

## 7<sup>th</sup> Grade Social and Emotional Health Study Guide

### Key Terms:

**Stress** is your body's response to the changes around you.

**Stressors** are the people, places, and events in our life that cause stress.

**Distress** is negative stress.

**Persuasive Tactics** are the things people may say or do to get you to do what they want.

**Verbal Communication** is using words to communicate thoughts and feelings. Examples: speaking, texting, email etc.

**Nonverbal Communication** is getting messages across without using words. Examples: body language, facial expressions, postures etc.

### Key Concepts:

#### **Guidelines for Decision Making:**

- ✓ **H** - healthy (Would it help/hurt me or others?)
- ✓ **E** - ethical (Does it follow your morals/values?)
- ✓ **L** - legal (Is it against the law?)
- ✓ **P** - parent approval (Could you say it or do it in front of your parents?)

#### **Tips for Improving Communication Skills:**

- ✓ Think before you speak.
- ✓ Be an active listener - pay attention/concentrate.
- ✓ Be honest/direct NOT rude/disrespectful.
- ✓ Watch your tone of voice.
- ✓ Use eye contact. Ask questions.
- ✓ Stay calm and in control. Keep emotions in check.

#### **Refusal Skills & Persuasive Tactics**

##### Effective Refusal Skills:

- ✓ Choose your friends and situations carefully
- ✓ Talk to adults you trust
- ✓ Look to the future when making decisions
- ✓ Be prepared to leave a situation
- ✓ Make decisions that reflect your values

**Be sure to study your worksheet on persuasive tactics**

### Healthy Reminders:

Be sure to study all of the worksheets, and notes completed in class. Do NOT memorize. You will be expected to explain and apply the key terms and concepts not just repeat them. Good Luck!