

Healthy Youth Survey 2025 Kick-Off Conference

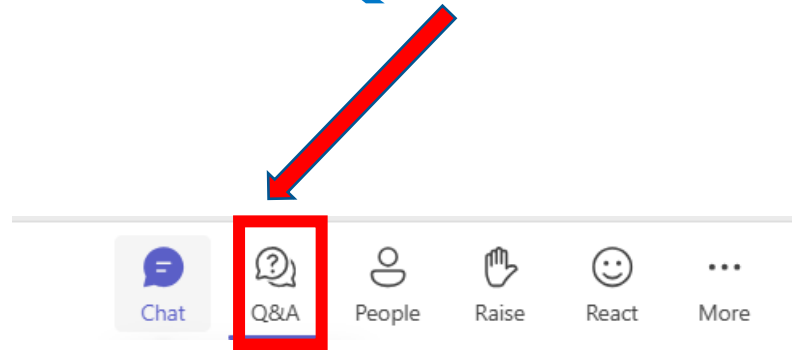
August 20th, 2025



Today's Facilitators

- ▶ Kristen Haley, LCB
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- ▶ Rebecca Ruiz, HCA
 - ▶ rebecca.ruiz@hca.wa.gov
- ▶ Doua Kha, OSPI
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- ▶ Susan Richardson, Looking Glass Analytics (contractor)
 - ▶ surveyadmin@askhys.net

Have a question during the
meeting today?
Use the Q&A button!



*Please note, this meeting is
being recorded.*

Outline

- ▶ Background
 - ▶ Timeline
- ▶ Changes for HYS 2025
 - ▶ www.AskHYS.net
- ▶ Registration Process
 - ▶ How to register
- ▶ Data Dashboard Preview
- ▶ Q & A

HYS Background



Statewide Effort & Support



HYS Planning Committee

- ▶ Schools
- ▶ ESDs
- ▶ Local Health Jurisdictions
- ▶ Community Prevention Providers

Funding: Dedicated Cannabis Account

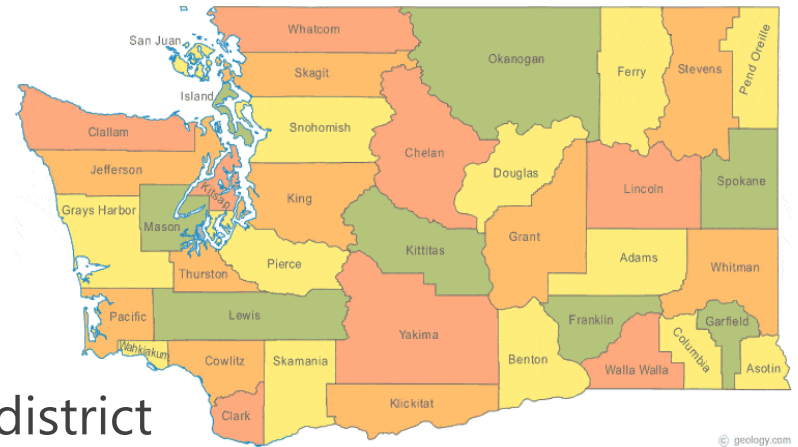


HYS Purpose

- ▶ Identify and monitor factors that affect the health of youth in Washington
- ▶ Similar youth surveys have been conducted across the state since 1988
- ▶ Survey results can indicate changes in health behaviors over time and schools can use the results to identify important areas of need

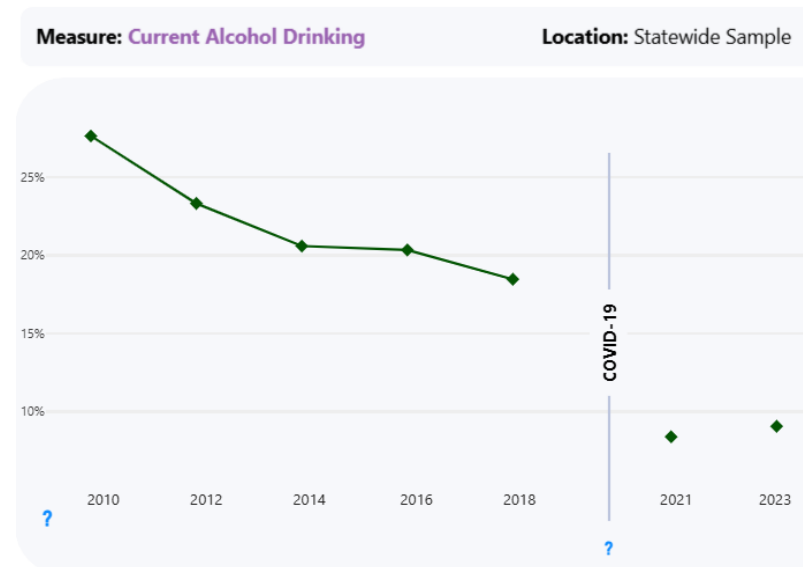
HYS 2023

- ▶ First primarily-electronic HYS
- ▶ Over 208,000 students
- ▶ All 39 Counties
- ▶ 215 school districts
- ▶ 877 schools
 - ▶ 8 not associated with a school district
 - 3 Charter schools
 - 1 Tribal school
 - The School for the Blind
 - 3 Private Schools



HYS 2021

"The COVID-19 pandemic led to massive changes in the lives of Washington youth. Increases and decreases in HYS 2021 data may be more a reflection of the pandemic and its affect on our lives than a change that would have happened if the pandemic had not occurred. This means that **trend data from before the pandemic and during/after the pandemic should be interpreted with tremendous caution.**"



HYS 2025 Timeline

- ▶ March 2024-July 2025
 - ▶ Revision process
- ▶ **August-September 2025**
 - ▶ **Registration**
- ▶ October 2025
 - ▶ Administration (electronic, in-person)
- ▶ Feb-March 2026
 - ▶ Results available

HYS 2025 Changes



Format Changes

- ▶ No major changes from 2023
 - ▶ Fully electronic, in-person
 - ▶ Remote option for online/virtual schools
 - ▶ Question bank and randomization
 - ▶ Display logic
 - ▶ Content warnings
- ▶ Updated language consistency (e.g. caregiver)

Content Changes

- ▶ New questions:
 - ▶ E-cigs and vape use and access
 - ▶ Seat belt use
 - ▶ Online gaming/gambling
 - ▶ Violence/injury
 - ▶ Leadership opportunities
 - ▶ Emotional stress about weather/environment
- ▶ More information: Change Document, available by Fall 2025 on AskHYS.net

Exemption Process (Grades 8-12)

- ▶ Sexual behavior and/or sexual violence
- ▶ Instructions on the registration page and exemptions page:
 - ▶ <https://www.askhys.net/Hys/Exemptions>
 - ▶ Questions? Healthy.Youth@doh.wa.gov

Opt-In Process (Grade 6)

- ▶ Gender identity, modified question
- ▶ Instructions will be listed on the registration page

What is your gender?

- Boy
- Girl
- Something else fits better

Remote Administration Request

- ▶ Available for alternative learning environments (ALEs), online schools, virtual learning that are unable to administer survey in-person
- ▶ Information and request form available on HYS Exemptions page
 - ▶ <https://www.askhys.net/Hys/Exemptions>
 - ▶ Questions? SurveyAdmin@AskHYS.net

HYS 2025 Registration



HYS Participation

- ▶ Any Washington public school with students in grades 6, 8, 10, or 12.
 - ▶ Small school districts (<150 students in grades 6, 8, 10, 12) can survey additional grades 7, 9, and 11
 - ▶ Tribal schools
 - ▶ Online/virtual schools
 - ▶ Private schools can participate on request
 - ▶ No detention facilities

How Can I Prepare for Registration?

▶ Know your ESD Coordinator

- ▶ Found on: www.askhys.net/ContactUs
- ▶ Email: susan.richardson@lgan.com

▶ Identify and prepare key folks:

- ▶ Superintendent
- ▶ District data security manager
- ▶ **Survey coordinator**
- ▶ Individuals who access EDS portal
 - Superintendent permission required

▶ Partner with others to align priorities and support participation

How can I check if my school is registered?

- ▶ Check the bottom of this page:
 - ▶ <https://www.askhys.net/Hys/HysInformation>
- ▶ There you can find school registration status, survey coordinator, registered grades, and more

School Registration Status

Use the dropdown menu to find out which schools have registered for the 2025 HYS.

School District

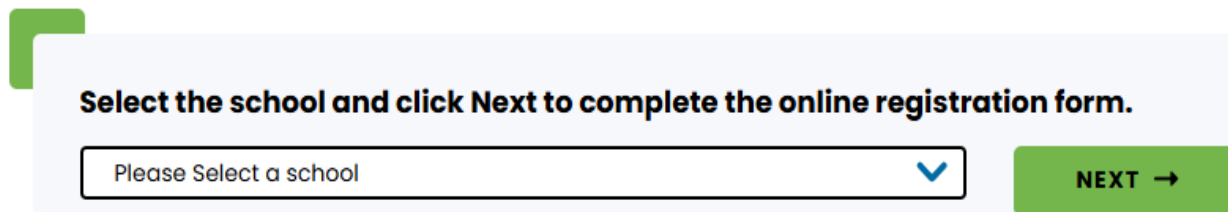
Your School District




School Name	Survey Coordinator	Exemption 1	Exemption 2	Opt In 1	Parents Notified	Surveys Recieved
Your School	First & Last Asking	Asking	Asking	NA	Not Yet	0

How to register

- ▶ Log into [AskHYS](#) and go to the [Survey Coordinator Portal](#)
- ▶ Select your school from the Registration dropdown menu and click Next to open the registration form
- ▶ If you don't see your school listed, contact SurveyAdmin@AskHYS.net



Select the school and click Next to complete the online registration form.

Please Select a school 

NEXT →

Why should my school participate?

- ▶ Important information for schools
 - ▶ Learn the prevalence of health-related behaviors among students
 - ▶ Understand the school climate
 - ▶ Contribute to the School Improvement Planning process
 - ▶ Help inform other needs assessments
 - ▶ Help justify new school programs, projects or staffing
 - ▶ Assist with evaluating or improving existing school programs or projects
 - ▶ Provide information for writing grant applications
- ▶ Comparisons to state results and past results
- ▶ **Free!**
- ▶ Useful data to partners who share the goal of healthy youth!

Student Protections

- ▶ HYS voluntary
- ▶ Confidentiality cannot be completely guaranteed, but procedures are designed to protect student privacy and promote honest answers
- ▶ HYS is reviewed by the Washington State Institutional Review Board (WSIRB)
- ▶ This includes, but isn't limited to approval of:
 - ▶ Methods
 - ▶ Materials
 - ▶ Parent and student notification processes
 - ▶ Survey questions
 - ▶ Data and results sharing requirements



How are the results used? DOH



healthy
youth
SURVEY

How are the results used? OSPI

- Help schools make evidence-based decisions that lead to positive academic outcomes
- Provides information that allows schools to identify conditions that impact student learning and the overall school climate
- Data can also be used by schools and communities to apply for grants, and inform programming and planning
 - LifeSkills Grant: teach youth how to cope with and manage stress and anxiety, build positive relationship and communication skills, and develop refusal skills to prevent and reduce substance use and abuse

How are the results used? HCA

- ▶ Prioritizing funding for areas with highest need
- ▶ Evaluating outcomes over time, including for the Community Prevention and Wellness Initiative (CPWI)
 - ▶ CPWI Outcomes Summary
 - ▶ Shrestha et al (2025) evaluation of CPWI Outcomes
- ▶ State Prevention Enhancement (SPE) Policy Consortium 5-year Strategic Plan
- ▶ Community-Based Organization (CBO) grants for substance use disorder prevention and mental health promotion/suicide prevention
- ▶ Leveraging additional funding and resources

How are the results used? LCB

- ▶ Tracking and reporting substance use outcomes across the state
 - ▶ Early detection and trends
 - ▶ Emerging substances
- ▶ Informing and evaluating policies and rules
- ▶ Supporting agency enforcement efforts (e.g., compliance checks) and data collection
 - ▶ [Youth access compliance checks dashboard](#)

Questions?

- ▶ Megan Suter, DOH
 - ▶ healthy.youth@doh.wa.gov
- ▶ Jaymie Bockelman & Rebecca Ruiz, HCA
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- ▶ Susan Richardson, Looking Glass Analytics (contractor)
 - ▶ surveyadmin@askhys.net
- ▶ Doua Kha, OSPI
 - ▶ doua.kha@k12.wa.us
- ▶ Submit HYS questions and comments directly to
 - ▶ <https://www.surveymonkey.com/r/HYSquestion>



THANK YOU!

From the Healthy Youth Survey Planning Committee

More information: www.AskHYS.net

