



INFORMATION FOR PARENTS & STUDENTS

Our school will participate in the Healthy Youth Survey during this Fall.

The survey asks questions about risks for injury, health outcomes, and alcohol and drug use. Schools, and state and local agencies use survey results to support our youth and reduce their risks. The Healthy Youth Survey is voluntary and anonymous and provides important information to guide policy and programs that serve our youth.

*Please share this information with your student.
Then talk about the survey and decide if your student will participate.*

Q: Who will be asked to take the survey?

A: Students in Grades 6, 8, 10, and 12 across Washington State and students in Grades 7, 9 and 11 in small school districts.

Q: Is the survey voluntary?

A: 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 call the school to excuse your student. Students can also tell their teacher that they do not want to take the survey. Students not taking the survey will take part in a different activity, such as studying or reading in the library. There is no penalty for not taking part in the survey. Your student's grades will not be affected.

Q: What questions are on the survey?

A: Survey questions come from surveys across the nation and in Washington. Parents or guardians can see a copy of the survey questions in the school office.

Question topics include:

- Information, such as age, gender, and race or ethnicity.
- Feelings about school and community.
- Relationships with parents, friends, and neighbors.
- Eating habits, physical activity.
- Health education.
- Attitudes about and the use of tobacco, alcohol and other drugs.
- Behaviors and feelings related to safety.
- Behaviors related to violence
- Sexual behavior, orientation, identity, and abuse (not for Grades 6 or 7).

Q: How is student identity protected?

A: Students will not write their names on the survey. There are no codes or information to match a survey to a student. No one from the school will look at their answers. Students will put completed surveys into a sealed envelope before it leaves the classroom. Survey results will not identify any student.

Q: How are the survey results used?

A: Schools, school districts, counties and state agencies use the results to understand our students and to provide them with the services they need. Results are used for planning, evaluating, improving programs, and getting the money to support them. Data sets are also shared with local health departments and approved researchers.

Need More Information?

If you have any questions about the purpose of the survey or survey procedures:

- Call toll-free 1-877-HYS-7111
- Email healthy.youth@doh.wa.gov

Information about the Healthy Youth Survey can be found at: www.AskHYS.net

The Washington State Institutional Review Board has approved the procedures for the Healthy Youth Survey that are described in this letter. 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.

Students have been taking the Healthy Youth Survey since 1988. The number of students has grown from only a few thousand students to over 200,000 in 2016.

Thank you for reviewing this information and talking with your student!

The Healthy Youth Survey is sponsored by the following state agencies: Department of Social and Health Services, Department of Health, Office of the Superintendent of Public Instruction, and Liquor and Cannabis Board.



MACLUUMAAD LOOGU TALOGALEY WAALIDIINTA IYO ARDEYDA

Dugsigeenna wuxuu ka-qeybgalayaa Sahanka Dhallinyarada Caafimaadka qabta inta lagu guda jirro Dayrtan.

Sahanka wuxuu qofka weydiinayaa su'aalo ku saabsan khataraha dhaawaca, natiijooyinka caafimaadka, iyo isticmaalka khamriga iyo daroogada. Dugsiyada, iyo hay'adaha dowladda iyo kuwa degaanka waxay u isticmaalaan natiijooyinka ka soo baxa sahanka in ay ku taageeraan dhallinyaradeenna oo ayna ku yareeyaan khataraha. Sahanka Dhallinyarada Caafimaadka qabta waa sahan ikhtiyaari ah oo aan magac la sheegin wuxuuna bixiyaa macluumaad muhiim ah oo lagu hagayo siyaasadda iyo barnaamijyada u adeegga dhallinyaradeenna.

Fadlan la wadaag macluumaadkan ardeygaaga

Ka-dibna kala hadal sahanka waxaadna go'aamisaa haddii ardeygaaga uu ka qeybgalayo.

Q: Kumaa la weydiin doonaa in uu qaato sahanka?

A: Ardeyda dhigata Fasallada 6,8,10, iyo 12 ee wax ka barta Gobolka Washington oo dhan iyo ardeyda dhigata Fasallada 7, 9 iyo 11 ee dhigta degmooyinka dugsiga ee yaryar.

Q: Sahanka ma yahay mid ikhtiyaari ah?

A: Haa! Ardeyda qaadanaysa sahanka waxay ka gudbi karaan su'aalaha waxayna joojin karaan qaadashada sahanka wakhti kasta. Haddii aadan doonayn ardeygaaga in uu ka qeybgalo sahanka, waxaad waci kartaa dugsiga si aad ugu cudurdaarto ardeygaaga. Ardeyda waxay sidoo kale u sheegi karaan macalinkooda in aysan doonayn in ay qaataan sahanka. Ardeyda aan qaadanayn sahanka waxay ka qaybgalayaan waxqabadyo kala duwan, sida in ay wax ku bartaan ama akhriska maktabada. Ma jirto wax ciqaab ah oo uu ardeygu muteysanayo haddii uusan ka qeybgalin sahanka. Darajooyinka ardeydaada lama saameyn doono.

Q: Waa maxay su'aalaha ku qoran sahanka?

A: Su'aalaha sahanka waxay ka imaadaan sahannada dalka oo dhan iyo kuwa Washington. Waalidiinta ama mas'uuliyiinta waxay ku arki karaan nuqulka su'aalaha sahanka xafiiska dugsiga.

Mowduucyada su'aalaha waxaa ka mid ah:

- Macluumaadka, sida da'da, jinsiga, iyo isirka ama qowmiyadda.
- Dareemidda dugsiga iyo bulshada.
- Xiriirrada lala leeyahay waalidiinta, saaxiibada, iyo deriska.
- Dabeecadaha wax cunista, dhaqdhaqaaqa jirka.
- Waxbarasho caafimaad.
- Hab-dhaqanka ku saabsan iyo isticmaalka tubaakada, khamriga iyo daroogada kale.
- Dabeecadaha iyo dareennada la xiriira ammaanka.
- Dabeecadaha la xiriira rabshadaha
- Hab-dhaqan galmo, dookha galmo, aqoonsiga, iyo xadgudubka (aan loogu talogalin Fasallada 6 ama 7).

Ardeydu waxay qaadanayeen Sahanka Dhallinyarada Caafimaadka qabta tan iyo 1988. Tirada ardeyda waxay ka kordheen min dhowr kun oo ardey waxayna u kordheen ilaa in ka badan 200,000 sannadkii 2016.

Waad ku mahadsan tahay in aad dib-u-eegto macluumaadkan iyo in aad kala hadasho ardeygaaga!

Sahanka Dhallinyarada Caafimaadka qabta waxaa taabogaliyey hay'adahan dowladda ee soo scoda: Waaxda Adeegyada Caafimaadka iyo Bulshada, Waaxda Caafimaadka, Xafiiska Kormeeraha Waxbarashada Dadweynaha, iyo Guddiga Khamriga iyo Xashiiska.

Q: Sidee loo ilaaliyaa aqoonsiga ardeyga?

A: Ardeyda kuma qori doonaan magacyadooda sahanka. Ma jiraan summado ama macluumaad ku aaddinaya sahanka ardey. Ma jiro qof ka socda dugsiga oo eegaya jawaabahooda. Ardeyda waxay gelin doonaan sahannada oo dhammeystiran boqshad xiran ka hor inta aysan ka bixin fasalka. Natiijooyinka sahanka ma aqoonsanayaan ardey kasta.

Q: Sidee loo isticmaalaa natiijooyinka sahanka?

A: Dugsiyada, degmooyinka dugsiga, hay'adaha dowladda iyo kuwa degmooyinka waxay u isticmaalaan natiijooyinka si ay u fahmaan ardeydeenna oo ayna u siiyaan adeegyada ay u baahan yihiin. Natiijooyinka waxaa loo isticmaalaa qorsheynta, qiimeynta, wanaajinta barnaamijyada, iyo helidda lacagta lagu taageerayo. Xogta dejisan sidoo kale waxaa lala wadaagaa waaxaha caafimaadka degaanka iyo cilmi-baareyaasha la oggolaadey.

Ma u baahan tahay macluumaad badan?

Haddii aad qabto wax su'aalo ah oo ku saabsan ujeeddada sahanka ama habraacyada sahanka"

- Wac telefoonka bilaashka ah ee 1-877-HYS-7111
- Iimayl healthy.youth@doh.wa.gov

Macluumaad ku saabsan Sahanka Dhallinyarada Caafimaadka qabta waxaa laga heli karaa: www.AskHYS.net

Guddiga Dib-u-eegista Hay'adeed ee Gobolka Washington wuxuu oggolaadey habraacyada Dhallinyarada Sahanka Caafimaadka qabta ee lagu sharxay waraaqdan. Haddii aad aaminsan tahay in habraacyadan la raacin, fadlan wac 1-800-583-8488. Ma aha in aad ka tagtid magacaaga. Farriimaha oo dhan waa la soo celin doonaa.