

First Name_____ Last Name_____ Period_____

Unit 1—Packet

Healthy Self



POINTS	ASSIGNMENT
____/10 pts	Health Inventory
____/10 pts	Self-Worth Concept
____/20 pts	Obituary
____/10 pts	Communication
____/10 pts	Healthy Relationships
____/10 pts	Families
____/10 pts	Peer Pressure
____/20 pts	Mental Diseases
____/10 pts	Resiliency Training
____/20 pts	Stress/Stress Management
TOTAL ____/130 pts	

Health Inventory

Evaluate your health over the last week by placing an *X* under the appropriate column for each statement.

Physical Health

Yes	Almost	No	
___	___	___	I exercised at least three times this week
___	___	___	I ate fruits and vegetables daily
___	___	___	I got at least eight hours of sleep nightly
___	___	___	I used a seatbelt every time I rode in a car

Mental Health

Yes	Almost	No	
___	___	___	I read for at least 15 minutes every day
___	___	___	I learned something new this week
___	___	___	I solved a difficult problem creatively
___	___	___	I tried something I've never done before

Social Health

Yes	Almost	No	
___	___	___	I made a new friend
___	___	___	I did something kind for someone
___	___	___	I enjoyed being with my family
___	___	___	I did something really fun with my friends

Emotional Health

Yes	Almost	No	
___	___	___	I handled anger appropriately
___	___	___	I dealt with stress appropriately
___	___	___	I was organized and prioritized tasks
___	___	___	I laughed at least once each day

Spiritual Health

Yes	Almost	No	
___	___	___	I spent time each day in quiet reflection
___	___	___	I felt like my life has meaning
___	___	___	I felt free from guilt
___	___	___	I am a better person today than I was last week

Which area of health do you think you need the most improvement in? How can you improve?

Self-Worth Checkup

CIRCLE YOUR CHOICE

	No Way!			Heck Yes!		
1. I generally like myself.		1	2	3	4	5
2. I have confidence in myself.	1	2	3	4	5	
3. I'm okay with how I look.	1	2	3	4	5	
4. I can handle rude or mean comments.	1	2	3	4	5	
5. I have good skills and talents.	1	2	3	4	5	
6. I finish what I start.	1	2	3	4	5	
7. I am happy for others when they succeed, even those closest to me.	1	2	3	4	5	
8. I regularly push myself to try new things and expand my comfort zone.	1	2	3	4	5	
9. I see myself as a winner.	1	2	3	4	5	
10. I have accomplished some important things in my life.	1	2	3	4	5	

Define Social Mirror:

Define True Mirror:

ACTIVITY:

(How would others describe me?)

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

(How would I describe the real me, my best self?)

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

Creating your obituary

You have lived a long successful life, but how are you going to be remembered by your grandchildren, children, spouse, siblings, parents, neighbors, co-workers, etc. Your assignment is to create your own obituary that will be published in the local newspaper.

Items you will want to include are full name, birth date, date of death, reason for death, successes in life, hobbies, and thoughts by grandchildren, children, spouse, siblings, parents, neighbors, co-workers, etc.

[illegible]

Communication is: _____

Keys to a Positive Relationship: 3 C's

1. _____:

-

-

-

2. _____:

3. _____:

Communicating Effectively/ Communication Styles

1. Aggressive:

2. Passive:

3. Assertive:

4. Body Language:

Listening Skills

1. Active Listening

a. .

b. .

c. .

d. .

e. .

f. .

g. .

How to use Use I Messages

Healthy Relationships

What are five specific things you are personally going to do to not judge someone by their “cover”?

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

Friend Checkup: 1= NO WAY 5= Heck YES

- | | |
|-----------|------------|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | 10. |

Score Total:_____

What are characteristics of someone who is Socially Healthy?

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

FAMILIES

Families are the _____

What are some of the reasons that the family has changed in our society?

-
-
-
-

Define the following types of families:

Nuclear: _____

Single-Parent: _____

Extended: _____

Blended: _____

Foster: _____

Adoptive: _____

Couple: _____

_____: The process of teaching children to behave in a way that is acceptable to the family and to society. IE:

- Manners
- Responsibility
- Respect/Love
- Traditions/Beliefs/Values

What type of a family do you belong to? _____

Socialization is the process of teaching children to behave in a way that is acceptable to the family and to society. What has your family done to socialize you? Choose one of the following aspects of socialization and write a paragraph on how your family has taught you it. Be specific.

- Acceptable behavior in society (manners)
- Becoming a responsible adult
- Respect the rights of others
- Give and receive love
- Values, beliefs, customs, and traditions

What is an aspect of socialization that you learned from your parents and intent to teach your future children? How will you teach it to your children?

What is an aspect of socialization your parents didn't teach you that you intend to teach to your future children? How will you teach this to your children?

PEER PRESSURE

What does it mean to belong to a group? _____

Who do you believe influences you more—parents, peers, society, media, etc?

What is a peer?

What is peer pressure?

What tactics do people use to pressure you to do something?

What tactics work on you?

How can you better resist negative peer pressure? _____

How can YOU be a better source of positive peer pressure? _____

What is Bullying?

Bullying is repeated verbal, physical, social or psychological behavior that is harmful and involves the misuse of power by an individual or group towards one or more persons. It can have long-term effects on those involved. Bullying can happen face-to-face; at a distance; and through information and communications technologies.

Some conflicts between children and teenagers are a normal part of growing up and are to be expected. These conflicts or fights between equals and single incidents are not considered bullying, even though they may be upsetting and need to be resolved.

Rude = Inadvertently saying or doing something that hurts someone else.

Mean = Purposefully saying or doing something to hurt someone once (or maybe twice).

Bullying = Intentionally aggressive behavior, repeated over time, that involves an imbalance of power.

Mental Illnesses

Define Mental Illness:

What percentage of the population has or develops a Mental Disorder? _____%

TYPE OF MENTAL ILLNESSES:

Depression: _____

Anxiety: _____

Bi-polar Disorder: _____

Self-injury: _____

Anorexia Nervosa: _____

Bulimia Nervosa: _____

Schizophrenia: _____

Obsessive Compulsive Disorder (OCD): _____

Post-Traumatic Stress Disorder (PTSD): _____

Phobias: _____

Addictions: _____

Seasonal Affective Disorder (SAD): _____

MENTAL ILLNESSES CONTINUED

Alzheimer's: _____

Autism: _____

Asperger's Syndrome: _____

Tourette's Syndrome : _____

Learning Disabilities: _____

Attention Deficit/Disorder (ADD): _____

**Attention Deficit Hyperactivity Disorder
(ADHD):** _____

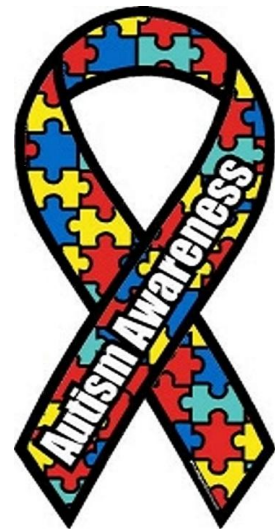
How does mental illness affect society?

How does mental illness affect families?

How does mental illness affect the individual?

Treatment Options:

- 1.
- 2.
- 3.
- 4.
- 5.





RESILIENCE TRAINING

Define resiliency:

Warning Signs:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.

“Most people are searching for happiness outside of themselves. That’s a mistake. Happiness is something that you are and it comes from the way that you think.”

Characteristics of resilient people consist of...

- ❖ Overcome adversity
- ❖
- ❖ Thrive under extreme, on-going pressure without acting in dysfunctional or harmful ways
- ❖

What can I do to be more resilient?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Friends for Life

Preventing Teen Suicide

Dramatization 1:

1. What might make a student, who thinks he/she has to be “perfect,” be at risk for suicide. Write your response in the box below:

2. What things did the student say that might be an indicator of depression or suicidal risk? List one or two phrases in the box below:

3. What are the ACT steps? Write out the steps below:

Dramatization 2:

4. Is it normal for students to have suicidal feelings after a breakup with a girlfriend or boyfriend? Write your response in the box below:

5. What does the girl say that makes her reaction so concerning? List one or two phrases in the box below:

6. How did the brother use the ACT steps to help his sister? Write out the steps below:

Dramatization 3:

7. What are some things that tell you Jason may be at risk to do harm? Write your response in the box below:

8. Although this situation is about bullying, it is also about depression and suicide. Why? List one or two reasons below:

9. How did the girls use ACT to help the boy? Write out the steps below:

Dramatization 4:

10. What has been happening to make Michael's friend concerned or worried about him? Write your response in the box below:



11. How did Michael's friend use ACT to help his friend? List the steps below.



12. In the space below make a list at least 5 signs of depression or warnings of Suicide:



Stress

What is stress?: _____

What are some of the physical effects of stress?

What is a stressor? _____

What are some of your stressors?

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



What is your BIGGEST stressor?

How would you feel if it were gone?

Different Types of Stress

1. _____ :
2. _____ :

Homeostasis:_____.

What is the "Fight or Flight" response?: _____

ANTI-STRESS KIT

1. PLACE ON A FIRM SURFACE
2. FOLLOW DIRECTIONS IN CIRCLE
3. REPEAT UNTIL YOU ARE UNSTRESSED
OR BECOME UNCONSCIOUS



Stress Management

List as many UNHEALTHY ways to deal with as you can...

List as many ways to healthfully manage stress as you can...

Make a list of some of your favorite movies, books, or TV shows. When you watch these shows or read these book, how do you feel afterward?

NOW LETS PRATICE HOW TO RELAX

Unit 1 Project

DUE: _____

For your unit 1 project you will need to create a vision board.

The idea behind this is that when you surround yourself with images of who you want to become, what you want to achieve, what you want to accomplish, etc, your life changes to match those images and those desires.

The Five Steps of Creating a Vision Board:

Step 1: Go through your magazines, photographs, internet searching, etc. Just let yourself have lots of fun looking and pulling out pictures or words or headlines that jump out at you of things you want to do and become.

Step 2: Go through the images and begin to lay your favorites on the board. Eliminate any images that no longer feel right. This step is where your intuition comes in. As you lay the pictures on the board, you'll get a sense of how the board should be laid out. For instance, you might assign a theme to each corner of the board. Health, Career, Hobbies, Spirituality, Relationships. Or it may just be that the images want to go all over the place.

Step 3: Glue everything onto the board. Add writing if you want. You can paint on it, write words with markers, print items, etc.

Step 4: (optional, but powerful) Leave space in the very center of the vision board for a fantastic photo of yourself where you look radiant and happy.

Step 5: Hang your vision board in a place where you will see it often.

Grading:

You will be graded on the following criteria: introduction, communication skills, use of visuals, personal style & overall aesthetic quality, mindset and use of goal oriented language.

A detailed rubric is on the other side to help you know how to earn maximum points.

Evaluation of Vision Board Presentation

Presenter's Name _____

	Excellent 10 pts	Very Good 9-7 pts	Satisfactory 6-3 pts	Poor 2-1 pts
Introduction	Introduced self and product with Energy and Enthusiasm	Introduced self and product with average Energy and Enthusiasm	Introduced self with and product with little Energy and Enthusiasm	Did not introduce self or product directly
Communication skills	Expresses ideas clearly, logically and succinctly. Consistently makes appropriate eye contact . Speaks clearly and at an appropriate rate, pace and volume . Speaks in complete sentences.	Expresses <u>most</u> ideas clearly and logically. Makes appropriate eye contact. Speaks in complete sentences. Speaks clearly and at an appropriate rate, pace and volume <u>most of the time</u> .	Is <u>beginning to</u> express ideas clearly. Makes <u>some</u> eye contact Speaks clearly and at an appropriate rate, pace, and volume <u>some of the time</u> . Speaks in <u>simple</u> sentences	Has <u>difficulty</u> expressing ideas. Makes minimal eye contact Speech is <u>difficult</u> to understand and hear. Speaks in one or two work phrases or very <u>simple</u> sentences.
Use of Visuals	Visuals are Creative and organized . Use of space creates extreme visual interest in vision board.	Visuals are <u>mostly</u> creative and <u>organized</u> . Use of space creates <u>decent</u> visual interest in vision board.	Visuals are <u>fairly creative</u> and <u>organized</u> . Use of space creates a <u>minimal</u> visual interest in vision board.	Visuals are <u>unorganized</u> and <u>uncreative</u> . Use of space does <u>not</u> create visual interest in vision board.
Personal Style & Overall Aesthetic Quality-	Vision Board is innovative, expressive and imaginative . Vision Board expresses goals of what the person intentions are to do, be, achieve, and experience .	Vision Board is <u>mostly</u> innovative, expressive and imaginative . Vision Board <u>mostly</u> expresses goals of what the person intentions are to do, be, achieve, and experience .	Vision Board is <u>limited</u> in innovation, expression and imagination . Vision Board <u>slightly</u> expresses goals of what the person intentions are to do, be, achieve, and experience .	Vision Board is <u>not</u> innovative, expressive and imaginative . Vision Board does <u>not</u> express goals of what the person intentions are to do, be, achieve, and experience .
Mindset and use of goal oriented language	Shows vocabulary and answered questions with a growth mindset , such as "I will..." to demonstrate an attitude of having already achieved or committed to achieving.	Uses <u>some</u> vocabulary and answered questions with <u>somewhat</u> of a growth mindset, such as "I will..." to demonstrate an attitude of having already achieved or committed to achieving.	Speaks with <u>simple</u> vocabulary and answered questions with a <u>simple</u> mindset, such as "I will..." to demonstrate an attitude of having already achieved or committed to achieving.	Uses <u>limited</u> vocabulary and answered questions with a fixed mindset, such as "I will..." to demonstrate an attitude of having already achieved or committed to achieving.
Total: _____ / 50				