



# Healthy Youth Survey Fact Sheet

## Alcohol Use for King County, page 1 of 2

Year: 2014

Grade: 6

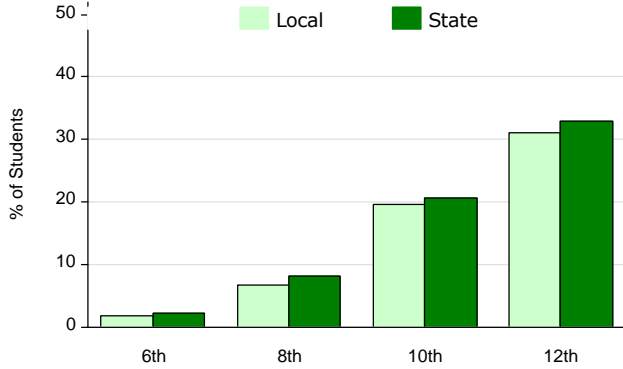
Gender: Both

Number of Students Surveyed: 2,702

### Background:

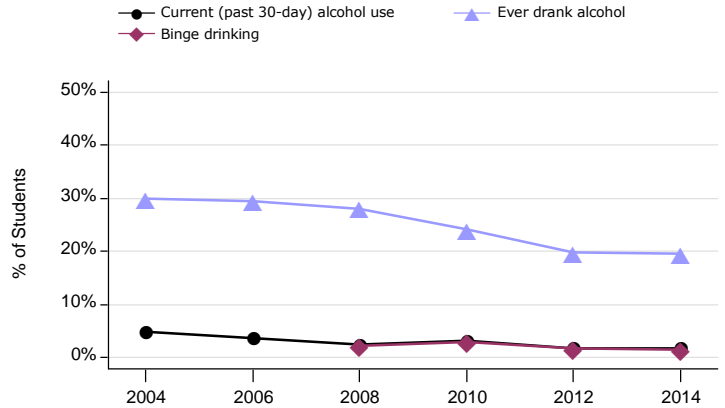
- 5,000 people under the age of 21 die each year from alcohol-related car crashes, homicides, suicides, poisoning, falls, drownings and other injuries.
- Alcohol is also associated with violence, school failure, and sexual activity.
- Research shows that heavy alcohol use during teen years can permanently damage the still developing brain.

**Current (past 30 days) Alcohol Use Compared to the State, All Grades, 2014**



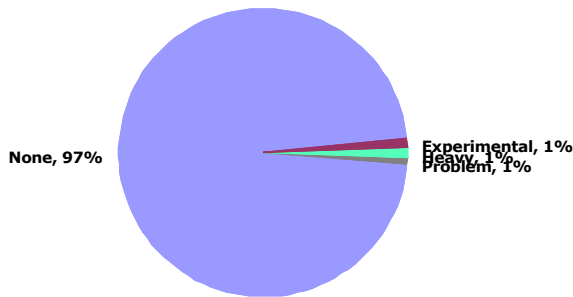
Prevalence	6th	8th	10th	12th
Local	2% ±0	7% ±1*	20% ±3	31% ±5
State	2% ±0	8% ±1	21% ±2	33% ±3

**Alcohol Use Trends, Grade 6**



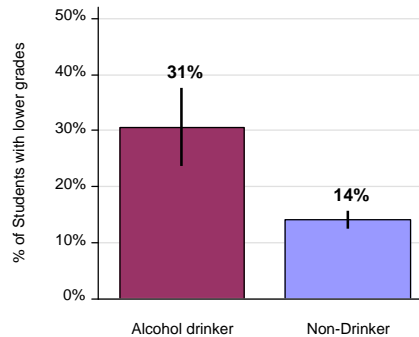
Prevalence	2004	2006	2008	2010	2012	2014
Current (past 30-day) alcohol use	5% ±2	4% ±1	2% ±1	3% ±1	2% ±1*	2% ±0
Ever drank alcohol	30% ±3	29% ±2	28% ±4	24% ±3*	20% ±2*	20% ±3
Binge drinking	N/A	N/A	2% ±1	3% ±1	2% ±1	1% ±1

**Level of Alcohol Use Grade 6, 2014**



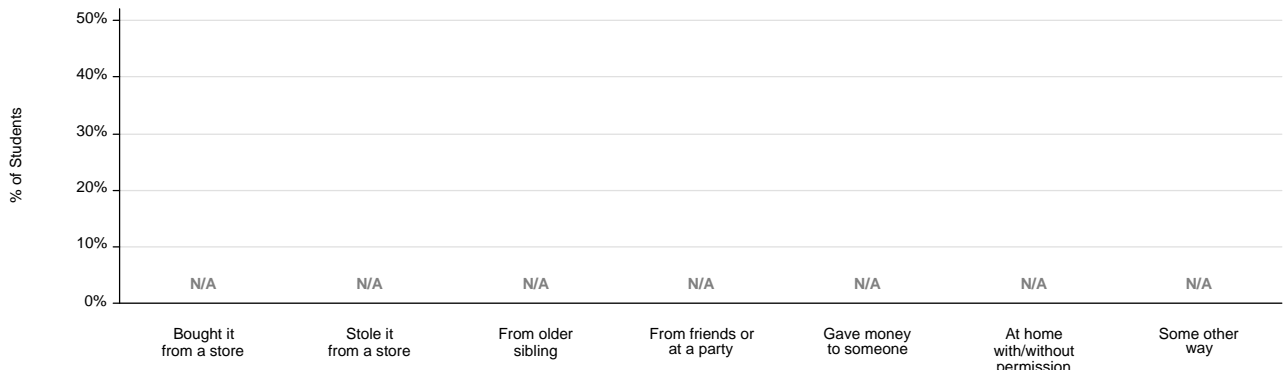
- None: no drinking in the past 30 days
- Experimental: 1-2 days drinking, and no binge drinking
- Heavy: 3-5 days drinking, and/or one binge
- Problem: 6+ days drinking, and/or 2+ binges

**Statewide Relationship between Lower Grades and Current (past 30-day) Alcohol Use Grade 6, 2014**



*Statewide, 6th graders who drink alcohol are more likely to report lower grades in school (C's, D's or F's) compared to those who don't drink.*

**Where Do Youth Get Alcohol?, Grade 6, 2014**

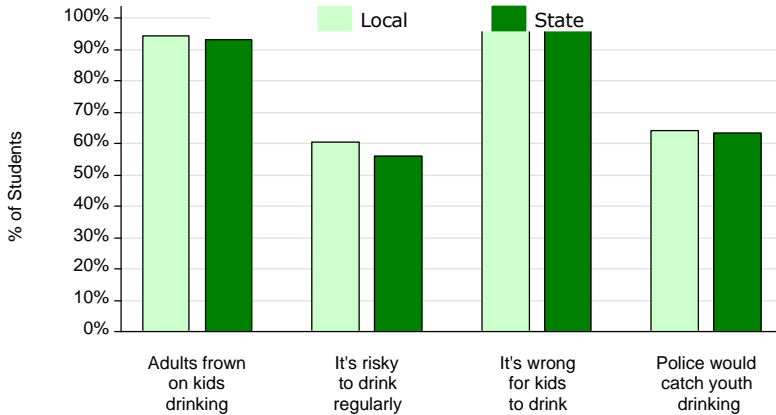




# Healthy Youth Survey Fact Sheet

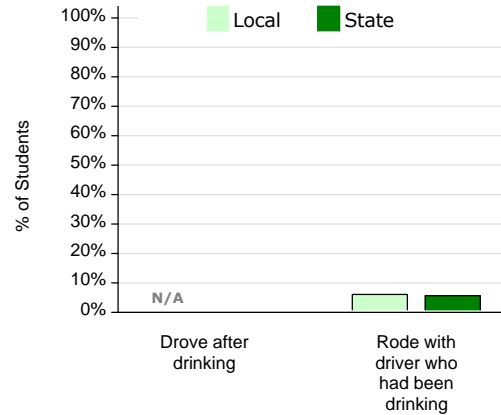
## Alcohol Use for King County, page 2 of 2

**Youth Perceptions about Alcohol Compared to the State, Grade 6, 2014**



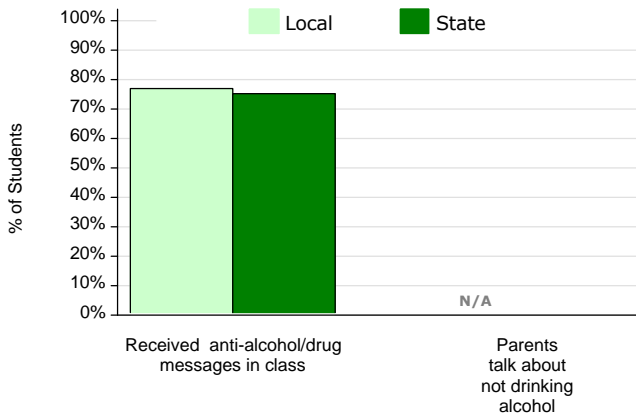
Prevalence	Adults frown on drinking	Regular drinking is risky	Drinking is wrong for kids	Police would catch youth drinking
Local	94% ±1	60% ±4	97% ±1	64% ±3
State	93% ±1	56% ±2	96% ±0	63% ±2

**Drinking and Driving/Riding Compared to the State, Grade 6, 2014**



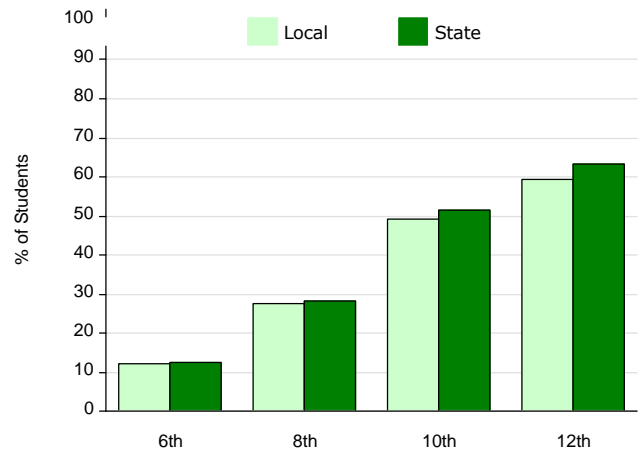
Prevalence	Drove after drinking	Rode with driver who had been drinking
Local	N/A	6% ±1
State	N/A	6% ±0

**Received Anti-Alcohol Messages Compared to the State, Grade 6, 2014**



Prevalence	Received anti-alcohol/drug messages in class	Parents talked about drinking
Local	77% ±4	N/A
State	75% ±2	N/A

**Youth Perception that Alcohol is Easy to Get Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	12% ±2	28% ±3	49% ±4	59% ±5
State	13% ±1	28% ±2	51% ±2	63% ±2

**For More Information:**

- Parents, schools, and communities can work together to keep youth healthy and safe.
- For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse [adaiclearinghouse.org](http://adaiclearinghouse.org) or call (206) 221-8325.
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org)



# Healthy Youth Survey Fact Sheet

## Substance Use for King County

Year: 2014

Grade: 6

Gender: Both

Number of Students Surveyed: 2,702

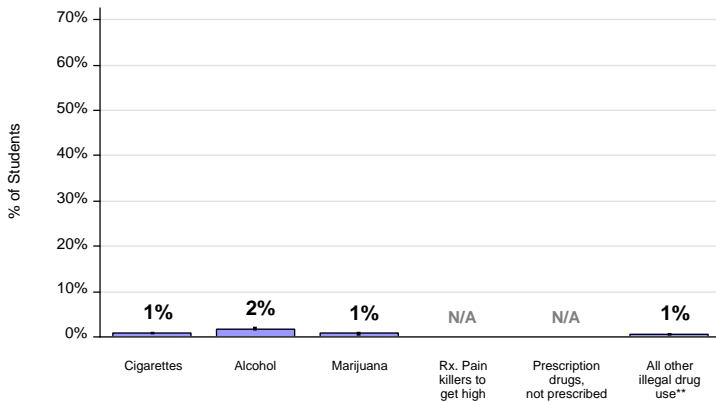
### Background:

- Parents are the primary influence on their children's decision to use alcohol, tobacco, and other drugs.
- The developing brain is more vulnerable to the effects of alcohol and other drugs. Brain development continues into the mid-20s.

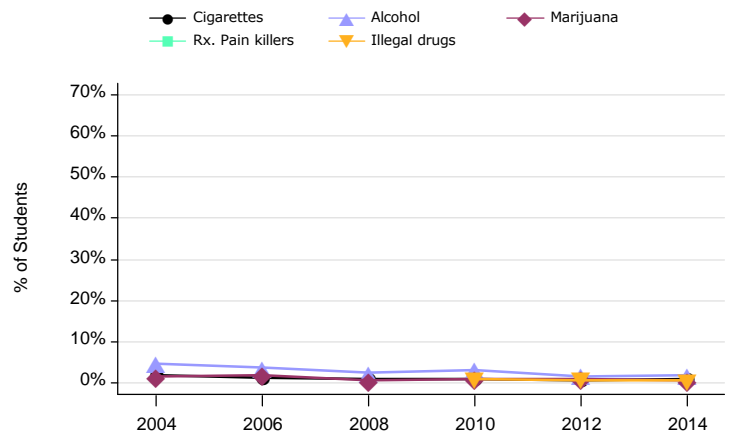
### For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe.
- For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
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**Current (past 30-day) Substance Use  
Grade 6, 2014**

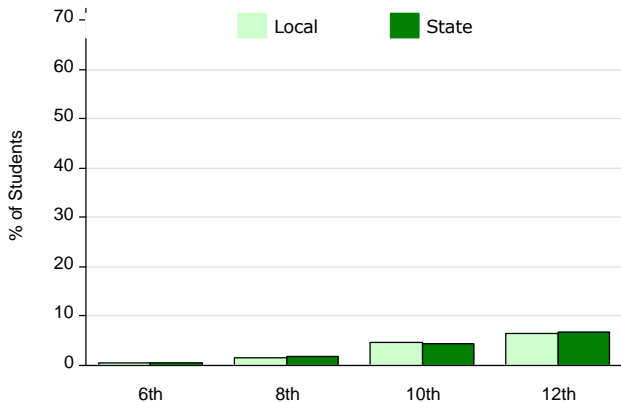


**Current (past 30-day) Substance Use Trends, Grade 6**



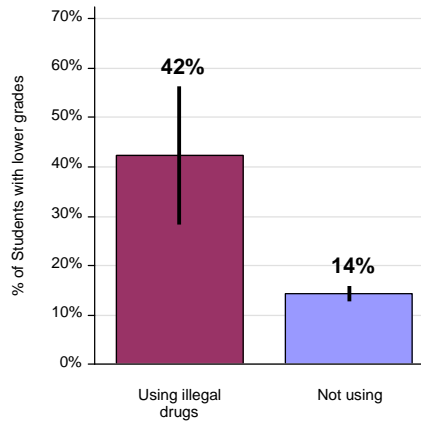
Most youth don't use alcohol or other substances.

**Current (past 30-day) All Other Illegal Drug Use\*\*  
Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	1% ±0	2% ±0	5% ±1	6% ±1
State	1% ±0	2% ±0	4% ±1	7% ±1

**Statewide Relationship between  
Lower Grades and Current (past 30-day) All Other Illegal Drug Use\*\*  
Grade 6, 2014**



Statewide, 6th graders who use illegal drugs (not including alcohol, tobacco or marijuana) are more likely to report lower grades in school (C's, D's or F's) compared to those who don't use.

\*\*All other illegal drug use includes prescription drugs not prescribed, Rx pain killers to get high, and all other illegal drugs; but does not include alcohol, tobacco or marijuana.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)

\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-19-2015

**Missing codes:** S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade;



# Healthy Youth Survey Fact Sheet

## Marijuana Use for King County

Year: 2014

Grade: 6

Gender: Both

Number of Students Surveyed: 2,702

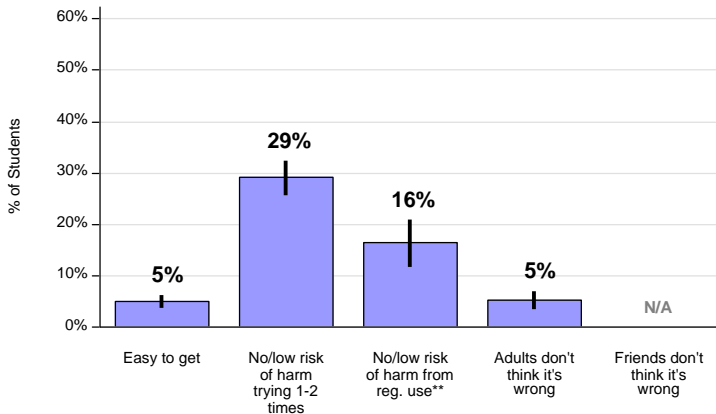
### Background:

- Marijuana is addictive. Most teens who enter drug treatment programs report marijuana is the main drug they use.
- When teens use marijuana, anxiety and depression can get worse.
- Teens who use marijuana can have problems with learning and memory and are more likely to fail in school.

### For More Information:

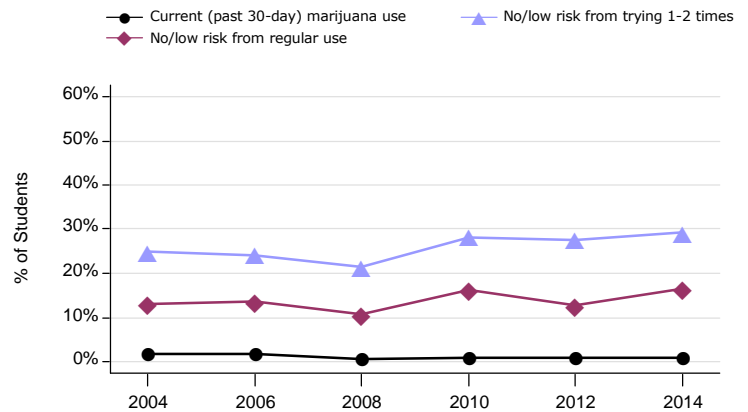
- Parents, schools, and communities can work together to keep youth healthy and safe.
- For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse [adaiclearinghouse.org](http://adaiclearinghouse.org) or call (206) 221-8325.
- For 24 hour help for mental health, substance use and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).

**Attitudes about Marijuana Use  
Grade 6, 2014**



*In 2014, 16% of 6th graders in our county thought there was little or no risk of using marijuana regularly.*

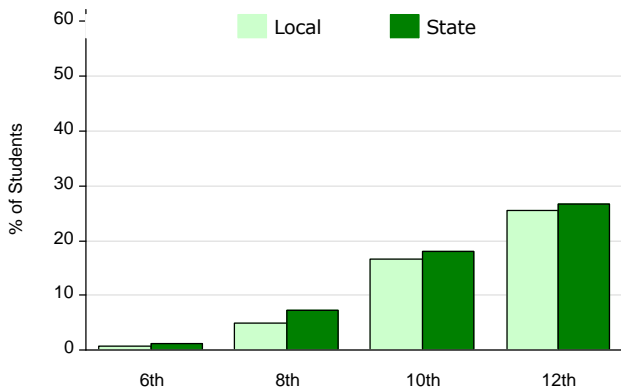
**Marijuana Use and Perception of Harm Trends  
Grade 6**



Prevalence	2004	2006	2008	2010	2012	2014
Current (past 30-day) marijuana use	2% ±1	2% ±1	1% ±0*	1% ±0	1% ±1	1% ±0
No/low risk from trying 1-2 times	25% ±3	24% ±3	21% ±5	28% ±3*	28% ±4	29% ±3
No/low risk from regular use**	13% ±3	14% ±3	11% ±4	16% ±4	13% ±3	16% ±5

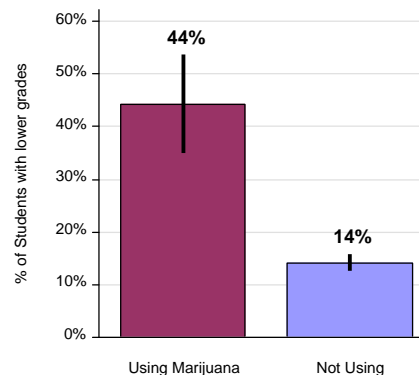
*\*\*"Smoked" marijuana regularly was changed to "Use" regularly in 2014. This may mark a break in the trend.*

**Current (past 30-day) Marijuana Use  
Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	1% ±0*	5% ±1*	17% ±3	26% ±3
State	1% ±0	7% ±1	18% ±2	27% ±2

**Statewide Relationship between  
Lower Grades and Current (past 30-day) Marijuana Use  
Grade 6, 2014**



*Statewide, 6th graders who use marijuana are more likely to report lower grades in school (C's, D's or F's) compared to those who don't use.*

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)  
\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



# Healthy Youth Survey Fact Sheet

## Tobacco Use for King County

Year: 2014

Grade: 6

Gender: Both

Number of Students Surveyed: 2,702

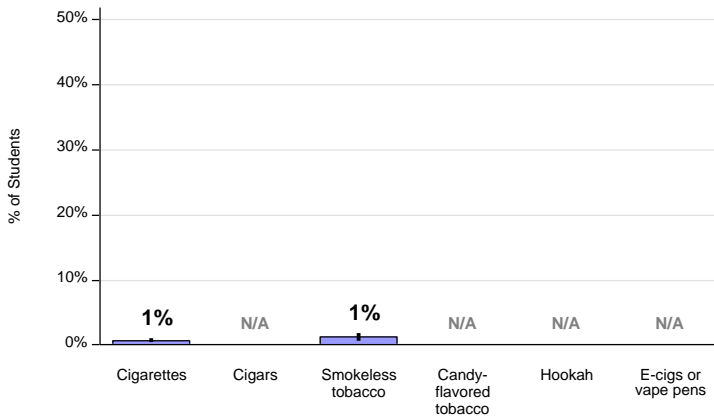
### Background:

- In Washington State, about 40 youth start smoking cigarettes each day.
- One in three of all youth smokers will die prematurely from a smoking-caused disease.
- Smoking is associated with the increased risk of drug use and low academic performance.

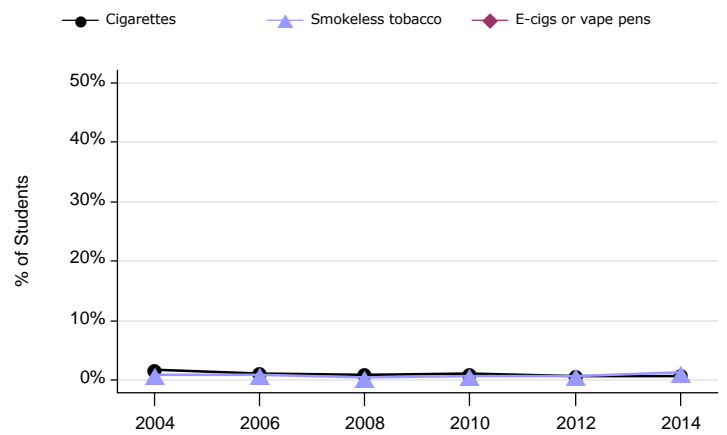
### For More Information:

- The Washington State Department of Health funds a statewide tobacco prevention and control program to keep youth from beginning to use tobacco, to help people quit using tobacco, and to reduce exposure to secondhand smoke. Visit [www.doh.wa.gov/YouandYourFamily/Tobacco](http://www.doh.wa.gov/YouandYourFamily/Tobacco).
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org)

**Current (past 30-day) Tobacco Use  
Grade 6, 2014**

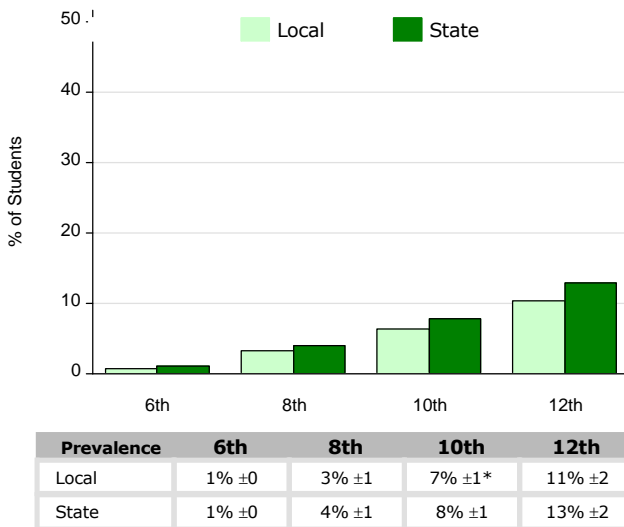


**Current (past 30-day) Tobacco Use Trends, Grade 6**

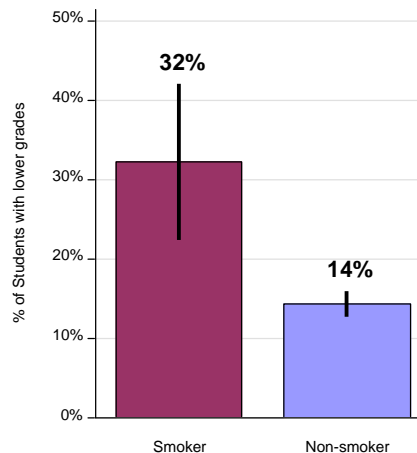


Prevalence	2004	2006	2008	2010	2012	2014
Cigarettes	2% ±1	1% ±0	1% ±1	1% ±1	1% ±0	1% ±0
Smokeless tobacco	1% ±0	1% ±0	1% ±0	1% ±0	1% ±0	1% ±1
E-cigs or vape pens	N/S	N/S	N/S	N/S	N/S	N/A

**Current (past 30-day) Cigarette Smoking  
Compared to the State, All Grades, 2014**



**Statewide Relationship between  
Lower Grades and  
Current (past 30-day) Cigarette Smoking  
Grade 6, 2014**



*Statewide, 6th graders who smoke cigarettes are more likely to report lower grades in school (C's, D's or F's) compared to non-smokers.*

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)  
\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



# Healthy Youth Survey Fact Sheet

## Alcohol Use for King County, page 1 of 2

Year: 2014

Grade: 8

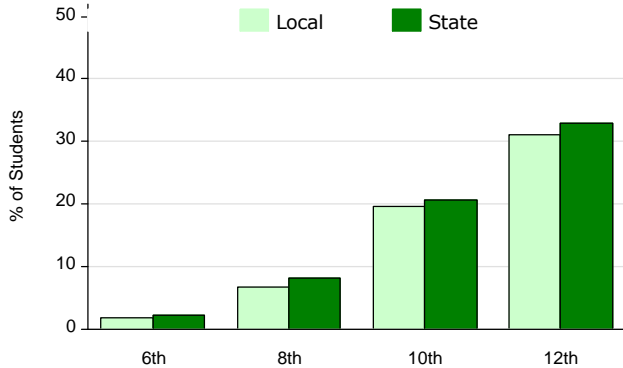
Gender: Both

Number of Students Surveyed: 4,135

### Background:

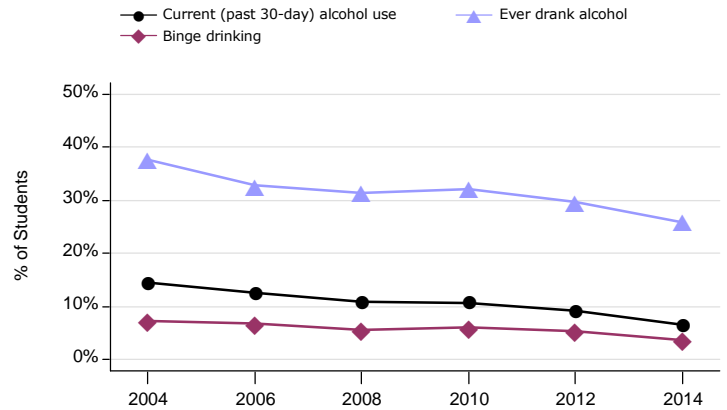
- 5,000 people under the age of 21 die each year from alcohol-related car crashes, homicides, suicides, poisoning, falls, drownings and other injuries.
- Alcohol is also associated with violence, school failure, and sexual activity.
- Research shows that heavy alcohol use during teen years can permanently damage the still developing brain.

**Current (past 30 days) Alcohol Use Compared to the State, All Grades, 2014**



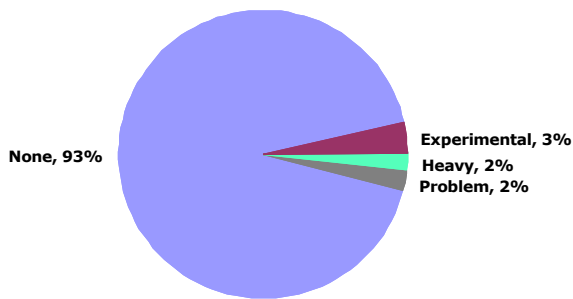
Prevalence	6th	8th	10th	12th
Local	2% ±0	7% ±1*	20% ±3	31% ±5
State	2% ±0	8% ±1	21% ±2	33% ±3

**Alcohol Use Trends, Grade 8**



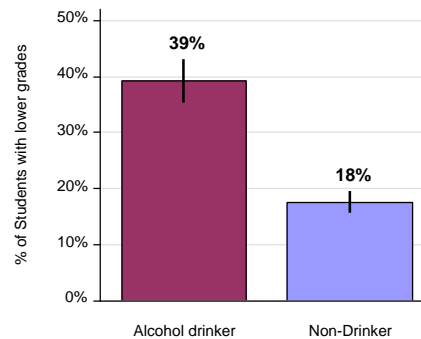
Prevalence	2004	2006	2008	2010	2012	2014
Current (past 30-day) alcohol use	15% ±2	12% ±3	11% ±2	11% ±2	9% ±2	7% ±1*
Ever drank alcohol	38% ±4	33% ±5	31% ±4	32% ±4	30% ±4	26% ±3
Binge drinking	7% ±2	7% ±3	5% ±2	6% ±1	5% ±1	4% ±1

**Level of Alcohol Use Grade 8, 2014**



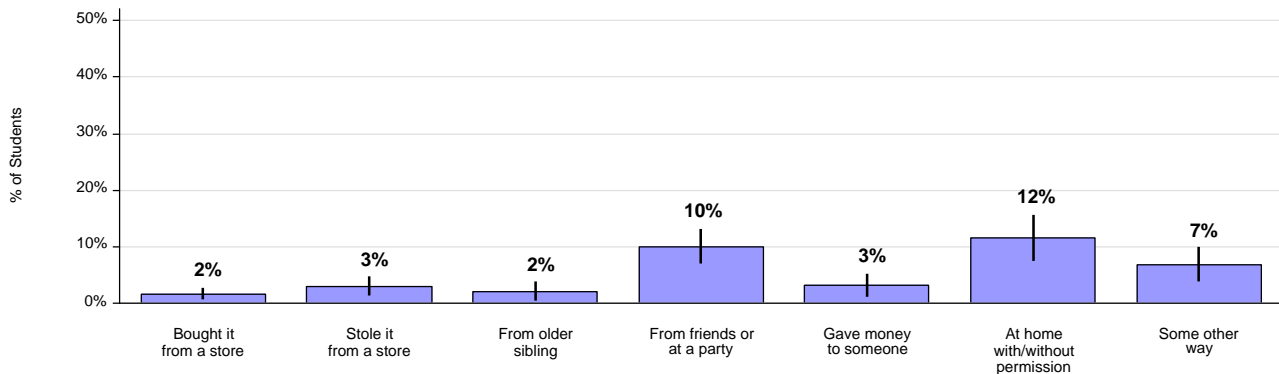
- None: no drinking in the past 30 days
- Experimental: 1-2 days drinking, and no binge drinking
- Heavy: 3-5 days drinking, and/or one binge
- Problem: 6+ days drinking, and/or 2+ binges

**Statewide Relationship between Lower Grades and Current (past 30-day) Alcohol Use Grade 8, 2014**



*Statewide, 8th graders who drink alcohol are more likely to report lower grades in school (C's, D's or F's) compared to those who don't drink.*

**Where Do Youth Get Alcohol?, Grade 8, 2014**

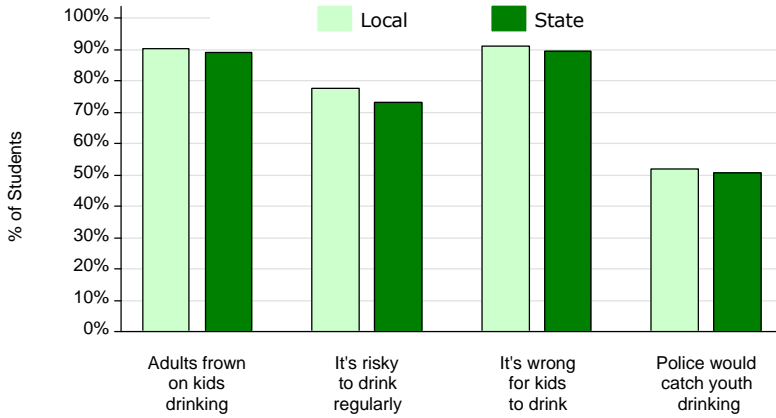




# Healthy Youth Survey Fact Sheet

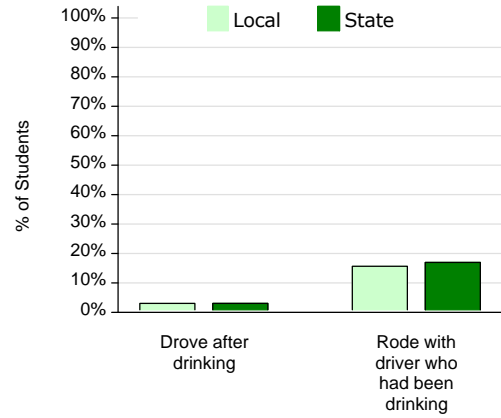
## Alcohol Use for King County, page 2 of 2

**Youth Perceptions about Alcohol Compared to the State, Grade 8, 2014**



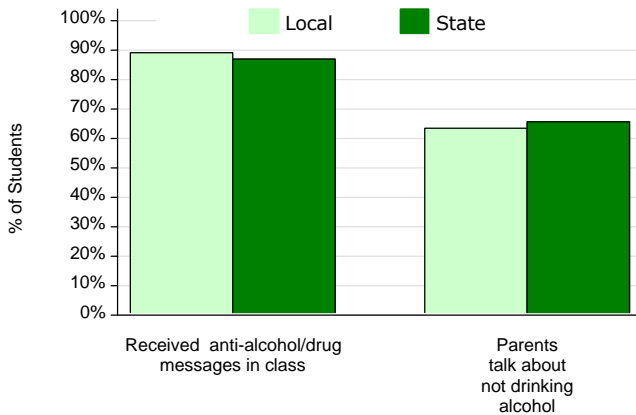
Prevalence	Adults frowned on kids drinking	Regular drinking is risky	Drinking is wrong for kids	Police would catch youth drinking
Local	90% ±2	78% ±4	91% ±2	52% ±3
State	89% ±1	73% ±2	89% ±1	51% ±2

**Drinking and Driving/Riding Compared to the State, Grade 8, 2014**



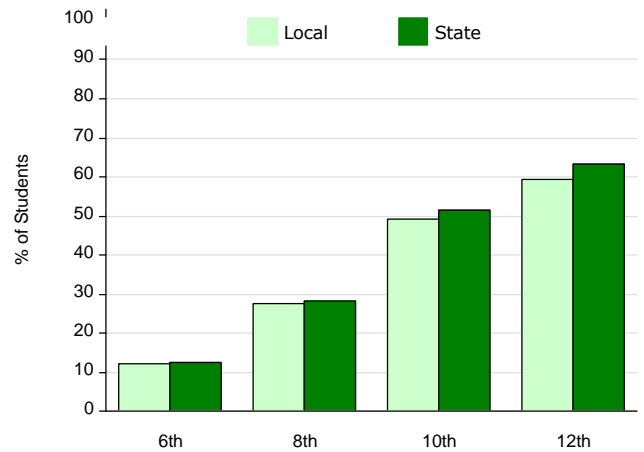
Prevalence	Drove after drinking	Rode with driver who had been drinking
Local	3% ±1	16% ±4
State	3% ±1	17% ±2

**Received Anti-Alcohol Messages Compared to the State, Grade 8, 2014**



Prevalence	Received anti-alcohol/drug messages in class	Parents talked about drinking
Local	89% ±3	64% ±3
State	87% ±2	66% ±2

**Youth Perception that Alcohol is Easy to Get Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	12% ±2	28% ±3	49% ±4	59% ±5
State	13% ±1	28% ±2	51% ±2	63% ±2

**For More Information:**

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# Healthy Youth Survey Fact Sheet

## Substance Use for King County

Year: 2014

Grade: 8

Gender: Both

Number of Students Surveyed: 4,135

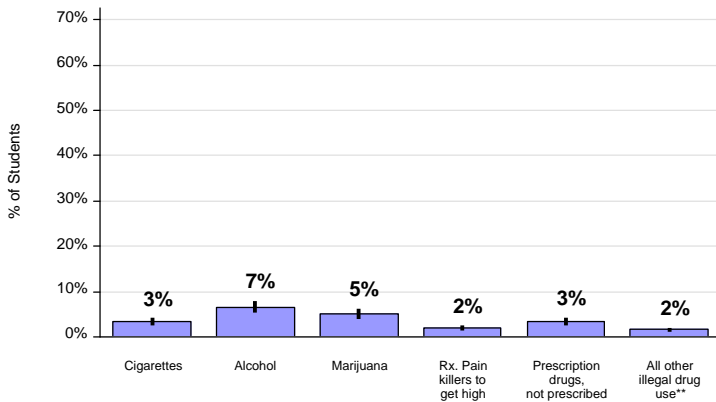
### Background:

- Parents are the primary influence on their children's decision to use alcohol, tobacco, and other drugs.
- The developing brain is more vulnerable to the effects of alcohol and other drugs. Brain development continues into the mid-20s.

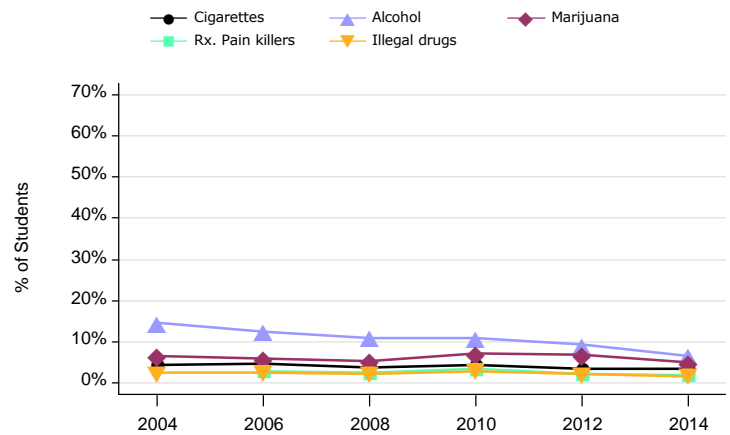
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**Current (past 30-day) Substance Use  
Grade 8, 2014**

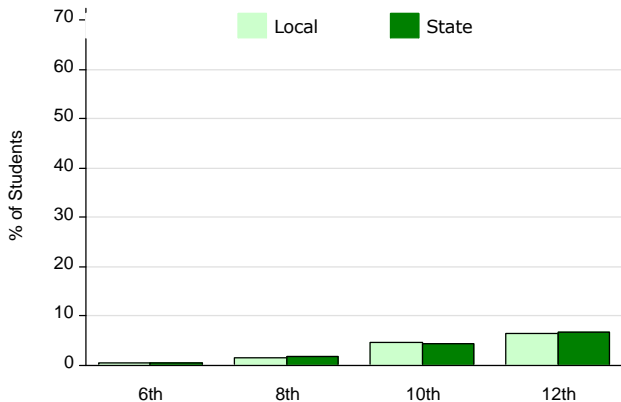


**Current (past 30-day) Substance Use Trends, Grade 8**



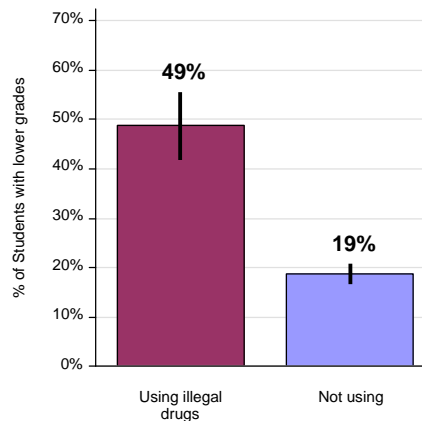
Most youth don't use alcohol or other substances.

**Current (past 30-day) All Other Illegal Drug Use\*\*  
Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	1% ±0	2% ±0	5% ±1	6% ±1
State	1% ±0	2% ±0	4% ±1	7% ±1

**Statewide Relationship between  
Lower Grades and Current (past 30-day) All Other Illegal Drug Use\*\*  
Grade 8, 2014**



Statewide, 8th graders who use illegal drugs (not including alcohol, tobacco or marijuana) are more likely to report lower grades in school (C's, D's or F's) compared to those who don't use.

\*\*All other illegal drug use includes prescription drugs not prescribed, Rx pain killers to get high, and all other illegal drugs; but does not include alcohol, tobacco or marijuana.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)  
\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-19-2015

Missing codes: S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade;





# Healthy Youth Survey Fact Sheet

## Marijuana Use for King County

Year: 2014

Grade: 8

Gender: Both

Number of Students Surveyed: 4,135

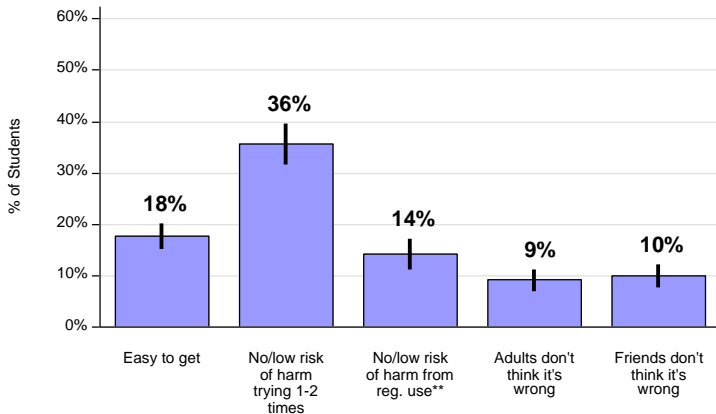
### Background:

- Marijuana is addictive. Most teens who enter drug treatment programs report marijuana is the main drug they use.
- When teens use marijuana, anxiety and depression can get worse.
- Teens who use marijuana can have problems with learning and memory and are more likely to fail in school.

### For More Information:

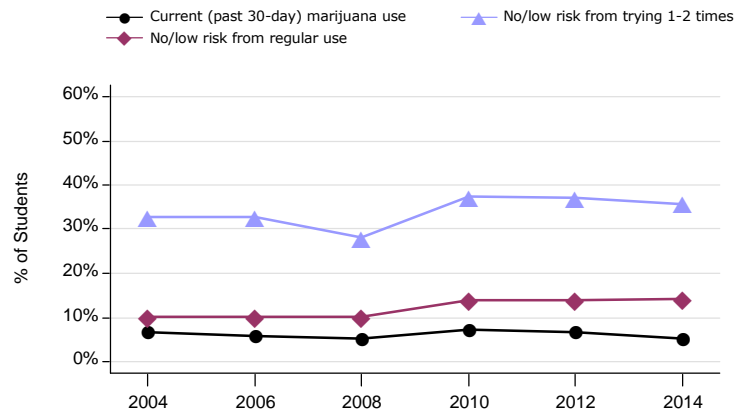
- Parents, schools, and communities can work together to keep youth healthy and safe.
- For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse [adaiclearinghouse.org](http://adaiclearinghouse.org) or call (206) 221-8325.
- For 24 hour help for mental health, substance use and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).

**Attitudes about Marijuana Use  
Grade 8, 2014**



*In 2014, 14% of 8th graders in our county thought there was little or no risk of using marijuana regularly.*

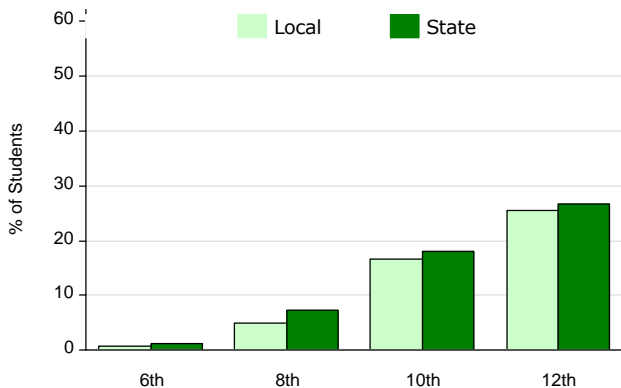
**Marijuana Use and Perception of Harm Trends  
Grade 8**



Prevalence	2004	2006	2008	2010	2012	2014
Current (past 30-day) marijuana use	7% ±2	6% ±2	5% ±1	7% ±2*	7% ±2	5% ±1
No/low risk from trying 1-2 times	33% ±5	33% ±6	28% ±3	37% ±3*	37% ±3	36% ±4
No/low risk from regular use**	10% ±3	10% ±3	10% ±3	14% ±3	14% ±4	14% ±3

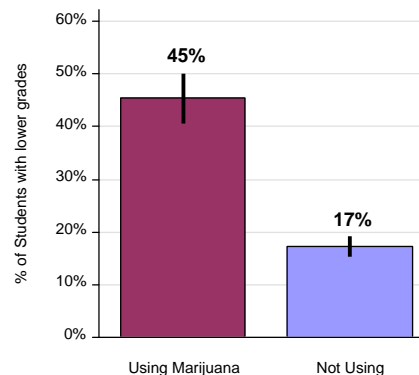
\*\*\*"Smoked" marijuana regularly was changed to "Use" regularly in 2014. This may mark a break in the trend.

**Current (past 30-day) Marijuana Use  
Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	1% ±0*	5% ±1*	17% ±3	26% ±3
State	1% ±0	7% ±1	18% ±2	27% ±2

**Statewide Relationship between  
Lower Grades and Current (past 30-day) Marijuana Use  
Grade 8, 2014**



*Statewide, 8th graders who use marijuana are more likely to report lower grades in school (C's, D's or F's) compared to those who don't use.*

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)  
\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



# Healthy Youth Survey Fact Sheet

## Tobacco Use for King County

Year: 2014

Grade: 8

Gender: Both

Number of Students Surveyed: 4,135

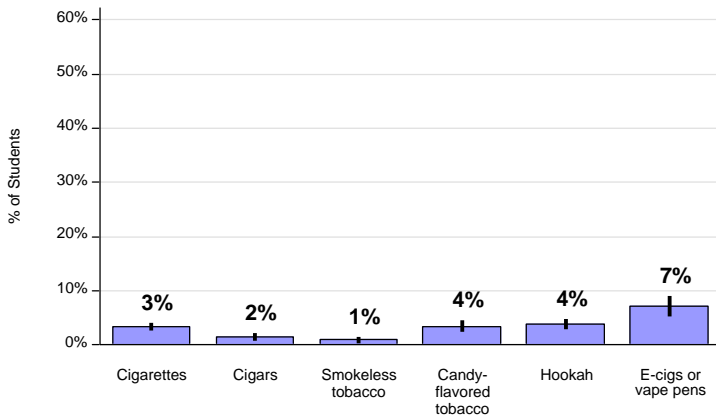
### Background:

- In Washington State, about 40 youth start smoking cigarettes each day.
- One in three of all youth smokers will die prematurely from a smoking-caused disease.
- Smoking is associated with the increased risk of drug use and low academic performance.

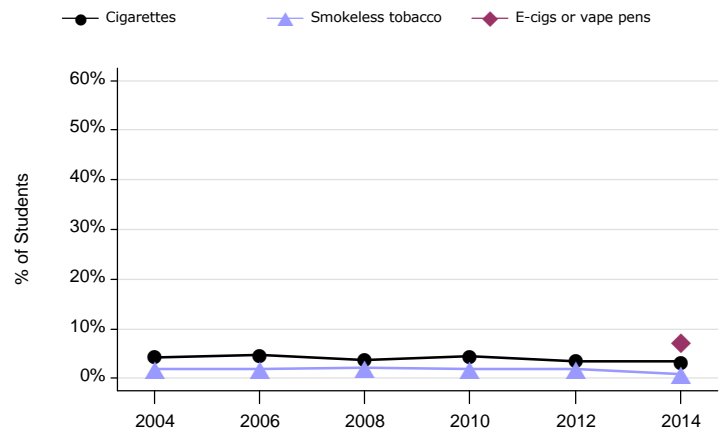
### For More Information:

- The Washington State Department of Health funds a statewide tobacco prevention and control program to keep youth from beginning to use tobacco, to help people quit using tobacco, and to reduce exposure to secondhand smoke. Visit [www.doh.wa.gov/YouandYourFamily/Tobacco](http://www.doh.wa.gov/YouandYourFamily/Tobacco).
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org)

**Current (past 30-day) Tobacco Use  
Grade 8, 2014**

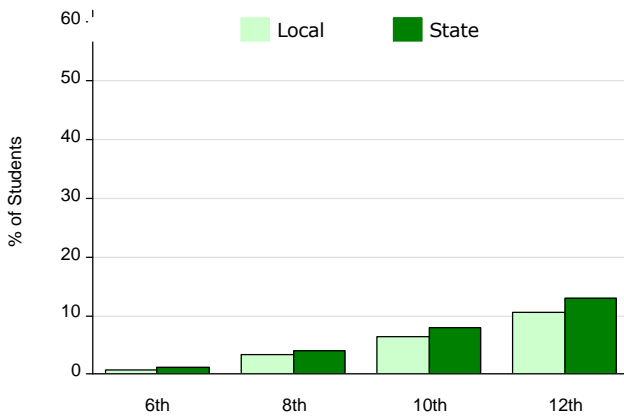


**Current (past 30-day) Tobacco Use Trends, Grade 8**



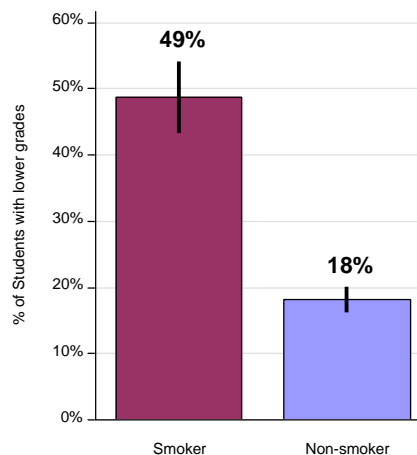
Prevalence	2004	2006	2008	2010	2012	2014
Cigarettes	4% ±1	5% ±1	4% ±1	4% ±1	4% ±1	3% ±1
Smokeless tobacco	2% ±1	2% ±1	2% ±1	2% ±1	2% ±1	1% ±1*
E-cigs or vape pens	N/S	N/S	N/S	N/S	N/S	7% ±2

**Current (past 30-day) Cigarette Smoking  
Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	1% ±0	3% ±1	7% ±1*	11% ±2
State	1% ±0	4% ±1	8% ±1	13% ±2

**Statewide Relationship between  
Lower Grades and  
Current (past 30-day) Cigarette Smoking  
Grade 8, 2014**



*Statewide, 8th graders who smoke cigarettes are more likely to report lower grades in school (C's, D's or F's) compared to non-smokers.*

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)  
\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



# Healthy Youth Survey Fact Sheet

## Alcohol Use for King County, page 1 of 2

Year: 2014

Grade: 10

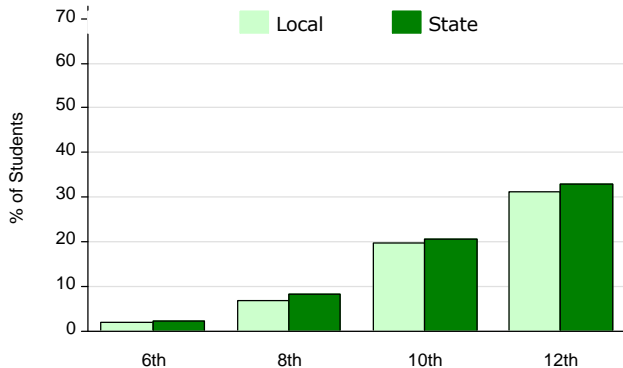
Gender: Both

Number of Students Surveyed: 3,722

### Background:

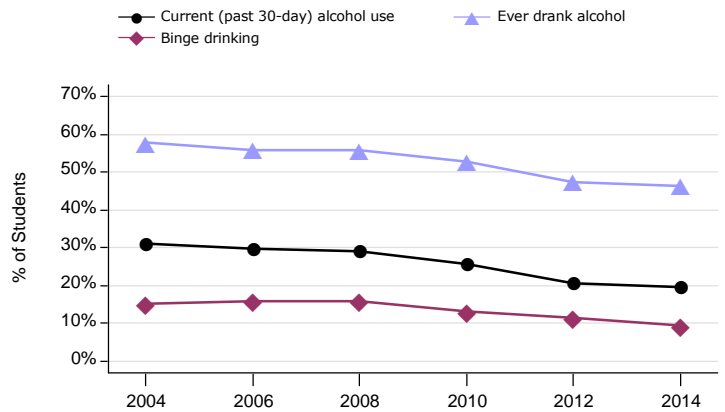
- 5,000 people under the age of 21 die each year from alcohol-related car crashes, homicides, suicides, poisoning, falls, drownings and other injuries.
- Alcohol is also associated with violence, school failure, and sexual activity.
- Research shows that heavy alcohol use during teen years can permanently damage the still developing brain.

**Current (past 30 days) Alcohol Use Compared to the State, All Grades, 2014**



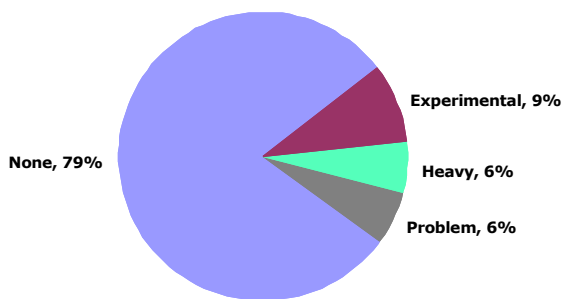
Prevalence	6th	8th	10th	12th
Local	2% ±0	7% ±1*	20% ±3	31% ±5
State	2% ±0	8% ±1	21% ±2	33% ±3

**Alcohol Use Trends, Grade 10**



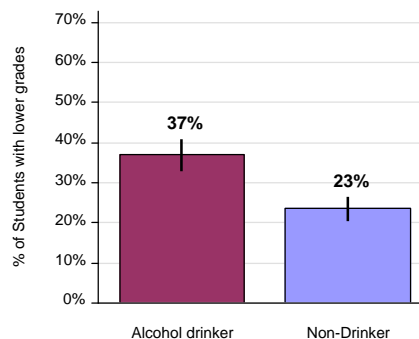
Prevalence	2004	2006	2008	2010	2012	2014
Current (past 30-day) alcohol use	31% ±3	30% ±3	29% ±3	26% ±3	21% ±2*	20% ±3
Ever drank alcohol	58% ±3	56% ±2	56% ±6	53% ±2	47% ±3*	46% ±3
Binge drinking	15% ±2	16% ±3	16% ±4	13% ±3	12% ±2	9% ±2

**Level of Alcohol Use Grade 10, 2014**



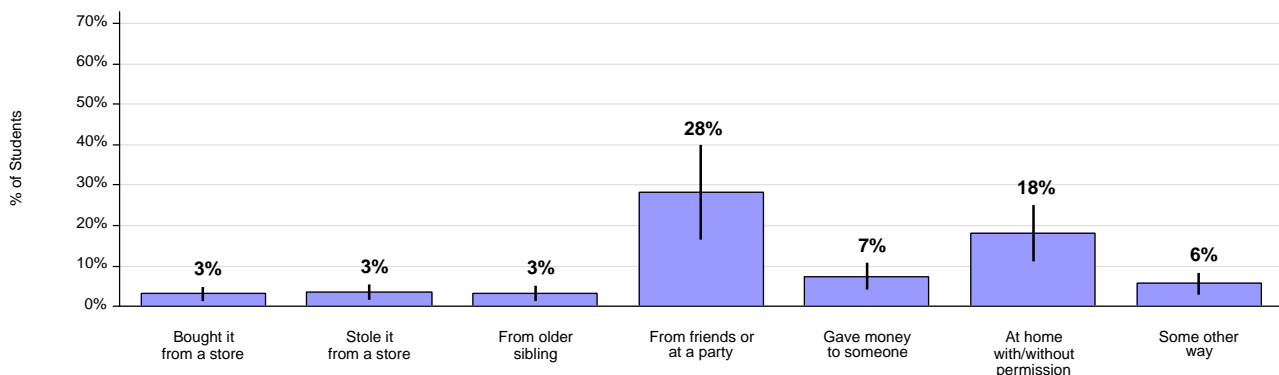
- None: no drinking in the past 30 days
- Experimental: 1-2 days drinking, and no binge drinking
- Heavy: 3-5 days drinking, and/or one binge
- Problem: 6+ days drinking, and/or 2+ binges

**Statewide Relationship between Lower Grades and Current (past 30-day) Alcohol Use Grade 10, 2014**



*Statewide, 10th graders who drink alcohol are more likely to report lower grades in school (C's, D's or F's) compared to those who don't drink.*

**Where Do Youth Get Alcohol?, Grade 10, 2014**

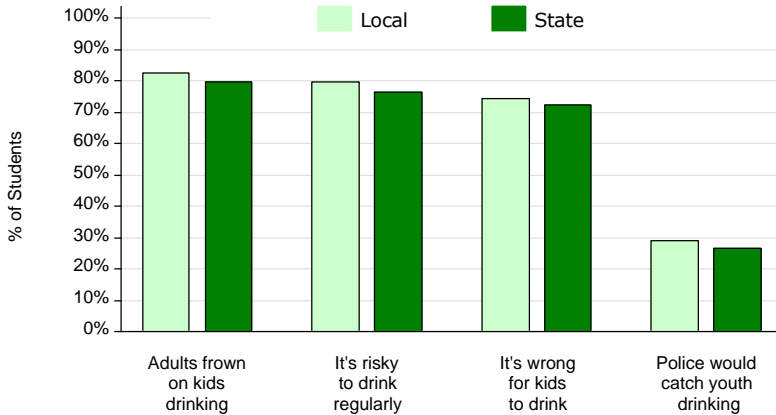




# Healthy Youth Survey Fact Sheet

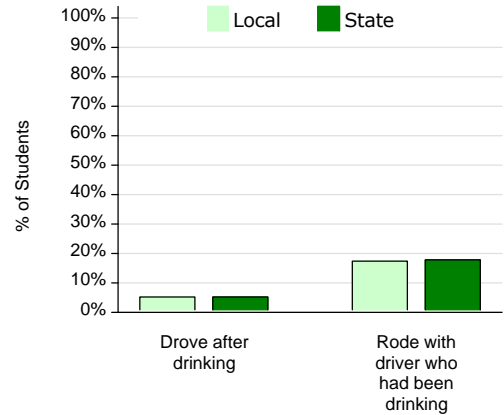
## Alcohol Use for King County, page 2 of 2

**Youth Perceptions about Alcohol Compared to the State, Grade 10, 2014**



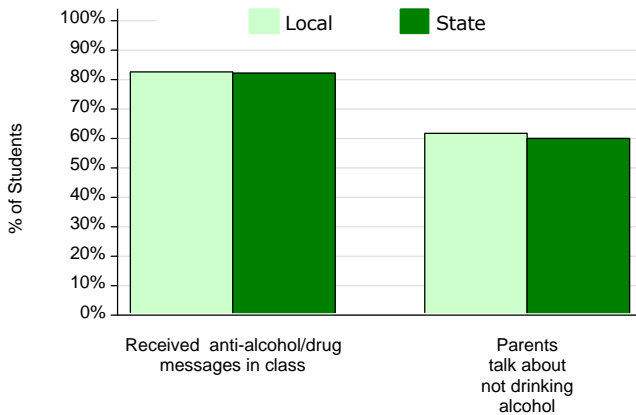
Prevalence	Adults frowned on kids drinking	Regular drinking is risky	Drinking is wrong for kids	Police would catch youth drinking
Local	82% ±2	80% ±3	74% ±4	29% ±2
State	80% ±2	77% ±2	72% ±2	27% ±2

**Drinking and Driving/Riding Compared to the State, Grade 10, 2014**



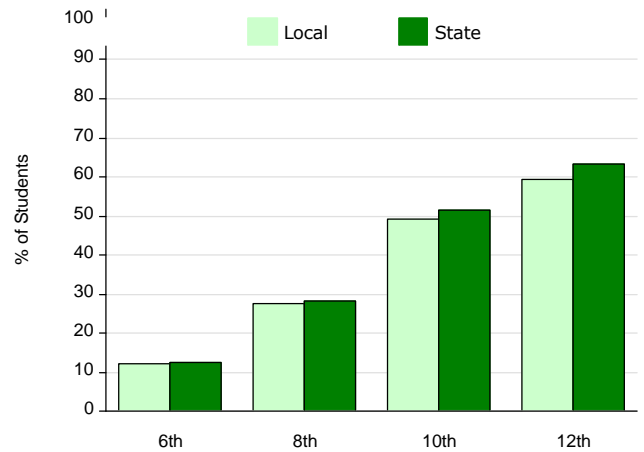
Prevalence	Drove after drinking	Rode with driver who had been drinking
Local	5% ±1	17% ±1
State	5% ±1	18% ±1

**Received Anti-Alcohol Messages Compared to the State, Grade 10, 2014**



Prevalence	Received anti-alcohol/drug messages in class	Parents talked about drinking
Local	82% ±5	62% ±3
State	82% ±3	60% ±2

**Youth Perception that Alcohol is Easy to Get Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	12% ±2	28% ±3	49% ±4	59% ±5
State	13% ±1	28% ±2	51% ±2	63% ±2

**For More Information:**

- Parents, schools, and communities can work together to keep youth healthy and safe.
- For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse [adaiclearinghouse.org](http://adaiclearinghouse.org) or call (206) 221-8325.
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org)



# Healthy Youth Survey Fact Sheet

## Substance Use for King County

Year: 2014

Grade: 10

Gender: Both

Number of Students Surveyed: 3,722

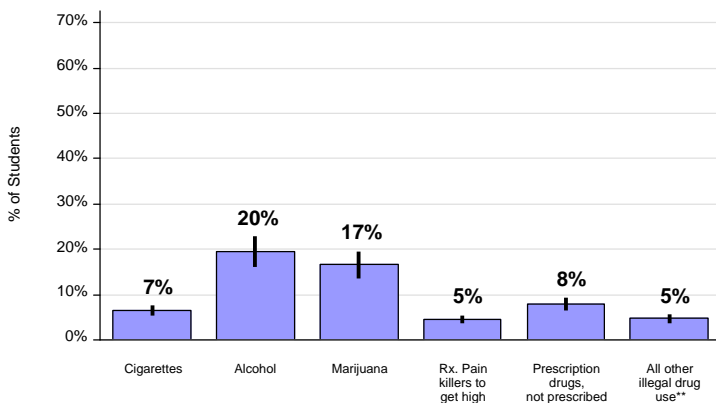
### Background:

- Parents are the primary influence on their children's decision to use alcohol, tobacco, and other drugs.
- The developing brain is more vulnerable to the effects of alcohol and other drugs. Brain development continues into the mid-20s.

### For More Information:

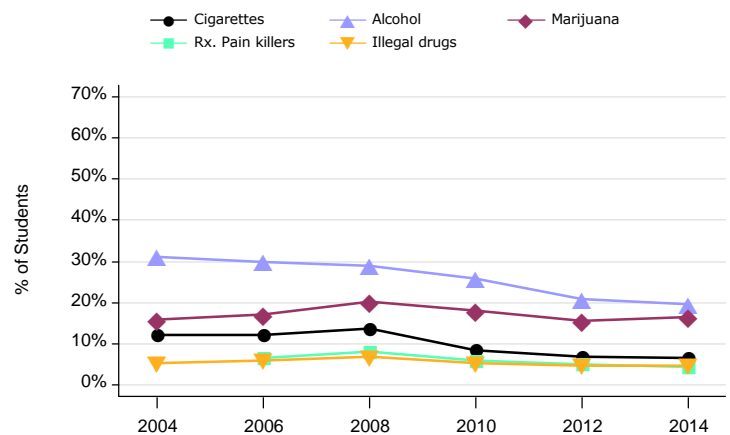
- Parents, schools, and communities can work together to keep youth healthy and safe.
- For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse [www.adaiclearinghouse.org](http://www.adaiclearinghouse.org) or call (206) 221-8325.
- For 24 hour help for mental health, substance use and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).

**Current (past 30-day) Substance Use  
Grade 10, 2014**



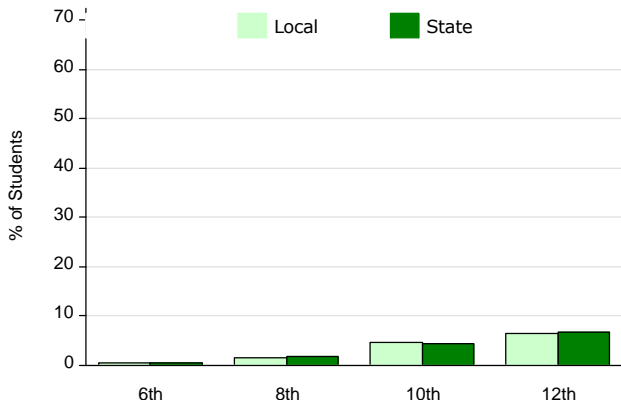
*Most youth don't use alcohol or other substances.*

**Current (past 30-day) Substance Use Trends, Grade 10**



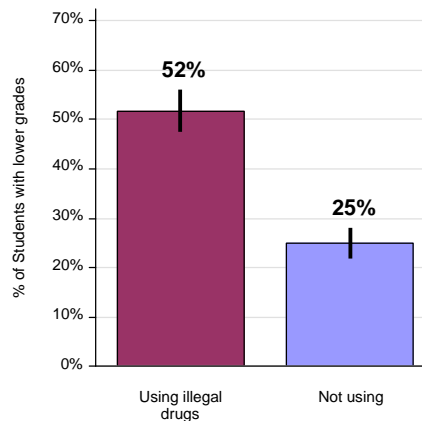
Prevalence	2004	2006	2008	2010	2012	2014
Cigarettes	12% ±2	12% ±3	14% ±3	8% ±1*	7% ±1	7% ±1
Alcohol	31% ±3	30% ±3	29% ±3	26% ±3	21% ±2*	20% ±3
Marijuana	16% ±3	17% ±2	20% ±4	18% ±2	16% ±3	17% ±3
Rx. Pain killers to get high	N/S	6% ±2	8% ±2	6% ±2*	5% ±1	5% ±1
All other illegal drug use**	5% ±1	6% ±1	7% ±2	5% ±1*	5% ±1	5% ±1

**Current (past 30-day) All Other Illegal Drug Use\*\*  
Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	1% ±0	2% ±0	5% ±1	6% ±1
State	1% ±0	2% ±0	4% ±1	7% ±1

**Statewide Relationship between  
Lower Grades and Current (past 30-day) All Other Illegal Drug Use\*\*  
Grade 10, 2014**



*Statewide, 10th graders who use illegal drugs (not including alcohol, tobacco or marijuana) are more likely to report lower grades in school (C's, D's or F's) compared to those who don't use.*

\*\*All other illegal drug use includes prescription drugs not prescribed, Rx pain killers to get high, and all other illegal drugs; but does not include alcohol, tobacco or marijuana.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)  
\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-19-2015

**Missing codes:** S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade;



# Healthy Youth Survey Fact Sheet

## Marijuana Use for King County

Year: 2014

Grade: 10

Gender: Both

Number of Students Surveyed: 3,722

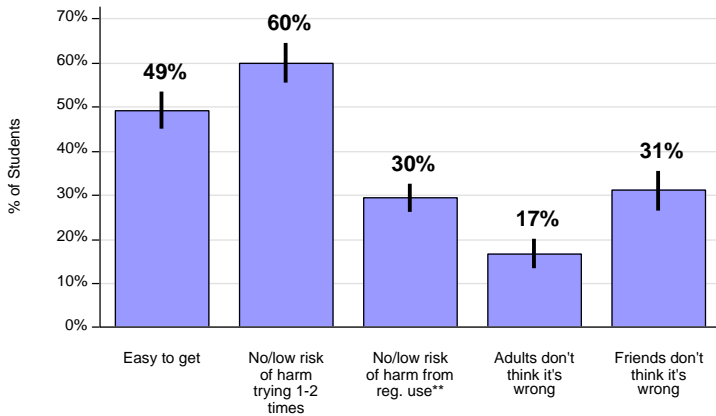
### Background:

- Marijuana is addictive. Most teens who enter drug treatment programs report marijuana is the main drug they use.
- When teens use marijuana, anxiety and depression can get worse.
- Teens who use marijuana can have problems with learning and memory and are more likely to fail in school.

### For More Information:

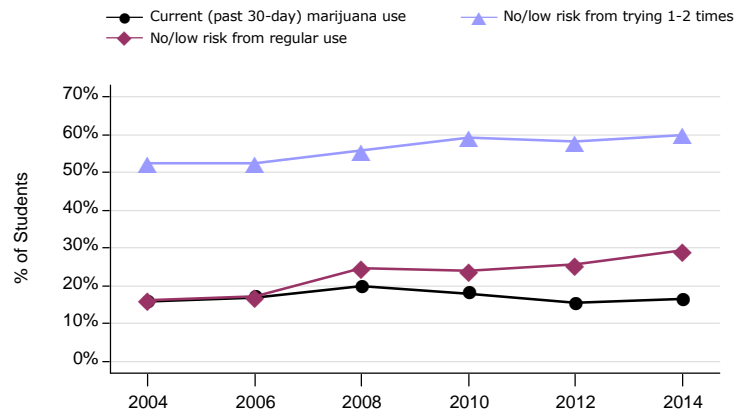
- Parents, schools, and communities can work together to keep youth healthy and safe.
- For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse [adaiclearinghouse.org](http://adaiclearinghouse.org) or call (206) 221-8325.
- For 24 hour help for mental health, substance use and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).

**Attitudes about Marijuana Use  
Grade 10, 2014**



*In 2014, 30% of 10th graders in our county thought there was little or no risk of using marijuana regularly.*

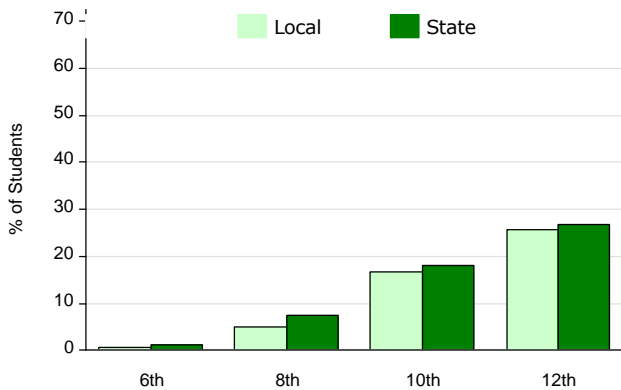
**Marijuana Use and Perception of Harm Trends  
Grade 10**



Prevalence	2004	2006	2008	2010	2012	2014
Current (past 30-day) marijuana use	16% ±3	17% ±2	20% ±4	18% ±2	16% ±3	17% ±3
No/low risk from trying 1-2 times	52% ±3	52% ±4	56% ±6	59% ±2	58% ±4	60% ±5
No/low risk from regular use**	16% ±3	17% ±3	25% ±4*	24% ±3	26% ±4	30% ±3

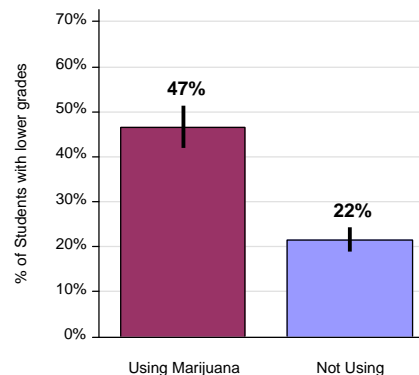
\*\*\*"Smoked" marijuana regularly was changed to "Use" regularly in 2014. This may mark a break in the trend.

**Current (past 30-day) Marijuana Use  
Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	1% ±0*	5% ±1*	17% ±3	26% ±3
State	1% ±0	7% ±1	18% ±2	27% ±2

**Statewide Relationship between  
Lower Grades and Current (past 30-day) Marijuana Use  
Grade 10, 2014**



*Statewide, 10th graders who use marijuana are more likely to report lower grades in school (C's, D's or F's) compared to those who don't use.*

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)  
\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



# Healthy Youth Survey Fact Sheet

## Tobacco Use for King County

Year: 2014

Grade: 10

Gender: Both

Number of Students Surveyed: 3,722

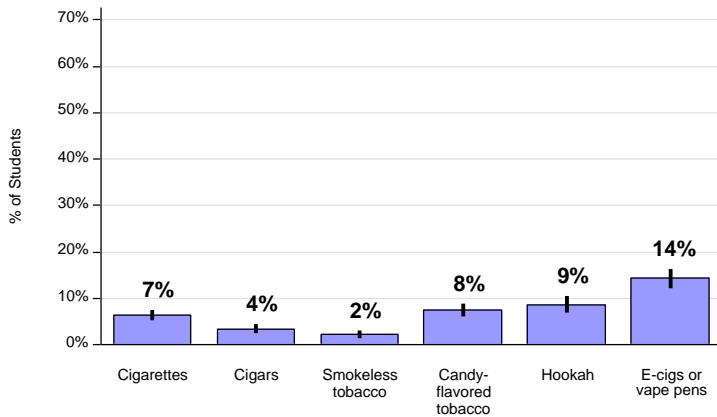
### Background:

- In Washington State, about 40 youth start smoking cigarettes each day.
- One in three of all youth smokers will die prematurely from a smoking-caused disease.
- Smoking is associated with the increased risk of drug use and low academic performance.

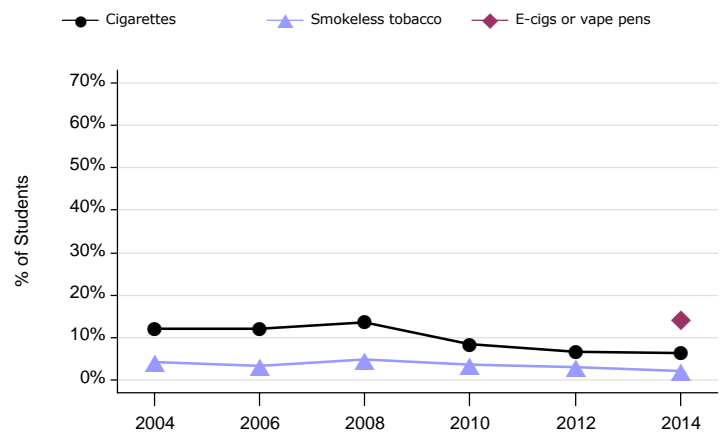
### For More Information:

- The Washington State Department of Health funds a statewide tobacco prevention and control program to keep youth from beginning to use tobacco, to help people quit using tobacco, and to reduce exposure to secondhand smoke. Visit [www.doh.wa.gov/YouandYourFamily/Tobacco](http://www.doh.wa.gov/YouandYourFamily/Tobacco).
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpline.org](http://www.waRecoveryHelpline.org)

**Current (past 30-day) Tobacco Use  
Grade 10, 2014**

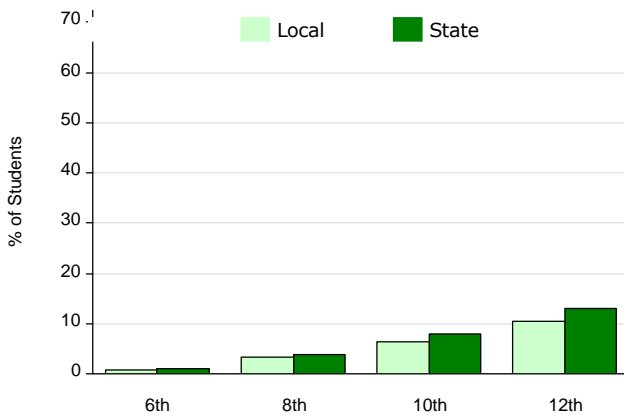


**Current (past 30-day) Tobacco Use Trends, Grade 10**



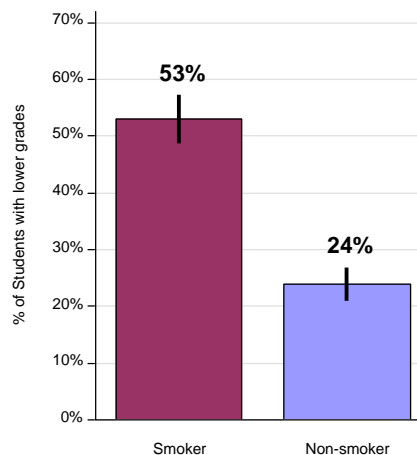
Prevalence	2004	2006	2008	2010	2012	2014
Cigarettes	12% ±2	12% ±3	14% ±3	8% ±1*	7% ±1	7% ±1
Smokeless tobacco	4% ±1	3% ±1	5% ±2	4% ±1	3% ±2	2% ±1
E-cigs or vape pens	N/S	N/S	N/S	N/S	N/S	14% ±2

**Current (past 30-day) Cigarette Smoking  
Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	1% ±0	3% ±1	7% ±1*	11% ±2
State	1% ±0	4% ±1	8% ±1	13% ±2

**Statewide Relationship between  
Lower Grades and  
Current (past 30-day) Cigarette Smoking  
Grade 10, 2014**



*Statewide, 10th graders who smoke cigarettes are more likely to report lower grades in school (C's, D's or F's) compared to non-smokers.*

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)  
\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



# Healthy Youth Survey Fact Sheet

## Alcohol Use for King County, page 1 of 2

Year: 2014

Grade: 12

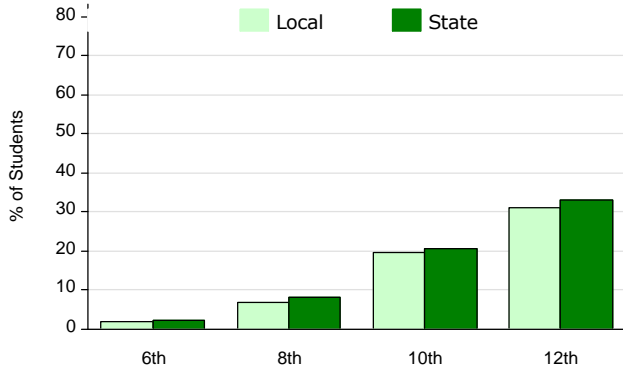
Gender: Both

Number of Students Surveyed: 2,506

### Background:

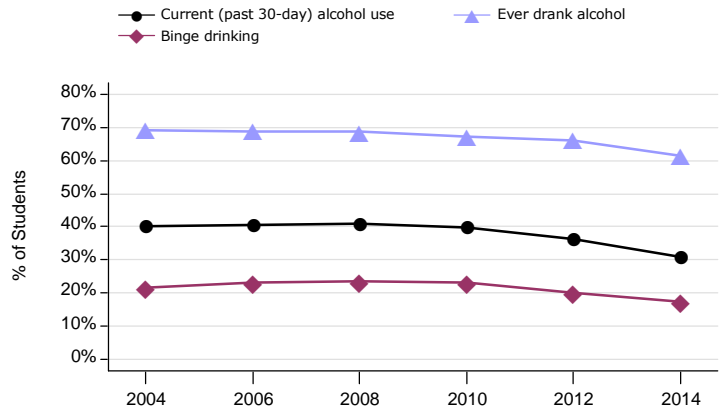
- 5,000 people under the age of 21 die each year from alcohol-related car crashes, homicides, suicides, poisoning, falls, drownings and other injuries.
- Alcohol is also associated with violence, school failure, and sexual activity.
- Research shows that heavy alcohol use during teen years can permanently damage the still developing brain.

**Current (past 30 days) Alcohol Use Compared to the State, All Grades, 2014**



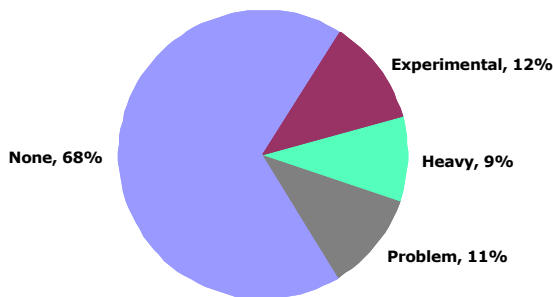
Prevalence	6th	8th	10th	12th
Local	2% ±0	7% ±1*	20% ±3	31% ±5
State	2% ±0	8% ±1	21% ±2	33% ±3

**Alcohol Use Trends, Grade 12**



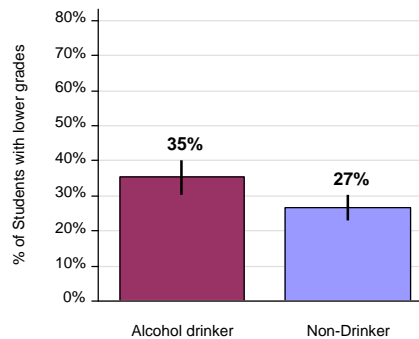
Prevalence	2004	2006	2008	2010	2012	2014
Current (past 30-day) alcohol use	40% ±3	41% ±4	41% ±5	40% ±5	36% ±4	31% ±5
Ever drank alcohol	69% ±3	69% ±2	69% ±3	67% ±3	66% ±4	61% ±4
Binge drinking	22% ±3	23% ±4	23% ±5	23% ±4	20% ±3	18% ±4

**Level of Alcohol Use Grade 12, 2014**



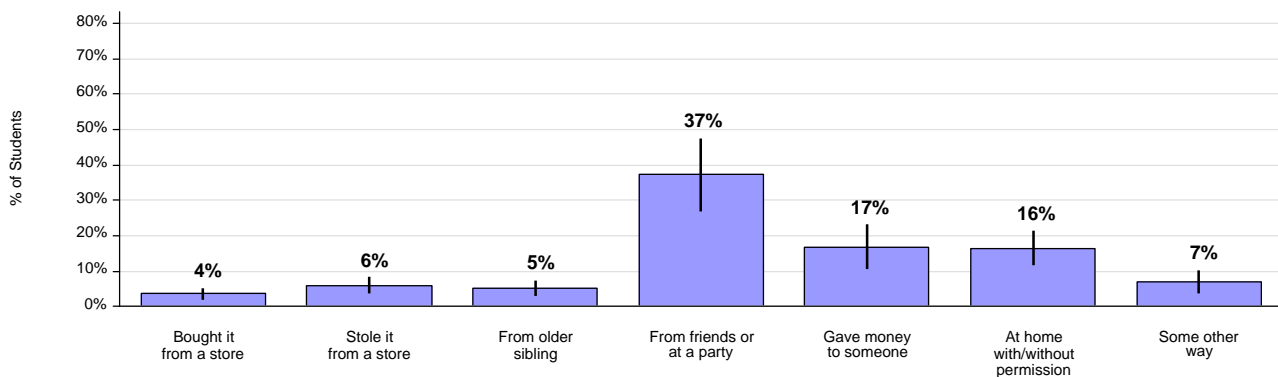
- None: no drinking in the past 30 days
- Experimental: 1-2 days drinking, and no binge drinking
- Heavy: 3-5 days drinking, and/or one binge
- Problem: 6+ days drinking, and/or 2+ binges

**Statewide Relationship between Lower Grades and Current (past 30-day) Alcohol Use Grade 12, 2014**



*Statewide, 12th graders who drink alcohol are more likely to report lower grades in school (C's, D's or F's) compared to those who don't drink.*

**Where Do Youth Get Alcohol?, Grade 12, 2014**



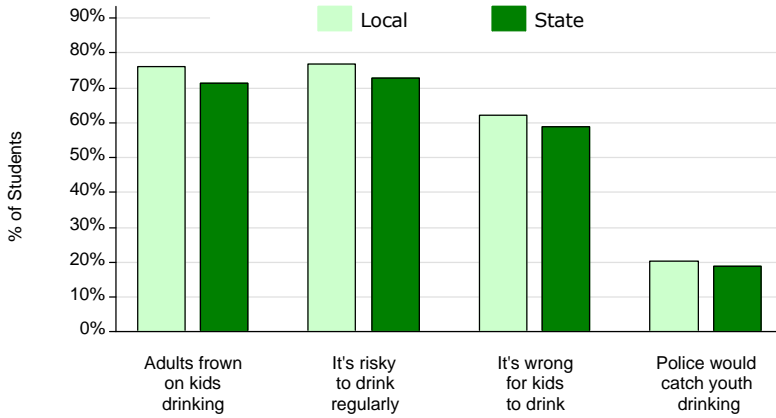




# Healthy Youth Survey Fact Sheet

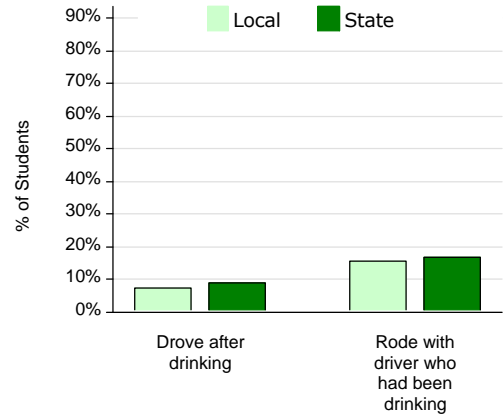
## Alcohol Use for King County, page 2 of 2

**Youth Perceptions about Alcohol Compared to the State, Grade 12, 2014**



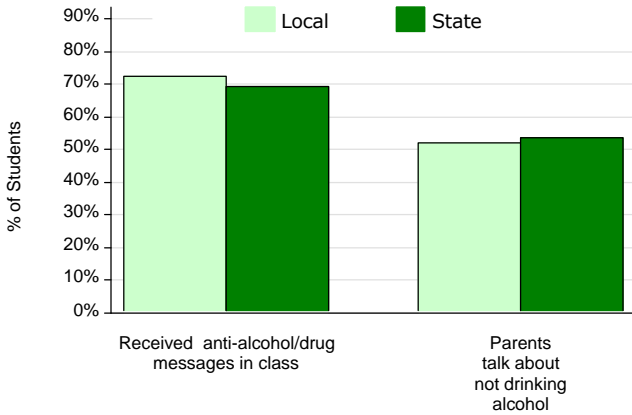
Prevalence	Adults frown on drinking	Regular drinking is risky	Drinking is wrong for kids	Police would catch youth drinking
Local	76% ±3	77% ±3	62% ±5	20% ±3
State	71% ±2	73% ±2	59% ±3	19% ±2

**Drinking and Driving/Riding Compared to the State, Grade 12, 2014**



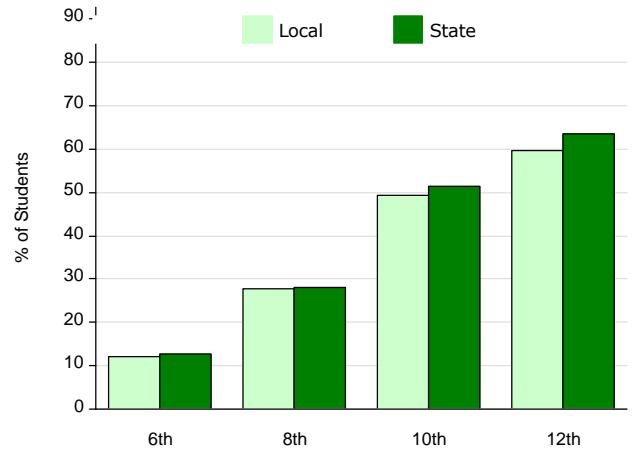
Prevalence	Drove after drinking	Rode with driver who had been drinking
Local	7% ±2	15% ±4
State	9% ±1	17% ±2

**Received Anti-Alcohol Messages Compared to the State, Grade 12, 2014**



Prevalence	Received anti-alcohol/drug messages in class	Parents talked about drinking
Local	72% ±5	52% ±4
State	69% ±3	53% ±2

**Youth Perception that Alcohol is Easy to Get Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	12% ±2	28% ±3	49% ±4	59% ±5
State	13% ±1	28% ±2	51% ±2	63% ±2

**For More Information:**

- Parents, schools, and communities can work together to keep youth healthy and safe.
- For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse [adaiclearinghouse.org](http://adaiclearinghouse.org) or call (206) 221-8325.
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# Healthy Youth Survey Fact Sheet

## Substance Use for King County

Year: 2014

Grade: 12

Gender: Both

Number of Students Surveyed: 2,506

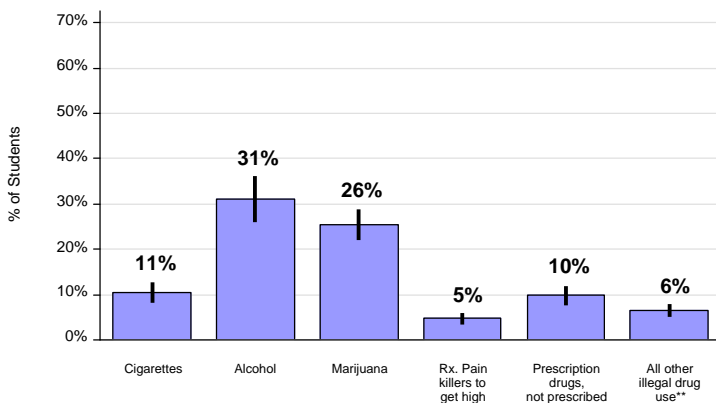
### Background:

- Parents are the primary influence on their children's decision to use alcohol, tobacco, and other drugs.
- The developing brain is more vulnerable to the effects of alcohol and other drugs. Brain development continues into the mid-20s.

### For More Information:

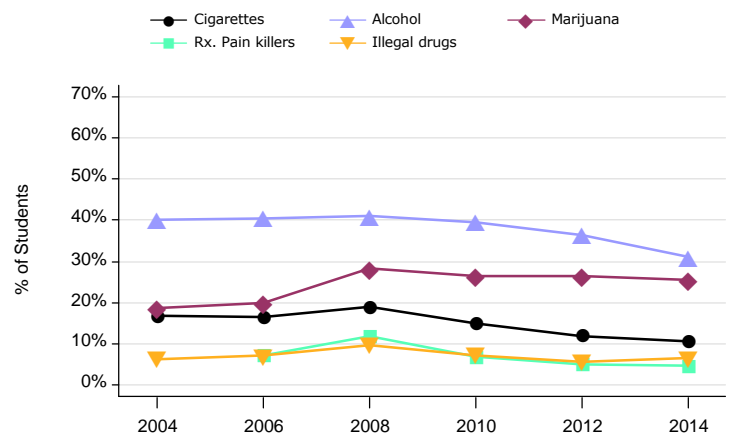
- Parents, schools, and communities can work together to keep youth healthy and safe.
- For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse [www.adaiclearinghouse.org](http://www.adaiclearinghouse.org) or call (206) 221-8325.
- For 24 hour help for mental health, substance use and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).

**Current (past 30-day) Substance Use  
Grade 12, 2014**



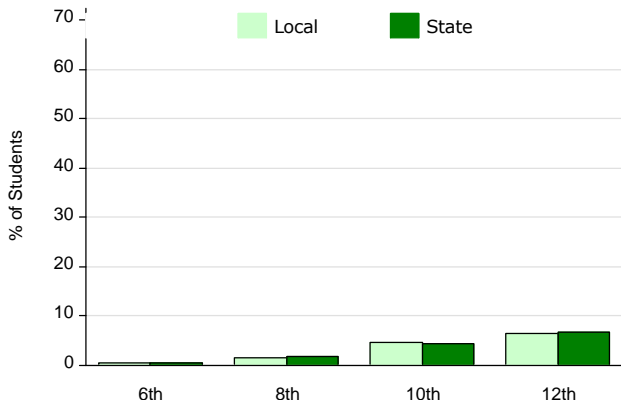
*Most youth don't use alcohol or other substances.*

**Current (past 30-day) Substance Use Trends, Grade 12**



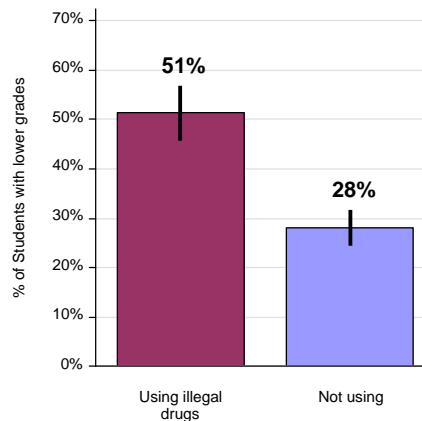
Prevalence	2004	2006	2008	2010	2012	2014
Cigarettes	17% ±3	17% ±3	19% ±4	15% ±3	12% ±3	11% ±2
Alcohol	40% ±3	41% ±4	41% ±5	40% ±5	36% ±4	31% ±5
Marijuana	19% ±3	20% ±4	28% ±5*	27% ±3	27% ±2	26% ±3
Rx. Pain killers to get high	N/S	7% ±2	12% ±3*	7% ±2*	5% ±1*	5% ±1
All other illegal drug use**	6% ±1	7% ±2	10% ±2	7% ±1*	6% ±1*	6% ±1

**Current (past 30-day) All Other Illegal Drug Use\*\*  
Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	1% ±0	2% ±0	5% ±1	6% ±1
State	1% ±0	2% ±0	4% ±1	7% ±1

**Statewide Relationship between  
Lower Grades and Current (past 30-day) All Other Illegal Drug Use\*\*  
Grade 12, 2014**



*Statewide, 12th graders who use illegal drugs (not including alcohol, tobacco or marijuana) are more likely to report lower grades in school (C's, D's or F's) compared to those who don't use.*

\*\*All other illegal drug use includes prescription drugs not prescribed, Rx pain killers to get high, and all other illegal drugs; but does not include alcohol, tobacco or marijuana.

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)  
\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

Washington HYS results generated at [AskHYS.net](http://AskHYS.net) on 03-19-2015

**Missing codes:** S = result suppressed due to insufficient reporting from students of schools; N/G = grade not available; N/S = question was not surveyed this year; N/A = question was not asked of this grade;



# Healthy Youth Survey Fact Sheet

## Marijuana Use for King County

Year: 2014

Grade: 12

Gender: Both

Number of Students Surveyed: 2,506

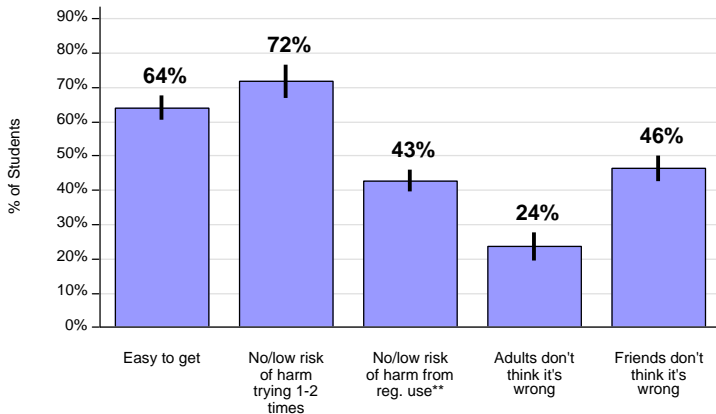
### Background:

- Marijuana is addictive. Most teens who enter drug treatment programs report marijuana is the main drug they use.
- When teens use marijuana, anxiety and depression can get worse.
- Teens who use marijuana can have problems with learning and memory and are more likely to fail in school.

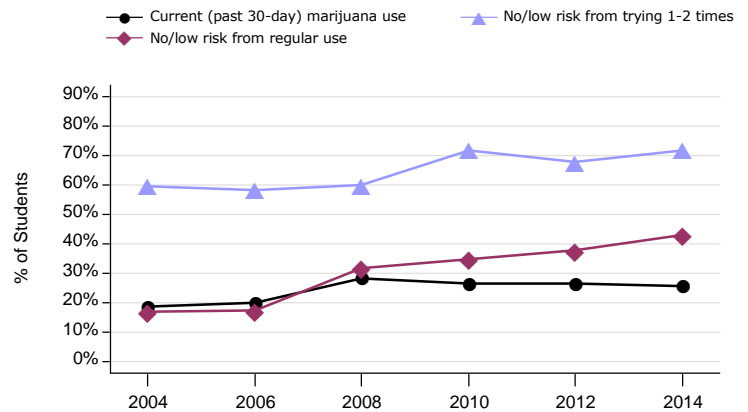
### For More Information:

- Parents, schools, and communities can work together to keep youth healthy and safe.
- For prevention tips and to connect with a prevention coalition in your area, visit [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- For free printed guides on preventing alcohol and other drug use, visit the ADAI Clearinghouse [adaiclearinghouse.org](http://adaiclearinghouse.org) or call (206) 221-8325.
- For 24 hour help for mental health, substance use and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org).

**Attitudes about Marijuana Use  
Grade 12, 2014**

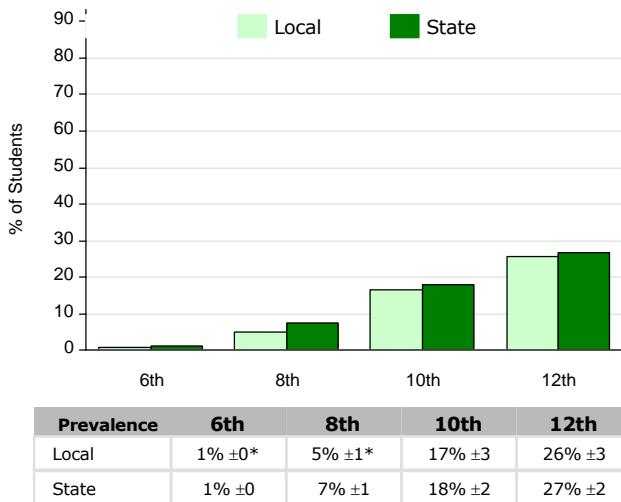


**Marijuana Use and Perception of Harm Trends  
Grade 12**



*In 2014, 43% of 12th graders in our county thought there was little or no risk of using marijuana regularly.*

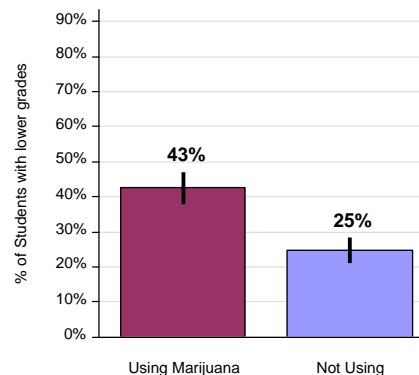
**Current (past 30-day) Marijuana Use  
Compared to the State, All Grades, 2014**



Prevalence	2004	2006	2008	2010	2012	2014
Current (past 30-day) marijuana use	19% ±3	20% ±4	28% ±5*	27% ±3	27% ±2	26% ±3
No/low risk from trying 1-2 times	60% ±3	58% ±8	60% ±5	72% ±4*	68% ±6	72% ±5
No/low risk from regular use**	17% ±3	17% ±5	32% ±5*	35% ±4	38% ±4	43% ±3*

\*\*\*"Smoked" marijuana regularly was changed to "Use" regularly in 2014. This may mark a break in the trend.

**Statewide Relationship between  
Lower Grades and Current (past 30-day) Marijuana Use  
Grade 12, 2014**



*Statewide, 12th graders who use marijuana are more likely to report lower grades in school (C's, D's or F's) compared to those who don't use.*

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)  
\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05



# Healthy Youth Survey Fact Sheet

## Tobacco Use for King County

Year: 2014

Grade: 12

Gender: Both

Number of Students Surveyed: 2,506

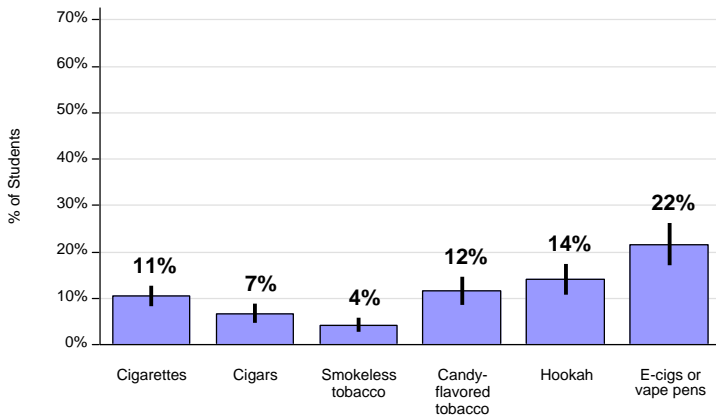
### Background:

- In Washington State, about 40 youth start smoking cigarettes each day.
- One in three of all youth smokers will die prematurely from a smoking-caused disease.
- Smoking is associated with the increased risk of drug use and low academic performance.

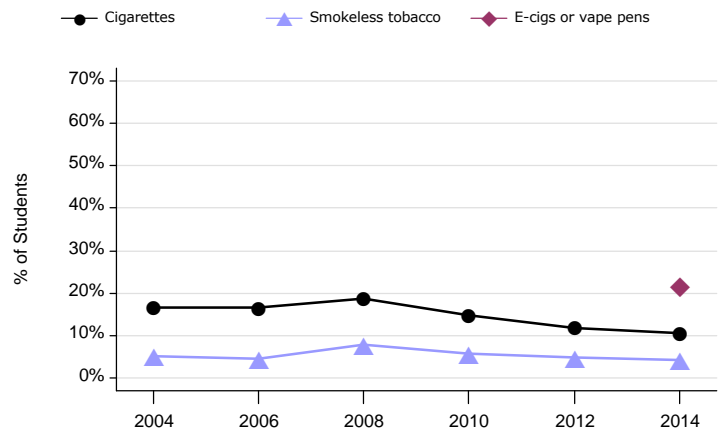
### For More Information:

- The Washington State Department of Health funds a statewide tobacco prevention and control program to keep youth from beginning to use tobacco, to help people quit using tobacco, and to reduce exposure to secondhand smoke. Visit [www.doh.wa.gov/YouandYourFamily/Tobacco](http://www.doh.wa.gov/YouandYourFamily/Tobacco).
- For 24 hour help for mental health, substance abuse and problem gambling, call 1-866-789-1511 or visit [www.waRecoveryHelpLine.org](http://www.waRecoveryHelpLine.org)

**Current (past 30-day) Tobacco Use  
Grade 12, 2014**

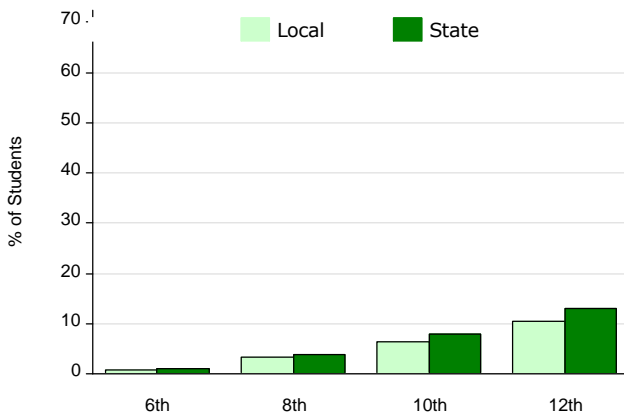


**Current (past 30-day) Tobacco Use Trends, Grade 12**



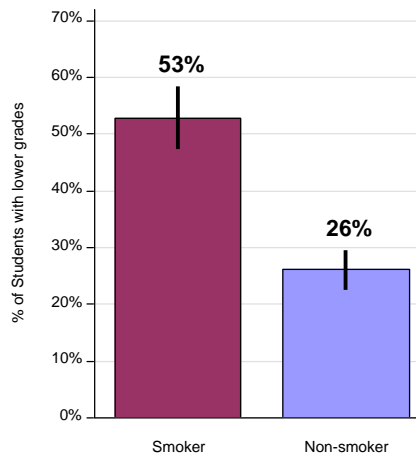
Prevalence	2004	2006	2008	2010	2012	2014
Cigarettes	17% ±3	17% ±3	19% ±4	15% ±3	12% ±3	11% ±2
Smokeless tobacco	5% ±2	5% ±1	8% ±4	6% ±1	5% ±2	4% ±1
E-cigs or vape pens	N/S	N/S	N/S	N/S	N/S	22% ±4

**Current (past 30-day) Cigarette Smoking  
Compared to the State, All Grades, 2014**



Prevalence	6th	8th	10th	12th
Local	1% ±0	3% ±1	7% ±1*	11% ±2
State	1% ±0	4% ±1	8% ±1	13% ±2

**Statewide Relationship between  
Lower Grades and  
Current (past 30-day) Cigarette Smoking  
Grade 12, 2014**



*Statewide, 12th graders who smoke cigarettes are more likely to report lower grades in school (C's, D's or F's) compared to non-smokers.*

Prevalence is displayed with 95% confidence intervals (as ± or black bar |)  
\*indicates a significant change from the previous year or a significant difference between state and local results, p<0.05

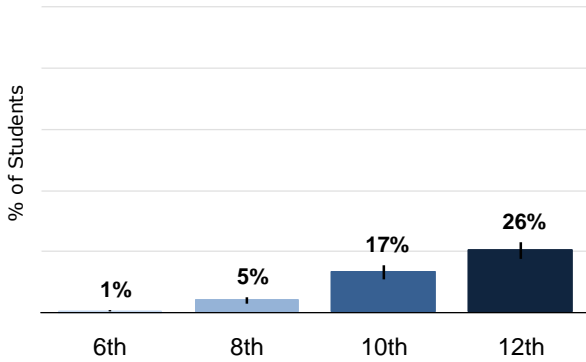


# What Do King County Youth Say about Marijuana in 2014

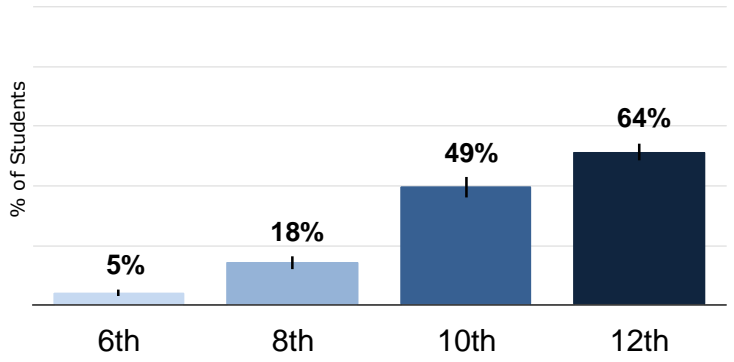
## Are OUR youth using marijuana?

### Current (past 30-day) Marijuana Use

"I have used marijuana at least once in the past month."

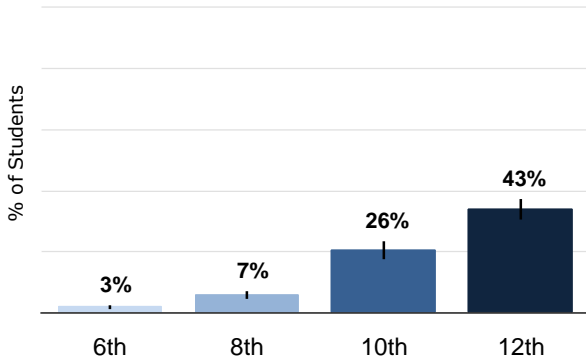


### Marijuana is Perceived as Easy or Very Easy to Get

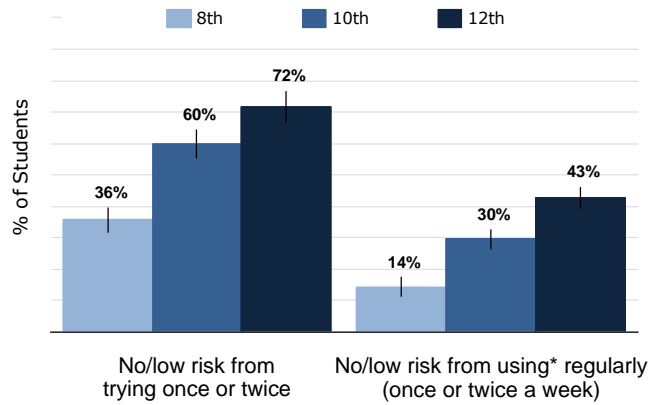


### Lifetime Marijuana Use

"I have used marijuana at least once."



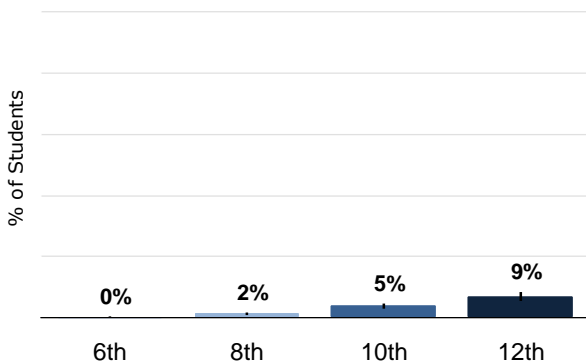
### Marijuana is Perceived as Not Harmful



\*"Smoked" regularly changed to "Used" regularly in 2014

### Heavy Marijuana Use

"I have used marijuana on 10 or more days in the past month."

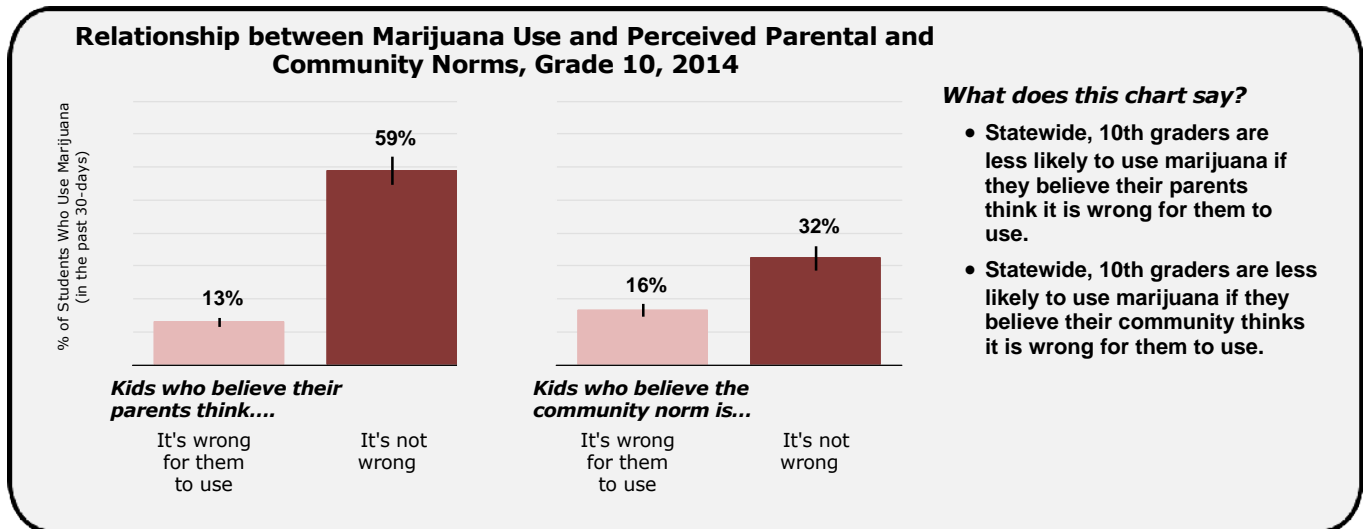


The data in these charts are based on the Healthy Youth Survey conducted in fall 2014. In King County, 2,702 6th graders, 4,135 8th graders, 3,722 10th graders and 2,506 12th graders completed the survey.

For more results from the 2014 Healthy Youth Survey, please visit [www.AskHYS.net](http://www.AskHYS.net)

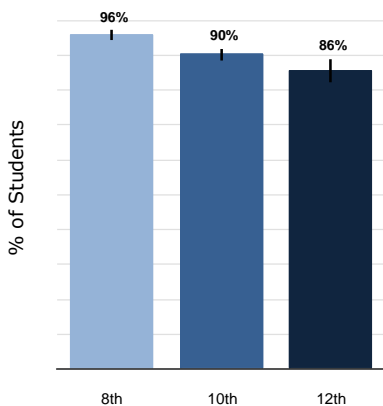
## Parents and communities can have influence.

***Kids are less likely to use marijuana if they believe their parents or their communities disapprove of youth using marijuana.***

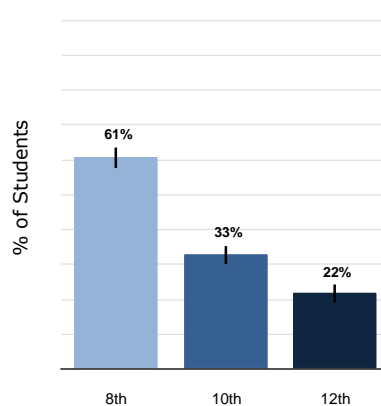


## ***Kids in King County reported that they believe...***

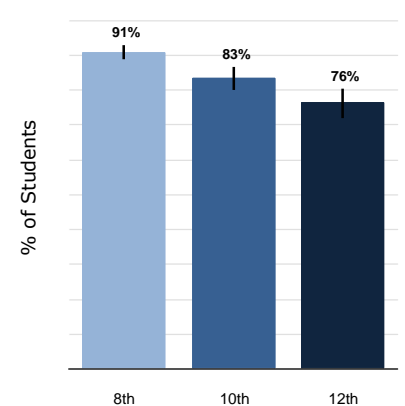
Parents think youth marijuana use is wrong



Police would catch me if I used marijuana



Community norm is marijuana use is wrong



## **What can parents do to help teens avoid alcohol, marijuana and other drugs?**

- You are the most powerful influence on whether your child or teen chooses to use drugs.
- Talk early and often about the risks. Get tips for how to talk with your child and stay better connected at [www.Start.TalkingNow.org](http://www.Start.TalkingNow.org).
- Model healthy choices for your child.
- Set clear rules against alcohol and drug use, and enforce reasonable consequences.
- Reward positive and healthy choices.
- Stay involved in your child's life: eat dinner together, know who their friends are, keep track of what they are doing.
- Be aware of the signs and take action if you think your teen is using. Talk to your school's counselor, or get information about other resources in your area by calling the Washington Recovery Help Line at 1-866-789-1511.



# Teen Prescription Misuse and Abuse for King County in 2014

## Background:

- Prescription drug abuse is when someone takes a medication that was prescribed for someone else or takes their own prescription in a way not intended by a doctor---like to stay awake, or "to get high".
- Prescription drugs that affect the brain, including opioid pain killers, stimulants, and depressants, may cause physical dependence that can turn into addiction.
- Most teens get prescription drugs they abuse from friends and relatives, sometimes without the person knowing.
- Prescription drug abuse has become an important health issue, particularly the danger of abusing prescription pain medications.

## What can parents of caregivers do to prevent teen prescription misuse and abuse?

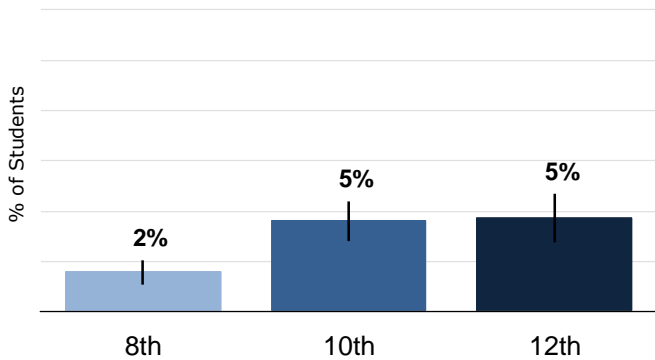
- Talk to your children about what you do to stay healthy, and, if you use medications, why they are safe for your personal use and not for them.
- Talk to your teen about the dangers of prescription drug misuse. Learn more at [www.stopoverdose.org](http://www.stopoverdose.org).
- Keep the most commonly abused prescription drugs (painkillers, sedatives and stimulants) in a lock box.
- Properly dispose of unused or expired medications.

## For More Information:

- Learn more at [www.drugfree.org](http://www.drugfree.org)
- Call the Washington Recovery Help Line for 24-hour confidential crisis counseling and referrals: 1-866-789-1511
- For disposal locations, see [www.takebackyourmeds.org](http://www.takebackyourmeds.org)

### Student Abuse of Painkillers (in last 30 days)

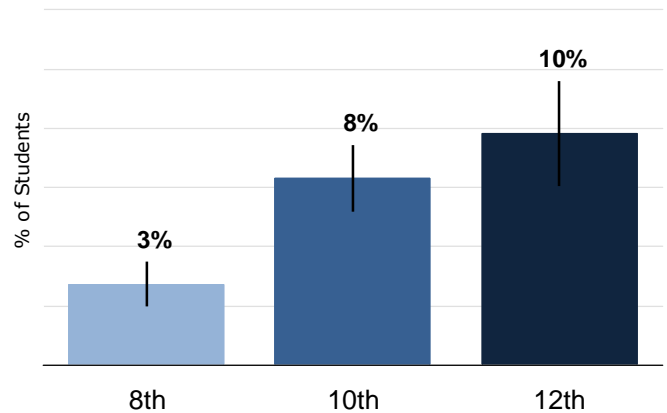
Students who report using painkillers\* to get high at least once in the past month



\*painkillers like Vicodin, OxyContin (sometimes called Oxy or OC) or Percocet (sometimes called Percs)

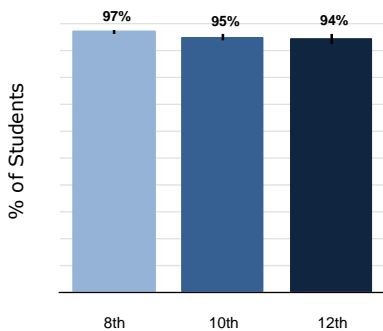
### Students Misuse of Someone Else's Prescription (in last 30 days)

Students who report using prescription drugs not prescribed to them in the past month

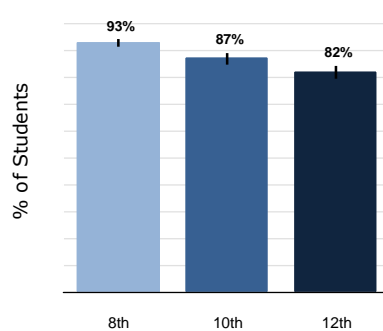


## When students are asked about the use of prescription drugs that are not prescribed for them... their perceptions are:

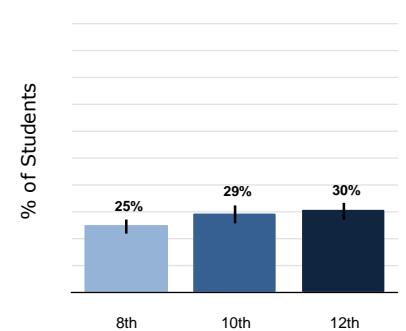
My parents would think it was wrong if I used prescription drugs not prescribed for me



My friends would think it was wrong if I used prescription drugs not prescribed for me



I risk harming myself if I use prescription drugs that are not prescribed for me



For more results from the 2014 Healthy Youth Survey, please visit [www.AskHYS.net](http://www.AskHYS.net)

The data in these charts are based on the Healthy Youth Survey conducted in fall 2014. In King County, 2,702 6th graders, 4,135 8th graders, 3,722 10th graders and 2,506 12th graders completed the survey.

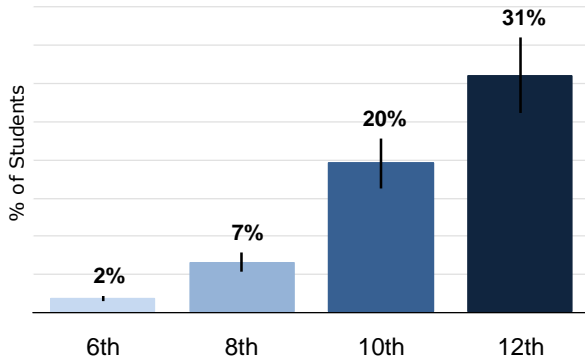


# Youth Alcohol Use in King County in 2014

## Are OUR youth using alcohol?

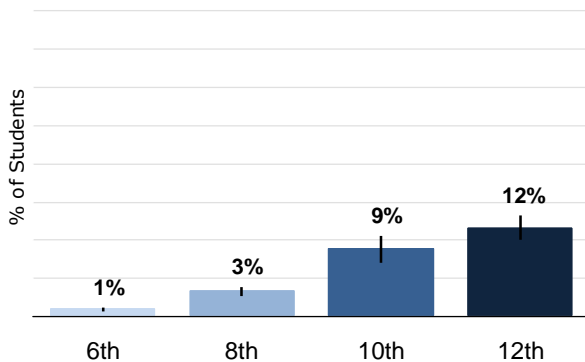
### Current Drinking

Students who report drinking at least once in the past month



### Experimental Drinking

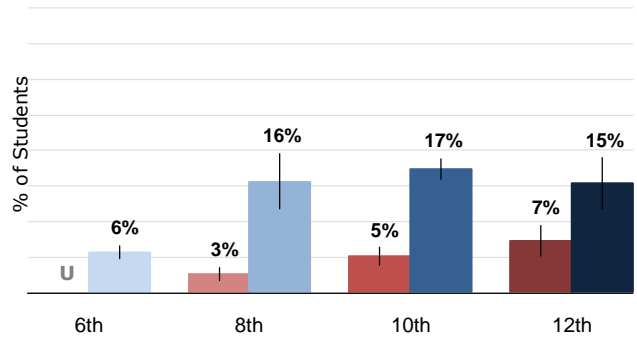
Students who report drinking on 1-2 days in the past month, but no binge drinking



### In a Vehicle

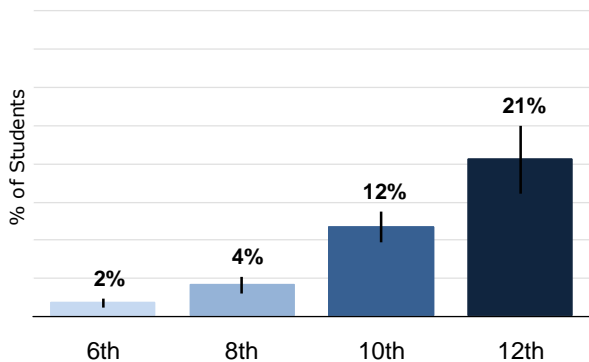
Students who report drinking and driving OR riding with a driver who had been drinking

■ Drove after drinking ■ Rode with drinking driver



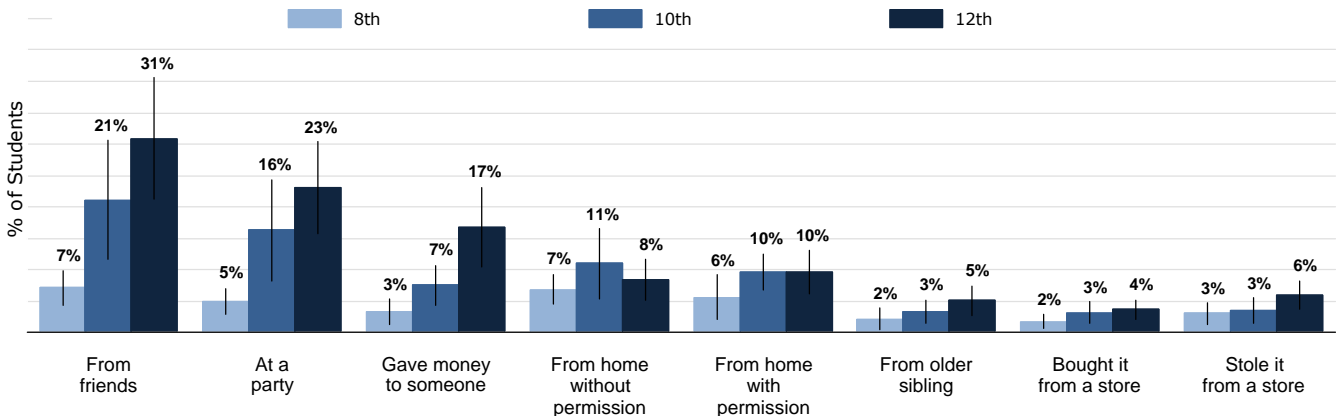
### Problem or Heavy Drinking

Students who report drinking 3 or more days in the past month and/or one or more binge drinking episodes\*



\*Binge drinking is drinking 5 or more drinks in a row in the past two weeks.

## Where Do They Get It?



The numbers in the chart above are based on those students who reported getting alcohol. Students who got alcohol could choose multiple sources.

The data in these charts are based on the Healthy Youth Survey conducted in fall 2014. In King County, 2,702 6th graders, 4,135 8th graders, 3,722 10th graders and 2,506 12th graders completed the survey.

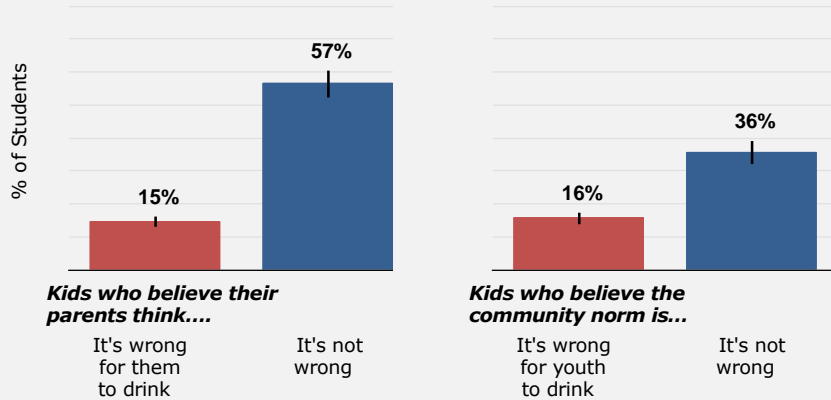
For more results from the 2014 Healthy Youth Survey, please visit [www.AskHYS.net](http://www.AskHYS.net)



# Parents and communities have influence!

**Kids are less likely to drink if they believe their parents or their communities disapprove of youth drinking.**

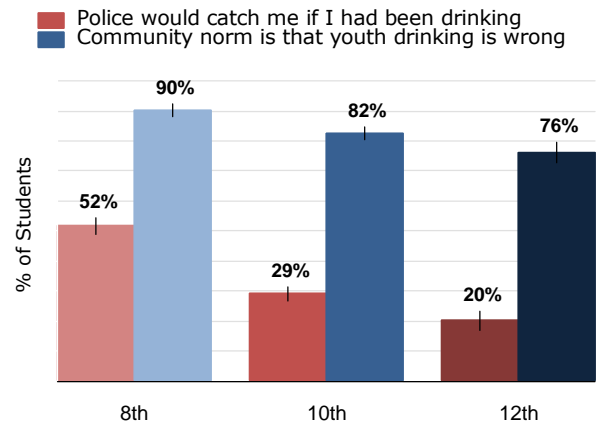
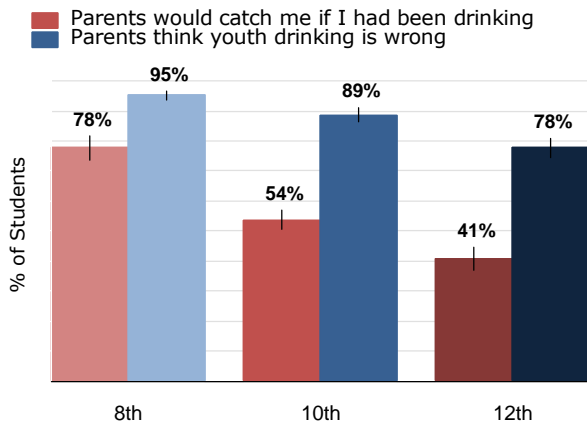
**Percent of 10th Graders who Drink Alcohol (Statewide)**



**What does this chart say?**

- Only 15% of kids drink alcohol if their parent's think it's wrong, while 57% drink if their parents don't think it's wrong.
- 16% of kids drink alcohol if their community thinks it's wrong, while 36% drink if their community doesn't think it's wrong.

## Kids in King County reported that they believe...



## Take action to reduce youth alcohol use!

**Community Members - help reduce youth drinking by making it difficult for them to get alcohol.**

The percent of King County kids who think that it would be easy to get alcohol increases as they get older, from 12% in 6th Grade to 59% in 12th Grade.

**Parents - talk to your kids about the dangers of drinking alcohol.**

The percent of King County kids who said their parents **didn't** talk to them about the dangers of alcohol increases as they get older, from 23% in 8th Grade to 39% in 12th Grade.

**Start the conversation**

**Continue the conversation**

Visit us at: [StartTalkingNow.org](http://StartTalkingNow.org)

