

**You're Invited!**  
**Examining Healthy Living Training in a Youth Recreation Program**

Dear Youth Participants and Parents,

We invite youth enrolled in Irving Recreation Center's "Camp Challenge" to participate in an evaluation project that will occur in two stages, before and after participation in *Health Rocks!*<sup>®</sup> training and other recreation program activities. We are interested to know what youth participants have learned from the *Health Rocks!*<sup>®</sup> training and youth recreation program activities in general. Specifically, this evaluation will assess participants' increased knowledge, changes in beliefs and attitudes, and increased skills and self-reported confidence in using positive behaviors targeted by the curriculum after their participation in *Health Rocks!*<sup>®</sup> intermediate level training and recreation program activities aimed at promoting leisure satisfaction.

Surveys will ask questions about participants' knowledge, attitude, skill and/or behaviors before and after *Health Rocks!*<sup>®</sup> training and recreation program activities. Demographic information such as age, grade, ethnicity, etc. will also be asked. Each survey mainly consists of thirty-nine 4-point scale questions and will take approximately 15-20 minutes to complete. One-on-one interviews will be conducted with some participants. Not everyone will be interviewed. Participants who are selected for an interview will be asked eight questions about *Health Rocks!*<sup>®</sup> training and other recreation program experiences. The interview will last approximately 30 minutes.

There are no known risks or discomforts associated with this evaluation project. If participants feel uncomfortable with any question in the surveys or interview, they can stop and withdraw from the participation at any time. The survey and interview are confidential. No names will be linked to the information provided.

There is no monetary compensation for answering the survey questionnaires or for being interviewed.

If you have any questions about the surveys or interview, or if you have any questions concerning this evaluation project, please don't hesitate to contact Dan Payzant by email ([dpayzant@lincoln.ne.gov](mailto:dpayzant@lincoln.ne.gov)) or phone (402-441-7954) and/or Dr. Yan Ruth Xia by email ([rxia2@unl.edu](mailto:rxia2@unl.edu)) or phone (402-554-3259).

**Thank you!**

**Principal Investigator:**

Daniel S. Payzant  
2010 Van Dorn  
Lincoln, NE 68502-3951  
Office Phone: (402) 441-795

**Co-principal Investigator:**

Yan R. Xia, Ph.D.  
Child, Youth and Family Studies  
251 MABL, University of Nebraska-Lincoln  
Office Phone: (402) 554-3259/ 472-4086