

Examples of Clear, Health-Enhancing Stand or Positions

1. Underage drinking is illegal, addictive, and can promote poor decision-making in teenagers. Each of us has witnessed underage drinking at SHS and the negative things that can result such as unwanted sexual behaviors, drinking and driving, violence, and physical illness. We would like to provide our peers with healthier alternatives to drinking alcohol so as to decrease the unwanted negative consequences that often accompany this behavior.
2. Marijuana abuse is prevalent in the SHS community. In our opinion, the majority of students do not view smoking marijuana as a big deal and do not believe that there are any negative consequences as a result of getting high. Numerous movies glamorize the use of marijuana and students are looking for easy ways to relieve stress and have fun. We would like to dispel the myths surrounding marijuana use and provide healthier options for relieving stress and having fun.
3. Teen dating violence has been on the rise over the past couple of years. One of us has a friend that is in an emotionally abusive relationship and we have been unable to help her realize that she needs to break up with her partner. We want to figure out why teen dating violence is on the rise, why people stay in these relationships, and why the abuser feels the need to treat partners in this way. As a result of this project, we are hoping to bring this issue out into the open and to help students recognize and leave unhealthy relationships.
4. High school students are stressed out and are often struggling to deal with stress in healthy ways. Students often pull all-nighters in order to study for tests, cheat in order to obtain higher grades, use stimulants to stay awake, or become depressed under the pressure to succeed. Despite all of these stressors, we do not spend enough time in our classes learning healthy ways to deal with our stress. We are hoping to teach students healthier ways to deal with their stress such as exercising, effective time management, and meditation.