



### **OHT Parental Notification Letter**

Dear Parent/Guardian:

Our school is participating in the Oregon Healthy Teens Survey (OHT), a survey sponsored by the Oregon Health Authority Public Health Division and the Oregon Department of Education. The survey will gather information about health risk behaviors of students in grades 8 and 11. The survey includes questions about:

- Tobacco, e-cigarette, alcohol, marijuana and other drug use and access to substances;
- Physical activity and nutrition;
- Sexual health, including prevention of HIV, other sexually transmitted diseases, and unintended pregnancies;
- Mental health concerns such as depression, suicidal ideation, and bullying/harassment;
- Injury prevention (school safety, bullying, suicide, choking game, impaired driving);
- Health care access, use of School-Based Health Centers, and screening for conditions such as asthma;
- Positive youth development.

Completing the Oregon Healthy Teens Survey poses minimal risk to your child, who may feel embarrassed or uncomfortable answering the questions. Survey procedures have been designed to protect your child's privacy and allow for anonymous participation. While we encourage all students to participate, the decision to participate is voluntary. You may opt to send a refusal for your child's participation. Alternatively, your child will have the opportunity to refuse at the time of the survey. There will be no action against you or your child if your child does not participate.

If you do not wish your child to take this survey, return this form to the principal's office before the survey date of February 19, 2019. You need only return this form if you do not wish your child to participate.

Please see the other side of this form for additional information. You can review the survey document at the principal's office before the survey date. The survey is also available on the Oregon Health Authority (OHA) Public Health website for you to review before the survey date at:

<https://www.oregon.gov/oha/PH/BIRTHDEATHCERTIFICATES/SURVEYS/OREGONHEALTHYTEENS/pages/index.aspx>

If you have other specific questions about the survey, please feel free to call:

**Jose Barraza, Vice Principal @ SMMS (503) 844-1220**



HILLSBORO SCHOOL DISTRICT

# SOUTH MEADOWS MIDDLE SCHOOL



-----

I have read and understand this form concerning the Oregon Healthy Teens Survey.

[ ] My child **does not** have my permission to participate in this survey.

Student's Name: \_\_\_\_\_ Science Teacher: \_\_\_\_\_

Telephone Number: ( \_\_\_\_\_ ) \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent or Guardian: \_\_\_\_\_

If you do **not** wish your child to take this survey, return this form to the main office before February 15, 2019.



-----



## SURVEY FACT SHEET FOR PARENTS

### **Q. What is the goal of Oregon Healthy Teens?**

- A.** There is a strong link between health and academic success. Healthy students have better attendance, get higher grades and test scores. They are less likely to skip school, drop out, or engage in risky behaviors. Oregon Healthy Teens (OHT) is an anonymous, voluntary, school-based survey which is a key part of a statewide effort to help local schools and communities ensure that all Oregon youth are healthy and successful learners who contribute positively to their communities.

OHT provides schools, communities, and our state with a clearer picture of youth strengths and problems. It allows schools and communities to find out what prevention efforts are working and which need improvement to: give our teens the support they need to live healthy lives. State and local agencies depend on OHT to assess youth needs and use the information to develop and evaluate strategies to promote health and prevent illness.

OHT focus areas include:

- Tobacco, e-cigarette, alcohol, marijuana and other drug use and access to substances;
- Physical activity and nutrition;
- Sexual health, including prevention of HIV, other sexually transmitted diseases, and unintended pregnancies;
- Mental health concerns such as depression, suicidal ideation, and bullying/harassment;
- Injury prevention (school safety, bullying, suicide, choking game, impaired driving);
- Health care access, use of School-Based Health Centers, and screening for conditions such as asthma;
- Positive youth development.

### **Q. Are sensitive questions asked?**

- A:** Our goal is to reduce behaviors among high school and middle school students that adversely affect their health and ability to learn. AIDS, HIV infection, and other sexually transmitted diseases are major health problems. Sexual intercourse and drug use increase the risk of these illnesses. The only way to determine if students are at risk in these areas is to ask questions about these behaviors. Mental health, bullying, and tobacco, alcohol, and drug use may also be considered sensitive topics.

According to the Centers for Disease Control and Prevention (CDC), there is *no evidence* that simply asking students about health risk behaviors encourages that behavior. Asking youth about sensitive topics such as suicide, sex, drugs or alcohol does not encourage these behaviors.

OHT asks questions in a straightforward and sensitive manner, appropriate to the student's age. Students can also choose not to answer any question that might make them uncomfortable.



*Please note: If parents inform the school that they do not want their child(ren) to participate, students will be given the option of an alternate activity.*

**Q. How will my family's privacy be protected?**

**A.** This survey is **anonymous**. Schools administer OHT in a way that protects student privacy and allows for anonymous participation. No names or other identifying information are on the questionnaires or answer sheets. There is no way to link a questionnaire an individual student or parent. There is no way to track individual students who participate because no identifying information is collected.

## How long does it take to fill out the questionnaire? Is there some sort of physical test?

One class period is needed for administration of the self-administered questionnaire. It takes approximately 5 minutes for the survey administrator to distribute survey materials and read directions to the students. It then takes approximately 40 minutes for students to record their responses. No physical test or exam is involved.

## Will any students be tracked and surveyed again to see how their behavior changes?

No. Although an individual student might participate again in future years, it will be impossible to track individual students who participate because no identifying information will be collected.

## Does asking questions about a behavior encourage that behavior?

No. The CDC (Centers for Disease Control and Prevention) states that there is no evidence that simply asking students about health risk behaviors will encourage them to try that behavior.

In addition, asking sensitive questions can bring good news, such as recent Oregon Healthy Teens findings that show a reduction in sexual activity and tobacco use among Oregon teens.