

# The Great Body Shop

Date: \_\_\_\_\_

Name/Code: \_\_\_\_\_

***Please use the answer that seems best to you. If no answer seems right, leave it blank.***

<b>1.</b>	How much do you agree or disagree with the following statement: <b><i>Saying "No!" to drugs is the healthiest choice to make."</i></b>	
	<input type="checkbox"/> I really agree <input type="checkbox"/> I sort of agree <input type="checkbox"/> I sort of disagree <input type="checkbox"/> I really disagree	
<b>2.</b>	<b>Stimulant drugs such as caffeine...</b>	
	<input type="checkbox"/> slow the body down <input type="checkbox"/> speed up the heart <input type="checkbox"/> make you sleepy <input type="checkbox"/> are also called depressants	
<b>3.</b>	<b>If another child tries to pick a fight with you, it is best to...</b>	
	<input type="checkbox"/> walk away or try to talk to the person about the problem <input type="checkbox"/> hit them before they hit you	
	<input type="checkbox"/> hit them, but only if they hit you first <input type="checkbox"/> get some of your friends to help you beat them up	
<b>4.</b>	<b>Which question is NOT a step to resolve conflicts?</b>	
	<input type="checkbox"/> Ask yourself "What is the conflict?" <input type="checkbox"/> Ask yourself "What do I want? What do you want?"	
	<input type="checkbox"/> Ask yourself "How can I win at any cost?" <input type="checkbox"/> Ask yourself "What are possible solutions?"	
<b>5.</b>	<b>What is a healthy way to deal with stress?</b>	
	<input type="checkbox"/> dieting <input type="checkbox"/> overeating <input type="checkbox"/> yelling at your friends <input type="checkbox"/> exercising	
<b>6.</b>	<b>Which is an example of positive peer pressure?</b>	
	<input type="checkbox"/> Hitting someone to impress your friends <input type="checkbox"/> Encouraging your friends to play basketball	
	<input type="checkbox"/> Teasing someone to impress your friends <input type="checkbox"/> Drinking beer with your friend	
<b>7.</b>	<b>Taking a medicine that was originally prescribed for your brother or sister is an example of drug...</b>	
	<input type="checkbox"/> misuse <input type="checkbox"/> abuse <input type="checkbox"/> tolerance <input type="checkbox"/> addiction	
<b>8.</b>	<b>What best describes a person addicted to a drug? Someone who...</b>	
	<input type="checkbox"/> craves the drug and needs it to function <input type="checkbox"/> uses a drug one time	
	<input type="checkbox"/> uses a drug given to them by a doctor <input type="checkbox"/> refuses to use drugs	
<b>9.</b>	<b>In the future, how likely is it that you will try marijuana?</b>	
	<input type="checkbox"/> very likely <input type="checkbox"/> somewhat likely <input type="checkbox"/> very unlikely <input type="checkbox"/> I will never try marijuana	
<b>10.</b>	<b>During the past week, on how many days did you exercise or play sports for at least 20-30 minutes?</b>	
	<input type="checkbox"/> 0 days <input type="checkbox"/> 1-2 days <input type="checkbox"/> 3-5 days <input type="checkbox"/> 6-7 days	
<b>11.</b>	<b>Mark likes to play sports like basketball and soccer. What are some good things that could happen to Mark from playing sports?</b>	
	<input type="checkbox"/> Mark could make new friends <input type="checkbox"/> Mark's body would be healthier	
	<input type="checkbox"/> Mark could have fun <input type="checkbox"/> All of the above are good things that could happen from playing sports	
		<b>TRUE      FALSE</b>
<b>12.</b>	Alcohol is NOT a drug.	<input type="checkbox"/> <input type="checkbox"/>
<b>13.</b>	Smoking can increase your risk for heart disease.	<input type="checkbox"/> <input type="checkbox"/>
<b>14.</b>	Emotions have little effect on your health.	<input type="checkbox"/> <input type="checkbox"/>
<b>15.</b>	Conflict resolution is a skill that can help prevent violence.	<input type="checkbox"/> <input type="checkbox"/>
<b>16.</b>	During the past week, I have handled stress in positive ways, such as exercising or talking about it with your parents?	<input type="checkbox"/> <input type="checkbox"/>

***Thank you for completing this survey!***