

# Every 15 Minutes.....



Pomeroy High School and SAM Club presented a program called "Every 15 Minutes" on April 26<sup>th</sup> and 27<sup>th</sup>. The program started with the Spokane Police Department in 1990 to combat drunk driving. The main message to the students was "Don't Drink and Drive." The intent of the program was to reduce auto fatalities through awareness which included simulated deaths of students throughout the day followed by an assembly the



next day to include a

power point presentation and both parent/adult speakers and a testimony from a young man who lost his sister due to drinking and driving in 2009.

## For immediate release: March 16, 2011 (Dept. of Health)

### What are students up to? Survey gives some insight

More Washington students are making healthier choices by avoiding alcohol according to a recent survey of kids in our state. But declines in cigarette smoking continue to stall and an increase in new candy-flavored tobacco products is a growing concern. The Youth Survey is anonymous and voluntary; it's taken every two years by thousands of Washington students in grades 6, 8, 10, and 12 in more than 1,000 public schools. It focuses on attitudes and health risk behaviors. Topics include drug, alcohol, and tobacco use; gangs; physical activity, suicide; bullying; and more.

Since 2000, youth cigarette smoking has dropped by half, resulting in about 70,000 fewer smokers. However, these dramatic reductions have slowed in recent years, with 10<sup>th</sup> grade smoking remaining mostly flat at about 13 percent from 2004 to 2010. Besides cigarettes, youth are using other tobacco products that are often flavored like candy, chewing tobacco use by 10<sup>th</sup> graders is on the rise, particularly among girls – the rate has more than doubled in the past 10 years.

Underage drinking is a major health concern in Washington but recent survey results show a continued downward trend. Statewide efforts the past few years have encouraged parents to talk to their kids about alcohol, because studies show parents are the number one influence on whether teens choose to drink. Collective work in educating parents and kids is paying off.

Teachers and school administrators have made progress in creating safe and supportive learning environments for our students. More students report they feel safe, enjoy being at school, and have opportunities to become involved in school-related activities. We know when students are engaged in their learning experience and feel safe; they are more likely to succeed academically.