

Identified by  
the CDC as a  
**"Best Evidence"**  
Intervention

# Making A Difference! School Edition

## GRANTEE GUIDE

An Evidence-Based, Abstinence Approach  
to Teen Pregnancy, STD and HIV Prevention



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# MODULE BY MODULE OUTLINE

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|   |             |
|---|-------------|
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# MODULE GOALS AND OBJECTIVES

## Module 1: Getting to Know You and Steps to Making Your Dreams Come True

### Goals

The goals of this module are to:

- Provide participants with an overview of the program.
- Increase participants' personal investment and comfort in participating in the program.
- Increase participants' ability to identify realistic goals for their future.
- Increase participants' confidence about making proud and responsible choices to protect themselves and their community from pregnancy, STDs and HIV/AIDS.

### Learning Objectives

After completing this module, participants will be able to:

- Identify several rules for group participation that will facilitate discussion and learning.
- Identify what it means to be proud and responsible.
- Describe the benefits of proud and responsible behavior.
- Describe at least one goal they wish to achieve in the future.
- Identify barriers to achieving their personal goals and strategies for overcoming them.

## **Module 2: Understanding Adolescent Sexuality**

### **Goals**

The goals of this module are to:

- Review information about why teenagers have sex.
- Increase participants' knowledge about physical, emotional, and sexual development associated with puberty.
- Increase participants' awareness of the pressures to become involved in sexual activity.

### **Learning Objectives**

After completing this module, participants will be able to:

- Identify the physical, emotional, and sexual development that occurs during puberty.
- Identify reasons why teenagers have sex.
- Identify consequences of teenagers having sex.
- Identify strategies to avoid consequences of having sex.
- Identify at least two reasons why teens have sex, the consequences of sex, and strategies for reducing those consequences.

## **Module 3: Understanding Abstinence**

### **Goals**

The goals of this module are to:

- Review information about why teenagers have sex.
- Increase participants' awareness of the pressures to become involved in sexual activity.
- Increase participants' awareness of the benefits of abstinence.



## **Learning Objectives**

After completing this module, participants will be able to:

- Identify sexual messages from the media, peers, and parents.
- Identify the sexual behaviors to avoid when practicing abstinence.
- Identify some of the benefits of abstinence.

## **Module 4: The Consequences of Sex: Pregnancy: Part 1**

### **Goals**

The goals of this module are to:

- Increase participants' understanding of pregnancy as a consequence of sex.
- Increase participants' perception that they are vulnerable to getting pregnant or getting someone pregnant.
- Increase participants' understanding of the consequences of teen pregnancy.

## **Learning Objectives**

After completing this module, participants will be able to:

- Distinguish myths from facts about pregnancy.
- Express positive feelings toward pregnancy prevention.

## **Module 5: The Consequences of Sex: Pregnancy: Part 2**

### **Goals**

The goals of this module are to:

- Increase participants' understanding of pregnancy as a consequence of sex.
- Increase participants' perception that they are vulnerable to getting pregnant or getting someone pregnant.
- Increase participants' understanding of the consequences of teen pregnancy.

## **Learning Objectives**

After completing this module, participants will be able to:

- Express positive feelings toward pregnancy prevention.
- Identify negative consequences of teen pregnancy.

## **Module 6: Consequences of Sex: STDs**

### **Goals**

The goals of this module are to:

- Increase participants' knowledge about sexually transmitted diseases.
- Increase participants' perceived vulnerability to STDs.

### **Learning Objectives**

After completing this module, participants will be able to:

- Identify the signs and symptoms of the most common STDs.
- Identify how STDs, including HIV, are transmitted.
- Acknowledge their risk for contracting an STD.

## **Module 7: The Consequences of Sex: HIV Infection**

### **Goals**

The goals of this module are to:

- Increase participants' knowledge about HIV/AIDS and HIV risk-associated behavior.
- Help participants identify behaviors that place people at risk for contracting sexually transmitted diseases, including HIV infection.

## **Learning Objectives**

After completing this module, participants will be able to:

- Identify the basic facts about HIV and AIDS.
- Identify which behaviors are low risk, high risk, and no risk for contracting the most deadly STD - HIV infection.
- Identify a person's risk of HIV infection as a result of engaging in various sexual and non-sexual behaviors.
- Identify how HIV infection can be prevented.

## **Module 8: Attitudes about Abstinence and Using Problem-Solving to Stay Abstinent**

### **Goals**

The goals of this module are to:

- Practice giving advice to their peers about the consequences of sex, and the benefits of abstinence.
- Introduce participants to problem-solving steps as a way of thinking through and coping with sexual choices.

### **Learning Objectives**

After completing this module, participants will be able to:

- Develop positive attitudes towards abstinence.
- State how using problem-solving steps can help avoid risky situations.
- State and explain the three steps of problem solving.

## **Module 9: Attitudes and Giving Advice About HIV/STDs and Abstinence**

### **Goals**

The goal of this module is to:

- Practice giving advice to their peers about the consequences of sex, and the benefits of abstinence.

### **Learning Objectives**

After completing this module, participants will be able to:

- Explain information about HIV, STDs and pregnancy to their peers.
- Explain why abstinence is the safest and best way to avoid pregnancy, HIV, and other STDs.

## **Module 10: Responding to Peer Pressure and Partner Pressure: Part 1**

### **Goals**

The goals of this module are to:

- Use information about self-esteem to help participants begin to understand the need to practice abstinence.
- Increase participants' awareness of the characteristics of peer pressure.
- Increase participants' ability to resolve pressure situations.
- Help participants identify personal limitations and boundaries regarding sexual physical contact.
- Increase participants' refusal and negotiation skills regarding abstinence.
- Use information about self-esteem and peer pressure to help participants begin to understand the need to practice abstinence.

## **Learning Objectives**

After completing this module, participants will be able to:

- Identify and state at least five positive characteristics about themselves.
- Explain how self-esteem affects decision-making.
- Recognize pressure from peers to engage in sexual activity.
- Advocate for abstinence with other young teens.

## **Module 11: Responding to Peer Pressure and Partner Pressure: Part 2**

### **Goals**

The goals of this module are to:

- Increase participants' awareness of the characteristics of peer pressure.
- Increase participants' ability to resolve pressure situations.
- Help participants identify personal limitations and boundaries regarding sexual physical contact.
- Increase participants' refusal and negotiation skills regarding abstinence.

### **Learning Objectives**

After completing this module, participants will be able to:

- Identify the specific sexual behaviors that fit within their personal comfort zone.
- Recognize pressure from peers to engage in sexual activity.

## **Module 12: Role-Plays: Refusal and Negotiation Skills: Part 1**

### **Goals**

The goals of this module are to:

- Increase the participants' communication, negotiation, and refusal skills regarding abstinence.
- Enhance participants' ability to resist situations that place them at risk for pregnancy, STDs, and HIV.
- Increase participants' sense of pride and responsibility in negotiating abstinence.

### **Learning Objectives**

After completing this module, participants will be able to:

- Identify strategies for negotiating abstinence in romantic relationships.
- Identify and explain the characteristics of saying "NO" effectively.
- Identify and explain the body language needed for saying "NO" effectively.
- Express confidence in their ability to say "NO" to risky situations involving sexual behaviors.
- Demonstrate the ability to negotiate abstinence with a partner.

## **Module 13: Role-Plays: Refusal and Negotiation Skills: Part 1**

### **Goals**

The goals of this module are to:

- Increase the participants' communication, negotiation, and refusal skills regarding abstinence.
- Enhance participants' ability to resist situations that place them at risk for pregnancy, STDs and HIV.
- Increase participants' sense of pride and responsibility in negotiating abstinence.

## Learning Objectives

After completing this module, participants will be able to:

- Identify strategies for negotiating abstinence in romantic relationships.
- Identify and explain the characteristics of saying “NO” effectively.
- Identify and explain the body language needed for saying “NO” effectively.
- Express confidence in their ability to say “NO” To risky situations involving sexual behaviors.
- Demonstrate the ability to negotiate abstinence with a partner.
- Express pride in sticking to their decision to abstain from risky sexual behaviors.

# CORE ELEMENTS, KEY CHARACTERISTICS & LOGIC MODEL

## Core Elements:

Core Elements are the components of a curriculum that represent its theory and logic. They must be maintained with fidelity and without alteration in order to ensure the program's effectiveness. Fidelity means conducting a program by following the Core Elements, protocols, procedures, and content set by the research study that determined the program's effectiveness.

The developers have reasoned that when teaching adolescents strategies to practice abstinence and reduce their risk for HIV, STDs and pregnancy, one must go beyond simply giving students correct information. Instructors must also build students' perception of vulnerability and bolster positive attitudes and outcome expectancies while building self-efficacy and skills to negotiate and practice abstinence. As such, the Core Elements have been organized into two sections: Content Core Elements and Implementation Core Elements. Content Core Elements are the essential ingredients in what is being taught in the intervention that is believed to change risk behaviors. Implementation Core Elements are the essential ingredients in how the intervention can be implemented with a fidelity that would result in a positive learning experience with good outcomes. Here is a comprehensive list of this elements:

### Content Core Elements

**Content Core Element 1:** Teach correct information about HIV, STDs and pregnancy and prevention strategies, including:

- HIV, etiology, transmission and prevention.
- STDs, etiology, types, transmission and prevention.
- Pregnancy and prevention.
- Puberty and adolescent development.



**Content Core Element 2:** Address behavioral attitudes/outcome expectancies:

- Prevention Belief: Abstinence can eliminate the risk of HIV, STDs and pregnancy.
- Goals and Dreams Beliefs: Sexual involvement might interfere with one's goals and dreams for education and a career.
- Partner Reaction Belief: One's partner would not approve of abstinence.
- Personal Vulnerability to HIV, STD and Pregnancy Belief: HIV, STD and pregnancy could happen to them if they have sex.

**Content Core Element 3:** Build negotiation skills and problem-solving skills:

- Teach negotiation, refusal and reframing skills using the 4-step S.T.O.P. Technique to respond to a partner's negative reaction towards abstinence.
- Use role-playing activities to practice negotiation, refusal and reframing skills.
- Build participants' skills in problem solving and getting out of risky situations.

**Content Core Element 4:** Build self-efficacy in adolescents and a desire to practice abstinence:

- Incorporate the theme *Making A Difference! Be Proud! Be Responsible!* throughout the intervention.
- Build participants' confidence in their skills by incorporating positive reinforcement, support and constructive feedback in all intervention activities, especially in the role-plays.

### **Implementation Core Elements**

Implementation Core Elements are integral to the intervention. They describe *how* the intervention should be implemented.

**Implementation Core Element 1:** To demonstrate a caring and supportive attitude, the facilitator should:

- Create a supportive and caring environment.
- Demonstrate empathy throughout the intervention. Students must understand that instructors truly care about them and their success. Active listening, eye contact, supportive feedback, refusing to pass judgmental, etc. are all essential ingredients for this process.

**Implementation Core Element 2:** Integrate and use the core intervention materials only:

- The Facilitator Curriculum Manual, posters and activity materials.
- The DVDs specifically selected for intervention.

**Implementation Core Element 3:** Type of facilitator must:

- Be specially trained health educator, school educator, family life educator, teen pregnancy and HIV/STD educators or staff working with youth in community-based programs.
- Use highly participatory and interactive skills.
- Be able to work with youth, relate to them and their life circumstances and believe in the youth and in their resilience.

**Implementation Core Element 4:** Implementation delivery style:

- Delivery of intervention must be highly participatory and very interactive.
- Facilitator cannot add any other educational materials, social gatherings, community events, etc to this program during the span of the intervention and evaluation.

## **Key Characteristics:**

Key Characteristics are activities and delivery methods for conducting a program that, while considered of great value and assistance, can be altered without changing the effectiveness of the program. These activities and delivery methods can be modified for different agencies and populations.

Changes to the Key Characteristics allow your agency to make accommodations to meet the needs of your participants. Adaptations to this program should only occur when steps can be taken to enhance the delivery of the program to the participants.

### **There are 8 Key Characteristics of the *Making A Difference!* School Edition Intervention:**

1. **Type of facilitator/educator:** In the original study, the facilitators were community leaders, counselors and teachers. You may vary your facilitator type to include others such as health educators, nurses, etc. as long as they have experience working with teens. Peer facilitators, if desired, should be paired with an adult facilitator.

2. **Setting:** The school version has been adapted to allow more time for each activity and increases participation by altering activity structure for large groups.
3. **Number of days to deliver modules:** The intervention can be implemented in 13 sessions of forty minutes each or 7 sessions of about 75 minutes each. All 13 modules must be completed in order.
4. **Gender composition of the group:** In the original study, the groups were mixed with boys and girls. You can vary this and deliver it with boys only, girls only or with mixed gender groups.
5. **Race of facilitator:** In the study, the facilitators were African American adults. You can use facilitators from different ethnic backgrounds as long as they demonstrate that they have the skills and characteristics of a good facilitator, including good listening skills, a caring attitude, are non-judgmental, etc.
6. **Race of the participants:** In the original study, the participants were African American teens. You can vary this and use this curriculum with teens from different races. You might want to change the names of the teens in the role-plays and the settings of the situations to be culturally and ethnically appropriate/relevant.
7. **Age of the participants:** The students in the study were ages 11-14. This intervention can also be used with older teens. However, if you add older teens you should not have an 11 year old with a 15 year old. Divide the groups using similar age ranges.

### **IMPLEMENTATION FIDELITY CONCERNS:**

If you still have concerns about implementing with fidelity for this grant or wish to discuss your application in detail please contact Select Media ([www.selectmedia.org](http://www.selectmedia.org)) at 1-800-707-6334 or contact the Director of Training and Technical Assistance, Mika Keegstra, MPH at [mika@selectmedia.org](mailto:mika@selectmedia.org).

## LOGIC MODEL

### Issue/Problem

Having unprotected sex due to:

- Limited information
- Negative attitudes and beliefs regarding abstinence
- Minimal negotiation and refusal skills
- Low self-efficacy or lack of confidence to negotiate abstinence
- Minimal problem solving skills

### Inputs

- *Making A Difference!* curriculum and materials
- Facilitator training and materials
- Participant recruitment
- Agency space

### Activities

- Provide activities that will increase knowledge about HIV and STD transmission and pregnancy prevention strategies
- View DVDs
- Provide opportunity to practice abstinence skills
- Facilitate activities that build confidence and self-efficacy to negotiate abstinence
- Provide activities that encourage proud and responsible behaviors
- Facilitate activities that build skills in problem solving and how to get out of risky situations
- Create a caring and trusting atmosphere within group setting
- Facilitate referrals

## Outputs

- *Making A Difference!* curriculum implemented with fidelity
- DVDs viewed
- Abstinence, negotiation and refusal skills discussed
- Negotiation and refusal skills practiced, using role-plays
- Problem-solving skills and how to get out of risky situations
- Referrals made

## Immediate Outcomes

- Increased knowledge about HIV and STD infection, transmission and unplanned pregnancy
- Increased perception of risk for HIV, STD and unplanned pregnancy
- Bolstered positive attitudes and beliefs regarding condom use and condom negotiation
- Increased intentions to use condoms, consistently and correctly

## Intermediate Outcomes

- Improved negotiation and refusal skills
- Reduction in the incidence of unprotected sex
- Increased confidence to practice abstinence

## Long Term Outcomes

- Reduction in risky behavior
- Reduction of unprotected sex
- Delay in sexual debut

## Impact

- Reduction in HIV and STDs among adolescents
- Reduction of unplanned pregnancy among adolescents

## Assumptions

Adolescents may not practice safer-sex because they:

- Don't perceive themselves to be at risk
- Don't have knowledge about HIV/STD transmission, unplanned pregnancy, risk behaviors and condom use
- Have negative attitudes towards practicing abstinence
- Don't know how to express themselves sexually without having sex
- Don't have the skills to negotiate abstinence
- Don't have the confidence or power to negotiate abstinence
- Don't feel valued

Adolescents will change their behavior if:

- Program and messages targeted for them are specific
- Program is implemented in a caring and supportive manner
- They can learn the skills needed, i.e., negotiation and refusal skills
- They have positive attitudes and beliefs towards abstinence
- They feel that their partner will react positively to practicing abstinence
- They feel that abstinence will prevent HIV/STD transmission and unplanned pregnancy
- They feel valued and believe in themselves and their skills
- They have opportunity to practice these skills with supportive feedback

# SAMPLE OF PROGRAM MONITORING AND EVALUATION WITH SMART OBJECTIVES

Monitoring and evaluation often begins with the identification of program objectives. It is a good idea to write SMART process and outcome objectives for your evaluation program. To be SMART, these objectives must be Specific, Measurable, Appropriate, Realistic, and Time-Based.

- **Specific:** Identifies concrete events or actions that will take place; answers the question, "Does the objective clearly specify what will be accomplished?"
- **Measurable:** Quantifies resources, activities, or changes; answers the question, "Does the objective state how much is to be delivered or how much change is expected?"
- **Appropriate:** Logically relates the overall problem statement and desired effects of the program; answers the question, "Does the objective make sense in terms of what the program is attempting to accomplish?"
- **Realistic:** Provides an attainable action that can be achieved with available resources and plans for implementation; answers the question, "Is the objective achievable given available resources and experience?"
- **Time-Based:** Specifies the time within which the objective will be achieved; answers the question, "Does the objective specify when desired results will be achieved?"

You can refer to the following table to develop SMART objectives for your fundamental questions.

## SMART Process Objectives:

These objectives address what processes or activities need to take place before HIV, STD and pregnancy prevention outcome objectives can be met. The activities identified in the logic model in the previous section can be used to identify variables for SMART process objectives. SMART process objectives identify specific activities to be completed by specific dates, such as the number of teens to recruit with the characteristics of the adolescents in the target population or the use of skilled facilitators to implement group sessions.

| Question   | Monitoring and evaluation activity | Sources of information about the question   | How answers can be used to improve the program   |
|--|------------------------------------|---|--|
| <b>Recruitment</b>   |                                    |   |  |
| How many participants did we plan to recruit? <sup>1</sup>   | n/a                                | Pre-Implementation planning data<br>SMART Objectives  | Data can be used to strengthen recruitment efforts and inform more accurate planning.  |
| How many participants did we actually recruit? <sup>2</sup>  | Process monitoring                 | Recruitment plan<br>Number of participants recruited documented by session sign-in sheets   |  |
| Was there a difference?  | Process evaluation                 | Comparison between planned and actual numbers of recruits   |  |
| <b>Target Population</b>   |                                    |   |  |
| What are the characteristics of our target population (e.g., race, ethnicity, age, behaviors, and risk factors)? | n/a                                | Pre-Implementation planning data<br>Logic model's problem statement<br>Participants' demographics and risk factors collected with a youth intake form | Data can be used to target recruitment activities and provide evidence of prevention needs for additional at-risk populations. |
| What were the characteristics of the participants?   | Process monitoring                 | Comparison between the characteristics of participants you planned to recruit and the characteristics of the actual participants.                     |  |
| Was there a difference?  | Process evaluation                 |   |  |



| Question   | Monitoring and evaluation activity  | Sources of information about the question  | How answers can be used to improve the program  |
|--|---|--|---|
| <b>Participant Retention</b>   |   |  |   |
| How many participants did we think would complete all sessions?  | n/a   | Pre-Implementation planning data<br>SMART objectives<br>Sign-in sheets from each session   | Data can be used to strengthen recruitment efforts, inform agency policies on use of incentives, and foster discussion of strategies for teen engagement.   |
| What actually happened?  | Process monitoring  | Comparison between planned and actual participation  |   |
| Was there a difference?  | Process evaluation  |  |   |
| <b>Fidelity of Implementation</b>  |   |  |   |
| Was the program carried out in accordance with the Implementation Manual and with fidelity to Core Elements? | Process monitoring and process evaluation (also referred to as quality assurance) | Fidelity checklists on required activities and Core Elements<br>Quality assurance plan<br>Notes from facilitators<br>Notes from persons who observed the program | Completed fidelity checklists and other sources of information can indicate whether the evidence-based program was implemented properly and can be used to understand subsequent outcome monitoring data. |

| Question   | Monitoring and evaluation activity    | Sources of information about the question  | How answers can be used to improve the program   |
|--|---------------------------------------|--|--|
| <b>Outcomes</b>                                      |                                       |  |  |
| What outcomes did we expect participants to achieve? | n/a                                   | Pre-Implementation planning data   | Positive outcomes can be used to show intervention success Post-test data that reveal unwanted outcomes can indicate that changes are needed in either program design or delivery or both. |
| What outcomes did participants actually experience?  | Outcome monitoring                    | Logic model's outcomes in terms of mediating variables and behavior change variables<br>Monitoring and evaluation plan   |  |
| Was there a difference?                              | Assessment of pre- and post-test data | SMART objectives<br>Data that measure mediating variables and variables for behavior change collected with a pre- and post-test instrument<br>Comparison between planned outcomes and actual outcomes measured with outcome monitoring instruments/tools |  |

# PRE-QUESTIONNAIRE

Date: \_\_\_\_\_

(7-14)

The questions in this booklet are about things related to your health, as well as general questions about your background. Some questions ask about what you know; others ask your opinion on things; and others ask about things you may or may not have done. There is always an answer that lets you tell us when you have not done things, as well as when you have done them. Knowing what you have not done is just as important as knowing what you have done.

Some of the questions are very personal and ask about different sexual activities that some people do. These particular questions are very blunt and to the point—questions you probably have never seen on a questionnaire before. Most of the questions are not like this, however. If a question bothers you so much that you do not want to answer it, you can skip that question and continue with the questionnaire. We warn you about the questions that are personal and blunt so that you will not be surprised when you see them. Please answer all of the questions honestly. Your answers will be kept completely confidential; no one from your school or home will ever see your answers. Please work by yourself, and do not talk with others while you are answering the questions.

**IMPORTANT! WRITE YOUR CODE NUMBER HERE:** \_\_\_\_\_

(1-4)

LINE (5)

Time Started: \_\_\_\_\_.

Time Finished: \_\_\_\_\_.

Asst. Req'd.?      Circle:    (1) none    (2) low    (3) high    (6)

PLEASE PRINT THE FOLLOWING SENTENCE ON THE LINE BELOW:

“The quick brown fox jumps over the lazy dog.”

\_\_\_\_\_

## A. BACKGROUND INFORMATION

**We would like some general information about you, like your age, so we can describe the kinds of people who answered these questions.**

1. How old are you? \_\_\_\_\_ years (16-17)
2. What is your gender?  Male  Female (18)
3. Are you now in school?  No  Yes (19)  
If NO, what was the last grade you completed? \_\_\_\_\_ (20-21)  
If YES, what grade are you in now? \_\_\_\_\_ (22-23)
4. Are you Black/African American?  No  Yes (24)
5. Are you Hispanic/Latino?  No  Yes (25)
6. If you are Hispanic/Latino, are you: (26)  
 I am not Hispanic/Latino  Mexican  
 Puerto Rican  South American  
 Dominican  Central American  
 Cuban  Other (Specify country: \_\_\_\_\_)
7. Are you White?  No  Yes (27)
8. Are you Caribbean/West Indian?  No  Yes (28)
9. Are you American Indian or Alaskan Native?  No  Yes (29)
10. Are your parents married to each other now?  No  Yes (30)
11. Were your parents ever married to each other?  No  Yes (31)
12. Are your parents married, but currently separated?  No  Yes (32)
13. Does your mother work?  No  Yes (33)
14. Does your father work?  No  Yes (34)
15. Did your mother finish high school?  No  Yes  Do not know (35)
16. Did your father finish high school?  No  Yes  Do not know (36)

17. Do you live with your mother? (37)

- Yes, all or most of the time.
- Yes, some of the time.
- No, I do not live with my mother.

18. Do you live with your father? (38)

- Yes, all or most of the time.
- Yes, some of the time.
- No, I do not live with my father.

### B. SEXUAL ATTITUDES

**The following questions ask how you feel about different behaviors. Please indicate how good or bad an idea it is to do the following, whether others would approve or disapprove of the behavior, and whether you plan to do these behaviors in the next 3 months (90 days). Circle the NUMBER that best describes your feelings. Sexual intercourse refers to a male putting his penis in a female's vagina. (Try to answer the questions even if you have not had sexual intercourse or have never used condoms.)**

**How would the following people feel about you having sex in the next 3 months?  
(Circle one)**

|   | <b>1</b>                       | <b>2</b>          | <b>3</b>             | <b>4</b>       | <b>5</b>                    |   |   |      |
|---|--------------------------------|-------------------|----------------------|----------------|-----------------------------|---|---|------|
|   | <b>Strongly<br/>Disapprove</b> | <b>Disapprove</b> | <b>In the Middle</b> | <b>Approve</b> | <b>Strongly<br/>Approve</b> |   |   |      |
| 1. Yourself                             |                                |                   | 1                    | 2              | 3                           | 4 | 5 | (39) |
| 2. Most people who are important to you |                                |                   | 1                    | 2              | 3                           | 4 | 5 | (40) |
| 3. Your sexual partner                  |                                |                   | 1                    | 2              | 3                           | 4 | 5 | (41) |
| 4. Your mother                          |                                |                   | 1                    | 2              | 3                           | 4 | 5 | (42) |
| 5. Your father                          |                                |                   | 1                    | 2              | 3                           | 4 | 5 | (43) |
| 6. Your friends                         |                                |                   | 1                    | 2              | 3                           | 4 | 5 | (44) |

7. How likely is it that you will decide to have sexual intercourse in the next 3 months? (45)

|               |          |               |        |             |
|---------------|----------|---------------|--------|-------------|
| 1             | 2        | 3             | 4      | 5           |
| Very Unlikely | Unlikely | In the Middle | Likely | Very Likely |

**Try to answer the following questions even if you have not had sex or have never used condoms. How would the following people feel about you using a condom if you have sex in the next 3 months? (Circle one)**

|   | 1                          | 2                 | 3                    | 4              | 5                       |   |   |      |
|---|----------------------------|-------------------|----------------------|----------------|-------------------------|---|---|------|
|   | <b>Strongly Disapprove</b> | <b>Disapprove</b> | <b>In the Middle</b> | <b>Approve</b> | <b>Strongly Approve</b> |   |   |      |
| 8. Yourself                             |                            |                   | 1                    | 2              | 3                       | 4 | 5 | (46) |
| 9. Most people who are important to you |                            |                   | 1                    | 2              | 3                       | 4 | 5 | (47) |
| 10. Your sexual partner                 |                            |                   | 1                    | 2              | 3                       | 4 | 5 | (48) |
| 11. Your mother                         |                            |                   | 1                    | 2              | 3                       | 4 | 5 | (49) |
| 12. Your father                         |                            |                   | 1                    | 2              | 3                       | 4 | 5 | (50) |
| 13. Your friends                        |                            |                   | 1                    | 2              | 3                       | 4 | 5 | (51) |

14. How likely is it that you will decide to use a condom if you have sex in the next 3 months? (52)

|               |          |               |        |             |
|---------------|----------|---------------|--------|-------------|
| 1             | 2        | 3             | 4      | 5           |
| Very Unlikely | Unlikely | In the Middle | Likely | Very Likely |

**How much do you agree or disagree with each of the following statements about you having sex? (Circle One)**

|   | 1                        | 2               | 3                    | 4            | 5                     |   |   |     |
|---|--------------------------|-----------------|----------------------|--------------|-----------------------|---|---|-----|
|   | <b>Strongly Disagree</b> | <b>Disagree</b> | <b>In the Middle</b> | <b>Agree</b> | <b>Strongly Agree</b> |   |   |     |
| 15. If I have sex, then I will be more popular with boys. |                          |                 | 1                    | 2            | 3                     | 4 | 5 | (6) |

CODENO# 2 (1-4)  
LINE #2 (5)

- |  |   |   |   |   |   |      |
|--|---|---|---|---|---|------|
| 16. If I have sex, then I will be more popular with girls.   | 1 | 2 | 3 | 4 | 5 | (7)  |
| 17. If I have sex, I will get a bad reputation.  | 1 | 2 | 3 | 4 | 5 | (8)  |
| 18. If I have sex, I will get HIV.   | 1 | 2 | 3 | 4 | 5 | (9)  |
| 19. If I have sex, I will get a sexually transmitted disease (STD).                                    | 1 | 2 | 3 | 4 | 5 | (10) |
| 20. If I have sex during my teen years, pregnancy could occur.   | 1 | 2 | 3 | 4 | 5 | (11) |
| 21. If I have sex during my teen years, then my parents will find out.                                 | 1 | 2 | 3 | 4 | 5 | (12) |
| 22. If I have sex, and my parents find out, then they will be angry at me.                             | 1 | 2 | 3 | 4 | 5 | (13) |
| 23. If I have sex before I am married, then God is likely to be angry at me.                           | 1 | 2 | 3 | 4 | 5 | (14) |
| 24. If I have sex during my teen years, then I am less likely to graduate from high school.            | 1 | 2 | 3 | 4 | 5 | (15) |
| 25. If I have sex during my teen years, then I am less likely to have the career that I am hoping for. | 1 | 2 | 3 | 4 | 5 | (16) |
| 26. I plan to have sex in the next 3 months.   | 1 | 2 | 3 | 4 | 5 | (17) |

**The following questions concern not having sex, also known as practicing abstinence. How much do you agree or disagree with each of the following statements about you not having sex? (Circle One)**

- |  | 1                        | 2               | 3                    | 4            | 5                     |      |
|--|--------------------------|-----------------|----------------------|--------------|-----------------------|------|
|  | <b>Strongly Disagree</b> | <b>Disagree</b> | <b>In the Middle</b> | <b>Agree</b> | <b>Strongly Agree</b> |      |
| 27. If I do <u>not</u> have sex, people will call me names.          | 1                        | 2               | 3                    | 4            | 5                     | (18) |
| 28. If I do <u>not</u> have sex, no one will want to go out with me. | 1                        | 2               | 3                    | 4            | 5                     | (19) |

29. If I do not have sex with my partner, then they will break up with me. 1 2 3 4 5 (20)
30. If I do not have sex, my parents will be proud of me. 1 2 3 4 5 (21)
31. If I do not have sex during my teenage years, I will be proud of myself. 1 2 3 4 5 (22)
32. Not having sex will help me further my education. 1 2 3 4 5 (23)
33. Not having sex will help me focus on getting a good job. 1 2 3 4 5 (24)
34. I will not have sex in the next 3 months. 1 2 3 4 5 (25)

**Now, we would like to ask you some questions about you using condoms. How much do you agree or disagree with each of the following statements about condoms? Try to answer the questions even if you have not had sex or have never used condoms.**  
**(Circle One)**

- |   | <b>1</b>                 | <b>2</b>        | <b>3</b>             | <b>4</b>     | <b>5</b>              |   |   |      |
|---|--------------------------|-----------------|----------------------|--------------|-----------------------|---|---|------|
|   | <b>Strongly Disagree</b> | <b>Disagree</b> | <b>In the Middle</b> | <b>Agree</b> | <b>Strongly Agree</b> |   |   |      |
| 35. Condoms help prevent pregnancy.                       |                          |                 | 1                    | 2            | 3                     | 4 | 5 | (26) |
| 36. Condoms help prevent STDs.                            |                          |                 | 1                    | 2            | 3                     | 4 | 5 | (27) |
| 37. Condoms help prevent HIV.                             |                          |                 | 1                    | 2            | 3                     | 4 | 5 | (28) |
| 38. A lot of times condoms break when you are using them. |                          |                 | 1                    | 2            | 3                     | 4 | 5 | (29) |
| 39. When a condom is used, sex still feels good.          |                          |                 | 1                    | 2            | 3                     | 4 | 5 | (30) |
| 40. When a condom is used, sex is more fun.               |                          |                 | 1                    | 2            | 3                     | 4 | 5 | (31) |
| 41. If I used a condom, sex would not feel as good.       |                          |                 | 1                    | 2            | 3                     | 4 | 5 | (32) |



42. Sex feels unnatural when a condom is used. 1 2 3 4 5 (33)
43. Condoms are embarrassing to use. 1 2 3 4 5 (34)
44. Condoms make you not want to have sex because you have to stop to put one on. 1 2 3 4 5 (35)

**Now we would like you to answer questions about how your sexual partner might react to you wanting to use condoms. Try to answer the following questions even if you do not have a sexual partner.**

- |  | <b>1</b>                 | <b>2</b>        | <b>3</b>             | <b>4</b>     | <b>5</b>              |      |
|--|--------------------------|-----------------|----------------------|--------------|-----------------------|------|
|  | <b>Strongly Disagree</b> | <b>Disagree</b> | <b>In the Middle</b> | <b>Agree</b> | <b>Strongly Agree</b> |      |
| 45. Saying we have to use a condom would make my sexual partner think I am having sex with other people. | 1                        | 2               | 3                    | 4            | 5                     | (36) |
| 46. Saying we have to use a condom is like saying to my sexual partner, "I don't trust you."             | 1                        | 2               | 3                    | 4            | 5                     | (37) |
| 47. My sexual partner is likely to break up with me if I said we had to use a condom.                    | 1                        | 2               | 3                    | 4            | 5                     | (38) |
| 48. If I had a condom with me, my sexual partner would not like it.                                      | 1                        | 2               | 3                    | 4            | 5                     | (39) |
| 49. My sexual partner would be happier if we used a condom.  | 1                        | 2               | 3                    | 4            | 5                     | (40) |
| 50. Condoms cost too much.   | 1                        | 2               | 3                    | 4            | 5                     | (41) |
| 51. It is hard for me to get condoms.  | 1                        | 2               | 3                    | 4            | 5                     | (42) |
| 52. It is too much trouble to carry around condoms.  | 1                        | 2               | 3                    | 4            | 5                     | (43) |
| 53. I can get condoms.   | 1                        | 2               | 3                    | 4            | 5                     | (44) |
| 54. It is easy for me to have a condom with me all of the time.  | 1                        | 2               | 3                    | 4            | 5                     | (45) |

|  |   |   |   |   |   |      |
|--|---|---|---|---|---|------|
| 55. I can get my sexual partner to agree to use a condom, even if they don't want to.                | 1 | 2 | 3 | 4 | 5 | (46) |
| 56. I can say to my sexual partner that we should use a condom.                                      | 1 | 2 | 3 | 4 | 5 | (47) |
| 57. Before we are ready to have sex, I can talk to my sexual partner about using a condom.           | 1 | 2 | 3 | 4 | 5 | (48) |
| 58. I can put a condom on without turning my sexual partner off.                                     | 1 | 2 | 3 | 4 | 5 | (49) |
| 59. I cannot talk to my sexual partner about using condoms.  | 1 | 2 | 3 | 4 | 5 | (50) |
| 60. If I am sexually aroused, I can stop before sex to use a condom.                                 | 1 | 2 | 3 | 4 | 5 | (51) |
| 61. I can say no to sex if my sexual partner and I do not have a condom.                             | 1 | 2 | 3 | 4 | 5 | (52) |
| 62. I can stop sex to get a condom, if I do not have one.  | 1 | 2 | 3 | 4 | 5 | (53) |
| 63. I can use a condom, even if the room is dark.  | 1 | 2 | 3 | 4 | 5 | (54) |
| 64. I can get my sexual partner to agree to use a condom without turning them off.                   | 1 | 2 | 3 | 4 | 5 | (55) |
| 65. I am sure that I can use a condom if I have sex.   | 1 | 2 | 3 | 4 | 5 | (56) |
| 66. I will try to get my sexual partner to agree to use condoms if we have sex in the next 3 months. | 1 | 2 | 3 | 4 | 5 | (57) |
| 67. I plan to use condoms if I have sex in the next 3 months.  | 1 | 2 | 3 | 4 | 5 | (58) |

### C. HARD OR EASY?

Sometimes we want to do something, but it's hard to do it. For the statements below, circle the number that best expresses how easy or hard it would be for you to do each of the things listed. Use any number from 1 to 5. The higher the number, the easier you think it is to do the behavior. The lower the number, the harder you think it is to do the behavior. (Circle One)

| 1         | 2    | 3             | 4    | 5         |
|-----------|------|---------------|------|-----------|
| Very Hard | Hard | In the Middle | Easy | Very Easy |

CODENO #3 (1-4)

LINE #3 (5)

1. How easy or hard would it be for you to not have sex in the next 3 months? 1 2 3 4 5 (6)
2. How easy or hard would it be for you to get your partner to use condoms during sex, even if they didn't want to? 1 2 3 4 5 (7)
3. How easy or hard would it be to use condoms when you have sex? 1 2 3 4 5 (8)

### D. SEXUAL BEHAVIOR

The following questions ask you about different sexual behaviors you may or may not ever have done. There is always an answer that lets you tell us when you have not done things, as well as when you have done them. Sexual intercourse refers to a male putting his penis in a female's vagina. Please be honest.

1. Have you ever had sexual intercourse (a boy's penis in a girl's vagina)? (9)  
 No       Yes
2. The first time you had sexual intercourse, did your partner force you to have sexual intercourse against your will? (10)  
 I have never had sexual intercourse.     No       Yes
3. The first time you had sexual intercourse, did you use a condom? (11)  
 I have never had sexual intercourse.     No       Yes

**The following questions ask you about the last time you had sexual intercourse:**

4. The last time you had sexual intercourse, did you use a condom? (12)  
 I have never had sexual intercourse.     No     Yes
5. The last time you had sexual intercourse, were you high on alcohol or drugs? (13)  
 I have never had sexual intercourse     No     Yes
6. The last time you had sexual intercourse, did you have a couple of drinks and/or any drugs before having sexual intercourse? (14)  
 I have never had sexual intercourse.     No     Yes
7. The last time you had sexual intercourse, how old was your partner? (15-16)  
 I have never had sexual intercourse.     (Write in) \_\_\_\_\_ years old.

**The following questions ask about your activities in the past 3 months (90 days).**

**Please use the calendar provided to help you answer these questions. Where appropriate, if your answer is "zero" or "none" write the number "0".**

8. In the past 3 months, did you have sexual intercourse? (17)  
 No     Yes
9. When you had sexual intercourse in the past 3 months, how often were condoms (rubbers) used? (18)  
 I have never had sexual intercourse.  
 I did not have sexual intercourse in the past 3 months.  
 Never     Sometimes     Often  
 Almost every time     Every time
10. In the past 3 months, how many times have you had sexual intercourse? \_\_\_\_\_ times (19-21)

11. In the past 3 months, how many times did you use a condom when you had sexual intercourse? (22-24)
- I have never had sexual intercourse
  - I did not have sexual intercourse in the past 3 months.
  - \_\_\_\_\_ times
12. In the past 3 months, how many partners have you had sexual intercourse with? \_\_\_\_\_ partners (25-26)
13. In the past 3 months, on how many days did you have sexual intercourse? \_\_\_\_\_ days (27-28)
14. In the past 3 months, on how many days did you have sexual intercourse without using a condom? (29-30)
- I have never had sexual intercourse
  - I did not have sexual intercourse in the past 3 months
  - \_\_\_\_\_ days
15. In the past 3 months, on how many days did you get high on alcohol or another drug and then have sexual intercourse? (31-32)
- I have never had sexual intercourse
  - I did not have sexual intercourse in the past 3 months.
  - \_\_\_\_\_ days
16. In the past 3 months, on how many of those days when you got high on an alcoholic drink or another drug and then had sex, did you have sexual intercourse without using a condom? (33-34)
- I have never got high and had sexual intercourse
  - I did not get high and have sexual intercourse in the past 3 months.
  - \_\_\_\_\_ days
17. With whom do you have sex? (Circle one) (35)
- Guys only       Girls only
  - Both girls and guys       I have never had sex

### E. AIDS/STD TRUE-FALSE ITEMS

**TRUE or FALSE. Some of the statements below are true; some are false. Please check T for each statement that you think is TRUE; check F for each one you think is FALSE; and check "?" if you DO NOT KNOW whether the statement is true or false. The term STD means Sexually Transmitted Disease.**

1. A common symptom of STDs in a man is discharge (drip) from his penis. (36)

T       F       ?

2. A common symptom of STDs is burning with urination (peeing). (37)

T       F       ?

3. A common symptom of STDs is a sore on the penis or vagina. (38)

T       F       ?

4. A common symptom of STDs in a woman is discharge from her vagina that causes itching or burning. (39)

T       F       ?

5. If you feel healthy you don't have an STD. (40)

T       F       ?

6. A woman who has an STD can get an infection in her uterus and tubes. (41)

T       F       ?

7. A pregnant woman who has an STD can give it to her baby. (42)

T       F       ?

8. If a person has an STD, the person's sexual partner probably has it too. (43)

T       F       ?

9. Having HIV/AIDS makes you more likely to get other diseases. (44)

T       F       ?

10. A person can have HIV/AIDS and give it to other people even if the person does not look sick. (45)

T       F       ?

11. Having sex with a man who shoots drugs is a way many women get HIV/AIDS. (46)  
 T       F       ?
12. Having anal sex (i.e., male penis in butt/anus) increases your chance of getting HIV/AIDS. (47)  
 T       F       ?
13. Using Vaseline as a lubricant when having sex lowers the chance of getting STDs and HIV/AIDS. (48)  
 T       F       ?
14. There is a good chance you will get HIV/AIDS if you share a sink, shower, or toilet seat with someone who has HIV/AIDS. (49)  
 T       F       ?
15. HIV is present in blood, semen, and vaginal fluid. (50)  
 T       F       ?
16. The penis should be hard when the condom is put on it. (51)  
 T       F       ?
17. When a condom is placed on the penis, space should be left at the tip of the condom. (52)  
 T       F       ?
18. The condom should be completely unrolled before it is placed on the penis. (53)  
 T       F       ?
19. Storing or carrying condoms in a hot or warm place can destroy their effectiveness. (54)  
 T       F       ?
20. A girl can not get pregnant the first time she has sex. (55)  
 T       F       ?
21. If a girl washes herself out with a douche after she has sex, she won't become pregnant (56)  
 T       F       ?

22. Even if a guy withdraws (removes his penis) from the woman's vagina before he reaches climax (ejaculates, comes) the woman can still become pregnant. (57)

T       F       ?

23. A girl who is taking birth control pills and does not take them one or two days in a row does not increase her chances of becoming pregnant. (58)

T       F       ?

24. The foam and jelly forms of birth control that a girl uses work better if the boy uses a condom. (59)

T       F       ?

### F. PERSONAL ATTITUDES QUESTIONNAIRE

**Listed below are statements concerning personal attitudes and traits. Please check T for each statement that you think is true; check F for each one you think is false.**

CODENO #4 (1-4)

LINE #4 (5)

1. It is sometimes hard for me to go on with my work if I am not encouraged. (6)

T       F       ?

2. I sometimes feel mad when I do not get my way. (7)

T       F       ?

3. A few times, I have given up doing something because I thought too little of my ability. (8)

T       F       ?

4. There have been times when I felt like going against people in authority even though I knew they were right. (9)

T       F       ?

5. No matter who I am talking to, I am always a good listener. (10)

T       F       ?

6. There have been times when I took advantage of someone. (11)

T       F       ?



7. I am always willing to admit it when I make a mistake. (12)

T       F       ?

8. I sometimes try to get even, rather than forgive and forget. (13)

T       F       ?

9. I am always courteous, even to people who are disagreeable. (14)

T       F       ?

10. I have never been mad when people have had ideas different from my own. (15)

T       F       ?

11. There have been times when I was very jealous of good things happening to others. (16)

T       F       ?

12. I sometimes get mad at people who ask favors of me. (17)

T       F       ?

13. I have never said something in order to hurt someone's feelings. (18)

T       F       ?

Any comments you wish to make about the questions are welcome:

If you are finished, check over the booklet for any questions you forgot to answer. Then sit quietly and do not disturb the others.

THANK YOU!

# POST-QUESTIONNAIRE

Date: \_\_\_\_\_

(7-14)

The questions in this booklet are about things related to your health, as well as general questions about your background. Some questions ask about what you know; others ask your opinion on things; and others ask about things you may or may not have done. There is always an answer that lets you tell us when you have not done things, as well as when you have done them. Knowing what you have not done is just as important as knowing what you have done.

Some of the questions are very personal and ask about different sexual activities that some people do. These particular questions are very blunt and to the point—questions you probably have never seen on a questionnaire before. Most of the questions are not like this, however. If a question bothers you so much that you do not want to answer it, you can skip that question and continue with the questionnaire. We warn you about the questions that are personal and blunt so that you will not be surprised when you see them. Please answer all of the questions honestly. Your answers will be kept completely confidential; no one from your school or home will ever see your answers. Please work by yourself, and do not talk with others while you are answering the questions.

**IMPORTANT! WRITE YOUR CODE NUMBER HERE:** \_\_\_\_\_

(1-4)

LINE (5)

Time Started: \_\_\_\_\_.

Time Finished: \_\_\_\_\_.

Asst. Req'd.?      Circle:    (1) none    (2) low    (3) high    (6)

PLEASE PRINT THE FOLLOWING SENTENCE ON THE LINE BELOW:

“The quick brown fox jumps over the lazy dog.”

\_\_\_\_\_

## A. SEXUAL ATTITUDES

The following questions ask how you feel about different behaviors. Please indicate how good or bad an idea it is to do the following, whether others would approve or disapprove of the behavior, and whether you plan to do these behaviors in the next 3 months (90 days). Circle the NUMBER that best describes your feelings. Sexual intercourse refers to a male putting his penis in a female's vagina. (Try to answer the questions even if you have not had sexual intercourse or have never used condoms.)

**How would the following people feel about you having sex in the next 3 months?  
(Circle one)**

|   | <b>1</b>                       | <b>2</b>          | <b>3</b>             | <b>4</b>       | <b>5</b>                    |   |   |      |
|---|--------------------------------|-------------------|----------------------|----------------|-----------------------------|---|---|------|
|   | <b>Strongly<br/>Disapprove</b> | <b>Disapprove</b> | <b>In the Middle</b> | <b>Approve</b> | <b>Strongly<br/>Approve</b> |   |   |      |
| 1. Yourself   |                                |                   | 1                    | 2              | 3                           | 4 | 5 | (16) |
| 2. Most people who are important to you   |                                |                   | 1                    | 2              | 3                           | 4 | 5 | (17) |
| 3. Your sexual partner  |                                |                   | 1                    | 2              | 3                           | 4 | 5 | (18) |
| 4. Your mother  |                                |                   | 1                    | 2              | 3                           | 4 | 5 | (19) |
| 5. Your father  |                                |                   | 1                    | 2              | 3                           | 4 | 5 | (20) |
| 6. Your friends   |                                |                   | 1                    | 2              | 3                           | 4 | 5 | (21) |
| 7. How likely is it that you will decide to have sexual intercourse in the next 3 months? |                                |                   |                      |                |                             |   |   | (22) |
|   | 1                              | 2                 | 3                    | 4              | 5                           |   |   |      |
|   | Very Unlikely                  | Unlikely          | In the Middle        | Likely         | Very Likely                 |   |   |      |

**Try to answer the following questions even if you have not had sex or have never used condoms. How would the following people feel about you using a condom if you have sex in the next 3 months? (Circle one)**

|   | <b>1</b>                       | <b>2</b>          | <b>3</b>             | <b>4</b>       | <b>5</b>                    |   |   |      |
|---|--------------------------------|-------------------|----------------------|----------------|-----------------------------|---|---|------|
|   | <b>Strongly<br/>Disapprove</b> | <b>Disapprove</b> | <b>In the Middle</b> | <b>Approve</b> | <b>Strongly<br/>Approve</b> |   |   |      |
| 8. Yourself                             |                                |                   | 1                    | 2              | 3                           | 4 | 5 | (23) |
| 9. Most people who are important to you |                                |                   | 1                    | 2              | 3                           | 4 | 5 | (24) |
| 10. Your sexual partner                 |                                |                   | 1                    | 2              | 3                           | 4 | 5 | (25) |

- |   |   |   |   |   |   |      |
|---|---|---|---|---|---|------|
| 11. Your mother   | 1 | 2 | 3 | 4 | 5 | (26) |
| 12. Your father   | 1 | 2 | 3 | 4 | 5 | (27) |
| 13. Your friends  | 1 | 2 | 3 | 4 | 5 | (28) |
| 14. How likely is it that you will decide to use a condom if you have sex in the next 3 months? |   |   |   |   |   | (29) |

|               |          |               |        |             |
|---------------|----------|---------------|--------|-------------|
| 1             | 2        | 3             | 4      | 5           |
| Very Unlikely | Unlikely | In the Middle | Likely | Very Likely |

**How much do you agree or disagree with each of the following statements about you having sex? (Circle One)**

- |  | <b>1</b>                 | <b>2</b>        | <b>3</b>             | <b>4</b>     | <b>5</b>              |   |   |      |
|--|--------------------------|-----------------|----------------------|--------------|-----------------------|---|---|------|
|  | <b>Strongly Disagree</b> | <b>Disagree</b> | <b>In the Middle</b> | <b>Agree</b> | <b>Strongly Agree</b> |   |   |      |
| 15. If I have sex, then I will be more popular with boys.                    |                          |                 | 1                    | 2            | 3                     | 4 | 5 | (30) |
| 16. If I have sex, then I will be more popular with girls.                   |                          |                 | 1                    | 2            | 3                     | 4 | 5 | (31) |
| 17. If I have sex, I will get a bad reputation.                              |                          |                 | 1                    | 2            | 3                     | 4 | 5 | (32) |
| 18. If I have sex, I will get HIV.   |                          |                 | 1                    | 2            | 3                     | 4 | 5 | (33) |
| 19. If I have sex, I will get a sexually transmitted disease (STD).          |                          |                 | 1                    | 2            | 3                     | 4 | 5 | (34) |
| 20. If I have sex during my teen years, pregnancy could occur.               |                          |                 | 1                    | 2            | 3                     | 4 | 5 | (35) |
| 21. If I have sex during my teen years, then my parents will find out.       |                          |                 | 1                    | 2            | 3                     | 4 | 5 | (36) |
| 22. If I have sex, and my parents find out, then they will be angry at me.   |                          |                 | 1                    | 2            | 3                     | 4 | 5 | (37) |
| 23. If I have sex before I am married, then God is likely to be angry at me. |                          |                 | 1                    | 2            | 3                     | 4 | 5 | (38) |

24. If I have sex during my teen years, then I am less likely to graduate from high school. 1 2 3 4 5 (39)
25. If I have sex during my teen years, then I am less likely to have the career that I am hoping for. 1 2 3 4 5 (40)
26. I plan to have sex in the next 3 months. 1 2 3 4 5 (41)

**The following questions concern not having sex, also known as practicing abstinence. How much do you agree or disagree with each of the following statements about you not having sex? (Circle One)**

- |   | 1                            | 2               | 3                    | 4            | 5                         |      |
|---|------------------------------|-----------------|----------------------|--------------|---------------------------|------|
|   | <b>Strongly<br/>Disagree</b> | <b>Disagree</b> | <b>In the Middle</b> | <b>Agree</b> | <b>Strongly<br/>Agree</b> |      |
| 27. If I do <u>not</u> have sex, people will call me names.                         | 1                            | 2               | 3                    | 4            | 5                         | (42) |
| 28. If I do <u>not</u> have sex, no one will want to go out with me.                | 1                            | 2               | 3                    | 4            | 5                         | (43) |
| 29. If I do <u>not</u> have sex with my partner, then they will break up with me.   | 1                            | 2               | 3                    | 4            | 5                         | (44) |
| 30. If I do <u>not</u> have sex, my parents will be proud of me.                    | 1                            | 2               | 3                    | 4            | 5                         | (45) |
| 31. If I do <u>not</u> have sex during my teenage years, I will be proud of myself. | 1                            | 2               | 3                    | 4            | 5                         | (46) |
| 32. <u>Not</u> having sex will help me further my education.                        | 1                            | 2               | 3                    | 4            | 5                         | (47) |
| 33. <u>Not</u> having sex will help me focus on getting a good job.                 | 1                            | 2               | 3                    | 4            | 5                         | (48) |
| 34. I will <u>not</u> have sex in the next 3 months.                                | 1                            | 2               | 3                    | 4            | 5                         | (49) |

**Now, we would like to ask you some questions about you using condoms. How much do you agree or disagree with each of the following statements about condoms? Try to answer the questions even if you have not had sex or have never used condoms.**

**(Circle One)**

|  | <b>1</b>                     | <b>2</b>        | <b>3</b>             | <b>4</b>     | <b>5</b>                  |   |   |      |
|--|------------------------------|-----------------|----------------------|--------------|---------------------------|---|---|------|
|  | <b>Strongly<br/>Disagree</b> | <b>Disagree</b> | <b>In the Middle</b> | <b>Agree</b> | <b>Strongly<br/>Agree</b> |   |   |      |
| 35. Condoms help prevent pregnancy.  |                              |                 | 1                    | 2            | 3                         | 4 | 5 | (50) |
| 36. Condoms help prevent STDs.   |                              |                 | 1                    | 2            | 3                         | 4 | 5 | (51) |
| 37. Condoms help prevent HIV.  |                              |                 | 1                    | 2            | 3                         | 4 | 5 | (52) |
| 38. A lot of times condoms break when<br>you are using them.                         |                              |                 | 1                    | 2            | 3                         | 4 | 5 | (53) |
| 39. When a condom is used, sex still<br>feels good.                                  |                              |                 | 1                    | 2            | 3                         | 4 | 5 | (54) |
| 40. When a condom is used, sex is more fun.  |                              |                 | 1                    | 2            | 3                         | 4 | 5 | (55) |
| 41. If I used a condom, sex would<br>not feel as good.                               |                              |                 | 1                    | 2            | 3                         | 4 | 5 | (56) |
| 42. Sex feels unnatural when a<br>condom is used.                                    |                              |                 | 1                    | 2            | 3                         | 4 | 5 | (57) |
| 43. Condoms are embarrassing to use.   |                              |                 | 1                    | 2            | 3                         | 4 | 5 | (58) |
| 44. Condoms make you not want to have sex<br>because you have to stop to put one on. |                              |                 | 1                    | 2            | 3                         | 4 | 5 | (59) |

**Now we would like you to answer questions about how your sexual partner might react to you wanting to use condoms. Try to answer the following questions even if you do not have a sexual partner.**

|  | <b>1</b>                     | <b>2</b>        | <b>3</b>             | <b>4</b>     | <b>5</b>                  |                                |   |      |
|--|------------------------------|-----------------|----------------------|--------------|---------------------------|--------------------------------|---|------|
|  | <b>Strongly<br/>Disagree</b> | <b>Disagree</b> | <b>In the Middle</b> | <b>Agree</b> | <b>Strongly<br/>Agree</b> |                                |   |      |
|  |                              |                 |                      |              |                           | CODENO #2 (1-4)<br>LINE #2 (5) |   |      |
| 45. Saying we have to use a condom would make my sexual partner think I am having sex with other people. |                              |                 | 1                    | 2            | 3                         | 4                              | 5 | (6)  |
| 46. Saying we have to use a condom is like saying to my sexual partner, "I don't trust you."             |                              |                 | 1                    | 2            | 3                         | 4                              | 5 | (7)  |
| 47. My sexual partner is likely to break up with me if I said we had to use a condom.                    |                              |                 | 1                    | 2            | 3                         | 4                              | 5 | (8)  |
| 48. If I had a condom with me, my sexual partner would not like it.                                      |                              |                 | 1                    | 2            | 3                         | 4                              | 5 | (9)  |
| 49. My sexual partner would be happier if we used a condom.  |                              |                 | 1                    | 2            | 3                         | 4                              | 5 | (10) |
| 50. Condoms cost too much.   |                              |                 | 1                    | 2            | 3                         | 4                              | 5 | (11) |
| 51. It is hard for me to get condoms.  |                              |                 | 1                    | 2            | 3                         | 4                              | 5 | (12) |
| 52. It is too much trouble to carry around condoms.  |                              |                 | 1                    | 2            | 3                         | 4                              | 5 | (13) |
| 53. I can get condoms.   |                              |                 | 1                    | 2            | 3                         | 4                              | 5 | (14) |
| 54. It is easy for me to have a condom with me all of the time.  |                              |                 | 1                    | 2            | 3                         | 4                              | 5 | (15) |
| 55. I can get my sexual partner to agree to use a condom, even if they don't want to.                    |                              |                 | 1                    | 2            | 3                         | 4                              | 5 | (16) |

|  |   |   |   |   |   |      |
|--|---|---|---|---|---|------|
| 56. I can say to my sexual partner that we should use a condom.                                      | 1 | 2 | 3 | 4 | 5 | (17) |
| 57. Before we are ready to have sex, I can talk to my sexual partner about using a condom.           | 1 | 2 | 3 | 4 | 5 | (18) |
| 58. I can put a condom on without turning my sexual partner off.                                     | 1 | 2 | 3 | 4 | 5 | (19) |
| 59. I cannot talk to my sexual partner about using condoms.  | 1 | 2 | 3 | 4 | 5 | (20) |
| 60. If I am sexually aroused, I can stop before sex to use a condom.                                 | 1 | 2 | 3 | 4 | 5 | (21) |
| 61. I can say no to sex if my sexual partner and I do not have a condom.                             | 1 | 2 | 3 | 4 | 5 | (22) |
| 62. I can stop sex to get a condom, if I do not have one.  | 1 | 2 | 3 | 4 | 5 | (23) |
| 63. I can use a condom, even if the room is dark.  | 1 | 2 | 3 | 4 | 5 | (24) |
| 64. I can get my sexual partner to agree to use a condom without turning them off.                   | 1 | 2 | 3 | 4 | 5 | (25) |
| 65. I am sure that I can use a condom if I have sex.   | 1 | 2 | 3 | 4 | 5 | (26) |
| 66. I will try to get my sexual partner to agree to use condoms if we have sex in the next 3 months. | 1 | 2 | 3 | 4 | 5 | (27) |
| 67. I plan to use condoms if I have sex in the next 3 months.  | 1 | 2 | 3 | 4 | 5 | (28) |



## B. HARD OR EASY?

Sometimes we want to do something, but it's hard to do it. For the statements below, circle the number that best expresses how easy or hard it would be for you to do each of the things listed. Use any number from 1 to 5. The higher the number, the easier you think it is to do the behavior. The lower the number, the harder you think it is to do the behavior. (Circle One)

- |   | 1         | 2    | 3             | 4    | 5         |   |   |      |
|---|-----------|------|---------------|------|-----------|---|---|------|
|   | Very Hard | Hard | In the Middle | Easy | Very Easy |   |   |      |
| 1. How easy or hard would it be for you to not have sex in the next 3 months?                                       |           |      | 1             | 2    | 3         | 4 | 5 | (29) |
| 2. How easy or hard would it be for you to get your partner to use condoms during sex, even if they didn't want to? |           |      | 1             | 2    | 3         | 4 | 5 | (30) |
| 3. How easy or hard would it be to use condoms when you have sex?   |           |      | 1             | 2    | 3         | 4 | 5 | (31) |

## C. AIDS/STD TRUE-FALSE ITEMS

**TRUE or FALSE.** Some of the statements below are true; some are false. Please check **T** for each statement that you think is **TRUE**; check **F** for each one you think is **FALSE**; and check **"?"** if you **DO NOT KNOW** whether the statement is true or false. The term **STD** means **Sexually Transmitted Disease**.

1. A common symptom of STDs in a man is discharge (drip) from his penis. (32)  
 T       F       ?
2. A common symptom of STDs is burning with urination (peeing). (33)  
 T       F       ?
3. A common symptom of STDs is a sore on the penis or vagina. (34)  
 T       F       ?
4. A common symptom of STDs in a woman is discharge from her vagina that causes itching or burning. (35)  
 T       F       ?

5. If you feel healthy you don't have an STD. (36)  
 T       F       ?
6. A woman who has an STD can get an infection in her uterus and tubes. (37)  
 T       F       ?
7. A pregnant woman who has an STD can give it to her baby. (38)  
 T       F       ?
8. If a person has an STD, the person's sexual partner probably has it too. (39)  
 T       F       ?
9. Having HIV/AIDS makes you more likely to get other diseases. (40)  
 T       F       ?
10. A person can have HIV/AIDS and give it to other people even if the person does not look sick. (41)  
 T       F       ?
11. Having sex with a man who shoots drugs is a way many women get HIV/AIDS. (42)  
 T       F       ?
12. Having anal sex (i.e., male penis in butt/anus) increases your chance of getting HIV/AIDS. (43)  
 T       F       ?
13. Using Vaseline as a lubricant when having sex lowers the chance of getting STDs and HIV/AIDS. (44)  
 T       F       ?
14. There is a good chance you will get HIV/AIDS if you share a sink, shower, or toilet seat with someone who has HIV/AIDS. (45)  
 T       F       ?
15. HIV is present in blood, semen, and vaginal fluid. (46)  
 T       F       ?

16. The penis should be hard when the condom is put on it. (47)  
 T       F       ?
17. When a condom is placed on the penis, space should be left at the tip of the condom. (48)  
 T       F       ?
18. The condom should be completely unrolled before it is placed on the penis. (49)  
 T       F       ?
19. Storing or carrying condoms in a hot or warm place can destroy their effectiveness. (50)  
 T       F       ?
20. A girl can not get pregnant the first time she has sex. (51)  
 T       F       ?
21. If a girl washes herself out with a douche after she has sex, she won't become pregnant (52)  
 T       F       ?
22. Even if a guy withdraws (removes his penis) from the woman's vagina before he reaches climax (ejaculates, comes) the woman can still become pregnant. (53)  
 T       F       ?
23. A girl who is taking birth control pills and does not take them one or two days in a row does not increase her chances of becoming pregnant. (54)  
 T       F       ?
24. The foam and jelly forms of birth control that a girl uses work better if the boy uses a condom. (55)  
 T       F       ?

### D. Debrief Questions

The questions in this section concern your feelings about the program. Tell us how you felt about the program by circling how you best feel about the statement. Please answer all of the questions honestly. Your opinions are valuable to us.

CODENO# 3 (1-4)

LINE #3 (5)

1. What did you like about the overall program? (6)

2. What didn't you like about the overall program? (7)

For questions 1 - 7 please use the scale below.

|  | 1                     | 2        | 3                             | 4     | 5                  |   |   |      |
|--|-----------------------|----------|-------------------------------|-------|--------------------|---|---|------|
|  | Disliked<br>Very Much | Disliked | Neither Liked<br>Nor Disliked | Liked | Liked<br>Very Much |   |   |      |
| 3. How much did you like all of the program activities?        |                       |          | 1                             | 2     | 3                  | 4 | 5 | (8)  |
| 4. How much did you like the DVD part of the activities?       |                       |          | 1                             | 2     | 3                  | 4 | 5 | (9)  |
| 5. How much did you like the group that you were in?           |                       |          | 1                             | 2     | 3                  | 4 | 5 | (10) |
| 6. How much did you like your facilitator?                     |                       |          | 1                             | 2     | 3                  | 4 | 5 | (11) |
| 7. How much did you like the activities you did in your group? |                       |          | 1                             | 2     | 3                  | 4 | 5 | (12) |

**For questions 8 and 9 please use the scale below.**

|  | <b>1</b>          |   | <b>2</b>           |   | <b>3</b>          |   | <b>4</b>         |   |      |
|--|-------------------|---|--------------------|---|-------------------|---|------------------|---|------|
|  | <b>Not at all</b> |   | <b>Very Little</b> |   | <b>Moderately</b> |   | <b>Very Much</b> |   |      |
| 8. How much could you really get into the group activities?                      |                   | 1 |                    | 2 |                   | 3 |                  | 4 | (13) |
| 9. How much did you talk and share your thoughts in the group?                   |                   | 1 |                    | 2 |                   | 3 |                  | 4 | (14) |
| 10. How comfortable did you feel talking and sharing your thoughts in the group? | 1                 |   | 2                  |   | 3                 |   | 4                |   | (15) |
| 11. How comfortable did you feel during the exercises, games, or role -playing?  | 1                 |   | 2                  |   | 3                 |   | 4                |   | (16) |
| 12. In general, how much did you learn from the activities?                      |                   | 1 |                    | 2 |                   | 3 |                  | 4 | (17) |
| 13. How much did you learn from the videos you saw?                              |                   | 1 |                    | 2 |                   | 3 |                  | 4 | (18) |
| 14. How much did you learn from the small group activities?                      |                   | 1 |                    | 2 |                   | 3 |                  | 4 | (19) |
| 15. Would you recommend this project to other teenagers?                         |                   | 1 |                    | 2 |                   | 3 |                  | 4 | (20) |

**For the following questions please use the scale below.**

|   | <b>1</b>                 |   | <b>2</b>        |   | <b>3</b>                          |   | <b>4</b>     |   | <b>5</b>              |      |
|---|--------------------------|---|-----------------|---|-----------------------------------|---|--------------|---|-----------------------|------|
|   | <b>Disagree Strongly</b> |   | <b>Disagree</b> |   | <b>Neither Agree Nor Disagree</b> |   | <b>Agree</b> |   | <b>Agree Strongly</b> |      |
| 16. My facilitator really knows what he or she is teaching. |                          | 1 |                 | 2 |                                   | 3 |              | 4 | 5                     | (21) |
| 17. My facilitator is a good role model for me.             |                          | 1 |                 | 2 |                                   | 3 |              | 4 | 5                     | (22) |
| 18. My facilitator really understands youth my age.         |                          | 1 |                 | 2 |                                   | 3 |              | 4 | 5                     | (23) |

19. My facilitator shows respect for the group's feelings.                      1      2      3      4      5                      (24)
20. My facilitator is very friendly.                      1      2      3      4      5                      (25)
21. My facilitator was well-prepared.                      1      2      3      4      5                      (26)
22. My facilitator knows a lot about life.                      1      2      3      4      5                      (27)
23. Have you discussed the program with a teenager who was in a different group than you?                      (28)
- No                       Yes
24. If you have discussed the program with a teenager who was in a different group than you, what did you tell them you learned?                      (29)
25. If you have discussed the program with a teenager who was in a different group than you, what did they tell you?                      (30)
26. Has any other teenager who lives with you participated in the program?                      (31)
- No                       Yes
27. Do you have a relative who has participated in the program?                      (32)
- No                       Yes

Any comments you wish to make about the questions are welcome:

If you are finished, check over the booklet for any questions you forgot to answer. Then sit quietly and do not disturb the others.

THANK YOU!

