

Name: _____

Class Period: _____

Health Risks & Your Behavior

1. What are behaviors?
2. What are healthful behaviors
3. What are risk behaviors
4. When do we face risks?
5. What are the 6 (six) risks that account for the most deaths among young people under the age of 24 according to the CDC?



Alcohol and Drugs

Unhealthy Diet

Tobacco

Sexual Activity

Lack of Physical
Exercise

Not Following Rules

6. Risk behavior carry significant consequences including
For example someone offers you're a cigarette:

Short-term	Long-term



7. Give two different examples of cumulative risks.

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8. What are two ways you avoid or reduce risks? Draw a line from the word to the correct pictures that explain what the word means.



Abstinence



Prevention