

Name \_\_\_\_\_

## Navigating Life's Challenges: Conflict Resolution and Peer Pressure Mastery

### Multiple Choice Questions

1. What is the first step toward resolving conflicts?
  - a) Ignoring conflicts
  - b) Recognizing and addressing conflicts
  - c) Blaming others for conflicts
  - d) Avoiding conflicts at all costs
  
2. How can active listening help in conflict resolution?
  - a) By interrupting others to make your point
  - b) By showing empathy and understanding
  - c) By raising your voice to be heard
  - d) By avoiding eye contact
  
3. What is the purpose of using "I" statements during conflicts?
  - a) To blame others for the conflict
  - b) To focus on your feelings without blaming others
  - c) To make the conflict worse
  - d) To avoid addressing the issue
  
4. Why is staying calm important during conflicts?
  - a) Because it's fun to get angry
  - b) Because emotions can cloud judgment and hinder productive discussions
  - c) Because it's essential to yell and scream
  - d) Because it doesn't matter how you act during conflicts
  
5. How can you resist negative peer pressure?
  - a) By giving in to it
  - b) By blaming your friends for pressuring you
  - c) By avoiding all social situations
  - d) By being assertive and standing up for your values

