ANNEXURE - I

Parent’s Consent Form

I have no objection to my son/daughter
………………………………….. attending SAEP (adolescent education
programme) conducted in
………………………………………………….. school from June to
September 2006. I am ready to send him/her to attend the sessions
conducted on holidays during this period.

Parent/ Guardian

(signature)

Place:       Name:
Date:       Address:
REQUEST LETTER TO HEAD MASTER

Respected Sir/madam,

I am a research scholar in Regional institute of Education (NCERT) Mysore, doing Ph.D in Education. The main part of my study is School AIDS Education Programme intervention (SAEP) given to high school students through teachers.

I request you to permit me to conduct SAEP intervention and to assess the Health behaviour of the students in your institution. The data collected from this investigation will be used only for the present research I am doing. No data or information that are sensitive to the reputation of the school will be published. The personal details concerning the teachers and the students will be kept confidential.

Expecting your whole hearted willingness and cooperation,

Yours Sincerely,

Place:……..       (Research Scholar- RIE, Mysore.)
Date :……..
REQUEST LETTER TO TEACHERS

Respected Teacher,

I am a research scholar in Regional institute of Education (NCERT) Mysore, doing Ph.D in Education. The main part of my study is an intervention given to high school students through teachers. The headmaster of your school has kindly consented to conduct the intervention, subjected to the teacher’s cooperation.

I request you to lend me your valuable time and service for the preparation and implementation of the intervention. The data collected from this investigation will be used only for the present research I am doing. Any personal details concerning you will be kept confidential.

Expecting your whole hearted willingness and cooperation,

Yours Sincerely,

Place:........ (Research Scholar- RIE, Mysore.)
Date:........
ANNEXURE IV

PERSONAL INFORMATION OF TEACHERS

Name of the teacher  :
Gender    : Male / Female
Age    :
Educational Qualification  :

Teaching Experience  : years
Type of School  :
Name of the School  :
School Address  :
Address for Contact  :

Phone - Office:
Residence:
Cell:
e-mail-:

Any training in ‘Adolescent Education, Health Education, Sex and Reproductive Health, or SAEP’ attended before? : yes / no
If yes, give details :

I certify that the information given above is true, and that I am ready to help and cooperate with the conduct of SAEP in my school.

Place:.............
Date :.............
Signature:
Name:
ANNEXURE V

PRE AND POST KNOWLEDGE TEST FOR FACILITATORS

Directions

1. The aim of the questionnaire is to seek your information on HIV /AIDS/STDs. This is not a test for you, but will help us in improving or revising the training content based on your needs. We would appreciate if you work alone and not communicate with anyone. We want your answers to make the training programme successful.

2. The purpose of this questionnaire is to obtain information about your knowledge with respect to the prevention if HIV infection /AIDS /STDs and sex and sexuality.

3. Please answer all the questions because your responses are important.

Given below are the statements. ‘Tick’ mark true, false, don’t know, as the case may be.

<table>
<thead>
<tr>
<th>Sl. No.</th>
<th>Questions</th>
<th>True</th>
<th>Don’t Know</th>
<th>False</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>STDs are curable, but there is no cure for AIDS.</td>
<td></td>
<td></td>
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<tr>
<td>2</td>
<td>You can recognize a person infected with HIV/AIDS by looking at her /him</td>
<td></td>
<td></td>
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<tr>
<td>3</td>
<td>The three ways HIV is transmitted is through semen, vaginal fluid and blood.</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>One can get AIDS/HIV if he or she has sex once, with out a condom</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>One can get HIV/AIDS by hugging or touching a person who has HIV/AIDS.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>A person can get HIV by giving blood.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>The more sexual partners a person has, the greater is the chance of getting infected with HIV or another sexually transmitted disease.</td>
<td></td>
<td></td>
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<tr>
<td>8</td>
<td>People who choose only healthy looking partners won’t be affected with HIV.</td>
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<td></td>
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</tr>
<tr>
<td>9</td>
<td>There is no vaccine to prevent a person from contraction of HIV /AIDS.</td>
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<tr>
<td>10</td>
<td>Condoms protect a person from HIV and AIDS if they are used correctly every time one has sexual intercourse.</td>
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<tr>
<td>11</td>
<td>A condom can be safely re used.</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>12</td>
<td>A good rule to protect oneself from STD/HIV is “No condom, No sex”.</td>
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<tr>
<td>13</td>
<td>Not to allow a person with HIV to attend school is</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
an example of discrimination.

14 A person can get HIV infection from living with a person who has HIV/AIDS.

15 People with HIV die of any illness.

16 HIV can be passed from any infected mother to her unborn child.

17 You can get HIV from sharing unsterilized needles for injecting, drugs, tattooing, and ear piercing.

18 The birth control pill protects from HIV/STD.

19 There is no way to find out if you are infected with HIV.

20 Here is no difference between HIV/STD and AIDS.

21 Being compassionate to a person with AIDS is dangerous because there is a good chance you will become infected with HIV.

22 You can get HIV from toilet seats.

23 You can get HIV from wearing clothes, that have been worn by another person with HIV or AIDS.

24 A person who has sexually transmitted disease (STD) is at greatest risk of getting HIV/AIDS.

25 Boys become weak due to wet dreams.

26 It is necessary for adolescent boys and girls to have knowledge about sexuality including sexual intercourse.

27 Suckling or manual handling of breasts leads to HIV infection.

28 Mother determines the sex of the baby.

29 The pennies becomes curved and crooked due to “excessive” masturbation.

30 A girl can get pregnant before the onset of her first menstrual period.

31 Circumcision in a man increases the capacity to enjoy sex.

32 A woman with big breast is sexy.

33 A girl cannot be pregnant if the semen is ejaculated outside the vagina around the vaginal opening.

34 STD can be cured if the man with STD has sex with a virgin girl.

35 Names of the some of the reproductive organs are given below. Against each organ write ‘M’ if it is found in male and ‘F’ if it is found in female. ‘D’ if don’t know.

   a. Testis  e. Vas
ANNEXURE VI

PERSONAL DATA

1) Age:          2) Gender – Male:          Female:           3) Class:  
4) School:  

SAEP ASSESSMENT TOOLS

Please read the following statements and tick (✓) one appropriate response in the given box

<table>
<thead>
<tr>
<th>AWARENES OF HIV/AIDS</th>
<th>Yes</th>
<th>No</th>
<th>Can’t say</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Have you heard about HIV?</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>2) Have you heard about AIDS?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3) Is AIDS curable?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4) Are HIV and AIDS both same?</td>
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<tr>
<td>5) Do you know about the HIV/AIDS helpline 1097?</td>
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<tr>
<td>6) A girl can get pregnant with a single sexual Intercourse</td>
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<tr>
<td>7) Birth control pills protect from HIV</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>8) Use of condoms can prevent HIV</td>
<td></td>
<td></td>
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<tr>
<td>9) Painful boils, wounds near sex organs are signs for Sexually transmitted diseases</td>
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<tr>
<td>10) HIV can spread through unprotected sex with infected person</td>
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<tr>
<td>11) HIV can spread through hugging and shaking hands with infected persons</td>
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<tr>
<td>12) Using public toilets leads to HIV/AIDS/</td>
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<tr>
<td>13) ELISA test is a test used to detect HIV antibodies</td>
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<tr>
<td>14) People who share blades/razors are at greater risk of getting Hepatitis-B than HIV</td>
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</tbody>
</table>
15) HIV can spread through Mosquito, bed bugs or other insects.

PART-B-Please read the following statements and tick (✓✓✓✓) one appropriate response in the given box.

<table>
<thead>
<tr>
<th>AWARENESS OF ADOLESCENCE</th>
<th>Yes</th>
<th>No</th>
<th>Can’t say</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Physical changes lead to sexual maturity</td>
<td></td>
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<tr>
<td>2) Presence of hymen is the test of female virginity</td>
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<tr>
<td>3) Sexual Intercourse refers to penis entering the vagina</td>
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<tr>
<td>4) A girl should not engage in physical activities during her period</td>
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<td>5) Having small breast is normal</td>
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<tr>
<td>6) Mother determines the Gender of the baby</td>
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<tr>
<td>7) Masturbation makes a person weak/</td>
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<tr>
<td>8) Menstruation is unclean /</td>
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<tr>
<td>9) One gets weak by donating blood-</td>
<td></td>
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<tr>
<td>10) Use of condoms is 100% safe</td>
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</tbody>
</table>

PART C-- Please read the following statements and tick (✓✓✓✓) one appropriate response in the given box

<table>
<thead>
<tr>
<th>LIFE SKILLS</th>
<th>Yes</th>
<th>No</th>
<th>Can’t Say</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Creative thinking helps in decision-making and problem solving</td>
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<tr>
<td>2. One has to respect and acknowledge one’s unique qualities</td>
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<tr>
<td>3. To avoid peer pressure, one should fight with others</td>
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<tr>
<td>4. Life decisions are what parents decide for the child</td>
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<tr>
<td>5. Effective communication involves verbal and nonverbal expression.</td>
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<td>6. Behavior changes through knowledge and awareness</td>
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<tr>
<td>7. Empathy is feeling sorry for the other person</td>
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<tr>
<td>8. Family, peer and media are some of the sources of pressure which influence the person.</td>
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<tr>
<td>9. Assertiveness is standing up for one’s own values &amp; needs</td>
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</tbody>
</table>
10. Child safety basics include not trusting strangers

**PART D-- Please read the following statements and tick (✓) one Appropriate response in the given box**

<table>
<thead>
<tr>
<th>ATTITUDE TOWARDS HIV/AIDS</th>
<th>yes</th>
<th>No</th>
<th>Can’t Say</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) A person with HIV should not be allowed To attend High school</td>
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<tr>
<td>2) Compulsory blood testing is the only way To control HIV</td>
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<tr>
<td>3) I have to take care of my friend’s health if he/she is HIV</td>
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<tr>
<td>4) I should not discriminate a HIV infected person</td>
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<tr>
<td>5) Caring for an AIDS patient involves being warm and gentle .</td>
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<tr>
<td>6) HIV prevention programmes should be made compulsory in all the schools</td>
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<tr>
<td>7) I should say ‘no’ to drugs and alcohol</td>
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<tr>
<td>8) I should keep another person’s HIV status confidential</td>
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<tr>
<td>9) Blood test for HIV can be done without any consent.</td>
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<tr>
<td>10) HIV/AIDS is a punishment by God for immoral behavior</td>
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</table>
GLOBAL SCHOOL-BASED STUDENT HEALTH SURVEY
CORE QUESTIONNAIRE MODULES

Overview
This survey is about your health and the things you do that may affect your health. The information you give will be used to develop better health programs for young people like yourself.

Who is doing the survey
Students like you all over your country are doing this survey. Students in many other countries around the world also are doing this survey.

Voluntary participation
Completing the survey is voluntary. Your grade or mark in this class will not be affected whether or not you answer the questions. If you do not want to answer a question, just leave it blank.

Private participation
DO NOT write your name on this survey or the answer sheet. The answers you give will be kept private. No one will know how you answer.

Instructions
Follow the instructions below to complete the answer sheet.
• DO NOT write your name on this survey or the answer sheet.
• Use only the GSHS pencil you are given.
• Read every question.
• Answer the questions based on what you really know or do.
There is no right or wrong answers.
• Put a tick mark on the letter that indicates your answer.
• When you are finished, do what the person who is giving you
the survey says to do.

Protective Factors Module

1. During the past 30 days, on how many days did you miss classes or
school without permission?

A. 0 days  B. 1 or 2 days  C. 3 to 5 days  D. 6 to 9 days  E. 10 or
more days

2. During the past 30 days, how often were most of the students in your
school kind and helpful?

A. Never  B. Rarely  C. Sometimes  D. Most of the time  E. Always

3. During the past 30 days, how often did your parents or guardians
check to see if your homework was done?

A. Never  B. Rarely  C. Sometimes  D. Most of the time  E. Always

4. During the past 30 days, how often did your parents or guardians
understand your problems and worries?

A. Never  B. Rarely  C. Sometimes  D. Most of the time  E. Always

5. During the past 30 days, how often did your parents or guardians
really know what you were doing with your free time?

A. Never  B. Rarely  C. Sometimes  D. Most of the time  E. Always
Mental Health Module

1. During the past 12 months, how often have you felt lonely?

   A. Never    B. Rarely    C. Sometimes    D. Most of the time    E. Always

2. During the past 12 months, how often have you been so worried about something that you could not sleep at night?

   A. Never    B. Rarely    C. Sometimes    D. Most of the time    E. Always

3. During the past 12 months, did you ever feel so sad or hopeless almost every day for two weeks or more in a row that you stopped doing your usual activities?

   A. Yes    B. No

4. During the past 12 months, did you ever seriously consider attempting suicide?

   A. Yes    B. No

5. During the past 12 months, did you make a plan about how you would attempt suicide?

   A. Yes    B. No

6. How many close friends do you have?

   A. No friends    B. One friend    C. two friends    D. Three or more

7. During the past 12 months, how often have you had a hard time staying focused on your homework or other things you had to do?

   A. Never    B. Rarely    C. Sometimes    D. Most of the time    E. Always

8. During the past 12 months, how often have you had a hard time answering questions or writing on the blackboard in front of your class?

   A. Never    B. Rarely    C. Sometimes    D. Most of the time    E. Always
9. During the past 12 months, how often have you felt disturbed due to the comments from your peers, family members, or teachers?

A. Never    B. Rarely    C. Sometimes    D. Most of the time    E. Always

**Sexual Behaviours Module**

1. There is nothing wrong in having sexual intercourse before marriage.

A. Agree     B. disagree     C. Cannot say

2. How often do you watch films showing sexual activities?

A. I never watch films on sex.      B. Rarely     C. Some times      D. Once in a month   E. Every week.   F. Every day.

3. Have you ever had sexual intercourse?

A. Yes    B. No

4. How old were you when you had sexual intercourse for the first time?

A. I have never had sexual intercourse   B. 11 years old or younger
C. 12 years old  D. 13 years old  E. 14 years old  F. 15 years old  G. 16 years old or older

5. The last time you had sexual intercourse; did you or your partner use a condom?

A. I have never had sexual intercourse   B. Yes    C. No

**Tobacco, Alcohol and Other Drug Use Module**

(The questions ask about drinking alcohol. This includes drinking vodka, beer, whisky, rum, and toddy or arrack. Drinking alcohol does not include drinking a few sips of wine for religious purposes.)

1. During the past 30 days, on how many days did you have at least one drink containing alcohol?
2. During the past 30 days, on the days you drank alcohol, how many drinks did you usually drink per day?

A. I did not drink alcohol during the past 30 days   B. Less than one drink   C. 1 drink   D. 2 drinks   E. 3 drinks   F. 4 drinks   G. 5 or more drinks

3. During the past 30 days, how did you usually get the alcohol you drank? (Select only one response.)

A. I did not drink alcohol during the past 30 days   B. I bought it in a store, shop, or from a street vendor   C. I gave someone else money to buy it for me   D. I got it from friends   E. I got it from home   F. I stole it   G. I got it some other way

4. During your life, how many times did you drink so much alcohol that you were really drunk?

A. 0 times   B. 1 or 2 times   C. 3 to 9 times   D. 10 or more times

5. During your life, how many times have you ever had a hang-over, felt sick, got into trouble with your family or friends, missed school, or got into fights, as a result of drinking alcohol?

A. 0 times   B. 1 or 2 times   C. 3 to 9 times   D. 10 or more times

6. During your life, how many times have you used drugs such as inhaling any fluid, using charas or ganja?

A. 0 times   B. 1 or 2 times   C. 3 to 9 times   D. 10 or more times

7. How old were you when you first tried a cigarette?

A. I have never smoked cigarettes   B. 7 years old or younger   C. 8 or 9 years old   D. 10 or 11 years old   E. 12 or 13 years old   F. 14 or 15 years old   G. 16 years old or older

8. During the past 30 days, on how many days did you smoke cigarettes?
9. During the past 30 days, on how many days did you use any other form of tobacco, such as gudka, pan masala, inhaling powder etc.…?

A. 0 days  B. 1 or 2 days  C. 3 to 5 days  D. 6 to 9 days  E. 10 to 19 days  F. 20 to 29 days  G. All 30 days

10. During the past 12 months, have you ever tried to stop smoking cigarettes?

A. I have never smoked cigarettes  B. I did not smoke cigarettes during the past 12 months  C. Yes  D. No

11. During the past 7 days, on how many days have people smoked in your presence?

A. 0 days  B. 1 or 2 days  C. 3 or 4 days  D. 5 or 6 days  E. All 7 days

12. Which of your parents or guardians use any form of tobacco?

A. Neither  B. My father or male guardian  C. My mother or female guardian  D. Both  E. I do not know

13. When you see a man smoking, what do you think of him? (Select only one response.)

A. Lacks confidence  B. Stupid  C. Loser  D. Successful  E. Intelligent  F. Smart

14. Do you think smoking cigarettes is harmful to your health?

A. Definitely not  B. Probably not  C. Probably yes  D. Definitely yes

15. During the past 30 days, how many anti-smoking media messages (such as television, radio, billboards, posters, newspapers, magazines, and movies) have you seen?

A. A lot  B. A few  C. None
16. When you watch television, videos, or movies, how often do you see actors smoking?

A. I never watch television, videos, or movies  B. Never  C. Rarely
D. Sometimes  E. Most of the time  F. Always

Violence and Unintentional Injury Module

(The question asks about physical attacks. A physical attack occurs when one or more people hit or strike someone, or when one or more people hurt another person with a weapon (such as a stick, knife, or gun). It is not a physical attack when two students of about the same strength or power choose to fight each other.)

1. During the past 12 months, how many times were you physically attacked?

A. 0 times  B. 1 time  C. 2 or 3 times  D. 4 or 5 times  E. 6 or 7 times  F. 8 or 9 times  G. 10 or 11 times  H. 12 or more times

2. During the past 12 months, how many times were you in a physical fight?

A. 0 times  B. 1 time  C. 2 or 3 times  D. 4 or 5 times  E. 6 or 7 times  F. 8 or 9 times  G. 10 or 11 times  H. 12 or more times

3. During the past 12 months, what was the major cause of the most serious injury that happened to you?

The next question asks about physical fights. A physical fight occurs when two or more students of about the same strength or power choose to fight each other.

A. I was not seriously injured during the past 12 months
B. I was in a motor vehicle accident or hit by a motor vehicle
C. I fell  D. Something fell on me or hit me  E. I was fighting with someone
F. I was attacked, assaulted, or abused by someone
G. I was in a fire or too near a flame or something hot
H. Something else caused my injury
(The next questions ask about the most serious injury that happened to you during the past 12 months. An injury is serious when it makes you miss at least one full day of usual activities such as school, sports, or a job or requires treatment by a doctor or nurse.)

4. During the past 12 months, **how** did the most serious injury happen to you?
   A. I was not seriously injured during the past 12 months
   B. I hurt myself by accident
   C. Someone else hurt me by accident
   D. I hurt myself on purpose
   E. Someone else hurt me on purpose

5. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?
   A. 0 days,    B. 1 day,    C. 2 or 3 days,    D. 4 or 5 days,    E. 6 or more days

(The next questions ask about bullying. Bullying occurs when a student or group of students say or do bad and unpleasant things to another student. It is also bullying when a student is teased a lot in an unpleasant way or when a student is left out of things on purpose. It is not bullying when two students of about the same strength or power argue or fight or when teasing is done in a friendly and fun way.)

6. During the past 30 days, how were you bullied **most often**?
   A. I was not bullied during the past 30 days
   B. I was hit, kicked, pushed, shoved around, or locked indoors
   C. I was made fun of because of my race or colour
   D. I was made fun of because of my religion
   E. I was made fun of with sexual jokes, comments, or gestures
   F. I was left out of activities on purpose or completely ignored
   G. I was made fun of because of how my body or face looks
   I. I was bullied in some other way

7. During the past 12 months, how many times were you verbally abused by a teacher?
Dietary Behaviours Module

1. How tall are you without your shoes on?  A. __   B. I do not know

2. How much do you weigh without your shoes on?  A.__.I do not know

3. During the past 30 days, how often did you go hungry because there was not enough food in your home?
   A. Never   B. Rarely  C. Sometimes  D. Most of the time  E. Always

4. During the past 30 days, how many times per day did you usually eat fruit, such as apple, mango, banana, pineapple, papaya, jackfruit, guava, chikoo etc….?  
   A. I did not eat fruit during the past 30 days   B. Less than one time per day   C. 1 time per day   D. 2 times per day   E. 3 times per day   F. 4 times per day   G. 5 or more times per day

5. During the past 30 days, how many times per day did you usually eat vegetables, such as cauliflower, lady finger, pumpkin, brinjal, cabbage, spinach, peas, tomato, cucumber, beans, etc….?  
   A. I did not eat vegetables during the past 30 days   B. Less than one time per day   C. 1 time per day   D. 2 times per day   E. 3 times per day   F. 4 times per day   G. 5 or more times per day

6. During the past 7 days, on how many days did you eat from a fast food restaurant or tea shops (eg. Porottas, Samosas, sandwiches, burgers, noodles, tikkies, puffs, or ice creams)?  
   A. 0 days   B. 1 day   C. 2 days   D. 3 days   E. 4 days   F. 5 days   G. 6 days   H. 7 days

7. During the past 30 days, how many times per day did you usually drink carbonated soft drinks, such as Coke, Pepsi, Limca, or Fanta?  
   A. I did not drink carbonated soft drinks during the past 30 days  B. Less than 1 time per day  C. 1 time per day  D. 2 times per day  E. 3 times per day  F. 4 times per day  G. 5 or more times per day
Hygiene Module

1. During the past 30 days, how many times per day did you **usually** clean or brush your teeth?
   A. I did not clean or brush my teeth during the past 30 days     B. Less than 1 time per day    C. 1 time per day     D. 2 times per day  
   E. 3 times per day     F. 4 or more times per day

2. During the past 30 days, how often did you wash your hands before eating?
   A. Never    B. Rarely    C. Sometimes    D. Most of the time  
   F. Always

3. During the past 30 days, how often did you wash your hands after using the toilet or latrine?
   A. Never    B. Rarely    C. Sometimes    D. Most of the time  
   E. Always

4. During the past 30 days, how often did you use soap when washing your hands?
   A. Never    B. Rarely    C. Sometimes    D. Most of the time  
   E. Always

Physical Activity Module

(The questions ask about physical activity. Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time. Physical activity can be done in sports, playing with friends, or walking to school. Some examples of physical activity are running, fast walking, biking, dancing, football, etc….)

*Add up all the time you spend in physical activity each day.*

1. During the past 7 **days**, on how many days were you physically active for a total of at least 60 minutes per day.
   A. 0 days     B. 1 day    C. 2 days     D. 3 days     E. 4 days  
   F. 5 days 6 days     G. 7 days
2. During a **typical or usual** week, on how many days are you physically active for a total of at least 60 minutes per day

A. 0 days  B. 1 day  C. 2 days  D. 3 days  E. 4 days  F. 5 days  G. 6 days  H. 7 days

3. How much time do you spend during a **typical or usual** day sitting and watching television or movie playing computer games, talking with friends, or doing other sitting activities, such as listening to music etc….?

A. Less than 1 hour per day  B. 1 to 2 hours per day  C. 3 to 4 hours per day  D. 5 to 6 hours per day  E. 7 to 8 hours per day  F. More than 8 hours per day

4. During the past 7 days, on how many days did you walk or ride a bicycle to and from school?

A. 0 days  B. 1 day  C. 2 days  D. 3 days  E. 4 days  F. 5 days  G. 6 days  H. 7 days

5. During the past 7 days, how long did it **usually** take for you to get to and from school each day? **Add up the time you spend going to and coming home from school.**

A. Less than 10 minutes per day  B. 10 to 19 minutes per day  C. 20 to 29 minutes per day  D. 30 to 39 minutes per day  E. 40 to 49 minutes per day  F. 50 to 59 minutes per day  G. 60 or more minutes per day

6. During the past 7 days, on how many days did you do stretching or strengthening exercises, such as toe touches, knee bends, or push-ups?

A. 0 days  B. 1 day  C. 2 days  D. 3 days  E. 4 days  F. 5 days  G. 6 days  H. 7 days

7. Typically, how many hours do you sleep per day?

A. Less than 4 hours  B. 4 to 6 hours  C. 6 to 8 hours  D. 8 to 10 hours  E. More than 10 hours

------------------------------------------------------------------------------------------------------------------------

_Thank you very much for your help._
ANNEXURE VIII

SAEP FOR TEACHERS

Instruction - You will remember that you had undergone training and conducted the High school AIDS programme in your High school. We would like to know from you, how effective this programme was and how it can be improved. Given below are some questions. Kindly go through them and answer all questions honestly and frankly. Do not omit any question. Your responses will be kept confidential and private.

PERSONAL

Age :

Gender : Male Female

Teaching Subject:

Marital Status:

Name of High school

NEED FOR THE PROGRAMME

1. Do you feel that there is a need for such programmes at the high school level? Yes/No
PROCEDURE

1. Are the following required and were they done in your school?

   Please read the following statements and tick (✓) the appropriate response according to you

<table>
<thead>
<tr>
<th>Required</th>
<th>Done</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>1. Sensitization of headmasters</td>
<td>✓</td>
</tr>
<tr>
<td>2. Sensitization of all other teachers</td>
<td>✓</td>
</tr>
<tr>
<td>3. Sensitization of all non-teaching staff</td>
<td>✓</td>
</tr>
<tr>
<td>4. Sensitization of parents</td>
<td>✓</td>
</tr>
<tr>
<td>5. All the sessions for the students</td>
<td>✓</td>
</tr>
<tr>
<td>6. Feedback from students</td>
<td>✓</td>
</tr>
<tr>
<td>7. Feedback from parents</td>
<td>✓</td>
</tr>
<tr>
<td>8. Feedback from High school staff</td>
<td>✓</td>
</tr>
<tr>
<td>9. Report to Kerala State Aids Control Society</td>
<td>✓</td>
</tr>
</tbody>
</table>

2. What were the sessions conducted by you for the students?

<table>
<thead>
<tr>
<th>Title of the sessions</th>
<th>Difficulties faced in conducting</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>
3. What methodology/teaching aids did you use to teach the topics to the students? Tick (✓) as many as you want

   (a) Flipcharts (b) Interactive sessions  (c) Role plays  (d) Lecture
   (e) Power Point presentation  (f) Overhead Projector  (g) Games/activities

4:1. Did you have a question box in your school?       Yes/No

4:2. On an average how many questions were asked in any sessions? -----

4:3. On which topics did the students ask more questions? _____

5:1. Did you face any difficulty in conducting this programme?

       Yes/No

5:2. If yes, what were they?

   1) ______________________________________
   2) ______________________________________
   3) ______________________________________

EVALUATION OF THE PROGRAMME
1. What are your views about the relevance of this program in the high school? *Please read the following statements and tick (✓) the appropriate response according to you*

<table>
<thead>
<tr>
<th>Statement</th>
<th>Yes</th>
<th>No</th>
<th>Can’t Say</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Relevant and appropriate for Class VIII to XII</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Should include this as a part of curriculum</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Impact on your academic schedules.</th>
<th>Positive Effect</th>
<th>No effect</th>
<th>Slight negative effect</th>
<th>Disrupting</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Effect of program on your academic schedules.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Impact of program in attitudes of students</td>
<td>Very helpful</td>
<td>Helpful</td>
<td>Not Helpful</td>
<td>Disrupting</td>
</tr>
<tr>
<td>3. Impact of program on parents and family</td>
<td>Very helpful</td>
<td>Helpful</td>
<td>Not Helpful</td>
<td>Disrupting</td>
</tr>
</tbody>
</table>

2. What are your views about the content and methodology used in the program?
Please read the following statements and tick (✓) the appropriate response according to you

<table>
<thead>
<tr>
<th></th>
<th>Good</th>
<th>Ok</th>
<th>Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Adequacy of contents and topics</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Duration of the sessions</td>
<td></td>
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<tr>
<td>3. Timing of the sessions</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>4. Methodology used</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Level of understanding of various topics</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

3. What are your views about the training given to you for conducting these sessions?

Please read the following statements and tick (✓) the appropriate response according to you

<table>
<thead>
<tr>
<th></th>
<th>Very Good</th>
<th>Good</th>
<th>Medium</th>
<th>Poor</th>
<th>Very Poor</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Content/topics covered</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. Training Materials provided</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Quality of trainers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Duration of training</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Methodology used</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. Involvement of PLWHA</td>
<td></td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>
4. Was a medical officer present during info session for children?   Yes/No

5. What did others feel about the School AIDS Education Programme?
   Please read the following statements and tick (✓) the appropriate response according to you

<table>
<thead>
<tr>
<th></th>
<th>Useful</th>
<th>Don’t know</th>
<th>Not Useful</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Students</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. High school staff</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. Headmaster</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. Parents</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. Community</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

6. Would you recommend similar School AIDS Education Programme for other schools?   Yes/No

* * *