



What Youth & Families Should Know

The Healthy Youth Survey (HYS) helps schools, communities, and leaders better understand and support young people across Washington. Your anonymous participation matters to help us understand youth experiences:

NO RISK OF INFLUENCE:

Research shows taking a survey does not encourage risky behavior.

STUDENT WELL-BEING

FIRST: A list of resources is available for students with concerns.

PARTICIPATION IS ALWAYS VOLUNTARY:

Students can skip any question.

Why participate?

Completely Anonymous: There is no way to link survey answers to individual students. Responses are private, and no one can see them during the survey—regardless of the device used.

A Safe Way to Be Heard: The HYS gives students a chance to share their thoughts and experiences in a confidential and respectful way.

No Risk of Influence: Research shows that taking surveys like the HYS does not encourage risky behavior.

Reduces Stigma: Talking about important topics—like mental health and substance use—can help reduce shame and kickstart conversations.

Informs Support Systems: Responses help schools and communities better understand the needs of youth and build stronger programs.

What can youth and families do to prepare?

Be Ready: Get enough sleep and eat a good breakfast on the day of the survey.

Be Honest: Truthful answers make the results more useful.

Be Careful: Follow the instructions and complete the survey thoughtfully.

Is the HYS really anonymous?

Yes. The survey is designed to protect every student's privacy:

- ✓ No names are collected.
- ✓ Devices are not tracked.

Student emails are only used to make sure there are no duplicates—they are never linked to answers.

Ensuring honest responses:

Research shows students answer honestly when:

- ✓ The survey is optional
- ✓ Their privacy is protected
- ✓ They believe the survey is important

The HYS team works hard to make sure all three of these are true for every student.

Why are identity questions asked?

Questions about race, gender, and disability help identify groups of students who may need more support.

These questions are optional—students can skip them if they prefer.

The information helps schools make more inclusive and informed decisions.

**LEARN MORE:**

www.askhys.net/Resources/Family-SchoolCommunity

**ADDITIONAL RESOURCES:**

Check out Prevent's online toolkit at www.preventcoalition.org/rural/toolkit/