



SUPERINTENDENT OF PUBLIC INSTRUCTION

DR. TERRY BERGESON OLD CAPITOL BUILDING • PO BOX 47200 • OLYMPIA WA 98504-7200 • <http://www.k12.wa.us>

February 6, 2008

() Action Required

(X) Informational

MEMORANDUM NO. 007-08M LEARNING AND TEACHING SUPPORT

TO: Educational Service District Superintendents
School District Superintendents

FROM: Dr. Terry Bergeson, State Superintendent of Public Instruction

RE: Healthy Youth Survey 2008

CONTACT: Dixie Grunenfelder, Student Assistance Prevention Intervention Program
Program Supervisor, (360) 725-4968, dixie.grunenfelder@k12.wa.us.
Agency TTY (360) 664-3631

Plans for the 2008 administration of the statewide Healthy Youth Survey (HYS) are underway, and all students in your schools in Grades 6, 8, 10, and 12 are encouraged to participate!

The Healthy Youth Survey is administered once every two years. The survey includes questions regarding alcohol, tobacco, and other drug use; risk and protective factors related to youth problem behavior; safety and violence; diet and nutrition; health, health care, and exercise.

In 2006, over 200,000 students in 1,100 schools across Washington State completed the survey. The HYS plays a key role in helping schools make evidence-based decisions that lead to school improvement. The HYS also provides participating schools with important information about their students that may compromise academic success. A few key statewide findings include:

- Over 30 percent of sixth graders reported having been bullied in the past 30 days.
- Alcohol, tobacco, and marijuana continue to be the substances students most widely use, a quarter of twelfth graders reported heavy drinking, and almost a fifth of tenth graders reported attending school drunk or high.
- Over a quarter of tenth grade students reported having depressive feelings during the past year.
- Two out of five eighth grade students reported watching television or playing video games three or more hours a day on an average school day.

Schedule

In February, superintendents and principals will receive a registration packet that includes a registration form, a question and answer fact sheet, a rationale for the survey topics, and a list of the survey questions.

Other critical dates include:

- February 26, 2008, from 1 p.m.–4 p.m., an informational teleconference will be held at each Educational Service District (ESD).
- June 26, 2008, is the deadline for submitting the registration form.
- October 13–17, 2008, the survey will be administered in schools.
- March 1, 2009, reports of results will be distributed.

Survey Requirements

The survey takes only one class period to administer, and student participation is completely voluntary and anonymous. To participate in the survey, principals must agree to follow the survey administration procedures:

- Send out an informational survey brochure to parents.
- Post information about the survey on the school Web site.
- Inform students of the survey.
- Place a copy of the survey in the school office.
- Provide an alternative activity for those students that choose not to participate in the survey.

There will be follow up with schools to learn about their experiences in implementing these required procedures.

To protect the anonymity of the students, at least 15 valid surveys are needed to produce school building reports of results.

For Further Information

The HYS is sponsored by the Office of Superintendent of Public Instruction (OSPI), the Department of Health (DOH), the Department of Social and Health Service's (DSHS) Division of Alcohol and Substance Abuse (DASA), the Community, Trade and Economic Development (CTED), the Family Policy Council (FPC), and the Liquor Control Board (LCB).

If you have any questions about the survey, please contact:

Eric Einspruch, RMC Research Corporation	(800) 788-1887
Dixie Grunenfelder, OSPI	(360) 725-6045
Kevin Beck, DOH	(877) 497-7111

Information about the survey is also available on the following Web sites:

- <http://www.hys.wa.gov>
- <http://www3.doh.wa.gov/HYS/>
- <http://www.askhys.net>

MEMORANDUM NO. 007-08M LTS

Page 3

February 6, 2008

The agency TTY number is (360) 664-3631. This information is also available on the agency Web site <http://www.k12.wa.us/BulletinsMemos/memoranda2008.aspx>.

STUDENT SUPPORT

Martin T. Mueller
Assistant Superintendent

LEARNING AND TEACHING SUPPORT

Mona Johnson
Director

TB:bc