

Helpful Frame - HIP Check



How will things change?



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



Is it **permanent**?



HIP Check

1. *Enter text in each box with how each action will change things, who it will impact, and how permanent it is.*
2. *Place a star on the sliding scale to indicate how big each decision is overall.*

Should I get a tattoo?

How	Impact	Permanence
<div>SmallerBigger</div>		

Should I try my friend's Juul after school?

How	Impact	Permanence
<div>SmallerBigger</div>		



Helpful Frame - HIP Check continued

How	Impact	Permanence

Smaller		Bigger
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Should I vape regularly and between classes?

How	Impact	Permanence

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

How	Impact	Permanence

Smaller		Bigger
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