

## 8th Grade Assessment

1. What does the "Pause-Think-Act" (PTA) strategy help us with?

- Managing stress through social media
- Making impulsive decisions in the heat of the moment
- Making healthy, thoughtful decisions by considering the consequences
- Ignoring triggers that cause stress

2. What part of the brain is responsible for impulse control and decision-making, and is still developing during adolescence?

- Cerebellum
- Occipital lobe
- Prefrontal cortex
- Parietal lobe

3. Which of the following is an example of a risky coping strategy for dealing with stress?

- Talking to a trusted friend or adult
- Exercise or physical activity
- Self-medicating with substances
- Practicing mindfulness or meditation

4. Which of the following is a protective factor for avoiding substance use disorder?

- Experimenting with substances to cope with stress
- Having a strong support system from family and friends
- Ignoring the effects of social media on mental health
- Having unrestricted access to social media without setting limits

5. What is the primary risk associated with buying medication or substances through social media?

- The convenience of delivery
- The possibility of receiving dangerous substances, like fentanyl
- The lack of prescription requirements
- The ease of anonymity in transactions

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

- True
- False

7. 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.

8. The naturally occurring chemical that is produced by our brain's "reward system" is called

- Hormones
- Dopamine
- Aspirin
- triggers

9. When a person uses a drug repeatedly, it can change the way the brain works and communicates with all of our other body systems.

- True
- False

10. If a person begins to use substances at a young age, it will NOT increase their chances that they will develop a substance use disorder.

- True
- False