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|  | **CHAPTER 3: Glencoe Health**  **Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Class**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Period**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  **Date:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  | **LESSON 1 : DEVELOPING YOUR SELF-ESTEEM**  What are some factors that impact teens’ self-esteem?        What are some aspects of everyday life that affect an individual’s mental and emotional health?  Define Mental and Emotional Health?  Give an example.  What is the importance of Mental and Emotional Health?         Characteristics of Good Mental and Emotional Health              Define resilient  Give an example  Explain which of the five characteristics do you believe is most affected by peers? Why?  Define Self-Esteem  It is important to develop self-esteem because:        Define competence  What is the relationship between developing **competence** and developing **self-esteem**?  How do you develop Self-Esteem?        Benefits of Healthy Self-Esteem                 Improving Your Self-Esteem       **Choose friends who:**  Focus on \_\_\_\_\_\_\_\_\_\_\_\_\_ aspects  Replace \_\_\_\_\_\_\_\_\_\_\_\_\_\_ self-talk with \_\_\_\_\_\_\_\_\_\_ self-talk  Work toward \_\_\_\_\_\_\_\_\_\_\_\_\_ rather than \_\_\_\_\_\_\_\_\_\_\_\_\_  Consider your \_\_\_\_\_\_\_\_\_\_\_\_ learning opportunities  Try new activities to discover your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Write down your \_\_\_\_\_\_\_\_\_\_\_\_ and steps to help achieve them  Exercise regularly to feel more \_\_\_\_\_\_\_\_\_\_\_\_  \_\_\_\_\_\_\_\_\_ your time to help someone  Accept the things you can’t \_\_\_\_\_\_\_\_\_\_\_\_\_, and focus your energy on changing the things you \_\_\_\_\_\_\_\_\_\_\_.  How and why should you develop Self-Awareness?  Define hierarchy of needs.  **Study Maslow’s Hierarchy of Needs**  List the 5 levels.          Explain how Maslow’s hierarchy of needs applies to someone who is too hungry, thirsty, or tired to pay attention in class?  Define self-actualization. |
| **Summary:** | |
|  | **LESSON 2 : Developing Personal Identity**  **Your Personal Identity**  Define personal identity.  How does identity form?  Define role model.  How does a role model affect your identity?  How’s a personality developed and why is a personality important?  Why is having good character important?  Traits of Good Character                                Which of the above traits do you think is most important? Why?  **Working Toward a Positive Identity**  Tips for Promoting a Health Identity          Why recognize your strengths and weaknesses?  Why demonstrate positive values?  Why develop a purpose in your life?  How has your ability to make choices and decisions about your life changed since you were a young child?  Why form meaningful relationships?  Why is constructive criticism important in developing your identity?  Why contribute to the community?  **LESSON 3: Expressing Emotions in Healthful Ways**  Common emotions experienced by teens:        How do hormones affect your emotions?  Some common emotions:          What is the difference between anger and hostility?  What is an example of an emotion that can be challenging to express in a positive way?  **Managing your emotions**  Emotions are neither \_\_\_\_\_\_\_\_\_\_ nor \_\_\_\_\_\_\_\_\_\_\_\_. The way you \_\_\_\_\_\_\_\_\_\_ your emotions, can produce good or bad \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.  Define empathy. Give an example  Define defense mechanisms.  Defense Mechanisms.          When would you use a Defense Mechanism?  **Handling Fear**  **Dealing with Guilt**  Managing Anger |
| **Summary:** | |