

Health Pre Test

Name _____

Date _____

DIRECTIONS: Answer each question as best you can. If you do not know an answer, write in a question mark so I know you read the question. Complete sentences are not necessary.

1. Your personal health has three main parts. What are they?
2. Why is it important to have good friends?
3. Explain why empathy is an important thing to practice.
4. How might the media influence a person's self esteem?
5. List at least four things that tell you a person is angry.
6. List at least three influences on young people that encourage them not to use alcohol, tobacco, or other drugs.
7. Describe what "having a tolerance" to a drug means.
8. Describe at least two reasons why not everyone is affected the same way even though they are taking the same drug (ex: drinking a beer or taking Advil for a headache)
9. How often should you reapply sunscreen?
10. Why is knowing the UV index of your area helpful?
11. List four things you should do (or not do!) in order to stay safe on the Internet and/or on social networking sites.

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12. Describe how someone might act or behave if they were using each communication style:

Passive

Assertive

Aggressive

13. What are three positive things you could do if you saw a friend being bullied or harassed?

14. Why is it better to be an ally instead of a bystander?

15. What should you do if you think a friend is depressed?

16. What does sexual orientation mean? Does everyone have one?

17. What does gender identity mean?

18. What does STD stand for?

19. What are some precautions you can take to lessen the likelihood that you will contract HIV or Hepatitis?

20. Define the word abstinence.