

Making Smart Choices

During your middle school and high school years, you will have many opportunities to make choices that can affect your future. Many adolescents go through their teenage years just doing



what is expected of them at school and at home. However, the middle and high school years are a time when adolescents should make the most of the opportunities that are available. This is a time to begin thinking about the choices you can make now that will help you be successful and a valuable member of society after graduation. No matter what your dreams and goals are, making smart choices in life can ensure that you are successful both now and in the future.

Choose to....

- ★ Take advantage of the educational opportunities you have at school.
- ★ Apply yourself and strive to do the best you can in all your studies.
- ★ Utilize the tutoring programs available at your school, if needed.
- ★ Get involved in activities such as athletics, student government, choir, National Honor Society, and school clubs that interest you.
- ★ Have friends that you know have your best interest at heart.
- ★ Think for yourself and don't be influenced by people that don't share your values and morals.
- ★ Stay alcohol and drug free.
- ★ Start thinking about your future (college, career choices, etc.).
- ★ Develop a service-oriented heart and strive to help and be kind to others.
- ★ Be a leader when you can or need to be and a team player all the time.
- ★ Listen and respect adults (parents, grandparents, older family members, teachers, etc.) that have already traveled through adolescence and can provide valuable advice.
- ★ Make the most out of every opportunity you are given and always strive to be the best that you can be.



Choose to be a Good Person!

Choosing to be a good person is a conscious choice that everyone can make. Making an effort to be kind, compassionate, and willing to forgive others are just a few of the qualities demonstrated by people with good character.



Discussion Questions

- How can you choose to be a good person?
- How can the choices you make now impact your life after graduation?

Activities



1. In groups, create a list of activities, clubs, or service organizations available at your school that adolescents should consider getting involved in. Have the groups share their lists to make sure all

opportunities are covered. Do you think involvement in these types of activities would help adolescents avoid drugs, alcohol, or gangs? Why?

2. In groups, list steps adolescents can take now to explore their options or opportunities after graduation. Write your steps and share them with your classmates.

3. Think about your own life and draw a picture that reflects something that you are participating in now that will help you in the future.

4. Pick a person in your life or society that you feel is a good person. Describe this person in writing, listing the qualities that make him/her a good person. Place this assignment in your health portfolio.

Home Connection

With your parents, discuss whether you feel you and your family make smart choices. Do you discuss many of your choices with your parents? Overall, do you feel that you and your family make smart choices? Write your thoughts and place this assignment in your health portfolio.