

Health Class Final Exam Study Guide All Units

1. Define - Health, Sex, Sexuality, Love, Infatuation, Intimacy, Abstinence, Contraception, Sexual Criminal Conduct, Sexual Harassment, Slander, Binge Drinking, Fetal Alcohol Syndrome, Addiction, Alcoholism, Over-the-counter drug, Medicine, Contraception, Abstinence, Drug Abuse, Drug Misuse
2. Prevention of Lifestyle Diseases, Leading Cause of Death in Teens, and in Adults
3. What makes a website reliable?
4. Warning Signs of Suicide, Mental Health Care, Stress Management (healthy vs. unhealthy)
5. Characteristics of Healthy Relationship and Unhealthy Relationship
6. Warning signs of abusive relationships
7. Social pressures that prevent people from speaking out/stepping up, "See Something Say Something"
8. Ways to report a dangerous situation
9. Assertive Communication Skills, and Expressing Empathy, Aggressive and Passive Comm.
10. Conflict resolution skills vs. managing a dangerous situation
11. Maintaining a healthy weight
12. Use My Plate nutrition knowledge for meal selection, 5/20 Rule, Reading Food Labels, Nutrition during pregnancy, Nutrients and their function in the body
13. Internal and External Influences, Analyze positive and negative influences
14. Getting help – Mental, Physical, and Social, Sexual Health, Drug Intervention/Prevention
15. Strategies for avoiding, reducing or eliminating risky situations, Short and Long Term Consequences
16. Impact of violence on Individuals, Families, Communities
17. Steps to take if you are a victim of cyberbullying
18. Sleep goal strategies
19. Symptoms that would require you to seek medical attention
20. Oral Health Care, and Infectious Diseases, Sun/skin and eye Safety, Sleep Facts
21. Reducing distracted driving behaviors
22. Short-term, long-term consequences for drug use, drug classifications
23. Facts about Physical Activity and Working Out, Stages of planning a fitness program
24. No, Low, Some, and High risk behavior for transmitting HIV
25. Safe Delivery Act
26. Consent age in Michigan, Mentally/Cognitively Incapacitated, Mentally Impaired, Physically Impaired
27. Social, Emotional, Legal, and Economic consequences of teen pregnancy
28. Pros, Cons, Effectiveness Level (High, Low, None) for Pregnancy Prevention and STI prevention of 2 methods
29. Goal Setting Process
30. STI's that have no cure/ are curable, level of risk for transmission for specific behaviors
31. Rationale for early detection and treatment for an STI
32. Refusal Skills
33. Addiction Risk for Teens Compared to Adults
34. Drug Classifications
35. Steps for Drug Addiction Recovery
36. Dangers of Drug use during Pregnancy.

Chapters

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| 1. Making Healthy Decisions | 7. Preventing Violence |
| 2. Personality, Self-Esteem, Emotions | 8. Food and Nutrition |
| 3. Managing Stress | 9. Healthy Food Choices |
| 4. Mental Disorders | 13. Fitness |
| 5. Family Relationships | 15. Alcohol 16. Tobacco 17. Preventing Drug Abuse |
| 6. Healthy Peer Relationships | Healthy Relationship Unit (STI and Pregnancy Prevention) |