

WHAT YOU BELIEVE VS. WHAT'S TRUE

ACTIVITY

Time Needed

10–15 minutes

Materials

Internet access

Kahoot! quiz link: bit.ly/social-norms-kahoot-quiz

Activity Description

A lot of people think “everyone” is vaping, drinking, or using drugs, but that’s usually not true. In this activity, you’ll take a quick Kahoot! quiz to see what you believe about teen behavior, and compare it to what the research *actually* says.

You might be surprised by how much most teens aren’t doing.

Suggested Steps

1. Join the Kahoot! Quiz: Use the link or the game code your teacher gives you to join the Kahoot!
 - Start the quiz here: bit.ly/social-norms-kahoot-quiz

The quiz will ask questions like:

- How many teens actually drink alcohol?
- What percent of students vape regularly?
- What do most teens really do at parties?

2. Think about your answers. As you play, notice:

- Which answers surprised you?
- Which ones matched what you expected?
- Why do you think so many people get this wrong?

Note: The data used in this quiz comes from the **2024 Monitoring the Future** survey, based on national results from **12th grade students**. You can explore the full report here:

<https://monitoringthefuture.org/data/bx-by/drug-prevalence/#drug=%22%22>

