

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.

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?

Making Healthy Choices Every Day

- Handle peer pressure with confidence.
- Manage stress in healthy ways.
- Build strong relationships.
- Stay focused on your goals.
- Choose what supports your health and future.

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

Healthy decision-making helps you pause, think through consequences, and make choices that support your future - including choosing not to use alcohol, nicotine, or other drugs.

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

