

Health Final Study Guide

1. How can having good physical health affect a person's mental health?
2. What is the number one cause of deaths among teenagers today?
3. Which body's system is the first line of defense against infectious organisms?
4. What term refers to your body's physical response for the need for a drug?
5. Physical, mental, social, environmental, spiritual, and emotional wellbeing are classified as?
6. How should you respond to inappropriate content on social media?
7. What life skill will help you not come in contact with negative consequences?
8. Which drug is abused the most in USA?
9. What practice will keep you from getting addicted to a drug?
10. Your friend is talking about suicide. What should you do?
11. Which term refers to the need to ingest more of a substance to feel the effects?
12. What is the liver disease caused by long term alcohol use?
13. Can STI's be cured by medication?
14. What conditions could result in being sexually active?
15. What is the highly addictive chemical found in cigarettes, e-cigarettes, and smokeless tobacco?
16. What is the most accurate statement can you say about smoking cigarettes?
17. What is the substance found in cigarette smoke known to cause cancer?
18. Which of the following do all illegal drugs have in common?
19. Alcohol often leads to abuse of other drugs. Because of this, what term is alcohol categorized as?
20. Which term refers to waiting until marriage to have a physical sexual relationship?
21. Many sexually transmitted diseases (STDs) are asymptomatic. What does this mean?
22. How do HIV and AIDS differ?
23. During CPR, what is the purpose of chest compressions?
24. Where on a victim should you deliver chest compressions for CPR?
25. What are then 3 C's of Hands Only CPR?

Health Final Study Guide Answers

Fay Courtney,David Thomas



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