

## Get Fit!

**Directions:** The following messages contain terms about staying healthy and fit. The letters given are clues to discovering the missing words. Fill in the blanks to complete the messages. Then follow the directions in *Make One Change*.

1. Good \_\_\_ o \_\_\_ i \_\_\_ involves using a personal care routine to keep a neat appearance.
2. Food, bacteria, and air in your mouth combine to form a sticky film on your teeth called \_\_\_ l \_\_\_ e .
3. Self-starvation is characteristic of \_\_\_ n \_\_\_ r \_\_\_ a .
4. Mild \_\_\_ c \_\_\_ can be treated by washing the face twice a day and removing oil between washings.
5. Healthy attitudes and actions describe a(n) \_\_\_ l \_\_\_ n \_\_\_ s approach to life.
6. A(n) \_\_\_ n \_\_\_ e \_\_\_ g \_\_\_ s \_\_\_ r \_\_\_ may be due to low self-esteem, stress, or mental or physical abuse.
7. \_\_\_ d \_\_\_ may be worsened by scratching your scalp.
8. Some ways to reduce \_\_\_ t \_\_\_ s are by exercising regularly, getting plenty of sleep, and talking things over with others.
9. People with \_\_\_ l \_\_\_ m \_\_\_ eat large quantities of food at one time and then use self-induced vomiting, laxatives, or overexercising to keep from gaining weight.
10. A(n) \_\_\_ r \_\_\_ l \_\_\_ g \_\_\_ may be able to help with serious cases of acne.
11. The \_\_\_ f \_\_\_ i \_\_\_ found in many popular drinks, including coffee, tea, and soft drinks, can increase feelings of anxiety.
12. Your \_\_\_ s \_\_\_ b \_\_\_ i \_\_\_ is the rate at which your body uses energy when you are inactive.

### Make One Change

Out of all the strategies for staying healthy, which one do you think would make the most difference in your health and life by following it? How would your life be better? On separate paper, write down this strategy and how you could implement it. Then put it into practice.

## Campaign for Health

**Directions:** Imagine that you are creating posters to hang in your school for a “Take Care of Yourself!” campaign. In each category below, list two strategies you could illustrate on your posters to encourage other students to practice good health habits. Then follow the directions in *Family Health*.

### Sleep and Rest

1. \_\_\_\_\_
2. \_\_\_\_\_

### Grooming (Skin, Hair, Teeth)

3. \_\_\_\_\_
4. \_\_\_\_\_

### Exercise and Nutrition

5. \_\_\_\_\_
6. \_\_\_\_\_

### Weight Management

7. \_\_\_\_\_
8. \_\_\_\_\_

### Emotional Health

9. \_\_\_\_\_
10. \_\_\_\_\_

### Family Health

Your family’s health is important, too. On separate paper, list some ways you could promote your family’s wellness. Then choose one and work together to implement it.

# Healthy Advice

**Directions:** Read the scenarios below. Then write responses you could use to help each person.

<b>1</b>	<p>You have noticed that one of your friends has been looking very tired and acting irritable lately. He confides in you that he feels overwhelmed by what he has to do every day.</p> <hr/> <hr/> <hr/>
<b>2</b>	<p>A friend who has been trying to lose weight says she is sick of dieting and wants a better way to get trim.</p> <hr/> <hr/> <hr/>
<b>3</b>	<p>Your friend complains that no matter how much she stays away from chocolate and junk food, she still can not get rid of her acne. You know that sometimes she picks pimples and does not always entirely clean her face after wearing makeup.</p> <hr/> <hr/> <hr/>
<b>4</b>	<p>A friend's mother always reminds him to put sunscreen on when he is outside. Whenever you are out in the sun with him, he just laughs about it and says he does not need sunscreen.</p> <hr/> <hr/> <hr/>
<b>5</b>	<p>A friend hates going to the dentist and says that, since he brushes and flosses regularly, he does not need to see a dentist anyway.</p> <hr/> <hr/> <hr/>

## The Truth About Drugs

**Directions:** Read each statement below carefully. Circle the number in front of each false statement. On separate paper, explain why each false statement is incorrect.

1. Only illegal drugs are dangerous.
2. Drugs affect only the person using them.
3. Alcohol can cause people to behave violently and irresponsibly.
4. People are wrong for trying to convince others not to use drugs and alcohol. It's none of their business.
5. Nicotine causes cancer but is not addictive.
6. Even if you do not smoke, inhaling others' smoke is dangerous to your health.
7. Smoking releases a relaxation substance.
8. Drinking alcohol interferes with a person's growth and development.
9. If you are committed to not using drugs or alcohol, it's okay to go where they might be available.
10. Drinking makes a teen more like an adult.
11. Drinking and taking drugs do not help solve personal problems.
12. You might suspect someone is abusing drugs if he or she is often in trouble at school, work, or home; hangs around others who use drugs; and does not take care of responsibilities.
13. The solvents in inhalants starve the body of oxygen.
14. Since depressants can be prescribed by a doctor, they are not dangerous.
15. Cocaine, crack cocaine, and ecstasy are stimulants.
16. To maintain the rush a person gets from certain drugs, more drugs are needed more often.
17. Steroids are okay to use because they enhance performance and improve appearance.
18. You can go into a coma from using PCP, LSD, and other hallucinogens.
19. Drinking alcohol while taking over-the-counter drugs is okay to do.
20. Marijuana can cause loss of motivation, memory loss, and learning difficulties.

# Do not Risk It

**Directions:** To review your knowledge of harmful drugs and behavior, use the clues to fill in the shaded parts of the puzzle below. Then follow the directions in *A Pledge for Teens*.

1.									H											
2.									E											
3.									A											
4.									L											
5.									T											
6.									H											
7.									R											
8.									I											
9.									S											
10.									K											
11.									S											

- Substances with dangerous fumes that are sniffed to produce a mind-altering high
- Class of drugs including barbiturates and tranquilizers
- Type of steroid used to enhance performance and improve physical appearance
- Substances that give a short-term rush followed by a crash
- Dependence on a substance
- Street drugs that change brain functions and affect self-control
- Most commonly used illicit drug in the United States
- Only way to completely avoid sexually transmitted diseases and unwanted pregnancy
- Diseases passed through sexual contact (abbreviated)
- Legal activity that causes nicotine addiction and health problems
- Disease that interferes with the body’s natural ability to fight infection (abbreviated)

## A Pledge for Teens

For many teens, making a pledge to themselves to reject harmful drugs and behavior is helpful. On separate paper, write a pledge that teens could take in vowing to stay drug-free. Compare your pledge with those written by other class members. Then create one together that your class agrees would be meaningful to teens.

## Drug Effects

**Directions:** On the blank in front of each drug effect listed, place the letter of the type of drug having that effect. If the effect applies to more than one type of drugs, enter multiple letters on a blank. Then follow the directions in *Know the Truth*.

<b>A. Tobacco</b>	<b>C. Inhalants</b>	<b>E. Depressants</b>	<b>G. Hallucinogens</b>
<b>B. Alcohol</b>	<b>D. Stimulants</b>	<b>F. Marijuana</b>	<b>H. Anabolic Steroids</b>

### Drug Effects

- |                                  |   |
|----------------------------------|---|
| _____ 1. Increased heart rate    | _____ 9. Lowered blood pressure         |
| _____ 2. Cancer                  | _____ 10. Destruction of brain cells    |
| _____ 3. Elevated blood pressure | _____ 11. Vomiting                      |
| _____ 4. Coma                    | _____ 12. "Crash"                       |
| _____ 5. Altered thoughts        | _____ 13. Dizziness                     |
| _____ 6. Slowed body reactions   | _____ 14. Visual and auditory delusions |
| _____ 7. Memory loss             | _____ 15. Loss of coordination          |
| _____ 8. Mood changes            |   |

### Know the Truth

Knowing the truth about drugs can help you avoid them. What have you heard about drugs that you know now to be untrue? Write these myths on separate paper. Then list at least four new facts you have learned in this chapter about drugs and how these facts can help you avoid the lure of drugs.

If you still have questions about drugs that were not answered in your textbook, or wonder whether something you've heard is really true, find the answers to your questions. Consult a reputable Web site or your teachers, parents, or another trusted adult. The more information you have, the better armed you are against substance abuse.