

## TERMS & DEFINITIONS

Advocacy	Any action that speaks in favor of, recommends, argues for a cause, supports or defends, or pleads on behalf of others.
Affirmative Consent	Explicit, informed, and voluntary agreement to participate in a sexual act.
Assertive Communication	A way of clearly stating one's feelings and opinions and firmly advocating for one's rights and needs without violating the rights of others.
Biopsychosocial Model	An interdisciplinary model that looks at the interconnection between biology, psychology, and socio-environmental factors.
Cisgender	Describes a person whose gender identity corresponds to their sex assigned at birth.
Collaboration	Working with someone to produce or create something.
Compound Effects	Refers to how making small behavior changes can compound into life-changing results over time (positively or negatively)
Conflict Resolution	A process for two or more parties to find a peaceful solution to a disagreement among them.
Crisis	A state of feeling; an internal experience of confusion and anxiety to the degree that formerly successful coping mechanisms fail us and ineffective decisions and behaviors take their place. As a result, the person in crisis may feel confused, vulnerable, anxious, afraid, angry, guilty, hopeless and helpless.
Culture	The collective values, beliefs, customs, and behaviors of a group. It may mean different things to different people, and everyone has a culture that is influenced by a wide variety of personal, societal, and historical factors.
Dimensions/Models of Health	The components of a person's health and the interrelationship of them (there are various models and dimensions)
Health Literate	The degree to which individuals have the capacity to obtain, process, and understand basic health information needed to make appropriate health decisions.
Influences	The capacity to have an effect on the character, development, or behavior of someone or something, or the effect itself.
Interpersonal Communication	The process of exchange of information, ideas and feelings between two or more people through verbal or non-verbal methods.
LGBTQIA2s+	Lesbian, Gay, Bisexual, Transgender, Queer and/or Questioning, Intersex, Asexual, Two-Spirit, and the countless affirmative ways in which people choose to self-identify.
Long-term Goal	
MIYHS	The Maine Integrated Youth Health Survey ( <a href="#">MIYHS</a> ) is a biennial survey of Maine students in grades 5 through 12 that monitors health behaviors and attitudes regarding tobacco, alcohol, substance use, mental health, nutrition, physical activity, and protective factors.
Negotiation	Back-and-forth communication that is used to reach an agreement or compromise between two or more parties.
Norms	The perceived informal rules that define acceptable and appropriate actions/behaviors within a group or community which may guide human behavior.
Prevention	Action taken to decrease the chance of getting a disease, condition or other negative outcomes.
Protective Factors	Conditions or attributes in individuals, families, and communities that promote health and well-being.

Refusal Skills	Skills for avoiding doing things one does not want to do or that are not safe or healthy.
Reliable	Trustworthy, dependable, and appropriate information, products, or services.
Resiliency	The process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands.
Resistance Skills	Skills for avoiding being pressured into risky behavior.
Risk Factor	Something that increases risk or susceptibility.
Risk Reduction	Minimizing risk while participating in a high risk activity/behavior
Self-Management	The ability to regulate one's emotions, thoughts, and behaviors in a conscious and productive way.
Sexuality	Is the way people experience and express themselves sexually: i.e. sexual preferences, orientation, gender, and identification are examples of sexuality.
Short-term Goal	Is something you want to do in the near future. The near future can mean today, this week, this month, or even this year. A short-term goal is something you want to accomplish soon. A short term goal is a goal you can achieve in 12 months or less.
SEL-Social Emotional Learning	Provides students with the emotional and social wherewithal to demonstrate the personal attributes, attitudes, and values
Transmission	The process of spreading something, such as a disease, from one living thing to another.
Trauma Informed	Trauma-Informed Care recognizes the presence of trauma symptoms and acknowledges the role trauma may play in an individual's life- including service staff.
Valid	Accurate, legitimate, authoritative, and evidence-based information, products, and services.
Warning Signs	Behaviors, situations and/or events that alert of a situation that requires attention/help