



Quiz - Lesson 1: It's Your Game...Pre-Game Show

1. In this program when we talk about **Your Game**, we'll really be talking about what?
 - a. Your life
 - b. Online gaming
 - c. Your favorite sport
 - d. Your schoolwork

2. What does "**Keeping it Real**" mean?
 - a. Being honest and telling it like it is
 - b. Being respectful and true to yourself
 - c. Doing what is best for you and your health
 - d. All of the above

3. Which of the following are **agreements** that Mia and Derek talked about?
 - a. Answer questions honestly
 - b. Keep your eyes on your own computer/allow others to do their work
 - c. Don't let others work on your assigned computer
 - d. All of the above

4. Who is the **MOST** important player in your game?
 - a. Parent
 - b. Teacher
 - c. You
 - d. Grandmother

5. By law, your teacher or facilitator has to report certain things that you tell them about. Which of the following must they report?
 - a. If you are going to hurt yourself
 - b. If you are going to hurt someone else
 - c. If you say things about being abused or neglected
 - d. All of the above



Quiz - Lesson 2: Keeping It Real...Among Friends

1. What are some characteristics of a “Real” friend?
 - a. Trustworthy
 - b. Pressures you
 - c. Respects your decisions
 - d. A and C

2. What are some characteristics of a “Not so real” friend?
 - a. Makes decisions together
 - b. Talks bad about you
 - c. Doesn’t support your right to say “no”
 - d. B and C

3. In the story “Jazmine has a secret”, how did Gaby prove that she was a real friend?
 - a. She kept her promise to not tell Jazmine’s secret
 - b. She gave Jazmine a hug to show that she cared
 - c. She listened to Jazmine when she wanted to talk about her problem
 - d. All of the above

4. In the “Reel World” video, why did Shannon not act like a real friend to Danielle?
 - a. Because she knew that Danielle would be upset by people smoking marijuana in her house.
 - b. Because she knew Danielle liked Nick and would be mad they were hanging out.
 - c. Because she didn’t offer Danielle any marijuana.
 - d. Because she told Danielle that smoking was for losers.

5. How did Danielle protect her personal rule?
 - a. She joined Shannon and Nick and smoked marijuana.
 - b. She asked Shannon and Nick to leave.
 - c. She told them to open a window to get rid of the smell.
 - d. She did not protect her rule in the end.



Quiz - Lesson 3: Playing by Your Rules... **SELECT, DETECT, PROTECT**

1. What are “personal rules”?
 - a. Rules that each person must follow when playing an online game
 - b. Rules for your favorite board game
 - c. Rules people set for themselves about things they will or won't do
 - d. Rules that your parents make you follow
2. What are **SELECT**, **DETECT**, and **PROTECT**?
 - a. Popular names for triplets
 - b. Steps to playing by my rules
 - c. Strategies for playing a game of chess
 - d. Effective ways to pressure others
3. What does **SELECT**, **DETECT**, **PROTECT** stand for?
 - a. **SELECT** your personal rule, **DETECT** challenges to that rule, **PROTECT** your rule
 - b. **SELECT** a partner, **DETECT** how to communicate with him or her, **PROTECT** your relationship
 - c. **SELECT** a game, **DETECT** the rules, **PROTECT** your chances of winning
 - d. **SELECT** your players, **DETECT** their best skills, **PROTECT** your team
4. Which of these is a **high risk** situation?
 - a. Teens getting into a car driven by a parent
 - b. Teens drinking alcohol
 - c. Boy has arm around girl while sitting on a bench in the mall
 - d. Boys and girls hanging out together and eating pizza
5. Which of these is a **low risk** situation?
 - a. Older girl flirting with younger guys
 - b. Boy and girl in the back row of a movie theatre
 - c. Girl walking alone at night
 - d. Teens playing arcade games at the mall



Quiz - Lesson 4: Protecting Your Rules

1. What are good ways to protect your personal rules?
 - a. Using a clear “NO”
 - b. Using a poke in the eye
 - c. Using alternative actions
 - d. A and C

2. Which is NOT a step to using a clear “NO”?
 - a. Use serious body language
 - b. Use a firm tone of voice
 - c. Use the word “No”
 - d. Use a soft tone of voice

3. Fill in the blank: An **alternative action** is something you ____or _____ to get you out of a risky situation.
 - a. Say or Do
 - b. Shout or Scream
 - c. Do or Yell
 - d. Say or Shout

4. In Mark and the Movie, which of the following was NOT a way that Mark protected his rule?
 - a. He used responses that were hard for his friends to argue with
 - b. He let his friends pressure him into going to the club
 - c. He stood his ground without making himself look bad
 - d. He made it clear that he did not want to go to the club

5. DETECT: Which of the following is a sign that you might be in a risky situation?
 - a. Your best friend asks you to go see a movie
 - b. You feel nervous
 - c. You feel comfortable
 - d. Your parent tells you to do your homework



Quiz - Lesson 5: Know Your Body

1. Which of the following DOES NOT happen during puberty?
 - a. Boys and girls start to grow hair under their arms and in their private areas
 - b. The sex organs begin making sex hormones
 - c. You develop a strange rash
 - d. You may start to have romantic feelings for someone else
2. What are the ways that sexually transmitted diseases can be spread?
 - a. Exchange of bodily fluids like blood, semen, and vaginal fluids
 - b. Direct contact with infected skin, sores, blisters, or warts
 - c. From mother to baby during pregnancy, childbirth, or breastfeeding
 - d. All of the above

Match the following definitions with the correct reproductive term.

3. Small walnut sized organs that store eggs in the female body. These organs release one egg cell every month signaling the beginning of the menstrual cycle.
 - a. Ovaries
 - b. Testes
 - c. Sperm
 - d. Genitals
4. A strong muscular organ where a baby grows and develops until it is born.
 - a. Cervix
 - b. Genitals
 - c. Uterus
 - d. Vagina
5. Long thin tube that sperm travels through in males.
 - a. Fallopian tube
 - b. Vas Deferens
 - c. Prostate
 - d. Epididymis



Quiz - Lesson 6: Keeping It Real...Healthy Dating Relationships

1. Complete the following sentence:
A dating relationship is healthy when two people...
 - a. Trust, respect, and listen to each other
 - b. Support each other's right to say "yes" or "no" for any reason
 - c. Respect each other's decisions
 - d. All of the above

2. Which of these is a sign of a healthy dating relationship?
 - a. Lying
 - b. Cheating
 - c. Being honest
 - d. Not listening to each other

3. In the movie theater cartoon how did Johnny Apollo NOT recognize and respect Jane Doe's rules?
 - a. He tried to make moves on Jane when she told him to take his hands off.
 - b. He did not offer to buy Jane any popcorn, or a drink
 - c. He spilled his drink on her
 - d. He wouldn't pay for her ticket

4. Which of these are keys to respecting OTHER PEOPLE's rules?
 - a. Recognize when you are making someone feel uncomfortable
 - b. Care about what they are saying
 - c. Pressure them to do something they don't want to do
 - d. A and B

5. Jason and Brenda are a teen couple. Which of these is a sign that this may be an unhealthy relationship?
 - a. They text each other throughout the day
 - b. Brenda laughs at Jason when he gets a bad grade
 - c. Jason listens to Brenda and gives her good advice
 - d. They walk home together from school every day



Quiz - Lesson 7: Protecting and Playing by Your Rules...Regarding Sex

1. In the cartoon *Lamebrain*, what was a **PHYSICAL** consequence for *Girlybrain* after having sex?
 - a. She was worried about getting an STD
 - b. She got pregnant
 - c. People treated her differently
 - d. She lost some of her freedom
2. What is the only 100% effective way to avoid pregnancy, HIV, and other STDs?
 - a. Not have any kind of sex
 - b. Have only oral sex
 - c. Use condoms
 - d. Reduce the number of sexual partners
3. In the *Reel World* serial, Kristina has a personal rule to wait until she is older to have sex. What was a sign that her rule was being challenged?
 - a. She and Brian were alone in the house.
 - b. She and Brian were washing the car with friends.
 - c. Brian tried to convince her not to worry by saying that Danielle's dad won't be home for a while.
 - d. Both A and C
4. You have a personal rule to not have sex until you are older. If someone challenges your rule, what is the most **direct** way to protect it?
 - a. Kiss or hug them
 - b. Tell them "No" in a clear, strong tone of voice
 - c. Tell them you will think about it...maybe later
 - d. Hang out together in your bedroom
5. You have a personal rule to wait until you are older to have sex, but your boyfriend or girlfriend wants to be alone in their bedroom with you. Which of the following would **NOT** protect your rule?
 - a. Say you aren't feeling well and need to go home.
 - b. Tell them you'd rather stay in the living room and play some music.
 - c. Agree to go to their bedroom, but only for 10 minutes.
 - d. Suggest inviting over a couple of friends to hang out with you.



Quiz - Lesson 8: Negotiate to PROTECT

1. In the EFFECTIVE version of the Cameron and Anna cartoon, what did Anna do to let Cameron know she was paying attention to him?
 - a. Turn her phone to silent when it rang
 - b. Pretend to listen to Cameron
 - c. Tell Cameron he should have done better on the test
 - d. Try not to act bored
2. Which of these is a key to good negotiation?
 - a. Pay attention, listen, and empathize
 - b. Speak your case clearly
 - c. Use eye contact, tone of voice, and body language
 - d. All of the above
3. If a friend wants you to do something that would break one of your personal rules, there are many safe alternatives. Which of these is a good alternative?
 - a. Suggest something else to do
 - b. Do it anyway – it's usually not a big deal
 - c. Say you'll think about it
 - d. Do it if your friend also agrees to do something they don't want to do
4. Which of these is **not** a risky behavior?
 - a. Sending your girlfriend or boyfriend a sexy picture on their phone
 - b. Agreeing to meet someone you met online in person
 - c. Telling an online friend about your favorite movies
 - d. Deciding not to tell a trusted adult when someone sends you a threatening message
5. If your boyfriend or girlfriend has a personal rule to not have sex until they are older, what is one way to support them? Choose all that apply.
 - a. Tell them that you respect their decision.
 - b. Don't allow yourselves to be alone where you might be tempted to have sex.
 - c. Explain how much you care for them so they will change their mind.
 - d. Ask them what their reasons are and try to understand their point of view.



Quiz - Lesson 9: Keeping it Real...Consequences of Pregnancy

1. Out of 10 couples who have sex **without using any method of birth control**, how many will get pregnant by the end of a year?
 - a. 2 out of 10 (20%)
 - b. 4 out of 10 (40%)
 - c. 5 out of 10 (50%)
 - d. 9 out of 10 (90%)
2. Which of these is NOT a possible consequence of pregnancy?
 - a. Having to change plans about going to college
 - b. Struggling to make enough money to care for the baby
 - c. Missing out on doing fun stuff with friends
 - d. Getting a sexually transmitted disease

*Think back to Seneca and Cheyenne's story. Decide if these consequences are **physical**, **social**, or **emotional**:*

3. Cheyenne feels disappointed in herself. Seneca is upset for getting Cheyenne pregnant.
 - a. Physical
 - b. Social
 - c. Emotional
 - d. None of the above
4. Seneca is tired and worn out because he goes to school and also has to work to support his baby.
 - a. Physical
 - b. Social
 - c. Emotional
 - d. All of the above
5. After having her baby, Cheyenne doesn't have time to hang out with her friends.
 - a. Physical
 - b. Social
 - c. Emotional
 - d. None of the above



Quiz - Lesson 10: Keeping it Real...Consequences of HIV and STIs

1. What is the 100% effective way to avoid getting HIV or another sexually transmitted infection (STI)?
 - a. Get the HPV vaccine
 - b. Use a condom
 - c. Choose not to have sex
 - d. All of the above
2. What is the most common sign, or symptom of an STI?
 - a. Bad odor
 - b. Discharge
 - c. Warts
 - d. No symptoms
3. Which of these is NOT an STI?
 - a. Gonorrhea
 - b. Influenza
 - c. HPV
 - d. Chlamydia
4. In the “Keeping it Real” talk show, the audience gave some good advice to Rudy after he admitted he was worried he might have an STI. What did they tell him to do?
 - a. Ask the girl he had sex with if she has an STI and trust her answer
 - b. Hope for the best
 - c. Check for any symptoms
 - d. Get tested
5. In the Reel World serial, what was one **physical consequence** for Shannon and Nick after having oral sex?
 - a. Shannon got herpes, an STI, from Nick
 - b. Shannon felt closer to Nick
 - c. Nick and Shannon were mad at each other
 - d. Their friends looked at them differently



Quiz - Lesson 11: Keeping it Real...Risk Reduction Strategies

1. In the Marvin cartoon story, Marvin learns that the best types of condoms are...
 - a. The most expensive ones
 - b. Lambskin condoms
 - c. Latex condoms
 - d. Glow-in-the-dark condoms

2. What do condoms reduce the risk of, besides pregnancy?
 - a. Infertility (not being able to have babies)
 - b. Sexually transmitted diseases, or infections
 - c. Death
 - d. Stunted growth

3. Which of these is NOT a good way to prevent pregnancy?
 - a. Withdrawal method
 - b. Using birth control pills correctly
 - c. Using condoms correctly every time you have sex
 - d. Choosing to not have sex

4. Which of these is NOT a step involved in using a condom correctly?
 - a. Check the expiration date
 - b. Use oil-based lubricant
 - c. Roll condom on the right way
 - d. Use a new condom each time

5. In the Reel World serial, what was a sign that let Shannon know her personal rule was being challenged?
 - a. She and Nick were alone
 - b. Nick started pressuring her to have sex
 - c. Nick doesn't want to use condoms
 - d. All of the above



Quiz - Lesson 12: Playing by Your Rules...A Review

1. What are the 3 steps to playing by your rules?
 - a. Select, Connect, Reject
 - b. Choose, Check, Charge
 - c. Select, Detect, Protect
 - d. Ask, Judge, Defend
2. Alex tried to pressure Sam into having sex by saying: "*You wouldn't want me to tell everyone you're still a virgin, would you?*" What should Sam do, or say?
 - a. Just walk off and leave the situation
 - b. "Tell people whatever you want, but my answer is still no"
 - c. "I'll do whatever. Just don't say anything."
 - d. A or B
3. In the cartoon story about Tony and Emily, how did Tony know his personal rule about using condoms was being challenged?
 - a. Actually, it wasn't challenged
 - b. They didn't have any condoms
 - c. Emily was trying to convince him they didn't need condoms
 - d. B and C
4. Ashley has a personal rule to *never have sex without a condom*. One night, her boyfriend wants to have sex without one. He tells her: "What are you worried about? I haven't been with anyone else!" Which of these lines will NOT help Ashley protect her rule?
 - a. It's not just about an STD, there's also this thing called pregnancy
 - b. I know, but this is something I decided to always do
 - c. Yeah, that's true, but only this one time
 - d. That's not what I heard...just kidding...but I am serious about the condom
5. In the Reel World serial, how did Eddie feel about his and Danielle's decision to not have sex in the end?
 - a. He was glad they didn't have sex because he wanted to keep his friendship with Danielle
 - b. He was disappointed that Danielle did not want to be close to him
 - c. He was so upset about her turning him down that he and Danielle stopped being friends
 - d. He felt confused and wasn't sure if he wanted to talk to Danielle anymore



Quiz - Lesson 13: The Post-Game Show

1. Which of these is NOT a way that sexually transmitted diseases or infections are spread?
 - a. Holding hands with someone who has an STD
 - b. Exchange of bodily fluids such as blood, semen, or vaginal fluids
 - c. An infected mother can pass an STD to her baby
 - d. Touching an infected area of skin, wart or blister
2. The Human _____ System is made up of the sex organs within the body.
 - a. Productive
 - b. Reproductive
 - c. Conductive
 - d. Retroactive
3. Choosing not to have sex is the only _____ effective way to avoid pregnancy, HIV, or other STDs.
 - a. 75%
 - b. 90%
 - c. 99.9%
 - d. 100%
4. Which one of these contraceptive methods provides some protection against HIV, STDs, **and** pregnancy?
 - a. Latex condoms
 - b. HPV vaccine
 - c. Birth control pills
 - d. Lambskin condoms
5. Which of these is a sign of an unhealthy relationship?
 - a. Making decisions together
 - b. Being trustworthy
 - c. Telling lies to each other
 - d. Hanging out together a lot