Health Review Sheet:

Human Needs – know what level they are on and what falls under each

 Physical Needs –

 Safety Needs –

 Belonging –

 Feeling recognized –

 Reaching potential -

Physical Health-

Mental Health –

Social Health –

Self Image –

Self Esteem –

Decision –

Risk –

 Unreasonable risk –

 Reasonable risk –

Cumulative risk -

Consequence –

Precaution –

Decision making model:

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Lifestyle Factors –

Goal –

Feedback –

External messages –

Internal messages –

Conflict Resolution –

Managing stress –

Short term goal –

Long term goal –

Character –

Role model –

Quality of life is the degree of:

Heredity includes the \_\_\_\_\_\_\_\_\_\_\_\_ traits passed from parents to children.

People who set and achieve more goals usually have a \_\_\_\_\_\_\_\_\_\_\_ self-esteem.

Maslow’s pyramid: draw and fill out -

What influences your personality?

What’s the average age men are getting married? Women?

What percentage of people overall get married?

How long on average do marriages last?

Define marriage –

What’s the divorce rate percentage?

Define delayed parenting –

Platonic relationship –

Peer pressure –

Manipulation –

Prejudice –

Stereotype –

Close friendship –

Dating relationship –

Reasons people are waiting to get married: (3)

Legal age for marriage with consent? If age \_\_\_\_ or up, no consent is necessary.

Marital adjustment -

Multiples parents divorce rate –

Alimony –

Celibate –

Fiance –

Cohabitate –

Health Literacy –

Heredity –

Abstinence –

What has changed in regard to attitudes toward parenthood?

Delayed parenting –

Planned pregnancy –

Unplanned pregnancy –

Adoption –

What children need to be physically healthy:

What children need to be mentally and emotionally healthy:

How has the father’s involvement changed over the years?

What percent of all children will spend some time in a single parent home?

Cost of adoptions (list the range)

Cost of raising from birth to 18? List the range