

1. The internet is written in _____, not _____.
2. Your decision to stay safe online should include a _____ and _____.
3. Decisions are made in a _____. Consequences can last a lifetime.
4. Pressures and dangers teens face with their devices:

- o _____
- o _____
- o _____
- o _____
- o _____



5. What should you do if you receive a sexting message or become the victim of sextortion?

_____ do what is asked.

Always tell an _____ and then the _____.

6. What can I do to fight pressures to make unwise decisions?

Don't _____ with those who _____ you.

Choose _____ with similar _____.

Make your values _____.

Don't be _____ on a date.

_____ risky situations.

Be picky about your _____ and _____ use.



Day 1: Love is not just a feeling, it's a _____.

Day 2: _____ is _____!

Day 3: Making life-long _____ with your _____ not your _____.

Day 4: The only _____ sex is _____ sex.

I NEED TO TALK

Session 7

Dear parents/guardians: You are the most important people in your son's/daughter's life. Alive & Well wants to partner with you to help your teen make healthy choices. We believe that it is essential for young people to discuss issues with their parents. The purpose of this activity is to "break the ice" to help you have these important conversations with your child. Please set aside some time within the next week to listen and share your thoughts with your son/daughter.

Teens: Mark at least 2 topics from the list below that you would like to talk to a parent about. Then, give this page to your parent. After you have talked, get your parent's signature and turn in **the bottom** of the form for session 5.

Questions about my body	Pressures I am facing
Dating	Self-esteem/body image
Safety/ Bullying	Depression
Friendship	Sex
Pornography	Alcohol
Drugs	Stress/Anxiety
Abuse	Other

Return bottom portion for credit:

Student's Name: _____

Parent's Signature: _____

DATING GUIDELINES

SESSION 6



Talk to your parent or guardian about the rules they will have for you if you date. Fill in the blanks below and return it signed by next week for credit.

What were 2 of my parent's/guardian's dating rules when he/she was a teen?

1. _____
2. _____

How old will I need to be to go on a:

- Group date? _____
- Double date? _____
- Single date (in a car alone)? _____

My curfew time in:

- 8th grade _____
- 9th grade _____
- 10th grade _____
- 11th grade _____
- 12th grade _____

The grade difference between me and my date can be no more than: (Studies show that when there is at least a 2 yr age difference, teens are more likely to be sexually active.)

- _____ yr(s) in 8th grade
- _____ yr(s) in 9th grade
- _____ yr(s) in 10th grade
- _____ yr(s) in 11th grade
- _____ yr(s) in 12th grade

Four other dating rules for me:

1. _____
2. _____
3. _____
4. _____

If I feel uncomfortable or unsafe, my escape plan is:

Name: _____

Parent Signature: _____

UNPLANNED PREGNANCY



T F 1 in 4 girls in the US will become pregnant before the age of 20.

T F Only half of teen mothers earn a high school diploma by age 22.

T F Teen mothers are more likely to live in poverty and depend on government assistance programs.

T F Children of teen mothers have no differing statistics than children in a 2 parent household.

T F The government spends approximately \$10,000 on average for every teen birth through medical and economic supplies throughout the first year.

T F Less than 2% of teen moms earn a college degree by age 30.

T F 7 out of 10 teen dads don't marry the mother of their child.

T F A sexually active teen who does not use contraceptives has a 90% chance of becoming pregnant within a year.

T F More than half of all mothers on welfare had their first child as a teenager.

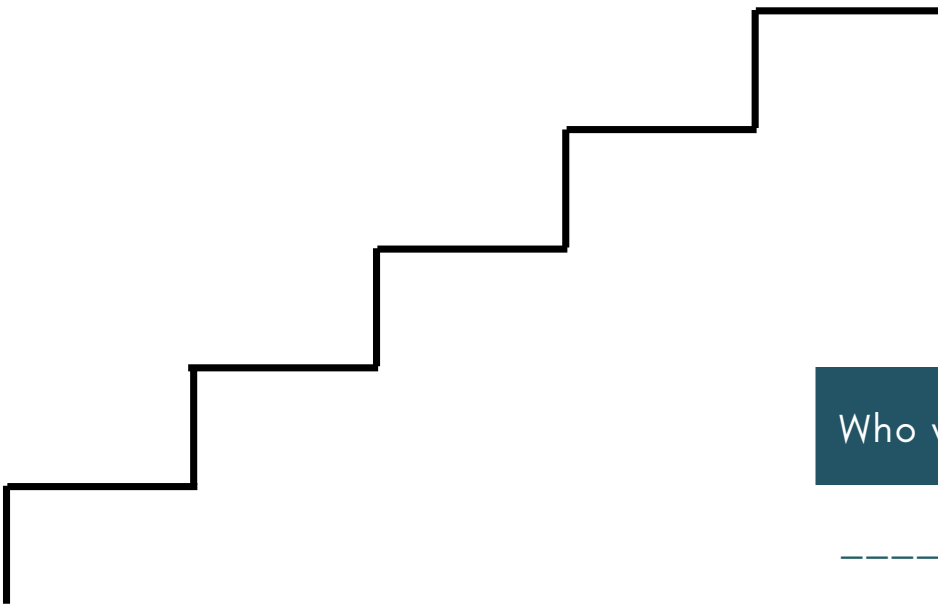
NAME: _____

PARENT SIGNATURE: _____

SOURCES: DOSOMETHING.ORG, NCSL.ORG, CNN.COM, CDC.GOV



Fill in the steps of affection and draw your own line to plan for your future relationships:



Who will help you reach your goal?

Can you predict a roadblock to prevent you from reaching your goal?

Name: _____

Parent Signature: _____

3

Due Session 4

Power Pose Practice

Stand up tall, puff out your chest, and put your hands on your hips. Set a timer for 2 minutes and answer these questions while you stand in this position:

1. What am I really proud of in my life?

2. What am I really grateful for?

3. What am I excited about?



Go through your entire day. At the end of the day, evaluate how the power pose affected your day.

1. Did you feel more confident than usual?

2. Did you feel less stressed?

3. Did you take action when you normally wouldn't have?

4. When do you think it could be helpful for you to use the power pose?

Name: _____

Parent Signature: _____



MY SAFE PEOPLE

2



1. Name 5 teens or adults that you feel safe around. _____

2. Name any of those people that encourage you to make healthy choices.

3. From the list above, who makes healthy choices in their own life?

4. From the above list, who do you admire? _____

If you named someone for all three questions, chances are they are a safe person that you can go to when you are struggling in life.

Name: _____

Parent Signature: _____

Name: _____

Ways to Handle Stress Practice

Look through the 6 ways to handle stress that we talked about in class. Answer the questions below to help you learn how to implement these stress relievers in your daily life.



TAKE CARE OF YOUR HEALTH



MINDFULNESS



WRITE IT DOWN



AVOID PROCRASTINATION



HOBBIES



TALK TO A TRUSTED ADULT

1. Which of these ways to handle stress is the easiest for you to do?

2. Which of these ways to handle stress is the hardest for you?

3. Is there a strategy that you could use on a regular basis to help you relieve stress in your life?

4. How are you going to implement this strategy?

5. How do you think this will benefit your quality of life?

Parent Signature: _____

DUE SESSION 2