Health writing prompt 1

5 Items

• Please list on a piece of paper five items that you feel that this class will cover. And also list five things that you expect from the class.
Health writing prompt 2

Being Healthy

1. What does being healthy really mean?
2. What do you need to know to be healthy?
3. What is the difference between health and wellness?
Health writing prompt 3
5 Aspects of Health

• Please list on a piece of paper what you think are the five aspects of health.
Health writing prompt 4

Affects of Health

• Is your environment healthy?
• How can you develop habits to improve your health?
Health writing prompt 5
Heredity & Environment

• How do heredity, environment, and available health care affect your health?
Health writing prompt 6

Risks

• What do you consider a risk?
• Are you more willing to take a risk or to play it safe? Why?
• Are you a person that can be dared to do anything?
Health writing prompt 7
Decisions

• What big decision have you had to make and **how** did you come up with that decision?
• What help did you have to make the decision?
• Are there any easy decisions? Name one.
Health writing prompt 8

Goals

• What is a goal?

• How does setting goals affect my self-esteem?
Health writing prompt 9
Goals 2

• Why do I need to set goals?
• How can you achieve your goals?
Health writing prompt 10
Eating Right

• What can eating the right food do for me?
• What influences the choices people make about food?
Health writing prompt 11

Nutrients & Diet

• What nutrients do I need to be healthy?
• What is a diet?
Health writing prompt 12
Super Size Me

• Why is the experiment with the person in Super Size Me dangerous to the person's health?
• Has the video changed your mind about fast food?
Health writing prompt 13

Food Pyramid

• How many sections are in the food pyramid?
• What section in the food pyramid should we consume in moderation?
Health writing prompt 14
Sugar

• How many teaspoons of sugar does a soda contain?
• How much sugar does your Fruit Loops cereal contain?
Health writing prompt 15

Weight

• How much should you weigh?
• How can you lose weight without damaging your health?
• What can you do to keep your weight the same.
Health writing prompt 16
Food, Nutrition & Diet

• What new thing have you learned in the past few days of our discussion with food, nutrition, & diet?
• What things about your life are you going to change with this new knowledge?
Health writing prompt 17
Food, Nutrition & Diet 2

• What other things or situations can influence our diet?
• What mental issues can affect our diet?
Health writing prompt 18
Eating disorders

• Why do people develop eating disorders?
• Can people with eating disorders do permanent damage to their bodies?
Health writing prompt 19
Eating Disorders 2

• Where can a teen with an eating disorder get help?
• What gender generally has more eating disorders? Why?
Health writing prompt 20
Eating disorders 3

• From the video what was one of the issues that the Patients was dealing with.

• How does self esteem affect people with eating disorders?
Health writing prompt 21
The Perfect You

• What do you feel is the Perfect you?
• What features make the perfect person?
Health writing prompt 22
The Perfect You 2

• What non physical features makes a “Perfect Person”?  
• Is there a perfect person?  
• Where do we get our ideas of perfect people?
Health writing prompt 23
Eating Disorders 4

• What are some of the signs that people with eating disorders exhibit?
• What is the difference between Anorexia and Bulimia?
Health writing prompt 24
First Aid

• What are some of the qualities a person needs to be helpful in an accident? Name 6.

• A baseball hits your teammate in the nose, What do you do?

• A child feels sick and there is poison on the floor, what do you do?
Health writing prompt 25
Safe Habits

• Why do accidents happen?
• How can you avoid injury?
• How can you have fun with your friends and “Still Play It Safe”?
Health writing prompt 26
Organ Donation

• Is there anybody you know that has had an organ transplant? Who?
• How old do you have to be to be an organ donor?
• How much money do you get when you donate an organ?
Health writing prompt 27
Safety at Home & School

• What causes injuries at home and how can you prevent them?
• How can I keep safe at school?
Health writing prompt 28
Violence Prevention

• Why is there so much violence in the world today?
• How can you avoid becoming a victim of a violent crime?
Health writing prompt 29
Acting Safe on The Road & Outdoors

• What are the traffic rules for bicycle riders?
• How can I skateboard without getting hurt?
• What can I do to avoid injuries in the water and outdoors?
Health writing prompt 30
Severe storms

• What should you do to stay safe in case of severe storm in your area?
• How can you protect yourself during a flood or an earthquake?
• Does your family have a plan and do you know what it is?
Health writing prompt 31
Risks 2

• How much of a risk taker are you?
• What do you now consider a risk?
• Has your view of risks changed in the last two weeks?
Health writing prompt 32
Basic First Aid

• What are the basic steps to follow when someone needs first aid?
• How would you help someone that has stopped breathing?
• What would you do to help control severe bleeding?
Health writing prompt 33

911

• What is the number to 911?
• When should you call 911?
• What is the most important thing to do while on the phone with the 911 dispatcher?
Health writing prompt 34

Fire

• What do you consider to be a fire hazard?
• What is classified as a combustible item?
• What do you use to extinguish a grease fire?
Health writing prompt 35
Life Threatening Emergencies

• Should you try to help someone in a life threatening emergency?
• What should you do to help a choking victim?
• How do you know if someone needs CPR?
Health writing prompt 36
burns

• How do you determine what type of burn a person has?
• What is the treatment for a burn?
• Do you treat a 1\textsuperscript{st} degree burn the same as a 3\textsuperscript{rd} degree burn?
Health writing prompt 37
Wounds

• What is blood-borne virus?
• What is the proper way of treating a wound?
• Describe a cravat Bandage.
Health writing prompt 38
Sprains & Broken Bones

• How should you help someone who has a sprain or a bruise?
• How should you help someone who has a broken bone?
Health writing prompt 39
Basic First Aid 2
• What is first aid and why is it important to know first aid techniques?
• Whom should you call for help?
Health writing prompt 40
Basic First Aid 3

• Explain what you should do when you are choking?

• What does the abbreviation CPR stand for and explain what it is?
If you have a fractured bone, what does that mean?

What first aid should you give a person that has a fractured bone?
Health writing prompt 42
Basic First Aid 5

• Where are all the pressure points?
• What is the treatment for a first degree burn?
• Do you pop the blisters from a 2\textsuperscript{nd} degree burn?
Health writing prompt 43
Basic first Aid 6

• Where do you need to be prepared to perform first aid?
• What is the most important thing to remember during an emergency?
Health writing prompt 44

Shock

• What is shock?
• How do you treat shock?
• Can going into shock cause a person's death?
Health writing prompt 45

Diseases

• What is a disease?
• Are all diseases treatable?
• Are all diseases transmittable?
Health writing prompt 46

Viruses

• What is the difference between a disease and a virus?
• Are all viruses treatable?
• Are all viruses transmittable?
Health writing prompt 47

Sex Ed

• What scares you about talking about sex?
• What is societies’ view on sexual relations?
• How can you help members of the class not feel embarrassed?
Health writing prompt 48
Reproductive System

• Why do females menstruate and males do not?
• At what age do females begin to menstruate?
• What happens when an egg is not fertilized?
Health writing prompt 49
Self Esteem & Attitude

• What is self esteem?
• If you don’t have any where can you get some?
• Who in the world today has a great self esteem and why?
Health writing prompt 50

Media

• How many commercials are shown in ½ hour of tv?
• How does the modern media have any influence in your life?
• Name one companies’ jingle you hear on in the media?
Health writing prompt 51
Diseases 2

• What are germs?
• How are germs spread?
• How can I avoid picking up or passing on germs that cause diseases?
• Name 4 diseases.


Health writing prompt 52
Diseases 3

• List 4 good behaviors to prevent disease.
• Define communicable disease.
Health writing prompt 53
AID’S

• What is AIDS or HIV?
• Do you know anyone that has it?
• What famous Lakers NBA Basketball player has it?
STD’s

• Which diseases are sexually transmitted diseases?
• How can sexually transmitted diseases be treated?
Choosing Abstinence

• What is one of the most powerful influences in our world?
• How can peer pressure be used for positive aspects?
• How can peer pressure be detrimental?
Health writing prompt 56
Talking to Parents

• What makes family different from other groups?
• What are some ways that your family helps you?
• What are some ways you help your family?
Health writing prompt 57
Friends & Peers

• What makes a good friend?
• How can you make new friends?
• What do you need to think about before you go out?
• Do most people your age feel more comfortable going out in groups?
Health writing prompt 58
Marriage

• Why do people marry
• What makes a marriage work?
• Why are teens discouraged from becoming parents?
Health writing prompt 59
Marriage 2

- What is the difference between love and commitment?
- How does emotional maturity help a marriage succeed?
Health writing prompt 60
Club Drugs

• What are 4 club drugs?
• In what type of conditions are club drugs made?
• Which prescription drug is also classified as a club drug?
Health writing prompt 61
Drugs & Abuse

• What is considered a drug?
• What is abuse?
Why Drugs?

• What are some reasons people do drugs?
• Where can you find drugs?
• What type of people do drugs?
Health writing prompt 63

Goals & values

• What is a goal?
• What is a value?
• How does setting goals affect my self-esteem?
• How can a value help make a correct decision?
Health writing prompt 64
Smoking tobacco

• What is the purpose of smoking?
• When does the first use of tobacco occur?
• What Body parts does smoking affect?
Health writing prompt 65
Spitting tobacco

• What is the purpose of chewing?
• How does the nicotine get into your body?
• What do the chew manufacturers add to the chew to make the nicotine get into your body faster?
Health writing prompt 66
Alcohol use

• What are the risks of alcohol use?
• Name 4 negative consequences of alcohol use.
Health writing prompt 67
Drugs in Our Society

• Define misuse.
• Define addiction.
• Define medicine.
• Define withdrawal.
Health writing prompt 68
The role of medicine

• What is the difference between medicine and drugs?
• How do medicines affect the body?
• What is the difference between prescription and over-the-counter medicines?
• How can you be sure you are using medicines correctly?
Health writing prompt 69
Stimulants & Depressants

• How do stimulants affect the body?
• How do depressants affect the body?
• Which kind of drug is the most misused or abused most often?
Health writing prompt 70
Street Drugs

• What are the side effects of Marijuana?
• What are hallucinogens?
• What are the effects of using designer drugs and inhalants?
Health writing prompt 71
Choosing to be Drug Free

• How can you say no when offered drugs?
• What are some reasons for remaining drug free?
• What are some places where people with drug problems can turn for help?
Drugs and your health

• List two ways drugs are misused.
• Why are hallucinogens so dangerous?
• What are anabolic steroids and who generally used them?
• What type of drug relieves pain?
Health writing prompt 73
Drug Help

• What is detoxification? And explain the process.
• What is a halfway house?
Health writing prompt 74

Tobacco

• What are the substances in tobacco?
• How is tobacco used in medicine?
• What is one harmful effect that tobacco has on your body?
What is a “PSA” Public Service Announcement?

Where do we find these announcements?
What organizations sponsor PSA’s
What type of television show have you seen PSAs used?
What is the purpose of a PSA?
Health writing prompt 77
PSA 3

• What are the most common methods to get PSA’s out to the public?
• Name 3 PSA’s that you have seen in the past month.
Mental & Emotional Health

• What is emotional health?
• What is mental health?
• Are emotional & mental health the same? Explain your answer.
Health writing prompt 79
Handling Emotions

• How can you express your emotion in a healthy way?
• How can you satisfy your emotions in a healthy way?
Health writing prompt 80
Stress

• What causes you stress?
• How does your body respond to stress?
• How do you manage stress in your life?
Mental Health

• How do you know when mental health problems are serious?
• What are the signs of major depression?
• What can be done about mental health problems?
• How can you help with a friend who may be thinking of suicide?
Where is Help

• How do I know if my problems are serious enough to ask for help?
• Who can help me if they are?
Health writing prompt 83
Emotional health

• What are hormones and how do they affect emotions?
• List two ways to accept criticism constructively
Environmental Health

• What do you do to reduce your carbon footprint?
• Name six items that are easily recycled.
Health writing prompt 85
Trash

• Where does your trash end up?
• How can you reduce your trash production?
Health writing prompt 86
I made a difference

• How does an individual person make an impact on the environment?
• How much of our trash can be discarded in a more environmentally friendly way?