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health?

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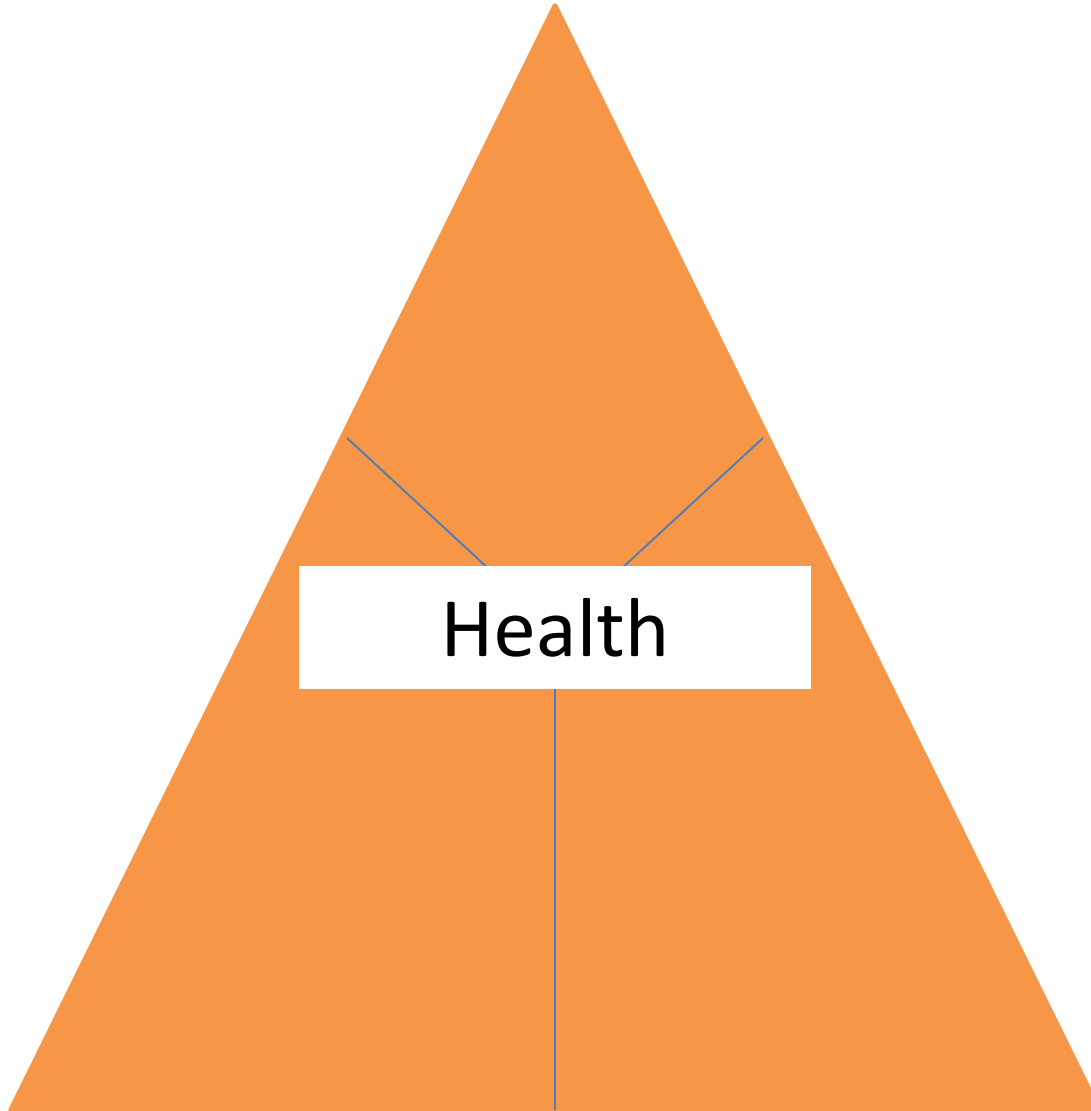
1. Most of you should learn from your parents as you grow up.
 - eating healthy
 - playing and exercising
 - behaving / following the rules
 - working for what you want
 - others.....
2. But as you know, not all parents are healthy themselves.....
 - smoking -abusive - selfish
 - drinking - mentally unstable -lazy

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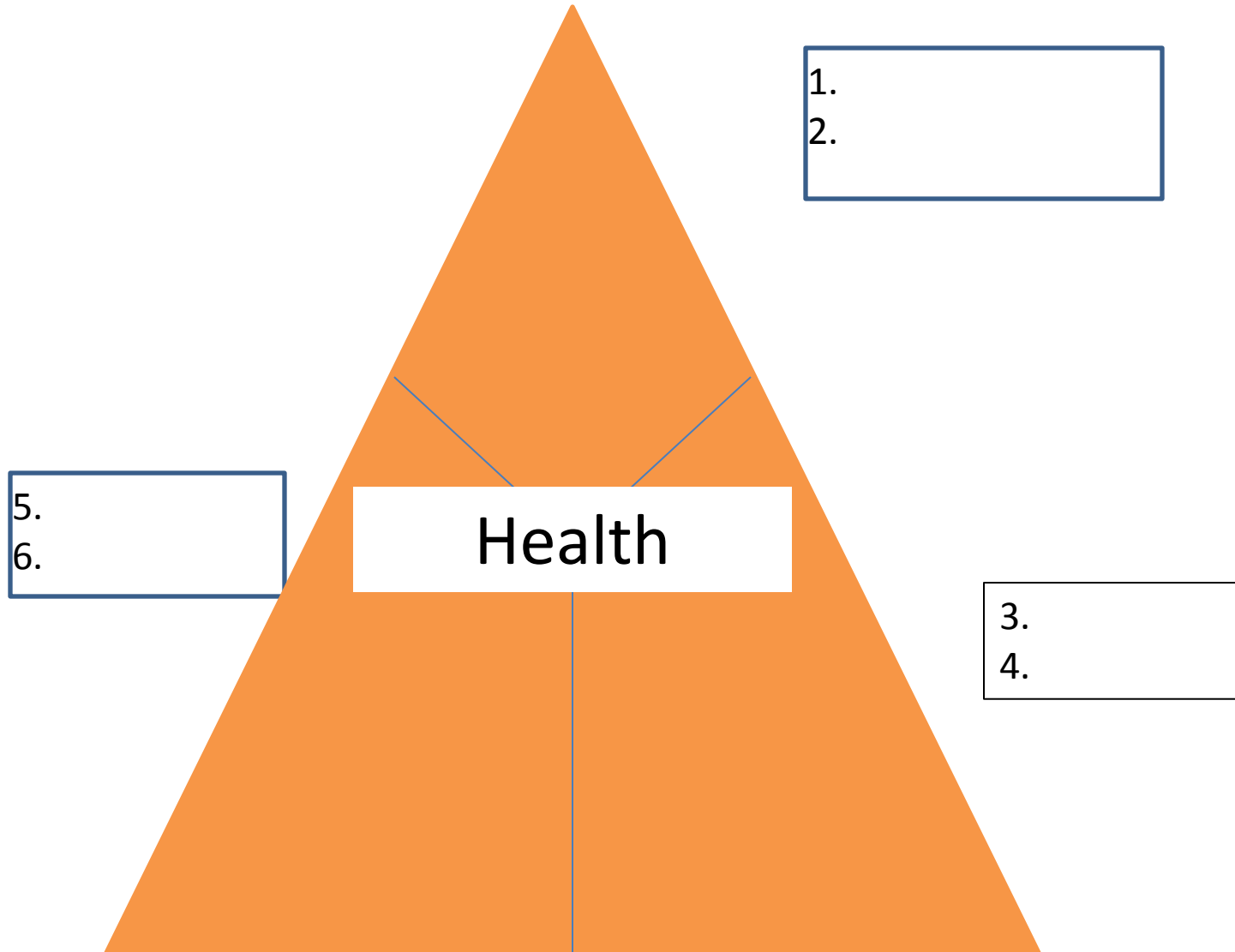
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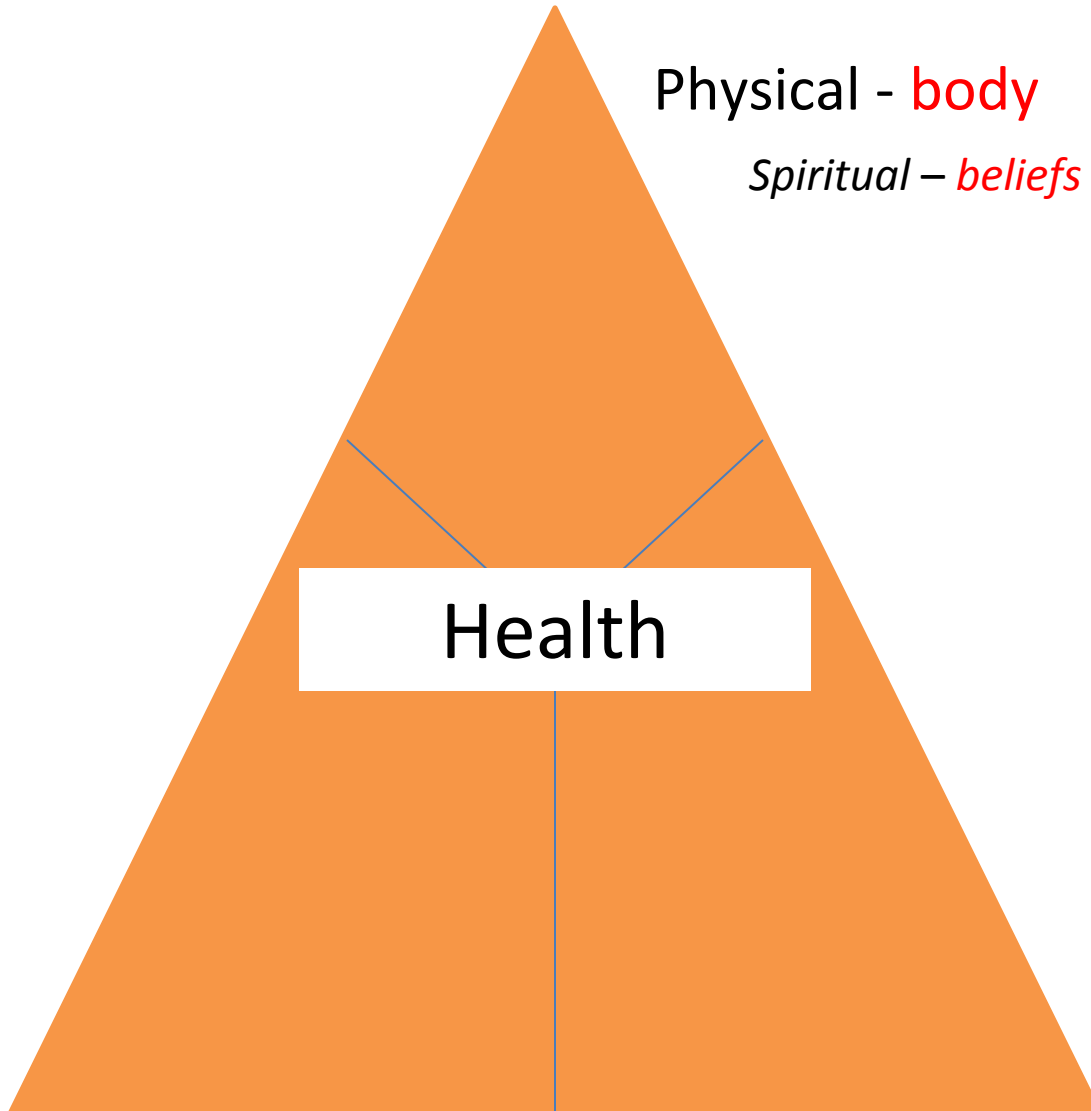
Health –



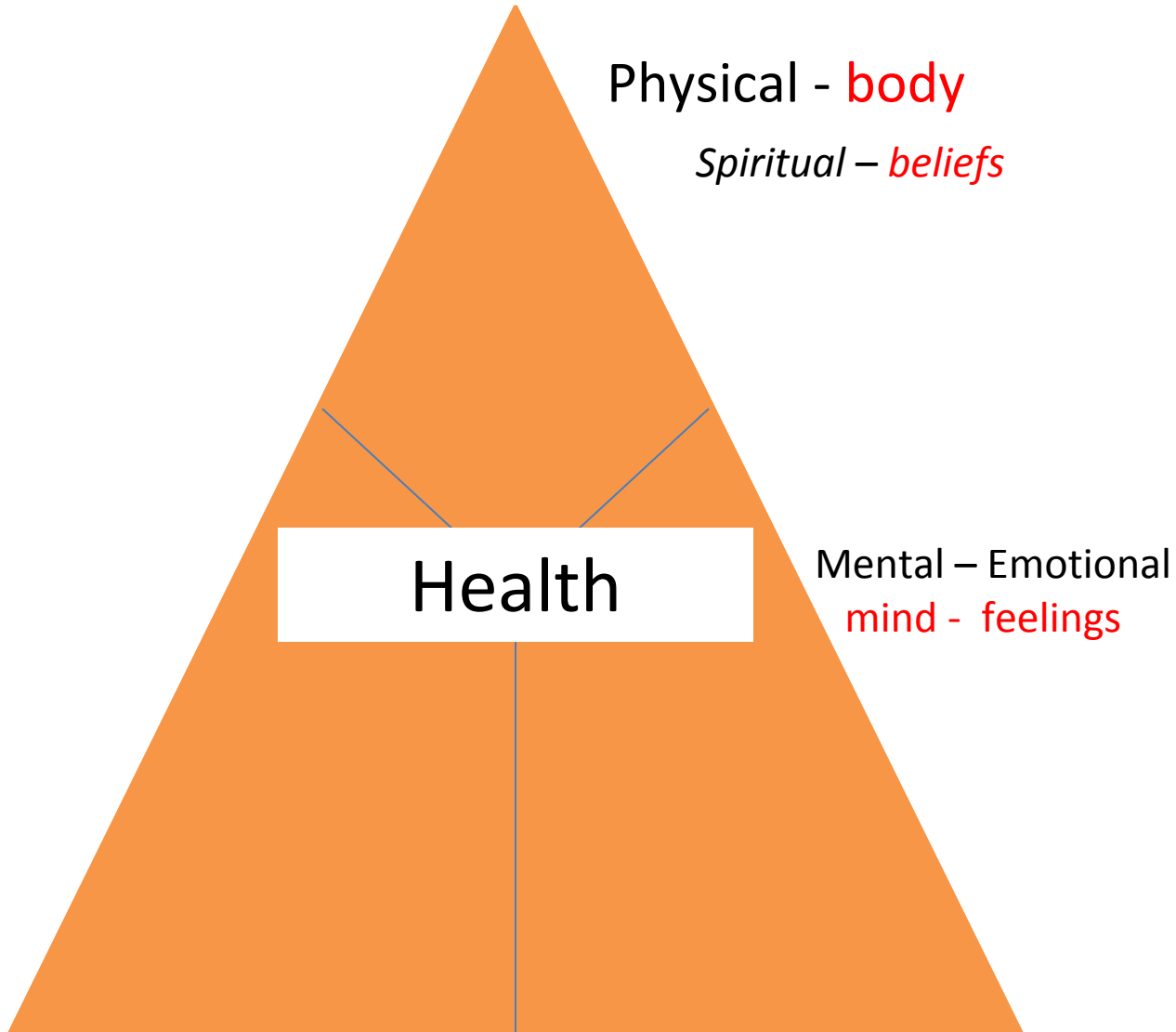
Health – quality of life in all areas



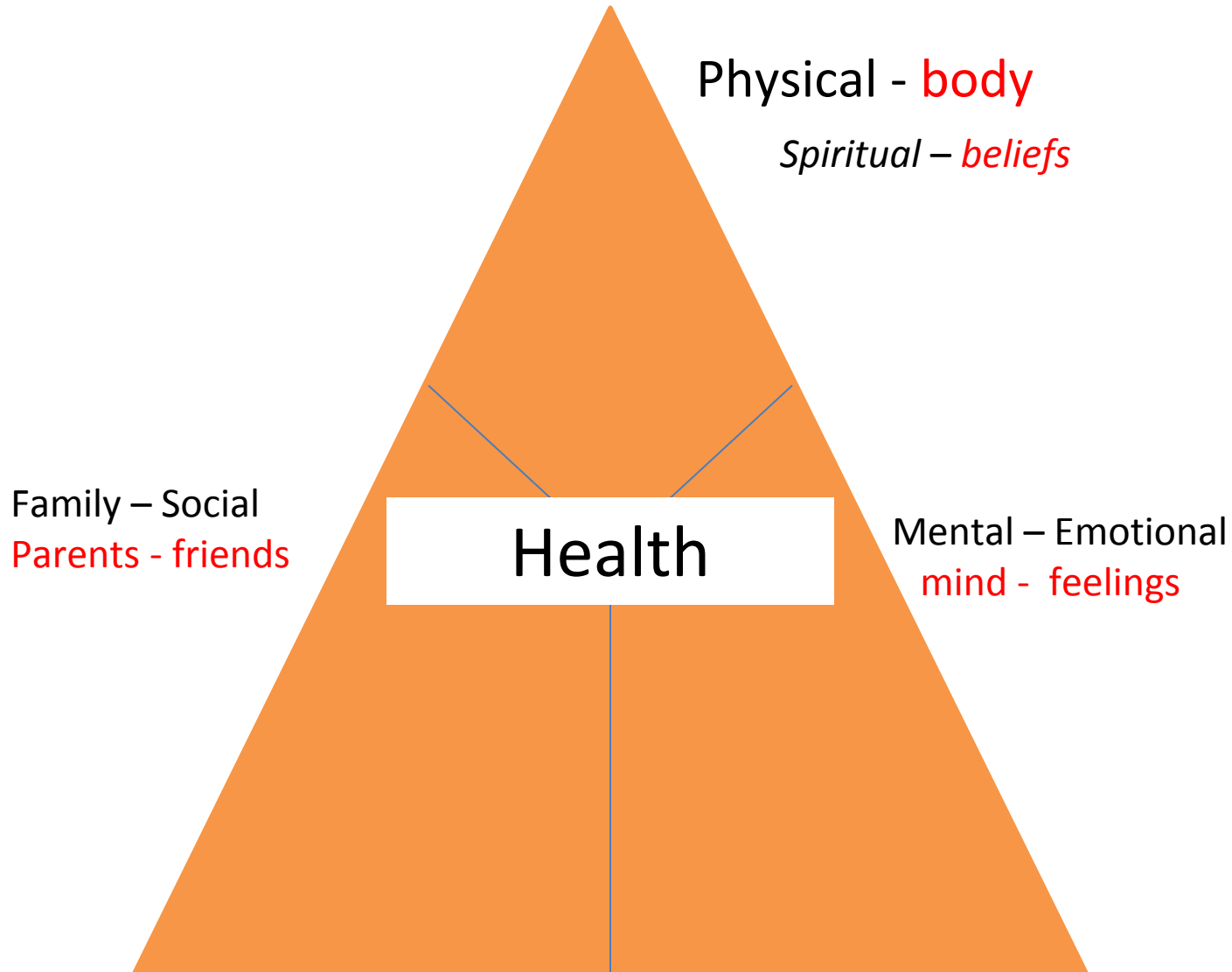
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What do you need to know to
determine your
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We might assume all of you are healthy because.....

- You are here in school
- possibly learning
- eating food
- Hanging out with friends
- Have someplace to sleep at night
- Involved in school activities; clubs, athletics, band, cheer, drill team,

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These may be enough for some of you, but as you grow up, move out, start living your own life, health information may change and to continue to live a healthy life, you have to change with it.

1. Knowledge

- How to use products
- Stay healthy
- Prevent disease



What affects your Health “status”

2. Access Information

- products
- services

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3. Behaviors

- healthy
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4. Influences

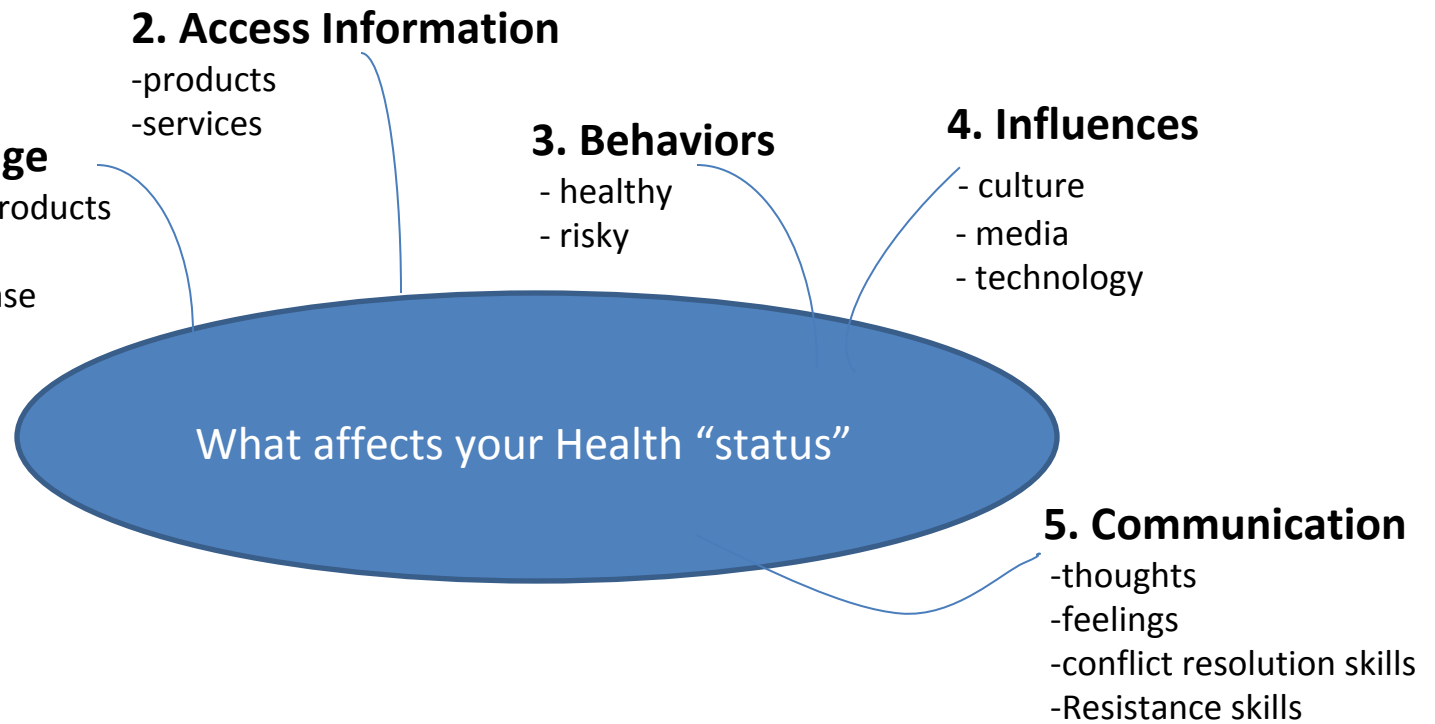
- culture
- media
- technology

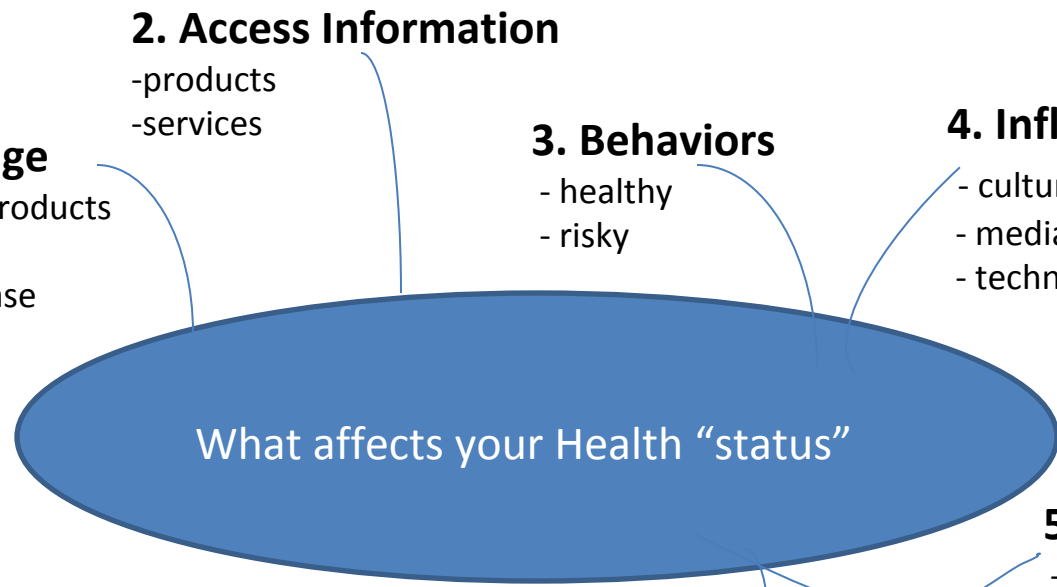
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graph TD; K[1. Knowledge] --- C([What affects your Health "status"]); AI[2. Access Information] --- C; B[3. Behaviors] --- C; I[4. Influences] --- C;
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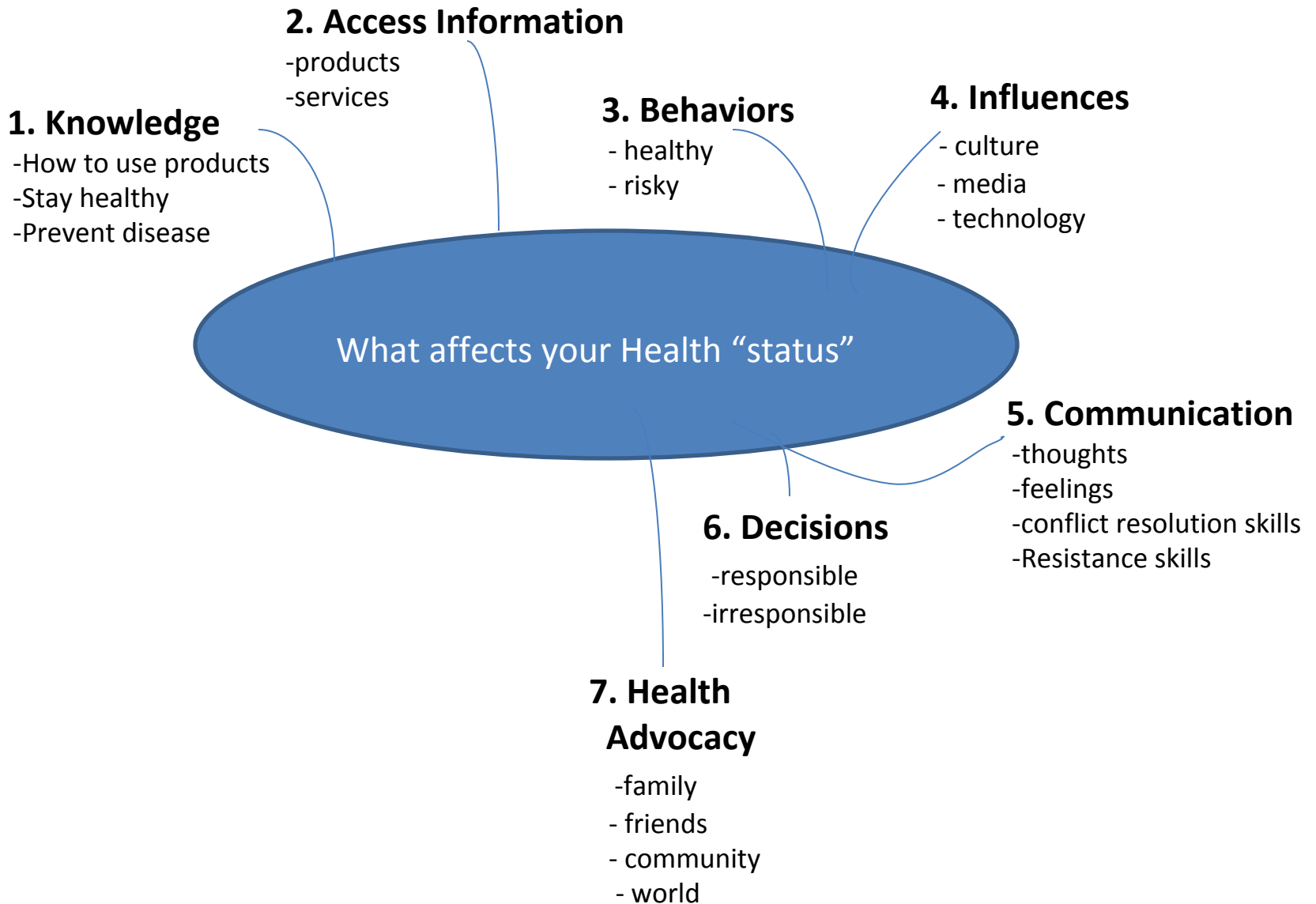
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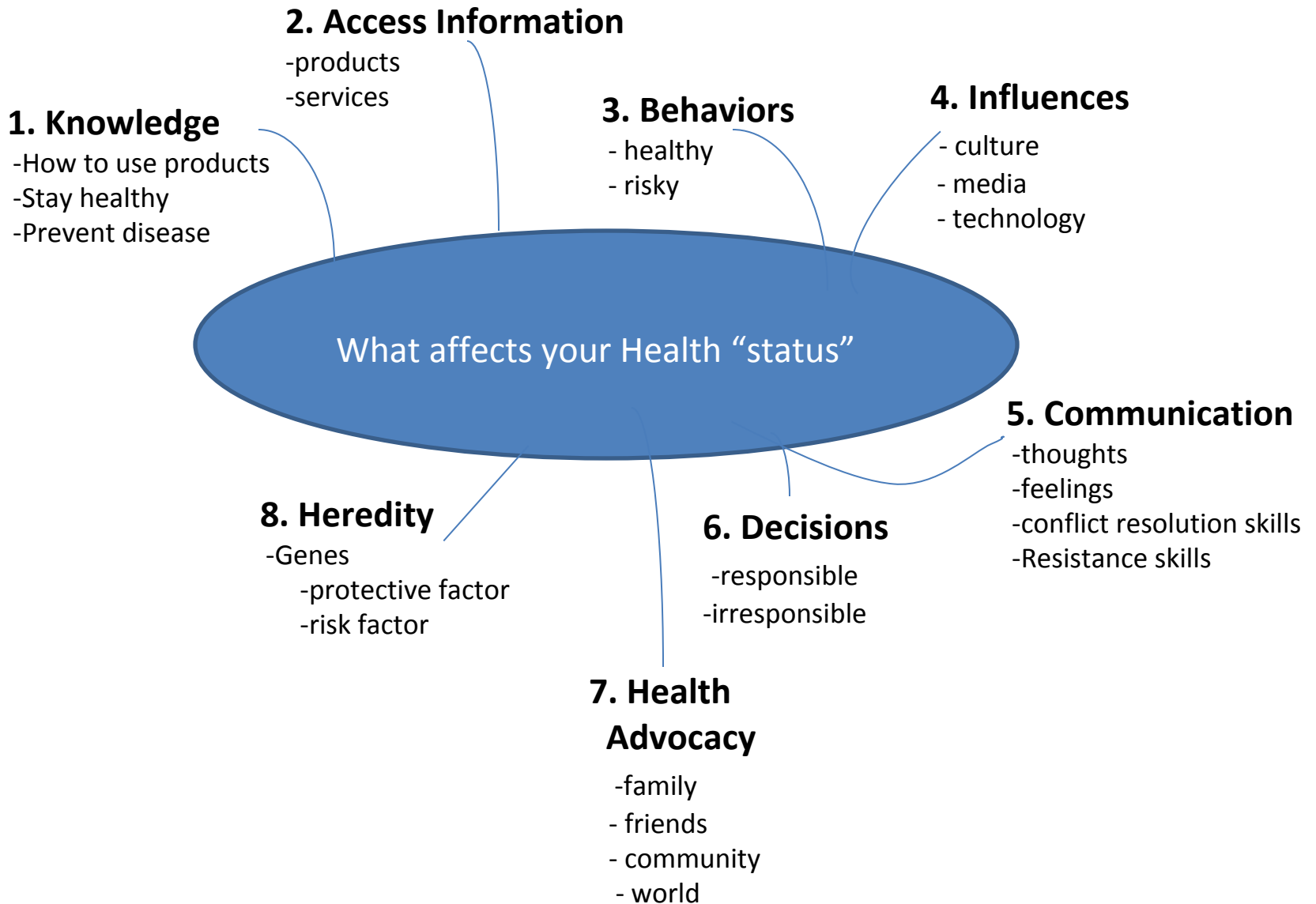
5. Communication

- thoughts
- feelings
- conflict resolution skills
- Resistance skills

6. Decisions

- responsible
- irresponsible





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7. Health Advocacy

- family
- friends
- community
- world

8. Heredity

- Genes
- protective factor
- risk factor

9. Environment

- air, food, water, shelter,
services available

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10. Random Event

- accidents
- natural disasters
- ?????