



POST-Group Survey

Please return your completed form to your Facilitator

Welcome to the Deadly Thinking Youth evaluation - we really appreciate your help with this. It will help us understand what young people think about the program, how helpful it is and it could be better.

1. What is your unique **letter-number-letter** code? *(On your survey postcard ... or ask your trainer)*

2. How well do you think you understand ...? <i>(please circle a number for each item)</i>		NO IDEA				OK				THE BEST		
		0	1	2	3	4	5	6	7	8	9	10
a) things that can give you worries or bad thoughts		0	1	2	3	4	5	6	7	8	9	10
b) how those things can make you feel		0	1	2	3	4	5	6	7	8	9	10
c) where you can get help if you need it		0	1	2	3	4	5	6	7	8	9	10
d) ways you can reduce your stress worries		0	1	2	3	4	5	6	7	8	9	10
e) things you can do to have a strong mind		0	1	2	3	4	5	6	7	8	9	10

3. Have you had many worries in the last month?

No, not really
 Maybe a few
 Yes, sometimes
 Yes, quite often
 Yes, a lot

4. How well do you think you manage when faced with worries or bad thoughts? <i>(please circle a number)</i>	NO GOOD				OK				DEADLY		
	0	1	2	3	4	5	6	7	8	9	10
	0	1	2	3	4	5	6	7	8	9	10

5. What do you usually do when faced with worries or bad thoughts?

6. And when you have worries, how often do you ...? <i>(please circle a number for each item)</i>		NEVER				ABOUT HALF THE TIME				ALWAYS		
		0	1	2	3	4	5	6	7	8	9	10
a) talk to a close friend or family		0	1	2	3	4	5	6	7	8	9	10
b) drink grog or smoke yarndi		0	1	2	3	4	5	6	7	8	9	10
c) listen to music		0	1	2	3	4	5	6	7	8	9	10
d) exercise more		0	1	2	3	4	5	6	7	8	9	10
e) eat better tucker		0	1	2	3	4	5	6	7	8	9	10
f) sit and think		0	1	2	3	4	5	6	7	8	9	10
g) keep your worries to yourself		0	1	2	3	4	5	6	7	8	9	10
h) go to church or cultural events		0	1	2	3	4	5	6	7	8	9	10
i) talk with Elders or teachers		0	1	2	3	4	5	6	7	8	9	10
j) go bush or connect with country		0	1	2	3	4	5	6	7	8	9	10

7. Have much of the *Deadly Thinking Youth* program did you attend?

None of it
 Not much
 About half
 Most of it
 All of it

PLEASE TURN OVER – FOR THE LAST FEW QUESTIONS ...

8. Now we'd like to know how you found the <i>Deadly Thinking Youth</i> program ... how would you rate the following? <i>(please circle a number for each item)</i>		TERRIBLE				OK				DEADLY			
	a) The facilitator	0	1	2	3	4	5	6	7	8	9	10	
	b) The information covered	0	1	2	3	4	5	6	7	8	9	10	
	c) How it was presented	0	1	2	3	4	5	6	7	8	9	10	
	d) The resources they gave you	0	1	2	3	4	5	6	7	8	9	10	
	e) How it made you feel	0	1	2	3	4	5	6	7	8	9	10	
	f) How useful it was for you	0	1	2	3	4	5	6	7	8	9	10	

9. Would you <i>Deadly Thinking Youth</i> recommend to your friends and family? <i>(please circle one number)</i>	No way				MAYBE				FOR SURE			
	0	1	2	3	4	5	6	7	8	9	10	

10. What was the main thing you learned?

11. Do you think doing *Deadly Thinking Youth* has made you more or less likely to talk about your own worries?

Much less likely
 Bit less likely
 About the same
 Bit more likely
 Much more likely

12. And do you think it's made you more or less likely to realise when someone close is struggling?

Much less likely
 Bit less likely
 About the same
 Bit more likely
 Much more likely

13. That's the end of our questions but we just want to check that you're happy you haven't told us anything that's culturally sensitive and shouldn't be included in our study?

Yes, I'm happy for all my information to be used
 No, I'd like you to delete my information about – *please specify:* _____

14. Anything else you wanna say about *Deadly Thinking Youth*?

THANK YOU VERY MUCH – FOR TAKING THE TIME TO ANSWER THESE QUESTIONS

PLEASE TALK TO YOUR FACILITATOR IF ANSWERING THESE QUESTIONS HAS RAISED ANY WORRIES FOR YOU.

15. Please give us your email address or phone number – so we can send you a \$20 thank-you voucher.
