START SMART POST-TEST

Skills Mastery and Resistance Training SMART moves

ID# _____ = the first letter of your first name + the first letter of your last name + your birthday (month/day/year)

Tell us about yourself:

1. I am _____ years old
2. I am a: O Boy O Girl
3. I am:
   O Latino/Hispanic O White
   O Asian/Pacific Islander O Native American
   O African-American O Bi-racial/Multiracial/Mixed Heritage
   O Other _____
4. I am in the _____ grade.
5. I have been a member of this Club for:
   O Less than a year O More than 3 years
   O 1 to 2 years O I am not a member
   O 2 to 3 years
6. I come to the Club:
   O Once a week or less O 4 or more times a week
   O 2 or 3 times a week
7. I have other family members who come to the Club.
   O Yes O No

For office use only

TOTAL NUMBER CORRECT ____
(only tabulate correct answers for questions 8-22)

True/False

8. Engaging in risky behaviors can ruin your life.
   True **False**
9. The legal age to drink alcoholic beverages is age 18.
   True **False**
10. A young girl cannot get pregnant until she is a teenager.
    True **False**
11. Smoking can cause cancer, lung disease and heart disease.
    True **False**
12. More teens are in treatment for marijuana dependency than any other illegal drug.
    True **False**

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Multiple Choice

13. Which of the following is NOT a gateway drug:
    a) Methamphetamines **b) Tobacco** **c) Marijuana** **d) None of the above**

14. An example of assertive behavior is:
    a) Direct eye contact **b) Good posture** **c) Firm voice** **d) All of the above**

15. The only 100% way to avoid teenage pregnancy and HIV transmission is:
    a) Abstinence **b) Condoms** **c) Wait until you're older** **d) None of the above**

16. All of the following are reasons young people might start using drugs EXCEPT:
    a) Stress **b) It costs a lot** **c) To look "cool"** **d) They think it's safe**

17. A possible consequence of underage drinking is:
    a) School problems **b) Arrest** **c) Sickness** **d) All of the above**

Survey

18. Young people can become addicted to meth after just one use.
    Strongly Agree **Agree** **Disagree** **Strongly Disagree**

19. When misused prescription drugs can be harmful and addictive.
    Strongly Agree **Agree** **Disagree** **Strongly Disagree**

20. Smoking cigarettes does not cause you to have more friends.
    Strongly Agree **Agree** **Disagree** **Strongly Disagree**

21. I can encourage other people to avoid using drugs or alcohol.
    Strongly Agree **Agree** **Disagree** **Strongly Disagree**

22. When I get upset, I can make myself feel better in a healthy way.
    Strongly Agree **Agree** **Disagree** **Strongly Disagree**

Program Quality

23. I like coming to Start SMART.
    Strongly Agree **Agree** **Disagree** **Strongly Disagree**

24. I like the way members act toward each other in the Start SMART program.
    Strongly Agree **Agree** **Disagree** **Strongly Disagree**

25. Adult leaders in the Start SMART program care about me.
    Strongly Agree **Agree** **Disagree** **Strongly Disagree**