

# Guide to Understanding and Interpreting Your Data

## Overview of SMART Moves: Substance Use Module

SMART Moves is a health promotion program, focused on building the key attitudes and skills necessary for youth to make decisions about their health. SMART Moves consists of a suite of program resources that work together to teach skill building in healthy decision-making. Each program resource reflects contemporary youth development best practices while creating flexible modules that allow Clubs to customize learning to the interests and issues of their youth and communities. These program resources include: SMART Moves: Emotional Wellness, SMART Moves: Core and the SMART Moves Modules.

The goal of the Substance Use module is to influence attitudes and teach essential skills to enable youth to make healthy decisions about substance use. As a result of this module, youth will be able to:

- Describe the health risks associated with substance misuse
- Describe the ways in which substance misuse can impact goals
- Describe how media and peers influence a young person's views on substance use
- Apply decision-making and refusal skills to substance misuse

## Description of Evaluation Measures

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