

Lesson 1

Building Health Skills

VOCABULARY

health skills
interpersonal communication
refusal skills
conflict resolution
stress management
advocacy

YOU'LL LEARN TO

- Demonstrate communication skills in building and maintaining healthy relationships.
- Demonstrate refusal strategies and conflict resolution skills.
- Apply self-management strategies.
- Analyze influences on behavior.
- Develop evaluation criteria for health information.



On a sheet of paper, list the skills and qualities necessary for effective communication. Then, explain how having strong communication skills can impact your health in positive ways.

FIGURE 2.1

THE HEALTH SKILLS

Developing and practicing these health skills will provide a lifetime of benefits.

Interpersonal Communication

- Communication Skills
- Refusal Skills
- Conflict Resolution

Self Management

- Practicing Healthful Behaviors
- Stress Management

Analyzing Influences

- Accessing Information
- Decision Making/Goal Setting
- Advocacy

The choices you make and the actions you take—including the foods you eat, the friends you choose, and the activities you participate in—can affect your health. Taking responsibility for your health begins with a commitment to take charge of your actions and behaviors in a way that reduces risks and promotes wellness. The first step is to develop health skills. **Health skills**, or life skills, are specific tools and strategies that help you maintain, protect, and improve all aspects of your health. **Figure 2.1** presents a basic overview of the health skills.

Interpersonal Skills

One of the traits of a health-literate individual is having effective communication skills. Effective communication involves not only making yourself heard but also being a good listener. **Interpersonal communication** is the exchange of thoughts, feelings, and beliefs between two or more people.

Building Health Skills Activities Teen Health Course 1 2 3

Tao Wei



Building Health Skills Activities Teen Health Course 1 2 3:

Decoding **Building Health Skills Activities Teen Health Course 1 2 3**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Building Health Skills Activities Teen Health Course 1 2 3**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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