

The slide features six light green circles arranged in two rows. The top row contains three circles, and the bottom row contains three circles. The text 'Taking Charge of Your Health' is centered across the top row, and 'Health' and 'Mr. Stanley' are positioned to the right of the bottom row.

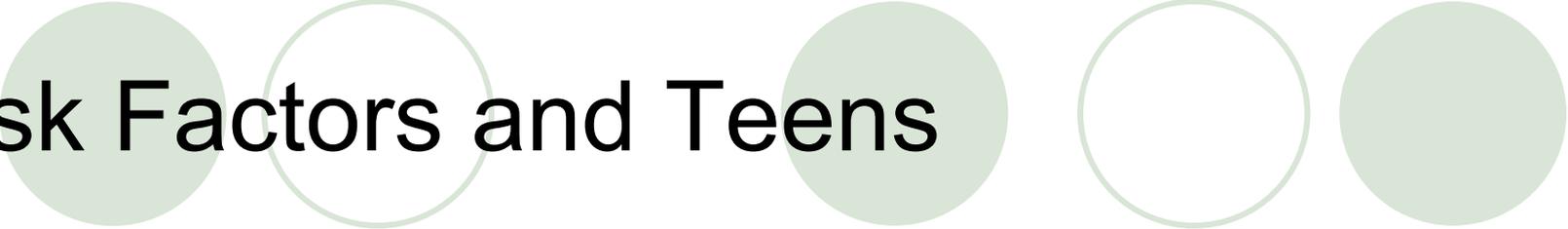
Taking Charge of Your Health

Health
Mr. Stanley

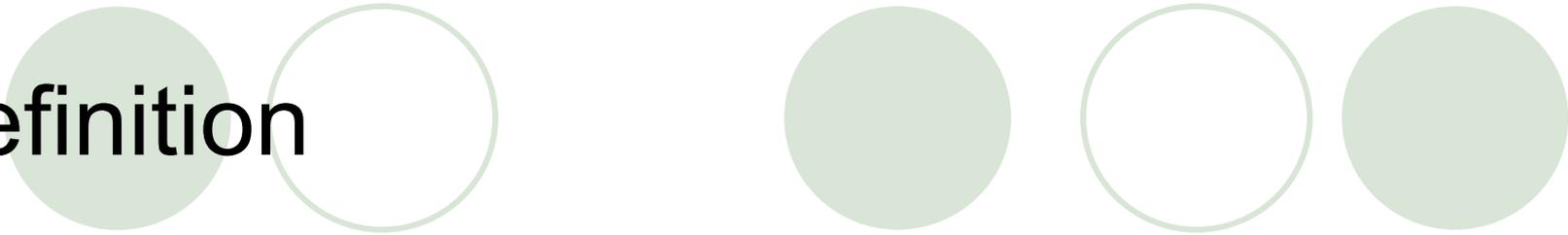
Taking Responsibility for Your Health

- The first step to bridge the gap from being a teenager to becoming an adult (at least where your health is concerned) is to increasing your awareness of risk factors.
- ***Risk Factors are actions or behavior that represent a potential health threat.***

Risk Factors and Teens



- The CDC in Atlanta published the largest risk behavior survey every two years. The CDC identified six personal health risks
 1. Behavior that contribute to unintentional and intentional injuries
 2. Tobacco use
 3. Alcohol and other drug use
 4. Sexual behaviors that result in HIV infection, other sexually transmitted diseases and unintended pregnancies
 5. Unhealthy eating behavior
 6. Physical inactivity



Definition

- ***Unintentional injuries*** - Any injury caused by an accident examples are car crashes, falls, poisonings, and drowning—may be unforeseen.
- ***Intentional injuries*** refer to injuries resulting from purposeful human action, whether directed at oneself or others. They include rape, assault, abuse, burglary, robbery and more.

Idaho 2013 Youth Risk Behavior Survey (YRBS) Results

Drinking and Driving

- **6.4%** drove a car one or more times during the previous 30 days when they had been drinking alcohol – **down 2% from 2011**

Weapon Carrying

- **27%** carried a weapon such as a gun, knife, or club during the previous 30 days. – **up 4% from 2011**
- **6%** had been threatened or injured with a weapon on school property one or more times during the previous 12 months – **down 1% from 2011**

Idaho 2013 Youth Risk Behavior Survey (YRBS) Results

Violence

- **9%** were hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the previous 12 months – ***the same as 2011***
- **8%** have been physically forced to have sexual intercourse when they did not want to do so – ***down 1% from 2011***

Idaho 2013 Youth Risk Behavior Survey (YRBS) Results

Suicide

- **29%** felt so sad or hopeless almost every day for two weeks or more in a row that they stopped doing some usual activities during the previous 12 months – ***up 2% from 2011***
- **13%** made a plan about how they would attempt suicide during the previous 12 months – ***same as 2011***
- **7%** attempted suicide during the previous 12 months – ***same as 2011***

Idaho 2013 Youth Risk Behavior Survey (YRBS) Results

Bullying

- **25%** had been bullied on school property during the previous 12 months – *up 2% from 2011*
- **30%** have been the victim of teasing or name calling because of their weight, size, or physical appearance during the previous 12 months – *up 4% from 2011*
- **11%** have been the victim of teasing or name calling because of their race or ethnic background during the previous 12 months – *up 2% from 2011*

Idaho 2013 Youth Risk Behavior Survey (YRBS) Results

Sexting

- **28%** have sent or received a nude or semi-nude image of themselves or someone else via email or text during the previous 12 months – *down 2% from 2011*

Idaho 2013 Youth Risk Behavior Survey (YRBS) Results - **Tobacco use**

Ever Tried Smoking

- **33%** have tried cigarette smoking, even one or two puffs at least once during their lifetime – *down 6% from 2011*

Current Smoking

- **12%** are current smokers – *down 2% from 2011*
- **2%** smoked cigarettes on school property during the previous 30 days – *down 1% from 2011*

Idaho 2013 Youth Risk Behavior Survey (YRBS) Results - **Tobacco use**

Frequent Smoking

(Frequent smoking is defined as having smoked cigarettes on 20 or more of the previous 30 days)

- **4%** are considered frequent smokers – *down 1% from 2011*

Chewing Tobacco

- **8%** used chewing tobacco one or more of the previous 30 days – *down 1% from 2011*
- **4%** of students used chewing tobacco on school property during the previous 30 days – *down 1% from 2011*

Idaho 2013 Youth Risk Behavior Survey (YRBS) Results – **Alcohol use**

Ever Tried Alcohol

- **59%** have had at least one drink of alcohol during their lifetime – *down 6% from 2011*

Binge or Heavy Drinking

- **18%** had five or more drinks of alcohol in a row, on one or more of the previous 30 days (i.e., binge or heavy drinking) – *down 4% from 2011*

Idaho 2013 Youth Risk Behavior Survey (YRBS) Results

Marijuana Use

- **30%** have used marijuana at least once during their lifetime – *down 5% from 2011*
- **15%** used marijuana one or more times during the previous 30 days (a significant increase from 2009) – *down 4% from 2011*

Prescription Drug Use

- **16%** have taken a prescription drug without a doctor's prescription at least once during their lifetime – *down 4% from 2011*

Idaho 2013 Youth Risk Behavior Survey (YRBS) Results

Other Drug Use

- **12%** have sniffed glue, breathed the contents of aerosol spray cans, or inhaled paints or sprays to get high one or more times during their lifetime – *down 3% from 2011*
- **7%** have used cocaine – *down 2% from 2011*
- **3%** have used meth – *same as 2011*

Idaho 2013 Youth Risk Behavior Survey (YRBS) Results

Fruit & Vegetable Consumption

- **72%** of students ate a green salad on one or more of the previous seven days – *down 1% from 2011*
- **18%** ate fruits and vegetables five or more times during the previous seven days – *down 1% from 2011*

Nutrition

- **23%** of male students and **12%** of female students drank soda pop one or more times per day during the previous seven days – *males down 6% - females same as 2011*

Idaho 2013 Youth Risk Behavior Survey (YRBS) Results

Recommended Physical Activity

- Male students (**61%**) were significantly more likely than female students (**44%**) to be physically active for a total of at least 60 minutes per day on five or more of the past seven days – *males down 4% - females down 1% from 2011*
- **22%** watched three or more hours of TV on an average school day – *down 2% from 2011*

Idaho 2013 Youth Risk Behavior Survey (YRBS) Results

Physical Education

- **22%** attend physical education (PE) classes daily during an average school week – down 4% from 2011
- Male students (**22%**) were significantly more likely than female students (**16%**) to attend PE – ***males down 15% - females down 1% from 2011***

Idaho 2013 Youth Risk Behavior Survey (YRBS) Results

Overweight and Obese

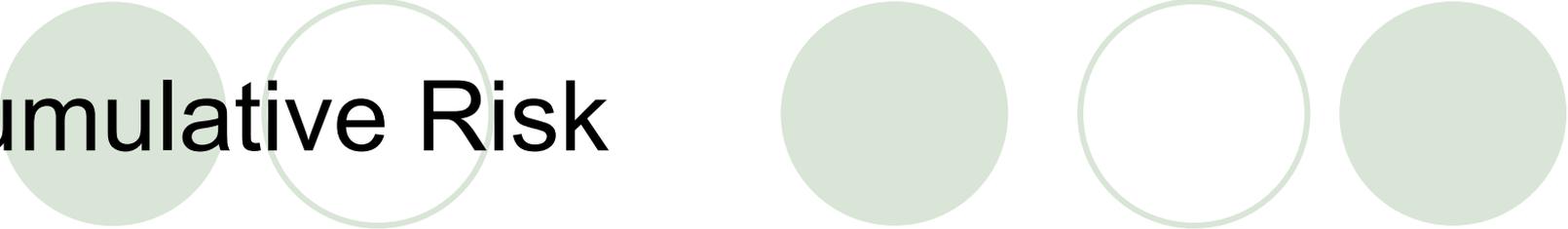
- **23%** are considered to be overweight or obese (i.e. at or above the 85th percentile for BMI, by age and sex) – *up 2% from 2011*
- Male students (**26%**) are more likely to be overweight or obese than female students (**19%**) – *males up 2% - females down 3% from 2011*

Idaho 2013 Youth Risk Behavior Survey (YRBS) Results

Weight Control

- **27%** of male students and **59%** of female students reported that they were trying to lose weight (a statistically significant difference) – *males stayed the same - females up 1% from 2011*
- **11%** went without eating or exercised to lose weight or keep from gaining weight during the previous 30 days

Cumulative Risk



- ***Cumulative risk are risks that increase gradually and may add up to a total that is greater than expected.***
- If habits are repeated over time the negative effects accumulate leading to serious health consequences.

Taking Responsibility for the Health of Others

- ***Ripple effect***

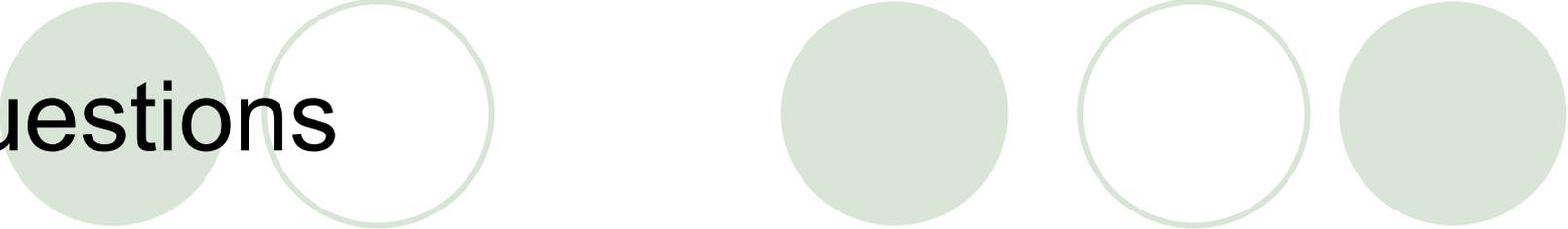
- ***How you act and behave affects not only yourself but others around you.***

- Example a reckless driver risk their lives as well others.

- Taking responsibility for your health includes showing concern for others.

Taking Responsibility for the Health of Others

- One of the measures of ***a health literate person is being a responsible citizen.***
- You are expected to behave as a responsible citizen, which includes having a concern for the welfare of our community and respect for public property and for the property of others.
- Our health depends on our environment. This is a health influence we can control.



Questions

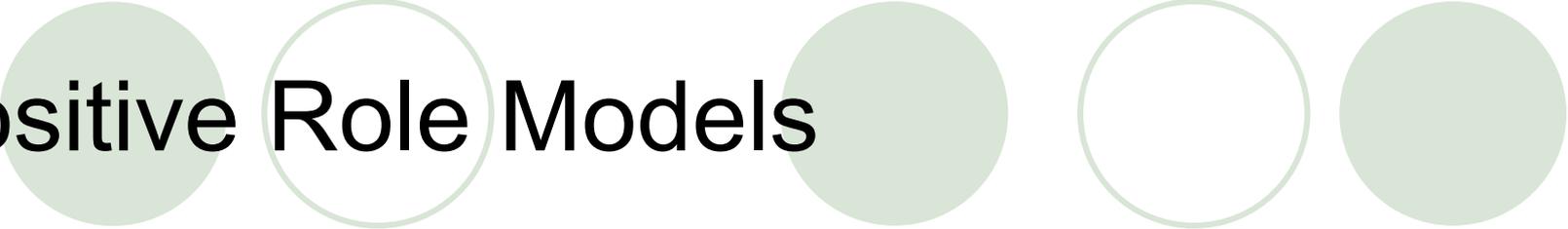
1. Why might a teen who has been taught about good health habits not practice the good health habits?
2. Would that teen be considered health literate?

Protective Factors

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- ***Protective factors***

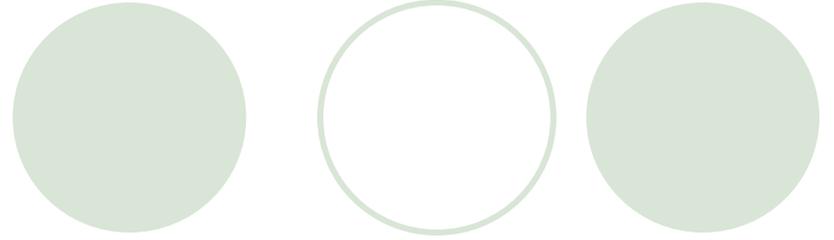
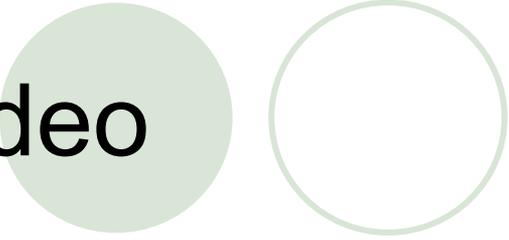
- ***Having support and encouragement from people in your life***
- ***Positive self-image***
- ***Positive role models***
- ***Positive values***



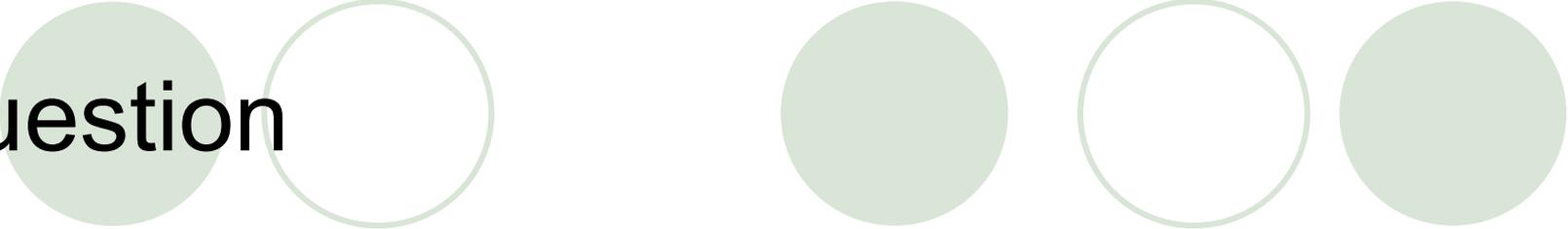
Positive Role Models

- ***Role models*** are peers or others that a person can look up to. ***They inspire you to work harder, look toward the future, and choose healthful behaviors.***
- ***Being a positive role model you can also inspire others around you.***

Video



- Role models – video



Question

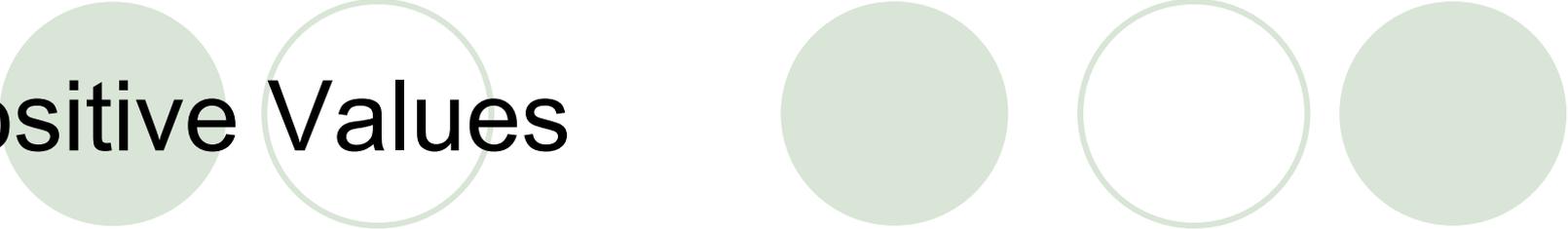
3. Who is a role model for you? Why?
4. Who should be role models for people? Why?
5. Why shouldn't some people be role models?

Positive Values



- ***Your values are beliefs and standards of conduct that you find are important.***
- ***Values include character traits as***
 - Honesty
 - Integrity
 - Courage
 - Loyalty
 - Hard work

Positive Values

A decorative graphic at the top of the slide consists of two groups of three circles. The first group on the left has a solid light green circle on the left, a white circle with a light green outline in the middle, and a solid light green circle on the right. The second group on the right has a solid light green circle on the left, a white circle with a light green outline in the middle, and a solid light green circle on the right.

- The earliest source of values for most people are their family.
- They in some ways reflect those of society which governed by a code of what is right and wrong.



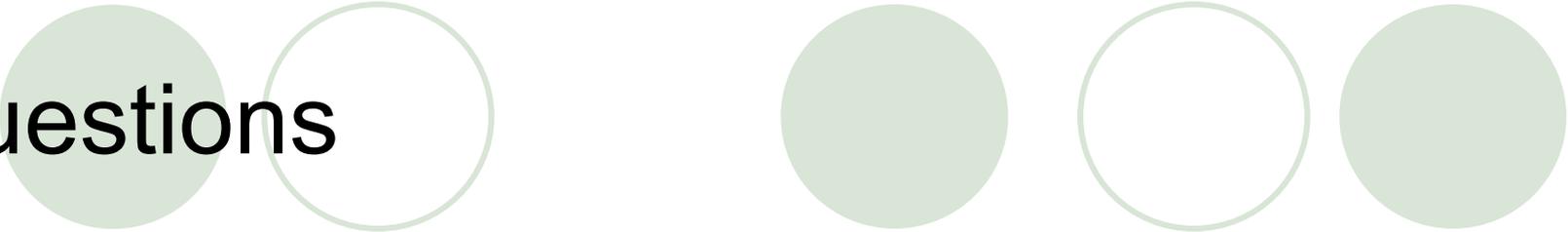
Abstinence and Your Health

- ***Abstinence is voluntarily choosing not to do something.***
- What are some high risk behavior you might abstain from to increase your health?



Teenager to Responsible Adult

- You may not relate your present actions to how these actions will affect you in the future but remember that the behaviors you are practicing now are setting the stage for your health as an adult.



Questions

6. What are some values you hold?
7. Explain how protective factor can offset risks.