

## YOUTH ALCOHOL USE

### Snohomish County Facts

- Since 2008, the percentage of 8th grade students who have recently consumed or binged alcohol has been cut in half.
- There was a significant decrease compared to 2016 in 12th grade students who have consumed alcohol this month.
- There was also a significant increase in the percentage of 12th grade students who had not binged alcohol in the past two weeks, compared to 2016.
- 8th grade students were significantly less likely than their peers statewide to be participating in "problem" drinking behaviors.

DRINKING	6 <sup>TH</sup> GRADERS	8 <sup>TH</sup> GRADERS	10 <sup>TH</sup> GRADERS	12 <sup>TH</sup> GRADERS
Current* alcohol use	2.4%	7.4%	17.5%	26.8%
Ever tried alcohol	23.5%	28.6%	46.1%	61.2%
Current* binge drinking	1.6%	3.9%	9.1%	14.0%
Current* problem drinking	1.3%	1.6%	4.7%	8.7%
Current* heavy drinking	0.7%	2.9%	5.7%	8.0%
PERCEPTION OF USE	6 <sup>TH</sup> GRADERS	8 <sup>TH</sup> GRADERS	10 <sup>TH</sup> GRADERS	12 <sup>TH</sup> GRADERS
Think it would be very easy to get alcohol if they wanted some	4.6%	12.1%	22.2%	28.1%
Think it is very risky for someone their age to drink regularly	32.7%	40.2%	43.3%	41.7%
Estimated percentage of peers that think it's wrong to drink regularly	~	62.4%	36.9%	29.7%
DRIVING	6 <sup>TH</sup> GRADERS	8 <sup>TH</sup> GRADERS	10 <sup>TH</sup> GRADERS	12 <sup>TH</sup> GRADERS
Recently* rode in a vehicle driven by someone who had been drinking	6.6%	15.3%	16.1%	14.7%
Recently* drove a vehicle (themselves) after drinking	~	2.5%	3.7%	5.5%
ACCESS TO ALCOHOL	6 <sup>TH</sup> GRADERS	8 <sup>TH</sup> GRADERS	10 <sup>TH</sup> GRADERS	12 <sup>TH</sup> GRADERS
Got alcohol from friends	~	2.1%	6.5%	9.5%
Got alcohol at home without permission	~	2.0%	2.8%	2.4%
Got alcohol at home with permission	~	1.4%	2.1%	4.2%
Got alcohol at a party	~	0.9%	3.7%	6.5%
Gave someone money to buy alcohol for them	~	0.7%	2.1%	3.7%
~ Not asked of students in this grade *Current or recently = any use in the past 30 days Problem drinking: Drinking on 3-5 days in the last 30 days or 1 binge drinking in past 2 weeks Heavy drinking: 6+ days drinking in past 30 days or 2 binge drinking in past 2 weeks				



## **YOUTH ALCOHOL USE: WHAT WE CAN DO**

### **Washington State Healthy Youth Survey Facts**

- Survey questions focus on risk for injury, health behaviors and outcomes, alcohol and drug use.
- Results are used by communities to support youth and reduce risks.

More info available at: [www.askhys.net](http://www.askhys.net)

### **PARENTS**

- **Talk** to your children. Set clear expectations regarding alcohol use.
- **Tell** them you will come pick them up if they need a sober driver—no matter what.
- **Teach** them facts about alcohol to correct false information they may get elsewhere.

Also, keep your alcohol locked up and well-monitored. Discourage older siblings from purchasing alcohol for an underage child. And remember, **the example is set by you.**

### **SCHOOLS AND COMMUNITY GROUPS**

- Integrate evidence-based substance use prevention curriculum into health classes.
- Review and revise school alcohol policies to promote punishments other than out-of-school suspension, such as in-school suspension, participation in other groups and activities, or a research project about alcohol.
- Most teens overestimate how many of their peers drink and use illicit drugs. The majority of their peers are not drinking. Teach them the real norms to reduce peer pressure.
- Have plenty of fun, free or low-cost community events on the weekends and evenings to keep teens active.

### **GOVERNMENT**

- Provide funding for evidence-based prevention programs that target all substances, including alcohol.
- Continue to enforce state and local laws around Zero Tolerance, Minor in Possession (or consumption), and retail sales.

*Participation by all of the Snohomish County school districts in the Healthy Youth Survey is much appreciated. School participation allows us to report on the current health status of our youth and track trends over time.*

For more information about the Healthy Youth Survey, check out <http://www.askhys.net/> or to see Snohomish County Healthy Youth Survey Fact Sheets go to [www.snohd.org](http://www.snohd.org).