

Healthy Decision-Making Attitudes and Skills
(Attitudes and skills related to health behaviors)

Healthy Decision-Making Attitudes and Skills	Definition	Survey Items
Positive Health Beliefs	Belief in the importance of avoiding risky health behaviors	How much do you agree or disagree with the following? <ul style="list-style-type: none"> • It is important for me to avoid misusing substances.
Positive View of the Future	Having high education aspirations for the future	How much do you agree or disagree with the following? <ul style="list-style-type: none"> • I have goals that I want to achieve for my future. • I think about how decisions that I make about misusing substances can affect my future. • I make healthy decisions about using substances that help me achieve my goals for my future.
Resistance Skills	Resisting negative peer pressure and unhealthy situations	How much do you agree or disagree with the following? <ul style="list-style-type: none"> • I feel confident that I can say, “No” when pressured by a peer to misuse substances.
Health Communication	Talking with adults and peers about health questions and decisions	How much do you agree or disagree with the following? <ul style="list-style-type: none"> • I can easily explain issues related to substance misuse to adults. • I can easily explain issues related to substance misuse to my peers.
Digital Literacy	Analyzing digital media for accuracy and impact on self-image	For each of the following statements, please tell us how easy or difficult these behaviors are for you. <ul style="list-style-type: none"> • Understanding how advertising can influence my decision to misuse substances. • Knowing which places – both online or in person – provide truthful information about misusing substances.