

Survey Data Collection Form

LST_KN -- Knowledge - Life Skills Scale

Its always best to make decisions quickly.

- ☐ True
☐ False

You should always let other people influence your decisions.

- ☐ True
☐ False

Advertisements are always true.

- ☐ True
☐ False

Stress can cause you to get sick.

- ☐ True
☐ False

When you feel stressed, there is nothing you can do to stop it.

- ☐ True
☐ False

Even if someone doesnt say anything, we can tell how they are feeling by the way they move their body.

- ☐ True
☐ False

A good way to refuse to do something is to be assertive.

- ☐ True
☐ False

Beginning your sentences with the word I is a good way to be assertive.

- ☐ True
☐ False

Peer pressure means that an adult tries to get you to do something you do not want to do.

- ☐ True
☐ False

There is nothing you can do about peer pressure except go along with it

- ☐ True
☐ False

When we feel bad about ourselves, it affects how well we do in school, sports or other activities.

- ☐ True
☐ False