Rx for survival

herd immunity definition

ring immunity definition

What are some challenges of providing vaccines?

Organ donation

Can most people donate?

How old do you need to be in order to donate?

Personal Health

What in order are the leading overall cause of death in the United States?

What are the largest influences on your health in order?

What should you do if you are having difficulty sleeping?

Know the definition of carcinogen

Know the 7 warning signs of cancer

Know at what age a woman should have a PAP test done

Know what is a PAP test

Know what a TSE is

Know how often one might perform a TSE

Mental Health

What should you do if someone you know is suicidal?

What are some warning signs of suicide?

Why do people commit suicide?

Know the 5 stages of grief and the definitions for each stage and the order the stages go in

Abuse

Why do people commit rape?

What should someone do after being raped?

What should someone not do after being raped?

Are most rapes committed by someone the survivor knows or does not know?

What is acquaintance rape? What is stranger rape?

Why do people stay in abusive relationships

Nutrition

Know how to read a food label

Know what order ingredients are listed in on a label

Know what food manufactures added when they took out fat and why this was not helpful

Know the food guide pyramid including serving sizes for all groups

Drugs

Know the allowable BAC

Know what BAC stands for

Know the various types of distracted driving

Know the 2 types of addiction

Know what can make a drunken person sober

Know the definition of tolerance, synergism and withdrawal

Know the risks of using tobacco products, alcohol and marijuana

Know about FAS

Human Sexuality

Know the 2 most common ways to get HIV

Know the 6 fluids that transmit HIV (and which fluids cannot)

Review HIV 101 information

Review the quiz questions (notes you took) from the abortion presentation

Review STD 101 information

Know the definition of abstinence

Review anatomy & physiology (where an egg is fertilized)

Review birth control information and condom information (plannedparenthood.org)

Know about EC/EC5/Plan B

Review information about LGBTQIA+