INTRODUCTION
Drug abuse most often begins in adolescence and young adulthood, when youth begin trying alcohol, tobacco, and illegal and prescription drugs.\textsuperscript{1} Adolescents most frequently abuse alcohol, followed by marijuana and tobacco.\textsuperscript{2} Repeated substance use can result in school failure, poor mental health, impaired memory, problems with family relationships and friendships, and increased overall risky behavior.\textsuperscript{1}

RESPONDENTS
A total of 2246 Virginia middle school students took the survey, most of whom (90%) were between the ages of 11 and 13 years old. Males (51%) and females (49%), as well as student grade levels were evenly distributed.

SUMMARY
For e-cigarettes and tobacco, students reported their use during the past 30 days (current use). For alcohol, marijuana, heroin, and prescription drugs students reported use over their entire lives.

\textbf{E-cigarette & Tobacco Use}
- Six percent of students currently use e-cigarettes.
- Two percent of students currently use cigarettes and 2% currently use smokeless tobacco.

Other Substance Use
Of the substances used over students’ entire lives, alcohol was the most commonly used and heroin was the least commonly used (\textit{fig. 1}).
- Almost 2 in 10 students (16\%) had consumed alcohol.
- Less than 1 in 10 students (6\%) had used marijuana.
- One percent of students had used heroin.
- Less than 1 in 10 students (7\%) had taken a prescription drug without a doctor’s prescription.

\textbf{Figure 1:} Percentage of students ever having used a substance.
Grades & Substance Use
Students were more likely to receive As and Bs in school if they had never consumed alcohol, used marijuana, used prescription drugs without a doctor’s prescription, or used heroin (fig. 2).

Skipping School & Substance Use
Students were more likely to skip school if they had ever consumed alcohol (4 times as likely), used marijuana (6.5 times as likely), used prescription drugs without a doctor’s prescription (4.5 times as likely), or used heroin (6 times as likely) (fig. 4).

Sad, Hopeless, or Anxious & Substance Use
Students were more likely to have ever felt sad, hopeless, or anxious if they had ever consumed alcohol (1.4 times as likely). Students were nearly equally as likely to have ever felt sad, hopeless, or anxious if they had ever used marijuana, used prescription drugs without a doctor’s prescription, or used heroin (fig. 3).

MORE INFORMATION


For more information, please visit http://www.vdh.virginia.gov/virginia-youth-survey/ or contact VYSrequest@vdh.virginia.gov