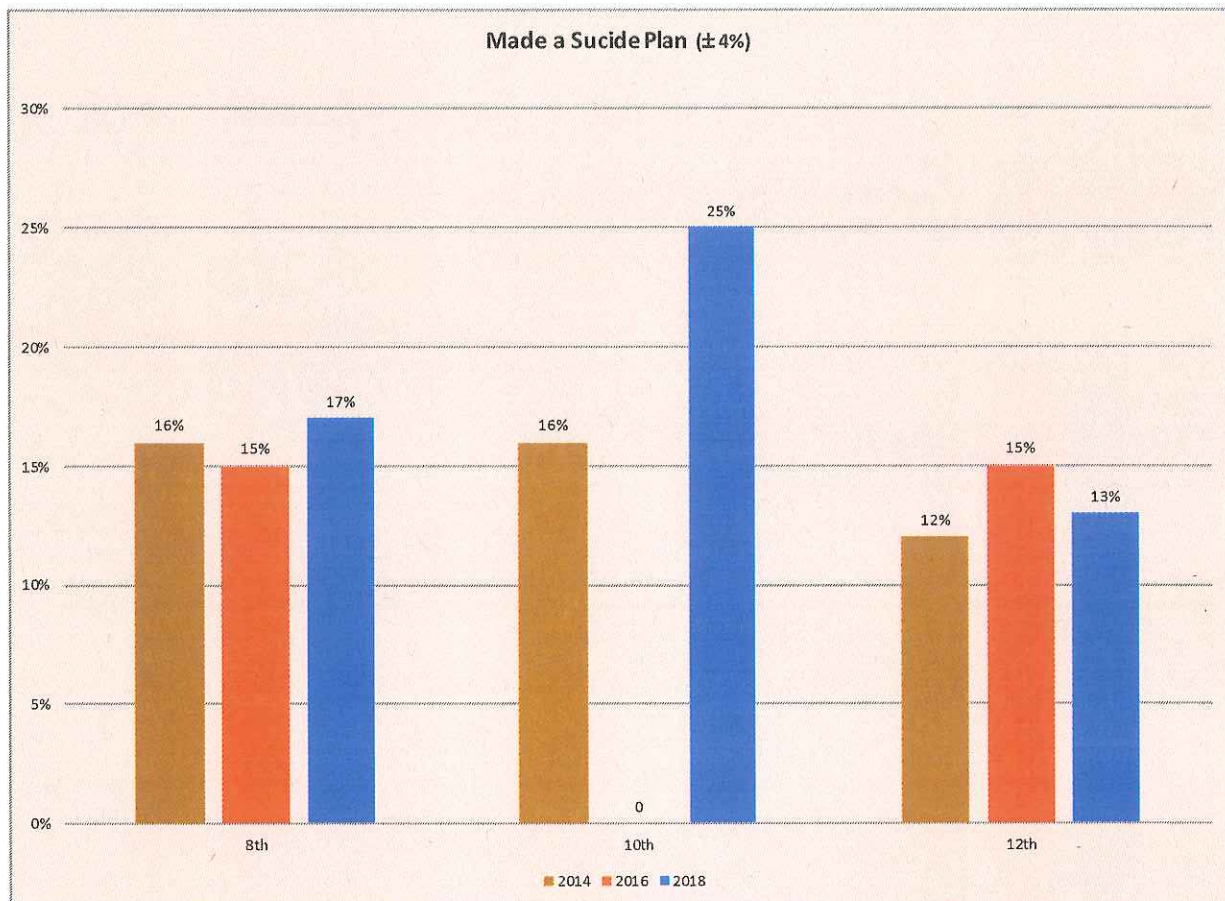


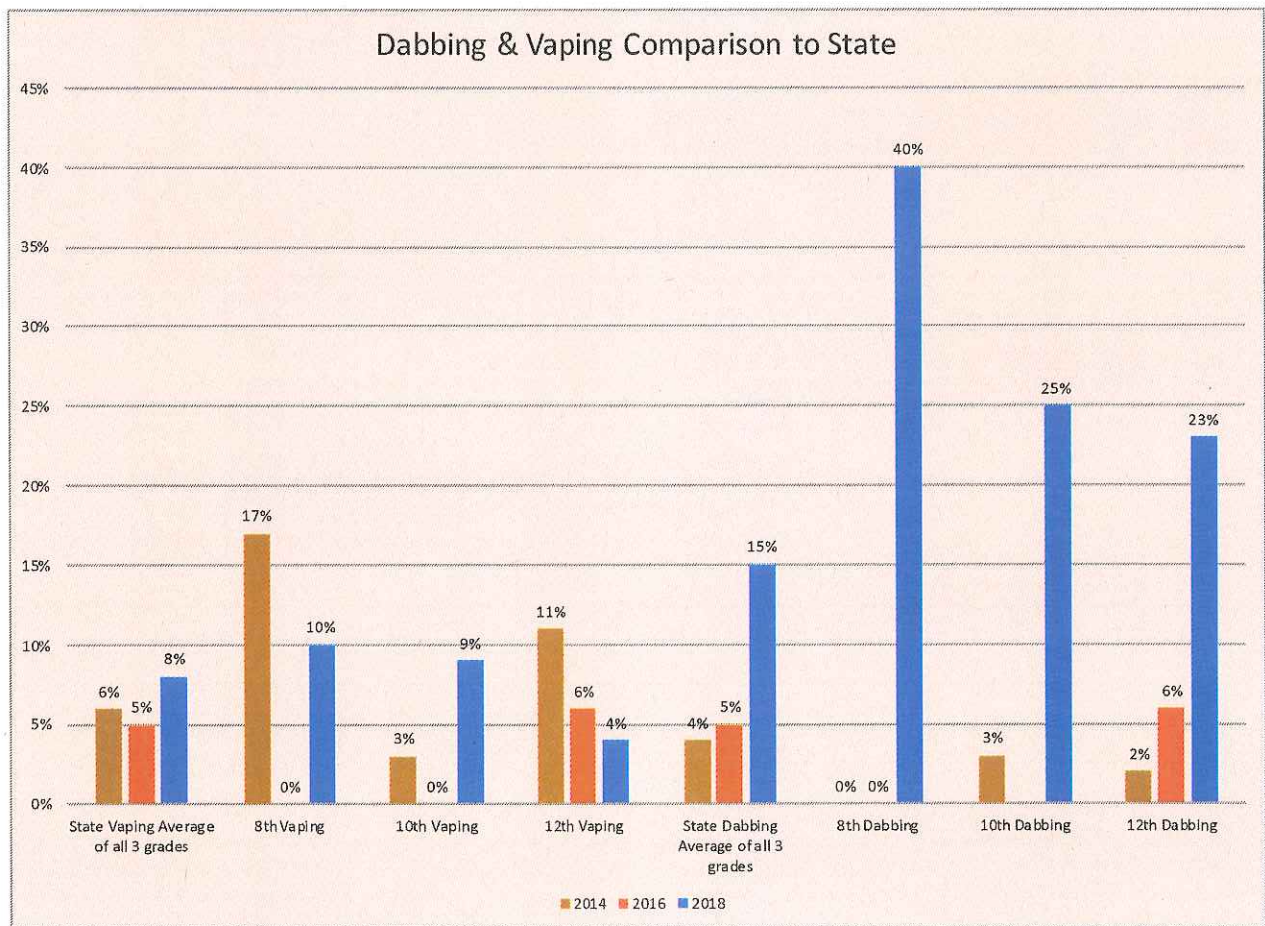
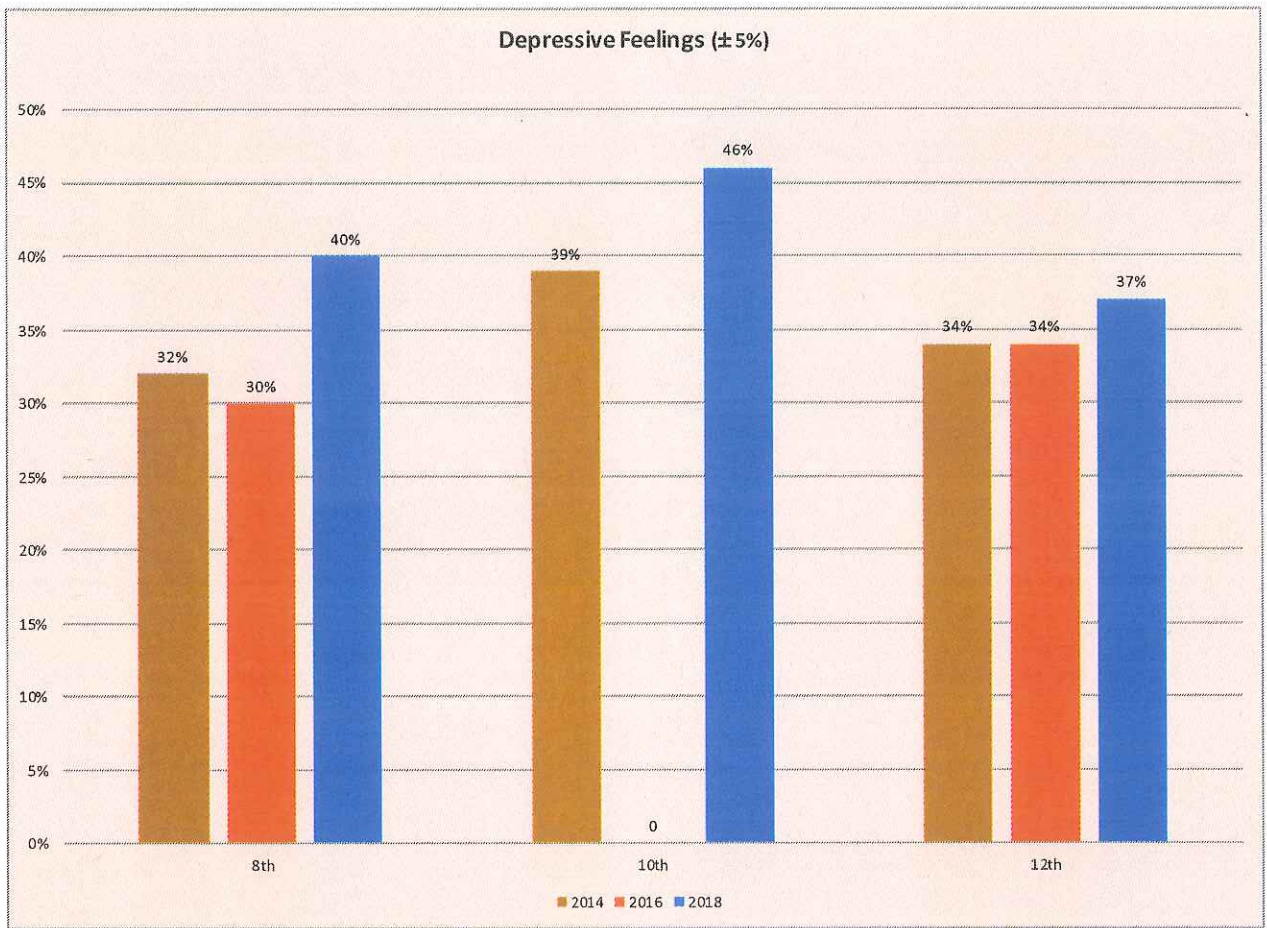
School Board Report Healthy Youth Survey Synopsis

School Board

I apologize for all the paper, the Healthy Youth Survey website does not allow me to pull longitudinal data so, I have included the last three reports dating back to 2014. As you will see, not all of the data was reported each year, but most of it is the same. Here is what I have shared with you:

- 1) The “Fact Sheets” for the last 3 surveys.
- 2) I have looked over these reports and tried to identify those areas with significant changes over the years. Below are graphs showing that data in those areas:





- 3) The State press release concerning the report.
- 4) "Frequency Reports" for 6th, 8th, 10th, and 12th grades for the most recent survey with Wenatchee School District data compared to the State data.
 - a. Observations of the State comparative data:
 - i. There was no statistical difference between our students and the State when it comes to Substance Abuse
 - ii. Obviously, as students get older, substance use increases
 - iii. The % of students claiming to have been bullied declines as student get older
- 5) I thought it would be interesting to look at the "Frequency Reports" for WSD students by gender but I was NOT able to figure out how to do that, so I have included the State data broken down by gender.
 - a. Observations of students by Gender
 - i. For most categories, there does not appear to be a significant statistical difference between boys and girls.

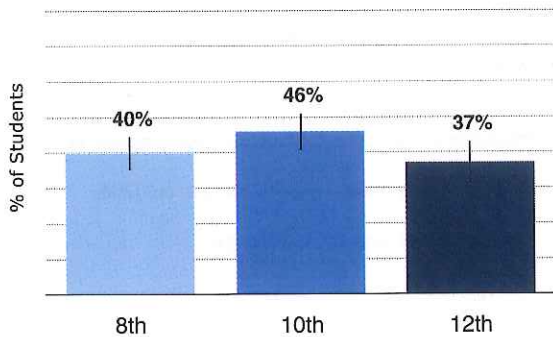
2018
FACT SHEET



Depressive Feelings, Anxiety and Suicide for Wenatchee School District in 2018

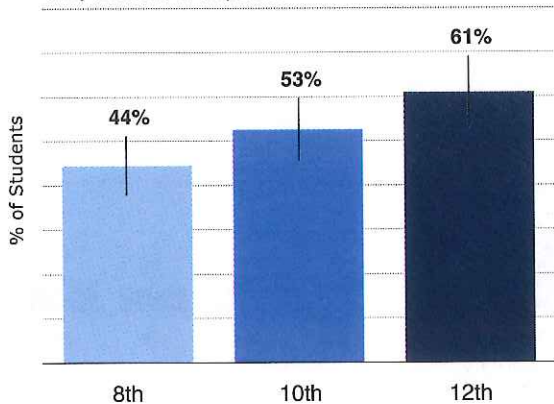
Depressive Feelings...

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



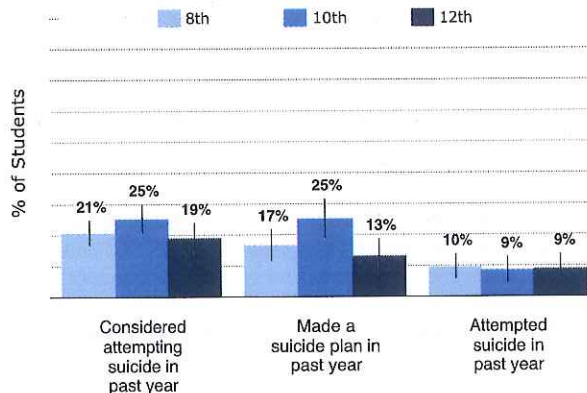
For help and information about what you can do, contact:

- Get help. Don't keep it a secret!

The data in these charts are based on the State of Washington's Healthy Youth Survey conducted in fall 2018. In Wenatchee School District, 487 6th graders, 450 8th graders, 378 10th graders and 265 12th graders completed the anonymous survey.

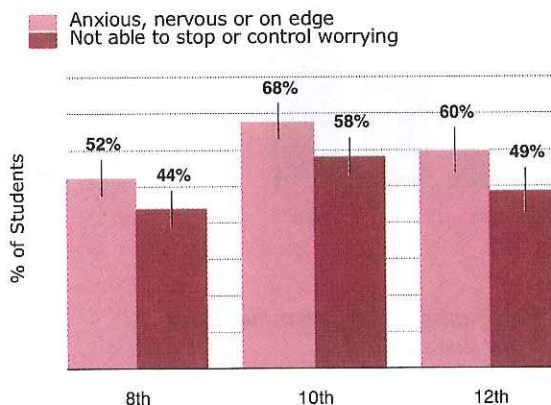
Suicidal Feelings and Actions...

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/about-suicide/risk-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
1-800-273-TALK
1-866-4-U-TREVOR (GLBTQ)



For more results from the 2018 Healthy Youth Survey, please visit www.AskHYS.net



Marijuana Use for Wenatchee School District in 2018?

The data in these charts are based on the Healthy Youth Survey conducted in fall 2018. In Wenatchee School District, 487 6th graders, 450 8th graders, 378 10th graders and 265 12th graders completed the survey.

For more results from the 2018 Healthy Youth Survey, please visit www.AskHYS.net

Background:

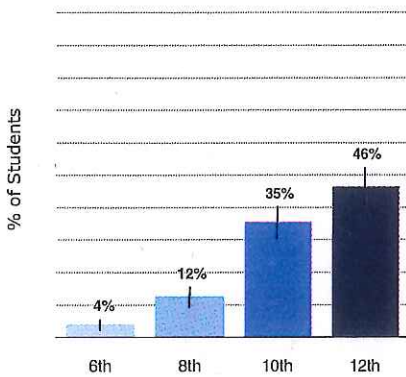
- Marijuana can be addictive. Most teens who enter drug treatment programs report marijuana is the main drug they use.
- If teens use marijuana, anxiety and depression can get worse. Marijuana use is associated with risk of anxiety and depression.
- Teens who use marijuana can have problems with learning and memory and are more likely to fail in school.

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.
- For free printed guides on preventing marijuana, alcohol and other drug use, visit the ADAI Clearinghouse www.adai-clearinghouse.org or call (206) 221-8325.
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- For more information and references visit www.LearnAboutMarijuanaWA.org.

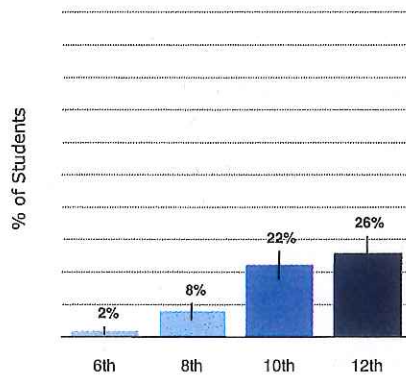
Lifetime Marijuana Use

"I have used marijuana at least once."



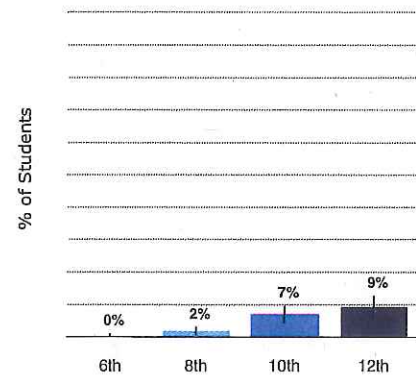
Current (past 30-day) Marijuana Use

"I have used marijuana at least once in the past month."

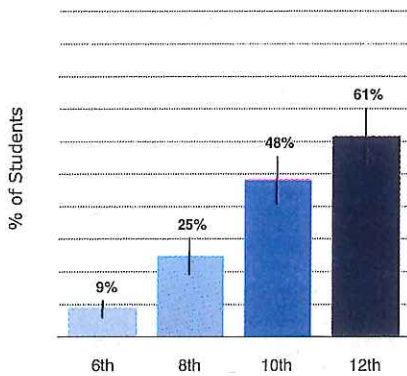


Heavy Marijuana Use

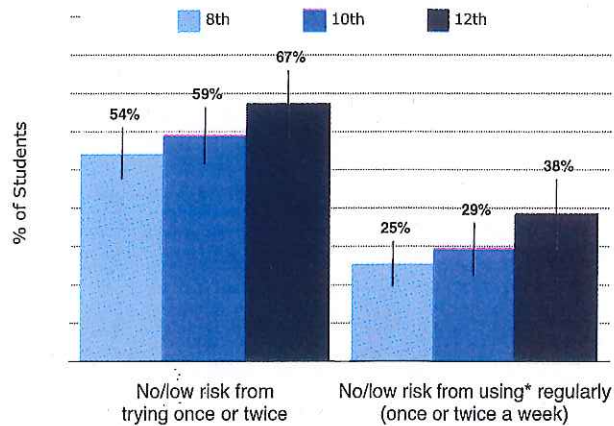
"I have used marijuana on 10 or more days in the past month."



Marijuana is Perceived as Easy or Very Easy to Get



Marijuana is Perceived as Not Harmful

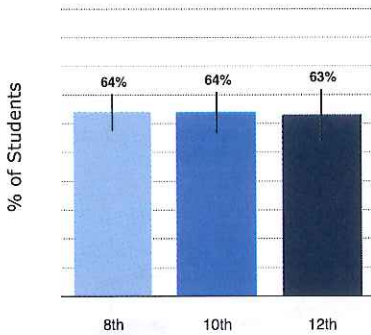


*"Smoked" regularly changed to "Used" regularly in 2014

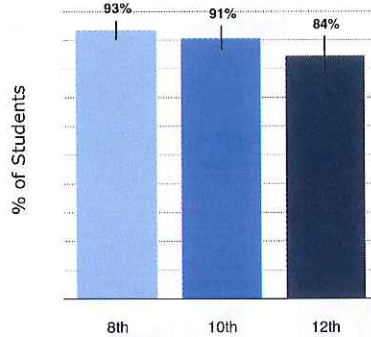


Marijuana Use for Wenatchee School District in 2018?

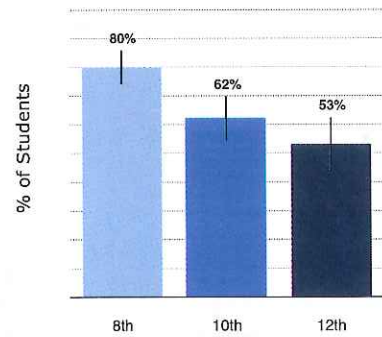
Parental discussion about not using marijuana



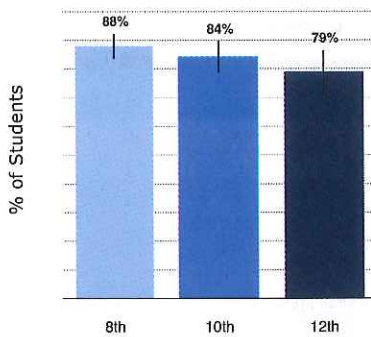
Parents think youth marijuana use is wrong



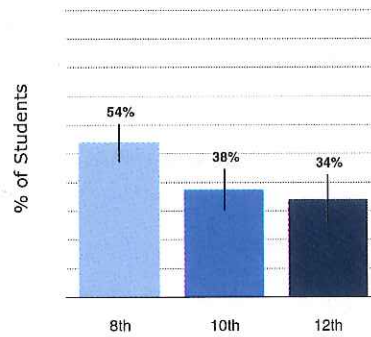
Peers think youth marijuana use is wrong



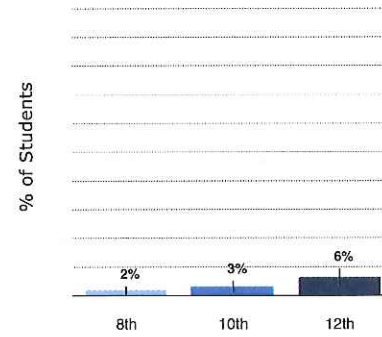
Community norm is marijuana use is wrong



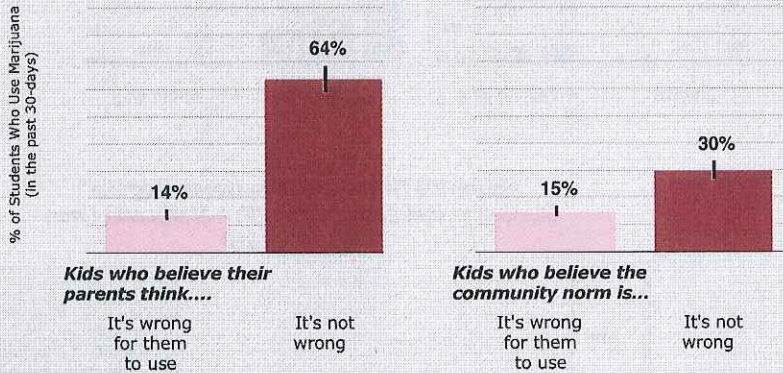
Police would catch me if I used marijuana



Marijuana use on school property in past month



Relationship between Marijuana Use and Perceived Parental and Community Norms, Grade 10, 2018



What does this chart say?

- Statewide, 10th graders are less likely to use marijuana if they believe their parents think it is wrong for them to use.
- Statewide, 10th graders are less likely to use marijuana if they believe their community thinks it is wrong for them to use.

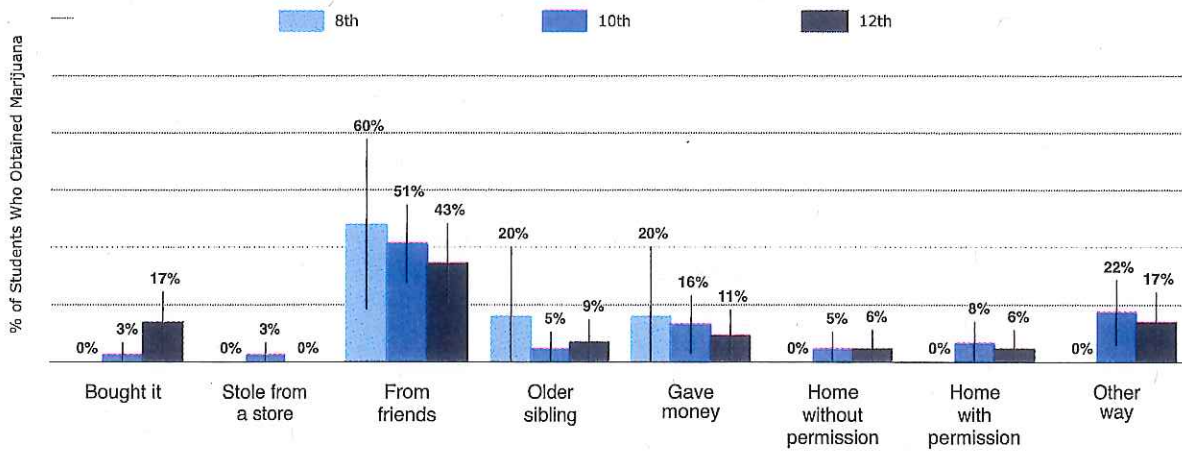
Tips for parents and guardians to help teens avoid alcohol, marijuana and other drugs

- Talk early and often about the risks. Get tips for how to talk with your child and stay better connected at www.StartTalkingNow.org.
- 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 abuse and problem gambling, call 1-866-789-1511 or visit www.waRecoveryHelpLine.org.



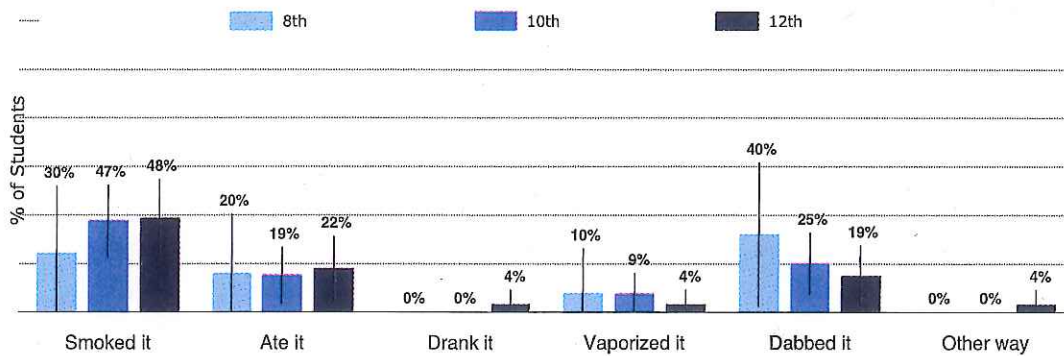
Marijuana Use for Wenatchee School District in 2018?

Where Do Youth Get Marijuana?

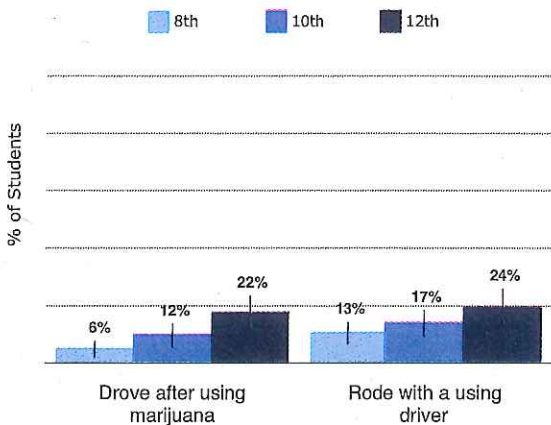


The percentages in this chart are based on all students who reported getting marijuana in the past 30 days, regardless whether they reported using in the past 30 days. Students could select multiple sources.

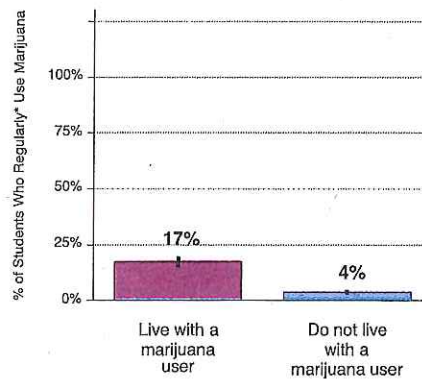
Type of Marijuana Use, among Current Marijuana Users



Marijuana Use and Riding/Driving



Statewide Relationship between Regular* Marijuana Use and Living with a Marijuana User, Grade 10, 2018



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.



Teen Prescription Misuse and Abuse for Wenatchee School District in 2018

Background:

- Prescription drug abuse 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 abuse from friends and relatives, sometimes without the person knowing.
- Prescription drug abuse has become an important health issue, particularly the danger of abusing prescription pain medications. Drug overdose deaths have been on the rise in the United States; in 2014 there were 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 and abuse?

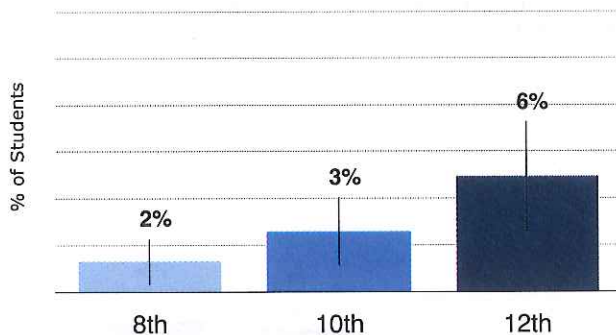
- Talk to your children about what you do to stay healthy, and, if you use medications, why they are safe for your personal use and not for them.
- Talk to your teen about the dangers of prescription drug misuse. Learn more at www.medicineabuseproject.org.
- Keep the most commonly abused prescription drugs (painkillers, sedatives and stimulants) in a lock box.
- Take steps to safeguard the most commonly abused 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.

For More Information:

- Learn more at 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.
- For medication disposal locations, see www.takebackyourmeds.org.

Student Abuse of Painkillers (in last 30 days)

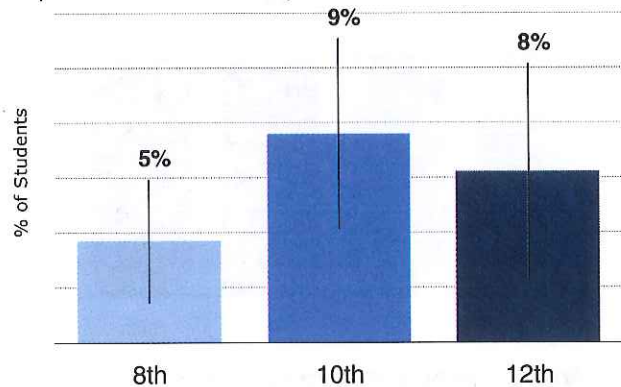
Students who report using painkillers* to get high at least once in the past month



*painkillers like Vicodin, OxyContin (sometimes called Oxy or OC) or Percocet (sometimes called Percs)

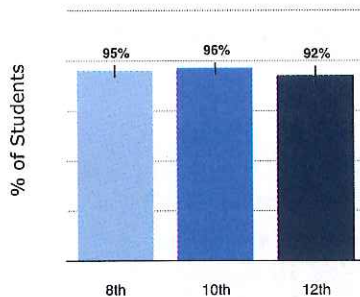
Students Misuse of Someone Else's Prescription (in last 30 days)

Students who report using prescription drugs not prescribed to them in the past month

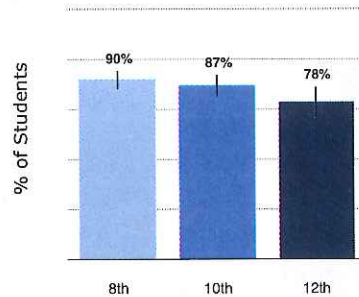


When students are asked about the use of prescription drugs that are not prescribed for them... their perceptions are:

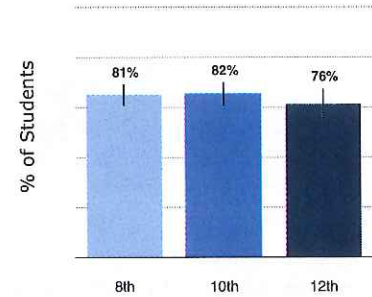
My parents would think it was wrong if I used prescription drugs not prescribed for me



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



For more results from the 2018 Healthy Youth Survey, please visit www.AskHYS.net

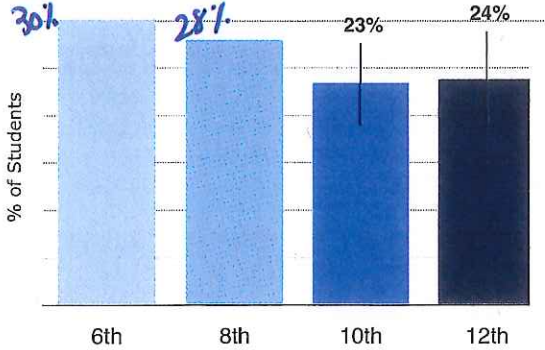
The data in these charts are based on the Healthy Youth Survey conducted in fall 2018. In Wenatchee School District, 487 6th graders, 450 8th graders, 378 10th graders and 265 12th graders completed the survey.



School Safety for Wenatchee School District in 2018

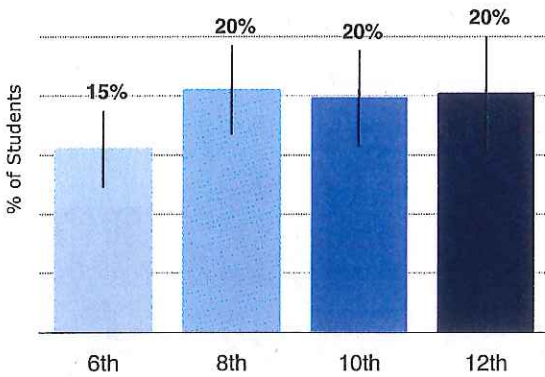
Bullied at school*...

Students who report they were bullied at school in the past month



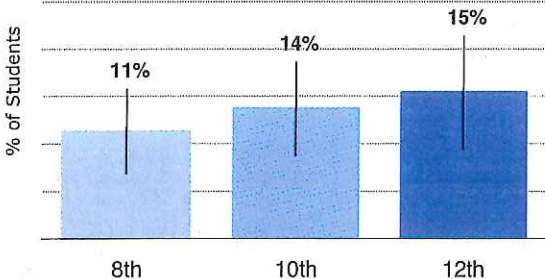
Not feeling safe...

Students who report they did not feel safe at school



Missing school due to safety...

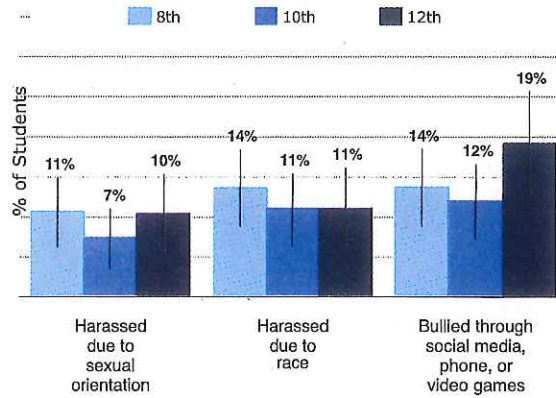
Students who report not going to school because they did not feel safe



For more results from the 2018 Healthy Youth Survey, please visit www.AskHYS.net

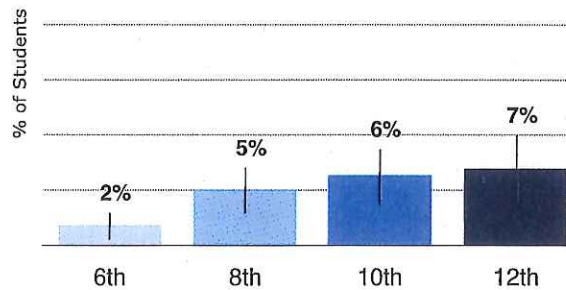
Harassment...

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

The data in these charts are based on the Healthy Youth Survey conducted in fall 2018. In Wenatchee School District, 487 6th graders, 450 8th graders, 378 10th graders and 265 12th graders completed the survey.

*In 2018, 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.

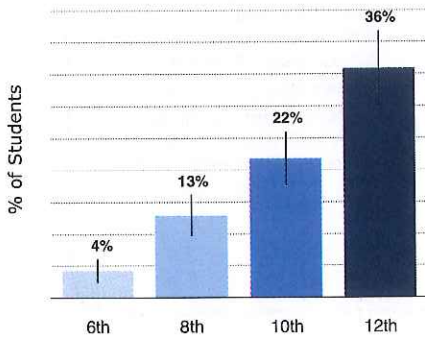


Youth Alcohol Use for Wenatchee School District in 2018

Are OUR youth using alcohol?

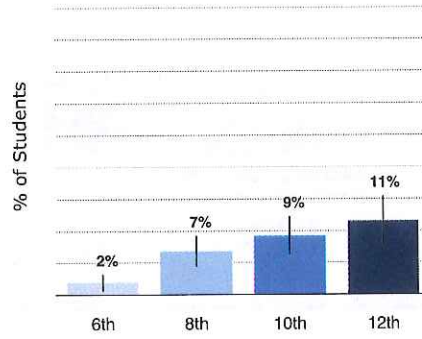
Current Drinking

Students who report drinking at least once in the past month



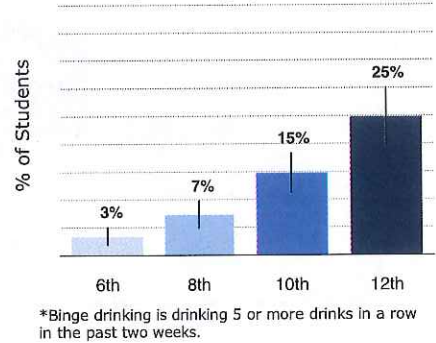
Experimental Drinking

Students who report drinking on 1-2 days in the past month, but no binge drinking



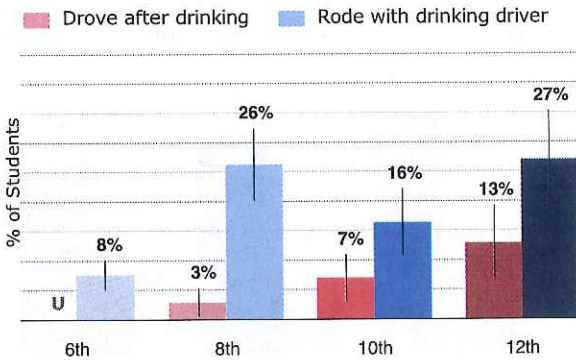
Problem or Heavy Drinking

Students who report drinking 3 or more days in the past month and/or one or more binge drinking episodes*



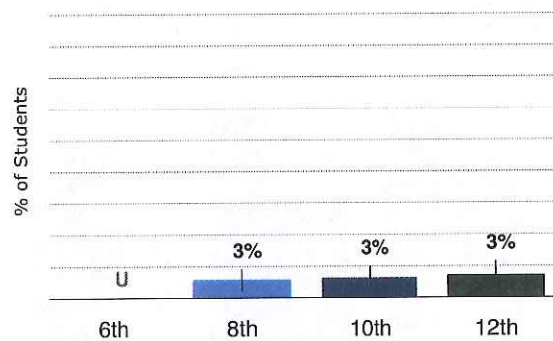
In a Vehicle

Students who report drinking and driving OR riding with a driver who had been drinking

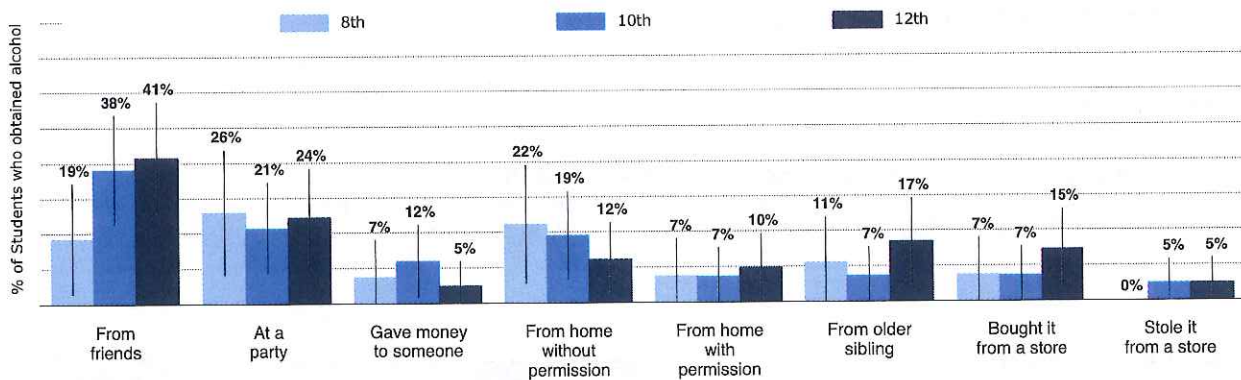


On school property

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.

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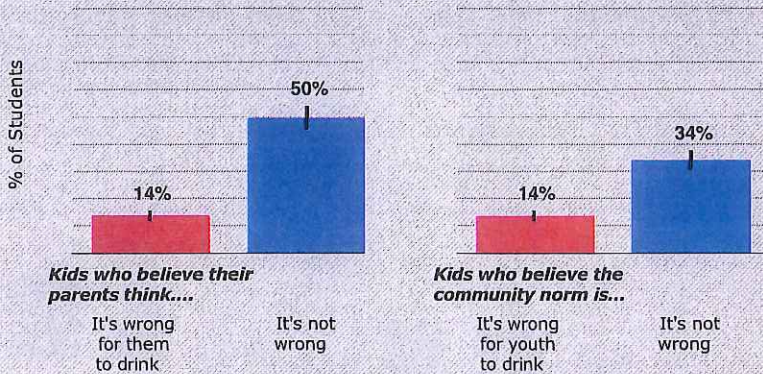
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Prevalence is displayed with 95% confidence intervals (as black bars |). "U" indicates data is unavailable, because of too few surveys completed, questions not asked, or other reasons.

Parents and communities have influence!

Kids are less likely to drink if they believe their parents or their communities disapprove of youth drinking.

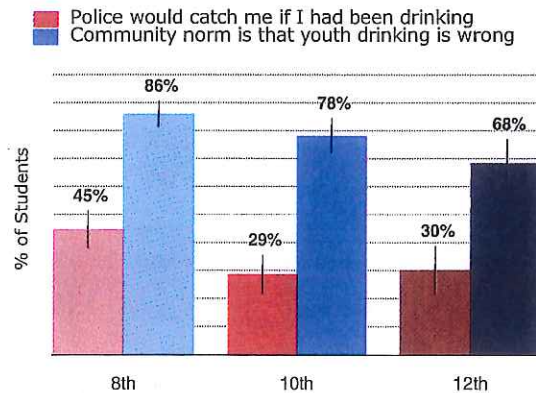
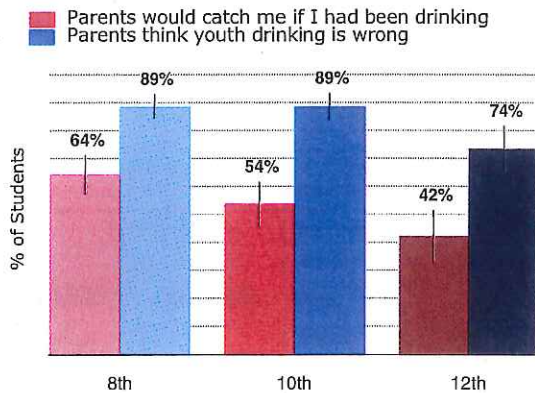
Percent of 10th Graders who Drink Alcohol (Statewide)



What does this chart say?

- Only 14% of kids drink alcohol if their parent's think it's wrong, while 50% drink if their parents don't think it's wrong.
- 14% of kids drink alcohol if their community thinks it's wrong, while 34% drink if their community doesn't think it's wrong.

Kids in Wenatchee School District 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 Wenatchee School District kids who think that it would be easy to get alcohol increases as they get older, from 13% in 6th Grade to 62% in 12th Grade.

Parents - talk to your kids about the dangers of drinking alcohol.

The percent of Wenatchee School District kids who said their parents **didn't** talk to them about the dangers of alcohol increases as they get older, from 23% in 8th Grade to 32% in 12th Grade.

Start the conversation

Continue the conversation

Visit us at: www.StartTalkingNow.org



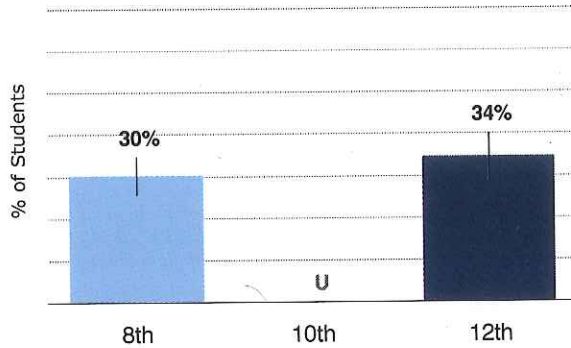
2016
FACT SHEET



Depressive Feelings, Anxiety and Suicide for Wenatchee School District in 2016

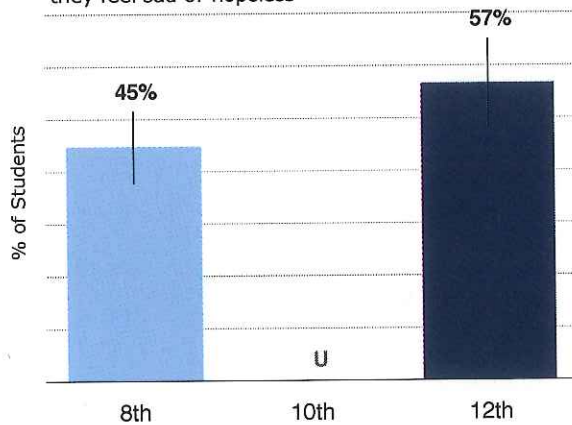
Depressive Feelings...

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



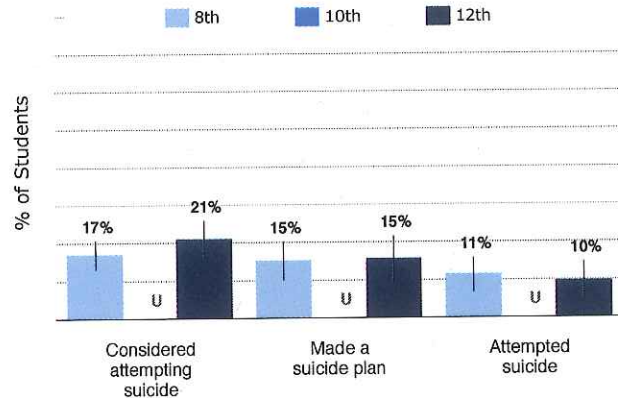
For help and information about what you can do, contact:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8225) or www.suicidepreventionlifeline.org
- Washington State's Youth Suicide Prevention Program at www.yspp.org
- The OSPI suicide prevention page: www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx

The data in these charts are based on the State of Washington's Healthy Youth Survey conducted in fall 2016. In Wenatchee School District, 457 6th graders, 416 8th graders, 458 10th graders and 280 12th graders completed the anonymous survey.

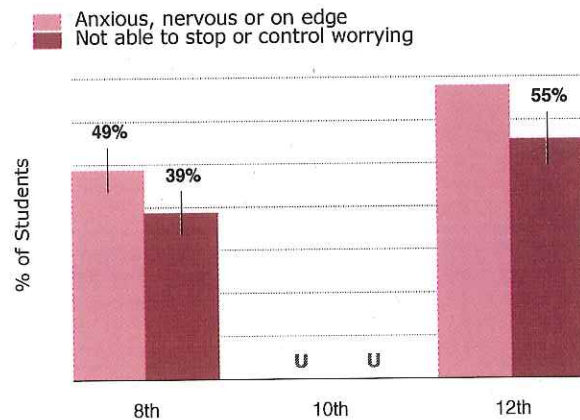
Suicidal Feelings and Actions...

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:

- Watch for the warning signs
- Show you care
- Ask the question
- Get help

For immediate help call
1-800-273-TALK
1-866-4-U-TREVOR (GLBTQ)



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Marijuana Use for Wenatchee School District in 2016?

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Background:

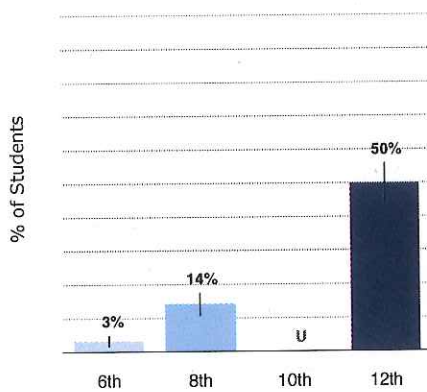
- Marijuana can be addictive. Most teens who enter drug treatment programs report marijuana is the main drug they use.
- If teens use marijuana, anxiety and depression can get worse. Marijuana use is associated with risk of anxiety and depression.
- Teens who use marijuana can have problems with learning and memory and are more likely to fail in school.

For More Information:

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- For free printed guides on preventing marijuana, alcohol and other drug use, visit the ADAI Clearinghouse www.adaiclearinghouse.org 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.
- For more information and references visit www.LearnAboutMarijuanaWA.org.

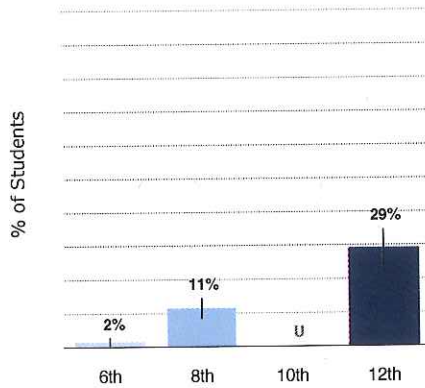
Lifetime Marijuana Use

"I have used marijuana at least once."



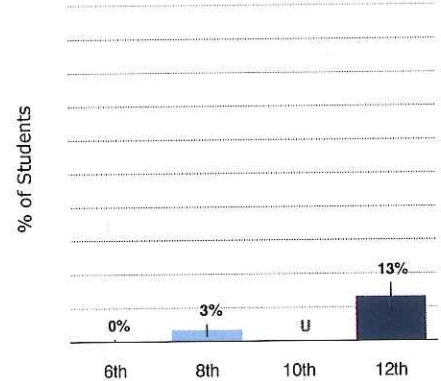
Current (past 30-day) Marijuana Use

"I have used marijuana at least once in the past month."

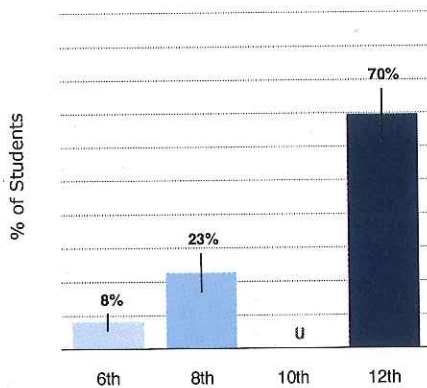


Heavy Marijuana Use

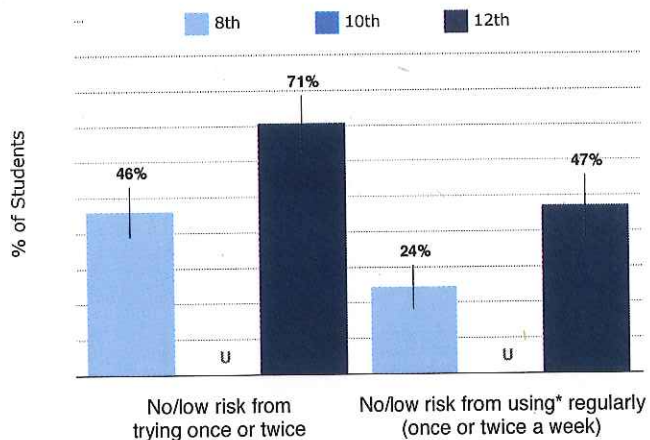
"I have used marijuana on 10 or more days in the past month."



Marijuana is Perceived as Easy or Very Easy to Get



Marijuana is Perceived as Not Harmful

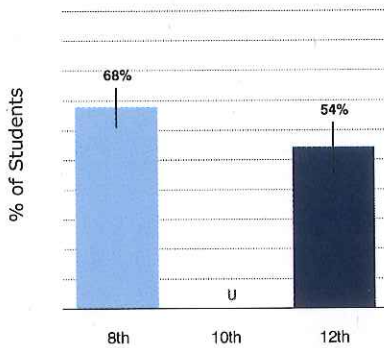


*"Smoked" regularly changed to "Used" regularly in 2014

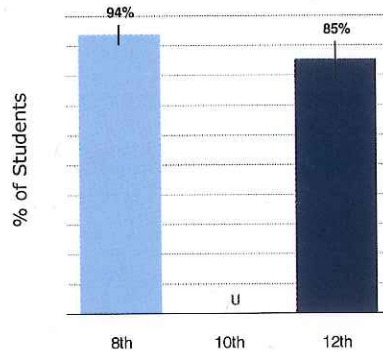


Marijuana Use for Wenatchee School District in 2016?

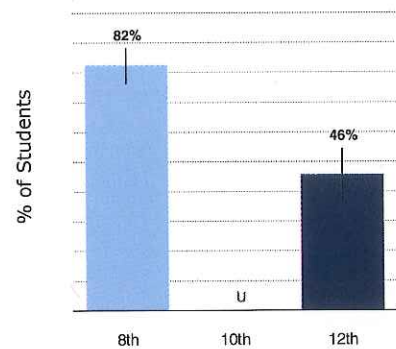
Parental discussion about not using marijuana



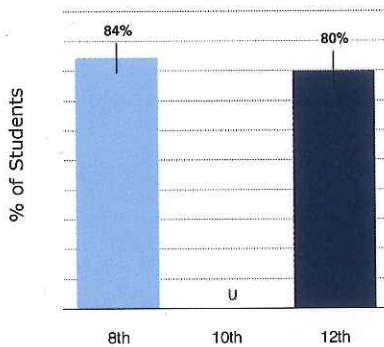
Parents think youth marijuana use is wrong



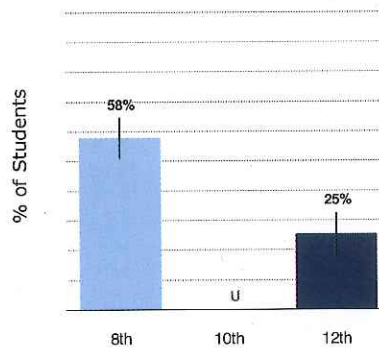
Peers think youth marijuana use is wrong



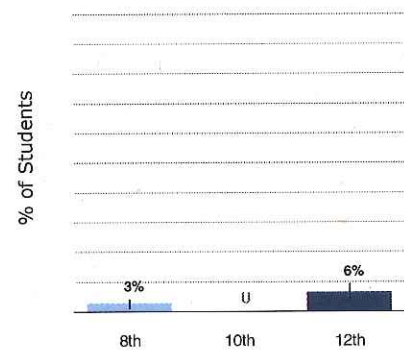
Community norm is marijuana use is wrong



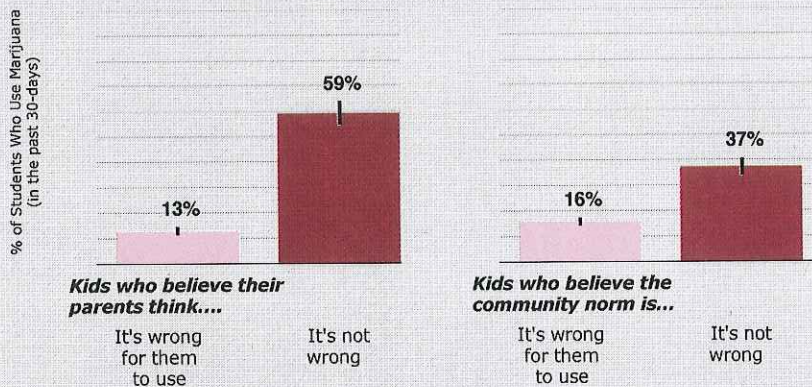
Police would catch me if I used marijuana



Marijuana use on school property in past month



Relationship between Marijuana Use and Perceived Parental and Community Norms, Grade 10, 2016



What does this chart say?

- Statewide, 10th graders are less likely to use marijuana if they believe their parents think it is wrong for them to use.
- Statewide, 10th graders are less likely to use marijuana if they believe their community thinks it is wrong for them to use.

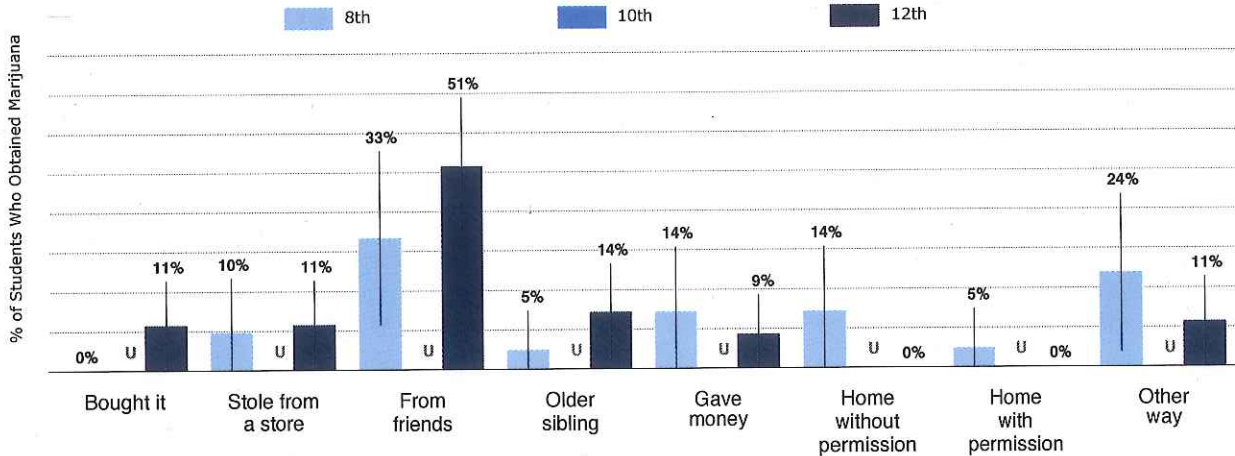
Tips for parents and guardians to help teens avoid alcohol, marijuana and other drugs

- Talk early and often about the risks. Get tips for how to talk with your child and stay better connected at www.StartTalkingNow.org.
- 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.
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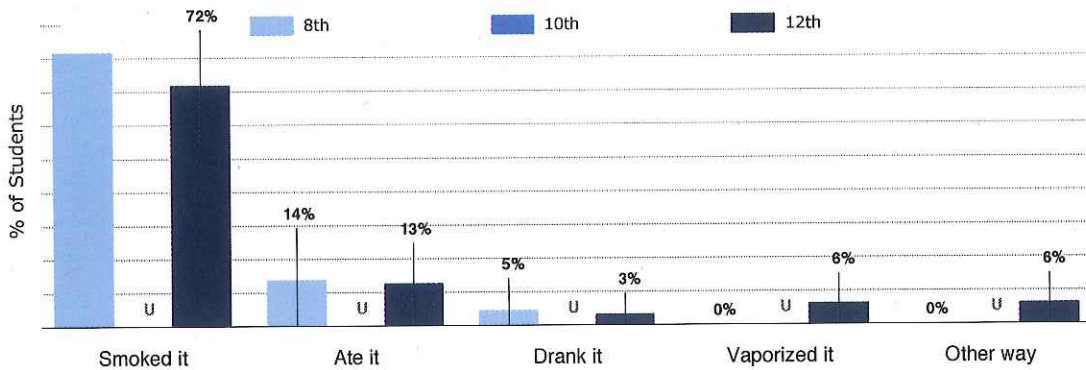
Marijuana Use for Wenatchee School District in 2016?

Where Do Youth Get Marijuana?

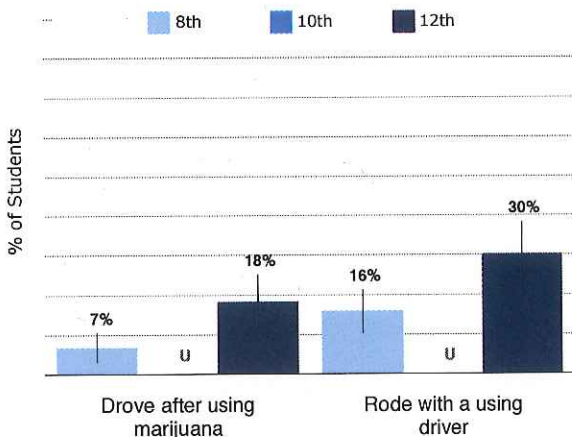


The percentages in this chart are based on all students who reported getting marijuana in the past 30 days, regardless whether they reported using in the past 30 days. Students could select multiple sources.

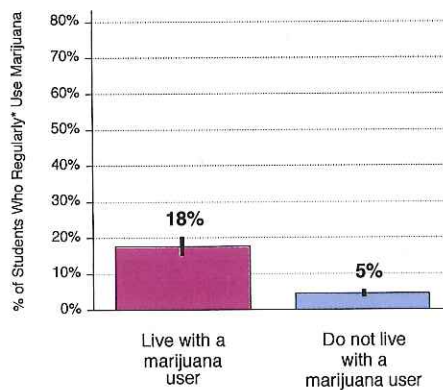
Type of Marijuana Used, among Current Marijuana Users



Marijuana Use and Riding/Driving



Statewide Relationship between Regular* Marijuana Use and Living with a Marijuana User, Grade 10, 2016



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.



Teen Prescription Misuse and Abuse for Wenatchee School District in 2016

Background:

- Prescription drug abuse 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 abuse from friends and relatives, sometimes without the person knowing.
- Prescription drug abuse has become an important health issue, particularly the danger of abusing prescription pain medications. Drug overdose deaths have been on the rise in the United States; in 2014 there were 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 and abuse?

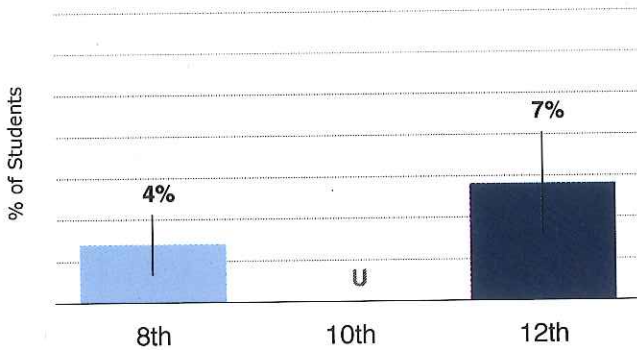
- Talk to your children about what you do to stay healthy, and, if you use medications, why they are safe for your personal use and not for them.
- Talk to your teen about the dangers of prescription drug misuse. Learn more at www.medicineabuseproject.org.
- Keep the most commonly abused prescription drugs (painkillers, sedatives and stimulants) in a lock box.
- Take steps to safeguard the most commonly abused 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.

For More Information:

- Learn more at 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.
- For medication disposal locations, see www.takebackyourmeds.org.

Student Abuse of Painkillers (in last 30 days)

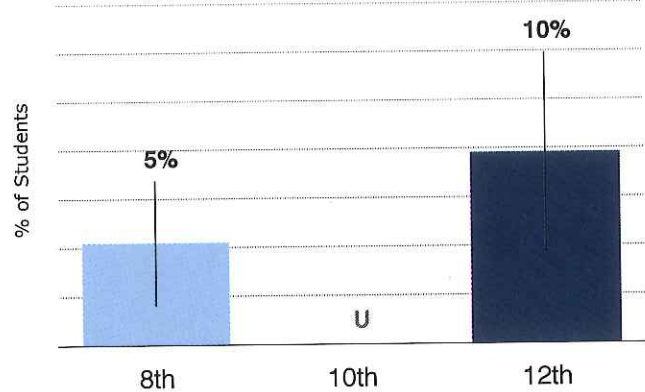
Students who report using painkillers* to get high at least once in the past month



*painkillers like Vicodin, OxyContin (sometimes called Oxy or OC) or Percocet (sometimes called Percs)

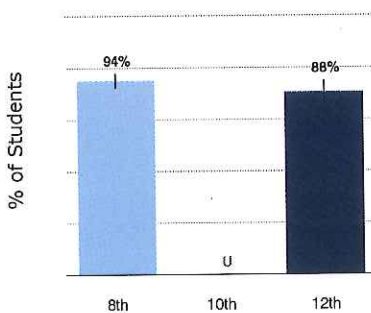
Students Misuse of Someone Else's Prescription (in last 30 days)

Students who report using prescription drugs not prescribed to them in the past month

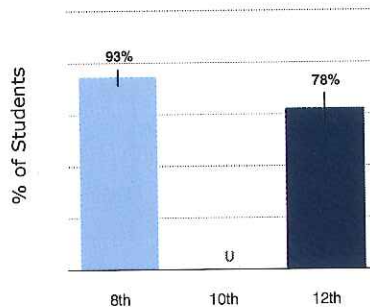


When students are asked about the use of prescription drugs that are not prescribed for them... their perceptions are:

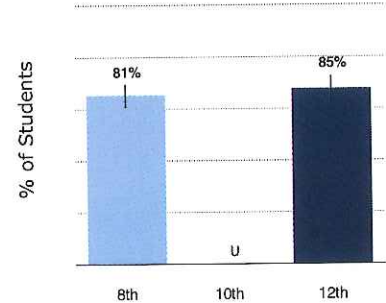
My parents would think it was wrong if I used prescription drugs not prescribed for me



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



For more results from the 2016 Healthy Youth Survey, please visit www.AskHYS.net

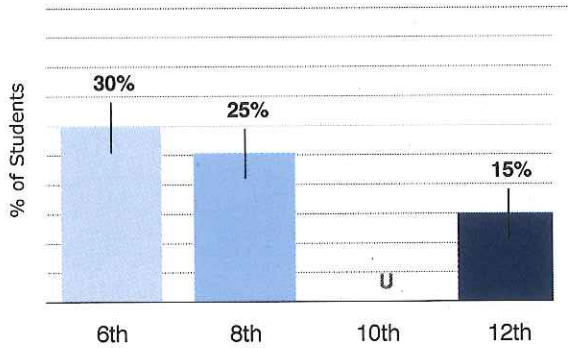
The data in these charts are based on the Healthy Youth Survey conducted in fall 2016. In Wenatchee School District, 457 6th graders, 416 8th graders, 458 10th graders and 280 12th graders completed the survey.



School Safety for Wenatchee School District in 2016

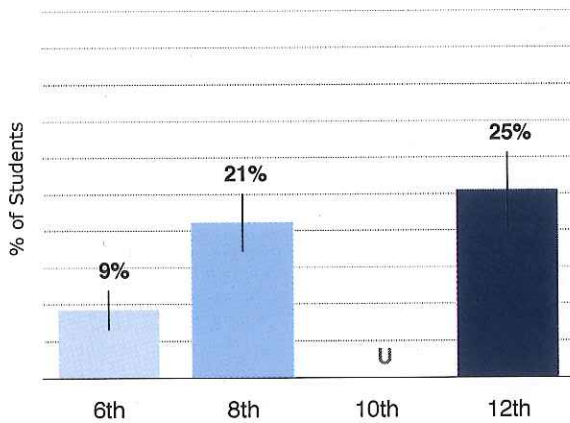
Bullying...

Students who report they were bullied at school in the past month



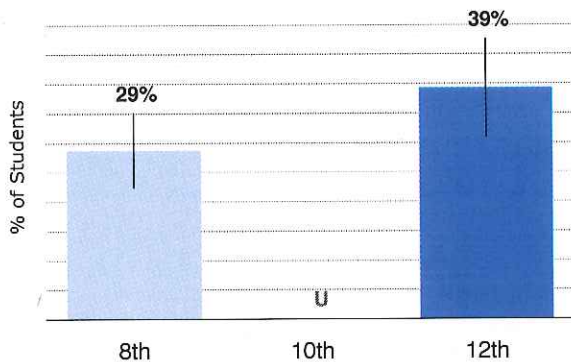
Not feeling safe...

Students who report they did not feel safe at school



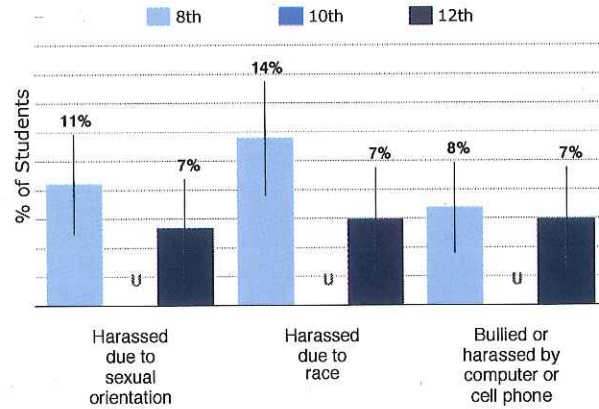
Missing school due to safety...

Students who report not going to school because they did not feel safe



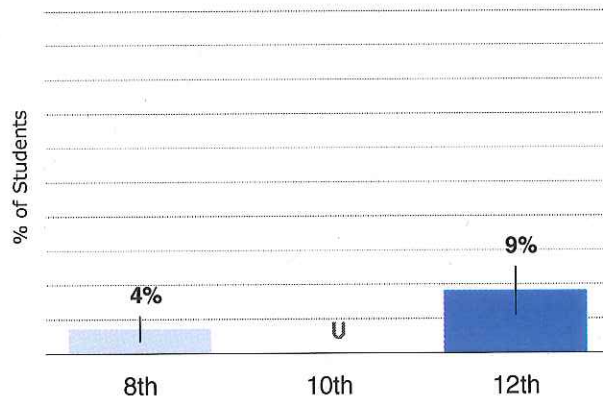
Harassment...

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

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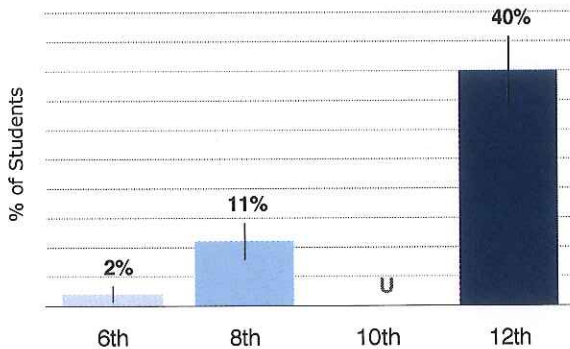


Youth Alcohol Use for Wenatchee School District in 2016

Are OUR youth using alcohol?

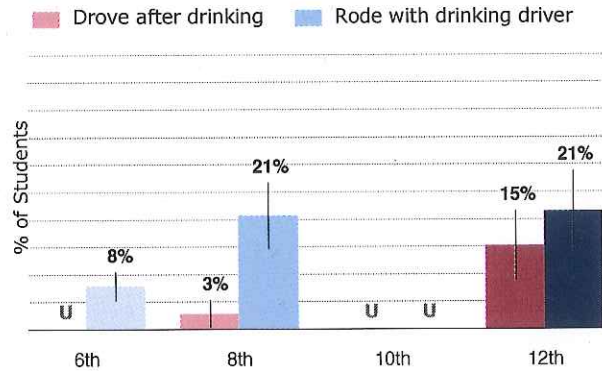
Current Drinking

Students who report drinking at least once in the past month



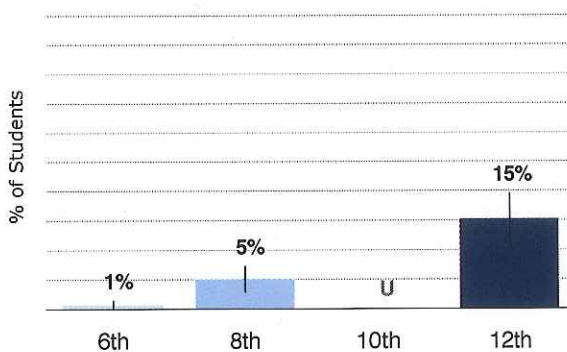
In a Vehicle

Students who report drinking and driving OR riding with a driver who had been drinking



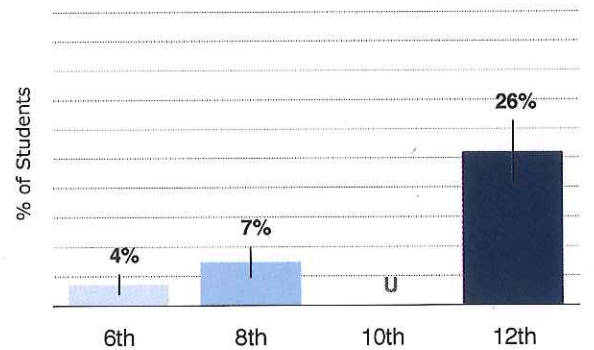
Experimental Drinking

Students who report drinking on 1-2 days in the past month, but no binge drinking



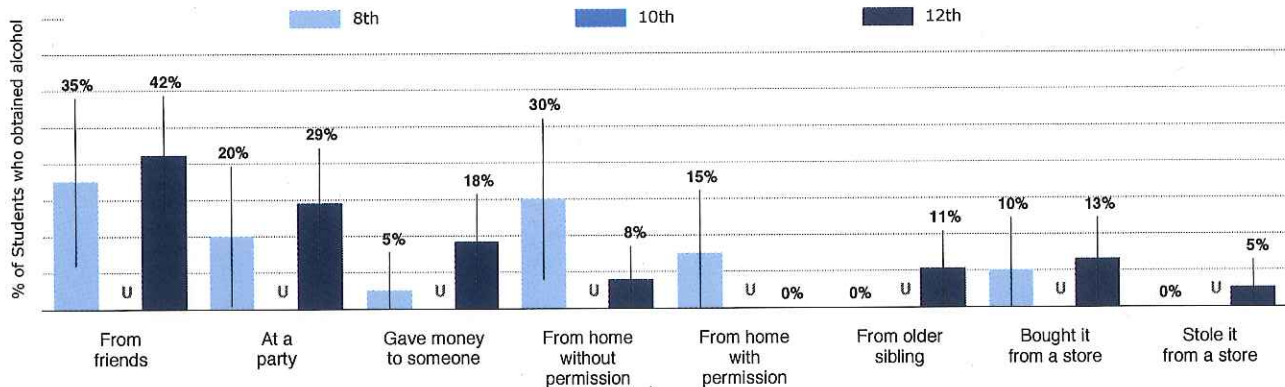
Problem or Heavy Drinking

Students who report drinking 3 or more days in the past month and/or one or more binge drinking episodes*



*Binge drinking is drinking 5 or more drinks in a row in the past two weeks.

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.

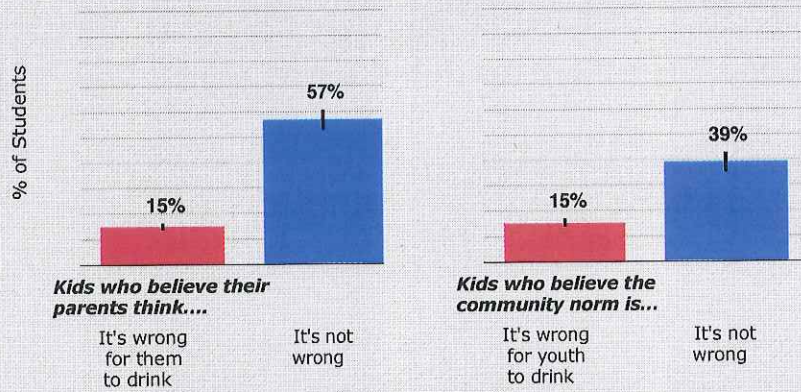
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For more results from the 2016 Healthy Youth Survey, please visit www.AskHYS.net

Parents and communities have influence!

Kids are less likely to drink if they believe their parents or their communities disapprove of youth drinking.

Percent of 10th Graders who Drink Alcohol (Statewide)

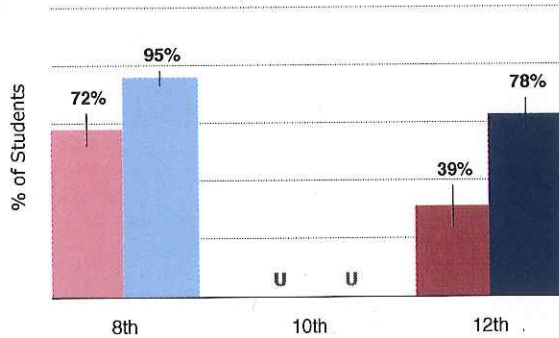


What does this chart say?

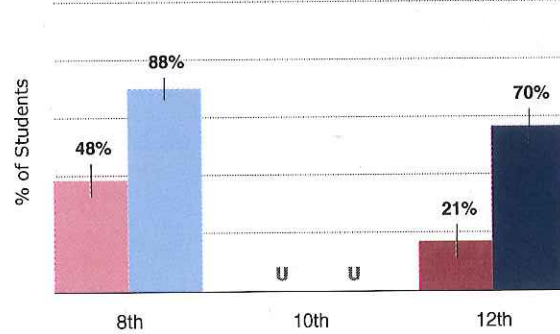
- Only 15% of kids drink alcohol if their parent's think it's wrong, while 57% drink if their parents don't think it's wrong.
- 15% of kids drink alcohol if their community thinks it's wrong, while 39% drink if their community doesn't think it's wrong.

Kids in Wenatchee School District reported that they believe...

■ Parents would catch me if I had been drinking
■ Parents think youth drinking is wrong



■ Police would catch me if I had been drinking
■ Community norm is that youth drinking is wrong



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 Wenatchee School District kids who think that it would be easy to get alcohol increases as they get older, from 12% in 6th Grade to 61% in 12th Grade.

Parents - talk to your kids about the dangers of drinking alcohol.

The percent of Wenatchee School District kids who said their parents *didn't* talk to them about the dangers of alcohol increases as they get older, from 22% in 8th Grade to 42% in 12th Grade.

Start the conversation

Continue the conversation

Visit us at: www.StartTalkingNow.org



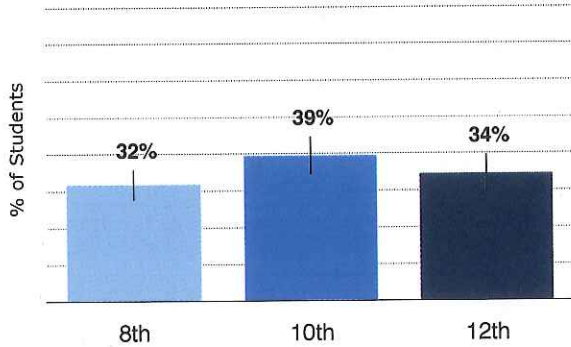
2014
FACT SHEET



Depressive Feelings, Anxiety and Suicide for Wenatchee School District in 2014

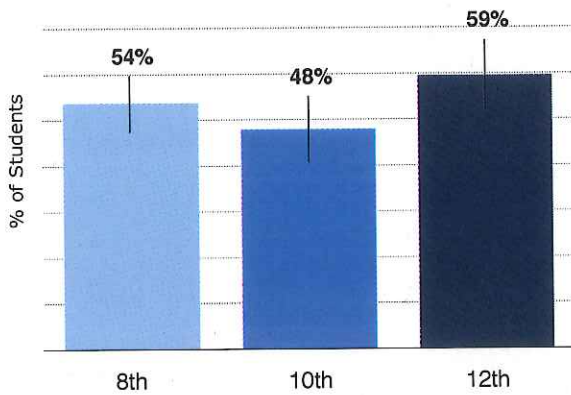
Depressive Feelings...

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



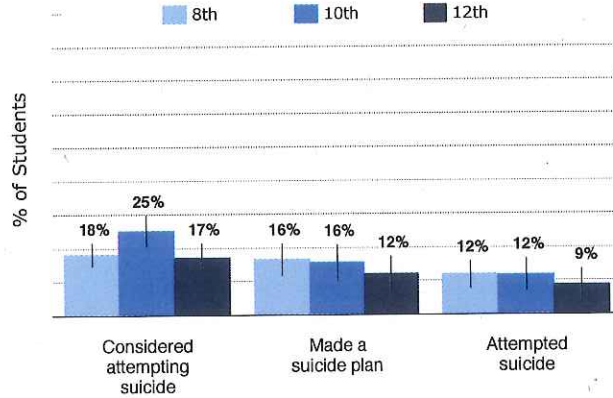
For help and information about what you can do, contact:

- National Suicide Prevention Lifeline: 1-800-273-TALK (8225) or www.suicidepreventionlifeline.org
- Washington State's Youth Suicide Prevention Program at www.yspp.org
- The OSPI suicide prevention page: www.k12.wa.us/safetycenter/YouthSuicide/SuicidePrevention.aspx

The data in these charts are based on the State of Washington's Healthy Youth Survey conducted in fall 2014. In Wenatchee School District, 444 6th graders, 535 8th graders, 371 10th graders and 323 12th graders completed the anonymous survey.

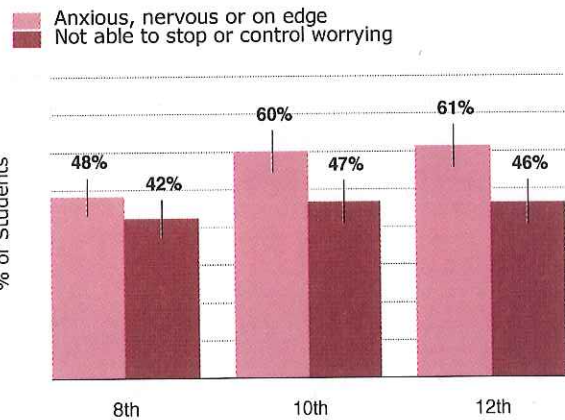
Suicidal Feelings and Actions...

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:

- Watch for the warning signs
- Show you care
- Ask the question
- Get help

For immediate help call
1-800-273-TALK
1-866-4-U-TREVOR (GLBTQ)



For more results from the 2014 Healthy Youth Survey, please visit www.AskHYS.net



What Do Wenatchee School District Youth Say about Marijuana in 2014?

The data in these charts are based on the Healthy Youth Survey conducted in fall 2014. In Wenatchee School District, 444 6th graders, 535 8th graders, 371 10th graders and 323 12th graders completed the survey.

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Background:

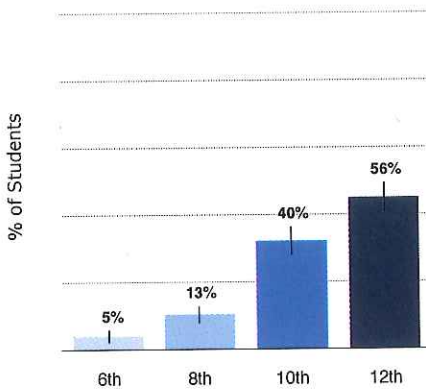
- Marijuana can be addictive. Most teens who enter drug treatment programs report marijuana is the main drug they use.
- If teens use marijuana, anxiety and depression can get worse. Marijuana use is associated with risk of anxiety and depression.
- Teens who use marijuana can have problems with learning and memory and are more likely to fail in school.

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.
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse adaiclearinghouse.org 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.
- For more information and references visit www.LearnAboutMarijuanaWA.org.

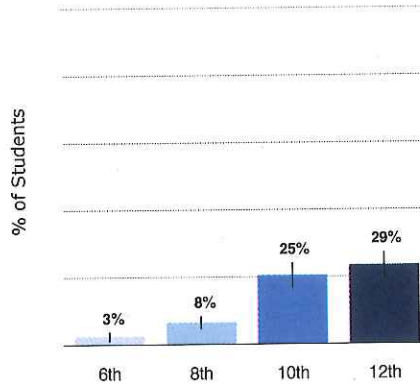
Lifetime Marijuana Use

"I have used marijuana at least once."



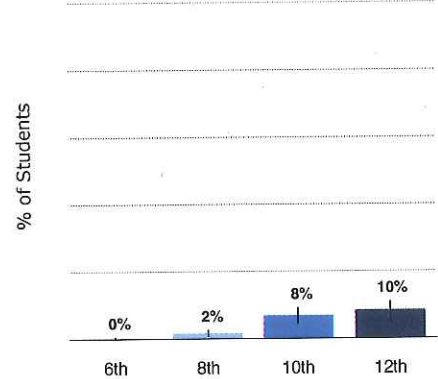
Current (past 30-day) Marijuana Use

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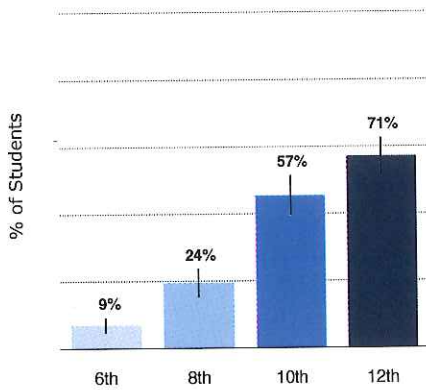


Heavy Marijuana Use

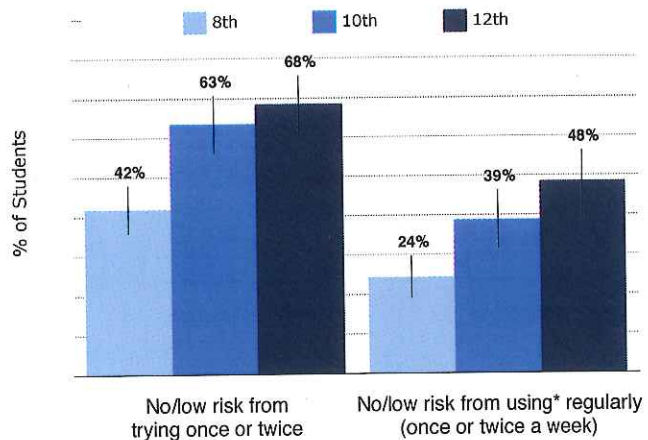
"I have used marijuana on 10 or more days in the past month."



Marijuana is Perceived as Easy or Very Easy to Get



Marijuana is Perceived as Not Harmful

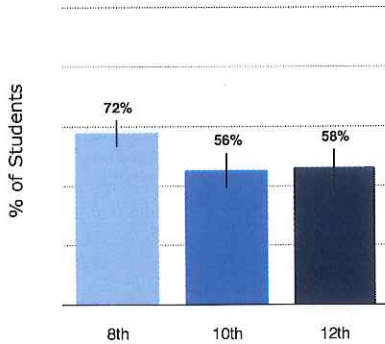


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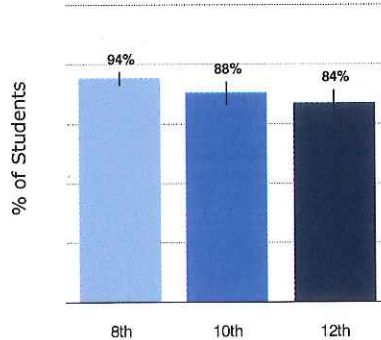


What Do Wenatchee School District Youth Say about Marijuana in 2014?

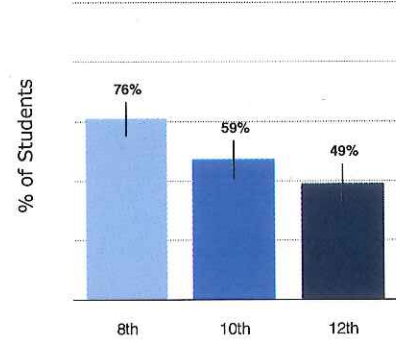
Parental discussion about not using marijuana



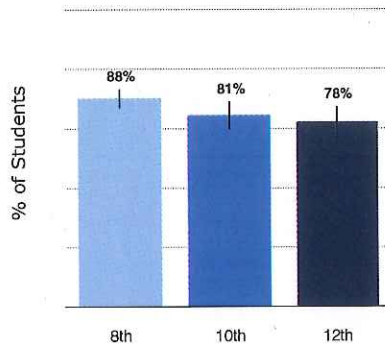
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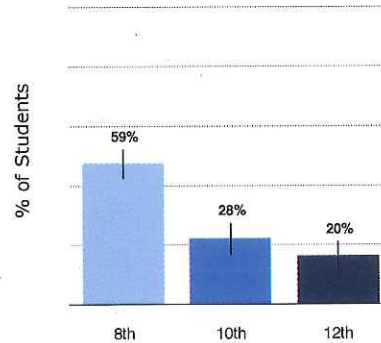
Peers think youth marijuana use is wrong



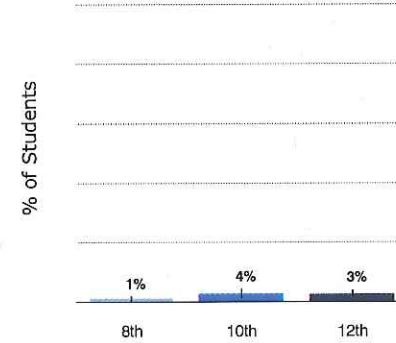
Community norm is marijuana use is wrong



Police would catch me if I used marijuana

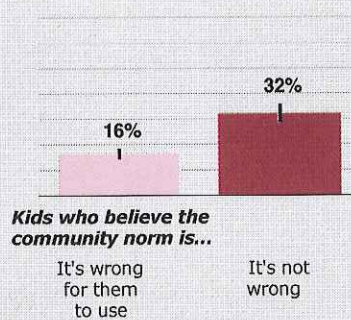
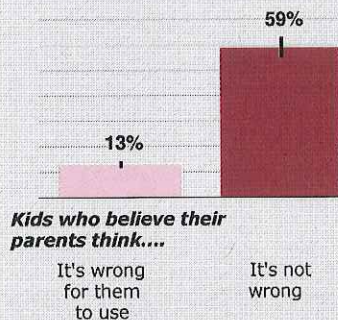


Marijuana use on school property in past month



Relationship between Marijuana Use and Perceived Parental and Community Norms, Grade 10, 2014

% of Students Who Use Marijuana (in the past 30-days)



What does this chart say?

- Statewide, 10th graders are less likely to use marijuana if they believe their parents think it is wrong for them to use.
- Statewide, 10th graders are less likely to use marijuana if they believe their community thinks it is wrong for them to use.

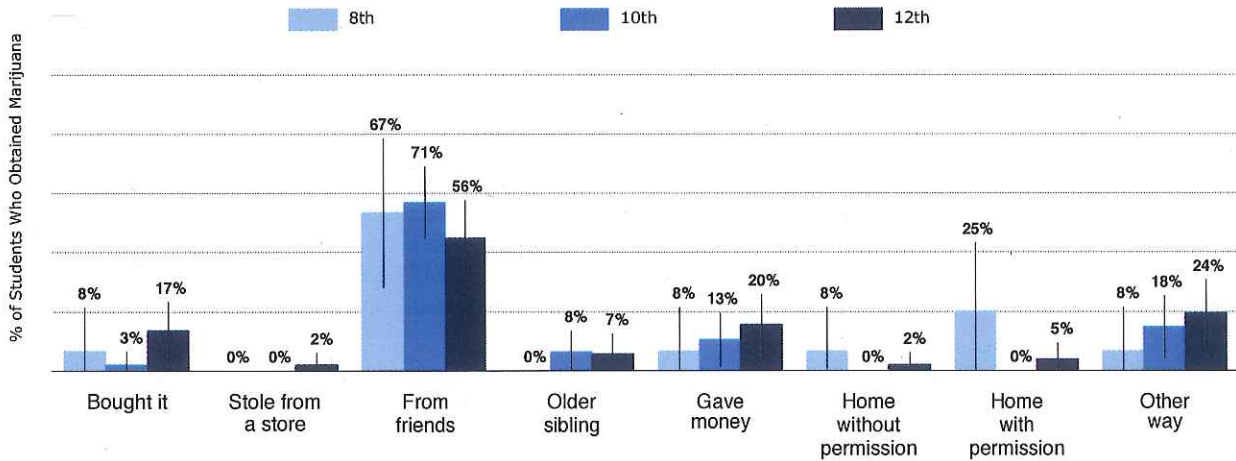
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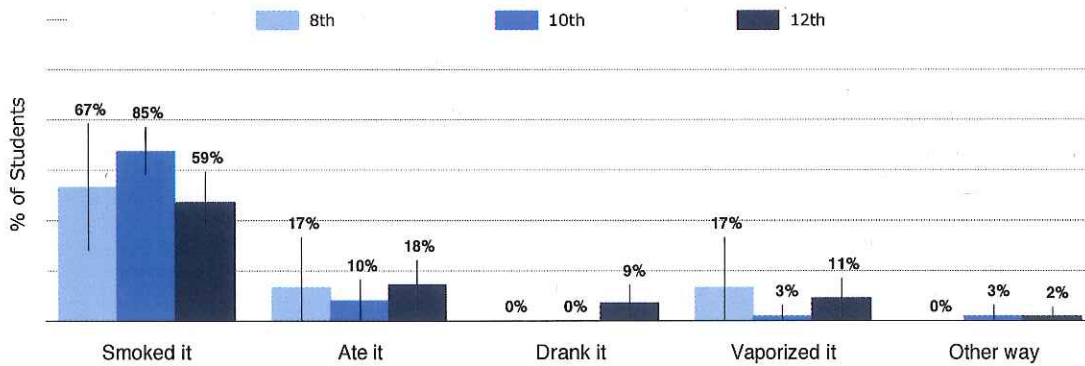
What Do Wenatchee School District Youth Say about Marijuana in 2014?

Where Do Youth Get Marijuana

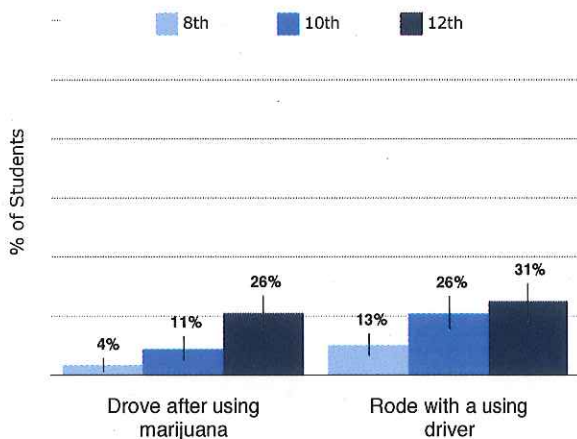


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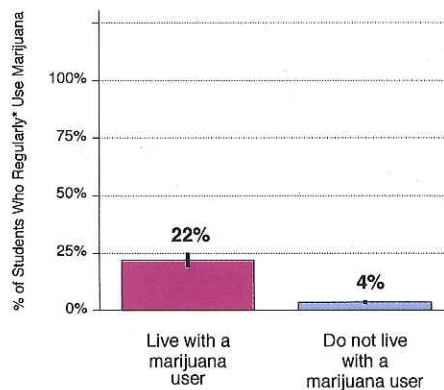
Type of Marijuana Used, among Current Marijuana Users



Marijuana Use and Riding/Driving



Statewide Relationship between Regular* Marijuana Use and Living with a Marijuana User, Grade 10, 2014



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Teen Prescription Misuse and Abuse for Wenatchee School District in 2014

Background:

- Prescription drug abuse 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 abuse from friends and relatives, sometimes without the person knowing.
- Prescription drug abuse has become an important health issue, particularly the danger of abusing prescription pain medications. Drug overdose deaths have been on the rise in the United States; in 2014 there were 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 and abuse?

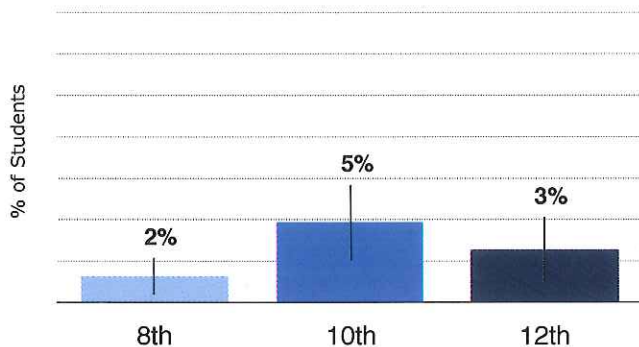
- Talk to your children about what you do to stay healthy, and, if you use medications, why they are safe for your personal use and not for them.
- Talk to your teen about the dangers of prescription drug misuse. Learn more at www.medicineabuseproject.org.
- Keep the most commonly abused prescription drugs (painkillers, sedatives and stimulants) in a lock box.
- Take steps to safeguard the most commonly abused 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.

For More Information:

- Learn more at 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.
- For medication disposal locations, see www.takebackyourmeds.org.

Student Abuse of Painkillers (in last 30 days)

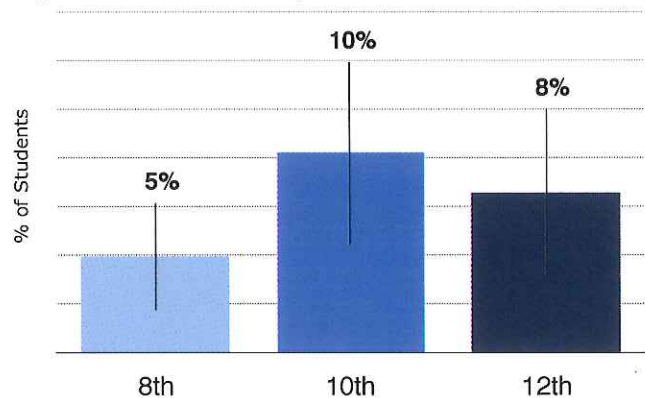
Students who report using painkillers* to get high at least once in the past month



*painkillers like Vicodin, OxyContin (sometimes called Oxy or OC) or Percocet (sometimes called Percs)

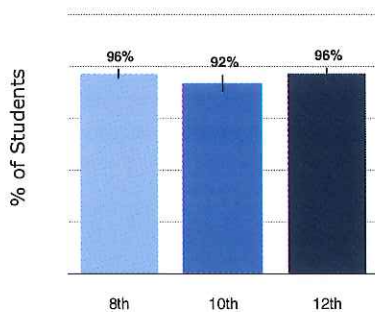
Students Misuse of Someone Else's Prescription (in last 30 days)

Students who report using prescription drugs not prescribed to them in the past month

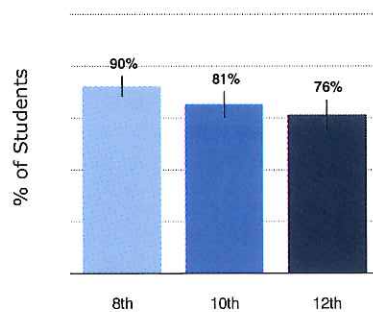


When students are asked about the use of prescription drugs that are not prescribed for them... their perceptions are:

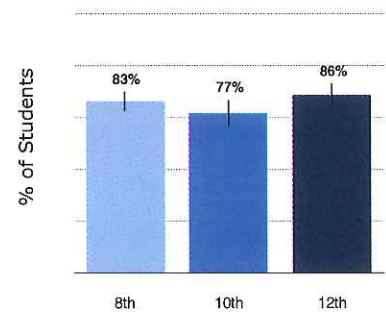
My parents would think it was wrong if I used prescription drugs not prescribed for me



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



For more results from the 2014 Healthy Youth Survey, please visit www.AskHYS.net

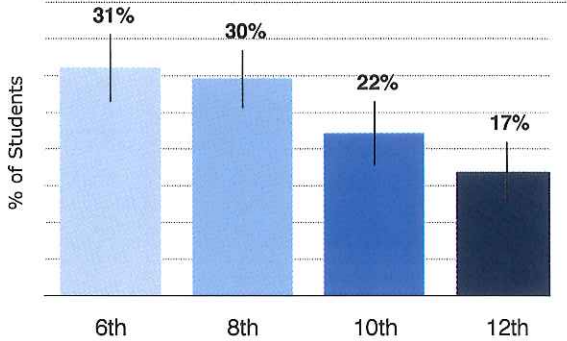
The data in these charts are based on the Healthy Youth Survey conducted in fall 2014. In Wenatchee School District, 444 6th graders, 535 8th graders, 371 10th graders and 323 12th graders completed the survey.



School Safety in Wenatchee School District in 2014

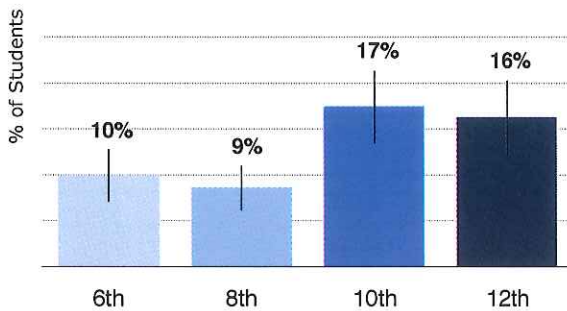
Bullying...

Students who report they were bullied at school in the past month



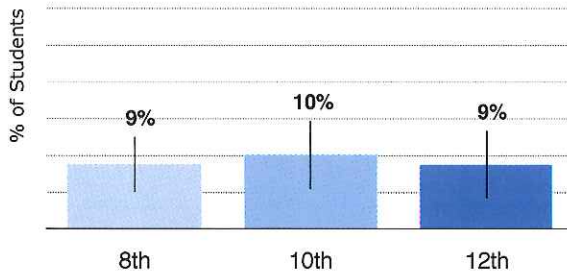
Not feeling safe...

Students who report they did not feel safe at school



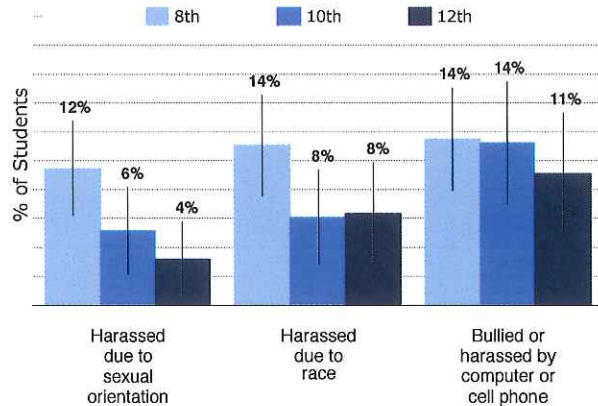
Missing school due to safety...

Students who report not going to school because they did not feel safe



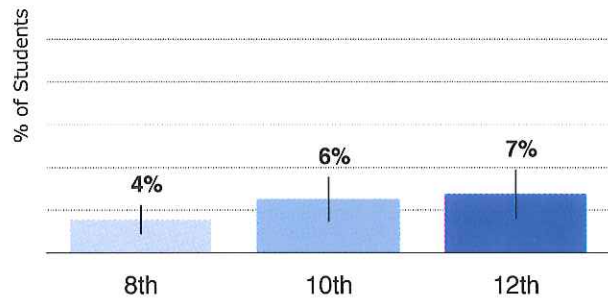
Harassment...

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

The data in these charts are based on the Healthy Youth Survey conducted in fall 2014. In Wenatchee School District, 444 6th graders, 535 8th graders, 371 10th graders and 323 12th graders completed the survey.

For more results from the 2014 Healthy Youth Survey, please visit www.AskHYS.net

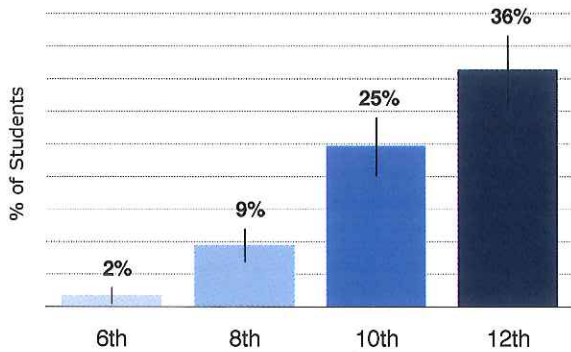


Youth Alcohol Use in Wenatchee School District in 2014

Are OUR youth using alcohol?

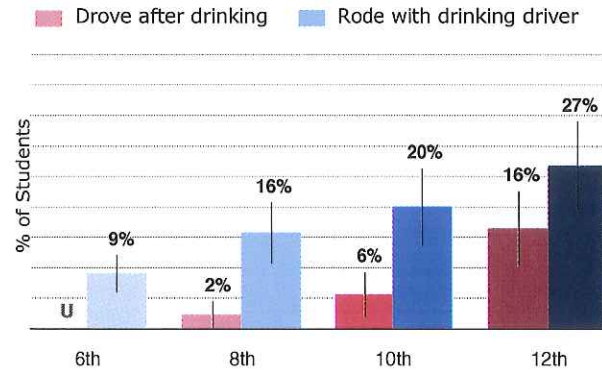
Current Drinking

Students who report drinking at least once in the past month



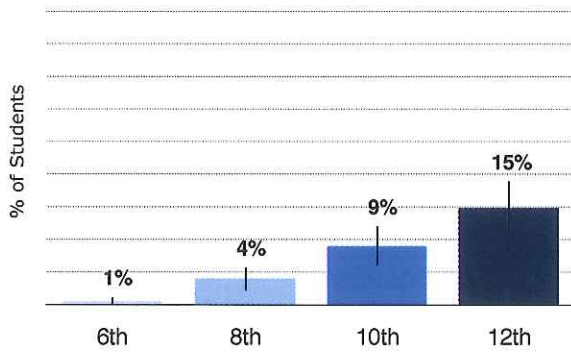
In a Vehicle

Students who report drinking and driving OR riding with a driver who had been drinking



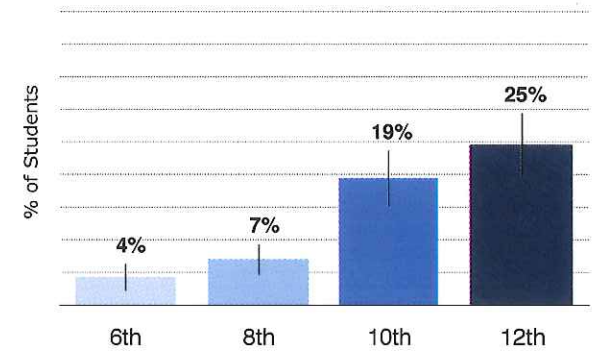
Experimental Drinking

Students who report drinking on 1-2 days in the past month, but no binge drinking



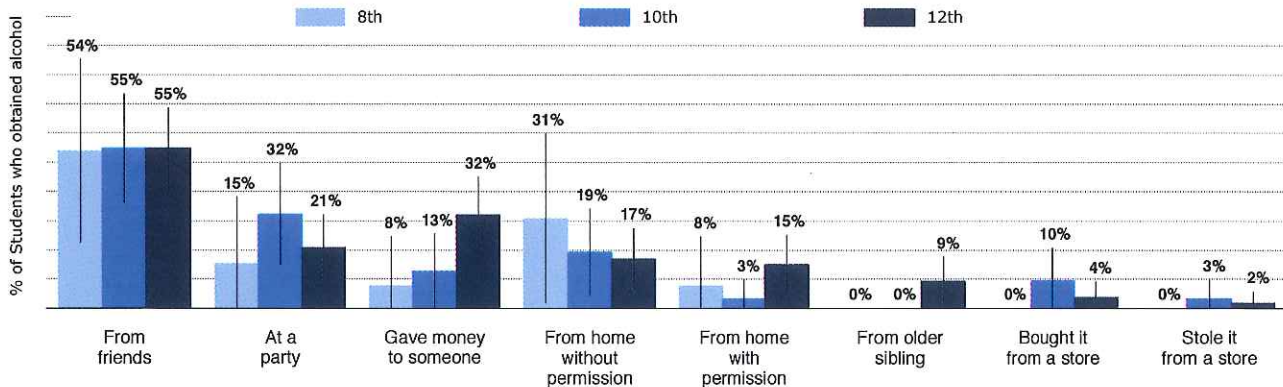
Problem or Heavy Drinking

Students who report drinking 3 or more days in the past month and/or one or more binge drinking episodes*



*Binge drinking is drinking 5 or more drinks in a row in the past two weeks.

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.

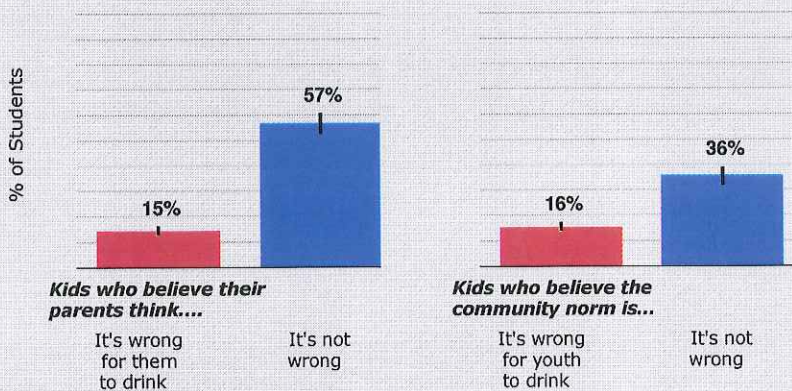
The data in these charts are based on the Healthy Youth Survey conducted in fall 2014. In Wenatchee School District, 444 6th graders, 535 8th graders, 371 10th graders and 323 12th graders completed the survey.

For more results from the 2014 Healthy Youth Survey, please visit www.AskHYS.net

Parents and communities have influence!

Kids are less likely to drink if they believe their parents or their communities disapprove of youth drinking.

Percent of 10th Graders who Drink Alcohol (Statewide)

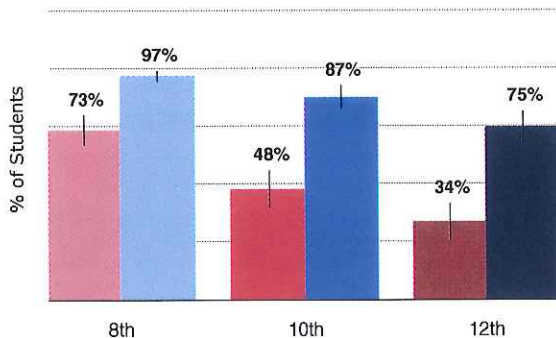


What does this chart say?

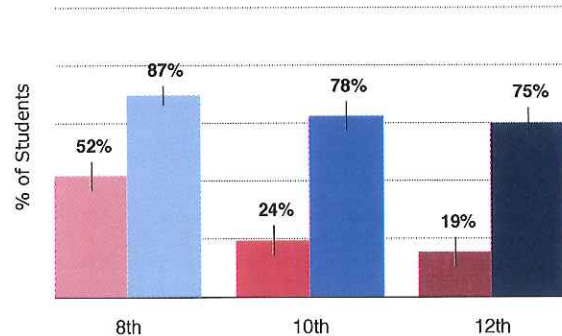
- Only 15% of kids drink alcohol if their parent's think it's wrong, while 57% drink if their parents don't think it's wrong
- 16% of kids drink alcohol if their community thinks it's wrong, while 36% drink if their community doesn't think it's wrong.

Kids in Wenatchee School District reported that they believe...

■ Parents would catch me if I had been drinking
■ Parents think youth drinking is wrong



■ Police would catch me if I had been drinking
■ Community norm is that youth drinking is wrong



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 Wenatchee School District kids who think that it would be easy to get alcohol increases as they get older, from 10% in 6th Grade to 68% in 12th Grade.

Parents - talk to your kids about the dangers of drinking alcohol.

The percent of Wenatchee School District kids who said their parents *didn't* talk to them about the dangers of alcohol increases as they get older, from 18% in 8th Grade to 39% in 12th Grade.

Start the conversation

Continue the conversation

Visit us at: StartTalkingNow.org



**STATE
RELEASE**



Alcohol use remains at an all time low while vaping use increases among Washington youth

Statewide survey shows lack of knowledge about harms of vaping

MEDIA CONTACTS

Amy Blondin • Health Care Authority • 360-725-1915 • amy.blondin@hca.wa.gov

Kristen Maki • Department of Health • 360-545-2944 • kristen.maki@doh.wa.gov

March 18, 2019

OLYMPIA— While alcohol use among teens remains at an all-time low, and the percentage of teens reporting cigarette smoking is less than half of what it was a decade ago, use of e-cigarette/vapor products has gone up significantly among youth, according to the results of the latest Washington Healthy Youth Survey.

Use of vapor products (battery-operated devices that produce an aerosol by heating a liquid) in the past 30 days among 10th graders increased from 13 percent in 2016 to 21 percent in 2018. Four times as many 10th graders reported vaping (21 percent) as smoking cigarettes (5 percent) in 2018.

More youth are vaping, but their knowledge of content of vaping products and its potential health impacts remains low. Only about a third of 10th graders thought vaping was harmful, according to the survey.

Some of the most popular vapor products are easily concealed. Some vapor liquids contain the same amount of nicotine as a pack of cigarettes, and include flavors and nicotine salts that make it easier to inhale. Nicotine use can harm the developing brain (which develops until age 25), and can increase risk for addiction to other drugs.

Twenty-one percent of 10th graders who use vapor products report using THC (marijuana) in their vapor product. Rates of teen marijuana use have remained steady overall, despite the changing landscape with the legalization of marijuana.

"Kids, families and communities in our state need to be aware of the dangers of vaping," said Governor Jay Inslee. "Vaping products are too easily accessed by young people, as the survey results show. We must make sure adults understand the issue, and are talking with the children in their lives about this disturbing trend."

Other results from the substance use portion of the survey:

- **Alcohol use and binge drinking** (having five or more drinks in a row) have declined among youth over the past decade, and were relatively stable between

2016 and 2018. Still, 1 in 5 10th graders report using alcohol in the past month, and 1 in 10 binge drank in the past two weeks.

Nationwide, alcohol use plays a substantial role in all three leading causes of death among youth: injuries, suicides, and homicides. Youth who begin drinking before age 15 are six times more likely to develop alcohol use disorder later in life than those who start after age 21 (National Survey on Drug Use and Health).

- **Marijuana use** has not gone up since 2002, despite the increased normalization of marijuana to changes in state marijuana laws. Frequent use of marijuana (defined as six or more days a month) is down from 2016 among 10th and 12th graders.

However, perception of risk of harm from regular marijuana use has gone down since 2016. In 2018, about one in five 8th graders, one in three 10th graders, and almost half of 12th graders perceived little risk to regular use. Decreases in perceived risk increase the possibility of future use. Any underage use can impact brain development.

About the Healthy Youth Survey

Students in grades 6, 8, 10 and 12 take the Healthy Youth Survey every two years, voluntarily answering a wide variety of questions about health behaviors from substance use to mental health and school climate. In the fall of 2018, more than 230,000 students took part in the survey. The responses from about 32,000 of those students are used for the statewide sample, with remaining participation informing local results. The survey provides state and community organizations with information to help decide on which teen health issues to focus.

The survey is a collaborative effort between the Washington State Health Care Authority (HCA), the Department of Health (DOH), the Office of Superintendent of Public Instruction (OSPI) and the Liquor and Cannabis Board (LCB). For more information about the survey, including other results and fact sheets, visit AskHYS.net.

Additional resources

Parents and guardians are the number one influence on children's decisions around substance use. All adults can help teens avoid the negative consequences of substance use by talking with them early and often about the risks, locking up any alcohol, marijuana or prescription drugs in the home, reminding them that most of their peers are making healthy choices, and having clear rules and consequences to discourage use.

- For proven tips on how to talk, monitor and bond with teens: www.StartTalkingNow.org
- For a free tobacco cessation program: www.doh.wa.gov/quit

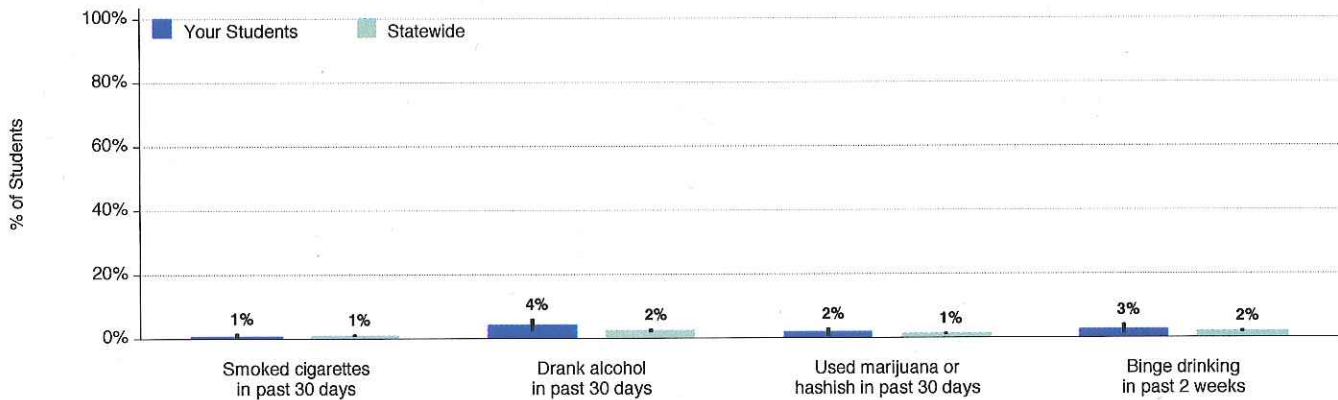
- For an e-cigarette quit text message program:
www.truthinitiative.org/quitcigarettes

FREQUENCY
REPORTS
WSD v STATE

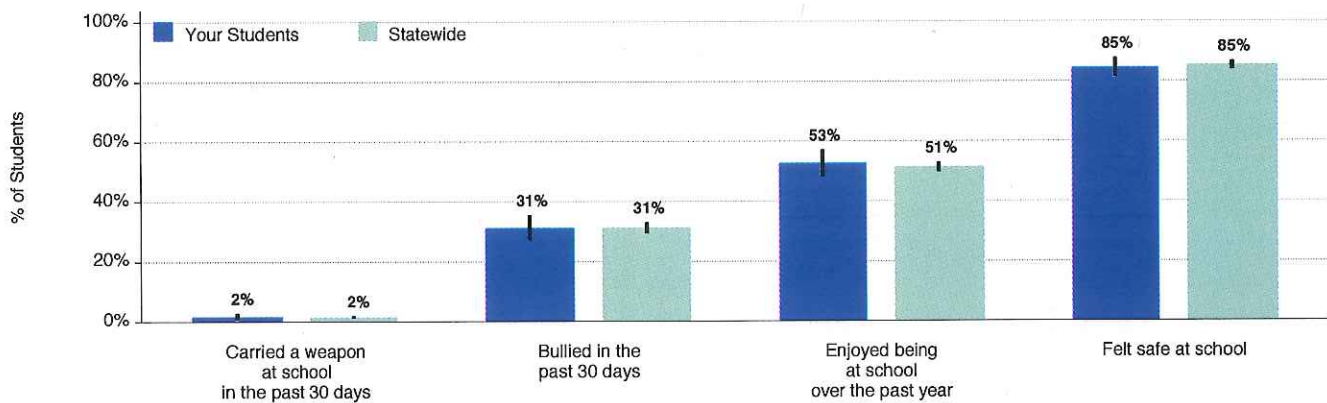
Highlights of the Local Results

Your students and students statewide reported the following behaviors and attitudes:

Substance Use	Your Students % (±CI)	Statewide % (±CI)
Smoked cigarettes in past 30 days	0.8% (±0.8)	1.0% (±0.3)
Drank alcohol in past 30 days	4.3% (±1.8)	2.4% (±0.4)
Used marijuana or hashish in past 30 days	1.9% (±1.3)	1.3% (±0.3)
Binge drinking in past 2 weeks	2.8% (±1.5)	1.9% (±0.4)



Bullying and School Climate	Your Students % (±CI)	Statewide % (±CI)
Carried a weapon at school in the past 30 days	1.7% (±1.2)	1.5% (±0.3)
Bullied in the past 30 days	31.3% (±4.2)	31.2% (±1.8)
Enjoyed being at school over the past year	52.7% (±4.5)	51.3% (±1.6)
Felt safe at school	84.5% (±3.2)	85.3% (±1.5)

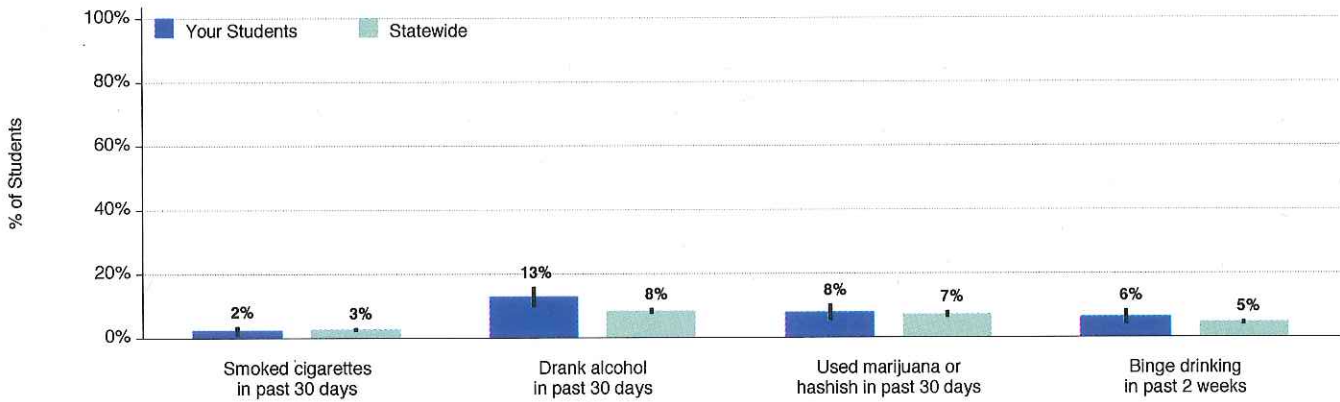


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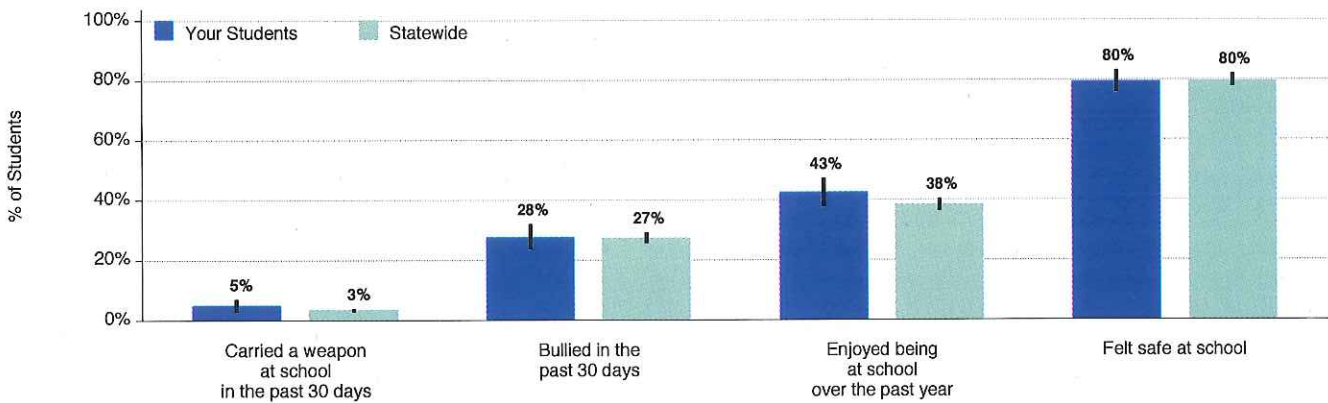
Highlights of the Local Results

Your students and students statewide reported the following behaviors and attitudes:

Substance Use	Your Students % (±CI)	Statewide % (±CI)
Smoked cigarettes in past 30 days	2.3% (±1.4)	2.7% (±0.5)
Drank alcohol in past 30 days	12.9% (±3.2)	8.4% (±0.9)
Used marijuana or hashish in past 30 days	7.9% (±2.6)	7.2% (±1.0)
Binge drinking in past 2 weeks	6.3% (±2.3)	4.6% (±0.6)



Bullying and School Climate	Your Students % (±CI)	Statewide % (±CI)
Carried a weapon at school in the past 30 days	4.9% (±2.1)	3.4% (±0.5)
Bullied in the past 30 days	27.8% (±4.2)	27.4% (±1.8)
Enjoyed being at school over the past year	42.6% (±4.7)	38.4% (±2.0)
Felt safe at school	79.5% (±3.8)	79.8% (±2.1)

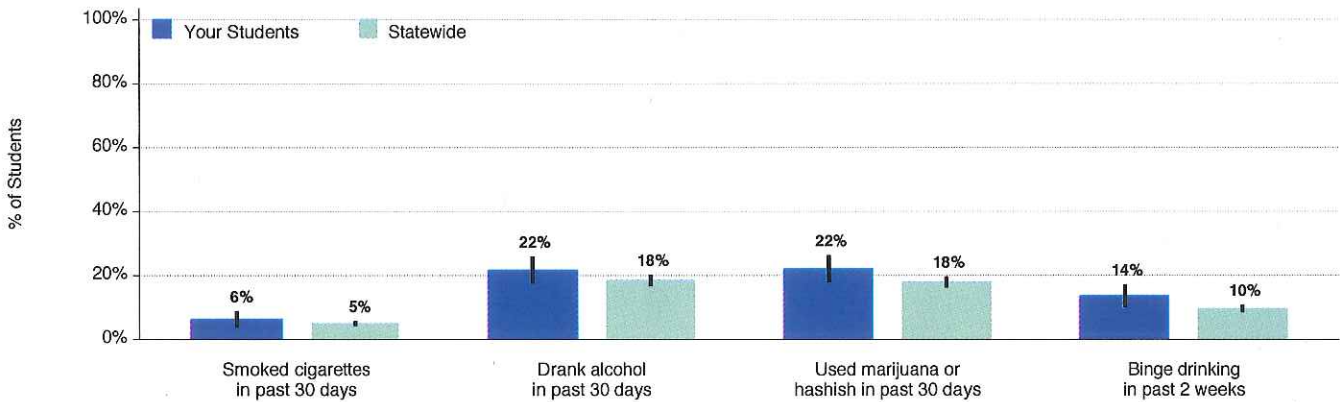


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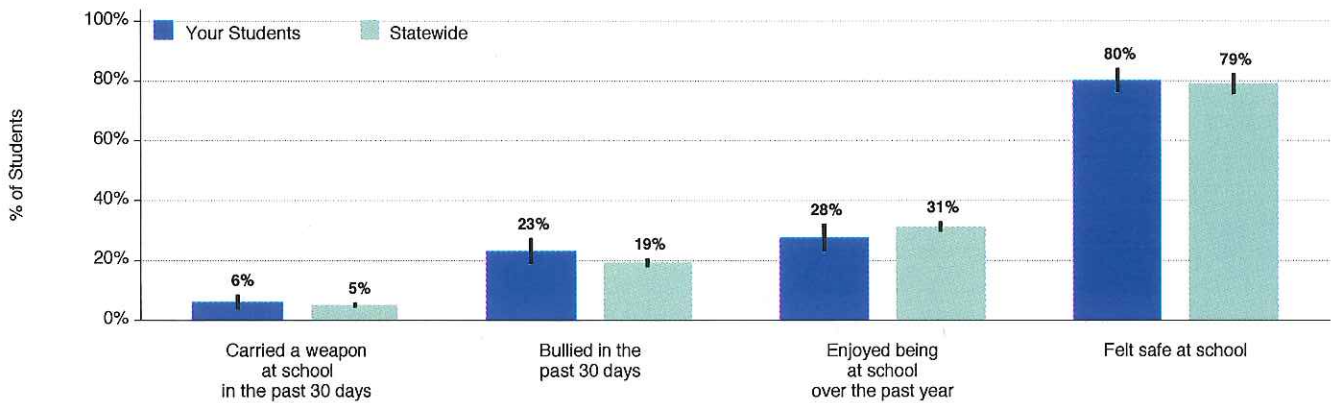
Highlights of the Local Results

Your students and students statewide reported the following behaviors and attitudes:

Substance Use	Your Students % (±CI)	Statewide % (±CI)
Smoked cigarettes in past 30 days	6.4% (±2.5)	5.0% (±0.7)
Drank alcohol in past 30 days	21.8% (±4.2)	18.5% (±1.7)
Used marijuana or hashish in past 30 days	22.1% (±4.2)	17.9% (±1.7)
Binge drinking in past 2 weeks	13.6% (±3.5)	9.6% (±1.1)



Bullying and School Climate	Your Students % (±CI)	Statewide % (±CI)
Carried a weapon at school in the past 30 days	6.2% (±2.5)	5.1% (±0.8)
Bullied in the past 30 days	23.3% (±4.3)	19.3% (±1.4)
Enjoyed being at school over the past year	27.7% (±4.6)	31.3% (±1.7)
Felt safe at school	80.2% (±4.1)	79.0% (±3.4)



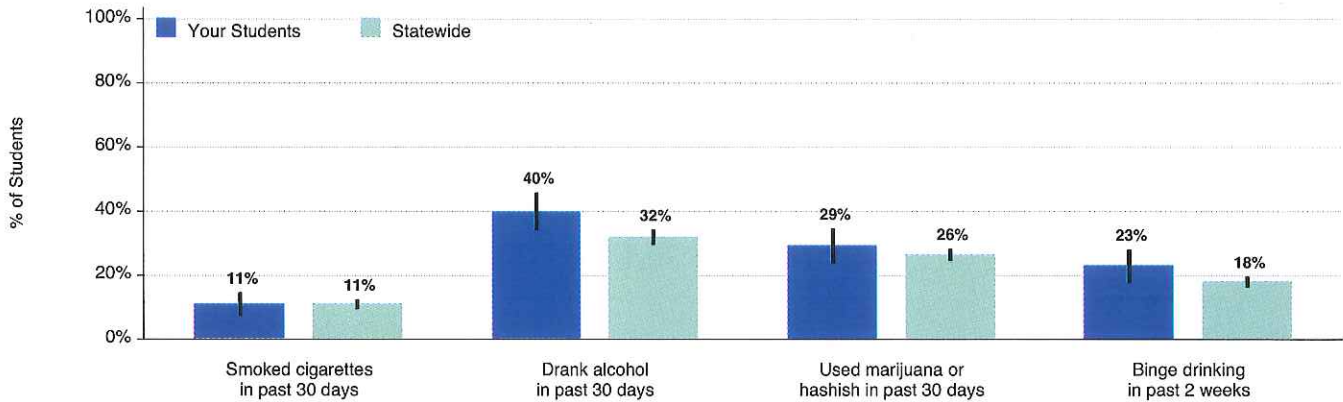
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Highlights of the Local Results

Your students and students statewide reported the following behaviors and attitudes:

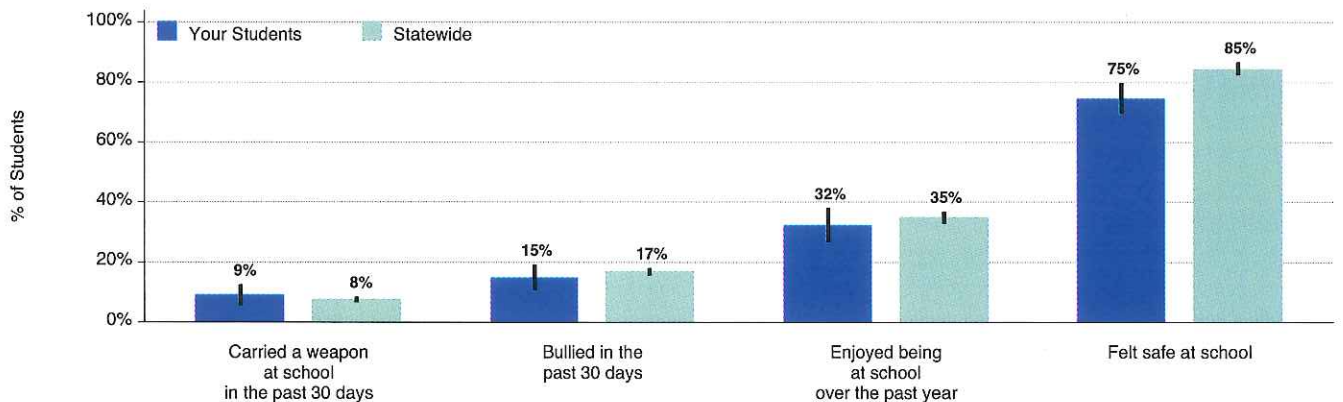
Substance Use

	Your Students % (±CI)	Statewide % (±CI)
Smoked cigarettes in past 30 days	11.0% (±3.7)	11.0% (±1.5)
Drank alcohol in past 30 days	39.9% (±5.8)	32.0% (±2.3)
Used marijuana or hashish in past 30 days	29.3% (±5.5)	26.4% (±1.8)
Binge drinking in past 2 weeks	23.0% (±5.1)	18.0% (±1.7)



Bullying and School Climate

	Your Students % (±CI)	Statewide % (±CI)
Carried a weapon at school in the past 30 days	9.1% (±3.5)	7.5% (±1.0)
Bullied in the past 30 days	14.9% (±4.2)	16.9% (±1.2)
Enjoyed being at school over the past year	32.4% (±5.6)	34.9% (±1.9)
Felt safe at school	74.5% (±5.2)	84.6% (±2.1)



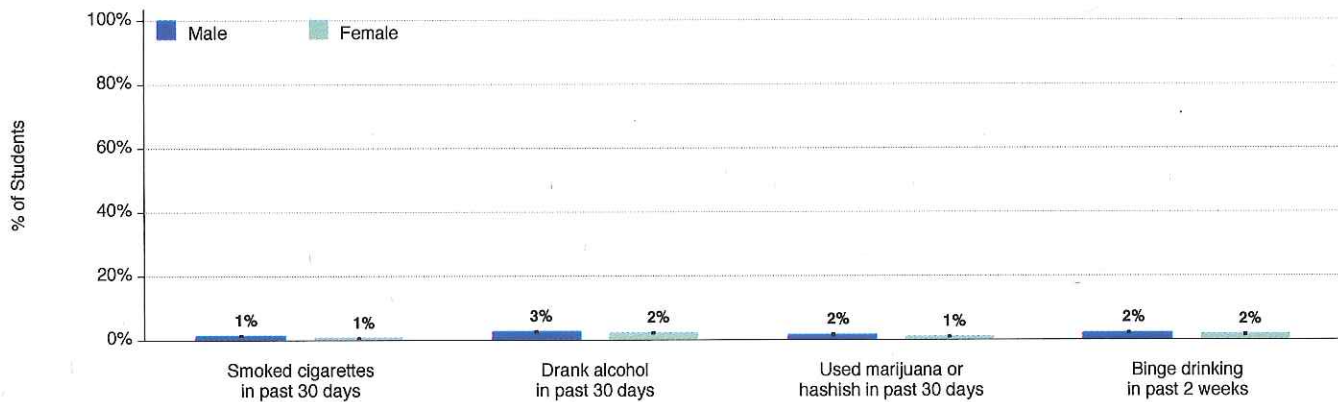
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FREQUENCY
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MALES v
FEMALES

Highlights of the Local Results

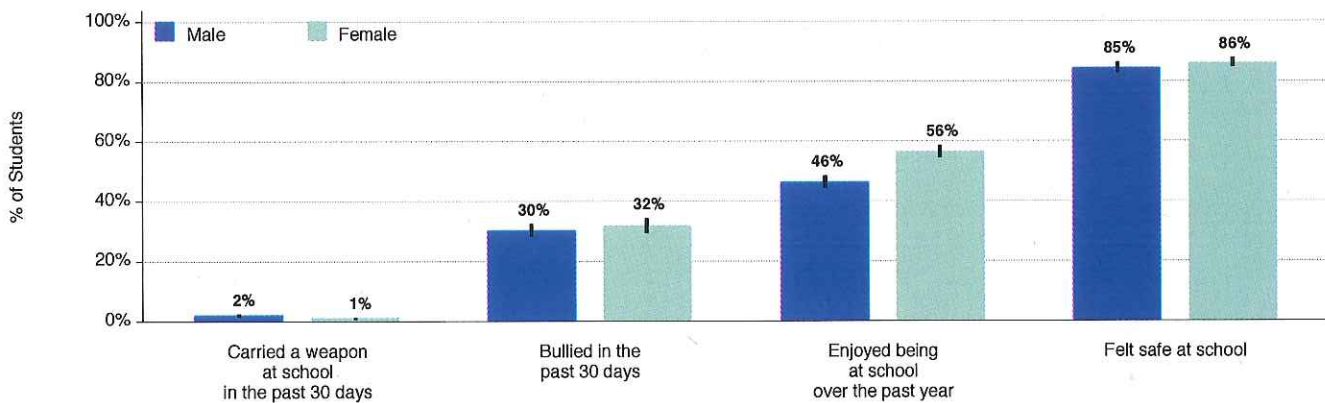
Your students and students statewide reported the following behaviors and attitudes:

Substance Use	Male % (±CI)	Female % (±CI)
Smoked cigarettes in past 30 days	1.4% (±0.4)	0.7% (±0.3)
Drank alcohol in past 30 days	2.6% (±0.6)	2.2% (±0.6)
Used marijuana or hashish in past 30 days	1.6% (±0.5)	1.0% (±0.3)
Binge drinking in past 2 weeks	2.2% (±0.4)	1.7% (±0.5)



Bullying and School Climate

Bullying and School Climate	Male % (±CI)	Female % (±CI)
Carried a weapon at school in the past 30 days	2.0% (±0.5)	1.0% (±0.3)
Bullied in the past 30 days	30.4% (±2.0)	31.9% (±2.5)
Enjoyed being at school over the past year	46.5% (±2.0)	56.5% (±2.0)
Felt safe at school	84.5% (±1.9)	86.2% (±1.5)

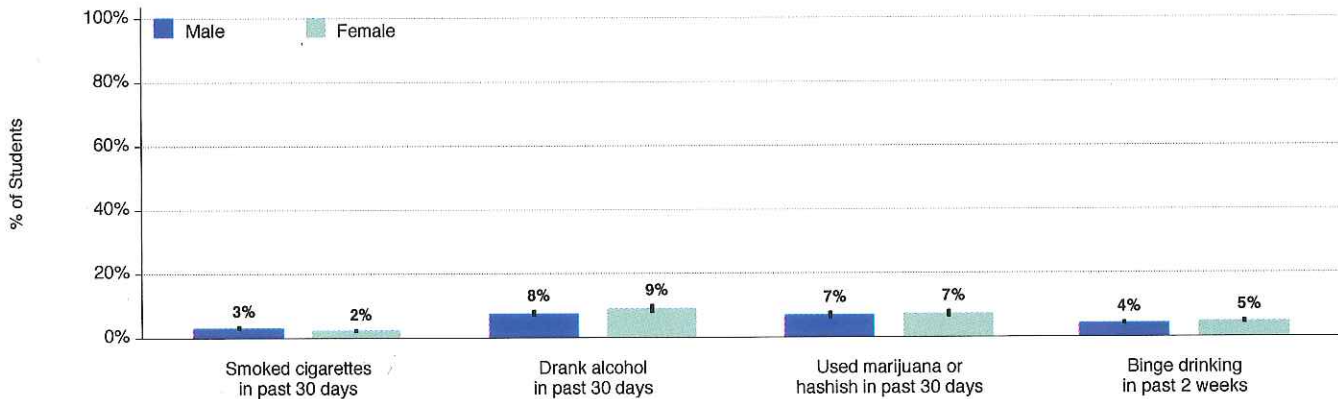


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Highlights of the Local Results

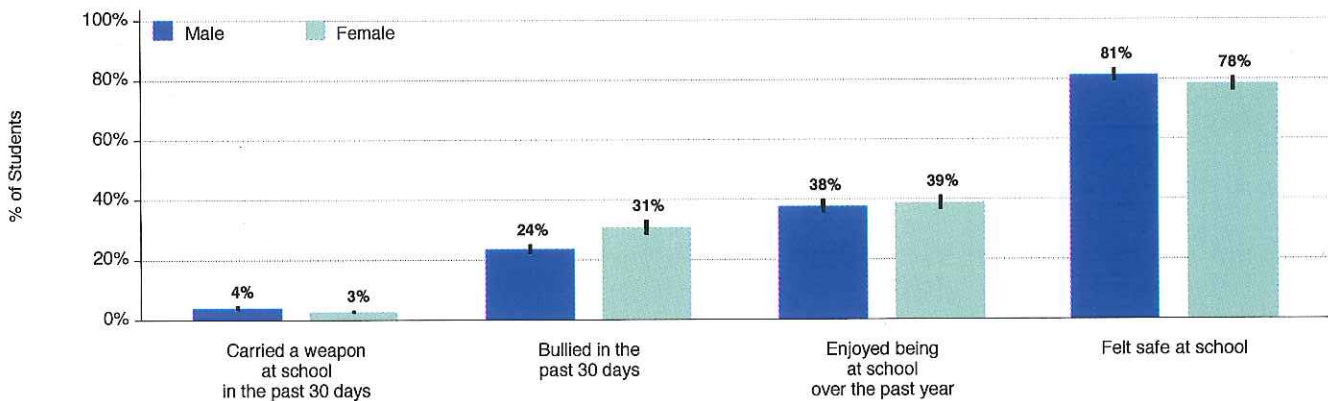
Your students and students statewide reported the following behaviors and attitudes:

Substance Use	Male		Female	
	%	(±CI)	%	(±CI)
Smoked cigarettes in past 30 days	3.1%	(±0.7)	2.3%	(±0.6)
Drank alcohol in past 30 days	7.6%	(±1.0)	9.1%	(±1.3)
Used marijuana or hashish in past 30 days	6.9%	(±1.2)	7.4%	(±1.2)
Binge drinking in past 2 weeks	4.3%	(±0.7)	4.8%	(±0.8)



Bullying and School Climate

Bullying and School Climate	Male		Female	
	%	(±CI)	%	(±CI)
Carried a weapon at school in the past 30 days	4.0%	(±0.7)	2.8%	(±0.5)
Bullied in the past 30 days	23.7%	(±1.7)	30.9%	(±2.5)
Enjoyed being at school over the past year	37.8%	(±2.3)	38.9%	(±2.3)
Felt safe at school	81.5%	(±2.1)	78.5%	(±2.4)

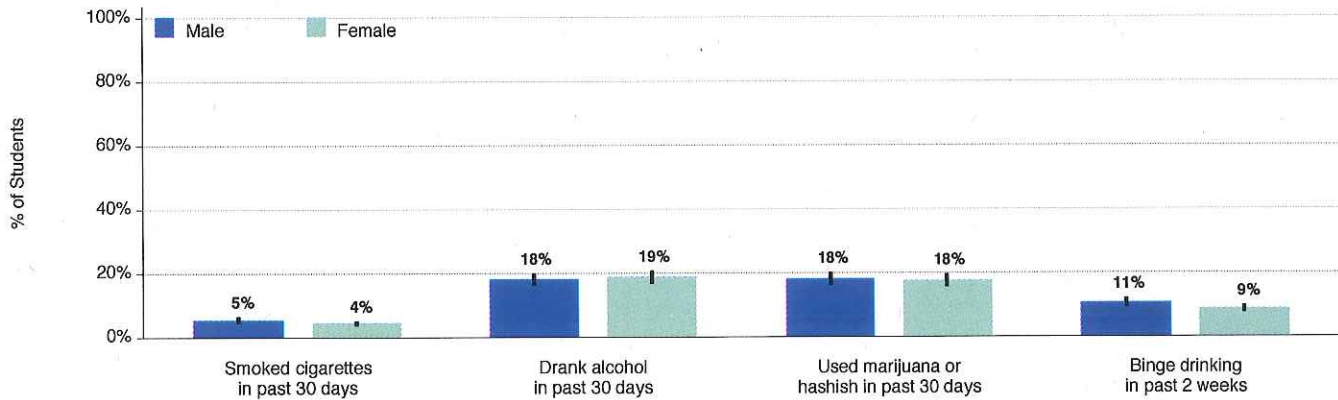


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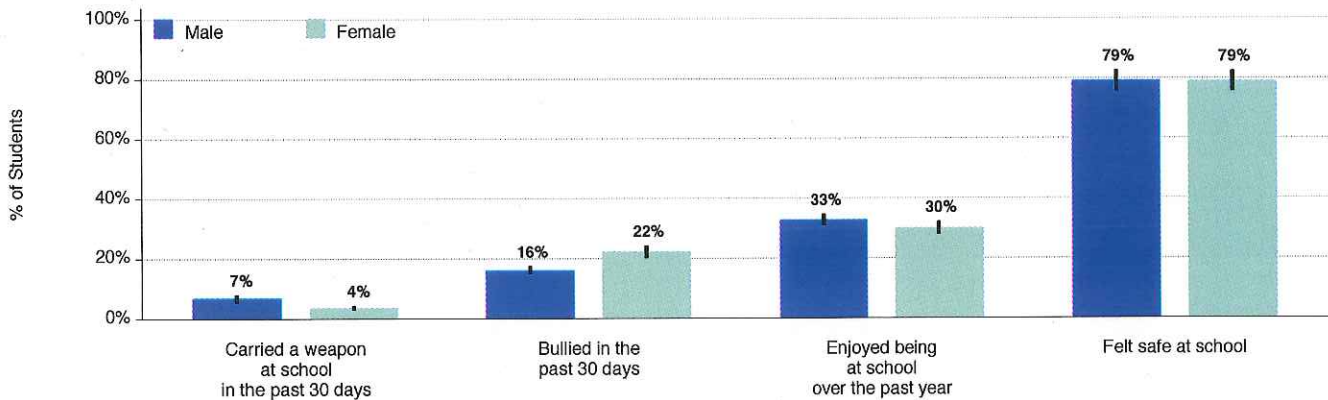
Highlights of the Local Results

Your students and students statewide reported the following behaviors and attitudes:

Substance Use	Male % (±CI)	Female % (±CI)
Smoked cigarettes in past 30 days	5.5% (±1.0)	4.5% (±0.8)
Drank alcohol in past 30 days	18.1% (±1.9)	18.8% (±2.0)
Used marijuana or hashish in past 30 days	18.2% (±1.9)	17.6% (±1.9)
Binge drinking in past 2 weeks	10.6% (±1.5)	8.7% (±1.1)



Bullying and School Climate	Male % (±CI)	Female % (±CI)
Carried a weapon at school in the past 30 days	6.8% (±1.3)	3.6% (±0.7)
Bullied in the past 30 days	16.1% (±1.4)	22.2% (±2.1)
Enjoyed being at school over the past year	32.8% (±1.9)	30.1% (±2.2)
Felt safe at school	79.1% (±3.5)	78.9% (±3.4)

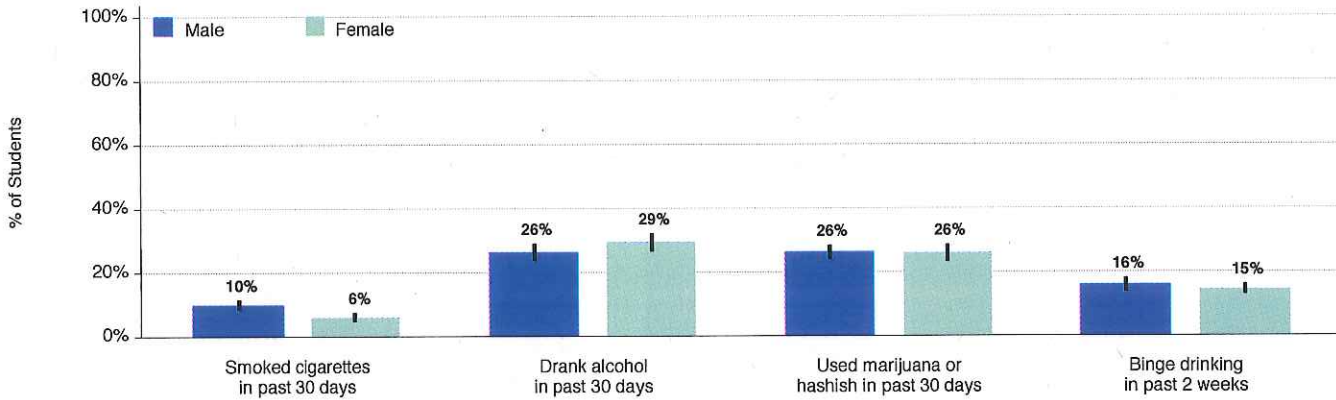


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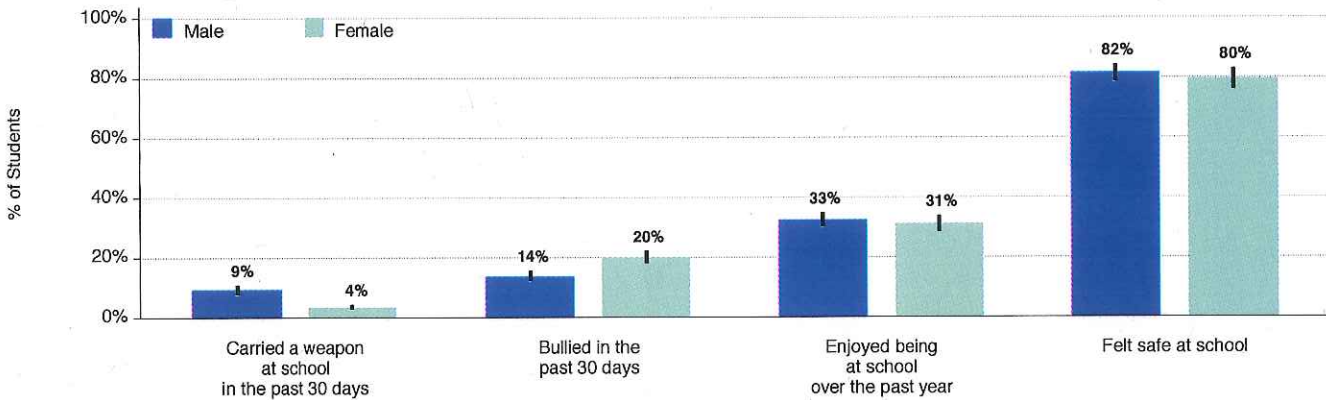
Highlights of the Local Results

Your students and students statewide reported the following behaviors and attitudes:

Substance Use	Male % (±CI)	Female % (±CI)
Smoked cigarettes in past 30 days	9.9% (±1.6)	6.1% (±1.4)
Drank alcohol in past 30 days	26.4% (±2.7)	29.4% (±2.8)
Used marijuana or hashish in past 30 days	26.3% (±2.2)	26.0% (±2.7)
Binge drinking in past 2 weeks	16.0% (±2.2)	14.5% (±1.7)



Bullying and School Climate	Male % (±CI)	Female % (±CI)
Carried a weapon at school in the past 30 days	9.4% (±1.6)	3.6% (±0.7)
Bullied in the past 30 days	13.8% (±1.7)	20.2% (±2.0)
Enjoyed being at school over the past year	32.6% (±2.4)	31.3% (±2.7)
Felt safe at school	81.5% (±2.8)	79.5% (±3.5)



For more information on specific HYS topics, see the Fact Sheets at www.AskHYS.net, under HYS Results – Fact Sheets