

Class: EMPOWERMENT SELF-DEFENSE

Date: 09/23/2024

Location: Pine Ridge Middle School

**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.

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

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

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

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

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

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?

- ☐ 6th grade
- ☐ 7th grade
- ☐ 8th 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 Middle School
- ☐ Pine Ridge Middle School
- ☐ Red Shirt School
- ☐ Wolf Creek Middle School

11. What best describes you?

- ☐ Boy/Man
- ☐ Girl/Woman
- ☐ Gender Fluid
- ☐ Genderqueer
- ☐ Non-binary
- ☐ Trans/Transgender
- ☐ Trans Boy/Man
- ☐ Trans Girl/Woman
- ☐ Two Spirit
- ☐ Unsure/Questioning
- ☐ I choose to write in:
- ☐ I don't want to answer this question

12. What best describes you?

- ☐ Bisexual
- ☐ Gay
- ☐ Heterosexual/Straight
- ☐ Lesbian
- ☐ I choose to write in: _____
- ☐ I don't want to answer this question

13. Were you born a male/boy or a female/girl? (what's on your birth certificate?)

- ☐ Male/Boy
- ☐ Female/Girl
- ☐ I don't want to answer this question
- ☐

14. 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

15. 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 write none or don't know.

16. In the **past four months**, did you date, go out with, and/or hookup with someone?

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

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

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

Directions: People come from a lot of different cultures and there are many different words to describe the different backgrounds or race/ethnic/cultural groups that people come from. These questions are about your race/ethnic/cultural group and how you feel about it or react to it. An example of a race/ethnic/cultural group would be Lakota or Native American.

18. Place a check mark in only one box per statement. There are no right or wrong responses.

	Strongly Disagree	Disagree	Agree	Strongly Agree	I don't want to answer this question
I am happy that I am a member of the race/ethnic/cultural group I belong to.					
I have a lot of pride in my race/ethnic/cultural group.					
I feel a strong attachment towards my own race/ethnic/cultural group.					
I feel good about my cultural or ethnic background.					

19. 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

20. 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

21. 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

22. 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

23. 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

24. 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

25. 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

26. 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 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.					
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.					

27. Please mark how often the following statements apply to you. Mark the box for each one that is the closest to how you feel.

	Almost never (0–10%)	Sometimes (11–35%)	About half the time (36– 65%)	Most of the time (66– 90%)	Almost always (91–100%)	I don't want to answer this question
I pay attention to how I feel						
I care about what I am feeling.						

	Almost never (0–10%)	Sometimes (11–35%)	About half the time (36– 65%)	Most of the time (66– 90%)	Almost always (91–100%)	I don't want to answer this question
When I'm upset, I acknowledge my emotions.						
When I'm upset, I become out of control.						
When I'm upset, I have difficulty controlling my behaviors.						
When I'm upset, I lose control over my behavior.						

28. Answer the following questions based on your own experiences. Place a check mark in only one box per statement. There are no right or wrong responses.

	Mostly true about me	Somewhat true about me	A little true about me	Not true about me	I don't want to answer this question
The choices I make today are important for my future.					
I work hard now to make a good future for myself.					
I work hard to reach my goals.					
I try to live up to my potential.					
I try hard in school, so I can have a bright future.					
I have talked to someone about my goals.					

29. How much are the following statements like you? Place a check mark in only one box per statement. There are no right or wrong responses

	Strongly Disagree	Disagree	Agree	Strongly Agree	I don't want to answer this question
I have a lot of friends.					
I do very well in my classwork at school.					
I am better than others my age at sports.					
I am happy with myself most of the time.					

	Strongly Disagree	Disagree	Agree	Strongly Agree	I don't want to answer this question
I hardly ever do things I know I shouldn't do.					
I really like the way I look.					
All in all, I am happy I am me.					
I want to make the world a better place to live in.					
I accept responsibility for my actions when I make a mistake or get in trouble.					
I enjoy being with people of a different race.					
When I see someone being taken advantage of, I want to help them.					
When I see another person who is being picked on, I feel sorry for them.					
When I see another person who is hurt or upset, I feel sorry for them.					
I receive a lot of encouragement at my school.					
I am a useful and important member of my family.					
I feel like an important member of my local community.					
I feel my friends are good friends.					

Directions: For the next set of questions, when we say sexual activities, this includes sex (oral/mouth, anal/butt, vaginal/vagina) but also things like kissing, sexual touching, etc. When we say someone, this means anyone including but not limited to a friend, dating/hook-up partner, family member, adult other than a family member, stranger, etc.

These are things someone else did to you.

30. During the past four months, have you ever...

	Yes	No	I don't want to answer this question
Had sexual activities with someone because they threatened to end your friendship or romantic relationship if you didn't			

	Yes	No	I don't want to answer this question
Had sexual activities with someone because they pressured you by arguing or begging			
Had sexual activities with someone because they threatened to use or used physical force (twisting your arm, holding you down, etc.)			
Had sexual activities with someone when you did not want to because you were drunk or on drugs			
Had sexual activities that you did not want to do because someone forced you			

Directions: If you answered “Yes” to the question above (Q30), please **GO TO QUESTION 31**. If you answered “No,” please **SKIP TO QUESTION 36**.

Directions: You mentioned that these things happened to you in the past four months. We want to ask you a few questions about one of these experiences. Please pick the experience that was most stressful/ upsetting to answer a few questions about.

31. What is/was your relationship with the person that did that to you?

- ☐ Partner (like boyfriend, girlfriend, hookup, buddy, etc.)
- ☐ Friend
- ☐ Peer but not really friend
- ☐ Sibling
- ☐ Parent/Caregiver
- ☐ Teacher
- ☐ Coach
- ☐ Family friend
- ☐ Neighbor
- ☐ Stranger
- ☐ Someone else not listed: _____

32. Did you tell someone about this thing that happened?

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

Directions: If you answered “Yes” to the question above (Q32), please **GO TO QUESTION 33**. If you answered “No,” please **SKIP TO QUESTION 34**.

33. Please tell us why you did not tell anyone?

34. I am to blame.

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree
- ☐ I don't want to answer this question

35. The person who did that to me is to blame.

- ☐ Strongly Disagree
- ☐ Disagree
- ☐ Agree
- ☐ Strongly Agree
- ☐ I don't want to answer this question

Directions: For the next set of questions, when we say sexual activities, this includes sex (oral/mouth, anal/butt, vaginal/vagina) but also things like kissing, sexual touching, etc. When we say someone, this means anyone including but not limited to a friend, dating/hook-up partner, family member, adult other than a family member, stranger, etc.

These are things you did to someone else.

36. During the past four-months, have you ever...

	Yes	No	I don't want to answer this question
Had sexual activities with someone because you threatened to end your friendship or romantic relationship if they didn't			

	Yes	No	I don't want to answer this question
Had sexual activities with someone because you pressured the other person by arguing or begging			
Had sexual activities with someone by threatening to use or using physical force (twisting their arm, holding them down, etc.)			
Gave someone alcohol or drugs to get them to do sexual activities with me.			
Forced someone to do sexual activities that she or he did not want to do			

Directions: If you answered “Yes” to the question above (Q36), please **GO TO QUESTION 37**.
If you answered “No,” please **SKIP TO QUESTION 39**.

37. Thinking about all the times this happened in the past four months, who were all the people you did these things to? What was your relationship with them? You can pick more than one.

- ☐ Partner (like boyfriend, girlfriend, hookup, buddy, etc.)
- ☐ Friend
- ☐ Peer but not really friend
- ☐ Sibling
- ☐ Parent/Caregiver
- ☐ Teacher
- ☐ Coach
- ☐ Family friend
- ☐ Neighbor
- ☐ Stranger
- ☐ Someone else not listed: _____
- ☐ I don't want to answer this question

38. Please explain in a few sentences why you did these events.

39. 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

40. Please answer the following questions based on your own experiences. Place a check mark in only one box per statement. There are no right or wrong responses

	Never	Sometimes	Always	I don't want to answer this question
How often have other kids said something bad or insulting to you because you are Native American/Lakota?				
How often have other kids ignored or excluded you from some activities because you are Native American/Lakota?				
How often has someone yelled a racial slur or racial insult at you?				
How often has someone threatened to harm you physically because you are Native American/Lakota?				
How often has someone yelled a racial slur or racial insult at you?				
How often have other kids treated you unfairly because you are Native American/Lakota?				
How often has a store owner, salesclerk, or person working at a place of business treated you in a disrespectful way because you are Native American/Lakota?				
How often have adults suspected you of doing something wrong because you are Native American/Lakota?				
How often have the police hassled you because you are Native American/Lakota?				
How often have you encountered teachers who are surprised that you as a Native American/Lakota person did something really well?				
How often have you encountered teachers who did not expect you to do well because you are Native American/Lakota?				

61. 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 (Q61), please **GO TO QUESTION 62.**
If you did not answer "Yes," please **SKIP TO QUESTION 66.**

62. 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

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

64. 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 (Q64), please **GO TO QUESTION 65.**
If you answered "No," please **SKIP TO QUESTION 66.**

65. 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.

Directions: For the next set of questions, when we say sexual acts, this includes sex (oral/mouth, anal/butt, vaginal/vagina) and also things like kissing, sexual touching, and/or masturbation.

66. During the past four months...

	Yes	No	I don't want to answer this question
Have <u>you</u> done sexual things like kissing, sexual touching, etc. (not counting oral/mouth, anal/butt, or vaginal/vagina sex).			
Have <u>you</u> had oral/mouth, anal/butt, or vaginal/vaginal sex?			
Have <u>you</u> ever exchanged sexual acts for money, food, a place to stay, drugs, gifts, transportation, or favors?			
Have <u>you</u> ever provided food, money, shelter, drugs, gifts, transportation, or other favors to someone under the age of 18 in exchange for sexual acts?			
Did <u>someone</u> make sexual comments, jokes, gestures, or looks about/to you? This includes stuff that happens in person and on social media.			
Did <u>someone</u> spread sexual rumors about you?			
Did <u>you</u> make sexual comments, jokes, gestures, or looks about/to a person? This includes stuff that happens in person and on social media.			
Did <u>you</u> spread sexual rumors about a person?			

Directions: Thinking about all of the people you were dating, hooking up with, and/or in a romantic relationship within the **past four months**, please answer the following questions.

61. Did the following things happen, not for fun or as a joke?

	Yes	No	I don't want to answer this question
They used a stick, bat, or some other weapon on me.			
They used a gun or knife on me.			
They slapped, pushed, shoved, or shook me.			
They hit, punched, kicked, or choked me.			
They got other people to hit me or beat me up.			
They did something to cause me a bruise, cut, scratch, burn, sprain, or other injury.			
They threatened to, or actually hurt, someone I care about.			
I hit, punched, kicked, or choked them.			
I slapped, pushed, shoved, or shook them.			
I got other people to hit them or beat them up.			
I did something to them to cause a bruise, cut, scratch, burn, sprain, or other injury.			
I used a gun or knife on them.			
I used a stick, bat, or some other weapon on them.			
I damaged their property or belongings on purpose.			

62. During the past four months...

	Yes	No	I don't want to answer this question
Did you carry a weapon such as a gun, knife, or club on school property? (Do not count the days when you carried a gun only for hunting or for a sport, such as target shooting)			
Have you been in a physical fight?			

63. 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

	Strongly Disagree	Disagree	Agree	Strongly Agree	I don't want to answer this question
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					

64. Have you been pregnant during the past 4 months?

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

65. The next set of questions asks about your academic and career plans. Place a check mark in only one box per statement. There are no right or wrong responses.

	Not at all true of me	Somewhat true of me	Very true of me	I don't want to answer this question
I make plans to reach my goals.				
I care about doing well in school.				
I plan to graduate high school or get my GED (General Education Development Test).				
I plan to go to college after high school.				
I plan to get a full-time steady job after high school.				

66. The next set of questions asks about your alcohol use. Place a check mark in only one box per statement. There are no right or wrong responses.

	0	1	2	3	4	5	6-9	10-19	20-39	40+	I don't want to answer this question
On how many occasions (if any) have you had alcoholic beverages to drink (more than just a few sips) during the past 4 months ?											
On how many occasions (if any) have you been drunk or very high from drinking alcoholic beverages during the past 4 months ?											

67. The next set of questions asks about your drug use. Place a check mark in only one box per statement. There are no right or wrong responses

	0	1	2	3	4	5	6-9	10-19	20-39	40+	I don't want to answer this question
During the past month , how many times have you done marijuana/pot? Do not count CBD-only or hemp products, which come from the same plant as marijuana, but do not cause a high when used alone.											
During the past month , not including marijuana/pot how many times have you used any other drugs (including cocaine, crack, freebase, sniffed glue, inhaled paint, meth, ecstasy, MDA, molly, fentanyl/opioids, or any other drugs)?											

68. Please answer the following questions based on how much 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.

	Strongly Disagree	Disagree	Agree	Strongly Agree	I don't want to answer this question
Certain racial or ethnic groups have fewer chances to get good jobs.					
Certain racial or ethnic groups have fewer chances to get ahead.					
Women have fewer chances to get ahead.					
Poor people have fewer chances to get ahead.					

69. Please indicate how much 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.

	Never	Sometimes	Often	I don't want to answer this question
I participated in a civil rights group or organization.				
I participated in a political party, club, or organization.				
I contacted a public official by phone, mail, email to tell him/her how you felt about a social or political issue.				
I joined a protest march, political demonstration, or political meeting.				
I participated in a human rights, gay rights, or women's rights organization or group.				

70. Please answer the following questions based on how much 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.

	Strongly Disagree	Disagree	Agree	Strongly Agree	I don't want to answer this question
It is important that young people know what is going on in the world.					
It is important to correct social and economic inequality.					

	Strongly Disagree	Disagree	Agree	Strongly Agree	I don't want to answer this question
It is my responsibility to get involved and make things better for society.					
People like me should participate in the political activity and decision making of our country.					

71. During the **past four months**, did you **verbally** (used your words) defend yourself because you were...

	Yes	No, did not need to (no opportunity, wasn't attacked)	No, I needed to, but I didn't (was attacked but didn't use skills)	I don't want to answer this question
Harassed, intimidated, or bothered in a way that made you feel uncomfortable?				
Physically threatened?				
Pressured or forced to have sex?				

72. During the **past four months**, did you **physically** (used your body) defend yourself because you were...

	Yes	No, did not need to (no opportunity, wasn't attacked)	No, I needed to, but I didn't (was attacked but didn't use skills)	I don't want to answer this question
Harassed, intimidated, or bothered in a way that made you feel uncomfortable?				
Physically threatened?				
Pressured or forced to have sex?				

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

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

74. 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					

75. 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 (Q75), please **GO TO QUESTION 76.**
If you answered “No,” please **SKIP TO QUESTION 78.**

76. What class did you take?

77. 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

78. 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

79. 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 (Q79), please **GO TO QUESTION 80.**
If you answered "No," please **SKIP TO QUESTION 81.**

80. 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.

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

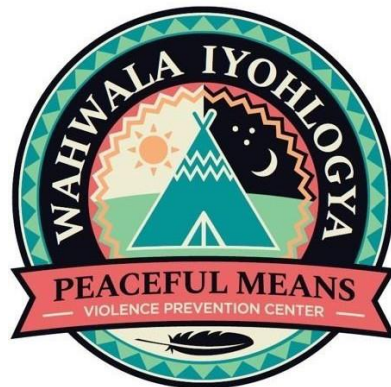
- ☐ Yes
- ☐ No
- ☐ I don't want to answer this question

Directions: If you answered “Yes” to the question above (Q81), please **GO TO QUESTION 82.**
If you answered “No,” please **SKIP TO QUESTION 83.**

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

83. What makes you happy?

84. What are you most proud of in life?



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!