

Relationship Smarts PLUS Questionnaire

County _____

School _____

Code _____
(completed by facilitator)

Grade in school _____ Age _____

Circle one: male female

Race/Ethnicity: **Black/African American** **White/Caucasian** **Hispanic/Latino**
(circle 1)

Native American **Asian American** Other _____

Before participating in this program...

After participating in this program...

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				My ability to identify what my possible selves are.				
				My awareness of who currently supports me to be the best person I can be.				
				My ability to do specific things day-to-day that prepare me for my future.				
				My awareness of the importance of comparing my possible selves with those of my friends				
				My strategies for dealing with peer pressure.				

Before participating in this program...

After participating in this program...

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				My knowledge of my personal values.				
				My understanding of how one's values and level of maturity affects one's behavior.				
				My knowledge of the type of person that I am attracted to.				
				My awareness of the differences between maturity and immaturity.				
				My knowledge of social, emotional, and mental dimensions of maturity.				
				My knowledge of the building blocks of a healthy relationship.				
				My understanding of why a relationship based on sex is not stable.				
				My knowledge of the nature of infatuation, including the "brain chemistry" of infatuation.				
				My understanding of the difference between infatuation and genuine love.				
				My understanding of how relationships change over time.				

Before participating in this program...

After participating in this program...

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				My understanding of Eros and Agape.				
				My knowledge of the dimensions of mature love (chemistry, friendship, and trust/commitment).				
				My awareness of problems that can occur when the dimensions of mature love are unbalanced.				
				My knowledge of the 6 types of intimacy.				
				My understanding of the ways to build true intimacy.				
				My ability to recognize smart and not-so-smart relationship practices.				
				My understanding of the seven principles of smart relationships.				
				My willingness to apply the seven principles to my own life.				
				My awareness of what makes a person compatible with me.				
				My knowledge of how to start and continue conversations with a person I am interested in.				

Before participating in this program...

After participating in this program...

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				My awareness of the risks and consequences of sliding.				
				My understanding of the importance of compatibility.				
				My awareness of key things I should learn about someone that I am interested in.				
				My understanding of what it means to know someone.				
				My knowledge of a low-risk “deciding” relationship strategy.				
				My awareness of differences between healthy and unhealthy relationships.				
				My understanding what how a controlling relationship differs from a respectful relationship.				
				My understanding of the difference between a conditional and an unconditional relationship.				
				My understanding of the difference between a relationship that has attractions on many levels compared to attraction at only the physical level.				
				My ability to identify unmet emotional, social, mental, or physical needs that can lead to poor relationship choices.				

Before participating in this program...

After participating in this program...

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				My awareness of abusive behaviors in relationships, including knowledge of early warning signs.				
				My ability to assert myself at the first sign of disrespect.				
				My ability to identify negative patterns of dealing with conflict.				
				My knowledge of how to respectfully break up with someone.				
				My knowledge of steps to take to recover from a broken relationship.				
				My awareness of communication patterns I learned while growing up.				
				My knowledge of when to take a Time Out during an argument.				
				My understanding of how to use the Speaker-Listener Technique to talk through an issue or problem.				
				My awareness of how to facilitate good communication.				
				My ability to listen and offer appreciations to build the friendship in a relationship.				

Before participating in this program...

After participating in this program...

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				My understanding of communication patterns that damage relationships.				
				My awareness of the 4 danger signs in relationships.				
				My knowledge of how to complain in a way that I can be heard.				
				My understanding of how to use the WWWF format.				
				My awareness of how to avoid negative starts and use gentle starts.				
				My understanding of ways that parents' relationships affect their children.				
				My awareness of what babies need from their parents.				
				My knowledge of how parental separation or divorce can affect children.				
				My understanding of what a good father is.				
				My awareness of how both mothers and fathers can increase the well-being of their children.				

Before participating in this program...**After participating in this program...**

Was Poor	Was Fair	Was Good	Was Excellent		Is Poor	Is Fair	Is Good	Is Excellent
				My understanding of risky marriage choices.				
				My knowledge of ways to have a great marriage.				
				My awareness of why some marriages succeed and others fail.				
				My understanding of why my expectations for a marriage/family are important.				
				My knowledge of the success sequence.				