**Health 11 Mid-Term Review:**

**Chapter 1- Accessing Your Health:**

Definitions/Concepts:

* Wellness:
* Mortality:
* Physical Health Dimensions:
* Social Health:
* Emotional Health:
* Spiritual Health:
* Healthy People 2020:
* Health promotion programs:
* Leading cause of death for Americans:
* Adding “life to your years” factors:
* Precontemplation state of change:

**Chapter 2- Promoting and Preserving your Psychological Health:**

Definitions/Concepts:

* Psychosocially healthy people:
* Mentally healthy people:
* Psychosocial health:
* Emotional health:
* Mental health:
* Spirituality:
* Low Self-Esteem:
* Spiritually healthy people:
* Self-efficacy:
* Learned optimism:
* Maslow’s hierarchy of needs:

**Chapter 2A- Cultivating your Spiritual Health:**

Definitions/Concepts:

* Different forms of meditation:
* Three facets of spirituality:
* Relaxation techniques we performed:

**Chapter 3- Managing Stress and Coping with Life’s Challenges:**

Definitions/Concepts:

* Stress:
* Stressor:
* Eustress:
* Distress:
* The flight or fight response:
* Phases of GAS (general adaptation syndrome):
* Stress is related to what medical conditions:
* Meditation:

**Chapter 3A- Improving Your Sleep:**

Definitions/Concepts:

* How sleep maintains your physical health:
* Tips for promoting restful sleep:

**Chapter 4- Preventing Violence and Injury:**

Definitions/Concepts:

* Social and cultural factors related to violence:
* Anger:
* Reactive aggression:
* Homicides:
* Hate crime:
* Gang involvement risk factors:
* Violence against women:
* Women remain victims because:
* Men as victims of domestic abuse:
* Child abusers characteristics:
* Sexual assault:
* Acquaintance rape:
* Marital rape:
* Signs of sexual abuse:
* Sexual harassment:
* Stalking:
* Helping a friend who was raped:
* Elder abuse:
* Date rape drugs:

**Chapter 5- Building Healthy Relationships and Understanding Sexuality:**

Definitions/Concepts:

* Family of origin:
* Intimate relationships:
* Communication patterns between men & women:
* People listen best when:
* Factors in choosing a partner:

* Sternberg’s Triangular Theory of Love:
* Serial monogamy:
* Monogamous relationships:
* Sexual identity:
* Gender identity:
* Parts of the female anatomy (recognize names, do not have to know definition):
* Parts of the male anatomy (recognize names, do not have to know definition):

**Chapter 6- Considering your Reproductive Choices:**

Definitions/Concepts:

* Barrier method examples:
* Male condoms:
* Fertility awareness methods:

**Chapter 7- Recognizing and Avoiding Addiction and Drug Abuse:**

Definitions/Concepts:

* Drug misuse:
* Over-the-counter drug examples:
* Methods of injection:
* Denial:
* Opioids:
* Marijuana noticeable effects:
* Marijuana therapeutic effects:
* Signs of addiction:
* Types of stimulants:

**Chapter 8-Drinking Alcohol Responsibly and Ending Tobacco Use:**

Definitions/Concepts:

* Binge Drinking:
* Factors affecting alcohol absorption:
* Percent alcohol and proof:
* Where is alcohol absorbed:
* BAC:
* Learned behavioral tolerance:
* Alcohol poisoning characteristics:
* Fetal Alcohol Syndrome:
* Water pulled out of the body from alcohol is from:
* Intervention:
* Nicotine:
* What Nicotine do to the cilia on the lungs: