

WELCOME TO 2024 LEADERSHIP CONVENTION

Session will begin soon



DEVELOP ADVOCATE ENGAGE

UTAH PTA

Develop programs, resources, and leadership skills that enhance the lives of all children, youth, and their families.

Advocate by speaking on behalf of all children and youth in schools, in the community, before governmental bodies, and before other organizations that make decisions affecting children.

Engage the public in united and equitable efforts to secure the physical, mental, emotional, spiritual, and social well-being of all children and youth.



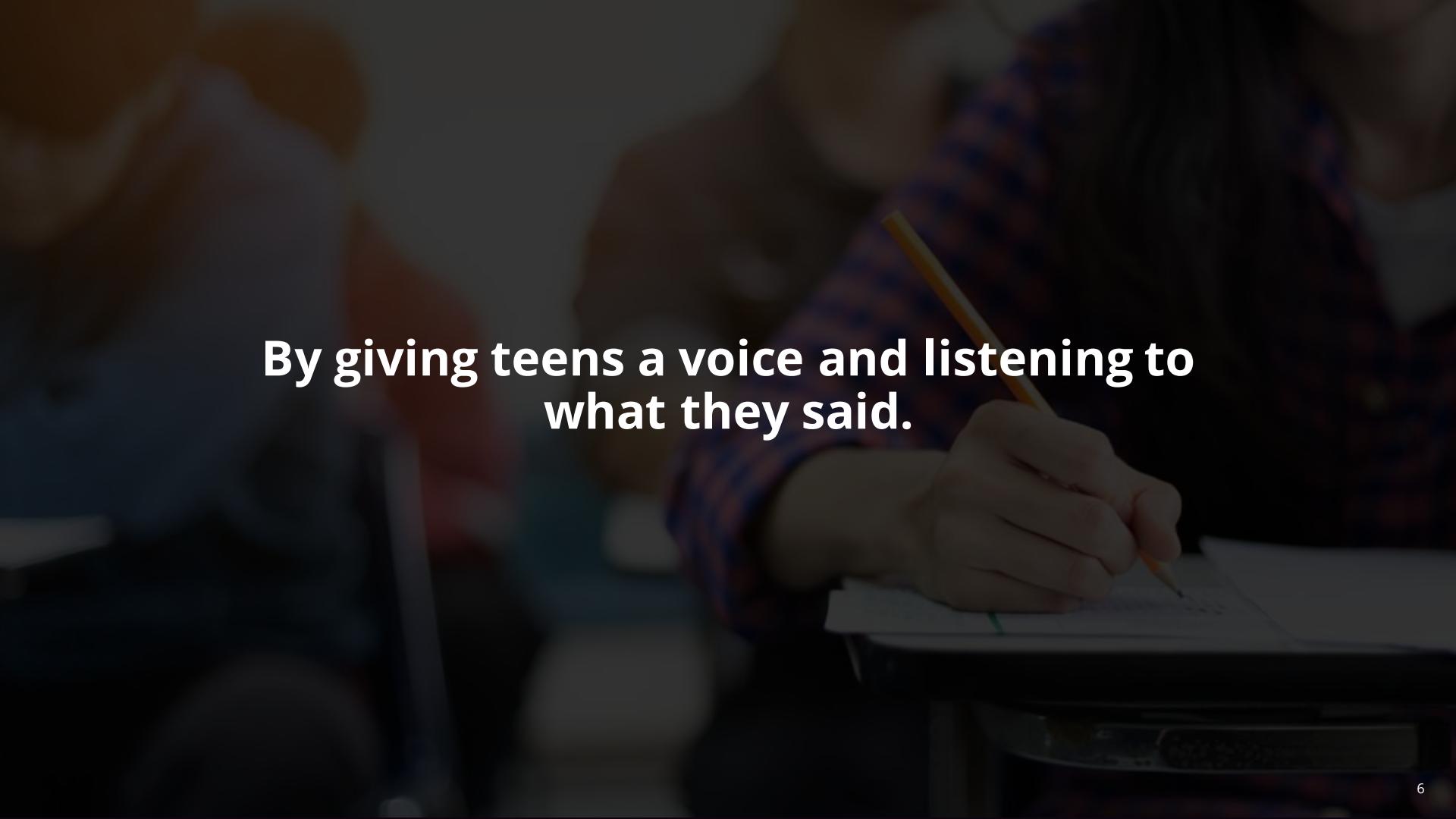


The SHARP survey and how it can empower Utah parents and communities.

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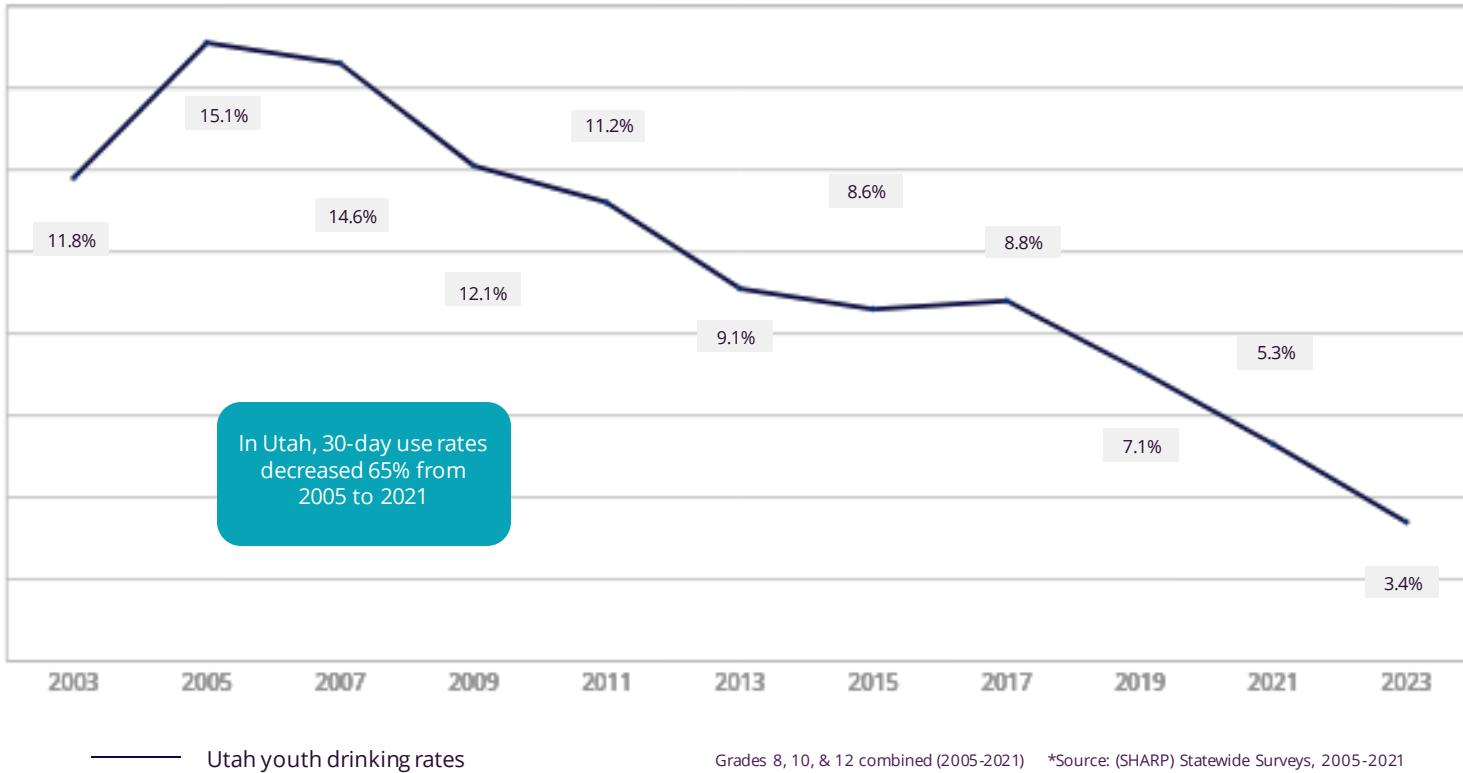
- 1 What is SHARP?
- 2 What does SHARP do?
- 3 Why continue SHARP?

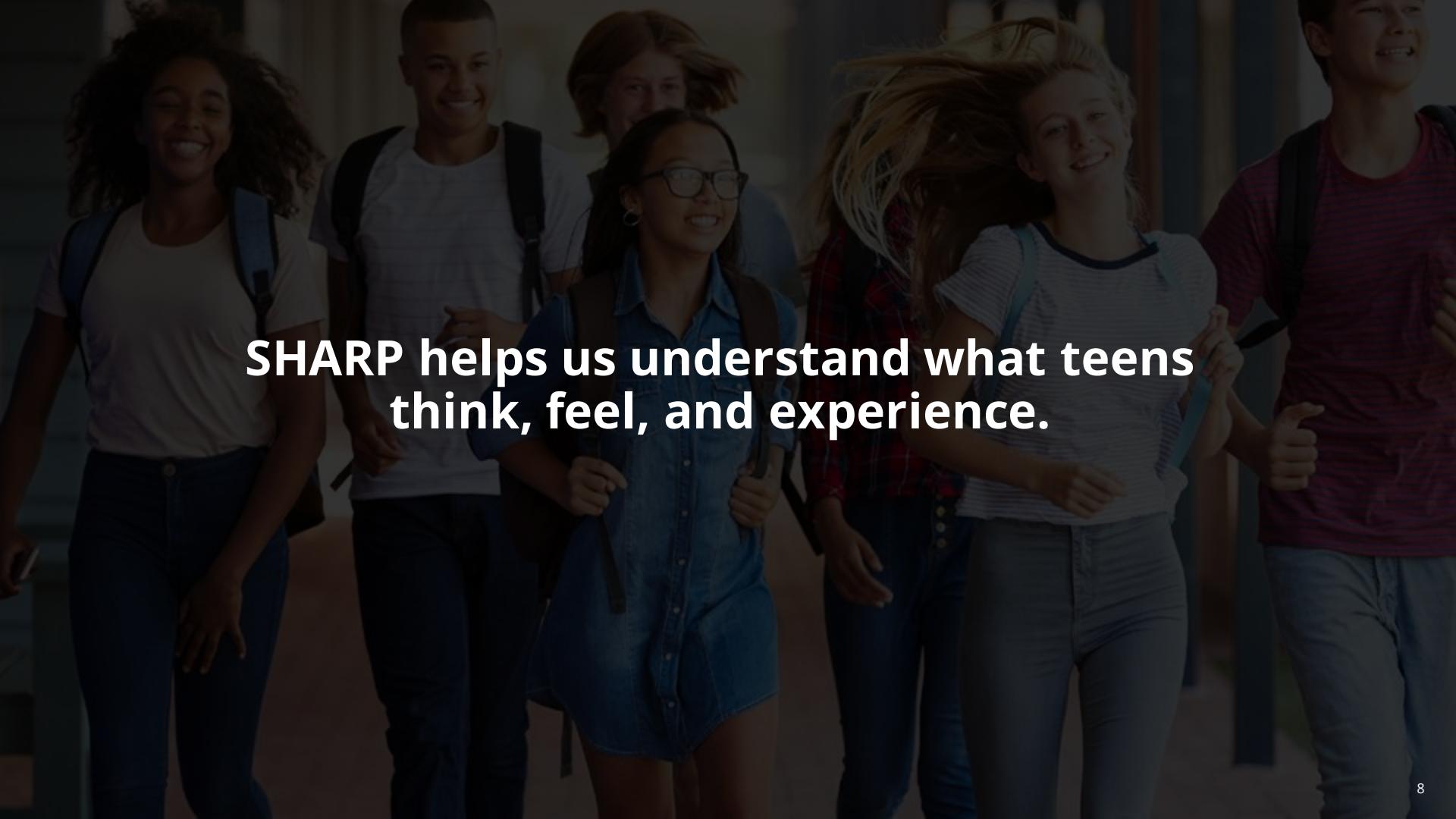
How did Utah lower the rate of underage drinking by 70% in less than 20 years?

A close-up photograph of a person's hands writing in a notebook with a yellow pencil. The person is wearing a patterned shirt. The background is blurred.

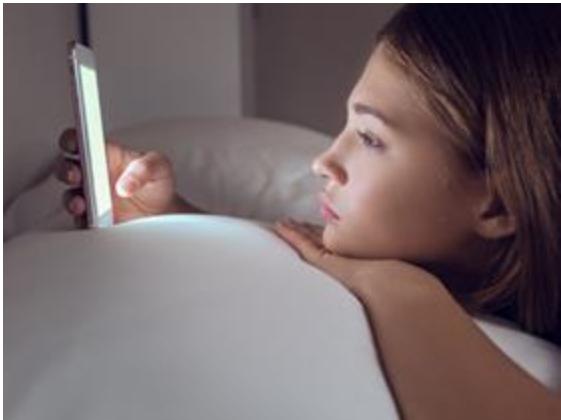
**By giving teens a voice and listening to
what they said.**

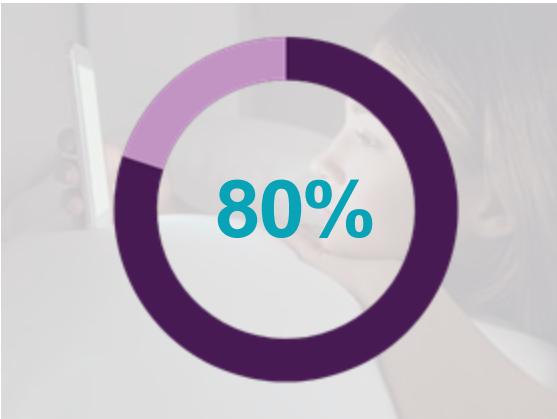
Utah youth past 30-day alcohol use trends (all grades)



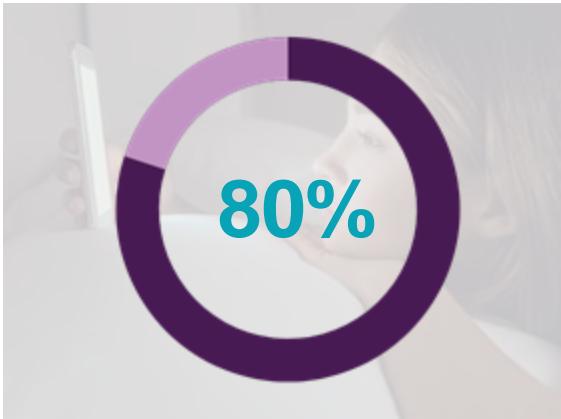
A group of diverse teenagers, both boys and girls, are standing together outdoors, smiling and laughing. They are wearing casual clothing like t-shirts, jeans, and backpacks. The background is slightly blurred.

SHARP helps us understand what teens think, feel, and experience.

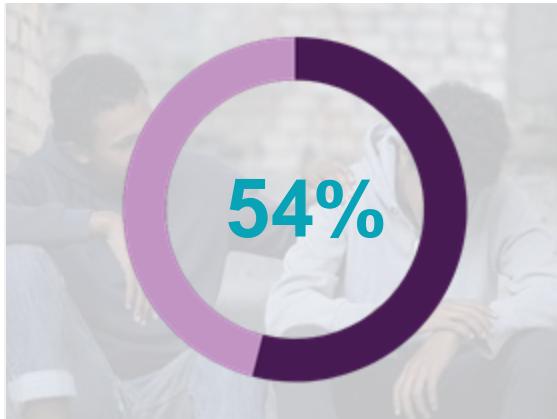




spend 2 or more hours every day on
their phones or devices.

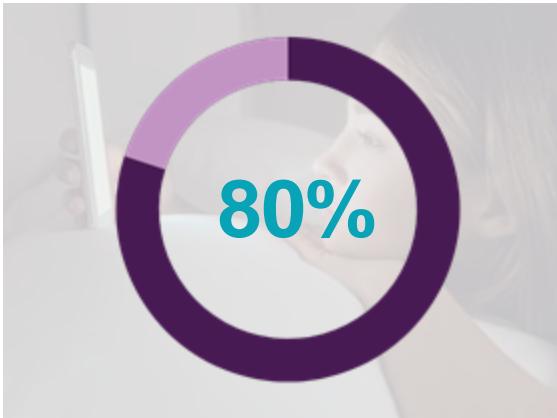


spend 2 or more hours every day on
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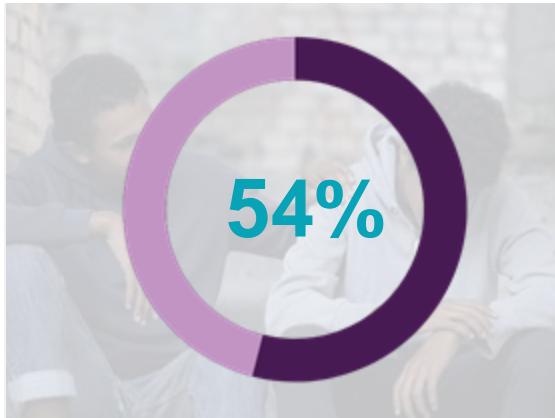


worry about suicide of one of their
peers.





spend 2 or more hours every day on their phones or devices.



worry about suicide of one of their peers.



use vape products that contain either nicotine or marijuana or both.

What is SHARP?

The Student Health and Risk Prevention (SHARP) survey has been given by the Utah Department of Health and Humans Services for the past 20 years.

No other survey provides the same data about the most important topics related to youth health.

Who takes the survey?

Students in grades 6 through 12 in Utah public schools. Sixth graders do not get the same survey as older students.

What does it ask?

It asks questions about physical, social, and mental health; substance use; social connections; basic demographics; risky or harmful behaviors—and what protects kids from these things.

SHARP is **confidential.**

Students need to feel safe. That's why the SHARP survey is confidential and anonymous. Nothing a student reports can be linked to them or your family. Family privacy is a priority.

SHARP is **voluntary.**

Parent consent is—and has always been—required. Only students who have parent permission are allowed to take the survey. Students also get to choose whether to take SHARP. They can choose to skip any questions they don't understand or don't want to answer. Students are not rewarded for taking the survey—or penalized if they don't.

SHARP is **not harmful.**

- Age sensitive.
- Given in a protected environment.
- Asking students about survey topics does not cause psychological or other harm, and does not lead to negative behavior.

SHARP is **easy to access.**

- Given in English or Spanish.
- No cost to schools.

SHARP is transparent.

- Parents and community members can see the survey questions before it's given.
- Data is available online.
- Results are reported at a state and local level.

SHARP is **valid.**

- Shows similar trends as other behavior surveys.
- Studies repeatedly show most students are truthful.
- Includes 5 validity checks and invalid data is removed.

SHARP is **free.**

Schools do **not** have the funding, time, or resources to create, validate, and interpret the data for a survey equivalent to SHARP. This means parents and communities may not have this information if schools opt out.
SHARP is free to all schools.

SHARP is much more than a simple survey.

The survey allows us to measure two critical factors:

- SHARP informs us about '**risk factors**', **which are the things that put kids at risk**. For example, media portrayals of substance abuse, are more likely to lead to adolescent substance abuse issues.
- SHARP also tells us about the '**protective factors**', **which are the things that protect kids from those risks**. For example, social bonding helps protect kids from substance abuse and depression.



Everyone in our community has a role to play in helping our kids stay healthy and happy.

The SHARP survey allows us to **stay informed**. It helps to know what challenges kids face and what parents, families, schools, and community leaders can do to help.

Working together and **intervening earlier** is how we can help prevent behaviors that get in the way of healthy youth development.



A group of diverse teenagers are walking together outdoors, smiling and laughing. They are dressed in casual clothing like t-shirts, jeans, and backpacks. The background is slightly blurred, focusing on the group in the foreground.

**SHARP data builds a foundation to
take action.**

Step 1: Topics and data

SHARP data represents a variety of student experiences.

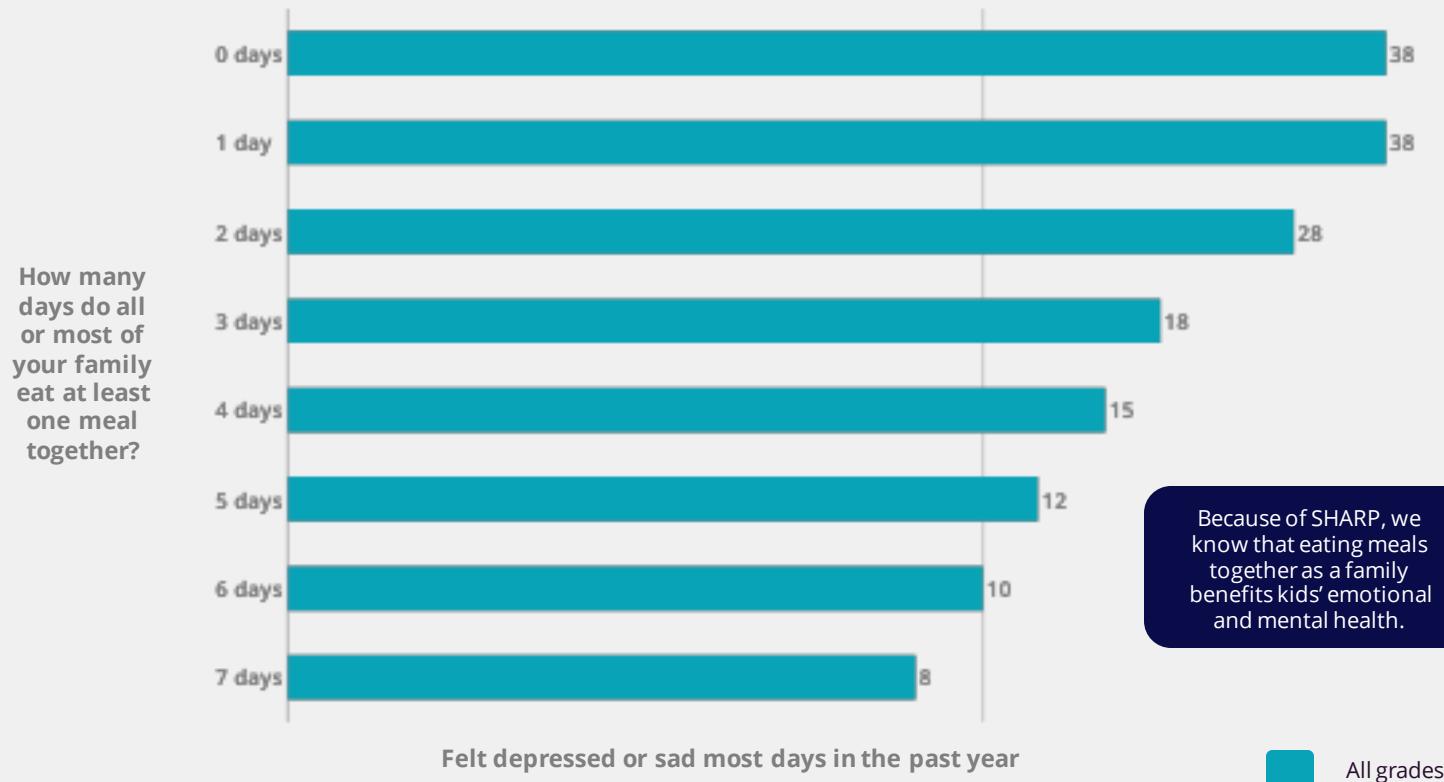
**The survey
takes a holistic
approach to
understanding
youth well-
being.**

- Underage drinking, tobacco and vaping, and drug use
- Emotional and mental health issues and treatment needs
- Suicide ideation and suicide prevention
- Bullying and cyberbullying
- Gang prevention
- Violence
- Highway safety (texting while driving, seatbelt use)
- Parental involvement
- Career and college readiness
- Health issues (exercise, diet, tanning, asthma, diabetes)
- Social media and screen time usage

Step 2: Insight

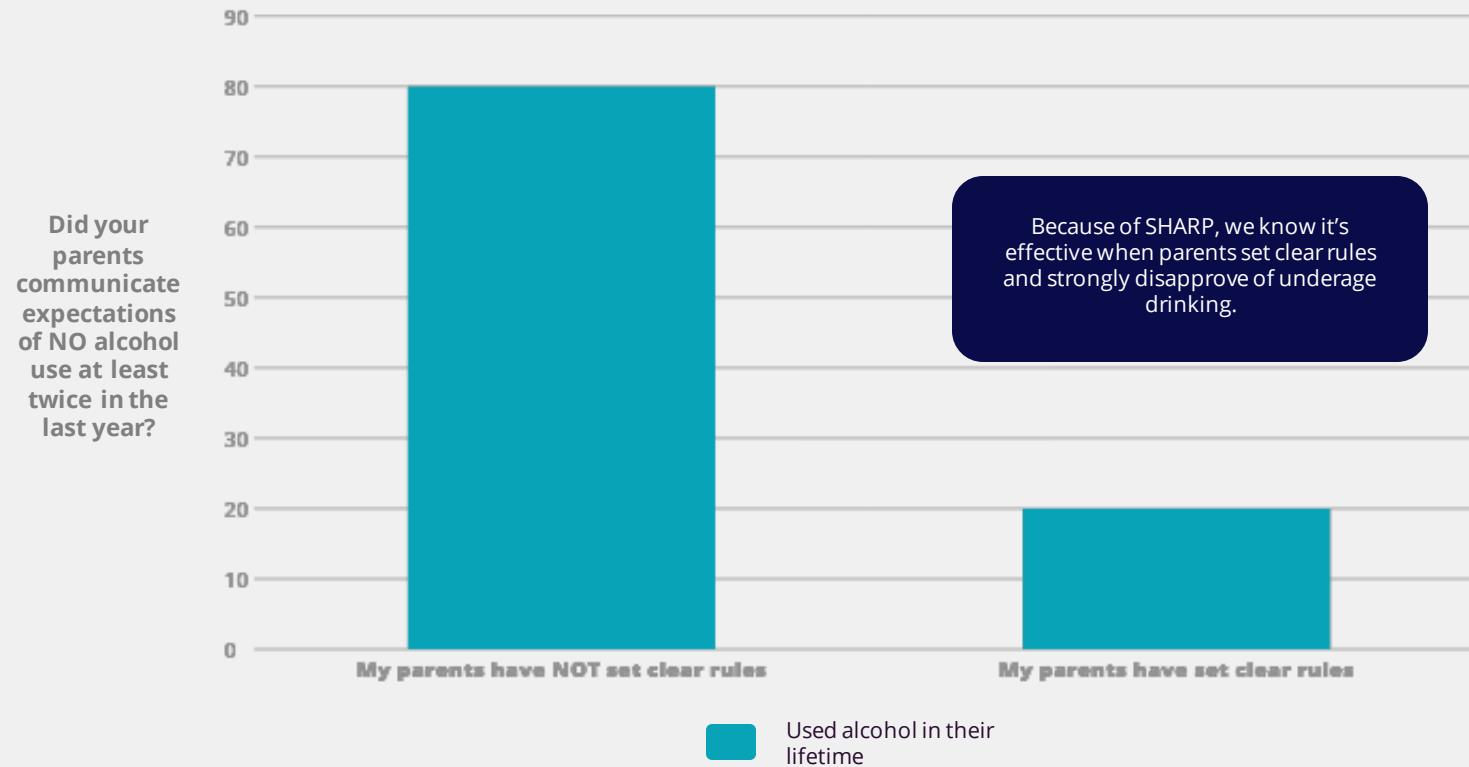
We know what helps protect teens by looking at data over time and across topics.

Kids who eat more meals together with their family have lower rates of depression



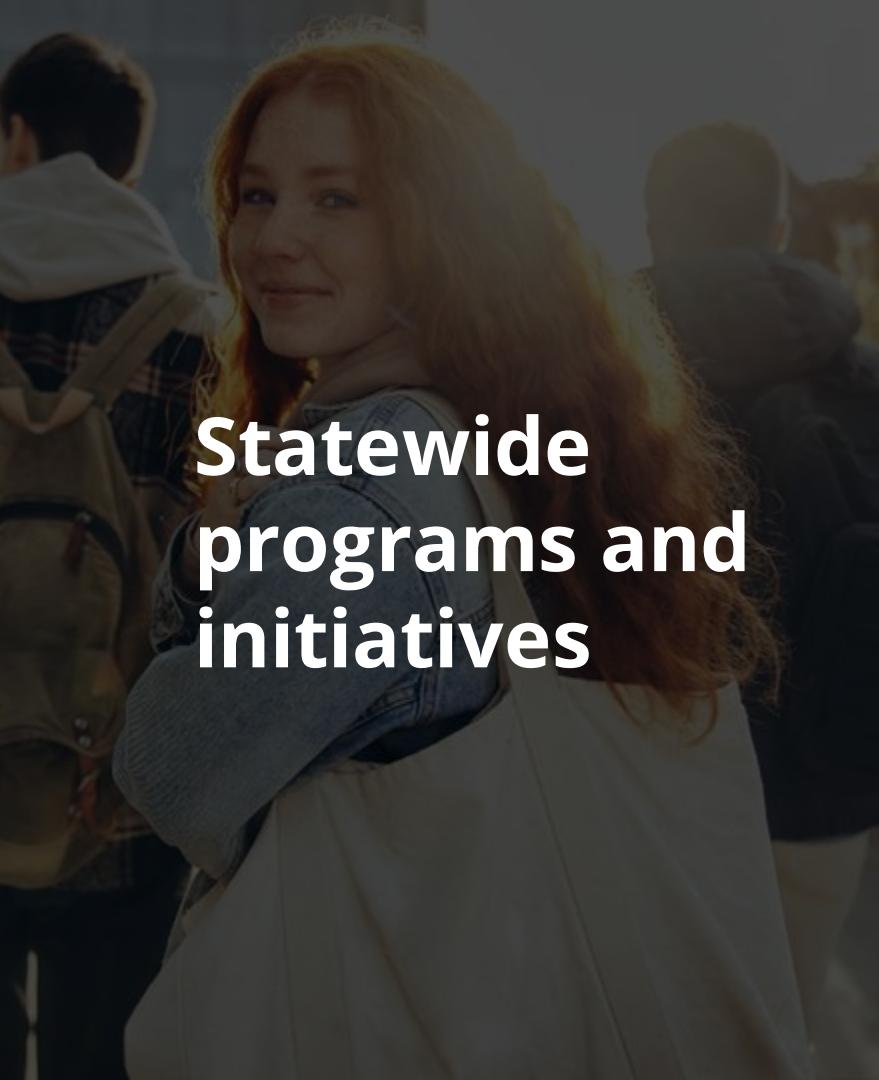
Because of SHARP, we know that eating meals together as a family benefits kids' emotional and mental health.

Setting clear rules prevents underage drinking



Step 3: Strategies and programs

SHARP insights turn into programs, services, and resources that help kids and families.



Statewide programs and initiatives



The SafeUT app

Connects teens and families to confidential crisis counselors.

See Through the Vape

Resources to talk to your kids about the dangers of vaping.

Parents Empowered

Resources to talk to your kids about the dangers of underage drinking.

Live On

Tools to help prevent suicide.

Social Harms

Tips to keep kids safe online and learn about the dangers of social media.



Local programs and initiatives

Put name of your program or initiative here

Share a story of how SHARP data or a program created because of SHARP insights (like Parents Empowered, See Through the Vape) has been used in your local area and how it improved outcomes.

Start at the beginning of the story—what was the problem SHARP identified? Then what happened? For example... Who came together to tackle this problem (it's especially important to point out if parents were involved)? How does this help kids? How much funding did SHARP bring to our community? How do you know it worked? What was the outcome? This slide shouldn't **just** be a data slide! You can use data or graphs, but people resonate more with stories. Use short paragraphs (no more than 2-3 sentences). Mimic the look and simplicity of the previous slides and use of data.

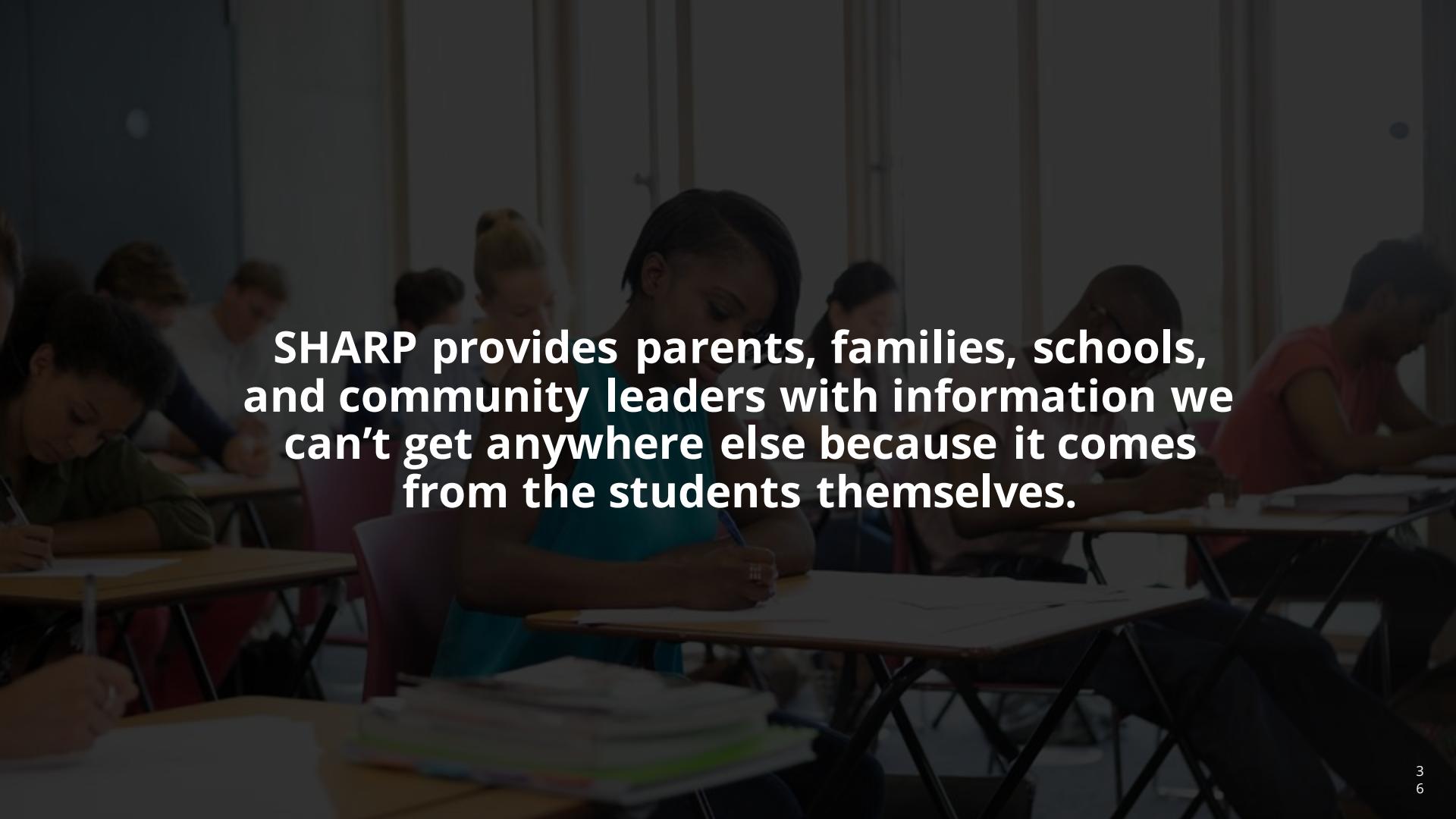
A photograph of a young girl with long, wavy red hair. She is smiling and looking towards the camera. She is wearing a light-colored hoodie over a denim jacket. In the background, there are other people, suggesting a public event or gathering.

Local programs and initiatives

Put name of your program or initiative here

Share a story of how SHARP data or a program created because of SHARP insights (like Parents Empowered, See Through the Vape) has been used in your local area and how it improved outcomes.

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A classroom scene with several students of diverse ethnicities and ages seated at wooden desks. They are all looking down at their papers, writing or reading. The room has vertical blinds covering the windows in the background.

**SHARP provides parents, families, schools,
and community leaders with information we
can't get anywhere else because it comes
from the students themselves.**

SHARP is used by many people and organizations

- Parents and families
- Schools, districts, and school boards
- Local health department
- Community prevention coalitions
- Local substance use and mental health programs
- County and city level government
- Utah State Board of Education
- Utah State Legislature
- Utah Department of Health and Human Services

Why are we all here?

To keep Utah kids safe, healthy and happy.

Thank you

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