

*Geauga Family First Council  
All Stars Evaluation  
Final Report  
July 2008*

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# **I. Project Background**

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## **Project Objectives and Scope**

The PFS process conducted in Geauga County four years ago resulted in the decision to pursue implementation of the All Stars program. This past school year (2007-08) was the third year the program has been implemented in school districts across the county that have chosen to participate. The objective of this project was to evaluate the success of the program in these schools. It is important to note that this research is not intended to statistically measure the direct changes in beliefs and behaviors in participating students, as the Tanglewood research does. The FFC acknowledges All Stars as an “evidence-based program,” and this research is not intended to confirm this assumption. As in the previous year, it was conducted merely as a way to gather feedback from all participating groups in order to determine if the program should be continued, and is so, identify opportunities for continuous improvement in the implementation of it. The questions in this survey were also intended to gather the information needed for assessing the Success Measures for the identified Risk and Protective Factors related to the HB 289 process. To that end, the FFC/Planning Team sought answers to the following questions:

- Did students find the curriculum informative? Did they learn anything new or important?
- Did they find the curriculum fun and interesting?
- Did the program change their values related alcohol/drug use?
- Did it help them talk to their parents about risky behavior, specifically, substance abuse?
- Did it help them better understand how their peers feel about substance use?
- Did it help them think about and plan for their future?

## **Methodology**

An anonymous evaluation survey (see **Appendices 1 and 2**) and instructions for administering it were provided to each All Stars teacher at the beginning of the school year. The total number of surveys distributed was about 880, which was the number of students estimated to participate at that time. Teachers were asked to have their students fill out the survey during the last day of the All Stars class, and were provided with a self-addressed, postage paid large envelope to use to return their packet of surveys to Maple Alley Market Research.

### **Summary of Respondents**

A total of 532 surveys were returned, representing all but about 75 of the students believed to have completed the program this year. The following is a breakdown by school district of the surveys returned and included in the analysis:

- ➔ Kenston (Core) – 193
- ➔ Kenston (Plus) – 144
- ➔ Cardinal (Core) – 93
- ➔ Newbury (Core) – 28
- ➔ Berkshire (Core) - 74

At the request of the FFC, the results of both the Core and Plus classes are combined in this report, but separate analysis can be provided at a later date if needed.

## II. Summary of Key Findings

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As in previous years, All Stars again appears to have had an impact, ranging from moderate to substantial, on most of the students who went through the program this school year. Most students found the curriculum to be informative and learned new, helpful information from it, while also finding it fun and interesting, for the most part. Even more importantly, All Stars appears to have decreased many students' likelihood to engage in risky behaviors (such as drug, alcohol and cigarette use). All Stars certainly got students thinking about their futures, their goals, and how the decisions they make now can affect whether or not they reach those goals. The specific data and findings are presented below for each of the project's objectives.

- **Did students find the curriculum informative? Did they learn anything new or important?**

Most students did find the curriculum informative in some way and most did learn new, helpful information, according to responses to several survey questions. The majority of students reported learning at least "a few new things" in All Stars, with 74% reporting they learned "a lot of new things" (20%) or "a few new things" (54%). Even for those who did not learn anything new, most of the rest said that they heard some helpful reminders (20%). In another question where students were asked to choose words that described All Stars, 62% said it was "helpful" and 54% said it was "important."

- **Did they find the curriculum fun and interesting?**

Many students found the curriculum to be fun and/or interesting, although many also reported finding it boring or repetitive. The fact that the curriculum included a variety of games and activities went a long way with keeping students interested and engaged. Overall, a little more than half of students said All Stars was "OK" (54%), with most of the rest reporting that they "liked it a lot" (24%). In a question about which words best describe All Stars, 47% said it was "interesting" and 41% said it was "fun," although 39% also said it was "boring."

As another way of gauging general level of interest in the program, a question was asked about whether or not the students looked forward to the All Stars class each week. About 54% of students reported that they "always" or "usually" looked forward to All Stars. Students were also asked if they would recommend All Stars to their friends, to which 42% said they would, and another 42% said

they were not sure. These results again show that a large number of students found some value in the program.

By far the aspect students liked most about All Stars was the games and activities. Quite a few students also liked that they learned something new, that they could talk about their futures, and enjoyed working with groups of classmates. When asked about what they did not like about the program, by far the most common theme was around the homework (but no specifics on whether it was too much homework, the fact that there was homework at all, or if it was something specific to the content of this homework.). The second most common response was “nothing” indicating an overall high level of satisfaction. Quite a few comments were also made though about All Stars being boring and/or repetitive.

- **Did the program change their values related to alcohol/drug use?**

All Stars appears to have had a substantial effect on some student’s values related to various risky behaviors, including their likelihood to use illegal drugs, drink alcohol and smoke cigarettes. *About 36% reported that they are less likely to use alcohol under age 21 because of what they learned in All Stars.* Most of the rest (49%) said All Stars did not change their likelihood to use alcohol underage because they were not going to do so, even before All Stars. In addition, *about 35% reported that they are less likely to use illegal drugs because of what they learned in All Stars.* Most of the rest (58%) said All Stars did not change their likelihood to use illegal drugs because they were not going to do so, even before All Stars. A majority of the students (64%) said All Stars did not change their likelihood to ever smoke cigarettes, even before All Stars, while *about 29% reported that they are less likely to ever smoke cigarettes because of what they learned in All Stars.*

In a separate question about the most important thing students learned in All Stars, by far the most common responses were about not doing drugs, drinking alcohol, smoking and/or engaging in illegal or risky behaviors. Resisting peer pressure and knowing how to say no was also mentioned quite a few times.

- **Did it help them talk to their parents about risky behavior, specifically, substance abuse?**

For the majority of students (54%), All Stars helped them to talk with their parents about topics that are sometimes difficult to talk about, such as substance abuse, with 18% reporting that it helped

them “a lot” and another 36% saying it helped “a little bit.” For just under half of the group (47%), the homework assignments “did not really help.”

- **Did it help them better understand how their peers feel about substance use?**

All Stars did help many students to better understand how their peers view alcohol use. In a question about this subject, over half (58%) reported that All Stars helped them to better understand how their classmates feel about using alcohol. Most of the rest (28%) were not sure.

- **Did it help them think about and plan for their future?**

All Stars absolutely aided students in thinking about their futures. Several questions were asked around this subject and the impact appears to be substantial. Most of the students (63%) reported that they have a better understanding of what they want in the future because of All Stars. In addition, most students (79%) said that All Stars helped them realize how the decisions they make now can affect their futures. In another question about whether or not All Stars helped them to identify goals, 33% said All Stars “definitely” helped them to identify goals for their future. Most of the rest (52%) said that it helped “a little bit.”

In addition, in the question about the most important thing learned in All Stars, many students referenced the importance of learning about how the decisions you make now can affect your future and the importance of setting goals/making commitments/planning for the future.

### III. Survey Responses and Analysis

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#### 1) Overall, how did you like the All Stars program?

*Total responses = 532*

11%	I loved it	
24%	I liked it a lot	(
54%	It was OK	
11%	I didn't like it at all	

A little over half of students found All Stars to be “OK” (54%), with most of the rest reporting that they “liked it a lot” (24%). Equal numbers reported that they “loved it” or “didn’t like it at all.” So, although these figures do not indicate overwhelming enthusiasm, most found it to be at least OK, if not better.

## 2) What did you like about it, if anything?

By far the aspect students liked most about All Stars was the games and activities. Quite a few students also liked that they learned something new, that they could talk about their futures, and enjoyed working with groups of classmates. Some simply made comments about liking it in general, although about the same number also said they liked nothing about it. See **Appendix 3** for a complete list of verbatim responses.

*The following concepts were listed at least three times:*

- Playing games/activities – 192; most frequently mentioned:
  - Family Feud – 34
  - Charades – 27
- Learned about future, decisions, commitments/ideals – 44
- Everything/liked all of it – 35
- Nothing/not much – 33
- Informative, helpful, learned something – 31
- Opportunity to share feelings, discussions – 30
- Fun – 27
- Working in groups/with partner – 20
- Learning about staying drug free/saying no/resisting peer pressure – 18
- Crests – 17
- Making video – 10
- Got out of another class/other work – 8
- Party at the end – 8
- Teacher – 7
- Projects - 7
- Easy/not a lot of work - 6
- Be with friends – 6
- Surveys – 5
- Skits – 4
- Working with parents on homework– 3
- Brainstorming – 4
- Making friends – 3
- Acting – 3
- Cue cards – 3

### 3) What did you *not* like about it, if anything?

The most common theme was around the homework (but no specifics on whether it was too much homework, the fact that there was homework at all, or if it was something specific to the content of this homework.). The second most common response was “nothing” indicating an overall high level of satisfaction. Quite a few comments were also made though about All Stars being boring and/or repetitive. Other common complaints were around the questions/discussions being too personal in nature, having to miss another class they would rather be in, and videotaping or speaking in front of the class. See **Appendix 3** for a complete list of verbatim responses.

*The following concepts were listed more than twice:*

- Homework/too much work/the worksheets/writing required - 113
- Nothing/liked everything - 103
- Boring – 46
- Too many personal questions/uncomfortable questions – 26
- Missing another class would rather be in (primarily sewing) - 26
- Videotaping/going in front of class/speeches – 25
- Everything - 22
- Repetitive/learned nothing new - 18
- Surveys – 13
- Met too often- 8
- Not enough activities/games – 7
- Talking about stuff - 7
- Working with parents/parental involvement required – 7
- The nickname game - 5
- Too much talk about the future - 4
- One or more of the activities – 3
- Confusing - 3

#### 4) Did you learn anything new in All Stars?

*Total responses = 530*

- 20% Yes, I learned a lot of new things
- 54% I learned a few new things
- 7% No, I didn't learn anything new
- 20% I didn't learn anything new, but there were some helpful reminders

The majority of students reported learning at least “a few new things” in All Stars, with 74% of the reporting they learned “a lot of new things” (20%) or “a few new things” (54%). Even for those who did not learn anything new, most of the rest reported that they heard some helpful reminders (20%). Only 7% reported not learning anything new.

5) Which of the following words describes All Stars to you? *Check all of the words that apply – you can choose more than one.*

The most common words chosen were Helpful (62%), Important (54%) and Interesting (47%). Many found it Fun (44%) but many also found it Boring (39%). A small number indicated that it was Stupid or Useless. Some students chose to write in a wide range of words as well, with many more of them being positive than negative.

*Total responses = 521*

47%	Interesting
62%	Helpful
39%	Boring
26%	Cool
10%	Stupid
44%	Fun
11%	Useless
54%	Important

*Add some more words of your own below if you want to!*

Approximately 110 positive words, 65 negative words, and 42 neutral words were filled in here. The words provided were (# of times mentioned): OK(30), useful(12), awesome(11), repetitive(6), dull(5), educational(5), exciting(5), fun(5), amazing(4), stupid(4), weird(4), different(3), nice(3), not fun(3), sweet(3), alright(2), boring in the beginning(2), creative(2), easy(2), games(2), good(2), great(2), informative(2), inspiring(2), kind of fun(2), lame(2), life changing(2), not boring(2), pointless(2), smart(2), sort of fun(2), spectacular(2), strange(2), terrific(2), waste of time(2), annoying, caring, challenging, cheesy, confusing, cool, cool teachers, crazy good, DARE related, disgusting, dumb, educating, energetic, enjoyable, enjoying, extraordinary, factable, funnest thing ever, funny, gay, gives advice, helps future, horrible, guideful, idiotic, informational, interesting, it sucked, kind, kind of boring, learnative, listening, little too personal, lively, long, lovable, ludicrous, mediocrity, new, not enough new info, not the best, obvious, occasionally fun, odd, parties, peaceful, play more games, playful, pleasant, private, queer, relaxing, reputations, retarded, scrumptious, self discipline, silly, skits, sometimes boring, sometimes fun, sort of helpful, stubborn, super, superb, talked about everything over and over, time consuming, too many days of it, too much talking, totally sweet, unique, useless, waste, worth doing, worthless.

6) Please read each of the sentences below and check “true” if the sentence is true for you, “false” if it is false for you, and “I’m not sure” if you are not sure how you feel about it. If All Stars did not change your views on the statement, check the box indicating “no change.”

➔ I am less likely to use alcohol under age 21 because of what I learned in All Stars.

*Total responses = 531*

36%	True
4%	False
11%	I’m not sure
49%	No change. I was never going to use alcohol under age 21, even before All Stars.

Almost half of the students (49%) said All Stars did not change their likelihood to use alcohol underage because they were not going to do so, even before All Stars. Most of the rest (36%) reported that they are less likely to use alcohol under age 21 because of what they learned in All Stars.

➔ I have a better understanding of what I want in the future because of All Stars.

*Total responses = 530*

62%	True
12%	False
27%	I’m not sure

Most of the students (62%) reported that they have a better understanding of what they want in the future because of All Stars. Most of the rest (27%) are not sure.

➔ I am less likely to ever use illegal drugs because of what I learned in All Stars.

*Total responses = 530*

35%	True
2%	False
5%	I’m not sure
58%	No change. I was never going to use illegal drugs, even before All Stars.

Over half of the students (58%) said All Stars did not change their likelihood to use illegal drugs because they were not going to do so, even before All Stars. About a third (35%) reported that they are less likely to use illegal drugs because of what they learned in All Stars.

➔ **All Stars helped me realize how the decisions I make now can affect my future.**

*Total responses = 530*

79%	True
6%	False
15%	I'm not sure

Most of the students (79%) report that All Stars helped them realize how the decisions they make now can affect their futures.

➔ **I have a better understanding of how my classmates feel about using alcohol because of All Stars.**

*Total responses = 530*

58%	True
14%	False
28%	I'm not sure

Many of the students (58%) reported that All Stars helped them to better understand how their classmates feel about using alcohol. Most of the rest (28%) were not sure.

➔ **I am less likely to ever smoke cigarettes because of what I learned in All Stars.**

*Total responses = 530*

29%	True
2%	False
4%	I'm not sure
64%	No change. I was never going to smoke cigarettes, even before All Stars.

A majority of the students (64%) said All Stars did not change their likelihood to ever smoke cigarettes, even before All Stars. Most of the rest (29%) reported that they are less likely to ever smoke cigarettes because of what they learned in All Stars.

**7) Would you say All Stars helped you to identify goals for your future?**

*Total responses = 529*

33%	Yes, definitely
52%	A little bit
15%	Not really

All Stars helped most students (85%) to identify goals for their futures, at least to some extent.  
About a third (33%) said the program “definitely” helped them to do this, while over half (52%) said it helped them “a little bit,” and the remaining 15% said it did not really help them.

**8) Did All Stars help you talk with your parents about stuff that is sometimes hard to talk about, like using alcohol and drugs?**

*Total responses = 529*

18%	Yes, a lot
36%	A little bit
47%	Not really

For the majority of students (54%), All Stars helped them to talk with their parents about topics that are sometimes difficult to talk about, with 18% reporting that it helped them “a lot” and another 36% saying it helped “a little bit.” For just under half of the group (47%), the homework assignments “did not really help.”

**9) Did you look forward to each All Stars session?**

*Total responses = 529*

15%	Yes, I always looked forward to it
39%	I usually looked forward to it
28%	I usually did not look forward to it
18%	No, I never looked forward to it

Over half (54%) of the students reported that they always or usually looked forward to All Stars, with more choosing “I usually looked forward to it” (39%) than “always looked forward to it” (15%). About 18% said they never looked forward to it.

**10) Would you encourage your friends to be in All Stars if they had the chance?**

*Total responses = 529*

42%	Yes
42%	I'm not sure
16%	No

An equal number of students said they would recommend All Stars to their friends as said they were not sure if they would (42% of each). About 16% said they would not. This is an indication of some students' beliefs that the class is worthy of the time.

### 11) What was the most important thing you learned in All Stars?

By far the most common responses to the most important thing learned in All Stars were about not doing drugs, drinking alcohol, smoking and/or engaging in illegal or risky behaviors. Many students also referenced the importance of learning about how the decisions you make now can affect your future and the importance of setting goals/making commitments/planning for the future. Resisting peer pressure and knowing how to say no was also mentioned quite a few times. See **Appendix 3** for a complete list of verbatim responses.

*The following concepts were listed more than twice:*

- Don't do drugs/drink alcohol/smoke/engage in illegal behavior - 240
- Decisions made now can affect your future – 70
- The importance of setting goals/making commitments – 65
- Ways to resist peer pressure/say no – 39
- Be true to self/self esteem/stand up for self – 25
- Nothing – 19
- Be nice/respectful/be a better person/friend – 18
- Effects on reputation – 10
- I statements/messages – 9
- Communicating/talking out problems – 7
- Not sure/don't know – 7
- Everything – 6
- Staying away from bullying/aggressive behavior – 5
- Importance of talking to parents - 5
- Not drinking and driving – 3
- How to/importance of staying healthy – 4

**Please use the space below to provide any other comments you would like to share about All Stars.**

Several hundred students chose to add some brief additional comments at the end. Most reiterated other positive and negative comments made earlier in the surveys. Some additional positive comments were made about the teachers (all positive), and about the class being fun or generally a good or positive experience. Some negative comments were made around it being boring, repetitive, or not fun. See **Appendix 3** for a complete list of verbatim responses. The following verbatim quotes provide some highlights of the types of positive comments that were made, providing some solid insight into the impact of the program on some students:

- All Stars gave me a good idea of the roadblocks I will hit in the future.
- All Stars helped me out a lot, it got my head straight. The teacher is the greatest All Stars teacher there ever was.
- All Stars is an experience that I would recommend to all of my friends and classmates.
- All Stars was a good experience that I think every school should have a chance to have.
- All Stars was a great experience, and it really helped me learn a lot.
- All Stars was a great learning experience.
- All Stars wasn't the most fun thing. But it did help me "organize" my ideals for my future.
- I hope that my little sister gets to do the All Stars challenge.
- I liked All Stars a lot because it changes the way we think about life, and I hope that this program continues for a long time.
- I liked All Stars because I got to learn new things. I know why not to do drugs. I know how to treat people better.
- I really liked the program. It could really change some people's views on things. It was great to be able to talk to a teacher and parent about things like that.
- I think All Stars was really worthwhile. I learned a lot and I now know how to make good choices and goals.
- I think that it was a good opportunity to learn and express my feelings.
- I thought that All Stars helped me overcome some stage fright.
- I will miss All Stars, but I will always stay committed.
- I would like to thank Mr. Kostina for giving me this chance to stay on doing right.
- It really opened my eyes that my future is very important. Also, it let me get to know my classmates better.
- It's cool and I told some of my friends about it.
- Thank you. It was a lot of fun to be in All Stars.
- The program was fun and educational at the same time.
- This was a very helpful program. I loved it!