**National Mentoring Resource Center (NMRC)**

**Measurement Guidance Toolkit**

**Ready-to-Use Measure**

**DOMAIN:** Program Quality

**OUTCOME:** Youth-reported program quality in site-based programs

**MEASURE:** TheBig Three and Perceptions of Safety

**Positive and Sustained Adult-Youth Relationships (7 items):**

| We are interested in learning more about your experiences at this program. On a scale from Strongly Disagree to Strongly Agree, how much do you disagree or agree with the following statements? | | | | |
| --- | --- | --- | --- | --- |
|  | Strongly Disagree | Disagree | Agree | Strongly Agree |
| 1. Adults at the program care for me. | □  1 | □  2 | □  3 | □  4 |
| 2. Adults at the program know me well. | □  1 | □  2 | □  3 | □  4 |
| 3. Adults at the program love me. | □  1 | □  2 | □  3 | □  4 |
| 4. Adults at the program are there for me when I need them. | □  1 | □  2 | □  3 | □  4 |
| 5. Adults at the program are committed to helping me live a healthy life. | □  1 | □  2 | □  3 | □  4 |
| 6. Adults at the program are committed to helping me have a positive future. | □  1 | □  2 | □  3 | □  4 |
| 7. Adults at the program help me to gain the skills I need to succeed in life. | □  1 | □  2 | □  3 | □  4 |

**Life-Skill-Building Activities (6 items):**

|  | Strongly Disagree | Disagree | Agree | Strongly Agree |
| --- | --- | --- | --- | --- |
| 8. At the program, I learn skills that help me succeed in life. | □  1 | □  2 | □  3 | □  4 |
| 9. At the program, I learn how to solve problems. | □  1 | □  2 | □  3 | □  4 |
| 10. At the program, I learn how to overcome challenges. | □  1 | □  2 | □  3 | □  4 |
| 11. At the program, I learn how to get along with others. | □  1 | □  2 | □  3 | □  4 |
| 12. At the program, I learn how to work in a team. | □  1 | □  2 | □  3 | □  4 |
| 13. At the program, I learn how to take care of myself. | □  1 | □  2 | □  3 | □  4 |

**Opportunities for Participation in and Leadership of Valued Activities (6 items):**

|  | Strongly Disagree | Disagree | Agree | Strongly Agree |
| --- | --- | --- | --- | --- |
| 14. I make meaningful contributions to the program. | □  1 | □  2 | □  3 | □  4 |
| 15. I know that I am free to participate actively in program activities. | □  1 | □  2 | □  3 | □  4 |
| 16. I have opportunities to contribute to program activities. | □  1 | □  2 | □  3 | □  4 |
| 17. My contributions to the program are valued by adults. | □  1 | □  2 | □  3 | □  4 |
| 18. My contributions to the program are valued by other youth at the program. | □  1 | □  2 | □  3 | □  4 |
| 19. I have the opportunity to lead activities at the program. | □  1 | □  2 | □  3 | □  4 |

**Perceptions of Program Safety (5 items):**

|  | Strongly Disagree | Disagree | Agree | Strongly Agree |
| --- | --- | --- | --- | --- |
| 20. My program takes place in a safe space. | □  1 | □  2 | □  3 | □  4 |
| 21. I feel safe when I am at the program. | □  1 | □  2 | □  3 | □  4 |
| 22. Adults at the program make me feel safe. | □  1 | □  2 | □  3 | □  4 |
| 23. Nothing bad will happen to me when I am at the program. | □  1 | □  2 | □  3 | □  4 |
| 24. I do not have to worry or think about my safety when I am at the program. | □  1 | □  2 | □  3 | □  4 |

*Note:**The original scales used “program/church project” to set the context for youth participants. In this version, the more generic “program” wording is used. Users may consider substituting the specific name of the program or organization about which youth are being asked to report for the word “program”.*

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