**Navigator**

**Chapter 1: Assessment**

1. This book, Navigator is compared to a \_\_\_\_\_\_\_\_\_\_ in Chapter 1.
2. motorcycle c. GPS
3. football d. rock-climbing guide
4. Research shows that the vast majority of teens do not hope to marry and have families someday.
5. This statement is true.
6. This statement is false.
7. Put the 3 statements below in the correct order to achieve your goals.

\_\_\_ Determine a Plan for achieving your goals

\_\_\_ Determine your goals by writing them down

\_\_\_ Determine to stick with your plan and see it though completion

1. What did the football coach hired in 2001 by the University of Notre Dame do just 4 days after

he was hired?

1. Won a big game c. Celebrated in Miami, FL
2. Left the country d. Resigned from the position
3. The coach admitted to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 30 years prior.
4. Cheating on exams c. Getting arrested for drunk driving
5. Lying on his resume to get a job d. Using his earnings to gamble
6. What did the coach hope to accomplish by admitting what he had done?
7. Get his job back c. Avoid going to jail
8. Teach youth that we are d. Win a championship game

all accountable for our actions

1. Every choice has potential benefits and consequences.
2. This is a true statement
3. This is a false statement
4. What is not an ingredient to help you achieve your dreams?
5. Poor choices c. Good choices
6. Hard work d. Determination
7. Stephanie promised herself to abstain from which risky behaviors?
8. Sex outside of marriage c. Alcohol
9. Drugs d. a, b, and c
10. Stephanie was raised in a wealthy family, who paid for her to attend Oxford University.
11. This statement is true
12. This statement is false

**Navigator**

**Chapter 1: Assessment Answer Key**

1. This book, Navigator is compared to a \_\_\_\_\_\_\_\_\_\_ in Chapter 1. **(p.6)**
2. motorcycle **c. GPS**
3. football d. rock-climbing guide
4. Research shows that the vast majority of teens do not hope to marry and have families someday. **(p.11)**
5. This statement is true
6. **This statement is false**
7. Put the 3 statements below in the correct order to achieve your goals. **(p.11)**

\_**2**\_\_ Determine a Plan for achieving your goals

\_**1**\_\_ Determine your goals by writing them down

\_**3**\_\_ Determine to stick with your plan and see it though completion

1. What did the football coach hired in 2001 by the University of Notre Dame do just 4 days after

he was hired? **(p.12)**

1. Won a big game c. Celebrated in Miami, FL
2. Left the country **d. Resigned from the position**
3. The coach admitted to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ 30 years prior. **(p.12)**
4. Cheating on exams c. Getting arrested for drunk driving
5. **Lying on his resume to get a job** d. Using his earnings to gamble
6. What did the coach hope to accomplish by admitting what he had done? **(p.12)**
7. Get his job back c. Avoid going to jail
8. **Teach youth that we are** d. Win a championship game

**all accountable for our actions**

1. Every choice has potential benefits and consequences. **(p.13)**
2. **This is a true statement**
3. This is a false statement
4. What is not an ingredient to help you achieve your dreams? **(p.14)**
5. **Poor choices** c. Good choices
6. Hard work d. Determination
7. Stephanie promised herself to abstain from which risky behaviors? **(p.14)**
8. Sex outside of marriage c. Alcohol
9. Drugs **d. a, b, and c**
10. Stephanie was raised in a wealthy family, who paid for her to attend Oxford University. **(p.14)**
11. This statement is true
12. **This statement is false**

**Navigator**

**Chapter 2: Assessment**

**Directions: Read the statements below. Decide if the statement is TRUE or FALSE and write the word in the corresponding box.**

|  |  |  |
| --- | --- | --- |
|  | **TRUE or FALSE** |  |
| **1** |  | “**Clarity”** means having the ability to evaluate media content, make wise choices in media consumption, and limit the media’s ability to influence you.  |
| **2** |  | Young people spend an average of about **1 hour** a day with media.  |
| **3** |  | Reduced amount of physical activity, caused by excess TV viewing, causes a **lower** risk for health problems, such as adult onset of diabetes, heart disease, high blood pressure, and arthritis.  |
| **4** |  | By the time of high school graduation, U.S. children will have spent **more** time watching television than they have in the classroom.  |
| **5** |  | The media attracts viewers by showing things that are **not** normally seen in real life. More viewers translate into higher ratings, which translates into more money.  |
| **6** |  | The **less** we view nudity and violence and rape on TV and in movies, the more we are desensitized to such images. Over time we can become accustomed to seeing these images, and we no longer find them shocking.  |
| **7** |  | **Media incrementalism** is the cumulative building, over time, of themes and images in which media norms are gradually but dramatically changed…As a result, today’s generation is exposed to the most graphic and explicit sexual imagery that has ever been seen. |
| **8** |  | Over the past decade, the availability of pornography has **decreased** so greatly that sales of pornographic material in the United States now surpass the revenues of all NFL, NBA, and Major League Baseball sporting events combined.  |
| **9** |  | In practical terms of internet attractions, **girls** are more likely to be drawn to pictures and images, whereas **guys** are more likely to be drawn in by chat room discussions, email, and messaging formats.  |
| **10** |  |  Researchers have scientifically documented that viewing pornography actually changes the **physical** structure of your brain. It can affect your character, self-image, your view of others and of the world around you.  |
| **11** |  | Viewing pornography can become a **chemical addiction**…it has a powerful effect on the structure and development of the teen brain and traps viewers in a cycle of dependency which they are unable to break.  |
| **12** |  | Each pornographic experience becomes a stored memory and begins to realign the **physical** pathways of the brain…With pornography, the brain is also conditioned to associate sexual imagery with certain feelings, attitudes and actions.  |
| **13** |  | Users of **pornography** experience increased heartbeat, blood pressure, and respiration, along with cold sweaty palms, and dilated pupils.  |
| **14** |  | **Pornography** and/or graphic violence can have a deep and lasting impact on the human brain, altering its structure and function. This alteration can also cause an addiction to exercise.  |
| **15** |  | Five simple steps you can take to help you think **clearly** about media are to: Set a Goal, Check the Content, Retrain your Brain, If You’re Stuck-Get Help, and Be Proactive.  |

**Navigator**

**Chapter 2: Assessment Answer Key**

**Directions: Read the statements below. Decide if the statement is TRUE or FALSE and write the word in the corresponding box.**

|  |  |  |
| --- | --- | --- |
|  | **TRUE or FALSE** |  |
| **1** | **True** | “**Clarity”** is having the ability to evaluate media content, make wise choices in media consumption, and limit the media’s ability to influence you. **(p.16)** |
| **2** | **False** | Young people spend an average of about **1 hour** a day with media. **(p.16) (6.5 hours)** |
| **3** | **True** | Reduced amount of physical activity, caused by excess TV viewing, causes a **greater** risk for health problems, such as adult onset of diabetes, heart disease, high blood pressure, and arthritis. **(p.18)** |
| **4** | **True** | By the time of high school graduation, students in the U.S. will have spent **more** time watching television than they have in the classroom. **(p.18)** |
| **5** | **True** | The media attracts viewers by showing things that are **not** normally seen in real life. More viewers translate into higher ratings, which translates into more money. **(p.19)** |
| **6** | **False** | The **less** we view nudity and violence and rape on TV and in movies, the more we are desensitized to such images. Over time we can become accustomed to seeing these images, and we no longer find them shocking. **(p.20) (more)** |
| **7** | **True** | **Media incrementalism** is the cumulative building, over time, of themes and images in which media norms are gradually but dramatically changed…As a result, today’s generation is exposed to the most graphic and explicit sexual imagery that has ever been seen. **(p.20)** |
| **8** | **False** | Over the past decade, the availability of pornography has **decreased** so greatly that sales of pornographic material in the United States now surpass the revenues of all NFL, NBA, and Major League Baseball sporting events combined. **(p. 21) (increased)** |
| **9** | **True** | In practical terms of internet attractions, **guys** and **girls** can both be drawn into unhealthy viewing habits. **(p.21)** |
| **10** | **True** | Researchers have scientifically documented that viewing pornography actually changes the **neurological** structure of your brain. It can affect your character, self-image, your view of others and of the world around you. **(p.22)** |
| **11** | **True** | Viewing pornography can become a **chemical addiction**…it has a powerful effect on the structure and development of the teen brain and traps viewers in a cycle of dependency which they are unable to break. **(p.22)** |
| **12** | **True** | Each pornographic experience becomes a stored memory and begins to realign the **neurological** pathways of the brain…With pornography, the brain is also conditioned to associate sexual imagery with certain feelings, attitudes and actions. **(p.23)** |
| **13** | **True** | Users of **pornography** often experience increased heartbeat, blood pressure, and respiration, along with cold sweaty palms, and dilated pupils. **(p.23)** |
| **14** | **False** | **Pornography** and/or graphic violence can have a deep and lasting impact on the human brain, altering its structure and function. This alteration can also cause an addiction to ice cream. **(p.24) (pornography)** |
| **15** | **True** | Five simple steps you can take to help you think **clearly** about media are to: Set a Goal, Check the Content, Retrain your Brain, If You’re Stuck-Get Help, and Be Proactive. **(p.26)** |

**Navigator**

**Chapter 3: Assessment**

1. What percentage of high school students have never had sexual intercourse?
2. 10% c. 60%
3. 30% d. 90%
4. Abstinence is the only 100% effective protection form the possible physical, emotional, mental and social consequences of sex before marriage.
5. This statement is true
6. This statement is false
7. What is the safest, healthiest context for sexual activity?
8. When two people love each other c. When two people are engaged
9. When two people are married d. When two people are dating
10. Someone who has been sexually active can choose abstinence for their future.
11. This statement is true
12. This statement is false
13. Of teens surveyed, what % want to get married before having children?
14. 10% c. 50%
15. 25% d. 90%
16. Put the following events in order to create what researchers have identified as the “Success Sequence”.

\_\_\_\_ Get a full time job

\_\_\_\_ Reserve child bearing for marriage

\_\_\_\_ Get an education

1. Following the Success Sequences gives one a greater chance of avoiding \_\_\_\_\_\_\_\_.
2. College c. Abstinence
3. Poverty d. Marriage
4. Teen pregnancy rates have been \_\_\_\_\_\_\_\_\_ since 1990.
5. Falling b. Rising c. Staying constant
6. What is the single greatest contributor to child poverty?
7. Having parents who did not attend college
8. Having more than 5 siblings
9. Having less than a “C” average in high school
10. Having children outside of marriage
11. What statement below is false about Pam Stenzel’s story.
12. She was adopted into a loving family
13. She was conceived through rape
14. She has connected with her biological mother
15. She is thankful that her biological mom chose adoption

**Navigator**

**Chapter 3: Assessment Answer Key**

1. What percentage of high school students have never had sexual intercourse? **(p.28)**
2. 10% c. **60%**
3. 30% d. 90%
4. Abstinence is the only 100% effective protection form the possible physical, emotional, mental and social consequences of sex before marriage. **(p.29)**
5. **This statement is true**
6. This statement is false
7. What is the safest, healthiest context for sexual activity? **(p.30)**
8. When two people love each other c. When two people are engaged
9. **When two people are married** d. When two people are dating
10. Someone who has been sexually active can choose abstinence for their future. **(p.31)**
11. **This statement is true**
12. This statement is false
13. Of teens surveyed, what % want to get married before having children? **(p.33)**
14. 10% c. 50%
15. 25% **d. 90%**
16. Put the following events in order to create what researchers have identified as

the “Success Sequence”. **(p.34)**

\_\_**2**\_\_ Get a full time job

\_\_**3**\_\_ Reserve child bearing for marriage

\_\_**1**\_\_ Get an education

1. Following the Success Sequences gives one a greater chance of avoiding \_\_\_\_\_\_\_\_. **(p.34)**
2. College c. Abstinence
3. **Poverty** d. Marriage
4. Teen pregnancy rates have been \_\_\_\_\_\_\_\_\_ since 1990. **(p.34)**
5. **Falling** b. Rising c. Staying constant
6. What is the single greatest contributor to child poverty? **(p.34)**
7. Having parents who did not attend college
8. Having more than 5 siblings
9. Having less than a “C” average in high school
10. **Having children outside of marriage**
11. What statement below is false about Pam Stenzel’s story. **(p.36)**
12. She was adopted into a loving family
13. She was conceived through rape
14. **She has connected with her biological mother**
15. She is thankful that her biological mom chose adoption

**Navigator**

**Chapter 4: Assessment**

*Use these words to complete questions 1 – 5.* **Viral 10 Chlamydia Asymptomatic 1 in 4**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_ is the most common reportable STD.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_sexually active teens contract an STD.
3. According to a former U.S. Surgeon General, “When you have sex with someone, you are having sex with everyone they have had sex with for the last \_\_\_\_\_\_\_\_\_\_\_\_\_years, and everyone they and their partners have has sex with for the last 10 years.”
4. It is estimated that approximately 105,000,000 people in America are infected with a \_\_\_\_\_\_\_\_\_\_\_\_\_ STD such as HPV and genital herpes.
5. Most people who acquire a sexually transmitted disease aren’t even aware of it because most STDs are \_\_\_\_\_\_\_\_\_\_\_\_\_, meaning that they have no symptoms.

*Use these words to complete questions 6 – 10.* **Condoms Cancer Viral Non-viral Highest**

1. Some STDs cause significant health problems such as infertility, various forms of \_\_\_\_\_\_\_\_\_\_\_\_\_, and painful blisters in sensitive areas.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_ STDs such as chlamydia, gonorrhea, syphilis, trichomoniasis and pelvic inflammatory disease can be cured if diagnosed and treated by a doctor.
3. The United States has the \_\_\_\_\_\_\_\_\_\_\_\_\_rates of STDs in the industrialized world.
4. \_\_\_\_\_\_\_\_\_\_\_\_\_ STDs such as HPV, Genital Herpes, Hepatitis B/C, HIV, and AIDS cannot be cured and can be transmitted during sexual activity, even if no symptoms of the disease are present.
5. The National Institutes of Health reports there is “insufficient evidence” that \_\_\_\_\_\_\_\_\_\_\_\_\_offer protection against the most common STDs in America today including HPV, genital herpes, chlamydia, trichomoniasis, and syphilis.

*Use these words to complete questions 11 – 15.* **Condoms HPV Cervical “skin to sore” Preventing**

1. 50% of sexually active college age women are infected with \_\_\_\_\_\_\_\_\_\_\_\_\_.
2. Some of the leading STDs can be spread by “skin to skin” or \_\_\_\_\_\_\_\_\_\_\_\_\_contact.
3. Abstaining from sexual activity until marriage is 100% effective in \_\_\_\_\_\_\_\_\_\_\_\_\_STDs.
4. HPV is the leading viral STD in America today, and can cause \_\_\_\_\_\_\_\_\_\_\_\_\_cancer.
5. \_\_\_\_\_\_\_\_\_\_\_\_\_ are not effective in preventing the transmission of HPV.

**Navigator**

**Chapter 4: Assessment Answer Key**

*Use these words to complete questions 1 – 5.* **Viral 10 Chlamydia Asymptomatic 1 in 4**

1. **Chlamydia** is the most common reportable STD. **(p.38)**
2. **1 in 4** sexually active teens contract an STD. **(p.38)**
3. According to a former U.S. Surgeon General, “When you have sex with someone, you are having sex with everyone they have had sex with for the last **10** years, and everyone they and their partners have has sex with for the last 10 years.” **(p.39)**
4. It is estimated that approximately 105,000,000 people in America are infected with a **viral** STD such as HPV and genital herpes. **(p.40)**
5. Most people who acquire a sexually transmitted disease aren’t even aware of it because most STDs are **asymptomatic**, meaning that they have no symptoms. **(p.40)**

*Use these words to complete questions 6 – 10.* **Condoms Cancer Viral Non-viral Highest**

1. Some STDs cause significant health problems such as infertility, various forms of **cancer**, and painful blisters in sensitive areas. **(p.41)**
2. **Non-viral** STDs such as chlamydia, gonorrhea, syphilis, trichomoniasis and pelvic inflammatory disease can be cured if diagnosed and treated by a doctor. **(p.42)**
3. The United States has the **highest** rates of STDs in the industrialized world. **(p.42)**
4. **Viral** STDs such as HPV, Genital Herpes, Hepatitis B/C, HIV, and AIDS cannot be cured and can be transmitted during sexual activity, even if no symptoms of the disease are present. **(p.43)**
5. The National Institutes of Health reports there is “insufficient evidence” that **condoms** offer protection against the most common STDs in America today including HPV, genital herpes, chlamydia, trichomoniasis, and syphilis. **(p.44)**

*Use these words to complete questions 11 – 15.* **Condoms HPV Cervical “skin to sore” Preventing**

1. 50% of sexually active college age women are infected with **HPV**. **(p.44)**
2. Some of the leading STDs can be spread by “skin to skin” or **“skin to sore”** contact. **(p.45)**
3. Abstaining from sexual activity until marriage is 100% effective in **preventing** STDs. **(p.45)**
4. HPV is the leading viral STD in America today, and can cause **cervical** cancer. **(p.46)**
5. **Condoms** are not effective in preventing the transmission of HPV. **(p.46)**

**Navigator**

**Chapter 5: Assessment**

1. What can weaken one’s resolve to say “no” to sexual activity?
2. Using alcohol c. Using drugs
3. Using Caution d. Both a and c
4. What is the greatest deterrent to drug use by teens?
5. Experimenting to see the negative affects
6. Understanding the risks
7. Serving at a soup kitchen
8. Hanging with friends who use drugs
9. Which is the most frequently abused substance among teens?
10. Marijuana c. Crack cocaine
11. Tobacco d. Alcohol
12. Teens who use alcohol and other drugs put themselves at a greater risk for \_\_\_\_\_\_\_\_\_\_.
13. Dying in a car crash when driving c. Rape and sexual assault
14. Academic achievement d. Both a and c
15. Alcohol is a depressant that decreases the response of the central nervous system.
16. This statement is true
17. This statement is false
18. What 3 things did Steven say he started doing in junior high that got him off track?
19. Smoking dope, cutting classes, and hanging with the wrong crowd
20. Smoking dope, stealing, and running away from home
21. Cutting classes, getting bad grades and starting fires
22. Cutting classes, starting fires, and going to jail
23. Decreased academic performance generally means \_\_\_\_\_\_\_\_\_\_\_\_\_\_ future educational opportunities and career opportunities.
24. Increased c. Decreased then increased
25. Decreased d. No
26. What are the grades earned by sexually active high school students?
27. 24% earn As and 99% earn Ds/Fs
28. 24% earn As and 34% earn Ds/Fs
29. 34% earn As and 43% earn Ds/Fs
30. 24% earn As and 54% earn Ds/Fs
31. Which statement about Kimberly’s story is true.
32. Kimberly’s high school boyfriend protected her
33. Kimberly was the victim of sexual abuse at ag 12
34. Jared, Kimberly’s college boyfriend respected her decision to save sex for marriage
35. Jared was committed and faithful to their relationship
36. What is the #1 reason teens engage in risky behavior?
37. Peer pressure c. Poor parenting
38. Hormones d. Bad grades

**Navigator**

**Chapter 5: Assessment Answer Key**

1. What can weaken one’s resolve to say “no” to sexual activity? **(p.49)**
2. Using alcohol c. Using drugs
3. Using Caution **d. Both a and c**
4. What is the greatest deterrent to drug use by teens? **(p.50)**
5. Experimenting to see the negative affects
6. **Understanding the risks**
7. Serving at a soup kitchen
8. Hanging with friends who use drugs
9. Which is the most frequently abused substance among teens? **(p.50)**
10. Marijuana c. Crack cocaine
11. Tobacco **d. Alcohol**
12. Teens who use alcohol and other drugs put themselves at a greater risk for \_\_\_\_\_\_\_\_\_\_.**(p.50 – 51)**
13. Dying in a car crash when driving c. Rape and sexual assault
14. Academic achievement **d. Both a and c**
15. Alcohol is a depressant that decreases the response of the central nervous system. **(p.50)**
16. **This statement is true**
17. This statement is false
18. What 3 things did Steven say he started doing in junior high that got him off track? **(p.52)**
19. **Smoking dope, cutting classes, and hanging with the wrong crowd**
20. Smoking dope, stealing, and running away from home
21. Cutting classes, getting bad grades and starting fires
22. Cutting classes, starting fires, and going to jail
23. Decreased academic performance generally means \_\_\_\_\_\_\_\_\_\_\_\_\_\_ future educational opportunities and career opportunities. **(p.53)**
24. Increased c. Decreased then increased
25. **Decreased** d. No
26. What are the grades earned by sexually active high school students? **(p.53)**
27. 24% earn As and 99% earn Ds/Fs
28. 24% earn As and 34% earn Ds/Fs
29. 34% earn As and 43% earn Ds/Fs
30. **24% earn As and 54% earn Ds/Fs**
31. Which statement about Kimberly’s story is true? **(p.54)**
32. Kimberly’s high school boyfriend protected her
33. **Kimberly was the victim of sexual abuse at ag 12**
34. Jared, Kimberly’s college boyfriend respected her decision to save sex for marriage
35. Jared was committed and faithful to their relationship
36. What is the #1 reason teens engage in risky behavior? **(p.56)**
37. **Peer pressure** c.Poor parenting
38. Hormones d. Bad grades

**Navigator**

**Chapter 6: Assessment**

1. Abstinence helps build \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. ginger-bread houses c. playgrounds
2. character d. mountains

2. A person’s character is built in the daily ­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in life.

1. walking and running c. classroom and gym
2. kitchen and dining room d. decisions and actions

 3. Which of the following are examples of character qualities?

1. Self-control c. Respect
2. Responsibility d. All of the above

4. Why did William decide to not drink alcohol?

1. His friend was killed in a drunk-driving accident
2. His parents told him not to
3. He didn’t like the way it tasted
4. It made him laugh

5. On average, during a typical weekend, how many teenagers die in a car crash? How

 many of these crashes are alcohol- related?

1. None
2. 30 per day, all of the crashes
3. 1 per hour, ½ of the crashes
4. 100 per hour, none of the crashes

6. Which of the following is not an example of something that would influence positive decision making?

* 1. family and friends c. teachers / mentors
	2. books and education d. media consumption

7. When making a positive choice, sometimes you have to sacrifice which of the following?

a. short-term happiness c. doing your homework

b. your favorite candy d. doing your chores

8. If we learn to make good decisions when we are **young**, we establish habits that will

 help us to succeed in life.

1. This statement is true
2. This statement is false

9. It is **NOT** possible to develop good decision-making skills even if we didn’t learn them

 when we were young.

1. This statement is true
2. This statement is false

10. Someone who makes good decisions does so even when it is **difficult**.

1. This statement is true
2. This statement is false

**Navigator**

**Chapter 6: Assessment Answer Key**

1. Abstinence helps build \_\_\_\_\_\_\_\_\_\_\_\_\_\_. **(p.58)**

* 1. ginger-bread houses c. playgrounds
1. **character** d.mountains

2. A person’s character is built in the daily \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in life. **(p.59)**

1. walking and running c. classroom and gym
2. kitchen and dining room **d. decisions and actions**

 3. Which of the following are examples of character qualities? **(p.60)**

1. Self-control c. Respect
2. Responsibility **d. All of the above**

4. Why did William decide to not drink alcohol? **(p.61)**

1. **His friend was killed in a drunk-driving accident**
2. His parents told him not to
3. He didn’t like the way it tasted
4. It made him laugh

5. On average, during a typical weekend, how many teenagers die in a car crash?

How many of these crashes are alcohol- related? **(p.61)**

1. None
2. 30 per day, all of the crashes
3. **1 per hour, ½ of the crashes**
4. 100 per hour, none of the crashes

6. Which of the following is not an example of something that would influence

positive decision making? **(p.62)**

1. family and friends c. teachers / mentors
2. books and education **d. media consumption**

7. When making a positive choice, sometimes you have to sacrifice which of the following? **(p.63)**

**a. short-term happiness** c. doing your homework

b. your favorite candy d. doing your chores

8. If we learn to make good decisions when we are **young**, we establish habits that will

 help us to succeed in life. **(p.64)**

1. **This statement is true**
2. This statement is false

9. It is **NOT** possible to develop good decision-making skills even if we didn’t learn them

 when we were young. **(p.64)**

1. This statement is true
2. **This statement is false**

10. Someone who makes good decisions does so even when it is **difficult**. **(p.64)**

1. **This statement is true**
2. This statement is false

**Navigator**

**Chapter 7: Assessment**

1. What does the word “date” mean?
2. A social appointment c. Both a and b
3. A person’s companion on a date d. Having an intimate relationship with someone
4. After teens start a relationship, they should put pressure on themselves and the other person to remain in the relationship forever.
5. This statement is true
6. This statement is false
7. Put the steps of a Romantic Relationship into the correct order.

 \_\_\_ Infatuation

 \_\_\_ Developing a Relationship

 \_\_\_ Deeper Waters

 \_\_\_ Continuing or Ending a Relationship

1. What is infatuation?
2. A love that sees to benefit the other person c. An “all consuming” passion
3. Thinking another person is attractive d. It is companionship.
4. What is not a description of true love?
5. Love is a maturation of friendship
6. Love is a quiet understanding and mature acceptance of imperfection
7. Love is pressure to be together all the time
8. Love means trust
9. Real love takes time to grow.
10. This statement is true
11. This statement is false
12. Choosing not to engage in sexual activity until marriage is called Abstinence.
13. This statement is true
14. This statement is false
15. What is a premature question to ask yourself when you first begin to develop a relationship?
16. Is he or she someone I admire?
17. Do I share similar values with him or her?
18. Will he or she stay with me forever?
19. Can I be myself around him or her?
20. Where did Amanda and Jack meet and get to know each other?
21. At a high school football game c. At a volunteer day at a soup kitchen
22. At a party d. At a club
23. What statement is false about sexual activity?
24. Sexual activity refers to any type of genital contact
25. Sexual activity refers to any type of sexual stimulation
26. Sexual activity only refers sexual intercourse
27. Sexual activity includes intercourse

**Navigator**

**Chapter 7: Assessment Answer Key**

1. What does the word “date” mean? **(p.67)**
2. A social appointment **c. Both a and b**
3. A person’s companion on a date d. Having an intimate relationship with someone
4. After teens start a relationship, they should put pressure on themselves and the other person to remain in the relationship forever. **(p.69)**
5. This statement is true
6. **This statement is false**
7. Put the steps of a Romantic Relationship into the correct order. **(p.68 – 72)**

 \_**3**\_ Infatuation

 \_**1**\_ Developing a Relationship

 \_**2**\_ Deeper Waters

 \_**4**\_ Continuing or Ending a Relationship

1. What is infatuation? **(p.70)**
2. A love that sees to benefit the other person **c. An “all consuming” passion**
3. Thinking another person is attractive d. It is companionship.
4. What is not a description of true love? **(p.70)**
5. Love is a maturation of friendship
6. Love is a quiet understanding and mature acceptance of imperfection
7. **Love is pressure to be together all the time**
8. Love means trust
9. Real love takes time to grow. **(p.68)**
10. **This statement is true**
11. This statement is false
12. Choosing not to engage in sexual activity until marriage is called Abstinence. **(p.71)**
13. **This statement is true**
14. This statement is false
15. What is a premature question to ask yourself when you first begin to develop a relationship? **(p.68)**
16. Is he or she someone I admire?
17. Do I share similar values with him or her?
18. **Will he or she stay with me forever?**
19. Can I be myself around him or her?
20. Where did Amanda and Jack meet and get to know each other? **(p.67)**
21. At a high school football game **c. At a volunteer day at a soup kitchen**
22. At a party d. At a club
23. What statement is false about sexual activity? **(p.671)**
24. Sexual activity refers to any type of genital contact
25. Sexual activity refers to any type of sexual stimulation
26. **Sexual activity only refers sexual intercourse**
27. Sexual activity includes intercourse

**Navigator**

**Chapter 8: Assessment**

*Use these words to complete questions 1 – 5.* **Stronger Character 50% Commitment Seen**

1. Putting dreams into action takes hard work, commitment, and **\_\_\_\_\_\_\_\_\_\_\_\_\_**.
2. Even if you haven’t**\_\_\_\_\_\_\_\_\_\_\_\_\_\_**a good marriage, you can learn how to *have* a good marriage.
3. Marriage is the highest level of **\_\_\_\_\_\_\_\_\_\_\_\_\_\_**that two people can make in society.
4. Couples that live together before marriage have a **\_\_\_\_\_\_\_\_\_\_\_\_\_\_**higher chance of divorce than couples that did not live together before marriage.
5. Brian waiting to have sex brought richness to his marriage and made their love **\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.

*Use these words to complete questions 6 – 10.* **Languages Marriage Conflict Characteristics Healthy**

1. A **\_\_\_\_\_\_\_\_\_\_\_\_\_\_**is a promise by each person to love and care for the other for the rest of their lives.
2. Money, children, sex, in-laws, family, household chores and leisure time are all examples of issues that may cause **\_\_\_\_\_\_\_\_\_\_\_\_\_\_**for married couples.
3. A **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** marriage relationship depends upon each person truly loving the other, by giving and caring for the other person.
4. The **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** of Love are: Physical Touch, Gifts, Time, Words of Affirmation, and Acts of Service.
5. Faithfulness, honesty, and trustworthiness are examples of **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** you may want in a future spouse.

*Use these words to complete questions 11 – 15.* **Walter Payton Foundation Well-being Future Abstinence**

1. Marriage can provide a great **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** for family life and children.
2. Family routines and rituals can be good for both physical and mental **\_\_\_\_\_\_\_\_\_\_\_\_\_\_**.
3. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_**felt his true accomplishments were achieved off the field as a parent to his children.
4. Choosing **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** can help you not just avoid the negatives of sexual activity before marriage, but also benefit from current relationships and prepare for a future marriage.
5. Each decision that you make now, can help you or hurt you in reaching your **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** goals and dreams.

**Navigator**

**Chapter 8: Assessment Answer Key**

*Use these words to complete questions 1 – 5.* **Stronger Character 50% Commitment Seen**

1. Putting dreams into action takes hard work, commitment, and **character**. **(p.74)**
2. Even if you haven’t ***seen*** a good marriage, you can learn how to *have* a good marriage. **(p.75)**
3. Marriage is the highest level of **commitment** that two people can make in society. **(p.75)**
4. Couples that live together before marriage have a  **50%** higher chance of divorce than couples that did not live together before marriage. **(p.75)**
5. Brian waiting to have sex brought richness to his marriage and made their love **stronger**. **(p.76)**

*Use these words to complete questions 6 – 10.* **Languages Marriage Conflict Characteristics Healthy**

1. A **marriage** is a promise by each person to love and care for the other for the rest of their lives. **(p.77)**
2. Money, children, sex, in-laws, family, household chores and leisure time are all examples of issues that may cause **conflict** for married couples. **(p.77)**
3. A **healthy** marriage relationship depends upon each person truly loving the other, by giving and caring for the other person. **(p.78)**
4. The l**anquages** of Love are: Physical Touch, Gifts, Time, Words of Affirmation, and Acts of Service. **(p.78)**
5. Faithfulness, honesty, and trustworthiness are examples of **characteristics** you may want in a future spouse. **(p.78)**

*Use these words to complete questions 11 – 15.* **Walter Payton Foundation Well-being Future Abstinence**

1. Marriage can provide a great **foundation** for family life and children. **(p.79)**
2. Family routines and rituals can be good for both physical and mental **well-being**. **(p.79)**
3. **Walter Payton** felt his true accomplishments were achieved off the field as a parent to his children. **(p.80)**
4. Choosing **abstinence** can help you not just avoid the negatives of sexual activity before marriage, but also benefit from current relationships and prepare for a future marriage. **(p.80)**
5. Each decision that you make now, can help you or hurt you in reaching your **future** goals and dreams. **(p.80)**