



**ALIVE AND WELL 7TH GRADE  
5 SESSION STUDENT NOTES**

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**THE  
JOURNEY  
OF LIFE**

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

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

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**HELPING TEENS MAKE HEALTHY CHOICES**

# THANK YOU TO OUR SPONSORS



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



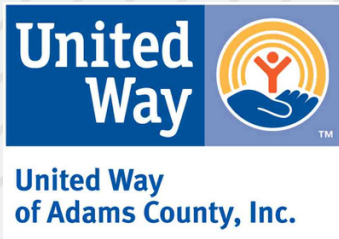
*An Indiana based community bank providing personal, business, and agribusiness services.*



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



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



*Making a positive impact on our community.*



*Enhancing the quality of life in Huntington County.*



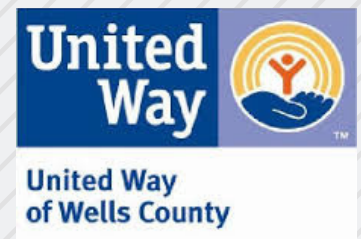
*Providing fueling solutions for wholesale and retail customers.*



*Making a lasting difference in Wells County.*



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



*Making a positive impact on our community.*

# SESSION 1

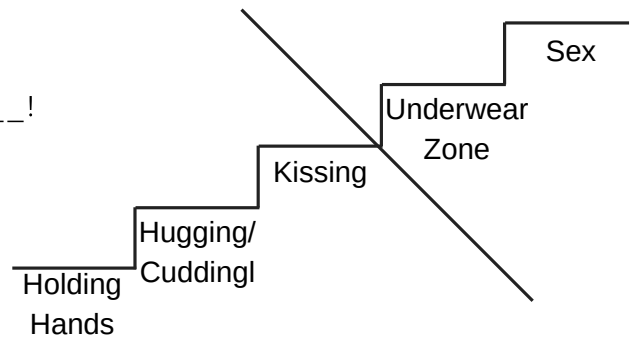
## HOMEWORK: MY WORRY ENVELOPE

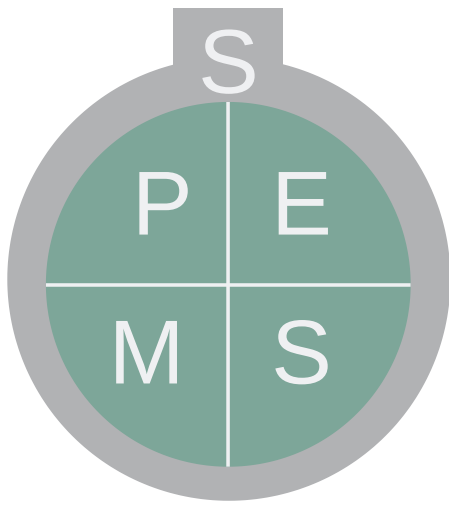


# GUARDRAILS

*Guardrails: Important barriers  
between us and certain danger*

1. Theme: "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 in line with my desired future.
  - e. \_\_\_\_\_ my decision.
8. Setting guardrails is a \_\_\_\_\_ decision.

## SESSION 2

### HOMework: HOUSE RULES

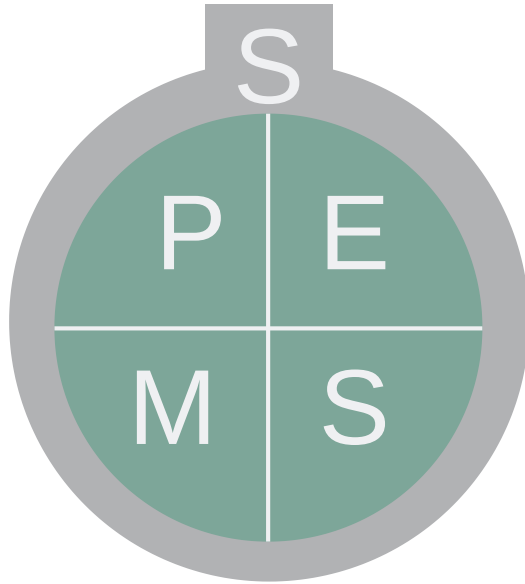
6 Months	2 Years	6 Years	10 Years

# CONSEQUENCES

## SESSION 3

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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.

8. Making \_\_\_\_\_ decisions.



## HOMWORK: TECHNOLOGY & MEDIA GUIDELINES

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# 411 ON STIS

## SESSION 3

How do you get an STI?

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

\*Infected body fluid going into a body opening

### 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 3

## How much do YOU know about teen health?

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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 the above



# SCREEN SAFETY

Session 4

1. Quote: If you don't \_\_\_\_\_ for something, you'll \_\_\_\_\_ for \_\_\_\_\_.

2. Media message: Sex- \_\_\_\_\_ is doing it. There are no \_\_\_\_\_.

3. Most of the images we see do not reflect \_\_\_\_\_. This can \_\_\_\_\_ affect our self-esteem.

4. Cyberbullying: When a \_\_\_\_\_ is tormented, threatened, harassed, humiliated, embarrassed, or otherwise \_\_\_\_\_ by another minor using technology.

5. Pornography can change the neurological \_\_\_\_\_ of your brain which can lead to \_\_\_\_\_. Porn destroys \_\_\_\_\_!

6. Sexting is illegal in 3 ways:

a. It is illegal to create, send, or \_\_\_\_\_ any sexually explicit photos of a minor.

7. What should you do if you receive a sexting message or if someone asks you to send them a picture?

a. \_\_\_\_\_ do what is asked.

b. Always tell an \_\_\_\_\_ and possibly the \_\_\_\_\_.

8. Four actions to stay safe on-line.

a. Never take or send a \_\_\_\_\_ suggestive or explicit \_\_\_\_\_ of anyone.

b. Never give your \_\_\_\_\_ to your social media sites.

c. Always keep your \_\_\_\_\_ private. Think before you \_\_\_\_\_!

d. Never \_\_\_\_\_ someone in person that you only know \_\_\_\_\_!



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 \_\_\_\_\_.

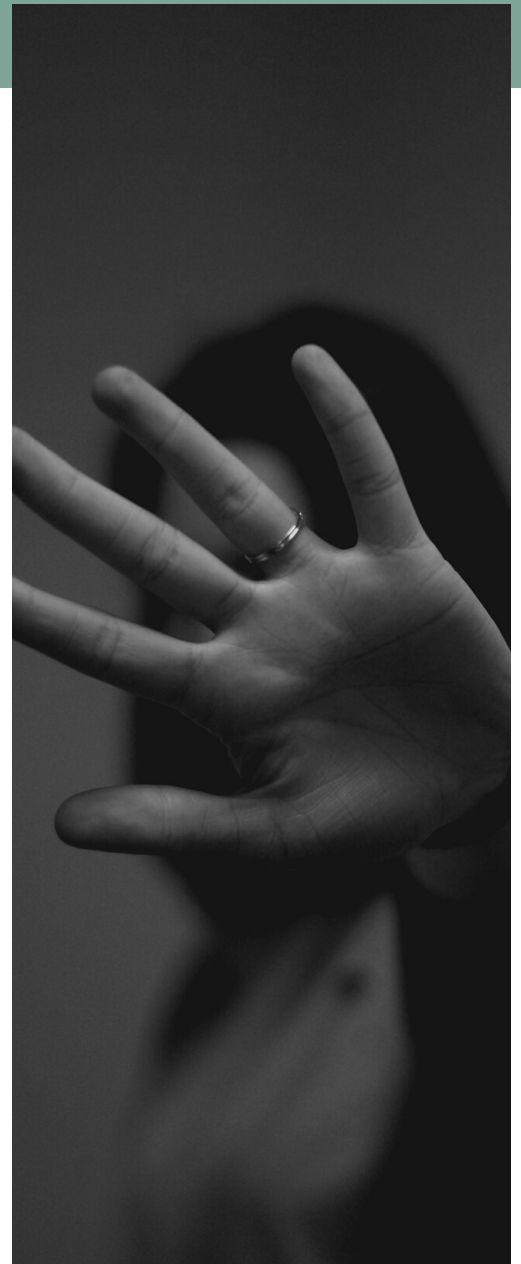
4. Tips for dealing with peer pressure:

5. Creating \_\_\_\_\_: Setting standards of right and wrong, Avoiding risky situations. Saying NO to alcohol and drugs, Avoiding destructive media, Practicing self-control, Setting boundaries & making wise decisions.

Building strong \_\_\_\_\_ - \_\_\_\_\_.

Choosing \_\_\_\_\_ with similar values.

Talking with a \_\_\_\_\_ adult.



### Set SMART goals:

**Specific**

**Measurable**

**Attainable**

**Realistic**

**Timely**

### My SMART Goal:

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# PLEASE THANK ONE OF OUR SPONSORS:



*Making a positive impact  
on our community.*

# 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



## EATING DISORDERS

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

## COUNSELING



**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](http://Crosswindseyouth.org)  
855.927.7963



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

## PORNOGRAPHY



**X3 WATCH**  
[x3watch.com](http://x3watch.com)



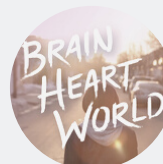
**NF COMPANION**  
App for Android



**COVENANT EYES**  
[covenanteyes.com](http://covenanteyes.com)



**FIGHT THE NEW DRUG**  
[fightthenewdrug.org](http://fightthenewdrug.org)



**BRAIN, HEART, WORLD**  
[brainheartworld.org](http://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 your local Health Department for valuable resources.



BARB HARTSELL  
Pregnancy Counselor  
Bethany Services  
[bhartsell@bethany.org](mailto:bhartsell@bethany.org)  
260.820.3404



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

# HOMWORK SESSION 4: 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:** \_\_\_\_\_

# PLEASE THANK THREE OF OUR SPONSORS:



**NATIONAL  
OIL & GAS, INC.**

*Providing fueling solutions for  
wholesale and retail customers.*



*Enhancing the quality of life in  
Huntington County.*



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



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

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

# TECHNOLOGY & MEDIA GUIDELINES

## HOMework SESSION 3

**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**

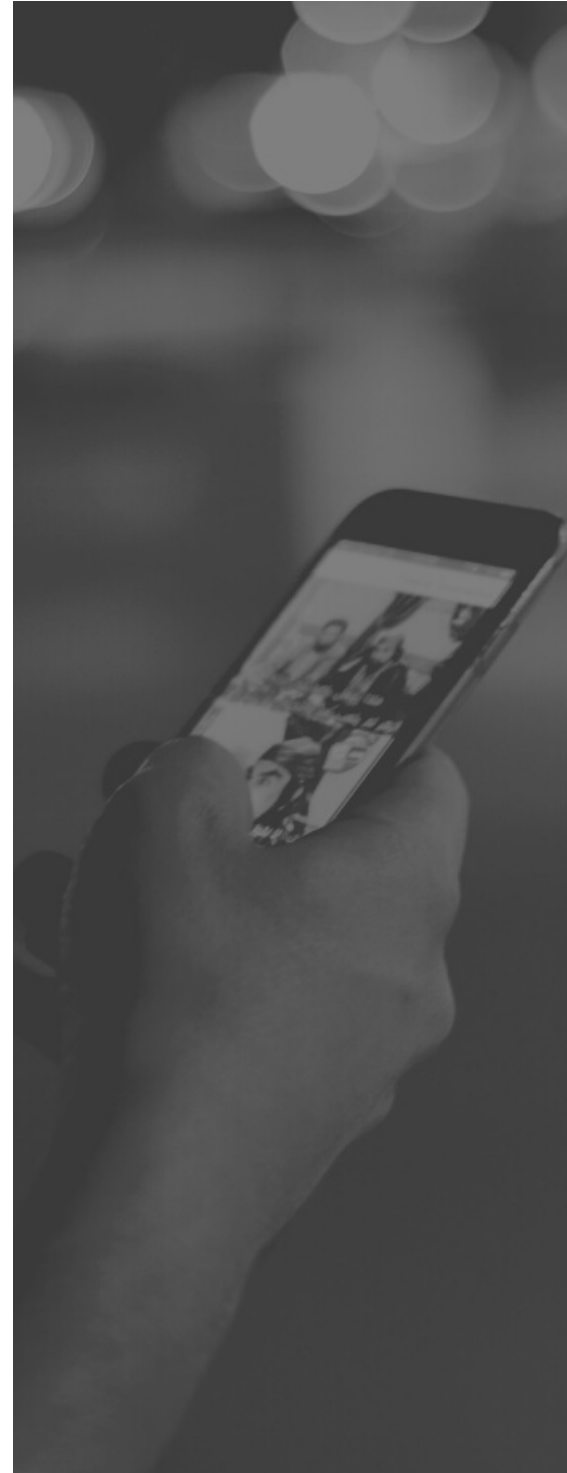
Or says anything that is inappropriate or makes me feel uncomfortable

**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



# PLEASE THANK TWO OF OUR SPONSORS:



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



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

# HOUSE RULES

Homework Session 2

## 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, my escape plan is:  
\_\_\_\_\_

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

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

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*Making a lasting difference  
in Wells County.*



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

# MY WORRY ENVELOPE

## Homework Session 1

*This week, anytime you feel stressed or worried, write your concern on a piece of paper and put it in your worry envelope. Choose one time during the week to go over all of your "worries".*

## Maybe you will find that your worries:



WORK THEMSELVES  
OUT



ARE REAL ISSUES THAT  
YOU NEED TO TALK TO  
A TRUSTED ADULT  
ABOUT



GIVE YOU PERSPECTIVE  
THAT MAYBE IT WAS  
NOT AS BIG OF A DEAL  
AS IT SEEMED AT THE  
TIME

*Parents, teens today are overwhelmed with anxiety. This assignment can help your student understand what types of concerns they need to seek help and guidance on, and what types of worries will blow over on their own. Discuss the worry envelope activity with your child. How did this activity change the things they worry about? Are there true worries that they have in their life that they need to discuss with you? What types of things did they worry about at the time, but later realized were not a big deal?*

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

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

# PLEASE THANK TWO OF OUR SPONSORS:



**United Way  
of Adams County, Inc.**

*Making a positive impact  
on our community.*



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