1 Bullying can be:
   a. **Physical**: hitting or pushing; stealing, hiding or damaging another person's belongings; forcing someone to do things against his or her will
   b. **Verbal**: teasing, calling names; threatening with physical harm; spreading untrue statements about another
   c. **Relational**: refusing to talk to someone or making them feel left out; encouraging others to bully someone
   d. None of the above
   e. a, b, and c

2 There's a cure for ADHD, and it can be treated and managed with medication and therapy.
   - [ ] True
   - [ ] False

3 Drinking too much alcohol raises.
   a. your risk of injury and accidents
   b. your cognitive ability
   c. your confidence

4 Walking may:
   a. lower your risk of health problems like high blood pressure, heart disease, and diabetes
   b. strengthen your bones and muscles
   c. help you burn more calories
   d. lift your mood
   e. all of the above

5 Research studies show that anyone involved with bullying—those who bully others, those who are bullied, and those who bully and are bullied—are at increased risk for depression.
   - [ ] True
   - [ ] False

6 Studies suggest that some aspects of ____________can be delayed by 2 or 3 years in kids with ADHD:
   a. brain development
   b. kidney function
   c. language development

7 Signs of an alcohol problem include drinking more, or more often, than you intended, or making unsuccessful attempts to cut back or quit.
   - [ ] True
   - [ ] False

8 ____________ minutes is the amount of time adults need per week of moderate-intensity aerobic activity (activity that speeds up your heart rate and breathing) to stay healthy.
   a. 60
   b. 75
   c. 150