Exam Review:
-Know information from Units 1, 2 (Interpersonal Communication and Relationships and Personal and Consumer Heath) -Questions will be pulled from previous tests

Unit 1:

* List all the steps of the decision making model.
* Understand possible risk factors of one’s health. Be able to list no, possible and high risk factors.
* Be able to list one of the 6 serious health risks for youth.
* What organs can be transplanted?
* How can someone register to become an organ donor?
* Will doctors still try to save your life in an emergency if you are an organ donor?
* Definition of Organ Procurement Organization
* Why would someone postpone asking for help for a health issue or problem?
* Leaving class, you hear a classmate say, “There’s no history of skin cancer in my family. I don’t need to check my moles.” What should you say back to correct their misinterpretation?
* Know the 3 levels of prevention and understand the difference and examples between the 3.
* Know the 7 warning signs of cancer- will need to know 2.
* Be able to state the different benefits of getting a tattoo or piercing
* Be able to state the different health risks of getting a tattoo, piercing, and oral piercing
* List the steps you should complete when responding to an emergency. What is the first thing you do when responding to an emergency?
* List the first aid steps when you suspect someone has a head or neck injury
* When is one of the only times you should move a victim
* Briefly explain how to perform first aid for bleeding
* Why do people sometimes partake in the unhealthier behaviors rather than the healthy? (Example: wearing a seatbelt)
* List 2 injuries that could result from unintentional falls
* What is the leading cause of death of people aged 1-44 in the US

Unit 2:

* Define empathy
* Know the steps to showing empathy
* Refusal Skills
* Healthy dating characteristics vs. unhealthy dating characteristics
* 3 steps to communication
* Personal, health and relationship reasons to remain abstinent
* Definition of contraception
* Barrier, chemical, hormonal methods of reducing pregnancies
* Where you obtain each method of contraception
* 100% effective method of reducing risks of STDs and pregnancies
* Curable STDs vs. incurable STD’s
* STD assessment questions
* Definition of abstinence
* Why goal setting is important for abstinence
* Why empathy is important to relationships