

Understanding Health and Wellness

Name: _____

Period: _____

Chapter 1 Lesson 4: Health Risks and Your Behavior Pgs. 23-27

Vocabulary:

Word	Picture	Definition
1. Risk (23)		
2. Risk Behaviors (24)		
3. Consequences (24)		
4. Cumulative Risk (25)		
5. Prevention (26)		
6. Abstinence (27)		

7. - 13. List the 7 Tips for Reducing Risk on Page 26 in your books.

_____	_____
_____	_____
_____	_____
_____	_____

14. - 17. List 4 Examples of Risk Behaviors Teens should choose **NOT** to participate in. On page 27 in your books.

18. How should you decide if a risk is worth taking or not? (25)

19. How do risks and risk behaviors effect your health?

20. Do Risk behaviors have consequences?

Yes

No

