

Taking Charge of Your Health

Chapter 1 Lesson 3

Taking Responsibility

- The first step in becoming a responsible productive adolescent/adult is increasing your awareness of risk factors in your life.
- Risk factors: *actions or behaviors that represent a potential health threat.*
- By understanding risk-factors you are better able to examine current behaviors and values and make necessary changes.

Risk Factors and Teens

- According to a survey conducted by the Centers for Disease Control (CDC) in Atlanta, the largest youth risks pertaining to today's teenagers are:
- Behaviors that contribute to unintentional and intentional injuries
- Tobacco use
- Alcohol and other drug use
- Sexual Behaviors
- Unhealthy eating behaviors
- Physical inactivity

Risk Factors

- Listed below are habits or conditions that may cause a person to die prematurely. The years taken off your life are listed in parenthesis.
- Smoking two packs of cigarettes a day (-8 years)
- Drinking three or more ounces of alcohol a week (-10 years)
- Overeating by more than 2,500 calories per day (-5 years)
- Eating excess fat in your diet (more than 20% daily intake) (-5 years)
- Eating a lot of sugar (pastries, cookies, candies) (-8 years)
- Not exercising at least 3 times per week (-10 years)
- Being overweight or obese (-10 years)
- Having a lot of stress in your life (-7 years)
- Often being depressed or unhappy (-5 years)

Examining Your Habits and Other Behaviors

- One finding of the CDC survey is that 39% of teens surveyed smoked cigarettes.
- 35% admitted to having taken part in a violent act.
- While these numbers may look alarming they also mean that 61 and 65 percent of teens surveyed did not engage in these high risk behaviors.
- Where do you fit in? Are you doing everything you can do in terms of your own health and well-being?

Cumulative Risks

- Risks that increase gradually and may add up to a total that is greater than expected.
- Driving over the posted speed limit is a risk that may have serious consequences. So is not wearing a seat belt.
- Driving over the speed limit while not wearing a seat belt is a cumulative risk since there are now multiple risks being taken at the same time.

Taking Responsibility for the Health of Others

- Taking responsibility for your health includes showing concern for the health of others.
- As you grow older and more mature you will be expected to behave as a responsible and productive citizen.
- Showing concern for the welfare of your community and well as public and personal property is a health influence you can help to control.

Protective Factors

- When certain protective factors are present in a teens life the amount of risk-taking behaviors decreases. The following are protective factors that can help you to become a successful adult:
- Positive Role Models. Role models are peers, parents, or others that a young person looks up to. Positive role models inspire you to work harder, to look toward the future, and to choose healthful behaviors.
- Positive Values. Values are defined as: *beliefs and standards of conduct that you find important*. Values include character traits such as honesty, integrity, courage, loyalty, and hard work. The earliest source of values in most people is family, while as you grow older friends and peers also help to create different values.

Abstinence and Your Health

- Abstinence is defined as: *voluntarily choosing not to do something.*
- It is important to remember that the behaviors you practice now are setting the stage for the type of adult you will become.
- Abstinence from high risk behaviors including drugs, alcohol, and tobacco can help you get where you want to be.