

Proud and Responsible Behavior

You are receiving this page because your student is participating in the **Choices Today**, **Options Tomorrow** or **Promoting Health Among Teens** curricula. The goal of these curricula is to provide students with the skills, knowledge, and confidence to make healthy life choices.

Defining Proud & Responsible Behavior:

- Feeling happy with what you accomplish
- Behaving in ways that match your values
- Being dependable, dedicated, and trustworthy

Proud & Responsible Behavior leads to:

- Having a healthier body with lower risk for STDs and HIV
- Reducing risk of pregnancy
- Doing better in school
- Feeling like you can help loved ones and your community
- Accomplishing goals



Something to talk about:

- Share a decision you made that had a negative or positive impact.
- Share a decision you made that had an unexpected outcome.
- Ask your child to share about their reaction to your stories.



Use the QR reader on your phone to watch a video about responsible decision-making.



Practice making responsible choices using the **Decision-Making Process Tool Handout**.