be nice.®

Answer the questions to the best of your ability according to the video on mental health showed in class. Circle the question you think is most accurate.

1. What does the I in Invite stand for.
    a. Interrupt
    b. Invite
    c. Independent
    d. Illinois
2. Inviting involves taking a risk and _____.
    a. Reaching Out
    b. Jumping up and down
    c. Playing volleyball
    d. Eating the lunchroom pizza
3. After you have notices in the way someone thinks, acts, or feels you should do what?
    a. Invite yourself to start a conversation
    b. Eat a pizza
    c. Talk to someone else about it
    d. Go on with your day
4. What is a good way to start a conversation?
    a. "Hey, You"
    b. "Hey, Jimmy told me that you…"
    c. Texting them
    d. "Can we talk, I've noticed this and I am worried about you."
5. Among adults, suicide is the _____ leading cause of death.
    a. 6th
    b. 3rd
    c. 10th
    d. 20th
6. What is a good way to be a good listener?
    a. Wear headphones
    b. Be patient
    c. Interrupt when you have a good point
    d. Play on your phone