

### Quiz: Being a Teen

1. What is the main idea of “Being a Teen”?

- A) Teenagers only face problems
- B) Being a teen is exciting and challenging
- C) Teenagers don’t need help from anyone
- D) Teens only care about school

2. What kind of changes do teenagers experience?

- A) Only physical changes
- B) Only emotional changes
- C) Both physical and emotional changes
- D) No changes at all

3. Why are friends important for teenagers?

- A) They make fun of others
- B) They give stress
- C) They share laughter and support each other
- D) They make teens feel lonely

4. What should teenagers do when they feel stressed or overwhelmed?

- A) Keep it to themselves
- B) Talk to someone they trust
- C) Avoid everyone
- D) Get angry

5. Which of the following helps teenagers stay healthy and positive?

- A) Sleeping less and eating junk food
- B) Staying indoors all the time
- C) Getting enough sleep and eating healthy food
- D) Worrying too much

6. What is one common challenge faced by teenagers?

- A) Too much free time
- B) Pressure from school and social media
- C) Lack of friends
- D) No interest in anything

7. What should teenagers remember about making mistakes?

- A) Mistakes should be avoided at all cost
- B) Mistakes mean failure
- C) It's okay to make mistakes — that's how we learn
- D) Mistakes make others angry

8. What message does the conclusion give?

- A) Teenage life is boring
- B) Teenage years are a time to explore and learn
- C) Teens should avoid challenges
- D) Growing up is easy

9. Who can teenagers talk to when they need help?

- A) Strangers online
- B) Parents, teachers, or counselors
- C) No one
- D) Only friends

10. What does the writer mean by “this is just the beginning of your story”?

- A) Teenage life is the end of childhood
- B) Life has no more goals after teenage
- C) Teenage life is the start of discovering your future
- D) Teens should stop learning

11. What do teens often struggle with when it comes to identity?

- A) Choosing a favorite color
- B) Understanding who they are and what they believe
- C) Remembering birthdays
- D) Picking a school subject

12. Why is communication important during teenage years?

- A) To argue with parents
- B) To avoid responsibilities
- C) To express feelings and build trust
- D) To gossip with friends

13. What role does education play in a teenager's life?

- A) It's just a daily routine
- B) It helps shape their future and choices
- C) It's only about exams
- D) It's not important

14. How can teens manage their time better?

- A) By ignoring homework
- B) By sleeping all day
- C) By planning and setting priorities
- D) By watching TV

15. What is one way teens can build self-confidence?

- A) Comparing themselves to others
- B) Avoiding challenges
- C) Celebrating small successes
- D) Staying silent

16. What does the module suggest about teenage emotions?

- A) They are always negative
- B) They are confusing but normal
- C) They should be hidden
- D) They don't matter

17. What is a healthy way to deal with peer pressure?

- A) Always follow the crowd
- B) Say yes to everything
- C) Think critically and make your own choices
- D) Avoid all friends

18. Why is writing a blog entry useful for teens?

- A) To complain
- B) To practice grammar
- C) To reflect on experiences and express themselves
- D) To copy others

19. What does “Being a Teen” encourage students to do?

- A) Hide their feelings
- B) Explore their identity and future
- C) Focus only on grades
- D) Avoid talking to adults

20. What kind of learning is emphasized in this module?

- A) Passive learning
- B) Memorizing facts
- C) Active, personal, and reflective learning
- D) Repeating answers