



## Northshore School District

### Student Services, Activities, Athletics, Health, Student Support

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### HEALTHY YOUTH SURVEY RESULTS SUMMARY 4-7-17

#### **BACKGROUND:**

The Healthy Youth Survey (HYS) is an anonymous, voluntary survey taken by thousands of public school students in 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grades every two years. The survey covers a variety of topics related to individual and peer behavior in school and in the community. Topic areas include alcohol and drug use, nutrition, fitness, sexual behaviors, mental health, school-related items and quality of life. The questions are referenced as “risk” or “protective” factors and help us understand how to better support our youth to be academically successful and to develop positive life-long health habits.

This past fall, over 230,000 students from 1000 public schools, including 5251 students from Northshore, completed the survey. While state and local efforts are making progress in preventing most youth from using alcohol and drugs, many youth continue to risk their health and future success.

The HYS provides one source of valuable information for schools, parents and communities to address both academic and non-academic barriers to learning and provides our local and national partners with data to bring resources to our area. Since 2002 our schools have used the survey data to target risk and protective factors with measured success. The small costs to administer the survey were underwritten by a Northshore Schools Foundation grant.

The University of Washington Social Development Research Group reports on risk behaviors associated with school achievement. Early cigarette and alcohol use is associated with lower test scores.<sup>1</sup> Higher alcohol and drug use was related to lower likelihood of passing standardized testing.<sup>2</sup> Schools offer protective factors by providing opportunities and recognition for involvement, bonding, and articulating healthy beliefs and clear standards that are associated with increased test scores.<sup>3</sup>

#### **DISTRICT HIGHLIGHTS:** (See Appendix A)

##### **Tobacco, Alcohol, Drug Use**

- 6<sup>th</sup> grade students report almost no use of tobacco, alcohol and other drugs.
- Cigarette use is at the lowest level since 2002 for all grades, however many students report using other tobacco products.
- Students reported use of electronic cigarettes/vape pens decreased significantly in 10<sup>th</sup> and 12<sup>th</sup> grade since 2014. (See Appendix A)
- Students report easier access to alcohol and marijuana than to tobacco products.
- Alcohol use in teens remains at the lowest level since 2002 in all grades, binge drinking and being drunk or high at school for teens have decreased at 8<sup>th</sup> and 10<sup>th</sup> grades, however increased at 12<sup>th</sup> grade. The overall perceived risk of harm decreased at 10<sup>th</sup> and 12<sup>th</sup> grades and the favorable attitudes toward future use has increased at 6<sup>th</sup> grade and decreased at 10<sup>th</sup> grade.
- Alcohol use by 12<sup>th</sup> graders is at the lowest level since 2006, however remains slightly higher than the state average.
- Use of prescription narcotics e.g. OxyContin, Percocet has not changed since 2012 at all grade levels.
- Research shows that parents are the primary influence on their children’s decision to use tobacco, alcohol and other drugs. [www.starttalkingnow.org](http://www.starttalkingnow.org).

##### **Student Wellbeing**

- Students report a decrease of Depressive Feelings at 10<sup>th</sup> grade; at 8<sup>th</sup> and 12<sup>th</sup> grades the report is consistent with 2014. (See Appendix A)

##### **School Safety/Engagement**

- Report of Bullying in the last 30 days has decreased in 6<sup>th</sup>, 8<sup>th</sup> and 10<sup>th</sup> grades and remains at 15% at 12<sup>th</sup> grade. Bullying reports by girls is significantly higher than boys in 8<sup>th</sup> and 10<sup>th</sup> grade.
- Students continue to report feeling safe in our schools, and higher than state levels since 2002.
- Students report of commitment to school has decreased in 6<sup>th</sup>, 8<sup>th</sup> and 12<sup>th</sup> grades. (See Appendix A)
- Risk for academic failure is unchanged from 2012 at 6<sup>th</sup>, 8<sup>th</sup>, 10<sup>th</sup> grades, however has increased at 12<sup>th</sup> grade.

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<sup>1,3</sup> Richard F., Fleming, Charles B., Gruman, Diana H., Haggerty, Kevin P., Harachi, Tracy W., Mazza, James J. *Do social and behavioral characteristics targeted by preventive interventions predict standardized test scores and grades?* Journal of School Health, November 2005.

<sup>2</sup> Arthur, Michael, Brown, Eric & John Briney. *Multilevel Examination of the Relationships between Risk/Protective Factors and Academic Test Scores*. Social Development Group, University of Washington. June 2006 (subsequent follow-up report prepared at the request of OSPI and the Division of Alcohol and Substance Abuse)