

## 7th Grade Assessment

1. Internal/external stress is always negative:

- True
- False

2. When a person tries to stop using substances, they may experience negative emotions, illness/flu-like symptoms, and depression. This is called:

- Protective factors
- Withdrawal
- Tolerance

3. Only the labels on prescription medications need to be followed closely:

- True
- False

4. If/When someone close to me is dealing with big emotions and stress, I should:

- Ignore it
- Talk to a counselor immediately
- Use active listening skills and/or offer to go for a walk with them

5. Within the endocrine system, there are chemical messengers that carry information to the body's cells. These are called:

- Hormones
- Affirmations
- Impulse controllers

6. Hormones impact our growth, development, metabolism, and reproduction

- True
- False

7. Getting taller, developing body and facial hair, and muscle development are examples of:

- Visible changes
- Invisible changes

8. This system is responsible for receiving, processing, and responding to sensory information:

- Circulatory system
- Central Nervous System
- Cardiovascular system

9. Introducing \_\_\_\_\_ to a developing brain and body can significantly harm and change development.

- Neurotransmitters
- Hormones
- Substances

10. What is the ability to cope with and recover from setbacks?

- Resilience
- Affirmations
- Mantra

11. What is a common invisible change that adolescents experience?

- Growth of facial hair
- Emotional changes
- Increased height
- Development of new physical skills

12. Which type of stress is related to thoughts and feelings inside a External stress

- Positive stress
- Internal stress
- Hormonal stress