Lesson

**Lesson Quiz** 

FOR USE WITH CHAPTER 2, LESSON 1

I.	<ol> <li>Directions: In the space provided, write the letter of the choice that best completes the statement or answers the question.</li> </ol>		
-	Which of the following is an internal influe     a. your family     c. your	nce on your health? our friends our environment	
-	<ol> <li>All of the following are strategies for effecti EXCEPT</li> </ol>		
		lacing blame on others. eing a good listener.	
1		our parents	
	<ul> <li>b. your health care provider</li> <li>d. encyclopedia</li> <li>4. Strong communication skills can help you to</li> <li>a. refuse to engage in risky behavior.</li> <li>b. resolve conflicts peacefully.</li> <li>c. express you knowledge, beliefs, and ideas clearly.</li> <li>d. all of the above</li> </ul>		
	I= = .16	ing responsibility for lvocacy ood listening skills	
II. Directions: In the space provided, write the term from the list that best completes the statement.			
6.	Suggesting alternative activities and using a firm vo	ice communication skills	
	are some of the that can help	conflict resolution	
	you say no to risky behavior.	external influences	
7.	Advertising, friends, and family are all	refusal strategies	
	on your health.	stress	
8.	is an unavoidable part of life,		
	brought on by both positive and negative events.		
9.	is the process of ending a dis-		
	agreement through cooperation and problem solving	<u>,                                      </u>	
10.	Effective allow you to express		
	your ideas and beliefs clearly.		
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