**PPL3OI Final Health Exam Review**

15% of final mark

All materials can be found at: **mschristieshort.weebly.com**

**Format:**

Part A: Multiple Choice 41 marks

Part B: Matching 10 marks

Part C: Short Answer 43 marks

Part D: Mental Health Disorder Chart 6 Marks

 100 marks

**What to study…**

**Multiple Choice:**

* Stimulants and hallucinogens
* Stages of alcohol consumption and symptoms of each stage
* Age of consent
* Leading cause of death among teens
* Types of abuse
* Sex vs. Gender
* Sexuality definitions
* Primary, secondary and tertiary infertility
* Types of disorders: personality, mood, anxiety, dissociative- Definition and Examples
* Myths and facts of suicide

**Matching: 10 terms mostly from Safety, Violence, and Risk-Taking Unit**

**Short Answer:**

* Causes of relationship violence (3)
* Male and female requirements for reproduction (2 each)
* Factors affecting fertility and reproductive health (4)
* Options for infertile couples (3)
* Components of good mental health (3)
* When to seek help with a mental health disorder (3)
* Improving self-esteem and mental health
* Effects of stress on the body
* Warning signs of suicide (4)
* Healthy relationships Vs. unhealthy relationships (2 Each)

**Mental Health Disorder** **Chart**: Pick a disorder: warning signs, characteristics, treatments, facts