

Name _____

Health 8

HYGIENE

❖ What is the definition of hygiene: _____

❖ What are some examples that an individual might do to maintain their hygiene: _____

❖ What products are useful in enhancing ones hygiene: _____

❖ How many times a year should you visit the doctor: _____

❖ How many times a year should you visit the dentist: _____

❖ What can be some consequences from not practicing Hygiene: _____

Name _____

Period _____

Healthy Relationships

1. What are the characteristics of a healthy relationship? _____

2. Why are relationships with family important? _____

3. What are common elements of good relationships? _____

4. What are some warning signs of trouble in a relationship? _____

5. What actions can you take to improve your relationships? _____

Name _____
Health 8

Use <https://kidshealth.org/en/kids/puberty.html> to answer the following questions:

1. What is Puberty? _____

2. During _____ your body will grow _____
than at any other time in your life.

3. Puberty starts between ages _____ in girls and ages _____ in boys.
This wide range in ages may help explain why some of your friends still look like young kids
whereas others look more like adults.

4. When your body is ready to begin puberty, your _____ gland
(a pea-shaped gland located at the bottom of your brain) releases special hormones.

5. What are some changes that occurs in males? _____

6. What are some changes that occur in females? _____

7. What are some changes that occur in all individuals? _____

8. Why is Hygiene so important during Puberty? _____

Name _____
Health 8-HIV

Use www.cdc.gov to answer the questions.

1. What HIV and AIDS?

2. Name 3 ways HIV is transmitted. Name 3 ways HIV is NOT transmitted.

3. How is HIV diagnosed?

4. How long will someone with HIV live?

5. When is AIDS diagnosed?

6. Is there a cure for HIV? Is there a cure for AIDS?

7. How can a person prevent obtaining HIV?
