



7th Grade Parent Guide



7TH GRADE THE JOURNEY OF LIFE



Positive Self Talk

In this lesson we define:

Creating Empowering Beliefs: Whether you think you can or you can't, you're right.

Steps to Create Empowering Beliefs:

1. Acknowledge your negative voice
2. Silence your negative voice
3. Talk back to your negative voice
4. Create a positive message

*Quote for
the day:
"Today is
going to be a
great day!"*

Ask your student about:

The Strong Man Story
What Do Strangers Think of You Video
Positive Peer Pressure Video
Positive Self Talk Demo

We also discuss:

- We do not see the world as it is, we see the world as we are.
- Your quality of life is determined by the quality of your communication, which begins with the way you communicate with yourself.



Homework: Self Talk Practice

Subconscious Mind

IN THIS LESSON WE

Define:

- Conscious Mind: Decisions you make that you are aware of.
- Subconscious Mind: Decisions you make without even realizing it.
- Neuro-plasticity: The ability for your brain to change and grow.

WE ALSO

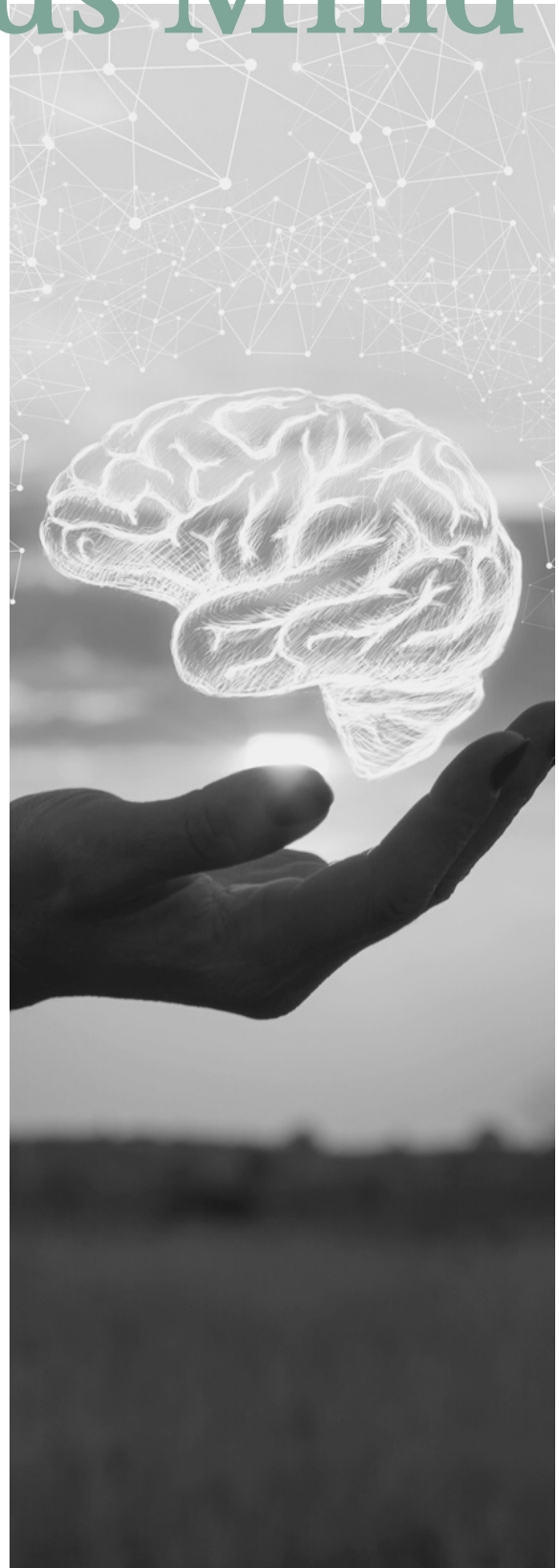
Discuss:

- Creating a new habit is extremely difficult at first, but over time it becomes much easier.

Ask

YOUR STUDENT ABOUT:

- Subconscious Mind Video
- Balloon On A String Demo
- What Happens When You Sleep Video



Quote: We all make choices, and our choices make us.

POSITIVE IMPACT

HOMEWORK: BECOMING A DIFFERENCE MAKER

Quote: What comes easy won't last. What lasts won't come easy.

OVERCOMING FAILURE:

5 Ways to Not Let Failure Define You:

1. Understand my strengths
2. Put positive thoughts into my mind everyday
 - Your input determines your output
3. Put failure in it's place
 - Failure is an event, not a person
4. Turn failure into a chance to learn
 - Failure is success if we learn from it
5. Become better for the future

WE DISCUSS:

- You must embrace your past to create your future.
- Believing in yourself is the first secret to success.
- "Those who are happiest are those who do the most for others." ~ Booker T. Washington
- Never underestimate your strength. Never overestimate your weakness.

ASK ABOUT:

- Nick Vujicic Video - Overcoming Adversity
- Teen Pianist Video
- Teens Making a Difference Video
- Famous Failures Demo



Alive & Well

Helping Teens Make Healthy Choices

Session 4: Guardrails



In this lesson we define:

- **Abstinence:** saving intimate sexual contact for marriage.
- **Secondary abstinence:** deciding to stop being sexually active and making a fresh start by choosing abstinence from now on.
- **Consequences:** the results of your choices.
- **Guardrails:** important boundaries in showing affection that can keep you from devastating consequences
- **Hormones:** chemicals in your body that can affect how you think and function.

Quote for the day: "My sexuality is a very special gift worth respecting and protecting."

We also discuss:

- The importance of making a plan in order to have a successful life.
 - **Guardrail plan** - Decide where to draw your line before you get into tempting situations.
 - **An escape plan** - Make a plan with a trusted adult to help you get out of risky situations quickly.
- **Sexual abuse** - When someone touches or forces someone else to touch them in the underwear zone.
- **Relationship abuse:** Any type of disrespectful or abusive behavior that takes place in a relationship.

We encourage students to stay off the steps altogether, but from a health perspective, drawing their line at kissing can help them avoid negative consequences.

Sex

Underwear Zone

Kissing

Hugging/
Cuddling

Holding
Hands

Parent Talk Assignment:

My Escape Plan

Ask your student about:

- The Timeline demo
- The video about the girl who was abused
- The Line video - relationship abuse
- Their escape plan



Session 5: Detours of Life

Quote for the day: "Respect is treating others like they are important."



In this lesson we define:

- Respect: treating someone like a valuable person.
- Mirror neurons: neurons in our brains that encourage us to follow along with others, which is why peer pressure is so powerful.
- Snap decisions: A decision that feels right at the time but may or may not be wise.
- Reflective decisions: A decision that takes time and is wise. It lines up with your desired future.

Ask your student about:

- The Detours of Life game
- Peer-Pressure Illusion video
- Info about drugs and alcohol
- Their body's response to pressure
- What makes them feel respected

We also discuss:

- Ways to show respect
- Love is not just a feeling, it's the way you treat someone.
- Peer pressure is the #1 reason why teens get involved in risky behaviors
 - recognize the signs of pressure
 - tips for resisting pressure
- Information about the dangers of Fentanyl
- Information about Naloxone (Narcan)

**Parent Talk
Assignment:
House Rules**

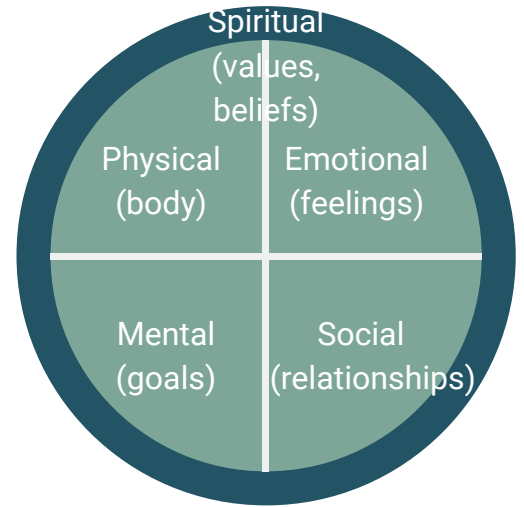


Session 6: Consequences

Quote for the day: "You can choose your choices, but not your consequences."

In this lesson we discuss:

- If a teen chooses to be sexually active, they may have consequences in any or all parts of the whole person.
- The importance of thinking through your desired future when you are making decisions.
- Life is much easier for a teen who chooses abstinence.
- Abstinence is the only 100% reliable way to avoid an unplanned pregnancy or an STI.



If someone you know has been sexually active encourage them to talk to their trusted adult. Here are some places they can go for **free** STI testing.

The Hope Clinic
hopeandanswers.com

Berne:
260.589.3561
Decatur:
260.728.4191



A Hope Center
ahopecenter.org
call or text 224-585-3544
Ft. Wayne, Columbia City and
medical mobile



We also discuss:

- STI (sexually transmitted infection) - A virus, bacteria or parasite that is spread through skin to skin contact in the underwear zone or by getting infected body fluids into body openings.
- 1 out of every 2 sexually active young people will contract an STI by the age of 25.

Ask your student about:

- The Sticky Tape demo
- Worth the Risk (cookie demo)

Parent Talk Assignment: Technology & Media Guidelines - discuss with your teen the rules you want them to follow when they use technology and media

Session 7: Screen Safety

7TH GRADE



Quote for the day: "If you don't stand for something, you'll fall for anything."

In this lesson we discuss:

- Media messages - Many shows, movies, videos and social media posts portray sex outside of marriage as a normal part of dating. The consequences are seldom shown.
- Self-esteem - When we compare ourselves to filtered/edited images we will never feel good about ourselves.
- Cyberbullying - When a minor is tormented, threatened, harassed, humiliated, embarrassed, or otherwise targeted by another minor using technology.
- Pornography - Pictures or videos in which a person's private parts are not covered. It can change the neurological pathways of your brain which can lead to addiction. Porn destroys relationships!
- Sexting - It is illegal to take, send, or possess naked or sexual photos of a minor.

4 Steps to Stay Safe Online

Never take or send a sexual or inappropriate picture of anyone!

Never give out your passwords to any of your accounts.

Always keep your personal information private.

Never meet someone in person that you only know online!

Ask your student about the following videos:

- **Billboard Evolution**
- **Emma's story**
- **Dangers of Sexting**
- **We Need to Talk**
- **Sextortion Warning**

A Trusted Adult:

Won't ask you to do something that makes you feel uncomfortable

Respects your boundaries

Does not ask you to keep unhealthy secrets

Makes wise choices in their own lives

Parent Talk Assignment: Creating Guardrails

Session 8: Refusal Skills

7TH GRADE



Quote for the day: "No one can hide from peer pressure."

In this lesson we discuss:

We are more likely to stand up against peer pressure if we realize how valuable we are.

- Examples of peer pressure. It can be positive or negative, spoken or unspoken
- Ways to refuse risky behavior
- Peer pressure tricks
 - The Huddle
 - The Look
 - The Example
 - Rejection
 - Put Down
 - Reasoning
- When you face peer pressure
 - Act confident
 - Make eye contact
 - Use your sense of humor
 - Keep saying no
 - Walk away
 - Talk to a trusted adult



Ask your child about

- The \$20 bill demo
- Acting out peer pressure scenarios
- Setting SMART goals
- Making a guardrail plan

SMART Goals

- Specific
- Measurable
- Attainable
- Realistic
- Timely

Parent Talk Assignments:

Keep talking and listening to your student. You are the most influential person in your child's life.