

# Glossary

---

## SKILLS FOR A HEALTHY LIFE

### A

**action plan** a set of directions that will help you reach your goal

### C

**collaborate** to work together with one or more people

**consequence** a result of one's actions and decisions

**consumer** a person who buys products or services

**coping** dealing with problems and troubles in an effective way

### D

**direct pressure** the pressure that results from someone who tries to convince you to do something you normally wouldn't do

### G

**goal** something that you work toward and hope to achieve

### I

**indirect pressure** the pressure that results from being swayed to do something because people you look up to are doing it

### L

**life skill** a tool for building a healthy life

### M

**media** all public forms of communication, such as TV, radio, newspaper, the Internet, and advertisements

### P

**peer pressure** a feeling that you should do something because that is what your friends want

### R

**refusal skill** a strategy to avoid doing something you don't want to do

**resource** something that you can use to help achieve a goal