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# 1.1.1 Study: What Is Health?

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## words

Record key terms and their definitions in the table.

Word	Definition
body system	
coping strategy	
health	
mental and emotional health	
organ	
physical health	
self-image	
social health	
stress	

## review

Use this study sheet to keep track of the important concepts covered in this study. If you need help answering any of the questions, check with your instructor. Save these study sheets for review when preparing for quizzes and tests.

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## Three Components of Health

Use this table to define the three components of health.

Physical health	
Emotional and mental health	
Social health	

What are some issues that affect your physical, emotional and mental, and social health?

Physical health	Emotional and mental health	Social health

Explain in about 100 words how the three parts of the health triangle work together to ensure good health.

## Physical Health

What four broad categories can influence your physical health?

1.	2.
----	----

3.

4.

Briefly describe the functions of the major human body systems.

Human body system	Function
Skeletal system	
Nervous system	
Immune system	
Cardiovascular system	
Urinary system	
Endocrine system	
Digestive system	
Respiratory system	
Reproductive system	
Muscular system	
Skin system	

## Emotional and Mental Health

What is emotional health, and what are some symptoms of poor emotional health?

What are some signs of good emotional health?

### Social Health

What are three things you can do to ensure social health? Fill in the table.

1.	2.	3.
----	----	----

### Skills for Health

Identify examples of skills for physical, emotional and mental, and social health.

Physical health	Emotional and mental health	Social health

## Influences on Health

Explain how each of the following factors can affect your health.

Factor	Influence on health
Family	
Peers	
School and community	
Technology	
Individual responsibility	
Environment	
Media	



# 1.1.3 Study: Taking Control of Your Health

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## words

Record key terms and their definitions in the table.

Word	Definition
risk behavior	
health-promoting behavior	
self-discipline	
impulse	
delayed gratification	
health literacy	

## review

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### Risk Behaviors

Give an example of a risk behavior related to each category.

Category	Risk behavior

Diet	
Physical activity	
Recreational drugs	
Sexual behavior	
Socializing	

List four factors that can lead a person to engage in risk behaviors. Provide an example of how each factor can lead to risk behaviors.

Reason 1:	Reason 2:
Example:	Example:
Reason 3:	Reason 4:
Example:	Example:

Describe a situation in which multiple risk behaviors become a cumulative risk to a person's health.

### Health-Promoting Behaviors

Give an example of a health-promoting behavior related to each category.

Category	Health-promoting behavior
Diet	
Physical activity	
Recreational drugs	
Sleep	



Weight

## Self-Discipline

Complete the table to describe issues related to self-discipline.

Topic	Definition	Effects on health
Self-discipline		
Acting on impulse		
Delayed gratification		

## Health Literacy

Explain how a high level of health literacy can benefit a person's well-being.

How can a person with a high level of health literacy improve his or her community?



## 1.2.1 Study: Stress Management and Self-Esteem

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# words

Record key terms and their definitions in the table.

Word	Definition
stressor	
anxiety	
coping skills	
self-esteem	
stress management	
mental well-being	
emotional well-being	
stress	

# review

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Use this table to describe the benefits of two different types of well-being.

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Mental well-being	
Emotional well-being	

### Building Self-Esteem

Use this table to describe the six ways to build self-esteem.

Be forgiving	
Be reasonable	
Be hopeful	
Be positive	
Be confident	

Be encouraging	
----------------	--

### Stress and Your Body

Stress can affect many parts of your body. Use this table to note how stress can affect each body system.

Musculoskeletal system	
Respiratory system	
Cardiovascular system	
Nervous system	
Endocrine system	
Digestive system	

### Healthy Ways to Manage Stress

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Describe three healthy ways to manage stress and how they help with stress.

### Unhealthy Ways to Manage Stress

Describe three unhealthy ways to manage stress and how they affect your well-being.

### Wellness Promotion

Wellness promotion includes stress- and anger-management skills. Some of the skills are strategies that help in the short term for coping with immediate stress, and others are long-term strategies that reduce stress in your life. Fill in the table with examples of short-term and long-term coping skills.

Short-term coping skills	Long-term coping skills



# 1.2.3 Study: Influences on Mental and Emotional Health

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## words

Record key terms and their definitions in the table.

Word	Definition
peer	
peer pressure	
social networking	
social media	
cyberbullying	
grief	
predator	
adolescent	
empathy	
bullying	

# review

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## Influences on Mental and Emotional Health

Describe how your family can have a positive effect on your mental and emotional health.

## Peer Pressure

List three examples of positive and negative peer pressure.

Positive peer pressure	Negative peer pressure

## Resisting Peer Pressure

Describe a situation where you resisted peer pressure.

## Social Networking

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Describe how you use social networking to keep in touch with friends.

## Cyberbullying

Give examples of how to stop cyberbullying.

Action	Example
Save evidence of cyberbullying.	
Report threats of harm.	
Be relentless.	
Block communications.	

## Improving Your Mental and Emotional Health

Describe how you can improve your mental and emotional health in each of these situations.

Situation	Example
School	
Community	
Culture	

## Loss and Grief

Describe a way you have coped with grief in the past.





## 1.2.5 Practice: Your Mental and Emotional Health

Practice Assignment

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Points possible: 40

1. Many factors influence your mental and emotional health.

a. Describe how each of the following factors helps you make decisions that enhance your mental and emotional health.

- Your peers
- Your family
- Your school and community
- Your use of television, cell phones, computers, and other telecommunication technologies

b. Describe how the above factors create barriers for maintaining your mental and emotional health. What barriers do they create?

c. What are some strategies you could use to get past these barriers?

2. One way to manage or cope with stress in your life is to make a list of goals. Think about each of the areas in the table. For each one, write at least two goals to work toward in the next few months. The purpose of the goals is to help you formulate a plan to guide you to better mental and emotional health.

Area	List of goals
Manage stress	
Increase resiliency when faced with new and unexpected challenges	
Manage deadlines	
Deal with anxiety	
Cope with loss	
Maintain a positive self-concept	

3. Once you have identified your goals for a mental and emotional wellness plan, who will you enlist as positive role models to give you support and encouragement? How will that support help you succeed with your plan?

4. Review the goals you listed in your answer to question 2. Write at least two steps to help you meet those goals.

Area	Steps to reach each goal
Manage stress	
Increase resiliency when faced with new and unexpected challenges	
Manage deadlines	
Deal with anxiety	
Cope with loss	
Maintain a positive self-concept	

5. Implement the plan that you formulated in question 4. Enlist the aid of the people you selected as role models to support and encourage you. After implementing the plan for one week, write a summary to evaluate how you are progressing toward meeting each of your goals. Describe how you will check back on your plan in the future to evaluate your progress.



### 1.3.1 Study: Suicide

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# words

Record key terms and their definitions in the table.

Word	Definition
therapist	
depression	
suicide	
self-harming behavior	
bipolar disorder	
schizophrenia	



# review

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## Mental and Emotional Health Disorders

Describe causes of mental disorders.



## Causes and Symptoms of Mental Disorders

List the symptoms of each of the following mental disorders.

Mental disorder	Symptoms
Anxiety	
Depression	
Bipolar disorder	
Schizophrenia	

## Coping with Depression and Anxiety

When should someone seek help for depression or anxiety?

## Suicide Facts

What are the two main risk factors for many people who die by suicide?



## Suicide Prevention

What should you do if a friend starts talking about committing suicide?

## Self-Harming Behavior

Describe the signs to look for if you suspect a friend may be self-harming.



## Getting Professional Help

Why is it important to watch for signs that your friends might be having mental or emotional problems?





# 1.3.3 Study: Violence and Gang Involvement

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## words

Record key terms and their definitions in the table.

Word	Definition
gang	
no-tolerance policy	
conflict resolution	
desensitize	

## review

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List the characteristics of a gang.

Use the table to describe how gang involvement leads to each consequence.

Gang Involvement	Consequences
------------------	--------------

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	Dropping out of school
	Teen parenthood
	Unemployment
	Violence
	Drug and alcohol abuse
	Prison time

Describe two short-term and two long-term consequences of gang involvement.

Complete the table to describe ways to avoid gang involvement.


(pg. 5)

Method	Examples
Be proactive.	
Ask for help.	
Stay busy.	
Change your environment.	

Describe how schools use no-tolerance policies.

Describe three ways to avoid violence.





Describe why some people might think guns and violence are "cool."

Explain how risk-taking behavior and violence are connected in the media.

Describe two ways to avoid abusive peer relationships.



## 1.3.5 Checkup: Suicide and Violence Prevention

Checkup

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Question 1

A friend tells you that they think one of your other friends is exhibiting signs of depression and anxiety. You want to help your friend out. Answer the following questions to help you determine if your friend has depression and anxiety and how you can help.

1. What are the signs and symptoms you should look for to see if your friend is suffering from depression and anxiety?
2. What resources could you direct your friend toward at home, school, and in your community?
3. What type of information can you find about depression and anxiety using the Internet?
4. Which of their family members would you suggest your friend seek help from?
5. Identify some of the strategies you would use to help your friend.
6. Do you think it would be beneficial to thoughtfully consider your strategies for helping your friend before trying to use them? Explain your answer.
7. Test the strategies that you think would work best for helping a friend with depression and anxiety. Role-play using the strategies with a friend or family member. Summarize the results of your role-playing exercise.

### Question 2

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Look back at Question 1, Part 2 and consider the mental health resources currently available in your community.

1. Based on your research, identify a mental health resource that would benefit your school and/or community.
2. Write a letter to your school principal or town leaders advocating for that mental health resource.

### Question 3

Avoiding gang involvement is a good way to stay out of trouble. Review all the information that you can find from your school, community, and other sources. Write a clear message about avoiding gang involvement. Include these ideas.

1. What are some strategies to stay away from getting involved with gangs?
2. Where can you find information at school, in the community, and in cultural groups to help you avoid gang association?
3. Use what you have learned to design an action plan to reduce your chances of being involved in violent situations and gang activities.

### Question 4

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Suppose a gang was recruiting new members from a junior high or middle school in your community. Create a message for those students about the importance of avoiding gang involvement.





## 1.4.1 Journal: Assessing Your Mental and Emotional Health

Journal

Health

Name: \_\_\_\_\_

Points possible: 10

Date: \_\_\_\_\_

1. Evaluate your personal strengths. What activities and skills are you particularly good at? What do you think self-esteem is? Why is having positive self-esteem important? How do the strengths you identified for yourself relate to your self-esteem? (5 points)

2. How do your peer relationships affect your overall health status? What can you do to improve your peer relationships? (5 points)



## 1.4.2 Study: Communication Strategies

Study Sheet

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# words

Record key terms and their definitions in the table.

Word	Definition
assertive communication	
aggressive communication	
negotiation skill	
conflict	
conflict resolution	
empathy	
"I" message	
tone of voice	
persuasion	
persuasive speech	
validate	
individual decision	

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collaborate	
collaborative decision	
consensus	
communication	
refusal skills	

# review

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## Communication Strategies

Complete the table. Explain how these seven strategies aid in effective communication.

Using "I" messages	
Adjusting your tone of voice	
Making eye contact	
Journaling experiences	
Writing letters	
Using persuasive speech	

Practicing assertive communication

Explain the difference between being passive, assertive, or aggressive as you communicate.

How does peer pressure affect whether you decide to use assertive communication?

## Refusal Skills

Briefly describe these refusal skills.

Refusal Skill	Description
Say "no."	
Use nonverbal body language.	
Present alternatives.	
Validate others' opinions.	
Use direct statements.	
Use active statements.	

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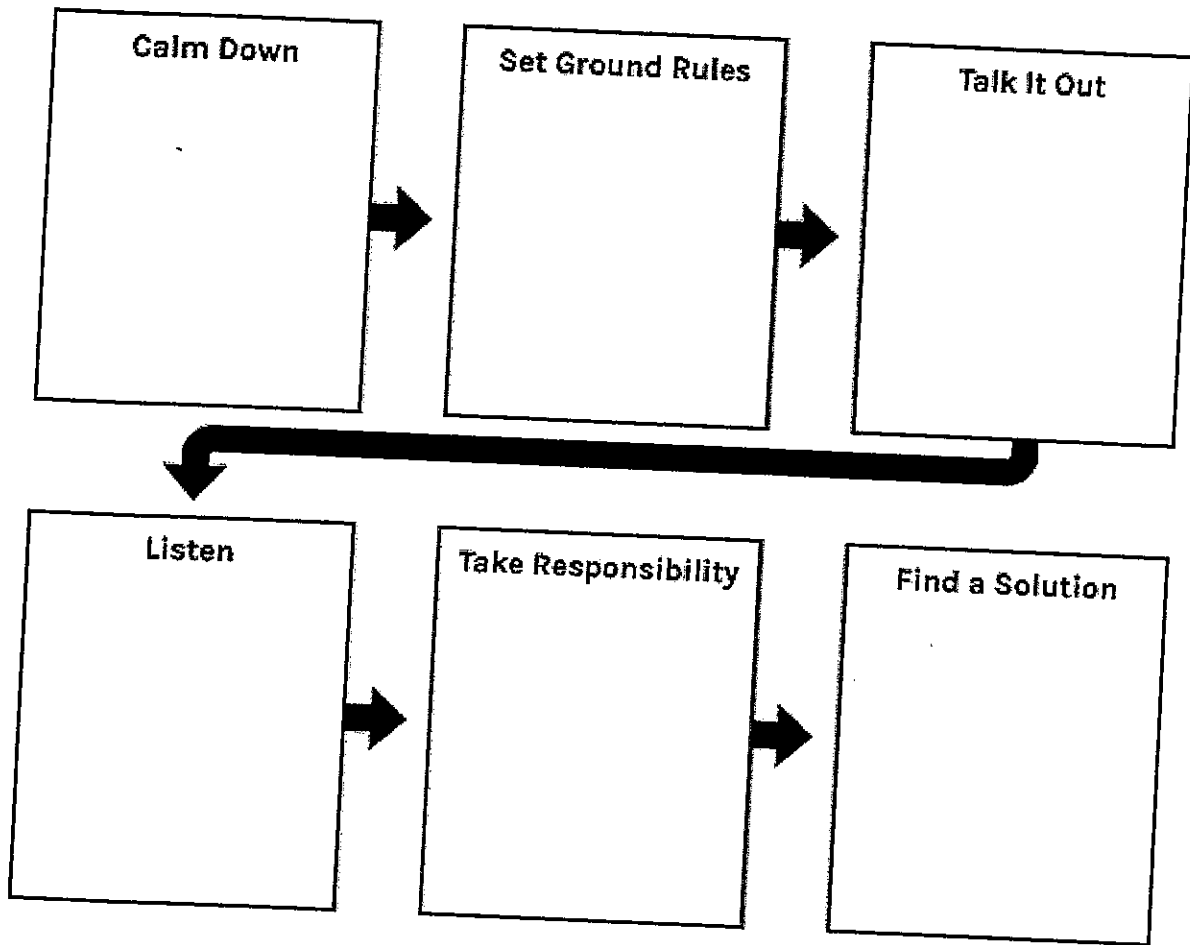
### Conflict Resolution

Fill in the table. Describe the ways in which people might be in conflict with each other.

Cause of Conflict	Description
Values	
Assumptions	
Expectations	
Upbringing	
Knowledge	

List four ways of preventing conflicts.

Describe each of the six steps in resolving conflict.



## Negotiation Skills

Complete the table. Describe the five steps in negotiation.

Listen to the other person.	
Look for what you have in common.	
Recognize their objections.	
Suggest alternatives.	

Try to make it a win-win.	
---------------------------	--

### Individual Decision Making

List the five steps in making a healthful individual decision.

Describe how a group of people would make a collaborative decision about a project they are working on. Discuss being inclusive, having a leader, and negotiating for consensus.

### Empathy

Describe why empathy is important.

Describe the five ways you can respond to another person with empathy.

Ways to show empathy	Description
Do not judge.	
Make eye contact.	

Restate.	
Reveal.	
Understand importance.	



## 1.4.4 Project: Practicing Refusal, Collaboration, and Conflict-Resolution

Project

Health

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Points possible: 75

### Your Assignment, Part I

Peer coaching is designed to support students in achieving success in their classes and extracurricular activities. It does this by creating a collaborative learning environment, providing support during difficult times, and reducing stress and frustration. To do this, students seeking support are matched with fellow students who act as their peer coach. Sometimes students are looking for help dealing with peer pressure. Or they may need help collaborating with diverse team members. Sometimes the conflict between members prohibits anyone from getting any work done. Coaches might share their strategies for success, encourage their peers to reflect on their current habits and behaviors, and help them identify ways to overcome their challenges.

In this exercise, you will participate in training to become a peer coach at your school. However, first you need to demonstrate to the current peer coaches that you would make a good addition to their team. On the application form, they request that you write answers to each of the following questions.

1. Think about times in your life when you have used your refusal, negotiation, and conflict resolution skills. Describe your experience(s).

2. How effective was your use of refusal, negotiation, and conflict resolution skills in the experiences you described? What could you have done differently to improve the outcomes?



3. Think about times in your life when you made a collaborative decision. Describe your experience(s).

4. For each scenario listed below, is a collaborative or individual decision appropriate? Explain your answers.

- Deciding whether to build a new baseball diamond at a nearby park
- Deciding which college to attend after high school
- Deciding how to best help a friend struggling with depression

## Your Assignment, Part II

The next part of the application form describes a situation in which a student is asking a peer coach for help with communication strategies to use in a particular setting. The student is asking about a scenario in which someone underage is at a party, is offered a bottle of beer, and does not want to drink it.

## Conduct Your Own Research

Review Study 1.4.2: Communication Strategies, and then conduct research on further communication strategies that could be used in this scenario.

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1. List three different sources you used during your research.

2. Describe the communication strategies you would suggest and how each applies to this scenario.

### Your Assignment, Part III

Congratulations! Based on your answers above, you were accepted to the peer coaching team. All new coaches are required to attend a training session either in person or online. Part of the training is to work through a variety of situations by writing skits. If you are attending the in-person training, work with one to three other coaches to write five short skits (2 to 5 minutes each). If you are attending the online training, work independently to write the skits. Each skit should demonstrate the following specific skills:

- Skit 1: refusal skills
- Skit 2: negotiation skills
- Skit 3: collaboration skills
- Skit 4: conflict resolution skills
- Skit 5: how to ask for and offer assistance and respond to a person empathetically

At least one of the skits needs to involve a peer-pressure situation, and another skit needs to involve avoiding gang activity. Keep in mind that each minute of speech is equivalent to about 100 words.

If you are attending the in-person training, perform the skits for your fellow peer coaches. If you are doing the training online, record a performance of the skits and submit them to your teacher. These can be audio or video recordings and could involve drawing out the scenarios or using computer software to animate the scenarios. Be creative!

## Tips for Success

Here are some tips to keep in mind as you complete your assignment.

- Review the studies in Unit 1 before answering the questions.
- Supplement your own research to learn more about refusal, negotiation, and conflict resolution skills.
- Do a final edit of the documents you have created, including checking spelling and grammar, before turning in your assessment. Make sure you have answered all questions sufficiently.
- Consider if you will need to work with others as part of a team to complete your project.

## Self-Assessment Checklist

Read each question and evaluate your work. If the answer to the question is yes, check the box to the left. If the answer is no, go back and revise your work. Your teacher will use these same guiding questions to score your assignment.

### Quality of Ideas (40 points)

	<b>Did I demonstrate an understanding of the assignment by:</b>
	Writing all the appropriate responses (10 points)
	Organizing the information in a logical order (10 points)
	Including enough information to allow the audience to fully understand refusal, negotiation, and conflict resolution strategies (10 points)
	Using creativity in my responses (10 points)



Use of Study Material (35 points)

	DUE
	Use the appropriate content from the unit studies (10 points)
	Display knowledge of refusal, negotiation, and conflict resolution skills (10 points)
	Provide thoughtful and thorough answers to the questions asked (15 points)