

### **SMART Moves: Core Follow-Up Survey - For Members**

Thank you very much for taking this survey today! Your opinion is important to us and we appreciate your time.

This survey is designed to find out about you, your opinions and your experiences. Your answers will help make the Boys & Girls Clubs and Youth Centers more interesting and enjoyable for you and others like you, so please answer honestly.

You can answer honestly because your survey won't have your name on it, and nobody seeing the survey will know your name. This means your answers will never be shared with your parents, friends or anyone in your Club or Youth Center. Your answers will be kept confidential and used to better understand Boys & Girls Clubs, Youth Centers and their members.

#### **Instructions:**

1. This is not a test. There are no right or wrong answers.
2. If you don't find the answer that fits exactly, use the answer that comes closest.
3. If you need help with a question, raise your hand and quietly ask the staff member helping you today so that you don't disturb others around you.
4. If any question makes you feel uncomfortable, you don't have to answer it. Just skip it and go to the next question.
5. Your participation is voluntary and will not affect your membership in the Club. Remember, there are no right or wrong answers – only your opinion and your experiences.

Thanks again for your time.

[Unique Identifier]

[Club Site]

[Date]

**For each of the following statements, choose the answer that best describes you.**

When I have a problem, I can work it out myself.	Not True at All	Not Very True	Sort of True	Very True
If I try my best, I can do most things.	Not True at All	Not Very True	Sort of True	Very True
There are many things that I can do well.	Not True at All	Not Very True	Sort of True	Very True
I feel confident in my ability to communicate assertively.	Not True at All	Not Very True	Sort of True	Very True
I feel certain in my ability to make a decision on my own about my health.	Not True at All	Not Very True	Sort of True	Very True
I feel confident talking with adults about health questions.	Not True at All	Not Very True	Sort of True	Very True

**How much do you agree or disagree with the following?**

I can describe my feelings.	Strongly Disagree	Disagree	Agree	Strongly Agree
I understand my actions.	Strongly Disagree	Disagree	Agree	Strongly Agree
I can say what I am thinking or feeling without using words.	Strongly Disagree	Disagree	Agree	Strongly Agree
I can tell others what I am thinking or feeling.	Strongly Disagree	Disagree	Agree	Strongly Agree
I make decisions that help me achieve my future goals.	Strongly Disagree	Disagree	Agree	Strongly Agree
I feel good about my future.	Strongly Disagree	Disagree	Agree	Strongly Agree
I can achieve my dreams if I focus on them.	Strongly Disagree	Disagree	Agree	Strongly Agree
I think about how what I do today could affect my plans for my future.	Strongly Disagree	Disagree	Agree	Strongly Agree
I feel confident that I can say no to a behavior that I think is unhealthy.	Strongly Disagree	Disagree	Agree	Strongly Agree
I feel confident that I can say no when pressured by a peer to participate in a behavior I think is unhealthy.	Strongly Disagree	Disagree	Agree	Strongly Agree
It's important for me to choose healthy behaviors.	Strongly Disagree	Disagree	Agree	Strongly Agree

**For each of the following statements, please tell us how easy or difficult these behaviors are for you.**

Knowing the emotions I feel.	Very Difficult	Difficult	Easy	Very Easy
Understanding how my feelings influence how I act.	Very Difficult	Difficult	Easy	Very Easy
Explaining issues related to my health to adults.	Very Difficult	Difficult	Easy	Very Easy
Explaining issues related to my health to my peers.	Very Difficult	Difficult	Easy	Very Easy
Thinking of past choices when making new decisions.	Very Difficult	Difficult	Easy	Very Easy
Applying new knowledge to make decisions.	Very Difficult	Difficult	Easy	Very Easy
Taking the time to List–Compare–Choose my options and consequences when making decisions about my health.	Very Difficult	Difficult	Easy	Very Easy
Asking for advice from a trusted adult before making an important decision.	Very Difficult	Difficult	Easy	Very Easy
Being able to get information about health from the internet when I need it.	Very Difficult	Difficult	Easy	Very Easy
Knowing which places online or in person provide truthful information.	Very Difficult	Difficult	Easy	Very Easy