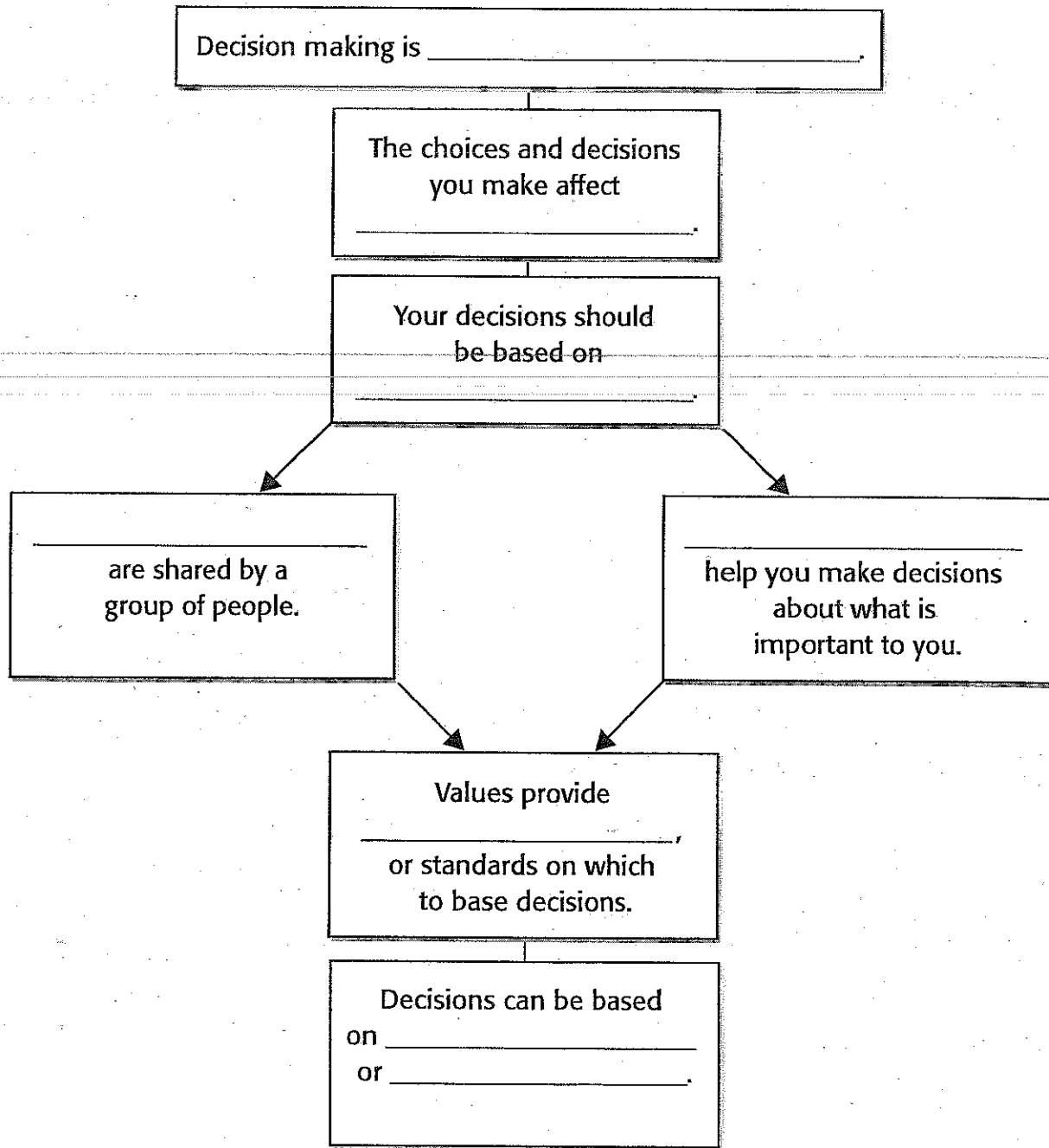


## Concept Mapping Activity 2-1

Directions: Complete the concept map on developing a positive self-concept, using terms and phrases from your textbook.



## Reteaching Activity 2-1

### Making Responsible Decisions

The editor of your school newspaper has asked you to write an article about helping teens make responsible health decisions. You started to write a draft, but then your dog ran away with your notes! You rescued the draft, but some of your notes were too badly chewed to read.

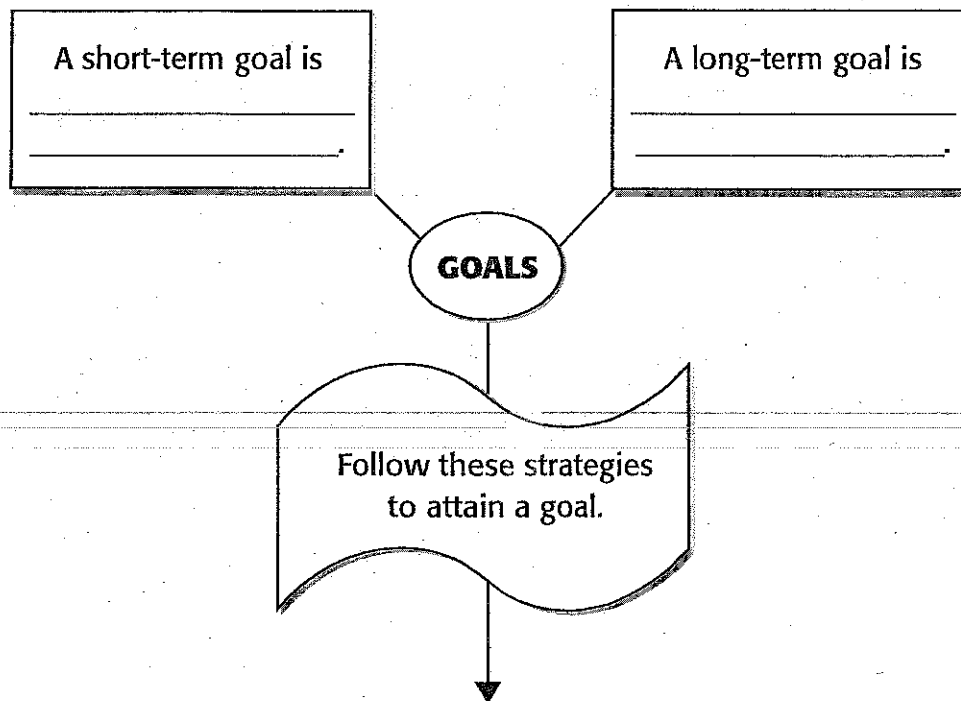
**Directions:** Fill in the missing words. Review pages 36–41 of your textbook for ideas.

With every decision you make, you become a more \_\_\_\_\_ person. One of the keys to being responsible is good \_\_\_\_\_. Your decisions show what is \_\_\_\_\_ to you. It is important that your \_\_\_\_\_ guide your decisions. Core \_\_\_\_\_ values are shared by a group of people. Being \_\_\_\_\_ and showing \_\_\_\_\_ for others are examples. You also have \_\_\_\_\_ values, which help you make decisions according to what is important to you. Values provide standards on which to base decisions, called \_\_\_\_\_. The H.E.L.P. criteria can help you make good decisions. H stands for \_\_\_\_\_, E stands for \_\_\_\_\_, L stands for \_\_\_\_\_, and P stands for \_\_\_\_\_. There are six steps to follow when making a decision:

1. State the \_\_\_\_\_.
2. List the \_\_\_\_\_.
3. Weigh the \_\_\_\_\_.
4. Consider \_\_\_\_\_.
5. Make a \_\_\_\_\_ and \_\_\_\_\_ on it.
6. \_\_\_\_\_ the decision.

## Concept Mapping Activity 2-2

Directions: Complete the concept map on how your character develops, using terms and phrases from your textbook.



- Step 1:** Set a realistic \_\_\_\_\_  
and \_\_\_\_\_
- Step 2:** List the \_\_\_\_\_  
you need to take to \_\_\_\_\_
- Step 3:** Find \_\_\_\_\_  
who can \_\_\_\_\_
- Step 4:** Set \_\_\_\_\_  
to evaluate \_\_\_\_\_
- Step 5.** \_\_\_\_\_  
yourself after \_\_\_\_\_

## Reteaching Activity 2-2

### Setting and Reaching Your Goals

Directions: Complete each description or definition in the left column with the correct term in the right column. Review pages 42–46 in your textbook for guidance.

1. Goal setting is a powerful \_\_\_\_\_.
2. Some goals take \_\_\_\_\_ than others to achieve.
3. Long-term goals are often made up of \_\_\_\_\_ goals.
4. It is important that goals be \_\_\_\_\_.
5. A goal-setting plan will have a \_\_\_\_\_ of steps.
6. List the five steps of a goal-setting plan.

short-term  
tool  
realistic  
series  
longer

Step 1:	
Step 2:	
Step 3:	
Step 4:	
Step 5:	

## Concept Mapping Activity 2-3

Directions: Complete the concept map on traits of good character, using terms and phrases from your textbook.

