

SELF-CONFIDENCE AND STRESS

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. If a youth accomplishes a task, they are more likely to feel good about themselves, which may help them resist substance abuse. True / False
2. Which one of these is not a factor that positively influences your self-efficacy?
 - a. Getting negative feedback when working on a project
 - b. Experiencing success at doing something even if it is small
 - c. Watching others and learning from their successes or failures
3. All stress is bad. True / False
4. Several ideas were given to help you relieve stress. Name four of those ideas.
5. Name two things that cause you stress:
6. How can a positive role model/hero help you resist tobacco, alcohol and other drugs?
7. What would you like to share about what you have learned?
8. How might you use what you have learned?