

# Alignment of AWSP Leadership Framework and the 2021 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 document takes the eight (8) defined areas in the [AWSP Leadership Framework](#) and aligns them with questions that were asked on the 2021 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:*

#223 Enjoy school?

#224 Dislike school?

#215 Try to do your best work in school?

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

#228 There are lots of chances for students in my school to talk with a teacher one-on-one.

#229 Teachers ask me to work on special class projects.

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

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

#233 The school lets my parent (s) know when I have done something well.

#234 I feel safe during school.

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

#168 There are people from my school who will help me if I need it? (grades 8-12)

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



## Ensuring School Safety

#234 I feel safe during school.

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

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

#127 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)

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

#157 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.

#158 In the past 30 days, how often were you bullied, harassed, or intimidated: Because of your race, ethnicity, or national origin or what someone thought it was? (grades 8-12)

#159 In the past 30 days, how often were you bullied, harassed, or intimidated Because someone thought you were gay, lesbian, or bisexual (whether you are or are not)? (grades 8-12)

#160 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)

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

#163 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)

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

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

## Planning with Data

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

#168 There are people from my school who will help me if I need it? (grades 8-12)

#145 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? (Choose all that apply) (grades 8-12)

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

#173 Levels of Hope (computed from questions 174 to 177)

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

#175 I am doing just as well as other kids my age.

#176 When I have a problem, I can come up with lots of ways to solve it.

#177 I think the things I have done in the past will help me in the future.

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

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

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

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

#83 Did you eat breakfast today?

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

#94 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)?

#95 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).

#96 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.

#97 Did you participate in team sports or athletics in the past 12 months?

#136 During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing some usual activities? (grades 8-12)

#137 During the past 12 months, did you ever seriously consider attempting suicide? (grades 8-12)

#138 During the past 12 months, did you make a plan about how you would attempt suicide? (grades 8-12)

#139 During the past 12 months, how many times did you actually attempt suicide? (grades 8-12)

#140 Have you ever seriously thought about killing yourself? (only asked to 6th graders)

#141 Have you ever tried to kill yourself? (only asked to 6th graders)

#142 How often over the last 2 weeks, were you bothered by: Feeling nervous, anxious or on edge? (grades 8-12)

#143 How often over the last 2 weeks, were you bothered by: Not being able to stop or control worrying? (grades 8-12)

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

#150 There are things we can all do to stop the spread of certain illnesses like the flu, colds, and COVID. Please rate how often you usually: Wash your hands or use hand sanitizer between activities.

#151 There are things we can all do to stop the spread of certain illnesses like the flu, colds, and COVID. Please rate how often you usually: Wear a mask when you are near people you don't live with.

#152 There are things we can all do to stop the spread of certain illnesses like the flu, colds, and COVID. Please rate how often you usually: Stay home if you feel sick.

## Aligning Curriculum

#76 During the past year in school, how many times did you get information in classes about reasons not to use alcohol or drugs?

#146 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)

#171 Last year in school, were you taught about consent and healthy relationships? (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

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

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

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

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

#222 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:*

#223 Enjoy school?

#224 Dislike school?

#225 Try to do your best work in school?

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

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

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

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

## Managing Resources

#168 There are people from my school who will help me if I need it? (grades 8-12)

#167 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?

#145 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)

#166 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

#200 My parents ask if I've gotten my homework done. (grades 8-12)

#201 Would your parents know if you did not come home on time? (grades 8-12)

#202 When I am not at home, one of my parent(s) knows where I am and who I am with. (grades 8-12)

#203 The rules in my family are clear. (grades 8-12)

#204 My family has clear rules about alcohol and drug use. (grades 8-12)

#205 If you drank some beer, wine, or liquor without your parent's permission, would you be caught by them? (grades 8-12)

#206 If you carried a handgun without your parent(s)'s permission, would you be caught by them? (grades 8-12)

#207 If you skipped school, would you be caught by your parent(s)? (grades 8-12)

#208 If I had a personal problem, I could ask my parent(s) for help.

#209 My parent(s) give me lots of chances to do fun things with them.

#210 My parent(s) ask me what I think before most family decisions affecting me are made.

#211 My parent(s) notice when I am doing a good job and let me know about it. (only asked to 6th graders)

#212 How often do your parent(s) tell you they're proud of you for something you've done? (only asked to 6th graders)

#213 Do you enjoy spending time with your mom(s)? (only asked to 6th graders)

#214 Do you enjoy spending time with your dad(s)? (only asked to 6th graders)

#233 The school lets my parent(s) know when I have done something well. (grades 8-12)

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

#193 There are adults in my neighborhood or community I could talk to about something important. (grades 8 -12)

#197 My neighbors notice when I am doing a good job and let me know. (only asked to 6<sup>th</sup> graders)

#198 There are people in my neighborhood or community who encourage me to do my best. (only asked to 6th graders)

#199 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 neighborhood or community? (grades 8-12)*

#194 Sports teams and recreation

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

#196 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.*

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

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

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

#7 & #8 How do you describe yourself? (race & ethnicity)

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

#10 & #11 What language is usually spoken at home?

#13 Who did you live with most of the time in the last 30 days?

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

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

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

- #17 Has your parent(s) or guardian(s) served in the military (Army, Navy, Air Force, Marines, Coast Guard, National Guard, and Reserves)?
- #18 Have you or your family moved in the past 3 years to another school district or city for seasonal work in: agriculture, dairy, or fishing?
- #19 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.
- #20 During your last school year, how many times did you change schools for reasons other than moving up a grade?
- #21 How many hours per week are you currently working for pay, NOT counting chores around your home, yard work, or babysitting?
- #105 Do you have any physical disabilities or long-term health problems lasting or expected to last 6 months or more? (grades 8-12)
- #106 Do you have any long-term emotional problems or learning disabilities lasting or expected to last 6 months or more? (grades 8-12)
- #107 Would other people consider you to have a disability or long-term health problem including physical health, emotional, or learning problems?
- #108 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?
- #178 Adverse Childhood Experiences Scale (WAH-ACEs) (grades 8-12)
- #218 Putting them all together, what were your grades like last year?
- #219 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:*
- #223 Enjoy school?
- #224 Dislike school?
- #225 Try to do your best work in school?
- #226 During the LAST 4 WEEKS, how many whole days of school have you missed because you skipped or "cut"?
- #227 In my school, students have lots of chances to help decide things like class activities and rules. (grades 8-12)



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

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

#230 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)

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

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

#234 I feel during school.

#233 The school lets my parent(s) know when I have done something well. (grades 8-12)

#235 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 2021 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 2021 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.

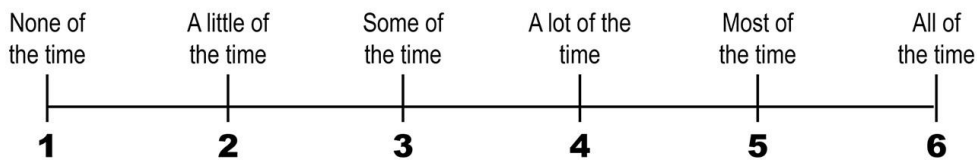
### Agency questions on HYS:

- 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)