

THRIVE

ALIVE & WELL
HELPING TEENS
MAKE HEALTHY
CHOICES



Name: _____

Class Period: _____

UNDERSTANDING EMPATHY

EMPATHY

The ability to understand and share the feelings of another

How could you respond with empathy to a person who is humiliated after having a sext of themselves sent around the school?

How could you respond with empathy to a person who has just experienced a devastating break up?

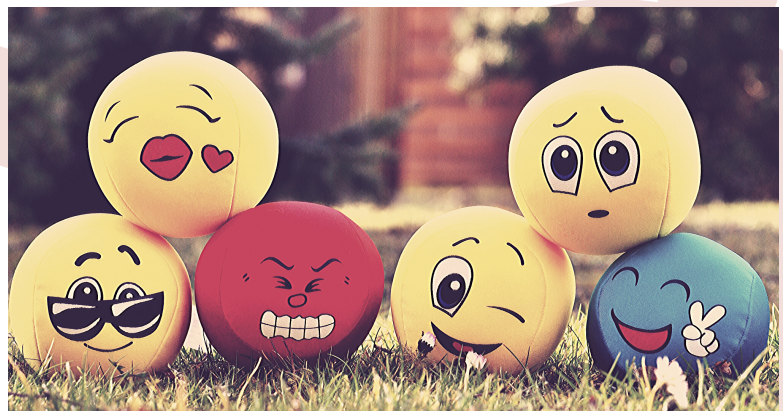
How could you respond with empathy to someone who has different beliefs than you do?



For the next 24 hours bring this paper with you to your classes. Keep track of all the different emotions you feel throughout each class period.

Emotions:

- Admiration*
- Adoration*
- Appreciation*
- Amusement*
- Anxiety*
- Awe*
- Awkward*
- Bored*
- Calm*
- Confused*
- Craving*
- Disgust*
- Envy*
- Excited*
- Fear*
- Horror*
- Interest*
- Joy*
- Nostalgia*
- Pain*
- Romance*
- Sad*
- Satisfaction*
- Sympathy*
- Triumph*



Name: _____

Parent Signature: _____

HOW MUCH DOWNTIME DO I HAVE?

Throughout the next 5 days, fill out the chart to track how much sleep and downtime you have. After you are finished, answer the questions below.

Hours of sleep

Log how many hours you sleep each night

1 Hour of Quiet time

Circle Y if you gave your brain at least one hour without anything to process

	Y	N
	Y	N
	Y	N
	Y	N
	Y	N

Did you think

you were getting enough sleep?

If not, what could you do to get the amount your body requires?

Were you getting

an hour of downtime every day?

If not, what could you do different to give your body an hour of downtime?

NAME _____

WHERE AM I HEADED?

THINKING THROUGH WHERE I WANT TO GO AND HOW I PLAN TO GET THERE



SET A GOAL



MAKE A PLAN



**VISUALIZE MY
FUTURE**

What are some of my priorities for my life?

What are some of my interests and passions?

What does my desired future look like (family, career, where I want to live, etc)?

What decisions can I make now that will bring me closer to my desired future?

What decisions can I make now that will take me further from my desired future?

Who could I ask to hold me accountable to staying on track towards my desired future?

NAME: _____

WHAT DO YOU THINK?

If the average age to marry is 29 and your goal is to reach that age without an STI, what decisions do you need to make to reach that goal?

What are some choices you can make now to help you reach this goal?

What are some choices you could make now that would prevent you from reaching this goal?



Abstinence:
Saving
intimate
sexual
contact for
marriage.



The age difference between me and my date can be no more than: ____ years.

**Studies show that when there is at least a 2 year age difference, teens are more likely to be sexually active.*

I am allowed to:

- ____ Group date
- ____ Double date
- ____ Be alone with a date

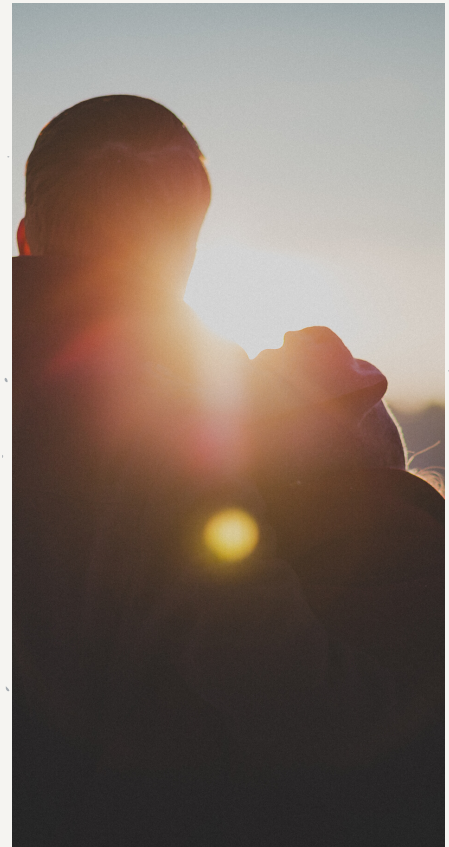
My curfew is ____

GUIDELINES FOR SAFE DATING

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

Four additional dating guidelines for me:

1. -----
2. -----
3. -----
4. -----



Name: -----

Parent Signature: -----

DEAL BREAKER CHECKLIST

What is important to me in a relationship?

	Must Have	Nice to Have	Can Put Up With	Must Not Have
Gets along with my family				
Is a good listener/tries to see my side				
Is jealous - has to know what I'm doing and who I'm with				
Cares about their appearance/look				
Has a plan after high school				
Is honest - always tells the truth				
Unpredictable temper/argumentative				
Is self-controlled/respectful of my boundaries				
Dresses to draw attention				
Stays out of trouble/respects the law				
Enjoys my company				
Shares my interests				
Is generally happy - adapts when things don't go their way				
Calls me names/embarrasses me				
Smokes				
Good manners/polite to everyone				
Drugs or underage drinking				

Name:

Parent Signature
