

January 13, 2023

Dear Parent/Guardian:

Our school is taking part in the 2023 Maine Integrated Youth Health Survey. This survey is sponsored by Maine Department of Health and Human Services and Maine Department of Education. The survey will ask about the health behaviors of 9-12 grade students. The survey will ask about nutrition, physical activity, injuries, tobacco, alcohol, and other drug use. For students in grades 7-12, the survey will also ask about sexual behaviors that could lead to pregnancy and sexually transmitted infections; depression and suicide; and gambling.

Students will be asked to fill out a survey that takes about 45 minutes to complete. Students in grades 9 and 11 will take the survey on February 13 and students in grades 10 and 12 will take the survey on February 14.

Participating in this survey will cause little or no risk to your child. The only potential risk is that some students might find certain questions to be sensitive. The survey has been designed to protect your child's privacy. Students will not put their name on the survey. Also, no student will ever be mentioned by name in a report of the results. For the survey results to be accurate, it is important that all students, regardless of whether they have engaged in health-risk behavior, are given an opportunity to participate in the survey, but the survey is voluntary. No action will be taken against the school, you, or your child if your child does not take the survey. Students may skip any questions they do not wish to answer. In addition, students may stop taking the survey at any point without penalty. If you would like to see the types of questions on the survey, the question banks are available at [www.maine.gov/miyhs/2023-survey-information](http://www.maine.gov/miyhs/2023-survey-information).

Please read the other side of this form for more facts about the survey. Complete the section below and return it to the school within 2 weeks **only if you do not** want your child to take part in the survey. Please call the school and ask to speak to an administrator if you have any questions.

If you have additional questions about the survey your child's teacher or principal cannot answer, please contact:

Korey Pow Haggerty at 207-287-5084 or email [korey.pow@maine.gov](mailto:korey.pow@maine.gov)

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Please complete this section of the form only if you do not want your child to participate in the survey. **Return it on or before February 1, 2023.**

Student name: \_\_\_\_\_ Grade: \_\_\_\_\_

I have read this form and know what the survey is about.

NO, my child may **not** take part in this survey.

Parent signature: \_\_\_\_\_ Date: \_\_\_\_\_