

# Decisions

# HARMFUL ACTIONS

Kids have ten minutes to decide which of the following things they consider to be the most harmful and to order the list using a number 1 beside the one they

think is the most harmful, number 2 beside the second most harmful, etc. Afterward, discuss the results. Define harmful as it relates to all areas of life.

- Getting drunk
- Moderate drinking (alcohol)
- Lack of exercise
- Cigarette smoking
- Guilt feelings
- Poor eating habits (types of food, how eaten, etc.)
- Marijuana
- Drugs (amphetamines, LSD, etc.)
- Overwork
- Lack of medical attention when necessary
- Premarital sex
- Nervous anxiety and tension
- Fatigue, caused by never getting enough sleep

- Overeating
- Watching television
- Reading pornography
- Other:
- Other:

### Questions:

- Why did you rank the items the way you did?
- What criteria did you use to decide which item was more harmful than the others?
- How would your parents rank the items?
- How would God rank them?