

Glossary

Abstinence- To abstain or refrain from something by one's own choice.

Adolescent Risk Behaviors- Behaviors identified by the Centers for Disease Control as being the most influential on the health of teenagers. These behaviors include tobacco use, eating patterns that contribute to disease, a lack of physical activity, sexual behaviors that result in HIV/STD infection and unintended pregnancy, alcohol and other drug use, and behaviors that result in injury.

Advocate- To speak out for another person or cause.

Assessment- A collection of information used to evaluate student performance. Assessment information may include teacher observations, tests, writing samples, projects, research papers, class presentations, and performance tasks.

Communication- A process through which you send messages to and receive messages from others.

Conflict Resolution- The process individuals use to end a conflict by cooperating with others and problem solving.

Coordinated School Health Program- An organized set of policies, procedures, and activities designed to protect and promote the health and well-being of students and staff that has traditionally included school health education, healthful school environments, and school health services. At a minimum, such a program should include school guidance and counseling, physical education, nutrition services, social work, psychological services, and employee health promotion (Joint Committee 1991, 103).

Culture- The collective beliefs and behaviors of a group of people.

Developmentally Appropriate- Strategies that are suitable for, or consistent with, the age, growth, and developmental level of a student.

Emotional abuse- A pattern of behavior that attacks a child's emotional development and sense of self-worth.

Emotional intimacy- The ability to experience a caring, loving relationship with another person with whom you can share your innermost feelings.

Emotional maturity- The state at which the mental and emotional capabilities of an individual are fully developed.

Emotions- Signals that tell your mind and body how to react.

Empathy- The ability to imagine and understand how someone else feels.

Exercise- An individual task or item to which a student responds.

First aid- The immediate, temporary care given to a person who has become sick or who has been injured.

Friendship- A significant relationship between two people based on caring, consideration, and trust.

Health- The combination of your physical, mental/emotional, and social well-being.

Health-care facility- A facility staffed by healthcare professionals and equipped to provide health services.

Health-care providers- Professionals trained in the health fields.

Health consumer- A person who uses health products or services.

Health educator- A practitioner who is professionally prepared in the field of health education who demonstrated competence in both theory and practice, and who accepts responsibility to advance the aims of the health education profession.

Health literacy- The capacity of an individual to obtain, interpret, and understand basic health information and services, and the competence to use such information and services in ways that are health enhancing.

Health skills- Specific tools and strategies that lead to better and more informed health choices.

Immunity- The body's natural defenses against infection.

Immunization- A program whereby communities or other large populations are systematically made immune to a disease.

Infectious disease- A disease caused by organisms that enter and multiply within the human body.

Learning log- A record in which students communicate how and what they have understood about a concept or unit of study.

Lifestyle activities- Forms of physical activity that are a normal part of your daily routine or recreation that promote good health throughout a lifetime.

Medicine misuse- Using a medicine in a way other than the one intended.

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Medicines- Substances that, when taken internally or applied to the body, help prevent or cure a disease or other medical problem.

Mental health- Generally having a positive outlook, being comfortable with yourself and others, and being able to meet life's challenges and demands.

Obesity- Excess body fat or adipose tissue.

Over-the-Counter Medicines- Medicines purchased without a doctor's prescription.

Peer pressure- The control and influence people may have over another individual.

Peers- People of the same age who share a similar range of interests.

Performance indicator- Performance indicators are specific illustrations of the material and ideas implied by the learning standards.

Physical activity- Any form of movement, whether purposeful, as in exercise and sports or recreation, or incidental, as when carrying out domestic chores.

Physical fitness- The ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands.

Plaque- A sticky, colorless film that acts on sugar to form acids that destroy tooth enamel and irritate gums.

Poison- Any substance (solid, liquid, or gas) that causes injury, illness, or death when introduced into the body.

Poison control center- A 24-hour hot line that provides emergency medical advice on treating victims of poisoning.

Prevention- Practicing healthy habits to keep a person well and free from disease and other ailments.

Public health- A community-wide effort to monitor and promote the welfare of the population.

Recycling- The treating of waste so that it can be reused, as well as having an awareness of such practices.

Refusal skills- Techniques that can help you refuse when you are urged to take part in unsafe or unhealthful behaviors.

Relationship- A bond or connection between people.

Risk factors- Actions or behaviors that represent a potential health threat.

School health education- The component of the school health program that addresses the dimensions of health and the development, delivery and evaluation of a planned, sequential curriculum and teaching strategies.

Self-esteem- The perception an individual has about his/herself.

Stress- Mental, emotional, or physical tension, strain or distress.

Tartar- A hard, crust-like substance.

Tolerance- Accepting others' differences and allowing them to be who they are without expressing disapproval.

Vaccine- A preparation containing weakened or dead pathogens that provides immunity by causing the body to produce antibodies to the pathogen.

Values- Beliefs and standards of conduct that are important to an individual.

Vehicular safety –Obeying the rules of the road, as well as exercising common sense and good judgment.

Virus- The smallest known type of infectious agent.

Wellness- An overall state of well-being and total health.