

Life Skills Elementary Survey

Today's Date: _____

Name/Code: _____

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

1	Cigarette smoking can cause your skin to wrinkle.	True	False
2	Smoking cigarettes can cause health problems soon after you start smoking.	True	False
3	Cigarette smoking can cause your teeth to turn yellow or brown.	True	False
4	Cigarette smoking causes your heart to beat faster.	True	False
5	Smoking cigarettes can cause mouth cancer.	True	False
6	People who smoke cigarettes can usually stop anytime they want.	True	False
7	Most teenagers smoke cigarettes.	True	False
8	Most adults smoke cigarettes.	True	False
9	It's always best to make decisions quickly.	True	False
10	You should always let other people influence your decisions.	True	False
11	Advertisements are always true.	True	False
12	Stress can cause you to get sick.	True	False
13	When you feel stressed, there is nothing you can do to stop it.	True	False
14	Even if someone doesn't say anything, we can tell how they are feeling by the way they move their body.	True	False
15	A good way to refuse to do something is to be assertive.	True	False
16	Beginning your sentences with the word "I" is a good way to be assertive.	True	False
17	"Peer pressure" means that an adult tries to get you to do something you do not want to do.	True	False
18	There is nothing you can do about peer pressure except go along with it	True	False
19	When we feel bad about ourselves, it affects how well we do in school, sports or other activities.	True	False