

Warm-up

1. The act of becoming aware through the senses is _____.
2. List the five general categories of stressors.
3. Describe the three stages of the body's response to stress.
4. What healthful alternatives would you recommend to a teen who is thinking about using drugs to deal with stress? Explain the importance of alternatives to substance abuse.



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Biological, Personal Behavior, Environmental, Cognitive, Life Situation
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2. List the five general categories of stressors.
Biological, Personal Behavior, Environmental, Cognitive, Life Situation
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Alarm, Resistance, Fatigue
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10/17/14 Today's Agenda:

1. Students will complete warm-up.
2. Turn in Contract to Decrease Stress Levels
3. Students will make a foldable to take notes for this lesson.
4. **TO: Evaluate the effects of family relationships on physical, mental/emotional, and social health.**



Importance of **Family**

- The family provides a safe and nurturing environment for its members. It's the **basic unit of society**



- Because the health of society is directly related to the health of the family, promoting healthy families contributes to a healthy society.



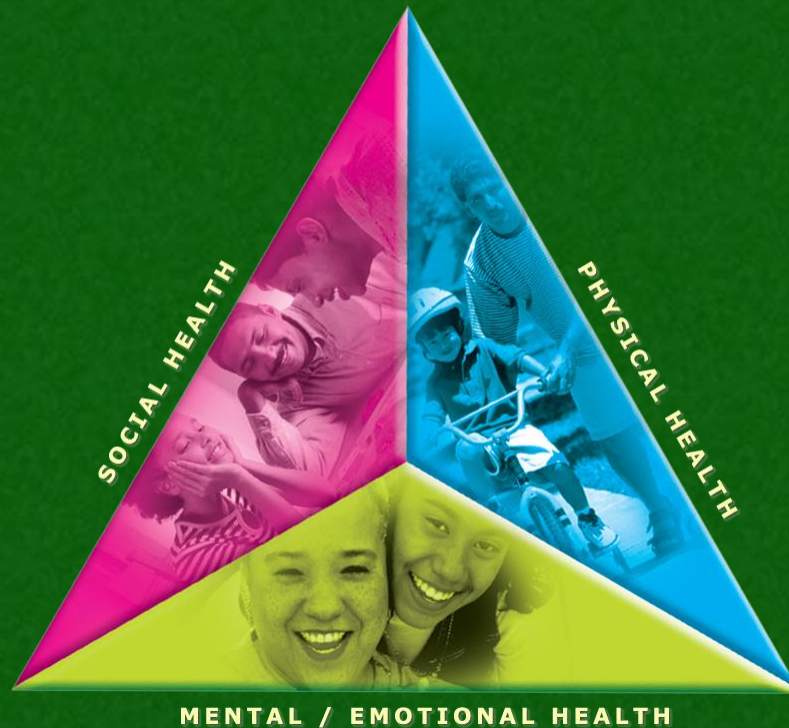
Signs of a Healthy Family

- **Expresses** mutual **love and respect** freely.
- Allows its members to **communicate effectively** with one another.
- Helps teens **develop values and self-confidence.**
- Serves as an important protective factor.



Promoting Overall Family Health

Although families differ in size and makeup, a healthy family strives to promote the physical, mental/emotional, and social health of its members.



Meeting Physical and Other Basic Needs

- Most parents and guardians provide for their family's basic physical needs, including **food, clothing, and shelter.**
- They also make certain that children get **medical checkups, receive immunizations, and learn to practice healthful behaviors.**



Meeting Mental/Emotional Needs

- The family provides a **safe, comforting environment in which all members can express thoughts and emotions freely.**
- By providing **emotional support and unconditional love, families promote positive self-concepts** in their members



Meeting Social Needs

- In the first few years of life, **children learn from family members how to communicate and get along with others.**
- A healthy family helps children **become team players and teaches them to accept differences in others.**



Role of Families in Social Growth of Children

- Developing a **good value system** helps you in making responsible decisions.
- Having positive values helps you become a good citizen.
- By observing traditions, adult family members **pass their culture and history on to children.**



Extended Family

- Your family is more than just the people who live in your home.
- Your family also includes your extended family.
 - **Aunts**
 - **Uncles**
 - **Cousins**
 - **Etc...**



Roles of Members in a Family

- Each family member has roles and responsibilities in promoting a healthy family.
- The adults are usually in charge of providing basic comforts and fulfilling basic needs. They also set limits and make rules that protect the health and safety of their children.
- Children and teens respect the authority of parents. Teens may be asked to care for a younger sibling.



Ways to Strengthen the Family: you pick four



- Demonstrate care and love, give **affirmation** (positive feedback), and show empathy.
- Show support, especially during difficult times.
- Demonstrate trust.
- Express commitment.



- Be responsible.
- Spend time together.
- Respect individuality.
- Work together to solve problems.
- Be sensitive to others' needs.



Choose the appropriate option.

Q. Your _____ includes your immediate family and other relatives such as grandparents, aunts, uncles, and cousins.

1. character
2. extended family
3. affirmation
4. sibling



A. Your **extended family** includes your immediate family and other relatives such as grandparents, aunts, uncles, and cousins.

Click **Next** to attempt another question.



Provide a short answer to the question given below.

- Q.** List two ways that families help their members develop social health.



A. Two ways in which families can help their members develop social health are:

1. Developing a value system
2. Sharing culture and traditions

Click **Next** to attempt another question.



Provide a short answer to the question given below.

Q. Why is it important for family members to give affirmation to one another?

Click **Next** to view the answer.



- A. Giving affirmation to one another helps family members show care and consideration.

Click **Next** to attempt another question.



Provide a suitable description.

Identify three traits of a healthy family. Describe the roles your immediate and extended family members play in promoting the health of your family.



A. **Correct!** Your **extended family** includes your immediate family and other relatives such as grandparents, aunts, uncles, and cousins.

Click **Next** to attempt another question.



You have answered the question incorrectly. Go back to try again, or click **Next** to view the correct answer.



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A sibling is a brother or sister.

