

## YOUTH ARE STRONG! <

*Our generation gets a lot of flak about making bad decisions. But do we? Certainly, some teens make mistakes, but the majority of us are actively making healthy choices - we have healthy relationships, we eat healthy, we engage in healthy activities, we have a healthy community, we have healthy lifestyles. We're healthy, and this shows through as strength.*

*You know those myths, that "everyone" does drugs, that "everyone" is drinking alcohol, that "everyone" is having sex? Don't believe them - the numbers show that they are false! If you make good decisions, if you can gladly say that you're proud to be a teenager, then know that you are in the majority. You are surrounded by a community of strong youth!*

*The Youth Risk Behavior Survey was given to a representative sample of Anchorage School District high school students in January 2009, as part of a biennial nationwide survey of youth. The strength-based report which provided the information for this brochure was compiled in the summer of 2010. For more information, visit:*

[http://www.asdk12.org/depts/SDFS/Research/YRBS\\_2009\\_Strength.pdf](http://www.asdk12.org/depts/SDFS/Research/YRBS_2009_Strength.pdf)

# THE NUMBERS PROVE IT!

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WE WERE ASKED...  
WE ANSWERED...  
WE TOLD THEM ABOUT...

THE STRENGTH  
OF OUR YOUTH!



# \*THE STRENGTH OF OUR YOUTH\*

