

Life Skills Training: Post-Survey

**FILL IN PARTICIPANT INFORMATION ON THE NEXT PAGE
&
TEAR OFF THIS SHEET**

Student Name:	_____
Student Code:	_____
School Code:	_____
Date:	_____
Pre-Test Survey	_____
Post-Test Survey	_____
Follow-Up Survey	_____

Directions to Data Collectors: Prior to distributing this survey, please do the following:

1. Enter the Name of the participant in the box above.
2. Enter the Student Code # in the box above.
3. Enter the Date of the test in the box above.
4. Indicate whether this is a pre-test, post-test, or a follow-up survey with a check mark in the box above.
5. Enter the Location, Date, and Participant Code in the proper lines on the next page.
6. **Tear off this sheet and keep for record keeping prior to distributing the survey.**



Location: _____ Date: _____

Directions to Students: This survey is designed to give us information about your health knowledge, attitudes, and behaviors. Because a secret student code is used on each survey, no one will know how you answer these questions. Please answer all of the questions honestly.

Section B. Life Skills Training Focused Questions

Directions: Read each statement below and indicate whether you think each is True or False by filling in the appropriate circle.

	True	False
1. Most adults smoke cigarettes	<input type="radio"/>	<input type="radio"/>
2. Smoking a cigarette causes your heart to beat slower.	<input type="radio"/>	<input type="radio"/>
3. Few adults drink wine, beer, or liquor every day.	<input type="radio"/>	<input type="radio"/>
4. Most people my age smoke marijuana.	<input type="radio"/>	<input type="radio"/>
5. Smoking marijuana causes your heart to beat faster.	<input type="radio"/>	<input type="radio"/>
6. Most adults use cocaine or other hard drugs.	<input type="radio"/>	<input type="radio"/>
7. Cocaine and other hard drugs always make you feel good.	<input type="radio"/>	<input type="radio"/>
8. What we believe about ourselves affects the way we act or behave.	<input type="radio"/>	<input type="radio"/>
9. It is almost impossible to develop a more positive self-image.	<input type="radio"/>	<input type="radio"/>
10. It is important to measure how far you have come toward reaching your goal.	<input type="radio"/>	<input type="radio"/>
11. It's a good idea to make a decision and then think about the consequences later.	<input type="radio"/>	<input type="radio"/>
12. Smoking can affect the steadiness of your hands.	<input type="radio"/>	<input type="radio"/>
13. A stimulant is a chemical that calms down the body.	<input type="radio"/>	<input type="radio"/>
14. Smoking reduces a person's endurance for physical activity.	<input type="radio"/>	<input type="radio"/>
15. A serving of beer or wine contains less alcohol than a serving of "hard liquor" such as whiskey.	<input type="radio"/>	<input type="radio"/>
16. Alcohol is a depressant.	<input type="radio"/>	<input type="radio"/>

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	True	False
17. Marijuana smoking can improve your eyesight.	<input type="radio"/>	<input type="radio"/>
18. Some advertisers are deliberately deceptive.	<input type="radio"/>	<input type="radio"/>
19. Companies advertise only because they want you to have all the facts about their products.	<input type="radio"/>	<input type="radio"/>
20. It's a good idea to get all information about a product from its ads.	<input type="radio"/>	<input type="radio"/>
21. Most people do not experience anxiety.	<input type="radio"/>	<input type="radio"/>
22. There is very little you can do when you feel anxious.	<input type="radio"/>	<input type="radio"/>
23. Deep breathing is one way to lessen anxiety.	<input type="radio"/>	<input type="radio"/>
24. Mental rehearsal is a poor relaxation technique.	<input type="radio"/>	<input type="radio"/>
25. You can avoid misunderstandings by assuming the other person knows what you mean.	<input type="radio"/>	<input type="radio"/>
26. Effective communication is when both sender and receiver interpret a message in the same way.	<input type="radio"/>	<input type="radio"/>
27. Relaxation techniques are of no use when meeting people.	<input type="radio"/>	<input type="radio"/>
28. A compliment is more effective when it is said sincerely.	<input type="radio"/>	<input type="radio"/>
29. A nice way of ending a conversation is to tell the person you enjoyed talking with them.	<input type="radio"/>	<input type="radio"/>
30. Sense of humor is an example of a non-physical attribute.	<input type="radio"/>	<input type="radio"/>
31. It's better to be polite and lead someone on, even if you don't want to go out with them.	<input type="radio"/>	<input type="radio"/>
32. Almost all people who are assertive are either rude or hostile.	<input type="radio"/>	<input type="radio"/>

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Section C. Life Skills Training Focused Questions

Directions: Please fill in the circle to show how much you agree or disagree with each statement.

	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. Kids who drink alcohol are more grown-up.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Smoking cigarettes makes you look cool.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Kids who drink alcohol have more friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Kids who smoke have more friends.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Drinking alcohol makes you look cool.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Smoking cigarettes lets you have more fun.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Kids who smoke cigarettes are more grown-up.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Drinking alcohol lets you have more fun.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section D. Life Skills Training Focused Questions

Directions: Please fill in the circle to show how much you agree or disagree with each statement.

I would say NO if someone tried to get me to:	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
1. Smoke a cigarette.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Drink beer, wine, or liquor.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Smoke marijuana or hashish.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Use cocaine or other drugs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Use a prescription drug that was prescribed for someone else.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Vape or smoke and e-cigarette.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

I would:	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
7. Tell someone if they gave me less change (money) than I was supposed to get back after paying for something.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Say "no" to someone who asks to borrow money from me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Tell someone to go to the end of the line if they try to cut ahead of me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In order to cope with stress or anxiety, I would:	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
10. Relax all the muscles in my body, starting with my feet and legs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. Breathe in slowly while I count to four and hold my breath for a count of four and breathe out for a count of four.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

In general:	Strongly Disagree	Disagree	Neither Agree nor Disagree	Agree	Strongly Agree
12. If I find that something is really difficult, I get frustrated and quit.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I stick to what I'm doing until I'm finished with it.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Section E. Behavioral Questions

Please fill in the circle under the column heading to tell us how often (if ever) you generally do or have done the following things.

About how often, if ever, do you:	Never	A few times but NOT in the past year	A few times per year	Once per month	A few times per month	Once per week	A few times per week	Once per day	More than once per day
1. smoke cigarettes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. drink beer, wine, wine coolers, or hard liquor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. drink until you get drunk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. smoke marijuana (pot, grass) or hashish(hash)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. smoke marijuana or hashish until you get high or stoned	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. use any prescription drugs (e.g., pain relievers, tranquilizers, stimulants) that were not prescribed to you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Do you think you will use any of these within the next year?	Definitely not	Probably not	Maybe	Probably will	Definitely will
7. cigarettes	<input type="radio"/>				
8. beer, wine, wine coolers or hard liquor (excluding use during religious ceremonies)	<input type="radio"/>				
9. marijuana or hashish (pot, reefer, weed, blunts)	<input type="radio"/>				
10. cocaine or other hard drugs	<input type="radio"/>				
11. prescription drugs (e.g., pain relievers, tranquilizers, stimulants) that were not prescribed to you	<input type="radio"/>				

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Read the statements below and fill in the circle to indicate your response.

How many <u>people your age</u> do you think:	None or almost none (< 10%)	Some (11-25%)	Less than half (26-50%)	More than half (51-75%)	All or almost all (76-100%)
12. smoke cigarettes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. drink beer, wine, or liquor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. smoke marijuana (pot, reefer, weed, blunts)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. use cocaine or other hard drugs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. use any prescription drugs (e.g., pain relievers, tranquilizers, stimulants) that were not prescribed to them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How many <u>adults</u> do you think:	None or almost none (< 10%)	Some (11-25%)	Less than half (26-50%)	More than half (51-75%)	All or almost all (76-100%)
17. smoke cigarettes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. drink beer, wine, or liquor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. smoke marijuana (pot, reefer, weed, blunts)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. use cocaine or other hard drugs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. use any prescription drugs (e.g., pain relievers, tranquilizers, stimulants) that were not prescribed to them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Thank you for completing this survey!