

# 2023-2024 Fairfax County Youth Survey

School Health Advisory Committee  
October 16, 2024



# About the Fairfax County Youth Survey

- Partnership between Fairfax County Government and FCPS
- Annual
- Voluntary
- Anonymous
- Examines youth behaviors, experiences, risk, and protective factors
- Questions are based on the:
  - Monitoring the Future Survey (NIH)
  - Youth Risk Behavior Surveillance System Survey (CDC)

Youth Risk Behavior Survey



# More About the Fairfax County Youth Survey

- Administered to students in grades 6, 8, 10, and 12
- 6th Grade Survey: 91 Questions
- 8th/10th/12th Grade Survey: 175 Questions
- Translated in 7 languages
  - Spanish
  - Vietnamese
  - Chinese
  - Korean
  - Arabic
  - Farsi
  - Urdu

# Why We Administer the Youth Survey

The survey provides data to county, school, and community-based organizations to:

- Asses youth strengths and needs
- Develop programs and services
- Monitor trends
- Measure community indicators of health
- Guide countywide planning of prevention efforts.



## To Learn More

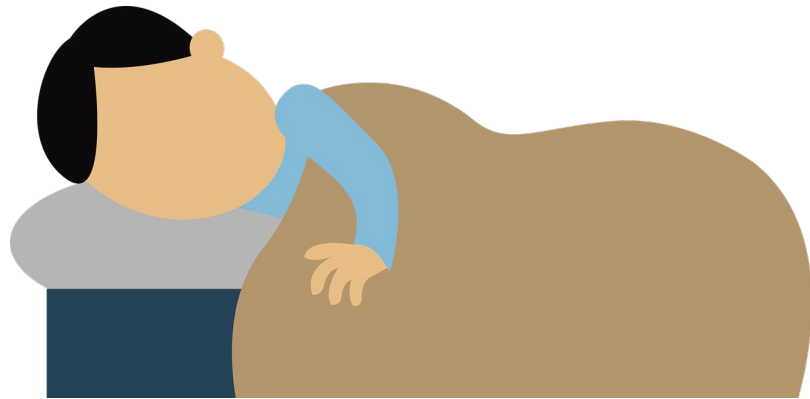
Visit the Fairfax County Youth Survey Website

[www.fairfaxcounty.gov/youthsurvey](http://www.fairfaxcounty.gov/youthsurvey)

Learn More About Three to Succeed

<http://bit.ly/3toSucceed>

# Sleep



32%

Students reporting 8 or more hours of sleep.  
Highest since 2016

52%

Students reporting 6-7 hours of sleep.

6%

Students reporting 4 hours or less of sleep

# Screen Time



8%

8/10/12 graders reporting no use of technology for non-school related purposes.

14%

6th graders reporting no use of technology for non-school related purposes.

45%

8/10/12 graders reporting 3 or more hours of technology for non-school related purposes.

35%

6th graders reporting 3 or more hours of technology for non-school related purposes.

# Nutrition



6%

Reported eating no vegetables during the past 7 days.

7%

Reported eating no fruits during the past 7 days.

18%

Reported going hungry in the past month.  
Not by choice

9%

Reported going hungry for 24 hours or more to lose weight.



# Physical Activity



38%

8/10/12  
Physically active for at least 1 hour, 5 or more days in the past week.

43%

6th  
Physically active for at least 1 hour, 5 or more days in the past week.  
Lowest since 2016

15%

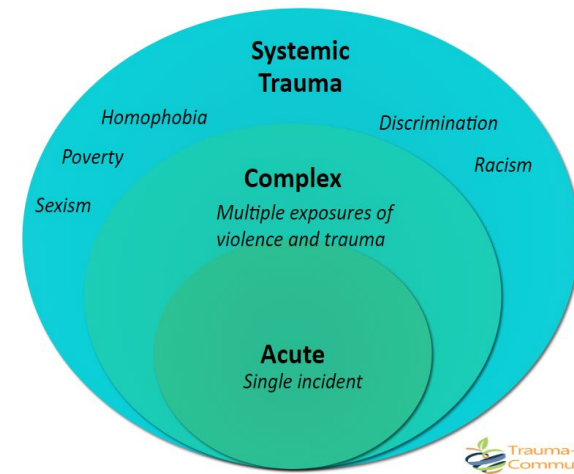
8/10/12  
Physically active 0 days in the past week.

10%

6th  
Physically active 0 days in the past week.

# Exposure to Potentially Traumatic Experiences

- 28% have moved 3 or more times
- 37% have had race or culture insulted
- 11% have been sexually harassed
- 18% have gone hungry for at least 24 hours (not by choice)
- 5% experience physical abuse at home
- 3% have witnessed domestic violence at home
- 3% have been forced to engage in sex



# Mental Health



29% of 6th graders experienced feelings of sadness and hopelessness

25%

Experienced Feelings of Sadness and Hopelessness  
Lowest since 2016

9%

Considered Suicide  
Lowest since 2016

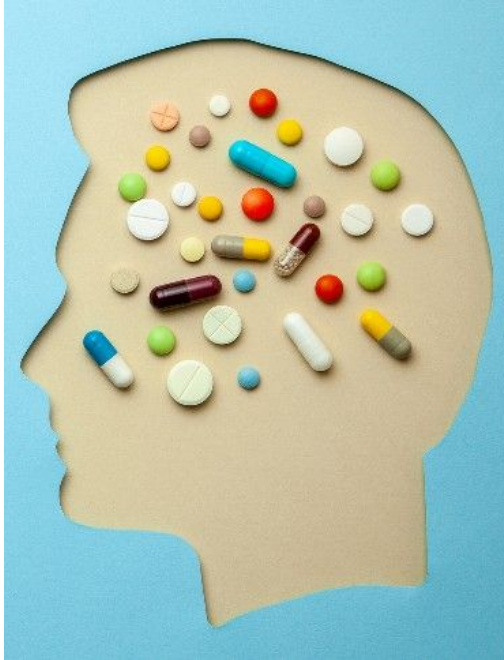
3%

Attempted Suicide  
Lowest since 2016

21%

Experienced High Levels of Stress

# Substance Use



97%

Reported no use of any substances.

98%

Reported no alcohol use.

98%

Reported no other substance use.

Most students reported no use of any substances.  
This year's rates were the lowest since 2010.