



TO: PARENT/GUARDIAN

FROM: Nebraska Department of Education and Nebraska Department of Health and Human Services

SUBJECT: ACTIVE CONSENT FORM for the Nebraska Risk and Protective Factor Student Survey (NRPFS)

Your son/daughter's school is participating in the 2023 Nebraska Risk and Protective Factor Student Survey (NRPFS). **This survey is endorsed by the Nebraska Department of Education (NDE) and the Nebraska Department of Health and Human Services (NDHHS).** The NRPFS is a substance abuse related survey of students in grades 8, 10, and 12 which is conducted once every two years. At this time, the NRPFS is the only school-based public health survey that generates local and regional estimates for health planning and evaluation.

Your son/daughter is in an 8th, 10th, or 12th grade class, and because the NRPFS is a census survey, all students in those grade levels are invited to participate. Students will take the survey during a regular class period. Completing this survey poses no risk to your child. Survey procedures have been designed to protect your child's privacy. This survey does not ask for students' names and no student will be mentioned by name in a report of the results. **On the following page, a consent form has been included for you to read and complete regarding your child's participation in the NRPFS.**

The NRPFS is made up of multiple-choice questions. Topics covered include substance abuse, delinquent behavior, bullying, and risk and protective measures that predispose youth toward or protect them against problem behaviors (including substance abuse, delinquency, teen pregnancy, school dropout, and violence). Some sample questions from the survey are included with this letter. To view the entire questionnaire and additional information about the project, please visit <http://bosr.unl.edu/sharp>.

The NRPFS has been approved by state and local school officials and has the support of many community health-related organizations. Student participation is encouraged and appreciated. The data collected are extremely useful in the development of programs related to improving the health of our youth. However, participation is voluntary and there are no consequences if a student does not participate.

The Bureau of Sociological Research (BOSR) at the University of Nebraska-Lincoln will be managing the survey administration for NDE and NDHHS. Attached to this letter is a fact sheet containing frequently asked questions about the NRPFS, as well as a few sample questions. If there is any additional information you would find helpful, please contact Belle Scheef at sharp@unl.edu or call 402-472-6712, and she will be happy to assist you.

**2023 Nebraska Risk and Protective Factor Student Survey
Active Consent Form**

1.) Please read the section below.

I have read the information about the Nebraska Risk and Protective Factor Student Survey being conducted by the Nebraska Department of Education, the Nebraska Department of Health and Human Services, and the University of Nebraska-Lincoln.

2.) Please check the appropriate box below. (Be sure to only check ONE box)

<input type="checkbox"/>	YES - My child has my permission to participate.
--------------------------	--

OR

<input type="checkbox"/>	NO - My child does not have my permission to participate.
--------------------------	---

3.) Please complete the section below.

Name of student _____ Grade _____

Signature of parent/guardian _____ Date _____

4.) Please have your son/daughter return this form to his/her teacher within the next three days.

Thank you so much for your assistance with this important project!

Frequently Asked Questions about the NRPFSS

Q. Why should my child participate?

A. At this time the NRPFSS is the only school-based public health survey that generates local and regional estimates for health planning and evaluation in regard to substance abuse.

Q. Why is this survey being done?

A. The NRPFSS is available to all public and non-public schools with students in grades 8, 10, and 12. It is used primarily for generating local and regional estimates for substance abuse and risk and protective measures related to substance abuse and problem behaviors. **The NRPFSS is the ONLY state survey that allows the opportunity for schools to receive school-specific, school district, and/or community reports.** The data have enabled schools, communities, and health districts to access federal funds to assist in the development of health-enhancing policies and programs for youth. In addition, this information has proven to be invaluable to schools and communities in addressing the health behaviors of their youth.

Q. Are sensitive questions asked?

A. Yes. Often, any question related to a health behavior is considered sensitive. To help solve health problems among our youth, we must first understand them. The only way to learn if youth are at risk is to ask questions about health-related behaviors. Care has been taken to write survey questions in a direct, but sensitive way.

*Survey questions are posted at <http://bosr.unl.edu/sharp> for viewing.

Q. Does asking a student about a risky health behavior (i.e. tobacco use) increase the likelihood that he or she will practice that behavior?

A. No. There is no scientific evidence that health-risk behaviors can be changed simply by reading a question about them.

Q. Will students' names be used or linked to the survey?

A. No. The NRPFSS has been designed to protect your child's privacy. This survey does not ask for students' names. No one from their school will see their responses.

Q. Are students tracked over time to see how their behavior changes?

A. No. Students who take part cannot be tracked because their names are not collected.

Q. How was my child selected?

A. The NRPFSS is a census survey. All students in grades 8, 10, and 12 are invited to participate.

Q. How long will it take to fill out the survey?

A. Approximately 20 minutes are needed to complete this survey.

A few **sample** questions from the questionnaire are shown below:

Putting them together, what were your grades like LAST YEAR? (*Mark the one best answer.*)

- Mostly F's
- Mostly D's
- Mostly C's
- Mostly B's
- Mostly A's

In my school, there is an adult (such as a counselor, teacher, or coach) who listens to me when I have something to say.

- Strongly disagree
- Disagree
- Agree
- Strongly agree

During the PAST 12 MONTHS how often have you been so worried about something that you could not sleep well at night?

- Never
- Rarely
- Sometimes
- Most of the time
- Always

During the PAST 30 DAYS how many times did you drive a car or other vehicle when you had been drinking alcohol?

- 0 times
- 1-2 times
- 3-5 times
- 6 or more times

Have you ever smoked cigarettes?

- Yes
- No

How wrong do your friends feel it would be for you to smoke marijuana?

- Very wrong
- Wrong
- A little bit wrong
- Not wrong at all

The last time a doctor prescribed a pain medication for you, did anyone ask you about borrowing or buying some of your medication?

- Did not receive a prescription pain medication from a doctor
- Yes
- No

On how many of the PAST 7 DAYS did you do exercises to strengthen or tone your muscles, such as push-ups, sit-ups, or weight lifting?

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days

During the PAST 7 DAYS, how many times did you eat fruit? (*Do not count fruit juice.*)

- Did not eat fruits during the past 7 days
- 1 to 3 times during the past 7 days
- 4 to 6 times during the past 7 days
- 1 time per day
- 2 times per day
- 3 times per day
- 4 or more times per day