

Taking Charge of Your Health



Chapter Preview

Lesson 1 Making Responsible Decisions	36	Building Health Skills	52
Lesson 2 Setting and Reaching Your Goals	42	Hands-on Health	54
Lesson 3 Building Good Character	47	Chapter Reading Review	55
		Chapter Assessment	56

▲ Working with the Photo

It is easy to take charge of your health when you choose friends who also make healthful decisions. **What healthful decisions are these teens making?**

Start-Up Activities

Before You Read What do you already know about setting and achieving goals? Answer the Health eSpotlight question below and then watch the video. Keep a record of your answer.



Health eSpotlight



Taking Charge of Your Health:

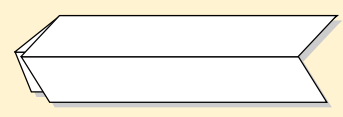
Being organized is an important part of being successful at home, at school, and in life. How do you stay organized? What advice would you give to a friend who asked for help with managing his or her time?

Go to glencoe.com and watch the health video for Chapter 2. Then complete the activity provided with the online video.

FOLDABLES® Study Organizer

As You Read Make this Foldable® to help you organize what you learn about decision making in Lesson 1. Begin with a plain sheet of 11" × 17" paper.

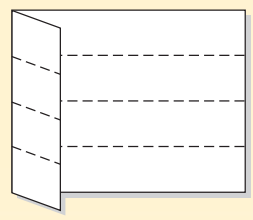
1 Fold a sheet of paper in half the long way, then fold it in half again. This makes four rows.



3 Label the chart with the terms shown.

Decision Making	
Values	
Criteria	
H.E.L.P.	

2 Open and fold the short side on the left to make a 3" column.



As you read Lesson 1, define and take notes on the terms listed in the chart.



Visit glencoe.com and complete the Chapter 2 crossword puzzle.



Lesson 1

Making Responsible Decisions

Guide to Reading

Building Vocabulary

Write the terms below. As you come across them in the lesson, write the definitions next to each term.

- decision making (p. 36)
- values (p. 37)
- ethical (p. 37)
- criteria (p. 38)

Focusing on the Main Ideas

In this lesson you will be able to

- **explain** what decision making is and why it is important.
- **describe** why values are important to decision making.
- **demonstrate** how to use the six-step decision-making process to make a healthful choice.

Reading Strategy

Analyzing a Graphic Take a look at Figure 2.3 on page 40. Use this figure to summarize the steps you would take to make a healthful decision.

FOLDABLES Study Organizer Use the Foldable® on p. 35 as you read this lesson.

Quick Write

In a sentence or two, briefly describe a decision you made recently. List the steps you took when making that decision.

Decisions and Your Health

As you grow up, you take on more responsibility for yourself. One of the keys to being responsible is good **decision making**, *the process of making a choice or solving a problem.*

The choices and decisions you make can affect each part of your health triangle. For example, when you get enough sleep, you improve your physical health by having the energy for your activities. You affect your mental health by being able to focus on your schoolwork. And you affect your social health by being able to have more fun with your friends.

Some decisions may help you avoid harmful behaviors. Deciding never to use tobacco can have a lasting, positive effect on your health. Look at **Figure 2.1** on the next page. Use the list to help you understand some of the consequences of health-related decisions.

Good decision making comes from learning to analyze the validity of health information. If you take the time to analyze your decisions, you are less likely to make impulsive choices. It is also understanding the role that family, community, and cultural attitudes play when people make health-related decisions.



▼ FIGURE 2.1

THINKING ABOUT CONSEQUENCES

You can make wiser choices if you first understand the consequences of a health-related decision. **What are two consequences of getting enough sleep?**

- How will this decision affect my health?
- Will it affect the health of others? If so, how?
- Is the behavior I might choose harmful or illegal?
- How will my family feel about my decision?
- Does this decision fit with my values?
- How will this decision affect my goals?

Decisions and Values

Your decisions show what's important to you. That's why it is important for your choices to be based on **values**, *the beliefs that guide the way a person lives*. Your values include your beliefs about what is right and wrong and what is most important to you.

Some values are generally shared by a group of people. These are known as core ethical values. **Ethical** means *choosing to take the right action*. Being honest and showing respect for others are examples of core ethical values. These values help you make decisions about right and wrong. They also help you maintain healthy relationships.

You also have personal values, which help you make decisions about what is important to you. For example, if you believe that it's important to keep parks clean, you might decide to spend time each week picking up trash in your local park.

Your values come from different sources. When you are young, you get most of them from your parents or guardians and other family members. They provide you with the moral foundation for the rest of your life. See **Figure 2.2** on the next page for more examples of how your values are formed.



Reading Check

Describe How are core ethical values different from personal values?



Go Online

Topic: Stories That Share a Lesson

Visit glencoe.com for Student Web Activities where you can read stories and learn how to write stories that have a lesson to teach.

Activity: Using the information provided at the above link, write a story of your own that contains a lesson on values or ethics.



FIGURE 2.2

SOME SOURCES OF VALUES

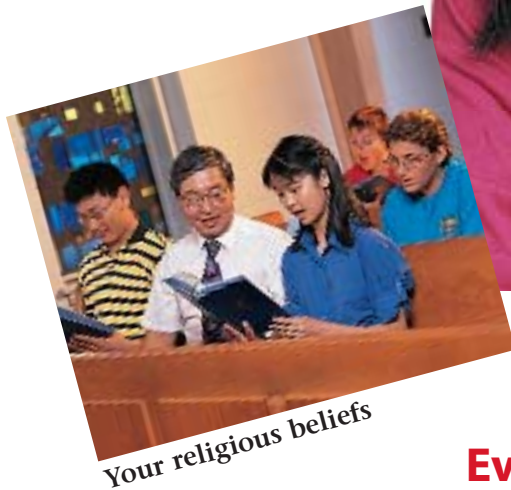
You learn values from many sources. **What are some values that might influence the decisions that you make?**



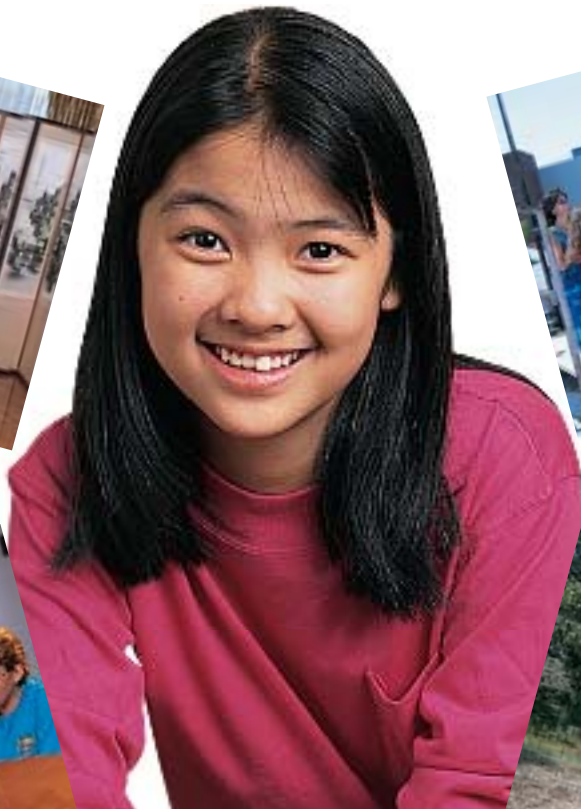
Your family



Your culture



Your religious beliefs



Your life experiences

Evaluating Your Choices

Your values help you evaluate your choices. Tyler’s classmate Christopher told Tyler that he had a copy of the answers to a test. Tyler knew that he could easily get an A if he used the answers. He also knew that doing this would be dishonest. Tyler believed in honesty. He wasn’t sure what to do and he didn’t want to make an impulsive decision.

Values provide **criteria**, *standards on which to base decisions*. Criteria can help you evaluate the possible outcomes of your decision. Tyler used the H.E.L.P. criteria to decide what to do:

- H** (Healthful). What are the risks of cheating?
- E** (Ethical). Is cheating right, according to core ethical values?
- L** (Legal). Are there school rules against cheating on a test?
- P** (Parental Approval). Would my parents approve of cheating?



Reading Check

Describe How are criteria used in decision making?



Health Skills Activity

Decision Making

Is It Always Right to Help a Friend?

LaDonna had recently moved to a new school and was having a hard time making friends. Then she met Jason, who introduced her to many people at school. Thanks to him, LaDonna soon had many new friends.

Jason sat behind LaDonna in science class. One day, he asked LaDonna to let him copy answers from her test. LaDonna felt that she “owed” Jason for helping her. However, she also knew that cheating on a test is wrong. What should LaDonna do?

What Would You Do?

Apply the six steps of decision making to LaDonna’s problem.

1. State the situation.
2. List the options.
3. Weigh the possible outcomes.
4. Consider your values.
5. Make a decision and act.
6. Evaluate the decision.

With a Partner

Role-play a scene in which LaDonna applies the steps of the decision-making process to keep from making an impulsive decision.

After using the H.E.L.P. criteria, Tyler saw that there were many negative consequences to cheating on the test. Cheating went against school rules and was not ethical. Tyler’s parents would not approve of his cheating on a test. Tyler decided not to use the answers. He got an A and was proud that he earned his grade honestly. Tyler’s values helped influence his decision not to cheat on the test.

Influences on Decisions

Sometimes you make decisions based on factual information. Other times, you make decisions because something else influences you. Your parents, friends, peers, and the media can also influence your decisions. For example, the other day



▲ These teens are tempted to take a swim even though a sign warns against it. **How would they use the H.E.L.P. criteria to make a responsible decision?**

THE SIX STEPS OF DECISION MAKING

When you apply the decision-making steps, you can make responsible decisions. **Why is it important to make a decision based on core ethical values?**

Emily has soccer practice at 3:30 P.M. Her friends want her to hang out with them instead. Emily loves soccer but also loves to spend time with her friends. Note how the six steps of the decision-making process can help her make a choice.



1 State the Situation. What decision does Emily have to make? How much time does she have to make the decision? Emily has to decide whether to go to soccer practice or spend time with friends. She needs to make her decision by 3:30.

2 List the Options. What are Emily's choices? Emily can go to practice today or she can skip practice and hang out with her friends.

3 Weigh the Possible Outcomes. What are the consequences of each option? If Emily goes to practice today, she will be keeping her commitment to attend every practice. If Emily sees her friends today, her teammates and her coach will be disappointed, but her friends will be happy to see her.



4 Consider Your Values. How does each option relate to Emily's values? Keeping commitments is important to Emily. She values her friends, but she committed to attending every soccer practice.

5 Make a Decision and Act. What choice will Emily make? How will she follow through with her decision? Emily decides to attend practice because she made a commitment to her team and her coach. Emily explains her decision to her friends.

6 Evaluate the Decision. What were the actual consequences of Emily's decision? Is she satisfied with the results? Emily is happy with her choice because she kept her commitment to her team and her coach. She practices for the upcoming game. Her friends are excited to spend time with her tomorrow.



Sue saw a TV ad that said a certain fruit drink gave you energy. She saw teens in the ad sipping the drink and then running energetically. Sue wanted to have more energy, so she added the name of the drink to her mom's grocery list.

The decision-making process can be broken down into six steps. These steps are shown in **Figure 2.3** on page 40. Applying these six steps can guide you through any decision that you need to make about an issue or problem. They can also help you avoid making impulsive decisions, or act without thinking.

At the store, Sue read the nutrition label on the bottle. She saw that the drink contained only 10 percent fruit juice. The rest was mainly sugar and water. Sue realized that the commercial did not give accurate information about the drink or its health benefits. The pictures of teens having fun influenced Sue's decision to try the drink.



Analyze What influences can affect your decisions?

Go Online
Visit glencoe.com and complete the Interactive Study Guide for Lesson 1.

Lesson 1 Review



Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** Define *criteria*. Write a sentence that shows how criteria are important in decision making.
2. **Give Examples** Name three sources of values.
3. **Explain** What do the letters H.E.L.P. stand for?
4. **List** Name three possible influences on decisions.
5. **Identify** What are the six steps of decision making?

Thinking Critically

6. **Apply** Think back to a decision you made recently. What values influenced that decision?
7. **Analyze** Reread the story of Tyler on pages 38–39. Write a short paragraph explaining how he could have applied the steps of the decision-making process to help him make his choice.

Applying Health Skills

8. **Analyzing Influences** Suppose you have to make a health-related decision. Describe the decision you have to make. Then list three possible influences on that decision.

Lesson 2

Setting and Reaching Your Goals

Guide to Reading

Building Vocabulary

Both terms listed below refer to goals. Write down the differences between the two terms.

- long-term goal (p. 44)
- short-term goal (p. 44)

Focusing on the Main Ideas

In this lesson you will be able to

- **explain** why it's important to set goals.
- **distinguish** between the two different types of goals.
- **create** a goal-setting plan to reach a health-related goal.

Reading Strategy

Sequencing Review Figure 2.5 on page 46. Then list the steps of the goal-setting process in the correct order.

Quick Write

Write a brief description of a health goal that a teen might set.

Why Set Goals?

Omar got tired quickly in gym class and didn't feel very strong. He wanted to get in shape, but he wasn't sure how to begin. He had a brief talk with his older brother, Miguel. Miguel explained that the key to making changes in life is setting goals and working to reach them. Omar realized that he needed to set specific goals to improve his physical health.

Goal setting is a powerful tool, one that you can use to shape your future. Goals help you focus so that you can accomplish what you want in life. They can give you a sense of purpose and help you make good decisions. They can also help you measure your progress. In this way, goals become milestones along your journey of life. They can help you determine how far you have come and how far you want to go. Finally, reaching a goal can boost your self-confidence. This strengthens your mental/emotional health.

- ◀ This teen developed into a strong athlete.
What are two goals that this teen might have set to excel in this sport?





Health Skills Activity

Goal Setting

Setting a Physical Activity Goal

Goal setting is one good strategy for improving and maintaining your personal health.

The President's Council on Physical Fitness and Sports recommends that teens participate in at least one hour of physical activity five days a week. Does that sound like a lot? Well, the good news is that you don't have to do it all at once. Here is an example of how to fit one hour of moderate to intense physical activity into your daily routine:

Inline skating after school with friends	20 minutes
Morning walk	15 minutes
Afternoon bike ride	25 minutes

You don't always have to take time out just to exercise. Instead, just do more of the physical activities that you already enjoy, such as dancing, biking, inline skating, skateboarding, swimming, and sports.

On Your Own

What are some physical activities that you enjoy but don't participate in very often? Choose one of these activities and set a goal to participate in it regularly. Use the goal-setting steps on page 45 to help you reach your goal.

Some goals you set may be easy to reach, while others may be more challenging. It's important that you set realistic goals. If you want to improve your grade in math, getting a better score on the next quiz is realistic. Getting an A for the whole year might be a lot harder. Thinking about your strengths and your limitations can help you decide what is realistic to achieve in a reasonable time period. Then you can start planning strategies for how you will reach your personal goal and improve your personal health. Reaching your goal can give you a sense of accomplishment.

Omar decided that a realistic goal for him would be to be able to run 2 miles without stopping. He also wanted to be able to do 50 push-ups. He could already run half a mile and do 10 push-ups, but he knew that he still had some work to do to reach these goals.



Nurse Practitioner



Nurse practitioners are nurses who specialize in a variety of fields, such as family care, women's health, and elderly care. Nurse practitioners will always be in demand because they help people through all stages of life. In order to prepare for a career as a nurse, you should take courses in chemistry, biology, algebra, and English.

What skills does a nurse practitioner need? Go to Career Corner at glencoe.com to find out.



Academic Vocabulary

achieve (uh CHEEV)
(verb) to get, complete, or accomplish. *If you achieve your goals you will feel very good about yourself.*

Often, setting a goal for one area in your life can lead to your accomplishing goals in other areas. For example, if your goal is learning to dance, you will also achieve fitness goals as well. Your overall sense of well-being can also benefit.



Reading Check

Explain How can reaching a goal strengthen mental/emotional health?

Long-Term Goals

Some goals take longer to achieve than others. A **long-term goal** is a goal that you plan to reach over an extended period of time. Omar's long-term goals were to do 50 push-ups and run 2 miles.

If the goal you set will likely take months or years to reach, it's a long-term goal. Learning to play the piano and making the soccer team are some examples of long-term goals. Becoming a teacher or a doctor is another example of a long-term goal.

Short-Term Goals

How do you reach a long-term goal? Usually by setting and meeting a number of short-term goals. A **short-term goal** is a goal that you can achieve in a short length of time.

To **achieve** his long-term goals, Omar set a few short-term goals. His first short-term goal was to run half a mile each day for one week. The next week he increased this goal to running three-quarters of a mile. He increased the distance each week until he could run 2 miles. Omar also set a similar short-term goal for push-ups. The first week, he would do 10 push-ups each day. The next week he would do 15 each day. He would increase the amount each week until he reached his goal of 50 push-ups.

Within three months, Omar had reached his long-term goal of doing 50 push-ups and running 2 miles. Take a look at **Figure 2.4** to see how short-term goals can help you reach a long-term goal.



Reading Check

Explain What is a short-term goal?

Strategies for Attaining a Goal

Once you decide on your goal, you need to think of a plan or strategy to help you meet your goal. A goal-setting plan with a series of steps for you to take can be very effective. Creating and following a goal-setting plan will help you stay on track.

▼ FIGURE 2.4

MILESTONES IN REACHING A LONG-TERM GOAL

Setting and meeting short-term goals helped this teen reach his long-term goal of getting an A in science. **How can reaching short-term goals improve mental/emotional health?**



Here are the steps of a goal-setting plan:

Step 1: Set a realistic goal and write it down.

Step 2: List the steps you need to take to reach that goal.

Step 3: Find others who can help and support you.

Step 4: Set checkpoints to evaluate your progress.

Step 5: Reward yourself after reaching the goal.

Read through the goal-setting plan shown in **Figure 2.5** on the following page. Notice how the plan helped a teen organize his time and activities so that he could keep moving toward reaching his goal.



Reading Check

Identify List the five goal-setting steps.

Go Online

Visit glencoe.com and complete the Interactive Study Guide for Lesson 2.



FIGURE 2.5

AN EFFECTIVE GOAL-SETTING PLAN

Making and following a goal-setting plan can help you meet a goal. Think of a goal to set. **What are some steps you could take to reach that goal?**

My Goal: Earn \$400 to purchase a mountain bike and helmet

My Goal-Setting Plan:

- Start a newspaper-delivery service
- Make flyers to advertise my service
- Deliver flyers to neighbors' houses
- Deliver papers every day
- Save all money earned

Sources of Help:

- Jenna (can help me hand out flyers)
- Mark (older brother)

Checkpoints:

- By December: earn \$125
- By March: earn another \$125
- By June: earn another \$150

Reward:

- New mountain bike and helmet



(l) Richard Anderson; (r) Richard Anderson

Lesson 2 Review

After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** Define *short-term goal* and *long-term goal*. Then use both terms in a sentence that shows the difference between them.
2. **Give Examples** List at least two steps in a goal-setting plan.
3. **Explain** How can short-term goals be used to reach long-term goals?

5. **Predict** How might priorities, changing abilities, and responsibilities influence setting health goals?

Applying Health Skills

6. **Goal Setting** Think of one goal that you would like to achieve. Then make a goal-setting plan for reaching it. Use the five goal-setting steps to create your plan.

Thinking Critically

4. **Analyze** How are checkpoints useful in meeting a goal?

Lesson 3

Building Good Character

Guide to Reading

Building Vocabulary

Write the terms below. As you come across them in the lesson, write the definitions next to each term.

- character (p. 47)
- integrity (p. 48)
- role model (p. 50)

Focusing on the Main Ideas

In this lesson you will be able to

- **explain** what character is.
- **identify** traits of good character.
- **describe** how to develop good character.
- **access** reliable information on community organizations where you can volunteer.

Reading Strategy

Skimming Look over the major and minor headings in this lesson. Then write a paragraph describing what you think this lesson will cover.

Quick Write

Write a short description of a person who has been a positive role model for you.

What Is Character?

When Michael talks with friends, he listens to them. When he borrows money, he pays it back promptly. He keeps his promises and treats others with respect. When someone needs help, he offers a helping hand. Through his actions, Michael demonstrates the qualities of good character. **Character** is *the way a person thinks, feels, and acts*.


People with good character show certain qualities. They tend to be trustworthy, fair, responsible, respectful, caring, and good citizens. Having good character improves your relationships. You get along better with your friends and family. Being in strong friendships with people who like and trust you benefits your social health. Taking responsibility for doing your schoolwork benefits your

- ▶ Now that you're a teen, you can take on more responsibility. **What are some behaviors that show you are ready to handle more responsibility?**






What **Teens** THINK



What are some ways to show your family members that you care about them?

To show how much you care for your family, you should tell them you love them. Help them with some chores around the house. Try to spend some time with them every now and then. Lastly, try to talk to them and start a conversation.

Andy D.
Prince George County, VA



mental/emotional health. Showing respect for yourself by eating healthfully and getting enough sleep benefits your physical health.

Traits of Good Character

Groups function best when each member demonstrates good character. You are probably a member of many groups, like a family, a sports team, or friends. In order for all members of a group to get along, they have to have good character traits. There are six basic traits of good character. The traits are described below and **Figure 2.6** on the next page shows the actions that demonstrate them.

Trustworthiness. Part of being trustworthy involves **integrity**, *being true to your ethical values*. When you have integrity, people know they can count on you to do the right thing.

Respect. Having respect means listening carefully and speaking kindly to others. You disagree without arguing and understand that others have the right to see situations differently. You show respect for yourself by practicing healthful behaviors and avoiding those that can be harmful. You respect your peers even when their abilities and skills differ from your own.

Responsibility. You take responsibility for everything you do. You accept credit when things go well and accept advice and feedback when they don't.

Fairness. When you are fair, you treat people equally and honestly. You are open-minded and willing to listen to other opinions.

Caring. Teens who are caring communicate consideration and acceptance of others. They listen to others' concerns and offer support and encouragement when needed.

Citizenship. Teens who obey rules and laws are responsible and are **demonstrating** citizenship. Citizenship is also doing what you can to help your school, community, and country. You protect the environment and encourage others to be good citizens, too. You accept the responsibilities and the privileges of being a citizen. You practice the skill of advocacy. Advocacy involves supporting causes you believe in, such as helping to prevent violence and making your community safe.

Academic Vocabulary

demonstrating (DEMUHN-streyt-ing) (*verb*) showing, describing, illustrating, or explaining.
Max enjoyed demonstrating how a volcano works at this year's science fair.



Reading Check

Identify What are two traits of good character?



▼ FIGURE 2.6

SHOWING GOOD CHARACTER

You can see people demonstrate good character around you every day.

Name three examples of good character you saw in the last week.

Traits of Good Character	Major Qualities of Good Character	Examples of Good Character
Trustworthiness	Honest, truthful, can be counted on	Promptly returns borrowed items
Respect	Listens, disagrees without arguing	Listens carefully to others' concerns
Responsibility	Keeps promises, thinks before acting	Completes household tasks without being asked
Fairness	Treats people equally, open-minded, patient	Considers new ideas
Caring	Is kind, generous, compassionate, helpful	Helps younger students
Citizenship	Obeys rules and laws, practices advocacy	Follows school rules and helps others to follow them

What Shapes Your Character?

Unlike hair or eye color, you don't inherit character traits from your parents. You *choose* to be a person of good character. The choices you make are the building blocks of your character. However, many things can shape the development of your character.

Life Experiences

As a child, you learned good character traits from your parents or guardians. When your parents said, "Share your toys," you learned that being fair was important. When you heard, "Hey, that's cheating!" you understood that you should be honest, too.

You also learn character by how you are treated. If you are treated with kindness and respect, you can better understand how to practice these traits. As you grow older, you also learn about character from your teachers and coaches.

▼ Respecting the property of others is an example of good character. **What character trait is this teen demonstrating?**





Health Skills Activity

Accessing Information

Organizations to Get Involved With

Getting involved with activities that help others will help you build the character trait of good citizenship. Finding the right organization to support is the key to your success. Here is a list of some groups to get you started.

COMMUNITY IMPROVEMENT

Habitat for Humanity—Brings together volunteers to build affordable housing in communities.

Students Against Destructive Decisions (SADD)—Promotes ways to help teens avoid unhealthy behaviors.

Youth Volunteer Corps—Provides ways for young people to become volunteers.

ENVIRONMENT

Earth Day Network—Creates ways for teens to help the environment.

Global Response Youth Action—Provides ideas for protecting the environment.

LEADERSHIP TRAINING

Hugh O'Brian Youth Leadership—Conducts ethical-leadership training.

Boys & Girls Clubs of America—Runs leadership training courses.

MENTORING

Reading Is Fundamental—Provides teens with mentoring opportunities.

America's Promise—Provides resources for teens who want to become mentors.

With a Group

Work with a partner to choose three organizations that interest you. Use reliable online and print resources to research each of the organizations. Create a fact sheet on each organization and present your findings to the class.

You can also learn good character by being involved in activities that help others, such as tutoring younger children or volunteering with organizations that fight hunger and poverty.

Role Models

Watching how others behave is a way to learn good character traits. Your parents or guardians were probably your first role models. A **role model** *inspires you to think or act a certain way*. Other health role models include older siblings, teachers, coaches, doctors, police officers, and other community workers.



Reading Check

Identify What is a role model?

How to Develop Good Character

Developing good character requires effort. It involves thinking about what you say and how you act. Are your words and actions trustworthy? When you are honest, people know they can count on you. They can be confident in your ability to take on more responsibility. Do you speak respectfully to others? This shows other people that you care about them. How do you respond when someone wants to discuss a problem? You can show your good character by being a good listener. Do you help make your school or community a better place? When you see something wrong, you can show good character by speaking up about it.

Do you have any character traits you'd like to improve? When you discover a behavior or attitude in yourself that you would like to change, take action! Everyone has the potential to become a person of good character. People of good character not only strengthen their own total health, but also make the world a better place in which to live.



- ▲ These teens enjoy participating in activities that help others. It strengthens their character traits. **Name some volunteer opportunities in your community.**

Go Online

Visit glencoe.com and complete the Interactive Study Guide for Lesson 3.

Lesson 3 Review

After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** Define *character* and use it in a sentence.
2. **List** Name at least two examples of people who can be role models.
3. **Identify** What are two influences that can shape a person's character?

Thinking Critically

4. **Hypothesize** Think of an act of courage performed by someone you know or have heard or read about. What values do you think this person stood up for? What risks did the individual take in doing what he

or she thought was right? How did this demonstration of good character benefit the community?

5. **Apply** What do you think is your strongest character trait, and why? Explain your answer in a brief paragraph.

Applying Health Skills

6. **Analyzing Influences** Who are your role models? Write down the names of three people whom you look up to. List the character traits that each role model demonstrates. Then describe the ways in which each one has influenced you.

Building Health Skills

Accessing Information
Practicing Healthful Behaviors
Stress Management
Analyzing Influences
Communication Skills
Refusal Skills
Conflict Resolution
Decision Making

Goal Setting

Advocacy

What Is Goal Setting?

Goal setting is a five-step plan for improving and maintaining your personal health. Some goals are easy to reach while others may be more challenging.

The Five Steps of the Goal-Setting Plan

- **Step 1:** Set a realistic goal and write it down.
- **Step 2:** List the steps that you need to take to reach the goal.
- **Step 3:** Find others, like family, friends, and teachers who can help and support you.
- **Step 4:** Set checkpoints along the way to evaluate your progress.
- **Step 5:** Reward yourself once you have reached your goal.

Setting a Health Goal

Follow the Model, Practice, and Apply steps to help you master this important health skill.

1 Model

Read how Kayla uses goal-setting skills to get in shape and improve her basketball skills in time for tryouts.

Kayla wanted to try out for the basketball team. Tryouts were three months away. Kayla set a goal to get in shape and improve her skills in time for tryouts. She wrote down her goal: "Improve my basketball skills so I can make the team."

Next, Kayla listed the steps to reach this goal. These steps included being able to jog for 20 minutes without stopping and improving her passing skills. Kayla talked to the coach to find out how else she could prepare. She asked her friend Lauren, who also wanted to join the team, to practice with her.

Every day after school, Kayla and Lauren practiced basketball drills or went for a run. They made a schedule to track their progress and keep each other going. Both Kayla and Lauren did well in tryouts. To celebrate, they went out for pizza.



2 Practice

Help Yoko use goal-setting skills by reading the passage and then answering the questions below.

Yoko has been feeling tired lately. Megan, however, always seems to have energy. At lunch, Yoko sees that Megan's meal is made up of a variety of healthful foods. Yoko realizes that she is eating a lot of empty-calorie foods that don't contain all of the nutrients her body needs.

Yoko sees that her food choices are affecting her energy level. What realistic health goal can she set to improve her energy level? Write down this goal. Use the remaining goal-setting steps to create a plan that will help Yoko achieve this goal.



3 Apply

Apply what you have learned about goal setting by completing the activity below.

Choose one good character trait and set a health goal for yourself. Then create a tri-fold brochure that illustrates this goal. Use your goal as the title on the front of the brochure. On the inside of the brochure include: 1) a description of this character trait; 2) how reaching your goal will improve your health triangle; 3) a list of the steps you need to take to reach your goal; 4) the names of people who can help you reach your goal; 5) the checkpoints you'll use to evaluate your progress; and 6) your reward for reaching the goal. Use different fonts, graphics, or art to illustrate your brochure. Explain your brochure to the class.

Self-Check

- Does my title include a realistic goal?
- Does my brochure explain how the goal will improve my health triangle?
- Does my brochure show the steps of goal setting?



Read All About...Your Big Decision

Most stories in the newspaper follow the same pattern. They state the most important information first and add the details later. Reporters focus on the “5 W’s and H” to describe an event: who, what, where, when, why, and how.

Teens make decisions every day, some large, some small. Think of a health-related decision that a teen might make. It could affect physical health, such as getting more sleep. It could affect mental/emotional health, such as communicating more honestly with family members. It could affect social health, such as trying out for the school play.

What You Will Need

- Paper
- Pen



What You Will Do

- 1 Choose a health-related decision that a teen might make.
- 2 In class, spend 10 minutes writing down notes that include what the present situation is like, who will be affected by your decision, and when and where you will apply your decision. Explain why this decision is important. Weigh the outcomes and consider your values. Write how you will feel after practicing this decision regularly.
- 3 With this outline of ideas in front of you, write a newspaper story that has three paragraphs. The first paragraph will list the

“W’s and H.” The second paragraph will tell when and where this will happen and give details of who will be affected. The third paragraph will explain why this decision is important.

- 4 Write a headline that announces the successful outcome of the decision. Volunteer to place your headline on a class bulletin board.

Wrapping It Up

Now that you’ve written the story and the headline, it’s time to act on your decision. Place your newspaper article where you can look at it regularly. Use it to motivate yourself and guide your progress. Evaluate the decision. Have you been successful?



Visit glencoe.com to download quizzes and eFlashcards for Chapter 2.

FOLDABLES® Study Organizer**Foldables® and Other Study Aids**

Take out the Foldable® that you created for Lesson 1 and any graphic organizers that you created for Lessons 1–3. Find a partner and quiz each other using these study aids.

Lesson 1 Making Responsible Decisions

Main Idea It is important to make wise, responsible decisions because you are responsible for your health.

- The decisions you make affect your health triangle.
- Your personal values come from a variety of sources, including your family, your religious beliefs, your culture, and your life experiences.
- Core ethical values are values shared by a group.
- Core ethical values and your personal values help you determine what is important to you.
- You can use the H.E.L.P. criteria to evaluate the possible outcomes of your choices.
- Your parents, friends, and peers can influence your decisions.
- There are six steps of decision making: state the situation, list the options, weigh the possible outcomes, consider your values, make a decision and act, and evaluate the decision.

Lesson 2 Setting and Reaching Your Goals

Main Idea In order to shape a successful future, it is important to set goals.

- Goals give you a sense of purpose and help you to make good decisions.
- Goal setting focuses your efforts and helps you measure your progress.
- The two types of goals are long-term and short-term. Long-term goals can take months and even years to achieve. Short-term goals don't take as long to complete.

Lesson 3 Building Good Character

Main Idea People who have good character are healthful and make the world a better place.

- Character is the way a person thinks, feels, and acts.
- A person who has good character is trustworthy, respectful, fair, and a good citizen.
- Role models are people who inspire you to think and act in a certain way.
- Developing good character takes effort.

After You Read

Health eSpotlight

VIDEO

Now that you have read the chapter, look back at your answers to the Health Quiz on the chapter opener. Would you change any of them? What would your answers be now?

Reviewing Vocabulary and Main Ideas

On a sheet of paper, write the numbers 1–3. After each number, write the term from the list that best completes each statement.

- decision making
- ethical
- criteria

Lesson 1 Making Responsible Decisions

1. You can evaluate the possible outcomes of a decision by using _____.
2. Honesty and respect for others are two examples of core _____ values.
3. _____ is the process of making a choice or solving a problem.

On a sheet of paper, write the numbers 4–9. After each number, write the letter of the answer that best completes each statement.

Lesson 2 Setting and Reaching Your Goals

4. An example of a long-term goal is
 - a. eating a healthful breakfast today.
 - b. graduating from college in four years.
 - c. walking two blocks each day.
 - d. passing a math test next week.

5. A common result of achieving a short-term goal is
 - a. decreased loyalty.
 - b. decreased character.
 - c. increased frustration.
 - d. increased self-confidence.
6. Eric wants to become a veterinarian, so he begins by volunteering at an animal shelter. Volunteering could be a
 - a. short-term goal.
 - b. long-term goal.
 - c. character trait.
 - d. conflict-resolution skill.

Lesson 3 Building Good Character

7. Good character can be illustrated by
 - a. favoring one person over another.
 - b. respecting the opinions of others.
 - c. refusing to obey school rules.
8. Actions, thoughts, and feelings are all part of a person's
 - a. fairness.
 - b. criteria.
 - c. character.
 - d. goals.
9. One action that would *not* demonstrate good character would be
 - a. respecting your parents and teachers.
 - b. treating everyone with kindness.
 - c. volunteering in your community.
 - d. borrowing a book and losing it.



Applying Technology

Thinking Critically

Using complete sentences, answer the following questions on a sheet of paper.

- 10. Analyze** List the six traits of good character. Next to each trait, give an example of how someone might demonstrate the trait.
- 11. Predict** How can goal setting improve your physical health?

Write About It

- 12. Expository Writing** Write directions of how you would find the latest research on the effects of using sunscreen. Include how to analyze whether this health information is valid.

Great Goals

You and a partner will use iMovie® to create a public service announcement video clip that encourages your peers to set goals and strive to achieve them. Follow the steps below to complete this project.

- Create a goal-setting plan. Make sure to include the five steps mentioned on page 45.
- Take digital photos of your partner as he or she completes each of the steps in the goal-setting plan.
- Open iMovie®. Click, drag, and drop your digital images into the *iMovie* clipboard.
- Add a title over a colored screen for each step of your goal-setting plan.
- Edit and save your project.

Standardized Test Practice

Reading

Read the passage and then answer the questions.

Most teens need about nine hours of sleep each night. When you don't get enough sleep, being tired is only one result. There are many other effects of not getting enough sleep. You may have trouble remembering things and not be able to think clearly. This is one reason why it is important to get enough sleep before a test. When you are tired, you also increase your chances of injuring yourself doing everyday activities. Your wellness can be affected, too, when you don't get enough sleep over long periods of time.

There are many reasons why you might not get enough sleep at night. These reasons can range from stress to too much caffeine. Sometimes distractions, like television, affect the amount of sleep you get. The decisions you make about how you spend your time can also affect how much sleep you get.

1. What does *effects* mean in this sentence from the passage?
There are many other *effects* of not getting enough sleep.
 - A. reasons
 - B. ways
 - C. results
 - D. problems
2. Not getting enough sleep can best be described as a
 - A. healthful behavior.
 - B. health risk.
 - C. distraction.
 - D. healthful decision.