

Your future is worth protecting.

Prevent the Next **First Use**
The choices you make today shape your future.

HAZEL PITTMAN CENTER

YOUTH FACT SHEET

Healthy Decision-Making

Making choices that support your future.

Young people make choices every day that affect their health, relationships, and future. Healthy decision-making means learning how to manage pressure, think through choices, and make decisions that support well-being.

Why It Matters

Adolescence is a time of growth and increasing independence. Strong decision-making skills help youth:

- Build confidence
- Handle peer pressure
- Manage stress in health ways
- Strengthen relationships
- Reduce risky behaviors

Think Before You Decide

Ask yourself:

- How could this choice affect me later?
- Would I feel comfortable if a parent, coach, or teacher knew?
- Am I making this choice because of pressure from others?
- Does this decision support my goals and values?
- Is this safe and healthy for me?

Healthy Ways to Handle Pressure

- Talk to someone you trust
- Spend time with supportive friends
- Practice saying “no” confidently
- Focus on activities that help you feel positive and connected

Remember

Making healthy decisions does not mean being perfect. It means learning, growing, and choosing what supports your health, safety, and future.

Need Support?

If you are feeling overwhelmed or pressured, talk with:

- A parent or caregiver
- A school counselor, coach, or mentor
- A trusted adult
- A prevention or behavioral health professional

