**Very Young Adolescent Mentor Pre and Post Test**

**Form filled by:** Mentors

**When:** At the beginning of the mentor training and the end of the mentor training

**Why:** To assess changes in mentor knowledge during the training

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1. Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Gender
   1. Man
   2. Woman
4. Kebele you will work in: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. While facilitating discussions, if you notice that adolescents are confused about the topic, what can you do?
   1. Have the other adolescents in the group answer the question or explain the topic.
   2. Give examples.
   3. Ask questions to clarify the adolescent’s understanding of the topic
   4. All of the above
6. Goals have a deadline and are measurable.
   1. True
   2. False
7. Which of the fallowing statement is true about goals?
   1. Certain goals like being a doctor are not possible for girls
   2. Short-term goals contribute to reaching your longer-term goal
   3. Both A and B
8. Which of the following statement is a statement about biological sex, not gender?
   1. Only males are capable of being strong leaders
   2. Cleaning the house is responsibility of women.
   3. Only men have to plough the land.
   4. Only women can have babies and become mothers
9. Which if the following statements is true about menstruation?
   1. The menstrual cycle is usually between 21 to 35 days, but on average 28 days.
   2. Menstruation can start as early as 9 years of age or as late as 16 to 17 years of age.
   3. Menstruation usually lasts 4 to 7 days (but can last longer).
   4. All of the above
10. Which of the following is a way to manage one’s menstruation?
    1. Reusable pads, which can be washed and used over and over again can be made from materials at home.
    2. Place a cloth or a pad on your underwear to catch the blood.
    3. When at school, bring an extra cloth or extra pad in a plastic bag for cleaning or disposing of the soiled clothes/pads later.
    4. All of the above
11. A girl is 11 years old and just started her menstruation. Because she is so young, she cannot get pregnant.
    1. True
    2. False
12. Which of the following is a way for adolescents to protect themselves from violence?
    1. Saying “no” and shouting loudly for help, even if you know the person.
    2. Running away from the violent situation and telling a trusted adult.
    3. Go to community members, like healthcare workers, anti-HTP task force members, or other trusted adults we can go to
    4. All of the above
13. Adolescents are too young to start saving money
    1. True
    2. False
14. Which statement is **NOT** true about Move, Grow & shine foods?
    1. Eating too much sugar, biscuits and candy is not healthy.
    2. Candies and biscuits are healthier than fruits.
    3. Adolescents should try to eat at least one Move food, one Grow food, and one Shine food in a meal.
    4. Adolescents can grow vegetables and fruits on their backyards to diversify their food.
15. Which statement is true about education?
    1. Education is not that important for girls.
    2. Educated girls and women can earn money to help themselves and their families.
    3. During menstruation, girls should not go to school.
    4. Girls should go to school only after finishing home chores.
16. Anemia is usually caused by a lack of iron in the blood and can be prevented by eating iron-rich Grow and Shine foods.
    1. True
    2. False
17. If a girl hears that she or someone in her community may be forced to marry early or undergo FGC, where can she go to get support?
    1. A trusted, supportive adult, such as a parent, auntie, teacher
    2. The police
    3. Local officials, such as the kebele officials and women’s affairs head of the kebele
    4. All of the above
18. Which of the following is **NOT** a trait that is expected from Mentors?
    1. Prepared and self-confident
    2. Not willing to ask for a supervisor’s help
    3. Patient and a good listener
    4. Organized & flexible
19. Which of the following is **NOT** a trait of a good facilitator?
    1. Enough preparation and understanding of the material
    2. Answering questions and making things fun for adolescents
    3. Respecting adolescents
    4. Encouraging only some adolescents to participate not listening to others

**ANSWER KEY Very Young Adolescent Mentor Pre Post Test**

Only review the answers after the post-test is completed! Correct answers are **bolded**.

1. While facilitating discussions, if you notice that adolescents are confused about the topic, what can you do?
   1. Have the other adolescents in the group answer the question or explain the topic.
   2. Give examples.
   3. Ask questions to clarify the adolescent’s understanding of the topic
   4. **All of the above**
2. Goals have a deadline and are measurable.
   1. **True**
   2. False
3. Which of the fallowing statement is true about goals?
   1. Certain goals like being a doctor are not possible for girls
   2. **Short-term goals contribute to reaching your longer-term goal**
   3. Both A and B

***Explanation****: Gender norms may make it more difficult for girls to become doctors, but it is possible and there are many Ethiopian women who have achieved this goal.*

1. Which of the following statement is a statement about biological sex, not gender?
   1. Only males are capable of being strong leaders
   2. Cleaning the house is responsibility of women.
   3. Only men have to plough the land.
   4. **Only women can have babies and become mothers**

***Explanation****: The ability to become pregnant is something that is only possible for those who are biologically female, men cannot become pregnant. Women can be strong leaders, men are physically able to clean just as women, and women can plough the land. The first 3 statements are influenced by each society’s gender norms about what men and women typically do.*

1. Which if the following statement is true about menstruation?
   1. The menstrual cycle is usually between 21 to 35 days, but on average 28 days.
   2. Menstruation can start as early as 9 years of age or as late as 16 to 17 years of age.
   3. Menstruation usually lasts 4 to 7 days (but can last longer).
   4. **All of the above**
2. Which of the following is a way to manage one’s menstruation?
   1. Reusable pads, which can be washed and used over and over again can be made from materials at home.
   2. Place a cloth or a pad on your underwear to catch the blood.
   3. When at school, bring an extra cloth or extra pad in a plastic bag for cleaning or disposing of the soiled clothes/pads later.
   4. **All of the above**
3. A girl is 11 years old and just started her menstruation. Because she is so young, she cannot get pregnant.
   1. True
   2. **False**

***Explanation****: Girls can become pregnant as soon as they begin menstruating, regardless of age.*

1. Which of the following is a way for adolescents to protect themselves from violence?
   1. Saying “no” and shouting loudly for help, even if you know the person.
   2. Running away from the violent situation and telling a trusted adult.
   3. Go to community members, like healthcare workers, anti-HTP task force members, or other trusted adults
   4. **All of the above**
2. Adolescents are too young to start saving money
   1. True
   2. **False**

***Explanation****: It is important for adolescents to begin learning about money and how to save when they are young. Even if they save small amounts, they will learn a lot about the process.*

1. Which statement is **NOT** true about Move, Grow & shine foods?
   1. Eating too much sugar, biscuits and candy is not healthy.
   2. **Candies and biscuits are healthier than fruits.**
   3. Adolescents should try to eat at least one Move food, one Grow food, and one Shine food in a meal.
   4. Adolescents can grow vegetables and fruits on their backyards to diversify their food.

***Explanation****: The opposite is true, fruits are healthier than candies and biscuits.*

1. Which statement is true about education?
   1. Education is not that important for girls.
   2. **Educated girls and women can earn money to help themselves and their families.**
   3. During menstruation, girls should not go to school.
   4. Girls should go to school only after finishing home chores.

***Explanation****: Education is very important for both girls and boys. During menstruation, girls should go to school and can manage their menstruation with cloth or homemade pads. Parents and caregivers should send girls to school whenever possible; home chores can be done by both boys and girls outside of school hours.*

1. Anemia is usually caused by a lack of iron in the blood and can be prevented by eating iron-rich Grow and Shine foods.
   1. **True**
   2. False
2. If a girl hears that she or someone in her community may be forced to marry early or undergo FGC, where can she go to get support?
   1. A trusted, supportive adult, such as a parent, auntie, teacher
   2. The police
   3. Local officials, such as the kebele officials and women’s affairs head of the kebele
   4. **All of the above**
3. Which of the following is **NOT** a trait that is expected from Mentors?
   1. Prepared and self-confident
   2. **Not willing to ask for a supervisor’s help**
   3. Patient and a good listener
   4. Organized & flexible

***Explanation****: It is important that mentors reach out to their supervisors whenever they have questions. There is a lot of content covered in the curriculum, mentors should not be afraid to ask questions.*

1. Which of the following is **NOT** a trait of a good facilitator?
   1. Enough preparation and understanding of the material
   2. Answering questions and making things fun for adolescents
   3. Respecting adolescents
   4. **Encouraging only some adolescents to participate and not listening to others**

***Explanation****: Mentors should encourage all adolescents to participate and listen to them all.*

**Older Adolescent Mentor Pre and Post Test**

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**When:** At the beginning of the mentor training and the end of the mentor training

**Why:** To assess changes in mentor knowledge during the training

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   2. Give examples.
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   4. All of the above
6. Goals have a deadline and are measurable.
   1. True
   2. False
7. Which of the fallowing statement is true about goals?
   1. Certain goals like being a doctor are not possible for girls
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8. Which of the following statement is a statement about biological sex, not gender?
   1. Only males are capable of being strong leaders
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9. Which of the following statement is true about menstruation?
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10. Which of the following is a way to manage one’s menstruation?
    1. Reusable pads, which can be washed and used repeatedly can be made from materials at home.
    2. Place a cloth or a pad on your underwear to catch the blood.
    3. When at school, bring an extra cloth or extra pad in a plastic bag for cleaning or disposing of the soiled clothes/pads later.
    4. All of the above
11. Which one of the following statements is True about preventing unwanted pregnancy?
    1. Abstaining from having sex is the best way to avoid pregnancy during adolescence.
    2. Pills and injectables are among short term contraceptive methods
    3. Implants and IUD are among long term contraceptive methods.
    4. All of the above
12. Which of the following is a way for adolescents to protect themselves from violence?
    1. Saying “no” and shouting loudly for help, even if you know the person.
    2. Running away from the violent situation and telling a trusted adult.
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    4. All of the above
13. Adolescents are too young to start saving money
    1. True
    2. False
14. Which one of the following statements is true about STIs?
    1. STI is an infection that can be transferred from one person to another through sexual contact.
    2. Some STIs can also be transmitted by sharing sharp materials, blood transfusions, and through childbirth.
    3. STIs, including HIV, are not transmitted through casual contact such as: Shaking hands, Hugging, drinking from the same glass, Sitting on the same toilet seat, Sharing toothbrushes, etc.
    4. All of the above
15. Anemia is usually caused by a lack of iron in the blood and can be prevented by eating iron-rich Grow and Shine foods.
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16. If a girl hears that she or someone in her community may be forced to marry early or undergo FGC, where can she go to get support?
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    2. The police
    3. Local officials, such as the kebele officials and women’s affairs head of the kebele
    4. All of the above
17. One of the following did not represent volunteerism.
    1. Supporting elders in need by fetching water, renovating & cleaning their home using locally available materials.
    2. Volunteers have to get monetary compensation for their contribution.
    3. Planting trees to prevent environmental degradation & contribute on preventing global warming.
    4. High school & university students teaching younger students during summer without any payment.
18. Which of the following is **NOT** a characteristic that is expected from Mentors?
    1. Prepared and self-confident
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    3. Respecting adolescents
    4. Encouraging only some adolescents to participate
20. Which of the following statements describes assertiveness?
    1. Hoping to get what you want without having to say it
    2. Leaving it to others to decide for you
    3. Standing up for your rights without endangering the rights of others
    4. Dominating, shouting, demanding, not listening to others

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