

Making Healthy Choices

- Chapter 2:
 - Glencoe Health
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Essential Questions:

- How do the decisions that I make effect my health?
- Why is it important to have both short and long term goals?
- How can I make sure my goals are achieved?

Skills

- Health Skills- specific tools and strategies that lead to better and more informed health choices
- Social Skills- being a good communicator...able to express knowledge, beliefs, and ideas in many different ways

Communication Skills

- Clearly say what you mean
- Pay attention to how you say something
- Be a good listener
- Be aware of your facial expressions and gestures

Refusal Skills

- Say no
- Explain why you are refusing
- Suggest alternatives to the proposed activities
- Back up your words using body language
- Leave if necessary

Mental and Emotional Health Skills

- Building Self-Esteem- self esteem is the confidence and worth you feel about yourself....
 - ☞ Examine the messages you send to yourself
 - ☞ Focus on the things you do well

Stress Management Skills

- Stress is the body's and mind's reaction to everyday demands
- Solutions in dealing with stress:
 - œ Re-channel your energy
 - œ Relax
 - œ Laugh

Getting Help

- Think of people in your life that can offer assistance
- Learn about resources in your community
- Learn about print and electronic resources

Making Responsible Decisions

- Use the Decision Making Model:
 - ☞ STATE THE SITUATION
 - ☞ LIST THE POSSIBLE OPTIONS
 - ☞ WEIGH THE POSSIBLE OUTCOMES
 - ☞ CONSIDER YOUR VALUES
 - ☞ MAKE A DECISION AND TAKE ACTION
 - ☞ EVALUATE YOUR DECISION

Decision Making Scenario

- Bill and Tom, both 18, are driving around on a Saturday night looking for something to do. Tom stops at his house to make some phone calls and pick up some beer for the road. He hands the 6-pack to Bill, who immediately cracks one open and tosses the rest in the backseat. Tom, distracted by Bill, drives through a stop sign. The next thing the boys notice is the siren from an approaching police car? What should they do?

Setting Goals

- Goal- something you aim for that takes planning and work
 - ∞ Short term goals: can be achieved easily and take little time....example, getting homework done by 9 o'clock
 - ∞ Long term goals: take months or years to achieve....example, making all As in high school

Action Plan

- An action plan is a multi-step strategy for identifying and achieving goals
- GOALS FOR LIFE:
 - ☞ What are your personal goals right now?
 - ☞ If you do not have any goals, ask yourself:
 - Why?
 - How can I remove the roadblocks that stand in the way of my having positive goals?

Setting Goals: Making and Action Plan

- Select a goal to work on
- List what you will do to reach the goal
- Identify sources of help and support
- Set a reasonable time frame for reaching your goal
- Establish checkpoints to evaluate your progress
- Reward yourself after reaching your goal

Assignment: Decision Making

- Use the 6 step decision making model to answer the following scenario (create a word document to answer scenario):
- Your parents allowed you to ride to the movies with an older friend. However, you and the friend went to a party where alcohol was being served instead. You did not drink anything at the party but your friend had 3 beers. It is now 11 o'clock and time to go home. What do you do?

Assignment: Goal Setting

What are your personal goals right now? (continue on your word document to complete this assignment)

- ∞ List one short term goal and one long term goal
- ∞ Make an action plan for each goal (refer to slide #12 to help with plan)