

Tear-Off Sheet

Student Name: _____

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



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

Health Survey

Transitions

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

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

Please answer all of the questions honestly.

Student Code #:	_____
School Code #:	_____
Date	____/____/____
Pretest	<input type="checkbox"/>
Posttest	<input type="checkbox"/>
Follow-Up	<input type="checkbox"/>

Note to Data Collector: Prior to distributing the Health Survey, complete 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 old are you? (Circle One)

13 14 15 16 17 18 19 20 21 22 23 24

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 9th grade ② 10th grade ③ 11th grade ④ 12th 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

8. Do you currently have a job? (Pick only one)

- ① I'm not currently employed
② Yes, I usually work less than 10 hours per week
③ Yes, I usually work from 10 to 20 hours per week
④ Yes, I usually work more than 20 hours per week

Section B

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

	True ①	False ②
1. Transitions can involve developing new roles, responsibilities, and relationships.	①	②
2. A long-term goal is achieved through a series of short-term goals.	①	②
3. Short-term goals are not meant to be meaningful, realistic, measurable, or manageable.	①	②
4. Effective communication involves the respectful exchange of thoughts, feelings, and beliefs.	①	②
5. Active listening is a way to demonstrate that you are paying attention during a conversation.	①	②
6. Informal communication is always appropriate to use with a boss or supervisor.	①	②
7. Resilience is the ability to respond to a challenge and adapt to changed circumstances.	①	②
8. A trigger is a situation, person, place, or thing that can cause you to feel stress.	①	②
9. It is impossible to cultivate resilience through the use of stress management techniques.	①	②
10. A risk can have beneficial and/or harmful consequences.	①	②
11. Decision-making involves prioritizing options.	①	②
12. A step-by-step decision-making method is only useful for complex decisions.	①	②
13. Budgeting is the act of managing one's financial resources to support priorities.	①	②
14. Prioritizing involves the consideration of values, goals, or needs.	①	②
15. A variable expense is a regular expense that rarely changes.	①	②
16. Collaborating involves people coordinating their skills, efforts, and knowledge to reach a common goal.	①	②
17. Healthy relationships include trust, honesty, and respect.	①	②
18. Negotiating is a process in which only one side benefits from the resolution of a disagreement.	①	②

Section C

Directions: Please fill in the circle to show how much you agree or disagree with each statement. Please select only one answer for each statement.

	Strongly Disagree	Disagree	Neither Agree Nor Disagree	Agree	Strongly Agree
	①	②	③	④	⑤
1. Peers my age who drink alcohol are more grown-up.	①	②	③	④	⑤
2. Smoking marijuana makes you look cool.	①	②	③	④	⑤
3. Smoking cigarettes makes you look cool.	①	②	③	④	⑤
4. Peers my age who smoke marijuana are more grown-up.	①	②	③	④	⑤
5. Peers my age who drink alcohol have more friends.	①	②	③	④	⑤
6. Peers my age who smoke have more friends.	①	②	③	④	⑤
7. Smoking marijuana lets you have more fun.	①	②	③	④	⑤
8. Drinking alcohol makes you look cool.	①	②	③	④	⑤
9. Peers my age who use cocaine or other drugs have more friends.	①	②	③	④	⑤
10. Peers my age who use cocaine or other drugs are more grown-up.	①	②	③	④	⑤
11. Smoking cigarettes lets you have more fun.	①	②	③	④	⑤
12. Peers my age who smoke cigarettes are more grown-up.	①	②	③	④	⑤
13. Using cocaine or other drugs lets you have more fun.	①	②	③	④	⑤
14. Using cocaine or other drugs makes you look cool.	①	②	③	④	⑤
15. Drinking alcohol lets you have more fun.	①	②	③	④	⑤
16. Peers my age who use marijuana have more friends.	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. Vape or smoke an e-cigarette.	①	②	③	④	⑤

	Strongly Agree	Agree	Neither Agree Nor Disagree	Disagree	Strongly Disagree
I would:					
6. 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
7. Say “no” to someone who asks to borrow money from me.	①	②	③	④	⑤
8. 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:					
9. Relax all the muscles in my body, starting with my feet and legs.	①	②	③	④	⑤
10. 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:					
11. If I find that something is really difficult, I get frustrated and quit.	①	②	③	④	⑤
12. I stick to what I'm doing until I'm finished with it.	①	②	③	④	⑤

Thank you for completing this survey!