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Virginia Adolescent Resiliency Assessment: Orange County



Executive Summary
December, 2002

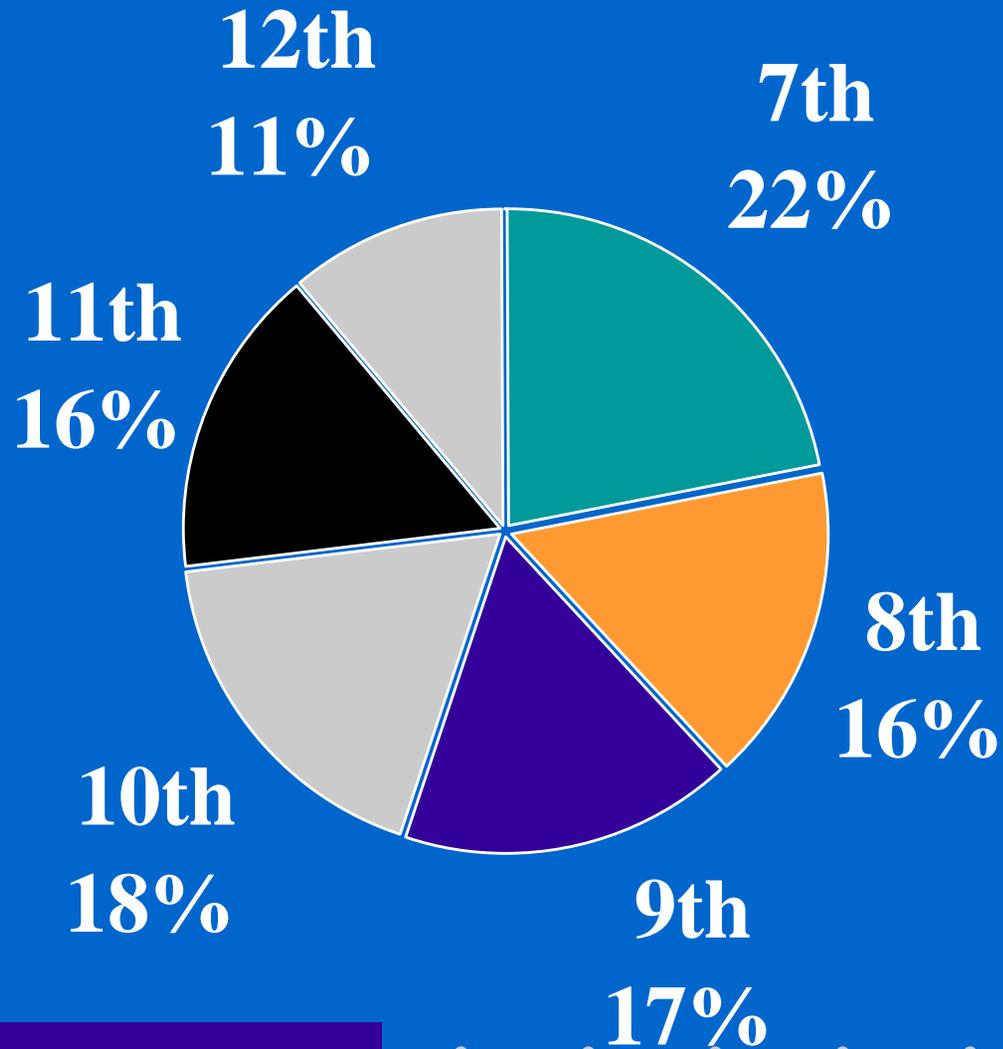
Survey Topics

- 1 Characteristics**
- 2 Health Care**
- 3 How Youth Spend Their Time**
- 4 Personal Safety and Violence**
- 5 Mental Health Issues**
- 6 Alcohol Tobacco & Drug Use**
- 7 Diet & Exercise**
- 8 Perceptions of School, Community & Friends**
- 9 Parent-Teen Relations**
- 10 Sexuality**

Respondents

- Analyzed: 1,387 surveys (91%) of population present day of data collection
 - Total returned: 1,517
 - Overall invalid—10%
- 54% female; 46% male

Grade Distribution



Reported Ethnicity

- 73% White/Anglo
- 15% African-American
- 2% Native American
- 2% Hispanic/Latino
- 4% Mixed race/biracial
- 1% Asian
- 4% Other

Family

- 52% live in 2-parent family, 18% blended, and 17% single parent
- 57% report parents are NOT divorced; 11% say parents were never married
- 79% have employed mothers
- 82% have employed fathers

Health Care

- 93% reported having had an appointment with a doctor within the past year
- 83% reported having had an appointment with a dentist in the past year

How Teens Spend Their Time

- 44% reported they spend at least 1-2 hours at home unsupervised
- 47% reported they never spend time in school extra-curricular activities; 27% report doing this on a daily basis
- 46% reported studying *less* than an hour a day or not at all.
- 29% reported participating in “*non school clubs*” once a month or more.

How Teens Spend Their Time

- 39% reported they do “*things for fun with family members (other than watching TV)*” on a daily basis; 12% reported they never did this.
- 24% of Orange County teens reported working at a job for pay on a daily basis. 17% work three or more hours per day.

Reasons for Non-Participation

I already participate a lot:	26%
I don't want to be involved:	25%
I am working at a job:	7%
I don't have transportation:	8%
There are not enough activities:	8%
I don't have enough \$\$\$:	3%
My parents don't approve:	0%
My friends don't approve:	.4%
Other:	20%

Personal Safety & Violence

- **Motor Vehicles**
 - 74% reported not riding with someone who had been drinking
 - 89% reported never driving when they had been drinking
 - 71% reported seatbelt use “most of the time” or “always”

Personal Safety & Violence

- **Weapons**

- 89% reported **NOT** carrying a weapon to school during the past 30 days

- **Violence**

- 35% reported being in a physical fight one or more times during the past year
- 18% reported worrying about violence at school
- 14% reported worrying about gangs in school
- 44% admitted verbally bullying other youth
- 11% reported being abused by a caretaker
- 15% of boys and 9% of girls reported being hit or slapped by a boy/girlfriend
- 36% of girls and 12% of boys reported experiencing sexual harassment

Mental Health Issues

- **Worries** (“quite a bit” or “very much”)
 - **Getting good grades (68%)**
 - **How I look (44%)**
 - **Getting a good job when I finish my education (38%)**
 - **That my family has enough money to get by (29%)**
 - **My parents’ relationship (25%)**
 - **Getting AIDS/HIV or other STD (20%)**
 - **Getting along with people of other races (20%)**
 - **Not fitting in with other kids at school (16%)**
 - **Violence in my home (9%)**

Mental Health Issues

- **Values:**

The following are *somewhat* or *very important* to teens:

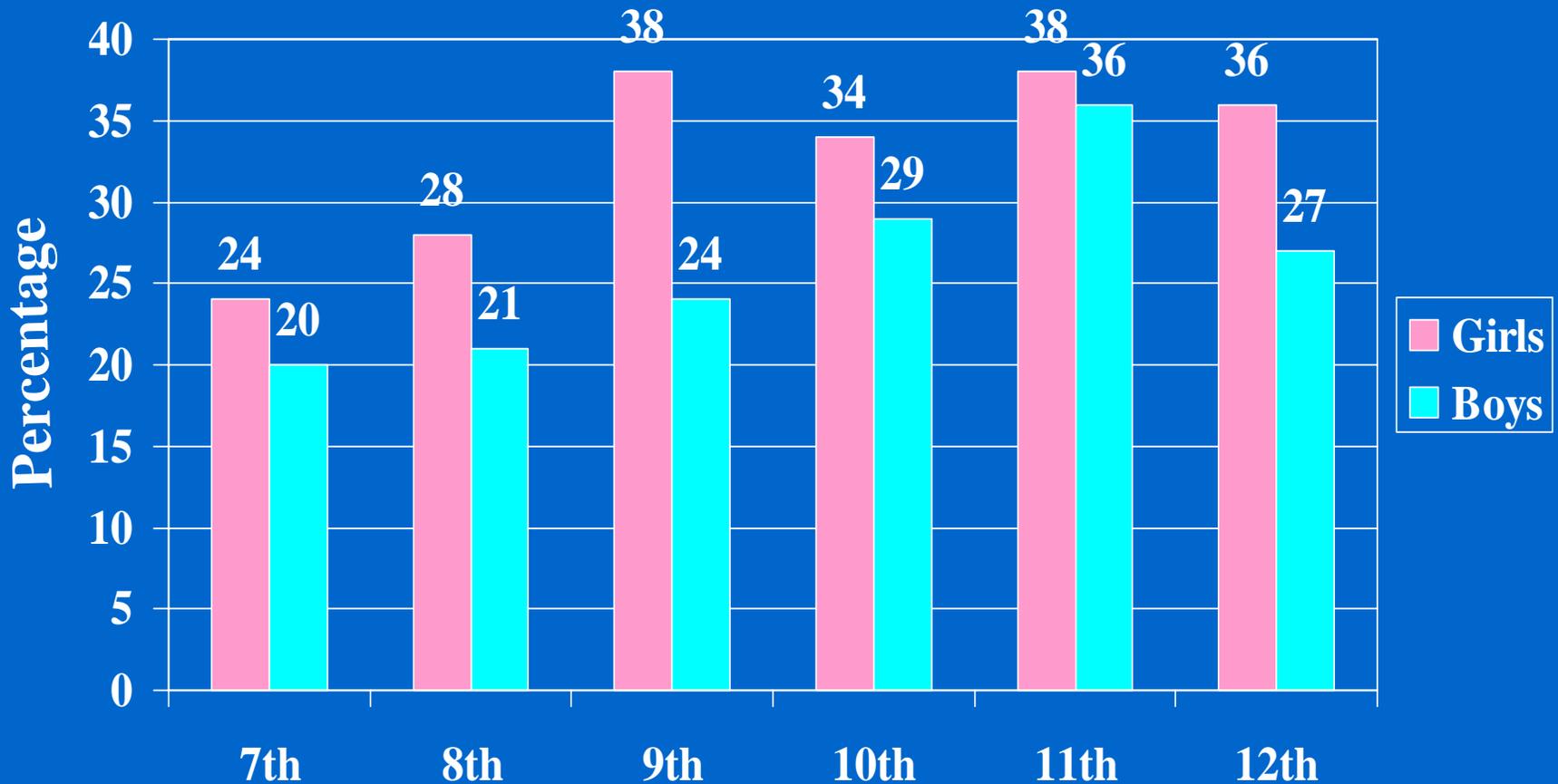
- finishing high school (97%)
- getting good grades (95%)
- getting a job (96%)
- going to college (90%)
- being involved in community and school (64%)

Mental Health Issues

- **Depression**

- 32% of girls and 27% of boys reported feeling depressed or sad during the past month for 2 or more weeks in a row
- 15% of teens reported a suicide attempt within the past year

Percentage of Orange County Youth Reporting Depression within the Past Year



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Alcohol, Tobacco & Drug Use

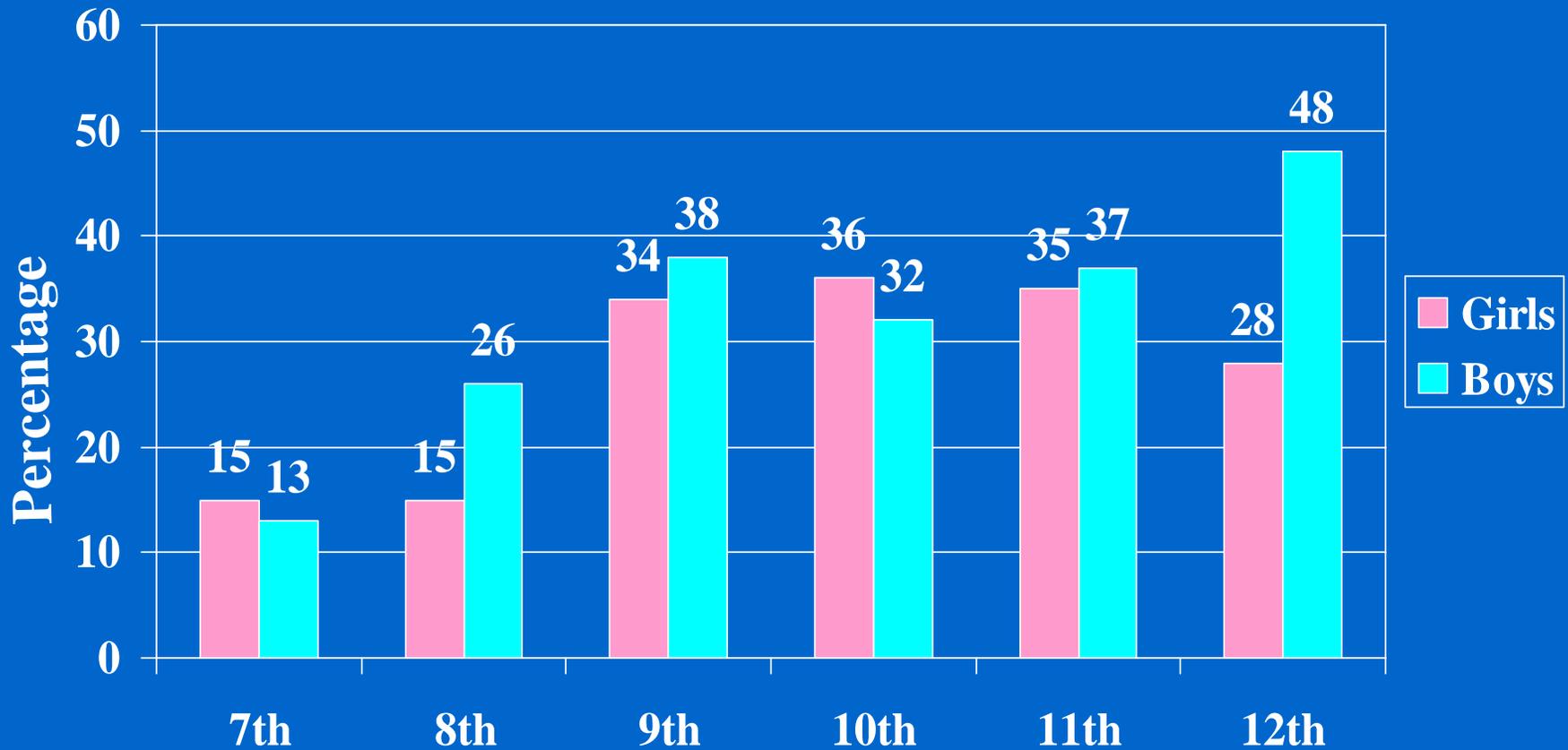
Students perceptions of how “easy” or “very easy” it would be to get substances

Cigarettes	56%
Alcohol	52%
Marijuana	40%
Illicit drugs	21%

Alcohol, Tobacco & Drug Use

- **Alcohol Use**
 - **38%** reported using alcohol at least once a month
 - **23%** reported heavy drinking (5+ in a row) at least once during the past month
 - **31%** of those who do drink had their first drink at age 10 or younger; **32%** between the ages of 11 and 14
- **Tobacco Use**
 - **54%** report having **NEVER** tried cigarettes
 - of those who do smoke, **27%** started between ages 11-14

Percentage of Orange County Teens Reporting Using Tobacco Once or More a Month



Alcohol, Tobacco & Drug Use

- **Other Drug Use**

- 20% reported using marijuana at least once a month
- 11% reported using inhalants at least once a month
- 6% reported using cocaine at least once a month
- 4% reported using a needle to inject substances

Diet & Exercise

- **Weight** (34% girls/ 22% boys reported they were slightly overweight)
 - 54% of girls and 32% of boys report trying to lose weight
 - 22% of girls and 32% of boys report satisfaction with their weight
- **Exercise**
 - 59% reported “exercising or participating in physical activity for at least 20 minutes” 3X or more a week
- **Team Sports**
 - 57% girls & 51% boys on at least one team during past year

Perceptions

- **Community**
 - **76% not enough fun things to do (46% of 7th graders—81% of 12th graders)**
 - **59% report that “dropping out of school is not acceptable” in the opinion of most people in our community**
 - **59% report having at least one non-parent adult they could go to if they were having a problem**

Perceptions

- **School**
 - **55% often attend school events**
 - **55% enjoy going to school**
 - **61% think teachers encourage them to do their best**
 - **64% think teacher respect and listen to them**
 - **61% think they are getting a high quality education**
 - **73% girls and 61% boys plan to attend 2-4 yr college**

Perceptions

- **Friends**

- **90%** say they have at least one friend to count on
- **Majority hold positive values related to finishing school (90%), higher education (84%) and getting a job (88%); only 63% believe participation in extracurricular activities is important**
- **78%** reported not letting their friends talk them into doing things they didn't want to

Parent-Teen Relations

- **Communication topics** (“*sometimes*,” “*often*” or “*very often*”)
 - jobs or educational plans past high school (75%)
 - teachers or classes in school (72%)
 - things they enjoy (75%)
- **Taboo Topics** (“*rarely*” or “*never*”)
 - sex and/or birth control (59%)
 - drugs & alcohol (53%)
 - personal problems (45%)
 - dates (44%)

Delinquent behavior

Orange County teens said during the past six months, they had engaged in these behaviors at least once:

- 55% of girls and 52% of boys cheated on a class test
- 24% of girls and 32% of boys took something without paying for it
- 19% of girls and 34% of boys purposefully damaged property
- 13% of girls and 17% of boys ran away from home
- 8% of girls and 14% of boys used a fake ID

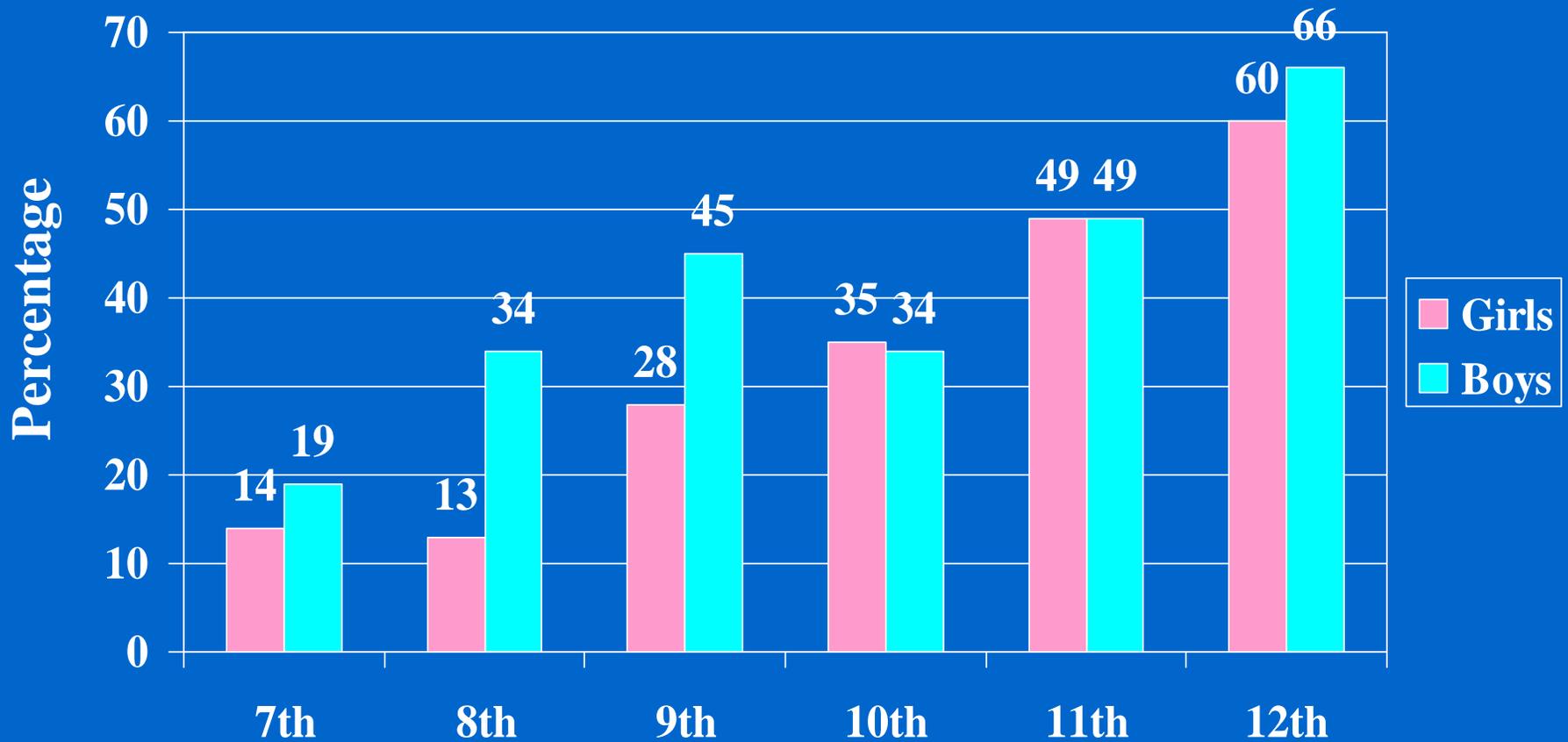
Parent-Teen Relations

- **Parental Monitoring** (“a lot of the time” or “always”)
 - where I am after school (85%)
 - I am expected to call if I’ll be late (83%)
 - where I go at night (80%)
 - who my friends are (72%)
 - What I am watching/doing on tv/computer/internet (54%)
 - parents of my friends (48%)

Sexuality

- **Sexual Activity**
 - 34% reported having had sexual intercourse
 - 19% are sexually active (within past 30 days)
 - 28% reporting having had one sexual partners
 - 21% reported having had 6+ sexual partners
- **Birth Control**
 - 42% of sexually active teens report not using a condom during last sexual encounter
 - 48% rarely or never used other forms of birth control

Percentage of Orange County Students Reporting Ever Had Sexual Intercourse



Strengths

- good access to health care
- high commitment to personal safety
- spend time with family
- vast majority don't carry weapons
- supportive non-parent adults and friends
- more than 1/2 are committed to exercise
- good coping mechanisms
- good parent-child communication on some issues
- value higher education
- high parental monitoring
- friends have positive values

Issues

- high levels of depression (1:3)
- strongly perceive lack of activities
- physical fighting (~1:3)
- many hours spent watching television
- low levels of participation in non-school based programs, and lower perceived value of it
- About 1/3 students don't feel connected to school
- 40% are not commitment to exercise
- binge alcohol use by about 1:5
- little knowledge of friends' parents
- perception of permissive community values related to dropping out of school
- sexually active youth have multiple partners and don't consistently use condoms