

Project ALERT Knowledge Assessment Tool

A test bank of assessment items in True/False, Multiple Choice, and Short Answer formats is provided for each of the Project ALERT Core (Lessons 1-11) and Booster Lessons (Lessons 1-3). You can choose from these items to create lesson-based assessments, a Project ALERT unit test, and/or for part of a course exam that may include assessment of the students' success using the Project ALERT curriculum.

Some of the individual lessons may contain a greater number of test questions than others. This variation in number is dictated by the thrust of each lesson: some lessons are more information-based or skill-based, while others are more of a review.

These assessment items can provide an objective means for you to assign a grade to students for their Project ALERT participation. They can also serve as a means to measure:

- 1) an increase in knowledge about the effects of drugs,
- 2) an understanding of the consequences of using drugs,
- 3) risk reducing attitudes towards substance use and abuse, and
- 4) skills development for individual students or the entire class.

You may also want to assess other areas of students' Project ALERT participation separate from, or in conjunction with, the objective assessment items provided. Some of these areas could include classroom participation, group norms being followed, small group work, and homework completion.

Two sample assessment rubrics that could be applied to these and other areas of possible assessment are provided. You will need to determine the weighting of these items, if used, along with the more objective assessments from the Test Bank to determine a value for each and the assigning of a letter grade for the Project ALERT course.

Assessment Option for Classroom Participation Areas and Sample Scoring Rubric

In addition to the Test Bank items, you may also want to consider assigning a portion of the Project ALERT assessment/grade for classroom participation factors. These might include following Project ALERT classroom Ground Rules, effective group work, and participation in role plays/skits.

Sample Classroom Participation Rubric

Classroom Participation Rubric Qualities	Score
<ul style="list-style-type: none"> • Complete compliance with Project ALERT classroom Ground Rules • Completely appropriate and helpful classroom participation • Effective and helpful group participation 	4
<ul style="list-style-type: none"> • General compliance with Project ALERT classroom Ground Rules • Generally appropriate and helpful classroom participation • Generally effective and helpful group participation 	3
<ul style="list-style-type: none"> • Some compliance with Project ALERT classroom Ground Rules • Some appropriate and helpful classroom participation • Some effective and helpful group participation 	2
<ul style="list-style-type: none"> • Little compliance with Project ALERT classroom Ground Rules • Little appropriate and helpful classroom participation • Little effective and helpful group participation 	1

Adapt this sample rubric for your needs. Scoring could be used as a basis for some portion of an assigned Project ALERT course assessment.

Assessment Option for Homework Completion and Sample Scoring Rubric

Project ALERT contains homework in the following lessons: Core Curriculum Lessons 1, 3, 4, 5, 6, 7, 8, 9 and Booster Curriculum Lessons 1, 2. You may also want to consider assigning a portion of the Project ALERT assessment/grade for completion of homework.

Sample Homework Completion Rubric

Homework Rubric Qualities	Score
• Completion of all homework assignments	4
• Completion of most homework assignments	3
• Completion of some homework assignments	2
• Completion of few or no homework assignments	1

Adapt this sample rubric for your needs. Scoring could be used as a basis for some portion of an assigned Project ALERT course assessment.

Core Lesson 1

I. True - False items

1. Cigarettes keep you thin.
2. Cigarettes help you think clearly.
3. Quitting smoking is not easy.
4. Marijuana makes you creative.
5. Using alcohol can cause dependence and addiction.
6. Marijuana damages your lungs.
7. Advertisers are good at making us believe things about their products that are not true.
8. Most smokers want to quit.
9. Marijuana is safe because it is all natural.

II. Multiple choice items

1. Which is TRUE about cigarette smoking?
 - A. It makes you think clearly.
 - B. It helps you control your weight.
 - C. It calms you down.
 - D. It is hard to stop smoking.
2. Which is TRUE about using marijuana?
 - A. It increases creativity.
 - B. It can be addicting.
 - C. It takes away anxiety and anger.
 - D. It does not affect driving ability.
3. Smoking cigarettes
 - A. stimulates the nervous system.
 - B. makes it easier to sleep.
 - C. slows the heart beat.
 - D. helps you concentrate.
4. Smoking cigarettes
 - A. causes yellow teeth.
 - B. makes you smell bad.
 - C. harms others who do not smoke.
 - D. all of the above.
5. The main reason some teenagers continue to smoke cigarettes once they start is
 - A. they think it makes them look cool.
 - B. they are addicted.

- C. they like the way their breath and clothing smell.
- D. it impresses their parents.

III. Short answer items

1. List three things that make smokers unattractive to others.
2. List three ways you can get into trouble by using marijuana.
3. List three harmful things that can happen to a middle school student who smokes other than physical things, such as illness.
4. Explain why marijuana can harm you even though it is “natural.”
5. List three risks to the mouth associated with using smokeless tobacco.
6. What are some good responses if someone offers you marijuana?

Core Lesson 2

I. True - False items

1. Most people become addicted to cigarettes the first time they smoke.
2. All forms of smokeless tobacco are addictive.
3. Smokeless tobacco products are a safe alternative to cigarettes.
4. Smoking cigarettes makes the heart beat faster.
5. Using smokeless tobacco makes the heart beat faster.
6. People do not become dependent upon marijuana.
7. Marijuana can affect the reproductive system by delaying puberty.

II. Multiple choice items

1. Which of the following can happen if you smoke for a while but not a really long time?
 - A. addiction
 - B. lung cancer
 - C. chronic bronchitis
 - D. heart disease
2. What is likely to happen the first time you smoke cigarettes?
 - A. cancer
 - B. emphysema
 - C. bad breath
 - D. addiction
3. What chemical in tobacco smoke can cause both the smoker and people around him or her to become dizzy by robbing the body of oxygen?
 - A. tar
 - B. carbon monoxide
 - C. carbon dioxide
 - D. nicotine

4. Smokeless tobacco users may experience high rates of
 - A. tooth enamel discoloration.
 - B. loss of the senses of smell and taste.
 - C. receding gums.
 - D. all of the above.
5. Using marijuana a single time may cause
 - A. increased ability to concentrate.
 - B. loss of short-term memory.
 - C. damage to reproductive health.
 - D. all of the above.

III. Short answer items

1. Smokeless tobacco users may experience high rates of cancer of what parts of the body?
2. In the video titled "Pot: The Party Crasher," how could Colleen have avoided the situation with the marijuana use at her home?
3. What did some of the other kids do that was healthy when marijuana was brought out?
4. What is addiction?
5. How can you tell if someone is addicted to cigarettes?
6. What are some signs that a teenager could be dependent on alcohol?

Core Lesson 3

(Items marked with an asterisk [*] are taken from the homework in Core Lesson 2.)

I. True - False

1. *You can die from drinking too much at one time.
2. *Only time can make a drunk person sober.
3. *The more a teenager drinks over time, the more likely it is that he or she will become an alcoholic.
4. People sometimes do stupid things when they drink alcohol.
5. Alcohol helps you deal with uncomfortable feelings.
6. Getting drunk just one time can't hurt you.
7. There is more alcohol in a shot of liquor than in a can of beer.
8. If a parent is an alcoholic, the child might become one too.
9. There is little danger to an unborn baby if the mother drinks alcohol.

II. Multiple Choice

1. *Which of the following is a powerful depressant?
 - A. alcohol
 - B. tar
 - C. marijuana
 - D. nicotine

2. *The only cure for drunkenness is
 - A. strong coffee.
 - B. time.
 - C. a large meal.
 - D. a cold shower.
3. *The first thing that happens when a person drinks alcohol is
 - A. increased ability to concentrate.
 - B. loss of coordination.
 - C. loss of judgment.
 - D. increased sense of humor.
4. The leading cause of death among teenagers is
 - A. car crashes.
 - B. AIDS.
 - C. cigarette smoking.
 - D. homicide.
5. What percent of drinkers become alcoholics?
 - A. 10
 - B. 25
 - C. 50
 - D. 95
6. Drinking alcohol is related to
 - A. unwanted sex.
 - B. violence.
 - C. car crashes
 - D. all of the above.

III. Short Answer

1. What are some of the reasons that people drink alcohol?
2. What are some of the reasons that people use marijuana?
3. What feelings might make young people drink alcohol?
4. What are some of the things that can happen to you each time you drink alcohol?
5. If you drink alcohol to help you deal with an unpleasant feeling, what happens when the alcohol wears off?
6. What are a few things you could do with your time instead of drinking?

Core Lesson 4

I. True - False

1. Most seventh graders use marijuana.
2. Most seventh graders do not smoke cigarettes.

3. Being around a smoker increases a nonsmoker's risk of heart disease and lung cancer.
4. You can't get addicted to smokeless tobacco.
5. If a smoker stops smoking, his or her risk of getting lung cancer decreases after a while.

II. Multiple Choice

1. About what percentage of seventh graders smoked cigarettes in the last month?
 - A. 10
 - B. 25
 - C. 50
 - D. 75
2. Advertisements for cigarette companies often try to fool us by making smokers look
 - A. popular.
 - B. sexy.
 - C. tough, macho.
 - D. all of the above.
3. The first time you smoke cigarettes
 - A. your lungs may be cleaned by the chemicals in the smoke.
 - B. your heart beats faster and has to work harder.
 - C. your skin becomes wrinkled and yellow.
 - D. you will join the majority of young people who smoke.

III. Short Answer

1. Where do pressures to use drugs come from?
2. Why do students often overestimate the number of teens who use drugs?
3. Why do alcohol and tobacco companies spend so much money advertising their products?
4. What are three reasons that teenagers start smoking?

Core Lesson 5

I. Short Answer

1. Lindsey used some good solutions to resist the pressure to smoke cigarettes. Can you think of any other responses Lindsey could have used to resist the pressure?
2. What could Lindsey have done to avoid the situation with Eric before it occurred?

Core Lesson 6

I. Short Answer

1. How do we put pressures on ourselves to use drugs?
2. What other pressures do teenagers feel besides the pressures to smoke, drink and use
3. other drugs?
4. If a friend is feeling pressure to smoke, drink or use other drugs, how could you help
5. him or her?

Core Lesson 7

I. Short Answer

1. In the video titled Pot or Not?, what are some good reasons for Tom not to use marijuana?
2. When Tom passed the joint to Jeff, what kind of pressure was Jeff feeling?
3. Did Jeff help Tom to make a decision about smoking the joint? If so, how?
4. If Tom had smoked the joint, would Jeff had felt any different? If so, how do you think he would have felt?
5. When the joint was offered, what did some of the other kids do that was a healthy response?
6. Did the actions of Tom and Jeff have any influence on Carl? If so, how did they affect him?
7. What are some of the risks of getting stoned just once?
8. What are some signs of being dependent on marijuana?

Core Lesson 8

(Items marked with an asterisk [*] are taken from the homework in Core Lesson 7.)

I. True - False

1. *Marijuana is a natural plant.
2. *It is as dangerous to drive a car when stoned on marijuana as it is to drive after you have been drinking.
3. Toxic chemicals enter the bloodstream very quickly through the lungs.
4. It takes a long time for inhaled toxic chemicals to reach the brain, heart, and liver.
5. Experiencing a sudden fright while inhaling toxic chemicals can cause the heart to stop.
6. Something you can't see could still be poisonous.

II. Multiple Choice

- *The chemical in marijuana that makes users get high is
 - nicotine.
 - ecstasy.
 - THC.
 - none of the above.
- *Which is FALSE about marijuana?
 - It slows your reaction time.
 - It interferes with coordination.
 - It makes you more creative.
 - It makes it hard to concentrate.
- *Using marijuana for a long time can cause
 - changes in the reproductive system.
 - lung damage.
 - dependence.
 - all of the above.
- Fumes from toxic chemicals that are inhaled
 - get exhaled quickly
 - damage brain cells
 - are all natural
 - none of the above

III. Short Answer

- How do inhaled chemical fumes cause body pollution?
- Why is oxygen so important to the body?
- What are some things we can do to protect ourselves from chemical fumes when we are using products that contain them?
- What would you tell a younger sibling to do or say if they are approached to inhale fumes?

Core Lesson 9

I. Short Answer

- Where do pressures to use drugs come from?
- What are some situations in which you feel pressure from inside yourself?
- What are some benefits from not using tobacco?
- What are some benefits from not drinking alcohol?
- What benefits from not using tobacco are also benefits from not using alcohol?
- What are some signs that a person is an alcoholic?

Core Lesson 10

(Items marked with an asterisk [*] are from the homework in Core Lesson 9.)

I. True - False

1. *You can always tell if a drug is pure.
2. *A single dose of crack cocaine can cause a heart attack.
3. *Most teenagers do not use drugs.
4. *Taking LSD or shrooms can alter the brain chemistry, causing hallucinations.
5. *Hallucinogens are dangerous because they distort reality.
6. *Roofies are tasteless and odorless and mix easily with carbonated beverages (sodas).
7. Smoking is a good way to stay thin.
8. Cigarettes help relieve stress.

II. Multiple Choice

1. *Mixing a drug with another drug is called
 - A. snorting.
 - B. cracking.
 - C. huffing.
 - D. lacing.
2. *Using LSD can cause
 - A. unpredictable effects.
 - B. effects similar to alcohol.
 - C. dependence with one dose.
 - D. all of the above.
3. *Depressants can cause
 - A. extreme excitement.
 - B. increased interest in sex.
 - C. coma.
 - D. intense hunger.
4. *Users of this drug often become violent.
 - A. PCP
 - B. Marijuana
 - C. Ecstasy
 - D. Nicotine
5. *Hallucinogens such as LSD and shrooms may cause
 - A. increased muscle size.
 - B. feelings that you can fly.
 - C. chronic fatigue.
 - D. instant sleepiness.
6. *One of the most common risks from using Ecstasy is
 - A. loss of bladder control.
 - B. inability to feel pain.

- C. increased body temperature.
- D. violent behavior.
- 7. *Which drug has been used for body-building?
 - A. LSD
 - B. THC
 - C. GHB
 - D. PCP
- 8. *Which drug is nicknamed “the date rape drug?”
 - A. Rohypnol
 - B. LSD
 - C. Methamphetamine
 - D. Marijuana
- 9. If smokers think that having a cigarette calms them down, it is probably because
 - A. it really does.
 - B. they have had a bad day.
 - C. the smoking relieves the withdrawal symptoms.
 - D. smoking makes the heart beat slow down.
- 10. What happens to your lungs when you quit smoking?
 - A. They continue to get worse.
 - B. They become healthier.
 - C. They do not change.
 - D. They close up because they crave nicotine.
- 11. What is likely to happen if you stop smoking?
 - A. You save money.
 - B. You smell better.
 - C. You breathe better.
 - D. All of the above

III. Short Answer

1. Why is it hard to stop smoking?
2. How can a person help a friend who wants to stop smoking?
3. What are some ways to stop smoking?
4. What are some good things you get if you stop smoking?

Core Lesson 11

I. True - False

1. Alcohol can harm you anytime you drink.
2. Marijuana can harm you in the long run but not right away.
3. Smoking makes you attractive and sexy.
4. Teenagers are too young to have yellow teeth from smoking.
5. Drinking one drink raises the risk of an accident.

6. It takes at least a year or two after you start smoking to become addicted to cigarettes.
7. People cannot become addicted to marijuana.
8. The lungs are the only organs damaged by inhalants.
9. Crack can cause seizures and stroke.
10. The chemicals in marijuana stay in your body for several weeks.
11. Pregnant women should not smoke at all.

II. Multiple Choice

1. If you go to school “high” on marijuana there is a good possibility you will forget
 - A. your birth date.
 - B. your mother’s name.
 - C. your phone number.
 - D. answers to a history quiz.
2. Which is NOT a common result of using marijuana for a long time?
 - A. loss of interest in other activities
 - B. faster recovery from cancer
 - C. damage to the immune system
 - D. changes in the reproductive system
3. Using alcohol for a long time can cause
 - A. liver damage.
 - B. nerve/brain damage.
 - C. stomach damage.
 - D. all of the above.

III. Short Answer

1. What are some emotions a person may feel with a bad “high” on marijuana?
2. What are some ways that inhalants can harm you the first time?
3. What are some problems teenagers could experience right away if they use alcohol or marijuana?

Booster Lesson 1

I. True - False

1. Crack cocaine makes your body speed up.
2. It is safe to use someone else’s prescription drug if you both have the same symptoms.
3. Most teenagers use drugs.
4. Cocaine and crack are addictive drugs.

II. Multiple Choice

1. Crack is a type of

- A. cocaine.
 - B. marijuana.
 - C. amphetamine.
 - D. depressant.
2. Club drugs include
 - A. Ecstasy.
 - B. methamphetamine.
 - C. GHB.
 - D. all of the above.
 3. Which is a prescription pain killer?
 - A. ecstasy.
 - B. OxyContin.
 - C. methamphetamine.
 - D. LSD.

III. Short Answer

1. What are some problems with smoking cigarettes?
2. What are some problems with drinking alcohol?
3. What effects can smoking and drinking have on a person's ability to play sports?
4. What can happen any time you use marijuana?
5. What can happen to someone who smokes marijuana for a long time?
6. Where do pressures to use drugs come from?
7. Why do you think most teenagers don't use drugs?
8. What are some things someone might say to you to get you to use drugs?
9. If someone offers you marijuana and you don't want it, what would be a few good responses?
10. What are some things you might be thinking if you were putting pressure on yourself to use drugs?
11. What are some reasons that you should not use someone else's prescription drug?

Booster Lesson 2

(Items marked with an asterisk [*] are taken from the homework in Booster Lesson 1).

I. True – False

1. *Methamphetamine can cause death any time you use it.
2. *It is safe to take prescription stimulants like Dexedrine, Ritalin or Adderall to stay awake and study.
3. *It is dangerous to mix prescription drugs without consulting a doctor.
4. *Uppers and downers affect the way the brain works.
5. *Cocaine and methamphetamine are addictive.

II. Short Answer

1. *What is the relationship between smoking as a young person and the possibility of smoking as an adult?
2. Give an example of an internal pressure situation.
3. If you are feeling internal pressure to do something, what could you do so that you do not give in to the pressure?
4. How do you think you would feel after you resisted internal pressure?
5. *List several addictive drugs other than nicotine.
6. *What are some things a doctor considers when prescribing a drug to an individual?
7. *What are some of the effects of abuse of steroids?

Booster Lesson 3

I. Short Answer

1. If someone keeps up the pressure to use drugs even after you say “no,” what else could you do or say?
2. If your friend is being pressured to use drugs, how could you help him or her out of the situation?
3. How does it feel to be pressured to use drugs?
4. What are some of the benefits of resisting pressure?
5. What do you think your friends would think about you after you resisted pressure to use drugs?

Answers

Core Lesson 1

True - False

1. false
2. false
3. true
4. false
5. true
6. true
7. true
8. false
9. false

Multiple Choice

1. D
2. B
3. A
4. D
5. B

Sample Responses to Short Answer Items

1. - smelly clothes
- bad breath

- yellow teeth
- 2. - car accidents
 - since it's against the law, you can be arrested
 - parents find out and punish you
- 3. - trouble with the law
 - suspended from school
 - do worse in sports
- 4. - There are many "natural" substances that are poisonous or contain toxic chemicals. Like mushrooms and poison ivy, marijuana is one of these. Marijuana can affect the hormones in both males and females and can damage the immune system, making you susceptible to infections.
- 5. - cancer of the mouth
 - receding gums
 - tooth decay
- 6. - "I don't use drugs."
 - "I don't need to use drugs to have fun."
 - "No thanks, I don't need trouble with the cops."
 - "My parents would ground me for months if they found out."

Core Lesson 2

True - False

1. false
2. true
3. false
4. true
5. true
6. false
7. true

Multiple Choice

1. A
2. C
3. B
4. D
5. B

Sample Responses to Short Answer Items

1. - esophagus
 - mouth
 - liver
2. - She could have allowed only the friends she invited to come in.
 - She could have asked the person to leave when he took out the marijuana.
3. - said it was not cool
 - reminded her brother of a family problem with marijuana
 - left the scene
 - gave a reason – early practice tomorrow
4. - Addiction is when the body physically needs the drug to feel okay.
5. - strong urges to smoke

- irritable and anxious when he/she cannot get a cigarette
- trying unsuccessfully to stop smoking
- 6. - drinking every day
- drinking regularly to relieve shyness, anger, fear
- drinking in the morning
- drinking alone regularly
- needing a drink at a certain time of day
- having memory loss during or after drinking
- becoming more moody or irritable after drinking

Core Lesson 3

True - False

1. true
2. true
3. true
4. true
5. false
6. false
7. false
8. true
9. false

Multiple Choice

1. A
2. B
3. C
4. A
5. A
6. D

Sample Responses to Short Answer Items

- | | |
|---|--|
| <ol style="list-style-type: none"> 1. - friends do it - to feel cool and sophisticated - rebellion - parents drink - to escape problems or responsibility - to escape feelings like depression or loneliness - thinking it is less harmful than marijuana or other drugs | <ul style="list-style-type: none"> - the feeling of getting high - curiosity - like the taste - advertisement - easy to obtain alcohol - seems more legal than other drugs |
| <ol style="list-style-type: none"> 2. - thinking it makes uncomfortable feelings go away - thinking it makes you creative - thinking it makes problems go away | <ul style="list-style-type: none"> - it makes you high - thinking it makes you a better dancer or talker - it makes things seem funny |
| <ol style="list-style-type: none"> 3. - boredom - loneliness - shyness | <ul style="list-style-type: none"> - depression - nervousness - anger |
| <ol style="list-style-type: none"> 4. - car crashes - do something you later regret - lose control and fall down, injure yourself | <ul style="list-style-type: none"> - slurred speech - throw up - pass out |

Core Lesson 6

Sample Responses to Short Answer Items

1.
 - We put ourselves in situations where other people are using drugs.
 - We look for easy ways to end boredom.
 - We feel sorry for ourselves.
 - We want to be accepted by our peers who are doing it.

2.
 - pressure to steal
 - pressure to lie
 - pressure to cut class
 - pressure to cheat

3.
 - take him/her away from the situation
 - suggest that you play a game
 - tell him/her that he/she can resist the pressure
 - help him/her to resist the pressure

Core Lesson 7

Sample Responses to Short Answer Items

1.
 - He would feel tired at practice tomorrow.
 - It could hurt his athletic performance.
 - He could get in trouble.
 - It could harm his health.

2.
 - pressure to fit in
 - pressure to be cool
 - pressure to impress the older boys

3.
 - He didn't pressure him.
 - He supported him.
 - He left with him when he didn't feel comfortable.

4.
 - He may have felt more pressure.
 - He may have lost confidence in his friend.

5.
 - They looked away.
 - They agreed with the reason given not to smoke the joint.

- They didn't add to the pressure.
6. - Yes. Their actions made it easier for Carl to say "no." He probably felt less pressure because they turned down the joint.
 7. - unsafe driving
 - accidents such as falling, drowning, causing a fire
 - doing things you might regret
 - feeling anxious
 - getting panicky
 - losing control
 8. - needing to get stoned before going out
 - feeling like the party is not fun unless you are stoned
 - getting stoned if you feel nervous, angry, lonely, or depressed
 - using more marijuana than you intended
 - needing more marijuana to get the same effect
 - inability to stop or reduce marijuana use
 - giving up or cutting down on important activities because of marijuana use
 - spending a lot of time getting marijuana, using it, or recovering from using it

Core Lesson 8

True - False

1. true
2. true
3. true
4. false
5. true
6. true

Multiple Choice

1. C
2. C
3. D
4. B

Sample Responses to Short Answer Items

1. When you use inhalants, toxic chemicals get into the bloodstream and travel all over the body. They pollute the blood and the body organs with poisons.
2. - Every cell needs oxygen to live.
3. - Wear a safety mask.
 - Read labels.
 - Check with an adult.
 - Buy nontoxic products.
 - Keep eyes, mouth, and nose away.
 - Take frequent air breaks.
 - Keep products off skin.

- Open windows, turn on fan.
- 4.
- Say inhalants can cause death.
 - Say inhalants can cause brain damage.
 - Tell them using inhalants can lead to accidents and injuries.
 - Tell them some inhalants are flammable which can lead to fires and burns.
 - Tell them inhalants can cause suffocation.
 - Tell them inhalants can damage body organs like the bone, heart, and liver.
 - Walk away or leave the scene or suggest going for a soda.

Core Lesson 9

Sample Responses to Short Answer Items

1.
 - friends
 - advertisements
 - movies and television
 - parents
2.
 - when you are lonely
 - when others are using drugs even though they don't try to involve you
 - when you are depressed
 - when you are angry with your parents
3.
 - looking better: whiter teeth, fewer wrinkles
 - feeling good: physically fit, healthier gums and teeth, no cough, fewer colds
 - better breathing
 - no bad breath
 - feeling good about yourself: making your own decisions, sticking to your values, being your own person, free from dependence on chemicals, don't have to lie, respect from others
 - healthier, live longer
 - saving money
4.
 - doing your best: remembering things, being able to communicate, being in control, fewer regrets about poor judgment
 - healthier
 - no passing out incidents
 - less chance of accidents
 - feeling good about yourself: experiencing and coping with emotions, making your own decisions, being your own person, sticking to your values, being in control, free from dependence, don't have to lie, respect from others
 - saving money
5.
 - healthier
 - feeling good
 - feeling good about yourself: making your own decisions, sticking to your values, being your own person, free from dependence, don't have to lie, respect from others

- saving money
- 6. - drinking regularly to relieve stress
- drinking first thing in the morning
- drinking alone regularly
- having problems with school or work due to drinking
- needing a drink at a definite time every day
- becoming more moody or irritable after drinking

Core Lesson 10

True - False

1. false
2. true
3. true
4. true
5. true
6. true
7. false
8. false

Multiple Choice

1. D
2. A
3. C
4. A
5. B
6. C
7. C
8. A
9. C
10. B
11. D

Sample Responses to Short Answer Items

1. - addiction
- friends smoke
- a habit, used to it
- peer pressure
- something to do in social situations
2. - provide moral support or encouragement, showing that you care
- tell him or her what it does to the body
- tell him or her about treatment programs
- say you love him or her and are afraid he or she will die
3. - cold turkey
- parents/friends help them
- friends quit together
- treatment
- do other things when they feel the urge to smoke
- slow down and then stop
4. - breathe better
- better health
- better at sports
- whiter teeth
- don't lose friends
- not nervous
- happy family
- save money

- don't smell

Core Lesson 11

True - False

1. true
2. false
3. false
4. false
5. true
6. false
7. false
8. false
9. true
10. true
11. true

Multiple Choice

1. D
2. B
3. D

Sample Responses to Short Answer Items

1.
 - fear
 - anxiety
 - stress
 - terror
2.
 - heart stops
 - brain damage
 - suffocation
 - accidents
 - death
3.
 - poor judgment
 - car crashes
 - get sick
 - do something you might regret

Booster Lesson 1

True - False

1. true
2. false
3. false
4. true

Multiple Choice

1. A
2. D
3. B

Sample Responses to Short Answer Items

1.
 - heart beats faster
 - breath smells
 - addiction
 - yellow teeth
 - do poorly in sports
 - get in trouble
 - coughing
 2.
 - unable to concentrate
 - slower reactions
 - unable to drive safely
 - do something you might regret
 - increased anxiety
 - hard to communicate
 - don't experience emotions, problems come back
 3.
 - harms breathing
 - affects coordination
 4.
 - unable to concentrate or think
 - slower reactions
 - unable to drive safely
 - do something you might regret
 - increased anxiety, panic
 - hard to communicate
 - make parents or friends angry
 5.
 - lung cancer
 - addiction
 - heart disease
 6.
 - friends
 - advertisements
 - movies and television
 - parents
 7.
 - They are smart.
 - They know about the risks.
 - They are their own person.
 - They have support from family and friends.
 - They don't want to become addicted.
- harder to breathe
 - cancer
 - heart disease
 - respiratory disease
 - wrinkles
 - death
- get trouble
 - feel dizzy
 - headache
 - make parents or friends angry
 - mental and/or physical dependence
 - loss of interest in other activities
 - liver damage
 - brain damage
- hurts stamina
 - unable to concentrate
- headache
 - don't experience emotions, problems come back
 - feel sick
 - get into trouble at school or with parents
 - have legal problems
 - feel dizzy
- wrinkles
 - respiratory disease
 - death

- They stay true to their values.
8.
 - “Come on, have a hit.”
 - “This stuff is great, have some.”
 - “A little won’t hurt you.”
 - “You don’t know what you’re missing.”
 - “If you were my friend, you’d smoke with me.”
 9.
 - “That stuff makes you act crazy.”
 - “My parents would be real disappointed.”
 - “I don’t want any trouble with the law.”
 - “I have homework tonight and I need to be able to concentrate.”
 10.
 - “Those other kids look pretty cool.”
 - “Those guys in the beer commercial got the girls.”
 - “Everybody else does it.”
 - “I need to get my mind off my problems.”
 11.
 - You have no idea how the brain or body will react.
 - The dosage could be wrong for you.
 - The drug could do more harm than good to you.

Booster Lesson 2

True - False

1. true
2. false
3. true
4. true
5. true

Sample Responses to Short Answer Items

1.
 - When you start smoking as a teenager, you are more likely to smoke as an adult. Most adult smokers want to quit but find it hard to do because they became addicted as teens. Very few smokers start the habit as adults; most start as kids.
2.
 - You are home alone and you feel a little lonely and depressed your father has beer in the refrigerator.
 - You find your older brother’s stash of marijuana and you think it might make you feel better.
 - You have a big argument with your parents and leave the house to hang out with some friends. They are drinking and offer you a beer. You would ordinarily say “no” but you want to get even with your parents.

- | | |
|---|---|
| <p>3. - find someone to talk to
- read a book
- ask a friend to go with you to the mall</p> | <p>- remember your values
- shoot a game of pool</p> |
| <p>4. - proud
- happy
- confident</p> | <p>- in control
- independent</p> |
| <p>5.* - Vicodin
- OxyContin</p> | <p>- Methamphetamine
- Crack</p> |
| <p>6.* - height
- weight
- age</p> | <p>- allergies
- medical problems
other drugs the patient is taking</p> |
| <p>7.* - Boys: shrunken testicles, reduced sperm production</p> | <p>- Girls: masculine appearance, including facial hair, deeper voice and shrunken breasts.</p> |

Booster Lesson 3

Sample Responses to Short Answer Items

1. - You could say: "You're not my friend if you want to pressure me to do something I don't want to do."
- "I'm getting out of here."
- "Listen very close to me. I am not using drugs."
- You could leave.
- You could call a friend over who does not use drugs because there is strength in numbers.
-
2. - Offer him or her an opportunity to leave the scene by saying, "Do you want to go home now?" or "Hey, let's go to the mall."
- Repeat what he or she said: "He said he doesn't smoke."
- Pretend to be changing the subject: "Hey, who won the game last night?"
3. - uncomfortable
- scary
- lonely
- unfriendly
-
4. - You do better in school.
- You do better in sports.

- You are healthier.
 - You feel better about yourself.
 - You look better.
 - You don't take unnecessary risks.
 -
- 5.
- They would respect you.
 - They would think you are strong.
 - They might look at you as a role model.