

Alive & Well



Growing Up Parent Guide

ALIVE & WELL

GROWING UP



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UNDERSTANDING MYSELF AND OTHERS

Session 1

**"I don't like that man,
I must get to know him
better." ~ Abraham Lincoln**

Content:

- Often times when people react poorly to us, they are actually responding to something else going on in their lives. When we know them better, we can understand them.
- Respect: Being sensitive to others thoughts, feelings, and emotions.
- Whole body listening
 - Eyes are focused
 - Ears are listening
 - Brain is engaged
 - Mouth is quiet
 - Hands and feet are still
- Body language is communicating with our movements, gestures, and tone.
- Communicate respect both verbally and with your body language.
- Think the best before you think the worst in others.
- Empathy: The ability to understand and share the feelings of others.
- Ask an adult when you can't figure it out or if someone could get hurt.

Ask Your Student About:

- Brain games: Counting the footballs
- Thinking the Best class activity
- Empathy Can Change the World Video
- The Plastic Cup demo

Parent Talk

Homework:

Understanding Others

Name It To Tame It

SESSION 2 Content:



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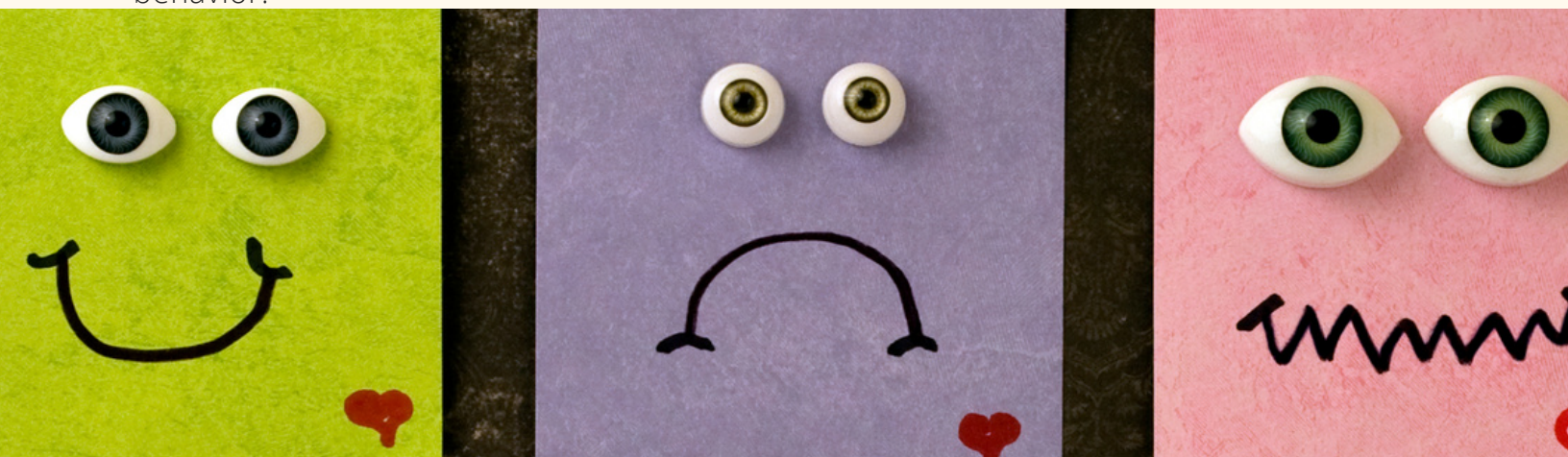
- The brain changes depending on what it is exposed to.
- Discuss how harmful substances like vaping, smoking, drugs, and alcohol can interfere with the development of the brain, harm our bodies and negatively influence our behavior.
- Ways to handle strong emotions without making decisions we will later regret:
 - Don't react immediately
 - Take a deep breath
 - Think about the consequences
 - Express your emotions in a productive way
- Snap Decisions: Decisions you make without thinking through the potential consequences
- Reflective Decisions: Decisions you think through.
- Identifying our emotions can help us regain control over them.
- When we stuff our emotions down, they can still control us.
- The Resilient Egg Demo - Resiliency is the ability to bounce back after difficulty. Students see the benefits of coping with stress in a healthy way vs avoiding or allowing stress to guide their behavior.

Ask Your Student About:

- How Our Brain Works video
- How Does My Body Feel exercise
- Deep breathing
- Stress Relieving ideas
- Stress Coping ideas
- Resilient egg

**It is healthy to
accept all of
our emotions**

Homework: Think About It



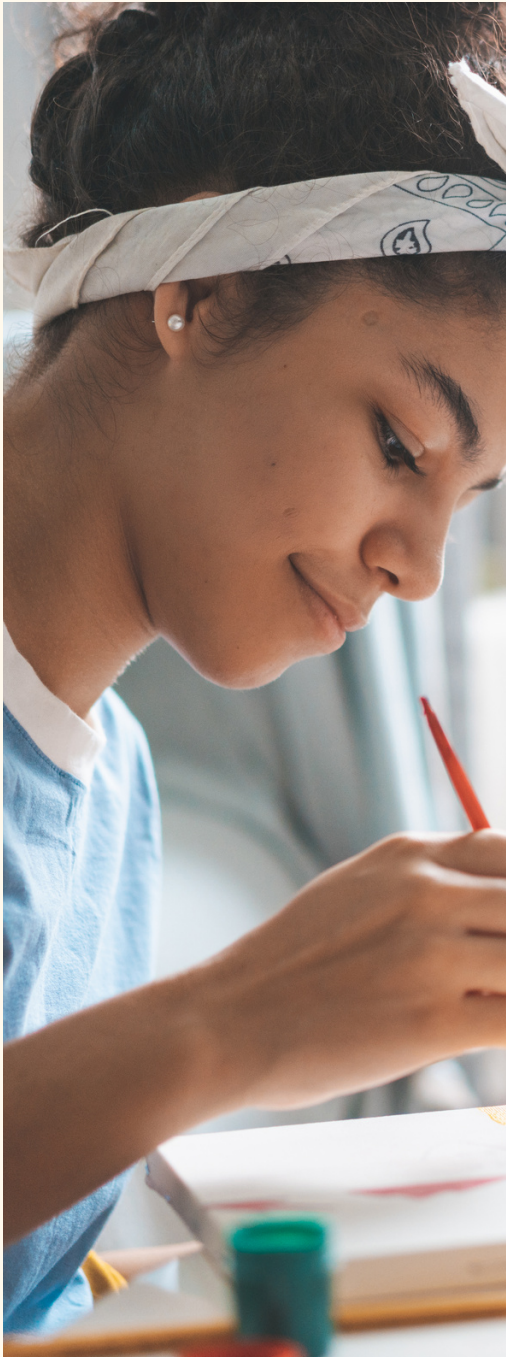
Session 3

UNIQUELY YOU

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Content:

- Our brain is capable of changing and growing.
- When we know what we are good at, we are more prepared to overcome peer pressure.
- With repeated practice, current struggles can become future strengths.
- Don't be afraid to try new things because that's how you discover your strengths.
- We must say no to people and situations that do not keep us on the path to good health.
- We are capable of learning through failure.

Ask Your Student About:

- 9 Multiple Intelligences Video
- Why Failure Is a Good Thing Video
- Class Labyrinth Activity

Homework:

Which Kind of Smart are You?

Quote: Everyone has a unique talent, but few explore it.

SESSION 4

BE YOURSELF



QUOTE FOR THE DAY:

Be the best you that you can be

Ask Your Student About:

- The Flash Paper demo: Amy's story
- The Yarn demo
- Vaping video
- The Push Up contest and how that compares to self-control

Homework:

A Day In the Life

Content

- Setting goals helps to keep you on the right path.
- Goals: Something you want to achieve
- Steps to making a good decision
- Once you get into a mess, it can be very hard to get out of it.
- Self-control: Making yourself do what is right even when you don't feel like it.
- Think of what things you should dodge throughout life.



SESSION 5: MATURITY

Talk to a trusted adult about all of the changes that happen to your body during puberty.

"You have to do your own growing up no matter how tall your grandfather was." ~ Abraham Lincoln

Content:

- The Whole Person Circle and changes that happen in each region as you mature.
- Ways to stay healthy as a whole person:
 - Physical: changes that occur to your body during puberty
 - Emotional: keeping your emotions in check
 - Mental: putting positive things into your mind
 - Social: not allowing others to control your actions
 - Spiritual: your beliefs and actions line up with each other
- It is your responsibility to stay healthy in each region

Ask Your Student About:

- Puberty video

Homework:
My Personal Health Goal





HEALTHY RELATIONSHIPS

Session 6

CONTENT:

- How to be a good friend
- We have a basic human need to belong to a group and form relationships.
- Respect: Treating others as if they are as important as you are
- You can't take your words back after you have said them.
- Facts about alcohol, consequences of teen use, and how to refuse it
- Choose friends that make healthy choices and encourage you to do so.

ASK YOUR STUDENT ABOUT:

- Law of Attraction - Pepper demo
- Out of My Mouth - Toothpaste demo
- Friends Rub Off demo
- Dangers of Alcohol video
- Are You a Respectful Person quiz
- Practicing healthy communication in friendship

**Homework:
Qualities of
a Good
Friend**

To have a good friend, you must be a good friend.

RESPECT

Session 7

Those who follow the crowd usually get lost in it.

Content:

- Self-esteem: your opinion of yourself
- Peer pressure can help or harm you
- Steps to stop a bully
- Getting your life back on track is easier today than tomorrow
- Appropriate clothing: Keeping the private parts of your body fully covered
- Inappropriate media: A picture or video that your trustworthy adults would not want you to see

Ask Your Student About:

- Pop can demo
- Bullying video
- Responding to bullies
- Unhealthy media avoidance: CAN DO plan

Homework:

Screen Time Rules To Keep Me Safe



MEDIA & TECHNOLOGY

SESSION 8

CONTENT:

- Not everything you see in the media is true.
- The things we put into our minds will come out in the way we speak, think, and act.
- Discernment: The ability to choose what is right and avoid what is wrong
- According to drs., screen time should be limited to two hours daily.
- The world needs you to be the best version of yourself.
- Avoid dangerous online trends.
- Facts about prescription drugs, marijuana, and other illegal drugs
- Consequences of drug use
- Ways to avoid and refuse drugs

ASK YOUR STUDENT ABOUT:

- Their Media Kid
- The Internet Safety video
- The Optical Illusions demo
- Before and After photos of drug users
- The Stay on Course game
- Screentime Rules to Keep Me Safe
- Their Personal Health Goal

**BE YOURSELF,
EVERYONE ELSE IS
TAKEN**

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