

Name: _____

Period: _____

High School Health Glossary of Terms

Must have in your binder in class every day all year

a

abstinence—The practice of choosing not to do any sexual activity that carries a risk for pregnancy or STD.

abuse—Physical, verbal or emotional mistreatment.

access—To get to or reach.

acceptance—The act of receiving willingly or agreeing to.

acquaintance—A person one knows.

addiction—Physical and/or mental dependence on a drug.

addictive—Relating to or causing physical and mental dependence on a drug.

advocacy—Taking planned action to have a positive effect on the social or physical environment.

advocacy campaign—A series of activities that send a message to encourage others to practice safe and healthy behaviors

aerobic—Active only in the presence of oxygen. Aerobic activities are ones that move large muscle groups and make the heart and lungs work harder.

aggressive—Boldly hostile; quarrelsome.

AIDS (acquired immune deficiency syndrome)—Disease caused by HIV; diagnosed when a person has a helper T cell count below 200 per cubic milliliter of blood and/or develops certain opportunistic infections.

alarm stage—The body's initial reaction to a stressor; often called the fight-or flight response—the body prepares to either fight or run away from the perceived threat

alcohol—A drug formed by fermenting grains or fruits.

altered—Made different.

alternative—A choice between things; something a person uses or does in place of something else.

amino acids—Nitrogen-containing acids that cells use to build protein.

ammunition—Bullets and other projectiles that can be fired from a gun.

amotivational syndrom—Lack of interest in social situations and activities, ongoing procrastination, feeling bad or guilty, low productivity, low self-esteem, conflicts with friends and family, memory problems and financial difficulties.

amphetamines—A compound or one of its derivatives used especially as a stimulant of the nervous system.

anabolic steroids—Any of a group of synthetic hormones sometimes taken by athletes in training to temporarily increase the size of their muscles.

anaerobic—Living, acting, or occurring in the absence of free oxygen

anal sex—Sexual act in which a man's penis enters his partner's anus; this form of sex is very risky for HIV and other STDs.

analyze—To examine closely and use one's observations to reach a conclusion.

anemia—Lack of iron in the blood.

annoyance—Slight anger or irritation.

antibiotic—A drug used to treat infections caused by bacteria.

antibodies—substances that the body makes in response to foreign substances or organisms such as disease organisms that counteract their effects.

anxiety—An ongoing feeling of fear, worry or panic that interferes with a person's daily life; one of the most common disorders among children and teens.

anxiety disorder—A disorder involving unreasonable fear or anxiety that interferes with a person's daily life; one of the most common disorders among children and teens

arteries—blood vessels that carry blood from the heart to all parts of the body

aspirations—Strong desires or ambitions, as for advancement.

assault—Attempt to cause harm, injury or death to another person.

assertive—Confident and self-assured.

assessment—Evaluation of determination of size, value, importance, ect.

attitude—A person's opinion about a behavior or its outcome

attraction—The feeling of being drawn to something or someone.

b

balance—Equality between the partners in a relationship; stability.

bandwagon—The wagon or platform a band rides on in a parade; "getting on the bandwagon" refers to joining the popular or apparently winning side.

bargaining—Negotiating terms or offering to triage something in exchange for something else; a person who is grieving may hope that certain actions or promises might undo the loss.

barrier—Something that blocks, hinders or gets in the way.

behavior—The things people do; personal conduct.

benefit—Something that is advantageous or good or promotes well-being.

betrayed—Misled or deceived, especially in a time of need.

binge drinking—Drinking a dangerous amount of alcohol at one time.

binge eating—Consuming a large amount of food in a short time.

biological—Connected by direct generic relationship rather than by adoption or marriage.

birth canal—Another term for *vagina*.

birth control—Any number of methods of preventing pregnancy.

bisexual—A term that describes people who are sexually attracted to both men and women.

blackout—A loss of memory of things said or done while intoxicated after the effects of alcohol wear off. Also, temporary loss of conscience or vision.

bladder—The sac that holds urine from the kidneys until it leaves the body through the urethra during urination (peeing).

blood alcohol level (BAL)—The ratio of alcohol to blood volume in a person's body

body image—The way people view their bodies, including size, weight and how attractive they are, and how they believe others view their bodies.

body language—Nonverbal communication, such as facial expressions, body movements, posture or gestures that are clues to thoughts and feelings.

body mass index (BMI)—A measure of healthy weight, overweight and obesity based on the number of kilograms per square meter. It can be calculated by: (1) multiplying weight in pounds by 704; (2) squaring height in inches; (3) dividing the result of step 1 by the result of step 2. For adults, a BMI under 25 is healthy; 25–29.9 is overweight; and 30 or above is obese. For children and youth, a BMI at or over the 95th percentile is considered overweight.

bran—The outer part of a cereal grain.

broil—To cook on a grill or rack by a heat source from above.

bullying—The use of any kind of power over others to do intentional physical or emotional harm.

bystander—A person who watches or knows about but does not physically participate in an event.

C

calcium—A mineral needed for building and maintaining the health of bones and teeth, as well as other processes.

calorie—A unit for measuring the energy produced by food when it is metabolized in the body.

calorie range—The amount of energy in foods expressed as the high and low amounts.

capillaries—The tiny, thin-walled blood vessels that carry blood between the smallest arteries and the corresponding veins

cancer—A disease that occurs when the body's cells grow in an out-of-control way.

carbohydrate—A nutrient composed of carbon, hydrogen and oxygen that provides the body's preferred form of energy.

cardiorespiratory—Relating to or involving the heart and lungs.

cardiovascular—relating to or involving the heart and blood vessels.

cervix—The lower portion or neck of the uterus.

characteristic—A distinguishing trait, quality or property.

child abuse—Neglect or mistreatment that results in intentional harm or injury to a child; includes physical, sexual and emotional abuse.

chlamydia—An STD caused by bacteria; often has no symptoms.

cholesterol—A waxy fat made by the body and an essential part of cell membranes; high levels in the blood can lead to heart disease.

chronic disease—An illness that lasts a long time or recurs often; can be treated but not cured.

chronic—Ongoing, recurring or lasting a long time.

cirrhosis—A disease of the liver marked by excess formation of connective tissue (scarring).

clitoris—A small, highly sensitive female genital organ; its function is to provide sexual pleasure.

club drugs—a group of psychoactive drugs often abused by teens and young adults at concerts, parties and night clubs. Club drugs include GHB, Rohypnol and Ketamine.

cluster—In terms of suicides, a series of consecutive suicides in the same geographic area.

coercion—The use of threats, pressure and force to make a person do something.

collateral damage—Damage caused when uninvolved people are frightened, injured or killed by violent activities, or when family members or friends of those committing violent acts are threatened or harmed.

commitment—A promise or pledge.

communication—How people send and receive information; may be verbal, nonverbal or both.

companionship—The fellowship existing among close friends or associates.

complete protein—a food that contains all 9 essential amino acids

complex carbohydrates—Starch, glycogen and dietary fiber.

complement—To work together to make something complete.

compromise—A settlement in which each side changes or gives up something in order to reach an agreement.

conception—The joining of the egg and sperm that occurs in one of the fallopian tubes; also called fertilization.

condiments—something used to make for flavorful or savory

condom—A latex sheath used to cover the penis during intercourse to prevent pregnancy and the transmission of STD.

confidence—Something told to another privately or as a secret.

conflict resolution—A way of managing anger and settling disagreements in a safe and peaceful way, without violence.

conflict—A disagreement between people or groups.

consensual—Based in mutual consent, with neither person being pressured or coerced.

consequences—The results or outcomes of an action or event.

contraception—See birth control.

continuum—a range or sequence that varies by increasing or decreasing in minute degrees

constructive—Promoting improvement; healthy.

convince—To persuade by argument or evidence; to make someone feel sure.

cool down—To slow the level of physical activity gradually to allow the heart and breathing to return to normal levels, to let the muscles recover, and to avoid other problems that can occur if activity is stopped suddenly.

Cowper's glands—Two small glands along the urethra that make a clear fluid that passes through the urethra before a man ejaculates.

credentials—Evidence of expertise in a certain field of study, such as degrees or experience that prove someone knows a lot about a topic.

crisis—A decisive or critical moment.

culture—The customary beliefs, behaviors, arts and social structures that people in a society learn, share and pass on to future generations.

curiosity—A desire to learn or find out about something.

cyber—Having to do with or involving computers or computer networks.

cyberbullying—Bullying that involves computers, computer networks or other communication technology.

cycle—The period of time in which a series of regularly repeating events is completed.

d

dating violence—When a person in a dating relationship uses verbal, emotional, physical or sexual abuse to control a person.

decision making—The process of arriving at a conclusion or solution, or of making a choice.

decision point—A decision that is made that leads to one outcome as opposed to another.

deep breathing—Stress-management technique that involves breathing slowly and deeply; this sends a message to the brain to calm down; it increases the oxygen available to the body and produces a relaxed feeling

defensive—Resisting or protecting oneself against aggression or attack.

deficiency—A lack or a shortage.

defuse—Literally, to disarm a bomb so it can't go off. In the case of conflict, finding a way to make things harmless or less tense.

dehydrated—Lacking adequate fluid in the body.

dehydration—Loss of fluid in the body.

delay—To put off or postpone.

dehydration—Excessive loss of fluid in the body

dementia—Loss of brain function.

denial—Refusing to admit to something. It's a sign of addiction when a user won't admit that drug use is causing problems in his or her life.

dependence—A state in which the body relies on the effect produced by a drug; may be physical or mental.

dependent—A state in which the body relies on the effect produced by a drug; may be physical or mental.

depressant—A drug that slows down the central nervous system.

depressed—Having a persistent sad or irritable mood, loss of interest in normal activities, a major change in appetite or body weights, and trouble with sleeping.

depression—A mood disorder whose symptoms include persistent sad or irritable mood, loss of interest in normal activities, a major change in appetite or body weight, and increase or decrease in time spent sleeping.

despair—Utter loss of hope or confidence.

destructive—Designed or intruding to hurt or destroy.

determined—Decided; resolved; firm or resolute.

diabetes (diabetes mellitus)—A chronic metabolic disorder in which the body's ability to use carbohydrates is impaired, while use of fats and protein is enhanced. A risk factor for cardiovascular disease, diabetes is linked with obesity and high blood pressure. Type 1 requires a person to take insulin, while type 2 may be controlled by diet.

dietary—Having to do with the diet.

dietary fiber— See *fiber*.

diETING—A short-term way to lose weight.

diet—The overall combination of food and drink a person consumes over time.

digestion—The conversion of foods into simpler substances that can be absorbed by the body.

dimension—One of the elements or factors that make up a complete personality or entity.

distillation—Process used to increase

diuretic—A substance or drug that increases the body's elimination of fluids.

domestic violence—Physical, verbal, emotional or sexual abuse that happens within a family; sometimes called family violence.

drug—A chemical substance, natural or human made, that alters normal body functions in some way.

DUI (driving while under the influence)— Driving a motor vehicle with blood levels of alcohol in excess of a legal limit.

duration—The time during which something exists or lasts

e

ecstatic—Extreme emotional excitement, usually rapturous.

effective—Producing a desired effect; working well.

effect—Something brought about by a cause; result or outcome.

ejaculate—To expel semen from the penis.

ejaculation—The expulsion of semen from the penis.

elated—Filled with joy.

elder abuse—Neglect or mistreatment that results in intentional harm or injury to an older person; including physical, sexual and emotional abuse.

electrolytes—Minerals that have a slight electrical charge and help to regulate many vital body processes.

embryo—Collection of cells formed when the developing fertilized egg implants in the wall of the uterus; the new organism for the first 8 weeks of pregnancy.

emotional abuse—Acts that humiliate, control, embarrass, isolate or put someone down, and that damage a person's sense of self-worth.

emotional health—The ability to feel and express a wide range of emotions, to control one's response to these emotions, and to express emotions in healthy ways.

emotional—Related to feelings, such as love, fear, hate, etc.

emotions—Feelings about events or thoughts; occur as part of a complex mental and physical sequence.

empathetic—Able to feel empathy.

empathy—The ability to put oneself in another person's place to understand his or her thoughts and emotions and see his or her point of view.

emphysema—A disease caused by damage to the alveoli or air sacs in the lungs; causes shortness of breath.

empty calories—A term used to describe foods in which most of the energy typically comes from processed carbohydrates and fat, and which lacks nutrients such as vitamins, minerals, amino acids or dietary fiber.

endorphins—Natural chemicals that help people feel good and balance the effects of stress

endurance—The ability of muscles to keep doing an activity.

enhanced—Made greater in value or desirability.

envious—Feeling a painful or resentful awareness of another's excellence or advantages and the desire to have the same advantages.

environment—All the things and conditions that surround and affect a person.

epididymis—A tightly coiled tube, curved over the top of each testicle, where sperm mature.

erection—When a male's penis become larger and firm during sexual arousal.

equilibrium— Balance

estrogen—Hormone made by the ovaries; causes the female reproductive system to develop

exhausted—extremely tired or worn out

exhaustion stage—Stage that happens when stress is constant or continual; the body becomes so tired from being in a state of alarm that the person becomes physically ill.

external—On or coming from the outside.

extortion—The taking of something, such as money, by force or improper pressure.

extracurricular—Not part of the required curriculum or classes.

f

facilitator—A person who makes things easier, such as in a group discussion.

factor—Something that actively contributes to a result.

fad diet—A way of eating that suddenly becomes popular for a period of time.

fallopian tubes—Two tubes that go from the ovaries to the uterus; eggs travel through these tubes to get to the uterus.

fat—A nutrient that is the body's second major source of energy and the preferred means of storing energy.

fat soluble—Able to be dissolved and stored in the body's fat.

fatigue—weakness or exhaustion, often from work or stress.

feedback—Constructive comments about how to improve an activity or skill.

femininity—The qualities traditionally thought of as characteristic of women.

fermentation—Process that occurs when bacteria or yeast changes sugars in food o form ethyl alcohol

fetal alcohol syndrome—serious physical, mental and behavior problems in a baby caused by the mother's use of alcohol during pregnancy.

fertile—Able to get pregnant.

fertilization—The joining of the egg and sperm that occurs in one of the fallopian tubes; also called conception.

fetus—Term for an unborn baby in the womb from the ninth week of pregnancy to birth.

fiber—Plant food components, including plant cell walls, pectins, gums and brans, that the body cannot digest.

fight-or-flight response—A physical reaction to a stressful situation that prepares a person to fight or flee a perceived threat.

fitness—A combination of qualities that allow an individual to meet the physical demands of life.

flashback—Incident where a drug user suddenly has drug sensations days or even months after taking the drug

flexibility—The ability of joints to move through a full range of motion.

fluid—A substance that flows and takes the shape of its container

food group—A collection of foods that share similar nutritional properties or biological classifications. Nutrition guides recommend daily servings of each food group for a healthy diet.

frequency—The rate at which something occurs

fructose—The sugar in sweet fruits and honey.

g

gay—A term for someone who identifies as homosexual; often refers to men who are sexually attracted to other men.

gang—A group of people working to unlawful or antisocial ends.

gender identity—The way people see themselves in relation to being male or female.

gender role—Ideas about how a male or female should behave.

gender—A person's sex, male or female.

genes—The structures that pass inherited characteristics from parents to offspring.

genital warts—Small growths that appear on the sex organs, caused by HPV (human papillomavirus).

genitals—The male and female reproductive organs located outside the body.

glucose—Form of sugar used as the body's basic energy source; all carbohydrates the body can digest are eventually turned into glucose in the body.

glycogen—The main form in which carbohydrates are stored in the body.

goal setting—Specifying an end or result a person tries to achieve; should be specific, realistic and measurable.

goal—An end or result a person tries to achieve; should be specific, realistic and measurable.

gonorrhea—An STD caused by bacteria.

good risk—A risk people take to challenge themselves, to get something they want, or to help themselves grow or learn something new.

gram—The basic unit of mass and weight in the metric system, equal to about 1/28 of an ounce.

grief—Emotional suffering caused by the death of a loved one or some other severe loss.

grill—To cook on a grill over a heat source.

groundrule—A rule of procedure; guidelines for how a group will work together.

guided imagery—A technique in which a person imagines pictures, sounds, smells and other sensations associated with reaching a goal; sometimes called visualization.

guidelines—Principles or rules that help determine a course of action.

h

hallucinogen—A drug that alters users' perceptions, making them see or hear things that aren't really there.

harassed—Tormented or troubled by repeated attacks.

harassment—Behavior directed at another person that is unwanted and unwelcome.

hate crime—Criminal acts that target victims based on their race, religion, sexual orientation, disability, ethnicity, nationality, age or gender.

hazing—Making a person do something dangerous, risky or humiliating in order to join a group.

heart disease—A group of problems that occur when the heart and blood vessels aren't working the way they should.

heart rate—The number of times the heart beats in a set period of time.

heart exhaustion—A condition marked by weakness, nausea, dizziness and profuse sweating that results from physical exertion in a hot environment.

heatstroke—A failure of the body's heat-control mechanisms, caused by too much exposure to heat.

hemoglobin—the protein in red blood cells that carries oxygen from the lungs to the to the tissues, and assists in moving carbon dioxide from the tissues to the lungs

hepatitis—A virus that infects the liver; hepatitis B is often passed sexually.

herbal—Made from plants or plant parts, used for medical or culinary purposes.

heredity—The set of traits determined by a person's genes.

herpes—A viral disease that causes small blisters or sores on the skin and genitals.

heterosexual—A term that describes people who are sexually attracted to people of the opposite sex.

high blood pressure—Pressure of the blood against the blood vessel walls that is higher than normal.

HIV (human immunodeficiency virus)—The virus that causes AIDS; it attacks the cells of the body's immune system so that eventually an infected person can no longer fight off illnesses.

homicide—Killing of one person by another.

homosexual—A term that describes people who are sexually attracted to people of the same sex.

hormones—Chemicals secreted by a gland or the brain that signal parts of the body to grow or change.

hydrated—Being supplied with enough water or fluid.

hypertension—Abnormally high blood pressure and especially arterial blood pressure.

hypothermia—Lower than normal body temperature.

hypoxia—Lack of oxygen to the brain.

I

I-messgae—Communication that uses the word *I*, letting the speaker take responsibility for his or her own thoughts and feeling with our putting the listener on the defensive.

impaired—Damaged or diminished in strength.

impair—To make worse.

implantation—When a fertilized egg attaches to the inner wall of the uterus.

impulse—An urge or strong desire to do something, without stopping to think about the consequences.

impulsive—Acting quickly, with out thinking of the consequences.

incomplete protein—A protein, usually from plant sources, that does not contain all essential amino acids. Sources of plant protein can be combined to form complete proteins

ineffective—Failing to produce a desired effect; not working well.

infatuated—Inspired with a foolish or extravagant admiration or love.

influence—Things that affect a person's attitudes, beliefs or behaviors; can be positive or negative.

inhalants— Substances that give off fumes that act on the brain. They're breathed in to cause changes in perception or mental function. Most are household products.

inhibited— Restrained; keeping an inner check on free activity, expression or functioning.

inhibitions—Inner checks on free activity, expression of functioning.

injection drugs—Drugs that are forced into a vein, tissue, etc. with a syringe or something similar.

insulin—Hormone made by the pancreas that helps glucose move from blood stream to the cells.

intake—Taking in; the amount taken in.

intellectual—Having to do with thoughts, ideas and the ability to reason and understand.

Intellectual Health—Health that has to do with mind and learning

intense—Very strong; characterized by much action, strong emotion, etc.

intensity—A measure of the level of effort required to perform an activity.

intentional—Done on purpose; planned or deliberate.

internal—Things from inside a person; can include personal thought, feelings, values and beliefs.

interrelated—Having a mutual relationship.

intimidated—Feeling timid or frightful, sometimes by threats or bullying

intimidation—Using threats to frighten someone; often used to compel another person to do something, or to deter the person from doing something.

intoxicated—Drunk

iron—A heavy metallic chemical element that's vital to biological processes. It's important for hemoglobin, the molecule that carries oxygen in red blood cells.

irrational—Not based on facts or reason.

irritation—Feeling of anger or impatience.

isolated—Set apart from others; alone.

i

jealousy—The condition of being resentfully suspicious of rivalry, or envious.

joint—the point of contact between the bones in the skeleton, with the parts that surround and support it.

k

ketones—Waste products of porting and fat. Diabetes and high-protein, low-carbohydrate diets can cause elevated levels of ketones, which the kidneys try to eliminate.

l

labia majora—Two folds of skin that begin above the clitoris and end above the anus; also known as the outer lips.

labia minora—Two smaller folds of skin that lie inside the labia majora; also known as the inner lips.

lactose—The sugar in milk.

lacto-vegetarian—Vegetarians who eat dairy products, such as milk, cheese, yogurt and butter, but don't eat any meat, poultry, fish or eggs.

lacto-ovo-vegetarian—Vegetarians who eat milk products and eggs but not any meat poultry or fish.

latex—A mixture of water and fine particles of rubber or plastic used in paints, adhesives and condoms.

lean meat—Meat with low amounts of fat.

lesbian—A woman who is sexually attracted to other women.

life expectancy— The expected number of years of life remaining at any given age for a group of people

lifespan— The number of years a person actually lives

lifestyle—The typical way of life of an individual, group or culture.

ligament—A band of tough tissue what holds bones together.

limit—The point or line where something ends, and edge, boundary or breaking point; a line beyond which a person won't go.

locus of control— Place of control; theory that refers to extent to which a person believes he or she can control the events that affect him or her.

m

magnesium—A mineral that works with calcium to build and maintain bones and teeth; necessary for numerous processes, including maintaining normal muscle and nerve function, keeping the heart beat steady, and maintaining the immune system.

maltose—The sugar in grain.

marijuana—A drug from the plant *Cannabis sativa*; leaves and flower tops are smoked or eaten.

masculinity—The qualities traditionally thought of as characteristic of men.

mature—To become fully developed.

maximum—The greatest amount, value, or degree

measurable—Able to be measured or appraised.

media—All the various means of communication used to inform or influence people; includes advertising, newspapers, magazines, music, music videos, TV shows, computer games and websites.

menstrual period—The discharge of a bloody fluid caused by the shedding of the uterine lining that occurs about once a month.

menstruation—Discharge of a bloody fluid caused by the shedding of the uterine lining; occurs about once a month.

mental health—The ability to think clearly and cope with life; a state of mental well-being.

mental—Having to do with the mind and its processes.

merchandise—Goods or other things that are bought and sold.

metabolic rate—The amount of energy released and used from food consumed per unit of time.

metabolism—The process by which the body uses food to release energy and uses the energy to build and repair body tissues.

methamphetamine—A derivative of amphetamine that has a stronger stimulating action than amphetamine.

milligram—One thousandth of a gram.

minerals—Inorganic compounds that play a role in human health.

moderate—Within reasonable limits; of medium quality, amount, etc.

monitor—To keep track of the condition or progress of something.

monogamy—Having only one sexual partner.

monosaturated fats—Fats that are liquid at room temperature, found in olive, peanuts and canola oils, nuts and avocados. They have good effect on cholesterol.

mons pubis—In females, area where fat under the skin covers the pubic bone; becomes covered with hair after puberty.

motivate—To provide with reason to do something.

motivated—Having reason to do something.

motivation—A willingness or strong intent to do something.

mourning—period of grief following a serious loss.

muscle tone—Normal, healthy condition of muscles.

muscular—Having to do with the muscles

n

nausea—A sick feeling in the stomach, with an impulse to vomit.

negative body image—A negative view or dislike of one's body and how it looks.

negative consequences—The results or outcomes of an action or event that are not positive or constructive.

negative influence—Something that affects or changes someone's thoughts, beliefs or behaviors in a destructive or disruptive way.

negative—Harmful or destructive. .

negotiate—To work together to come up with a solution for a conflict.

NGU (nongonococcal urethritis)—Inflammation of the urethra often caused by STD.

nicotine—A powerful chemical and toxic poison found in the tobacco plant, especially in the leaves; the chief addictive drug in tobacco.

nonverbal—Using signs, signals or body language.

norm—The beliefs and behaviors shared by and accepted within a group.

nutrients—Substances living things need to take in from the environment to live and grow. For the human body these are water, carbohydrates, fats, proteins, vitamins and minerals.

nutritionist—A specialist in diet and health.

nutrient dense—Providing a lot of nutrients in relation to its calories. Nutrient-dense foods provide lots of vitamins, minerals, complex carbohydrates, protein or healthy fats for relatively few calories.

nutrition—The study of diet and health.

O

obesity—a condition marked by an excess of body fat. According to the National Institutes of health, a person with a body mass index (BMI) of 30 or more.

opiates—Drugs that come from a type of poppy and are used medically as pain killers.

optimism—The quality of having a general positive outlook on life, such as seeing problems as temporary and good fortune as permanent

optimist—A person who generally has a positive outlook on life

optimistic—Having a good feeling about life and believing things will work out for the best; seeing problems as temporary and good fortune as permanent. Being optimistic predicts good emotional health according to the field of positive psychology.

oral sex—Sexual act in which the mouth is placed on the partner's genitals.

osteoporosis—A condition that results from a decline in bone mineral content, which makes bones more likely to break.

outcome—Result or consequence. .

ovaries—Female reproductive organs that hold and release eggs, and make the hormones estrogen and progesterone.

overdependence—Excessive reliance on someone or something for support or aid.

overgeneralize—To use one example or only a small bit of evidence to draw conclusions, which are often incorrect

over-the-counter drug—A legal drug used for self-medication that can be bought without a prescription.

over-the-counter—Describes a drug or medicine that can be bought without a prescription.

overwhelmed—Completely overcome in thought or feeling.

overweight—Body weight that's greater than normal for one's age, height and build.

oxygen—A colorless, odorless gaseous chemical element that is a component of the air essential

for life.

ovulation—Stage in the menstrual cycle when a ripe egg is released by the ovary and moves into the fallopian tube.

p

pact—in terms of suicide, an agreement to commit suicide by two or more people.

pancreas—Large gland that produces insulin and discharges enzymes into the intestine

paranoia—A mental disorder characterized by delusions, especially of persecution.

partner—A person with whom one shares a romantic or sexual relationship.

passive—A type of communication in which people agree to things they don;t want to do, or make up excuses for not doing something rather than telling others how they really feel.

passive-aggressive—Displaying behavior that expresses negative feelings, resentment or aggression in an unassertive, passive way.

peer power—Peer pressure that encourages others to stay safe and take care of themselves.

peer pressure—The influence of people of the same age or close in age in encouraging a person to change his or her attitudes, values, or behavior in order to conform to group norms.

peers—People of the same age or close in age who are similar in many ways.

pelvic—Having to do with the pelvis, the lower part of the abdomen between the hip bones.

penis—The male sexual organ through which semen and urine leave the body.

perceived norm—What people think others are doing or believe.

percentage—A given number out of every hundred.

perception—Mental grasp of things through the senses; insight or knowledge gained through the senses.

performance drugs—Drugs used to temporarily enhance mental or athletic abilities. The main examples are anabolic steroids, which are synthetic versions of the male hormone testosterone, and prescription drugs that are misused as study aids. Use is prohibited in competitive sports.

permanent—Lasting for a long time or unable to be changed.

perpetrator—A person who inflicts injury or commits a crime against others.

perspiration—Sweat.

pessimism—The quality of having a generally negative outlook on life, and expecting the worst possible outcome.

pessimist—A person who generally has a negative outlook on life

physical activity—Bodily movement that greatly increases energy use.

physical fitness—A set of attributes that add to a person's overall health and physical capability. Some are skill-related (such as balance, agility and speed). Others are health-related (such as cardiorespiratory endurance).

physical abuse—Acts of violence that cause intentional harm to someone's body or physical well-being

physical health—A state in which the body feels well and strong and all parts function as they should.

physical—Relating to the body.

physiological— Relating to the functional processes in an organism or any of its parts

policy—An official statement or position on an issue that often sets forth rules or guidelines for individual or group actions and outlines consequences for breaking these rules.

polyunsaturated fats—Fats found mainly in safflower, corn, sunflower, soybean and cottonseed oils and fatty fish such as salmon and tuna. They have a good effect on cholesterol.

positive body image—A positive view, liking or acceptance of one's body and how it looks.

positive—Helpful, constructive or healthy.

potassium—A mineral needed by the body for kidney and heart function as well as many other processes

precautions—Measures taken beforehand to prevent harm or secure good

pre-ejaculate fluid—Clear fluid made by the Cowper's glands that passes through the urethra to clean it before the semen is ejaculated.

pregnancy—The time during which a woman carries an embryo and then a fetus while it grows into a baby.

progesterone—Hormone made mainly by the ovaries; maintains the uterine lining during pregnancy.

progressive muscle relaxation—Stress-management technique that involves tensing and relaxing different muscle groups one at a time.

proof—Twice the percentage of alcohol in a beverage; 80 proof means 40% alcohol

property—Something owned.

prosocial—Contributing to a social group in a positive way.

prostate gland—A walnut-shaped organ located just below the bladder in a male that provides part of the fluid in semen.

protective factors—something that will lower the chances that a person will engage in risky behaviors

protein—A nutrient made up of carbon, hydrogen, oxygen and nitrogen, whose major function is the growth, maintenance and repair of body tissues.

PSA—Public service announcement; an advocacy technique that uses a noncommercial advertisement to raise awareness, change attitudes or offer information or advice about health and safety issues.

psychological abuse—Acts of violence intended to cause strong negative feelings, depression, self-doubt, shame or embarrassment in another person.

puberty—Stage of life when the body changes and the reproductive system matures.

pulse—The regular throbbing in the arteries caused by the contracting of the contractions of the heart.

q

qualities—Distinguishing characteristics or traits.

quality—In terms of a person's life, all the things that make life enjoyable or meaningful

quantity—Amount of something

quarrelsome—Apt or tending to find fault or dispute things.

r

range of motion—The full distance and direction a joint can move.

rage—Furious, violent or uncontrolled anger.

rape—Forcing another person to have sex without his or her consent by using or threatening to use force.

realistic—Actually possible, practical.

recovery—Regaining normal physical or emotional health.

recreational drug use—Use of a drug to feel the effects rather than for medical or health purposes.

rectum—The lowest, or last, segment of the large intestine.

refined grain—Grain that has been milled or processed to remove the bran (outer husk) and germ (part that can grow into a new plant) to give it a finer texture.

refusal—Saying NO; declining to accept or do something.

regain—To gain back.

refusal skills—Skills for saying NO to something.

regulate—To govern or control according to rules of laws.

relationship—A connection between two people.

reproductive system—The organs involved in sexual activity and creating offspring.

reproductive—Relating to the sexual process by which people have offspring.

resilient—able to recover a sense of mental well-being within a reasonable period of time after experiencing stress or emotional trouble

resistance stage—The stage in response to stress in which the body tries to restore a state of balance or equilibrium.

resource—Something or someone that can be drawn upon for aid; something that is ready for use.

respect—Consideration, esteem or regard.

responsible—Able to fulfill one's obligations; reliable, trustworthy

responsibilities—The things a person has a duty toward or has made a commitment to do.

riot—Disturbance of the public peace, especially a violent public disorder.

risk—The likelihood of injury, damage or other negative consequences following an action.

risk factor—Something that increases the chances that a person will engage in a risky behavior.

roleplay—An activity in which people are given an example situation and practice their responses to learn a skill such as refusals or conflict resolution.

romantic—Characterized by feelings and expressions of love or affection.

S

safer sex—Sexual activity in which various measures are taken to prevent pregnancy and STD.

saliva—A liquid secreted into the mouth that helps with digestion.

saturated fat—A type of fat, usually found in animal sources, that is solid at room temperature. Diets high in saturated fat are linked to greater risk of developing heart disease.

school violence—Any situation taking place during the school day, at school-related activities or anywhere on school grounds that threatens or harms the physical, emotional, or social safety and security of students, teachers, staff, or damages school property.

scrotum—The loose sac of skin that holds the testicles.

secondary victims—People or groups who identify with the targets of hate incidents or crimes who are negatively affected or fear for their own safety

secondhand smoke—The smoke given off by the burning end of a cigarette, pipe or cigar, and the smoke exhaled from the lungs of smokers.

sedentary—Inactive.

seizure—Sudden attack of convulsions, loss of consciousness, or sensory disturbances caused by abnormal electrical discharged in the brain.

self-assessment—How people judge their own worth or value.

self-control—restraint exercised over one's own impulses, emotions, or desires

self-confidence—Belief in one's own abilities.

self-conscious—Being aware of oneself and of others' real or imagined attention.

self-esteem—The way people feel about themselves; their sense of value or worth.

self-exam—Checking one's own body to find potential health problems that may need to be checked by a health care provider.

self-image—The view a person has of himself or herself.

self-respect—Feeling and showing consideration, esteem and regard for oneself.

self-talk—The ideas a person thinks or says to himself or herself.

semen—Milky-white fluid containing sperm that is ejaculated from the penis during orgasm.

seminal fluid—The sticky yellow liquid made by the seminal vesicles that gives sperm energy and helps them move.

seminal vesicles—Pouches located above the prostate gland that produce seminal fluid.

sentimental—Influenced by tender feelings or emotions.

serial monogamy—Having a series of short-term relationships one after the other.

serving size—The amount in a single helping or portion of food or drink.

sexting—Sending sexual images or messages via texting.

sexual abstinence—Choosing not to have sex at this time in one's life.

sexual abuse—Acts of violence of a sexual nature that are unwelcome and done to exercise control over a person.

sexual assault—A physical attack of a sexual nature on another person, or any sexual act committed without consent.

sexual activity—Any sexual behavior that can result in pregnancy or STD.

sexual harassment—Unwelcome sexual advances, demands for sexual favors or other verbal or physical conduct of a sexual nature, especially from a person with obvious power over another.

sexual health—The health of the reproductive or sexual parts of the body. Sexual health includes the choices a person makes about sex.

sexual identity—The feelings of sexual attraction toward others, feelings about being male or female, and ways people express their sexuality.

sexual intercourse—A type of contact involving one of the following: (1) insertion of a man's penis into a woman's vagina (vaginal intercourse), (2) placement of the mouth on the genitals of another person (oral intercourse) or (3) insertion of a man's penis into the anus of another person (anal intercourse).

sexual orientation—Describes which gender a person is sexually attracted to.

sexual predator—A person who tries to obtain sexual contact with another person in a predatory manner. The term *predator* refers to animals that live by preying on other animals for food.

sexuality—All the aspects of human behavior having to do with sex and gender. Includes sexual function and behavior, but also includes choices around sex, feelings of being male or female, and communication about sex.

sexually active—Currently engaging in sexual intercourse or other activities that can lead to STD.

sexually transmitted disease (STD)—Any of a number of diseases that can be spread through sexual contact. Also referred to as sexually transmitted infection (STI).

shock—A sudden violent emotional or mental disturbance.

simple carbohydrates—Sugars that dissolve in water and taste sweet

smokeless tobacco—Tobacco products that are placed in the mouth or sniffed into the nose rather than burned or smoked.

social health—The ability to have productive and beneficial relationships with others, including family, friends and the wider community.

social—Of or having to do with how humans live and interact together.

sodium—An alkaline chemical element; in relation to food, usually refers to salts.

specific—Clearly and exactly presented or stated.

sperm—The male reproductive cells.

spiritual health—The ability to find meaning and purpose in one's life.

spiritual—Having to do with how people find meaning and purpose in their lives, such as through religious beliefs or personal values.

sponsorship—When people or companies provide money to help put on an event. In exchange their names or products are featured in ads at these events.

stalking—pursuing a person secretly or furtively.

starches—Complex carbohydrates found in grains and fleshy root vegetables.

STD (sexually transmitted disease)—Any of a number of diseases or infections that can spread through sexual contact. Also called STI (sexually transmitted infection).

stereotype—A fixed or conventional idea based on limited knowledge and experience.

stimulant—A drug that speeds up the central nervous system.

straight—A term that describes people who are sexually attracted to people of the opposite sex; heterosexual.

strategy—A careful plan or method of achieve in a particular result.

strenuous—Requiring energetic effort or stamina; difficult.

stress management—Techniques for reducing or limiting the harmful effects of stress or one's reaction to stress.

stressor—An event, situation or thought, either positive or negative, that causes stress.

stress—The feeling of being under pressure due to change or any physical or mental demand made on the body.

stroke—Sudden loss of consciousness, sensation or motor control caused when blood flow to the brain is blocked or a blood vessel bursts.

sucrose—Sugar taken from sugar cane or sugar beets.

suicide— The act of intentionally killing oneself.

suicidal thoughts—Thoughts about or plans for committing suicide.

support system—People you can go to for help, guidance or advice.

survivors—Those who remain alive or left behind.

symptom—A condition or behavior that indicates the existence of a particular disease.

syphilis—A bacterial STD that progresses through several stages if left untreated.

t

tampon—A plug of cotton put into the vagina to absorb menstrual fluid.

target audience—The group of people information or advertising is intended to reach.

target—The object of an attack or criticism; the person information or advertising is intended to reach.

target heart rate—the number of heartbeats per minute required to have a positive or training effect on the cardiorespiratory system during exercise.

technology—A technical method of achieving a practical purpose.

tendon—A tough cord of dense tissue uniting a muscle with another part such as a bone.

terrorism—The use or threat of violence to instill fear or control the actions of others.

testicles—Male reproductive organs that produce sperm and testosterone.

testicular cancer—Cancer of the testicles; the most common cancer in young men ages 15–35.

testimonial—A statement recommending a person or product.

testosterone—Male hormone made mainly by the testicles; causes the male reproductive system and adult male traits to develop, and maintains the sex drive.

texture—The visual or tactile characteristics and appearance of something.

THC(tetrahydrocannabinol)—the active ingredient in marijuana; a chemical that acts on parts of the brain that influence feelings, thought, memory, concentration, sense of time and movement.

time management—The act or process of exercising conscious control over the amount of time spent on specific activities, especially to increase efficiency or productivity.

timid—Fearful; lacking in confidence or courage.

tobacco—The leaves of plants from the genus *Nicotiana* and the products made from these leaves, such as cigarettes.

tolerance—When the body adapts to a drug; results in the need for an increased dose to feel the same effects.

torso—The trunk of the human body.

toxic shock syndrome—A rare but serious illness caused by bacteria/toxins; linked to the use of super-absorbent tampons.

trait—A distinguishing characteristic.

trans fat—A fat formed by adding hydrogen to liquid fat to make it solid at room temperature; developed to make shipping and storage of foods easier. Trans fats are unhealthy and are linked to increased blood cholesterol levels.

transgender—A term for a person who identifies with or expresses a sexual identity that differs from the one that corresponds to the person's gender at birth.

transmitted—Passed or transferred from one person or place to another.

treatment—The act, manner or method of giving medical or surgical care.

trichomoniasis—A vaginal infection transmitted mainly through sexual intercourse.

U

under the influence—Affected by alcohol.

unprotected sex—Sexual intercourse without using a latex or plastic condom or other birth control.

unsafe risk—A risk that could lead to unintentional injury, danger, loss or other negative outcomes.

unsaturated fat—Type of fat that doesn't raise blood cholesterol levels.

urethra—The tube that carries urine (and semen in men) out of the body.

urinary opening—The opening of the urethra, where urine leaves the body.

uterus—The female reproductive organ that provides a place where the fertilized egg can grow and develop into a baby; also called the womb.

V

vagina—A muscular tunnel that goes from the vaginal opening to the opening of the uterus. It provides a way for menstrual fluid to leave a woman's body, receives a man's penis during vaginal intercourse, and provides a way for a baby to be born.

vaginal fluid—Clear or whitish fluid that comes from the vagina.

vaginal intercourse—Sexual intercourse that involves the insertion of a man's penis into a woman's vagina.

vaginal opening—The opening between the urinary opening and the anus in women; where menstrual fluid leaves the body and where a baby comes out during childbirth.

vaginal sex—See *vaginal intercourse*.

vandalism—Willful or malicious destruction or defacement public or private property.

variety—A collection of different things; something varying from other things of the same general kind.

vas deferens—The tube that holds mature sperm until it is ejaculated or absorbed.

vegan—A vegetarian who also consumes no animal or dairy products.

vegetarian—Consisting of plant-based foods, and sometimes eggs and dairy products; a person who eats such diet

verbal—Using words and language to convey a message.

victim—A person who is injured or killed by another person.

vigilante—Member of a volunteer group formed to act in the interests of justice to quickly suppress of punish crime.

vigorous—Done forcefully or energetically.

violence—The threat or use of force that injures or intimidates a person or damages property.

vitamins—Organic substances either made by the body or found in foods. Small amounts are essential for the regulation of metabolism and normal growth and functioning of the body.

vulnerable—Capable of being hurt or wounded; open to attack.

vulva—Collective term for the female genitals; includes the mons pubis, labia majora, labia minora, clitoris, and vaginal and urinary openings.

W

warning sign—Sign or clue that can tell about a possible danger.

water soluble—Able to be dissolved in water. Water soluble vitamins are not stored in the body.

warm up—To do some gentle movements before physical activity to allow breathing and heart rate to rise gradually and prepare the muscles to use energy efficiently.

weight management—Keeping the body weight at a healthy level using healthy means.

whole grains—grain consisting of the whole kernel, including the outer husk, and the germ

withdrawal—Pulling away from other people and isolating oneself.

Z

zygote—Fertilized egg cell, created by the union of an egg and