

• YOU HAVE THE POWER •

Now that you have seen what Humboldt County kids are saying, how can we encourage their strengths and support their healthy growth?

ACTION STEPS FOR PARENTS

At Home

- Spend time listening and talking to your child while driving the car, taking a walk, or eating a meal together.
- Model and encourage healthy behaviors.
- Set limits for your child's behavior with clear, fair rules and consequences.
- Notice whether your child's habits are changing, such as sleeping, eating, grooming, physical activity or weight.
- Monitor your child's use of electronic devices.

At School

- Become a member of your child's school parents' group.
- Find out what foods are served at your child's school every day.
- Make sure that your child gets daily physical activity at recess and in P.E. class.
- Ask if your child is bullied or harassed at school.

With Friends

- Know what your child is doing right now.
- Get to know your child's friends.
- Invite your child's friends to come to your home and visit.
- Ask if your child's friends have changed.

In Your Community

- Walk your neighborhood to see where youth gather.
- Talk with other parents about how your community can support youth.
- Encourage your child to get involved with a community project.
- Support local efforts for safe places for youth to meet and spend time together.

RESOURCES FOR PARENTS

Do you want more information about keeping your child or teen healthy? Learn about signs of drug use, bullying, healthy eating, physical activity, and youth mental health needs. Also get tips on how to support your school's health and wellness program.

Humboldt County Alcohol and Other Drug Prevention Program & Humboldt Allies for Substance Abuse Prevention

707-268-2132

Humboldt County Department of Health and Human Services, Adolescent Treatment Program

Contact Marian Vasilevich at 268-3370

Tobacco Free Humboldt County & Tobacco Education Network

707-268-2132

Humboldt Children, Youth and Family Services, Humboldt County Mental Health

707-268-2800

Humboldt County Mental Health Crisis Hotline

707-445-7715

YSB 24-hour Youth Crisis Line

707-444-2273

North Coast Rape Crisis Line

707-445-2881

Child Welfare Services/Child Abuse Intervention

707-445-6180

The Parent Project

Contact Gillian Wadsworth at 707-445-7098

Your School District's Healthy Kids Survey Report

<http://chks.wested.org/reports/search>



A 2015-2016 Humboldt County Healthy Kids Update: What Are Our Kids Saying?

In 2015-16, Humboldt County students in grades 5, 7, 9, 11, as well as Alternative Education students, took the California Healthy Kids Survey (CHKS). The CHKS data give us a snapshot of the health-risks and problem behaviors that research has identified as barriers to learning. The CHKS also assesses school supports and indicators of school connectedness that are shown to promote student success. Addressing these risks, behaviors and supports is essential improving student academic performance and positive youth development.

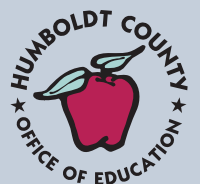
The CHKS has been conducted every two years in Humboldt County since 2003 giving us the opportunity to note some important trends.

On a positive note, the 2015-16 California Healthy Survey shows:

- The majority of students feel safe or very safe at school.
- Students in grades 7, 9, and 11 report a decline in drinking and binge drinking.
- Most students are eating breakfast, and students are drinking fewer sodas and sweetened beverages than in 2013-14.
- Cigarette smoking has declined for all students.
- The majority of students in grades 5, 7, 9 and 11 feel a high level of school connectedness.

However we are still very concerned that:

- Half of 5th grade students, and 27% to 36% of secondary school students, experienced harassment or bullying at school in the past 12 months.
- 31% of 7th graders have been passengers in cars with a driver who has been drinking. 13%-17% of high school students, and 45% of Alternative Education students, reported drinking and driving.
- Over 30% of high school students had periods of sadness and hopelessness during the past year that interrupted their usual activities.
- There is a rise in risk behaviors and a drop in school connectedness as students transition from middle to high school.



WHAT KIDS ARE SAYING ABOUT

	SAFETY	ALCOHOL & OTHER DRUGS *	HEALTH	TOBACCO	SCHOOL CONNECTEDNESS
5th Grade Students 675 respondents (10-11 years old)	<ul style="list-style-type: none"> 77% of 5th graders feel safe at school most or all of the time, down from 83% in 2011/12¹ 54% of 5th graders were the target of mean rumors or lies 4% of 5th graders brought a gun or knife to school in the past year 30% of 5th graders saw another student with a gun or knife at school 	<ul style="list-style-type: none"> 2% of 5th graders have ever used inhalants to get high 2% of 5th graders have ever used marijuana 0% of 5th graders have ever had a full drink 61% of 5th graders think marijuana use is very bad for a person's health, down from 80% in 2007 	<ul style="list-style-type: none"> 81% of 5th graders ate breakfast on the day of the CHKS survey 48% of 5th graders did at least 60 minutes of moderate or vigorous physical activity on 5 or more days in the past week 35% of 5th graders drank soda or sweetened beverages 2 times or more in the past 24 hours 	<ul style="list-style-type: none"> 0% of 5th graders have ever smoked a whole cigarette, down from 2% in 2007 3% of 5th graders have smoked even a puff of a cigarette 3% of 5th graders have ever tried e-cigarettes or vaping devices 92% of 5th graders think that cigarettes are very bad for a person's health 	<ul style="list-style-type: none"> 56% of 5th graders reported a high level of school connectedness 41% reported a high level of academic motivation 53% of 5th graders reported a high level of caring adult relationships at school 62% of 5th graders reported a high level of expectations at school 19% of 5th graders reported a high level of meaningful participation at school
7th Grade Students 825 respondents (12-13 years old)	<ul style="list-style-type: none"> 65% of 7th graders feel safe or very safe at school 36% of 7th graders experienced harassment or bullying at school 22% of 7th graders were targeted in cyber bullying in the past year 19% of 7th graders saw a gun or knife at school in the past year 7% of 7th graders consider themselves a member of a gang 	<ul style="list-style-type: none"> 3% of 7th graders currently use marijuana, down from 6% in 2011² 5% of 7th graders currently use alcohol, down from 15% in 2007 2% of 7th graders currently binge drink³ 31% of 7th graders have ridden in a car with a driver who had been drinking, down from 51% in 2007 	<ul style="list-style-type: none"> 70% of 7th graders ate breakfast on the day of the CHKS survey 50% of 7th graders did at least 60 minutes of moderate or vigorous physical activity on 5 or more days in the past week 33% of 7th graders drank soda or sweetened beverages 2 times or more in the past 24 hours 25% of 7th graders felt sad and hopeless for 2 weeks or more during the past year 12% of 7th graders made a plan about how they would attempt suicide in the past year 	<ul style="list-style-type: none"> 2% of 7th graders have ever smoked a whole cigarette, down from 9% in 2007 2% of 7th graders currently smoke, down from 5% in 2007 2% of 7th graders currently use e-cigs or vaping devices 26% of 7th graders believe it is easy to obtain cigarettes, down from 33% in 2007 19% of 7th graders believe there is no harm in smoking occasionally 	<ul style="list-style-type: none"> 58% of 7th graders reported a high level of school connectedness 42% reported a high level of academic motivation 40% of 7th graders reported a high level of caring adult relationships at school 58% of 7th graders reported a high level of expectations at school 19% of 7th graders reported a high level of meaningful participation at school
9th Grade Students 1,063 respondents (14-15 years old)	<ul style="list-style-type: none"> 62% of 9th graders feel safe or very safe at school 36% of 9th graders experienced harassment or bullying at school 25% of 9th graders were targeted in cyber bullying in the past year 25% of 9th graders saw a gun or knife at school in the past year 5% of 9th graders consider themselves a member of a gang 	<ul style="list-style-type: none"> 16% of 9th graders currently use marijuana 20% of 9th graders currently use alcohol 10% of 9th graders currently binge drink, down from 16% in 2011 13% of 9th graders have driven a car after drinking or been driven by a friend who had been drinking 4% of 9th graders currently use prescription medications to get high or for reasons other than prescribed 	<ul style="list-style-type: none"> 61% of 9th graders ate breakfast on the day of the CHKS survey 50% of 9th graders did at least 60 minutes of moderate or vigorous physical activity on 5 or more days in the past week 39% of 9th graders drank soda or sweetened beverages 2 times or more in the past 24 hours 31% of 9th graders felt sad and hopeless for 2 weeks or more during the past year 15% of 9th graders made a plan about how they would attempt suicide in the past year 	<ul style="list-style-type: none"> 11% of 9th graders have ever smoked a whole cigarette, down from 20% in 2007 4% of 9th graders currently smoke, down from 9% in 2007 8% of 9th graders currently use e-cigs or vaping devices 57% of 9th graders believe it is easy to obtain cigarettes 12% of 9th graders believe there is no harm in smoking occasionally 	<ul style="list-style-type: none"> 50% of 9th graders reported a high level of school connectedness 28% reported a high level of academic motivation 33% of 9th graders reported a high level of caring adult relationships at school 43% of 9th graders reported a high level of expectations at school 12% of 9th graders reported a high level of meaningful participation at school
11th Grade Students 797 respondents (16-17 years old)	<ul style="list-style-type: none"> 67% of 11th graders feel safe or very safe at school 29% of 11th graders experienced harassment or bullying at school 21% of 11th graders were targeted in cyber bullying in the past year 21% of 11th graders saw a gun or knife at school in the past year 6% of 11th graders consider themselves a member of a gang, down from 11% in 2007 	<ul style="list-style-type: none"> 30% of 11th graders currently use marijuana 34% of 11th graders currently use alcohol 22% of 11th graders currently binge drink, down from 30% in 2011 17% of 11th graders have driven a car after drinking or been driven by a friend who had been drinking, down from 31% in 2007 4% of 11th graders currently use prescription medications to get high or for reasons other than prescribed 	<ul style="list-style-type: none"> 58% of 11th graders ate breakfast on the day of the CHKS survey 40% of 11th graders did at least 60 minutes of moderate or vigorous physical activity on 5 or more days in the past week 39% of 11th graders drank soda or sweetened beverages 2 times or more in the past 24 hours 37% of 11th graders felt sad and hopeless for 2 weeks or more during the past year 14% of 11th graders made a plan about how they would attempt suicide in the past year 	<ul style="list-style-type: none"> 17% of 11th graders have ever smoked a whole cigarette, down from 36% in 2007 7% of 11th graders currently smoke, down from 16% in 2007; and 2% of 11th graders smoke cigarettes daily 12% of 11th graders currently use e-cigs or vaping devices 66% of 11th graders believe it is easy to obtain cigarettes, down from 77% in 2007 10% of 11th graders believe there is no harm in smoking occasionally 	<ul style="list-style-type: none"> 50% of 11th graders reported a high level of school connectedness, 23% reported a high level of academic motivation 42% of 11th graders reported a high level of caring adult relationships at school 48% of 11th graders reported a high level of expectations at school 15% of 11th graders reported a high level of meaningful participation at school
Alternative Education Students 262 respondents (16-18 years old)	<ul style="list-style-type: none"> 59% of Alt Ed students feel safe or very safe at school 27% of Alt Ed students experienced harassment or bullying at school 28% of Alt Ed students were targeted in cyber bullying in the past year 32% of Alt Ed students saw a gun or knife at school in the past year 12% of Alt Ed students consider themselves a member of a gang 	<ul style="list-style-type: none"> 58% of Alt Ed students currently use marijuana and 39% of Alt Ed students smoke marijuana daily 49% of Alt Ed students currently use alcohol 34% of Alt Ed students currently binge drink, down from 46% in 2011 45% of Alt Ed students have driven a car after drinking or been driven by a friend who had been drinking 19% of Alt Ed students currently use prescription medications to get high or for reasons other than prescribed 	<ul style="list-style-type: none"> 45% of Alternative Ed students ate breakfast on the day of the CHKS survey 42% of Alt Ed students did at least 60 minutes of moderate or vigorous physical activity on 5 or more days in the past week 52% of Alt Ed students drank soda or sweetened beverages 2 times or more in the past 24 hours 45% of Alt Ed students felt sad and hopeless for 2 weeks or more during the past year 22% of 11th graders made a plan about how they would attempt suicide in the past year 	<ul style="list-style-type: none"> 63% of Alt Ed students have ever smoked a whole cigarette 47% of Alt Ed students currently smoke; and 24% of Alt Ed students smoke cigarettes daily 31% of 11th graders currently use e-cigs or vaping devices 77% of Alt Ed students believe it is easy to obtain cigarettes 13% of Alt Ed students believe there is no harm in smoking occasionally 	<ul style="list-style-type: none"> 38% of Alt Ed students reported a high level of school connectedness 15% reported a high level of academic motivation 40% of Alt Ed students reported a high level of caring adult relationships at school 45% of Alt Ed students reported a high level of expectations at school 8% of Alt Ed students reported a high level of meaningful participation at school

NOTE: In some cases, the violence and risk behaviors among Alternative Education students occurred at the school they previously attended.

¹ When noted as changes from prior years this indicates continuous trends over at least 3 administrations of the CHKS.

² Current use is defined as any use within the past 30 days

³ Binge Drinking is defined as having 5 or more drinks in a row, within a couple of hours

⁴ Moderate or vigorous activity is described as exercise or physical activity that made you sweat and breathe hard (for example, basketball, soccer, running, swimming laps, fast bicycling, fast dancing or similar aerobic activities).

⁵ The School Connectedness scale uses five questions to measure student's connection to their school, teachers and safety.

⁶ Students answered the question: 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 some usual activities?