MENTAL AND EMOTIONAL HEALTH

Problem Solving Skills
Problem Solving Skills

- Healthy Decision making

- When friends make bad decisions that can affect their health

- Seeking help for health problems
Healthy Decision Making

- Health and unhealthy alternatives
- Outcomes of a healthy decision
- Barriers to healthy decision making
When Friends Make Bad Decisions

- Smoking, cutting, risky games, and more
- Safety versus secrets
- How to stay safe and be a good friend
Seeking Help for Health Problems

- Help at Home
- Help at School
- Help in the Community
- How to “Help”