

# Google Forms Escape Room

6<sup>th</sup> – 10<sup>th</sup> Grade

Get the coded message to get off the  
“Island of Bullying, Impulsiveness, Anger,  
Blame, and Control.”



Hands-on Healthy Activities





# Escape Room

## Understanding

## Bullying:

- Articles
- True/False Quiz
- Statistics
- Added Links
- Fun Photos!

#3 is TRUE. Most students DON'T like to see someone bullied. A study found that 83% of students said seeing someone being bullied made them feel uncomfortable.



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# Escape Room

\_\_\_1. I feel empathy for people who are less fortunate than me.

\_\_\_2. I find it easy to understand other people's point of view.

\_\_\_3. I am usually greatly upset by other people's hardships and misfortunes.

**Empathy**  
**Survey!**



**Hands-on Healthy Activities**









# Google Forms Escape Room

6<sup>th</sup> – 12<sup>th</sup> Grade

**Teen Depression**



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# Google Forms Escape Room

6<sup>th</sup> – 12<sup>th</sup> Grade

## Understanding Teen Depression:

- Main Article
- Facts
- Statistics
- Added Links

Questions Responses Settings Total points: 1



Section 1 of 24

### "What Do You Know About Teen Depression?" Escape Room

Imagine you are a teen trapped in depression, but you want to escape these negative feelings! How did these sad feelings happen to you? What is "depression" anyway, and how can teens get out from under these heavy feelings? Answer the questions correctly to find an important message about depression and escape its hold on you!

**HOW IT WORKS:** Each time you answer a question correctly, you will get 1 or more symbols. Copy the symbol(s) on a piece of paper. At the end of the questions, you will receive the letter for each symbol and you will then be able to retrieve an important message!

**ALSO:** Your teacher may also be giving you a grade for completing this task!

Name:

Long answer text

Answer key (0 points)

Paragraph

Required

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# Google Forms Escape Room

6<sup>th</sup> – 12<sup>th</sup> Grade

Multiple-Choice  
Questions:

**Editable!**



1. An estimated \_\_\_\_\_ adolescents aged 12 to 17 in the United States had at least one major depressive episode.\* Is it: \*

- a. 1.2 million
- b. 3.1 million
- c. 4.1 million

Your answer \_\_\_\_\_

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# Google Forms Escape Room

6<sup>th</sup> – 12<sup>th</sup> Grade

Clues for an  
Important  
Teen Message!



## "What Do You Know About Teen Depression?" Escape Room

Copy these symbols on your own piece of paper:



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Never submit passwords through Google Forms.



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# Google Forms Escape Room

6<sup>th</sup> – 12<sup>th</sup> Grade

**The  
Dungeon of  
Addiction**

Hands-on Healthy Activities





# The Dungeon of Addiction

## Escape Room

6<sup>th</sup> – 12<sup>th</sup> Grade

-Protective  
Factors List

Important  
Teen Topics!



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*Answer Correctly  
or else...*



6<sup>th</sup> – 12<sup>th</sup> Grade


# Addiction Risk Factors:

-10 teen risk  
factors for  
addiction

-Statistics

-Added Links

Questions Responses Settings Total points: 2



Section 1 of 21

### Addiction Escape Room: Get out of the Dungeon and into the Light! ✕ ⋮

**HOW IT WORKS:** Each time you answer a question correctly, you will unlock the door to the next room in your escape out of the dungeon. Try to make it into the fresh outside air and then you will also be able to read some "Protective Factors" for addiction!

**NOTE:** Your teacher may also be giving you a grade for completing this task!

Name: \*  
Long answer text

Date: \*  
Short answer text

After section 1 Continue to next section ▾

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*Yes, there is an escape!*



6<sup>th</sup> – 12<sup>th</sup> Grade

# Multiple-Choice Questions

+

# Editable!



Your teacher may want you to look up some local help resources for addiction. Here are some organizations to research:

**NA - Narcotics Anonymous**

**AA – Alcoholics Anonymous**

**Counseling in your school**

**Counseling in your town**