Teacher Answer Key

Case Study

1. Dopamine trigger: the buzz/possibility of a rewarding reply; cortisol trigger: uncertainty and threat interpretation of the vague message.

2. Support lowers stress signals, increases feelings of safety/connection, and allows the prefrontal cortex to guide calmer choices.

Multiple Choice

1. A

2. C

3. C

Matching

1-C, 2-A, 3-B, 4-E, 5-D

Fill-in-the-Blank

1) cortisol, 2) motivation, 3) prefrontal

Short Answer (Sample Responses)

Q1: Intensity can come from novelty, uncertainty, or pressure; health depends on safety, respect, and consistency over time.

Q2: Support can reduce cortisol and increase feelings of connection, helping decision-making and emotional stability.

Q3: Pause, breathe, do a non-phone activity, send one clear message if needed, and give time before reacting.