



ثانوية التكنولوجيا التطبيقية
Applied Technology High School

Health

Handout

CHAPTER 2 &3

LESSON 7 , 8 and 13

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Lesson 7 : Decision Making

Decision Making :-

The process of making a choice or solving problems

- ▶ How will this decision affect my life?
- ▶ Does it affect anybody beside me?
- ▶ Are the choices illegal, unethical or unhealthy?
- ▶ What benefit I get from doing it?
- ▶ What harm I get from not doing it?
- ▶ Does this decision fit with my values?

Valuing your choices

- **Values:** The belief that guide the way a person lives
- **Ethical:** What is right and what is wrong

- **H.E.L.P criteria**

H: Healthy

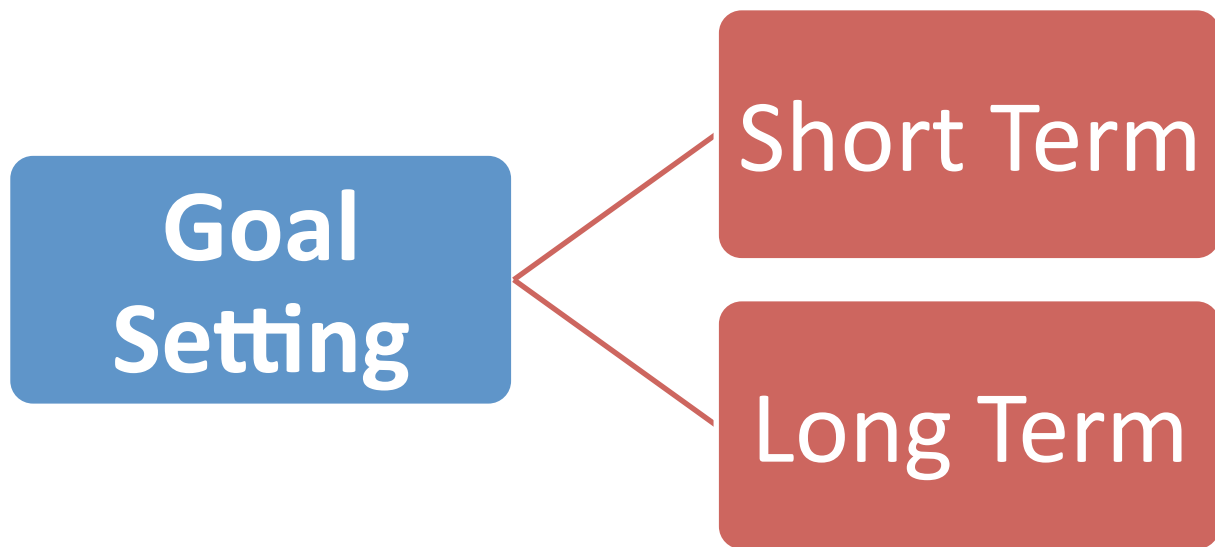
E: Ethical

L: Legal

P: Parents Approval

- ▶ **Decision making is about alternatives, what is right and what is wrong, not looking into causes but consequences**
- ▶ **In problem solving you tend to have problem analysis and gather information to define the cause and decide on how to deal with the cause of the problem**

- ▶ Goal setting is the process of working toward something you want to accomplish



- ▶ Steps in the goal-setting process

1. Identify a specific goal
2. List the steps you take
3. Get help and support
4. Identify any barrier
5. Evaluate your progress.
6. Reward yourself

► *Challenges Teens face when making healthy decisions because they:*

1. Their preference may interfere with their reasoning skills.
2. Lack the experience to expect the consequences or value them
3. Misperceive certain behaviors as less risky, and may feel optimistic about their ability to recognize and avoid threatening situations
4. May focus more on the social reactions of their peers when deciding to engage in or avoid risky behaviors
5. Cannot verify contradicting information

► Steps to make responsible decisions

- 1.State the situation
- 2.List the options
- 3.Weigh the possible outcomes
- 4.Consider value
- 5.Make a decision and act on it
- 6.Evaluate your decision

End of Lesson 7

Lesson 8 : Positive Thinking

Is how to transform your approach to living, so you can feel good about yourself, create worthwhile relationships & perform successfully.

- How to think positively ?

1. Focus on the positives in any situation rather than the negatives.
2. Think well of yourself rather than constantly putting yourself down.
3. Think well of others, dealing with them in a positive way.
4. Expect the best from the world, trusting it will provide.

- **What should we be saying positively?**

One approach is called the three **C's**: **C**ommitment, **C**ontrol and **C**hallenge.

Commitment

Make a positive commitment to yourself, to learning, work, family, friends, nature, and other worthwhile causes. Praise yourself and others. Dream of success. Be enthusiastic.

Control

Keep your mind focused on important things. Set goals and priorities for what you think and do. Visualize practicing your actions. Develop a strategy for dealing with problems. Learn to relax. Enjoy successes. Be honest with yourself.

- **Challenge**

Be courageous. Change and improve each day. Do your best and don't look back. See learning and change as opportunities. Try new things. Consider several options. Meet new people. Ask lots of questions. Keep track of your mental and physical health. Be optimistic. Studies show that people with these characteristics are winners in good times and Survivors in hard times.

Commitment, control and challenge

- Help build self-esteem and promote positive Thinking. Here are some other suggestions.

- Some positive words you can use...
- **Reachable**
- **I can**
- **I did**
- **Needs more work but not difficult**
- **Also say to yourself, I have made many good things in the past**
- **I can still do more or even better**
- **Look the half filled cup and not the half empty cup.**

- Attitudes !
- The biggest difference between people is in their attitudes.
- For some, learning is enjoyable and exciting. For others, learning is hard work. For many, learning is just okay, something required on the road to a job.
- Our present attitudes are habits, built from the feedback of parents, friends, society and self, that forms our self-image and our world-image.
- These attitudes are maintained by the inner conversations we constantly have with ourselves.
- The first step in changing our attitudes is to change our inner conversations.
- So self, talk !

- 8 suggestions for building positive attitude

1. Think positive, think big !
2. Associate with positive peers.
3. Look for interesting ideas around you. Write them in special note book.
4. Exchange the brilliant and interesting ideas with your friends and teachers.
5. Ask one question in every lecture, or at least try to, by raising your hand and showing interest.
6. Set with yourself and put your short goals and long goals.
7. Revise your goals with your parents, friends and teachers and see if they can help you modify them for the best.
8. Evaluate yourself by listing your positive points and then ask your classmate to tell you about your positive attitudes.

The end of lesson 8

Lesson 13 : Physical Activities And Body Mechanics

➤ Physical Activity :-

Any bodily activity that enhances or maintains physical fitness and overall health and wellness.

Physical Activities :-

- Physical activity helps to :-

1. **Weight control.**
2. **Improve your mood.**
3. **Prevent disease.**
4. **Save your bones.**

- **Benefits of physical Activities:-**

1. Relax your mind.
2. Strengthens muscles and bones.
3. Burns unnecessary fats.
4. Toning body and skin and delays aging process.
5. The best fit for your free time and when you feel lonely.

➤ **Body Mechanics**

Body mechanics is a term used to describe the ways we move as we go about our daily lives. It includes how we hold our bodies when we sit, stand, lift, bend, and sleep. Like:

1. Proper sitting posture
2. Posture
3. Standing.
4. Sitting
5. Lifting

End of lesson 13