

Name _____



HELPING TEENS MAKE HEALTHY CHOICES

Thrive 5 Day

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THRIVE

Session One - Character

1. Without a _____ you can't make a plan.
2. _____ is the foundation for success.
3. Good character is knowing how to _____ to life's challenges and doing it.
4. Name 2 adults that you know personally who have good character:

Assignment: Guidelines for Safe Dating We are curious. What guidelines does your family have for dating now or in the future? Complete this assignment, get a parent's signature and bring it back for a prize.

Personal Strength Finder

Directions: Carefully read each sentence and circle the number as it relates to you, using the following scale:

1 - Not at all

2 - Most of the time

3 - This is me

1. I have a great deal of stamina and enjoy hard work. I take great satisfaction from being busy and productive. 1 2 3
2. I have the ability to make things happen by turning thoughts into action. I am often impatient. 1 2 3
3. I prefer to "go with the flow". I am a "now" person who takes things as they come and discovers the future one day at a time. 1 2 3
4. I search for reasons and causes. I have the ability to think about all the factors that might affect a situation before acting. 1 2 3
5. My presence is impactful. I can take control of a situation and make decisions. 1 2 3
6. I find it easy to put my thoughts into words. I am a good conversationalist and can present my ideas to others. 1 2 3
7. I measure my progress against the performance of others. I strive to win first place and revel in contests. 1 2 3
8. I enjoy routine and structure. My world is best described by the order I create. 1 2 3
9. I can sense the feelings of other people by imagining myself in others' lives or others' situations. 1 2 3
10. I can take a direction, follow through, and make the corrections necessary to stay on track. I prioritize before I act. 1 2 3

11. I am accepting of others. I am aware of those who feel left out, and make an effort to include them. 1 2 3
12. I have a great desire to learn and want to continuously improve. In particular, the process of learning, rather than the outcome, excites me. 1 2 3
13. I have an enthusiasm that is contagious. I am upbeat and can get others excited about what I am going to do. 1 2 3
14. I enjoy close relationships with others. I find deep satisfaction in working hard with friends to achieve a goal. 1 2 3
15. I take ownership of what I say I will do. I am committed to stable values such as honesty and loyalty. 1 2 3
16. I am good at dealing with problems. I have the ability to figure out what is wrong and resolve it. 1 2 3
17. I feel confident in my ability to manage my own life. I possess an inner compass that gives me confidence that my decisions are right.
1 2 3
18. I love the challenge of meeting new people and winning them over. I get satisfaction from breaking the ice and making a connection with another person.
1 2 3
19. I do not shrink from a threat, challenge, difficulty, or pain. I act on convictions even if it's unpopular. 1 2 3

Strength Finder Results

1. **Achiever-** Achievers describe a constant need for achievement. You begin your day at zero and feel that you must accomplish something before the end of the day. In order to feel good about yourself you must be accomplishing something. You have an internal fire building inside you and it pushes you to do more.
2. **Activator-** When a decision is made you must act. You make a decision, take action, stand back and look at your decision, and then learn from it. You put yourself out there and are the one people count on to get things done.
3. **Adaptability-** You are, at the heart, a very flexible person who can adapt to many situations. You can be counted on to get things done even when you are being pulled in many different directions.
4. **Analytical-** You like to peel back the layers to find out how things and people work. People see you as logical. You don't just take someone's word for it, you decide for yourself, based on facts.
5. **Commander/Leader-** You take charge. Unlike some people who are afraid to voice their opinion, you feel no discomfort in doing so. You are not frightened with confrontation because you know it is the first step in resolving a problem. People are drawn to you and expect you to make decisions for the whole group.
6. **Communicator-** People listen to you. You have the talent of getting a point across and causing people to listen to you. You capture the attention of others.
7. **Competitor-** You compare yourself with others and use it to measure how much you must give in order to win. You like contests because they must produce a winner. You compete to win and are especially drawn to contest where you have the winning edge.
8. **Discipline-** Your world must be ordered and planned. You make schedules and mental deadlines. You thrive on routine. You feel the need to be in control. Scheduling, mental deadlines and order are how you stay in control.
9. **Empathy-** You can sense the emotions of those around you. You do not necessarily approve of the decisions others make but do understand. People are drawn to you because you listen and seem to really care.
10. **Focus-** Your goals serve as your compass. You are a valuable team member because when other people wander you get everyone re-focused. You have drive that pushes you to reach your goals.
11. **Inclusiveness-** It's important to you that everyone feels a part of the group. You like to include others. You are an accepting person. You believe that everyone is equally important and no one should be ignored.

12. Learner- You love to learn. Whatever the subject, you are drawn to the process of learning. Your love of learning leads you to want to experience many different types of activities. Others may rely on you to find out facts about something and you are happily willing to do so.
13. Positivity- You are generous with your compliments of others, quick to smile, and always on the lookout for the positive in situations. Others are drawn to you because the world is a much better place when you are around. Your enthusiasm is contagious.
14. Relator- You get a great deal of pleasure and strength from being around those who are close to you. You desire deep relationships. You believe a relationship is only valuable if it is genuine. No matter how busy you are you stay in contact with your friends.
15. Responsibility- If for some reason you cannot accomplish what you said you'd do, you look for ways to make it up. People come to you for help because they know you will get the job done right.
16. Peacemaker- You believe there is no need to rock the boat. You do everything in your power to find common ground and then steer everyone away from confrontation. Your presence is like medicine when people are not getting along. Be careful not to be taken advantage of because you may have the tendency to keep the peace at any cost.
17. Self-assurance- You are self-confident. You are sure that the decisions you make are the right ones. No one can tell you what to think, they can only guide you. You are certain of yourself and act before others do.
18. Winning Others Over- You take the challenge of winning others over and getting them to like you. Strangers are rarely intimidating to you. You are rarely at a loss for words and enjoy breaking the ice and getting to know people.
19. Bravery- People rely on you to be the strong one. You are rarely intimidated by new things and are up for anything. You are able to venture into waters that others stay away from. You may find that it is easier for you to reach your goals because you are not afraid of possible failure.

THRIVE

Session Two - Abstinence: What's the Big Deal?

1. What's the highest level of physical intimacy that can be shown in a relationship?

2. What's the highest level of commitment that can be shown in a relationship?

3. The definition of safe is "_____".

4. Give 3 reasons why condoms should not be considered "safe sex":

5. Condoms are not "safe sex" but rather, "_____ sex."

6. STI/STDs can be passed from person to person without any _____.

7. Today there are over _____ STIs: some of the common ones have no _____.

8. Condoms do not _____ the whole genital area.

9. How are STI/STDs transmitted? _____ and _____ to _____ contact in the underwear zone.

10. Don't Forget! There is no condom for your _____, _____ and _____.

Assignment: What Do You Think?



THRIVE

Session Three - Media

1. There is a _____ and a _____ for everything.
2. We all love _____
3. Saying no to sex before marriage is a _____ that will keep you _____ and without _____.
4. Media influences our _____ and our _____ influences our _____.
5. Give an example of a way that you have seen media affect someone's thinking and behavior.

Assignment: Creative Date Contest



THRIVE

Session Four - Dating/Relationships

1. We enter into relationships so that we can find someone to _____ bits of our life with.
2. Chemistry is the _____ that ignites a relationship.
3. Healthy relationships have _____.
4. List the red flags of an unhealthy relationship
5. List the red flags of an abusive relationship
6. Boundaries are _____.

Assignment: Deal Breaker Checklist



THRIVE

Session Five/Respect

1. Remind me why postponing sex until marriage is the healthiest decision.

- _____
- _____
- _____
- _____

2. Abstinence offers freedom.

- Freedom to know that the person you are dating is really focused on getting to know you and not _____ you.
- Freedom to pursue and achieve life _____.
- Freedom from _____ and _____.
- Freedom to have _____ for yourself.

Visit our website www.aliveandwellteens.com

HELP!!

If someone you know needs help, talk to a parent or trusted adult. Here is a list of places you can call too!
For some more helpful websites visit www.aliveandwellteens.com and www.211.org

Counseling

www.211.org

Crosswinds (Family Coaching and Counseling)
Will come to your home if you prefer

crosswindseyouth.org
855-927-7963

Renovate Counseling Services
Individual, couples or family counseling

renovatecounseling.org
260-307-5030

Free Pregnancy Tests & Help

Helping Hands Pregnancy Resource Center in Bluffton 260-824-4263 helpinghandscpc.org

The Hope Clinic (in Berne or Decatur) hopeandanswers.com
Berne 260-589-3561 Decatur 260-728-4191

A Hope Center (Ft. Wayne area) ahopecenter.org
24 Hour Helpline: 260-422-3544

Wells County Health Department (across from the Library)
260-824-6489

pregnancydecisionline.org 877-791-5475

Bethany Christian Services (Adoption Specialist)
(317) 578-5000

STI/STD Tests

The Hope Clinic – Berne (589-3561) and Decatur (728-4191) hopeandanswers.com

A Hope Center - Ft. Wayne call or text 224-585-3544 ahopecenter.org

Allen County Department of Health 260-449-7504

STDCheck.com 1-800-456-2323 24/7 support

Abuse

National Domestic Violence/Abuse Hotline 1-800-799-SAFE

TEXT “loveis” to 22522 or call 1-866-331-9474.

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Guidelines for Safe Dating

We are curious. What are your family's guidelines for dating?

1. 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.)

2. I am allowed to group date ____ double date ____ alone with a date ____

3. My curfew is _____

4. If I feel uncomfortable or unsafe, my escape plan is this

5. Four additional dating guidelines for me are

A.

B.

C.

D.



X

Parent signature

Name _____

What Do You Think?

If the average age to marry is 25-27 and your goal is to reach that age without an STI/STD, what decisions do you need to make to reach that goal?




What are some choices you are making now that are helping you reach that goal?

What are some choices you are making now that might keep you from reaching that goal?

Name _____

Deal Breaker Checklist

Ask yourself these questions, "What is important to me in a relationship? What positive or negative qualities are a deal breaker for you?" Check the boxes.

	Deal Breaker		Deal Breaker	
	<u>Must Have</u>	Nice to Have	Can Put Up With	<u>Must Not Have</u>
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/looks				
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/too sexy or too bizarre				
Stays out of trouble/respects the law				
Enjoys my company				
Shares my interests				
Calls me names/embarrasses me				
Is generally happy/Can adjust when things don't go their way				
Smokes				
Good manners/polite to everyone				
Drug use or underage drinking				
Fill in your own deal breakers				

X

Parent Signature