



# Healthy Relationship Program Evaluation Toolkit

## Context

The Healthy Relationship Evaluation Toolkit is a guide and compilation of instruments to support evaluation of healthy relationship curricula or interventions that have a substantial healthy relationship component for youth. This toolkit was developed by the Feasibility and Design Study: Expanding the Use and Understanding of Evidence-Based Teen Pregnancy Prevention Programs (TP3 FADS) project. The TP3 FADS project, conducted by Mathematica under contract with the U.S. Department of Health and Human Services, Office of Population Affairs (OPA), identifies gaps in the growing knowledge base on evidence-based teen pregnancy prevention programs and designs studies and products to address those gaps. One identified need was for data collection instruments and protocols that OPA grantees can use to evaluate healthy relationship education programs. This toolkit includes three instruments: (1) a youth survey (as well as a crosswalk of the survey items to topic areas), (2) a facilitator fidelity log, and (3) a youth program engagement exit ticket. This guide includes information on how to use each instrument. The instruments were developed using the Love Notes logic model and curriculum, but grantees can use these instruments more broadly for similar healthy relationship programs in schools or community-based settings.

## What does the Healthy Relationship Evaluation Toolkit contain?

This toolkit includes three customizable instruments; study teams can remove or add items to any of the instruments to best reflect their evaluation goals.

- The youth survey (Instrument 1.1) contains items that measure outcomes relevant to healthy relationship education curricula, including participant attitudes, opinions, knowledge, and experiences on topics such as healthy relationships, healthy behaviors, communication skills, and sexual risk behaviors. A crosswalk (Instrument 1.2) connects each survey question to its corresponding topic.
- The facilitator fidelity log (Instrument 2) contains items to assess the fidelity of implementation and level of youth program engagement.
- The program engagement exit ticket (Instrument 3) solely measures youth engagement in the program.

## How do I use this toolkit and the instruments?

As a team studying a healthy relationship and sexual health education curriculum, you can use these instruments to conduct a descriptive and impact evaluation of the program. Below, this guide offers instructions on how to use the three instruments and survey crosswalk.

**1.1. Youth survey.** The survey questions collect information on knowledge, attitudes, and behaviors of youth participating in a healthy relationship and sexual health education curriculum for youth and young adults ages 14 to 24. The survey in its current form would take up to 60 minutes for youth to complete. Study teams can use the survey in its entirety or select a subset of items based on the outcomes and domains that align with their study goals and population served. The questions are categorized into the following main sections:

- Section A: Background Information
- Section B: Family and Relationships

- Section C: Different Ways You Feel
- Section D: Goals and Planning for Your Future
- Section E: Information and Opinions
- Section F: Your Opinions About Romantic Relationships
- Section G: Your Romantic Relationships
- Section H: Risk Behaviors
- Section I: Demographics

**1.2. Crosswalk of survey items to topics.** This crosswalk maps each survey item to a primary corresponding survey section (Column B), topic (Column C), and specific topic (Column D). The crosswalk will help you better understand what each item measures and determine the questions to include in your survey, depending on the curriculum being evaluated, its logic model, and the evaluation’s goals. This crosswalk includes the source for each item.

The survey includes these topics:

- Attitudes and beliefs about sex
- Demographics
- Drugs/alcohol
- Healthy relationships (non-romantic, romantic, and with trusted adults)
- Knowledge of sexual issues
- Planning for the future
- School involvement
- Sexual activity
- Sexual intentions
- Social-emotional characteristics

- 2. Facilitator fidelity log.** The customizable fidelity log collects data on curriculum implementation. Facilitators can use the log to record dosage (time spent on the lesson), content coverage, adaptations, and youth engagement. The facilitator should complete the log after each class. Each entry should take no longer than 10 minutes.
- 3. Youth program engagement exit ticket.** Exit tickets that gather self-reports from youth are common in classrooms and can support program monitoring and improvement. This exit ticket focuses on youth engagement in the program, specifically whether they enjoyed, understood, paid attention to, and found personal relevance in the lesson. Each ticket should take youth no longer than two minutes to complete.