

6th Grade Health Test

Name_____

Date_____

1. What are some ways you can identify gang members?
 - A. Colors
 - B. Symbols
 - C. Signs
 - D. All of the above
2. Which of the following is a reason people choose to join a gang?
 - A. Financial security
 - B. Protection
 - C. Answer A only
 - D. Both A and B
3. Which of the following is a reason not to join a gang?
 - A. Too dangerous
 - B. It will ruin your future
 - C. You will get arrested
 - D. All of the above
4. Physical, emotional, and verbal are all types of:
 - A. Communication
 - B. Violence
 - C. None of the above
5. Why should you obey the law and respect authority?
 - A. So you don't ruin your future
 - B. To keep yourself out of jail
 - C. To avoid having a record
 - D. All of the above
6. The following are all anger management skills except:
 - A. Count to ten
 - B. Walk away from the situation
 - C. Violence
 - D. Use an I-message
7. Which of the following is considered to be good stress?
 - A. Distress
 - B. Eustress

8. Distress causes the following symptoms to occur:
- A. Faster heart beat
 - B. Moist hands
 - C. Dry mouth
 - D. All of the above
9. One way to manage stress is to get some physical exercise.
- A. True
 - B. False
10. Which of the following is a way to catch a communicable disease?
- A. By direct contact
 - B. By inhaling pathogens from the air
 - C. By contact with objects that are infected
 - D. All of the above
11. The Common Cold is not a Communicable disease.
- A. True
 - B. False
13. Which of the following is NOT an example of a stressor?
- A. Being pressured to to smoke
 - B. Watching a movie at home
 - C. Giving a speech in front of classmates
 - D. Being very ill
14. Which of the following is NOT an example of how your body defends itself from communicable diseases?
- A. Unbroken Skin
 - B. The Immune System
 - C. Mucous Membranes
 - D. Covering your mouth while coughing
15. You can bounce back from depression by.
- A. Talking with an adult, teacher, coach, school counselor
 - B. Getting plenty of exercise
 - C. Getting plenty of sleep
 - D. Being resilient
 - E. All of the above.