

Quiz Answers

Know Before You Go



Question #1

True or False?

Gender expression is a biologically hard-wired phenomenon that culture and society have limited influence on.

False! Gender expression is not biologically hard-wired, and is influenced by culture and society. **(page 13)**

Question #2

True or False?

All of the following can influence a person's sexuality: culture; religion; family; friends.

True! Our sexuality is personal and can be influenced by facets such as our family, culture, social group, religion, and/or spiritual beliefs. **(page 12)**

Question #3

True or False?

Spirituality and religion are two words used to mean the same thing: a belief in God or some other supreme being.

False! Spirituality and religion are
NOT the same thing. **(page 11)**

Spirituality:

- A sense of connection to something bigger than oneself
- Considered a universal human experience

Religion (or faith):

- A strong belief that is shared by a community that helps followers find meaning in their world

Both:

- Shape who we are and may provide us with community as well as helping us determine our values and life directions

Question #4

True or False?

You only have one learning style.

False! Common learning styles include auditory, visual, reading/writing, and tactile/kinesthetic. **(page 32)**

Auditory learners learn through listening. Discussing ideas learned or repeating out loud can help you remember key points while studying.

Visual learners learn through visual representations of knowledge, thoughts, ideas, and concepts. Drawings, graphs, and charts may be helpful for you.

Reading/writing learners learn through reading and writing. A good strategy for this type of learning is to go over your notes after class, summarize, and rewrite them to create a new, condensed set of study notes.

Tactile/Kinesthetic learners learn through doing. Tactile learners like hands-on learning.

Question #5

How do visual learners learn best?

- a. Through visual representations of knowledge, thoughts, ideas, and concepts
- b. Through reading and writing
- c. Through listening
- d. Through doing

A. Through visual representations of knowledge, thoughts, ideas, and concepts **(page 32)**

Question #6

How to tactile/kinesthetic learners learn best?

- a. Through visual representations of knowledge, thoughts, ideas, and concepts
- b. Through reading and writing
- c. Through listening
- d. Through doing

D. Through doing (page 32)

Question #7

True or False?

There is a generally accepted safe limit of alcohol or drug use during pregnancy.

False! There is no generally accepted safe limit of alcohol or drug use during pregnancy. **(page 72)**

Question #8

True or False?

Contraception only protects you from pregnancy, not STIs.

False! Some forms of contraception also protect you and your partner(s) against STIs. **(page 72)**

Question #9

True or False?

Alcohol use and/or drug use combined with sexual activity increases the risk of unsafe sex and health harms.

False! (page 71)

Alcohol use and/or drug use combined with sexual activity increases the risk of unsafe sex and health harms, such as your ability to consent, sexually transmitted infections and unintended pregnancy, sexual assault, child pornography, and the emotional/social/physical impact of posting sexual images online.

Question #10

True or False?

Physical and mental health are two separate things.

False! We cannot separate physical
and mental health. **(page 41)**

Question #11

True or False?

Social Anxiety Disorder includes intense embarrassment in the presence of others PLUS avoidance of situations that put a person in the public spotlight.

True! Social Anxiety Disorder does include intense embarrassment in the presence of others and avoidance of situations that put a person in the public spotlight. **(page 48)**

Social Anxiety Disorder affects approximately **4%** of people between the ages of **15 and 24**.

Symptoms:

1. Intense fear of social situations where people could judge you or you could feel embarrassed that lasts at least 6 months.
2. Avoiding these social situations whenever possible.
3. Fear or anxiety is much stronger than it should be for that type of threat.
4. These symptoms prevent you from being able to do well at school, at work, or in your relationships and are not due to an obvious cause.

Question #12

True or False?

Craving and having difficulty reducing the amount you are drinking even if you want to are BOTH signs that a person may be misusing or abusing alcohol.

True! Craving and having difficulty reducing the amount that you are drinking are both symptoms of alcohol misuse. **(page 50)**

- Drugs and alcohol are **misused** by many people, which can impact not only themselves but the other people in their lives.
- If someone in your **family** struggles with alcohol or drug abuse, you may be **at risk** for misuse.

*For a full list of **symptoms** of drug and alcohol misuse, visit **page 50** of *Know Before You Go*.

Question #13

A person with Bipolar Disorder experiences:

- a. Major depressive episodes
- b. Manic or hypomanic episodes
- c. Both a and b
- d. Neither a nor b

C. Both a. and b. (page 52)

Question #14

True or False?

One of the symptoms of Panic Disorder is worrying about having another panic attack.

True! (page 54)

Question #15

Which of the following is a warning sign associated with a gambling problem?

- a. Having more than one job
- b. Constantly talking about gambling or money
- c. Having poor money management skills
- d. Keeping your financial situation private

B. Constantly talking about gambling or money. (page 58)

Question #16

Generalized Anxiety Disorder affects:

- a. Twice as many men as woman
- b. Twice as many women as men
- c. As many women as men
- d. Only women and not men

**B. Twice as many
women
as men. (page 62)**

Question #17

True or False?

Feeling sad because you did not do well on an examination or because you have had a fight with a friend are signs that a person likely has mental disorder, perhaps Depression.

False! Feeling sad because you did not do well on an examination or because you have had a fight with a friend are signs of mental distress, not a mental disorder. **(page 42)**

Mental Distress:

- Is **normal**, expected and necessary for growth and **resilience**.
- Is characterized by a **stress response**, your body's signal that something in your environment needs to be addressed
- The signal (stress) helps you to assemble your **resources** to solve the problem and **learn new skills**

Examples of Mental Distress:

- Experiencing a relationship breakup
- Taking a test or an exam
- Presenting in front of an audience
- Many, many more

Question #18

True or False?

The mental illness called Schizophrenia usually begins before age 25 years AND includes BOTH delusions and hallucinations.

False! Schizophrenia does usually begin before age 25, but does not necessarily include BOTH delusions and hallucinations. For example, someone diagnosed with Schizophrenia may experience delusions, but not hallucinations.
(page 63)

Schizophrenia affects approximately **1%** of people over the course of their lifetime.

Symptoms can include any of the following:

1. **Delusions:** Belief in something that is not true, even when confronting with proof
2. **Hallucinations:** Hearing, seeing, or otherwise sensing something that is not actually happening
3. **Other symptoms:**
 - Disorganized thinking or speech
 - Abnormal movement
 - Lack of emotions
 - Loss of goal-directed or purposeful activity
 - Loss of speech
 - Loss of pleasure
 - Lack of interest in social interaction

Question #19

True or False?

There is a right way to grieve.

False! There is no right way to grieve.
Everyone grieves in their own way.
(page 66)

Question #20

True or False?

Most people who have lost someone close to them will grieve in the same way and will experience gradually diminishing emotional pain over time.

False! For some people, the grieving process may last a few weeks or months until they have time to adjust and adapt to the loss. Other people may not show any outward signs of grief, and appear to move on quite quickly. Still others may grieve for much longer periods of time and need professional help to move on.

If you are grieving a loss and the pain that you feel doesn't weaken or diminish as time goes on, consider talking to your doctor about how you're feeling. You may benefit from talking to a trained mental health professional. **(page 66)**