

Chapter 1 Study Guide**STUDY TIPS**

- ✓ Read the chapter objectives.
- ✓ Look up any unfamiliar words.
- ✓ Read the questions below before you read the chapter.

As you read the chapter, answer the following questions. Later you can use this guide to review the information in the chapter.

Lesson 1

1. Describe three ways to care for your physical health.

2. Describe three ways to care for your mental/emotional health.

3. Describe three ways to care for your social health.

Lesson 2

4. List four important health skills.

5. Name three things you can do that involve self-management, or taking care of yourself.

Lesson 3

6. Name the six steps of the decision-making process.

7. Explain how making good decisions can affect your character.

Lesson 4

8. Define the word *goal* and explain the difference between a short-term goal and a long-term goal.

9. Name four factors you should consider when setting your goals.

10. Name the five steps for achieving your goals.

Activity

Use with Chapter 1, Lesson 1.

1

Applying Health Skills

Taking Care of Your Health

Below is a triangle showing the three sides of your health: physical health, mental/emotional health, and social health. Complete the chart on this page by filling in examples of ways you can promote each aspect of your overall health.



| Type of Health | Ways to Promote It |
|------------------|--------------------|
| Physical | |
| Mental/Emotional | |
| Social | |

Activity

Use with Chapter 1, Lesson 2.

2**Applying Health Skills****Practicing Health Skills**

Read each statement below. Decide which health skill the teen is practicing. Write it on the line provided.

Accessing Information

Communication Skills

Decision Making

Stress Management

Conflict Resolution

Advocacy

Analyzing Influences

Goal Setting

Practicing Healthful Behaviors

Refusal Skills

- _____ 1. Danielle had to choose between going to computer camp and going on a trip with her best friend's family. She thought carefully about this choice and asked her parents for advice.
- _____ 2. Serena goes for a long walk when she's nervous and upset.
- _____ 3. LaTisha listens quietly when her friend Halley tells how sad she is about her parents' divorce.
- _____ 4. Monty wears a helmet and kneepads when he goes in-line skating.
- _____ 5. Sam and Max asked their teacher, Mr. Scott, to help them settle an argument.
- _____ 6. Henry thought about having backyard wrestling matches like the ones he saw on TV. Then he realized that, although they looked like fun, they'd be too dangerous.
- _____ 7. Rosie dared Alicia to take some lip gloss and mascara from the store counter, but Alicia said shoplifting was wrong and she wouldn't do it.
- _____ 8. Every week Nate saves part of his allowance so he can buy a new mountain bike.
- _____ 9. Chip's dad is a heavy smoker. Chip showed him a booklet on the dangers of smoking and asked him to quit.
- _____ 10. Tracy asked the druggist to recommend a cold medicine.

Activity

Use with Chapter 1, Lesson 3.

3**Applying Health Skills****Practicing the Decision-making Process**

Complete the chart below by filling in the missing steps in the decision-making process. Then answer the questions that follow the chart.

The Decision-making Process

| | |
|---------|------------------------------|
| Step 1: | |
| Step 2: | List the options. |
| Step 3: | Weigh the possible outcomes. |
| Step 4: | |
| Step 5: | |
| Step 6: | Evaluate the decision. |

1. Explain why not thinking through a decision can be harmful to you.

2. What two questions might you want to ask yourself at Step 1, when stating the situation?

3. Explain how to use the word HELP when weighing each option.

Activity

Use with Chapter 1, Lesson 4.

4**Applying Health Skills****Your Goal-setting Campaign**

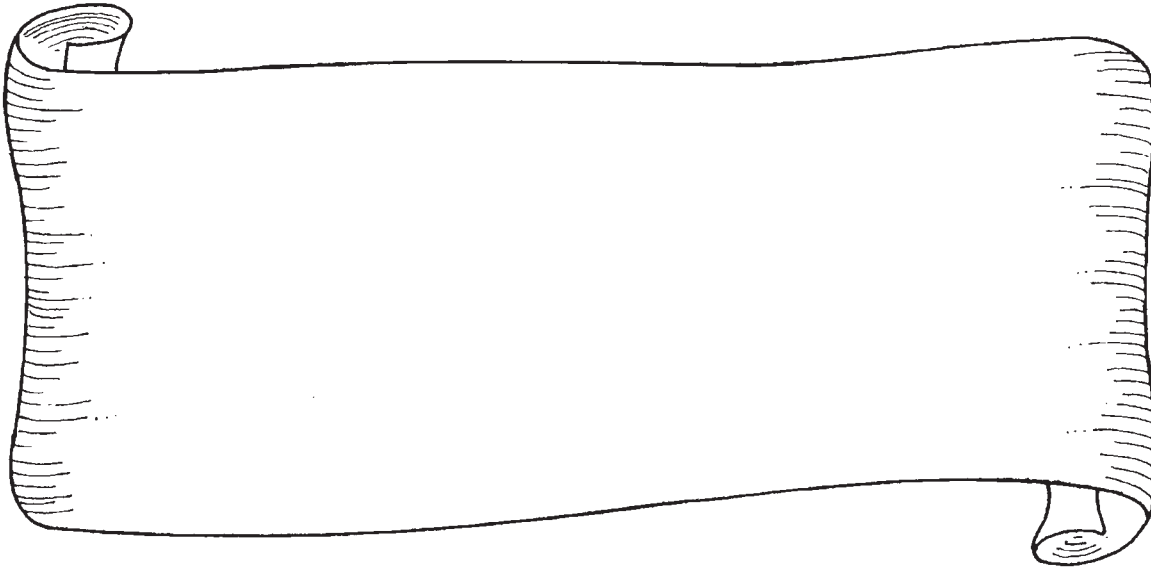
Imagine that you are planning a goal-setting campaign for your school. Write four possible slogans about setting goals on the numbered lines. Choose the one you like the best and put it on the banner below. Decorate the banner to illustrate your slogan. At the bottom of the page, explain why you chose this slogan.

Slogan 1: _____

Slogan 2: _____

Slogan 3: _____

Slogan 4: _____



I chose this slogan because

Chapter 1 Health Inventory

How Are Your Decision-making Skills?

Rate your decision-making skills. Read each statement below. Decide whether or not it describes how you make decisions. Write *yes* or *no* in the space at the left of each statement.

- | | |
|-------|---------------------------------------------------------------------|
| _____ | 1. I consider all the facts that relate to a situation. |
| _____ | 2. I think about who else is involved in a situation. |
| _____ | 3. I try to think of all the possible actions I can take. |
| _____ | 4. I ask other people for suggestions. |
| _____ | 5. I think of any health risks that each option presents. |
| _____ | 6. I ask if each option is ethical. |
| _____ | 7. I ask if each option is legal. |
| _____ | 8. I ask if my parents would approve of each option. |
| _____ | 9. I think about the cumulative risk of each option. |
| _____ | 10. I consider my values when reviewing each option. |
| _____ | 11. I choose the course of action that seems best and act on it. |
| _____ | 12. After acting on a decision, I evaluate the results. |
| _____ | 13. If the action wasn't as successful as I had hoped, I try again. |

Score yourself:

How many times did you write *yes*? Write that number here

9–13: You have very good decision-making skills.

5–8: You have average decision-making skills.

Fewer than 5: Changing some of your decision-making habits will make you a stronger decision maker.