

Alignment of AWSP Leadership Framework and the Healthy Youth Survey

The [Healthy Youth Survey \(HYS\)](#) is administered every two (2) years to Washington State students in grades 6 to 12. The survey is voluntary, anonymous, and free for schools to participate in. This is the only student voice survey that is administered statewide.

This document takes the eight (8) defined areas in the [AWSP Leadership Framework](#) and aligns them with questions that were asked on the 2018 HYS. All results for the HYS can be found on [askhys.net](#). The question number shown on this sheet, is how the question is listed in the Healthy Youth Survey "[Frequency Reports](#)" as found on askhys.net.

*** "grades 8-12" means that those questions were only asked to students in those grades. If no grade is indicated, that means that the questions were asked to all students who took the survey.

Creating a Culture

Think back over the past year in school. How often did you:

#213 Enjoy being in school?

#214 Hate being in school?

#215 Try to do your best work in school?

#221 I have lots of chances to be part of class discussions or activities. (grades 8-12)

#222 My teacher(s) notices when I am doing a good job and lets me know about it.

#223 The school lets my parents know when I have done something well. (grades 8-12)

#225 My teachers praise me when I work hard in school.

#162 There are people in this school who will help me if I need it? (grades 8-12)

#161 In the last year, did you have any contact with a school counselor? (grades 8-12)



Ensuring School Safety

#224 I feel safe at my school.

#130 During the past 30 days, on how many days did you: Carry a weapon such as a gun, knife, or club on school property?

#131 During the past 12 months, how many times were you in a physical fight?

#132 A gang is a group of people with a leader who act together often for violent or illegal activities. During the past 12 months, have you been a member of a gang? (grades 8-12)

#133 Are there gangs at your school? (grades 8-12)

#152 In the last 30 days, how often have you been bullied? Bullying is when one or more students threaten, spread rumors about, hit, shove, or otherwise hurt another student over and over again. It is not bullying when two students of about the same strength or power argue or fight or tease each other in a friendly way.

#153 In the past 30 days, how often were you bullied, harassed, or intimidated at school or on your way to or from school because of your race, ethnicity, or national origin or what someone thought it was? (grades 8-12)

#154 In the past 30 days, how often were you bullied, harassed, or intimidated at school or on your way to or from school: Because someone thought you were gay, lesbian, or bisexual (whether you are or are not)? (grades 8-12)

#155 During the past 30 days, on how many days did you not go to school because you felt you would be unsafe at school or on your way to and from school? (grades 8-12)

#156 In the past 30 days, how often have you been bullied by someone using social media, a phone, or video games? (grades 8-12)

#157 During the past 30 days, have you received sexually suggestive or revealing messages, images, photos or videos via text, app, or social media? (grades 8-12)

#158 When a student is being bullied at school, how often do teachers or other adults at school try to stop it? (grades 8-12)

#159 If you see bullying or have been bullied at school do you know how to report it? (grades 8- 12)

Planning with Data

#161 In the last year, did you have any contact with a school counselor? (grades 8-12)

#162 There are people in this school who will help me if I need it? (grades 8-12)

#150 If you feel sad or hopeless almost every day for two weeks or more in a row, to whom would you most likely turn for help? (Check all that apply) (grades 8-12)

#165 I look forward to the future (ranked on a scale of 0-10; 0= not at all true and 10= completely true) (grades 8-12)

#166 Do you have goals and plans for the future? (only asked to 6th graders)

Children's Hope Scale (see last page of this document for more information)

#167 Children's Hope Scale (Computed from questions 168 to 171) (grades 8-12)

#168 I can think of many ways to get the things in life that are most important to me. (grades 8- 12)

#169 I am doing just as well as other kids my age. (grades 8-12)

#170 When I have a problem, I can come up with lots of ways to solve it. (grades 8-12)

#171 I think the things I have done in the past will help me in the future. (grades 8-12)

19 During the last year, how many times did you change schools for reasons other than moving up a grade?

#67 Think about the students in your school. If you had to guess, how wrong do most students in your grade think it is to drink alcohol regularly? (grades 8-12)

#76 How many times in the past year (12 months) have you been drunk or high at school? (grades 8-12)

#77 During the past 30 days, which of the following did you use on school property? Select all that apply. (grades 8-12); Tobacco, E-cigs, Marijuana, Alcohol

#84 How often do you eat dinner with your family?

#86 Did you eat breakfast today?

#110 On an average school night how many hours do you sleep? (grades 8-12)

- #99 On an average school day, how many hours do you watch TV shows or movies or stream videos (such as YouTube, Netflix, Hulu) on any electronic device (Computer, TV set, tablets or smartphone)?
- #100 On an average school day, how many hours do you play video or computer games, or use a computer for something that is not school work? (Count time spent on things such as Xbox, PlayStation, tablet or smartphone, social media).
- #103 During the average week, on how many days do you participate in supervised after-school activities either at school or away from school? Include activities such as sports, art, music, dance, drama, or community service, religious, or club activities.
- #142 During the past 12 months, did you ever seriously consider attempting suicide? (grades 8-12)
- #143 During the past 12 months, did you make a plan about how you would attempt suicide? (grades 8-12)
- #144 During the past 12 months, how many times did you actually attempt suicide? (grades 8-12)
- #145 Have you ever seriously thought about killing yourself? (only asked to 6th graders)
- #146 Have you ever tried to kill yourself? (only asked to 6th graders)
- #147 How often over the last 2 weeks, were you bothered by: Feeling nervous, anxious or on edge? (grades 8-12)
- #148 How often over the last 2 weeks, were you bothered by: Not being able to stop or control worrying? (grades 8-12)
- #149 When you feel sad or hopeless, are there adults that you can turn to for helps?

Aligning Curriculum

- #79 During the past year in school, how many times did you get information in classes about reasons not to use alcohol or drugs? (grades 8-12)
- #151 Last year, did you hear or see information at your school about the warning signs of suicide and how to get help for yourself or a friend? (grades 8-12)
- #212 How important do you think the things you are learning in school are going to be for you later in life?

Improving Instruction

#208 Putting them all together, what were your grades like last year?

#209 Are your school grades better than the grades of most students in your class?

#210 How often do you feel the schoolwork you are assigned is meaningful and important?

#211 How interesting are most of your courses to you?

#212 How important do you think the things you are learning in school are going to be for you later in life?

Think back over the past year in school. How often did you:

#213 Enjoy being in school?

#214 Hate being in school?

#215 Try to do your best work in school?

#217 In my school, students have lots of chances to help decide things like class activities and rules. (grades 8-12)

#218 There are lots of chances for students in my school to talk with a teacher one-on-one. (grades 8-12)

#219 Teachers ask me to work on special classroom projects. (grades 8-12)

#221 I have lots of chances to be part of class discussions or activities. (grades 8-12)

Managing Resources

#162 There are people in this school who will help me if I need it? (grades 8-12)

#161 In the last year, did you have any contact with a school counselor? (grades 8-12)

#149 When you feel sad or hopeless, are there adults that you can turn to for help?

#150 If you feel sad or hopeless almost every day for two weeks or more in a row, to whom would you most likely turn for help? (Check all that apply) (grades 8-12)

#160 Does your school provide a counselor, intervention specialist, or other school staff member for students to discuss problems with alcohol, tobacco, or other drugs? (grades 8-12)

Engaging Families and Communities

- #190 My parents ask if I've gotten my homework done. (grades 8-12)
- #191 Would your parents know if you did not come home on time? (grades 8-12)
- #192 When I am not at home, one of my parents knows where I am and who I am with. (grades 8-12)
- #193 The rules in my family are clear. (grades 8-12)
- #194 My family has clear rules about alcohol and drug use. (grades 8-12)
- #195 If you drank some beer, wine, or liquor (for example vodka, whiskey, or gin) without your parent's permission, would you be caught by them? (grades 8-12)
- #196 If you carried a handgun without your parent's permission, would you be caught by them? (grades 8-12)
- #197 If you skipped school, would you be caught by your parents? (grades 8-12)
- #198 If I had a personal problem, I could ask my mom or dad for help.
- #199 My parents give me lots of chances to do fun things with them.
- #200 My parents ask me what I think before most family decisions affecting me are made.
- #201 My parents notice when I am doing a good job and let me know about it. (only asked to 6th graders)
- #202 How often do your parents tell you they're proud of you for something you've done? (only asked to 6th graders)
- #203 Do you enjoy spending time with your mom? (only asked to 6th graders)
- #204 Do you enjoy spending time with your dad? (only asked to 6th graders)
- #223 The school lets my parents know when I have done something well. (grades 8-12)
- #84 How often do you eat dinner with your family?
- #183 There are adults in my neighborhood or community I could talk to about something important. (grades 8 -12)
- #187 My neighbors notice when I am doing a good job and let me know. (grades 8-12)
- #188 There are people in my neighborhood who encourage me to do my best. (only asked to 6th graders)

#189 There are people in my neighborhood or community who are proud of me when I do something well. (only asked to 6th graders)

Which of the following activities for people your age are available in your community? (grades 8-12)

#184 Sports teams and recreation

#185 Scouts, Camp Fire, 4-H Clubs, or other service clubs

#186 Boys and Girls Club, YMCA, or other activity clubs

Closing the Gap

A [Question by Question Analysis](#) can be done to look at some of the demographic questions with other questions on the survey to identify potential gaps.

#3 What sex/gender were you at birth, even if you are not that gender today?

#4 How do you currently identify yourself? Select all that apply (gender identity) (grades 8-12)

#5 Which of the following best describes you? (sexual orientation) (grades 8-12)

#6 & #7 How do you describe yourself? (Select one or more responses) (race & ethnicity)

#8 If you are of Asian or Pacific Islander background, which groups best describe you? Mark all that apply.

#9 & #10 What language is usually spoken at home?

#13 Where did you live most of the time in the last 30 days? (grades 8-12)

#14 Are your current living arrangements the results of losing your home because your family cannot afford housing? (grades 8-12)

#15 Do you receive free or reduced price lunches at school? (grades 8-12)

#16 Has your parent or guardian served in the military (Army, Navy, Air Force, Marines, Coast Guard, National Guard, and Reserves)?

#17 Have you or your family moved in the past 3 years to another school district, city, or county for seasonal work in: agriculture, dairy, or fishing?

#18 During the past 30 days, on how many days have you been absent from school for any reason? Include any day that you missed at least half of the school day.

#19 During your last school year, how many times did you change schools for reasons other than moving up a grade?

#111 Do you have any physical disabilities or long-term health problems lasting or expected to last 6 months or more? (grades 8-12)

#112 Do you have any long-term emotional problems or learning disabilities lasting or expected to last 6 months or more? (grades 8-12)

#113 Would other people consider you to have a disability or long-term health problem including physical health, emotional, or learning problems?

#114 Are you limited in any activities because of a disability or long-term health problem including physical health, emotional, or learning problems expected to last 6 months or more?

#208 Putting them all together, what were your grades like last year?

#209 Are your school grades better than the grades of most students in your class?

Think back over the past year in school. How often did you:

#213 Enjoy being in school?

#214 Hate being in school?

#215 Try to do your best work in school?

#216 During the LAST 4 WEEKS, how many whole days of school have you missed because you skipped or "cut"?

#217 In my school, students have lots of chances to help decide things like class activities and rules. (grades 8-12)

#218 There are lots of chances for students in my school to talk with a teacher one-on-one. (grades 8-12)

#219 Teachers ask me to work on special classroom projects. (grades 8-12)

#220 There are lots of chances for students in my school to get involved in sports, clubs, and other school activities outside of class. (grades 8-12)

#221 I have lots of chances to be part of class discussions or activities. (grades 8-12)

#222 My teacher(s) notices when I am doing a good job and lets me know about it.

#224 I feel safe at my school.

#223 The school lets my parents know when I have done something well. (grades 8-12)

#225 My teachers praise me when I work hard in school.

Explanation of the Children's Hope Scale

The Children's Hope Scale, published in 1997 by Rick Snyder can be used to help measure hope in individuals age 8 to 16. Research has linked hope with overall physical, psychological, and social wellbeing. Children who can identify a means to carry out goals (pathways) and the ability to initiate and sustain action towards goals (agency) are considered more hopeful.

The full Children's Hope Scale has six questions on it. Three that measure pathways and three that measure agency. In the 2018 Healthy Youth Survey (HYS), only four questions from the survey were asked due to spacing. Consulting with researchers it was determined that the scale is still valid with just asking four of the questions instead of all six. The results for the Children's Hope Scale on the 2018 Healthy Youth Survey can be interpreted as follows.

Interpretation of Scores

The Children's Hope Scale uses a six-point response scale with "none of the time" equating to the lowest value of one, and "all of the time" equating to the highest value of six. Adding the response values for pathway questions will provide a pathway score ranging from 2-12; higher scores reflect higher pathway thinking. Adding the response values for agency questions will provide an agency score ranging from 2-12; higher scores reflect higher agency thinking. Adding pathway and agency scores will provide an overall hope score (i.e., level of hope). Scores of 4-8 indicate no to very low hope, 9-12 indicate slightly hopeful, 13-16 indicate moderately hopeful, and 17-24 indicates highly hopeful.

Pathway questions on HYS:

- I can think of many ways to get the things in life that are most important to me.
- When I have a problem, I can come up with lots of ways to solve it.

Pathway thinking is a child's belief in their capacity to find multiple ways to reach their goals.

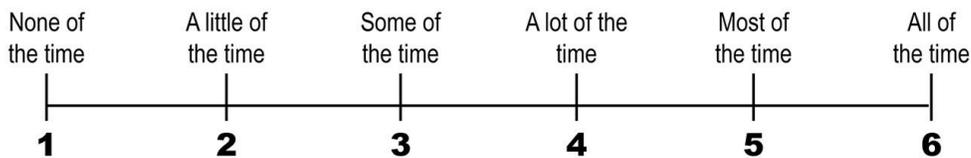
Agency questions on HYS:

- I am doing just as well as other kids my age.
- I think the things I have done in the past will help me in the future.

Agency thinking is a child's self-efficacy and motivation to use multiple ways to reach their goal.

THE CHILDREN'S HOPE SCALE

Directions: Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes YOU and put that number in the blank provided. There are no right or wrong answers.



- ___ 1. I think I am doing pretty well.
- ___ 2. I can think of many ways to get the things in life that are most important to me.
- ___ 3. I am doing just as well as other kids my age.
- ___ 4. When I have a problem, I can come up with lots of ways to solve it.
- ___ 5. I think the things that I have done in the past will help me in the future.
- ___ 6. Even when others want to quit, I know that I can find ways to solve the problem.

Notes: The **Agency** subscale score is the sum of items 1, 3 & 5; the **Pathways** subscale score is the sum of items 2, 4 & 6. **Hope** is the sum of the three **Pathways** and three **Agency** items. Scores can range from a low of 6 to a high of 36.

Agency Score ___ (Add items 1,3 and 5)

Pathways Score ___ (Add items 2,4, and 6)

Total Hope Score ___ (Agency Score + Pathways Score)