Pre-Post survey

Questions for Adolescents

**About this tool**

**Purpose of this tool:** To measure changes in knowledge, skills and practices of adolescents as a result of their participation in the Adolescent Life Skills programme.

**How to use this tool**: Use this tool during an informal conversation with adolescent participants before and after the Life Skills programme. Compare the pre- and post-results to identify any changes in knowledge, skills and practices as a result of the programme. Explain to participants that its purpose is for Plan International to understand how participants learn during the programme. Also explain that the interview is not a ‘test’ and that answers remain confidential and do not affect their participation in the programme or any other assistance provided by Plan International.

**Optional: Visualise the response options:** For some participants it can be helpful to visualise the response options for the questions that contain a statement (e.g., strongly agree, agree, disagree, strongly disagree, don’t know). Visualise these options by drawing different boxes for each response category and giving the respondent a small object (e.g., a pebble or stick) to place in the box that matches their preferred response category.

**When to use it:** Use this questionnaire before the start and after the completion of the Life Skills programme.Use the questionnaire before start of the first session of the programme, as a baseline measurement. For example, ask the questions during participant registration. Use the questionnaire again at the end of the programme after the final session has been completed.

**Who is interviewed:** This tool can be used with both younger (10-14 years) and older (15-19) adolescent participants of the programme. During the post-test, only interview adolescents who have participated regularly (10 sessions or more).

**Who uses this tool:** This tool can be administered by facilitators themselves, or by other trained staff such as M&E staff. It is important anyone who uses this tool is trained on the questionnaire, as well as on the safeguarding policy, referral mechanism and communicating with adolescents.

**How to record responses**: The tool consists of 16 pre-test / 20 post-test questions that can be scored and analysed. Some questions require both documentation of the participants’ response (qualitative) and a score (quantitative). Responses can be recorded using pen and paper, or using a phone or tablet with software such as KoBo.

**Time:** This questionnaire takes about 15-20 minutes to complete.

**Preparation**: Review the questions and translate the tool in the local language. Pay attention to the correct translation of key terms such as “safe”, “violence”, “worried” and contextualise questions as required.

**II. Script for the interviewer: Introduction and consent**

**Introduction**

Hello, my name is \_\_\_\_\_\_\_\_ and I work with Plan International (or: partner organsiation). Plan International is a non-governmental organisation (NGO) implementing programs for children, adolescents, families and communities in \_\_\_\_\_\_\_\_\_\_(location). We would like to ask you some questions before / at the end of the life skills programme.

**Background and aim of the survey**

The reason we will ask you some questions, is to better understand how participants learn throughout this programme. We will ask you some questions before start of the programme, and also some questions after the programme. We hope that this will help us understand the experiences of participants, so that we can improve our programmes for other adolescents like you.

**Do you have to take part?**It is completely your choice to take part in this interview. It is okay if you do not want to participate. You can take as long as you want to answer questions, or decide not to answer a question if you find it difficult to answer. You can decide to stop the interview at any time. You can just tell me if you want to skip a question or stop. Your decision will not affect your participation in the programme or any assistance that you may receive from Plan International.

**What will happen during the interview?**The interview will last for about 15-20 min. We will ask you some questions about yourself and your life.

**What happens to the data provided?**What you will tell today, me will not be shared with anyone in your family or community. Only Plan International staff will have access to this information, but nobody will know that it is you who said it. The data that you provide will be used by us to understand the results of the programme.

**III. Pre- and post-questions**

These questions are administered both before and after the programme.

| **QUESTION** | | **ANSWER** | **INSTRUCTION** | **INDICATOR** |
| --- | --- | --- | --- | --- |
| **Consent** | | | | |
| 0. | Do you agree to speak with me? | A. Yes  B. No | Select one. If “No”, end the interview |  |
| Say: **“I am going to read you some statements. For each statement I want you to think about your own feelings and tell me how much you agree or disagree. You can tell me you agree a lot, agree a little, disagree a lot or disagree a little. Let’s try an example: Green is the most beautiful colour. Do you strongly agree, agree, disagree, or strongly disagree?”** | | | | |
| **Social support** | | | | |
| 1. | I generally feel positive about myself | A. Strongly agree  B. Agree  C. Disagree  D. Strongly disagree  E. Don’t know  F. No response | Select one answer. | **Output indicator 3.2.1**  % of adolescents who report improved social support |
| 2. | I have friends who I trust and enjoy spending time with | A. Strongly agree  B. Agree  C. Disagree  D. Strongly disagree  E. Don’t know  F. No response | Select one answer. |
| 3. | I am comfortable in asking others for help if I need to | A. Strongly agree  B. Agree  C. Disagree  D. Strongly disagree  E. Don’t know  F. No response | Select one answer. |
| 4. | If I have a problem, I know another adult (other than parents/caregivers) who I trust and who I can turn to for support | A. Strongly agree  B. Agree  C. Disagree  D. Strongly disagree  E. Don’t know  F. No response | Select one answer. |
| **Safety and protection** | | | | |
| 5. | I feel safe in my community | A. Strongly agree  B. Agree  C. Disagree  D. Strongly disagree  E. Don’t know  F. No response | Select one answer. | **Output indicator 1.3**  % of adolescents who know how to stay safe and healthy |
| 6. | If I experience something that makes me feel unsafe, I know where to go for support | A. Strongly agree  B. Agree  C. Disagree  D. Strongly disagree  E. Don’t know  F. No response | Select one answer. |
| 7. | If a friend experiences violence, I would know where and how to report it | A. Strongly agree  B. Agree  C. Disagree  D. Strongly disagree  E. Don’t know  F. No response | Select one answer. |
| **Health** | | | | |
| 8. | I feel confident to talk to one of my parents if I have questions or concerns about my body or health | A. Strongly agree  B. Agree  C. Disagree  D. Strongly disagree  E. Don’t know  F. No response | Select one answer. | **Output indicator 1.3**  % of adolescents who know how to stay safe and healthy |
| 9. | I can safely access sanitary pads when I need them | A. Strongly agree  B. Agree  C. Disagree  D. Strongly disagree  E. Don’t know  F. No response | Select one answer. |
| 10. | I know how pregnancy can be prevented or delayed | A. Strongly agree  B. Agree  C. Disagree  D. Strongly disagree  E. Don’t know  F. No response | Select one answer. |
| **Parent-child relationship** | | | | |
| 11. | My relationship with my parents/caregivers is generally positive | A. Strongly agree  B. Agree  C. Disagree  D. Strongly disagree  E. Don’t know  F. No response |  | **Output indicator** **3.1**  % of adolescents who report positive ways to communicate and solve problems |
| 12. | When I have a disagreement with my parent/caregiver, I usually solve it peacefully | A. Strongly agree  B. Agree  C. Disagree  D. Strongly disagree  E. Don’t know  F. No response |  |
| **Access to services** | | | | |
| 13. | I can confidently participate in recreational activities organised for people of my age in the community | A. Strongly agree  B. Agree  C. Disagree  D. Strongly disagree  E. Don’t know  F. No response | Select one answer. | **Output indicator 3.2.2**  % of adolescents who know where and how to access local services |
| 14. | I can confidently go to a clinic if I need information about my health or health services | A. Strongly agree  B. Agree  C. Disagree  D. Strongly disagree  E. Don’t know  F. No response | Select one answer. |
| 15. | I can confidently go to the local police if I need to report a concern | A. Strongly agree  B. Agree  C. Disagree  D. Strongly disagree  E. Don’t know  F. No response | Select one answer. |
| Say: “**Now I am going to ask an open question instead of a statement. You can just answer whatever you think or feel.**” | | | | |
| **Coping with stress** | | | | |
| 16. | Think about how you have felt in the past week. What are things that you do when you feel worried or overwhelmed? | [insert response] | Note down the response (qualitative) | **Output indicator 1.2**  % of adolescents who can describe positive ways to deal with stress |
| A. Mentions **mostly positive** way of coping with stress  B. Mentions both **positive and negative** ways of coping with stress  C. Mentions **mostly negative** ways of coping with stress  D. Don’t know  E. No response | Based on the response, select the answer that applies strongest. |

**IV. Additional post-questions**

The following questions are only administered after completion of the programme (post-survey only).

| **QUESTION** | | **ANSWER** | **INSTRUCTION** |
| --- | --- | --- | --- |
| 17. | What have you learned during the programme that has been most useful to you in everyday life? | [insert response] | Note down the response |
| 18. | Is there a topic that was not included in the programme that you would have liked to learn more about? | [insert response] | Note down the response |
| 19. | What has been the favourite aspect of participating in this programme? | [insert response] | Note down the response |
| 20. | What has been the biggest change in your life after participating in the programme? | [insert response] | Note down the response |