



Intermediate Level Training Survey

Your participation in this survey is voluntary. It will take about 15-20 minutes. *Part I* will ask for some demographic information about you (e.g., age, gender, etc.). *Part II* will be the survey questions regarding your *Health Rocks!* experience. *Part III* will give you the opportunity to share any additional information regarding your *Health Rocks!* experience. Your answers will be kept confidential.

I. Place a check (✓) next to the answer that describes you.

1. Gender: _____ Female _____ Male

2. Age: _____

3. Grade:

- _____ 4th
- _____ 5th
- _____ 6th
- _____ 7th
- _____ 8th
- _____ 9th
- _____ 10th

4. Race:

- _____ Caucasian
- _____ African American/Black
- _____ Native American
- _____ Asian
- _____ Multi-Racial
- _____ Unknown

5. Ethnicity:

- _____ Hispanic/Latino
- _____ Not Hispanic/Latino

6. Size of your town/city (your best guess if you are not sure):

- _____ Urban (population over 50,000)
- _____ Suburban (population 10,000 – 50,000)
- _____ Rural (population less than 10,000)

7. Where did you participate in the *Health Rocks!* training?

State _____ Site (your county or city/town's name) _____

8. How many hours of *Health Rocks!* training have you completed?

- _____ 7 hours or fewer
- _____ 8 – 10 hours
- _____ 11 – 12 hours
- _____ 13 – 14 hours
- _____ 15 – 16 hours
- _____ 17 hours or more

9. How many activities have you completed? _____ number of activities

II. *The following survey is on a 4-point scale. Read each statement and circle the number that best represents your knowledge or experience:*

- 1) **Now** - at the present time after having completed *Health Rocks!* training.
- 2) **Before** - before your participation in *Health Rocks!* training.

strongly disagree **disagree** **agree** **strongly agree**
 1 2 3 4

| <i>I know that</i> | After the training | | | | Before the training | | | |
|---|---------------------------|---|---|---|----------------------------|---|---|---|
| 1. Marijuana is the most widely used illegal drug among youth. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 2. Most youth my age do not use drugs. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 3. Some prescription drugs can lead to addiction. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 4. Using drugs can have negative consequences on physical health. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 5. Once you get hooked on drugs, it is not easy to stop. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 6. Using drugs can ruin my relationship with my family or friends. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 7. Some drugs can cause people to see or hear things that don't exist. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 8. People can have memory loss when abusing alcohol | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 9. People who smoke can die from lung cancer. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 10. My values and beliefs can influence my decision on whether to use cigarettes, alcohol, and other drugs. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |

| | strongly disagree 1 | disagree 2 | agree 3 | strongly agree 4 | | | | |
|---|-------------------------------|----------------------|-------------------|----------------------------|----------------------------|---|---|---|
| <i>I believe that</i> | After the training | | | | Before the training | | | |
| 1. It is not worth taking the risk to try cigarettes, alcohol, and other drugs. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 2. Managing stress in a positive way is important. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 3. I have long-term goals. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 4. It is important for me to help a friend stop using drugs. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 5. It is not easy for me to say “no” to a friend who offers me a cigarette, drink, or drug. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 6. Stress can make me work harder. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 7. Using drugs just once is not a big deal. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 8. People are influenced by TV even without knowing it. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 9. My cultural background has a huge influence on me. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 10. Having a healthy life is important to me. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |

| | strongly disagree 1 | disagree 2 | agree 3 | strongly agree 4 | | | | |
|--|-------------------------------|----------------------|-------------------|----------------------------|----------------------------|---|---|---|
| <i>I am confident that</i> | After the training | | | | Before the training | | | |
| 1. I can tell when I am stressed by recognizing the signs. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 2. I can make positive decisions. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 3. I am able to talk about drugs with friends who are using them. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 4. I am able to choose healthy behaviors to deal with stress. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 5. Taking drugs is not my option to deal with stress. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 6. I gather as much information as I can before I make decisions. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 7. When I feel stressed I am able to talk about it with people I trust. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 8. I will never be hooked on drugs. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 9. I am able to say “no” if others offer me drugs. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 10. I am able to tell when TV and other kinds of ads influence my decisions. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |

strongly disagree
1

disagree
2

agree
3

strongly agree
4

| <i>In general.</i> | After the training | | | | Before the training | | | |
|---|---------------------------|---|---|---|----------------------------|---|---|---|
| 1. It is important for me to help others in the community. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 2. I don't have to drink or smoke even if many other teens do it. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 3. How I feel can influence what I do. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 4. It is important for me to stand up for what I believe. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 5. When solving problems, it is important to look for all the options. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 6. Before making a decision, I need to think about what effects my choice will have on my future. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 7. I can achieve most of the goals I have for myself. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 8. I feel good about myself. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 9. I can go to an adult I trust for help when I don't know what to do. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |
| 10. I would help other kids like me to resist alcohol or other drugs. | 1 | 2 | 3 | 4 | 1 | 2 | 3 | 4 |

III. *Please share additional comments and thoughts regarding your Health Rocks! experience, and your successful stories in the space provided.*