**Chapter 2**

**Building Healthy Skills and Character**

**Lesson 1 – Building Healthy Skills**

1. Having effective communication skills involves means making yourself \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and being a good \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. What are 3 strategies for effective communication?

a.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

b.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

c.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What are **Refusal Skills**?
2. Why do you think **Refusal Skills** are important?
3. The process of ending a conflict through cooperation and problem solving is called \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
4. What Healthful Behaviors do you demonstrate daily?
5. Some strategies for managing stress include:
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Can you name 2 *External Influences*, which come from outside sources?
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Lesson 2 – Making Responsible Decisions & Goal Setting**

1. What are **Decision-Making Skills**?
2. Write down one of your future goals.
3. What is the difference between a Short-Term Goal and a Long-Term Goal?
4. Is your future goal a Short-Term Goal or a Long-Term Goal?
5. When creating an **action plan** to achieve your goals, what are the first 2 steps?
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Lesson 3 – Building Character**

1. When someone is said to have good character, what exactly does that mean?
2. Can you give an example of a situation where a person demonstrates good character?
3. There are several different traits that contribute to good character. Name the 6 primary traits.
   1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. What is a **role model**?
5. How can you make a difference at home?
6. How could you make a difference in your community?

Answers:

Lesson 1

1. Page 28 Paragraph 2 Sentence 2
2. Page 29 3 Bullets
3. Page 30 Paragraph 1 Sentence 3
4. According to Definition of Refusal Skills (Opinion)
5. Page 30 Paragraph 2 Sentence 2
6. Page 31 Paragraph 2 (Opinion)
7. Page 31 Paragraph 3 Last sentence
8. Page 31 Paragraph 4 Sentence 5

Lesson 2

1. Page 33 Paragraph 2 Sentence 1
2. Opinion
3. Page 35 Paragraph 1 Sentences 3 & 4
4. According to Goal Definitions found on Page 35
5. Page 36 Bullets

Lesson 3

1. Page 37 Paragraph 2 Sentence 2
2. Opinion Scenario Creation
3. Page 38 Figure 2.4
4. Page 40 Paragraph 1 Sentence 2
5. Page 41 Bullet 1
6. Page 41 Bullet 3