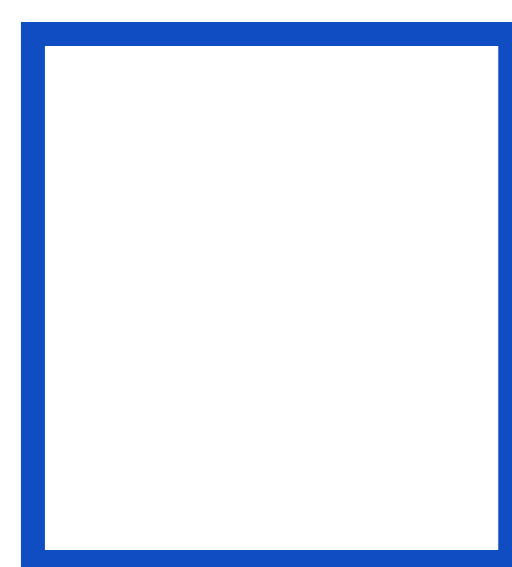
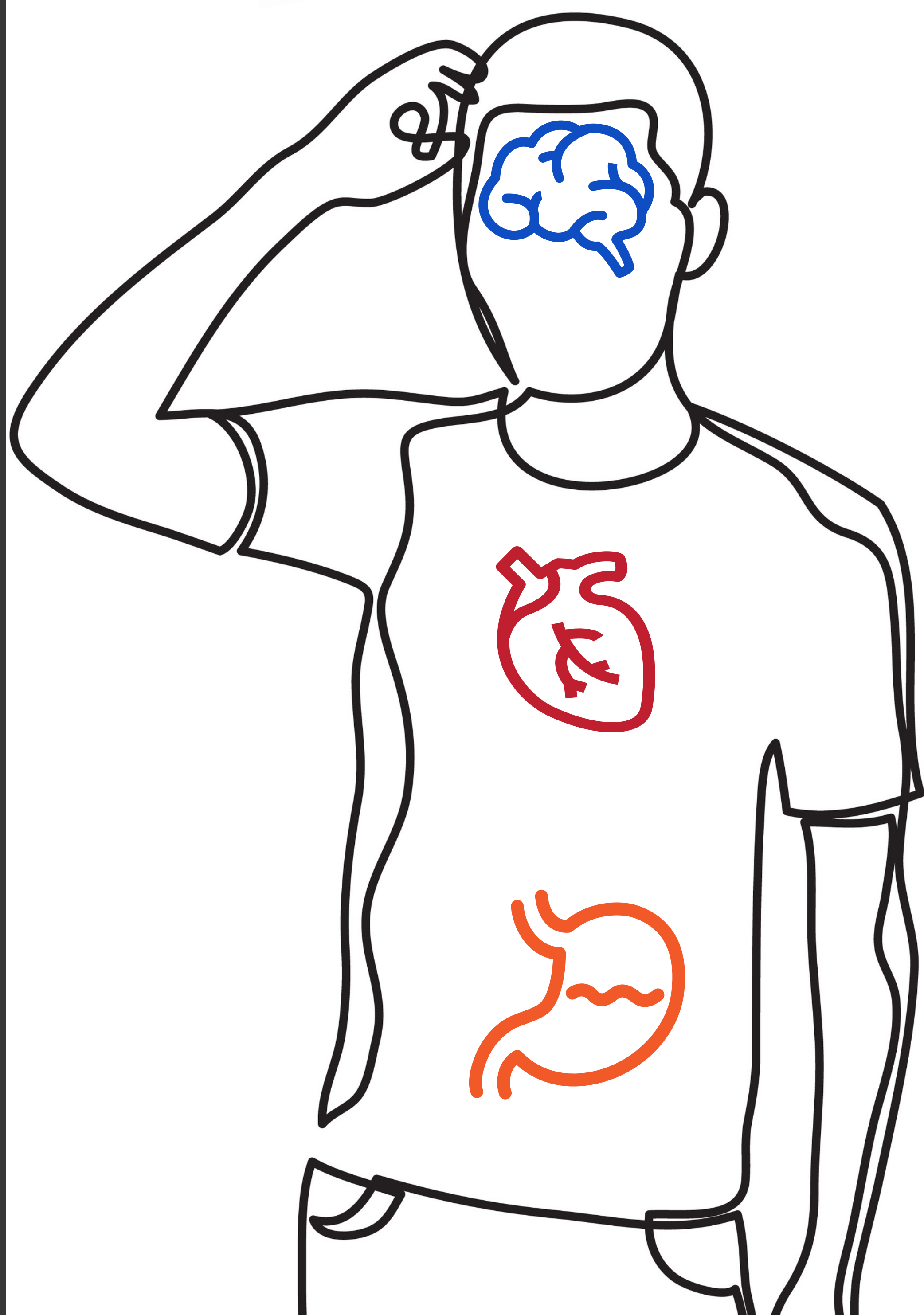


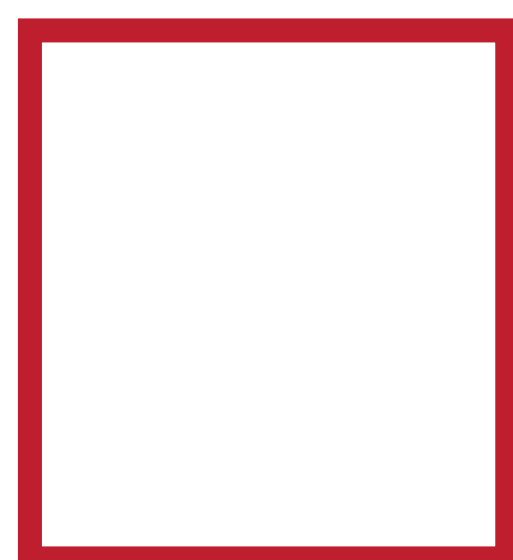
# Smart Choices

## Checklist



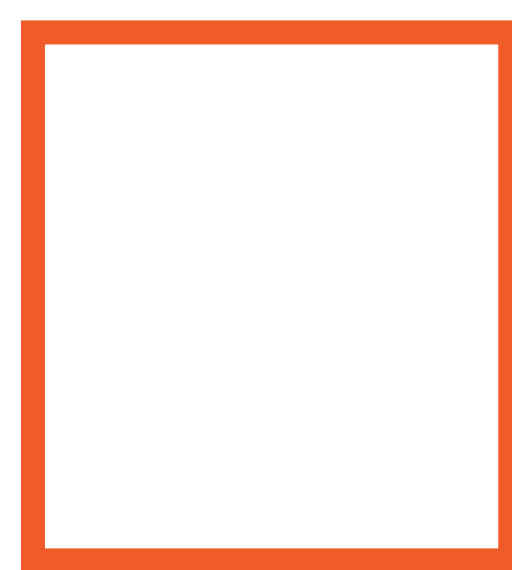
### Use your Brain

- What INFORMATION do I have or need?
- What are the possible CONSEQUENCES of this choice?



### Listen to your Heart

- How does this make me FEEL?
- How does this fit with my VALUES?



### Trust your Gut

- What do my INSTINCTS say?
- What is my body trying to tell me and why?

All ✓ = Good decision    Any ✗ = Bad Decision    Any ? = Ask an adult