

Name _____

Class _____

Date _____

Lesson Quiz 3**Lesson Quiz**

FOR USE WITH CHAPTER 1, LESSON 3

I. **Directions:** In the space provided, write the letter of the choice that best completes the statement or answers the question.

- _____ 1. The first step in becoming responsible for your health is to
 - a. change behaviors and values that are health risks.
 - b. learn how to make responsible decisions.
 - c. increase your awareness of risk behaviors in your life.
 - d. abstain from risk behaviors.
- _____ 2. Personal risk behaviors include
 - a. tobacco use.
 - b. not wearing safety belts.
 - c. physical inactivity.
 - d. all of the above
- _____ 3. An example of cumulative risk is
 - a. getting one sunburn.
 - b. driving faster than the speed limit and wearing a safety belt.
 - c. eating many high-fat meals and smoking.
 - d. all of the above
- _____ 4. The most recent CDC youth risk survey shows that most teens
 - a. do not use alcohol.
 - b. do not smoke cigarettes.
 - c. use safety belts.
 - d. all of the above
- _____ 5. Which of the following statements about abstinence is true?
 - a. Abstinence is the only way to avoid the consequences of some risk behaviors.
 - b. Abstinence means avoiding illegal behaviors.
 - c. Abstinence from sexual activity is the only type of abstinence that affects health.
 - d. Abstinence from alcohol is practiced by about 20 percent of teens in the United States.

II. **Directions:** In the space provided, write the term from the list that best completes the statement.

6. _____ are actions that can potentially threaten your health or the health of others.
7. Related risks that increase in effect with each added risk are called _____.
8. _____ is avoiding harmful behaviors.
9. Part of becoming an adult is learning how to make responsible _____.
10. _____ is a risk factor for 35 percent of teens.

abstinence
cumulative risks
decisions
physical inactivity
risk behaviors