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- From the Chapter menu screen click on any lesson to go directly to that lesson’s presentation.
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Quotes About Character

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Quotes About Character



“Character is that which reveals moral purpose, exposing the class of things a man chooses and avoids.”

—Aristotle



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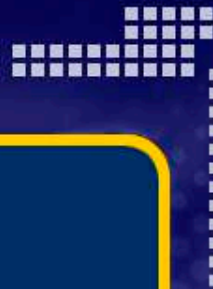


What's Your Health IQ?

BEHAVIOR

Indicate how frequently you engage in each of the following behaviors (1 = never; 2 = occasionally; 3 = most of the time; 4 = all of the time). Total your points, and then turn to p. 642.

1. I review all of my choices before I make a decision.
2. I think about the outcome for each possible choice.
3. I make decisions that support my beliefs.
4. I think about the decisions I make afterward so that I can learn from them.
5. I stop to think about who might be affected by the decisions I make.
6. I usually ask for advice when I have a tough decision to make.
7. If I make a bad decision, I try to correct any problem my decision caused.



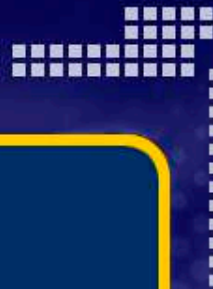
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- **Section 1** Building Life Skills
- **Section 2** Making GREAT Decisions
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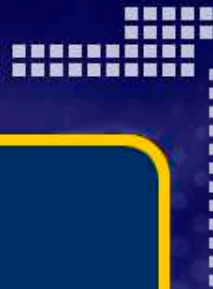
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Bellringer

- **Make a list of five challenges that you face in your life. What types of life skills do you think would help you face each of these challenges?**

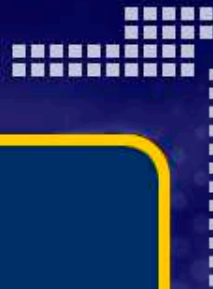




Objectives

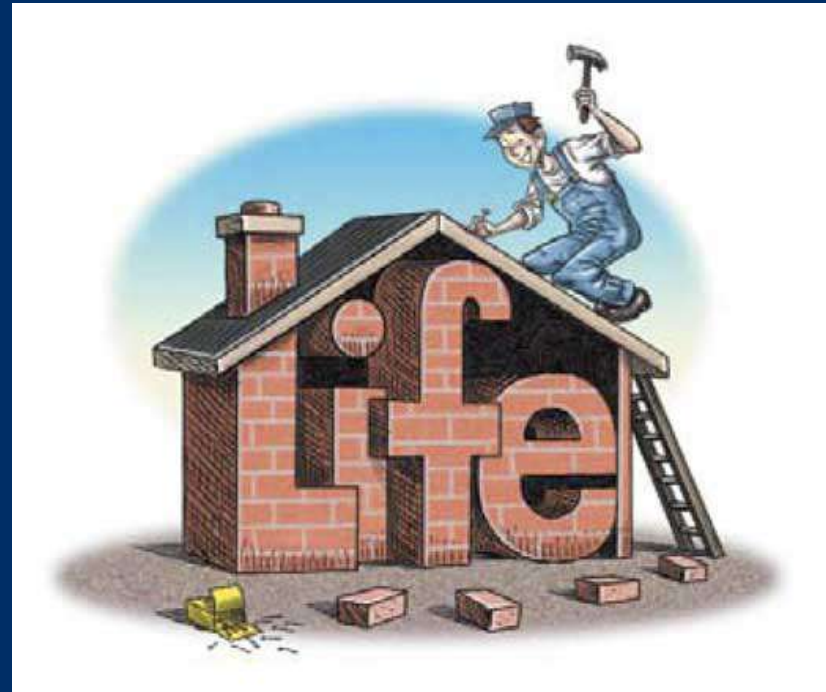
- **State** the importance of practicing life skills for lifelong wellness.
- **List** 10 life skills that you need for a healthy life.
- **Predict** how you can use each of the 10 life skills in your daily life.

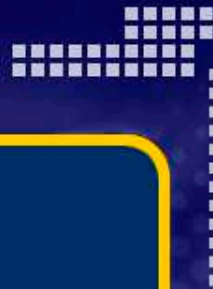




What Are Life Skills?

- Life skills are tools for building a healthy life.
- Like learning to build a house, learning to use life skills takes practice.





Ten Life Skills

- **Assessing Your Health** How healthy are you? How are your actions and behaviors affecting your health?
- **Communicating Effectively** Listen and speak effectively.
- **Practicing Wellness** Practice healthy behaviors for good life-long health.

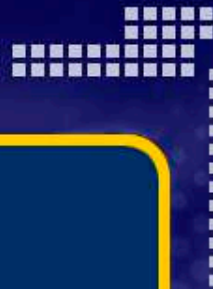




Ten Life Skills

- **Coping** Deal with troubles or problems in an effective way.
- **Being a Wise Consumer** Make good decisions when you buy health products and services.
- **Evaluating Media Messages** Recognize the influence of media messages on you and your decisions.
- **Using Community Resources** Find and use community resources to help all six components of your health.





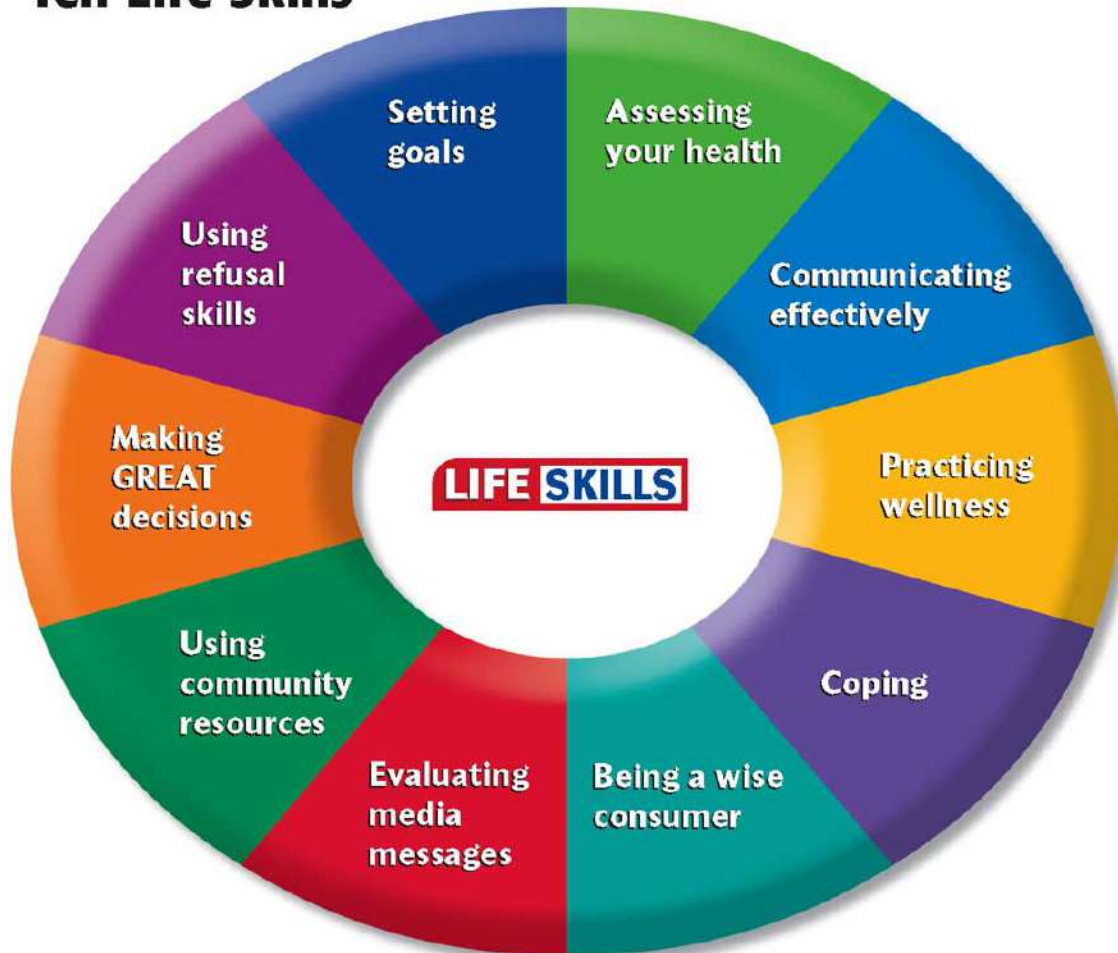
Ten Life Skills

- **Making GREAT Decisions** Use the making GREAT Decisions model.
- **Using Refusal Skills** Say “no” to anything that makes you uncomfortable.
- **Setting Goals** Setting goals helps you know where you are going and how you plan to get there.



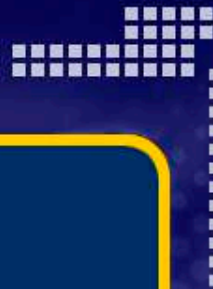


Ten Life Skills



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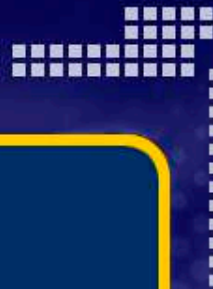
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Bellringer

- Imagine a friend is pressuring you to sneak out of your house to go to a party. Describe all the possible decisions you could make in this situation. Then list all the stages you would go through in making your decision.

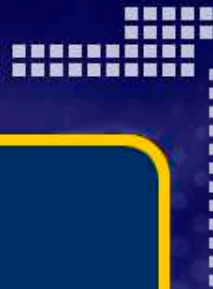




Objectives

- **Describe** the importance of making decisions.
- **Summarize** what you should do if you make a wrong decision.
- **Apply** the Making GREAT Decisions model to make a decision.
- **Describe** a time when you worked with someone else to make a decision.





Importance of Making Decisions

- **Consequences** are the results of your actions and decisions.
- Making decisions is important because you are responsible for the consequences.
- Impulsive decisions can have negative consequences.
- Good decisions often lead to positive outcomes.



MAKING GREAT DECISIONS

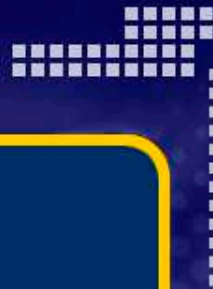
Give thought to the problem.

Review your choices.

Evaluate the consequences of each choice.

Assess and choose the best choice.

Think it over afterward.

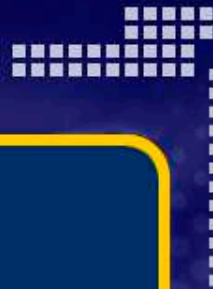


Using the Making GREAT Decisions Model

Sina's Decision

- Sina is on her way to school when Marty—a boy she likes—pulls up in his car with his friends.
- They are planning to skip school and want her to come. She notices some beer in the back seat.
- What should Sina do?

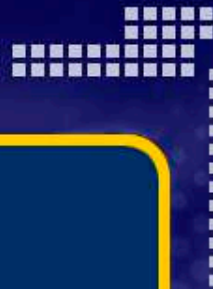




Using the Making GREAT Decisions Model

- **GIVE Thought to the Problem** Sina stops to think before making her decision.
- **REVIEW Your Choices** Sina has at least three choices.
 - Skip school and go with them
 - Say “No, thanks.”
 - Suggest they get together another time

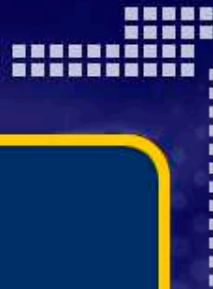




Using the Making GREAT Decisions Model

- **EVALUATE the Consequences of Each Choice**
 - If she skips school, she could get in trouble, and could be at risk.
 - If she says “No,” she will not get in trouble, but she will miss a chance to be with Marty.
 - If she suggests another time, she will not get in trouble, and she could get to be with Marty later—but does she want to?

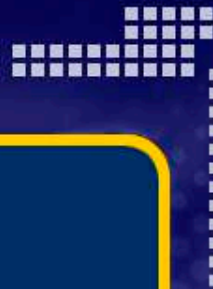




Using the Making GREAT Decisions Model

- **ASSESS and Choose the Best Choice** Sina realizes she does not want the stress of lying and putting herself at risk. She decides to say, “No, thanks.”
- **THINK It Over Afterward** Sina thinks about her decision later. She is glad she didn’t have to lie or worry about getting in trouble.

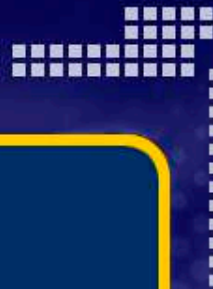




Making GREAT Decisions Together

- Working with other people can make difficult life decisions easier.
- Seek advice from your parents, friends, and teachers.





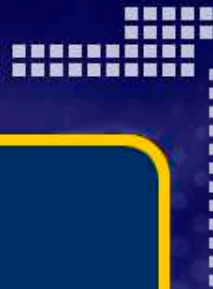
Everyone Makes Mistakes

- If you make a bad decision, use Stop, Think, Go.
- **STOP** and admit you made a wrong decision.
- **THINK** of people you can talk to about the problem.
- **GO** and do your best to correct the situation.



Chapter 2

Section 3 Resisting Pressure from Others



Bellringer

- List a few groups, things, or people that influence your behavior positively. List a few more groups, things, or people that influence your behavior negatively. How does each of these influence you?

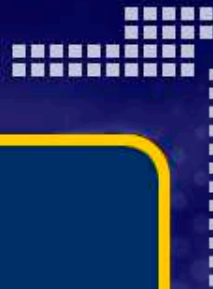


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Section 3 Resisting Pressure from Others



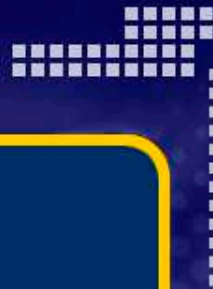
Objectives

- **State** the people and groups that influence our behavior.
- **Identify** three types of direct pressure.
- **Identify** three types of indirect pressure.
- **State** an example of each of the 12 types of refusal skills.
- **Apply** one of the refusal skills to a pressure in your life.



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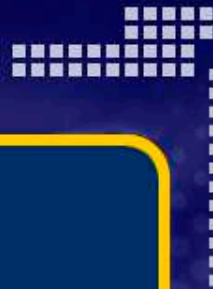
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Who Influences You?

- **Positive influences** can encourage you to improve yourself or to do good.
- **Negative influences** can pressure you to do something that is unhealthy or dangerous.
- **Peer pressure** is a feeling that you should do something because that is what your friends want.





Types of Pressure

- **Direct pressure** is the result of someone trying to convince you to do something you normally wouldn't do.
- **Indirect pressure** results from being swayed to do something because people you look up to are doing it.



Chapter 2

Section 3 Resisting Pressure from Others



Types of Pressure

Direct pressure

Pressure

Example

Teasing

Your friends tease you about your clothes being out of style.

Persuasion

You're too tired to go to the party, but your friend says that a lot of cool people will be there.

Explanations

The doctor says that your risk of heart disease increases if you do not exercise.

Put-downs

Some kids call you a wimp because you won't try out for the soccer team.

Threats

Your sister threatens to tell on you for failing your math test if you tell on her for getting a detention.

Bribery

Your parents tell you that they will give you \$10 for every A you get on your report card.



Indirect pressure

Pressure

Example

TV

You start using phrases or slogans from your favorite TV show.

Radio

A song's lyrics encourage violent acts or criminal behavior.

Advertising

You buy a product because the ad says the product will solve a particular problem for you.

Role models

Your coach volunteers at a fund raiser. You donate money to the fund.

Popular people

You like the way a certain jacket looks on a popular person, and you want to get one for yourself.

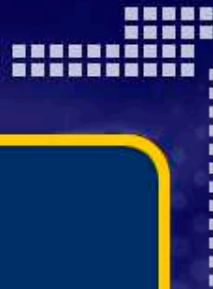
Famous people

Your hairstyle matches the hair style of a famous actress.



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Refusal Skills

- Refusal skills are strategies to avoid doing things that you feel pressured to do.

.....
Even if someone doesn't respect your NO, you don't have to do it.
.....



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Section 3 Resisting Pressure from Others

Twelve Refusal Skills

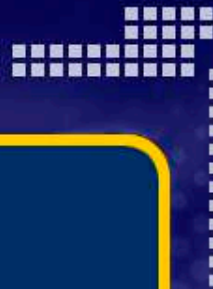
Refusal skill

Sample response

1. Blame someone else.	"My dad would kill me if I didn't help him."
2. Give a reason.	"No, my dad said he'd pay me \$20 if I helped out."
3. Ignore the request or the pressure.	Pretend that you don't hear them asking you. Refuse to talk about it.
4. Leave the situation.	"I've got to get going. I'm running late."
5. Say, "no, thanks."	"No, thanks. I'm not interested."
6. Say no, and mean it.	"NO, I don't want to!"
7. Keep saying no.	"How many times do I have to say no? Stop bugging me!"
8. Make a joke out of it.	"You probably couldn't keep up with me on a bike ride anyway."
9. Make an excuse.	"No, I'm not feeling well."
10. Suggest something else to do.	"Let's go on a bike ride on Sunday instead."
11. Change the subject.	"I heard Nick and Mary are dating."
12. Team up with someone.	"Hey David, didn't dad say we had to do the garage or we'd be grounded?" Ask one or more people who share your values to help you in the refusal. Many voices are better than one!

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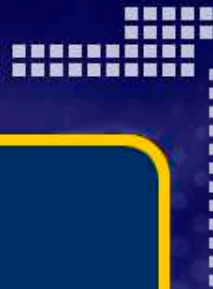
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Practicing Refusal Skills

- It helps to practice refusal skills so you will be ready for real-life pressure situations.
- When you say no, always respect others and don't put anyone down.
- If someone keeps pressuring you, then you may have to leave the situation.

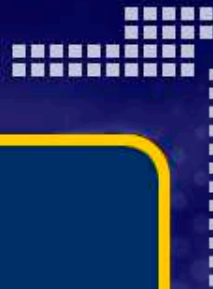




Bellringer

- Identify three goals that you hope to accomplish within the next month and three goals that you hope to accomplish within the next 10 years.

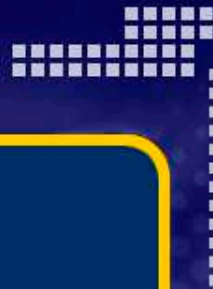




Objectives

- **Differentiate** between short-term goals and long-term goals.
- **Describe** six suggestions for setting goals.
- **Develop** an action plan to achieve a personal goal.

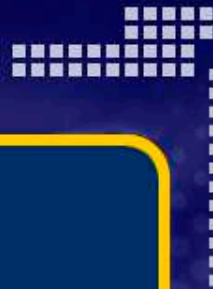




Kinds of Goals

- A **goal** is something you work toward and hope to achieve.
- **Short-term goals** can be achieved in days or weeks.
- **Long-term goals** may take months or years to achieve.

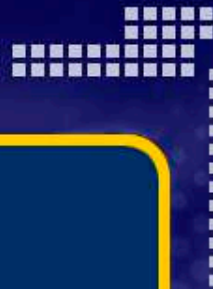




Six Suggestions for Setting Goals

1. **Safe** Goals should not be harmful to you or others.
2. **Satisfying** You should feel good about yourself when you reach your goals.
3. **Sensible** Set realistic goals that you can really hope to achieve.

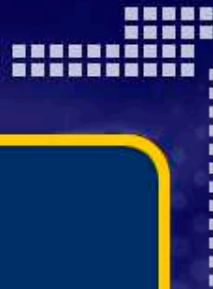




Six Suggestions for Setting Goals

4. **Similar** Set goals that work well together and do not contradict one another.
5. **Specific** The steps to achieve your goals should be clear.
6. **Supported** Your goals should be supported by your parents or other responsible adults.





Make an Action Plan

- An **action plan** is a set of directions that help you reach a goal.
- List the rewards you will have when you reach your goal.
- Know which influences can hurt you and which influences can help you as you work toward your goal.
- Track your progress regularly.



Brain Food Video Quiz



Click below to watch the Brain Food Video Quiz that accompanies this chapter.

[Brain Food Video Quiz](#)

You may stop the video at any time by pressing the **Esc** key.



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End of Chapter 2 Show

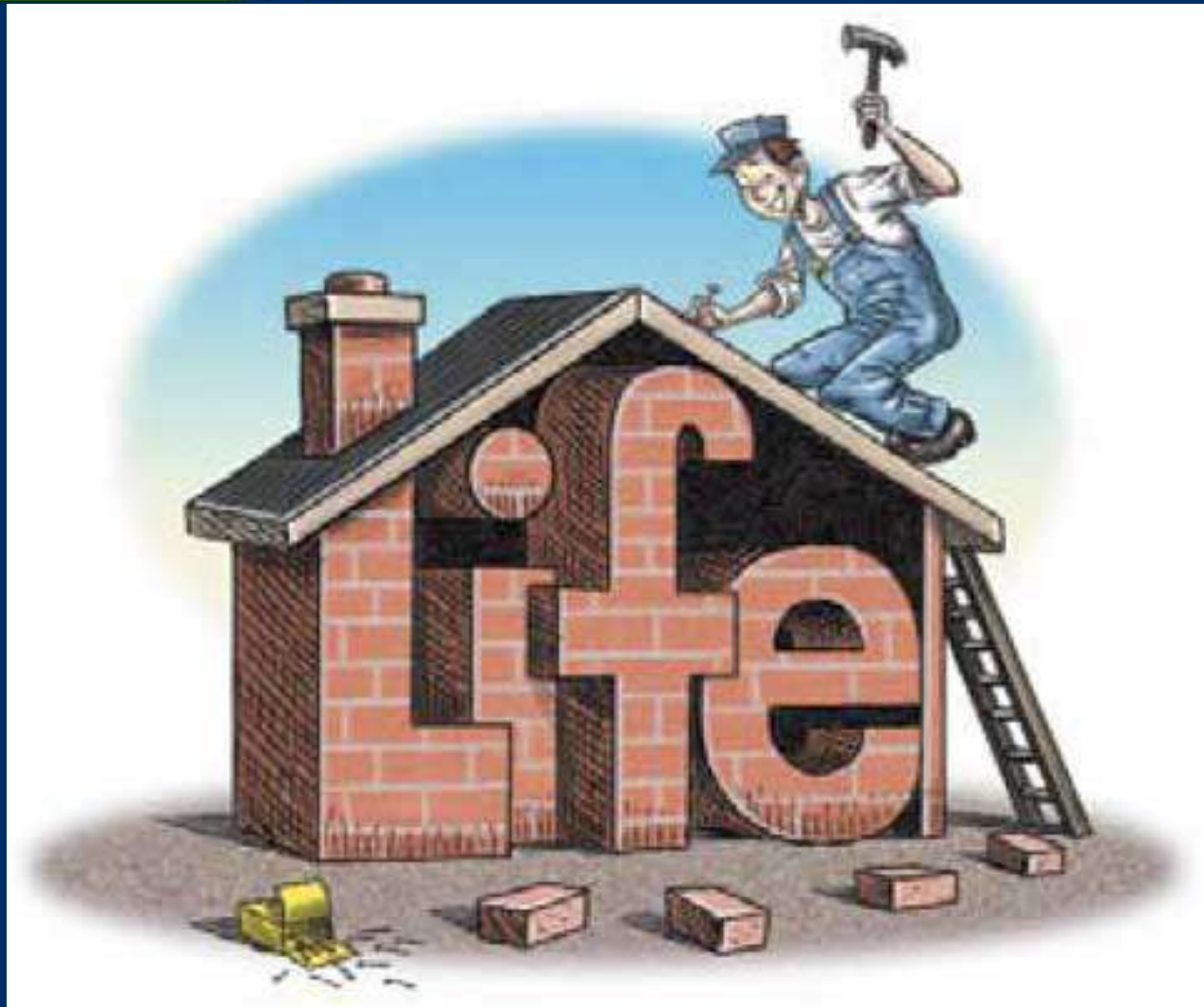
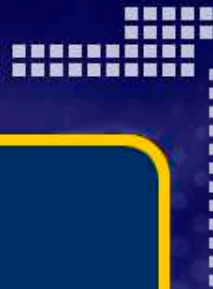


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Section 1 Building Life Skills



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Chapter 2

Section 3 Resisting Pressure from Others



Types of Pressure

Direct pressure

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Famous people

Your hairstyle matches the hair style of a famous actress.

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.....

**Even if someone doesn't
respect your NO, you
don't have to do it.**

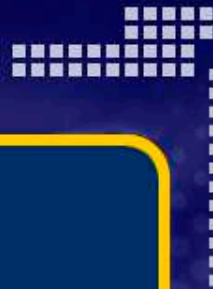
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Section 4 Setting Healthy Goals



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Quotes About Character



“If you stand straight, do not fear a crooked shadow.”

—Chinese Proverb



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Quotes About Character



“One falsehood spoils a thousand truths.”

—African Proverb



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Quotes About Character



“A man cannot be comfortable without his own approval.”

—Mark Twain



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Quotes About Character

“Our reverence is good for nothing if it does not begin with self-respect.”

—Oliver Wendell Holmes



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Quotes About Character



**“When the character of a man is not clear to you,
look at his friends.”**

—Japanese Proverb



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Quotes About Character



“What lies behind us and what lies before us are small matters compared to what lies within us.”

—Ralph Waldo Emerson



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Quotes About Character



“A good name, like good will, is got by many actions and lost by one.”

—Lord Jeffrey



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Quotes About Character



“To enjoy the things we ought and to hate the things we ought has the greatest bearing on excellence of character.”

—Aristotle



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Quotes About Character



“He that respects himself is safe from others; He wears a coat of mail that none can pierce.”

—Henry Wadsworth Longfellow



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Quotes About Character



“The reputation of a thousand years may be determined by the conduct of one hour.”

—Japanese Proverb



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Quotes About Character



“Dreams are the touchstones of our character.”

—Henry David Thoreau



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Quotes About Character



“A man’s character is his fate.”

—Heraclitus



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Quotes About Character



“Character is that which reveals moral purpose, exposing the class of things a man chooses and avoids.”

—Aristotle



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Quotes About Character



“What you do speaks so loud that I cannot hear what you say.”

—Ralph Waldo Emerson



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Quotes About Character



“Abstinence is the surety of temperance.”

—Plato



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Quotes About Character



“This above all, to thine own self be true/And it must follow, as the night the day/ Thou canst not then be false to any man.”

—William Shakespeare



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Quotes About Character



“No change of circumstances can repair a defect of character .”

—Ralph Waldo Emerson



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Quotes About Character



“Men acquire a particular quality by constantly acting a particular way . . . you become just by performing just actions, temperate by performing temperate actions, brave by performing brave actions.”

—Aristotle



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Quotes About Character



“The way to gain a good reputation is to endeavor to be what you desire to appear.”

—Socrates



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Quotes About Character



“Do what you know and perception is converted into character.”

—Ralph Waldo Emerson



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Quotes About Character



“Rather fail with honor than succeed by fraud.”

—Sophocles



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Quotes About Character



“Character is higher than intellect.”

—Ralph Waldo Emerson



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Quotes About Character



“To know what is right and not do it is the worst cowardice.”

—Confucius



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Quotes About Character



“It takes less time to do a thing right, than it does to explain why you did it wrong.”

—Henry Wadsworth Longfellow



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Quotes About Character



“Nature magically suits a man to his fortunes, by making them the fruit of his character.”

—Ralph Waldo Emerson



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Quotes About Character



“That soul that can be honest is the only perfect man.”

—John Fletcher



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Quotes About Character



“One does evil enough when one does nothing good.”

—German Proverb



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Quotes About Character



“There is no pillow so soft as a clear conscience.”

—French Proverb



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Quotes About Character



“Don't forget to love yourself.”

—Soren Kierkegaard



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“Character is the indelible mark that determines the only true value of all people and all their work.”

—Orison Swett Marden



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Quotes About Character



“What we think or what we believe is, in the end, of little consequence. The only thing of consequence is what we do.”

—John Ruskin



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Quotes About Character



“Fame is vapor, popularity an accident, riches take wing, and only character endures.”

—Horace Greeley



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Quotes About Character



“You can easily judge the character of a man by how he treats those who can do nothing for him.”

—James D. Miles



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Quotes About Character



“Right is right, even if everyone is against it; and wrong is wrong, even if everyone is for it.”

—William Penn



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Quotes About Character



“Our deeds determine us, as much as we determine our deeds.”

—George Eliot



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Quotes About Character



“Character is the result of two things: mental attitude and the way we spend our time.”

—Elbert Hubbard



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“A man without character is like a ship without a rudder.”

—Karl G. Maeser



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“Character is much easier kept than recovered.”

—Thomas Paine



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Quotes About Character



“Character is power.”

—Booker T. Washington



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Quotes About Character



“An individual step in character training is to put responsibility on the individual.”

—Robert Baden-Powell



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“Character is a by-product; it is produced in the great manufacture of daily duty.”

—Woodrow T. Wilson



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