

PRE AND POST SURVEY

GRADE 6-8



Section A – Brain Knowledge

1. I understand that my brain is still developing during childhood and adolescence.
1 = Strongly disagree 2 = Disagree 3 = Not Sure 4 = Agree 5 = Strongly agree
2. I understand that sleep, nutrition, and movement all affect how well my brain works.
1 = Strongly disagree 2 = Disagree 3 = Not Sure 4 = Agree 5 = Strongly agree
3. I understand that alcohol, nicotine/vaping, and other drugs can damage the developing brain.
1 = Strongly disagree 2 = Disagree 3 = Not Sure 4 = Agree 5 = Strongly agree
4. I understand that heavy or late-night screen use can affect my mood, sleep, and attention.
1 = Strongly disagree 2 = Disagree 3 = Not Sure 4 = Agree 5 = Strongly agree

Section B – My Executive Function Skills

5. When I'm stressed, I have at least one healthy way to calm my brain and body.
1 = Strongly disagree 2 = Disagree 3 = Not Sure 4 = Agree 5 = Strongly agree
6. I can usually stop myself from acting on my first impulse when it might cause problems.
1 = Strongly disagree 2 = Disagree 3 = Not Sure 4 = Agree 5 = Strongly agree
7. I can plan out my schoolwork so I'm not doing everything at the last minute.
1 = Strongly disagree 2 = Disagree 3 = Not Sure 4 = Agree 5 = Strongly agree
8. I can start tasks even when I don't feel like it.
1 = Strongly disagree 2 = Disagree 3 = Not Sure 4 = Agree 5 = Strongly agree
9. I can stay focused on schoolwork or chores, even when I'd rather be on my phone or gaming.
1 = Strongly disagree 2 = Disagree 3 = Not Sure 4 = Agree 5 = Strongly agree
10. I can keep track of my assignments, deadlines, and materials for school.
1 = Strongly disagree 2 = Disagree 3 = Not Sure 4 = Agree 5 = Strongly agree

Section C – Behavior Intentions and Help-Seeking

11. I plan to use at least one strategy from these lessons to protect my brain each week.

1 = Strongly disagree 2 = Disagree 3 = Not Sure 4 = Agree 5 = Strongly agree

12. I am more likely now to pause and think before I make a risky choice.

1 = Strongly disagree 2 = Disagree 3 = Not Sure 4 = Agree 5 = Strongly agree

13. I would choose to limit or delay using alcohol, vaping, or drugs to protect my brain.

1 = Strongly disagree 2 = Disagree 3 = Not Sure 4 = Agree 5 = Strongly agree

14. If I was struggling with my mental health or substance use, I would talk to a trusted adult.

1 = Strongly disagree 2 = Disagree 3 = Not Sure 4 = Agree 5 = Strongly agree

Open-ended:

15. One change I plan to make to protect my brain is:

Please write your answer here: