

7th Grade OCPE 3rd Six Weeks Test**Multiple Choice**

Identify the letter of the choice that best completes the statement or answers the question.

- _____ 1. Someone who is not smoking but is often around tobacco smoke has a higher risk of
- a. mouth sores.
 - b. emphysema.
 - c. wrinkled skin.
 - d. lung cancer.
- _____ 2. Cigars, pipes, clove cigarettes and bidis have what in common?
- a. They are made of paper.
 - b. They are healthful.
 - c. They are moist.
 - d. They are smokeable tobacco products.
- _____ 3. Nonsmokers who are often around people who smoke have a higher risk of what diseases than nonsmokers who avoid environmental tobacco smoke?
- a. mouth sores and tumors
 - b. fungus and skin irritations
 - c. depression and schizophrenia
 - d. lung cancer and heart disease
- _____ 4. Why have laws been passed against smoking in public places?
- a. to reduce people's exposure to ETS
 - b. to make smokers want to quit
 - c. to send a message that smoking is bad
 - d. to get more people outside in fresh air
- _____ 5. Headaches, fatigue, shortness of breath, and dry mouth are all signs of
- a. sharing emotions.
 - b. emotional health.
 - c. rationalization.
 - d. stress.
- _____ 6. Stress is a combination of
- a. a threatening situation and your body's response.
 - b. poor eating habits and little sleep.
 - c. vitamins and minerals.
 - d. decreasing energy and heart rate.
- _____ 7. A stressful situation
- a. is always stressful for everyone.
 - b. is never stressful for other people.
 - c. can be stressful to some people and not for others.
 - d. can never have positive effects.
- _____ 8. Your body can handle a stress response
- a. for a month.
 - b. for a year.
 - c. for a short time.
 - d. for 30 seconds.
- _____ 9. Taking time for yourself
- a. is an important part of managing stress.
 - b. is called a defense mechanism.
 - c. is not important.
 - d. is a sign of physical stress.
- _____ 10. Two healthy ways to prevent distress are
- a. eating lots of fresh fruit and vegetables and playing outside.
 - b. never going out of the house and only eating foods you like.
 - c. avoiding school sports practice.
 - d. reducing your epinephrine levels and increasing stress responses.

- _____ 11. Time management is defined as
- staying up later.
 - making appropriate choices about how to use your time.
 - making sure your clock is set to the correct time so you won't be late.
 - making sure your friends don't bother you.
- _____ 12. Conflict is
- saying rude things to someone.
 - expressing your emotions.
 - any clash of ideas or interests.
 - something that only happens between two people who do not like each other.
- _____ 13. How can you stop conflict before it happens?
- pick your battles
 - respect different opinions
 - take a break
 - All of the above
- _____ 14. Staying _____ allows you to express yourself without frustration and anger.
- agitated
 - frustrated
 - calm
 - annoyed
- _____ 15. Negotiation
- requires both parties in a conflict to describe their needs and feelings.
 - requires each party to understand and respect the other person's position.
 - usually ensures that both parties get at least some of what they want.
 - All of the above
- _____ 16. Alcohol affects the part of your brain that controls
- hair and eye color.
 - circulation.
 - breathing.
 - behavior.
- _____ 17. A stimulant increases the heart rate and raises blood pressure while a depressant
- increases blood flow to the brain.
 - decreases appetite.
 - slows down heart rate and breathing and causes blood pressure to drop.
 - makes the drug user feel more alert.
- _____ 18. Which of the following is NOT a long-term effect of marijuana use?
- emphysema
 - circulatory problems
 - lung cancer
 - euphoria
- _____ 19. Marijuana
- affects all users in the same way.
 - has few harmful effects.
 - can cause lung cancer over time.
 - is highly addictive.
- _____ 20. A designer drug is a drug that
- has been chemically altered.
 - always needs to be injected.
 - is not as dangerous as other drugs.
 - isn't dangerous if taken with alcohol.