

Name _____

Date _____

Name that Skill

1. _____ You know how to find reliable health information, products and services
 2. _____ You take action to reduce risks and protect yourself against illness and injury
 3. _____ You find healthy ways to reduce and manage stress
 4. _____ You recognize the factors that influence your health including media, peers, and environment
 5. _____ You express your feelings and listen when others express theirs
 6. _____ You can say no to risky behaviors
 7. _____ You work out problems with others in healthy ways
 8. _____ You think through problems and find healthy solutions
 9. _____ You plan for the future and work to see your plans through
 10. _____ You take a stand to work for and make a difference in your home, school and community
- A. Refusal Skills
 - B. Decision Making
 - C. Practice Healthy Behaviors
 - D. Access Information
 - E. Stress Management
 - F. Advocacy
 - G. Goal Setting
 - H. Analyze Influences
 - I. Communication Skills
 - J. Conflict Resolution