



# THE 2022 STATE OF OUR YOUTH

## Jo Daviess County



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## JO DAVIESS COUNTY JUVENILE JUSTICE COUNCIL

The Juvenile Justice Council in partnership with FHN, along with other key members of the county, used the Strategic Prevention Framework process to reduce past 30-day use of alcohol among 8th-12th graders in the county. The Strategic Prevention Framework (SPF) planning process is a dynamic, data-driven approach to underage drinking prevention. The SPF focuses on sustainable, population-level change to guide the prevention efforts in Jo Daviess County (JDC). This process has included building the capacity of the community, data assessment, identifying and prioritizing contributing factors of underage drinking, and selecting strategies that are evidence based in the prevention of substance misuse. Three strategies currently implemented in the county are an Alcohol Prevention and Vaping Prevention Communication Campaigns and a multi-session Youth Prevention Education program in the JDC's middle schools.

The Juvenile Justice Council is a cross-agency group of civic-minded individuals from within the community, who collaborate together to provide programs, activities, and presentations to parents, educators and youth at all schools in Jo Daviess County. The Council promotes messages that assist young people in making life decisions that are positive and supportive of their schools, their communities, and their peers.

The Council includes representation from the following sectors: youth, parents, business, schools, youth serving organizations, law enforcement, government, faith based, healthcare and civic and volunteer organizations.

## 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. All six JDC school districts were able to participate this year. A full list of survey questions and results for Jo Daviess 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 age 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.

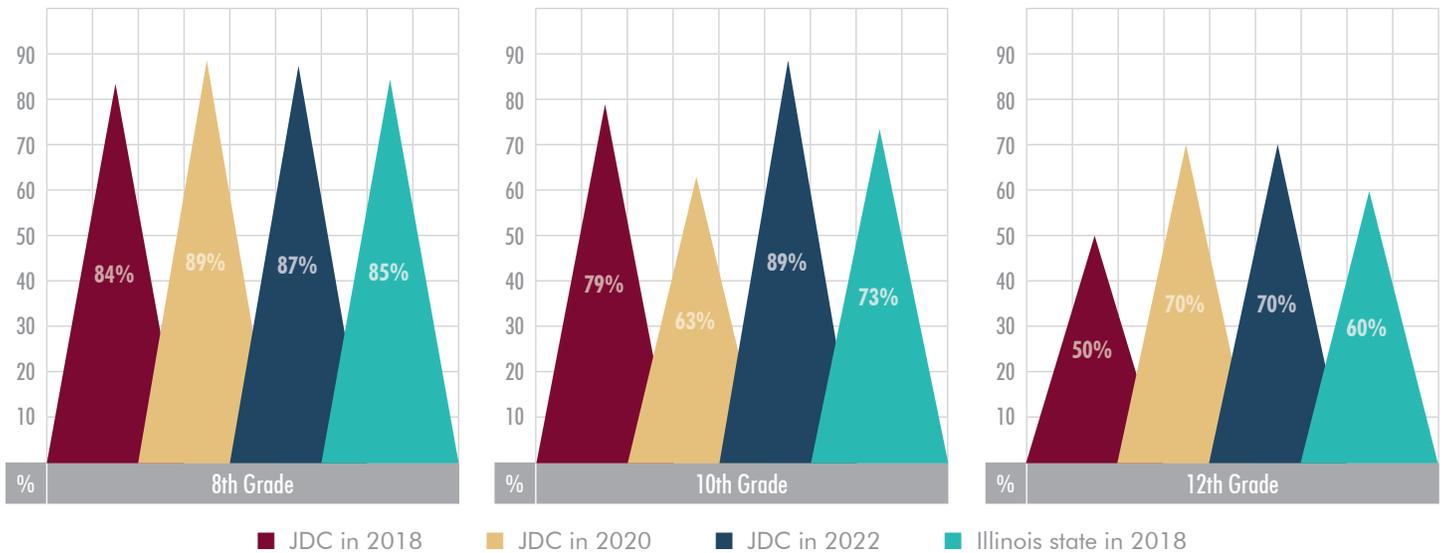
Prevention strategies focus on evidence based protective factors which include: self efficacy to say no to substance misuse, future college aspirations, peer disapproval, involvement in sports and physical activity, parental monitoring , perceived parental trust, school belonging and involvement, authoritative 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 Jo Daviess County **do NOT** drink alcohol.

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



## DID YOU KNOW?

25% OF STUDENTS REPORTED HAVING THEIR FIRST ALCOHOL UNDER THE AGE OF 10.  
14% 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 through 12th grade reporting their parents/guardians have talked to them about alcohol use.

**51%**

8<sup>TH</sup> GRADE STUDENTS



**43%**

10<sup>TH</sup> GRADE STUDENTS



**41%**

12<sup>TH</sup> GRADE STUDENTS



**51%**

51% OF 8<sup>TH</sup> – 12<sup>TH</sup> GRADERS REPORTED THAT **THEIR PARENTS PROVIDED THEM ALCOHOL WITH PARENTAL PERMISSION.**

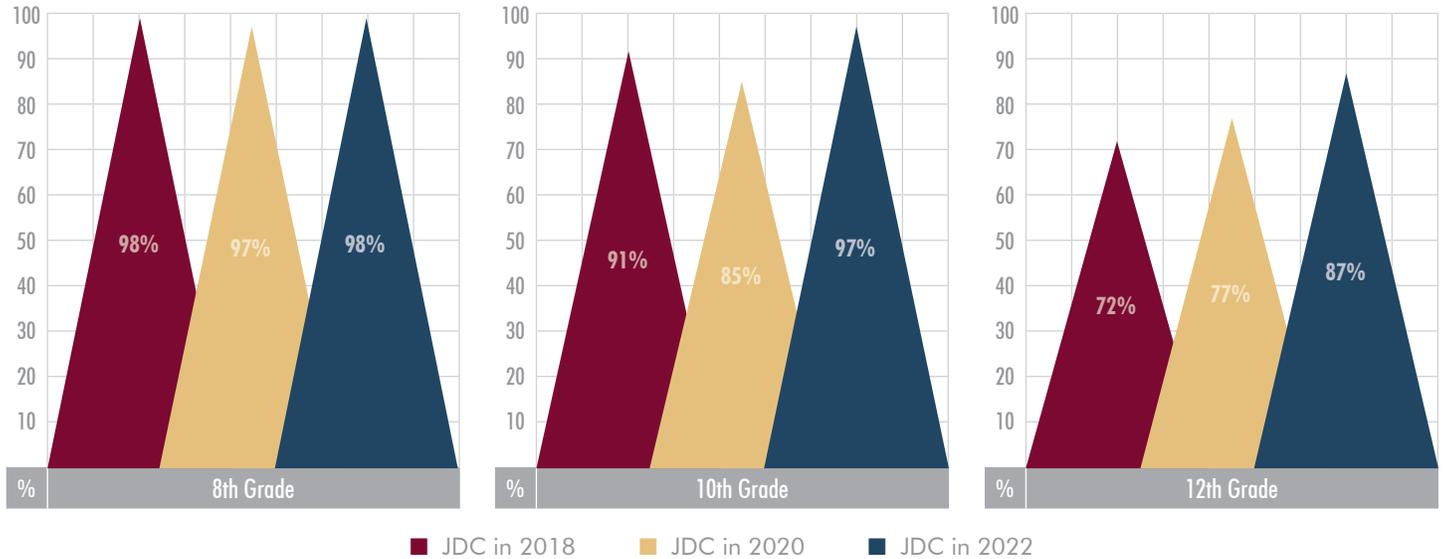


JDC is **7% HIGHER** than the state average of 44%.

# 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 since marijuana has become legal for both medicinal and recreational purposes in Illinois. An increase of availability in the community could result in the increased usage by our youth.

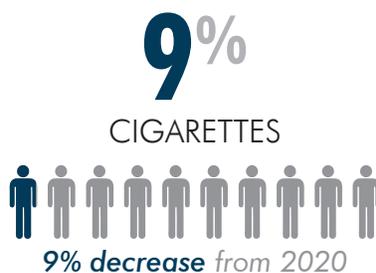
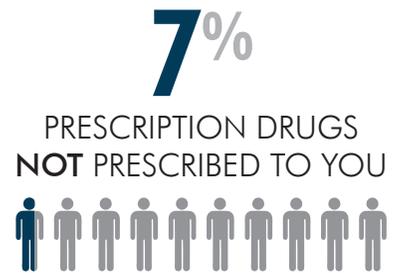
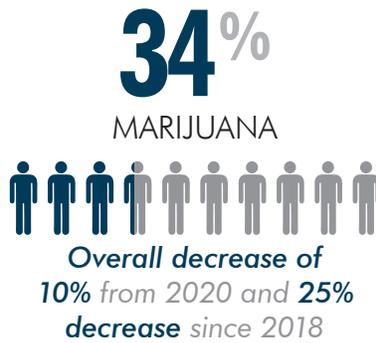
Most youth in Jo Daviess County **do NOT** use marijuana.  
*Students reporting they have not used marijuana in the past 30 days:*



Overall use by 10th and 12th graders has **decreased by an average of 11%**

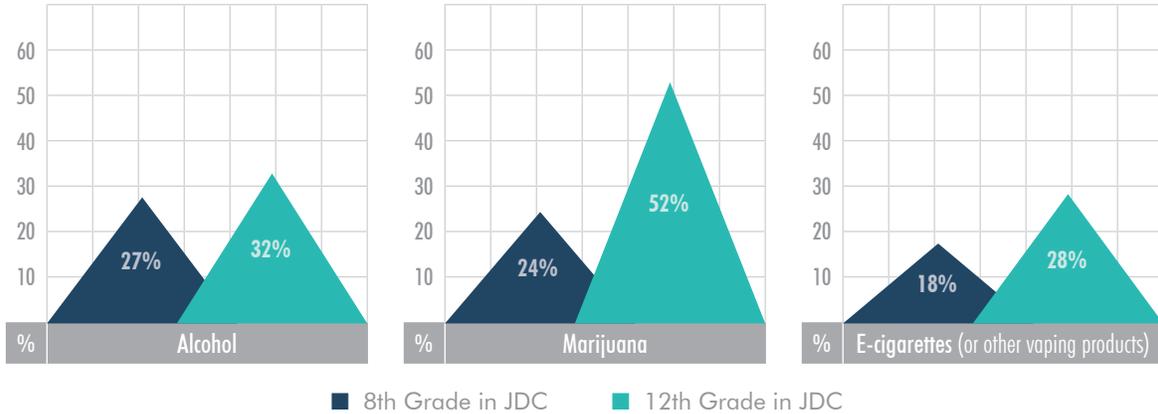
Less than half of Jo Daviess County youth **HAVE** used a substance in the past year with **significant decreases** in reported use of cigarettes, marijuana and vaping products since 2020.

*Students in 8th through 12th grade reporting they have used a substance in the last year:*



## 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 **DRINKING ALCOHOL AND USING 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.

JDC students reporting that their parents/guardians **HAVE** talked to them about **NOT** using alcohol and marijuana in the past year.

45%

ALCOHOL



42%

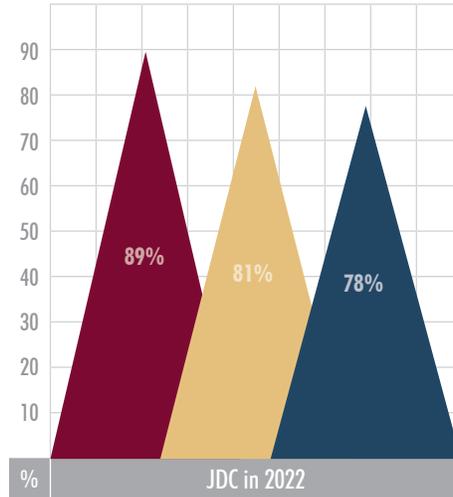
MARIJUANA





**42%** OF JDC 12<sup>TH</sup> 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    ■ 10th Grade    ■ 12th Grade

**34%**

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



**50%**

BELIEVE **MOST ADULTS IN THEIR NEIGHBORHOOD** THINK IT IS ACCEPTABLE FOR 12<sup>TH</sup> GRADERS TO USE ALCOHOL.



**35%** OF 12<sup>TH</sup> GRADE DRIVERS BELIEVE THEY WOULD NOT BE CAUGHT BY THEIR PARENTS IF THEY DRANK AND DROVE.



**77%** OF JDC STUDENTS REPORTED THAT IN THE PAST YEAR **THEIR PARENTS/ GUARDIANS HAVE TALKED TO THEM** ABOUT NOT DRINKING AND DRIVING OR RIDING WITH A DRUNK DRIVER.

# MENTAL, SOCIAL, AND PHYSICAL HEALTH

12%



In the last 12 months, 12% JDC high school students reported that they had seriously **CONSIDERED SUICIDE**.

31%



In the last 12 months, 31% have **FELT SO SAD OR HOPELESS ALMOST EVERY DAY FOR 2 WEEKS** or more in a row that they stopped doing usual activities.

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## 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

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## RESOURCES

### CONTACT of Northern Illinois

24-hour/7 days a week HELPLINE

Call 9.8.8. • 1-888-463-6260 • [www.NIContact.org](http://www.NIContact.org)

### FHN Family Counseling Center

421 W. Exchange Street, Freeport, IL 61032 • 815-599-7300

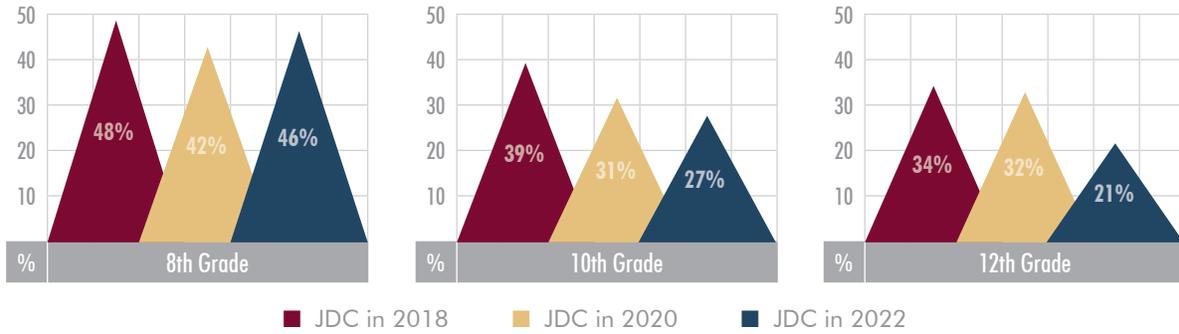
### Substance Abuse and Mental Health Services Administration (SAMHSA)

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

[www.SAMHSA.gov](http://www.SAMHSA.gov)

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

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



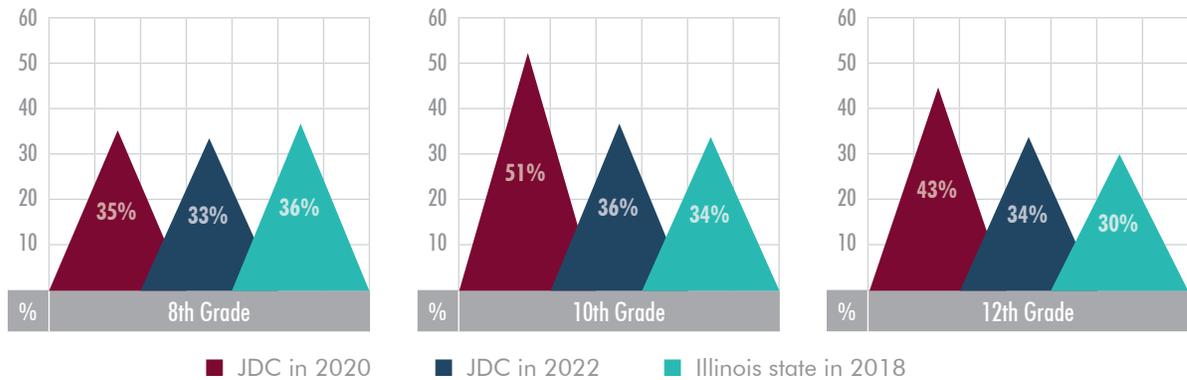
**13%**

13% OF JDC STUDENTS HAVE A **PREVALENCE OF OBESITY**. A 2% INCREASE FROM 2020 AND ABOVE THE STATE AVERAGE.

**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 4-5 hours a day or more:*



**ADDITIONAL HELPFUL RESOURCES**

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

**Partnership for Drug-Free Kids**  
[www.drugfree.org](http://www.drugfree.org)

**JoDavie County Wellness Coalition Promoting Healthy Living**  
[www.jodaviecountywellnesscoalition.com](http://www.jodaviecountywellnesscoalition.com)

# 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 and Project ALERT*, 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.



**JoDavieess County**

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# THE 2022 STATE OF OUR YOUTH

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



WHAT ARE THE  
STATISTICS?  
WHAT CAN  
YOU DO?