**Participant Exit Questions**

Congratulations, you’ve completed EmpowHER! This survey helps us see how you’re feeling about yourself and your community now. It’s not a test and there are no right or wrong answers. Your answers will be stored securely and analysed confidentially by (add YO) to evaluate the EmpowHER programme and your name and personal information will only be used to evaluate this programme and deleted afterwards.

**Do you consent to your data being used to evaluate EmpowHER?** Yes ⃝ No ⃝

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| --- |
| **Today’s date (DD/MM/YY):** |

**Your details**

We need this information so we can compare the answers you give in this survey to answers you give when you’ve finished EmpowHER.

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| --- | --- | --- | --- |
| **First name:** | | **Surname:** | |
| **Date of birth (DD/MM/YY):** | **Postcode:** | | **Name of youth club:** |

**About you**

1. First we’d like you to **tell us about yourself**. How much do you agree with the statements below on a scale where 0 is not at all and 10 is completely? Tick the box under the number you think fits your answer.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Not at all Completely | | | | | | | | | | |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I can do things as well as most other people |  |  |  |  |  |  |  |  |  |  |  |
| I feel comfortable taking the lead in small groups |  |  |  |  |  |  |  |  |  |  |  |
| I feel happy when I think about my future |  |  |  |  |  |  |  |  |  |  |  |
| I have confidence in myself |  |  |  |  |  |  |  |  |  |  |  |
| I feel in control of my future |  |  |  |  |  |  |  |  |  |  |  |
| When what I’m doing gets hard, I don’t give up |  |  |  |  |  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| I am someone who makes plans and follows through with them |  |  |  |  |  |  |  |  |  |  |  |
| I like to be busy and actively involved in things |  |  |  |  |  |  |  |  |  |  |  |
| I know myself very well |  |  |  |  |  |  |  |  |  |  |  |
| I am clear and confident when I speak to new people |  |  |  |  |  |  |  |  |  |  |  |
| I am constantly looking to learn and improve |  |  |  |  |  |  |  |  |  |  |  |
| I have someone I feel comfortable talking to about my problems |  |  |  |  |  |  |  |  |  |  |  |
| Being in EmpowHer helped me feel less alone during Covid 19 |  |  |  |  |  |  |  |  |  |  |  |

1. ­Next, we’d like to know what you think about **young women and girls, as well as** **where you live**. How much do you agree with the statements below on a scale where 0 is not at all and 10 is completely? Please tick the box under the number you think fits your answer.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Not at all Completely | | | | | | | | | | |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Young women and girls can do anything they set their minds to |  |  |  |  |  |  |  |  |  |  |  |
| I can trust people that live near me |  |  |  |  |  |  |  |  |  |  |  |
| I am accepted by people that I spend my time with |  |  |  |  |  |  |  |  |  |  |  |
| I often meet people that are different to me |  |  |  |  |  |  |  |  |  |  |  |
| I can make a positive difference to where I live |  |  |  |  |  |  |  |  |  |  |  |

**Now, we would like to know how you generally feel about your life. There are no right or wrong answers.**

1. Overall, **how satisfied are you with your life**? Please circle the number that you think fits your answer on a 0-10 scale, where 0 is not at all and 10 is completely satisfied.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all satisfied Completely staisfied | | | | | | | | | | |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

1. Overall, **how much do you feel the things you do in your life are worthwhile?** Please circle the number that you think fits your answer on a 0-10 scale, where 0 is not at all and 10 is completely worthwhile.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all worthwhile Completely worthwhile | | | | | | | | | | |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

1. Overall, **how happy did you feel yesterday?** Please circle the number that you think fits your answer on a 0-10 scale, where 0 is not at all and 10 is completely happy.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all happy Completely happy | | | | | | | | | | |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ONLY ANSWER THIS QUESTION IF YOU ARE 16+ YEARS OLD**   1. Overall, **how anxious did you feel yesterday?** Please circle the number that best suits your answer on a 0-10 scale, where 0 is not at all and 10 is completely anxious.      |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | Not at all anxious Completely anxious | | | | | | | | | | | | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | |

**Now we’d like you to think about the “social action” you completed during EmpowHER. Social action means helping others, like volunteering, fundraising, or campaigning.**

1. In your own words, please can you tell us **why you wanted to do your social action project(s)? Or, if you did not want to do you social action project(s), can you tell us why?**

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|  |

1. **How much do you agree** with the statements below on a scale where 0 is not at all and 10 is completely? Please tick the box under the number you think fits your answer. **Social action means helping others, like volunteering, fundraising, or campaigning.**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Not at all Completely | | | | | | | | | | |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Doing social action was a good experience for me |  |  |  |  |  |  |  |  |  |  |  |
| My social action helped people in my community |  |  |  |  |  |  |  |  |  |  |  |
| Doing the social action challenged me |  |  |  |  |  |  |  |  |  |  |  |
| I had control over what my social action involved |  |  |  |  |  |  |  |  |  |  |  |
| I was encouraged to reflect on what I learned |  |  |  |  |  |  |  |  |  |  |  |
| Doing the social action helped me learn new things |  |  |  |  |  |  |  |  |  |  |  |
| I enjoyed the social action I did during EmpowHER |  |  |  |  |  |  |  |  |  |  |  |

1. How much did you **enjoy the social action you did during EmpowHER?** Please circle your answer on the scale below where 0 is not at all and 10 is completely.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all happy Completely happy | | | | | | | | | | |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

1. How **likely or unlikely** are you to do the following, on a scale where 0 is very unlikely and 10 is very likely. Please tick the box under the number you think fits your answer.

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Not at all Completely | | | | | | | | | | |
|  | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| I will take part in social action (helping others, like volunteering, fundraising or campaigning) in the next 12 months |  |  |  |  |  |  |  |  |  |  |  |
| I will take part in social action (like volunteering, fundraising, or campaigning) with the (add YO) in the next 12 months |  |  |  |  |  |  |  |  |  |  |  |

**Finally, we want you to think about your experience of the EmpowHER programme.**

1. How can the programme be improved?

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|  |

1. How likely or unlikely are you to **recommend EmpowHER to other young women and girls** your age? Please circle your answer on the scale below where 0 is very unlikely and 10 is very likely.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Very unlikely Very likely | | | | | | | | | | |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**Thank you!**

**By answering these questions, you are helping more young women and girls take part in EmpowHER.**