**Game Plan**

**Chapter 1: Assessment**

***Directions:*** *Select the correct answer for the following questions.*

1. What is A.C. Green most well-known for in the NBA? ***(choose 2)***
   1. He had the most slam dunks. c. He had the most pairs of shoes.
   2. He had the most consecutive games played. d. He chose to save sex for marriage.
2. A.C Green wanted to either:
   1. Be a doctor or a basketball player c. Be a sports broadcaster or a basketball player
   2. Be a teacher or a basketball player d. Be a chef or a basketball player
3. Circle the correct word for each:
   1. Some decisions you make as a teenager **WILL NOT** or **WILL** have a significant impact on your future.
   2. Good decisions will likely make it **EASIER** or **MORE DIFFICULT** for you to accomplish your goals.
   3. Bad decisions will likely make it **EASIER** or **MORE DIFFICULT** for you to accomplish your goals.
4. What happened to Tom?
   1. He fell down the stairs and now is in a wheelchair.
   2. He was injured playing sports and now is in a wheelchair.
   3. He rode in a car with a drunk driver and now is in a wheelchair.
   4. He crashed his bike and now is in a wheelchair.
5. What does the word “**ABSTINENCE**” mean?
   1. To voluntarily choose not to do something.
   2. Voluntarily choosing not to engage in sexual activity until marriage.
   3. The safest and healthiest lifestyle.
   4. All of the above.
6. Why did Steve and Tina end their relationship?
   1. Tina tried to pressure Steve into having sex outside of marriage
   2. Steve tried to pressure Tina into having sex outside of marriage
   3. Steve told Tina he didn’t love her anymore
   4. Tina told Steve she didn’t love him anymore
7. What did Steve find out two months after their relationship ended?
   1. He had a sexually transmitted disease.
   2. Tina was already pregnant on the night that she was trying to get him to have sex with her.
   3. He would have to pay her monthly child support.
   4. Tina was infected with chlamydia.
8. Steve met his future wife Karen in college. Steve and Karen are:
   1. No longer married c. Still in college
   2. Still married after 20 years and have 4 children d. None of the above
9. Steve and Karen never have to worry about:
   1. Speeding tickets c. What shoes to wear
   2. Sexually transmitted diseases d. None of the above
10. Developing a Game Plan for your life can help you reach your future goals and dreams. Which two of the following are most likely to help you accomplish your Game Plan? ***(choose 2)***
    1. Choosing abstinence c. Tying your shoes
    2. Checking the weather d. Making good decisions

**Game Plan**

**Chapter 1: Assessment ANSWER KEY**

***Directions:*** *Select the correct answer for the following questions.*

1. What is A.C. Green most well-known for in the NBA? ***(choose 2)*** (p.6)
   1. He had the most slam dunks. c. He had the most pairs of shoes.
   2. He had the most consecutive games played. d. He chose to save sex for marriage.
2. A.C Green wanted to either: (p.7)
   1. Be a doctor or a basketball player c. Be a sports broadcaster or a basketball player
   2. Be a teacher or a basketball player d. Be a chef or a basketball player
3. Circle the correct word for each: (p.8)
   1. Some decisions you make as a teenager **WILL NOT** or **WILL** have a significant impact on your future.
   2. Good decisions will likely make it **EASIER** or **MORE DIFFICULT** for you to accomplish your goals.
   3. Bad decisions will likely make it **EASIER** or **MORE DIFFICULT** for you to accomplish your goals.
4. What happened to Tom? (p.9)
   1. He fell down the stairs and now is in a wheelchair.
   2. He was injured playing sports and now is in a wheelchair.
   3. He rode in a car with a drunk driver and now is in a wheelchair.
   4. He crashed his bike and now is in a wheelchair.
5. What does the word “ABSTINENCE” mean? (p.10)
   1. To voluntarily choose not to do something.
   2. Voluntarily choosing not to engage in sexual activity until marriage.
   3. The safest and healthiest lifestyle.
   4. All of the above.
6. Why did Steve and Tina end their relationship? (p.11)
   1. Tina tried to pressure Steve into having sex outside of marriage
   2. Steve tried to pressure Tina into having sex outside of marriage
   3. Steve told Tina he didn’t love her anymore
   4. Tina told Steve she didn’t love him anymore
7. What did Steve find out two months after their relationship ended? (p.11)
   1. He had a sexually transmitted disease.
   2. Tina was already pregnant on the night that she was trying to get him to have sex with her.
   3. He would have to pay her monthly child support.
   4. Tina was infected with chlamydia.
8. Steve met his future wife Karen in college. Steve and Karen are: (p.12)
   1. No longer married c. Still in college
   2. Still married after 20 years and have 4 children d. None of the above
9. Steve and Karen never have to worry about: (p.12)
   1. Speeding tickets c. What shoes to wear
   2. Sexually transmitted diseases d. None of the above
10. Developing a Game Plan for your life can help you reach your future goals and dreams. Which two of the following are most likely to help you accomplish your Game Plan? ***(choose 2)*** (p.12)
    1. Choosing abstinence c. Tying your shoes
    2. Checking the weather d. Making good decisions

**Game Plan**

**Chapter 2: Assessment**

***Directions:*** *Circle True* ***(T)*** *or False* ***(F)*** *for the following questions.*

1. Many movies and TV programs show sexual situations. **T or F**
2. Many movies and TV programs show sexual activity within marriage. **T or F**
3. The music industry encourages teens to save all sexual activity for marriage. **T or F**
4. In the media, people can have sex with lots of different people and appear to have no problems. **T or F**
5. In the real world, sex outside of marriage can have consequences. **T or F**
6. The media frequently provides healthy messages about sex. **T or F**
7. The media’s number one goal is to provide the **truth** about sex. **T or F**
8. Media companies hope to make as much money as possible. **T or F**
9. Media messages often use sex to sell things to you. **T or F**
10. Constant exposure to media has **no** effect on a person’s attitudes or beliefs. **T or F**
11. There is a difference between what you ***want*** and what you ***need***. **T or F**
12. It’s a good idea to make critical evaluations about what media you will watch and listen to. **T or F**
13. Research shows that **most** teens are **not** having sex. **T or F**
14. TV companies use sex to **attract** viewers and **increase** their ratings. **T or F**
15. Media companies sell products and services and teenagers are their primary targets. **T or F**
16. Americans watch **less** TV per day than ever before. **T or F**
17. Spending a lot of time with TV, media and internet entertainment will help you accomplish your

goals in life. **T or F**

1. Choosing to accomplish your goals in life means making good decisions about what media you listen to and watch. **T or F**
2. Most students surveyed who have had sex wish they **hadn’t.** **T or F**
3. Nearly all teens surveyed (91%) said that teens should be given a “strong message” that they should **abstain** from sex. **T or F**

**Game Plan**

**Chapter 2: Assessment ANSWER KEY**

***Directions:*** *Circle True* ***(T)*** *or False* ***(F)*** *for the following questions.*

1. Many movies and TV programs show sexual situations. **T or F (p.14)**
2. Many movies and TV programs show sexual activity within marriage. **T or F (p.14)**
3. The music industry encourages teens to save all sexual activity for marriage. **T or F (p.15)**
4. In the media, people can have sex with lots of different people and appear to have no problems. **T or F**

**(p.15)**

1. In the real world, sex outside of marriage can have consequences. **T or F**  **(p.16)**
2. The media frequently provides healthy messages about sex. **T or F**  **(p.16)**
3. The media’s number one goal is to provide the **truth** about sex. **T or F (p.16)**
4. Media companies hope to make as much money as possible. **T or F**  **(p.16)**
5. Media messages often use sex to sell things to you. **T or F (p.17)**
6. Constant exposure to media has **no** effect on a person’s attitudes or beliefs. **T or F (p.17)**
7. There is a difference between what you ***want*** and what you ***need***. **T or F (p.17)**
8. It’s a good idea to make critical evaluations about what media you will watch and listen to. **T or F**

**(p.17)**

1. Research shows that **most** teens are **not** having sex. **T or F (p.17)**
2. TV companies use sex to **attract** viewers and **increase** their ratings. **T or F (p.17)**
3. Media companies sell products and services and teenagers are their primary targets. **T or F (p.16)**
4. Americans watch **less** TV per day than ever before. **T or F (p.18)**
5. Spending a lot of time with TV, media and internet entertainment will help you accomplish your

goals in life. **T or F (p.19)**

1. Choosing to accomplish your goals in life means making good decisions about what media you listen to and watch. **T or F (p.19)**
2. Most students surveyed who have had sex wish they **hadn’t.** **T or F (p.19)**
3. Nearly all teens surveyed (91%) said that teens should be given a “strong message” that they should **abstain** from sex. **T or F (p.20)**

**Game Plan**

**Chapter 3: Assessment**

***Directions:*** *Using your Game Plan workbook, fill in the blanks with the correct word or words found*

*throughout Chapter 3.*

1. In sports and in life, there are c\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when we choose n\_\_\_\_\_\_\_\_ to follow

the rules.

1. Making a Game Plan helps us a\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ our goals in life, and f\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the

rules help us w\_\_\_\_\_\_\_\_\_\_.

1. A popular perception is that we can have sex w\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ we want, with w\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

we want, and that nothing b\_\_\_\_\_\_\_ will happen.

1. Surveys show that m\_\_\_\_\_\_\_\_\_\_ teens who have had sex wish that they h\_\_\_\_\_\_\_\_\_\_\_\_.
2. \_\_\_\_ in \_\_\_\_ sexually active girls ages 15-19 are infected with an \_\_\_\_\_\_\_\_\_\_.
3. Every year approximately \_\_\_\_\_\_\_\_\_\_\_\_ teenage girls get pregnant in America.
4. Most high school students are \_\_\_\_\_\_\_\_\_ sexually active.
5. S\_\_\_\_\_\_\_\_\_\_- c\_\_\_\_\_\_\_\_\_\_\_ includes the ability to follow rules that you set for yourself in order to succeed in life.
6. I control what I s\_\_\_\_\_\_\_\_\_\_\_ and h\_\_\_\_\_\_\_\_\_\_\_\_.

1. I stay away from p\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ situations.
2. I have s\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from friends.
3. Jerome goes to the party. Most of the people are s\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and drinking b\_\_\_\_\_\_\_\_\_.
4. Jerome notices some of his friends accept c\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from others and start s\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
5. Following the rules isn’t just about avoiding the c\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, it’s also about r\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ yourself and others.
6. When you choose to practice s\_\_\_\_\_\_\_\_\_\_\_- c\_\_\_\_\_\_\_\_\_\_\_\_, you w\_\_\_\_\_\_\_\_.

**Game Plan**

**Chapter 3: Assessment ANSWER KEY**

***Directions:*** *Using your Game Plan workbook, fill in the blanks with the correct word or words found*

*throughout Chapter 3.*

1. In sports and in life, there are **consequences** when we choose **not** to follow the rules. **(p. 25)**
2. Making a Game Plan helps us **accomplish** our goals in life, and **following** the rules helps us win. **(p. 25)**
3. A popular perception is that we can have sex **whenever** we want, with **whomever** we want, and that nothing **bad** will happen. **(p. 25)**
4. Surveys show that most teens who have had sex wish that they **hadn’t**.  **(p. 25)**
5. **1 in 4** sexually active girls ages **14-19** are infected with an **STD**. **(p. 26)**
6. Every year approximately 325,000 teenage girls get pregnant in America. **(p. 26)**
7. Most high school students are **not** sexually active. **(p. 27)**
8. **Self-control** includes the ability to follow rules that you set for yourself in order to succeed in life. **(p. 28)**
9. I control what I **see** and **hear**. **(p. 29)**
10. I stay away from **pressure** situations. **(p. 29)**
11. I have s**upport** from friends. **(p. 29)**
12. Jerome goes to the party. Most of the people are **smoking** and drinking **beer**. **(p. 30)**
13. Jerome notices some of his friends accept **cigarettes** from others and start **smoking**. **(p. 30)**
14. Following the rules isn’t just about avoiding the **consequences**, it’s also about respecting

yourself and others. **(p. 30)**

1. When you choose to practice **self-control**, you **win**. **(p. 30)**

**Game Plan**

**Chapter4: Assessment**

**Directions:** Find the words on the left that best complete the statements on the right. Write the word on the line.

1. Sexually transmitted diseases (STDs) are primarily \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ infections which are contracted through sexual activity.
2. Bacterial and other non-viral STDs \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with medication.
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ can be medically treated, but they cannot be cured.
4. STDs can be contracted through any kind of **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**
5. The United States has the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ STD rates of any country in the industrialized world.

highest

can be cured

viral STDs

bacterial or viral

sexual activity

condom

consistently

28

record high

undiagnosed

1. There are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ known sexually transmitted diseases.
2. The CDC reports that STDS are at a **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** level in America.
3. Many cases of chlamydia, gonorrhea, and syphilis continue to go **\_­­­\_\_\_\_\_\_\_\_\_­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_** and unreported.
4. Condoms have not been \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ proven effective in preventing HPV, which is the most common viral STD.
5. Some of the most common STDs are contracted from contact on areas that are not covered by a **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

abstinence

viral

non-viral

abstain

safest,

healthiest

1. To \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ means to voluntarily choose not to do something.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the only sure way to protect your body, mind, and heart from the various consequences of premarital sexual activity.
3. Abstinence is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ lifestyle.
4. Chlamydia, Gonorrhea, Syphilis, Trichomoniasis, and Pelvic Inflammatory Disease are all examples of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ STDs.
5. Genital Herpes (HSV2), Human Papillomavirus (HPV), Genital Warts, Cervical Cancer, and Hepatitis B (HBV) are all examples of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ STDS.

Acquired

Immune Deficiency Syndrome (AIDS)

1 in 4

Human Immunodeficiency Virus (HIV)

tested

all sexual activity

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is an incurable retrovirus that attacks the body’s

T-4 cells (white blood cells).

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a condition in which the body’s immune system is deficient and therefore is no longer able to defend the body against foreign bacteria, virus and cancers.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ people who have HIV don’t know it.
3. Most sexually active teens have never been \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_for STDs.
4. Saving **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** provides the best possible

protection from STDs.

**Game Plan**

**Chapter4: Assessment ANSWER KEY**

**Directions:** Find the words on the left that best complete the statements on the right. Write the word on the line.

highest

can be cured

viral STDs

bacterial or viral

sexual activity

1. Sexually transmitted diseases (STDs) are primarily **bacterial or viral** infections which are contracted through sexual activity. **(p.32)**
2. Bacterial and other non-viral STDs **can be cured** with medication. **(p.32)**
3. **Viral STDs** can be medically treated, but they cannot be cured. **(p.32)**
4. STDs can be contracted through any kind of **sexual activity. (p.32)**
5. The United States has the **highest** STD rates of any country in the industrialized world. **(p.32)**

condom

consistently

28

record high

undiagnosed

1. There are **28** known sexually transmitted diseases. **(p.32)**
2. The CDC reports that STDS are at a **record high** level in America. **(p. 33)**
3. Many cases of chlamydia, gonorrhea, and syphilis continue to go **undiagnosed** and unreported. **(p.33)**
4. Condoms have not been **consistently** proven effective in preventing HPV, which is the most common viral STD. **(p. 34)**
5. Some of the most common STDs are contracted from contact on areas that are not covered by a **condom**. **(p. 34)**

abstinence

viral

non-viral

abstain

safest and healthiest

1. To **abstain** means to voluntarily choose not to do something. **(p.35)**
2. **Abstinence** is the only sure way to protect your body, mind, and heart from the various consequences of premarital sexual activity. **(p.35)**
3. Abstinence is the **safest and healthiest** lifestyle. **(p.35)**
4. Chlamydia, Gonorrhea, Syphilis, Trichomoniasis, and Pelvic Inflammatory Disease are all examples of **non-viral** STDs. **(p.36)**
5. Genital Herpes (HSV2), Human Papillomavirus (HPV), Genital Warts, Cervical Cancer, and Hepatitis B (HBV) are all examples of **viral** STDS. **(p.37)**

Acquired

Immune Deficiency Syndrome (AIDS)

1 in 4

Human Immunodeficiency Virus (HIV)

tested

all sexual activity

1. **Human Immunodeficiency Virus (HIV)** is an incurable retrovirus that attacks the body’s T-4 cells (white blood cells**). (p.38)**
2. **Acquired Immune Deficiency Syndrome (AIDS)** is a condition in which the body’s immune system is deficient and therefore is no longer able to defend the body against foreign bacteria, virus and cancers. **(p.38)**
3. **1 in 7** people who have HIV don’t know it. **(p.38)**
4. Most sexually active teens have never been **tested** for STDs**. (p.39)**
5. Saving **all sexual activity for marriage** provides the best possible protection from STDs. **(p.39)**

**Game Plan**

**Chapter 5: Assessment**

**Directions:** Select the phrase from the right that best completes the sentence on the left. Enter the

corresponding letter in the space provided.

|  |  |
| --- | --- |
| 1. Everyone has some things they would like to change in order   to \_\_\_\_\_ .   1. Even if someone has had sex, it is always \_\_\_\_\_ and start over. 2. \_\_\_\_\_ girls who have had sex didn’t want to. 3. Half of the girls who have had sex by the age of 16 were intoxicated at the time and later \_\_\_\_\_. 4. Starting over is the decision to stop having sex and wait \_\_\_\_\_ . 5. In a marriage relationship, sexual activity can provide a \_\_\_\_\_\_. 6. Plan ahead to avoid people and places that \_\_\_\_\_ . 7. A person who \_\_\_\_\_ by choosing not to be sexually active is   often respected by others as well.   1. No matter what has happened in the past, you have an   opportunity to \_\_\_\_\_ .   1. You can make choices starting today that will have a \_\_\_\_\_ . | 1. start over beginning today 2. regretted their action 3. positive, intimate connection 4. demonstrates self-respect and confidence 5. improve in life 6. tempt or pressure you 7. positive effect on your future plans and goals 8. until you are married 9. 1 out of 10 10. possible to stop unhealthy behavior |
|
|
|
|
|
|
|
|
|
|

**Game Plan**

**Chapter 5: Assessment ANSWER KEY**

**Directions:** Select the phrase from the right that best completes the sentence on the left. Enter the

corresponding letter in the space provided.

|  |  |
| --- | --- |
| 1. Everyone has some things they would like to change in order   to **E**  *improve in life.* **(p.42)**   1. Even if someone has had sex, it is always **J** *possible to stop unhealthy behavior* and start over. **(p.43)** 2. **I**  *1 out of 10* girls who have had sex didn’t want to. **(p.44)** 3. Half of the girls who have had sex by the age of 16 were intoxicated at the time and later **B** *regretted their action*.   **(p.44)**   1. Starting over is the decision to stop having sex and wait **H** . *until you are married*. **(p.46)** 2. In a marriage relationship, sexual activity can provide a **C** *positive, intimate connection.* **(p.46)** 3. Plan ahead to avoid people and places that **F** *tempt or pressure you*. **(p.47)** 4. A person who **D** *demonstrates self-respect and confidence* by choosing not to be sexually active is often respected by others as well. **(p.47)** 5. No matter what has happened in the past, you have an opportunity to **A**  *start over beginning today.* **(p.48)** 6. You can make choices starting today that will have a **G**  . *positive effect on your future plans and goals*. **(p.48)** | 1. start over beginning today 2. regretted their action 3. positive, intimate connection 4. demonstrates self-respect and confidence 5. improve in life 6. tempt or pressure you 7. positive effect on your future plans and goals 8. until you are married 9. 1 out of 10 10. possible to stop unhealthy behavior |

**Game Plan**

**Chapter 6: Assessment**

**Directions:** Put the letter of the best answer in the blank.

\_\_\_ 1. Choosing your friends ***wisely***can help you accomplish your game plan.

1. This statement is true. c. This statement is both true and false.
2. This statement is false. d. All are correct

\_\_\_ 2. Character…

1. Is a person on a basketball team
2. Refers to the qualities or attributes that form your individual nature
3. Determines your moral and ethical actions and reactions
4. B and C

\_\_\_ 3. Wisdom, compassion, and perseverance…

1. Are positive character qualities
2. Enable you to make good decisions and encourage others
3. Enable you to achieve your goals
4. All of the above

\_\_\_4. What can help you achieve your goals and dreams in life?

1. Watching TV c. Building a snowman
2. Forming a team of friends d. Playing video games.

\_\_\_5. Which of the following are essential qualities for a good friend?

1. Respect, Patience, Responsibility c. Self-Control and Courage
2. Trustworthiness and Kindness d. All are correct

\_\_\_6. A healthy dating relationship consists of:

1. Love and liking the same food c. Kindness and Respect
2. Friendship and playing the same sport d. None of these answers

\_\_\_\_7. Which of the following is true?

1. Love is not passive but active. c. Love is not a big deal
2. Love is not fun but boring. d. Love is not for everyone but just for some.

\_\_\_8. What do healthy relationships focus on?

1. What TV shows to watch
2. Helping the other person achieve his or her best
3. What to make for dinner
4. What sports to play

\_\_\_9. Which words would make this statement true?

**Healthy love strives to \_\_\_\_\_\_. Unhealthy love seeks to \_\_\_\_\_.**

1. Good, bad c. Give, take
2. Slow, fast d. Hot, cold

\_\_\_10. Being a good friend and choosing good friends will help you in reaching your goals and dreams.

1. This statement is true. c. This statement is both true and false.
2. This statement is false. d. All are correct

**Game Plan**

**Chapter 6: Assessment ANSWER KEY**

**Directions:** Put the letter of the best answer in the blank.

**\_A\_\_** 1. Choosing your friends ***wisely***can help you accomplish your game plan. **(p.50)**

1. This statement is true. c. This statement is both true and false.
2. This statement is false. d. All are correct

\_**\_D\_** 2. Character… (p.51)

1. Is a person on a basketball team
2. Refers to the qualities or attributes that form your individual nature
3. Determines your moral and ethical actions and reactions
4. B & C

**\_\_D\_** 3. Wisdom, compassion, and perseverance… (p.51)

1. Are positive character qualities
2. Enable you to make good decisions and encourage others
3. Enable you to achieve your goals
4. All of the above

**\_B\_\_**4. What can help you achieve your goals and dreams in life? (p.51)

1. Watching TV c. Building a snowman
2. Forming a team of friends d. Playing video games

**\_\_D\_**5. Which of the following are essential qualities for a good friend? (p.52)

1. Respect, Patience, Responsibility c. Self-Control and Courage
2. Trustworthiness and Kindness d. All are correct

**\_\_C\_**6. A healthy dating relationship includes: (p.53)

1. Love and liking the same food c. Kindness and Respect
2. Friendship and playing the same sport d. None are correct

**\_\_A\_\_**7. Which of the following is true? (p.54)

1. Love is not passive but active c. Love is not a big deal
2. Love is not fun but boring. d. Love is not for everyone but just for some.

**\_\_B\_**8. What do healthy relationships focus on? (p.54)

1. What TV shows to watch
2. Helping the other person achieve his or her best
3. What to make for dinner
4. What sports to play

**\_C\_\_**9. Which words would make this statement true? (p.54)

**Healthy love strives to \_\_\_\_\_\_. Unhealthy love seeks to \_\_\_\_\_.**

1. Good, bad c. Give, take
2. Slow, fast d. Hot, cold

**\_\_A\_**10. Being a good friend and choosing good friends will help you in reaching your goals and dreams.

1. This statement is true. c. This statement is both true and false. **(p. 56)**
2. This statement is false. d. All are correct

**Game Plan**

**Ch. 7: Assessment**

***Directions:*** *Read the statements below. If the statement is “TRUE” write TRUE in the box. IF the*

*statement is “FALSE” write FALSE in the box.*

|  |  |  |
| --- | --- | --- |
|  | **TRUE or FALSE** |  |
| **1** |  | Marriage is a legal contract with lifelong implications, providing a foundation for companionship and family life. |
| **2** |  | Liking the same sports team and movies are important to a good marriage. |
| **3** |  | The ultimate relationship, friendship, is a commitment to love and honor one person for life. |
| **4** |  | A wedding is for a day, a marriage is for a lifetime. |
| **5** |  | 82% of girls and 70% of boys say that having a sports car and big TV are extremely important to them. |
| **6** |  | Couples who live together before marriage have a 20% lower chance of divorce than couples who do not live together before marriage. |
| **7** |  | Abstinence can help prepare for a good marriage by helping you develop good relationship skills. |
| **8** |  | Abstinence can help prepare for a good marriage by helping you to exercise at the gym. |
| **9** |  | Glyn and Toya Milburn’s story is an example of sacrificing short term happiness in order to have long-term fulfillment that lasts a lifetime. |
| **10** |  | Anyone can have a dragon lizard, even if they haven’t seen one. |
| **11** |  | Today, the media openly downplays the value of abstinence and even marriage itself, but choosing abstinence now can help you reach your goals. |
| **12** |  | Lakita Wright made the decision that she would rather be with one person for 2 years than be with 4 people in 3 years. |
| **13** |  | Lakita’s commitment to abstinence has helped her accomplish her assignment. |
| **14** |  | The ultimate sign of love is the ability to put the other person’s best interests above your own. |
| **15** |  | Building healthy relationships now can help in reaching the goal of a building a house. |

**Game Plan**

**Ch. 7: Assessment ANSWER KEY**

|  |  |  |
| --- | --- | --- |
|  | **TRUE or FALSE** |  |
| **1** | **TRUE** | Marriage is a legal contract with lifelong implications, providing a foundation for companionship and family life. **(p.58)** |
| **2** | **FALSE** | Liking the same sports team and moviesare important to a good marriage. **(p.59)** |
| **3** | **FALSE** | The ultimate relationship, friendship, is a commitment to love and honor one person for life.  **(p.59)** |
| **4** | **TRUE** | A wedding is for a day, a marriage is for a lifetime. **(p.59)** |
| **5** | **FALSE** | 82% of girls and 70% of boys say that having a sports car and big TV are extremely important to them. **(p.60)** |
| **6** | **FALSE** | Couples who live together before marriage have a 20% lower chance of divorce than couples who do not live together before marriage. **(p.60)** |
| **7** | **TRUE** | Abstinence can help prepare for a good marriage by helping you develop good relationship skills. **(p.61)** |
| **8** | **FALSE** | Abstinence can help prepare for a good marriage by helping you to exercise at the gym. **(p.61)** |
| **9** | **TRUE** | Glyn and Toya Milburn’s story is an example of sacrificing short term happiness in order to have long-term fulfillment that lasts a lifetime. **(p.62)** |
| **10** | **FALSE** | Anyone can have a dragon lizard, even if they haven’t seen one. **(p.64)** |
| **11** | **TRUE** | Today, the media openly downplays the value of abstinence and even marriage itself, but choosing abstinence now can help you reach your goals. **(p.64)** |
| **12** | **FALSE** | Lakita Wright made the decision that she would rather be with one person for **2** years than be with 4 people in 3 years. **(p.66)** |
| **13** | **FALSE** | Lakita’s commitment to abstinence has helped her accomplish her assignment. **(p.67)** |
| **14** | **TRUE** | The ultimate sign of love is the ability to put the other person’s best interests above your own.  **(p.68)** |
| **15** | **FALSE** | Building healthy relationships now can help in reaching the goal of a building a house. **(p.68)** |

**Game Plan**

**Chapter 8: Assessment**

***Directions:*** Using your Game Plan workbook, fill in the blank with the correct word or words.

1. Glyn Milburn believes that, on and off the field, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ make for a winning team.
2. In choosing abstinence, it is important to \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in dating relationships.
3. Developing an offensive strategy for staying on our game plan means deciding to

\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ includes the ability to follow rules that you set for yourself in order to succeed in life.
2. Self- control is a sign of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, respect for yourself, and respect for others.
3. Young teens who choose abstinence are less likely than sexually active teens to be involved in many risky behaviors such as:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. While there are many influences on teens to have sex today, some of the strongest

pressures often come from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that they know best.

1. Those who make \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_have struggled and won because they believe they are worth it!
2. If someone is pressuring you to have sex, the following things will help you clearly and directly resist this pressure:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Commitment to abstinence will enable you to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your goals, to

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in life, and to\_\_\_\_\_\_\_\_\_\_\_.

**Game Plan**

**Chapter 8: Assessment ANSWER KEY**

***Directions:*** *Using your Game Plan workbook, fill in the blank with the correct word or words.*

1. Glyn Milburn believes that, on and off the field, **determination** and **commitment** make for a winning team. **(p.71)**
2. In choosing abstinence, it is important to **set limits** in dating relationships. **(p. 72)**
3. Developing an offensive strategy for staying on our game plan means deciding to

**set boundaries. (p.72)**

1. **Self-Control** includes the ability to follow rules that you set for yourself in order to succeed in life.

**(p.73)**

1. Self- control is a sign of **maturity, responsibility**, respect for yourself, and respect for others. **(p.73)**
2. Young teens who choose abstinence are less likely than sexually active teens to be involved in many risky behaviors such as: **(p.73)**
   * **Alcohol use**
   * **Anti-social behavior**
   * **Depression/Suicide**
   * **Tobacco use**
   * **Illicit Drug use**
3. While there are many influences on teens to have sex today, some of the strongest pressures often come from **people** that they know best. **(p.74)**
4. Those who make **healthy choices** have struggled and won because they believe they are worth it! **(p.74)**
5. If someone is pressuring you to have sex, the following things will help you clearly and directly resist this pressure**: (p.74)**
   * **Speak Up**
   * **Stand Up**
   * **Walk Away**
6. Commitment to abstinence will enable you to **accomplish** your goals, to **succeed** in life, and to **win.**

**(p.76)**