

Activity

Health Inventory

Teens and Alcohol

Answer the following questions about the risk factors that influence your choices about using alcohol.

- | | | | |
|--------------------------|--------------------------|--|-----------|
| yes | no | | |
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Have you decided to avoid alcohol at least until you are of legal age? | 30 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Have you practiced refusal skills on matters of alcohol? | 30 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Do you avoid situations that might put you at risk because of someone else's drinking? | 10 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you analyze advertisements for alcohol by identifying the real risks of alcohol use? | 8 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Are you confident of your ability to make decisions for yourself? | 5 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Do the people you admire drink alcohol? | 5 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you consider the benefits of staying alcohol free? | 8 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Are you confident of your ability to say no and stick to it even against pressure? | 5 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Are your risk-taking urges directed to healthy outlets such as sports? | 5 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Do you have close friends who follow an alcohol-free lifestyle? | 10 points |

Add up the points for all of the questions to which you answered yes.

Write your score here _____.

Use the scale to see how much of a problem alcohol may pose to your health.

SCALE	
90-116	You have a strong commitment to staying alcohol free, and you have the personal skills to help you keep your commitment.
60-90	Thinking through your values and goals for your life and making a firm decision about alcohol use will help you make good decisions.
40-60	You have some risk of being vulnerable to pressures to use alcohol.
20-40	You would benefit from learning more about the risks of alcohol use and strengthening your refusal skills.
Less than 20	You need to increase your understanding of what alcohol is and what dangers it poses for you.

Activity

Health Behavior Contract

Teens and Drugs

My Goals: I, _____, will accomplish one or more of the following goals:

I will use medicines properly.

I will avoid situations in which I might be pressured to use drugs.

I will refuse drugs if they are offered to me.

Other: _____

My Reasons: By using medicines properly I will avoid many health problems, such as drug abuse and addiction. By avoiding situations in which I may be pressured to use drugs and by refusing drugs if they are offered to me, I can protect myself from the problems that are caused by drug use.

Other: _____

My Values: Personal values that will help me meet my goals are

My Plan: The actions I will take to meet my goals are

Evaluation: I will use my Health Journal to keep a log of actions I took to fulfill this contract. After 1 month, I will evaluate my goals. I will adjust my plan if my goals are not being met. If my goals are being met, I will consider setting additional goals.

Signed _____

Date _____

Lesson: Staying Drug Free

Write down three reasons why you should stay drug free.

