

Health 7 Chapter 2

Taking Charge of Your Health

Lesson 1: Making Responsible Decisions

Words to know:

decision making- the process of making a choice or solving a problem.

😊**values**- the beliefs that guide the way a person lives.

😊**ethical**- choosing to take the right action.

😊**criteria**- standards on which to base decisions.

Thinking About Consequences

- A. How will this decision affect my health?
- B. Will it affect the health of others? If so, how?
- C. Is the behavior I might choose harmful or illegal?
- D. How will my family feel about my decision?
- E. Does this decision fit with my values?
- F. How will this decision affect my goals?



To evaluate your choices use criteria

Healthy -will this choice affect me P, M/E, S?

Ethical -does this choice meet my values?

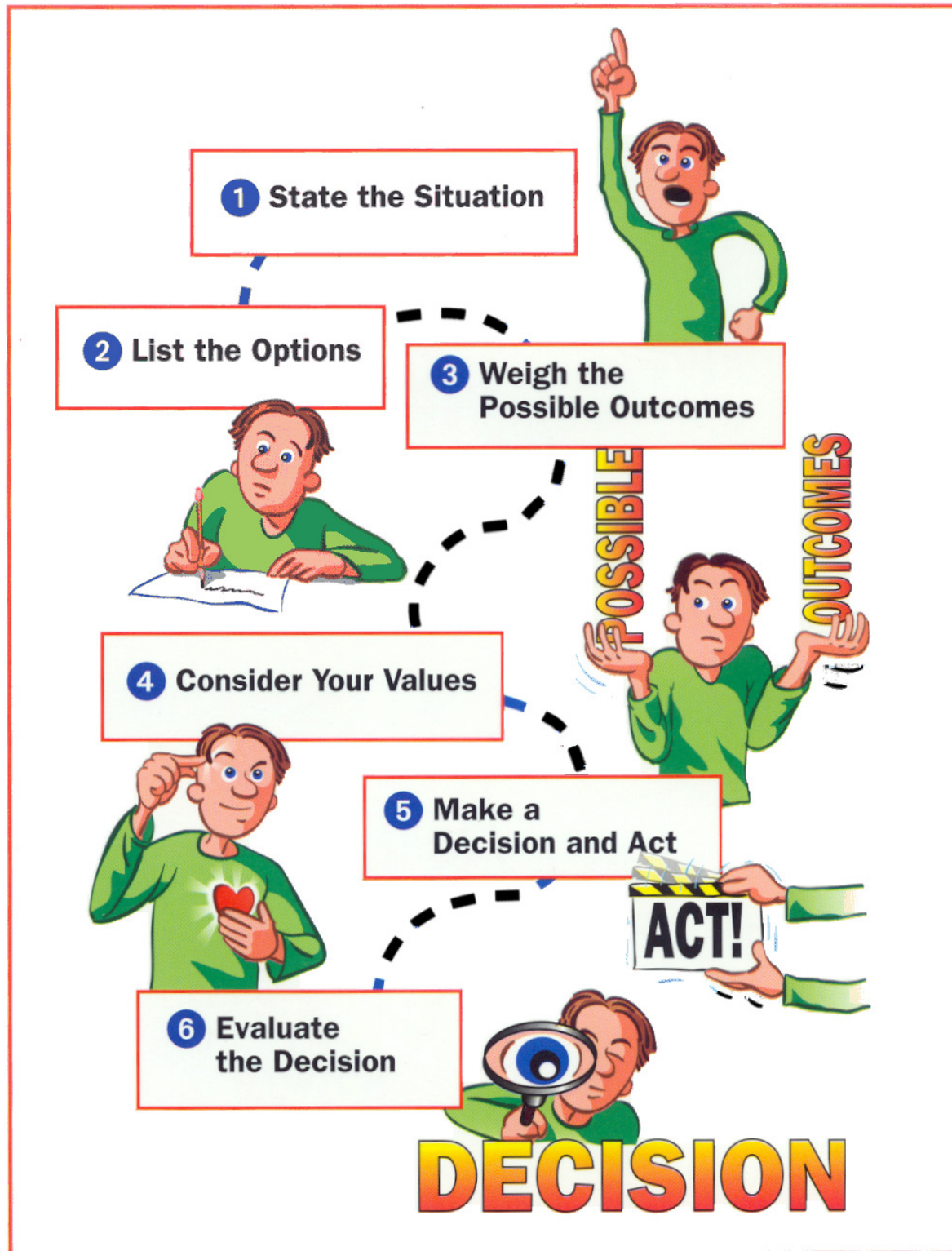
Legal -does this choice break the law or rules?

Parental approval -would my parents agree with this choice?



Decision making model:

- 😊 1. State the situation.
- 😊 2. List the options.
3. Weigh the possible outcomes.
- 😊 4. Consider your values.
5. Make a decision and act.
- 😊 6. Evaluate the decision.



Lesson 2: Setting and Reaching Your Goals

Words to know

- 😊 **long-term goal** - a goal that you plan to reach over an extended period of time.
- 😊 **Short-term goal** - a goal that you can achieve in a short length of time.

Steps of a goal -setting plan

- 😊 1. Set a realistic goal & write it down.
- 2. List the steps you need to take to reach that goal.
- 3. Find others who can help & support you.
- 😊 4. Set checkpoints to evaluate your progress.
- 5. Reward yourself after reaching the goal.

Lesson 3: Building Good Character

Words to Know:

Character -the way a person thinks, feels and acts.

Integrity - being true to your ethical values.

Role model -inspires you to think or act a certain way.

Traits of good character

- A. Trustworthiness; honest, truthful, dependable
- B. Respect; listens, & disagrees without arguing
- C. Responsibility; keeps promises, thinks before acting
- D. Fairness; treats people equally, open minded, patient
- E. Caring; is kind, generous, compassionate, helpful
- F. Citizenship; obeys rules & laws, practices advocacy



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Health of Others
Social Studies



What Shapes Your Character?

- A. Life experiences; school, teams, travel, peers, etc...
- B. Role models; parents, teachers, sports figures, etc...

IT takes 21 days to make or break a habit

How to form healthful habits

1. Choose what action you want to achieve
2. Remember to perform the action
3. Perform the action
4. Grow (increase confidence)
5. Repeat the action until it becomes more and more natural

How to change a harmful habit

1. Identify the habit
2. Analyze the habit (why, when, how)
3. Consider the future (could this habit hurt me or others {consequences})
4. Set goals make them short-term so you can see results
5. Ask for help find a friend or others to help you change your habit
6. Find a substitute behavior replace a negative with a positive
7. Be patient it takes time to break or make a habit



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