

1. True or False? If you text someone a pic of yourself, you don't know where it could end up.	2. True or False? Using ChatGPT to write a small part of your English essay 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? Too much screen time can lead to a depressed mood.	5. True or False? Lack of sleep can reduce testosterone production by 10-15%.	6. True or False? Too much screen time will result in X-ray vision.
7. True or False? A buddy sends you a pic of a girl in your class that's pretty revealing. You share the pic with others. Hey, you weren't the one who first sent it, so it's not <i>your</i> fault!	8. True or False? Putting your personal information online isn't a big deal. <i>You're not really worried – you don't have anything to hide.</i>	9. True or False? People are always who they say they are online.

10. True or False? Viewing porn is no big deal. It has no impact on mental health or the brain.	11. True or False? Thinking about the consequences of your ideas and actions is an excellent habit of thinking.	12. True or False? Taking regular tech breaks and even a tech-free vacation can reduce anxiety.
13. True or False? If a celebrity endorses a product, it's gotta be pretty good.	14. True or False? If you want to try it because everyone else has it, you've fallen for the "bandwagon effect" in advertising.	15. True or False? Ignoring valid criticism because it makes you feel bad is a habit of non-excellent thinking.
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 the majority of people are doing something then it's probably good for you.	18. True or False? Digital devices, like your phone, emit a blue light that interrupts the body's sleep hormones.

19. True or False?

Exercise improves mood
and reduces anxiety.

20. True or False?

Every part of your body is
renewed faster during
sleep than when awake.

21. True or False?

Exercise can improve your
grades as it increases
cognitive function.

22. True or False?

When it comes to
testosterone, vitamins and
minerals aren't as
important as eating a lot of
protein.

22. True or False?

Water carries nutrients,
energizes muscle, and
clears waste.

23. True or False?

7 hours of screen time a
day has been shown to
thicken the cerebral cortex
in teens.

24. True or False?

Teenagers should drink 1L
to 2L of Gatorade
every day.

25. True or False?

Testosterone is produced
during sleep.

26. True or False?

Self-Awareness means that
you should try to act in a
way that your peers do.