



CHAPTER 14

WARM-UP ACTIVITIES

Alters & Schiff Essential Concepts for Healthy Living, Ninth Edition

Jeff Housman & Mary Odum

A. How Do You Avoid Infectious Diseases?

Hand out note cards to students. Ask them to think about the actions they take to avoid infectious diseases. Give students a couple of minutes to list these actions on their note cards. Collect the note cards, and review their responses with the class, listing the types of preventive measures on the board.

B. Assessment 1

Ask students to complete the *STI Attitude Scale* self-assessment in the student workbook.

1. Have the students write a paper about what their risk is, why it is high or low, and what ways they can reduce their risk.

C. Assessment 2

Ask students to complete the *Reducing Your Risk of Contracting an STI* self-assessment in the student workbook.

1. Have the students discuss the changes they want to make and how to make and maintain them.