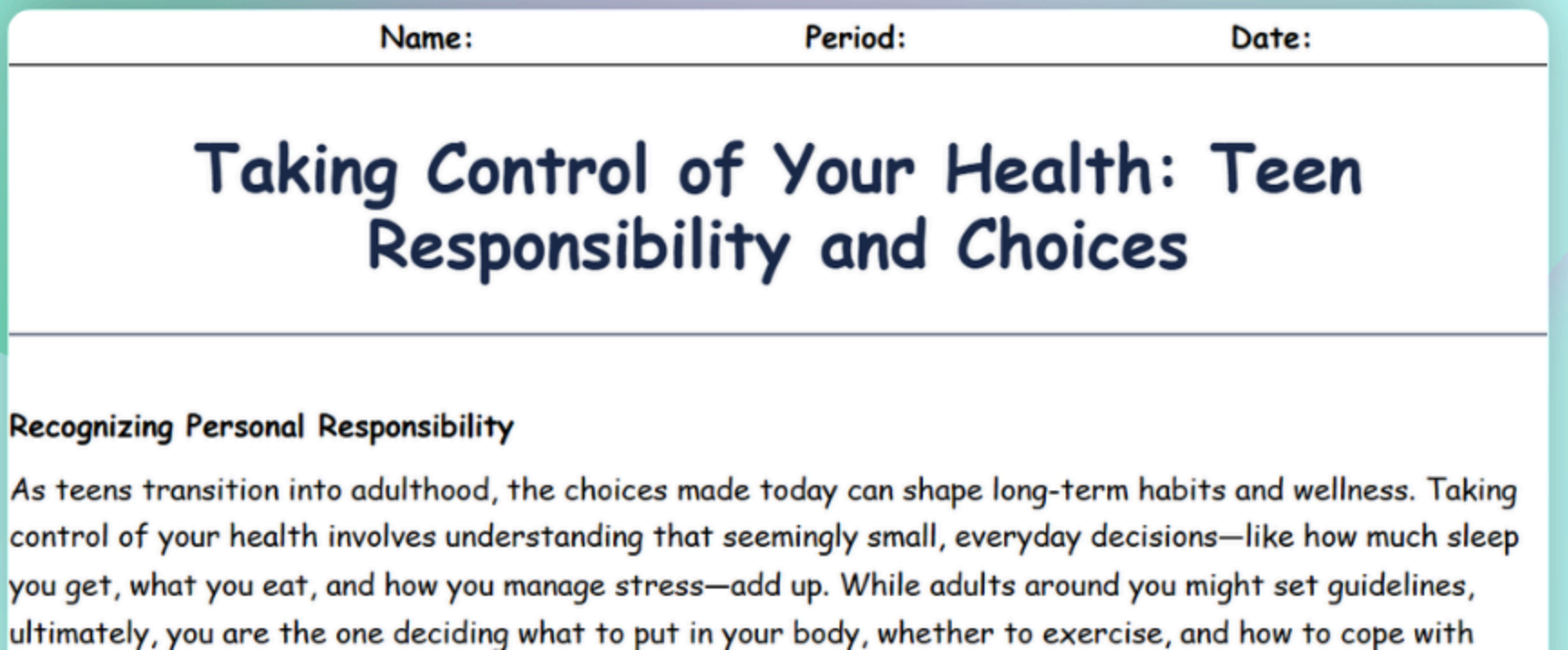
NO PREP

Taking Control of Your Health

Teen Responsibility and Choices

Includes: Student reading, case study, differentiated questions, teacher key



Name: Period: Date:

Taking Control of Your Health: Teen Responsibility and Choices

Recognizing Personal Responsibility

As teens transition into adulthood, the choices made today can shape long-term habits and wellness. Taking control of your health involves understanding that seemingly small, everyday decisions—like how much sleep you get, what you eat, and how you manage stress—add up. While adults around you might set guidelines, ultimately, you are the one deciding what to put in your body, whether to exercise, and how to cope with

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As teens transition into adulthood, the choices made today can shape long-term habits and wellness. Taking control of your health involves understanding that seemingly small, everyday decisions (like how much sleep you get, what you eat, and how you manage stress) add up. While adults around you might set guidelines, ultimately, you are the one deciding what to put in your body, whether to exercise, and how to cope with emotional challenges. This sense of responsibility marks a pivot point where you begin governing your own well-being rather than merely following instructions. Responsibility also means recognizing consequences. Skimping on sleep to watch late-night shows or play online games might seem harmless until fatigue influences your ability to concentrate in class. Over time, chronic sleep deprivation can affect mood, cognitive function, and even hormone levels. Similarly, reaching for sugary snacks or fast food whenever you're hungry might initially appear convenient, but it can lead to nutritional deficiencies, weight gain, or energy crashes. By staying aware of how lifestyle choices affect both your current state and future self, you gain control over your trajectory.

Balancing Academics, Activities, and Health

High school can be a whirlwind: assignments, sports practices, part-time jobs, and social gatherings often collide in a busy schedule. Mastering time management becomes vital, especially if you want to sustain healthy lifestyle practices. Consider mapping out your week and setting aside specific time slots for important tasks like exercise, meal planning, and relaxation. Even a 20-minute walk or quick workout session can significantly boost your energy levels and mood. Teens who spread themselves too thin risk burnout, which can manifest as persistent stress, anxiety, or even depression. Learning to say "no" to certain commitments might feel tough,

especially if you fear missing out. Yet drawing boundaries can protect your physical and mental health. Balancing social activities with adequate rest allows your body to recharge. Rather than an afterthought, self-care should be an integral part of your daily or weekly plan. By adopting a balanced approach, you not only improve your well-being but also often perform better in academics and extracurriculars.

Setting Lifelong Wellness Habits

The habits you develop in your teens often follow you into adulthood. Cultivating routines around exercise, balanced eating, hygiene, and mental health check-ins can form a strong foundation for your future. Building resilience—your ability to handle setbacks and stress—can emerge from simple practices like journaling, therapy sessions, or mindfulness exercises. Identifying healthy coping strategies for difficult emotions prevents reliance on harmful behaviors like substance abuse or disordered eating. It's also important to understand that "healthy" doesn't mean perfect. Slip-ups, binge-eating junk food, or skipping a few workouts happen. The key is recognizing these moments and returning to a supportive routine. Seek reliable sources of guidance—your pediatrician, school counselor, or reputable health websites. Leaning on trusted friends and family for accountability can also ensure you stay on track. By consciously choosing positive influences and avoiding toxic patterns, you stand a better chance of carrying constructive habits well into your adult years.

Key Information: Core Areas of Teen Health Ownership

Focus	Action Step	Impact
Sleep	8-10 hours for most teens	Improves concentration, mood, and overall health
Nutrition	Balanced meals, limit excess sugar	Stabilizes energy levels, supports growth
Exercise	At least 60 minutes of activity daily	Boosts mood, strengthens cardiovascular system
Mental Health	Stress management, seek help if needed	Builds resilience, prevents long-term issues

Case Study Excerpt

Eva was a diligent student, juggling AP classes, volleyball, and a part-time job. She found herself sleeping only five hours a night and grabbing fast food on her way home. Gradually, Eva noticed constant headaches, mood swings, and a drop in her grades. Worried about losing her scholarship chances, she confronted the reality that her current lifestyle was unsustainable. Realizing she had to make changes, Eva devised a schedule that included a set bedtime, meal prepping healthier lunches, and designating specific afternoons for study and exercise. Although it took time to adjust, she soon experienced clearer focus, fewer headaches, and more emotional stability. Her newfound balance allowed her to keep up with her responsibilities without feeling constantly overwhelmed. Reflecting on the transformation, Eva recognized that small, consistent decisions played a huge role in regaining control of her health.

1. What specific lifestyle changes did Eva make to improve her personal health?

_____

_____

2. How did these changes influence her academic and emotional well-being?

_____

_____

Multiple Choice

1. Taking control of your health means:
    a) Skipping meals to save time
    b) Ignoring all advice and doing whatever you want
    c) Relying solely on others to remind you to be healthy every day
    d) Making conscious choices about diet, exercise, and rest

2. Why is balanced rest crucial for teens?

a) Sleeping too much is never a problem

b) Teens don't need more than four hours of sleep for proper development

c) Adequate rest supports cognitive, emotional, and physical health

d) Lack of sleep can enhance academic performance

3. Setting boundaries in your schedule can:

a) Have no effect on mental health

b) Reduce stress and prevent burnout

c) Ensure you never have time for fun

d) Make you miss every social opportunity

Matching

Write the letter of the correct definition on the line next to each term.

Term	Definition
1. ___ Healthy Lifestyle	A) Sharing progress or goals with friends, family, or self-check tools
2. ___ Accountability	B) Taking ownership of decisions that influence well-being
3. ___ Coping Strategy	C) Organized planning to allocate hours effectively
4. ___ Time Management	D) Balanced routine of diet, exercise, and mental well-being
5. ___ Personal Responsibility	E) A technique like meditation or journaling to handle stress

Fill-in-the-Blank

1. Adequate _____ helps maintain focus and emotional balance throughout the day.

2. Consistent _____, like light jogging or a gym routine, supports cardiovascular and mental health.

3. Building a _____ schedule around meals and study time can prevent last-minute stress.

Short Answer

Answer each question in 2-4 complete sentences.

1. What might prevent teens from realizing they need to make healthier choices, and how can they gain awareness?

_____

_____

_____

2. How can a balance of nutrition, exercise, and mental health practices affect a teen's future lifestyle?

_____

_____

_____

3. Why is it important to acknowledge slip-ups when trying to maintain a healthy lifestyle, and how should teens respond to these setbacks?

_____

_____

_____