

PRE AND POST SURVEY

GRADE 9-12



Section A – Brain Knowledge

1. I understand that my prefrontal cortex (the “thinking” part of my brain) is still developing into my mid-20s.

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

2. I can explain at least one way alcohol or drugs interfere with how the developing brain works.

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

3. I can explain at least one way addictive screen use or social media can affect mood, sleep, or attention.

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

4. I understand that repeated risky behaviors can change the brain’s reward pathways.

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

Section B – My Executive Function Skills

5. When I’m overwhelmed, I can use specific strategies (like breathing, movement, or problem-solving) to regulate myself.

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

6. I can usually think through the possible consequences of a choice before I act.

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

7. I can break big tasks (projects, studying, applications) into smaller steps and schedule them.

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

8. I can stick to a plan even when I’m tempted by distractions (phone, games, social media).

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

9. I can shift my attention from one task to another without completely losing focus.

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

10. I can advocate for myself (ask questions, request help, or talk to an adult) when I need support.

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

Section C – Behavior Intentions and Help-Seeking

11. Because of what I've learned, I intend to use strategies to protect my brain health.

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

12. I am less likely to use alcohol, nicotine/vaping, or other drugs because I understand the brain impact.

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

13. I am more likely to set limits for myself on screens or apps that feel addictive.

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

14. If I noticed signs of mental health or substance problems in myself, I would reach out to a trusted adult or professional.

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

15. If I noticed signs of mental health or substance problems in a friend, I would encourage them to get help.

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

Open-ended:

15. One specific commitment I'm willing to make to protect my brain is:

Please write your answer here: