

# HOMework SESSION 7: CREATING GUARDRAILS



Set a standard for \_\_\_\_\_ and \_\_\_\_\_.

Avoid \_\_\_\_\_ situations.

Say NO to \_\_\_\_\_, \_\_\_\_\_, and destructive \_\_\_\_\_.

Practice \_\_\_\_\_.

Set \_\_\_\_\_.

Make \_\_\_\_\_ decisions.

Build strong \_\_\_\_\_.

Choose \_\_\_\_\_ with similar values.

Talk with a trusted \_\_\_\_\_.

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**NAME:** \_\_\_\_\_

**PARENT SIGNATURE:** \_\_\_\_\_

NAME: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

# TECHNOLOGY & MEDIA GUIDELINES HOMEWORK SESSION 6

**IN ORDER TO STAY SAFER WHILE USING THE INTERNET OR CELL PHONE, I WILL REMEMBER THE FOLLOWING GUIDELINES:**

**I WILL ALWAYS REMEMBER THAT NOT EVERYONE MAY BE WHO THEY SAY THEY ARE**

There are people who will spend months pretending to be someone trustworthy

**I WILL NOT GIVE MY PERSONAL INFORMATION TO ANYONE ON-LINE**

Including family info, school, telephone number, or address

**I WILL NEVER MEET AN ONLINE ACQUAINTANCE UNDER ANY CIRCUMSTANCE**

Even if I feel like I know them very well

**I WILL NOT CYBERBULLY**

Write or send a post that hurts, threatens or lies about other teens or adults

**I WILL TELL A TRUSTED ADULT IF SOMEONE HARRASSES ME ON-LINE**

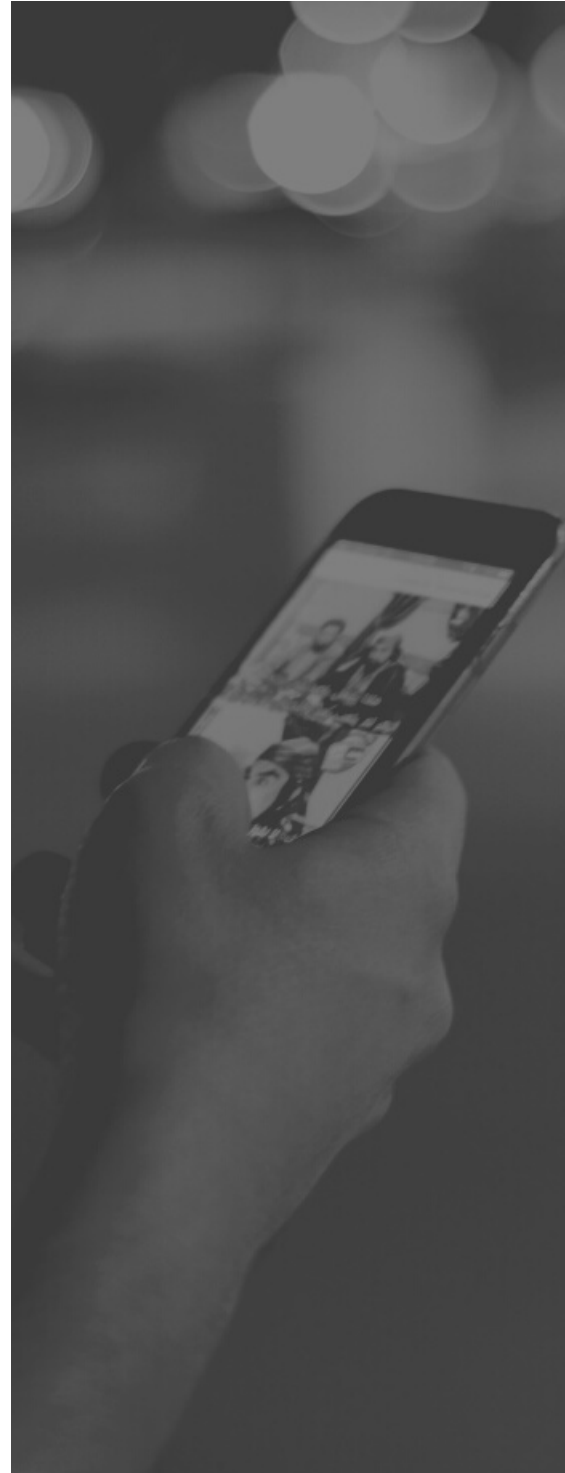
Or says anything that is inappropriate or makes me feel uncomfortable

**WHEN I SEE PORNOGRAPHY I WILL TELL A TRUSTED ADULT**

This includes receiving a sext. I will also not forward a sext that is sent to me.

**I WILL NOT PARTICIPATE IN SEXTING**

I will not post or send a picture I would not want my trusted adult to see



**I promise to follow these guidelines.** \_\_\_\_\_

teen signature

# HOUSE RULES

Homework Session 5

## WHAT HOUSE RULES WILL HELP YOUR CHILD CREATE POSITIVE RELATIONSHIPS AND MAKE POSITIVE CHOICES?

*Alive & Well does not promote dating in middle school, however we feel it is important to begin discussing these issues with your child.*

What is my curfew in Middle School? \_\_\_\_ High School? \_\_\_\_  
Will my curfew change according to the activity? \_\_\_\_

When I am home, can I have a member of the opposite sex:  
In the house without a parent there? \_\_\_\_\_  
In my bedroom? \_\_\_\_\_

If I start to date, how much of an age difference can there  
be between us:  
In Middle School: \_\_\_\_\_ In High School: \_\_\_\_\_

Two other house rules for me:  
1. \_\_\_\_\_  
2. \_\_\_\_\_

If I feel uncomfortable or unsafe, I know my escape plan.

**TEEN SIGNATURE:** \_\_\_\_\_

**PARENT SIGNATURE:** \_\_\_\_\_



# Homework: My Escape Plan

Session 4

Every teen will face pressure filled moments. My Escape Plan is an agreement between a trusted adult and teen that creates a plan of escape for those moments. Teens are better able to handle uncomfortable situations if they are prepared. After you and your adult have discussed this assignment, sign the bottom portion and bring it to class for a prize.

## Examples of Pressure:

- getting a "bad feeling" while spending the night at a friend's house
- a friend wanting to show you something inappropriate on the phone
- any time drugs/alcohol/vaping/smoking is offered to you

## Example of Escape Plan

- a teen texts a pre-decided letter, symbol, or phrase to the caregiver which means come get me
- a teen is instructed to call the caregiver and say something pre-decided like, "You wanted me to check in with you?" (caregiver arranges to pick up the teen and to avoid embarrassment takes full responsibility for them having to leave)

I will ask for help when \_\_\_\_\_  
\_\_\_\_\_

My Escape Plan is  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Adult signature** \_\_\_\_\_

**Teen signature** \_\_\_\_\_



# Becoming a Difference Maker

Homework Session 3

What is a personal strength you believe you have?

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How could you use that strength to make a difference in another person's life?

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How many hours per week or month could you commit to this endeavor?

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How do you predict this could improve your own life?

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Who would you need to contact to help you make this dream a reality?

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Who can hold you accountable to be sure you make those connections?

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Name: -----

Parent Signature: -----

Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

*Subconscious Mind*

# LIFE CHANGE STARTS WITH ME

## Homework Session 2

What is one bad habit I would like to break or one change I would like to make in my life?

\_\_\_\_\_

What could happen to me if I don't make this change?

\_\_\_\_\_

What are some conscious steps I could take to help me break my bad habit or make this life change?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

What are some distractions that could prevent me from accomplishing my goal?

\_\_\_\_\_

\_\_\_\_\_

What can I do to overcome these distractions?

\_\_\_\_\_

Who could I share this goal with that could hold me accountable and help me reach my goal?

\_\_\_\_\_

***Conscious Mind: Decisions we make that we are aware of***  
***Subconscious Mind: Decisions we make that we are not aware of***



# SELF TALK PRACTICE

## Homework Session 1

*Think of an area of life where you struggle with self confidence. Answer the questions below to change your thinking from negative, destructive thoughts, to positive, empowering ones. Get your parents to sign it, and have a conversation with them about what you learned!*

Name one area of life where you feel self-conscious:

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What is a negative belief you have adopted in this area?

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Stop, take a deep breath, and think about how this belief has affected your life: \_\_\_\_\_

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What positive truth can you begin telling yourself to replace that negative belief?

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How can you remind yourself of this new positive truth when the negative belief returns in the future? \_\_\_\_\_

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Sharing your positive belief can be empowering. Who can you share yours with?: \_\_\_\_\_

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Student Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

