# Skill-Building Challenge Worksheet: Making Healthy Decisions

Name: Blank Class: Blank Date: Blank

You and some of your friends heard there was going to be a big party Friday night. You decide to go, and when you get there, it is much bigger than you had imagined. Everyone seems to be having a great time. As you go into another room to find the rest of your friends, you realize they are smoking weed. You knew your friend Emily smoked weed with her older sister now and then, but you didn’t know until now that your other friends smoked it too. Your friends all begin encouraging you to smoke weed with them.

You know you shouldn’t smoke weed, but your friends are starting to put a lot of pressure on you to give it a try. What do you do?

Using the following decision-making steps, write out your response to each.

**STEP 1:** What is the problem you are faced with?

**STEP 2:** What are your options?

**STEP 3:** What are the consequences based on the options you chose? What would happen if you did smoke weed with your friends? If you didn’t?

**STEP 4:** What is the decision you are going to make?

**STEP 5:** How do you think your choice will work out for you?