Health Skills

**Health Skills** - Specific tools and strategies to maintain, protect, and improve all aspects of your health. Also called “life skills.”

<table>
<thead>
<tr>
<th>The Health Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td>Communication</td>
</tr>
<tr>
<td>Refusal</td>
</tr>
<tr>
<td>Conflict Resolution</td>
</tr>
<tr>
<td>Accessing Information</td>
</tr>
<tr>
<td>Analyzing Influences</td>
</tr>
<tr>
<td>Practicing Healthful Behaviors</td>
</tr>
<tr>
<td>Stress Management</td>
</tr>
<tr>
<td>Advocacy</td>
</tr>
<tr>
<td>Decision Making</td>
</tr>
<tr>
<td>Goal Setting</td>
</tr>
</tbody>
</table>
INTERPERSONAL COMMUNICATION

The exchange of thoughts, feelings, and beliefs between two or more people
STRATEGIES FOR EFFECTIVE COMMUNICATION

Clearly say what you mean—Use “I” messages
- State your feelings
- State why you feel that way
- State what behavior you want to have change

Pay attention to how you say something

Be a good listener
REFUSAL SKILLS - Strategies that can help you say no when you are urged to take part in behaviors that are unsafe or unhealthful, or that go against your values.
REFUSAL STRATEGIES -

Say no in a firm voice
Explain why
Suggest alternatives
Use appropriate body language
Leave if necessary
CONFLICT RESOLUTION -
The process of ending a conflict through cooperation and problem-solving
CONFLICT RESOLUTION SKILLS-

• Take time to calm down and think through the situation
• Speak calmly when discussing conflict
• Listen attentively to the other person
• Ask questions when appropriate
• Use a polite tone and try to brainstorm solutions
STRESS MANAGEMENT -

Ways to deal with or overcome the negative effects of stress
ADVOCACY -

Taking action to influence others to address a health-related concern or support a health-related belief

Give me an example:
LESSON 2

Making Responsible Decisions and Setting Goals
DECISION-MAKING SKILLS-

Steps that enable you to make a healthful decision
STEPS OF THE DECISION-MAKING PROCESS

Step 1 - State the situation
What decision needs to be made?

Step 2 - List the options
Share your options with parents or guardians, siblings, teachers, or friends.
Ask for their advice.
STEP 3: WEIGH THE POSSIBLE OUTCOMES

Use the Acronym HELP

H (Healthful) What health risks are involved?

E (Ethical) Does this choice reflect what you and your family believe is right?

L (Legal) Does this option violate any local, state, or federal laws?

P (Parent Approval) Would your parents or guardians approve of this choice?
Values are the ideas, beliefs, and attitudes, about what is important that guide the way you live.
STEP 5 - MAKE A DECISION AND ACT ON IT

Use everything you know at this point to make a responsible decision.
STEP 6- EVALUATE THE DECISION

- Reflect on what happened
- What was the outcome?
- How did your decision affect the people around you?
- What did you learn?
- Would you take the same action again?
- If not, how would your choice differ?
GOAL—SOMETHING YOU AIM FOR THAT TAKES PLANNING AND WORK

Short-term goal—a goal that can be reached in a short period of time

Long-term goal—a goal that you plan to reach over an extended period of time

Give me an example of each?
ACTION PLAN-

A multistep strategy to identify and achieve your goals
STEPS TO GOAL-SETTING

- Set a specific, realistic goal, and write it down
- List the steps you will take to reach your goal
- Identify sources of help and support
- Set a reasonable time frame for reaching your goal
- Evaluate your progress by establishing checkpoints
- Reward yourself for achieving your goal
LESSON 3 | Building Character
Those distinctive qualities that describe how a person thinks, feels, and behaves.
TRAITS OF GOOD CHARACTER

- **Trustworthiness** - honest, loyal, don’t cheat or steal
- **Respect** - being considerate of others, good manners, care about your health and the health of others
- **Responsibility** - self-control, think before you act, and consider the consequences
CONTINUE:

- **Fairness**: play by the rules, take turns, share, don’t take advantage of others
- **Caring**: kind and compassionate, forgiving
- **Citizenship**: obey the laws and rules, respect authority, advocate for a safe and healthy school and community
ROLE MODEL -

Someone whose success or behavior serves as an example for others