

Name \_\_\_\_\_

## Game On: The Effects of Video Games on Adolescent Behavior

### Multiple Choice Questions

1. What are some positive effects of video games on adolescent behavior, as mentioned in the essay?
  - a) Increased aggression and violence.
  - b) Improved cognitive skills like problem-solving.
  - c) Decreased social interactions.
  - d) Reduced sleep disturbances.
  
2. According to the essay, what essential life skills can adolescents learn from multiplayer online games?
  - a) Isolation and introversion.
  - b) Teamwork, communication, and cooperation.
  - c) Aggressive behavior and confrontation.
  - d) Sleep management and time management.
  
3. What is one potential negative effect of excessive video game use mentioned in the essay?
  - a) Improved academic performance.
  - b) Enhanced problem-solving skills.
  - c) Disrupted sleep patterns.
  - d) Better decision-making abilities.
  
4. According to the essay, what is a concern associated with violent video games and adolescent behavior?
  - a) There is no link between violent games and aggression.
  - b) Exposure to violent games may lead to increased aggression.
  - c) Violent games improve academic performance.
  - d) Violent games have no impact on sleep patterns.
  
5. What does the essay suggest as a key to enjoying the benefits of gaming while mitigating potential risks?
  - a) Unlimited gaming sessions.
  - b) Setting strict limits on screen time.
  - c) Avoiding video games altogether.
  - d) Encouraging adolescents to play violent games.

