

Alcohol and Drug Use in Arlington Get the Latest Facts from Teens Themselves

Did you know

- More than one in four teens in grades 8, 10 and 12 recently used alcohol and/or marijuana?
- Many young people engage in *high risk* alcohol or marijuana use?
- Even if your child doesn't drink, they are exposed to alcohol use at parties, by friends, and those who drink and drive?

Here's what Arlington young people have to say about alcohol and drug use in March 2009 (*all numbers are percentages*):

	8 th grade	10 th grade	12 th grade
ALCOHOL AND MARIJUANA USE			
Used alcohol in the past 30 days	14	27	44
Used marijuana in the past year	9	27	44
HIGH RISK USE			
Binge drinking the past two weeks	9	19	30
Used marijuana 3+ times in past year	6	20	33
EXPOSURE TO ALCOHOL USE			
Went to a party where teens were drinking	30	55	78
Has at least a few close friends who drink once a week or more	21	52	72
Rode with a driver who had been drinking in the past year	27	30	45

Other facts from the 2009 Survey

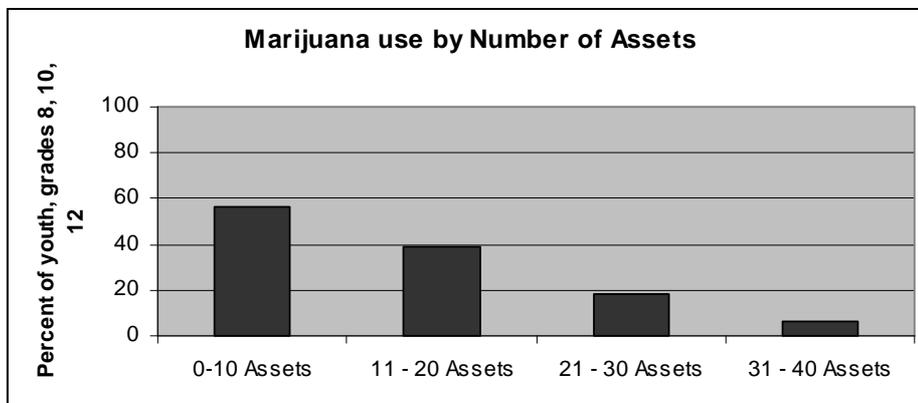
- Only 12 percent of youth in grades 8, 10 and 12 smoked cigarettes in the past 30 days. However, this percentage *increases* from only 4 percent in 8th grade to just over 20 percent by 12th grade.
- Seven percent of youth used inhalants in the past 30 days. This percentage *decreases* from 11 percent in 8th grade to 3 percent in 12th grade.
- Fewer than 5 percent of youth reported using heroin, LSD, or amphetamines in the previous 12 months.
- Six percent of youth in grades 8, 10 and 12 had ever used some form of cocaine.

This data comes from the Profiles of Student Life / Developmental Assets Survey from Search Institute. About 2000 students in grades 8, 10 and 12 participated in the survey in March 2009. For more information on the surveys, contact Amy Graham at agraha@arlingtonva.us.

Developmental Assets is Proven Substance Use Prevention!

The Partnership for Children, Youth and Families is working with a community coalition to *Reduce or Eliminate Alcohol and Drug use among Youth (READY Coalition)* by ensuring all young people have the Developmental Assets they need to make healthy choices.

- Developmental Assets are the relationships, opportunities, skills and values that all young people need to become the caring, healthy, successful adults we want them to be. The more assets young people have in their lives, the more healthy choices they make. ***More Assets mean Fewer Risk Behaviors.*** (See graph below)



How Parents Can Help

- Research shows several Developmental Assets are key in helping to prevent substance use, including **positive family communication** (frequent, positive communication between you and your teen), **family boundaries** (clear rules and consequences), and **restraint** (the young person's belief that young people should not use drugs and alcohol.)
- Relatively few young people report these key Assets. Only 32 percent of 8th graders, 29 percent of 10th graders and 24 percent of 12th grade youth report positive family communication. Only 41 percent of 8th graders, 37 percent of 10th graders and 30 percent of 12th grade youth report family boundaries. While 60 percent of 8th grade youth report restraint, only one in three 10th grade students and one in five 12th grade students do.
- Parents can make a difference! Young people continue to need the advice and love and support of their parents through high school and beyond! **Get ideas and advice** from other parents at www.arlingtonreadycoalitionblogs.blogspot.com/ .