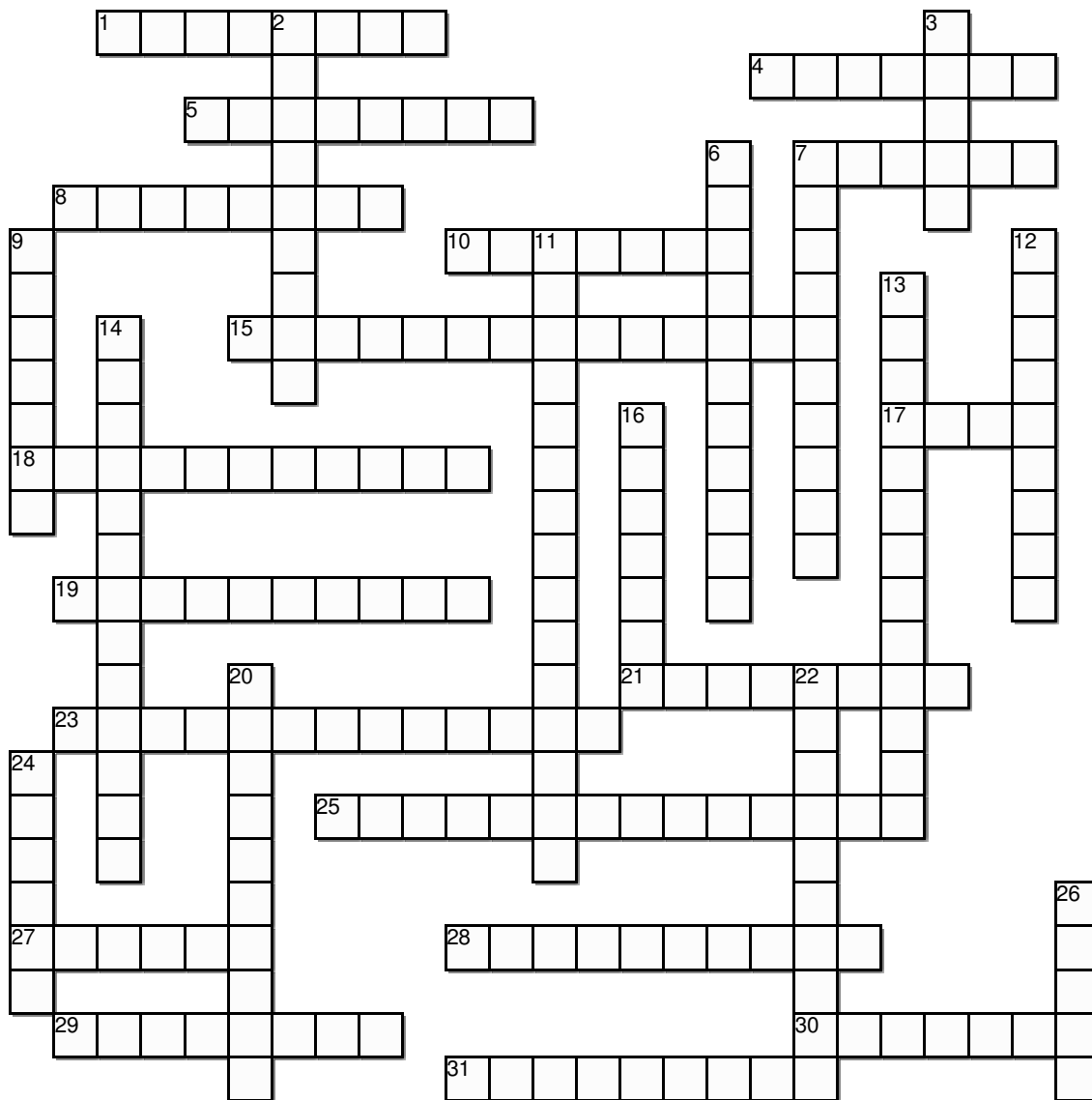


Name: _____

Taking Charge of Your Health

Complete the crossword below using pages 34-45.



Created with TheTeachersCorner.net Crossword Maker

- influences
- reward
- interpersonal
- decisions
- advocacy
- healthful
- action plan
- options
- long term goal
- ethical
- legal
- specific
- decision
- values
- support
- values
- communication
- goals
- evaluate
- refusal skills
- resolution
- list
- successful
- achieve
- situation
- parent approval
- practicing
- health skills
- reasonable
- active
- respect
- outcomes
- checkpoints

Across

1. Make a _____ and act upon it.
4. Working towards goals helps you to _____ your hopes and dreams.
5. Weigh the possible _____.
7. _____ yourself for achieving your goal.
8. You work to improve your own health and the health of your family and community
10. Identify sources of help and support.
15. a goal that you plan to reach over an extended period of time
17. _____ the steps you will take to achieve your goal.
18. Evaluate your progress by establishing _____.
19. Set a _____ time frame for achieving your goal.
21. Set a _____, realistic goal and write it down.
23. Good _____ is a vital health skill.
25. communication strategies that can help you say no when you are urged to take part in behaviors that are unsafe or that go against your values
27. Consider _____.
28. _____ healthy habits will protect your health.
29. _____ the decision.
30. Does this choice reflect what you value?
31. Achieving good health begins with making responsible _____.

Down

2. State the _____.
3. Does this option violate any local, state, or federal laws?
6. a multistep strategy to identify and achieve your goals.
7. Conflict _____ is the process of ending a conflict through cooperation and problem solving
9. Communicate with _____ and caring.
11. Would you parents or guardians approve of this choice?
12. Does this choice present any health risks?
13. specific tools and strategies to maintain, protect and improve all aspects of your health.
14. _____ communication is the exchange of thoughts, feelings, and beliefs between two or more people
16. List the _____.
20. Decision-making skills help you to make _____, responsible choices.
22. Understanding what _____ you helps you to make more healthful choices.
24. Be an _____ listener
26. Those things you aim for that take planning and work.