



# Prevention Frontiers, Inc.

## Test

Define the following questions  
Circle the correct answer

Name \_\_\_\_\_  
Class \_\_\_\_\_  
Grade # \_\_\_\_\_  
Date: \_\_\_\_\_  
Teacher: \_\_\_\_\_

- # 1. Prevention is defined as?  
A. Telling someone what to do.  
B. To always do what we are told.  
C. To stop or keep something from happening.  
D. Believing everything we are told is true.
- # 2. What is stress?  
A. Deep relaxation and meditation techniques.  
B. Breathing in deeply and exhaling.  
C. Getting enough sleep and eating right.  
D. A non-specific response of the body to demands upon it.
- # 3. A coalition is?  
A. People who tell others what to do.  
B. A group formed for a specific purpose.  
C. A group of people who don't have common goals.  
D. A large amount of fossil fuel.
- # 4. What is a peer group?  
A. People of similar age, status, values.  
B. A group of people who see the same things.  
C. People who are more different than alike.  
D. Large groups of logs driven into dirt or sand.
- # 5. Leaders are defined as?  
A. People who tell you what to do.  
B. Someone who is mean and pushy.  
C. A person who tells you to do something that is wrong.  
D. A person who guides, directs, or commands.
- # 6. What best describes the word drugs?  
A. Harmless chemicals.  
B. Substances used in medicine that can be habit forming.  
C. Are food products like milk & bread.  
D. Are substances that can make you older.
- # 7. What are Drugs legally used for?  
A. To remedy or treat specific illnesses.  
B. To look cool and impress other people.  
C. To avoid dealing with problems.  
D. To escape from reality.
- # 8. Which one of these is considered a drug?  
A. Marijuana.  
B. Alcohol.  
C. Tobacco.  
D. All of the above.
- # 9. What is Alcohol?  
A. It is like apple cider.  
B. A clear harmless liquid.  
C. An energy sport drink.  
D. A toxic chemical drug.

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- # 10. Why do some adults use alcohol?
- A. To be smarter, stronger & better looking.
  - B. Because all adults use it.
  - C. It's legal at age 21, and they choose too.
  - D. Because it makes their problems go away!
- # 11. How Does alcohol effect people?
- A. Makes them think better.
  - B. Depresses central nervous system.
  - C. Makes all problems go away.
  - D. Makes them stronger & more healthy.
- # 12. What kind of problems can alcohol use create?
- A. Physical problems.
  - B. Personal problems.
  - C. Legal problems.
  - D. Medical problems.
  - E. All of the above.
- # 13. On average how many years less will you live if you continually abuse alcohol?
- A. 1-3 years.
  - B. 5-7 years.
  - C. 10-12 years.
  - D. 15-20 years.
- # 14. How many Americans die each year from using alcohol?
- A. 500
  - B. 10,000
  - C. 50,000
  - D. 85,000
- # 15. What is nicotine?
- A. A poisonous substance found in tobacco.
  - B. A breath freshner used in gum.
  - C. A harmless bug killing chemical.
  - D. A brown tar used as glue.
- # 16. Why do some adults use tobacco?
- A. Because it increases will-power.
  - B. Because their friends use it.
  - C. Because they are tough, glamorous and intelligent.
  - D. Because they are over 18 years old and addicted.
- # 17. How does tobacco affect people?
- A. It whitens their teeth.
  - B. It gives them strength and stamina.
  - C. An addiction to nicotene and may cause cancer
  - D. It gives them healthy skin and strong heart & lungs.
- # 18. What kind of problems can tobacco use create?
- A. Physical problems
  - B. Personal problems
  - C. Medical problems.
  - D. All the above

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- # 19. A two pack a day 30 year old smoker can expect to live how many years less than a non-smoker?
- A. 8.1 years.
  - B. 3.5 years.
  - C. 1.8 years.
  - D. 5 years.
- # 20. (Estimated) how many Americans die each year from diseases caused by smoking?
- A. 418,690
  - B. 250,000
  - C. 375,000.
  - D. 1/2 million
- # 21. Out of ten people who experiment with nicotine how many become addicted?
- A. 9
  - B. 6
  - C. 3
  - D. 1
  - E. All of the above
- # 22. Define the word addiction?
- A. Cannot seem to voluntarily stop doing a particular behavior.
  - B. Repetition of habit to excess.
  - C. Body depends on something abnormal to avoid withdrawal symptoms.
  - D. All of the above.
- # 23. What is a refusal skill?
- A. An educated ability to say no.
  - B. Giving in to peer pressure to relieve tension.
  - C. A value based principle centered character education.
  - D. A and C
- # 24. What is a goal?
- A. Running away from challenges.
  - B. Having no integrity, desire or ambition.
  - C. A plan to achieve a desired result.
  - D. A and B
- # 25. Which are examples of withdrawal symptoms?
- A. Cravings, restlessness, anxiety.
  - B. Irritability, shaking and trembling.
  - C. Cold sweats, hallucinations, convulsions.
  - D. All of the above.

**Extra Credit:**

- #26. What are the three R's in Prevention?
- A. Repeat, Relax and Respond.
  - B. Reading, writing and arithmetic.
  - C. Remember, Resolve & Respect.
  - D. Recognize, Reverse and Refuse.

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