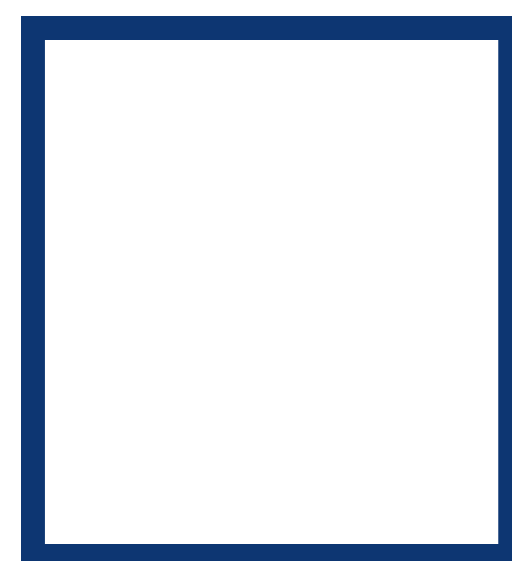
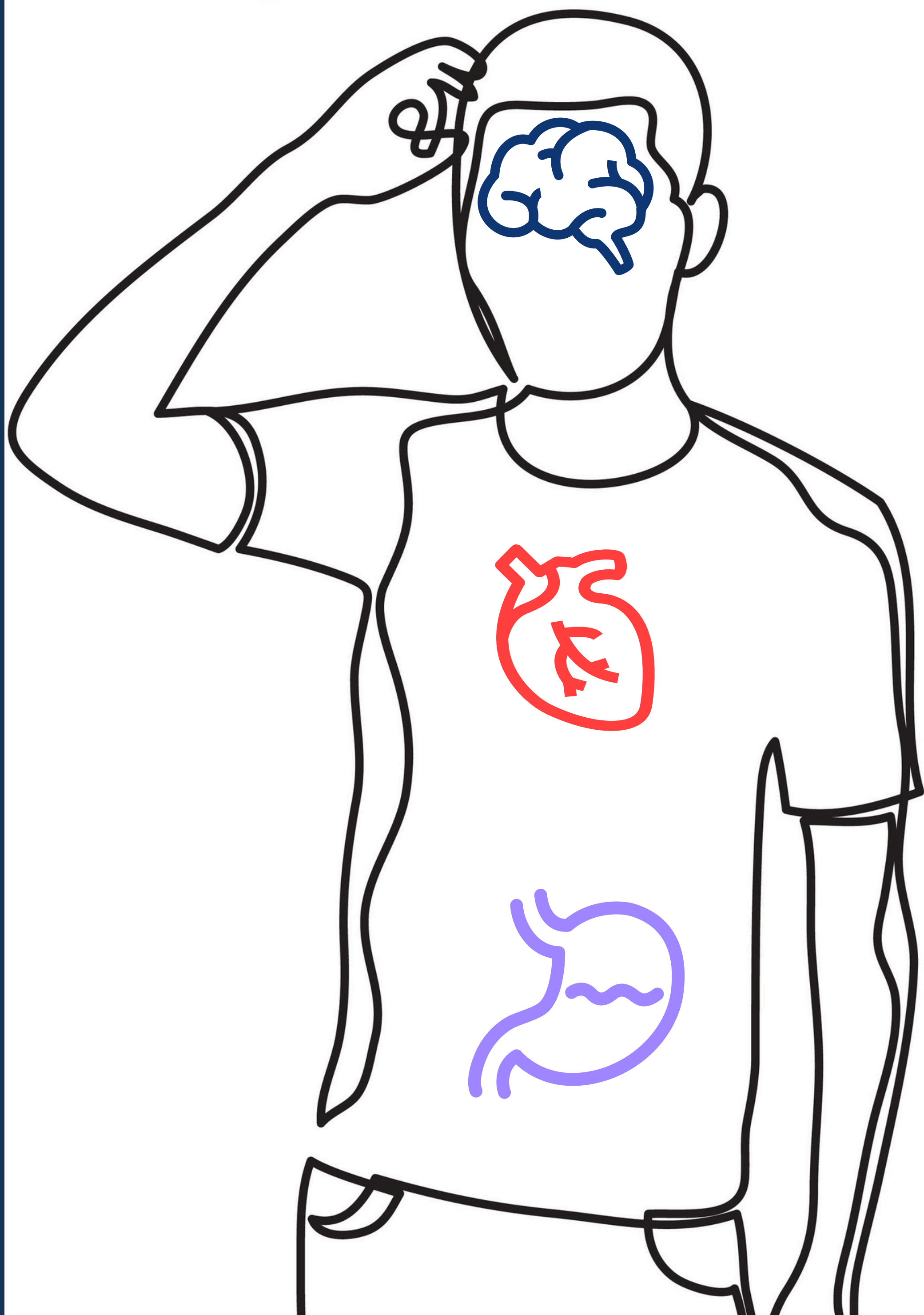


SMART CHOICES



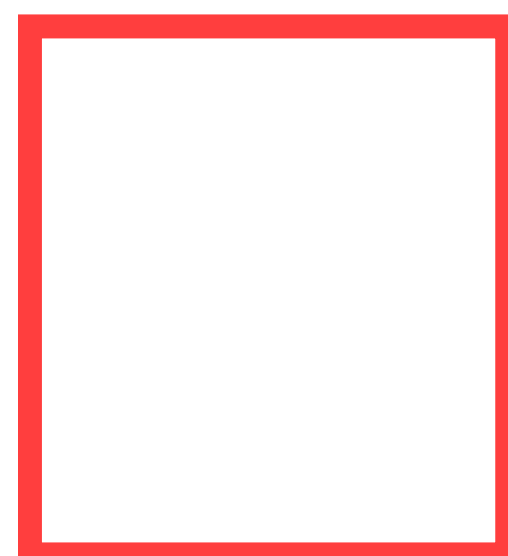
CALGARY
POLICE
DISCOVERY
CENTRE

CHECKLIST



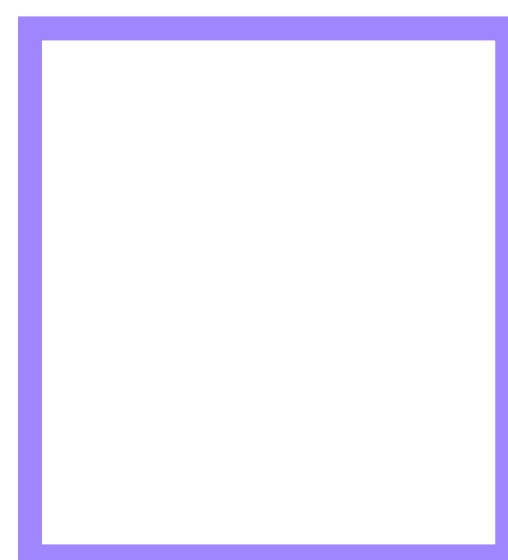
Use your Brain

- What INFORMATION do I have or need?
- What are the possible CONSEQUENCES of this choice?



Listen to your Heart

- How does this make me FEEL?
- How does this fit with my VALUES?



Trust your Gut

- What do my INSTINCTS say?
- What is my body trying to tell me and why?

All ✓ = Good decision Any ✗ = Bad Decision Any ? = Ask an adult