



Everyone  
is **NOT**  
doing it...  
Trends that  
may surprise  
you!

According to results from the national Youth Risk Behavior Survey, conducted by the U.S. Centers for Disease Control and Prevention (CDC), a majority of students in high school are making healthy lifestyle decisions.

- Two-thirds of the students were NOT sexually active in the three months preceding the survey.
- Less than half of the students had any alcohol in the previous 30 days.
- Two-thirds of the students reported zero tobacco use of any kind in the previous 30 days.
- Over 90 percent of the students surveyed had never used cocaine or steroids, and less than 25 percent had used marijuana in the 30 days preceding the survey.

Think you were surprised by these numbers...share them with your teen!



**Virginia  
Abstinence  
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*Smart Choices. Stronger Families.*



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Adapted from Prom 2004,  
developed by VDH and Channing-Bete

# Prom: Parent Wise



As teens prepare for the prom they are making many choices. Some choices are less important than they seem- for example what style of dress to wear, whether to take a limo or borrow Mom's car, what flowers to buy, who should sit where during dinner...the list goes on and on.

But as a parent, you worry that the most important – and difficult - choices still lie ahead. Will your child feel pressure to use alcohol or other drugs? Will he or she feel pressure to have sex? You remember what the prom is like. You know it's a night when the pressure to take risks intensifies.

