



HEALTH DECISION-MAKING SCENARIO CARDS

Read the scenario. Consider your options. What would you do and why?

1 SKIP BREAKFAST? 

You have a huge test first period and haven't got time for breakfast.

-  What are your options?
-  What would you do and why?
-  Who could support you?

2 ALCOHOL PRESSURE 


You're at a party and someone offers you alcohol.

-  What are your options?
-  What would you do and why?
-  Who could support you?




3 LATE-NIGHT SCROLLING 

You're tired, but you keep scrolling on your phone.

-  What are your options?
-  What would you do and why?
-  Who could support you?

4 TOO MUCH STRESS 

You're feeling overwhelmed with school, sport and family commitments.

-  What are your options?
-  What would you do and why?
-  Who could support you?

5 VAPING AT SCHOOL 

A friend offers you a vape in the bathroom.

-  What are your options?
-  What would you do and why?
-  Who could support you?

6 UNHEALTHY RELATIONSHIP 

Your partner gets jealous when you spend time with other friends.

-  What are your options?
-  What would you do and why?
-  Who could support you?

7 SKIPPING SLEEP 

You're staying up late to finish work and getting less than 6 hours of sleep.

-  What are your options?
-  What would you do and why?
-  Who could support you?

8 UNSAFE RIDE HOME 

Your friend who has been drinking offers to drive you home.

-  What are your options?
-  What would you do and why?
-  Who could support you?

9 BODY IMAGE PRESSURE 

You see edited photos online and start feeling bad about your body.

-  What are your options?
-  What would you do and why?
-  Who could support you?

10 ENERGY DRINKS BEFORE SPORT 

A teammate has an energy drink before game and tells you it will give you an edge.

-  What are your options?
-  What would you do and why?
-  Who could support you?

11 MENTAL HEALTH CHECK-IN 

You've been feeling low and don't feel like talking to anyone.

-  What are your options?
-  What would you do and why?
-  Who could support you?

12 SHARING PRIVATE PHOTOS 

Someone you trust asks for a private photo.

-  What are your options?
-  What would you do and why?
-  Who could support you?