**Journals FALL 2016**

**JOURNAL #1**
What are some things you would like to learn about Health this year? Topics? Things you’re interested in? Questions you might have.
 **JOURNAL #2**
What is YOUR definition of Health? What does “being healthy” mean?

**JOURNAL #3**
Think about the Hartman Personality Test (color test). Was it accurate? What did you learn about yourself?

**JOURNAL #4**

Write down THREE goals that you have for the remainder of the school year.
How do you plan on attaining them?
 **JOURNAL #5**
Write down 3 peer pressure situations you’ve faced in the past year. Place an “I” next to individual situations and a “G” next to group situations.

**Journal #6**

What do you know about mental disorders?
Examples? Side  effects?

**Journal #6**
Think of a recent problem you’ve had. List the steps you took to solving that problem.
 **Journal #7**
In your opinion, is depression something that someone can control?
Do you know someone that has or is currently struggling with depression? If so, what have you done to help? **Journal #8**
What are the four types of mental disorders?
What causes depression?
What are some symptoms of depression?

**---------------------- COLLECTED --------------------------------------------------**

 **Journal #9**

How was your spring break? Did you do anything enjoyable? What did you do?

**Journal #10**Have you ever had a sunburn?
Have you ever been tanning indoors?  Outdoors?
What is SPF?
What is UV index

**Journal #11**
Think about your sleep habits, how many hours of sleep do you get? Is that enough? Why or why not?

**Journal #12**
Does bread or food absorb alcohol? What do you know about drinking and driving? What is a hangover? What does blackout mean?

**Journal #13**
What drugs are most widely used among young people? Which drug, when used, do you think will cut short the lives of the greatest number of people? Which drug do you think is the easiest to obtain? Which drug do you think is most publicized by the media as being dangerous? Which drugs do you think have the strongest laws and penalties against their use?

**Journal #14**
Take a moment and HONESTLY reflect on your diet. Do you have a balanced diet? What could you change? What would you keep the same? Do you believe it’s a balanced diet?
When I say diet….I mean how you eat on a daily basis.  **Journal #15**
What are the SIX groups of Nutrients?
What is the MOST important Nutrient?¡How many minutes per day should you exercise
How many calories should the average person consume?

**Journal #16**
What is the difference between anorexia and bulimia?
Define purge
Define binge
Eating disorders mostly effect who?
What are the five reasons teens are at risk? **Journal #17**
What are some diets YOU or someone you know have tried?
--Did they work?
--What were they?? **Journal #18**
What is the formula for  weight?
How much exercise, per day, should you get?
What are the three types of exercise?
What are the  5 keys for Healthy weight loss?
Fill out your diet chart
Circle Veggies
Box Fruit
Underline  Protein ( Fish, Meat, Eggs, Beans, Nuts **Journal #19**
What is an MSG?
What does GMO stand for?
How can you tell if a product does not contain any GMOs?
What are the foods called that provide you with the MOST amount of nutrients and the fewest calories?

**Journal #20**
Is there a difference between 100 calories in a soda compared to 100 calories in almonds? Why?
What have you learned from the documentary Fed Up?

**Journal  #21**
***Answer True of False for the following:***
1.There are now safe cigarettes on the market
2. A small number of cigarettes are safe
3. Most of the health changes due to smoking are only temporary
4. Filters provide a measure of safety
5. Low tar, low nicotine are safer than high tar, high nicotine
6. Menthol cigarettes are better for you
7. It has been scientifically proven that smoking causes cancer
8. No specific agent capable of causing cancer has ever been identified in tobacco products
9. The sure rate for lung cancer is so high that no one should fear developing lung cancer.
10. Smoking in not harmful as long as the smoke is not inhaled
11. The "smokers cough" reflects underlying damage to the tissue of the airways.
12. Cigarette smoking does not appear to be associated with the damage to the heart.
13. Because of the design of the placenta, smoking does not present a major risk to the developing fetus.

**Journal #22**
What drugs are most widely used among young people?
Which drug, when used, do you think will cut short the lives of the greatest number of people?
Which drug do you think is the easiest to obtain?
Which drug do you think is most publicized by the media as being dangerous?
Which drugs do you think have the strongest laws and penalties against their use?

**Journal #23**
What does stimulant mean?
What does Carcinogen mean?
What is passive smoke?
What is the average cost a smoker will spend in a year on cigarettes?
What does withdrawal mean?

**Journal #24**
•What are some of the chemicals found in cigarettes?
•What can  smoking cause?
•What are the Key steps to quitting?
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**Journal #25**
•What are 4 types of Inhalants?
• What are some side effects?

**Journal #26**
What are some types of Hallucinogens?
Side effects?
What are four types of stimulants?

**Journal #27**
Does bread help absorb  alcohol?
What do you know about drinking and driving?
What is a hangover?
What does blackout mean?

**Journal #28**
What is synergism? Give an example.
What drug classification is alcohol ?
What is Cirrhosis?
What does B.A.C. stand for? What SIX things will determine your B.A.C?
What are symptoms of alcohol withdrawal?

**Journal #29**
—What did you learn/think about the documentary “ High on Alcohol”?
—For people over the age of 21, what is the legal limit to drive?
—What do you know about marijuana?
—Laws?

**Journal #30**
What is the active chemical in marijuana
What are some effects of marijuana?
Why would smoking a “joint” put MORE tar in your lungs than a cigarette?
What 3 things determine how much THC or how strong marijuana will be?

**Journal #31**
Write down 3-5 things you know about Michigan/Chinese  Laws pertaining to Sex.

**Journal  #32**
1)How long is 1st degree CSC punishable for?
2)How long is 2nd and 3rd degree CSC punishable for?
3) Describe CSC in the 1st Degree
4) Describe CSC in the 2nd Degree
5) T or F a person has to be speaking to an individual for it to be considered sexual harass

**Journal #33**
1)What is the function of the urethra  for men? Women?
2)What male glands are responsible for secreting fluid/mucus that make up semen?
3) What is menopause?
4) What is circumcision?

**Journal #34**Name TWO STIs. If they are viral or bacterial. If they can be cured and some symptoms.
What is the name of the most widespread VIRAL STI in the US?
What is the name of the most widespread BACTERIAL STI in the US?