

Understanding Your Health

Chapter Preview

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▲ Working with the Photo

Learning how to make friends and get along with others is important to your overall health. **Why do you think building healthy relationships is important to good health?**

Start-Up Activities

Before You Read

Do you have good health habits? Take the short health inventory on this page. Keep a record of your answers.

HEALTH INVENTORY

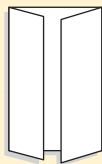
1. I try to stay physically active.
(a) always (b) sometimes (c) never
2. I try to get along well with others.
(a) always (b) sometimes (c) never
3. I eat well-balanced meals.
(a) always (b) sometimes (c) never
4. I avoid high-risk activities.
(a) always (b) sometimes (c) never

FOLDABLES® Study Organizer

As You Read

Make this Foldable® to record what you learn about health and wellness in Lesson 1. Begin with a plain sheet of 11" × 17" paper.

- 1** Fold the short sides of the sheet of paper inward so that they meet in the middle.



- 2** Draw two circles—one that covers both sides of the Foldable, and one that covers only one side of the Foldable®. Label as shown.



- 3** On the back of each panel of your Foldable®, take notes, define terms, and record examples of health and wellness. In the middle section, draw your personal health triangle.

Go Online

Visit glencoe.com and use the eFlashcards to preview vocabulary terms for Chapter 1.

Lesson 1

What Is Health and Wellness?

Guide to Reading

● Building Vocabulary

As you read this lesson, write each new highlighted term and its definition in your notebook.

- health (p. 4)
- wellness (p. 6)

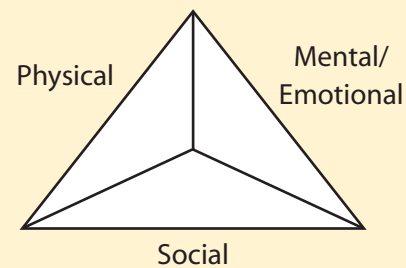
● Focusing on the Main Ideas

In this lesson, you will learn to

- **define** *health*.
- **identify** the three sides of the health triangle.
- **explain** how health habits affect wellness.

● Reading Strategy

Classifying Using the health triangle to the right as a guide, create a concept map that gives examples of each of the three types of health.



FOLDABLES Study Organizer Use the Foldable® on p. 3 as you read this lesson.

Quick Write

Make a list of three healthful behaviors that you can practice. List which side of the triangle each would be associated with.

What Is Health?

Do you know someone whom you would describe as “healthy”? What kinds of healthy traits do they demonstrate? Maybe they are involved in sports. Perhaps they just “look” healthy. Looking fit and feeling well are important, but good health does not stop there. Good health includes getting along well with others. It also means feeling good about yourself. An accurate definition of *health* includes all these traits. **Health** is a combination of physical, mental/emotional, and social well-being. Your physical health, mental/emotional health, and social health are all related and make up your total health.

- ▶ Your physical health is one aspect of your total health. **What are some positive ways of improving your physical health?**



The choices you make and actions you take every day shape your health. Look back at the Health Inventory that opened this chapter on page 3. Your answers provide a first glimpse of your behaviors and decisions. In the pages ahead you will learn how your behaviors influence your health. You will also learn steps for making good decisions and ways of practicing good health habits.

Your Health Triangle

Total health is sometimes pictured as a triangle (see **Figure 1.1**). Each side represents a part of your total health. These sides are physical health, mental/emotional health, and social health.

Physical Health

Connie plays on the basketball team. Her sister, Danielle, walks to and from school. Both girls make regular physical activity part of their daily routine. How about you? Do you take part in behaviors that promote good physical health?

▶ **FIGURE 1.1**

THE HEALTH TRIANGLE

Each picture shows a different side of health. The health triangle has three equally important sides. **Which side deals with managing stress?**



Registered Nurse



Registered nurses perform many duties, including treating and educating patients, giving advice and support to patients' family members, and operating medical equipment. There is a great need for registered nurses because people are living longer. The best way to get ready for a career as a registered nurse is to volunteer at a local hospital.

What kinds of facilities hire registered nurses? Go to Career Corner at glencoe.com to find out.



▲ Eating healthful foods for breakfast is one extremely important health habit during your growth years.

What are some other important health habits?

You can improve your physical health in different ways. One way is by eating nutritious meals and snacks. Another way is to get regular checkups from a doctor and a dentist. You can also maintain good physical health by avoiding harmful behaviors. This includes avoiding alcohol, tobacco, and other drugs.

Mental/Emotional Health

Do you like and accept yourself? Are you able to handle challenges that come your way? Do you find positive solutions to problems? These actions are part of good mental/emotional health.

Your mental/emotional health also involves how you handle your feelings, thoughts, and the situations you face each day. You can improve your mental/emotional health by expressing yourself in a healthy way. This includes sharing your thoughts and feelings with a friend or with your family, and having a positive attitude.

Social Health

Do you get along well with friends, classmates, and teachers? Do you spend time with your family? Good social health includes supporting the people you care about. It also includes communicating with, respecting, and valuing people. The ability to keep and make friends is another mark of good social health. When you have good relationships with others, you feel cared for and respected.



Reading Check

List Name one way you can build good physical health. Do the same for mental/emotional health and social health.

Achieving a Healthy Balance

The three sides of the health triangle are connected. When one side changes, the other two are affected. For example, Sean awoke late for school this morning and did not have time for breakfast. Now it is mid-morning and Sean is having trouble paying attention in class. He also feels hungry and tired. Sean doesn't like feeling this way. His choice to skip breakfast is negatively affecting his mental and physical health. Being healthy means balancing all three sides of your health triangle.

Wellness and Total Health

When your health is in balance, you are more likely to have a high level of wellness. **Wellness** is a state of well-being, or total health. It is an indication of your current health habits and behaviors. Any decision you make can affect your wellness. Wellness is sometimes represented by a *continuum*, or scale, such as the one in **Figure 1.2**. It provides a picture of your health



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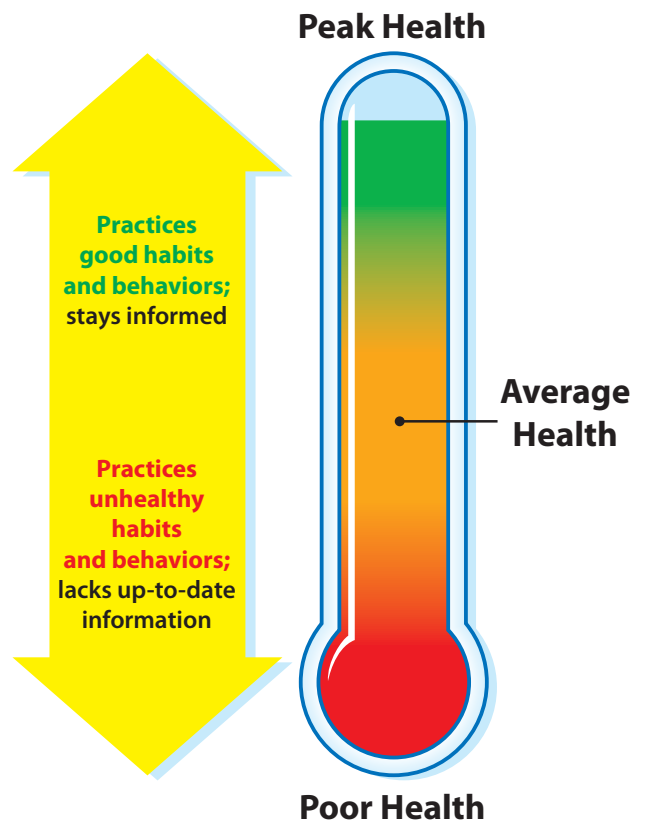
triangle at any given time. It also lets you know if you are taking good care of your health, or if you need to improve your health habits. The pages ahead will give you ideas and suggestions for maintaining wellness. These ideas will help you achieve good total health now and in the future.

Reading Check Define What is *wellness*?

▶ **FIGURE 1.2**

THE WELLNESS CONTINUUM

Personal health varies. **Where would you place your health currently on the wellness continuum?**



Lesson 1 Review

After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** Define *health*.
2. **List** Name the three sides of the health triangle.
3. **Describe** What role do decisions play in wellness? What other factors affect a person's wellness?

Thinking Critically

4. **Evaluate** Kathy spends a lot of time with her friends. They watch movies, listen to CDs, and go shopping. Kathy gets good grades except in her physical education class. Evaluate which part of her total health could be out of balance. What

could Kathy do to improve this area of wellness?

5. **Apply** Masaki rarely catches a cold. Does this mean he has a high level of wellness? Why or why not?

Applying Health Skills

6. **Practicing Healthful Behaviors** Look back at your behaviors over the past week. What behaviors helped you improve your wellness? What behaviors brought down your wellness? What changes can you make to improve your total health? How important is it for you to assume responsibility for your personal health behaviors?

Changes During the Teen Years

Guide to Reading

● Building Vocabulary

Write definitions for terms you think you may know. As you read, make any corrections.

- adolescence (p. 8)
- puberty (p. 9)
- hormones (p. 9)
- peers (p. 11)
- community service (p. 12)

● Focusing on the Main Ideas

In this lesson, you will learn to

- **describe** physical changes that occur during the teen years.
- **identify** the mental and emotional changes hormones cause.
- **explain** how your relationships may change.
- **practice** healthful behaviors to improve total health.

● Reading Strategy

Finding the Main Idea For each of the main headings in this lesson, write one sentence that states the main idea.

Quick Write

Write a paragraph about the ways in which your relationships with family and peers have changed over the past year.

Adolescence: Time of Change and Challenge

Next to infancy, the fastest period of physical growth is during **adolescence**. Also known as the teen years, this is *the stage of life between childhood and adulthood*. It is a time when you begin to form your own beliefs and values. Adolescence is a period of discovery. The object of discovery is *you*. Maybe without realizing it, you begin seeking answers to the question “Who am I?”



- ▶ Your teen years connect your childhood with your adult years. **What are some changes that take place during adolescence?**

As a result of this search, you learn more about yourself and your abilities. You meet new people and have new experiences. You gain greater independence and take on new responsibilities.

These changes in life can be very exciting, but they can also be challenging, and even a little scary. The changes you experience during adolescence affect all three sides of your health triangle. You might grow a few inches, make some new friends, discover new interests, and experience mood swings—all within a short period of time. Knowing what to expect can make this a smoother transition.

Physical Changes

Josh couldn't believe his eyes the first day of school. His classmate Adrian had grown much taller over the summer. Growth spurts are a normal part of adolescence. Some, like Adrian's, can be quite dramatic.

In addition to growing taller, some of the changes that occur during adolescence include the growth of body hair and changes to the shape of your body. Boys may also notice that their voices are getting deeper. These and other changes are the result of **puberty** (PYOO-buhr-tee). This is *the time when you start developing physical characteristics of adults of your gender*. For girls, puberty usually begins between ages 8 and 14. For boys, puberty usually begins between ages 11 and 14.

The changes that occur during puberty are all related to the release of **hormones**. These are *chemical substances, produced in glands, that help regulate many body functions*. The changes hormones cause can make some teens feel uncomfortable. This is because the rapid growth during adolescence is sometimes uneven. Your hands and feet sometimes grow first, which may make them feel too big for the rest of your body. It is important to remember that puberty is a normal part of the growth process. You should be respectful of these changes in your peers and your peers should be respectful of these changes in you. If you have concerns, talk with a parent or other trusted adult.



Reading Check

Explain How do hormones relate to physical changes during adolescence?

What
Teens
THINK

What is one of the greatest challenges for teens today?

I think the greatest challenge for teens is drugs and alcohol. Teens try to be cool and start using drugs and alcohol to make friends. They do not think of the consequences. Teens don't look at the big picture and say "that was a bad choice."

Adrian V.
Prince George County, VA

DEVELOPING
Good Character

Your Growing Responsibility

The responsibilities you take on during adolescence prepare you for your adult years. Your current responsibilities may include helping with household chores, such as washing the dishes or mowing the lawn. You may also be responsible for looking after a younger brother or sister, or for walking the dog.

List responsibilities that you believe lie ahead. What responsibilities are you looking forward to?



- ▲ Your emotional growth helps you better understand what others are going through. This enables you to become a source of support for them. **How could you help a friend who is feeling sad?**

Mental/Emotional Changes

Another change that occurs during adolescence is in the way you think and reason. You are able to face problems that are more complex. You are able to imagine the possible consequences of your actions. You begin to understand different points of view. You begin realizing that your choices affect others. Many teens also begin developing their own values and beliefs.

Adolescence brings emotional changes as well. Many teens experience mood swings. You may feel happy one minute and sad the next. These sudden emotional changes are caused by the release of hormones. Although mood swings can be confusing and even challenging, they are normal. It is important that you know how to use resources from home, school, and the community to help you deal with these emotional changes. If you are feeling alone, angry, or sad, talking to a friend, family member, or trusted adult can help.

Another emotional development that occurs during adolescence is feelings of attraction toward others. These feelings lead some teens to

think about dating. However, not all teens feel ready or are interested in dating. These feelings develop at different times for different people.

An increased awareness in what is important to you is another emotional change experienced during adolescence. You may begin to understand how important your family, friends, and physical activity are to you. You might also realize that setting and achieving goals is important to you. You may also become aware of the importance of assuming responsibility for your personal health behaviors.



Describe Tell how a teen's thinking is likely to change during adolescence.

Social Changes

Another change that occurs in adolescence is in your *relationships*. These are social connections you have with other people and groups. Healthy relationships are important to good social health. During adolescence you are likely to experience changes in your relationships with family, peers, and the community.



Health Skills Activity

Practicing Healthful Behaviors

Making Health a Habit as You Grow

Changes that occur during your teen years affect all three sides of your health triangle. Therefore, you need to develop good health habits for all three areas of your health. The health habits you develop now will have positive long-term effects on your health and wellness. Here are some examples of good health habits for each side of your health triangle:

PHYSICAL HEALTH

- Make physical activity part of your daily routine.
- Eat well-balanced meals and healthy snacks.
- Get plenty of sleep so you will have enough energy during the day.

MENTAL/EMOTIONAL HEALTH

- Think about possible consequences of your actions and behaviors.
- Talk to a friend or trusted adult when you are feeling sad or overwhelmed.
- Keep a positive attitude.

SOCIAL HEALTH

- Ask family members what you can do to help them instead of waiting to be asked.
- Be a good friend by listening and giving encouragement.
- Help out at a community event.

On Your Own

What are some strategies for improving and maintaining your personal health? What new health habits can you develop to improve your total health? Name at least one example for each side of your health triangle.

Family Relationships

You may no longer depend as much on parents or other family members as you once did. Now you are learning to act independently and to make decisions for yourself. Sometimes this can cause differences between you and your family members. For example, you may disagree with your parents on how late you are allowed to stay up at night. Despite your differences, keeping a positive relationship with your family is important to having good social health. Talking openly with your parents about your needs and feelings can help you maintain a good relationship with them. Spending time with all family members also helps you strengthen those relationships.



Visit glencoe.com and complete the Interactive Study Guide for Lesson 2.



Go Online

Topic: Turning Peer Pressure Around

Visit glencoe.com for Student Web Activities to learn about different kinds of peer pressure and how you can deal with it in a positive way.

Activity: Using the information provided at the link above, come up with a list of at least five responses to negative peer pressure.

Peer Relationships

During adolescence, your friends and peers take on a greater importance. **Peers** are *people in your age group*. You may begin spending more time with your friends. Your opinions and behaviors will often be influenced by your peers. You may feel pressure to think and act like them. Peer pressure can influence healthful choices. Good social health includes learning to benefit from positive peer influence while resisting negative influences. Helping a friend with homework, volunteering with a friend, or simply listening to a friend are examples of positive peer influence.

Relationships with the Community

When you think of the word *community*, you probably think of your neighborhood. However, your community also includes your school and the city you live in. Social growth includes making positive contributions to your community. You might become involved, for example, in a neighborhood cleanup or park project. Many schools have begun sponsoring **community service** programs to get teens involved. These are *volunteer programs whose goal is to improve the community and the life of its residents*. These programs allow teens to help at different community events or help others in need. Many teens find community service to be a rewarding experience.



Reading Check

Explain In what ways can peer pressure be a positive influence?

Lesson 2 Review



After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

- Vocabulary** Define *puberty*.
- Identify** What are mood swings? What causes them?
- Recall** What are some physical changes that occur during the teen years?

Thinking Critically

- Analyze** Regi's cousin told her she is upset about differences she is having

with her parents. What advice would you give this teen if you were in Regi's place?

- Apply** What are two ways that you could become involved in your own community?

Applying Health Skills

- Analyzing Influences** Give two examples of how peer influence can positively affect a teen's decisions.

Lesson 3

Taking Responsibility for Your Health

Guide to Reading

Building Vocabulary

As you read this lesson, write each new highlighted term and its definition in your notebook.

- lifestyle factors (p. 13)
- risk behaviors (p. 14)
- sedentary lifestyle (p. 15)
- cumulative risks (p. 15)
- precautions (p. 15)
- prevention (p. 15)
- abstinence (p. 16)
- attitude (p. 17)

Focusing on the Main Ideas

In this lesson, you will learn to

- **explain** the role of lifestyle factors in a person's health.
- **identify** ways to reduce risks in your life.
- **tell** how abstinence benefits the three sides of your health triangle.
- **describe** ways in which you can take responsibility for your health.

Reading Strategy

Predicting Quickly look at the main headings, figures, and captions before you read this lesson. Write down the sort of information you think this lesson will provide.

Choosing to Live Healthfully

Do you protect your skin from the sun's harmful rays? Do you get enough sleep so you are not tired in class? If a friend approached you with a problem, would you stop to listen? How you answer these questions reflects your personal **lifestyle factors**. These are *behaviors and habits that help determine a person's level of health and wellness*. These factors are related to the cause or prevention of health problems. Positive lifestyle factors promote good health. Negative lifestyle factors promote poor health. **Figure 1.3** on the next page lists some positive lifestyle factors.

- ▶ Protective gear is one type of safety precaution that can help reduce the risk of injury. **What are some others?**



Quick Write

What does the word *responsibility* mean to you? Write a brief definition. Then list the ways you show that you are responsible.

▶ **FIGURE 1.3**

POSITIVE LIFESTYLE FACTORS

Lifestyle factors affect your total health. **Which of these lifestyle factors do you currently practice?**



Eating well-balanced meals, starting with a good breakfast.



Getting at least 60 minutes of physical activity daily.



Sleeping at least eight hours every night.



Doing your best in school and other activities.



Avoiding tobacco, alcohol, and other drugs.



Following safety rules and wearing protective gear.



Relating well to family, friends, and classmates.

Risks and Your Health

“Dangerous intersection. Proceed with caution.” “Don’t walk.” “No lifeguard on duty.” You have probably seen these signs or ones like them. They are there to alert you to possible risks or dangers and to ensure your safety.

Risks are an unavoidable part of life. Everyday tasks such as preparing food with a sharp knife or crossing a busy street both carry a degree of risk. Even when there are no signs to warn you, you have some awareness of risks. For example, you know that stairways carry a risk of falls. If you hurry or push through people on stairs, you increase your own and others’ risk of getting hurt. Taking responsibility for your personal health behaviors is a part of growing into a responsible adult.

Risk Behaviors

Risk behaviors are actions or behaviors that might cause injury or harm to yourself or others. Some of these behaviors are obvious. Not using a crosswalk to cross the street is an example. Other risk behaviors are less obvious because the effects are not immediate. Even though you may not notice any immediate damaging effect, unhealthy lifestyle behaviors like smoking may have a lasting negative impact on your health. When you understand the short-term and long-term consequences of safe, risky, or harmful



DEVELOPING Good Character

Self-Discipline

Developing a healthy lifestyle takes commitment. For example, you may need to remind yourself to turn off the TV or computer, and participate in activities that build good physical health.

What are some other ways you can show self-discipline?

behavior, you will probably stop to consider the impact your behavior can have on your health.

Another risk behavior is a **sedentary lifestyle**. This is *a way of life that includes little physical activity*. Sitting in front of the TV or a computer is a sedentary behavior. Either becomes a risk factor when it continually replaces sports or other physical activities.



Reading Check

Explain What role do risky behaviors play in life?

Risks and Consequences

All risk behaviors have consequences. Some consequences are **minor** or short-term. For example, eating a candy bar too close to mealtime may prevent you from eating more of the healthy foods your body needs for proper growth.

Other risk behaviors carry serious and sometimes life-threatening consequences. These are long-term consequences. Experimenting with alcohol, tobacco, or other drugs is an example. These types of risk behaviors can seriously damage your health. Using these substances can affect all three sides of your health triangle. They can lead to dangerous *addictions*—physical and mental dependencies. These substances can cloud the user's judgment, increasing the risks he or she takes. Using these substances can also lead to problems with family and friends, and problems at school.

Risks that affect your health are further complicated when they are cumulative. **Cumulative risks** are *related risks that increase in effect with each added risk*. **Figure 1.4** on the next page shows an example of a cumulative risk that could be prevented.



Reading Check

Define What are *cumulative risks*?

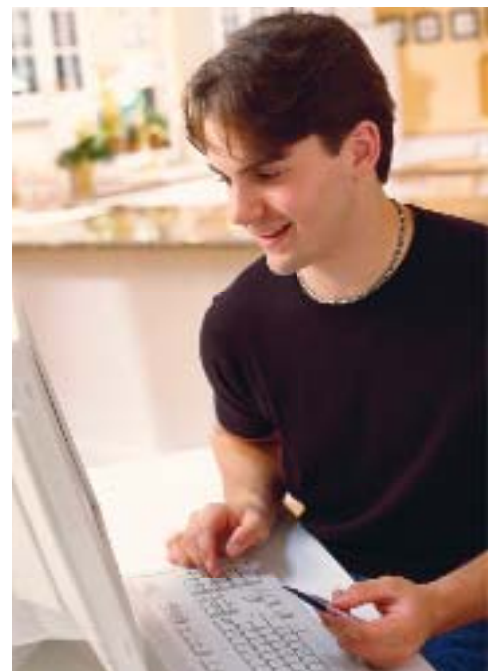
Reducing Risks

Taking precautions can minimize the possibility of harm. **Precautions** are *planned actions taken before an event to increase the chances of a safe outcome*. You can use positive health behaviors to reduce some risks. Examples include checking the depth of water before diving and wearing a safety helmet when bike riding. Another strategy for reducing risks is **prevention**. This means *taking steps to keep something from happening or getting worse*. Prevention includes getting regular medical and dental checkups. Checkups can detect health or dental problems early, thus preventing the problems from getting worse.

Academic Vocabulary

minor (MY nor)
(adjective) small or unimportant. *Having to wait 30 minutes before swimming is a minor consequence of eating before swim practice.*

- ▼ The Internet is a good source for current health information. **How can staying informed help you maintain your health?**



▼ FIGURE 1.4

CUMULATIVE RISKS ADD UP

Notice that each added risk brings about a result that is more severe.

What precautions could this person take to avoid a bad outcome?



Choosing Abstinence

One of the most effective forms of prevention is **abstinence**. This is *the conscious, active choice not to participate in high-risk behaviors*. Often, the word *abstinence* is used in connection with avoiding sexual activity. As a preventive strategy, however, abstinence extends to any high-risk behavior. This includes the use of tobacco, alcohol, and other drugs.

Abstinence benefits all sides of your health triangle. It promotes your physical health by helping you avoid injury and illness. It protects your mental/emotional health by giving you peace of mind. When you avoid taking risks, you also avoid the pressure and worries that go along with these actions. Abstinence is a smart choice because it maintains your family's trust in you. It also benefits your relationships with peers and friends. Practicing abstinence shows that you are assuming responsibility for your personal health behaviors and that you respect yourself and others.

Go Online

Visit glencoe.com and complete the Interactive Study Guide for Lesson 3.

Reading Check

List Identify three benefits of abstinence.

Taking Responsibility for Your Health

Are you eager to take on more responsibility in your life? Many teens are. You can now begin by accepting responsibility for your health. You can choose behaviors that promote good health.

Staying informed is one way of taking responsibility for your health. Learning about developments and breakthroughs in health is an important part of maintaining your own health.

You will also have greater success in taking responsibility for your health if you keep a positive attitude. An **attitude** is a personal feeling or belief. Teens who have a positive attitude about their health are more likely to practice good health habits and take responsibility for their health.

Taking responsibility for your health means more than just recognizing healthy choices and risk factors. It means *believing* that good health habits can have a positive effect.

- ▼ Getting regular medical checkups is one form of prevention.



Lesson 3 Review



After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** What are *lifestyle factors*?
2. **List** What are some ways teens can reduce risks related to health problems?
3. **Explain** How does abstinence benefit all sides of your health triangle?

Thinking Critically

4. **Compare** Steve and Michael are brothers who both play on the school basketball team. Before practice, Michael takes a few minutes to stretch and warm up, but

Steve does not. Compare and contrast the teens' methods for preventing injuries.

5. **Apply** Give an example of a cumulative risk that affects all three sides of your health triangle. Identify each risk.

Applying Health Skills

6. **Practicing Healthful Behaviors** Identify a positive lifestyle factor you would like to start practicing. Develop a plan for making this behavior a regular part of your life.

Building Health Skills

Accessing Information
Practicing Healthful Behaviors
Stress Management

Analyzing Influences

Communication Skills
Refusal Skills
Conflict Resolution
Decision Making
Goal Setting
Advocacy

What Does Analyzing Influences Involve?

Analyzing influences involves recognizing the factors that affect your health choices. These factors include:

- Family and culture
- Friends and peers
- Messages from the media
- Your likes, dislikes, values, and beliefs

Analyzing Influences

Follow the Model, Practice, and Apply steps to help you master this important health skill.

1 Model

Read how Sebastian uses the skill of analyzing influences to decide on a sport.

Sebastian was thinking of trying out for the volleyball team. His older brother said that he should continue a family tradition and try out for track instead. However, Coach Walker felt Sebastian would be a natural at volleyball because of his jumping ability. Sebastian's friends were encouraging him to try out for basketball.

Sebastian made a chart to look at the factors that were influencing him.

Factors That Are Influencing Me

Personal beliefs	I would like to play volleyball.
Friends	My friends want me to play basketball.
Family	Track is a family tradition.
Coach	Coach Walker thinks that I would be good at volleyball.

Sebastian realized that his personal beliefs affected him the most. He decided to try out for volleyball.



2 Practice

Read the passage and then practice the skill of analyzing influences by answering the questions that follow.

Andrew used the skill of analyzing influences to help him plan a training program to prepare for soccer tryouts. He wants to run two miles every day to strengthen his heart and lungs. Andrew lives in a region that gets a lot of snow. This makes running outdoors difficult. He also needs to allow time for another school club. This club meets every Tuesday, after school. Plus, Andrew's father does not want him running after dark.

1. What factors have an influence on Andrew's training program?
2. In your opinion, which influences would affect Andrew the most? Explain.



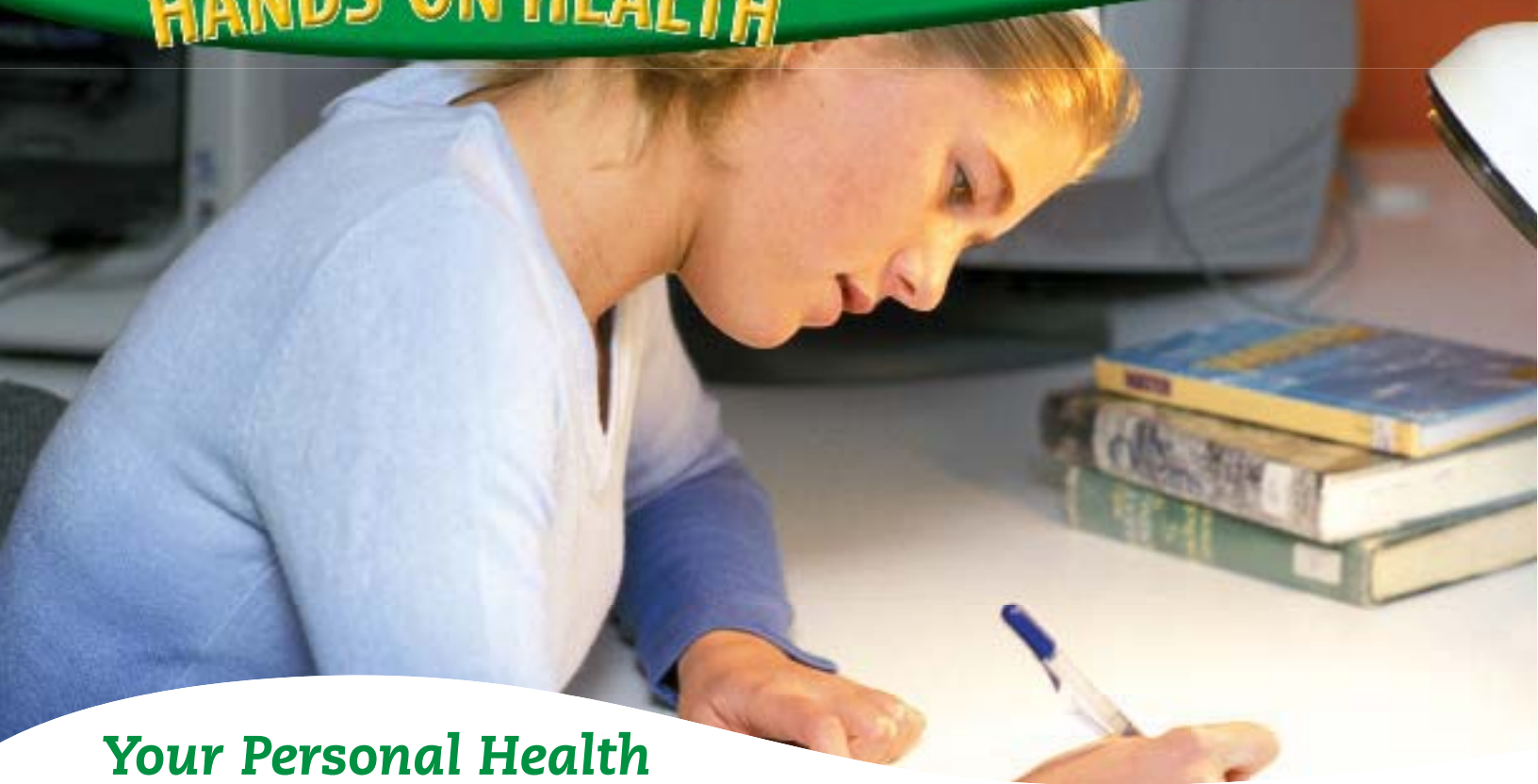
3 Apply

Apply what you have learned about analyzing influences by completing the activity below.

What activities do you participate in? Do you belong to any clubs or community groups? Do you take music lessons or play sports? Think about what influences your activities. Make a chart of your own influences and how they influence you. Identify which influence affects you most and tell why. Write one paragraph to explain how your activities affect your health triangle.

Self-Check

- Did I analyze the influences on my choice of activities?
- Did I explain how my health triangle is affected?



Your Personal Health

The personal health inventory that follows will help you find out if your health triangle is balanced.

What You Will Need

- pencil or pen
- paper



What You Will Do

Make three columns with the name of each side of the health triangle at the top of each column. Number the paper 1–5 for each health area. Think about each of the following statements and respond with a *yes* or *no* answer.

Physical Health

- 1 I eat well-balanced meals each day.
- 2 I get at least 60 minutes of physical activity daily.
- 3 I sleep at least eight hours a night.
- 4 I avoid the use of tobacco, alcohol, and other drugs.
- 5 I have good personal hygiene.

Mental/Emotional Health

- 1 I feel good about who I am.
- 2 I can name several things that I can do well.
- 3 I generally keep a positive attitude.
- 4 I ask for help when I need it.
- 5 I try to improve myself.

Social Health

- 1 I relate well to family, friends, and classmates.
- 2 I try to work out any differences I have with others.
- 3 I express my feelings in positive ways.
- 4 I treat others with respect.
- 5 I can say no to risky behaviors.

Wrapping It Up

Give yourself 1 point for each yes answer. A score of 5 in any area reflects excellent health. A score of 3–4 shows good health. If you score 0–2 in any area, plan to improve that part of your health triangle.

Reading Review



Visit glencoe.com to download quizzes and eFlashcards for Chapter 1.

FOLDABLES® Study Organizer

Foldables® and Other Study Aids Take out the Foldable® that you created for Lesson 1 and any graphic organizers that you created for Lessons 1–3. Find a partner and quiz each other using these study aids.

Lesson 1 What Is Health and Wellness?

Main Idea The choices you make and the actions you take every day affect your health and wellness.

- The three sides of the health triangle are physical health, mental/emotional health, and social health.
- Health is defined as a combination of physical, mental/emotional, and social well-being.
- The behaviors and decisions you make will affect one or more of the three sides of your health triangle, which will in turn determine your degree of wellness.

Lesson 2 Changes During the Teen Years

Main Idea Adolescence is a period of rapid change and discovery.

- Physical changes that occur during the teen years include growth spurts, changes in body shape, the growth of body hair, and the release of hormones.

- During adolescence you develop a greater ability to solve more complex problems. You are able to recognize the consequences of your actions. You may experience mood swings. Also, you may develop feelings of attraction toward others.
- Relationships with family, peers, and friends may change. Adolescence is a time when you are learning to act more independently.
- Community service can be a rewarding experience for many teens.

Lesson 3 Taking Responsibility for Your Health

Main Idea Taking responsibility for your health means practicing healthful behaviors.

- Positive lifestyle factors promote good health, while negative lifestyle factors promote poor health.
- Sometimes the effects of risk behaviors are not immediate.
- Ways to reduce risks in your life include taking precautions, practicing prevention, and choosing abstinence.
- Abstinence is avoiding participation in high-risk behaviors. Abstinence promotes all sides of the health triangle: physical health by helping you avoid injury and illness; mental/emotional health by giving you peace of mind; and social health by maintaining your family's trust in you.
- Your health is your responsibility.

Assessment

After You Read

HEALTH INVENTORY

Now that you have read the chapter, look back at your answers to the Health Inventory on the chapter opener. Is there anything that you should do differently?

Reviewing Vocabulary and Main Ideas

On a sheet of paper, write the numbers 1–6. After each number, write the term from the list that best completes each sentence.

- adolescence
- health
- hormones
- peers
- puberty
- wellness

Lesson 1 What Is Health and Wellness?

1. _____ is a combination of physical, mental/emotional, and social well-being.
2. _____ is a state of well-being, or total health.

Lesson 2 Changes During the Teen Years

3. The stage of life between childhood and adulthood is known as _____.
4. Your _____ are people in your age group.
5. Chemical substances, produced in glands, that help regulate many body functions are called _____.

6. _____ is the time when you start developing physical characteristics of adults of your gender.

Lesson 3 Taking Responsibility for Your Health

On a sheet of paper, write the numbers 7–10. After each number, write the letter of the answer that best completes each statement.

7. A way of life that includes little physical activity is called a(n)
 - a. cumulative risk.
 - b. sedentary lifestyle.
 - c. attitude.
 - d. prevention.
8. Behaviors and habits that help determine a person's level of health are known as
 - a. cumulative risks.
 - b. sedentary lifestyles.
 - c. lifestyle factors.
 - d. risk behaviors.
9. You can reduce risks in your life by doing all of the following *except*
 - a. becoming sedentary.
 - b. practicing prevention.
 - c. taking precautions.
 - d. choosing abstinence.
10. All of the following statements are true of abstinence *except*
 - a. It helps you avoid injury and illness.
 - b. It applies only to avoiding sexual activity.
 - c. It is a preventive strategy.
 - d. It helps you maintain your family's trust in you.



Applying Technology

Healthy Habits

You and your partner will use Microsoft Word® and iMovie® to create a movie that discusses physical, mental/emotional, and social health.

- Write a five minute script that discusses one side of the health triangle: physical, mental/emotional, or social health. Be sure to discuss how the side you choose affects your total health.
- Make sure that your facts are accurate.
- Videotape your movie and import it into a new iMovie® file.
- Edit your movie for time and clarity.
- Save your project.

Thinking Critically

Using complete sentences, answer the following questions on a sheet of paper.

- 11. Analyze** Why is it important to recognize that health is more than just looking good or feeling fit?
- 12. Apply** What advice might you have for a friend who is concerned about mood swings she or he has been experiencing?

Write About It

- 13. Personal Writing** Write a private journal entry describing some of the physical, mental/emotional, and social changes you are experiencing.

Standardized Test Practice

Math

The Centers for Disease Control and Prevention gathers data on teen risk behaviors. This table shows trends in several risk behaviors over a four-year period. Use the table to answer the questions that follow.

Selected Risk Behaviors Among Teens, 1999–2003			
Risk Behavior	1999	2001	2003
Rarely or never wore safety belts	16.4%	14.1%	18.2%
Rarely or never wore bicycle helmets	85.3%	84.7%	85.9%
Rode with a driver who had been drinking alcohol	33.1%	30.7%	30.2%

TEST-TAKING TIP

Make sure you understand the parts of a table. Read the title of the table. This will help you figure out its subject. Read each column heading and the label of each row.

- Which risk behavior steadily decreased over the time span shown?
 - Rarely or never wore safety belts.
 - Rarely or never wore bicycle helmets.
 - Rode with a driver who had been drinking alcohol.
 - None of the above.
- Which risk behavior is the most common among teens?
 - Rarely or never wore safety belts.
 - Rarely or never wore bicycle helmets.
 - Rode with a driver who had been drinking alcohol.
 - None of the above.