



5th Grade Growing Up

This fun, interactive program meets pre-teens at their level to inform, encourage and empower them to make wise, healthy choices as they meet the challenges of growing up.

Day 1: Be the best YOU you can be!

- Goals, Hopes & Dreams
- Consequences
- Staying on the Right Path
- Hard Work & Wise Decision Making
- Responsibility & Trust
- Self-control

Parent Talk - homework

Students will take home their worksheets and discuss with a parent what factors influence their decision making.

Day 2 “You have to do your own growing up no matter how tall your grandfather was.” Abraham Lincoln

- Maturity
- Puberty video & discussion
- How to take care of your changing body
 - Hygiene
 - Healthy Eating
 - Exercise
- Healthy Habits (emotional, social, mental, spiritual)
- Responsibility

Parent Talk - homework

Students will use the worksheet to talk with an older family member about growing up.

Day 3: Respect is learned, earned and returned.

- Positive & negative relationships
- How to be a good friend
- Qualities to look for in a friend
- Respect
- How your words can affect you and others
- The influence of friends

Parent Talk - homework

Students will interview their family members to determine what “friendship qualities” are important to each family member.

Day 4: Those who follow the crowd usually get lost in it.

- Ways to improve self-esteem
- Peer pressure
- Bullying (in person or through social media and texts)
- Abuse
- Appropriate contact
- Modesty

Parent Talk - homework

Ask students to talk with other family members about a time when they were bullied or teased, how it made them feel and what they did about it.

Day 5: Be yourself; everyone else is taken!

- Influence of media
- Garbage in, garbage out
- TV, movie, internet & music choices
- Discernment
- Technology & media guidelines

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