



Activity

# Health Inventory

## Alcohol

Use the following questions to help you evaluate the risk factors that influence your choices about using alcohol.

- | yes                      | no                       |  |           |
|--------------------------|--------------------------|--|-----------|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Have you made a firm decision 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?  | 30 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Do you avoid situations where you might be at risk because of someone else's drinking?              | 10 points |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Do you "talk back" to advertisements about alcohol by thinking about the true risks of alcohol use? | 8 points  |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Do you feel good about your ability to make decisions for yourself?                                 | 5 points  |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Do the people you most admire drink a lot?  | 5 points  |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. Do you think about the benefits of staying alcohol free?  | 8 points  |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Do you feel good about your ability to say no and stick to it even if people pressure you?          | 5 points  |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Do you save any risk-taking urges you have for healthy outlets such as sports?                      | 5 points  |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Do you have close friends who are committed to an alcohol-free lifestyle?                          | 10 points |

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

Look at the scale to see how much of a problem alcohol poses 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.

8<sup>th</sup>

Activity

# Health Behavior Contract

## Medicine and Illegal Drugs

**My Goals:** I, \_\_\_\_\_, will accomplish one or more of the following goals:

I will follow directions when taking medicines.

I will refuse drugs if they are offered to me.

I will seek help if I recognize that I have a drug abuse problem.

Other: \_\_\_\_\_

**My Reasons:** Following directions when taking medicines will improve my health and avoid problems such as drug abuse and addiction. By refusing drugs if they are offered to me, I can protect myself from the dangers of drug use. By recognizing and seeking help for any drug abuse problem, I can protect my health and my future.

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 \_\_\_\_\_

8th

**Lesson: Staying Drug Free**

Think of all of the different ways you can refuse drugs. You can use phrases, words from other languages, or any slang that is not profane.

**Lesson: Getting Help**

Make a list or draw pictures of people to whom you feel comfortable talking about a problem. Explain why you chose these people.

8<sup>th</sup>

Skills Worksheet

# Refusal Skills

## Lesson: Staying Drug Free

**Describe how you would use the following refusal skills to respond to the following scenario. Remember to be clear and choose your words carefully. Describe your body language as well as your words.**

Your friend Justine invited you to her house to watch a video while her parents are away in the afternoon. When you arrive, you are surprised to see that Justine has invited other teenagers you don't know very well. Justine tells you that her friends know someone who will sell them some marijuana. "You want to do this, don't you? How much money do you have?" she says.

**1. Say no.** How would you tell Justine that you do not want to contribute money for drugs?

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**2. Offer an alternative.** What else could you do in this situation?

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**3. Stand your ground.** What would you do if Justine kept pressuring you?

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**4. Walk away.** Describe how you would get out of this situation.

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**5. Plan ahead.** What could you do to avoid this situation? Who can help you practice refusing this action?

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**6. Have a support system.** Who will stand by you when you make this decision? How can you use these people as support when refusing to do this action?

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