

HEALTH FINAL EXAM REVIEW SHEET

Name: _____

Class Period: _____

The difference between sexual abuse & sexual harassment.

*Abuse- any sexual act without consent

*Harassment- any unwanted sexual remark, behavior or touch that has sexual content

**A common way that sexual harassers explain their behaviors is by saying that: "he/she was only flirting"

How does HIV & other STD's spread?

Wellness deals with which areas of health?

What are the effects of a Stimulant.

What are the effects of a depressant

What is physical withdrawal from drugs?

What factors affect Blood Alcohol Content (BAC)?

What causes Fetal Alcohol Syndrome (FAS)?

What are the effects of FAS?

What changes that occur during puberty?

Female:

Male:

Too much salt in your diet causes _____.

A balanced diet should include _____.

What are the dangers of tobacco?

What is emotional abuse?

What is physical abuse?

What is the name of the white patch or sore that develops in the mouth from using smokeless tobacco?

What is a vaccine?

What is the name of the serious vaginal infection that can develop from leaving a tampon in too long?

What is the term for the loss of calcium that causes weakening of the bones in the elderly?

What is the energy value of food?

Using a drug in a way in which it was not intended is known as _____.

Drugs that frequently lead to the use of other drugs are called _____.

One pound of fat is equal to _____ calories.

What happens when:

Calorie Input > Calorie Output

Calorie Output > Calorie Input

Calorie Output = Calorie Input

Materials found in food that are essential for the body to function properly are called

_____.

How are ingredients on the food label listed? (according to what?)

List 4 examples of health Risk behaviors.

What is the cause of most health problems today?

List 3 things you can do to help you deal with pressure and stress.

List 3 examples of media.

List 3 Risk factors that you can not control.

What is the major cause of death for teenagers?

In order for a person with an eating disorder to get better, he/she must do what?

How are bulimia and Anorexia similar (list 3 ways).

How are anorexia and bulimia different (list 3 ways).

List 5 warning signs of suicide.

What should you do if someone you know has mentioned committing suicide?

Give 3 examples of sexual harassment.

List 3 effects of smoking can have on child born to a mother who smoked during pregnancy.

Alcohol affects behaviors as soon as it reaches the _____.

How does alcohol affect the body? (list 4 ways)

The most commonly abused drug in the US is _____.

EMOTIONAL HEALTH

- 1 Emotional Health
- 2 Positive Self-Concept
- 3 Self-Esteem
- 4 Habits
- 5 Environment
- 6 Values
- 7 Heredity
- 8 Risk Situation
- 9 Risk Behavior
- 10 Lifestyle

SEXUAL HEALTH - Male

- 11 Testosterone
- 12 Scrotum
- 13 Sperm
- 14 Vas Deferens
- 15 Prostate Gland
- 16 Ejaculation
- 17 Testes
- 18 Sterility
- 19 Semen
- 20 Testicular Self-Exam

SEXUAL HEALTH - female

- 21 Puberty
- 22 Estrogen
- 23 Ovulation
- 24 Fallopian Tube
- 25 Cervix
- 26 Uterus
- 27 Pap smear
- 28 Menstruation
- 29 Tubal Ligation
- 30 Premenstrual Syndrome

- 31 Consumer
- 32 Consequence
- 33 Peer Pressure
- 34 Resources
- 35 Refusal Skills
- 36 Goals
- 37 Life Skills
- 38 Coping
- 39 Evaluating Media
- 40 Assessing Your Health

DRUGS

- 41 Overdose
- 42 Ketamine
- 43 Hallucinogen
- 44 GHB
- 45 Rohypnol
- 46 Steroids
- 47 Tolerance
- 48 Depressant
- 49 Stimulants
- 50 Date Rape Drugs
- 51 Ecstasy
- 52 OxyContin

SEXUAL ABUSE

- 53 Date Rape
- 54 Sexual Assault
- 55 Bullying
- 56 Violence
- 57 Abuse
- 58 Sexual Harassment
- 59 Stalking
- 60 Cyber predator

CONTRACEPTIVES

- 61 Depo Provera
- 62 Pill
- 63 Condom male/female
- 64 ECP
- 65 Spermicides
- 66 Patch
- 67 Diaphragm
- 68 Abstinence
- 69 Seasonale

MEDICAL PROFESSIONALS

- 70 Orthodontist
- 71 Pediatrician
- 72 Dermatologist
- 73 Gynecologist
- 74 Obstetrician
- 75 Optometrist
- 76 Anesthesiologist
- 77 Cardiologist
- 78 Orthopedic Surgeon
- 79 Podiatrist
- 80 Allergist

STD'S

- 81 Chlamydia/Gonorrhea
 - 82 PID
 - 83 Herpes
 - 84 HPV
 - 85 Pubic Lice/Crabs
 - 86 Syphilis
 - 87 Chancre 91 genital warts
 - 88 Hepatitis
 - 89 Monogamy
 - 90 Vaginitis
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OVERALL HEALTH

- 92 Physical Health
 - 93 Social Health
 - 94 Emotional Health
 - 95 Environmental Health
-

DRUGS

- 96 Analgesic
 - 97 Vaccine
 - 98 Addiction
 - 99 Generic
 - 100 Active Ingredient
 - 101 Prescription
 - 102 Over-the-Counter
 - 103 Drug Misuse
 - 104 Toxic
 - 105 Drug Abuse
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NUTRITION

- 106 Basal Metabolic Rate
 - 107 Bingeing
 - 108 Bulimia Nervosa
 - 109 Total Health
 - 110 Calorie
 - 111 Energy Balance
 - 112 Body Image
 - 113 Purging
 - 114 Anorexia Nervosa
 - 115 Fad Diet
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SOCIAL HEALTH

- 116 Bullying
 - 117 Consequences
 - 118 Stereotype
 - 119 Prejudice
 - 120 Discrimination
 - 121 Teasing
 - 122 Intimidation
 - 123 Peer Pressure
 - 124 Exclude
-

TOBACCO

- 125 Bronchitis
 - 126 Emphysema
 - 127 Carbon Monoxide
 - 128 Tar
 - 129 Nicotine
 - 130 Benign
 - 131 Biopsy
 - 132 Malignant
 - 133 Autopsy
 - 134 Cancer
-

STEROIDS

- 135 Death
- 136roid Rage
- 137 Cancer
- 138 Testosterone
- 139 Illegal
- 140 Acne
- 141 Depression
- 142 Hair

- 143 Wellness Behavior
- 144 Risk Behavior
- 145 Self-esteem