

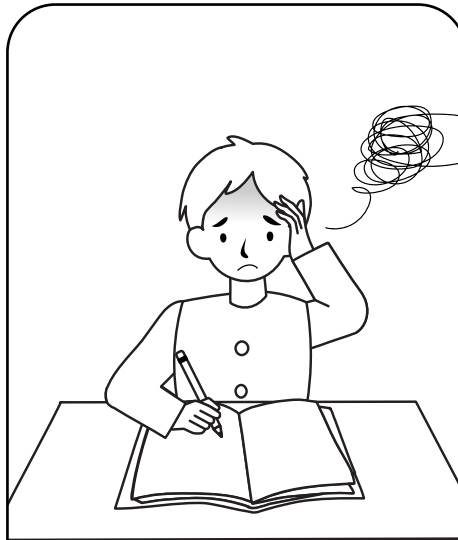
BAD FEELINGS, GOOD CHOICES

Sometimes in life, we feel pain. This can be physical pain, like from a bike accident, or emotional pain, like when you feel embarrassed. Even when we feel bad, it's still important to make good choices. Read the following scenarios and choose the healthiest way to deal with pain.



You fall on the playground and bump your head. It hurts really bad. Which of these should you do?

1. Try to be tough and not tell anyone.
2. Yell at the people around you to leave you alone.
3. Tell an adult what happened and how you feel.



You are in class and you have a headache. Your friend Sam says she has some pills her mom gave to her that she takes when she gets headaches. Which of these should you do?

1. Not take medication that doesn't belong to you.
2. Cut one pill in half to make sure it's safe.
3. Take the pills because they came from an adult.



Some days, you feel like there's a dark cloud hanging over your head. Which of these should you do?

1. Ignore it and hope it goes away.
2. Tell a friend or trusted adult how you're feeling.
3. Do research online for drugs to make you feel better.

REFLECTION:

Where have you felt pain before? Have you ever had a skinned knee, a stomach ache, or bad feelings? What did you do to feel better?