

Health 7 Chapter 1

Understanding Health and Wellness

Notes for chapter 1
lessons 1-4

Lesson 1: Your Total health

Words to know:

- 😊 **health-** is a combination of physical, mental/emotional, and social well-being
- 😊 **wellness-** is a state of well-being or balanced health over a longer period of time.
- mind-body connection-** is how your emotions affect your physical and overall health and how your overall health affects your emotions.

Define health: Your definition:

WHO's definition: Health is the state of complete physical, mental/emotional, and social wellness and not merely the absence of disease or infirmity.

Three areas of health:

1. Physical health: involves taking care of your body
 - ex. a.
 - b.
 - c.

2. Mental/emotional health: means taking care of your mind.

Ex. a.

b.

c.

3. Social health: means taking care of the ways in which you get along with other people.

ex. a.

b.

c.



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Growth and Development
Math





Lesson 2: Skills for Building Health

Words to know:

reliable -the source is trustworthy and dependable.


😊 **stress** -the body's response to real or imagined dangers and other life events.

stress management -identifying sources of stress and learning how to handle them in healthful ways.

interpersonal communication - the sharing of thoughts and feelings with others.

😊 **refusal skills** -ways to say no effectively.

😊 **conflict** - a disagreement between people with opposing viewpoints, interests, or needs

conflict resolutions skills - the ability to end a disagreement or keep it from becoming a larger conflict.
 **advocacy** -taking action in support of a cause.

Ten Health Skills

- A. Accessing Reliable Information
- B. Practicing Healthful Behaviors
- C. Stress Management
- D. Analyzing Influences
- E. Communication Skills
- F. Conflict-Resolution Skills
- G. Refusal Skills
- H. Decision Making
- I. Goal Setting
- J. Advocacy

YOU ARE RESPONSIBLE FOR YOUR OWN HEALTH!

Refusal Skills

- Say no
- Tell why not
- Offer other ideas
- Promptly leave

Lesson 3: What Affects Your Health

<http://www.brainpop.com/health/geneticsgrowthanddevelopment/genetics/>

Words to know:

😊 **heredity**- is the passing on of traits from parents to their biological children

environment- is all the living and nonliving things around you

cultural background- the beliefs, customs, and traditions of people

😊 **media**- tv, radio, printed materials, and internet

traditions- the handing down of information, beliefs, and customs from one generation to another.

😊 **peers**- friends your own age

Who or what influences your health choices and behaviors?

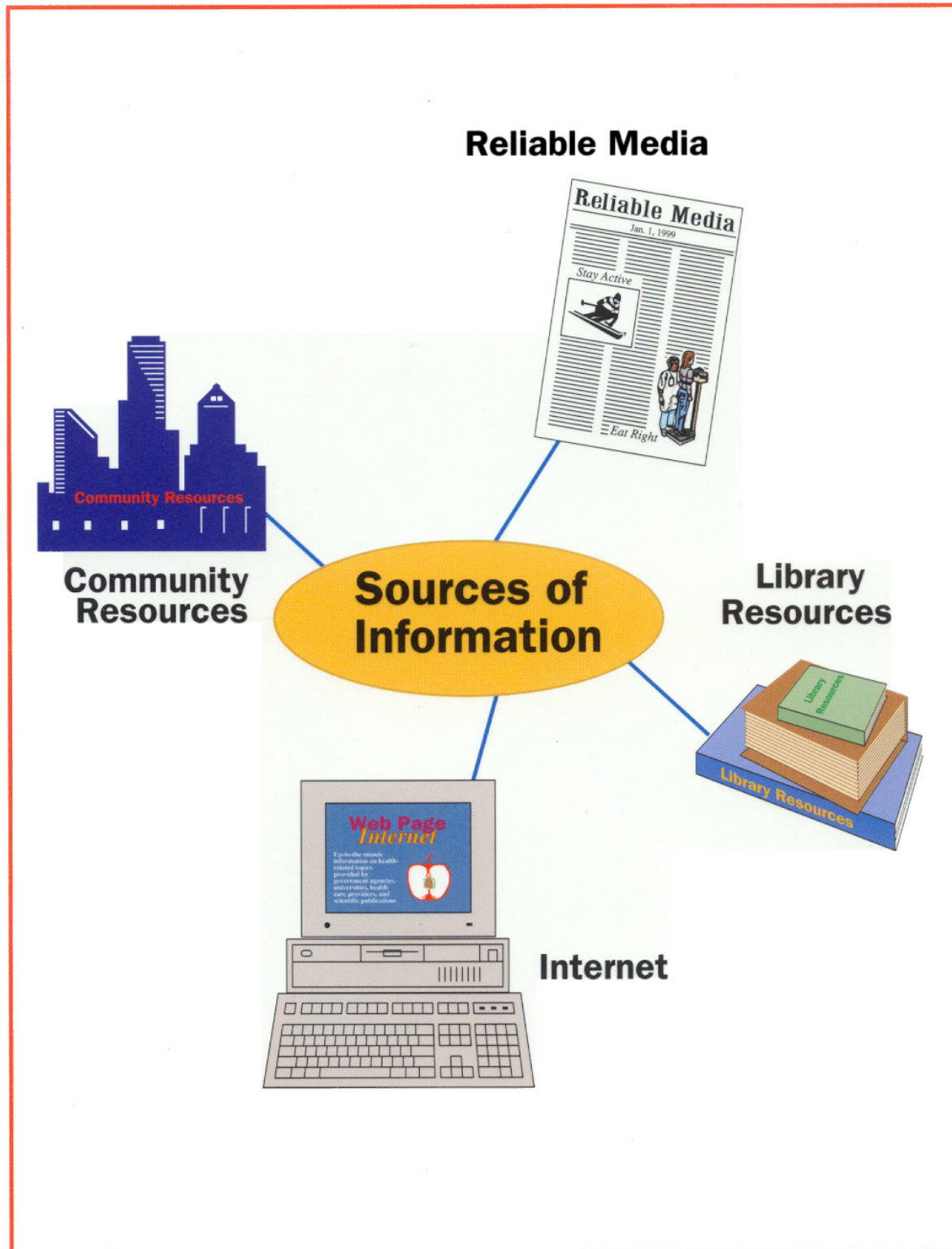
A. Family- most important influence

B. Peers- Becoming more important

C. Role models

D. School

E. Clubs, teams, etc...



F. Religion

G. Media- TV, radio, print, internet

H. Culture


J. Values

Lesson 4: Health Risks and Your Behavior

Words to know:

Risk- is the chance that something harmful may happen to your health and wellness.

Risk behaviors- are actions or choices that may harm you or others.

 **Consequences-** the results of actions.

A Resist pressure from others. Am I doing this because I really want to or because someone else wants me to? If I think that this is dangerous, have I expressed that thought clearly?

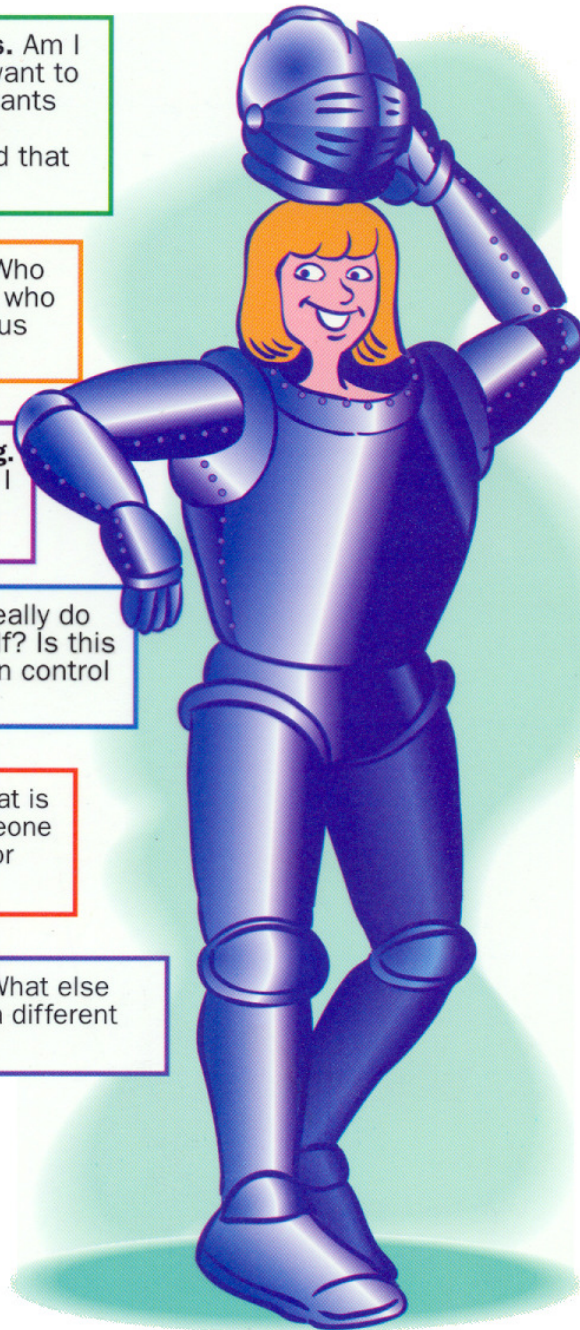
B Stay away from risk takers. Who is involved? Are these people who regularly take part in dangerous behavior?

C Pay attention to what you are doing. Is my mind on something else? Am I feeling tired, upset, or rushed?

D Know your limits. Can I really do this without hurting myself? Is this within my abilities? Am I in control of the situation?

E Consider the consequences. What is likely to happen to me or to someone else if I do this? Am I prepared for the possible consequences?

F Consider other options. What else can I do instead? Would a different choice be safer?



Cumulative risk- when one risk factor adds to another to increase danger.

😊 **Prevention-** taking steps to avoid something.

Abstinence- the conscious, actions not to participate in high-risk behaviors.

Examples of risk behaviors

A. running with scissors

B.

C.

D.

E.

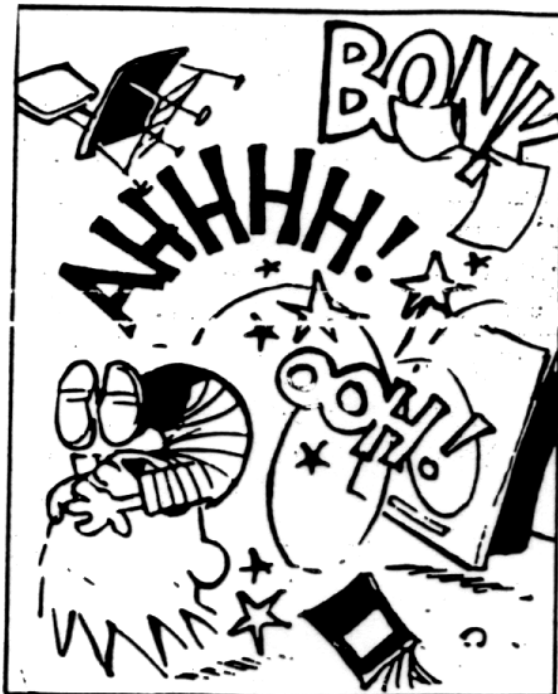
F.

G.

CALVIN and HOBBS



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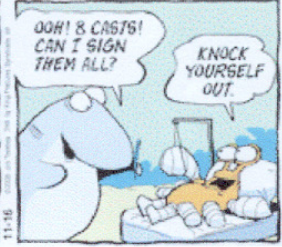
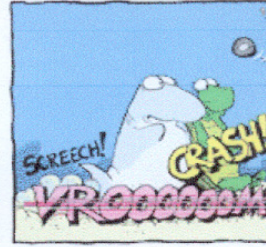
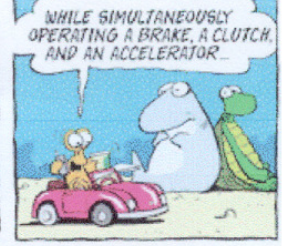
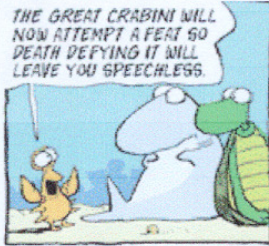


IT *COULD'VE* HAPPENED
BY ACCIDENT! —



SHERMAN'S LAGOON

by Jim Toomey



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Examples of Consequences

- 😊 A. Physical consequences
- 😊 B. Mental/Emotional consequences
- 😊 C. Social consequences
- 😊 D. Academic consequences
- 😊 E. Financial consequences

Tips for Reducing Risks

- A. Plan ahead
- B. Think about the consequences
- C. Resist negative pressure from others
- D. Stay away from risk takers
- E. Pay attention to what you are doing
- F. Know your limits
- G. Be aware of dangers