Second Step: A Violence Prevention Program

 Grade 6: Anger Management Pre-Test



Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date\_\_\_\_\_\_\_\_\_\_Period\_\_\_\_\_

Part 1: True/False. Circle “True” if the statement is true or “False” if the statement is false

1. Anger is bad. True False
2. Igniting events are situations that cause anger. True False
3. The human body reacts to anger. True False
4. Rage can be controlled. True False
5. Anger “triggers” and “buttons” mean the same thing. True False

Part 2: Multiple Choice. Circle the letter that best completes each of the following.

1. “Hot Talk” and “Cool Talk” are:
2. commonly forms of language done by teens who want to make friends
3. both forms of self-talk
4. both forms of anger management
5. Stress is:
6. caused by both exciting and upsetting situations
7. something that we cannot control
8. naturally leads to rage
9. Relaxation and anger management are:
10. the same
11. similar in that relaxation is a form of anger management
12. different because relaxation is something that is done daily
13. Anger management is a process that involves:
14. Hot Talk and self-reflection
15. Identification of triggers and Cool Talk
16. impulsive behavior and control
17. “Fight or Flight” is:
18. a term commonly used to refer to birds
19. a bad thing to do
20. based on impulsive behavior