

Name _____

Choose the Better Path - Decision-Making Quiz Answer Key

(Correct answers are marked, with sample explanations)

1. B) Getting 8 hours of sleep and eating a healthy breakfast
Because it helps your brain and body stay strong and focused.
2. A) Saying "no thanks" and walking away
It protects your health and shows confidence in your values.
3. A) Talking to trusted adults when you feel stressed
Talking it out helps prevent unhealthy coping habits.
4. B) Only taking medicine that was prescribed to you
Taking someone else's medicine can be dangerous and is illegal.
5. B) A friend who respects your choices and encourages healthy fun
Real friends don't pressure you to do things that are harmful.
6. B) Going to a movie night with friends and snacks
It's a safe, fun activity without risky situations.