

Health In Progress

Lesson 1

Personal Responsibility



QUESTION 1:

As you grow older, who is most responsible for keeping you healthy?

- a. Your doctor
- b. Your parent(s) or guardian(s)
- c. You
- d. The director of the U.S. Food and Drug Administration

ANSWER: c. You

1. The underlying concept of this question is that of **individual responsibility**.
2. **Personal responsibility for your health can include:**
 - a. Choosing healthy foods
 - b. Choosing to be active
 - c. Limiting the amount time spent watching TV or playing video/computer games.
3. **Some examples of being personally responsible your own are the following:**
 - a. Getting enough sleep
 - b. Practicing good dental care, i.e., brushing twice a day and flossing; regular dentist visits
 - c. Eating enough healthy food and minimal amounts of not so healthy food
 - d. Getting enough exercise
 - e. Avoiding risky behaviors that could lead to accidents, i.e., drinking alcohol and taking drugs
 - f. Practicing preventive behaviors such as avoiding cigarettes, wearing seat belts, wearing bike helmets, using sunscreen, getting regular checkups at the doctor
4. Explore the concept that:
 - * Parents can encourage you to practice healthy behaviors
 - * Doctors can provide you with advice on how to be healthy
 - * Government agencies can work to ensure a safe environment and food supply,

BUT, the main person who is responsible for your health is you. **Each person must take individual responsibility for practicing positive behaviors.** It is NOT someone else's fault if you do not get enough sleep, etc., it is **YOUR RESPONSIBILITY**.