

ABOUT THIS ORACLE DECK

We created the Healthy Teen Oracle Deck to support young people as they consider their health-related decisions and explore whether they want to make any changes.

Oracle cards are a divination tool that can be consulted for guidance and to prompt introspection. A person draws cards in response to a question, then uses the image and associated word or phrase that each card contains to find their answer.

The cards a young person selects can also serve as starting points for discussions with health professionals or other trusted adults.

