

ANSWERS

1. **TRUE**

You can send pics in many different ways: texts, direct messages, emails, posting it in a thread. But once that pic is out: do you really know what can happen to it? If your friend sends it to someone you don't know, then your picture is on their phone. It's important to think about this when sending photos of yourself. It's not about becoming paranoid; it's about being self-aware and smart with online privacy.

2. **FALSE**

Remember, even if it's only a few sentences: if you didn't cite them properly, that is stealing, plain and simple. You demonstrate your understanding by explaining things in your own words. Try to explain what you are trying to say out loud and then write it down on the page to make sure you are using your own words!

3. **FALSE**

Disrespecting, teasing, or being nasty to other people even if they aren't in the chat is NOT fine. For one thing, it's rude and doesn't respect their human dignity. With friends like that, who needs enemies? For another, it's easy for someone to take a screenshot of something you've written. Once something is out there in writing, it can be pretty hard to get it back again.

4. **TRUE**

There's scientific evidence to show that too much screen time, especially on certain apps or social media, can lead to a depressed mood. Of course, we need to use screens for school and to connect with friends. But it's not a replacement for connecting with friends in person and spending time outside. We can also do some schoolwork that doesn't require a screen. So we need to check in with ourselves about this.

5. **TRUE**

It's important to make sure you are doing your own work and not just taking what someone else has written. Otherwise, you're not really learning.

6. **FALSE**

But wouldn't it be sweet if it was true?!

7. FALSE

Sharing pics like this is wrong, full stop. It's not his image to share. You have to be the one to stop the spread and let your buddy know he shouldn't be forwarding stuff like that. It's really not cool. Sharing inappropriate photos of others can even lead to legal charges.

8. FALSE

It's not really about whether you have something to hide, or not. Protect your information and make sure that you only share what's appropriate for the situation.

9. FALSE

Anyone can say anything online! Talking to friends online who are also friends in real life makes this less of a concern. But if you are on Discord (for example) talking to several people in a thread, there is no real way of knowing who they are in real life.

10. FALSE

Porn influences the way you see yourself and others, in ways that you may not notice at first. But over time, it changes your brain and influences the way you see people: as objects to use for your pleasure. You should also be aware that another reason not to use porn is that many times the actors in porn have been coerced into making porn against their will.

11. TRUE

Correct!

12. TRUE

Just like we know too much screen time can have negative effects on our health, research has shown that taking regular breaks is better for your health, creativity, and ability to retain information.

13. FALSE

Sadly, it's often the case that a celebrity doesn't even use the product they might be endorsing. A celebrity endorsement doesn't necessarily mean it's an A-list product.

14. TRUE

Correct!

15. TRUE

We may not always want to hear constructive criticism from others, but if it's intended to be helpful and not just intended to hurt, it's important to be able to listen, learn and take advice from others.

16. **TRUE**

Choices shape our brain – especially the prefrontal cortex which, as we know, is still maturing and developing until about age 25.

17. **FALSE**

Um... the majority of people can also be wrong! If you want to see a fun experiment that describes the influence of the majority on the minority, look up the Solomon Asch conformity experiment.

18. **TRUE**

This is why it can be hard to get to sleep after you've been scrolling on your phone or texting with someone. The best way to get the 8-10 hours of sleep you need, is to set a timer on your phone an hour before bedtime and put it out of reach for the night.

19. **TRUE**

Exercise releases endorphins, which are chemicals that reduce stress and improve mood.

20. **TRUE**

21. **TRUE**

Exercise helps you concentrate better and remember information as it improves your memory. Remember: things that affect your body affect your mental health!

22. **FALSE**

Protein is important but so are vitamins and minerals! For example, zinc impacts the Leydig cells in the testes, which are responsible for testosterone. Zinc is found in lots of foods, including blueberries and avocado.

23. **TRUE**

24. **FALSE**

Teenagers should drink 1 to 2L of WATER every day. Water clears waste and energizes the body.

25. **TRUE**

Testosterone levels increase during sleep. One of the many reasons you need 8-10 hours of sleep to feel your best!

26. **FALSE**

Self-awareness means having a strong sense of who YOU are, how you feel and THINK and the reasons for YOUR actions. Self-awareness is having the maturity and confidence to make excellent choices for yourself and others, even if your friends or peers may not be making excellent choices.



Entry Ticket Activity

Answer Key

teenMEN – Grade 8 | Lesson 8