

Chapter 2

Building Health Skills and Character

Lesson 1

Building Health Skills

Lesson 2

Making Responsible
Decisions and Setting Goals

Lesson 3

Building Character



Personal Health Inventory



Do You Practice Effective Health Skills?

Respond by writing *yes*, *no*, or *sometimes* for each item. Write *yes* only for items that you practice regularly or are sure about.

- 1. I know how to access reliable health information and services.
- 2. I care about the well-being of others and encourage them to make healthy choices.
- 3. I am aware of what influences my actions and decisions.
- 4. I communicate my thoughts and feelings clearly.
- 5. I am comfortable saying no to friends and peers who want to engage in risky or unhealthy activities.
- 6. I use problem-solving skills to resolve conflicts in a peaceful, respectful manner.
- 7. I engage in regular physical activity and eat nutritious foods.
- 8. I am aware of sources of stress in my life and know how to reduce or manage them.
- 9. When making decisions, I consider how the consequences might affect my health and the health of others.
- 10. I set personal health goals.

HEALTH

Online



For instant feedback on your health status, go to Chapter 2 Health Inventory at health.glencoe.com.

Quick Write

Using Visuals. List skills that you think would help teens lead healthy lives. What skills are the teens in this photo demonstrating? Which skills do you practice on a regular basis to maintain or improve your health?

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.
- Develop refusal strategies and conflict resolution skills.
- Apply self-management strategies.
- Analyze influences on behavior.
- Develop criteria for evaluating health information.



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*.

Strategies for effective **communication** 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.

hotlink

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 continue their discussion more effectively? Write an ending to this scenario, using the guidelines 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.

FIGURE 2.2

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*. Practicing 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 strategies for dealing with conflicts or disagreements. **Conflict resolution** is *the process of ending a conflict through cooperation and problem solving*. The key to conflict resolution is respecting the other person’s rights as well as 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.




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

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.

 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 evaluating health information, 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

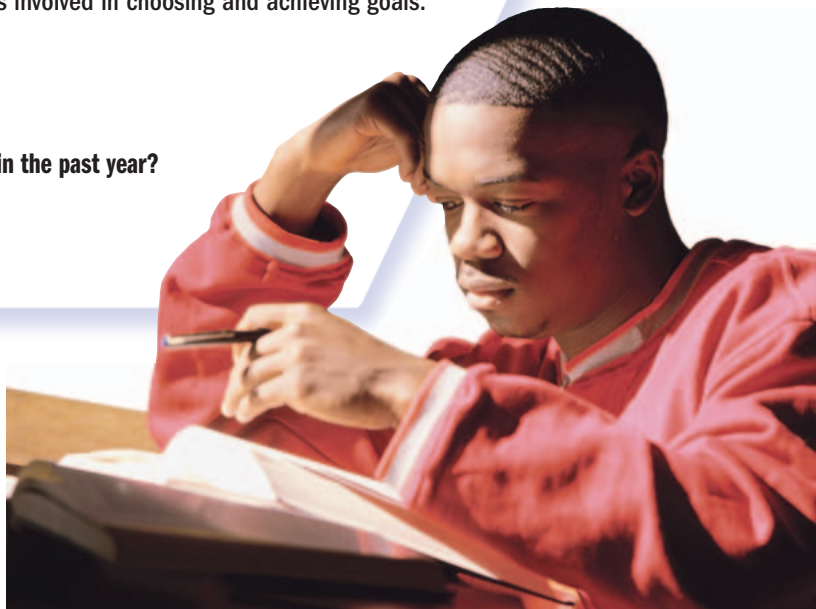
YOU'LL LEARN TO

- Identify decision-making skills that promote individual, family, and community health.
- 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 have a great impact on your life.



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.



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 facts 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 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 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?
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.



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.



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

FIGURE 2.4

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.



Learn more about putting good character into action by clicking on Web Links at health.glencoe.com.

Developing Your Character

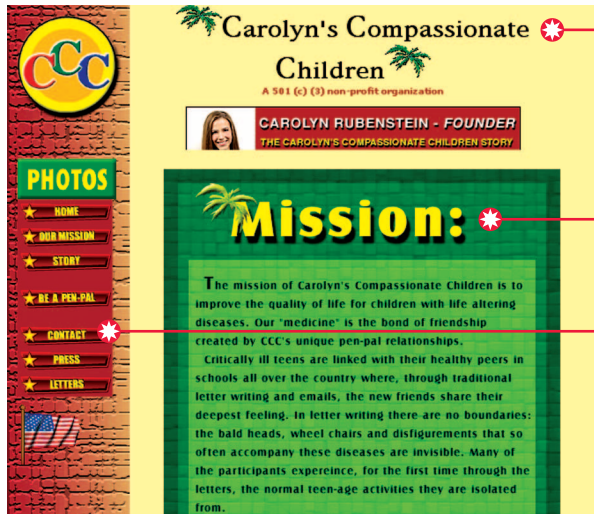
Character and core ethical values are learned when you're young and developed throughout your life. To take a more active role in your character development:

- ▶ 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 suffering from life-threatening illness with other teens around the country.



◦ **Character Traits:** Compassion, caring, and courage.

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

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

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 siblings are often the people who best support your goals and promote your health. 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 on both 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.



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.

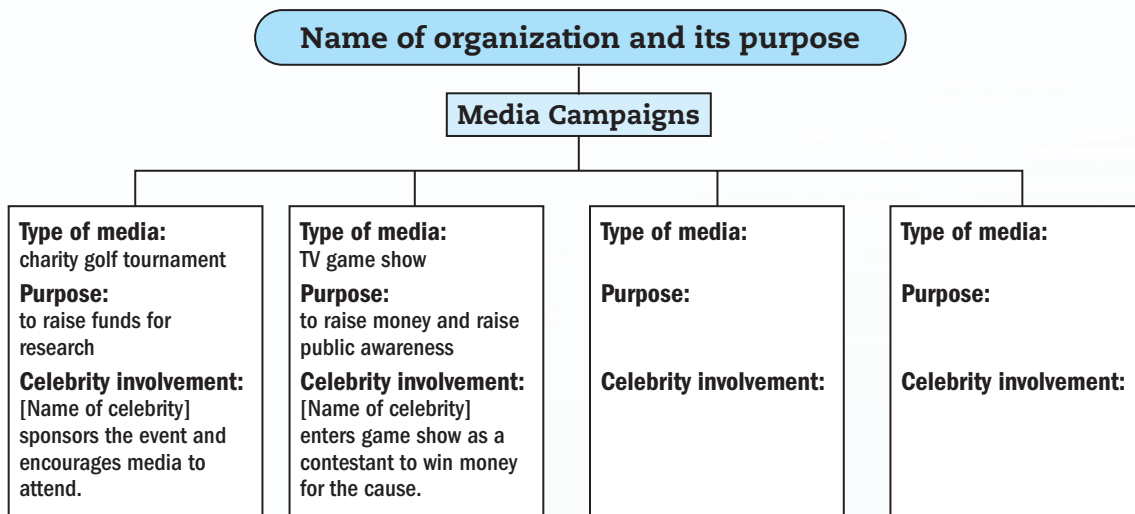


PRESENTATION SOFTWARE You can use presentation software to include images in your advocacy message. Find help in using presentation software at health.glencoe.com.



Health Advocacy in the Media

Advocacy organizations are usually nonprofit companies that raise awareness about and raise money for different social, political, or health causes. A high-profile media personality can benefit the cause of an advocacy organization by bringing attention to the cause. In this activity, you will examine how good citizenship and media attention can have a positive impact on various public health issues.



ACTIVITY

Identify a high-profile media personality who is involved in a health advocacy organization or cause. Research the purpose of the organization and the role the celebrity plays in advocating for its cause. Review the media attention the organization gets and by what means. Organize the information you collect into a chart like the one above.

EXPRESS YOUR VIEWS

Write a proposal that suggests how you can help bring local attention to the cause of the health advocacy organization you have researched. Include strategies on how to use local media to help raise awareness or to help raise money for the issue or cause.

CROSS-CURRICULUM CONNECTIONS



Campaign for Character. Demonstrating good character can promote your health and bring you personal satisfaction. Create a poster for younger students that stresses the importance of developing good character. Present and explain the six primary traits of good character, and encourage your audience to take an active role in strengthening these traits. To back up your message, you might include anecdotes from your own experiences as well as examples of people you admire.



Write a Report. Louis Pasteur, Clara Barton, and Jonas Salk are all individuals who have made significant contributions to community health. Choose one of these historical figures or another individual who has striven to improve the health of others. Research that person's life and accomplishments, focusing on his or her contributions to the field of health. What qualities and actions helped this individual achieve his or her goals?



Add Up Your Goal. Laurie has set a long-term goal to make the swim team next year. To help her reach that goal, she has decided she will swim three days a week for the next thirty weeks. For each session, she plans to swim five laps. How many laps will Laurie swim by the end of the thirty weeks?



Research a Topic. Managing stress is an important aspect of developing good health skills. In recent years, the old adage "laughter is the best medicine" has been proven by scientists and medical researchers to be more fact than myth. Research laughter, how it affects the body, and particularly, how it affects brain chemistry. Write a brief report explaining how laughter works and why laughter might be an important part of developing your personal health skills.



Family Counselor

Do you have a keen understanding of how values direct behavior within a family? Are you able to deal with people from varied backgrounds? If so, a career as a family counselor might be for you. These professionals work with entire families or with individual family members to solve problems and improve relationships.

To enter this profession, you'll need a four-year college degree and a master's degree in counseling. Find out more about this and other health careers by clicking on Career Corner at health.glencoe.com.



Chapter 2 Review

► **EXPLORING HEALTH TERMS** Answer the following questions on a sheet of paper.

Lesson 1 Replace the underlined words with the correct term.

conflict resolution **advocacy**
refusal skills **stress management**
interpersonal communication
health skills

1. “I” messages are a form of refusal skills.
2. Advocacy is a process to help you resolve conflict through cooperation and problem solving.
3. People use conflict resolution to manage the body’s reactions to everyday demands.
4. Stress management is a responsible role in which you influence others’ health behaviors.

Lesson 2 Match each definition with the correct term.

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

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 multistep strategy for identifying and achieving your goals.
8. The ideas, beliefs, and attitudes about what is important that help guide the way you live.

Lesson 3 Fill in the blanks with the correct term.

character **role model**

A person with high standards usually exhibits good (9). This person often makes a positive (10).

► **RECALLING THE FACTS** Use complete sentences to 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 trait 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?

▶ THINKING CRITICALLY

- 1. Synthesizing.** Gwen tries her best to fit in with a group that she recognizes takes unnecessary risks. She follows along anyway and usually suffers the consequences of her decisions. What skill does Gwen need to develop? Explain how this skill could improve her overall health. (LESSON 1)
- 2. Analyzing.** Why is recognizing consequences important when using the decision-making process? How do values enter into the decision-making process? (LESSON 2)
- 3. Evaluating.** Identify a trait of good character that you possess, and list ways that you demonstrate that trait. (LESSON 3)

▶ HEALTH SKILLS APPLICATION

- 1. Communication Skills.** List examples of body language that you or others use when communicating. Pick two examples, and explain how they reinforce verbal messages. (LESSON 1)
- 2. Decision Making.** Imagine that you are trying to improve your grades to make the basketball team. Which activity would you attend if they occurred at the same time—an extra basketball practice or a study session? Use the decision-making steps to help you make your choice. (LESSON 2)
- 3. Analyzing Influences.** Do all individuals who are famous because of their achievements make positive role models? Why or why not? (LESSON 3)

BEYOND the Classroom

Parent Involvement

Advocacy. Learn more about a nonprofit organization in your community. With your parents, find out how your family could become involved. By volunteering your time, you can help the organization achieve its mission, get firsthand knowledge of how it operates, and help individuals with special needs in your community.



School and Community

Conduct an Interview. In certain professions—teaching and law, for example—effective communication is especially critical. Interview an individual from one of these professions, and learn about the guidelines he or she uses to ensure good communication.