

Abstinence Plan

Choose from the words listed below to complete the Abstinence Plan. Then, with your parent/guardian, discuss what you have learned in Alive & Well. Bring your signed worksheet for Session 5.

adult	wrong	friends
self-esteem	alcohol	drugs
right	media	wise
risky	boundaries	self-control

- ✓ Setting standards of _____ & _____ .
- ✓ Avoiding _____ situations.
- ✓ Saying NO to _____, _____ & sexual _____.
- ✓ Practicing _____ - _____.
- ✓ Setting _____.
- ✓ Making _____ decisions.
- ✓ Building strong _____ - _____.
- ✓ Choosing _____ with similar values.
- ✓ Talking with a trusted _____.

I have discussed this assignment with my son/daughter. _____
(parent signature)