

Unit 1 Health Skills Booklet

PAGE 1: TITLE PAGE. Include the following:

Due _____

- A. Title of this booklet is Health Skills
- B. Your name
- C. Draw a picture of the Health Triangle and Label each corner

PAGE 2: Your Health – Include the following from pages 4 - 15 in book

Due _____

- A. Define: *health, health status, health knowledge, health advocate, protective factor, risk factor, risk, wellness, health-literate person, and health concept*
- B. List, define, and explain the three components of the Health Triangle
- C. List and **explain** the 10 factors that affect health status
- D. Define and compare calculated risk, unnecessary risk, and random event
- E. List and explain the 4 components of a Health Literate person

PAGE 3: Accessing Valid Health Information, Products, and Services –

Due _____

Include the following from pages 16 – 25 in book

- A. Define: *health-care provider, health service, health product, health-care facility, emergency, governmental health resources, health advocate group, personal health record, and risk factor*
- B. List and explain the 4 ways to access health information, products, and services
- C. Explain the different types of health resources
- D. List what you need to know about your families health histories and personal health records

Assignment: Lesson 1 & 2 Quiz

PAGE 4: Practicing Healthful Behaviors – Include the following from pages 26 - 33 in

Due _____

book

- A. Define: *behavior, habits, healthful behaviors, and risk behaviors*
- B. Explain what a health behavior inventory is and what it consist of
- C. List the six categories of Risk Behaviors in Teens
- D. Explain what is a Health Behavior Contract and what are the 5 components of one

PAGE 5: Analyzing Influences on Health – Include the following from pages 34 - 39 in

Due _____

book

- A. Define: *media, advertisement, commercial, technology, culture, media literacy, and advertising*
- B. List and explain 4 ways to analyze influences on health

- C. What are 6 questions that help you decide if information will influence you
- D. List 5 questions that will help you evaluate ads
- E. List 10 advertising appeals

Assignment: Lesson 4 Study Guide (#1-18)

PAGE 6: Using Communication Skills – Include the following from pages 40 - 55
Due_____

- A. Define: *communication skills, nonverbal communication, I-message, you-message, mixed message, active listening, positive peer pressure, negative peer pressure, resistance skills, self-confidence, conflict, and mediation*
- B. List and explain the four ways to use interpersonal communication skills
- C. List 10 negative peer pressure statements
- D. List and give example of 9 consequences of giving in to negative peer pressure
- E. List and explain the 8 ways to use resistance skills
- F. List the 8 steps in Conflict-Resolution Skills

PAGE 7: Setting Health Goals and Making Responsible Decisions – Include the following from pages 56 - 63
Due_____

- A. Define: *goal, decision, health goal, short term health goal, long term health goal, healthy people 2010, wrong decision*
- B. List the ways to set a Health Goal
- C. What are the two main goals for Healthy People 2010 and the 10 leading health indicators
- D. What are the four steps to take if you make a wrong decision

PAGE 8: Being a Health Advocate – Include the following from pages 64 - 69
Due_____

- A. Define: *health-advocacy skills, health advocate, and beta-endorphins*
- B. List the 4 ways to become a Health Advocate
- C. List 10 volunteer opportunities listed in the text

Assignment: Key Terms Review pages 55, 63, 69