

Module B4 Quiz: Continuing Boundary Skills, Assertiveness & Self-Protection

Question 1: List five physical skills you learned in self-defense and boundary-setting lessons.

Question 2: Describe how to use the verbal Repetition Technique.

Question 3: Discuss the importance of nonverbal awareness and communication.

Question 4: Explain one skill from the ABCD strategies in your own words.

Question 5: What will you remember most from this lesson?

Module B4 Quiz Answer Key

Question 1:
Accept all relevant student descriptions and thoughts consistent with B Module content.
Question 2:
Assertive body posture with five-point directness, eye contact. Repeat verbally assertive command: "I'm calling my parents for a ride . . . I said, I'm calling my parents!"
Question 3:
Pay attention to the behavior of others and your own body feelings of safety or "Uh-Oh!". Notice what a person is DOING, not just what they are saying.
Question 4:
Assertive Refusal—Say NO verbally and with assertive body. Do not comply with attacker. Look for opening for escape or physical defense.
Buying time by appearing to comply—Pretend to go along with what the attacker wants while waiting for an opening for physical defense or escape.
Distraction—Do something surprising or unexpected to create opportunity for escape or physical defense.
Question 5:
Accept all relevant student descriptions and thoughts consistent with B Module content.