

# **Participant Feedback on Starting Point's Aware Program**

September, 2011

Prepared for:  
Starting Point of Ozaukee

Prepared by:  
Erin Malcolm, M.A.P.S.  
Lisa Larson, Ph.D.



Planning Council for Health and Human Services, Inc.  
1243 North 10th Street, Suite 200 Milwaukee, WI 53205-0243  
414-224-0404 [www.planningcouncil.org](http://www.planningcouncil.org)

Member of the National Association of Planning Councils

## Table of Contents

<b>Introduction .....</b>	<b>1</b>
<b>Overview of Participants .....</b>	<b>5</b>
<b>Results for All Surveyed Participants .....</b>	<b>7</b>
<b>Appendix A: Aware Participant Feedback Survey .....</b>	<b>14</b>
<b>Appendix B: Detailed Results for 6<sup>th</sup> Graders .....</b>	<b>16</b>
<b>Appendix C: Detailed Results for 7<sup>th</sup> Graders .....</b>	<b>27</b>
<b>Appendix D: Detailed Results for 8<sup>th</sup> Graders .....</b>	<b>36</b>

## Executive Summary

The Aware Program is a school-based substance abuse prevention program conducted by Starting Point of Ozaukee and funded, in part, by a federal grant from the Drug-Free Communities Support Program. The Planning Council for Health and Human Services, Inc. assisted Starting Point in surveying Aware program participants from middle school classrooms that received at least four program modules during the 2010/2011 school year. The survey included knowledge questions based on common myths about substance use, attitude questions about substance use, and questions about participants' experience with the program. A total of 676 surveys were completed, with approximately 60% from 6<sup>th</sup> graders, 30% from 7<sup>th</sup> graders, and 10% from 8<sup>th</sup> graders.<sup>1</sup>

The present report provides detailed findings for all surveyed participants, as well as findings specific to each grade level. Key findings that emerged include:

- *Participants generally responded positively to the Aware program.* For example, when asked to give the program a letter grade, approximately 95% of participants graded the program as an "A" or a "B". In addition, when given the opportunity to provide comments about the program, the responses were generally positive, and very few suggestions for improvement were offered.
- *There were indications that participants had received key messages regarding the risks of substance use and that the program supported students' intentions to avoid risky behaviors.* For example, approximately 95% of participants agreed or strongly agreed that they were more likely to make positive decisions after participating in Aware, with most of those participants strongly agreeing.
- *The program (most likely in combination with other anti-smoking messages) appeared to be successful in promoting awareness of the dangers of smoking cigarettes and in supporting participants' intentions to avoid the use of tobacco.* For example, approximately 85% of the participants strongly agreed that after participating in the Aware program, they planned to avoid smoking cigarettes or using other forms of tobacco.
- *There were indications that messages related to the risks of alcohol use were less fully absorbed by participants.* Specifically, only about 60% of participants correctly assessed the risks of drinking beer as compared to drinking other types of alcohol. Currently, the program addresses this information in greater detail in its 7<sup>th</sup> grade modules. Given the responses of 6<sup>th</sup> and 8<sup>th</sup> grade participants, it may be helpful to more fully cover the risks of alcohol use at these grade levels as well.
- *Eighth grade participants' intentions to abstain from substance use and attitudes about the program were more mixed than those of participants at other grade levels.* For example, only about 40% of 8<sup>th</sup> grade participants strongly agreed that they planned to avoid drinking alcohol until they reached legal age. This finding may be related to the small number of 8<sup>th</sup> graders and the particular school surveyed. However, it may also suggest that the program may need to develop additional and creative ways to reach students at this critical developmental level. In an effort to address this need, Starting Point has begun partnering with two area schools to pilot a mentoring program for 8<sup>th</sup> graders.

---

<sup>1</sup> The relatively small number of surveyed 8<sup>th</sup> graders was due to a new 8<sup>th</sup> grade curriculum being piloted in some area schools during the 2010/2011 school year.

Overall, the survey findings suggest that when classrooms receive four or more Aware program modules, the program is well received by middle schoolers and supports knowledge and attitudes consistent with the prevention of substance abuse. However, it may be beneficial for the program to continue to review its approach and content related to the risks associated with alcohol use, as well as its approach to presenting prevention messages to 8<sup>th</sup> grade students. Starting Point's pilot efforts to reach 8<sup>th</sup> graders through high school mentors is a creative approach that may benefit from the addition of "booster" material related to alcohol risks and may also hold promise for future expansion and evaluation.

## Introduction

### Background

Starting Point of Ozaukee serves as an alcohol and drug resource center for Ozaukee County, providing prevention, education, intervention, and referral services to the community since 1975. As part of its prevention efforts, Starting Point coordinates the Ozaukee County ATOD Prevention Consortium, which oversees and promotes prevention and early intervention activities in the community. Part of the funding for this prevention work comes from a grant from the Drug-Free Communities Support Program (DFCSP) through the Center for Substance Abuse Prevention.

Funding from DFCSP has enabled Starting Point to carry out a wide range of prevention activities in the community. Since 2009, the Planning Council for Health and Human Services, Inc. has been assisting Starting Point in gathering feedback about its prevention efforts. The Planning Council is an independent, nonprofit research and planning organization that has been operating in southeastern Wisconsin since 1965. The mission of the Planning Council is to advance community health and human services in Southeastern Wisconsin through objective planning, evaluation, and research.

### The Aware Program

Starting Point's Aware Program aims to prevent substance abuse and other risky behaviors among Ozaukee County youth. It is a primary prevention program that targets gateway drug use (i.e., alcohol, tobacco, and marijuana) by giving elementary and middle school students skills to lead a drug-free lifestyle before they reach their teenage years. The Aware Program is a revised version of a previous Starting Point program called the Middle School Awareness Plus Program (MAPP). The program's curriculum is based on concepts, lessons, and activities from Project ALERT, Life Skills Training, and Project Northland.<sup>2</sup>

Aware provides schools with prevention programming on a variety of topics and with flexible intensity, tailored to the needs identified by individual schools. Modules are offered one to two times a year for elementary students in grades three through five, and up to six times a year for middle school students in grades six through eight. Program modules cover topics including the consequences of addiction, in-depth explorations of the dangers of specific substances, and resilience skill building. Age-appropriate modules are presented at each grade level to encourage a gradual increase in awareness and resistance skills over time.

Starting Point contracted with the Planning Council early in 2011 for technical assistance to develop and implement an evaluation of the Aware Program. The evaluation approach, developed by the Planning Council in collaboration with Starting Point, focused on gathering feedback from Aware Program participants to learn more about their experiences of and successes with the program, to identify areas for improvement, and to support sustainability efforts.

### Methodology

In the spring of 2011, the Planning Council worked with Starting Point staff to revise their existing program feedback survey and provided support to Starting Point as they implemented the survey with middle school Aware Program participants during the 2010/2011 program year.<sup>3</sup>

---

<sup>2</sup>Information about each of these evidence-based prevention programs can be found at [www.projectalert.com](http://www.projectalert.com), [www.lifeskillstraining.com](http://www.lifeskillstraining.com), and [www.epi.umn.edu/projectnorthland/Default.Html](http://www.epi.umn.edu/projectnorthland/Default.Html).

<sup>3</sup>Due to the limited number of program modules presented to grades 3 through 5, data collection efforts were focused on Aware's middle school participants.

Starting Point then asked the Planning Council to analyze and report on the findings from the first year of implementing the revised feedback survey and procedures.

The revised feedback survey included four true/false items based on common myths about alcohol, tobacco, and marijuana; six items which ask participants to rate their attitudes and experiences of the program; and a single open-ended item providing participants with an opportunity to provide additional feedback (see Appendix A for a copy of the survey).

The survey was administered to middle school classes that participated in at least four program modules during the 2010/2011 program year. Due to the flexible nature of Aware, it was determined by the program's facilitator that a minimum of four program modules were necessary to cover the full range of content covered by the survey. The program's facilitator distributed the surveys to participants immediately following the final module presented during the year. Participants were instructed not to include their names on the surveys, and all completed surveys were collected in a way that prevented the facilitator from attributing individual responses to specific program participants.

The Planning Council conducted data entry, clean-up, and analysis of the completed feedback surveys in the summer of 2011. Responses to the closed-ended items were analyzed using descriptive statistics, and the responses to the open-ended item were reviewed and categorized according to the common themes that emerged. The current report presents findings from the 676 feedback surveys that were completed during the 2010/2011 program year. The report first presents results for all participants surveyed and then provides full, detailed results separately for 6<sup>th</sup> graders, 7<sup>th</sup> graders, and 8<sup>th</sup> graders in Appendix B, Appendix C, and Appendix D respectively.

## Overview of Participants

### Students Reached by the Aware Program

Middle school students reached by the Aware Program during the 2010/2011 program year were presented with program content on a variety of topics, based upon the needs identified by the individual schools and tailored to each grade level. Topics presented to middle school youth included: alcohol, tobacco, marijuana, inhalants, street drugs, steroids, caffeine, prescription drugs, media/advertising, peer pressure, assertiveness, manners/respect, stress and coping, and conflict resolution.

A total of 2,547 middle school students were reached with at least one Aware Program module over the course of the 2010/2011 program year. Approximately 40% of the students reached (40.2%, or 1,024 of 2,547) were 6<sup>th</sup> graders, approximately 30% (29.0%, or 738 of 2,547) were 7<sup>th</sup> graders, and approximately 30% (30.8%, or 785 of 2,547) were 8<sup>th</sup> graders.

Due to the large numbers of participants reached by the program, surveys were administered only to middle school classes that participated in at least four program modules during the 2010/2011 program year. This was determined to be the number of modules necessary to cover the full range of content covered by the survey. At each grade level, the classes that were surveyed were presented with program content which was generally similar across each grade, and each was presented with modules that included content focusing on the risks associated with tobacco, alcohol, and other drugs (e.g., marijuana); addiction; and resistance skills.

### Students Surveyed

A total of 676 evaluation forms were completed by middle school participants who were in classes that received a minimum of four program modules. As can be seen in Table 1 below, approximately 60% of the surveys were completed by 6<sup>th</sup> graders, 30% were completed by 7<sup>th</sup> graders, and approximately 10% were completed by 8<sup>th</sup> graders.<sup>4</sup>

**Table 1: Evaluation forms completed by Aware participants during the 2010/2011 program year**

Grade Level	N	%
6 <sup>th</sup> Grade	417	61.7%
7 <sup>th</sup> Grade	203	30.0%
8 <sup>th</sup> Grade	56	8.3%
<b>Total</b>	<b>676</b>	<b>100.0%</b>

### Schools Included in the Survey Sample

The participants who completed surveys in the spring of 2011 were students at a variety of Ozaukee County schools. Table 2 outlines the number of districts and schools that were included in the survey sample as well as the number of 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade participants who completed surveys at each school. As Table 2 shows, students from five schools completed surveys, with these schools representing four of Ozaukee County's five school districts.

---

<sup>4</sup> Midway through the 2010/2011 program year, Starting Point began to pilot a new curriculum with 8<sup>th</sup> grade Aware participants in the Mequon-Thiensville school district. Because of the change in programming, these participants were not asked to complete the survey developed for the Aware Program.

**Table 2: Communities reached with at least four Aware Program modules during the 2010/2011 program year**

<b>District</b>	<b>School</b>	<b>Grade Level (surveys completed)</b>
Cedarburg	St. Francis - Borgia	6 <sup>th</sup> Grade (n=42)
		7 <sup>th</sup> Grade (n=32)
Grafton	John Long Middle	6 <sup>th</sup> Grade (n=141*)
Northern Ozaukee	Ozaukee Middle	6 <sup>th</sup> Grade (n=32)
		7 <sup>th</sup> Grade (n=47)
		8 <sup>th</sup> Grade (n=56)
Mequon – Thiensville	Lake Shore Middle	6 <sup>th</sup> Grade (n=89)
	Steffen Middle	6 <sup>th</sup> Grade (n=113)
		7 <sup>th</sup> Grade (n=124)
<b>4 School Districts</b>	<b>5 Schools</b>	<b>3 Grade Levels (N=676)</b>

\*Note: One survey from a 6<sup>th</sup> grade participant at John Long Middle School was less than half complete and was therefore removed from the analysis.



## Results for All Surveyed Participants

The survey developed for the Aware Program included a total of eleven items and was designed to be easy to complete and understandable to middle school youth. Four of the items consisted of statements based on common myths about alcohol, tobacco, and marijuana use. Participants were asked to respond “true”, “false”, or “don’t know” to each of these items, for the purpose of assessing their knowledge about the risks associated with alcohol, tobacco, and other drug use. The survey also included six items which asked participants to rate their experience with the program overall and the extent to which the program encouraged resistance to substance use and other risky behaviors. Finally, the survey concluded with a single open-ended item which provided participants with an opportunity to provide additional feedback about their program experience.

### Results across All Participants

Overall, the results from the feedback survey suggest that participants had a positive experience of the Aware Program. Participants’ responses also suggest that the program supported their knowledge of the consequences of substance use and encouraged positive decision making. Specifically:

- When asked to give the Aware Program a letter grade, approximately 95% of participants who completed a feedback survey (93.6%, or 627 of 670) gave the program an “A” or “B”, with approximately 60% (57.6%, or 386 of 670) giving the program an “A”.
- Approximately 95% of Aware participants (92.9%, or 628 of 676) strongly agreed or agreed that they knew more information about alcohol, tobacco, and other drugs after participating in Aware, with approximately 40% (38.2%, or 258 of 676) strongly agreeing with the statement.
- Approximately 95% of Aware participants who completed a feedback survey (96.9%, or 654 of 675) strongly agreed or agreed that they were more likely to make positive decisions after participating in Aware, with two thirds of participants (65.6%, or 443 of 675) strongly agreeing with the statement.

To promote resistance to gateway drug use, the Aware Program presents program modules focusing specifically on the dangers associated with tobacco, alcohol, and other drugs (e.g., marijuana) to grades six through eight. The feedback survey therefore included items focusing on these specific substances to assess participants’ knowledge of the risks associated with their use as well as their intentions to avoid using tobacco, alcohol, marijuana, and other drugs after participating in the program. Results for these items follow.

### Tobacco

Overall, the participants who were surveyed at the end of the 2010/2011 program year provided favorable responses to the survey items that focused on tobacco. Results suggest that these participants were aware of the dangers of smoking cigarettes and intended to abstain from tobacco use in the future. Specifically:

- Approximately 95% of participants who completed the survey (93.3%, or 631 of 675) provided the desired response (“true”) to the statement, “Smoking cigarettes can hurt you, even if you only smoke a little.”
- Approximately 95% of Aware participants who completed a feedback survey (96.4%, or 649 of 673) strongly agreed or agreed that they planned to avoid smoking cigarettes or using other forms of tobacco after participating in Aware, with approximately 85% of participants (85.7%, or 577 of 673) strongly agreeing with the statement.

## Alcohol

Responses to the items focusing on alcohol varied, however. Although a smaller proportion of participants provided the desired responses to the items focusing on the risks associated with alcohol, approximately 95% of the participants who were surveyed indicated that they intended to abstain from alcohol until they turned 21. Specifically:

- Eighty-five percent of surveyed participants (or 574 of 675) provided the desired response (“false”) to the statement, “It is safe to drink alcohol, as long as you don’t drive.”
- Approximately 65% of participants who were surveyed (65.2%, or 440 of 675) provided the desired response (“false”) to the statement, “It is safer to drink beer than other kinds of alcohol (like liquor).” In addition, nearly 20% of participants (17.9%, or 121 of 675) indicated that they did not know whether the statement was true or false.
- Nearly 95% of Aware participants who completed a feedback survey (93.5%, or 630 of 674) strongly agreed or agreed that they planned to avoid drinking alcohol until they reached legal age after participating in Aware, with approximately 70% of participants (70.6%, or 476 of 674) strongly agreeing with the statement.

## Marijuana and Other Drugs

Finally, compared to the results for tobacco, a smaller proportion of participants provided the desired response to the item which focused on the risks associated with marijuana and other drug use. However, approximately 95% of participants who were surveyed responded that they intended to abstain from using marijuana and other drugs after participating in the program. Specifically:

- Approximately 85% of participants who completed the survey (85.9%, or 579 of 674) provided the desired response (“false”) to the statement, “Smoking marijuana is safer for you than smoking cigarettes.”
- Approximately 95% of Aware participants who completed a feedback survey (97.2%, or 655 of 674) strongly agreed or agreed that they planned to avoid using drugs like marijuana or cocaine after participating in Aware, with approximately 90% of participants (89.0%, or 600 of 674) strongly agreeing with the statement.

## **Notable Grade Level Results**

Participants’ responses to the survey were also analyzed to explore the extent to which knowledge and attitudes varied by grade level. Because participants in each grade represented different developmental stages and different communities, and because each grade level received different program content, it was anticipated that the survey results would differ slightly at each grade level. A brief summary of the results for 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> graders follows, with detailed results found in Appendices B, C, and D respectively.

### Key Results for 6<sup>th</sup> Graders

In general, the results for 6<sup>th</sup> graders indicate that these participants were particularly aware of the risks associated with tobacco. In addition, their responses suggest that they planned to avoid using tobacco, alcohol, and other drugs in the future. For example:

- Ninety-five percent of 6<sup>th</sup> graders (or 396 of 417) provided the desired response (“true”) to the statement, “Smoking cigarettes can hurt you, even if you only smoke a little.”
- Approximately 95% of 6<sup>th</sup> grade participants (96.6%, or 401 of 415) strongly agreed or agreed that they planned to avoid smoking cigarettes or using other forms of tobacco

after participating in Aware, with approximately 90% (88.9%, or 369 of 415) strongly agreeing.

- Approximately 95% of 6<sup>th</sup> graders (94.5%, or 392 of 415) strongly agreed or agreed that they planned to avoid drinking alcohol until they reached 21 after participating in Aware, with approximately three-quarters (74.0%, or 307 of 415) strongly agreeing.
- Approximately 95% of 6<sup>th</sup> grade participants (97.3%, or 404 of 415) strongly agreed or agreed that they planned to avoid using drugs like marijuana or cocaine after participating in Aware, with 92.3% (or 383 of 415) strongly agreeing.

However, responses to several other items were more mixed. For example:

- Approximately 60% of 6<sup>th</sup> grade participants (58.2%, or 242 of 416) provided the desired response (“false”) to the statement, “It is safer to drink beer than other kinds of alcohol (like liquor).” Approximately 15% (16.6%, or 69 of 416) responded “true” to the statement, and one-quarter of 6<sup>th</sup> graders (25.2%, or 105 of 416) indicated that they were unsure whether the statement was true or false.
- Approximately 90% of 6<sup>th</sup> grade participants (92.1%, or 384 of 417) strongly agreed or agreed that they knew more information about alcohol, tobacco, and other drugs after participating in Aware. However, just 36.9% (or 154 of 417) strongly agreed.

See Appendix B for detailed results for 6<sup>th</sup> graders on all survey items.

#### Key Results for 7<sup>th</sup> Graders

Results for 7<sup>th</sup> graders were positive and indicate that these participants knew the risks associated with tobacco, alcohol, and marijuana. The results for 7<sup>th</sup> graders also suggest that these participants planned to avoid using tobacco, alcohol, and other drugs. For example:

- Approximately 90% of 7<sup>th</sup> graders (91.6%, or 186 of 203) provided the desired response (“true”) to the statement, “Smoking cigarettes can hurt you, even if you only smoke a little.”
- Nearly 100% of 7<sup>th</sup> grade participants (98.0%, or 199 of 203) strongly agreed or agreed that they planned to avoid smoking cigarettes or using other forms of tobacco after participating in Aware, with approximately 90% (89.7%, or 182 of 203) strongly agreeing.
- Approximately 90% of 7<sup>th</sup> graders (91.1%, or 185 of 203) provided the desired response (“false”) to the statement, “Smoking marijuana is safer for you than smoking cigarettes.”
- Nearly 100% of 7<sup>th</sup> grade participants (98.5%, or 200 of 203) strongly agreed or agreed that they planned to avoid using drugs like marijuana or cocaine after participating in Aware, with 92.6% (or 188 of 203) strongly agreeing.

However, while 7<sup>th</sup> graders generally agreed that they knew more information after participating in the program, they (similar to the 6<sup>th</sup> graders) tended not to strongly agree that they knew more after participating in Aware. Specifically:

- While approximately 95% of 7<sup>th</sup> grade participants (94.6%, or 192 of 203) strongly agreed or agreed that they knew more information about alcohol, tobacco, and other drugs after participating in Aware, just 43.8% (or 89 of 203) strongly agreed.

See Appendix C for detailed results for 7<sup>th</sup> graders on all survey items.

#### Key Results for 8<sup>th</sup> Graders

In general, the results for the relatively small number of 8<sup>th</sup> graders that were included in the survey sample suggest that these participants were aware of the risks associated with tobacco and some of the risks associated with alcohol. For example:

- Approximately 90% of 8<sup>th</sup> grader participants (89.3%, or 50 of 56) provided the desired response (“false”) to the statement, “It is safe to drink alcohol, as long as you don’t drive.”
- Approximately 90% of 8<sup>th</sup> grader participants (87.5%, or 49 of 56) provided the desired response (“true”) to the statement, “Smoking cigarettes can hurt you, even if you only smoke a little.”

However, the 8<sup>th</sup> grade participants’ responses were somewhat mixed with respect to knowledge and intentions to abstain from alcohol. For example:

- Approximately 55% of 8<sup>th</sup> grade participants (57.1%, or 32 of 56) provided the desired response (“false”) to the statement, “It is safer to drink beer than other kinds of alcohol (like liquor),” but approximately 35% of 8<sup>th</sup> graders (35.7%, or 20 of 56) responded “true”.
- While approximately 85% of 8<sup>th</sup> grade participants (85.7%, or 48 of 56) strongly agreed or agreed that they planned to avoid drinking alcohol until they reached legal age after participating in Aware, while just 39.3% (or 22 of 56) strongly agreed.
- While approximately 95% of 8<sup>th</sup> grade participants (92.9%, or 52 of 56) strongly agreed or agreed that they knew more information about alcohol, tobacco, and other drugs after participating in Aware, just 26.8% (or 15 of 56) strongly agreed.

See Appendix D for detailed results for 8<sup>th</sup> graders on all survey items.

### Comparisons of 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> Graders’ Responses

Table 3 provides side-by-side comparisons of responses provided by 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade participants to items relating to the risks associated with tobacco, alcohol, and marijuana.

**Table 3: Results by grade on true/false knowledge questions**

Item	Response	6 <sup>th</sup> Graders (N=417*)	7 <sup>th</sup> Graders (N=203*)	8 <sup>th</sup> Graders (N=56*)
<b>It is safer to drink beer than other kinds of alcohol (like liquor).</b>	“True”	16.6% (n=69)	12.3% (n=25)	35.7% (n=20)
	<b>“False”</b>	58.2% (n=242)	81.8% (n=166)	57.1% (n=32)
<b>It is safe to drink alcohol, as long as you don’t drive.</b>	“True”	14.4% (n=60)	7.9% (n=16)	8.9% (n=5)
	<b>“False”</b>	82.3% (n=343)	89.6% (n=181)	89.3% (n=50)
<b>Smoking cigarettes can hurt you, even if you only smoke a little.</b>	<b>“True”</b>	95.0% (n=396)	91.6% (n=186)	87.5% (n=49)
	“False”	4.6% (n=19)	8.4% (n=17)	10.7% (n=6)
<b>Smoking marijuana is safer for you than smoking cigarettes.</b>	“True”	1.7% (n=7)	3.9% (n=8)	12.7% (n=7)
	<b>“False”</b>	84.6% (n=352)	91.1% (n=185)	76.4% (n=42)

Note: A response in bold indicates that it is the desired response for the item.

\*Due to small amounts of missing data, the number of responses on each item ranged from 416 to 417 for 6<sup>th</sup> graders, from 202 to 203 for 7<sup>th</sup> graders, and from 55 to 56 for 8<sup>th</sup> graders.

As can be seen in Table 3, participants' responses to items relating to the risks associated with tobacco, alcohol, and marijuana varied slightly among 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade participants. For example:

- A larger proportion of 7<sup>th</sup> graders provided the desired response (“false”) to the item, “It is safer to drink beer than other kinds of alcohol (like liquor),” compared to 6<sup>th</sup> and 8<sup>th</sup> graders. Approximately one-third of 8<sup>th</sup> graders indicated that they thought it was safer to drink beer, and approximately one-quarter of 6<sup>th</sup> graders were unsure of whether beer was safer than other types of alcohol.
- A smaller proportion of 8<sup>th</sup> graders than participants in younger grades provided the desired response (“false”) to the item, “Smoking marijuana is safer for you than smoking cigarettes.”

Table 4 provides side-by-side comparisons of responses provided by 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade participants to items relating to their perception of the program and their plans to avoid using tobacco, alcohol, and other drugs following their participation in the Aware Program.

**Table 4: Results by grade on attitude questions**

Item	Rating	6 <sup>th</sup> Graders (N=417*)	7 <sup>th</sup> Graders (N=203)	8 <sup>th</sup> Graders (N=56*)
<b>I know more information about alcohol, tobacco, and other drugs.</b>	“Strongly Agree”	36.9% (n=154)	43.8% (n=89)	26.8% (n=15)
	“Agree”	55.2% (n=230)	50.7% (n=103)	66.1% (n=37)
<b>I am more likely to make positive decisions.</b>	“Strongly Agree”	66.1% (n=275)	71.4% (n=145)	41.1% (n=23)
	“Agree”	30.8% (n=128)	25.6% (n=52)	55.4% (n=31)
<b>I plan to avoid smoking cigarettes or using other forms of tobacco.</b>	“Strongly Agree”	88.9% (n=369)	89.7% (n=182)	47.3% (n=26)
	“Agree”	7.7% (n=32)	8.4% (n=17)	41.8% (n=23)
<b>I plan to avoid drinking alcohol until I am 21.</b>	“Strongly Agree”	74.0% (n=307)	72.4% (n=147)	39.3% (n=22)
	“Agree”	20.5% (n=85)	21.2% (n=43)	46.4% (n=26)
<b>I plan to avoid using drugs like marijuana or cocaine.</b>	“Strongly Agree”	92.3% (n=383)	92.6% (n=188)	51.8% (n=29)
	“Agree”	5.1% (n=21)	5.9% (n=12)	39.3% (n=22)
<b>If you were to grade the Aware program, what letter grade would you give it?</b>	“A”	54.5% (n=224)	66.0% (n=134)	50.0% (n=28)
	“B”	37.5% (n=154)	30.0% (n=61)	46.4% (n=26)

\*Due to small amounts of missing data, the number of responses on each item ranged from 411 to 417 for 6<sup>th</sup> graders and from 55 to 56 for 8<sup>th</sup> graders.

As Table 4 shows, participants' perception of the program and their attitudes about whether they intended to avoid using tobacco, alcohol, and other drugs in the future varied only lightly between 6<sup>th</sup> and 7<sup>th</sup> graders, with the exception that 7<sup>th</sup> graders were more likely to have given the program a letter grade of "A". Larger differences can be seen between the results for 8<sup>th</sup> grade participants and those for 6<sup>th</sup> and 7<sup>th</sup> graders on nearly every item, with 8<sup>th</sup> graders being less likely to strongly agree with each of these survey items.

### **Additional Feedback on the Aware Program**

The feedback survey developed for the Aware Program included one open-ended item which asked, "Is there anything else you would like to tell us about your experience with the Aware Program?" Overall, the responses received from participants who were surveyed at the conclusion of the 2010/2011 program year suggest that they had a positive experience of the program. A summary of the responses provided by 6<sup>th</sup> graders, 7<sup>th</sup> graders, and 8<sup>th</sup> graders as well as illustrative quotes follow. (See Appendices B, C, and D for more detail on responses to this item.)

#### 6<sup>th</sup> Graders

Among the 417 6<sup>th</sup> graders who completed the feedback survey, approximately two-thirds (67.6%, or 282 of 417) responded to this item, with a total of 175 participants (or 62.1% of the 282 who provided a response) indicating in their comment that there was nothing else they wanted to say about their experience with the program. Among the remaining 107 responses received from 6<sup>th</sup> grade participants who provided a written answer, the most common were: 1) that they learned something from the program or believed that their peers could learn something from it; 2) general, positive perceptions of the program overall; 3) that they had fun participating in the program; and 4) suggestions for improving the program (e.g., more interactive games; more sessions; information about specific topics, such as heroin). For example:

"I thought that I got a lot of good info, and learned to never do drugs."

"It helps a lot because people are thinking about using drugs, but when they see this program they won't."

"I thought it was a great program. Keep up the good work!"

"I would just like to say I enjoy this program."

"I thought the visuals and games were very fun and helped us understand even better."

"I think they need to tell kids more on why it isn't/doesn't make you cool to smoke or drink."

#### 7<sup>th</sup> Graders

Among the 203 7<sup>th</sup> graders who completed the feedback survey, approximately two-thirds (67.5%, or 137 of 203) provided a written response to the question which asked if there was anything else they wanted to say about their experience. Among those who provided a written response, a total of 63 participants (or 46.0% of 137) indicated in their comment that there was nothing else they wanted to say about their experience with the program. For the remaining 74 7<sup>th</sup> grade participants who provided a written answer, the responses provided by those 7<sup>th</sup> graders included: 1) that they enjoyed participating in the program; 2) that the program was informative or that it taught them something specific; and 3) general, positive comments about the program overall or the program's facilitator. For example:

"It was a lot of fun and I enjoyed it."

"I enjoyed going to the Above the Influence website."

"It was somewhat fun with the goggles and games."

“It was very informative and enhanced my knowledge on drugs.”

“I really liked how we had pictures to see, so we could actually see what the consequences are and how it effects [sic] you.”

“I think Mrs. O'Brian made things interesting.”

### 8<sup>th</sup> Graders

Among the 56 8<sup>th</sup> graders who completed the feedback survey, approximately 60% (60.7%, or 34 of 56) provided a written response to the question, “Is there anything else you would like to tell us about your experience with the Aware Program?” Among those who responded to the question, nearly 80% (79.4%, or 27 of 34) indicated in their comment that there was nothing else they wanted to say about their experience with the program. Examples of the remaining 7 comments include:

“It taught me a lot.”

“I like the games.”

“It's fun!”

“You could show more videos.”

### **Conclusions**

The key findings that emerged from the survey of Aware program participants include:

- Participants generally responded positively to the Aware program.
- There were indications that participants had received key messages regarding the risks of substance use and that the program supported students' intentions to avoid risky behaviors.
- The program (most likely in combination with other anti-smoking messages) appeared to be successful in promoting awareness of the dangers of smoking cigarettes and in supporting participants' intentions to avoid the use of tobacco.
- There were indications that messages related to the risks of alcohol use were less fully absorbed by participants.
- Eighth grade participants' intentions to abstain from substance use and attitudes about the program were more mixed than those of participants at other grade levels.

Overall, the survey findings suggest that when classrooms receive four or more Aware program modules, the program is well received by middle schoolers and supports knowledge and attitudes consistent with the prevention of substance abuse. However, it may be beneficial for the program to continue to review its approach and content related to the risks associated with alcohol use, as well as its approach to presenting prevention messages to 8<sup>th</sup> grade students. Starting Point's pilot efforts to reach 8<sup>th</sup> graders through high school mentors is a creative approach that may benefit from the addition of “booster” material related to alcohol risks and may also hold promise for future expansion and evaluation.

**Appendix A:**

Aware Participant Feedback Survey



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

Grade: \_\_\_\_\_

### **Starting Point of Ozaukee Aware Program Feedback Survey**

Be sure to respond to each item by filling in the bubbles like this ● Not like this: ✓ ✗ /

*Please answer the following true/false questions about alcohol, tobacco, and other drugs.*

	True	False	Don't Know
1. It is safer to drink beer than other kinds of alcohol (like liquor).	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. It is safe to drink alcohol, as long as you don't drive.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. Smoking cigarettes can hurt you, even if you only smoke a little.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. Smoking marijuana is safer for you than smoking cigarettes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

*Next, please tell us about your Aware program experience by filling in one response for each of the following statements:*

After participating in Aware...	Strongly Agree	Agree	Disagree	Strongly Disagree	Not Applicable
5. I know more information about alcohol, tobacco, and other drugs.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I am more likely to make positive decisions.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I plan to avoid smoking cigarettes or using other forms of tobacco.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I plan to avoid drinking alcohol until I am 21.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I plan to avoid using drugs like marijuana or cocaine.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. If you were to grade the Aware program, what letter grade would you give it?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. Is there anything else you would like to tell us about your experience with the Aware program?

---

---

**Thank you for your feedback!**

May, 2011

**Appendix B:**  
Detailed Results for 6<sup>th</sup> Graders

**Appendix B:  
Detailed Results for 6<sup>th</sup> Graders**

Table 5 presents the Aware Program modules presented to 6<sup>th</sup> grade classes included in the survey sample. As can be seen in Table 5, the modules presented to 6<sup>th</sup> graders were generally similar across schools with respect to the total number and specific types of topics presented.

**Table 5: Aware topics presented to 6<sup>th</sup> graders**

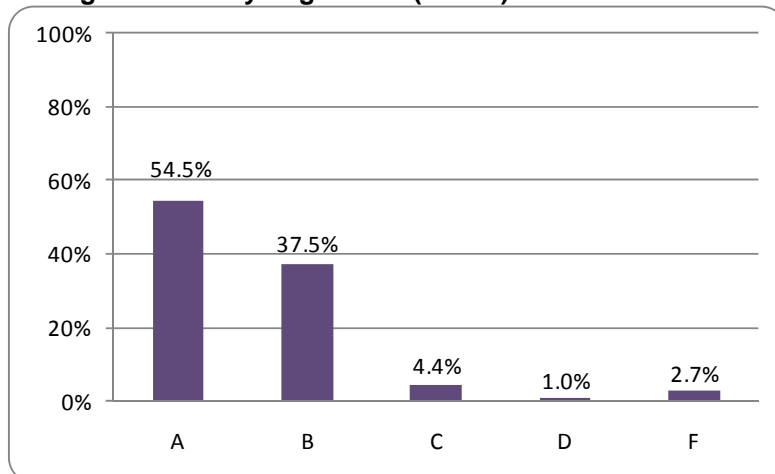
School	Total Topics	Topics Presented
John Long Middle	5	Addiction Model; Alcohol, Tobacco, & Marijuana Overview; Inhalants & Refusal Skills; Peer Pressure; Respect & Manners
Lake Shore Middle	4	Addiction Model; Advertising Awareness; Alcohol, Tobacco, & Marijuana Overview; Inhalants & Refusal Skills
Ozaukee Middle	4	Addiction Model; Advertising Awareness; Alcohol, Tobacco, & Marijuana Overview; Inhalants & Refusal Skills
St. Francis - Borgia	4	Addiction Model; Advertising Awareness; Alcohol, Tobacco, & Marijuana Overview; Inhalants & Refusal Skills
Steffen Middle	4	Addiction Model; Advertising Awareness; Alcohol, Tobacco, & Marijuana Overview; Inhalants & Refusal Skills

Detailed results for the 417 6<sup>th</sup> grade participants for each item on the survey follow.

**Overall Perception of Aware**

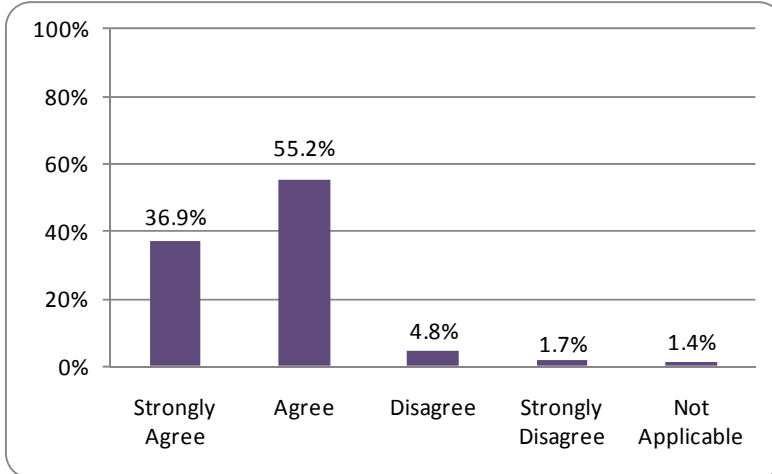
When asked to give the Aware Program a letter grade, approximately 90% of 6<sup>th</sup> grade participants who completed a feedback survey (92.0%, or 378 of 411) gave the program an “A” or “B”, and approximately 5% (5.4%, or 22 of 411) gave the program a “C” or “D”. A total of 11 participants (or 2.7% of 411) gave the Aware Program an “F”.

**Responses to: “If you were to grade the Aware program, what letter grade would you give it?” (N=411)**



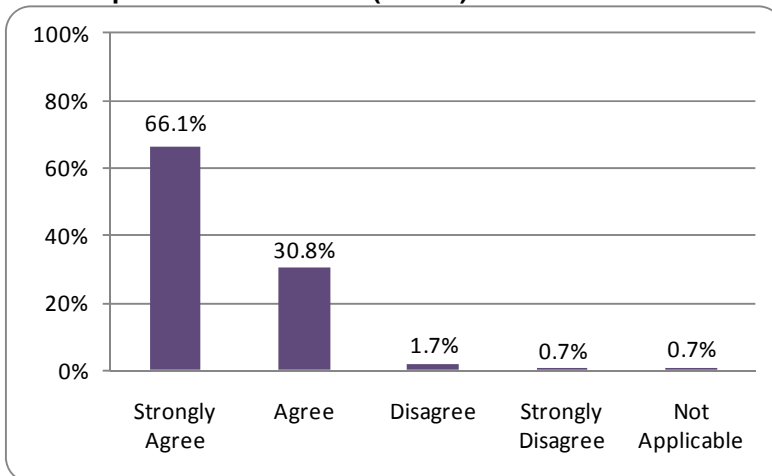
Approximately 90% of 6<sup>th</sup> grade participants who completed a feedback survey (92.1%, or 384 of 417) strongly agreed or agreed that they knew more information about alcohol, tobacco, and other drugs after participating in Aware, while approximately 5% (6.5%, or 27 of 417) disagreed or strongly disagreed with the statement. A total of 6 surveyed 6<sup>th</sup> graders (or 1.4% of 417) indicated that the item was “not applicable” to them.

**Responses to: “After participating in Aware, I know more information about alcohol, tobacco, and other drugs.” (N=417)**



Approximately 95% of 6<sup>th</sup> grade participants who completed a feedback survey (96.9%, or 403 of 416) strongly agreed or agreed that they were more likely to make positive decisions after participating in Aware, while 10 participants (or 2.4% of 416) disagreed or strongly disagreed with the statement. A total of 3 surveyed 6<sup>th</sup> graders (or 0.7% of 416) indicated that the item was “not applicable” to them.

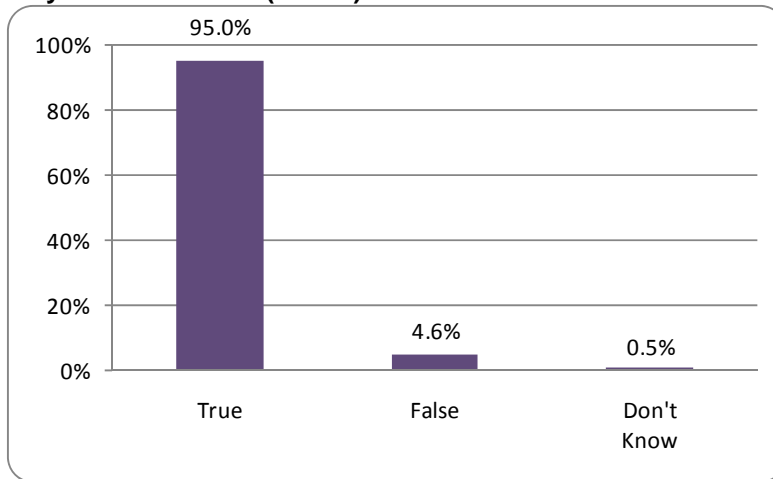
**Responses to: “After participating in Aware I am more likely to make positive decisions.” (N=416)**



## Results for Tobacco

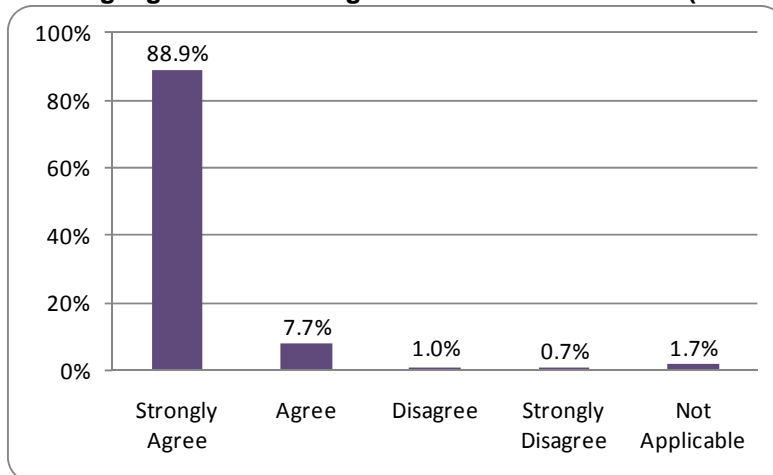
Ninety-five percent of 6<sup>th</sup> graders who completed the survey (or 396 of 417) provided the desired response (“true”) to the statement, “Smoking cigarettes can hurt you, even if you only smoke a little,” while approximately 5% (4.6%, or 19 of 417) responded “false” to the statement. Only 2 6<sup>th</sup> grade participants (or 0.5% of 417) indicated that they “didn’t know” whether it is harmful to smoke even a small amount of cigarettes.

### Responses to: “Smoking cigarettes can hurt you, even if you only smoke a little.” (N=417)



Approximately 95% of 6<sup>th</sup> grade participants who completed a feedback survey (96.6%, or 401 of 415) strongly agreed or agreed that they planned to avoid smoking cigarettes or using other forms of tobacco after participating in Aware, while 7 participants (or 1.7% of 415) disagreed or strongly disagreed with the statement. A total of 7 surveyed 6<sup>th</sup> graders (or 1.7% of 415) indicated that the item was “not applicable” to them.

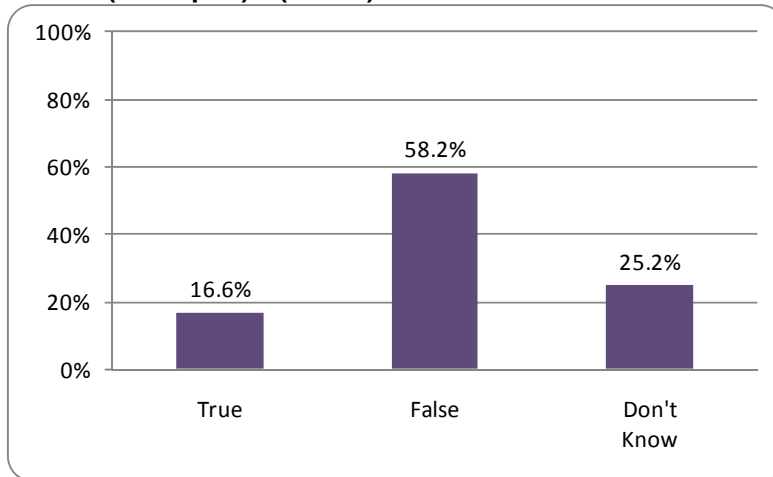
### Responses to: “After participating in Aware I plan to avoid smoking cigarettes or using other forms of tobacco.” (N=415)



## Results for Alcohol

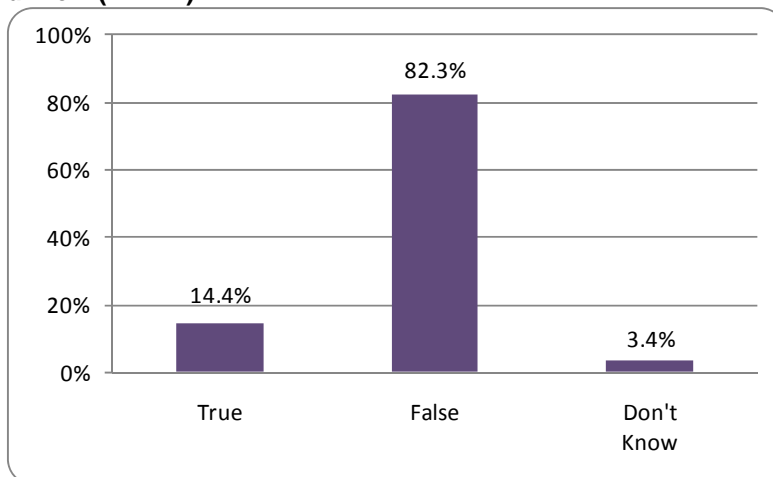
Approximately 60% of 6<sup>th</sup> grade participants who were surveyed (58.2%, or 242 of 416) provided the desired response (“false”) to the statement, “It is safer to drink beer than other kinds of alcohol (like liquor),” while approximately 15% (16.6%, or 69 of 416) responded “true” to the statement. One-quarter of 6<sup>th</sup> graders (25.2%, or 105 of 416) indicated that they “didn’t know” whether it is safer to drink beer than other kinds of alcohol.

**Responses to: “It is safer to drink beer than other kinds of alcohol (like liquor).” (N=416)**



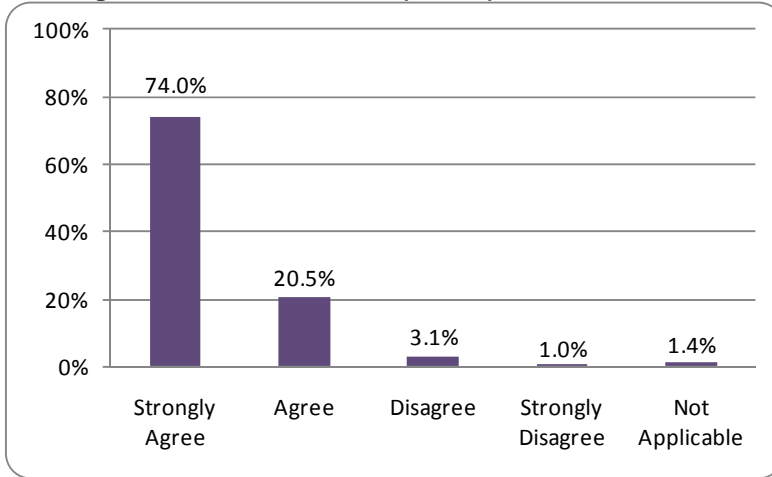
Approximately 80% of 6<sup>th</sup> graders who completed a survey (82.3%, or 343 of 417) provided the desired response (“false”) to the statement, “It is safe to drink alcohol, as long as you don’t drive,” while approximately 15% (14.4%, or 60 of 417) responded “true” to the statement. Approximately 5% of 6<sup>th</sup> graders (3.4%, or 14 of 417) indicated that they “didn’t know” whether it is safe to drink alcohol as long as you don’t drive.

**Responses to: “It is safe to drink alcohol, as long as you don’t drive.” (N=417)**



Approximately 95% of 6<sup>th</sup> grade participants who completed a feedback survey (94.5%, or 392 of 415) strongly agreed or agreed that they planned to avoid drinking alcohol until they reached legal age after participating in Aware, while approximately 5% (4.1%, or 17 of 415) disagreed or strongly disagreed with the statement. A total of 6 surveyed 6<sup>th</sup> graders (or 1.4% of 415) indicated that the item was “not applicable” to them.

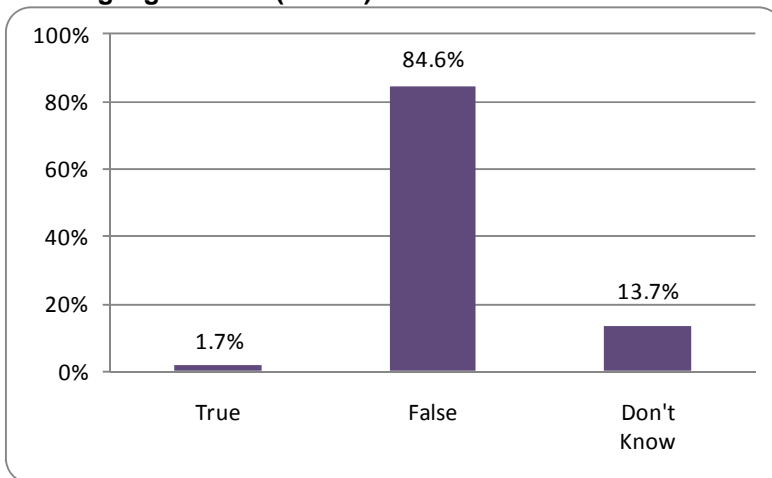
**Responses to: “After participating in Aware I plan to avoid drinking alcohol until I am 21.” (N=415)**



Results for Other Drugs

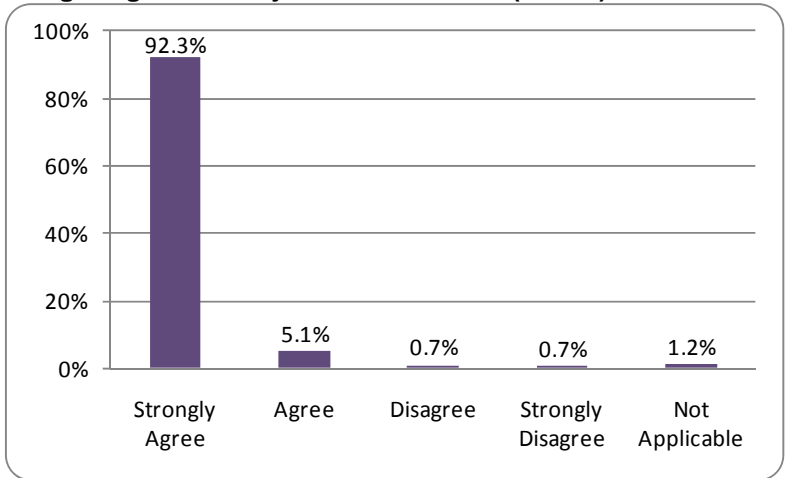
Approximately 85% of 6<sup>th</sup> graders who completed the survey (84.6%, or 352 of 416) provided the desired response (“false”) to the statement, “Smoking marijuana is safer for you than smoking cigarettes,” while just 7 surveyed 6<sup>th</sup> graders (or 1.7% of 416) responded “true” to the statement. Approximately 15% of 6<sup>th</sup> grade participants (13.7%, or 57 of 416) indicated that they “didn’t know” whether smoking marijuana is safer than smoking cigarettes.

**Responses to: “Smoking marijuana is safer for you than smoking cigarettes.” (N=416)**



Approximately 95% of 6<sup>th</sup> grade participants who completed a feedback survey (97.3%, or 404 of 415) strongly agreed or agreed that they planned to avoid using drugs like marijuana or cocaine after participating in Aware, while 6 participants (or 1.4% of 415) disagreed or strongly disagreed with the statement. A total of 5 surveyed 6<sup>th</sup> graders (or 1.2% of 415) indicated that the item was “not applicable” to them.

**Responses to: “After participating in Aware I plan to avoid using drugs like marijuana or cocaine.” (N=415)**



Comparisons by 6<sup>th</sup> Grade Schools

Detailed 6<sup>th</sup> grade item-level results for each school that received four or more Aware Program modules are provided in Tables 6 and 7.



**Table 6: 6<sup>th</sup> grade results by school on true/false knowledge questions**

Item	Response	Steffen (N=113)	Lake Shore (N=89)	Northern Ozaukee (N=32)	John Long (N=141*)	St. Francis- Borgia (N=42)
<b>It is safer to drink beer than other kinds of alcohol (like liquor).</b>	“True”	8.8% (n=10)	25.8% (n=23)	15.6% (n=5)	15.0% (n=21)	23.8% (n=10)
	“False”	66.4% (n=75)	56.2% (n=50)	59.4% (n=19)	55.7% (n=78)	47.6% (n=20)
<b>It is safe to drink alcohol, as long as you don’t drive.</b>	“True”	16.8% (n=19)	10.1% (n=9)	3.1% (n=1)	13.5% (n=19)	28.6% (n=12)
	“False”	78.8% (n=89)	87.6% (n=78)	96.9% (n=31)	82.3% (n=116)	69.0% (n=29)
<b>Smoking cigarettes can hurt you, even if you only smoke a little.</b>	“True”	95.6% (n=108)	96.6% (n=86)	96.9% (n=31)	95.0% (n=134)	88.1% (n=37)
	“False”	3.5% (n=4)	3.4% (n=3)	3.1% (n=1)	4.3% (n=6)	11.9% (n=5)
<b>Smoking marijuana is safer for you than smoking cigarettes.</b>	“True”	1.8% (n=2)	1.1% (n=1)	3.1% (n=1)	2.1% (n=3)	0.0% (n=0)
	“False”	89.4% (n=101)	88.8% (n=79)	81.3% (n=26)	76.4% (n=107)	92.9% (n=39)

Total 6<sup>th</sup> grade N=417

\*Due to small amounts of missing data, the number of responses on each item ranged from 140 to 141 for John Long.

**Table 7: 6<sup>th</sup> grade results by school on attitude questions**

Item	Rating	Steffen (N=113)	Lake Shore (N=89*)	Northern Ozaukee (N=32*)	John Long (N=141*)	St. Francis- Borgia (N=42*)
<b>I know more information about alcohol, tobacco, and other drugs.</b>	“Strongly Agree”	31.9% (n=36)	33.7% (n=30)	43.8% (n=14)	43.3% (n=61)	31.0% (n=13)
	“Agree”	58.4% (n=66)	60.7% (n=54)	53.1% (n=17)	45.4% (n=64)	69.0% (n=29)
<b>I am more likely to make positive decisions.</b>	“Strongly Agree”	64.6% (n=73)	74.2% (n=66)	65.6% (n=21)	63.6% (n=89)	61.9% (n=26)
	“Agree”	32.7% (n=37)	23.6% (n=21)	34.4% (n=11)	31.4% (n=44)	35.7% (n=15)
<b>I plan to avoid smoking cigarettes or using other forms of tobacco.</b>	“Strongly Agree”	86.7% (n=98)	91.0% (n=81)	96.9% (n=31)	86.3% (n=120)	92.9% (n=39)
	“Agree”	10.6% (n=12)	6.7% (n=6)	3.1% (n=1)	7.2% (n=10)	7.1% (n=3)
<b>I plan to avoid drinking alcohol until I am 21.</b>	“Strongly Agree”	57.5% (n=65)	84.3% (n=75)	84.4% (n=27)	74.8% (n=104)	85.7% (n=36)
	“Agree”	34.5% (n=39)	14.6% (n=13)	9.4% (n=3)	17.3% (n=24)	14.3% (n=6)
<b>I plan to avoid using drugs like marijuana or cocaine.</b>	“Strongly Agree”	88.5% (n=100)	95.5% (n=84)	93.8% (n=30)	91.4% (n=128)	97.6% (n=41)
	“Agree”	10.6% (n=12)	2.3% (n=2)	3.1% (n=1)	4.3% (n=6)	0.0% (n=0)
<b>If you were to grade the Aware program, what letter grade would you give it?</b>	“A”	41.6% (n=47)	55.1% (n=49)	71.0% (n=22)	57.2% (n=79)	67.5% (n=27)
	“B”	54.0% (n=61)	32.6% (n=29)	22.6% (n=7)	32.6% (n=45)	30.0% (n=12)

Total 6<sup>th</sup> grade N=417

\*Due to small amounts of missing data, the number of responses on each item ranged from 88 to 89 for Lake Shore, from 31 to 32 for Northern Ozaukee, from 138 to 141 for John Long, and from 40 to 42 for St. Francis-Borgia.

## **Additional Feedback on the Aware Program**

The feedback survey developed for the Aware Program included one open-ended item which asked, "Is there anything else you would like to tell us about your experience with the Aware Program?" Among the 417 6<sup>th</sup> graders who completed the feedback survey, approximately two-thirds (67.6%, or 282 of 417) responded to this item, with a total of 175 participants (or 62.1% of the 282 who provided a response) indicating in their comment that there was nothing else they wanted to say about their experience with the program.

A summary of the remaining 107 responses received from 6<sup>th</sup> grade participants as well as illustrative quotes follow.

- The most common responses from those 6<sup>th</sup> graders who provided a written answer indicated that participants learned something from the program or believed that their peers could learn something from it. For example, some participants wrote about learning about addiction or the dangers of specific substances, and others indicated they learned "a lot" from the program. A small number suggested that the program could prevent others from engaging in risky behaviors.
  - "I thought that I got a lot of good info, and learned to never do drugs."
  - "I learned a lot about the brain and how caffeine affects it."
  - "I think it helped us learn more about ads."
  - "It helps a lot because people are thinking about using drugs, but when they see this program they won't."
- Another common response provided by 6<sup>th</sup> grade participants spoke to general, positive perceptions of the program overall. Many of these comments indicated that these students enjoyed the experience, and several complimented the program's facilitator on presenting the program.
  - "I thought it was a great program. Keep up the good work!"
  - "I would just like to say I enjoy this program."
  - "I really enjoyed Mrs. O'Brien coming to our class and want to thank her for that!"
  - "Good job!"
- A slightly smaller number of 6<sup>th</sup> grade participants' comments focused on the fun they had participating in the program. Some comments suggested that these participants had fun learning, and others specifically indicated that the activities, games, or demonstrations were fun.
  - "I thought the visuals and games were very fun and helped us understand even better."
  - "I liked the visual diagrams (the brain) and the activities we did like breathing through a straw and holding our breath to see what it feels like after smoking."
  - "I thought it was fun learning."
  - "It was so fun!"
- Finally, several of the comments included suggestions for improving the program. For example, some 6<sup>th</sup> graders indicated that the program could include more interactive activities and less lecturing. Others commented that they wanted more program sessions. A

small number of comments focused on specific topics about which participants wanted to learn.

“I enjoyed it, but there could be more interaction so it won't be boring at all!”

“There should have been more appearances.”

“I think they need to tell kids more on why it isn't/doesn't make you cool to smoke or drink.”

“[I] wanted to learn about heroin.”

**Appendix C:**  
Detailed Results for 7<sup>th</sup> Graders

**Appendix C:  
Detailed Results for 7<sup>th</sup> Graders**

Table 8 presents the Aware Program modules presented to 7<sup>th</sup> grade classes included in the survey sample. As can be seen in Table 8, the modules presented to 7<sup>th</sup> graders were generally similar across schools with respect to the number and type of topics presented.

**Table 8: Aware topics presented to 7<sup>th</sup> graders**

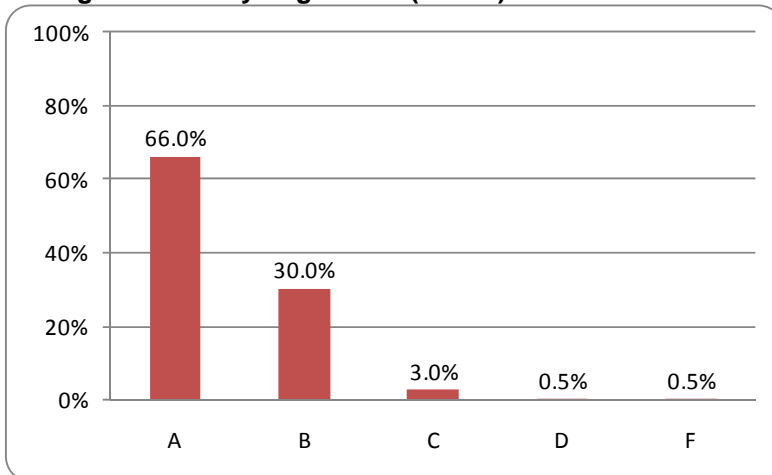
School	Total Topics	Topics Presented
Ozaukee Middle	5	AboveTheInfluence.com Exploration; Alcohol & Binge Drinking Risks; Addiction & Prescription Medication; Marijuana & Health Issues; Stress Management
St. Francis - Borgia	6	AboveTheInfluence.com Exploration; Alcohol & Your Brain; Addiction & Prescription Medication; Marijuana & Health Issues; Stress Management; Tobacco: Health Consequences & Social Issues
Steffen Middle	6	AboveTheInfluence.com Exploration; Alcohol & Your Brain; Addiction & Prescription Medication; Marijuana & Health Issues; Stress Management; Tobacco: Health Consequences & Social Issues

Detailed results for the 203 7<sup>th</sup> grade participants for each item on the survey follow.

Overall Perception of Aware

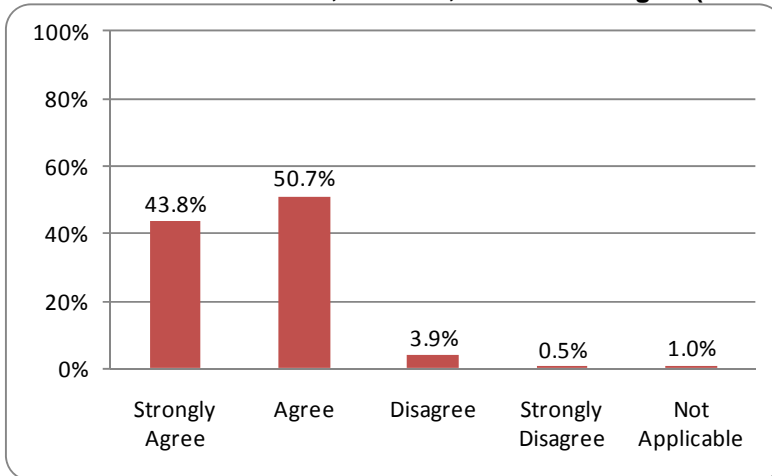
When asked to give the Aware Program a letter grade, approximately 95% of 7<sup>th</sup> grade participants who completed a feedback survey (96.1%, or 195 of 203) gave the program an “A” or “B”, and approximately 5% (3.4%, or 7 of 203) gave the program a “C” or “D”. Just one participant (or 0.5% of 203) gave the Aware Program an “F”.

**Responses to: “If you were to grade the Aware program, what letter grade would you give it?” (N=203)**



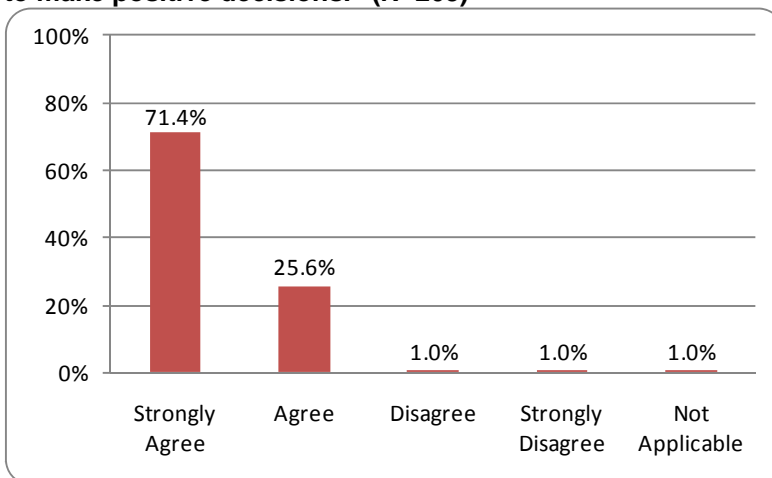
Approximately 95% of 7<sup>th</sup> grade participants who completed a feedback survey (94.6%, or 192 of 203) strongly agreed or agreed that they knew more information about alcohol, tobacco, and other drugs after participating in Aware, while approximately 5% (4.4%, or 9 of 203) disagreed or strongly disagreed with the statement. A total of 2 surveyed 7<sup>th</sup> graders (or 1.0% of 203) indicated that the item was “not applicable” to them.

**Responses to: “After participating in Aware, I know more information about alcohol, tobacco, and other drugs.” (N=203)**



Approximately 95% of 7<sup>th</sup> grade participants who completed a feedback survey (97.0%, or 197 of 203) strongly agreed or agreed that they were more likely to make positive decisions after participating in Aware, while 4 participants (or 2.0% of 203) disagreed or strongly disagreed with the statement. A total of 2 surveyed 7<sup>th</sup> graders (or 1.0% of 203) indicated that the item was “not applicable” to them.

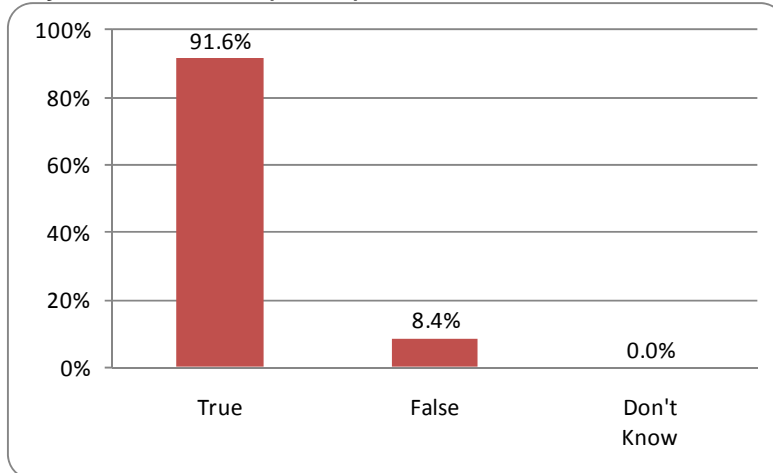
**Responses to: “After participating in Aware I am more likely to make positive decisions.” (N=203)**



## Results for Tobacco

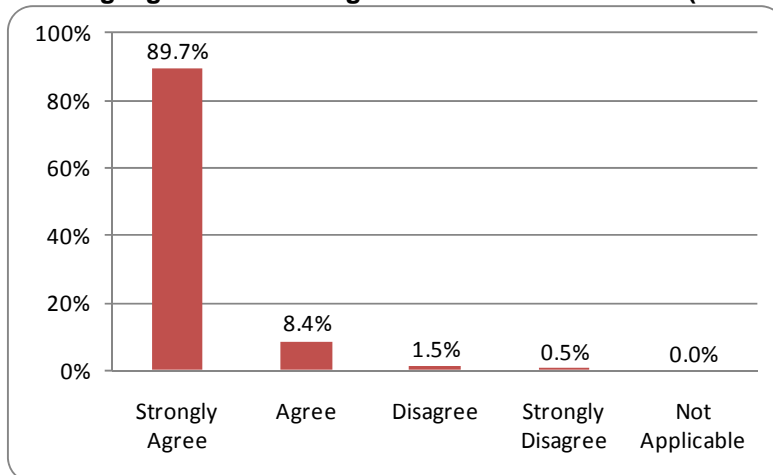
Approximately 90% of 7<sup>th</sup> graders who completed the survey (91.6%, or 186 of 203) provided the desired response (“true”) to the statement, “Smoking cigarettes can hurt you, even if you only smoke a little,” while approximately 10% (8.4%, or 17 of 203) responded “false” to the statement. None of the 7<sup>th</sup> grade participants indicated that they “didn’t know” whether it is harmful to smoke even a small amount of cigarettes.

### Responses to: “Smoking cigarettes can hurt you, even if you only smoke a little.” (N=203)



Nearly 100% of 7<sup>th</sup> grade participants who completed a feedback survey (98.0%, or 199 of 203) strongly agreed or agreed that they planned to avoid smoking cigarettes or using other forms of tobacco after participating in Aware, while 4 participants (or 2.0% of 203) disagreed or strongly disagreed with the statement. None of the surveyed 7<sup>th</sup> graders indicated that the item was “not applicable” to them.

### Responses to: “After participating in Aware I plan to avoid smoking cigarettes or using other forms of tobacco.” (N=203)

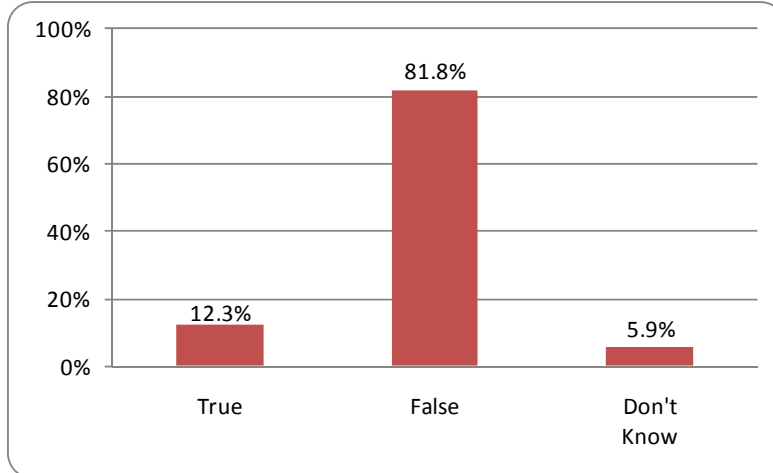




## Results for Alcohol

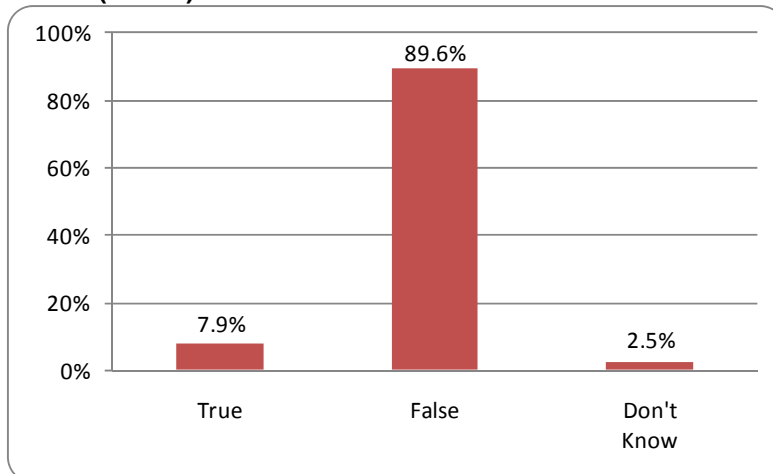
Approximately 80% of 7<sup>th</sup> grade participants who were surveyed (81.8%, or 166 of 203) provided the desired response (“false”) to the statement, “It is safer to drink beer than other kinds of alcohol (like liquor),” while approximately 10% (12.3%, or 25 of 203) responded “true” to the statement. Approximately 5% (5.9%, or 12 of 203) indicated that they “didn’t know” whether it is safer to drink beer than other kinds of alcohol.

### Responses to: “It is safer to drink beer than other kinds of alcohol (like liquor).” (N=203)



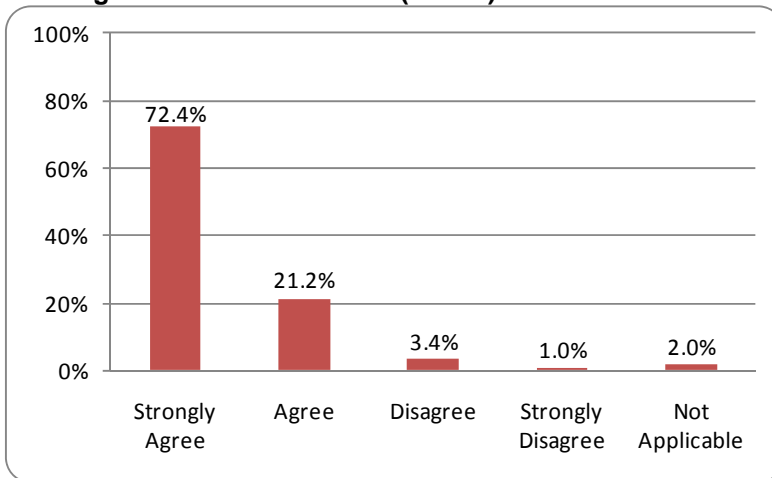
Approximately 90% of surveyed 7<sup>th</sup> graders (89.6%, or 181 of 202) provided the desired response (“false”) to the statement, “It is safe to drink alcohol, as long as you don’t drive,” while approximately 10% (7.9%, or 16 of 202) responded “true” to the statement. A total of 5 surveyed 7<sup>th</sup> graders (or 2.5% of 202) indicated that they “didn’t know” whether it is safe to drink alcohol as long as you don’t drive.

### Responses to: “It is safe to drink alcohol, as long as you don’t drive.” (N=202)



Approximately 95% of 7<sup>th</sup> grade participants who completed a feedback survey (93.6%, or 190 of 203) strongly agreed or agreed that they planned to avoid drinking alcohol until they reached legal age after participating in Aware, while approximately 5% (4.4%, or 9 of 203) disagreed or strongly disagreed with the statement. A total of 4 surveyed 7<sup>th</sup> graders (or 2.0% of 203) indicated that the item was “not applicable” to them.

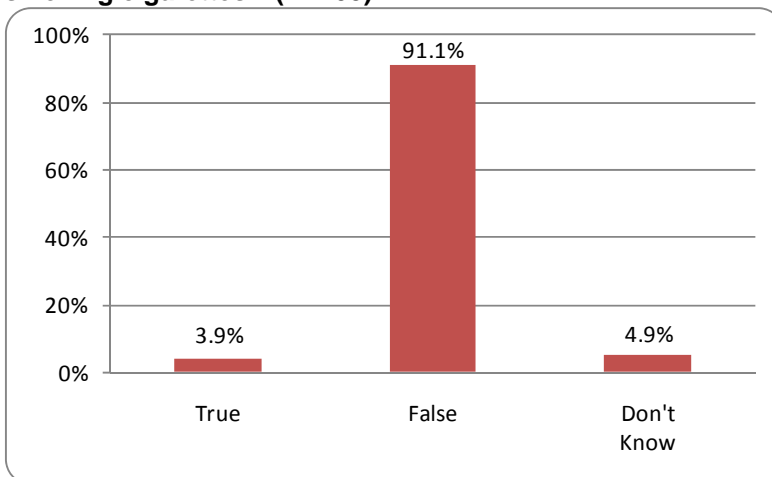
**Responses to: “After participating in Aware I plan to avoid drinking alcohol until I am 21.” (N=203)**



**Results for Other Drugs**

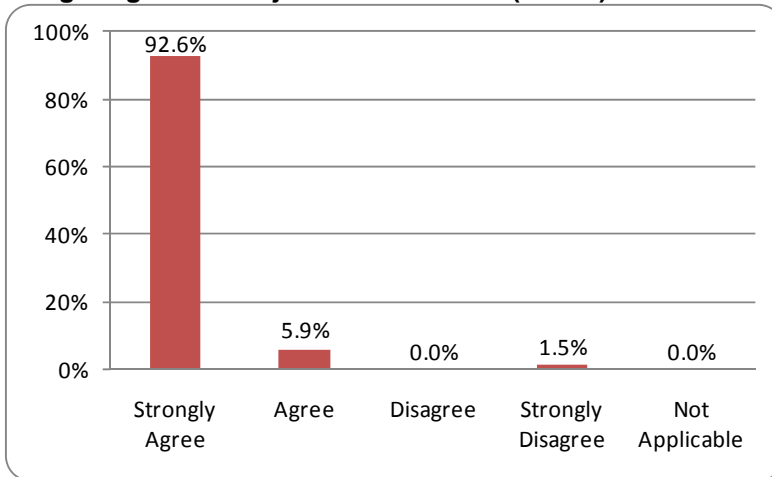
Approximately 90% of 7<sup>th</sup> graders who completed the survey (91.1%, or 185 of 203) provided the desired response (“false”) to the statement, “Smoking marijuana is safer for you than smoking cigarettes,” while approximately 5% (3.9%, or 8 of 203) responded “true” to the statement. Approximately 5% of 7<sup>th</sup> grade participants (4.9%, or 10 of 203) indicated that they “didn’t know” whether smoking marijuana is safer than smoking cigarettes.

**Responses to: “Smoking marijuana is safer for you than smoking cigarettes.” (N=203)**



Nearly 100% of 7<sup>th</sup> graders who completed a survey (98.5%, or 200 of 203) strongly agreed or agreed that they planned to avoid using drugs like marijuana or cocaine after participating in Aware, while 3 participants (or 1.5% of 203) disagreed or strongly disagreed with the statement. None of the surveyed 7<sup>th</sup> graders indicated that the item was “not applicable” to them.

**Responses to: “After participating in Aware I plan to avoid using drugs like marijuana or cocaine.” (N=203)**



Comparisons by 7<sup>th</sup> grade schools

Detailed 7<sup>th</sup> grade responses for each school surveyed are provided in Tables 9 and 10.

**Table 9: 7<sup>th</sup> grade results by school on true/false knowledge questions**

Item	Response	Steffen (N=124*)	Northern Ozaukee (N=47)	St. Francis-Borgia (N=32)
<b>It is safer to drink beer than other kinds of alcohol (like liquor).</b>	“True”	8.1% (n=10)	27.7% (n=13)	6.3% (n=2)
	“False”	83.9% (n=104)	68.1% (n=32)	93.8% (n=30)
<b>It is safe to drink alcohol, as long as you don’t drive.</b>	“True”	11.4% (n=14)	4.3% (n=2)	0.0% (n=0)
	“False”	86.2% (n=106)	95.7% (n=45)	93.8% (n=30)
<b>Smoking cigarettes can hurt you, even if you only smoke a little.</b>	“True”	91.1% (n=113)	89.4% (n=42)	96.9% (n=31)
	“False”	8.9% (n=11)	10.6% (n=5)	3.1% (n=1)
<b>Smoking marijuana is safer for you than smoking cigarettes.</b>	“True”	5.6% (n=7)	2.1% (n=1)	0.0% (n=0)
	“False”	89.5% (n=111)	93.6% (n=44)	93.8% (n=30)

Total 7<sup>th</sup> grade N=203

\*Due to small amounts of missing data, the number of responses on each item ranged from 123 to 124 for Steffen.

**Table 10: 7<sup>th</sup> grade results by school on attitude questions**

Item	Rating	Steffen (N=124)	Northern Ozaukee (N=47)	St. Francis- Borgia (N=32)
<b>I know more information about alcohol, tobacco, and other drugs.</b>	“Strongly Agree”	39.5% (n=49)	44.7% (n=21)	59.4% (n=19)
	“Agree”	54.0% (n=67)	48.9% (n=23)	40.6% (n=13)
<b>I am more likely to make positive decisions.</b>	“Strongly Agree”	69.4% (n=86)	72.3% (n=34)	78.1% (n=25)
	“Agree”	26.6% (n=33)	25.5% (n=12)	21.9% (n=7)
<b>I plan to avoid smoking cigarettes or using other forms of tobacco.</b>	“Strongly Agree”	87.9% (n=109)	89.4% (n=42)	96.9% (n=31)
	“Agree”	9.7% (n=12)	8.5% (n=4)	3.1% (n=1)
<b>I plan to avoid drinking alcohol until I am 21.</b>	“Strongly Agree”	65.3% (n=81)	76.6% (n=36)	93.8% (n=30)
	“Agree”	25.0% (n=31)	21.3% (n=10)	6.3% (n=2)
<b>I plan to avoid using drugs like marijuana or cocaine.</b>	“Strongly Agree”	90.3% (n=112)	93.6% (n=44)	100.0% (n=32)
	“Agree”	8.1% (n=10)	4.3% (n=2)	0.0% (n=0)
<b>If you were to grade the Aware program, what letter grade would you give it?</b>	“A”	66.1% (n=82)	57.4% (n=27)	78.1% (n=25)
	“B”	29.0% (n=36)	40.4% (n=19)	18.8% (n=6)

Total 7<sup>th</sup> grade N=203

### **Additional Feedback on the Aware Program**

Among the 203 7<sup>th</sup> graders who completed the feedback survey, approximately two-thirds (67.5%, or 137 of 203) provided a written response to the questions, “Is there anything else you would like to tell us about your experience with the Aware Program?” Among those who provided a written response, a total of 63 participants (or 46.0% of 137) indicated in their comment that there was nothing else they wanted to say about their experience with the program.

A summary of the remaining 74 responses received from 7<sup>th</sup> grade participants as well as illustrative quotes follow.

- The most common responses from those 7<sup>th</sup> graders who provided a written answer indicated that they enjoyed participating in the program. Some commented that the program

was fun overall, and others indicated that they enjoyed specific lessons or program activities such as the AbovetheInfluence.com Exploration and the “beer goggle” demonstration.

“It was a lot of fun and I enjoyed it.”

“I enjoyed going to the Above the Influence website.”

“It was somewhat fun with the goggles and games.”

“I really liked how interactive it was and she made it fun and easy to talk about a very tough, controversial topic.”

- Another common response provided by 7<sup>th</sup> grade participants was that the program was informative or that it taught them something specific. For example, several participants commented that they learned about the risks associated with drugs and alcohol, and others indicated they learned “a lot” from the program. A small number suggested that the program could prevent others from engaging in risky behaviors.

“It was very informative and enhanced my knowledge on drugs.”

“I think that the Aware Program really helps choices people make.”

“I really liked how we had pictures to see, so we could actually see what the consequences are and how it effects [*sic*] you.”

“You have taught me a lot. Thank you!!”

- Finally, a smaller number of 7<sup>th</sup> grade participants provided general, positive comments about the program overall or the program’s facilitator.

“It is amazing and there should be more programs like it.”

“It was awesome. Not a waste of time.”

“I think Mrs. O'Brian made things interesting.”

“You did a good job.”

**Appendix D:**  
Detailed Results for 8<sup>th</sup> Graders

**Appendix D:  
Detailed Results for 8<sup>th</sup> Graders**

Table 11 presents the Aware Program modules presented to 8<sup>th</sup> grade classes at Ozaukee Middle School. The relatively small number of surveyed 8<sup>th</sup> graders was due to a new 8<sup>th</sup> grade curriculum being piloted in the Mequon-Thiensville school district during the 2010/2011 school year.

**Table 11: Aware topics presented to 8<sup>th</sup> graders**

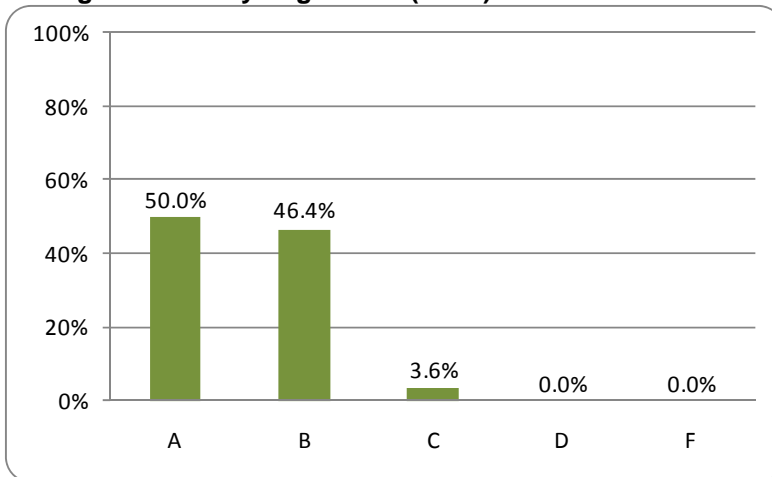
School	Total Topics	Topics Presented
Ozaukee Middle	5	Alcohol & Binge Drinking Risks; AODA Review Game; Addiction & Street Drugs; Champions/Drug Free Life in High School; Peer Pressure

Detailed results for the 56 8<sup>th</sup> grade participants for each item on the Aware Program feedback survey follow.

Overall Perception of Aware

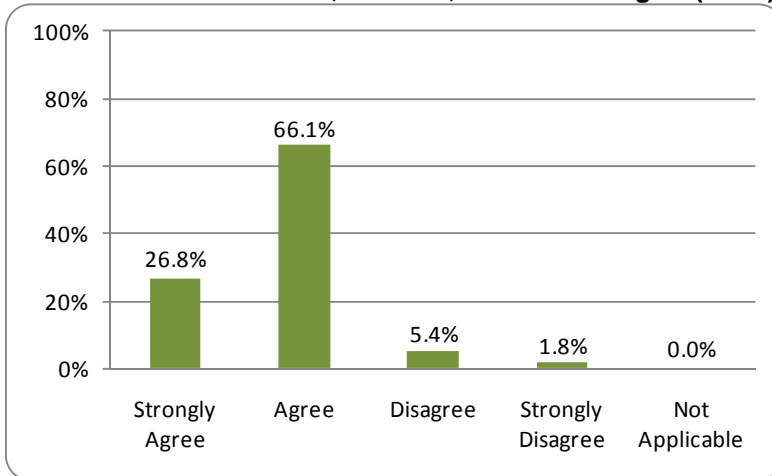
When asked to give the Aware Program a letter grade, approximately 95% of 8<sup>th</sup> grade participants who completed a feedback survey (96.4%, or 54 of 56) gave the program an “A” or “B”, and approximately 5% of 8<sup>th</sup> graders (3.6%, or 2 of 56) gave the program a “C” or “D”. None of the 8<sup>th</sup> grade participants gave the Aware Program an “F”.

**Responses to: “If you were to grade the Aware program, what letter grade would you give it?” (N=56)**



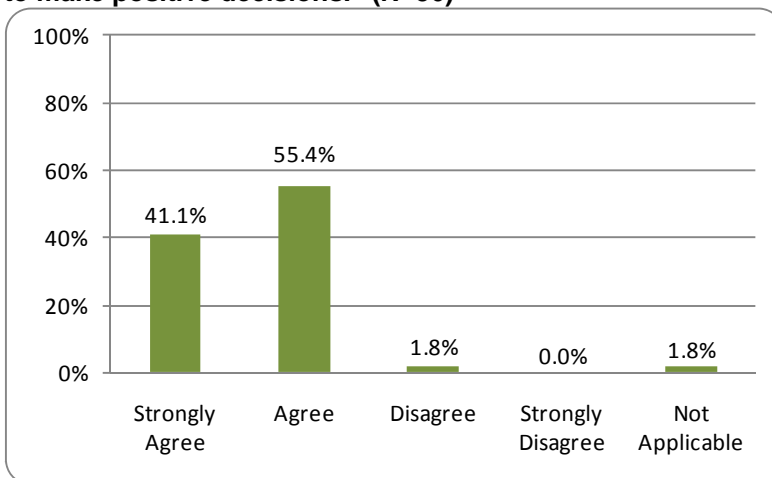
Approximately 95% of 8<sup>th</sup> grade participants who completed a feedback survey (92.9%, or 52 of 56) strongly agreed or agreed that they knew more information about alcohol, tobacco, and other drugs after participating in Aware, while approximately 5% of 8<sup>th</sup> graders (7.1%, or 4 of 56) disagreed or strongly disagreed with the statement. None of the 8<sup>th</sup> grade participants who were surveyed indicated that the item was “not applicable” to them.

**Responses to: “After participating in Aware, I know more information about alcohol, tobacco, and other drugs.” (N=56)**



Approximately 95% of 8<sup>th</sup> grade participants who completed a feedback survey (96.4%, or 54 of 56) strongly agreed or agreed that they were more likely to make positive decisions after participating in Aware, while one 8<sup>th</sup> grade participant (or 1.8% of 56) disagreed or strongly disagreed with the statement. One participant (or 1.8% of 56) indicated that the item was “not applicable” to him/her.

**Responses to: “After participating in Aware I am more likely to make positive decisions.” (N=56)**

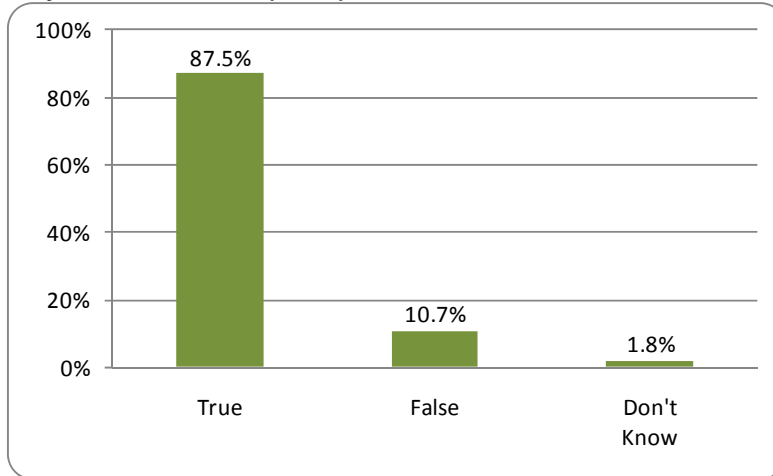




## Results for Tobacco

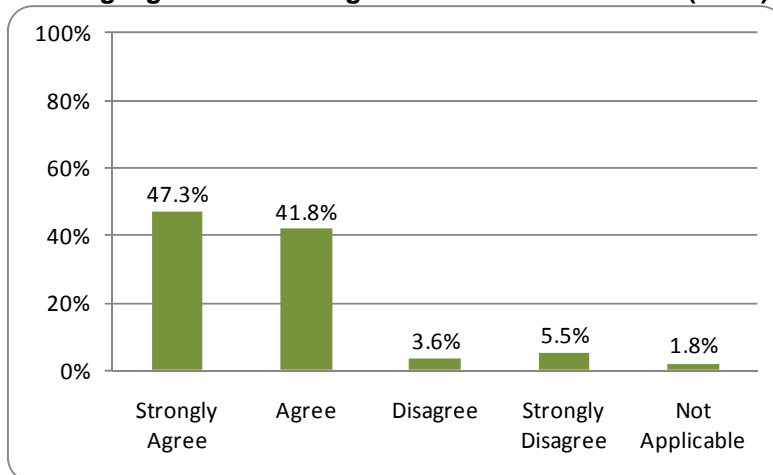
Approximately 90% of 8<sup>th</sup> graders who completed the survey (87.5%, or 49 of 56) provided the desired response (“true”) to the statement, “Smoking cigarettes can hurt you, even if you only smoke a little,” while approximately 10% of surveyed 8<sup>th</sup> graders (10.7%, or 6 of 56) responded “false” to the statement. Only one 8<sup>th</sup> grade participant (or 1.8% of 56) indicated that he/she “didn’t know” whether it is harmful to smoke even a small amount of cigarettes.

### Responses to: “Smoking cigarettes can hurt you, even if you only smoke a little.” (N=56)



Approximately 90% of 8<sup>th</sup> grade participants who completed a feedback survey (89.1%, or 49 of 55) strongly agreed or agreed that they planned to avoid smoking cigarettes or using other forms of tobacco after participating in Aware, while approximately 10% of 8<sup>th</sup> graders (9.1%, or 5 of 55) disagreed or strongly disagreed with the statement. One 8<sup>th</sup> grade participant (or 1.8% of 55) indicated that the item was “not applicable” to him/her.

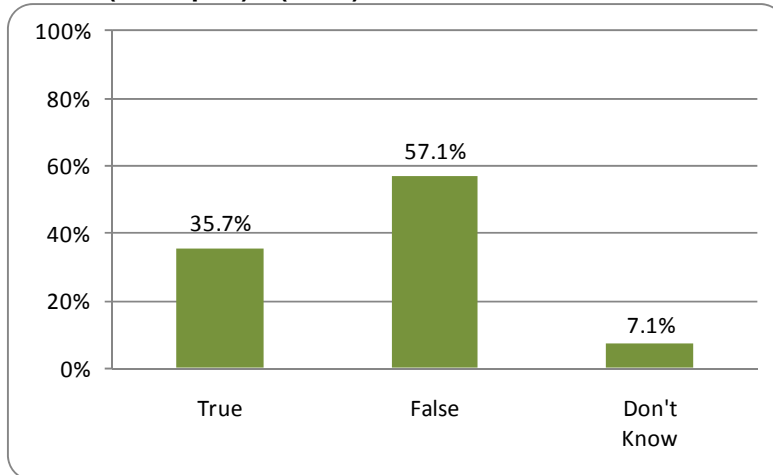
### Responses to: “After participating in Aware I plan to avoid smoking cigarettes or using other forms of tobacco.” (N=55)



## Results for Alcohol

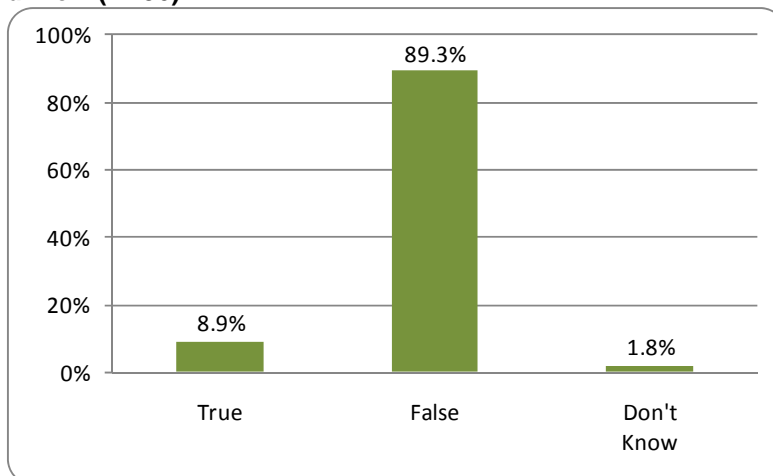
Approximately 55% of 8<sup>th</sup> grade participants who were surveyed (57.1%, or 32 of 56) provided the desired response (“false”) to the statement, “It is safer to drink beer than other kinds of alcohol (like liquor),” while approximately 35% of 8<sup>th</sup> graders (35.7%, or 20 of 56) responded “true” to the statement. Approximately 5% of 8<sup>th</sup> grade participants (7.1%, or 4 of 56) indicated that they “didn’t know” whether it is safer to drink beer than other kinds of alcohol.

### Responses to: “It is safer to drink beer than other kinds of alcohol (like liquor).” (N=56)



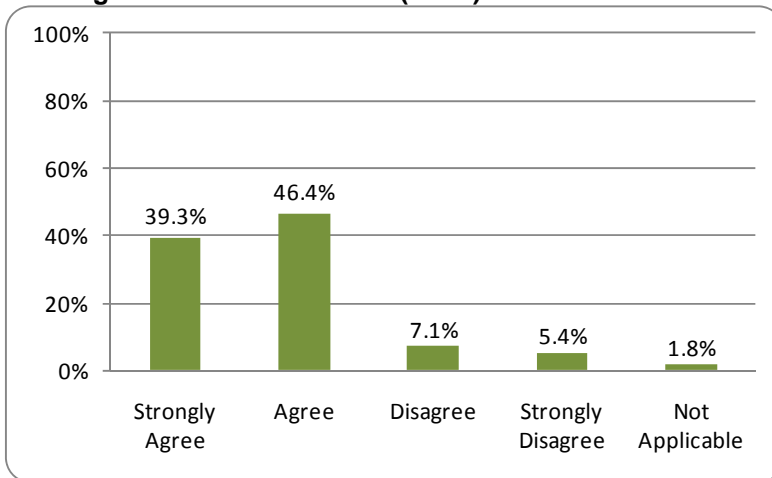
Approximately 90% of surveyed 8<sup>th</sup> graders (89.3%, or 50 of 56) provided the desired response (“false”) to the statement, “It is safe to drink alcohol, as long as you don’t drive,” while approximately 10% (8.9%, or 5 of 56) responded “true” to the statement. Just one 8<sup>th</sup> grade participant (or 1.8% of 56) indicated that he/she “didn’t know” whether it is safe to drink alcohol as long as you don’t drive.

### Responses to: “It is safe to drink alcohol, as long as you don’t drive.” (N=56)



Approximately 85% of 8<sup>th</sup> grade participants who completed a feedback survey (85.7%, or 48 of 56) strongly agreed or agreed that they planned to avoid drinking alcohol until they reached legal age after participating in Aware, while approximately 15% of surveyed 8<sup>th</sup> graders (12.5%, or 7 of 56) disagreed or strongly disagreed with the statement. One 8<sup>th</sup> grade participant (or 1.8% of 56) indicated that the item was “not applicable” to him/her.

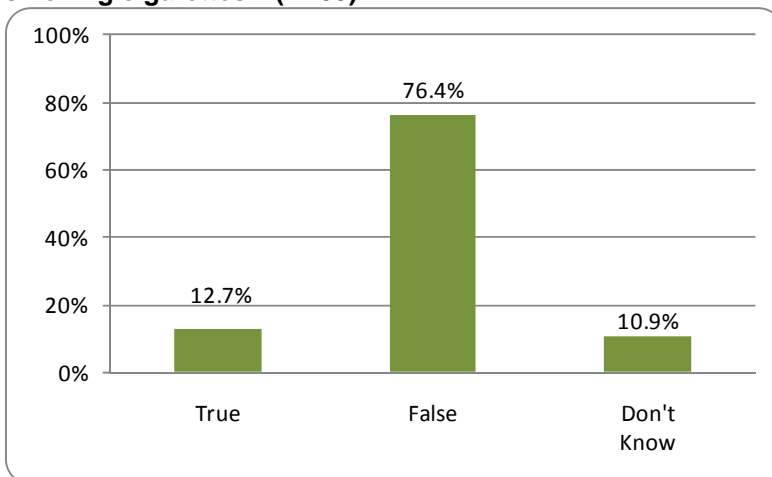
**Responses to: “After participating in Aware I plan to avoid drinking alcohol until I am 21.” (N=56)**



**Results for Other Drugs**

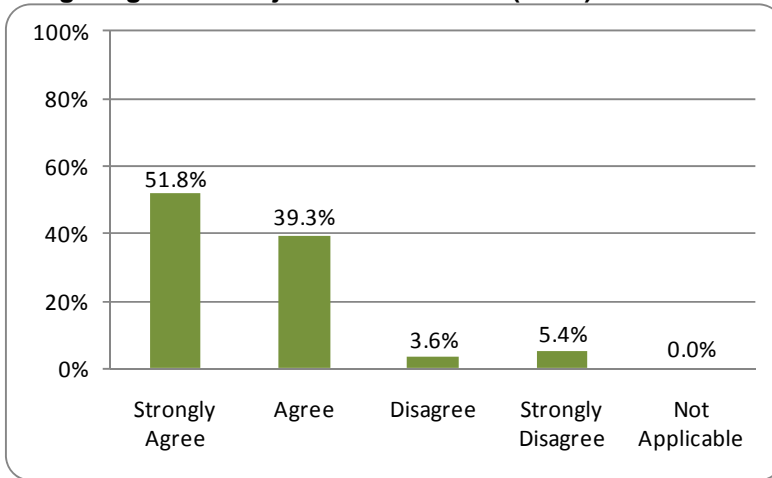
Approximately three-quarters of 8<sup>th</sup> graders who completed the survey (76.4%, or 42 of 55) provided the desired response (“false”) to the statement, “Smoking marijuana is safer for you than smoking cigarettes,” while approximately 15% (12.7%, or 7 of 55) responded “true” to the statement. Approximately 10% of 8<sup>th</sup> grade participants (10.9%, or 6 of 55) indicated that they “didn’t know” whether smoking marijuana is safer than smoking cigarettes.

**Responses to: “Smoking marijuana is safer for you than smoking cigarettes.” (N=55)**



Approximately 90% of 8<sup>th</sup> grade participants who completed a feedback survey (91.1%, or 51 of 56) strongly agreed or agreed that they planned to avoid using drugs like marijuana or cocaine after participating in Aware, while 10% of 8<sup>th</sup> graders (8.9%, or 5 of 56) disagreed or strongly disagreed with the statement. None of the 8<sup>th</sup> grade participants who were surveyed indicated that the item was “not applicable” to them.

**Responses to: “After participating in Aware I plan to avoid using drugs like marijuana or cocaine.” (N=56)**



**Additional Feedback on the Aware Program**

Among the 56 8<sup>th</sup> graders who completed the feedback survey, approximately 60% (60.7%, or 34 of 56) provided a written response to the question, “Is there anything else you would like to tell us about your experience with the Aware Program?” Among those who responded to the question, nearly 80% (79.4%, or 27 of 34) indicated in their comment that there was nothing else they wanted to say about their experience with the program. Examples of the remaining comments include:

- “It taught me a lot.”
- “I like the games.”
- “It’s fun!”
- “You could show more videos.”





1243 North 10<sup>th</sup> Street, Suite 200 Milwaukee, WI 53205-0243  
(414) 224-0404 FAX (414) 224-0243  
[www.planningcouncil.org](http://www.planningcouncil.org)

Member of the National Association of Planning Councils