

NUTRITION

1. Prior to the session on nutrition and health, I prepared by reviewing the curriculum by reviewing the materials and considering:

- What teens may think or feel about the topic.
- How teens may react to the material presented.
- Goals of the lesson. How to ensure participation.

2. I presented the video and led the students in discussion.

- Students were willing to share their opinions.
- Students needed encouragement to share their opinions.
- Students discussed all questions following video.
- Students were reluctant to discuss questions following video.

3. I presented the activity and assisted students in small group discussions.

- Students were willing to share in peer groups.
- Students needed encouragement to share in peer groups.
- Students completed the activity.

4. How effective do you think this session was in equipping students with information on the importance of nutrition in maintaining a healthy lifestyle?

- Not Effective At All A Little Effective
- Effective Extremely Effective

PHYSICAL FITNESS

1. Prior to the session on fitness, I prepared by reviewing the curriculum by reviewing the materials and considering:

- What teens may think or feel about the topic.
- How teens may react to the material presented.
- Goals of the lesson. How to ensure participation.

2. I presented the video and led the students in discussion.

- Students were willing to share their opinions.
- Students needed encouragement to share their opinions.
- Students discussed all questions following video.
- Students were reluctant to discuss questions following video.

3. I presented the activity and assisted students in small group discussions.

- Students were willing to share in peer groups.
- Students needed encouragement to share in peer groups.
- Students completed the activity.

4. How effective do you think this session was in equipping students with information on the importance of fitness in maintaining a healthy lifestyle?

- Not Effective At All A Little Effective
- Effective Extremely Effective

Overall Program Assessment

As a tool to present the information in these sessions to my students, I found the videos to be:

- Not Effective At All A Little Effective Effective Extremely Effective

In the space provided below, please complete the following sentence:

The most important thing that I think my students learned from this program was

In the space provided below, please complete the following sentence:

One way to improve this program is



HEALTH LITERACY THROUGH TECHNOLOGY



Connect with Kids

Facilitator Program Assessment (2012)

FACILITATOR NAME:

Your role as the facilitator in the Arkansas Children's Hospital Health Literacy through Technology initiative is to guide students through the discussion questions following each video segment and the classroom activity. The program offers accurate and age-appropriate information making healthy choices; managing stress, depression, and anxiety; use of alcohol, tobacco and other substances, online behavior, nutrition and physical fitness.

Providing information alone has not proven effective in changing behavior, so the curriculum employs interactive activities and multimedia resources to engage students within their peer groups. The peer group then is intended to provide a forum for trying new behaviors, giving and receiving feedback, and providing positive support. This help and support from others is provided through the aid of the facilitator as a trusted adult.

This assessment will be used to provide information on how well the approach is working, and your answers will help us make improvements in the program. Please be honest in your answers. Your responses will only be used to assess the curriculum, *not* to assess the facilitator.

A. What is your sex? Female Male

B. What grade do you teach?

- 6th 7th 8th 9th 10th 11th 12th

C. How do you describe yourself? (Select the group with which you most identify.)

- American Indian or Alaska Native Native Hawaiian or Other Pacific Islander
- Asian White
- Black or African American Multi-racial
- Hispanic or Latino Other

The following is a series of questions about your preparation prior to each class session. Please indicate all responses that apply.

MAKING HEALTHY CHOICES

1. Prior to the session on making healthy choices, I prepared by reviewing the curriculum by reviewing the materials and considering:

- What teens may think or feel about the topic.
- How teens may react to the material presented.
- Goals of the lesson. How to ensure participation.

2. I presented the video and led the students in discussion.

- Students were willing to share their opinions.
- Students needed encouragement to share their opinions.
- Students discussed all questions following video.
- Students were reluctant to discuss questions following video.

3. I presented the activity and assisted students in small group discussions.

- Students were willing to share in peer groups.
- Students needed encouragement to share in peer groups.
- Students completed the activity.

4. How effective do you think this session was in equipping students with information to make healthy choices?

- Not Effective At All A Little Effective
- Effective Extremely Effective

MANAGING STRESS

1. Prior to the session on managing stress, I prepared by reviewing the curriculum by reviewing the materials and considering:

- What teens may think or feel about the topic.
- How teens may react to the material presented.
- Goals of the lesson. How to ensure participation.

2. I presented the video and led the students in discussion.

- Students were willing to share their opinions.
- Students needed encouragement to share their opinions.
- Students discussed all questions following video.
- Students were reluctant to discuss questions following video.

3. I presented the activity and assisted students in small group discussions.

- Students were willing to share in peer groups.
- Students needed encouragement to share in peer groups.
- Students completed the activity.

4. How effective do you think this session was in equipping students to manage stress?

- Not Effective At All A Little Effective
- Effective Extremely Effective

UNDERAGE DRINKING

1. Prior to the session on underage drinking and alcohol, I prepared by reviewing the curriculum by reviewing the materials and considering:

- What teens may think or feel about the topic.
- How teens may react to the material presented.
- Goals of the lesson. How to ensure participation.

2. I presented the video and led the students in discussion.

- Students were willing to share their opinions.
- Students needed encouragement to share their opinions.
- Students discussed all questions following video.
- Students were reluctant to discuss questions following video.

3. I presented the activity and assisted students in small group discussions.

- Students were willing to share in peer groups.
- Students needed encouragement to share in peer groups.
- Students completed the activity.

4. How effective do you think this session was in equipping students with information on underage drinking?

- Not Effective At All A Little Effective
- Effective Extremely Effective

TOBACCO

1. Prior to the session on smoking and tobacco use, I prepared by reviewing the curriculum by reviewing the materials and considering:

- What teens may think or feel about the topic.
- How teens may react to the material presented.
- Goals of the lesson. How to ensure participation.

2. I presented the video and led the students in discussion.

- Students were willing to share their opinions.
- Students needed encouragement to share their opinions.
- Students discussed all questions following video.
- Students were reluctant to discuss questions following video.

3. I presented the activity and assisted students in small group discussions.

- Students were willing to share in peer groups.
- Students needed encouragement to share in peer groups.
- Students completed the activity.

4. How effective do you think this session was in equipping students with information on the dangers of tobacco use?

- Not Effective At All A Little Effective
- Effective Extremely Effective

DEPRESSION AND ANXIETY

1. Prior to the session on handling depression and anxiety, I prepared by reviewing the curriculum by reviewing the materials and considering:

- What teens may think or feel about the topic.
- How teens may react to the material presented.
- Goals of the lesson. How to ensure participation.

2. I presented the video and led the students in discussion.

- Students were willing to share their opinions.
- Students needed encouragement to share their opinions.
- Students discussed all questions following video.
- Students were reluctant to discuss questions following video.

3. I presented the activity and assisted students in small group discussions.

- Students were willing to share in peer groups.
- Students needed encouragement to share in peer groups.
- Students completed the activity.

4. How effective do you think this session was in equipping students to handle depression and anxiety?

- Not Effective At All A Little Effective
- Effective Extremely Effective

OVER-THE-COUNTER AND PRESCRIPTION DRUG ABUSE

1. Prior to the session on abuse of non-prescription and prescription drugs, I prepared by reviewing the curriculum by reviewing the materials and considering:

- What teens may think or feel about the topic.
- How teens may react to the material presented.
- Goals of the lesson. How to ensure participation.

2. I presented the video and led the students in discussion.

- Students were willing to share their opinions.
- Students needed encouragement to share their opinions.
- Students discussed all questions following video.
- Students were reluctant to discuss questions following video.

3. I presented the activity and assisted students in small group discussions.

- Students were willing to share in peer groups.
- Students needed encouragement to share in peer groups.
- Students completed the activity.

4. How effective do you think this session was in equipping students with information on the dangers of OTC and prescription drugs?

- Not Effective At All A Little Effective
- Effective Extremely Effective

CYBERBULLYING

1. Prior to the session on cyberbullying, I prepared by reviewing the curriculum by reviewing the materials and considering:

- What teens may think or feel about the topic.
- How teens may react to the material presented.
- Goals of the lesson. How to ensure participation.

2. I presented the video and led the students in discussion.

- Students were willing to share their opinions.
- Students needed encouragement to share their opinions.
- Students discussed all questions following video.
- Students were reluctant to discuss questions following video.

3. I presented the activity and assisted students in small group discussions.

- Students were willing to share in peer groups.
- Students needed encouragement to share in peer groups.
- Students completed the activity.

4. How effective do you think this session was in equipping students with information on the impact of cyberbullying?

- Not Effective At All A Little Effective
- Effective Extremely Effective

MANAGING TECHNOLOGY

1. Prior to the session on the impact of technology in our lives, I prepared by reviewing the curriculum by reviewing the materials and considering:

- What teens may think or feel about the topic.
- How teens may react to the material presented.
- Goals of the lesson. How to ensure participation.

2. I presented the video and led the students in discussion.

- Students were willing to share their opinions.
- Students needed encouragement to share their opinions.
- Students discussed all questions following video.
- Students were reluctant to discuss questions following video.

3. I presented the activity and assisted students in small group discussions.

- Students were willing to share in peer groups.
- Students needed encouragement to share in peer groups.
- Students completed the activity.

4. How effective do you think this session was in equipping students with information to help them manage technology and their time spent online?

- Not Effective At All A Little Effective
- Effective Extremely Effective