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LifeSkills Training Middle School Post-Survey

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.

Please fill in the following.

Student ID #:

School:

Today's Date:

What grade are you in?

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Type a description for the new section here.

Directions: Read each statement below and indicate whether you think each is true or false.

Most adults smoke cigarettes.

True

False

Smoking a cigarette causes your heart to beat slower.

True

False

Few adults drink wine, beer, or liquor every day.

True

False

Most people my age smoke marijuana.

True

False

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Smoking marijuana causes your heart to beat faster.

True

False

Most adults use cocaine or other hard drugs.

True

False

Cocaine and other hard drugs always make you feel good.

True

False

What we believe about ourselves affects the way we act or behave.

True

False

It is almost impossible to develop a more positive self-image.

True

False

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It is important to measure how far you have come toward reaching your goal.

True

False

It's a good idea to make a decision and then think about the consequences later.

True

False

Smoking can affect the steadiness of your hands.

True

False

A stimulant is a chemical that calms down the body.

True

False

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Type a description for the new section here.

Directions: Read each statement below and indicate whether you think each is true or false.

Smoking reduces a person's endurance for physical activity.

True

False

A serving of beer or wine contains less alcohol than a serving of "hard liquor" such as whiskey.

True

False

Alcohol is a depressant.

True

False

Smoking marijuana can improve your eyesight.

True

False

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Some advertisers are deliberately deceptive.

True

False

Companies advertise only because they want you to have all the facts about their product.

True

False

It's a good idea to get all information about a product from its ads.

True

False

Most people do not experience anxiety.

True

False

There is very little you can do when you feel anxiety.

True

False

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Deep breathing is one way to lessen anxiety.

True

False

Mental rehearsal is a poor relaxation technique.

True

False

You can avoid misunderstandings by assuming the other person knows what you mean.

True

False

Effective communication is when both sender and receiver interpret a message in the same way.

True

False

Relaxation techniques are of no use when meeting people.

True

False

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A compliment is more effective when it is said sincerely.

- True
- False

A nice way of ending a conversation is to tell the person you enjoyed talking with him/her.

- True
- False

Sense of humor is an example of a non-physical attribute.

- True
- False

It's better to be polite and lead someone on, even if you don't want to go out with them.

- True
- False

Almost all people who are assertive are either rude or hostile.

- True
- False

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Type a description for the new section here.

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

Kids who drink alcohol are more grown-up.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

Smoking cigarettes makes you look cool.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

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Kids who drink more alcohol have more friends.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

Kids who smoke have more friends.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

Drinking alcohol makes you look cool.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

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Smoking cigarettes lets you have more fun.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

Kids who smoke cigarettes are more grown up.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

Drinking alcohol lets you have more fun.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

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Type a description for the new section here.

Directions: Please select the circle to show how you would handle the following situations.

How likely would you be to say "no" when someone tries to get you to smoke a cigarette?

- Definitely would say "no"
- Probably would say "no"
- Not sure
- Probably would not say "no"
- Definitely would not say "no"

How likely would you be to say "no" when someone tries to get you to drink beer, wine, or liquor?

- Definitely would say "no"
- Probably would say "no"
- Not sure
- Probably would not say "no"
- Definitely would not say "no"

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How likely would you be to say "no" when someone tries to get you to smoke marijuana or hashish?

- Definitely would say "no"
- Probably would say "no"
- Not sure
- Probably would not say "no"
- Definitely would not say "no"

How likely would you be to say "no" when someone tries to get you to use cocaine or other drugs?

- Definitely would say "no"
- Probably would say "no"
- Not sure
- Probably would not say "no"
- Definitely would not say "no"

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How likely would you be to say "no" when someone tries to get you to sniff glue, paint, gas, or other things to get high?

- Definitely would say "no"
- Probably would say "no"
- Not sure
- Probably would not say "no"
- Definitely would not say "no"

How likely would you be to tell someone if they give you less change (money) than you're supposed to get back after you pay for something?

- Definitely would
- Probably would
- Not sure
- Probably would not
- Definitely would not

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How likely would you be to say "no" to someone who asks to borrow money from you?

- Definitely would say "no"
- Probably would say "no"
- Not sure
- Probably would not say "no"
- Definitely would not say "no"

How likely would you be to tell someone to go to the end of the line if they try to cut in line ahead of you?

- Definitely would
- Probably would
- Not sure
- Probably would not
- Definitely would not

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When you feel anxious, would you relax all the muscles in your body starting with your feet and legs?

- Definitely would
- Probably would
- Not sure
- Probably would not
- Definitely would not

When you feel anxious, would you breathe in slowly while you count to four and hold your breath for four and breathe out for a count of four?

- Definitely would
- Probably would
- Not sure
- Probably would not
- Definitely would not

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Type a description for the new section here.

Directions: Choose the answer that shows how much you agree or disagree with the following statements.

In general, if you find that something is really difficult you get frustrated.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

In general, you stick to what you're doing until you're finished with it.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

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Type a description for the new section here.

Directions: Choose the answer that shows what you think about the following statements.

How much do you think people risk hurting themselves if they try one or more drinks with alcohol once (beer, wine, or liquor)?

- No risk
- Slight risk
- Moderate risk
- Great risk
- Not sure

How much do you think people risk hurting themselves if they drink one or two drinks with alcohol every day?

- No risk
- Slight risk
- Moderate risk
- Great risk
- Not sure

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How much do you think people risk hurting themselves if they drink four or five drinks with alcohol every day?

- No risk
- Slight risk
- Moderate risk
- Great risk
- Not sure

How much do you think people risk hurting themselves if they drink five or more drinks with alcohol each weekend?

- No risk
- Slight risk
- Moderate risk
- Great risk
- Not sure

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Type a description for the new section here.

Directions: Read each statement below and indicate whether you think each is true or false.

Large amounts of alcohol can cause you to pass out temporarily.

True

False

Alcohol can cause fights, arguments, and other forms of violence.

True

False

Drinking beer or wine is OK because there is less alcohol in them.

True

False

Drinking alcohol helps people sleep better.

True

False

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Type a description for the new section here.

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

Drinking alcohol helps people to cope with their problems.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

Small amounts of alcohol can cause people to make poor decisions.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

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Drinking to the point of intoxication is dangerous.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

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The instructor(s) who taught the program were prepared.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

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The instructor(s) who taught the program were knowledgeable about the program.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

The instructor(s) who taught the program did a good job teaching.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

I believe the program has helped me.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

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The LifeSkills program was interesting.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

I liked the LifeSkills program.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

The lessons provided in the LifeSkills program will help me in the future.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

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Overall, I am satisfied with the LifeSkills program.

- Strongly agree
- Agree
- Neither agree or disagree
- Disagree
- Strongly disagree

What did you like most about the program?

What did you not like about the program?

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Submit

Thank you for completing this survey!



Let your teacher know what animal you see after completing the survey.