

## Tear-Off Sheet

**Instructions to Students:** Before filling out the Health Survey attached, separate this sheet from the survey so it can be collected and thrown out.

Student Name: \_\_\_\_\_



## Health Survey

### Middle School

This survey is designed to give us information about your health knowledge, attitudes, and behaviors.

Because a secret student code is used on each survey, no one will know how you answer these questions.

Please answer all of the questions honestly.

Student Code #: \_\_\_\_\_

School Code #: \_\_\_\_\_

Date \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

Pretest Survey

Posttest Survey

Follow-Up Survey

**Note to Data Collector:** Prior to distributing this survey, please enter the Student Code #, School Code #, and indicate whether this is a pretest, posttest, or follow-up survey with a check mark in the box above.



## Section B

**Directions:** Read each statement below and indicate whether you think each is True or False by filling in the appropriate circle.

	True	False
1. Most adults smoke cigarettes.	①	②
2. Smoking a cigarette causes your heart to beat slower.	①	②
3. Few adults drink wine, beer, or liquor every day.	①	②
4. Most people my age smoke marijuana.	①	②
5. Smoking marijuana causes your heart to beat faster.	①	②
6. Most adults use cocaine or other hard drugs.	①	②
7. Cocaine and other hard drugs always make you feel good.	①	②
8. What we believe about ourselves affects the way we act or behave.	①	②
9. It is almost impossible to develop a more positive self-image.	①	②
10. It is important to measure how far you have come toward reaching your goal.	①	②
11. It's a good idea to make a decision and then think about the consequences later.	①	②
12. Smoking can affect the steadiness of your hands.	①	②
13. A stimulant is a chemical that calms down the body.	①	②
14. Smoking reduces a person's endurance for physical activity.	①	②
15. A serving of beer or wine contains less alcohol than a serving of "hard liquor" such as whiskey.	①	②
16. Alcohol is a depressant.	①	②
17. Marijuana smoking can improve your eyesight.	①	②
18. Some advertisers are deliberately deceptive.	①	②
19. Companies advertise only because they want you to have all the facts about their products.	①	②
20. It's a good idea to get all information about a product from its ads.	①	②

	<b>True</b>	<b>False</b>
21. Most people do not experience anxiety.	①	②
22. There is very little you can do when you feel anxious.	①	②
23. Deep breathing is one way to lessen anxiety.	①	②
24. Mental rehearsal is a poor relaxation technique.	①	②
25. You can avoid misunderstandings by assuming the other person knows what you mean.	①	②
26. Effective communication is when both sender and receiver interpret a message in the same way.	①	②
27. Relaxation techniques are of no use when meeting people.	①	②
28. A compliment is more effective when it is said sincerely.	①	②
29. A nice way of ending a conversation is to tell the person you enjoyed talking with him or her.	①	②
30. Sense of humor is an example of a non-physical attribute.	①	②
31. It's better to be polite and lead someone on, even if you don't want to go out with them.	①	②
32. Almost all people who are assertive are either rude or hostile.	①	②

## Section C

**Directions:** Please fill in the circle to show how much you agree or disagree with each statement.

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neither Agree Nor Disagree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
1. Kids who drink alcohol are more grown-up.	①	②	③	④	⑤
2. Smoking cigarettes makes you look cool.	①	②	③	④	⑤
3. Kids who drink alcohol have more friends.	①	②	③	④	⑤
4. Kids who smoke have more friends.	①	②	③	④	⑤
5. Drinking alcohol makes you look cool.	①	②	③	④	⑤
6. Smoking cigarettes lets you have more fun.	①	②	③	④	⑤
7. Kids who smoke cigarettes are more grown-up.	①	②	③	④	⑤
8. Drinking alcohol lets you have more fun.	①	②	③	④	⑤

## Section D

**Directions:** Please fill in the circle to show how much you agree or disagree with each statement.

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neither Agree nor Disagree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>I would say NO if someone tried to get me to:</b>					
1. Smoke a cigarette.	①	②	③	④	⑤
2. Drink beer, wine, or liquor.	①	②	③	④	⑤
3. Smoke marijuana or hashish.	①	②	③	④	⑤
4. Use cocaine or other drugs.	①	②	③	④	⑤
5. Use a prescription drug that was prescribed for someone else.	①	②	③	④	⑤

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neither Agree nor Disagree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>I would:</b>					
6. Tell someone if they gave me less change (money) than I was supposed to get back after paying for something.	①	②	③	④	⑤
7. Say "no" to someone who asks to borrow money from me.	①	②	③	④	⑤
8. Tell someone to go to the end of the line if they try to cut ahead of me.	①	②	③	④	⑤

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neither Agree Nor Disagree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>In order to cope with stress or anxiety, I would:</b>					
9. Relax all the muscles in my body, starting with my feet and legs.	①	②	③	④	⑤
10. Breathe in slowly while I count to four and hold my breath for a count of four and breathe out for a count of four.	①	②	③	④	⑤

	<b>Strongly Agree</b>	<b>Agree</b>	<b>Neither Agree Nor Disagree</b>	<b>Disagree</b>	<b>Strongly Disagree</b>
<b>In general:</b>					
11. If I find that something is really difficult, I get frustrated and quit.	①	②	③	④	⑤
12. I stick to what I'm doing until I'm finished with it.	①	②	③	④	⑤

***Thank you for completing this survey!***