

KEEPING HEALTHY

HEALTH ROCKS![®] CHECK UP!

Directions:

Use these questions to share what you have learned. Complete the questions below and return the quiz to your group leader.

1. Most of the youth your age are smoking cigarettes or marijuana and drinking beer. True/False
2. When someone gets hooked on tobacco, alcohol, or other drugs, it is called what?
 - a. Addiction
 - b. Binging
 - c. Spiraling
3. A **consequence** is what might happen because a certain action is taken. True/False
4. _____ is when the body needs more of the substance because it requires more to get the same effect.
 - a. Compulsive Craving
 - b. Addiction
 - c. Tolerance
5. Using someone else's prescription drugs is okay if you are careful. True / False
6. Name three consequences of opioid drug abuse. Are they short-term or long-term consequences?
7. What is the consistency of tar in a smoker's lungs? How does it affect cilia in the lungs?
8. What would you like to share about what you have learned?
9. How might you use what you have learned?