

## Life Skills (Elementary School)

Today's Date: \_\_\_\_\_

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

### Section 1

**Directions:** Circle the word for each statement to tell us if you think it is either true or false

1.01	Cigarette smoking can cause your skin to wrinkle.	True	False
1.02	Cigarette smoking can cause your teeth to turn yellow or brown.	True	False
1.03	Cigarette smoking causes your heart to beat faster.	True	False
1.04	Smoking cigarettes can cause mouth cancer.	True	False
1.05	People who smoke cigarettes can usually stop anytime they want.	True	False
1.06	Most teenagers smoke cigarettes.	True	False
1.07	Most adults smoke cigarettes.	True	False
1.08	It's always best to make decisions quickly.	True	False
1.09	You should always let other people influence your decisions.	True	False
1.10	Advertisements are always true.	True	False
1.11	Stress can cause you to get sick.	True	False
1.12	When you feel stressed, there is nothing you can do to stop it.	True	False
1.13	Even if someone doesn't say anything, we can tell how they are feeling by the way they move their body.	True	False
1.14	A good way to refuse to do something is to be assertive.	True	False
1.15	Beginning your sentences with the word "I" is a good way to be assertive.	True	False
1.16	"Peer pressure" means that an adult tries to get you to do something you do not want to do.	True	False
1.17	There is nothing you can do about peer pressure except go along with it	True	False
1.18	When we feel bad about ourselves, it affects how well we do in school, sports or other activities.	True	False

### Section 2

**Directions:** Circle the words to tell us if you agree with each of the statements below.

2.01	Kids who smoke cigarettes have more fun than non-smokers	Disagree	Not Sure	Agree
2.02	Kids who smoke cigarettes have more friends than non-smokers	Disagree	Not Sure	Agree
2.03	Kids who smoke cigarettes look more grown-up than non-smokers	Disagree	Not Sure	Agree
2.04	Kids who drink alcohol (beer, wine, or liquor) have more fun than non-drinkers.	Disagree	Not Sure	Agree
2.05	Kids who drink alcohol (beer, wine, or liquor) have more friends than non-drinkers.	Disagree	Not Sure	Agree
2.06	Kids who drink alcohol (beer, wine, or liquor) look more grown-up than non-drinkers.	Disagree	Not Sure	Agree
2.07	Since a lot of people smoke cigarettes, it can't be that bad for you.	Disagree	Not Sure	Agree
2.08	Since a lot of people drink alcohol, it can't be that bad for you.	Disagree	Not Sure	Agree

-Please continue on the next page-

### Section 3

**Directions:** Circle the word for each of the statement to show how often you do the following things.

3.01	When you need to make a decision, how often do you think about your choices and what will happen?	Never	Sometimes	Most of the Time
3.02	When you see or hear an ad on TV or the radio, how often do you remember that ads might not be telling the truth?	Never	Sometimes	Most of the Time
3.03	When you feel nervous or stressed out, how often do you take deep breaths to relax?	Never	Sometimes	Most of the Time
3.04	When you feel nervous or stressed out, how often do you imagine something in your head to relax?	Never	Sometimes	Most of the Time
3.05	When you want to communicate with someone better, how often do you try to say things that are clear and easy to understand?	Never	Sometimes	Most of the Time
3.06	How often do you ask questions when you don't understand something?	Never	Sometimes	Most of the Time

**Circle the word for each of the statement to show how likely you would be to do the following things.**

3.07	How likely would you be to tell someone to move if they cut ahead of you in line?	Not Likely	Somewhat Likely	Very Likely
3.08	How likely would you be to say hello to someone you don't know well?	Not Likely	Somewhat Likely	Very Likely

Thank You!