

Tear-Off Sheet

Student Name: _____

Student Code #: _____

Note to Data Collector: Prior to distributing the LSTQ, complete the information above, and also write in the Student Code #, School Code #, and data collection point on bottom of next page; Tear off this sheet when questionnaire is handed out to the student.



Evidence-Based Prevention Programs for Schools, Families, and Communities

LifeSkills Training Questionnaire

Elementary School (LSTQ-ES)

This survey is designed to give us information about your health knowledge, attitudes and behaviors.

None of your answers will be seen by parents, teachers or anyone at your school.

Please answer all of the questions honestly.

Student Code #: _____
School Code #: _____
Date _____ / _____ / _____
Data Collection Point:
Pretest _____
Posttest _____
Follow-Up _____

Note to Data Collector: Prior to distributing the LSTQ, complete the Student Code #, School Code #, and Collection Point on sections above.

Section A

1. How many years old are you? (Circle One)

4 5 6 7 8 9 10 11 12 13 14

2. Are you: ① A Boy ② A Girl

3. Who do you live with most of the time? (Pick only one)

- ① Mother and father ④ Only father ⑦ Other relative
② Only mother ⑤ Stepmother and father ⑧ Guardian or foster parent
③ Mother and stepfather ⑥ Some with mother/some with father ⑨ Alone or with friends

4. Which of the following best describes you? (Pick All that Apply)

- ① White
② Black or African-American
③ Hispanic/Latino
④ Asian
⑤ American Indian/Alaska Native
⑥ Native Hawaiian or Other Pacific Islander
⑦ More than one race
⑧ Other: _____

5. What grade are you in?

- ① 3rd grade ② 4th grade ③ 5th grade ④ 6th grade

6. What grades do you generally get in school? (Pick only one)

- ① Mostly A's (90-100) ③ Mostly C's (70-79) ⑤ D's or lower (less than 60)
② Mostly B's (80-89) ④ Mostly D's (60-69)

7. About how many days were you absent from school last year? (Pick only one)

- ① None ② 1-2 days ③ 3-6 days ④ 7-15 days ⑤ 16 or more days

Section B

Directions: Circle the word for each statement to tell us if you think it is either true or false.

<i>Example: Cigarettes are made of tobacco.</i>	True ①	False ②
1. Cigarette smoking can cause your skin to wrinkle.	True ①	False ②
2. Cigarette smoking can cause your teeth to turn yellow or brown.	True ①	False ②
3. Cigarette smoking causes your heart to beat faster.	True ①	False ②
4. Smoking cigarettes can cause mouth cancer.	True ①	False ②
5. People who smoke cigarettes can usually stop anytime they want.	True ①	False ②
6. Most teenagers smoke cigarettes.	True ①	False ②
7. Most adults smoke cigarettes.	True ①	False ②
8. It's always best to make decisions quickly.	True ①	False ②
9. You should always let other people influence your decisions.	True ①	False ②
10. Advertisements are always true.	True ①	False ②
11. Stress can cause you to get sick.	True ①	False ②
12. When you feel stressed, there is nothing you can do to stop it.	True ①	False ②
13. Even if someone doesn't say anything, we can tell how they are feeling by the way they move their body.	True ①	False ②
14. A good way to refuse to do something is to be assertive.	True ①	False ②

15. Beginning your sentences with the word “I” is a good way to be assertive.	True ①	False ②
16. “Peer pressure” means that an adult tries to get you to do something you do not want to do.	True ①	False ②
17. There is nothing you can do about peer pressure except go along with it.	True ①	False ②
18. When we feel bad about ourselves, it affects how well we do in school, sports or other activities.	True ①	False ②

Section C

Directions: Circle the words to show if you agree or disagree with each of the statements below

	Disagree ①	Not Sure ②	Agree ③
1. Kids who smoke cigarettes have more fun than non-smokers.	Disagree ①	Not Sure ②	Agree ③
2. Kids who smoke cigarettes have more friends than non-smokers.	Disagree ①	Not Sure ②	Agree ③
3. Kids who smoke cigarettes look more grown-up than non-smokers.	Disagree ①	Not Sure ②	Agree ③
4 Kids who drink alcohol (beer, wine, or liquor) have more fun than non-drinkers.	Disagree ①	Not Sure ②	Agree ③
5. Kids who drink alcohol (beer, wine, or liquor) have more friends than non-drinkers.	Disagree ①	Not Sure ②	Agree ③
6. Kids who drink alcohol (beer, wine, or liquor) look more grown-up than non-drinkers.	Disagree ①	Not Sure ②	Agree ③
7. Since a lot of people smoke cigarettes, it can't be that bad for you.	Disagree ①	Not Sure ②	Agree ③
8. Since a lot of people drink alcohol, it can't be that bad for you.	Disagree ①	Not Sure ②	Agree ③

Section D

Directions: Circle the word for each statement to show how **often** you do the following things (Never, Sometimes, or Most of the Time).

<i>Example: When you have trouble with homework you ask an adult for help.</i>	Never ①	Sometimes ②	Most of the Time ③
1. When you need to make a decision, how often do you think about your choices and what will happen?	Never ①	Sometimes ②	Most of the Time ③
2. When you see or hear an ad on TV or the radio, how often do you remember that ads might not be telling the truth?	Never ①	Sometimes ②	Most of the Time ③
3. When you feel nervous or stressed out, how often do you take deep breaths to relax?	Never ①	Sometimes ②	Most of the Time ③
4. When you feel nervous or stressed out, how often do you imagine something in your head to relax?	Never ①	Sometimes ②	Most of the Time ③
5. When you want to communicate with someone better, how often do you try to say things that are clear and easy to understand?	Never ①	Sometimes ②	Most of the Time ③
6. How often do you ask questions when you don't understand something?	Never ①	Sometimes ②	Most of the Time ③

Directions: Circle the word for each statement to show how **likely** you would be to do the following things (Not Likely, Somewhat Likely, or Very Likely).

7. How likely would you be to tell someone to move if they cut ahead of you in line?	Not Likely ①	Somewhat Likely ②	Very Likely ③
8. How likely would you be to say hello to someone you don't know well?	Not Likely ①	Somewhat Likely ②	Very Likely ③

That's it! You're finished. Thanks for your help. 😊