



## 2016 Washington State Healthy Youth Survey

### Data Brief: Marijuana

In fall 2016, over 230,000 students participated in the Healthy Youth Survey. Over 1,000 schools administered the survey, representing all 39 Washington counties and 236 school districts.

#### Rates of teen marijuana use have remained steady, despite the changing landscape.

- In 2016, six percent of 8<sup>th</sup> graders, 17 percent of 10<sup>th</sup> graders, and 26 percent of 12<sup>th</sup> graders reported past 30-day marijuana use.
- About half of those who used marijuana in the past month indicated they used on six or more days: 41% of 8<sup>th</sup> graders, 45% of 10<sup>th</sup> graders, and 52% of 12<sup>th</sup> graders.

#### The majority of current marijuana users, about two-thirds of 8<sup>th</sup> and three-quarters of 10<sup>th</sup> and 12<sup>th</sup> graders, usually smoke marijuana.

- A much smaller percentage reported usually eating, drinking, or vaping marijuana.
- There was a decline from 2014 in 12<sup>th</sup> grade current users who usually vaporized it (7% to 5%).

#### Perceived ease of obtaining marijuana remained stable (8<sup>th</sup> & 12<sup>th</sup> grade) or declined (10<sup>th</sup> grade) between 2014 and 2016.

- Fewer 10<sup>th</sup> graders thought marijuana was “very easy” to obtain in 2016 (27%) than 2014 (32%).
- Among 8<sup>th</sup> and 12<sup>th</sup> graders, the percentage believing marijuana is very easy to obtain held steady, but about 40 percent of 12<sup>th</sup> graders think it’s very easy to get.

#### Where teens obtain marijuana may be changing.

- Of those who obtained marijuana in the past month, the percentage buying it at a store decreased from 2014 to 2016 among 8<sup>th</sup> graders (11% to 5%) and 10<sup>th</sup> graders (9% to 6%).
- Among 12<sup>th</sup> graders who obtained marijuana, the percentage getting it from friends decreased (63% to 57%) and giving money to someone else to purchase it increased (16% to 19%).

#### Declining perceived risk of regular marijuana use among 8<sup>th</sup> graders should be carefully monitored.

- The percentage of 8<sup>th</sup> graders perceiving great risk of regular marijuana use fell from 53% in 2014 to 48% in 2016. Decreases in perceived risk are often followed by increased use.
- Many teens perceive little risk of regular marijuana use. In 2016, about one in five 8<sup>th</sup> graders, one in three 10<sup>th</sup> graders, and almost half (45%) of 12<sup>th</sup> graders perceived no/slight risk to regular use.

#### Too many teens are driving after using marijuana.

- Half (51%) of the 12<sup>th</sup> graders *who reported using marijuana in the past 30 days* reported driving within 3 hours of using marijuana at least once in the past 30 days.

#### State, local, and community prevention efforts are crucial for addressing youth marijuana use.

- Prevention organizations have worked diligently to prevent the expected rise in teen marijuana use following legalization for adults. See [TheAthenaForum.org/SPEplan](http://TheAthenaForum.org/SPEplan) to learn more.
- Find out more about what you can do at [www.starttalkingnow.org](http://www.starttalkingnow.org) and [learnaboutmarijuanawa.org](http://learnaboutmarijuanawa.org).

For more Healthy Youth Survey fact sheets and reports, visit [www.AskHYS.net](http://www.AskHYS.net).



# Marijuana Use by Teens in Washington State, 2016

The data in these charts are based on a sample from Healthy Youth Survey conducted in fall 2016. The state sample includes 9,722 6th graders, 8,662 8th graders, 10,835 10th graders and 7,590 12th graders who completed the survey.

For more results from the 2016 Healthy Youth Survey, please visit [www.AskHYS.net](http://www.AskHYS.net)

**Background:**

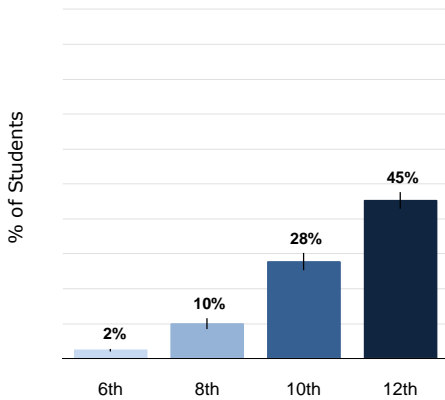
- Marijuana can be addictive. Most teens who enter drug treatment programs report marijuana is the main drug they use.
- If teens use marijuana, anxiety and depression can get worse. Marijuana use is associated with risk of anxiety and depression.
- Teens who use marijuana can have problems with learning 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 marijuana, 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).
- For more information and references visit [www.LearnAboutMarijuanaWA.org](http://www.LearnAboutMarijuanaWA.org).

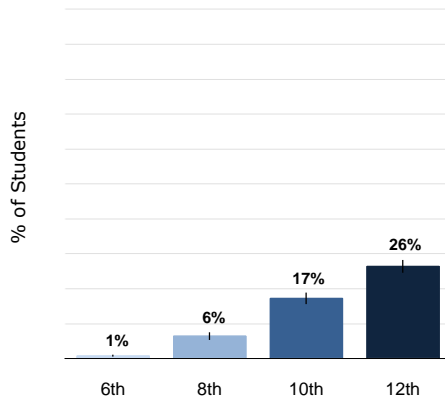
**Lifetime Marijuana Use**

"I have used marijuana at least once."



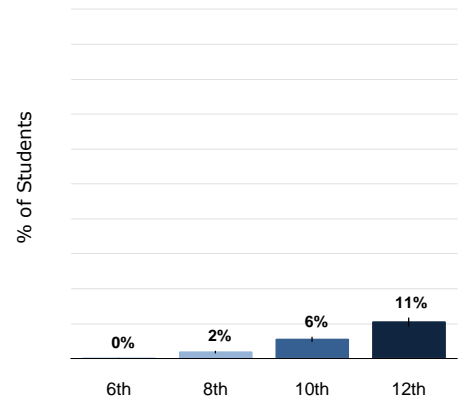
**Current (past 30-day) Marijuana Use**

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

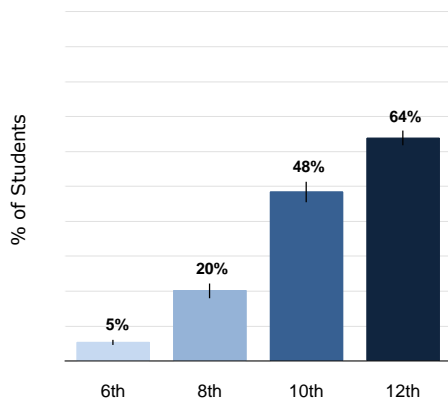


**Heavy Marijuana Use**

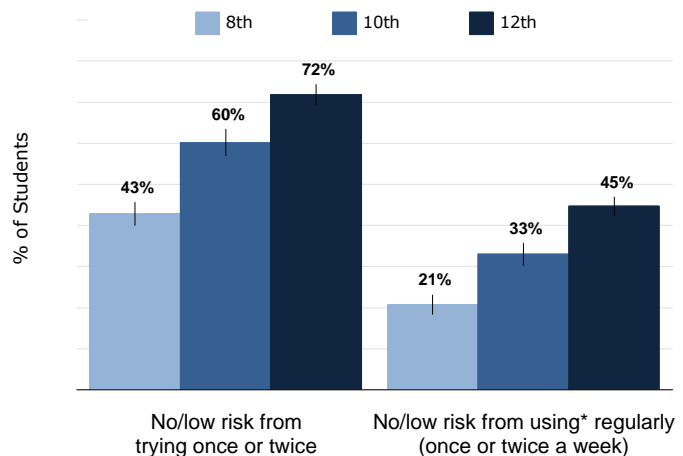
"I have used marijuana on 10 or more days in the past month."



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



**Marijuana is Perceived as Not Harmful**

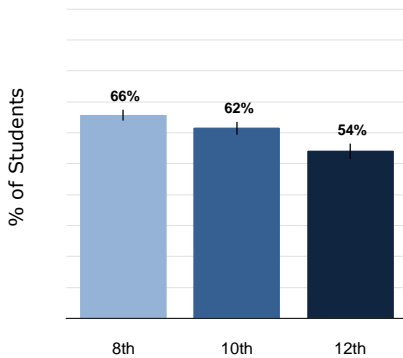


\*"Smoked" regularly changed to "Used" regularly in 2014

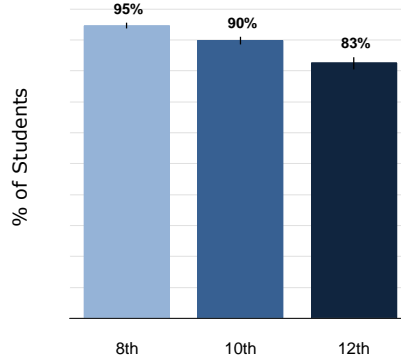


# Marijuana Use for Washington State in 2016?

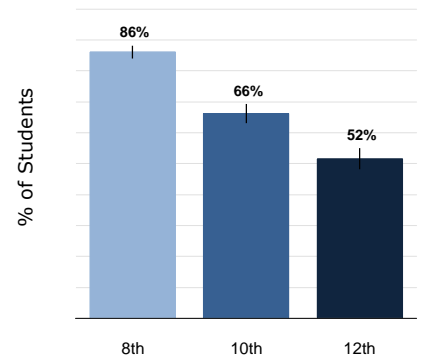
Parental discussion about not using marijuana



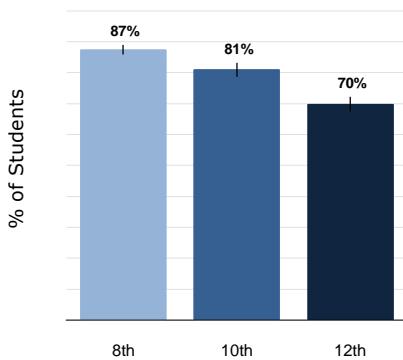
Parents think youth marijuana use is wrong



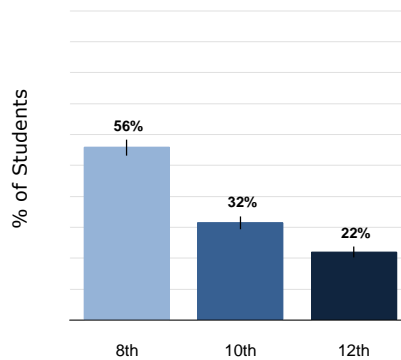
Peers think youth marijuana use is wrong



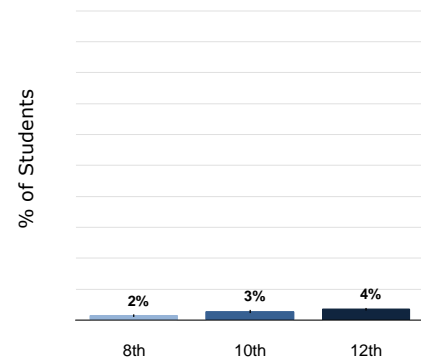
Community norm is marijuana use is wrong



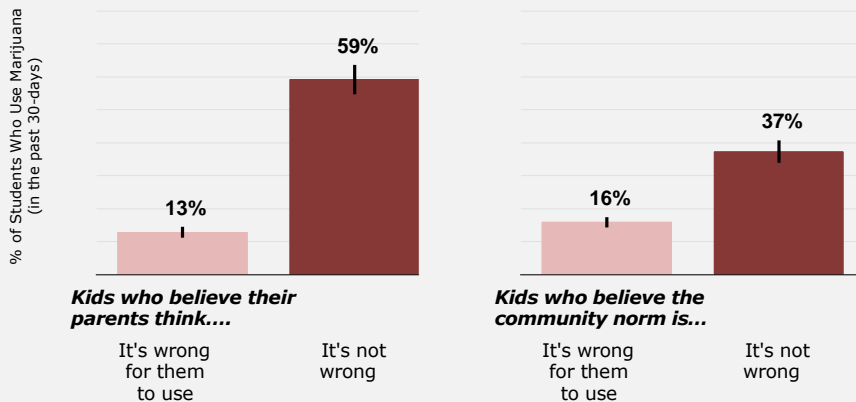
Police would catch me if I used marijuana



Marijuana use on school property in past month



## Relationship between Marijuana Use and Perceived Parental and Community Norms, Grade 10, 2016



*What does this chart say?*

- Statewide, 10th graders are less likely to use marijuana if they believe their parents think it is wrong for them to use.
- Statewide, 10th graders are less likely to use marijuana if they believe their community thinks it is wrong for them to use.

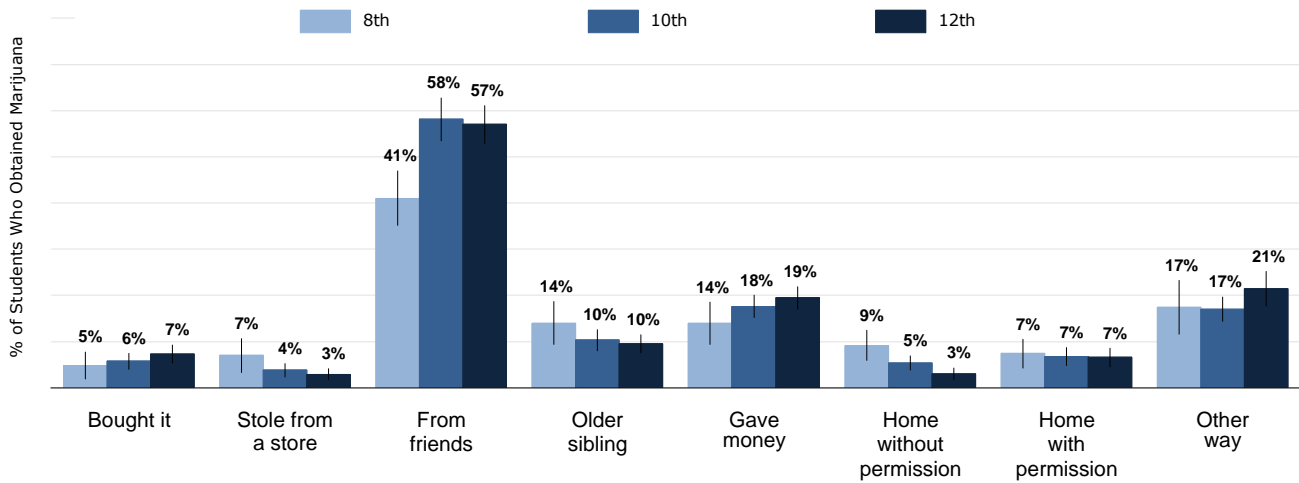
### Tips for parents and guardians to help teens avoid alcohol, marijuana and other drugs

- Talk early and often about the risks. Get tips for how to talk with your child and stay better connected at [www.StartTalkingNow.org](http://www.StartTalkingNow.org).
- Set clear rules against alcohol and drug use, and enforce reasonable consequences.
- 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.
- 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).



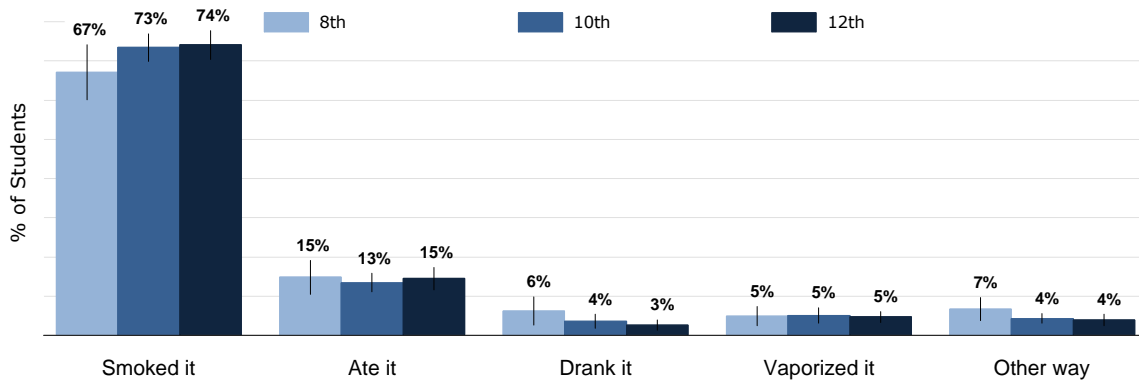
# Marijuana Use for Washington State in 2016?

## Where Do Youth Get Marijuana?

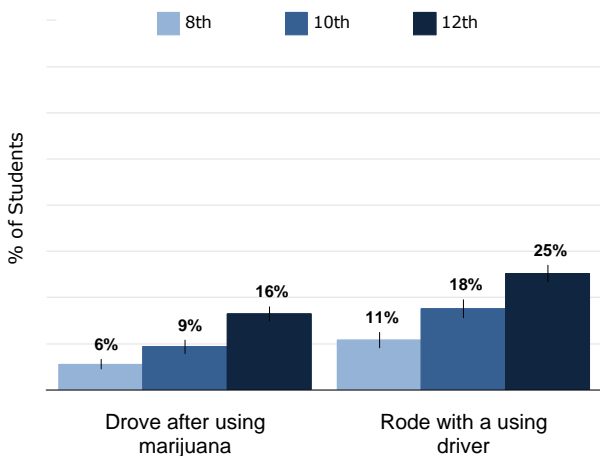


The percentages in this chart are based on all students who reported getting marijuana in the past 30 days, regardless whether they reported using in the past 30 days. Students could select multiple sources.

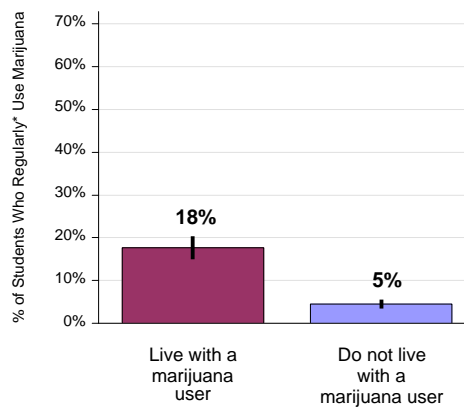
## Type of Marijuana Used, among Current Marijuana Users



## Marijuana Use and Riding/Driving



## Statewide Relationship between Regular\* Marijuana Use and Living with a Marijuana User, Grade 10, 2016



Statewide, more 10th graders who live with a marijuana user report regular\* marijuana use compared to those who don't live with someone who uses marijuana.

\*Regular marijuana use is defined as use on 6 or more days in the past 30 days.