

Study Guide A

Directions: Answer each question with the information you learned in Chapter 14. Write your answers in complete sentences on the lines provided.

1. Identify the three components of health:

_____ health—The condition of your body

_____ health—As reflected in your relationships with others

_____ health—As reflected in your thinking, attitudes, and feelings

2. What contributes to good physical health?

3. Why are self-exams important?

4. What does your body do while you sleep?

5. How much sleep does a teen need at night?

6. What personal care routine is vital to a person's health and appearance?

7. What is one step you can take in caring for your skin as part of your daily routine?

8. What is acne? What is the best treatment for mild acne?

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Chapter 14 Your Health *Continued*

9. Define dandruff. What can you do to help control dandruff?

10. List three ways a person can protect his or her skin from the harmful effects of the sun.

11. What is plaque?

12. How does a person fight plaque?

13. How do foods help a person's body?

14. What four elements of fitness should be included in your exercise program?

15. What are ways to be safe during a workout?

16. List five factors that affect your weight.

17. What are the two habits you can record as you begin to develop a weight management plan?

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Chapter 14 Your Health *Continued*

18. What is an eating disorder?

19. Identify the three main types of eating disorders.

_____ is an eating disorder characterized by self-starvation.

_____ is condition in which people eat a large amount of food in a short amount of time and then purge.

_____ is an eating disorder characterized by compulsive overeating.

20. What are the health risks of eating disorders?

21. What are four signs that may indicate a possible eating disorder?

22. What is stress? What are two warning signs of negative stress?

23. Where can a person obtain health and wellness information?

24. List three positive actions you can take to handle stress.

Study Guide B

Directions: Answer each question with the information you learned in Chapter 14. Write your answers in complete sentences on the lines provided.

1. How can illegal drugs negatively affect a person's family, friends, and community?

2. What is one thing all drugs have in common?

3. What are four risks related to tobacco use?

4. Why is alcohol a risky drug for teens?

5. What are inhalants? Give one example.

6. List three realistic strategies you can use to avoid drugs.

7. What are three health reasons why illegal drugs are dangerous to use?

8. Name four types of illegal drugs that can lead to dependence, or addiction.

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Chapter 14 Your Health *Continued*

9. What organizations are available to help people beat their addictions to alcohol and drugs?

10. What are four steps you can take to avoid misusing over-the-counter drugs?

11. What are sexually transmitted infections (STIs)?

12. How can a person avoid contracting an STI?

13. What is AIDS? What is the virus that causes AIDS?

14. How is HIV spread? Can a person identify people who are carrying the virus?

15. Give three reasons why teen pregnancy can be harmful to the mothers and children.

16. What are the warning signs that someone may be considering suicide?

17. How can a person avoid health risks?

Developing Good Health Habits

Part I. Directions: Wellness is an approach to life based on healthy attitudes and actions. Read the health and wellness choices below. Decide whether each choice is an action that contributes to good or poor health and wellness habits. Identify what area of your wellness is affected by the action.

A Health/Wellness Choice You Could Make	A Good Health Action	A Poor Health Action	How is your health and wellness affected by this choice?
Get 9 hours of sleep a night.			
Eat chips and chocolate bars and drink soft drinks every day for lunch.			
Brush teeth when you think of it, which may not be every day.			
Perform a self-exam on the last Friday of every month.			
Take a bath and wear clean clothes every day.			
Pick at or squeeze pimples.			
Choose a sunscreen with 20 SPF and remember to apply it regularly.			
Exercise on an irregular basis, or skip workouts.			
Worry about problems; avoid looking for ways to cope with problems.			

Part II. Directions: From the categories in the left column above, pick one health choice that you want to improve. Write how you will change your actions to improve your wellness habits.

Personal Workout Plan

Directions: To benefit most from exercise, you need to make it a regular habit. Review your present workout plan by recording it in the space provided below. Or, create a workout plan that you can use to improve your physical health.

TIPS: Be sure to include strength-building exercises, stretching and aerobic exercise. Give yourself at least one day of rest a week.

Day of Week	Elements of Fitness Incorporated	Exercise Activities
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

Web Research on Health Maintenance

Directions: Everyone has health-related concerns or questions from time to time. Select a health-related topic from the list below. Then investigate the Web sites for one or more of the organizations listed below to research your topic. Record what you learn about your topic in the space provided.

Research Topics

- Sleep and its effects on your health
- Effective skin care for teens
- Dental awareness
- Food choices for best possible health
- Safe, effective exercise options for teens
- Effective weight management

Reliable Organizations

- American Heart Association
- U.S. Food and Drug Administration
- U.S. Department of Health and Human Services
- American Dental Association
- American Academy of Dermatology
- TeensHealth
- Bodies in Motion...Minds at Rest

What is your topic? _____

What questions do you have about this topic?

Which Web sites did you select for your research? _____

What facts did you learn, or which of your questions were you able to answer?

What Would You Do?

Directions: Read the scenarios below. Then describe how you could help each person.

Scenario 1: A friend comes to you and says she thinks she is pregnant.

What would you do to help? _____

Scenario 2: A friend expresses feelings of despair and mentions that he “doesn’t want to be around any more.”

What would you do to help? _____

Scenario 3: A friend has been acting extremely aggressive towards everyone since he decided to go out for wrestling and build up his body. You suspect he is using steroids.

What would you do to help? _____

Scenario 4: A friend has a noticeable, itchy rash. You know she has been using a lot of different herbal supplements to “improve her health.”

What would you do to help? _____

Effects of Frequently Used Drugs

Directions: Drugs pose a risk to anyone who uses them. Drugs affect the user’s feelings, behavior, and outlook on life. Refer to Chapter 14 in your textbook to determine the drugs most frequently used. List them in the left column. In the middle column, list products that may contain the drugs. In the right column, list the effects that each drug has on a person.

Frequently Used Drug	Products that Contain the Drug	Effects of the Drug