Foundations 1E CT Chapter 9

1. What do verbal and nonverbal communication have in common? **Select all that apply.**

a. They are ways of sharing information.

b. They involve some type of language.

c. They need to be heard to be understood.

d. They send the same message.

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Nonverbal communication includes your tone of voice and how loudly or softly you speak.

a. True

b. False

Answer: \_\_\_\_\_

3. Which of the following describes a mixed message?

a. emphasizing a positive comment with an appropriate gesture, like a thumbs-up

b. communicating with two types of nonverbal messages

c. responding to a person with verbal and nonverbal cues that show you are listening

d. telling someone that you're listening to them while you are actually looking at your phone

Answer: \_\_\_\_\_

4. How does a healthy relationship affect your physical health?

Answer:

5. Crystal assured Tom, the president of the debate club, that she fully supported his decision to move the club's meetings to before school instead of after school. However, she privately told several other club members that his decision would be a disaster. This is an example of which style of communication?

a. passive

b. aggressive

c. passive-aggressive

d. assertive

Answer: \_\_\_\_\_

6. Assertive communication involves speaking loudly and forcefully and telling people what to do.

a. True

b. False

Answer: \_\_\_\_\_

7. The last part of an effective *I* message offers a(n)

a. urgent demand or requirement

b. alternative or compromise

c. ultimatum

d. subtle apology

Answer: \_\_\_\_\_

8. What is the best example of how to use an *I* message?

a. "When you don't text me back, I feel worried that you don't want to be friends anymore, and I want you to tell me why you ignore me like that all the time."

b. "You're always interrupting me, which makes me mad because it's rude. I would really like it if you would stop doing that so you can hear what I'm saying."

c. "I don't want you to look at your phone when we're talking because it makes me feel left out. I want you to look at me instead."

d. "I feel hurt when you roll your eyes at me while we're talking because it seems like you think what I'm saying is stupid. I want to feel like you respect my point of view, even if you don't agree."

Answer: \_\_\_\_\_

9. Which is a good way to make sure that your text message or social media post is NOT misinterpreted? **Select all that apply.**

a. Use a joking tone in all your texts and posts.

b. Use emojis to get your meaning across.

c. Write as clearly as you can.

d. Think carefully about how the message will be perceived.

Answers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10. Jackson lives with a married couple on a temporary basis. This kind of family is a(n)

a. adoptive family

b. blended family

c. extended family

d. foster family

Answer: \_\_\_\_\_

11. Anne and Steve are married and have no children. What is the term for this kind of family?

a. childless family

b. blended family

c. nuclear family

d. child-free family

Answer: \_\_\_\_\_

12. Explain three benefits of having a healthy relationship with your parent or guardian or a significant adult in your life.

Answer:

13. What is one benefit of your guardian making a rule that you can't bring your phone to the dinner table?

a. You feel that your guardian is supporting you.

b. You don't have to make up your own rules.

c. Your friends know you have more important things to do.

d. You can relax knowing what is expected of you.

Answer: \_\_\_\_\_

14. Which of the following tends to make for a closer relationship between siblings?

a. separation in ages

b. enjoying different activities

c. personal rivalry

d. shared family history

Answer: \_\_\_\_\_

15. List two situations that cause changes in families.

Answer:

16. Rayna and Louise sometimes talk about movies after their geometry class, but they don't have any mutual friends, and they rarely see each other outside of school. What kind of friends are they?

a. acquaintances

b. casual friends

c. best friends

d. virtual friends

Answer: \_\_\_\_\_

17. You have a friend whom you see when you play beach volleyball with a regular group, but you don't get together with this person on your own. What kind of friend is this?

a. acquaintance

b. best friend

c. casual friend

d. virtual friend

Answer: \_\_\_\_\_

18. What is an example of a close friendship?

a. You share some information, but not your most personal feelings.

b. You let go of the friendship if your friend gets angry with you.

c. Your friend tells you when something you're doing isn't right.

d. You don't need to apologize, because your friend understands you.

Answer: \_\_\_\_\_

19. What are four qualities that a close friend needs to have?

Answer:

20. In a post on TikTok, Lily and her new friend Brianna talk about a party they went to last night. Ava, who is Lily's best friend, sees the video. She didn't know about the party and wasn't invited. Predict what Ava's first reaction is likely to be.

a. jealousy

b. relief

c. excitement

d. curiosity

Answer: \_\_\_\_\_

21. Drama in a friendship is most often caused by

a. missed connections

b. hurtful comments

c. sharing secrets

d. spreading false rumors

Answer: \_\_\_\_\_

22. Best friends work out their issues by

a. posting the source of their differences online

b. calling or having a face-to-face conversation

c. exchanging texts

d. downplaying the problem to avoid confrontation

Answer: \_\_\_\_\_

23. List three healthy ways to express love in a friendship.

Answer:

24. Donnie only likes movies that have a lot of action in them. His girlfriend Caitlyn doesn't say that she would rather watch romantic comedies because she knows he doesn't like them. Which characteristic of a healthy relationship is missing in Donnie and Caitlyn's relationship?

a. liking each other

b. keeping your individuality

c. being attracted to each other

d. feeling safe with each other

Answer: \_\_\_\_\_

25. What are three advantages to choosing abstinence?

Answer:

26. The most effective way to refuse an offer to be sexually active is to

a. express your refusal in strong words

b. use nonverbal communication to express your refusal

c. rely on mutual understanding

d. use both verbal and nonverbal communication

Answer: \_\_\_\_\_