

Contents

Accessible Audio Book

- **Vocabulary..... 3**
- **Coping with Life 10**
- **Stress Management..... 28**
- **Mental & Physical Health 45**
- **Healthy Relationships..... 64**
- **Cohabitation & Family Life..... 80**
- **Emergencies, Self-Defense & First Aid..... 97**
- **Hands-on Activities..... 113**
- **Crossword..... 122**
- **Word Search..... 125**
- **Comprehension Quiz..... 127**



Vocabulary

Click each word for its definition.

commit	commitment	compromise
consent	contribute	counseling
dedicate	Provide help in a group.	disaster



What happens when something random occurs? How should you react when an event is out of your control? We may experience things like death, natural disasters or illness around us. These things cannot be prevented. What can you do? Big life events can be hard. We can only choose the outcome for a portion of our lives. Other times, we do not know what will happen. Use the tools you have wisely in order to react in a healthy, positive way.

Helpful ways to deal with something bad that has happened:

- Talk to other friends/family for support.
- Spend time alone.
- Get exercise and eat well.
- Look to your community for help.
- Seek spiritual wisdom.
- See a professional for counseling.

Reset Answers



Ava has been feeling sad lately. She has difficulty finding ambition and has a hard time getting out of bed. She is embarrassed to tell her friends. Ava decides to tell her parents she feels down.



Is this a good idea?

Yes No

Why or why not? Type your answer in the box below.

Answer

Reset Answers



Below is a list of phrases.


Sort them into phrases that show "Consent" or "Not Consent".

- I like that Silence Okay Let's wait Good idea
I don't think so Yes Maybe I'm not sure

Consent	Not Consent

Answer



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