

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*



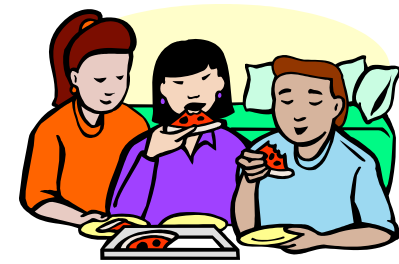
Healthy Decision Making

- *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”*