

Tear-Off Sheet

Instructions to Students: Before filling out the Health Survey attached, separate this sheet from the survey so it can be collected and thrown out.

Student Name: _____



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

Health Survey

Middle School

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.

Student Code #: _____

School Code #: _____

Date _____/_____/_____

Pretest Survey

Posttest Survey

Follow-Up Survey

Note to Data Collector: Prior to distributing this survey, please enter the Student Code #, School Code #, and indicate whether this is a pretest, posttest, or follow-up survey with a check mark in the box above.

Section A

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

8 9 10 11 12 13 14 15 16 17 18

2. Are you: ① Male ② Female ③ _____

3. Who do you live with most of the time? (Pick Only One)

- ① One parent ③ Guardian, foster parent, or relative
② Two parents ④ Other: _____

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 6th grade ② 7th grade ③ 8th grade ④ 9th 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: 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.	①	②
2. Smoking a cigarette causes your heart to beat slower.	①	②
3. Few adults drink wine, beer, or liquor every day.	①	②
4. Most people my age smoke marijuana.	①	②
5. Smoking marijuana causes your heart to beat faster.	①	②
6. Most adults use cocaine or other hard drugs.	①	②
7. Cocaine and other hard drugs always make you feel good.	①	②
8. What we believe about ourselves affects the way we act or behave.	①	②
9. It is almost impossible to develop a more positive self-image.	①	②
10. It is important to measure how far you have come toward reaching your goal.	①	②
11. It's a good idea to make a decision and then think about the consequences later.	①	②
12. Smoking can affect the steadiness of your hands.	①	②
13. A stimulant is a chemical that calms down the body.	①	②
14. Smoking reduces a person's endurance for physical activity.	①	②
15. A serving of beer or wine contains less alcohol than a serving of "hard liquor" such as whiskey.	①	②
16. Alcohol is a depressant.	①	②
17. Marijuana smoking can improve your eyesight.	①	②
18. Some advertisers are deliberately deceptive.	①	②
19. Companies advertise only because they want you to have all the facts about their products.	①	②
20. It's a good idea to get all information about a product from its ads.	①	②

	True	False
21. Most people do not experience anxiety.	①	②
22. There is very little you can do when you feel anxious.	①	②
23. Deep breathing is one way to lessen anxiety.	①	②
24. Mental rehearsal is a poor relaxation technique.	①	②
25. You can avoid misunderstandings by assuming the other person knows what you mean.	①	②
26. Effective communication is when both sender and receiver interpret a message in the same way.	①	②
27. Relaxation techniques are of no use when meeting people.	①	②
28. A compliment is more effective when it is said sincerely.	①	②
29. A nice way of ending a conversation is to tell the person you enjoyed talking with him or her.	①	②
30. Sense of humor is an example of a non-physical attribute.	①	②
31. It's better to be polite and lead someone on, even if you don't want to go out with them.	①	②
32. Almost all people who are assertive are either rude or hostile.	①	②

Section C

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

	Strongly Agree	Agree	Neither Agree Nor Disagree	Disagree	Strongly Disagree
1. Kids who drink alcohol are more grown-up.	①	②	③	④	⑤
2. Smoking cigarettes makes you look cool.	①	②	③	④	⑤
3. Kids who drink alcohol have more friends.	①	②	③	④	⑤
4. Kids who smoke have more friends.	①	②	③	④	⑤
5. Drinking alcohol makes you look cool.	①	②	③	④	⑤
6. Smoking cigarettes lets you have more fun.	①	②	③	④	⑤
7. Kids who smoke cigarettes are more grown-up.	①	②	③	④	⑤
8. Drinking alcohol lets you have more fun.	①	②	③	④	⑤

Section D

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

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

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
I would:					
7. Tell someone if they gave me less change (money) than I was supposed to get back after paying for something.	①	②	③	④	⑤
8. Say “no” to someone who asks to borrow money from me.	①	②	③	④	⑤
9. Tell someone to go to the end of the line if they try to cut ahead of me.	①	②	③	④	⑤

	Strongly Agree	Agree	Neither Agree Nor Disagree	Disagree	Strongly Disagree
In order to cope with stress or anxiety, I would:					
10. Relax all the muscles in my body, starting with my feet and legs.	①	②	③	④	⑤
11. Breathe in slowly for a count of four, then hold my breath in for a count of four, and slowly exhale for a count of four	①	②	③	④	⑤

	Strongly Agree	Agree	Neither Agree Nor Disagree	Disagree	Strongly Disagree
In general:					
12. If I find that something is really difficult, I get frustrated and quit.	①	②	③	④	⑤
13. I stick to what I'm doing until I'm finished with it.	①	②	③	④	⑤

Thank you for completing this survey!