

UNIT 1

CHAPTER 2

BUILDING HEALTH SKILLS & CHARACTER

Exploring Health Terms

DIRECTIONS: Select the term that best completes the statement.

Action Plan
Advocacy

Character
Communication
Conflict Resolution

Goal
Long-Term Goal
Role Model

Stress Management
Values

1. _____ "I" messages.
2. _____ is a process to help you resolve conflict through cooperation and problem solving..
3. _____ is a process used to manage the body's reactions to everyday demands.
4. _____ is a responsible role in which you influence others' health behaviors.
5. _____ Something you aim for that takes planning and work.
6. _____ A goal that you can plan to reach over an extended period of time.
7. _____ A multi-step strategy for identifying and achieving your goals.
8. _____ The ideas, beliefs and attitudes about what is important that help guide the way you live.
9. _____ is a trait people with high standards usually exhibit.
10. _____ A person with high standards makes a positive,

Recalling The Facts

DIRECTIONS: Using complete sentences, answer the following questions.

LESSON 1

1. List the strategies for effective communication.

2. What are refusal skills?

3. What steps should you follow to resolve a conflict?

4. Why are self-management skills important? Give an example of two of these skills.

LESSON 2

5. What are decision-making skills?

6. Define the term value.

7. Explain how the word HELP can assist you in weighing the possible consequences of a decision and making the right choice.

8. What are the six steps of a goal-setting action plan?

LESSON 3

9. Describe what it means to demonstrate the character of trustworthiness.

10. How does character impact your health?

11. How can you take an active role in your character development?

12. What are some benefits of being a positive role model?