

DAY 5

Building Health Skills



BIG IDEA

You can develop skills that will help you manage your health throughout your life.

Updated 3/25/2024

BIG IDEA

You can develop skills that will help you manage your health throughout your life.

New Vocabulary

➤ **health skills**

➤ **stress**

➤ **interpersonal communication**

➤ **stress management skills**

➤ **refusal skills**

➤ **advocacy**

➤ **conflict resolution**

Learning Health Skills

Main Idea

Health skills help you manage your health.

Health skills are also called *life skills*, because once you have developed these skills, you can use them throughout your life.

Learning Health Skills

Practicing **health skills** gives you the opportunity to learn to use them.

New Vocabulary

health skills

Specific tools and strategies to maintain, protect, and improve all aspects of your health.

Learning Health Skills

The Health Skills

Communication

Refusal

Conflict Resolution

Accessing Information

Analyzing Influences

Practicing Healthful Behaviors

Stress Management

Advocacy

Decision Making

Goal Setting

Communication Skills

Main Idea

Good communication is a vital health skill.

Communication is more than just talking.

Communication Skills

Three health skills – **interpersonal communication**, refusal skills, and conflict resolution – address how you give and receive information.

New Vocabulary

interpersonal communication

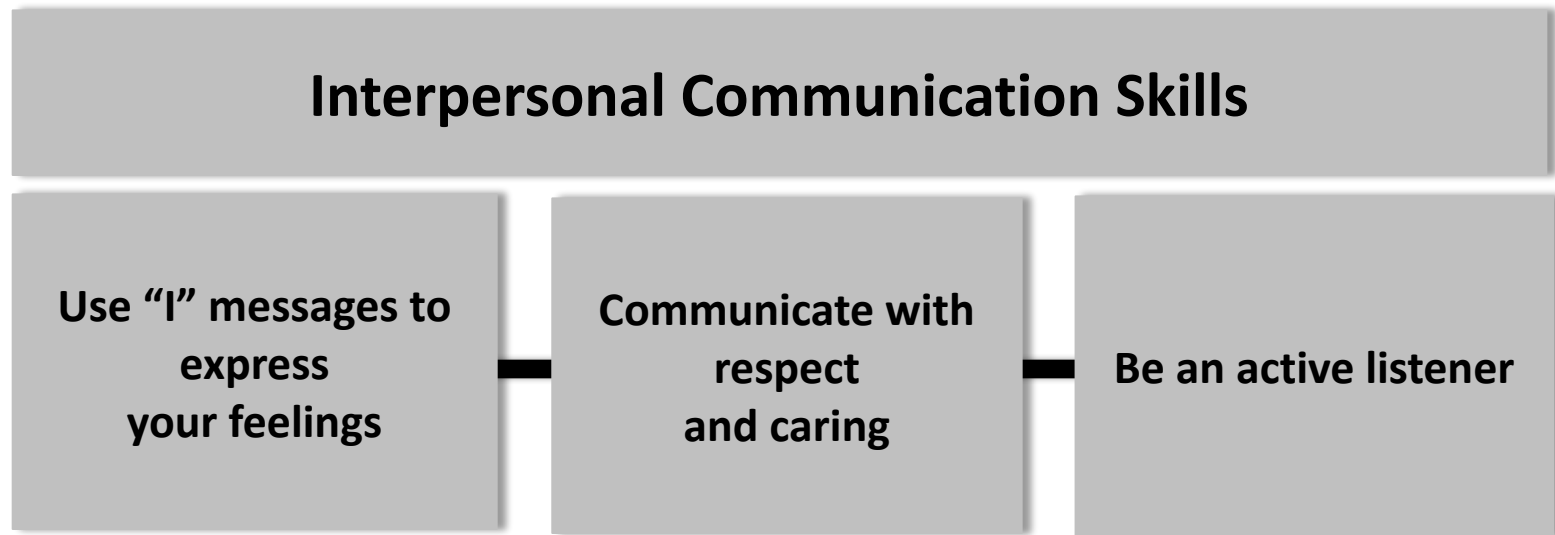
The exchange of thoughts, feelings, and beliefs between two or more people.

Communication Skills

Communication helps you build strong relationships with others. It involves:

- Choosing your words and expressions carefully to clearly say what you mean.
- Listening closely to others.

Communication Skills



You can use these methods to strengthen your interpersonal communication skills.

Communication Skills

These refusal strategies can help you say no to potentially harmful activities.

- Say “NO” in a Firm Voice.** Do this calmly and clearly. Use expressions such as “No, I’d rather not.”
- Explain Why.** State your feelings. Tell the other person that the suggested activity or behavior goes against your values or beliefs.
- Offer Alternatives.** Suggest a safe, healthful activity to do instead of the one offered.
- Stand Your Ground.** Make it clear that you do not intend to change your position.
- Leave if Necessary.** If the other person continues to pressure you or refuses to accept your position, simply walk away.

What You Can Do

Developing strong **refusal skills** helps you say no firmly, respectfully, and effectively.

- S** Say no in a firm voice.
- T** Tell why not.
- O** Offer other ideas.
- P** Promptly leave.

New Vocabulary

refusal skills

Communication strategies that can help you say no when you are urged to take part in behaviors that are unsafe or unhealthful, or that go against your values.

Conflict-Resolution Skills

Conflict-Resolution skills include stepping away from an argument, allowing the conflict to subside, using good interpersonal communication, and showing respect for yourself as well as for the other person.

New Vocabulary

conflict resolution

The process of ending a conflict through cooperation and problem-solving.

Accessing Information

Main Idea

Use reliable sources of health information.

Knowing how to find and evaluate health information will help you make decisions that benefit your well-being

Accessing Information

To decide whether health information is valid, determine the reliability of the group or individual sharing the information.

Accessing Information

Valid Sources of Health Information

Health care providers and professionals

Internet sites from government agencies and professional health organizations.

Parents, guardians, and other trusted adults

Recently published material written by respected, well-known science and health professionals.

Analyzing Influences

Main Idea

Understanding what influences you helps you to make more healthful choices.

The more aware you are of the various influences in your life and how they affect *you*, the better able you are to make informed choices about your health.

Analyzing Influences

Influences on Your Health

Personal Values

Perceptions

Your Family and Culture

Friends and Peers

Personal Beliefs

Curiosity/Fear

Media and Technology

School and Community

Analyzing Influences

These positive behaviors can contribute to all aspects of your health.

- I eat well-balanced meals, including breakfast, and I choose healthful snacks.
 - I get regular daily physical activity and at least eight hours of sleep every night.
 - I avoid using tobacco, alcohol, and other drugs.
 - I floss and brush my teeth regularly.
 - I wear a safety belt every time I ride in a car.
 - I stay within 5 pounds of my healthy weight.
 - I practice good personal hygiene habits.
 - I get regular physical checkups.
 - I keep a positive attitude.
- I express my emotions in healthy ways.
 - I take responsibility for my actions.
 - I think of my mistakes as chances to learn.
 - I relate well to family, friends, and peers.
 - I have one or more close friends.
 - I treat others with respect.
 - I use refusal skills to avoid risk behaviors.
 - I get along with many kinds of people.
 - I can put myself in other people's place and understand their problems.
 - I volunteer to help others whenever I can.

Self-Management Skills

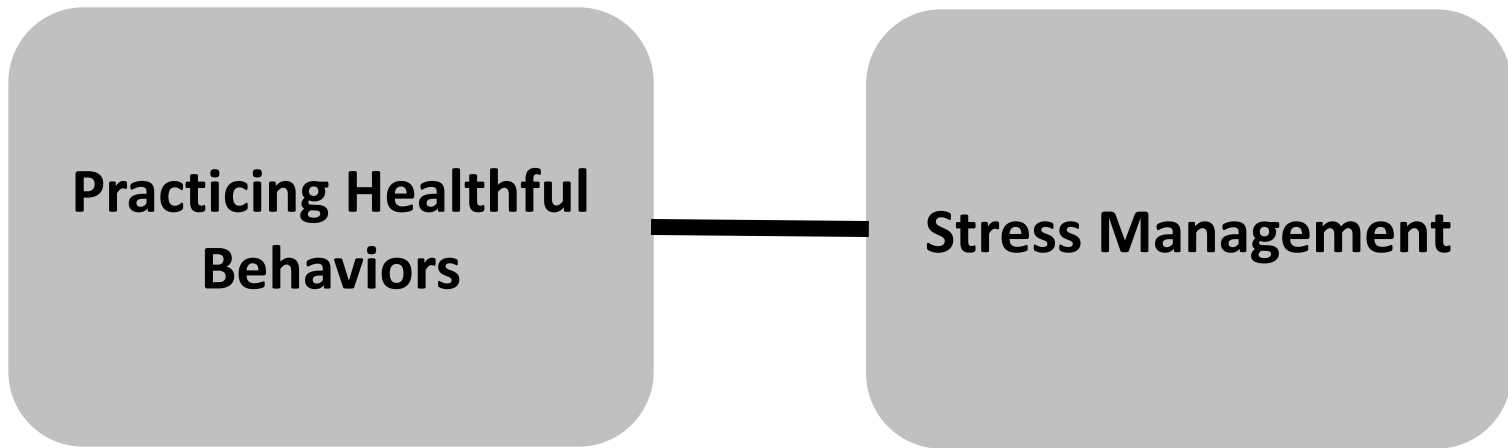
Main Idea

Practicing healthy habits will protect your lifelong health.

When you practice healthy behaviors and manage stress, you act in ways that protect your health and promote your well-being.

Self-management Skills

Self-management means taking charge of your own health. Self-management skills include:



Self-Management Skills

Exercising, relaxation, and managing time efficiently are some effective ways to manage **stress**.

New Vocabulary

stress

The reaction of the body and mind to everyday challenges and demands.

Self-Management Skills

Stress is a normal part of life, but too much unrelieved stress can lead to illnesses. Learning stress-management skills can help you relieve stress.

New Vocabulary

stress management skills

Skills that help you reduce and manage stress in your life.

Advocacy

Main Idea

Advocacy lets you share your health knowledge with others.

Participating in advocacy activities allows you to encourage others to practice healthful behaviors.

Advocacy

Advocacy allows you to share health knowledge and promote healthful behaviors.

New Vocabulary

advocacy

Taking action to influence others to address a health-related concern or to support a health-related belief.

After You Read

Reviewing Facts and Vocabulary

1. Define the term *health skills*.

After You Read

Reviewing Facts and Vocabulary

- 2. What are two interpersonal communication skills that can reduce your health risk?**

After You Read

Reviewing Facts and Vocabulary

3. What is *advocacy*?

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END OF PRESENTATION



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You can develop skills that will help you manage your health throughout your life.

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