



health and safety

OF NORTHERN VIRGINIA'S YOUTH

A Deep Dive into the 2025 Portrait of Northern Virginia's Youth

THE
community
foundation
FOR NORTHERN VIRGINIA

insight
>region®
the center for
community research



Welcome and Introduction



*Sari Raskin,
Vice President of Grants and
Community Leadership*

*Community Foundation for
Northern Virginia*



2025 shape...> OF THE region™ CONFERENCE

Our Children

Creating Safe, Supportive Futures for Northern Virginia's Youth

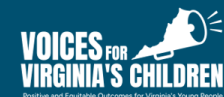
Tuesday, March 25, 2025 | Hybrid Event

7:30 am: Breakfast & Registration (in-person)

8:30 - 11:30 am: Conference Program (hybrid)

Valo Park Auditorium | McLean, VA

Presenting Partners:





AN INSIGHT REGION® DEEP DIVE

Welcome and Introduction



Denise Bellows, PhD
Senior Director of Insight Region



Dylan V. Scarton, PhD candidate
iCONNECT Apps Co-Founder

IN REVIEW: The Health and Safety of NOVA Youth

Safety

- Nearly **30% of Middle Schoolers** feel unsafe
- **Girls and Hispanic/Latino** youth report feeling unsafe more than other groups

Bullying

- In Middle Schools, bullying in person decreased, but **electronic bullying increased 30%.**
- 20% of Middle School and 10% of HS students report electronic bullying

Deaths by Suicide

- Youth suicides in Northern Virginia have **increased by 45%** since our 2010 report
- There were **170 youth firearm deaths** 2020-2023

Opioids

- **15%** of overdose deaths are of youth under age 25
- Overdoses among youth have increased 43% from 2022 to 2023

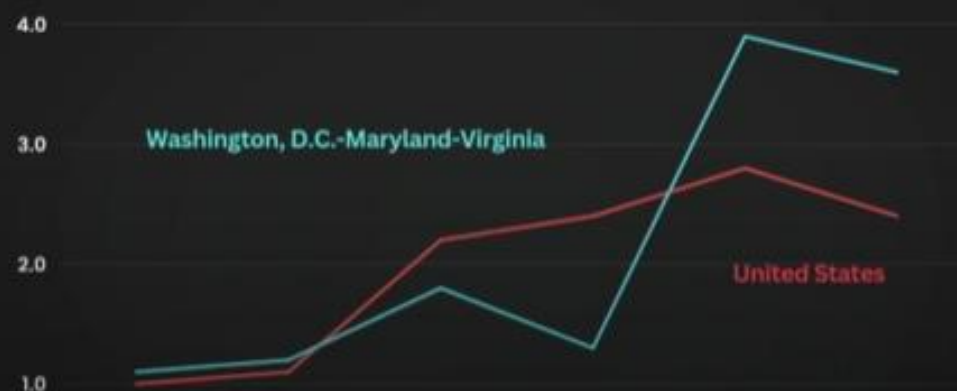
MARCH 5, 2025

StudentCam 2025 Grand Prize Winner - Teens, Social Media & the Fentanyl Overdose Crisis

10th Grade student Dermott Foley from Montgomery Blair High School in Silver Spring, MD won Grand Prize for his documentary, "Teens, Social Media & the Fentanyl Overdose Crisis." Dermott is the first student in StudentCam history to have won the Grand ...[Show More](#) ▼

[Report Video Issues](#)

Death rates of teens due to drugs in the Washington, D.C. area have grown much faster than in the country as a whole.



Solutions Discussed at Shape of the Region

School-based policy and programs

- School cell phone bans
- Multi-tiered Systems of Support (MTSS)
- School-Based Mental Health Models

Community-based programs

- Virginia Mental Health Assessment Program (VMAP)
- Parent E3 program: Engage, Educate, Empower

Peer-support models

- “Rambassadors” expansion to Fairfax County Schools
- Youth Mental Health Corp program

Technology Solution

- iCONNECT app
- RecoveryCorp

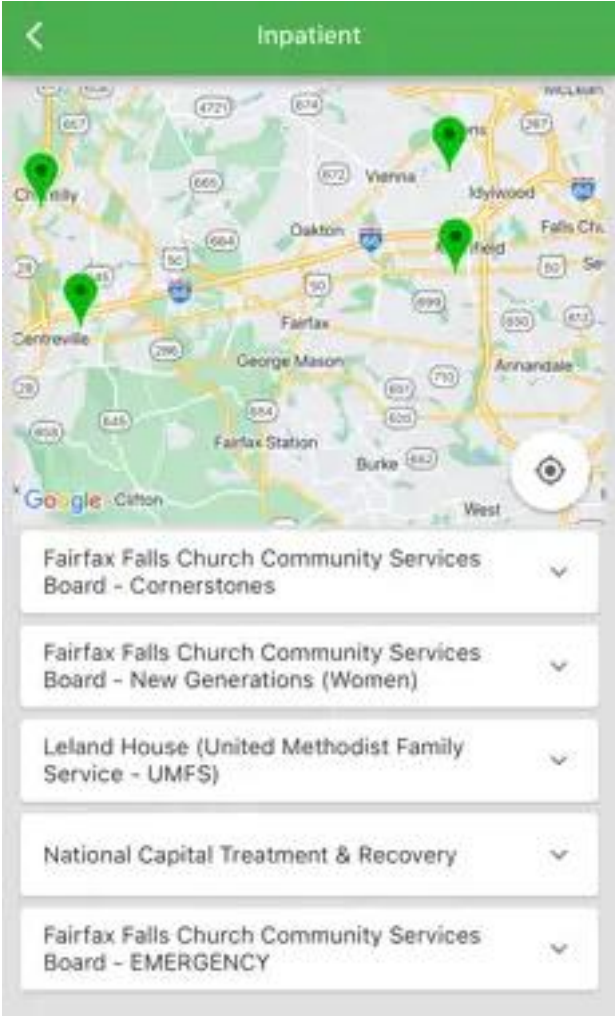
'iCONNECT SUD' app



App Store



Google Play





ACES vs. PACES

Adverse Childhood Experiences (ACEs)

- Childhood abuse, neglect, domestic violence, and parent substance abuse
- Youth with these experiences often have difficulties in adulthood, or model negative behaviors of their parents.

Protective and Compensatory Experiences (PACES)

- Positive experiences that can increase resilience and protect children from mental and physical illness.
- Adults who had many “PACES” have fewer negative health outcomes, even if they also experienced ACEs.

The 10 PACES

1. Parent/caregiver unconditional love
2. Spending time with a best friend
3. Volunteering or helping others
4. Being active in a social group
5. Having a mentor outside of the family
6. Living in a clean, safe home with enough food
7. Having opportunities to learn
8. Having a hobby
9. Being active or playing sports
10. Having routines and fair rules at home

Source: PACES Lab, Child and Family Blog. “How to protect your child against adversity; PACE methods” <https://childandfamilyblog.com/how-to-protect-your-child-against-adversity-pace-methods/>



Discussion



Next Insight Region Deep Dive: The State of Food Insecurity for Northern Virginia Youth

Tuesday June 17, 2025

Join us for an in-depth discussion on the growing issue of food scarcity among youth in Northern Virginia. This session will explore the complex factors contributing to food insecurity in the region, the impact it has on the health and well-being of local young people, and the innovative solutions being implemented to address this critical issue.



2025 PORTRAIT OF

northern virginia's youth

Creating safe, supportive futures for Northern Virginia's youth

Denise Bellows, PhD / March 2025



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App Store



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WIX



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