

# Core Concepts

Cocaine is made from the coca plant.

Half a cup of rice counts as a 1oz serving of grains.

Yoga improves your flexibility.

Eustress is the term for positive stress.

Hazing is when a group uses harmful or derogatory acts in order for someone to be accepted into the group.

# Analyzing Influences

Portraying women as sexual objects in music videos can result in violence towards women.

Cultural norms have resulted in baby boys being cuddled after a fall is less at daycares because treatment of girls (sensitive and delicate) is different than boys (toughen them up / boys don't cry).

Drinking Gatorade because famous athletes drink it.

Stopping at McDonalds because you are late for practice and didn't have time to cook anything at home.

Smoking marijuana because everyone at the party is.

# Accessing Information

Seeing a commercial for a weight loss pill on television and reading studies on the pills effectiveness.

Reading a food label.

Discussing a new birth control option with your doctor.

Calling up Gold's Gym to get information on pricing and other details.

Calling poison control to see what to do when your little brother takes a triple dose of gummy vitamins.

# Interpersonal Communication

Telling a friend you are concerned when you find signs of clinical depression.

Telling your new boyfriend you aren't ready for sex.

Telling your classmates that you were bothered by a particular joke they were making.

Sitting down with a coach to tell them how you feel that you aren't being treated fairly.

Talking with a friend and telling them how sad you are that your parents are getting a divorce.

# Advocacy

While grocery shopping with your mom you encourage her to buy whole grain bread instead of white bread.

You don't start the car until everyone has their seatbelt on.

You stand up for a middle school student who is being picked on on the bus.

You encourage your teammates to stay away from certain parties because you know there will be alcohol involved.

You try to get a new student to join cross country because you know it'll help them make good friends.

# Decision Making

Choosing trail mix and water instead of Fritos and Dr. Pepper.

You make a pros and cons list to decide whether or not to take the difficult AP classes next year.

You come up with a process to guide your choices when your family has an unforeseen emergency.

You never make a difficult choice without sleeping on it first (if possible).

You have a set process that you go through when encountering tough choices.

# Self Management

Filling out your planner at school.

Setting an alarm to get up in the morning.

Giving a monthly self breast exam.

Packing your own healthy lunch the night before.

After being trained, giving basic first aid to someone who fell on the playground.

# Goal Setting

Wanting to get into nursing school after high school.

Setting an action plan to get stronger and make the football team.

Make a vow to influence middle school students through peer mentoring next year.

Make a pact with friends to make it through high school without drinking.

Making a commitment to yourself to eat breakfast every morning for the rest of the school year.