

SMART Moves: Healthy Relationships Evaluation Resources

Evaluation Resources

The evaluation resources that follow are tools your Club or Youth Center can use to measure the impact of this targeted program on skills and assets that have been shown to lead to a reduction in risk-taking behavior. These evaluation tools are intended to be used only with youth in Grades 3 and up.

The evaluation resources include a guide to understanding your data and a selection of surveys that you can choose from, depending on what works best for your Club or Youth Center. There are separate evaluation resources to use for two different ranges: Grades 3-5 and Grades 6-8.

- **A Guide to Understanding Your Data:** Overview of what knowledge, attitudes, and skills are being measured by the surveys and how to interpret your results
- **Cover Page:** Instructions to review with members before administering evaluation
- **Pre-/Post-Evaluation Survey:** For use right before and right after SMART Moves: Healthy Relationships module
- **Follow-Up Survey:** For use at any specified time period after SMART Moves: Healthy Relationships module
- **Retrospective (Reflection) Survey:** For use right after SMART Moves: Healthy Relationships module instead of the pre-/post surveys

Grades 3-5 Evaluation Resources		
Type of Evaluation	Overview	Instructions for Use
SMART Moves: Healthy Relationships Module Pre-Evaluation Survey	Assesses knowledge, attitudes and skills before the program.	Give to members before implementing the program.
SMART Moves: Healthy Relationships Module Post-Evaluation Survey	Assesses changes in knowledge, attitudes and skills right after completing the program.	Give to members right after finishing the program.
SMART Moves: Healthy Relationships Module Follow-Up Survey	Assesses changes in knowledge, attitudes and skills over a period of time after completing the program to see the impact of the program on members over time.	Give to members during a specified period of time (e.g., 3, 6, 12 months) after finishing the program. Survey can be used at different follow-up time points.
SMART Moves: Healthy Relationships Module Retrospective (Reflection) Survey	Assesses knowledge, attitudes, and skills before and right after the program in one survey to reduce the number of surveys taken. Use this instead of the pre-/post-evaluation.	Give to members right after finishing the program to capture how they felt before and after the program.

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Description of Evaluation Measures

The surveys included in the suite of evaluation resources will help you measure the impact of the SMART Moves: Healthy Relationships Module on the youth in your Club or Youth Center. The survey tools measure attitudes and skills that can lead to the intended outcomes. Using these evaluation tools will enable you to track the progress of youth toward the adoption of healthy behaviors, effective communication and decision-making skills. Below is a description of each of the attitudes and skills the evaluation tools measure.

Healthy Decision-Making Attitudes and Skills (Attitudes and skills related to health behaviors)		
Healthy Decision-Making Attitudes and Skills	Definition	Survey Items
Positive Health Beliefs	Belief in importance of avoiding risky health behaviors	How much do you agree or disagree with the following? <ul style="list-style-type: none"> It is important for me to have healthy relationships.
Resistance Skills	Resisting negative peer pressure and unhealthy situations	How much do you agree or disagree with the following? <ul style="list-style-type: none"> I feel confident that I can say no to a behavior that I think is unhealthy. I feel confident that I can say no when pressured by a peer to participate in a behavior I think is unhealthy.

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Social-Emotional Skills (Ability to foster relationships, communicate, regulate emotions and make decisions)		
Social-Emotional Skills	Definition	Survey Items
Respect for Others	How you feel about others and treat them	How much do you agree or disagree with the following? <ul style="list-style-type: none"> • I treat others the way they want to be treated. • Respect is important in a healthy relationship.
Identifying Emotions	Expressing feelings	For each of the following statements, please tell us how easy or difficult these behaviors are for you. <ul style="list-style-type: none"> • Knowing the emotions I feel. • Understanding how my feelings influence how I act.
Self-Efficacy	Perceived capability to do a specific task	For each of the following statements, choose the answer that best describes you. <ul style="list-style-type: none"> • I feel confident that I can identify my boundaries. • I feel confident that I can communicate my boundaries to others. • I feel confident that I can ask for consent and respect the boundaries of others. • I feel confident that I can give my consent to others so they can respect my boundaries.
Evaluating	Process used to make informed decisions and identify appropriate options	For each of the following statements, please tell us how easy or difficult these behaviors are for you? <ul style="list-style-type: none"> • Thinking about what might happen before responding during a disagreement. • Taking the time to List, Compare, Choose my options and consequences when making decisions about how to respond during a disagreement.
Communication	Sharing information both verbally and nonverbally and listening to others	How much do you agree or disagree with the following? <ul style="list-style-type: none"> • I can tell others what I am thinking or feeling.

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Interpreting Your Data

These evaluation resources use three different scales to measure young peoples’ attitudes and skills before and after completing SMART Moves: Healthy Relationships. The table below provides an overview of the scales and how to interpret them when analyzing your data.

Scale	Data Interpretation
<p>For each of the following statements, choose the answer that best describes you.</p> <ul style="list-style-type: none"> • Not True at All • Not Very True • Sort of True • Very True 	<p>These items generally track the belief in oneself to do something and perceived confidence and ability. “Very True” represents the highest score and belief in oneself while “Not True at All” represents the lowest score and belief in oneself. Growth in youth attitudes and skills are demonstrated by increases in the amount of youth who selected “Not True at All” or “Not Very True” to “Sort of True” and “Very True.”</p>
<p>How much do you agree or disagree with the following?</p> <ul style="list-style-type: none"> • Strongly Disagree • Disagree • Agree • Strongly Agree 	<p>These items generally track confidence in communication, decision-making and making decisions based on future goals. “Strongly Agree” represents the highest score and abilities while “Strongly Disagree” represents the lowest score and abilities to engage in these skills. Growth in youth attitudes and skills are demonstrated by increases in the amount of youth who selected “Strongly Disagree” or “Disagree” to “Agree” and “Strongly Agree.”</p>
<p>For each of the following statements, please tell us how easy or difficult these behaviors are for you.</p> <ul style="list-style-type: none"> • Very Difficult • Difficult • Easy • Very Easy 	<p>These items generally track the degree to which it is difficult or easy to engage in problem-solving behaviors and regulating feelings. “Very Easy” represents the highest score and ability to engage in these skills while “Very Difficult” represents the lowest score and ability to engage in these skills. Growth in youth attitudes and skills are demonstrated by increases in the amount of youth who selected “Very Difficult” or “Difficult” to “Easy” and “Very Easy.”</p>

Use the evaluation tools to measure the impact of SMART Moves: Healthy Relationships on the youth in your Club or Youth Center. By administering the follow-up survey, Clubs can track members’ growth in the selected attitudes and skills over time, providing insight into longer-term impact and outcomes.