

California Healthy Kids Survey

Results and Comparisons

What is the California Healthy Kids Survey?

The California Healthy Kids Survey (CHKS) is the largest statewide survey of resiliency, protective factors, and risk behaviors in the nation. Across California, the CHKS has led to a better understanding of the relationship between students' health behaviors and academic performance, and is frequently cited by state policymakers and the media as a critical component of school improvement efforts to help guide the development of more effective health, prevention, and youth development programs. It provides a means to confidentially obtain data on student knowledge, attitudes, and perceptions about the topics it covers.

California Healthy Kids Survey

Comparable Districts & Administration Years

- Los Gatos High School
 - 2018/19, 2020/21 and 2021/22
- Saratoga High School
 - 2018/19, 2020/21 and 2021/22
- Palo Alto Unified School District
 - 2019/20
- Mountain View Los Altos Union High School District
 - 2019/20
- Statewide Secondary Data
 - 2017-19

California Healthy Kids Survey

Survey Participant Sizes

	LGHS			SHS		
	<u>2018/19</u>	<u>2020/21</u>	<u>2021/22</u>	<u>2018/19</u>	<u>2020/21</u>	<u>2021/22</u>
9th	488 (88%)	446 (84%)	528 (104%)*	325 (95%)	287 (98%)	326 (114%)*
11th	420 (82%)	406 (74%)	459 (86%)	310 (85%)	310 (90%)	313 (99%)

*A few scenarios could explain this:

- 1) some students took it more than once; or
- 2) some students picked the incorrect grade, as all grades took the CHKS

Key Talking Points

1. No community is without problems that need to be identified and addressed.
2. Drug use, violence and other health risks are not just school issues; they are social, community, and family issues.
3. Schools are often safe havens in their communities.
4. The CHKS results help districts focus resources and develop programs. To address any problem, you first need to identify and understand it.
5. Reducing risk behaviors and promoting positive youth development are key efforts to improve schools and promote academic success among all students.
6. Our goal is to determine what we can do to support and help our community's youth lead healthy, satisfying, and productive lives.

Interpreting the Data

- Data is accurate - the standard error of the mean ranges from 0.011 to 0.014
- Data is reliable - The 95% confidence intervals are (~0.05 for developmental supports and ~0.03 for current drug use items). That means that if the survey was given 100 times, the results would be within less than one point difference 95 times.
- The validity of student self-report of risk behaviors
 - <https://calschls.org/docs/validity.pdf>

How do we know if there was a significant difference between administration years?

- **± 4%** indicates a significant increase or decrease between administration years. For LGHS and SHS, those items are marked with a * on subsequent slides.

What does statistically significant mean?

- A statistically significant result is a result that's not attributed to chance.
- When something is statistically significant we believe the difference is larger than can reasonably be explained as a chance occurrence.
- As a general rule, the significance level is commonly set to 0.05, meaning that the probability of observing the differences seen in your data by chance is just 5%.

Protective Factors vs. Risk Factors

Protective Factors

- Characteristics associated with a lower likelihood of negative outcomes or that reduce a risk factor's impact. Protective factors may be seen as positive countering events.

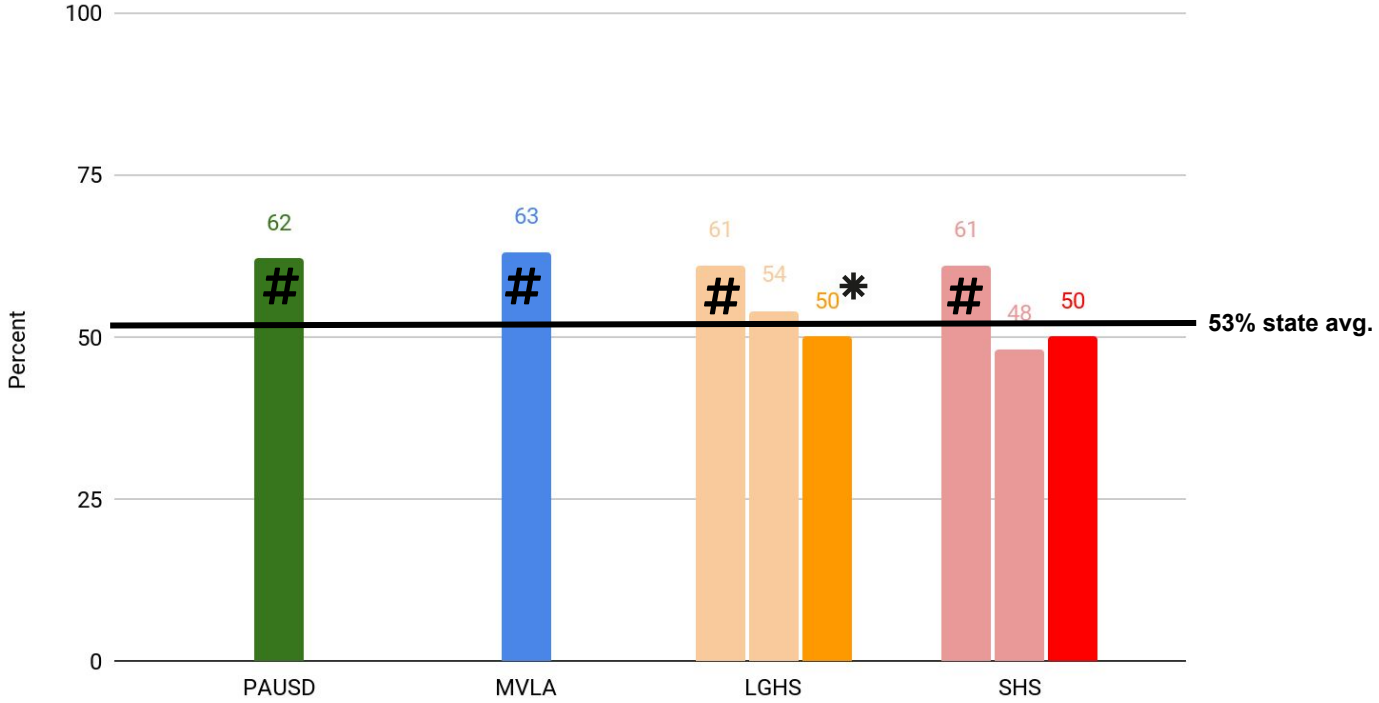
Risk Factors

- Characteristics at the biological, psychological, family, community, or cultural level that precede and are associated with a higher likelihood of negative outcomes.

School Performance, Supports and Engagement

At my school there is a teacher or some other adult who really cares about me.
(Pretty much true to Very much true)

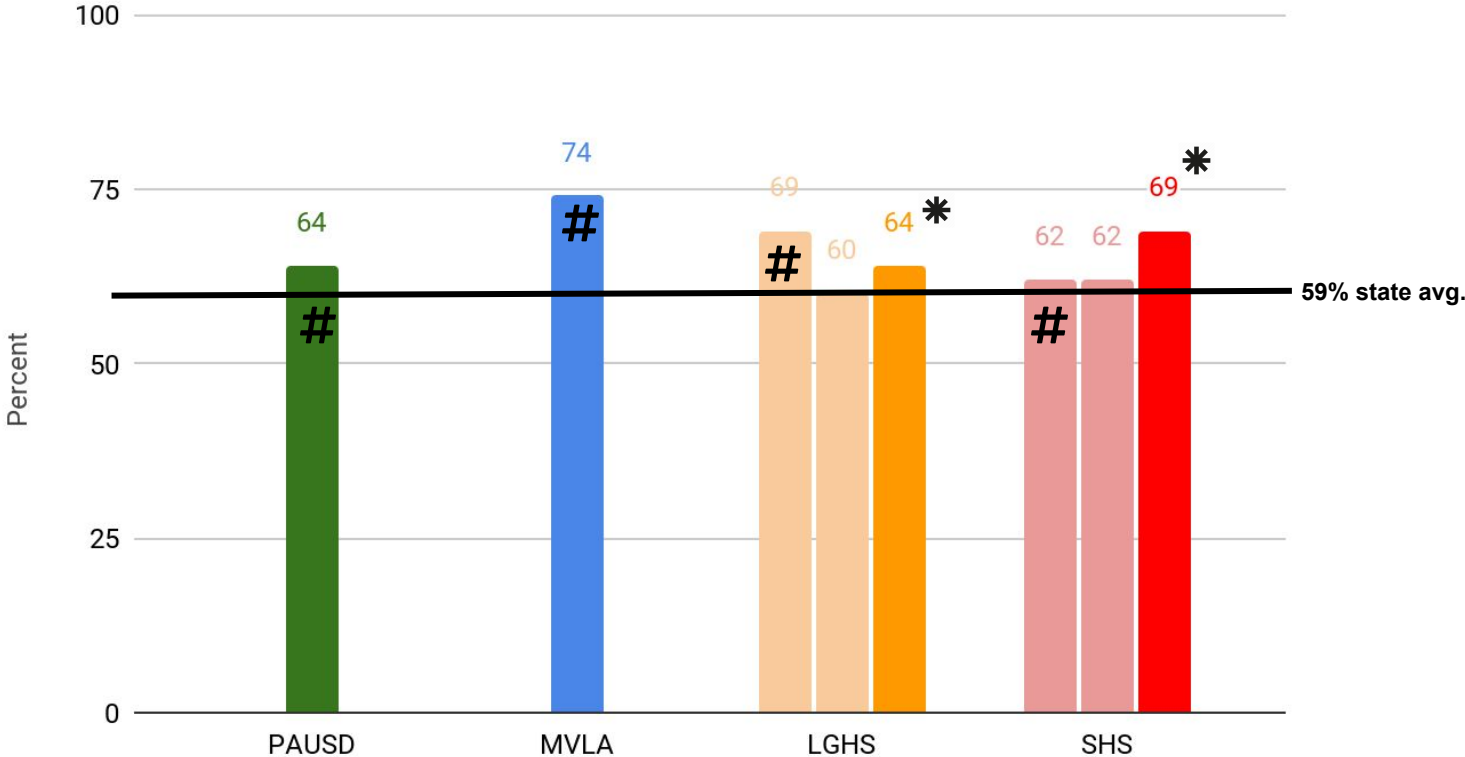
9th Grade



* Statistically Significant # Pre-Covid

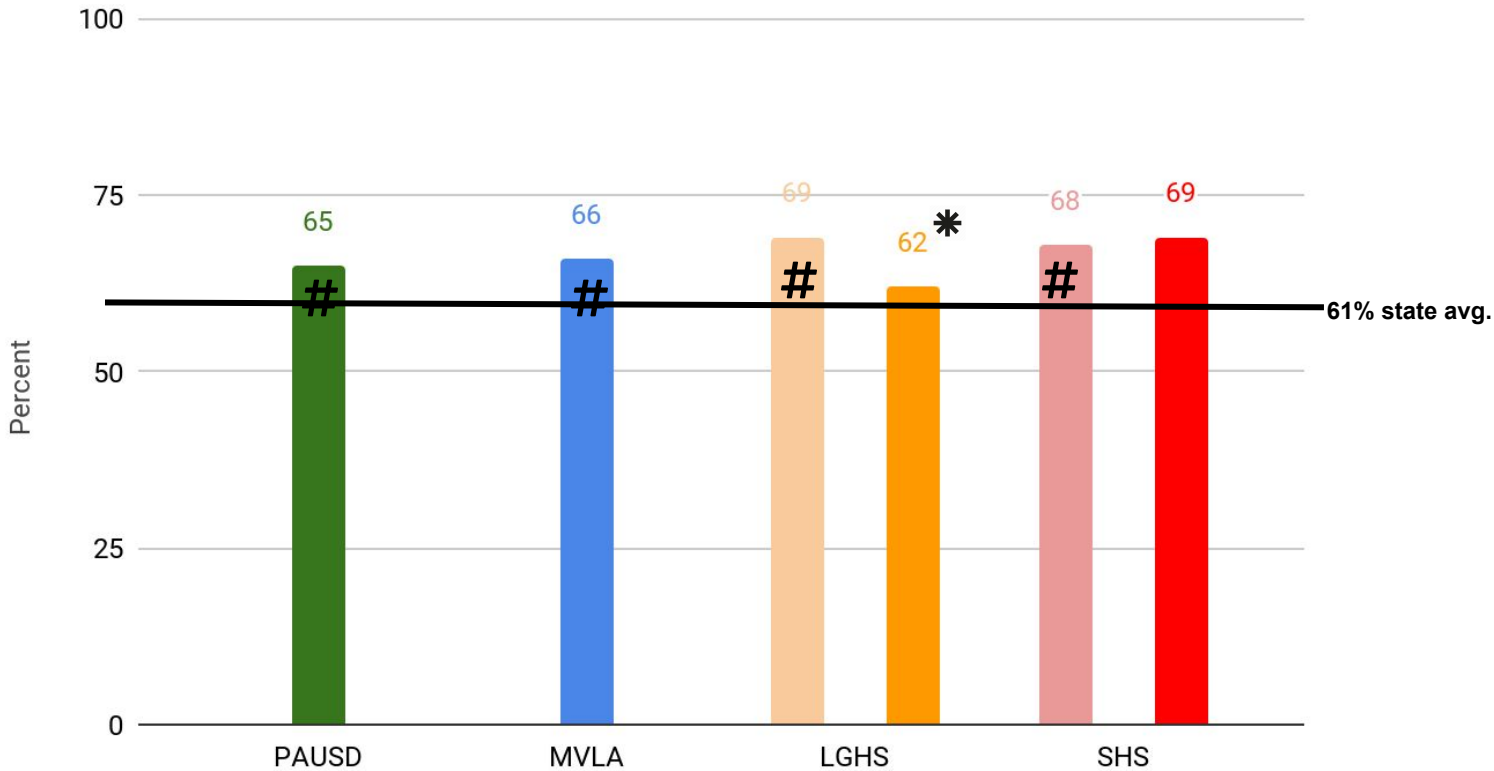
At my school there is a teacher or some other adult who really cares about me.
(Pretty much true to Very much true)

11th Grade



* Statistically Significant # Pre-Covid

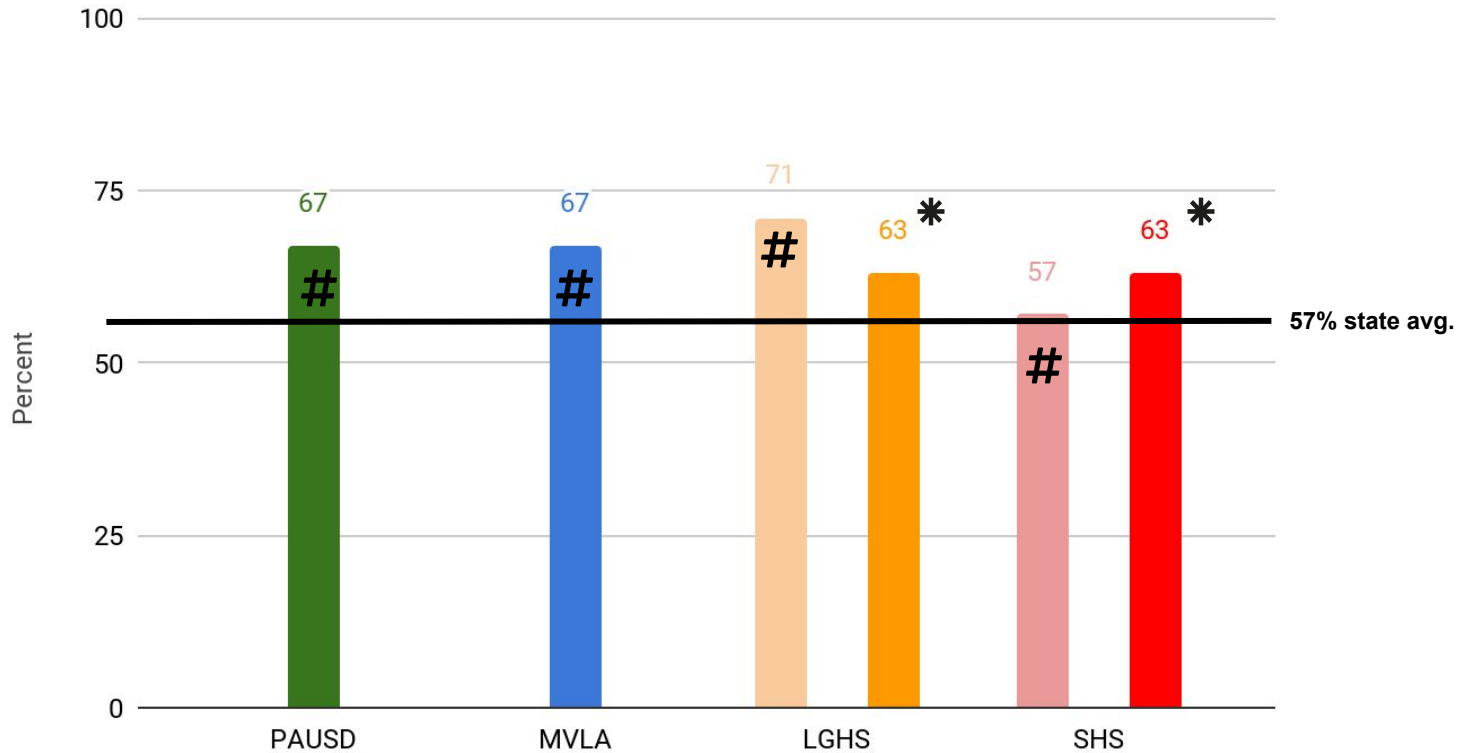
I feel close to people at this school. (Agree to Strongly Agree) 9th Grade



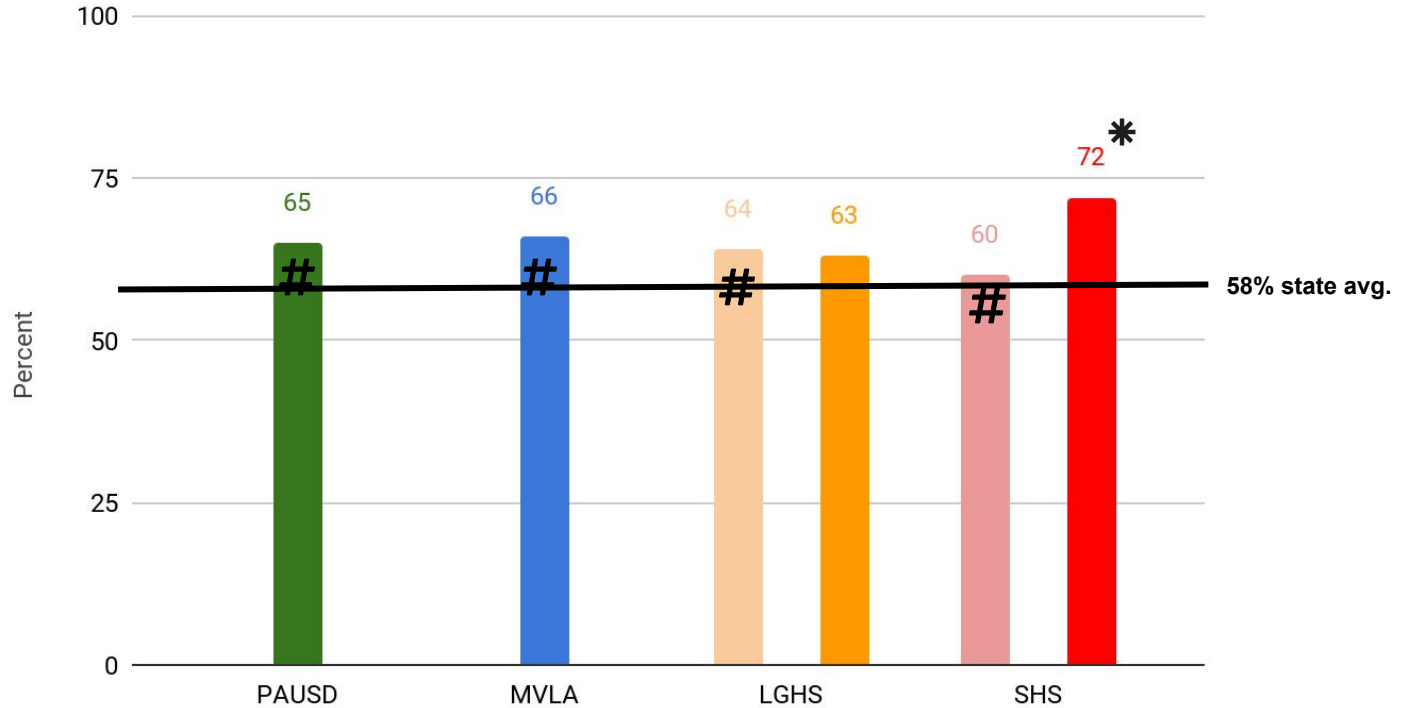
* Statistically Significant # Pre-Covid

*No 20/21 data available due to remote learning

I feel close to people at this school. (Agree to Strongly Agree) 11th Grade



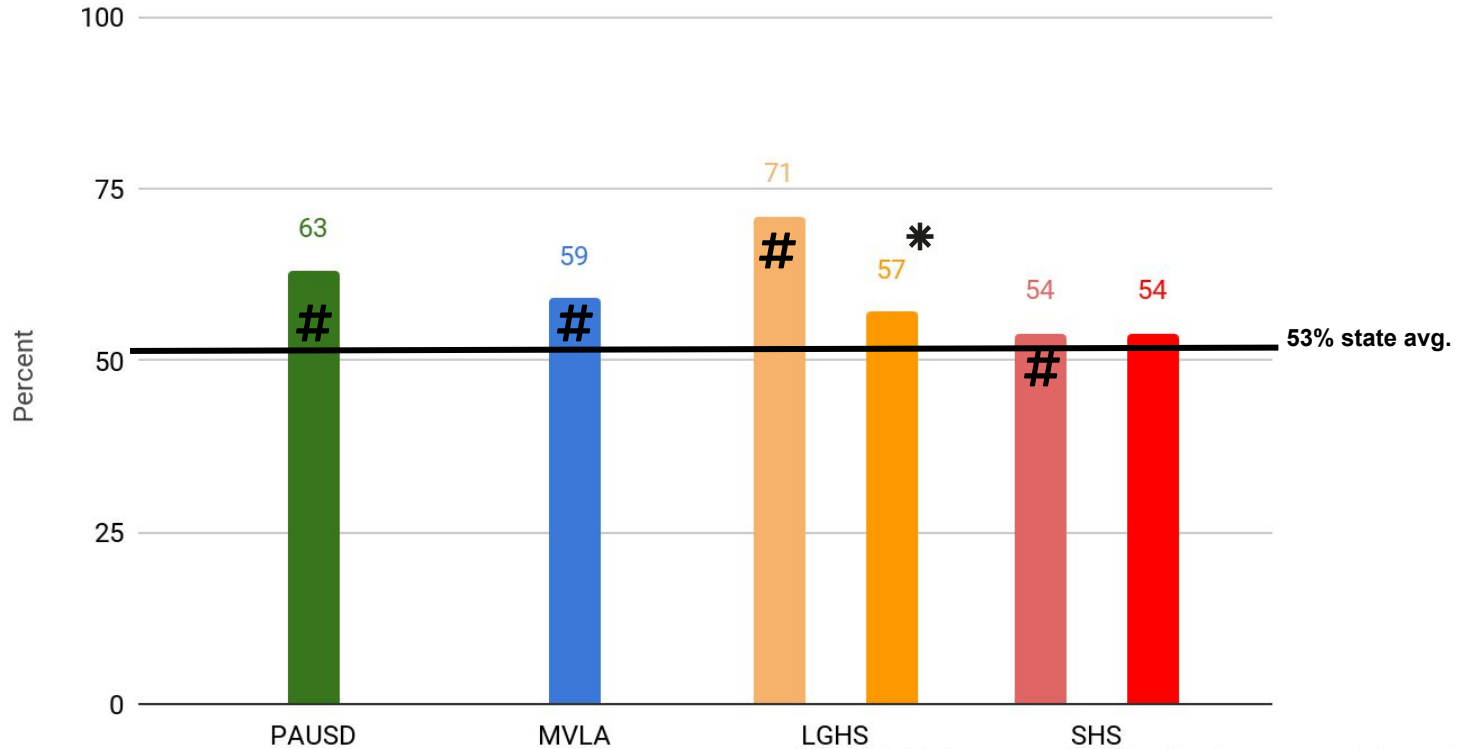
I am happy to be at this school. (Agree to Strongly Agree) 9th Grade



Pre-Covid

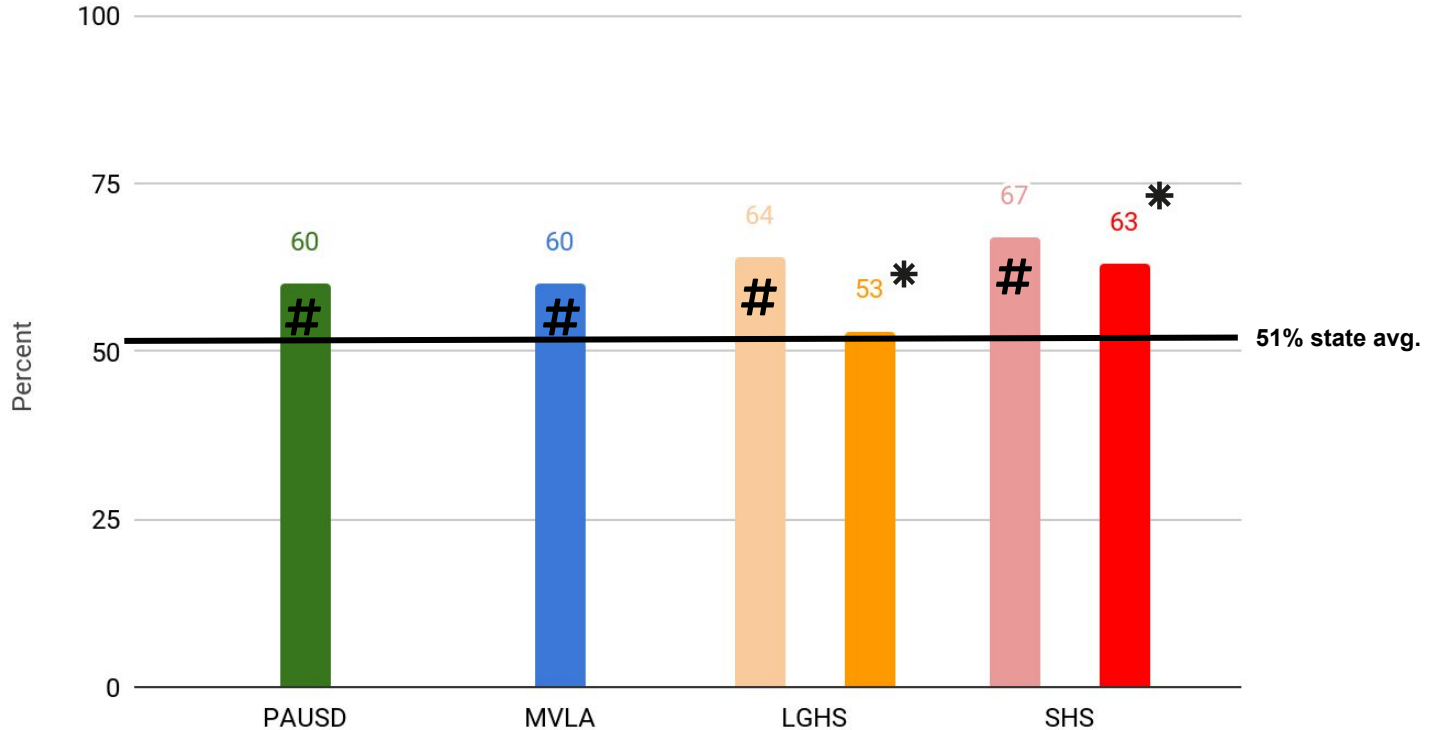
**No 20/21 data available due to remote learning*

I am happy to be at this school. (Agree to Strongly Agree) 11th Grade



*No 20/21 data available due to remote learning

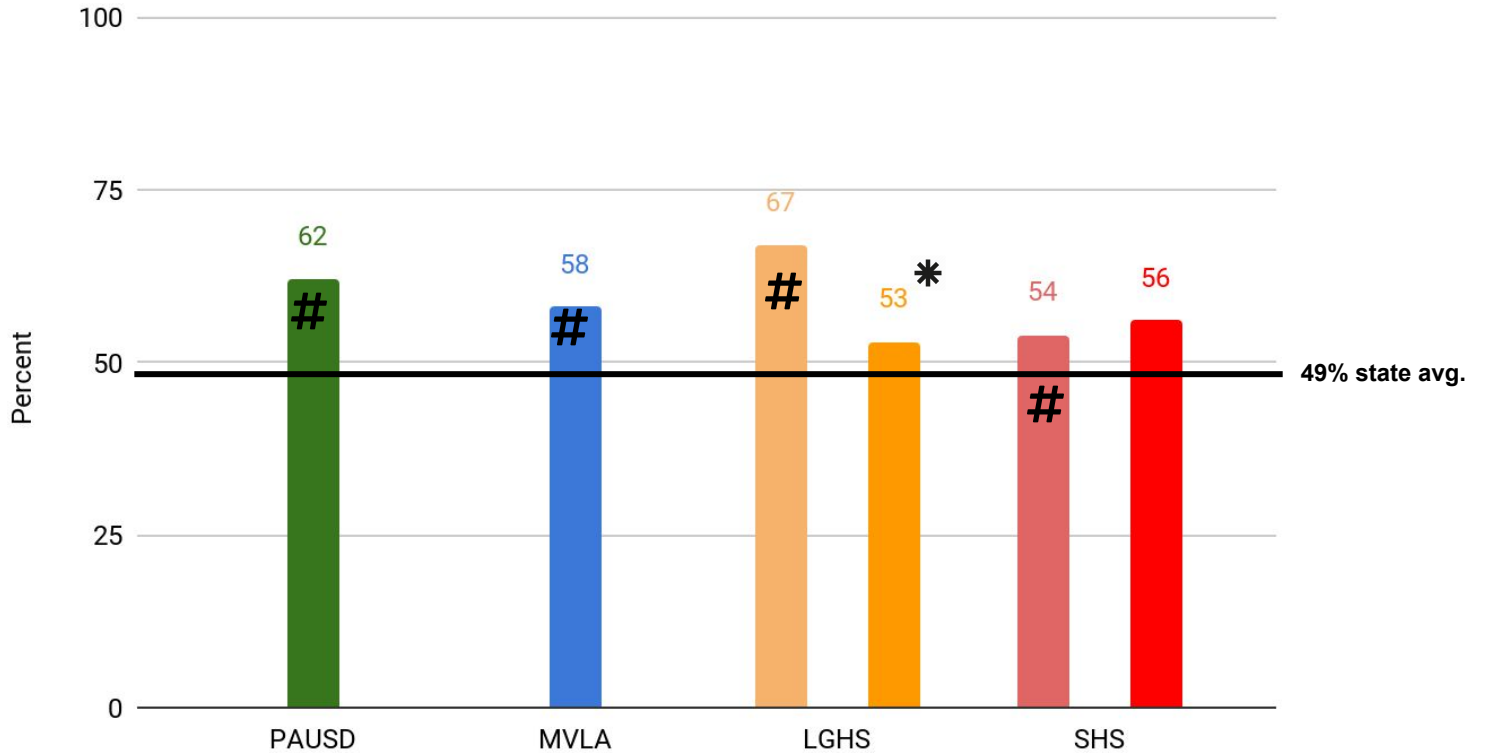
I feel like I am part of this school. (Agree to Strongly Agree) 9th Grade



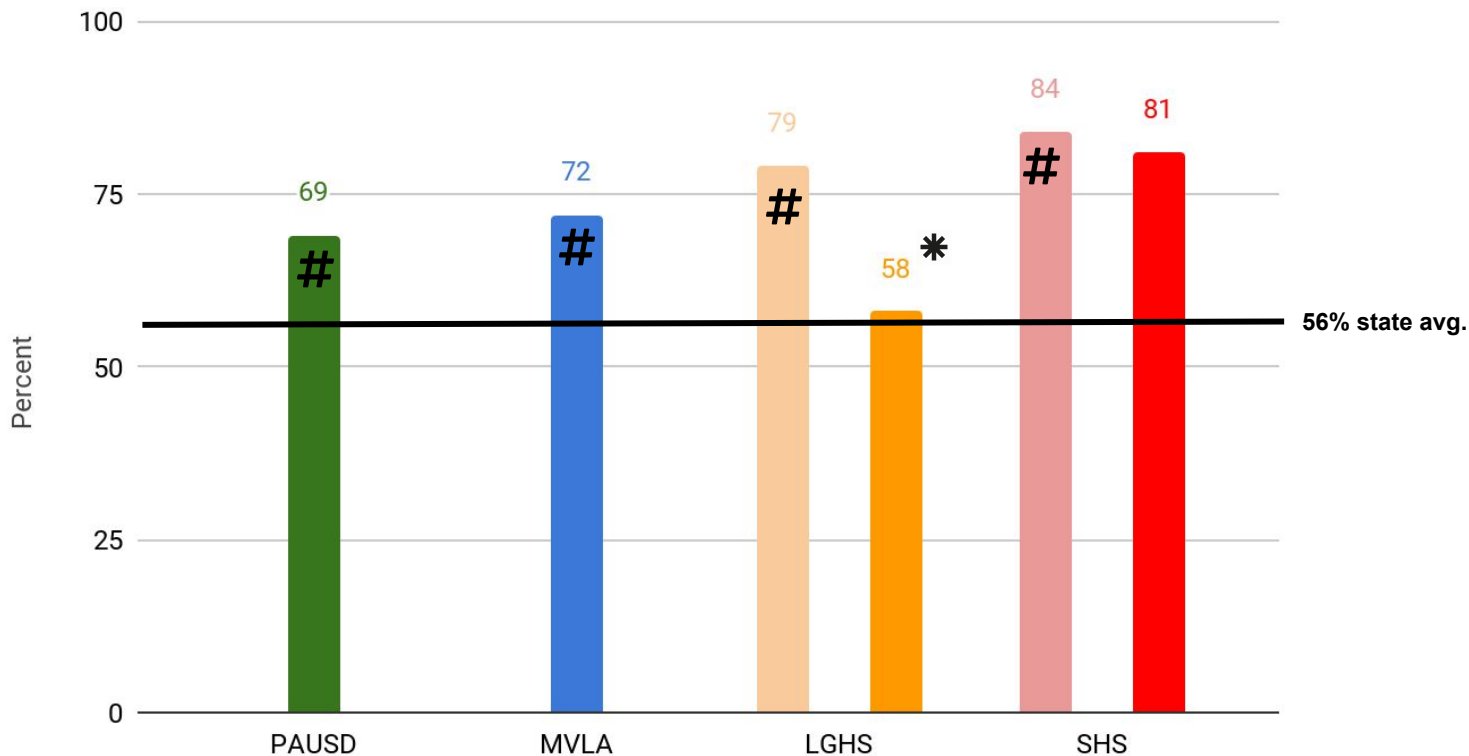
Pre-Covid

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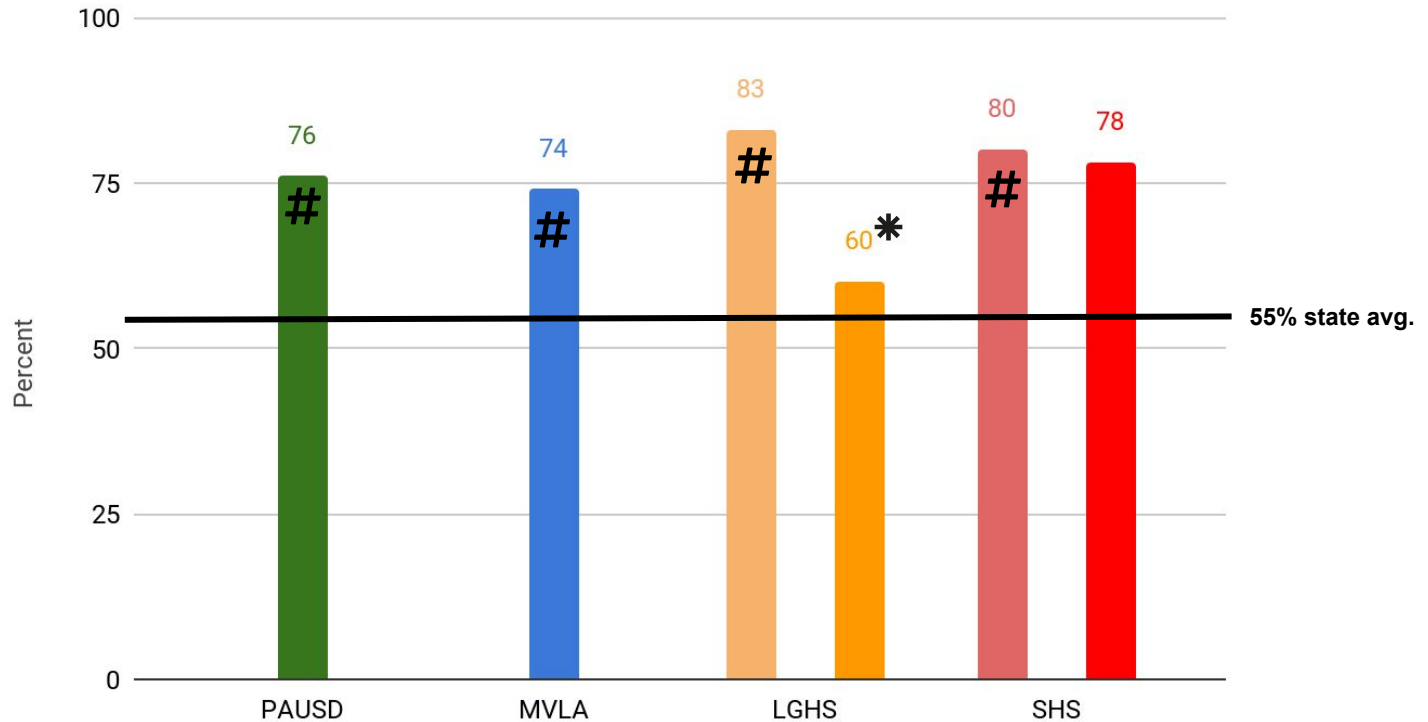
I feel safe in my school. (Agree to Strongly Agree) 9th Grade



Pre-Covid

*No 20/21 data available due to remote learning 18

I feel safe in my school. (Agree to Strongly Agree) 11th Grade



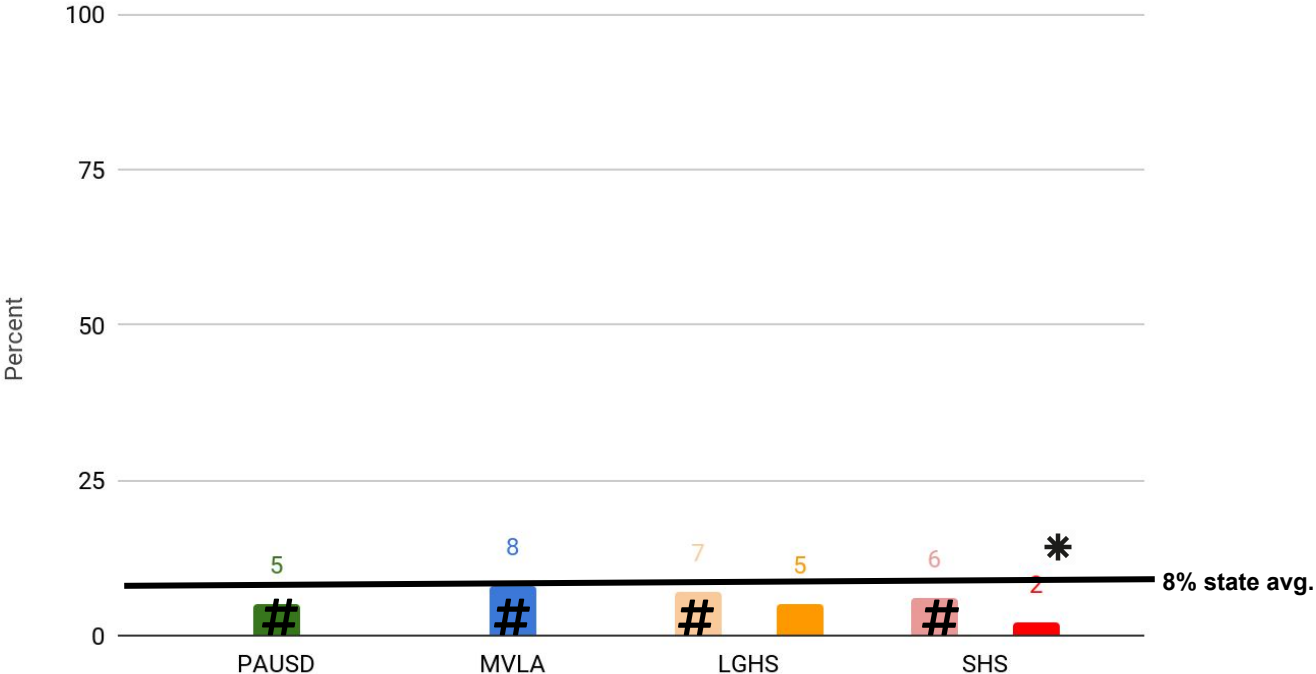
*No 20/21 data available due to remote learning 19

School Violence, Victimization, and Safety

During the past 12 months, how many times on school property were you harassed or bullied for your race, ethnicity, or national origin?

(2 or more times)

9th Grade



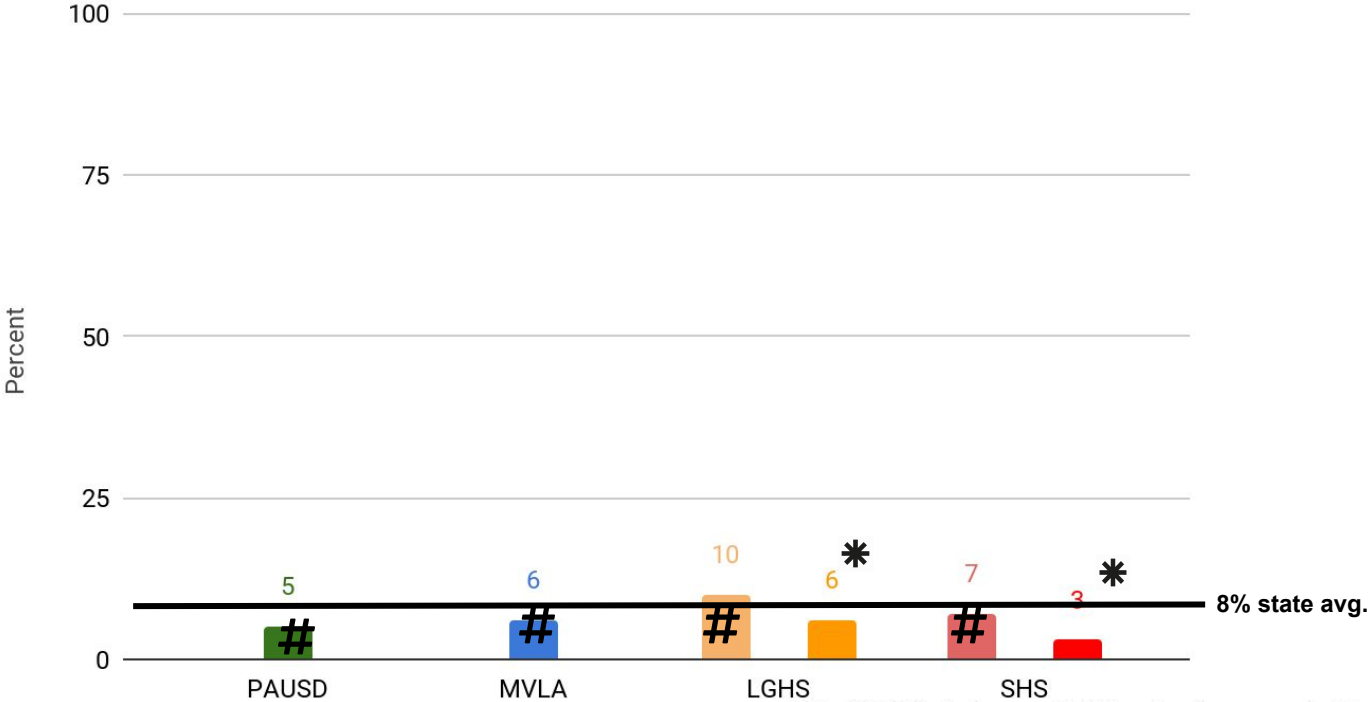
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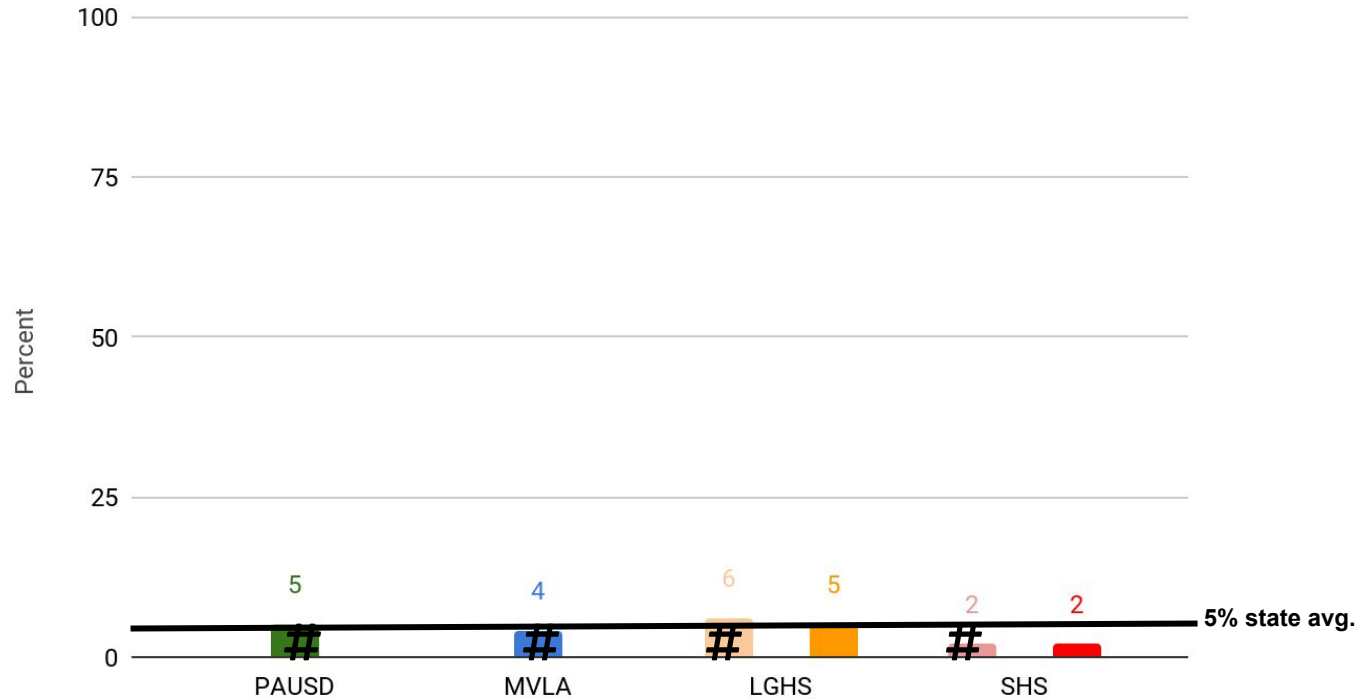
11th Grade



During the past 12 months, how many times on school property were you harassed or bullied because you are gay or lesbian or someone thought you were?

(2 or more times)

9th Grade



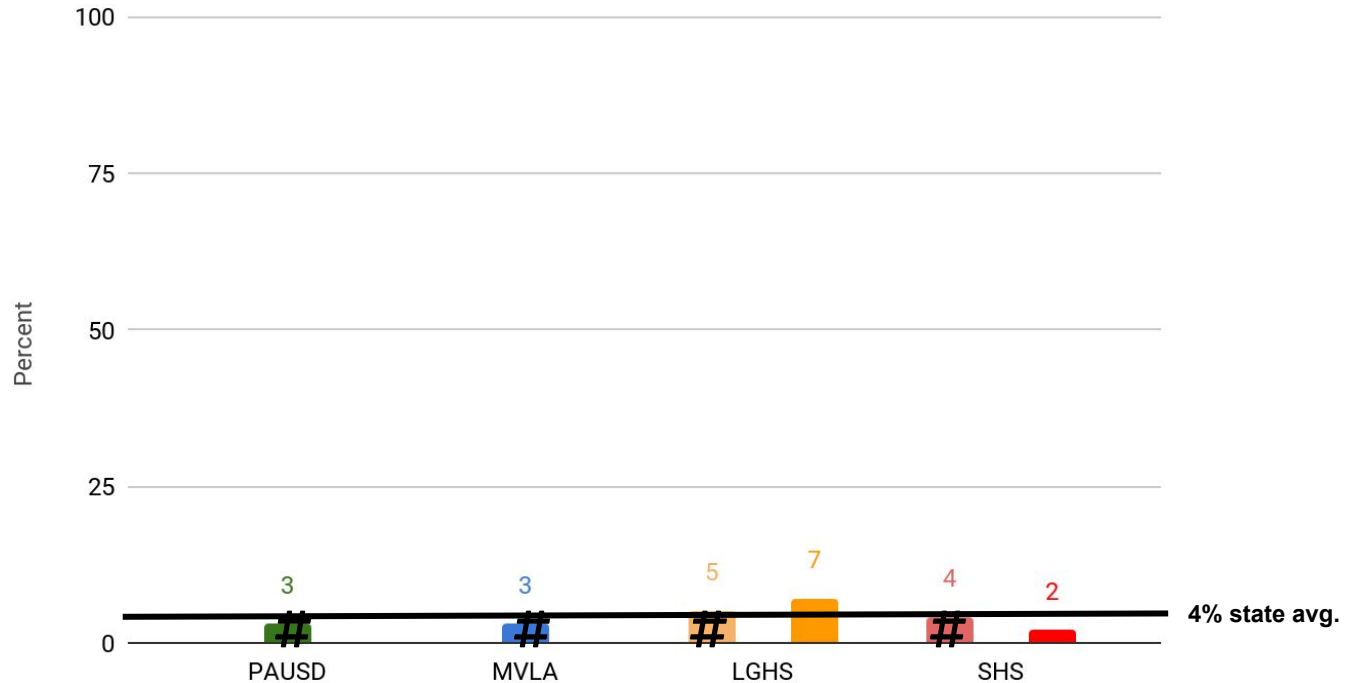
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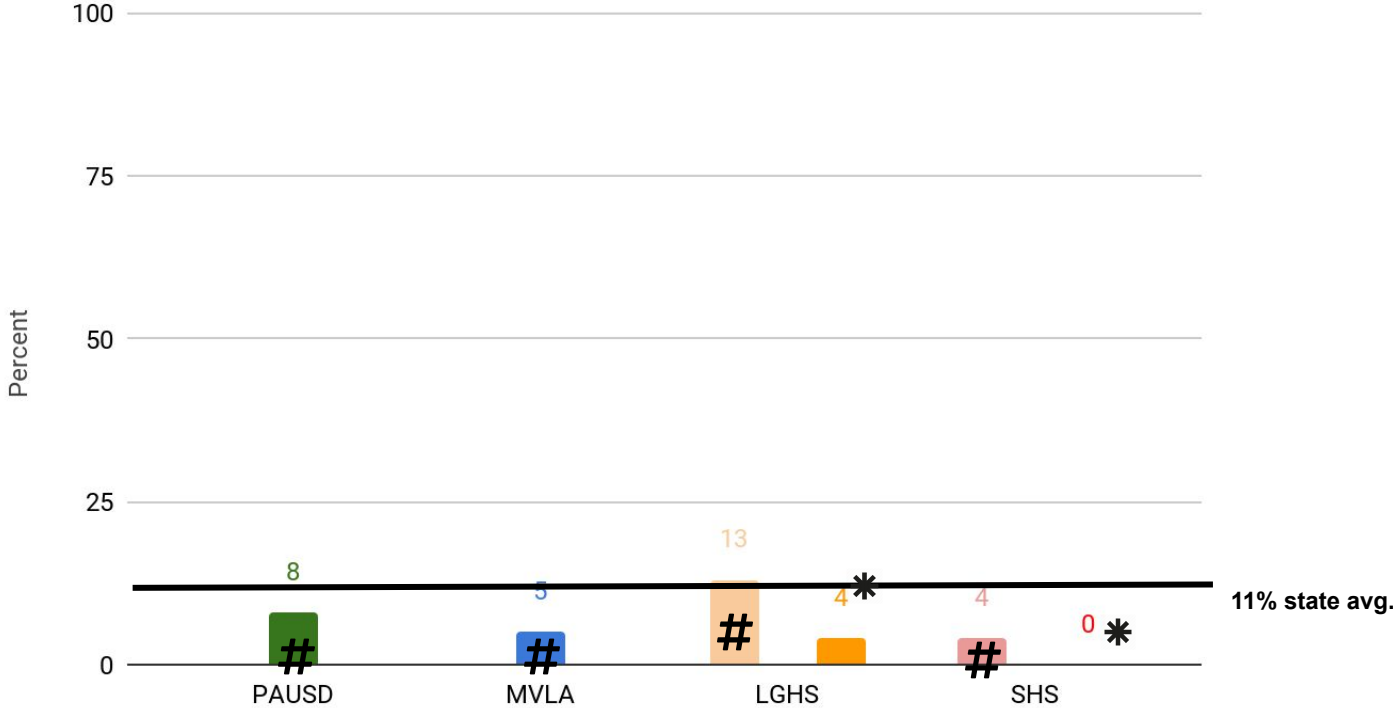
(2 or more times)

11th Grade



4% state avg.

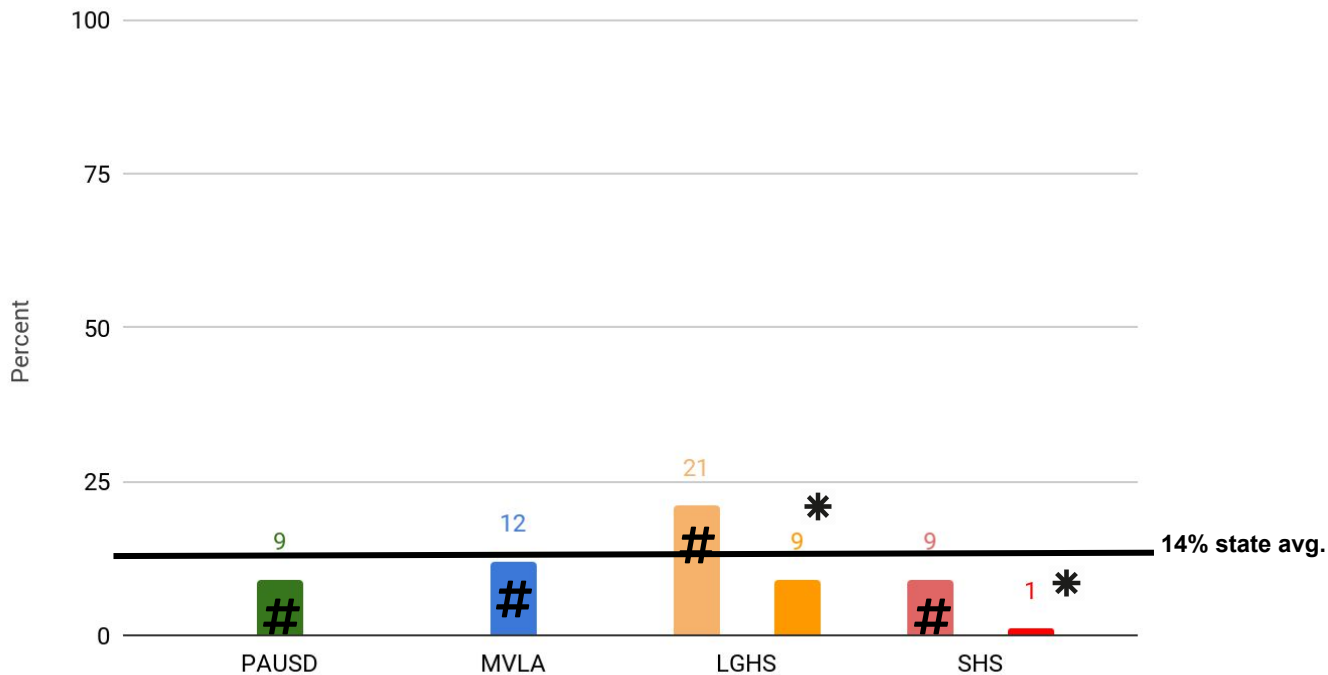
During the past 12 months, how many times on school property have you been offered, sold, or given an illegal drug?
 (2 or more times)
9th Grade



Pre-Covid

*No 20/21 data available due to remote learning

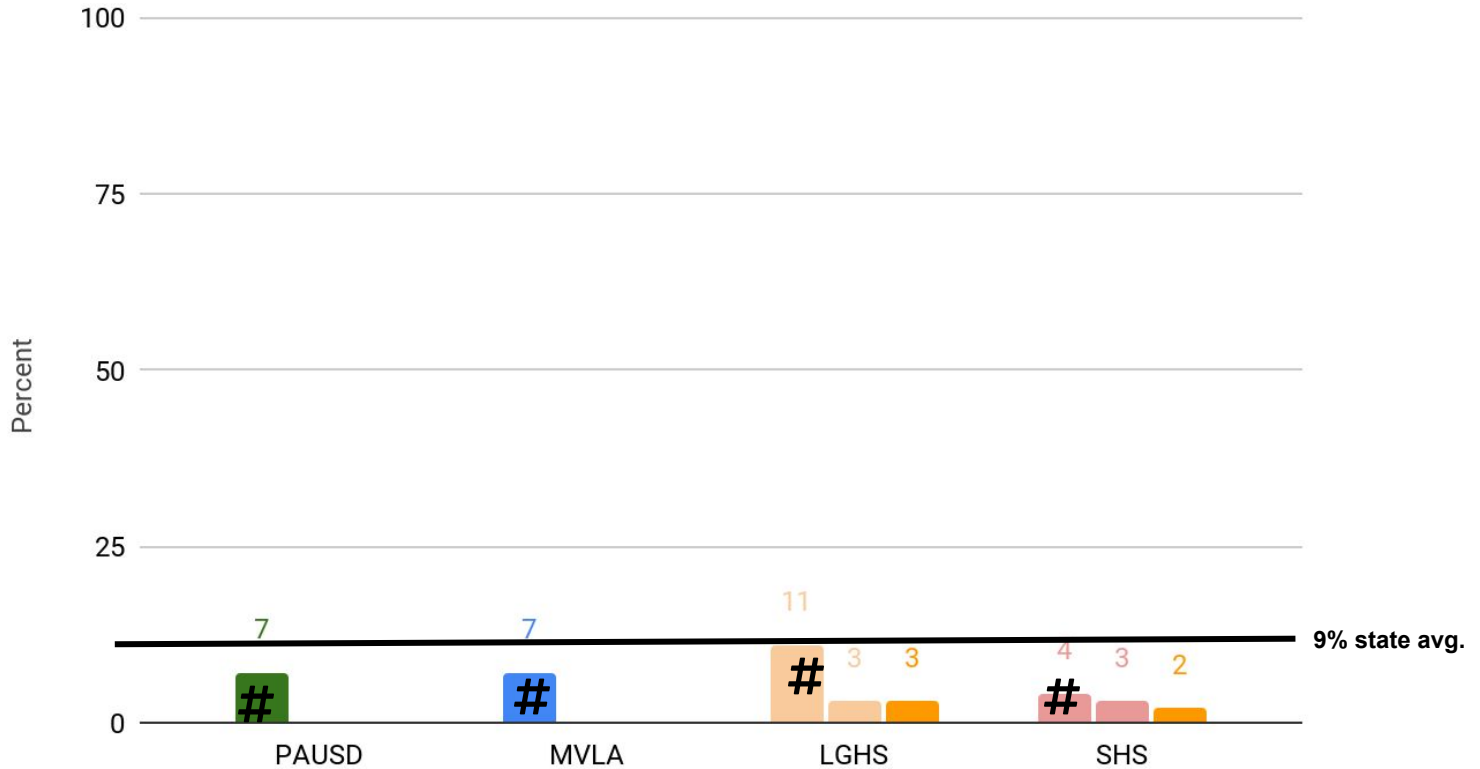
During the past 12 months, how many times on school property have you been offered, sold, or given an illegal drug? (2 or more times) 11th Grade



*No 20/21 data available due to remote learning

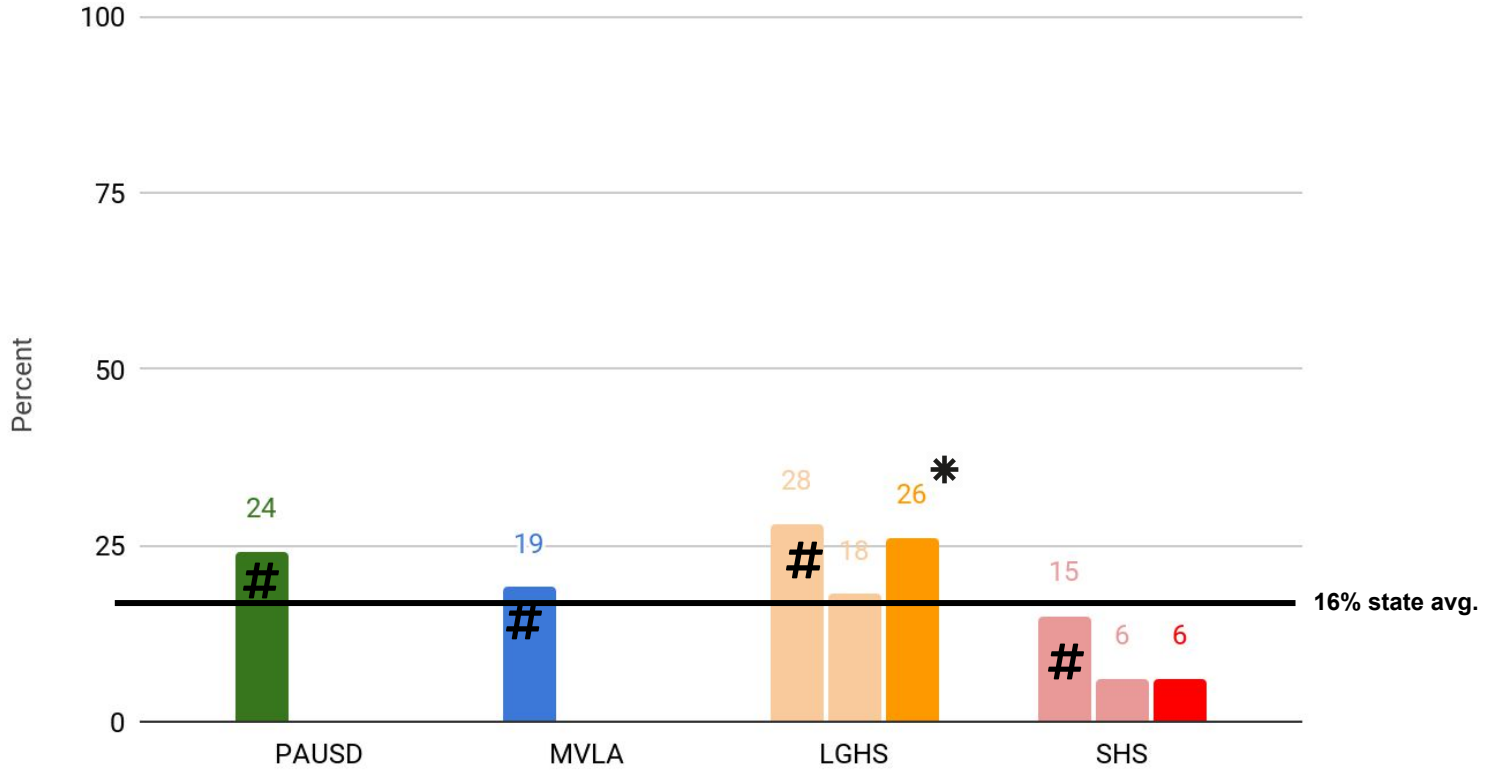
Alcohol and Other Drug Use

During the past 30 days, did you have one or more drinks of alcohol? 9th Grade



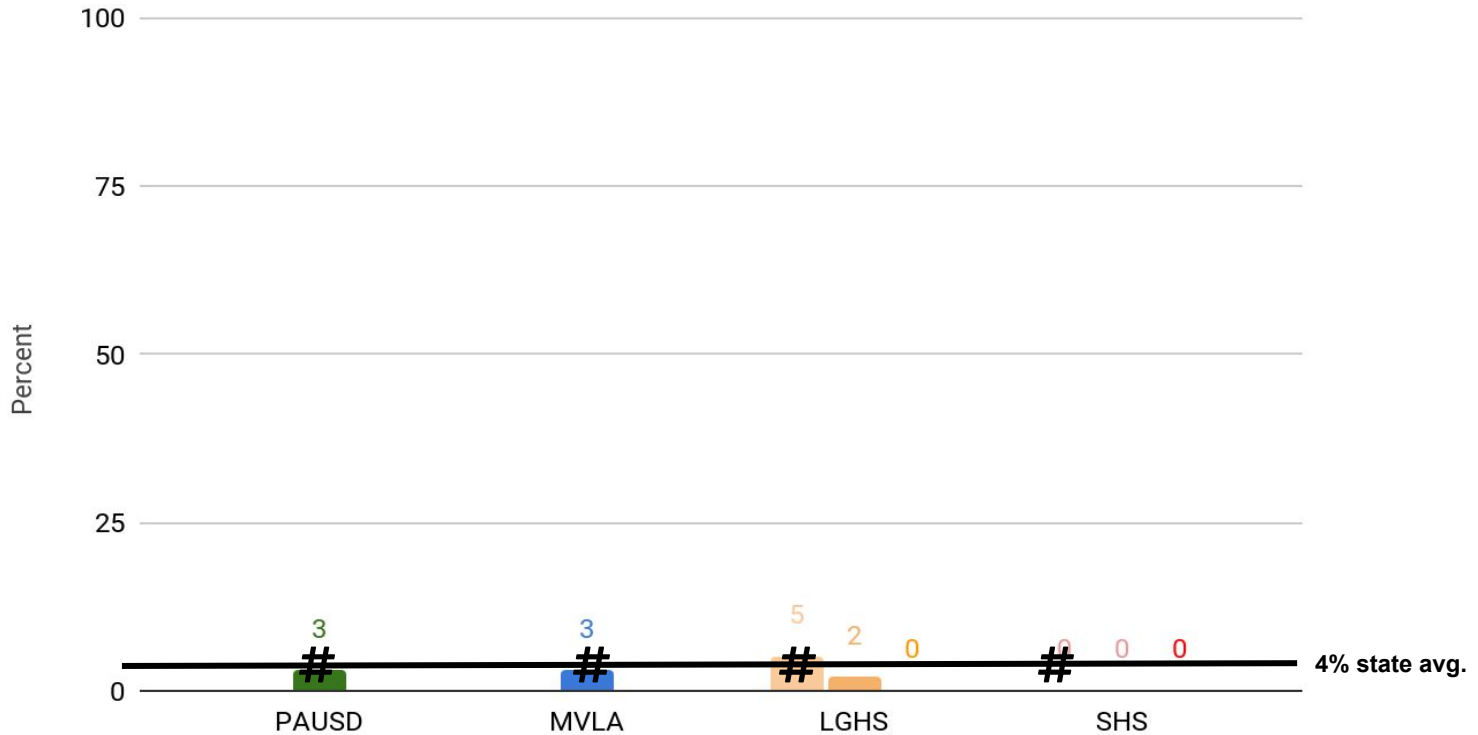
* Statistically Significant # Pre-Covid

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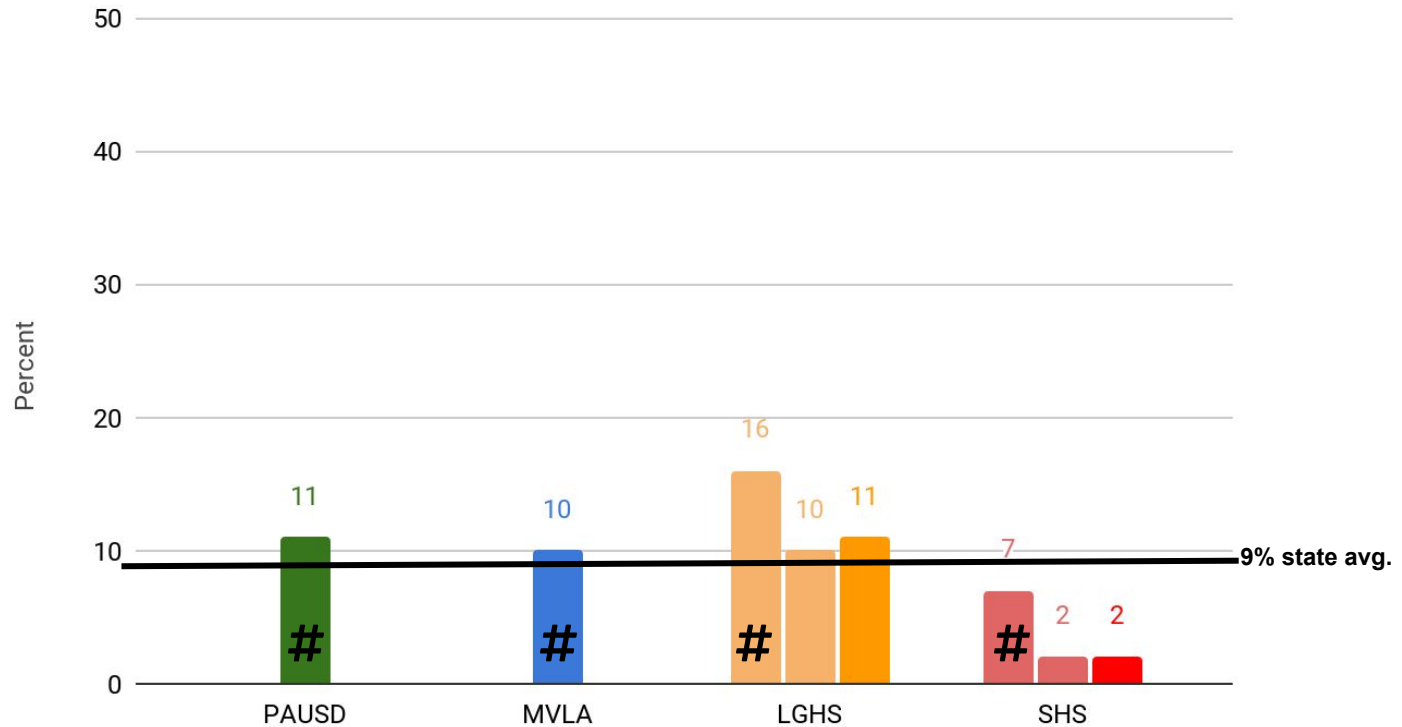
* Statistically Significant # Pre-Covid

During the past 30 Days, have you engaged in binge drinking? (5 or more drinks in a row) 9th Grade



* Statistically Significant # Pre-Covid

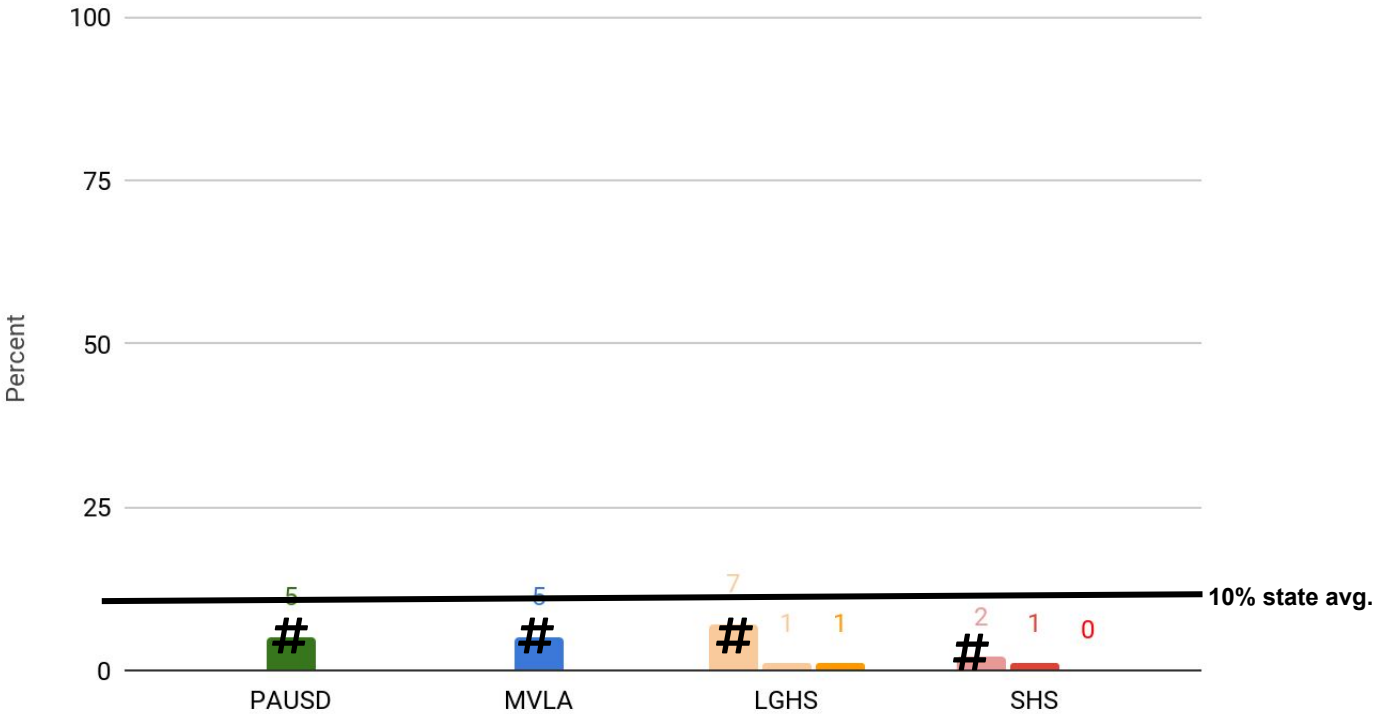
During the past 30 Days, have you engaged in binge drinking? (5 or more drinks in a row) 11th Grade



* Statistically Significant # Pre-Covid

During the past 30 days, have you used marijuana? (smoke, vape, eat, or drink)

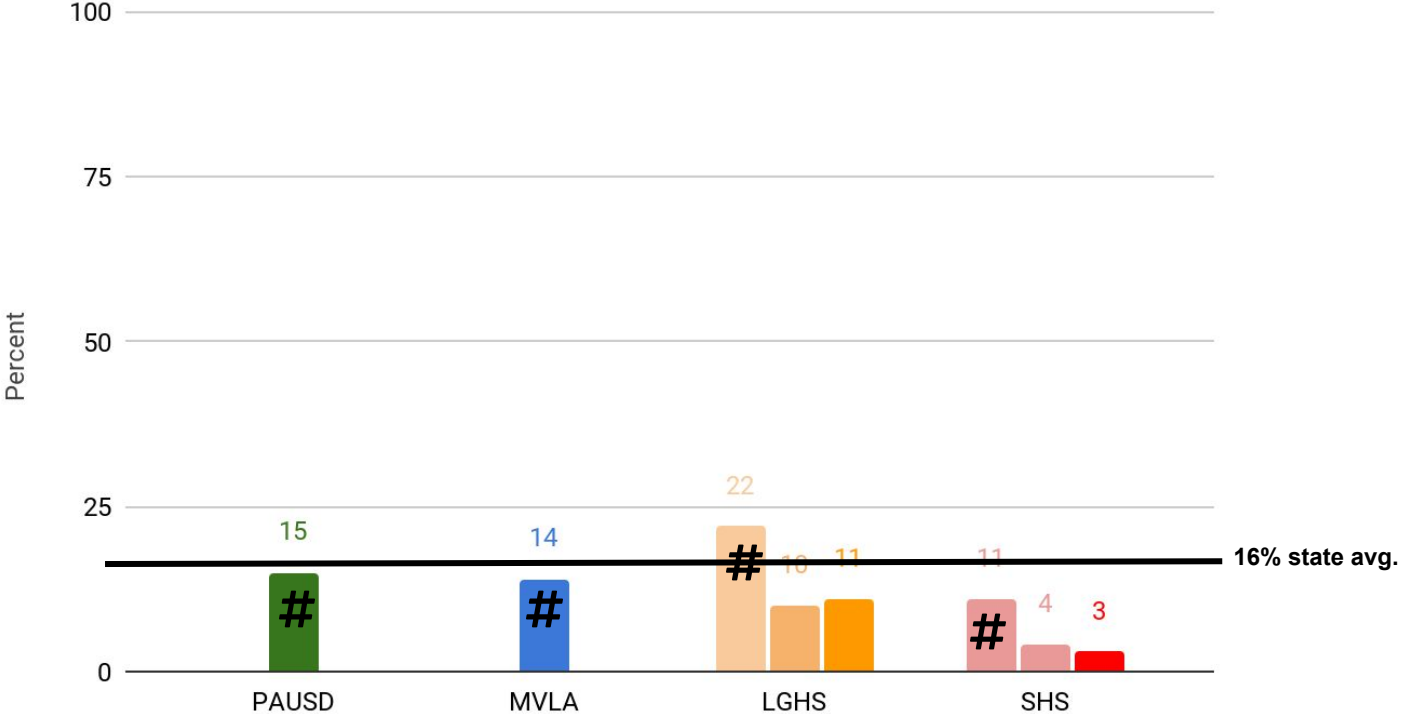
9th Grade



* Statistically Significant # Pre-Covid

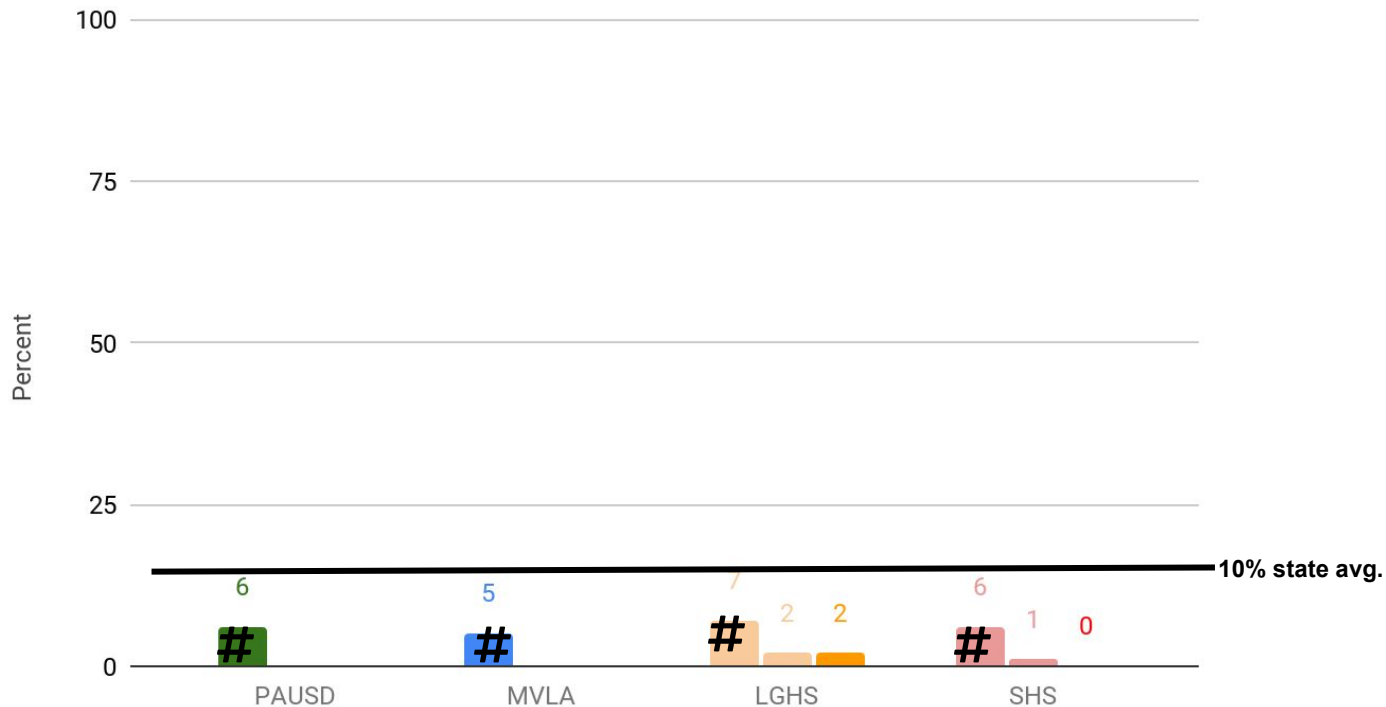
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11th Grade



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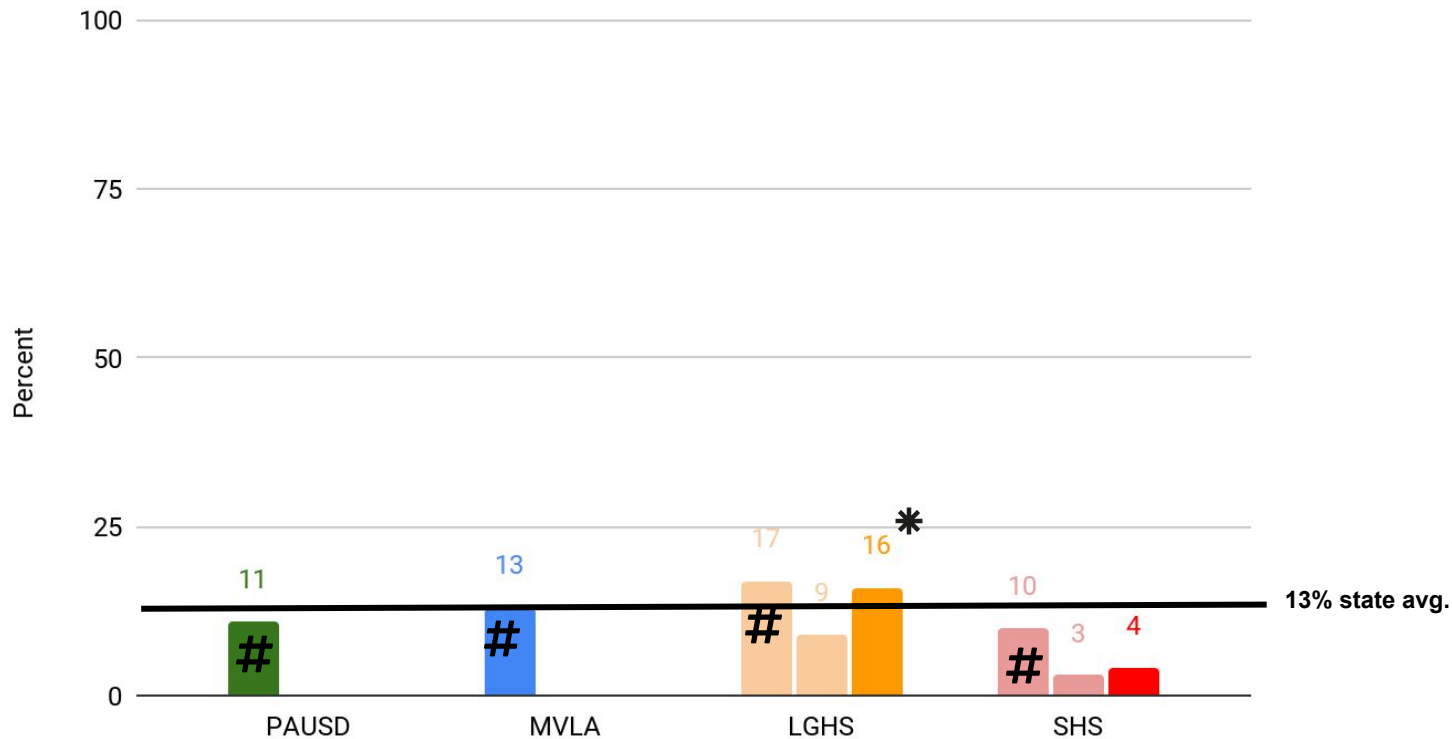
During the past 30 days, have you used electronic cigarettes or other vaping device? (cigarettes for past data) 9th Grade



* Statistically Significant # Pre-Covid

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(cigarettes for past data)

11th Grade

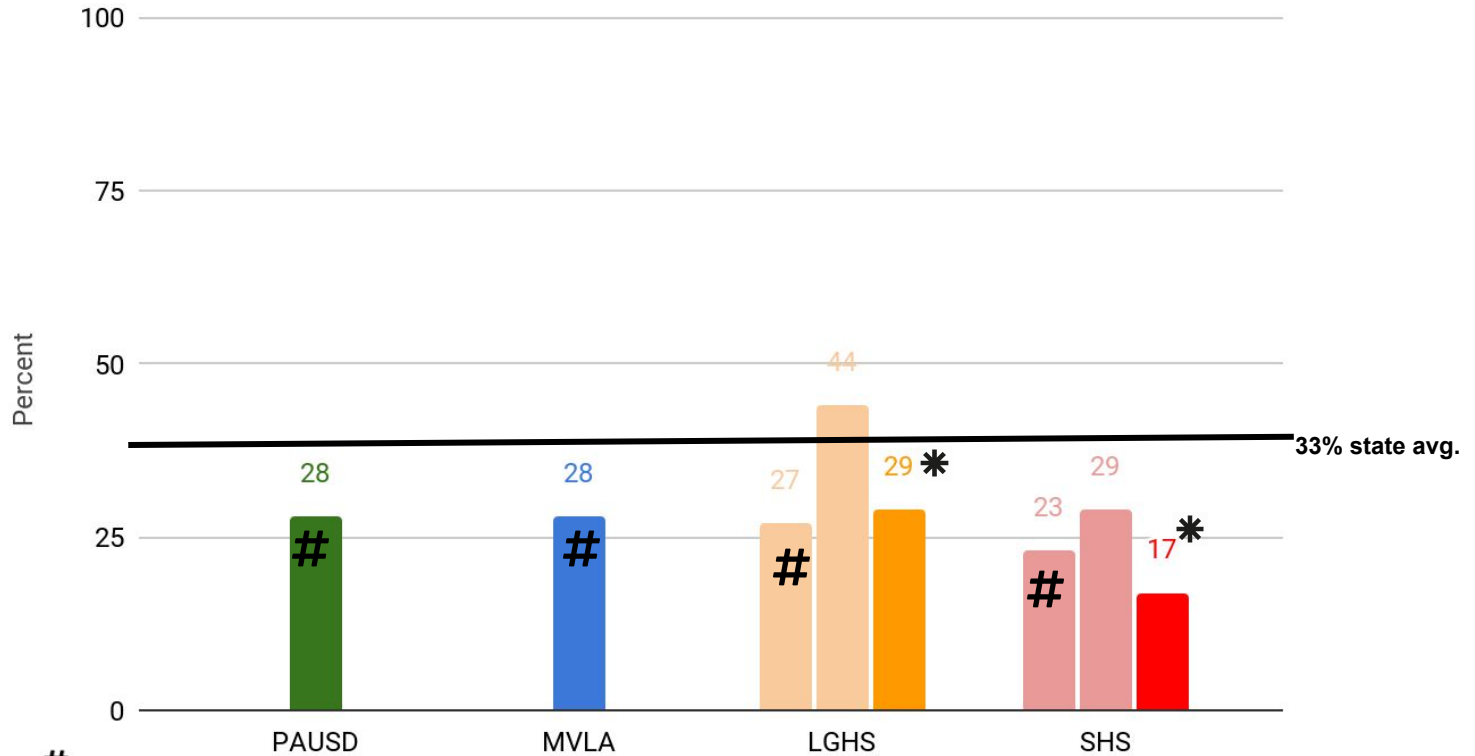


* Statistically Significant # Pre-Covid

Other Physical and Mental Health Risks

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

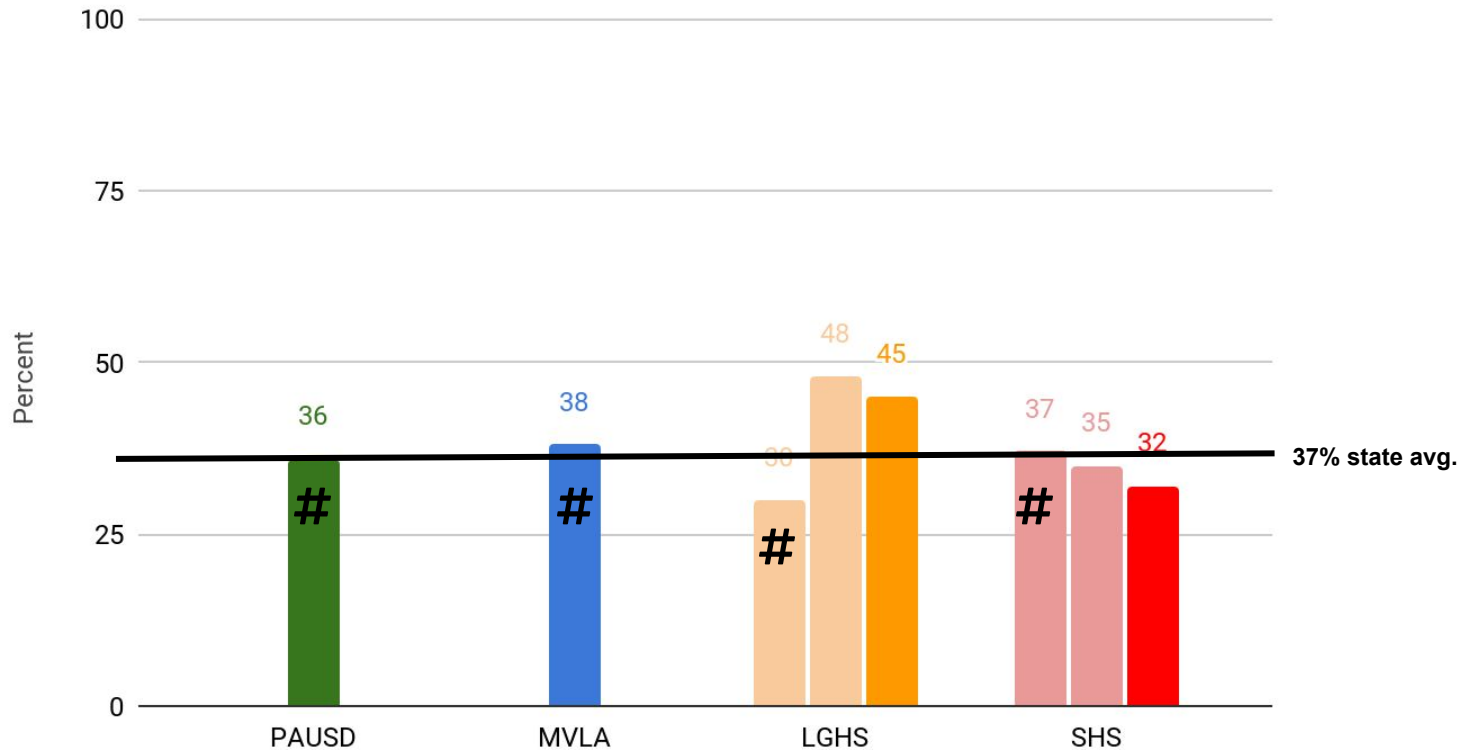
9th Grade



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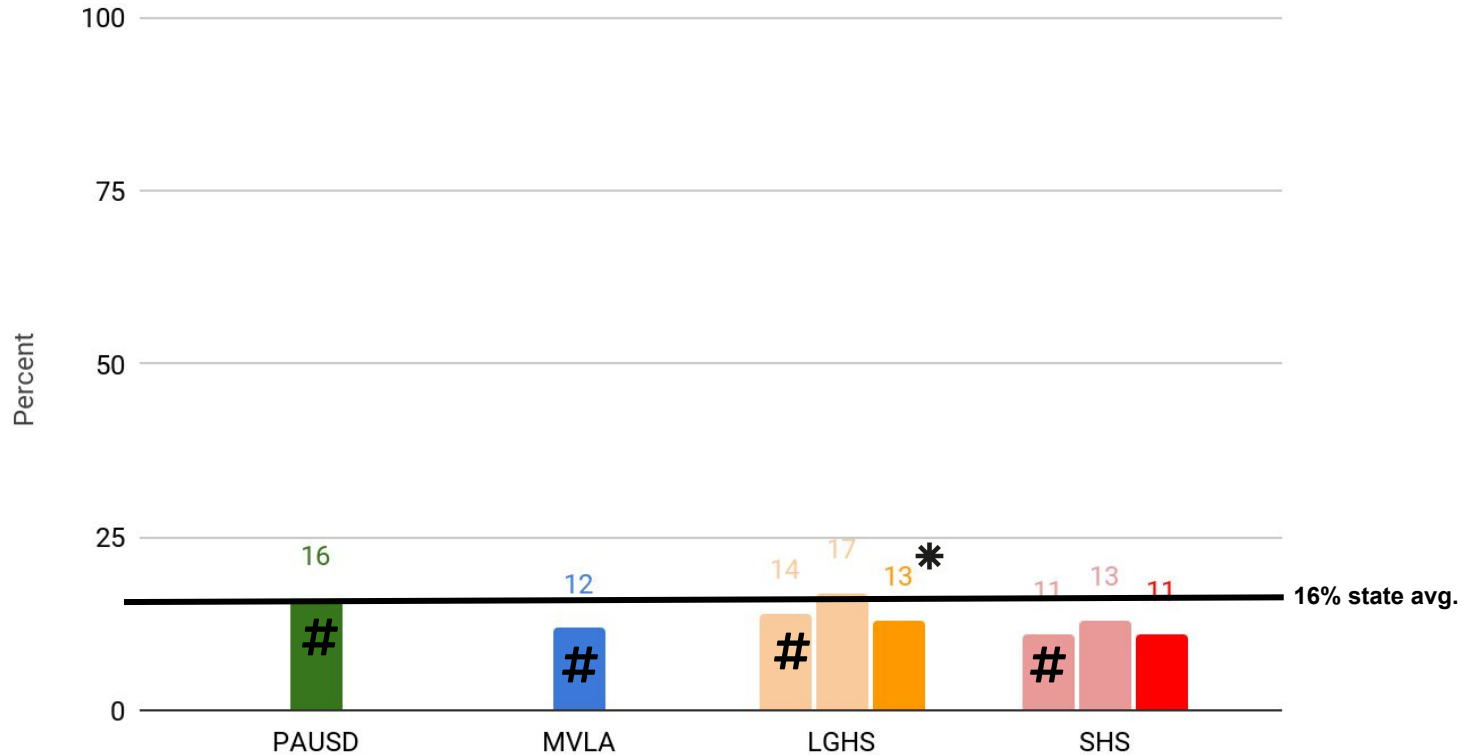
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11th Grade



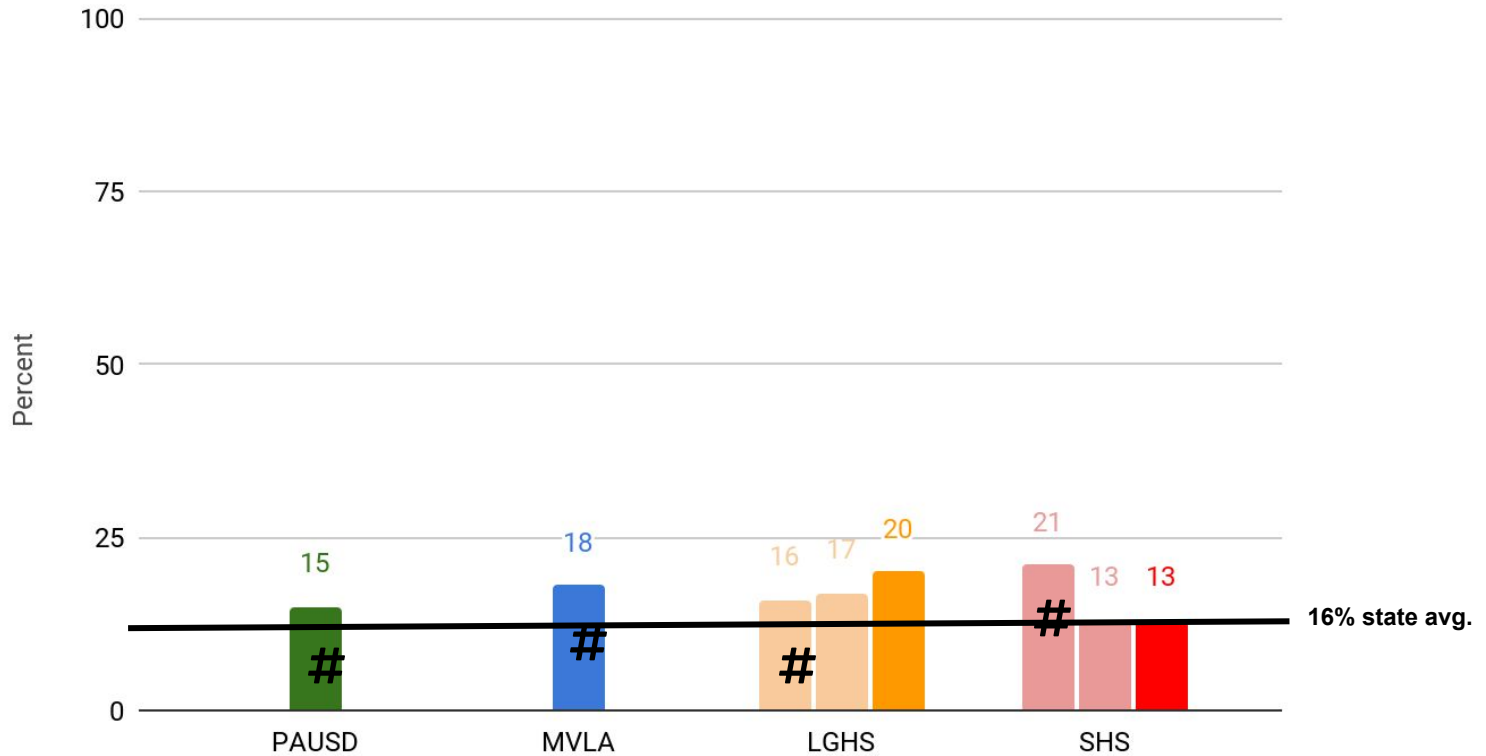
* Statistically Significant # Pre-Covid

During the past 12 months, did you ever seriously consider attempting suicide? 9th Grade



* Statistically Significant # Pre-Covid

During the past 12 months, did you ever seriously consider attempting suicide? 11th Grade



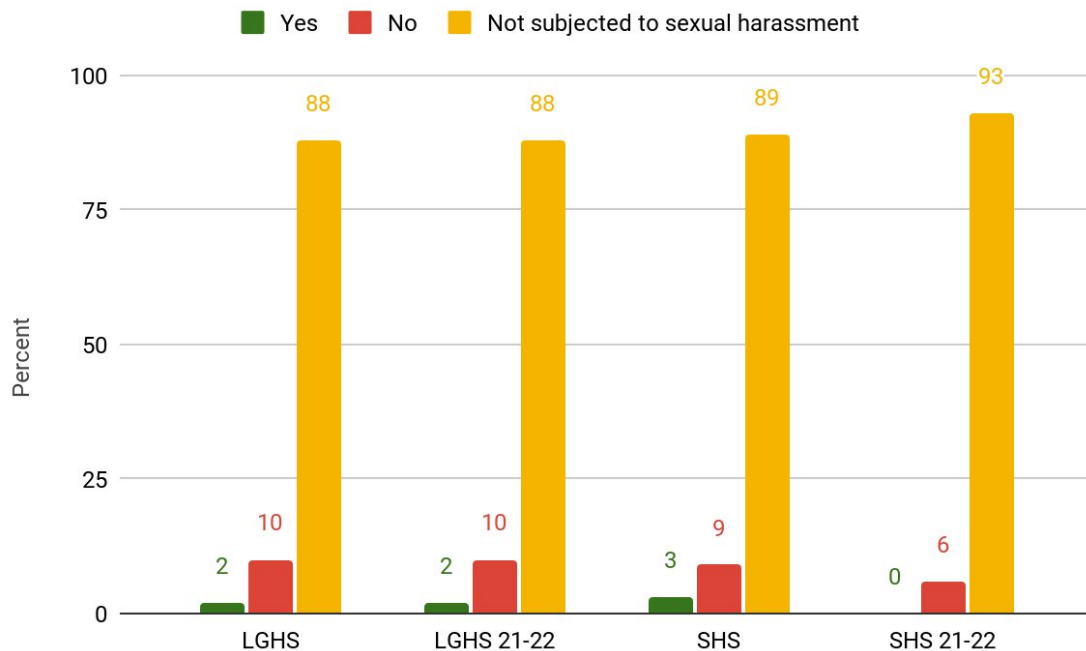
* Statistically Significant # Pre-Covid

Custom Modules

*No comparable data from other districts -
questions only administered to LGSUHSD
students*

In the past school year, if you were subjected to sexual harassment by anyone in the school setting, did you report it to any staff member at the school?

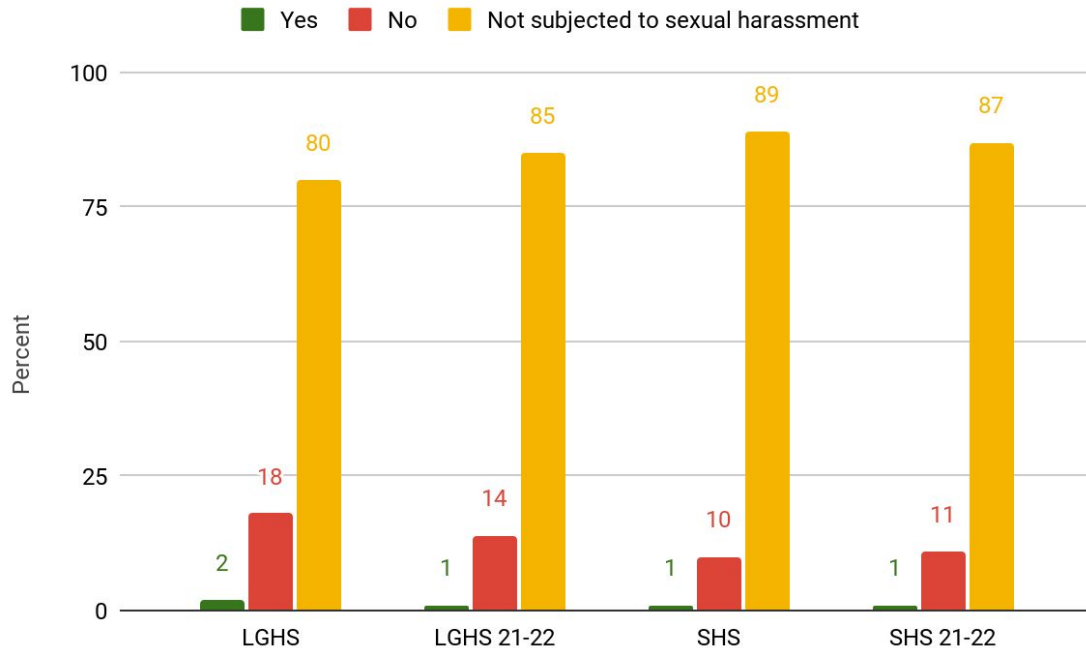
9th Grade



*No comparable data 42

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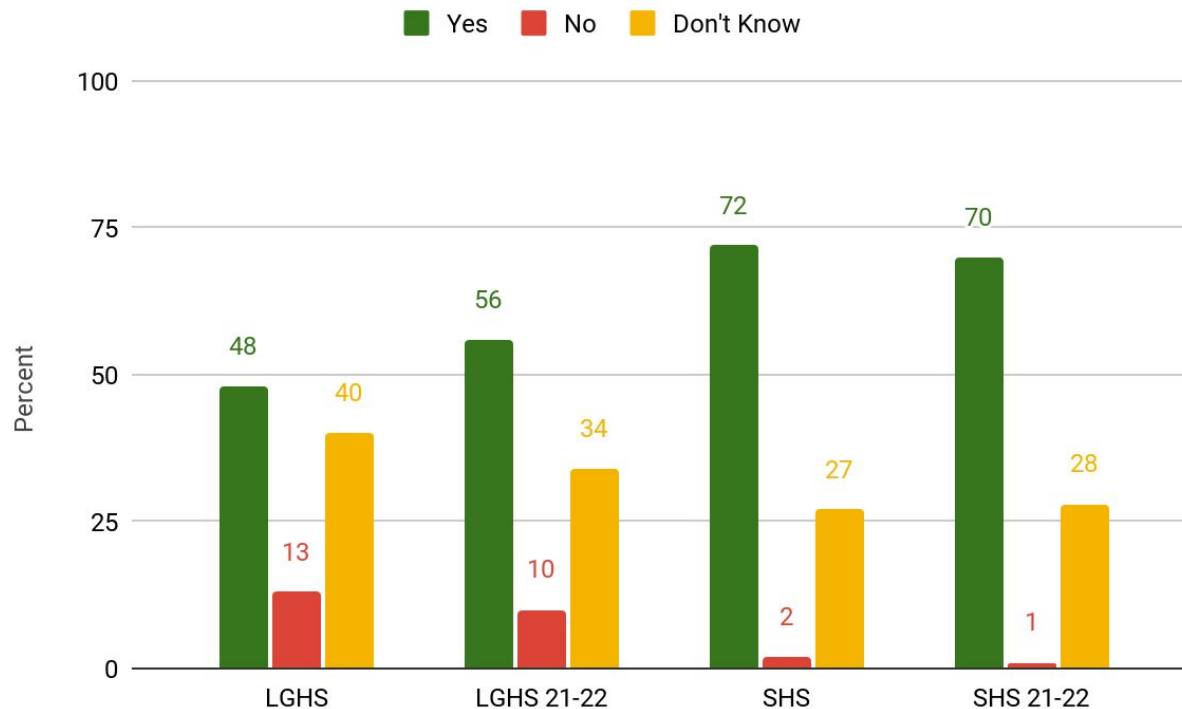
11th Grade



*No comparable data 43

If you report sexual harassment, the school would take the matter seriously.

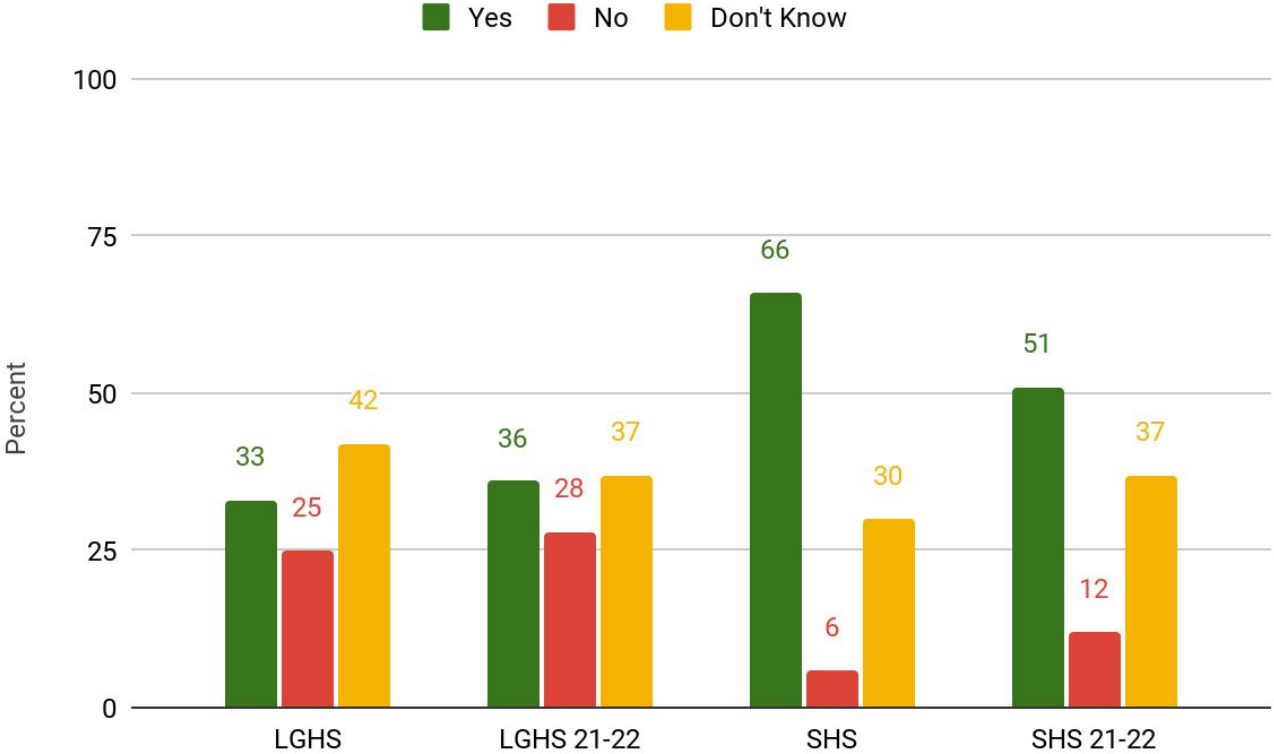
9th Grade



*No comparable data 44

If you report sexual harassment, the school would take the matter seriously.

11th Grade



*No comparable data 45

