

## 6th Grade Assessment

1. During adolescence, we all change at the same time.

- True
- False

2. What does PTA stand for?

- Play, Talk, Advocate
- Pause, Talk, Alert
- Pause, Think, Act
- None of the above

3. When you call 911, you should follow these steps:

- Identify your name and address, and hang up to address the emergency.
- Identify your name, location, emergency, who needs help, and remain on the line until help arrives.
- Hang up and wait until they call you back.

4. Neurons of the brain talk to each other using:

- Neurotransmitters
- Sugar
- Blood

5. What is one of the main roles of hormones in the body?

- To help digest food
- To store and distribute oxygen in the blood
- To regulate mood and bodily functions
- To control the immune system

6. The misuse of over-the-counter medications can be just as harmful as illegal substances:

- True
- False

7. The naturally occurring chemical in our brain that substances mimic is called:

- Hormones
- Dopamine
- Substance Use Disorder

8. Substance Use Disorder is:

- A treatable mental disorder
- A non-treatable mental disorder

9. Peer pressure is always negative:

- True
- False

10. Fentanyl is

- An over-the-counter medication
- A potent synthetic opioid drug
- A hormone developed in adolescence

11. How can emotions like stress or anxiety affect the body physically?

- They can cause increased heart rate and upset stomach
- They can help our body fight infection
- They have no physical effect on the body
- They improve our concentration

12. What is a "personal mantra," and how can it help when facing peer pressure?

- A medication that helps reduce stress
- A phrase you say to yourself to guide your decision-making
- A type of therapy for managing emotions
- A tool for improving physical health