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Prevention News Update

Humboldt County Office of Education

California Healthy Kids Survey Administered in Fall 2005

Districts who receive federal Title IV funding through the No Child Left Behind Act (NCLB) are required to administer the California Healthy Kids Survey (CHKS) every two years. For many districts in Humboldt County, that will take place in Fall 2005, and now is the time for districts to prepare.

The CHKS is a questionnaire completed every other year by students in grades 5, 7, 9 and 11 and in alternative education schools. The survey asks students about their health-related behaviors and decisions and about the external supports and personal skills -collectively called "assets"- that promote positive youth development and help prevent unsafe or unhealthy behaviors. Student participation in the survey is voluntary, anonymous and confidential.

One of the greatest challenges to completing the survey is getting parental permission. Changes in state law offer the new option of using passive parental consent at grades 7, 9, and 11, rather than active (written) consent as was previously required. To do so, the

school board must formally adopt a passive consent policy, and parents/guardians must be notified in writing *at the beginning of the school year* and given a reasonable opportunity to review the survey and opt out. Districts may still choose to use active parent permission. In either case, parent information should be included in the back-to-school packets. When using active consent, most districts find it easiest to put the parent permission form in the back-to-school packet and require a signature (either granting or denying permission) as part of the back-to-school procedures.

The next step is to designate a coordinator for the survey administration. That person will want to visit the WestEd website at www.wested/hks. Links on the homepage will lead to information on signing up for the survey and completing the MOU with WestEd. A guidebook for administering the survey is found in the *Tools* section. This includes useful timelines and check lists.

An online web-based School Climate Survey, which collects information from teachers, is now also a required part of the CHKS.

District's Healthy Kids Annual Report Due June 30th

All districts that receive Title IV or TUPE funds are required to complete an annual report of their activities. This report shows the services provided by districts and the CHKS results for key performance indicators. The results are shared with congressional and state legislative committees and allow local educators to learn about the types of programs that are being used throughout the state.

The 2004/05 report is now available online at www.californiahealthykids.org. From the Hot Topics list, choose Healthy Kids Annual Report and follow the links to the 2004/05 Annual Report. Data from past year's annual reports are also available at this site. Most of the data needed to complete the report is contained in the district's CHKS Key Findings Report; however, it is also helpful to have a copy of the district's Local Educational Agency Plan when filling out this report online.

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Tobacco News

Chew/Dip Tobacco Use Increases Risk of Pancreatic Cancer

Dr. Paolo Boffetta from the International Agency for Research on Cancer in Lyon, France, and his colleagues analyzed data from more than 10,000 Norwegian men, and reported that the risk of pancreatic cancer was 67 percent higher among men who ever used smokeless tobacco than among men who never used smokeless tobacco.

Overall, smokeless tobacco doesn't seem any safer than the smoking tobacco. The study couldn't determine if the risk of pancreatic cancer increased in step with the amount of smokeless tobacco used.

From the International Journal of Cancer, May 10, 2005.

Tobacco Prevention Puppet Shows - Free

Blue Cross is working with Lisa Bady, Director of the Omax Pi Puppet Theater, to sponsor "Plumkin's Choice" in low income schools. This is an interactive tobacco-prevention puppet show that has been well received in schools. School

districts that would like to have the show at their schools may call Lisa at (415) 492-0662. The shows, for grades K-3 or 4-6, would be entirely for free. You may view excerpts of the show at <<http://www.omaxpi.com>>.

Tobacco Information Websites

CDC Sites for Parents, Educators and Youth Group Leaders

http://www.cdc.gov/tobacco/tips_4_youth/prentlnk.htm

This website offers information and resources to parents who want to help youth stop, or not start, smoking. There is also a link to an interactive animation video about the effects of smoking on the human body and ordering information for free posters and anti-smoking campaign materials from the Centers for Disease Control.

The California Smokers' Helpline

<http://www.californiasmokershelpline.org/>

The California Smokers' Helpline is a telephone program that helps individuals quit smoking. Helpline services are free, funded by the California Department of Health. Every month, thousands of Californians call and receive help. A friendly staff person offers the caller a choice of services: self-help materials, a referral list of other programs, and one-on-one counseling over the phone.

CDC Tips for Youth

<http://www.cdc.gov/tobacco/tips4youth.htm>

TIPS for Youth, a website developed by the Centers for Disease Control, offers TIPS on how to save your money and your life by saying no to tobacco. The site includes tobacco information, a tobacco quiz, messages from celebrities, media awareness information and offers free materials. There is also a link to other websites for youth.

"Don't Buy the Lie"

<http://www.tupeonline.com>

This website was developed by the Butte County Office of Education with Proposition 99 funds. There are on-line curriculum lessons, a student workbook that can be downloaded, and a teacher's kit that can be downloaded. The students go through the curriculum on-line by themselves. Level One has six informational lessons and each lesson ends with a quiz. There is also a section of games. Level Two guides the students to do web-based research. These six lessons involve more writing and thinking and skill building.