

3 KEY GOALS I WANT TO FOCUS ON:

I've thought about what's right for me and want to make at least 3 life changes a priority right now.

I will write them down here, because that's the first step to making them happen.

1. _____

2. _____

3. _____

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ARE YOU
READY?

DO YOU
HAVE
GOALS?

DO YOU WANT TO
GO TO COLLEGE?

HAVE A CAREER?

THEN MAKE A LIFE PLAN
AND USE IT AS YOUR
GAME PLAN FOR SUCCESS.

Do the little things today for a healthy life tomorrow.

*It is all about me!
a healthy*



NOW IS THE TIME TO DECIDE WHAT YOU WANT FROM LIFE!

Set goals, be informed and take better care of yourself. You are given many choices. Make the choice that will help you be your best and reach your life goals.

1. HAVE A PLAN!

Do you want to go to college? Have a career? Have children someday? Write down your goals and the steps to reach these goals. Have a strategy and make a game plan. Look at your goals often and celebrate your accomplishments. Stick to your goals and decisions. Don't let anyone pressure you into doing something you're not comfortable with or that strays from your goals.

ABSTINENCE: The only 100% effective way to not have a baby and to avoid STDs is to NOT have sex.

2. LIVE A HEALTHY LIFE!

- Eat a healthy diet
- Exercise 3-5 times a week
- Stay away from alcohol, smoking and illegal drugs
- See a healthcare provider for regular checkups

8 in 10 girls and 6 in 10 boys say they wish they had waited until they were older to have sex.

MAKE A PLAN TO ACHIEVE YOUR GOALS!

3. BE READY!

Make sure all of your shots are up-to-date.

Take care of health problems - don't ignore them.

Wait until you are ready to have sex. Ask yourself. "Am I responsible and ready for a sexual relationship?"

If you are sexually active, get tested for STDs and ALWAYS insist on using protection.

If you are having sex, you can get pregnant! It's time you think about how being a mom would fit in your plans.

4. KNOW THE FACTS!

Being a teen parent is like baby-sitting all day, every day, and not getting paid.

Parenthood is the main reason why most teen girls drop out of school.

A baby doesn't solve relationship problems. Most teen fathers don't marry the mother of their child.

Babies are expensive. Costs can add up to \$10,000 in the first year alone!

The majority of families begun by a young unmarried mother are poor.