

Change It or Leave It Worksheet

List of Activities	Change It (C) or Leave It (L)
1. Hugging someone you just met.	
2. Hanging out with older kids or adults.	
3. Looking at pictures of naked people.	
4. Slapping high-five with your friend.	
5. Talking to adults about sex.	
6. Interrupting someone's conversation.	
7. Laying on someone you don't know well.	
8. Hanging out with friends past your curfew.	
9. Tapping on someone's shoulder to get their attention.	
10. Dancing with someone at a school dance.	
11. Hanging out with people while they are using drugs/alcohol.	
12. Saying no to adults.	
13. Touching people when talking to them.	
14. Going out after school without letting your parents know.	
15. Texting naked pictures of yourself to friends.	
16. Squirting water at people.	
17. Talking in class.	
18. Making out with your boyfriend/girlfriend after school.	
19. Passing gas in class.	
20. Scratching your private parts in public.	
21. Making fun of someone's weight.	
22. Posting rumors about classmates on Facebook.	
23. Helping your mother do household chores.	
24. Meeting someone in person who you met online.	
25. Sharing a drink from the same straw as your friend.	
26. Teasing someone for making a mistake.	
27. Running while holding a baby.	
28. Slapping someone's butt.	
29. Helping someone who you don't know carry groceries.	
30. Rubbing up on someone in the school hallway.	

