

YOU HAVE THE POWER!

Community Resources

Finding Your School District's California Healthy Kids Survey Reports (CHKS)

www.chks.wested.org/reports

District and countywide survey reports may be viewed on-line at — chks.wested.org/reports. (Select LEA reports). If you have trouble finding the data you need, contact the SBCEO Consultant listed on the brochure below.

Alcohol and Drugs

S.B. County Department of Alcohol, Drugs, & Mental Health Services (ADMHS)
<http://www.countyofsb.org/admhs/>

The Department's Alcohol and Drug Program Division (ADP) has responsibility for ensuring the delivery of publicly funded alcohol and drug prevention, early intervention, treatment and recovery support services.

Santa Barbara Council on Alcoholism & Drug Abuse (CADA)
<http://www.cadasb.org>

The mission of the Council on Alcoholism and Drug Abuse is building a safer, healthier community by preventing and treating alcoholism and drug abuse. Resources are available for parents, youth, adults in recovery, and advocacy.

Violence and Suicide Prevention

North County Rape Crisis Center
www.sbcountyrapecrisis.org

The mission of the North County Rape Crisis and Child Protection Center is to reduce the incidence of and vulnerability to sexual assault and child abuse by providing education and prevention skills to community children and adults, and to alleviate the trauma experienced by survivors of these crimes by providing direct services. If you need help, please call:

Lompoc Hotline: 805.736.7273
Lompoc Office: 805.736.8535
Santa Maria Hotline: 805.928.3554
Santa Maria Office: 805.922.2994

Glendon Association
www.glendon.org

Glendon Association's mission is to save lives and enhance mental health by addressing the social problems of suicide, violence, child abuse and troubled interpersonal relationships. Resources include articles, classes, webinars, counseling, and community education.

For copies of the Update or further information contact:

Lorraine Waldau,
Tobacco Use Prevention Education Consultant
Santa Barbara County Education Office
Coordinated School Health and Safety
805.735.7035 or at: loraingwaldau@msn.com

Smoking and Chew

California Smokers' Helpline
www.nobutts.org
or call English 1-800-NO-BUTTS
(1-800-662-8887);

Spanish 1-800-45-NO-FUME
(1-800-456-6386) or Chew 1-800-844-CHEW

Callers receive free telephone counseling up to six sessions and self-help materials. Services are available in: English, Chinese (Mandarin and Cantonese), Korean, Spanish, and Vietnamese as well as a TDD line for the deaf and hard of hearing. There are also specialized services for teens, pregnant women, and tobacco chewers.

Santa Barbara County Public Health Department (SBCPHD) — <http://www.sbcpd.org/tobacco>

Under menu of programs select Tobacco Prevention Program. There are resources, newsletter from the youth coalition, adult coalition working on reducing tobacco use, changing policy, advocacy, youth development, and cessation services.

Youth Development

See Search Institute for Resources on the 40 Developmental Assets and Sparks
www.search-institute.org/sparks

About Sparks... The concept of sparks is more than the activities that inspire kids; it includes the adults that help kids find what motivates them, communities that support kids in developing their talents, and the benefits that kids see because they have and can identify their spark.

Go to the links above to learn more about sparks, and check out the sparks research section to get more detailed information.

Get Started with Sparks: A Guide What Are Sparks?

- Why Do Sparks Matter?
- What Is a Spark Champion?
- What Is Thriving?

Bullying, Cyberbullying, & Social Networking

Bullying and Cyberbullying

<http://www.cyberbullying.us/>

The Cyberbullying Research Center is dedicated to providing up-to-date information about the nature, extent, causes, and consequences of cyberbullying among adolescents. Cyberbullying can be defined as "willful and repeated harm inflicted through the use of computers, cell phones and other electronic devices."

New Resources!

Electronic Dating Violence: A Guide for Educators and Parents and Cyberbullying Fact Sheet: Cyberbullying and Sexual Orientation. Summary Fact Sheet — Cyberbullying: Identification, Prevention, and Response.

The International Bullying Prevention Association
<http://www.stopbullyingworld.org> Select "resources".

Resources include articles, webinars, books, websites, etc.

<http://www.stop-violence.org/>

Featuring "STEP Up" program; new curriculum for female bullying Internet Safety 101—<http://www.enough.org> Tips, ground rules, guidelines, and info to keep kids safe and parents aware. Topics include on-line predators, pornography, social sites, cyberbullying, on-line gaming.

<http://www.stopbullyingnow.com>

Presenting practical research-based strategies to reduce bullying in schools. Topics include: identify bullying; what does work and what doesn't; help for youth who bully; support for targets; empowering bystanders; bullying by teachers and other school staff; and parent newsletter articles to use without charge.

What You Can Do As An Individual or Neighbor To Build Assets

- Learn the names of kids who live around you or you see at other locations.
- Find out their interests
- Spend time in gathering places and talk to kids as you do adults—smile, greet, nod, ask a few questions and express your interest
- When people are doing something inappropriate, talk to them and tell them why you believe that it is inappropriate
- Invite neighbors to your home and find out what you have in common.
- Talk to other parents about boundaries and expectations you have for your children. Discuss how you can support each other in areas you agree about.
- Attend a game or performance of the kids in your neighborhood or sphere of influence or your church or your friends' kids.
- Remember important accomplishments and acknowledge them: graduations, honors, completing a competition, making progress in what is important to them.
- Help keep kids engaged in positive activities and communicating with adults. Make sure they know they are noticed and important to the group or neighborhood

SANTA BARBARA COUNTY

Healthy Kids

Survey Update 2011



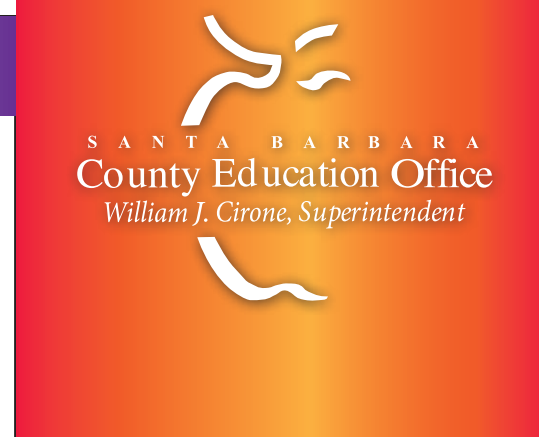
What Are Our Kids Saying?

In Fall 2010, Santa Barbara County students in grades 5, 7, 9, and 11 took the **California Healthy Kids Survey** and told us about their lives at home, in school and in their neighborhood. This update presents a snapshot of what kids are saying about: school, physical activity, alcohol and other drug use, and eating habits.

Students are more successful learners when they are healthy and feel safe.

What Kids Are Saying About...

	5th Grade - 2,808 Students (10 -11 yrs old)	7th Grade - 4,072 Students (12 -13 yrs old)	9th Grade - 3,446 Students (14 -15 yrs old)	11th Grade - 3,079 Students (16 -17 yrs old)
Health, Home & Community	<p>Of 5th graders surveyed, the following was reported:</p> <ul style="list-style-type: none"> • 16% did not eat breakfast the day of the survey • 95% wear seat belts most or all the time in the car • 56% wear helmets while riding a bicycle most or all of the time • 29% were teased about their bodies • 12% reported their friends get into trouble most or all of the time <p>49% report that on the day before the survey they watched TV or played video games for one hour or less or not at all</p>	<p>Of 7th graders surveyed, the following was reported:</p> <ul style="list-style-type: none"> • 30% did not eat breakfast the day of the survey • 61% talked to at least one parent (guardian) about the dangers of tobacco, alcohol, or drug use in the last year • 61% are involved in sports, church, or other group activities • 71% are involved in "the arts" or other hobbies • 68% help other people <p>43% have been a passenger in a car driven by someone who had been drinking with 28% doing so 2 or more times</p>	<p>Of the 9th graders surveyed, the following was reported:</p> <ul style="list-style-type: none"> • 35% did not eat breakfast the day of the survey • 56% are involved in sports, church, or other group activities • 64% are involved in art, music, literature, or other hobbies • 62% help other people • 24% they have either driven after drinking or ridden as a passenger with someone who had been drinking. <p>47% have talked to a parent/guardian about dangers of tobacco, alcohol or drug use in the last year</p>	<p>Of 11th graders surveyed, the following was reported:</p> <ul style="list-style-type: none"> • 60% are involved in sports, church, or other group activities • 69% are involved in art, music, literature, or other hobbies • 68% help other people • 36% did not eat breakfast the day of the survey • 47% have talked to a parent/guardian about dangers of tobacco, alcohol, or drug use <p>30% they have either driven after drinking or ridden as a passenger with someone who had been drinking.</p>
Alcohol, Tobacco & Drugs	<p>Of 5th graders surveyed, the following was reported: In answering if the following were very bad for a person's health:</p> <ul style="list-style-type: none"> • Drinking alcohol 74% of females and 69% of male students; using marijuana 77% of females and 78% of male students; cigarette smoking 96% of female and 93% of male students • 17% of females and 20% of males report trying a sip or two of alcohol with only 1% of females and 2% of males having a full glass of alcohol <p>Only 2% report ever using cigarettes with 1% using marijuana</p>	<p>Of 7th graders surveyed, the following was reported:</p> <ul style="list-style-type: none"> • 34% perceived that there was slight or no harm in drinking 5 or more drinks once or twice a week; 33% in smoking marijuana once or twice a week; and 41% in smoking cigarettes occasionally • 23% have already experimented with alcohol • 14% have used alcohol in the past 30 days • 6% have used marijuana during the past 30 days <p>12% have tried inhalants at least once with 7% having tried it 2 or more times.</p>	<p>Of 9th graders surveyed, the following was reported:</p> <ul style="list-style-type: none"> • 28% perceived that there was slight or no harm in drinking 5 or more drinks once or twice a week, 32% in smoking marijuana once or twice a week, 36% in smoking cigarettes occasionally • 15% have used inhalants at least once • 10% have used inhalants 2 or more times • 11% used alcohol 3 or more days during the past 30 days • 17% used marijuana during the past 30 days • 10% used some tobacco during the past 30 days • 18% used cold and cough medicine to get high <p>27% of 9th grade females and 21% of 9th grade males used alcohol during the past 30 days</p>	<p>Of 11th graders surveyed, the following was reported:</p> <ul style="list-style-type: none"> • 23% used marijuana during the past 30 days • 13% used some tobacco during the past 30 days • 60% have already experimented with alcohol • 11% have used inhalants at least once • 94% have never tried methamphetamine or other amphetamines; 91% have never tried cocaine; and 90% have never tried ecstasy <p>25% perceived that there was slight or no harm in drinking 5 or more drinks once or twice a week; 36% in smoking marijuana once or twice a week; 34% in smoking cigarettes occasionally</p>
Safety at School	<p>Of 5th graders surveyed, the following was reported:</p> <ul style="list-style-type: none"> • 84% felt safe or very safe at school most or all of the time • 71% felt safe outside of school most or all of the time • 14% of females and 9% of males have had mean rumors spread about them most or all of the time • 23% have spread mean lies or rumors about other kids at school one or more times • 65% reported high levels of personal school connectedness <p>25% of females and 45% of males have hit or pushed other kids when not just playing around 1 or more times</p>	<p>Of 7th graders surveyed, the following was reported:</p> <ul style="list-style-type: none"> • 68% felt safe or very safe at their schools • 23% had mean rumors spread about them 2 or more times • 44% reported being physically hit or pushed by another student in the past year • 26% have been afraid of being beaten up 1 or more times on school property in the past 12 months • 17% had mean rumors spread about them on the internet (Facebook, My Space, e-mail, instant message) some or most of the time. <p>29% had been harassed or bullied on school property because of their race, ethnicity, religion, gender, sexual orientation or disability in the past year</p>	<p>Of the 9th graders surveyed, the following was reported:</p> <ul style="list-style-type: none"> • 60% felt safe or very safe at their schools • 24% had been harassed or bullied on school property because of their race, ethnicity, religion, gender, sexual orientation or disability in the past year • 19% were afraid of being beaten up one or more times on school property in the past 12 months • 7% reported current membership in a gang <p>28% reported being physically hit or pushed by another student in the past 12 months</p>	<p>Of 11th graders surveyed, the following was reported:</p> <ul style="list-style-type: none"> • 63% felt safe or very safe at their schools • 13% were afraid of being beaten up 1 or more times on school property in the past 12 months • 19% reported being physically hit or pushed by another student on school property in the past year • 15% had been in a physical fight 1 or more times • 9% reported current membership in a gang <p>23% had been harassed or bullied on school property because of their race, ethnicity, religion, gender, sexual orientation or disability in the past year</p>
High Risk Behaviors/Concerns	<p>Of 5th graders surveyed, the following was reported:</p> <ul style="list-style-type: none"> • 2% brought a gun or knife to school during the past year; 20% saw another kid with a weapon at school • 37% were home alone after school some to all of the time • 8% reported that other kids spread mean rumors or lies about them on the internet (i.e., Facebook, My Space, e-mail, etc.) some to all of the time while • 47% reported moving during the past year with 23% moving 2 or more times <p>23% of fifth graders thought they were either too fat or too skinny and 49% were trying to lose weight last year</p>	<p>Of 7th graders surveyed, the following was reported:</p> <ul style="list-style-type: none"> • 8% carried a weapon to school during the past 12 months with 4% carrying a gun to school; 27% reported having seen someone with a weapon • 5% reported binge drinking in the last 30 days (5 or more drinks in a row within a couple of hours) • 5% used alcohol on school property during the past 30 days; 4% used marijuana on school property during the past 30 days • 5% reported being drunk or high on school property at least once • 3% reported heavy drug use in the last 30 days <p>24% stopped doing some usual activities because they felt sad or hopeless almost every day for 2 weeks</p>	<p>Of the 9th graders surveyed, the following was reported:</p> <ul style="list-style-type: none"> • 10% carried a weapon to school during the past 12 months with 5% reported carrying a gun; 27% reported seeing someone with a weapon • 18% reported they were offered illegal drugs on campus during the past 12 months • 14% reported binge drinking in the last 30 days (5 or more drinks in a row within a couple of hours) • 8% used alcohol on school property during the past 30 days; 8% used marijuana on school property during the past 30 days • 17% were drunk or high on school property at least once <p>29% stopped doing some usual activities because they felt sad or hopeless almost every day for two weeks with 19% report that they seriously considered attempting suicide</p>	<p>Of 11th graders surveyed, the following was reported:</p> <ul style="list-style-type: none"> • 9% carried a weapon to school during the past 12 months with 6% carrying a gun; 22% reported seeing someone with a weapon. • 20% reported mean rumors or lies being spread over the internet (i.e., Facebook, e-mail, instant messaging) one or more time with 11% reporting cyber bullying 2 or more times • 14% reported heavy drug use in the past 30 days • 24% were offered illegal drugs on school property during the past 12 months <p>30% stopped doing some usual activities because they felt sad or hopeless almost every day for two weeks; 16% reporting that they seriously considered attempting suicide</p>



*** In the fall 2010, more than 63,033 students attended Santa Barbara County public schools. Across the county 14,271 (22.6%) of the students completed the California Healthy Kids Survey:**

- 2,808 5th graders
- 4,072 7th graders
- 3,446 9th graders
- 3,079 11th graders &
- 886 students in alternative education including Juvenile Court/Community Schools and Continuation High Schools.