



BOTVIN MS LIFE SKILLS-- AFTER

Date _____ Your First Initial _____ Your Last Initial _____

Please answer the questions below about how you feel *right now*. We want to know what you *truly* think.

Statement—Now that I have participated in Life Skills	Agree	Disagree	Not Sure
1. Someone my age using alcohol is not okay.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Someone my age using marijuana is not okay	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Someone my age smoking/vaping is not okay	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Someone my age using prescription drugs/opioid drugs not meant for them, is not okay.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. If friends use drugs, a person is more likely to also use drugs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. There is only one reason why people start to use drugs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. What we believe about ourselves affects the way we act or behave.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. It is almost impossible to develop a more positive self-image.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. It's a good idea to make a decision and then think about the consequences later.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Some advertisements can be deceiving.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Companies advertise only because they want you to have all facts about their product.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Most people do not experience anxiety.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. There is very little you can do when you feel anxious.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Almost all people who are assertive are either rude or hostile.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Being aggressive and being assertive are the same thing.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Saying no, making requests, and expressing feelings are all examples of being assertive.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. Confrontation is an effective form of problem solving.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Please provide your opinion:	Agree	Disagree	Not Sure
18. This program was helpful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I know more about how drug and alcohol use can hurt me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. Now that I have finished this program, one of my goals is to never use drugs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Now that I have finished this program, one of my goals is not to use alcohol until I am 21.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

22. **What did you like BEST about the program? (You can check more than one).**

- The Group Leader Group Discussion The information presented.

23. **Now that I have finished Life Skills (you can check more than one)**

- I learned how to refuse drugs/alcohol. I know how to ask for help when I am having problems.
 I have set some goals for myself. I am more positive my life.
 I have new skills to communicate with other people. I haven't made any changes.

24. **What did you get out of attending Life Skill classes?** _____

25. **How do you think Life Skill classes could be improved?** _____