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| CHAPTER TWOGlencoe Health**Topic**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Questions/Main Ideas:** | **Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Class**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Period**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Notes:** |
|  | **LESSON 1 : BUILDING HEALTH SKILLS****Learning \_\_\_\_\_\_\_\_\_\_\_\_\_ –** Health Skills are specific tools and strategies to maintain, protect and improve all aspects of your health. Health skills are also called life skills, because once you’ve developed these skills, you can use them throughout your life to stay healthy.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Skills**Three health skills – interpersonal communication, refusal skills, and conflict resolution – deal with how you give and receive information. Communication is more than just talking.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** – the exchange of thoughts, feelings, and beliefs between two or more people – helps you build strong relationships with others. You can strengthen your interpersonal communication skills by doing the following:* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.** Saying “I feel upset when I’m left out of our plans” focuses on your emotions rather than placing blame.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.** Keep your voice calm and use a respectful tone when talking to another person.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.** Pay attention to what the other person is saying. Let him say what he has to say without interrupting. Try to understand the other person’s point of view.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** are 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.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** – the process of ending a conflict through cooperation and problem solving.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Use reliable sources of health information.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Understanding what influences you helps you to make more healthful choices.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Self-management means taking charge of your own health. When you manage your behaviors, you act in ways that protect your health and promote your own well-being. There are two self-management skills:* Practicing healthful behaviors
* Managing stress

**\_\_\_\_\_\_\_** - the reaction of the body and mind to everyday challenges and demands. **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** - skills that help you reduce and manage stress in your life.**\_\_\_\_\_\_\_\_\_\_\_**– taking action to influence others to address a health-related concern or to support a health-related belief.  |
| **Summary:** |
|  | **LESSON 2 : MAKING RESPONSIBLE DECISIONS AND \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Achieving good health begins with makings responsible decisions. Making decisions and setting goals means you’re taking responsibility in determining your life’s purpose and direction.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Decision—making skills help you make successful, responsible choices.**Your Values****\_\_\_\_\_\_\_\_\_\_\_\_** - the ideas, beliefs, and attitudes about what is important that help guide the way you live.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ skills** – steps that enable you to make a healthful decision.**Steps of the Decision-Making Process****Step 1** – State the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Step 2** – List the \_\_\_\_\_\_\_\_\_\_\_\_**Step 3** – Weigh the Possible \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Step 4** – Consider \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Step 5** – Make a \_\_\_\_\_\_\_\_\_\_\_\_\_ and Act on it**Step 6** – \_\_\_\_\_\_\_\_\_\_\_\_\_\_ the Decision**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** - Working toward goals helps you achieve your hopes and dreams**\_\_\_\_\_\_\_\_** – those things you aim for that take planning and work.**Types of Goals****\_\_\_\_\_\_\_\_\_\_term goal** – a goal that you can reach in a short period of time, like finishing a term paper by Friday.**\_\_\_\_\_\_\_\_\_\_-term goal** – a goal that you plan to reach over an extended period of time.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**An action plan is a multistep strategy to identify and achieve your goals. |
| **Summary:** |
|  | **LESSON 3: BEING A HEALTH-LITERATE CONSUMER****Making Informed \_\_\_\_\_\_\_\_\_\_\_\_\_\_**You can learn to make good consumer choices.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** – someone who purchases or uses health products or services**\_\_\_\_\_\_\_\_\_\_** - a written or spoken media message designed to interest consumers in purchasing a product or service.**Techniques/Examples/Hidden Messages****\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Example: Group of people using a product or service Hidden Message: Everyone is using it, and you should too.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Example: Product displayed in expensive home Hidden Message: It will make you feel rich and famous.**\_\_\_\_\_\_\_\_\_\_\_\_** Example: Redeemable coupons for merchandise Hidden Message: It’s too good a deal to pass up.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Example: Scenes of nature Hidden Message: If it’s associated with nature, it must be healthy**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Example: People smiling and laughing Hidden Message: The product will add fun to your life.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** Example: People for whom a product has worked Hidden Message: It worked for them, so it will work for you, too.**Evaluating Products****\_\_\_\_\_\_\_\_\_\_\_\_\_\_** – Labels give you important information about what a product contains.**\_\_\_\_\_\_\_\_\_\_\_\_\_ Shopping** – A second great tool for smart health consumers is comparison shopping, or judging the benefits of different products by comparing several factors, such as quality features, and cost.* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** – Generic products may work the same as brand-name products.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_** – Figure out which product features are most important to you so that you don’t waste money on features you don’t want.
* **\_\_\_\_\_\_\_\_\_\_\_\_** – Many products come with a warranty, a company’s or a store’s written agreement to repair a product or refund your money if the product doesn’t function properly.
* **\_\_\_\_\_\_\_\_\_\_** – Look for logos from well-known reputable organizations that show the product has been tested for safety.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** – Listen to the opinions of people you trust who have used the product or service that you are considering.
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| **Summary:** |
|  | **LESSON 4: MANAGING CONSUMER PROBLEMS****Resolving Consumer Problems**If you are not satisfied with the response to your efforts, ask for help from one of the following organizations:* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** handles complaints about local merchants.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_** are people or groups whose sole purpose is to take on regional, national, and even international consumer issues.
* **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** work to protect consumers’ rights.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** – failure by a health professional to meet accepted standards.**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** – the sale of worthless products or services that claim to prevent disease or cure other health problems. Health fraud is often called quackery.Look out for claims like the following:* “Secret formula”
* “Miracle cure”
* “Overnight results”
* “All natural”
* “Hurry, this offer expires soon”
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| **Summary:** |