

# Health and Safety: Definitions and Key Questions

Look up the meaning of these words and write your own definitions. Follow your interests and reputable sources to learn more about health and safety.

**safety:** a state of being protected from physical or emotional harm

**self-care:** the practice of taking an active role in maintaining one's own well-being and happiness

**mental health:** cognitive and emotional well-being that allows one to recognize their abilities, cope with life's stresses, and contribute to their community

**health:** not just the absence of illness, but a state of complete physical and mental well-being

**physically active:** movement, such as walking, biking, lifting weights, or yoga, that requires energy and promotes healthy living

**nutrition:** foods that help maintain life and growth, a critical part of development and health

**passions:** strong feelings that drive behavior and attitudes, such as a drive to be healthy or to take action toward everyone having basic needs met

**healthy balanced lifestyle:** daily life choices with time and energy to maintain enough attention to important elements of life, such as work, family, leisure, exercise, nutrition, and stress

**trauma:** a response to a terrible event that can cause physical and emotional health symptoms

**distracted driving:** the practice of engaging in an unrelated activity while driving a motor vehicle

## Key Questions

1. What are ways that you maintain your overall health and safety? How could you make people aware of the importance of self-care and healthy practices? Maybe your words could invite someone to make some health or safety goals for themselves or to support others.
2. What can you do to encourage people to be active, eat healthy, and make safe choices?
3. How does the health and safety of our community impact our lives? Describe what you would like to see improved related to community health.
4. Tell a story about a time you witnessed an unsafe situation. What emotions did you feel? Describe what you can do to discourage this type of situation from recurring.
5. In what area do you see a need for growth related to health and safety in your community or society? What changes would you make in health and safety policies?
6. How does your community address issues related to health and safety?
7. What mental health information and resources are available? How do these resources help the community?

