**HEALTH – FINAL EXAMINATION REVIEW**

**TOO GOOD FOR DRUGS AND VIOLENCE**

1. You are on a date with your dream boy/girl at the movies. There is a group of kids sitting behind you that are being extremely rude. They are talking, laughing, and throwing things throughout the entire movie. What do you do?

 PASSIVE RESPONSE: *Sit there and watch the movie. Ignore the kids.*

AGGRESSIVE RESPONSE: *Loud and obnoxiously, turn and yell at the kids. Tell them to meet you outside after the movie.*

ASSERTIVE RESPONSE: *Turn around and politely ask the kids to stop. If they don’t stop, speak with a manager.*

1. **Give an example of the following terms**:

Gender Discrimination: *Girls can’t play football because they are girls.*

Socioeconomic Discrimination: *Not allowing students from Philadelphia to play in an All-Star game because they live in Philadelphia.*

Age Discrimination: *Only allowing a certain amount of kids under 18 into a store at a time.*

1. Use the word bank to answer the following:

ACADEMIC FINANCIAL SOCIAL PHYSICAL

NEUROLOGICAL LEGAL CONSEQUENCES FOR OTHERS

1. Riley’s parents knew right away that she had been drinking. They noticed her bloodshot eyes and could smell the alcohol on her breath. \_\_\_\_\_\_\_\_*Physical*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. While Jack was drinking alcohol at a party, people started gossiping about his drinking problem. The next day, rumors were spreading like wildfire that he was an alcoholic. \_\_\_\_\_\_\_\_\_\_\_\_\_*Social*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Mia expected alcohol to boost her confidence on the dance floor. Instead, Mia stumbled around and could barely keep her balance. She didn’t know that alcohol affects the cerebellum which controls balance and coordination. \_\_\_\_\_\_\_*Neurological*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Chris has missed too many days of school because he was hungover from drinking alcohol. He may not even graduate.\_\_\_\_\_\_\_\_*Academic*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Put the following stages of addiction in the correct order:

Problem Use 1. \_\_\_\_\_\_\_\_\_\_*Social Use*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Chemical Dependency 2. \_\_\_\_\_\_\_\_\_\_*Risky Use*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Risky Use 3. \_\_\_\_\_\_\_\_\_\_*Problem Use*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Social Use 4. \_\_\_\_\_\_\_\_\_\_*Chemical Dependency*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. List 3 techniques for de-escalating a conflict:

 *Use a Calm Voice*

 *Use a person’s name when speaking to them*

 *Listen to their point of view.*

1. What is the drug that is used to reverse the effects of opioids? \_\_\_\_\_*Narcan*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Tara lives in a row house in North Philadelphia with her mother, a recovering addict and her father, a recovering alcoholic. This can influence her risk of addiction in which way?
	1. Chemical Make-Up c. Biology
	2. Development d. Environment
3. Kathleen is on the road to recovery from opioid abuse. He is now at the step where he should reach out to friends and family members to make connections with sober people. What step is Kathleen on in the road to recovery?
	1. Never Lose Hope c. Find Support
	2. Make a Sobriety List d. Explore Treatment Options
4. Addiction is a relationship with drugs or alcohol in which you:
	1. Use the drugs occasionally with no adverse effects.
	2. Use the drugs more than you would like to use.
	3. Continue to use drugs despite being aware of negative consequences.
	4. Both b and c
	5. All of the above.
5. What is the active ingredient in marijuana? \_\_\_\_\_\_\_\_\_\_\_\_*THC*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. The decide skill will turn you into a STAR. What does the acronym STAR stand for?

 S: \_\_\_\_\_\_\_*Stop*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 T: \_\_\_\_\_\_\_*Think*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 A: \_\_\_\_\_\_\_*Act*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 R: \_\_\_\_\_\_\_*Reflect*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. List 5 short term effects of marijuana:

*Increased Heart Rate Slower Reaction Time Altered Sensitivity to Pain*

*Loss of coordination Instant Impact on Driving Skills*

1. What is the legal BAC limit to operate a motor vehicle in PA? \_\_\_\_\_\_\_*.08*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. List 3 symptoms of alcohol poisoning: *Vomiting, Passing Out, Black Out*
3. The brain has many, many receptors for opioids. When does an overdose occur?
	1. When too much of any opioid fits in too many receptors slowing and then stopping breathing.
	2. When there are not enough opioids in the system.
	3. When too many receptor sites are left unopen and the bodies systems speed up.
	4. When the body doesn’t get enough opioids, it starts to speed up

**HUMAN SEXUALITY**

1. List 2 examples of stereotypes:

 *All blondes are stupid.*

 *Girls are not good at sports.*

1. Give an example for each abstinence skill:
	1. Setting Clear Limits: *Thinking to yourself about how far you are willing to go.*
	2. Communication Your Limits: *Telling your partner about how far you are willing to go.*
	3. Avoid High Pressure Situations: *Not being in awkward situations (basement alone)*
	4. Assert Yourself: *Saying NO and staying true to your beliefs.*
2. Give an example of the following:
	1. Emotional Abuse: *Telling someone they are fat everyday*
	2. Sexual Abuse: *RAPE*
	3. Physical Abuse: *Punching someone*
3. What is the first step to ending an abusive relationship: \_\_*Admitting the abuse exists.*\_\_\_\_\_\_\_\_\_\_\_\_
4. List the functions of the male and female reproductive systems:

|  |  |
| --- | --- |
| **MALE** | **FEMALE** |
| *Produce and store sperm**Produce testosterone* | *Produce and store eggs**Produce Estrogen and Progesterone**House a Baby* |

1. For a woman with a 28 day cycle…
	1. What days does she get her period: \_\_\_\_\_*1-5*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. What days does ovulation take place: \_\_\_\_\_*14*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. List 3 signs of pregnancy:

 *Morning Sickness, Tender Breasts, Food Aversions*

1. The following is an example of a barrier method of contraception:
	1. Birth Control Pill c. The Ring
	2. Vasectomy d. Male Condom
2. Laurie is looking for a permanent way to prevent pregnancy. What is her best selection?
	1. Tubal Ligation c. Female Condom
	2. The Shot d. Fertility Awareness
3. The only 100% method to prevent pregnancy and STI’s is:
	1. Abstinence c. Male Condom
	2. Birth Control Pill d. IUD
4. Dave suspects he has an STI. What should he do?
	1. Try to have intercourse with as many people as possible.
	2. Ignore it.
	3. Seek help from a medical professional
	4. Wear a condom 24/7.
5. List 4 ways that a person can contract HIV:

 *Blood, Vaginal Secretions, Semen, Breast Milk*

MATCHING:

1. \_\_*H*\_\_\_ Everything that relates to, reflects, or expresses a person’s maleness or femaleness.
2. \_\_*E*\_\_\_\_ Unlawful sexual activity that is forced upon another individual.
3. \_\_*A*\_\_\_\_ The female reproductive cell.
4. \_\_*D*\_\_\_\_ This tube is used to transfer sperm from the epididymis to the seminal vesicle.
5. \_\_*G*\_\_\_\_ The base of the uterus that dilates during the birthing process.
6. \_\_*F*\_\_\_\_ This structure adds fluid to the sperm that provides nourishment and energy.
7. \_\_*C*\_\_\_\_ The female reproductive organ that produces and stores ovum.
8. \_\_*B*\_\_\_\_ The male reproductive organ.
9. Ovum d. Vas Deferens g. Cervix
10. Penis e. Rape h. Sexuality
11. Ovaries f. Seminal Vesicle

**FIRST AID AND CPR:**

1. What is the purpose of CPR? \_\_\_*Circulate blood to the organs.*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. List the sequence of care for the following situations:

**Infant CPR**

*Check the Scene*

*Flick the Foot/Call 9-1-1*

*Look listen and feel*

*30 Compressions/2 breaths with 2 fingers*

*Repeat*

**Adult CPR**

*Check the Scene*

*Tap and Shout/Call 9-1-1*

*Look listen and feel*

*30 Compressions/2 breaths*

*Repeat*

**Adult Conscious Choking**

*Check the Scene*

*Ask for Consent/Call 9-1-1*

*5 Back Blows*

*5 Abdominal Thrusts*

*Repeat*

1. How can you check for signs of life in an adult? \_\_\_\_*Tap and Shout*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How can you check for signs of life in an infant? \_\_\_\_\_\_\_*Flick the Foot* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How long should you continue giving care to an adult during CPR?

 *Until Help arrives, the scene is unsafe, you become tired, or obvious signs of life.*

1. Describe or give an example of the following wounds:

|  |  |  |  |
| --- | --- | --- | --- |
| Abrasion | Laceration | Avulsion | Puncture |
| *Scrape* | *Cut* | *Amputation* | *Stepping on a Nail* |

1. Describe what happens during the following injuries:

|  |  |  |  |
| --- | --- | --- | --- |
| Fracture | Sprain | Dislocation | Strain |
| *Break or Chip in the Bone* | *Tearing or stretching of ligaments* | *Bone comes away from the joint. Away from normal positioning.* | *Stretching of muscles or ligaments.* |

1. Describe or give an example of the following burns (Include what layer of the skin in injured and the degree of burn):

|  |  |  |
| --- | --- | --- |
| Superficial Burn | Full Thickness Burn | Partial Thickness Burn |
| *Sunburn. Top layer of skin. 1st degree* | *3rd Degree Burn. Charred or black skin.* | *2nd degree burn, blisters* |

1. What is the acronym used to assess a possible stroke victim? What does the acronym stand for?

 *FAST – Face, Arm, Speech, Time*

1. \_\_\_\_\_What care can you provide for someone who shows signs for heat exhaustion/stroke?
	1. Tell him to quickly drink a lot of water.
	2. Get him out of the heat and into a cooler place.
	3. Put more layers of clothes on him to protect him from the sun.
	4. Give him some food.
2. \_\_\_\_\_What care can you provide for someone with possible frostbite?
	1. Put his hands under large amounts of hot water.
	2. Have him shake his hands vigorously until feeling is restored.
	3. Massage his hands.
	4. Get him to a warm environment and rewarm his hands in lukewarm water.
3. What can you do for someone who is experiencing anaphylactic shock?

 *Call 9-1-1 and administer EPI PEN*

1. What are the signs and symptoms of Lyme Disease? Name at least 3.

*Bullseye Rash – Extra Tired – Swelling of the joints*

1. How can you provide care for someone who amputates a body part?

 *Put the part in ice and get to the hospital immediately.*

1. \_\_\_\_\_ Ms. Knotts is a witness to a horrific car accident on her way to school. She pulls over to see if the occupants of each car are okay, and discovers a man with a piece of metal that has gone completely through his leg. What should she do?
	1. Surround the wound with dressing to absorb the blood. Do not remove the object!
	2. Remove the object and put pressure on the wound.
	3. Move the person out of the car and call 9-1-1.
	4. Remove the object halfway and put pressure on the open side of the wound.
2. Name 5 signs of a cardiac emergency:

 *Blue or Ash Skin tone*

 *Chest Pains*

 *Jaw or shoulder pain*

 *Dizziness/Fainting*

 *Unable to catch their breath / racing heart rate.*