

HEALTH	Physical	Social Health	Mental Emotional Health
Wellness	3 influences on your health	HEREDITY	ENVIRONMENT
3 things that influence our choices	Examples of traits passed on from parents	Examples of your physical environment	Influences from friends can be . . .
What does it mean to "evaluate" the source	Your actions show others what you think is . .	Ways to be socially healthy	Ways to be physically healthy
Values	Decision making process	Criteria	Using the H.E.L.P. criteria
ETHICAL	Ways to keep yourself mentally and emotionally healthy	SELF ASSESSMENT	

<p>combination of physical, social, mental/emtional well-being</p>	<p>The codition of your body</p>	<p>The ways in which you relate to other people</p>	<p>Relates to your thoughts and feelings.</p>
<p>balanced health over a long period of time</p>	<p><u>Heredity</u> - can't change <u>Environment</u>- sometimes can change <u>YOUR CHOICES</u> Can control</p>	<p>traits passed on from biological parents to children</p>	<p>everything that surrounds you.</p>
<p>Family Friends Media</p>	<p>skin, eye, hair color body type and size</p>	<p>school, home, neighborhood Air/water quality Climate</p>	<p>Positive or negative</p>
<p>DETERMINE THE QUALITY OF EVERYTHING YOU SEE AND HEAR</p>	<p>important</p>	<ol style="list-style-type: none"> 1. support value members of family. 2. positive, open attitude towards people 3. pay attention to what you say and how you say it. 4. learn to disagree without arguing 5. be a dependable friend 6. don't put down others. 	<ol style="list-style-type: none"> 1. eat a balanced diet 2. participate in regular physical activity 3. get 9 hours of sleep 4. have regular health screenings 5. avoid tobacco, alcohol and other drugs 6. avoid unnecessary risk
<p>BELIEFS THAT GUIDE THE WAY A PERSON LIVES</p>	<ol style="list-style-type: none"> 1. State situation 2. List options 3. Weigh consequences of each option 4. Consider values 5. Make a decision and act. 6. Evaluate the decision 	<p>Standards you use to guide decisions.</p>	<p>H - Helpful? E - Ethical? L - Legal? P - Parents approve?</p>
<p>Right and Wrong</p>	<ol style="list-style-type: none"> 1. face difficult situations with a positive and realistic outlook. 2. identify, manage and express your feelings appropriately. 3. set priorities so you can handle all of your responsibilities. 4. accept responsibility for your actions. 5. be patient with yourself as you learn new skills. 	<p>Careful examination and judgement of your own patterns of behavior</p>	