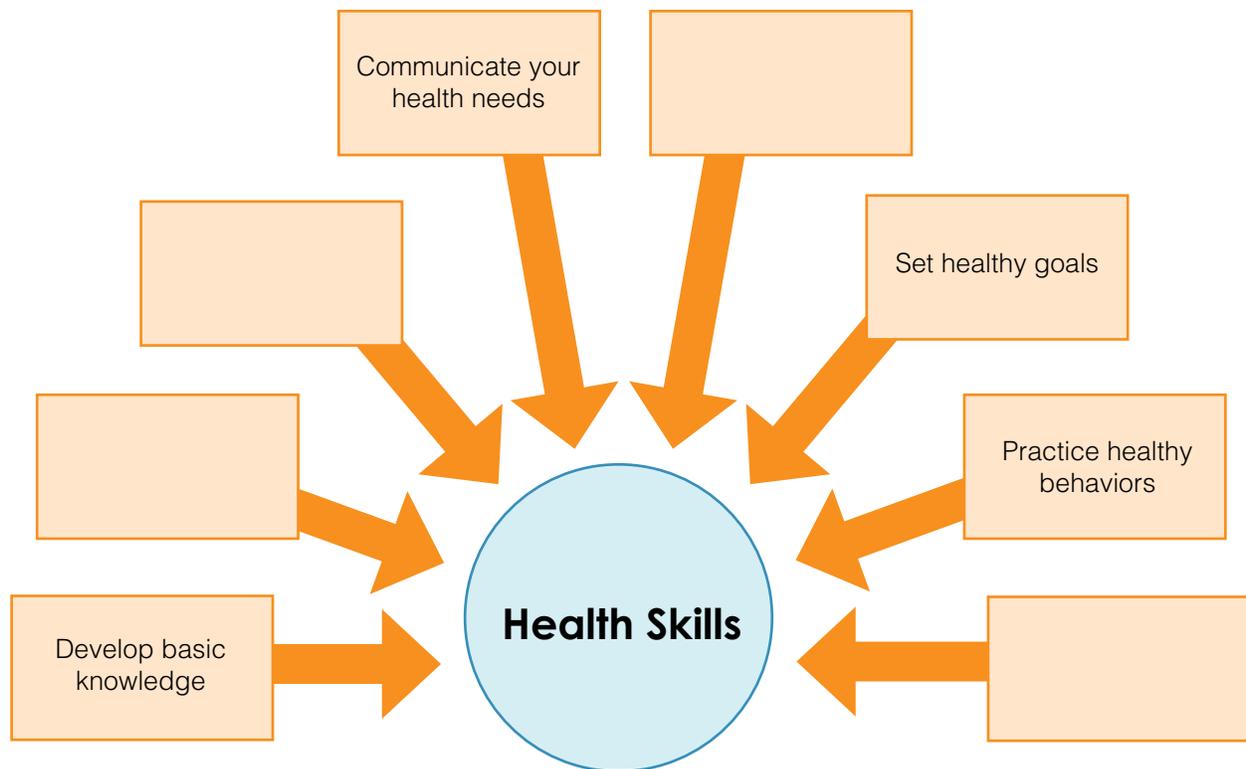


What Are Health Skills?

1. A person with good health literacy can _____ and _____ basic health information.
2. If you do something automatically without really thinking, it is called a _____.
3. What is one habit you have? _____
4. Fill in the remaining four health skills in the empty boxes.



Accessing Valid and Reliable Health Information and Services

5. Information should be both valid and reliable. Explain the difference between these terms by defining them in the spaces.

Valid:

Reliable:

CHAPTER 1: Understanding Your Health

Lesson 1.2

Communicating Your Health Needs

6. Identify four common communication skills you need to be healthy.

Setting SMART Goals

7. SMART goals can be short or long term. Explain the difference between short- and long-term goals, and provide an example of each.

Short-term goal:	
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Long-term goal:	
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Advocating for Good Health

8. Advocacy is _____.
9. To advocate for good health, you should follow these steps. Fill in the empty boxes to complete the steps and identify what question each step asks.

Identify behavior	<ul style="list-style-type: none">• What do you want to do or change?
	<ul style="list-style-type: none">• What information will help your message?
	<ul style="list-style-type: none">• Whom are you trying to reach or affect?
Develop the message	
	<ul style="list-style-type: none">• Did it work? What was the outcome?