**Unit 2: Your Life Depends on It**

*Reflective Responses*

**Healthy Living** (half of the links didn’t work)

Physical Activities have been very important especially for teens from the age of 13 to 19, as they begin high school, get a job and don’t become as active as they were when they were younger. Many ways of living a healthy lifestyle is to take part of physical activities, many other aspects of having a healthy lifestyle is to balance your physical, social, emotional, spiritual, environmental, occupational and intellectual health. The most important part is to keep all those elements balances and content. If you are missing one of those aspects you could become tired, sad or agitated.

Stress is a big issue for teens. Stress and Anxiety have led many students to worry about their future which causes them to lose sleep and reports that they have trouble concentrating during class. Because the students don’t have a healthy lifestyle, their mental well-being starts to drop and teen suicide and depression have spiked! Many teen students become too anxious and don’t know how to start living a healthier lifestyle and they become too anxious.

A reflection on this is that, even I have some stress and anxiety because I also worry a lot, but in the links that are shown, I can relieve some of that stress by getting more nutrition and start fitness. I can live a healthier lifestyle by dieting instead of eating processed food that is unhealthy. I can also start jogging and playing sports to become more physical. This can result in many health benefits.

Healthy eating can help me live longer because the more junk food, caffeine or alcohol I drink, the shorter lifespan I will have. Sugar and many of the ingredients in a fast food restaurant is basically poison to you and the only way to cure yourself at the younger age is to eat healthier by eating salads and natural foods, the nutrition is vegetables and fruits are very good and can help your body become stronger. Although the media has changed and distorted a healthy body image, you should ignore them and continue to exercise and have a positive body image and have a healthier lifestyle.

**Health Information & Media Literacy**

How is personal privacy achieved?  
*Personal Privacy is a respect of personal information that is yours and isn’t open to anyone or disclosed to anyone that wants to view that information. All that information is controlled by you and no one else need to have it, showing individualism.*

Why should individualism be respected?

*Individualism has become a symbol in our community, we are able to have a unique identity because of individualism, it helps us stand out from others and show who we really are.*

What are your experiences with showing respect of others and yourself?

*Experiences that I have had has been, helping out/volunteering, helping others around and opening doors and being responsible around others and help them when they are stuck on something.*

***Reflective Response***

I am aware of Healthy Information & Media. I have learned a lot about healthy living and how the media has taught us about digital footprints. Many things have been taught to me and now I understand them.

Lots of the links and health information along with media topics interested me most where there were digital footprints because it showed what the person did and where he visited and it is very interesting. I now learned to be careful where I visit because it sticks with me forever and I don’t want to go somewhere that will embarrass me and I will have a good clean digital footprint.

**Healthy Relationships**

**Why is it important to recognize healthy relationships?**

***Healthy relationships are important to be recognized and acknowledged because relationships in general are a big part of our lives where we meet many people and have all sorts of relationships, teachers, parents, classmates etc. It is vital to have healthy relationships because we would want to avoid harmful or abusive relationships because if not, we would end up getting negatively impacted by these harmful relationships.***

**What is a safe and caring school environment?**

***A safe and caring school environment is one that has healthy relationships with students and teachers. The environment is very friendly and everyone feels happy and welcome, all students and teachers are in a comfortable area to learn and teach.***

**What, in your view, is a safe community for all to live?**

*A safe community from my view is, a friendly neighborhood or area where all or most of the residents or members get along safely and are all friendly, there is no threat or harmful relationships that could cause damage to someone mentally or physically.*

**Reflective Response**

From reading about healthy relationships, I have learned a lot about it and have been able to identify the harmful/ unhealthy relationships in my life and fix them and turn them into healthy relationships, when a relationship first becomes harmful I can now quickly fix it and make the environment safe and friendly again. A healthy relationship topic that interested me was the one where a dating relationship could become harmful where the boy or girl becomes a burden and there is no joy or happiness anymore.   
Lastly, I learned that communication in a relationship is VERY IMPORTANT because without communication, a relationship can easily become unhealthy and harmful due to misunderstandings and abuse that could go on unnoticed. Many unhealthy relationships happen due to miscommunication.

**Anti-Bullying Reflective Response**

*(Most of the links didn’t work)*

The reasons for bullying are desire to hurt, frighten or scare others; this can look like physical, verbal or non-verbal abuse at someone. Bullies usually don’t recognize it as bullying but just playing games. Positive solutions cold be to find help or try to talk to the bully, negative solutions would be to stand up to the bully because it could cause more abuse and for it to happen more constantly.

There hasn’t been much bullying in my school as my school is small and everyone has healthy relationships most of the time and the only bullying that happened was name calling for a while. Therefore, bullying has not been an issue in my school and even when name calling happened, it was quickly settled by students and teachers who communicated with each other and ended the problem.

Cyber bullying has been a problem as well. From what people upload online, it can be criticised and made fun of, as well as taking it to show others to stir more bullying or to make it into jokes where people edit the pictures to make more jokes and bullying to that person.

Bullying is still a constant problem in schools everywhere.

**Making the Right Choice**

What are Right Choices for You?

*“Right Choices” are made depending on the question, if it is a question of opinion there is no right choice, however, if the person is looking for a certain opinion and I say something wrong it could be a wrong choice. Having a right choice would be a multiple choice question that there is a certain answer for, which I should choose.*

Should you impose Your Choices on Others?

*No, you shouldn’t impose/force your answer on others because, whether you want them to or not, it is their choice to choose. You should not force them to say or answer something that they don’t want to do.*

**Reflective Response**

Group Activities are a good idea of staying active with peers but when alcohol or drugs come out, it is a good idea to stay away. Even though you can have fun, drugs and alcohol can be peer pressured onto you and it won’t be good, first off, it isn’t as much fun as you think it will be. Drinking and drugs are both bad for you and will reduce your life span and give your health issues and money issues and it takes away both your money because of the cost of drugs and alcohol and basically you are paying for poison that will make you feel good while it is killing you.

Binge Drinking is also a big problem because it can be just as bad as drugs, getting drunk from too much alcohol is bad because your body will grow slower and your reflexes will become super slow. Your words will slur and you will be drunk, it is also bad for your body and your bloodstream will become too thin and give your health problems.

I think it is important to educate others about this problem because others might not know about the dangers of drugs and alcohol and how hard it is to withdraw from these sorts of things. Causes for drugs and alcohol are usually some family issues, stress, anxiety or some emotional stress they are going through that influences them to use these types of things.

**STIs**

*Reflective Response*

STIs are spread from sexual intercourse; it is usually through skin-skin contact and infects areas or becomes sores. Age matters, the younger you are the higher your chances of STIs are. Condoms are the only birth controls and form of protection that can reduce the risk of getting an STI from your partner. Birth control pills also work as a birth control but DON’T protect you from STIs.

Healthy choices for sex are to either avoid it, or talk to your partner and find out more about STDs and STIs to make sure neither of you have it. The best was to avoid STIs is to abstain from sex entirely or to wear condoms and confirm that your partner doesn’t have an STI or STD.