Girl’s Only Pre & Post Test

Name:

1. What are your short-term goals?
2. What are your long-term goals?
3. What are they five types of bullying?
4. What are examples of cyber-bullying?
5. How do people bully others? What do you do if you are being bullied?
6. How can bullying affect others and you?
7. Who normally gossips? How can you stop gossip?
8. What is the best way to go about resolving conflict?
9. What keeps you from making the right decisions?
10. How can you make the right decisions?
11. How can you help your friends to make the right decisions?
12. How is your self-esteem right now?
13. How do you feel about the way you look right now? What influences how you feel about your body image?
14. How positive are your friendships right now? Do you feel you need to change anything about your friendships?
15. How do you relieve stress?
16. How do you show respect for yourself? For your peers? For your parents? For your teachers?

Post-Test only

1. How has this group improved your self-esteem?
2. What have you learned in this group?
3. What was your favorite part and topic in this group?
4. What could be changed in this group?