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8th Grade Health Taden Overton

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| **Across**  **3.** communication strategies that can help you say no when you are urged to take part in behaviors that are unsafe and are unhealthy  **5.** the things you aim for that take planning and work  **10.** a deep-seated sense of meaning and purpose in life.  **14.** related risks that increase in effect with each added risk  **17.** the process of ending conflict through talking  **18.** the skill of helping you reduce stress  **21.** influence others to make healthy decisions  **22.** is the sum of your surroundings  **23.** all the traits that were biologically passed on to you from your parents  **24.** people of the same age who share similar interests  **26.** the step of making you make a healthy decision  **27.** differences in health outcomes among groups  **28.** the intentional use of unfriendly or offensive behavior  **29.** actions that can potentially threaten your health or the health of others  **30.** a nationwide health promotion and disease prevention | **Down**  **1.** a persons capacity to learn about and understand basic healthinformation  **2.** providing accurate health information and teaching health skills to help people make healthy decision  **4.** the exchange of thoughts, feelings, and beliefs between two or more people  **6.** various methods for communicating information  **7.** a deliberate decision to avoid high risks behaviors, including sexual activity  **8.** the combination of physical, mental/emotional, and social well-being  **9.** ability to understand or imagine or how some else feels  **11.** the personal habit or behaviors related to the way a person lives  **12.** an overall state of well being or total health  **13.** the collective beliefs, customs, and behaviors of a group  **15.** an ongoing condition or illness  **16.** radio, television, and the internet  **19.** positive health behaviors  **20.** the reaction of the body to everyday challenge  **25.** how much you value or care or respect yourself |