



# INFORMATION for PARENTS and STUDENTS

## Washington State Healthy Youth Survey

Our school is participating in the  
Healthy Youth Survey  
during the week of October 13–17, 2008.

Please share the information in this brochure  
with your student, talk about the survey, and  
decide if your student will participate.

### What is the Healthy Youth Survey?

The survey asks questions that are related to students' increased risk of injury, poor health outcomes, and alcohol and drug use. Survey results are used by schools, communities and the state and local health departments to plan programs to support our youth and reduce their risks.

The survey is voluntary and anonymous.

### What questions are on the survey?

Survey questions come from several well-established surveys that have taken place across the nation and in Washington. Parents or guardians can see a copy of survey questions in the school office.

Question topics include:

- Background information (age, gender, grade, race/ethnicity)
- Feelings about school and community
- Relationships with parents, friends, and neighbors
- Nutrition, eating habits, physical activity
- Health education
- Knowledge, attitudes about, and use of tobacco, alcohol and other drugs
- Safety-related habits, feelings about safety
- Violence-related behavior

### Who will be asked to take the survey?

Students in Grades 6, 8, 10, and 12 across Washington State.

### Is the survey voluntary?

Yes! Students taking the survey can skip questions and stop taking the survey at any time.

If you do not want your student to participate in the survey, *you can excuse your student from participating* by calling or sending a note to the school.

*Students can also excuse themselves* by telling their teacher that they do not want to take the survey.

Students not taking the survey will be provided with an alternative activity, such as reading or working in the library.

There is no penalty for not taking part in the survey. Your student's grades will not be affected.

**The number of youth participating in Washington's Healthy Youth Survey has grown over time - from only a few thousand in 1988 to 198,000 in 2006!**

### How is student identity protected?

Students will not write their names anywhere on the survey and there are no codes or other information to match a survey to a particular student.

No one from the school will look at the survey answers. Students put completed surveys into an envelope that is sealed before it leaves the classroom.

Survey reports of results will not identify any student.

### Need More Information?

If you have any questions about the purpose of the survey or survey procedures, please contact Department of Health, Kevin Beck, 1-877-HYS-7111.

The survey will be conducted by RMC Research Corporation, please contact 1-800-788-1887.

The Washington State Institutional Review Board has approved the procedures for conducting the Healthy Youth Survey that are described in this brochure. If you believe these procedures have not been followed, please call 1-800-583-8488. You do not have to leave your name. All messages will be returned.

Additional information about the Healthy Youth Survey 2008 can be found at the following web sites: [www.hys.wa.gov](http://www.hys.wa.gov) and [www3.doh.wa.gov/hys](http://www3.doh.wa.gov/hys)

Thank you for reviewing this information about the survey and talking with your student about participating!

The Healthy Youth Survey is sponsored by the following state agencies:

Department of Health, Office of the Superintendent of Public Instruction, Department of Community, Trade and Economic Development, DSHS Division of Alcohol & Substance Abuse, Family Policy Council, and Liquor Control Board.