

Activity Use with Chapter 1, Lesson 2.

2

Enrichment

Advice Regarding Influences on Personal Health

② Influences on a person's health include such factors as heredity, environment, family traditions, the attitudes of friends, and messages from the media. Respond to the following questions from teens. First, identify the factor or factors that influence the teen's situation. Then provide advice for understanding the factor; coping with it; or, if possible, taking action to change it.

FACTORS that influence situation will be from these 5 choices

1. I want to try out for the track team. I'd like to be a runner, but unfortunately I have my grandmother's legs—they're short and stubby, just like my mother's and my aunt's. What can I do to have long legs so I can increase my stride? Help!

Factor(s) that influence the situation: _____

Advice: _____

2. My friend Ron and I belong to a bicycle club. Once a month we all ride our mountain bikes on an assigned route along different country roads. Sometimes Ron takes off his helmet. If I keep mine on, he makes fun of me. He says that helmets aren't needed on country roads. Lately I've been taking my helmet off, too. Is Ron right? What should I do?

Factor(s) that influence the situation: _____

Advice: _____

3. My dad says I'm turning into a couch potato. I'd like to exercise more, but my family lives in an apartment. There is really no yard, and the nearest park is several blocks away. It's not my fault that I can't make it over there very often. I do like sports a lot, so at least I'm enjoying watching my favorite teams on TV. How can I make my dad understand that I'd be more active if we lived closer to the park?

Factor(s) that influence the situation: _____

Advice: _____
