

# Teen/Tween Statistics

## Sources for Teen information:

American Automobile Association Research

Kaiser Family Foundation

PEW/Internet & American Life Project

Illinois Youth Survey

Center for Disease Control

Partnership Attitude Tracking Study, Partnership for a Drug Free America

American Academy of Pediatrics

SAMSHA

US Department of Health Services

National Women's Health Education Center

## Topics:

Teen Sexual Development and Activity

Teen and Middle Schooler Alcohol and other Drug Use

Emotional Issues

Internet Usage

Cell Phone Usage

Parent Attitudes of Teens and Tweens

Teen Driving

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## Physical Development

Average age of menstruation: 12.45 years

Range is 8-15

Less than 10% of girls in the US get period before 11

90% have period by 13.75 years.

Menopause also getting older—averaging +2 years later than our mothers...

Boys have also been found to be entering puberty earlier than generations ago.

- The average weight for a 10-year-old-boy in 1963 was 74.2 pounds; by 2002 the average weight was nearly 85 pounds.
- The average weight for a 10-year-old-girl in 1963 was 77.4 pounds; by 2002 the average weight was nearly 88 pounds.
- A 15-year-old boy weighed 135.5 pounds on average in 1966; by 2002 the average weight of a boy that age increased to 150.3 pounds.
- A 15-year-old girl weighed 124.2 pounds on average in 1966; by 2002 the average weight for a girl that age was 134.4 pounds.

Boys are now about an inch taller vs 1963; girls grew taller younger, but by 15 are no taller than in 1960.

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## **Sexual Attitudes and Activity**

47% of teens 9<sup>th</sup>-12 grade have had sex.

lower for girls than boys

level has declined since 1993

62% of 12 grades have had sex

33% of 9<sup>th</sup> graders

Median age for first intercourse is 16.9 years for boys, 17.4 for girls.

Under 10% of boys or girls have initiated sexual intercourse before 14.

66% of teens in 9-12 grade said they were abstinent—not have had sex for past 3 months

Over half of the 15-19 year old group has had oral sex.

Attitudes about sex and dating

By age 17, intercourse is an accepted part of dating relationships.

But it is acceptable to be unattached—most say that dating is not very important.

Teens aged 13-14 (82%) are almost as likely as older teens (92%) to have had a boyfriend or girlfriend.

In a recent government survey one half of kids said their parents have never discussed how to say no to sex.

And -one half said their parents have never told them about sexually transmitted diseases.

Students who say they can talk to their parents about sex are actually less likely to engage in risky behaviors...

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## **Cigarettes:**

Each day, 4400 youth (12-17) try their first cigarette.

1/3<sup>rd</sup> of those young smokers will die from a smoking related disease.

13.3% of middle school students reported using tobacco products—in Illinois, 9.4% of students used cigarettes, the most favored tobacco product.

Local high school student use of cigarettes 12<sup>th</sup> grade 32%, 10<sup>th</sup> grade 14%, and this level is somewhat higher than the average in Lake County.

Nationally 12 grade student cigarette use has declined, but middle school use has not.

## **Alcohol Use**

13% of 6<sup>th</sup> graders used alcohol in the past month in Illinois, and 24% have ever used alcohol.

29% of 8<sup>th</sup> graders have used alcohol in the past month, and the fastest growing group was females.

10.9% of 8<sup>th</sup> graders binge drank in the past two weeks.

The mean age for first drink was 14.2 years and the average age of regular use is 15.7.

Over half of the students who ultimately use alcohol or marijuana before leaving high school started using in middle school.

Alcohol use is somewhat lower among white students, but the stats for our local area are higher.

However, alcohol use among our local LFHS students is significantly higher than national, state, or county averages:

76% of 12 graders used alcohol in past month, 55% have binged in past 2 weeks. The national average is 20 percentage points lower...

47% of 10<sup>th</sup> graders used alcohol, and 26% binged,

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## **Alcohol Use**

Among 12 graders in Illinois, 46% said their parents believed drinking was wrong or very wrong, which 53% said it was a little bit wrong or not wrong at all.

Among 8<sup>th</sup> graders in Illinois, 25% of parents said drinking was a little bit wrong or not wrong at all.

25%% of 12 graders have driven under the influence

9.4% of 10<sup>th</sup> graders have driven under the influence. These numbers are up slightly from 2002.

40% of 12 graders have ridden in car being driven by a drunk or high adult—10% 6+ times.

## **Marijuana**

1 out of 11 eighth graders used marijuana in the past month

1 out of 5 12<sup>th</sup> graders in Illinois used marijuana—

but LFHS numbers showed that 35% of 12 graders and 19% of 10<sup>th</sup> graders used marijuana in the past month.

## **Inhalants**

The % of teens using inhalants in Illinois grew in every grade level (2006 vs 2004) with the largest growth in 8<sup>th</sup> grade.

## **Emotional Issues**

20% of youth will experience depression some time during their teen age years,.

While talked about a great deal, the incidence of eating disorders among girls is relatively low: anorexia 1%, bulimia 2-3%, disordered eating, 4-5%.

Suicide is the 3<sup>rd</sup> leading cause of death of youth 15-24.

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## Internet Use

Internet use, IM-ing and text messaging has increasingly replaced face to face or voice conversations with others.

87% of teens use the internet, but in our community it is estimated to be nearly 100%.

74% of teens who use the net, also do Instant Messaging.

81% of teens on the net play games

43% of teens have made a purchase on the net.

20% say the internet is their primary method of communications.

37% use instant messaging to say something they would or could not have said in person or over the phone.

50% of teens have sent a message to a stranger.

55% of on line teens 12-17 use social networking sites—with older girls being most likely to use them.

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## Cell phones

60% of American teens have a cell phone. It is estimated that 54% of youth 8-12 will have cell phones in the next 3 years.

Text messaging has increased by 3000% in the past year, with the low cost of communicating this way as one of the key reasons.

Picture messaging is also expected to grow rapidly among youth.

While safety and communication are benefits to cell phones, some of the problems are:

Driving risks:

46% of teens reported using text messaging while driving  
51% said they talked on the cell phone while driving.

Bullying by cell phone or text messaging

Difficulty in determining the caller's location.

Using cell phone camera's inappropriately.

Digital thumb or eye strain.

Problematic use of cell phones in an addictive way-correlating with mental health problems.

Lack of sleep due to 24/7 use of cell phones/

Costs: cell phone usage fees can lead to some surprisingly large bills.