

**Section 1-2** **Enrich**

**Family Involvement: Evaluating Health Risks**

You make decisions every day that can have short- or long-term consequences for your health. In most cases, you probably make a decision without thinking about the risks involved in a given situation.

*Read the situations below and identify the health risk for each situation, Also, decide what you could do to reduce the risk. After you record your answers, discuss the situations and your responses with a parent or other trusted adult.*

- 1. You are going to a party where you know people will be drinking alcohol.

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- 2. You have a bad cold, but you don't want to miss school.

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- 3. You are out with friends who choose to have lunch in a fast-food restaurant.

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- 4. A person at school has been spreading false rumors about you, which is making you very angry.

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