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| CHAPTER THREEGlencoe Health**Topic**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Questions/Main Ideas:** | **Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Class**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Period**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**Notes:** |
|  | **LESSON 1 : DEVELOPING YOUR SELF-ESTEEM**What are some factors that impact teens’ self-esteem?*
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What are some aspects of everyday life that affect an individual’s mental and emotional health?Define Mental and Emotional Health?Give an example.What is the importance of Mental and Emotional Health?*
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Characteristics of Good Mental and Emotional Health Define resilientGive an exampleExplain which of the five characteristics do you believe is most affected by peers? Why?Define Self-EsteemIt is important to develop self-esteem because: *
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Define competenceWhat is the relationship between developing **competence** and developing **self-esteem**?How do you develop Self-Esteem?*
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Benefits of Healthy Self-Esteem*
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Improving Your Self-Esteem*
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**Choose friends who:**Focus on \_\_\_\_\_\_\_\_\_\_\_\_\_ aspectsReplace \_\_\_\_\_\_\_\_\_\_\_\_\_\_ self talk with \_\_\_\_\_\_\_\_\_\_ self talkWork toward \_\_\_\_\_\_\_\_\_\_\_\_\_ rather than \_\_\_\_\_\_\_\_\_\_\_\_\_Consider your \_\_\_\_\_\_\_\_\_\_\_\_ learning opportunitiesTry new activities to discover your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Write down your \_\_\_\_\_\_\_\_\_\_\_\_ and steps to help achieve themExercise regularly to feel more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your time to help someoneAccept the things you can’t \_\_\_\_\_\_\_\_\_\_\_\_\_, and focus your energy on changing the things you \_\_\_\_\_\_\_\_\_\_\_.What is self-acutualization Define hierarchy of needs.**Study Maslow’s Hierarchy of Needs**List the 5 levels.1.
2.
3.
4.

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| **Summary:** |
|  | **LESSON 2 : Developing Personal Identity****Your Personal Identity**Define personal identity.How does identity form?Define role model.How does a role model affect your identity?How is a personality developed and why is a personality important?Traits of Good Character*
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Which of the traits do you think is most important? Why?**Working Toward a Positive Identity**Tips for Promoting a Health Identity*
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Why develop a purpose in your life?How has your ability to make choices and decisions about your life changed since you were a young child?Why form meaningful relationships?Why is constructive criticism important in developing your identity?Why contribute to the community? |
| **Summary:** |
|  | **LESSON 3: Expressing Emotions in Healthful Ways**Common emotions experienced by teens:*
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How do hormones affect your emotions?Some common emotions and Definitions:*
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What is an example of an emotion that can be challenging to express in a positive way?**Managing your emotions**Emotions are neither \_\_\_\_\_\_\_\_\_\_ nor \_\_\_\_\_\_\_\_\_\_\_\_. The way you \_\_\_\_\_\_\_\_\_\_ your emotions, can produce good or bad \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.Define empathyDefine defense mechanisms.Defense Mechanisms*
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Managing Anger*
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| **Summary:** |