

CA Healthy Kids Survey Data

Parent & Family Presentation -
February 2021

Hello!

Let's practice what our kids are doing in class!

Please put in the chat a response to one of these questions:

- Your favorite memory from your time in 8th grade
- Something you struggled with when you were 13
- A fashion trend from your 8th grade year/being 13

What is the California Healthy Kids Survey?

- Annual survey taken by 7th grade students
- Measures indicators of social emotional and behavioral health, routines, school connectedness, relationships with others

We snuck the survey in!

- This year's 8th graders took the CHKS survey in February 2019, prior to the pandemic
- Results we will look at today are from YOUR 8th graders when they were 7th graders
- Approximately 220 students took the survey (total grade size is 241)

Limitations of the Survey

Perceptions of confidentiality/privacy

Over-reporting or under-reporting

Some students report questions are phrased in confusing ways

MAJOR LIMITATION - this is pre-pandemic data!

**This content can be TOUGH.
Be kind to yourself, take a breath or a
break.**

**Let's work towards being
non-judgmental.**

School Connectedness

District: San Mateo-Foster City | School(s): Bayside Academy | 2019-20
School Connectedness Scale | Average percent of respondents reporting 'Strongly Agree' or 'Agree'

Grade	Group A	Group B		
Grade 7	All	All		55%

Caring Adults at School

District: San Mateo-Foster City | School(s): Bayside Academy | 2019-20
Caring Adult Relationships Scale | Average percent of respondents reporting 'Very Much True' or 'Pretty Much True'

Grade	Group A	Group B		
Grade 7	All	All		62%

Academic Motivation

District: San Mateo-Foster City | School(s): Bayside Academy | 2019-20
Academic Motivation Scale | Average percent of respondents reporting 'Strongly Agree' or 'Agree'

Grade	Group A	Group B		
Grade 7	All	All		72%

High Expectations

District: San Mateo-Foster City | School(s): Bayside Academy | 2019-20

High Expectations Scale | Average percent of respondents reporting 'Very Much True' or 'Pretty Much True'

Grade	Group A	Group B			
Grade 7	All	All		75%	

Breakfast!

District: San Mateo-Foster City | School(s): All | 2019-20

Meal after waking | Percentage of respondents reporting 'Yes' to morning meal



Vaping By Gender

District: San Mateo-Foster City | School(s): Bayside Academy | 2019-20
Current Electronic Cigarette Smoking/vaping | One or more days in
the past 30 days

Grade	Group A	Group B		
Grade 7	All	Female	4%	
		Male	4%	

Cigarette Use

District: San Mateo-Foster City | School(s): Bayside Academy | 2019-20
Current Cigarette Smoking | One or more days in the past 30 days

Grade	Group A	Group B	
Grade 7	All	All	1%

Marijuana Use

District: San Mateo-Foster City | School(s): Bayside Academy | 2019-20

Current Marijuana Use | One or more days in the past 30 days

Please note: In 2018, the marijuana use questions were modified to include eating, drinking, or vaping in addition to smoking. The 2018 and later marijuana use results are therefore not comparable to results in earlier years.

Grade	Group A	Group B	
Grade 7	All	All	2%

Binge Drinking

District: San Mateo-Foster City | School(s): Bayside Academy | 2019-20
Current Binge Drinking | One or more days in the past 30 days

Grade	Group A	Group B	
Grade 7	All	All	3%

“Very” Drunk or High

District: San Mateo-Foster City | School(s): All | 2019-20
Very Drunk or High 7 or More Times | Lifetime

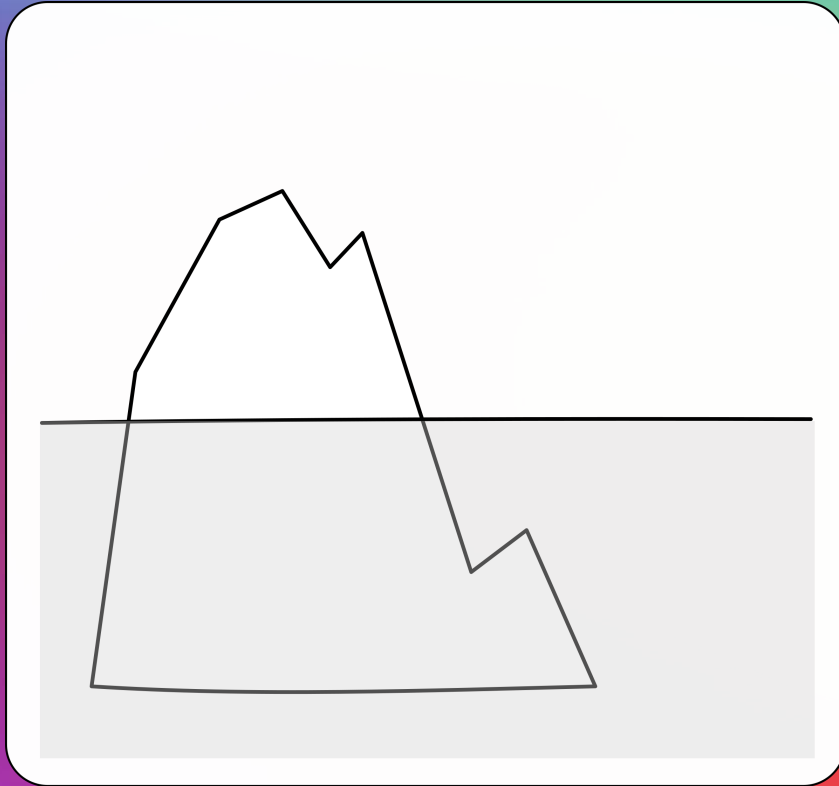
Grade	Group A	Group B	
Grade 7	All	All	0%

Cyberbullying By Gender

District: San Mateo-Foster City | School(s): Bayside Academy | 2019-20

Cyberbullying | Percentage of respondents reporting being cyberbullied 1 or more times





Teenagers are particularly sneaky icebergs --

What are we able to see?

What is underneath the surface?

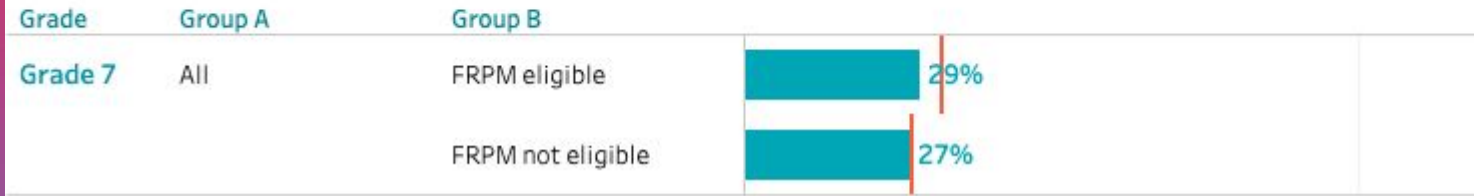
Chronic Sadness

District: San Mateo-Foster City | School(s): Bayside Academy | 2019-20
Experienced chronic sadness | Past 12 months

Grade	Group A	Group B		
Grade 7	All	All		26%

Chronic Sadness By Free/Reduced Status

District: San Mateo-Foster City | School(s): Bayside Academy | 2019-20
Experienced chronic sadness | Past 12 months



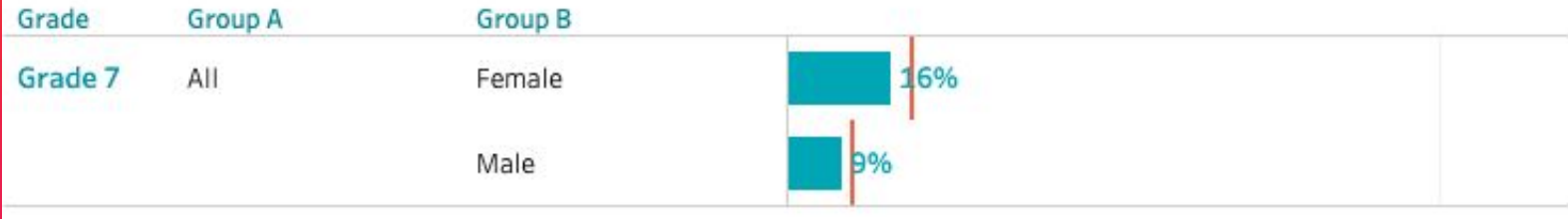
Considered Suicide

District: San Mateo-Foster City | School(s): Bayside Academy | 2019-20
Considered Suicide | Past 12 months

Grade	Group A	Group B		
Grade 7	All	All	 12%	

Considered Suicide By Gender

District: San Mateo-Foster City | School(s): Bayside Academy | 2019-20
Considered Suicide | Past 12 months



What may be some reasons for this?

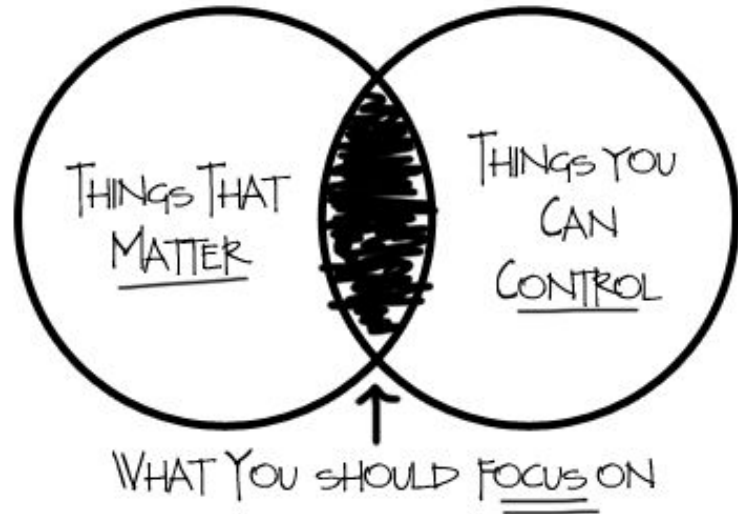
Let's Pause

Whoa! That was a lot of info. Let's all take a breath.
What do we need to check back on?

“

An investment in knowledge pays the best interest

- Benjamin Franklin



What should we do now?

FIRST: Use this presentation as a jumping off point for a conversation with your child

Ask your kiddo: Does the data surprise you? Why/why not? How do you feel about this question? What do you see/hear from your classmates?

- **Start conversations, don't just wait for them to happen**
- **Listen more! Turn off the multi-tasking**
- **Try to moderate your own reactions while listening**
- **Ask your kids what they need from you and see how you can try to accommodate it**
- **Keep conversations private**
- **Find time each week for 1:1 time with your child *****
- **Get active and get outside**

- **Limit tech/screen time**
- **Get to know your child's friends and their families (particularly important when they are in high school)**
- **Review eating and sleeping schedules**
- **Monitor things at your home -> alcohol, medication, firearms, marijuana**
- **Teach, talk about, and model coping strategies**

"When I feel this way, what can I do?"



Pop in the chat:

What is the **FAVORITE** coping skill you or your child use?

What are we doing at school?

**Homeroom Lessons
& Weekly Check In**

**Articulation with
High Schools**

**Club
Opportunities**

**Counseling
Availability**

**Keeping PE in the
Schedule**

**Restorative
Practices**

Teen Talk Unit

**Sharing
Information With
Families**

**Grade Level
Meetings**

The A24 logo is displayed in a white square in the top left corner of the video frame. The background of the video is a scene from the movie ' Eighth Grade', showing a young girl with long blonde hair looking off to the side in a school hallway. Other students are visible in the background, slightly out of focus.

A24

**EIGHTH
GRADE
TRAILER**

Thanks!

Questions?

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P.S. HAVE YOU REGISTERED FOR HIGH SCHOOL??