

**STRONGGirls**  
A Creative Wellness Program  
Session \_\_\_\_\_

Parent/Guardian's Name: \_\_\_\_\_

Daughter's Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

**Circle the answer that fits best.**

**ABOUT MY DAUGHTER:**

- I think StrongGirls will be good for my daughter.  
Absolutely    Good chance    Maybe    I doubt it    No way
- I think my daughter will complete all 18 sessions of the StrongGirls program.  
Absolutely    Good chance    Maybe    I doubt it    No way

**IN THE PAST 3 MONTHS:**

- In the past three months my daughter thinks through things before she does them.  
All of the time    Most of the time    Sometimes    Hardly ever    Never
- In the past three months my daughter thinks it is important to try to see the other person's point of view.  
All of the time    Most of the time    Sometimes    Hardly ever    Never
- In the past three months my daughter thinks it is important to try to talk things out.  
All of the time    Most of the time    Sometimes    Hardly ever    Never
- During the past three months my daughter has yelled and/or cursed at family members.  
All of the time    Most of the time    Sometimes    Hardly ever    Never
- During the past three months when my daughter gets really mad, she hits family members.  
All of the time    Most of the time    Sometimes    Hardly ever    Never
- During the past three months my daughter has destroyed property at home.  
All of the time    Most of the time    Sometimes    Hardly ever    Never

9. During the past three months my daughter's overall behavior at home is:  
 Great            Good            OK            Mostly bad            Horrible
10. During the past three months my daughter's attitude is mostly:  
 Great            Good            OK            Mostly bad            Horrible
11. During the past three months I am proud of the way others see my daughter:  
 All of the time            Most of the time            Sometimes            Hardly ever            Never
12. During the past three months my daughter has been motivated to accomplish things on her own.  
 All of the time            Most of the time            Sometimes            Hardly ever            Never
13. Does your daughter attend school?            Yes    No  
 If not, why?    Expelled            Dropped out    Home school    got her GED
14. Within the last school year my daughter got into a fight at school \_\_\_\_\_ times.  
 0    1-2    3-4    5-6    7-8    9-10    more than 10
15. Within the last school year my daughter got into trouble for talking or acting up at school \_\_\_\_\_ times.  
 0    1-2    3-4    5-6    7-8    9-10    more than 10
16. Within the last school year how many times did your daughter get suspended from school?  
 0    1-2    3-4    5-6    7-8    9-10    more than 10

**ABOUT MYSELF:**

17. During the past three months, I think things through before I do them.  
 All of the time            Most of the time            Sometimes            Hardly ever            Never
18. During the past three months I think it is important to try to see the other person's point of view.  
 All of the time            Most of the time            Sometimes            Hardly ever            Never
19. During the past three months I think it is important to try to talk things out.  
 All of the time            Most of the time            Sometimes            Hardly ever            Never
20. During the past three months I have yelled and/or cursed at family members.  
 All of the time            Most of the time            Sometimes            Hardly ever            Never

21. During the past three months when I get really mad, I have hit family members.  
All of the time      Most of the time      Sometimes      Hardly ever      Never

22. During the past three months I have destroyed property at home.  
All of the time      Most of the time      Sometimes      Hardly ever      Never

23. I feel that my parenting skills are:  
Great      Good      Ok      Mostly bad      Horrible

**Please complete this section giving as much detail as you can.**

24. The best thing I can do to help my daughter is \_\_\_\_\_  
\_\_\_\_\_

25. The two things I hope my daughter will learn from the StrongGirls program are: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

26. The two things I hope I will learn from the parent discussion groups are:  
\_\_\_\_\_  
\_\_\_\_\_

27. The staff in the StrongGirls program could help my daughter by: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Additional Comments:

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Thank you for taking the time to fill out this pre-test. It will help us help your daughter and other girls.