

THE DARE FOUNDATION

SKILLS FOR LIFE

PRIVATE AND CONFIDENTIAL



EVALUATION PROJECT 2009-2012

PARTICIPANT CONSENT FORM AND QUESTIONNAIRE
TO BE COMPLETED AT THE START AND AT THE END OF THE DARE PROGRAMME.

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

First Name: _____ Last Name: _____

School: _____

Home Address: _____

Home phone no.: _____ Cell phone no.: _____

Email: _____ Date: _____

Signature: _____

Facilitator's Name: _____

DARE Programme: (CIRCLE ONE) DARE to be You DARE to Move On

Date: _____ Age: _____ MALE / FEMALE

Are you completing this questionnaire at the START or the END of your DARE programme?

(CIRCLE ONE) **START** or **END**

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

(This will be treated as PRIVATE AND CONFIDENTIAL)

The questions in this form relate to 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) **copng 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

(1) Always True – (2) Sometimes True – (3) Neutral – (4) Sometimes not true – (5) Not at all True

Remember there are no wrong answers – please answer honestly.

These questions ask you about how you work through problems.

(1)	(1) Always True	(2) Sometimes True	(3) neutral	(4) Sometimes Not true	(5) Not at all True
I work hard at solving what's causing my problems in my life					
I solve problems to the best of my ability					
I can identify the cause of problems in my life					
In an emergency I am somebody people generally can rely on					
When I am in a difficult situation I can usually find a way out of it					

These questions ask how you feel about your life and your future.

(2)	(1) Always True	(2) Sometimes True	(3) neutral	(4) Sometimes Not true	(5) Not at all True
My life is mostly controlled by external things					
I think carefully about the consequences of my actions					
I am trying hard to do the right thing					
I take too many risks					
I am too cautious					
Keeping interested in things is important to me					
I am friends with myself					
I keep interested in things					
I take responsibility for what I do					
I keep interested in things					
I finish the things I start					
I take responsibility for what I do					

These questions ask about how you feel you communicate to others.

(3)	(1) Always True	(2) Sometimes True	(3) neutral	(4) Sometimes Not true	(5) Not at all True
People understand what I say to them					
I find it easy to talk with other people					
I understand other people when they are talking to me					

These questions ask about how much you think about other people's feelings.

(4)	(1) Always True	(2) Sometimes True	(3) neutral	(4) Sometimes Not true	(5) Not at all True
I respect other people					
I act with respect towards other people					
I accept other peoples ideas about things					
I care about my family					

These questions ask about the way you make decisions.

(5)	(1) Always True	(2) Sometimes True	(3) neutral	(4) Sometimes Not true	(5) Not at all True
The things that I do in my life are what will affect my future					
I am good at deciding whether a risk is worth taking					
When I make plans I follow through with them					
Sometimes I make myself do things even if I don't want to					
I always think before I act					
I want to make changes in my life					
I say no when I don't like something					

These questions ask about some of the ways you deal with issues.

(6)	(1) Always True	(2) Sometimes True	(3) neutral	(4) Sometimes Not true	(5) Not at all True
I write about my thoughts and feelings in a journal or diary					
I like to express myself through art, drama, music and/or dance					
I explore my thoughts and feelings creatively, such as through art, drama or music					
I can usually look at a situation in a number of ways					

These questions ask about the way you interact with other people.

(7)	(1) Always True	(2) Sometimes True	(3) neutral	(4) Sometimes Not true	(5) Not at all True
I cooperate well when working in a team					
I resolve my conflicts with other people in positive ways					
I help people work well together					
I like working in a team					
There are people in my community who help me work through things if I have problems					
I help people in my community to get along with each other					
I am able to depend on myself more than anyone else					
Friends get me into trouble					
I look after my mates when we are out together or at school, at the park or at the mall					

These questions ask about how you view your own strengths and skills.

(8)	(1) Always True	(2) Sometimes True	(3) neutral	(4) Sometimes Not true	(5) Not at all True
Overall, most things I do turn out well					
I know I have the ability to do anything I want to do					
Goals are important to me					
I feel safe and enjoy living in my community					
Overall, I have a lot to be proud of					
When I apply myself to something I am confident I will succeed					
I have specific goals to aim for					
I can be a capable leader					
I do most things well					
I believe I can succeed					
I prefer to set my own goals					
I understand about the need for personal space and appropriate behaviour and touching towards other people					
I can be a good leader when things need to get done					
I feel proud that I have accomplished things in my life					
I am determined					
I have self discipline					
It is ok if there are people who don't like me					

These questions ask about what you do when things start to get too much.

(9)	(1) Always True	(2) Sometimes True	(3) neutral	(4) Sometimes Not true	(5) Not at all True
I avoid pointless conflicts with others					
I feel that I can handle many things at one time					
I take things one day at a time					
I don't stress about things that I can't do anything about					
I have enough energy to do what I have to do					

These questions ask about how you cope when you feel stressed.

(10)	(1) Always True	(2) Sometimes True	(3) neutral	(4) Sometimes Not true	(5) Not at all True
I feel scared and powerless when there is conflict around me					
I can be on my own if I have to					
I usually don't worry too much about things					
I often wonder what the point of it all is					
I can get through difficult times because I have experienced difficulty before					
I can usually find something to laugh about					
My belief in myself gets me through hard times					
I can express my feelings in OK ways					

	(1) Always True	(2) Sometimes True	(3) neutral	(4) Sometimes Not true	(5) Not at all True
I get into trouble often					

These questions ask you about self esteem.

(11)	(1) Always True	(2) Sometimes True	(3) neutral	(4) Sometimes Not true	(5) Not at all True
On the whole, I am satisfied with myself					
At times, I think I am no good at all					
I feel that I have a number of good qualities					
I feel I do not have much to be proud of					
I certainly feel useless at times					
I feel I am a person of worth or at least equal with others					
I wish I could have more respect for myself					
All in all I am inclined to feel I am a failure					
I take a positive attitude toward myself					
I am able to do things as well as most other people					

How did you know about the programme? (tick \checkmark those most appropriate)

- Heard about the programme and I asked to take part
- Was referred by my school to take part
- Was referred by Police to take part
- My parent/caregiver referred me
- The Court ordered my participation
- Other

Have you participated in a Life Skills programme before? (circle one) Yes / No

	(1) Always	(2) Sometimes	(3) neutral	(4) Not really	(5) Not at all
Did you enjoy the DARE programme sessions?					
Did you enjoy the story?					
Would you recommend the programme to others?					

What changes have you noticed in yourself?

Do you have any other comments?

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

2. If not, how much did you complete?

1 - 5 sessions

5 - 10 sessions

10 - 15 sessions

Reason for not completing the programme _____

Thank you for taking the time and answering these questions honestly. 😊

Please pass form to facilitator.

Facilitator: Please post completed form to:

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WELLINGTON

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