

Making Healthy Choices – Scenario Cards

Your best friend recently started hanging out with another group of friends and when they are around, she pretends she doesn't even know you.

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You've started hanging out with the popular group. You notice that they are always picking on your quiet, unpopular classmate.

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Your friends are asking dates to the school dance. You don't feel ready to date, but you're afraid your friends will make fun of you.

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The most popular person in your class is funny, a great hockey player, and liked by everyone. You feel jealous and wish you could be like that.

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Your classmates all seem to be developing at the same pace – they all seem to be growing taller and stronger, getting hair under their arms, and many of the girls are even developing breasts. But you're not developing as quickly and feel like you're falling behind.

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You wear a new shirt to school and a few of your classmates make fun of you. You notice that some classmates always seem to look perfect, but you just can't seem to get it right.

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Lately you find you're fighting with your parents every time you want to do something on your own. You feel grown up, but your parents still treat you like a little kid.

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You're hanging out at a friend's house and he offers you a cigarette. When you refuse he laughs and calls you a wimp.

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You've started having romantic feelings for one of your friends and you don't know what to do about it.

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Your parents told you to be home by 8pm, but your friends are pressuring you to stay a little longer.

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Ever since your friend started dating Sam, you never see him anymore. You've tried talking to him about it, but he says you're just jealous.

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Your friend got a new girlfriend and he says he's happy, but she's always making fun of him or bossing him around.