



Living a Healthy Life

Chapter 1
Lesson 3

Your Behavior & Reducing Health Risks

- Part of becoming an adult is learning how to make responsible decisions
- The choices you make during adolescence can affect your health for the rest of your life



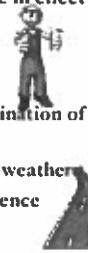
Understanding Health Risks

- Two steps in becoming responsible for your health
 - Be aware of risk behaviors in your life
 - Actions that can potentially threaten your health or the health of others
 - Examine your current behaviors & make necessary changes



Cumulative Risks

- Consequences of risk behaviors may add up over time
- Cumulative risks are related risks that increase in effect with each added risk
 - One high-fat meal or high-fat diet
 - One sunburn or repeated exposure
- Cumulative risks may also result from a combination of risk factors
 - Speeding → not wearing safety belt → bad weather
- The more risk behaviors → more likely experience negative consequences



Abstaining From Risk Behaviors

- To avoid the consequences of the most serious risk behaviors is to practice abstinence
- Abstinence is avoiding harmful behaviors, including tobacco, alcohol, and other drugs and sexual activity before marriage



Abstaining From Drugs

- Substances can cause addiction, harm the body, or cause death
- Isolates a person from family & friends → negative effect on social health
- Legal consequences
 - Illegal for people under 21 to purchase, possess, or consume alcohol
 - People under 18 cannot purchase tobacco
 - Purchase & use of other drugs are illegal for all people & ages



Abstaining From Sexual Activity



- Protects teens from many negative consequences
 - Never have to worry about unplanned pregnancy → 100% effective
 - Will not have to take on the many responsibilities of caring for a child
 - Don't have to worry about sexually transmitted infections (including HIV)
- Are free of emotional problems → guilt, regret, & rejection
- Making a legal choice – 18 or older with minor



Some People That Made BAD Decisions

- <http://www.youtube.com/watch?v=Mm0Umz2Zl6U> (lot of gymnastics)
- <http://www.youtube.com/watch?v=HhqsWTF4tXc>
- <http://www.youtube.com/watch?v=oyYTi0prSKw> (pictures – some made up)