

NAME _____
CLUB _____
BIRTHDATE _____
YEARS IN PROJECT _____
YEARS IN 4-H _____

SURVIVAL

SKILLS

HEALTH UNITS II and III

PROJECT 6

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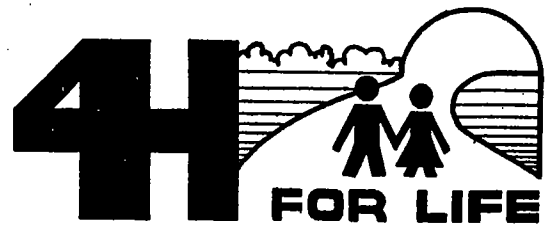


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DIRECTIONS

ALL INTERMEDIATE AND ADVANCED

4-H'ers:

Complete all activities in Unit II, Project 6, and the summary for Unit II, Project 6.



Discuss your ideas for special projects with your 4-H leader who can help you get off to a good start. There are others in your community who can also help you begin a project that will benefit you and others in your community:

- Physicians or other health professionals
- Local American Red Cross
- Local American Heart Association
- EMTs (emergency medical technicians)

ALL ADVANCED 4-H'ers:

Proceed at your own rate through Unit III, Project 6, and complete the summary for Unit III, Project 6.

OBJECTIVES

Project 6 will enable you to do the following:

1. Appreciate the importance of protecting yourself and others from injury and health problems.
2. Explain how to control and manage your fear during emergencies.
3. Explain how, when and why to perform these survival skills:
 - Pulse, temperature and blood pressure
 - Assessing an emergency
 - Cardiopulmonary resuscitation (CPR)
 - Prevention and treatment of auto accidents, bleeding, burns, choking, convulsions, drowning, shock, fractures, sprains, sunburn, sunstroke and heat exhaustion
4. List items to include in a first aid kit and how to use it.
5. Select survival skills projects you can pursue individually or as a club.

HEALTH UNIT II, PROJECT 6 (INTERMEDIATE AND ADVANCED LEVEL 4-H MEMBERS)

Survival Skills Activities

Activity 1.



Take the "Survival Skills" assessment again and compare your current score with the one you took in Project 1.

Survival Skills

	Yes or Not Applicable (NA) "2"	No Not Sure "1"
1. I know how to do basic first aid procedures	2	1
2. I am familiar with water and boating safety procedures	2	1
3. I know how to swim and how to stay afloat	2	1
4. I never drink or use drugs while driving or operating machinery or farm equipment	2	1
5. I never ride with drivers who drink, or use drugs while driving	2	1

6. I wear safety belts 90% or more of the time I am in a vehicle	2	1
7. I stay within five mph of the speed limit	2	1
8. I have taken a course in driver education or defensive driving	2	1
9. I wear a helmet while riding a motor-bike	2	1
10. I stop on yellow if the light is changing	2	1
11. For every ten mph of speed, I maintain one car length distance between vehicles	2	1

TOTAL _____

a. What was your score from Project 1? _____

b. Any improvement or changes? _____

ANSWERS

- 1) **True.** The temperature rises in an effort to defend the attacking organisms.
- 2) **False.** However your adrenalin may pour out and cause your heart to beat faster and your face to flush.
- 3) **False.** Drink plenty of liquids to prevent dehydration.

d. Take your pulse before and after climbing two flights of stairs and note the difference in your heart beat after activity.

Before Climbing
_____/minute
After Climbing
_____/minute

e. List 3 ways you could use the vital signs-skills in helping yourself or others.

- 1) _____

- 2) _____

- 3) _____

ASSESSING AN EMERGENCY

First aid is first help. Do you know how to assess the nature of an emergency to help you decide what to do and when to do it? If in doubt about what to do, keep your cool and get help immediately. If you can't get help, **DO YOUR BEST BUT DON'T PANIC.** More about panic prevention later.

Activity 4.



Refer to the "Emergency Procedures" section to answer the questions below.

a. **Situation:** You come home from school and find your father passed out in the front yard; the lawn mower is nearby. Describe how you would handle this urgent problem.

b. **Situation:** You're talking to a friend and suddenly he falls to the floor. Describe how you would handle this emergency.

WHAT TO DO FOR SHOCK AND BLEEDING

Check the section in your project book on bleeding and shock to complete this next activity.

Activity 5.



A two-car collision occurs just ahead of you on the freeway. You stop and find that all of the passengers are all right except for the driver of the first

car, who has a severe head wound and is bleeding.

a. Describe what you would do in order of priority:

b. What steps could you take to prevent panic among the others and onlookers? _____

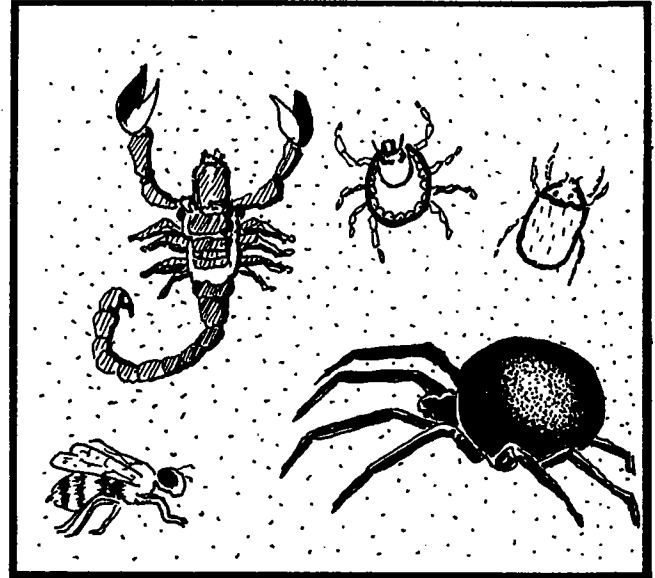
MYTHS AND TRUTHS ABOUT SNAKE BITES AND OTHER CREATURES

Snakes, bees, wasps, and spiders are common creatures you might encounter on a camping trip or even in your backyard. Over the years, numerous myths have been perpetuated. Can you separate fact from fiction?

Activity 6.



Circle T for true and F for false.



- T F 1) It's easy to tell whether you've been bitten by a poisonous snake because it will leave fang marks at the wound site.
- T F 2) If bitten by a poisonous snake, cut and suck the wound and apply a tourniquet and ice packs at once.

- T F 3) Snake bite kits are worthless.
- T F 4) People rarely die from bee stings.
- T F 5) The best treatment of a bee or wasp sting is tobacco juice.
- T F 6) Spider bites are nothing to worry about.

ANSWERS TO ACTIVITY 6.

- False.** Non-poisonous snakes do not have fangs. Poisonous snakes almost always leave one or more fang marks. A coral snake need only nick your skin with a tooth and you are poisoned. If there is pain, swelling, vomiting, weakness or shock, take the victim to the nearest medical facility.
- False.** All of these treatments have proven harmful. Incision and suction have proven to be useless; if done immediately, only 2 to 9% of the venom is retrieved. The use of a tourniquet is extremely dangerous and should be avoided. Ice packs only add frost bite to the impending problem and studies have documented that the loss of arms and legs were due to aggressive cryotherapy (ice packs).
- True.** Immediate first aid is to keep the victim lying down, treat him for shock and transport him to the nearest medical facility.
- True.** However, people who have a history of asthma, hay fever, or allergic reactions to bee stings should seek immediate medical assistance or death can occur. The reactions can worsen after successive stings. These victims should be desensitized by medical treatment.
- False.** Some people are highly allergic to bee and wasp stings. They should seek immediate medical assistance. Other victims should observe for severe swelling or soreness. If this occurs, seek medical attention.
- False.** Anyone who receives a bite from a black widow spider, a brown recluse spider, a scorpion, or a tarantula should seek immediate medical attention. A tetanus shot is usually recommended for those not allergic to horse serum.

WHY LEARN ABOUT CPR?

The state of Washington has conducted intensive CPR training for its citizens and as a result the survival rate from heart attacks and other accidents has improved markedly. This clearly demonstrates how useful CPR can be to the average person. You might be able to save a friend or family member.

Activity 7.



Refer to the section on CPR to answer the following questions.

a. List 8 situations in which you would need to use CPR.

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

7) _____

8) _____

b. How long do you have to administer CPR to a victim before lack of oxygen causes brain damage or death? _____ to _____ minutes.

c. List the ABC's of "CPR"

A _____

B _____

C _____

CONTROLLING FEAR AND PANIC

It's a natural physiological response to experience fear whenever you encounter an emergency or life-threatening situation. Your adrenal glands put out a substance called adrenalin that helps prepare you for "flight or fight." Your vision improves; your muscles strengthen; your heart beats harder and faster; and your circulation improves. All of these changes occur to help you prepare to deal with the emergency. So if you feel these bodily changes occur, don't become frightened but be reassured that these responses will help you react more quickly to the situation. Remember you may be in a situation where you encounter a crisis and will have to depend on the kindness of strangers. Don't be afraid to become involved.

One of the best ways to learn how to keep your cool during emergencies is to prepare yourself to react by knowing what to do so well that your response is practically automatic. This is why the American Red Cross and American Heart Association stress practicing CPR and other first aid skills until you can do them error-free!

Activity 8.



Here are some measures that will help you in controlling panic. List three of your own below.

- a. Try to remain calm or give the appearance of being calm.
- b. Assess the situation and think through what needs to be done first.
- c. Keep victims and onlookers calm by reassuring them verbally.
- d. _____

- e. _____

- f. _____

Review the section on first aid kits and complete the following activity.

Activity 9.



a. Check your family car and home. Does your family have an up-to-date first aid kit?

b. If no, discuss this with your parents. Make a first aid kit

for travel and another to keep at home. (describe what you did)

This is the end of Health Unit II, Project 6, but there are many other exciting projects you can do in this area. All 4-H'ers—complete the summary for Health Unit II, Project 6.

Advanced level 4-H'ers proceed at your own rate through Health Unit III, and complete the summary for health Unit III, Project 6.

Summary, Health Unit II, Project 6



1. What was your main objective? _____

2. Please describe your progress toward your objective. _____

3. List four new things you learned to do during this project.

- a. _____
- b. _____
- c. _____
- d. _____

4. How many people at home, school or work did you tell about this project or teach some part of it?

none _____ 3 or less _____ 4-8 _____
9-12 _____ 13 or more _____

5. Which activities did you like best? _____

6. Please describe any special projects you did in health as an individual, club or community effort. _____

HEALTH UNIT III, PROJECT 6 (ADVANCED LEVEL 4-H MEMBERS)

Survival Skills Procedures

Learning To Take Pulses

Pulse is the rhythmic throbbing caused by the regular contraction and alternate expansion of an artery; the periodic thrust felt over arteries in time with the heartbeat.

AVERAGE PULSE RATES

infants	100-130/minute
teens	
12-14 years	85-90/minute
14-18 years	70-75/minute
adults	60-80 minute

Athletes are known to have slower heart rates (pulse), approximately 60 or less. This is due to gradual conditioning of the heart through exercise.

Wherever there is an artery relatively close to the surface of the skin, you should be able to palpate (feel) a pulse. Some people's pulses are easier to palpate than others and sometimes, due to a previous injury, you may be unable to feel a pulse in a certain area.

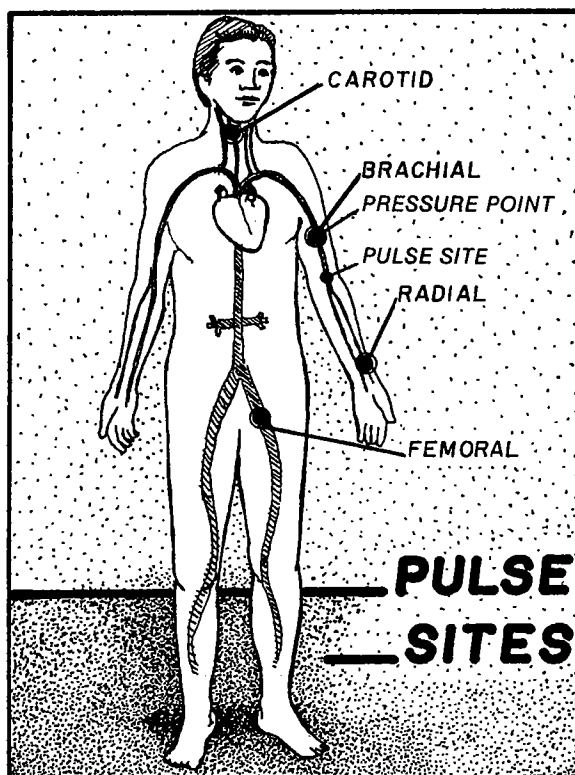
The major areas to feel a pulse are as follow:

- A. CAROTID
- B. BRACHIAL
- C. RADIAL
- D. FEMORAL

The most convenient and widely used location to feel a pulse is the radial artery over the wrist.

The radial artery is on the thumb side of your wrist.

To locate the radial artery, gently feel the wrist just above the base of the thumb. Use only the pads of the index and middle fingers. (Do not use your thumb or you may feel your own pulse!)



If you are unable to feel the pulse right away you may be:

- 1. Pressing too hard.
- 2. NOT pressing hard enough.

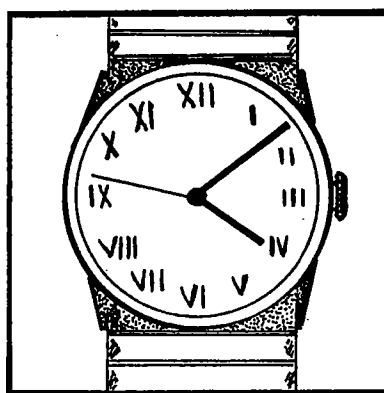
Gently move your fingers around and change the pressure to see if you can feel a pulse. If not, change to the other wrist. It may be easier to feel on the other wrist.

Once you feel the pulse, you need to count the beats. The most accurate way to count a pulse is to count for ten seconds and multiply by six. The longer you count, the larger the room for error.

When you begin counting say . . . 0 - 1 - 2 - 3 - 4 - 5 . . . and so on.

Remember:

- If you have a fever, your pulse rate will increase. The heart pumps faster to cool down the temperature of the body.
- Exercise also increases your pulse rate.

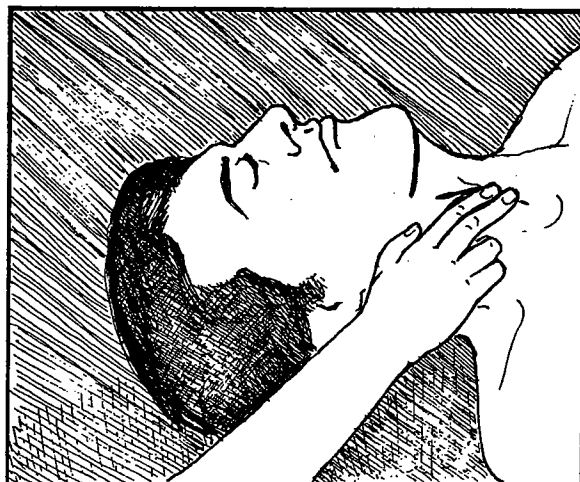


Another easy and accessible location to take pulse is in the neck. There is a carotid artery located on each side of your windpipe.

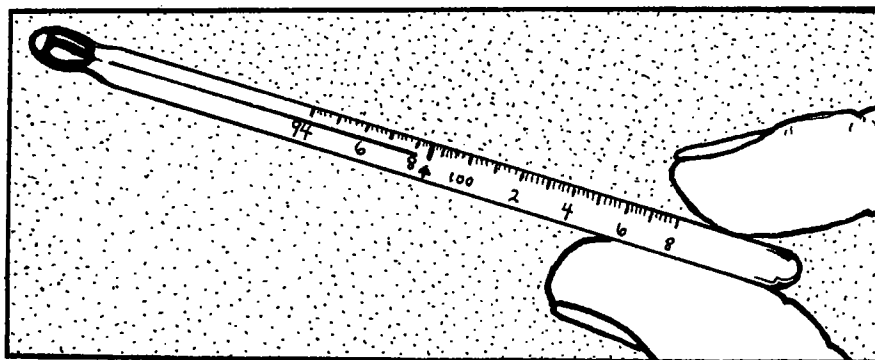
To locate the carotid artery, find your "Adam's apple" with the pads of your index and middle fingers, then gently move them to either side of your windpipe. Press gently and you should feel the throbbing of the carotid artery.

Count the pulse in the same manner explained for the radial artery.

Do not press too hard or you will cut off part of the major blood supply to your brain; this could cause you to pass out!



Learning To Take Temperature



Temperature is the degree of heat of a living body.

Knowledge of how to read a thermometer will come in handy. It's wise to always take a thermometer with you if you are going camping or

vacationing. For infants under six you will need a rectal thermometer and vaseline or petroleum jelly.

Before beginning you need to shake the mercury in the thermometer to below 95° F or 35° C.

METHODS OF TAKING TEMPERATURES

METHOD	PROCEDURE	WHEN TO USE	NORMAL READING	CONTRA-INDICATIONS	SPECIAL INSTRUCTIONS
ORAL	Insert under tongue; leave 3 minutes.	conscious person.	98.6°F 37.0°C Fever present when temperature is over 99.4°.	Do not use if person is confused, agitated, unconscious, or if mouth breathing or if person has mouth sores.	Ask person to breathe through the nose.
AXILLARY	Place under arm; leave 5-8 minutes.	If oral or rectal cannot be used. Examples -unconscious or rectal injuries.	97.6°F 36.5°C Fever present when temperature is over 98.4.		
RECTAL	Generously grease with petroleum jelly. Gently insert in rectum 1½ inches and leave 3-5 minutes.	Infants, small children, adults that are confused, agitated, uncouscious or have mouth injuries.	99.6°F 37.5°C Fever present when temperature is over 100.4.	Do not use on anyone with recent rectal surgery.	If you reach any resistance, DO NOT force the thermometer (you may puncture the large intestine). Do not leave thermometer unattended. Have infant or small child lie face down over your lap.

Learning To Take Blood Pressure

Blood pressure is the force the blood exerts against the artery walls after each pumping action of the heart.

You have two blood pressure numbers. The TOP number, referred to as the systolic pressure, measures the force when the heart is pumping blood out to the vessels and the BOTTOM number, referred to as the diastolic

pressure, measures the heart at rest. That is why you hear your blood pressure referred to as 120/80, for example.

To measure blood pressure you need a SPHYGMOMANOMETER, pronounced, "sfig' -mo me nom' i ter."

This blood pressure measuring device consists of a cuff that wraps around your arm and

is attached to a gauge that measures your blood pressure.

The size of the cuff is very important:

- Cuffs that are too small may give falsely **HIGH** readings.
- Cuffs that are too large may give falsely **LOW** readings.

You should be completely familiar with the equipment and the procedure before trying to take your own blood pressure!

First, familiarize yourself with the home monitoring blood pressure kit and all its parts.

When measuring your blood pressure you should be as comfortable as possible. Sit with your arm resting on a table so your arm is approximately at heart level.



NOTE: If you are outdoors have person either lie down on a blanket or rest his arm on his knees.

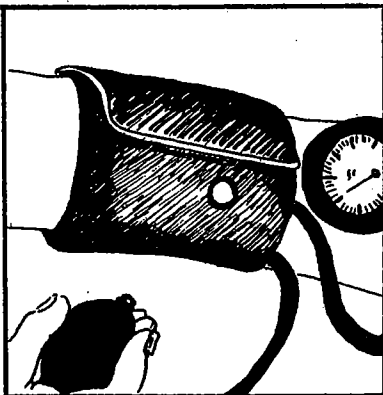
Before you start make sure the power switch is in the **OFF** position.

Pull the end of the cuff through the "D" rings.

If you are right handed, slip the cuff over your left arm and extend your left palm up.

Rest your arm on table (palm up).

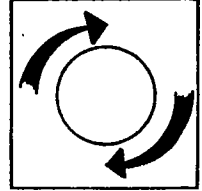
Pull the cuff up your upper arm until the blue



dot (microphone) is over the brachial artery (inner side of elbow). Fasten with the velcro closure.

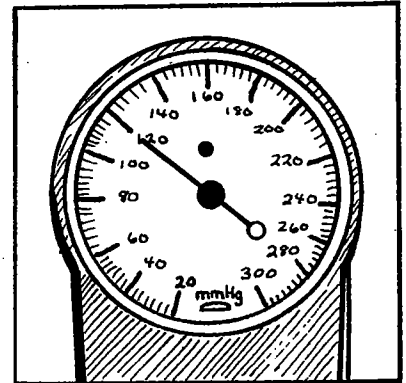
Make sure there is a snug fit because you will not get an accurate reading with a loosely fitting cuff.

Close the air flow valve on the bulb in a clockwise direction.



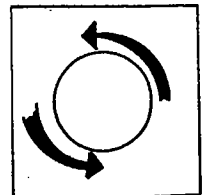
Inflate the cuff quickly by repeatedly squeezing the bulb with your right hand.

If you know approximately what your systolic (TOP) blood pressure usually is, pump the needle about 30 mm past that point on the gauge.



Now, keeping your left arm still, turn the power switch to "ON." (There will be a "BEEP" when you turn on the power).

Slowly open the air flow valve by turning it counter-clockwise so that the needle drops 2-4 mm with each beat of your heart.



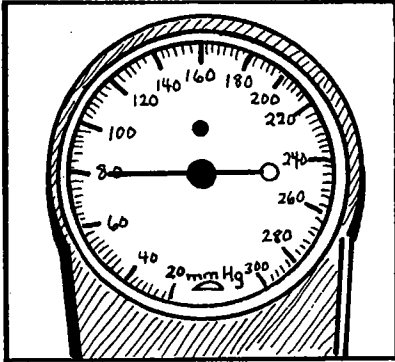
NOTE: Do not become discouraged if you aren't able to do this right away. This takes a lot of practice. The key is not to open the air valve too fast and let all the pressure out at once.

Remember, the pressure has cut off all blood flow to your arm so do not leave the cuff inflated any longer than absolutely necessary or

it will act as a tourniquet.

Also, keep your left arm still, because any movement will cause additional beeping sounds.

The first "beep" and "flash" will indicate your systolic (TOP) blood pressure.



Remember the number where the first beep and flash occurred.

The pressure should continue dropping 2-4 mm per second. The beeping and flashing will also continue. Each beep indicates a heartbeat. Keep watching the gauge. The exact point where the beep and flash stop is your diastolic

blood pressure.

Open the air flow valve all the way to the left (counter-clockwise) to release remaining pressure.

Immediately record your blood pressure.

Review—The first beep (after the power beep) is your systolic blood pressure and the last beep is your diastolic blood pressure.

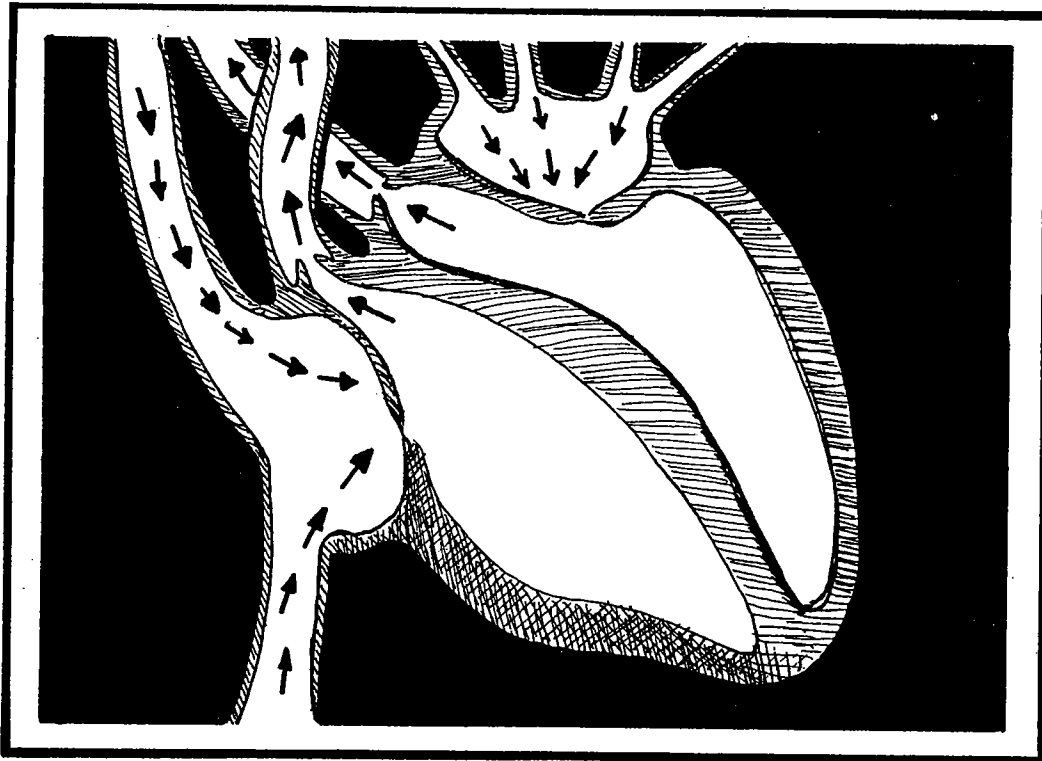
NOTE: Repeated attempts to take your blood pressure will alter the reading so be familiar with the process before starting.

In most cases, the first reading is the most accurate.

Normal Blood Pressure Values for Teens

	Males	Females
Systolic	94-135	94-132
Diastolic	58-84	58-84

If your blood pressure reads high three consecutive times, see a physician to determine whether you have hypertension and need treatment.



Emergency Procedures

Assessing the Emergency

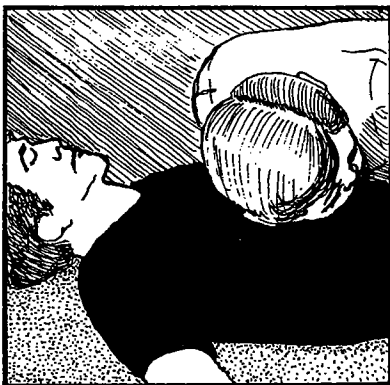
First Aid is First Help! Get help if you don't know what to do!

Upon arrival at the scene of an emergency, try to obtain from the victim or an observer a concise account of what has happened.

NOTE: IF THE INJURY SEEMS AT ALL SERIOUS, SEND FOR MEDICAL AID IMMEDIATELY! DO NOT move a person before he is checked by medical personnel. You could cause further damage.

Try to assess the following conditions of the person:

1. Check the pulse (listen over the heart or check the carotid artery in the neck).



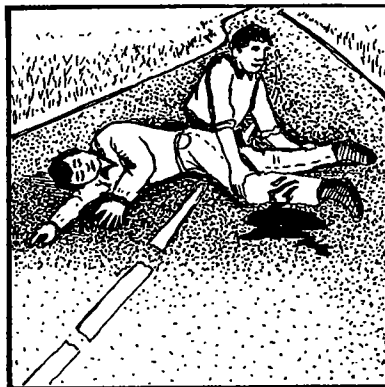
IF NO PULSE—ADMINISTER CPR (CARDIOPULMONARY RESUSCITATION)

2. Check for breathing. See if the person's chest and upper abdomen are moving up and down or feel over his nose and mouth for air movement.



IF NO BREATHING — ADMINISTER ARTIFICIAL RESPIRATION

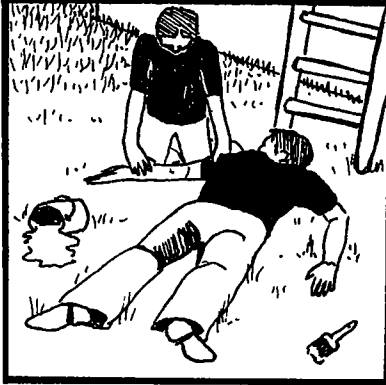
3. Check for bleeding. Quickly examine the body for any bleeding and treat appropriately.



4. Check for burns or stains around the victim's mouth or a source of poisoning nearby such as pills, medicine bottles, household chemicals, or pesticides.



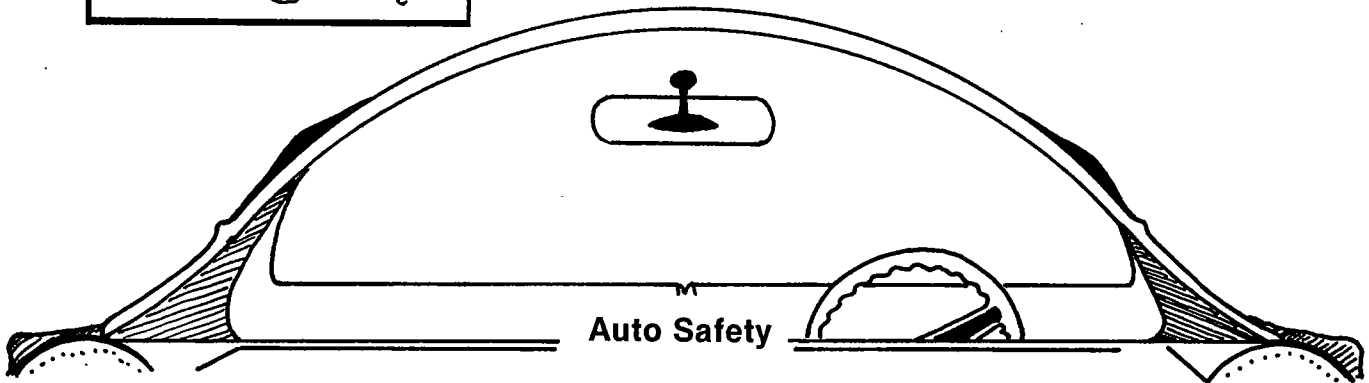
5. Check for broken bones or dislocations. **DO NOT** try to reset a bone or dislocation and **DO NOT** clean a wound. Cover wound with a clean cloth while waiting for additional help.



NOTE: If in doubt, **TAKE NO ACTION.** Send for additional help and remain with victim. You can offer further assistance by

1. Keeping the victim warm.
2. Reassuring the victim that medical help is coming.

Please do not refrain from administering first aid out of a fear of "becoming involved." To date, 41 states (Florida included) have enacted the "Good Samaritan Law," which absolves the first aider of responsibility for malpractice or neglect in an emergency situation.



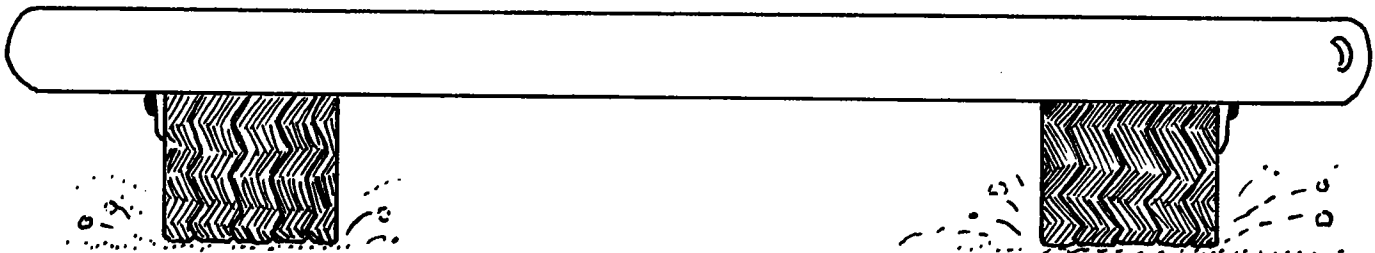
Automobile accidents still account for the largest number of our nation's accidental deaths, even with the slower speed limit being enforced. Also, multiple and complex injuries may be a result.

Prevention is the best form of treatment. Develop habits listed below:

- Follow all traffic rules at all times, especially the speed limit.
- Wear seat belts (shoulder harness, if available) at all times.
- **DO NOT** drive or ride with anyone who has been drinking or taking drugs.
- Place all infants or young children in a car seat.

If you witness or are involved in an accident, there are certain steps you must follow:

- Send someone to call for help.
- Turn the car's engine off if it is still running.
- Provide first aid in the car to victims.
- Move the victim only if there is a fire, threat of a fire, or danger of a second injury.
- Check the victim for breathing and pulses. Give CPR if indicated.
- Control any bleeding.
- If there is head or neck injury, wait for medical personnel to move victim.



Bandaging

There are many techniques of bandaging. The method chosen should vary according to the location or extent of the injury. Sterile and packaged bandages are available or you can improvise from household items, such as sheets, towels, ties, shirts, slips, or any woven fabric. The purpose of a bandage is to control bleeding with pressure; cover an abrasion or wound; and, to absorb blood and wound secretions.

The most common methods are:

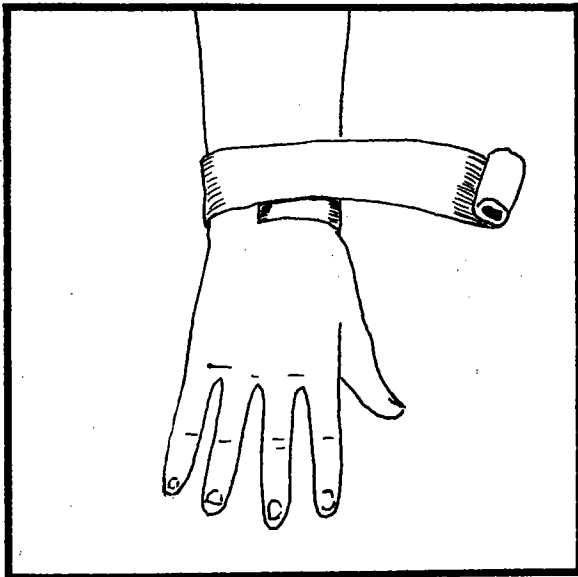
- A. Circular bandages
- B. Spiral bandages
- C. Figure-of-eight (for joint areas)
- D. Fingertip bandages.

A. Circular

This type of bandaging is appropriate for the wrist, above the ankle, neck or any area without joints. You can use an elastic bandage or a gauze roller bandage.

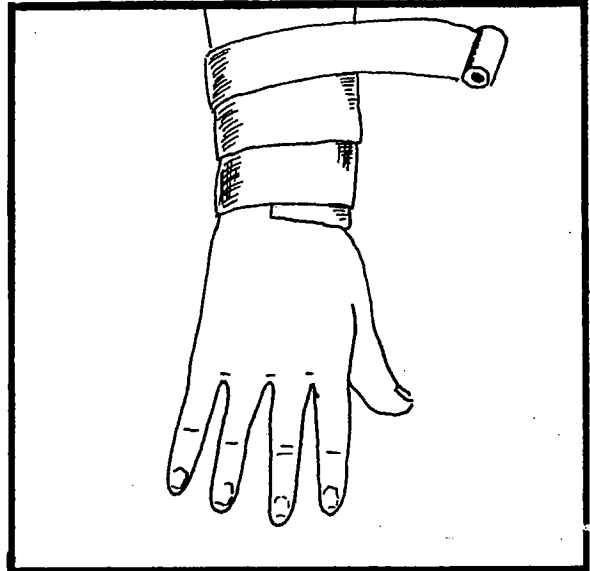
Technique

1. With your left thumb, hold the bandage in place on the affected part.



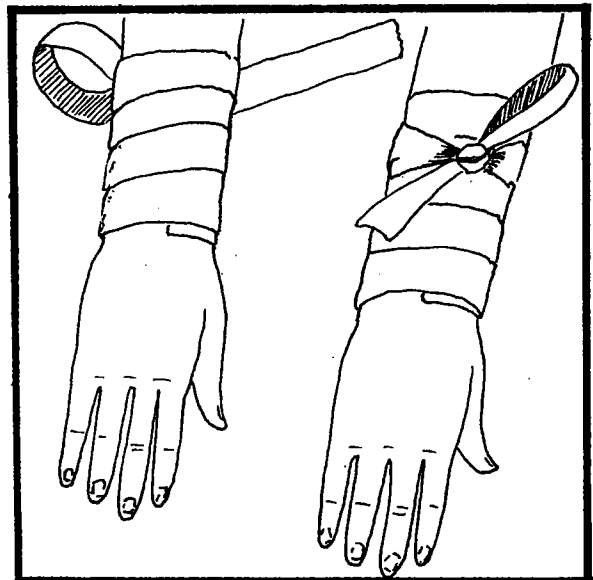
2. With your right hand, roll the bandage twice over the affected area.

3. Overlap each remaining turn by three-quarters of its width.



4. Secure the end by any of the following:

- Cut the end and secure with adhesive tape.
- Cut the end and secure with a safety pin.



- Use a loop knot. Allow about eight inches of bandage, form a loop, pull the plain end through the loop, and knot.

- Cut the width of the bandage in half for about eight inches (20 centimeters).



- Form a knot with the two strips.



- Tie the ends around the bandage to secure with a knot.

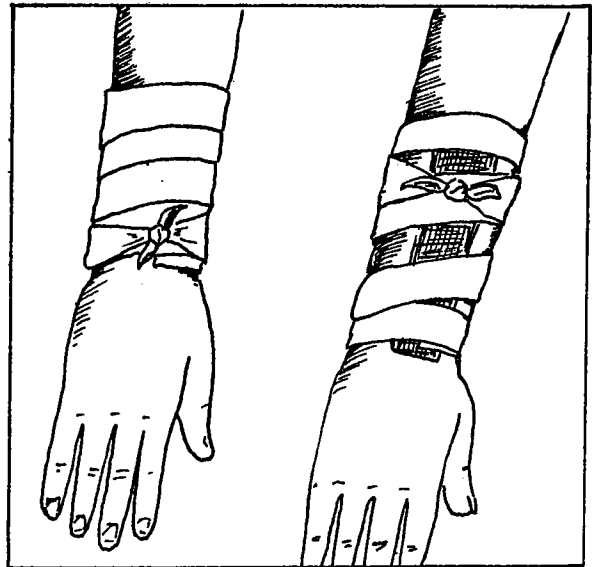


B. Spiral

This type of bandaging is most suited for the arm, thigh or leg.

Technique

1. Secure the bandage by making two circular turns around the affected part.



2. Continue to spiral the bandage so it does not overlap (open spiral). You may make it a closed spiral by having each spiral overlap.
3. Complete the bandage by securing.

C. Figure-of-eight

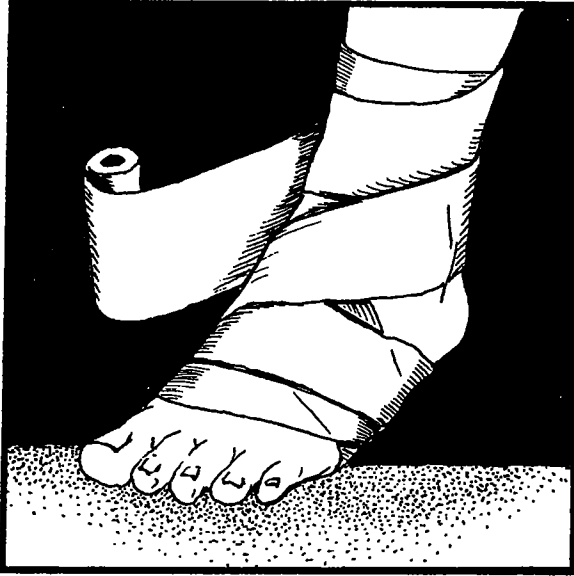
This bandage is most suited for the ankle, wrist or elbow.

Technique

1. Secure the bandage by making two circular turns around the affected part.
2. Roll the bandage diagonally across the foot to start the figure-of-eight pattern.



3. Continue under the foot and then back around the ankle.
4. Overlap each previous figure-of-eight by three-quarters of its width.



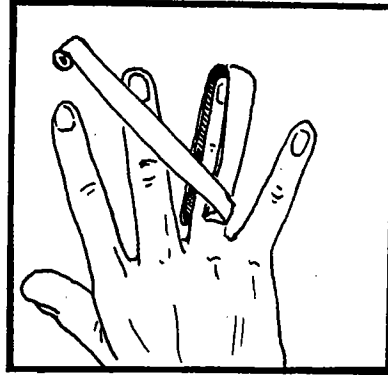
5. Secure the end.

D. Fingertip Bandage

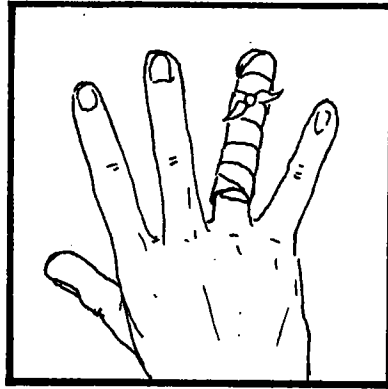
This bandage is most appropriate for fingers, toes, scalp, or stumps of limbs.

Technique

1. Make a series of back and forth turns (recurrent) of the finger.



2. Secure the recurrent turns with circular or spiral turns.

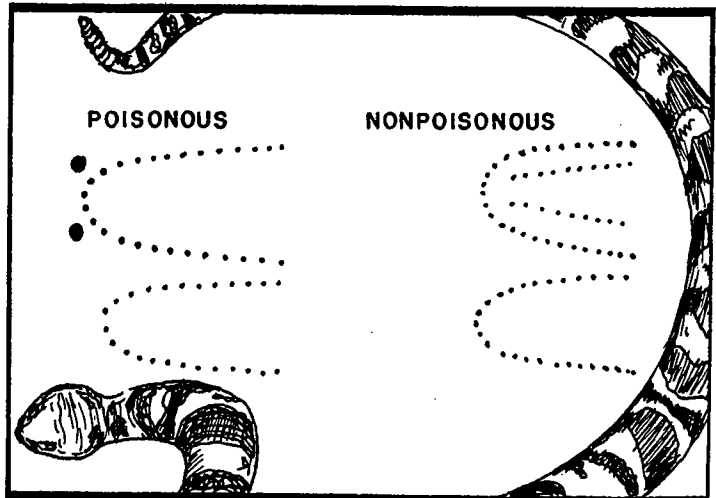


3. Secure the end by tying.

Snake Bites

Any snakebite victim should be transported to the nearest hospital or medical facility. All snakebites, poisonous or non-poisonous, should have medical treatment.

If you're not sure the snake was poisonous, take the dead snake with you to the hospital. Poisonous snakes usually leave fang marks.



SYMPTOMS

- Slight burning to acute pain
- Mild to severe swelling
- Nausea and/or vomiting
- Weakness
- Slurred speech
- Sweating
- Paralysis
- Convulsions
- Shock
- Possible coma
- Difficulty breathing
- Blurred vision

TREATMENT

- Calm and reassure victim
- Transport to hospital fast
- Have victim lie down
- Immobilize bitten extremity and keep it lower than heart level
- DO NOT cut or apply suction
- DO NOT apply ice
- Treat for shock: "*If the face is pale, raise the tail.*"
(see section in this Project on "Shock").
- DO NOT give any alcohol
- DO NOT apply a tourniquet

Animal and Human Bites

Human bites can be dangerous because the mouth is heavily contaminated with bacteria. Wash the wound with soap and water, cover it with an antibiotic ointment such as Neosporin, Bacimycin or Furacin and bandage with a sterile dressing. If the skin is penetrated, seek immediate medical aid.

Bites from a wild animal or pet can be dangerous if not treated properly. Dog and cat bites are common and cat bites can be more serious due to the wider variety of bacteria found in a cat's mouth. Tetanus is an added risk and any bite has a high risk of infection.

There is no cure for rabies, so if an animal is rabid, vaccine therapy must be given immediately to prevent the disease.

TREATMENT

- Wash the wound thoroughly with soap and water.
- Rinse with hydrogen peroxide, antiseptic soap, or clear running water.
- Call the Health Department for instructions.
- Try to contain the animal so it can be observed for signs of rabies.
- Seek medical attention.

Summary, Health Unit III, Project 6



1. What was your main objective? _____

2. Please describe your progress toward your objective. _____

3. List four new things you learned to do during this project.

- a. _____
- b. _____
- c. _____
- d. _____

4. How many people at home, school or work did you tell about this project or teach some part of it?

none _____
9-12 _____

3 or less _____
13 or more _____

4-8 _____

5. Which activities did you like best? _____

6. Please describe any special projects you did in health as an individual, club, or community effort. _____

