

PEER PRESSURE AND HEALTHY CHOICES

Test Your Knowledge: Quiz

ANSWER KEY

- False** 1. Peer pressure is always bad or negative.
- True** 2. Many tobacco ads target young people.
- False** 3. Advertisers must tell everything (the whole truth) about their products.
- True** 4. Teasing is a type of peer pressure.
- True** 5. Some peer pressure is very indirect, and we may not be aware that it is peer pressure.
- True** 6. The following description is an example of *Indirect Peer Pressure* (T or F?):
You and your friends are in the cafeteria deciding on what to buy for lunch. All of your friends get an apple and a banana, you want a cupcake and soda, but you decide to get what all of your friends are having and purchase fruit also.
- True** 7. The following description is an example of *Friendly Peer Pressure* (T or F?):
A tobacco company uses an advertising campaign with a cute cuddly cat and a funny and child-like jingle to sell their product.
- True** 8. One of the simplest ways to deflect negative peer pressure is to say “NO” and walk away.
- True** 9. Sometimes an individual can experience internal pressure. For example, you want to be like your friends but unique at the same time.
- True** 10. Physical activities like playing sports or jogging are healthy lifestyle choices.
- True** 11. Hobbies such as comic book collecting are a healthy alternative to drug and/or alcohol use.
- True** 12. Drug, alcohol and tobacco use are not part of a healthy lifestyle.
13. List two examples of how to “say NO” to peer pressure:
Change the Subject
Tell a “White Lie”
Simple, Clear Refusal
Reverse Pressure
Ask a Question
List a Consequence
Broken Record
Avoid the Situation
Crack a Joke
Suggest a New Idea