

Subtopic 3: Is It Good for Me?

Healthy vs. Unhealthy Choices

Some things we do help us grow, feel strong, or have fun in a good way. Some things don't make us feel great after. Today we'll talk about healthy fun—and fun that might not be the best for us.

We talked about benefits in Session 2. All those benefits are healthy for us.

Student Goals:

- Talk about how activities affect our body and feelings.
- Learn what “positive risk” means (trying something new in a good way).
- Practice noticing if something helps or hurts our well-being.

Timeframe

- **Flexible timing/ adaptable format:** Can be completed in short segments or extended across multiple sessions.

Example Conversation Starters

- “What’s something you do that helps your body?”
- “What’s something that helps your heart or mood?”
- “What is a risk that’s fun and safe?”
- “What’s something someone might do in their free time that could be harmful to them or others?”

Activity Options

Sort Game:

Use cards or pictures of activities.

Sort into:

- *Healthy for me* (e.g., biking, laughing, painting)

- *Maybe not so healthy* (e.g., too much screen time, not moving, being mean to others)

Story/Draw Prompt:

Draw or tell a story about something that made you feel strong, happy, or proud.

Have students share and discuss

Start early conversations about substance misuse prevention (as students get older add more content and discussion and refusal skills workshops).

*Contact Healthy Lamoille Valley for more support with positive youth development and youth substance misuse prevention.