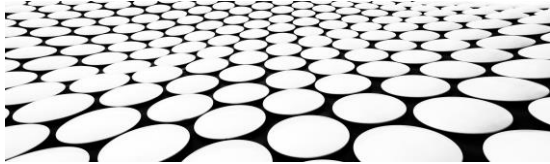


COVID-19 STUDENT FINDINGS

JASON KILMER, TYLER WATSON, MIKE GILSON, & SCOTT GRAUPENSERGER
UNIVERSITY OF WASHINGTON
SEPTEMBER 22, 2021



1

OUR TEAM

- Health Care Authority
 - Sarah Mariani
 - Alicia Hughes
 - Tyler Watson
- Department of Health
 - Maayan Simckes
 - Rose Quinby
 - Cathy Wasserman
- Office of the Superintendent of Public Instruction
 - Dixie Grunenfelder
 - Emily Maughan
 - Matthew Frizzell
- University of Washington
 - Jason Kilmer
 - Em Chapple
 - Christine Lee
 - Scott Graupensperger
 - Mike Gilson
 - Mary Larimer




2

MAIN OBJECTIVES

- Anonymous wellbeing survey to assess how students are doing, what's going well, what's been challenging, and what potential needs are



3



FEBRUARY 25
Registration Begins, Preparation for Administration

- School representatives complete registration process
- Schools inform and share information sheets with parents and students

4



MARCH 4TH
Survey links available for distribution to school administrators

<https://www>

MARCH 8TH
Survey links go live

- Survey links are now live for school staff to administer to students for taking the voluntary and anonymous COVID-19 Student Survey
- Schools decide when to survey students during that three week period

5

MARCH 8TH - MARCH 26
Survey Administration

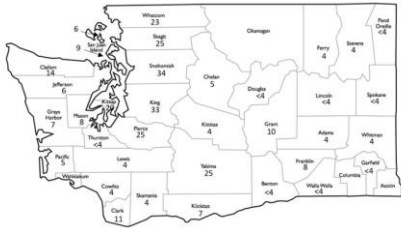


TAKE SURVEY

LATE SPRING / EARLY SUMMER
Initial school reports made available

- Several brief fact sheets will be made available to principals to help inform schools in their planning for summer and fall.
- A larger report will be available later in the summer

6

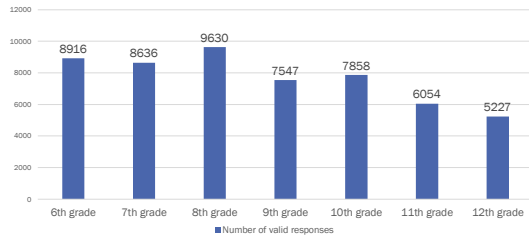


- 330 schools elected to participate
- Participating schools were from 35 of the 39 counties in Washington
- 65,644 participants with valid data

7

BREAKDOWN BY GRADE: VALID SURVEY RESPONSES (N= 65,644)

(Note: When grade info was missing/unanswered but data were valid elsewhere, data from the participant/student were still included in the school/state report)



8

QUESTIONS

- Student demographics (11 questions)
- Physical activity and screen time (5 questions)
- School experiences (14 questions)
- Substance use (9 questions)
- Health and safety (14 questions)
- Connectedness and loneliness (2 questions)
- Changes in health behavior (3 questions)
- COVID-19 stressors and decisions (5 questions)
- Open-ended question for students to write anything else that they need help with from their school or community.

9

DEMOGRAPHICS

10



Seven horizontal lines for data entry.

Race/Ethnicity:

"How do you describe yourself? (Select one or more responses)"

- American Indian or Alaskan Native: 1,737 (2.7%)
- Asian or Asian American: 3,775 (5.9%)
- Black or African America: 2,398 (3.7%)
- Hispanic or Latino/Latina: 14,230 (22.1%)
- Native Hawaiian or other Pacific Islander: 821 (1.3%)
- White or Caucasian: 29,956 (46.6%)
- Other: 3,027 (4.7%)
- More than one Race: 8,316 (12.9%)

11

Seven horizontal lines for data entry.

Birth sex ("What sex/gender were you at birth, even if you are not that gender today?") and Gender Identity ("How do you currently identify yourself?")

- Birth Sex:
 - Male: 30,397 (46.6%)
 - Female: 34,849 (53.4%)
- Gender Identity:
 - Male: 29,537 (45.23%)
 - Female: 30,555 (46.79%)
 - Transgender: 570 (0.87%)
 - Questioning: 1,665 (2.55%)
 - Something Else: 1,378 (2.11%)
 - I do not know what this is asking: 321 (0.49%)
 - Prefer not to answer: 1,276 (1.95%)

12

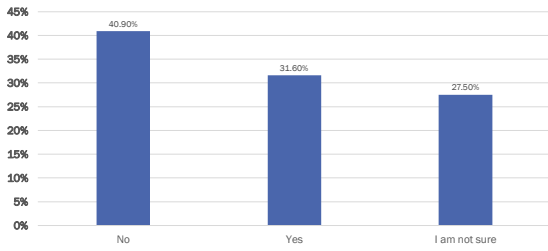
Seven horizontal lines for data entry.

Sexual Orientation ("Which of the following best describes you?")

Sexual Orientation		
■ Heterosexual:	44,404	(68.63%)
■ Gay:	627	(0.97%)
■ Lesbian:	1,267	(1.96%)
■ Bisexual:	6,949	(10.74%)
■ Questioning:	3,226	(4.99%)
■ Something else fits better:	2,223	(3.44%)
■ I do not know what this is asking:	1,625	(2.51%)
■ Prefer not to answer:	4,376	(6.76%)

13

Free or reduced lunch: Last school year, before the COVID-19 pandemic, did you qualify to receive free or reduced price lunches at school?



14

RESULTS



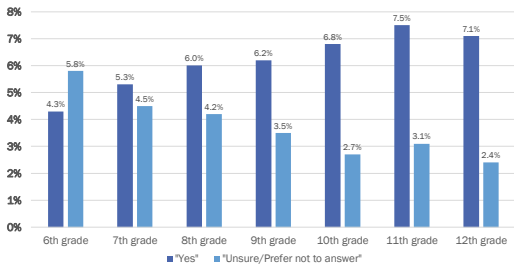
15

GETTING SICK WITH COVID-19



16

**Has A Doctor Or Nurse Ever Told You That You Had, Or Likely Had, COVID-19?
(Percent Saying Yes And Unsure/Prefer Not To Answer)**



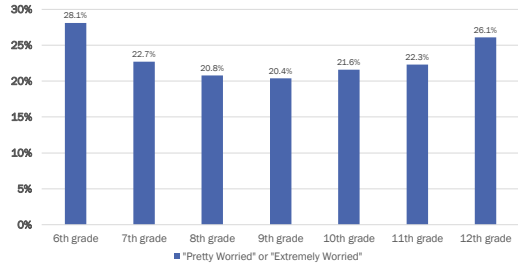
17

WORRIES RELATED TO THE PANDEMIC



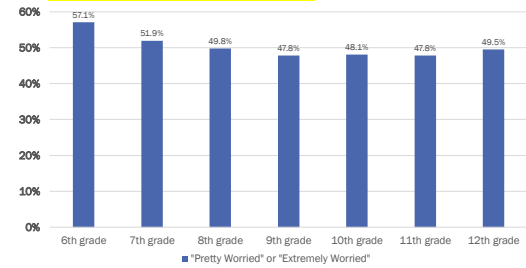
18

How much are you worried right now about the following things as a result of the COVID-19 pandemic? **Getting sick with COVID-19?** (Pretty Worried + Extremely Worried)



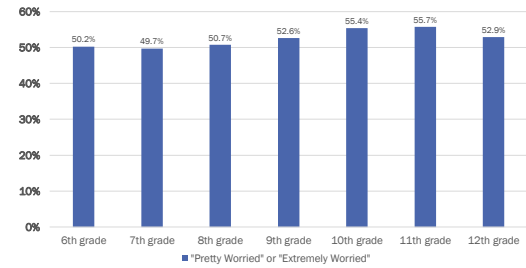
19

How much are you worried right now about the following things as a result of the COVID-19 pandemic? **Your friends or family getting sick with COVID-19?** (Pretty Worried + Extremely Worried)



20

How much are you worried right now about the following things as a result of the COVID-19 pandemic? **Falling behind in your schooling or learning?** (Pretty Worried + Extremely Worried)



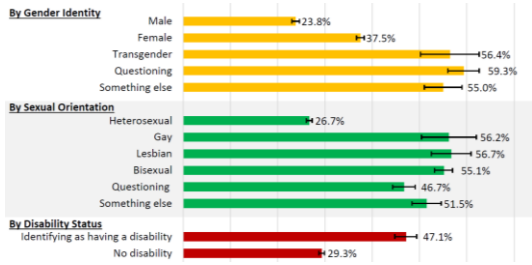
21

WORRYING ABOUT BEING ALONE OR LONELY DURING THE PANDEMIC

- Worries about loneliness were more common among:
 - Female students relative to male students.
 - Students identifying as LGBTQ+
 - Those who identified as having a disability

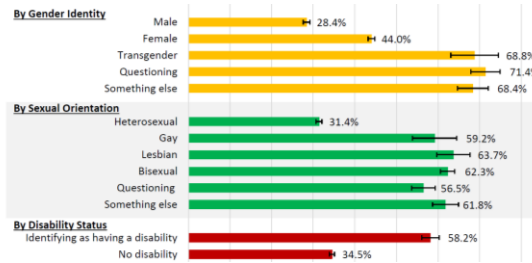
22

Middle School Sample



23

High School Sample



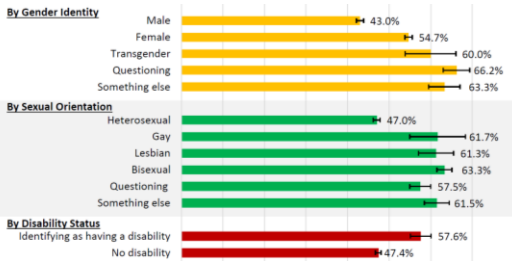
24

WORRYING ABOUT FALLING BEHIND IN SCHOOL DURING THE PANDEMIC

- Worries about falling behind were more common among:
 - Female students relative to male students.
 - Students identifying as LGBTQ+
 - Those who identified as having a disability

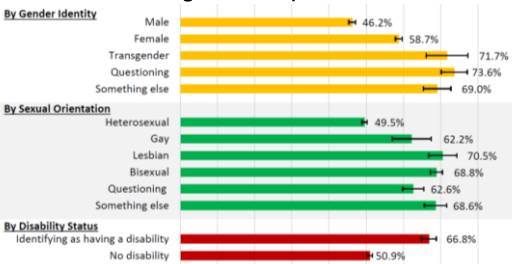
25

Middle School Sample



26

High School Sample



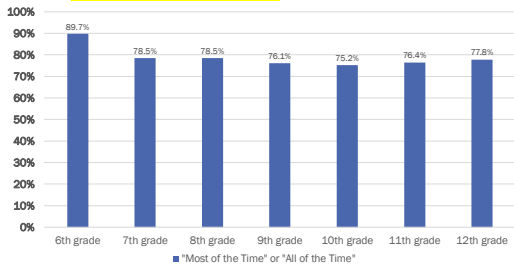
27

FOLLOWING CDC GUIDELINES



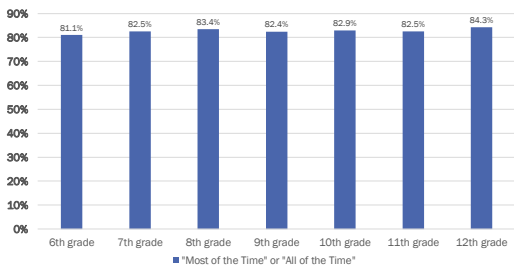
28

Please rate how often you have followed these guidelines in the last 30 days: **Washing your hands or using hand sanitizer between activities** (Most of the time + All of the time)



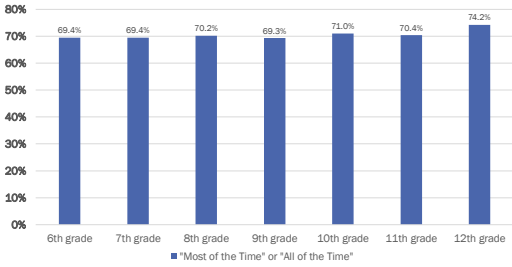
29

Please rate how often you have followed these guidelines in the last 30 days: **Wearing a mask when you are near people you don't live with** (Most of the time + All of the time)



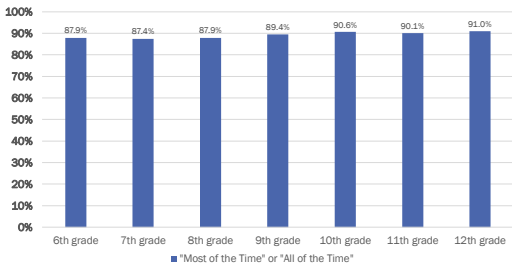
30

Please rate how often you have followed these guidelines in the last 30 days: **Practicing physical distancing (6 feet or more) when you're around people you don't live with** (Most of the time + All of the time)



31

Please rate how often you have followed these guidelines in the last 30 days: **Staying home when you feel sick** (Most of the time + All of the time)

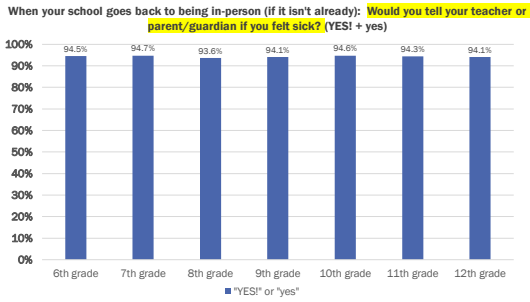


32

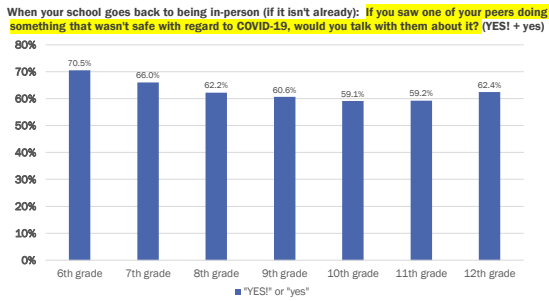
INTENTIONS RELATED TO HEALTH/DISCLOSURES



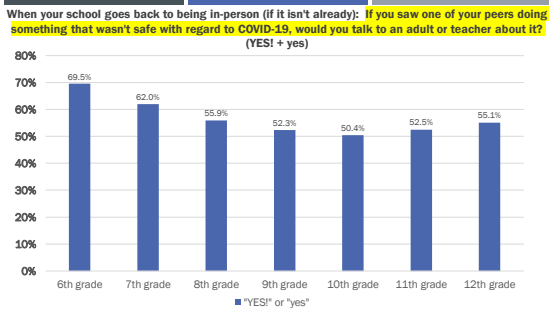
33



34



35

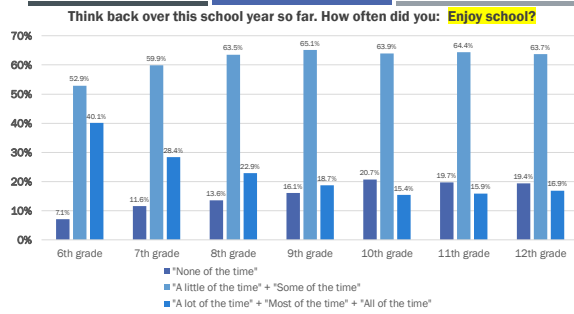


36

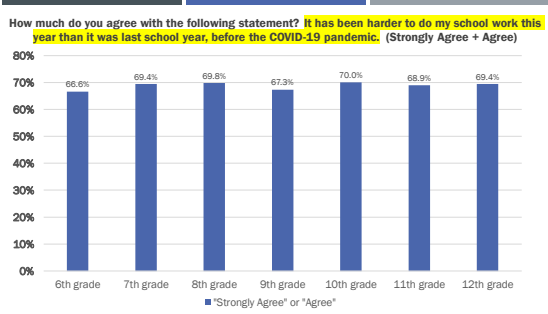
IMPRESSIONS OF SCHOOL



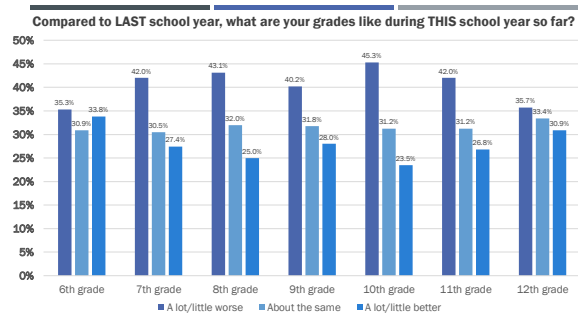
37



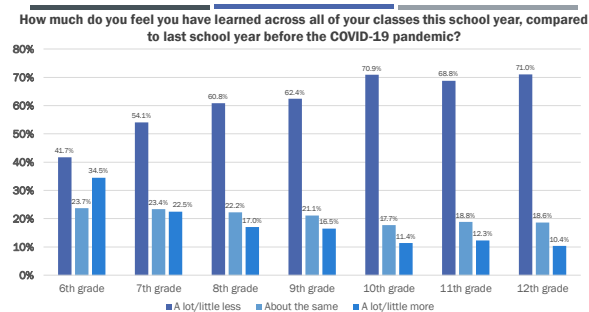
38



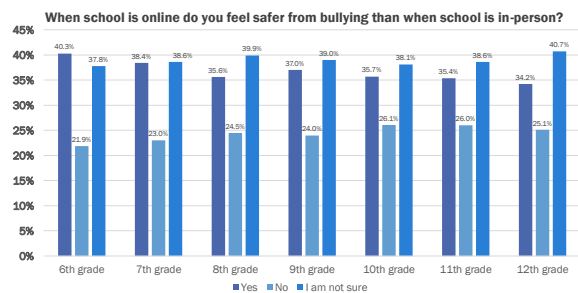
39



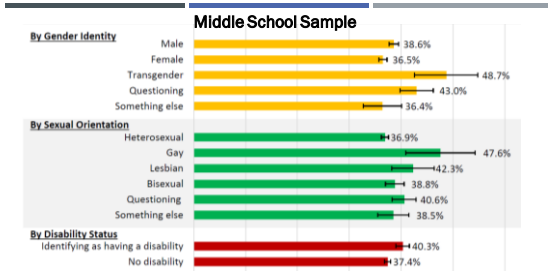
40



41

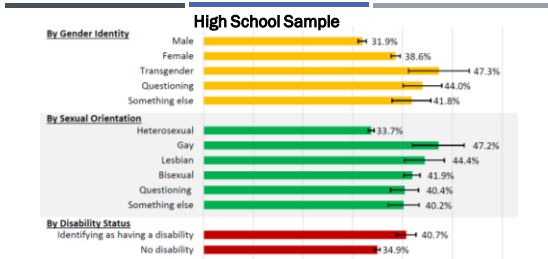


42



37.7% reported that they felt safer from bullying when school was online, compared to when school was in person. Students identifying as Gay and Transgender were more likely to report feeling safer when school was online.

43



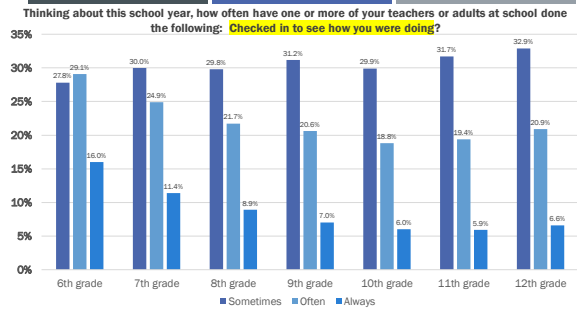
35.8% reported that they felt safer from bullying when school was online, compared to when school was in person. Students identifying as LGBTQ+ and students identifying as having a disability were more likely to report feeling safer when school was online.

44

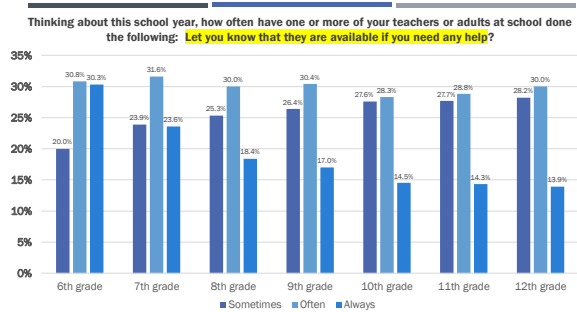
PERCEIVED SUPPORT FROM TEACHERS



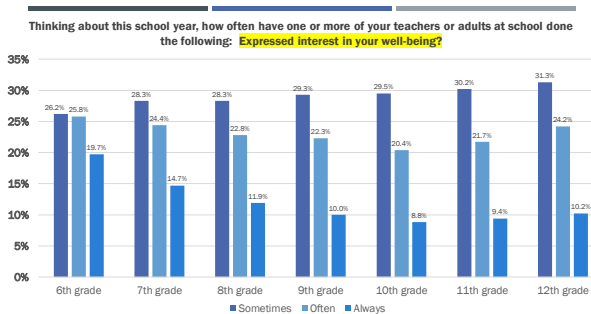
45



46



47



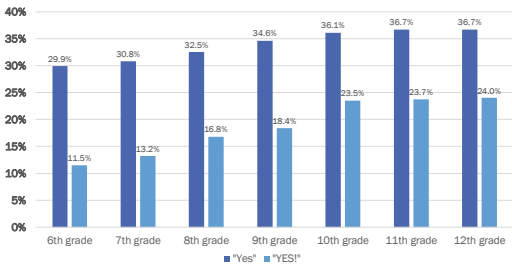
48

SELECT ITEMS RELATED TO MENTAL HEALTH



49

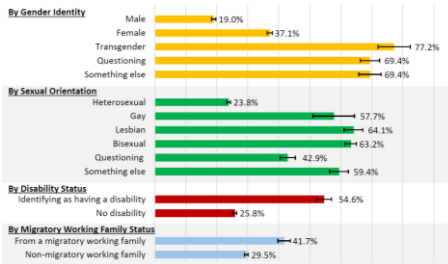
During the past 12 months, have you felt depressed or sad MOST days, even if you felt OK sometimes? ("Yes" and "YES!")



50

Middle School Sample

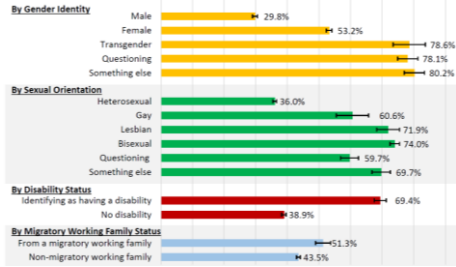
QUESTION: DURING THE PAST 12 MONTHS, DID YOU EVER FEEL SO SAD OR HOPELESS ALMOST EVERY DAY FOR TWO WEEKS OR MORE IN A ROW THAT YOU STOPPED DOING SOME USUAL ACTIVITIES?



51

High School Sample

QUESTION: DURING THE PAST 12 MONTHS, DID YOU EVER FEEL SO SAD OR HOPELESS ALMOST EVERY DAY FOR TWO WEEKS OR MORE IN A ROW THAT YOU STOPPED DOING SOME USUAL ACTIVITIES?



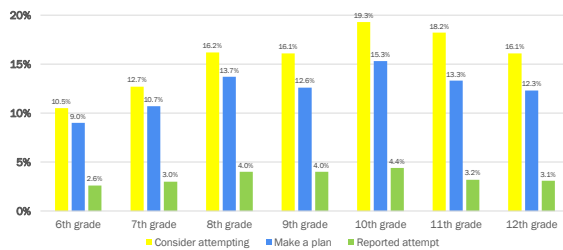
52

If students respond "yes" to any of the next three items, the following 6 resources appeared on their screen:

- Washington Teen Link**
<https://www.teenlink.org/>
1-866-TEENLINK (833-6546)
- Crisis Text Line**
<https://www.crisistextline.org/>
Text HOME to 741741
- You Are Not Alone Network (for Native youth):**
<http://www.youarenotalonenetwork.org/>
1-877-209-1266
- The Trevor Project (for LGBT youth):**
<https://www.thetrevorproject.org/> to text or chat
1-866-488-7386 to talk
- National Teen Line:**
<https://teenlineonline.org/>
1-800-952-8336 or text TEEN to 839363
- National Suicide Prevention Lifeline**
<https://suicidepreventionlifeline.org/>
1-800-273-8255 (TRS: 1-800-799-4889)

53

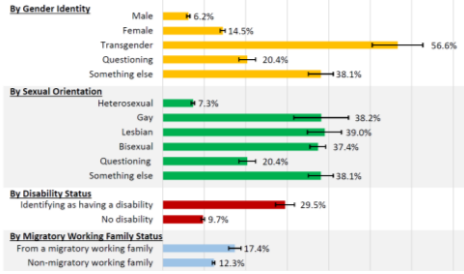
During the past 12 months, did you...ever seriously consider attempting suicide? make a plan about how you would attempt suicide? actually attempt suicide?



54

Middle School Sample

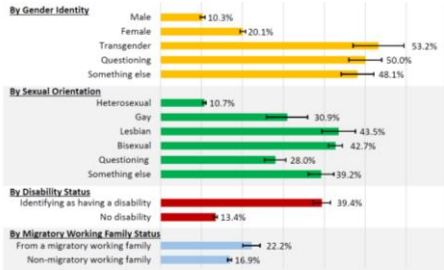
QUESTION: DURING THE PAST 12 MONTHS, DID YOU EVER SERIOUSLY CONSIDER ATTEMPTING SUICIDE?



55

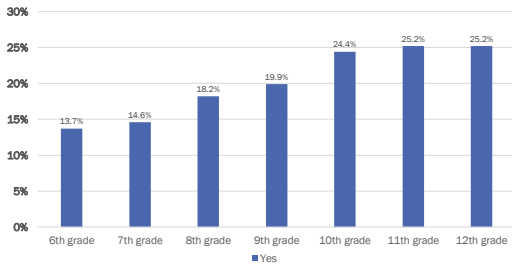
High School Sample

QUESTION: DURING THE PAST 12 MONTHS, DID YOU EVER SERIOUSLY CONSIDER ATTEMPTING SUICIDE?

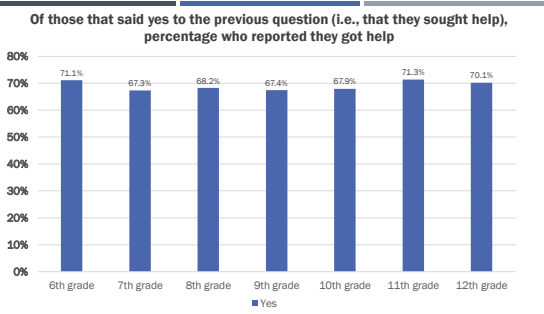


56

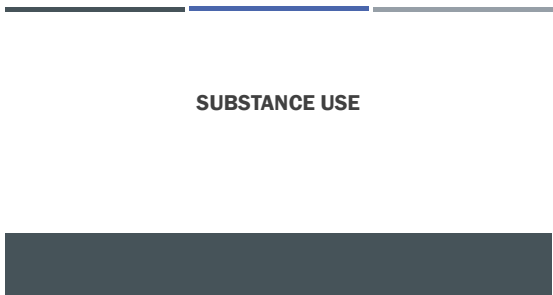
"During the past 12 months, did you try to get mental health services from a counselor, therapist, emergency room, or other health care provider?"



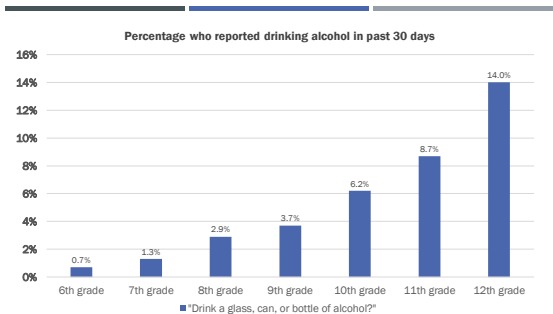
57



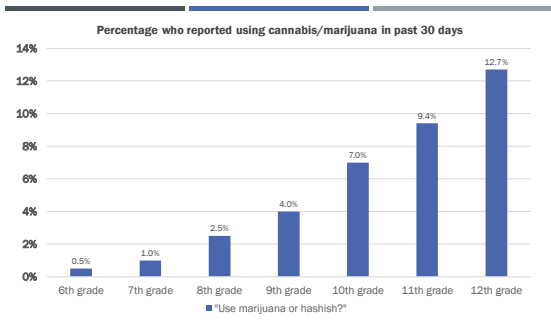
58



59



60



61

HOPEFULNESS AND OPTIMISM



62

HOPE SCALE ITEMS

Students rated each of the Hope items on a six-point scale from "none of the time" (value of 1) to "all of the time" (value of 6). Hope scale scores could range from a low of 4 to a high of 24.

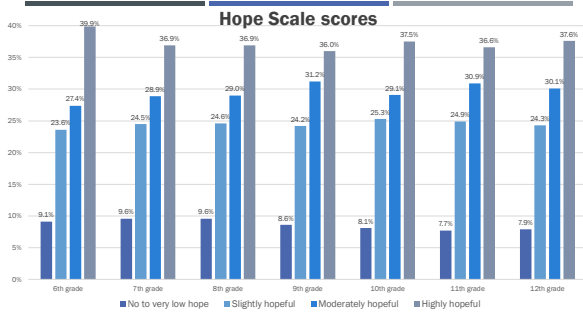
A score of 4 to 8 indicates "no to very low" hope, a score of 9 to 12 indicates that a student is "slightly hopeful", a score of 13 to 16 indicates that a student is "moderately hopeful", and a score of 17 to 24 indicates that a student is "highly hopeful".

For each sentence listed below, please think about how you are in most situations. There are no right or wrong answers.

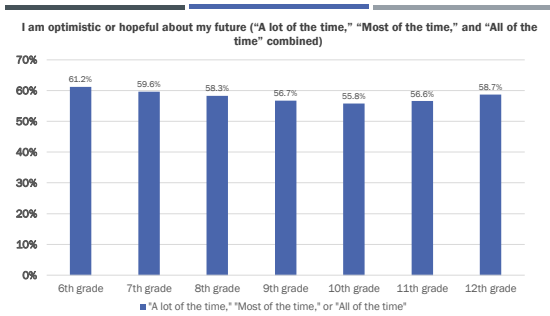
Please select the option that describes you:

	None of the time	A little of the time	Some of the time	A lot of the time	Most of the time	All of the time
I can think of many ways to get the things in life that are most important to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am doing just as well as other kids my age	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I have a problem, I can come up with lots of ways to solve it	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I think the things that I have done in the past will help me in the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

63



64



65

NEXT STEPS

- Schools have gotten their summary reports
- Press release
- Summaries for middle school and high school completers at CSSWashington.org
- Topic summaries have been released

66

WHAT DO WE THINK THIS MEANS? WHAT ARE NEXT STEPS?

- Data collection certainly highlighted where (and for whom) there were needs or emerging issues, so consider additional data collection
- Consider opportunities to screen (where ethical and appropriate) for substance use, depressed mood, and thoughts of suicide (e.g., visits to school health/counseling staffs)
- Certainly, continue with supports/services for all students, but it was clear that LGBTQ+ students were reporting pronounced challenges
- Monitor substance use as access to peers resumes

67

THANK YOU

- Jason Kilmer
- jkilmer@uw.edu
- CSSWashington.org



68