

Understanding Protective Factors and Safety Strategies

Health Education · Practice Test · 10 Questions

1. What are protective factors?

- A) Conditions that increase risk
- B) Characteristics that reduce risks and promote well-being
- C) Legal requirements for schools
- D) Types of physical injuries

2. Which of the following is a protective factor against gang and youth violence?

- A) Parental involvement and monitoring
- B) Isolation from peers
- C) Avoiding academic achievement
- D) Increased drug use

3. What is recommended if you have been sexually assaulted?

- A) Keep it a secret
- B) Acquire medical care
- C) Confront the abuser alone
- D) Ignore the incident

4. What should you do to secure evidence of abuse?

- A) Delete all messages
- B) Keep it to yourself
- C) Save threatening messages or pictures of injuries
- D) Ignore the evidence

5. What does 'neighborhood collective efficacy' involve?

- A) High crime rates
- B) Mutual trust and willingness to intervene
- C) Moving to a new city
- D) Ignoring community problems

6. Which is a positive problem-solving strategy?

- A) Acting impulsively
- B) Looking at the problem as a challenge
- C) Avoiding the problem entirely
- D) Blaming others

7. What is a recommended support-seeking strategy?

- A) Seeking professional help
- B) Keeping problems private
- C) Only talking to strangers
- D) Avoiding family advice

8. What is suggested when making a safety plan?

- A) Staying in the dangerous location
- B) Looking for a safer place to go
- C) Waiting for the danger to pass
- D) Confronting the threat

9. Which of the following is a protective factor against kidnapping?

- A) Low friendship quality
- B) Neighborhood collective efficacy
- C) Lack of community resources
- D) Avoiding neighbors

10. Why is it important to talk to a confidante?

- A) To spread rumors
- B) To gain support and perspective
- C) To hide the truth
- D) To argue about the problem