

Activity

Health Behavior Contract

Encouraging Healthy Relationships

My Goals: I, _____, will accomplish one or more of the following goals:

I will identify three trusted adults with whom I could talk about a serious problem.

I will show support to a friend or family member.

I will use my refusal skills when someone tries to pressure me into doing something that I do not want to do.

Other: _____

My Reasons: By talking to an adult about a problem, I can help keep myself safe and healthy. By supporting my family and friends, I will learn better communication skills and how to improve my relationships with them. I will also develop assertive behavior when I use refusal skills.

Other: _____

My Values: Personal values that will help me meet my goals are

My Plan: The actions I will take to meet my goals are

Evaluation: I will use my Health Journal to keep a log of actions I took to fulfill this contract. After 1 month, I will evaluate my goals. I will adjust my plan if my goals are not being met. If my goals are being met, I will consider setting additional goals.

Signed _____

Date _____