



## RRR Pre- and Post-Program Student Survey

*This anonymous pre- and post-survey is designed to capture student beliefs regarding the dangers of alcohol and tobacco, marijuana, steroids, and prescription and over-the-counter drugs; and feelings of preparedness to avoid use through refusal skills when faced with the social pressure to use substances.*

*This survey is utilized to test the effectiveness of this program in developing strategies to reduce risk factors related to substance abuse, as well as to increase protective factors needed to help students to live healthy and productive lives.*

### **1: I have clear strategies for refusing substances if they are offered to me.**

Select all that apply

- False
- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

### **2: I have clear strategies for removing myself from a situation if substances are offered to me.**

Select all that apply

- False
- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

### **3: I have clear reasons for refusing substances if they are offered to me.**

Select all that apply

- False
- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

**4: I can think of other activities in my life to have fun besides drinking, smoking and using other substances.**

Select all that apply

- False
- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

**5: I'm aware of how messages in the media try to influence me to use alcohol, tobacco and other substances.**

Select all that apply

- False
- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

**6: Most young people aged 12-20 report that they have not had a drink of alcohol in the past month.**

Select all that apply

- False
- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

**7: Nearly 70% of teenagers say that they have never tried marijuana.**

Select all that apply

- False
- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

**8: Prescription, Over the Counter Drugs and Steroids can be just as dangerous as illegal drugs.**

Select all that apply

- False
- Strongly disagree
- Disagree
- Neutral
- Agree
- Strongly agree

**9: Over the next year, how likely do you think it is that you will use tobacco?**

Select all that apply

- False
  - Strongly disagree
  - Disagree
  - Neutral
  - Agree
  - Strongly agree
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Please answer the following only after completing the RRR program

**10: The most important thing that I learned from this program was**

- Increased knowledge of effect of substances and associated consequences
- Increased knowledge of intentional behaviors and skills for refusal, removal, and reasons refusal skills
- Increased confidence and self-esteem (recognition that others do not use or abuse)
- Negative response (or no impact)
- Recognition of negative media influences