

# REAL Essentials

## Pre-Survey

Participation in this survey is voluntary. Your responses to the questions are strictly confidential. Please rate the strength of your skills and abilities for each item, BEFORE REAL Essentials.

Today's Date:	School:	Grade:
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Month/Day/Year YOU were born ___/___/___ Age _____  First Letter of YOUR FIRST name _____  First Letter of YOUR LAST name _____
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1 Strongly Disagree	2 Disagree	3 Unsure	4 Agree	5 Strongly Agree
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1. I have the skills to manage conflict in relationships.	1	2	3	4	5
2. I am able to communicate my thoughts and feelings in a relationship.	1	2	3	4	5
3. I am able to communicate boundaries in close personal relationships.	1	2	3	4	5
4. I have the skills to assess whether my relationship is healthy or not.	1	2	3	4	5
5. I choose partners wisely in order to form healthy relationships.	1	2	3	4	5
6. I set goals and plan for my future.	1	2	3	4	5
7. I understand how messages in the culture can affect my beliefs, choices and decisions about intimate relationships.	1	2	3	4	5
8. I can talk with a trusted adult, like a parent or teacher, when I want advice regarding romantic relationships.	1	2	3	4	5
9. I know how to manage my feelings.	1	2	3	4	5
10. I value marriage as a way to have a lifetime committed relationship.	1	2	3	4	5
11. I have the skills to resist sexual activity.	1	2	3	4	5
12. I have the skills to resist using drugs and alcohol.	1	2	3	4	5
13. I know that each person should have equality in their relationships.	1	2	3	4	5
14. I have the skills necessary to form a lifetime committed relationship.	1	2	3	4	5
15. I know it is possible for a couple to stay together for a lifetime.	1	2	3	4	5

# REAL Essentials

## Post-Survey

Participation in this survey is voluntary. Your responses to the questions are strictly confidential. Please rate the strength of your skills and abilities for each item, AFTER REAL Essentials.

Today's Date:	School:	Grade:
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Month/Day/Year YOU were born ___/___/___ Age _____  First Letter of YOUR FIRST name _____  First Letter of YOUR LAST name _____
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1 Strongly Disagree	2 Disagree	3 Unsure	4 Agree	5 Strongly Agree
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1. I have the skills to manage conflict in relationships.	1	2	3	4	5
2. I am able to communicate my thoughts and feelings in a relationship.	1	2	3	4	5
3. I am able to communicate boundaries in close personal relationships.	1	2	3	4	5
4. I have the skills to assess whether my relationship is healthy or not.	1	2	3	4	5
5. I choose partners wisely in order to form healthy relationships.	1	2	3	4	5
6. I set goals and plan for my future.	1	2	3	4	5
7. I understand how messages in the culture can affect my beliefs, choices and decisions about intimate relationships.	1	2	3	4	5
8. I can talk with a trusted adult, like a parent or teacher, when I want advice regarding romantic relationships.	1	2	3	4	5
9. I know how to manage my feelings.	1	2	3	4	5
10. I value marriage as a way to have a lifetime committed relationship.	1	2	3	4	5
11. I have the skills to resist sexual activity.	1	2	3	4	5
12. I have the skills to resist using drugs and alcohol.	1	2	3	4	5
13. I know that each person should have equality in their relationships.	1	2	3	4	5
14. I have the skills necessary to form a lifetime committed relationship.	1	2	3	4	5
15. I know it is possible for a couple to stay together for a lifetime.	1	2	3	4	5