2B Social Health and Relationships 7th Grade Student Notes

Name________________ Teacher_______________ Block______ Quiz Date____________________

1. Success at school Lesson 5.2 (Chapter 5, Lesson 2)
A. With a partner, share a success and a failure you’ve had at school.
B. What did you learn from each? ________________________________
C. Which had the most impact on you? ___________________________

2. Identify key factors that positively impact school success (7.1q)
A. physical: often sick, healthy weight, environment
B. nutrition = eat ________________, balanced meals, healthy choices, drinking ____________
C. mental/emotional – what you think (self-confidence, self-concept, body -image, self-worth) and feel about yourself happy, optimistic)
D. social health = healthy friendships, support at ________________, ________________ relationship with parents/guardian, coaches, and religious leaders

3. Key factors that negatively impact school success
A. physical: poor nutrition; lack of _______________
B. emotional: lack of motivation, low ________________, and ________________; sad, ________________, angry, pessimistic
C. social: hanging out with the ________________ crowd; situations at home

4. Design an evaluation tool that measures the safety and supportiveness of school climate.
(Small group activity)

Understanding Family Relationships Lesson 6.2, pp. 178-82
1. Discuss the benefits of a healthy interpersonal relationships. (7.1r)

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2. How can peers influence healthy or unhealthy behaviors? (7.20)

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3. How do my personal and my family's values influence my health practices?

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4. How does the school and community influence my health practices? (7.1k)

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5. Describe examples of difficult family situations: brainstorm

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6. How do family difficulties affect the individual members on your physical, social, and emotional health? (7.1s)

<table>
<thead>
<tr>
<th>Physical</th>
<th>Social</th>
<th>Emotional</th>
</tr>
</thead>
<tbody>
<tr>
<td>violence</td>
<td>isolation or withdraw</td>
<td>anger</td>
</tr>
<tr>
<td>poor grades</td>
<td></td>
<td>sadness or depression</td>
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<tr>
<td>self-destructive behaviors</td>
<td>moving</td>
<td>absence of resiliency</td>
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7. How do family practices and customs promote positive health choices? (7.3i)

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8. Create a strategy you can use to address differences between family values and those of your friends? Explain what you would say

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9. Community agencies to assist when families need help (7.1k)

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10. What are the county's resources dedicated to promoting health? (7.2v)

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11. What is the relationship between social and environmental factors in relation to your health and that of the community's? (7.2u)

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12. Why is a healthy environment important to your health and that of the community? (7.2t)

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