

# Shaping Destiny Survey

Please read each statement in the center. On the left, rate your knowledge, attitudes, and skills before you heard the information in the video. Next, think about the present time after hearing the information in the video, and rate each item again on the right.

BEFORE the video, did you:						AFTER the video do you:				
Not at all				Very much		Not at all				Very much
1	2	3	4	5	Know about the impact of adverse childhood experiences (ACEs) on physical and mental well-being?	1	2	3	4	5
1	2	3	4	5	Understand how toxic stress and trauma impact the developing brain?	1	2	3	4	5
1	2	3	4	5	Know about protective factors that build resilience and support youth mental health?	1	2	3	4	5
1	2	3	4	5	Have ideas for specific actions youth-serving professionals can take to help youth develop resilience?	1	2	3	4	5
1	2	3	4	5	Understand the relationship between a person's own resilience and building youth resilience?	1	2	3	4	5

1. One thing I saw today that I would like to learn more about is...

2. Please include any additional comments or suggestions:

*Thank you!*