# Pre-Session Questionnaire for Participants

Core of Life is a program offered throughout Australia for young people. It focuses on the choices people make and the support services available to them with regard to Pregnancy and Birth, Infant Feeding and Early Parenting.

We’d like to ask you some questions to help us plan our session with you. This is not a test and these questions will be discussed in the sessions. All information will be treated as anonymous and confidential and will be useful in helping us plan future Core of Life sessions.

1. **Are you (Please circle):** Male Female Transgender

2. **What School or Community Organisation do you belong to?**

3. **Are you (Please circle):**
   - Aboriginal
   - Torres Strait Islander
   - Aboriginal and Torres Strait Islander
   - Other

4. **What age do you believe is best to have a baby? (Please circle one or more):**
   - Not Sure
   - Under 16
   - 16-20
   - 21-25
   - 25-30
   - 30-40
   - 40+years

5. **What are some of the common first signs of pregnancy? (Please circle all that apply):**
   - Skin changes
   - Belly increasing in size
   - Feeling sick
   - Breast changes
   - Missed or no period
   - Tiredness/Moody
   - Baby movements felt
   - Other (please describe):

6. **I know about what happens to a woman’s body during childbirth (Please circle all that apply):**
   - Woman has regular contractions
   - Cervix dilates
   - Baby’s head comes out first
   - Placenta comes out after baby
   - Other:

7. **Do you know why a baby should breastfeed? (Please circle all that apply):**
   - Promotes a loving bond
   - Protects baby from illness
   - Perfect food for baby’s growth
   - Saves money
   - Environmentally friendly
   - Health benefits for mother
   - Other:

8. **Are you able to list the best places young women and men go to get advice and support about pregnancy, childbirth and after a child is born? (Please circle):**
   - Don’t Know
   - Not Sure
   - Yes
   - If yes, please list some ideas:

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Thank you for taking the time to answer these questions so we can best plan for your session.