**March 31- April 1, 2020**

**T3 Health**

**CH. 1 review continued**

Answer the following questions in 2 to 5 sentences.

**Influences:**

* Social Environment: includes the people you spend time with.
* Most people learn their first basic health lessons from their family.
* **Who else can influence you? Why?**

**Habits:**

* **What are a few unhealthy habits? Why?**
* **What are some excuses a person might offer for not being able to break the habit?**
* **What could you say to argue against their excuses?**

**Health Literacy**

* A person with health literacy has the ability to gather, understand, and use health information to improve his or her health.
* **What is your most common source of health information? What is your most reliable source?**

**Proposal**

* Think for a moment and identify a small, but important change that could make our school a healthier place to live…
* **What would it be? What might be some obstacles might you have to overcome to make this change a reality?**

**Media**

* Including all media, the average teen sees between 20,000 and 40,000 advertisements each year.
* **Do you believe advertisements has a major influence on teen behavior and health?**