

Healthy Boundaries Pre-Program Test

Important Marking Instructions

- Make marks that fill bubbles completely:
 A B C D E
- Erase unwanted marks cleanly
- Make no stray marks on this form

Sex Male Female

Race

Asian Black Hispanic Native American/
 White Biracial Other Native Hawaiian

Age

10 11 12 13 14 15
 16 17 18+

1. Delaying sexual activity until marriage is the most effective way to prevent Sexually Transmitted Diseases/Infections.

Strongly Disagree Disagree Not sure Agree Strongly Agree

2. Delaying sexual activity until marriage is the most effective way to prevent an unplanned pregnancy.

Strongly Disagree Disagree Not sure Agree Strongly Agree

3. Delaying sexual activity until marriage increases your chances of reaching educational and career goals.

Strongly Disagree Disagree Not sure Agree Strongly Agree

4. I know how to manage conflict in relationships.

Strongly Disagree Disagree Not sure Agree Strongly Agree

5. I can set boundaries for myself and am able to communicate my boundaries to others.

Strongly Disagree Disagree Not sure Agree Strongly Agree

6. I understand how messages from media and culture can affect my choices and decisions.

Strongly Disagree Disagree Not sure Agree Strongly Agree

7. I understand the benefit of talking with a trusted adult, like a parent or teacher, for advice regarding relationships.

Strongly Disagree Disagree Not sure Agree Strongly Agree

8. Parenting is a good option for a pregnant teen.

Yes No

9. Adoption is a good option for a pregnant teen.

Yes No

10. I plan to wait until marriage to have sex.

Strongly Disagree Disagree Not sure Agree Strongly Agree

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Free Response

11. What did you learn from the Healthy Boundaries program?

12. Give an example of a boundary you are now going to put into place after this program.

13. What did you like BEST about the Healthy Boundaries program?

14. What did you like LEAST about the Healthy Boundaries program?
