

SEXUAL RISK AVOIDANCE EDUCATION PROGRAM (SRAE)

Participant Exit Survey High School and Older

Thank you for your help with this important study. This survey includes questions about your family, friends, school, and also your attitudes and behaviors. Your name will not be on the survey and your responses will remain private to the extent permitted by law. We want you to know that:

1. Your participation in this survey is voluntary.
2. We hope that you will answer all of the questions, but you may skip any questions you do not wish to answer.
3. The answers you give will be kept private to the extent permitted by law.

General Instructions

PLEASE READ EACH QUESTION CAREFULLY: There are different ways to answer the questions in this survey. It is important that you follow the instructions when answering each kind of question.

Please answer the following questions as best you can. This first set of questions are about you.

1. How old are you?

- 10
- 11
- 12
- 13
- 14
- 15
- 16
- 17
- 18
- 19
- 20

2. What grade are you in? (If you are currently on vacation or in summer school, indicate the grade you will be in when you go back to school.)

- 9th
- 10th
- 11th
- 12th
- My school does not assign grade levels
- I dropped out of school, and I am not working on getting a high school diploma or GED
- I am working toward a GED
- I have a high school diploma or GED but I am NOT currently enrolled in college or technical school
- I have a high school diploma or GED and I AM currently enrolled in college or technical school

3. When you are at home or with your family, what language or languages do you usually speak? MARK ALL THAT APPLY

- English
- Spanish
- Other (please specify)

4. Are you Hispanic or Latino?

- Yes
- No

5. What is your race? MARK ALL THAT APPLY

- American Indian or Alaska Native
- Asian
- Black or African American
- Native Hawaiian or Other Pacific Islander
- White or Caucasian
- Other (please specify)

6. What is your sex?

- Male
- Female

7. Are you currently...? MARK ALL THAT APPLY

- Living with family [parent(s), guardian, grandparents, or other relatives]
- In foster care, living with a family
- In foster care, living in a group home
- Couch surfing or moving from home to home
- Living outside, in a tent city or homeless camp, in a car, in an abandoned vehicle or in an abandoned building
- Staying in an emergency shelter or transitional living program
- Staying in a hotel or motel
- In juvenile detention center, juvenile group home, and/or under the supervision of a probation officer
- None of the above

For questions 8 – 12, please think about how the program you just completed has affected you, even if your program did not cover the topic.

8. Has being in the program made you more likely, about the same, or less likely to...

(Note: If the program has not affected your likelihood to do any of the following, choose "About the same.")

a. make decisions to not drink alcohol?

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

b. make decisions to not smoke cigarettes or cigar products (cigars, cigarillos, or little cigars)?

- Much more likely
- Somewhat more likely

- About the same
- Somewhat less likely
- Much less likely

c. make decisions to not use other tobacco products (such as chewing tobacco, snuff, dip, or snus)?

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

d. make decisions to not use electronic vapor products (such as JUUL, Vuse, MarkTen, and blu)? (electronic vapor products include e-cigarettes, vapes, vape pens, e-cigars, hookahs, hookah pens, and mods)

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

e. make decisions to not use marijuana (also called pot, weed, or cannabis)?

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

f. make decisions to not take prescription pain medicine without a doctor's prescription or differently than how a doctor told you to use it?

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely

- Much less likely

9. Has being in the program made you more likely, about the same, or less likely to...

(Note: If the program has not affected your likelihood to do the following, choose “About the same.”)

a. resist or say no to peer pressure?

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

b. manage your emotions in healthy ways (for example, ways that are not hurtful to you or others)?

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

c. think about the consequences before making a decision?

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

d. talk with my parent, guardian, or caregiver about sex?

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely

- Much less likely

10. Has being in the program made you more likely, about the same, or less likely to...

(Note: If the program has not affected your likelihood to do the following, choose “About the same”.)

a. make plans to reach your goals?

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

b. care about doing well in school?

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

11. Has being in the program made you more likely, about the same, or less likely to...

(Note: If the program has not affected your likelihood to do the following, choose “About the same.”)

a. better understand what makes a relationship healthy?

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

b. resist or say no to someone if they pressure you to participate in sexual acts, such as kissing, touching private parts, or sex?

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

c. talk to a trusted person/adult (for example, a family member, teacher, counselor, coach, etc.) if someone makes you uncomfortable, hurts you, or pressures you to do things you don't want to do?

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

12. Has being in the program made you more likely, about the same, or less likely to...

a. plan to delay having sexual intercourse until you graduate high school or receive your GED

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

b. plan to delay having sexual intercourse until you graduate college or complete another education or training program

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

c. plan to delay having sexual intercourse until you are married

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

d. plan to be married before you have a child

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

e. plan to have a steady full-time job before you get married

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

f. plan to have a steady full-time job before you have a child

- Much more likely
- Somewhat more likely
- About the same
- Somewhat less likely
- Much less likely

The next questions ask about some personal behaviors, including sexual intercourse and pregnancy. Remember, all of your responses will be kept private.

13. As a result of being in the program, are you planning to abstain from sexual intercourse (choose to not have sexual intercourse)?

- Yes -> GO TO QUESTION 14
- No -> GO TO QUESTION 15

- Not sure -> GO TO QUESTION 15

14. How important are each of these reasons in your decision to not have sexual intercourse?

(Note: Do not answer this question if you responded "No" or "Not sure" to question 13.)

a. how it might affect your plans for the future

- Not at all important
- Not too important
- Somewhat important
- Very important

b. the possible emotional and social consequences (for example, feeling sadness or regret, disappointing your parent(s) or guardian(s), and/or negative reactions from your peers)

- Not at all important
- Not too important
- Somewhat important
- Very important

c. the risk of getting a sexually transmitted infection (STI)

- Not at all important
- Not too important
- Somewhat important
- Very important

d. the risk of getting pregnant or getting someone pregnant

- Not at all important
- Not too important
- Somewhat important
- Very important

The next questions ask you about your experiences in the program that you just completed. Think about all of the sessions or classes of the program that you attended.

15. Even if you didn't attend all of the sessions or classes in this program, how often in this program...

a. did you feel interested in program sessions and classes?

- All of the Time
- Most of the Time
- Some of the Time
- None of the Time

b. did you feel the material presented was clear?

- All of the Time
- Most of the Time
- Some of the Time
- None of the Time

c. did discussions or activities help you to learn program lessons?

- All of the Time
- Most of the Time
- Some of the Time
- None of the Time

d. did you have a chance to ask questions about topics or issues that came up in the program?

- All of the Time
- Most of the Time
- Some of the Time
- None of the Time

e. did you feel respected as a person?

- All of the Time
- Most of the Time
- Some of the Time
- None of the Time

I Decide For Me

High School

EXIT Survey Questions

To protect your identity, but to match your answers from the pre to the post survey, you will be creating an anonymous code that only you will know. Your individual answers will be kept confidential.

Anonymous code

Please select the **first letter** of your first name. (If your name is **John Robert Smith**, you would select **J**.)

Please select the **last letter** of your last name. (If your name is **John Robert Smith**, you would select **H**.)

Please select the **first letter** of your mother's or stepmother's first name. (If your mother's name is **Martha**, you would select **M**.)

Please select the month you were born.

- January
- February
- March
- April
- May
- June
- July
- August
- September
- October
- November
- December

Word Definitions

1. Sexual Activity

Sexual Activity or 'having sex' refers to WILLINGLY participating in sexual intercourse, oral sex, anal sex, and/or any type of genital contact or stimulation between two persons.

2. Sexual Abstinence

Sexual Abstinence or 'being abstinent' is choosing NOT to have sex or engage in sexual activity.

1. I personally feel I have great value.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

2. I feel I deserve to be protected and respected.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

3. I have committed to setting healthy emotional boundaries.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

4. I have set healthy social boundaries for my relationships.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

5. I feel viewing pornography is harmless.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

6. I have set a boundary to avoid viewing pornography.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

7. I have set boundaries to not share private information on the internet/social media.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

8. I am firmly committed to not using illegal drugs.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

9. I am firmly committed to not using alcohol.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

10. I feel it is important to talk to parents or a trusted adult about sex.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

11. I have identified a trusted adult I can 'go-to' to discuss important things in my life.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

12. The media is a trusted source of information about sexual activity.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

13. Sexual activity before marriage effects the whole person in every area (emotionally, socially, mentally, physically and ethically) in an unhealthy way.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

14. I believe waiting until marriage to have sexual activity is the healthiest choice.

- Strongly Disagree

- Disagree
- Not Sure
- Agree
- Strongly Agree

15. I understand the choices I make now will affect my future.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

16. I believe most teens my age are having sex.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

17. At any time in your life have you ever voluntarily engaged in sex?

- Yes
- No

18. If you have had sex which of these are true about the first time you had sex?

- I have never had sex
- I was physically forced to have sex against my will
- I was pressured to have sex although I didn't want to
- I wanted to have sex but later wished I hadn't
- I'm glad I had sex

19. At any time in your life have you ever been forced into sexual activity?

- Yes
- No

20. When was the last time you voluntarily had sex?

- I have never had sex
- Within the last month
- Within the last 2-3 months
- 4-5 months
- 6 months ago
- Longer than 6 months ago

21. How likely is it that someone will want to have sex with you within the next year?

- VERY likely
- Somewhat likely
- Not sure
- Somewhat Unlikely
- VERY Unlikely

22. If someone did want you to have sex within the next year, what would you do?

- I am certain I would do it
- I would probably do it
- I am not sure what I would do
- I am pretty sure I would NOT do it
- I am certain I would NOT do it

23. How likely is it that you will have sex at any time before you get married?

- VERY likely
- Somewhat likely
- Not sure
- Somewhat Unlikely
- VERY Unlikely

24. Which of the following do you consider good reasons for teens to have sex?

a. Everyone else is doing it

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

b. Being afraid of losing your boyfriend or girlfriend if you don't have sex with them

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

c. Using a condom or other protection to prevent STDs and/or pregnancy

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

d. My dating partner has spent a lot of money on me, and gives me nice things

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

e. Been dating for a long time, it seems like the thing to do.

- Strongly Disagree
- Disagree
- Not Sure

- Agree
- Strongly Agree

25. I have set strong physical boundaries to avoid sexual activity until marriage.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

26. Sexually active teens can choose secondary abstinence by remaining abstinent until marriage.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

27. If I have sex, even once, it can result in an STD/STI.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

28. If I have sex, even once, it can result in a pregnancy.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

29. I believe romantic, loving relationships do not have to include sex.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

30. I expect to be married someday.

- Yes
- No

31. My sexual choices now will NOT impact my future education and career.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

32. My sexual choices now will NOT impact my future marriage (if I get married).

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

33. Having sex before marriage is against my own personal standards of what is right and wrong.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

34. I have made a strong commitment to avoid all sexual activity until I am married.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

35. I have made a commitment to avoid unhealthy dating relationships.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

36. I don't like to tell people "NO" because I want people to like me.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

37. I believe I have the skills to tell someone I do not want to have sex with him/her.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

38. If someone you liked wanted to have sex with you, how sure are you that you could:

a. Firmly tell them no

- Strongly Disagree
- Disagree
- Not Sure

- Agree
- Strongly Agree

b. Explain your reasons for not having sex

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

c. Get away from a situation that would put you at risk

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

d. Stop seeing that person, or having any contact with them

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

39. Which answer best describes your boundaries for expressing physical affection?

- I am NOT comfortable expressing romantic physical affection
- My boundary for expressing physical affection is holding hands
- My boundary for expressing physical affection is kissing
- My boundary for expressing physical affection is intimate touching
- My boundary for expressing physical affection is oral sex
- My boundary for expressing physical affection is vaginal and/or anal sex

40. I believe I am worth making healthy choices.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

41. I believe I have the knowledge and skills to build healthy relationships.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

42. I believe I can have a healthy and happy marriage in the future.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

43. If I do not have sex in my teen years, I will be proud of myself.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

44. Not having sex as a teen will help me focus on my education.

- Strongly Disagree
- Disagree
- Not Sure
- Agree
- Strongly Agree

45. For each of the items below, please mark how true each statement is of you.

a. I understand what makes a relationship healthy

- Not true at all
- Somewhat true of me
- Very true of me

b. I would be able to resist or say no to someone if they pressured me to participate in acts, such as kissing, touching private parts, or sex

- Not true at all
- Somewhat true of me
- Very true of me

c. I would talk to a trusted person/adult (for example, a family member, teacher, counselor, coach, etc.) if someone makes me uncomfortable, hurts me, or pressures me to do things I don't want to do

- Not true at all
- Somewhat true of me
- Very true of me

46. Rate the effectiveness of each of the following:

a. Using condoms to prevent pregnancy.

- Not at all Effective
- Not Too Effective
- Not Sure/Don't Know
- Somewhat Effective
- Very Effective

b. Using condoms to prevent Sexually Transmitted Infections/Diseases (STIs/STDs).

- Not at all Effective
- Not Too Effective
- Not Sure/Don't Know

- Somewhat Effective
- Very Effective

c. Taking birth control pills to prevent pregnancy.

- Not at all Effective
- Not Too Effective
- Not Sure/Don't Know
- Somewhat Effective
- Very Effective

d. Taking birth control pills to prevent STIs/STDs.

- Not at all Effective
- Not Too Effective
- Not Sure/Don't Know
- Somewhat Effective
- Very Effective

e. Getting a birth control shot to prevent pregnancy.

- Not at all Effective
- Not Too Effective
- Not Sure/Don't Know
- Somewhat Effective
- Very Effective

f. Getting a birth control shot to prevent STIs/STDs.

- Not at all Effective
- Not Too Effective
- Not Sure/Don't Know
- Somewhat Effective
- Very Effective

g. Abstaining from sexual intercourse.

- Not at all Effective
- Not Too Effective

- Not Sure/Don't Know
- Somewhat Effective
- Very Effective

h. Abstaining from ALL sexual activity.

- Not at all Effective
- Not Too Effective
- Not Sure/Don't Know
- Somewhat Effective
- Very Effective

47. Please explain what you found most helpful about the 'I Decide For Me' program and how you will apply it to your life:

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Thank you for participating in this survey!