

*Alive & Well*

*6th Grade Parent Guide*



# 6TH GRADE ALIVE & WELL

## *Planning For a Bright Future*

*Students will receive a note taking packet and Parent Talk homework assignments designed to promote parent/pre-teen discussions.*



## Session 1: Understanding Me

**Quote: *Your emotions make you human.***

**3 Regions of the Brain:** Primitive Region, Feeling Region, Thinking Region

**Flipping Your Lid:** When a situation causes a heightened emotional response, the feeling region of the brain takes over. This is when we must re-engage our thinking brain before we make decisions we will later regret.

**Ask Yourself:** What am I feeling? Why am I feeling this way? What happened in my past to make me have these feelings? What can I do to make this situation better?

**I-Messages:** Communicating our feelings without blaming another person.

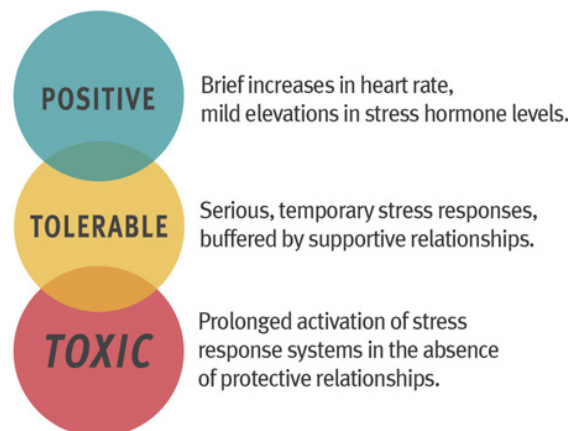
**Body Language:** Over 90% of our communication is non-verbal. This comes across through our tone, eyes, breath, and body language.

If we let our negative emotions build up, they will eventually explode!

**Stress Management Tips:** Use square breathing, listen to music, get enough sleep, exercise, take a walk, eat healthy, practice good time management, talk to friends and a trusted adult.

**The first step in processing your emotions is to name the emotion you are feeling.**

## 3 Types of stress



**Parent Talk Assignment:**  
*Think Sheet*

### **Ask your student about**

- *Areas of the Brain* video
- The Bottle It Up demo
- I-message scenarios
- Square breathing

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## Session 2: Understanding Others

**Quote: I've learned that 2 people can look at the exact same thing and see something totally different. - Unknown**

### Content:

- My background affects the way I view the world.
- Others have a different worldview than I do.
- Respect - treating people as if they are valuable.
- Empathy - putting yourself in another's shoes.

**Empathy:** What does this person see? What might this person be hearing? What emotions might this person be feeling? What might this person be thinking?

Seek to understand before being understood.

### **Whole Body Listening:**

- My eyes are focused
- My ears are listening
- My brain is engaged
- My mouth is quiet
- My hands and feet are still

### **Ask your student about**

- The red and green glasses
- The water glass demo
- The green peanut butter story
- Empathy scenarios

**Parent Talk Assignment:** *Worldview: The Way I See the World*





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Session 3: Friendship & Technology



**Quote: Show me your friends,  
and I'll show you your future.**

## **Content:**

- Mirror Neurons encourage us to follow others
- Self-esteem: What is it? How can we strengthen it?
- Factors that will help me build better relationships
- Improving my character - what is on the inside counts
- Being respectful in how I present myself to the world
- Respectful communication
- Texting & social media - my digital footprint
- Protect Yourself video about making safe media choices
- Never meet someone you only know online
- Never send inappropriate pictures to anyone online or in real life

**Alive & Well**  
[aliveandwellteens.com](http://aliveandwellteens.com)  
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students to participate in  
the Parent Talk  
assignments each week?*

**Parent Talk  
Assignment: What  
Are Your Talents**

**Ask your  
student about:**

- Their self-esteem
- Their favorite forms of media
- Good and bad experiences they have had with technology

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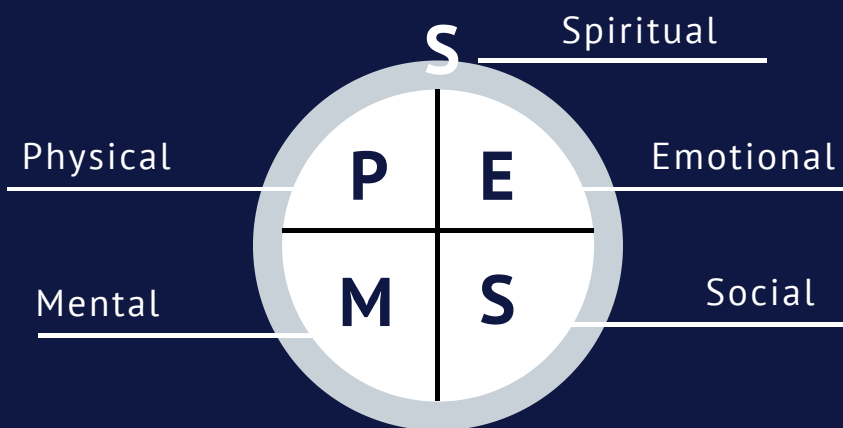
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## Session 4: Goals & Maturity

**Quote: If you aim at nothing, you will hit it every time.**

### The Whole Person Circle



### Maturity

**Spiritual:** Respecting beliefs & values

**Emotional:** Self-control vs immediate gratification

**Social:** Defining boundaries & resisting negative peer pressure

**Physical:** Body changes are automatic

**Mental:** Setting goals & making good decisions

#### Ask your student about:

- The Lifesaver demo
- Emotional needs
- Snap vs Reflective decisions
- The Marshmallow video

#### Set SMART goals

**Specific**  
**Measurable**  
**Achievable**  
**Relevant**  
**Timely**

### Parent Talk Assignment: I Have Some Questions

*Next week, we will be presenting the topics of puberty and abstinence in your pre-teen's class. We believe that it is very important for young people to discuss these issues with their parents/guardians. The purpose of this activity is to "break the ice" to help you have these conversations with your student.*

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## SESSION 5: PUBERTY, ABSTINENCE, & PERSONAL HEALTH GOALS

**Quote:** My sexuality is a special gift worth respecting and protecting.

### Content:

- **Video:** *You, Your Body, & Puberty*
- **Define:**
  - **Pituitary Gland** - The gland in our brains that controls our growth.
  - **Puberty** - The stage of life when a child begins to develop into a young man or woman.
  - **Hormones** - Special chemicals in the body that cause changes to occur.
  - **Ovaries** - The organ where the female's eggs are stored.
  - **Uterus** - The female organ in which a baby grows.
  - **Menstruation** - The shedding of the lining of the uterus.
  - **Testes** - The organs where the male sperm cells are produced.
  - **Fertilization** - The process of a sperm joining an egg.
- **Abstinence** - Saving intimate sexual contact for marriage. This helps you create positive relationships.

### **Ask Your Student About:**

- The puberty video
- Changes that happen in the whole person circle as you mature
- Abstinence

### **Parent Talk Assignment:** *My Personal Health Goal*

*Puberty is a very important time in life. Be sure to share your questions and concerns with a trusted adult.*

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### Session 6: Love & Infatuation, Steps of Affection

Quote: Love takes time to grow, infatuation comes and goes.

**Content:** Love vs. Infatuation (a crush), Setting Limits, Abuse

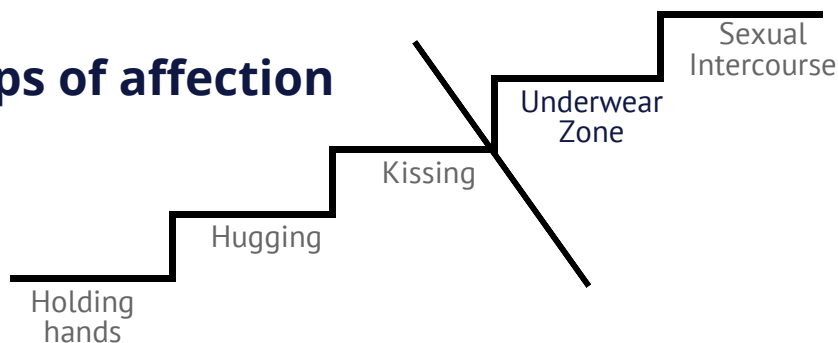
Love is long-term, committed, and thinks of the other person's needs. Infatuation is short-term, no commitment, thinks of one's own needs.

Save sexual involvement for the loving, committed relationship of marriage. Infatuation is normal, fun and exciting - but it can be hurtful when a person mistakes infatuation for love and becomes physically involved in a relationship based on infatuation.

Secondary Abstinence - When a person chooses to stop crossing the line and start over to save sex for marriage in the future.

Pornography - Pictures or videos where a person's private parts are not covered. Frequent viewing of pornography can affect your brain and relationships.

#### The steps of affection



*Most junior high and high school relationships do not progress into marriage. If a line of affection has not been drawn, the risks and consequences will be greater in the "whole person circle".*

**Parent Talk Assignments:**  
*Alive & Well Media Assignment*

#### Ask your student about

- The differences between love and a crush
- The Love Potion demo
- The power of hormones
- The healthiest place to draw their line

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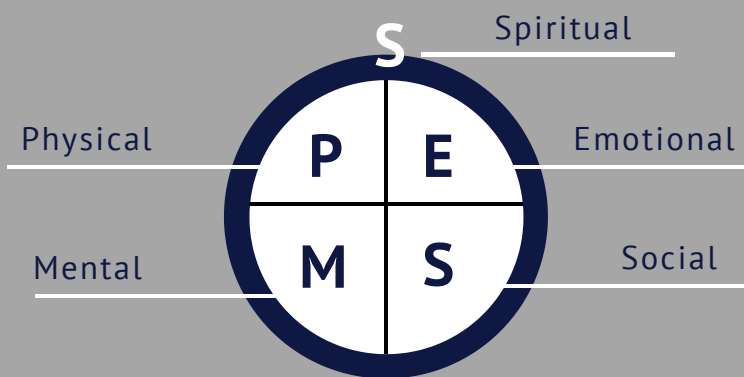


### Session 7: Possible Consequences

*Quote: Let the choices you make today be choices you can live with tomorrow.*

## Content:

- Possible physical, emotional, and mental consequences of sexual involvement, basic STI information (definition, transmission, symptoms, prevention) and abstinence, a discussion about ways to show someone you like them without showing physical affection
- How vaping affects a teens physical health, social life, and mental health
- The Hit Your Brain Takes video about vaping
- Personal Health Goal checklist
- Story that shows real life consequences of vaping and discussion about how they could have been avoided
- Brainstorm ways to say no to unhealthy behaviors



*Sexual activity can have consequences in all parts of the whole person circle.*

### Parent Talk Assignment:

**Character Qualities:** *This is a great chance to build your student's self-esteem.*

### Ask your student about

- The possible whole person consequences of unhealthy behaviors like vaping and sexual activity
- The HIV/AIDS analogy (the human and the immune system guards)



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## Session 8: My Place in This World.

***Quote: Everybody is a genius . But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid. ~Albert Einstein***

### Content:

- We each have talents and abilities that can make the world better.
- Tips for finding my strengths.
- Neuroplasticity - My brain is capable of changing and growing in positive and negatives ways.
- The importance of trying new things which can form new brain pathways.
- Failure is actually a good thing. It is an important step in learning.
- Secondary abstinence means a person chooses to stop crossing the line and decides to make a fresh start by choosing abstinence.
- Who are trustworthy adults?
  - 1.They make wise choices in their own lives
  - 2.They won't ask you to do something that makes you feel uncomfortable
  - 3.They respect your boundaries
  - 4.They do not ask you to keep secrets

The private parts of your body are the parts of your body that should be covered with underwear. We call this the underwear zone. These personal body parts are yours and should be kept private.

### **Parent Talk Assignment:**

*Keep talking to your student, you are the most influential person in their life.*

### **Ask your student about**

- *Personal Mastery: Finding Your Strengths* video
- *Neuroplasticity* video
- *Tell* video
- Their name acrostic listing their talents