

Lesson 1

Your Health and Wellness

VOCABULARY

health
wellness
prevention
health education
Healthy People
2010
health literacy

YOU'LL LEARN TO

- Relate the nation's health goals and objectives in *Healthy People 2010* to individual, family, and community health.
- Develop evaluation criteria for health information.
- Discuss the importance of health literacy for achieving and maintaining good health.



On a sheet of paper, complete the following statement:

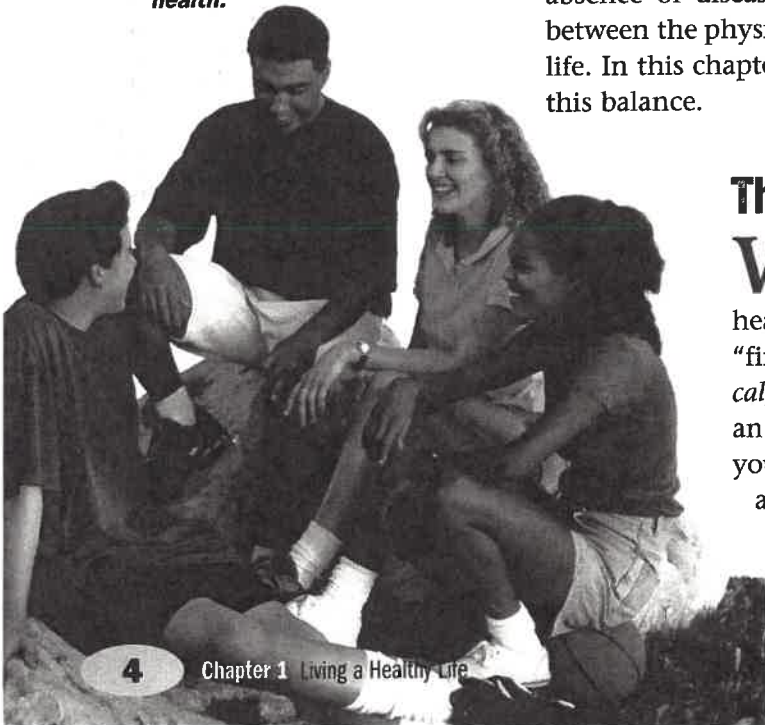
When you have good health, you . . .

- ▼ Spending time with friends is an important part of health. Give an example of how relationships can have a positive impact on health.

Suppose someone asks whether you are healthy. How would you answer? Would you consider only your physical health? For example, would you think of how often you are sick? Throughout this course, you will see that health is much more than just the absence of disease. A state of well-being comes from a balance between the physical, mental/emotional, and social aspects of your life. In this chapter you will look at ways to achieve and maintain this balance.

The Importance of Good Health

What is your usual response to the question, "How are you?" A true description of your health would require much more than a simple "fine" or "okay." **Health** is the combination of physical, mental/emotional, and social well-being. It is not an absolute state. Being healthy doesn't mean that you will never be sick or that you will be guaranteed a position on the basketball team. Instead, being healthy means striving to be the best you can be at any given time.



The Health Continuum

Health is dynamic, or subject to constant change. For example, you might be the top performer for your basketball team on Tuesday and sick in bed with the flu on Wednesday. Think of your health at any moment as a point along a *continuum*. This continuum spans the complete spectrum of health from chronic disease and premature death to a high level of health. Along the continuum are many points where your health could be located at any given time. This point changes from day to day and year to year.

Changes along the continuum may occur suddenly, such as when you get injured playing a sport. At this time of your life, it's even common for your emotions to shift suddenly from moment to moment. Knowing that these emotional shifts are normal can help you maintain a healthful balance as you move along the continuum.

Changes may also be so gradual that you're not even aware that you're moving from one side of the continuum to the other. Take a look at **Figure 1.1**. Where do you fit on the health continuum right now? Where would you like to be in a month? A year?

A person with a balanced life is said to have a high degree of **wellness**, *an overall state of well-being, or total health*. It comes from a way of living each day that includes making decisions and practicing behaviors that are based on sound health knowledge and healthful attitudes. Achieving wellness requires an ongoing, lifelong commitment to physical, mental/emotional, and social health.

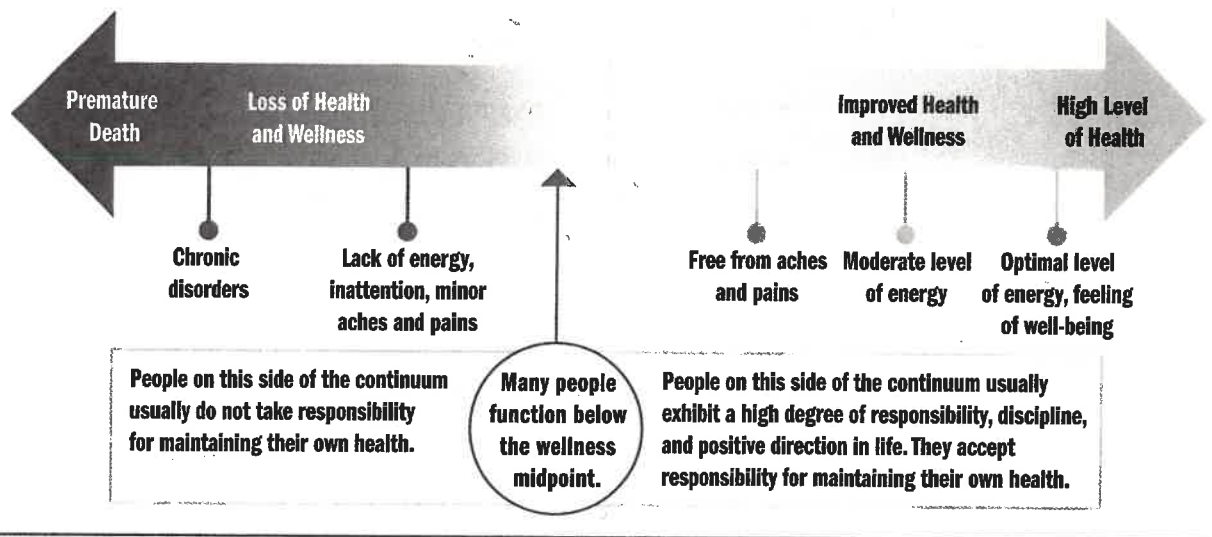


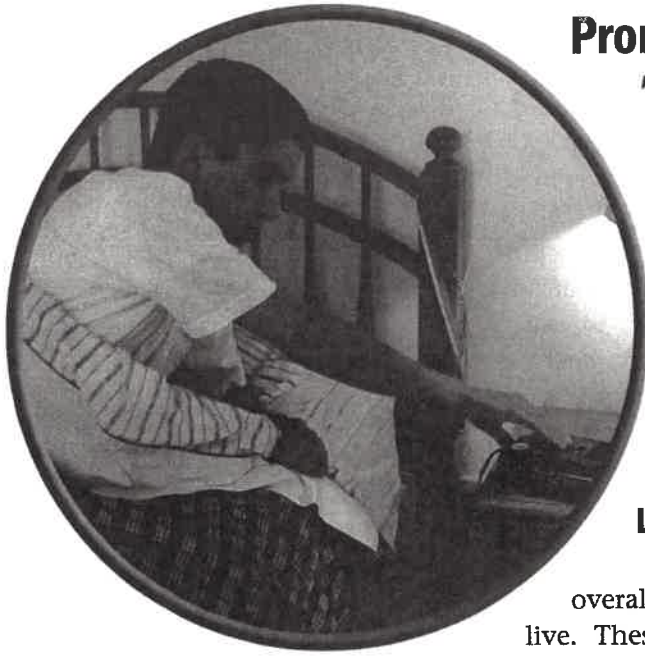
▲ When you feel your best, you will perform at your best. How might maintaining a high level of wellness help you reach your goals?

FIGURE 1.1

THE HEALTH CONTINUUM

The continuum shows that your health can be measured on a sliding scale, with many degrees of health and wellness. Name three behaviors that would help you move toward the right side of the continuum.





A Research has shown that teens need more sleep than adults. Establishing a regular sleep schedule can help you get enough sleep each night. What are two other actions you can take to ensure that you get an adequate amount of sleep?

Promoting Your Health

The decisions you make each day affect your health. What you choose to wear, eat, and do can have personal health consequences that you may not have considered. For example, not wearing the proper safety gear when participating in a physical activity increases the chances of serious injury in the event of an accident. Eating high-calorie snacks can result in unhealthy weight gain. Making responsible decisions about health and developing health-promoting habits are crucial to achieving and maintaining wellness and preventing disease.

Lifestyle Factors

Experts have identified habits that affect people's overall health, happiness, and *longevity*, or how long they live. These habits, or *lifestyle factors*, are personal behaviors related to the way a person lives. They help determine his or her level of health. Certain lifestyle factors are linked to specific diseases—for example, smoking and lung cancer. Other lifestyle factors promote good health. These include:

- ▶ getting 8 to 10 hours of sleep each night.
- ▶ starting each day with a healthy breakfast.
- ▶ eating a variety of nutritious foods each day.
- ▶ being physically active for at least 20 minutes a day, three or more days a week.
- ▶ maintaining a healthy weight.
- ▶ avoiding tobacco, alcohol, and other drugs.
- ▶ abstaining from sexual activity before marriage.
- ▶ managing stress.
- ▶ maintaining positive relationships.
- ▶ practicing safe behaviors to prevent injuries.

Fitting these health-promoting lifestyle factors into your life will help ensure a high level of wellness.

Wellness and Prevention

A key to your wellness is **prevention**—*practicing health and safety habits to remain free of disease and injury*. Wearing safety belts, applying sunscreen, and avoiding unsafe areas are just a few examples of preventive measures. What other actions could you take to prevent illness and injury?

The Importance of Health Education

Health is critical to quality of life. Learning how to become and stay healthy should be a top priority. That's why **health education**—the providing of accurate health information to help people make healthy choices—is important. The goal of health education is to give people the tools they need to help them live long, energetic, and productive lives.

The Nation's Health Goals

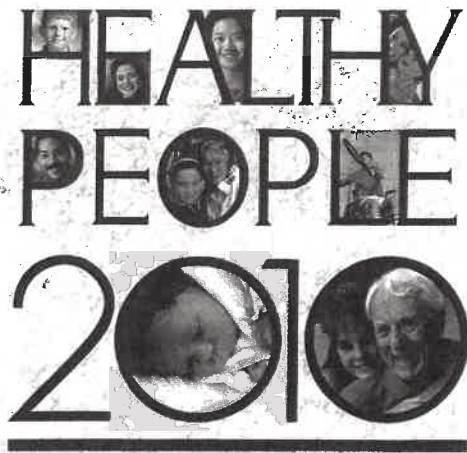
Health education affects more than just students. **Healthy People 2010** is a nationwide health promotion and disease prevention plan designed to serve as a guide for improving the health of all people in the United States. The plan, which is revised every 10 years, aims to promote health and prevent illness, disability, and early death.

GOALS OF HEALTHY PEOPLE 2010

Healthy People 2010 has established two main goals for the future: increase quality and years of healthy life for all Americans and remove health differences that result from factors such as gender, race, education, disability, and location. To reach these goals, individuals, families, and communities must work together.

Reaching the nation's health goals and objectives is related to the health of the individuals in that nation. Studies have shown, for example, that as people become more educated, the general health of a population improves. Therefore, to benefit the health of the larger community, it is up to each individual to be the best he or she can be. Achieving wellness empowers each individual to improve the community in which he or she lives. This, of course, can be extended to global health issues. As more individuals take charge of their own wellness, global health will improve. Individuals, families, and communities each have a role to play:

- ▶ **Individuals** can take an active role in their own health. You can learn to make informed decisions, master skills that enable you to apply your decisions, access reliable health care information and services, and promote the health of others. The information in this book will help you put many of these strategies into action.
- ▶ **Families** can shape the attitudes and beliefs that result in healthful behaviors. Parents and guardians play an important role in meeting the nation's health goals when they teach their children the values and skills necessary to maintain good health.

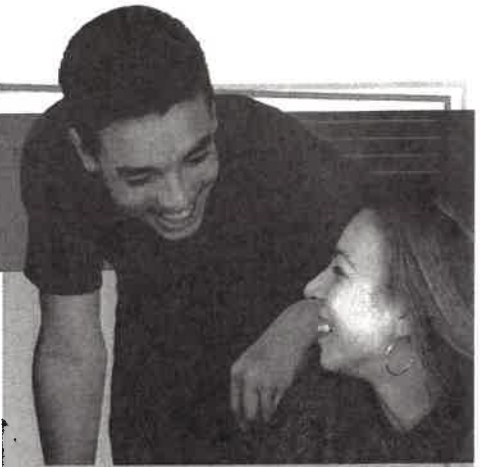


Understanding and Improving Health

- ▶ **Healthy People 2010** is a plan designed to promote the health of all Americans. What are the nation's health goals as stated in Healthy People 2010?



Health Skills Activity



Goal Setting: Health for All

For class James must set a health goal and explain how reaching his goal will help him, his family, and his community. He has asked his sister to help him.

"Becky, how could a person's health affect anyone else?"

"I can think of lots of ways," Becky says.

"Like what?" James asks.

"Cigarette smoking," Becky replies. "If someone in the family smokes, others in the family are exposed. The community is affected, too. Tobacco use means more illness and more health care needs."

"Yeah," James agrees, "and more fires and litter."

"Do you understand the assignment better now?" Becky asks.

James nods. He wonders what goal to set.

What Would You Do?

Put yourself in James's shoes. Choose a goal that will enhance your health and the health of others. Apply the goal-setting steps to help you reach your goal.

1. Identify a specific goal and write it down.
2. List the steps you will take to reach your goal.
3. Identify potential problems and ways to get help and support from others.
4. Set up checkpoints to evaluate your progress.
5. Reward yourself once you have achieved your goal.

- **Communities** can provide health services and offer behavior-changing classes such as tobacco-cessation programs. They can also take steps to ensure a safe environment.

The best chances for success occur when individuals, families, and communities work together. For example, a health care professional can provide information to his or her patients and encourage them to practice healthy behaviors. Individuals then have the personal responsibility to put that information into practice.

Becoming Health Literate

Health literacy refers to a person's capacity to learn about and understand basic health information and services and use these resources to promote his or her health and wellness. This text will give you the information and tools you need to become health literate.

A health-literate individual needs to be

- ▶ **a critical thinker and problem solver**—a person who can develop evaluation criteria for health information before making a decision and who knows how to make responsible, healthy choices.
- ▶ **a responsible, productive citizen**—someone who acts in a way that promotes the health of the community and who chooses safe, healthful, and legal behaviors that are consistent with family guidelines and that show respect for the individual and others.
- ▶ **a self-directed learner**—a person who has developed evaluation criteria for health information. These criteria include whether the information is reliable, accurate, and current. Such information is available through various media, through technology such as the Internet, and from health care professionals.
- ▶ **an effective communicator**—someone who is able to express his or her health knowledge in a variety of ways.

▼ **Helping others make healthy choices is part of being a responsible, productive citizen. List three ways to help others make healthy decisions.**



▶ Lesson 1 Review

Reviewing Facts and Vocabulary

1. Write a paragraph using the terms *health*, *wellness*, and *health education*.
2. Relate the nation's health goals and objectives to individual, family, and community health: What can an individual do to address the goals and objectives of *Healthy People 2010*?
3. What three criteria can help you evaluate health information?

Thinking Critically

4. **Analyzing.** What is the relationship between promoting healthy behaviors, such as avoiding tobacco, and preventing disease?
5. **Evaluating.** Explain how being health literate helps you achieve and maintain good health.

Applying Health Skills

Practicing Healthful Behaviors. Review the health-promoting lifestyle factors discussed in this lesson. For one week, keep track of how many of them you participate in. Then identify three healthy behaviors that you took part in each day. Also identify one or two factors that you could improve.



SPREADSHEETS You can use spreadsheet software to make a chart for tracking your performance of healthy lifestyle factors. See health.glencoe.com for tips on how to use a spreadsheet.



health.glencoe.com

Lesson 2

Promoting a Healthy Lifestyle

VOCABULARY

heredity
environment
peers
culture
media

YOU'LL LEARN TO

- Describe the importance of taking responsibility for establishing and implementing health maintenance for individuals of all ages.
- Explain how influences such as heredity, environment, culture, media, and technology have impacted the health status of individuals, families, communities, and the world.
- Analyze the health messages delivered through media and technology.



List three of your favorite activities or hobbies. Then briefly describe the positive effect each has on your health.



A Participating in fun activities with family members enhances your health.

How does staying up late affect you in the morning? How do you feel after engaging in physical activity? The actions you take regarding one aspect of your health have an effect on the other aspects as well.

Your Health Triangle

The three elements of health—physical, mental/emotional, and social—are interconnected, like the sides of a triangle. When one side receives too much or too little attention, the whole triangle can become lopsided and unbalanced. To truly maintain health, you need to take personal responsibility for establishing and implementing health maintenance for all three sides of your health triangle.

Physical Health

Your physical health has to do with how well your body functions. When you are in good physical health, you have enough energy to perform the activities of daily life, to cope with everyday challenges and stresses, to resist diseases, and to avoid injury.

Being physically healthy involves getting adequate sleep and rest, eating nutritious meals, drinking enough water, and being

physically active on a regular basis. It also includes practicing good hygiene and getting regular medical and dental checkups and treatments when you need them. Good physical health also involves paying attention to what you put into your body. It means avoiding harmful substances, such as tobacco, alcohol, and other drugs.

Mental/Emotional Health

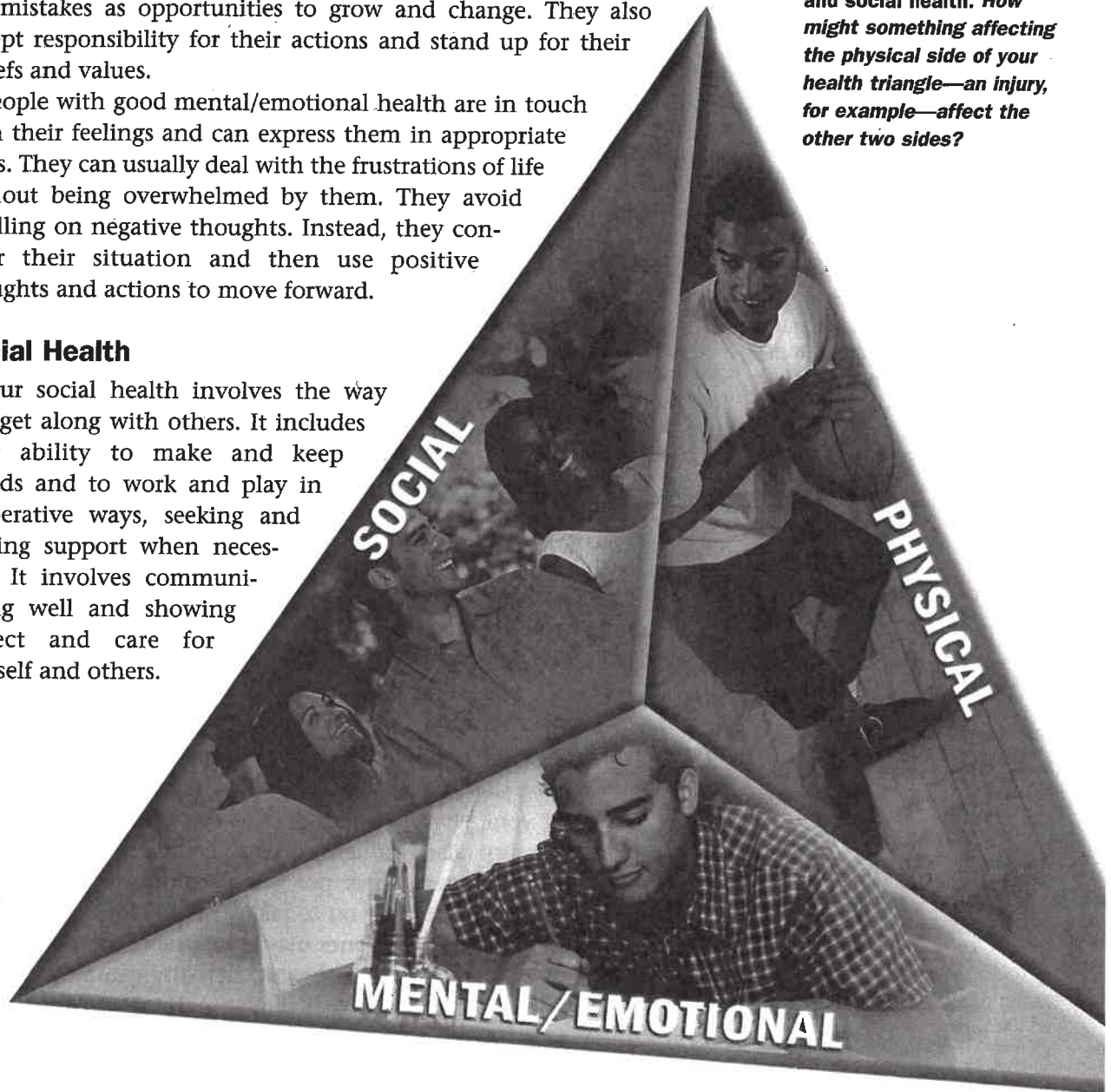
Your feelings about yourself, how well you meet the demands of daily life, and your ability to process information are all important parts of your mental/emotional health. People with good mental/emotional health enjoy challenges, like learning new things, and see mistakes as opportunities to grow and change. They also accept responsibility for their actions and stand up for their beliefs and values.

People with good mental/emotional health are in touch with their feelings and can express them in appropriate ways. They can usually deal with the frustrations of life without being overwhelmed by them. They avoid dwelling on negative thoughts. Instead, they consider their situation and then use positive thoughts and actions to move forward.

Social Health

Your social health involves the way you get along with others. It includes your ability to make and keep friends and to work and play in cooperative ways, seeking and lending support when necessary. It involves communicating well and showing respect and care for yourself and others.

Y The health triangle is made up of three elements—physical, mental/emotional, and social health. How might something affecting the physical side of your health triangle—an injury, for example—affect the other two sides?





A People from the same family often share many of the same physical traits. What physical similarities do the people in this family share? What are some health factors that can be inherited?

hot link

heredity For more information on heredity, see Chapter 19, page 498.

Keeping a Balance

Each side of your health triangle is equally important to your health. You might think of the three areas of health as the legs of a tripod on which a camera is mounted. If one leg is shorter than the other two, the tripod will tilt or fall. It's much the same with your health. An unbalanced health triangle is likely to cause you problems at some point. When you work to keep your physical, mental/emotional, and social health in balance, you are much more likely to function at your highest level.

Influences on Your Health

Imagine that the story of your health were made into a movie. The movie would portray your health from your birth until today. The movie might also focus on the following questions:

- ▶ What situations and people affected your health at each stage of your life?
- ▶ How have influences on your health changed through the years?
- ▶ How do early influences still affect you today?

There are several important influences on your health. They include heredity; environment; media and technology; and, most importantly, your values, attitude, and behavior.

Heredity

Your **heredity** refers to *all the traits that were biologically passed on to you from your parents*. You probably are familiar with heredity in terms of your physical traits such as eye color, hair color, and height. Heredity also influences your general level of health. Inheriting specific genes may put you at risk for certain illnesses, such as diabetes, requiring you to take steps to reduce your risk or manage the illness. Other genes may strengthen your resistance to disease. Beyond your physical health, heredity can also influence personality and basic intellectual abilities and talents.

Environment

Your **environment** is *the sum of your surroundings*, including your family, your neighborhood, your school, your job, and your life experiences. Environment includes all the places you go to in a given day and the physical conditions in which you live. It also includes all the people in your life, and your culture.

PHYSICAL ENVIRONMENT

Your physical environment influences every aspect of your health. A person who lives in a safe environment is likely to enjoy good physical and mental/emotional health. In contrast, someone who lives in an area with a high crime rate may experience stress or feel concern for personal safety.

Environmental factors such as air pollution also affect health. Pollen, dust, or smog in the air can cause allergies. Living with a smoker can increase the risk of respiratory problems.

SOCIAL ENVIRONMENT

Your social environment includes your family and other people with whom you come into contact each day. A supportive social environment made up of family and other adult role models can help a person develop positive values, a commitment to learning, and confidence in future success.

As a teen an important part of your social environment is your peers. **Peers** are *people of the same age who share similar interests*. Your peers include your friends and classmates. Loyal and supportive friends who care about their health can have a positive effect on your own health. Peers who take part in dangerous, unhealthy, or illegal behaviors like using tobacco, alcohol, or other drugs could create pressure for you to be "part of the group." Standing up to peer pressure can be challenging. Choosing friends who care about their health and yours supports a positive peer environment.

hotlink

environment For more information on environmental influences on health, see Chapter 29, page 764.

Ⓜ Climate is one factor that can influence health. What other aspects of a person's physical environment can affect his or her health?



CULTURE

Culture refers to *the collective beliefs, customs, and behaviors of a group*. This group may be an ethnic group, a community, a nation, or a specific part of the world. The language your family speaks, the foods you enjoy, the traditions you have, and the religion you practice are all part of your cultural environment. Your culture gives you a sense of identity. Understanding culture can help you know yourself better and be tolerant of others.

Attitude

The way you view situations—your attitude—greatly affects the choices you make. For example, in order to practice good health habits, you must believe that there is some benefit to you and that problems may result if you don't develop these habits.

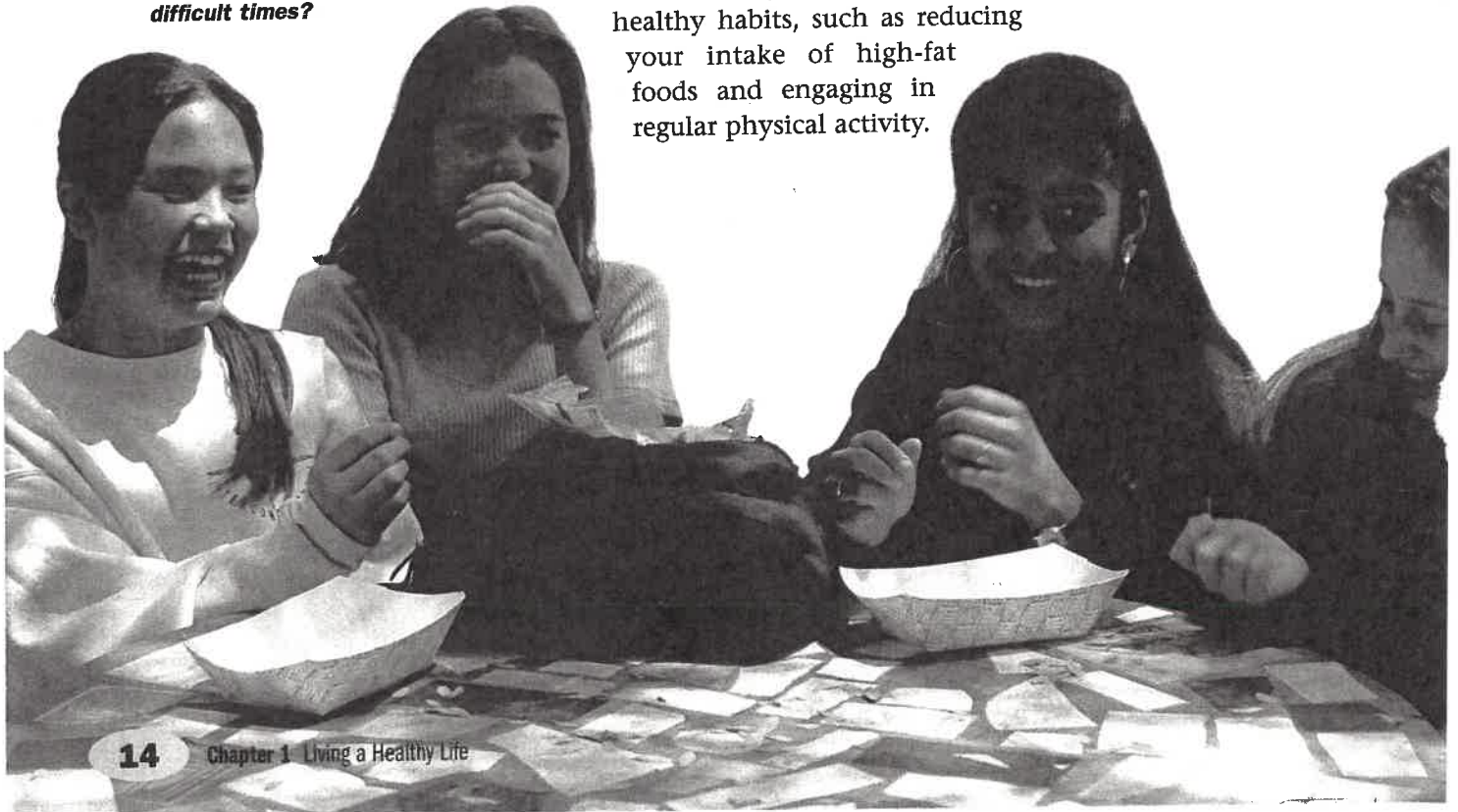
Attitude can play a major role in health and wellness. Studies have shown that people who tend to see the positive in situations are more likely to have better health than those who see only the negative. Try to view challenging situations positively and think in realistic terms. Doing so will help you make healthful decisions, reach your goals, and successfully manage your life.

Behavior

Although you have no control over your heredity and only limited control over your environment, you have a great deal of control over your behavior. Suppose your family has a history of heart disease. This doesn't mean that you will "follow in their footsteps."

You can lower your risk of developing the disease by practicing healthy habits, such as reducing your intake of high-fat foods and engaging in regular physical activity.

▼ **Maintaining a sense of humor can help you handle the difficulties that inevitably occur in life. How can humor be used to ease tension during difficult times?**



Health Influences

There are many influences on your health each day. In this activity you will record the influences that affect your health for one day.

What You'll Need

- pencil and paper

What You'll Do

1. Divide a sheet of paper into a grid of 12 rows and 3 columns. Label the columns "Activity," "Element of Health" (physical, mental/emotional, social), and "Influence."
2. Throughout the day, record activities that influence your physical, mental/emotional, or social health. Identify the element of health being affected and whether the influence is positive or negative. For example: *Activity:* Worked hard on my science project. *Element:* Mental. *Influence:* Positive because I am learning new information and developing my thinking skills. *Activity:* Watched TV and ate cookies. *Elements:* Physical and mental/emotional. *Influence:* Negative because an ad for cookies made me hungry, and I should be physically active instead of sitting on the couch.
3. Compare your grid with that of a classmate. How are your influences the same, and how are they different? Did you respond to similar influences in different ways? If so, why?

Apply and Conclude

In your private health journal, write a paragraph on what you have learned about health influences. What are the major influences in your life?

Your behavior affects not only your physical health but also your mental/emotional and social health. For example, mastering a new skill can give you a sense of accomplishment and enhance your self-esteem. Learning how to resolve conflicts peacefully can have a positive influence on your relationships with others.

Media

The media is a major influence on health. **Media**, or *the various methods of communicating information*, includes radio, television, film, newspapers, magazines, books, and the Internet. Although the media's main purpose has been to provide information and entertainment, it also plays a powerful role in shaping public opinion.

Advances in information delivery systems, such as the Internet, have put access to thousands of information sources at your fingertips. Unfortunately, not all health messages and sources are reliable.

HEALTH
Online

TOPIC Learning About Health Promotion

Go to health.glencoe.com for eFlashcards, concentration games, and online quizzes.

ACTIVITY Review each of the study tools above for Chapter 1. Write a statement explaining which tool you think will best help you learn about promoting health, and why.

For example, some advertisers may make exaggerated claims to try to persuade you to buy a product. For reliable information, stick to publications from professional health organizations, such as the American Medical Association and the American Heart Association. It is important to accurately analyze the health messages delivered through the media and technology. Generally, Web sites and publications from accredited universities and government agencies are also reliable sources of information.

Technology

Technological advances also influence health. Technology has impacted the health status of individuals, families, communities, and the world. Advances in medical screenings and treatment for diseases such as heart disease, cancer, and AIDS have helped large numbers of people live longer, healthier lives. Other technological advances help keep our air, land, and water clean. However, advances in technology can have a downside. Technology has replaced many of the physical activities that once were part of daily life. People drive or ride instead of walk. They may watch TV or work on the computer instead of being physically active. Recognizing the impact of these influences can help you live a more active, healthy life.

Lesson 2 Review

Reviewing Facts and Vocabulary

1. Describe the importance of taking responsibility for establishing and implementing health maintenance for individuals of all ages by keeping the three areas of health in balance.
2. Define the terms *culture* and *media*, and explain how each influences health.
3. Explain how technology has impacted the health status of individuals, families, communities, and the world.

Thinking Critically

4. **Applying.** Select the side of your health triangle that you think is most affected by personal behavior. Explain your choice.
5. **Analyzing.** If you were looking for facts about weight lifting, how might you analyze the health messages delivered through a Web site for a company that sells weight equipment versus information provided by the American Academy of Pediatrics (AAP)?

Applying Health Skills

Analyzing Influences. The United States has many cultures within its population. Investigate which cultures are represented in or near your community. Select one and prepare a presentation on traditions and other factors that might influence the health of people growing up in that particular culture.



PRESENTATION SOFTWARE Presentation software can help you emphasize important points about traditions and culture. Find help in using presentation software at health.glencoe.com.



Lesson 3

Your Behavior and Reducing Health Risks

VOCABULARY

risk behaviors
cumulative risks
abstinence

YOU'LL LEARN TO

- Describe ways to promote health and reduce risks.
- Associate risk-taking with consequences.
- Analyze the importance of abstinence from risk behaviors, including abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age.
- Communicate the importance of practicing abstinence.

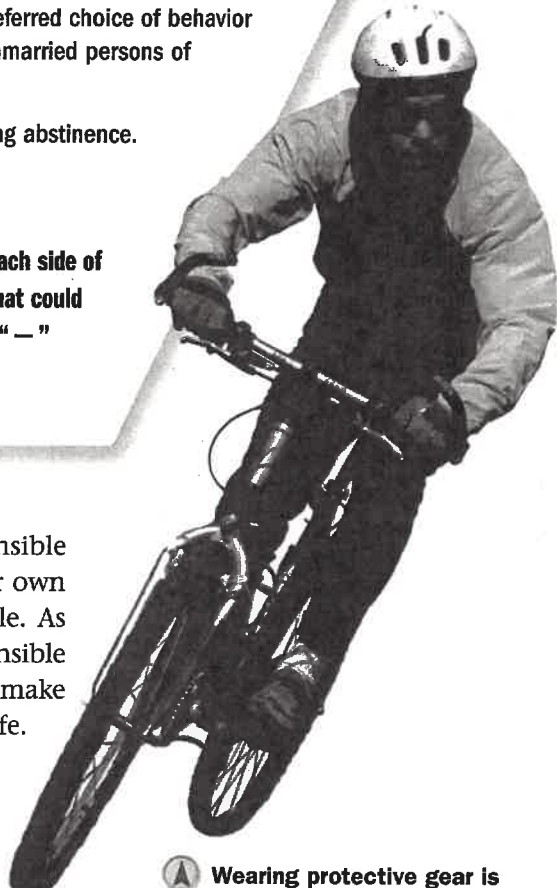
QUICK START

Draw and label a health triangle on a sheet of paper. For each side of the triangle, identify two decisions you have made during the past few days that could affect your health. Place a "+" by those decisions that were healthful and a "-" by those that could have been or were harmful.

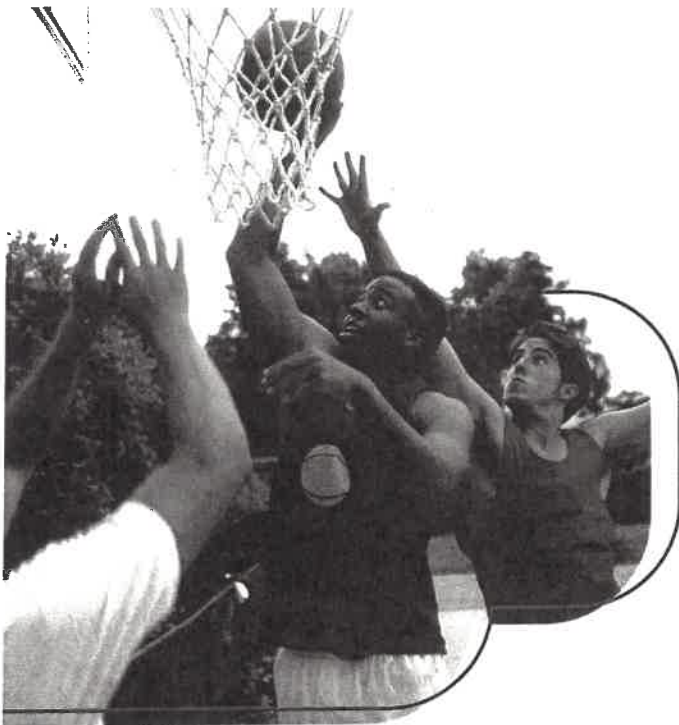
Part of becoming an adult is learning how to make responsible decisions. You may already be responsible for buying your own clothes, making your own meals, and managing your schedule. As you move toward adulthood, you become increasingly responsible for decisions regarding your health. Remember, the choices you make during adolescence can affect your health for the rest of your life.

Understanding Health Risks

The first step in becoming responsible for your health is to increase your awareness of risk behaviors in your life. **Risk behaviors** are actions that can potentially threaten your health or the health of others. A second step is to examine your current behaviors and make any necessary changes.



Wearing protective gear is one way to reduce health risks. What are other ways to reduce health risks when engaging in physical activity?



A Regular physical activity reduces health risks.

Recognizing Risk Behaviors

The Centers for Disease Control and Prevention (CDC) and other public health agencies routinely survey teens nationwide to monitor their risk behaviors. In the most recent youth risk behavior survey, questionnaires on personal risk factors were gathered from teens in grades 9 through 12 in 33 states. The six categories of personal health risk factors and some of the results are shown in **Figure 1.2**.

When you analyze this data, you'll see that there is encouraging news. Most teens are *not* drinking alcohol or using tobacco. Over two thirds of teens wear safety belts when riding in cars. Where do you fit in? Are you making responsible decisions about your own health and well-being? Throughout this course, you will learn strategies for minimizing many types of risks.

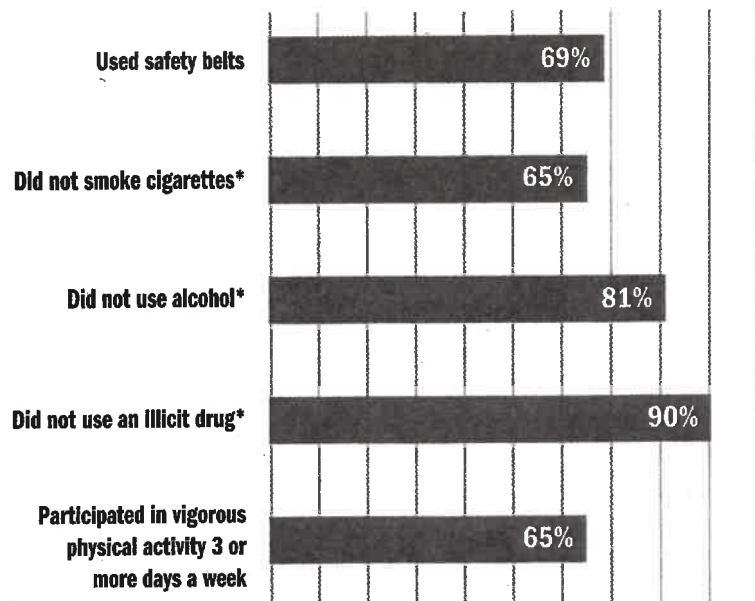
FIGURE 1.2

TEEN RISK BEHAVIORS

The majority of teens are avoiding many risk behaviors or are taking preventive measures to improve their health.

The Youth Risk Behaviors Survey (YRBS) gathers data on the following:

- Behaviors that contribute to unintentional and intentional injuries
- Tobacco use
- Alcohol and other drug use
- Sexual behaviors that contribute to unplanned pregnancy and sexually transmitted infections (STIs) (including HIV infection)
- Unhealthy dietary behaviors
- Physical inactivity



*Statistic reflects behavior for prior 30 days.

Source: Based on data from the Centers for Disease Control and Prevention (CDC) and the National Household Survey on Drug Abuse (NHSDA)

Real-Life Application

Analyzing Risk Behaviors

Review Figure 1.2 on page 18. Your teacher will provide you with additional information on youth risk behaviors or instruct you on how to access this information.

Choose one category of personal health risk factors:

- Behaviors that may contribute to intentional and unintentional injuries
- Alcohol and other drug use
- Unhealthy dietary behaviors
- Tobacco use
- Sexual behaviors that contribute to unplanned pregnancy, STIs, and HIV
- Physical inactivity

ACTIVITY

Using the statistics in Figure 1.2 and the additional information you obtained, create a convincing poem, poster, song lyric, or cartoon advocating for risk-reducing behavior among your peers. Share your advocacy message with other students in your class or school.

Cumulative Risks and Consequences

The consequences of risk behaviors may add up over time. These **cumulative risks** are *related risks that increase in effect with each added risk*. Smoking one cigarette, for example, is not likely to result in death. Neither is eating one high-fat meal or getting one sunburn. If these behaviors are repeated over time, however, the negative effects accumulate and lead to serious health consequences.

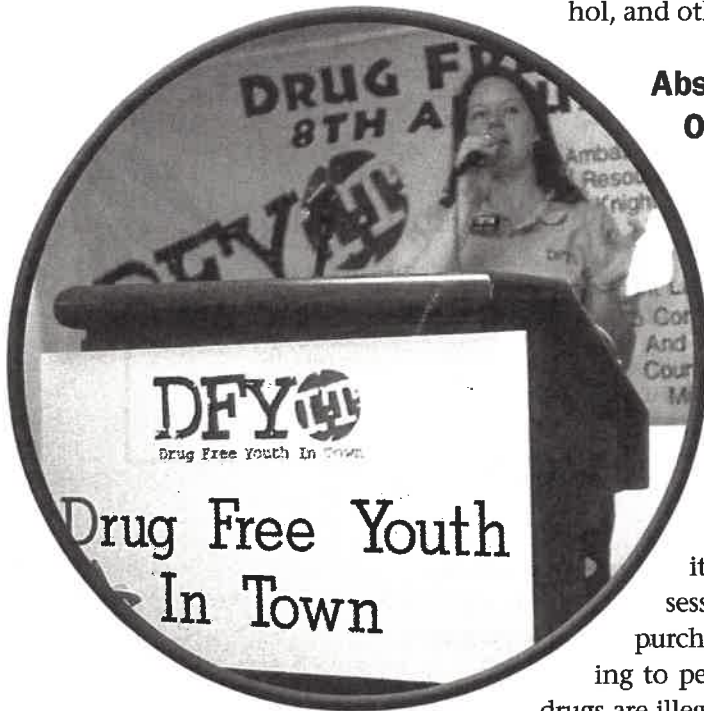
Cumulative risks may also result from combinations of risk factors. For example, driving faster than the posted speed limit is a risk factor that can have deadly results. Another is not wearing a safety belt when you drive or ride in a car. Driving in bad weather is a third risk factor. The combination of these three factors greatly magnifies the potential for harm to yourself and to others. The more risk behaviors you participate in, the more likely you are to experience negative consequences at some point. Cumulative risks can and do occur in all areas of health and safety.

Did You Know ?

Scientists have discovered that the brain undergoes structural changes during the teen years. Some of those changes may mean that it's natural for teens to want to take on new challenges. *Healthy* challenges include running for class president, trying out for a play, and introducing yourself to a new student.

Abstaining from Risk Behaviors

The only way to avoid the consequences of some of the most serious risk behaviors is to practice abstinence. **Abstinence** is *avoiding harmful behaviors*, including the use of tobacco, alcohol, and other drugs and sexual activity before marriage.



Abstaining from Tobacco, Alcohol, and Other Drugs

When you abstain from using tobacco, alcohol, and other drugs, you avoid many negative consequences. Using these substances harms all aspects of your health. The physical and psychological effects are well documented; these substances can cause addiction and can seriously harm the body. They can even cause death. Substance use often isolates a person from family and friends, a negative effect on social health. There are legal consequences as well—it is illegal for people under 21 to purchase, possess, or consume alcohol. People under 18 cannot purchase tobacco, and many states restrict purchasing to people over 21. The purchase and use of other drugs are illegal for all people, no matter what their age.

A How you behave affects not only yourself but others around you. What positive effects on others might result from your participation in a campaign that promotes abstinence from substance use?

Abstaining from Sexual Activity

Abstinence from sexual activity is the preferred choice of behavior for unmarried persons of high-school age. Why? Abstinence from sexual activity protects teens against many negative consequences. Even teens who have been sexually active in the past can choose abstinence. Teens who abstain from sexual activity;

- ▶ never have to worry about unplanned pregnancy. Sexual abstinence is the only method that is 100 percent effective in preventing pregnancy.
- ▶ will not be faced with the difficult decisions associated with unplanned pregnancy, such as being a single parent.
- ▶ will not have to take on the many responsibilities of caring for a child.
- ▶ don't have to worry about sexually transmitted infections (including HIV infection).
- ▶ are free of the emotional problems that usually accompany sexual activity, such as guilt, regret, and rejection.
- ▶ are making a choice that is always legal.

With the worry of having a sexual relationship eliminated, you are free to establish nonsexual closeness with members of the opposite gender. Through these relationships you can develop genuine feelings of love, trust, and friendship. When you choose to abstain from sexual activity, you can focus on the real priorities of your life: setting and achieving your goals and following your dreams.

Responsible teens abstain from high-risk behaviors. Choosing abstinence will benefit your lifelong health.

▶ **Avoiding high-risk behaviors and choosing friends who do so is one of the best ways to achieve and maintain wellness. How would you communicate to a friend the importance of practicing abstinence?**



▶ Lesson 3 Review

Reviewing Facts and Vocabulary

1. How are risk behaviors associated with consequences?
2. What are *cumulative risks*? Use this term in a complete sentence.
3. Analyze the importance of abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age.

Thinking Critically

4. **Analyzing.** Why is it important to learn about risk behaviors in the teen years?
5. **Synthesizing.** How can you communicate the importance of practicing abstinence to other teens?

Applying Health Skills

Accessing Information. Choose one of the health-risk behaviors from Figure 1.2 that is of personal concern to you. Research how student trends in this behavior have changed over the last five years. Present your data in a line graph.



SPREADSHEETS You can use spreadsheet software to make your graph. Click on health.glencoe.com to access information on how to use a spreadsheet to represent data graphically.

Lesson 1

Building Health Skills

VOCABULARY

health skills
interpersonal
communication
refusal skills
conflict resolution
stress management
advocacy

YOU'LL LEARN TO

- Demonstrate communication skills in building and maintaining healthy relationships.
- Demonstrate refusal strategies and conflict resolution skills.
- Apply self-management strategies.
- Analyze influences on behavior.
- Develop evaluation criteria for health information.



QUICK START On a sheet of paper, list the skills and qualities necessary for effective communication. Then, explain how having strong communication skills can impact your health in positive ways.

FIGURE 2.1

THE HEALTH SKILLS

Developing and practicing these health skills will provide a lifetime of benefits.

Interpersonal Communication

- Communication Skills
- Refusal Skills
- Conflict Resolution

Self Management

- Practicing Healthful Behaviors
- Stress Management

Analyzing Influences

Accessing Information

Decision Making/Goal Setting

Advocacy

The choices you make and the actions you take—including the foods you eat, the friends you choose, and the activities you participate in—can affect your health. Taking responsibility for your health begins with a commitment to take charge of your actions and behaviors in a way that reduces risks and promotes wellness. The first step is to develop *health skills*. **Health skills**, or life skills, are *specific tools and strategies that help you maintain, protect, and improve all aspects of your health*. **Figure 2.1** presents a basic overview of the health skills.

Interpersonal Skills

One of the traits of a health-literate individual is having effective communication skills. Effective communication involves not only making yourself heard but also being a good listener. **Interpersonal communication** is *the exchange of thoughts, feelings, and beliefs between two or more people*.

Effective **communication** skills for building and maintaining healthy relationships include:

- ▶ **Clearly say what you mean.** Use “I” messages to state your position, for example, “I feel frustrated when our plans change.” This helps you avoid placing blame on others.
- ▶ **Pay attention to how you say something.** Use a respectful tone. Make sure your facial expressions and gestures reflect your verbal message.
- ▶ **Be a good listener.** Avoid interrupting the speaker, and show that you are listening by nodding or asking appropriate questions.

hot link

communication For more information on communication skills, see Chapter 10, page 254.

Health Skills Activity

Communication: The Ball's in Your Court

When Mark arrives late at the basketball court, his friend Phillipe throws the ball at him, shouting, “You’re a half hour late!”

“Well, excuse me, Mr. Punctual,” Mark laughs.

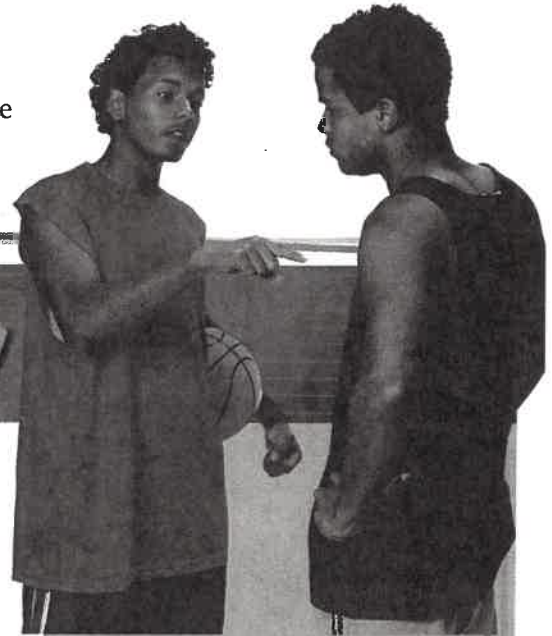
“You’re never on time. It’s like you assume I have nothing better to do than wait around for you,” Phillipe says.

“Sorry, bud, but some things came up,” Mark answers.

“Yeah? Well, I’m outta here.” Phillipe throws up his hands and turns to walk away.

“Wait, let me explain,” Mark says calmly.

Phillipe hesitates, wondering how to respond.



What Would You Do?

How can Mark and Phillipe use effective communication skills to build and maintain their friendship? Write an ending to this scenario, demonstrating the communication skills below.

1. Use “I” messages.
2. Speak calmly and clearly, using a respectful tone.
3. Listen carefully, and ask appropriate questions.
4. Show appropriate body language.

REFUSAL STRATEGIES

Sometimes you must reinforce your decision to say no.

SAY NO IN A FIRM VOICE.

Do this calmly and clearly. Use expressions such as "I'd rather not."

EXPLAIN WHY.

State your feelings. Tell the other person that the suggested activity or behavior goes against your values or beliefs.

SUGGEST ALTERNATIVES.

Propose a safe, healthful activity to do instead.

USE APPROPRIATE BODY LANGUAGE.

Make it clear that you don't intend to back down from your position. Look directly into the other person's eyes.

LEAVE IF NECESSARY.

If the other person continues to pressure you, or simply won't take no for an answer, just walk away.



CHARACTER CHECK

Respect. When you apply refusal skills to avoid risky situations, you demonstrate respect for yourself and your values. **How can using refusal skills help you uphold your values and the values of your family?**

Refusal Skills

Think about how you handle situations in which you are asked to do something that you know is harmful or wrong. In such circumstances, you need to use refusal skills. **Refusal skills** 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.* Demonstrating these strategies, including the ones shown in **Figure 2.2**, will help you resist risky behaviors.

Conflict Resolution Skills

In addition to practicing effective refusal skills, it is important to develop and apply strategies for dealing with conflicts or disagreements and avoiding violence. **Conflict resolution** is *the process of ending a conflict through cooperation and problem solving.* The key to conflict resolution is respecting others' rights and your own. Willingness to compromise will also help achieve a resolution that satisfies everyone. Follow these steps when dealing with a conflict:

- ▶ Take time to calm down and think through the situation.
- ▶ When discussing the conflict, speak calmly and listen attentively, asking questions when appropriate.
- ▶ Use a polite tone and try to brainstorm solutions where no one loses respect. Work to resolve the conflict peacefully.

Self-Management Skills

When you practice self management, you take responsibility for your health and act in specific ways that promote your wellness. Two self-management skills, practicing healthful behaviors and managing stress, help provide a foundation of good health.

Practicing Healthful Behaviors

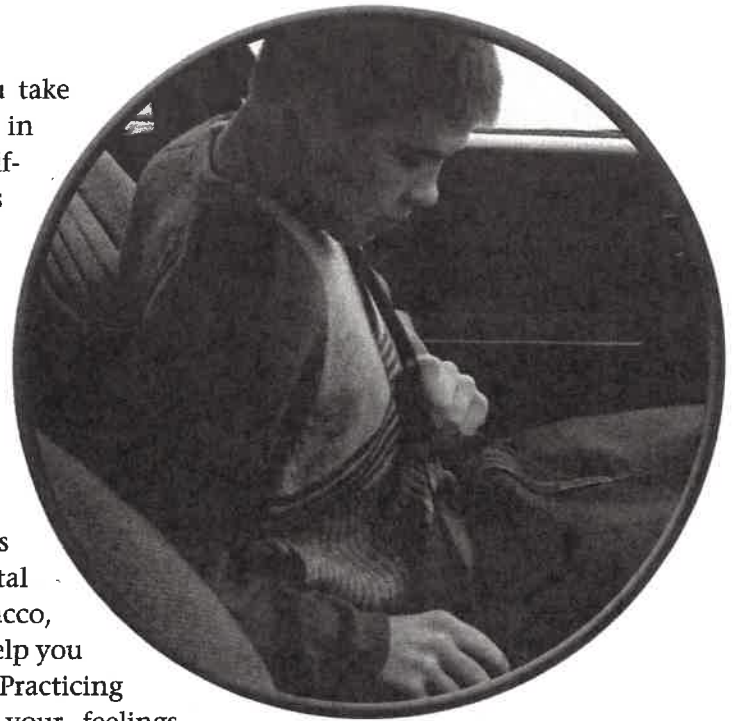
Choices you make today will affect your health in the future. Healthful behaviors are more than just actions that can protect you from illness or injury. These behaviors support every aspect of your health. Eating nutritious foods and getting regular medical and dental checkups, as well as avoiding the use of tobacco, alcohol, and other drugs, are all behaviors that help you maintain and strengthen your overall health. Practicing healthful behaviors also involves expressing your feelings in healthful ways, building your self-esteem, and maintaining healthy relationships.

Managing Stress

Stress, the body's and mind's reactions to everyday demands, is a natural part of life. Being late to class, balancing many activities, and winning an award can all cause stress. Learning **stress management**, or *ways to deal with or overcome the negative effects of stress*, will become increasingly important as you assume more responsibility for your health and take on additional roles as an adult. Some strategies for managing stress include engaging in physical activity, listening to soothing music, managing time effectively, taking a warm bath, and laughing.

Analyzing Influences

How do you determine what health choices are right for you? Many factors influence your health. *Internal influences*, which include your knowledge, values, likes, dislikes, and desires, are based on your experiences and your perspective on life. You have a great deal of control over your internal influences. *External influences*, which come from outside sources, include your family, your friends and peers, your environment, your culture, laws, and the media. As you become aware of these influences, you will be better able to make healthful choices—about everything from your personal behavior to which health products you buy.



Practicing healthful behaviors includes making everyday activities safe for you and those around you. What healthful behaviors do you practice on a regular basis?

▼ Talking to a health professional can help you obtain accurate, reliable information. *Where else can you find valid health information?*



Accessing Information

Learning how to find and recognize trustworthy information will help you be better prepared to make healthful choices. When developing evaluation criteria for health information, remember to check the validity of the source. Keep in mind that reliable sources of health information include:

- ▶ parents, guardians, and other trusted adults.
- ▶ library resources, such as encyclopedias and nonfiction books on science, medicine, nutrition, and fitness.
- ▶ reliable Internet sites, such as those posted by government and educational institutions.
- ▶ newspaper and magazine articles by health professionals or experts.
- ▶ government agencies, health care providers, and health organizations.

Advocacy

Advocacy is taking action to influence others to address a health-related concern or to support a health-related belief. This skill enables you to positively influence the health of those around you. In this responsible role, you can help others become informed and publicly support health causes that concern and interest you. Encouraging family, friends, peers, and community members to practice healthful behaviors is one way to practice health advocacy.

Lesson 1 Review

Reviewing Facts and Vocabulary

1. Define the term *interpersonal communication*, and identify the role of “I” messages.
2. List five refusal strategies.
3. What is *stress management*? Identify three ways to reduce the effects of stress.

Thinking Critically

4. **Analyzing.** What are the advantages of peacefully resolving conflicts?
5. **Applying.** What are two ways you could show support for a health cause or organization?

Applying Health Skills

Stress Management. List all the healthful strategies you used this past week to relieve stress. Which ones helped the most?



SPREADSHEETS You can keep track of events and organize your thoughts by using a spreadsheet. For help in using spreadsheet software, go to health.glencoe.com.



Lesson 2

Making Responsible Decisions and Setting Goals

VOCABULARY

decision-making skills
values
goal
short-term goal
long-term goal
action plan

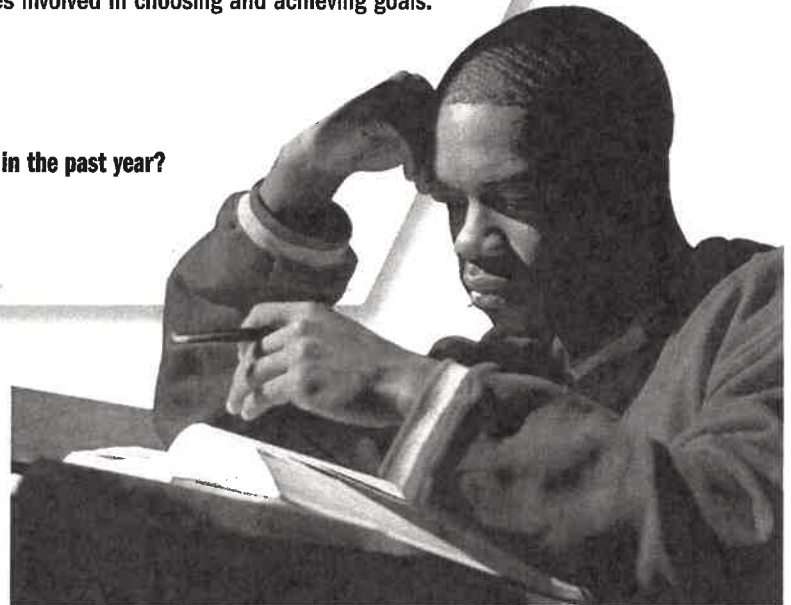
YOU'LL LEARN TO

- Identify decision-making skills that promote individual, family, and community health based on health information.
- Summarize the advantages of seeking advice and feedback regarding decision-making skills.
- Identify the processes involved in choosing and achieving goals.



What goals have you set for yourself in the past year?
What steps did you take to reach your goals?

When you make decisions or set goals, you are exercising power over how healthy, happy, and productive you can be. Making responsible decisions and setting meaningful goals are important skills that can promote individual, family, and community health.



The Decision-Making Process

Decision-making skills are steps that enable you to make a healthful decision. The steps are designed to help you make decisions that protect your rights and health while respecting the rights and health of others. The six basic steps for making a decision are described in **Figure 2.3** on page 34. Often, you will find it helpful to seek advice from those with more experience, such as parents and guardians. Doing so can provide valuable feedback and strengthen family bonds and values.

A This teen made the decision to study for his exam instead of going out with friends. What responsible decisions have you made in the past week?

STEPS OF THE DECISION-MAKING PROCESS

Step 1: STATE THE SITUATION

Examine the situation and ask yourself: What decisions need to be made? Consider all the health information and who else is involved.

Step 2: LIST THE OPTIONS

What are the possible choices you could make? Remember that sometimes it is appropriate not to take action. Share your options with parents or guardians, siblings, teachers, or friends. Ask for their advice.

Step 3: WEIGH THE POSSIBLE OUTCOMES

Weigh the consequence of each option. Use the word *HELP* to guide your choice.

- **H (Healthful)** What health risks, if any, will this option present?
- **E (Ethical)** Does this choice reflect what you and your family believe is right?
- **L (Legal)** Does this option violate any local, state, or federal laws?
- **P (Parent Approval)** Would your parents or guardians approve of this choice?

Step 4: CONSIDER VALUES

Values are the ideas, beliefs, and attitudes about what is important that help guide the way you live. A responsible decision will reflect your values.

Step 5: MAKE A DECISION AND ACT ON IT

Use everything you know at this point to make a responsible decision. You can feel good that you have carefully prepared and thought about the situation and your options.

Step 6: EVALUATE THE DECISION

After you have made the decision and taken action, reflect on what happened. What was the outcome? How did your decision affect your health and the health of those around you? What did you learn? Would you take the same action again? If not, how would your choice differ?



Setting Personal Health Goals

Consider your plans for the future. What do you want to do with your life? Do your plans include further education and a family? What kind of career are you interested in pursuing? Setting goals can help you shape your life in positive ways by focusing your energy on behaviors that you want to develop or change. A **goal** is something you aim for that takes planning and work. Goal setting is also an effective way to build self-confidence, increase your self-esteem, and improve your overall health.

Types of Goals

Every goal involves planning. When you set a goal and plan strategies to reach it, you will need to consider how much time it will take to accomplish the goal. A **short-term goal**, such as finishing a project by Friday or cleaning your room before dinner, is a goal that you can reach in a short period of time. A **long-term goal** is a goal that you plan to reach over an extended period of time. Examples include improving your grades for the semester or making the cross country team next season. A long-term goal may take months or even years to accomplish. Often, short-term goals are steps in a plan to achieve a long-term goal. What kinds of short-term goals might help a person become a physician or a computer technician?



Some guidelines to remember:

- ▶ Make sure that your goals are your own, not someone else's.
- ▶ Set a goal because it will help you grow, not because you want to outdo someone.
- ▶ If you do not achieve your goal, use what you've learned to set a new goal.

Hands-On Health ACTIVITY

Setting Your Personal Health Goal

In this activity, you will set a personal health goal and work to achieve it.

What You'll Need

- notebook
- pencil

What You'll Do

For the next week, use your notebook as a personal health goal journal. Record your efforts to reach your goal. At the end of the week, write a reflective summary of what you learned in the process.

- 1. Set a goal.** Do you want to get along better with family members? Eat more nutritiously? Be more active? Set a realistic health goal, and write it down. Explain why you have chosen this goal and what changes you hope to accomplish.
- 2. List steps to meet the goal.** Examine a variety of options to

achieve the goal you have set. List the steps you will take to reach your goal.

- 3. Identify sources of help.** List the names of people who can help and support you as you work toward your goal.
- 4. Evaluate your progress, and adjust plans if necessary.** If there have been obstacles, give yourself more time, and work to overcome them. If you are moving ahead of schedule, you may want to set a more challenging goal.

Apply and Conclude

After a week, examine your progress. Has your plan been effective? How can it be strengthened? Extend your one-week plan to four weeks. Make it a habit to continue to set and work toward new health goals.

- ▼ Reaching your goals through hard work brings personal satisfaction.



Achieving Your Goals

To establish and reach your goals, create an **action plan**, or a **multistep strategy** to identify and achieve your goals. Follow these steps:

- ▶ **Set a specific, realistic goal, and write it down.** State your goal as something positive. This will help motivate you.
- ▶ **List the steps you will take to reach your goal.** Look for ways to break your larger goal into smaller, short-term goals.
- ▶ **Identify sources of help and support.** Such sources might include friends, family members, peers, teachers, or neighbors.
- ▶ **Set a reasonable time frame for reaching your goal.** After deciding on a reasonable time, put it in writing.
- ▶ **Evaluate your progress by establishing checkpoints.** Periodically check how you are progressing, and make any necessary adjustments that will help you reach your goal.
- ▶ **Reward yourself for achieving your goal.** Enjoy the personal satisfaction reaching a goal brings. You might celebrate your achievement with your family or friends.

Lesson 2 Review

Reviewing Facts and Vocabulary

1. What are the six steps of the decision-making process?
2. Summarize the advantages of seeking advice and feedback regarding decision-making skills.
3. Explain the difference between short-term and long-term goals, and provide an example of each.

Thinking Critically

4. **Applying.** Identify a major health-related decision that teens might have to make. How can teens access information and use decision-making skills to make an informed choice that promotes individual, family, and community health?
5. **Synthesizing.** Explain and defend this statement: *Decision making and goal setting are interrelated.*

Applying Health Skills

Decision Making. Cari's friends want her to skip school to go to the beach with them. Apply the six steps of decision making to Cari's situation, and help her make a responsible choice based on health information.



WORD PROCESSING Use word-processing software to present your application of the decision-making steps. See health.glencoe.com for tips on using word-processing programs.

Lesson 3

Building Character

VOCABULARY

character
role model

YOU'LL LEARN TO

- Discuss the importance of good character for self, others, and community.
- Apply communication skills and practice behaviors that demonstrate consideration and respect for self, family, and others.
- Identify ways to demonstrate good character.



On a sheet of paper, complete this sentence: *I am taking responsibility when I . . .* Then, write a paragraph explaining your statement.

As you have learned, it is important to consider and act on your most important beliefs and values when making a decision. Values shape your priorities, and they help you distinguish right from wrong. The values that help you make healthful, well-informed decisions are also traits of good character. **Character** can be defined as *those distinctive qualities that describe how a person thinks, feels, and behaves.*

What Is Good Character?

Good character is an outward expression of inner values. A person with good character demonstrates *core ethical values*, such as responsibility, honesty, integrity, and respect. These values are held in high regard across all cultures and age groups. Core ethical values are the highest of all human values, and they guide you toward healthy, responsible choices. When your behavior reflects such standards, you can feel confident that you are demonstrating the traits of a person with good character.



- A** Character helps shape behavior. *What values might prompt the teen in the photo to return the found wallet?*

TRAITS OF GOOD CHARACTER

A person of good character demonstrates these traits in his or her actions and behaviors.

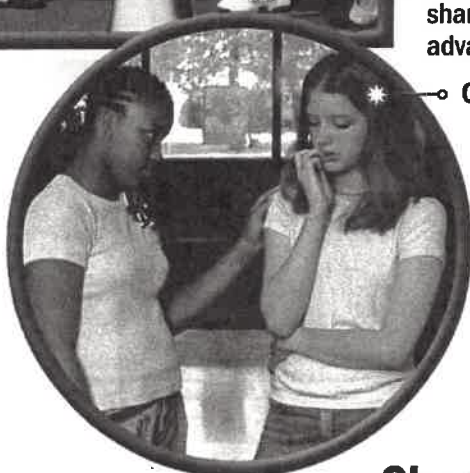


Trustworthiness: If you are trustworthy, you are honest, loyal, and reliable—you do what you say you'll do. You have the courage to do the right thing, and you don't deceive, cheat, or steal.

Respect: Showing respect means being considerate of others and tolerant of differences. It also means using good manners. You make decisions that show you respect your health and the health of others. You treat people and property with care.

Responsibility: Being responsible means using self-control—you think before you act and consider the consequences. You are accountable for your choices and decisions—you don't blame others for your actions. Responsible people try to do their best, and they persevere even when things don't go as planned.

Fairness: If you are fair, you play by the rules, take turns, and share. You are open-minded, and you listen to others. You don't take advantage of others, and you don't assign blame to others.



Caring: A caring person is kind and compassionate. When you care about others, you express gratitude, you are forgiving, and you help people in need.

Citizenship: If you advocate for a safe and healthy school and community, you are demonstrating good citizenship. A good citizen obeys laws and rules and respects authority. Being a good neighbor and cooperating with others are also parts of good citizenship.

Character and Health

Because your character plays a significant role in your decisions, actions, and behavior, it impacts all aspects of your health. Developing good character enhances each side of your health triangle. For example, if you view yourself with respect and value your physical health, you are more likely to take care of your body by eating nutritious foods and keeping physically active. When you act with responsibility and fairness, both your mental/emotional and social health will improve. When you feel good about yourself, your relationships with others are strengthened.

Traits of Good Character

There are several different traits that contribute to good character. **Figure 2.4** identifies six primary traits of good character. Developing and strengthening these traits will assist you in becoming the best person you can be.

HEALTH
Online



TOPIC Good Character

Go to health.glencoe.com and click on the Web Links for more information on good character.

ACTIVITY Using these links, list three ways that you can put good character into action.



Developing Your Character

Character and core ethical values are learned when you're young and developed throughout your life. To take a more active role in your character development:

- ▶ Stand up for your beliefs.
- ▶ Learn from people who demonstrate good character traits. Ask family members for tips on strengthening values.
- ▶ Join volunteer groups in your school or community. Form friendships with people who exhibit core ethical values.

Real-Life Application

Character in Action

A person with good character can inspire people to make a difference in the world. The teen showcased here began a pen-pal program that links young people with life-threatening illnesses with other teens around the country.

Carolyn's Compassionate Children
A 501 (c) (3) non-profit organization

Carolyn Rubenstein - Founder
The founder of Carolyn's Compassionate Children

Mission:
The mission of Carolyn's Compassionate Children is to improve the quality of life for children with life-threatening illnesses. Our "mission" is the bond of friendship created by C.C.C.'s unique pen-pal relationships. Hundreds of teens are linked with their friends across schools all over the country where, through traditional letter writing and e-mails, the new friends share their deepest feelings. In letter-writing there are no boundaries: the sad, lonely, scared, chaotic and self-questioning that so often accompany these diseases are vented. None of the participants experience, for the first time through the letters, the support and love activities that are essential to them.

Character Traits: Compassion, caring, and courage.

Mission: Create a support network among teens with life-threatening diseases.

Action: Contact hospitals and other organizations to establish a network.

PHOTOS
★ HOME
★ OUR MISSION
★ STORY
★ RE A PEN PAL
★ CONTACT
★ PRESS
★ LETTERS

ACTIVITY

Choose an organization with volunteer opportunities. Research information on the organization's mission and programs. Which character traits do members of the organization display? Why are these traits necessary to meet the organization's goals? Write a paragraph summarizing your findings.

Should Service Learning Be Required?

Since volunteering is a valuable experience, do you think schools should require service learning?

Viewpoint 1: Chad D., age 16

My experience of volunteering at a senior center through a school service learning program was very positive and taught me a lot of things that can't be learned in a classroom. I wouldn't have known about this opportunity if my school didn't require it. I think it's a great idea to require service learning in schools; it'll open people's eyes to volunteer and career opportunities.

Viewpoint 2: Lisa H., age 15

Isn't the whole point of volunteering that it's done by choice? I'm afraid that forcing it on students may turn them away from the idea. Some teens already have jobs, family commitments, or roles in their faith community that help them demonstrate good character. Service learning should be an *option* in the curriculum. That way, students can make their own decisions about how, when, and where they want to give back to the community.

ACTIVITY

What do you think? Do you agree with Chad that service learning offers benefits not available in the classroom? What do you think of Lisa's argument that mandatory service learning is a contradiction in terms? Present your views in a one-page essay.

- Teens can be important role models for younger students.



Positive Role Models

Having positive role models is important in developing and strengthening good character traits. A **role model** is *someone whose success or behavior serves as an example for others*. Many people look to their families for role models. Parents, grandparents, and other family members are often the people who best support your goals and promote your health and the health of your family. They can inspire and encourage basic values such as working hard, staying focused, planning ahead, being honest, and engaging in safe and healthful behaviors. Other role models may include teachers, coaches, religious leaders, and volunteers.

Think about the character traits that your role models demonstrate. Do you show the same traits in your daily actions? When your behaviors reflect good character, you may inspire others to act in kind, responsible ways, too. In return, you will experience increased feelings of self-worth, satisfaction, and a sense of purpose.

Demonstrating Character

By demonstrating good character, you practice behaviors that have a positive effect both on yourself and others at home, at school, and in your community.

- ▶ **Make a difference at home.** You demonstrate trustworthiness and reliability at home when you carry out your responsibilities. By showing respect and caring in daily actions, you will also strengthen your family relationships.
- ▶ **Make a difference at school.** At this stage in life, you are probably beginning to evaluate the rules that others have set for you. By observing school rules, you show respect for teachers and fellow students.
- ▶ **Make a difference in your community.** Good citizenship means obeying laws, respecting the needs of others, and being tolerant of differences. Take advantage of the opportunity you have to model good character and be a positive influence on those around you.

Y Helping out with household tasks is a way to demonstrate good character at home. How do you contribute to your home, school, and community?



Lesson 3 Review

Reviewing Facts and Vocabulary

1. What is *character*? How is good character related to values?
2. Name the six primary traits of good character.
3. List three ways of demonstrating good character in your home, your school, and your community.

Thinking Critically

4. **Synthesizing.** Why do you think that caring, responsibility, and respect are values that exist across cultures?
5. **Applying.** In what ways can you use communication skills to demonstrate consideration and respect for self, family, and others?

Applying Health Skills

Advocacy. Prepare a message about an important health cause or organization. The message should be appropriate for a specific audience, such as children, teens, parents, or individuals with a disability.



PRESENTATION SOFTWARE You can use presentation software to include images in your advocacy message. Find help in using presentation software at health.glencoe.com.