

## 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?**

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**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):

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**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:

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**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:

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**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.**