

The RAAPS assessments are comprised of 21 evidence-based questions proven to elicit honest responses from teens. The standardized, validated comprehensive assessments are available to license in a cloud-based or paper format, with three age-specific assessments available: **older child** (9-12yrs), **standard** (13-18yrs), and **young adult** (18-24yrs).

*A sample question for each risk category in the **RAAPS standard assessment** is below.*

Nutrition/Physical Activity:

Are you active after school or on weekends (walking, running, dancing, swimming, biking, playing sports) for **at least 1 hour, on at least 3 or more days each week?**

Substance Use:

In the past 3 months, have you drunk more than a few sips of alcohol (beer, wine coolers, liquor, other)?

Sexual Health:

If you have had sex, do you **always** use a condom and/or another method of birth control to prevent sexually transmitted infections and pregnancy?

Violence:

During the past month, have you been threatened, teased, or hurt by someone (on the internet, by text, or in person) causing you to feel sad, unsafe, or afraid?

Protective:

Do you have at least one adult in your life that you can talk to about any problems or worries?

Mental Health:

During the past month, did you **often** feel sad or down as though you had nothing to look forward to?

Safety:

In the past 12 months, have you driven a car while texting, drunk or high, or ridden in a car with a driver who was?

*When an adolescent responds positively to any of the questions, a pre-populated health message appears upon completion of the assessment. The health messages can be used by professionals as talking points to help guide the adolescent toward positive behavior change. In the example below, the adolescent responded positively for **safety risks**.*

HEALTH MESSAGE

Driving drunk, high, or while texting is risky and you're much more likely to be in a car crash. All of these things slow down your reaction time and makes it harder to focus while driving. You can lower your chance of an accident by following a few simple tips.

To limit the temptation to text while driving:

- Put your phone in your glove box or back seat while driving.
- Turn your phone off while driving.
- Wait until you are parked to use your phone.
- Ask a friend riding with you to text for you.

Never drive a car after using even a small amount of drugs or alcohol and avoid riding with someone who has.

- Before you go out for the night, decide who is going to be the designated driver and stick to it.
- Identify someone you can call for a ride if you find yourself in a situation that is unsafe.
- Offer to drive if you are sober.
- Find a ride from someone else.
- Call a taxicab.
- Make plans to stay the night wherever you are going.

You can make a difference in your life and the lives of your friends by making safe driving choices.

<http://www.drivingsober.net/Teen-page.html>
www.takethewheel.net

National Alcohol/Drug Abuse Hotline: 1-800-662-HELP(4357)