

RISKY CHOICES



AGE RANGE

10–13

OVERVIEW

Students will compare the ways that alcohol, tobacco, and vaping can negatively affect a person's health. Students will then learn about noncommunicable diseases (NCDs) and discuss how these risky behaviors may increase their risk of developing certain NCDs. Students will develop and present their claims for how they would convince a peer that their assigned behavior is the riskiest to their future health based on their learning.

ACTIVITY DURATION

45–60 minutes

OBJECTIVES

Students will:

- Understand the risks associated with drinking alcohol, using tobacco, and vaping
- Analyze the connection between these risky behaviors and noncommunicable diseases
- Reflect on their plans to minimize the risk of noncommunicable diseases

MATERIALS NEEDED

- Pencils, one per student
- Markers, crayons, or colored pencils
- Chart paper, six large pieces
- Masking tape
- Dry erase marker or chalk, one for volunteer(s)
- **Risky Behaviors Chart** handout, one per student
- **Risky Behaviors Chart** answer key, one for volunteer(s)
- **Health Effects of Risky Behaviors Like Using Alcohol,**

For more information about the Future Well Kids program, please email

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