**Social Health Study Guide - Quest (Quiz/Test)**

Quest Structure: Completion (word bank), T/F, Matching, Short Answer = 40 points

The Quest will cover the below topics that were presented in class.

Students are responsible for taking their own notes in class.

* 3 C’s of relationships
	+ Communication, Compromise, Cooperation
* Verbal vs. Nonverbal Communication
* 3 basic parts of communication
	+ Sender, Receiver, Message
* Parts of Body Language
	+ Posture, Gesture, Facial Expressions
* Mixed Message
* Tact
* Active listening
* Aggressive Communication
* Assertive Communication
* Passive Communication
* Positive Peer Pressure
* Negative Peer Pressure
* S.T.O.P. Strategy – What each letter stands for.
* Refusal Skills
* Qualities of Good Relationships – Trust, Tolerance, Respect, Honesty

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