

**Class: EMPOWERMENT SELF-DEFENSE**

**PLEASE DO NOT WRITE YOUR NAME OR ANY IDENTIFYING INFORMATION ANYWHERE ON THIS SURVEY.**

**Directions:** *The next set of questions are used so that we can connect your answers over time without knowing your name (meaning no surveys will have actual names on them). This helps us put your surveys together over time. If you are not sure of something, don't worry! Just write N/A.*

1. What is the first letter of your mother's or female caregiver's FIRST name? If you don't have a female caregiver, write "None/ Not Available". For example, if your mother's first name is Amy, write A.

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2. What is the first letter of your FIRST name? For example, if your first name is Joe, write J.

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3. What is the last letter of your FIRST name? For example, if your first name is Tonya, write A.

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4. What is the first letter of your LAST name? For example, if your last name is Yellow Bird, write Y.

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5. What is the last letter of your LAST name? For example, if your last name is Yellow Bird, select D.

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6. When is your birthday (MM/DD/YYYY)?

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7. Take a look at the pictures below. Please CIRCLE your favorite picture. You will need to remember this picture when you take this survey again in a few months. Try not to forget what picture you chose.



8. How old are you?

\_\_\_\_\_

9. What grade are you in right now?

- 3<sup>rd</sup> grade
- 4<sup>th</sup> grade
- 5<sup>th</sup> grade

10. What school are you currently taking this survey in? The survey is the thing you are doing now that is asking you questions.

- Little Wound Elementary School
- Pine Ridge Elementary School
- Red Shirt School

11. What best describes you?

- Boy
- Girl
- I choose to write in:
- I don't want to answer this question

12. What best describes you? You can pick more than one.

- American Indian or Alaskan Native (this is also Lakota/Indigenous)
- Asian
- Black or African American
- Hispanic/Latino/Latinx
- Native Hawaiian or Other Pacific Islander
- White
- I choose to write in:
- I don't want to answer this question

13. What is your tribal affiliation? Another way to put this is what Native American Tribes are you part of? If you are not part of a tribe or don't know; please type none or don't know.

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14. Please check the box below that says 'Red'.

- Yellow
- Blue
- Red
- Green
- I don't want to answer this question

15. If I am grabbed by an attacker, what should I use to free myself? You can pick more than one.

- My voice to yell or lie
- The parts of my body which are still free to fight with
- Whatever is in my bag that I can use as a weapon
- The part of my body that is being held
- I don't want to answer this question

16. The main aim of self-defense is to...

- Fight the attacker
- Get the police
- Get away
- Win
- I don't want to answer this question

17. Which are the best ways to defend yourself if you are attacked? You can pick more than one.

- Lie
- Yell
- Scratch the eyes
- Break the knee
- I don't want to answer this question

18. It is okay to use force and even injure anyone who is close to me if he is forcing me to have sex and will not listen to me (e.g., brother, boyfriend, father, cousin).

- True
- False
- I don't want to answer this question

19. How much do you agree or disagree with each statement below?

	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>	<b>I don't want to answer this question</b>
I am able to do the things I want to do without worrying about my safety.					
Walking down the street, I feel like my body is my own.					
I do not feel afraid that I will be forced to do something sexually when I do not want to.					

	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>	<b>I don't want to answer this question</b>
I feel safe in my current living situation.					
I like myself.					
I am worthy of love.					
I know my body well.					
My body belongs to me.					
I can imagine what my future will be like.					
I have an idea of how I can eventually reach my goals.					
I have a plan for my future.					

20. This question is to make sure the survey is working okay. Are you over 20 feet tall? This is about as tall as a two-story building.

- Yes
- No
- I don't want to answer this question

21. If I am attacked by a strong/big person, I feel confident that I can defend myself.

- True
- False
- I don't want to answer this question

22. I could fight off or stop an ADULT trying to force me to do something sexual.

- Completely disagree
- Somewhat disagree
- Somewhat agree
- Completely agree
- I don't want to answer this question

23. I could fight off or stop ANOTHER KID trying to force me to do something sexual.

- Completely disagree
- Somewhat disagree
- Somewhat agree
- Completely agree
- I don't want to answer this question

24. Answer these questions based on whether you feel the statements are “True” or “False”.

	True	False	I don't want to answer this question
You always have to keep secrets.			
Sometimes it's OK to say "no" to a grown-up.			
Even hugs and kisses can turn into not OK touches if they go on too long.			
If a grown-up tells you to do something you always have to do it.			
Even someone you like could touch you in a way that feels bad.			
You have to let grown-ups touch you whether you like it or not.			
If someone touches you in a way that does not feel good, you should tell until someone believes you.			
If someone touches you in a way that does not feel good, you should keep on telling until you get the help that you need.			
Someone you know, even a relative, might want to touch your private parts in a way that feels confusing.			
If someone touches you in a way you don't like, it's your own fault.			
If someone touches you in a way you don't like, you should just keep quiet about it.			
Some touches start out feeling good then turn confusing.			
Sometimes someone in your family might want to touch you in a way you don't like.			
If someone touches you in a place you do not like, it's OK to yell NO.			
If someone touches you in a place that you do not like, it's OK to run away.			
If someone touches you in a place that you do not like, you should tell an adult you trust.			
You can trust your feelings about whether a touch is good or bad.			

25. How much do you agree or disagree with the following statements? Place a check mark in only one box per statement. There are no right or wrong responses

	<b>Strongly Disagree</b>	<b>Disagree</b>	<b>Agree</b>	<b>Strongly Agree</b>	<b>I don't want to answer this question</b>
I am happy.					
I am doing fine.					
I feel exhausted (very tired) by everything.					
I worry a lot.					
I feel sad.					
I get upset quickly.					
I am not in the mood for anything.					
I often think I did something wrong					



26. Please check the box below that says ‘Cat’

- Dog
- Horse
- Cat
- Mouse
- I don’t want to answer this question

27. How much do you agree or disagree with each statement below?

	Strongly Disagree	Disagree	Agree	Strongly Agree	I don’t want to answer this question
I am brave – The Lakota word is “Woohitike”					
I am powerful					
I am confident					
I am strong					
I show respect — The Lakota word is “Wawoohola”					
I speak the truth — The Lakota word is “Wowicake”					
I show love — The Lakota word is “Cantognake”					
I show care to others — The Lakota word is “Waunsilapi”					
I am worth defending					
I can live freely without fear					
My life matters					

28. Have you heard about the Peaceful Means classes (not including these questions)?

- Yes
- No
- I don’t want to answer this question

**Directions:** If you answered “Yes” to the question above (Q28), please **GO TO QUESTION 29**. If you answered “No,” please **SKIP TO QUESTION 33**.

29. Do you have any friends or family members who took the Peaceful Means classes (not including these questions)?

- Yes

- No
- I don't want to answer this question

30. What did you hear about the Peaceful Means classes?

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31. Have you ever taken a class offered by Peaceful Means?

- Yes
- No
- I don't know
- I don't want to answer this question

**Directions:** If you answered "Yes" to the question above (Q31), please **GO TO QUESTION 32**.  
If you answered "No," please **SKIP TO QUESTION 33**.

32. Please tell us which class you took. You can pick more than one.

- Empowerment Self-Defense** - Learning about what sexual assault is and the mental, verbal, and physical skills you can use to protect yourself. This is a class that girls and Two Spirit Youth tend to take.
- Sources of Strength** – Learning how to manage the unavoidable challenges that young boys are often faced with and the skills to stay safe, stay true to yourself, and take a positive journey to manhood. These are classes that boys tend to take
- Your Moment of Truth** - Learning about positive masculinity, practice consent, and use bystander intervention skills. These are classes that boys tend to take.

33. Have you ever taken a class in school or in the community on sexual abuse/sexual assault?

- Yes
- No
- I don't know
- I don't want to answer this question

**Directions:** If you answered "Yes" to the question above (Q33), please **GO TO QUESTION 34** If you answered "No," please **SKIP TO QUESTION 36**.

34. What class did you take?

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35. Place a check mark next to all of the things you discussed or learned about in the class that you have taken on sexual abuse/assault:

- Facts about sexual abuse/assault
- How to get help for sexual abuse/assault
- That sexual abuse/assault is wrong/not okay
- How to step in to stop or prevent sexual abuse/assault
- How to protect yourself from sexual abuse/assault
- Other things about sexual abuse/assault (please describe): \_\_\_\_\_
- I don't want to answer this question

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36. Please tell us how much of the survey you understood. I understood ...

- None of the questions
- A few of the questions
- Some of the questions
- Most of the questions
- All of the questions
- I don't want to answer this question

37. Did any of the survey questions (the thing you are doing now) make you feel sad, anxious, awkward, or another unpleasant feeling?

- Yes
- No
- I don't want to answer this question

**Directions:** If you answered "Yes" to the question above (Q37), please **GO TO QUESTION 38**. If you answered "No," please **SKIP TO QUESTION 39**.

38. Please describe in as much detail as you are comfortable sharing what questions made you feel unpleasant feelings and what unpleasant feelings you experienced specifically.

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39. Do you feel like you personally benefited or gained something from taking this survey (the thing you are doing now)?

- Yes
- No
- I don't want to answer this question

**Directions:** If you answered “Yes” to the question above, please **GO TO QUESTION 40**. If you answered “No,” please **SKIP TO QUESTION 41**.

40. Please describe in as much detail as you are comfortable sharing how you personally benefited.

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41. What makes you happy?

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42. What are you most proud of in life?

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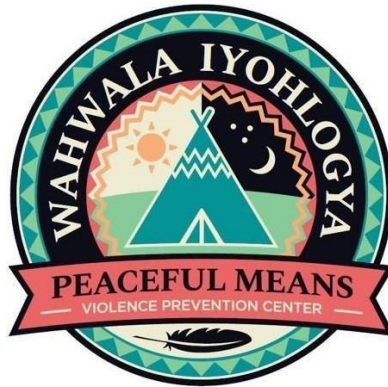
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**Please raise your hand and one of the Peaceful Means teachers will come to get your survey. Thank you for taking the time to complete our survey! Wopila!**