

## CHAPTER 6: LEARNING THE SKILLS

# HEALTH ROCKS!<sup>®</sup> 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. Some kids you know are going to a party tonight where there will be drinking. When they ask you to go, you tell them you have other plans tonight. Which way to say “NO” did you use?
  - a. Be a broken record
  - b. Laugh it off
  - c. Make excuses
2. Three of the eight ways to say “NO” are in the first question. Name three additional ways to say no.
3. If parents smoke, then their child is more likely to smoke also. True / False
4. What are three reasons why youth might try tobacco, alcohol, or other drugs?
5. What is nonverbal communication and why is it important?
6. Name four specific examples of positive nonverbal communication skills.
7. What would you like to share about what you have learned?
8. How might you use what you have learned?