Foundations 1E UT Chapter 4

1. To get back at his former friend Ricardo, Hunter lies to his girlfriend and claims that Ricardo has been cheating on her with a girl from another high school. Ricardo is devastated when, as a result, she breaks up with him. Which of the following does this demonstrate about emotional violence?

a. It can cause psychological and emotional injuries.

b. It always starts with an argument.

c. It is easy for others to see.

d. It does no lasting damage to its victim.

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

2. Trevor increasingly has feelings of isolation and rejection by his peers. This is an example of \_\_\_\_\_\_\_\_\_\_ influence on violent behavior.

a. family

b. community

c. social

d. personal

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

3. For a victim of violent behavior such as child abuse, the most serious consequences are always physical.

a. True

b. False

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

4. Raul tries to be assertive in expressing his opinions. Which characterizes his approach?

a. He values his opinions as more enlightened and more important than others' opinions.

b. He presents his opinions in a firm but respectful way.

c. He waters down his opinions in order to avoid conflict at all costs.

d. He becomes irritated when someone challenges one of his opinions.

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

5. As president of the Great Books Club, Stephanie banned a member who had written a Facebook post criticizing the club's choice of literature. Karim, the club's vice-president, argued that the member was only exercising his free-speech rights and should be reinstated. This conflict mainly involves

a. values

b. relationships

c. interests

d. resources

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

6. For the annual high school picnic, one faction wants food from a local barbecue restaurant while another insists on a vegetarian menu. In the end, barbecue was served at one table and vegetarian fare at another. Which style of managing conflict is described in this scenario?

a. competing

b. collaborating

c. compromising

d. accommodating

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

7. Which of the following is an example of cyberbullying?

a. Elizabeth passes Silvia in the hallway and threatens to "get her" after school.

b. Brendan asks to see Finn's cell phone and then throws it over a high fence with a locked gate.

c. Gabriela posts on Instagram a private photo of Sandra.

d. Jadon gets shoved hard against his locker by a new student.

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

8. It is never okay to have a physical confrontation with a bully.

a. True

b. False

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

9. The number one cause of death or serious injury related to hazing involves

a. being deprived of food

b. binge drinking

c. taking pills

d. car crashes from speeding

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

10. The presence of a firearm at home, at school, or in public increases the risk of which of the following? **Select all that apply.**

a. suicide

b. home invasion

c. accidental shooting

d. homicide

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

11. Sometimes joining a neighborhood gang is the best way to get protection from gang violence.

a. True

b. False

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

12. A former friend who is a gang member has been pressuring Montrose to join the gang. Which is the best refusal strategy for Montrose to use?

a. Tell the friend that he might join in order to stall for time.

b. Tell the friend clearly face to face that the answer is no.

c. Warn the friend that he will tell the authorities.

d. Send the friend a text asking him to leave Montrose alone.

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

13. Which is NOT a risk factor for child abuse and neglect?

a. lack of parenting skills

b. teen pregnancy

c. marital problems

d. marriage counseling

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

14. In the following scenarios, which high school student shows signs of neglect?

a. Earlene wears long sleeves to cover up burn marks and bruises on her arms.

b. Rudy comes to school each day with greasy hair and body odor and recently has lost weight noticeably.

c. Tanner seems anxious in class, nervously tapping his fingers, and declines to mix with his friends after school.

d. Amina makes sexually charged remarks that are uncharacteristic of her and jumps away when touched.

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

15. How does teenage drinking affect decision making?

a. It reduces inhibitions and increases reckless behavior.

b. It reduces the sex drive and hampers the ability to have sex.

c. It reduces tensions and decreases the likelihood of getting into fights.

d. It increases the ability to make good decisions by relaxing the mind.

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

16. Oliver drinks at least two beers every day over lunch break at school. Which is the most likely result of this behavior?

a. He will be too sick to attend his afternoon classes.

b. He will concentrate harder in class to make up for his drinking.

c. He will miss assignments, and his grades will decline.

d. He will be more vocal in class and engage in debates.

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

17. "Zero tolerance" laws make it illegal for teens to drive with any amount of alcohol in their system.

a. True

b. False

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

18. At a party, Stephanie's friends ignore her because she does not want to have alcohol. As a result, Stephanie likely feels pressure to

a. leave the party

b. make new friends at the party

c. hold a drink in her hand and pretend to drink

d. give in and drink with her friends

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

19. Clarissa has always avoided alcohol as part of her personal values. At a party, she has firmly refused to drink in spite of her friends' teasing. How do you think Clarissa feels the next day?

a. She feels conflicted about not going along with her friends.

b. She feels proud of herself for sticking to her values.

c. She feels confused about what to do at the next party.

d. She feels like she needs to reexamine her values in order to fit in.

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

20. Which is the best refusal strategy to avoid drinking?

a. Plan ahead of time how you will say no.

b. Say that you will have a drink later.

c. Say that anyone who drinks alcohol is a foolish person.

d. Give the first excuse that comes to mind.

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

21. Alcohol use disorder is a medical condition that is nearly always caused by genetics.

a. True

b. False

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

22. Which is NOT a typical reason why a teen might develop an alcohol use disorder?

a. having a parent, guardian, or close family member who drinks

b. experiencing stress or anxiety at school

c. being forbidden to drink at home

d. being pressured by friends to drink in order to fit in with the group

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

23. A student assistance program for alcohol use disorders can provide

a. referrals to community services

b. residential treatment for students

c. outpatient services for alcohol abuse

d. funds for psychological treatment

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

24. The feelings of excitement and relaxation associated with tobacco use is due to which of the following?

a. the taste of menthol

b. the release of dopamine

c. the addictive properties of nicotine

d. the tar, lead, ammonia, and methanol found in tobacco smoke

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

25. Which of the following is a short-term health effect of using tobacco products?

a. reduced lung development and capacity

b. reduced life expectancy

c. increased risk of lung diseases like COPD and emphysema

d. increased hoarseness and coughing

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

26. Luisa used to vape, but now she smokes cigarettes every day. What is the most likely reason for this change?

a. Smoking cigarettes is less expensive.

b. Smoking cigarettes is safer than vaping.

c. Recharging e-cigarettes takes too much time.

d. Luisa has developed a nicotine habit from vaping.

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

27. Teens who vape tend to start by the eighth or ninth grade.

a. True

b. False

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

28. Robin's high school has instituted a policy that bans smoking or vaping on school property. This policy will be most effective if it

a. allows visitors to smoke or vape at athletic events

b. includes all visiting adults in the ban

c. allows use of tobacco products outdoors but not indoors

d. creates special designated areas for smoking or vaping

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

29. Raphael smoked cigarettes for more than a year, but now he has been tobacco-free for three months. Which of the following would NOT help Raphael in his efforts to stay tobacco-free?

a. celebrating times when he refused to give in to tobacco cravings

b. avoiding people, places, or situations where he used to use tobacco

c. allowing himself an occasional cigarette as a reward for his efforts

d. writing down his reasons for quitting tobacco as a reminder

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

30. Danielle quit smoking and returned to her workout schedule as a sprinter on the track team. Which benefit of being tobacco-free would affect Danielle the most?

a. a boost in energy

b. more spending money

c. more hours of sleep

d. healthier skin and nails

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

31. Over-the-counter drugs and prescription drugs can only be purchased at a pharmacy.

a. True

b. False

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

32. The purpose of a drug facts label is to do which of the following? **Select all that apply.**

a. displays the price of the drug

b. explains how to use the drug safely

c. describes common misuses of the drug

d. tells what the drug is used for

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

33. Which of the following is NOT characteristic of an illicit drug?

a. It has little or no medical application.

b. It is dangerous to use.

c. Its potency is carefully controlled.

d. It is illegal to possess.

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

34. Which is the strongest warning sign that Cyrus might be using illicit drugs?

a. He has been more secretive than usual.

b. He is spending lots of time online.

c. He is seeking an after-school job.

d. He is sleeping more than usual.

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

35. Melissa's aunt tells Melissa that her oxycodone pills have been a lifesaver after she injured her back in a car accident. This leads Melissa to try oxycodone with a friend. What was the main factor that influenced Melissa's drug use?

a. media influence

b. life influence

c. family influence

d. peer influence

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

36. Pop-up ads on your phone or computer are a personalized attempt to get you to buy a product.

a. True

b. False

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

37. Winston began taking meth at his cousin's house six months ago. Which of the following is an indication that Winston has a substance use disorder? **Select all that apply.**

a. Winston broke up with his girlfriend after an argument over his meth habit.

b. Winston wrote a research paper on how meth addiction has exploded in the United States.

c. Winston needs to smoke meth more often to get the same satisfying high.

d. Winston has cravings for meth during his high school classes.

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

38. Which of the following is a barrier to being drug-free?

a. friends who are candid about personal problems

b. concerns about funding for drug treatment

c. plans for the future

d. willingness to explore possible solutions

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