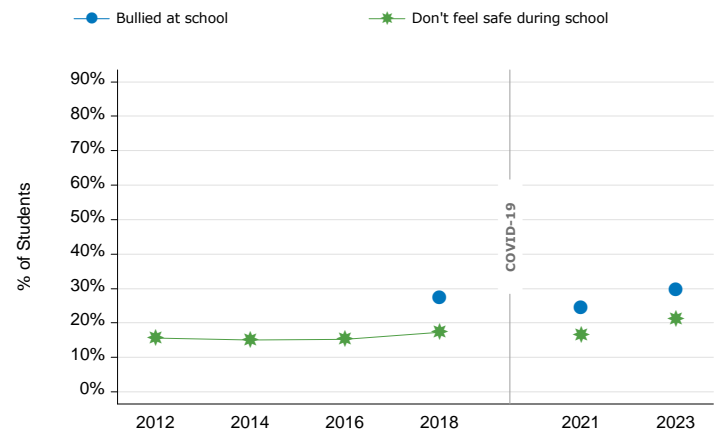
**Bullying and Harassment  
Grade 8, 2023**



**Bullied in Past Month  
Compared to the State/All Grades, 2023**

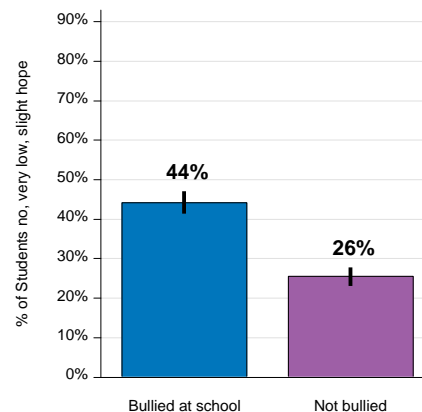


**Bullying and Harassment 2012-2023, Grade 8**



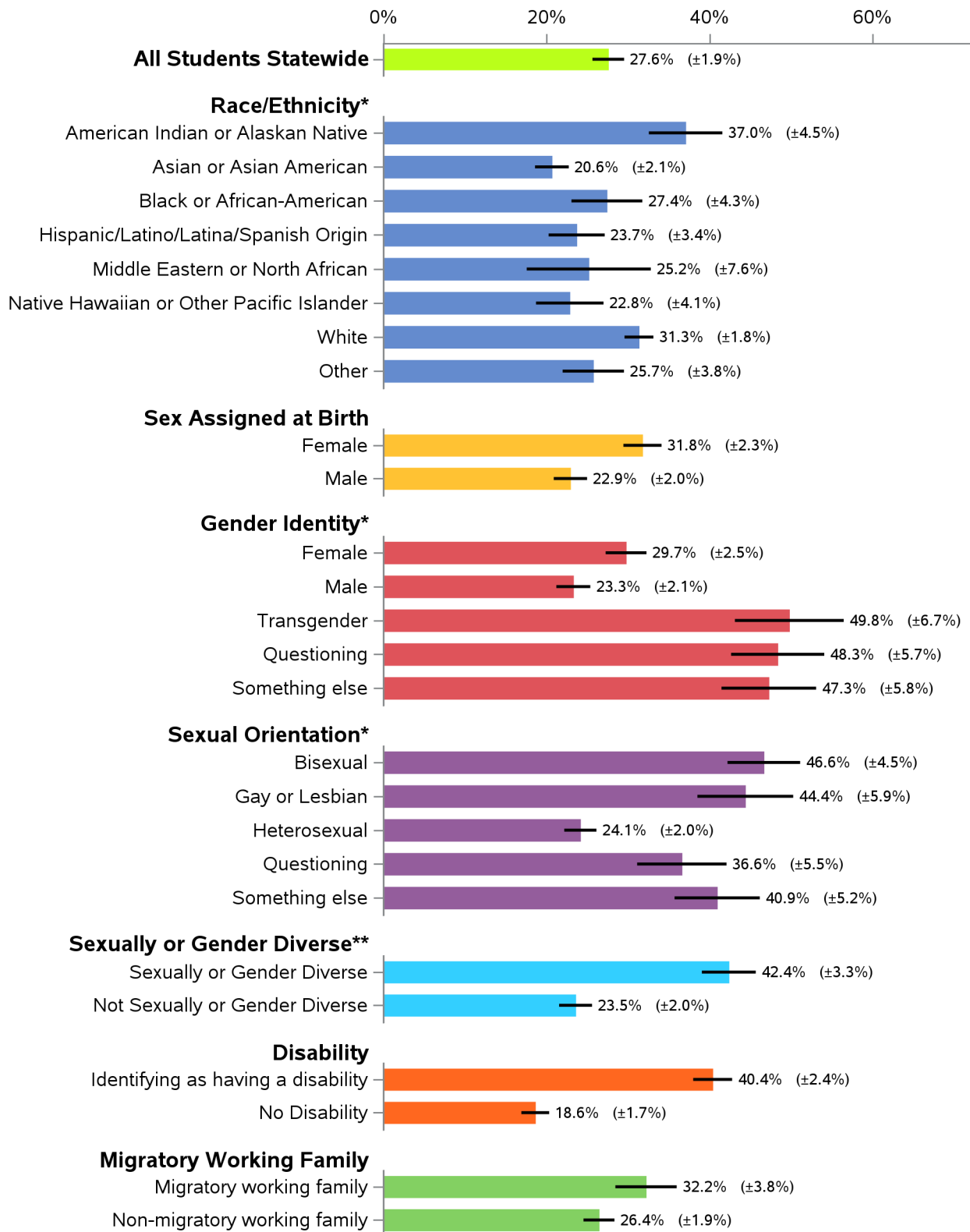
Prevalence	2012	2014	2016	2018	2021	2023
Bullied at school	N/S	N/S	N/S	27% ±2	24% ±2 ▼	30% ±2 ▲
Don't feel safe during school	16% ±2	15% ±1	15% ±1	17% ±2	16% ±2	21% ±2 ▲

**Statewide Relationship between  
No, Very Low, or Slight Hope and Bullying  
Grade 8, 2023**



*Statewide, more 8th graders who are bullied at school report having no, very low, or slight hope compared to those who aren't bullied.*

## Statewide Relationship between Bullied in Past Month and Demographics, Grade 8, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

Year: 2023

Grade: 10

Sex: All

Number of Students Surveyed: 2,355

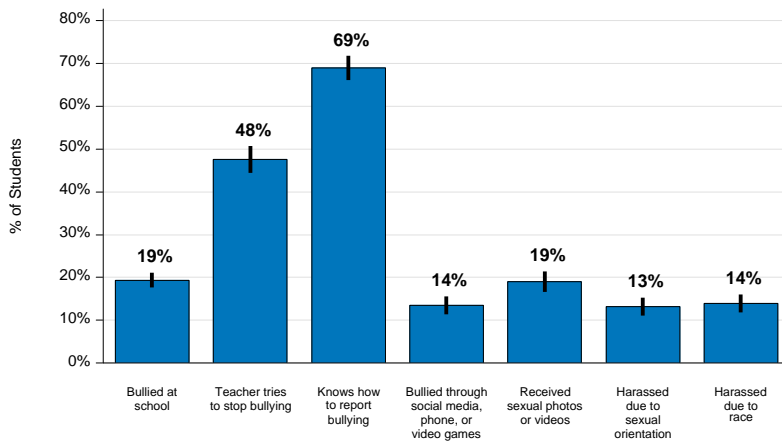
### Background:

- Bullying in this survey 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.

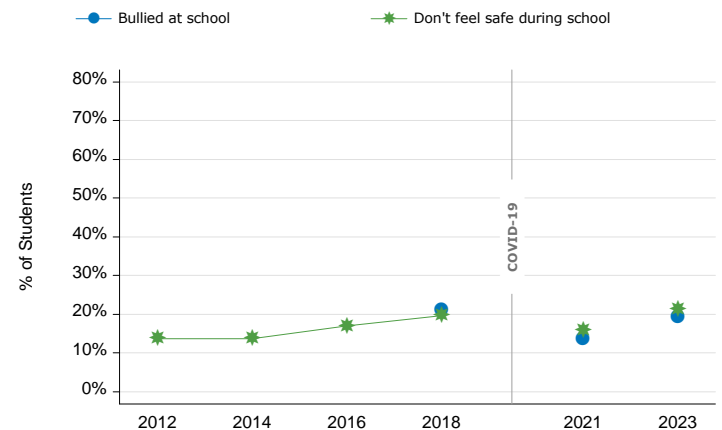
### For More Information:

- Visit the Office of Superintendent of Public Instruction (OSPI) School Safety Center website at: <https://www.k12.wa.us/student-success/health-safety/school-safety-center>

**Bullying and Harassment  
Grade 10, 2023**

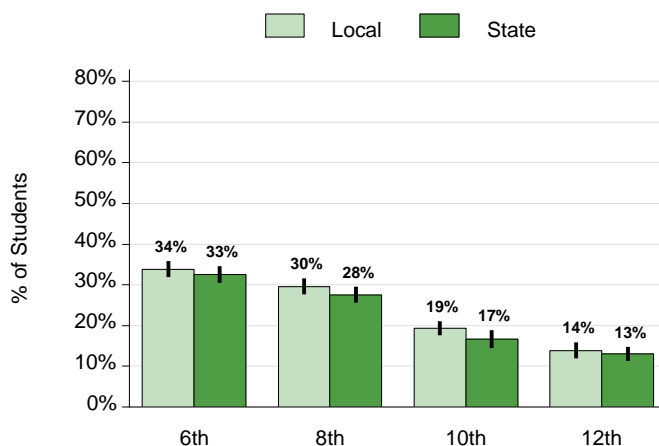


**Bullying and Harassment 2012-2023, Grade 10**



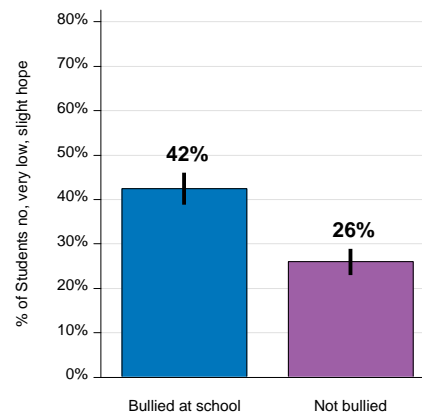
Prevalence	2012	2014	2016	2018	2021	2023
Bullied at school	N/S	N/S	N/S	21% ±2	14% ±2▼	19% ±2▲
Don't feel safe during school	14% ±1	14% ±1	17% ±2▲	20% ±2▲	16% ±2▼	21% ±2▲

**Bullied in Past Month  
Compared to the State/All Grades, 2023**



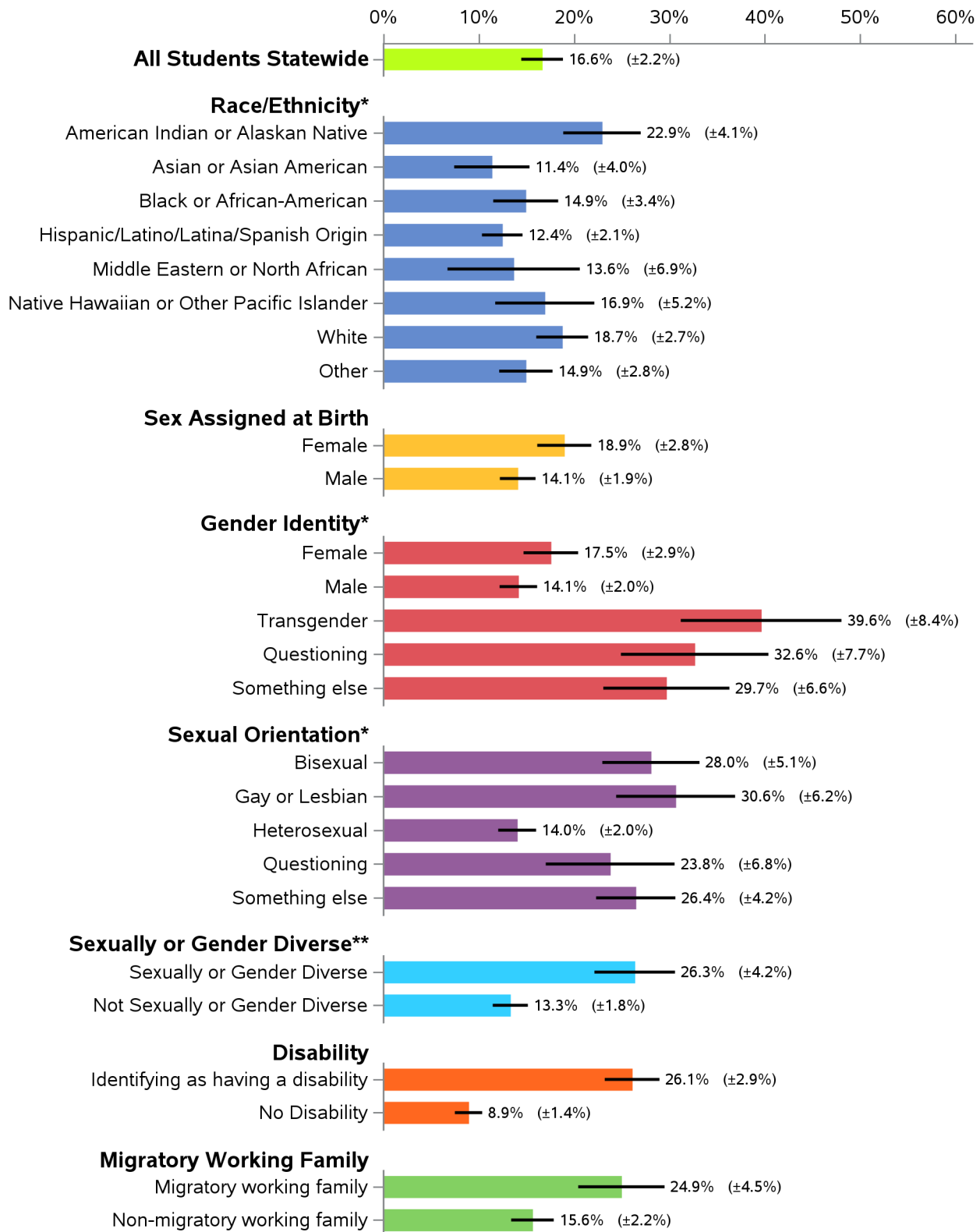
Prevalence	6th	8th	10th	12th
Local	34% ±2	30% ±2	19% ±2	14% ±2
State	33% ±2	28% ±2	17% ±2	13% ±2

**Statewide Relationship between  
No, Very Low, or Slight Hope and Bullying  
Grade 10, 2023**



*Statewide, more 10th graders who are bullied at school report having no, very low, or slight hope compared to those who aren't bullied.*

## Statewide Relationship between Bullied in Past Month and Demographics, Grade 10, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

Year: 2023

Grade: 12

Sex: All

Number of Students Surveyed: 1,341

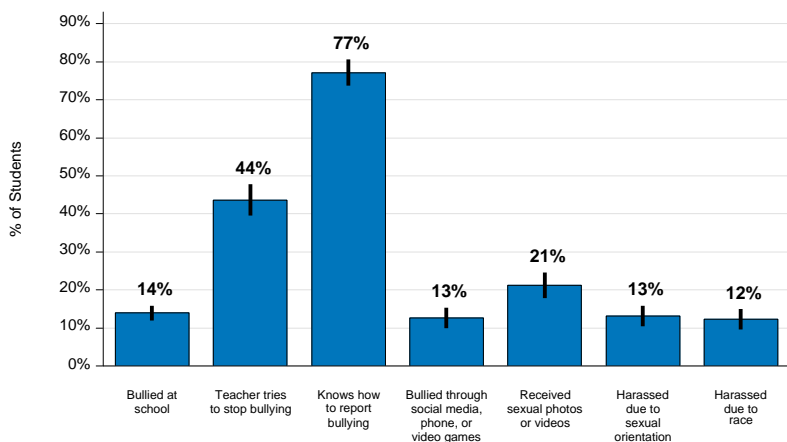
### Background:

- Bullying in this survey 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.

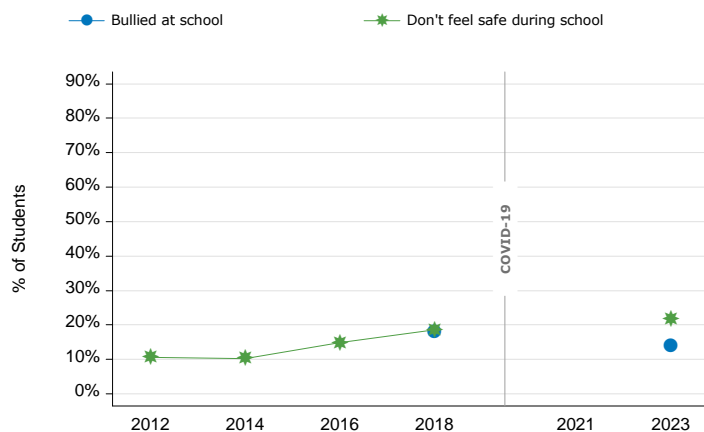
### For More Information:

- Visit the Office of Superintendent of Public Instruction (OSPI) School Safety Center website at: <https://www.k12.wa.us/student-success/health-safety/school-safety-center>

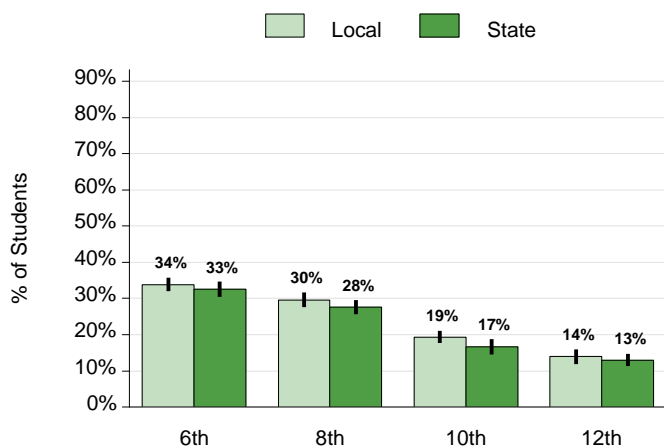
**Bullying and Harassment  
Grade 12, 2023**



**Bullying and Harassment 2012-2023, Grade 12**

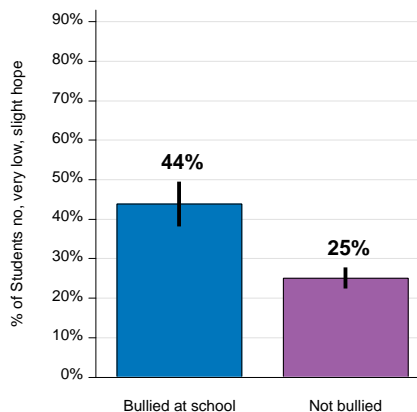


**Bullied in Past Month  
Compared to the State/All Grades, 2023**



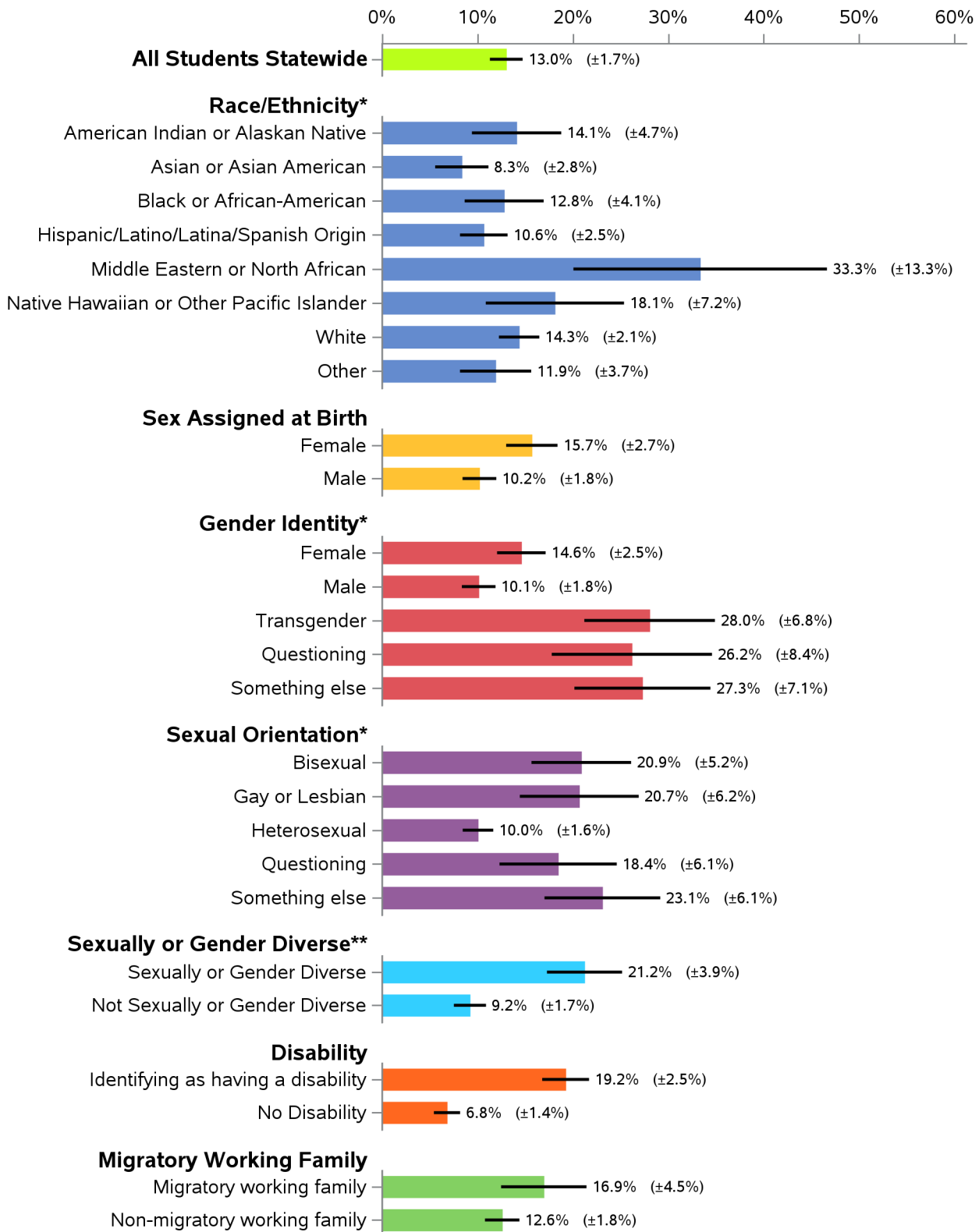
Prevalence	6th	8th	10th	12th
Local	34% ±2	30% ±2	19% ±2	14% ±2
State	33% ±2	28% ±2	17% ±2	13% ±2

**Statewide Relationship between  
No, Very Low, or Slight Hope and Bullying  
Grade 12, 2023**



*Statewide, more 12th graders who are bullied at school report having no, very low, or slight hope compared to those who aren't bullied.*

## Statewide Relationship between Bullied in Past Month and Demographics, Grade 12, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

Year: 2023

Grade: 6

Sex: All

Number of Students Surveyed: 2,581

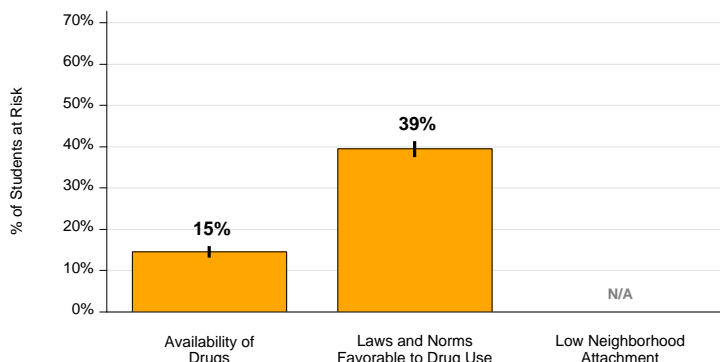
### Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance use and misuse. They identified risk factors that predict youth substance use, and protective factors that can protect prevent youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection. Additional details are available here: [Risk and Protective Factors on HYS](#)
- 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.

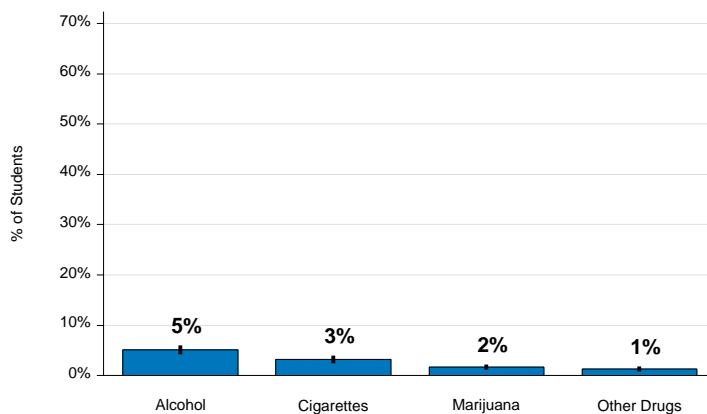
### For More Information:

- 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 <http://adaiclearinghouse.net> or call (206) 221-8325.
- For prevention tips and other online resources visit <https://focusonyouwa.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).

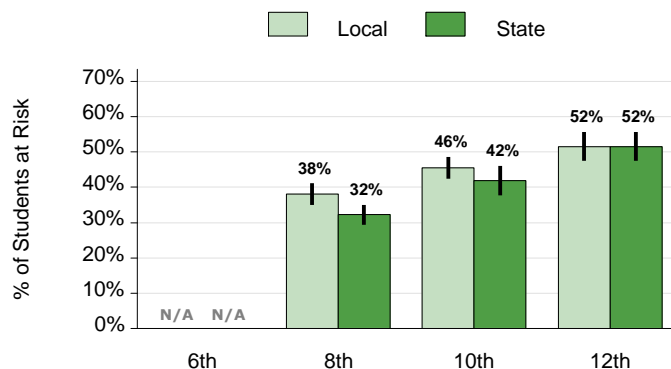
**Risk Factors: Availability of Drugs and Laws and Norms Favorable to Drug Use and Low Neighborhood Attachment**  
Grade 6, 2023



**Substances Perceived as "Very Easy" to Get**  
Grade 6, 2023

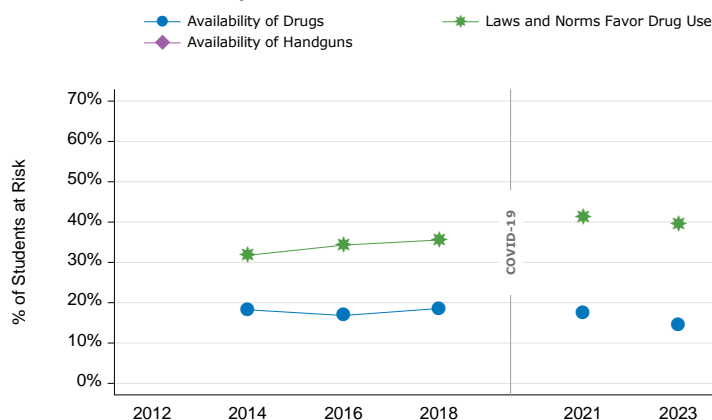


**Risk Factor: Low Neighborhood Attachment**  
All Grades, 2023



Prevalence	6th	8th	10th	12th
Local	N/A	38% ±3	46% ±3	52% ±4
State	N/A	32% ±3	42% ±4	52% ±4

**Community Risk Factors 2012-2023, Grade 6**



Prevalence	2012	2014	2016	2018	2021	2023
Availability of Drugs	S	18% ±3	17% ±2	19% ±2	17% ±2	15% ±1
Laws and Norms Favorable to Drug Use	S	32% ±3	34% ±3	36% ±2	41% ±2	39% ±2
Availability of Handguns	S	N/S	N/S	N/A	N/A	N/A

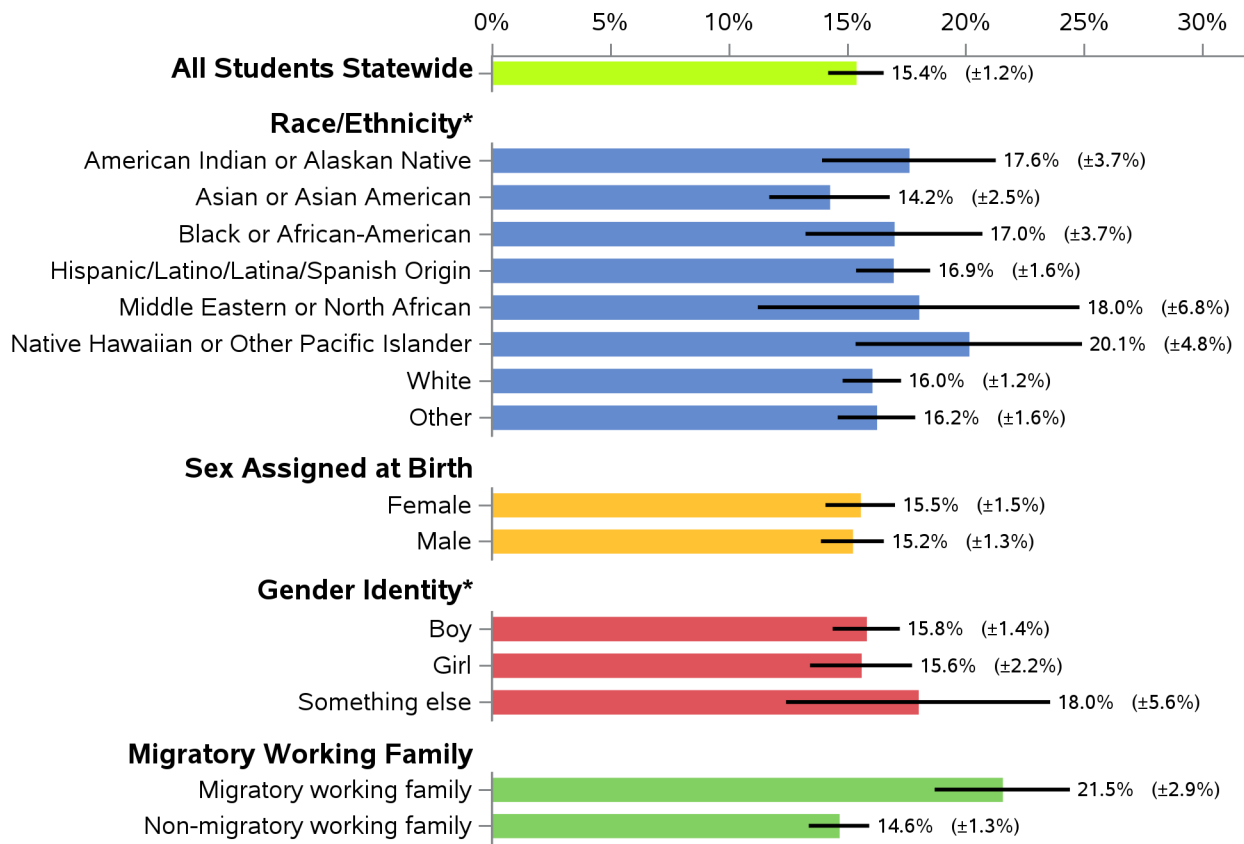
Prevalence is displayed with 95% confidence intervals (as ± or black bar)

▲ indicates a significant change from the previous year or a significant difference between state and local results, p<0.05 Color indicates a positive or negative difference

Washington HYS results generated at [www.AskHYS.net](http://www.AskHYS.net) on 02-24-2024

**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.

## Statewide Relationship between Perceived Availability of Drugs and Demographics, Grade 6, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.



Year: 2023

Grade: 8

Sex: All

Number of Students Surveyed: 2,329

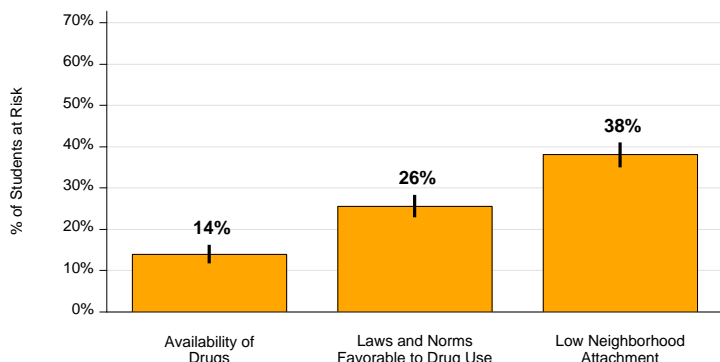
### Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance use and misuse. They identified risk factors that predict youth substance use, and protective factors that can protect prevent youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection. Additional details are available here: [Risk and Protective Factors on HYS](#)
- 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.

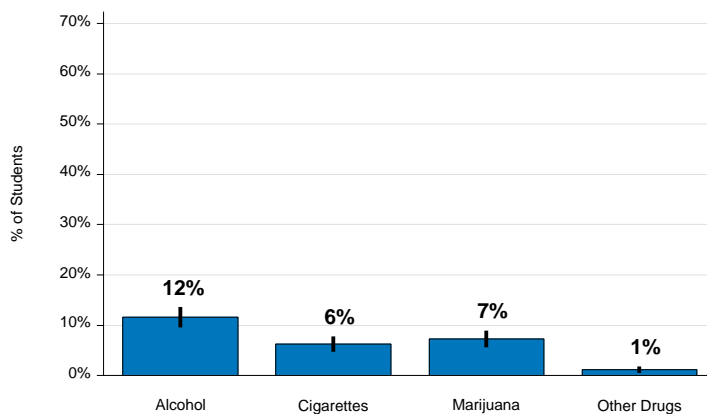
### For More Information:

- 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 <http://adaiclearinghouse.net> or call (206) 221-8325.
- For prevention tips and other online resources visit <https://focusonyouwa.org> and [www.DrugFree.org](http://www.DrugFree.org).
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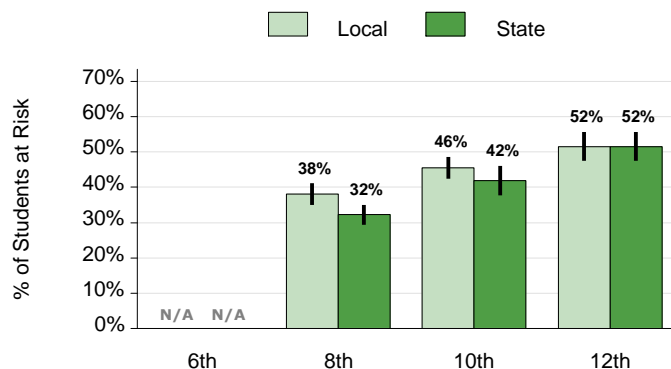
**Risk Factors: Availability of Drugs and Laws and Norms Favorable to Drug Use and Low Neighborhood Attachment**  
Grade 8, 2023



**Substances Perceived as "Very Easy" to Get**  
Grade 8, 2023

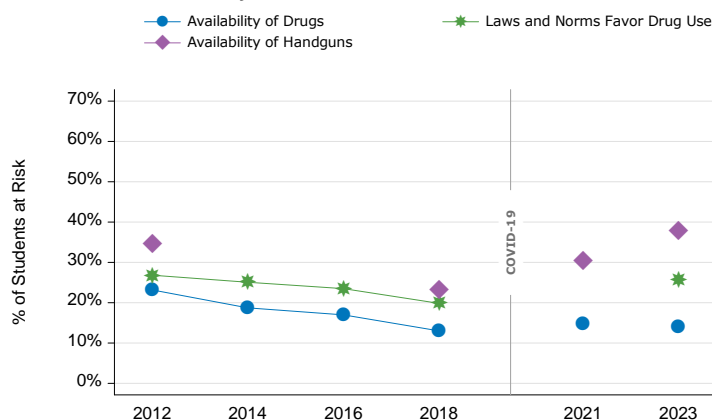


**Risk Factor: Low Neighborhood Attachment**  
All Grades, 2023



Prevalence	6th	8th	10th	12th
Local	N/A	38% ±3	46% ±3	52% ±4
State	N/A	32% ±3	42% ±4	52% ±4

**Community Risk Factors 2012-2023, Grade 8**



Prevalence	2012	2014	2016	2018	2021	2023
Availability of Drugs	23% ±3	19% ±2▼	17% ±2	13% ±2▼	15% ±2	14% ±2
Laws and Norms Favorable to Drug Use	27% ±3	25% ±2	23% ±2	20% ±2▼	N/A	26% ±3
Availability of Handguns	35% ±3	N/S	N/S	23% ±2	30% ±3▲	38% ±3▲

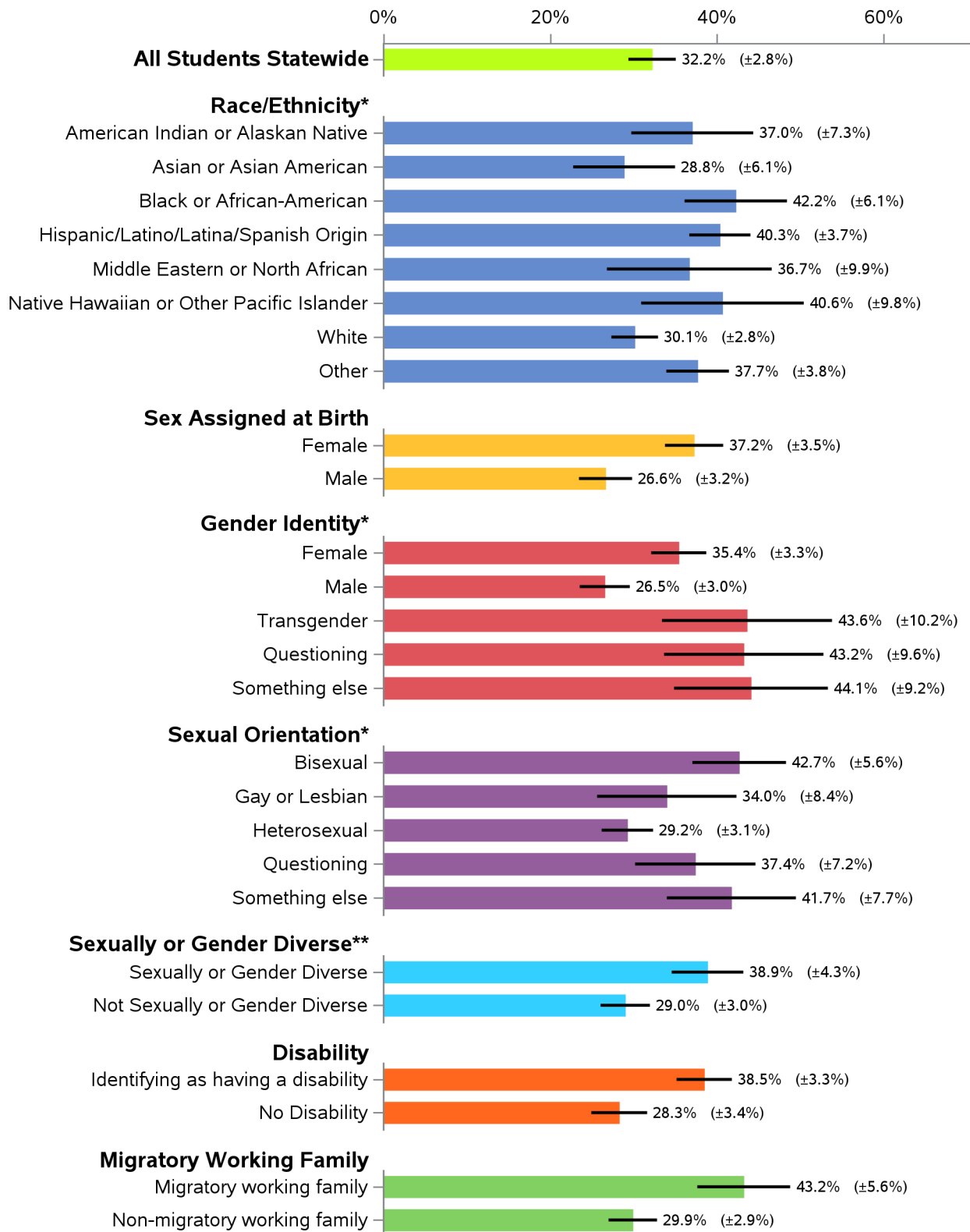
Prevalence is displayed with 95% confidence intervals (as ± or black bar )

▲ indicates a significant change from the previous year or a significant difference between state and local results, p<0.05 Color indicates a positive or negative difference

Washington HYS results generated at [www.AskHYS.net](http://www.AskHYS.net) on 02-24-2024

**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.

# Statewide Relationship between Low Neighborhood Attachment and Demographics, Grade 8, 2023



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\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

Year: 2023

Grade: 10

Sex: All

Number of Students Surveyed: 2,355

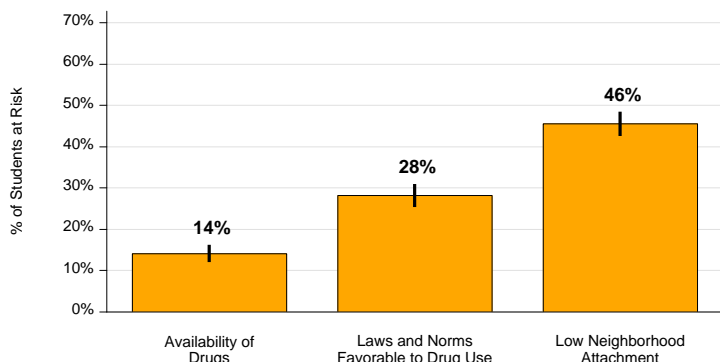
### Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance use and misuse. They identified risk factors that predict youth substance use, and protective factors that can protect prevent youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection. Additional details are available here: [Risk and Protective Factors on HYS](#)
- 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.

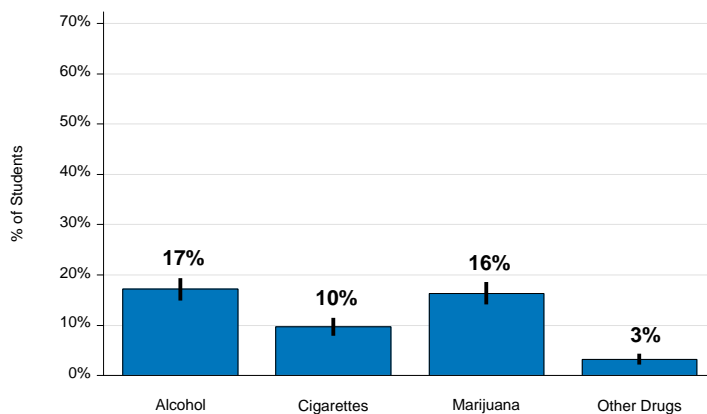
### For More Information:

- 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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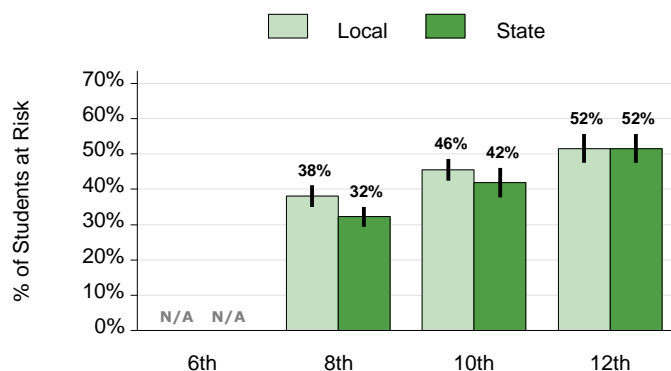
**Risk Factors: Availability of Drugs and Laws and Norms Favorable to Drug Use and Low Neighborhood Attachment**  
Grade 10, 2023



**Substances Perceived as "Very Easy" to Get**  
Grade 10, 2023

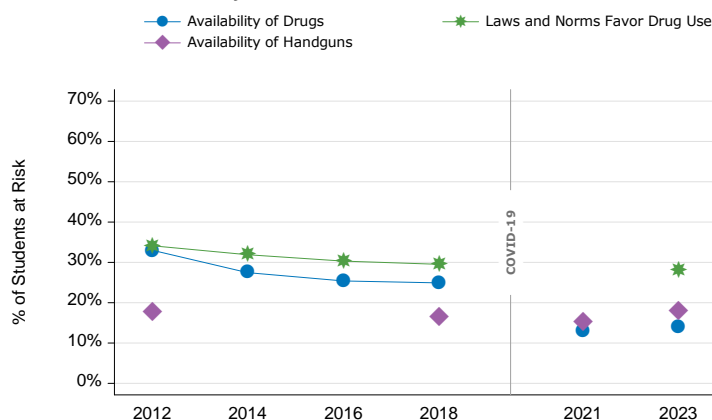


**Risk Factor: Low Neighborhood Attachment**  
All Grades, 2023



Prevalence	6th	8th	10th	12th
Local	N/A	38% ±3	46% ±3	52% ±4
State	N/A	32% ±3	42% ±4	52% ±4

**Community Risk Factors 2012-2023, Grade 10**



Prevalence	2012	2014	2016	2018	2021	2023
Availability of Drugs	33% ±3	28% ±3	26% ±3	25% ±2	13% ±2	14% ±2
Laws and Norms Favorable to Drug Use	34% ±3	32% ±3	30% ±3	30% ±3	N/A	28% ±3
Availability of Handguns	18% ±2	N/S	N/S	17% ±2	15% ±2	18% ±2

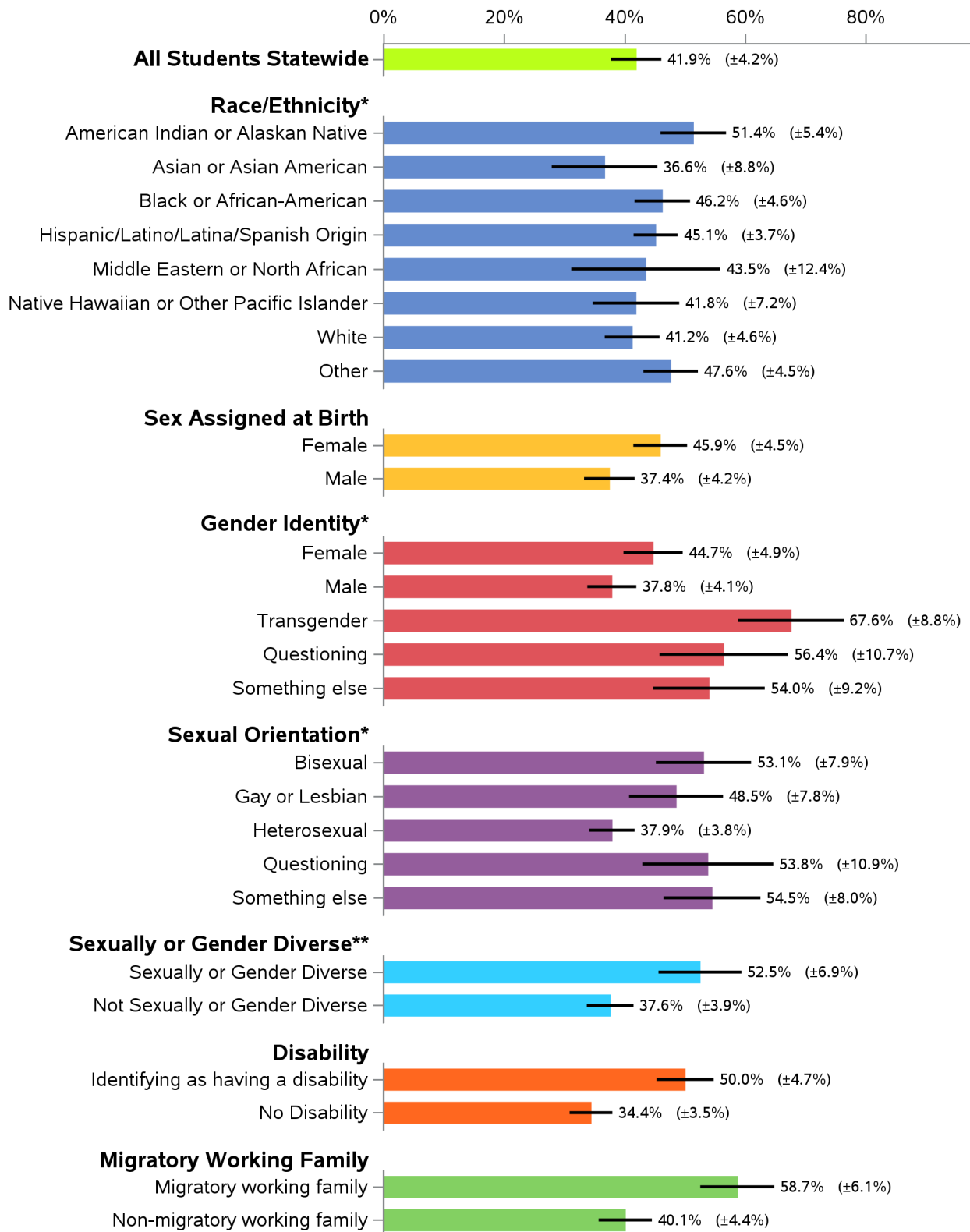
Prevalence is displayed with 95% confidence intervals (as ± or black bar)

▲ indicates a significant change from the previous year or a significant difference between state and local results, p<0.05 Color indicates a positive or negative difference

Washington HYS results generated at [www.AskHYS.net](http://www.AskHYS.net) on 02-24-2024

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# Statewide Relationship between Low Neighborhood Attachment and Demographics, Grade 10, 2023



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\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

Year: 2023

Grade: 12

Sex: All

Number of Students Surveyed: 1,341

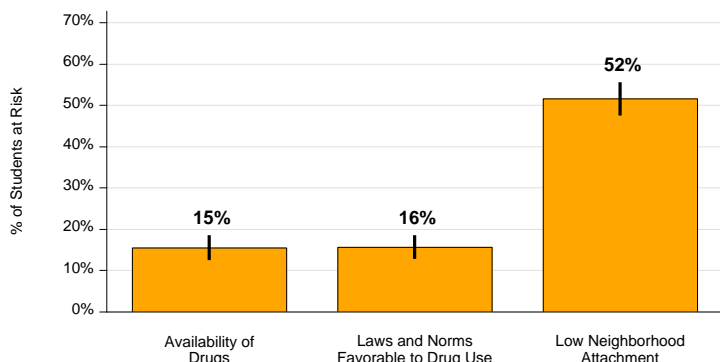
### Background:

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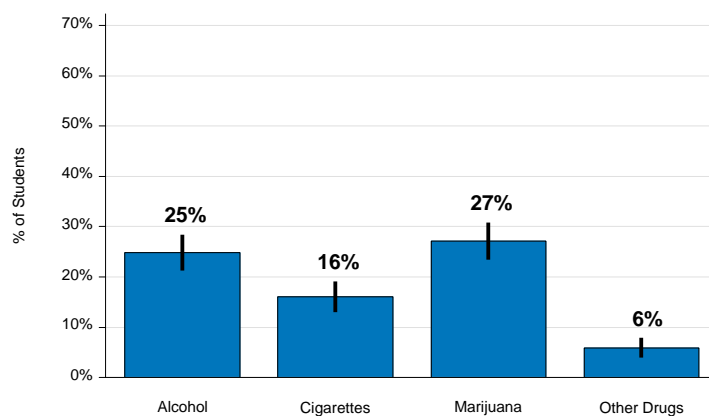
### For More Information:

- 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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- For prevention tips and other online resources visit <https://focusonyouwa.org> and [www.DrugFree.org](http://www.DrugFree.org).
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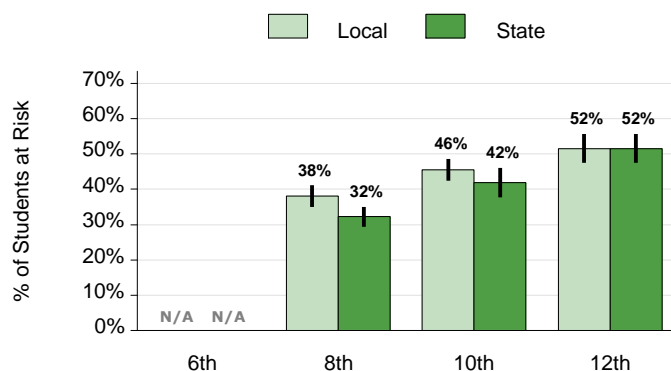
**Risk Factors: Availability of Drugs and Laws and Norms Favorable to Drug Use and Low Neighborhood Attachment**  
Grade 12, 2023



**Substances Perceived as "Very Easy" to Get**  
Grade 12, 2023

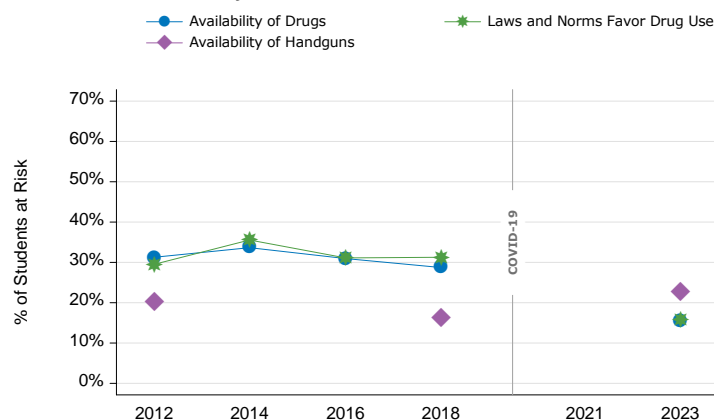


**Risk Factor: Low Neighborhood Attachment**  
All Grades, 2023



Prevalence	6th	8th	10th	12th
Local	N/A	38% ±3	46% ±3	52% ±4
State	N/A	32% ±3	42% ±4	52% ±4

**Community Risk Factors 2012-2023, Grade 12**



Prevalence	2012	2014	2016	2018	2021	2023
Availability of Drugs	31% ±3	34% ±3	31% ±3	29% ±3	S	15% ±3
Laws and Norms Favorable to Drug Use	30% ±3	36% ±3▲	31% ±3▼	31% ±3	S	16% ±3
Availability of Handguns	20% ±3	N/S	N/S	16% ±3	S	23% ±3▲

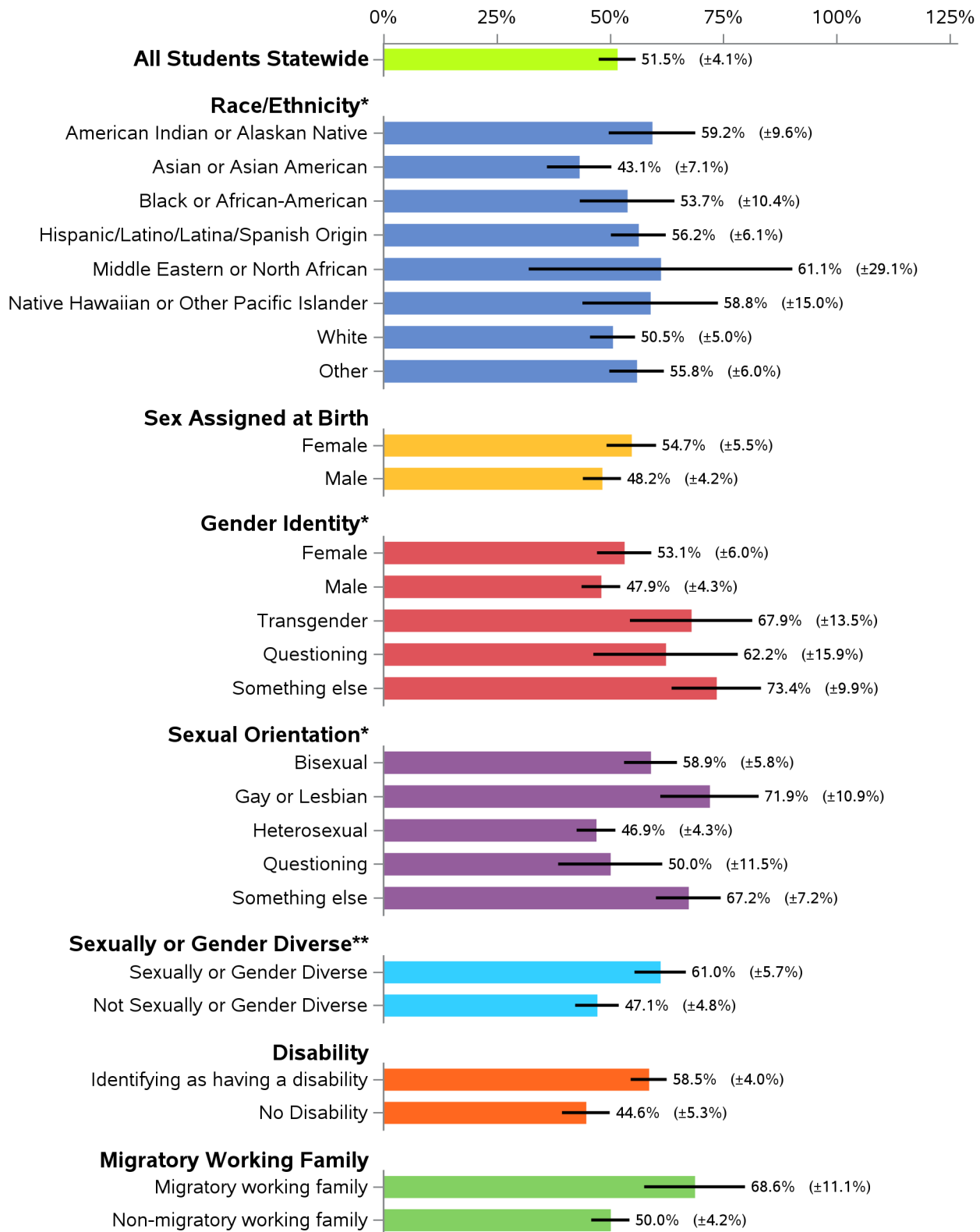
Prevalence is displayed with 95% confidence intervals (as ± or black bar )

▲ indicates a significant change from the previous year or a significant difference between state and local results, p<0.05 Color indicates a positive or negative difference

Washington HYS results generated at [www.AskHYS.net](http://www.AskHYS.net) on 02-24-2024

**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.

# Statewide Relationship between Low Neighborhood Attachment and Demographics, Grade 12, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

Year: 2023

Grade: 8

Sex: All

Number of Students Surveyed: 2,329

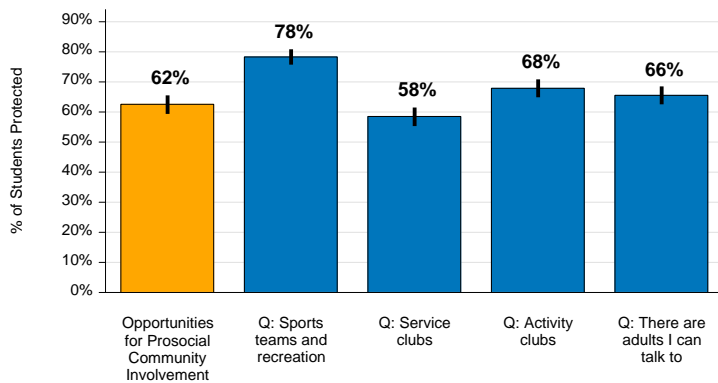
### Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance use and misuse. They identified risk factors that predict youth substance use, and protective factors that can protect prevent youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection. Additional details are available here: [Risk and Protective Factors on HYS](#)
- 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.

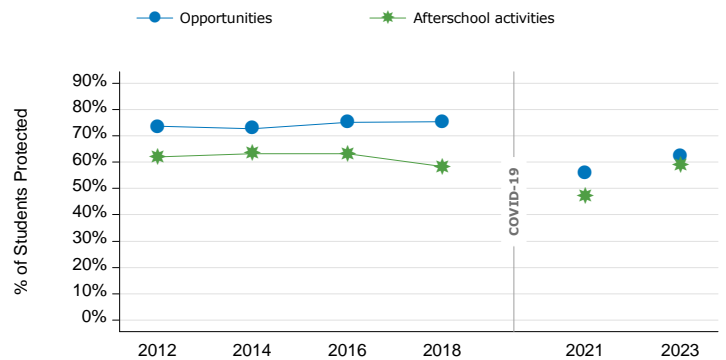
### For More Information:

- 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 <https://focusonyouwa.org> and [www.DrugFree.org](http://www.DrugFree.org).
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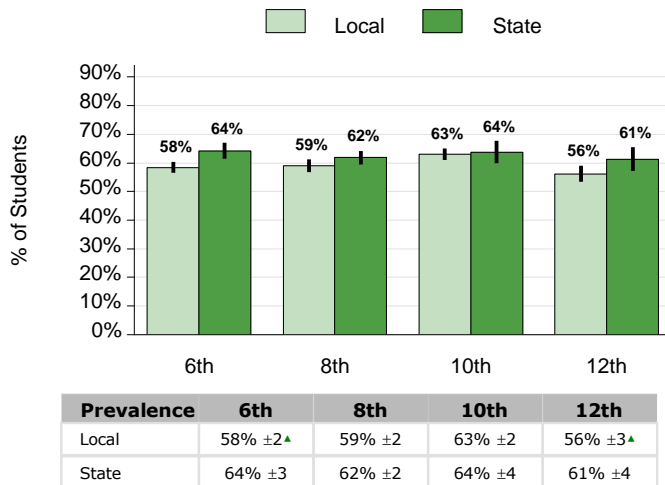
### Protective Factor: Opportunities for Prosocial Community Involvement with Component Questions (Q) Grade 8, 2023



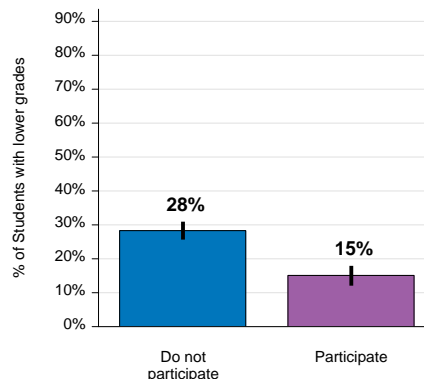
### Community Protective Factor and Afterschool Activity 2012-2023 Grade 8, 2023



### Participation in Afterschool Activities All Grades, 2023



### Statewide Relationship between Lower Grades and Participation in Afterschool Activities Grade 8, 2023



Statewide, more 8th graders who do not participate in afterschool activities report lower grades in school (C's, D's or F's) compared to those who do participate.

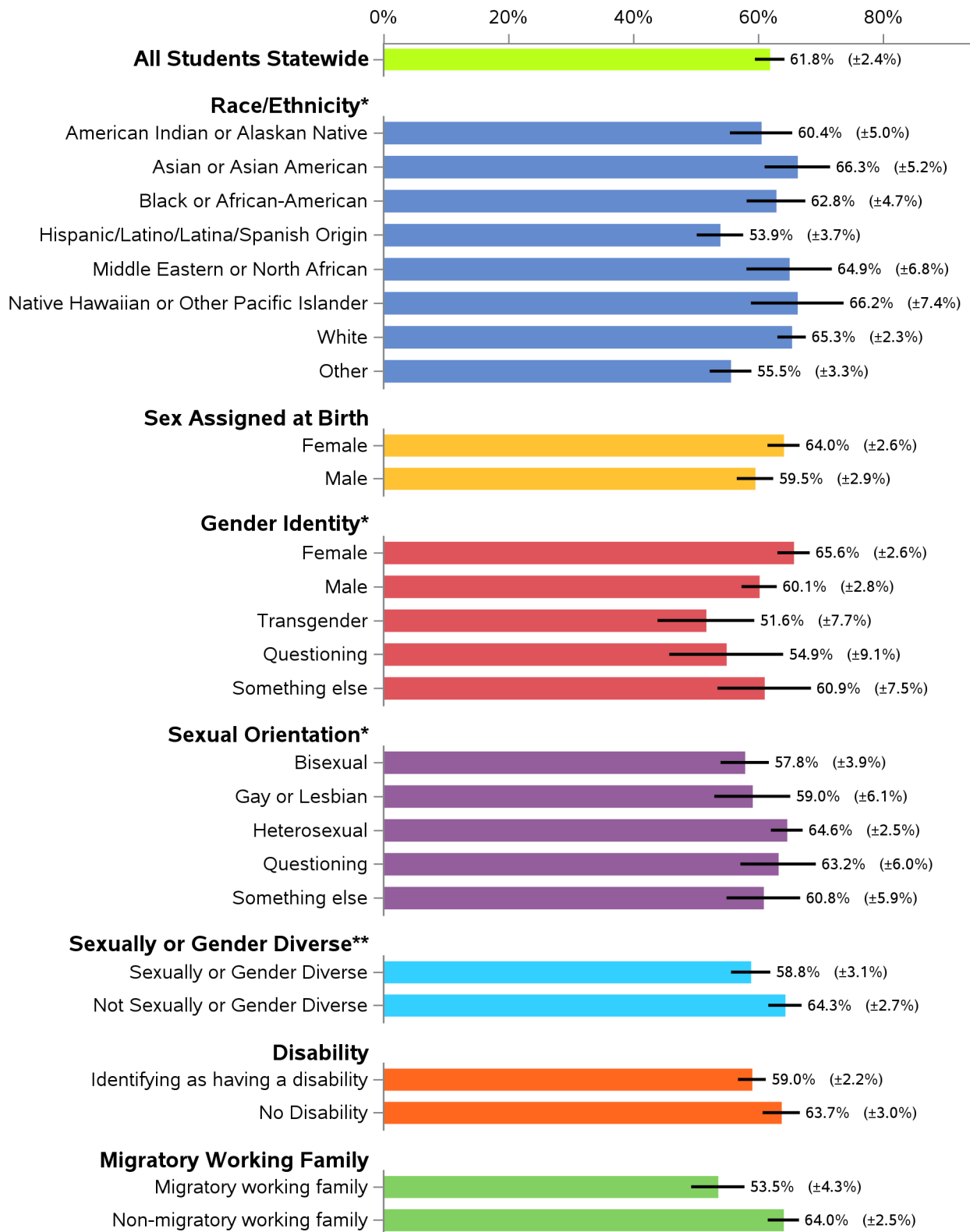
Prevalence is displayed with 95% confidence intervals (as ± or black bar)

▲ indicates a significant change from the previous year or a significant difference between state and local results, p<0.05 Color indicates a positive or negative difference

Washington HYS results generated at [www.AskHYS.net](http://www.AskHYS.net) on 02-24-2024

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.

# Statewide Relationship between Participation in Afterschool Activities and Demographics, Grade 8, 2023



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Year: 2023

Grade: 10

Sex: All

Number of Students Surveyed: 2,355

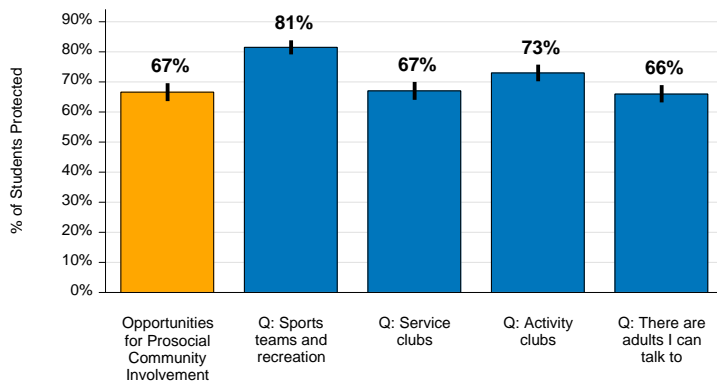
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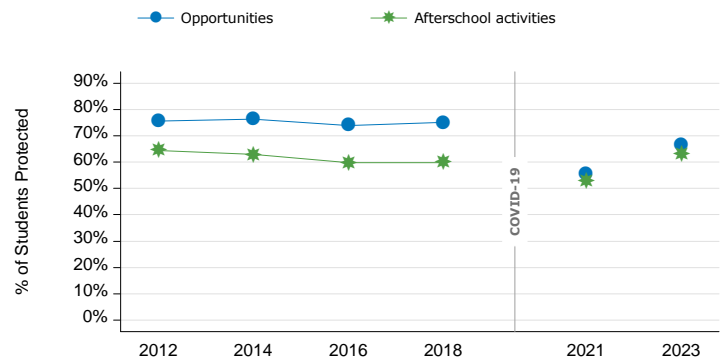
### For More Information:

- 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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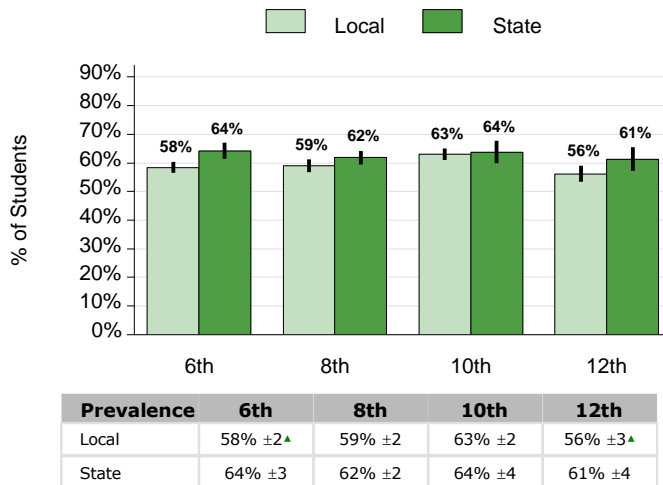
**Protective Factor: Opportunities for Prosocial Community Involvement with Component Questions (Q)**  
Grade 10, 2023



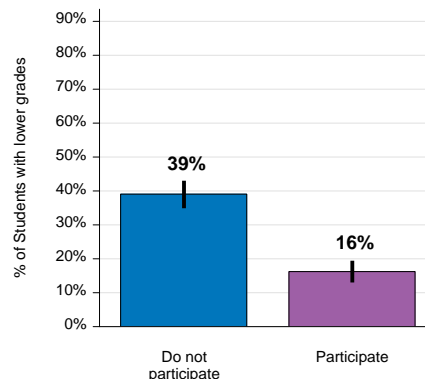
**Community Protective Factor and Afterschool Activity 2012-2023**  
Grade 10, 2023



**Participation in Afterschool Activities**  
All Grades, 2023



**Statewide Relationship between Lower Grades and Participation in Afterschool Activities**  
Grade 10, 2023



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

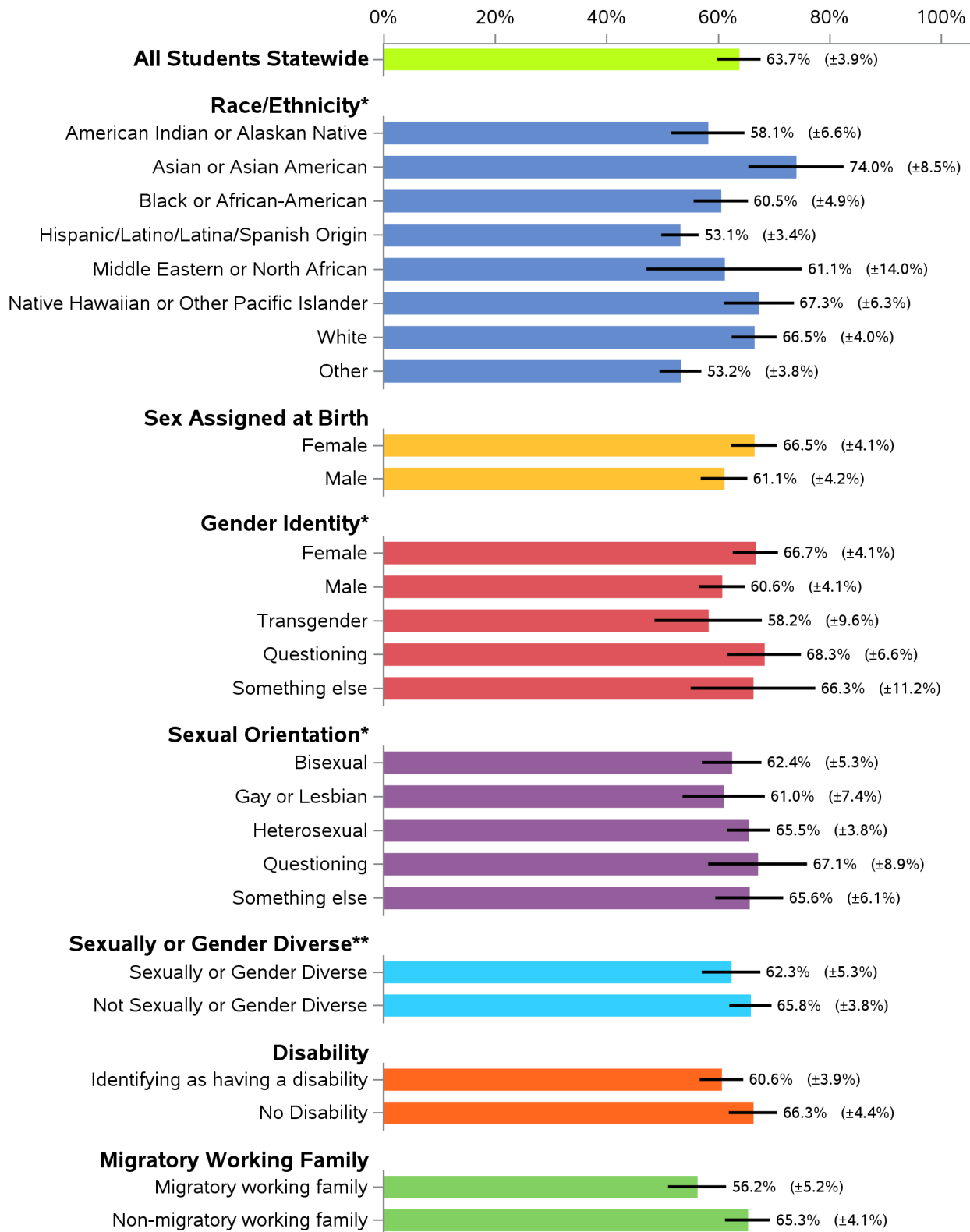
Prevalence is displayed with 95% confidence intervals (as ± or black bar)

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# Statewide Relationship between Participation in Afterschool Activities and Demographics, Grade 10, 2023



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Year: 2023

Grade: 12

Sex: All

Number of Students Surveyed: 1,341

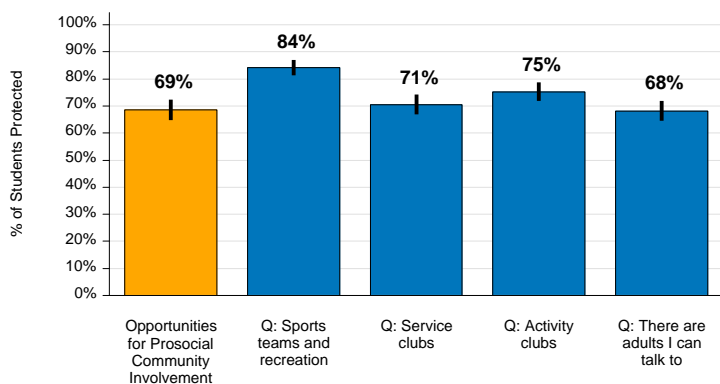
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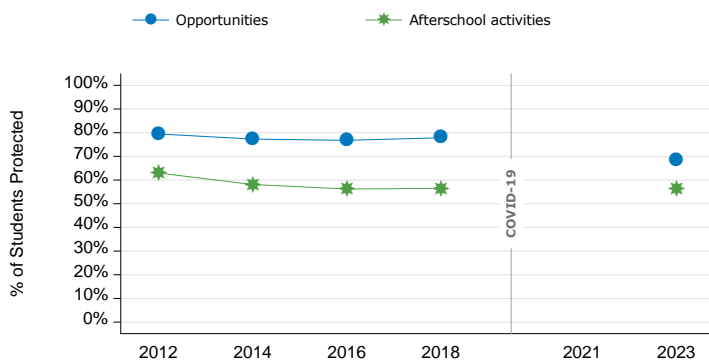
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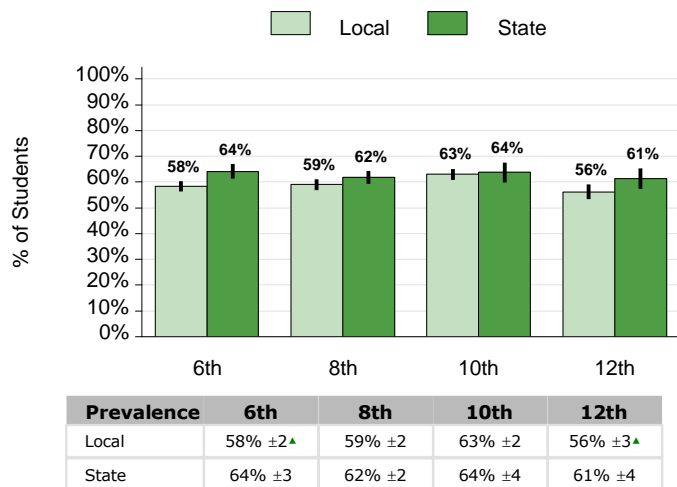
**Protective Factor: Opportunities for Prosocial Community Involvement with Component Questions (Q)**  
Grade 12, 2023



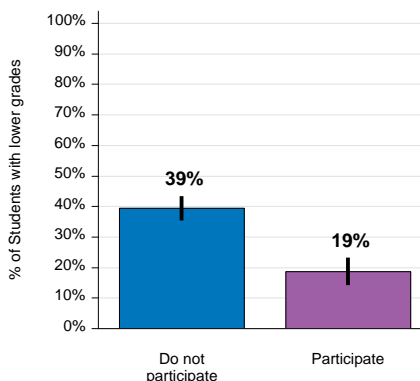
**Community Protective Factor and Afterschool Activity 2012-2023**  
Grade 12, 2023



**Participation in Afterschool Activities**  
All Grades, 2023

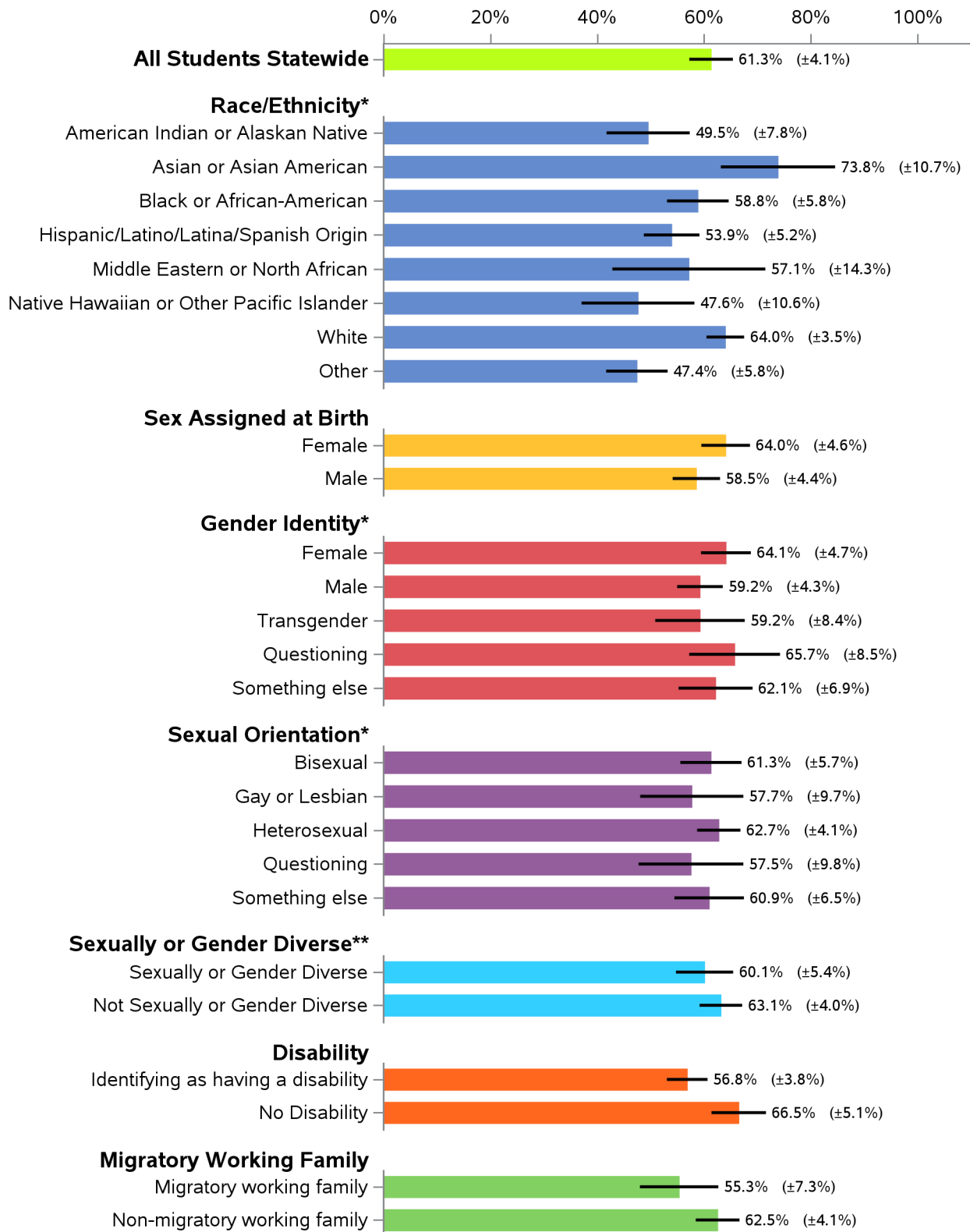


**Statewide Relationship between Lower Grades and Participation in Afterschool Activities**  
Grade 12, 2023



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

# Statewide Relationship between Participation in Afterschool Activities and Demographics, Grade 12, 2023



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Year: 2023

Grade: 6

Sex: All

Number of Students Surveyed: 2,581

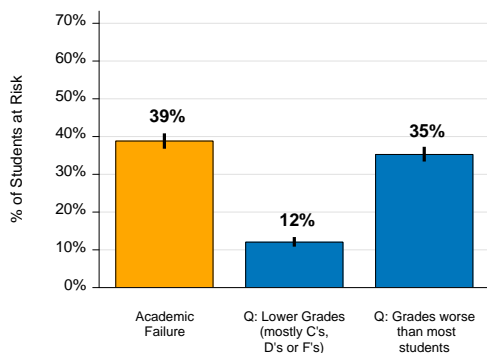
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  - Risk Factor- something that may attribute to a problem.
  - Protective Factor- something that helps to prevent a problem.
- Taking a close look at youth risk and protective factors can help providers select appropriate programming and interventions.

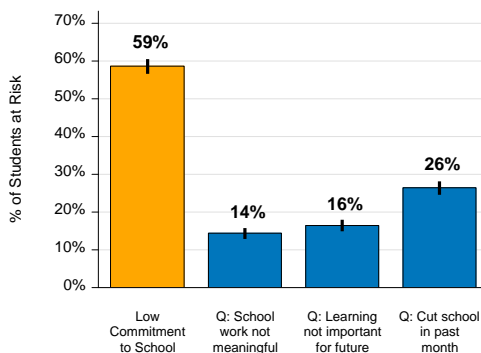
### For More Information:

- Resources for parents on how to connect with their youth; <https://starttalkingnow.org/>
- Resources for schools; <https://www.k12.wa.us/student-success/health-safety/mental-social-behavioral-health>
- Resources about mental health; National Alliance on Mental Health; <https://www.nami.org/Home>
- For local Risk Factor profiles go to [www.dshs.wa.gov/rda/research/Risk.shtm](http://www.dshs.wa.gov/rda/research/Risk.shtm).

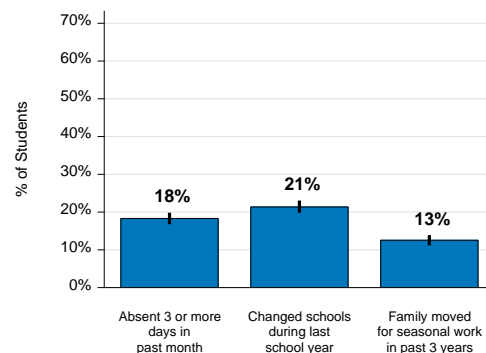
**Risk Factor: Academic Failure  
with Component Questions (Q:)  
Grade 6, 2023**



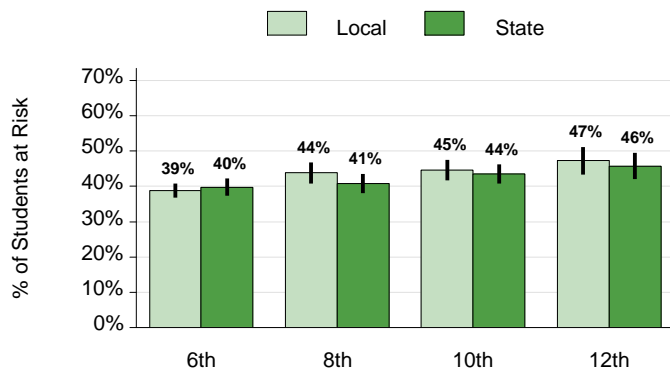
**Risk Factor: Low Commitment to School  
with Component Questions (Q:)  
Grade 6, 2023**



**School Attendance and Transition  
Grade 6, 2023**

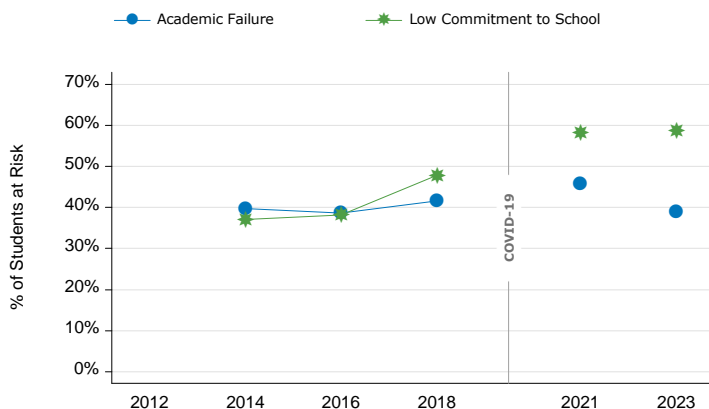


**Academic Failure (RF)  
All Grades, 2023**



Prevalence	6th	8th	10th	12th
Local	39% ±2	44% ±3	45% ±3	47% ±4
State	40% ±2	41% ±3	44% ±3	46% ±4

**School Risk Factor 2012-2023, Grade 6**



Prevalence	2012	2014	2016	2018	2021	2023
Academic Failure	S	40% ±2	39% ±3	42% ±2	46% ±2▲	39% ±2▼
Low Commitment to School	S	37% ±5	38% ±3	48% ±2▲	58% ±2▲	59% ±2

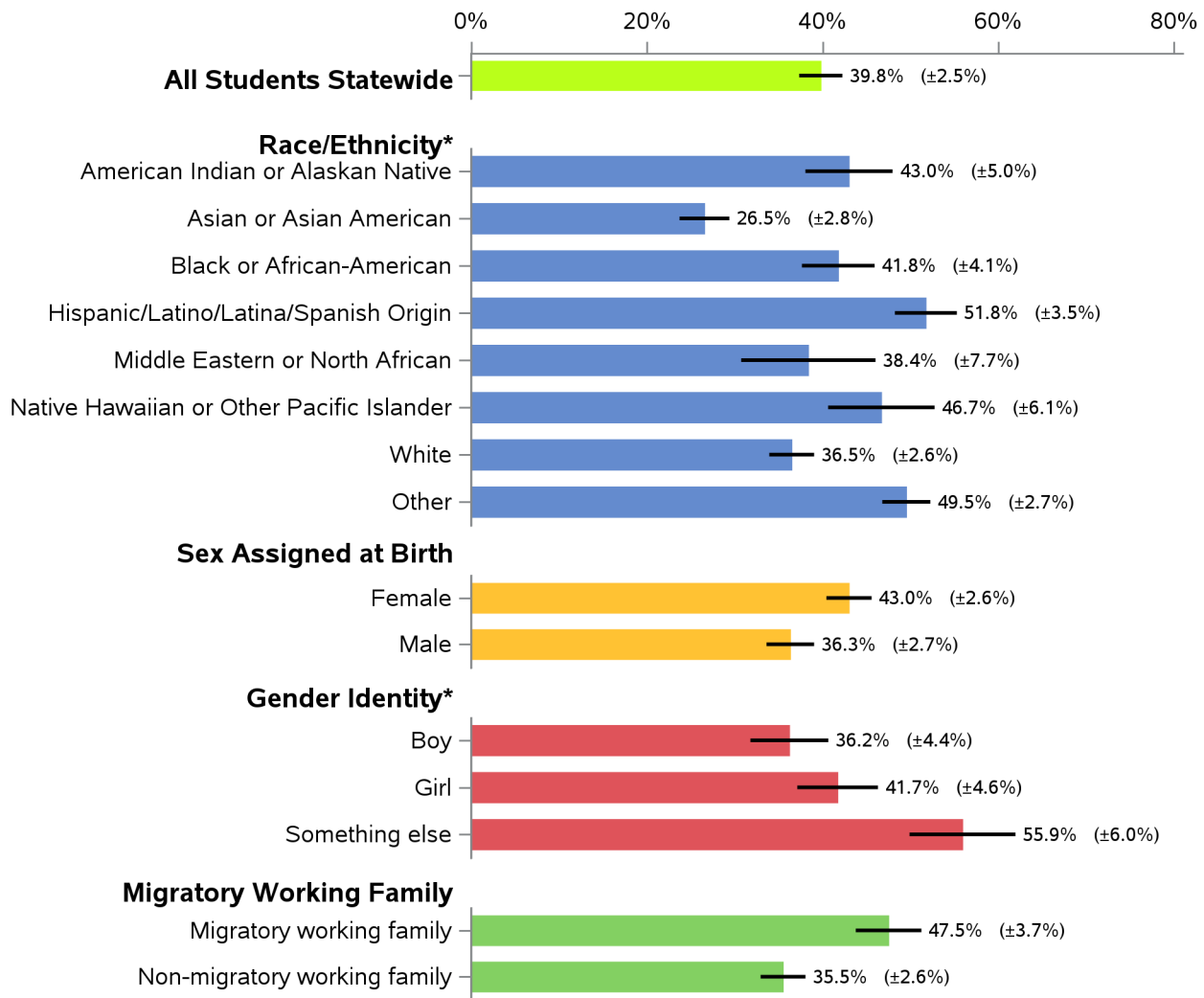
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Washington HYS results generated at [www.AskHYS.net](http://www.AskHYS.net) on 02-24-2024

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## Statewide Relationship between Risk of Academic Failure and Demographics, Grade 6, 2023



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Year: 2023

Grade: 8

Sex: All

Number of Students Surveyed: 2,329

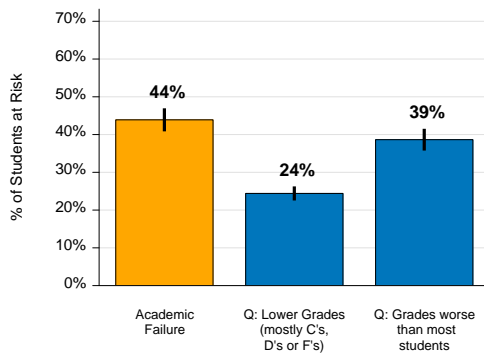
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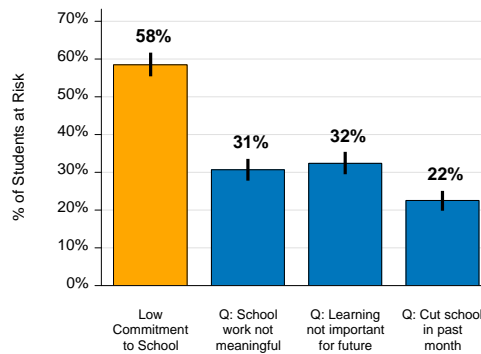
### For More Information:

- Resources for parents on how to connect with their youth; <https://starttalkingnow.org/>
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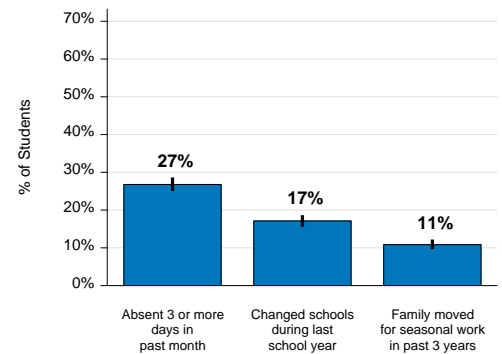
**Risk Factor: Academic Failure with Component Questions (Q:) Grade 8, 2023**



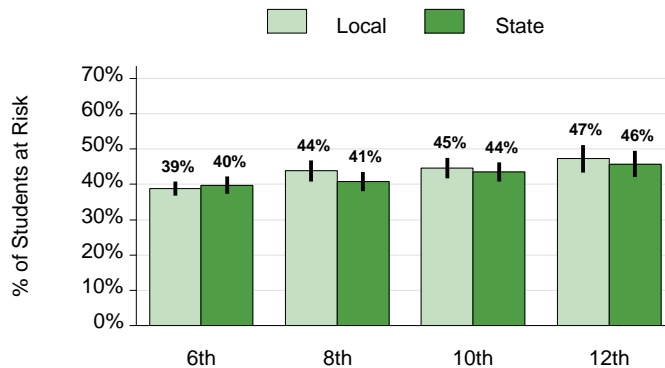
**Risk Factor: Low Commitment to School with Component Questions (Q:) Grade 8, 2023**



**School Attendance and Transition Grade 8, 2023**

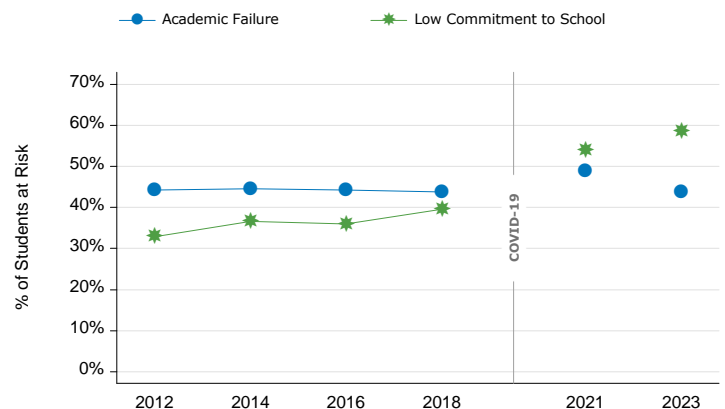


**Academic Failure (RF) All Grades, 2023**



Prevalence	6th	8th	10th	12th
Local	39% ±2	44% ±3	45% ±3	47% ±4
State	40% ±2	41% ±3	44% ±3	46% ±4

**School Risk Factor 2012-2023, Grade 8**



Prevalence	2012	2014	2016	2018	2021	2023
Academic Failure	44% ±3	45% ±3	44% ±3	44% ±3	49% ±3▲	44% ±3▼
Low Commitment to School	33% ±3	37% ±3	36% ±3	40% ±3	54% ±3▲	58% ±3▲

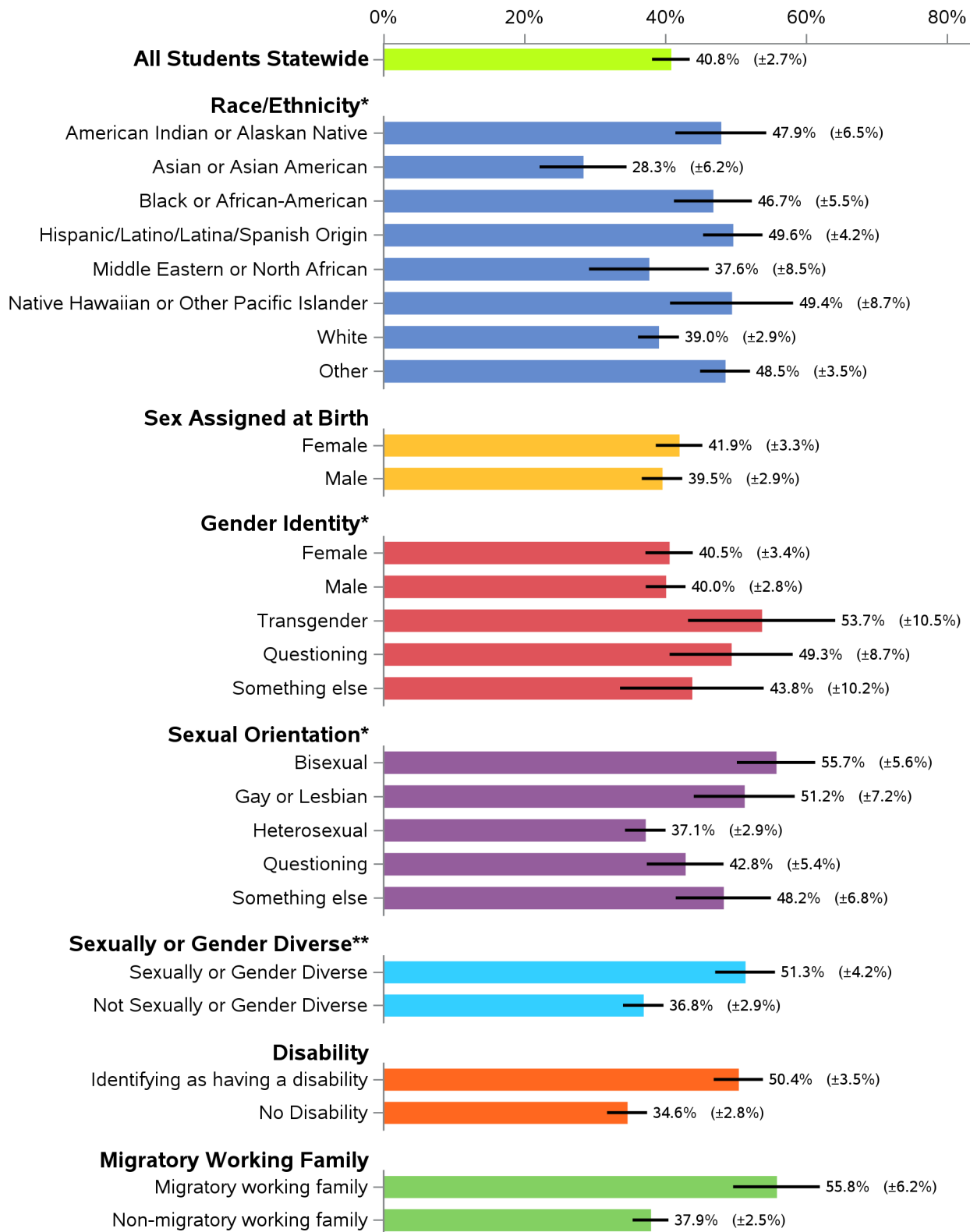
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# Statewide Relationship between Risk of Academic Failure and Demographics, Grade 8, 2023



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Year: 2023

Grade: 10

Sex: All

Number of Students Surveyed: 2,355

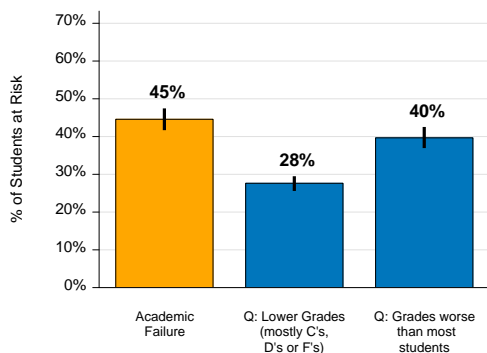
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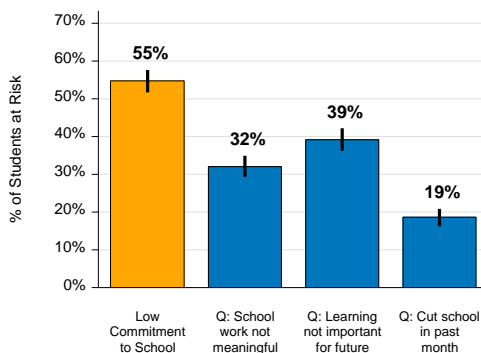
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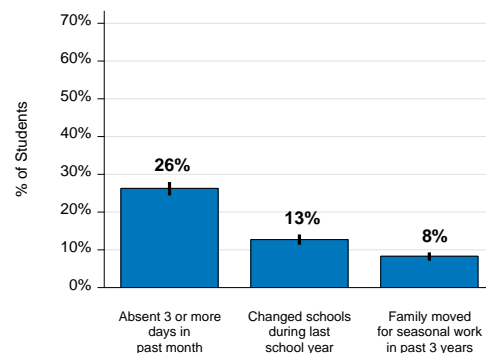
**Risk Factor: Academic Failure with Component Questions (Q:) Grade 10, 2023**



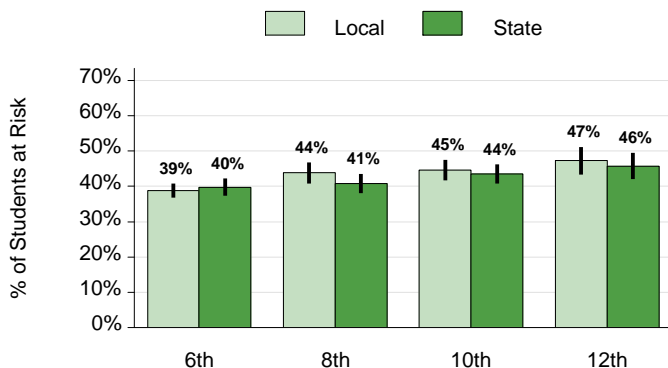
**Risk Factor: Low Commitment to School with Component Questions (Q:) Grade 10, 2023**



**School Attendance and Transition Grade 10, 2023**

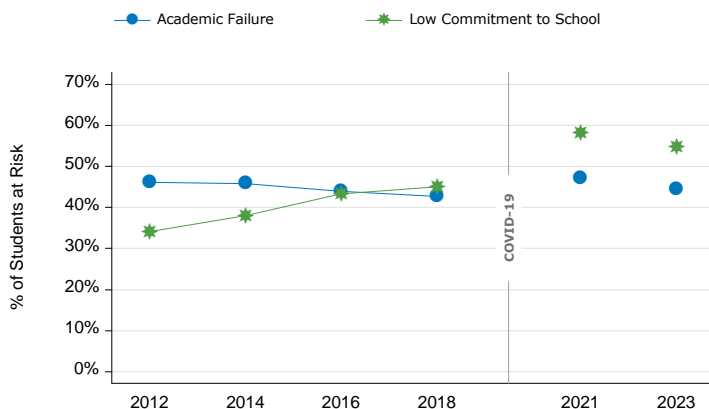


**Academic Failure (RF) All Grades, 2023**



Prevalence	6th	8th	10th	12th
Local	39% ±2	44% ±3	45% ±3	47% ±4
State	40% ±2	41% ±3	44% ±3	46% ±4

**School Risk Factor 2012-2023, Grade 10**



Prevalence	2012	2014	2016	2018	2021	2023
Academic Failure	46% ±3	46% ±3	44% ±3	43% ±3	47% ±3▲	45% ±3
Low Commitment to School	34% ±3	38% ±3▲	43% ±3▲	45% ±3	58% ±3▲	55% ±3

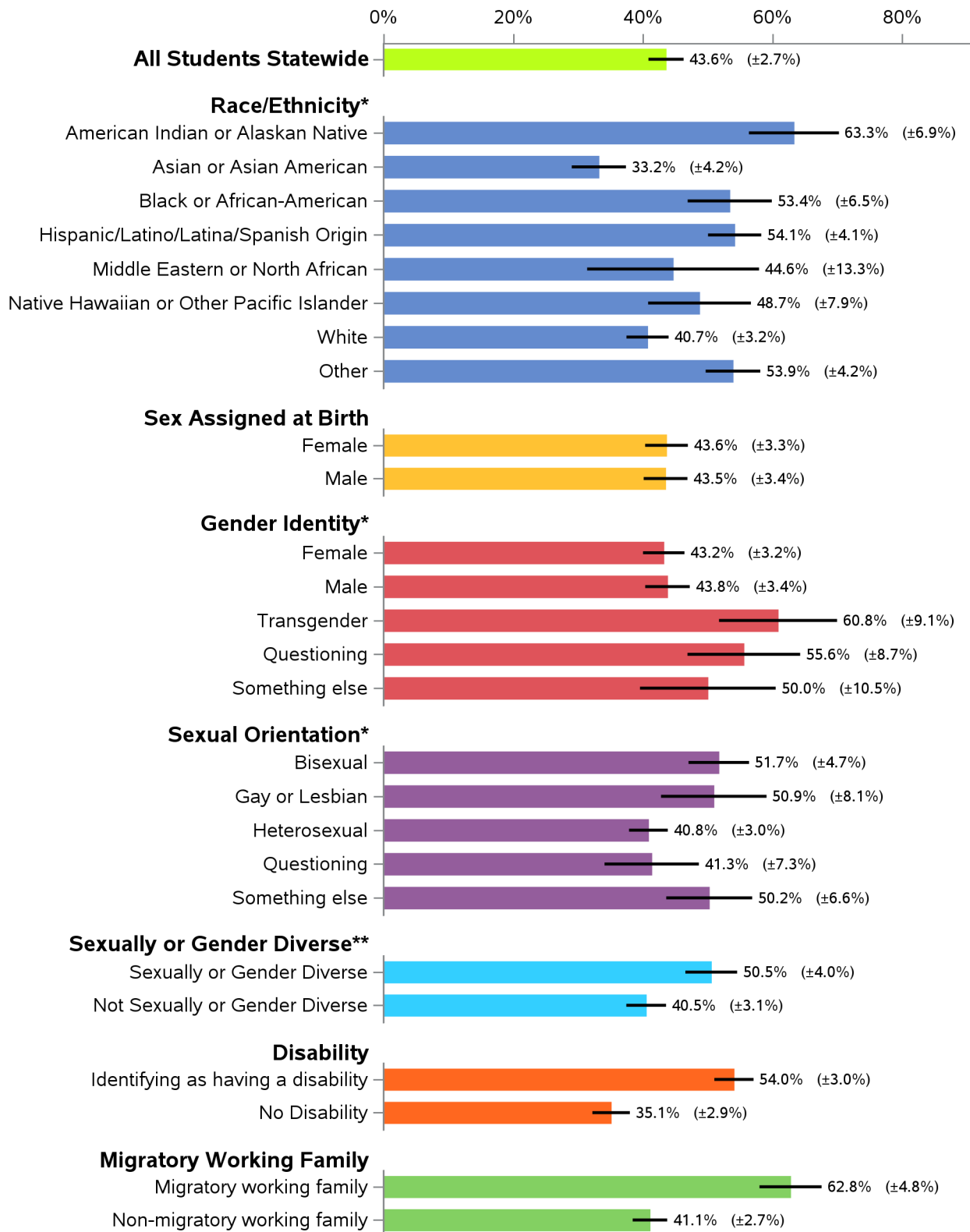
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# Statewide Relationship between Risk of Academic Failure and Demographics, Grade 10, 2023



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Grade: 12

Sex: All

Number of Students Surveyed: 1,341

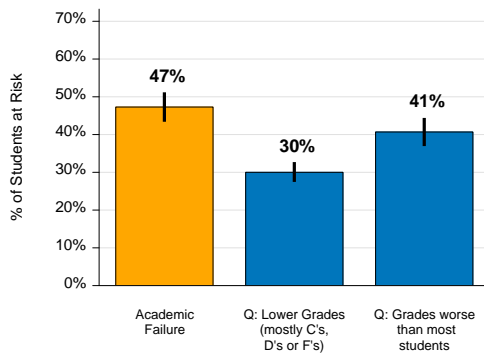
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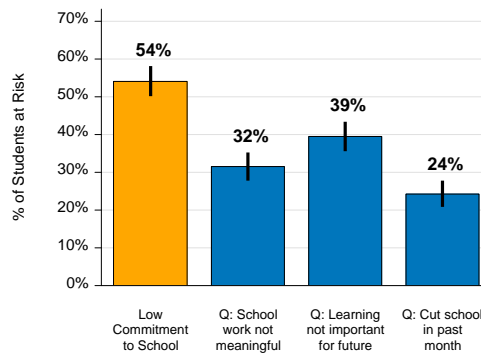
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- Resources about mental health; National Alliance on Mental Health; <https://www.nami.org/Home>
- For local Risk Factor profiles go to [www.dshs.wa.gov/rda/research/Risk.shtm](http://www.dshs.wa.gov/rda/research/Risk.shtm).

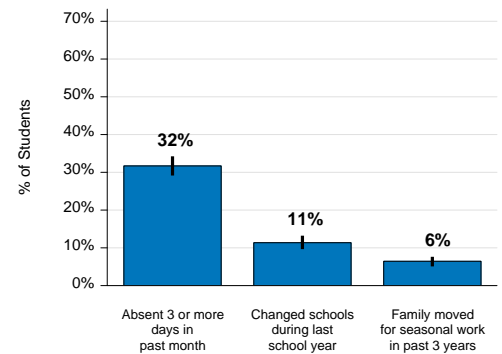
**Risk Factor: Academic Failure with Component Questions (Q:) Grade 12, 2023**



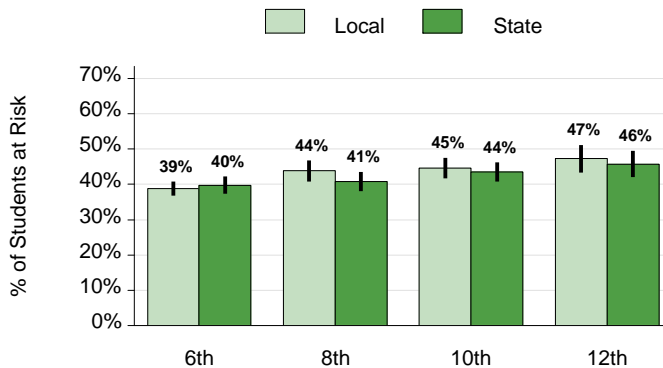
**Risk Factor: Low Commitment to School with Component Questions (Q:) Grade 12, 2023**



**School Attendance and Transition Grade 12, 2023**

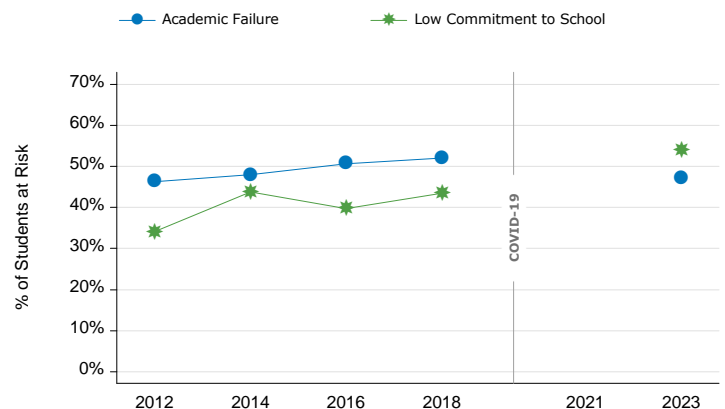


**Academic Failure (RF) All Grades, 2023**



Prevalence	6th	8th	10th	12th
Local	39% ±2	44% ±3	45% ±3	47% ±4
State	40% ±2	41% ±3	44% ±3	46% ±4

**School Risk Factor 2012-2023, Grade 12**



Prevalence	2012	2014	2016	2018	2021	2023
Academic Failure	46% ±4	48% ±3	51% ±3	52% ±4	S	47% ±4
Low Commitment to School	34% ±3	44% ±3	40% ±3	44% ±3	S	54% ±4

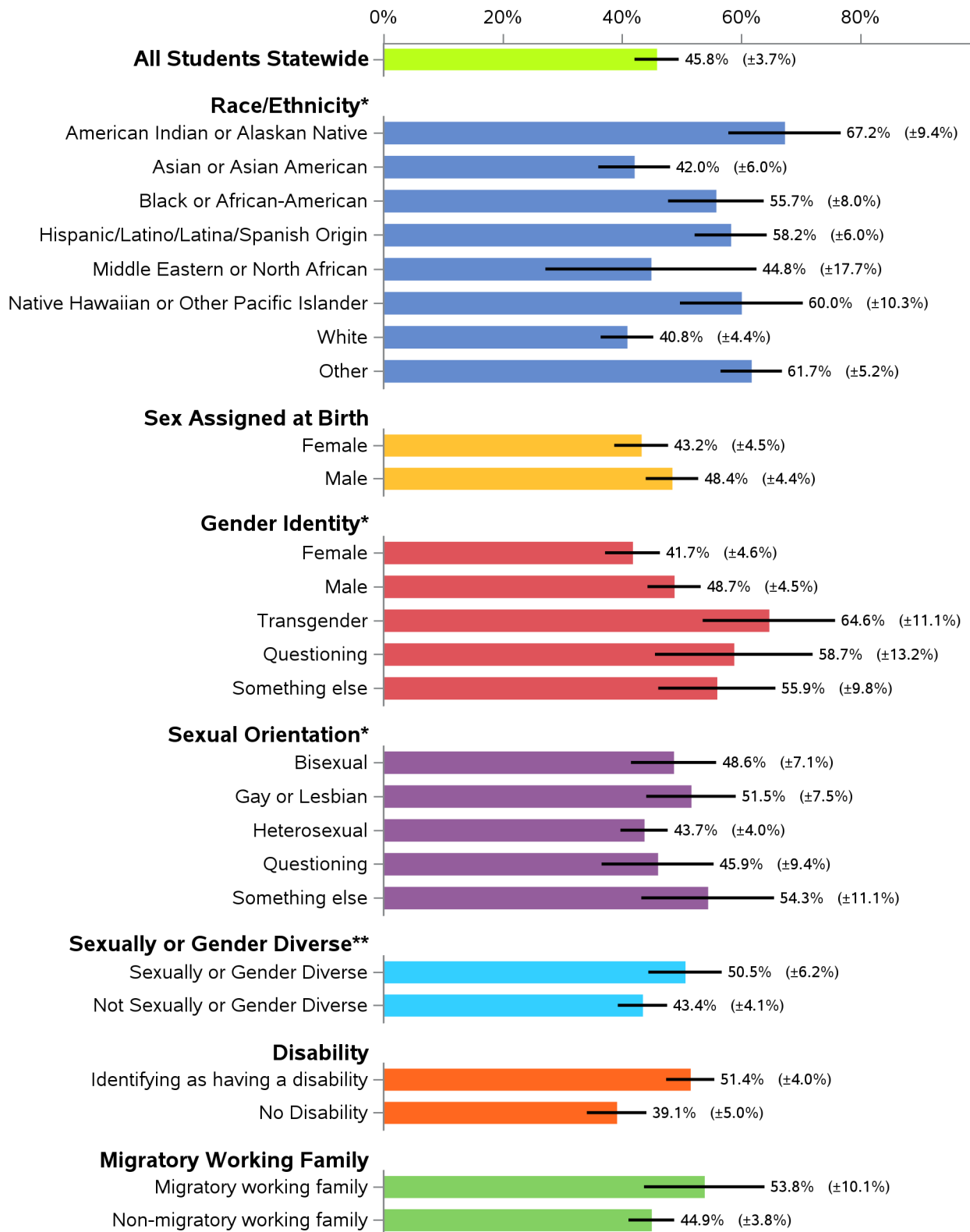
Prevalence is displayed with 95% confidence intervals (as ± or black bar )

▲ indicates a significant change from the previous year or a significant difference between state and local results, p<0.05 Color indicates a positive or negative difference

Washington HYS results generated at [www.AskHYS.net](http://www.AskHYS.net) on 02-24-2024

**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.

# Statewide Relationship between Risk of Academic Failure and Demographics, Grade 12, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

Year: 2023

Grade: 6

Sex: All

Number of Students Surveyed: 2,581

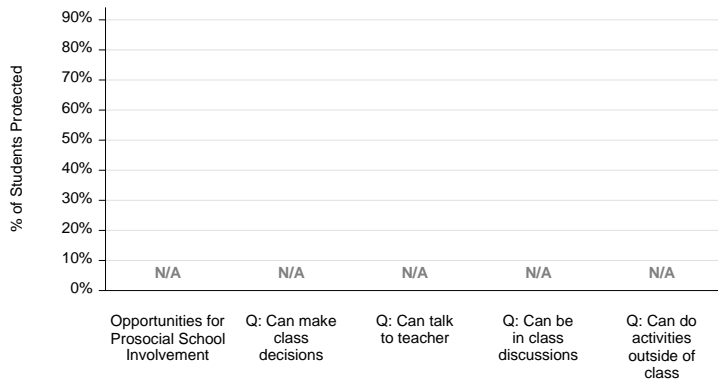
### Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance use and misuse. 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. Additional details are available here: [Risk and Protective Factors on HYS](#)
  - Risk Factor- something that may attribute to a problem.
  - Protective Factor- something that helps to prevent a problem.
- Taking a close look at youth risk and protective factors can help providers select appropriate programming and interventions.

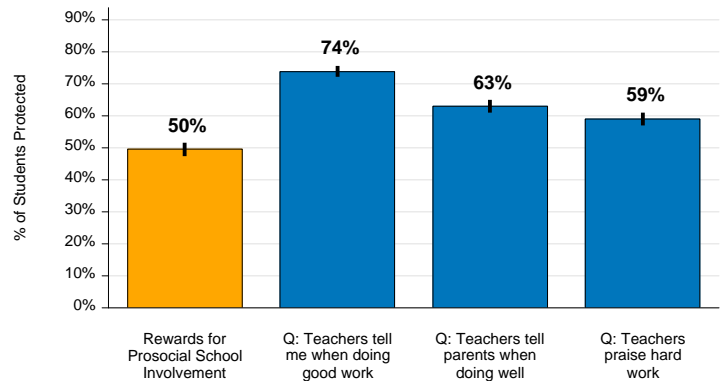
### For More Information:

- Resources for parents on how to connect with their youth; <https://starttalkingnow.org/>
- Resources for schools; <https://www.k12.wa.us/student-success/health-safety/mental-social-behavioral-health>
- Resources about mental health; National Alliance on Mental Health; <https://www.nami.org/Home>
- For local Risk Factor profiles go to [www.dshs.wa.gov/rda/research/Risk.shtm](http://www.dshs.wa.gov/rda/research/Risk.shtm).

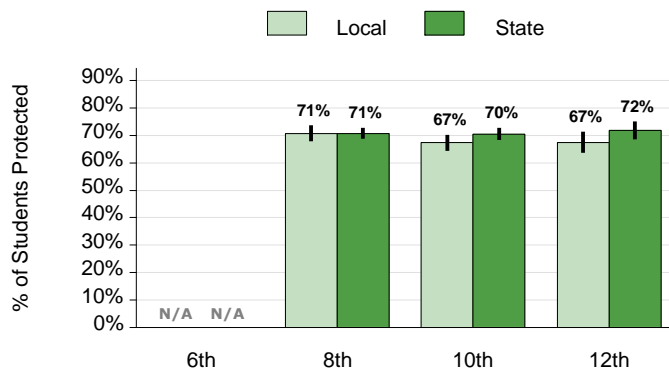
### Protective Factor: Opportunities for Prosocial School Involvement with Component Questions (Q:) Grade 6, 2023



### Protective Factor: Rewards for Prosocial School Involvement with Component Questions (Q:) Grade 6, 2023

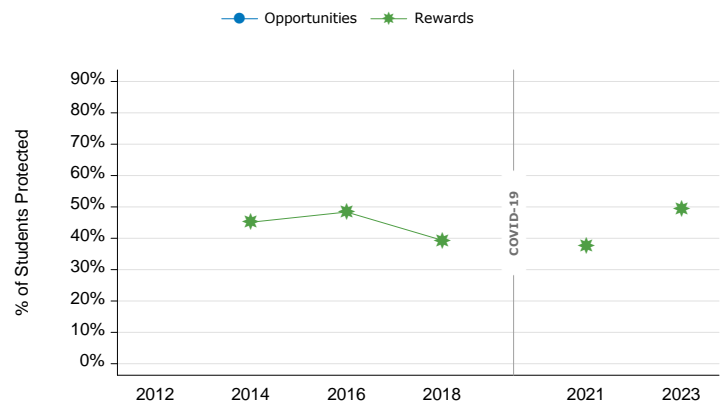


### Protective Factor: Opportunities for Prosocial Involvement Compared to the State, All Grades, 2023



Prevalence	6th	8th	10th	12th
Local	N/A	71% ±3	67% ±3	67% ±4
State	N/A	71% ±2	70% ±2	72% ±3

### School Protective Factor 2012-2023, Grade 6



Prevalence	2012	2014	2016	2018	2021	2023
Opportunities	S	N/A	N/A	N/A	N/A	N/A
Rewards	S	45% ±7 ▲	48% ±4	39% ±2 ▼	37% ±2	50% ±2 ▲

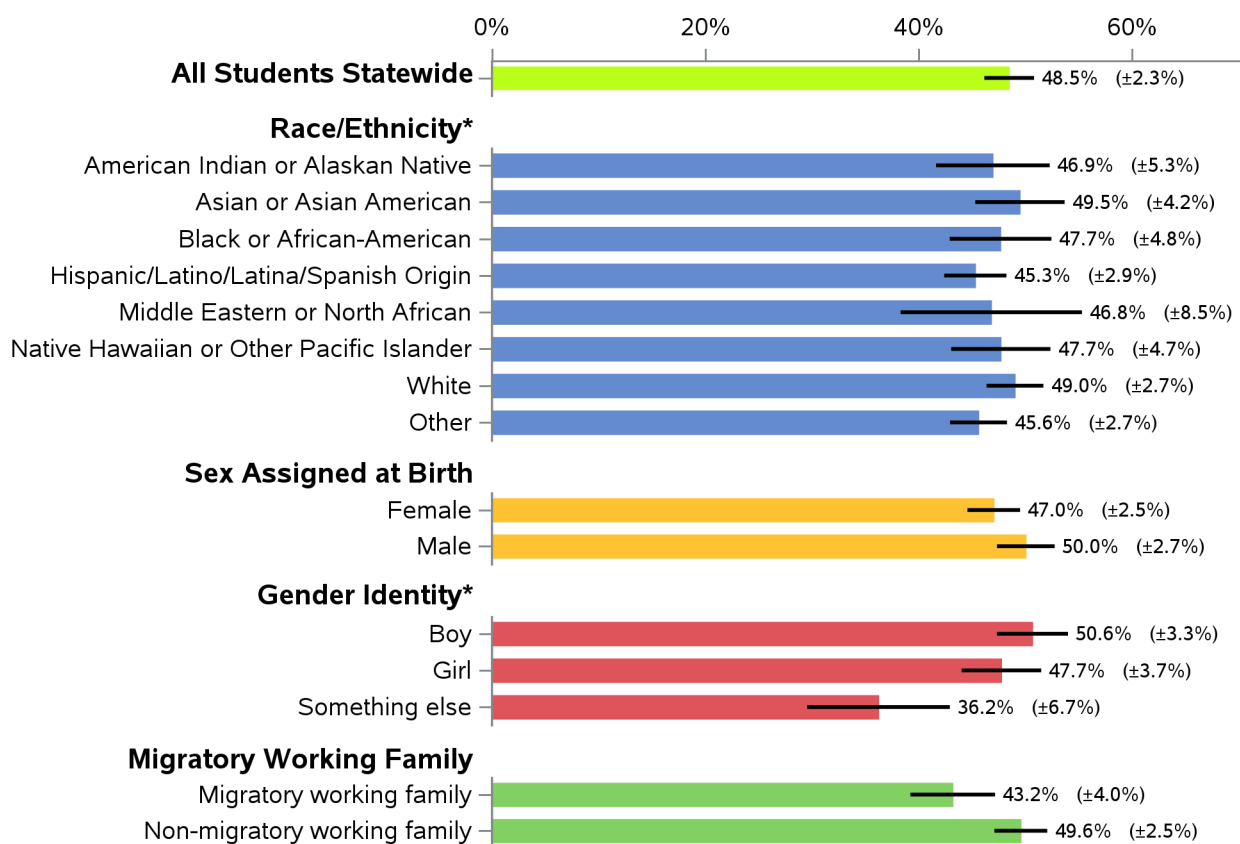
Prevalence is displayed with 95% confidence intervals (as ± or black bar)

▲ ▼ indicates a significant change from the previous year or a significant difference between state and local results, p<0.05 Color indicates a positive or negative difference

Washington HYS results generated at [www.AskHYS.net](http://www.AskHYS.net) on 03-01-2024

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.

# Statewide Relationship between Rewards for Prosocial School Involvement and Demographics, Grade 6, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

Year: 2023

Grade: 8

Sex: All

Number of Students Surveyed: 2,329

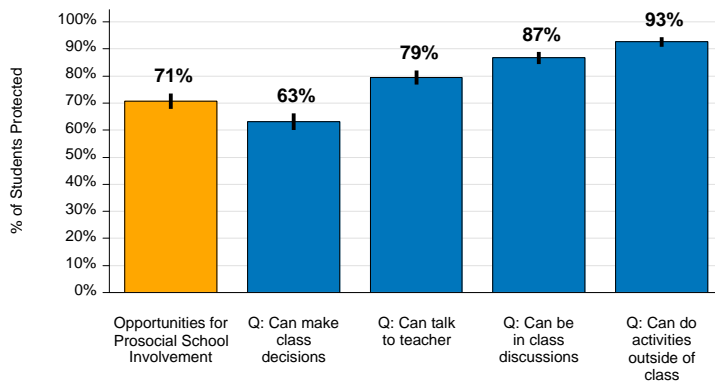
### Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance use and misuse. 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. Additional details are available here: [Risk and Protective Factors on HYS](#)
  - Risk Factor- something that may attribute to a problem.
  - Protective Factor- something that helps to prevent a problem.
- Taking a close look at youth risk and protective factors can help providers select appropriate programming and interventions.

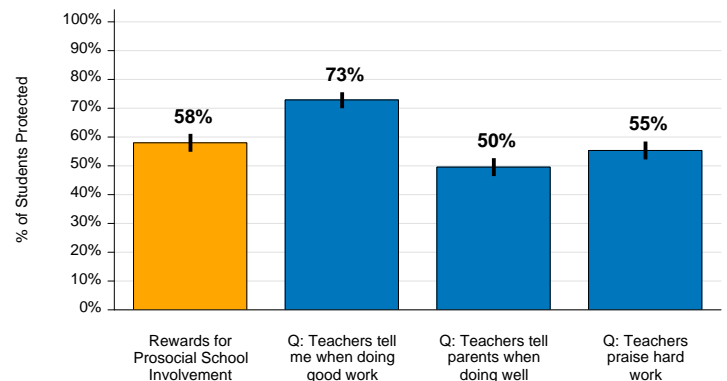
### For More Information:

- Resources for parents on how to connect with their youth; <https://starttalkingnow.org/>
- Resources for schools; <https://www.k12.wa.us/student-success/health-safety/mental-social-behavioral-health>
- Resources about mental health; National Alliance on Mental Health; <https://www.nami.org/Home>
- For local Risk Factor profiles go to [www.dshs.wa.gov/rda/research/Risk.shtm](http://www.dshs.wa.gov/rda/research/Risk.shtm).

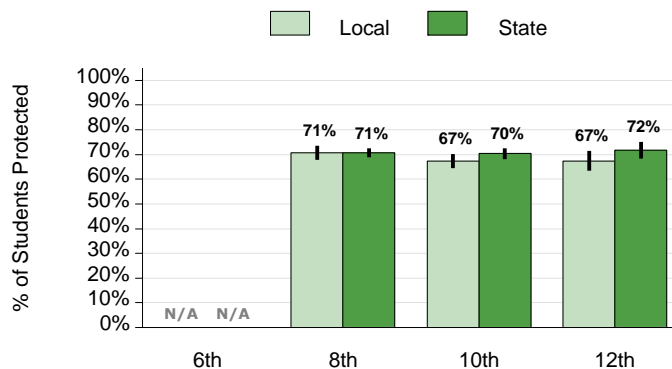
### Protective Factor: Opportunities for Prosocial School Involvement with Component Questions (Q:) Grade 8, 2023



### Protective Factor: Rewards for Prosocial School Involvement with Component Questions (Q:) Grade 8, 2023

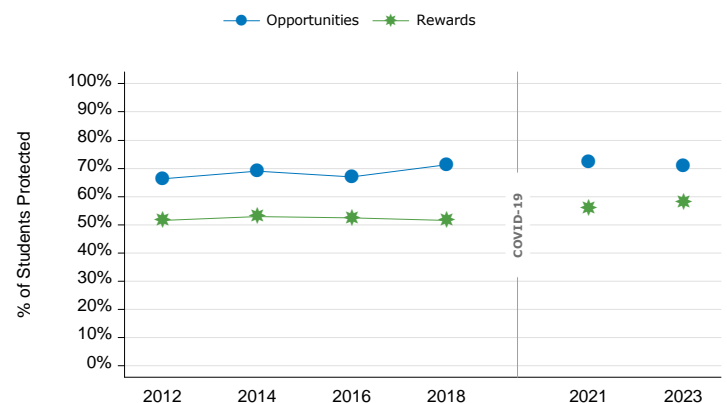


### Protective Factor: Opportunities for Prosocial Involvement Compared to the State, All Grades, 2023



Prevalence	6th	8th	10th	12th
Local	N/A	71% ± 3	67% ± 3	67% ± 4
State	N/A	71% ± 2	70% ± 2	72% ± 3

### School Protective Factor 2012-2023, Grade 8



Prevalence	2012	2014	2016	2018	2021	2023
Opportunities	66% ± 3	69% ± 3	67% ± 3	71% ± 3 ▲	72% ± 3	71% ± 3
Rewards	52% ± 3	53% ± 3	52% ± 3	52% ± 3	56% ± 3 ▲	58% ± 3

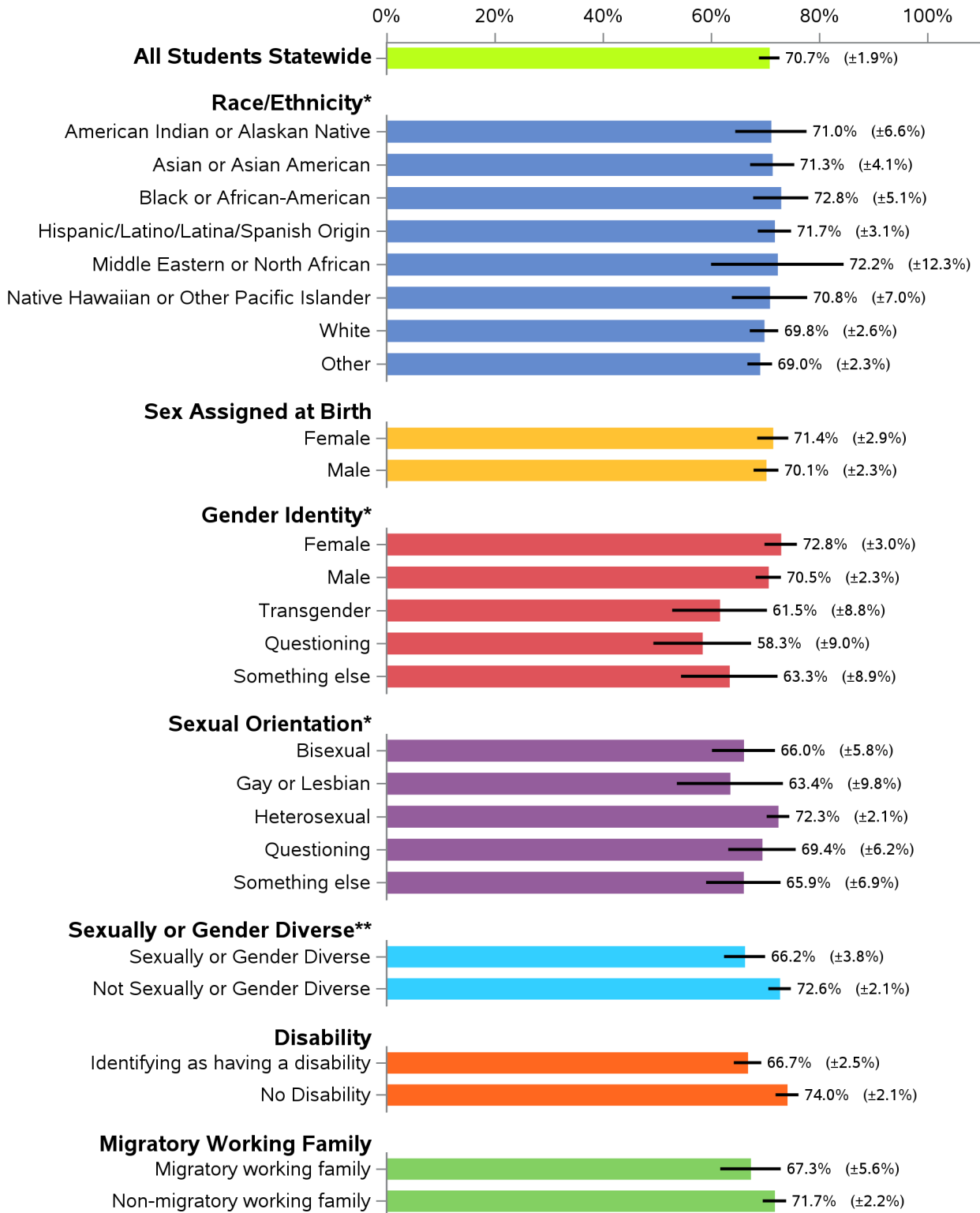
Prevalence is displayed with 95% confidence intervals (as ± or black bar )

▲ indicates a significant change from the previous year or a significant difference between state and local results, p<0.05 Color indicates a positive or negative difference

Washington HYS results generated at [www.AskHYS.net](http://www.AskHYS.net) on 03-01-2024

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.

# Statewide Relationship between Opportunities for Prosocial School Involvement and Demographics, Grade 8, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.



Year: 2023

Grade: 10

Sex: All

Number of Students Surveyed: 2,355

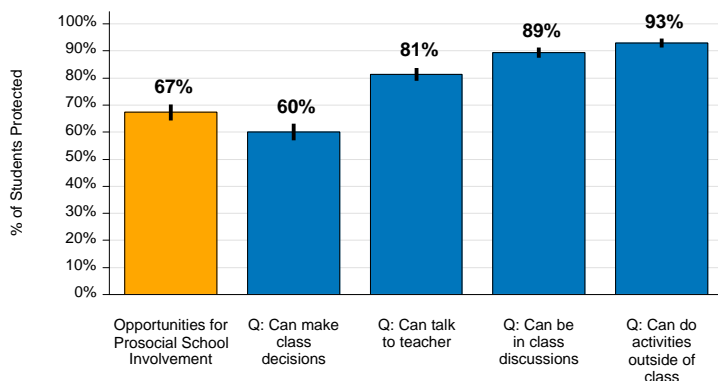
### Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance use and misuse. 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. Additional details are available here: [Risk and Protective Factors on HYS](#)
  - Risk Factor- something that may attribute to a problem.
  - Protective Factor- something that helps to prevent a problem.
- Taking a close look at youth risk and protective factors can help providers select appropriate programming and interventions.

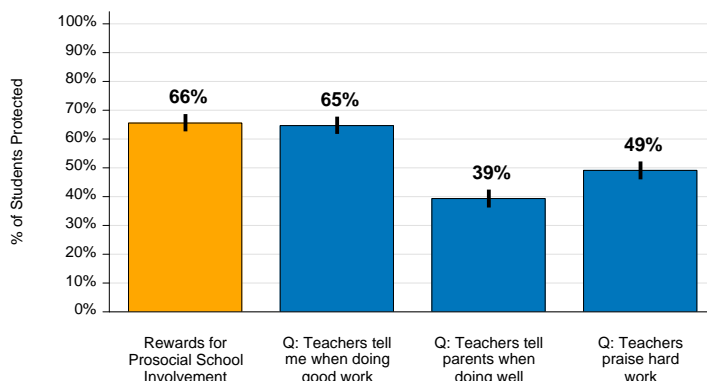
### For More Information:

- Resources for parents on how to connect with their youth; <https://starttalkingnow.org/>
- Resources for schools; <https://www.k12.wa.us/student-success/health-safety/mental-social-behavioral-health>
- Resources about mental health; National Alliance on Mental Health; <https://www.nami.org/Home>
- For local Risk Factor profiles go to [www.dshs.wa.gov/rda/research/Risk.shtm](http://www.dshs.wa.gov/rda/research/Risk.shtm).

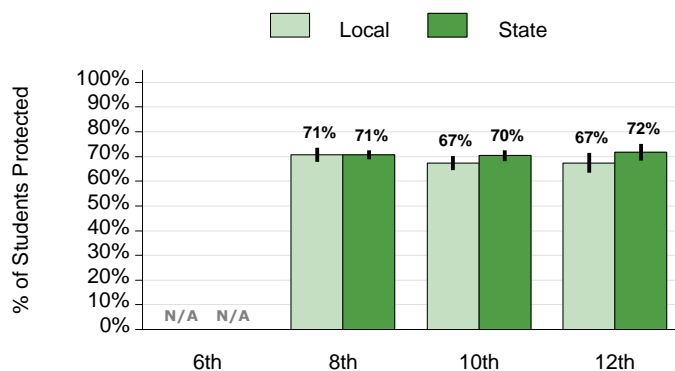
### Protective Factor: Opportunities for Prosocial School Involvement with Component Questions (Q:) Grade 10, 2023



### Protective Factor: Rewards for Prosocial School Involvement with Component Questions (Q:) Grade 10, 2023

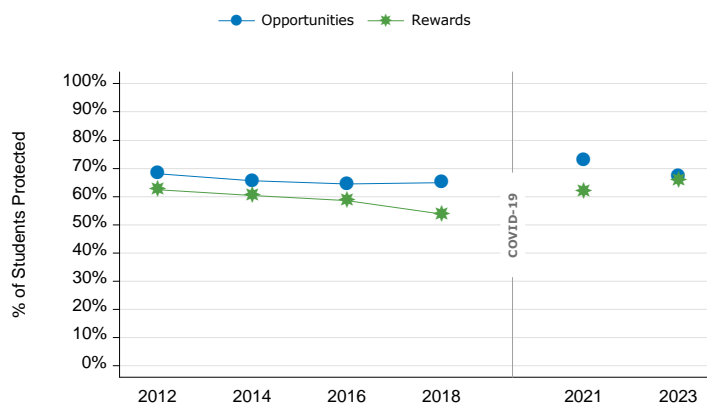


### Protective Factor: Opportunities for Prosocial Involvement Compared to the State, All Grades, 2023



Prevalence	6th	8th	10th	12th
Local	N/A	71% ± 3	67% ± 3	67% ± 4
State	N/A	71% ± 2	70% ± 2	72% ± 3

### School Protective Factor 2012-2023, Grade 10



Prevalence	2012	2014	2016	2018	2021	2023
Opportunities	68% ± 3	66% ± 3	65% ± 3	65% ± 3	73% ± 3 ▲	67% ± 3 ▼
Rewards	62% ± 3	60% ± 3	59% ± 3	54% ± 3 ▼	62% ± 3 ▲	66% ± 3

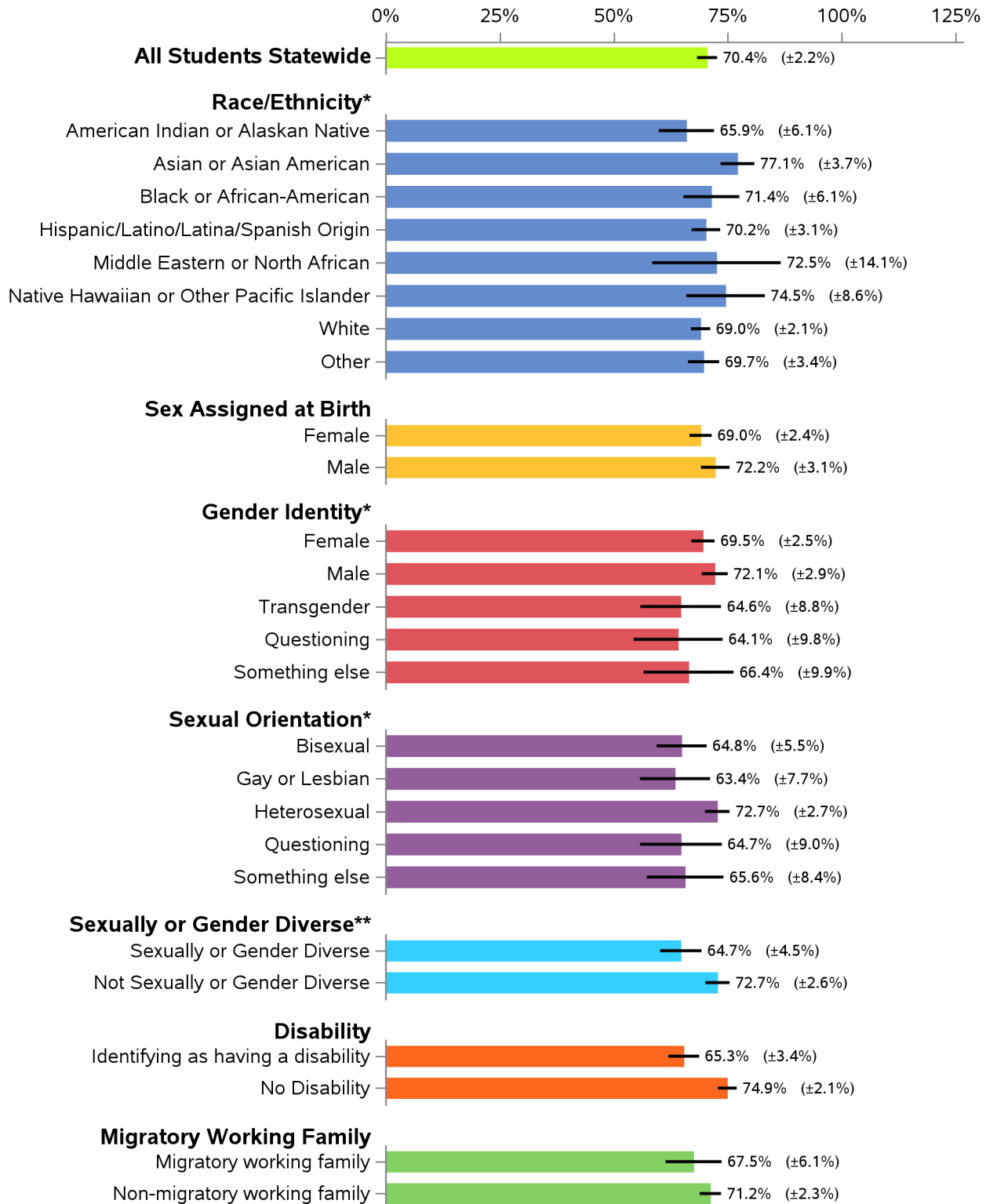
Prevalence is displayed with 95% confidence intervals (as ± or black bar )

▼ ▲ indicates a significant change from the previous year or a significant difference between state and local results, p<0.05 Color indicates a positive or negative difference

Washington HYS results generated at [www.AskHYS.net](http://www.AskHYS.net) on 03-01-2024

**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.

# Statewide Relationship between Opportunities for Prosocial School Involvement and Demographics, Grade 10, 2023



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Year: 2023

Grade: 12

Sex: All

Number of Students Surveyed: 1,341

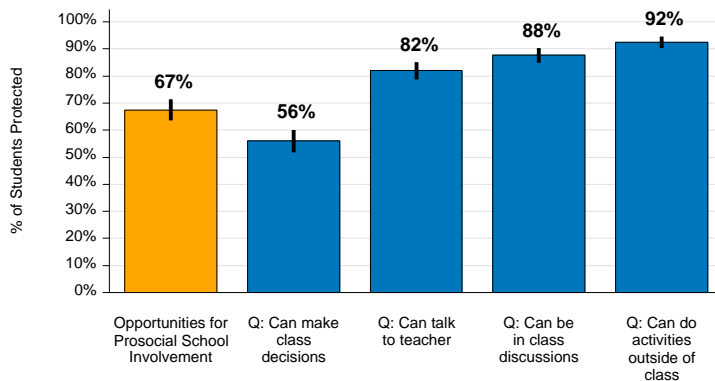
### Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance use and misuse. 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. Additional details are available here: [Risk and Protective Factors on HYS](#)
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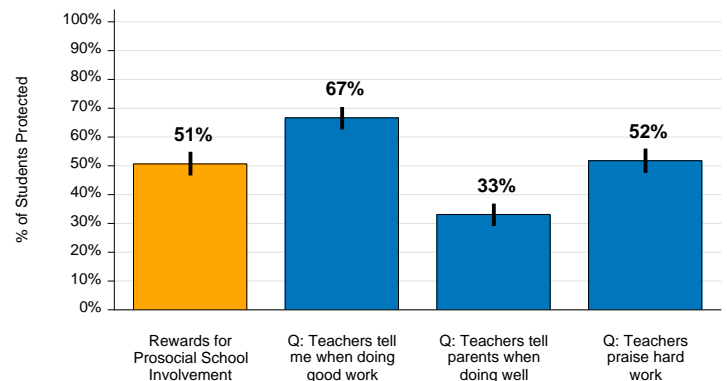
### For More Information:

- Resources for parents on how to connect with their youth; <https://starttalkingnow.org/>
- Resources for schools; <https://www.k12.wa.us/student-success/health-safety/mental-social-behavioral-health>
- Resources about mental health; National Alliance on Mental Health; <https://www.nami.org/Home>
- For local Risk Factor profiles go to [www.dshs.wa.gov/rda/research/Risk.shtm](http://www.dshs.wa.gov/rda/research/Risk.shtm).

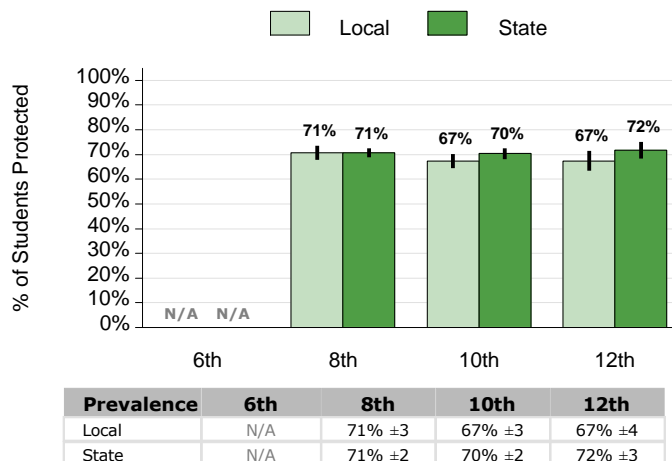
**Protective Factor: Opportunities for Prosocial School Involvement with Component Questions (Q:)**  
Grade 12, 2023



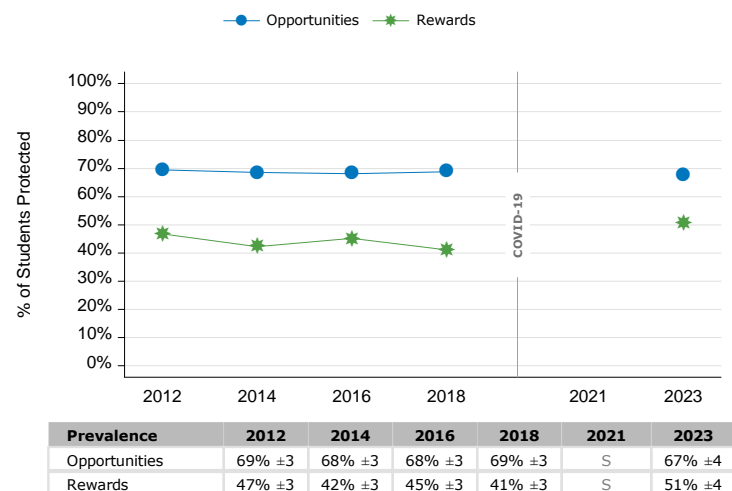
**Protective Factor: Rewards for Prosocial School Involvement with Component Questions (Q:)**  
Grade 12, 2023



**Protective Factor: Opportunities for Prosocial Involvement Compared to the State, All Grades, 2023**



**School Protective Factor 2012-2023, Grade 12**



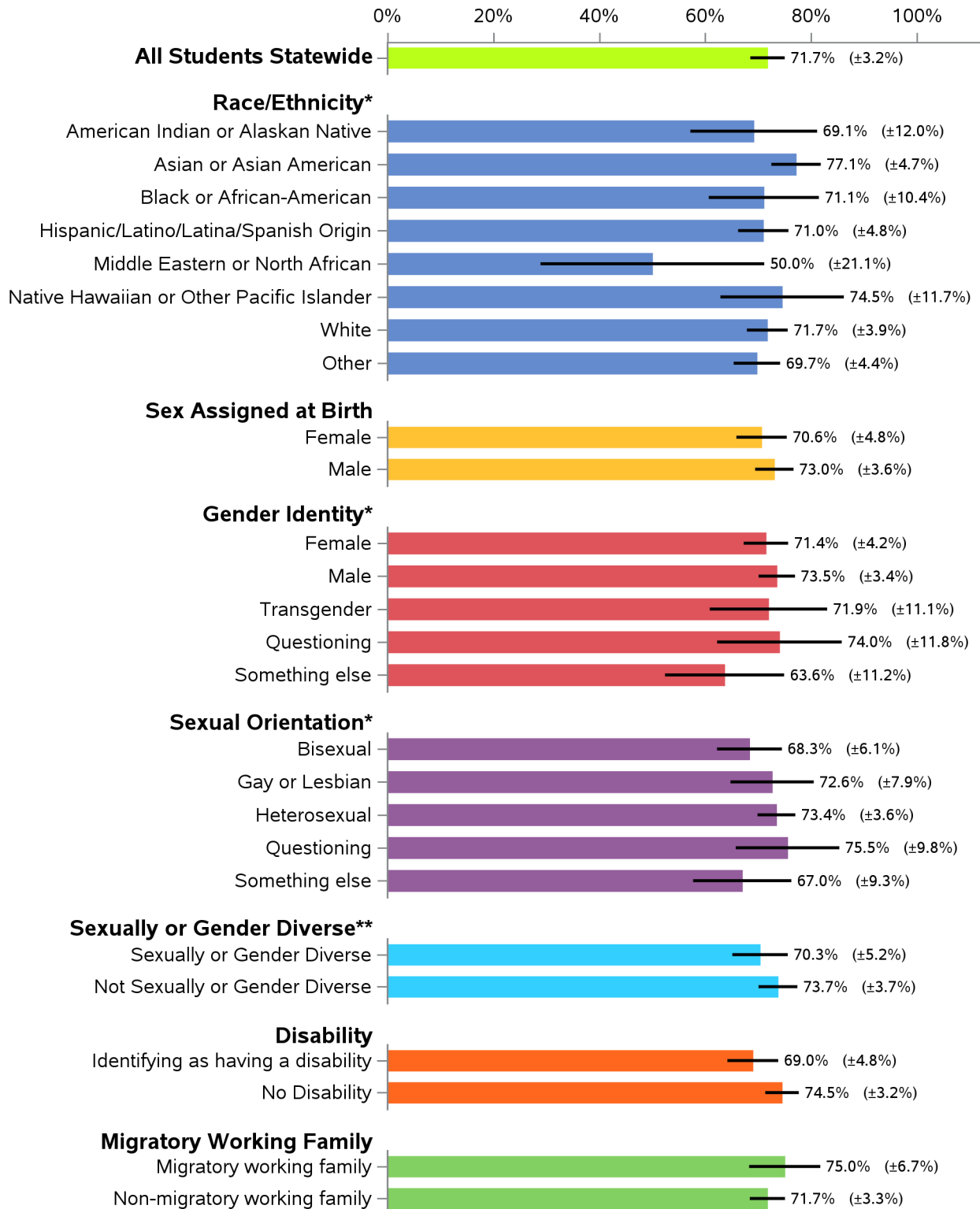
Prevalence is displayed with 95% confidence intervals (as ± or black bar)

▼ ▲ indicates a significant change from the previous year or a significant difference between state and local results, p<0.05 Color indicates a positive or negative difference

Washington HYS results generated at [www.AskHYS.net](http://www.AskHYS.net) on 03-01-2024

**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.

# Statewide Relationship between Opportunities for Prosocial School Involvement and Demographics, Grade 12, 2023



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Year: 2023

Grade: 6

Sex: All

Number of Students Surveyed: 2,581

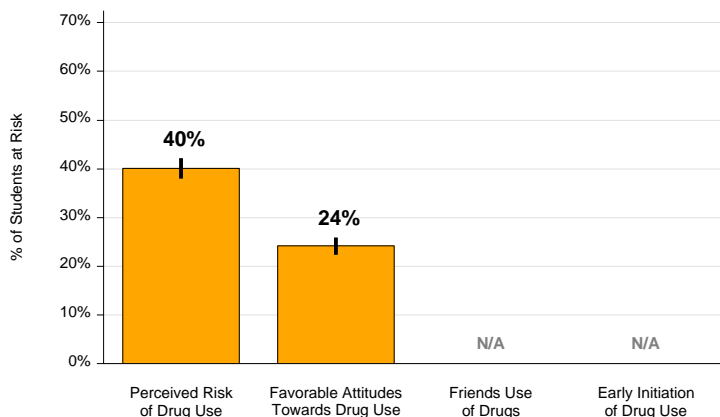
### Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance use and misuse. They identified risk factors that predict youth substance use, and protective factors that can protect prevent youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection. Additional details are available here: [Risk and Protective Factors on HYS](#)
- 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.

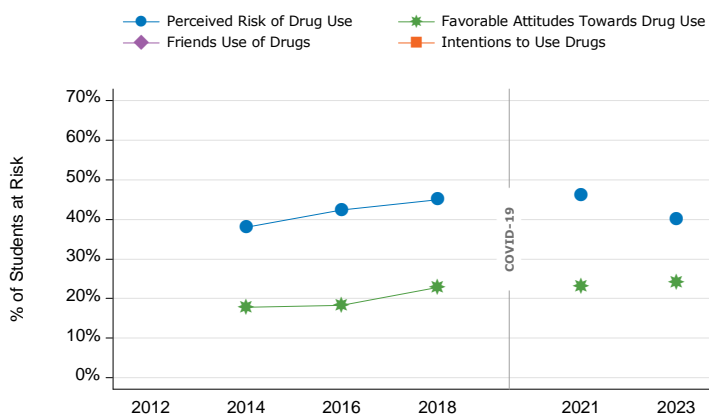
### For More Information:

- 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 <http://adaiclearinghouse.net> or call (206) 221-8325.
- For prevention tips and other online resources visit <https://focusonyouwa.org> and [www.DrugFree.org](http://www.DrugFree.org).
- For 24 hour help for mental health, substance use and misuse, and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).

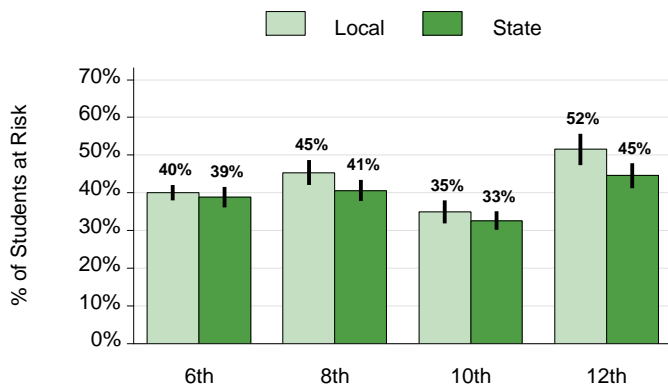
**Peer-Individual Risk Factors  
Grade 6, 2023**



**Peer-Individual Risk Factor 2012-2023  
Grade 6**



**Risk Factor: Perceived Risk of Drug Use  
Compared to the State, All Grades, 2023**



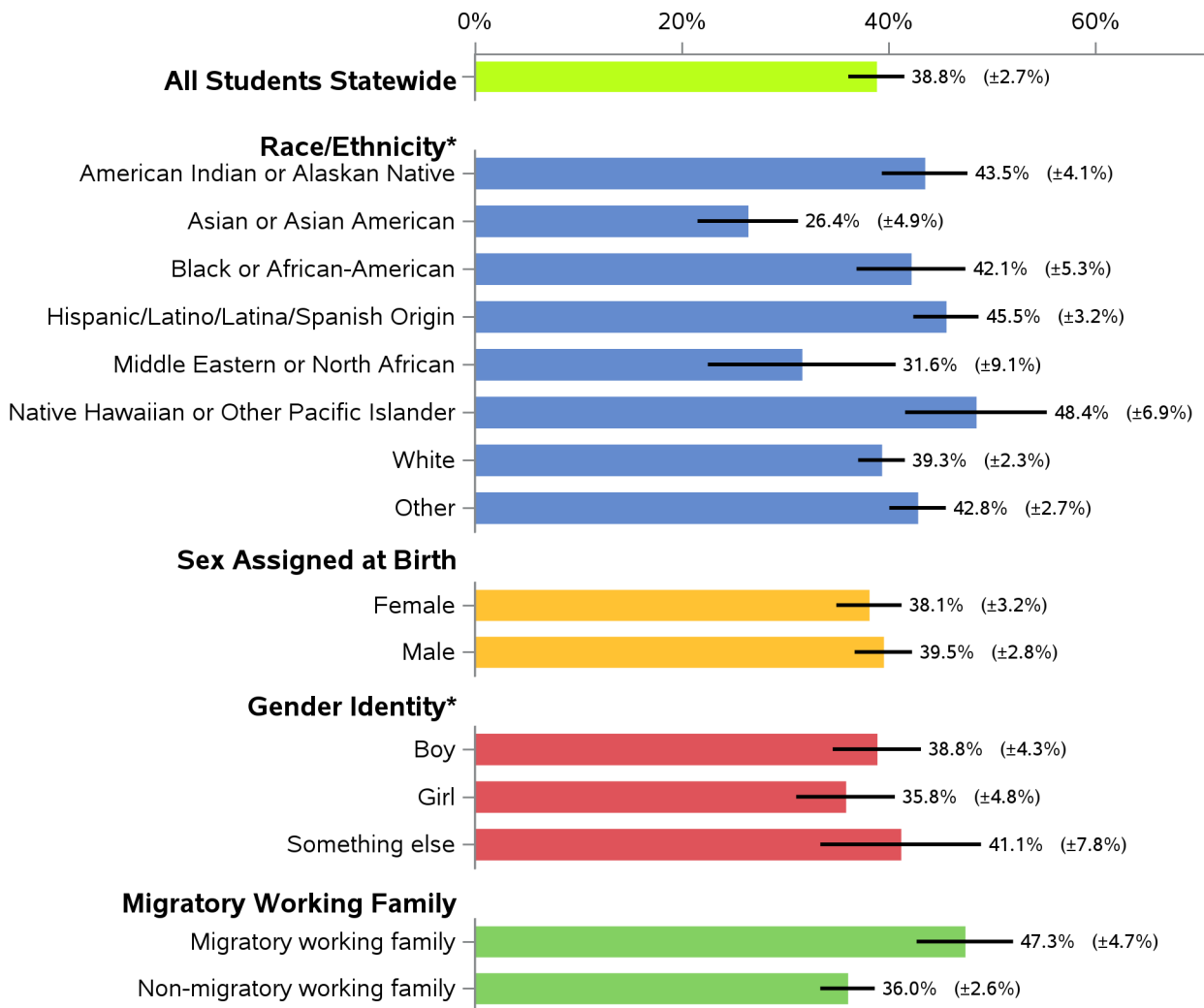
Prevalence	6th	8th	10th	12th
Local	40% ±2	45% ±3▲	35% ±3	52% ±4▲
State	39% ±3	41% ±3	33% ±2	45% ±3

Prevalence	2012	2014	2016	2018	2021	2023
Perceived Risk of Drug Use	S	38% ±5▲	42% ±3	45% ±2	46% ±2	40% ±2▼
Favorable Attitudes Towards Drug Use	S	18% ±3	18% ±2	23% ±2▲	23% ±2	24% ±2
Friends Use of Drugs	S	N/A	N/A	N/A	N/A	N/A
Intentions to Use Drugs	S	N/S	N/S	N/S	N/S	N/S

*In 2023, 24% of 6th graders in our county were at risk for favorable attitudes towards drugs.*

*From 2021 to 2023, there has been a decrease in the perceived risk of drug use among 6th graders in our county.*

## Statewide Relationship between Perceived Risk of Drug Use and Demographics, Grade 6, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

Year: 2023

Grade: 8

Sex: All

Number of Students Surveyed: 2,329

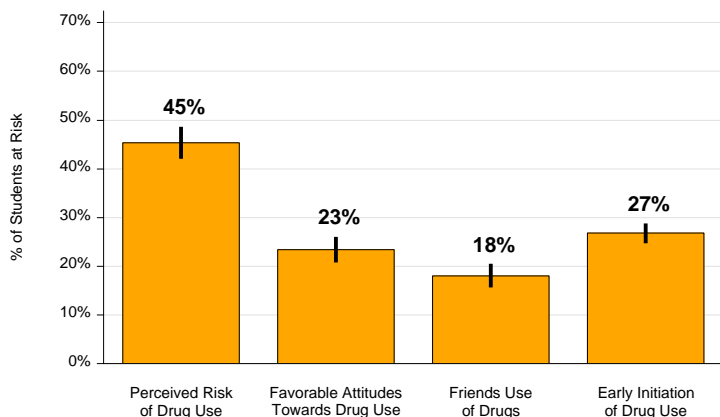
### Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance use and misuse. They identified risk factors that predict youth substance use, and protective factors that can protect prevent youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection. Additional details are available here: [Risk and Protective Factors on HYS](#)
- 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.

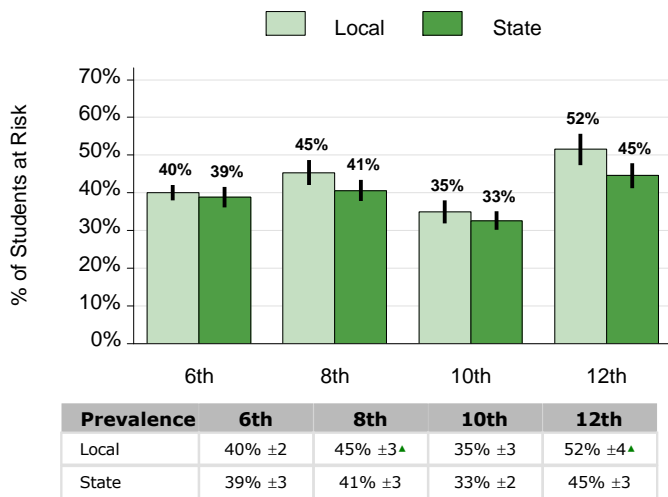
### For More Information:

- 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 <http://adaiclearinghouse.net> or call (206) 221-8325.
- For prevention tips and other online resources visit <https://focusonyouwa.org> and [www.DrugFree.org](http://www.DrugFree.org).
- For 24 hour help for mental health, substance use and misuse, and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).

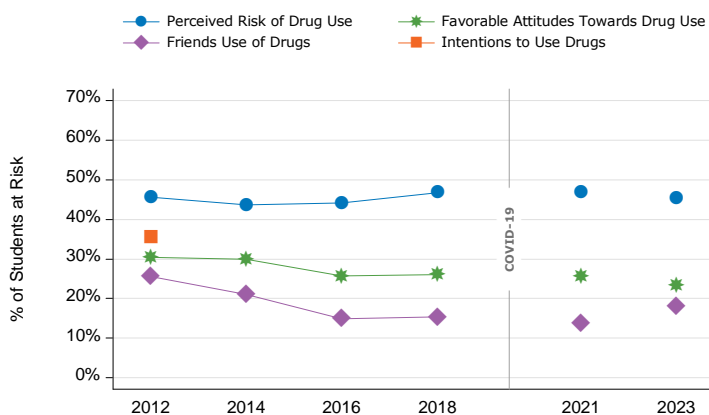
**Peer-Individual Risk Factors  
Grade 8, 2023**



**Risk Factor: Perceived Risk of Drug Use  
Compared to the State, All Grades, 2023**



**Peer-Individual Risk Factor 2012-2023  
Grade 8**

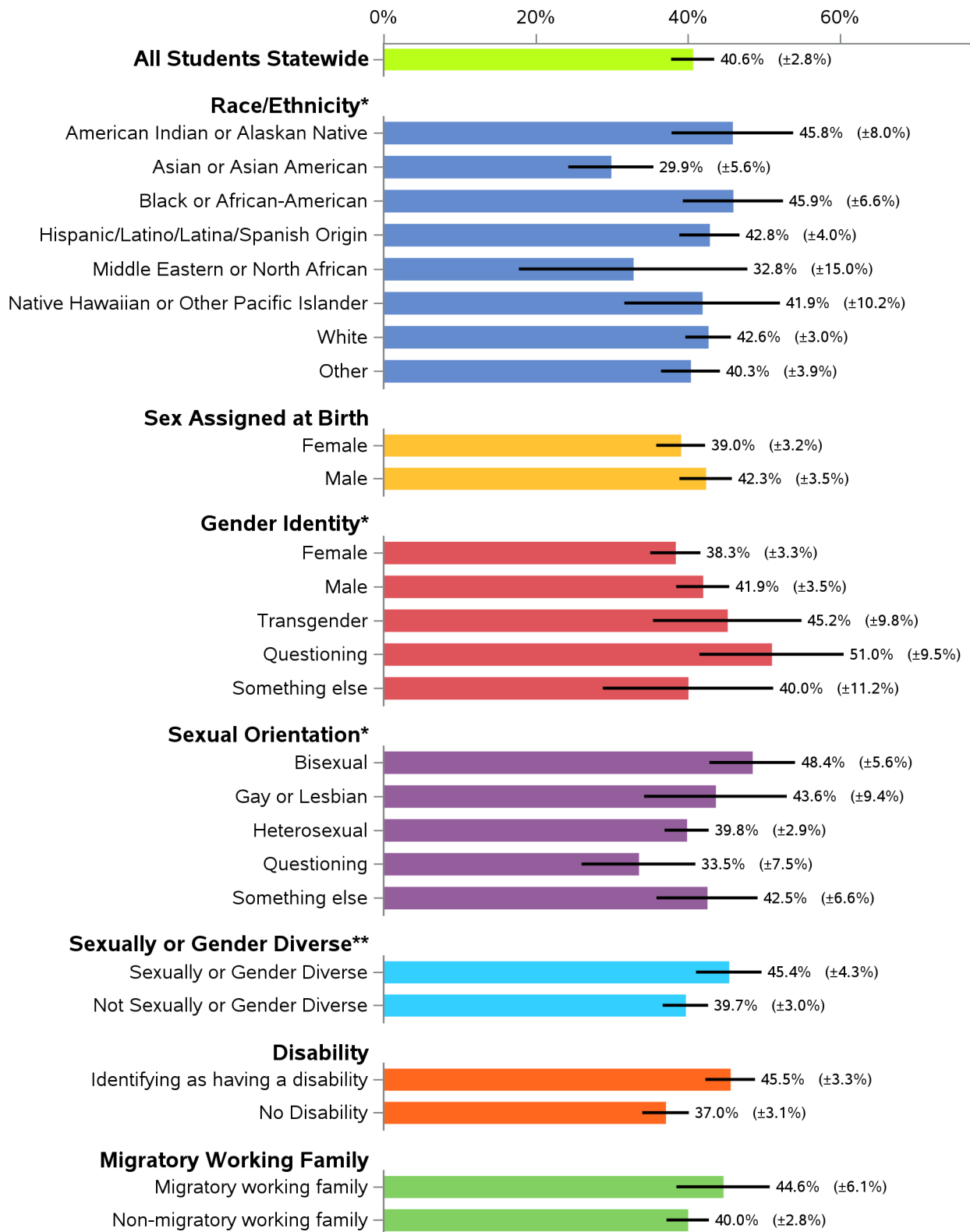


Prevalence	2012	2014	2016	2018	2021	2023
Perceived Risk of Drug Use	46% ±3	44% ±3	44% ±3	47% ±3	47% ±3	45% ±3
Favorable Attitudes Towards Drug Use	30% ±3	30% ±3	26% ±3▼	26% ±3	25% ±3	23% ±3
Friends Use of Drugs	26% ±3	21% ±2▼	15% ±2▼	15% ±2	14% ±2	18% ±2▲
Intentions to Use Drugs	35% ±3	N/S	N/S	N/S	N/S	N/S

*In 2023, 23% of 8th graders in our county were at risk for favorable attitudes towards drugs.*

*From 2021 to 2023, there has been no change in the perceived risk of drug use among 8th graders in our county.*

# Statewide Relationship between Perceived Risk of Drug Use and Demographics, Grade 8, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.



Year: 2023

Grade: 10

Sex: All

Number of Students Surveyed: 2,355

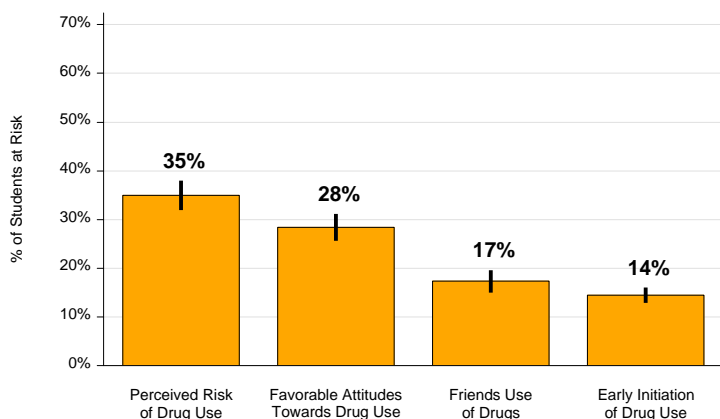
### Background:

- Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance use and misuse. They identified risk factors that predict youth substance use, and protective factors that can protect prevent youth from the effects of those risks. Prevention strategies are designed to lower risk and increase protection. Additional details are available here: [Risk and Protective Factors on HYS](#)
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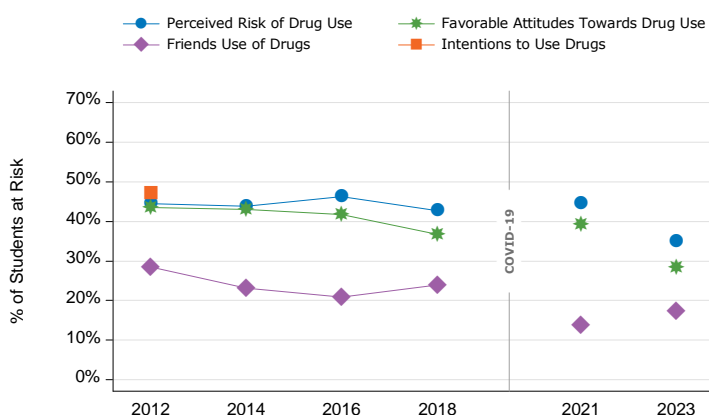
### For More Information:

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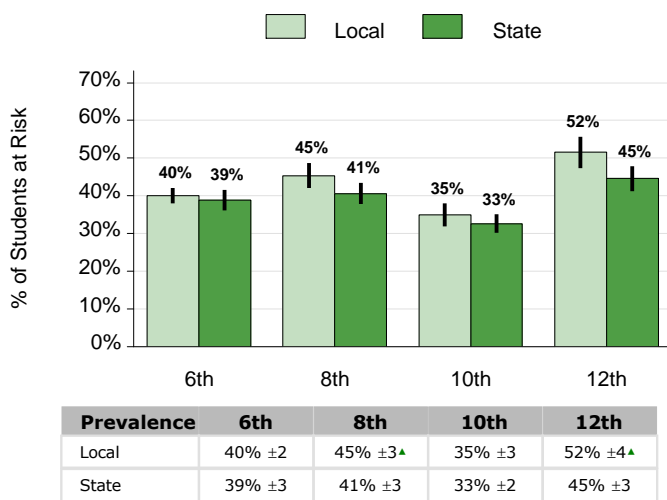
**Peer-Individual Risk Factors  
Grade 10, 2023**



**Peer-Individual Risk Factor 2012-2023  
Grade 10**



**Risk Factor: Perceived Risk of Drug Use  
Compared to the State, All Grades, 2023**

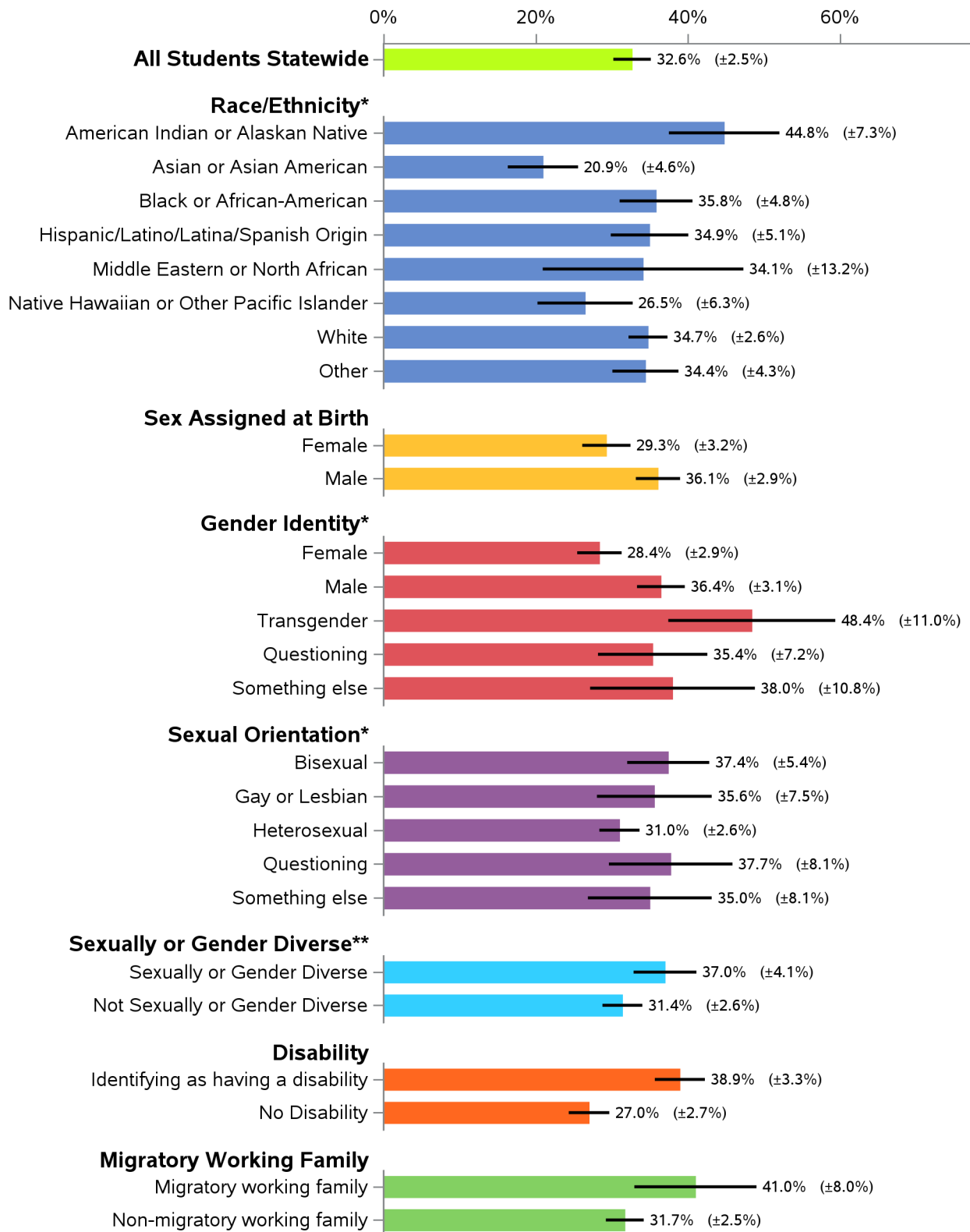


Prevalence	2012	2014	2016	2018	2021	2023
Perceived Risk of Drug Use	45% ±3	44% ±3	46% ±3	43% ±3	44% ±3	35% ±3▼
Favorable Attitudes Towards Drug Use	44% ±3	43% ±3	42% ±3	37% ±3▼	39% ±3	28% ±3▼
Friends Use of Drugs	29% ±3	23% ±2▼	21% ±3	24% ±2	14% ±2▼	17% ±2▲
Intentions to Use Drugs	47% ±3	N/S	N/S	N/S	N/S	N/S

*In 2023, 28% of 10th graders in our county were at risk for favorable attitudes towards drugs.*

*From 2021 to 2023, there has been a decrease in the perceived risk of drug use among 10th graders in our county.*

# Statewide Relationship between Perceived Risk of Drug Use and Demographics, Grade 10, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

## Peer-Individual Risk Factors for Thurston County

Year: 2023

Grade: 12

Sex: All

Number of Students Surveyed: 1,341

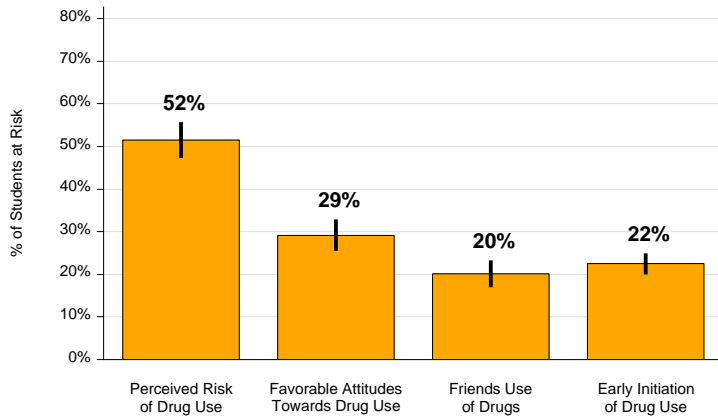
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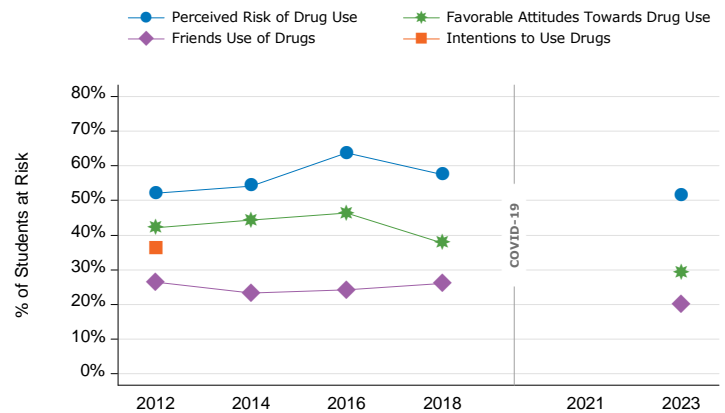
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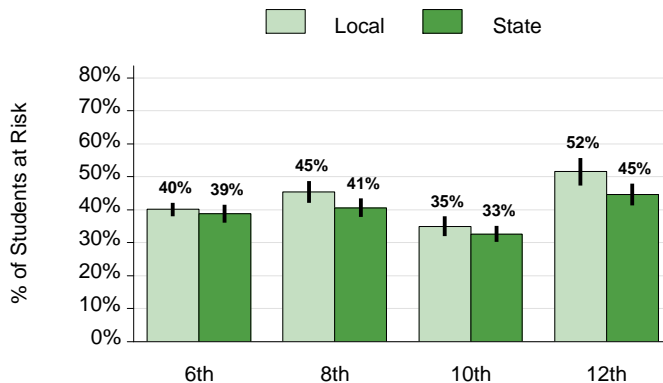
**Peer-Individual Risk Factors  
Grade 12, 2023**



**Peer-Individual Risk Factor 2012-2023  
Grade 12**



**Risk Factor: Perceived Risk of Drug Use  
Compared to the State, All Grades, 2023**



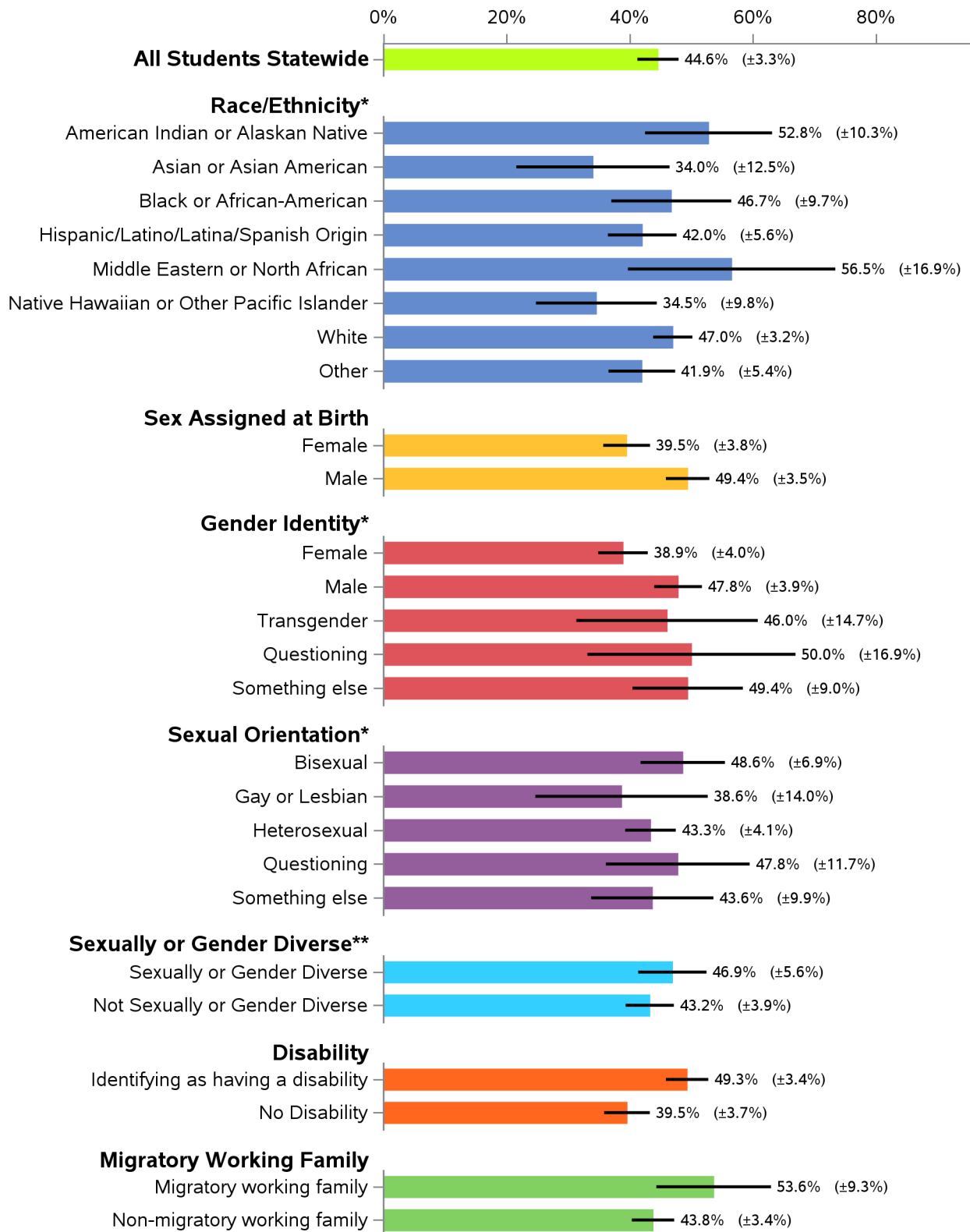
Prevalence	6th	8th	10th	12th
Local	40% ±2	45% ±3▲	35% ±3	52% ±4▲
State	39% ±3	41% ±3	33% ±2	45% ±3

Prevalence	2012	2014	2016	2018	2021	2023
Perceived Risk of Drug Use	52% ±4	54% ±3	64% ±3▲	58% ±4▼	S	52% ±4
Favorable Attitudes Towards Drug Use	42% ±4	44% ±3	46% ±4	38% ±4▼	S	29% ±4▲
Friends Use of Drugs	26% ±3	23% ±3	24% ±3	26% ±3	S	20% ±3
Intentions to Use Drugs	36% ±3	N/S	N/S	N/S	S	N/S

*In 2023, 29% of 12th graders in our county were at risk for favorable attitudes towards drugs.*

*From 2021 to 2023, there has been no change in the perceived risk of drug use among 12th graders in our county.*

# Statewide Relationship between Perceived Risk of Drug Use and Demographics, Grade 12, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

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Year: 2023

Grade: 6

Sex: All

Number of Students Surveyed: 2,581

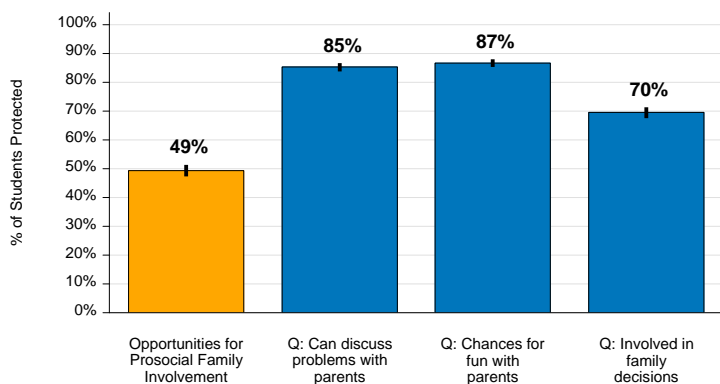
### Background:

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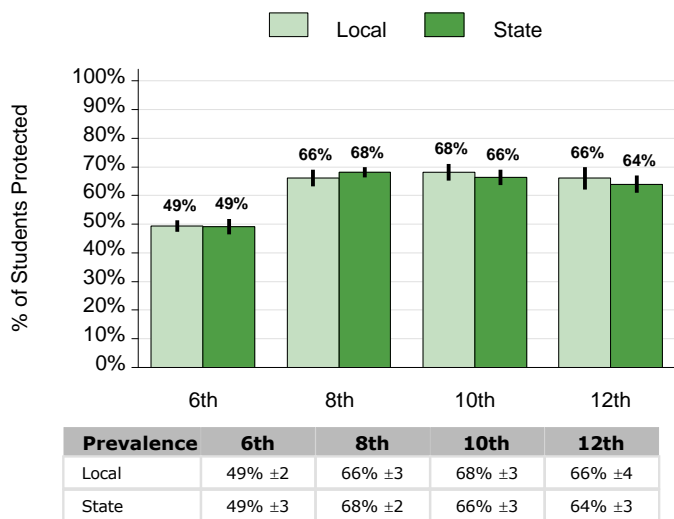
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### Protective Factor: Opportunities for Prosocial Family Involvement with Component Questions (Q:) Grade 6, 2023



### Protective Factor: Opportunities for Prosocial Family Involvement All Grades, 2023

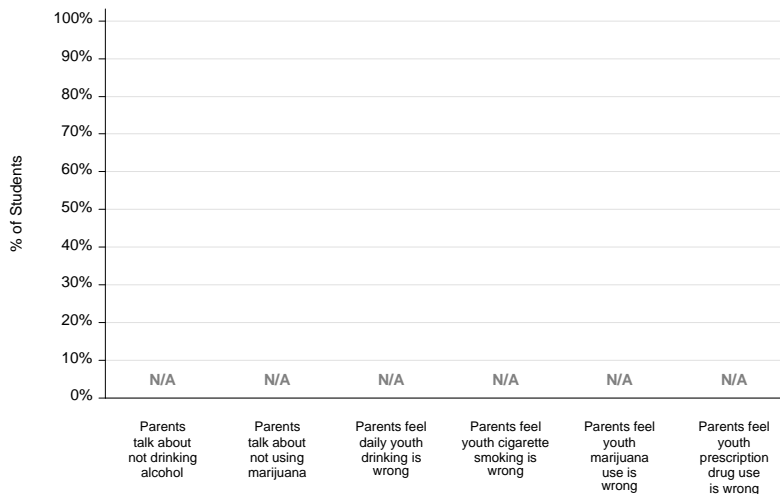


### Family Protective Factor 2012-2023, Grade 6



Prevalence	2012	2014	2016	2018	2021	2023
Opportunities	S	52% ± 5	53% ± 3	50% ± 2	46% ± 2	49% ± 2
Rewards	S	52% ± 5	56% ± 3	53% ± 2	47% ± 2	56% ± 2

### Parental Protective Influences, Grade 6, 2023



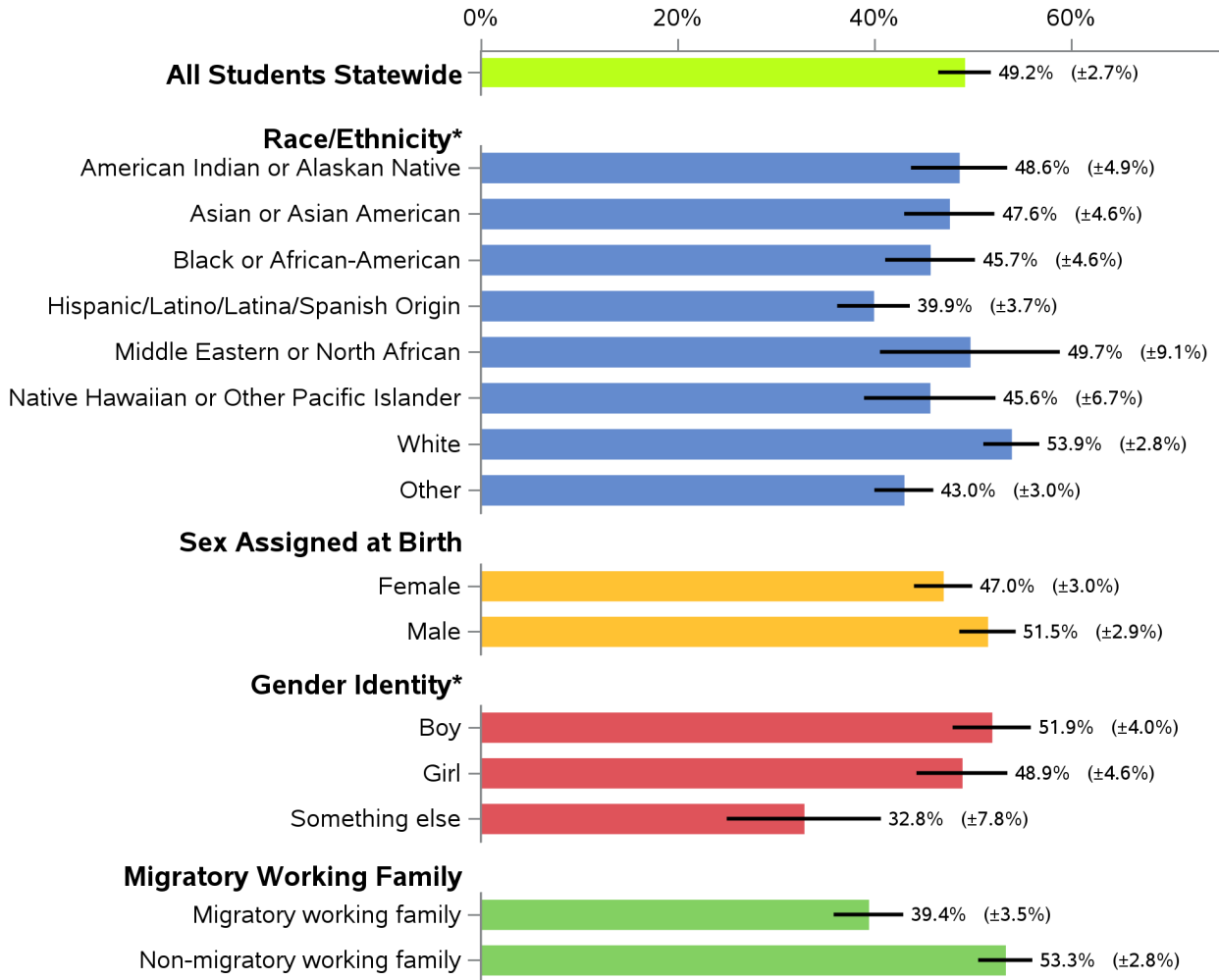
Prevalence is displayed with 95% confidence intervals (as ± or black bar )

▲ indicates a significant change from the previous year or a significant difference between state and local results, p<0.05 Color indicates a positive or negative difference

Washington HYS results generated at [www.AskHYS.net](http://www.AskHYS.net) on 02-24-2024

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.

# Statewide Relationship between Opportunities for Prosocial Family Involvement and Demographics, Grade 6, 2023



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Year: 2023

Grade: 8

Sex: All

Number of Students Surveyed: 2,329

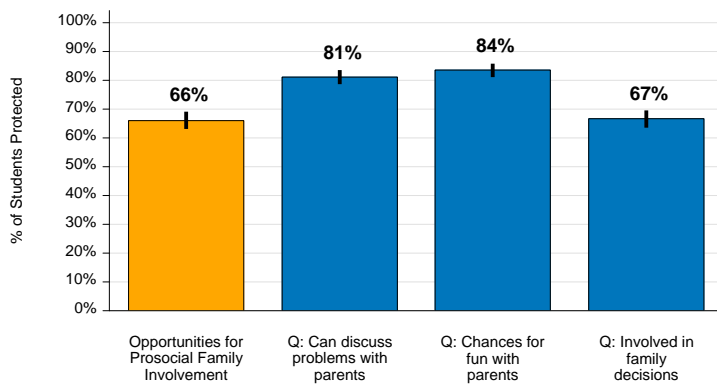
### Background:

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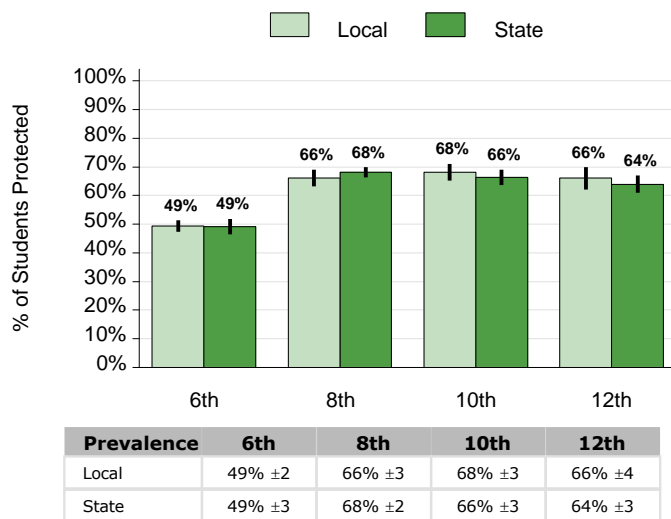
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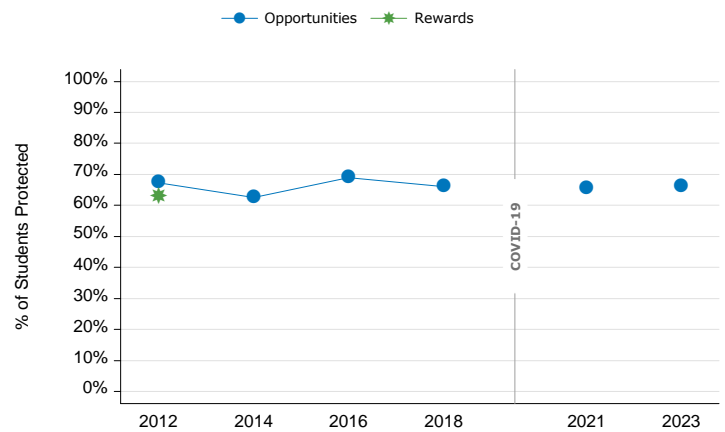
### Protective Factor: Opportunities for Prosocial Family Involvement with Component Questions (Q:) Grade 8, 2023



### Protective Factor: Opportunities for Prosocial Family Involvement All Grades, 2023

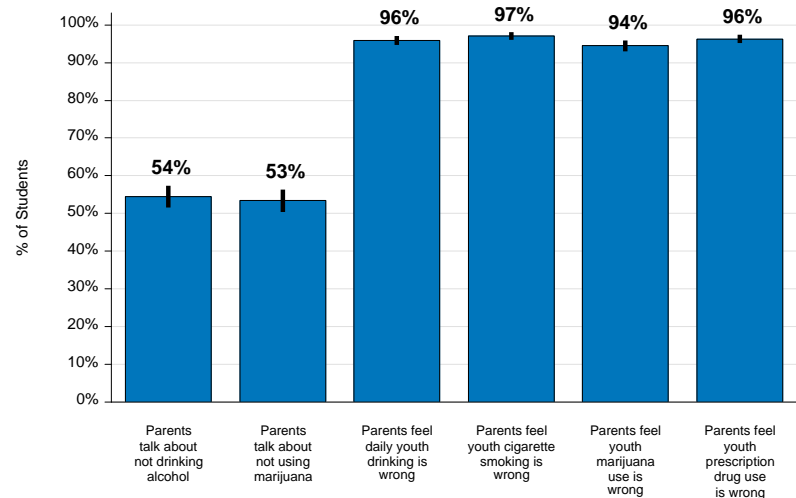


### Family Protective Factor 2012-2023, Grade 8



Prevalence	2012	2014	2016	2018	2021	2023
Opportunities	67% ±3	63% ±3	69% ±3	66% ±3	66% ±3	66% ±3
Rewards	63% ±3	N/A	N/A	N/A	N/A	N/A

### Parental Protective Influences, Grade 8, 2023



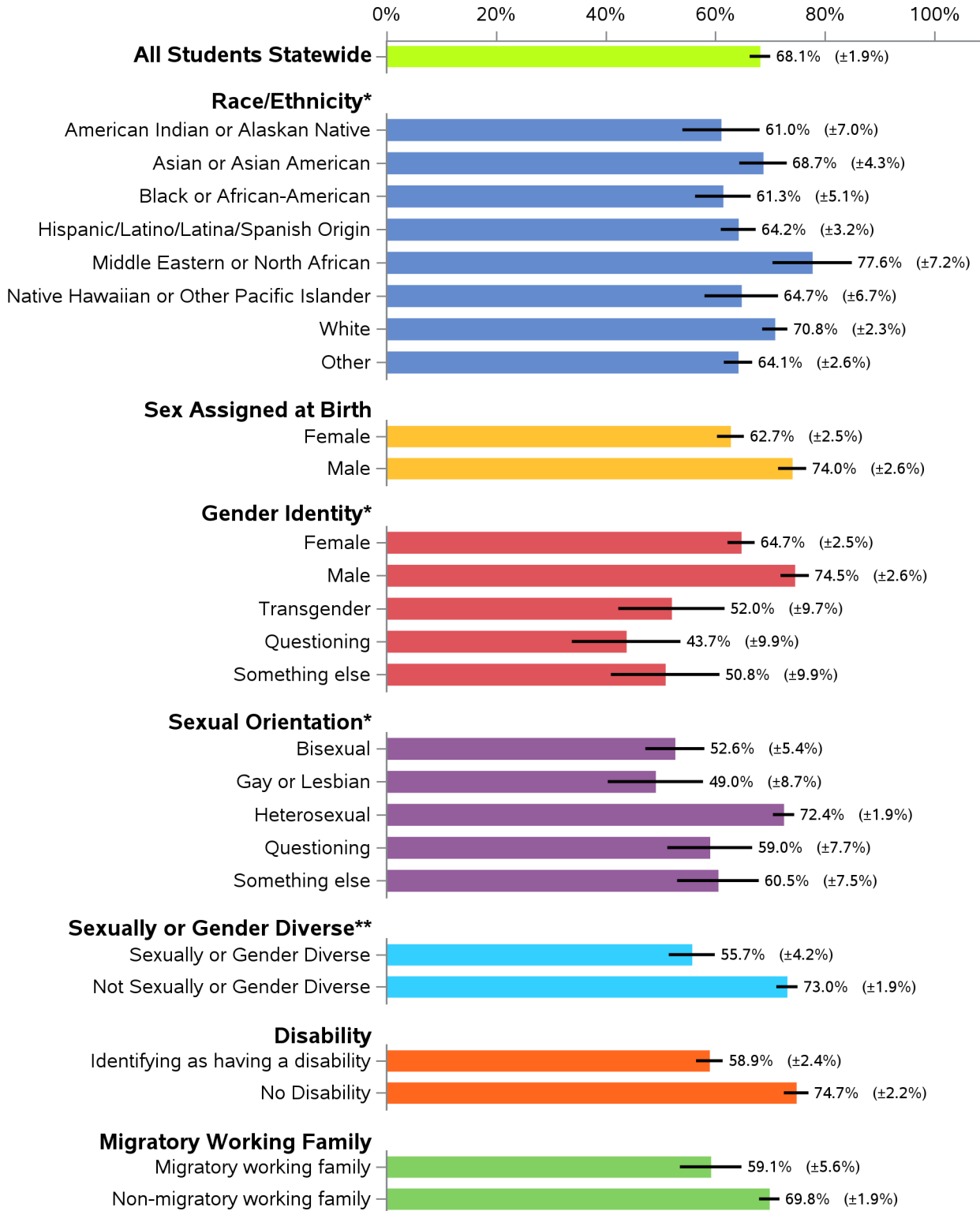
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Year: 2023

Grade: 10

Sex: All

Number of Students Surveyed: 2,355

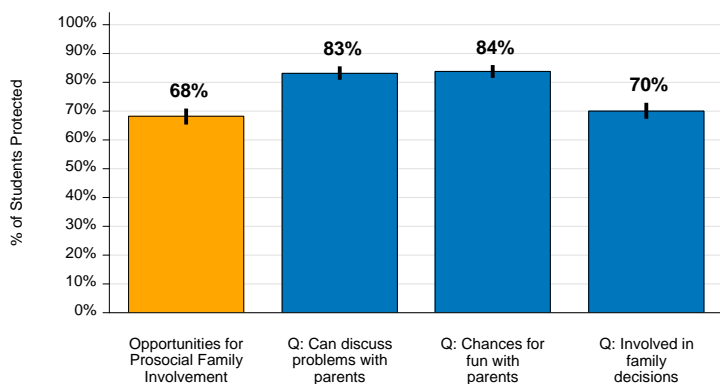
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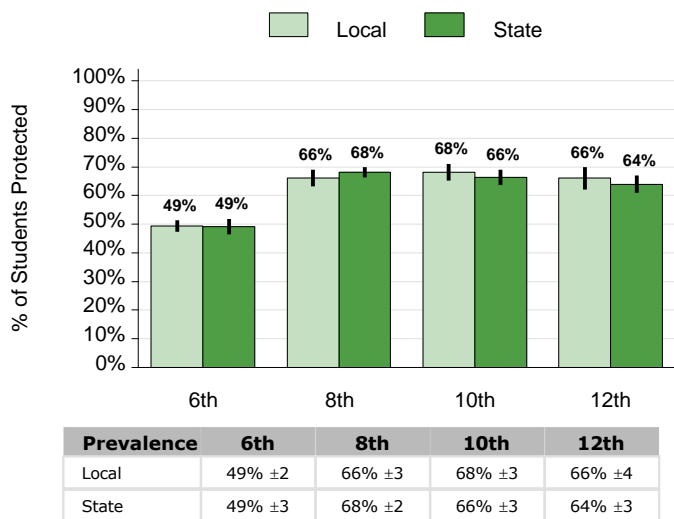
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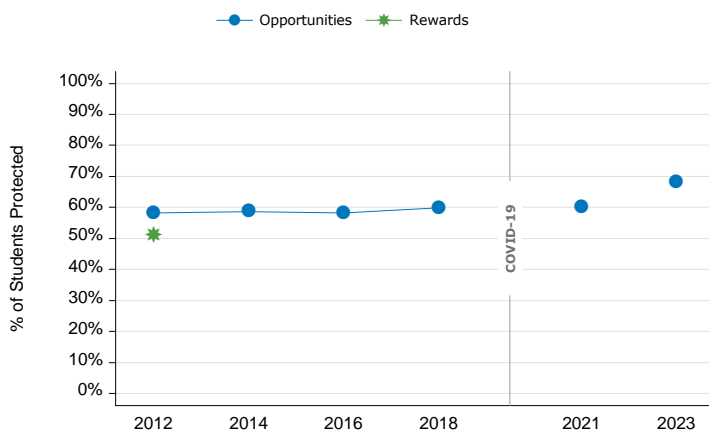
### Protective Factor: Opportunities for Prosocial Family Involvement with Component Questions (Q:) Grade 10, 2023



### Protective Factor: Opportunities for Prosocial Family Involvement All Grades, 2023

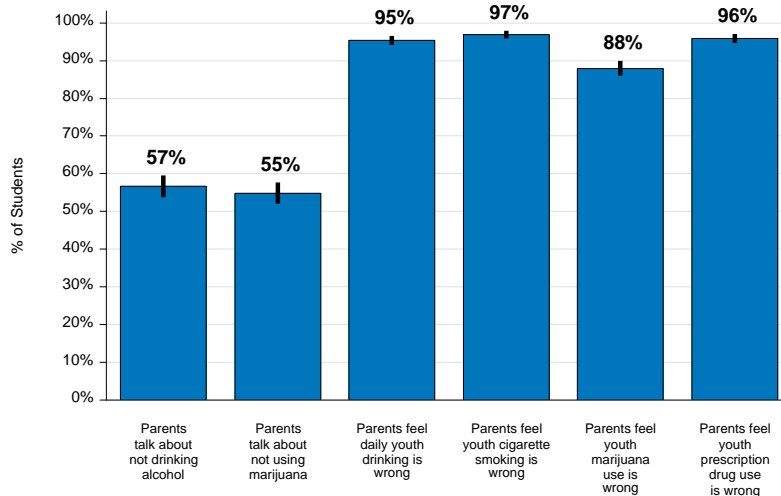


### Family Protective Factor 2012-2023, Grade 10



Prevalence	2012	2014	2016	2018	2021	2023
Opportunities	58% ±3	59% ±3	58% ±3	60% ±3	60% ±3	68% ±3
Rewards	51% ±3	N/A	N/A	N/A	N/A	N/A

### Parental Protective Influences, Grade 10, 2023



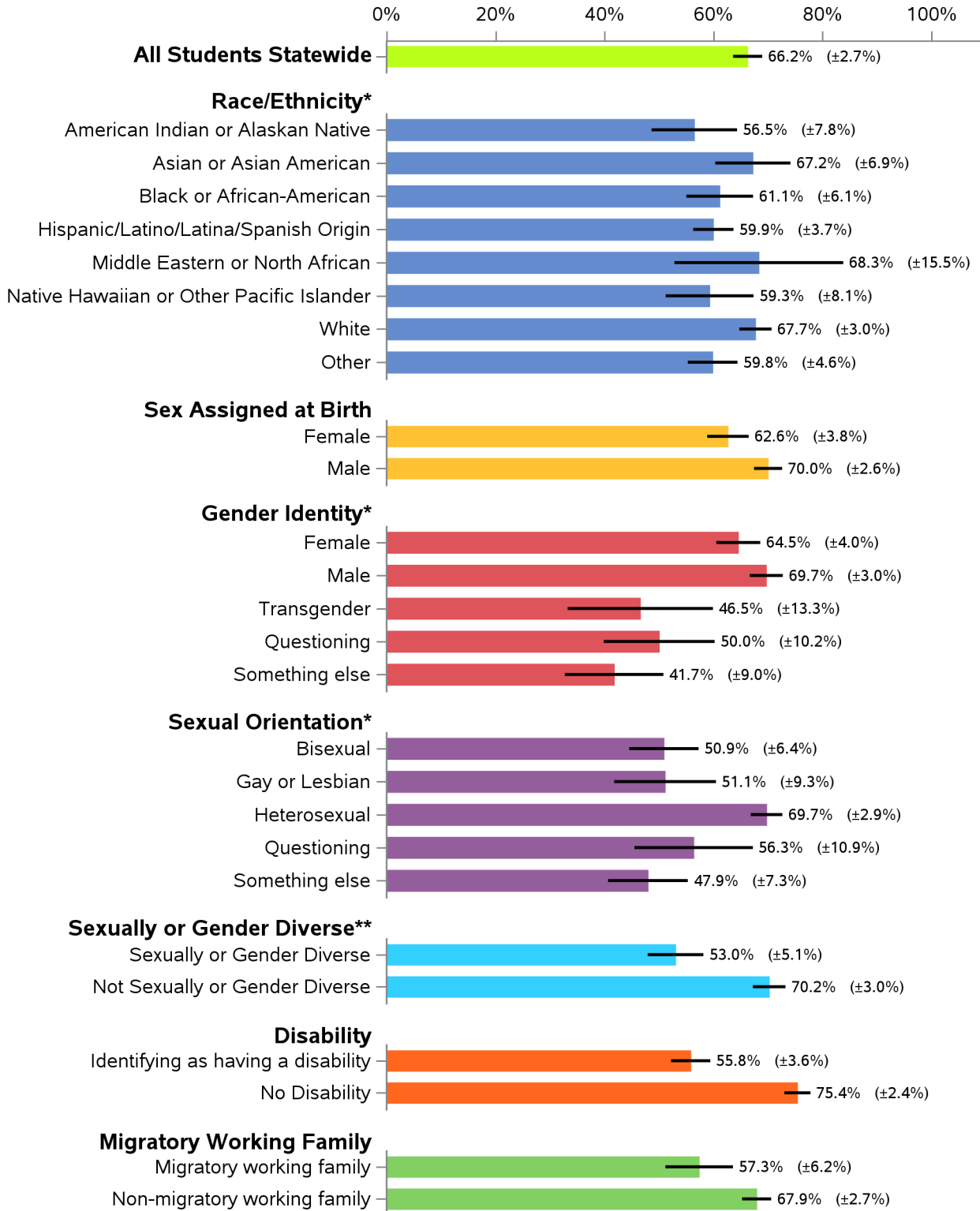
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Year: 2023

Grade: 12

Sex: All

Number of Students Surveyed: 1,341

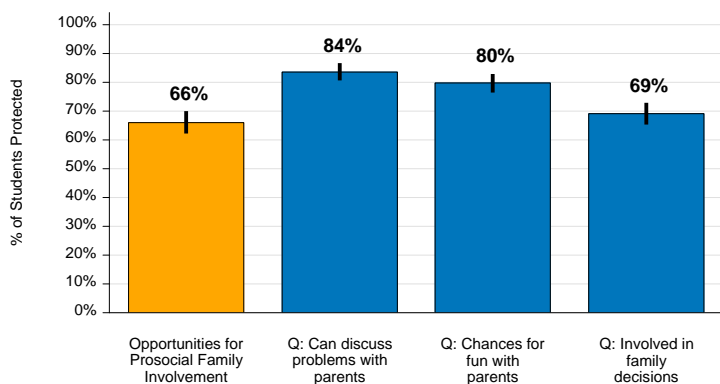
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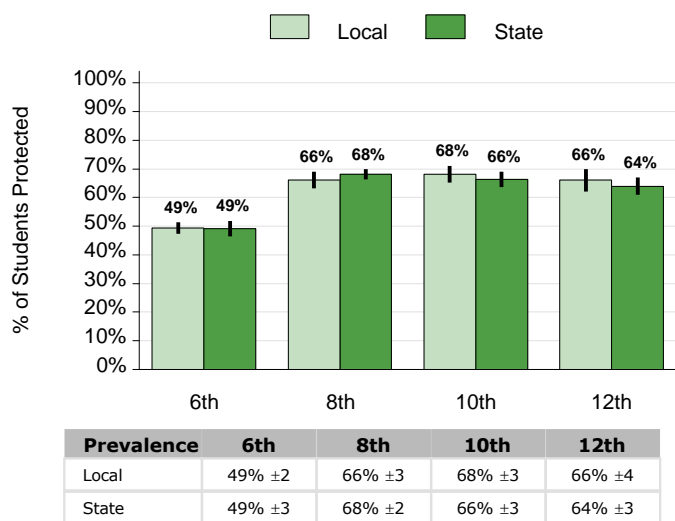
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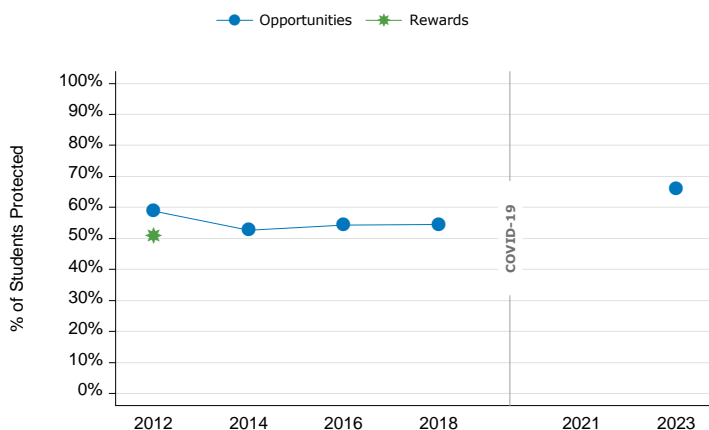
### Protective Factor: Opportunities for Prosocial Family Involvement with Component Questions (Q:) Grade 12, 2023



### Protective Factor: Opportunities for Prosocial Family Involvement All Grades, 2023

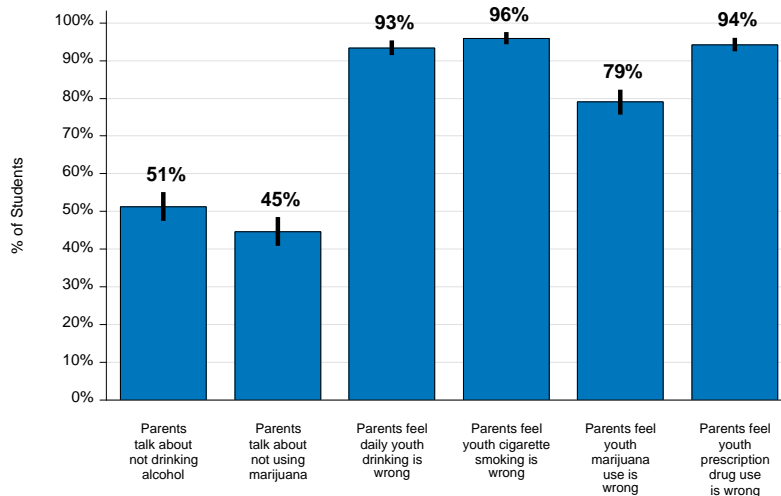


### Family Protective Factor 2012-2023, Grade 12



Prevalence	2012	2014	2016	2018	2021	2023
Opportunities	59% ±4	53% ±3	54% ±4	54% ±4	S	66% ±4
Rewards	51% ±4	N/A	N/A	N/A	S	N/A

### Parental Protective Influences, Grade 12, 2023



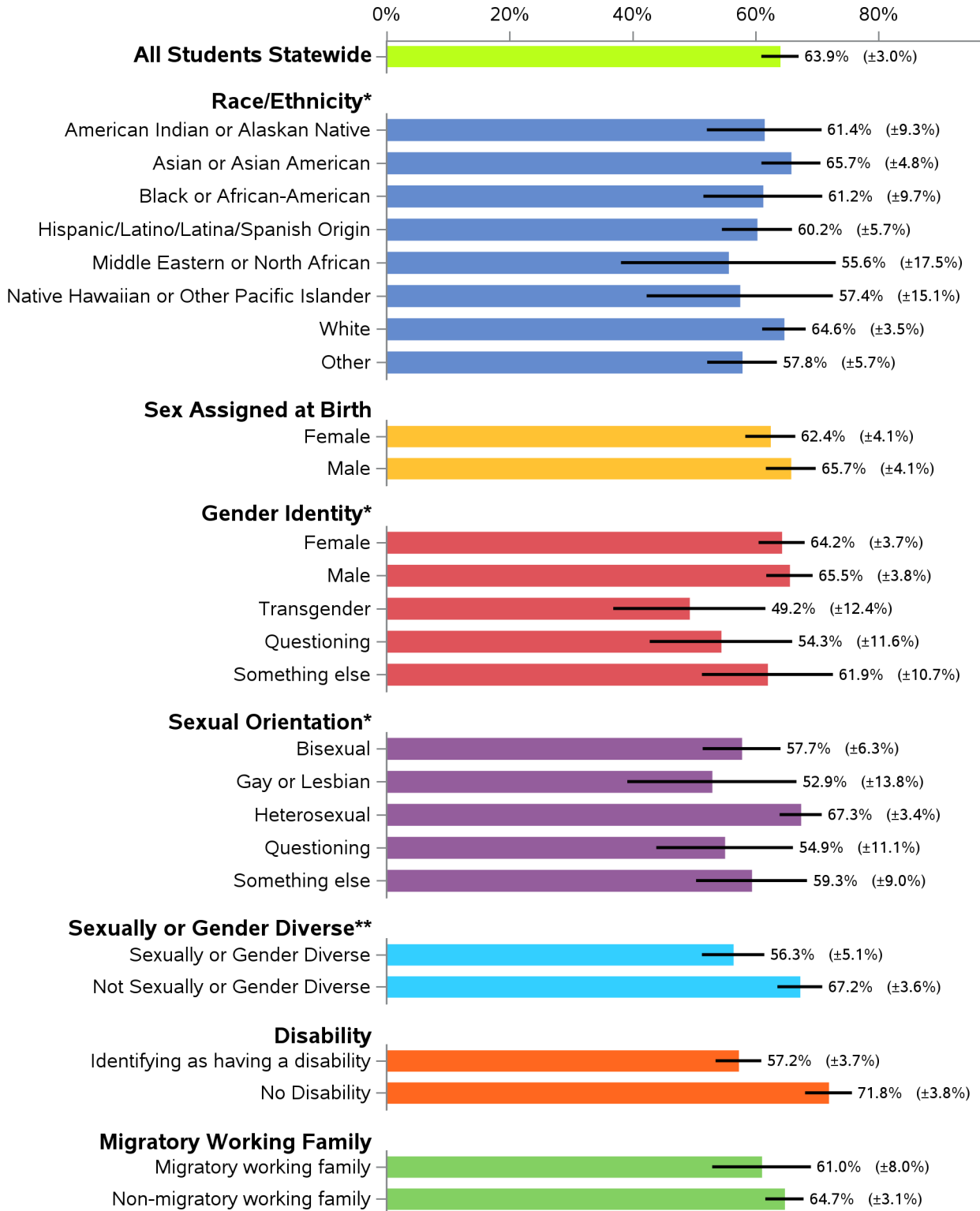
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## FACT SHEET

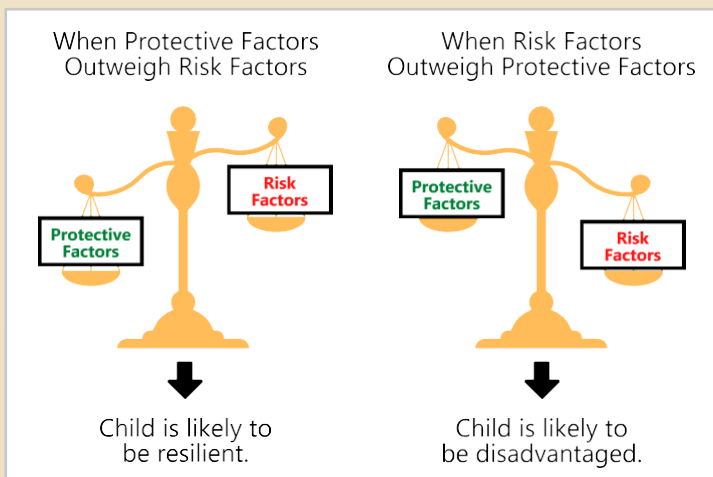
# Risk and Protective Factors on the Healthy Youth Survey

Researchers at the University of Washington (UW) developed a public health model for the prevention of youth substance use and other behaviors, by identifying risk and protective factors.<sup>1</sup>

- **Risk Factor** - something that may attribute to a problem.
- **Protective Factor** - something that helps to prevent a problem.

Taking a close look at youth risk and protective factors can help providers select appropriate programming and interventions.

Effective prevention focuses on reducing risk factors and strengthening protective factors. Comprehensive prevention efforts aim to ensure that protective factors outweigh risk factors at the individual, peer, family, school and community level.



<u>Peer-Individual Risk Factors</u>	Substance Use	Delinquency	Teen Pregnancy	School Dropout	Violence	Depression & Anxiety
Friends Who Use Drugs	**	**	**	**	**	
Favorable Attitudes Towards Drug Use	**	**	**	**	**	
Early Initiation of Drug Use	**	**	**	**	**	
Perceived Risk of Drug Use	**	**				
<u>Family Risk Factors</u>						
Poor Family Management	**	**	**	**	**	**
Parental Favorable Attitude Towards Drug Use	**	**			**	
<u>School Risk Factors</u>						
Academic Failure	**	**	**	**	**	**
Low Commitment to School	**	**	**	**	**	
<u>Community Risk Factors</u>						
Perceived Availability of Drugs	**				**	
Perceived Availability of Handguns		**			**	
Laws and Norms Favorable to Drug Use	**	**			**	
Low Neighborhood Attachment	**	**			**	

\*\*= Risk Factor associated with increased likelihood of health risk behavior.

<b>Family, School, and Community Protective Factors</b>	<b>Substance Use</b>	<b>Delinquency</b>	<b>Risky Sexual Behavior</b>	<b>School Dropout</b>	<b>Violence</b>	<b>Depression &amp; Anxiety</b>
Opportunities for Prosocial Involvement	**	**				
Rewards for Prosocial Involvement	**	**			**	**

\*\*= Protective Factor has a positive influence against the health risk behavior

- Each Risk and Protective factor in the Healthy Youth Survey (HYS) is measured with two or more survey questions to include multiple dimensions of the factor.
- The Fact Sheets on Risk and Protective factors for the Healthy Youth Survey (<https://www.askhys.net/SurveyResults/FactSheets>), refer to the “percent of students at risk,” which is defined as the percent of students whose risk scores were above a certain number as determined by UW researchers.
- Data shows that youth who are not doing well academically, or who don’t believe that school is important, are likely to feel less connected and committed to school.<sup>2</sup>
- Data also shows that these same youth are likely to be those who are trying drugs or experiencing depression.<sup>3</sup>
- Researchers have identified best practice, evidence and research- based programs that can decrease risk factors and promote healthy family bonding, family management, strong social supports and positive school cultures.<sup>4</sup>

Providing youth with multiple opportunities to learn and grow while teaching them life skills, recognizing them for who they are, teaching and promoting positive relationships in all aspects of their life, and setting clear standards can help encourage them to achieve healthy behaviors.<sup>5</sup>

## For More Information:

- Resources for parents on how to connect with their youth: <https://starttalkingnow.org/>
- Resources for schools: <https://ospi.k12.wa.us/student-success/health-safety/school-safety-center/mental-social-behavioral-health>
- Resources about mental health; National Alliance on Mental Health: <https://www.nami.org/Home>
- To find out about prevention coalitions in your area and how to get involved, go to: [https://theathenaforum.org/community\\_prevention\\_and\\_wellness\\_initiative\\_cpwi](https://theathenaforum.org/community_prevention_and_wellness_initiative_cpwi)

## References:

1. J. David Hawkins, 1992
2. Coie and Jacobs, 1993; Coie et al., 1993; Hawkins et al., 1988; Rumberger, 1983, 1995; Yoshikawa, 1994
3. Conduct Problems Prevention Research Group [CPPRG], 1999; Grossman et al., 1997; Hawkins et al., 1999; Hawkins, Guo, Hill, Battin-Pearson, & Abbott, 2001
4. <https://depts.washington.edu/sdrg/research/>
5. <https://www.communitiesthatcare.net/>



These are the risk and protective factor questions that were asked on the 2021 survey:

<https://www.askhys.net/Resources/SurveyQuestionnaires>

## Risk Factors

### Peer-Individual Risk Factors

#### Friends Use Drugs

A peer-individual risk factor scale composed of four HYS questions.

- Think of your four closest friends. In the past year (12 months), how many of your closest friends have:
  - Smoked cigarettes?
  - Tried beer, wine, or hard liquor when their parent(s) didn't know about it?
  - Used marijuana?
  - Used LSD, cocaine, amphetamines, or other illegal drugs?

#### Favorable Attitudes Towards Drug Use

A peer-individual risk factor scale composed of four HYS questions.

- How wrong do you think it is for someone your age to:
  - Drink beer, wine, or hard liquor regularly?
  - Smoke cigarettes?
  - Smoke marijuana?
  - Use LSD, cocaine, amphetamines, or another illegal drug?

#### Perceived Risk of Drug Use

A peer-individual risk factor scale composed of four HYS questions.

- How much do you think people risk harming themselves if they:
  - Smoke one or more packs of cigarettes per day?
  - Try marijuana once or twice?
  - Smoke marijuana regularly (at least once or twice a week)?
  - Take one or two drinks of an alcoholic beverage nearly every day?

#### Early Initiation of Drug Use

A peer-individual risk factor scale composed of three HYS questions.

- How old were you the first time you:
  - Used marijuana?
  - Smoked a cigarette, even just a puff?
  - Had more than a sip or two of beer, wine, or hard liquor?

## Family Risk Factors

### Poor Family Management

A family protective scale composed of eight HYS questions.

- My parent or guardian ask if I've gotten my homework done.
- Would your parent or guardian know if you did not come home on time?
- When I am not at home, one of my parents or guardians knows where I am and who I am with.
- The rules in my family are clear.
- My family has clear rules about alcohol and drug use.
- In you drank some beer, wine, or liquor without your parent's or guardian's permission, would you be caught by them?
- If you carried a handgun without your parent's or guardian's permission, would you be caught by them?
- If you skipped school, would you be caught by your parent(s)/guardian(s)?

### Parental Attitudes Favorable Towards Drug Use

A family risk factor scale composed of three HYS questions.

- How wrong do your does your parent or guardian feel it would be for you to:
  - Drink beer, wine, or hard liquor regularly (at least once or twice a month)?
  - Smoke cigarettes?
  - Use marijuana?

## School Risk Factors

### Academic Failure

A school risk factor scale composed of two HYS questions.

- Putting them all together, what were your grades like last year?
- Are your school grades better than the grades of most students in your class?

### Low Commitment to School

A school risk factor scale composed of seven HYS questions.

- How often do you feel the schoolwork you are assigned is meaningful and important?
- How interesting are most of your courses to you?
- How important do you think the things you are learning in school are going to be for you later in life?
- Think back over the past year in school:
  - Enjoy school?
  - Dislike school?
  - Try to do your best work in school?
- During the LAST 4 WEEKS, how many whole days of school have you missed because you skipped or "cut"?

## Community Risk Factors

### Perceived Availability of Drugs

A community risk factor scale composed of four HYS questions.

- If you wanted to get:
  - Some beer, wine, or hard liquor, how easy would it be for you to get some?
  - Some cigarettes, how easy would it be for you to get some?
  - Some marijuana, how easy would it be for you to get some?
  - A drug like cocaine, LSD, or amphetamines, how easy would it be for you to get some?

### Perceived Availability of Handguns

A community risk factor with one HYS question.

- If you wanted to get a handgun, how easy would it be for you to get one?

### Laws and Norms Favorable to Drug Use

A community risk factor scale composed of six HYS questions.

- How wrong would most adults in your neighborhood think it was for kids your age:
  - To use marijuana?
  - To drink alcohol?
  - To smoke cigarettes?
- Would a kid in your neighborhood or community be caught by the police, if they:
  - Drank some beer, wine, or hard liquor?
  - Carried a handgun
  - Used marijuana

### Low Neighborhood Attachment

A community risk factor scale composed of three HYS questions:

- I'd like to get out of my neighborhood or community.
- If I had to move, I would miss the neighborhood or community I now live in.
- I like my neighborhood / community.

## Protective Factors

### Family Protective Factors

#### Opportunities for Prosocial Family Involvement

A family protective scale composed of three HYS questions.

- If I had a personal problem, I could ask parent or guardian for help.
- My parent or guardian gives me lots of chances to do fun things with them.
- My parent or guardian asks me what I think before most family decisions affecting me are made.

#### Rewards for Prosocial Family Involvement

A family protective scale composed of three HYS questions

- My parent or guardian notices when I am doing a good job and let me know about it.
- How often does your parent or guardian tell you they're proud of you for something you've done?
- Do you enjoy spending time with your parents or guardians?

## School Protective Factors

### Opportunities for Prosocial School Involvement

A school protective factor scale composed of five HYS questions:

- In my school, students have lots of chances to help decide things like class activities and rules.
- There are lots of chances for students in my school to talk with a teacher one-on-one.
- Teachers ask me to work on special classroom projects.
- There are lots of chances for students in my school to get involved in sports, clubs, and other school activities outside of class.
- I have lots of chances to be part of class discussions or activities.

### Rewards for Prosocial School Involvement

A school protective factor scale composed of four HYS questions:

- My teacher(s) notices when I am doing a good job and lets me know about it.
- The school lets my parent(s)/guardians(s) know when I have done something well.
- I feel safe at my school.
- My teachers praise me when I work hard in school.

## Community Protective Factors

### Opportunities for Prosocial Community Involvement

A community protective factor scale that includes four HYS questions.

- There are adults in my neighborhood or community I could talk to about something important.
- Which of the following activities for people your age are available in your neighborhood or community?
  - Sports teams and recreation
  - Scouts, Camp Fire, 4-H Clubs, cultural activities, or other service clubs
  - Boys and Girls Club, YMCA, or other activity clubs

### Rewards for Prosocial Community Involvement

A community protective factor scale that includes three HYS questions; only asked to 6th graders on Form C

- My neighbors notice when I am doing a good job and let me know.
- There are people in my neighborhood or community who encourage me to do my best.
- There are people in my neighborhood or community who are proud of me when I do something well.



## Risk and Protective Factors Schedule

The Healthy Youth Survey has asked different Risk and Protective Factors over time. This table provides a list of factors that have been asked over the last 7 survey administrations.

	2010	2012	2014	2016	2018	2021	2023
<b>Community Risk Factors</b>							
Low Neighborhood Attachment	X <sup>S</sup>					X <sup>S</sup>	X <sup>S</sup>
Perceived Availability of Drugs	X	X	X	X	X	X	X
Perceived Availability of Handguns	X <sup>S</sup>	X <sup>S</sup>			X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>
Laws And Norms Favorable to Drug Use	X	X	X	X	X	X	X
<b>Community Protective Factors</b>							
Opportunities for Prosocial Involvement	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>
Rewards for Prosocial Involvement	X <sup>E</sup>	X <sup>E</sup>	X <sup>E</sup>	X <sup>E</sup>	X <sup>E</sup>	X <sup>E</sup>	X
<b>Family Risk Factors</b>							
Poor Family Management	X <sup>S,†</sup>	X <sup>S,†</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>
Parental Attitudes Favorable towards Drug Use	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>
<b>Family Protective Factors</b>							
Opportunities for Prosocial Involvement	X <sup>†</sup>	X <sup>†</sup>	X	X	X	X	X
Rewards for Prosocial Involvement	X <sup>†</sup>	X <sup>†</sup>	X <sup>E</sup>	X <sup>E</sup>	X <sup>E</sup>	X <sup>E</sup>	X <sup>E</sup>
<b>School Risk Factors</b>							
Academic Failure	X	X	X	X	X	X	X
Low Commitment to School	X	X	X	X	X	X	X
<b>School Protective Factors</b>							
Opportunities for Prosocial Involvement	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>
Rewards for Prosocial Involvement	X	X	X	X	X	X	X
<b>Peer-Individual Risk Factors</b>							
Perceived Risk of Drug Use	X	X	X	X	X	X	X
Early Initiation of Drug Use	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>
Early Initiation of Antisocial Behavior	X <sup>S</sup>	X <sup>S</sup>					
Favorable Attitudes Towards Drug Use	X	X	X	X	X	X	X
Favorable Attitudes Towards Antisocial Behavior	X <sup>S</sup>						
Friends' Use of Drugs	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>
Interaction With Antisocial Peers	X <sup>S</sup>	X <sup>S</sup>					
Intentions to Use	X <sup>S</sup>	X <sup>S</sup>					
<b>Peer-Individual Protective Factors</b>							
Interaction With Prosocial Peers	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>			
Belief in the Moral Order	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>			
Prosocial Involvement	X <sup>E</sup>	X <sup>E</sup>	X <sup>E</sup>	X <sup>E</sup>			
Social Skills	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>	X <sup>S</sup>		

Note: X<sup>S</sup> = included only on the secondary version; X<sup>E</sup> = included only on the elementary version; X<sup>†</sup> = removable questions.

Year: 2023

Grade: 8

Sex: All

Number of Students Surveyed: 2,329

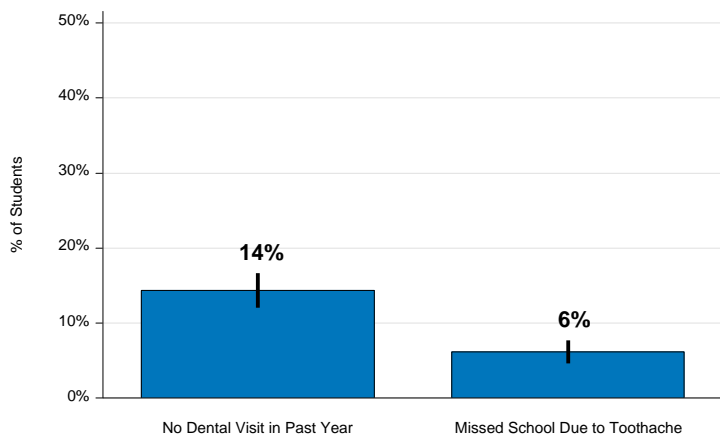
### Background:

- 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:

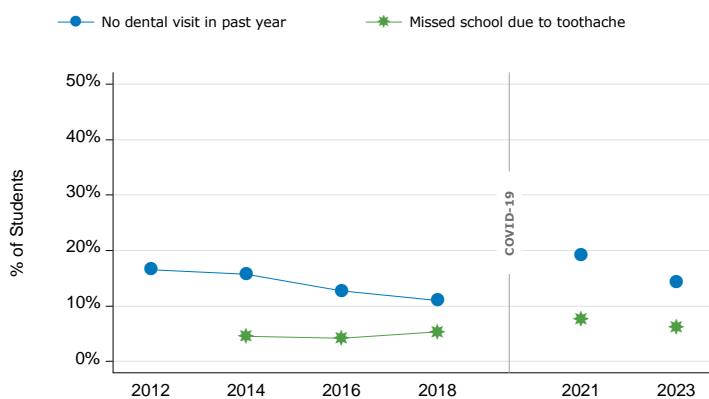
- Visit the Washington State Oral Health Program Website at: [www.doh.wa.gov](http://www.doh.wa.gov).

**Oral Health  
Grade 8, 2023**



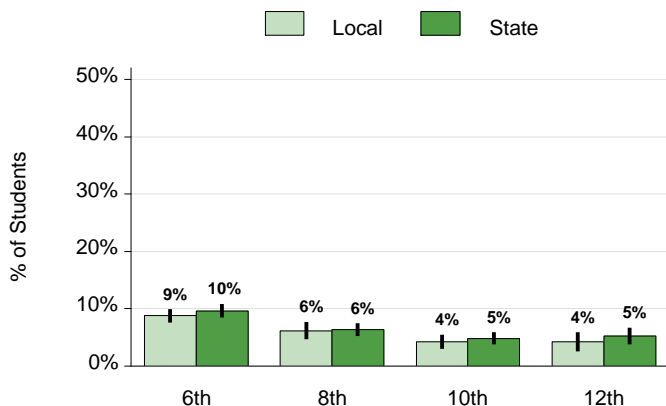
*In 2023, 1% of 8th graders in our county reported that they had never been to a dentist.*

**Oral Health 2012-2023  
Grade 8**



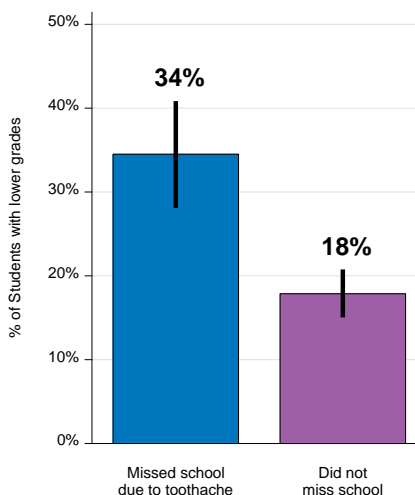
Prevalence	2012	2014	2016	2018	2021	2023
No dental visit in past year	17% ± 3	16% ± 2	13% ± 2	11% ± 2	19% ± 2	14% ± 2
Missed school due to toothache	N/A	5% ± 1	4% ± 1	5% ± 1	7% ± 2	6% ± 2

**Missed School due to Toothache  
Compared to the State, All Grades, 2023**



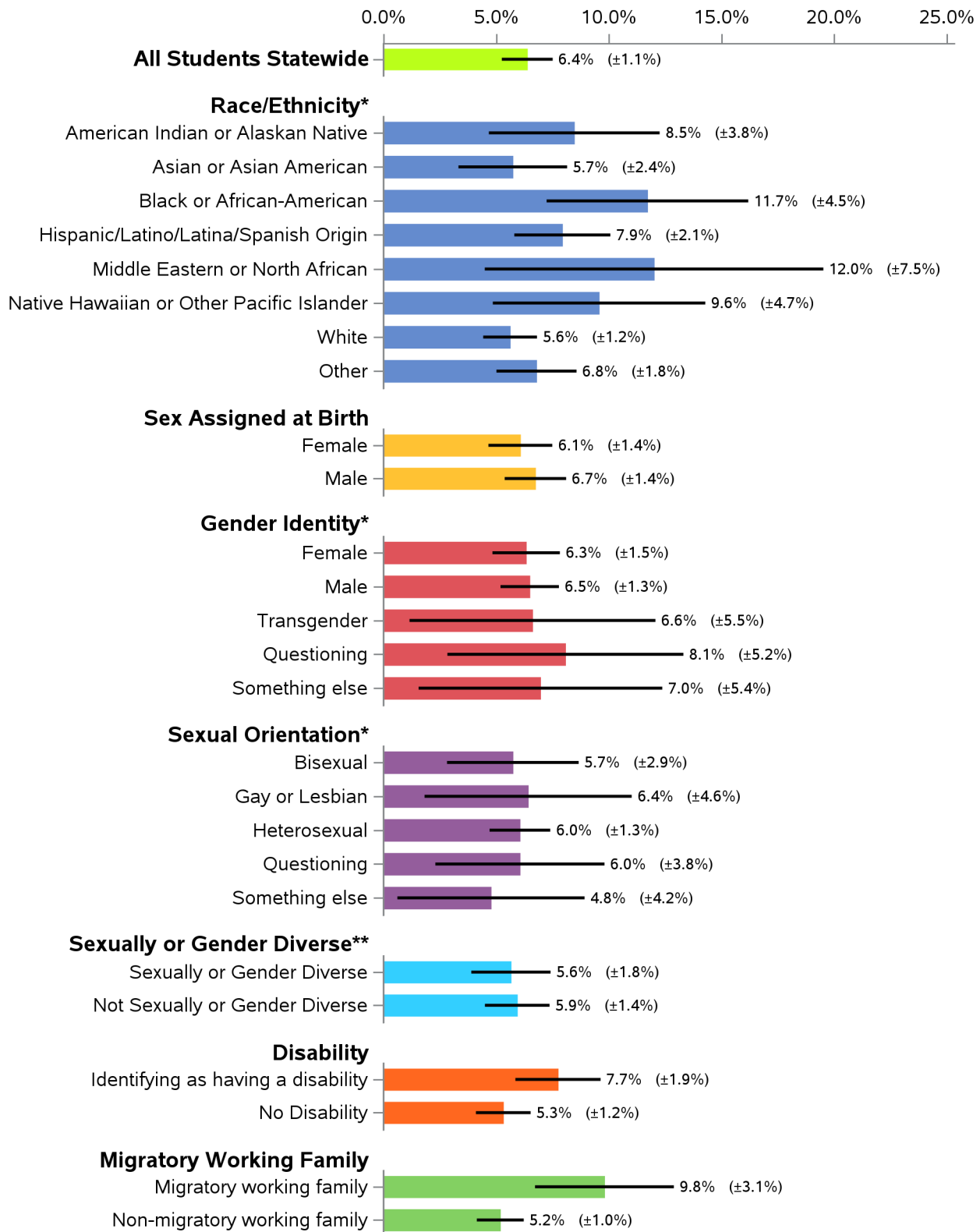
Prevalence	6th	8th	10th	12th
Local	9% ± 1	6% ± 2	4% ± 1	4% ± 2
State	10% ± 1	6% ± 1	5% ± 1	5% ± 1

**Statewide Relationship between  
Lower Grades and Missed School due to Toothache  
Grade 8, 2023**



*Statewide, more 8th 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.*

# Statewide Relationship between Missing School Due to Toothache and Demographics, Grade 8, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

Year: 2023

Grade: 10

Sex: All

Number of Students Surveyed: 2,355

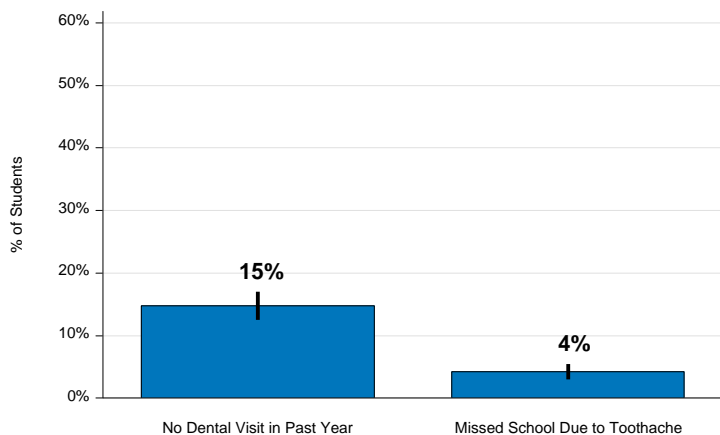
### Background:

- 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:

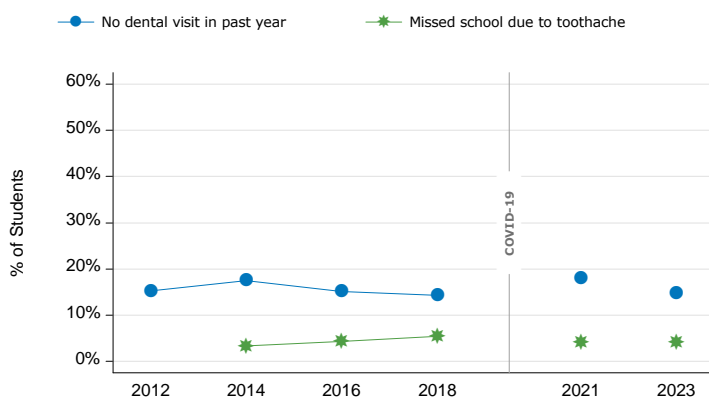
- Visit the Washington State Oral Health Program Website at: [www.doh.wa.gov](http://www.doh.wa.gov).

Oral Health  
Grade 10, 2023



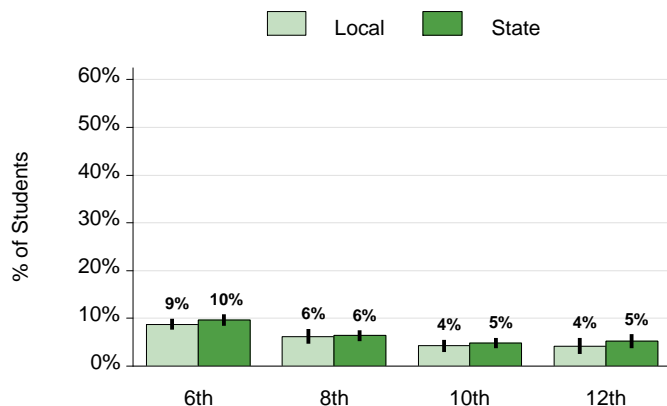
*In 2023, 1% of 10th graders in our county reported that they had never been to a dentist.*

Oral Health 2012-2023  
Grade 10



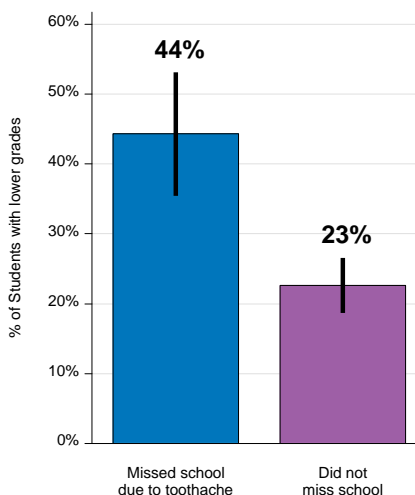
Prevalence	2012	2014	2016	2018	2021	2023
No dental visit in past year	15% ± 2	17% ± 2	15% ± 2	14% ± 2	18% ± 3	15% ± 2
Missed school due to toothache	N/A	3% ± 1	4% ± 1	5% ± 1	4% ± 1	4% ± 1

Missed School due to Toothache  
Compared to the State, All Grades, 2023



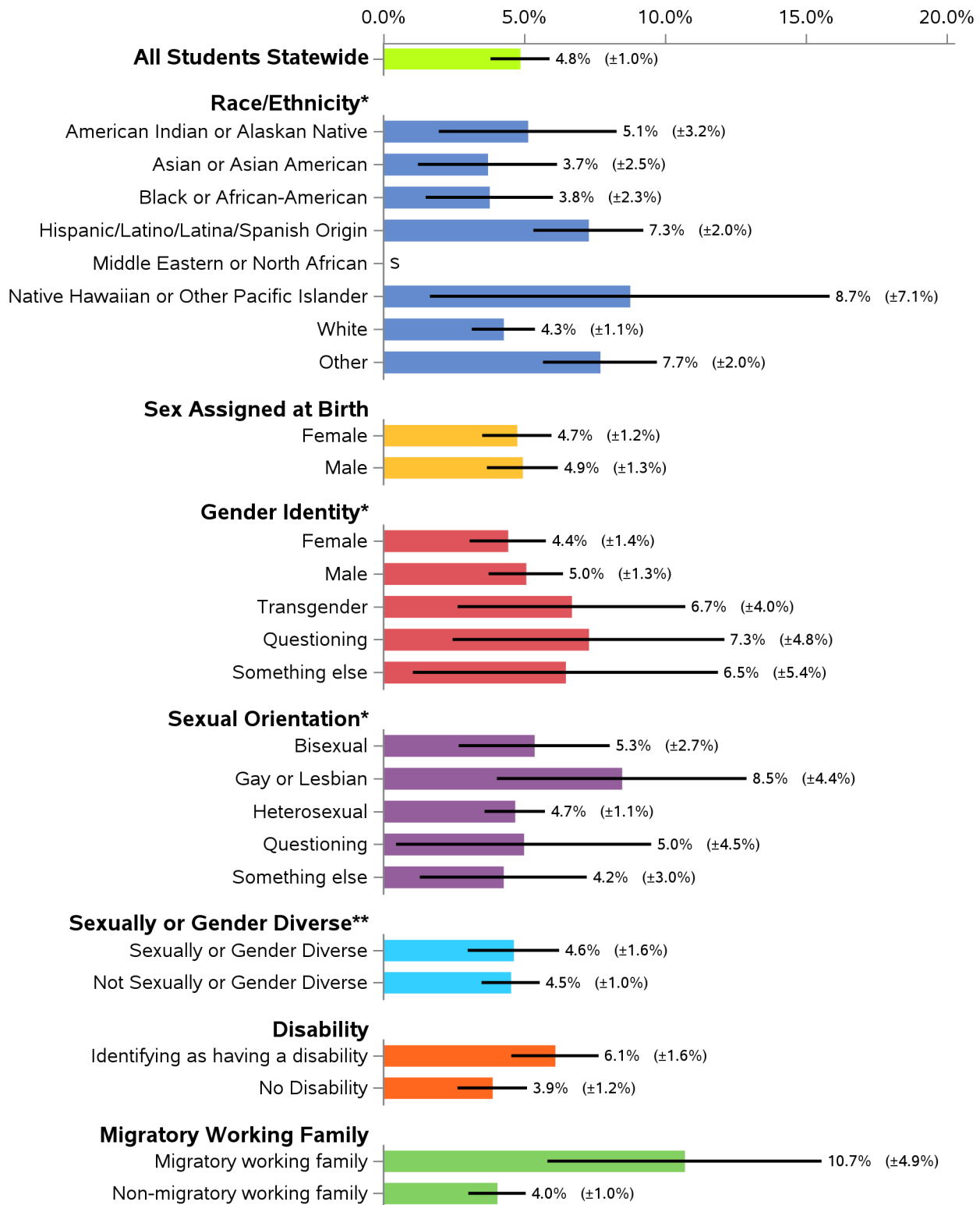
Prevalence	6th	8th	10th	12th
Local	9% ± 1	6% ± 2	4% ± 1	4% ± 2
State	10% ± 1	6% ± 1	5% ± 1	5% ± 1

Statewide Relationship between  
Lower Grades and Missed School due to Toothache  
Grade 10, 2023



*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.*

# Statewide Relationship between Missing School Due to Toothache and Demographics, Grade 10, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

S - results are suppressed because less than 5 students answered this way

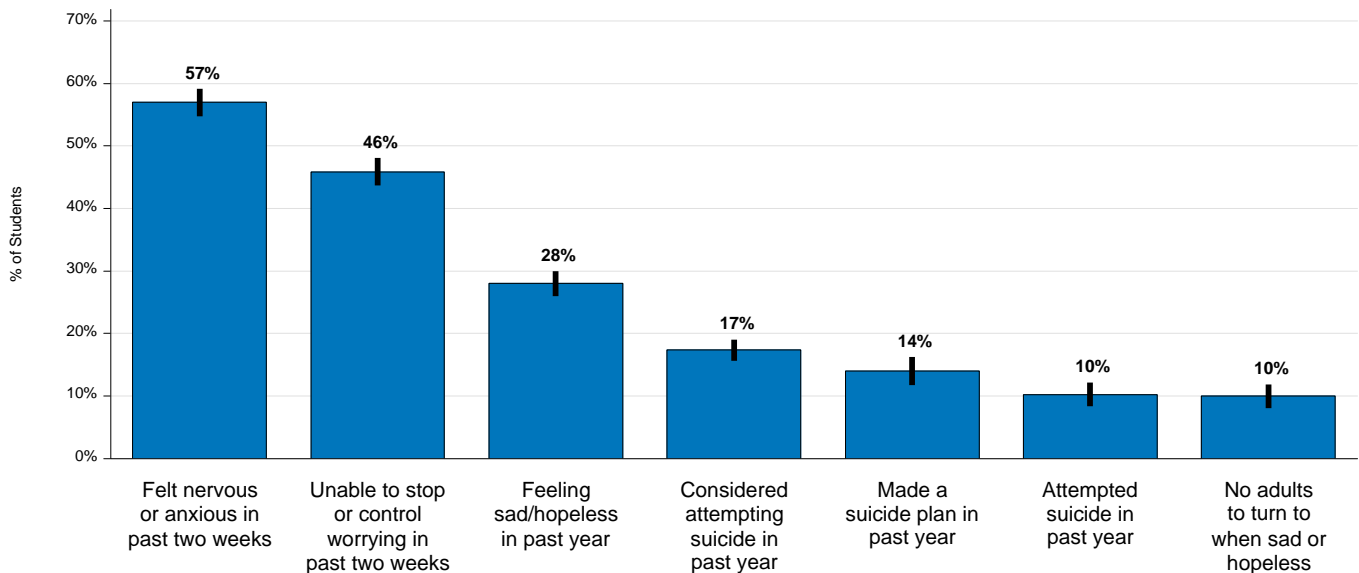
## Thurston County Mental Health and Well-being

Year: 2023    Grade: 8    Sex: All    Number of Students Surveyed: 2,329

### Background

- Depression is a common condition; it can include persistent feelings of sadness and hopelessness.
- Anxiety is a common condition; it can include uncontrollable feelings of fear and worry.
- Anxiety and depression are treatable.
- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Positive social connections with family, friends, and at school promote good mental health.
- Mental health problems can impact academic performance.
- [Teen Depression: More Than Just Moodiness](#)

### Mental Health Indicators, Grade 8, 2023



*In 2023, 28% of 8th graders in our county felt so sad or hopeless for two weeks or more that they stopped doing their usual activities*

#### missing codes

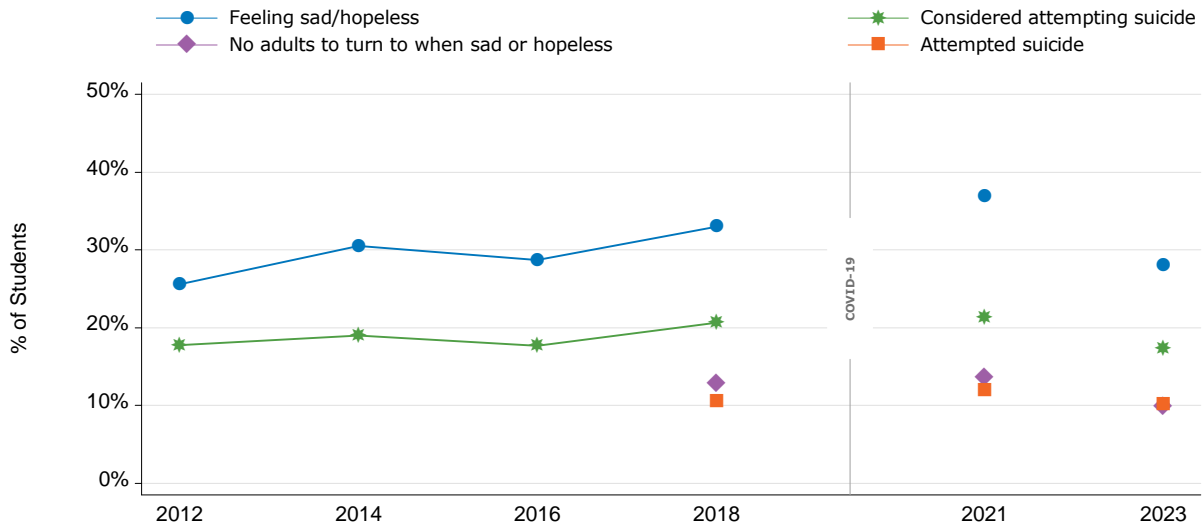
**S** = result suppressed due to insufficient reporting from students of schools;  
**N/G** = grade not available; **N/S** = question was not surveyed this year;  
**N/A** = question was not asked of this grade;

Prevalence is displayed with 95% confidence intervals (as± or black bar | )  
 \*indicates a significant change from the previous year, <0.05

results generated at [www.askhys.net](http://www.askhys.net) on 04/16/2024

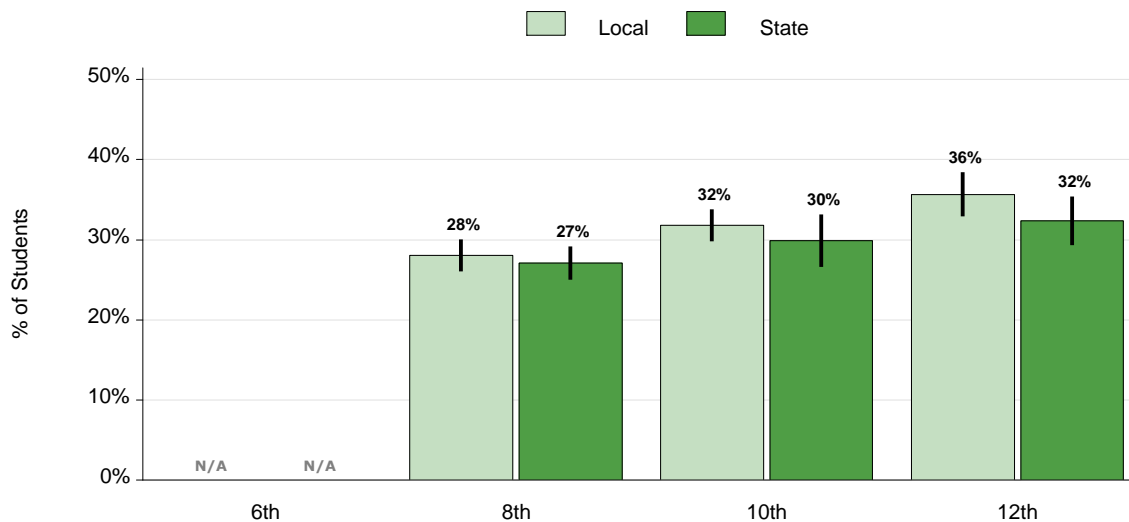


### Feeling sad/hopeless and suicide 2012-2023, Grade 8



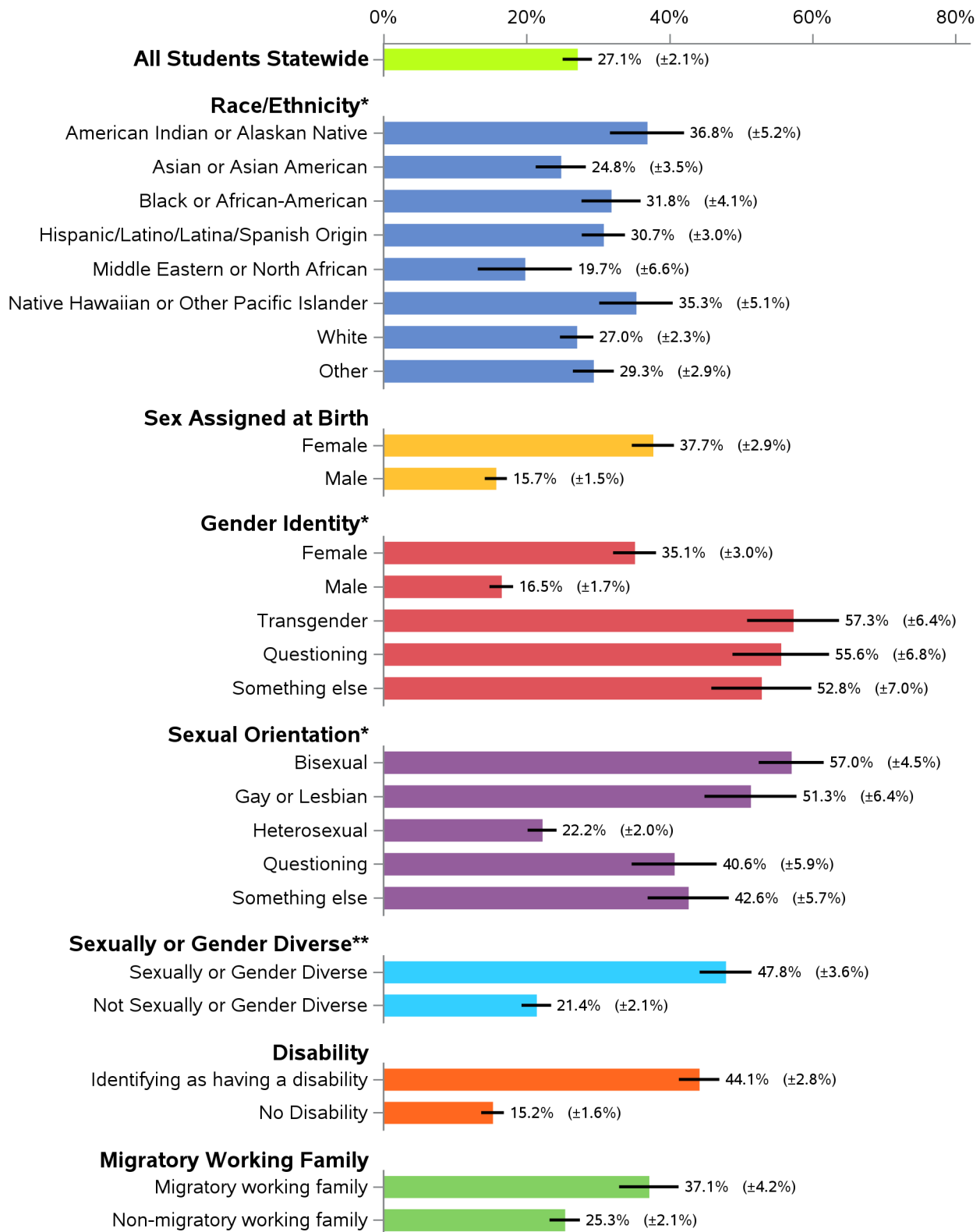
Prevalence	2012	2014	2016	2018	2021	2023
Feeling sad/hopeless	26% ±2	31% ±2▲	29% ±2	33% ±2▲	37% ±2▲	28% ±2▼
Considered attempting suicide	18% ±2	19% ±2	18% ±2	21% ±2▲	21% ±2	17% ±2▼
No adults to turn to when sad or hopeless	N/S	N/S	N/S	13% ±2	14% ±2	10% ±2▼
Attempted suicide	N/S	N/S	N/S	11% ±2	12% ±2	10% ±2

### Feeling sad/hopeless (statewide vs. local) by grade, 2023



Prevalence	6th	8th	10th	12th
Local	N/A	28% ±2	32% ±2	36% ±3
State	N/A	27% ±2	30% ±3	32% ±3

## Statewide Relationship between Feeling Sad/Hopeless and Demographics, Grade 8, 2023



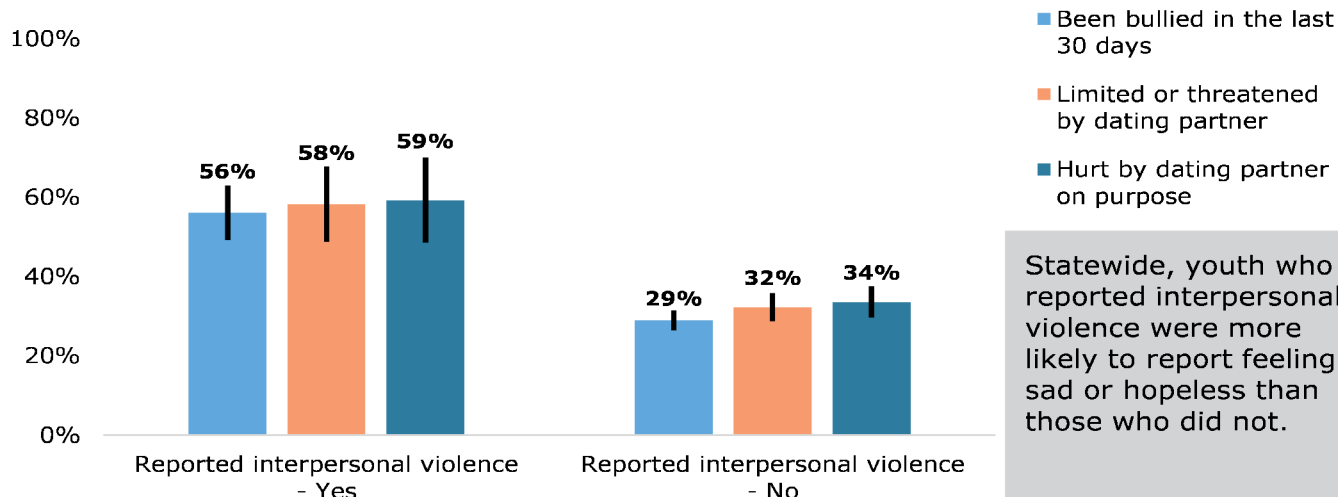
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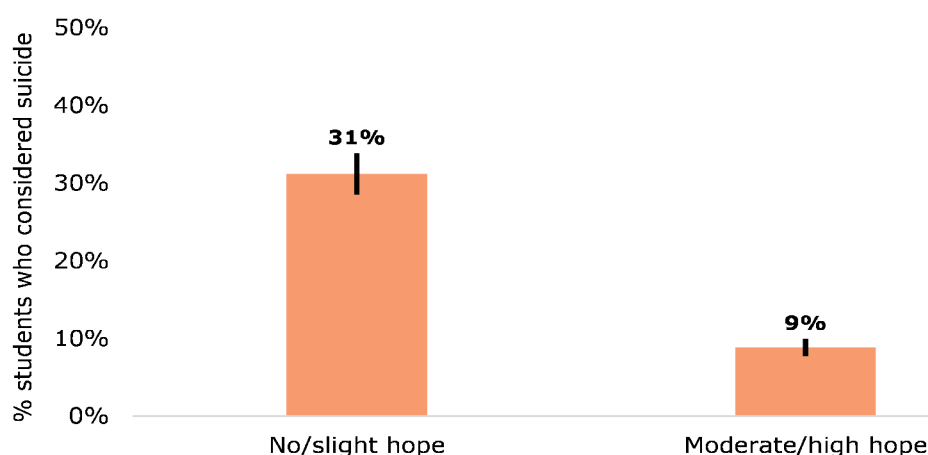




## Statewide relationship between feeling sad/hopeless and interpersonal violence, Grade 8, 2021



## Statewide relationship between considering suicide and Hope Scale, Grade 10, 2021



Statewide, youth with moderate or high hope are less likely to report considering suicide in the past year compared to students with no or low hope.

**NOTE:** Hope is the belief that the future can be better than the past and you play a role in making it so. Hope can also be taught.

## FOR MORE INFORMATION

- To view a list of resources for students, you can visit the following link:  
<https://www.askhys.net/HYS/GetDocument?path=Administration%5C2023&fileName=Student%20Resources.pdf>
- For support, call, text or chat 988 for the Suicide & Crisis Lifeline or visit [www.988lifeline.org](http://www.988lifeline.org)
- For support, text ""HOME"" to 741741 to connect with a crisis counselor at the Crisis Text Line. Mental health support is free and available 24 hours a day.
- For resources for parents and caregivers in WA, visit [www.wsccsupport.org/resources](http://www.wsccsupport.org/resources)
- Visit the Washington State Youth Suicide Prevention Program Website:  
<https://doh.wa.gov/you-and-your-family/injury-and-violence-prevention/suicide-prevention/crisis>
- To view the full text of the questions presented in this report, you can view the survey in its entirety here:  
<https://www.askhys.net/Resources/SurveyQuestionnaires>

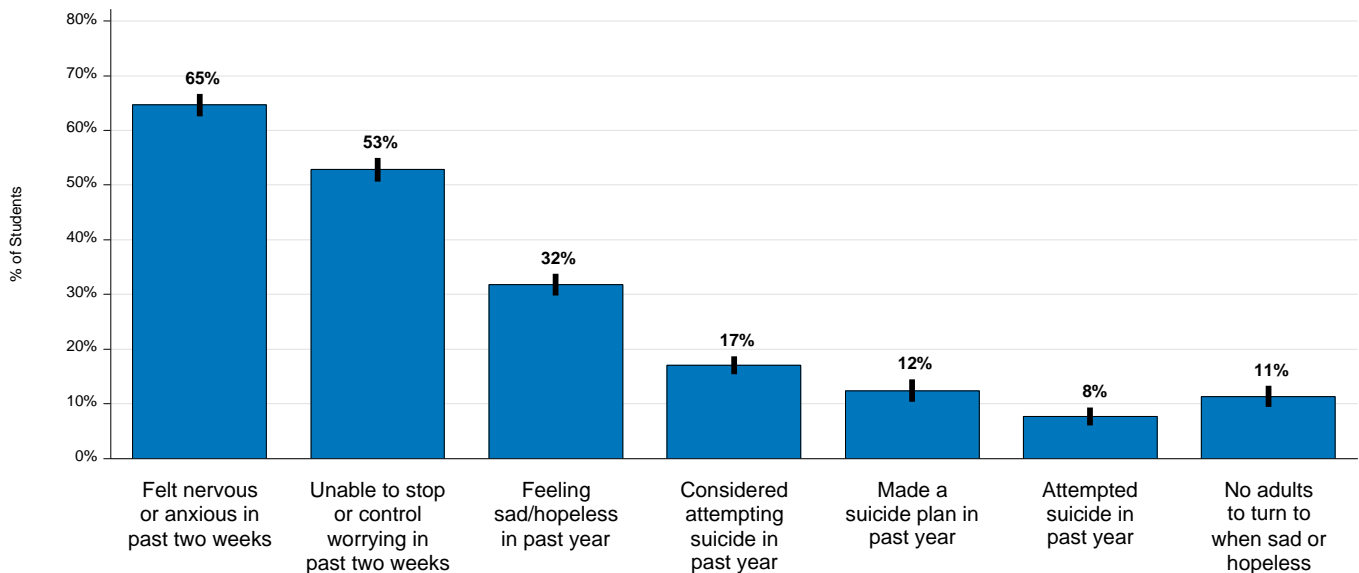
## Thurston County Mental Health and Well-being

Year: 2023    Grade: 10    Sex: All    Number of Students Surveyed: 2,355

### Background

- Depression is a common condition; it can include persistent feelings of sadness and hopelessness.
- Anxiety is a common condition; it can include uncontrollable feelings of fear and worry.
- Anxiety and depression are treatable.
- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Positive social connections with family, friends, and at school promote good mental health.
- Mental health problems can impact academic performance.
- [Teen Depression: More Than Just Moodiness](#)

### Mental Health Indicators, Grade 10, 2023



*In 2023, 32% of 10th graders in our county felt so sad or hopeless for two weeks or more that they stopped doing their usual activities*

#### missing codes

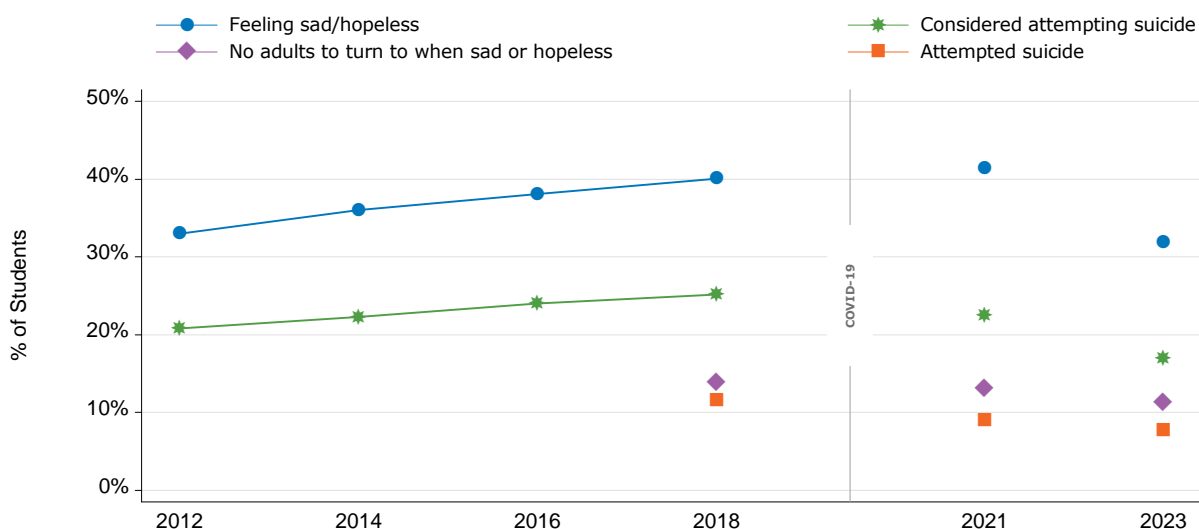
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**N/A** = question was not asked of this grade;

Prevalence is displayed with 95% confidence intervals (as± or black bar | )  
 \*indicates a significant change from the previous year, <0.05

results generated at [www.askhys.net](http://www.askhys.net) on 04/16/2024

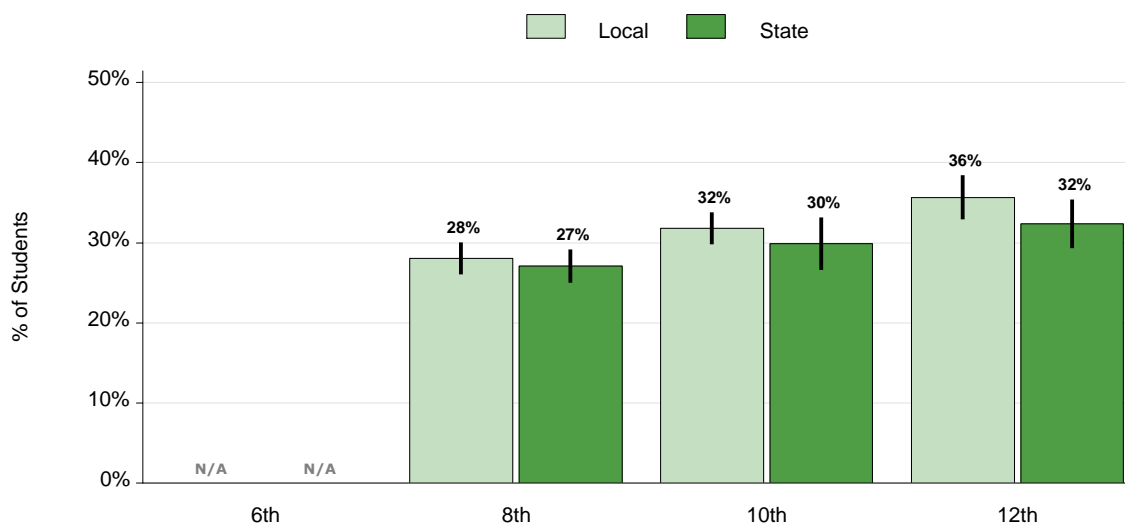


### Feeling sad/hopeless and suicide 2012-2023, Grade 10



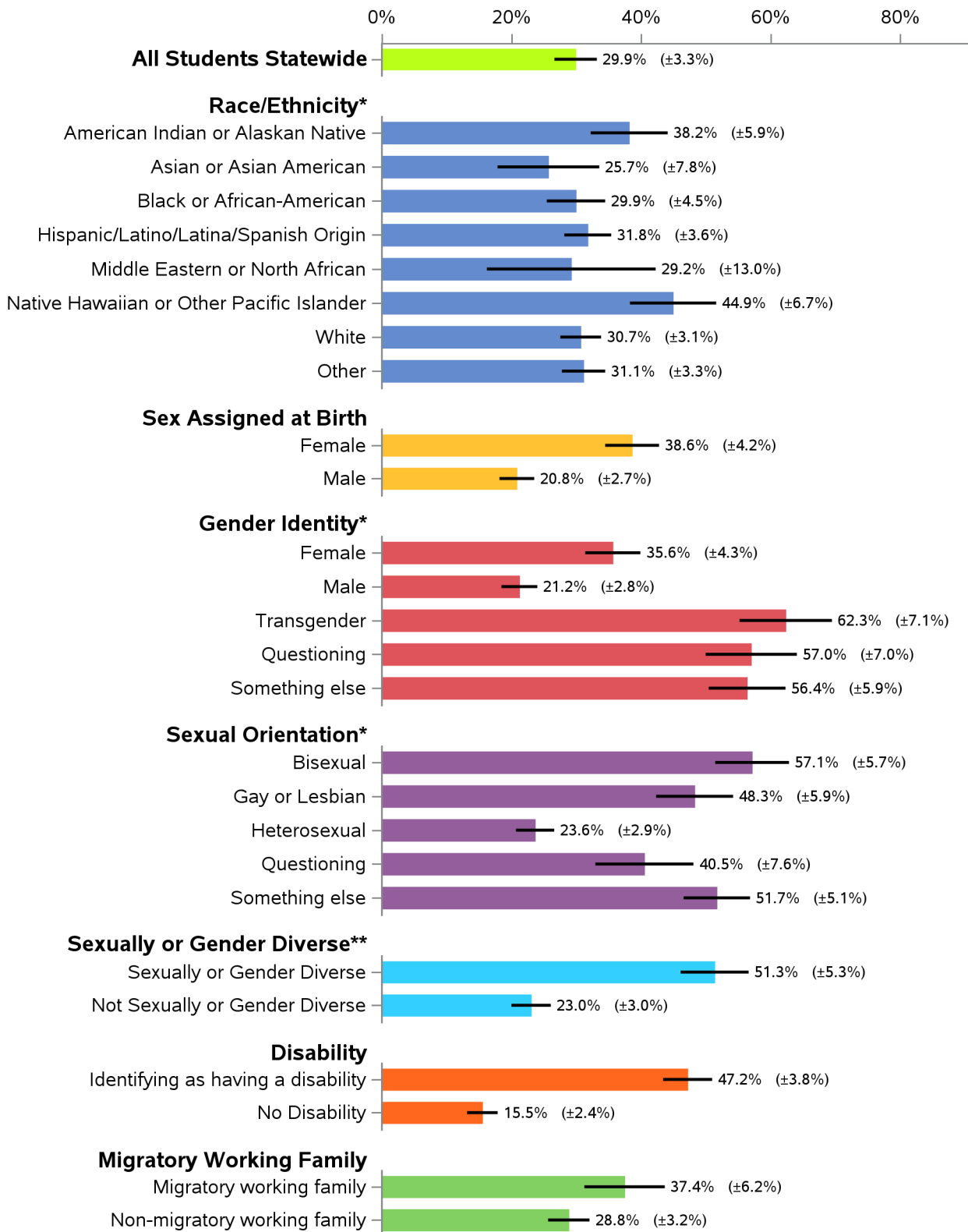
Prevalence	2012	2014	2016	2018	2021	2023
Feeling sad/hopeless	33% ±2	36% ±2▲	38% ±2	40% ±2	41% ±2	32% ±2▼
Considered attempting suicide	21% ±2	22% ±2	24% ±2	25% ±2	22% ±2▼	17% ±2▼
No adults to turn to when sad or hopeless	N/S	N/S	N/S	14% ±2	13% ±2	11% ±2
Attempted suicide	N/S	N/S	N/S	12% ±2	9% ±2	8% ±2

### Feeling sad/hopeless (statewide vs. local) by grade, 2023



Prevalence	6th	8th	10th	12th
Local	N/A	28% ±2	32% ±2	36% ±3
State	N/A	27% ±2	30% ±3	32% ±3

## Statewide Relationship between Feeling Sad/Hopeless and Demographics, Grade 10, 2023

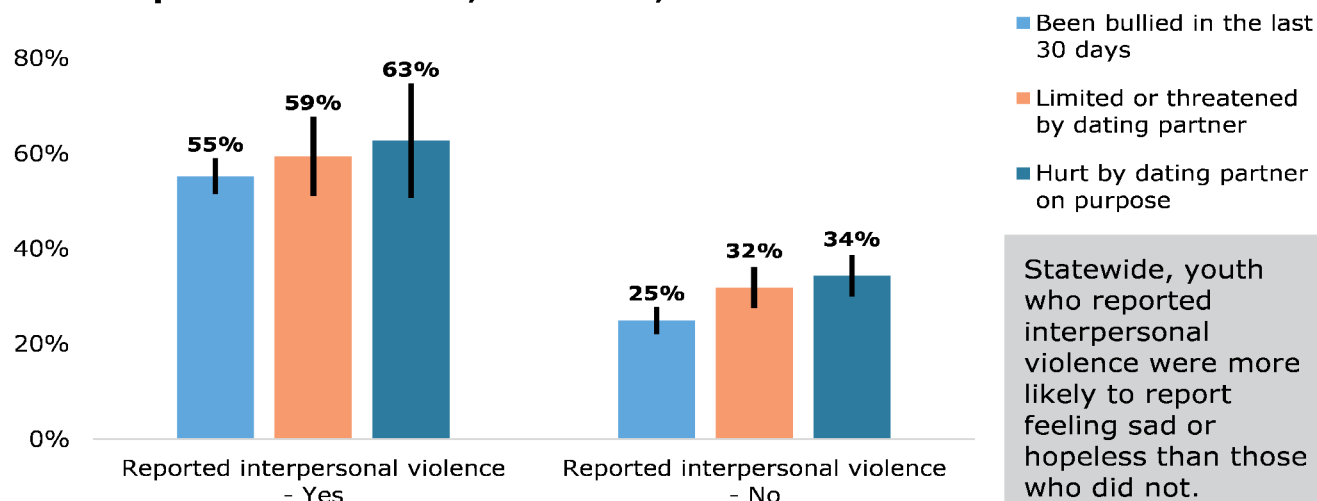


\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

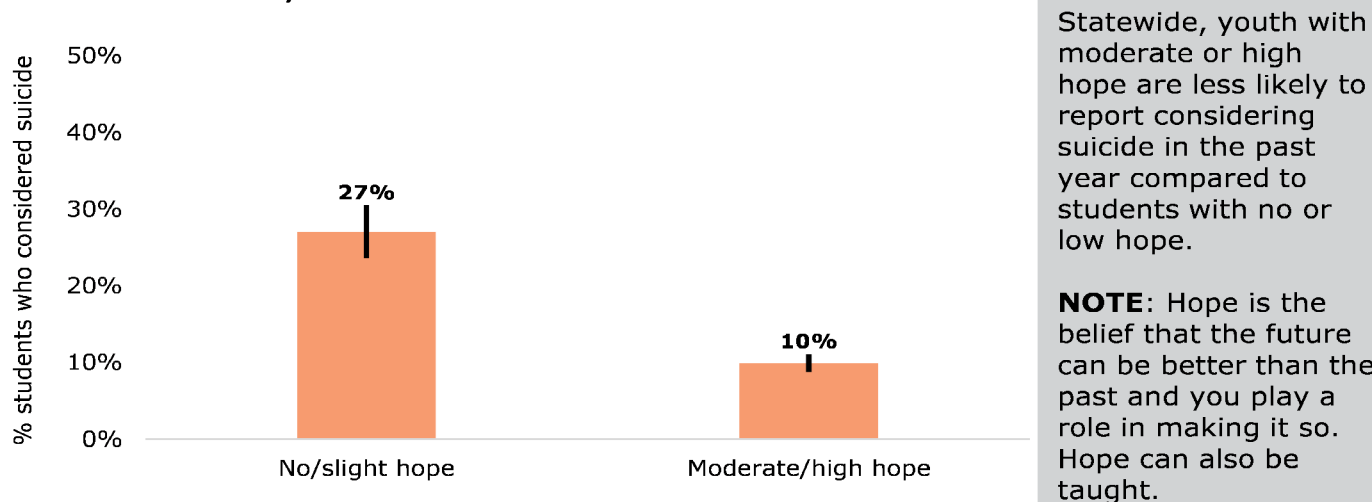
\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.



## Statewide relationship between feeling sad/hopeless and interpersonal violence, Grade 10, 2021



## Statewide relationship between considering suicide and Hope Scale, Grade 10, 2021



## FOR MORE INFORMATION

- To view a list of resources for students, you can visit the following link:  
<https://www.askhys.net/HYS/GetDocument?path=Administration%5C2023&fileName=Student%20Resources.pdf>
- For support, call, text or chat 988 for the Suicide & Crisis Lifeline or visit [www.988lifeline.org](http://www.988lifeline.org)
- For support, text ""HOME"" to 741741 to connect with a crisis counselor at the Crisis Text Line. Mental health support is free and available 24 hours a day.
- For resources for parents and caregivers in WA, visit [www.wsccsupport.org/resources](http://www.wsccsupport.org/resources)
- Visit the Washington State Youth Suicide Prevention Program Website:  
<https://doh.wa.gov/you-and-your-family/injury-and-violence-prevention/suicide-prevention/crisis>
- To view the full text of the questions presented in this report, you can view the survey in its entirety here:  
<https://www.askhys.net/Resources/SurveyQuestionnaires>

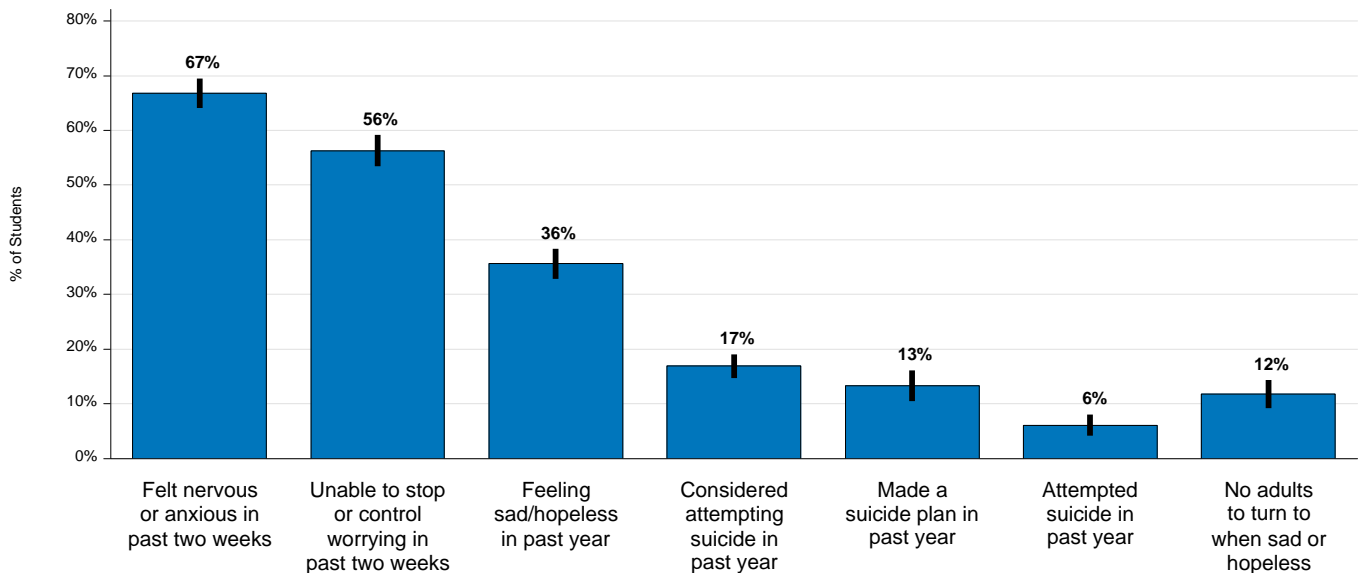
## Thurston County Mental Health and Well-being

Year: 2023    Grade: 12    Sex: All    Number of Students Surveyed: 1,341

### Background

- Depression is a common condition; it can include persistent feelings of sadness and hopelessness.
- Anxiety is a common condition; it can include uncontrollable feelings of fear and worry.
- Anxiety and depression are treatable.
- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Positive social connections with family, friends, and at school promote good mental health.
- Mental health problems can impact academic performance.
- [Teen Depression: More Than Just Moodiness](#)

### Mental Health Indicators, Grade 12, 2023



*In 2023, 36% of 12th graders in our county felt so sad or hopeless for two weeks or more that they stopped doing their usual activities*

#### missing codes

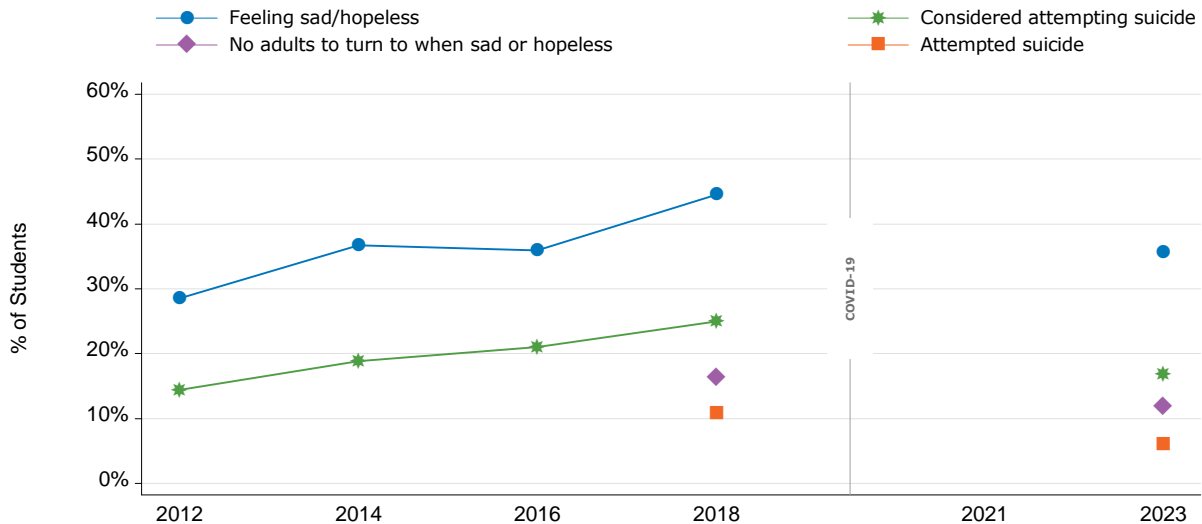
**S** = result suppressed due to insufficient reporting from students of schools;  
**N/G** = grade not available; **N/S** = question was not surveyed this year;  
**N/A** = question was not asked of this grade;

Prevalence is displayed with 95% confidence intervals (as± or black bar | )  
 \*indicates a significant change from the previous year, <0.05

results generated at [www.askhys.net](http://www.askhys.net) on 04/16/2024

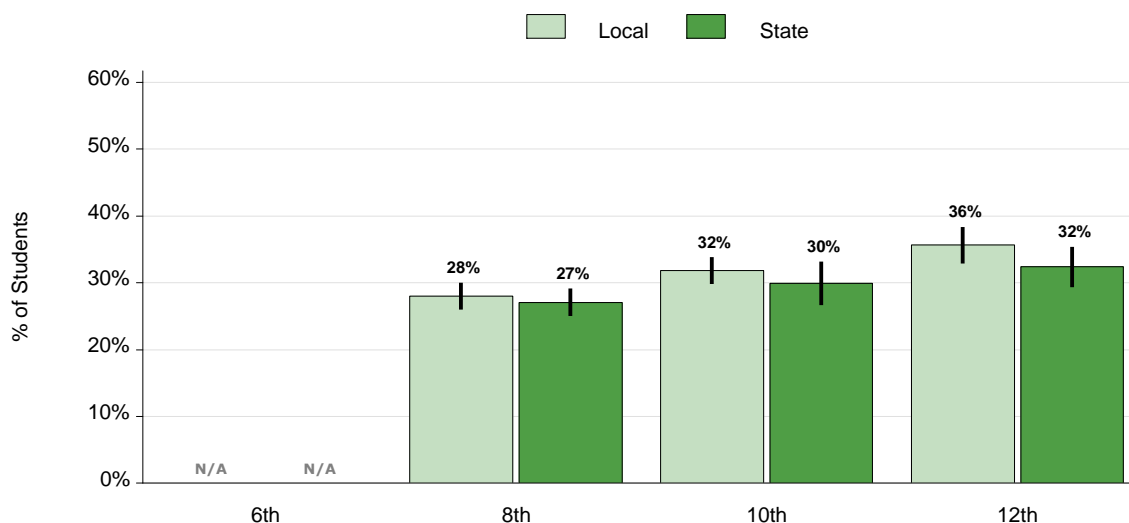


### Feeling sad/hopeless and suicide 2012-2023, Grade 12



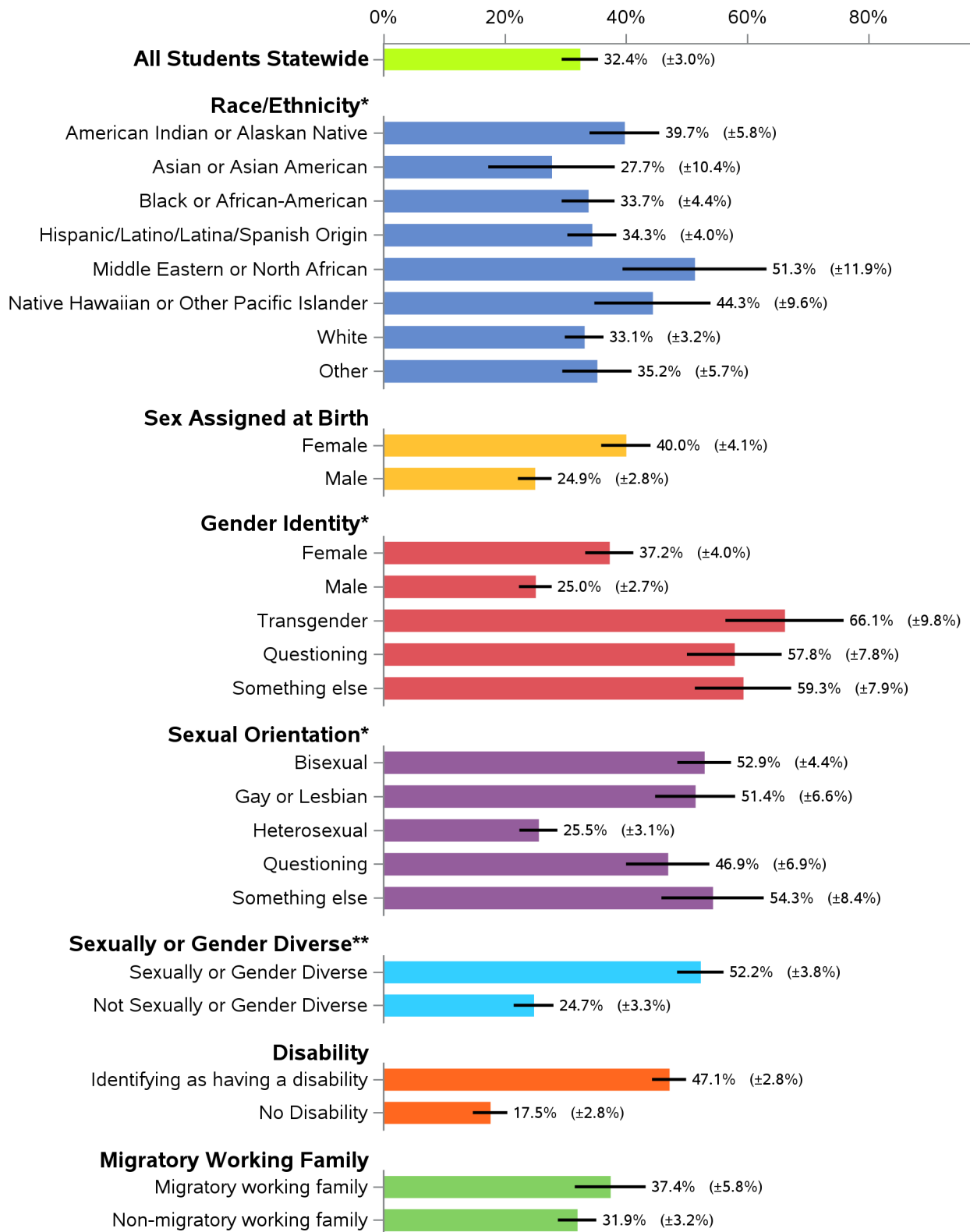
Prevalence	2012	2014	2016	2018	2021	2023
Feeling sad/hopeless	29% ±2	37% ±2▲	36% ±2	44% ±2▲	S	36% ±3▲
Considered attempting suicide	14% ±2	19% ±2▲	21% ±2	25% ±2▲	S	17% ±2▲
No adults to turn to when sad or hopeless	N/S	N/S	N/S	16% ±3	S	12% ±3▲
Attempted suicide	N/S	N/S	N/S	11% ±2	S	6% ±2▲

### Feeling sad/hopeless (statewide vs. local) by grade, 2023



Prevalence	6th	8th	10th	12th
Local	N/A	28% ±2	32% ±2	36% ±3
State	N/A	27% ±2	30% ±3	32% ±3

# Statewide Relationship between Feeling Sad/Hopeless and Demographics, Grade 12, 2023



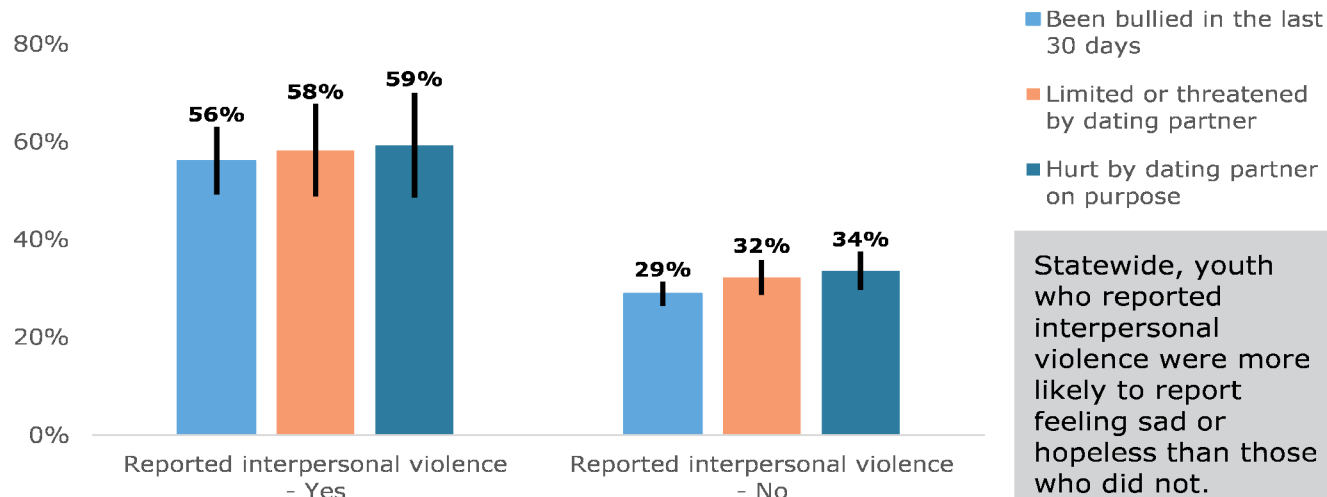
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\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

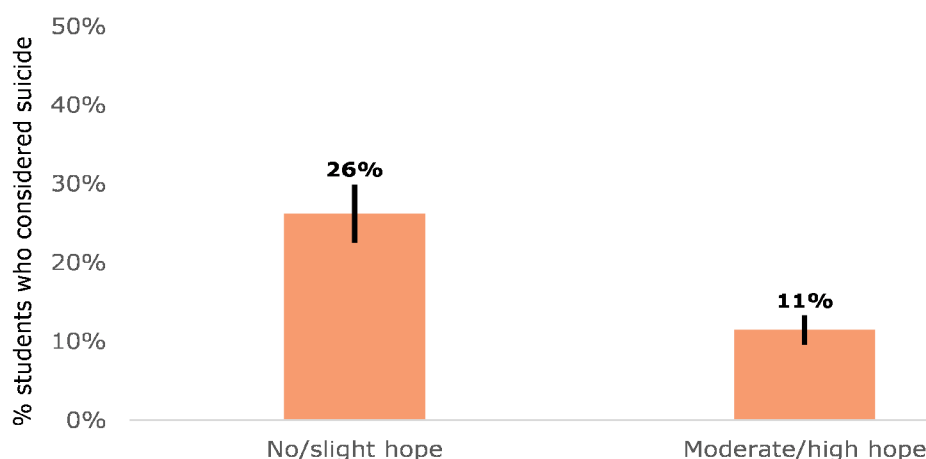




## Statewide relationship between feeling sad/hopeless and interpersonal violence, Grade 12, 2021



## Statewide relationship between considering suicide and Hope Scale, Grade 12, 2021



Statewide, youth with moderate or high hope are less likely to report considering suicide in the past year compared to students with no or low hope.

**NOTE:** Hope is the belief that the future can be better than the past and you play a role in making it so. Hope can also be taught.

## FOR MORE INFORMATION

- To view a list of resources for students, you can visit the following link:  
<https://www.askhys.net/HYS/GetDocument?path=Administration%5C2023&fileName=Student%20Resources.pdf>
- For support, call, text or chat 988 for the Suicide & Crisis Lifeline or visit [www.988lifeline.org](http://www.988lifeline.org)
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- For resources for parents and caregivers in WA, visit [www.wsccsupport.org/resources](http://www.wsccsupport.org/resources)
- Visit the Washington State Youth Suicide Prevention Program Website:  
<https://doh.wa.gov/you-and-your-family/injury-and-violence-prevention/suicide-prevention/crisis>
- To view the full text of the questions presented in this report, you can view the survey in its entirety here:  
<https://www.askhys.net/Resources/SurveyQuestionnaires>

## FACT SHEET

# Measuring Hope in Thurston County

Year: 2023

Grade: 6

Sex: All

Number of Students Surveyed: 2,581

### Background

Hope is the belief that the future can be better than the past and you play a role in making it so.

Hope is made up of goals, pathways, and agency.

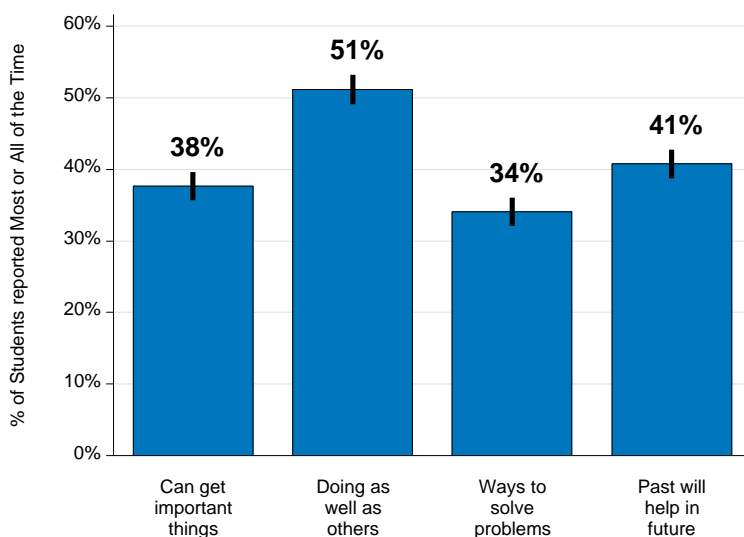
Four questions from the **Children's Hope Scale** were asked on the survey.

- Two questions about **pathways**; figuring out how to get from point A to point B to reach a goal.
- Two questions about **agency/willpower**; self-efficacy & motivation to use multiple ways to reach a goal.

Adding up the results from the four questions provides overall hope scores.

- No to very low hope
- Slightly hopeful
- Moderately hopeful
- Highly hopeful

Hope Scale Component  
Questions Grade 6, 2023



### Pathway Questions:

- I can think of many ways to get the things in life that are most important to me.
- When I have a problem, I can come up with lots of ways to solve it.

Pathways thinking is a child's belief in their capacity to find multiple ways to reach their goals.

### Agency Questions:

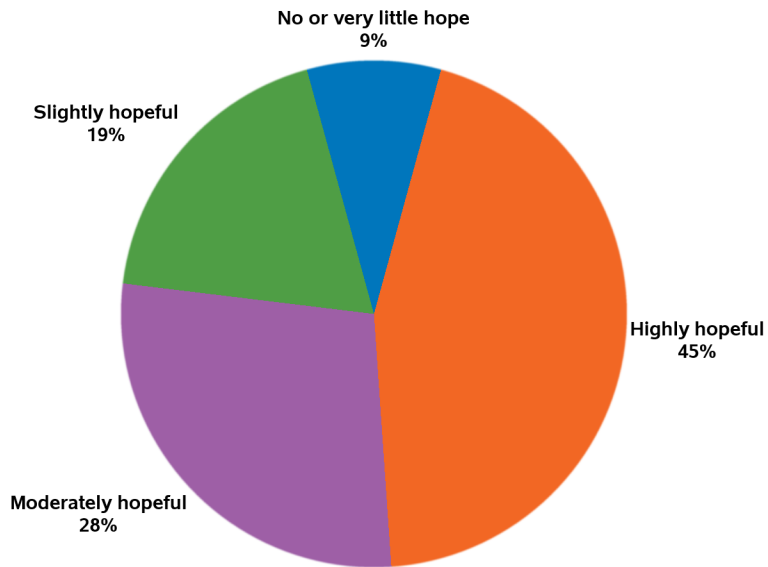
- I am doing just as well as other kids my age.
- I think the things I have done in the past will help me in the future.

Agency thinking is a child's self-efficacy and motivation to use multiple ways to reach their goal.

# FACT SHEET

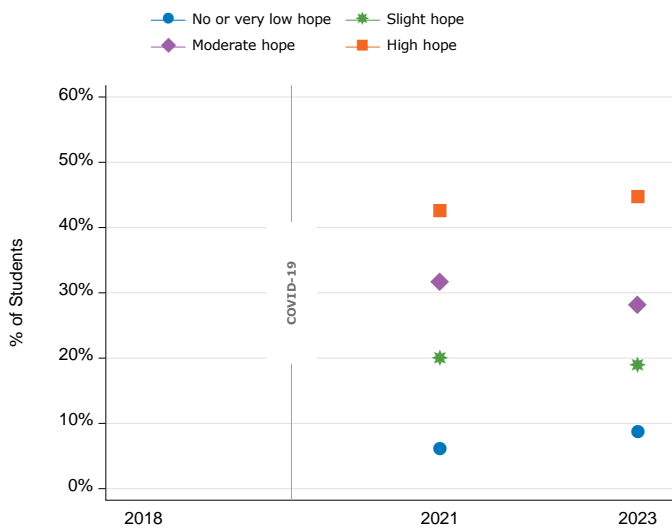
## Measuring Hope

### Levels of Hope Grade 6, 2023



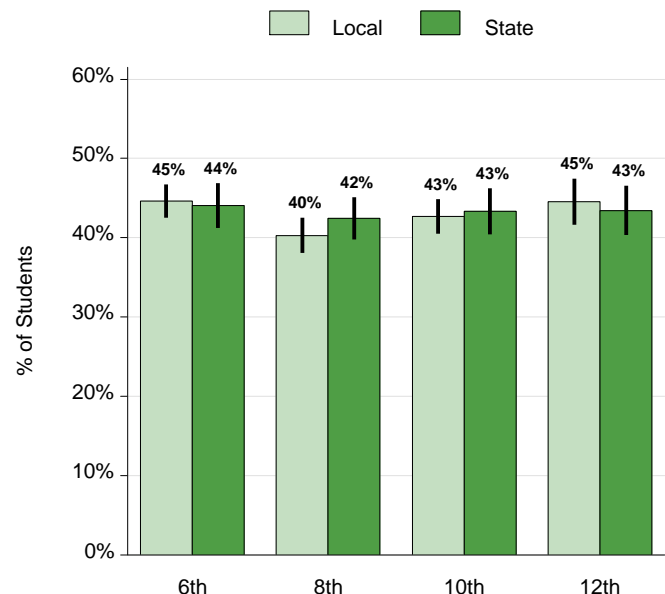
**Research** has shown that hope can be taught and is connected to academic achievements, well-being and positive life outcomes.

### Levels of Hope 2018-2023, Grade 6



Prevalence	2018	2021	2023
No or very low hope	N/A	6% ±1	9% ±1 ▲
Slight hope	N/A	20% ±2	19% ±2
Moderate hope	N/A	32% ±2	28% ±2 ▼
High hope	N/A	43% ±2	45% ±2

### High Hope, All Grades, 2023

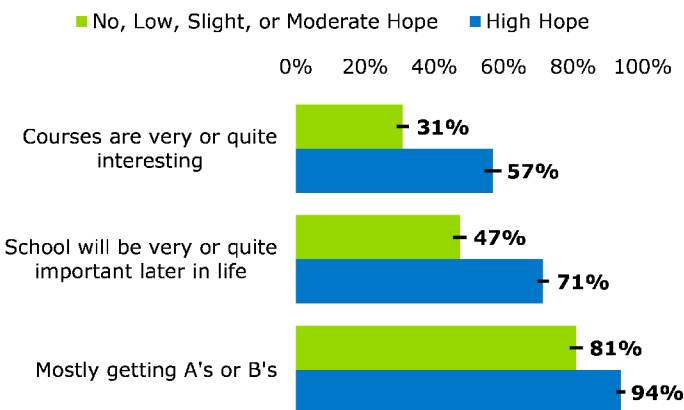


Prevalence	6th	8th	10th	12th
Local	45% ±2	40% ±2	43% ±2	45% ±3
State	44% ±3	42% ±3	43% ±3	43% ±3

# FACT SHEET

## Measuring Hope

### Statewide Relationships between High Hope, Grade 6



For 6<sup>th</sup> graders statewide, those with **high levels of hope** are:

- More likely to find courses more interesting and helpful for their future
- More likely to think the things they are learning in school will be important later in life
- More likely to report getting high grades (A's or B's)

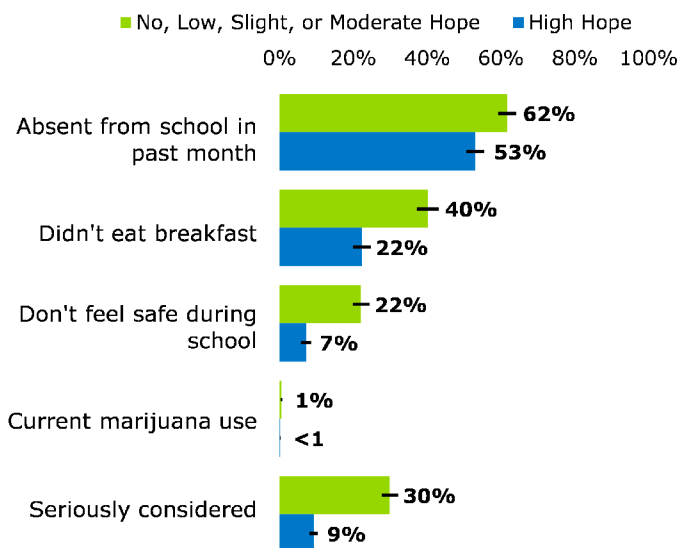
Compared to those with **lower levels of hope**.

For 6<sup>th</sup> graders statewide, those with **high levels of hope** are:

- Less likely to be absent from school in the past month
- Less likely to not have eaten breakfast
- Less likely to not feel safe during school
- Less likely to use marijuana in the past 30 days
- Less likely to have seriously considered suicide in the past year

Compared to those with **lower levels of hope**.

### Statewide Relationships between High Hope, Grade 6



## For More Information

- Hope Research Center-<https://www.ou.edu/tulsa/hope>

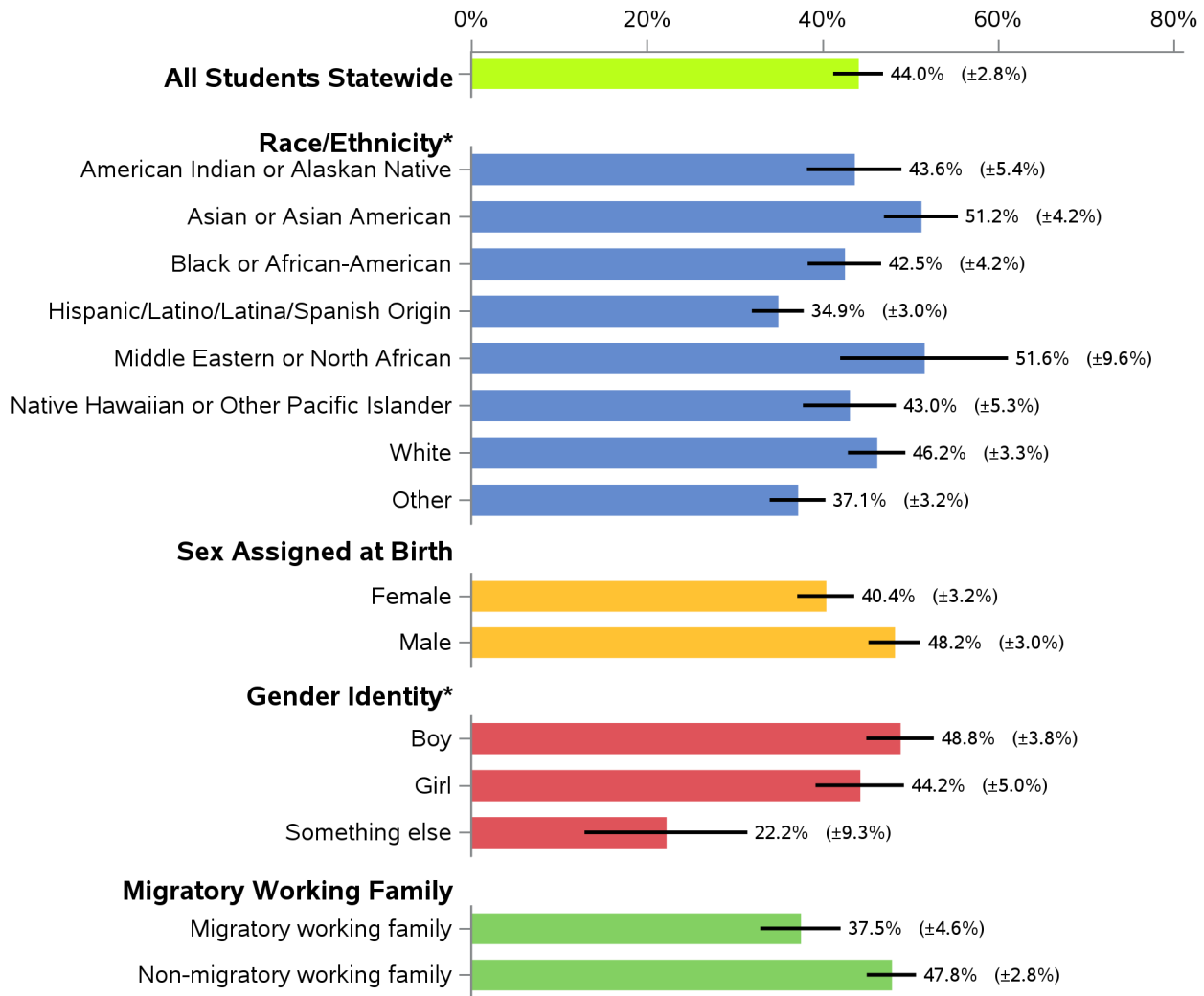
#### missing codes

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 (as± or black bar | )  
\*indicates a significant change from the previous year, <0.05

results generated at [www.askhys.net](http://www.askhys.net) on 03/01/2024

## Statewide Relationship between High Hope and Demographics, Grade 6, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

## FACT SHEET

# Measuring Hope in Thurston County

Year: 2023

Grade: 8

Sex: All

Number of Students Surveyed: 2,329

### Background

Hope is the belief that the future can be better than the past and you play a role in making it so.

Hope is made up of goals, pathways, and agency.

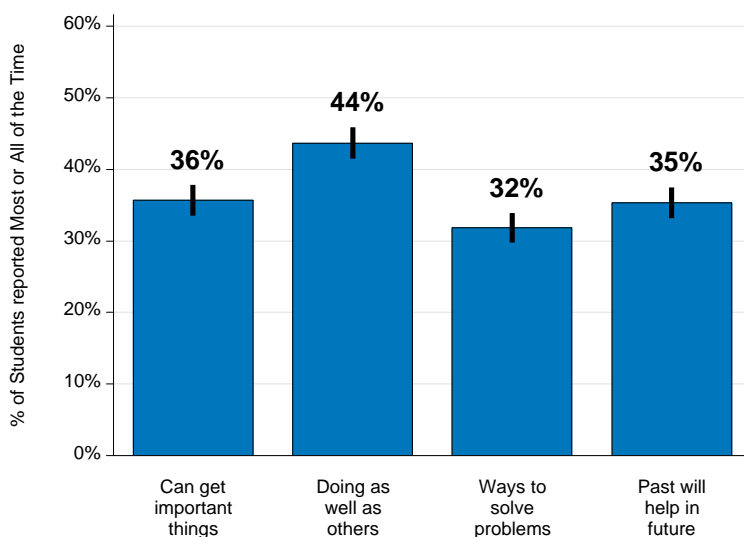
Four questions from the **Children's Hope Scale** were asked on the survey.

- Two questions about **pathways**; figuring out how to get from point A to point B to reach a goal.
- Two questions about **agency/willpower**; self-efficacy & motivation to use multiple ways to reach a goal.

Adding up the results from the four questions provides overall hope scores.

- No to very low hope
- Slightly hopeful
- Moderately hopeful
- Highly hopeful

Hope Scale Component  
Questions Grade 8, 2023



### Pathway Questions:

- I can think of many ways to get the things in life that are most important to me.
- When I have a problem, I can come up with lots of ways to solve it.

Pathways thinking is a child's belief in their capacity to find multiple ways to reach their goals.

### Agency Questions:

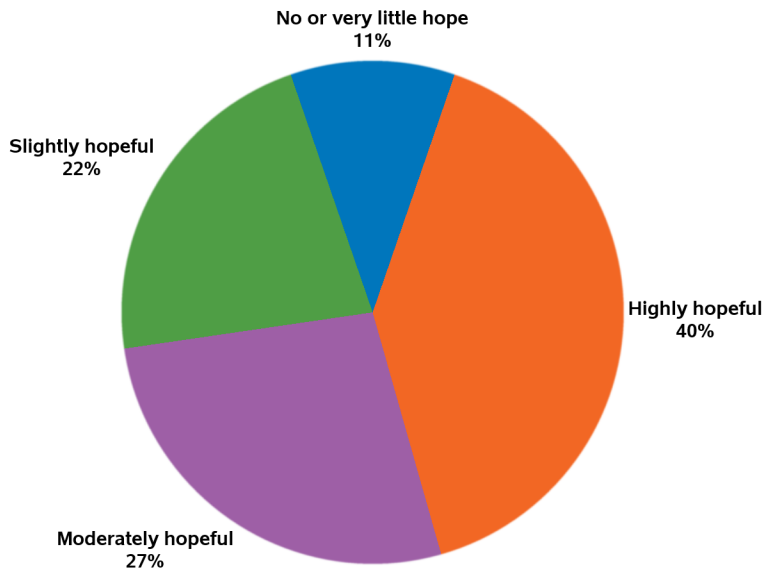
- I am doing just as well as other kids my age.
- I think the things I have done in the past will help me in the future.

Agency thinking is a child's self-efficacy and motivation to use multiple ways to reach their goal.

# FACT SHEET

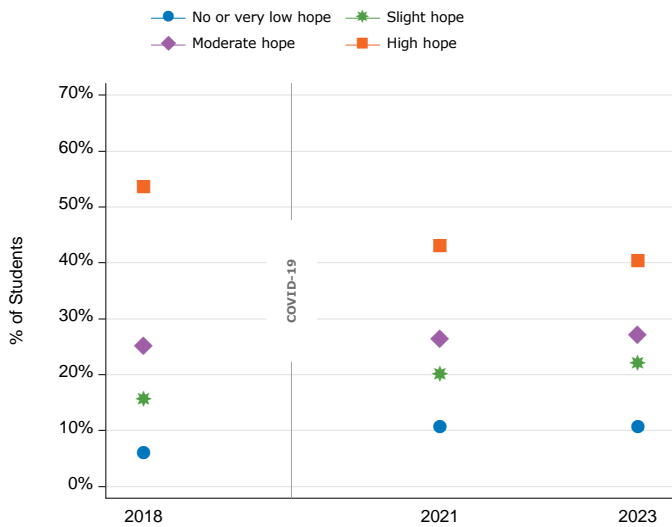
## Measuring Hope

### Levels of Hope Grade 8, 2023



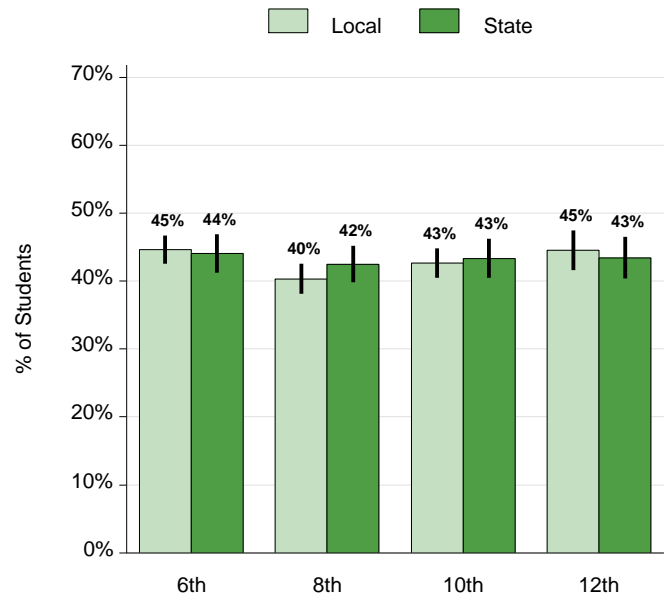
**Research** has shown that hope can be taught and is connected to academic achievements, well-being and positive life outcomes.

### Levels of Hope 2018-2023, Grade 8



Prevalence	2018	2021	2023
No or very low hope	6% ±1	11% ±1 ▲	11% ±1
Slight hope	16% ±2	20% ±2 ▲	22% ±2
Moderate hope	25% ±3	26% ±2	27% ±2
High hope	53% ±3	43% ±2 ▼	40% ±2

### High Hope, All Grades, 2023

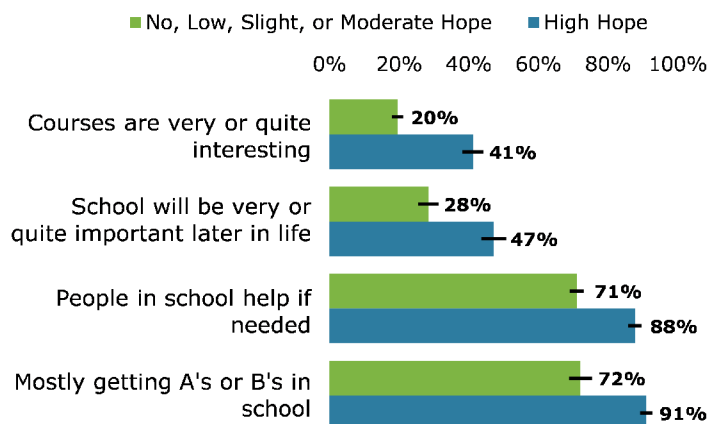


Prevalence	6th	8th	10th	12th
Local	45% ±2	40% ±2	43% ±2	45% ±3
State	44% ±3	42% ±3	43% ±3	43% ±3

# FACT SHEET

## Measuring Hope

### Statewide Relationships between High Hope, Grade 8



For 8<sup>th</sup> graders statewide, those with **high levels of hope** are:

- More likely to find courses more interesting and helpful for their future
- More likely to think the things they are learning in school will be important later in life
- More likely to report having a person at schools that could help them if needed
- More likely to report getting high grades (A's or B's)

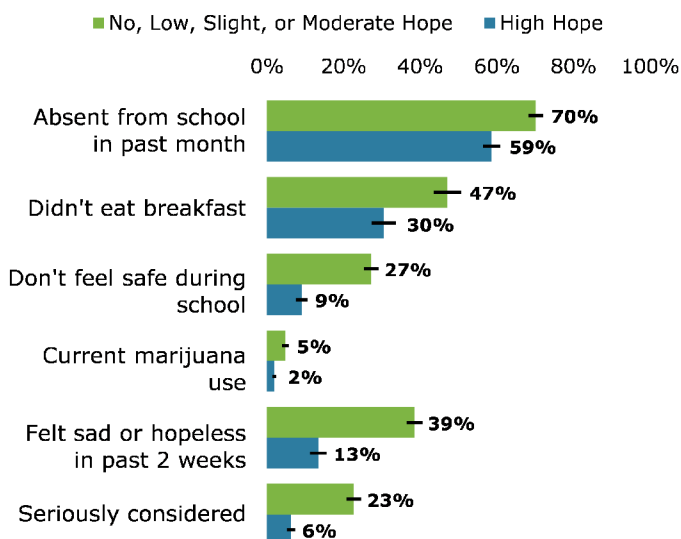
Compared to those with **lower levels of hope**.

For 8<sup>th</sup> graders statewide, those **with high levels of hope** are:

- Less likely to be absent from school in the past month
- Less likely to not have eaten breakfast
- Less likely to not feel safe during school
- Less likely to use marijuana in the past 30 days
- Less likely to feel sad or hopeless
- Less likely to have seriously considered suicide in the past year

Compared to those with **lower levels of hope**.

### Statewide Relationships between High Hope, Grade 8



## For More Information

- Hope Research Center-<https://www.ou.edu/tulsa/hope>

#### missing codes

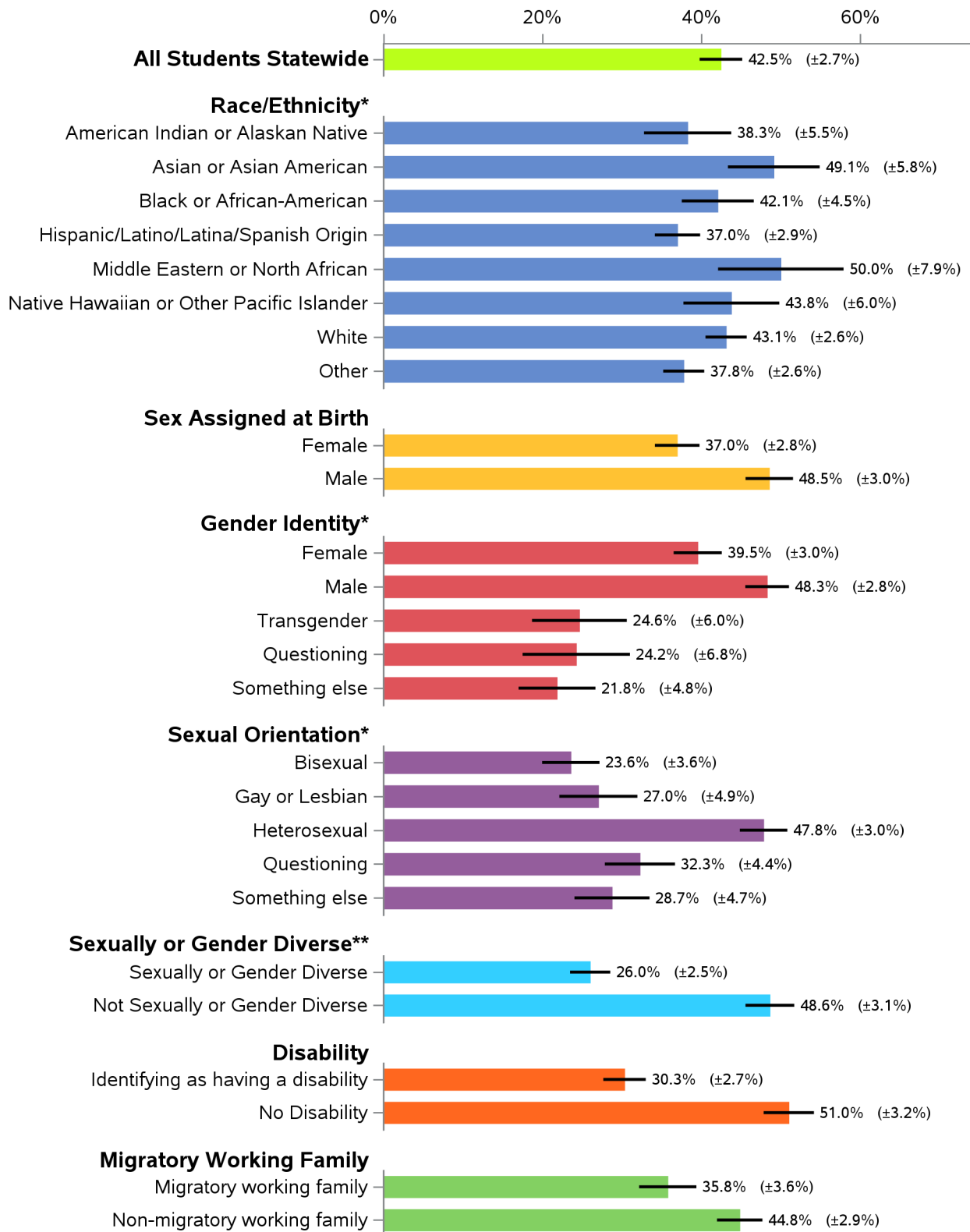
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N/G = grade not available; N/S = question was not surveyed this year;  
N/A = question was not asked of this grade;

Prevalence is displayed with 95% confidence intervals (as± or black bar | )  
\*indicates a significant change from the previous year, <0.05

results generated at [www.askhys.net](http://www.askhys.net) on 03/01/2024



## Statewide Relationship between High Hope and Demographics, Grade 8, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

## FACT SHEET

# Measuring Hope in Thurston County

Year: 2023

Grade: 10

Sex: All

Number of Students Surveyed: 2,355

### Background

Hope is the belief that the future can be better than the past and you play a role in making it so.

Hope is made up of goals, pathways, and agency.

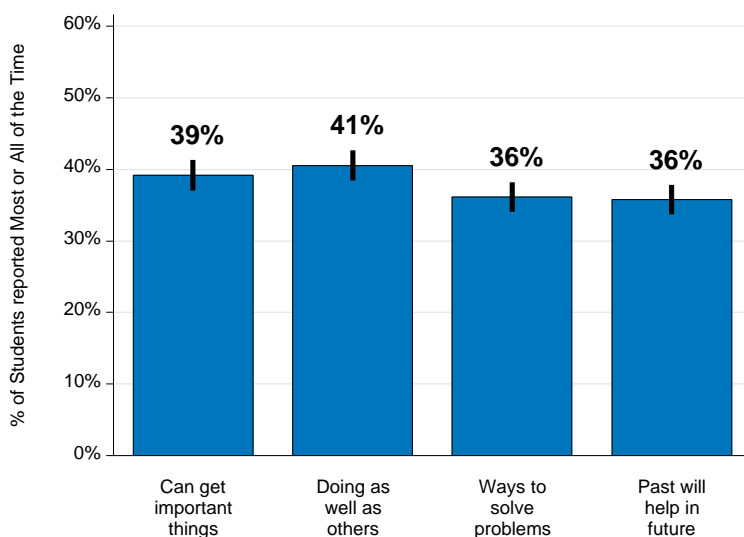
Four questions from the **Children's Hope Scale** were asked on the survey.

- Two questions about **pathways**; figuring out how to get from point A to point B to reach a goal.
- Two questions about **agency/willpower**; self-efficacy & motivation to use multiple ways to reach a goal.

Adding up the results from the four questions provides overall hope scores.

- No to very low hope
- Slightly hopeful
- Moderately hopeful
- Highly hopeful

Hope Scale Component  
Questions Grade 10, 2023



### Pathway Questions:

- I can think of many ways to get the things in life that are most important to me.
- When I have a problem, I can come up with lots of ways to solve it.

Pathways thinking is a child's belief in their capacity to find multiple ways to reach their goals.

### Agency Questions:

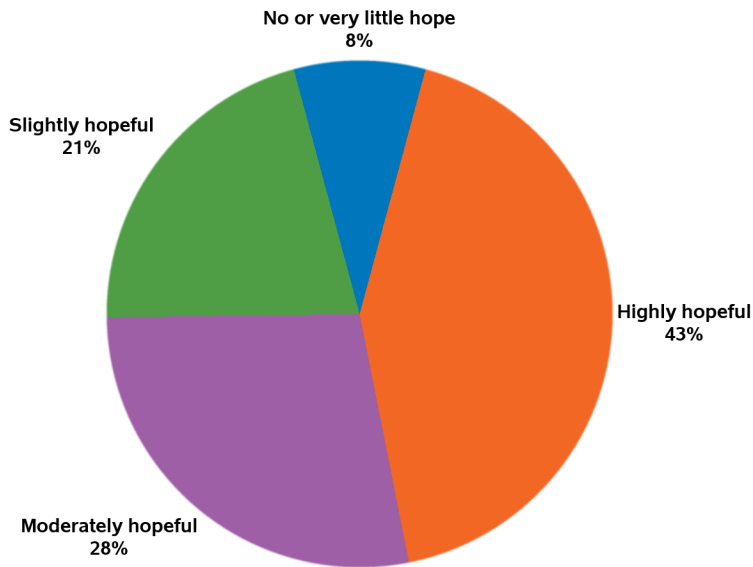
- I am doing just as well as other kids my age.
- I think the things I have done in the past will help me in the future.

Agency thinking is a child's self-efficacy and motivation to use multiple ways to reach their goal.

# FACT SHEET

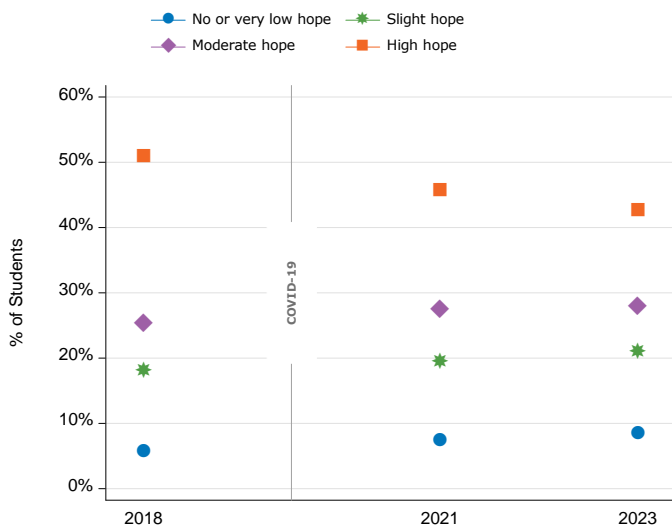
## Measuring Hope

### Levels of Hope Grade 10, 2023



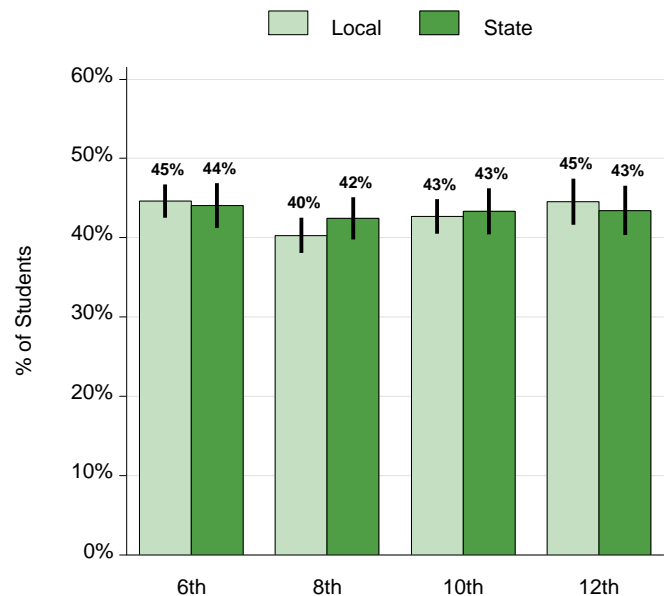
**Research** has shown that hope can be taught and is connected to academic achievements, well-being and positive life outcomes.

### Levels of Hope 2018-2023, Grade 10



Prevalence	2018	2021	2023
No or very low hope	6% ±1	7% ±1	8% ±1
Slight hope	18% ±2	19% ±2	21% ±2
Moderate hope	25% ±3	27% ±2	28% ±2
High hope	51% ±3	46% ±2 ▼	43% ±2

### High Hope, All Grades, 2023



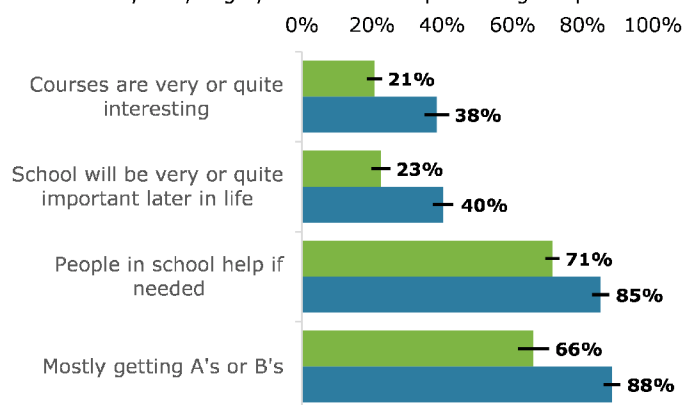
Prevalence	6th	8th	10th	12th
Local	45% ±2	40% ±2	43% ±2	45% ±3
State	44% ±3	42% ±3	43% ±3	43% ±3

# FACT SHEET

## Measuring Hope

### Statewide Relationships between High Hope, Grade 10

■ No, Low, Slight, or Moderate Hope ■ High Hope



For 10<sup>th</sup> graders statewide, those with **high levels of hope** are:

- More likely to find courses more interesting and helpful for their future
- More likely to think the things they are learning in school will be important later in life
- More likely to report having a person at schools that could help them if needed
- More likely to report getting high grades (A's or B's)

Compared to those with **lower levels of hope**.

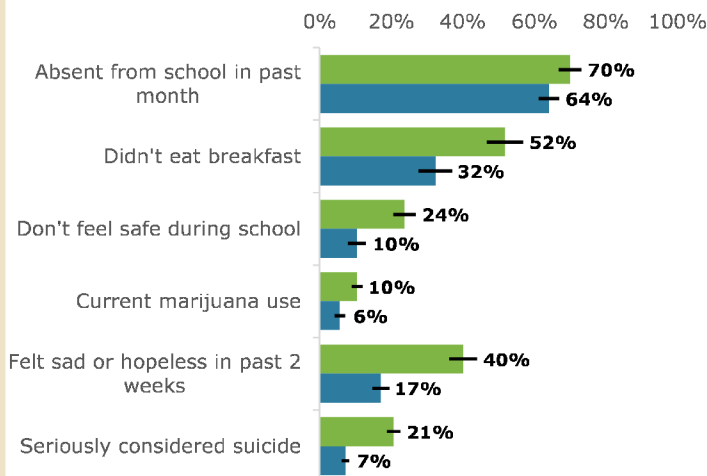
For 10<sup>th</sup> graders statewide, those with **high levels of hope** are:

- Less likely to be absent from school in the past month
- Less likely to not have eaten breakfast
- Less likely to not feel safe during school
- Less likely to use marijuana in the past 30 days
- Less likely to feel sad or hopeless
- Less likely to have seriously considered suicide in the past year

Compared to those with **lower levels of hope**.

### Statewide Relationships between High Hope, Grade 10

■ No, Low, Slight, or Moderate Hope ■ High Hope



## For More Information

- Hope Research Center-<https://www.ou.edu/tulsa/hope>

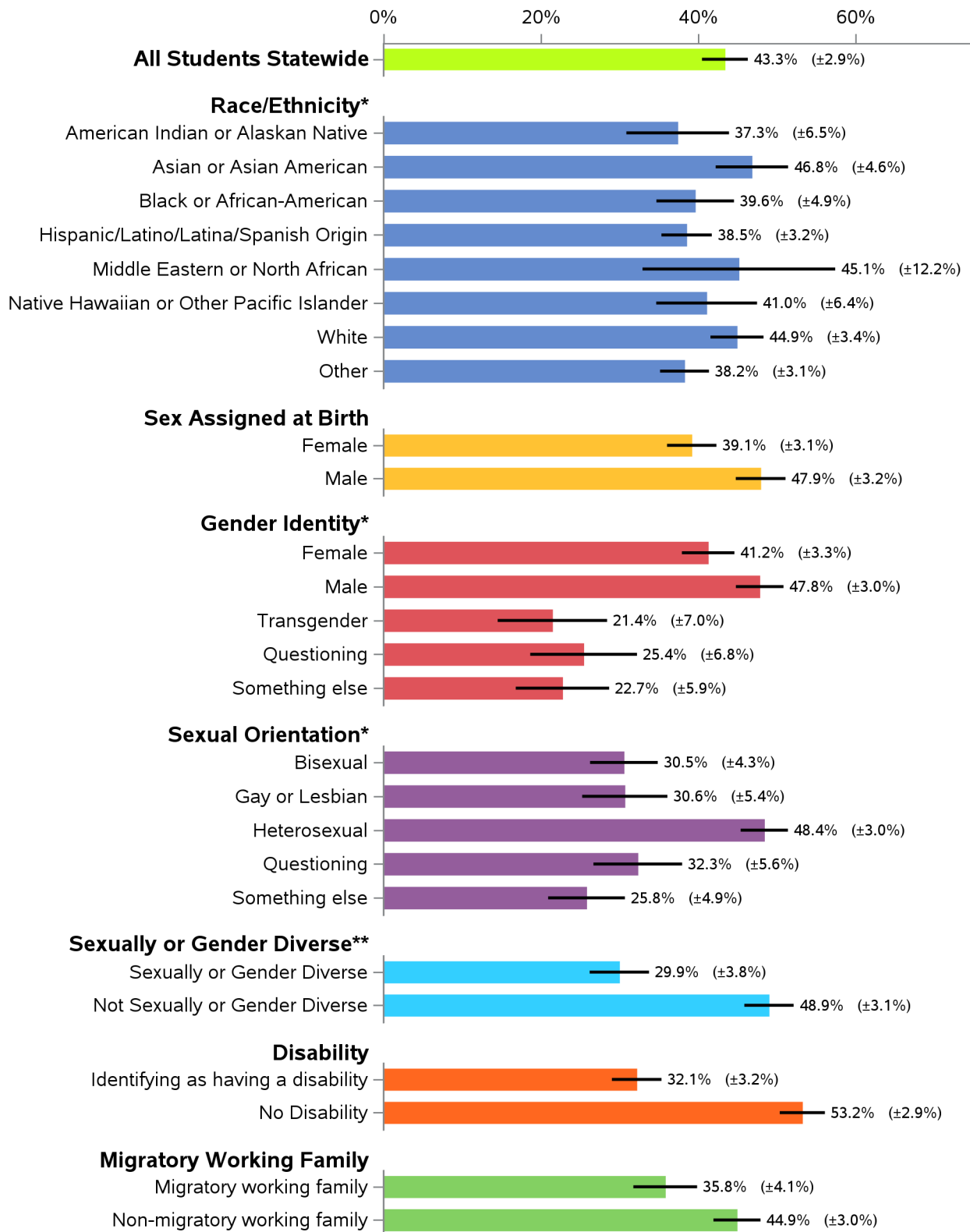
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N/A = question was not asked of this grade;

Prevalence is displayed with 95% confidence intervals (as± or black bar | )  
\*indicates a significant change from the previous year, <0.05

results generated at [www.askhys.net](http://www.askhys.net) on 03/01/2024

## Statewide Relationship between High Hope and Demographics, Grade 10, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

## FACT SHEET

# Measuring Hope in Thurston County

Year: 2023

Grade: 12

Sex: All

Number of Students Surveyed: 1,341

### Background

Hope is the belief that the future can be better than the past and you play a role in making it so.

Hope is made up of goals, pathways, and agency.

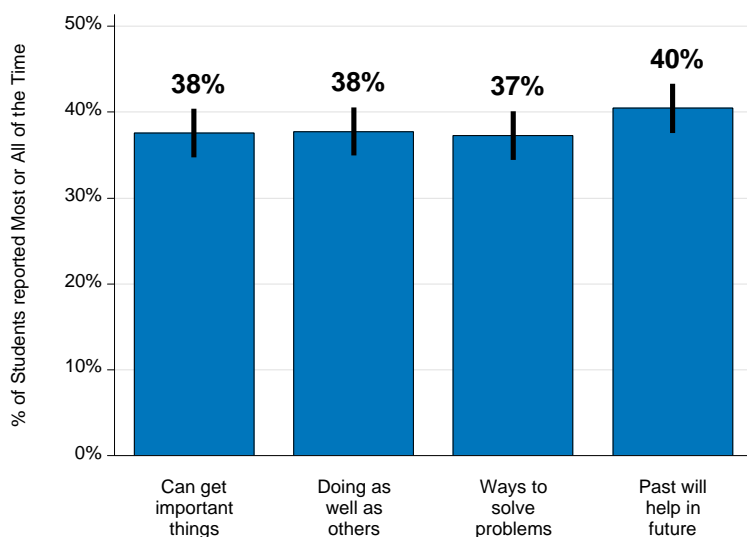
Four questions from the **Children's Hope Scale** were asked on the survey.

- Two questions about **pathways**; figuring out how to get from point A to point B to reach a goal.
- Two questions about **agency/willpower**; self-efficacy & motivation to use multiple ways to reach a goal.

Adding up the results from the four questions provides overall hope scores.

- No to very low hope
- Slightly hopeful
- Moderately hopeful
- Highly hopeful

Hope Scale Component  
Questions Grade 12, 2023



### Pathway Questions:

- I can think of many ways to get the things in life that are most important to me.
- When I have a problem, I can come up with lots of ways to solve it.

Pathways thinking is a child's belief in their capacity to find multiple ways to reach their goals.

### Agency Questions:

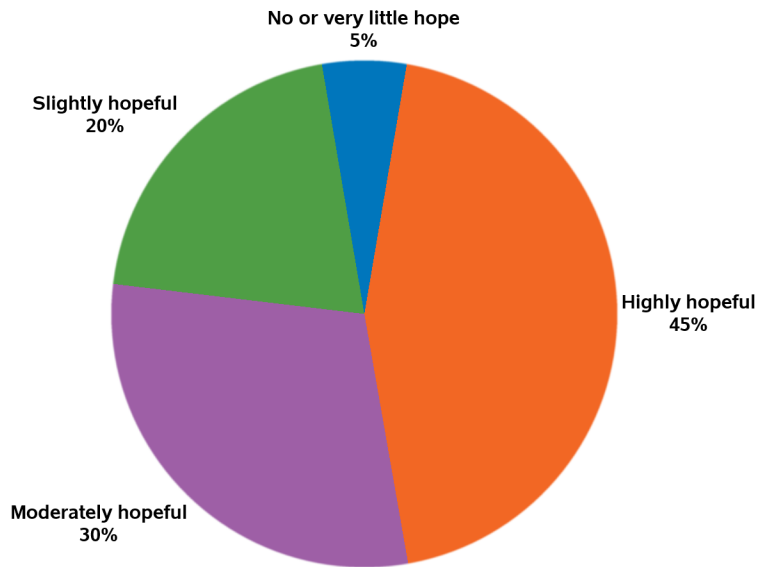
- I am doing just as well as other kids my age.
- I think the things I have done in the past will help me in the future.

Agency thinking is a child's self-efficacy and motivation to use multiple ways to reach their goal.

# FACT SHEET

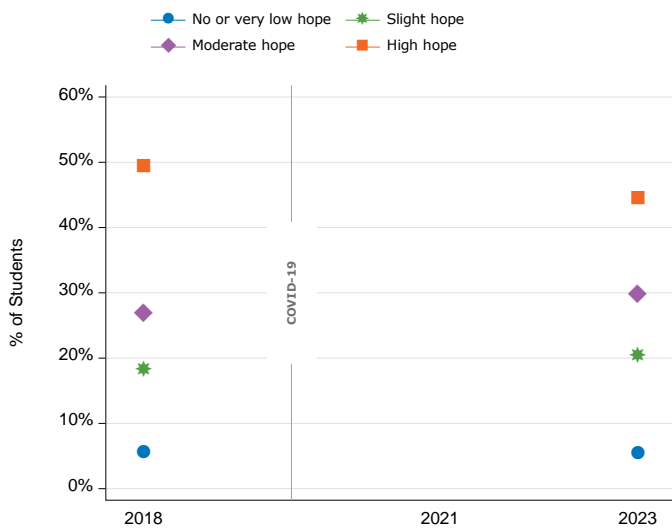
## Measuring Hope

### Levels of Hope Grade 12, 2023



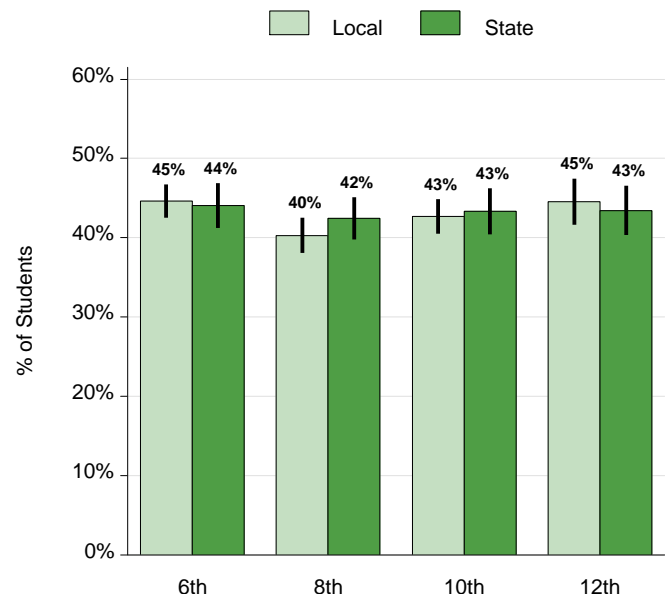
**Research** has shown that hope can be taught and is connected to academic achievements, well-being and positive life outcomes.

### Levels of Hope 2018-2023, Grade 12



Prevalence	2018	2021	2023
No or very low hope	6% ±2	S	5% ±1
Slight hope	18% ±3	S	20% ±2
Moderate hope	27% ±3	S	30% ±3
High hope	49% ±4	S	45% ±3

### High Hope, All Grades, 2023

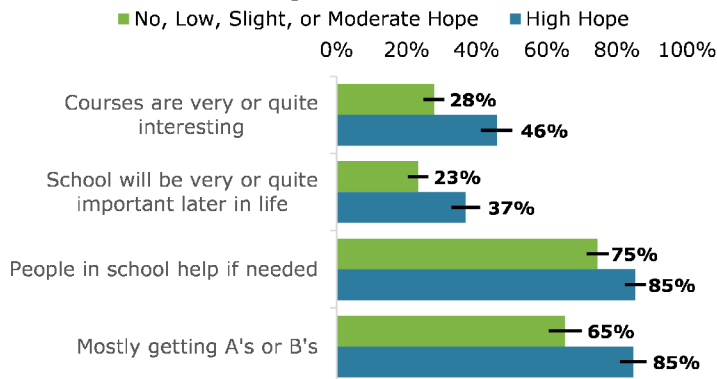


Prevalence	6th	8th	10th	12th
Local	45% ±2	40% ±2	43% ±2	45% ±3
State	44% ±3	42% ±3	43% ±3	43% ±3

# FACT SHEET

## Measuring Hope

### Statewide Relationships between High Hope, Grade 12



For 12<sup>th</sup> graders statewide, those with **high levels of hope** are:

- More likely to find courses more interesting and helpful for their future
- More likely to think the things they are learning in school will be important later in life
- More likely to report having a person at schools that could help them if needed
- More likely to report getting high grades (A's or B's)

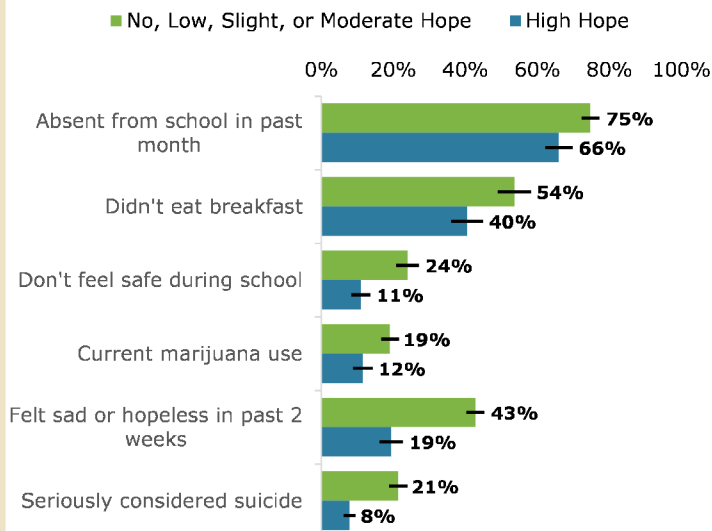
Compared to those with **lower levels of hope**.

For 12<sup>th</sup> graders statewide, those with **high levels of hope** are:

- Less likely to be absent from school in the past month
- Less likely to not have eaten breakfast
- Less likely to not feel safe during school
- Less likely to use marijuana in the past 30 days
- Less likely to feel sad or hopeless
- Less likely to have seriously considered suicide in the past year

Compared to those with **lower levels of hope**.

### Statewide Relationships between High Hope, Grade 12



## For More Information

- Hope Research Center-<https://www.ou.edu/tulsa/hope>

#### missing codes

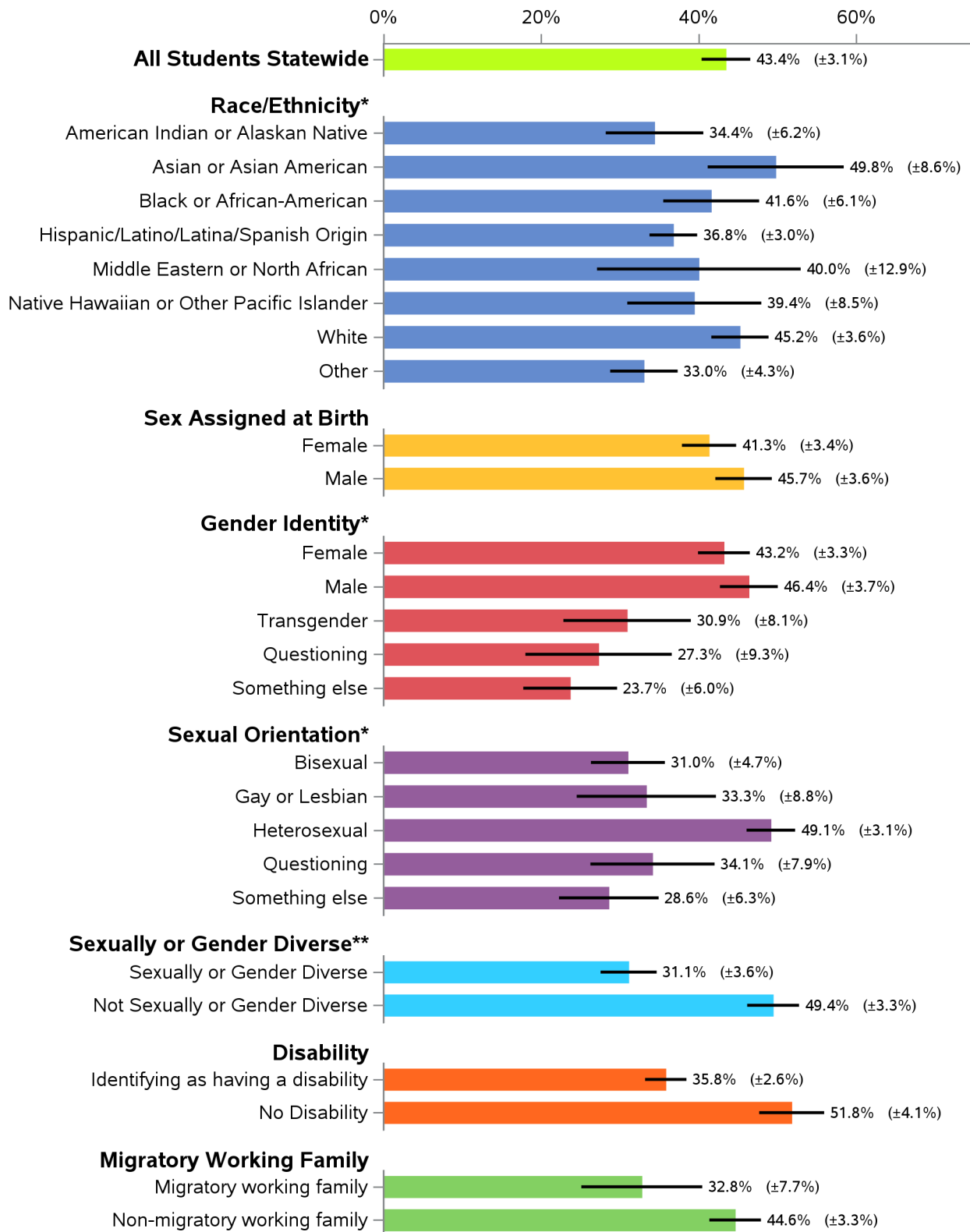
S = result suppressed due to insufficient reporting from students of schools;  
N/G = grade not available; N/S = question was not surveyed this year;  
N/A = question was not asked of this grade;

Prevalence is displayed with 95% confidence intervals (as± or black bar | )  
\*indicates a significant change from the previous year, <0.05

results generated at [www.askhys.net](http://www.askhys.net) on 03/01/2024

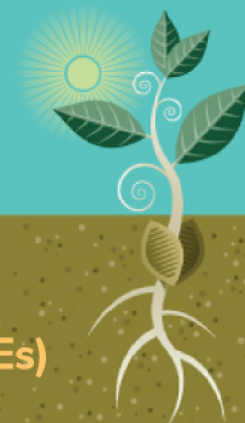


## Statewide Relationship between High Hope and Demographics, Grade 12, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.



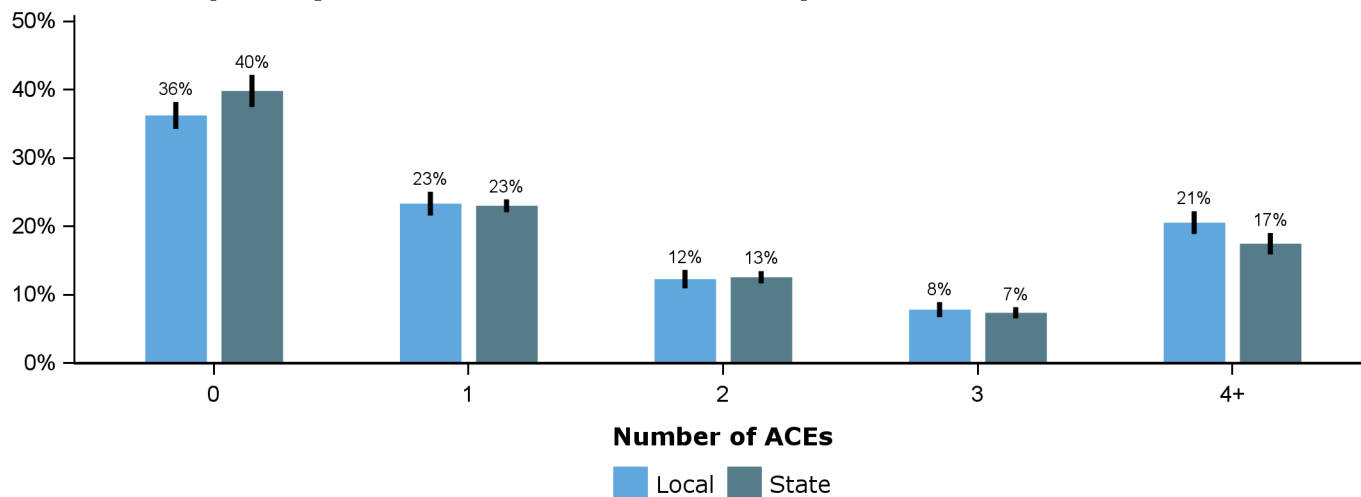
## Washington HYS Adverse Childhood Experiences (WAH-ACEs)

**Year: 2023    Grade: 8    Sex: All    Number of Students Surveyed: 2,329**

### BACKGROUND

- o In the late 1990s, the Adverse Childhood Experiences (ACE) study demonstrated a powerful relationship between serious, negative events in childhood and physical and mental health in adulthood. When children experience multiple negative events, their bodies can be flooded with stress hormones, increasing their risk for later health problems like heart disease, diabetes, or depression. Research also shows that positive experiences (e.g., supportive relationships with adults) act as a buffer providing support for children to withstand or recover from adverse experiences.
- o The Washington HYS ACEs Score (WAH-ACEs) assesses 11 adverse experiences that youth may report on the HYS to better assess the burden of these experiences among our state's youth.
- o WAH-ACEs can be used to understand the local levels of exposure to childhood adversity, and the relationships between these experiences and other questions on the survey.
- o WAH-ACEs is not comprehensive of all adverse experiences a child may be exposed to. For example, racism, poverty, and discrimination are examples of childhood adversity and are not included in the WAH-ACEs score.
- o You can learn more about how the scores were developed and how they can be interpreted in the [WAH-ACEs Interpretive Guide](#)
- o To Learn more about Positive Childhood Experiences, please visit:  
<https://www.cdc.gov/injury/features/prevent-child-abuse/index.html>

### Frequency of WAH-ACEs score compared to the state, Grade 8



NOTE: While each student can have a WAH-ACEs of 0-11, the number of students who report more than 4 adverse experiences is quite small and decreases as the score increases. To protect student privacy and reduce the amount of data that must be suppressed, we have grouped those students into a 4+ WAH-ACEs category.

#### Missing Codes

S = result suppressed due to insufficient reporting

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

Results generated at askhys.net on 02/24/2024



## WAH-ACEs on Healthy Youth Survey

HYS questions included in the WAH-ACEs score	County %	State %
1. I feel safe during school (NO!/no).	21.2 (±1.8)	19.7 (±1.8)
2. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe on your way to and from school?* (Any days)	7.7 (±1.7)	8.9 (±1.8)
3. Bullying is 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. In the last 30 days, how often have you been bullied?* (Any days)	29.6 (±2.0)	27.6 (±1.9)
4. During the past 12 months, did someone you were dating or going out with ever limit your activities, threaten you, or make you feel unsafe in any other way?** (Yes)	5.7 (±1.4)	4.7 (±0.8)
5. In the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)** (Yes)	3.7 (±1.2)	3.3 (±0.7)
6. Have you ever been in a situation where someone made you engage in kissing, sexual touch or intercourse when you did not want to? (Yes)	15.3 (±2.1)	10.8 (±1.5)
7. Not counting TV, movies, video games, and sporting events, have you seen an adult hit, slap, punch, shove, kick, or otherwise physically hurt another adult more than one time? (Yes)	25.3 (±2.7)	22.1 (±1.7)
8. Has an adult ever physically hurt you on purpose (like pushed, slapped, hit, kicked or punched you), leaving a mark, bruise or injury? (Yes)	20.4 (±2.5)	17.9 (±1.8)
9. How often does a parent or adult in your home swear at you, insult you, put you down or humiliate you? (Sometimes, Often, Very often)	36.8 (±3.0)	31.6 (±2.5)
10. Are your current living arrangements the result of losing your home because your family cannot afford housing? (Yes)	3.3 (±0.7)	2.5 (±0.4)
11. How often in the past 12 months did you or your family have to cut meal size or skip meals because there wasn't enough money for food? (Any times)	8.2 (±1.1)	7.4 (±1.0)

\*in past 30 days, \*\*in past 12 months

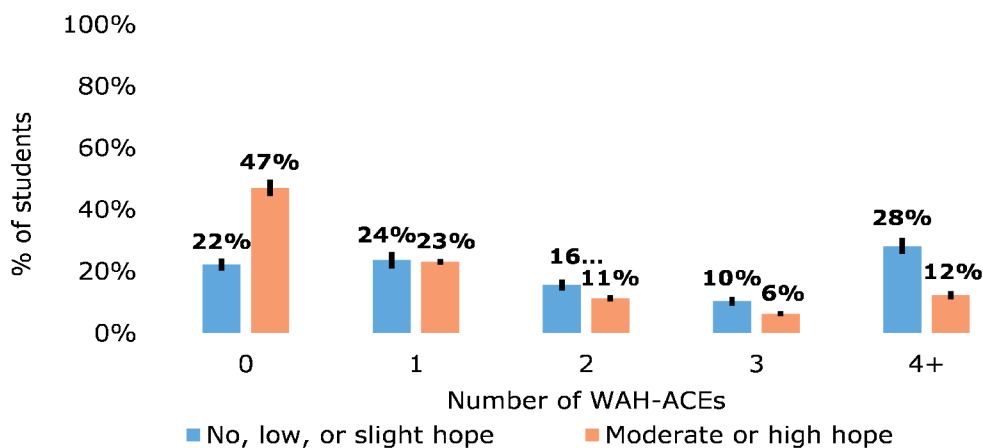
**NOTE:** Some students did not answer all 11 WAH-ACEs questions on the survey. To calculate their individual scores and account for those missing answers, a method called multiple imputation was used. This method also used predictors such as mother's education, sex, and race/ethnicity to estimate students' WAH-ACEs score. The percentages in the table above do not represent the imputed results used to compute the WAH-ACEs score. The results in the table match the non-imputed results in frequency reports. Learn more about how WAH-ACEs scores are created in the *WAH-ACEs Interpretive Guide*.



## State Level WAH-ACEs and Key Takeaways

State level WAH-ACEs data highlight some important patterns among Washington students overall that also match what is in the scientific literature. Studies also indicate that students who report more adverse experiences tend to also report other negative exposures, behaviors, and outcomes. Adverse experiences do not necessarily cause these other things to happen, but they can often appear together in the same youth, making them even more likely to experience poor health and educational outcomes.

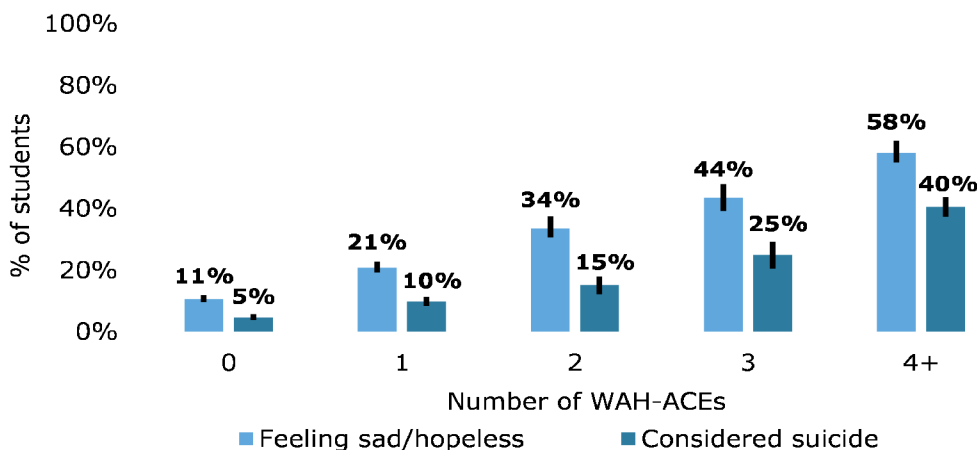
### Statewide Relationship between WAH-ACEs score and Hope Scale, Grade 8



Statewide, 8th grade students who reported more hope tended to also have a lower WAH-ACEs scores.

NOTE: Hope is the belief that the future can be better than the past and you play a role in making it so. Hope can also be taught.

### Statewide Relationship between WAH-ACEs score and Hope Scale, Grade 8



Statewide, more 8th grade students who felt sad or hopeless for at least two weeks in the past year reported higher WAH-ACEs scores.

Similarly, more 8th grade students who reported contemplating suicide reported higher WAH-ACEs scores than those who did not

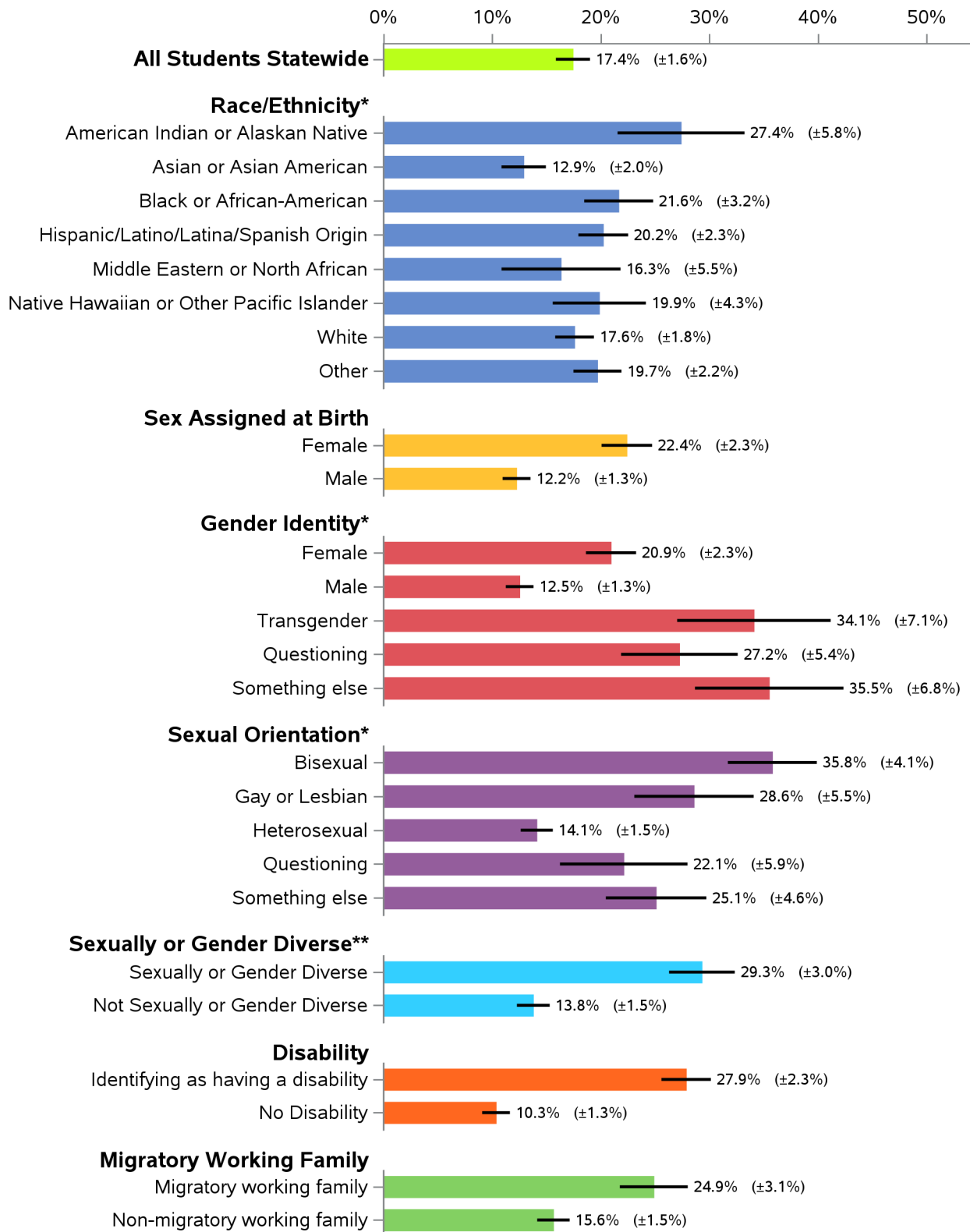
#### To learn more about ACES, please visit:

[CDC Adverse Childhood Experiences \(ACEs\) background](#)

[WAH-ACEs Interpretive Guide](#)

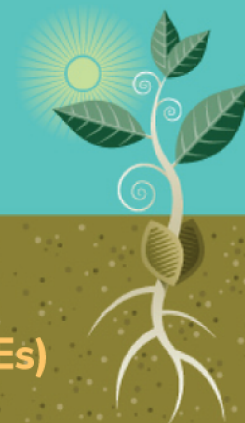
Legal requirements: Federal and Washington state regulations prohibit discrimination against LEP individuals who are Deaf, DeafBlind, Hard of Hearing, or visually impaired. Read HCA Policy 01-27 "Language Access Services" and Policy 01-30 "Equal Access to Services for Individuals with Disabilities" for more information. If you have a question about an accommodation, please contact the Healthy Youth Survey study Principal Investigator, at [Healthy.Youth@doh.wa.gov](mailto:Healthy.Youth@doh.wa.gov) or call toll free (877-HYS-7111).

## Statewide Relationship between 4 or More WAH-ACEs and Demographics, Grade 8, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.



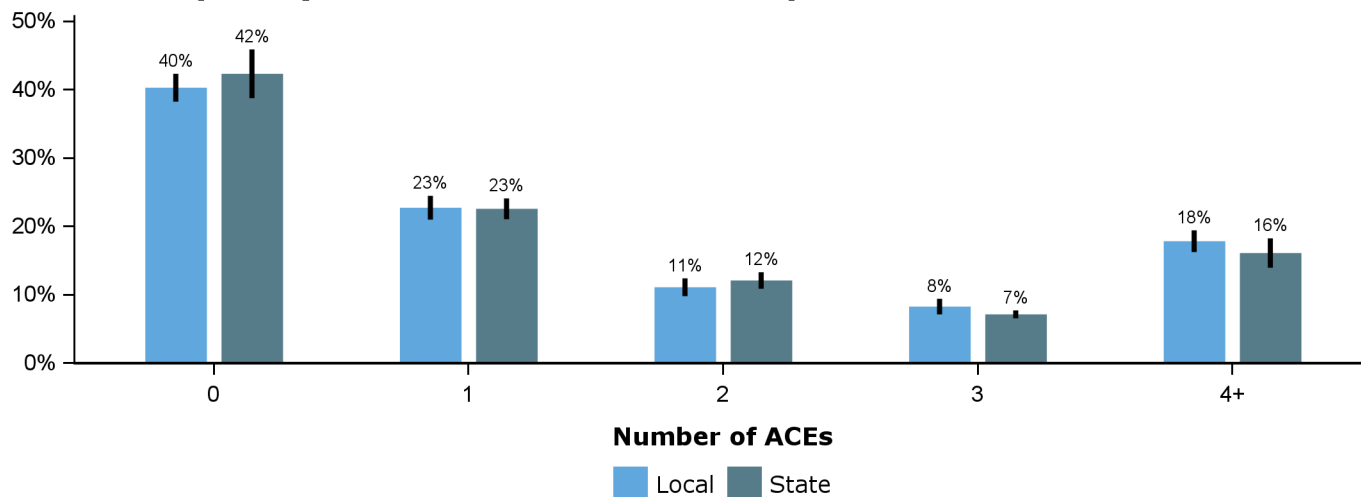
## Washington HYS Adverse Childhood Experiences (WAH-ACEs)

**Year: 2023    Grade: 10    Sex: All    Number of Students Surveyed: 2,355**

### BACKGROUND

- o In the late 1990s, the Adverse Childhood Experiences (ACE) study demonstrated a powerful relationship between serious, negative events in childhood and physical and mental health in adulthood. When children experience multiple negative events, their bodies can be flooded with stress hormones, increasing their risk for later health problems like heart disease, diabetes, or depression. Research also shows that positive experiences (e.g., supportive relationships with adults) act as a buffer providing support for children to withstand or recover from adverse experiences.
- o The Washington HYS ACEs Score (WAH-ACEs) assesses 11 adverse experiences that youth may report on the HYS to better assess the burden of these experiences among our state's youth.
- o WAH-ACEs can be used to understand the local levels of exposure to childhood adversity, and the relationships between these experiences and other questions on the survey.
- o WAH-ACEs is not comprehensive of all adverse experiences a child may be exposed to. For example, racism, poverty, and discrimination are examples of childhood adversity and are not included in the WAH-ACEs score.
- o You can learn more about how the scores were developed and how they can be interpreted in the [WAH-ACEs Interpretive Guide](#)
- o To Learn more about Positive Childhood Experiences, please visit:  
<https://www.cdc.gov/injury/features/prevent-child-abuse/index.html>

### Frequency of WAH-ACEs score compared to the state, Grade 10



NOTE: While each student can have a WAH-ACEs of 0-11, the number of students who report more than 4 adverse experiences is quite small and decreases as the score increases. To protect student privacy and reduce the amount of data that must be suppressed, we have grouped those students into a 4+ WAH-ACEs category.

#### Missing Codes

S = result suppressed due to insufficient reporting

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

Results generated at askhys.net on 02/24/2024





## WAH-ACEs on Healthy Youth Survey

HYS questions included in the WAH-ACEs score	County %	State %
1. I feel safe during school (NO!/no).	21.4 (±1.8)	18.0 (±3.1)
2. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe on your way to and from school?* (Any days)	4.8 (±1.3)	5.8 (±1.3)
3. Bullying is 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. In the last 30 days, how often have you been bullied?* (Any days)	19.4 (±1.7)	16.6 (±2.2)
4. During the past 12 months, did someone you were dating or going out with ever limit your activities, threaten you, or make you feel unsafe in any other way?** (Yes)	9.4 (±1.8)	7.1 (±1.2)
5. In the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)** (Yes)	3.6 (±1.1)	4.0 (±0.8)
6. Have you ever been in a situation where someone made you engage in kissing, sexual touch or intercourse when you did not want to? (Yes)	16.8 (±2.2)	15.0 (±2.3)
7. Not counting TV, movies, video games, and sporting events, have you seen an adult hit, slap, punch, shove, kick, or otherwise physically hurt another adult more than one time? (Yes)	23.4 (±2.5)	24.5 (±2.7)
8. Has an adult ever physically hurt you on purpose (like pushed, slapped, hit, kicked or punched you), leaving a mark, bruise or injury? (Yes)	21.0 (±2.5)	20.3 (±2.5)
9. How often does a parent or adult in your home swear at you, insult you, put you down or humiliate you? (Sometimes, Often, Very often)	33.9 (±2.9)	31.7 (±3.0)
10. Are your current living arrangements the result of losing your home because your family cannot afford housing? (Yes)	2.8 (±0.7)	2.7 (±0.5)
11. How often in the past 12 months did you or your family have to cut meal size or skip meals because there wasn't enough money for food? (Any times)	7.5 (±1.1)	8.9 (±1.2)

\*in past 30 days, \*\*in past 12 months

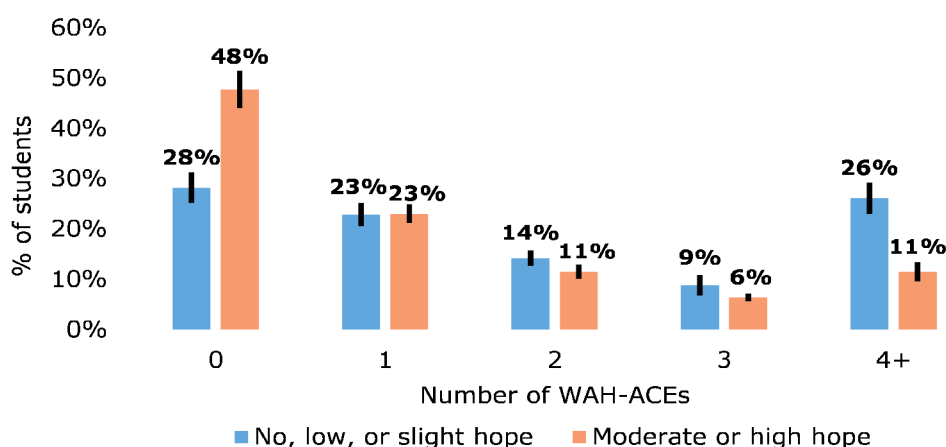
**NOTE:** Some students did not answer all 11 WAH-ACEs questions on the survey. To calculate their individual scores and account for those missing answers, a method called multiple imputation was used. This method also used predictors such as mother's education, sex, and race/ethnicity to estimate students' WAH-ACEs score. The percentages in the table above do not represent the imputed results used to compute the WAH-ACEs score. The results in the table match the non-imputed results in frequency reports. Learn more about how WAH-ACEs scores are created in the *WAH-ACEs Interpretive Guide*.



## State Level WAH-ACEs and Key Takeaways

State level WAH-ACEs data highlight some important patterns among Washington students overall that also match what is in the scientific literature. Studies also indicate that students who report more adverse experiences tend to also report other negative exposures, behaviors, and outcomes. Adverse experiences do not necessarily cause these other things to happen, but they can often appear together in the same youth, making them even more likely to experience poor health and educational outcomes.

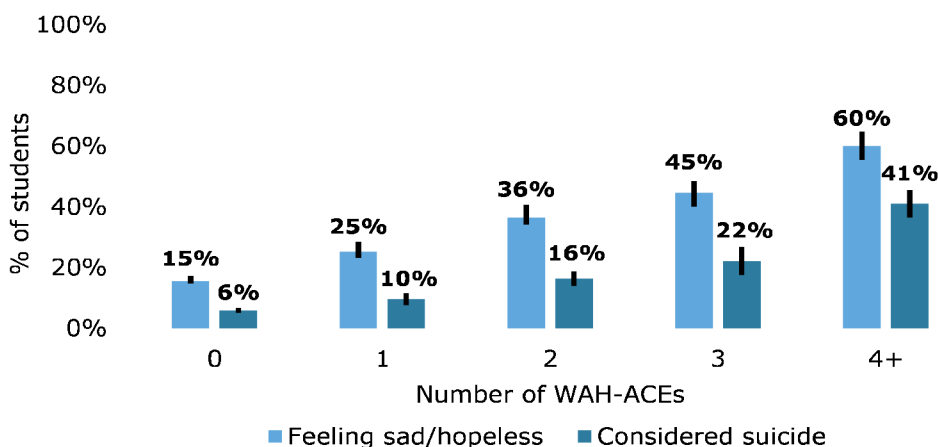
### Statewide Relationship between WAH-ACEs score and Hope Scale, Grade 10



Statewide, 10th graders who reported more hope tended to also have a lower WAH-ACEs scores.

NOTE: Hope is the belief that the future can be better than the past and you play a role in making it so. Hope can also be taught.

### Statewide Relationship between WAH-ACEs score and mental health indicators, Grade 10



Statewide, more 10th grade students who felt sad or hopeless for at least two weeks in the past year reported higher WAH-ACEs scores.

Similarly, more 10th grade students who reported contemplating suicide reported higher WAH-ACEs scores than those who did not consider suicide.

### To learn more about ACES, please visit:

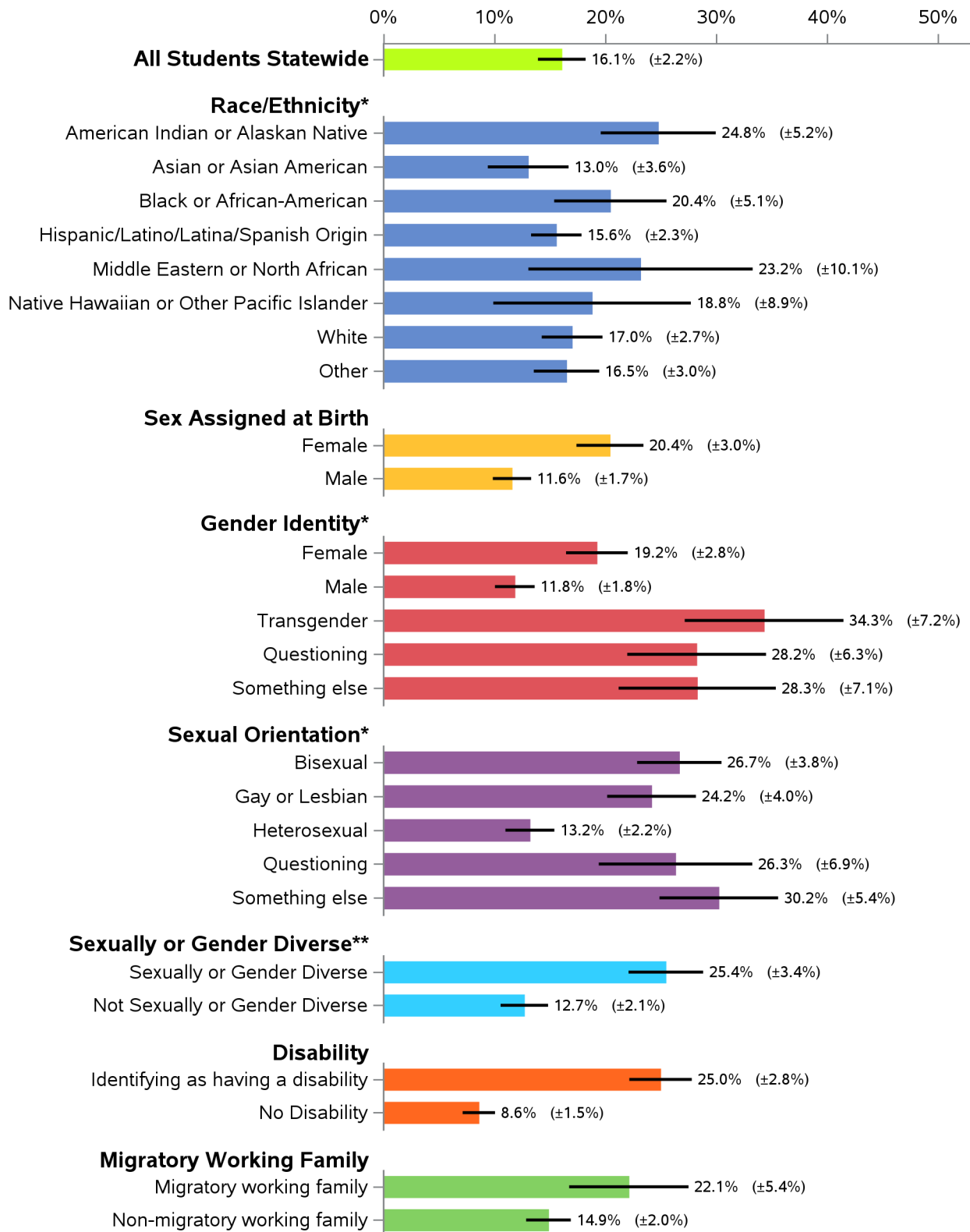
[CDC Adverse Childhood Experiences \(ACEs\) background](#)

[WAH-ACEs Interpretive Guide](#)

Legal requirements: Federal and Washington state regulations prohibit discrimination against LEP individuals who are Deaf, DeafBlind, Hard of Hearing, or visually impaired. Read HCA Policy 01-27 "Language Access Services" and Policy 01-30 "Equal Access to Services for Individuals with Disabilities" for more information. If you have a question about an accommodation, please contact the Healthy Youth Survey study Principal Investigator, at [Healthy.Youth@doh.wa.gov](mailto:Healthy.Youth@doh.wa.gov) or call toll free (877-HYS-7111).



## Statewide Relationship between 4 or More WAH-ACEs and Demographics, Grade 10, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.



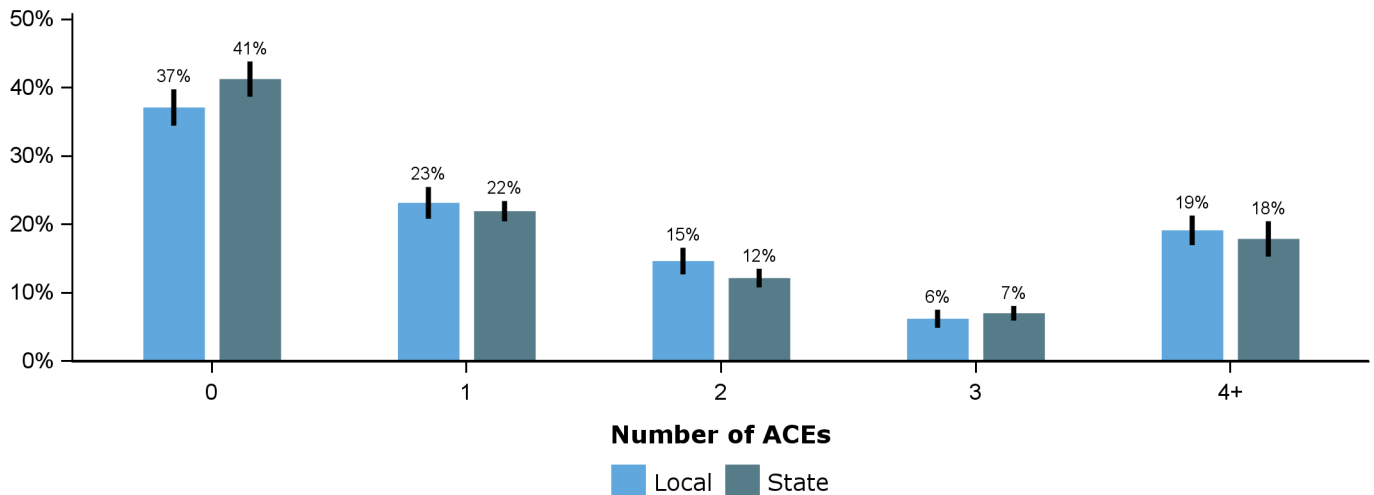
## Washington HYS Adverse Childhood Experiences (WAH-ACEs)

**Year: 2023    Grade: 12    Sex: All    Number of Students Surveyed: 1,341**

### BACKGROUND

- o In the late 1990s, the Adverse Childhood Experiences (ACE) study demonstrated a powerful relationship between serious, negative events in childhood and physical and mental health in adulthood. When children experience multiple negative events, their bodies can be flooded with stress hormones, increasing their risk for later health problems like heart disease, diabetes, or depression. Research also shows that positive experiences (e.g., supportive relationships with adults) act as a buffer providing support for children to withstand or recover from adverse experiences.
- o The Washington HYS ACEs Score (WAH-ACEs) assesses 11 adverse experiences that youth may report on the HYS to better assess the burden of these experiences among our state's youth.
- o WAH-ACEs can be used to understand the local levels of exposure to childhood adversity, and the relationships between these experiences and other questions on the survey.
- o WAH-ACEs is not comprehensive of all adverse experiences a child may be exposed to. For example, racism, poverty, and discrimination are examples of childhood adversity and are not included in the WAH-ACEs score.
- o You can learn more about how the scores were developed and how they can be interpreted in the [WAH-ACEs Interpretive Guide](#)
- o To Learn more about Positive Childhood Experiences, please visit:  
<https://www.cdc.gov/injury/features/prevent-child-abuse/index.html>

### Frequency of WAH-ACEs score compared to the state, Grade 12



NOTE: While each student can have a WAH-ACEs of 0-11, the number of students who report more than 4 adverse experiences is quite small and decreases as the score increases. To protect student privacy and reduce the amount of data that must be suppressed, we have grouped those students into a 4+ WAH-ACEs category.

#### Missing Codes

S = result suppressed due to insufficient reporting

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

Results generated at askhys.net on 02/24/2024



## WAH-ACEs on Healthy Youth Survey

HYS questions included in the WAH-ACEs score	County %	State %
1. I feel safe during school (NO!/no).	21.6 (±2.4)	18.4 (±3.2)
2. During the past 30 days, on how many days did you not go to school because you felt you would be unsafe on your way to and from school?* (Any days)	4.4 (±1.7)	5.9 (±1.4)
3. Bullying is 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. In the last 30 days, how often have you been bullied?* (Any days)	13.9 (±2.0)	13.0 (±1.7)
4. During the past 12 months, did someone you were dating or going out with ever limit your activities, threaten you, or make you feel unsafe in any other way?** (Yes)	9.6 (±2.4)	7.6 (±1.4)
5. In the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count such things as being hit, slammed into something, or injured with an object or weapon.)** (Yes)	4.8 (±1.8)	4.9 (±1.5)
6. Have you ever been in a situation where someone made you engage in kissing, sexual touch or intercourse when you did not want to? (Yes)	19.4 (±3.2)	18.6 (±2.5)
7. Not counting TV, movies, video games, and sporting events, have you seen an adult hit, slap, punch, shove, kick, or otherwise physically hurt another adult more than one time? (Yes)	27.4 (±3.7)	25.5 (±3.2)
8. Has an adult ever physically hurt you on purpose (like pushed, slapped, hit, kicked or punched you), leaving a mark, bruise or injury? (Yes)	21.3 (±3.4)	20.0 (±3.1)
9. How often does a parent or adult in your home swear at you, insult you, put you down or humiliate you? (Sometimes, Often, Very often)	29.2 (±3.8)	28.9 (±3.3)
10. Are your current living arrangements the result of losing your home because your family cannot afford housing? (Yes)	3.5 (±1.0)	3.6 (±0.7)
11. How often in the past 12 months did you or your family have to cut meal size or skip meals because there wasn't enough money for food? (Any times)	10.3 (±1.7)	10.8 (±1.7)

**\*in past 30 days, \*\*in past 12 months**

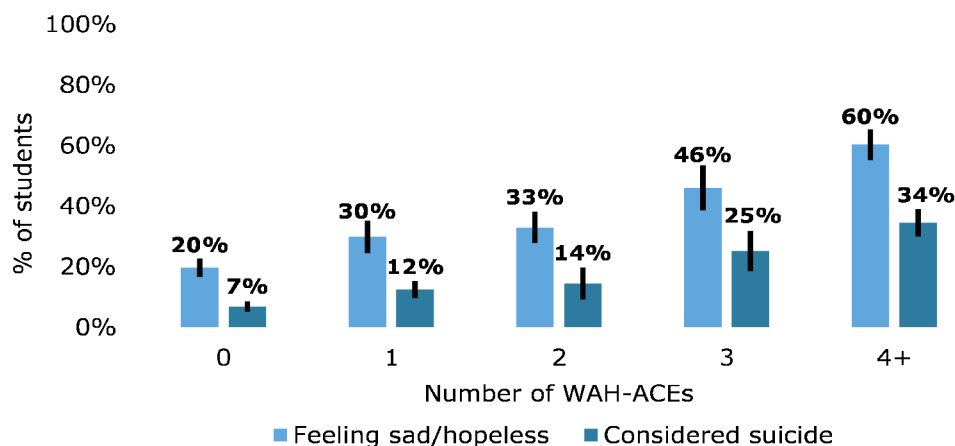
**NOTE:** Some students did not answer all 11 WAH-ACEs questions on the survey. To calculate their individual scores and account for those missing answers, a method called multiple imputation was used. This method also used predictors such as mother's education, sex, and race/ethnicity to estimate students' WAH-ACEs score. The percentages in the table above do not represent the imputed results used to compute the WAH-ACEs score. The results in the table match the non-imputed results in frequency reports. Learn more about how WAH-ACEs scores are created in the *WAH-ACEs Interpretive Guide*.



## State Level WAH-ACEs and Key Takeaways

State level WAH-ACEs data highlight some important patterns among Washington students overall that also match what is in the scientific literature. Studies also indicate that students who report more adverse experiences tend to also report other negative exposures, behaviors, and outcomes. Adverse experiences do not necessarily cause these other things to happen, but they can often appear together in the same youth, making them even more likely to experience poor health and educational outcomes.

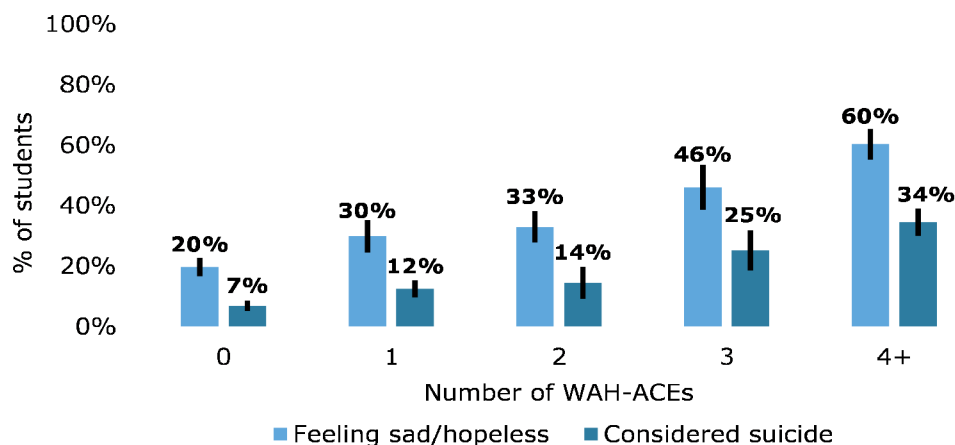
### Statewide Relationship between WAH-ACEs score and mental health indicators, Grade 12



Statewide, more 12th grade students who felt sad or hopeless for at least two weeks in the past year reported higher WAH-ACEs scores.

Similarly, more 12th grade students who reported contemplating suicide reported higher WAH-ACEs scores than those who did not consider suicide.

### Statewide Relationship between WAH-ACEs score and mental health indicators, Grade 12



Statewide, more 12th grade students who felt sad or hopeless for at least two weeks in the past year reported higher WAH-ACEs scores.

Similarly, more 12th grade students who reported contemplating suicide reported higher WAH-ACEs scores than those who did not consider suicide.

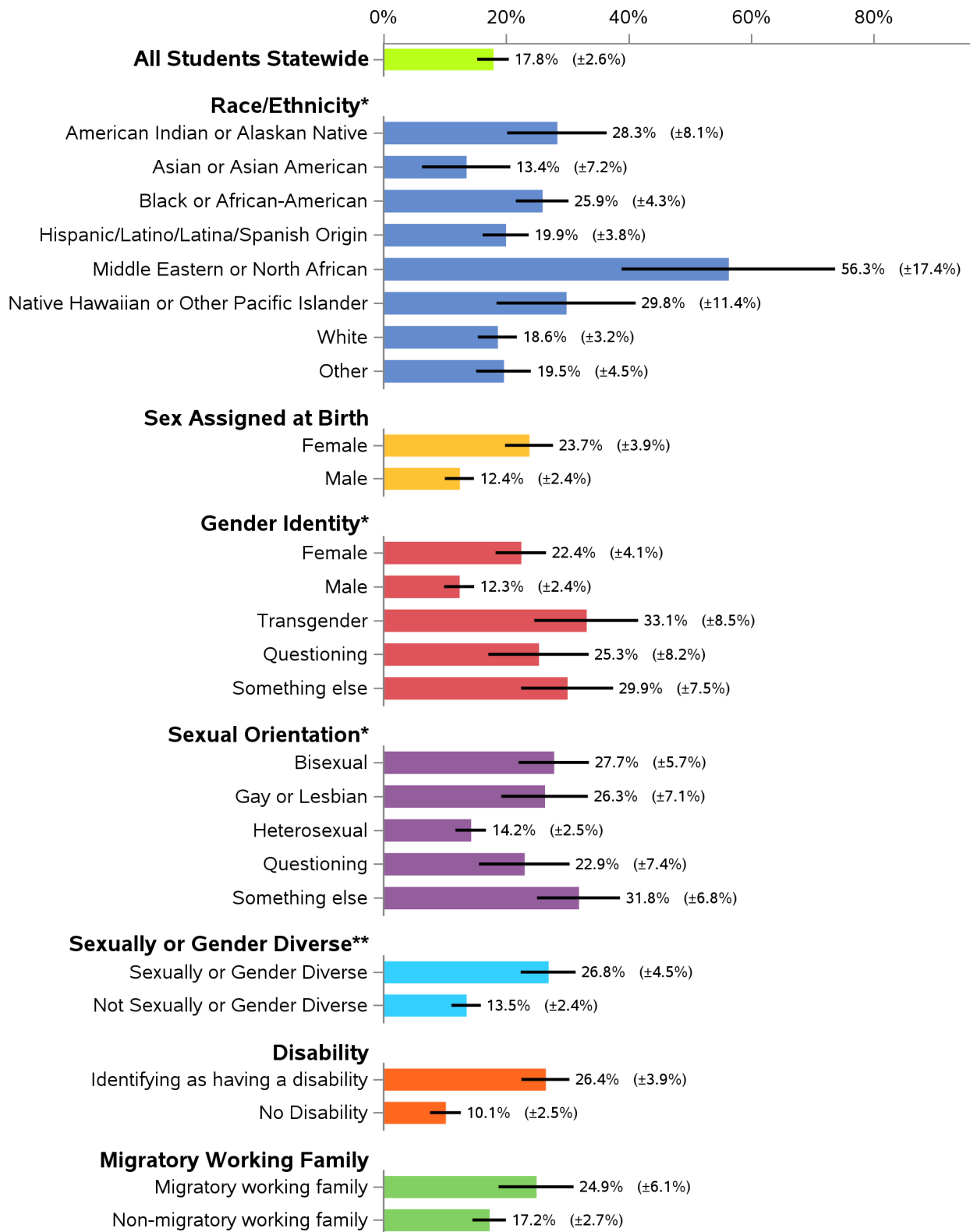
### To learn more about ACES, please visit:

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[WAH-ACEs Interpretive Guide](#)

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## Statewide Relationship between 4 or More WAH-ACEs and Demographics, Grade 12, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

Year: 2023

Grade: 10

Sex: All

Number of Students Surveyed: 2,355

### Background:

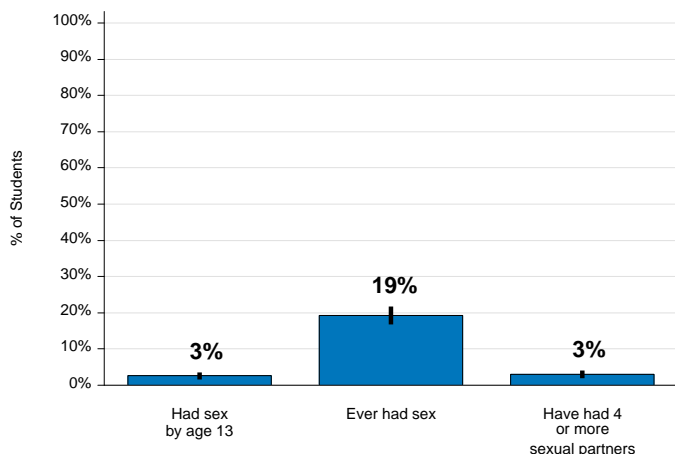
- Comprehensive Sexual Health Education is required for all students in grades 4-12, by the 2022-23 school year. Districts must ensure sexual health education follows requirements of RCW 28A.300.475 and other relevant state laws: <https://www.k12.wa.us/student-success/resources-subject-area/sexual-health-education>
- 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: <https://www.cdc.gov/healthyouth/whatworks/what-works-sexual-health-education.htm>.
- Results for youth of all genders and sexual orientations are combined in this report.

### For More Information:

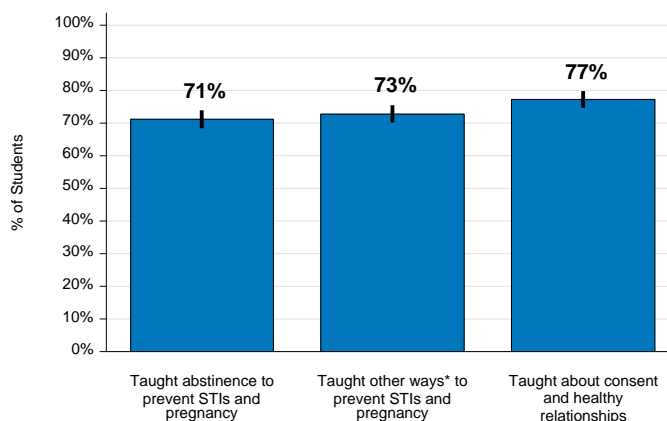
- Contact Sexual Health Education, Office of Superintendent of Public Instruction: <https://www.k12.wa.us/student-success/resources-subject-area/sexual-health-education>

Questions about sexual behavior 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 Behaviors  
Grade 10, 2023**

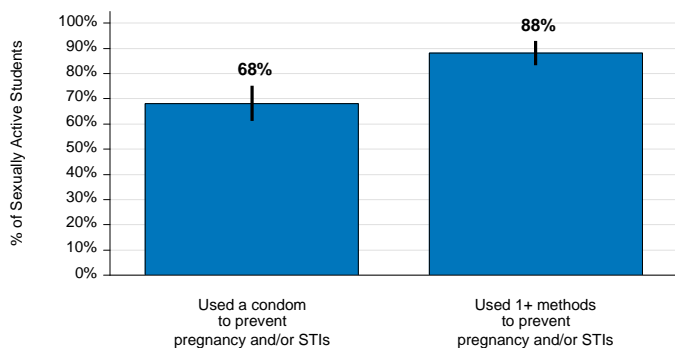


**STIs and Pregnancy Prevention  
Taught in School  
Grade 10, 2023**



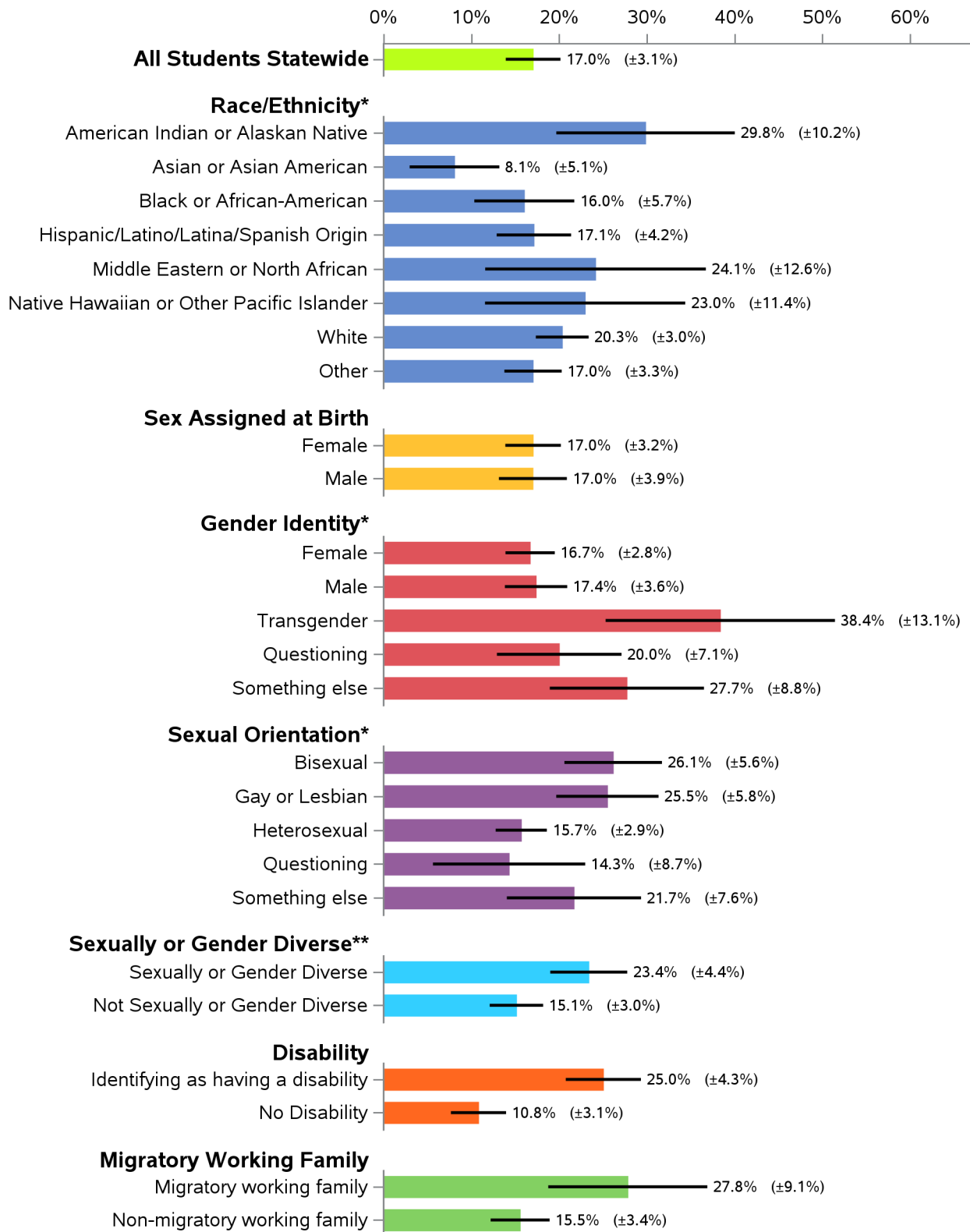
\*Other ways to prevent STIs and pregnancy might include contraception, vaccination, and behavioral interventions.

**STIs and Pregnancy Prevention  
Methods among Sexually Active Students  
Grade 10, 2023**



*In 2023, students who reported more depression and alcohol use were more likely to also report having had sex compared to those who did not report depression and alcohol use.*

## Statewide Relationship between Ever Had Sex and Demographics, Grade 10, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.



Year: 2023

Grade: 6

Sex: All

Number of Students Surveyed: 2,581

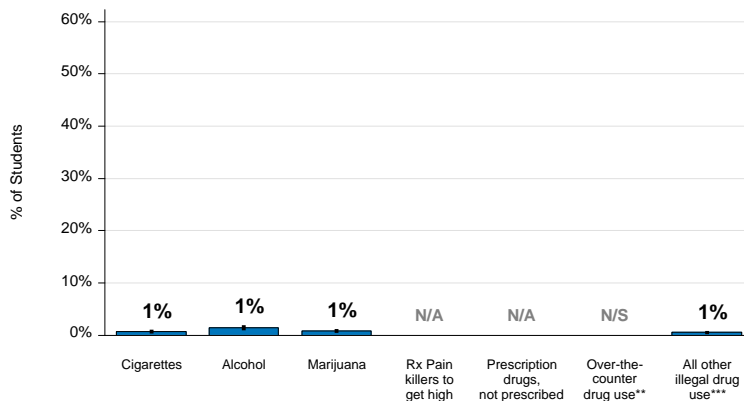
### Background:

- Parents are one of the primary influences on their children's decision to use alcohol, tobacco, and other drugs.
- Brain development in young adulthood continues into the mid-20s. Developing brains are more susceptible to the effects of alcohol and other drugs.

### For More Information:

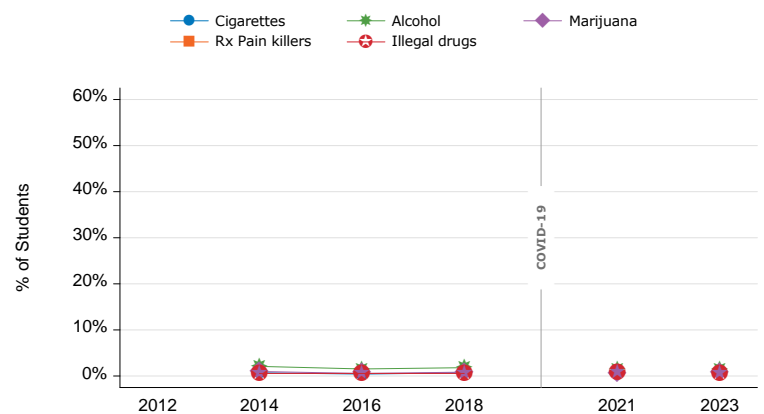
- Parents, schools, and communities can work together to keep youth healthy and safe. For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org) and [https://theathenaforum.org/community\\_prevention\\_and\\_wellness\\_initiative\\_cpwi](https://theathenaforum.org/community_prevention_and_wellness_initiative_cpwi).
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse <http://adaiclearinghouse.net> 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 6, 2023**



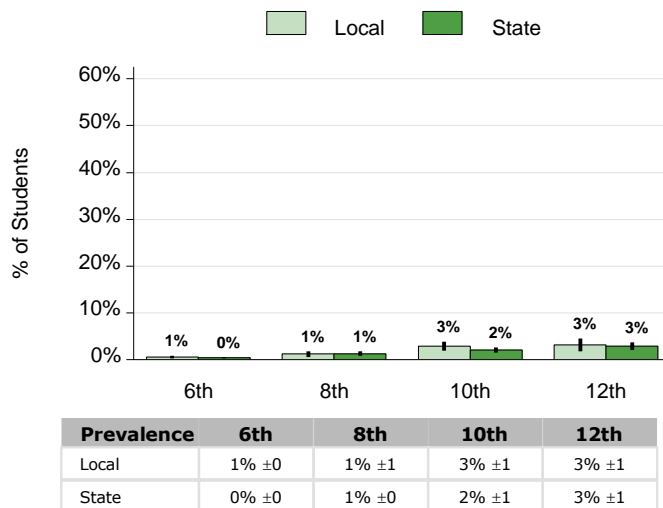
*Most youth don't use alcohol or other substances.*

**Current (past 30-day) Substance Use 2012-2023, Grade 6**



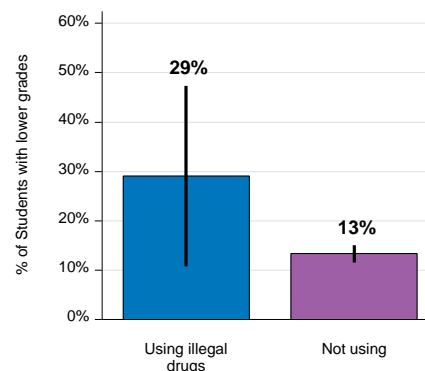
Prevalence	2012	2014	2016	2018	2021	2023
Cigarettes	S	1% ±0.4	0% ±0.4	1% ±0	1% ±0	1% ±0
Alcohol	S	2% ±1	2% ±1	2% ±1	2% ±1	1% ±0
Marijuana	S	1% ±1	1% ±0	1% ±0	1% ±0	1% ±0
Rx Pain killers to get high	S	N/A	N/A	N/A	N/A	N/A
All other illegal drug use***	S	1% ±0	1% ±0	1% ±0	1% ±0	1% ±0

**Current (past 30-day) All Other Illegal Drug Use\*\*\*  
Compared to the State, All Grades, 2023**



Prevalence	6th	8th	10th	12th
Local	1% ±0	1% ±1	3% ±1	3% ±1
State	0% ±0	1% ±0	2% ±1	3% ±1

**Statewide Relationship between  
Lower Grades and Current (past 30-day)  
All Other Illegal Drug Use\*\*\*  
Grade 6, 2023**



*Statewide, more 6th 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 medicine for non-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)

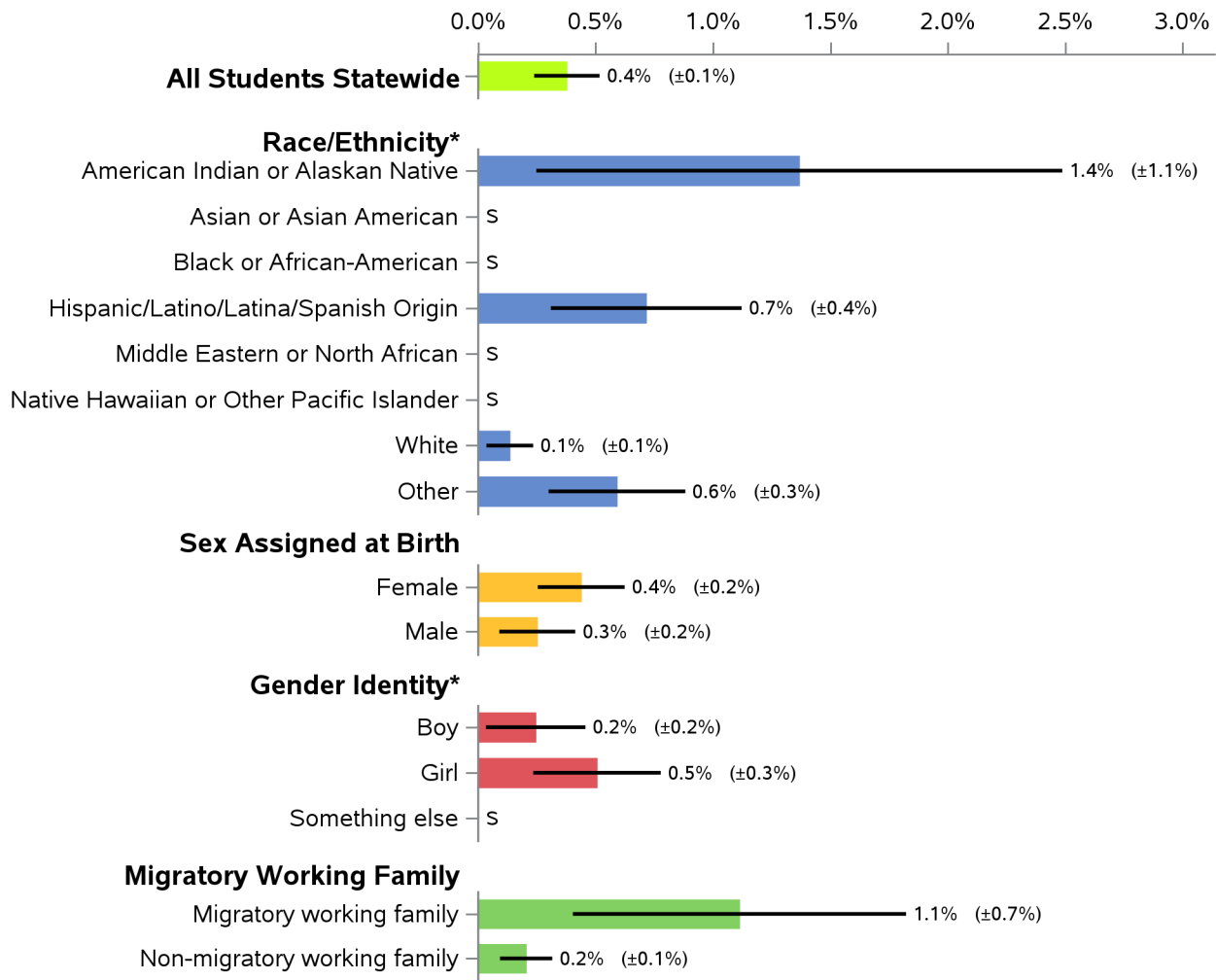
▲ indicates a significant change from the previous year or a significant difference between state and local results, p<0.05 Color indicates a positive or negative difference

Washington HYS results generated at [www.AskHYS.net](http://www.AskHYS.net) on 02-24-2024

**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.



# Statewide Relationship between Current (past 30-days) Illegal Drug Use and Demographics, Grade 6, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

S - results are suppressed because less than 5 students answered this way

Year: 2023

Grade: 8

Sex: All

Number of Students Surveyed: 2,329

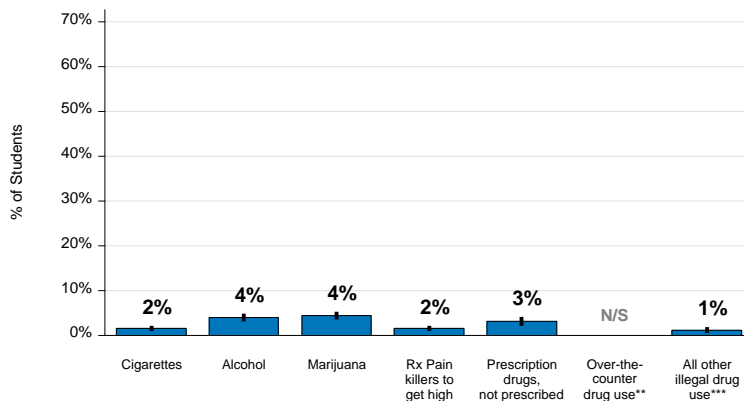
#### Background:

- Parents are one of the primary influences on their children's decision to use alcohol, tobacco, and other drugs.
- Brain development in young adulthood continues into the mid-20s. Developing brains are more susceptible to the effects of alcohol and other drugs.

#### For More Information:

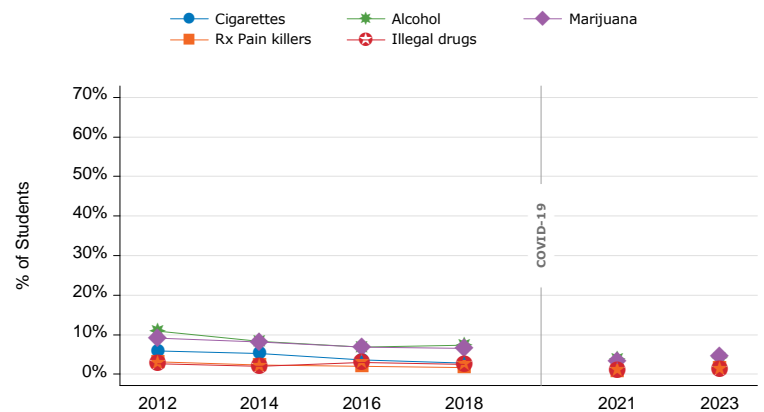
- Parents, schools, and communities can work together to keep youth healthy and safe. For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org) and [https://theathenaforum.org/community\\_prevention\\_and\\_wellness\\_initiative\\_cpwi](https://theathenaforum.org/community_prevention_and_wellness_initiative_cpwi).
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse <http://adaiclearinghouse.net> 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 8, 2023



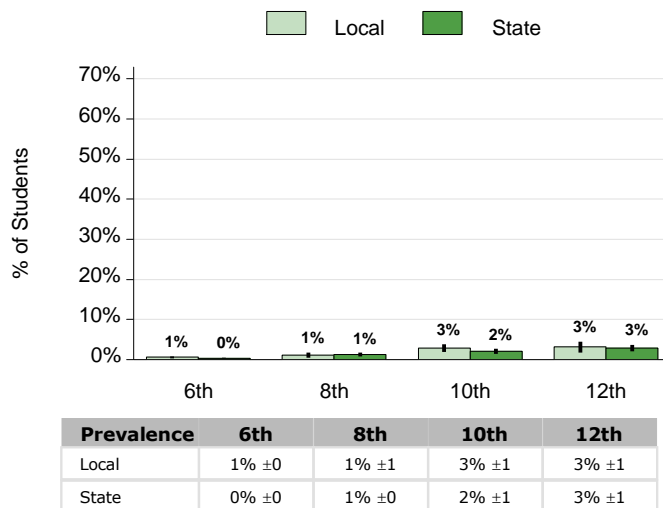
Most youth don't use alcohol or other substances.

#### Current (past 30-day) Substance Use 2012-2023, Grade 8

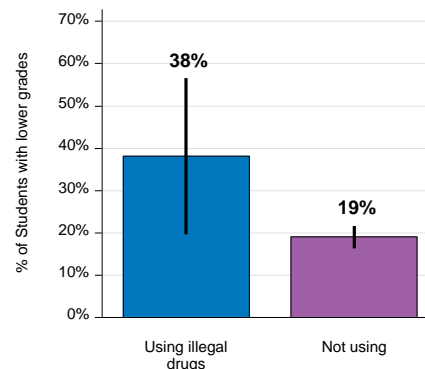


Prevalence	2012	2014	2016	2018	2021	2023
Cigarettes	6% ±1	5% ±1	4% ±1▼	3% ±1	1% ±0▼	2% ±1
Alcohol	11% ±1	8% ±1▼	7% ±1	7% ±1	4% ±1▼	4% ±1
Marijuana	9% ±1	8% ±1	7% ±1	7% ±1	3% ±1▼	4% ±1▲
Rx Pain killers to get high	3% ±1	2% ±1	2% ±1	2% ±1	1% ±0▼	2% ±1▲
All other illegal drug use***	3% ±1	2% ±1	3% ±1	2% ±1	1% ±1▼	1% ±1

#### Current (past 30-day) All Other Illegal Drug Use\*\*\* Compared to the State, All Grades, 2023



#### Statewide Relationship between Lower Grades and Current (past 30-day) All Other Illegal Drug Use\*\*\* Grade 8, 2023



Statewide, more 8th 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 medicine for non-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.

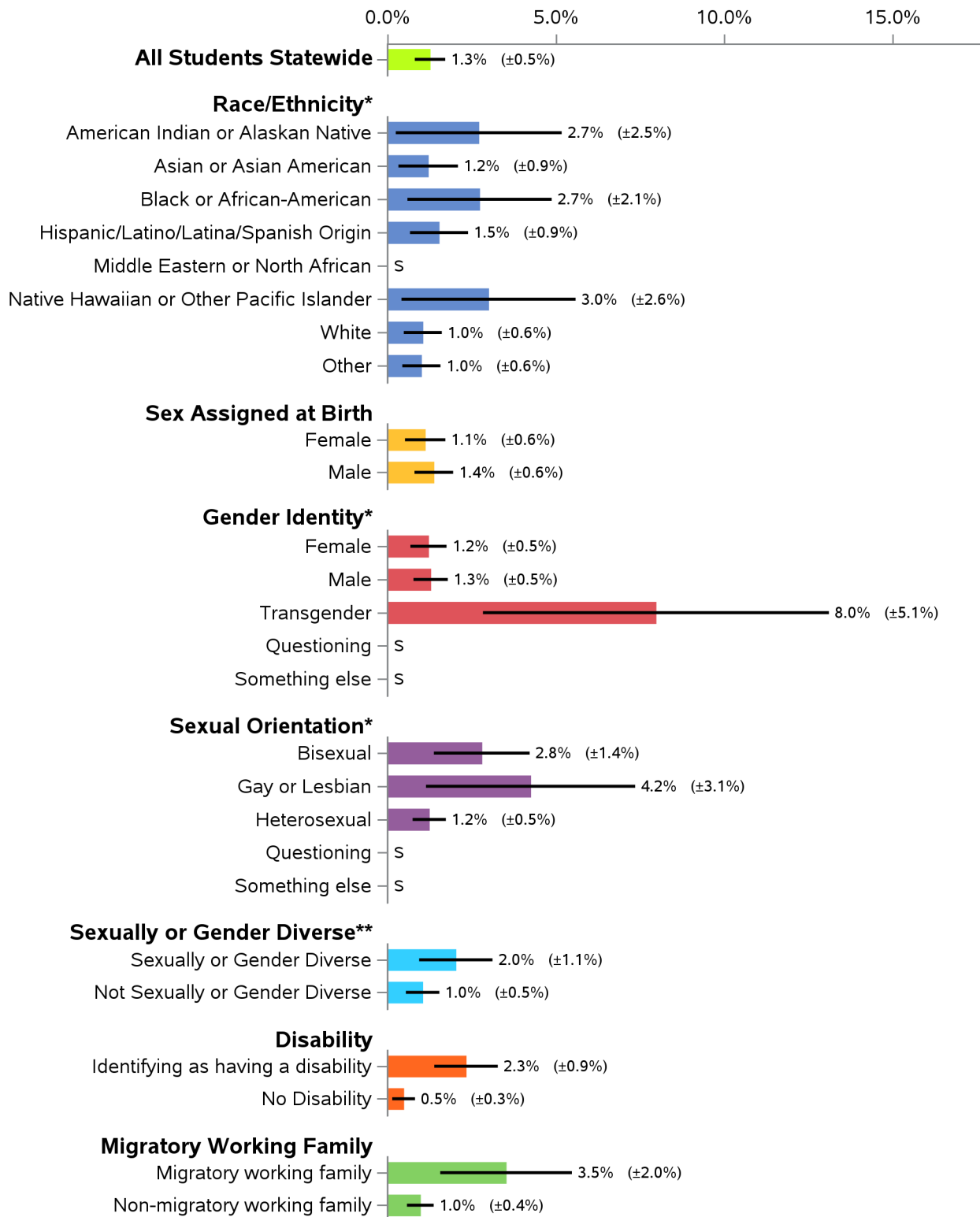
Prevalence is displayed with 95% confidence intervals (as ± or black bar)

▲ indicates a significant change from the previous year or a significant difference between state and local results, p<0.05 Color indicates a positive or negative difference

Washington HYS results generated at [www.AskHYS.net](http://www.AskHYS.net) on 02-24-2024

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.

# Statewide Relationship between Current (past 30-days) Illegal Drug Use and Demographics, Grade 8, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

S - results are suppressed because less than 5 students answered this way

Year: 2023

Grade: 10

Sex: All

Number of Students Surveyed: 2,355

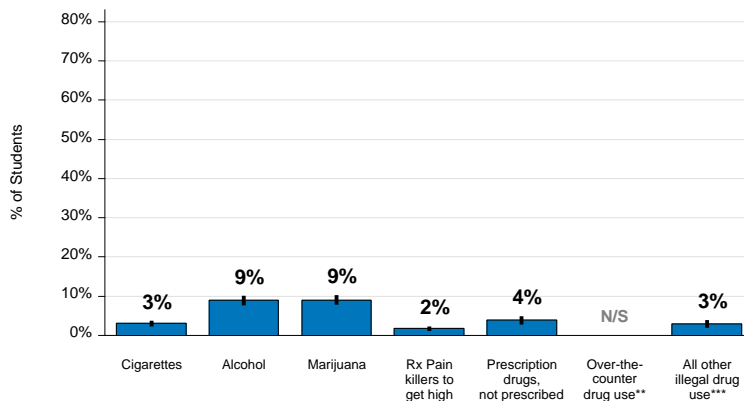
### Background:

- Parents are one of the primary influences on their children's decision to use alcohol, tobacco, and other drugs.
- Brain development in young adulthood continues into the mid-20s. Developing brains are more susceptible to the effects of alcohol and other drugs.

### For More Information:

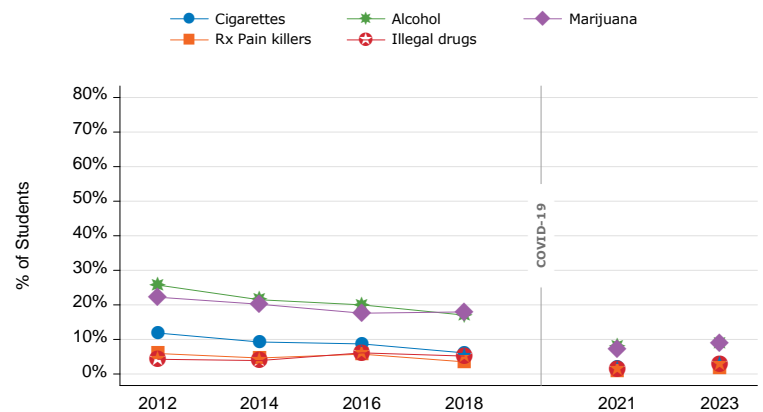
- Parents, schools, and communities can work together to keep youth healthy and safe. For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org) and [https://theathenaforum.org/community\\_prevention\\_and\\_wellness\\_initiative\\_cpwi](https://theathenaforum.org/community_prevention_and_wellness_initiative_cpwi).
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse <http://adaiclearinghouse.net> 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, 2023**



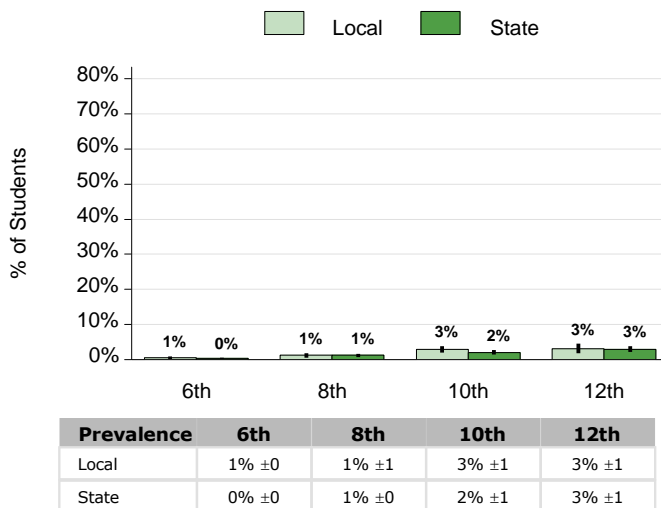
*Most youth don't use alcohol or other substances.*

**Current (past 30-day) Substance Use 2012-2023, Grade 10**

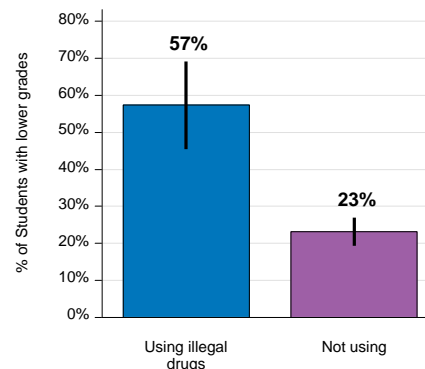


Prevalence	2012	2014	2016	2018	2021	2023
Cigarettes	12% ±1	9% ±1▼	9% ±1	6% ±1▼	2% ±1▼	3% ±1
Alcohol	26% ±2	22% ±2▼	20% ±2	17% ±1▼	8% ±1▼	9% ±1
Marijuana	22% ±2	20% ±2	18% ±2▼	18% ±2	7% ±1▼	9% ±1▲
Rx Pain killers to get high	6% ±1	5% ±1	6% ±1	4% ±1▼	1% ±0▼	2% ±1▲
All other illegal drug use***	4% ±1	4% ±1	6% ±1▲	5% ±1	2% ±1▼	3% ±1▲

**Current (past 30-day) All Other Illegal Drug Use\*\*\*  
Compared to the State, All Grades, 2023**



**Statewide Relationship between  
Lower Grades and Current (past 30-day)  
All Other Illegal Drug Use\*\*\*  
Grade 10, 2023**



*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 medicine for non-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.

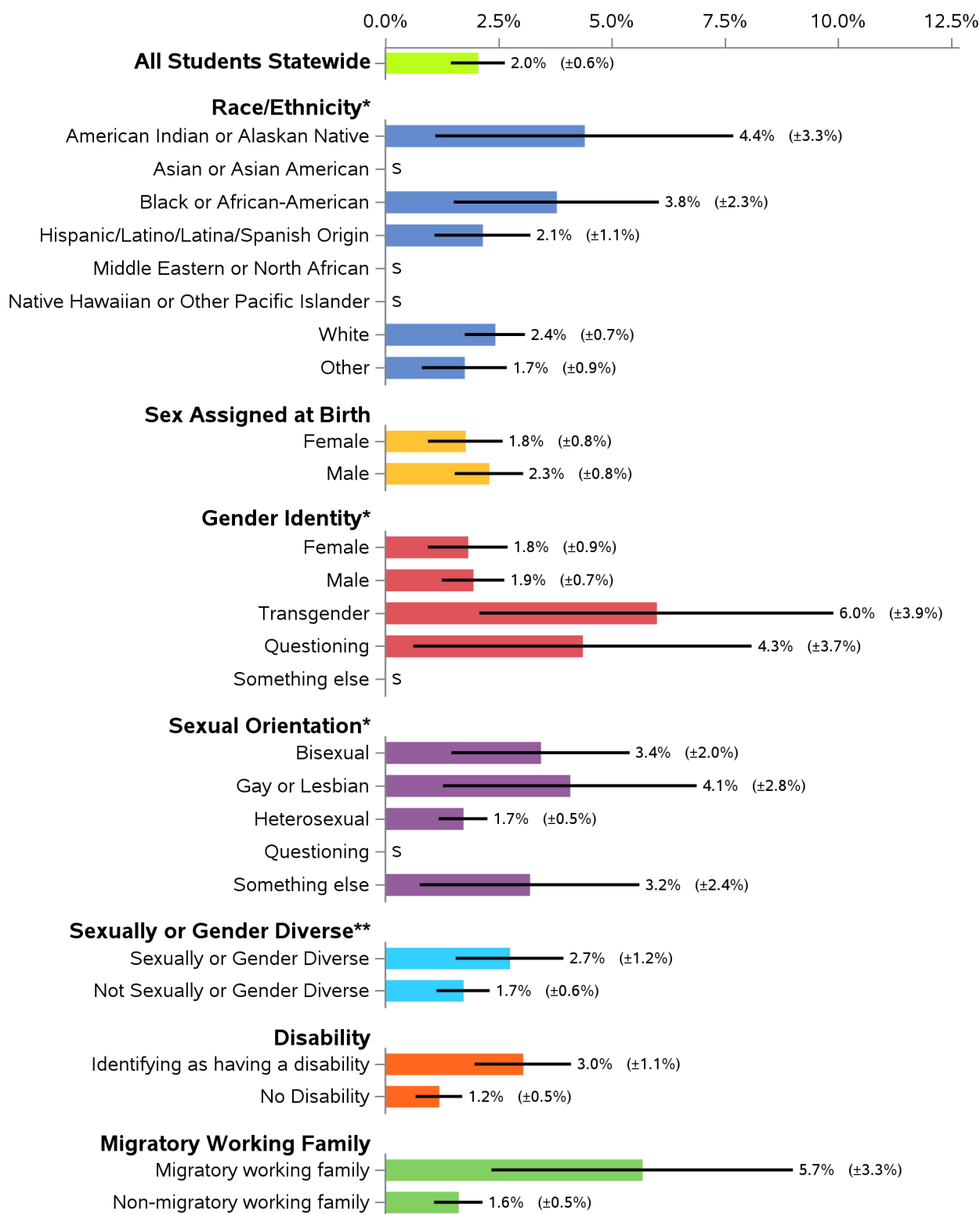
Prevalence is displayed with 95% confidence intervals (as ± or black bar |)

▲ indicates a significant change from the previous year or a significant difference between state and local results, p<0.05 Color indicates a positive or negative difference

Washington HYS results generated at [www.AskHYS.net](http://www.AskHYS.net) on 02-24-2024

**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.

# Statewide Relationship between Current (past 30-days) Illegal Drug Use and Demographics, Grade 10, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

S - results are suppressed because less than 5 students answered this way

Year: 2023

Grade: 12

Sex: All

Number of Students Surveyed: 1,341

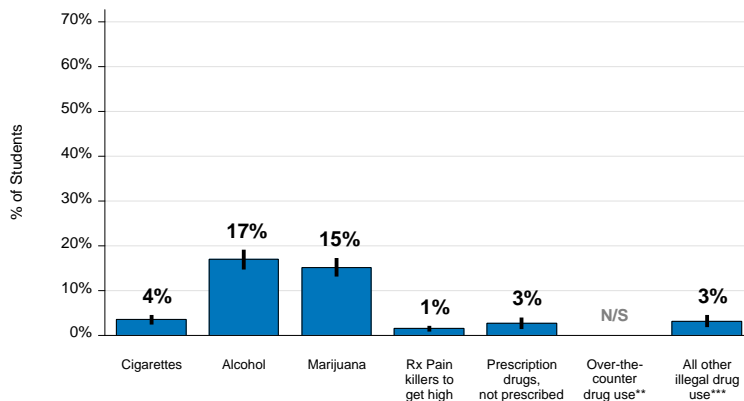
### Background:

- Parents are one of the primary influences on their children's decision to use alcohol, tobacco, and other drugs.
- Brain development in young adulthood continues into the mid-20s. Developing brains are more susceptible to the effects of alcohol and other drugs.

### For More Information:

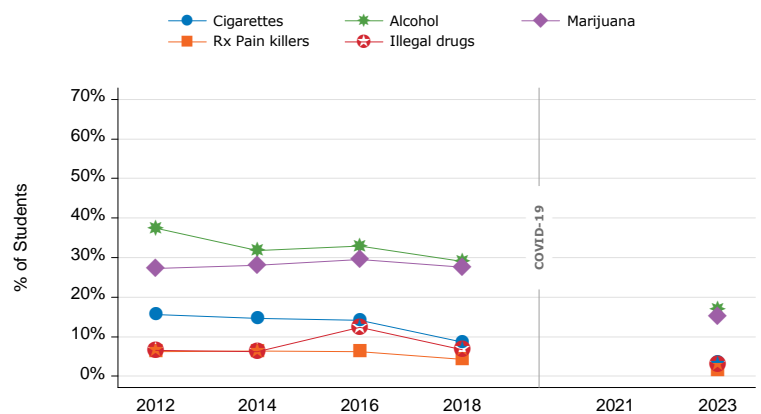
- Parents, schools, and communities can work together to keep youth healthy and safe. For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org) and [https://theathenaforum.org/community\\_prevention\\_and\\_wellness\\_initiative\\_cpwi](https://theathenaforum.org/community_prevention_and_wellness_initiative_cpwi).
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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).

**Current (past 30-day) Substance Use  
Grade 12, 2023**



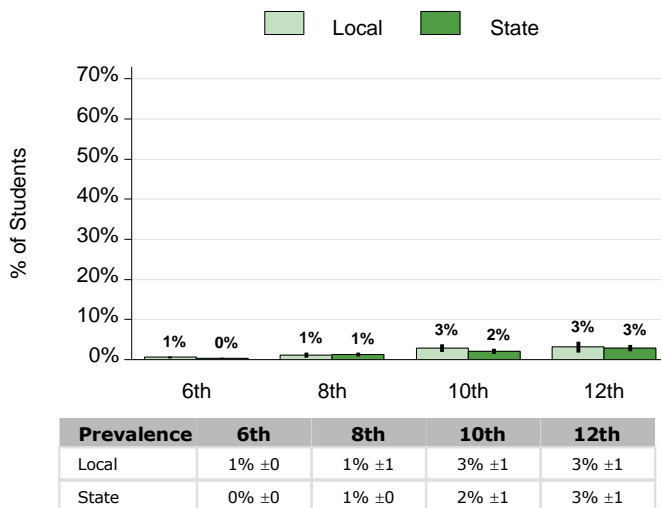
*Most youth don't use alcohol or other substances.*

**Current (past 30-day) Substance Use 2012-2023, Grade 12**

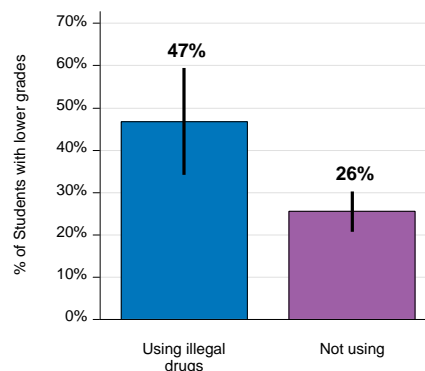


Prevalence	2012	2014	2016	2018	2021	2023
Cigarettes	16% ±2	15% ±2	14% ±2	9% ±1▼	S	4% ±1
Alcohol	37% ±2	32% ±2▼	33% ±2	29% ±2▼	S	17% ±2
Marijuana	27% ±2	28% ±2	30% ±2	28% ±2	S	15% ±2
Rx Pain killers to get high	6% ±1	6% ±1	6% ±1	4% ±1▼	S	1% ±1
All other illegal drug use***	7% ±1	6% ±1	12% ±2▲	7% ±2▼	S	3% ±1

**Current (past 30-day) All Other Illegal Drug Use\*\*\*  
Compared to the State, All Grades, 2023**



**Statewide Relationship between  
Lower Grades and Current (past 30-day)  
All Other Illegal Drug Use\*\*\*  
Grade 12, 2023**



*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 medicine for non-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.

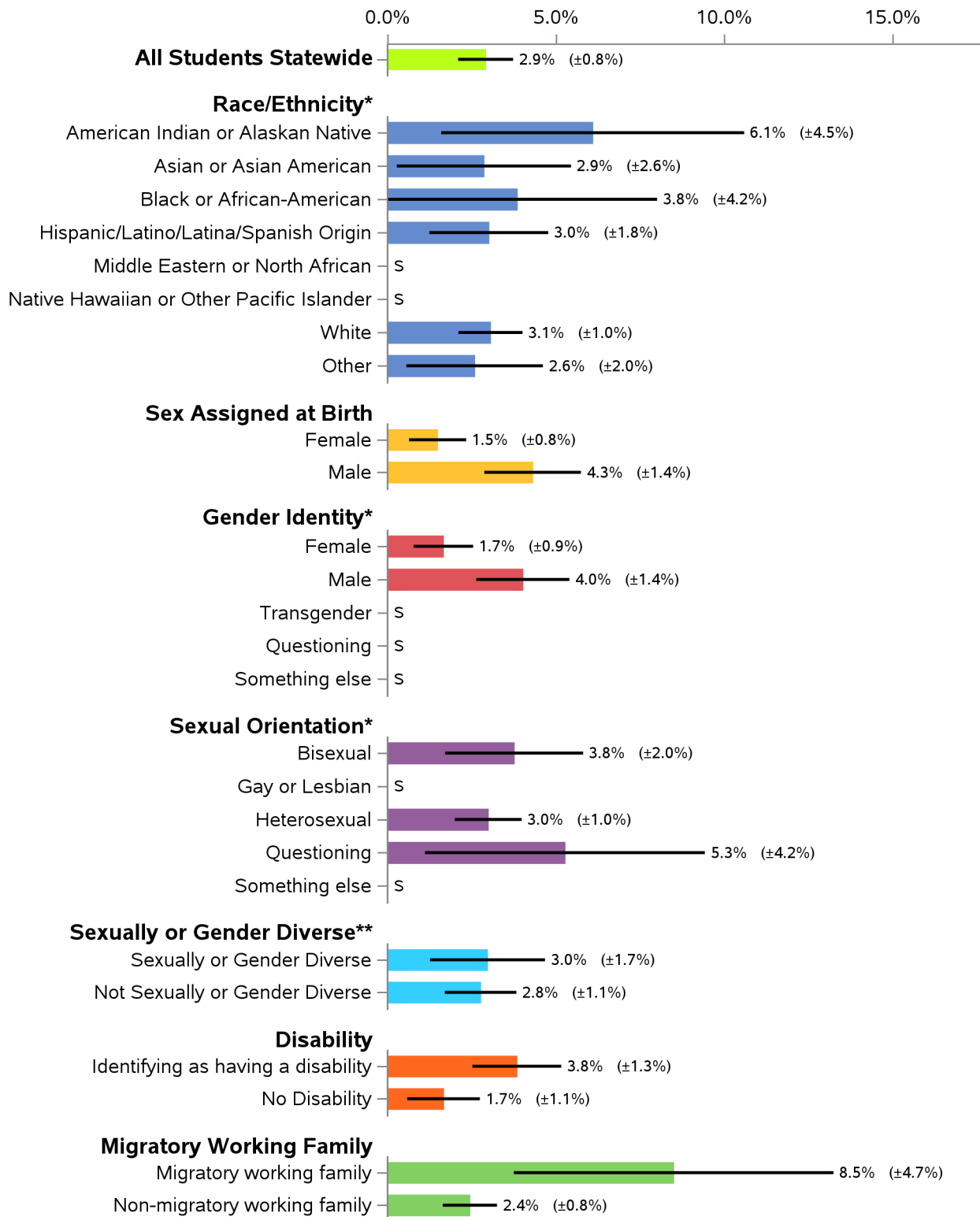
Prevalence is displayed with 95% confidence intervals (as ± or black bar)

▲ indicates a significant change from the previous year or a significant difference between state and local results, p<0.05 Color indicates a positive or negative difference

Washington HYS results generated at [www.AskHYS.net](http://www.AskHYS.net) on 02-24-2024

**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.

# Statewide Relationship between Current (past 30-days) Illegal Drug Use and Demographics, Grade 12, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

S - results are suppressed because less than 5 students answered this way

Year: 2023

Grade: 6

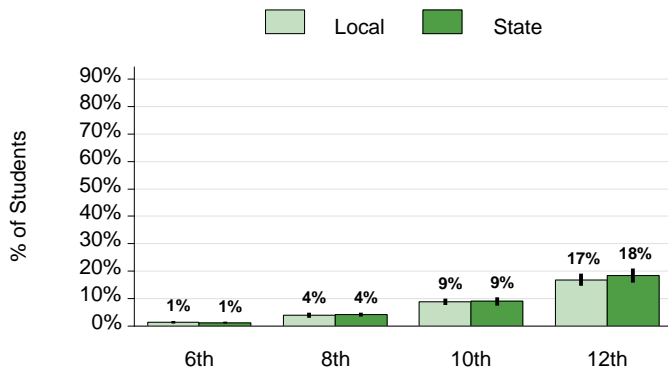
Sex: All

Number of Students Surveyed: 2,581

### Background:

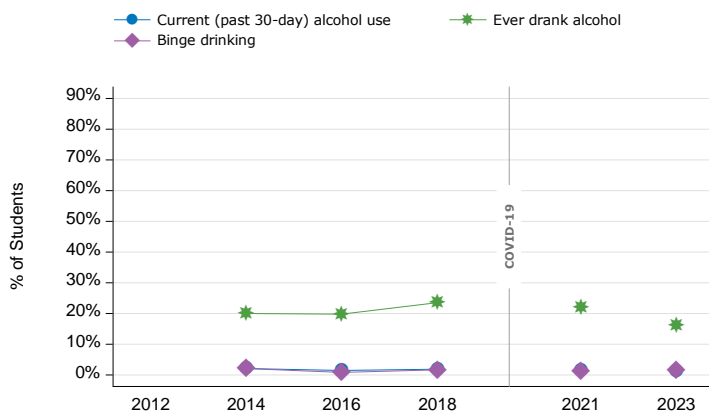
- Youth alcohol use is associated with violence, poor school performance, suicide, and risky sexual behavior.
- Research shows that heavy alcohol use during teen years can permanently damage the still-developing brain.

**Current (past 30 days) Alcohol Use Compared to the State, All Grades, 2023**



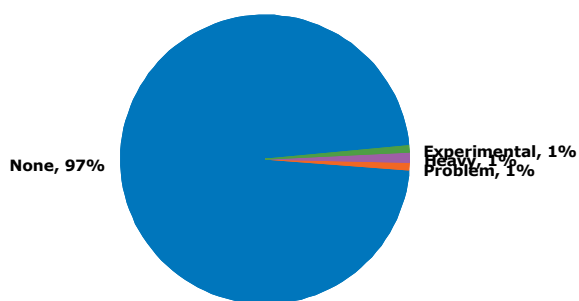
Prevalence	6th	8th	10th	12th
Local	1% ±0	4% ±1	9% ±1	17% ±2
State	1% ±0	4% ±1	9% ±2	18% ±3

**Alcohol Use 2012-2023, Grade 6**



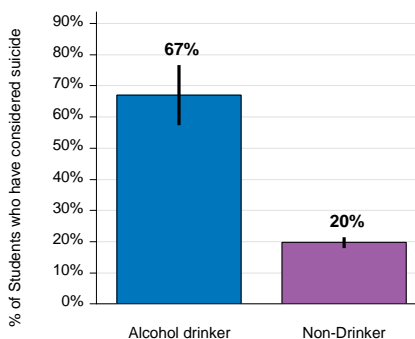
Prevalence	2012	2014	2016	2018	2021	2023
Current (past 30-day) alcohol use	S	2% ±1	2% ±1	2% ±1	2% ±1	1% ±0
Ever drank alcohol	S	20% ±4	20% ±2	24% ±2	22% ±2	16% ±1
Binge drinking	S	2% ±1	1% ±0	2% ±1	1% ±0	2% ±1

**Level of Alcohol Use Grade 6, 2023**



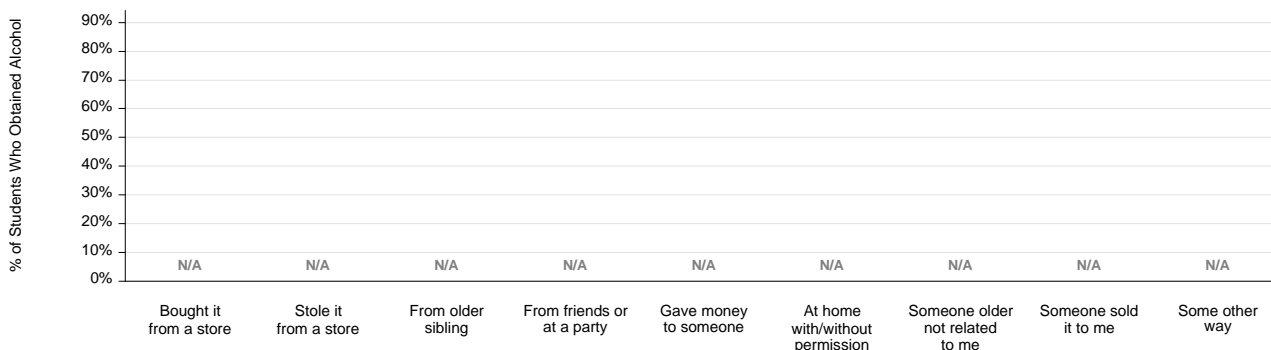
- None: no drinking in the past 30 days (97%)
- Experimental: 1-2 days drinking, and no binge drinking (1%)
- Heavy: 3-5 days drinking, and/or one binge (1%)
- Problem: 6+ days drinking, and/or 2+ binges (1%)

**Statewide Relationship between Considering Suicide and Current (past 30-day) Alcohol Use Grade 6, 2023**



Statewide, more 6th graders who drink alcohol report seriously considering suicide compared to those who don't drink.

**Where Do Youth Get Alcohol? Grade 6, 2023**

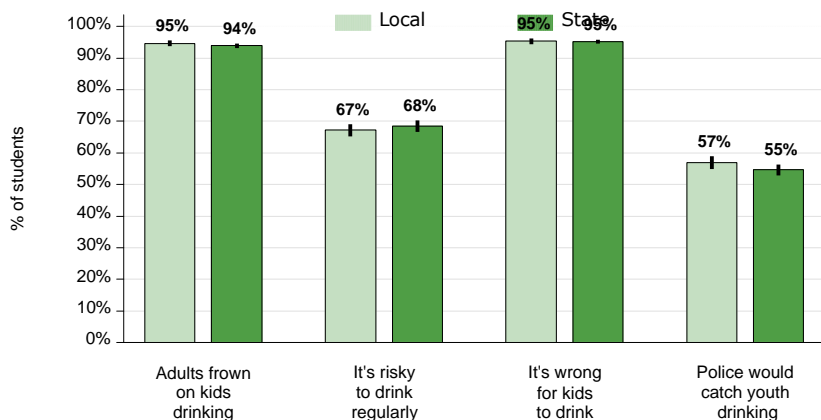


The percentages in this chart are based on all students who reported getting alcohol in the past 30 days, regardless of whether they reported drinking in the past 30 days. Students could select multiple sources.



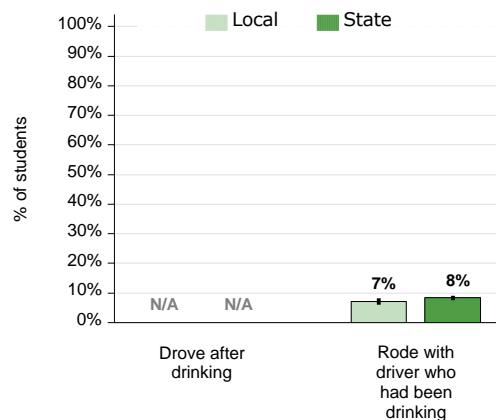
## Alcohol Use for Thurston County

**Youth Perceptions about Alcohol  
Compared to the State, Grade 6, 2023**



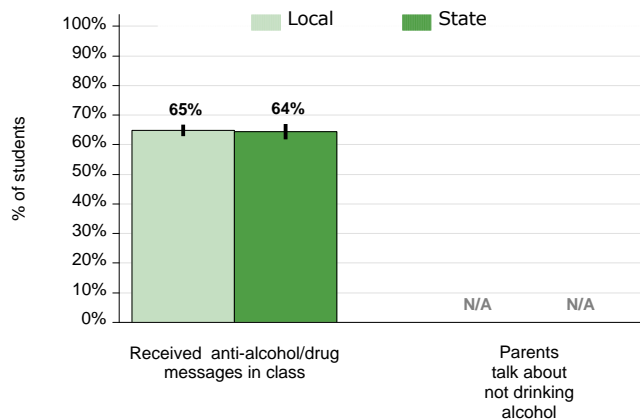
Prevalence	Adults frown on drinking	Regular drinking is risky	Drinking is wrong for kids	Police would catch youth drinking
Local	95% ±1	67% ±2	95% ±1	57% ±2
State	94% ±1	68% ±2	95% ±1	55% ±2

**Drinking and Driving/Riding  
Compared to the State, Grade 6, 2023**



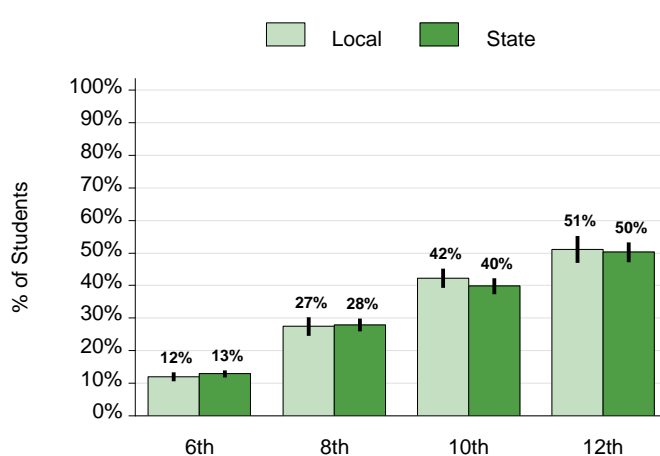
Prevalence	Drove after drinking	Rode with driver who had been drinking
Local	N/A	7% ±1
State	N/A	8% ±1

**Received Anti-Alcohol Messages  
Compared to the State, Grade 6, 2023**



Prevalence	Received anti-alcohol/drug messages in class	Parents talked about drinking
Local	65% ±2	N/A
State	64% ±3	N/A

**Youth Perception that Alcohol is Easy to Get  
Compared to the State, All Grades, 2023**

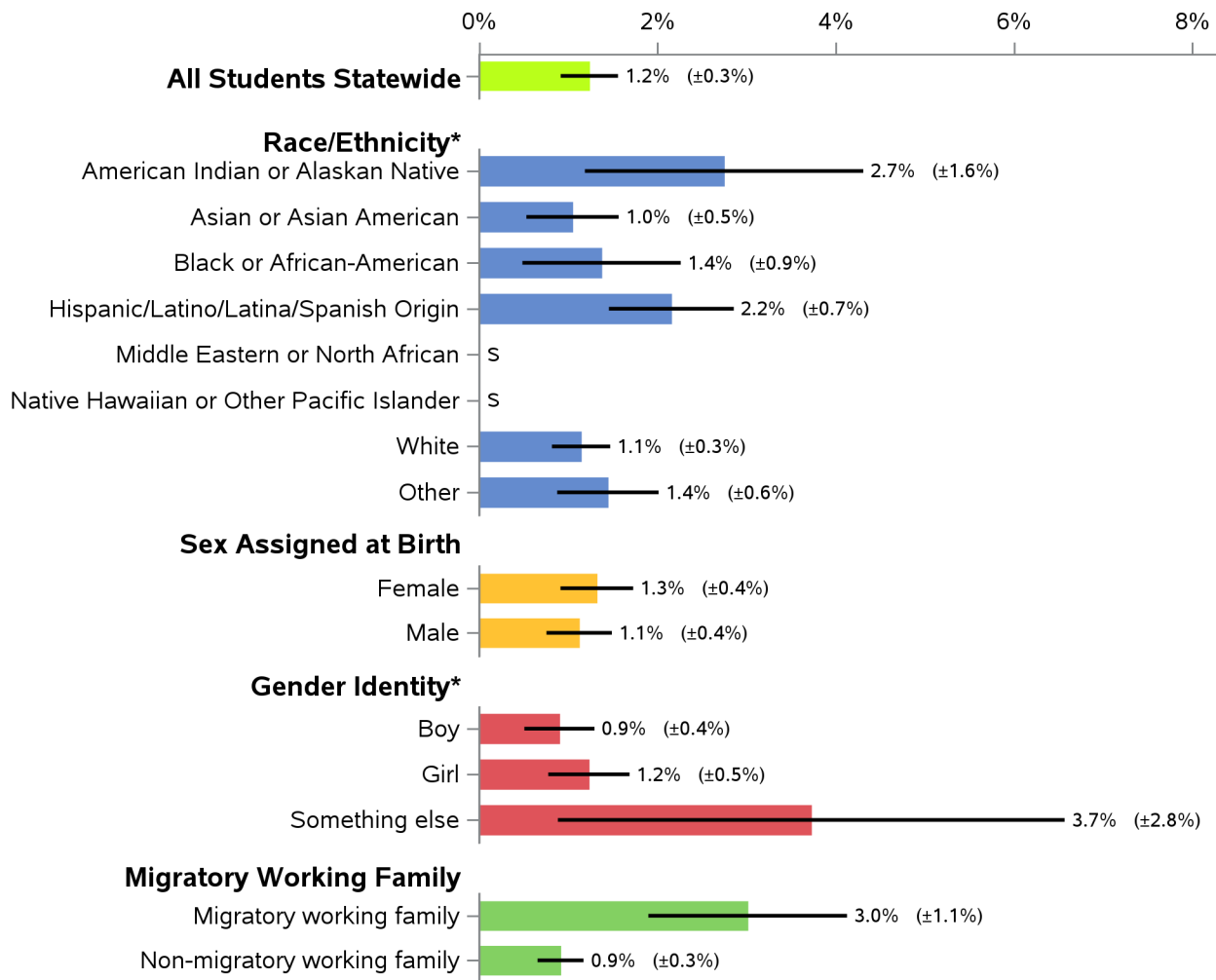


Prevalence	6th	8th	10th	12th
Local	12% ±1	27% ±3	42% ±3	51% ±4
State	13% ±1	28% ±2	40% ±2	50% ±3

### 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 research and resources on alcohol, visit CDC Alcohol and Public Health <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>
- 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).

# Statewide Relationship between Current (past 30 days) Alcohol Use and Demographics, Grade 6, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

S - results are suppressed because less than 5 students answered this way

Year: 2023

Grade: 8

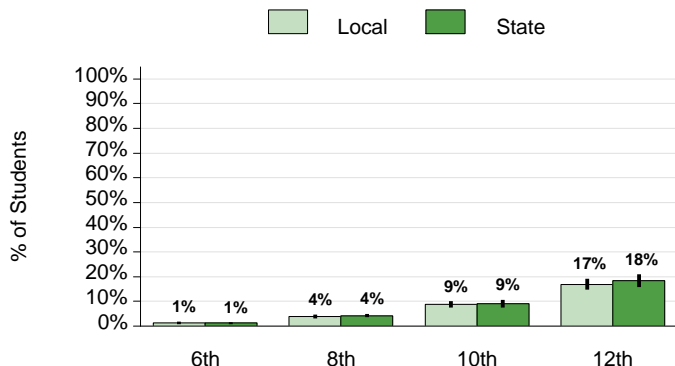
Sex: All

Number of Students Surveyed: 2,329

### Background:

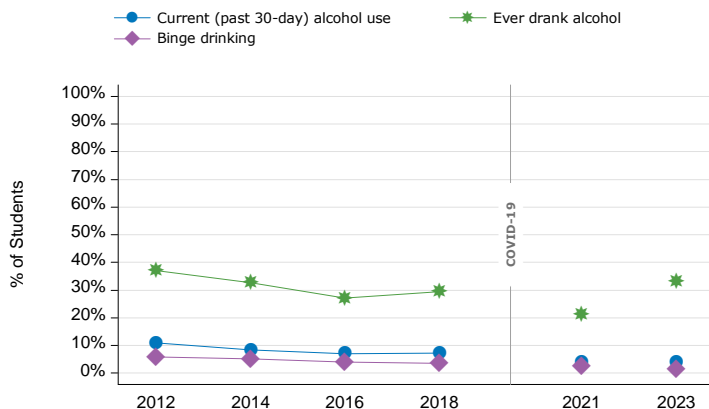
- Youth alcohol use is associated with violence, poor school performance, suicide, and risky sexual behavior.
- Research shows that heavy alcohol use during teen years can permanently damage the still-developing brain.

**Current (past 30 days) Alcohol Use Compared to the State, All Grades, 2023**



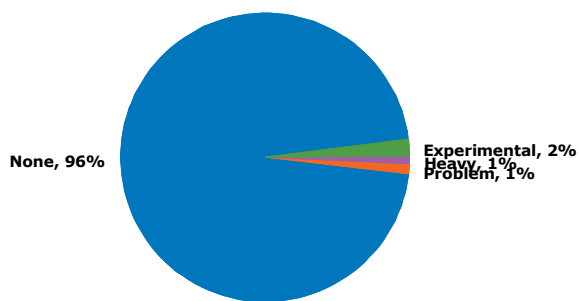
Prevalence	6th	8th	10th	12th
Local	1% ±0	4% ±1	9% ±1	17% ±2
State	1% ±0	4% ±1	9% ±2	18% ±3

**Alcohol Use 2012-2023, Grade 8**



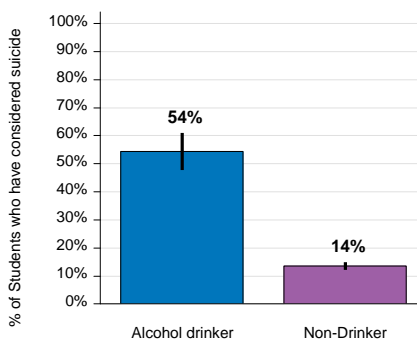
Prevalence	2012	2014	2016	2018	2021	2023
Current (past 30-day) alcohol use	11% ±1	8% ±1	7% ±1	7% ±1	4% ±1	4% ±1
Ever drank alcohol	37% ±2	33% ±2	27% ±2	29% ±2	21% ±2	33% ±2
Binge drinking	6% ±1	5% ±1	4% ±1	3% ±1	2% ±1	2% ±1

**Level of Alcohol Use Grade 8, 2023**



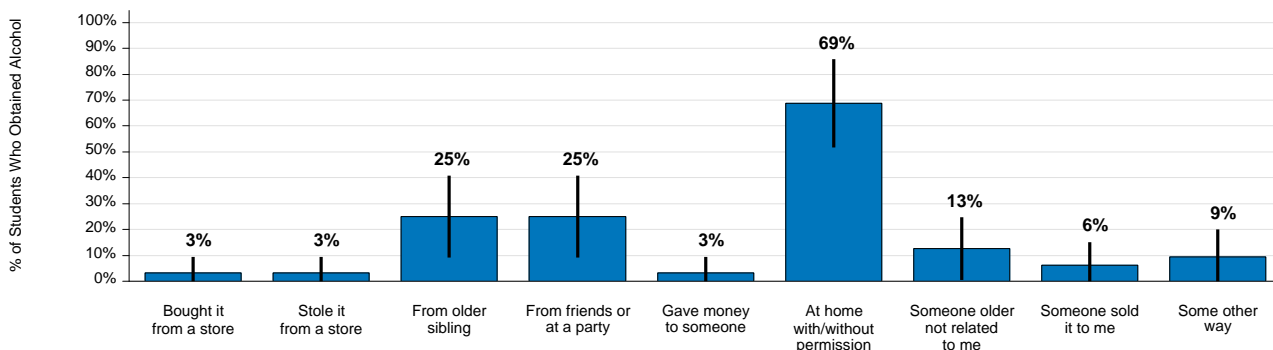
- None: no drinking in the past 30 days (96%)
- Experimental: 1-2 days drinking, and no binge drinking (2%)
- Heavy: 3-5 days drinking, and/or one binge (1%)
- Problem: 6+ days drinking, and/or 2+ binges (1%)

**Statewide Relationship between Considering Suicide and Current (past 30-day) Alcohol Use Grade 8, 2023**



Statewide, more 8th graders who drink alcohol report seriously considering suicide compared to those who don't drink.

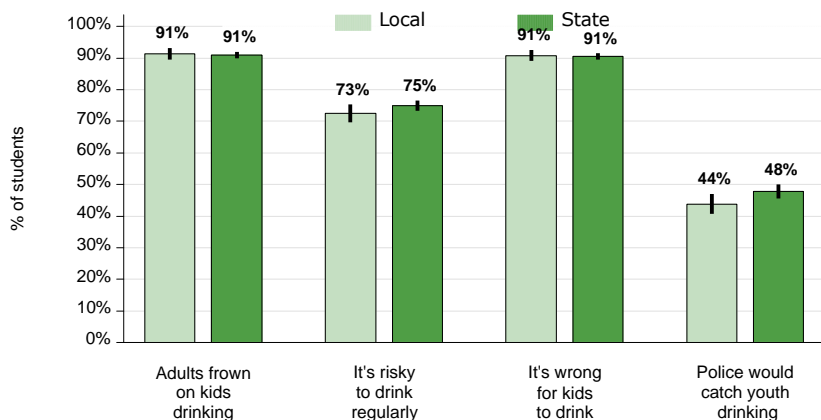
**Where Do Youth Get Alcohol? Grade 8, 2023**



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

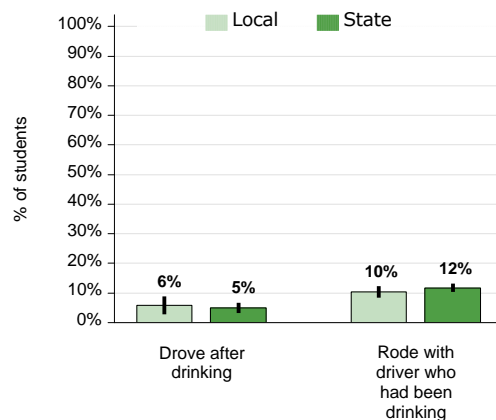
## Alcohol Use for Thurston County

**Youth Perceptions about Alcohol  
Compared to the State, Grade 8, 2023**



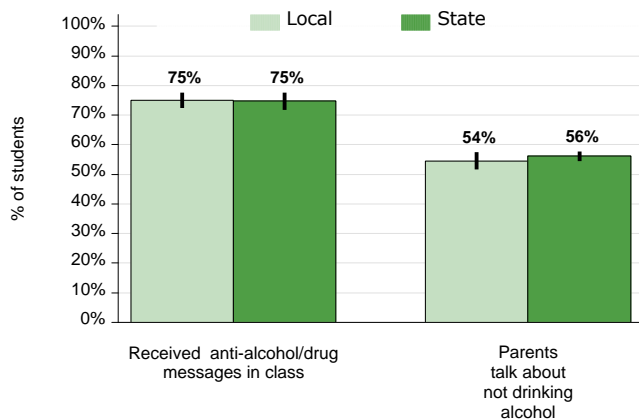
Prevalence	Adults frown on drinking	Regular drinking is risky	Drinking is wrong for kids	Police would catch youth drinking
Local	91% ±2	73% ±3	91% ±2	44% ±3
State	91% ±1	75% ±2	91% ±1	48% ±2

**Drinking and Driving/Riding  
Compared to the State, Grade 8, 2023**



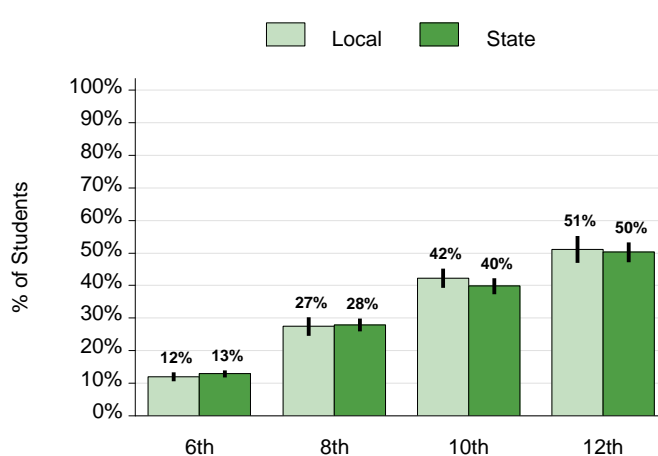
Prevalence	Drove after drinking	Rode with driver who had been drinking
Local	6% ±3	10% ±2
State	5% ±2	12% ±1

**Received Anti-Alcohol Messages  
Compared to the State, Grade 8, 2023**



Prevalence	Received anti-alcohol/drug messages in class	Parents talked about drinking
Local	75% ±3	54% ±3
State	75% ±3	56% ±2

**Youth Perception that Alcohol is Easy to Get  
Compared to the State, All Grades, 2023**

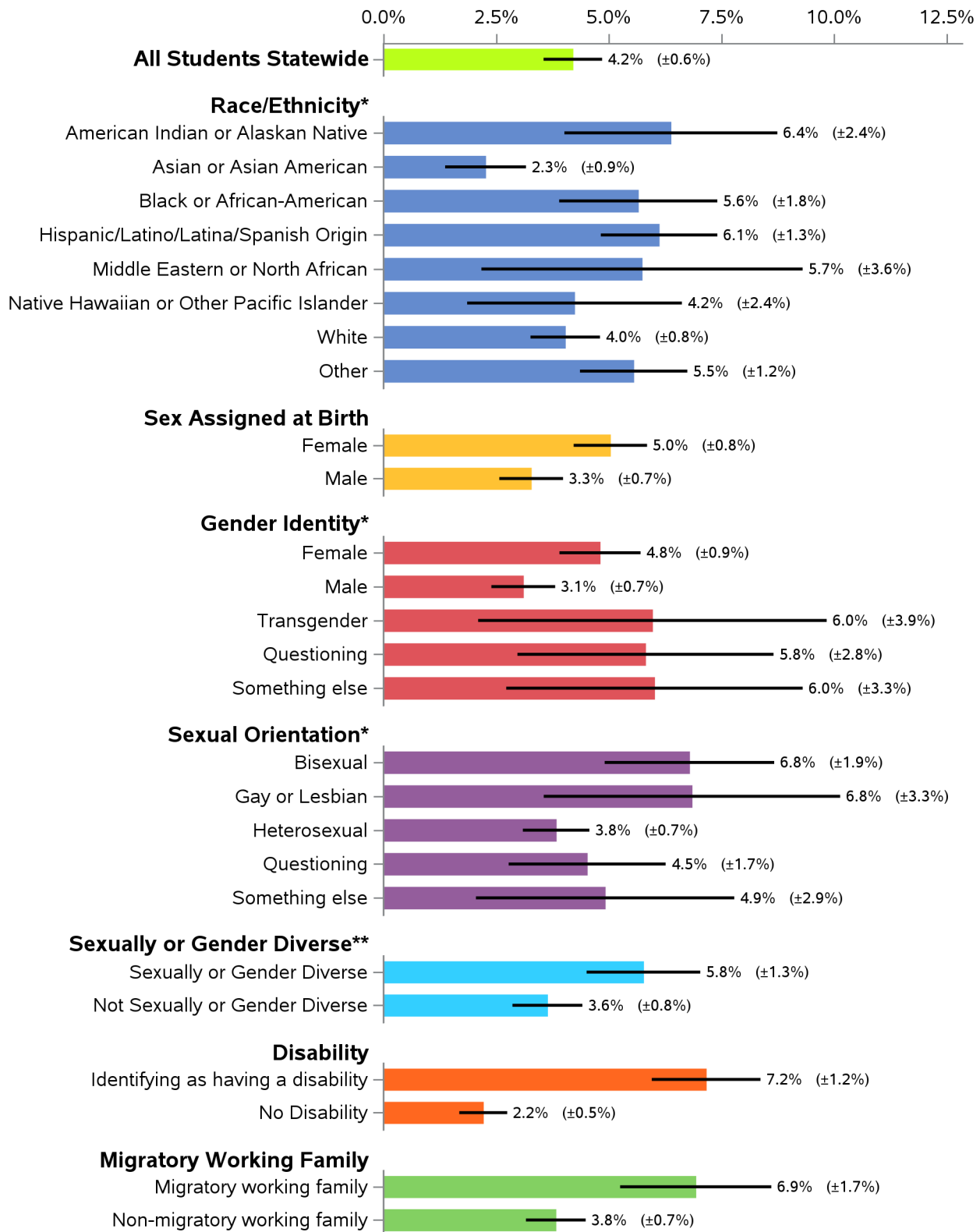


Prevalence	6th	8th	10th	12th
Local	12% ±1	27% ±3	42% ±3	51% ±4
State	13% ±1	28% ±2	40% ±2	50% ±3

### 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 research and resources on alcohol, visit CDC Alcohol and Public Health <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>
- 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).

# Statewide Relationship between Current (past 30 days) Alcohol Use and Demographics, Grade 8, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

Year: 2023

Grade: 10

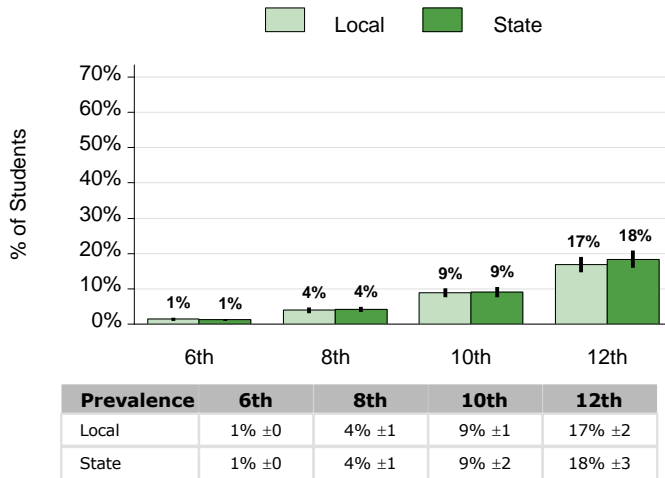
Sex: All

Number of Students Surveyed: 2,355

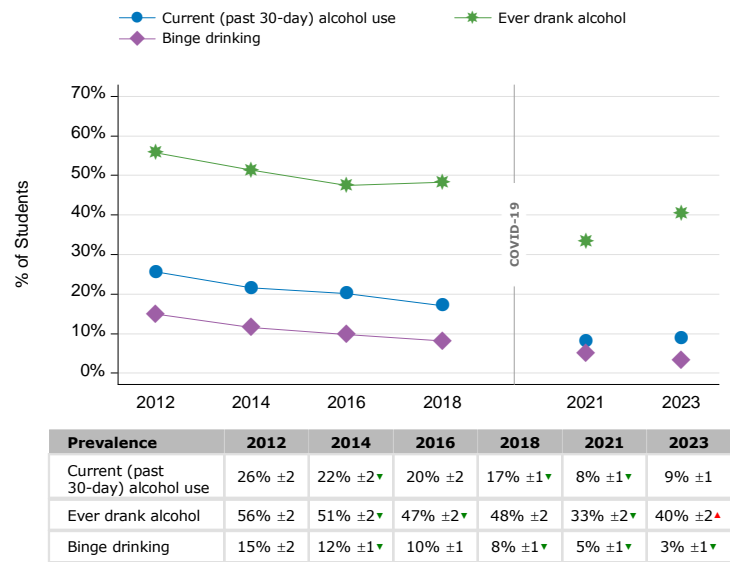
### Background:

- Youth alcohol use is associated with violence, poor school performance, suicide, and risky sexual behavior.
- Research shows that heavy alcohol use during teen years can permanently damage the still-developing brain.

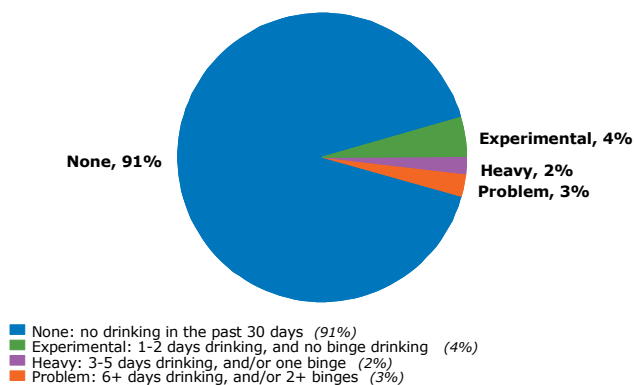
**Current (past 30 days) Alcohol Use Compared to the State, All Grades, 2023**



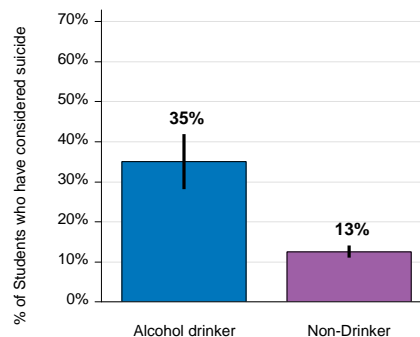
**Alcohol Use 2012-2023, Grade 10**



**Level of Alcohol Use Grade 10, 2023**

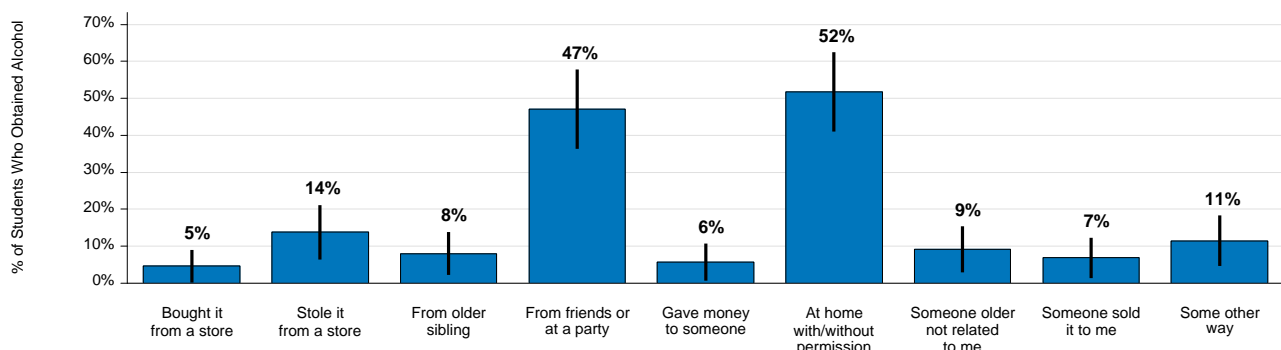


**Statewide Relationship between Considering Suicide and Current (past 30-day) Alcohol Use Grade 10, 2023**



*Statewide, more 10th graders who drink alcohol report seriously considering suicide compared to those who don't drink.*

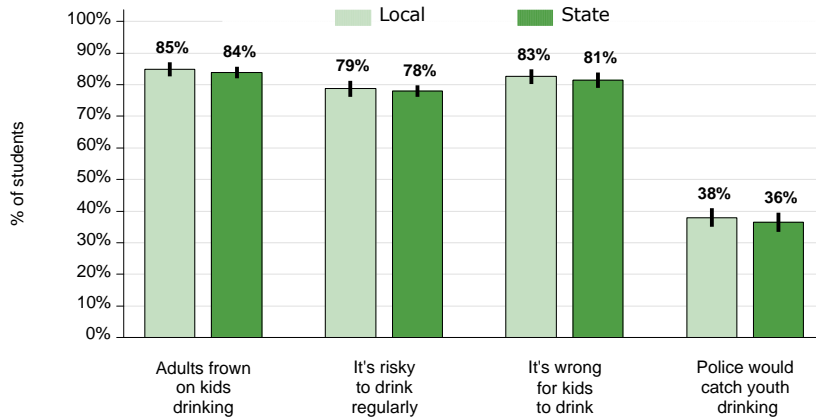
**Where Do Youth Get Alcohol? Grade 10, 2023**



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

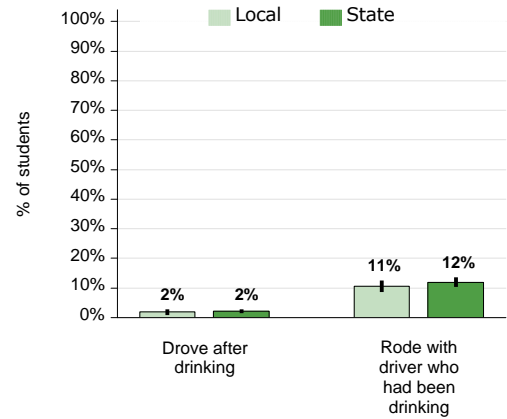
## Alcohol Use for Thurston County

**Youth Perceptions about Alcohol  
Compared to the State, Grade 10, 2023**



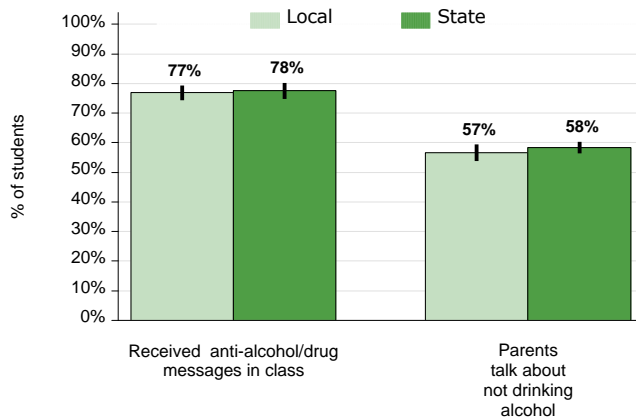
Prevalence	Adults frown on drinking	Regular drinking is risky	Drinking is wrong for kids	Police would catch youth drinking
Local	85% ±2	79% ±3	83% ±2	38% ±3
State	84% ±2	78% ±2	81% ±2	36% ±3

**Drinking and Driving/Riding  
Compared to the State, Grade 10, 2023**



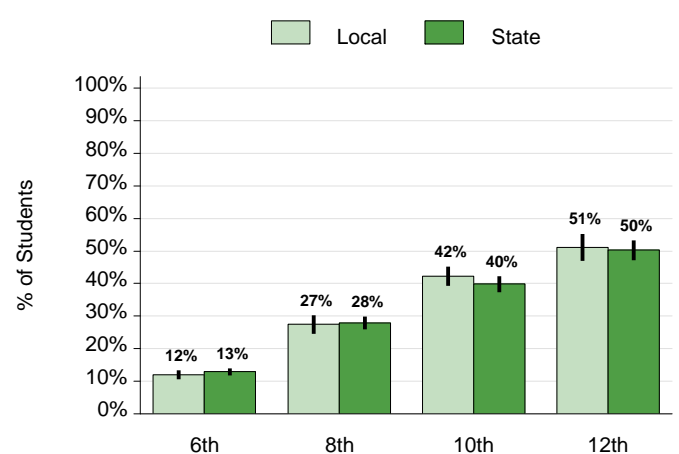
Prevalence	Drove after drinking	Rode with driver who had been drinking
Local	2% ±1	11% ±2
State	2% ±1	12% ±2

**Received Anti-Alcohol Messages  
Compared to the State, Grade 10, 2023**



Prevalence	Received anti-alcohol/drug messages in class	Parents talked about drinking
Local	77% ±2	57% ±3
State	78% ±3	58% ±2

**Youth Perception that Alcohol is Easy to Get  
Compared to the State, All Grades, 2023**

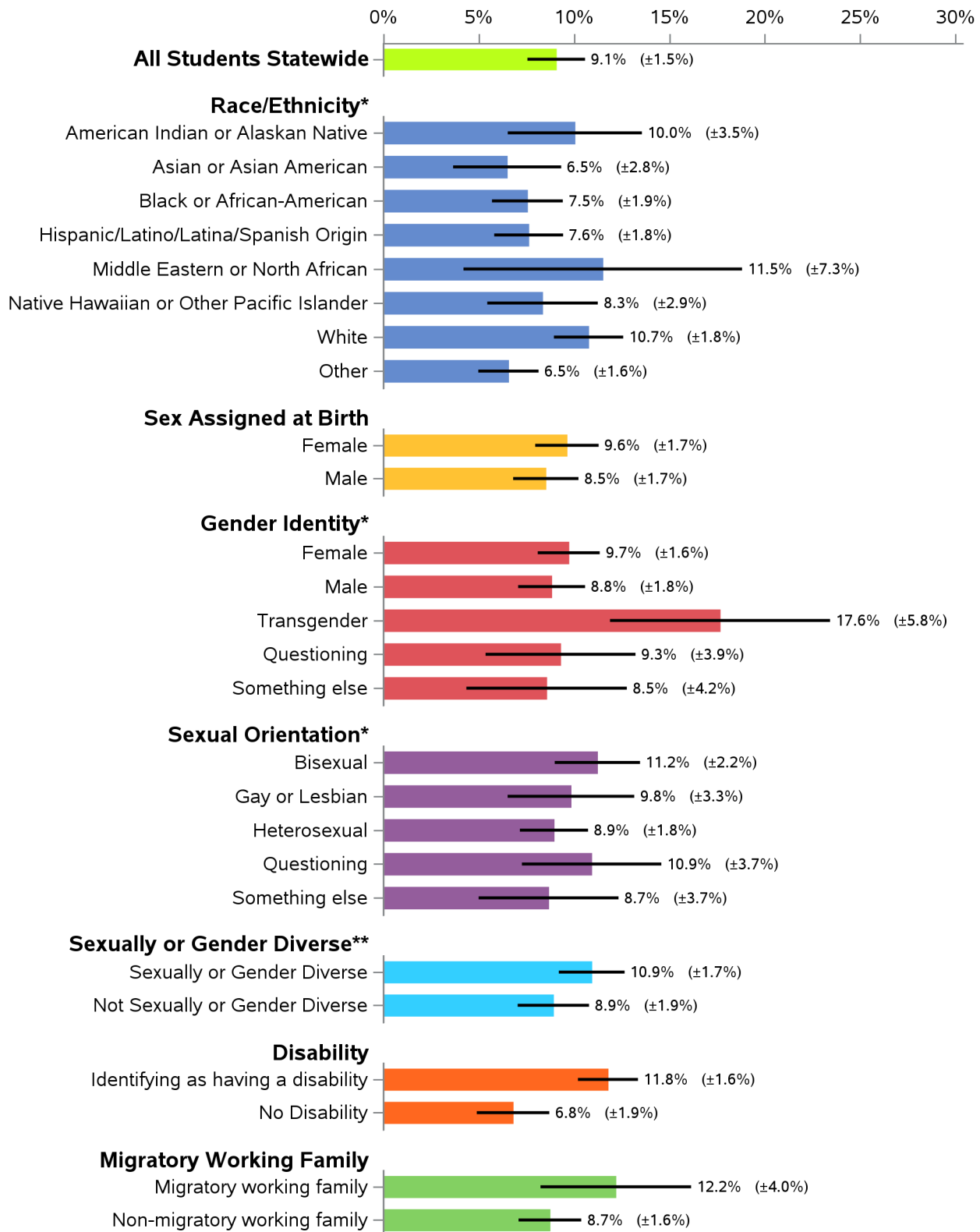


Prevalence	6th	8th	10th	12th
Local	12% ±1	27% ±3	42% ±3	51% ±4
State	13% ±1	28% ±2	40% ±2	50% ±3

### 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 research and resources on alcohol, visit CDC Alcohol and Public Health <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>
- 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).

# Statewide Relationship between Current (past 30 days) Alcohol Use and Demographics, Grade 10, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.



Year: 2023

Grade: 12

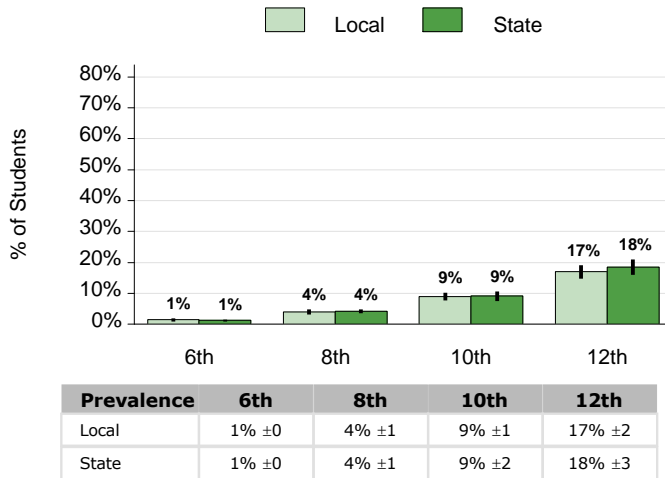
Sex: All

Number of Students Surveyed: 1,341

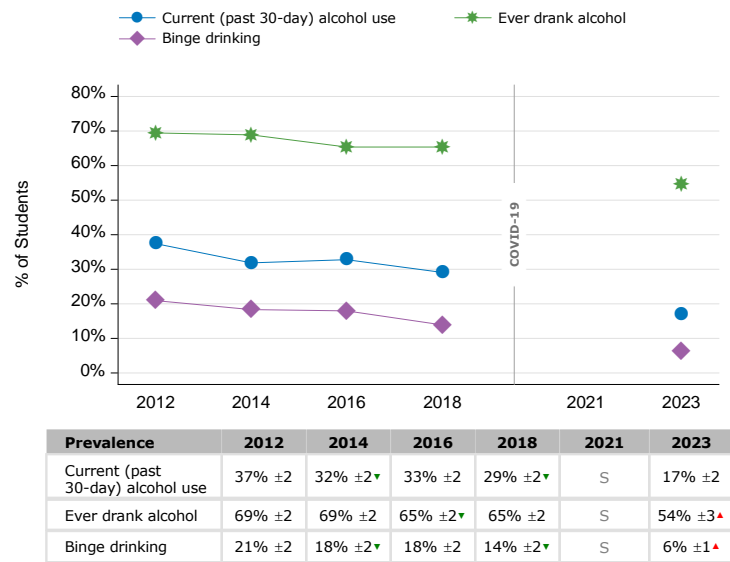
### Background:

- Youth alcohol use is associated with violence, poor school performance, suicide, and risky sexual behavior.
- Research shows that heavy alcohol use during teen years can permanently damage the still-developing brain.

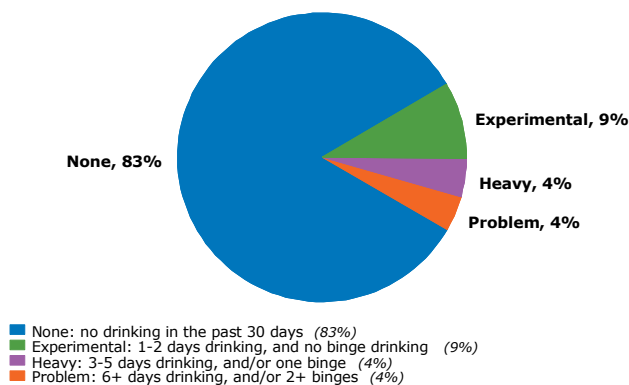
**Current (past 30 days) Alcohol Use Compared to the State, All Grades, 2023**



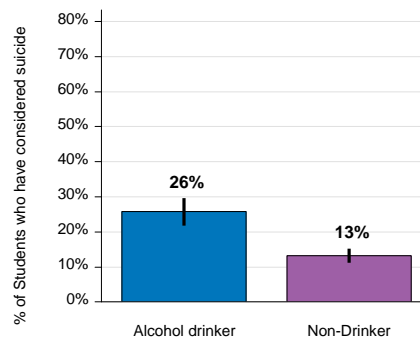
**Alcohol Use 2012-2023, Grade 12**



**Level of Alcohol Use Grade 12, 2023**

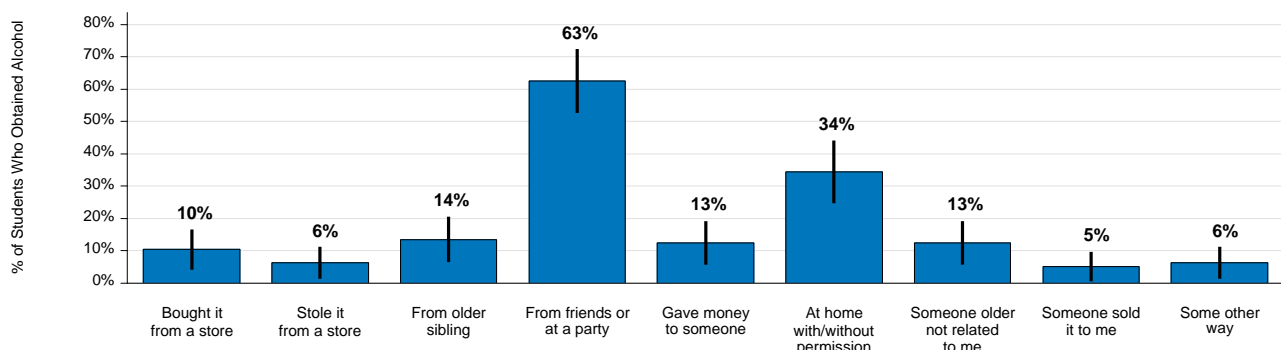


**Statewide Relationship between Considering Suicide and Current (past 30-day) Alcohol Use Grade 12, 2023**



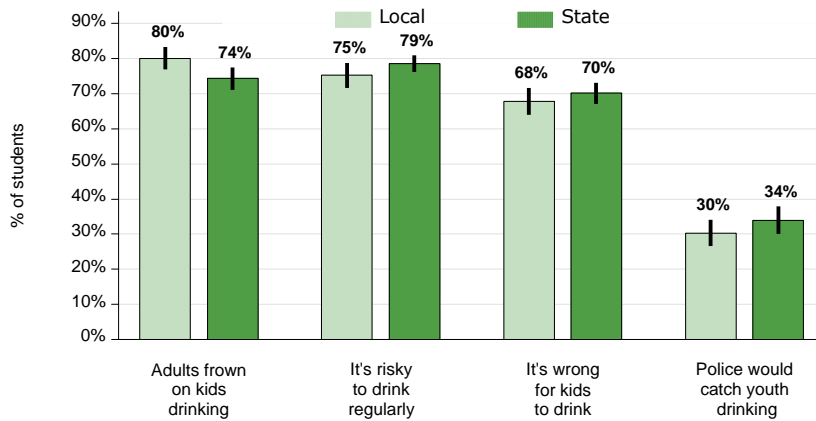
*Statewide, more 12th graders who drink alcohol report seriously considering suicide compared to those who don't drink.*

**Where Do Youth Get Alcohol? Grade 12, 2023**



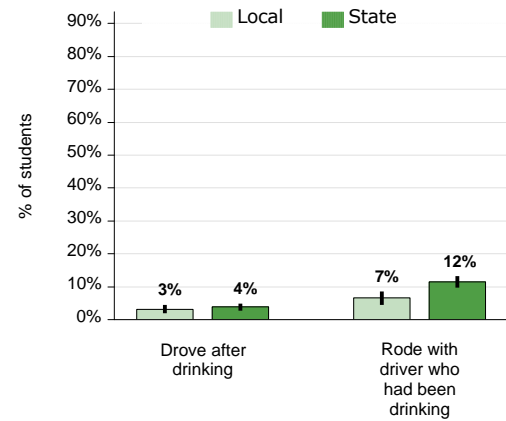
The percentages in this chart are based on all students who reported getting alcohol in the past 30 days, regardless of whether they reported drinking in the past 30 days. Students could select multiple sources.

**Youth Perceptions about Alcohol  
Compared to the State, Grade 12, 2023**



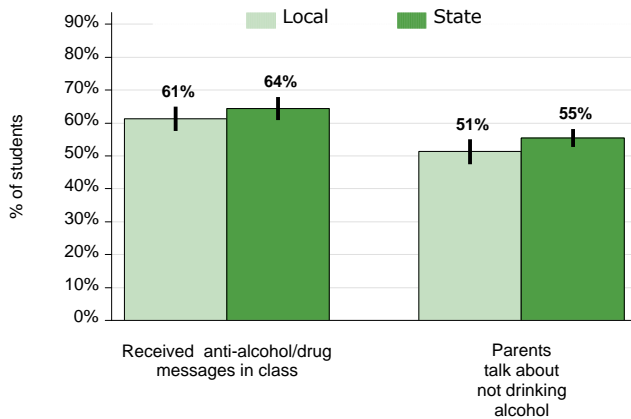
Prevalence	Adults frown on drinking	Regular drinking is risky	Drinking is wrong for kids	Police would catch youth drinking
Local	80% ±3	75% ±4	68% ±4	30% ±4
State	74% ±3	79% ±2	70% ±3	34% ±4

**Drinking and Driving/Riding  
Compared to the State, Grade 12, 2023**



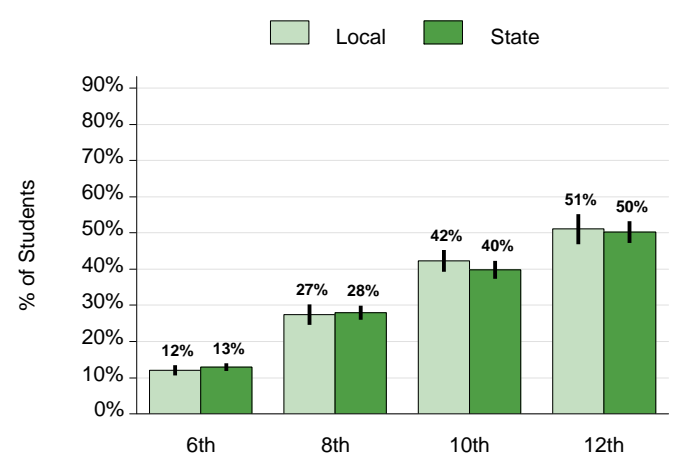
Prevalence	Drove after drinking	Rode with driver who had been drinking
Local	3% ±1	7% ±2
State	4% ±1	12% ±2

**Received Anti-Alcohol Messages  
Compared to the State, Grade 12, 2023**



Prevalence	Received anti-alcohol/drug messages in class	Parents talked about drinking
Local	61% ±4	51% ±4
State	64% ±4	55% ±3

**Youth Perception that Alcohol is Easy to Get  
Compared to the State, All Grades, 2023**

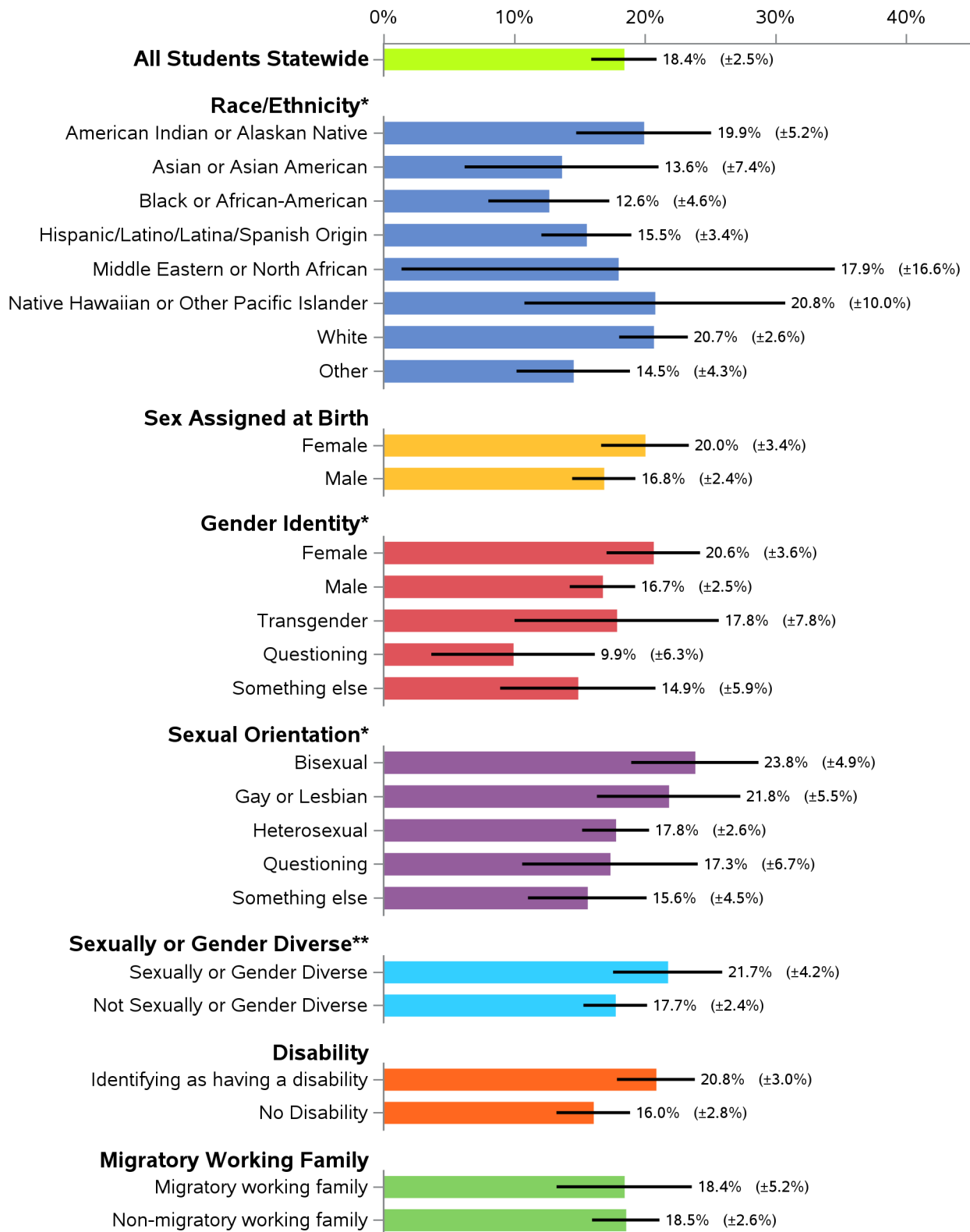


Prevalence	6th	8th	10th	12th
Local	12% ±1	27% ±3	42% ±3	51% ±4
State	13% ±1	28% ±2	40% ±2	50% ±3

### 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 research and resources on alcohol, visit CDC Alcohol and Public Health <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>
- 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).

# Statewide Relationship between Current (past 30 days) Alcohol Use and Demographics, Grade 12, 2023



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# Thurston County

## Healthy Youth Survey

### COMMERCIAL TOBACCO PRODUCT USE

# Fact Sheet

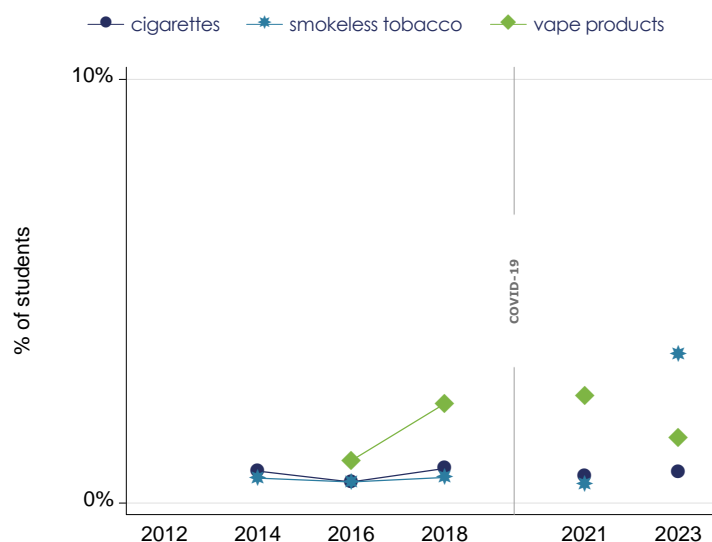


Year: 2023 Grade: 6 Sex: All Number of Students Surveyed: 2,581

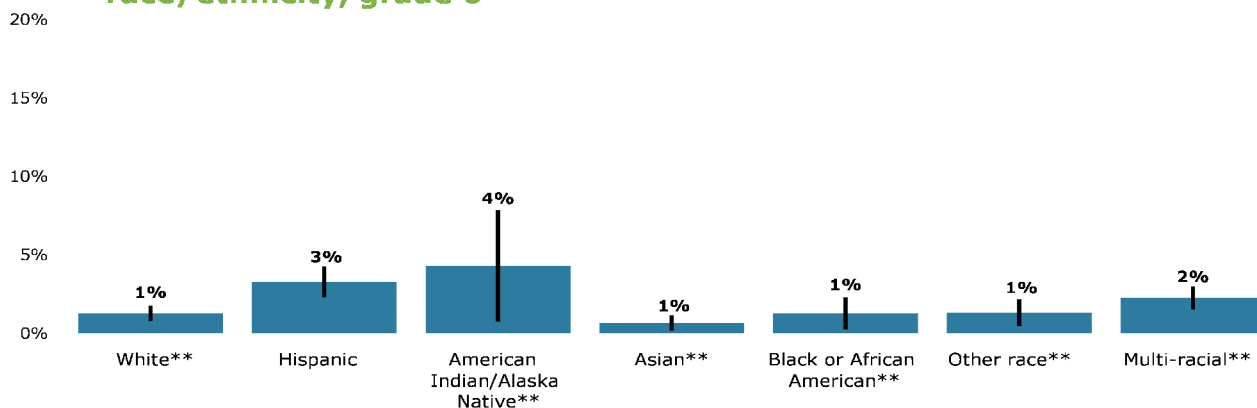
#### BACKGROUND

- 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.

#### Current (past 30-day) use trends, grade 6



#### Statewide current [past 30 day] vapor product use and race/ethnicity, grade 6



\*\*Non-Hispanic

Among 6th grade students, vaping varies by race and ethnicity. The highest rate of vaping is reported among non-Hispanic American Indian/Alaska Native students and the lowest is among non-Hispanic Asian students. However, rates for some of these race/ethnicity sub-groups can vary widely.

#### missing codes

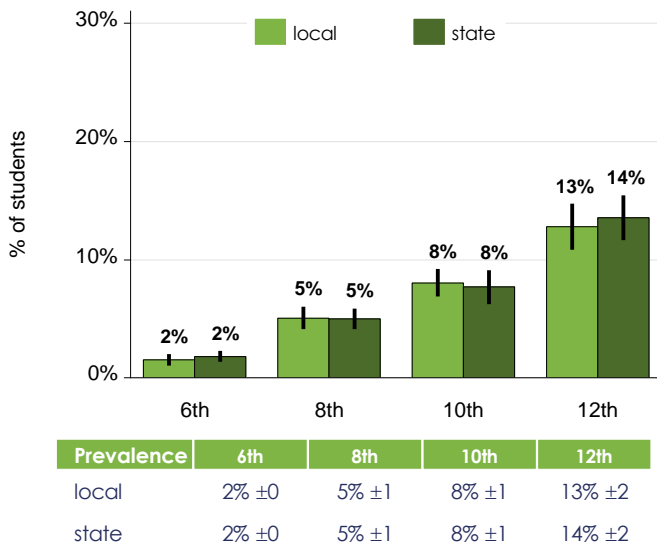
S = result suppressed due to insufficient reporting from students of schools;  
 N/G = grade not available; N/S = question was not surveyed this year;  
 N/A = question was not asked of this grade;

Prevalence is displayed with 95% confidence intervals (a± or black bar |)  
 \*indicates a significant change from the previous year, <0.05

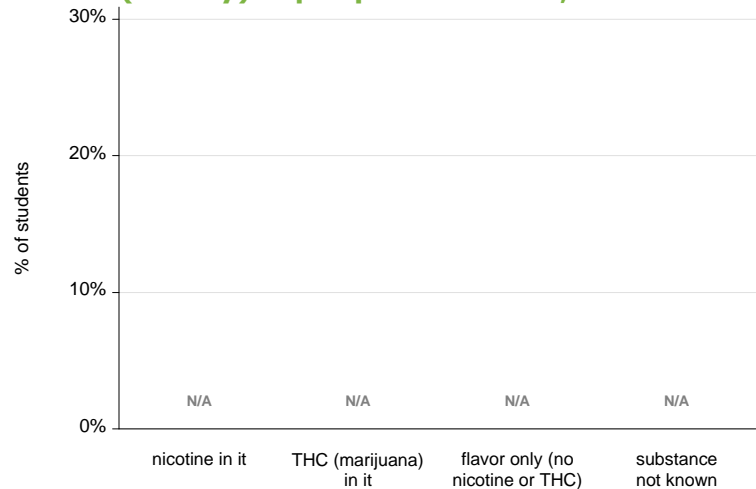
results generated at [www.askhys.net](http://www.askhys.net) on 02/24/2024

- 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 21, 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

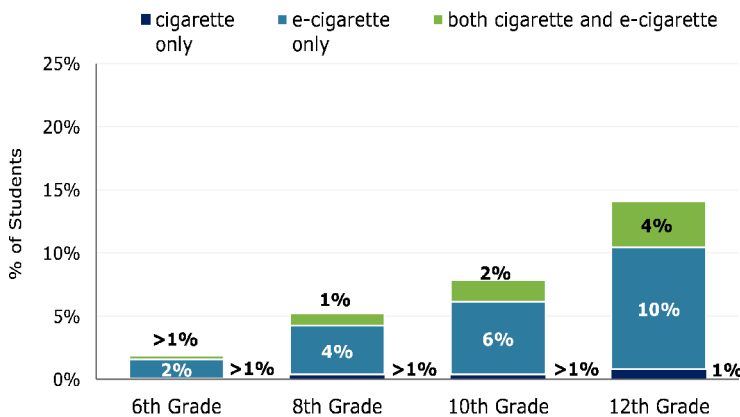


### Reported substance "vaped" among current (30-day) vapor product users, Grade 6

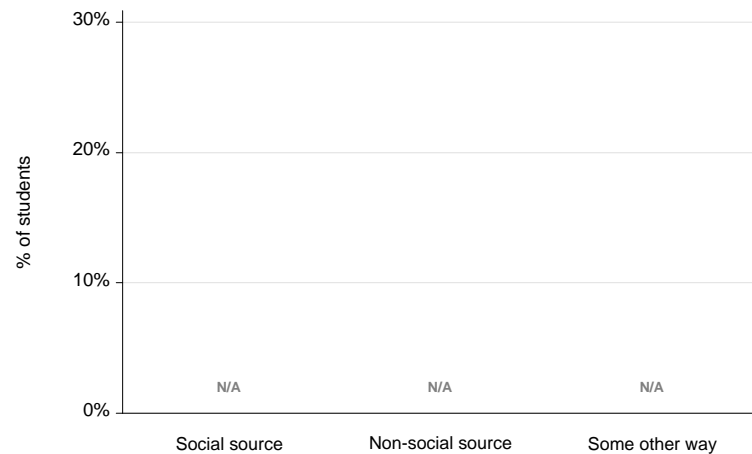


\*Students can select more than one type of substance

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



### Source of tobacco and vapor products among those who use them, Grade 6

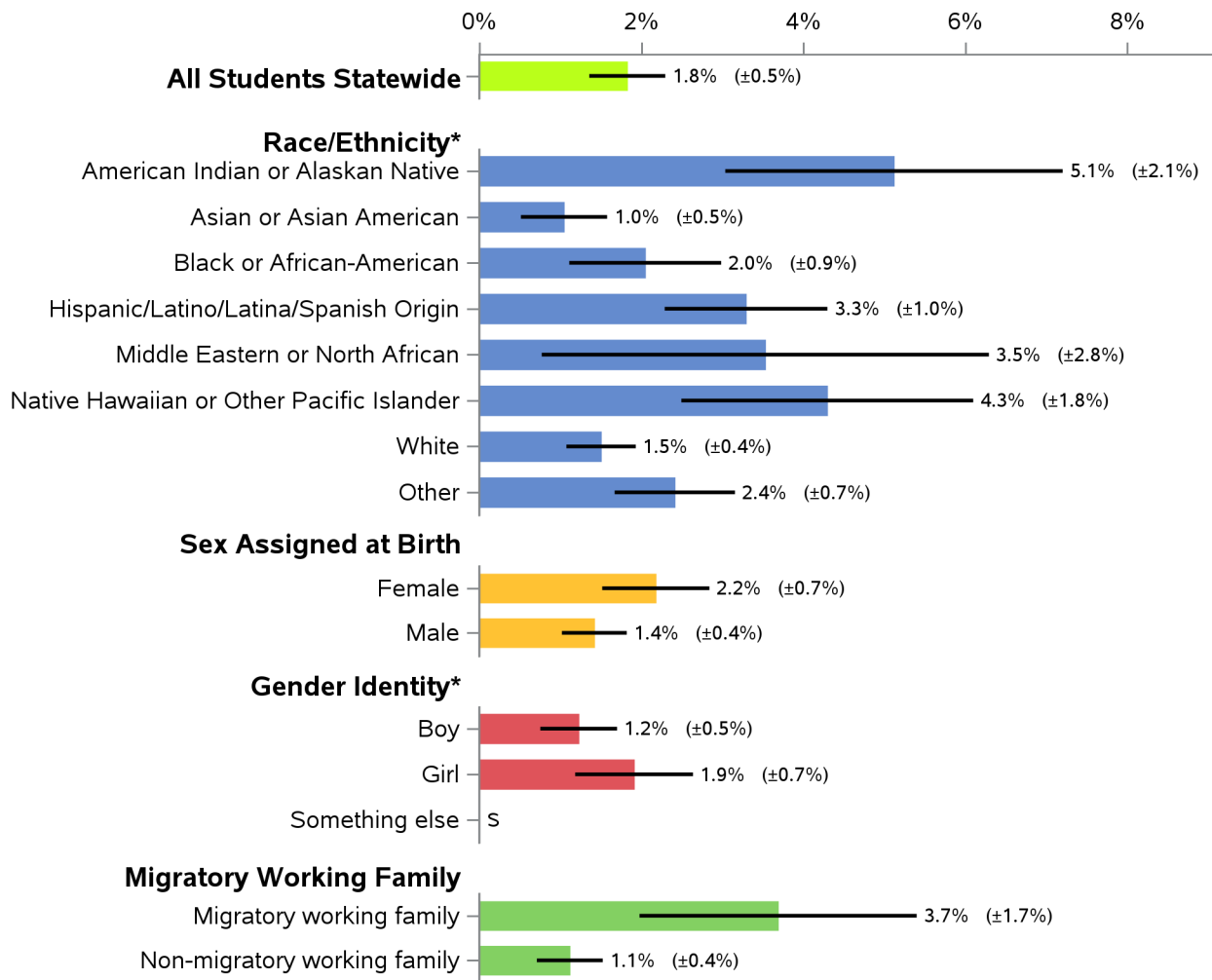


\*\*Social sources include: giving money to someone, "bumming", from a person 21 or older, and taking from a store or family. Non-social sources include buying from a store, the internet, or a vending machine.

### MORE INFORMATION...

- Through key partnerships, the Commercial Tobacco Prevention 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: <https://www.doh.wa.gov/YouandYourFamily/Tobacco>
- For help quitting vaping, teens can text DITCHVAPE to 88709 to sign up for This is Quitting, a program from Truth Initiative. For help quitting any commercial tobacco use, teens can download an app at <https://doh.wa.gov/quit> or call 1-800-QUIT-NOW to receive support from a Quit Coach. All services are free and confidential.
- For 24-hour help with mental health, substance abuse, and problem gambling, call 1-866-789-1511 or visit <http://www.warecoveryhelpline.org>.

# Statewide Relationship between Current (past 30-day) Vapor Product Use and Demographics, Grade 6, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

S - results are suppressed because less than 5 students answered this way

# Thurston County

## Healthy Youth Survey

### COMMERCIAL TOBACCO PRODUCT USE

# Fact Sheet

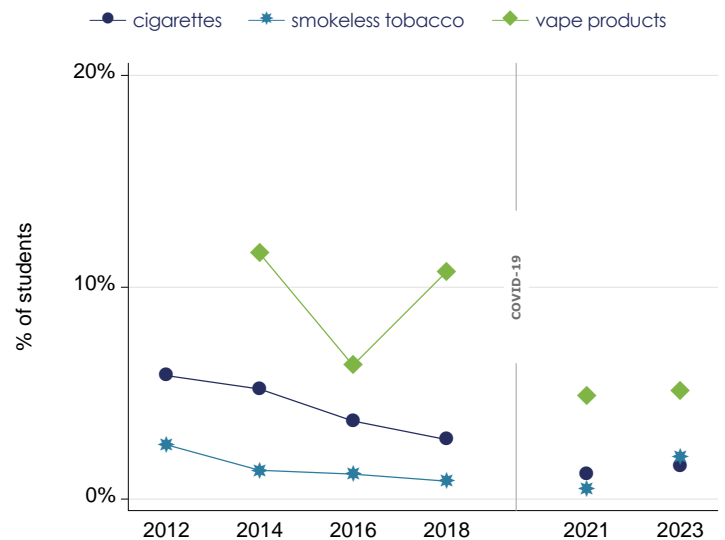


Year: 2023 Grade: 8 Sex: All Number of Students Surveyed: 2,329

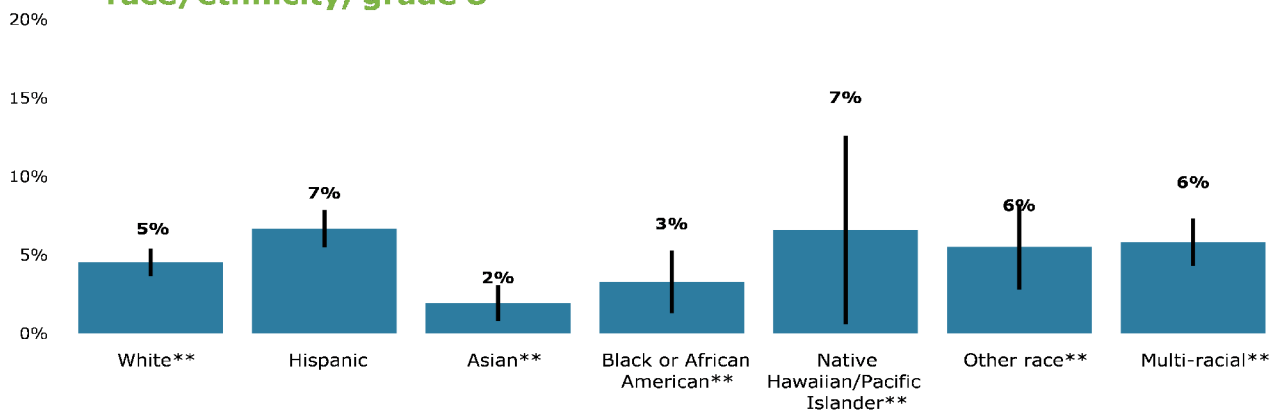
#### BACKGROUND

- 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.

#### Current (past 30-day) use trends, grade 8



#### Statewide current [past 30 day] vapor product use and race/ethnicity, grade 8



\*\*Non-Hispanic

Among 8th grade students, vaping varies by race and ethnicity. The highest rate of vaping is reported among non-Hispanic Native Hawaiian/Pacific Islander students and the lowest is among non-Hispanic Asian students. However, rates for some of these race/ethnicity sub-groups can

#### missing codes

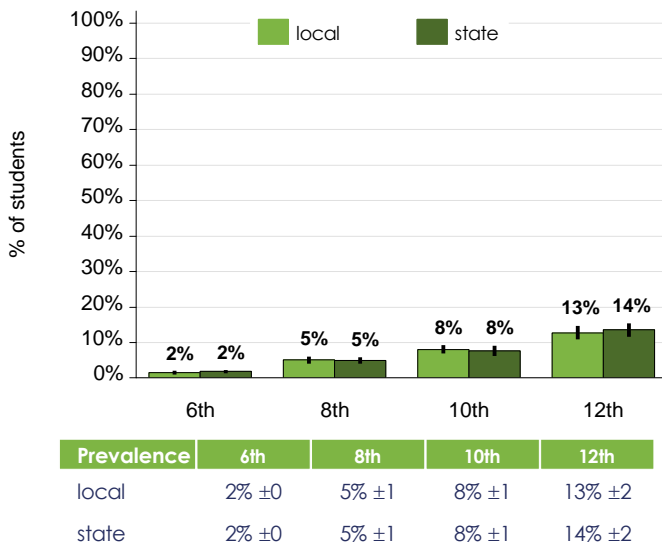
S = result suppressed due to insufficient reporting from students of schools;  
 N/G = grade not available; N/S = question was not surveyed this year;  
 N/A = question was not asked of this grade;

Prevalence is displayed with 95% confidence intervals (a± or black bar |)  
 \*indicates a significant change from the previous year, <0.05

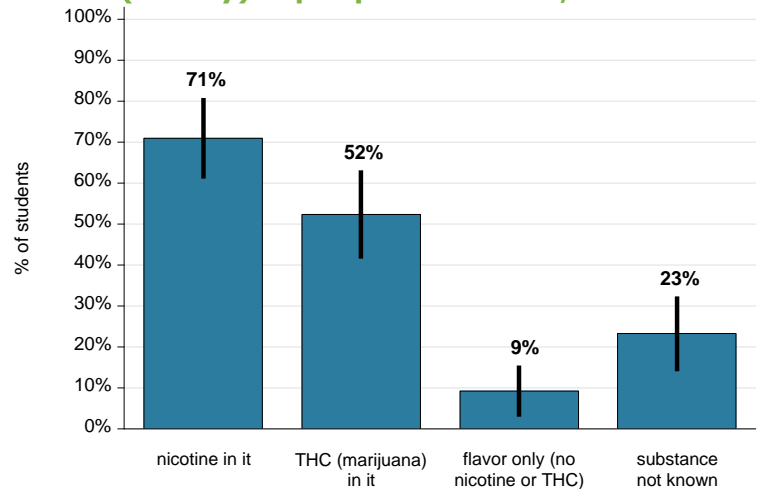
results generated at [www.askhys.net](http://www.askhys.net) on 02/24/2024

- 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 21, 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

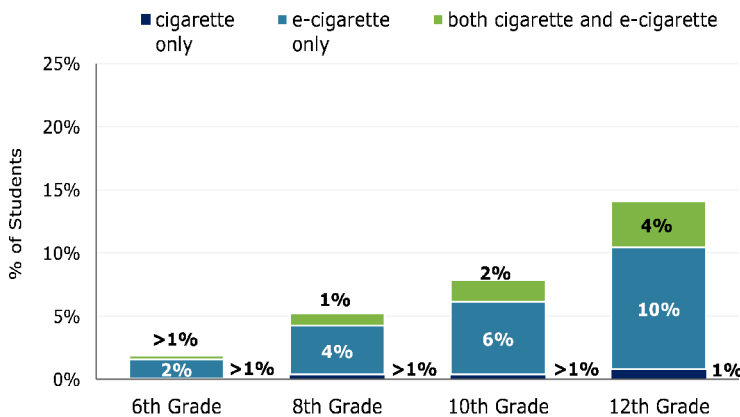


### Reported substance "vaped" among current (30-day) vapor product users, Grade 8

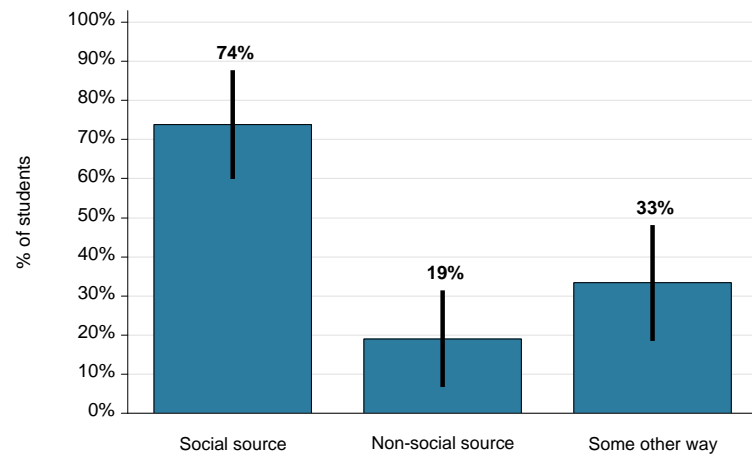


\*Students can select more than one type of substance

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



### Source of tobacco and vapor products among those who use them, Grade 8



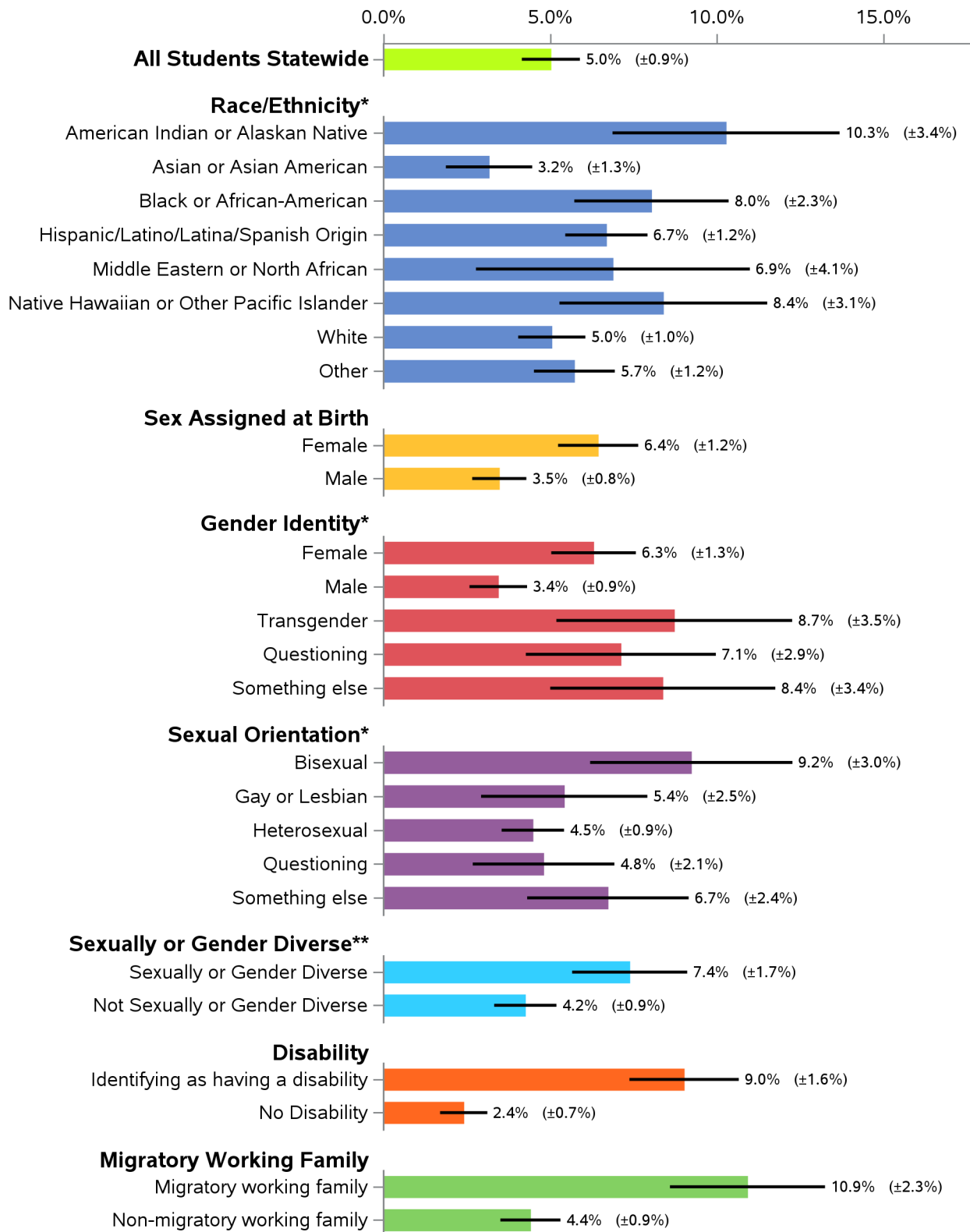
\*\*Social sources include: giving money to someone, "bumming", from a person 21 or older, and taking from a store or family. Non-social sources include buying from a store, the internet, or a vending machine.

### MORE INFORMATION...

- Through key partnerships, the Commercial Tobacco Prevention 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: <https://www.doh.wa.gov/YouandYourFamily/Tobacco>
- For help quitting vaping, teens can text DITCHVAPE to 88709 to sign up for This is Quitting, a program from Truth Initiative. For help quitting any commercial tobacco use, teens can download an app at <https://doh.wa.gov/quit> or call 1-800-QUIT-NOW to receive support from a Quit Coach. All services are free and confidential.
- For 24-hour help with mental health, substance abuse, and problem gambling, call 1-866-789-1511 or visit <http://www.warecoveryhelpline.org>.



# Statewide Relationship between Current (past 30-day) Vapor Product Use and Demographics, Grade 8, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

# Thurston County

## Healthy Youth Survey

### COMMERCIAL TOBACCO PRODUCT USE

# Fact Sheet

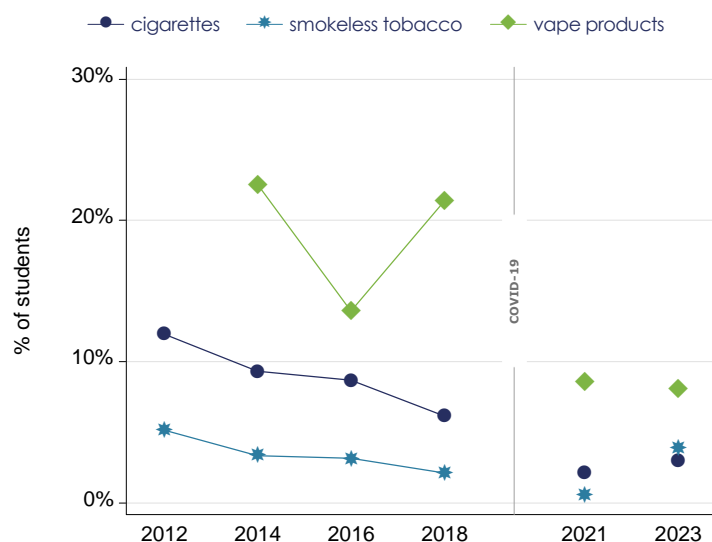


Year: 2023 Grade: 10 Sex: All Number of Students Surveyed: 2,355

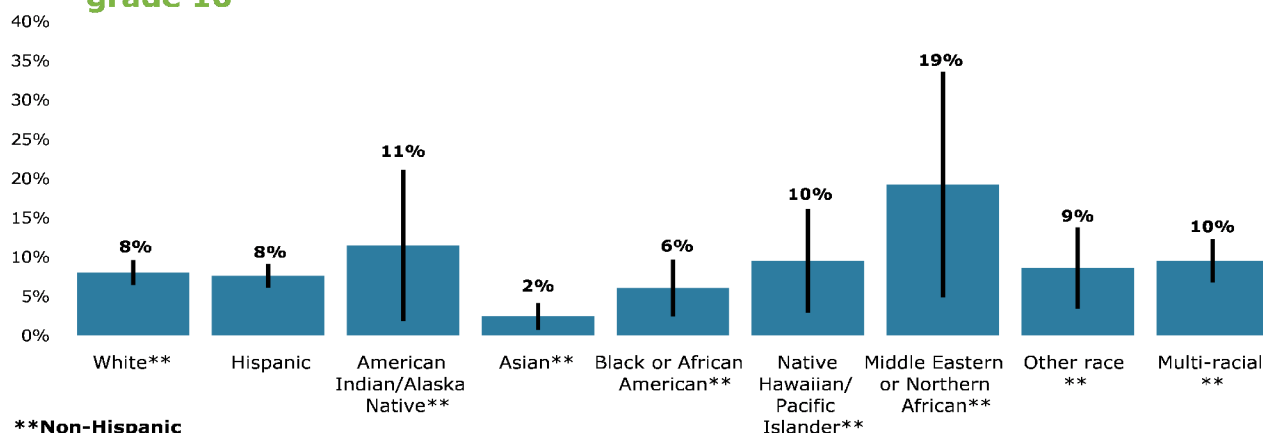
#### BACKGROUND

- 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.

#### Current (past 30-day) use trends, grade 10



#### 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 Middle Eastern or North African students and the lowest is among non-Hispanic Asian students. However, rates for some of these race/ethnicity sub-groups can vary widely.

#### missing codes

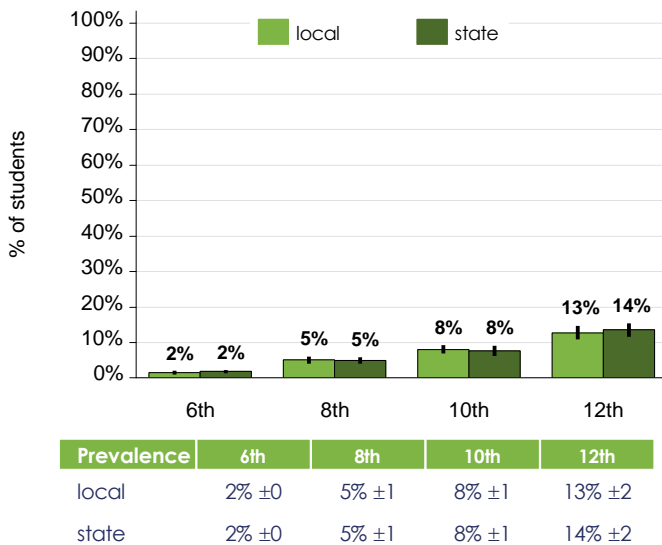
S = result suppressed due to insufficient reporting from students of schools;  
 N/G = grade not available; N/S = question was not surveyed this year;  
 N/A = question was not asked of this grade;

Prevalence is displayed with 95% confidence intervals (a± or black bar |)  
 \*indicates a significant change from the previous year, <0.05

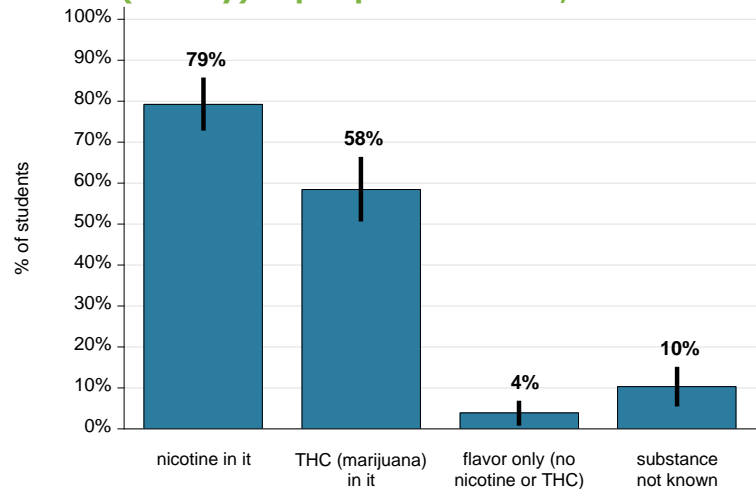
results generated at [www.askhys.net](http://www.askhys.net) on 02/24/2024

- 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 21, 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

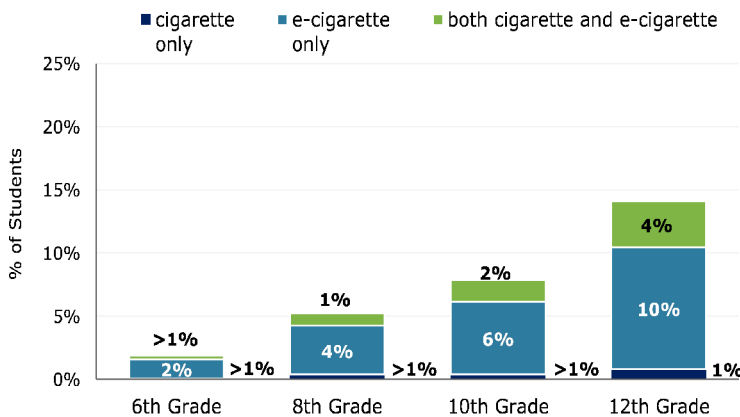


### Reported substance "vaped" among current (30-day) vapor product users, Grade 10

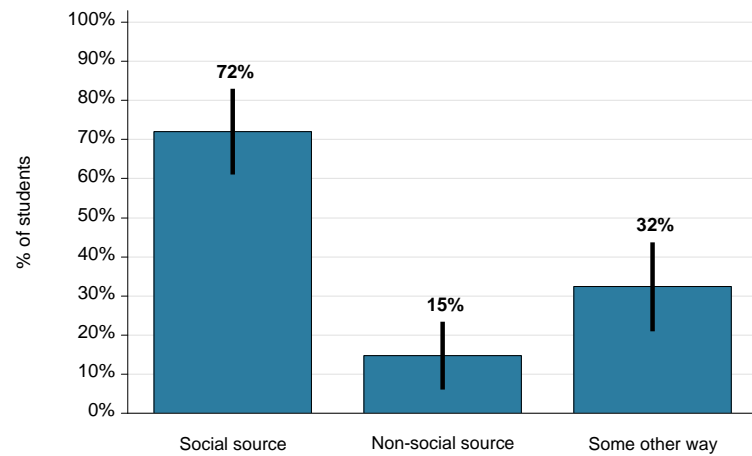


\*Students can select more than one type of substance

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



### Source of tobacco and vapor products among those who use them, Grade 10

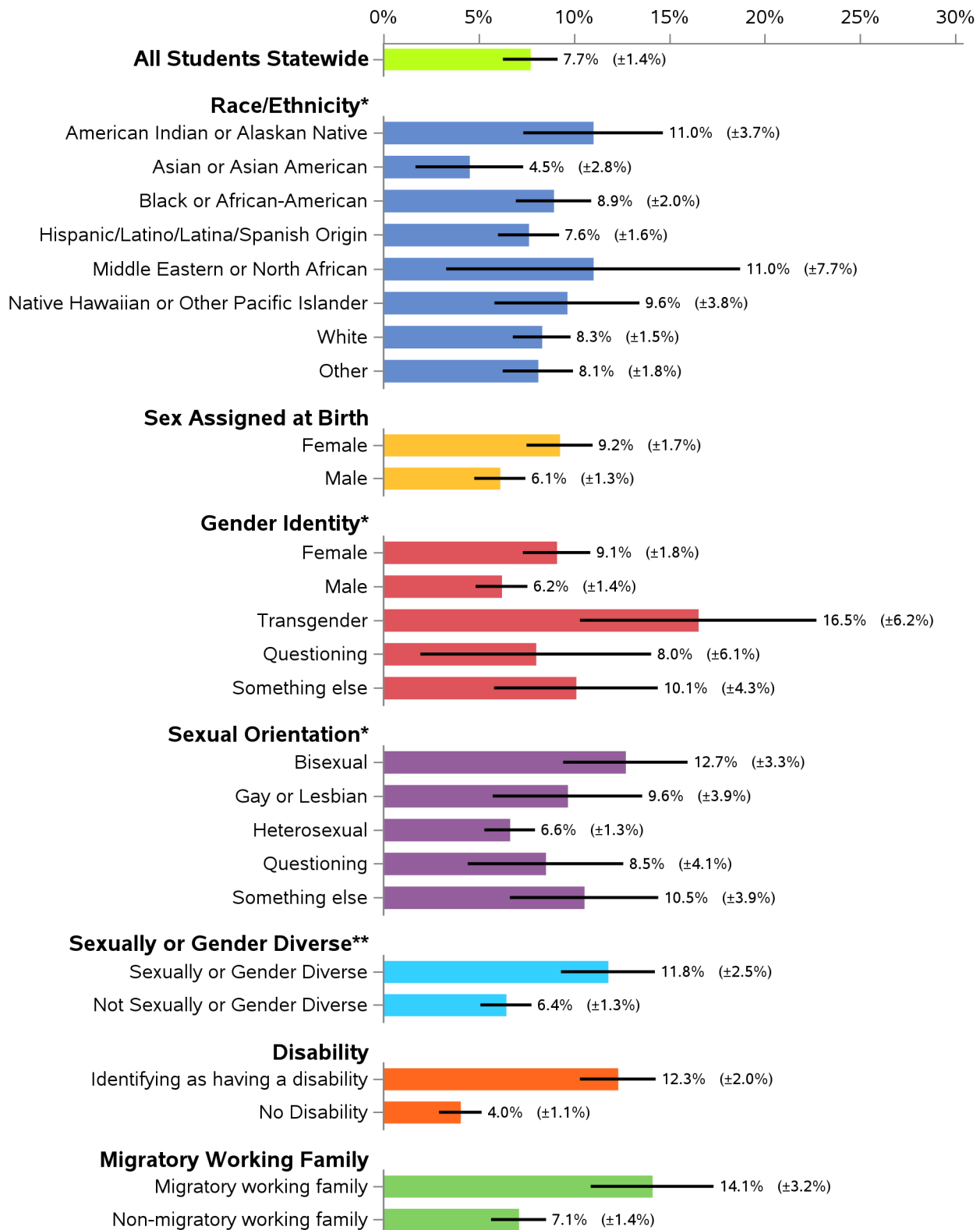


\*\*Social sources include: giving money to someone, "bumming", from a person 21 or older, and taking from a store or family. Non-social sources include buying from a store, the internet, or a vending machine.

### MORE INFORMATION...

- Through key partnerships, the Commercial Tobacco Prevention 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: <https://www.doh.wa.gov/YouandYourFamily/Tobacco>
- For help quitting vaping, teens can text DITCHVAPE to 88709 to sign up for This is Quitting, a program from Truth Initiative. For help quitting any commercial tobacco use, teens can download an app at <https://doh.wa.gov/quit> or call 1-800-QUIT-NOW to receive support from a Quit Coach. All services are free and confidential.
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# Statewide Relationship between Current (past 30-day) Vapor Product Use and Demographics, Grade 10, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

# Thurston County

## Healthy Youth Survey

### COMMERCIAL TOBACCO PRODUCT USE

# Fact Sheet

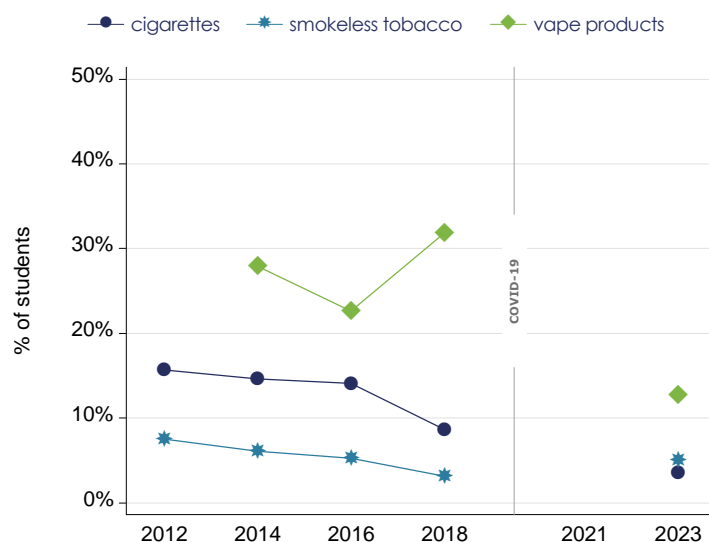


Year: 2023 Grade: 12 Sex: All Number of Students Surveyed: 1,341

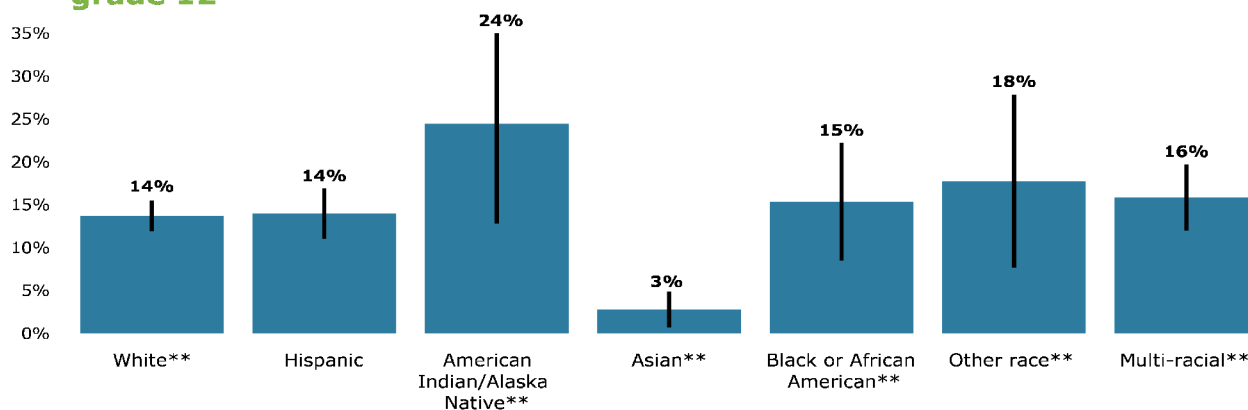
#### BACKGROUND

- 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.

#### Current (past 30-day) use trends, grade 12



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



\*\*Non-Hispanic

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

#### missing codes

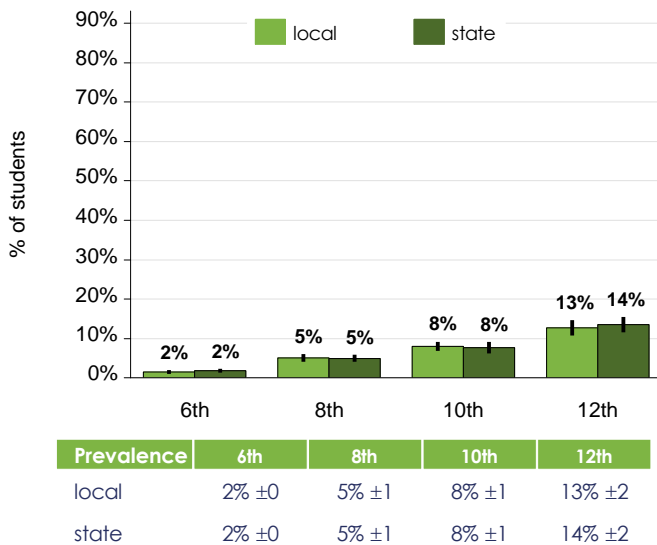
S = result suppressed due to insufficient reporting from students of schools;  
 N/G = grade not available; N/S = question was not surveyed this year;  
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Prevalence is displayed with 95% confidence intervals (a± or black bar |)  
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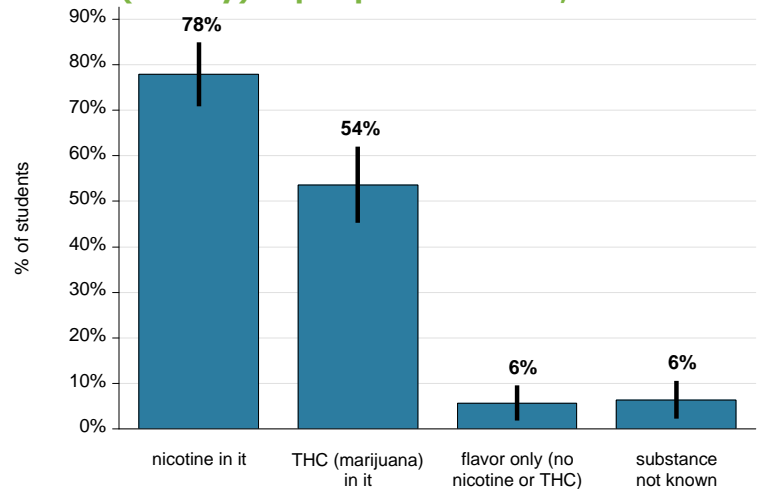
results generated at [www.askhys.net](http://www.askhys.net) on 02/24/2024

- 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 21, 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

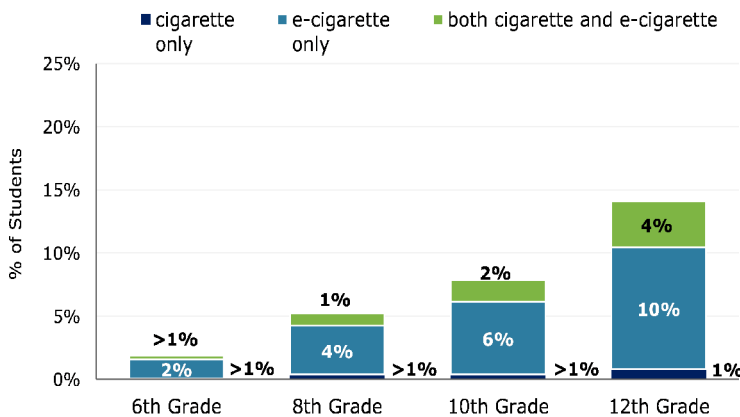


### Reported substance "vaped" among current (30-day) vapor product users, Grade 12

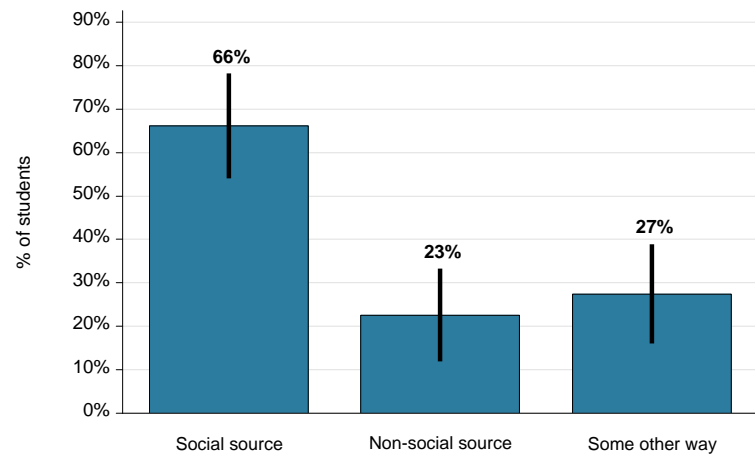


\*Students can select more than one type of substance

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



### Source of tobacco and vapor products among those who use them, Grade 12

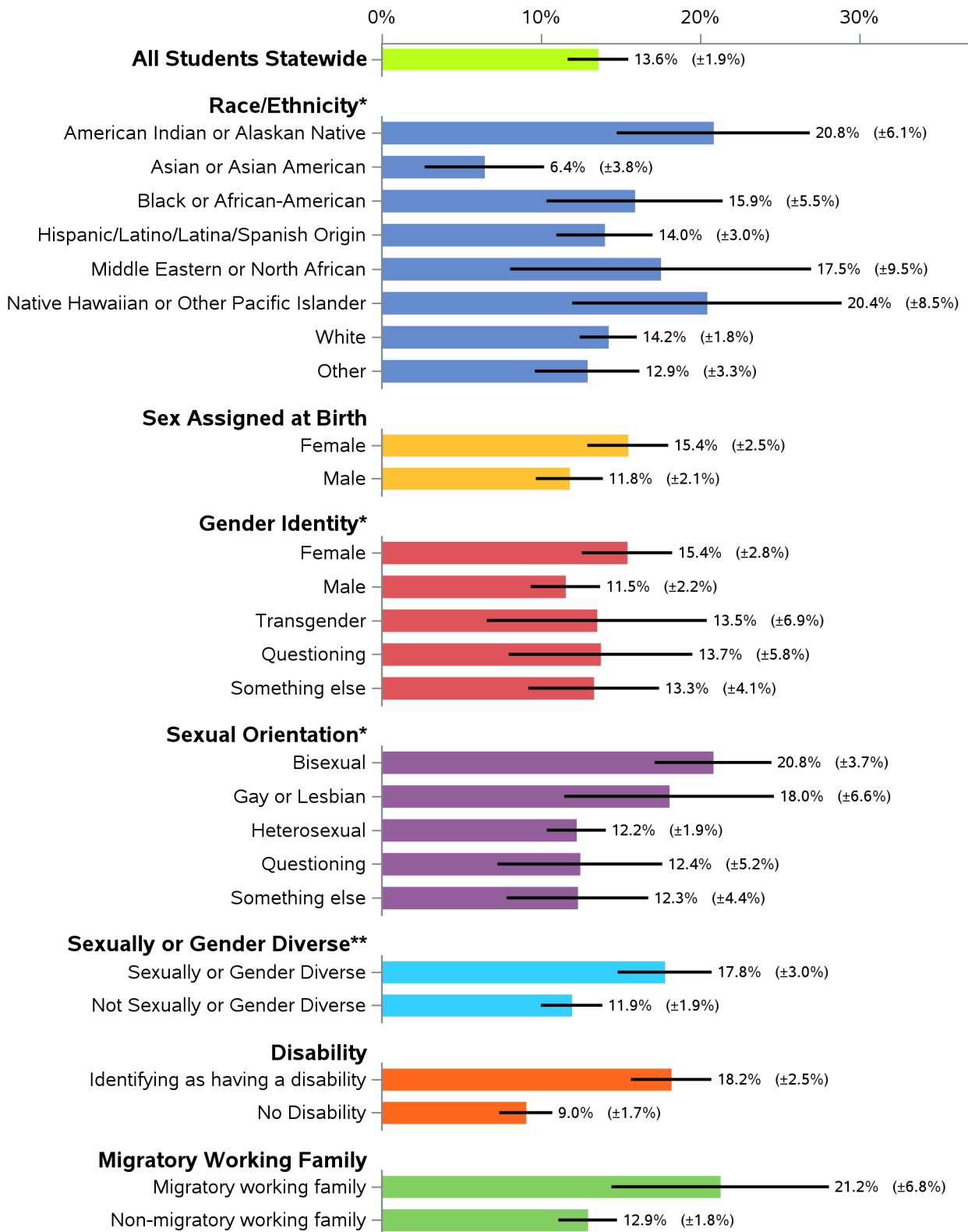


\*\*Social sources include: giving money to someone, "bumming", from a person 21 or older, and taking from a store or family. Non-social sources include buying from a store, the internet, or a vending machine.

### MORE INFORMATION...

- Through key partnerships, the Commercial Tobacco Prevention 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: <https://www.doh.wa.gov/YouandYourFamily/Tobacco>
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# Statewide Relationship between Current (past 30-day) Vapor Product Use and Demographics, Grade 12, 2023



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Year: 2023

Grade: 6

Sex: All

Number of Students Surveyed: 2,581

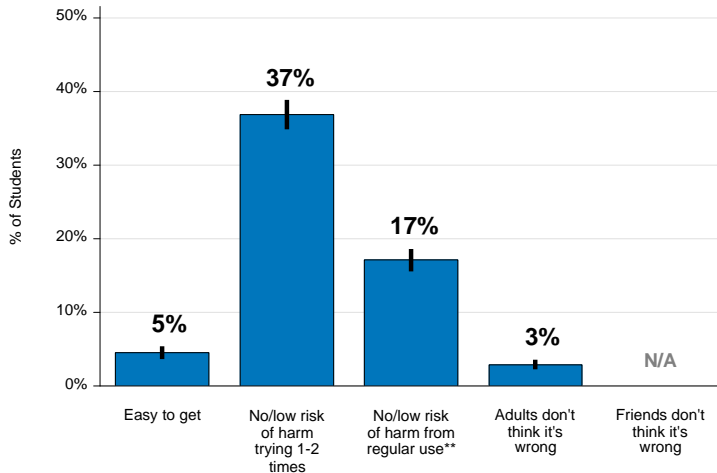
### Background:

- Research shows between 10 and 30% of marijuana users develop some degree of addiction. Those who start using earlier may be more likely to develop an addiction (<https://nida.nih.gov/publications/drugfacts/cannabis-marijuana>).
- Marijuana use can impact brain development. Brain development continues until 25 years of age.
- Marijuana use can cause deficits in learning and memory. Teens who use marijuana are more likely to receive failing grades in school.

### For More Information:

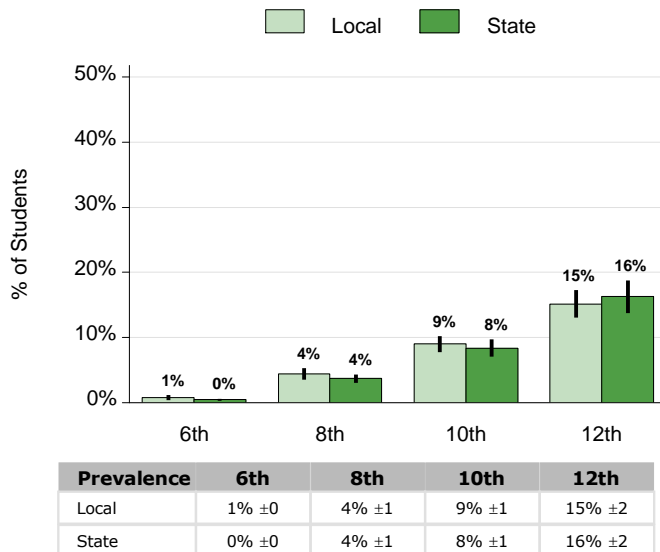
- To learn more, go to the Start Talking Now website: [www.StartTalkingNow.org](http://www.StartTalkingNow.org). To find out about prevention coalitions in your area and how to get involved, go to [https://www.theathenaforum.org/cpwi\\_coalitions](https://www.theathenaforum.org/cpwi_coalitions).
- For free printed guides on preventing marijuana, alcohol and other drug use, visit the ADAI Clearinghouse <http://adaiclearinghouse.net> or call (206) 221-8325.
- For 24 hour help for mental health, substance use or misuse, and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).

**Attitudes about Marijuana Use  
Grade 6, 2023**

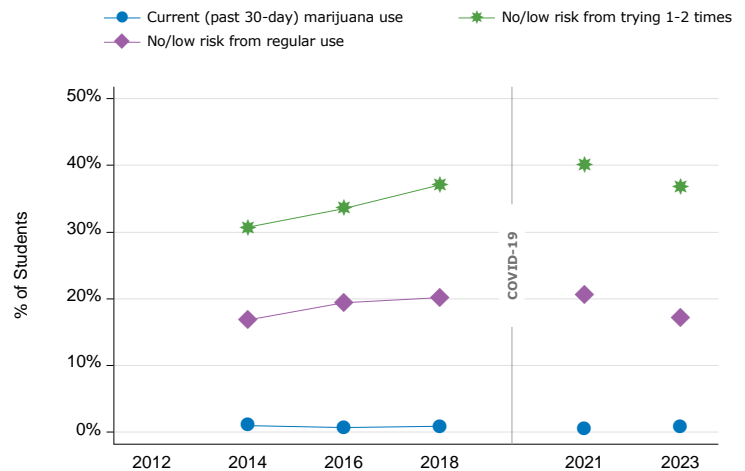


*In 2023, 17% of 6th graders in our county thought there was little or no risk of using marijuana regularly.*

**Current (past 30-day) Marijuana Use  
Compared to the State, All Grades, 2023**



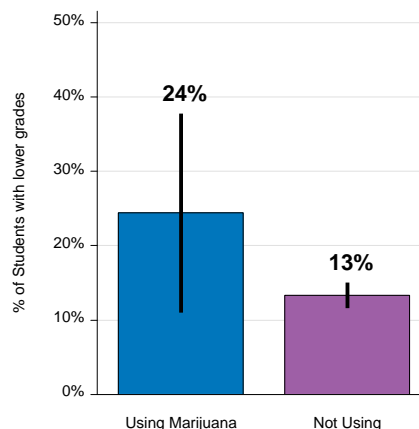
**Marijuana Use and Perception of Harm 2012-2023  
Grade 6**



Prevalence	2012	2014	2016	2018	2021	2023
Current (past 30-day) marijuana use	S	1% ±1	1% ±0	1% ±0	1% ±0	1% ±0
No/low risk from trying 1-2 times	S	31% ±3▲	34% ±2	37% ±2▲	40% ±2▲	37% ±2▼
No/low risk from regular use**	S	17% ±4	19% ±3	20% ±2	21% ±2	17% ±2▼

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

**Statewide Relationship between  
Lower Grades and Current (past 30-day) Marijuana Use  
Grade 6, 2023**

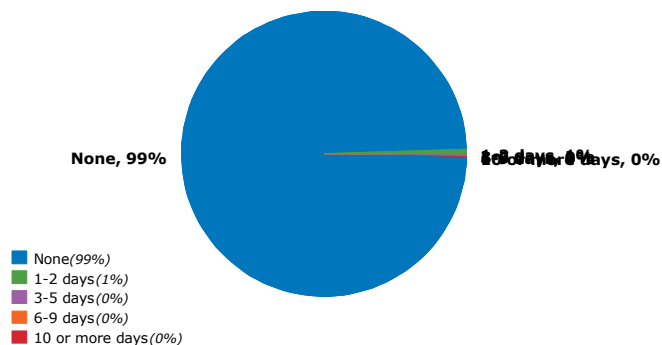


*Statewide, more 6th graders who use marijuana report lower grades in school (C's, D's or F's) compared to those who don't use.*

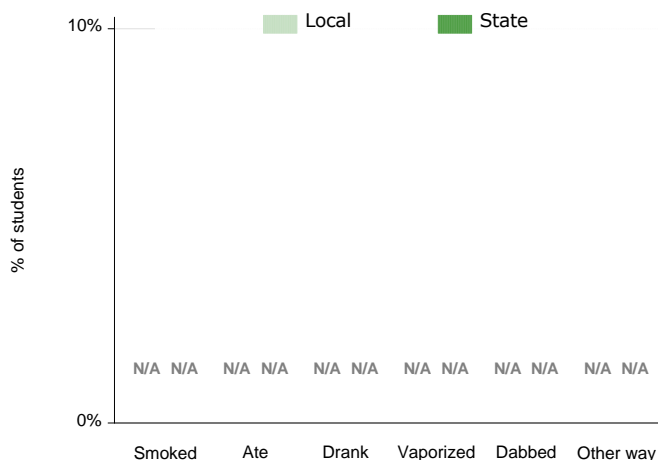


## Marijuana Use for Thurston County

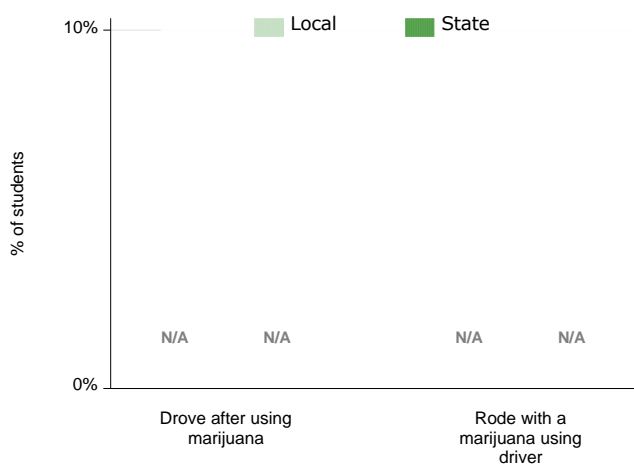
Level of Current (past 30-day) Marijuana Use  
Grade 6, 2023



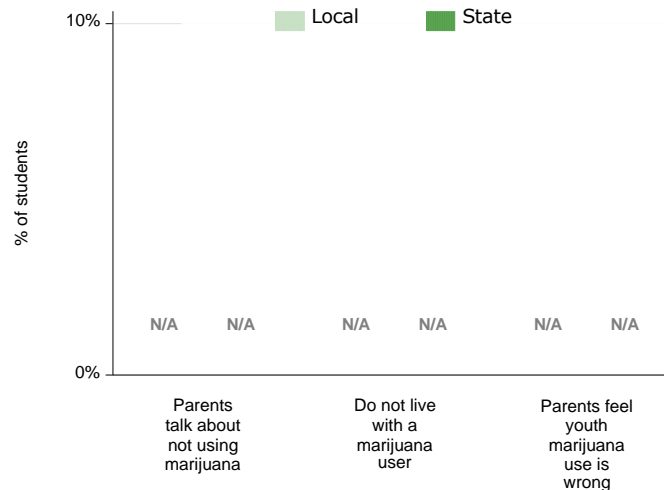
Type of Marijuana Use among Those Who Used It  
Grade 6, 2023



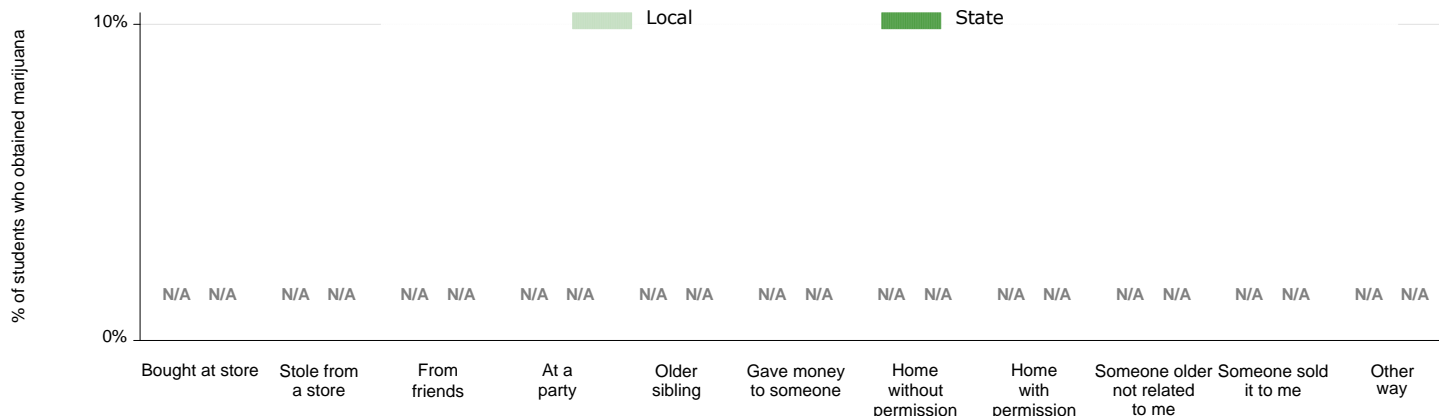
Marijuana Use and Driving/Riding  
Grade 6, 2023



Family Environment, Grade 6, 2023

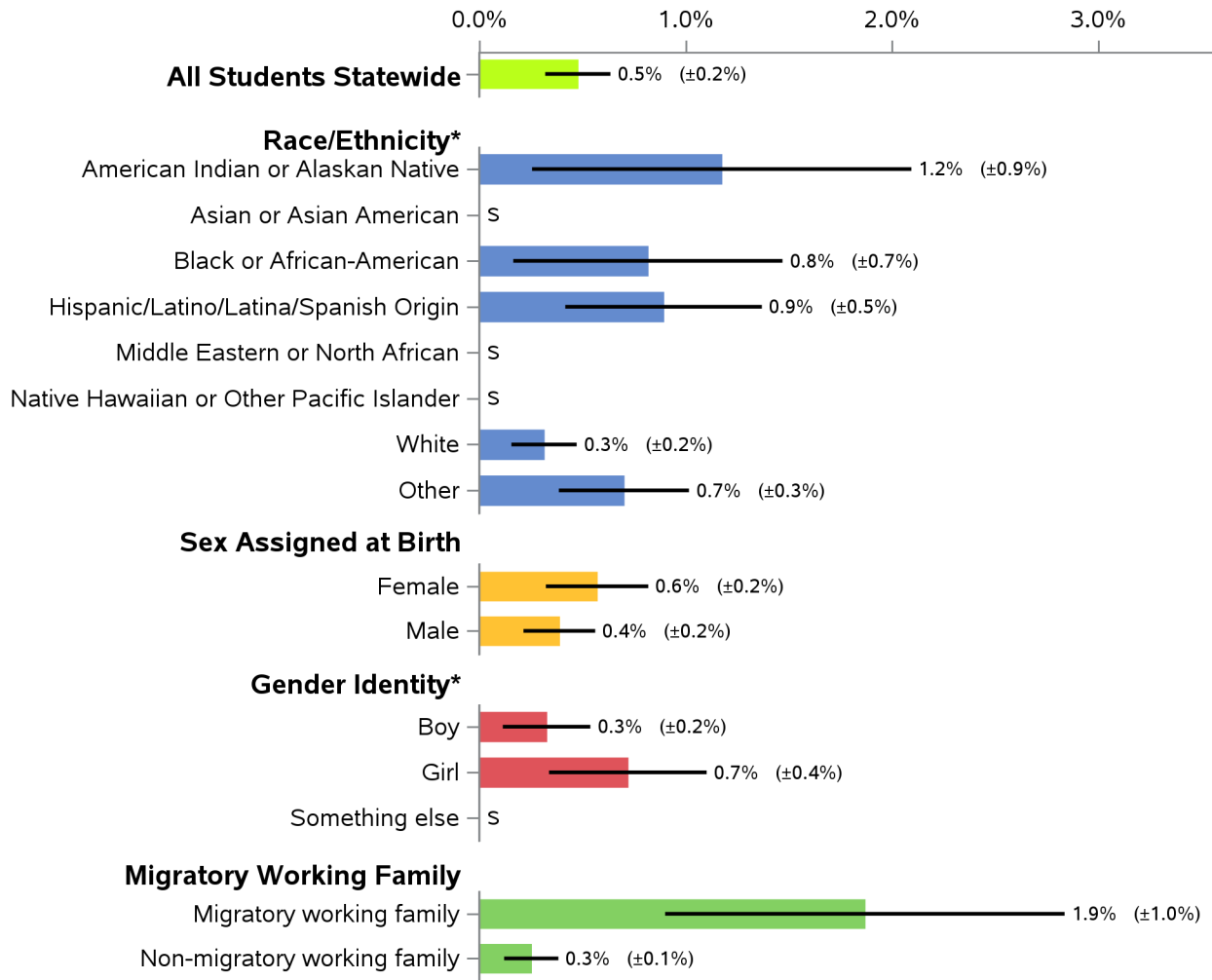


Where Do Youth Get Marijuana? Grade 6, 2023



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.

# Statewide Relationship between Current (past 30-days) Marijuana Use and Demographics, Grade 6, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

S - results are suppressed because less than 5 students answered this way

Year: 2023

Grade: 8

Sex: All

Number of Students Surveyed: 2,329

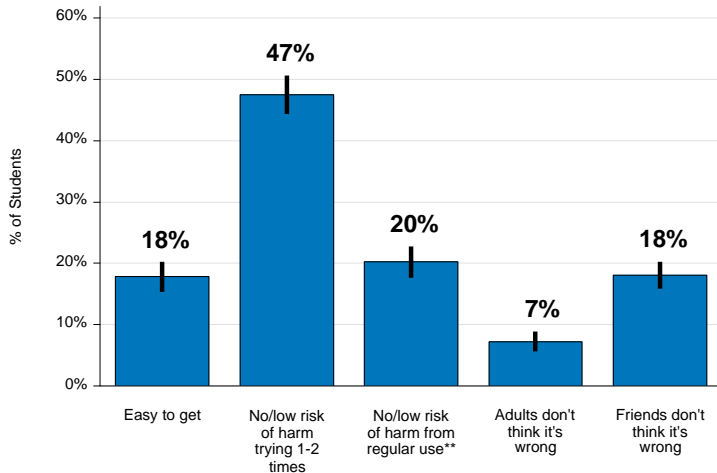
### Background:

- Research shows between 10 and 30% of marijuana users develop some degree of addiction. Those who start using earlier may be more likely to develop an addiction (<https://nida.nih.gov/publications/drugfacts/cannabis-marijuana>).
- Marijuana use can impact brain development. Brain development continues until 25 years of age.
- Marijuana use can cause deficits in learning and memory. Teens who use marijuana are more likely to receive failing grades in school.

### For More Information:

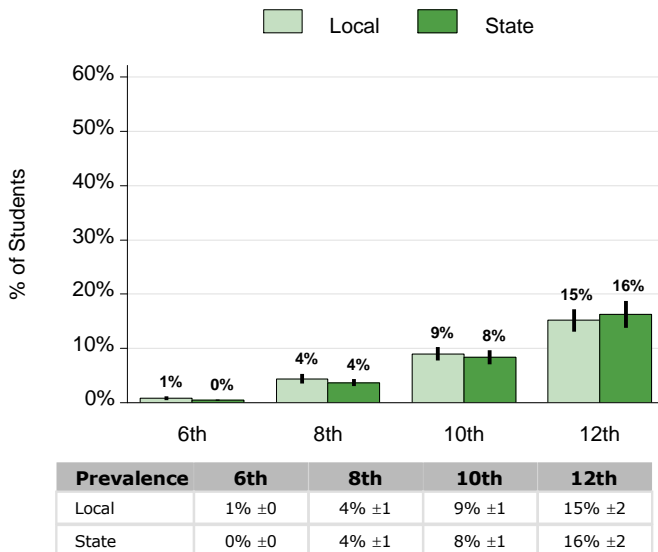
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**Attitudes about Marijuana Use  
Grade 8, 2023**

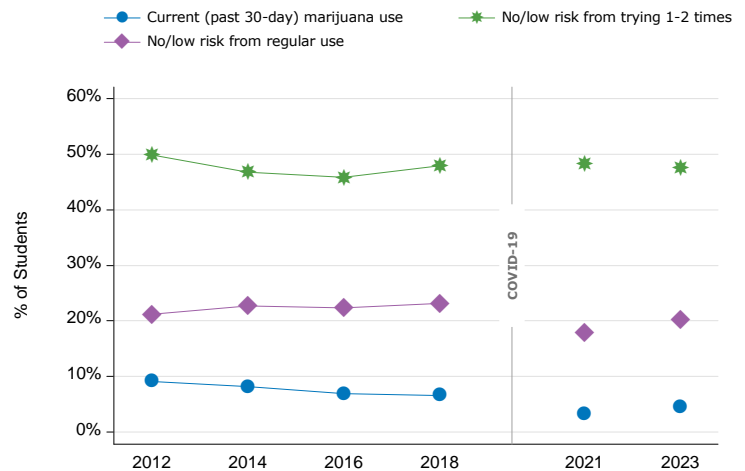


*In 2023, 20% of 8th graders in our county thought there was little or no risk of using marijuana regularly.*

**Current (past 30-day) Marijuana Use  
Compared to the State, All Grades, 2023**



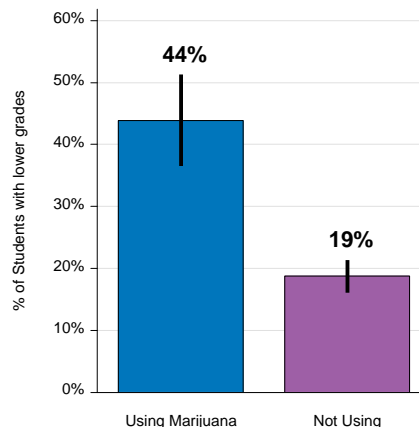
**Marijuana Use and Perception of Harm 2012-2023  
Grade 8**



Prevalence	2012	2014	2016	2018	2021	2023
Current (past 30-day) marijuana use	9% ± 1	8% ± 1	7% ± 1	7% ± 1	3% ± 1 ▼	4% ± 1 ▲
No/low risk from trying 1-2 times	50% ± 3	47% ± 3	46% ± 3	48% ± 3	48% ± 3	47% ± 3
No/low risk from regular use**	21% ± 3	23% ± 2	22% ± 2	23% ± 2	18% ± 2 ▼	20% ± 3

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

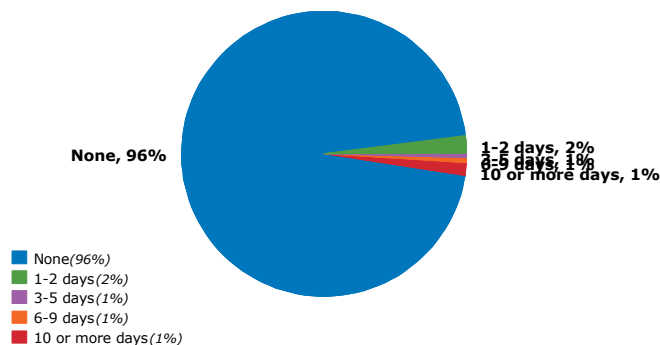
**Statewide Relationship between  
Lower Grades and Current (past 30-day) Marijuana Use  
Grade 8, 2023**



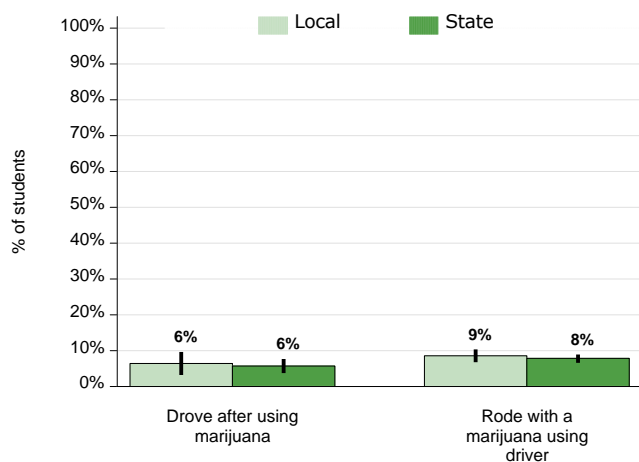
*Statewide, more 8th graders who use marijuana report lower grades in school (C's, D's or F's) compared to those who don't use.*

## Marijuana Use for Thurston County

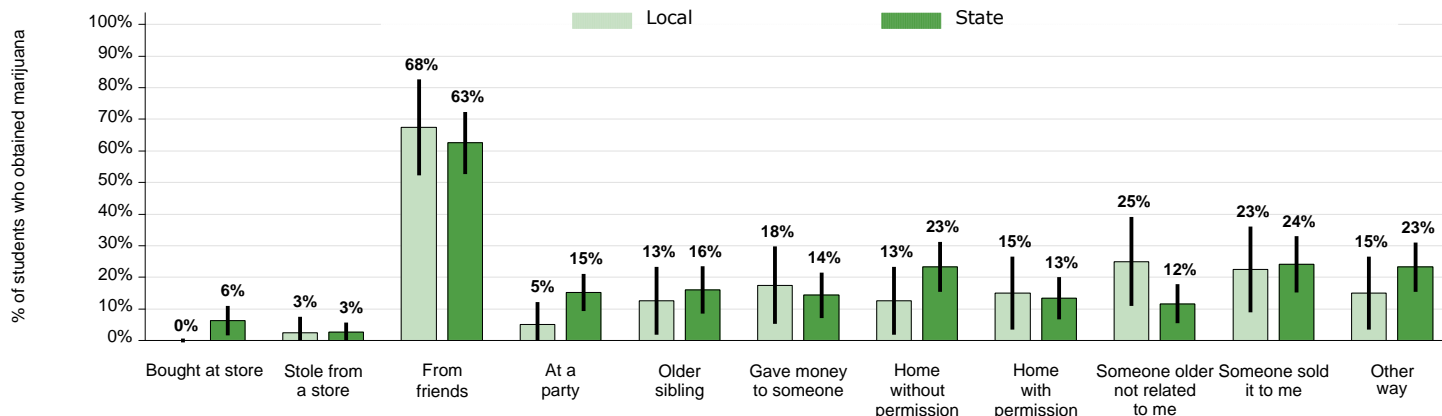
Level of Current (past 30-day) Marijuana Use  
Grade 8, 2023



Marijuana Use and Driving/Riding  
Grade 8, 2023

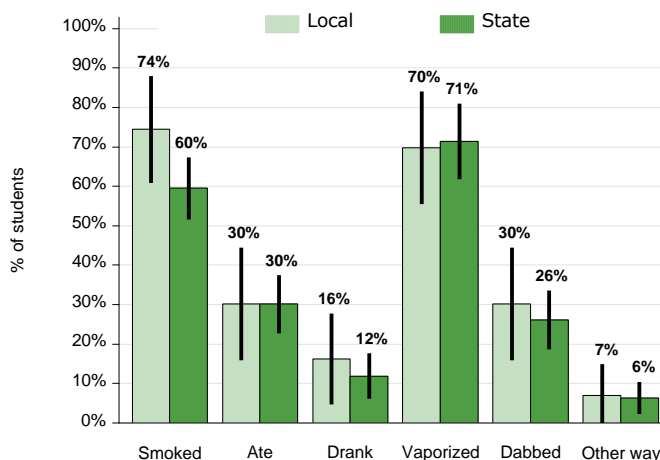


Where Do Youth Get Marijuana? Grade 8, 2023

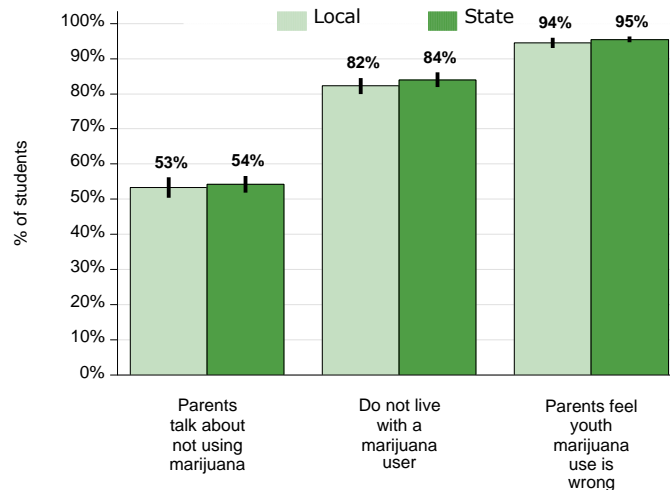


The percentages in this chart are based on all students who reported getting marijuana in the past 30 days, regardless whether they reported using in the past 30 days. Students could select multiple sources.

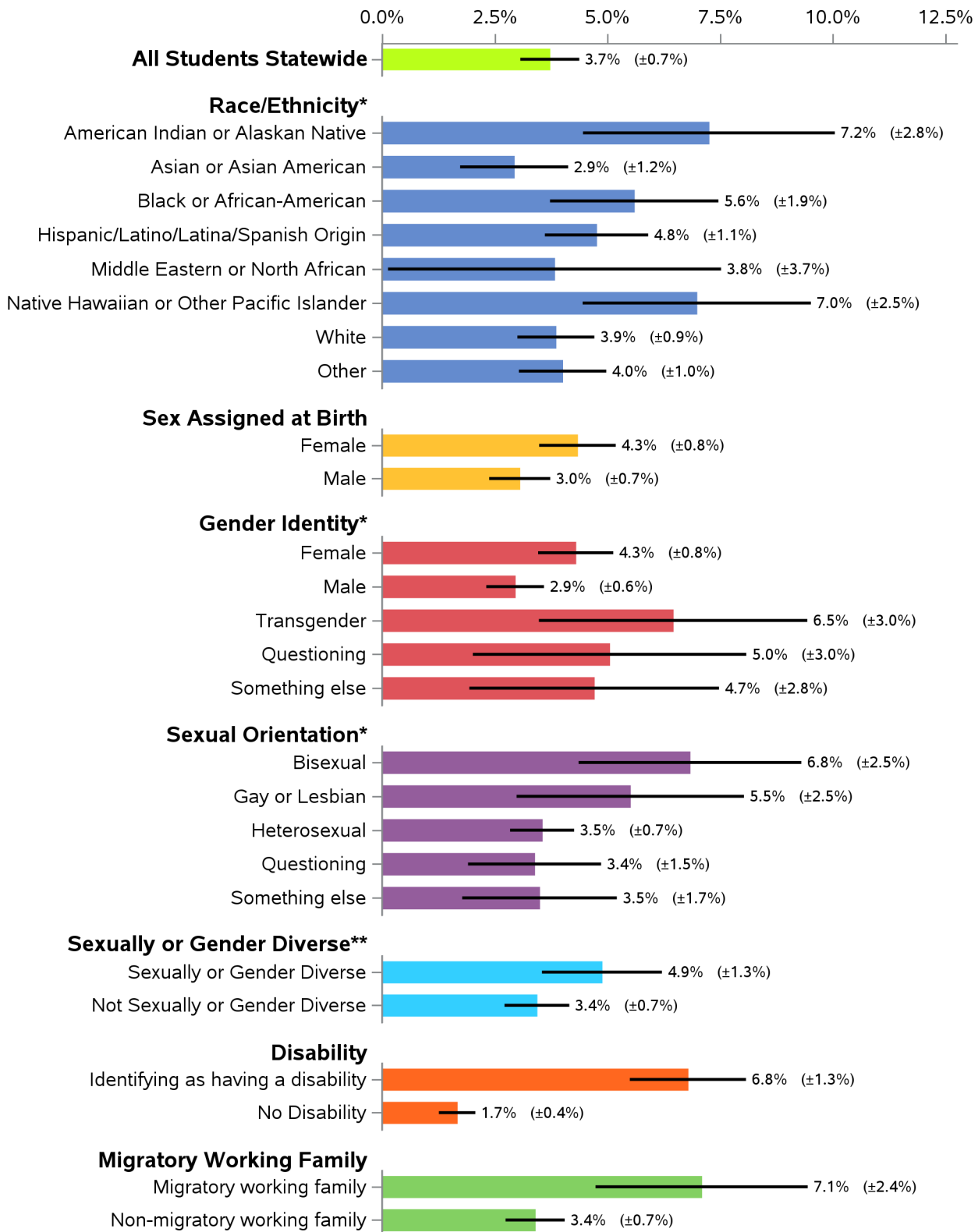
Type of Marijuana Use among Those Who Used It  
Grade 8, 2023



Family Environment, Grade 8, 2023



# Statewide Relationship between Current (past 30-days) Marijuana Use and Demographics, Grade 8, 2023



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Year: 2023

Grade: 10

Sex: All

Number of Students Surveyed: 2,355

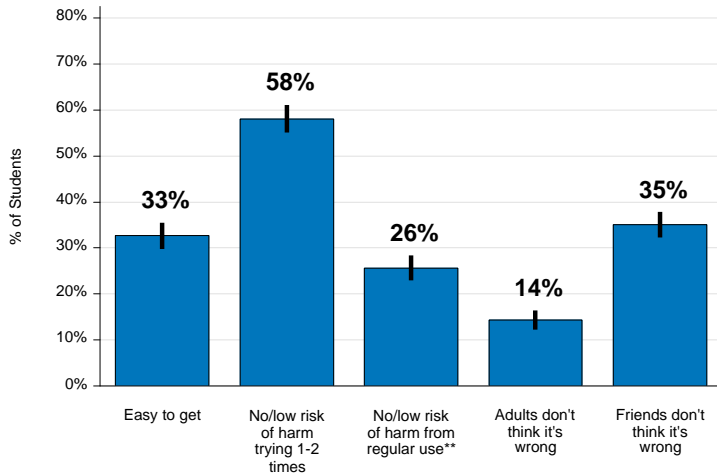
### Background:

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### For More Information:

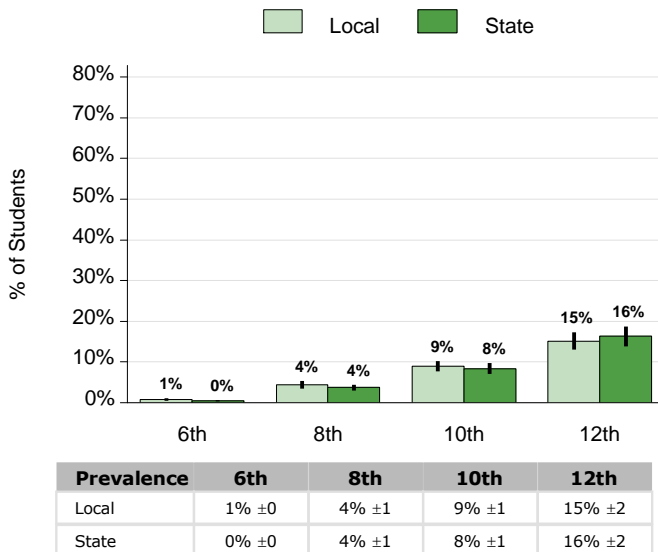
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Attitudes about Marijuana Use  
Grade 10, 2023

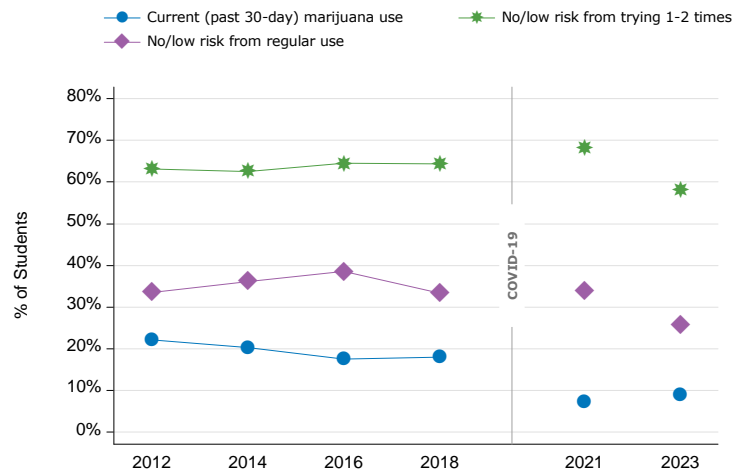


In 2023, 26% of 10th graders in our county thought there was little or no risk of using marijuana regularly.

Current (past 30-day) Marijuana Use  
Compared to the State, All Grades, 2023



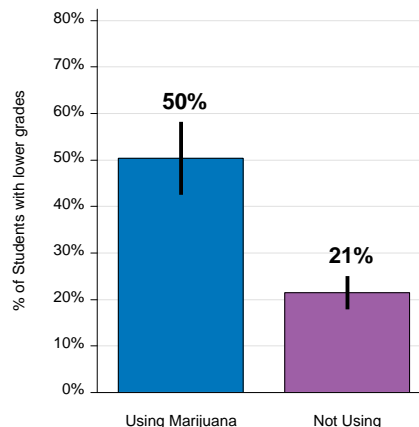
Marijuana Use and Perception of Harm 2012-2023  
Grade 10



Prevalence	2012	2014	2016	2018	2021	2023
Current (past 30-day) marijuana use	22% ± 2	20% ± 2	18% ± 2	18% ± 2	7% ± 1	9% ± 1
No/low risk from trying 1-2 times	63% ± 3	63% ± 3	65% ± 3	64% ± 3	68% ± 3	58% ± 3
No/low risk from regular use**	34% ± 3	36% ± 3	39% ± 3	33% ± 3	34% ± 3	26% ± 3

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

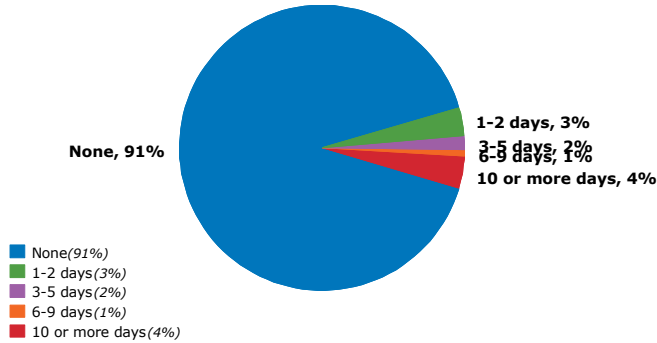
Statewide Relationship between  
Lower Grades and Current (past 30-day) Marijuana Use  
Grade 10, 2023



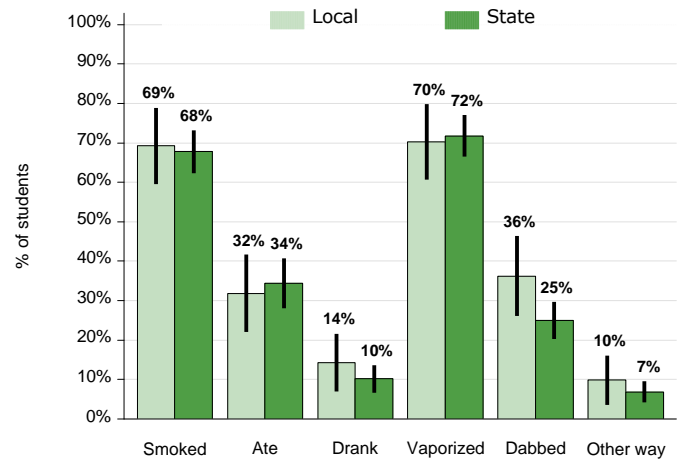
Statewide, more 10th graders who use marijuana report lower grades in school (C's, D's or F's) compared to those who don't use.

## Marijuana Use for Thurston County

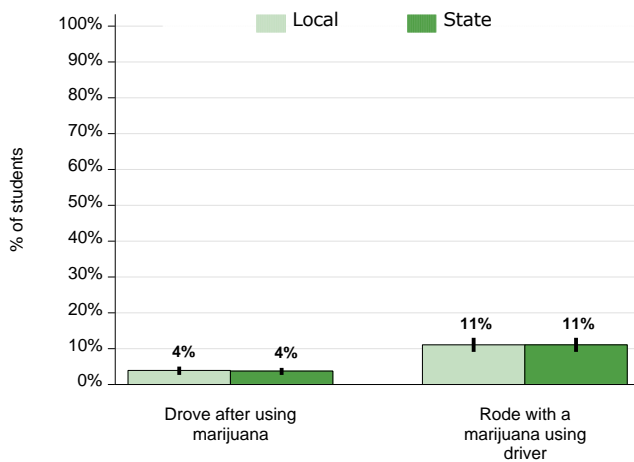
**Level of Current (past 30-day) Marijuana Use  
Grade 10, 2023**



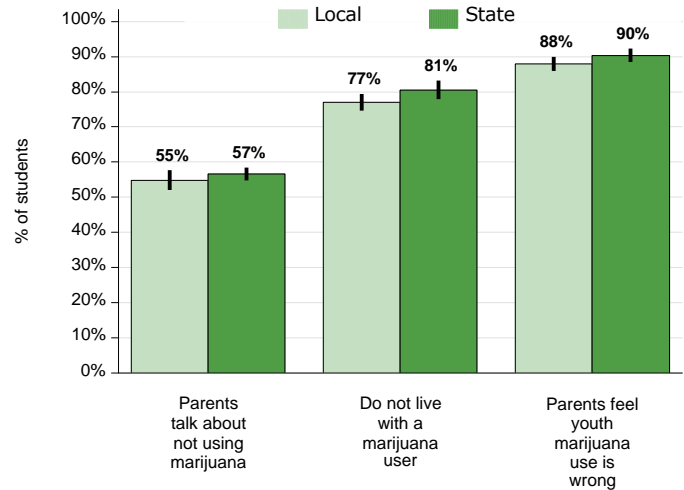
**Type of Marijuana Use among Those Who Used It  
Grade 10, 2023**



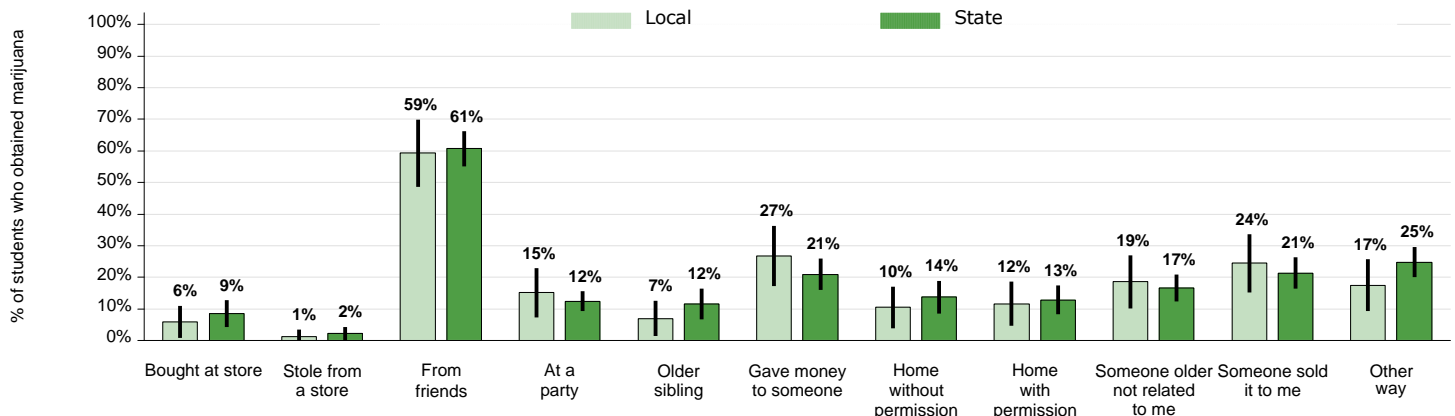
**Marijuana Use and Driving/Riding  
Grade 10, 2023**



**Family Environment, Grade 10, 2023**

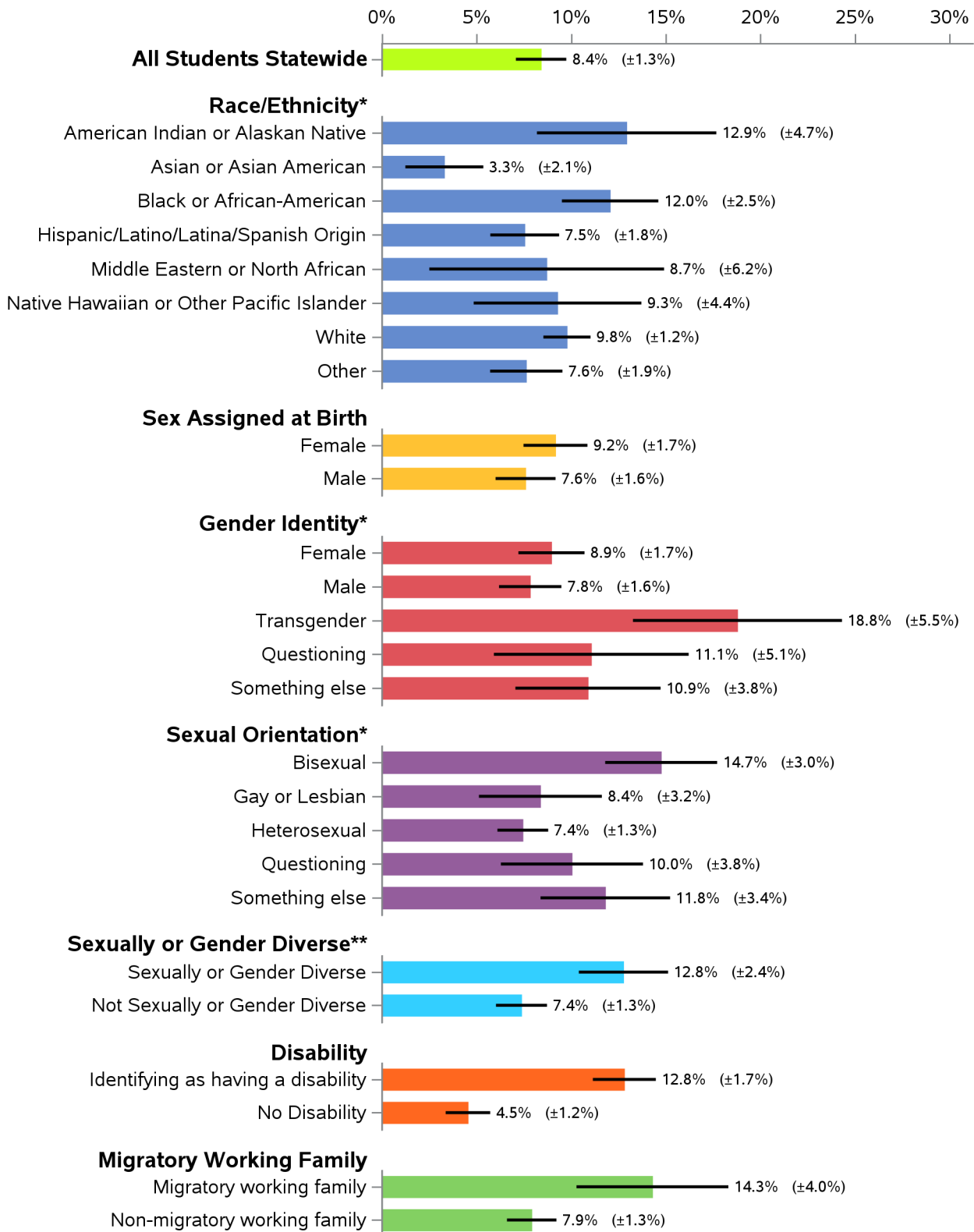


**Where Do Youth Get Marijuana? Grade 10, 2023**



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.

# Statewide Relationship between Current (past 30-days) Marijuana Use and Demographics, Grade 10, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

\*\*Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.



Year: 2023

Grade: 12

Sex: All

Number of Students Surveyed: 1,341

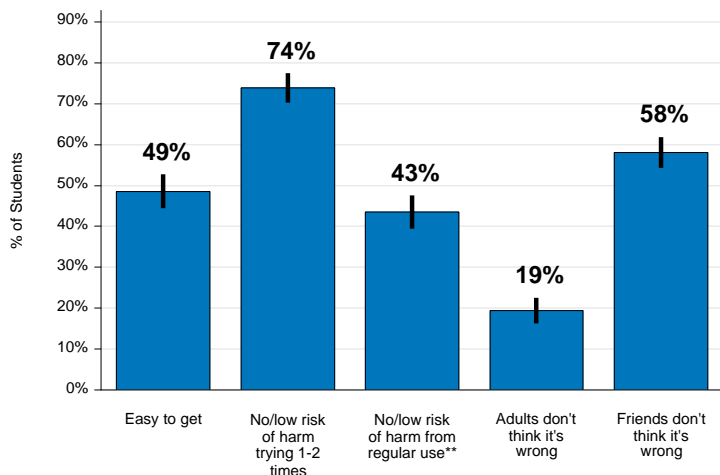
#### Background:

- Research shows between 10 and 30% of marijuana users develop some degree of addiction. Those who start using earlier may be more likely to develop an addiction (<https://nida.nih.gov/publications/drugfacts/cannabis-marijuana>).
- Marijuana use can impact brain development. Brain development continues until 25 years of age.
- Marijuana use can cause deficits in learning and memory. Teens who use marijuana are more likely to receive failing grades in school.

#### For More Information:

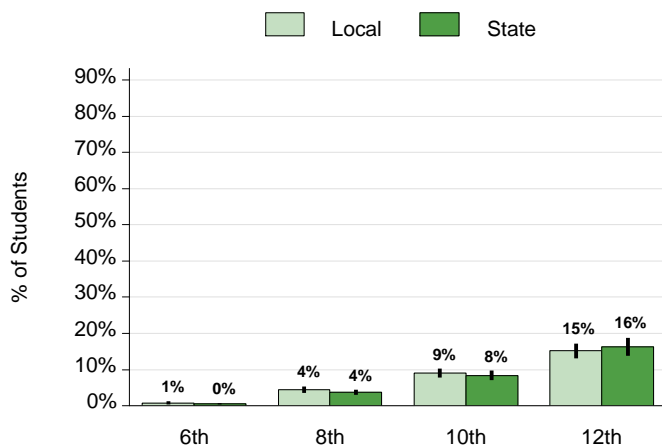
- To learn more, go to the Start Talking Now website: [www.StartTalkingNow.org](http://www.StartTalkingNow.org). To find out about prevention coalitions in your area and how to get involved, go to [https://www.theathenaforum.org/cpwi\\_coalitions](https://www.theathenaforum.org/cpwi_coalitions).
- For free printed guides on preventing marijuana, alcohol and other drug use, visit the ADAI Clearinghouse <http://adaiclearinghouse.net> or call (206) 221-8325.
- For 24 hour help for mental health, substance use or misuse, and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).

**Attitudes about Marijuana Use  
Grade 12, 2023**



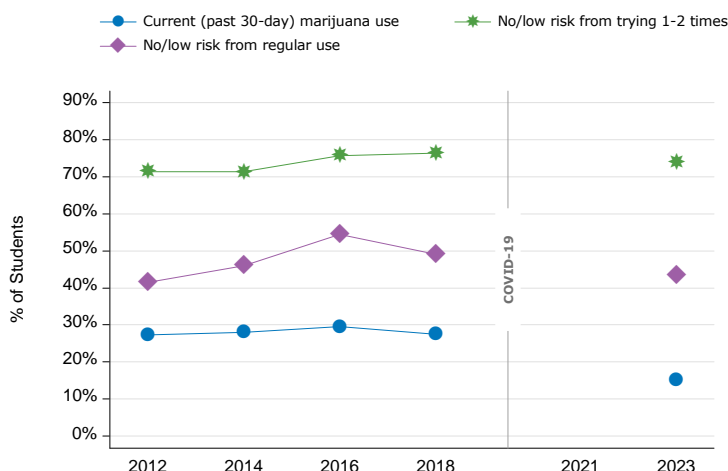
*In 2023, 43% of 12th graders in our county thought there was little or no risk of using marijuana regularly.*

**Current (past 30-day) Marijuana Use  
Compared to the State, All Grades, 2023**



Prevalence	6th	8th	10th	12th
Local	1% ±0	4% ±1	9% ±1	15% ±2
State	0% ±0	4% ±1	8% ±1	16% ±2

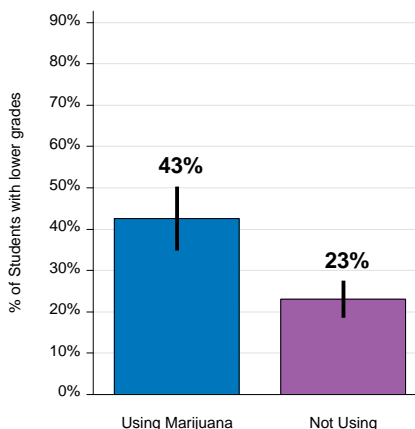
**Marijuana Use and Perception of Harm 2012-2023  
Grade 12**



Prevalence	2012	2014	2016	2018	2021	2023
Current (past 30-day) marijuana use	27% ±2	28% ±2	30% ±2	28% ±2	S	15% ±2
No/low risk from trying 1-2 times	71% ±3	71% ±3	76% ±3▲	76% ±3	S	74% ±4
No/low risk from regular use**	42% ±3	46% ±3	55% ±3▲	49% ±4▼	S	43% ±4

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

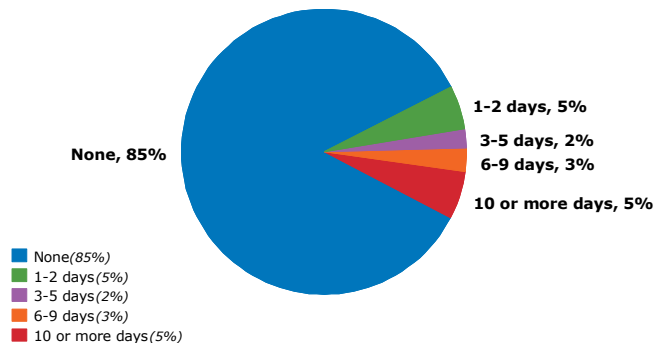
**Statewide Relationship between  
Lower Grades and Current (past 30-day) Marijuana Use  
Grade 12, 2023**



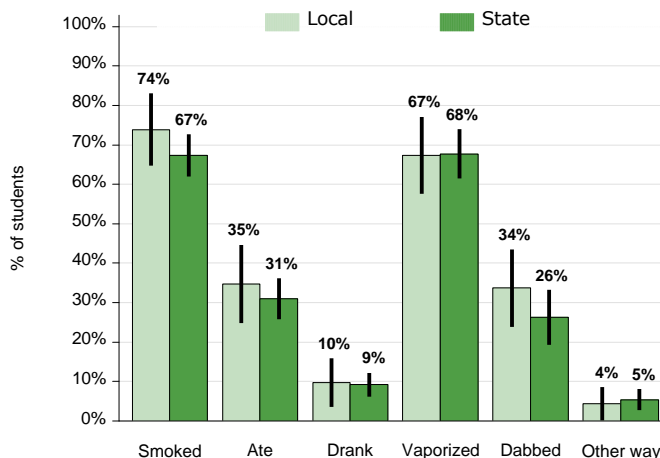
*Statewide, more 12th graders who use marijuana report lower grades in school (C's, D's or F's) compared to those who don't use.*

## Marijuana Use for Thurston County

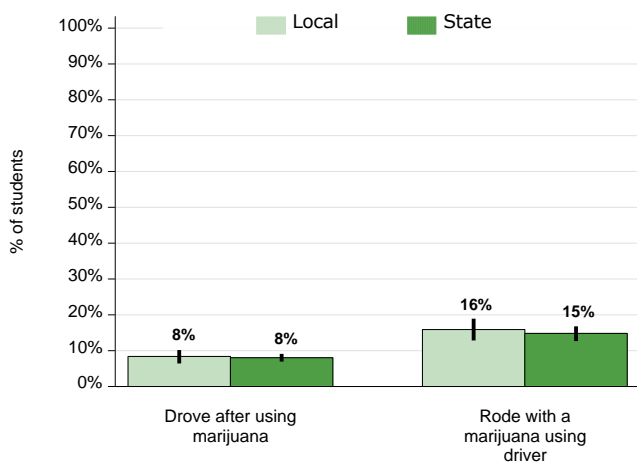
**Level of Current (past 30-day) Marijuana Use  
Grade 12, 2023**



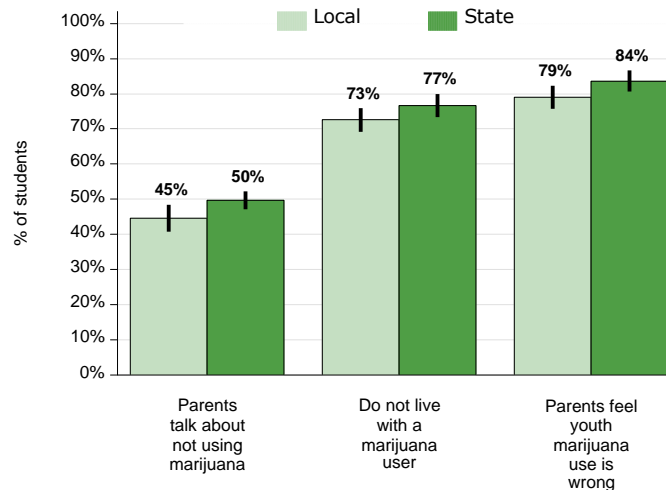
**Type of Marijuana Use among Those Who Used It  
Grade 12, 2023**



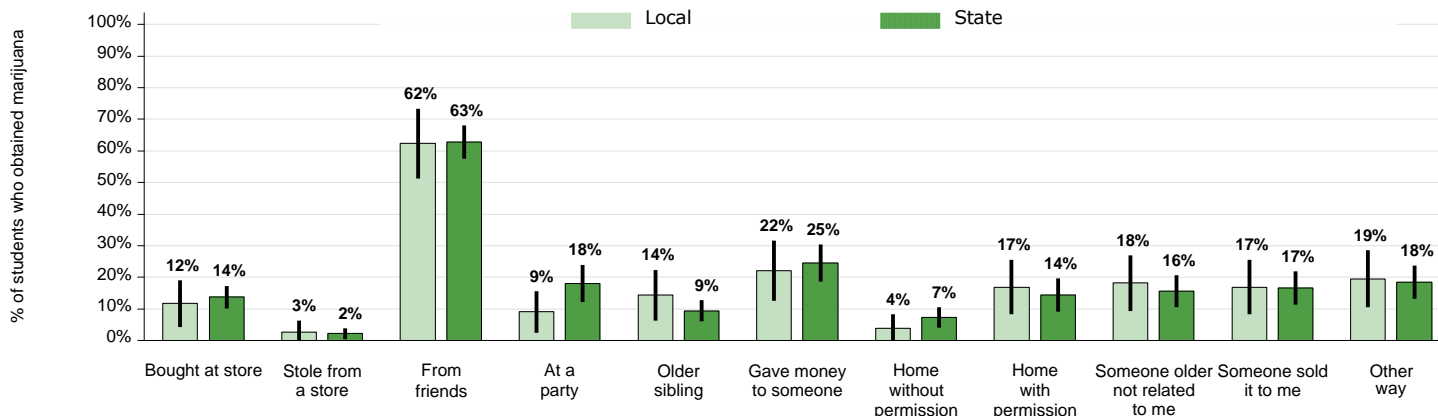
**Marijuana Use and Driving/Riding  
Grade 12, 2023**



**Family Environment, Grade 12, 2023**

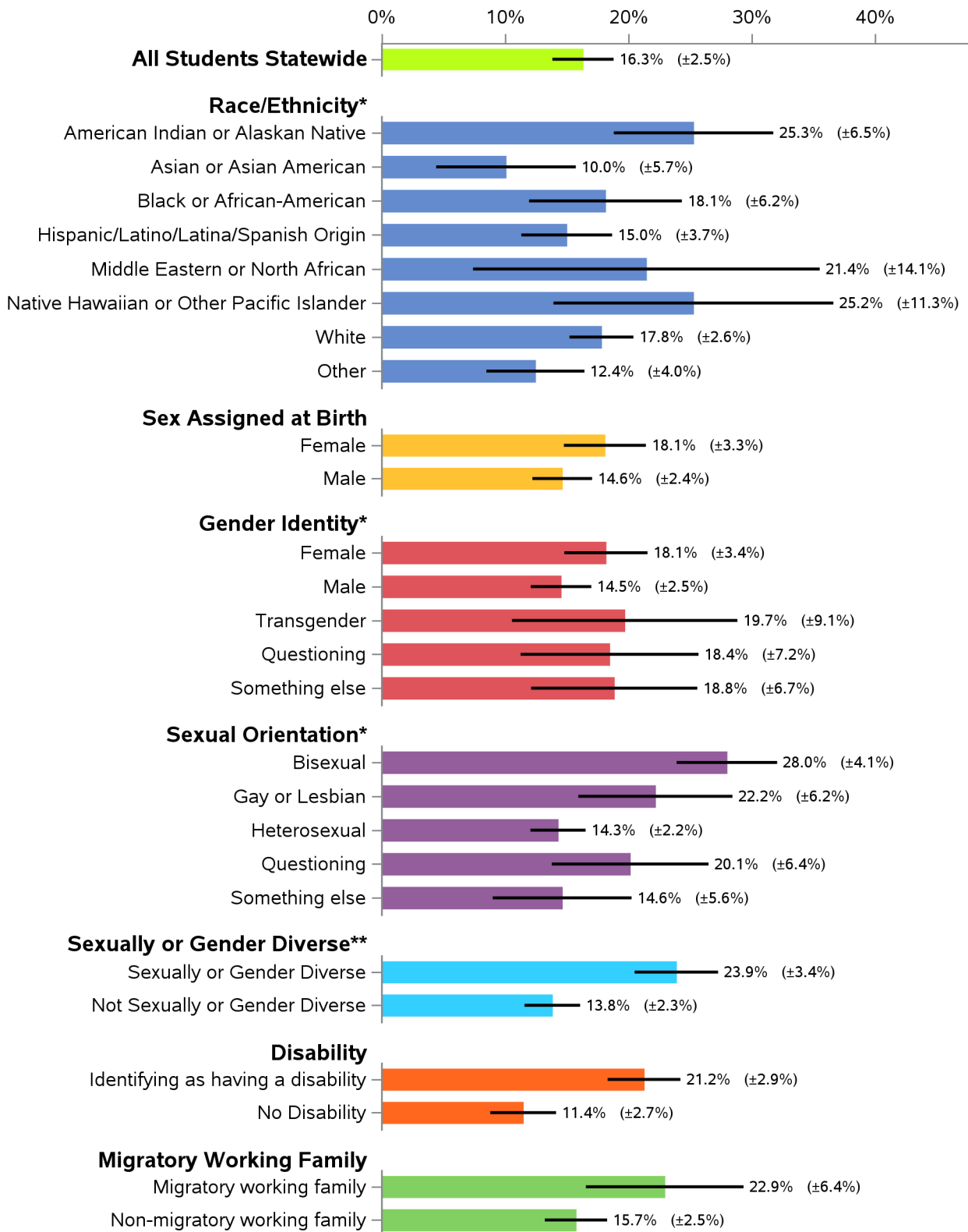


**Where Do Youth Get Marijuana? Grade 12, 2023**



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.

# Statewide Relationship between Current (past 30-days) Marijuana Use and Demographics, Grade 12, 2023



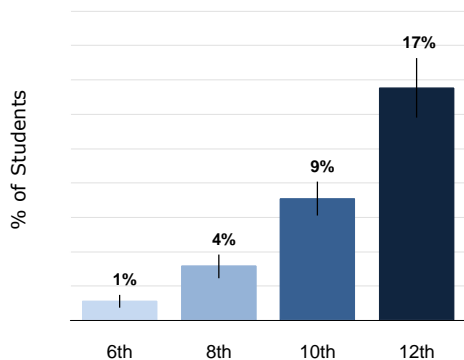
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### Are OUR youth using alcohol?

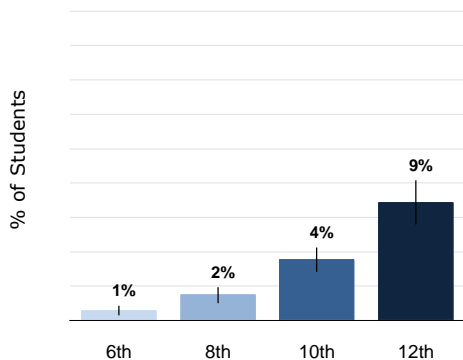
#### Current Drinking

Students who report drinking at least once in the past month



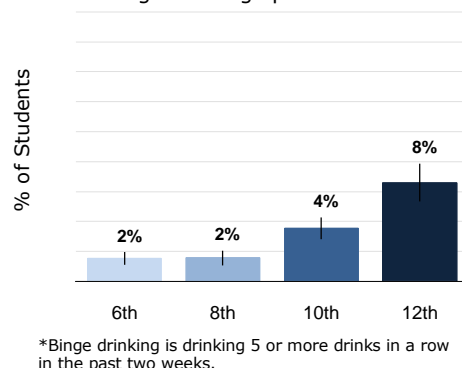
#### Experimental Drinking

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



#### Problem or Heavy Drinking

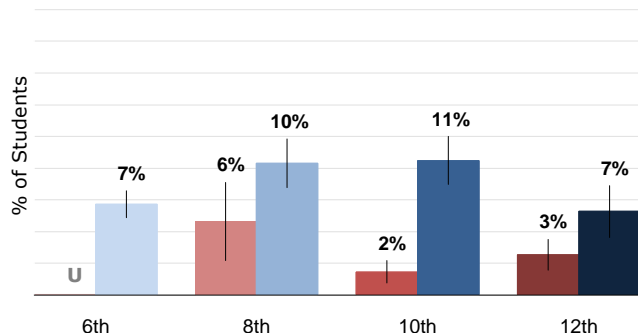
Students who report drinking 3 or more days in the past month and/or one or more binge drinking episodes\*



#### In a Vehicle

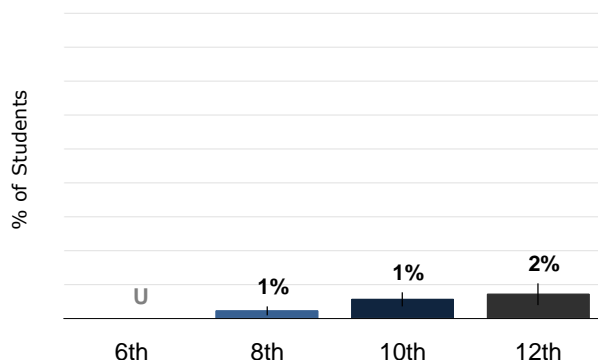
Students who report drinking and driving OR riding with a driver who had been drinking in the past 30 days

■ Drove after drinking ■ Rode with drinking driver

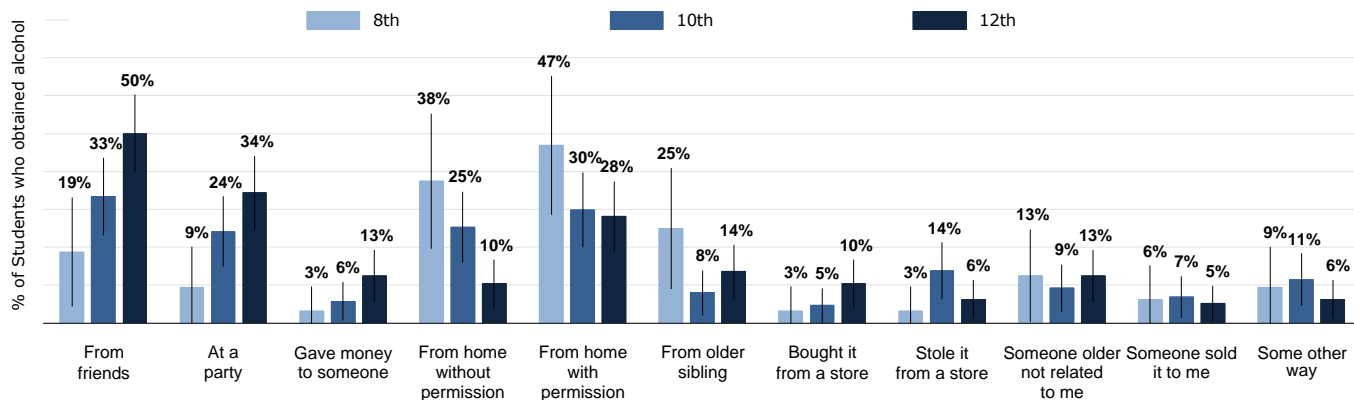


#### On school property

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.

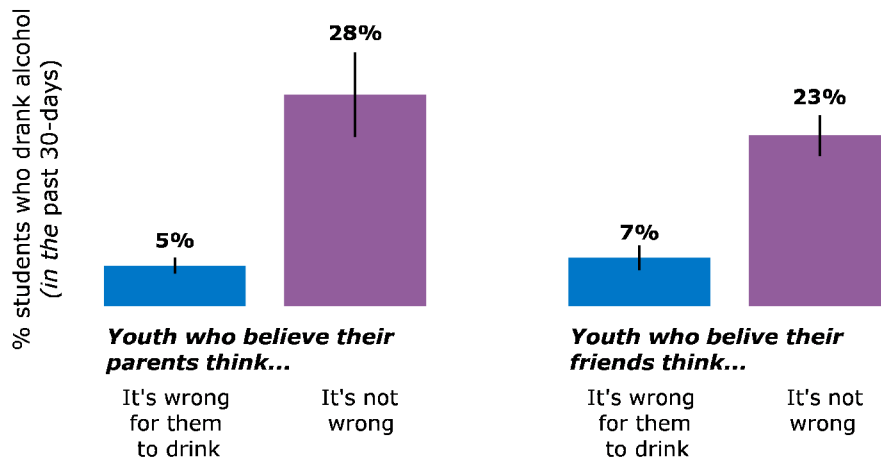
The data in these charts are based on the Healthy Youth Survey conducted in fall 2023. In Thurston County, 2,581 6th graders, 2,329 8th graders, 2,355 10th graders and 1,341 12th graders completed the survey.

For more results from the 2023 Healthy Youth Survey, please visit [www.AskHYS.net](http://www.AskHYS.net)

## Parents and friends have influence!

**Youth are less likely to drink if they believe their parents or their friends disapprove of youth drinking.**

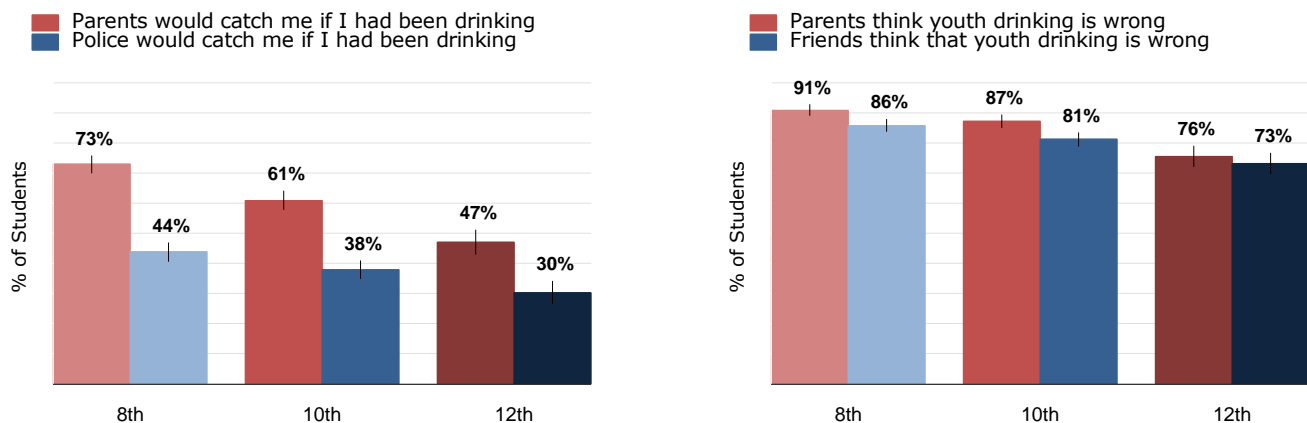
**Percent of 10th Graders who Drink Alcohol (Statewide)**



**What does this chart say?**

- Only 5% of youth drink alcohol if their parents think it's wrong, while 28% drink if their parents don't think it's wrong
- Only 7% of youth drink alcohol if their friends think it's wrong, while 23% drink if their friends don't think it's wrong.

**Youth in Thurston County reported that they believe...**



## Take action to reduce youth alcohol use!

**Community Members - help reduce youth drinking by making it difficult for them to get alcohol.**

The percent of Thurston County youth who think that it would be easy to get alcohol increases as they get older, from 12% in 6th Grade to 51% in 12th Grade.

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

The percent of Thurston County youth who said their parents **didn't** talk to them about the dangers of alcohol increases as they get older, from 25% in 8th Grade to 36% in 12th Grade.

**Help youth make healthy choices**

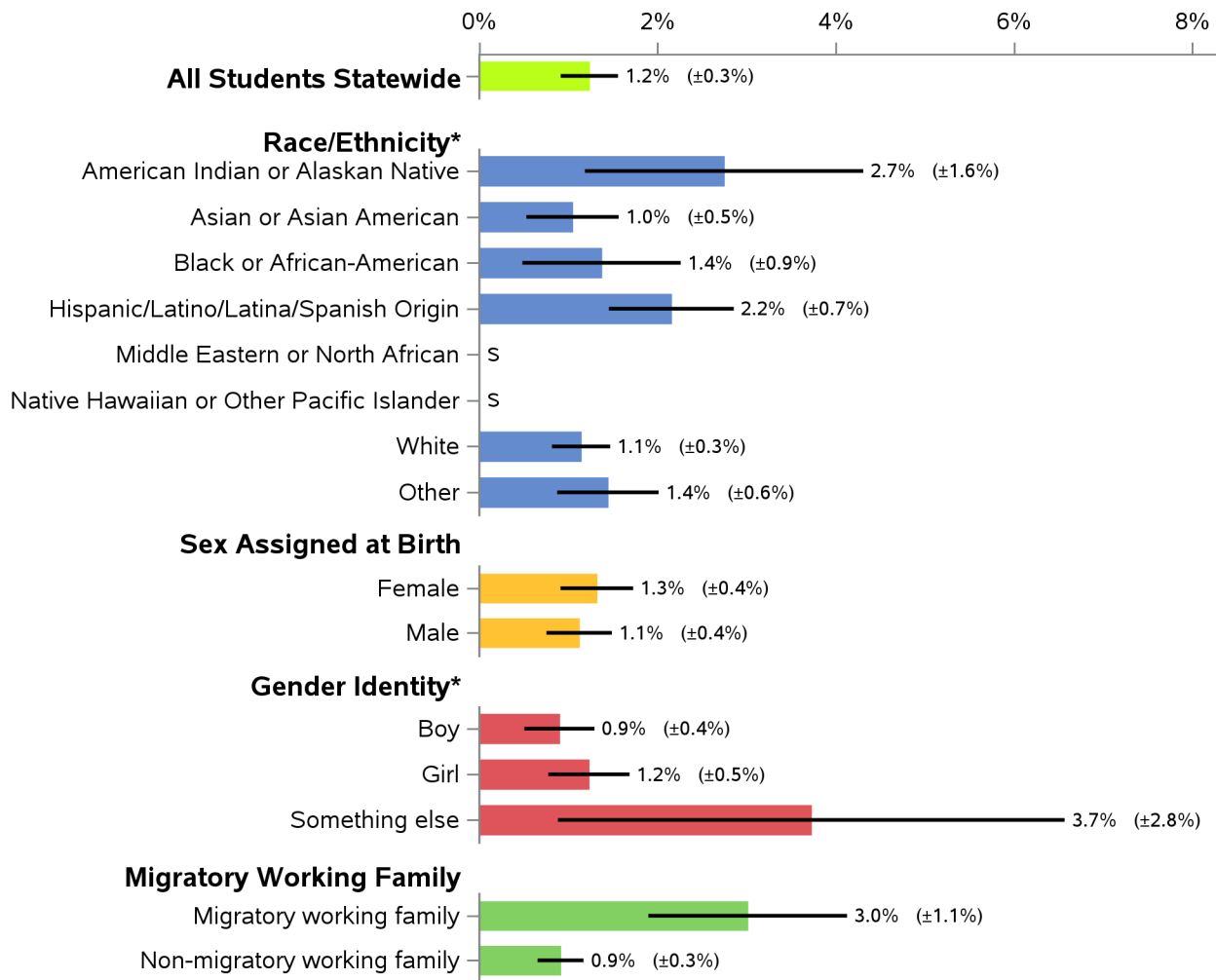
**Start the conversation**

**Continue the conversation**

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



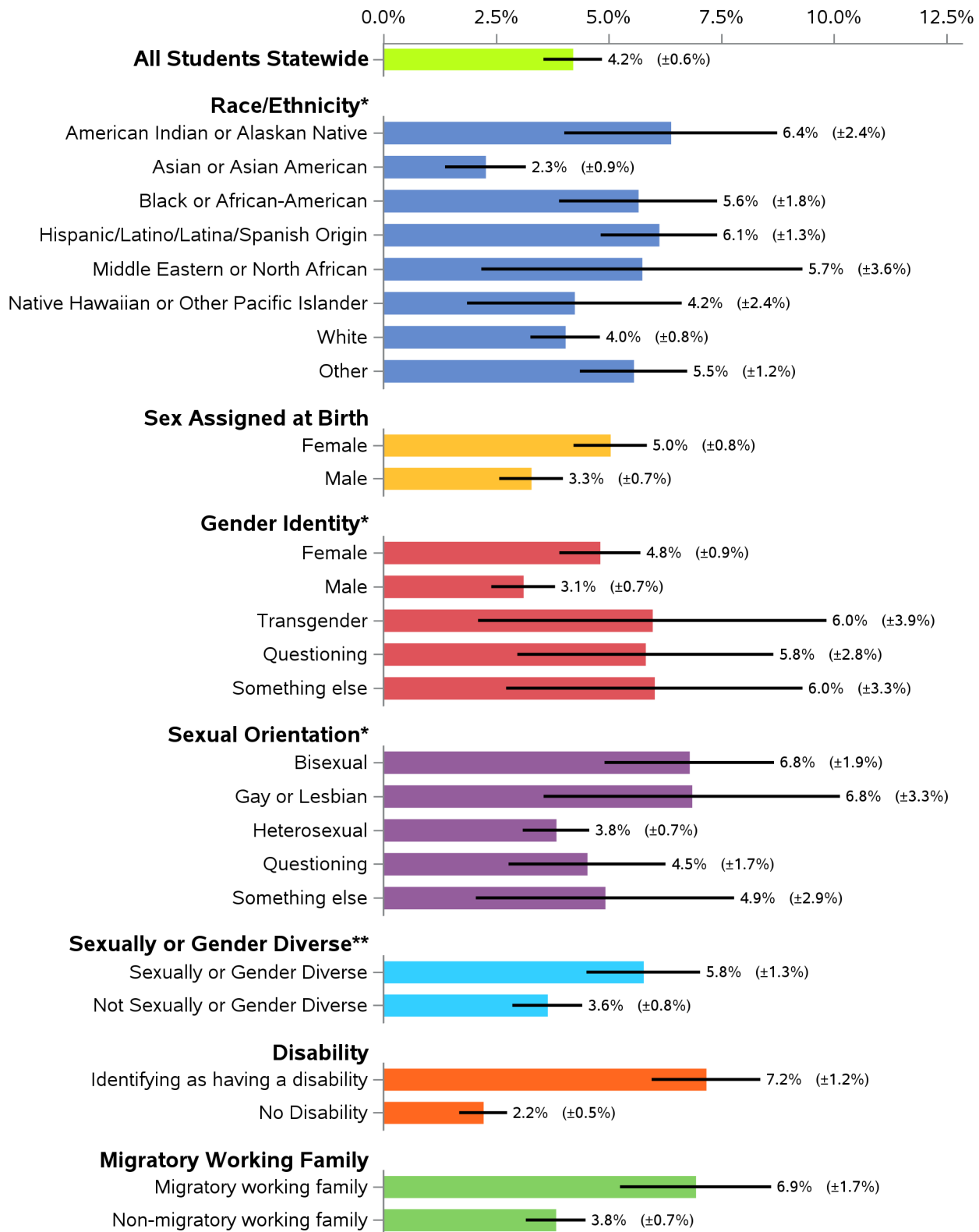
# Statewide Relationship between Current (past 30 days) Alcohol Use and Demographics, Grade 6, 2023



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S - results are suppressed because less than 5 students answered this way

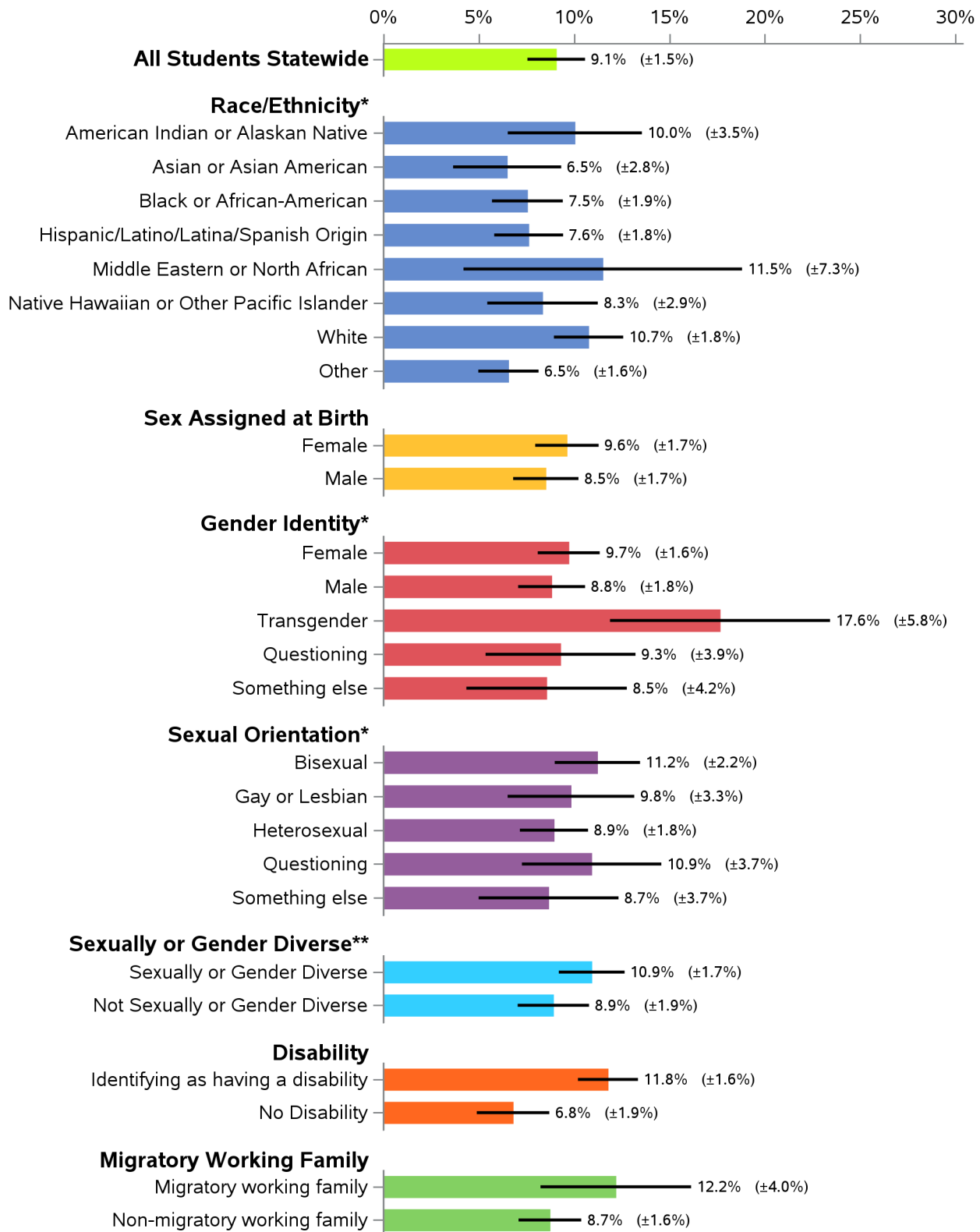
# Statewide Relationship between Current (past 30 days) Alcohol Use and Demographics, Grade 8, 2023



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# Statewide Relationship between Current (past 30 days) Alcohol Use and Demographics, Grade 10, 2023

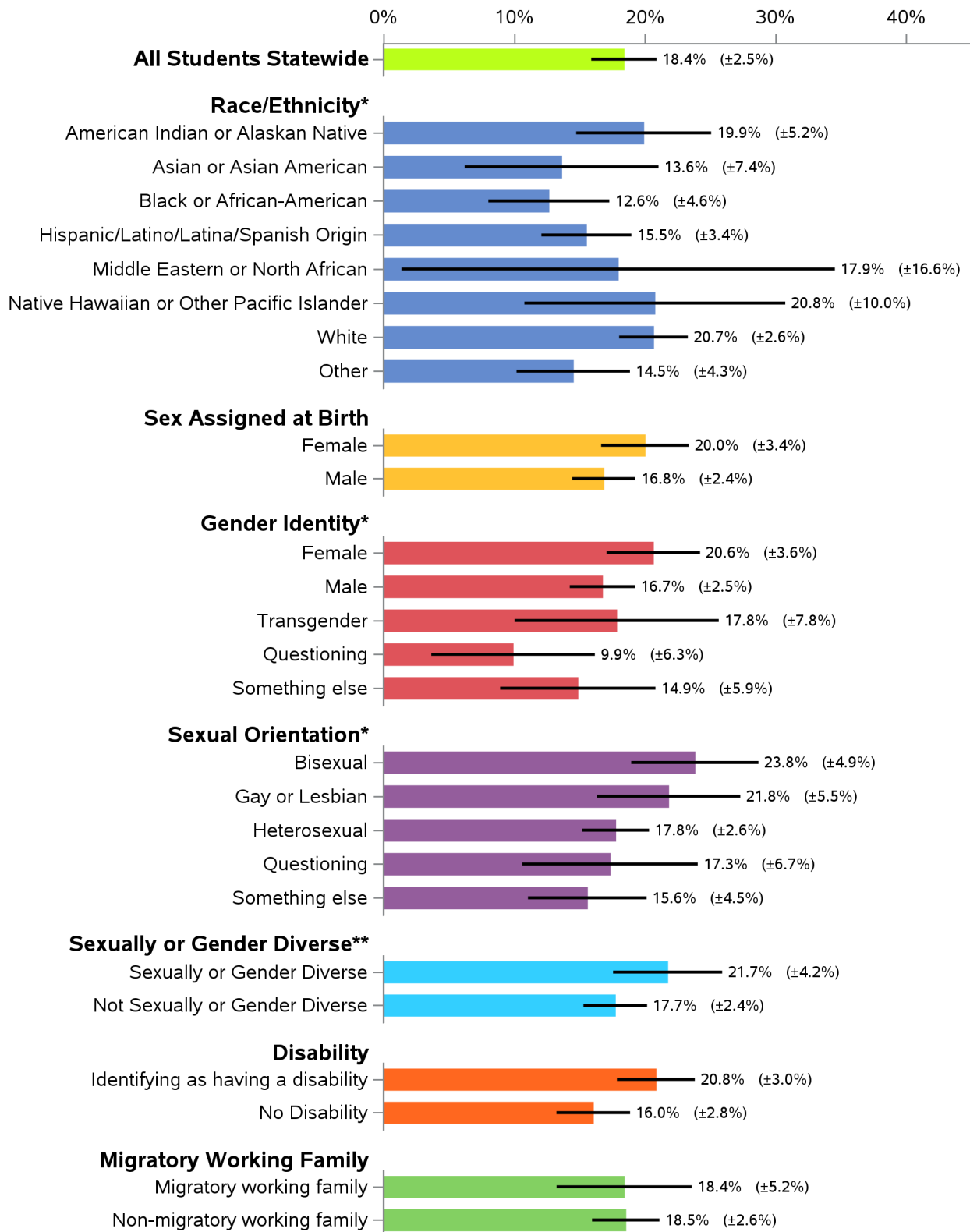


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# Statewide Relationship between Current (past 30 days) Alcohol Use and Demographics, Grade 12, 2023



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# Fact Sheet

## Marijuana Use for Thurston County in 2023

The data in these charts are based on the Healthy Youth Survey conducted in fall 2023. In Thurston County, 2,581 6th graders, 2,329 8th graders, 2,355 10th graders and 1,341 12th graders completed the survey.

For more results from the 2023 Healthy Youth Survey, please visit [www.AskHYS.net](http://www.AskHYS.net)

### Background:

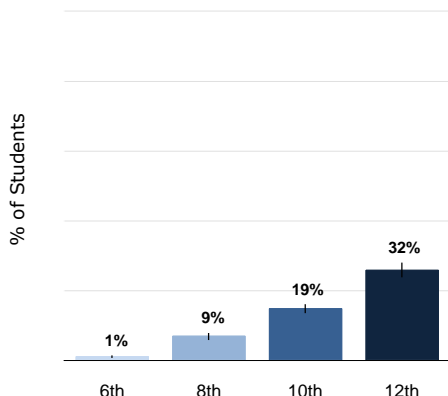
- Research shows between 10 and 30% of marijuana users develop some degree of addiction. Those who start using earlier may be more likely to develop an addiction (<https://nida.nih.gov/publications/drugfacts/cannabis-marijuana>).
- Marijuana use can impact brain development. Brain development continues until 25 years of age.
- Marijuana use can cause deficits in learning and memory. Teens who use marijuana are more likely to receive failing grades in school.

### For More Information:

- 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 printed guides on preventing marijuana, alcohol and other drug use, visit the ADAI Clearinghouse <http://adaiclearinghouse.net> or call (206) 221-8325.
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- For more information and references visit [www.LearnAboutMarijuanaWA.org](http://www.LearnAboutMarijuanaWA.org).

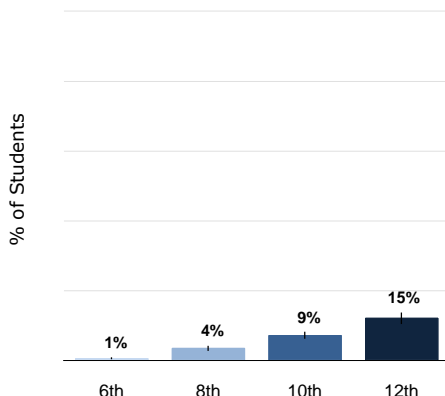
### Lifetime Marijuana Use

"I have used marijuana at least once."



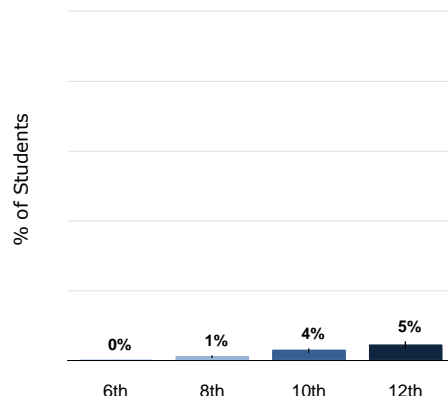
### Current (past 30-day) Marijuana Use

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

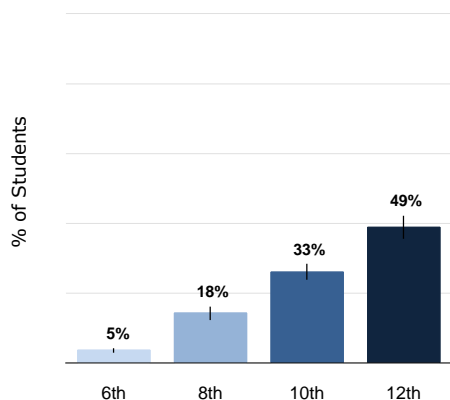


### Heavy Marijuana Use

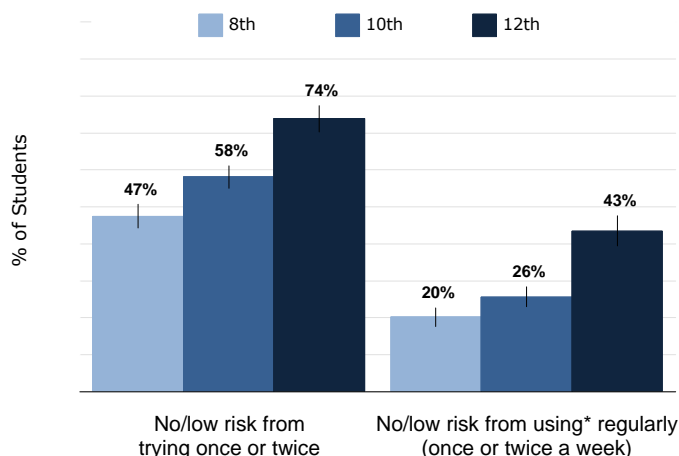
"I have used marijuana on 10 or more days in the past month."



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



### Marijuana is Perceived as Not Harmful

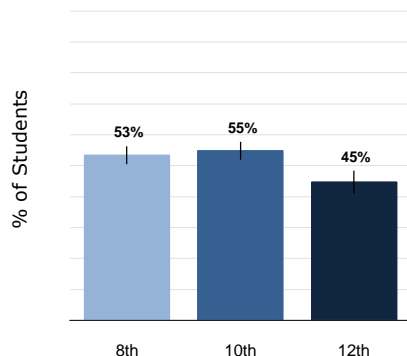


\*"Smoked" regularly changed to "Used" regularly in 2014

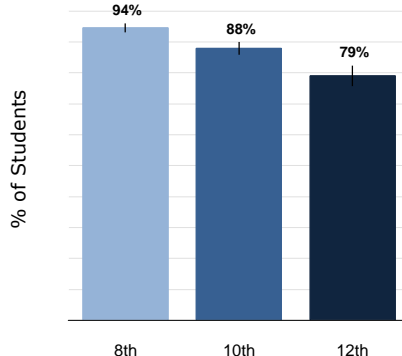
# Fact Sheet

## Marijuana Use for Thurston County in 2023

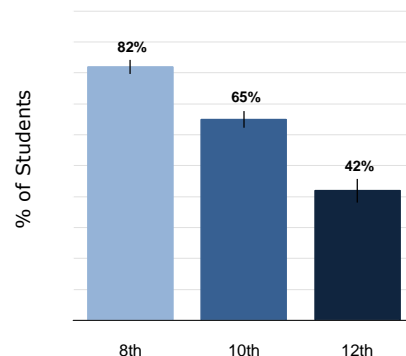
Parental discussion about not using marijuana



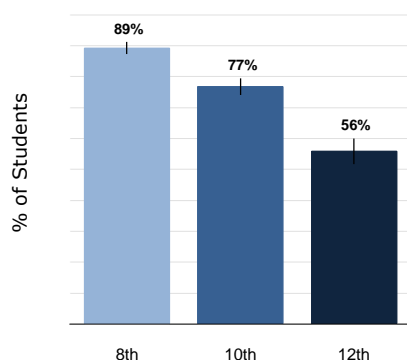
Parents think youth marijuana use is wrong



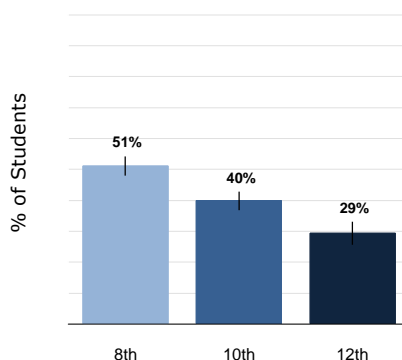
Peers think youth marijuana use is wrong



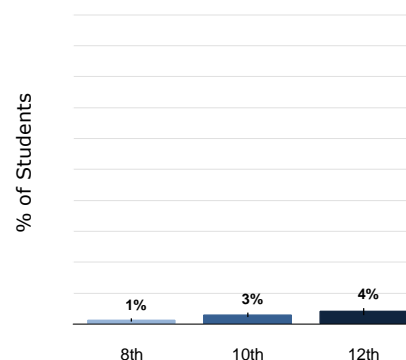
Youth think marijuana use is wrong for youth their age



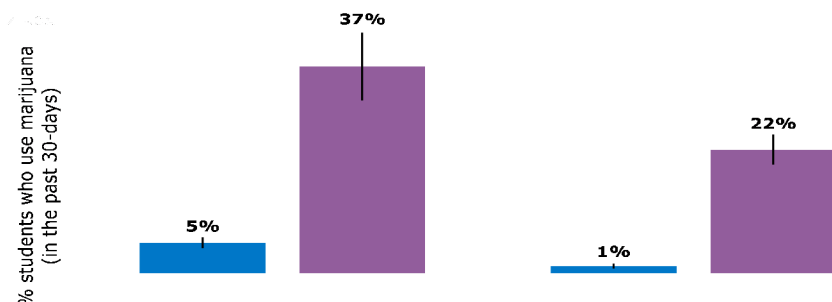
Police would catch me if I used marijuana



Marijuana use on school property in past month



### Relationship between marijuana use and perceived parental and peer norms, Grade 10, 2021



#### What does this chart say?

- Statewide, 10th graders are less likely to use marijuana if they believe their parents think it's wrong for them to use.
- Statewide, 10th graders are less likely to use marijuana if they believe their friends think it's wrong for them to use.

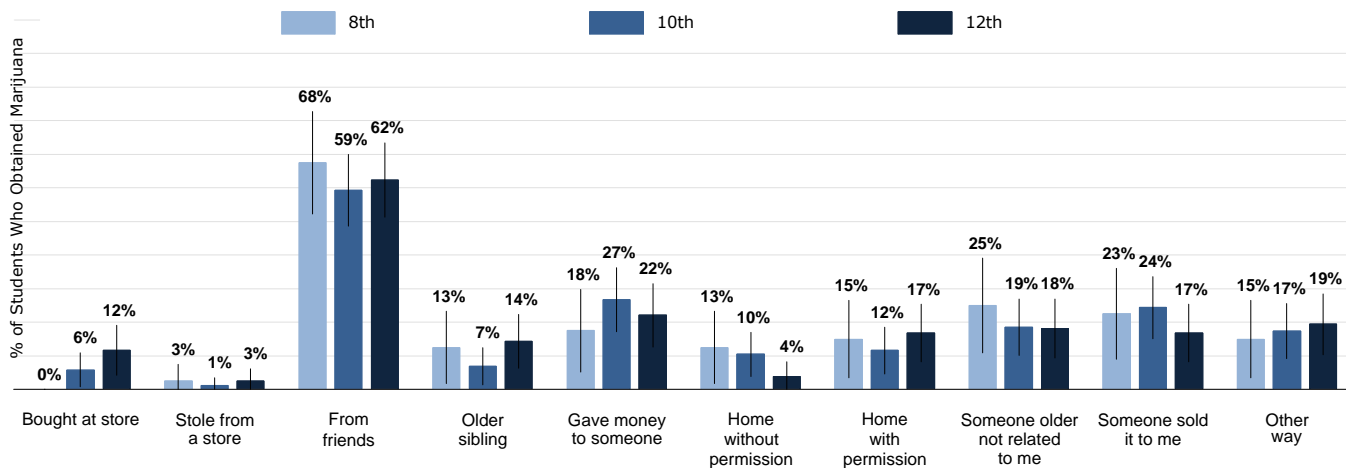
### Tips for parents and guardians to help teens avoid alcohol, marijuana and other drugs

- 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 use or misuse and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).

# Fact Sheet

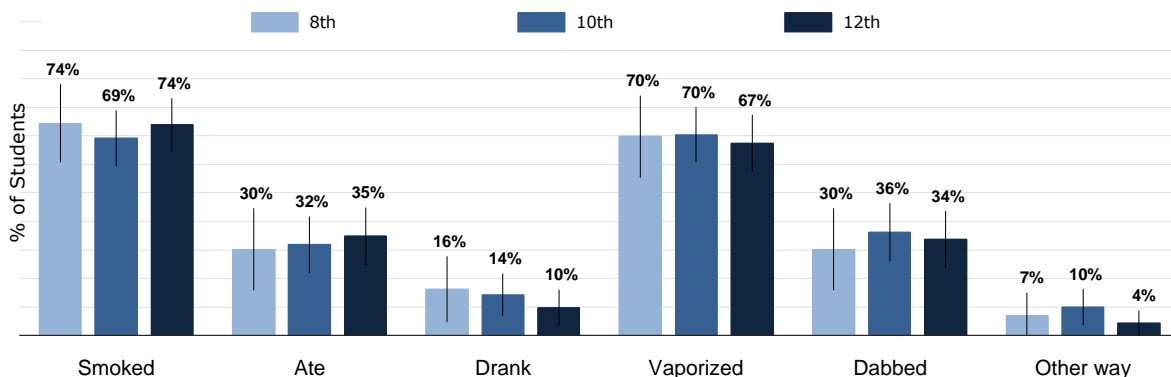
## Marijuana Use for Thurston County in 2023

### Where Do Youth Get Marijuana?

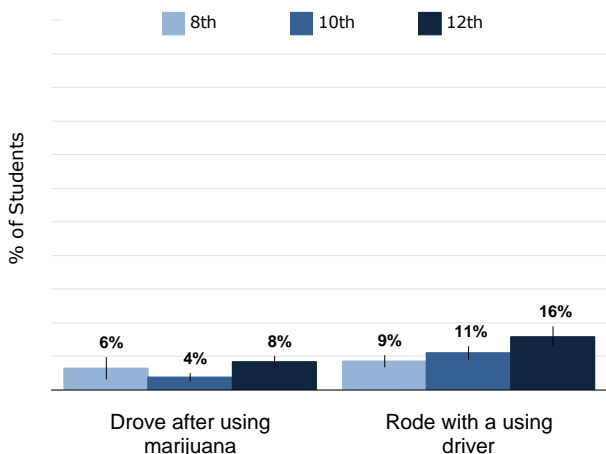


The percentages in this chart are based on all students who reported getting marijuana in the past 30 days, regardless whether they reported using in the past 30 days. Students could select multiple sources.

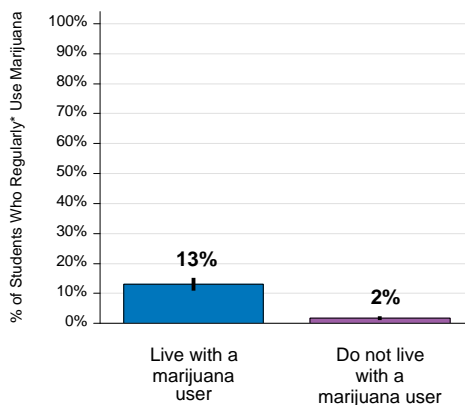
### Type of Marijuana Use, among Current Marijuana Users



### Marijuana Use and Riding/Driving



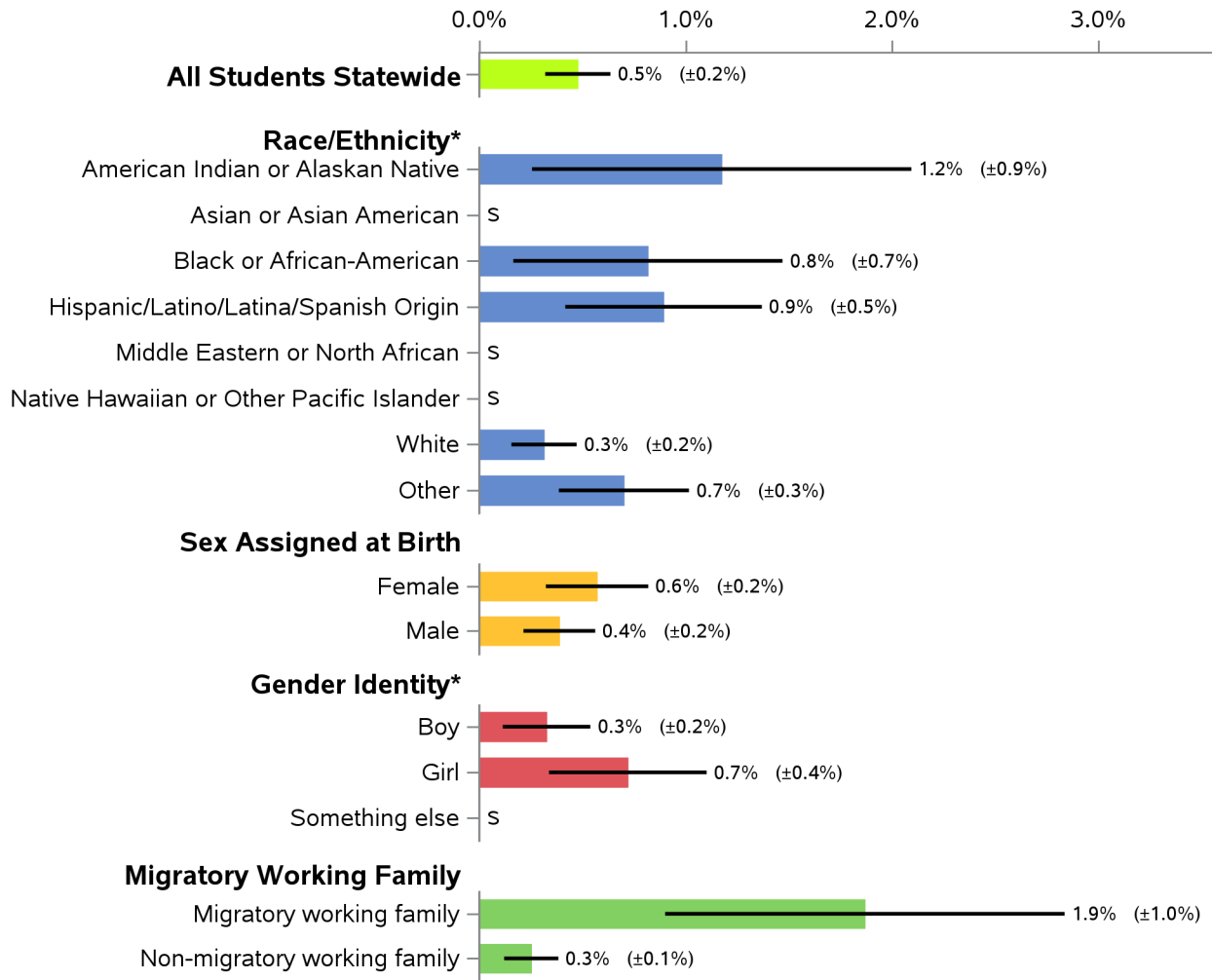
### Statewide Relationship between Regular\* Marijuana Use and Living with a Marijuana User, Grade 10, 2023



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.

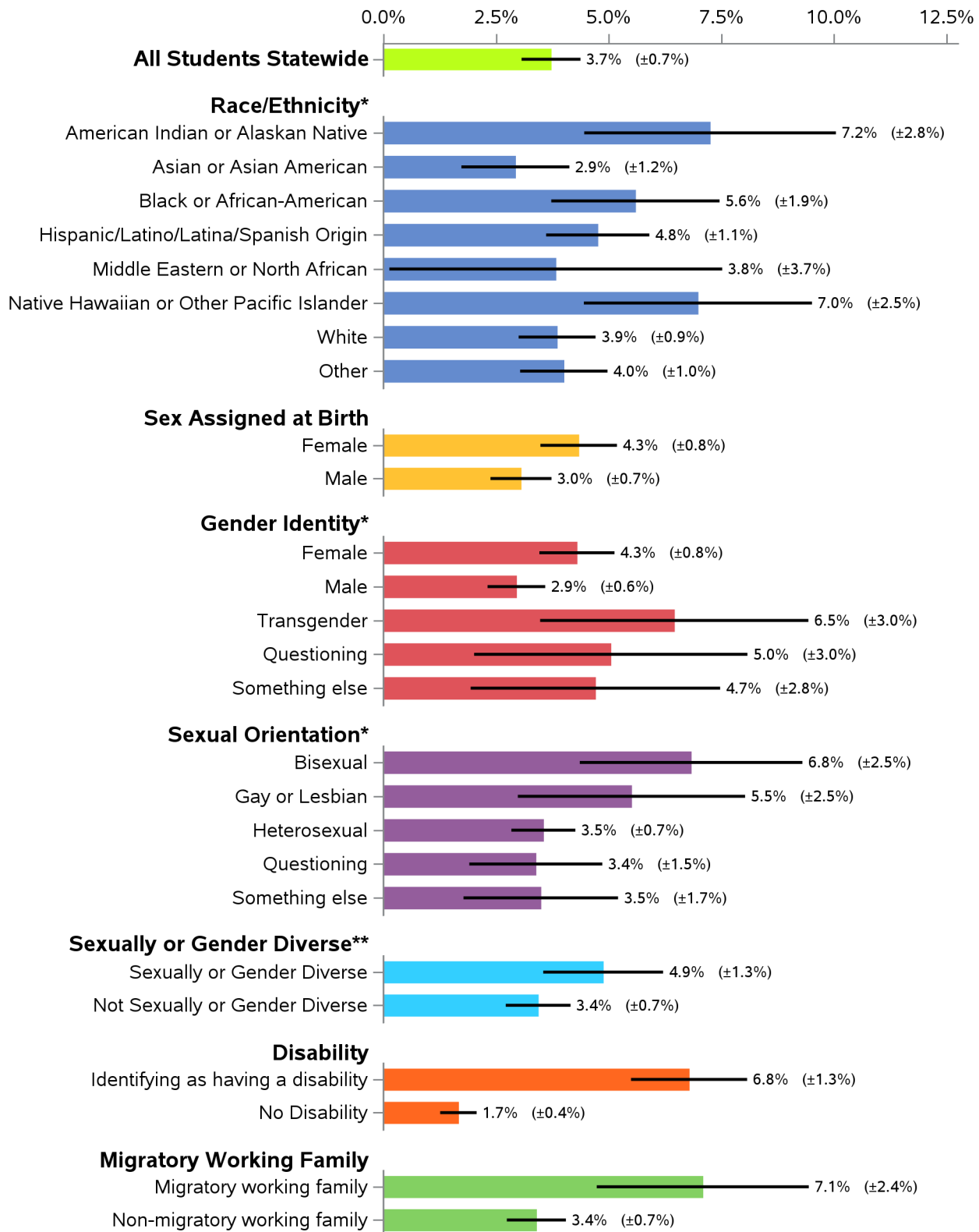
# Statewide Relationship between Current (past 30 days) Marijuana Use and Demographics, Grade 6, 2023



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S - results are suppressed because less than 5 students answered this way

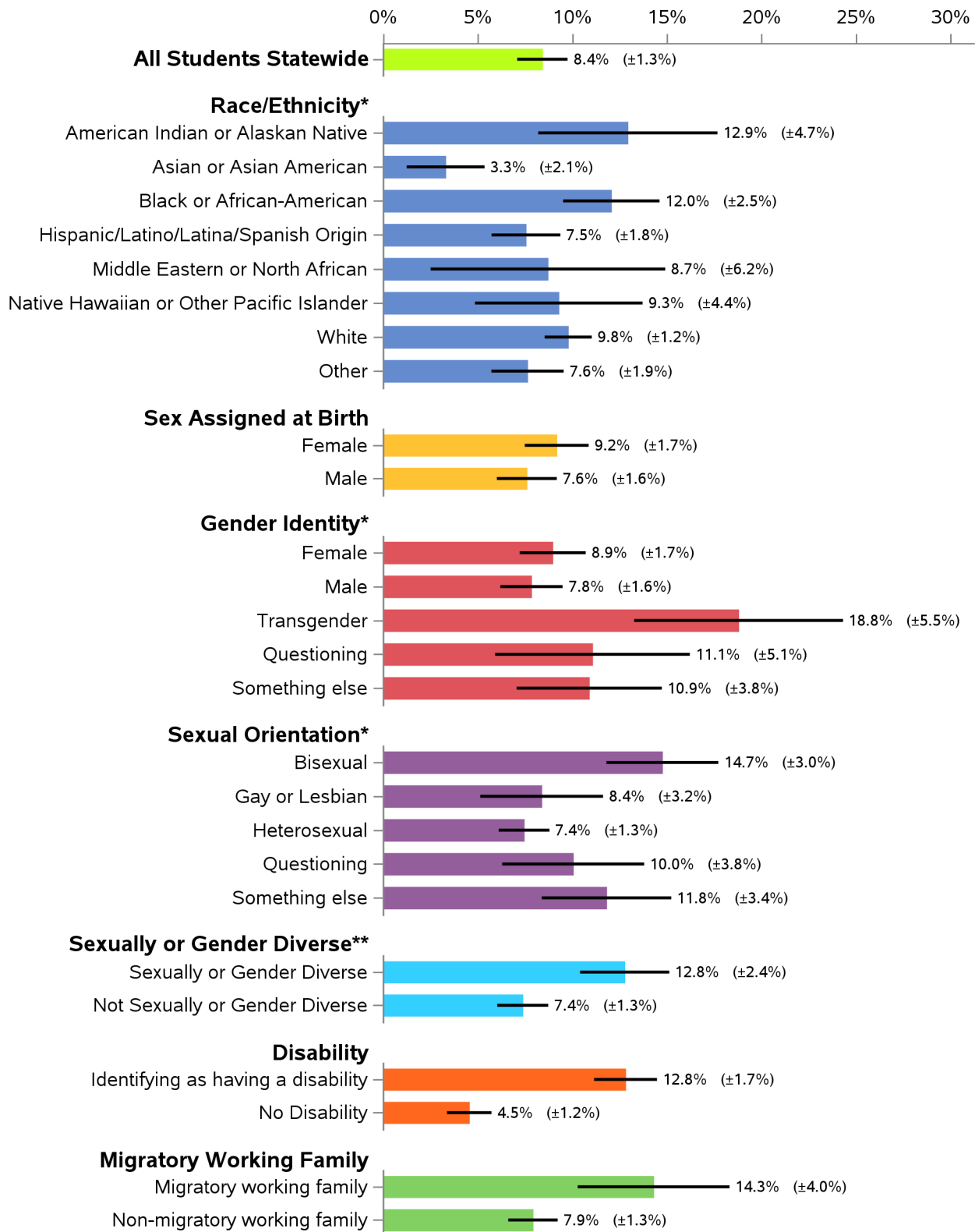
# Statewide Relationship between Current (past 30 days) Marijuana Use and Demographics, Grade 8, 2023



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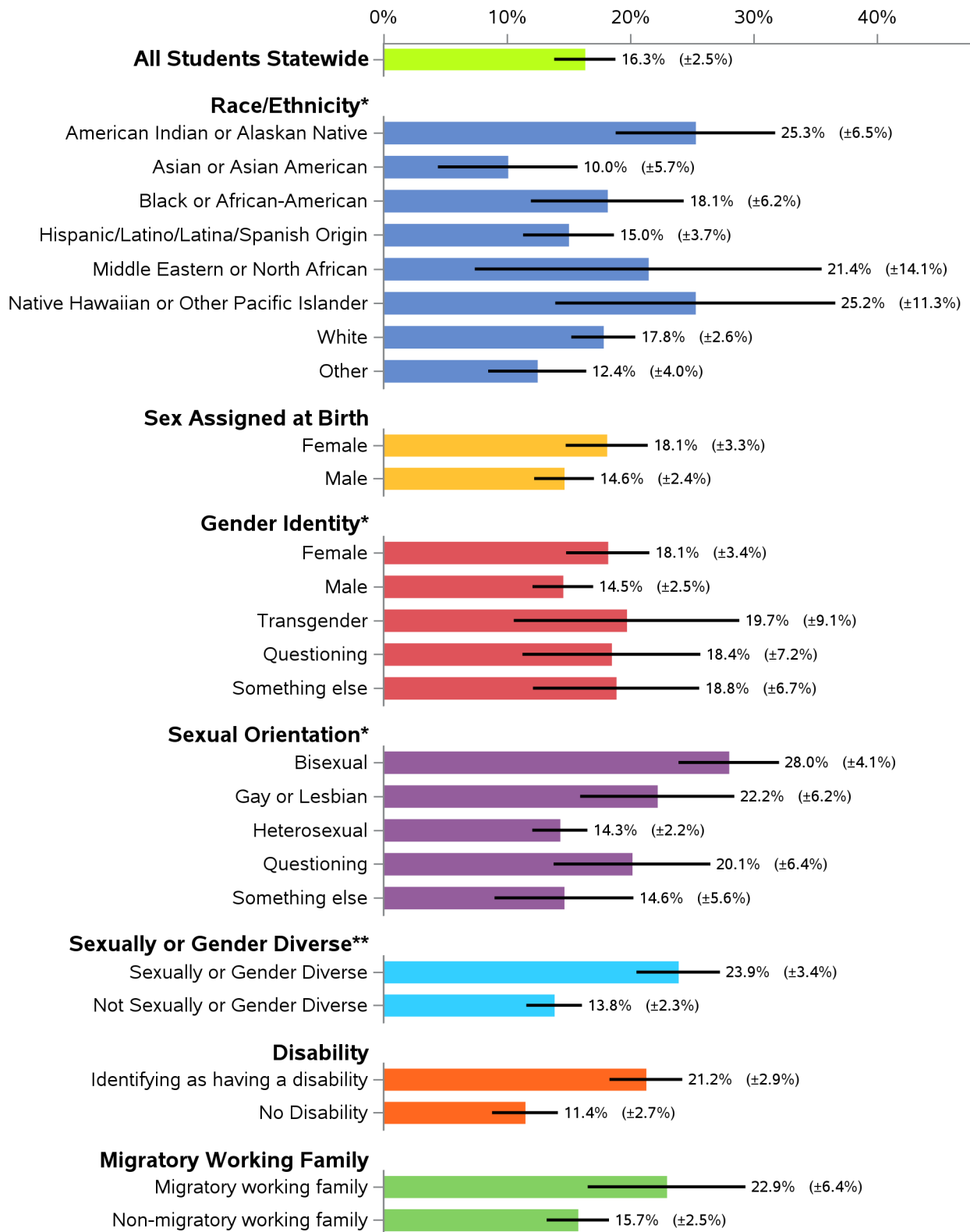
# Statewide Relationship between Current (past 30 days) Marijuana Use and Demographics, Grade 10, 2023



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# Statewide Relationship between Current (past 30 days) Marijuana Use and Demographics, Grade 12, 2023



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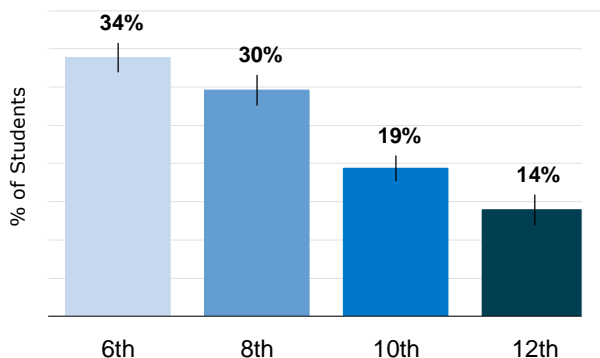


# Fact Sheet

## School Safety for Thurston County in 2023

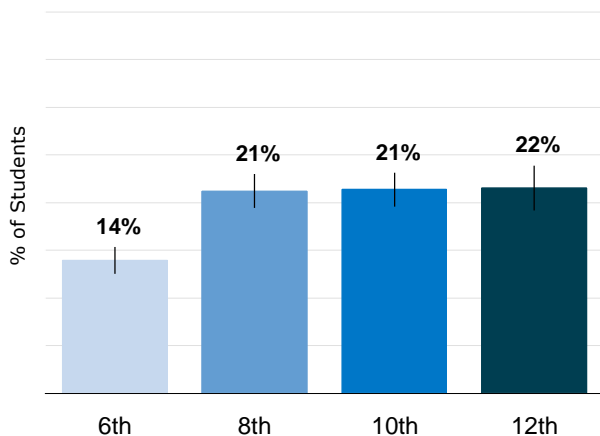
### ***Bullied at school\*...***

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



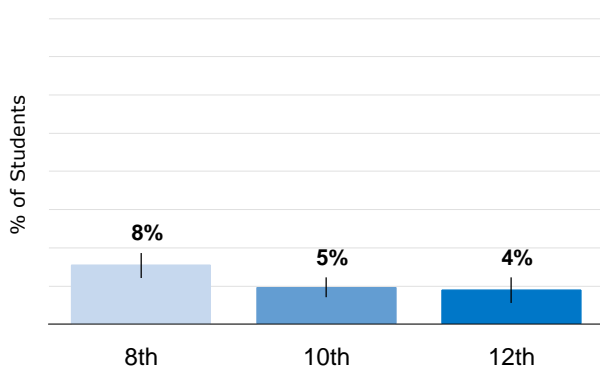
### ***Not feeling safe...***

Students who report they did not feel safe during school



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

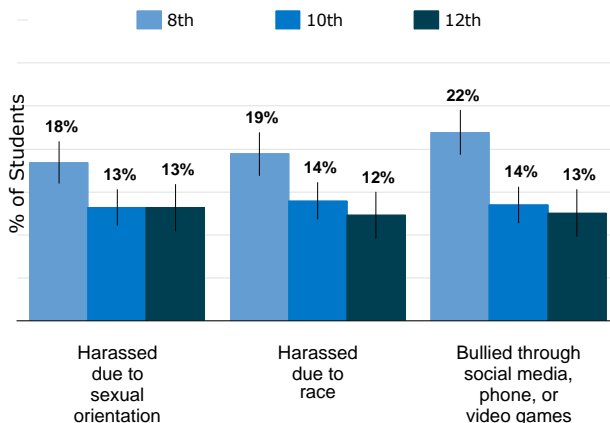
Students who report not going to school because they did not feel safe



For more results from the 2023 Healthy Youth Survey, please visit [www.AskHYS.net](http://www.AskHYS.net)

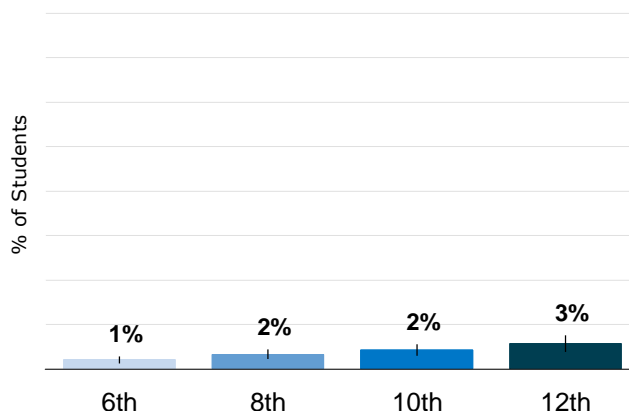
### ***Harassment...***

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:***

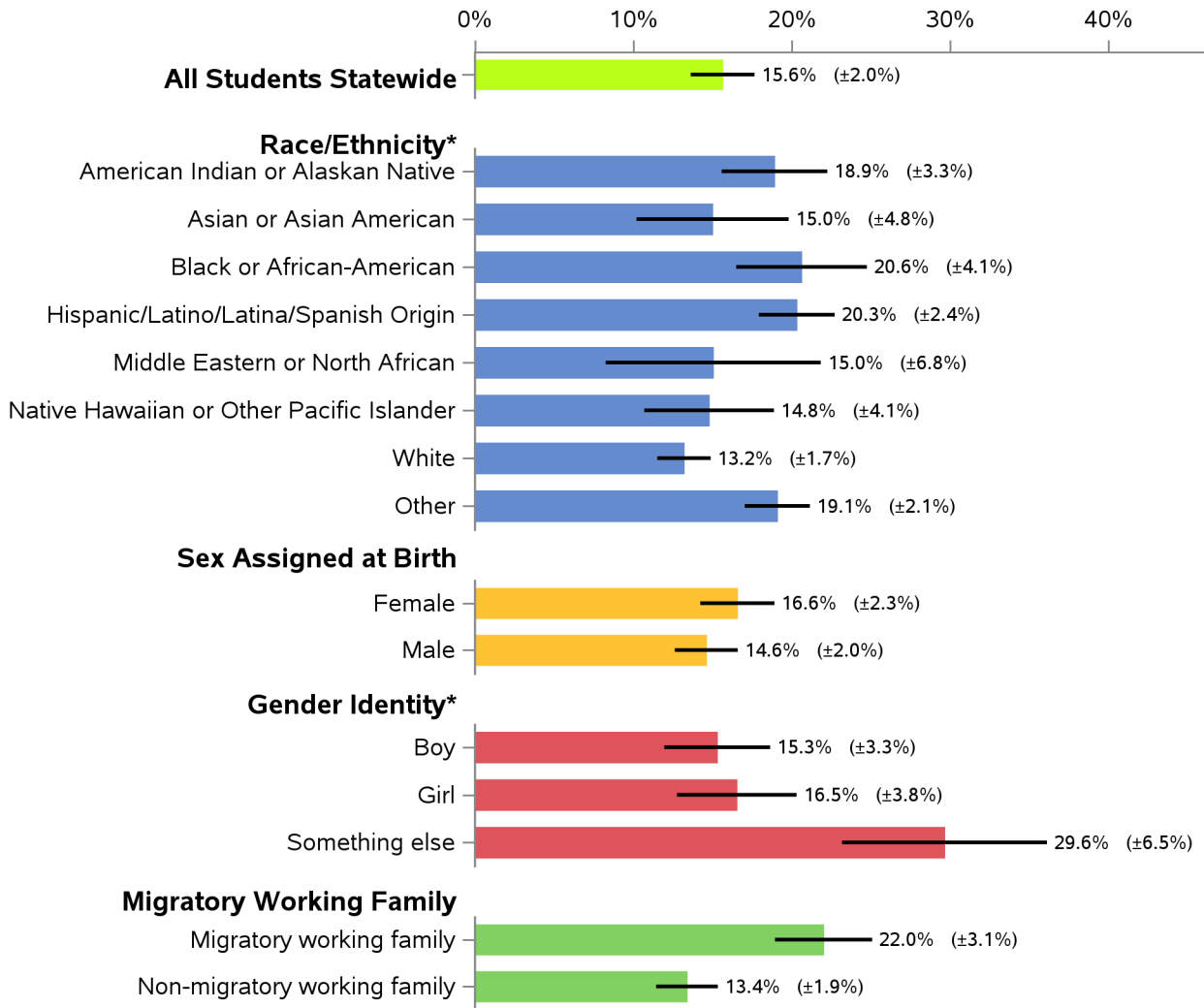
- Office of Superintendent of Public Instruction's School Safety Center: [www.k12.wa.us/safetycenter](http://www.k12.wa.us/safetycenter)

The data in these charts are based on the Healthy Youth Survey conducted in fall 2023. In Thurston County, 2,581 6th graders, 2,329 8th graders, 2,355 10th graders and 1,341 12th graders completed the survey.

\*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.

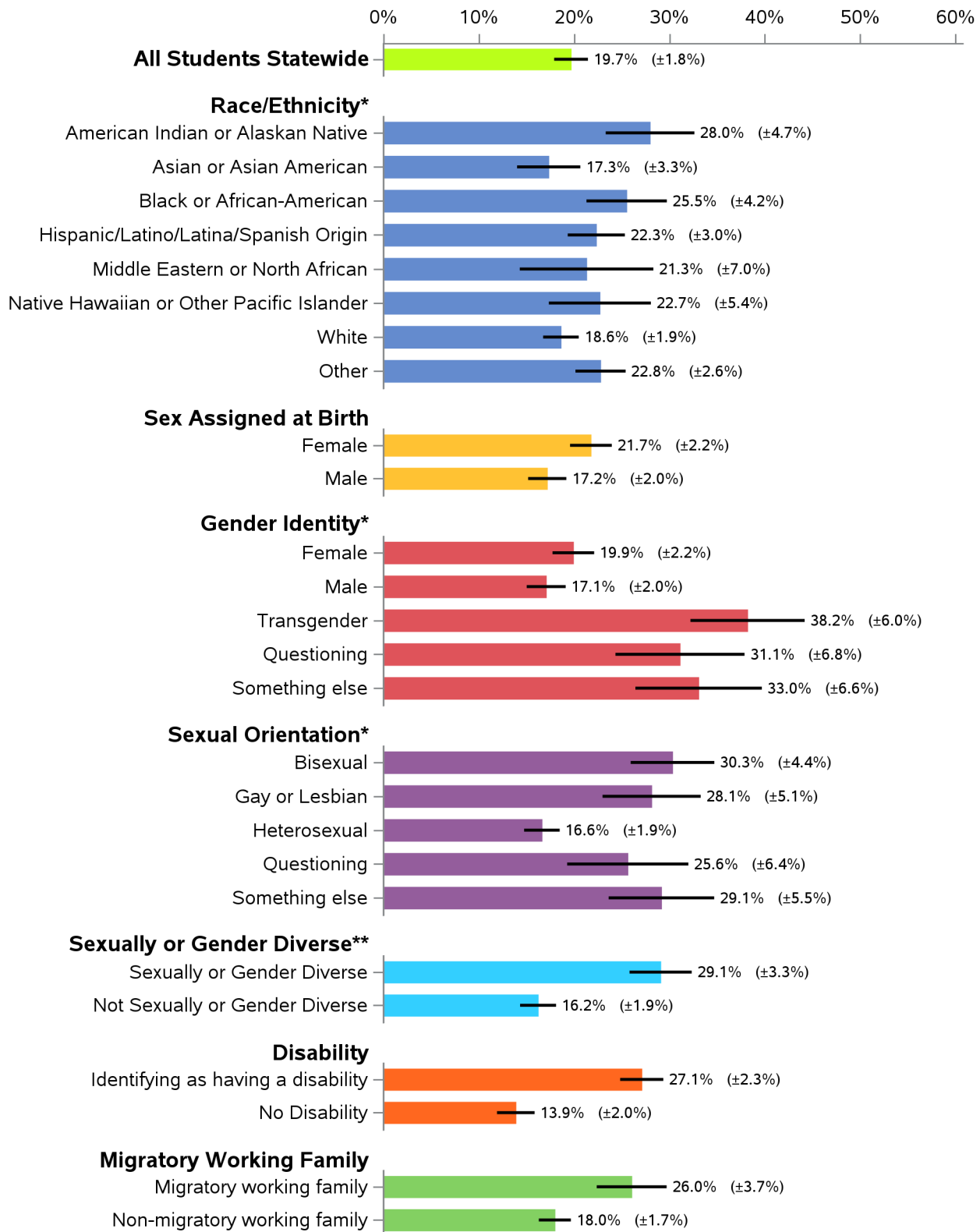
Prevalence is displayed with 95% confidence intervals (as black bars |). "U" indicates data is unavailable, because of too few surveys completed, questions not asked, or other reasons.

# Statewide Relationship between Not Feeling Safe During School and Demographics, Grade 6, 2023



\*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

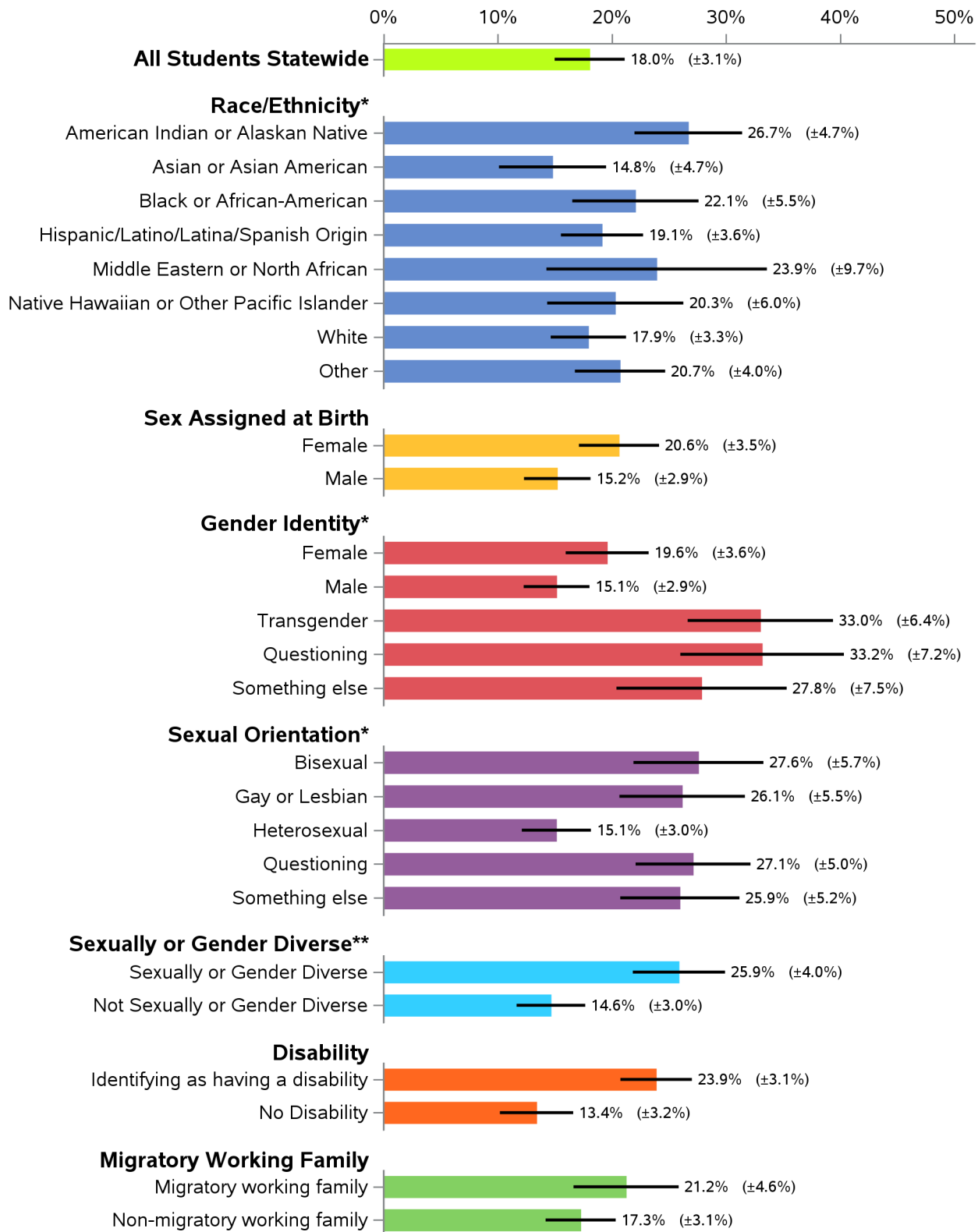
# Statewide Relationship between Not Feeling Safe During School and Demographics, Grade 8, 2023



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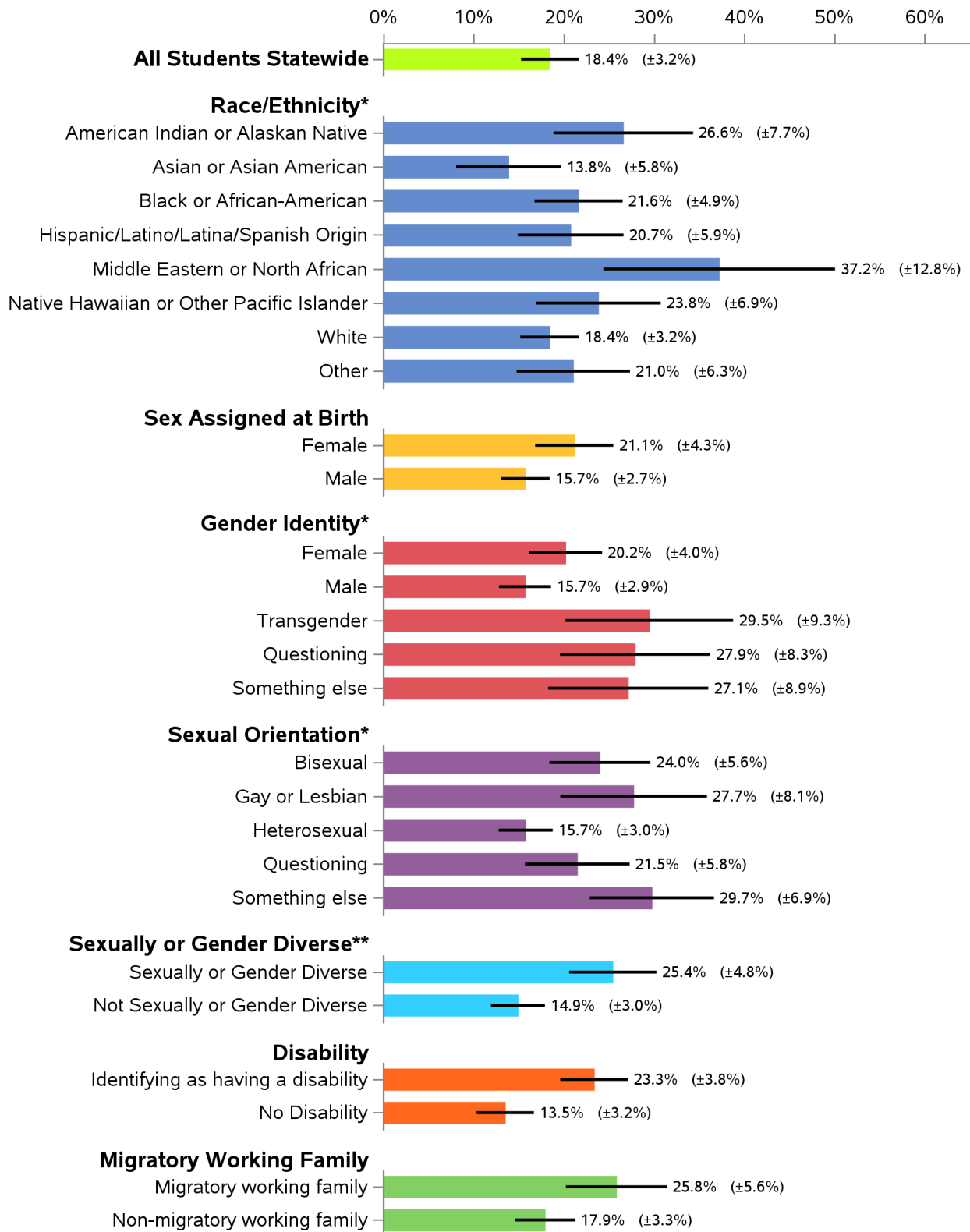
# Statewide Relationship between Not Feeling Safe During School and Demographics, Grade 10, 2023



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# Statewide Relationship between Not Feeling Safe During School and Demographics, Grade 12, 2023

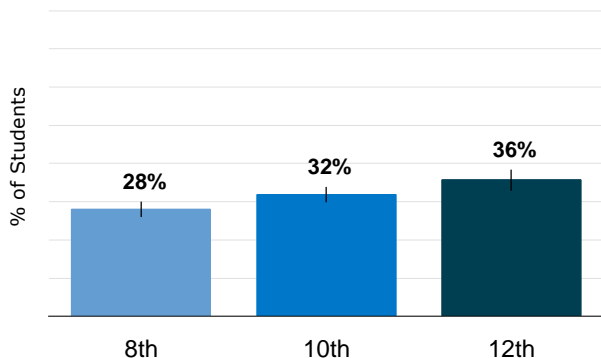


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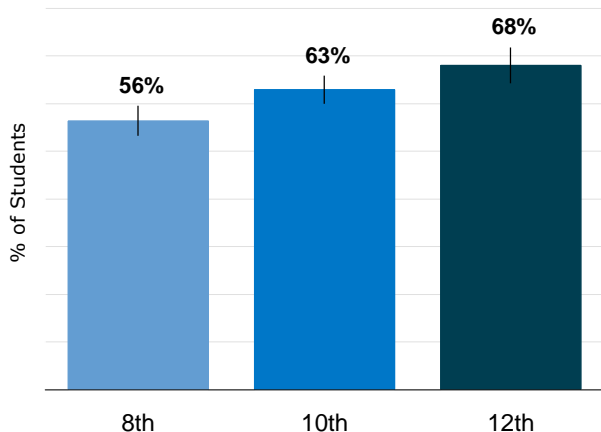
### Depressive Feelings...

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



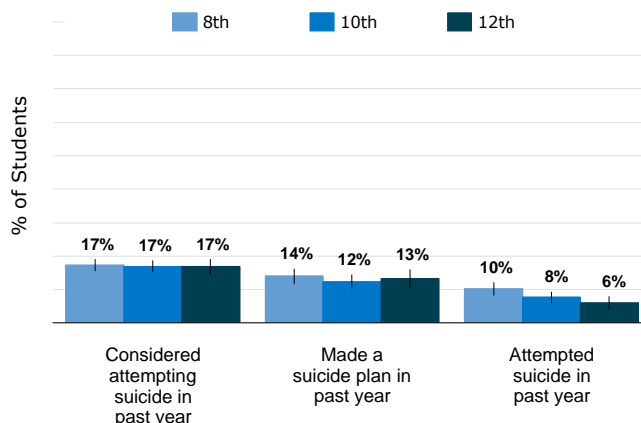
### For help and information about what you can do, contact:

- 988 Suicide & Crisis Lifeline: Call, text, or chat 988 or [www.988lifeline.org](http://www.988lifeline.org)
  - Option 1 to connect with the Veterans Crisis Line
  - Option 2 for the Spanish language line
  - Option 3 for LGBTQIA2S+ affirming support
  - Option 4 to reach a Native crisis counselor at the Native and Strong Lifeline
- For help, text 'HOME' to 741741 for a 24/7, free, confidential crisis counsel
- Tribal Health – Reaching out InVolves Everyone | NPaiHB <https://www.npaihb.org/thrive>

The data in these charts are based on the State of Washington's Healthy Youth Survey conducted in fall 2023. In Thurston County, 2,581 6th graders, 2,329 8th graders, 2,355 10th graders and 1,341 12th graders completed the anonymous survey.

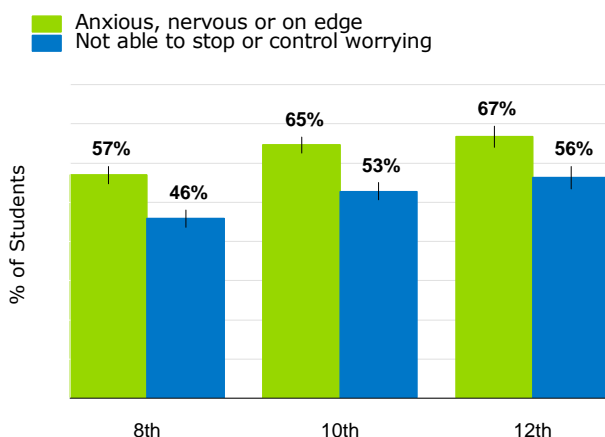
### Suicidal Feelings and Actions...

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:

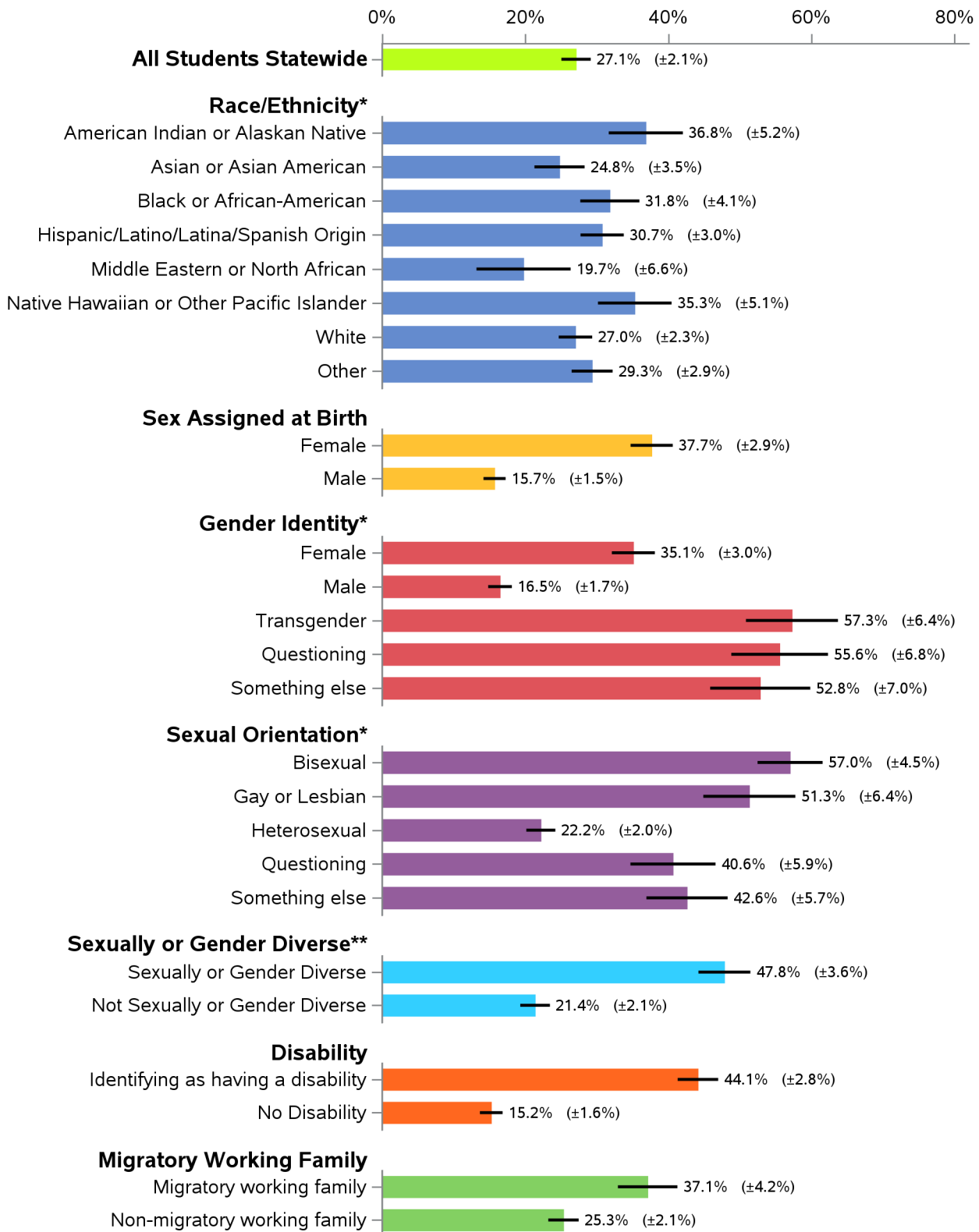
- Take it Seriously
- Understand the risk factors and watch for the warning signs (<https://afsp.org/risk-factors-protective-factors-and-warning-signs>).
- Emphasize, don't rationalize. Show you care. "I'm worried about you" or "I want to help you".
- Ask if they are thinking about killing themselves.
- Get help. Don't keep it a secret!

### For immediate help:

- Call, text or chat 988
- 1-866-4-U-TREVOR (LGBTQ)

For more results from the 2023 Healthy Youth Survey, please visit [www.AskHYS.net](http://www.AskHYS.net)

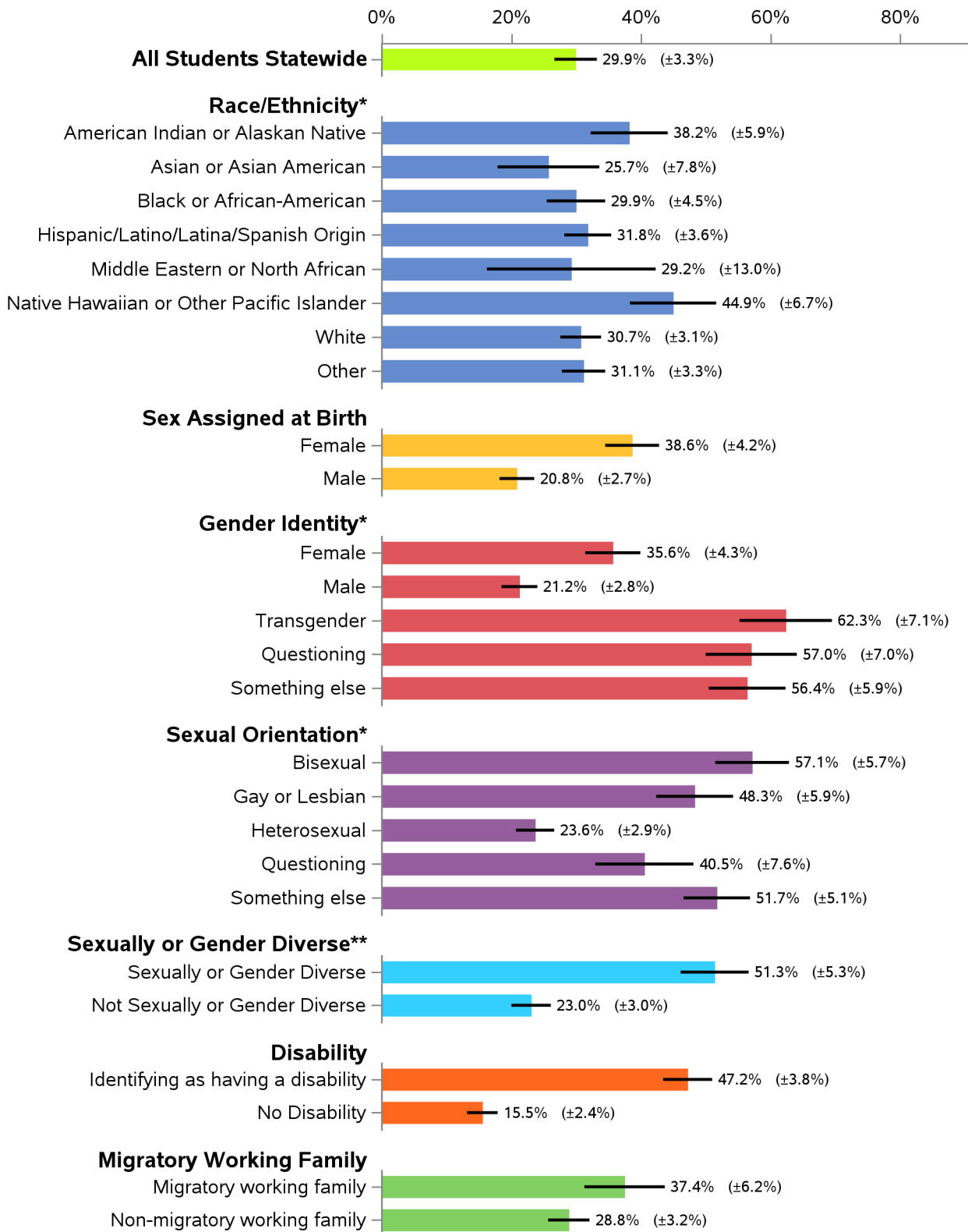
# Statewide Relationship between Feeling Sad or Hopeless and Demographics, Grade 8, 2023



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# Statewide Relationship between Feeling Sad or Hopeless and Demographics, Grade 10, 2023

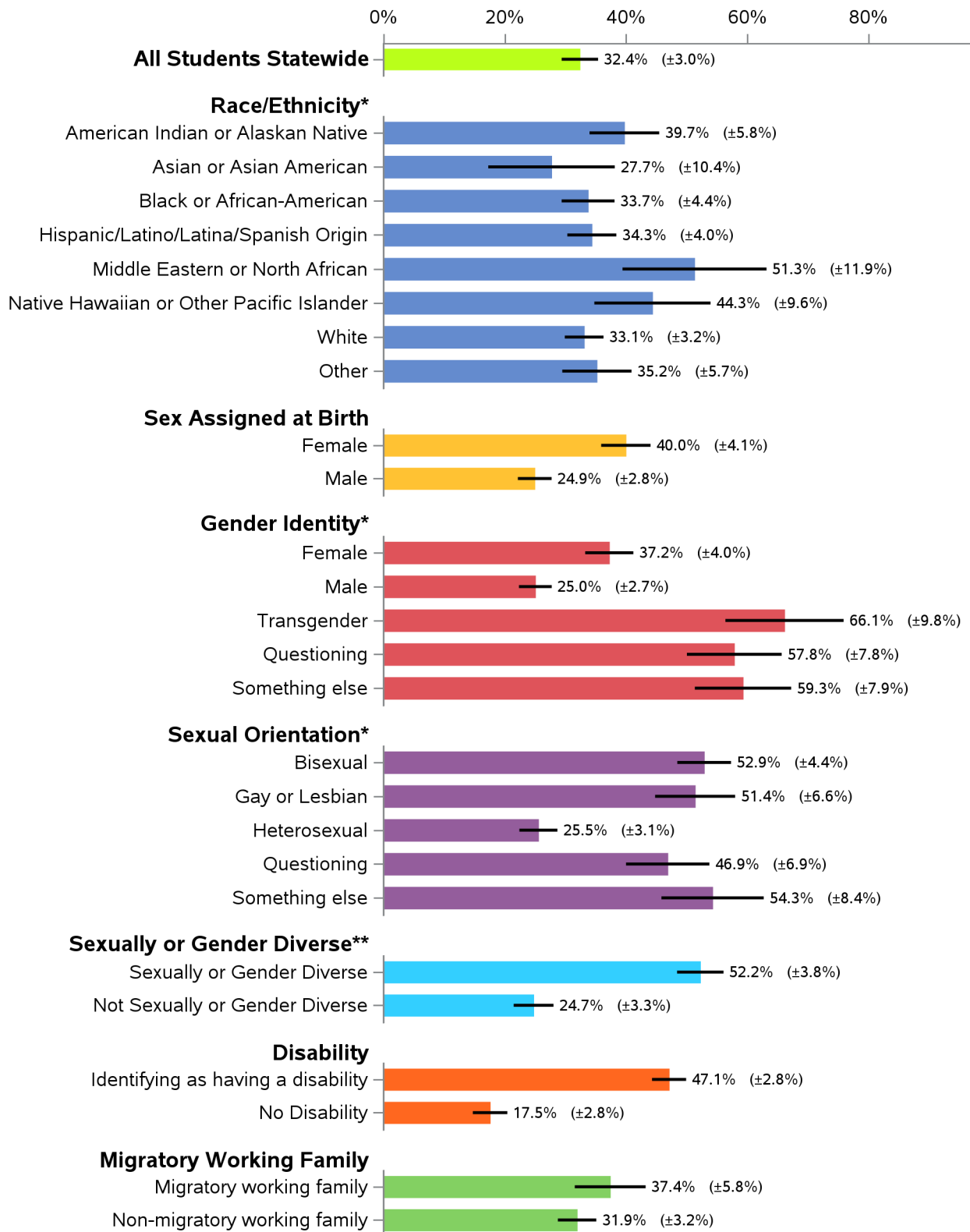


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# Statewide Relationship between Feeling Sad or Hopeless and Demographics, Grade 12, 2023



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### Background:

- Prescription drug misuse 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 misuse and use from friends and relatives, sometimes without the person knowing.
- Prescription drug misuse has become an important health issue, particularly the danger of misusing prescription pain medications. Each year, there continues to be 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?

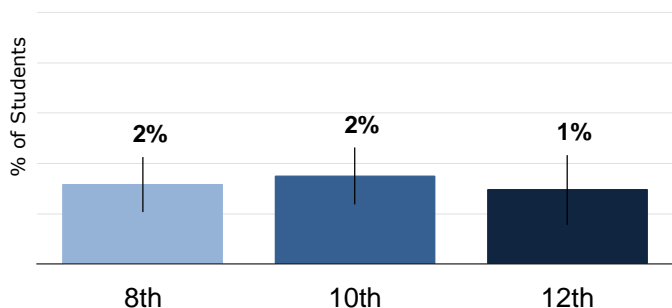
- Talk to your children about what you do to stay healthy, and, if you use medications, why they are safe for your personal use and not for them.
- Talk to your teen about the dangers of prescription drug misuse. Learn more at [www.medicineabuseproject.org](http://www.medicineabuseproject.org). Visit Starts with One Parent Toolkit <https://getthefactsrx.com/parent-toolkit>
- Keep the most commonly misused prescription drugs (painkillers, sedatives and stimulants) in a lock box.
- Talk with teen about not taking pills or prescriptions not prescribed to them. Medications should not be shared with peers.
- Take steps to safeguard the most commonly misused 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. Parents should keep medication and only provide it to teen according to prescription.
- Follow prescriptions and seek advice from provider on when it's ok to stop taking medication.

### For More Information:

- Learn more at [www.drugfree.org](http://www.drugfree.org).
- For 24 hour help for mental health, substance use or misuse 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 Misuse of Painkillers (in last 30 days)

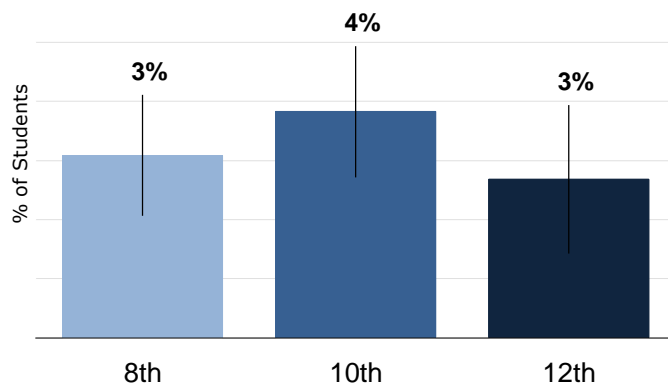
Students who report using painkillers\* to get high at least once in the past month



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

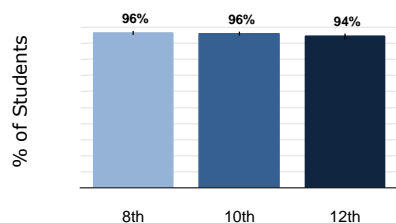
#### Students Misuse of Someone Else's Prescription (in last 30 days)

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

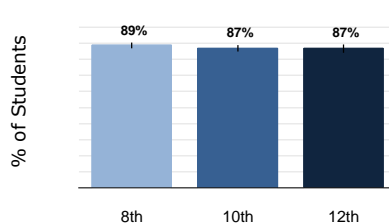


### When students are asked about the use of prescription drugs that are not prescribed for them... their perceptions are:

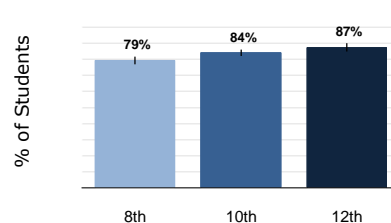
My parents would think it was wrong if I used prescription drugs not prescribed for me



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



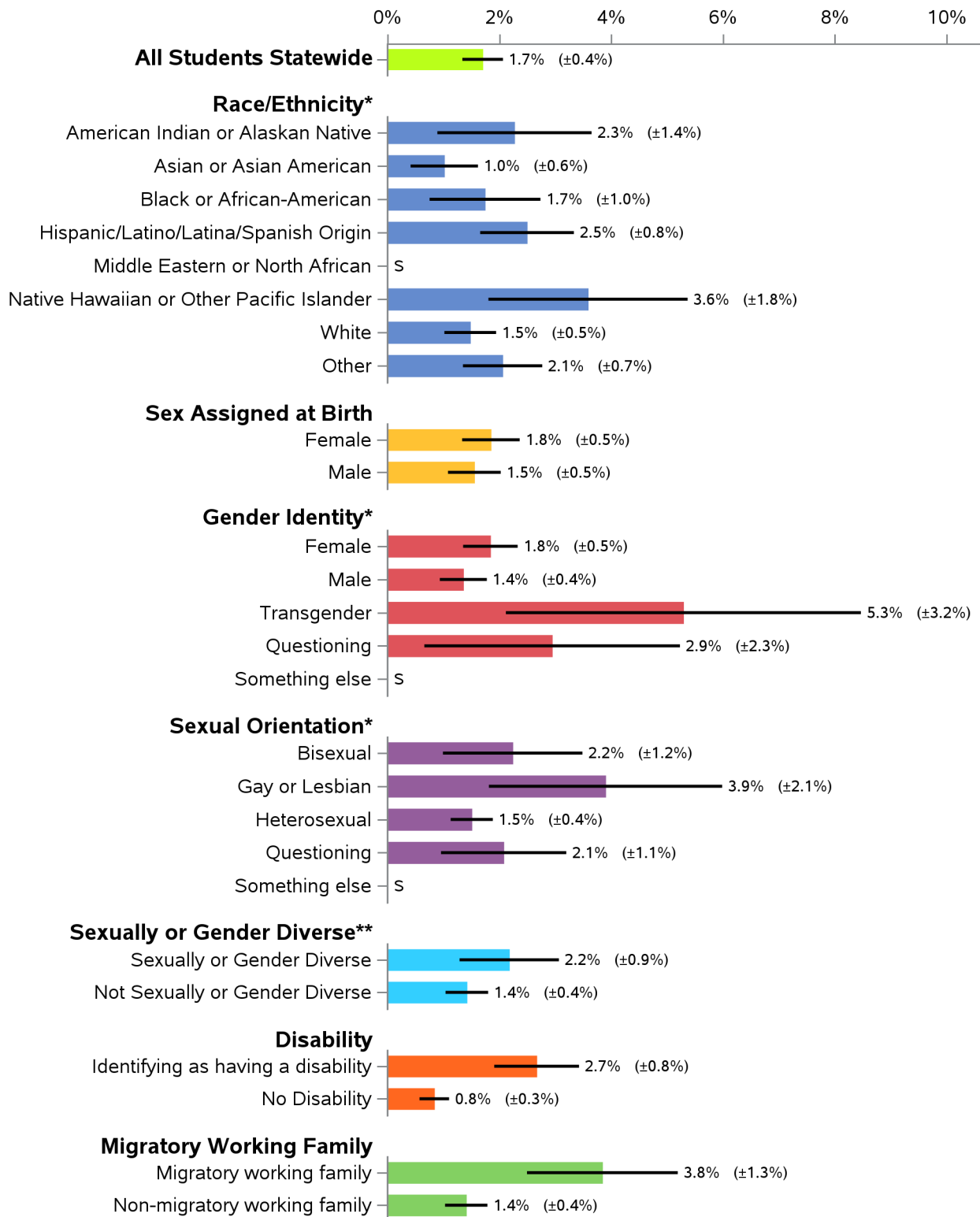
I risk harming myself if I use prescription drugs that are not prescribed for me



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# Statewide Relationship between Current (past 30 day) Painkiller Use and Demographics, Grade 8, 2023

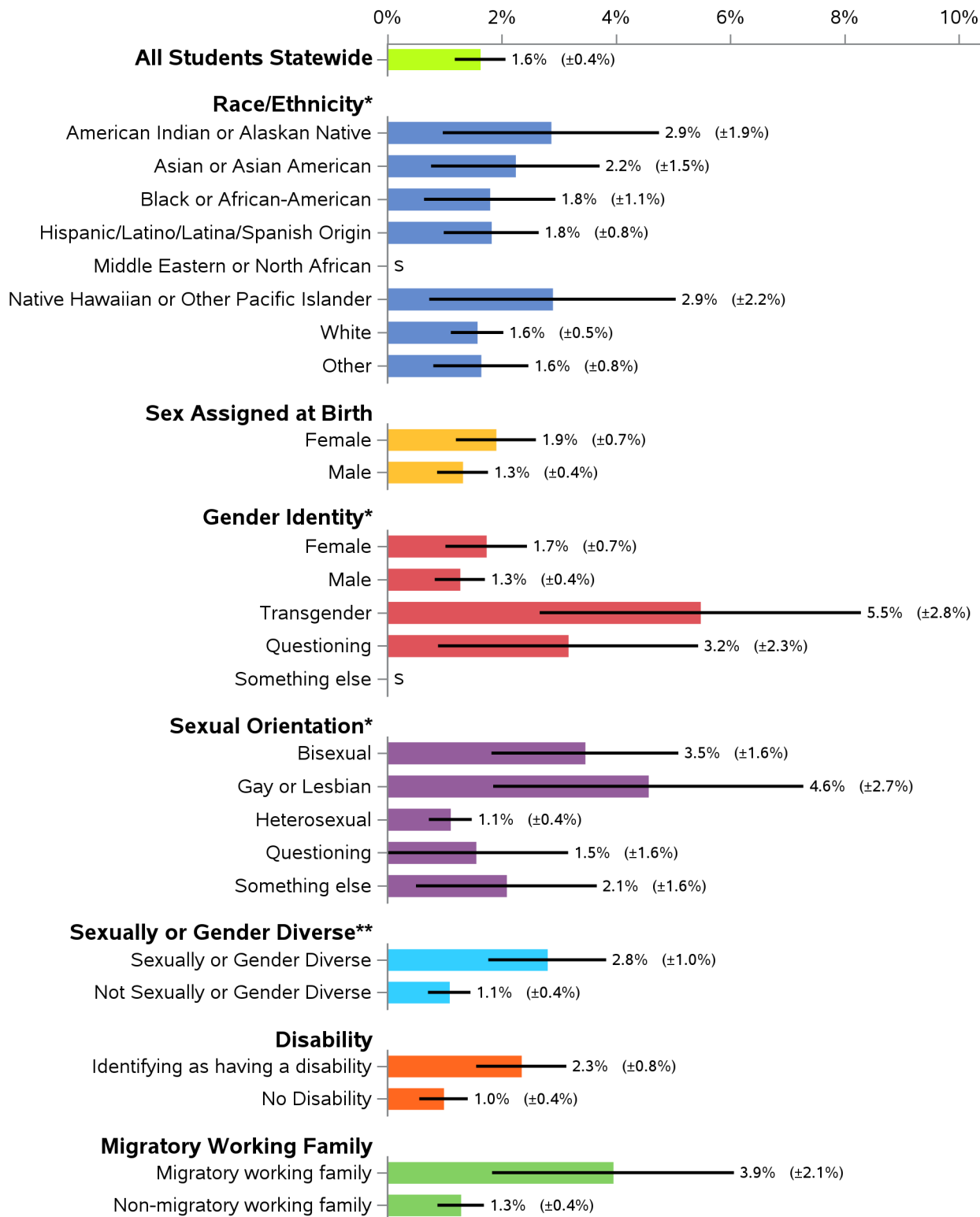


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S - results are suppressed because less than 5 students answered this way

# Statewide Relationship between Current (past 30 day) Painkiller Use and Demographics, Grade 10, 2023

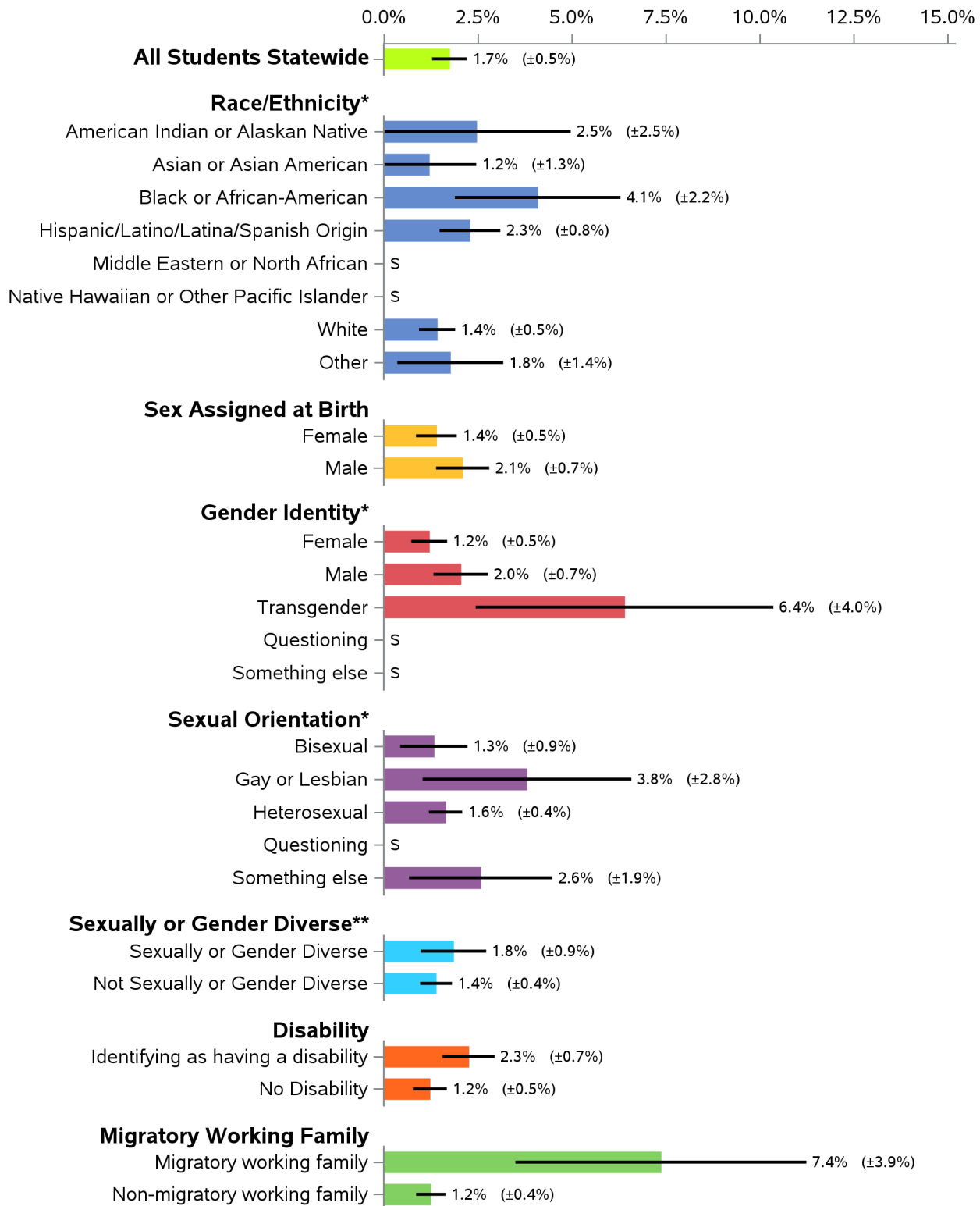


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