



YOUTH DRUG USE

Snohomish County Facts

- The percent of 10th and 12th grade students reporting current misuse of prescription painkillers to get high has decreased by 60% in the last decade
- 8th graders were significantly less likely to have ever tried meth compared to Washington state

PRESCRIPTION DRUGS	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Current* use of painkillers to get high	~	2.3%	4.0%	5.0%
Current* use of prescriptions not prescribed to them	~	4.4%	7.1%	7.6%
METHAMPHETAMINE, HEROIN & OTHER ILLEGAL DRUGS	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Ever tried methamphetamine	~	2.7%	3.9%	4.8%
Ever tried heroin	~	2.2%	3.4%	3.2%
Ever tried cocaine	~	2.3%	4.5%	6.9%
Ever tried steroids without a prescription	~	2.3%	3.6%	3.7%
Used any illegal drug (except marijuana) to get high in past 30 days	0.5%	2.9%	4.7%	6.9%
INHALANTS	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Ever tried inhalants to get high	2.0%	4.3%	6.5%	7.9%
AVAILABILITY AND ATTITUDES TOWARD DRUGS	6TH GRADERS	8TH GRADERS	10TH GRADERS	12TH GRADERS
Perceive moderate or great risk of using prescription drugs not prescribed to them	~	85.1%	87.0%	86.7%
Think it's very wrong for someone their age to use cocaine, LSD, methamphetamines, or other illegal drugs	95.7%	88.0%	77.1%	71.1%
<p>~ Not asked of students in this grade *Current use = any use in the past 30 days (also called recent use).</p>				



YOUTH DRUG USE: WHAT WE CAN DO

Washington State Healthy Youth Survey Facts

- Questions ask about 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

PARENTS

- Partnership for a Drug-Free America recommends parents look out for potential signs of drug use, like a loss of interest in hobbies, the disappearance of money or valuables, and changes in mood or appearance.
- Safely dispose of any prescription medication as soon as possible. Check your local pharmacy or fire and police departments for medication disposal events. Expired or unused medication should not be flushed down a toilet or thrown out.
- If you do suspect any illegal drug use, remain calm and not confrontational. Get your child the help they need.

SCHOOLS AND COMMUNITY GROUPS

- Most teens overestimate how many of their peers drink and use illicit drugs when the majority of teens are not using. Teach them realistic norms to help reduce peer pressure via assemblies, posters, or other formats.
- Target prevention efforts toward trends in drug use within your region or age group(s).
- Offer extra-curricular activities and advertise teen events in the community to encourage participation.

GOVERNMENT

- Snohomish County has identified a trend of higher deaths in heroin users. For more information, visit www.snohd.org (search "heroin")
- Police and fire departments can host medication disposal events.

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.

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