

# No Longer Bound Too Good for Drugs and Violence

First Name and Last Initial: \_\_\_\_\_ Date: \_\_\_\_\_

School: \_\_\_\_\_ Teacher: \_\_\_\_\_

## Test Type:

- Pre-Test       Post-Test       Evaluation

## Gender Identity:

- Female       Male       Other

Age: \_\_\_\_\_

## Grade:

- Kindergarten       First       Second  
 Third       Fourth       Fifth  
 Sixth       Seventh       Eighth  
 Ninth       Tenth       Eleventh  
 Twelfth

## Would you describe yourself as:

- Asian       American Indian/Alaskan Native       Black or African American  
 Caucasian/White       Native Hawaiian/Other Pacific Islander       More Than One Race  
 Unknown

## Ethnicity:

- Hispanic or Latino       Not Hispanic or Latino

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	YES!	Yes	Not sure	No	NO!
1. <b>Setting a goal helps me figure out what I want to do.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. <b>I treat people who are different from me with respect.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. <b>If a kid bothered me, I would walk away.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. <b>I know many different words to describe what I feel inside.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. <b>I use "I feel" messages to share my feelings with other people.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. <b>When I set a goal, I tell myself "I can do it."</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. <b>I can tell the difference between friends who are good or bad for me.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. <b>If a kid teases me, I might make a joke out of it.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. <b>It is easy for me to talk about my feelings.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. <b>I ask other kids what they feel if I am not sure.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. <b>When I set a goal, I think about what I need to do to reach my goal.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. <b>I try to understand the other side of the story in a conflict (argument).</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. <b>If some kids called me over to smoke a cigarette, I would just ignore them.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. <b>I am responsible for choosing to live a safe and healthy life.</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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	YES!	Yes	Not sure	No	NO!
15. I tell other kids how I feel when they do something I like.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I make good decisions because I stop and think.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I talk with other people to come up with many ideas to solve a problem.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I stay away or make an excuse if someone tries to get me to do something wrong.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I know healthy ways to help me relax when I feel stressed.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I tell other kids how I feel when they do something I don't like.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. I think about the consequences or what might happen before I make a decision.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. I use peaceful ways to work out conflicts with other people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. I know many strategies to help me get out of peer pressure to smoke, drink or use marijuana.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. I can calm myself down when I am upset or mad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. If a friend criticizes me, I listen and try to understand.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26. I have the skills to figure out how to reach my goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27. I listen to other people even when I disagree with them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
28. I am confident I can use strategies to get out of peer pressure to smoke, drink or use marijuana.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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	<b>YES!</b>	<b>Yes</b>	<b>Not sure</b>	<b>No</b>	<b>NO!</b>
<b>29.</b> I can do almost anything I put my mind to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<b>30.</b> I say "I feel _____," and use a feeling word when I want to tell others how I feel.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>