

SMART Moves: Healthy Relationships Reflection Survey – For Members in Grades 6-8

Thank you very much for taking this survey today!

Your opinion is important to us and we appreciate your time.

This survey is designed to find out about you, your opinions and your experiences. Your answers will help make the Boys & Girls Clubs and Youth Centers more interesting and enjoyable for you and others like you, so please answer honestly.

You can answer honestly because your survey won't have your name on it, and nobody seeing the survey will know your name. This means your answers will never be shared with your parents, friends, or anyone in your Club or Youth Center. Your answers will be kept confidential and used to better understand Boys & Girls Clubs, Youth Centers and their members.

Instructions:

1. This is not a test. There are no right or wrong answers.
2. If you don't find the answer that fits exactly, use the answer that comes closest.
3. If you need help with a question, raise your hand and quietly ask the staff member helping you today so that you don't disturb others around you.
4. If any question makes you feel uncomfortable, you don't have to answer it. Just skip it and go to the next question.
5. Your participation is voluntary and will not affect your membership in the Club.

Remember, there are no right or wrong answers – only your opinion and your experiences.

Thanks again for your time.

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How much do you agree or disagree with the following?									
<i>How you felt at the BEGINNING of the program</i>				<i>Please mark an X for how you felt at the BEGINNING and how you feel RIGHT NOW</i>				<i>How you feel RIGHT NOW</i>	
Strongly Disagree	Disagree	Agree	Strongly Agree	It is important for me to have healthy relationships.	Strongly Disagree	Disagree	Agree	Strongly Agree	
Strongly Disagree	Disagree	Agree	Strongly Agree	I can tell others what I am thinking or feeling.	Strongly Disagree	Disagree	Agree	Strongly Agree	
Strongly Disagree	Disagree	Agree	Strongly Agree	Respect is important in a healthy relationship.	Strongly Disagree	Disagree	Agree	Strongly Agree	
Strongly Disagree	Disagree	Agree	Strongly Agree	I treat others the way they want to be treated.	Strongly Disagree	Disagree	Agree	Strongly Agree	
Strongly Disagree	Disagree	Agree	Strongly Agree	I feel confident that I can say no to a behavior that I think is unhealthy.	Strongly Disagree	Disagree	Agree	Strongly Agree	
Strongly Disagree	Disagree	Agree	Strongly Agree	I feel confident that I can say no when pressured by a peer to participate in a behavior I think is unhealthy.	Strongly Disagree	Disagree	Agree	Strongly Agree	
For each of the following statements, please tell us how easy or difficult these behaviors are for you.									
Very Difficult	Difficult	Easy	Very Easy	Knowing the emotions I feel.	Very Difficult	Difficult	Easy	Very Easy	
Very Difficult	Difficult	Easy	Very Easy	Understanding how my feelings influence how I act.	Very Difficult	Difficult	Easy	Very Easy	
Very Difficult	Difficult	Easy	Very Easy	Thinking about what might happen before responding during a disagreement.	Very Difficult	Difficult	Easy	Very Easy	
Very Difficult	Difficult	Easy	Very Easy	Taking the time to List, Compare, Choose my options and consequences when making decisions about how to respond during a disagreement.	Very Difficult	Difficult	Easy	Very Easy	
Very Difficult	Difficult	Easy	Very Easy	I understand how the relationships I see in the media can influence what I think a healthy or unhealthy relationship looks like.	Very Difficult	Difficult	Easy	Very Easy	
For each of the following statements, choose the answer that best describes you.									
Not True at All	Not Very True	Sort of True	Very True	I feel confident that I can identify my boundaries.	Not True at All	Not Very True	Sort of True	Very True	
Not True at All	Not Very True	Sort of True	Very True	I feel confident that I can communicate my boundaries to others.	Not True at All	Not Very True	Sort of True	Very True	
Not True at All	Not Very True	Sort of True	Very True	I feel confident that I can ask for consent and respect the boundaries of others.	Not True at All	Not Very True	Sort of True	Very True	
Not True at All	Not Very True	Sort of True	Very True	I feel confident that I can give my consent to others so they can respect my boundaries.	Not True at All	Not Very True	Sort of True	Very True	