



Chapter 2 - Taking Charge of Your Health

Vocabulary

1. health skills – specific tools and strategies to maintain, protect, and improve all aspects of your health.
2. interpersonal communication – the exchange of thoughts, feelings, and beliefs between two or more people.
3. refusal skills – communication strategies that can help you say no when you are urged to take part in behaviors that are unsafe or unhealthful, or that go against your values.
4. conflict resolution – the process of ending a conflict through cooperation and problem solving.
5. stress – the reaction of the body and mind to everyday challenges and demands.
6. stress management skills – skills that help you reduce and manage stress in your life.
7. advocacy – taking action to influence others to address a health-related concern or to support a health-related belief.
8. values – the ideas, beliefs, and attitudes about what is important that help guide the way you live.
9. decision making skills – steps that enable you to make a healthful decision.
10. goals – those things you aim for that take planning and work.
11. short-term goal – a goal that you can reach in a short period of time.
12. long-term goal – a goal that you plan to reach over an extended period of time.
13. action plan

You need to know:

1. What the HELP strategy stands for.
H - Healthful
E – Ethical
L – Legal
P – Parental Approval.
2. Examples of long and short – term goals.

Long-term goal – Running a 10K. You may want to start with smaller races and train for the longer race. This is goal that will need to be reached over an extended period of time.

Short-term goal – Your assignment is to read three articles over the weekend on an assigned topic. On Saturday, you locate and print out your articles. On Sunday you read the articles so you're ready to discuss them in class on Monday. This was a goal that was reached in a short period of time.

3. List and describe the five health skills that can be used to enhance health.

Communication Skills – these include the process of learning to use “I” messages, refusal skills, and conflict-resolution skills.

Accessing Information – make sure to use reliable sources for obtaining health information.

Analyzing Influences – understand what influences you to make more healthful choices. For example: personal values, personal beliefs, perceptions, family, culture, media/technology, peers, and school/community.

Self-management Skills – practicing health habits that will protect your health. For example, the healthy behaviors checklist (eat well-balanced meals, regular exercise, 8-10 hours of sleep, and practicing good personal hygiene.

Advocacy – is way of sharing your health knowledge.

4. The six steps of the decision-making process.

State the Situation.

List the Options.

Weigh the Possible Outcomes.

Consider Values.

Make a Decision and Act on It.

Evaluate the Decision.

5. The steps of developing an action plan.

Set a specific, realistic goal and write it down.

List the steps you will take to reach the goal.

Identify sources of help and support.

Set a reasonable time frame for achieving your goal.

Evaluate your progress by establishing checkpoints.

Reward yourself for achieving your goal.