

TeachME Professional Development

The Paradox of Substance Misuse Among School-Aged Youth

1. Which of the following is identified as an individual-level risk factor for youth substance use during adolescence?

- A. Strong academic achievement, frequent participation, and consistent school attendance
 - B. Interest in social acceptance, participation in peer activities, and desire for independence
 - C. Favorable attitudes toward drugs, rebelliousness, and antisocial behavior
 - D. Exposure to prevention messaging, awareness of substance-related risks, and curiosity about current trends
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2. Which of the following represents an emerging concern related to how adolescents are obtaining substances, according to current research?

- A. Teens are increasingly obtaining substances through licensed pharmacies using falsified prescriptions.
 - B. Most adolescents obtain substances from parents' medicine cabinets rather than outside sources.
 - C. Dark web marketplaces have replaced social media as the primary online source of drugs for teens.
 - D. Social media platforms have become a channel through which illegal drug sales reach adolescents.
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3. Which statement best describes confidentiality in substance-related situations at school?

- A. Educators should keep all student disclosures completely secret
 - B. Confidentiality applies only when parents request privacy
 - C. Information may need to be shared when student safety is at risk
 - D. Confidentiality requirements end when substance use is suspected
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4. Which of the following best describes the physical and cognitive warning signs that may be associated with substance misuse in adolescents?

- A. Increased energy, heightened focus, increased feelings of pleasure, and improved coordination
 - B. Temporary weight gain, increased appetite, and improved academic performance
 - C. Poor concentration, memory problems, unusual fatigue, or changes in appearance or hygiene
 - D. Mild irritability and occasional forgetfulness consistent with typical adolescent development
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5. Which response best aligns with a health-centered approach to a student who appears to be under the influence of a substance?

- A. Address the student's immediate health and safety needs before determining consequences
 - B. Remove the student from school immediately and prohibit future participation in activities
 - C. Require the student to explain their behavior before receiving support
 - D. Focus first on documenting rule violations and assigning disciplinary measures
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6. Which of the following best describes the overall trend in adolescent substance use over the past several decades?

- A. Rates of alcohol, cigarette, and marijuana use among teens have steadily increased.
 - B. Rates of most traditional drugs have declined, though new threats like vaping and fentanyl contamination have emerged.
 - C. Rates of traditional substance use have declined, and adolescent overdose deaths have also returned to pre-pandemic levels.
 - D. Illicit drug use has remained stable while alcohol and cigarette use have declined significantly
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7. According to research on risk factors, which of the following circumstances most significantly increases the likelihood that a young person will engage in substance use?

- A. Experiencing a single, isolated stressful event during middle school
 - B. Having one family member with a history of alcohol use
 - C. The presence of multiple risk factors, especially when they occur early in life
 - D. Living in a community where some social norms are tolerant of adult alcohol consumption
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8. Which two warning sign categories does this student's behavior most clearly reflect?"

- A. Withdrawal from family and demonstrating reckless behavior
 - B. Physical or cognitive changes and possession of substances or related items
 - C. Changes in peer groups and mood and behavior changes
 - D. Academic difficulties and loss of interest in activities
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9. What is the primary purpose of naloxone?

- A. To reduce substance cravings over time
 - B. To prevent future substance use disorders
 - C. To treat symptoms of alcohol intoxication
 - D. To reverse the effects of an opioid overdose
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10. Which combination of factors does current research identify as contributing to the continued decline in overall adolescent drug use?

- A. Stricter school discipline policies and increased law enforcement presence in communities
 - B. Public education efforts, earlier intervention, and expanded prevention messaging in schools and communities
 - C. Decriminalization of marijuana in many states, which has reduced adolescent curiosity about illicit substances
 - D. Decreased mental health struggles among adolescents, which has reduced the need to cope with substances
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11. Which prevention framework does this three-level structure most closely reflect?"

- A. A Multi-Tiered System of Supports (MTSS), which layers universal, targeted, and indicated prevention strategies to address varying student needs
 - B. A Student Assistance Program (SAP), which organizes student support through peer-led group counseling sessions
 - C. A restorative practice model, which replaces traditional discipline with community-building circles at each level of student need
 - D. A breathalyzer and drug testing protocol, which applies different testing criteria based on a student's behavioral history
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12. Which individual-level protective factors does this student most clearly demonstrate?"

- A. Parental involvement and consistent family discipline
 - B. Safe community environment and strong mentoring relationships
 - C. Emotional self-regulation, healthy coping skills, and school engagement
 - D. Anti-bullying practices, positive peer relationships, and positive teacher expectations
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13. Which of the following academic behaviors is identified as a warning sign that may signal possible substance misuse or an underlying problem in a student?

- A. A student who demonstrates declining grades, reduced motivation, and a loss of interest in school
 - B. A student who asks for extensions on assignments due to a documented family emergency
 - C. A student who struggles with one subject but maintains strong performance in all others
 - D. A student who changes elective courses midyear and briefly withdraws from a school club
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14. Which of the following describes a strengths-based approach to substance use prevention?

- A. A program that identifies students most likely to use substances and provides them with targeted deterrence messaging and increased monitoring
 - B. A program that emphasizes real-world consequences of substance use through case studies and statistics drawn from national overdose data
 - C. A program that involves parents in reviewing school discipline policies to ensure consequences for substance use are consistently applied
 - D. A program that recognizes adolescents' abilities, interests, and leadership potential while encouraging student voice, positive identity development, and resilience
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15. Which substance should be the primary focus of her presentation?"

- A. Methamphetamine, because its use among teens increased sharply during the pandemic
 - B. Heroin, because it remains the most commonly used opioid among adolescents
 - C. Fentanyl, because it accounts for over 75% of adolescent overdose deaths in recent years.
 - D. Cocaine, because it is most frequently mixed with prescription medications
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16. Which school-level approach best reflects a protective factor framework?"

- A. Partnering with a community health organization to deliver a structured, evidence-based drug education curriculum in all health classes
 - B. Investing in positive teacher expectations, school engagement opportunities, and healthy peer group development
 - C. Creating a student wellness committee that meets monthly to review school climate data and recommend policy updates to administration
 - D. Implementing a peer mediation program where trained students help resolve conflicts and report substance-related concerns to counselors
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17. Which response best explains this apparent paradox?"

- A. While overall use has declined, potent synthetic opioids are increasingly contaminating other substances, making each exposure far more dangerous.
 - B. While overall use has declined, adolescents are reporting substance use less accurately than in previous years, making trend data difficult to interpret.
 - C. While overall use has declined, prescription medications have become the primary substances used by adolescents, replacing alcohol and other drugs.
 - D. While overall use has declined, overdose deaths have remained relatively stable because the risks associated with commonly used substances have not changed
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18. Which statement best reflects the role of educators during a suspected overdose?

- A. Educators should diagnose the specific substance involved before responding
 - B. Educators should focus on recognizing warning signs and initiating appropriate procedures
 - C. Educators should determine whether disciplinary consequences are necessary before seeking help
 - D. Educators should wait for family members to arrive before taking action
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19. According to the Wisconsin Safety and Healthy Schools Center, how should prevention education be incorporated into school programming?

- A. Prevention education is most effective when delivered as a single intensive event, such as an annual school assembly led by a guest speaker
- B. Prevention education should be reserved for students who have been identified through behavioral or academic risk screenings

- C. Prevention education is most effective when delivered separately from general academic programming to avoid interrupting instructional time
 - D. Prevention education should be integrated into broader, ongoing educational efforts that promote healthy decision-making and student well-being
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20. Which statement best defines substance misuse among school-aged youth?

- A. The repeated use of substances that always results in physical dependence and withdrawal symptoms
 - B. The intentional use of substances that occurs only during social events and peer gatherings
 - C. The use of alcohol, medications, or drugs in ways that are harmful, unsafe, or inconsistent with medical or legal guidelines
 - D. The compulsive use of substances that continues despite severe health, social, and legal consequences
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