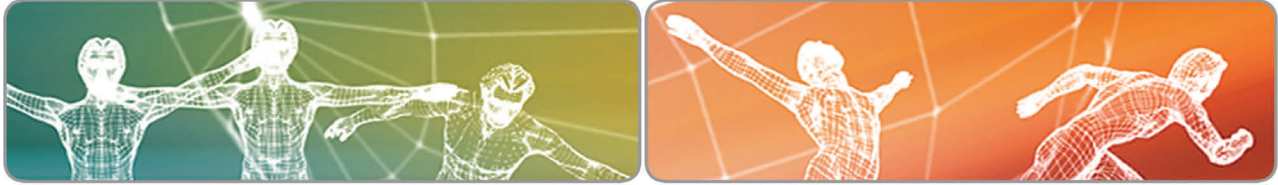


Livin' in Your Body 4 Life!

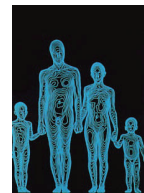
The mini-series

Episode 1 WORKSHEET



- 1. What are the scientists at the University of Chicago investigating?**
Breast cancer.
- 2. In what population are they investigating breast cancer?**
African-American women.
- 3. What form of breast cancer are they investigating at the University of Chicago; list three characteristics?**
Early form: Many black women have an earlier form of breast cancer that is especially aggressive, moves fast, and can be particularly lethal.
- 4. Who's more likely to get breast cancer but who's more likely to die from it?**
Although white women are more likely to get breast cancer than black women, black women are more likely to die from it.
- 5. What are some of the things Dr. Gehlert hopes to achieve with her research?**
Dr. Gehlert hopes to understand a little bit more about cancer in general, and breast cancer in particular. She is very interested in how the social environment, or how people live in neighborhoods and communities, influences getting cancer. In her research, Dr. Gehlert talks and works with different types of scientists and community members in order to figure out the most effective way to make progress against cancer. Dr. Gehlert wants to make sure that young people get the message about staying healthy and about how to take care of and love their bodies.

- 6. How will the results from the research get back to the community?**
The results and information will be brought to communities by going out and talking with community members in organizations, such as churches and schools. If teens learn this information, they can tell it to their friends and family.
- 7. What kind of “war” took place in the 1970’s and who was President of the United States?**
“War on Cancer”; Richard Nixon.
- 8. How much money has been spent on this “War on Cancer”?**
Billions.
- 9. What type of environment does Dr. Gehlert and her colleagues identify as a possible cause of cancer?**
One’s social environment.
- 10. Is breast cancer one disease? How might treatments vary based on the different types of breast cancer?**
Breast cancer is not one disease, but rather five or six different diseases. In order to treat these diseases, it’s important to understand the tumors that come with breast cancer and to try to develop treatments that are specific to each of the different types of disease present. In the future, there likely will be special treatments for the early forms of the diseases involved in cancer.
- 11. What is a biopsy?**
A procedure to remove a lump, or tissue mass, from which they can check whether or not cells are cancerous, or malignant.
- 12. What are some factors that can make someone vulnerable to breast cancer?**
In the video, the answers mentioned are obesity or being overweight, and high stress.
- 13. What is a total mastectomy?**
A surgical procedure to remove both breasts.



14. What are some of the sources of support that Nikia relied on to help her once she realized she had breast cancer?

Some examples of support that Nikia mentions include a supportive family, a strong spiritual background, her church family, and her friends.

15. Name some examples of things Nikia has done that demonstrate her willingness to give back to the community.

Nikia was a keynote speaker at the University of Chicago, the Making Strides Against Breast Cancer Walk in Valparaiso, and spoke at a breakfast she attended. Whenever Nikia has the opportunity to reach people, she tells them that the diagnosis of cancer is not necessarily a death sentence.

16. What can a woman do if she feels a lump in her breast? Why is it important to take action early?

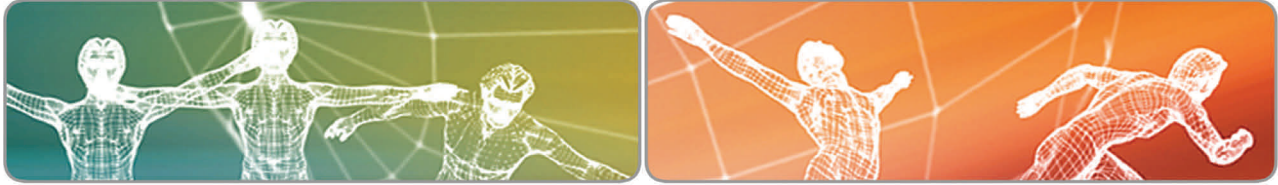
Check your body regularly. If anything feels suspicious, do not blow it off. No matter your age, if you get an unusual-feeling lump, no matter how small, get it checked by a doctor. If a lump is malignant, or cancerous, the earlier you detect the cancer, the more likely your chances of survival. Also, the earlier you learn about ways to take care of yourself and your body, the more you know and can make better, more informed decisions.



Livin' in Your Body 4 Life!

The mini-series

Episode 1 WORKSHEET



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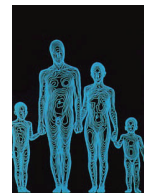
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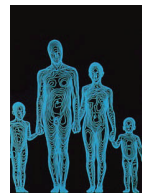
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Livin' in Your Body 4 Life!

The mini-series

Episode 2 WORKSHEET



1. What is the definition of stress and what are some examples of stressful situations?

Stress is defined as the way the body and mind react to life's changes. Peer pressure, fighting, hateful attitudes, grades, peer pressure, relationships, school work, teachers, sexual activity, gang activity, smoking, and drinking are examples of stressful situations.

2. What are possible ways to deal with stress?

Exercising, eating regularly, avoiding large amounts of caffeine, and staying away from illegal drugs, alcohol and tobacco. Learning different types of relaxation techniques, developing assertiveness, learning practical coping skills, such as breaking larger tasks down into smaller ones, decreasing negative self-talk, feeling satisfied about a job well-done rather than demanding perfection, and taking a break from stressful situations by listening to music, walking your dog, going to an art exhibit, reading a book, writing, and if needed, seeking professional counseling.

3. How can stress be positive or negative?

Stress itself is not inherently good or bad for us; it's how you react or respond to it that determines whether it has a positive or negative effect.

4. What are some signs of a positive relationship?

Feeling supported, nurtured, and loved, and most importantly, relaxed when you are around the other person.

5. What are some signs of a negative relationship?

In a negative relationship, a person may have a disrespectful attitude towards you, commit violence against you, or pressure you to engage in substance abuse. Feeling tense around someone is a sign of being in a negative relationship.

6. What are examples of environmental factors that can lead to stress?

A negative family environment, parent-child issues, poor peer relations, gang violence (exposure to drug activity), hearing gunshots, feeling as though physical safety is threatened, and not being in control of one's environment.

7. What does it mean to become 'desensitized' to certain stresses?

Being exposed to something so long that a person's body and mind's way of dealing with it is having it become normal.

8. What are some possible long-term effects of stress?

Depression, change in eating/sleeping (sleeping too much or not being able to sleep), change in appetite, feeling more emotional, feeling physically self-destructive, feeling hopeless and/or helpless, losing interest in things, having anxiety and panic attacks, having gastrointestinal stomach problems such as ulcers, and experiencing a desire to self-injure.

9. What does it mean to 'partialize' stress?

After recognizing that stress is there and trying to assess the trigger, 'partializing' stress means to break stress down into smaller, more manageable pieces to deal with.

10. What are some ways to deal with a violent situation?

- Assess the level of danger/risk
- Ask for help and support from others, such as a counselor at school, a teacher, family members, a minister, or a police officer
- Stay safe by avoiding direct danger and not putting yourself in harmful situations

11. What is 'hypersensitivity'?

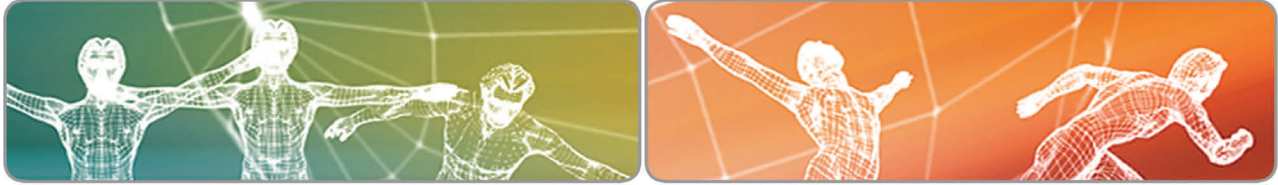
'Hypersensitivity' can be a reaction to situations that is an effect of untreated stress or exposure to traumatic events. 'Hypersensitivity' means reacting to situations by being constantly on guard; it can also entail misreading situations because of being in a self-protection mode.



Livin' in Your Body 4 Life!

The mini-series

Episode 2 WORKSHEET



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Livin' in Your Body 4 Life!

The mini-series

Episode 3 WORKSHEET



1. How can the body be compared to a machine, and what two parts are most important?

If you were to compare the body to a car, the computer system of the car would be the brain and the engine would be the heart. All other parts are dependent on the main parts and need much attention, care, and patience to operate effectively; just as a car runs more efficiently on good gas, the body runs more efficiently on good, healthy food.

2. Why is respect such an important part of the way that you think about yourself?

Respect is, at its essence, the degree of one's self-love, which involves how you view yourself and how you allow others to treat you. Respect for oneself and for others is evident in the way someone speaks to you, your dress, and the way you carry yourself. Respect for self includes having a level of dignity, and believing that you are valuable and therefore deserving of respectful treatment.

3. How can we encourage others to respect our bodies?

Dress in a way that encourages respect, and adopt body language, posture and conduct that encourages respect from others. If your own behavior is positive and you are a healthy and happy person, others will want to emulate you.

4. How does the way you carry yourself determine the degree of respect you attain from others?

The way you carry yourself is a reflection of how you are feeling and your self-esteem. It can also be a safety issue, in that people may target you if they feel that you are vulnerable.

5. What does it mean to set limits and create boundaries?

Setting personal limits means knowing what you will and will not accept from others, including establishing what is and is not appropriate for you. Creating boundaries begins with understanding what makes you feel uncomfortable and/or threatened, referring not only with regards to physical safety, but to emotional safety, and then setting limits so that you can stay in control of any potentially threatening situation.

6. What are some physical signs of feeling overwhelmed or stressed?

These are different for different people, but can include muscle tension, frequent stomach ache, palm sweating, a tight feeling in your jaw, and a faster heart beat.

7. According to the video, before you can understand what your boundaries are with other people, you must do what?

Understand what is best for you including your comfort level and limits.

8. What are some ways in which images in media (television, music, etc.) can influence your thoughts about yourself?

Media can distort the importance of appearance, at the expense of how important it is who you are inside, as an individual. In media images, violence can be overemphasized as a viable solution to problems, and women can be underdressed and over-sexualized. It's important to choose to emulate positive behaviors that increase how happy you are with yourself, and that enhance your personality, your strengths, and what you have to bring to other people.

9. What does the heart do and how can we have a healthy heart?

The heart is responsible for pumping blood, which carries food and oxygen to all parts of the body. Good diet and exercise are critical to maintaining a healthy heart. If the heart is not healthy, people may lack energy or be unable to do things they want to do.

10. What can you do to set boundaries if someone touches you inappropriately?

Don't laugh inappropriate actions off, but directly confront the person by calmly, but firmly, telling that person that what they are doing is not appropriate.



11. What are three categories of drugs?

- Stimulants
- Depressants
- Hallucinogens

12. What are some of the side effects of prolonged use of anabolic steroids by men and women?

Premature balding, mood swings, dizziness, anger, aggression, depression, seeing and hearing things that aren't there, extreme feelings of mistrust and fear, paranoia, problems sleeping, nausea, trembling, and high blood pressure which causes the heart or blood vessels to be affected over a long period of time. Other side effects might include acne, aching joints, jaundice, urinary problems, shortening of final adult height, strokes, and certain types of cancer for both men and women. Some specific risks associated with anabolic steroids for women include increased facial hair growth, deepening of the voice, less feminine body characteristics, such as shrinking of the breasts and changes in the menstrual cycle. Specific long term risks for men include testicle shrinkage, pain when urinating, breast development, impotence, and sterility.

13. What are the lasting effects of inhalants?

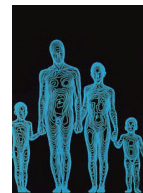
Brain damage, nose and mouth sores, blood abnormalities, liver and kidney damage, muscle weakness, lung damage, impaired mental ability, fatigue, insomnia, and sudden death.

14. What are some risks of using LSD?

Distortion of sensory experiences. In the short run, you might experience a sense of time and space distortion, unpleasant reaction, fear, anxiety, and depression. The effects usually begin an hour after taking it, but can last for up to 12 hours. And you can also experience flashbacks through the use of this drug.

15. What are some negative effects of cocaine?

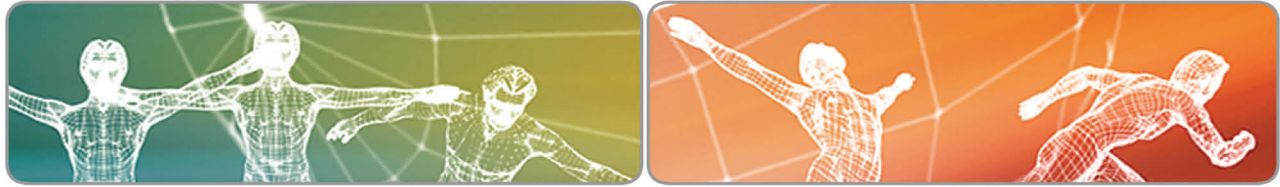
Increased blood pressure, strokes, and even death; low sex drive, and deterioration of the lining of the nose. Some of the effects on babies born to mothers who use cocaine include premature birth, low birth weight, jitteriness and not liking to be held, and spontaneous abortion.



Livin' in Your Body 4 Life!

The mini-series

Episode 3 WORKSHEET



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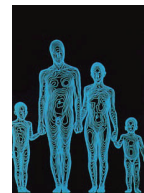
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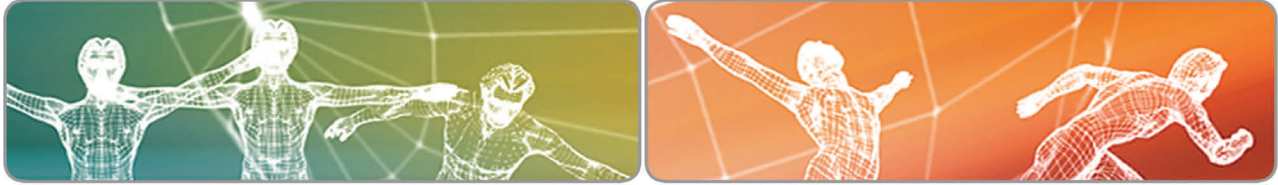
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Livin' in Your Body 4 Life!

The mini-series

Episode 4 WORKSHEET



1. What are some symptoms of asthma?

Symptoms of having asthma include daily coughing, wheezing when breathing, and being short of breath.

2. What are some environmental triggers that can trigger asthma?

Catching a viral infection, such as a cold, exposure to dust, strong odors, cigarette smoke, insects, perfumes and cleaning solutions.

3. What are some symptoms of allergies?

- Sneezing
- Watery eyes
- Rashes
- Loss of consciousness

4. Why is asthma so prevalent in Illinois and in Chicago?

Chicago has a lot of people living in close quarters and a high minority population. Genetic make-up can increase the vulnerability of certain ethnic groups to asthma, such as African-Americans and Hispanics.

5. What are some factors that can contribute to developing asthma?

Some factors include being exposed to viral infections, having a family history of asthma and allergies, along with a gene tendency.

6. What are some ways to help if a friend has an asthma attack in front of you?

It's ideal to know in advance if someone has asthma. If a friend does start to have an asthma attack in front of you, encourage the person to take his or her asthma medicine. Send someone to get help. Help the person to relax and to concentrate on easy, deep breathing. If they're in an environment where they're exposed to their trigger, get them out of that environment. Most importantly, though, make sure that they take their rescue medication.

7. How might breathing feel if you have asthma?

Symptoms of breathing with asthma can include coughing, wheezing, chest tightness, not being able to breathe deeply enough, and being short of breath. Wheezing is also a symptom of asthma; wheezing sounds like a high-pitched squeak when breathing in and out. Chest and breathing tightness can make it feel hard to breathe out, and like a squeezing feeling in the chest.

8. How many Americans have outgrown asthma?

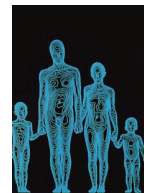
10 million American adults have outgrown asthma.

9. What is a spacer, and why is a spacer an important part of taking an asthma medication?

A spacer is part of a "meter-dose," or pump inhaler for asthma medication. The spacer goes between the end of the inhaler and the mouth, and lets the medication go into the inhaler and then gradually into the body. The problem with not using a spacer is that most of the medication can stay in the mouth, rather than going into the lungs.

10. What is a lung function test?

A lung function test is a test administered by your doctor to check how well your lungs are working. When you have asthma, it's very important to have the test administered two to three times a year. Even if you think that the asthma is doing well, the lung function test can show that you're not doing as well. The test gives an objective, scientific picture of how well the lungs are doing, and is part of working with your doctor to make sure that you're taking the best possible care of your asthma.



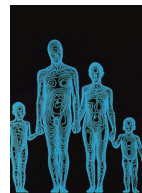
11. List the three athletes that Dr. Graham mentions as examples of people who have had normal, productive lives, doing everything they wanted to do by learning about asthma and taking control of their disease?

- Jerome Bettis in football
- Dominique Wilkins in basketball
- Jackie Joyner-Kersey in track & field

12. List some ways to take control of and care for your health conditions if you have asthma.

Meet with your doctor regularly. Make sure that the medicine you're taking is working and that you're feeling better. You should not expect to miss school or work because of asthma, or to be hospitalized. Learn as much as you can about the disease so that you can take control of it.

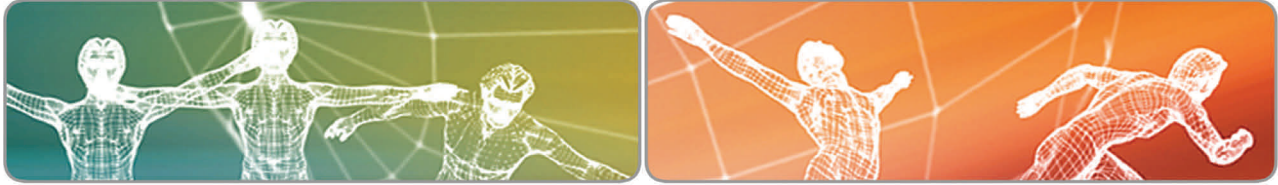
- Use an inhaler
- Avoid asthma triggers
- Let friends know how to help in an emergency



Livin' in Your Body 4 Life!

The mini-series

Episode 4 WORKSHEET



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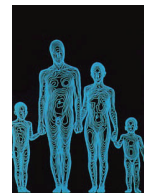
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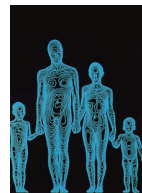
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Livin' in Your Body 4 Life!

The mini-series

Episode 5 WORKSHEET



1. Why does the “Just Say No” campaign seem outdated today?

“Just Say No” was a campaign that was made popular in 1986 by Nancy Reagan, encouraging Americans to “just say no” to drugs. The problem with this campaign today is that it can seem overly simplistic; making it seem like abstaining from drugs is an easy, personal choice that one can make. Today this concept is not as effective, perhaps because of the more complicated nature of drug use in America today, particularly for teens.

2. What is a positive way to deal with stressful things that you can't control?

Find a mentor or advocate who can offer advice on better ways to deal with and manage stressful situations that are not within your power to change.

3. Who are people you can turn to if you want to talk about a problem or concern?

Pastors, teachers, social workers, family members, and police officers.

4. What is self-medication?

Self-medication is the abuse of drugs and other medications to deal with stress; for example, using a substance such as alcohol or marijuana in an attempt to avoid or decrease the intensity of stressful situations. When people feel stressed, self-medication is not a healthy coping mechanism or a viable long-term solution to stress.

5. What are some alternative ways of dealing with stress aside from self-medication?

Creative activities, such as writing poetry and song lyrics, exercise, or drawing.

6. What are some things to do in order to stay away from using drugs and to stay positive?

Helping others, taking care of children, being a good role model, praying, writing, and dancing.

7. What are some drugs that teens use today? What are some of the negative effects of over-the-counter drugs, alcohol and marijuana?

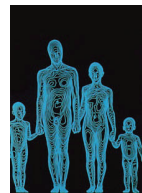
Teens use cocaine, crack, crystal meth, PCP, heroin, marijuana, alcohol, and over-the-counter drugs. Dangers involved with over-the-counter drugs include damage to the immune system and paranoia. Alcohol and marijuana use can lead to anxiety, depression, and liver damage.

8. What are some examples of non-drug activities that can become problematic when done in excess?

Playing video games, over-using cell phones and messaging programs, and wearing headphones all day to escape or avoid stressful situations. Also, staying away from others and spending time alone is not a healthy solution.

9. What could you do to help if you're worried that a friend might have an addiction?

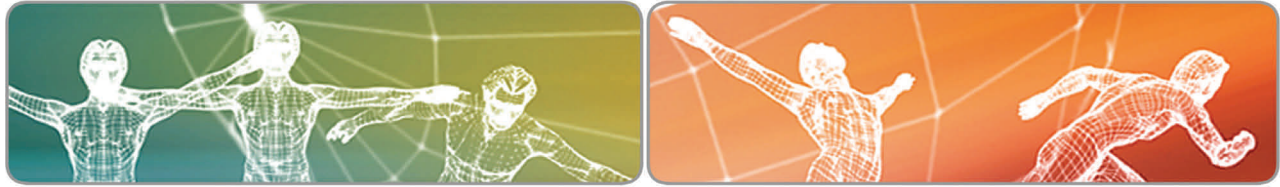
You could give your friend information about the negative effects of addiction and encourage the person to get help; sticking by a friend is important.



Livin' in Your Body 4 Life!

The mini-series

Episode 5 WORKSHEET



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