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Description: The film focuses on Ben as he is faced with a variety of choices around the topic of New Psychoactive Substances (NPS). This is an interactive video drama where learners get to make the choices for Ben and see the consequences. There are a variety of choices that can be selected.

Type: Online resource, Lesson Plan, Film

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This is an ongoing process, but we've put together a nice list of healthy choices all women should make. Browse through the gallery and start making positive changes in your life today!

What Are Good & Bad Healthy Lifestyle Choices? | Healthfully

Blair years (1997-2007) Public health. The Choosing health: making healthy choices easier white paper was published following a public consultation which found that people mostly wanted to make their own decisions and choices when it came to their health, but that they needed support from the government to do this. The government committed to developing a behaviour change which would include public communications campaigns with a focus on sexual health, obesity, smoking and alcohol consumption.

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For a healthier choice, use a small amount of vegetable or olive oil, or reduced-fat spread instead of butter, lard or ghee. When you're having meat, choose lean cuts and cut off any visible fat. All types of fat are high in energy, so they should only be eaten in small amounts.

8 tips for healthy eating - NHS

Choices For Life 'Choices for Life' is a Police Scotland initiative aimed at raising awareness amongst young people aged 11-18, about the dangers of smoking, alcohol and drugs as well as online safety and advice on how to deal with negative peer pressure.

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