

NOT ANYMORE TRAINING PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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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 proportion of women have faced sexual assault during their lifetime?

- A. 1 in 10
- B. 1 in 3
- C. 1 in 4
- D. 1 in 5

2. 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

3. Which organization type is crucial in addressing sexual assault issues?

- A. Advocacy groups
- B. Recreational groups
- C. Corporate sponsors
- D. Entertainment agencies

4. Which of the following is advised for someone experiencing stalking?

- A. Limit social media usage accessible by stalker
- B. Meet in public places with the stalker
- C. Invite friends to gatherings with the stalker
- D. Keep personal information private only when necessary

5. What is one of the possible impacts of sexual violence on individuals?

- A. Enhanced academic performance
- B. Affecting physical health
- C. Improvement of social relationships
- D. Encouraging emotional stability

- 6. What is a common feeling experienced by victims during the reporting process?**
- A. Joy of speaking out
 - B. Relief from sharing their experience
 - C. Fear of not being believed or facing repercussions for speaking out
 - D. Indifference to the situation
- 7. How many sexual assaults is alcohol prominent in annually?**
- A. 100,000
 - B. 150,000
 - C. 200,000
 - D. 250,000
- 8. Under what conditions is consent generally NOT possible?**
- A. If the victim is underage.
 - B. If the victim is intoxicated.
 - C. If the victim is unconscious.
 - D. All of the above.
- 9. What effect does recognizing privilege have on individuals involved in discussions of sexual violence?**
- A. It may lead to feelings of guilt without constructive action
 - B. It can strengthen misconceptions about victimhood
 - C. It fosters a better understanding of social hierarchies and realities
 - D. It diminishes the significance of the topic
- 10. Which age group has the highest prevalence of stalking?**
- A. 15-17 years old
 - B. 18-24 years old
 - C. 25-30 years old
 - D. 30-35 years old

Answers

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

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Explanations

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1. What proportion of women have faced sexual assault during their lifetime?

- A. 1 in 10
- B. 1 in 3
- C. 1 in 4
- D. 1 in 5**

The correct response indicates that 1 in 5 women have encountered sexual assault during their lifetime, which reflects a significant and concerning statistic in the context of societal issues related to sexual violence. Research from various health and social organizations suggests that this statistic is based on extensive studies and surveys conducted to assess the prevalence of sexual assault among women. This number highlights the magnitude of the problem and emphasizes the need for awareness, education, and intervention strategies to address and prevent sexual violence. Understanding this statistic is crucial in prompting societal change, supporting survivors, and implementing effective policies aimed at reducing the incidence of sexual assault. Dispelling misconceptions about the frequency of sexual assault is vital, as lower ratios tend to underestimate the impact of this issue on women, which can hinder advocacy and necessary support systems. By acknowledging that 1 in 5 reflects the experiences of many, it fosters a greater understanding of the challenges faced by survivors and the importance of creating safe environments for all individuals.

2. 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.

3. Which organization type is crucial in addressing sexual assault issues?

- A. Advocacy groups**
- B. Recreational groups
- C. Corporate sponsors
- D. Entertainment agencies

Advocacy groups play a crucial role in addressing sexual assault issues because they focus on raising awareness, providing education, and supporting victims. These organizations work to influence policy and create systemic changes that can lead to better prevention, response, and legal processes related to sexual assault. They often provide resources, support services, and a platform for survivors to share their experiences, helping to break the stigma and foster a community of understanding and healing. By mobilizing communities and advocating for survivors' rights, advocacy groups are essential in driving change and providing a voice for those affected by sexual assault. In contrast, recreational groups typically focus on leisure activities and community bonding rather than addressing serious social issues. Corporate sponsors may support various causes but are generally more concerned with their brand image and marketing strategies rather than engaging directly with the complexities of sexual assault. Entertainment agencies primarily deal with the arts and performance sectors, having limited relevance to advocacy efforts aimed at tackling sexual violence.

4. Which of the following is advised for someone experiencing stalking?

- A. Limit social media usage accessible by stalker**
- B. Meet in public places with the stalker
- C. Invite friends to gatherings with the stalker
- D. Keep personal information private only when necessary

Limiting social media usage accessible by a stalker is an important strategy for someone experiencing stalking because it reduces the amount of personal information that can be accessed or monitored. Stalkers often use social media as a tool to gather information about their targets, including their whereabouts, daily activities, and social connections. By keeping profiles private, removing any personal details, or limiting the audience for posts, an individual can create a barrier that makes it more difficult for a stalker to track them. This proactive approach can help enhance one's safety and provide some level of control over personal information. Public interactions with a stalker, inviting friends to gatherings involving a stalker, or only selectively keeping information private may inadvertently increase risks or escalate the situation. Engaging with a stalker in any capacity could provide them with opportunities to manipulate or further intimidate the individual, making the recommendation to limit social media usage the more effective strategy in this context.

5. What is one of the possible impacts of sexual violence on individuals?

- A. Enhanced academic performance
- B. Affecting physical health**
- C. Improvement of social relationships
- D. Encouraging emotional stability

The selection of affecting physical health as one of the possible impacts of sexual violence on individuals is accurate because sexual violence can result in a wide range of physical health issues. Survivors may experience injuries or trauma directly related to the assault, which can lead to long-term physical complications. Additionally, the psychological effects of sexual violence often manifest in physical symptoms, such as chronic pain, gastrointestinal disorders, and various stress-related illnesses. The impact of such trauma can compromise an individual's overall health and well-being, highlighting the profound consequences that sexual violence can have on a person's physical condition. In contrast, enhanced academic performance, improvement of social relationships, and encouraging emotional stability are unlikely outcomes for individuals who have experienced sexual violence, as these situations typically lead to stress, anxiety, and other mental health challenges that can hinder one's ability to perform academically, maintain healthy relationships, or achieve emotional well-being.

6. What is a common feeling experienced by victims during the reporting process?

- A. Joy of speaking out
- B. Relief from sharing their experience
- C. Fear of not being believed or facing repercussions for speaking out**
- D. Indifference to the situation

Victims often experience a profound sense of fear during the reporting process, which can stem from several sources. This fear may arise from concerns about being disbelieved, as victims frequently worry that their accounts will not be taken seriously, or that others may question their credibility. Additionally, victims may fear potential repercussions, including emotional backlash, social stigma, or even judicial consequences, particularly if the perpetrator is someone in their community or workplace. This fear is compounded by the vulnerability associated with recounting a traumatic experience. The act of sharing their story can be incredibly daunting, as victims may relive painful memories and confront the stigma associated with victimization. This emotional burden can significantly impact their willingness to report incidents, highlighting the complexity of their feelings during this critical moment in seeking help or justice. In contrast, feelings of joy or indifference are less commonly reported, as most victims face considerable emotional challenges related to stigma and the potential for disbelief. Relief may occur after sharing, but it is typically overshadowed by the fears individuals face when coming forward.

7. How many sexual assaults is alcohol prominent in annually?

- A. 100,000
- B. 150,000
- C. 200,000**
- D. 250,000

The assertion that alcohol is prominent in around 200,000 sexual assaults annually is based on studies and statistical data highlighting the significant role that alcohol plays in many cases of sexual violence. Research consistently shows that a considerable percentage of sexual assaults involve individuals who have been drinking or who have been under the influence of alcohol at the time of the incident. This figure represents the broader understanding of how alcohol can impair judgment, increase vulnerability, and lead to situations where consent becomes unclear or is disregarded altogether. Such statistics are critical for awareness and prevention efforts, emphasizing the need to address alcohol-related risks in the context of sexual violence. Knowing that the number is estimated at around 200,000 helps underscore the urgency of educating individuals about consent, responsible drinking, and the potential impacts of alcohol on both perpetrators and victims in sexual assault scenarios.

8. Under what conditions is consent generally NOT possible?

- A. If the victim is underage.
- B. If the victim is intoxicated.
- C. If the victim is unconscious.
- D. All of the above.**

Consent is a crucial concept in understanding personal autonomy and the legality of interactions between individuals. Generally, consent is not valid if certain conditions are met that remove a person's ability to agree to an action that affects them. When a victim is underage, they are legally unable to give consent for certain activities, particularly in contexts such as sexual activity, due to laws designed to protect minors from exploitation and abuse. The age of consent varies by jurisdiction, but the principle remains the same: individuals below this legal threshold cannot provide valid consent. Intoxication is another critical factor that can inhibit consent. When a person is heavily under the influence of drugs or alcohol, their ability to make informed and rational decisions is impaired. Therefore, they may not fully understand the implications of the agreement they are entering into, rendering their consent invalid. Moreover, in instances where a person is unconscious, they are absolutely unable to provide consent. In such conditions, they cannot communicate their desires or understanding of the situation, which disallows any assumption of consent. Thus, underage individuals, intoxicated persons, and unconscious individuals all exemplify conditions where valid consent cannot be obtained, making the option that encapsulates all of these scenarios the most accurate.

9. What effect does recognizing privilege have on individuals involved in discussions of sexual violence?

- A. It may lead to feelings of guilt without constructive action
- B. It can strengthen misconceptions about victimhood
- C. It fosters a better understanding of social hierarchies and realities**
- D. It diminishes the significance of the topic

Recognizing privilege plays a crucial role in discussions of sexual violence because it fosters a better understanding of social hierarchies and realities. By acknowledging the ways in which privilege operates, individuals can become more aware of the various factors that contribute to different experiences of victimhood and resilience in the context of sexual violence. This awareness can help to highlight systemic inequalities and the ways in which certain groups may face greater vulnerabilities. Understanding privilege allows for a deeper comprehension of the lived experiences of diverse individuals, promoting empathy and informed discussions. It creates space for marginalized voices and narratives, ensuring that dialogues around sexual violence are inclusive and reflective of the complexities surrounding the issue. This recognition can lead to more meaningful engagement and effective action, as it encourages participants to consider how their own positions within social hierarchies can influence perspectives and responses to sexual violence.

10. Which age group has the highest prevalence of stalking?

- A. 15-17 years old
- B. 18-24 years old**
- C. 25-30 years old
- D. 30-35 years old

The age group of 18-24 years old has the highest prevalence of stalking, primarily due to several social and developmental factors that characterize young adulthood. Individuals in this age range are often navigating significant life transitions, such as starting college, entering the workforce, or forming new relationships. Such changes can create environments where relationships are more fluid and, unfortunately, where unwanted attention or obsessive behaviors can manifest more readily. Research indicates that younger people are more likely to experience various forms of harassment, including stalking, as they may be more active on social media platforms and engage in dating or social activities that expose them to potential stalkers. Additionally, this age demographic often lacks the experience or resources to recognize warning signs or seek help, contributing to a higher prevalence of stalking within this group. Understanding these dynamics is crucial for implementing effective prevention and support strategies aimed at reducing the incidence of stalking among young adults.

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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