Ch 2 Skills for a Healthy Life

Section 1: Building LifeSkills pg 27 pic

Section 2: Making GREAT Decisions

* GIVE thought to the problem
* REVIEW your choices
* EVALUATE the consequences of each choice
* ASSESS and choose the best choice
* THINK about it afterward

 Collaboration

 What if you make a poor decision?

* STOP
* THINK
* GO

Section 3: Resisting Pressure From Others

* Peer pressure
* pg 34 pic on pressures
* Refusal skill p35 pic
* Saying no with respect
* Persistent pressure

Section 4: Setting Goals

* Types of goals
	+ Short-term
	+ Long-term
* Suggestions for setting goals
	+ Safe
	+ Satisfying
	+ Similar
	+ Sensible
	+ Specific
	+ Supported

NOW YOU ARE GOING TO SET A SEMESTER GOAL! BE THINKING ABOUT A GOAL