

● Report on Our Youth 1999

8th, 10th and 12th grade students from Harrisonburg City and Rockingham County Schools

*family. support positive family communication other adult relationships
caring neighborhood caring school climate parent involvement in
schooling community values youth youth as resources service to others
integrity honesty responsibility restraint planning and decision making
interpersonal competence cultural competence resistance skills peaceful
conflict resolution personal power self-esteem sense of purpose positive*

All children and youth need to be surrounded with networks of individuals and institutions that provide them with support, opportunities, boundaries, and structure, and that nurture in them the commitments, values, competencies, and positive identity they need to grow up healthy and competent.

The Vision of Asset Building Communities

*view of person
future
safety family
boundaries
school
boundaries
neighborhood
boundaries adult
role models
positive peer
influence high
expectations
creative
activities youth
programs
religious*

*community time at home achievement motivation school engagement
homework bonding to school reading for pleasure caring equality and
social justice integrity honesty responsibility restraint planning and
decision making interpersonal competence cultural competence
resistance skills peaceful conflict resolution personal power self-esteem
sense of purpose positive view of person future caring school climate*

Forty Developmental Assets, Search Insatiate

Report on Our Youth 1999

8th, 10th and 12th grade students
from Harrisonburg City and
Rockingham County Schools

Project Vision and Oversight
Healthy CommUnity Council

Project Management
The Office on Children and Youth

Data Compilation
**James Madison University
Department of Social Work**

Data Collection Facilitation
**Harrisonburg City Schools
Rockingham County Schools**

Report Preparation
**Rockingham Memorial Hospital
Community Health**

Purchase of Survey Tools
Rockingham Memorial Hospital

Data Collection
Many dedicated volunteers

Surveys
**PRIDE Survey
CDC Youth Risk Behavior Survey**

Healthy CommUnity Council

Mission Statement

The Healthy CommUnity Council serves as a vehicle through which collaboration occurs to enhance the quality of life for all members of our community.

County Government
City Government
County Schools
City Schools
Higher Education
Human Services
Health Services
Aging Services
Businesses
Religious Community
Law Enforcement
Media
Ethnic Groups

If you would like more information regarding the Healthy CommUnity Council please contact Daisy VanPelt, Director of Community Health for Rockingham Memorial Hospital at 564-7053.

Healthy CommUnity Council  Harrisonburg City/Rockingham County, VA



Office on Children and Youth

Harrisonburg & Rockingham County

February 1, 2000

A Letter to the Community,

In 1996, community leaders from Harrisonburg and Rockingham County made a decision to develop a **Healthy CommUnity Council**. This Council would provide a vehicle through which collaboration occurs to enhance the quality of life for all members of our community. In 1997 a community Youth Data Survey as well as an Adult Survey were conducted through the Healthy CommUnity Council. This instrument provided a strong base for long-range community planning and was one of the factors that helped to bring about the establishment of the Office on Children and Youth. Today, the Healthy CommUnity Council is providing leadership and vision to guide our community. The Healthy CommUnity Council and the Office on Children and Youth look forward to working with the community to examine our many assets and to help prioritize the needs of our youth in the future.

The Office on Children and Youth in collaboration with Rockingham Memorial Hospital, James Madison University, Harrisonburg City Schools, Rockingham County Schools and many volunteers, conducted the second youth data survey in May 1999. We will conduct this survey every two years for the next eight years. Over time we will be able to track trends and begin to develop longitudinal data on the youth in our community.

During the last week in May, 1,432 eighth, tenth, and twelfth graders were surveyed by random sample in all of the City and County middle and high Schools. This number represents almost half of the total students in those grades. Two survey instruments were used, the national PRIDE survey and portions of the Youth Risk Behavior Survey. More than 20 community-trained volunteers spent a week administering these surveys to the students.



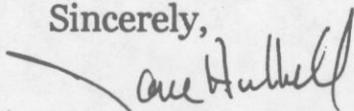
In looking at the data using the Search Institutes Asset Model of youth development, some obvious assets begin to emerge. Almost half (49.2%) of our youth attend a church or synagogue. 66.8% of our youth have high academic expectations, and 55% are involved in extracurricular activities sponsored by the schools. The survey shows family assets in the area of talking with their youth about drugs (22.8%), setting clear rules (60.6%) and enforcing those rules (49.1%). The majority of our youth have respect for authority (77.9% have never been in trouble with the police). Most youth surveyed feel they belong and have respect for self (85.3% have never/seldom thought about committing suicide). These assets, as well as the risk behaviors, will provide the Office on Children and Youth with valuable information to help set priorities for the future.

During the next year we will conduct focus groups with teens to discuss these findings and to ask if they feel this data is representative of today's youth behaviors. We will also be asking for their input as to what changes in the community they feel would help increase assets and decrease at risk behaviors.

The following survey summary combines the results from the 1999 and 1997 surveys. Combining the data in the graphs allows us to begin to track trends and examine significant changes. All of the data is available free of charge upon request and the Office on Children and Youth will also put this data on its web-site officeonyouth@rica.net. Please contact the Office on Children and youth (568-2558 or Community Health (564-7053) if you would like to request more detailed data.

We appreciate the schools willingness to allow us to survey their students, Rockingham Memorial Hospital's help with the survey instruments, Community Health's generous commitment of staff time, JMU's manpower and all of the volunteers who gave their valuable time to make this report possible.

Sincerely,



Jane Hubbell, Director
The Office on Children and Youth

Make a Difference!

Ideas for Asset Building

Adults

- Build at least one sustained caring relationship with a child or adolescent.
- Pay attention to youth when you see them.
- Model responsible behavior with young people.
- Volunteer to work in a youth program as a coach, group leader, or tutor.

Parents

- Regularly re-negotiate family rules with teenagers so they are developmentally appropriate, and consistently and fairly enforced.
- Talk with your kids about matching personal interests with extracurricular opportunities.
- Stay in contact with teachers about your child's progress.
- Talk with your teenager about life goals, priorities, and dreams.

Young People

- Learn the names of your neighbors (both adults and children). Go out of your way to greet them.
- Write a note (or call) one of the main asset builders in your life, thanking her or him for making a difference in your life.
- Talk about the 40 developmental assets with members of your family. Which assets do family members think are the strongest in your family?
- Even if your family provides a warm, caring, supportive place to grow, also seek support through adults in schools, community organizations, and congregations.

Congregations

- Intentionally foster intergenerational relationships by providing activities for all ages within the church, synagogue, or other faith community.
- Listen to what youth say they want.
- Regularly offer parent education as part of the congregation's educational programs.
- Make community service a central component of youth programming.
- Network with other congregations and other institutions for mutual learning, support, and programming.

Local Government

- Through policy development, staff training, and resource allocation, make asset development a top priority in the city.
- Initiate community-wide efforts to name shared values and boundaries.
- Partner with other organizations in creating child-friendly public places and safe places for teenagers to gather.
- Help to coordinate and publicize after-school, weekend, and summer opportunities for youth in the city.

Juvenile Justice

- Use the framework of assets as a tool for case management for juvenile offenders.
- Build connections to positive youth organizations and to schools.
- Educate parents and other support networks about the developmental needs of young people at risk.
- Explore how the asset framework may support innovative practices and programs in juvenile detention centers.

Community Organizations

- Involve youth as volunteers and leaders in the agency.
- Provide information on asset building to families and others who participate in programs and services.
- Train agency staff and leaders in their role as asset builders.
- Build into your planning ways of connecting people across generations.

Make a Difference!

Ideas for Asset Building

Communities

- Establish a representative "vision team" (up to 30 people) and executive committee (fewer than 10 people) to build commitment, gather information, set priorities, and plan.
- Identify a local coordinator who manages the process and unleashes multiple volunteer-initiated efforts.
- Gather data about youth, adult perceptions, and community resources for asset building. Use surveys (such as Search Institute's *Profiles of Student Life: Attitudes and Behaviors*), focus groups, interviews, town meetings, and other techniques.
- Raise community awareness of the asset-building model, using newsletters, fact sheets, newspaper articles, speeches, cable television, computer networks, and other mechanisms.

Schools

- Make it a priority to provide caring environments for all students.
- Train support staff, teachers, paraprofessionals, administrators, and other school staff in their role in asset building.
- Provide additional opportunities to nurture values deemed crucial by the community.
- Integrate service-learning, values development, relationship-building, the development of social competencies, and other asset-building strategies into the curriculum.

Youth-Serving Organizations

- Involve youth in leadership and program planning.
- Provide a range of structured activities for youth with diverse interests and needs.
- Develop expectations, boundaries, and consequences with youth who participate in programs; enforce appropriate consequences when boundaries are not respected.
- Train volunteers, leaders, and coaches in asset building in young people's developmental needs.

Neighborhoods

- Create neighborhood service projects linking adults and children.
- Coordinate residents to provide safe places where young people can go after school if they would be home alone or if they feel unsafe.
- Organize informal activities (such as pick-up basketball) for young people in the neighborhood.
- Use neighborhood meetings and other settings to educate people about their responsibility and potential for asset building.

Business and Industry

- Develop family-friendly policies that allow parents to be active in their children's lives.
- Provide opportunities for employees to build relationships with youth through mentoring and other volunteer programs, flexible scheduling, and internships for youth.
- Be intentional about nurturing assets (such as support, boundaries, values, and social competencies) in the lives of teenagers employed by the business.
- Become partners in and advocates for initiatives designed to create healthy communities for children and youth.

Health Care Systems

- Serve as visionary leaders in reshaping public consciousness about the health and well-being of children and adolescents.
- Offer information on asset building to parents and teenagers when they seek care.
- Emphasize integrating asset building into health care services. For example, are the clinics, hospitals and other facilities providing a supportive, caring environment for children and youth?
- Provide financial and in-kind support to initiatives within the community that seek to strengthen developmental assets.

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Parental Involvement

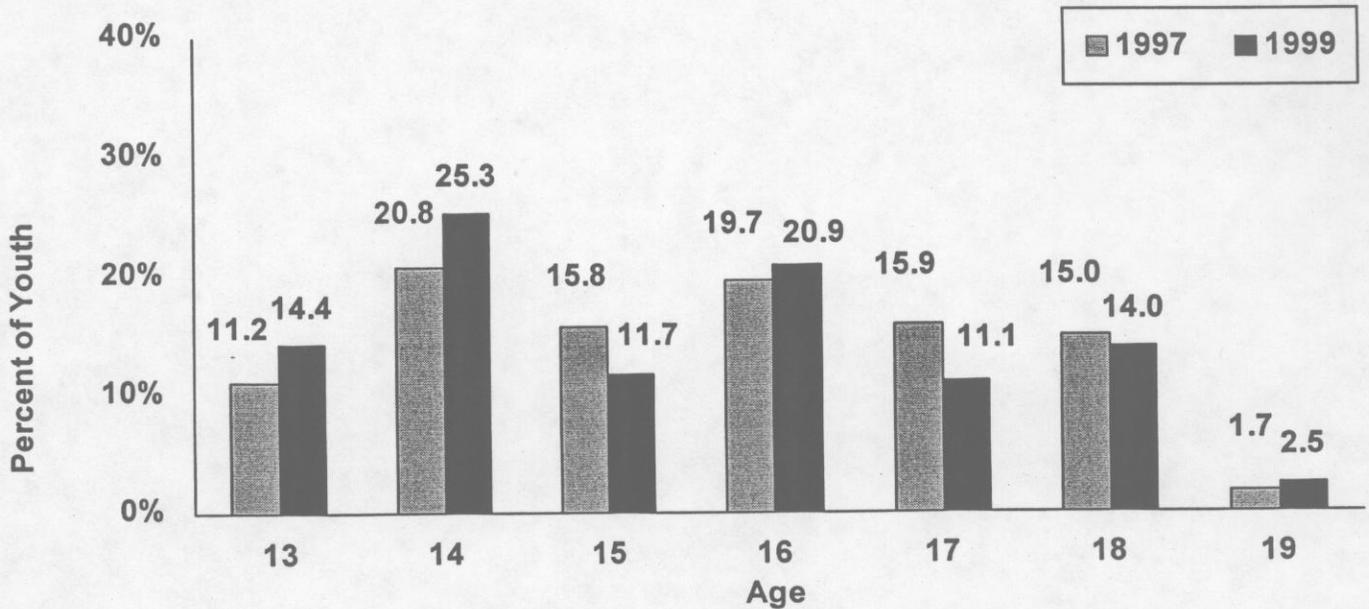
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Youth Demographics

Youth by Age



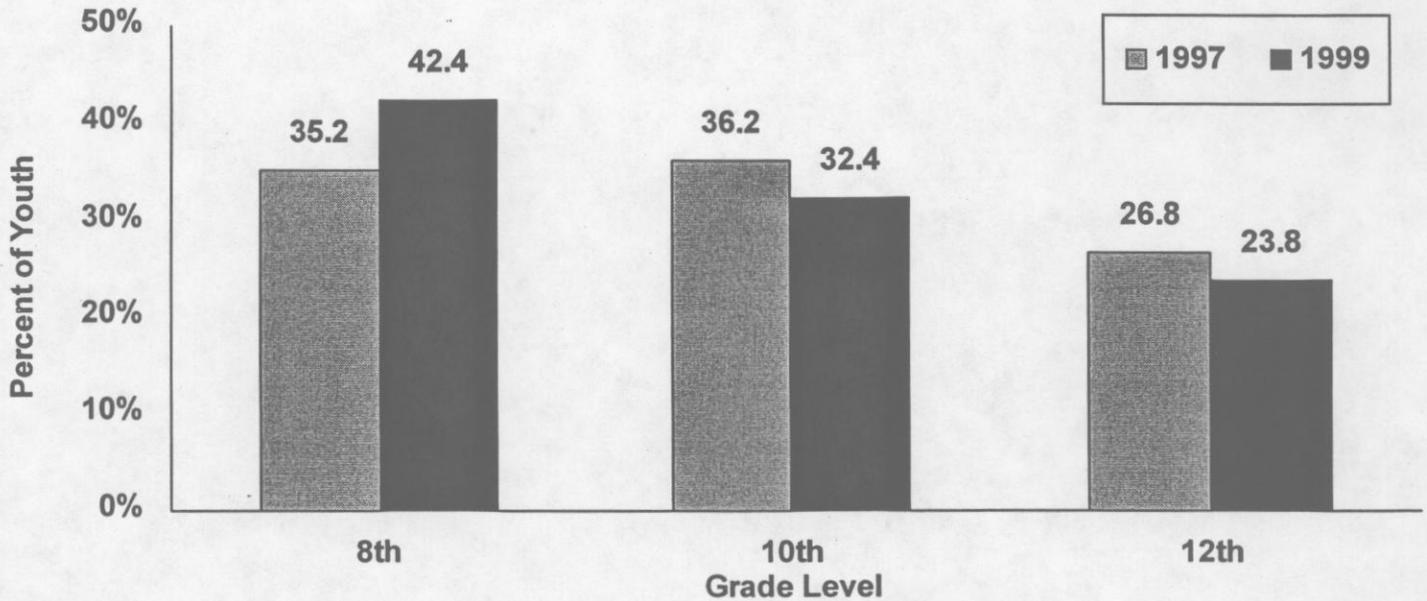
Source: Youth Survey

What the numbers and other information told us:

- ◆ Surveys were completed by a random sample of 608 8th graders, 478 10th graders, and 346 12th graders in Harrisonburg City and Rockingham County schools in 1999.
- ◆ 1435 Youth were surveyed in 1999, an increase from 1997 (995 Youth).
- ◆ More than half (51.4%) of Youth were under the age of 16.

Youth Demographics

Youth by Grade Level



Source: Youth Survey

What the numbers and other information told us:

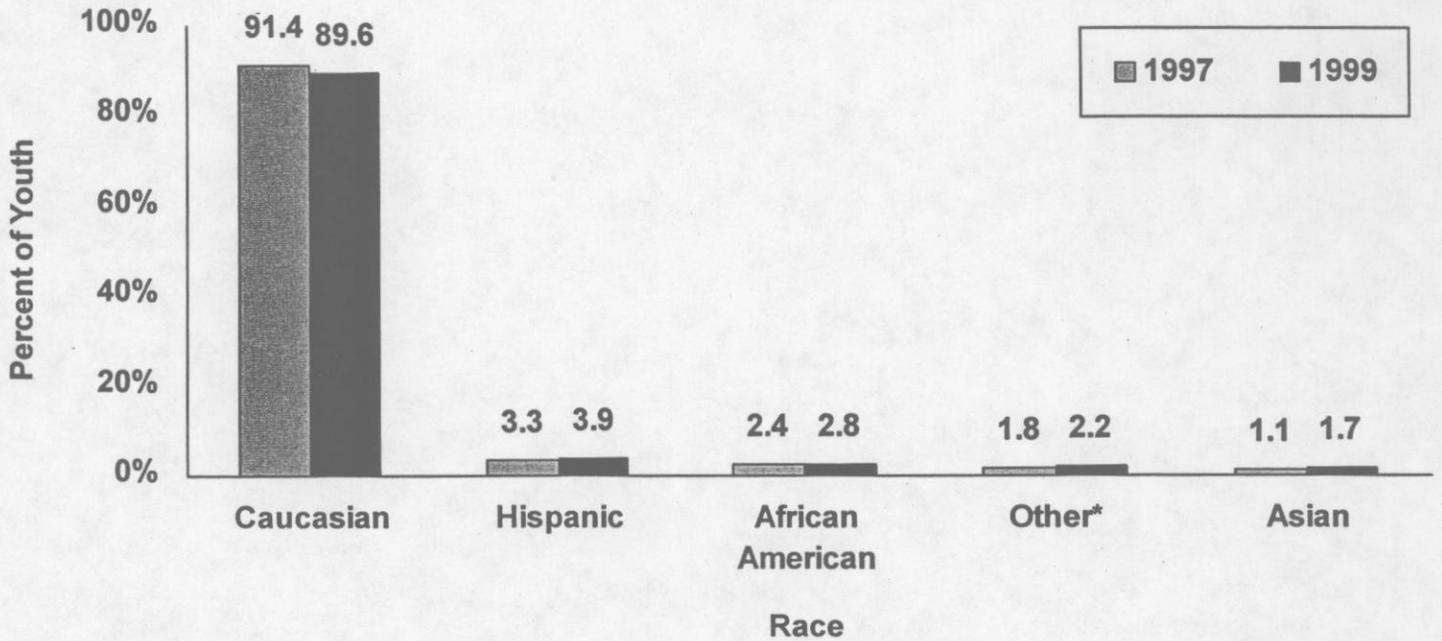
- ◆ 995 Youth were surveyed in 1997 and 1435 were surveyed in 1999.
- ◆ More than 40% of the 1999 Youth were 8th graders.

Number of Youth Surveyed by Grade Level

GRADE LEVEL	1997	1999
8 th	357	617
10 th	367	472
12 th	271	346
Total	995	1435

Youth Demographics

Youth by Race



Source: Youth Survey

What the numbers and other information told us:

- ◆ Most of the Youth surveyed in 1997 and 1999 were Caucasian (91.4% and 89.6% respectively).
- ◆ Surveyed Youth are representative of Caucasian and Asian populations in the public school system, yet Hispanics and African Americans are slightly underrepresented.
- ◆ All Youth responding "other" reported they were of mixed origin.

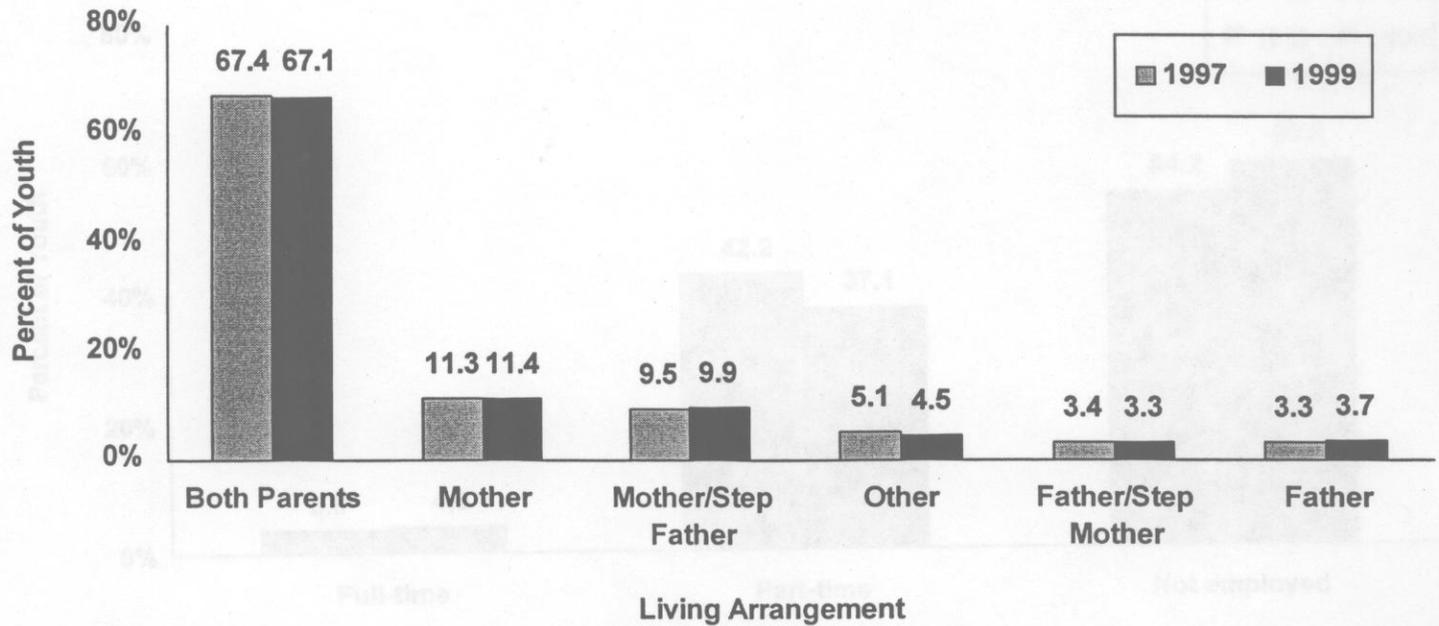
Enrollment for Harrisonburg City and Rockingham County by Race (VDOE website)

	CAUCASIAN	HISPANIC	AFRICAN AMERICAN	ASIAN	AMERICAN INDIAN
1998-99 Enrollment	89.9%	4.7%	3.6%	1.6%	.01%

* Other = Includes mixed origin; mixed origin was not an option on the 1997 survey.

Youth Demographics

Living Arrangements



Source: Youth Survey

What the numbers and other information told us:

- ◆ Nearly 7 out of every 10 Youth reported living with both parents in 1997 and 1999 (67.4% and 67.1% respectively)
- ◆ Youth who live with only one parent are more likely to live with their mother (21.3% v. 7%).
- ◆ 88.4% of Youth live with their mother and 74.1% live with their father.

Youth Employment

Employment Status



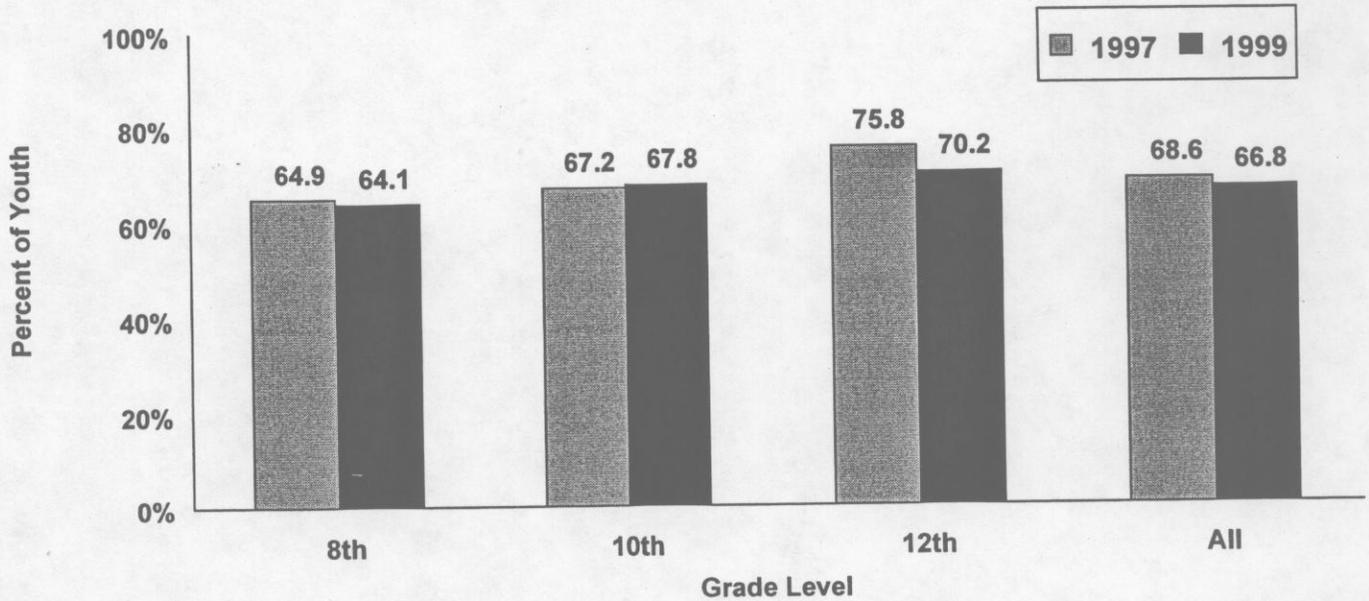
Source: PRIDE Survey

What the numbers and other information told us:

- ◆ 41.1% of Youth are employed, a decrease from 1997 (45.8%).
- ◆ 92.4% of fathers and 70.6% of mothers work full-time.

Youth Education

Youth Who Make Good Grades Often or a Lot



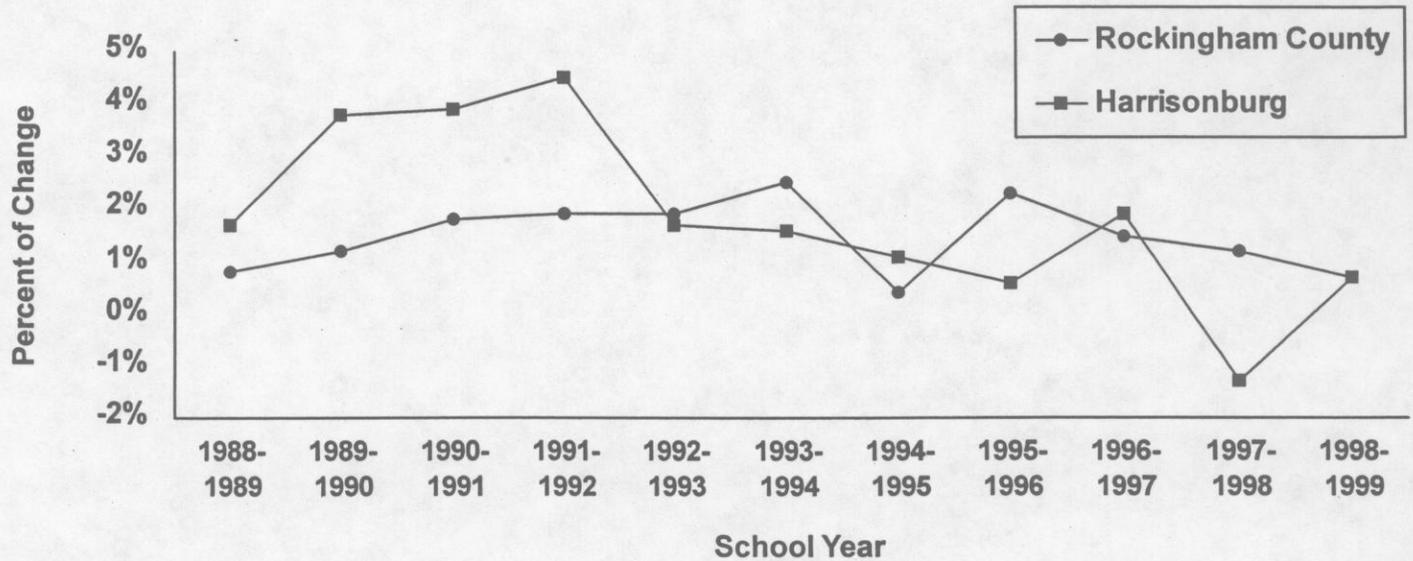
Source: PRIDE Survey

What the numbers and other information told us:

- ◆ Many of our Youth report making good grades often or a lot (66.8%).
- ◆ 31.6% of fathers and 33.5% of mothers are High School graduates, and 34.7% of fathers and 37.6% of mothers are College graduates.

Youth Education

Enrollment Change for Harrisonburg & Rockingham County Schools



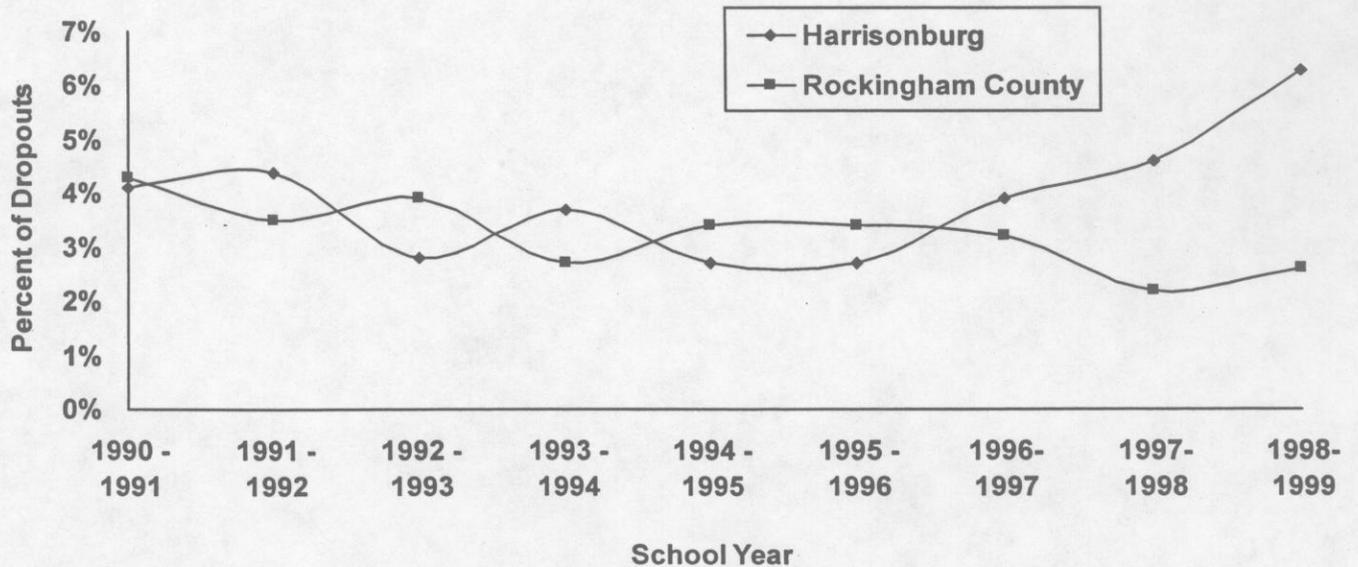
Source: Rockingham County & Harrisonburg City Schools; Virginia Department of Education Website

What the numbers and other information told us:

- ◆ From 1988 to 1999, public school enrollment has slowly increased in Rockingham County, while Harrisonburg City has had sharp increases (1988-1992), and one year of decline in enrollment.
- ◆ The recent slower rates of growth for Rockingham County School enrollment could be a result of a county wide moratorium (1998-1999) stating that only Rockingham County residents may attend Rockingham County schools.

Youth Education

School Dropouts for Harrisonburg & Rockingham County



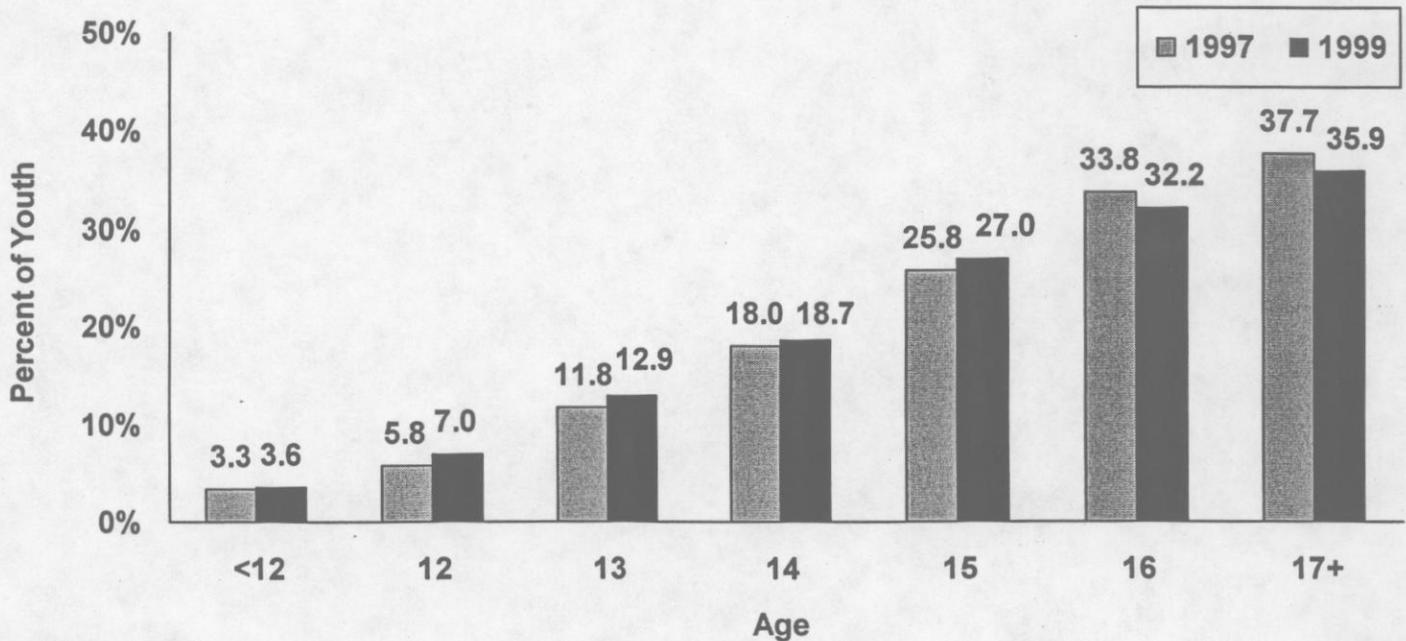
Source: Rockingham County & Harrisonburg City Schools; Virginia Department of Education Website

What the numbers and other information told us:

- ◆ From 1990 to 1999, Rockingham County Schools have had a dropout rate between 2 and 4%.
- ◆ Harrisonburg City Schools have had a steady increase in dropout rates since 1995. The increase is partly attributed to the diverse population within the schools. Youth who leave the Harrisonburg City School system and return to their native country are difficult to follow and it is often assumed they are not re-enrolled in school.
- ◆ Dropouts are defined as pupils in grades 7-12 and ungraded pupils ages 12 and older who withdraw from school for reasons other than promotion, transfer, death, or graduation, and do not enter another school during the school year. Also included are pupils who are in attendance on the last day of the school year who fail to return to school by October 31 of the following school year, the "summer dropout."

Sexual Activity

Age at First Time of Sexual Intercourse



Source: Youth Survey

What the numbers and other information told us:

- ◆ More than one-fourth of Youth (27%) are sexually active by age 15, higher than the Healthy People 2000 goal (15%).
- ◆ By age 17, 35.9% of Youth are sexually active, lower than the Healthy People 2000 goal (40%).
- ◆ Almost 2 out of every 3 Youth, age 12-18, report never having sexual intercourse (62%, 1997 & 64%, 1999).

Healthy Youth 2000 Goal:

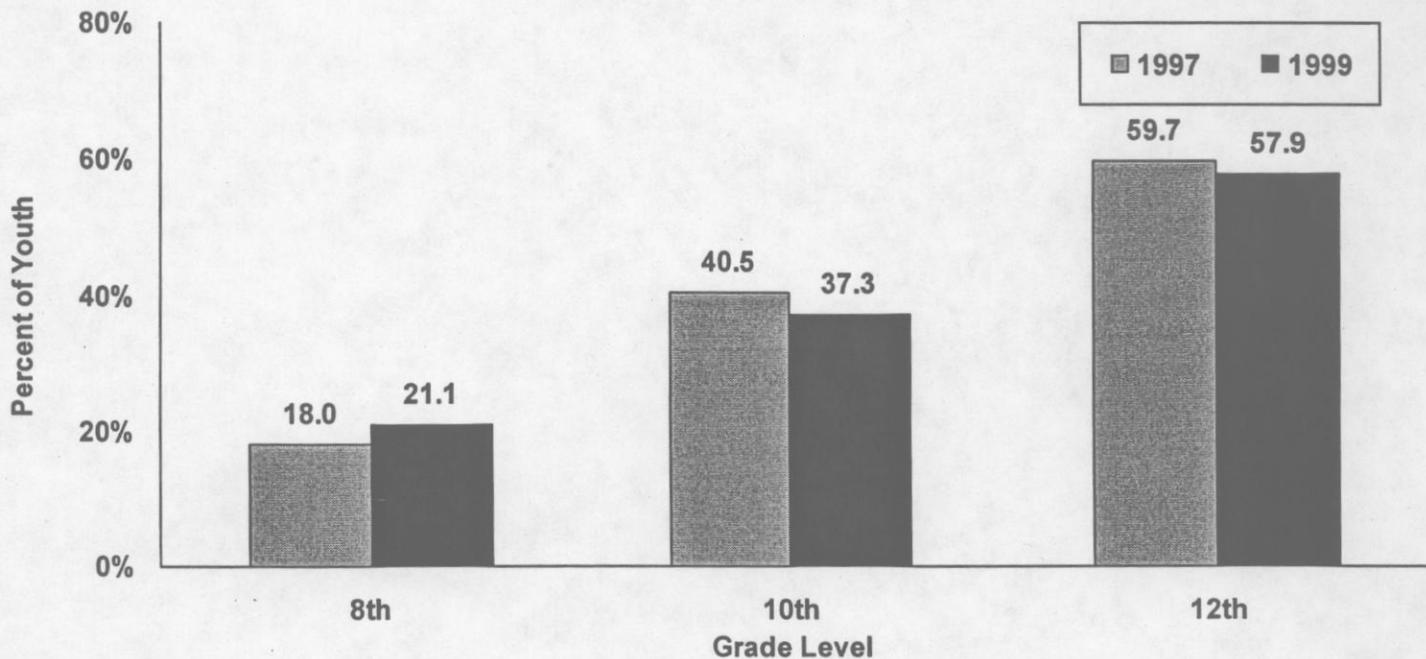
- ◆ 5.4 Reduce the proportion of adolescents who have engaged in sexual intercourse to no more than 15% by age 15 and no more than 40% by age 17.

Youth engaged in sexual activity (National Data)

YOUTH		1995	1997
Youth In-School YRBS data	Age 15 Females/Males	38%/42%	44%/42%
	Age 17 Females/Males	67%/65%	62%/60%
National Survey Family Growth	Age 15 Females/Males	22%/27%	
	Age 17 Females/Males	51%/N/A	

Sexual Activity

Youth Engaging in Sexual Intercourse by Grade Level



Source: Youth Survey

What the numbers and other information told us:

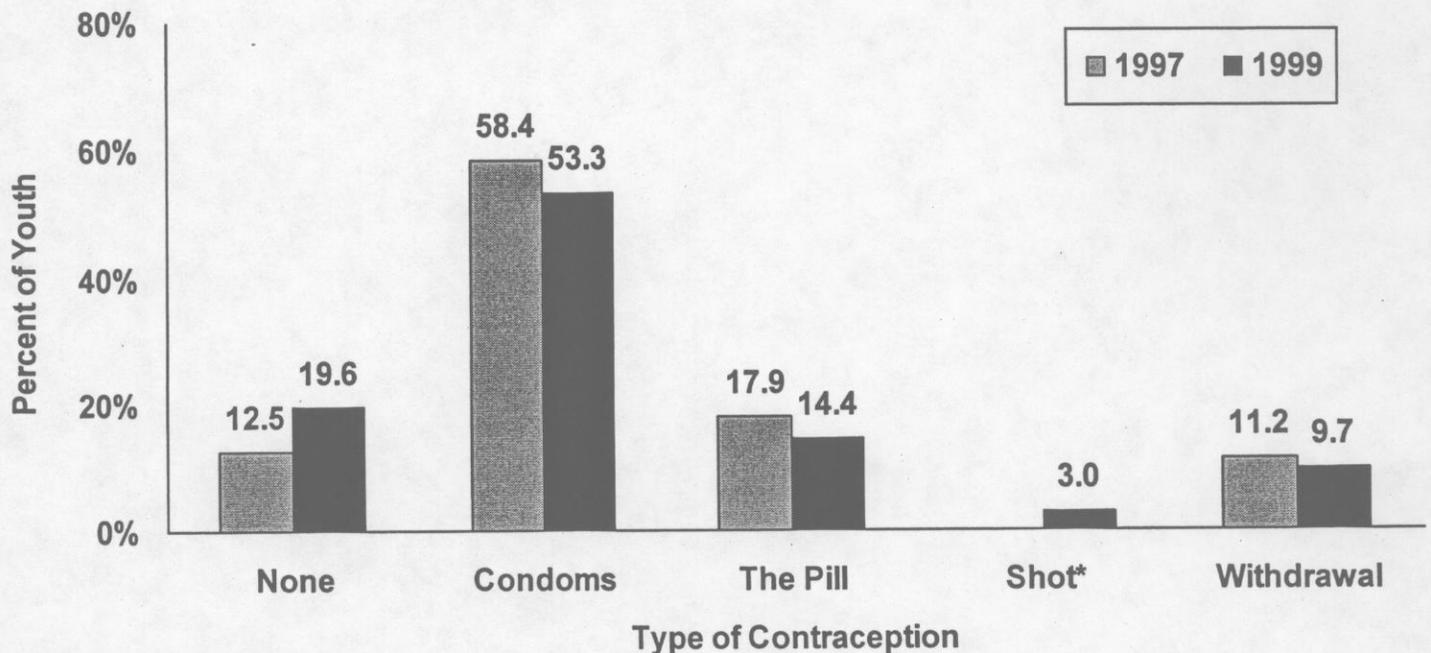
- ◆ More than 1 out of every 5 8th graders (21.1%), almost 2 out of every 5 10th graders (37.3%), and almost 3 out of every 5 12th graders (57.9%) report having had sexual intercourse at least one time.
- ◆ 27.8% of Youth report using drugs or alcohol before sex.
- ◆ Almost 2 out of every 3 Youth, age 12-18, report never having sexual intercourse (62%, 1997 & 64%, 1999).

Healthy People 2000 goal:

- ◆ 5.5 Increase to at least 40 percent the proportion of ever sexually active adolescents aged 17 and younger who have not had sexual intercourse during the previous 3 months. (National data: 23.6 percent of sexually active females aged 15-17 in 1988 and 33 percent of sexually active males aged 15-17 in 1988)

Sexual Activity

Youths' Choice of Contraceptive Method to Prevent Pregnancy



Source: Youth Survey

What the numbers and other information told us:

- ◆ Condoms are the most frequently used contraception method to prevent pregnancy.
- ◆ 29.3% of sexually active Youth use no method or withdrawal to prevent pregnancy.
- ◆ Nearly 1 out of every 10 (9.7%) 1999 survey participants reported using alcohol or drugs the last time they had sex.

Healthy Youth 2000 Goal:

- ◆ 5.6 Increase to at least 90 percent the proportion of sexually active, unmarried people aged 15–24 who use contraception, especially combined method contraception that both effectively prevents pregnancy and provides barrier protection against disease.

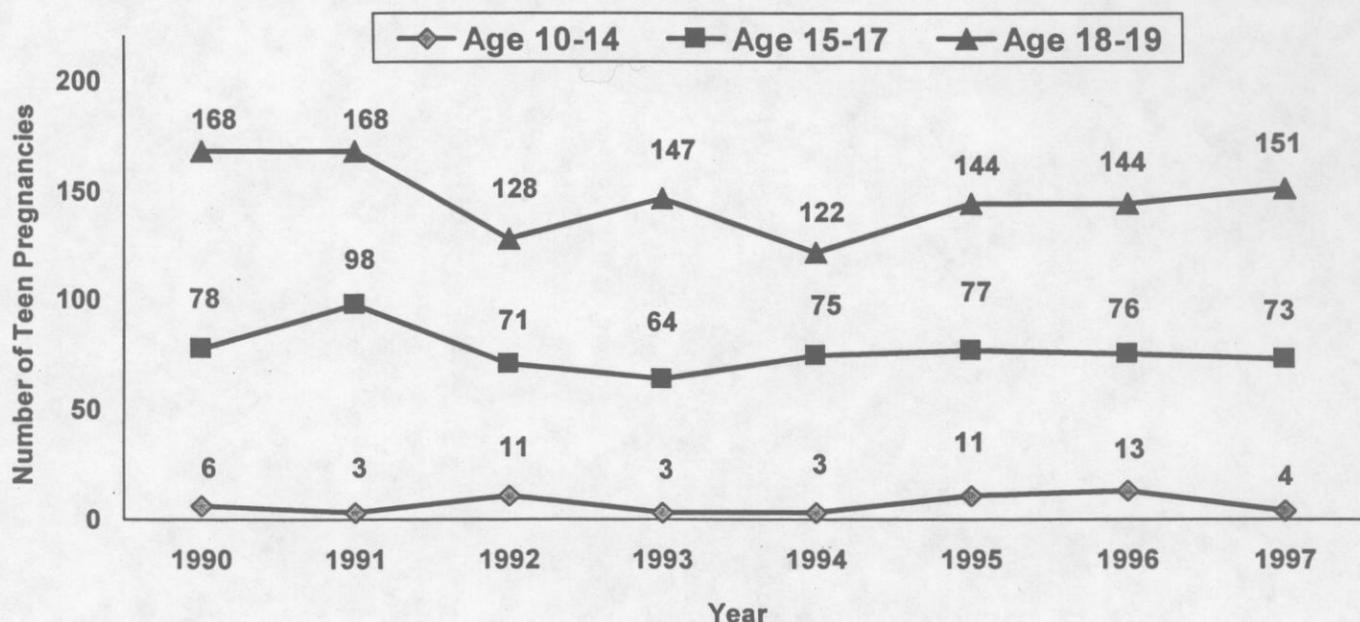
Youth who used contraception at their most recent intercourse

	1995	1997	1999	2000 GOAL
National Data (15-17 yr olds)				
Males	85%	81%	N/A	90%
Females	83%	85%	N/A	90%
Our Youth (10-12 th graders)				
Males and Females		79%	74%	90%

* The birth control shot was not an option on the 1997 survey.

Birth Facts

Teenage Pregnancies by Age Group and Year



Source: Virginia Department of Health, Maternal & Infant Health Reports

What the numbers and other information told us:

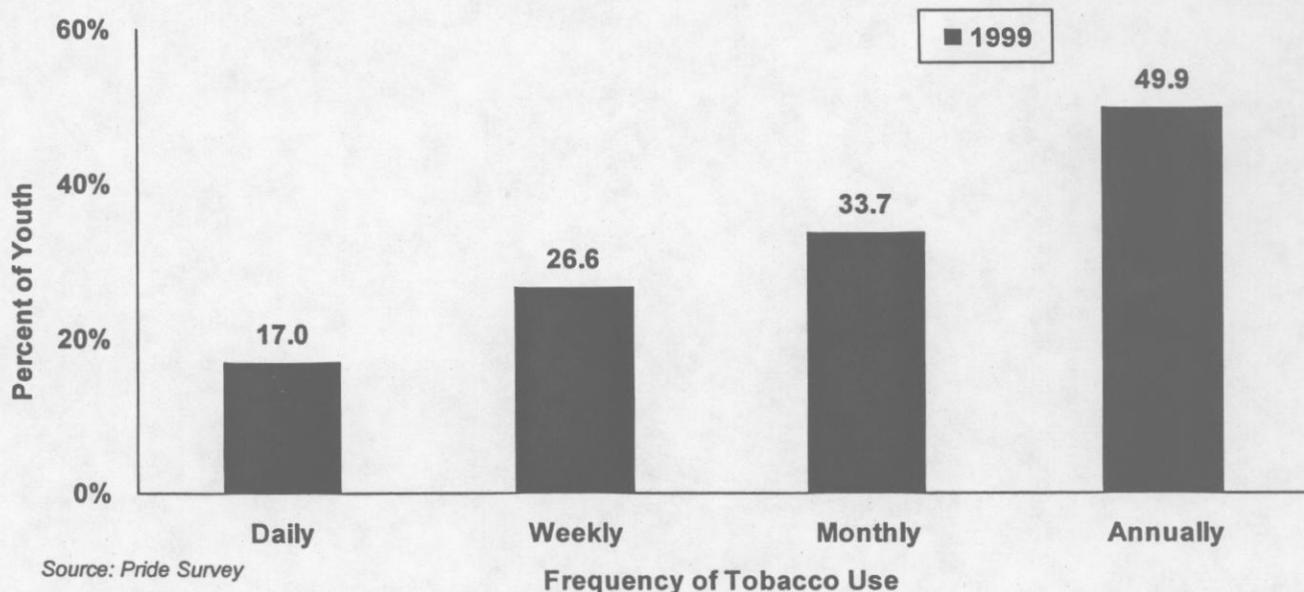
- ◆ The number of older teen pregnancies (ages 18 and 19) declined from 1990 to 1994, but increased from 1995 to 1997.
- ◆ The number of younger teen pregnancies (ages 15-17 and 10-14) have remained fairly stable from 1990 to 1997.
- ◆ Rockingham County has a higher teen birth rate (37.9) than the State of Virginia (30.7) and Harrisonburg City (21.4), and all are below the Healthy People 2000 goal of 50 per 1,000 (1997).
- ◆ In 1997, 25% of Youth age 15-17, and 29% of Youth age 18-19 induced termination of their pregnancies. No induced terminations were reported for Youth under age 15.
- ◆ Harrisonburg (4.7) and Rockingham County (11.2) have lower teenage induced termination rates (per 1,000 females) than the State of Virginia (11.3, 1997).

Healthy Youth 2000 Goals:

- ◆ 5.1 Reduce pregnancies among females aged 15-17 to no more than 50 per 1,000 adolescents.
- ◆ 5.2 Reduce to no more than 30 percent the proportion of all pregnancies that are unintended.

Youth & Tobacco

Frequency of Tobacco Use



What the numbers and other information told us:

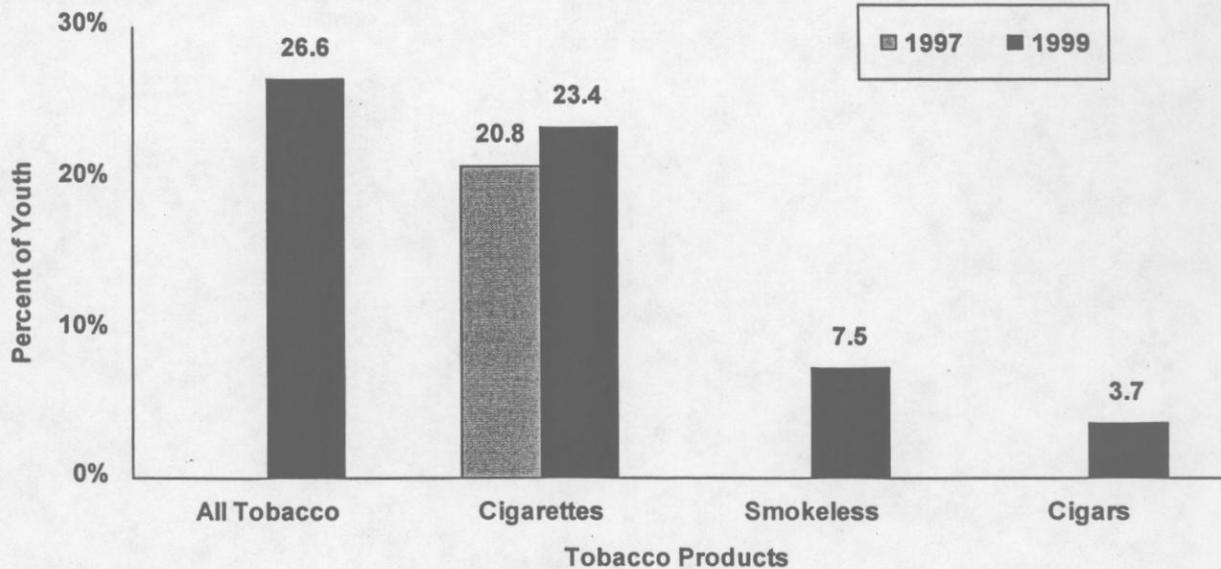
- ◆ Half of Youth (49.9%) have used tobacco products in the past year.
- ◆ There is no 1997 or national data to use as a comparison, since some of the tobacco questions on the PRIDE survey are new.
- ◆ Almost half (43%) of all Youth report that several or most of their friends smoke cigarettes, much higher than friends using smokeless tobacco (20.7%) and cigars (14.8%)
- ◆ "One of every three young people who become regular smokers will die of a smoke related disease" (p. 51, Healthy People 2000 Review 1998-99).
- ◆ 22.7% of Youth smoked their first cigarette by 10-11 years of age, and 37% by ages 12-13.

Healthy People 2000 Goals:

- ◆ 3.5 Reduce the initiation of cigarette smoking by children and youth so that no more than 15% have become regular cigarette smokers by age 20.
- ◆ 3.19 Increase by at least 1 year the average age of first use of cigarettes among adolescents aged 12 to 17 (2000 goal 12.6).

Youth & Tobacco

Youth Who Use Tobacco Weekly



Source: Pride Survey

What the numbers and other information told us:

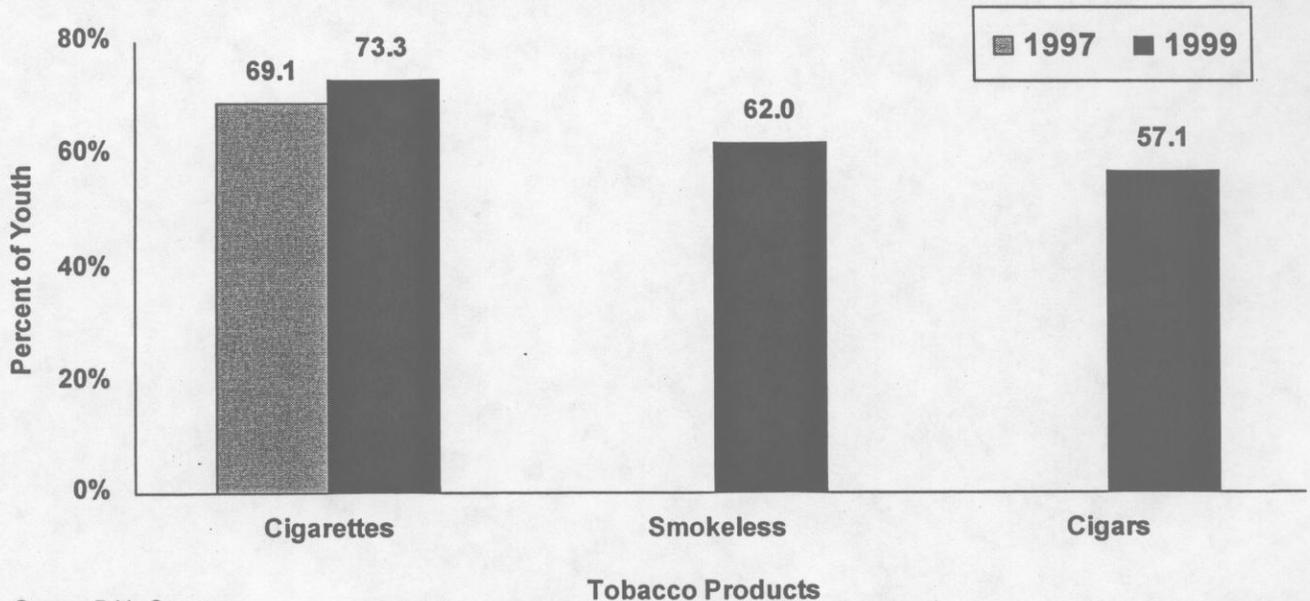
- ◆ More than one-fourth (26.6%) of Youth use tobacco products on a weekly basis, with cigarettes being the most popular.
- ◆ More of our Youth smoke cigarettes on a weekly basis (23.4%) than in the Nation (20.7%), and monthly cigarette use (23.4%) is higher than the Healthy People 2000 goal (6%).
- ◆ There is no 1997 or national data to compare to smokeless tobacco and cigar use, since these are new questions on the PRIDE survey.
- ◆ Most Youth use tobacco products on the weekends, except cigarette smokers who are more likely to smoke at a variety of times.
- ◆ Less than 3% of Youth report using tobacco during school.
- ◆ 7.5% of Youth are regular smokeless tobacco users, higher than the Healthy People 2000 goal (4%). "A typical dose of snuff (dip) contains 2-3 times the amount of nicotine in a single cigarette" (p. 177, Healthy People 2000 Midcourse Review & 1995 Revisions).

Healthy Youth 2000 Goal:

- ◆ 3.5 Reduce the initiation of cigarette smoking by children and youth so that no more than 15% have become regular cigarette smokers by age 20.
- ◆ 3.19 Increase by at least 1 year the average age of first use of cigarettes among adolescents aged 12 to 17.
- ◆ 3.9 Reduce smokeless tobacco use by males aged 12 to 24 to a prevalence of no more than 4 percent.
- ◆ 3.20 Reduce the proportion of young people (12-17 years) who have used cigarettes in the past month. (National data: 1988 10.8%, 1999 19.9%, 2000 goal 6%).

Youth & Tobacco

Youth Who Report it Fairly or Very Easy to Get Tobacco Products



Source: Pride Survey

What the numbers and other information told us:

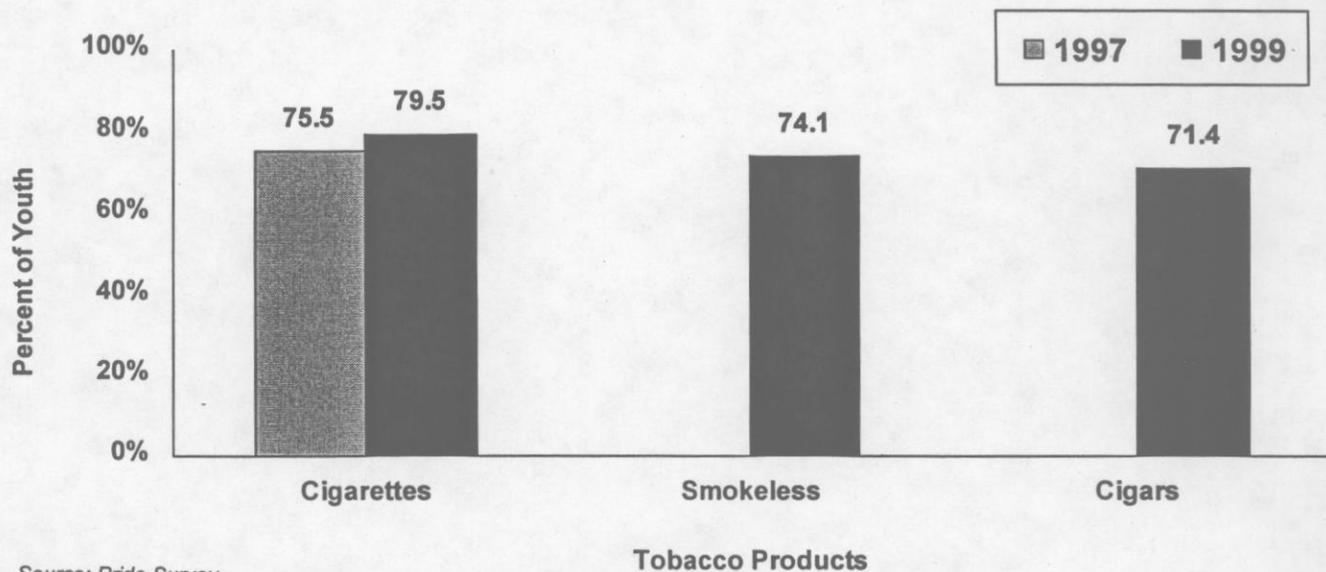
- ◆ All tobacco products are very or fairly easy for many of our Youth to get, with cigarettes being the easiest to obtain (73.3%).
- ◆ There is no 1997 data for smokeless tobacco or cigars, since these are new questions on the PRIDE survey.

Healthy People 2000 Goals:

- ◆ 3.26 Enact in 50 States and the District of Columbia laws banning cigarette vending machines except in places inaccessible to minors. (Baseline: 12 States and the District of Columbia as of January 1995) *Source: Legislative Tracking System, CDC*

Youth & Tobacco

Youth Who Report it is Very Harmful or Harmful to Use Tobacco



Source: Pride Survey

What the numbers and other information told us:

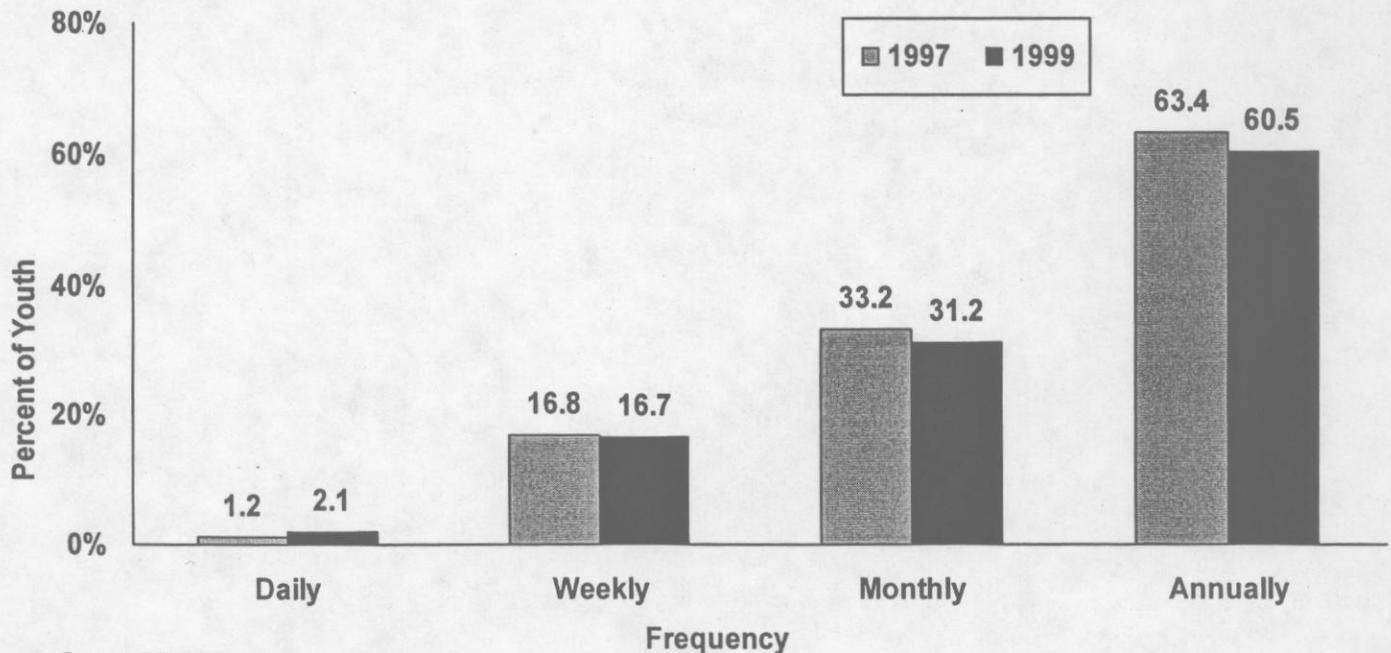
- ◆ Most Youth report that tobacco products are harmful or very harmful to your health.
- ◆ Only 4 percent of Youth in 1997 and 1999 report that there is no harm in smoking cigarettes (3.7% and 3.5% respectively).
- ◆ There is no 1997 data for smokeless tobacco or cigars, since these are new questions on the 1999 PRIDE survey.

Healthy People 2000 Goals:

- ◆ 3.21 Increase the proportion of high school seniors who perceive social disapproval of regular use of cigarettes. (National data: 1997 68.5%, 2000 goal 95%) *The Monitoring the Future Survey defines regular use of cigarettes as smoking one or more packs daily.*
- ◆ 3.22 Increase the proportion of high school seniors who associate physical or psychological harm with regular use of tobacco (smoking one or more packs of cigarettes per day, using smokeless tobacco regularly)(National data: 1997 68.7%, 38.6% respectively, 2000 goal 95%).

Youth & Alcohol

Frequency of Alcohol Use



Source: PRIDE Survey

What the numbers and other information told us:

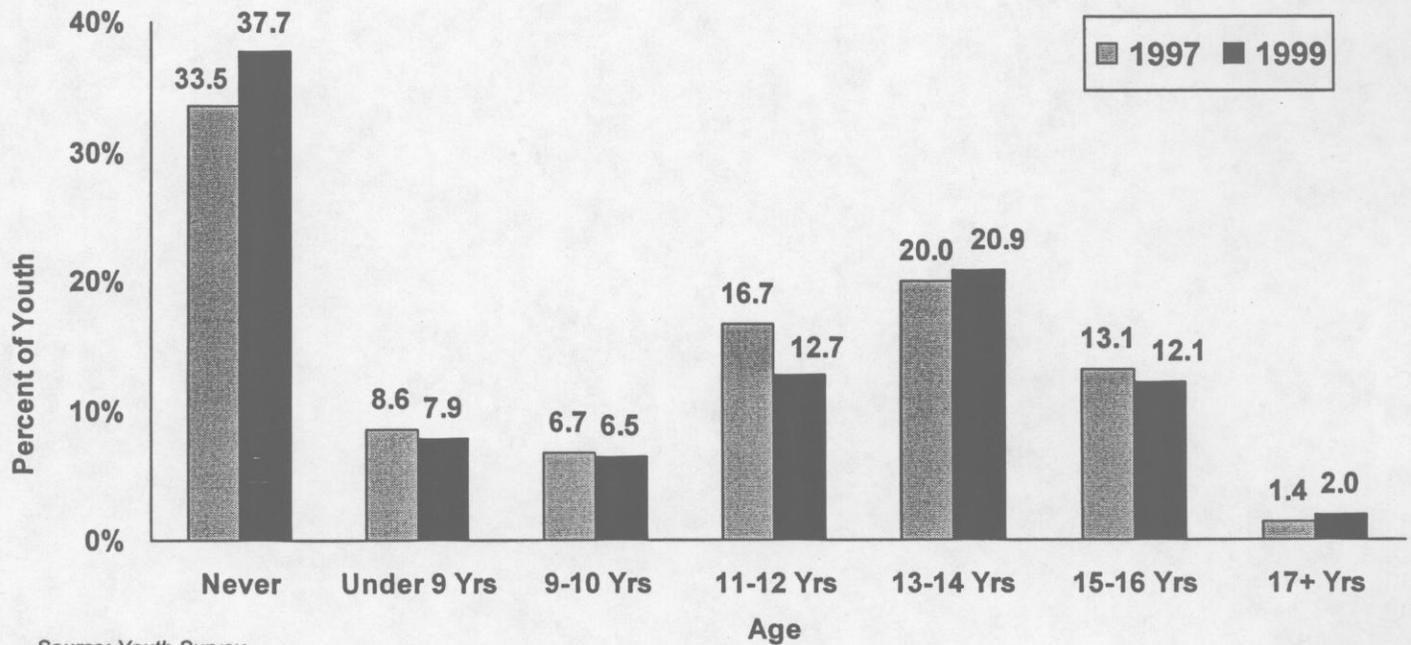
- ◆ Almost a third of Youth (31.2%) use alcohol on a monthly basis, higher than the Healthy People 2000 goal (12.6%; age 12-17).
- ◆ More students have drunk beer (50.3%) in the past year, than wine coolers (45.2%) or liquor (39.1%).
- ◆ 83.2% of Youth never or seldom drink alcohol in their homes, and the majority of Youth drink alcohol on the weekends.
- ◆ Youth report that many of their friends drink alcohol (beer 54.3%, wine coolers 38.9%, and liquor 40.0%).
- ◆ In 1997, our Youth reported a higher frequency of alcohol use than Youth nationwide, except for daily use (National PRIDE 1997-98 results; daily 2%, weekly 13.7%, monthly 27.4%, annually 56.9%). 1999-2000 National data is unavailable.

Healthy People 2000 Goals:

- ◆ 4.6 Reduce the proportion of young people who have used alcohol in the past month. (National data: 12-17 yr & 18-20 yr. 1997 20.5% , 53.4% respectively); 2000 goal 12.6%, 29% respectively)
- ◆ 4.7 Reduce the proportion of high school seniors engaging in recent occasions of heavy drinking of alcoholic beverages to no more than 28 percent *Note: Recent heavy drinking is defined as having five or more drinks on one occasion in the previous 2-week period as monitored by self-reports.* (National data: 1997 31.3%)

Youth & Alcohol

Age at First Drink of Alcohol



Source: Youth Survey

What the numbers and other information told us:

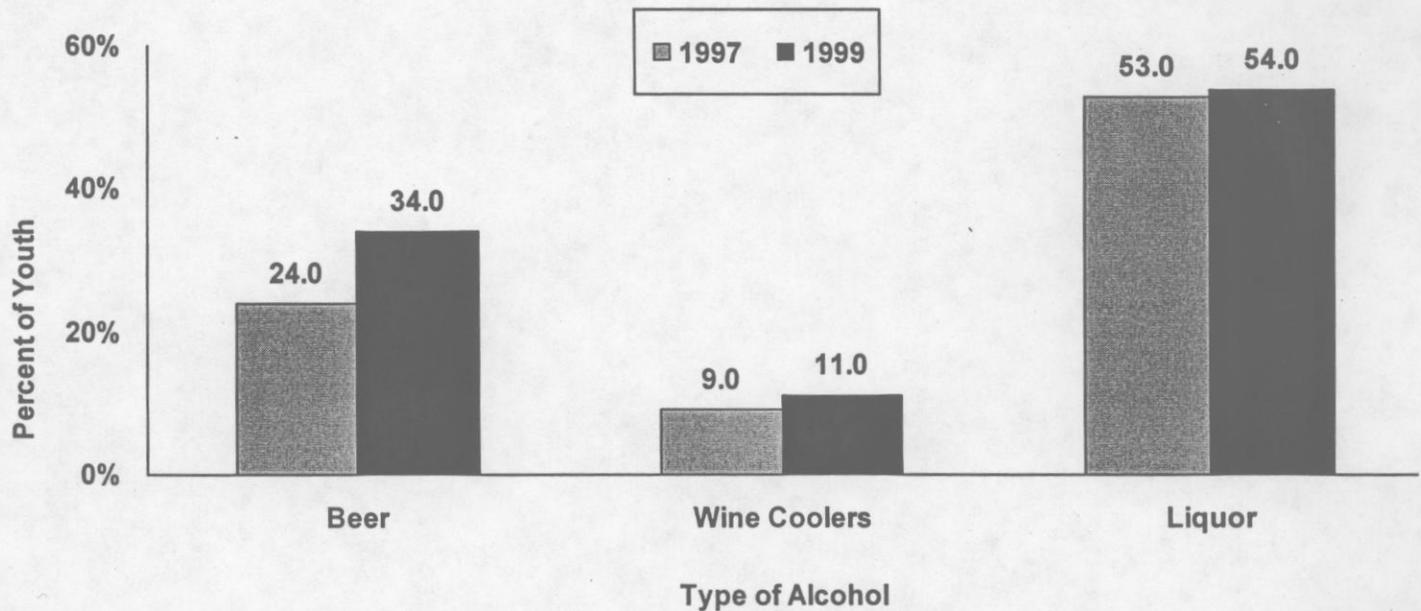
- ◆ More Youth are abstaining, with 37.7% never having tried alcohol; an increase from 1997 to 1999.
- ◆ Many Youth (45.7%) try alcohol for the first time between the ages of 11 and 16.
- ◆ Almost a third of Youth (31.2%) use alcohol on a monthly basis.
- ◆ Average age at first drink of alcohol is between 11 and 14, just below the Healthy People 2000 goal (age 14.1).

Healthy People 2000 Goals:

- ◆ 4.5 Increase by at least 1 year the average age of first use of alcohol by adolescents aged 12-17. (National data: 1996 13.1, 2000 goal 14.1)

Youth & Alcohol

Youth Who Get Bomed or Very High When Using Alcohol



Source: PRIDE Survey

What the numbers and other information told us:

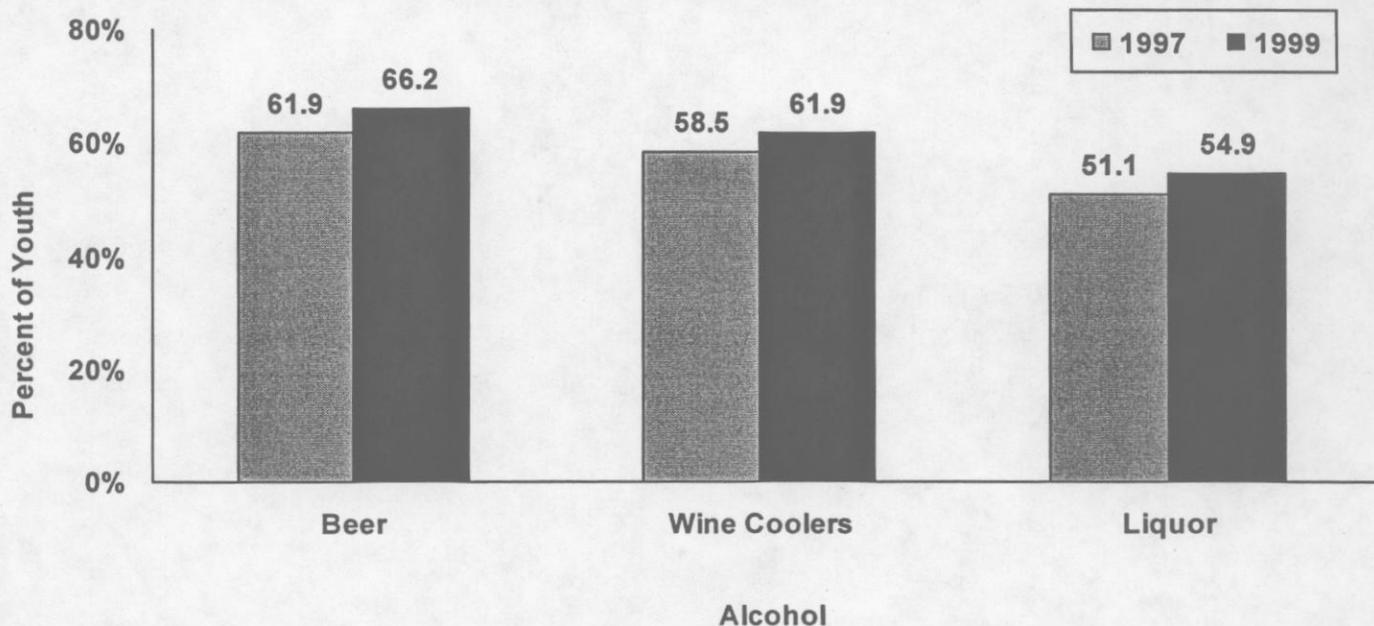
- ◆ When Youth drink liquor they are more likely to get bombed or very high (54%), than when they drink beer (34%) or wine coolers (11%).
- ◆ More Youth in 1999 (34%) got bombed or very high when drinking beer than in 1997 (24%).

Healthy People 2000 Goals:

- ◆ 4.7 Reduce the proportion of high school seniors engaging in recent occasions of heavy drinking of alcoholic beverages to no more than 28 percent. *Note: Recent heavy drinking is defined as having five or more drinks on one occasion in the previous 2-week period as monitored by self-reports. (National data: 1997 31.3%)*
- ◆ 4.8 Reduce alcohol consumption by people aged 14 and older to an annual average of no more than 2 gallons of ethanol per person. (National data: 1994 2.21, 2000 goal 2.0).

Youth & Alcohol

Youth Who Report it is Fairly Easy or Very Easy to Get Alcohol



Source: PRIDE Survey

What the numbers and other information told us:

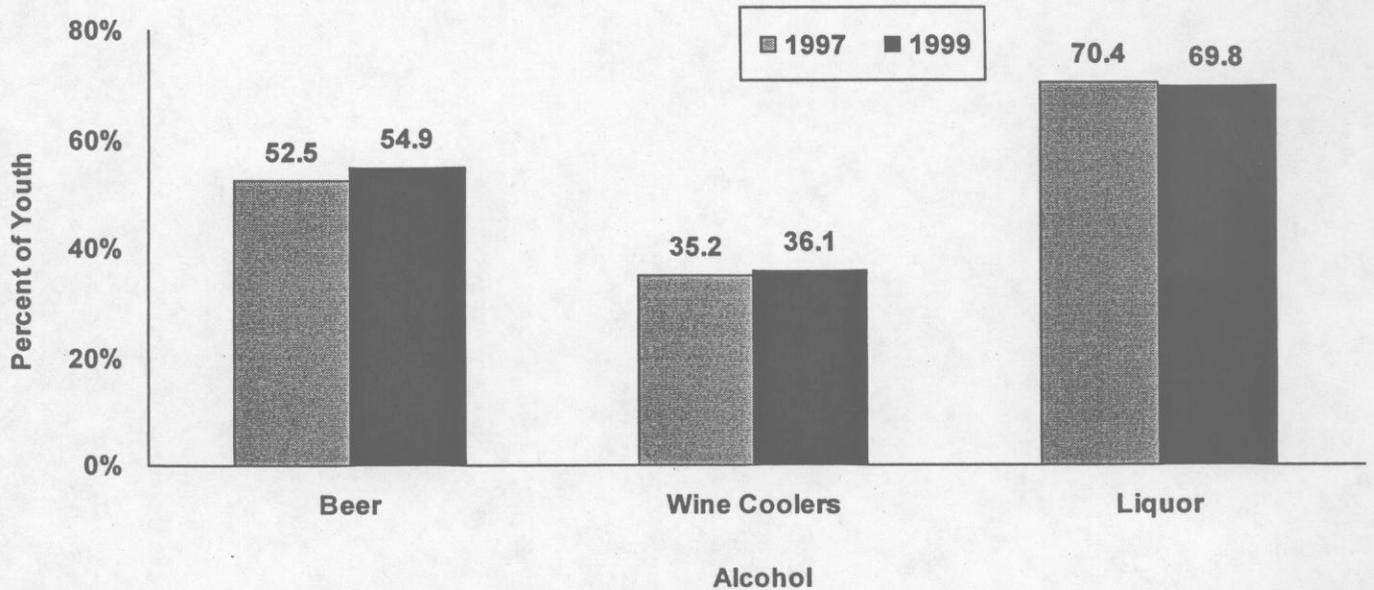
- ◆ Many Youth report that alcohol is easy to get.
- ◆ Beer is the easiest alcoholic beverage for Youth to get (66.2% report very or fairly easy to get) over wine coolers (61.9%) and liquor (54.9%).
- ◆ From 1997 to 1999, there has been a slight increase in the percent of Youth who report it is fairly or very easy to get all types of alcohol.

Healthy People 2000 Goals:

- ◆ 4.16 Increase to 50 the number of States that have enacted and enforce policies, beyond those in existence in 1989, to reduce access to alcoholic beverages by minors. (Baseline data unavailable) *Note: Policies to reduce access to alcoholic beverages by minors may include those that address restriction of the sale of alcoholic beverages at recreational and entertainment events at which youth make up a majority of participants/consumers, product pricing, penalties and license revocation for sale of alcoholic beverages to minors, and other approaches designed to discourage and restrict purchase of alcoholic beverages by minors.*
- ◆ 4.17 Increase to at least 20 the number of States that have enacted statutes to restrict promotion of alcoholic beverages that is focused principally on young audiences. (Baseline data unavailable)

Youth & Alcohol

Youth Who Report it is Harmful or Very Harmful to Use Alcohol



Source: PRIDE Survey

What the numbers and other information told us:

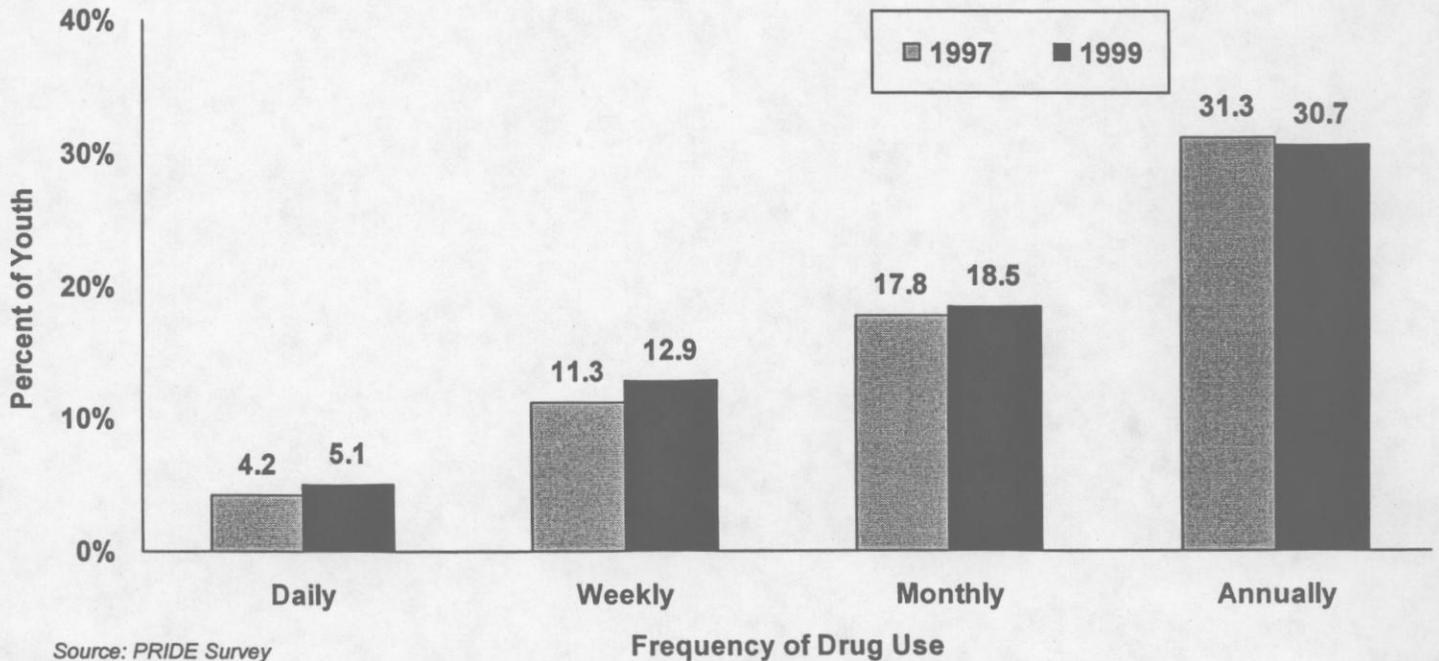
- ◆ Many Youth report that beer (54.9%) and liquor (69.8%) are harmful or very harmful to your health, yet few Youth report the same for wine coolers (36.1%).
- ◆ Youth reports of the harmful effects of alcohol are similar from 1997 to 1999.

Healthy People 2000 Goals:

- ◆ 4.10 Increase the proportion of high school seniors who associate physical or psychological harm with heavy use of alcohol. (National data: 1997 43%, 2000 goal 70%).

Youth & Drug Use

Frequency of Illicit Drug Use



Source: PRIDE Survey

What the numbers and other information told us:

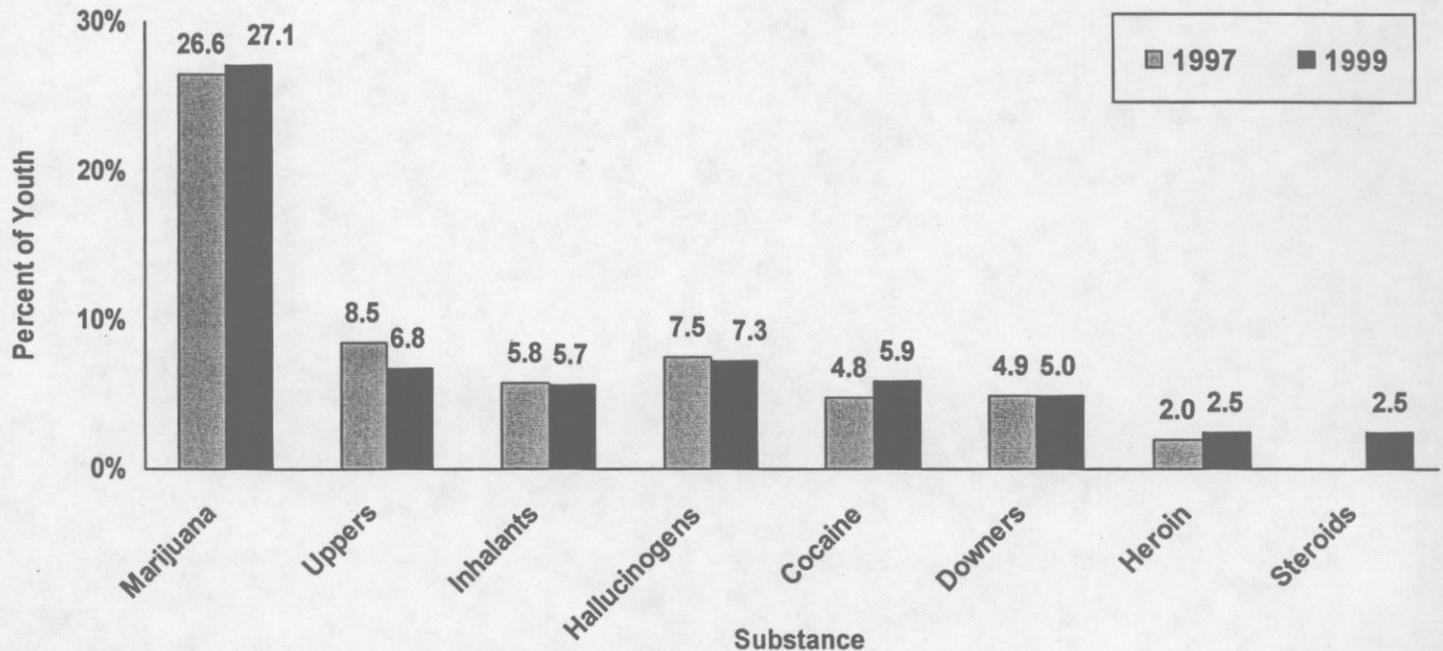
- ◆ Regular drug use (daily, weekly, and monthly) increased slightly from 1997 to 1999.
- ◆ 30.8% of Youth report that several or most of their friends smoke marijuana, while 7% or less report their friends using other types of illicit drugs.
- ◆ In 1997, our Youth reported similar levels of drug as Youth nationwide (see Table below). 1999-2000 National data is not available.
- ◆ Youth use drugs on the weekends, followed by weeknights. An exception is steroids, which Youth are more likely to use at all times (during school, after school, weeknights, and weekends).
- ◆ Few Youth (1.9% or less) report using drugs during school hours.

Youth nationwide who use illicit drugs

PRIDE SURVEY	DAILY	WEEKLY	MONTHLY	ANNUALLY
1997-98	5.0%	11.8%	17.1%	28.7%

Youth & Drug Use

Youth Who Use Drugs



Source: PRIDE Survey

What the numbers and other information told us:

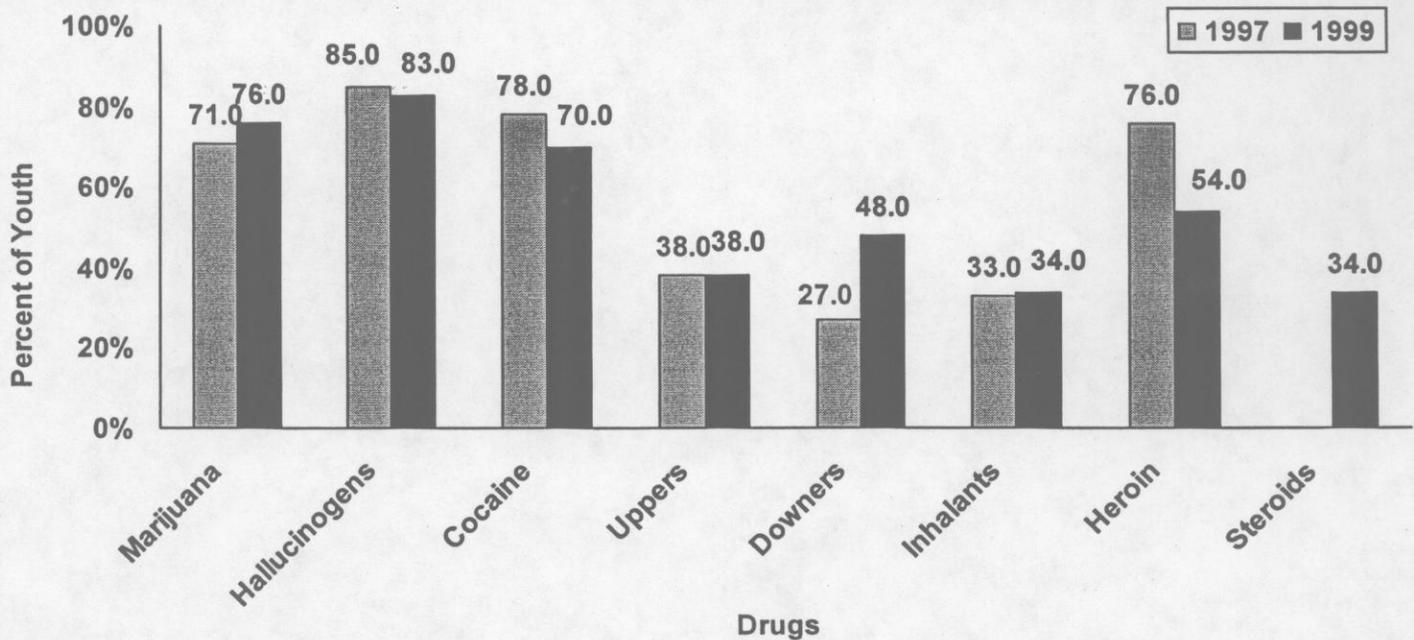
- ◆ Youth report higher annual usage of marijuana (27.1%), cocaine (5.9%), and hallucinogens (7.3%) than Youth nationwide (24.2%, 4.6%, 6.2% respectively; 1997-98 PRIDE survey).
- ◆ Monthly use of marijuana (27%) and cocaine (3%) are above the Healthy People 2000 goals (3.2% & .6%, respectively). Healthy People 2000 goals 4.5 & 4.6 are for Youth aged 12-17, our survey included Youth age 18-19 (16.3%).
- ◆ Average age of first use of marijuana is between 12 and 13 (1999), lower than the Healthy People 2000 goal (14.4).
- ◆ Steroids represents a new question on the 1999 PRIDE survey, therefore there is no 1997 data.

Healthy People 2000 Goals:

- ◆ 4.5 Increase by at least 1 year the average age of first use of marijuana by adolescents aged 12-17. (National data: 1996 14.4, 2000 Goal 14.4)
- ◆ 4.6 Reduce the proportion of young people (12-17 years) who have used marijuana or cocaine in the past month (National data: marijuana 1997 9.4%, 2000 Goal 3.2%; cocaine 1997 1%, 2000 Goal .6%).
- ◆ 4.11 Reduce to no more than 3 percent the proportion of male high school seniors who use anabolic steroids. (National data: 1997 4.1%)

Youth & Drug Use

Youth Who Get Bomed or Very High When Using Drugs



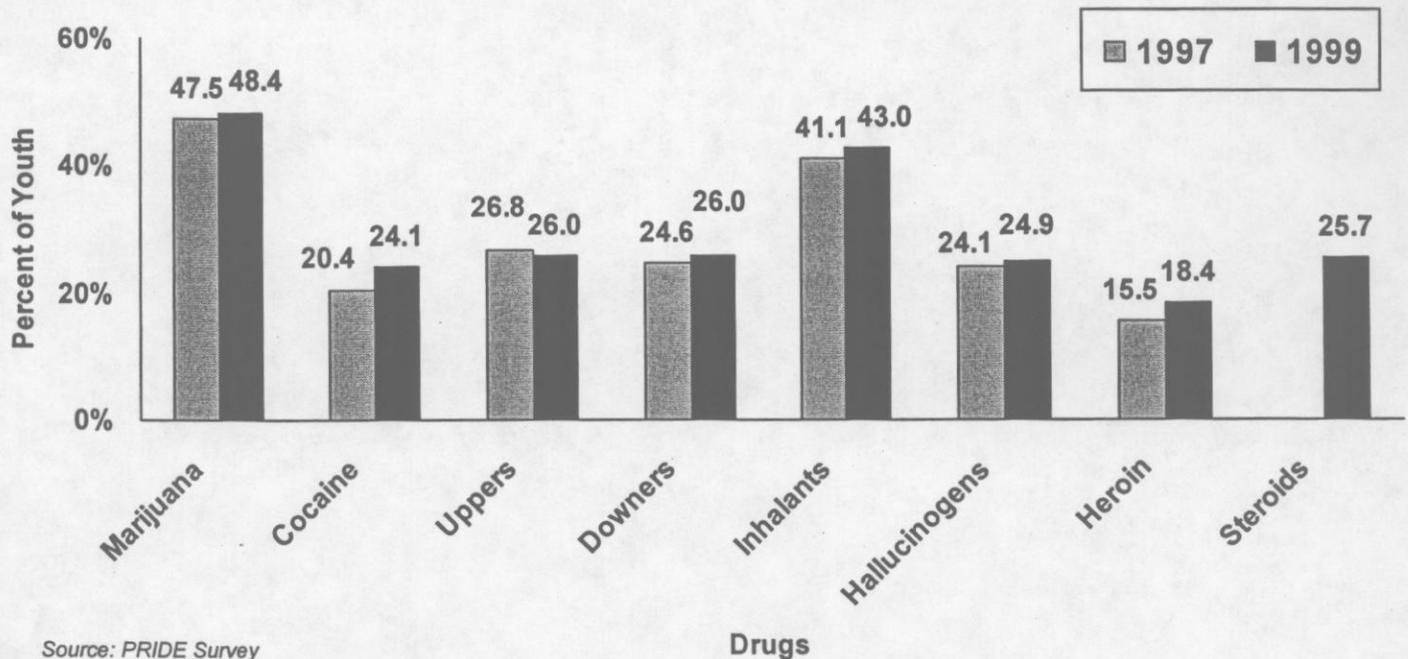
Source: PRIDE Survey

What the numbers and other information told us:

- ◆ Youth who use marijuana (76%), hallucinogens (83%) and cocaine (70%) are more likely to get bombed or very high.
- ◆ Half of Youth using downers or heroin get bombed or very high.
- ◆ More than a third of Youth using inhalants, uppers, and steroids report getting bombed or very high.
- ◆ From 1997 to 1999, more Youth are getting bombed or very high when using downers (48% v. 27%, respectively), and those Youth using heroin are less likely to get bombed or very high (54% v. 76%, respectively).

Youth & Drug Use

Youth Who Report it is Fairly Easy or Very Easy to Get Drugs



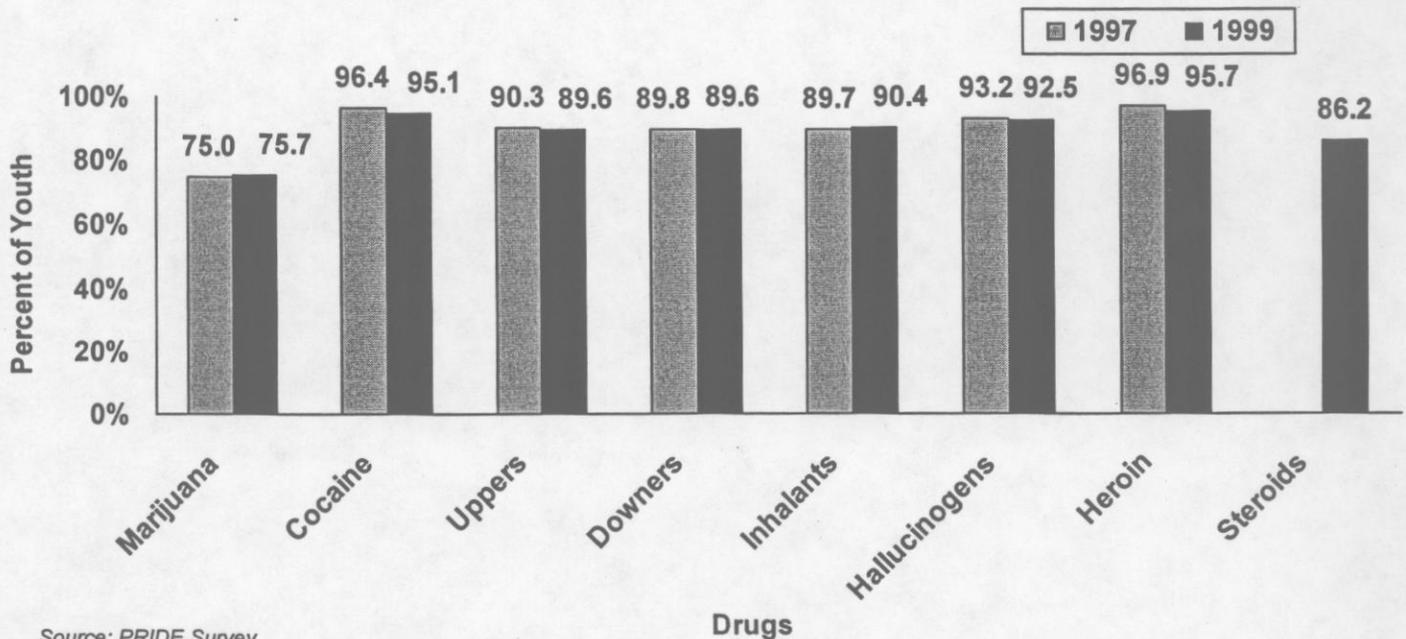
Source: PRIDE Survey

What the numbers and other information told us:

- ◆ Marijuana and inhalants are the easiest drugs for Youth to get (48.4% and 43% respectively report it is very easy or fairly easy to get these drugs).
- ◆ One-fourth of Youth report that it is very or fairly easy to get cocaine, uppers, downers, hallucinogens, and steroids.
- ◆ Youth use marijuana (27.1%) more than any other drug, a higher percentage than nationwide (24.2%, 1997-98 PRIDE survey).
- ◆ 1999 is the first year that steroids was added to the PRIDE survey, therefore there is no 1997 data.

Youth & Drug Use

Youth Who Report it Very Harmful or Harmful to Use Drugs



Source: PRIDE Survey

What the numbers and other information told us:

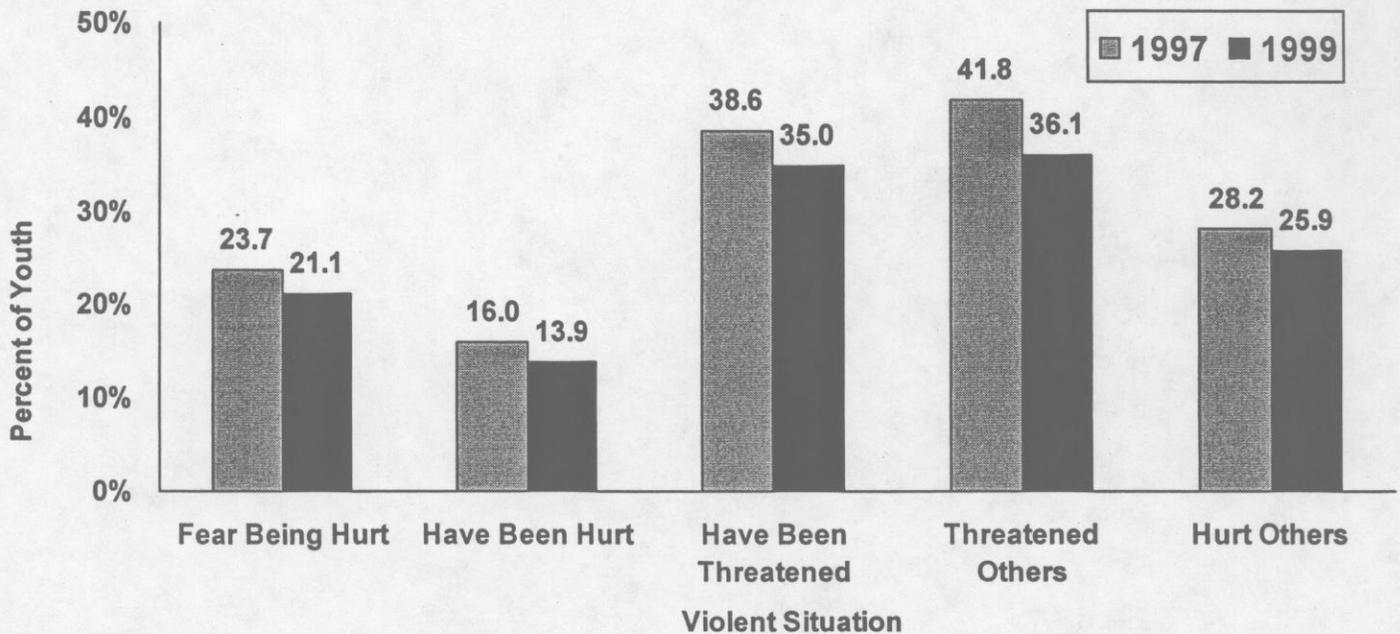
- ◆ The majority of Youth report that all illicit drugs are harmful or very harmful to your health (75.5% to 95.7%).
- ◆ Less Youth (75.7%) report that marijuana is harmful or very harmful compared to all other drugs.
- ◆ Compared to the Healthy People 2000 goal 4.10, less of our seniors report harm in using marijuana (90% v. 88.3%, respectively), and more report harm in using cocaine (80% v. 98%, respectively). Our Youth were asked "Do you feel that using marijuana or cocaine are harmful to your health?".

Healthy People 2000 Goals:

- ◆ 4.10 Increase the proportion of high school seniors who associate physical or psychological harm with occasional use of marijuana, and experimentation with cocaine (National data: Marijuana 1997 58.1%, 2000 goal 90%, Cocaine 1997 53.6%, 2000 goal 80%).

Youth Violence

Youth Who Report Violence at School Without a Weapon



Source: PRIDE Survey

What the numbers and other information told us:

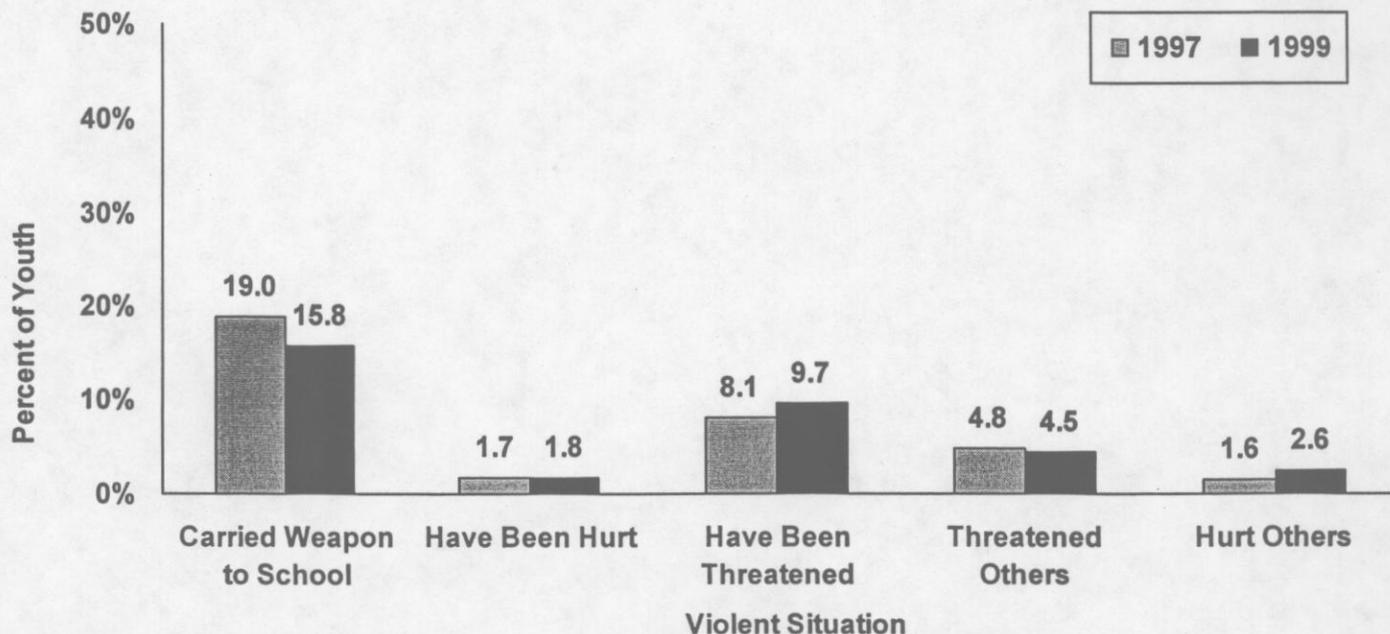
- ◆ All violent situations without weapons in school have decreased from 1997 to 1999.
- ◆ 7.4% of Youth have threatened a teacher, an increase from 1997 (5.8%).
- ◆ 10.8% of Youth have threatened their parent or guardian.
- ◆ 22.1% of Youth report getting into trouble with the police.
- ◆ Youth who get into trouble with the police are 9.7 times more likely to use cocaine, 3.2 times more likely to use inhalants, 3.6 times more likely to smoke marijuana, and 2.3 times more likely to drink liquor than Youth who do not get into trouble with the police.
- ◆ Since 1997, Rockingham County Schools have participated with the Sheriff's Office in a "Community Policing Partnership." The primary feature of this partnership is the acquisition of state and federal funds to place School Resource Officers in each of the middle and high schools.

Healthy People 2000 Goals:

- ◆ 7.9 Reduce to 110 per 1,000 the incidence of physical fighting among adolescents aged 14-17 (National data: 115 incidents per 1,000 high school students per month in 1997).
- ◆ 7.16 Increase to at least 50 percent the proportion of elementary and secondary schools that teach nonviolent conflict resolution skills, preferably as a part of comprehensive school health education. (Baseline data unavailable)

Youth Violence

Youth Who Report Violence at School With a Weapon



Source: PRIDE Survey

What the numbers and other information told us:

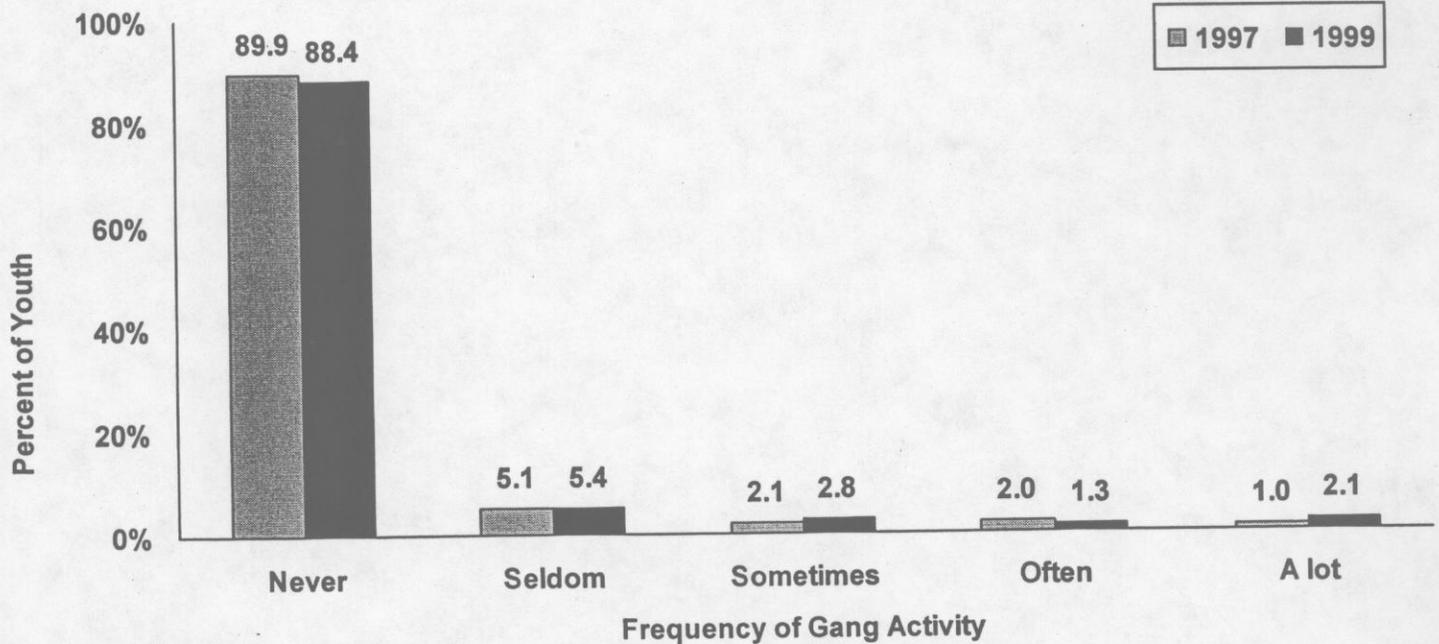
- ◆ Although violent situations without a weapon decreased from 1997 to 1999, violent situations with a weapon remained constant or increased slightly.
- ◆ Less Youth carried weapons (knife, club or other weapon) to school in 1999 (15.8%) than in 1997 (19%).
- ◆ 2.4% of Youth have carried a gun to school, an increase from 1997 (1.9%).
- ◆ Youth who carry guns to school are 6.9 times more likely to use cocaine, 3.4 times more likely to use inhalants, 2.2 times more likely to smoke marijuana, and 1.8 times more likely to drink liquor than Youth who do not carry guns.

Healthy People 2000 Goals:

- ◆ 7.10 Reduce to 86 per 1,000 the incidence of weapon-carrying by adolescents aged 14–17 (National data: 74 incidents per 1,000 high school students per month in 1997).
- ◆ 7.16 Increase to at least 50 percent the proportion of elementary and secondary schools that teach nonviolent conflict resolution skills, preferably as a part of comprehensive school health education. (Baseline data unavailable)

Youth Violence

Youth Participation in Gang Activity



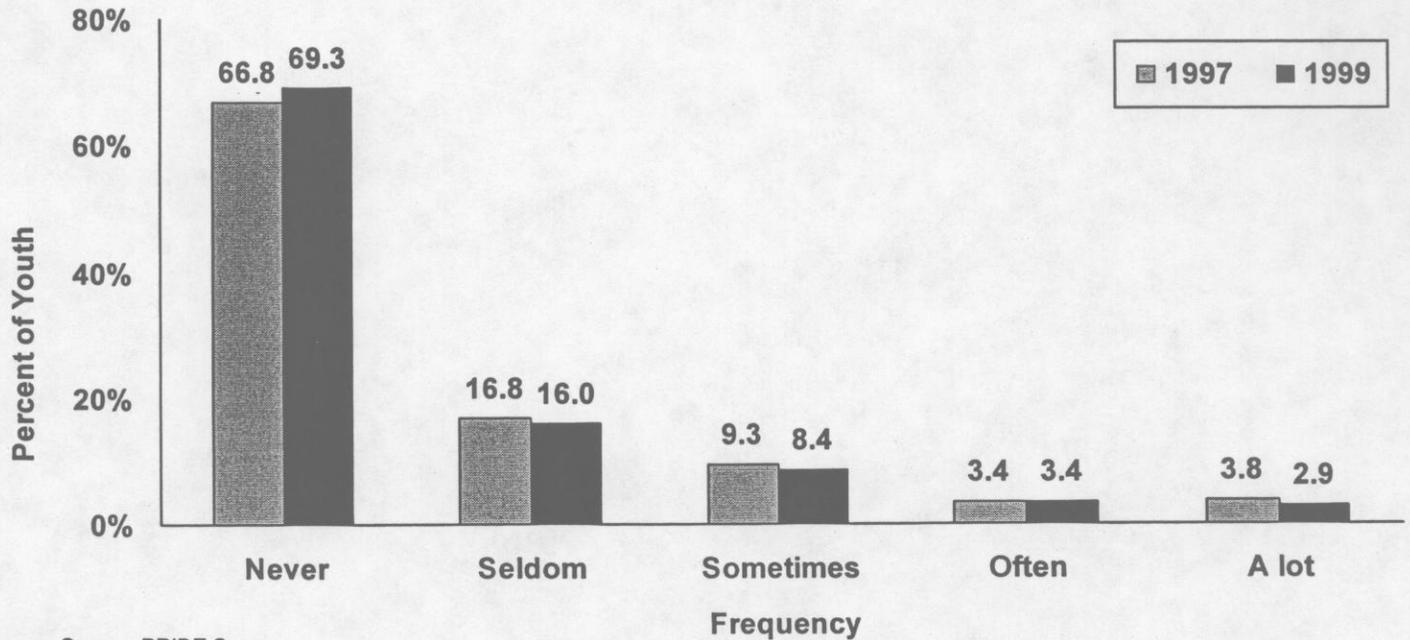
Source: PRIDE Survey

What the numbers and other information told us:

- ◆ Most Youth (88.4%) have never participated in gang activities.
- ◆ 83.2% of Youth consider the group they hang out with as a gang.
- ◆ When asked how to define a gang Youth responded: 57.0% as involved in harmful or negative behavior, 9.3% as living in the same neighborhood, 4.3% as hanging out on a corner wearing the same clothes, 1.3% as being on a sports teams, and 28.1% thought that all the above defined a gang.
- ◆ 62.3% of Youth report that there are gangs in their school, neighborhood, and community.
- ◆ Youth who are in a gang are 5.7 times more likely to use cocaine, 4.8 times more likely to use inhalants, 2.6 times more likely to smoke marijuana, and 1.7 times more likely to drink liquor than Youth who are not in a gang.

Youth Suicide

Youth Who Have Thought About Suicide



Source: PRIDE Survey

What the numbers and other information told us:

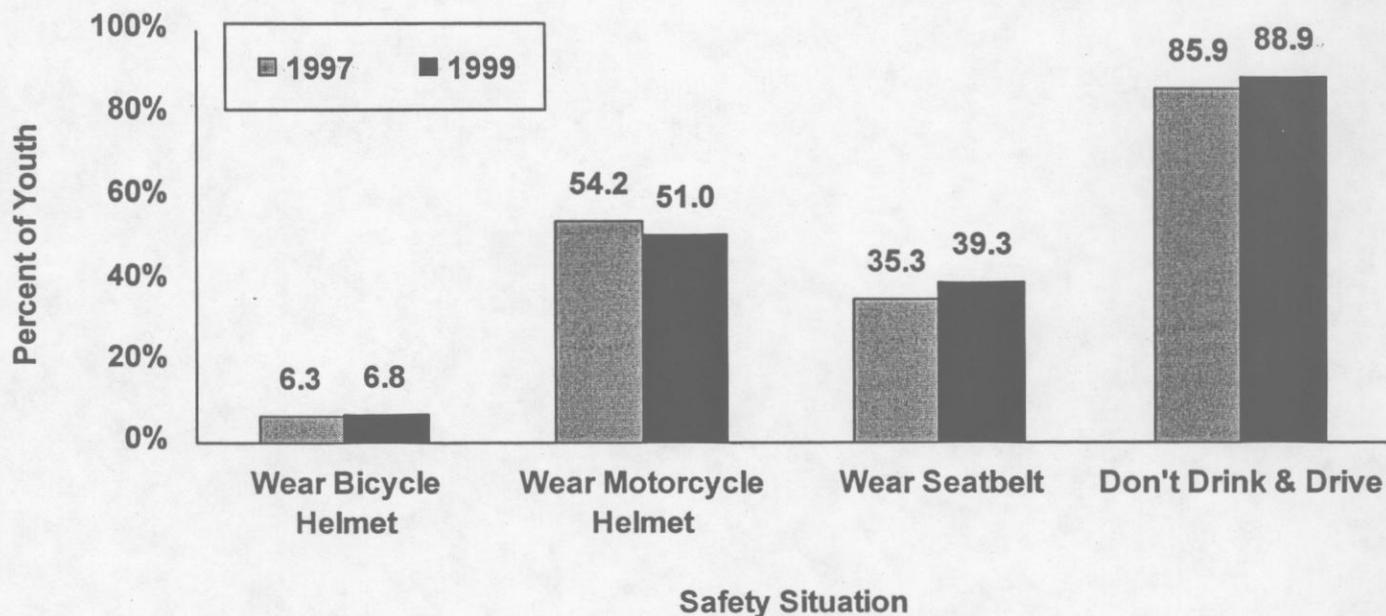
- ◆ 30.7% of Youth have considered committing suicide.
- ◆ 14.7% of Youth have seriously considered suicide, less than in 1997 (17.1%, Source: Youth Behavior Risk Survey)
- ◆ Youth who think of suicide often or a lot are 5.9 times more likely to use cocaine, 4.8 times more likely to use inhalants, 2.3 times more likely to smoke marijuana, and 1.6 times more likely to drink liquor than Youth who do not think about suicide.

Healthy People 2000 Goals:

- ◆ 7.2 Reduce suicides for Youth aged 15-19 to no more than 8.2 per 100,000 people. (National data: 1996 9.7, 2000 goal 8.2)
- ◆ 7.8 Reduce by 15 percent the incidence of injurious suicide attempts among adolescents aged 14-17. (National data: 1997 2.6%)

Youth Safety

Youth Who Always Wear a Helmet or a Seatbelt, and Never Drink and Drive



Source: Youth Survey

What the numbers and other information told us:

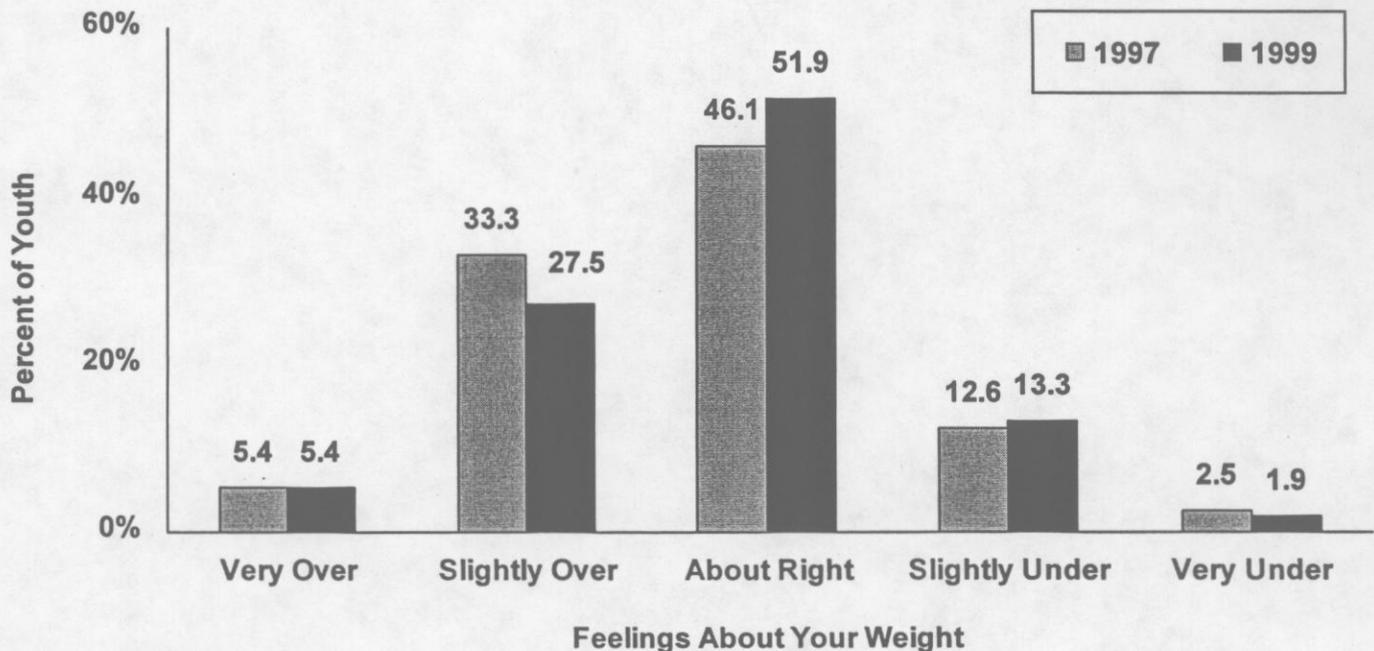
- ◆ Few Youth always wear a helmet when riding a bicycle (5.3%) or a motorcycle (51%); substantially below the Healthy People 2000 goals (50% & 80%, respectively).
- ◆ Only 2 out of every 5 Youth (39.3%) always wear a seatbelt, less than the Healthy People 2000 goal (85%)
- ◆ Most Youth report never drinking and driving (88.9%).
- ◆ 6.7% of Youth report drinking and driving on 2 or more occasions in the past month.
- ◆ In 1995, motor vehicle accidents were the fifth leading cause of death in Rockingham County and the seventh leading cause of death in the city of Harrisonburg.

Healthy People 2000 Goals:

- ◆ 9.12 Increase use of safety belts to at least 85 percent of motor vehicle occupants. (National data: 1997 69%)
- ◆ 9.13 Increase use of helmets to at least 80 percent of motorcyclists and at least 50 percent of bicyclists. (National data: 1996 motorcyclist 64%, 1991 bicyclist 18%)
- ◆ 9.14 Extend to 50 States laws requiring safety belt and motorcycle helmet use for all ages. (National data: 1997 safety belts 49 states, motorcycle helmet 22 states)
- ◆ 9.24 Extend to 50 States laws requiring helmets for bicycle riders. *Source: National SAFE KIDS Campaign*
- ◆ 4.18 Extend to 50 States legal blood alcohol concentration zero tolerance (.02 percent and lower) for those younger than age 21.

Youth & Wellness

Self-Report of Weight



Source: Youth Survey

What the numbers and other information told us:

- ◆ Over half (51.9%) of Youth report that their weight is about right, an increase from 1997 (46.1%).
- ◆ 70.1% of Youth are not actively trying to lose weight or keep from gaining weight.

Nutrition

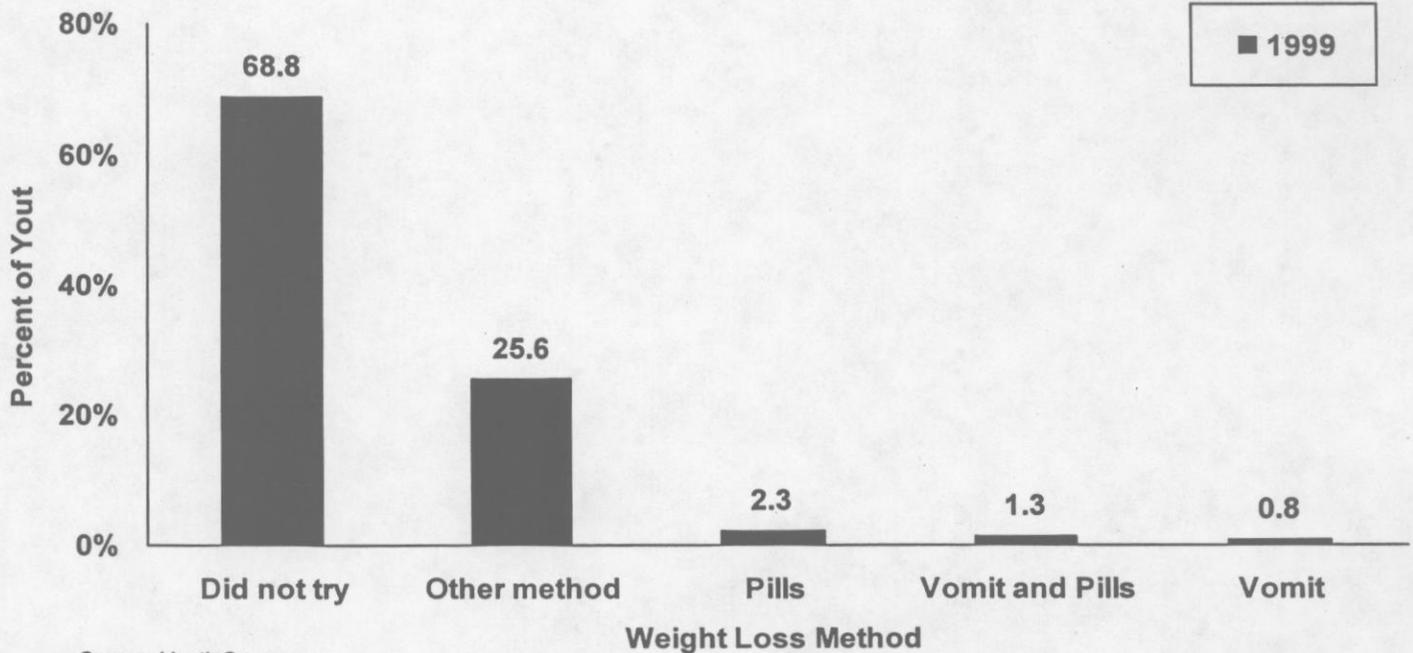
- ◆ 48.6% of Youth report eating no cooked vegetables in a day nor eating green salad (60.1%)
- ◆ 17.4% - 21.5% of Youth eat 2 or more of the following foods in a day: hamburgers, hot dogs, sausages, french fries, chips, cookies, doughnuts, pies, or cakes.

Healthy People 2000 Goals:

- ◆ 1.2 Reduce overweight to a prevalence of no more than 15% among adolescents aged 12-19.
- ◆ 1.7 Increase to at least 50% the proportion of overweight people aged 12 and older who have adopted sound dietary practices combined with regular physical activity to attain an appropriate body weight.
- ◆ 2.5 Reduce dietary fat intake to an average of 30% of calories or less and average saturated fat intake to less than 10 percent of calories among people aged 2 and older.
- ◆ 2.6 Increase complex carbohydrate and fiber-containing foods in the diets of people aged 2 and older to an average of 5 or more daily servings for vegetables (including legumes) and fruits, and to an average of 6 or more daily servings for grain products.

Youth & Wellness

Weight Loss Methods



Source: Youth Survey

What the numbers and other information told us:

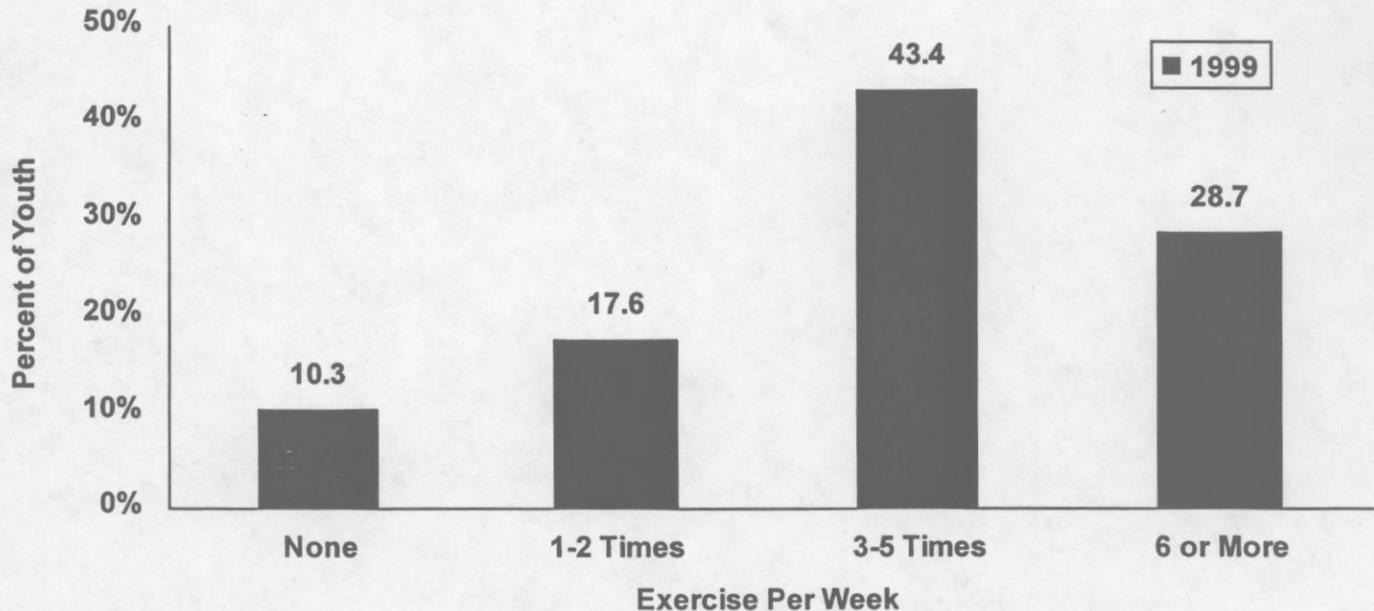
- ◆ 70.1% of Youth are not actively trying to lose weight or keep from gaining weight.
- ◆ 4.3% of our Youth use diet pills, vomiting, or a combination of both to lose weight or keep from gaining weight.

Healthy People 2000 Goals:

- ◆ 1.7 Increase to at least 50% the proportion of overweight people aged 12 and older who have adopted sound dietary practices combined with regular physical activity to attain an appropriate body weight.

Youth & Wellness

Youth Who Exercise



Source: Youth Survey

What the numbers and other information told us:

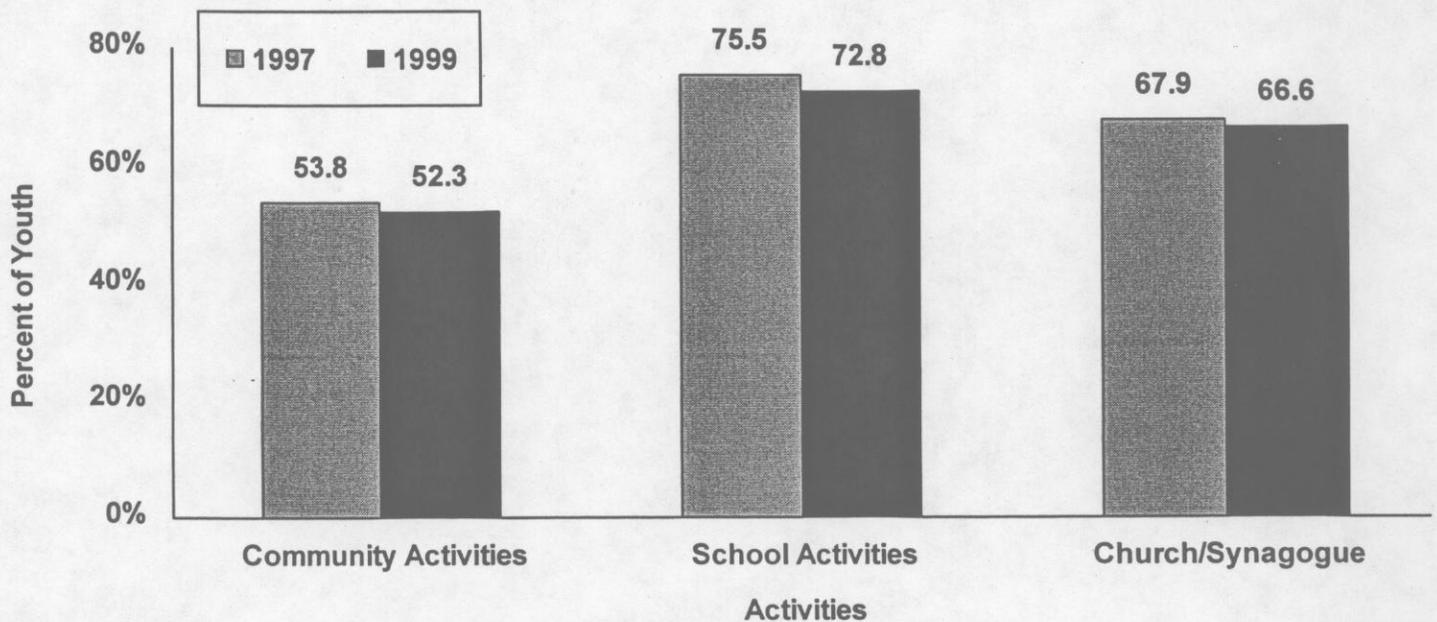
- ◆ 72.1% of our Youth exercise 3 or more times per week, slightly below the Healthy People 2000 Goal (75%).
- ◆ In general, less Youth are exercising now than in 1997 (exercise 1 or more times a week, 82.6% v. 87.8%, respectively).
- ◆ 70.1% of Youth are not actively trying to lose weight or keep from gaining weight.
- ◆ 4.3% of our Youth use diet pills, vomiting, or a combination of both to lose weight or keep from gaining weight, 25.6% use "other" methods.

Healthy People 2000 Goals:

- ◆ 1.4 Increase to at least 75 percent the proportion of children and adolescents aged 6–17 who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness 3 or more days per week for 20 or more minutes per occasion (National data: grades 9-12 1997 64%)
- ◆ 1.6 Increase to at least 40 percent the proportion of people aged 6 and older who regularly perform physical activities that enhance and maintain muscular strength, muscular endurance, and flexibility. (Baseline data unavailable)
- ◆ 1.8 Increase to at least 50% the proportion of children and adolescents in 1st–12th grade who participate in daily school physical education.
- ◆ 1.9 Increase to at least 50 percent the proportion of school physical education class time that students spend being physically active, preferably engaged in lifetime physical activities.

Youth Involvement

Youth Who Participate Sometimes, Often, or a Lot in Activities



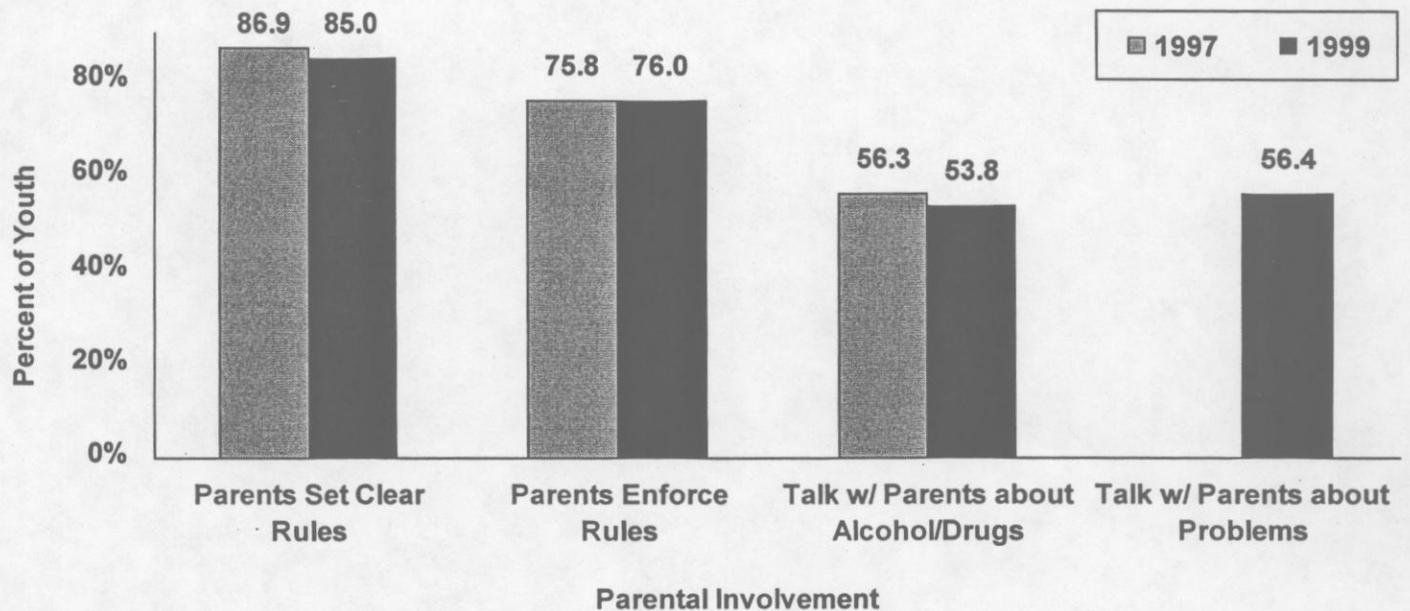
Source: PRIDE Survey

What the numbers and other information told us:

- ◆ Youth are most likely to participate in school activities (72.8%) such as sports teams, band, and clubs, followed by attending church or synagogue (66.6%), and community activities (52.3%) such as scouts, rec teams, and youth clubs.
- ◆ Many Youth never participate in school or community activities or attend church/synagogue (16.5%, 29.8%, and 17.3% respectively).

Parental Involvement

Parents Who Sometimes, Often or a Lot Set and Enforce Rules and Talk with Their Children about Drugs, Alcohol or Problems



Source: PRIDE Survey

What the numbers and other information told us:

- ◆ 85% of Youths' parents set clear rules sometimes, often, or a lot, yet only 76% enforce rules.
- ◆ More than half of Youths' parents (53.8%) talk with their children sometimes, often, or a lot about the problems of alcohol and drugs.
- ◆ 56.4% of Youth talk with their parents sometimes, often, or a lot about their problems. No 1997 data is available, since this question is new to the 1999 PRIDE survey.
- ◆ 33% of Youth drink alcohol and 15.2% use drugs in their homes.

Healthy People 2000 Goals:

- ◆ 8.9 Increase to at least 75 percent the proportion of people aged 10 and older who have discussed issues related to nutrition, physical activity, sexual behavior, tobacco, alcohol, other drugs, or safety with family members on at least one occasion during the preceding month.

Quick Facts on Our Youth

Who Did We Survey?

1435 Students
53% Males
47% Females
Between the Ages of 13 and 19

Assets

89% do not drink and drive
88% never participate in gangs
73% are active in school activities
72% exercise three or more time a week
69% never use illicit drugs
69% never think about committing suicide
69% are not trying to lose weight
67% participate in church and synagogue activities
64% are sexually abstinent
56% talk to their parents about problems
54% talk to their parents about drugs/alcohol
52% participate in community activities
52% think they are about the right weight
50% never use tobacco
39% never use alcohol
39% always wear a seatbelt

Risk Factors

Sexual Activity

Of sexually active students:
53% use condoms
29% use no method or withdrawal
14% use birth control pills
3% use birth control shots

Tobacco use

17% daily
27% weekly
34% monthly
50% annually

Alcohol use

2% daily
17% weekly
31% monthly
61% annually

Illicit drug use

5% daily
13% weekly
19% monthly
31% annually

Gang activity

2% participate a lot
1% often
3% sometimes
5% seldom

Dangerous Methods To Lose Weight

1% vomit
2% use pills
1% use vomiting and pills

Quick Facts on Our Eighth Graders

Who Did We Survey?

617 8th graders
42% of youth surveyed
53% Males
47% Females
96% Ages 13 and 14

Assets

86% never participate in gangs
80% exercise three or more times a week
79% are sexually abstinent
78% never use illicit drugs
74% are active in school activities
73% participate in church and synagogue activities
70% never think about committing suicide
69% are not trying to lose weight
62% never use tobacco
58% participate in community activities
58% talk to their parents about problems
56% talk to their parents about drugs/alcohol
54% never use alcohol
53% think they are about the right weight

Risk Factors

Sexual Activity

Of sexually active 8th graders:
53% use condoms
39% use no method or withdrawal
7% use birth control pills
1% use birth control shots

Tobacco use

10% daily
18% weekly
23% monthly
38% annually

Alcohol use

2% daily
10% weekly
19% monthly
46% annually

Illicit drug use

3% daily
8% weekly
12% monthly
22% annually
Highest users of inhalants
Lowest users of all other illicit drugs

Gang activity

3% participate a lot
2% often
4% sometimes
5% seldom

Dangerous Methods To Lose Weight

1% vomit
1% use pills
1% use vomiting and pills

Quick Facts on Our Twelfth Graders

Who Did We Survey?

346 12th graders
24% of youth surveyed
50% Males
50% Females
90% Ages 17 and 18

Assets

92% never participate in gangs
79% do not drink and drive
74% participate in school activities
73% are not trying to lose weight
72% never think about committing suicide
63% never use illicit drugs
58% participate in church and synagogue activities
58% talk to their parents about problems
56% exercise three or more times a week
50% think they are about the right weight
50% always wear a seatbelt
49% participate in community activities
48% talk to their parents about drugs/alcohol
42% are sexually abstinent
39% never use tobacco

Risk Factors

Sexual Activity

Of sexually active 12th graders:
48% use condoms
25% use no method or withdrawal
22% use birth control pills
6% use birth control shots

Tobacco use

25% daily
35% weekly
45% monthly
61% annually

Alcohol use

2% daily
24% weekly
44% monthly
75% annually

Illicit drug use

7% daily
17% weekly
23% monthly
38% annually
Highest users of marijuana and hallucinogens

Gang activity

1% participate a lot
0% often
2% sometimes
4% seldom

Dangerous Methods To Lose Weight

.2% vomit
2% use pills
1% use vomiting and pills to lose weight

40 Developmental Assets

Type	Asset Name and Definition
EXTERNAL ASSETS	Support
	1 Family support Family life provides high levels of love and support
	2 Positive family communication Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parent(s).
	3 Other adult relationships Young person receives support from three or more nonparent adults.
	4 Caring neighborhood Young person experiences caring neighbors.
	5 Caring school climate School provides a caring, encouraging environment.
	6 Parent involvement in schooling Parent(s) are actively involved in helping young person succeed in school.
	Empowerment
	7 Community values youth Young person perceives that adults in the community value youth.
	8 Youth as resources Young people are given useful roles in the community.
	9 Service to others Young person serves in the community one hour or more per week.
	10 Safety Young person feels safe at home, at school, and in the neighborhood.
	Boundaries and Expectations
	11 Family boundaries Family has clear rules and consequences, and monitors the young person's whereabouts.
	12 School boundaries School provides clear rules and consequences.
	13 Neighborhood boundaries Neighbors take responsibility for monitoring young people's behavior.
14 Adult role models Parent(s) and other adults model positive, responsible behavior.	
15 Positive peer influence Young person's best friends model responsible behavior.	
16 High expectations Both parent(s) and teachers encourage the young person to do well.	
Constructive Use of Time	
17 Creative activities Young person spends three or more hours per week in lessons or practice in music, theater, or other arts.	
18 Youth programs Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in community organizations.	
19 Religious community Young person spends one hour or more per week in activities in a religious institution.	
20 Time at home Young person is out with friends "with nothing special to do" two or fewer nights per week.	
Commitment to Learning	
21 Achievement motivation Young person is motivated to do well in school.	
22 School engagement Young person is actively engaged in learning.	
23 Homework Young person reports doing at least one hour of homework every school day.	
24 Bonding to school Young person cares about her or his school.	
25 Reading for pleasure Young person reads for pleasure three or more hours per week.	
Positive Values	
26 Caring Young person places high value on helping other people.	
27 Equality and social justice Young person places high value on promoting equality and reducing hunger and poverty.	
28 Integrity Young person acts on convictions and stands up for her or his beliefs.	
29 Honesty Young person "tells the truth even when it is not easy."	
30 Responsibility Young person accepts and takes personal responsibility.	
31 Restraint Young person believes it is important not to be sexually active or to use alcohol or other drugs.	
Social Competencies	
32 Planning and decision-making Young person knows how to plan ahead and make choices.	
33 Interpersonal competence Young person has empathy, sensitivity, and friendship skills.	
34 Cultural competence Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.	
35 Resistance skills Young person can resist negative peer pressure and dangerous situations.	
36 Peaceful conflict resolution Young person seeks to resolve conflict nonviolently.	
Positive Identity	
37 Personal power Young person feels he or she has control over "things that happen to me."	
38 Self-esteem Young person reports having a high self-esteem.	
39 Sense of purpose Young person reports that "my life has a purpose."	
40 Positive view of personal future Young person is optimistic about her or his personal future.	