



**How** will things change?



What is the **impact** on me? On others?



Is it **permanent**?



HIP check

1. **Fill in each box with how each action will change things, who it will impact, and how permanent it is.**
2. **Color the sliding scale with how big the decision is overall.**

Should I get a tattoo?

H:	I:	P:
<div style="display: flex; justify-content: space-between; padding: 5px;"> <span><b>Smaller</b></span> <span><b>Bigger</b></span> </div>		

Should I try my friend's Juul after school?

H:	I:	P:
<div style="display: flex; justify-content: space-between; padding: 5px;"> <span><b>Smaller</b></span> <span><b>Bigger</b></span> </div>		

Should I buy my own vape pen?

H:	I:	P:
<b>Smaller</b>		<b>Bigger</b>

Should I vape regularly and between classes?

H:	I:	P:
<b>Smaller</b>		<b>Bigger</b>

***On the line below, write one decision you are currently facing and then fill in the chart and sliding scale for that personal decision.***

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H:	I:	P:
<b>Smaller</b>		<b>Bigger</b>