

Hangman: Personal Choices and Well-Being

This game reviews vocabulary connected to decision-making, health habits and social influence, ideas that Career and Life Management students build on from earlier outcomes in Health and Life Skills. Grade 7 students examine how personal grooming choices and advertising shape habits ([Outcome](#)) and how peer pressure factors into everyday decisions such as food choices ([Outcome](#)), while also analyzing the social factors behind substance use and avoidance ([Outcome](#)). Grade 8 outcomes push this further by asking students to examine the relationship between choices and the consequences that follow ([Outcome](#)) and to develop strategies for handling pressure to look or live a certain way ([Outcome](#)). This puzzle set uses key terms from that progression to reinforce vocabulary students need when discussing personal health decisions and social pressure at the Grade 10 level.

How to play

- There are 4 words to guess, one per round. Each blank stands for one letter.
- Guess one letter at a time. If it is in the word, write it in every blank where it belongs; if not, write it in the wrong-guess spaces.
- You have 6 wrong guesses per round. Use the clue when you are stuck. The answer key gives all 4 words.

Puzzles

Round 1 (4 letters)

P _ _ _

Clue: A person of similar age or status who can influence your choices

Wrong guesses: _ _ _ _ _

Round 2 (8 letters)

G _ _ _ _ _ _ _

Clue: Personal cleanliness and care of one's appearance

Wrong guesses: _ _ _ _ _

Round 3 (8 letters)

P _ _ _ _ _ _ _

Clue: A social force pushing someone toward a certain look or behavior

Wrong guesses: _ _ _ _ _

Round 4 (12 letters)

C _ _ _ _ _ _ _ _ _ _ _

Clue: The results that follow from a decision or action

Wrong guesses: _ _ _ _ _

Answer key

- Round 1: **PEER**

- Round 2: **GROOMING**
- Round 3: **PRESSURE**
- Round 4: **CONSEQUENCES**