

Understanding Addiction: Choices for a Healthy Life

Health Education · Practice Test · 6 Questions

1. What is addiction often described as?

- A) A type of game played for fun
- B) A brain disease that changes how you think and feel
- C) A special skill that helps you learn faster
- D) A food group that everyone needs to eat

2. Which part of the body is most affected by addictive substances, changing how it feels pleasure and makes decisions?

- A) Your stomach
- B) Your brain
- C) Your arm muscles
- D) Your skin

3. What happens when a person uses an addictive substance regularly, needing more of it to feel the same effect?

- A) They become stronger and faster
- B) They develop tolerance
- C) They grow taller very quickly
- D) They learn a new language

4. When someone who is addicted stops using a substance, they might feel sick or uncomfortable. What are these feelings called?

- A) Happy memories
- B) Withdrawal symptoms
- C) Good feelings
- D) Growth spurts

5. Long-term use of addictive substances can seriously damage which of these organs?

- A) Your fingernails
- B) Your hair
- C) Your liver and lungs
- D) Your eyebrows

6. What is a common reason why young people might try a harmful substance for the first time?

- A) They are told it will make them fly
- B) Their friends encourage them to try it
- C) They receive a special award for it
- D) They want to clean their room