

NAME: _____

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| 1. _____ Social health | A.) Ability to accept other people as they are |
| 2. _____ Role | B.) Made up of one parent plus a child or children |
| 3. _____ Tolerance | C.) Ability to get along with the people around you |
| 4. _____ Family | D.) Part you play when you interact with another person |
| 5. _____ Single Parent Family | E.) Basic unit of society |
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| 6. _____ Extended Family | F.) Parent, stepparent, and the children of one/both parents |
| 7. _____ Blended Family | G.) Visual cues to communicate a message |
| 8. _____ Communication | H.) Exchange of thoughts, feelings and ideas between people |
| 9. _____ Body Language | I.) Words say one thing, body language/intonation say another |
| 10. _____ Mixed Message | J.) Immediate family plus other relatives |
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| 11. _____ Active Listening | K.) Strategies to help you say no effectively |
| 12. _____ "I" message | L.) Presents situation from your viewpoint |
| 13. _____ Refusal Skills | M.) Pushy, threatening, hostile |
| 14. _____ Aggressive communication | N.) Hearing, thinking about and responding |
| 15. _____ Assertive Communication | O.) Confident and clear on intentions |
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| 16. _____ Passive Communication | P.) Shy, timid, weak |
| 17. _____ Stress | Q.) Hormone that gives your body energy |
| 18. _____ Stressor | R.) Body prepares to deal with a stressor |
| 19. _____ Fight-or Flight Response | S.) Body's response to change |
| 20. _____ Adrenaline | T.) Anything that causes stress |