

# THE DARE FOUNDATION

SKILLS FOR LIFE

PRIVATE AND CONFIDENTIAL



EVALUATION PROJECT 2009-2012

## NOMINATED SIGNIFICANT OTHER / PARENT / TEACHER CONSENT FORM AND QUESTIONNAIRE

I understand about this questionnaire and the evaluation for the programme. I agree to participate.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Child's name (participating in the DARE programme): \_\_\_\_\_

Child's Age: \_\_\_\_\_ MALE / FEMALE (circle either)

Home Address: \_\_\_\_\_  
\_\_\_\_\_

Home phone no.: \_\_\_\_\_ Cell phone no.: \_\_\_\_\_

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

Signature: \_\_\_\_\_

Facilitator's Name: \_\_\_\_\_

DARE Programme young person has completed:  
(CIRCLE ONE)    DARE to be You    DARE to Move On

\*\*\*\*\*

Please complete the questionnaire and return/post in the self address envelopes attached to:

EVALUATION PROJECT  
DARE FOUNDATION OF NZ  
P O BOX 50906  
PORIRUA, WELLINGTON

*(It will be treated as PRIVATE AND CONFIDENTIAL)*

Below are the 10 core life skills covered in both the DARE to be You and DARE to Move On programmes:

- (1) **problem solving:** ability to recognise problems and find or action appropriate solutions.
- (2) **critical thinking:** ability to think more deeply about issues or situations.
- (3) **effective communication skills;** ability to be understood when speaking to others and express feelings clearly.
- (4) **decision making:** ability to understand the problem and identify an appropriate action/solution.
- (5) **creative thinking:** ability to 'think outside the square' and use other methods to look for solutions to situation/problems.
- (6) **relationship building skills:** ability to form and maintain friendships with people and bringing a positive influence to the friendship.
- (7) **self awareness:** ability to recognise their own strengths, abilities and weaknesses – and acknowledge them.
- (8) **empathy:** ability to put themselves into another persons situation and understand and respect their feelings.
- (9) **coping with stress:** ability to recognise and manage situations (that make them feel vulnerable or powerless) in a positive way.
- (10) **managing emotions:** ability to recognise and manage situations (that make them feel upset, angry or scared etc.) in a positive way.

\*\*\*\*\*

### MARK YOUR ANSWER WITH AN '✓' IN THE BOX MOST APPROPRIATE

Please answer honestly.

These questions ask you about the programme participant's knowledge of skills since participating in the DARE programme:

	Most definitely	A little more	No change at all	Become worse
<b>Problem Solving:</b> Do you feel they are attempting to solve their own problems since being part of the programme?				
Do you feel they are succeeding at solving their own problems with positive results more since being part of the programme?				
<b>Self Control:</b> Do you feel they have a better understanding that risky actions have consequences which affect themselves and their families in the short term?				
Do you feel they have a better understanding that risky actions have consequences which affect themselves and their families in the long term?				
<b>Communication:</b> Do you feel they are communicating more effectively with you and others since being part of the programme?				
<b>Relationships:</b> Do you feel they show or display respect towards others?				
Do you feel they are more tolerant of others and their opinions?				
<b>Goal setting:</b> Do you feel they have a better view of their future?				
Have they shared future goals with you?				
Do you feel they have made changes which help them achieve their goals?				

	Most definitely	A little more	No change at all	Become worse
<b>Strengths and Skills:</b>				
Do you feel they are more cooperative with people either at home or elsewhere since being part of the programme?				
Do you feel they are more confident?				
Do you feel they are displaying better self control especially when in stressful situations?				
<b>Self Esteem:</b>				
Do you feel they have a better attitude towards life since being part of the programme?				
Do you feel they believe they have good qualities and talents since being part of the programme?				
Do you feel they are able to use their good qualities and talents more since being part of the programme?				
Do they seem generally happier to you?				

How can you tell they are happier? \_\_\_\_\_

\_\_\_\_\_

About the programme:

	Yes, often	Yes, occasionally	Not unless asked	Not at all
Did they talk to you about the programme?				
Do you think they enjoyed the DARE programme sessions?				
Did they talk about the story?				
Do you think they enjoyed the story?				
Did you follow along with the Parent Guide?				
Would you recommend the programme to others?				
Were you offered the DARE to Support Your Kids programme?				
Did you attend a DARE to Support Your Kids session or programme?				
If not, would you be interested in taking part in a DARE to Support Your Kids programme?				

Please add any further comment.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

1. Did they complete the full DARE programme? (circle one) Yes / No

2. If not, how much did they complete?

1 - 5 sessions

5 - 10 sessions

10 - 15 sessions

Reason for not completing the programme \_\_\_\_\_

\_\_\_\_\_

Thank you for answering these questions honestly. 😊 please pass form to facilitator or return/post in the self addressed envelope attached to:

EVALUATION PROJECT  
DARE FOUNDATION OF NZ  
P O BOX 50906  
WELLINGTON

(The form will be treated as PRIVATE AND CONFIDENTIAL)