

THE 2022 STATE OF OUR YOUTH

Stephenson County



IN THIS SUMMARY:

- 02. 2022 Illinois Youth Survey Background
- 03. Alcohol Use
- 04. Substance Use
- 05. Contributing Factors for Use
- 05. What Youth are Hearing from their Parents
- 07. Mental, Social, and Physical Health
- 09. What Can You Do?



ILLINOIS YOUTH SURVEY

The Illinois Youth Survey has been completed biennially at the middle and high schools in the state since the late 1990's. Data from the survey has been used to identify trends related to substance misuse and to assist in securing state and federal funding for prevention programs. The survey measures attitudes, perceptions, and behaviors related to substance use and other related topics.

The statistics in this summary are taken from the results of the 2022 Illinois Youth Survey. Schools in Stephenson County participated in the survey with a 62% completion rate by all age appropriate students. Although the majority of the public schools in Stephenson County registered to participate in the 2022 survey, only four junior high/middle schools and three high schools were able to complete the survey. A full list of survey questions and results for Stephenson County are available dating back to 2010, at <https://iys.cprd.illinois.edu/>.

Research over the years has identified some of the following risk factors for underage alcohol and other substance misuse: antisocial behaviors, perceptions of peer substance use, low perceived risk of harm, poor family-youth relationships, parental acceptance of substance use, school absenteeism, and availability and marketing of substances to youth.

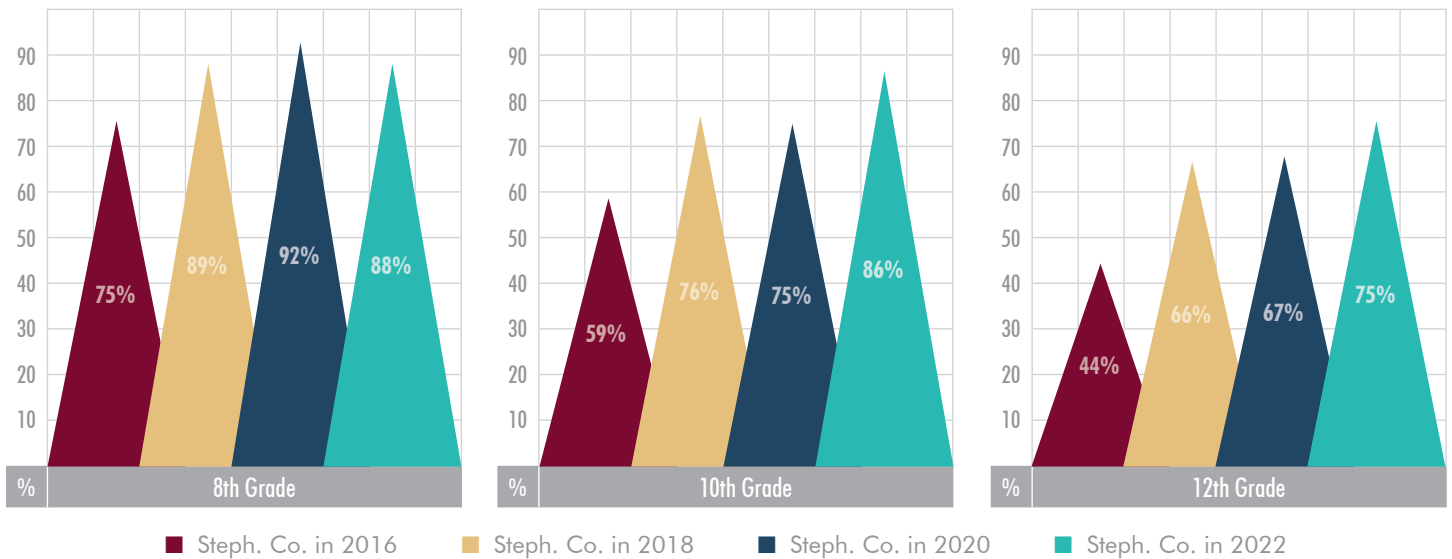
Prevention strategies focus on evidence-based protective factors which include: self-efficacy to say no to substance misuse, future college aspirations, peer disapproval, involvement in sports and physical activity, parental monitoring, perceived parental trust, school belonging and involvement, authoritative school environment, and community norms that discourage youth substance use.*

** Evidence-Based Resource Guide, Preventing Marijuana Use Among Youth, Substance Abuse and Mental Health Services Administration, Released 2021*

ALCOHOL USE

Most youth in Stephenson County **do NOT drink** alcohol.

Percentage of students who have **not** consumed alcohol in the past 30 days:



DID YOU KNOW?

41% OF STUDENTS REPORTED HAVING THEIR FIRST EXPERIENCE WITH ALCOHOL **UNDER THE AGE OF 10**. 9% OF 12TH GRADERS REPORTED **BINGE DRINKING** WITHIN THE PAST 2 WEEKS.

WE ASKED...

In the past year, **have your parents/guardians talked to you about NOT USING alcohol?**

Students in 8th, 10th, and 12th grade reported their parents/guardians have talked to them about alcohol use.

53%

8TH GRADE STUDENTS



39%

10TH GRADE STUDENTS



35%

12TH GRADE STUDENTS



14%

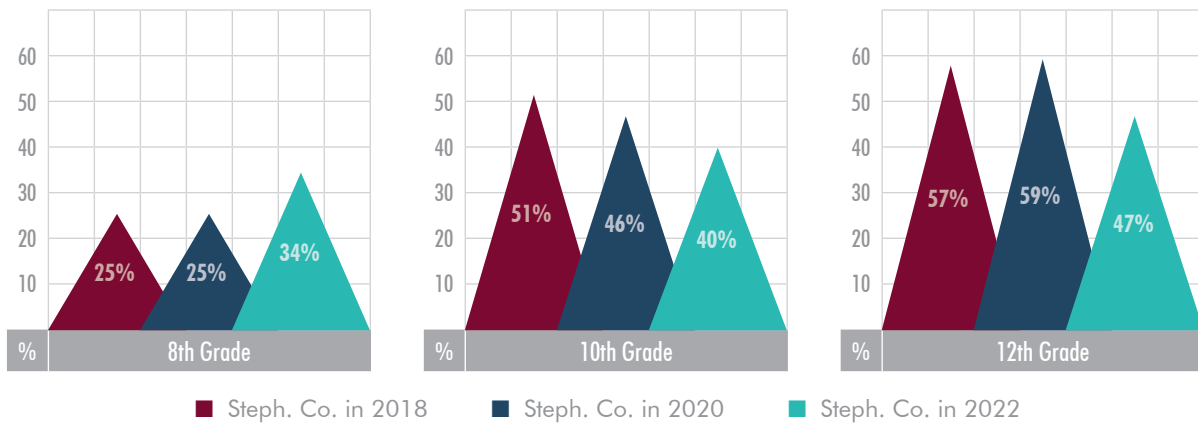
14% OF 8TH, 10TH, AND 12TH GRADERS REPORTED THAT **THEIR PARENTS PROVIDED THEM ALCOHOL WITH PARENTAL PERMISSION.**



SUBSTANCE USE

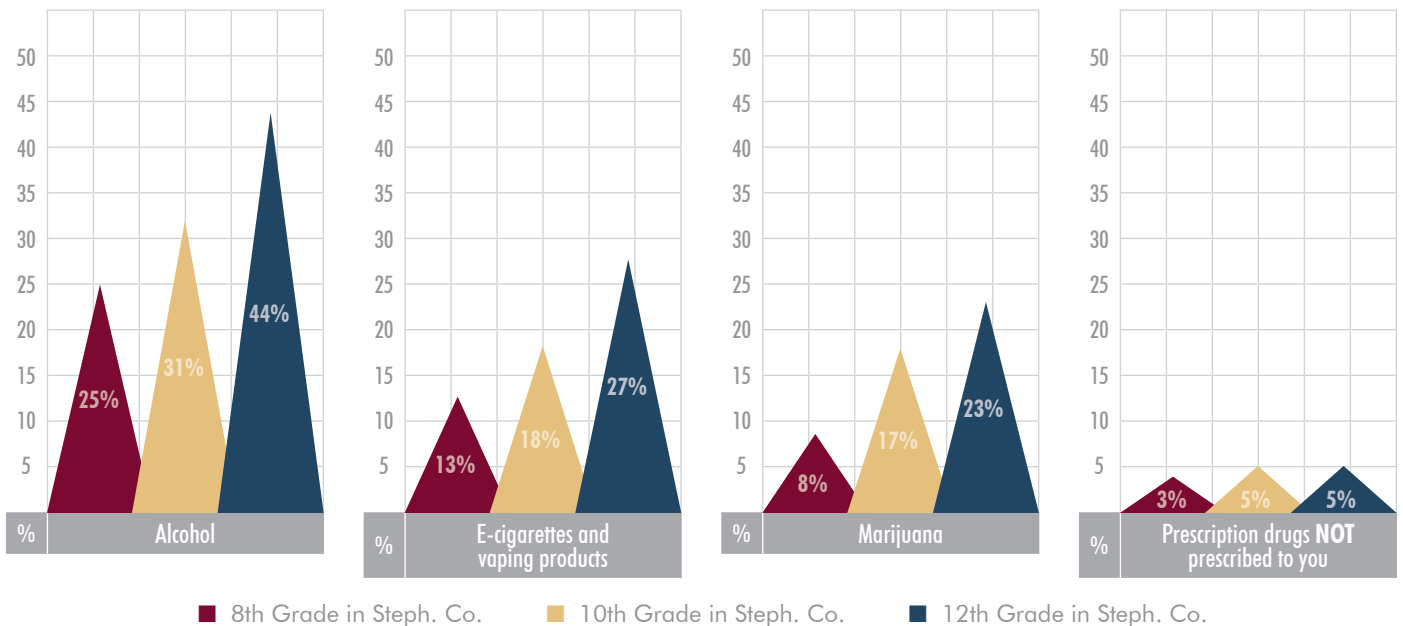
Even though most students are not using marijuana, it has been on the rise nationally. There is a concern about the potential for increased use as more and more states are allowing marijuana to become legal for both medicinal and recreational purposes. An increase of availability in the community could result in the increased usage by our youth.

Youth in Stephenson County who **HAVE USED** any common substances **PLUS** alcohol, cigarettes, inhalants, marijuana, vaping, and other vaping products in the past year.



Substance **USE** in Stephenson County in the past year.

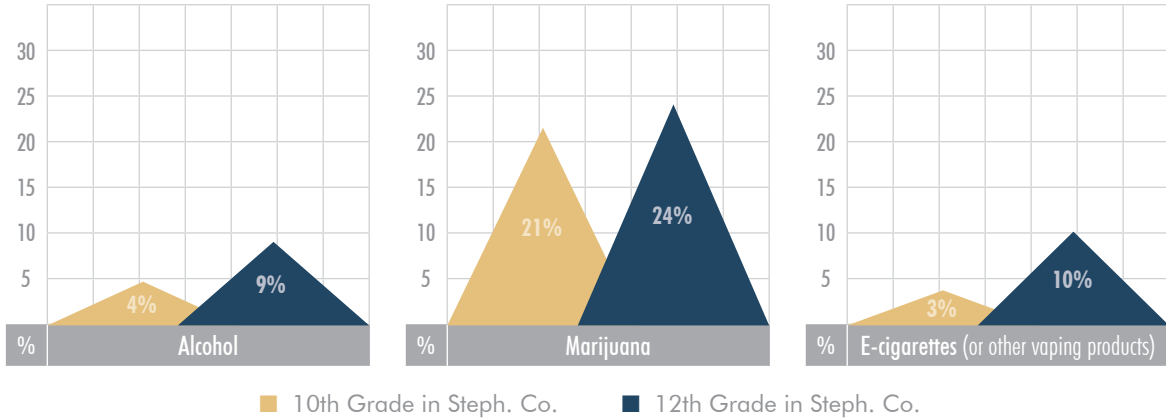
Students in 8th, 10th, and 12th grades



**Note the increase in usage as the youth gets older.*

CONTRIBUTING FACTORS FOR USE

Students reporting that they think people have **NO** risk or slight risk of harming themselves if they use alcohol, marijuana, or e-cigarettes or other vaping products.
(Alcohol: one or two drinks nearly every day. Marijuana: once or twice a week.)



DID YOU KNOW?

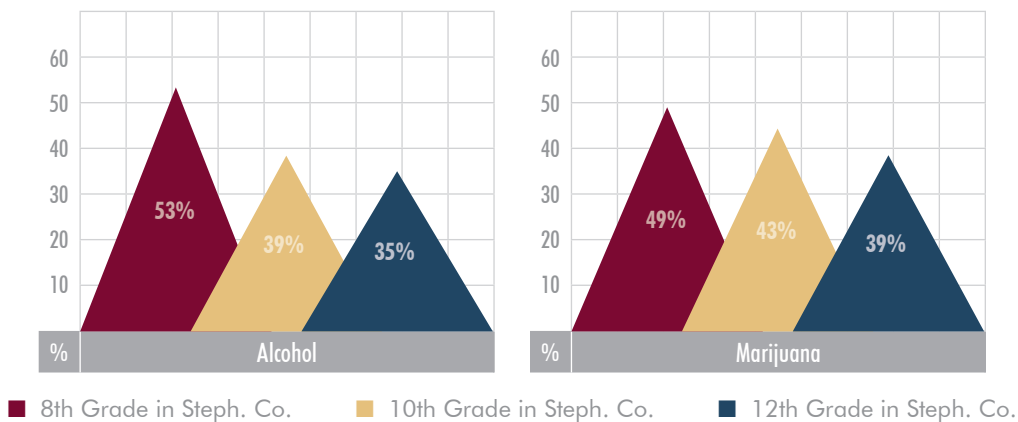
THE MAJORITY OF STUDENTS BELIEVE THE USE OF ALCOHOL, MARIJUANA, AND VAPING PRODUCTS ARE HARMFUL.

WHAT YOUTH ARE HEARING FROM THEIR PARENTS

TALK TO YOUR CHILDREN, IT MAKES A DIFFERENCE!

Studies have shown that perception of parental disapproval is a top reason why youth choose not to partake in substance use. In addition, monitoring – knowing where your child is and who they are with at all times – can decrease the chances of your child engaging in risky behaviors.

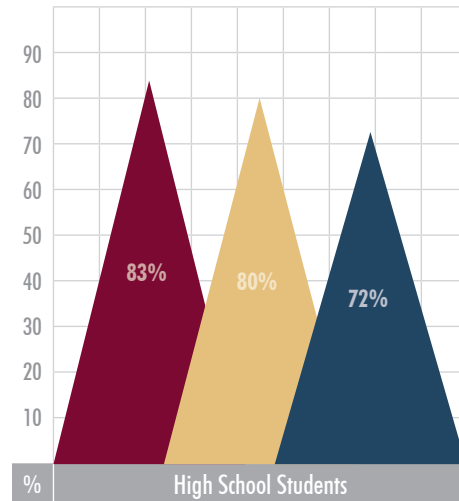
Stephenson County students reported that their parents/guardians **HAVE** talked to them about **NOT** using alcohol and marijuana.





46% OF STEPHENSON COUNTY 12TH GRADE STUDENTS **DON'T THINK THEY WOULD BE CAUGHT BY THEIR PARENTS** FOR DRINKING ALCOHOL WITHOUT PERMISSION.

Students reporting that **their family HAS CLEAR RULES** about alcohol and drug use.



■ 8th Grade in Steph. Co. ■ 10th Grade in Steph. Co. ■ 12th Grade in Steph. Co.

23%

OF 12TH GRADERS BELIEVE THAT THEIR PARENTS THINK IT IS A LITTLE BIT OR NOT WRONG AT ALL FOR THEM TO USE ALCOHOL.



13%

BELIEVE MOST ADULTS IN THEIR NEIGHBORHOOD THINK IT IS ACCEPTABLE FOR 12TH GRADERS TO USE ALCOHOL.



40% OF 12TH GRADE DRIVERS BELIEVE THEY **WOULD NOT BE CAUGHT BY THEIR PARENTS** IF THEY DRANK AND DROVE.

WE ASKED...

In the past year, have your parents/guardians talked to you about **NOT DRINKING AND DRIVING** or riding with a drunk driver?

61%

10TH GRADE STUDENTS

57%

12TH GRADE STUDENTS

MENTAL, SOCIAL, AND PHYSICAL HEALTH

WE ASKED...

In the last 12 months, have you seriously **CONSIDERED SUICIDE**.

20%

10TH GRADE STUDENTS

12%

12TH GRADE STUDENTS

WE ASKED...

In the last 12 months, have you **FELT SO SAD OR HOPELESS ALMOST EVERY DAY FOR 2 WEEKS** or more in a row that you stopped doing usual activities.

33%

8TH GRADE STUDENTS

48%

10TH GRADE STUDENTS

30%

12TH GRADE STUDENTS

SYMPTOMS OF DEPRESSION IN CHILDREN AND TEENS

If you feel your child may be suffering from depression, seek out professional help. The symptoms of depression are often subtle at first. They may occur suddenly or happen slowly over time.

Physical symptoms

- Unexplained aches and pains, such as headaches or stomach pain
- Trouble sleeping, or sleeping too much
- Changes in eating habits that lead to weight gain or loss or not making expected weight gains
- Constant tiredness, lack of energy
- Body movements that seem slow, restless, or agitated

Mental or emotional symptoms

- Irritability or temper tantrums
- Difficulty thinking and making decisions
- Decline in academic achievements
- Having low self-esteem, being self-critical, and/or feeling that others are unfairly critical
- Feelings of guilt and hopelessness
- Social withdrawal, such as lack of interest in friends
- Anxiety, such as worrying too much or fearing separation from a parent
- Thinking about death or feeling suicidal

RESOURCES

CONTACT of Northern Illinois

24-hour/7 days a week HELPLINE

1-888-463-6260 • www.NIContact.org

FHN Family Counseling Center

1-815-599-7300 • www.FHN.org/SUP

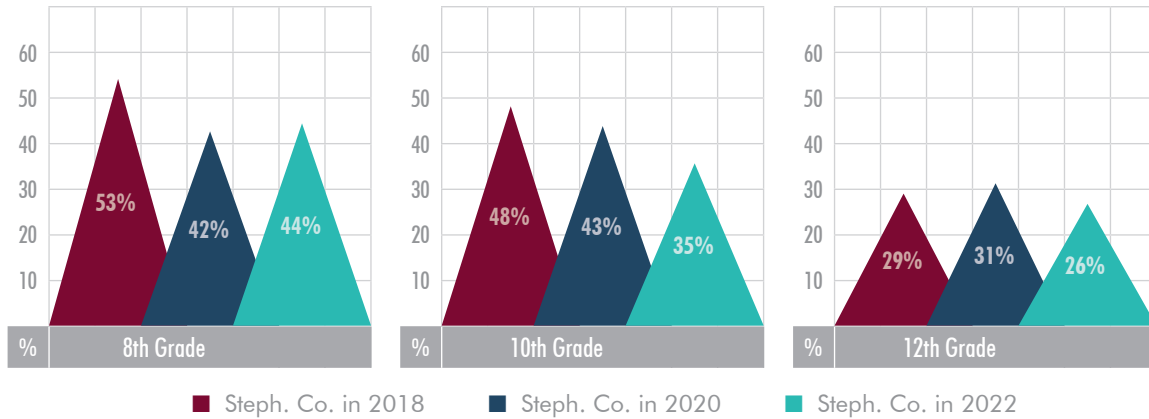
Substance Abuse and Mental Health Services Administration (SAMHSA)

- National Suicide Prevention Hotline: 1-800-273-8255 (TALK)
- National Helpline: 1-800-662-4357 (HELP)

www.SAMHSA.gov

Students reporting that they have **experienced any type of BULLYING*** in the past year.

**Called names, threatened, physically assaulted, cyber-bullied.*



13%
8TH GRADE

16%
10TH GRADE

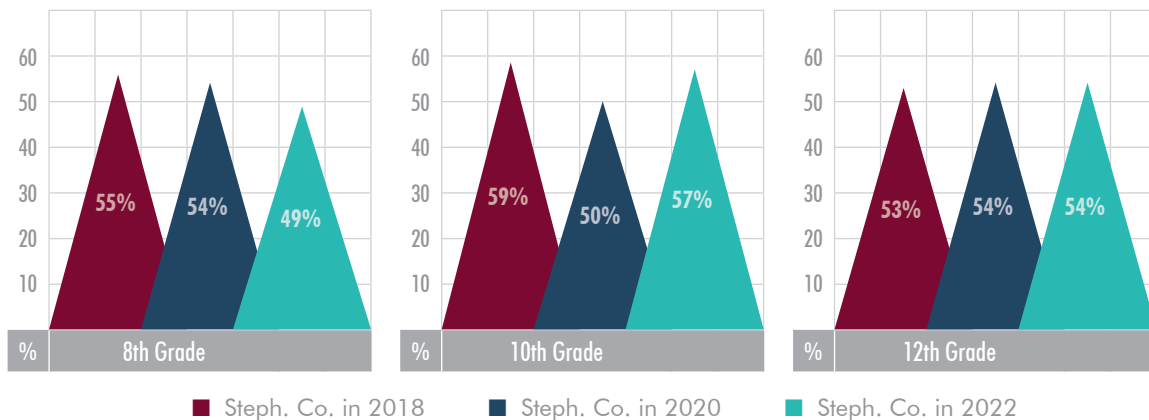
13%
12TH GRADE

STEPHENSON COUNTY STUDENTS THAT HAVE A **PREVALENCE OF OBESITY**.
COMPARED TO THE STATE AVERAGE OF 18% IN ALL GRADE LEVELS.

WE ASKED...

On an average school day, how many hours do you **play VIDEO OR COMPUTER GAMES** or use a computer for something that is not school work?

Students reported using 4-7 hours a day or more:



WHAT CAN YOU DO?

SUBSTANCE USE IS EVERYONE'S PROBLEM AND WE MUST WORK TOGETHER AS A COMMUNITY TO SUPPORT OUR YOUTH.

FAMILIES

- Families can help prevent underage drinking by staying involved in their children's lives. It is important for families to pay attention to what's happening with their teens.
- Parents and caregivers play a vital role in influencing their child's attitudes and behaviors. They serve as role models on the use of alcohol, control the availability of alcohol in their home, and are instrumental in setting clear guidelines and expectations concerning drinking behaviors.

SCHOOLS

- Educational programs in schools can help young adults learn about the social, psychological, and biological implications of alcohol and drug misuse. Informational programs, such as *ALL STARS – Building Bright Futures*, can help young adults make responsible choices.
- School administrators and staff can send clear messages to students and parents about the risks of young adult alcohol and drug misuse relative to accidents, injuries and deaths, alcohol/chemical abuse and dependency, unwanted and/or unplanned sexual activity, academic achievement, and violence.

COMMUNITY & SOCIAL SERVICE SUPPORTS

- Community and social service support organizations can develop special events and communications to appeal to young adults.
- Organizations can provide confidential services and referrals geared toward young adults.

BUSINESS

- Workplace policies can send clear messages about risks of alcohol and drug misuse both at and outside of the workplace.
- Signs, posters, paycheck inserts and other messages can help frame the risks of alcohol and drug misuse and provide information on ways to get help in a caring manner.
- Managers and employers can encourage early and confidential conversations about problems an employee may be experiencing as a result of alcohol or drug misuse. Sometimes just initiating a conversation can help a young adult better see how substance use might be affecting his/her work and well-being.

SAFETY & LAW ENFORCEMENT

- Effective enforcement of alcohol and drug laws can serve as a deterrent.
- Alternatives to sentencing can provide education and incentives to help address underlying alcohol and drug problems in lieu of or in addition to fines. These alternatives help young adults explore their own patterns of use or misuse and provide motivation to change patterns and lower risk.

HEALTH & MEDICAL

- Health and medical clinics working with young adults can offer education and early intervention programs, including confidential screening and assessments, brief interventions and referral to treatment and recovery support services.
- Culturally sensitive services and health promotion messages can be designed to appeal to young adults.

THE 2022 STATE OF OUR YOUTH

Stephenson County



- Alcohol and Marijuana Use
- Contributing Factors for Use
- Mental, Social, and Physical Health

WHAT ARE THE
STATISTICS?
WHAT CAN
YOU DO?

ADDITIONAL HELPFUL RESOURCES

Talk. They Hear You. (SAMHSA)
<https://underagedrinking.samhsa.gov>

Partnership for Drug-Free Kids
www.drugfree.org



421 W. Exchange St. • Freeport, IL 61032
Phone: 815-599-7300

Funded in whole or part by the Illinois Department of Human Services