



POST-SEASON ASSESSMENT FOR ATHLETES

IN THE PAST THREE MONTHS HAVE ANY OF YOUR COACHES TALKED TO YOU ABOUT:

1.1 Being respectful toward other people?

___ I wasn't on a team in the past 3 months

___ Yes, my coach talked to us.

___ No, my coach didn't talk to us.

1.2 Stopping kids from doing harmful or violent things towards someone?

___ I wasn't on a team in the past 3 months

___ Yes, my coach talked to us.

___ No, my coach didn't talk to us.

1

NOT
ABUSIVE

2

A LITTLE
ABUSIVE

3

SOMEWHAT
ABUSIVE

4

VERY
ABUSIVE

5

EXTREMELY
ABUSIVE

2. THIS IS A LIST OF THINGS SOME PEOPLE DO OR SAY TO SOMEONE THEY DATE.
PLEASE RATE EACH OF THE FOLLOWING ACTIONS.

1

2

3

4

5

1. Name calling or insulting them.

1

2

3

4

5

2. Telling them they're ugly or stupid.

1

2

3

4

5

3. Making fun of them in front of other people

1

2

3

4

5

4. Telling them what to do all the time.

1

2

3

4

5

5. Telling them which friends they can and cannot talk to or see.

1

2

3

4

5

6. Pressuring them not to break up.

1

2

3

4

5

7. Not listening to what they have to say.

1

2

3

4

5

8. Trying to convince them to have sex.

1

2

3

4

5

9. Preventing them from leaving a room.

1

2

3

4

5

10. Keeping tabs on them or spying on them.

1

2

3

4

5

11. Being physically/sexually intimate with someone without asking.

1

2

3

4

5

12. Constantly contacting them via phone, text or social media to find out who they are with, where they are and what they're doing.

1

2

3

4

5

13. Threatening to hit them.

1

2

3

4

5

14. Forcing them to have sex.

1	VERY UNLIKELY	2	SOMEWHAT UNLIKELY	3	UNCERTAIN LIKELY	4	SOMEWHAT LIKELY	5	VERY LIKELY
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3. HOW LIKELY ARE YOU TO DO SOMETHING TO TRY AND STOP WHAT’S HAPPENING IF A TEAMMATE OR FRIEND OF YOURS IS:

1	2	3	4	5	1. Making rude or disrespectful comments about a someone’s body, clothing or make-up?
1	2	3	4	5	2. Spreading rumors about someone’s sexual reputation.
1	2	3	4	5	3. Fighting with someone to the point where they are starting to cuss or threaten the person?
1	2	3	4	5	4. Doing unwelcome or uninvited things such as invading someone’s personal space, touching them or making sexual gestures?
1	2	3	4	5	5. Shoving, grabbing or physically hurting someone?
1	2	3	4	5	6. Showing other people sexual messages or naked/sexual pictures on a cell phone or the Internet?
1	2	3	4	5	7. Telling jokes that are disrespectful towards others?
1	2	3	4	5	8. Being verbally or physically abused by a partner.
1	2	3	4	5	9. Being pressured to be physically or sexually intimate without asking whether she wants to?

4.1 WHAT GRADE ARE YOU IN?

___ 9th Grade

___ 10th Grade

___ 11th Grade

___ 12th Grade

___ Other: Please specify

4.3 HOW DO YOU DESCRIBE YOURSELF?

___ Male

___ Female

___ Other: Please specify

4.2 HOW DO YOU IDENTIFY YOUR RACE/ETHNICITY?

___ American Indian/Alaska Native

___ Asian

___ Black or African American

___ Hispanic or Latino

___ White or Caucasian

___ Multi-racial (More than one race)

___ I don’t know

___ Other: Please specify
