

Notes for Mr. Brown's 9 grade Wellness/Health Education class.

Introduction



Health Knowledge vs Health Behavior

While knowledge is important, our behavior determines our health.

I used an Apple vs M&Ms choice to illustrate this point. The idea is that the apple is the better choice if you are using health knowledge but because the M&Ms tastes better our behavior is usually to eat the candy.



Health Definitions:

1. Health is total mental, physical, and social well being not just the absence of disease or infirmity. (notice this has the three parts of the health triangle)
2. Health is the ability to rally from insult.
3. Health is relative not absolute.

Mr. Brown finds the first (a World Health Organization definition) an ideal to strive for but not a realistic working definition. Mr. Brown likes the second one as it recognizes the reality of life. The third is important to keep in mind as we search for the best health options for ourselves.

Some use the word Wellness to describe this overall state of good health.

Put Down/Vulture/Validation

Putdown: Words, looks or actions that make someone feel bad about themselves.

Vulture: a self-putdown.

Validation: Words, looks or actions that make someone feel real.



Sarcasm: a cutting, hostile, or contemptuous remark. The use of caustic or ironic language.

It is usually opposite of your real feelings, mean spirited, and used in a way to hide true feelings.

Tone of voice is usually an integral element of sarcasm.

Mr. Brown feels that sarcastic interactions are not healthy.

Pecking Order: (a story Mr. Brown tells about chickens)

Decision-Making Model

1. Define the Problem.
State exactly what the problem is or the situation around which a decision needs to be made
2. Consider All Alternatives.
3. Consider the Consequences of Each Alternative.
List all possible outcomes – both positive and negative – for each alternative or each course of action that could be taken. It is important to have full and correct information at this point.
4. Consider Family and Personal Values.
5. Choose one Alternative.
Some times it is easy to choose and hard to do, other times hard to choose and easy to implement.
6. Implement the Decision.
Do what is necessary to have the decision carried out the way you want it to be. It may be necessary to develop a step-by-step program with a timetable to make sure things get done.
7. Evaluate the Decision.
Mr. Brown thinks this is the most important step.

Decision Making: http://www.mapnp.org/library/prsn_prd/prb_bsc.htm
(please study this link)

The concepts covered in these notes are expected in every class Mr Brown teaches.