



Parent Information Letter

Dear Parent or Guardian:

This fall, some of our students will take the Healthy Kids Colorado Survey (HKCS). It is an important survey about student health and behavior. We are contacting you because your child is in a class that has been chosen to participate in this voluntary, anonymous survey. The survey will ask 7th to 12th grade students about health topics, including: exercise, diet, alcohol, tobacco, drug use, mental health, suicide, bullying and other forms of violence, health care, and sexual behaviors (high school only). The survey also asks students about school life, school safety, trusted adult relationships, and other things known to affect healthy choices.

Students do not have to take this survey. It takes only one class period to complete. The survey process will protect your child's privacy. The survey does not ask for any information that will identify an individual student. Only your child will know how they answer the questions. Students do not get school credit for taking the survey, and there is no penalty for not taking the survey. Students who take the survey may choose to answer only the questions they want to answer.

The Boulder Valley School District is giving the survey in partnership with Boulder County Public Health. The results help the government and non-profit groups plan programs and services for youth. In order to get the most accurate information about the health of youth in our community, we would like all selected students to take part in the survey. Participating schools select their administration date between October 28th and November 15th.

The HKCS (formerly the Youth Risk Behavior Survey, YRBS) was created 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 organizations provide funding to the University of Colorado-Anschutz Medical Campus to conduct the survey in schools. This project has been approved by the Boulder Valley School District and the Colorado Multiple Institutional Review Board (COMIRB).

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 time. We encourage you to discuss the topic with your child and share your views about 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 Monday, October 21**:

1. Complete the form below and return it in the enclosed postage-paid envelope.
2. Call 303-441-1530 and leave a message with 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 complete and submit the opt-out form online.

If we receive your request to exclude your child after October 21, your student may be invited to take the survey during their class period. However, they can still choose not to participate by telling the teacher that they do not want to take the survey.

For more information or to review the survey, 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 about IRB approval, please contact COMIRB at 303-724-1055.

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: _____