

The Healthy Youth Survey

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May 18th, 2022



Washington Office of Superintendent of
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A background image showing a group of diverse children in a classroom setting. A young girl in the foreground is looking towards the camera, while other children are visible behind her. The image has a warm, yellowish tint.

Vision

All students prepared for post-secondary pathways, careers, and civic engagement.

Mission

Transform K–12 education to a system that is centered on closing opportunity gaps and is characterized by high expectations for all students and educators. We achieve this by developing equity-based policies and supports that empower educators, families, and communities.

Values

- Ensuring Equity
- Collaboration and Service
- Achieving Excellence through Continuous Improvement
- Focus on the Whole Child



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Equity Statement

Each student, family, and community possesses strengths and cultural knowledge that benefits their peers, educators, and schools.

Ensuring educational equity:

- Goes beyond equality; it requires education leaders to examine the ways current policies and practices result in disparate outcomes for our students of color, students living in poverty, students receiving special education and English Learner services, students who identify as LGBTQ+, and highly mobile student populations.
- Requires education leaders to develop an understanding of historical contexts; engage students, families, and community representatives as partners in decision-making; and actively dismantle systemic barriers, replacing them with policies and practices that ensure all students have access to the instruction and support they need to succeed in our schools.



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Today's Goals



Develop a better understanding of the Healthy Youth Survey.



Recognize the difference of response for students identifying as having secure housing versus students identifying as having insecure housing.



Gain an understanding of what a Fact Sheet is, where to find a Fact Sheet, and what you can do with Fact Sheet data.



Agenda

- Healthy Youth Survey – A Brief Overview
- Secure Housing Response vs Insecure Housing Response
 - Substance Use
 - Mental Health
 - Bullying
 - The Hope Scale
- Fact Sheets
- Q and A



Tribal Land Acknowledgement

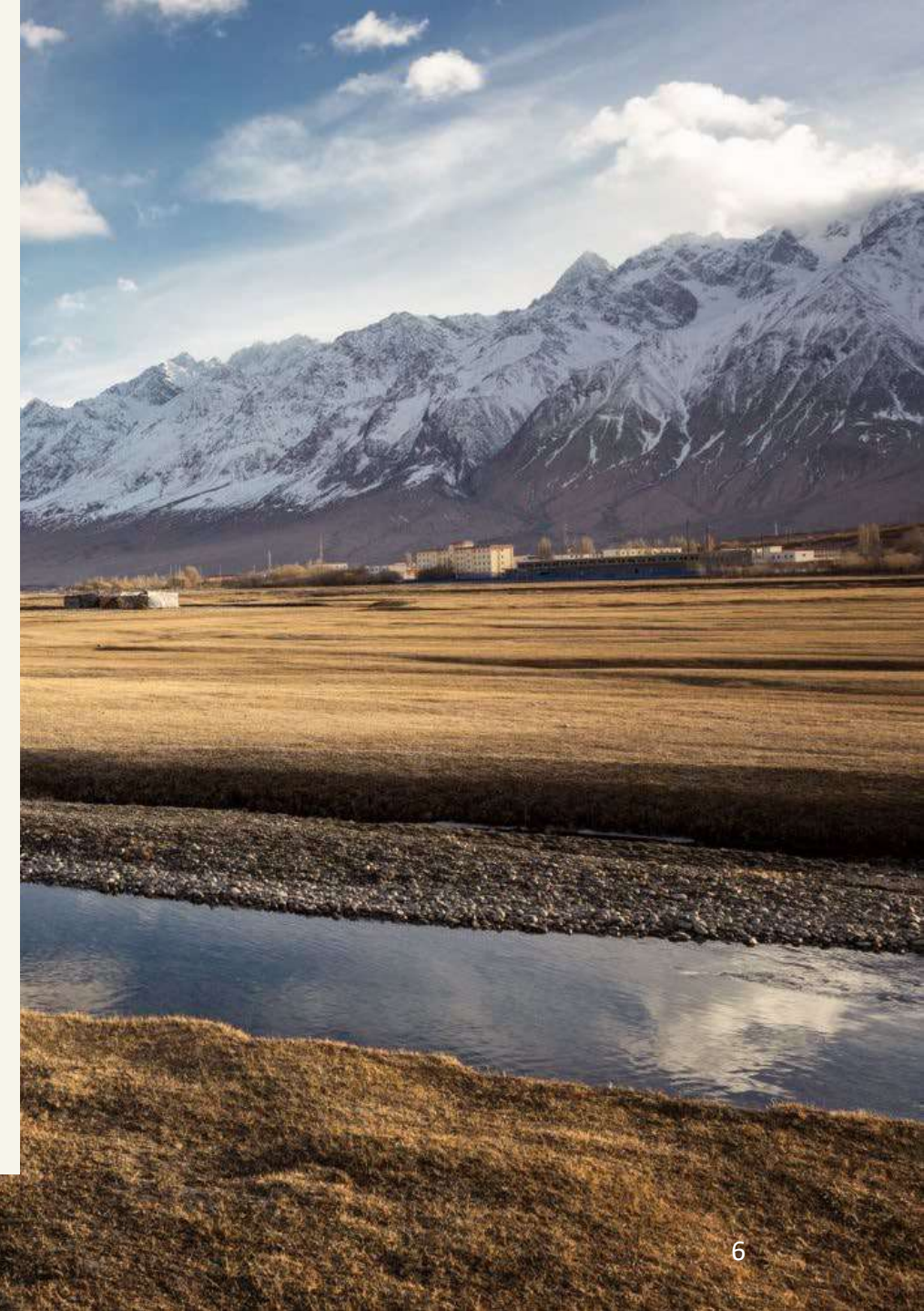
I would like to acknowledge the Indigenous people who have stewarded this land since time immemorial and who still inhabit the area today.

If you would like to acknowledge the land you are joining from today, here are a couple of links to direct you to more information:

<https://www.washingtontribes.org/the-tribes-of-washington/>

<https://native-land.ca/>

You can add your tribal acknowledgement in the chat feature. Thanks!



What is it?

- Voluntary
- Anonymous
- Survey is in English, Spanish, Vietnamese, Russian and Ukrainian
- Administered every 2 years in the Fall to students in grades 6 to 12
 - Results are released in March of the following year



Joint Survey



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Washington State
Health Care Authority



Washington State
Liquor and Cannabis Board

Funding for the 2021 survey is provided by the Dedicated Marijuana Account (DMA) and the U.S. Center for Substance Abuse Prevention, Substance Abuse Block Grant.



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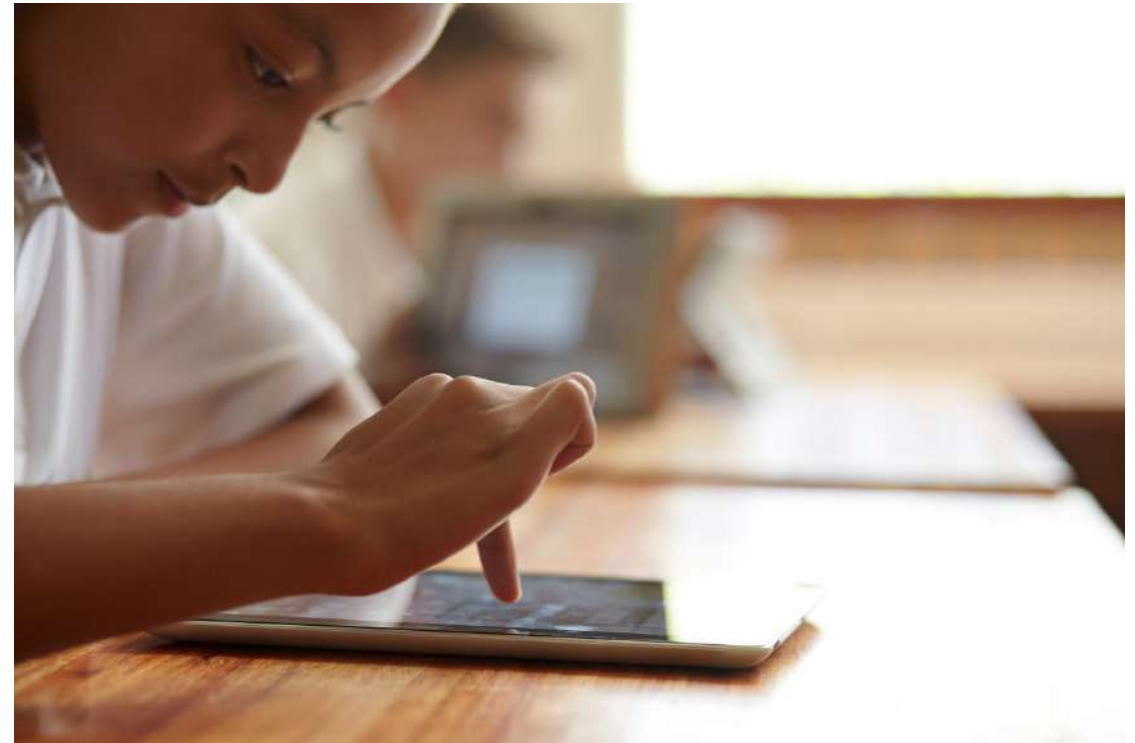
HYS 2021

- Over 208,000 students
- All 39 Counties
- 215 school districts
- 877 schools



How accurate are the results?

- Do students tell the truth?
- Can I trust the results?



Keep this in mind....

- A lot of things have happened since Oct 2018 when the last survey was done.
- The survey was administered in October/November of 2021.
 - This was a point in time and represents how students were feeling and doing then.
- Caution should be used when comparing HYS 2021 data to other years, particularly when examining larger shifts in trend.

Results all found on Askhys.net



Available to the Public:

- State
- County
- Education Service Districts (ESD)
- Special Regions; BHO; RSA, ACH



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AskHYS.net



- School district and building level results are available with Superintendent's permission
- Once permission is granted, school employees access the data with EDS credentials
- Community members and coalitions need MOUs signed to access data



Healthy Youth Survey

[Home](#)[Survey Results](#)[Resources](#)[Press Releases](#)[Contact](#)[About](#)[Log On](#)

Frequency Reports

Select Survey Year

2021 ▼

Select Population

☒ State

State Sample ▼

☐ ESD

ESD 101 ▼

☐ County

Adams County ▼

☐ Special Regions (ACH, BHO and RSA)

[Fact Sheets](#)[Frequency Reports](#)[Q x Q Analysis](#)[Analytic Reports](#)[Bias Analysis](#)[Past Participation](#)[Errata/Corrections](#)

State Sample

Report and Grade

[Grade 6](#)[Grade 8](#)[Grade 10](#)[Grade 12](#)[Multi-grade \(6/8/10/12\)](#)[PowerPoint](#)

ZIP file containing all of the reports for this location

	Grade 6	Grade 8	Grade 10	Grade 12
73. How many times in the past year (12 months) have you been drunk or high while participating in school?	% (± CI) (n=0)	% (± CI) (n=3,591)	% (± CI) (n=4,244)	% (± CI) (n=2,556)
a. Never	**	96.4% (±1.0)	93.8% (±1.2)	88.6% (±2.0)
b. 1 - 2 times	**	2.1% (±0.6)	2.7% (±0.6)	4.8% (±1.0)
c. 3 - 5 times	**	0.8% (±0.3)	1.1% (±0.4)	2.5% (±0.6)
d. 6 - 9 times	**	0.0% (±0.1)	0.7% (±0.2)	1.1% (±0.4)
e. 10 or more times	**	0.7% (±0.4)	1.8% (±0.5)	3.0% (±0.8)



Viewing “Non-Geographic Subpopulations Reports



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Healthy Youth Survey



HomeSurvey ResultsResourcesPress ReleasesContactAboutLog On

Frequency Reports

Select Survey Year

2021 ▾

Select Population

☐ State

State Sample ▾

☐ ESD

ESD 101 ▾

☐ County

Adams County ▾

☐ Special Regions (ACH, BHO and RSA)

Regional Service Area (RSA) ▾

☒ Non-Geographic Subpopulations

Housing Insecurity ▾

Housing Insecurity

Report and Grade
Grade 6
Grade 8
Grade 10
Grade 12

ZIP file containing all of the reports for this location

All questions shown by:

Insecure Housing

Are your current living arrangements the result of losing your home because your family cannot afford housing?

- Yes

Secure Housing

Are your current living arrangements the result of losing your home because your family cannot afford housing?

- No
- Not Sure

	Insecure Housing % (\pm CI) (n=75)			Secure Housing % (\pm CI) (n=2,967)	
168. There are people from my school who will help me if I need it?					
a. Yes	57.3%	± 12.5	*	73.8%	(± 2.4)
b. No	16.0%	(± 7.5)	*	6.0%	(± 1.0)
c. Not sure	26.7%	± 11.9		20.2%	(± 1.7)

Think back over the past year in school. How often did you:

	Insecure Housing % (\pm CI) (n=163)			Secure Housing % (\pm CI) (n=5,985)	
223. Enjoy school?					
a. Never	18.4%	(± 5.7)	*	9.5%	(± 1.0)
b. Seldom	18.4%	(± 6.3)		15.2%	(± 0.9)
c. Sometimes	33.1%	(± 7.6)		40.4%	(± 1.2)
d. Often	22.7%	(± 7.1)		25.3%	(± 1.3)
e. Almost always	7.4%	(± 4.0)		9.6%	(± 0.7)

	(n=89)			(n=3,017)	
224. Dislike school?					
a. Never	1.1%	(± 2.2)	*	4.3%	(± 0.7)
b. Seldom	6.7%	(± 5.2)	*	16.4%	(± 1.3)
c. Sometimes	29.2%	± 11.0		35.3%	(± 2.1)
d. Often	36.0%	(± 9.1)		31.0%	(± 1.9)
e. Almost always	27.0%	(± 8.1)	*	13.0%	(± 1.1)



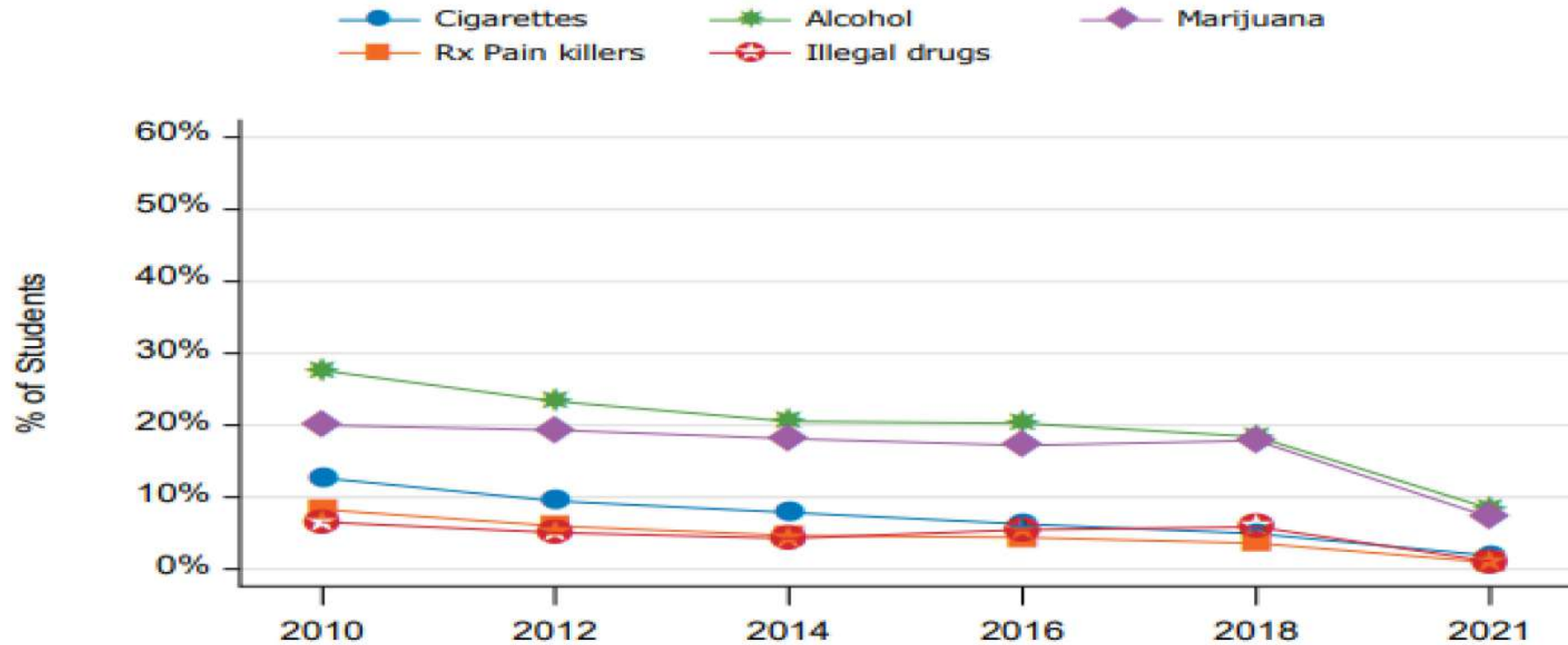
Substance Use

(alcohol, cannabis, rx, poly)

- Substance use decreased significantly across substances, age groups, and other demographics.
- Perceived risks associated with substance use increased.
- We cannot provide a single explanation for this trend nor do the data indicate if this will persist as youth return to pre-pandemic activities.



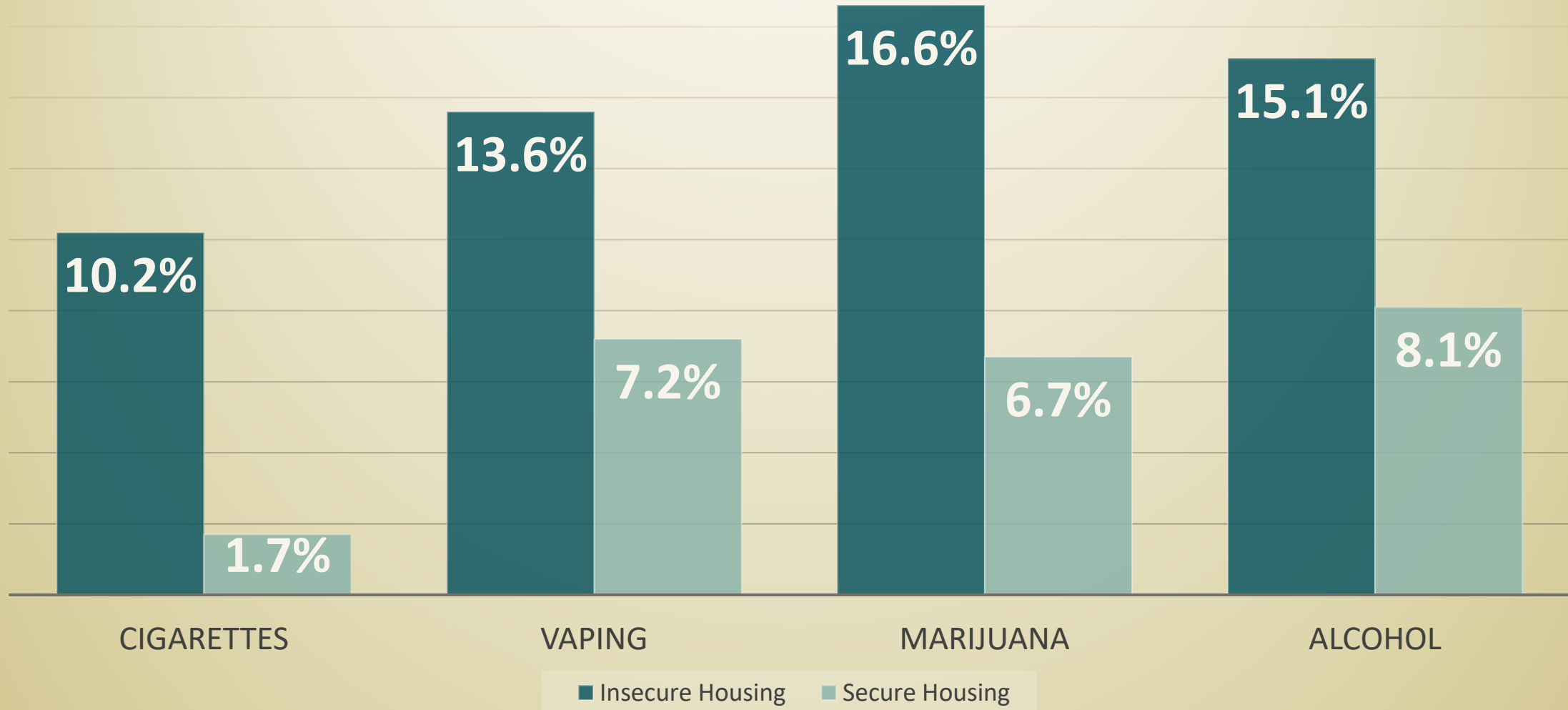
Current (past 30-day) Substance Use 2010-2021, Grade 10



Prevalence	2010	2012	2014	2016	2018	2021
Cigarettes	13% ±2	10% ±1*	8% ±1	6% ±1*	5% ±1*	2% ±0*
Alcohol	28% ±2*	23% ±2*	21% ±2*	20% ±1	18% ±2	8% ±2*
Marijuana	20% ±2	19% ±2	18% ±2	17% ±2	18% ±2	7% ±1*
Rx Pain killers to get high	8% ±1	6% ±1*	5% ±1*	4% ±1	4% ±1	1% ±0*
All other illegal drug use***	7% ±1	5% ±1*	4% ±1	6% ±1*	6% ±1	1% ±0*



Current Substance Use (used in the last 30 days)



Mental Health

- Continues to be a challenge for WA youth, across ages
- Feelings of
 - Sadness
 - Hopelessness
 - Suicidal ideation, planning, and attempts remained steady or decreased compared to 2018

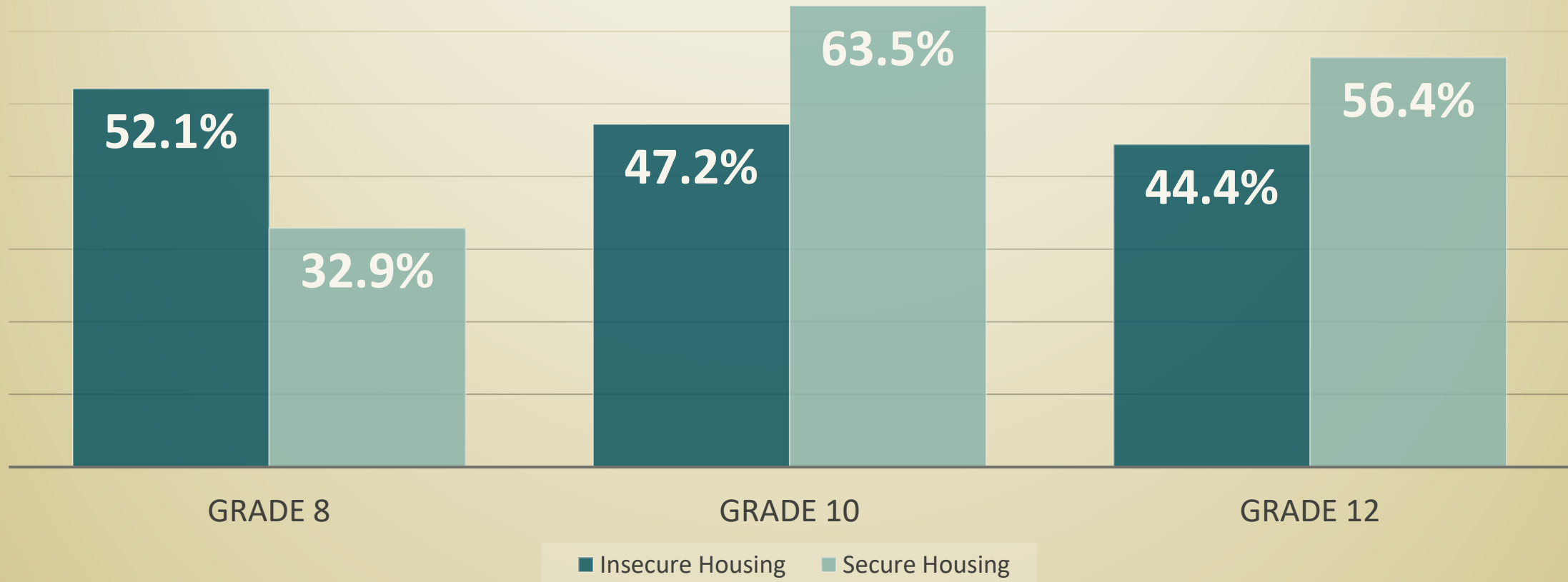


Mental Health Continued

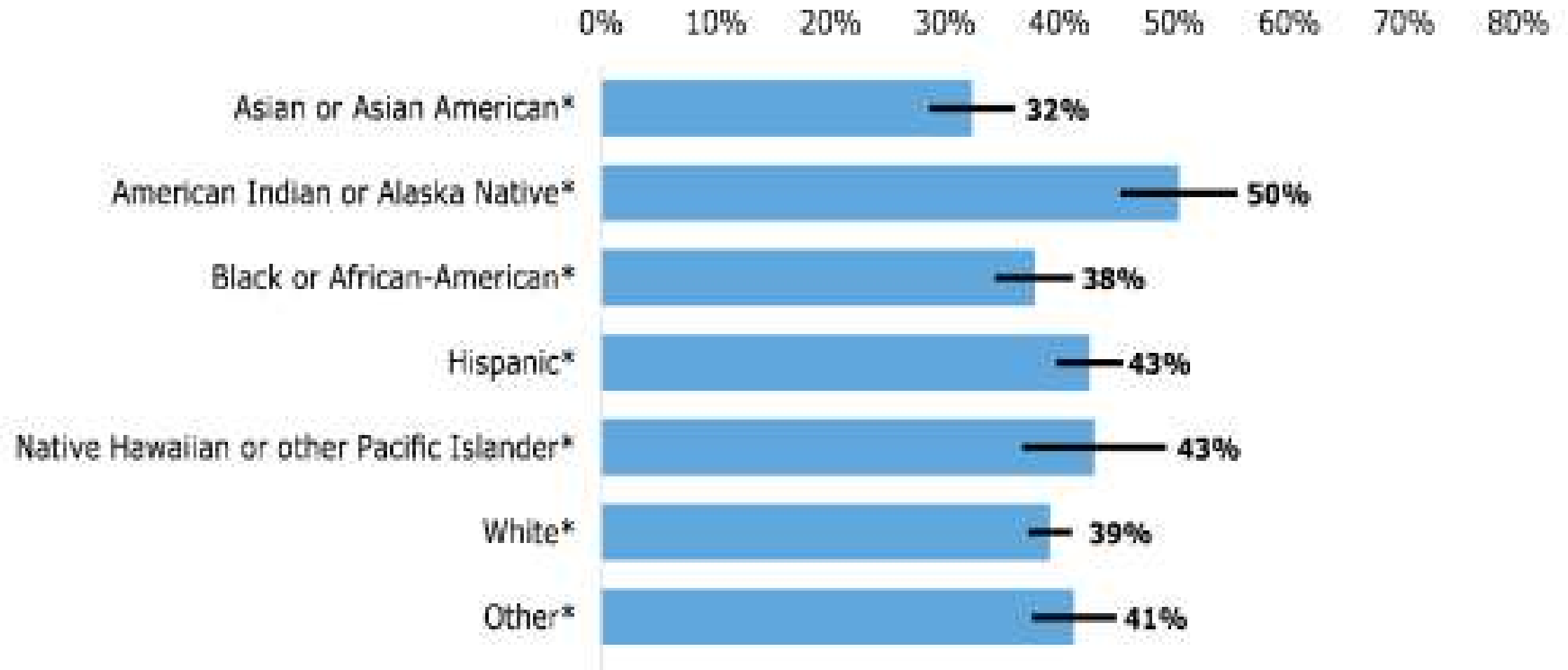
- Higher rates of poor mental health in
 - Females
 - LGBTQ+,
 - Students from migratory families
 - Students identifying as having a disability
- Increased feelings of anxiety were reported as well.

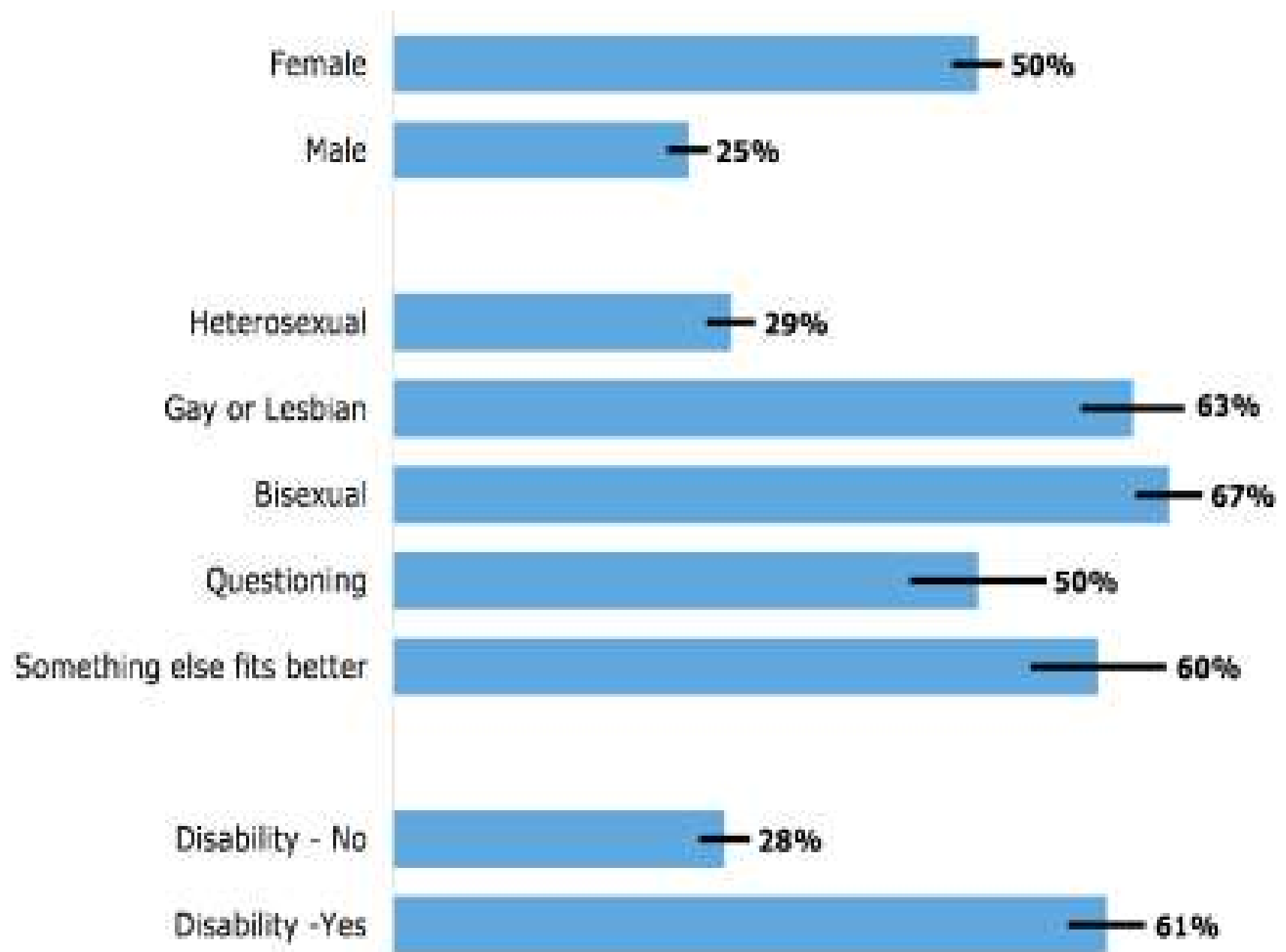


During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities?

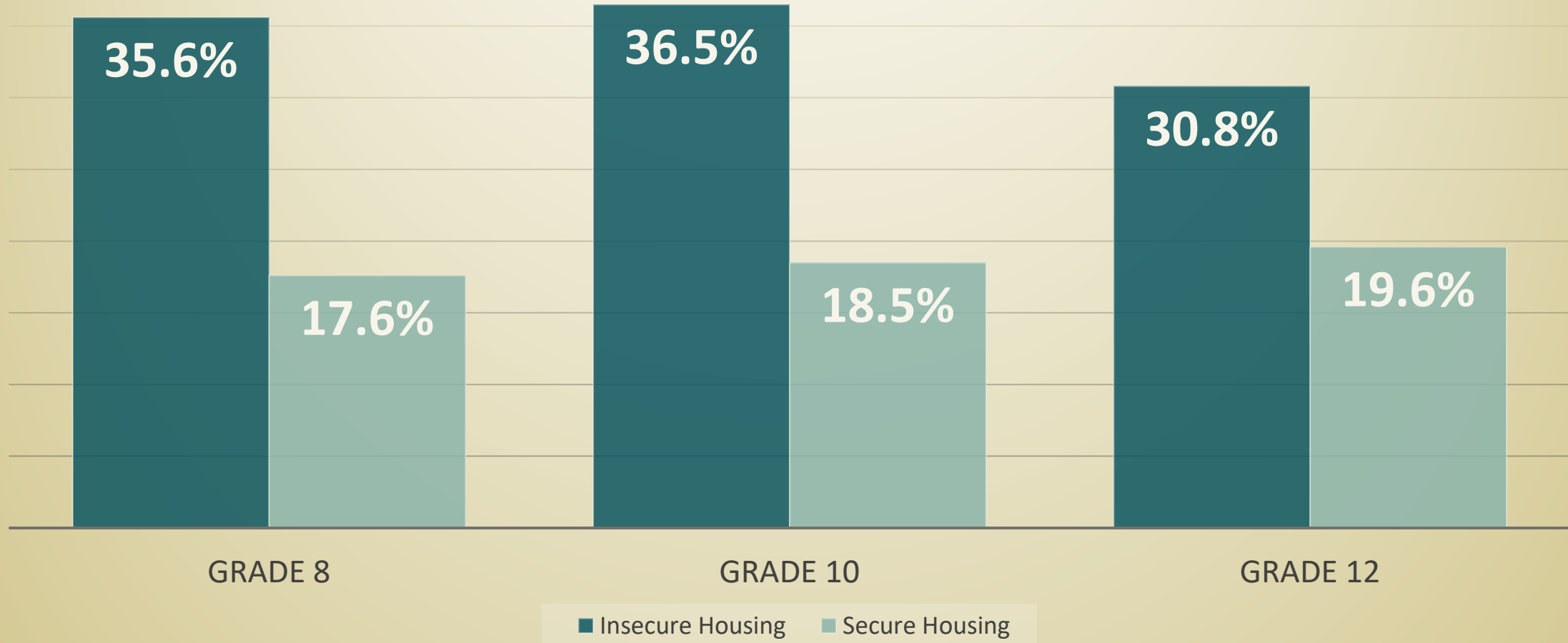


Statewide relationship between feeling sad/hopeless and demographics, Grade 10





During the past 12 months, did you ever seriously consider attempting suicide?

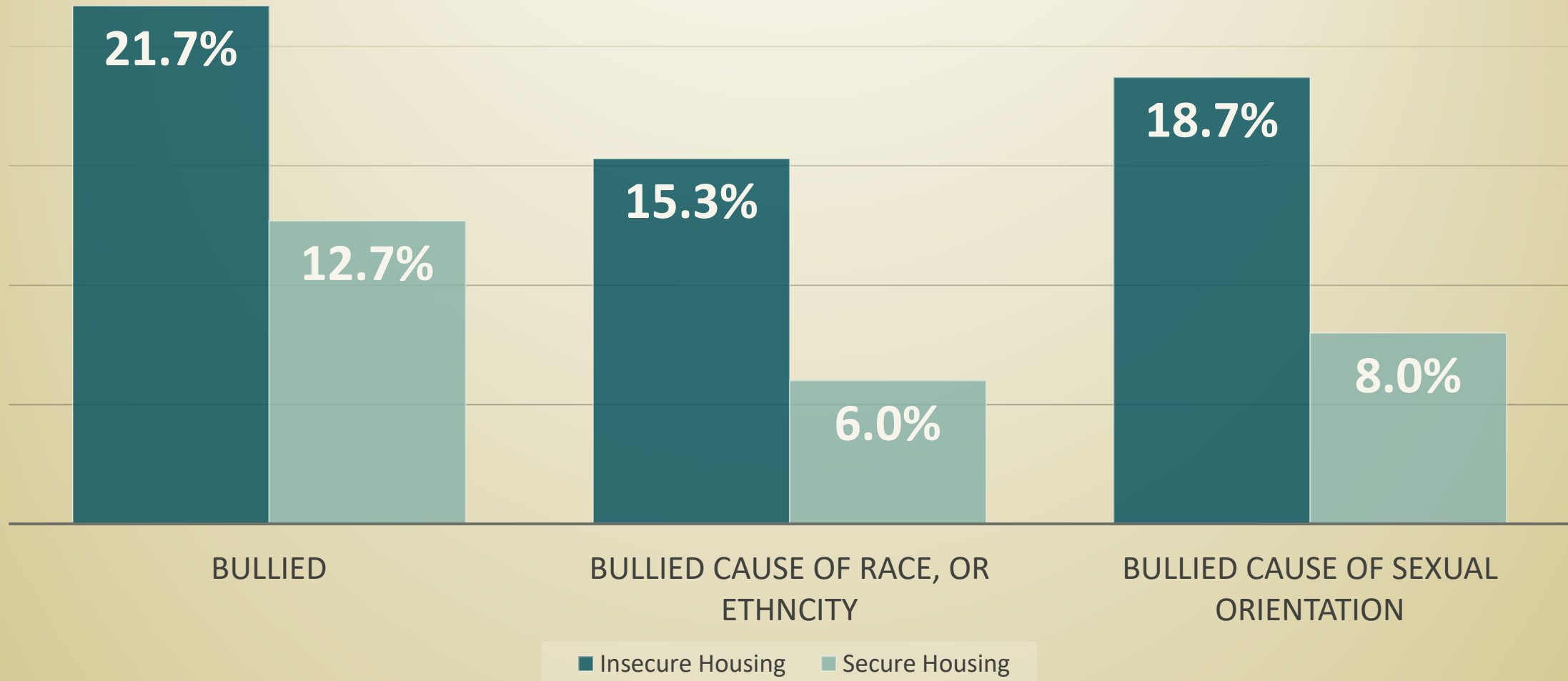


Bullying

- Fewer 8th and 10th graders reported bullying compared to 2018, continuing a downward trend since 2012.
- Decrease in bullying based on race/ethnicity/national origin
 - Stable for other topics



Bullying and Harassment



Children's Hope Scale

Pathway Questions

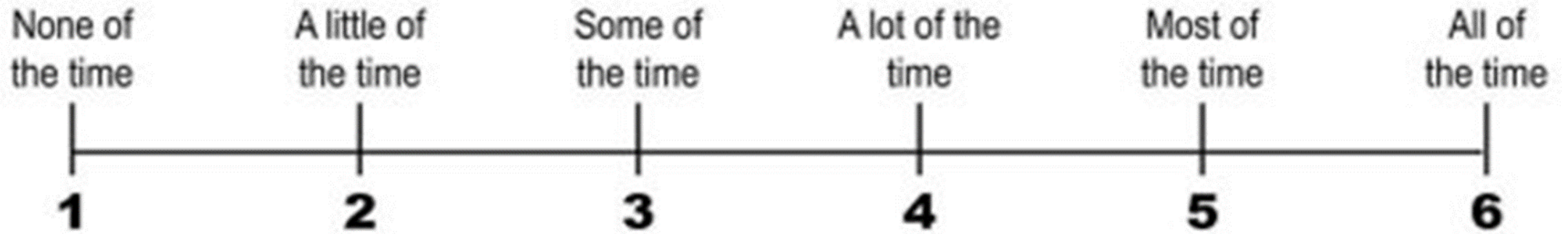
- I can think of many ways to get the things in life that are most important to me.
- When I have a problem, I can come up with lots of ways to solve it.

Agency/ Willpower Questions

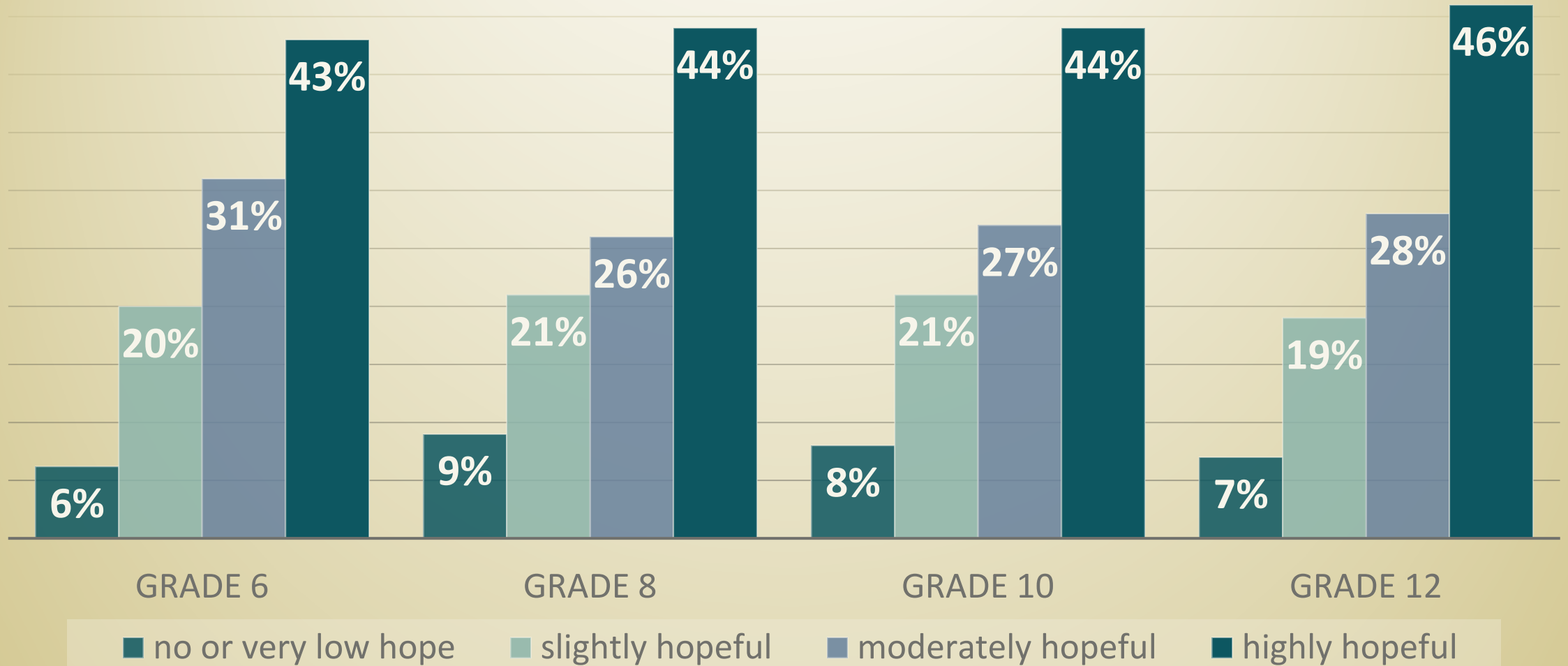
- I am doing just as well as other kids my age.
- I think the things I have done in the past will help me in the future.



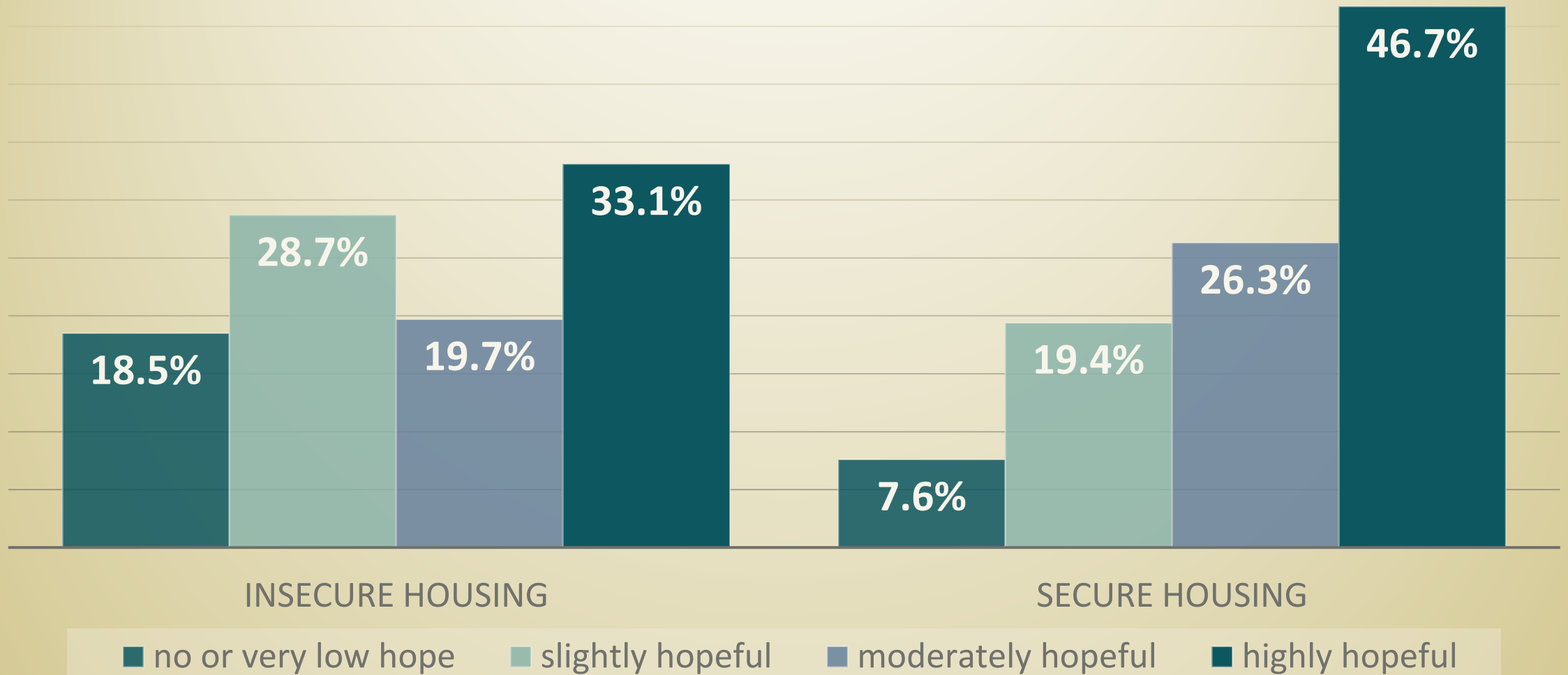
Children's Hope Scale



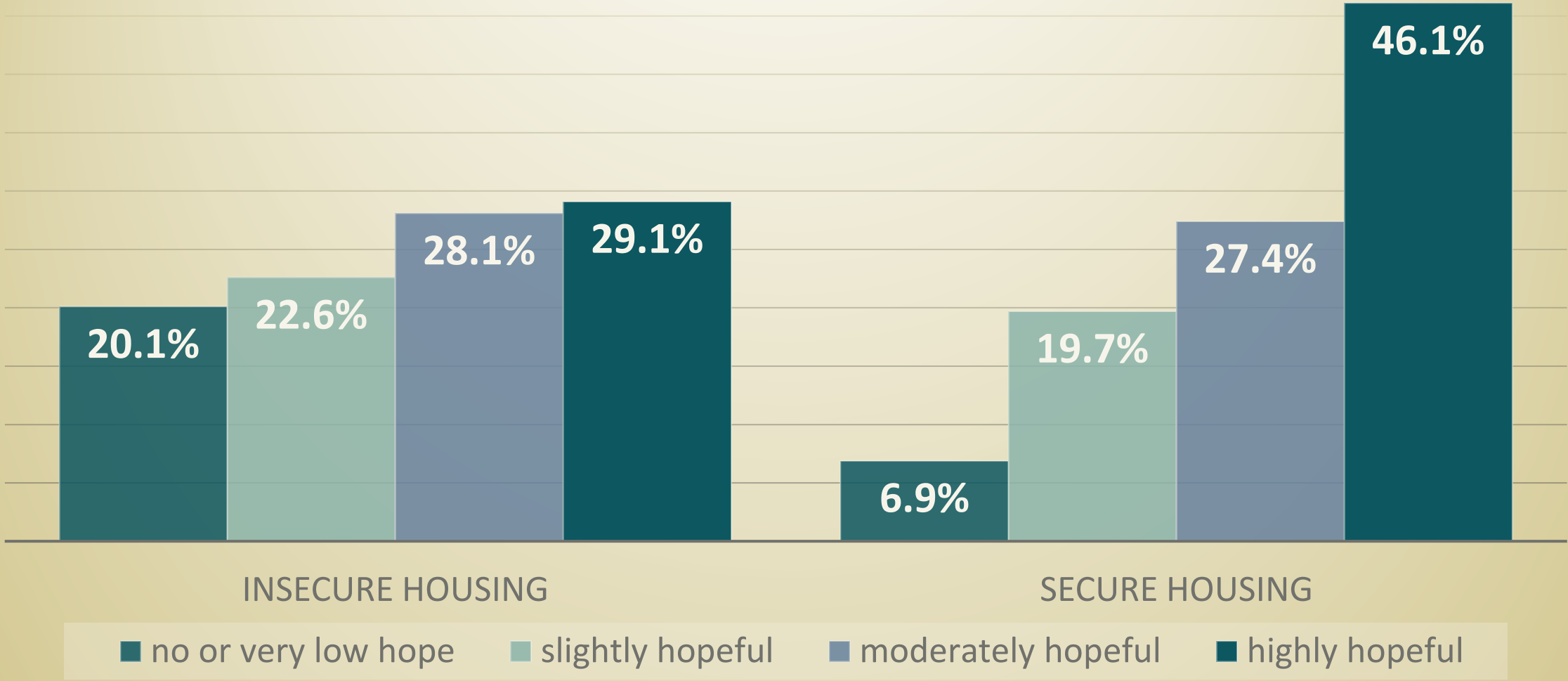
2021 HYS- Levels of Hope



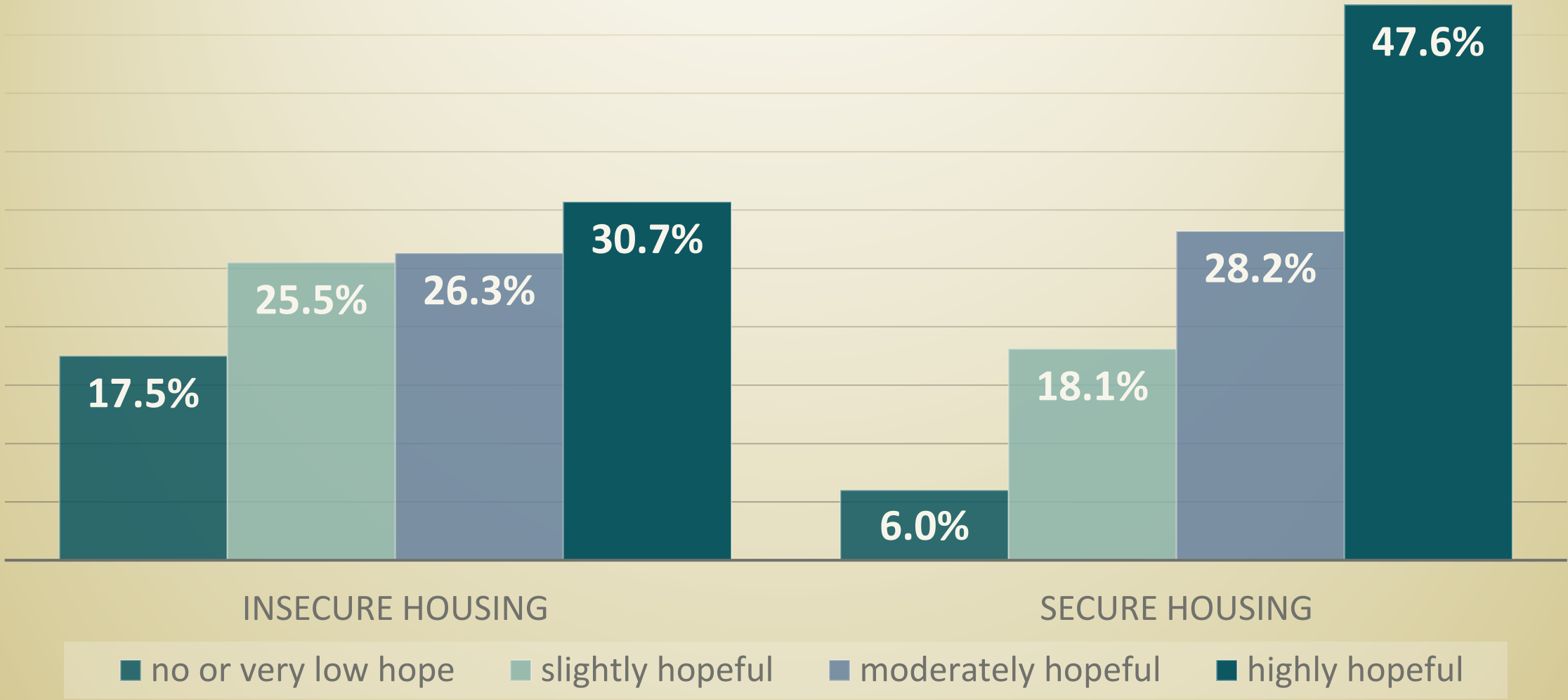
2021 HYS- 8th Grade Levels of Hope



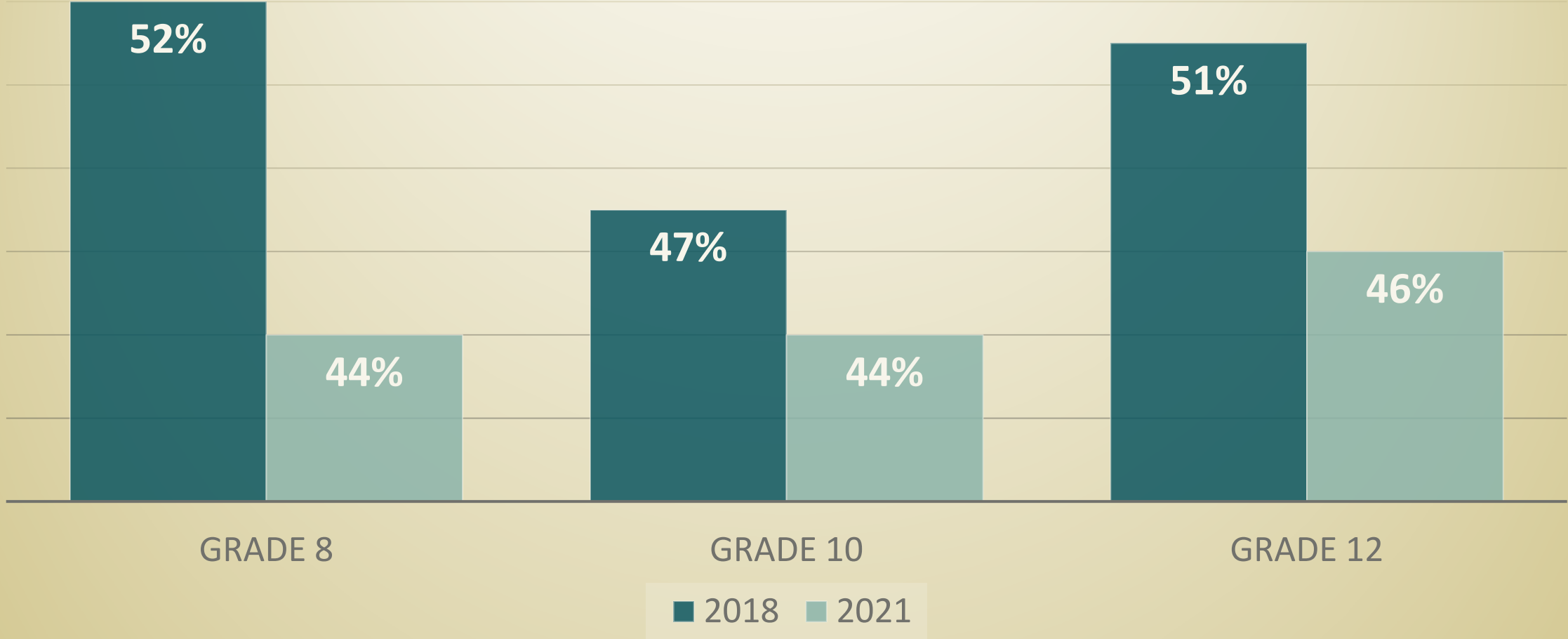
2021 HYS- 10th Grade Levels of Hope



2021 HYS- 12th Grade Levels of Hope



Highly Hopeful- 2018 vs 2021



Questions?



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Healthy Youth Survey

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HYS Fact Sheets

Select Survey Year

2021 ▼

Select Location

☒ State

State Sample ▼

☐ ESD

ESD 101 ▼

☐ County

Adams County ▼

Select Sex

☒ Male

[Fact Sheets](#)[Frequency Reports](#)[Q x Q Analysis](#)[Analytic Reports](#)[Bias Analysis](#)[Past Participation](#)[Errata/Corrections](#)

Select Fact Sheet

[Select All](#)

Safety and Violence Behaviors

6th

8th

10th

12th

Unintentional Injury



Violent Behaviors & School Safety



Bullying and Harassment



Risk and Protective Factors

6th

8th

10th

12th

Community Risk Factors



Community Protective Factors



School Risk Factors



School Protective Factors



Peer-Individual Risk Factors



Family Protective Factors



Health and Health-Related Behaviors

6th

8th

10th

12th

Weight and Obesity



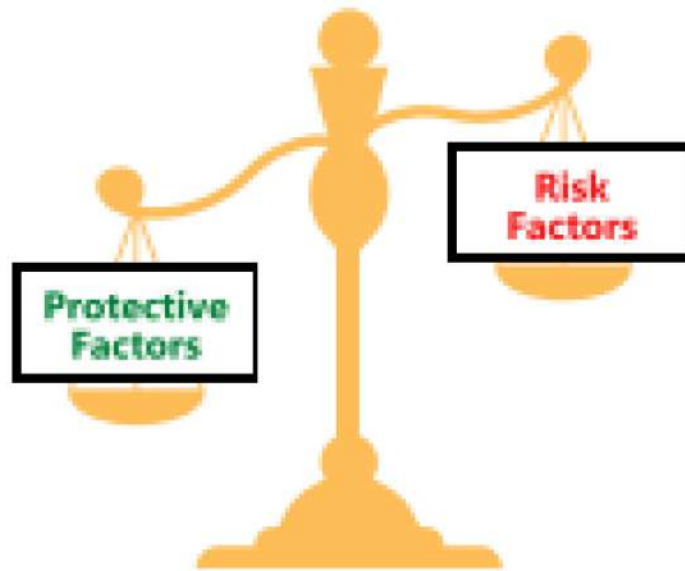
Dietary Behaviors



Oral Health

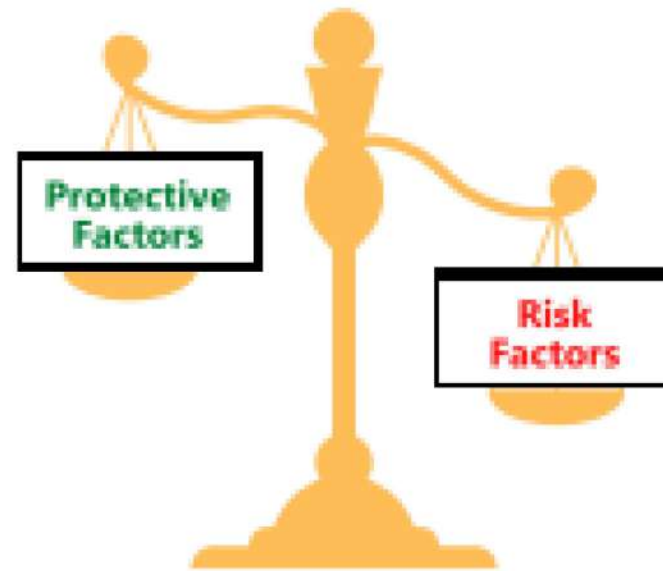


When Protective Factors
Outweigh Risk Factors



Child is likely to
be resilient.

When Risk Factors
Outweigh Protective Factors



Child is likely to
be disadvantaged.

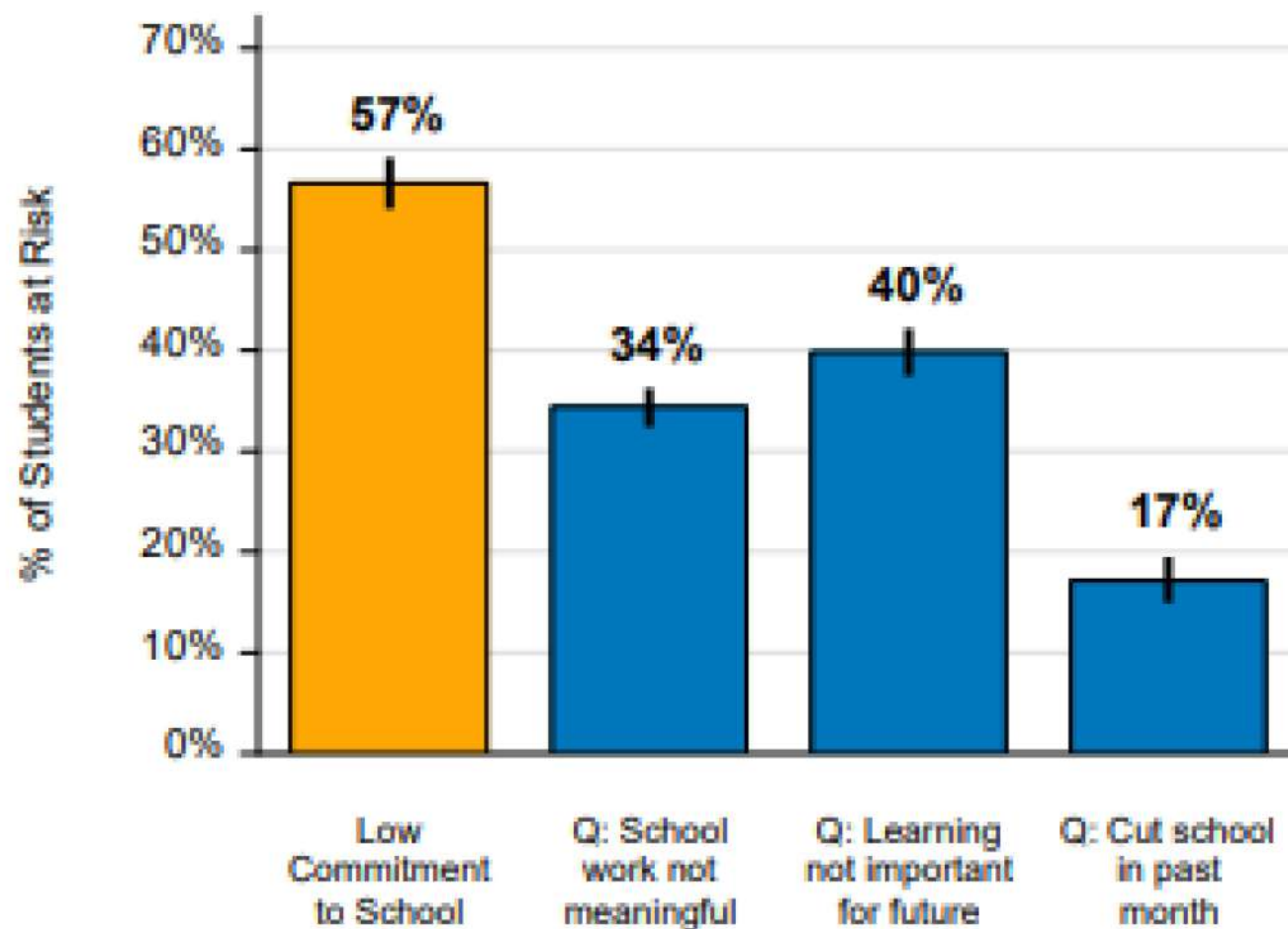


Peer-Individual Risk Factors	Substance Use	Delinquency	Teen Pregnancy	School Dropout	Violence	Depression & Anxiety
Friends Who Use Drugs	✓	✓	✓	✓	✓	
Favorable Attitudes Towards Drug Use	✓	✓	✓	✓	✓	
Early Initiation of Drug Use	✓	✓	✓	✓	✓	
Perceived Risk of Drug Use	✓	✓				
Family Risk Factors						
Poor Family Management	✓	✓	✓	✓	✓	✓
Parental Favorable Attitude Towards Drug Use	✓	✓			✓	
School Risk Factors						
Academic Failure	✓	✓	✓	✓	✓	✓
Low Commitment to School	✓	✓	✓	✓	✓	
Community Risk Factors						
Perceived Availability of Drugs	✓				✓	
Perceived Availability of Handguns		✓			✓	
Laws and Norms Favorable to Drug Use	✓	✓			✓	
Low Neighborhood Attachment	✓	✓			✓	

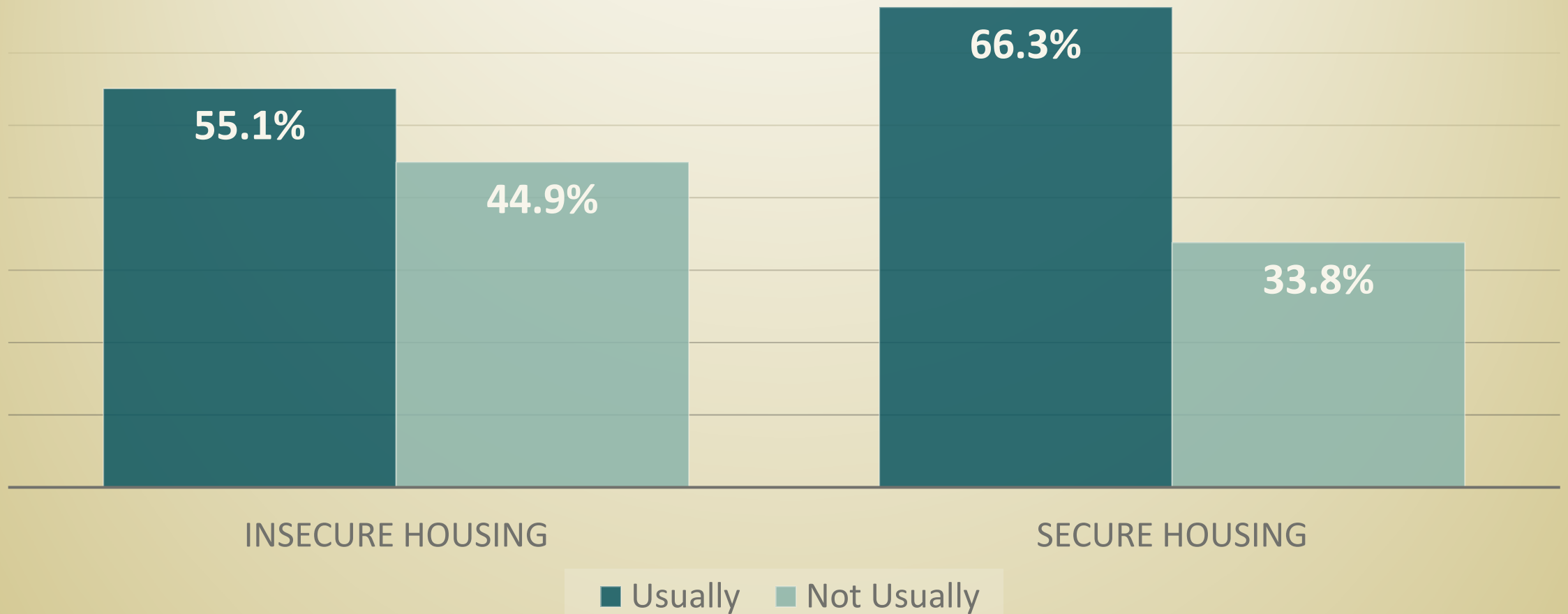
✓ = Risk Factor associated with increased likelihood of health risk behavior.



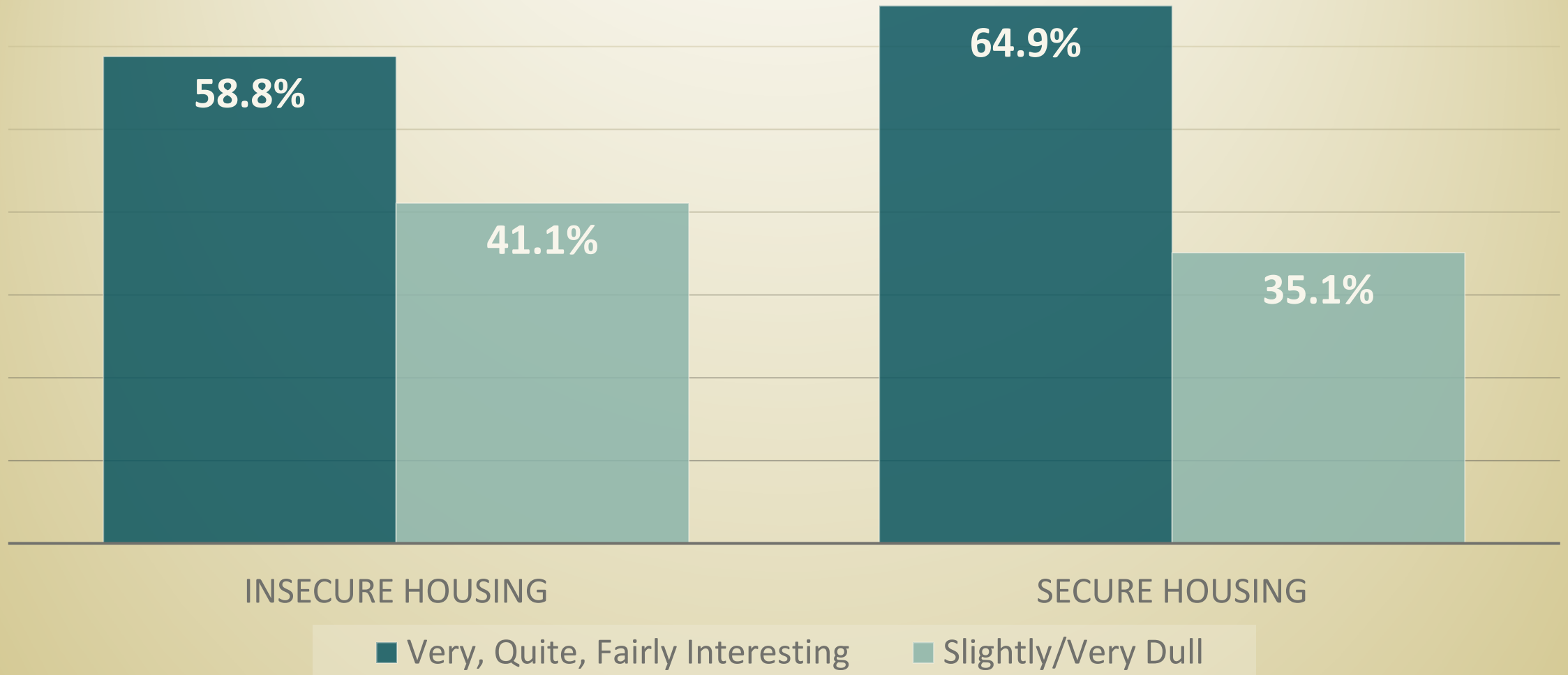
**Risk Factor: Low Commitment to School
with Component Questions (Q:)
Grade 10, 2021**



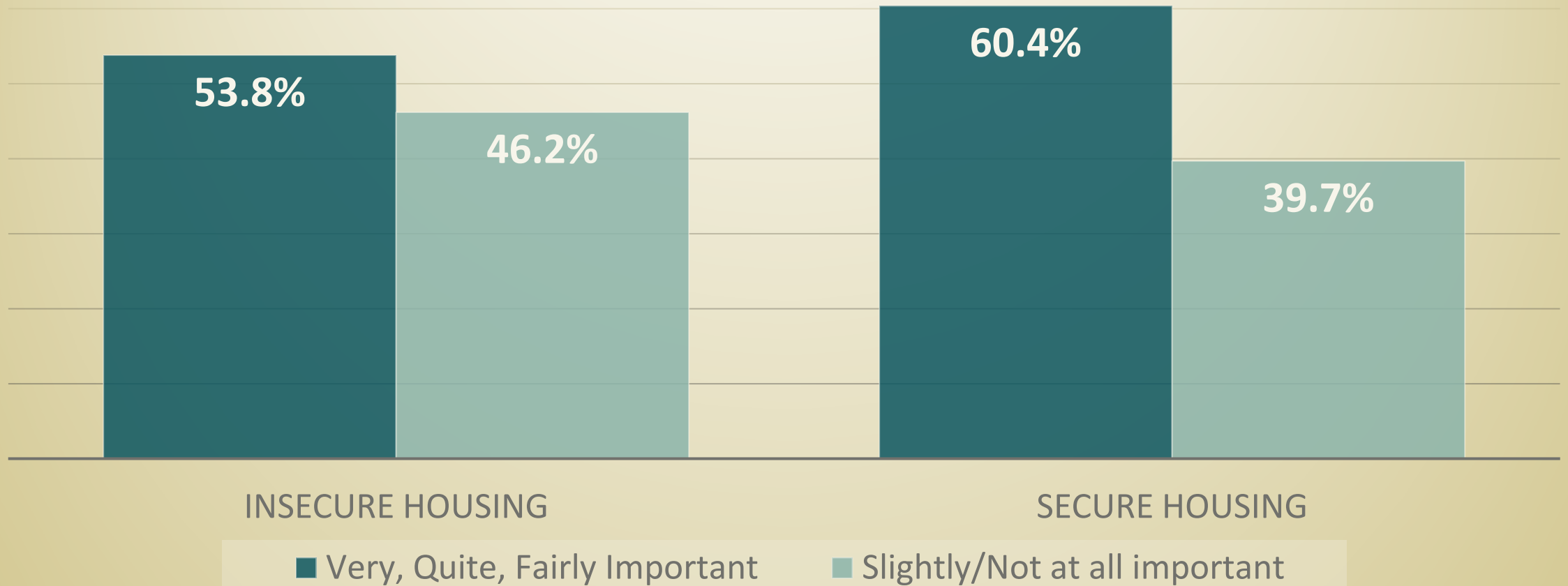
How often do you feel the schoolwork you are assigned is meaningful and important?



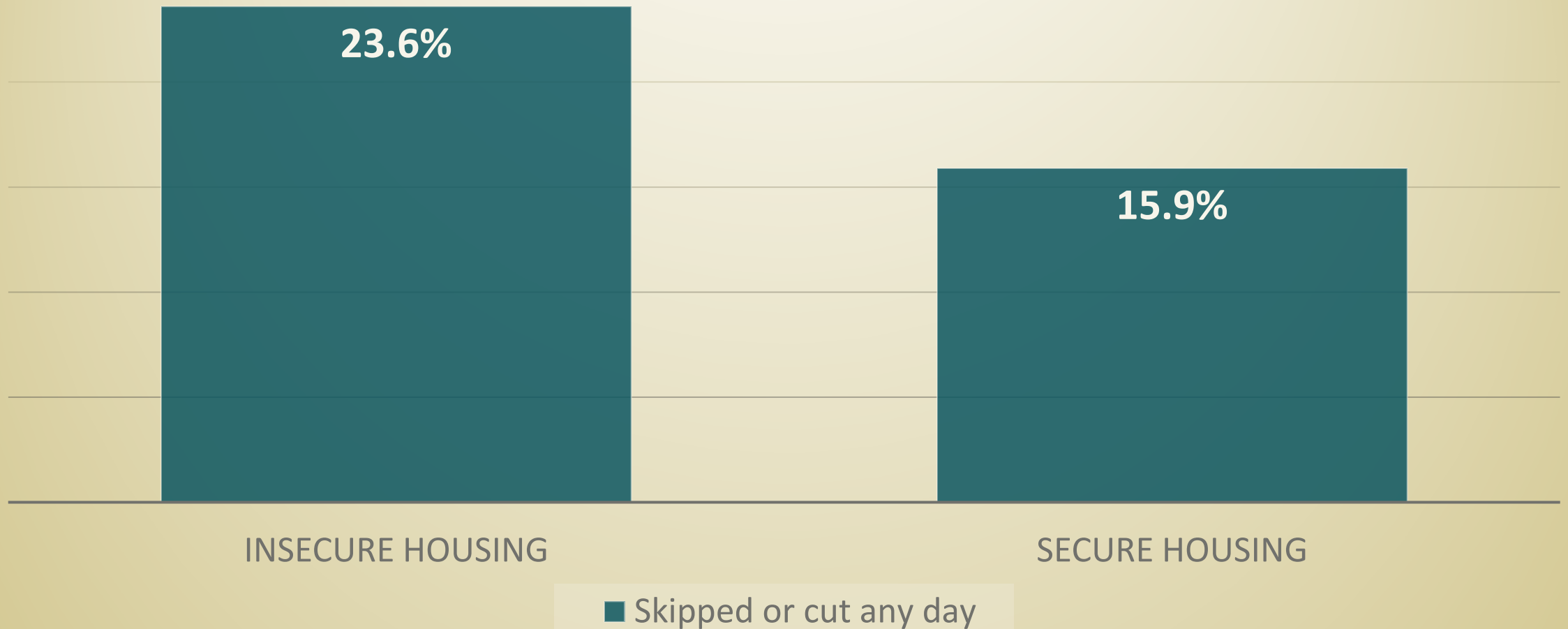
How interesting are most of your courses to you?



How important do you think the things you are learning in school are going to be for you later in life?



During the LAST 4 WEEKS, how many whole days of school have you missed because you skipped or “cut”?

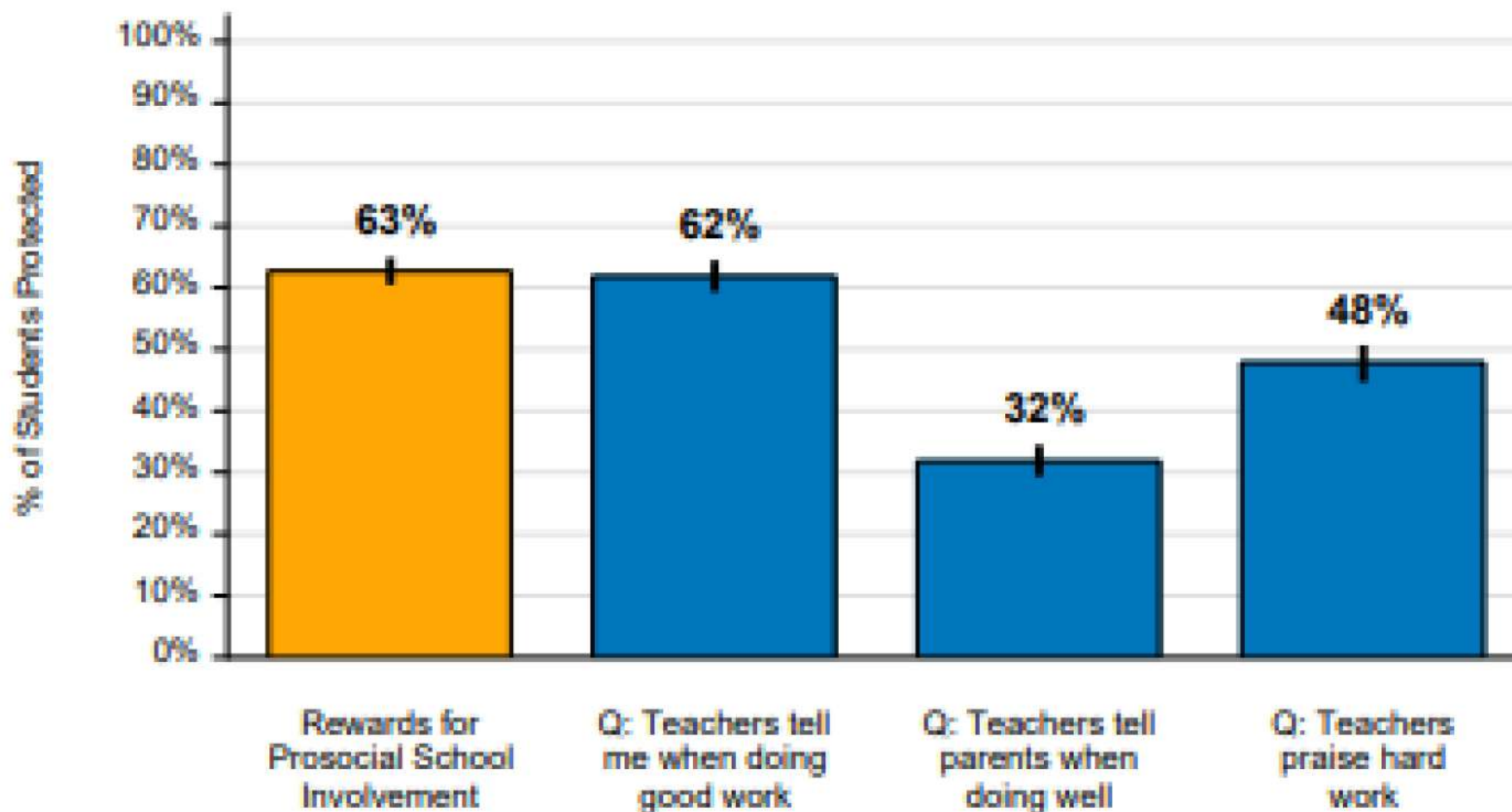


<u>Family, School, and Community Protective Factors</u>	Substance Use	Delinquency	Risky Sexual Behavior	School Dropout	Violence	Depression & Anxiety
Opportunities for Prosocial Involvement	✓	✓				
Rewards for Prosocial Involvement	✓	✓			✓	✓

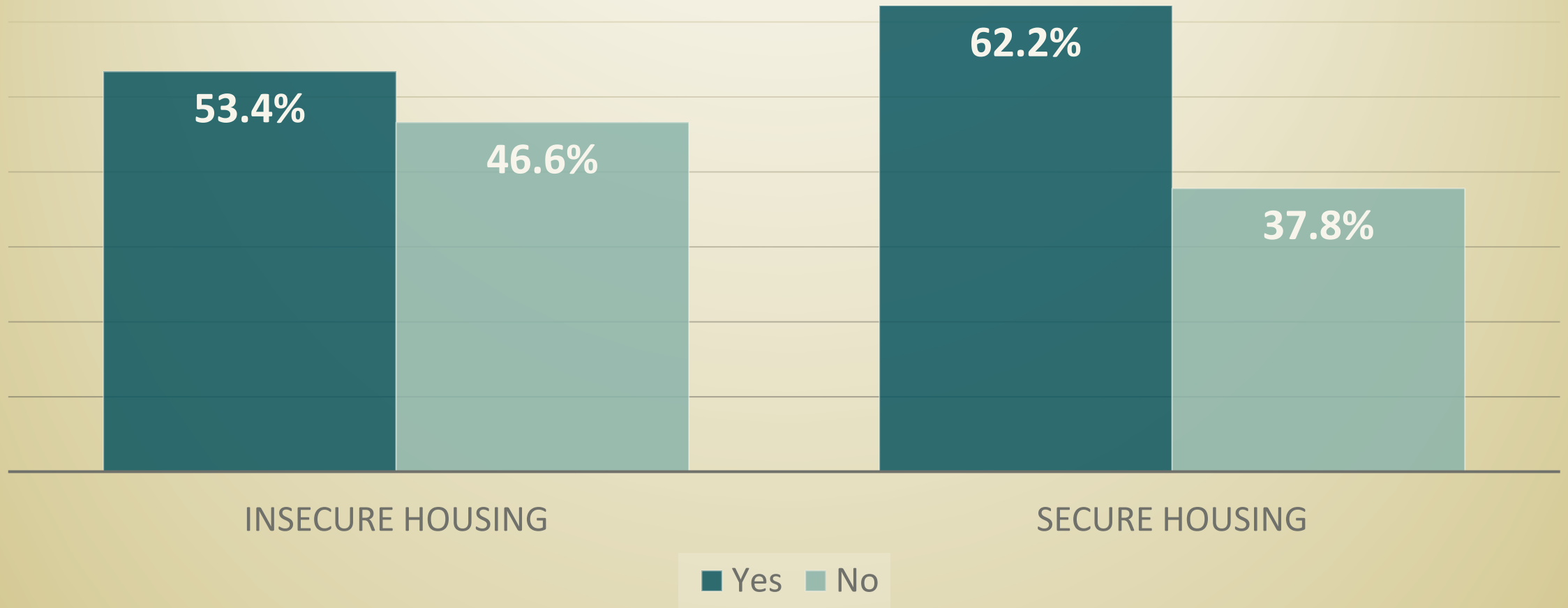
✓ = Protective Factor has a positive influence against the health risk behavior



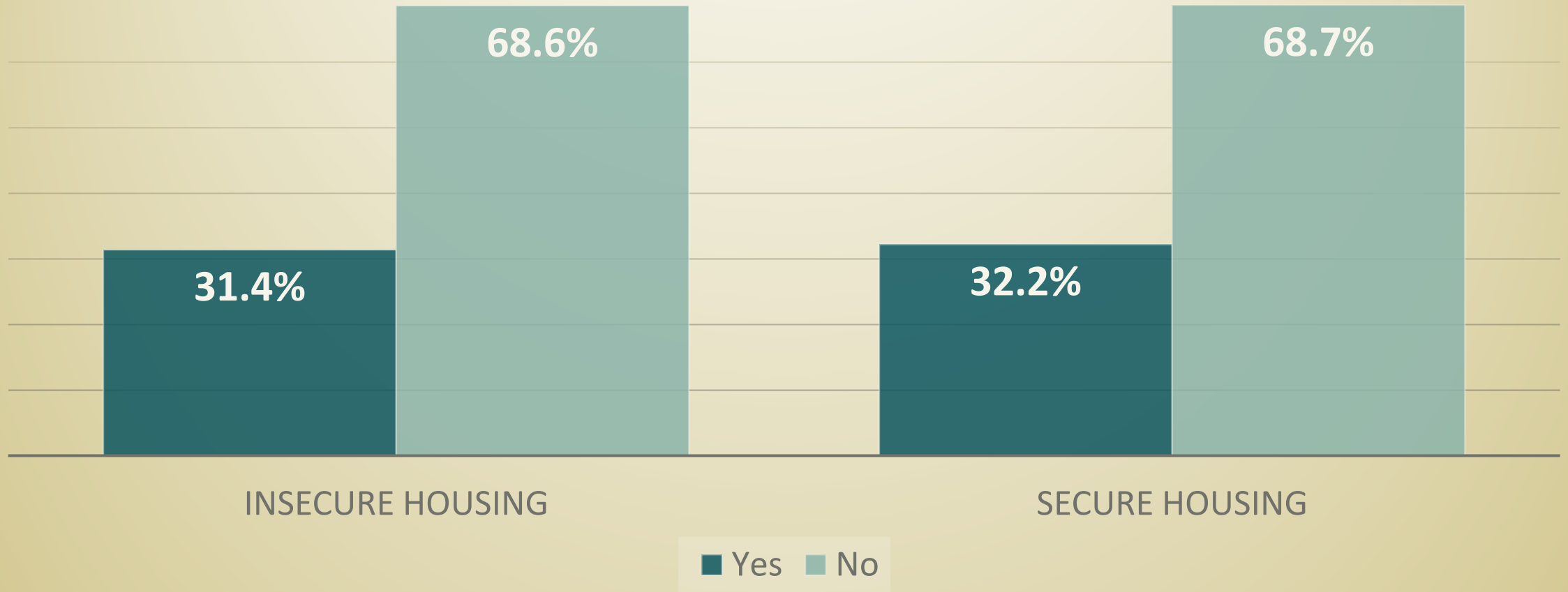
**Protective Factor: Rewards for Prosocial School Involvement
with Component Questions (Q:)
Grade 10, 2021**



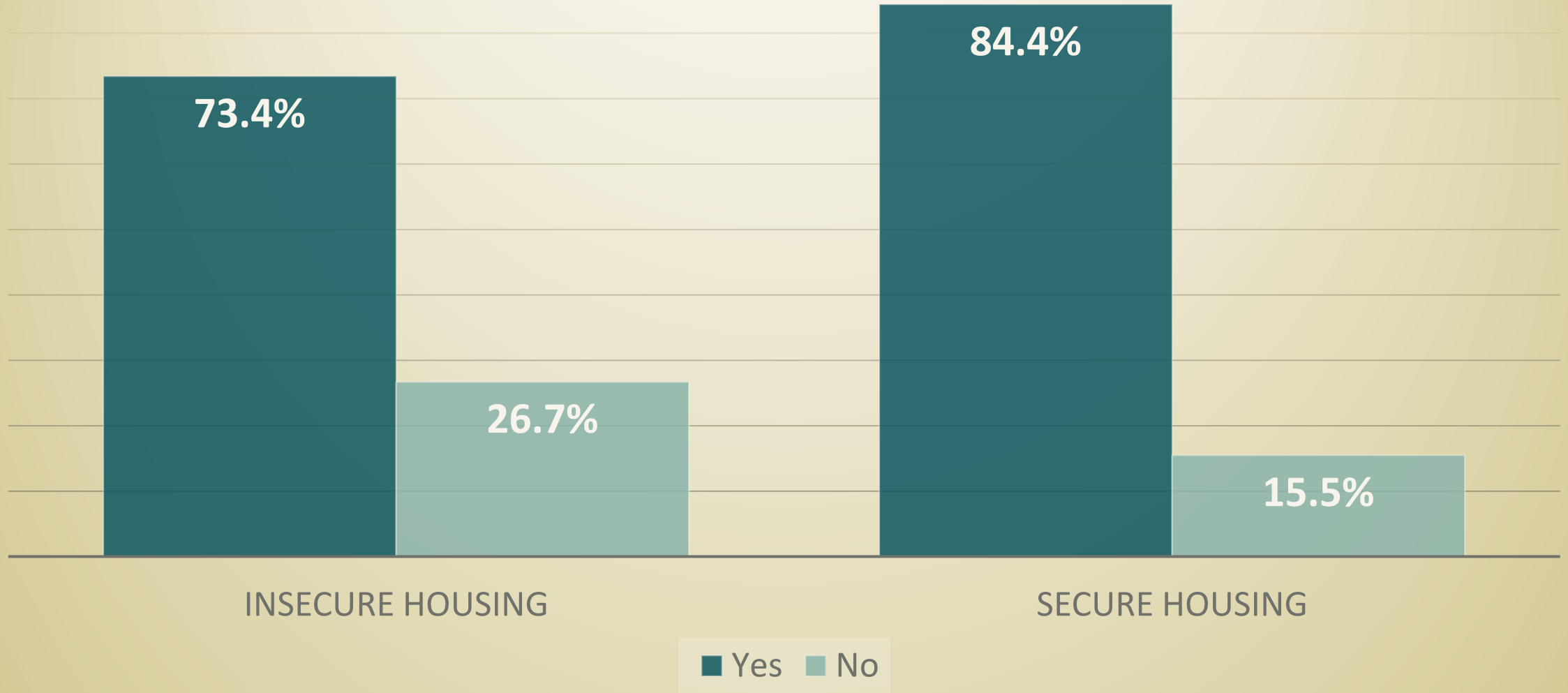
My teacher (s) notices when I am doing a good job and
lets me know about it.



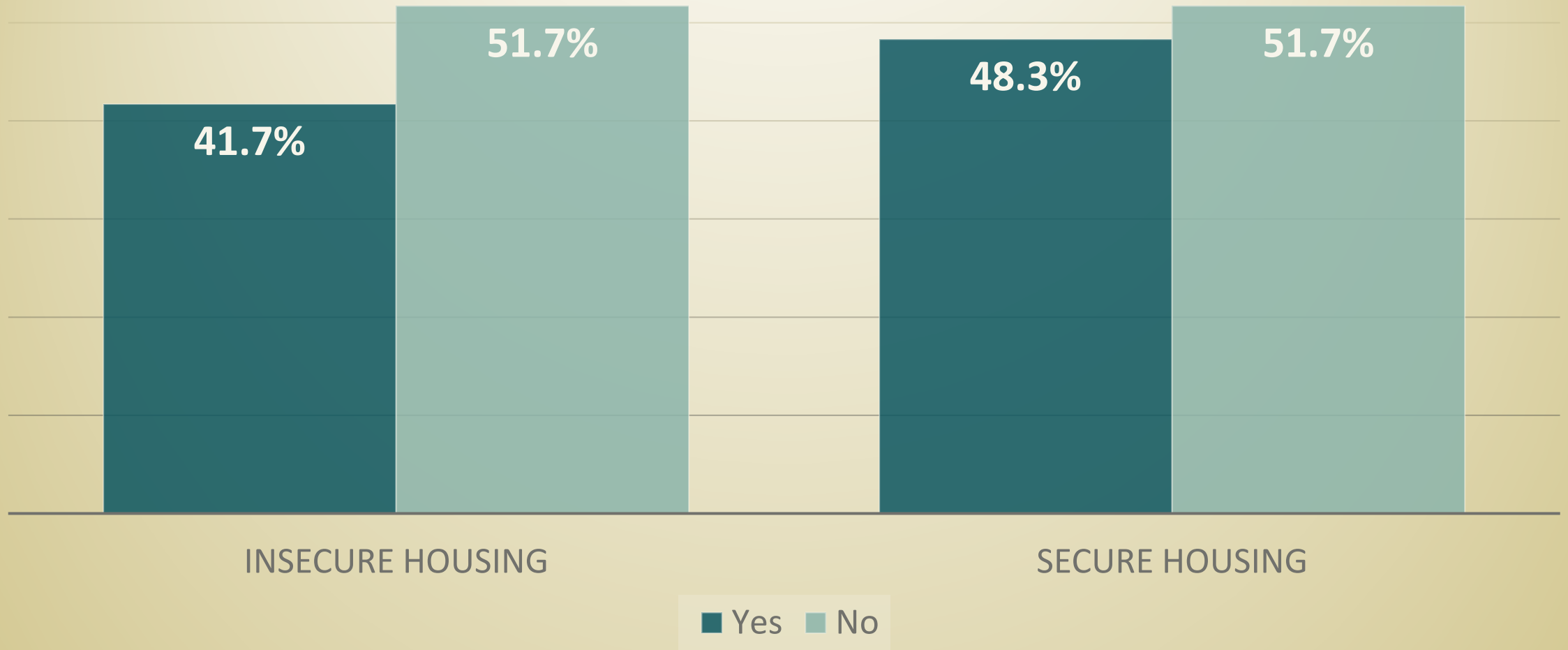
The school lets my parent(s) know when I have done something well.



I feel safe during school.



My teachers praise me when I work hard in school.



What can you do with this data?

- Inform programming
- Apply for Grants
- Present to School Boards, Board of Health's, Legislatures to inform policy and potential funding
- Starting point for conversations with students and administrators
- Social Norm Campaigns



Results all found on Askhys.net



The screenshot shows the homepage of the Healthy Youth Survey website. At the top, there is a navigation bar with links: Home, Survey Results, Resources, Press Releases, Contact, About, and Log. The 'Survey Results' link is highlighted. Below the navigation bar, there is a large image of a young woman writing on a piece of paper. To the right of the image, there is a list of links: Fact Sheets, Frequency Reports, Q x Q Analysis, Analytic Reports, Bias Analysis, Past Participation, and Errata/Corrections. Below this list, there is a section titled 'New Information' with the text 'Healthy Youth Survey 2021 results are now available.'

Healthy Youth Survey

Home Survey Results Resources Press Releases Contact About Log

- Fact Sheets
- Frequency Reports
- Q x Q Analysis
- Analytic Reports
- Bias Analysis
- Past Participation
- Errata/Corrections

to AskHYS.net!

Healthy Youth Survey (HYS) is a collaborative effort of the Office of the Superintendent of Public Instruction, the Department of Health, the Health Care Authority - Division of Behavioral Health and the Liquor and Cannabis Board.

Healthy Youth Survey provides important survey results about the health of adolescents in Washington. County prevention coordinators, community mobilization coalitions, community public health and safety networks, and others use this information to guide policy and programs that serve youth.

New Information

Healthy Youth Survey 2021 results are now available.



OSPI's Healthy Youth Survey Webpage

Healthy Youth Survey Resources

- [Alignment of AWSP Leadership Framework and the Healthy Youth Survey \(PDF\)](#)
- [Basics of the Healthy Youth Survey \(PDF\)](#)
- [HYS EDS Access instructions \(PDF\)](#)
- [HYS Results Access instructions \(PDF\)](#)
- [HYS Q X Q Analysis instructions \(PDF\)](#)
- [What are Risk and Protective Factors \(PDF\)](#)

2021 Survey Questions by Topic

- [2021 Attendance Questions \(PDF\)](#)
- [2021 Mental Health Questions \(PDF\)](#)
- [2021 Physical Health Questions \(PDF\)](#)
- [2021 School Climate Questions \(PDF\)](#)
- [2021 Substance Use Questions \(PDF\)](#)
- [Children's Hope Scale \(PDF\)](#)



Questions?

- Contact:

Dixie Grunenfelder: Dixie.Grunenfelder@k12.wa.us

Zac Dowling: Zac.Dowling@k12.wa.us

