**Ch. 2 Vocab**

**Lesson 1**

1. **Health Skills:** Specific tools & strategies to maintain, protect, & improve all aspects of your health.
2. **Interpersonal Communication:** The exchange of thoughts, feelings, & beliefs between two or more people.
3. **Refusal Skills:** Communication strategies that can help you say no when you are urged to take part in behavior that are unsafe or unhealthful, or that go against your values.
4. **Conflict Resolution:** The process of ending a conflict through cooperation & problem solving.
5. **Stress:** The reaction of the body & mind to everyday challenges & demands.
6. **Stress Management Skills:** Skills that help you reduce & manage stress in your life.
7. **Advocacy**: Taking action to influence others to address a health related concern or to support a health related belief.

**Lesson 2**

1. **Values:** The ideas, beliefs, & attitudes about what is important that help guide the way you live.
2. **Decision-making Skills:** Steps that enable you to make a healthful decision.
3. **Goals:** Those things you aim for that take planning & work.
4. **Short-term Goal:** A goal that you can reach in a short period of time.
5. **Long-term Goal:** A goal that you plan to reach over an extended period of time.
6. **Action Plan:** A multistep strategy to identify & achieve your goals.

**Lesson 3**

1. **Health Consumer:** Someone who purchases or uses health products or services.
2. **Advertising:** A written or spoken media message designed to interest consumers in purchasing a product or service.
3. **Comparison Shopping:** Judging the benefits of different products by comparing several factors, such as quality, features, & cost.
4. **Warranty:** A company’s or a store’s written agreement to repair a product or refund your money if the product doesn’t function.

**Lesson 4**

1. **Consumer Advocates:** People or groups whose sole purpose is to take on regional, national, or even international consumer issues.
2. **Malpractice:** Failure by a health professional to meet accepted standards.
3. **Health Fraud:** The sale of worthless products or services that claim to prevent disease or cure other other problems.