Are your kids walking away from...

Suicide? Bullying?
Sex? Marijuana?
Peer Pressure? Violence? Alcohol?
It took an enormous community effort to complete the survey and compile results. We would like to especially thank the groups listed below without whose leadership and support this publication would not have been possible:

- Gwinnett Coalition for Health and Human Services, Inc.
- Gwinnett County Public Health
- Gwinnett County Public Schools
- GUIDE, Inc.
- Gwinnett Medical Center
- Georgia Department of Education

NOVEMBER, 2015

A publication of the Gwinnett Coalition for Health and Human Services
Ellen Gerstein, Executive Director
"There is power in parenting!" Our latest comprehensive youth health survey shows that nothing is more powerful in helping a young person avoid risky behaviors than parents who take a strong stand on issues such as drinking, using drugs, and other high risk behaviors and who establish family rules and consequences. You would think this is a ‘no-brainer.’ However, parents in Gwinnett County often and unknowingly enable their children’s risky behavior. Many excuses are offered, but they don’t reduce the negative impact of these behaviors. Some of the startling findings from the 2015 comprehensive youth health survey are:

- Many youth who report drinking alcohol get alcohol from their parents and other adults with permission.
- Youth who drink are also much more involved in other problem behaviors, like lying to their parents, skipping school, stealing, etc.
- High risk behaviors among our youth continue to exist in all areas of Gwinnett at alarming rates.

Since 1996, the Gwinnett Coalition for Health and Human Services has been working on tackling the important findings from these surveys. We have presented these findings in many venues to inform and engage the community in improving conditions that put youth at risk. Much progress has been made since 1996. However, much still needs to be done. Parents seem to be the hardest group to reach and engage, and yet they should be the most important protective factor for their children.

In Gwinnett, we must all work together to establish a culture that supports healthy, positive youth development. That includes parents who spend time with their children and teens and who take strong, clear stands against risky behaviors. We need parents who are parents not ‘buddies.’

Join me and our many partners in our campaign to prevent, reduce, and end all risky behaviors among our youth. Your child will thank you. Your community will thank you. And I thank you.

To learn how to get more involved, or if you have any questions or comments, please contact me at 770-995-3339 or ellen@gwinnetcoalition.org. I hope this report provides valuable information to assist you.

Ellen Gerstein, Executive Director

Together We Can!
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“The Child supplies the power, but the Parents have to do the steering.”

~Benjamin Spock, MD  
(Dr. Spock’s Baby and Child Care)
HIGHLIGHTS RELATED TO PHYSICAL ACTIVITY AND NUTRITION

Since the 1980’s it has become apparent that the increasing prevalence in technological innovations and communication, increased number of fast food restaurants, busy lifestyles and safety issues have diminished the amount of time our children have to spend exercising and increased the number of calories available for consumption on a daily basis. Thus the fact that over the last 35 years, children have become heavier and more sedentary should not be surprising. It continues to be crucial that healthy behaviors related to physical activity and nutrition among children be a central concern. It is important for children to establish good habits related to nutrition and physical activity not only for their adolescent years but for their adulthood as well.

NATIONAL TRENDS AND FACTS:

- A report from the Institute of Medicine indicated that childhood obesity rates have tripled since 1980.
- Recent data indicate that more than one-third of US adolescents between the ages of 19 years are overweight (body mass index BMI in the 85th to 94.9th percentile) or obese (BMI>95th percentile), with highest prevalence of obesity being in African-American teenagers at 24%.
- According to a report from Children’s Healthcare of Atlanta released in November 2011, “Georgia has the second highest rate of childhood obesity in the United States. Childhood obesity can lead to diabetes, high cholesterol and other potentially deadly problems.”
- Physical inactivity and poor diet are associated with increased risk of diabetes, high blood pressure, high cholesterol, asthma, arthritis, and poor health status.
- The case for increased physical activity, improved nutritional choices, and the ability to efficiently manage stress and self-image has never been stronger.
- Physical inactivity can lead to an increased risk of heart disease and colon cancer.
- Regular physical activity helps build and maintain healthy bones and muscles, reduces the risk of developing obesity and chronic diseases such as diabetes and cardiovascular disease, reduces feelings of depression and anxiety, and promotes psychological well-being.
- Overweight children and adolescents are more likely to become overweight or obese adults.
- Those in lower socioeconomic strata are especially affected as are minorities.
HEALTHY PEOPLE 2020 OBJECTIVES for PHYSICAL ACTIVITY:

- Increase the percent of adolescents who met current physical activity guidelines for aerobic physical activity from 18.4% to 20.2% nationally. Current guidelines include one hour of moderate physical activity daily.

- Increase the proportion of adolescents who participate in daily school physical education from 33.3% to 36.6% nationally.

- Increase the percent of children and adolescents ages 6-14 years who viewed television, videos, or played video games for no more than 2 hours a day from 78.9% to 86.8% nationally and for high school age youth from 67.2% to 73.9% nationally.

- Increase the percent of children and adolescents who use or play games on the computer (non-school related work) for no more than 2 hours a day from 93.3% to 100% nationally, and for high school age youth from 75.1% to 82.6% nationally.

GWINNETT MIDDLE AND HIGH SCHOOL FINDINGS

Youth Reported:

- One new statistic revealed on the survey that 18.4% of middle school age youth and 36.0% of high school age youth say they have sent an instant message to someone they didn’t know.

- More than 44% of Gwinnett middle school age youth spend at least 2 hours at home alone on a regular basis, while 62% of the older youth spend that same amount of time alone at home. Both of these percentages are lower than the survey 2 years ago.

- The current survey did not indicate compliance with Healthy People 2020 goals, but the data continues to show decreases in most physical activity areas in middle and high school age youth.
Middle and high school youth report spending more time using cell phones and video games.

There was a decrease in youth hanging out and spending time together.

<table>
<thead>
<tr>
<th>Activity</th>
<th>MS 2010</th>
<th>MS 2014</th>
<th>HS 2010</th>
<th>HS 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watch TV</td>
<td>56.3%</td>
<td>51.0%</td>
<td>60.0%</td>
<td>55.0%</td>
</tr>
<tr>
<td>Play video Games</td>
<td>21.8%</td>
<td>24.7%</td>
<td>23.8%</td>
<td>28.5%</td>
</tr>
<tr>
<td>Talk on phone, or text</td>
<td>29.5%</td>
<td>35.2%</td>
<td>49.9%</td>
<td>59.8%</td>
</tr>
<tr>
<td>On the internet/computer</td>
<td>45.4%</td>
<td>43.7%</td>
<td>76.3%</td>
<td>67.6%</td>
</tr>
<tr>
<td>Hang out with friends</td>
<td>34.0%</td>
<td>24.0%</td>
<td>45.8%</td>
<td>34.0%</td>
</tr>
</tbody>
</table>

TIPS FOR PARENTS AND COMMUNITIES:

- Verbally communicate with your children as much as possible. With electronic communication becoming pervasive with the youth, it is imperative that parents TAKE THE TIME TO TALK WITH THEIR CHILDREN.
- Texting should be monitored by parents on a regular basis. Over the last few years this mode of communication has increased dramatically and is not always used appropriately.

Believe it or not, teens crave good conversations with their parents.

For good conversations with your teen:

- Start the conversation—make sure the timing works (no one’s upset, you have time)
- Don’t make assumptions or prejudgments
- Express interest, ask open-ended questions
  - What do you think about…?
  - Tell me about…
- Be a good listener
Physical Activity and Nutrition

- Gwinnett County youth are spending less time participating in physical activity.
- There was a greater decrease in both High and Middle school youth participating in activities that make them sweat.

GWINNETT MIDDLE AND HIGH SCHOOL NUTRITION FINDINGS

- Both groups show a slight increase in percentage of youth who eat 5 servings of fruits and vegetables. High School is up by 7% and Middle School 4%.
- There was a decrease in High and Middle School who eat 3 servings of dairy products a day.

**Physical Activity and Nutrition**

**TIPS FOR PARENTS AND COMMUNITIES:**

- Have youth participate in regular physical activity on a daily basis. Physical activity helps the brain, strengthens muscles, bones and immune system, and provides stress relief.
- Regular physical exercise can include organized school activities, other sport related activities, or recreational play time. The idea is to get youth up and moving, inside or outside.
- Since youth are spending more time in front of the TV, communicating on the computer, and talking and texting on cell phones, the amount of time youth are allowed to participate in these activities should be reduced.
- Nutritioanlly, youth should eat a variety of foods, meaning a variety of food colors and types. This includes fruits and vegetables on a daily basis.
- Youth should eat regularly (at least 3 meals a day).
- Youth should decrease the intake of sodas and increase the intake of water.
- Youth should get an adequate amount of rest (8 hours per day).
- Participate with your children in physical activities and model a healthy lifestyle.(Take a walk, ride bikes, etc.)
- Eat with your children as often as possible, so you can talk.
HIGHLIGHTS RELATED TO SEXUAL ACTIVITY

Sexual activity among youth presents many serious issues to society. Teen pregnancy, sexually transmitted diseases, and the emotional trauma related to sexual activity and its consequences are issues that need to be addressed by the community. With the increase in electronic communication and its accessibility to the youth, sexual issues and exploitation are more pervasive than ever. The following facts illustrate the current issues for Gwinnett County.

GENERAL COMMENTS:

- There is good news related to our youth engagement in sexual activities. Each category showed a decrease in the percentage of youth engaging in these activities.

![Percent of Youth Engaged in Sexual Activity 2010-2014](image)

Even though there is good news, there are a few survey results that need our attention and action.

- Most of the youth who said they had been sexually active say they had their first sexual encounter when they were between 12-14 years of age.
- Of youth who report being sexually active, about half have indicated they have had 3 or more sexual partners.
- 7,682 adolescents have reported having sent a sexually oriented picture or video to someone else. This is a significant increase from the last survey; over 5,000 more than previously reported.
FACTS ABOUT STDS (SEXUALLY TRANSMITTED DISEASES)

- The only 100% effective method of preventing sexually transmitted diseases and pregnancy is through abstinence.
- There are other methods that can help reduce the risks, but no one method can prevent all sexually transmitted diseases and pregnancy, except for abstinence.
- Some sexually transmitted diseases can be spread from one partner to another without having sexual intercourse.
- A person can have a sexually transmitted disease and have no symptoms for months or even years.
- Some sexually transmitted diseases can cause reproductive problems and in some cases lead to cancer.
- The more sexually active a person is, the greater the chance that he/she could contract a sexually transmitted disease.
- Sexually active females typically have a greater chance of contracting an sexually transmitted diseases than males.
- Women have a greater chance of contracting HIV, which is the virus that can develop into AIDS.
TIPS FOR PARENTS AND COMMUNITY:

- Know where your children are and what they are doing, especially on the weekends.

- Find out what media your children are viewing and/or listening to on a daily basis.

- If your children have cell phone, how are they being used? What are they texting and what pictures are being sent to friends or strangers?

- Be aware of “sexting,” the transmitting of pictures of nude, or partially nude, individuals by use of the cell phone. This is a growing trend among teens across the country. **There could be legal ramifications from this behavior.**

- Talk to your children about the media images and lyrics that they are exposed to on a daily basis.

- Be aware of your child’s computer activities on a daily basis (blogs, websites, instant messages, Snapchat, Facebook, Twitter, and other social networking sites).

- Talk with other parents about supervision of children.

- Talk to your children about healthy relationships.

- Look up information related to sexually transmitted diseases. There is a tremendous amount of information on the different diseases. Some of these diseases can be transmitted by casual sexual contact.
HIGHLIGHTS RELATED TO DELINQUENCY

Juvenile delinquency and violence are a concern for all communities. The young person can be the victim, perpetrator, bystander, or any combination of these roles. Delinquency amongst youth is a predecessor to engagement in violent behaviors. With intervention, the progression from delinquency to violence can be stopped.

Gwinnett youth demonstrated through the survey that the areas where they were most delinquent were:

- Lying to parents about their whereabouts
- Skipping school without permission
- Stealing from a store
- Sold or given drugs or alcohol
- Driven car without owner's permission
WARNING SIGNS YOUR CHILD IS BEING BULLIED

- Avoiding certain situations, people, or places, such as pretending to be sick so that he or she does not have to go to school.
- Changes in behavior, such as being withdrawn and passive, being overly active and aggressive, or being self-destructive.
- Frequent crying or feeling sad.
- Being unwilling to speak or showing signs of fear when asked about certain situations, people, or places.
- Signs of low self-esteem and/or injuries.
- Suddenly receiving lower grades or showing signs of learning problems.
- Recurrent unexplained physical symptoms such as stomach pains and fatigue.

### Delinquency

<table>
<thead>
<tr>
<th>Bullying Questions</th>
<th>YES</th>
</tr>
</thead>
<tbody>
<tr>
<td>I have been bullied by other students in the past 30 days</td>
<td>Male</td>
</tr>
<tr>
<td></td>
<td>11.6%</td>
</tr>
<tr>
<td>I have bullied others in the past 30 days</td>
<td>7.5%</td>
</tr>
<tr>
<td>I have been picked on or teased in the past 30 days</td>
<td>26.0%</td>
</tr>
<tr>
<td>School is a place where I feel safe</td>
<td>78.3%</td>
</tr>
</tbody>
</table>
VIOLENCE

Violence can occur in the context of a dating relationship or among peers. Youth violence includes aggressive behaviors such as verbal abuse, bullying, hitting, slapping, fist fighting, sending a threatening or intimidating message using an electronic device, and taking a photo or video of a fight. It is encouraging to note that the number of youth sending threatening/intimidating messages using an electronic device has decreased from 2010 amongst both middle and high school youth.

### Physical Violence Within the Past 12 Months 2010-2014

<table>
<thead>
<tr>
<th></th>
<th>Hit or beat someone</th>
<th>Taken part in a group fight</th>
<th>Used a knife, gun or weapon to scare someone</th>
<th>Carried a knife, gun or weapon for protection</th>
</tr>
</thead>
<tbody>
<tr>
<td>MS 2010</td>
<td>32.4%</td>
<td>14.5%</td>
<td>7.0%</td>
<td>12.7%</td>
</tr>
<tr>
<td>MS 2014</td>
<td>21.2%</td>
<td>9.5%</td>
<td>12.5%</td>
<td>18.2%</td>
</tr>
<tr>
<td>HS 2010</td>
<td>31.2%</td>
<td>14.5%</td>
<td>9.7%</td>
<td>17.3%</td>
</tr>
<tr>
<td>HS 2014</td>
<td>21.1%</td>
<td>15.1%</td>
<td>17.8%</td>
<td>10.2%</td>
</tr>
</tbody>
</table>

### THE GOOD NEWS

Fighting both individually and in groups for youth surveyed has decreased for middle school youth between 2010 to 2014.

### THE BAD NEWS

The number of youth that used a knife, gun or a weapon to scare someone has increased amongst the youth surveyed. This was true for both middle school and high school youth.
GANGS

Gangs take different forms in different communities, and the gangs in our community may look and act very differently than those you see on television or at the movies. Learning how gang members in Gwinnett dress and speak, and finding out about the kind of activities they are involved in can help you recognize activities and areas your children should use caution or avoid.

Gang Attitudes & Activities 2010-2014

<table>
<thead>
<tr>
<th>Heard of gang activity in neighborhood/school</th>
<th>Witnessed gang activity in neighborhood/school</th>
<th>Feel no one would care if joined gang</th>
<th>Believe it possible to leave gang safely</th>
<th>Have friends involved in gang activities</th>
<th>Would consider joining a gang</th>
<th>Have been asked to join a gang</th>
<th>Have been initiated into a named gang</th>
<th>Have participated in illegal gang activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>MS 2010</td>
<td>45.2%</td>
<td>22.0%</td>
<td>6.8%</td>
<td>22.7%</td>
<td>12.2%</td>
<td>4.4%</td>
<td>14.6%</td>
<td>4.3%</td>
</tr>
<tr>
<td>MS 2014</td>
<td>25.4%</td>
<td>13.1%</td>
<td>8.8%</td>
<td>19.3%</td>
<td>10.5%</td>
<td>5.4%</td>
<td>9.6%</td>
<td>4.4%</td>
</tr>
<tr>
<td>HS 2010</td>
<td>56.4%</td>
<td>34.2%</td>
<td>9.6%</td>
<td>18.7%</td>
<td>18.0%</td>
<td>8.0%</td>
<td>24.3%</td>
<td>7.6%</td>
</tr>
<tr>
<td>HS 2014</td>
<td>33.2%</td>
<td>23.5%</td>
<td>12.4%</td>
<td>19.3%</td>
<td>15.9%</td>
<td>9.9%</td>
<td>19.1%</td>
<td>8.6%</td>
</tr>
</tbody>
</table>

THE GOOD NEWS

Gwinnett youth are aware of gangs in their community and some have witnessed gang activity, fortunately both of these categories continue to decrease. A recent report from Gwinnett Clean and Beautiful shows a decrease in graffiti tag size in our community as well. In 2003, the average graffiti site was 149 square feet and today it is 35 square feet though the number of places tagged has increased. The smaller tags may just be less noticeable to the youth. The data reflects a significant decrease in middle and high school youth who heard of gang activity in their neighborhood/school.

THE BAD NEWS

The data reflects an increase among middle and high school youth who feel no one would care if they joined a gang.

The number of middle and high school youth who would consider joining a gang has also increased.
WARNING SIGNS OF GANG INVOLVEMENT

- Abrupt changes in your child’s selection of friends.
- Changing pattern in dress such as wearing the same color combination all the time.
- Gang symbols on books or clothing.
- Secretiveness about activities.
- Possessing unexplained, relatively large sums of money.
- Sudden changes in behavior, including a diminishing interest in the family and school and staying out without good reason.
- Problems with the police.

Additional assistance is available through the Gwinnett County Police Gang Task Force at

https://www.gwinnettcou.../CriminalInvestigations/CriminalInvestigationsSection
TIPS FOR PARENTS AND COMMUNITY:

- Make sure your child has an adult to connect with either in the family or outside the family.
- Encourage your child to discuss problems with you.
- Set school performance expectations for your child that are high and encourage them to excel in school.
- Participate in activities with your child.
- Make sure you are present for at least one of the following: when your child wakes, when they arrive home from school, at meal time, and/or when they go to bed.
- Encourage your child to be involved in social activities and participate with them whenever possible.
- If you have weapons in your home, make sure they are locked up and your child does not have ready access.
HIGHLIGHTS RELATED TO SUBSTANCE ABUSE

We are fortunate in Gwinnett that the percentage of youth who report using alcohol, tobacco and other drugs is below state and national averages. That doesn’t mean, however, that we should not be concerned. According to the National Center on Addiction and Substances, 90% of addictions started in high school. Nine out of 10 American addicts started smoking, drinking, or using drugs before the age of 18.

Many adults in Gwinnett show little concern when it comes to underage drinking or marijuana use. For a large number of young people, however, their early experimentation and high risk binge drinking is establishing a pattern that could prove tragic. A majority of Gwinnett youth go on to college, where heavy drinking is epidemic and experimentation with a variety of drugs is common. It is critical that adults do all they can to discourage early drinking and experimentation with any other drugs to delay the onset of use as long as possible.

### SUBSTANCE ABUSE
(Comparison of 2010 and 2014 data)

<table>
<thead>
<tr>
<th>Survey Questions</th>
<th>MS 2010</th>
<th>MS 2014</th>
<th>HS 2010</th>
<th>HS 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Used alcohol in the last 30 days</td>
<td>5.1%</td>
<td>5.0%</td>
<td>21.8%</td>
<td>19.0%</td>
</tr>
<tr>
<td>Used marijuana in the last 30 days</td>
<td>2.4%</td>
<td>3.7%</td>
<td>14.4%</td>
<td>14.5%</td>
</tr>
<tr>
<td>Used cocaine in the last 30 days</td>
<td>.5%</td>
<td>1.0%</td>
<td>2.7%</td>
<td>3.0%</td>
</tr>
<tr>
<td>Used methamphetamine in the last 30 days</td>
<td>.5%</td>
<td>1.0%</td>
<td>2.1%</td>
<td>3.0%</td>
</tr>
</tbody>
</table>

UNDERAGE DRINKING

Alcohol use and binge drinking among youth in Gwinnett continues to decline. Fewer high school youth report riding with impaired drivers or driving under the influence of alcohol. This shows that comprehensive community-wide prevention efforts work. There are many good reasons to discourage underage drinking. Youth in Gwinnett who do not drink have better grades, are less likely to engage in other high risk behaviors (such as skipping school, engaging in sexual activity, fighting and shoplifting), report being able to talk to their parents about serious issues, and are more involved in school and community activities.
Substance Abuse

PERCEPTIONS

In a recent survey conducted among parents and other adults in Gwinnett, most of the respondents believed that a majority of teens in the county drink alcohol. They also believe that most parents of teens allow them to drink at home and go to parties where alcohol will be served. In fact, less than 20% of teens in Gwinnett reporting using alcohol in the past 30 days, and only half of these teens said their parents allowed them to drink at home. It is important that parents and other adults realize that the norm in Gwinnett is NOT allowing underage drinking.

However, more youth who reported drinking said that they got their alcohol from parents and other adults. They also used alcohol in their own or friends’ homes much more frequently than other places. They are less likely to use any other drug at homes. Research shows that allowing adolescents to drink alcohol under adult supervision leads to more drinking and more alcohol-related consequences. Many parents believe that allowing their teens to drink at home will result in more responsible drinking behaviors. The opposite is true. It actually encourages alcohol use.

WHY SHOULD UNDERAGE DRINKING CONCERN YOU?

- Alcohol affects the adolescent brain a lot, reducing a teen’s ability to learn new information and make clear decisions.
- Early drinking increases the risk of alcoholism and the use of other drugs.
- It is illegal to sell or serve alcohol to anyone under the age of 21. Allowing minors to drink alcohol at your home or business puts you at risk for criminal charges and civil action, especially if anyone is injured or property is damaged.
- Youth who are allowed to drink at home are more likely to drink in other settings because they believe their parents are okay with this.
- Youth who drink are much more involved in other high risk behaviors, including speeding and causing car wrecks, engaging in sexual activities, feeling sad and depressed, getting in trouble with police, stealing from stores, skipping school, lying to parents about their whereabouts and getting into fights.
- Youth who drink are more likely to get in a car with an impaired driver than their non-drinking peers. Over 30% of youth who drink reported riding with an impaired driver, putting themselves in very risky situations.

MARIJUANA

There is a great deal of controversy about marijuana in Georgia and throughout the country. Proponents of marijuana legalization have intentionally capitalized on support for medical marijuana in order to sway public opinion that it should be treated the same as alcohol and tobacco. There is strong support, even among the prevention community in Georgia, for making cannabidiol (CBD), a non-psychoactive component of marijuana, available to patients who would benefit from its use. This oil is not smoked and it does not get the user “high.” There continues to be many reasons why across-the-board legalization of marijuana for recreational use or allowing marijuana dispensaries in Georgia is not a good idea.
Marijuana significantly impairs driving skills. People driving under the influence of marijuana are twice as likely to get in a motor vehicle crash.

Marijuana use directly affects the brain, specifically the parts responsible for memory, learning, attention, and reaction time.

One in six teens who smoke marijuana regularly become addicted to it.

After Colorado passed a law allowing recreational marijuana use, Denver reports having more marijuana dispensaries than pharmacies or liquor stores.

A majority of youth in states that passed medical marijuana laws and allow dispensaries who reported marijuana use said they got it from people with medical marijuana prescriptions. This strongly suggests that allowing dispensaries increases the availability of marijuana to teens.

**PRESCRIPTION DRUG MISUSE**

Following national trends, we are seeing an increase in teens using prescription drugs not prescribed to them. Many of these drugs are readily available in the family’s medicine cabinet. Youth report indiscriminately helping themselves to whatever prescription medicine is available at home or the homes of friends and relatives. Of major concern are painkillers (such as Oxycontin and Percocet) that are very addictive and can easily lead to overdoses. Families are urged to keep medications in secure places and dispose of unused medications properly. There are drop boxes in five locations in Gwinnett. (http://www.stoprxabuseinga.org/prescription-drug-disposal.html) It is also important to talk to your children about the hazards of taking someone else’s medication.

**E-CIGARETTES**

While we don’t yet have any local survey data about youth using e-cigarettes, we are seeing a significant increase in this trend around Georgia and the country. E-cigarettes were introduced in the United States as a “cessation tool” for smokers who wanted to quit. Since then, the FDA has indicated that e-cigarettes have **not** been reviewed and approved to be utilized as a therapeutic cessation method as other nicotine delivery devices such as patches, gum and lozenges were.

Marketing implies that there is no health risk associated with e-cigarettes. Youth and adults both report that they think e-cigarettes are less harmful than regular ones. The reality is that there has been insufficient research to determine what health risks exist with the use of e-cigarettes. E-cigarettes contain liquid nicotine that is vaporized and inhaled by the user. Nicotine acts as a stimulant raising heart rate and blood pressure. Users of nicotine often become addicted to it. In addition, poisonings due to liquid nicotine used in e-cigarettes are on the increase.

One reason e-cigarettes appeal to youth is because the liquid nicotine is flavored. Youth smokers are three times as likely to use flavored products as adults, and e-cigarettes smell and taste like candy and bubblegum. Currently, there are over 7,500 flavors (fruit, desserts, candy, menthol, mint, etc.) of e-cigarettes being sold. In addition, some of these products look like pens and USB memory sticks making them less detectable when used by youth.

E-cigarettes may renormalize smoking as more people are using them in places where smoking is prohibited. We are already seeing a slight increase in youth smoking in Gwinnett.
TIPS FOR PARENTS AND COMMUNITY:

- Talking to your child about the risks and consequences of alcohol, tobacco, marijuana, prescription medication misuse, and other drug use is one of the most important things you can do to prevent substance use.
- Establish “no use” rules with clear and consistent consequences. Even if you drink or smoke, you can still discuss these issues with your children.
- Don’t glamorize or joke about past drug use with your children. Your children may ask, “Didn’t you ever smoke pot when you were a kid?” Be honest, but emphasize possible health, school, and legal consequences of drug use.
- Be a good role model. Don’t drink and drive. Don’t serve alcoholic beverages to your teens or other youth in your home, business or any function you host.
- Help prevent the misuse and abuse of prescription and over-the-counter drugs and medicines by:
  - Keeping all prescription medications, especially pain medications, locked up. This may seem extreme, but youth are indiscriminately accessing all kinds of medications for their personal use or to give or sell to their peers. Youth in Gwinnett report that it is very easy to access these drugs.
  - Disposing of unused medications.
  - Keeping track of over-the-counter medications like cough syrup and other cold medicines.
  - Discussing this issue with other relatives and asking them to keep their medicines in safe places, not in readily accessible locations like bathroom medicine cabinets.
  - Talking to your children about the dangers of medication misuse.
- Unused and expired prescription medications can be disposed of at:
  - Gwinnett County Sheriff Dept.
    2900 University Parkway
    Lawrenceville, GA 30043
  - City of Lilburn Police Dept.
    76 Main Street
    Lilburn GA, 30047
  - City of Duluth Police Dept.
    3276 Buford Highway
    Duluth, GA. 30096
  - City of Norcross Police Dept.
    65 Lawrenceville Street
    Norcross, GA 30071
- If you own or manage a store or restaurant that sells or serves alcohol, train employees on how to recognize fake ID cards and on the laws about selling or serving minors. Support “We Card” campaigns and law enforcement compliance checks.
- Check with the Gwinnett Chamber of Commerce about the benefits of becoming a “Drugs Don’t Work” worksite.
Today’s youth, often referred to as the Millennial Generation, are characterized as being resilient, creative, optimistic, and the most technologically savvy generation thus far. Unfortunately, this generation carries the burden of not only dealing with increased peer pressure, but also societal pressures. The transition from adolescence into adulthood is not only difficult for youth, but also for parents. Other signs that youth may be experiencing mental or emotional difficulties may include struggling in school, experiencing health problems, and engaging in self-destructive behaviors. It is important to identify the youth who are struggling with these issues and to help provide them the tools they need to overcome and succeed.

WHAT DO WE KNOW ABOUT THE MENTAL AND EMOTIONAL HEALTH OF OUR GWINNETT COUNTY YOUTH?

- 21.0% of high school and 14.8% of middle school youth reported being physically abused in the 2014 survey.
- 15.6% of high school and 6.4% of middle school youth reported being sexually abused in the 2014 survey.
- 11.0% of high school youth reported they considered suicide and 6.5% reported they made suicide attempts in the past 12 months according to the 2014 survey.
- While 7.8% of middle school youth reported they had considered suicide, fewer reported suicide attempts (4.3%) according to the 2014 survey.
- 39.3% of high school and 27.8% of middle school youth reported feeling sad, depressed and/or empty.
- 22.4% of high school and 15.0% of middle school youth reported that they felt life was not worth living.
YOUTH AND DEPRESSION:

Everyone goes through mood changes. Sadness is a normal reaction to struggles, disappointments, or setbacks. Depression is more than sadness and varies from person to person; however there are some common signs and symptoms. Responding positively to at least five of eight questions designed to evaluate signs and symptoms of depression may indicate clinical depression. **47% of high school and 31% of middle school youth** responded positively to at least five questions below and may be clinically depressed (see Appendix E).

<table>
<thead>
<tr>
<th>Survey Questions</th>
<th>MS 2010</th>
<th>MS 2014</th>
<th>HS 2010</th>
<th>HS 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the past 30 days have you had</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loss of interest in activities</td>
<td>25.2%</td>
<td>26.3%</td>
<td>30.0%</td>
<td>33.1%</td>
</tr>
<tr>
<td>Loss of appetite</td>
<td>28.2%</td>
<td>26.5%</td>
<td>34.5%</td>
<td>31.3%</td>
</tr>
<tr>
<td>Loss of attention/ ability to make decisions</td>
<td>39.0%</td>
<td>33.6%</td>
<td>51.1%</td>
<td>45.6%</td>
</tr>
<tr>
<td>Felt sad, depressed or empty</td>
<td>30.8%</td>
<td>27.8%</td>
<td>40.0%</td>
<td>39.3%</td>
</tr>
<tr>
<td>Felt too tired to do things</td>
<td>45.0%</td>
<td>40.7%</td>
<td>62.3%</td>
<td>55.1%</td>
</tr>
<tr>
<td>Trouble sleeping/ Sleeping too much</td>
<td>37.1%</td>
<td>37.1%</td>
<td>49.5%</td>
<td>50.4%</td>
</tr>
<tr>
<td>Felt angry, frustrated, or irritated</td>
<td>43.3%</td>
<td>36.9%</td>
<td>57.2%</td>
<td>49.4%</td>
</tr>
<tr>
<td>Felt life was not worth living</td>
<td>14.7%</td>
<td>15.0%</td>
<td>17.5%</td>
<td>22.4%</td>
</tr>
</tbody>
</table>

**WARNING SIGNS OF DEPRESSION**

- Loss of interest in activities the youth used to enjoy
- Loss of appetite
- Loss of attention or ability to make decisions
- Feel sad, depressed or empty much of the time
- Too tired to do things
- Trouble sleeping or sleeping too much
- Feeling angry, frustrated or irritated most of the time
- Feeling life is not worth living

**WARNING SIGNS OF SUICIDE**

- Feel worthless, hopeless or depressed
- Sudden changes in behavior
- Loss of family member or friend
- Loss of self-esteem
- Talk about death as a solution or threat (Note: many youth considering suicide discuss their plan with someone)
- Make a suicide plan
- Give or throw away personal possessions
- Suddenly act cheerful after having been depressed
YOUTH AND SELF INJURY

More high school and middle school youth reported intentional self-injury (cutting, scratching, or burning behaviors) at 16.0% of high school youth and 10.2% of middle school youth.

Incidents of self-injury have been a growing concern for parents and professionals for the last five years. Self-injury refers to inflicting physical harm on oneself serious enough to damage the skin tissue. The most common examples of self-injury are cutting, burning and head-banging. A common misconception is that youth who self-injure are depressed or really want to commit suicide. In fact, self-injury is a way for the youth to deal with overwhelming feelings or situations. It is a way for them to release strong feelings they do not know how to communicate. Therefore, the self-injury often keeps them from attempting suicide.

Many boys and girls who self-injure hide their scars carefully and have excuses ready when they are asked about the injury. It is important we pay attention to the warning signs of self-injury and assist these youth in getting the help they need.
WARNING SIGNS OF SELF-INJURY

- Numerous scratches, cuts, or burns on arms, legs, or stomach
- Always wearing long sleeves, long pants, or wristbands to cover the self-injury
- Inability to cope with stressful situations
- Extreme or sudden feelings of rage
- Frequent and severe anxiety
- May appear emotionally numb
- May report feeling hopeless or powerless over their life

WARNING SIGNS OF PHYSICAL ABUSE

- Burns, bite marks, cuts, bruises, or welts in the shape of objects
- Resistance to going home
- Fear of adults
- Facial injuries (broken nose, black eye, swollen lips) with no explanation of how injury occurred
- Wears torn, stained or bloody clothing

WARNING SIGNS OF SEXUAL ABUSE

- Nightmares or trouble sleeping
- Spacing out at odd times
- Sudden mood swings
- Fear of certain people or places
- Stomach aches when there is not a medical reason
- Bed-wetting, soiling, or wetting self
- Sexual activities with other children or toys
- Use of new words for private body parts
- Has a “secret” and refuses to discuss it
- Self-injuries

The sexual abuse of children can be prevented. We can stop it...why not now?

To learn how, please visit www.D2L.org and register for the Stewards of Children training today!
TIPS FOR PARENTS AND COMMUNITY

- Look for warning signs of mental and emotional problems and ask questions. Do whatever it takes to get professional help for the youth.
- Engage youth in meaningful conversations. Listen. Try to put yourself in their shoes and do not minimize a situation they report feeling strongly about.
- Report suspected abuse. Reporting is confidential and could save a life.
- Make time to be together with your children every day: cook and eat dinner, take a walk, read a story or help with homework.
- Seek help if you have an alcohol or drug problem.
- Be a positive role model for youth.
- Encourage youth to be involved in school or community activities.
- Ask for help when you need it.
- Know who youth are talking to and what they are talking about. Monitor internet use, email, and text messages for inappropriate material.
- Get to know your child’s friends, friends’ parents, teachers, school personnel, coaches, and other contacts.

National Child Abuse HOTLINE
1-800-422-4453

Prevention programs are available in the community and schools and they work! The Signs of Suicide Prevention program proved effective in decreasing suicide thoughts and attempts in Gwinnett County high school youth. More information is available at www.mentalhealthscreening.org/highschool or 1-800-273-TALK (8255).
POSITIVE ASSETS

Assets are situations, skills, attitudes and environments that help young people feel supported, cared for, confident and connected. The more youth feel supported by and involved with their families, school, and community, the more likely they are to be involved in positive behaviors. The more of these assets young people have in their lives, the less likely they are to be involved in risky behaviors. We, as parents, teachers, coaches, pastors and caring adults, can greatly influence the behaviors of our youth by providing them positive support and encouragement along with opportunities to feel connected and contributing in their families, schools and communities.

To learn more about developmental assets and the impact they have on children’s success in life, visit the Search Institute’s website: www.search-institute.org

THE GOOD NEWS

- 76% of high and 80% of middle school youth report feeling safe at school
- 31% of high school youth report reading books for fun 2+ hours per week.
- Most youth report that their parents are involved in their school, set clear rules and have established consequences when rules are broken. Rules and consequences help young people make better decisions when faced with risky behavior choices.
- 79% of high and 82% of middle school youth report they have significant adults whom they can turn to. This is considered one of the most important protective factors for youth.
- 76% of high and 80% of middle school youth report that they can talk to their parents about serious issues. This is very important because talking to parents about serious issues allows youth to voice their stress, discuss the situation and receive feedback on possible solutions.

THE BAD NEWS

- Fewer high and middle school youth report completing household chores for 2+ hours a week. Involving youth in chores is a good way to help them feel connected, worthwhile, and responsible. This type of involvement is considered an important protective factor for youth and should be encouraged.
- 67% of high and 48% of middle school youth spend 2 or more hours per week texting, while 53% of high and 55% of middle school youth play video games 2 or more hours per week.
Youth are much less likely to use alcohol, tobacco and other drugs or engage in other high risk behaviors if they:

- Achieve academically
- Are involved in pro-social activities in school and/or in the community
- Volunteer regularly
- Are involved in religious and/or faith activities
- Are physically active
- Have good communication with their parents or at least one other significant adult
- Feel attached to their school or community

Youth are more likely to be involved in substance use and other high risk behaviors if they:

- Work during the school year
- Watch a lot of TV during the week
- Have been physically or sexually abused
- Are depressed
- Are not involved in school or community activities
- Spend time home alone
- Spend time “hanging out” with their friends
- Feel stressed out
TIPS FOR PARENTS AND COMMUNITY

- Practice having positive communications with your children. Talk with them, not just to them. Listen carefully, and think before you react.

- Be proactive. Establish clear rules, especially about high risk behaviors like drinking, smoking, skipping school and dating. Make sure you have specific consequences outlined, but more importantly, follow through with consequences when rules are broken.

- Get to know your child’s friends and their parents. Check with parents about a party or get-together they are hosting. Assure these events are chaperoned and are free of alcohol and other drugs.

- Set high expectations for your children. Encourage and praise their efforts as well as their successes.

- Encourage your child to be involved in school and community activities, such as sports, performing arts, clubs and volunteering.

- Involve your children in chores and responsibilities at home to build a sense of belonging and contribution, not that they will necessarily agree with this.

- Limit TV and video game time. Encourage your child to read for pleasure by going to the library together or establishing reading times for the whole family.

- Support your child’s school by helping to enforce their disciplinary codes, taking an interest in your child’s academic performance and volunteering.
Where to Find Help

AFTER SCHOOL & PHYSICAL ACTIVITIES

*J.M. Tull Gwinnett Family YMCA* .................................................. 770-963-1313
http://tgym.ymcaatlanta.org
2985 Sugarloaf Parkway Lawrenceville, GA 30045

*Boys and Girls Club of Gwinnett* .................................................. 770-995-0100
www.bgema.org/club/lawrenceville
382 Stone Mountain Street, Lawrenceville, GA 30045

*Gwinnett County Parks and Recreation* ........................................ 770-822-8840
www.gwinnettparks.com

*Robert D. Fowler Family YMCA* .................................................. 770-246-9622
www.ymcapass.com/fpy.shtml
5600 W Jones Bridge Road Norcross, GA 30092

*A. Worley-Brown Boys & Girls Club* ........................................... 678-421-0894
www.bgema.org/club/aworley
5360 Old Norcross Road Norcross, GA 30071

*Salvation Army* ............................................................................. 770-724-1161
www.salvationarmy-georgia.org
3455 Sugarloaf Parkway, Lawrenceville, GA 30044

CHILD WELFARE & SAFETY

*Department of Family & Children Services* ................................. 678-518-5500

*Gwinnett County Gang Task Force* ............................................. 770-513-5433

COMMUNITY RESOURCES

*Gwinnett Helpline* ....................................................................... 770-995-3339
www.gwinnethelpline.org

EMOTIONAL & BEHAVIORAL SERVICES

*ViewPoint Health* ........................................................................ 770-962-5544
www.viewpointhealth.org

*Families First* ............................................................................. 404-853-2800
www.familiesfirst.org

*Summit Ridge Center for Psychiatry & Addiction Medicine* ...... 678-442-5800
www.summitridgehospital.net

*KidsNet Georgia* ....................................................................... 770-785-5910
www.kidsnetgeorgia.org
Where to Find Help

MEDICAL CARE

Gwinnett Medical Center
Lawrenceville .................................................................678-312-1000
Duluth ........................................................................678-312-6800

Four Corners Primary Care Clinic ........................................770-806-2928

Good Samaritan Health Center .........................................404-523-6571

The Hope Clinic ..................................................................770-685-1300

Gwinnett County Health Department
www.gwinnethealth.com
Lawrenceville .................................................................770-339-4283
Norcross .........................................................................770-638-5700
Buford ...........................................................................770-614-2401

Children’s Healthcare of Atlanta .........................................404-250-KIDS
www.choa.org

Gwinnett Community Clinic .............................................770-985-1199
2160 Fountain Drive Snellville, GA 30078

AID Gwinnett, Inc ................................................................770-962-8396
www.aidgwinnett.org

MENTORING PROGRAMS

Big Brothers / Big Sisters of Metro Atlanta .................404-601-7000
www.bbbsatl.org

Diamond in the Rough Youth Development Program ........678-376-9676
www.ditr.org

I AM BEAUTIFUL, Inc .........................................................404-545-9051
www.iambeautiful.org
Where to Find Help

NUTRITION SERVICES

Gwinnett County Cooperative Extension Service ...............................678-377-4010
www.county.caes.uga.edu/gwinnett

Gwinnett Medical Center – Diabetes & Nutrition Education Center
www.gwinnettmedical.org
Lawrenceville ................................................................. 678-312-4117
Duluth ................................................................. 678-312-6040

Gwinnett County Health Department
www.gwinnetthealth.com
Lawrenceville ................................................................. 770-339-4283
Norcross ................................................................. 770-638-5700
Buford ................................................................. 770-614-2401
Lilburn WIC Clinic ................................................................. 678-924-1546

SEXUAL HEALTH SERVICES

Pregnancy Resource Center of Gwinnett ........................................ 770-338-1680
www.prcg.org

Gwinnett County Health Department
www.gwinnetthealth.com
Lawrenceville Health Center .................................................. 770-339-4283
455 Grayson Highway, Suite 300
Lawrenceville, GA 30046

Norcross Health Center .................................................. 770-638-5700
5030 Georgia Belle Court
Norcross, GA 30093

Buford Health Center .................................................. 770-614-2401
2755 Sawnee Avenue
Buford, GA 30518

OB/GYN Clinic / Gwinnett Medical Center .................................. 678-312-1000
1000 Medical Center Boulevard, Suite 190
Lawrenceville, GA 30046
www.gwinnettmedicalcenter.org

Gwinnett Sexual Assault Center 770-476-7407 Crisis Hotline
770-497-9122 Office Phone

SUBSTANCE ABUSE PREVENTION

GUIDE, Inc ................................................................. 678-377-4131
www.guideinc.org
Where to Find Help

SUBSTANCE ABUSE TREATMENT

CEPTA ................................................................. 770-662-0249
www.cepta.org

View Point Health .................................................. 770-962-5544
www.viewpointhealth.org

Summit Ridge Hospital .......................................... 678-442-5800
www.summitridgehospital.net

KidsNet Georgia .................................................... 770-785-5910
www.kidsnetgeorgia.net

VOLUNTEER OPPORTUNITIES

Gwinnett Help Line ............................................... 770-995-3339
www.gwinnetthelpline.org

Big Brothers/Big Sisters of Metro Atlanta .................. 404-601-7000
www.bbbsatl.org

Gwinnett Great Days of Service ............................... 770-995-3339
www.gwinnettgreatdaysofservice.org

Volunteer Gwinnett ............................................... 770-822-7955
www.volunteergwinnett.net

GUIDE, Inc. .......................................................... 678-377-4131
www.guideinc.org

VEHICLE SAFETY

Gwinnett County Public Schools –
Community School Drivers Education ...................... 679-301-6000
http://www.gwinnett.k12.ga.us

I Drive Safely – GA Teen Driver Education ................ 800-990-2814
www.idrivesafely.com
<table>
<thead>
<tr>
<th>Activity</th>
<th>MS 2010</th>
<th>MS 2014</th>
<th>HS 2010</th>
<th>HS 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did you 3 or more times in the past week do:</td>
<td>54.6%</td>
<td>47.5%</td>
<td>54.0%</td>
<td>44.8%</td>
</tr>
<tr>
<td>Activity that made you sweat</td>
<td>54.6%</td>
<td>47.5%</td>
<td>54.0%</td>
<td>44.8%</td>
</tr>
<tr>
<td>Stretching Exercises</td>
<td>37.1%</td>
<td>35.6%</td>
<td>43.5%</td>
<td>42.6%</td>
</tr>
<tr>
<td>Exercise to make muscles stronger</td>
<td>36.8%</td>
<td>35.1%</td>
<td>46.2%</td>
<td>38.1%</td>
</tr>
<tr>
<td>Exercise 30+ minutes</td>
<td>45.6%</td>
<td>43.3%</td>
<td>52.7%</td>
<td>45.6%</td>
</tr>
<tr>
<td>Strongly agree that I:</td>
<td>44.2%</td>
<td>39.6%</td>
<td>36.3%</td>
<td>33.2%</td>
</tr>
<tr>
<td>Eat 3 servings of dairy products each day</td>
<td>29.7%</td>
<td>31.6%</td>
<td>21.15%</td>
<td>24.3%</td>
</tr>
<tr>
<td>Eat at least 5 servings of fruits and</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>vegetables each day</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Feel slightly/very overweight</td>
<td>25.2%</td>
<td>25.3%</td>
<td>26.0%</td>
<td>28.0%</td>
</tr>
<tr>
<td>Source: 2014 Coalition Youth Health Survey</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>and 2014 GSHS II</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## SUBSTANCE ABUSE
(Comparison of 2010 and 2014 data)

<table>
<thead>
<tr>
<th>Survey Questions</th>
<th>MS 2010</th>
<th>MS 2014</th>
<th>HS 2010</th>
<th>HS 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Used alcohol in the last 30 days</td>
<td>5.1%</td>
<td>5.0%</td>
<td>21.8%</td>
<td>19.0%</td>
</tr>
<tr>
<td>Used marijuana in the last 30 days</td>
<td>2.4%</td>
<td>3.7%</td>
<td>14.4%</td>
<td>14.5%</td>
</tr>
<tr>
<td>Used cocaine in the last 30 days</td>
<td>.5%</td>
<td>1.0%</td>
<td>2.7%</td>
<td>3.0%</td>
</tr>
<tr>
<td>Used methamphetamines in the last 30 days</td>
<td>.5%</td>
<td>1.0%</td>
<td>2.1%</td>
<td>3.0%</td>
</tr>
<tr>
<td>Used tobacco in the last 30 days</td>
<td>2.1%</td>
<td>2.6%</td>
<td>11.9%</td>
<td>12.9%</td>
</tr>
<tr>
<td>Used prescription drugs not prescribed to me in the last 30 days</td>
<td>1.5%</td>
<td>3.0%</td>
<td>4.6%</td>
<td>6.0%</td>
</tr>
<tr>
<td>Used inhalants in the last 30 days</td>
<td>1.3%</td>
<td>2.0%</td>
<td>2.6%</td>
<td>3.0%</td>
</tr>
<tr>
<td>Used ecstasy in the last 30 days</td>
<td>.5%</td>
<td>1.0%</td>
<td>2.6%</td>
<td>4.0%</td>
</tr>
<tr>
<td>Drank 5+ drinks in a row in the past 30 days</td>
<td>1.6%</td>
<td>1.0%</td>
<td>10.9%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Rode with an impaired driver in the past 30 days</td>
<td>7.1%</td>
<td>4.0%</td>
<td>11.1%</td>
<td>8.0%</td>
</tr>
<tr>
<td>Drove while under the influence in the past 30 days</td>
<td>N/A</td>
<td>N/A</td>
<td>3.2%</td>
<td>2.0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Do you strongly agree that:</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol use is harmful</td>
<td>67.4%</td>
<td>70.0%</td>
<td>47.4%</td>
<td>53.0%</td>
</tr>
<tr>
<td>Adults would disapprove if you use alcohol</td>
<td>73.6%</td>
<td>73.0%</td>
<td>59.1%</td>
<td>59.0%</td>
</tr>
<tr>
<td>Peers would disapprove if you use alcohol</td>
<td>60.4%</td>
<td>62.0%</td>
<td>28.7%</td>
<td>35.0%</td>
</tr>
<tr>
<td>Marijuana is harmful</td>
<td>78.0%</td>
<td>79.0%</td>
<td>54.0%</td>
<td>54.0%</td>
</tr>
<tr>
<td>Smoking tobacco is harmful</td>
<td>81.1%</td>
<td>84.0%</td>
<td>77.4%</td>
<td>78.0%</td>
</tr>
<tr>
<td>It is easy to get prescription drugs not prescribed to you</td>
<td>13.3%</td>
<td>13.0%</td>
<td>28.1%</td>
<td>27.0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Where do you get alcohol? (total population responses)</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>*From family or other adults</td>
<td>2.6%</td>
<td>5.0%</td>
<td>10.6%</td>
<td>15.9%</td>
</tr>
<tr>
<td>*Take from family without permission</td>
<td>1.9%</td>
<td>3.4%</td>
<td>3.7%</td>
<td>8.5%</td>
</tr>
<tr>
<td>*Buy it myself from a store</td>
<td>.4%</td>
<td>1.4%</td>
<td>3.0%</td>
<td>4.7%</td>
</tr>
</tbody>
</table>

Source: 2014 Coalition Youth Health Survey and 2014 GSHS II

*Reflects questions for which data has been adjusted.
## Appendix C
### Sexual Activity

(Comparison of 2010 and 2014 data)

<table>
<thead>
<tr>
<th>Survey Questions</th>
<th>MS 2010</th>
<th>MS 2014</th>
<th>HS 2010</th>
<th>HS 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ever had consensual sexual contact</td>
<td>7.1%</td>
<td>7.1%</td>
<td>35.2%</td>
<td>21.0%</td>
</tr>
<tr>
<td>Ever had consensual sexual contact with 3+ partners</td>
<td>2.9%</td>
<td>2.3%</td>
<td>18.5%</td>
<td>9.6%</td>
</tr>
<tr>
<td>Ever had sexual intercourse</td>
<td>3.0%</td>
<td>2.1%</td>
<td>23.9%</td>
<td>12.8%</td>
</tr>
<tr>
<td>Ever had sexual intercourse with 3+ partners</td>
<td>1.1%</td>
<td>1.2%</td>
<td>12.1%</td>
<td>5.8%</td>
</tr>
<tr>
<td>Ever been pregnant or gotten someone pregnant</td>
<td>0.5%</td>
<td>.7%</td>
<td>3.4%</td>
<td>2.1%</td>
</tr>
<tr>
<td>Ever had an abortion</td>
<td>.2%</td>
<td>.3%</td>
<td>3.4%</td>
<td>2.1%</td>
</tr>
<tr>
<td>Ever contracted a sexually transmitted disease</td>
<td>.6%</td>
<td>1.2%</td>
<td>2.8%</td>
<td>2.7%</td>
</tr>
<tr>
<td>If sexually active, used alcohol or drugs at time of last intercourse</td>
<td>22.3%</td>
<td>1.5%</td>
<td>19.9%</td>
<td>5.3%</td>
</tr>
<tr>
<td>Ever sent a sexually explicit picture or video to someone</td>
<td>6.1%</td>
<td>7.4%</td>
<td>21.8%</td>
<td>23.7%</td>
</tr>
</tbody>
</table>

**Age of first consensual contact: (total population response)**

<table>
<thead>
<tr>
<th>Age</th>
<th>MS 2010</th>
<th>MS 2014</th>
<th>HS 2010</th>
<th>HS 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 or younger</td>
<td>2.0%</td>
<td>2.2%</td>
<td>3.8%</td>
<td>2.6%</td>
</tr>
<tr>
<td>12-14 years</td>
<td>5.7%</td>
<td>2.9%</td>
<td>12.6%</td>
<td>7.1%</td>
</tr>
<tr>
<td>15-16 years</td>
<td>.2%</td>
<td>1.3%</td>
<td>15.5%</td>
<td>9.6%</td>
</tr>
</tbody>
</table>

**Age of first consensual intercourse: (total population response)**

<table>
<thead>
<tr>
<th>Age</th>
<th>MS 2010</th>
<th>MS 2014</th>
<th>HS 2010</th>
<th>HS 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>11 or younger</td>
<td>.8%</td>
<td>1.9%</td>
<td>.9%</td>
<td>1.2%</td>
</tr>
<tr>
<td>12-14 years</td>
<td>2.1%</td>
<td>.9%</td>
<td>7.3%</td>
<td>3.7%</td>
</tr>
<tr>
<td>15-16 years</td>
<td>.1%</td>
<td>.1%</td>
<td>11.2%</td>
<td>6.0%</td>
</tr>
</tbody>
</table>

Source: 2014 Coalition Youth Health Survey and 2014 GSHS II
## Appendix D
Delinquency and Violence

### Delinquency and Violence
(Comparison of 2010 and 2014 data)

<table>
<thead>
<tr>
<th>Survey Questions</th>
<th>MS 2010</th>
<th>MS 2014</th>
<th>HS 2010</th>
<th>HS 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Delinquency (Have you?):</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lied to parents about whereabouts</td>
<td>25.7%</td>
<td>16.0%</td>
<td>49.7%</td>
<td>36.0%</td>
</tr>
<tr>
<td>Skipped school without parent permission</td>
<td>6.1%</td>
<td>5.3%</td>
<td>24.6%</td>
<td>14.4%</td>
</tr>
<tr>
<td>Had trouble with the police</td>
<td>13.0%</td>
<td>10.5%</td>
<td>22.5%</td>
<td>20.1%</td>
</tr>
<tr>
<td>Stolen from a store</td>
<td>14.7%</td>
<td>12.5%</td>
<td>21.3%</td>
<td>17.0%</td>
</tr>
<tr>
<td>Ran away from home</td>
<td>6.7%</td>
<td>7.0%</td>
<td>10.0%</td>
<td>13.6%</td>
</tr>
<tr>
<td>Driven car without owner’s permission</td>
<td>3.9%</td>
<td>3.9%</td>
<td>13.1%</td>
<td>13.6%</td>
</tr>
<tr>
<td>Sold or given drugs or alcohol</td>
<td>3.0%</td>
<td>3.8%</td>
<td>12.8%</td>
<td>14.1%</td>
</tr>
<tr>
<td>Sent threatening/intimidating message using an electronic device</td>
<td>9.0%</td>
<td>5.9%</td>
<td>14.5%</td>
<td>11.2%</td>
</tr>
<tr>
<td><strong>Violence (Have you?):</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hit or beat someone</td>
<td>32.4%</td>
<td>21.2%</td>
<td>31.2%</td>
<td>21.1%</td>
</tr>
<tr>
<td>Taken part in a group fight</td>
<td>14.5%</td>
<td>9.5%</td>
<td>14.5%</td>
<td>15.1%</td>
</tr>
<tr>
<td>Used a knife, gun or weapon to scare someone</td>
<td>7.0%</td>
<td>12.5%</td>
<td>9.7%</td>
<td>17.8%</td>
</tr>
<tr>
<td>Carried a knife, gun or weapon for protection</td>
<td>12.7%</td>
<td>10.2%</td>
<td>17.3%</td>
<td>18.2%</td>
</tr>
<tr>
<td><strong>Gang Activity (Have you?):</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hear o gang activity in my neighborhood</td>
<td>45.4%</td>
<td>25.4%</td>
<td>56.4%</td>
<td>33.2%</td>
</tr>
<tr>
<td>Witnessed gang activity in neighborhood or school</td>
<td>13.1%</td>
<td>13.1%</td>
<td>34.2%</td>
<td>23.5%</td>
</tr>
<tr>
<td>Feel no one would care if they joined a gang</td>
<td>8.8%</td>
<td>8.8%</td>
<td>9.6%</td>
<td>12.4%</td>
</tr>
<tr>
<td>Would worry if siblings or friend joined a gang</td>
<td>86.0%</td>
<td>70.7%</td>
<td>81.9%</td>
<td>70.2%</td>
</tr>
<tr>
<td>Would consider joining a gang</td>
<td>4.4%</td>
<td>5.4%</td>
<td>8.0%</td>
<td>9.9%</td>
</tr>
<tr>
<td>Have been asked to join a gang</td>
<td>14.6%</td>
<td>9.6%</td>
<td>24.3%</td>
<td>19.1%</td>
</tr>
<tr>
<td>Have been initiated into a named gang</td>
<td>4.3%</td>
<td>4.4%</td>
<td>7.6%</td>
<td>8.6%</td>
</tr>
<tr>
<td>Believe it is possible gang member to leave gang safely</td>
<td>22.7%</td>
<td>19.3%</td>
<td>18.7%</td>
<td>19.3%</td>
</tr>
<tr>
<td>Have participated in illegal gang activity</td>
<td>1.9%</td>
<td>2.1%</td>
<td>3.5%</td>
<td>3.7%</td>
</tr>
<tr>
<td>Have friends who participated in illegal gang activity</td>
<td>12.2%</td>
<td>10.5%</td>
<td>18.0%</td>
<td>15.9%</td>
</tr>
</tbody>
</table>

Source: 2014 Coalition Youth Health Survey and 2014 GSHS II
# Appendix E
## Mental Health

### Mental Health
(Comparison of 2010 and 2014 data)

<table>
<thead>
<tr>
<th>Survey Questions</th>
<th>MS 2010</th>
<th>MS 2014</th>
<th>HS 2010</th>
<th>HS 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have you:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Been physically abused</td>
<td>17.9%</td>
<td>13.7%</td>
<td>20.4%</td>
<td>21.0%</td>
</tr>
<tr>
<td>Been sexually abused</td>
<td>6.3%</td>
<td>6.5%</td>
<td>11.4%</td>
<td>15.7%</td>
</tr>
<tr>
<td>Considered suicide in the past year</td>
<td>7.0%</td>
<td>7.8%</td>
<td>9.5%</td>
<td>11.0%</td>
</tr>
<tr>
<td>Attempted suicide in the past year</td>
<td>3.6%</td>
<td>4.3%</td>
<td>5.1%</td>
<td>6.5%</td>
</tr>
<tr>
<td>Ever cut yourself on purpose in the past 12 months</td>
<td>11.0%</td>
<td>10.2%</td>
<td>9.9%</td>
<td>16.1%</td>
</tr>
<tr>
<td>Percentage of youth who answered “yes” to at least 5 of the 8 depression questions</td>
<td>29.7%</td>
<td>30.5%</td>
<td>41.7%</td>
<td>47.1%</td>
</tr>
<tr>
<td>In the past 30 days have you had:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Loss of interest in activities</td>
<td>25.2%</td>
<td>26.3%</td>
<td>30.0%</td>
<td>33.1%</td>
</tr>
<tr>
<td>Loss of appetite</td>
<td>28.2%</td>
<td>26.5%</td>
<td>34.5%</td>
<td>31.3%</td>
</tr>
<tr>
<td>Loss of attention/ ability to make decisions</td>
<td>39.0%</td>
<td>33.6%</td>
<td>51.1%</td>
<td>45.6%</td>
</tr>
<tr>
<td>Felt sad, depressed or empty</td>
<td>30.8%</td>
<td>27.8%</td>
<td>40.0%</td>
<td>39.3%</td>
</tr>
<tr>
<td>Felt too tired to do things</td>
<td>45.0%</td>
<td>40.7%</td>
<td>62.3%</td>
<td>55.1%</td>
</tr>
<tr>
<td>Trouble sleeping/ Sleeping too much</td>
<td>37.1%</td>
<td>37.1%</td>
<td>49.5%</td>
<td>50.4%</td>
</tr>
<tr>
<td>Felt angry, frustrated, or irritated</td>
<td>43.3%</td>
<td>36.9%</td>
<td>57.2%</td>
<td>49.4%</td>
</tr>
<tr>
<td>Felt life was not worth living</td>
<td>14.7%</td>
<td>15.0%</td>
<td>17.5%</td>
<td>22.4%</td>
</tr>
</tbody>
</table>

Source: 2014 Coalition Youth Health Survey and 2014 GSHS II
### Appendix F
Positive Assets

<table>
<thead>
<tr>
<th>Do you:</th>
<th>MS 2010</th>
<th>MS 2014</th>
<th>HS 2010</th>
<th>HS 2014</th>
</tr>
</thead>
<tbody>
<tr>
<td>Feel safe at school</td>
<td>81.0%</td>
<td>80.0%</td>
<td>75.0%</td>
<td>76.0%</td>
</tr>
<tr>
<td>Spend 3 or more hours home alone during the week</td>
<td>30.7%</td>
<td>29.3%</td>
<td>44.4%</td>
<td>41.4%</td>
</tr>
<tr>
<td>Read books for fun 2+ hours per week</td>
<td>38.1%</td>
<td>34.6%</td>
<td>29.0%</td>
<td>31.7%</td>
</tr>
<tr>
<td>Work 11 or more hours per week</td>
<td>3.7%</td>
<td>4.5%</td>
<td>17.0%</td>
<td>18.1%</td>
</tr>
<tr>
<td>Play video games 2 or more hours per week</td>
<td>55.5%</td>
<td>55.1%</td>
<td>52.1%</td>
<td>53.0%</td>
</tr>
<tr>
<td>Spend 2 or more hours per week texting</td>
<td>47.0%</td>
<td>47.7%</td>
<td>69.0%</td>
<td>66.7%</td>
</tr>
<tr>
<td>Spend 2+ hours per week social networking</td>
<td>49.0%</td>
<td>43.6%</td>
<td>64.0%</td>
<td>63.3%</td>
</tr>
<tr>
<td>Complete household chores 2+ hours per week</td>
<td>45.9%</td>
<td>41.2%</td>
<td>54.4%</td>
<td>47.2%</td>
</tr>
<tr>
<td>Have a significant adult (other than your parents) that you can turn to</td>
<td>84.8%</td>
<td>82.3%</td>
<td>80.7%</td>
<td>78.8%</td>
</tr>
<tr>
<td>Feel you can talk to your parents about serious issues?</td>
<td>81.5%</td>
<td>80.3%</td>
<td>74.1%</td>
<td>75.6%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Do your parents:</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Set clear rules</td>
<td>92.1%</td>
<td>88.1%</td>
<td>85.7%</td>
<td>79.5%</td>
</tr>
<tr>
<td>Establish consequences if rules are broken</td>
<td>86.2%</td>
<td>83.1%</td>
<td>80.6%</td>
<td>80.3%</td>
</tr>
<tr>
<td>Get involved in your school</td>
<td>90.3%</td>
<td>87.4%</td>
<td>82.0%</td>
<td>78.1%</td>
</tr>
</tbody>
</table>

Source: 2014 Coalition Youth Health Survey and 2014 GSHS II