

# Healthy Decisions Survey – Elementary School

Date: \_\_\_\_/\_\_\_\_/20\_\_\_\_

Name/Code: \_\_\_\_\_

**Directions:** Circle the word for each statement.

Mark only one answer for each question. Select the answer that best fits you.

1	It's always best to make decisions quickly.	True	False
2	You should always let other people influence your decisions.	True	False
3	Advertisements are always true.	True	False
4	Stress can cause you to get sick.	True	False
5	When you feel stressed, there is nothing you can do to stop it.	True	False
6	Even if someone doesn't say anything, we can tell how they are feeling by the way they move their body.	True	False
7	A good way to refuse to do something is to be assertive.	True	False
8	Beginning your sentences with the word "I" is a good way to be assertive.	True	False
9	"Peer pressure" means that an adult tries to get you to do something you do not want to do.	True	False
10	There is nothing you can do about peer pressure except go along with it	True	False
11	When we feel bad about ourselves, it affects how well we do in school, sports or other activities.	True	False
12	Kids who drink alcohol (beer, wine, or liquor) have more fun than non-drinkers.	Disagree	Not Sure Agree
13	Kids who drink alcohol (beer, wine, or liquor) have more friends than non-drinkers.	Disagree	Not Sure Agree
14	Kids who drink alcohol (beer, wine, or liquor) look more grown-up than non-drinkers.	Disagree	Not Sure Agree
15	Since a lot of people drink alcohol, it can't be that bad for you.	Disagree	Not Sure Agree