

8th Grade Test #1 Review Sheet

NAME: _____

***Be sure to look over all the vocabulary words discussed since the start of the year!**

What is social health?

Why are relationships considered the foundation of social health?

What are two types of needs that relationships satisfy? (Who can meet each type?)

What are 2 roles that you have in life and what are 2 responsibilities you have for each role?

Pick two of the following traits and describe how they can affect a relationship: Trust, Respect, Patience, Tolerance.

Families meet 3 needs (Physical, Mental/Emotional, and Social). List an example of each.

What are the two types of changes that can occur in a family? Give an example of each.

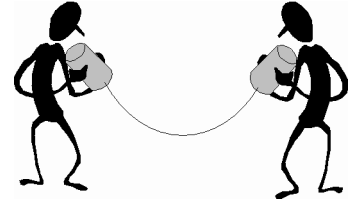
Name and describe four different types of families (Be sure you study all of them).



What is an example of a mixed message?

What are three things you should remember to be a better speaker?

What are three things you should do to be a better listener?



Give an example of both positive and negative peer pressure.

What does S.T.O.P. stand for and when is this strategy used?

Describe the 3 styles of communication.

How can stress affect each side of the health triangle?

Explain how your body responds to stress.

What are 5 healthy ways you could manage your stress?