



**HELPING TEENS MAKE HEALTHY CHOICES**

**ALIVE & WELL  
7TH GRADE  
STUDENT NOTES  
COMPLETE PROGRAM  
8 SESSIONS**

# THE JOURNEY OF LIFE

**NAME:** \_\_\_\_\_

**CLASS PERIOD:** \_\_\_\_\_

# THANK YOU TO OUR SPONSORS



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*Making a lasting difference in Wells County.*



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



*Enhancing the quality of life in Huntington County.*



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



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



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



*Providing fueling solutions for wholesale and retail customers.*



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

*Making a positive impact on our community.*



7th Grade Session 1

# POSITIVE SELF TALK

QUOTE:

Today is going to be a \_\_\_\_\_ day!

1 We do not see the world as it \_\_\_\_\_, we see the world as we \_\_\_\_\_.

2 The way we view ourselves \_\_\_\_\_ the way we see the world, and \_\_\_\_\_ the way we interact with everyone around us.

3 Your quality of \_\_\_\_\_ is determined by the quality of your \_\_\_\_\_.  
This starts with the way you communicate with \_\_\_\_\_.

4 Whether you think you can or you can't, you're \_\_\_\_\_. ~ Henry Ford

5 Steps to Creating Empowering \_\_\_\_\_:

1. Acknowledge your negative \_\_\_\_\_.
2. \_\_\_\_\_ your negative voice.
3. Talk \_\_\_\_\_ to your negative voice.
4. \_\_\_\_\_ a positive message.

# SUBCONSCIOUS MIND

## SESSION 2 HOMEWORK: LIFE CHANGE STARTS WITH ME

**QUOTE:** You upgrade your brain just like you upgrade a \_\_\_\_\_.

**1** Neuroplasticity: The ability for our brain to change and \_\_\_\_\_.

**2** Conscious mind: Decisions we make that we are \_\_\_\_\_ of.

**3** Subconscious mind: Decisions we make that we are NOT \_\_\_\_\_ of.

**4** Lesson from the balloon on a string demo: Creating a new habit is extremely \_\_\_\_\_ at first, but over time it becomes much \_\_\_\_\_.

**5** Teens should be getting \_\_\_\_\_ hours of sleep every night.

**6** 5 Stages of sleep:

1. \_\_\_\_\_

2. Heart rate \_\_\_\_\_

3 & 4. \_\_\_\_\_ and restorative sleep: helps you to remember basic facts like faces and places.

5. REM Sleep: helps you to remember things for \_\_\_\_\_, have more control over your \_\_\_\_\_ and strengthens your \_\_\_\_\_ system.



# STRESS COPING IDEAS

## SESSION 2



### SQUARE BREATHING

Breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, hold for 4 seconds, and repeat until your heart rate has returned to normal.



### JOURNAL

Do not filter your thoughts, just write all your emotions down so your brain can process the world around you.



### LISTEN TO MUSIC

Listen to slow, quiet, classical music to help lower your heart rate and blood pressure.



### GO ON A WALK

Do not listen to anything, just breathe the in the fresh air and give your brain a chance to reset.



### COLOR A PICTURE

The repeated pattern of moving the crayon, marker, or colored pencil back and forth is a great stress reducing activity.



### TALK TO A TRUSTED ADULT

Ultimately, talking to someone is the only way you will feel better with the repeated stress in your life. Find a parent, guidance counselor, teacher, youth pastor, or other adult to share your life struggles.

# Positive Impact

**QUOTE:** What comes easy won't \_\_\_\_\_. What lasts won't come \_\_\_\_\_.

**1:** You must \_\_\_\_\_ your past to \_\_\_\_\_ your future.

**2:** Changing the \_\_\_\_\_ of your life begins with making \_\_\_\_\_ choices.

**3:** "Those who are happiest are those who do the \_\_\_\_\_ for others." ~ *Booker T. Washington*

**4:** Never underestimate your \_\_\_\_\_. Never overestimate your \_\_\_\_\_.

**5:** 5 Sure-fire ways to not let failure define you:

1. Understand your \_\_\_\_\_.
2. Your input determines your \_\_\_\_\_.
3. Failure is an \_\_\_\_\_, not a person.
4. Failure is \_\_\_\_\_ if we learn from it.
5. Become better for the \_\_\_\_\_.

**Personality Quiz:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Results:** \_\_\_\_\_

\_\_\_\_\_



# SESSION 4

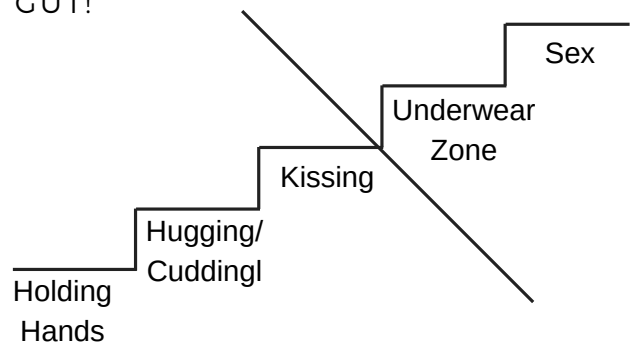
## HOMWORK: MY ESCAPE PLAN

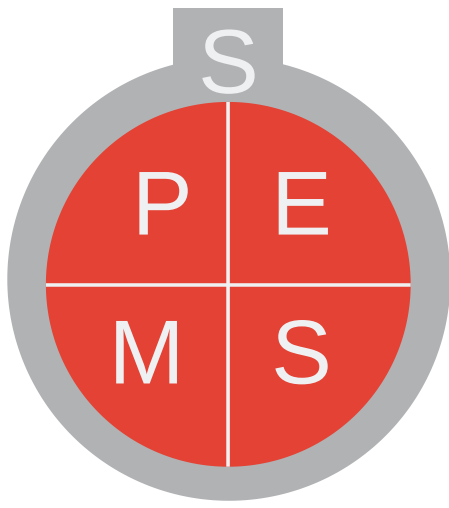


# GUARDRAILS

*Guardrails: Important barriers between us and certain danger*

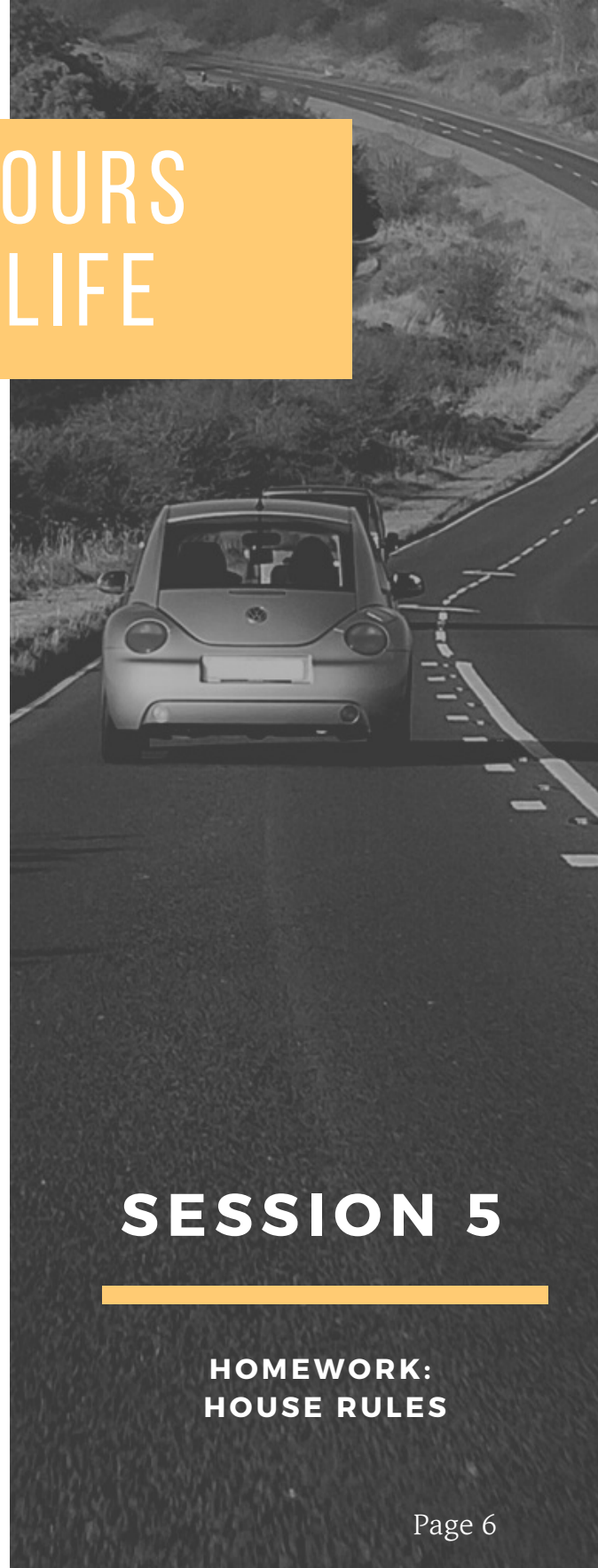
1. Quote: "May your \_\_\_\_\_ reflect your hopes, not your \_\_\_\_\_." ~ Nelson Mandela
2. My \_\_\_\_\_ is a very special \_\_\_\_\_ worth \_\_\_\_\_ and \_\_\_\_\_.
3. Abstinence: Saving \_\_\_\_\_ sexual contact for \_\_\_\_\_.
4. Timeline Demo:
5. No one \_\_\_\_\_ to fail but many \_\_\_\_\_ to plan.
6. Steps of Affection Guardrail: Draw your line no further than \_\_\_\_\_.
7. What are some guardrails I can put into place to help me achieve abstinence?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. Sexual abuse: When someone \_\_\_\_\_ or \_\_\_\_\_ someone else to touch them in the underwear zone.
9. Relationship abuse: Any type of disrespectful or abusive behavior that takes place in a \_\_\_\_\_.
10. Set up an \_\_\_\_\_ plan. TRUST YOUR GUT!
11. What to do if you have been abused:
  - a. Remember it is never your \_\_\_\_\_!
  - b. Tell a trusted \_\_\_\_\_.
  - c. You can still have \_\_\_\_\_ relationships.
12. My Guardrail plan:
  - a. Set a standard for \_\_\_\_\_ and \_\_\_\_\_.
  - b. Avoid \_\_\_\_\_ situations.
  - c. Say no to \_\_\_\_\_, drugs, and destructive \_\_\_\_\_.
  - d. Practice \_\_\_\_\_.





# DETOURS OF LIFE

1. Respect \_\_\_\_\_ and others will \_\_\_\_\_ you.
2. RESPECT: Treating someone like a \_\_\_\_\_.
3. RESPECT creates \_\_\_\_\_ relationships.
4. Love is not just a \_\_\_\_\_, it is the way you \_\_\_\_\_ someone.
5. Creating \_\_\_\_\_:
  - a. Setting standards of right and wrong.
  - b. Avoiding risky situations.
  - c. Saying NO to alcohol and drugs.
  - d. Avoiding destructive media.
6. \_\_\_\_\_ is the number one reason teens get involved in risky behaviors.
7. When I am facing peer pressure, I should:
  - a. Take a \_\_\_\_\_ breath.
  - b. Think about my \_\_\_\_\_ future.
  - c. Consider the \_\_\_\_\_.
  - d. Make the decision that is in line with my desired \_\_\_\_\_.
8. Setting guardrails is a \_\_\_\_\_ decision.



## SESSION 5

**HOMEWORK:  
HOUSE RULES**

6 Months	2 Years	6 Years	10 Years

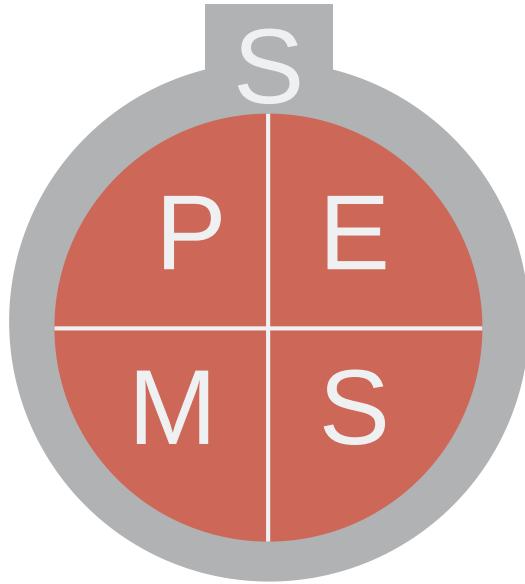


# CONSEQUENCES

## SESSION 6

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1. You can choose your \_\_\_\_\_ but not your \_\_\_\_\_.
2. Possible consequences of being sexually involved before marriage:



3. Lesson of the Sticky Tape Demo:

The \_\_\_\_\_ created during sexual activity does not guarantee a \_\_\_\_\_ relationship.

4. How do STIs spread?

A. \_\_\_\_\_ to \_\_\_\_\_ contact in the \_\_\_\_\_ with an infected person.

B. Getting \_\_\_\_\_ body fluids into a body \_\_\_\_\_.

5. Prevention: \_\_\_\_\_!

6. Lesson of "Worth the Risk" Demo:

A decision to postpone \_\_\_\_\_ until marriage \_\_\_\_\_ me from physical consequences such as STIs.

7. Creating \_\_\_\_\_: Setting standards of right and wrong, Avoiding risky situations. Saying NO to alcohol and drugs. Avoiding destructive media.

## HOMework: TECHNOLOGY & MEDIA GUIDELINES

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# STI FACT SHEET

Session 6

## How do you get an STI?

\*Skin to skin contact in the underwear zone with an infected person

\*Infected body fluids into body openings

### VIRAL STIS

No cure

#### HPV

Can lead to cancer of cervix or genitals

#### Genital Herpes

Can cause painful blisters

#### HIV/Aids

The most deadly of all STIS

### BACTERIAL STIS

May be cured with antibiotics

#### Chlamydia

Can lead to pelvic inflammatory disease

#### Gonorrhea

Can cause abdominal pain and lead to infertility

#### Syphilis

Can result in heart damage, brain damage or even death.

### PARASITIC STIS

May be cured with creams, shampoos, & antibiotics

#### Pubic Lice

Lice that prefer pubic hair

#### Scabies

Parasites that burn as they burrow under your skin

#### Trichomoniasis

Parasites that cause itching, burning and pain.

# TEEN HEALTH QUIZ

Session 7

## How much do YOU know about teen health?

---

1. Students who feel connected to their school generally get better grades.

T

F

2. Most teens don't get enough sleep.

T

F

3. Teens shouldn't spend more than 2 hours per day in front of a screen.

T

F

4. People with good mental and emotional health spend time developing and maintaining close relationships.

T

F

5. If you are experiencing unpleasant emotions, it is best to distract yourself and not think about what is causing them.

T

F

6. Having fun is an important part of maintaining good physical and emotional health.

T

F

7. 36% of teenagers rate their anxiety as high.

T

F

8. 20% of teenagers use a smartphone or tablet for 5 hours per day (outside of school work)

T

F

9. When someone you don't know starts talking to you on-line, they are just trying to be friendly and you should talk to them.

T

F

10. Up to 30% of teenage girls in some parts of the US have intentionally injured themselves without aiming to commit suicide.

T

F

11. 34% of teenagers have seriously considered ending their life during the past year.

T

F

12. Which of these may be signs of alcohol or drug use?

- A. Changes in eating and sleeping    B. Increased hostility    C. Change in friends    D. All of these



# 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).

## ABUSE



**NATIONAL DOMESTIC VIOLENCE/ABUSE HOTLINE**

TEXT: loveis to 22522  
1.800.799.SAFE  
1.866.331.9474



**INDIANA CHILD ABUSE AND NEGLECT HOTLINE**

1-800-800-5556



**NATIONAL SEXUAL ASSAULT HOTLINE**

hotline.rainn.org  
800-656-HOPE

## BULLYING



**STOP BULLYING .GOV**  
stopbullying.gov  
1-800-273-TALK



**NATIONAL EATING DISORDERS ASSOCIATION**  
nationaleatingdisorders.org  
call or text: (800) 931-2237

## EATING DISORDERS

## COUNSELING

LOOKup

**LOOK UP INDIANA**  
Chat or text a soul medic  
Text LOOKUP to 494949  
or visit: [lookupindiana.org](http://lookupindiana.org)



**CROSSWINDS (FAMILY COACHING AND COUNSELING)**  
Crosswindseyouth.org  
855.927.7963



**RENOVATE COUNSELING SERVICES**  
renovatecounseling.org  
260.307.5030

## PORNOGRAPHY



**X3 WATCH**  
x3watch.com



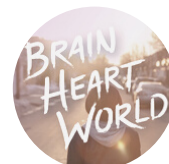
**NF COMPANION**  
App for Android



**COVENANT EYES**  
covenanteyes.com



**FIGHT THE NEW DRUG**  
fightthenewdrug.org



**BRAIN, HEART, WORLD**  
brainheartworld.org



## ONLINE PREDATOR



NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

[cybertipline.org](http://cybertipline.org)  
1-800-843-5678

## SELF HARM



SAFE ALTERNATIVES  
800-DONT-CUT  
[selfinjury.com](http://selfinjury.com)



NATIONAL SUICIDE PREVENTION LIFELINE  
1-800-273-8255  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

## SEX TRAFFICKING



SHARED HOPE INTERNATIONAL  
[sharedhope.org](http://sharedhope.org)  
1-866-437-5433



HUMAN TRAFFICKING IN OUR BACKYARD  
[InOurBackyard.org](http://InOurBackyard.org)  
888-3737-888  
Text: HELP to 233733

## 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

## UNPLANNED PREGNANCY

Check with your local 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

# SCREEN SAFETY

Session 7

1. Quote: "If you don't \_\_\_\_\_ for something, you'll \_\_\_\_\_ for anything."
2. Most of the images we see do \_\_\_\_\_ reflect \_\_\_\_\_.
3. Pornography can \_\_\_\_\_ the neurological pathways of your brain which can lead to an \_\_\_\_\_.
4. It is \_\_\_\_\_ to \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ a sexual photo of someone under the age of 18 years old.
5. What should you do if you receive a sexual picture or video or someone asks for an inappropriate picture of you?
  - A. \_\_\_\_\_ do what is asked.
  - B. Always tell an \_\_\_\_\_ and then the \_\_\_\_\_.
6. \_\_\_\_\_ is when a \_\_\_\_\_ is tormented, threatened, harassed, humiliated, embarrassed or otherwise \_\_\_\_\_ by another minor using technology. (online or in an app)
7. There are four actions to take to stay safe online or on a cell phone:
  - A. \_\_\_\_\_ take or send a sexual \_\_\_\_\_ or text to anyone.
  - B. \_\_\_\_\_ give out your \_\_\_\_\_ to social media sites.
  - C. Always keep personal information private.  
\_\_\_\_\_ before you \_\_\_\_\_.
  - D. \_\_\_\_\_ meet someone in person that you only know \_\_\_\_\_.

## A Trusted Adult:

Listens and believes you

Is respectful of your feelings and boundaries; will not make you feel uncomfortable

Makes wise decisions in their own life

Does not take advantage of others

1. Quote: \_\_\_\_\_ can hide from \_\_\_\_\_ pressure.

2. We are more likely to \_\_\_\_\_ against pressure if we realize how \_\_\_\_\_ we are.

3. Pressure can be \_\_\_\_\_ or \_\_\_\_\_.

4. Tips for dealing with peer pressure:

5. Creating \_\_\_\_\_: Setting standards of \_\_\_\_\_ and \_\_\_\_\_, Avoiding \_\_\_\_\_ situations. Saying NO to \_\_\_\_\_ and drugs, Avoiding destructive \_\_\_\_\_, Practicing \_\_\_\_\_, Setting \_\_\_\_\_ & making \_\_\_\_\_ decisions. Building strong \_\_\_\_\_ - \_\_\_\_\_. Choosing \_\_\_\_\_ with similar values. Talking with a \_\_\_\_\_ adult.



My SMART Goal:

**Set SMART goals:**

**Specific**

**Measurable**

**Attainable**

**Realistic**

**Timely**

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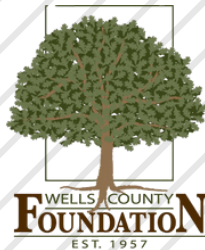
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# HOMWORK SESSION 7: CREATING GUARDRAILS



Set a standard for \_\_\_\_\_ and \_\_\_\_\_.

Avoid \_\_\_\_\_ situations.

Say NO to \_\_\_\_\_, \_\_\_\_\_, and destructive \_\_\_\_\_.

Practice \_\_\_\_\_.

Set \_\_\_\_\_.

Make \_\_\_\_\_ decisions.

Build strong \_\_\_\_\_.

Choose \_\_\_\_\_ with similar values.

Talk with a trusted \_\_\_\_\_.

---

**NAME:** \_\_\_\_\_

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

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NAME: \_\_\_\_\_

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

# TECHNOLOGY & MEDIA GUIDELINES HOMEWORK SESSION 6

**IN ORDER TO STAY SAFER WHILE USING THE INTERNET OR CELL PHONE, I WILL REMEMBER THE FOLLOWING GUIDELINES:**

**I WILL ALWAYS REMEMBER THAT NOT EVERYONE MAY BE WHO THEY SAY THEY ARE**

There are people who will spend months pretending to be someone trustworthy

**I WILL NOT GIVE MY PERSONAL INFORMATION TO ANYONE ON-LINE**

Including family info, school, telephone number, or address

**I WILL NEVER MEET AN ONLINE ACQUAINTANCE UNDER ANY CIRCUMSTANCE**

Even if I feel like I know them very well

**I WILL NOT CYBERBULLY**

Write or send a post that hurts, threatens or lies about other teens or adults

**I WILL TELL A TRUSTED ADULT IF SOMEONE HARRASSES ME ON-LINE**

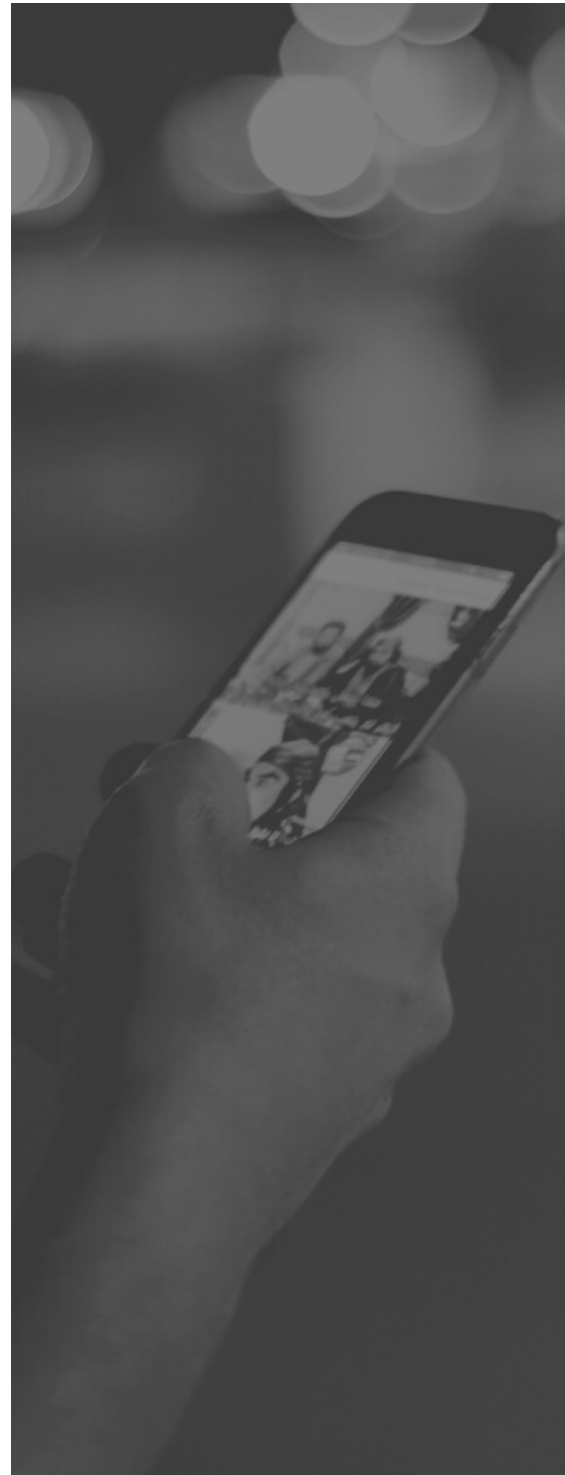
Or says anything that is inappropriate or makes me feel uncomfortable

**WHEN I SEE PORNOGRAPHY I WILL TELL A TRUSTED ADULT**

This includes receiving a sext. I will also not forward a sext that is sent to me.

**I WILL NOT PARTICIPATE IN SEXTING**

I will not post or send a picture I would not want my trusted adult to see



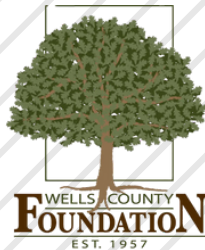
**I promise to follow these guidelines.** \_\_\_\_\_

teen signature

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# HOUSE RULES

Homework Session 5

## WHAT HOUSE RULES WILL HELP YOUR CHILD CREATE POSITIVE RELATIONSHIPS AND MAKE POSITIVE CHOICES?

*Alive & Well does not promote dating in middle school, however we feel it is important to begin discussing these issues with your child.*

What is my curfew in Middle School? \_\_\_\_ High School? \_\_\_\_  
Will my curfew change according to the activity? \_\_\_\_

When I am home, can I have a member of the opposite sex:  
In the house without a parent there? \_\_\_\_\_  
In my bedroom? \_\_\_\_\_

If I start to date, how much of an age difference can there be between us:  
In Middle School: \_\_\_\_\_ In High School: \_\_\_\_\_

Two other house rules for me:  
1. \_\_\_\_\_  
2. \_\_\_\_\_

If I feel uncomfortable or unsafe, I know my escape plan.

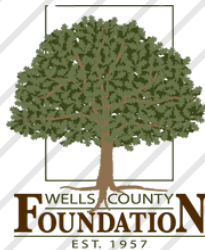
**TEEN SIGNATURE:** \_\_\_\_\_

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

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# Homework: My Escape Plan

## Session 4

Every teen will face pressure filled moments. My Escape Plan is an agreement between a trusted adult and teen that creates a plan of escape for those moments. Teens are better able to handle uncomfortable situations if they are prepared. After you and your adult have discussed this assignment, sign the bottom portion and bring it to class for a prize.

### Examples of Pressure:

- getting a "bad feeling" while spending the night at a friend's house
- a friend wanting to show you something inappropriate on the phone
- any time drugs/alcohol/vaping/smoking is offered to you

### Example of Escape Plan

- a teen texts a pre-decided letter, symbol, or phrase to the caregiver which means come get me
- a teen is instructed to call the caregiver and say something pre-decided like, "You wanted me to check in with you?" (caregiver arranges to pick up the teen and to avoid embarrassment takes full responsibility for them having to leave

I will ask for help when \_\_\_\_\_  
\_\_\_\_\_

My Escape Plan is  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

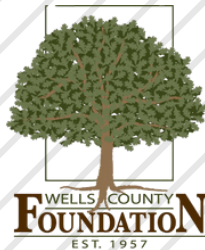
**Adult signature** \_\_\_\_\_

**Teen signature** \_\_\_\_\_

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# Becoming a Difference Maker

Homework Session 3

What is a personal strength you believe you have?

-----  
-----

How could you use that strength to make a difference in another person's life?

-----  
-----

How many hours per week or month could you commit to this endeavor?

-----

How do you predict this could improve your own life?

-----  
-----

Who would you need to contact to help you make this dream a reality?

-----

Who can hold you accountable to be sure you make those connections?

-----

Name: -----

Parent Signature: -----



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

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

*Subconscious Mind*

# LIFE CHANGE STARTS WITH ME

## Homework Session 2

What is one bad habit I would like to break or one change I would like to make in my life?

\_\_\_\_\_

What could happen to me if I don't make this change?

\_\_\_\_\_

What are some conscious steps I could take to help me break my bad habit or make this life change?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

What are some distractions that could prevent me from accomplishing my goal?

\_\_\_\_\_

\_\_\_\_\_

What can I do to overcome these distractions?

\_\_\_\_\_

Who could I share this goal with that could hold me accountable and help me reach my goal?

\_\_\_\_\_

***Conscious Mind: Decisions we make that we are aware of***  
***Subconscious Mind: Decisions we make that we are not aware of***



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# SELF TALK PRACTICE

## Homework Session 1

*Think of an area of life where you struggle with self confidence. Answer the questions below to change your thinking from negative, destructive thoughts, to positive, empowering ones. Get your parents to sign it, and have a conversation with them about what you learned!*

Name one area of life where you feel self-conscious:

-----  
-----

What is a negative belief you have adopted in this area?

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-----  
-----

Stop, take a deep breath, and think about how this belief has affected your life: \_\_\_\_\_

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What positive truth can you begin telling yourself to replace that negative belief?

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How can you remind yourself of this new positive truth when the negative belief returns in the future? \_\_\_\_\_

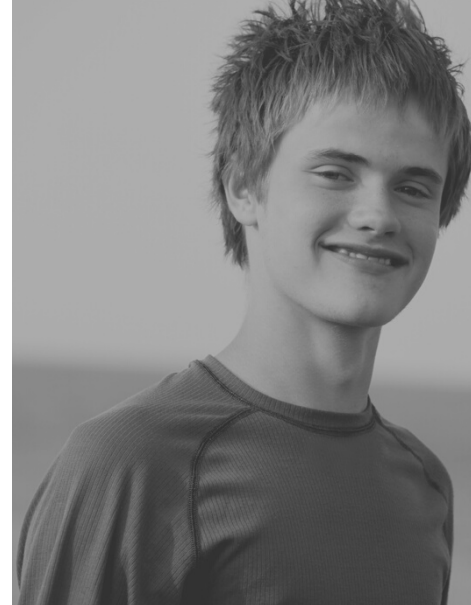
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Sharing your positive belief can be empowering. Who can you share yours with?: \_\_\_\_\_

-----

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

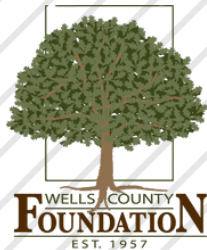
Parent Signature: \_\_\_\_\_



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