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Taking Charge of Your Health

HEALTH CHAPTER TWO REVIEW

Read the situations below and decide which health skill should be used.

Conflict Resolution Analyzing influences Advocacy

Practicing Healthful Behavior Decision Making Stress Management

Refusal Skills Accessing Information Communication

Goal Setting

1. You notice your little sister sometimes skips brushing her teeth before she goes to bed.
2. Your schedule next year will be very busy; you choose between being on the basketball team and being in the band.
3. You are nervous about midterm exams because those grades will be sent to the college scholarship committee.
4. You are interested in a new type of protein supplement, which advertisements claim is safe and builds muscle mass quickly.
5. Your friends offer to bring alcohol to the party you are having on Friday.

Label each advertisement with its correct technique

1. A full page magazine ad shows a happy family. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. A radio ad features the voice of a fashion model.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. A television commercial shows a large group of people using the same product.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. A television commercial shows a brand of food being served in a luxury home.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. An internet ad for a dietary supplement that features a couple hiking in the mountains.

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1. A newspaper ad includes a clip out coupon for French fries at no charge.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

12. Read the Scenario below. Then complete the activity.

Scenario:

When Mark arrives late at the basketball court, his friend Phillipe throws the ball at him, shouting, “You’re a half hour late!”

“Well excuse me, Mr. Punctual,” Mark laughs.

“You are never on time. It’s like you assume I have nothing better to do than to wait around for you,” Phillipe says.

“Sorry, man, but some things came up,” Mark responds.

“Yeah? Well, I’m outta here.” Phillipe throws his hands in the air and turns to walk away.

“Wait, let me explain,” Mark says calmly.

Phillipe hesitates, wondering how to respond.

Finish the scenario using effective communication skills we learned in class. Be specific.

13. List the steps in the decision making process

14. Why is goal setting important?

15. What is a SMART goal? What does it stand for?

16. List some phrases commonly associated with fraud