



6TH GRADE

# Planning for a Bright Future

STUDENT NAME:

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Class Period:

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# THANK YOU TO OUR SPONSORS

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*Providing you with the latest and best in outdoor power equipment and parts.*



*Inspiring people and communities to build and distribute charitable funds for good.*



*An Indiana based community bank providing personal, business, and agribusiness services.*



*Saving marriages, strengthening families, and empowering individuals towards hope and wholeness.*



*Providing fueling solutions for wholesale and retail customers.*



*Getting your commercial and industrial HVACR job done right the first time.*



**United Way of Wells, Adams, and Huntington Counties**

*Making a positive impact on our community.*



*Making a lasting difference in Wells County.*



*Enhancing the quality of life in Huntington County.*

## Session 1

# UNDERSTANDING ME

Quote: Your emotions make you \_\_\_\_\_.

1.3 Regions of the brain:

- o \_\_\_\_\_
- o \_\_\_\_\_
- o \_\_\_\_\_

2. Steps to re-activate the thinking region of the brain:

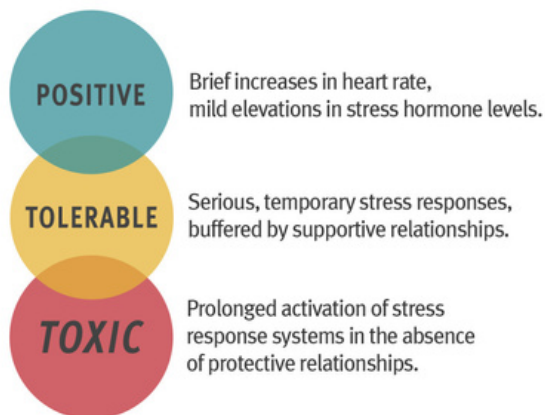
- o \_\_\_\_\_.
- o Take \_\_\_\_\_.
- o \_\_\_\_\_ it to \_\_\_\_\_ it.

3. The first step in \_\_\_\_\_ your emotions is to \_\_\_\_\_ what you are \_\_\_\_\_.

- o Ask yourself: \_\_\_\_\_ am I feeling? \_\_\_\_\_ am I feeling this way? \_\_\_\_\_ happened in my past to make me have these feelings?

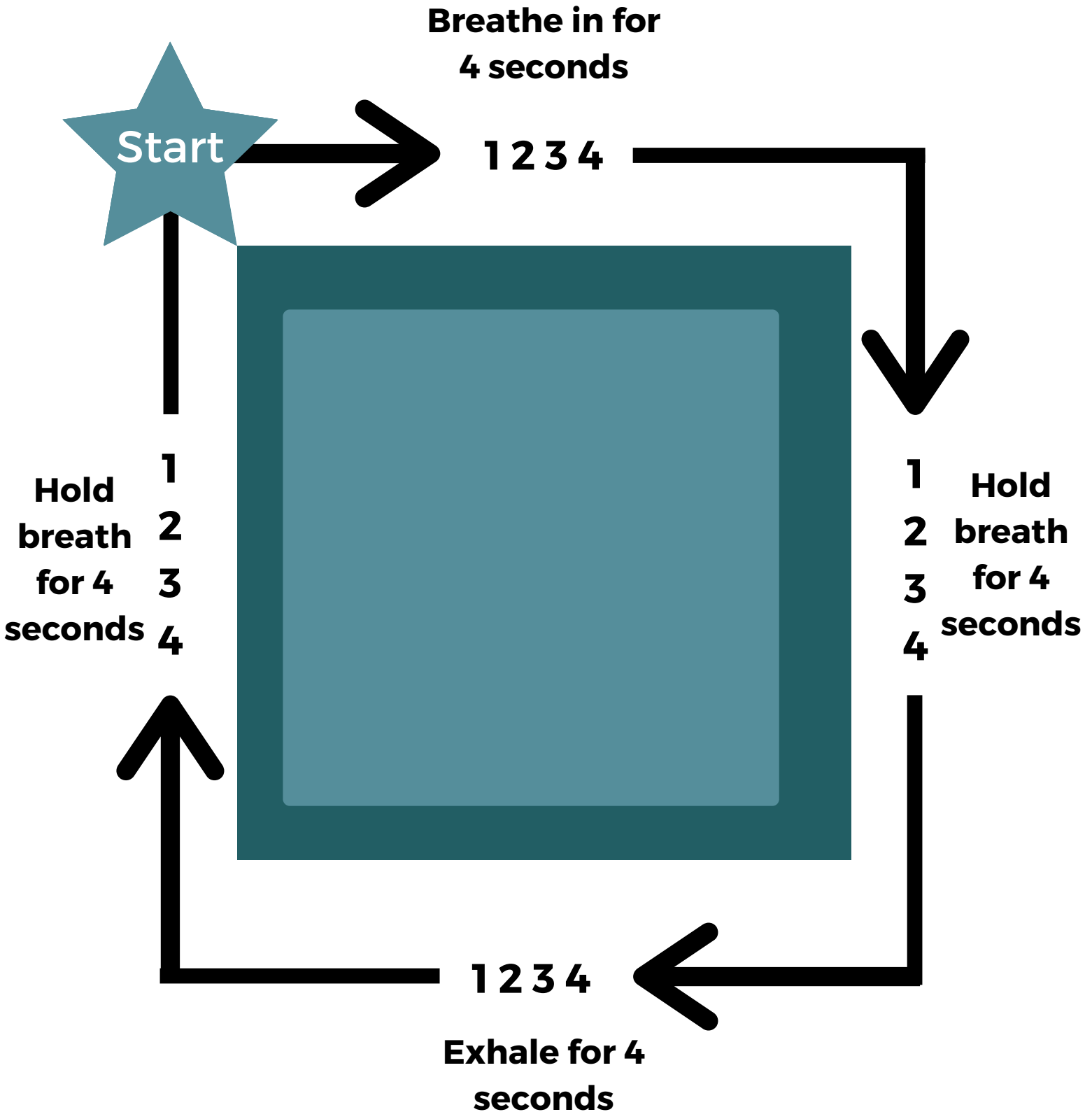
4. What emotion were you feeling the last time you regretted your actions? What happened to your body when you felt this way?

5. If we let our negative emotions build up, they will eventually \_\_\_\_\_.



**Tell someone  
your secret  
struggle to get  
on the path of  
healing**

# Square Breathing



# STRESS RELIEVING IDEAS

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01

## GIVE YOURSELF MORE TIME

Stress can come simply from rushing from one activity to another. Try waking up 10 minutes earlier, or getting ready 10 minutes before you have to leave so you are calmer when you walk out the door.

02

## GET MORE SLEEP

Put your device in a different room to prioritize sleep in your life. Try going to bed 30 minutes earlier. Spend the last 30 minutes before bed device-free.

03

## PHYSICAL ACTIVITY

Go for a walk. Try yoga. Go running. Lift weights. Being physically active can increase endorphins, which is a natural way to relieve stress.

04

## PRACTICE DEEP BREATHING

Getting oxygen into your brain is a great way to feel better and think more clearly.

05

## DEVELOP QUALITY RELATIONSHIPS

Sharing your hopes, dreams, fears and insecurities with a trusted friend is a great way to relieve built up stress and anxiety in your life.

06

## TALK TO A TRUSTED ADULT

The adults in your life will understand your struggles more than you think they will. Try sharing what is really going on with your parents or guidance counselor.

07

## HAVE WHITE SPACE

Stress can often develop when we don't allow our brains time to process the world around us. Give yourself at least 30 minutes of silence every day to give your brain a break

# UNDERSTANDING OTHERS

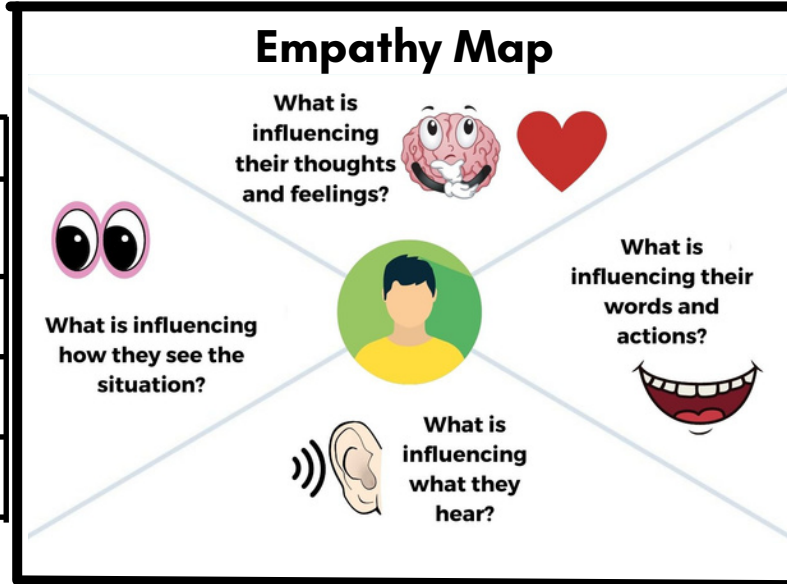
## Session 2

*I have learned that 2 people can look at the exact same thing and see something totally different.*

1. Worldview - The way we \_\_\_\_\_ the world (our lens).

### My Personal Worldview

Religion	
Family	
Friends	
Teachers	
Personality	



2. Our worldview \_\_\_\_\_ the way we see the world.

3. Understanding \_\_\_\_\_ should increase our desire to find \_\_\_\_\_.

4. When we see someone harming themselves or another person (either physically or emotionally) we should \_\_\_\_\_ them in an \_\_\_\_\_ way.

5. Seek to \_\_\_\_\_ before being \_\_\_\_\_.

6. Whole body listening means you are 100% \_\_\_\_\_ in the conversation.

### Whole Body Listening

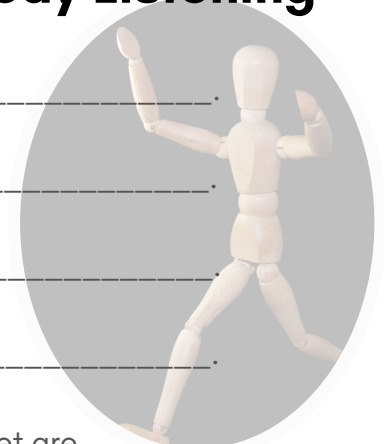
Eyes are \_\_\_\_\_.

Ears are \_\_\_\_\_.

Brain is \_\_\_\_\_.

Mouth is \_\_\_\_\_.

Hands and Feet are \_\_\_\_\_.



**PARENT TALK ASSIGNMENT:**  
**WORLDVIEW**  
**THE WAY I SEE THE WORLD**

# MY PLACE IN THIS WORLD

## Session 3

1. "Everybody is a \_\_\_\_\_. But if you judge a fish by its \_\_\_\_\_ to climb a tree, it will live its whole life believing that it is \_\_\_\_\_." - Albert Einstein

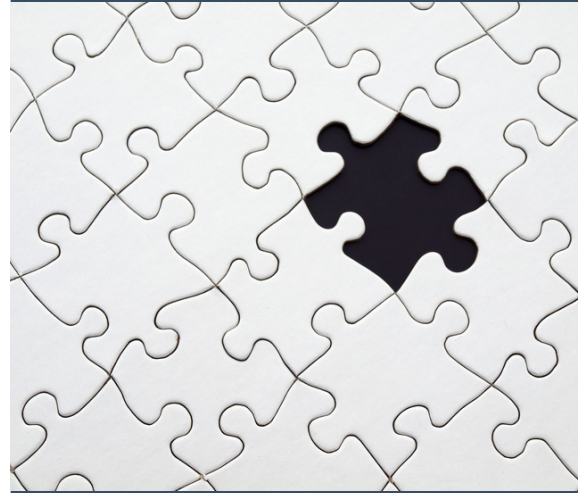
2. We all have gifts and \_\_\_\_\_.

3. Neuro-plasticity - The ability for our brain to \_\_\_\_\_ and grow.

4. Neuro-plasticity - Your brain is capable of turning a current \_\_\_\_\_ into a future \_\_\_\_\_.

5. "Failure is \_\_\_\_\_ if we \_\_\_\_\_ from it." - Malcolm Forbes

*Acrostic of my name pointing out some of my gifts and talents:*



# MY PERSONAL HEALTH GOAL

NAME:

MY GOAL IS:

STEPS TO REACH MY GOAL:

OBSTACLES THAT COULD KEEP ME FROM REACHING MY GOAL:

PERSONAL CHOICES I WILL HAVE TO MAKE:

MY PERSONAL ACCOUNTABILITY:



# Session 4 GOALS

1. Quote: If you \_\_\_\_\_ at \_\_\_\_\_, you'll \_\_\_\_\_ it every \_\_\_\_\_.

2. Whole-person maturity - What does it mean to be mature:

a. Physically: \_\_\_\_\_

b. Emotionally: Top 2 female needs:

\_\_\_\_\_

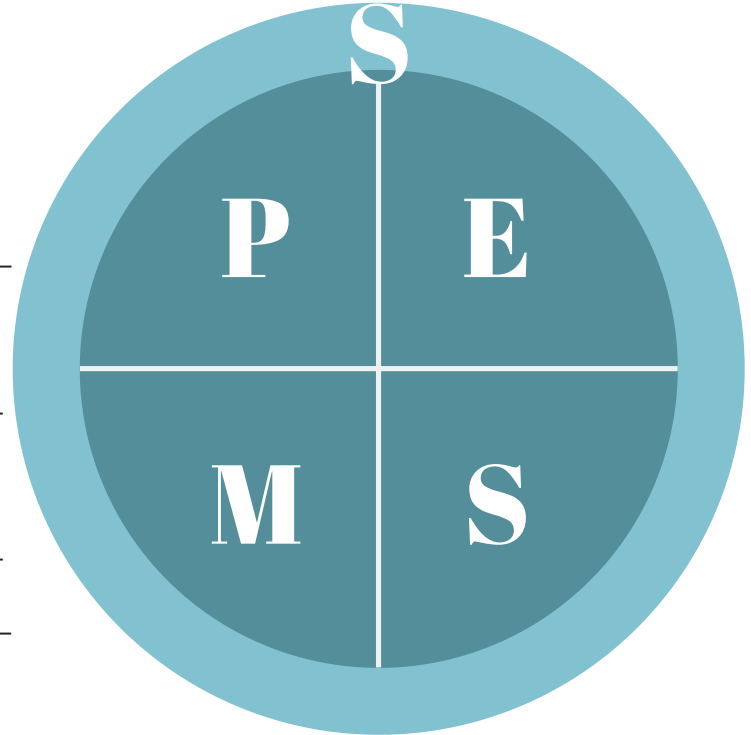
Top 2 male needs:

\_\_\_\_\_

c. Mentally: \_\_\_\_\_

d. Socially: \_\_\_\_\_

e. Spiritually: \_\_\_\_\_



4. Snap decision: A choice you make without \_\_\_\_\_ through the consequences.

5. Reflective decision: A decision you put a lot of time and \_\_\_\_\_ into.

6. Goals should be: Specific, Measurable, Achievable, Realistic, \_\_\_\_\_.

7. My SMART Goal:

\_\_\_\_\_  
\_\_\_\_\_

# MAKE SMART GOALS

**S**

**SPECIFIC**

**M**

**MEASURABLE**

**A**

**ACHIEVABLE**

**R**

**RELEVANT**

**T**

**TIMELY**

# Track my Personal Health Goal

Name:

My Goal:

In each box mark a + for every day that you did well with your personal health goal, and a - for every day you could have done better.

Week 1

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 2

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 3

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 4

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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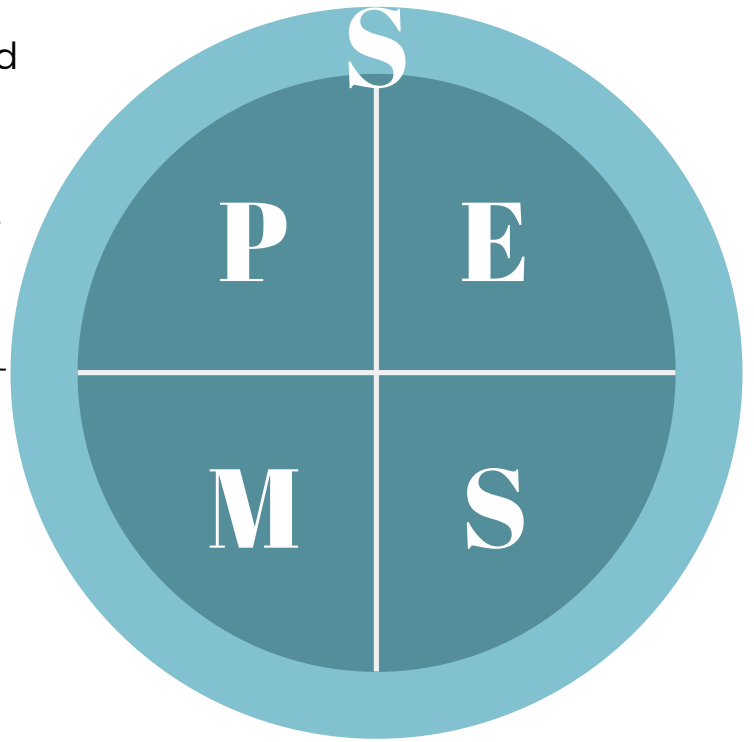




## SESSION 5

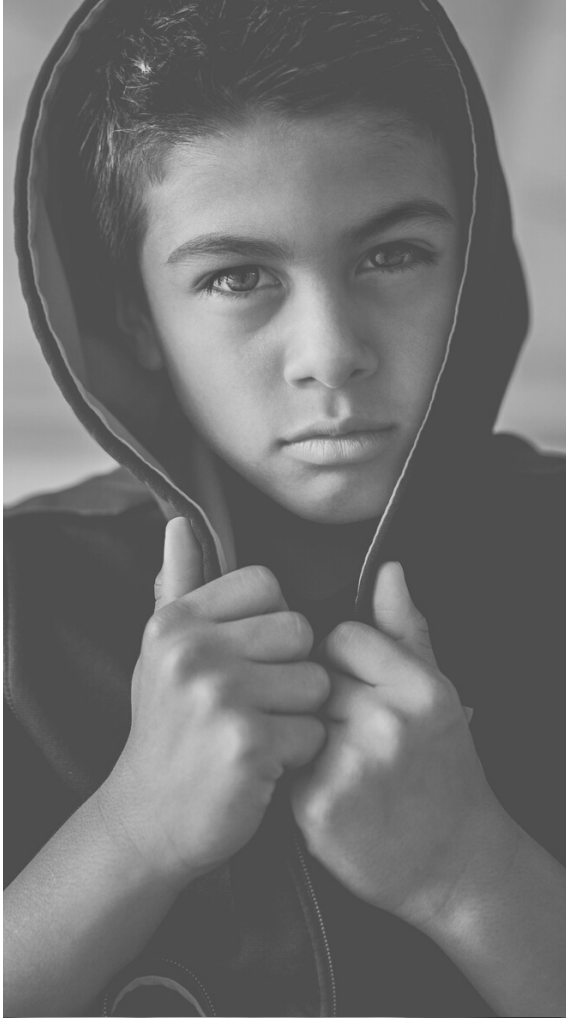
# PUBERTY

1. Quote: Your sexuality is a very special \_\_\_\_\_ worth respecting and \_\_\_\_\_.
2. Abstinence: Saving intimate \_\_\_\_\_ contact for \_\_\_\_\_.
3. Abstinence helps you create \_\_\_\_\_ relationships.
4. Sexuality affects the whole person.
5. List some changes that happen to boys and girls during puberty:
  - a. Physically: \_\_\_\_\_
  - b. Mentally: \_\_\_\_\_
  - c. Emotionally: \_\_\_\_\_
  - d. Socially: \_\_\_\_\_
  - e. Spiritually: \_\_\_\_\_



# ANATOMY REVIEW

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1. Where are the female's eggs stored?  
\_\_\_\_\_
2. Where are the male's sperm cells produced? \_\_\_\_\_
3. In what female organ does a baby grow?  
\_\_\_\_\_
4. The process of a sperm joining an egg is called \_\_\_\_\_.
5. The stage of life when a child develops into a young man or woman is called \_\_\_\_\_.
6. Special chemicals in the body that cause changes to occur. \_\_\_\_\_
7. The gland in our brain that controls our growth. \_\_\_\_\_
8. The shedding of the lining of the uterus is called \_\_\_\_\_.
9. A girl can get pregnant the first time she has sexual intercourse. \_\_\_\_\_
10. A girl cannot get pregnant if she has not yet started her period. \_\_\_\_\_

**A. Fertilization**

**B. Testes**

**C. Pituitary**

**D. Ovaries**

**E. Uterus**

**F. False**

**G. Hormones**

**H. Menstruation**

**I. Puberty**

**J. True**

# LOVE OR CRUSH?

## Session 6

Staying under control when we are in love:

1. Recognize this is \_\_\_\_\_.
2. Take a deep \_\_\_\_\_.
3. Order your \_\_\_\_\_ brain to be in charge.



Quote: Love takes \_\_\_\_\_ to grow, a \_\_\_\_\_ will \_\_\_\_\_ and go.

Love	Crush

4. Crush: Extravagant, short lived \_\_\_\_\_.

5. Hormones will push someone \_\_\_\_\_ the next step.

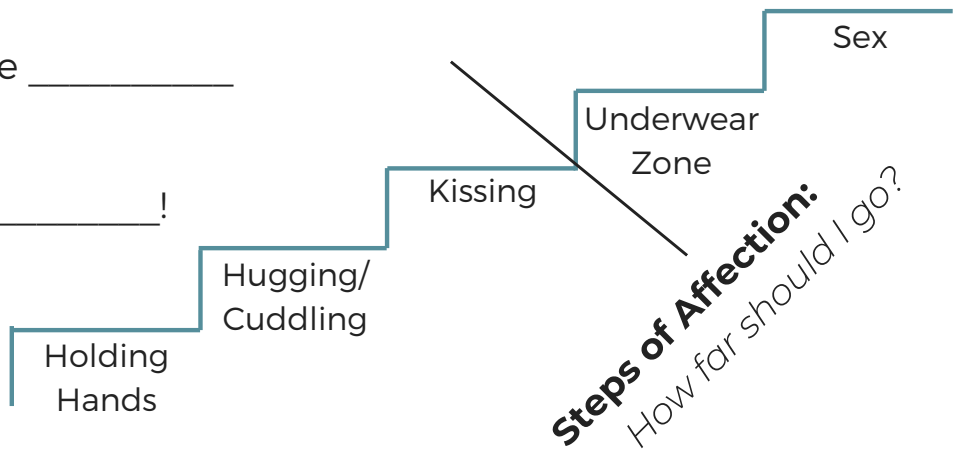
6. \_\_\_\_\_ should not be \_\_\_\_\_!

7. The healthiest place to draw your line is no further than \_\_\_\_\_.

8. \_\_\_\_\_ abstinence means a person \_\_\_\_\_ to \_\_\_\_\_ crossing the line.

9. Sexual Abuse: No one has the \_\_\_\_\_ to touch you in the \_\_\_\_\_ zone without your \_\_\_\_\_!

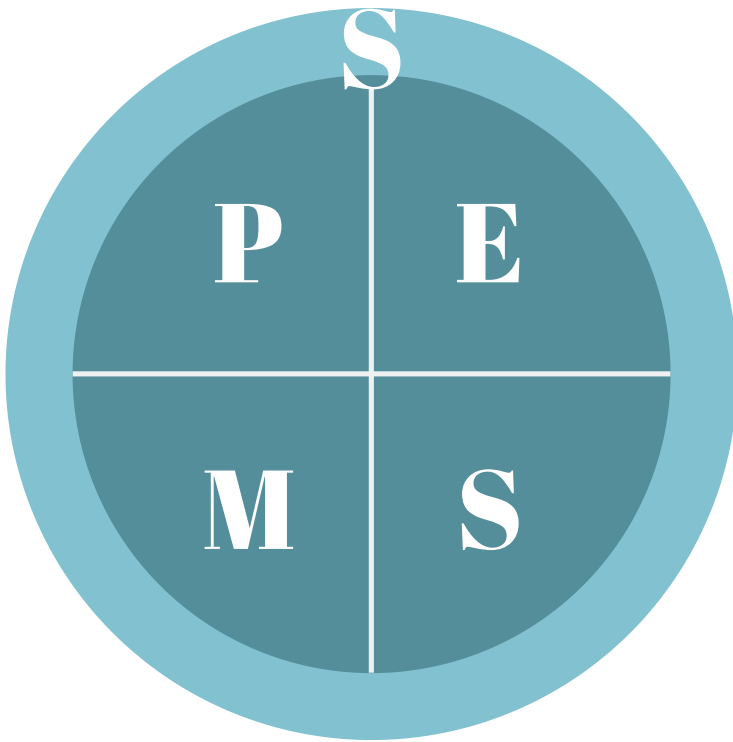
10. Peer or relationship abuse: Any type of \_\_\_\_\_, \_\_\_\_\_ behavior that takes place in a \_\_\_\_\_.



# SESSION 7 CONSEQUENCES

1. Let the \_\_\_\_\_ you make \_\_\_\_\_ be choices you can \_\_\_\_\_ tomorrow.

2. Possible whole person consequences of sexual activity before marriage:



Spiritual: \_\_\_\_\_

Physical: \_\_\_\_\_

Emotional: \_\_\_\_\_

Mental: \_\_\_\_\_

Social: \_\_\_\_\_

3. Basic reasons why there is an epidemic:

- The symptoms are hard to \_\_\_\_\_.
- People who get infected may not tell \_\_\_\_\_.
- There are more sexual relationships outside of a committed \_\_\_\_\_.

4. How do people get STIs? ~ \_\_\_\_\_ to \_\_\_\_\_ contact in the underwear zone with an infected person or getting infected \_\_\_\_\_ into body openings.

5. Lesson of the "Risky Business" Demo: STIs can be \_\_\_\_\_ to \_\_\_\_\_ people over a period of time.

6. HIV attacks the body's \_\_\_\_\_ system.

7. If a person has been sexually active with more than one person, they should get \_\_\_\_\_.

8. If you've been sexually active, do you have to continue? \_\_\_\_\_

# STI FACT SHEET

## STI- SEXUALLY TRANSMITTED INFECTION

### Could be caused from:

#### VIRUSES

HPV  
Genital Herpes  
HIV/AIDS

#### BACTERIA

Syphilis  
Gonorrhea  
Chlamydia

#### PARASITES

Trichomoniasis  
Pubic Lice

#### How can you get an STI?

1. Getting infected body fluid into a body opening
2. Skin to skin contact in the underwear zone with an infected person

- 7 out of 10 people who have an STI don't know they have one.
- If diseases are left untreated, they can cause symptoms that are worse like cancer, seizures, heart disease, even death.
- Some STIs can be passed to a baby during pregnancy, delivery or breastfeeding, which could cause the baby to have serious medical complications at birth.

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*If you have not been sexually active, you do not need to worry about having a sexually transmitted infection*



# FRIENDSHIP AND TECHNOLOGY

## Session 8



1. Show me your \_\_\_\_\_ and I'll show you your \_\_\_\_\_.
2. Mirror neurons encourage us to \_\_\_\_\_ others.
3. Self-esteem: My \_\_\_\_\_ of \_\_\_\_\_.
4. 2 things I value about myself are:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
5. Good character: It's what's on the inside that counts.
  - a. One character quality that I would like to work on: \_\_\_\_\_
6. Tips for healthy communication:
  - a. Always treat the other person the way that \_\_\_\_\_ would want to be \_\_\_\_\_.
  - b. When communicating through technology, remember that I am leaving a digital footprint that can be:
    - i. \_\_\_\_\_
    - ii. \_\_\_\_\_
    - iii. \_\_\_\_\_
    - iv. \_\_\_\_\_
    - v. \_\_\_\_\_



## LET'S REVIEW

1. If you \_\_\_\_\_ at \_\_\_\_\_, you'll \_\_\_\_\_ it every \_\_\_\_\_.
2. Quote: Your sexuality is a very special \_\_\_\_\_ worth saving for a very special person - your \_\_\_\_\_.
3. Love takes \_\_\_\_\_ to grow, a \_\_\_\_\_ will \_\_\_\_\_ and go.
4. Let the \_\_\_\_\_ you make \_\_\_\_\_ be choices you can \_\_\_\_\_ tomorrow.

# I NEED HELP!

*A secret struggle can tear a person apart. Be sure to talk to a trusted adult, your school counselor, or one of the organizations listed below.*

*For more helpful websites, visit [aliveandwellteens.com](http://aliveandwellteens.com) or [211.org](http://211.org).*

## COUNSELING



**CROSSWINDS  
(FAMILY COACHING  
AND COUNSELING)**  
[Crosswindseyouth.org](http://Crosswindseyouth.org)  
855.927.7963



**Suicide Hotline  
(24/7 free,  
confidential  
support)  
Dial "988"**



**RENOVATE COUNSELING  
SERVICES**  
[renovatecounseling.org](http://renovatecounseling.org)  
260.307.5030

## UNPLANNED PREGNANCY

**CHECK WITH YOUR  
COUNTY'S HEALTH  
DEPARTMENT**



**THE HOPE CLINIC**  
Berne or Decatur  
[thehopeclinic.net](http://thehopeclinic.net)  
B: 260.589.3561  
D: 260.728.4191  
24/7 Help Line:  
1.800.395.HELP



**HELPING HANDS**  
Pregnancy Resource  
Bluffton, IN  
[helpinghandscpc.org](http://helpinghandscpc.org)  
260.824.4263



**A HOPE CENTER**  
Fort Wayne  
[ahopecenter.org](http://ahopecenter.org)  
24/7 Help Line:  
260.422.3544

## STI TESTING



**THE HOPE CLINIC**  
[hopeandanswers.com](http://hopeandanswers.com)  
Berne:  
260.589.3561  
Decatur:  
260.728.4191



**A HOPE CENTER**  
[ahopecenter.org](http://ahopecenter.org)  
Call or Text:  
224.585.3544

## ABUSE



**NATIONAL DOMESTIC  
VIOLENCE/ABUSE  
HOTLINE**

**TEXT: loveis to 22522  
1.800.799.SAFE  
1.866.331.9474**

# CHARACTER QUALITIES 7

Parent Talk Assignment



*Put an H next to the character qualities that you HAVE and a W next to the character qualities that you WANT. Review your answers with your parent or guardian and have them mark with an H and W for you as well.*

ATTENTIVE \_\_\_\_\_

*(Listening with eyes, ears, & heart)*

CONTENT \_\_\_\_\_

*(Happy with what I have)*

HONEST \_\_\_\_\_

*(I tell the truth all the time)*

CREATIVE \_\_\_\_\_

*(Doing something in a new way)*

DILIGENT \_\_\_\_\_

*(Working hard to accomplish a task)*

FAIR \_\_\_\_\_

*(Treating others equally)*

GENEROUS \_\_\_\_\_

*(Sharing what I have)*

HELPFUL \_\_\_\_\_

*(Ready to serve at any time)*

HUMBLE \_\_\_\_\_

*(I don't think of myself as better than anyone else)*

KIND \_\_\_\_\_

*(Good hearted, careful, gentle)*

PROMPT \_\_\_\_\_

*(Being on time - getting things done when I say I will)*

PATIENT \_\_\_\_\_

*(Waiting with a happy spirit)*

RESPONSIBLE \_\_\_\_\_

*(Doing what I say I will do when I say I will do it)*

SELF-CONTROL \_\_\_\_\_

*(Controlling my emotions and actions)*

THANKFUL \_\_\_\_\_

*(Being thankful and telling others)*

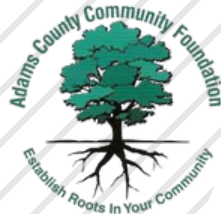
NAME:

PARENT SIGNATURE: \_\_\_\_\_

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Inspiring people and communities to build and distribute charitable funds for good.



An Indiana based community bank providing personal, business, and agribusiness services.



Saving marriages, strengthening families, and empowering individuals towards hope and wholeness.



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# MEDIA ASSIGNMENT 6

Parent Talk  
Assignment

# 6

What messages are your devices communicating? How will these messages affect your relationships?

1. Name a show you normally watch, site you visit, video game or app you play:

2. As you are watching or playing, make a tally mark in the appropriate box every time there's an action, comment, or picture which shows disrespect in the following areas:

**Violence**

**Language**

**Sexual**

3. Were there any consequences shown for these behaviors? \_\_\_\_\_  
If yes, what were they?

4. What are the benefits of your favorite form of media?

5. What are the risks?

6. Is this show, app, or game helping you learn the skills of creating positive, healthy relationships?  
\_\_\_\_\_ Yes \_\_\_\_\_ No

Parent Signature: \_\_\_\_\_

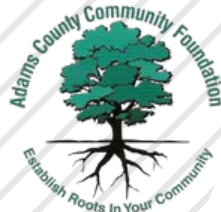
Student Name: \_\_\_\_\_

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Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

# RESPECTED ADULT INTERVIEW

Parent Talk  
Assignment

# 5

What advice did someone give you when you were my age that you were glad you listened to?

What advice do you wish you would have listened to when you were a teenager?

What attributes do you see in me that make you excited for my future?

What attributes do you see in me that you think I need to be cautious of for my future?

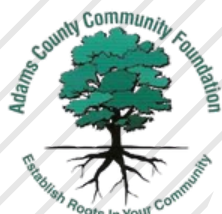
Do you have any other advice for me?



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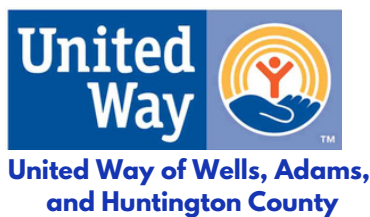
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# I HAVE SOME QUESTIONS...

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*Alive & Well wants to partner with 6th grade parents or guardians to help your pre-teen make healthy choices. Next week, we will be presenting the topics of puberty and abstinence in your student's class. We believe that it is very important for young people to discuss these issues with their guardians. The purpose of this activity is to "break the ice" to help you have these conversations with your child. Please set aside some time within the next week to listen and discuss the questions your child lists below.*

**Here are some of my questions about relationships, puberty, sex, etc.**

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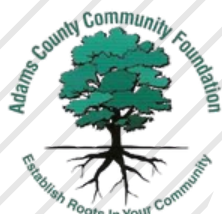
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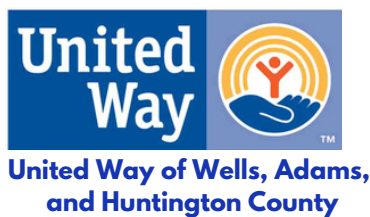
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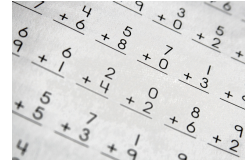
Name: \_\_\_\_\_

## WHAT ARE YOUR TALENTS?

Parent Talk  
Assignment

# 3

\_\_\_\_\_ I am logical and can problem solve.



\_\_\_\_\_ I like art/drawing and painting pictures.



\_\_\_\_\_ I enjoy reading and writing.



\_\_\_\_\_ I am a good communicator and enjoy relationships.



\_\_\_\_\_ I am good at dancing/athletics.



\_\_\_\_\_ I like to sing/play instruments.



\_\_\_\_\_ I enjoy exploring outdoors/animals/plants.



Number the talents as they relate to you.

1 = This is most like me. 7 = This is least like me.

Share with your parents what you have learned and why you chose the numbers you did.

**“EVERYBODY IS A GENIUS. BUT IF YOU JUDGE A FISH BY ITS ABILITY TO CLIMB A TREE, IT WILL LIVE ITS WHOLE LIFE BELIEVING THAT IT IS STUPID.”**

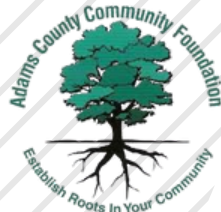
**~ ALBERT EINSTEIN**

Parent's Signature: \_\_\_\_\_

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# Worldview

THE WAY I SEE THE WORLD

Parent Talk Homework

# 2

Name: \_\_\_\_\_

In the boxes below describe how your understanding of worldview will change the way you:

**Confront others**

**Listen to others**

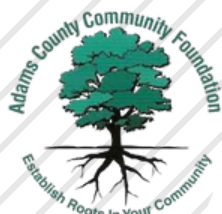
**Empathize with others**

Parent's Signature: \_\_\_\_\_

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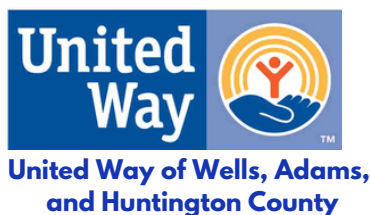
Saving marriages, strengthening families, and empowering individuals towards hope and wholeness.



Providing fueling solutions for wholesale and retail customers.



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Making a lasting difference in Wells County.



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# A&W Think Sheet

Think of a recent time you regretted your actions.  
Use that scenario to answer the questions below.

# 1

Parent Talk  
Homework



In your own words describe what happened and who was involved:

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**IF WE LET OUR NEGATIVE EMOTIONS BUILD UP,  
THEY WILL EVENTUALLY EXPLODE!**

What did you do that you now regret?:

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How does your behavior need to change?:

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What can you do in the future to ensure a more positive response?:

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How can you make peace with the people involved?:

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**Name:**

**Parent Signature:**

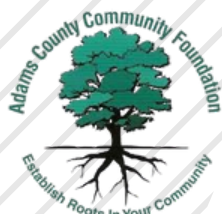
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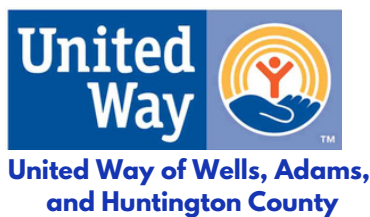
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