

Reducing Health Risks

📊 Health Risk Factors

📊 Prevention

📊 Living with a Chronic Illness



Health Risk Factors

 Family History

 Immunizations

 Obesity

 Mental Health

Family History

 Family substance abuse

 AIDS

 Diabetes

 Genetics

 Sexual Abuse

 Family Mental Health History

Immunizations

🗺️ Why you need them and what they are

🗺️ Which you need and when

🗺️ Where to get them



Obesity

🚦 How it affects your overall health risks

🚦 How to make changes before you develop a chronic illness

🚦 Where to go for help



Mental Health

 Depression

 Medication side effects

 Birth defects

Prevention

 Screenings/Tests

 Talking to your Doctor

 Diet and Exercise

 Medication

Living with a Chronic Illness

- 🏠 Band-aids and Blackboards – living with your illness at school
- 🏠 Advocating for yourself
- 🏠 Teasing
- 🏠 Dealing with feeling different
- 🏠 What it is like to feel different

