



Parent Information Letter

Dear Parent or Guardian:

This semester our school will participate in the Healthy Kids Colorado Survey (HKCS), an important research study about student health and risk-related attitudes and behaviors. We are contacting you because your student is enrolled in a class that has been randomly chosen to participate in this voluntary, anonymous survey. This survey will ask 7th to 12th grade students about various health topics, including: physical activity, nutrition, alcohol, tobacco, and other drug use, mental health and suicide, bullying and other forms of violence, health care, and sexual behaviors (high school only). The survey also asks students about school engagement, school climate, youth-adult connectedness, and other protective factors known to be associated with healthy behaviors.

The HKCS (formerly the Youth Risk Behavior Survey, YRBS) was developed by the Centers for Disease Control and Prevention (CDC) and the Colorado Departments of Education (CDE), Human Services (CDHS), and Public Health and Environment (CDPHE). These agencies provide funding to the University of Colorado-Anschutz Medical Campus to implement the survey. This project has been approved by your school district and the Colorado Multiple Institutional Review Board (COMIRB). The Boulder Valley School District is administering the survey in partnership with Boulder County. The anonymous survey results help policy-makers, school personnel and community groups better understand the nature and extent of risk behaviors among our youth. The results also help with planning programs and services for youth, as well as evaluating current programs. In order to get the most accurate information about youth risk behaviors, we would like all selected students to take part in the survey. As described below, however, participation in the survey is completely voluntary.

The paper and pencil survey is voluntary and anonymous and takes about 45 minutes to complete in a chosen classroom. The survey administration process has been designed to protect your student's privacy. No information is collected that can identify individual students. Only your child will know how he or she answers the questions. Students do not get school credit for completing the survey, and there is no penalty for not participating. Students who take part in the survey may choose not to answer any question.

If your child will participate in the Healthy Kids Colorado Survey, you do not need to sign or return anything. Students will receive the survey in class and are instructed to answer the questions or leave the survey blank. Students who are not completing the survey will do other schoolwork at their desk during the survey period. We encourage you to discuss the matter with your child and share your views on their choice to participate. If you prefer that your student NOT participate in the survey, you may exclude your child by using any of the following options before November 2. For opt-outs received after this date, there is no guarantee that students will not be invited to complete the survey; however, students may choose not to participate at the time of survey administration, and their requests will be honored.

1. Complete the opt-out form below and return this form in the enclosed postage-paid envelope.
2. Call 303-441-1530; provide your student's full name, grade, and school; and state that you wish to exclude your student from participating in the survey.
3. Visit www.BoulderCountyHKCS.org and electronically complete and submit the opt-out form.

For more information and to view the survey, please visit www.BoulderCountyHKCS.org or call Brigitte Mutter, Assistant Director, Research & Assessment, BVSD at 720-561-5141 or Ashley Brooks-Russell, HKCS Director, at 303-724-8437. For questions regarding IRB approval, please contact COMIRB at 303-724-1055.

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If your child will participate in the Healthy Kids Colorado Survey, you do not need to return this form. If your child will NOT participate in the survey, complete this form and mail it in the enclosed postage-paid envelope.

Student's name: _____ Grade: _____ School: _____

I have read this form and understand what the Healthy Kids Colorado Survey is about.

I do **not** want my child to complete the survey.

Parent's name (printed): _____

Parent's signature: _____ Date: _____