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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?*
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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?*
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 Characteristics of Good Mental and Emotional Health*
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Define resilientGive an exampleExplain which of the five characteristics do you believe is most affected by peers? Why?Define Self-EsteemIt is important to develop self-esteem because: *

Define competenceWhat is the relationship between developing **competence** and developing **self-esteem**?How do you develop Self-Esteem?*

 Benefits of Healthy Self-Esteem*
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*

 Improving Your Self-Esteem*
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**Choose friends who:**Focus on \_\_\_\_\_\_\_\_\_\_\_\_\_ aspectsReplace \_\_\_\_\_\_\_\_\_\_\_\_\_\_ self-talk with \_\_\_\_\_\_\_\_\_\_ self-talkWork toward \_\_\_\_\_\_\_\_\_\_\_\_\_ rather than \_\_\_\_\_\_\_\_\_\_\_\_\_Consider your \_\_\_\_\_\_\_\_\_\_\_\_ learning opportunitiesTry new activities to discover your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Write down your \_\_\_\_\_\_\_\_\_\_\_\_ and steps to help achieve themExercise regularly to feel more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your time to help someoneAccept 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.1.
2.
3.
4.
5.

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*

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 Which of the above traits do you think is most important? Why?**Working Toward a Positive Identity**Tips for Promoting a Health Identity*
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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:*
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How do hormones affect your emotions?Some common emotions:*
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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 exampleDefine defense mechanisms.Defense Mechanisms. *
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When would you use a Defense Mechanism?**Handling Fear****Dealing with Guilt**Managing Anger*
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| **Summary:** |