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## High School LifeSkills Training 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 information:

Student ID #:

School:

Today's Date:

What grade are you in?

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Type a description for the new section here.

Read each statement below and indicate whether you think each is True or False.

Setting a health goal is a good way to try to improve your health.

True

False

Paying attention to your health is not important when you are at my age.

True

False

My health is not impacted by my day to day decisions.

True

False

Having a positive attitude can help you make decisions more effectively.

True

False

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Your risk-taking is impacted by your drug or alcohol use.

True

False

Once you've done something risky and nothing bad happens, it is less risky next time you do it.

True

False

A person's culture is shaped by the media.

True

False

There is nothing I can do to know if media messages are accurate.

True

False

Stress and anger do not really impact other emotions.

True

False

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People handle an emotional trigger the same way.

True

False

Effective communication is being able to say everything on your mind.

True

False

There is a difference between misunderstandings and disagreements.

True

False

Your health is not really affected by your relationships with others.

True

False

Asserting yourself means standing up for yourself, while simultaneously respecting the rights of others.

True

False

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Type a description for the new section here.

Please select the circle to show how much you agree or disagree with each statement.

Peers my age who drink alcohol are more grown-up.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Smoking marijuana makes you look cool.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

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Smoking cigarettes makes you look cool.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Peers my age who smoke marijuana are more grown-up.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Peers my age who drink alcohol have more friends.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

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Peers my age who smoke have more friends.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Smoking marijuana lets you have more fun.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Drinking alcohol makes you look cool.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

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Peers my age who use cocaine or other drugs have more friends.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Peers my age who use cocaine or other drugs are more grown-up.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Smoking cigarettes lets you have more fun.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

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Peers my age who smoke cigarettes are more grown-up.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Using cocaine or other drugs lets you have some fun.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Using cocaine or other drugs makes you look cool.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

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Drinking alcohol lets you have more fun.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Peers my age who use marijuana have more friends.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

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Type a description for the new section here.

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

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How likely would you be to say "no" when someone offers you a cigarette?

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

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

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

How likely would you be to say "no" when someone offers you marijuana or hashish?

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

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

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

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

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

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Type a description for the new section here.

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

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

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

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

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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

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

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When you feel anxious, would you breathe in slowly while you count to four, 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

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

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

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

- Strongly agree
- Agree
- Neither agree nor 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

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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

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

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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

How much do you think people risk hurting themselves if they smoke one or more packs of cigarettes per 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 use electronic cigarettes (vape) every day?

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

How much do you think people risk hurting themselves if they smoke marijuana once or twice a week?

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

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Type a description for the new section here.

Indicate whether you agree or disagree with the statements below.

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

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

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

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

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

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

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I believe the program has helped me.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

The LifeSkills program was interesting.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

I liked the LifeSkills program.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

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

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

Overall, I am satisfied with the LifeSkills program.

- Strongly agree
- Agree
- Neither agree nor disagree
- Disagree
- Strongly disagree

What did you like most about the program?

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What did you not like about the program?

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Thank you for completing this survey!



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