

PONO CHOICES

Student Survey



Thank you for completing this survey. Your answers to these questions will be used for research purposes only. Your name will never be associated with your answers, and no parent, teacher, or principal will ever see your answers to these questions. This is strictly confidential (private), and it is very important that you answer the questions truthfully. This survey is voluntary, and you are not required to answer if you don't want to. Some of the questions may feel quite personal, but please be honest, try to answer everything, and remember that your answers are completely confidential.

Fill in the Bubbles Completely

Correct



Incorrect



ID Number

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A. KNOWLEDGE

This section asks about your knowledge about pregnancy and STI (sexually transmitted infection) prevention.

MARK ONLY ONE RESPONSE FOR EACH QUESTION.

1. What is the only 100% effective way to prevent pregnancy? (mark only one)
 - Condoms
 - Not having sex
 - Birth control pills
2. You are at high risk of getting HIV from: (mark only one)
 - Vaginal sex with a condom
 - Using unsterilized needles during tattooing
 - Sitting on a toilet seat in a public bathroom
3. Which of the following is a viral STI (sexually transmitted infection)? (mark only one)
 - Chlamydia
 - HIV
 - Syphilis
4. You can usually tell when a person has an STI by: (mark only one)
 - Their reputation
 - The way they look
 - You can't tell without a test
5. A pregnancy can occur as a result of: (mark only one)
 - Unprotected vaginal sex
 - Oral sex
 - Abstaining from sex

6. Which of these can help prevent the spread of STIs? (mark only one)
- Birth control pills
 - Condoms, dental dams, and gloves
 - Spermicides and diaphragms
7. In order to use a condom effectively, you have to: (mark only one)
- Check the expiration date
 - Buy the right brand
 - Unroll it prior to putting it on
8. Refusal skills to help you negotiate a pressure situation include: (mark only one)
- Identify, redevelop, and redefine the situation
 - Stop talking to the person altogether and ignore them
 - Refuse the pressure, provide a reason, and offer an alternative
9. Which bodily fluid can transmit HIV? (mark only one)
- Urine
 - Saliva
 - Semen
10. What type of birth control method prevents the female's ovaries from releasing eggs? (mark only one)
- Hormonal methods
 - Barrier methods
 - Abstinence

B. ATTITUDES

This section asks how important you think certain behaviors or activities are.

MARK ONLY ONE RESPONSE FOR EACH QUESTION.

	Not Important	Slightly Important	Important	Very Important
1. Not having sex until I am ready	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Avoiding risky sexual behavior	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Preventing unwanted sex as a teenager	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Knowing what kind of birth control methods I can use to prevent an unwanted pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Taking personal responsibility for my sexual health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Communicating openly about sexual intent with my partner	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. Knowing multiple ways to prevent STIs and HIV	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. Using condoms to prevent STIs and unwanted pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. Using alternative ways to show affection other than having sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Understanding changes that happen during puberty	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

C. SKILLS

This section asks about difficulty in having a healthy relationship and making good choices about sexual activity. **MARK ONLY ONE RESPONSE FOR EACH QUESTION.**

	Very Difficult	Difficult	Easy	Very Easy
1. Effectively communicating with my partner about my intentions and wishes about sexual activity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Refusing unwanted and/or unprotected sex	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Identifying a healthy, unhealthy, or abusive relationship	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Being able to follow the steps for correct condom use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Being able to get/buy condoms or other birth control	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

D. INTENTIONS

This section asks you to rate the likelihood of you doing certain behaviors, now or in the future. **MARK ONLY ONE RESPONSE FOR EACH QUESTION.**

	Yes, Definitely	Yes, Probably	No, Probably Not	No, Definitely Not
1. Abstain from vaginal sex to prevent unintended pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Abstain from oral, anal, and vaginal sex to prevent STIs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Use effective birth control methods to prevent unintended pregnancy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Use barriers (condoms, dental dams, and/or gloves) to protect against STIs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. Refuse unwanted sexual pressure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. Get tested for STIs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

E. PERSONAL EXPERIENCE

This section asks about any experience you may have had with sexual intercourse (which means a male putting his penis into a female's vagina).

1. Have you ever had sexual intercourse?

- Yes ➡ **ANSWER ALL QUESTIONS BELOW**
- No ➡ **SKIP TO QUESTION 14 ON THE NEXT PAGE**

2. How old were you when you first had sexual intercourse?

_____ years old

3. Have you been pregnant or gotten someone else pregnant (even if no child was born)?

- Yes
- No

4. If yes, how many times have you been pregnant or gotten someone else pregnant?

_____ times

5. Have you ever had sexual intercourse without using an effective method of birth control - including condoms, birth control pills, the shot (Depo Provera), the patch, the ring (NuvaRing), IUD (Mirena or Paragard), implant (Implanon)?

- Yes No

6. Now think about the past 3 months. In the past 3 months, have you had sexual intercourse even once?

- Yes No

7. If yes, how many times have you had sexual intercourse in the past 3 months?

_____ times

8. In the past 3 months, have you had sexual intercourse without you or your partner using a condom?

- Yes No

9. If yes, how many times have you had sexual intercourse without using a condom in the past 3 months?

_____ times

10. In the past 3 months, have you had sexual intercourse without you or your partner using an effective method of birth control - including condoms, birth control pills, the shot (Depo Provera), the patch, the ring (NuvaRing), IUD (Mirena or Paragard), implant (Implanon)?

- Yes No

11. If yes, how many times have you had sexual intercourse without using effective methods of birth control in the past 3 months?

_____ times

12. Have you ever been tested for STIs (sexually transmitted infections)?

- Yes No

13. Have you ever been treated for an STI (including HIV)?

- Yes No

	Yes, Definitely	Yes, Probably	No, Probably Not	No, Definitely Not
14. Do you intend to have sexual intercourse in the next year, if you have the chance? (mark only one)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. If you were to have sexual intercourse in the next year, do you intend to use (or have your partner use) a condom? (mark only one)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. If you were to have sexual intercourse in the next year, do you intend to use (or have your partner use) any of these methods of birth control: birth control pills, the shot (Depo Provera), the patch, the ring (NuvaRing), IUD (Mirena or Paragard), implant (Implanon)? (mark only one)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

F. SEXUAL HEALTH EDUCATION

For the next few questions, please think about the Pono Choices program you have received in school and how it might affect you in the following situations. Answer each question as best as you can.

MARK ONLY ONE RESPONSE FOR EACH QUESTION.

	Much More Likely	More Likely	About the Same	Less Likely	Much Less Likely
1. Would you say that being in the Pono Choices program has made you more or less likely to have sex in the next year?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. If you were to have sex in the next year, would you say that being in the Pono Choices program has made you more or less likely to use an effective method of birth control?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. If you were to have sex in the next year, would you say that being in the Pono Choices program has made you more or less likely to use a condom?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Would you say being in the Pono Choices program has made you more likely or less likely to abstain from sex in the next year (abstaining means choosing not to have sex)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>







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GO TO NEXT PAGE TO CONTINUE SURVEY.







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These questions are about your opinions and feelings about the Pono Choices Curriculum. This is not a test of what you know. There are no right or wrong answers. Please answer each question honestly about how you feel.







Rate your ability to do each of the following by circling a number from 0 to 5 using the scale below:

A. As a result of Pono Choices, I can...	Cannot do at all	Sort of able to do	Totally able to do			
						
1. As a result of Pono Choices, I can resist pressure to do things that can get me in trouble.	0	1	2	3	4	5
2. As a result of Pono Choices, I can identify and plan for reaching my goals and dreams.	0	1	2	3	4	5
3. As a result of Pono Choices, I can choose the best people to be in my support system.	0	1	2	3	4	5
4. As a result of Pono Choices, I can stand up to someone who is asking me to do something that I do not want to do.	0	1	2	3	4	5

Tell us how confident you are about each of the following statements by circling a number from 0 to 5 using the scale below:

B. As a result of Pono Choices, I am confident about...	Not at all confident	Sort of confident	Extremely confident			
						
5. As a result of Pono Choices, I am confident about successfully finishing middle school.	0	1	2	3	4	5
6. As a result of Pono Choices, I am confident about graduating from high school.	0	1	2	3	4	5
7. As a result of Pono Choices, I am confident about going to college, entering the military or getting a job.	0	1	2	3	4	5
8. As a result of Pono Choices, I am confident about acting responsibly for my actions and behaviors.	0	1	2	3	4	5
9. As a result of Pono Choices, I am confident about my future and ability to reach my goals and dreams.	0	1	2	3	4	5

Rate your degree of agreement by circling a number from 0 to 5 using the scale below:

C. As a result of Pono Choices I ...	Strongly disagree		Agree		Strongly agree	
						
10. As a result of Pono Choices, I have a better understanding of Hawaiian culture and values that can support good decisions.	0	1	2	3	4	5
11. As a result of Pono Choices, I understand the importance of teen pregnancy and STI prevention related to the Wa'a Kaulua story.	0	1	2	3	4	5
12. As a result of Pono Choices, I learned important health information and negotiation skills through Hawaiian values.	0	1	2	3	4	5
13. As a result of Pono Choices, I am able to speak with a member of my 'ohana or a trusted adult about puberty/anatomy, relationships, teen pregnancy and sexual health.	0	1	2	3	4	5
14. As a result of Pono Choices, I can appreciate my own cultural values to make good decisions in my life.	0	1	2	3	4	5
15. As a result of Pono Choices, I know where to find community resources for health related decisions.	0	1	2	3	4	5
16. As a result of Pono Choices, I have the skills to use "ALOHA" to maintain respectful relationships at home, school, and community.	0	1	2	3	4	5

Please check (✓) Yes or No for the following questions.	Yes	No
17. Do you think the Ohana Activities helped you to communicate with your family?	<input type="checkbox"/>	<input type="checkbox"/>
18. Do you think the Ohana Activities helped you to understand the lessons?	<input type="checkbox"/>	<input type="checkbox"/>
19. Do you think the Voyage of the Wa'a Kaulua story will help you make pono choices?	<input type="checkbox"/>	<input type="checkbox"/>

20. As a result of Pono Choices, what are the three most important things you learned?

A)

B)

C)