

1. True or False? If you text someone a pic of yourself, you can be certain that they won't forward it to anyone.	2. True or False? Copying and pasting just one paragraph from Wikipedia for a class assignment isn't cheating.	3. True or False? Having a private chat with a friend on Discord where you disrespect a third friend (who isn't in the chat) is totally fine.
4. True or False? The more time you spend on social media, the more you are putting yourself at risk of poor body image.	5. True or False? ChatGPT can be used for a sentence or two in an essay.	6. True or False? Screen time has absolutely no effect on the health of your eyes.
7. True or False? Your friend sends a pic of a guy from class looking really weird. You decide to forward it to everyone else in class. It's not a bad decision, because you didn't take the pic in the first place.	8. True or False? Putting your personal information online isn't a big deal.	9. True or False? People never lie online and they are always truthful about their age, where they live, and why they want to get to know you.

10. True or False? The content of the media you watch/interact with can affect the way you think about yourself and others.	11. True or False? Water is an optional nutrient.	12. True or False? Taking regular tech breaks and even a tech-free vacation can improve mental health.
13. True or False? You should follow the same diet as an adult professional athlete, especially if you saw it on TikTok.	14. True or False? Gaming can sometimes make it difficult to eat a balanced diet or get enough sleep.	15. True or False? Technology and media have benefits and it's up to each family to find out what those benefits are and use them within certain limits.
16. True or False? Excellent, healthy choices are not just "good for you" but they ACTUALLY shape and mature your brain.	17. True or False? If an athletic supplement claims it will do something on the label, you can 100% believe it.	18. True or False? Digital devices, like your phone, emit a blue light that interrupts the body's sleep hormones.

QUICK ANSWERS

1. FALSE 2. FALSE 3. FALSE 4. TRUE 5. TRUE 6. FALSE 7. FALSE 8. FALSE 9. FALSE 10. TRUE
11. FALSE 12. TRUE 13. FALSE 14. TRUE 15. TRUE 16. TRUE 17. FALSE 18. TRUE