

Healthy or Not?

Updated
1997

Directions

For each activity listed, decide whether the activity is healthy or unhealthy. If you think the activity is healthy, check the box in Column A. If you think the activity is unhealthy, check the box in Column B. If you think the activity could be either A or B, check the box in Column C.

BEING FRIENDLY

- Buy A Person Things
- Be Fun and Interesting
- Easy to Get Along with
- Drink Alcohol
- Always Agree with A Person
- Stick Up for Each Other

A

Healthy

B

Unhealthy

C

Both

FITTING IN

- Wear the "In" Clothes
- Care About the Group Members
- Brag About Things
- Abuse Drugs
- Learn A Sport With the Others
- Be Interested in Things the Group Does

BEING INDEPENDENT

- Smoke Cigarettes
- Handle Money Wisely
- Abuse Drugs
- Wear Makeup
- Grow A Moustache
- Be Able to Work with People
- Talk to Adults with Confidence

Questions to think about and discuss:

Compare your responses to the activity with other people. Are your responses the same?

Would you change any of them?

What are other healthy ways to feel good about yourself?