

Choices Discussion Cards



Choices Discussion Cards

It is Sunday night and you have played sports all weekend. You are really tired but you have school tomorrow and know that you need to get clean.



What choices do you have?

twinkl.com

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association **Programme of Study**.

Choices Discussion Cards

It is Saturday night and your parents are watching TV. They won't know if you stay up playing on your tablet until late. Tomorrow, you need to be up early for a day out with your friend for their birthday.



What choices do you have?

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At a friend's party, there is a lot of unhealthy food. No one would really notice if you took second or third helpings of sausage rolls, crisps, cakes, biscuits, sweets and fizzy drinks.



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You are looking at images of your favourite pop group with your friends. All the members of the pop group have died their hair. Your friends suggest that all the friendship group does the same.



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Now you are older, you go to bed on your own and get up in the morning on your own. You have never liked cleaning your teeth and now no one would know if you didn't do this.

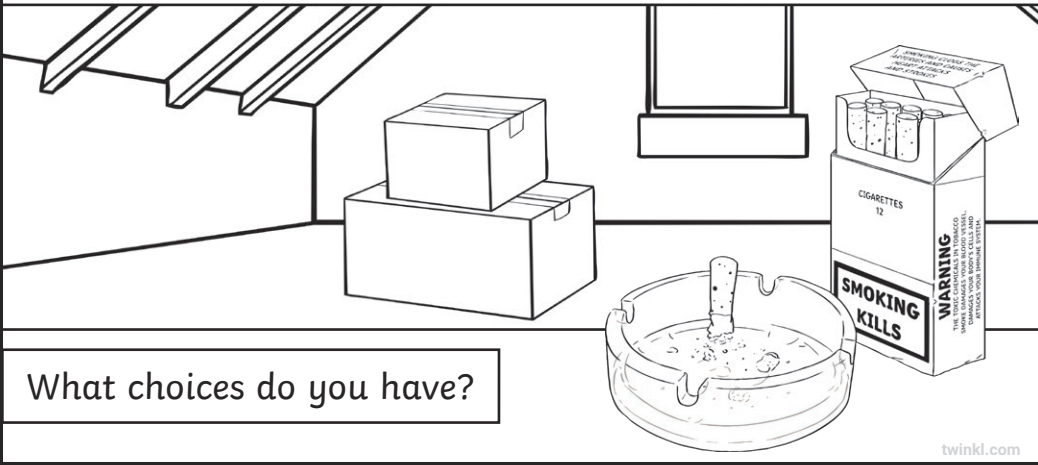


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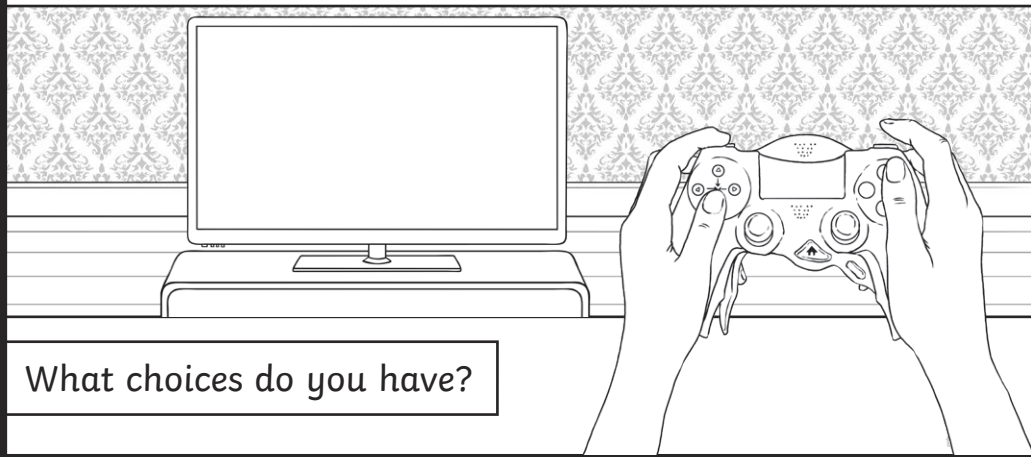
While you are at your friend's house, your friend gets an older sister's cigarettes and suggests that you try smoking one. Your friend has already tried one and says that you should.



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You recently got a new games console for your birthday. Your friends keep calling to ask if you want to go out to play in the park with them but you really like playing computer games.



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