



Dear Families and Community Members,

As parents, we do everything we can to make sure that our children are safe. Schools, too, dedicate time and resources to teach our children how to make healthy and safe choices to be tobacco, alcohol and drug free.

The results of the Healthy Kids survey indicate that some of our students put their lives in danger by using or associating with others who use alcohol and/or drugs. Many also admit to either driving or having ridden in a car with someone who is under the influence of these substances.

All school districts and the Siskiyou County Office of Education are committed to joining parents to meet this challenge. Our first line of defense is PREVENTION. The more you know, the better decisions you make. Research tells us students with family and community support are more likely to make good choices about dangerous behaviors. Children with 31 - 40 developmental assets generally are more successful in school, less prone to illicit drug and alcohol use, premature sexual activity, violence or bullying.

Parents, guardians, and communities DO make the difference. Talking to your children about these things is never easy, but it is essential. This publication can serve as a valuable resource to you and your family. If you have questions or comments, please contact us. For the future of our children we are committed to helping you be successful in building assets.

Sincerely,

*Barbara M. Dillmann*

Siskiyou County Superintendent of Schools

## The California Healthy Kids Survey

**Why was the survey conducted?** The California Healthy Kids Survey (CHKS) assists districts in collecting information on the health risks and the resilience of their students. Students in grades 5, 7, 9 and 11 are surveyed every two years as required by the California Department of Education's - Safe and Healthy Kids Program. This report provides a summary of findings relating to substance use, violence and safety, physical health and risk behaviors from the survey administered in the fall of 2003. While it is essential to identify and address student problems, it is equally important that we recognize the positive behaviors and attitudes of most youth.

Who took the survey in Siskiyou County Schools?

- ◇ 66% of 5th Graders (330 students out of 498)
- ◇ 62% of 7th Graders (317 students out of 557)
- ◇ 51% of 9th Graders (320 students out of 627)
- ◇ 46% of 11th Graders (293 students out of 629)
- ◇ 74% of Alternative Education Students (98 students out of 131)
- ◇ 56% of Total Students (1388 students out of 2442)

According to CHKS standards, to produce representative data, a district must collect completed answer sheets from a minimum of 60% of students at each surveyed grade (5th, 7th, 9th and 11th). When the percentage of participating students is below 60%, the data is less likely to reflect the behavior of all students in the county. Until we get a better participation rate, especially for 9th and 11th graders this data is representative of only those students completing the survey. 5th and 7th graders had better participation rate which produced data that is more representative of all students in Siskiyou County.

**Why was there less than 60% participation?** In 2003, the CHKS required positive parent consent for students to complete the survey. Not enough parents signed the consent form.

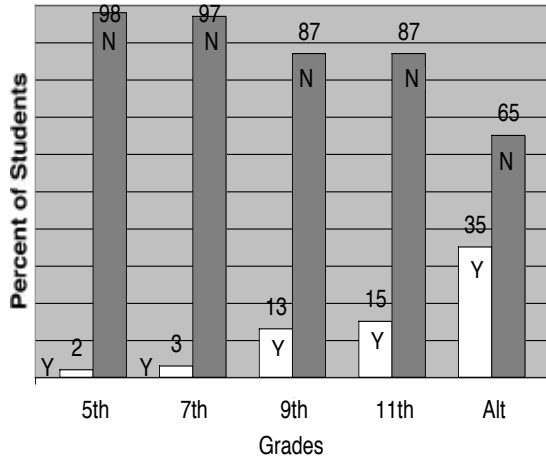


# Siskiyou County's California

## In the past 30 days did you .....

Key: **NO (N) = Dark Columns**  
**YES (Y) = White Columns**  
 Alt = Alternative Schools

### Smoke cigarettes?

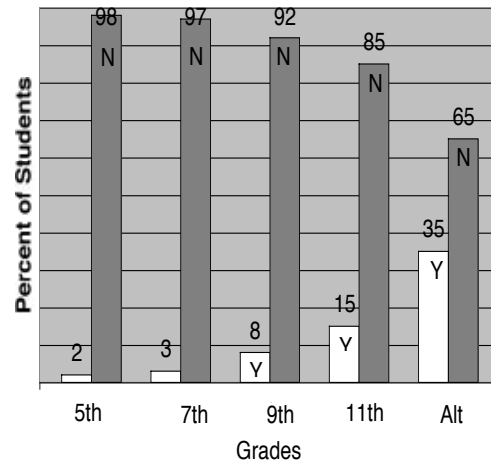


#### SMOKING

**We are proud** most students do not smoke.

**We are concerned that** the percent increases between 7th and 9th grade, and the percent is almost double for those in alternative schools.

### Chew tobacco or snuff?

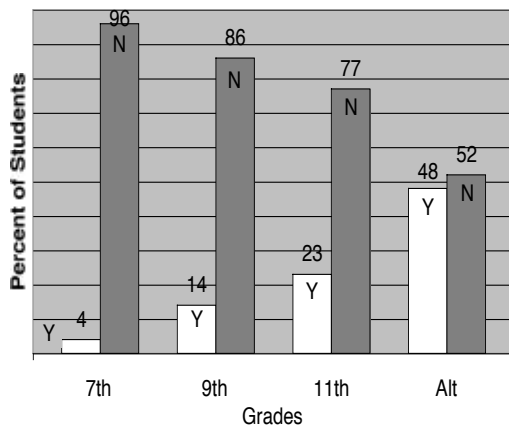


#### CHEW

**We are proud** most students do not chew.

**We are concerned that** the percent is higher than the national average.

### Smoke marijuana?

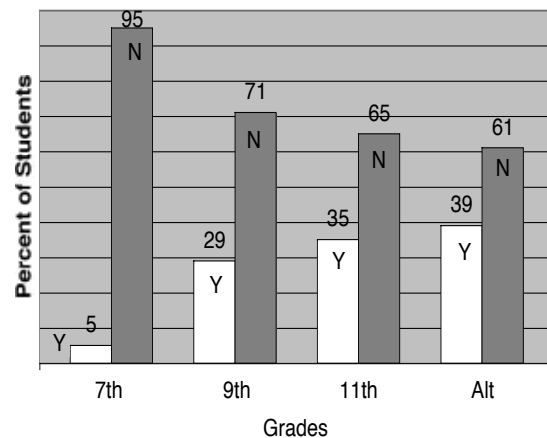


#### MARIJUANA

**We are proud** most students do not smoke marijuana.

**We are concerned that** there is increased use with age. There is a higher use by students in alternative schools.

### Drink 5 drinks in a couple of hours?



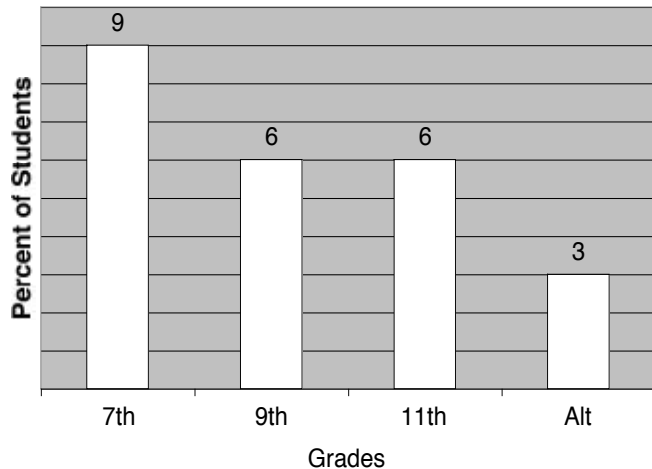
#### BINGE DRINKING

**We are proud** most students do not binge drink.

**We are concerned that** about 1/3 of 9th and 11th graders surveyed binge drink.

# Healthy Kids Survey Results!

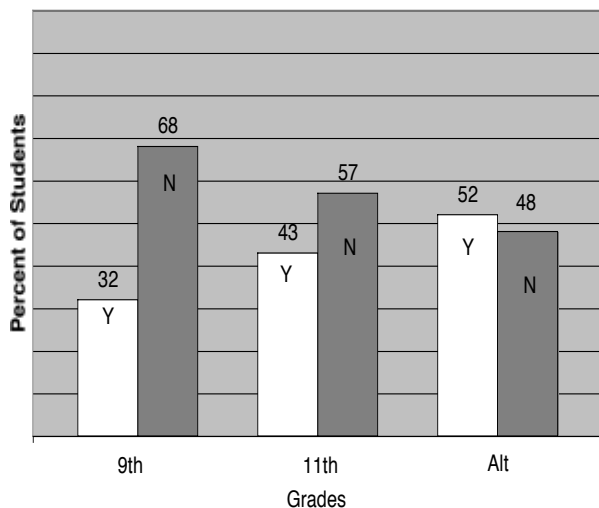
Percentage of students that have felt unsafe or very unsafe at school in the past 12 months.



**We are proud** most students feel safe at school.

**We are concerned that** not all students feel safe at school.

**During your life, have you ever driven after drinking?**

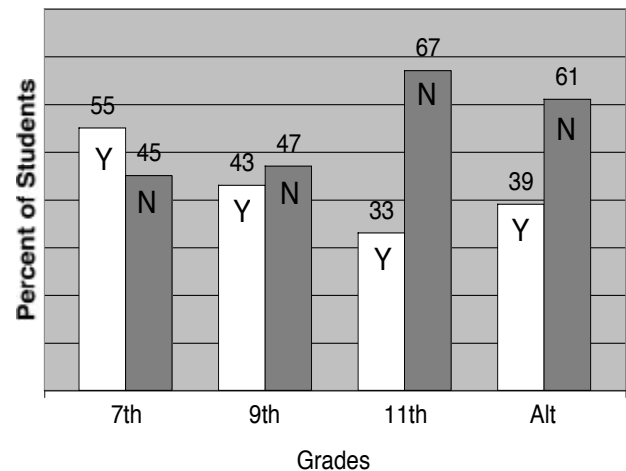


## DRINKING & DRIVING

**We are proud** there are students who do not drink and drive.

**We are concerned that** some students are drinking and driving.

During the past 12 months, how many times on school property were you harassed or bullied because of race, ethnicity, national origin, religion, gender, sexual orientation, disability or other reason?



**We are proud** of those students who do not harass or bully.

**We are concerned that** 1/3-1/2 of students surveyed are harassed while at school.

## Why should we be concerned?

- ‰ A large percentage of students surveyed report alcohol use.
- ‰ Spit tobacco use among Siskiyou County high school students is twice the National average.
- ‰ Students report riding with someone driving under the influence or driving under the influence some time during their lifetime.
- ‰ A number of 9th graders and 11th graders report binge drinking in the 30 days before the survey (defined as consuming 5 drinks or more in a couple of hours).
- ‰ Too many students are being harassed, bullied and/or teased.

**Developmental assets are the building blocks of healthy development that help young people grow up healthy, caring and responsible. The table below represents the percent of students surveyed scoring high (H), moderate (M) and low (L) in external assets (school, home and community).**

Grade	5th			7th			9th			11th			Cont./Alt.		
Assets	H	M	L	H	M	L	H	M	L	H	M	L	H	M	L
Caring Relationships	80	20	0	61	34	5	53	44	3	53	42	4	26	46	11
High Expectations	86	13	0	61	35	5	46	50	4	47	49	3	30	65	4
Meaningful Participation	8	83	9	65	31	4	62	34	4	59	35	6	43	48	9

**We are proud** that the majority of students maintain a high score of external assets.

**We are concerned that** as students move through grades, the percent of students scoring a high number of external assets decreases. Our young people need more caring relationships and more opportunities for meaningful participation in our schools, community and homes.

### ***Why should we be proud?***

- 🍏 The majority of our students make safe and healthy choices and decisions. These students deserve our praise and congratulations!
- 🍏 85 – 95% of students surveyed clearly feel that frequent use of substances is harmful.
- 🍏 There are many students who treat each other kindly, do the right thing, and stand up for others who are being treated unfairly. These students deserve recognition and support for their integrity and courage.
- 🍏 Virtually all of our students feel safe at school.

## **Resouces: Websites, Websites and more WEBSITES!**

*The websites listed are just a few of the many resources available to families. The Siskiyou County Office of Education is not responsible for the content of these sites and does not necessarily endorse them. We recommend that parents review these websites before using them with their children. Educators should consult Education Code before using with students.*

### **Alcohol & Other Drugs**

[www.samhsa.gov](http://www.samhsa.gov)  
[www.drugfree.org](http://www.drugfree.org)  
[www.theantidrug.com](http://www.theantidrug.com)  
[www.acde.org/parents](http://www.acde.org/parents)  
[www.health.org](http://www.health.org)  
[www.nida.nih.gov](http://www.nida.nih.gov)  
[www.clubdrugs.org](http://www.clubdrugs.org)  
[www.freevibe.com](http://www.freevibe.com)

### **Tobacco**

[www.americanlegacy.org](http://www.americanlegacy.org)  
[www.tobacco.org](http://www.tobacco.org)  
[www.tobaccofreekids.org](http://www.tobaccofreekids.org)

### **Communication**

[www.talkingwithkids.org](http://www.talkingwithkids.org)  
[www.familyfirst.net](http://www.familyfirst.net)

### **Exercise & Nutrition**

[www.cdc.gov/youthcampaign](http://www.cdc.gov/youthcampaign)  
[www.andreasvoice.org](http://www.andreasvoice.org)  
<http://nature.berkeley.edu/cwh/>

### **Bullying**

[www.StopBullyingNow.hrsa.gov](http://www.StopBullyingNow.hrsa.gov)  
[www.bullying.org](http://www.bullying.org)  
[www.bullyproof.org](http://www.bullyproof.org)  
[www.safeyouth.org](http://www.safeyouth.org)

### **Sexuality**

[www.4parents.gov](http://www.4parents.gov)  
[www.cfoc.org](http://www.cfoc.org)  
[www.kidshealth.org](http://www.kidshealth.org)  
[www.teenpregnancy.org](http://www.teenpregnancy.org)  
[www.betterbeginnings.org](http://www.betterbeginnings.org)