

Healthy Relationships Plus

Fidelity Instrument

The following instrument is designed to provide information about how you are implementing Healthy Relationships Plus. This information will be used as part of the Healthy Relationships Plus evaluation for both program improvement (e.g., to modify sessions that are not well received or add to sessions that may be lacking in content) and to provide a context for interpreting the pre-posttest survey results.

Please complete this form after every program session. It is important that you complete the instrument as soon after each session as possible. Completing the instrument immediately after each session will help ensure that information about the session is still fresh in your mind.

Thank you very much for taking the time to provide this important information.

Session Number 1

Program code: _____

Instructor's name: _____

Community organization: _____

Session date: _____

Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed/activities completed during this session.

Developing Guidelines for the Group

Youth Voice – Discovering Concerns of Youth: Fishbone Activity and Numbered Heads

Other (list): _____

3. Please indicate to what extent you addressed the session components.

Not at all

Somewhat

Mostly

Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed "completely" (i.e., addressed "not at all," "somewhat," or "mostly"), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

No

Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 2

Instructor's name: _____
Community organization: _____
Session date: _____
Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed/activities completed during this session.

Large Group Post it, Pile It – Friendships & Relationships

What it Means

Other (list): _____

3. Please indicate to what extent you addressed the session components.

Not at all

Somewhat

Mostly

Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed "completely" (i.e., addressed "not at all," "somewhat," or "mostly"), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

No Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 3

Instructor's name: _____
Community organization: _____
Session date: _____
Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed/activities completed during this session.

- What Shapes Our Relationships
- Graffiti and Reviewing Graffiti Topics
- Thinking About the Media
- Other (list): _____

3. Please indicate to what extent you addressed the session components.

- Not at all Somewhat Mostly Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed "completely" (i.e., addressed "not at all," "somewhat," or "mostly"), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

- No Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 4

Instructor's name: _____
Community organization: _____
Session date: _____
Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed/activities completed during this session.

Sharing Media Examples

Substance Use in Media – Influence on Youth

Power in Relationships – Fold the Line

Other (list): _____

3. Please indicate to what extent you addressed the session components.

Not at all

Somewhat

Mostly

Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed “completely” (i.e., addressed “not at all,” “somewhat,” or “mostly”), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

No

Yes (If you check “Yes,” please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 5

Instructor's name: _____
Community organization: _____
Session date: _____
Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed/activities completed during this session.

Take a Chance

When Does Substance Use Become a Problem?

Impact of Drug Use/Abuse

Other (list): _____

3. Please indicate to what extent you addressed the session components.

Not at all

Somewhat

Mostly

Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed "completely" (i.e., addressed "not at all," "somewhat," or "mostly"), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

No Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 6

Instructor's name: _____
Community organization: _____
Session date: _____
Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed/activities completed during this session.

Move to the Music – Healthy vs. Unhealthy Relationships

Active Listening

Other (list): _____

3. Please indicate to what extent you addressed the session components.

Not at all

Somewhat

Mostly

Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed "completely" (i.e., addressed "not at all," "somewhat," or "mostly"), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

No Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 7

Instructor's name: _____
Community organization: _____
Session date: _____
Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed/activities completed during this session.

- Guest Speaker **OR** Dating Violence Video
- Discussion of Early Warning Signs of Dating Violence
- Dating Violence Myths and Facts
- Relationship Continuum
- Other (list): _____

3. Please indicate to what extent you addressed the session components.

- Not at all Somewhat Mostly Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed "completely" (i.e., addressed "not at all," "somewhat," or "mostly"), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

- No Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 8

Instructor's name: _____
Community organization: _____
Session date: _____
Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed/activities completed during this session.

- Thinking About Boundaries
- Recognizing Communication Styles
- Practicing Assertive Communication Written Response
- Practicing Assertive Communication Verbal Response
- Other (list): _____

3. Please indicate to what extent you addressed the session components.

- Not at all Somewhat Mostly Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed "completely" (i.e., addressed "not at all," "somewhat," or "mostly"), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

- No Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 9

Instructor's name: _____
Community organization: _____
Session date: _____
Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed/activities completed during this session.

- Keeping it All Together
- Post It, Pile It – Coping with Stress and Anger
- Communicating an Apology
- Practicing an Apology – Written Response
- Practicing an Apology – Verbal Response
- Other (list): _____

3. Please indicate to what extent you addressed the session components.

- Not at all Somewhat Mostly Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed “completely” (i.e., addressed “not at all,” “somewhat,” or “mostly”), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

- No Yes (If you check “Yes,” please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 10

Instructor's name: _____
Community organization: _____
Session date: _____
Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed/activities completed during this session.

- Delay, Refusal, and Negotiation Skills – Skills for Effective Relationships Media
- Practicing Delay, Refusal, and Negotiation Skills Snowball Activity – Written Response
- Practicing Delay, Refusal, and Negotiation Skills – Verbal Response
- Other (list): _____

3. Please indicate to what extent you addressed the session components.

- Not at all Somewhat Mostly Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed “completely” (i.e., addressed “not at all,” “somewhat,” or “mostly”), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

- No Yes (If you check “Yes,” please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 11

Instructor's name: _____
Community organization: _____
Session date: _____
Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed/activities completed during this session.

Deciding if a Friendship/Relationship is Worth It – Make It or Break It Huddle Up

Breaking Up: What to Do and What Not to Do

Practicing Breaking Up

Other (list): _____

3. Please indicate to what extent you addressed the session components.

Not at all

Somewhat

Mostly

Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed "completely" (i.e., addressed "not at all," "somewhat," or "mostly"), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

No Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 12

Instructor's name: _____
Community organization: _____
Session date: _____
Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed/activities completed during this session.

Quiz, Quiz, Trade – Myths and Facts

Level of Concern

My Level of Wellness

Identifying Supports

Other (list): _____

3. Please indicate to what extent you addressed the session components.

Not at all

Somewhat

Mostly

Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed “completely” (i.e., addressed “not at all,” “somewhat,” or “mostly”), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

No Yes (If you check “Yes,” please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 13

Instructor's name: _____
Community organization: _____
Session date: _____
Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed/activities completed during this session.

Helping Our Friends by Using Active Listening Skills

Speed Communication

Practicing Support Skills

Other (list): _____

3. Please indicate to what extent you addressed the session components.

Not at all

Somewhat

Mostly

Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed "completely" (i.e., addressed "not at all," "somewhat," or "mostly"), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

No Yes (If you check "Yes," please identify each topic and the activities (e.g., discussion, role plays, invited speakers) used to address each one.)

6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.

Session Number 14

Instructor's name: _____
Community organization: _____
Session date: _____
Number of participants: _____

1. How long did the session last? _____

2. Please check all of the topics addressed/activities completed during this session.

Recapping What We Learned

Group Sharing – Connecting Us All Together

Other (list): _____

3. Please indicate to what extent you addressed the session components.

Not at all

Somewhat

Mostly

Completely

4. Based on your responses to Question 3, above, if there are components of the session that were NOT addressed “completely” (i.e., addressed “not at all,” “somewhat,” or “mostly”), please help us understand why.

5. Are there topics that you covered during this session that are not part of the curriculum?

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6. Is there anything else you would like to tell us about the challenges and successes you experienced while implementing the session?

7. Did any of the participants come forward to seek help, get additional information, or ask questions after the session? If yes, please explain.