

**Oklahoma's Healthy Transitions Initiative
General Questions to Assist Transition-Aged Youth**

Topic: Healthy Living Skills

Sub-topics: [Sex Education](#)
 [Living Skills](#)
 [Nutrition](#)
 [Safety](#)
 [Growth & Development / Support Systems / Connectedness](#)
 [Quitting Destructive Behavior](#)

SEX EDUCATION:

Have you ever been to any sex education classes?

What information are you looking for?

Do you need to find a health clinic?

LIVING SKILLS:

Physical Activity/fitness:

Do you exercise?

NUTRITION

Do you need information on healthy foods that are good for you?

SAFETY

GROWTH AND DEVELOPMENT / SUPPORT SYSTEMS /CONNECTEDNESS

Are you familiar with social network sites?

QUITTING DESTRUCTIVE BEHAVIOR

Do you know how and where to get the help you need?