

Teen Choices

What are the Important Questions?

Sex

When should I have sex? Am I ready? What about birth control? What about STI's?

Drugs

Should I try drugs? Do I know the risks? What can happen?

Alcohol

Drinking is popular, does that make it ok?
Should I drink?

School

How much time & effort should I put in? What type of future do I want? Should I start preparing now?

Crime

Is stealing or cheating that bad? Am I ok with this?

Activities

What are my interests? How do I get involved?

Health

How should I take care of my body? Food? Exercise?

Friends

What type of friends do I want? How should I treat my friends?

Relationships

Am I ready for dating? Am I ready for commitment?

Image

How do I want others to see me? How do I see myself?



Decisions are Difficult!

For help, talk to someone you trust like your parents, teacher, guidance counselor or friend.

Teen Choices

Healthy Decision Making

Involves thinking about options & what to do. It is an important skill to develop during teen years to make your life easier.

Risk Taking

– Results from uninformed/impulsive choices. Teens make choices based on emotions, feelings or nothing at all. This is why healthy decision making is important.



Steps for Healthy Decision Making

Be sure – What is the question to be answered? What seems like a big deal at first may not be a problem after all.

Brainstorm – Options or choices that apply to your problem. Think hard because there are often many more solutions than at first glance.

Pro's and Con's - List the pro's & con's for each option. What do you expect to happen based on your choice?

Decide – Based on your info make a decision that best fits your problem.

Act – Once the decision is made, take action. Do not put it off too long.

Evaluate & Re-evaluate – If possible, think about the choices you've made & make any necessary changes.



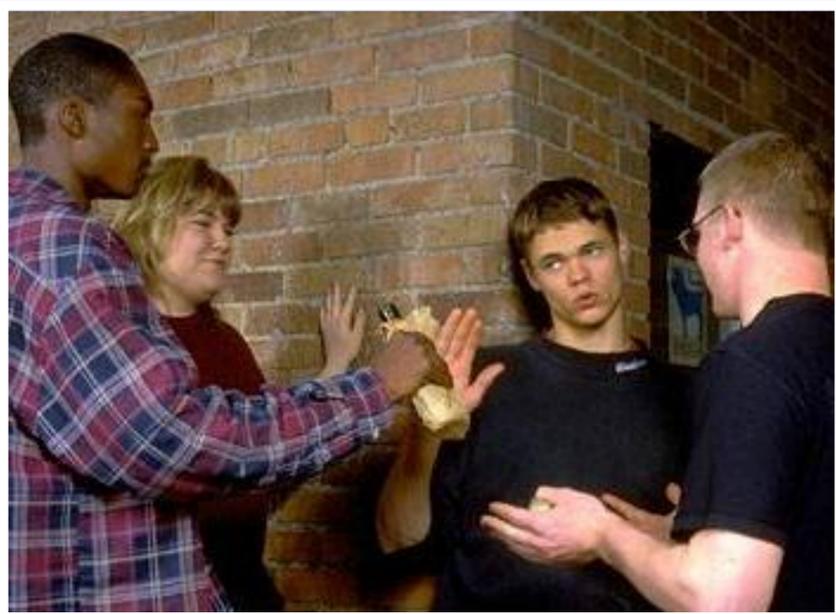
**Healthy Decision Making
Helps Avoid Risk Taking!**

What's Your *Choice*?

Use the Steps to Healthy Decision Making

Standing Up

The boy whose locker is next to yours is getting picked on by a group of kids. The bullying gets worse each week & nobody is standing up for him. *What's your choice?*



Sex

You are on a date. At the end of the night, your date is pressuring you into having sex. You really like your date but you don't want to have sex at this point in your relationship. *What's your choice?*

Alcohol & Drugs

You are invited to a good friends sleepover. She has never been involved with drugs that you know of, so you are surprised when she pulls out several joints & beer. She asks everybody to try. *What's your choice?*

CHOICE	SHORT TERM EFFECTS	LONG TERM EFFECTS
Choose <u>to</u> drink alcohol & try drugs	Getting caught Poor grades Hangover	Criminal record Don't graduate Addiction
Choose <u>not to</u> drink alcohol & try drugs	Loss of friends Being teased	No long term effects

Don't Cross the Stupid Line

It's the line of choice we each have that separates smart risk from stupid risk.



Kids Help Phone

1-800-668-6868

Mental Health Crisis Line

1-888-737-4668

NL Health Line

1-888-709-2929