

YOUTH ARE STRONG! <-----

Our generation gets a lot of flak about making bad decisions. But do we? Certainly, some teens make mistakes, but the majority of us are actively making healthy choices - we have healthy relationships, we eat healthy, we engage in healthy activities, we have a healthy community, we have healthy lifestyles. We're healthy, and this shows through as strength.

You know those myths, that "everyone" does drugs, that "everyone" is drinking alcohol, that "everyone" is having sex? Don't believe them - the numbers show that they are false! If you make good decisions, if you can gladly say that you're proud to be a teenager, then know that you are in the majority. You are surrounded by a community of strong youth!

-----> The Youth Risk Behavior Survey was given to a representative sample of Anchorage School District high school students in February 2011, as part of a biennial nationwide survey of youth. The strength-based report which provided the information for this brochure was compiled in the summer of 2010 and updated in 2013. For more information, visit:

<http://www.aydc.org/youthdata/2011ASDtradttables.pdf>

THE NUMBERS
PROVE IT!

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WE WERE ASKED...
WE ANSWERED...
WE TOLD THEM ABOUT...

THE STRENGTH
OF OUR YOUTH!

THE STRENGTH OF OUR YOUTH

HEALTHY ACTIVITIES

86% OF US HAVE BEEN PHYSICALLY

ACTIVE

IN THE
LAST
WEEK

72% OF US HAVE

ABSTAINED

FROM SEX IN
THE LAST 3
MONTHS

85% ATE VEGETABLES

HEALTHY DIETS

71% OF US
ARE OF
HEALTHY
WEIGHT

90% OF US HAVE

EATEN

83% OF US HAVE
ABSTAINED
FROM SODA/
POP IN THE
LAST WEEK

FRUIT IN THE LAST WEEK

HEALTHY COMMUNITIES

83% OF US

TRUST

ONE ADULT OTHER THAN OUR PARENTS

58% OF US FEEL
SUPPORTED BY
OUR TEACHERS

53% OF US FEEL LIKE WE MATTER IN THE COMMUNITY

HEALTHY LIFESTYLES

96% OF US DON'T BRING WEAPONS TO SCHOOL

74% OF US DON'T FIGHT

89% OF US ARE CIGARETTE

FREE

79% OF US ARE MARIJUANA FREE

97% OF US HAVE NEVER USED
ANY FORM OF COCAINE

STRONG

66% OF US HAVE BEEN ALCOHOL FREE FOR THE LAST MONTH

85% OF US BELIEVE SMOKING
CIGARETTES TO BE DANGEROUS

NO
THANKS

89% OF US BELIEVE DRINKING
EVERYDAY IS HARMFUL

85% OF US HAVE NOT CONSIDERED SUICIDE

HEALTHY RELATIONSHIPS

52% OF US ARE IN ORGANIZED

ACTIVITIES

AT LEAST
ONCE A
WEEK

88% OF OUR RELATIONSHIPS ARE NON-VIOLENT