



## STUDENT HEALTH AND WELLNESS SURVEYS PARENT NOTIFICATION AND OPT-OUT REQUEST FORM

Your child may be asked to participate in one or more Health Behavior Surveys while attending school in our District. Some of the surveys are listed above. Those are administered on behalf of the State Department of Health Services, the State Department of Education and The National Center for Disease and Control. These are mandatory for all school districts and are very important surveys that help promote better health among our community's youth and combat teen problems such as drug abuse and violence. Please read this form for information about the surveys. If you do not want your child to participate in the surveys, you must notify your school. You may use the form on the opposite page. (California Education Code 51938(b))

**The following are facts to help you make your decision:**

- Surveys usually take one class period to complete. They gather information on health-risk behaviors such as physical activity and nutritional habits; alcohol, tobacco, and other drug use; sexual activity, violence, gang membership, and delinquency. There are no questions about family values or religious beliefs.
- Students are selected randomly by grade level within certain courses of study.
- Students answer the questions they want to answer and they may stop at any time. Before the survey begins, the survey's purpose, content, and procedures will be explained again. They can opt-out.
- Your child's privacy is protected. No names are recorded or attached to the surveys. No information will permit your child to be identified or connected with his/her answers. Survey administrators have signed pledges of confidentiality.
- The Survey results are made available to the schools to share with the staff, students and parents. The school's Student Support Services are available to answer personal questions that may arise. In rare instances, some discomfort might be experienced from some of the questions.
- Read the information on the opposite page on how the survey results are used by the schools and how to obtain more information and view some of the Surveys.

**Where to Find Information and Copies of Some of the Surveys Administered:**

- You may examine some of the questionnaires in the District's Student Services Office, at your school's Student Support Service Center or at the websites listed below:
- District's web-page [www.esuhdsd.org](http://www.esuhdsd.org) (select "Student Services", then go to "Healthy Kids Report")
- The California Healthy Kids Survey (CHKS) toll free at (888) 841-7536 or [www.californiahealthykids.org](http://www.californiahealthykids.org) then select "Surveys and Reports". This survey may be given in our District on an annual basis.
- California Student Survey (given every two years for the state's "snap shot" overview of youth).
- National Center for Disease Control Youth Risk Behavior Survey [www.cdc.gov/HealthyYouth/yrbs/index.htm](http://www.cdc.gov/HealthyYouth/yrbs/index.htm)

**How Do Schools Benefit?** The data received from these surveys provides districts with information to meet several CDE (California Department of Education) requirements for schools to continue to receive Federal and State funding. For example:

- Required LEAP (Local Education Agency Plan) data is aligned with the CHK Survey.
- SDFSCA (Safe and Drug Free Schools Community Act) and TUPE (Tobacco Use Prevention Education) funding requirements are met by the surveys. Survey results are used in annual reports to show progress on goals and performance indicators.
- Federal Coordinated Compliance Reviews data requirements are met by the surveys.
- Distinguished School Applications and many other grant applications are strengthened by use of the survey data.

These surveys and others like the national Youth Risk Behavior Survey provide necessary data to help districts/schools/county health departments assure healthy, safe environments. Research has demonstrated that ensuring that students are safe, drug-free, healthy and resilient is central to improving academic performance and promoting positive youth development.

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**STUDENT HEALTH AND WELLNESS SURVEY OPT-OUT**

This will be kept on file until your son or daughter graduates or moves out of our area.

***I DO NOT give permission*** for my student to participate in any surveys as described above.

Print Name of Parent /Guardian	Signature	Date
Print Student's Name	Grade	School
		Student I.D.#

**RETURN TO YOUR HOME SCHOOL BY OCTOBER 1st**