**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 are 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:

AGGRESSIVE RESPONSE:

ASSERTIVE RESPONSE:

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

Gender Discrimination:

Socioeconomic Discrimination:

Age Discrimination:

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 she had been drinking. They noticed her bloodshot eyes and could smell the alcohol on her breath. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Chris has missed too many days of school because he was hungover from drinking alcohol. He may not even graduate.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Put the following stages of addiction in the correct order:

Problem Use 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Chemical Dependency 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Risky Use 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Social Use 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. List 3 techniques for de-escalating a conflict:
2. What is the drug is used to reverse the effects of opioids? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. 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
4. 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 Jay on in the road to recovery?
   1. Never Lose Hope c. Find Support
   2. Make a Sobriety List d. Explore Treatment Options
5. 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.
6. What is the active ingredient in marijuana? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. The decide skill will turn you into a STAR. What does the acronym STAR stand for?

S: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

T: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

A: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

R: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. List 5 short term effects of marijuana:
2. What is the legal BAC limit to operate a motor vehicle in PA? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. List 3 symptoms of alcohol poisoning:
4. 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:
2. Give an example for each abstinence skill:
   1. Setting Clear Limits:
   2. Coommunication Your Limits:
   3. Avoid High Pressure Situations:
   4. Assert Yourself:
3. Give an example of the following:
   1. Emotional Abuse:
   2. Sexual Abuse:
   3. Physical Abuse:
4. What is the first step to ending an abusive relationship: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. List the functions of the male and female reproductive systems:

|  |  |
| --- | --- |
| **MALE** | **FEMALE** |
|  |  |

1. For a woman with a 28 day cycle…
   1. What days does she get her period: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. What days does ovulation take place: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. List 3 signs of pregnancy:
3. The following is an example of a barrier method of contraception:
   1. Birth Control Pill c. The Ring
   2. Vasectomy d. Male Condom
4. 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
5. The only 100% method to prevent pregnancy and STI’s is:
   1. Abstinence c. Male Condom
   2. Birth Control Pill d. IUD
6. 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.
7. List 4 ways that a person can contract HIV:

MATCHING:

1. \_\_\_\_\_ Everything that relates to, reflects, or expresses a person’s maleness or femaleness.
2. \_\_\_\_\_\_ Unlawful sexual activity that is forced upon another individual.
3. \_\_\_\_\_\_ The female reproductive cell.
4. \_\_\_\_\_\_ This tube is used to transfer sperm from the epididymis to the seminal vesicle.
5. \_\_\_\_\_\_ The base of the uterus that dilates during the birthing process.
6. \_\_\_\_\_\_ This structure adds fluid to the sperm that provides nourishment and energy.
7. \_\_\_\_\_\_ The female reproductive organ that produces and stores ovum.
8. \_\_\_\_\_\_ 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? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. List the sequence of care for the following situations:

**Infant CPR**

**Adult CPR**

**Adult Conscious Choking**

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

How can you check for signs of life in an infant? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. How long should you continue giving care to an adult during CPR?
2. Describe or give an example of the following wounds:

|  |  |  |  |
| --- | --- | --- | --- |
| Abrasion | Laceration | Avulsion | Puncture |
|  |  |  |  |

1. Describe what happens during the following injuries:

|  |  |  |  |
| --- | --- | --- | --- |
| Fracture | Sprain | Dislocation | Strain |
|  |  |  |  |

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

|  |  |  |
| --- | --- | --- |
| Superficial Burn | Full Thickness Burn | Partial Thickness Burn |
|  |  |  |

1. What is the acronym used to assess a possible stroke victim? What does the acronym stand for?
2. \_\_\_\_\_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.
3. \_\_\_\_\_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.
4. What can you do for someone who is experiencing anaphylactic shock?
5. What are the signs and symptoms of Lyme Disease? Name at least 3.
6. How can you provide care for someone who amputates a body part?
7. \_\_\_\_\_ 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.
8. Name 5 signs of a cardiac emergency: