

UNDERSTANDING THE WORLD



WORLDVIEW:
THE WAY WE
VIEW THE
WORLD



EMPATHY:
THE ABILITY TO
UNDERSTAND
AND SHARE
THE FEELINGS
OF ANOTHER



**ON-LINE
ETIQUETTE**
MEANS GOING
BACK TO THE
GOLDEN RULE &
USING CAUTION



**WHEN YOU BEGIN
TO EMPATHIZE WITH
OTHERS, YOU WILL
EXPERIENCE A NEW
DEPTH TO YOUR
RELATIONSHIPS**

Ask Your Child About:

- The What Do You See demonstration
- Life is a Chemical Reaction demonstration
- Bill Gates on mentors
- The Bystander Effect video
- The video of Humanity
- Respect on Social Media video
- Cell phone etiquette

Content:

- Asking open ended questions helps us to better understand others
- Reflective listening: Listening to understand rather than to judge
- The importance of mentorship
- Respect on-line

"We make a living by what we get, but we make a life by what we give."

Winston Churchill

"Seek to understand before being understood"
~Stephen Covey

*Homework:
Understanding
Empathy*

Homework: Understanding Empathy

Homework: Understanding Emotions

UNDERSTANDING STRESS

Content:



- Positive ways to cope with mild stress:
 - Breathing exercises
 - Physical activity
 - Healthy diet
 - Relaxation exercises
- Depression rates in teens over the last 10 years
- Finding support when you are struggling
 - Go to a trusted adult for help when you can't figure it out on your own or when someone could get emotionally, sexually, or physically hurt.
 - Seek professional help when your depression, anxiety, or stress is difficult to control on your own and is inhibiting your ability to function during the day

ASK YOUR STUDENT ABOUT

- Their survey results
- How to Recognize and Cope with Stress video
- GMA on Anxiety from our devices
- Michael Phelps on depression
- Why It Is Important to Express Your Feelings video

It's okay
to not
be okay

UNDERSTANDING MYSELF



ASK YOUR STUDENT ABOUT:

- Teens Take on Technology
- CBS Mental Health Issues Connected to Cell Phone Use
- Sleep for Teens Video
- The Sleep Demo
- Cal Newport explaining Solitude Deprivation
- Hannah's Substance Abuse Story
- I'm Fine- Teen Depression Video
- Reach Out - Preventing Teen Suicide

CONTENT

- Technology and teens
- REM sleep cycles
- Quiet time without any input can help us to process the world
- The importance of talking to a trusted adult when we are struggling
- How to get help for a friend who may be suicidal
- Where to go for professional help



STRENGTHS



Content:

- The Compound Effect: Small insignificant actions over time add up to radical results
- It is important to know where you are headed in all areas of life, not just careers
- Good character will help you make healthy choices
- Good character: Knowing what to do and actually doing it
- Recipe for a successful life: Take the time to learn what to do and use the self-discipline to actually do it.
- Recipe for a disaster filled life: Knowing what to do and NOT doing it - Just a few errors in judgement repeated daily
- Self-control allows you to be in control of your future

Homework:
Where am I
headed?

Ask your
student about:
Personal
Strength Finder
Test

"Who you are
tomorrow begins
with what you do
today."
Tim Fargo

SEXUALLY TRANSMITTED INFECTIONS

Content

- Abstinence
- The truth about condoms - they are 99% accurate in preventing an unplanned pregnancy, but cannot prevent every STI from spreading
- 10 million 15-24 year olds are diagnosed with a new STI every year
- STIs can be passed from person to person without any symptoms
- There are over 25 different STI's
- Causes of STI transmission

Tools and Resources

- STI testing facilities
- Pregnancy counselor information

Ask Your Student About

- The Equality Demo
- The Bullet Proof Vest Demo
- The Test Tube Demo
- Sasha's Story (available in schools with wifi)
- Shannon's Cervical Cancer Story

Homework:
What Do
You Think?



PRESSURES AND BOUNDARIES

Content:

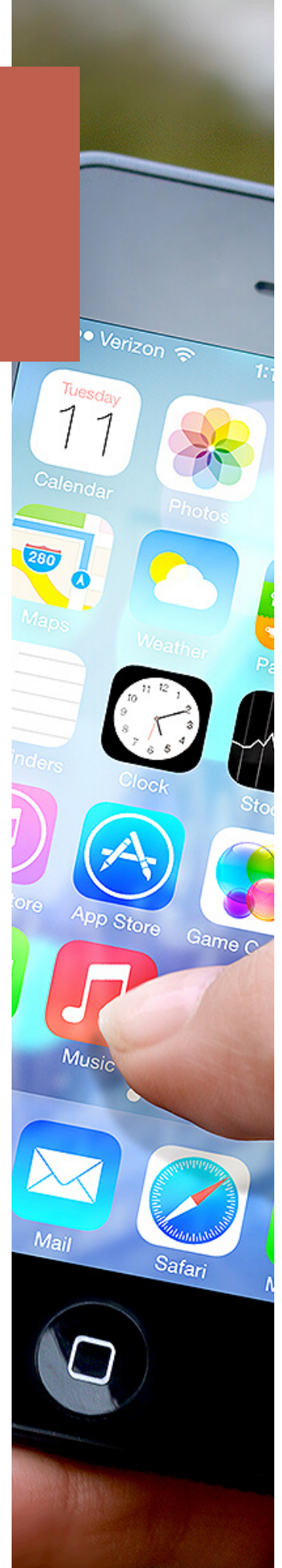
- Ways teens are pressured today
- The media does not always portray an accurate view of reality
- Media influences our thinking and our thinking influences our behavior
- Neuroplasticity - our brains ability to change and grow
- Objectification - treating a person like an object instead of a person
- Respect is understanding someone's intrinsic value
- Practicing healthy communication
- Pornography dangers

Ask Your Student About:

- Ted Bundy on Porn video
- Your Brain on Porn video
- Steps to Overcoming Pornography

Homework:
Guidelines
for Safe
Dating

You can change
what you are, you
can change where
you are by
changing what goes
into your mind.”
Zig Ziglar



Relationships

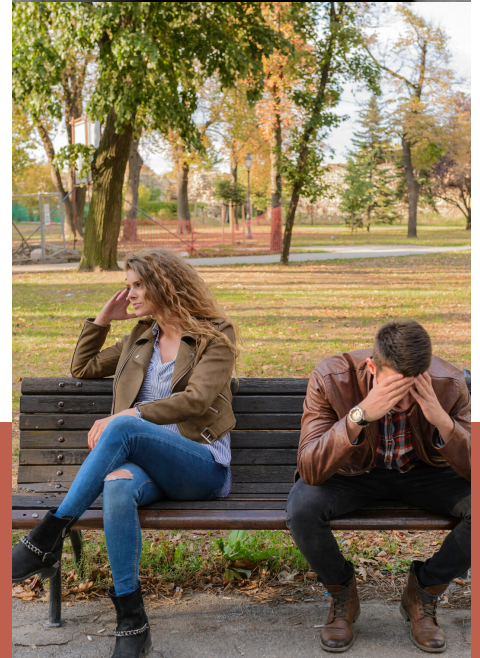
Content

- How to cushion yourself from getting hurt in relationships
- The importance of group dating
- How to really get to know someone
- Understanding what happens to our brains when we fall in love
- Red flags of an unhealthy relationship
- Red flags of an abusive relationship
- Seeking a win-win
- Sexual abuse- No one has the right to touch you in the underwear zone without your permission and without your full understanding of what is happening
- Be cautious with the information you share on-line
- Report suspicious activity

Ask Your Student About

- The Orange Demonstration
- What is a guardrail?
- Brianna's Sex Trafficking Story
- Relationship abuse

Homework: Deal Breaker Checklist



ALIVE &
WELL

THRIVE
SESSION

8



COMMUNICATION

Content

- The dangers of sexting
 - Laws against child pornography and revenge porn
 - Potential social consequences of sexting
- Positive communication with parents using I-messages
 - Take a deep breath
 - Try to see things from their perspective
 - Know your parents were your age once
 - Own your part
- Respect is key in healthy relationships
- Consent: Permission for something to happen
- Abstinence offers FREEDOM

Ask Your Student About

- Laws about sexting
- The sexting video
- The parent/teen video
- Consent cartoons

"What if instead of focusing on what you wish your parents could do for you, you instead started focusing on what YOU could do to improve communication with your parents?"