

Name _____

Guiding Lights: The Importance of Seeking Support from Trusted Adults

Multiple Choice Questions

1. What is peer pressure?
 - a) The influence of trusted adults on an individual's decisions
 - b) The impact of media on an individual's behavior
 - c) The influence that friends and peers exert on an individual's thoughts, behaviors, and decisions
 - d) The ability to control one's impulses and emotions

2. Why might young individuals find it challenging to resist peer pressure?
 - a) They have vast life experience and strong decision-making skills.
 - b) They fear being accepted by their peers.
 - c) They have complete control over their impulses.
 - d) They rarely seek support from trusted adults.

3. How can trusted adults support young people facing peer pressure?
 - a) By promoting conformity with group norms
 - b) By judging their choices and behaviors
 - c) By offering perspective, emotional support, and problem-solving skills
 - d) By encouraging impulsive decision-making

4. What is the role of trusted adults in helping young individuals resist negative influences?
 - a) Trusted adults reinforce the importance of conformity.
 - b) Trusted adults exacerbate young individuals' fears of rejection.
 - c) Trusted adults create a safe space for communication and offer valuable perspectives.
 - d) Trusted adults discourage open communication.

5. What steps can young individuals take to seek support from trusted adults when facing peer pressure?
 - a) Avoid initiating conversations with adults.
 - b) Identify trusted individuals, initiate conversations, listen to advice, and practice assertiveness.
 - c) Seek solutions alone without involving adults.
 - d) Conform to peer pressure to avoid conflict.

