

NOT ANYMORE TRAINING PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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. What is the likelihood that one in women will experience stalking in their lifetime?**
 - A. 1 in 4
 - B. 1 in 6
 - C. 1 in 10
 - D. 1 in 20

- 2. What is the ultimate goal of understanding privilege in discussions about sexual violence?**
 - A. To create more division among different victim groups
 - B. To empower individuals to address and combat sexual violence effectively
 - C. To avoid confronting difficult topics
 - D. To maintain existing power structures

- 3. What action should a person take if they believe they are experiencing harassment or bullying?**
 - A. Record all instances
 - B. Ignore the behavior
 - C. Seek revenge
 - D. Discuss it openly on social media

- 4. What percentage of sexual assaults begin with a potential bystander present?**
 - A. 50%
 - B. 33%
 - C. 75%
 - D. 10%

- 5. In training contexts, what does the term "rape culture" refer to?**
 - A. A culture that promotes healthy relationships
 - B. A societal environment that normalizes sexual violence
 - C. A supportive network for survivors
 - D. A culture that prevents sexual discourse

- 6. How can individuals become effective allies to survivors of sexual violence?**
- A. By providing financial support
 - B. By believing their accounts
 - C. By avoiding the topic altogether
 - D. By focusing on criminal prosecution
- 7. How can individuals contribute to the prevention of sexual violence?**
- A. By staying silent about the issue
 - B. By promoting healthy relationships and addressing problematic behaviors
 - C. By only focusing on the legal aspects
 - D. By participating only in personal discussions
- 8. How can educational programs help reduce sexual violence?**
- A. By avoiding discussions about relationships
 - B. By fostering discussions about consent and healthy relationships
 - C. By limiting awareness campaigns
 - D. By discouraging peer interaction
- 9. What is one key aspect of preventing sexual violence?**
- A. Encouraging silence among victims
 - B. Education on consent and healthy relationships
 - C. Relying solely on law enforcement
 - D. Minimizing discussions around consent
- 10. What does Not Anymore Training communicate about the role of technology in sexual violence?**
- A. Technology is never a factor
 - B. Technology can be used to harass or exploit, making education on digital safety essential
 - C. Technology only helps in dating
 - D. Technology promotes healthy communication in relationships

Answers

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

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Explanations

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1. What is the likelihood that one in women will experience stalking in their lifetime?

- A. 1 in 4
- B. 1 in 6**
- C. 1 in 10
- D. 1 in 20

The statistic indicating that one in six women will experience stalking in their lifetime is supported by various studies and reports on violence and victimization. This figure highlights the prevalence of stalking and underscores the importance of awareness and prevention measures within communities. Understanding this statistic helps in grasping the serious nature of stalking and its impact on individuals' safety and mental health. The ratio illustrates the significant risk that women face regarding stalking behaviors, reinforcing the need for robust support systems, legal protections, and educational initiatives that address this issue. By acknowledging that one in six women may encounter such experiences, we can better advocate for policies and resources aimed at reducing this form of victimization.

2. What is the ultimate goal of understanding privilege in discussions about sexual violence?

- A. To create more division among different victim groups
- B. To empower individuals to address and combat sexual violence effectively**
- C. To avoid confronting difficult topics
- D. To maintain existing power structures

The ultimate goal of understanding privilege in discussions about sexual violence is to empower individuals to address and combat sexual violence effectively. Recognizing and understanding privilege allows individuals to see how societal structures affect various groups differently, particularly in the context of sexual violence. This understanding fosters empathy, supports allyship, and encourages active engagement in advocacy. By acknowledging privilege, individuals are better equipped to address the unique challenges faced by marginalized groups and work towards a more inclusive approach in combating sexual violence. This awareness can lead to more effective strategies and initiatives that consider the needs of all victims, creating a supportive environment where everyone feels empowered to speak out and seek justice.

3. What action should a person take if they believe they are experiencing harassment or bullying?

- A. Record all instances**
- B. Ignore the behavior
- C. Seek revenge
- D. Discuss it openly on social media

When a person believes they are experiencing harassment or bullying, recording all instances of the behavior is crucial. This documentation serves as a reliable account of the incidents, detailing what occurred, when it happened, and who was involved. Such records can be essential if the individual decides to report the behavior to authorities, such as HR, school officials, or even law enforcement. Having concrete evidence can substantiate their claims and help to ensure that appropriate actions are taken to address the situation. Recording instances also allows the victim to identify patterns and escalation in behavior, which can be vital for understanding the nature of the harassment or bullying. This proactive approach empowers the individual to take informed steps in addressing the issue rather than relying on vague memories or perceptions of the events that occurred. In contrast, ignoring the behavior does not resolve the issue and may allow it to continue or escalate. Seeking revenge can lead to further complications and may worsen the situation, while discussing the matter openly on social media can expose the individual to more negativity or backlash without necessarily providing a constructive solution. Therefore, documenting instances is the most effective response to dealing with harassment or bullying.

4. What percentage of sexual assaults begin with a potential bystander present?

- A. 50%
- B. 33%**
- C. 75%
- D. 10%

The correct percentage indicating that 33% of sexual assaults begin with a potential bystander present highlights the significant role bystanders can play in preventing such incidents. This statistic emphasizes the importance of awareness and intervention, showing that there is a one in three chance that someone could witness the onset of a sexual assault. Understanding this figure accentuates the responsibility of individuals in social situations to be vigilant and proactive. If potential bystanders are trained to recognize the signs of potential assault, they can intervene safely, thereby reducing the occurrence of sexual violence. This creates a collective community effort to address and prevent sexual assault, making it crucial for programs aimed at raising awareness and education about bystander intervention. The other percentages do not accurately reflect the research findings related to the presence of bystanders during the initiation of sexual assaults. While 50%, 75%, or 10% may seem plausible, none capture the established statistic that highlights the critical involvement of bystanders in one-third of such situations.

5. In training contexts, what does the term "rape culture" refer to?

- A. A culture that promotes healthy relationships
- B. A societal environment that normalizes sexual violence**
- C. A supportive network for survivors
- D. A culture that prevents sexual discourse

The term "rape culture" refers to a societal environment that normalizes sexual violence, where attitudes, behaviors, and media portrayals contribute to the trivialization of sexual assault and harassment. It encompasses a range of societal norms that perpetuate victim-blaming, discourage reporting of sexual violence, and often make light of the gravity of sexual offenses. This environment can create a cycle that impedes progress toward awareness and accountability regarding sexual violence. Understanding this concept is crucial in training contexts, as recognizing the indicators and implications of rape culture enables individuals and organizations to create strategies to combat it. This can foster healthier, more respectful interactions and promote a culture of consent and support. The other options do not accurately capture the pervasive issues associated with rape culture, as they either describe positive aspects of relationships or do not address the normalization of violence adequately.

6. How can individuals become effective allies to survivors of sexual violence?

- A. By providing financial support
- B. By believing their accounts**
- C. By avoiding the topic altogether
- D. By focusing on criminal prosecution

Believing the accounts of survivors is a fundamental way to become an effective ally. When survivors disclose their experiences of sexual violence, having someone who believes and validates their story can significantly impact their healing process. This affirmation fosters trust and encourages survivors to share their feelings and experiences, reducing feelings of isolation and shame. Supporting a survivor by believing their account is crucial because it empowers them and affirms that their experiences are real and valid. This acknowledgment can also help to counteract the societal shame and stigma often associated with sexual violence, thus fostering a supportive environment for the survivor. Additionally, it sets a precedent for others in the community to listen and believe survivors, creating broader societal change. Other options, while they may seem supportive in some contexts, do not address the immediate emotional and psychological needs of survivors in the same way that belief and validation do. Providing financial support, for instance, may be helpful but does not address the necessity of emotional support and trust. Avoiding the topic altogether is counterproductive, as it can leave survivors feeling isolated and unheard. Focusing on criminal prosecution, while it may be an important aspect of the broader response to sexual violence, can detract from personalized support that survivors often need in their recovery journey. Thus, believing the accounts

7. How can individuals contribute to the prevention of sexual violence?

- A. By staying silent about the issue
- B. By promoting healthy relationships and addressing problematic behaviors**
- C. By only focusing on the legal aspects
- D. By participating only in personal discussions

Promoting healthy relationships and addressing problematic behaviors is essential for the prevention of sexual violence. This approach fosters an environment where respect, consent, and open communication are prioritized. By actively discussing and modeling healthy relationship dynamics, individuals can help dismantle toxic beliefs and behaviors that contribute to violence. Engaging in conversations about consent and respect empowers others to recognize when these values are absent and encourages them to speak up against unhealthy behaviors. Additionally, addressing problematic behaviors means challenging attitudes and actions that perpetuate a culture of violence, thereby promoting a safer community for everyone. Other options, such as staying silent about the issue or focusing solely on legal aspects, do not contribute to prevention effectively. Silence allows harmful behaviors to continue unchecked, while a narrow focus on legal matters misses the crucial social and relational factors that are fundamental to preventing violence. Similarly, participating only in personal discussions limits the broader impact and influence one can have in raising awareness and fostering a supportive community against sexual violence.

8. How can educational programs help reduce sexual violence?

- A. By avoiding discussions about relationships
- B. By fostering discussions about consent and healthy relationships**
- C. By limiting awareness campaigns
- D. By discouraging peer interaction

Educational programs can significantly contribute to reducing sexual violence by fostering discussions about consent and healthy relationships. When these topics are addressed openly, they help individuals understand the importance of mutual respect and boundaries in interpersonal dynamics. Discussions focused on consent educate individuals about the necessity of mutual agreement in any physical or emotional engagement, which is fundamental in preventing sexual violence. Additionally, education about healthy relationships encourages skills such as effective communication, empathy, and respect for one another's autonomy. This holistic approach can empower individuals to recognize harmful behaviors and stand against them, thereby creating a safer and more supportive community environment. By prioritizing these discussions, educational programs equip participants with the knowledge and tools necessary to navigate relationships responsibly and help discourage instances of sexual violence.

9. What is one key aspect of preventing sexual violence?

- A. Encouraging silence among victims
- B. Education on consent and healthy relationships**
- C. Relying solely on law enforcement
- D. Minimizing discussions around consent

Education on consent and healthy relationships is a fundamental aspect of preventing sexual violence. This approach empowers individuals by providing them with the knowledge of what constitutes consent, helping them understand that it is an ongoing, enthusiastic agreement that can change at any time. It also fosters skills for recognizing healthy versus unhealthy relationship dynamics, enabling people to establish clear boundaries and communicate openly about their needs and desires. By educating people about these concepts, we create a culture that respects individual autonomy and promotes mutual respect, significantly reducing the likelihood of sexual violence occurring in the first place. This understanding encourages individuals to not only uphold their own boundaries but also to respect those of others, ultimately contributing to a safer environment for everyone.

10. What does Not Anymore Training communicate about the role of technology in sexual violence?

- A. Technology is never a factor
- B. Technology can be used to harass or exploit, making education on digital safety essential**
- C. Technology only helps in dating
- D. Technology promotes healthy communication in relationships

The role of technology in the context of sexual violence is significant, and the correct response emphasizes that technology can be a tool for harassment or exploitation. This understanding highlights the critical need for education on digital safety. In a world where social media, messaging apps, and other digital platforms are integral to daily communication, individuals can be vulnerable to online harassment, stalking, and other forms of exploitation. Thus, educating people about safe online practices and recognizing harmful behaviors in digital spaces is crucial for prevention and response. The other options do not adequately address the complexities of technology's role in sexual violence. Claiming that technology is never a factor overlooks numerous incidents where technology facilitates harm. Suggesting that technology only helps in dating ignores the potential for misuse in these interactions. Lastly, while technology can promote healthy communication, this option fails to consider the darker side of its use in scenarios associated with power imbalance and victimization.

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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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