



PDCP Exam Review


June 2018

Mental Health:

1. What is Stigma?: _____ ***Negative labels placed on people based on ignorance and a lack of understanding***_____
2. Examples of Stigma: _***Someone with mental illness is crazy. Teens are bad and will shoplift.***_
3. We discussed several different types of Mental Illnesses. Choose two that we have discussed and give a brief definition of each.

___***Depression***_____

___***Schizophrenia***_____



Positive Mental Health. What is positive mental health? ***Is feeling good emotionally and mentally. It is taking care of your mental health like we do our physical health.***

What can you do to maintain positive mental health? ***Be mindful, reduce your stress, sleep, eat healthy, think positive***

- From Seek First to Understand, then be Understood: List two poor listening styles. ___***Pretend listening and selective listening***__
- What is 'think win-win'? ____***When both people in a relationship feel happy with the result of a situation***__
- What is synergy? ***Working together to do more than you ever could on your own.*** Ex. A band
- Give two reasons why we may give in to 'peer pressure'. ***Low self worth, boredom.***



List 3 characteristics of a Functional relationship.

Cooperation, kindness, affection, share thoughts and feelings


List 3 characteristics of a Dysfunctional relationship. ***Arguments, yelling, lack of trust, jealousy***


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- Sexual Assault Crisis Center. List five things you learned from these guest speakers.


- ***SEXUAL ASSAULT CRISIS CENTER:
SEXUAL ASSAULT, CONSENT,
COHERSION, BOUNDARIES...***

What are the Red Flags for a potential dysfunctional relationship?

- Ultimatums
- Lies
- The savior complex
- You'll never find anyone else who will love you
- If you leave me, I'll hurt myself


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- What is Abstinence? **NO EXCHANGE OF BODILY FLUIDS, SKIN TO SKIN, OR SKIN TO GENITAL CONTACT.**
 - What are the 3 stages of a healthy relationship? **THE SPARKLE (INFATUATION), DISILLUSIONMENT, MATURE LOVE.**
 - What does it mean to have an intimate relationship? What are the characteristics **TIME SPENT TOGETHER, TRUST, HONEST/OPEN COMMUNICATION, MUTUAL DESIRE FOR CLOSENESS**



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- What is dating abuse? What are some characteristics of an abusive dating relationship? **DATING ABUSE IS DESCRIBED AS A PATTERN OF CONTROLLING BEHAVIOR IN A DATING RELATIONSHIP THAT TAKES THE FORM OF PHYSICAL, SEXUAL, OR EMOTIONAL VIOLENCE.**
 - What are three ways you can be intimate without engaging in sexual activity? **TWISTER, GO FOR WALK, WATCH A MOVIE**

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- What are the six steps to using a condom?
 - 1. **CHECK EXPIRY DATE AND AIR IN PACKAGE**
 - 2. **PUSH CONDOM TO THE SIDE AND CAREFULLY RIP**
 - 3. **TAKE OUT CONDOM: SOMBRERO PLACE ON PENIS WHILE SQUEEZING THE TIP OF THE CONDOM**
 - 4. **CONTINUE SQUEEZING TIP WHILE USING OTHER HAND TO ROLL DOWN CONDOM**
 - 5. **PULL AWAY FROM PARTNER WHILE HOLDING ON TO CONDOM**
 - 6. **TIE IN KNOT AND PUT IN GARBAGE**


What influence does drugs and alcohol have on sexual decision making? **IMPAIRS YOUR JUDGEMENT, 7 TIMES MORE LIKELY TO BE SEXUALLY ACTIVE, CANNOT GIVE LEGAL CONSENT**


- What did you learn about the cost of a baby? **IT IS VERY EXPENSIVE AND YOU NEED TO BE FINANCIALLY PREPARED TO SUPPORT A BABY**
- How do you make an oral dam? **USE A CONDOM, CUT THE TIP OFF, CUT UP THE SIDE TO CREATE A SQUARE PIECE OF LATEX**
- Review all the information you were given for STI's and birth control.

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- What is a functional resume? Why do teenagers use this type of resume versus other types?
 - ***A FUNCTIONAL RESUME HIGHLIGHTS SKILLS INSTEAD OF JOB EXPERIENCE. THIS IS GOOD FOR TEENS BECAUSE THEY DO NOT HAVE A LOT OF WORK EXPERIENCE BUT HAVE DEVELOPED LOTS OF VALUABLE SKILLS.***
 - What was the Self Directed Search Survey used for in class?
 - ***This was a career assessment that helped match you up to possible careers based on your interests. You discovered your three letter code (Holland Code).***

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- What do you put on your resume? What should be included? List the major topics. ***CONTACT INFO, EMPLOYMENT OBJECTIVE, SKILLS, WORK EXPERIENCE, VOLUNTEER WORK, ACHIEVMENTS, INTERESTS.***



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- List 5 Do's and 5 Don'ts for a resume.
 - ***DO'S: BE PRECISE, HIGHLIGHT YOUR SKILLS, KEEP IT UNDER TWO PAGES, USE 12 FONT/TIMES NEW ROMAN, PROOFREAD!!!...***
 - ***DON'TS: PUT YOUR SOCIAL INSURANCE NUMBER, USE "I", USE COLOR PAPER make any spelling or grammar mistakes,...***



What is a cover letter and explain what should be included in it and its length? Practice writing a cover letter. ***A COVER LETTER INTRODUCES YOUR RESUME; IT MAKES THE FIRST IMPRESSION. INCLUDE CONTACT INFO, SALUTATION, THREE PARAGRAPHS, SIGNATURE.***


- What is a social insurance number and why do we need one? ***IN ORDER TO WORK IN CANADA YOU NEED A SOCIAL INSURANCE NUMBER.***
- List questions that a potential employer could ask a reference? ***ARE YOU RESPONSIBLE? WHAT IS HIS/HER WORK ETHIC?, IS SHE/HE PUNCTIONUAL?, DOES HE/SHE GET ALONG WITH OTHERS?.***

What are the FIVE ways to say no - preventing addiction?

- 1. Be Direct**
- 2. Use Humor**
- 3. Blame it on your parents**
- 4. Suggest an alternative**
- 5. Get up and go**

Define "Gateway."

This is when you experiment with substances that may lead to trying more or harsher substances in the future. **The real gateway is the company you keep.



What are the five stages of the drug use continuum?

- Non-user
- Experimental
- Occasional
- Regular
- Dependence



How can you prevent addiction?

Know the facts, know yourself, know the situation, the anti-drugs


In class we looked at several different types of drugs. Decide on two different ones and explain what makes them addictive drugs/why people become addicted to them.

Alcohol, Marijuana, Club Drugs, Steroids, Inhalants, Cocaine, Methamphetamines, Heroin

- In class we watched the documentary “Through the Blue Lens”.
Based on what you saw, what influence do drugs have on people’s
lives? Describe two characters that stand out in your mind.

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- ***Nicola, Randy, Shannon, Danielle,***

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- Define Character – Is who you are, the qualities you possess. Examples – loyal, trustworthy, friendly
 - Define Competence – What you are good at, your talents, skills, and abilities
 - What is the true mirror? Describes the real you, your best self.
 - What is the social mirror? Describes how others see you.



Exam Format

- Multiple choice – 20 pts
- Read and respond – 15 pts
- Scenarios – 15 pts (choose 3 out of 4)
 - Dysfunctional relationships
 - Addictions
 - Substance use and sexual decision making
 - Self worth

Continued...

- Short answer – Choose 6 out of 9 (60 pts)
 - Love versus infatuation
 - Proactive versus reactive
 - Making scenarios win-win
 - Abstinence
 - Drug use continuum
 - Healthy relationships brochure
 - Birth control methods



Continued...

- Essay section – Choose 1 of 4 (20 pts)
 - Substance Use
 - Write a cover letter
 - Functional versus Dysfunctional relationships
 - Sexually Transmitted Infections