

Name _____
Hour _____

HEALTH: CHAPTER 2 TEST REVIEW

1. Accepting _____ for your health begins with a _____ to take charge of your actions and behaviors in a way that reduces risks and promotes wellness.
2. _____, or life skills, are specific tools and strategies that help you maintain, protect and improve all aspects of your health.
3. One of the traits of a health-literate individual, is knowing techniques for communicating _____, consideration and _____ of self and others.
4. Effective communication skills include:

_____.
5. Refusal strategies include:

_____.
6. _____ is the process of ending conflict through cooperation and problem solving.
7. The key to conflict resolution is respecting other's _____ and your own.
8. Willingness to _____ will also help you achieve a resolution that satisfies everyone.
9. Choices you make today will affect your _____ in the future.
10. Stress _____ will help you develop awareness of your own control over stress.
11. _____ influences, which include your knowledge, values, likes, dislikes and desires, are based on your experiences and your perspective on life.
12. _____ influences, which come from outside sources, include your family, your friends and peers, your environment, your culture, laws and media.
13. Encouraging family, friends, peers and community members to practice healthful behaviors is one way to practice health _____.

14. Making responsible _____ and setting meaningful _____ are important skills that can promote individual, family and community health.

15. Often, you will find it helpful to seek advice from those with more _____, such as parents and guardians.

16. Steps in the decision-making process include:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

17. Setting _____ can help you shape your life in positive ways by focusing your energy on behaviors you want to develop of change.

18. An _____ is a multistep strategy to identify and achieve your goals.

19. A person with good character demonstrates _____ values, such as responsibility, honesty, integrity and respect.

20. List the 6 primary traits of good character,

- | | |
|---------|---------|
| 1 _____ | 4 _____ |
| 2 _____ | 5 _____ |
| 3 _____ | 6 _____ |

21. Because your character plays a significant role in your decisions, actions and behavior, it impacts all aspects of your _____.

22. _____ and core ethical values are learned when you are young and developed throughout your life.

23. Having _____ role models is important in developing and strengthening good character traits.

24. People whose behavior reflects good character are more likely to experience increased feelings of _____, satisfaction and a sense of purpose.

25. Take advantage of the _____ you have to model good character and be a _____ influence on those around you.