



Making Healthy Choices

What We Need to Know

In 2010, the University of Michigan C.S. Mott Children's Hospital polled 2,064 adults, asking them to rate 20 different health concerns for children living in their communities. According to the poll, the top ten health concerns include childhood obesity, drug abuse, tobacco use, Internet safety, stress, bullying, teen pregnancy, child abuse and neglect, and lack of physical activity.

We can't underestimate the importance of helping teens to understand the role they play in making healthy choices... and the lifelong consequences, both positive and negative, of their decisions. The video segment addresses some of the risk-taking behaviors of many teens, and reviews the problems associated with negative peer pressure. It also talks about the need to "choose your friends wisely" and strategies to handle peer pressure.

Conversation Starters

Peer pressure can be powerful, especially in the teenage years. Who influences your behavior and your choices? Who do you influence?

What are some of the choices you face? What are the risks? What are the rewards? How can we help you?

What choices do we make as a family? What might we change in order to encourage a healthier life style? The foods we eat? Our exercise routine?

Resources

[University of Michigan C.S. Mott Children's Hospital Poll on Health Concerns for Kids](#)