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Chapter 1 Understanding Your Health

What Is Health and Wellness?

1. **Health** is a combination of mental/emotional, social and physical wellbeing.
2. Total health is sometimes pictured as a triangle. This shape best reflects the three sides of health.
3. Improve your *physical health*:
 - Maintaining a healthful diet
 - Visiting your doctor for regular check-ups
 - Avoiding harmful substances such as alcohol, tobacco, and drugs
4. Improve/develop strong *mental/emotional health*:
 - Dealing with your feelings, your thoughts, and situations in a positive way.
 - Learning to express yourself in a healthful manner
 - Talking about your feelings with family members and friends
 - Having a positive attitude
5. Improve/building/developing *social health*:
 - Talking to people
 - Caring about people
 - Supporting people
 - Respecting the people who are important to you
 - Making and keeping friends
6. The key to establishing your overall health is to keep the three parts of health in balance:
 - Mental/Emotional Health
 - Social Health
 - Physical Health
7. **Wellness** is a state of well-being, or total health. You will have a high level of wellness if you keep your health in balance.

Changes during the Teen Years

1. **Adolescence** - is the stage of life between childhood and adulthood.
2. Many physical changes occur because of **puberty**, the time when you start developing physical characteristics of adults of your gender.
3. Changes during puberty are caused by **hormones**, are chemical substances, produced in glands that help regulate many body functions.
4. Adolescence brings about *physical changes* during puberty:
 - Growth spurts
 - A change in your body shape
 - Growth of Body Hair
5. Adolescence brings *mental and emotional changes*:
 - Develop your own values and beliefs
 - Understand different points of views
 - Understand different solutions to problems
 - Experience mood swings
 - Develop an attraction toward another person

- Realize the importance of your family, your education, and your responsibilities to others
6. Adolescence brings *social changes*:
 - Your relationships with family, friends, and the community change.
 - You may not depend on your family as much
 - More independence.
 - You may spend more time with peers.
 7. **Peers** are people in your age group.
 8. You may develop an interest in community service. **Community service** involves volunteer programs, the goal of which is to improve the community and the life of its residents. These programs can be rewarding for teens.

Taking Responsibility for Your Health

1. **Lifestyle factors**, behaviors and habits that help determine a person's level of health and wellness.
2. We all take **risks**, actions or behaviors that might cause injury or harm to yourself or others. Some are unavoidable, such as crossing a busy street.
3. Some are less obvious, such as a **sedentary lifestyle**, a way of life that includes little physical activity.
4. **Risks**, have consequences.
 - For example, using drugs can damage your health and increase other risks.
5. **Cumulative risk**, are related risks that increase with each added risk.
6. Reduce risks:
 - a. **Precautions**, planned actions taken before an event to increase the chances of a safe outcome.
 - For example, wear a helmet when riding your bike.
 - b. **Prevention**, steps to keep something from happening or getting worse.
 - For example, refuse a ride from someone who has been drinking alcohol.
7. **Abstinence** - the conscious, active choice not to participate in high-risk behaviors.
 - Abstain from:
 - Sexual activity
 - Drugs, alcohol, and tobacco
8. It is important to take responsibility for your health
 - a. Keep a positive **attitude**, a personal feeling or belief
 - b. Believe that you can make good choices to develop healthy habits.

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Chapter 2 Skills for a Healthy Life

Making Decisions and Setting Goals

1. **Decision making** - the process of making a choice or finding a solution.
2. **Six decision-making steps** to help make responsible decisions:
 - 1. State the situation
 - 2. List the options
 - 3. Weigh the possible outcomes
 - 4. Consider values
 - 5. Make a decision and act on it
 - 6. Evaluate your decision

3. **Values**, the beliefs and principles that guide the way a person lives. Honesty, trust, and respect are important values that people everywhere share. Your values play a part in the choices and decisions you make.
4. **Goal setting**, the process of working toward something you want to accomplish.
5. There are two types of goals:
 - 1) Short-term goals
 - 2) Long-term goals.

You can often use your short-term goals to help you reach your long-term goals.

6. **Six steps in the goal-setting process:**
 - 1. Identify a specific goal and write it down
 - 2. List the steps you take to reach your goal
 - 3. Get help and support from others
 - 4. Identify any obstacles that you may encounter and consider ways to overcome them
 - 5. Evaluate your progress
 - 6. Reward yourself when you achieve your goal

Building Your Character

1. **Character** - the way in which a person thinks, feels, and acts.
2. Having **good character** can help you build strong relationships with others by showing that you respect yourself and other people.
3. Traits that people with good character share:
 - 1. Trustworthiness
 - 2. Respect
 - 3. Responsibility
 - 4. Fairness
 - 5. Caring
 - 6. Citizenship
4. **Integrity** - the quality of doing what you know is right. People with **integrity** make honest choices.
5. Having good character also means that you show **tolerance**, the ability to accept other people as they are. People with **tolerance** do not judge others based on their differences or show prejudice toward others.
6. **Prejudice** - an opinion or fear formed without having facts or firsthand knowledge.
7. Part of having good character is being responsible and accepting **accountability**, a willingness to answer for your actions and decisions.
8. **Empathy**, the ability to understand and show concern for another person's feelings.
9. People with **good character** care about other people's feelings and try to help them when they need it.
10. Developing good character also means that you are a **good citizen**. You obey rules/laws and do what's right. You also, work to improve your community, school, and neighborhood.

Developing Other Health Skills

1. Ten health skills that affect your physical, mental/emotional, and social health:
 1. **Accessing information**, having correct, up-to-date information. Much of the information you receive comes from the media, the various methods for communicating information.
 2. **Practicing healthful behaviors**
 3. **Stress management**

4. **Analyzing influences**

Internal influences - such as personal likes and dislikes

External influences - such as your family, culture, friends, and media

5. **Communication skills** the clear exchange of ideas and information

Verbal Communication

Nonverbal Communication

6. **Refusal skills**, are communication strategies that help you say no to others effectively.

Remember the word S.T.O.P., which stands for:

S Say no in a firm voice

T Tell why not

O Offer another idea

P Promptly leave

7. **Conflict resolution skills**, a health skill that can help you solve a disagreement in a way that satisfies both sides.

8. **Decision making**

9. **Goal setting**

10. **Advocacy**, informing others about health practices and encouraging healthful behaviors. Be an advocate for issues that are important to you.

2. Promote wellness by practicing healthful behaviors:

- Eat healthful meals
- Get regular physical activity
- Avoid risky behaviors
- Manage your stress

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Chapter 3 Mental and Emotional Health

Your Mental and Emotional Health

1. Having good mental and emotional health means being able to accept yourself, accept others, and adapt.
2. **Adapting**, adjusting to new situations.
3. Many different qualities give you your individuality **personality** - the unique combination of feelings, thoughts, and behaviors that make you different from everyone else. It affects how you handle problems and situations. Some people are friendly, others are shy, and some are outgoing.
4. **Self-concept** - the view you have of yourself.
 - a. You develop your self-concept through experiences and relationships with others.
 - b. Achieving a positive self-concept is important to good mental and emotional health.
5. Your personality and self-concept determine your **self-esteem** the way you feel about yourself, and how you value yourself. When you have high self-esteem, you feel valued.
6. **Resilience** - the ability to bounce back from disappointment. Resilience allows you to move forward despite disappointment. If you have high self-esteem, you are resilient when things go wrong.
7. It is important for your mental and emotional health that you build your self-esteem.
 - List your strengths
 - Remember that everyone makes mistakes
 - Motivate yourself toward achieving your goals

Understanding Your Emotions

1. **Emotions** - feelings created in response to thoughts, remarks, and events. Learning how to express emotions in a healthy manner is important to your mental/emotional, social, and physical health.
2. **Anxiety** - a state of uneasiness, usually associated with a future uncertainty. A heightened state of anxiety can cause panic.
Deal with *anxiety*:
by talking with family and friends to get encouragement and reassurance.
3. **Panic** - a feeling of sudden intense fear.
4. **Fear** - your body's alert system. It can keep you safe from danger, but it can also keep you from doing things that are necessary. Being afraid all of the time is unhealthy.
Deal with *fear*:
by talking to friends and family to get support in overcoming the fear.
5. **Anger** - a normal emotional release. Not expressing anger can be physically and emotionally harmful. It is important to deal with anger in a healthy and appropriate way.
6. Everyone has emotional needs. These are needs that affect your feelings and sense of well-being.
7. Three main emotional needs are:
 - 1. The need to love and be loved
 - 2. To feel that you belong
 - 3. To feel like you are making a differenceIt is important to find healthy ways to meet your emotional needs.

Managing Stress

1. **Stress** - the body's response to change. Some stress can be helpful to motivate you or improve your concentration. Too much stress can have long-term effects on the body.
2. A **stressor**- anything that causes stress.
Positive
Negative Stressor can be a small annoyance or a major life-changing event.
3. **Fight-or-Flight response** - the process by which the body prepares to deal with a stressor. Your body's natural response to threats of harm is either to fight or flee.
4. **Adrenaline** - the hormone that gives the body extra energy.
5. Excessive stress effects on *Physical Health*:
 - Headaches
 - Digestive problems
 - Fatigue
 - High blood pressure
6. Excessive stress effects on *Mental/Emotional Health*:
 - Anxious
 - Moody
 - Irritable
7. Excessive stress effects on *Social Health*:
 - Withdraw from social contacts
8. You cannot eliminate stress altogether, but you can learn to manage it.
Ways to manage stress:
 - Eating well

- Getting enough rest
- Relaxing
- Laughing
- Keeping a positive outlook
- Staying physically active
- Socializing with family and friends

9. Time management - a strategy for using your time wisely. This skill will help you to reduce your stress.

Coping with Loss

1. Loss - a part of life.
 - You can lose a sporting event
 - You can lose a precious possession
 - You can lose someone who is important to you when he or she dies.
2. Grief - the sorrow caused by the loss of a loved one.
3. Loss can lead to a grief reaction - the process of dealing with strong feelings following any loss.
4. Grief Reaction Stages:
 - 1. Shock
 - 2. Anger
 - 3. Yearning
 - 4. Depression
 - 5. Acceptance
5. Coping strategies - ways of dealing with the sense of loss people feel when someone close to them dies.
6. Coping strategies:
 - 1. Confronting your feelings head-on
 - 2. Crying
 - 3. Sharing your feelings with others
 - 4. Practicing religious traditions
7. Grieving strategies:
 - 1. Ask the person what you can do to help or comfort them
 - 2. Respect the person's feelings
 - 3. Allow the person the time they need to grieve and recover

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Chapter 4 Mental and Emotional Problems

Mental and Emotional Disorders

1. Mental and emotional problems are as real as physical problems.
2. A disorder - a disturbance in the normal function of a part of the body.
3. The three most common types of mental health problems:
 - 1. Anxiety disorders
 - 2. Personality disorders
 - 3. Mood disorders
4. Anxiety disorder - a disorder in which intense anxiety or fear keeps a person from functioning normally.
 - One type of anxiety disorder is a phobia - an exaggerated fear of a specific situation or object.

5. **Personality disorder** - a psychological condition that affects a person's ability to interact normally with others.
 - **Schizophrenia** is a severe mental disorder in which people lose contact with reality.
6. **Mood disorder** - a disorder in which a person undergoes changes in mood that seem inappropriate or extreme for the situation.
 - One example is **bipolar disorder** - the symptoms associated with the depressive side of bipolar disorder also occur in **major depression** - a very serious mood disorder in which people lose interest in life and can no longer find enjoyment in anything.

Suicide Prevention

1. When depression lasts for weeks or months, the emotional pain can be overwhelming. Some teens may begin to have dangerous thoughts of **suicide** - the intentional taking of one's life.
2. It is important to recognize the warning signs of suicide and seek help if you or someone you know is suffering from severe depression.
3. **Warning signs of suicide include:**
 - 1. Sudden fascination with the topic of death
 - 2. Dramatic changes in the person's appearance
 - 3. Self-destructive behavior
 - 4. Withdrawal from family, friends, and routine activities
 - 5. Once a person turns away from others, he or she may become increasingly depressed and fixate more on death.
4. **Help and support for a someone with signs suicide:**
 - 1. Talk to the person
 - 2. Do not be afraid to ask whether the individual is planning to harm him- or herself
 - 3. Organizations that help teens deal with suicidal thoughts.

Help for Mental and Emotional Disorders

1. It is not easy to determine whether a mental health problem is serious.
2. Help for mental and emotional problems usually includes some form of counseling.
 - **Therapy** - an approach that teaches you different ways of thinking and behaving. Some possibilities for therapy include one-on-one therapy and group therapy.
 - **Family therapy** - counseling that seeks to improve troubled family relationships.
 - **Psychologist** - a mental health professional who is trained and licensed by the state to perform therapy. People with emotional problems will see a psychologist.
 - **Clinical social worker (CSW)** - a licensed, certified mental health professional with a master's degree in social work. CSWs can provide some therapy but are not as specialized as psychologists.
 - **Psychiatrist** - a medical doctor with a specialty in the treatment of mental health problems.

Often, various mental health professionals work as a team in treating a single patient in order to provide the best possible care.

Friendships during Adolescence

1. Forming relationships with people is an important part of your social health.
2. **Relationships** - connections you have with other people and groups in your life. During your teen years, friendships become more significant. You begin to choose friends who have similar values and goals as your own.
3. Good friends:
 - Loyal
 - Trustworthy
 - Respectful
 - Sympathetic
4. **Sympathetic** - aware of how you may be feeling at a given moment.
5. Joining a school club or organization that shares your interests can be a great way to meet new friends.
6. **Clique** – a group of friends who hang out together and act in similar ways. Cliques can be a great way to feel like you belong. However, some cliques can be hurtful to outsiders. Friends should always accept you as you are. They should never put negative peer pressure on you.
7. **Peer pressure** - the influence to go along with the beliefs and actions of other people your age. Some teens who are dating like to go on group dates. Other teens may be ready for one-on-one dating.
8. Just like friendships, dating relationships should always be based on respect, honesty, and trust.

Practicing Communication Skills

1. **Communication** - the exchange of thoughts, feelings, and beliefs between two or more people.
2. **Body language** - the use of visual clues to communicate information or feelings, is a form of nonverbal communication.
 - Gestures
 - Facial expressions
 - Posture
 - Intonation
 - Tone of voice
3. Use appropriate body language to avoid sending a **mixed message** - when your words say one thing, but your body language and/or intonation say another.
4. Good communication:

Effective Speaking skills:

- Use an **"I" message** - this is a statement that presents a situation from the speaker's personal viewpoint.
- "I" messages help to avoid placing blame on others.
- Stay calm when speaking
- Stick to the point
- Choose the right time and place to have a conversation
- Be aware of your body language and intonation.

Effective listening skills:

- Practice **active listening** – means you are hearing, thinking about, and responding to the other person's message.
- Paying careful attention to the speaker's words
- Use body language that shows you are listening

- Thinking before you speak
- Ask questions

Peer Pressure and Refusal Skills

1. **Direct peer pressure** - when words or actions are used to pressure you.
2. **Indirect peer pressure** - internal, such as wanting to wear the latest fashions.
3. Not all peer pressure is negative.
4. **Positive peer pressure** - can inspire you and help you to reach your goals.
5. **Negative peer pressure** - comes in the form of feeling pressured to use alcohol, tobacco, or other drugs.
6. **Refusal skills** - communication strategies that help you say no effectively. You can use your refusal skills when you are feeling negative peer pressure.
7. To help you refuse peer pressure, remember the S.T.O.P. strategy:
 - S Say no in a firm voice
 - T Tell why not
 - O Offer other ideas
 - P Promptly leave
8. Avoid aggressive and passive communication.
9. **Aggressive communication** - overly forceful, pushy, hostile, or otherwise attacking in approach.
10. **Passive communication** - a tendency to give up, give in, or back down without standing up for rights and needs.
11. A more effective approach is **assertive communication** - you are speaking with confidence and clearly stating your intentions.

Limits and Abstinence

1. **Limits** - are invisible boundaries that protect you. Laws and school rules are examples of limits.
2. As you get older, you gain more responsibility and independence. This also means that adults will not always be around to enforce limits. It is important for you to recognize your own limits in order to protect yourself. Ignoring your limits can lead to consequences.
3. **Consequences** - outcomes or effects that may occur as a result of a decision or an action.
 - One way to set limits is to create goals for yourself.
 - Knowing your boundaries can help you reach your goals more easily.
 - Abstinence is an important limit to set for yourself.
4. **Abstinence** - the conscious, active choice not to participate in high-risk behaviors.
 - Choosing to abstain from sexual activity shows that you respect yourself.
 - By abstaining from sexual activity, you also avoid the risk of sexually transmitted diseases (STDs) and unplanned pregnancy.
5. There are ways that you can show **affection** - feelings of love for another person without being sexually intimate.
 - You can do something thoughtful for the person
 - Spend time talking and listening to each other
 - Holding hands
 - Hugging

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1. **Social health** - the ability to get along with others. It is based on the connections or relationships between people. Some relationships are close and familiar and others are more formal.
2. The way two people relate to each other is determined by:
 - Emotional needs that each person satisfies in the other
 - Practical needs that each person satisfies in the other.
3. As individuals interact with each other, they play **roles or parts**. Each role carries responsibilities and expectations.
4. Healthy relationships share a number of character traits including:
 - Trust
 - Respect
 - Patience
 - Tolerance
 - Caring
5. **Tolerance** - one of the most important skills in building healthy relationships, is the ability to value other people as they are. By understanding and accepting the differences between individuals, people can have healthy relationships with others in their lives.

Getting Along with Your Family

1. **Family** -the basic unit of society, and includes two or more people brought together by blood, marriage, adoption, or a desire for mutual support. Your earliest and most important relationships are with family—your relatives.
2. Types of families:
 - An **extended family** - a family in which one or more parents and children live with other relatives such as grandparents, aunts, uncles, and cousins.
 - A **single-parent family** -is one made up of one parent plus a child or children.
 - A **blended-family** - is a family that consists of a parent, a stepparent, and the children of one or both parents.
3. Unexpected family changes: end of a marriage or death. Many adults who get divorced eventually remarry. This trend has led to an increasing number of blended families. Most families are able to work through problems caused by change.
4. A skill that is especially important during difficult times is good communication.

Marriage and Parenthood

1. **Commitment** - a pledge or promise.
2. When two people get married, they make a legal and **social commitment** to each other. They pledge to live together and care for each other for the rest of their lives. Marriage requires emotional and physical maturity.
3. Even the best marriages sometimes have problems. Disagreements can arise from financial issues, children or other issues. Sometimes disagreements and differences cannot be overcome and couples will seek **divorce** - which is a legal end to a marriage contract.
4. Like marriage, parenthood involves making a **life-long commitment** to another person.
5. Effective parents share some common characteristics:
 - Setting fair limits
 - Teaching values

- Providing support
 - Providing patience and love.
 - **Unconditional love** is love without limitation or qualification.
6. Adolescence and parenthood are rarely a good mix. Most teens do not have the emotional maturity to plan for parenthood.

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Chapter 7 Conflict Resolution

The Nature of Conflict

1. **Conflicts**- disagreements between people with opposing viewpoints, ideas, or goals, are a part of everyday life. It is through conflicts that people settle their differences.
2. **Interpersonal conflict** - conflict between two or more people
3. **Internal conflict** - a struggle within a person.
4. There is conflict at home, such as with your parents and siblings. There is also conflict outside the home.
5. A **bully** - someone who picks on individuals who are smaller or weaker.
6. The best way to react to bullies:
 - Take away their power
 - Walking away
7. **Teasing** - a form of bullying, can sometimes be handled by confronting the teaser.
8. **Labeling** - another form of bullying, or name-calling is based on **prejudice**.
9. **Prejudice** - a negative and unjustly formed opinion, is usually against people of a different racial, religious, or cultural group. It must be brought to the attention of a school counselor or trusted adult.
10. Words should be used to build people up, not to cause pain and conflict.

Preventing Conflicts

1. Some conflicts **escalate**, or become more serious.
 - First, recognize the physical and emotional signs that a conflict is building.
 - Then, prevent a conflict from building by identifying and understanding the emotions that are fueling the conflict.
2. Anger and jealousy can lead a person who feels wronged to seek **revenge** - punishment, injury, or insult to the person seen as the cause of these strong emotions.
3. Although it is natural to feel bitter and want to strike back when someone has hurt you, a more positive approach is to step away from the situation. Most important, avoid having a disagreement in public because others may join the argument.
4. This creates a **mob mentality**, acting or behaving in a certain and often negative way because others are doing it.
5. Preventing conflicts from building:
 - Learn to understand your feelings
 - Keep your conflicts private
 - Avoid using alcohol or other drugs
 - Show respect for yourself and for others
 - Learn to accept and appreciate people who are different from you
 - Try putting yourself in the other person's situation.

Resolving Conflicts

1. Constructive approaches to dealing with conflict involve the parties who are working together to find a positive, healthy outcome. One approach uses the skill of **conflict resolution** - involves solving a disagreement in a way that satisfies both sides.
2. The T.A.L.K. strategy of Conflict Resolution:
 - T **T**aking a time out
 - A **A**llowing each person to tell his or her side
 - L **L**etting each person ask questions
 - K **K**eep brainstorming to find different solutions
3. The goal of the T.A.L.K strategy is to find a **win-win solution**- an agreement or outcome that gives each party something it wants.
4. More serious conflicts may need the help of **mediation** - a process in which a third person, a mediator, helps those in conflict find a solution.
5. Mediation Process: The neutral mediator:
 - Listens to both sides
 - Asks questions
 - Steers both sides toward a **compromise** - an arrangement in which each side gives up something to reach a satisfactory solution.

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Chapter 8 Violence Prevention

Avoiding and Preventing Violence

1. **Violence** - any behavior that causes physical or psychological harm to a person or damage to property.
2. **Homicide** - the killing of one human being by another.
3. Teens encounter more violence than any other age group. Factors in teen violence:
 - Some teens imitate violence in the media
 - **Gangs** - groups whose members often use violence or take part in criminal activity. Some gang members carry weapons and sell drugs. The guns are often bought with money made from **drug trafficking** - the buying or selling of drugs
 - Carrying weapons

There is a connection between teen violence and drugs. Many teens who commit acts of violence also use drugs.

4. Millions of teens become victims of violence at school. Many schools have a **zero tolerance policy** - a policy that makes no exceptions for anybody for any reason. A student who brings a weapon to school is expelled.
5. Help stop the spread of violence:
 - Be a role model for nonviolence
 - Speak up if you see a violent situation arising
 - Protect yourself from violence by staying away from violent people and threatening situations
 - Be aware of your surroundings.

Dealing with Violence

1. Teens are twice as likely as adults to be victims of violence. A **victim** - any individual who suffers injury, loss, or death due to violence.
2. Violence can leave both physical and emotional scars.
3. **Assault** - any unlawful threat or attempt to do bodily injury to another person.
4. **Battery** - the unlawful beating, hitting, or kicking of another person.
5. Assault and battery often go hand in hand. Some victims of battery include people injured in domestic abuse.
6. **Domestic Abuse** – the physically harming a family member, and women and children are the most common victims of domestic abuse.
7. **Rape** - any kind of sexual intercourse with a person against his or her will.
8. Actions to take if you are a victim of a violent crime:
 - Get medical attention
 - Report the incident to the police
 - Get treatment for the emotional effects
9. Help stop violence:
 - If you see a violent act, report it.
 - Become an advocate for safety and victims' rights.

Bullying and Harassment

1. **Bullies** can be a source of fear and frustration. They usually tease people who are shy or stand out in some way.
 - Male bullies often use threats of violence
 - Female bullies often use verbal put-downs.
2. **Bullying** - takes the form of **intimidation** - purposely frightening another person through threatening words, looks, or body language.
3. Victims of bullying:
 - Can feel helpless
 - Suffer from low self-esteem
4. Bullies:
 - Often have low self-esteem
 - Have been bullied
5. How to stop a bully:
 - Try walking away
 - Try to stay calm
 - Be forceful without being physical
 - Stand up for yourself
 - Report the incident to a trusted adult
6. **Harassment** - an ongoing conduct that offends another person by criticizing his or her race, color, religion, physical disability, or gender.
 - Written comment
 - A gesture
 - Unwanted physical contact
7. **Sexual harassment** - involves obscene behavior or remarks of a sexual nature.
8. **Gender discrimination** - singling out or excluding a person based on gender.

9. How to deal with harassment:
 - Telling the person to stop
 - Use an assertive communication style
 - Look the person in the eye as you speak
 - Let your family know what is happening
 - Ask for their advice
 - Tell a trusted adult

Abuse

1. **Abuse** - the physical, emotional, or mental mistreatment of one person by another. This problem can affect people of all ages, skin colors, and economic groups.
2. **Domestic violence** - physical abuse that occurs within a family. This is the most common type of abuse.
3. **Physical abuse** - can take the form of pushing, hitting, and choking.
4. **Emotional abuse** - can be just as damaging as physical abuse. This is when people use words and gestures to mistreat another person.
5. **Neglect** - the failure to meet a person's basic physical and emotional needs.
6. Victims of Neglect:
 - Children
 - Elderly people
 - People with disabilities
7. **Sexual abuse** - when a person forces another person to participate in a sexual act against his or her will. This is illegal.
8. **Sexual harassment** - uninvited and unwelcome sexual contact directed at another person. This is also illegal.
9. Negative effects of Abuse:
 - Low self-esteem
 - Self-destructive
 - Criminal behaviors
 - Violent behaviors (suicide attempts)
 - Drug and alcohol abuse
 - Eating disorders.

Preventing and Coping with Abuse

1. When abuse occurs within a family, all family members are affected. For this reason, all need help dealing with the abuse.
2. The **cycle of abuse** - a pattern of repeating abuse from one generation to the next.
3. Breaking the cycle of abuse:
 - If you think a friend is being abused, ask him or her
 - Tell a trusted adult
 - Call a **crisis hot line**, which is a toll-free telephone service where abuse victims can get help and information.
 - Most victims need professional help to cope with the trauma
 - Some people find counseling helpful
 - Group counseling can be beneficial to teens

- In extreme cases, abused family members may need to go to shelters or community-run residences to find safety.
4. Why ending abuse is not easy:
 - Many victims feel ashamed
 - They may fear that talking about the abuse will lead to the break-up of the family
 - They worry that they will get the person in trouble with the law
 - Sometimes the victim promises the abuser that he or she will keep the abusive relationship a secret.
 5. The only way to stop an abuser:
 - Get him or her help