**Exam Review- 7th Health**

**UNIT 1**

1. ***What are the three types of communication?***
2. ***What are three signs of depression or suicide?***
3. ***What should you do if you think someone you know may hurt themselves?***
4. ***Should all remarks about suicide be taken serious? YES or NO***
5. ***Who in the school could you talk to about a friend who may be suffering from depression?***
6. ***What is the body’s response to stress called?***
7. ***What are coping skills?***
8. ***What are the steps in the decision making process (problem solving)?***
9. ***What does it mean to “treat others as you want to be treated”?***
10. ***What does inherited mean? Give an example of a trait that is inherited?***

**UNIT 2**

1. **How many hours of sleep should an average teen get daily?**
2. **Name a benefit to getting the proper amount of sleep daily?**
3. **Give an example of how diseases are transmitted through the air? Through indirect contact? Through person to person?**
4. **How long should someone wash their hands to ensure that they are clean?**
5. **How can you help someone who is bleeding severely?**
6. **What does life threatening mean?**
7. **Name three ways to protect yourself from the sun.**
8. **Why are tanning booths so “in” if they cause cancer?**
9. **What are self –exams (when referring to skin cancer)?**
10. **List examples of Life Threatening Conditions.**

**Unit 3**

1. **Circle the following words that describe healthy relationships.**

**Trust Abuse Neglect Responsible**

**Love Hate Happiness**

1. **What is a crisis line?**
2. **What information should you not give out on the internet (3)?**
3. **What are some warnings signs of abuse?**
4. **If you were home alone and felt someone was trying to get into your house, what should you do? (hint: call \_\_\_\_\_\_\_\_\_\_\_\_)**
5. **What is something you may see or hear about in a relationship that would indicate to you that it is unhealthy?**
6. **What is a strategy to keep a bully at bay?**

**UNIT 4**

1. **Approximately how many calories should a teenager eat per day?**
2. **What does it mean to stay hydrated? How many glasses of water should you drink per day?**
3. **Where would you find serving size on a food package?**
4. **What is myplate.gov?**
5. **What is an example of a carbohydrate? A protein?**
6. **Name 3 reasons people may be overweight in our society?**
7. **What is a calorie?**
8. **How does you body use minerals? What foods are minerals found in?**

**UNIT 5**

1. **How may choosing to use drugs or alcohol have an impact on one’s family? One one’s friends? On school?**
2. **What is the difference between and stimulant and a depressant?**
3. **What is Alateen?**
4. **What is addiction?**
5. **What is one way you can stay away from drugs and alcohol?**
6. **Describe a situation where drugs or alcohol may around.**
7. **What are some refusal skills that you can use to get out of risky situations?**
8. **Define the following terms, Emphysema, Dependance, Withdrawl, Tolerance and Addiction.**

**UNIT 6**

1. **What is HIV? What is AIDS?**
2. **How is HIV transmitted?**
3. **How do you know if you have HIV?**
4. **What 2 things can put you at risk for transmitting HIV?**