**Health Final Study Guide - Use a separate piece of paper for your answers**

**Chapter 1 and 2**

1. List and define the 3 major components of Health
2. Your social Health encompasses what aspects.
3. Give an example of cumulative risks.
4. Give an example of health disparities.
5. The strategy used to evaluate decisions is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (acronym)
6. What are the six hidden messages in advertising?
7. Know how the following affect your health: Media, culture, technology, advertising, warranty

**Chapters 3 Emotional Health**

1. What is the definition of Mental Health?
2. Definition of Mental Health
3. Constructive criticism -
4. What is Maslow’s Hierarchy?
5. List seven common defense mechanisms.

**Chapter 4 Managing Stress & Coping with Loss**

1. What is the difference between a memorial service and a Funeral?
2. How is a hospital care different than hospice care?
3. List the stages of grief
4. At what age does self-esteem develop?
5. How would you describe a person with high self-esteem?
6. What is chronic stress?
7. Is all Stress bad? Why?
8. What are the 3 stages of your body’s stress response
9. Psychosomatic response –

**Chapter 5 Mental & Emotional Problems**

1. Warning signs of suicide include?
2. What are some common myths about suicide?
3. List/know the Five Anxiety Disorders.

**Chapter 6 Skills for Healthy Relationships**

1. List three types of relationships
2. What are three skills for building healthy relationships

**Chapter 7 Family Relationships**

1. List the 5 types of families
2. What are 4 characteristics of strong families
3. What is the difference between changes in family structure vs family circumstances?
4. Know domestic violence, spousal abuse, child abuse, neglect, elder abuse.

**Chapter 8 Peer Relationships**

1. List three types of friendships
2. List 4 things healthy friendships are based on.
3. List 6 traits healthy relationships are based on.
4. Compare harassment vs. manipulation
5. Explain Assertive refusal skills vs. Passive or Aggressive

**Chapter 9 Resolving Conflicts and Preventing Violence**

1. Tolerance
2. Affirmation
3. Conflict
4. Mediation
5. assault

**Chapter 19 – Medicines and Drugs**

1. Define drug use, abuse, drug misuse, side effects, psychoactive effect
2. Give two examples of over the counter Drug?
3. How do drugs affect people?
4. Explain over the counter, prescription and unrecognized drugs.
5. Explain the proper and improper use of drugs.
6. What are three ways medicines can be taken?

**Chapter 20 – Tobacco**

1. What is Tar?
2. What is emphysema?
3. What is the difference between side stream smoke and mainstream smoke?
4. List and define the chemicals in cigarette smoke
5. Define carcinogen

**Chapter 21 – Alcohol**

1. BAC of .02 means what?
2. Name the diseases associated with alcohol abuse.
3. List the three stages of alcoholism
4. Alcohol is described as what type of drug?
5. Vocabulary (Define) – alcoholism, Fetal alcohol syndrome, blood alcohol level
6. What is the main drug found in alcohol?

**Chapter 22 – Illegal drugs**

1. What is the world’s most dangerous drug?
2. What is the difference between tolerance and withdrawal?
3. What are the four stages of drug addiction process?
4. Stimulant vs depressant
5. Hallucinogen

**Chapter 23 – Infectious disease**

1. Define – Virus, bacteria, fungi, White blood cells
2. Genital Herpes can cause \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cancer.
3. How can infections be spread? -
4. Pathogen -
5. Test to tell the number of white blood cells in a patient with HIV/AIDS is \_\_\_\_\_\_\_\_\_\_\_\_
6. Tumor that grows slowly and does not spread to other tissues is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Know: infection, lymphocytes, viral STD’s