

Not Anymore Training Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. In the context of Not Anymore Training, what is emphasized about the seriousness of reports?**
 - A. All reports are to be disregarded**
 - B. Each report should be treated with skepticism**
 - C. Each report should be taken seriously regardless of its nature**
 - D. Reports should only be taken seriously if there is evidence**

- 2. Which statement about the trauma of being raped by a date or acquaintance is correct?**
 - A. It is more traumatic than being raped by a stranger**
 - B. It is equally traumatic as being raped by a stranger**
 - C. It is less traumatic than being raped by a stranger**
 - D. It is not considered trauma at all**

- 3. Which emotional response is commonly experienced by survivors of sexual assault?**
 - A. Happiness and excitement**
 - B. Anger and frustration**
 - C. Feelings of shame and guilt**
 - D. Pride and confidence**

- 4. What is an essential component of an ally's role?**
 - A. Believing and amplifying survivor voices**
 - B. Minimizing the survivors' experiences**
 - C. Proposing quick fixes for complex issues**
 - D. Encouraging survivors to confront the offender**

- 5. What is a potential result of alcohol on a sexually aggressive individual?**
 - A. Decreased aggressive tendencies.**
 - B. Increased chances of non-aggressive behavior.**
 - C. Increased likelihood of sexual aggression.**
 - D. No change in behavior at all.**

- 6. Identify one situation where bystander intervention might be necessary.**
- A. Seeing a friend argue over a trivial matter**
 - B. Witnessing someone being verbally harassed at a party**
 - C. Watching a group play a game**
 - D. Observing someone being late to class**
- 7. Is it advisable for someone who has been sexually assaulted to seek medical attention?**
- A. Yes**
 - B. No**
 - C. Only if they feel it's necessary**
 - D. It depends on the situation**
- 8. Why is it crucial for individuals to educate themselves about sexual violence?**
- A. It can foster ignorance about serious issues**
 - B. Education can empower individuals to seek revenge**
 - C. Education can empower individuals to recognize, respond to, and prevent sexual violence**
 - D. Education is only necessary for professionals**
- 9. What percentage of college men report experiencing violent and abusive behaviors from someone they were dating?**
- A. 28%**
 - B. 35%**
 - C. 41%**
 - D. 50%**
- 10. How does Not Anymore Training encourage individuals to think critically about relationships?**
- A. By promoting acceptance of all relationship dynamics**
 - B. By urging individuals to assess the dynamics of their relationships and recognize signs of unhealthiness**
 - C. By focusing on legal definitions of relationships**
 - D. By emphasizing the importance of social status in relationships**

Answers

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1. C
2. C
3. C
4. A
5. C
6. B
7. A
8. C
9. A
10. B

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Explanations

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1. In the context of Not Anymore Training, what is emphasized about the seriousness of reports?
 - A. All reports are to be disregarded
 - B. Each report should be treated with skepticism
 - C. Each report should be taken seriously regardless of its nature**
 - D. Reports should only be taken seriously if there is evidence

The emphasis on treating each report seriously, regardless of its nature, is crucial in the context of Not Anymore Training. This approach underscores the importance of creating a supportive and respectful environment where individuals feel safe to come forward with their concerns. By taking each report seriously, it validates the experiences of those who report issues and encourages open communication. This perspective fosters a culture where individuals are empowered to speak up, knowing that their concerns will be acknowledged and addressed appropriately. Dismissing reports or treating them with skepticism could discourage reporting and perpetuate an environment where issues go unaddressed. Therefore, treating each report as serious reflects the commitment to ensuring safety and accountability within the community or organization.

2. Which statement about the trauma of being raped by a date or acquaintance is correct?
 - A. It is more traumatic than being raped by a stranger
 - B. It is equally traumatic as being raped by a stranger
 - C. It is less traumatic than being raped by a stranger**
 - D. It is not considered trauma at all

Being raped by a date or acquaintance can carry different implications and dynamics compared to being raped by a stranger, but it's not accurate to classify it as less traumatic. Survivors of date or acquaintance rape may experience a range of complex feelings such as betrayal, shame, and confusion, particularly because the offender is someone they may know or trust. This can often exacerbate the feelings of trauma. The psychological impact can vary from person to person, and many studies suggest that the familiarity of the perpetrator can contribute to a unique and profound sense of trauma. Therefore, the idea that acquaintance rape is less traumatic overlooks the nuanced emotional and psychological repercussions experienced by survivors. Understanding the impact of familiarity and the relationship with the perpetrator is crucial in addressing the trauma associated with sexual assault.

3. Which emotional response is commonly experienced by survivors of sexual assault?

- A. Happiness and excitement**
- B. Anger and frustration**
- C. Feelings of shame and guilt**
- D. Pride and confidence**

Survivors of sexual assault often experience feelings of shame and guilt as a significant emotional response. This stems from the misconception that survivors might feel responsible for the assault or that they could have somehow prevented it. Such feelings can be exacerbated by societal stigmas and victim-blaming attitudes, which often leave survivors questioning their self-worth and actions. This emotional turmoil may lead to internalized shame, where the survivor feels an overwhelming sense of responsibility for the assault and its effects, despite it being a heinous act committed against them. This reaction is a common response as the individual processes the trauma, making it a crucial element in understanding the psychological impact of sexual violence and the importance of providing support to those affected. Recognizing this response can aid caregivers and supporters in offering appropriate empathy and assistance.

4. What is an essential component of an ally's role?

- A. Believing and amplifying survivor voices**
- B. Minimizing the survivors' experiences**
- C. Proposing quick fixes for complex issues**
- D. Encouraging survivors to confront the offender**

An essential component of an ally's role is believing and amplifying survivor voices. This is crucial because allies provide support and validation to individuals who have experienced trauma or discrimination. By believing survivors, allies help create a safe space where individuals feel heard and respected. Amplifying these voices means that allies actively work to share and elevate the experiences of survivors, ensuring that these narratives are recognized and taken seriously within broader conversations about justice, support, and healing. This aspect of allyship fosters empowerment, encouraging survivors to reclaim their narrative and advocate for themselves while also educating others about the realities of their experiences. This supportive stance plays a significant role in building trust and solidarity within communities addressing issues of harm and trauma.

5. What is a potential result of alcohol on a sexually aggressive individual?

- A. Decreased aggressive tendencies.**
- B. Increased chances of non-aggressive behavior.**
- C. Increased likelihood of sexual aggression.**
- D. No change in behavior at all.**

Alcohol often has a disinhibiting effect on individuals, meaning it can lower the inhibitions that typically moderate behavior. For those who may already have tendencies toward aggression, alcohol consumption can exacerbate these inclinations, leading to an increased likelihood of engaging in sexually aggressive behavior. This is particularly relevant in the context of impaired judgment that alcohol introduces, as it can make individuals less aware of the consequences of their actions and more likely to ignore social norms or consent boundaries. While the other options suggest that alcohol might reduce aggression, promote non-aggressive behavior, or have no effect at all, research consistently indicates that for individuals predisposed to aggression, alcohol tends to heighten the risk of such behaviors. This understanding is critical in addressing issues of consent and sexual aggression, as it highlights the importance of awareness surrounding alcohol use in social situations.

6. Identify one situation where bystander intervention might be necessary.

- A. Seeing a friend argue over a trivial matter**
- B. Witnessing someone being verbally harassed at a party**
- C. Watching a group play a game**
- D. Observing someone being late to class**

Bystander intervention is crucial in situations where someone is in distress or facing harm, making witnessing verbal harassment a prime example. In this context, seeing someone being verbally harassed at a party indicates a clear violation of that person's dignity and safety. It is essential for bystanders to intervene in such scenarios to help protect the individual who is being targeted. Verbal harassment can lead to emotional and psychological distress for the victim, and intervention can take various forms, such as stepping in to offer support, addressing the harasser, or seeking assistance from others. The other scenarios may not warrant the same level of immediate intervention. An argument over a trivial matter might resolve itself organically without the necessity for involvement. Watching a group play a game typically does not involve harmful behavior or distress, and observing someone late to class does not pose any risk to personal safety or well-being. Thus, the context and impact on the individuals involved significantly dictate when intervention is necessary, highlighting verbal harassment as a situation requiring decisive action.

7. Is it advisable for someone who has been sexually assaulted to seek medical attention?

- A. Yes**
- B. No**
- C. Only if they feel it's necessary**
- D. It depends on the situation**

Seeking medical attention after a sexual assault is crucial for several reasons. Firstly, a medical professional can provide essential care for physical injuries, assess any health risks, and offer treatments for sexually transmitted infections or pregnancy. Additionally, medical staff can collect evidence, which is vital if the survivor chooses to pursue legal action in the future. Moreover, medical professionals are trained to handle such sensitive situations with compassion and understanding, helping the survivor feel supported during a traumatic time. Early medical intervention also plays a significant role in the survivor's overall recovery, both physically and emotionally. While some may feel that it's only necessary to seek medical care if they are injured or if they decide to report the assault, medical help can provide necessary support regardless of these factors. Seeking professional advice is always advisable, as it can help the survivor process their experience and begin their healing journey.

8. Why is it crucial for individuals to educate themselves about sexual violence?

- A. It can foster ignorance about serious issues**
- B. Education can empower individuals to seek revenge**
- C. Education can empower individuals to recognize, respond to, and prevent sexual violence**
- D. Education is only necessary for professionals**

Understanding sexual violence is vital for several reasons, and education plays a crucial role in empowering individuals to take appropriate actions. By educating themselves about the signs and consequences of sexual violence, individuals can better recognize harmful behaviors, respond effectively to situations involving sexual violence, and become proactive in preventing such incidents. This knowledge equips individuals with the understanding necessary to create safer environments, support victims, and challenge harmful norms within their communities. When people understand the various dimensions of sexual violence, including its impact on individuals and society, they are more likely to foster a culture of respect and consent. This empowerment is essential for initiating conversations, breaking the silence surrounding sexual violence, and advocating for systemic changes that protect vulnerable populations. Therefore, being informed about sexual violence is a critical step toward creating a more informed, compassionate, and responsive society.

9. What percentage of college men report experiencing violent and abusive behaviors from someone they were dating?

- A. 28%**
- B. 35%**
- C. 41%**
- D. 50%**

The correct percentage of college men who report experiencing violent and abusive behaviors from someone they were dating is 28%. This statistic highlights a concerning issue in dating relationships among college students, emphasizing that a significant portion of male students encounter such experiences. This figure is crucial for understanding the scope of relationship violence and indicates the need for awareness, prevention, and support services on college campuses. It also serves to challenge stereotypes about victimization, as it demonstrates that men can also be affected by dating violence. The other percentages offered reflect higher rates than what research has indicated for this particular demographic, which emphasizes the importance of relying on accurate data when discussing dating abuse issues.

10. How does Not Anymore Training encourage individuals to think critically about relationships?

- A. By promoting acceptance of all relationship dynamics**
- B. By urging individuals to assess the dynamics of their relationships and recognize signs of unhealthiness**
- C. By focusing on legal definitions of relationships**
- D. By emphasizing the importance of social status in relationships**

The choice that highlights how Not Anymore Training encourages individuals to think critically about relationships emphasizes the importance of assessing relationship dynamics and recognizing signs of unhealthiness. This approach is pivotal because it prompts individuals to reflect on their own experiences, identify potentially harmful behaviors or patterns, and understand the impact those dynamics can have on their well-being. When learners engage with content that challenges them to evaluate their relationships critically, they become more aware of red flags, communication barriers, or unhealthy power dynamics. This self-assessment fosters personal growth and enhances the ability to form healthy relationships in the future. Promoting acceptance of all relationship dynamics doesn't encourage critical evaluation; instead, it could lead to complacency in relationships that may not be healthy. Focusing solely on legal definitions lacks the emotional and relational context necessary for a deep understanding of personal connections. Emphasizing social status diverts attention from the health and quality of relationships themselves, which are essential for personal fulfillment and safety. Thus, the approach taken in the training is directed towards empowering individuals to make informed choices based on a clear understanding of their relationship dynamics.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://notanymoretraining.examzify.com>

We wish you the very best on your exam journey. You've got this!

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