



## YOUTH DRUG USE

### Snohomish County Facts

- Our 8<sup>th</sup> graders were significantly more likely than those in the rest of the state to have abused prescription drugs in the last 30 days
- Our 12<sup>th</sup> graders were more likely than those in the rest of the state to have ever tried cocaine or heroin
- Since 2008, the number of 8<sup>th</sup> and 10<sup>th</sup> graders reporting using illegal drugs (not including marijuana) in the past 30 days has been cut in half

<b>PRESCRIPTION DRUGS</b>	<b>6<sup>TH</sup> GRADERS</b>	<b>8<sup>TH</sup> GRADERS</b>	<b>10<sup>TH</sup> GRADERS</b>	<b>12<sup>TH</sup> GRADERS</b>
Current* use of painkillers to get high	~	2.5	4.6	5.9
Current* use of prescriptions not prescribed to them	~	5.4	7.3	9.6
<b>METHAMPHETAMINE, HEROIN &amp; OTHER ILLEGAL DRUGS</b>	<b>6<sup>TH</sup> GRADERS</b>	<b>8<sup>TH</sup> GRADERS</b>	<b>10<sup>TH</sup> GRADERS</b>	<b>12<sup>TH</sup> GRADERS</b>
Ever tried methamphetamine	~	2.2	4.2	6.0
Ever tried heroin	~	2.8	3.6	5.7
Ever tried cocaine	~	3.0	4.5	9.7
Ever tried steroids without a prescription	~	3.0	2.9	4.2
Used any illegal drug (except marijuana) to get high in past 30 days	0.7	1.9	4.2	7.3
<b>INHALANTS</b>	<b>6<sup>TH</sup> GRADERS</b>	<b>8<sup>TH</sup> GRADERS</b>	<b>10<sup>TH</sup> GRADERS</b>	<b>12<sup>TH</sup> GRADERS</b>
Ever tried inhalants to get high	2.8	4.6	7.0	11.1
<b>AVAILABILITY AND ATTITUDES TOWARD DRUGS</b>	<b>6<sup>TH</sup> GRADERS</b>	<b>8<sup>TH</sup> GRADERS</b>	<b>10<sup>TH</sup> GRADERS</b>	<b>12<sup>TH</sup> GRADERS</b>
Perceive moderate or great risk of using prescription drugs not prescribed to them	~	84.9	87.7	89.9
Think it's very wrong for someone their age to use cocaine, LSD, methamphetamines, or other illegal drugs	95.1	86.1	76.9	71.4
<small>~ Not asked of students in this grade *Current use = any use in the past 30 days (also called recent use).</small>				



## YOUTH DRUG USE: WHAT WE CAN DO

### Washington State Healthy Youth Survey Facts

- Students participate across the state representing all 39 counties
- All 14 school districts in Snohomish County take part in the survey
- 75% of students across the four grades took the survey—that's 11,852 students!
- 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](http://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](http://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](http://www.snohd.org).