



Instructions for Trainer: Helping Youth Complete the HR! Survey

1. Explain to the youth that all the answers will be kept confidential and participation is voluntary.
2. Explain to the youth that it will take about 15 to 20 minutes to complete the survey.
3. For younger children, you might need to verbally read out the instructions and ask if the participants understand it. In particular, check that they understand that they will try to remember how they felt or thought before going through HR! training, and how they feel or think now.
4. Explain to the children/youth that they have the right to stop completing the survey if they are not comfortable.
5. Before starting, ask children/youth if they have any more questions. Let them know that if they have questions or if there are things they do not understand while they complete the survey, they can ask you.
6. For Part III, the trainers need to say that we will very appreciate their comments and suggestions for health rocks based on their individual experiences.