

Aspire

3 Sessions

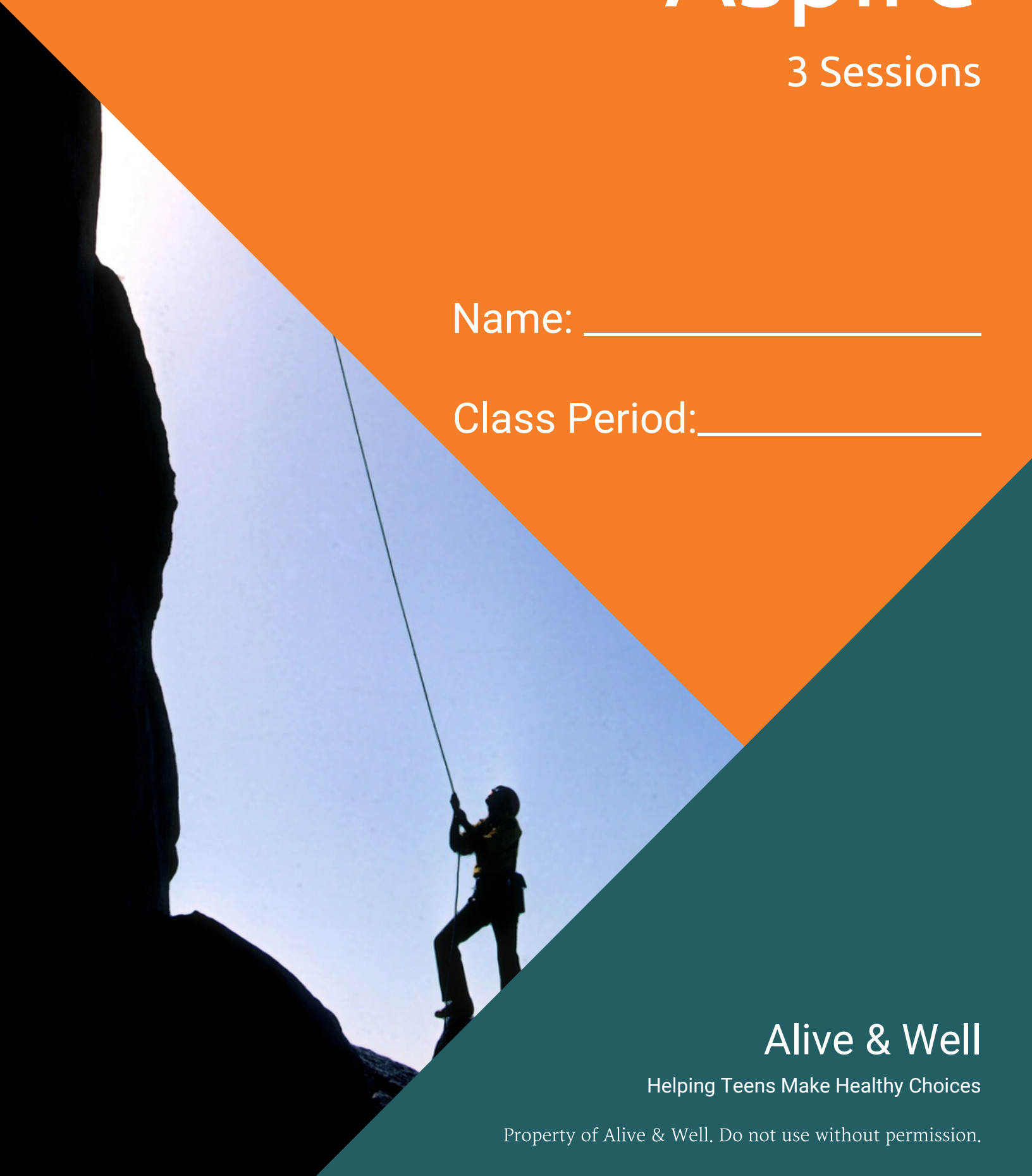
Name: _____

Class Period: _____

Alive & Well

Helping Teens Make Healthy Choices

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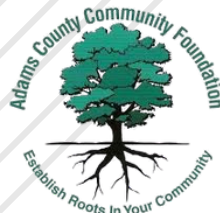
THANK YOU TO OUR SPONSORS



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United Way of Adams County, Inc.

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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.



United Way of Wells County

Making a positive impact on our community.

UNDERSTANDING THE WORLD

STUDENT NOTES SESSION 1



1. Worldview - the way we _____ the world.
2. When we get stuck in our thought patterns we should _____ to someone!
3. Empathy - the ability to understand and _____ the emotions of another.
4. "We make a living by what we get, but we make a _____ by what we give." - Winston Churchill
5. Online etiquette means going back to the _____ rule.
6. When you _____ to empathize with others, you will experience a new _____ to your relationships.



STUDENT NOTES SESSION 2

BECOMING SELF AWARE

1. Self Aware: Understanding your own _____ and emotions.

2. Emotions you experience everyday:

3. Until we understand exactly what it is that we are _____ and why we are _____ it, we will have no control over our _____.

4. What happens to your body when you feel:

Stressed:

Calm:

Excited:

Bored:

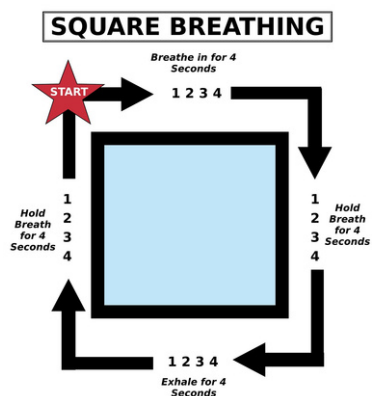
5. The way we train our brains to _____ with stress now is how our brains will _____ cope with stress in the future.

6. Healthy ways to relieve stress:

- _____ breathing.
- Physical _____.
- _____.
- Talk to _____.

7. Steps to health when you are feeling extremely stressed, anxious, or depressed:

- Recognize the need for _____.
- Seek _____.
- Ask _____ questions.



STRESS RELIEVING IDEAS

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 your feelings with your parents or guidance counselor.

07

HAVE WHITE SPACE

Stress can often develop when we don't allow our brain time to process the world around us. Give yourself at least 30 minutes every day where you do not input anything, but instead process the world around you.

STRESS COPING IDEAS



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 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.

TECHNOLOGY ETIQUETTE

1. Technology has _____ our world in astronomical ways.
2. A destructive behavior is still _____, even if _____ else is doing it.
3. Oversharing: Providing more _____ than is necessary.
4. All digital activity is _____ and _____.
5. Cyberbullying: The use of _____ communication to bully a person, typically by _____ messages of an _____ or _____ nature.
6. Empathy: The ability to _____ and share the _____ of another.
7. "We are all either in a _____, coming out of a _____, or heading into a _____." - Andy Andrews
8. "Seek first to _____, then to be _____." - Stephen Covey



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OIL & GAS, INC.**

*Providing fueling solutions for
wholesale and retail customers.*



*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 or 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



CROSSWINDS (FAMILY COACHING AND COUNSELING)
Crosswindseyouth.org
855.927.7963



RENOVATE COUNSELING SERVICES
renovatecounseling.org
260.307.5030

PORNOGRAPHY



X3 WATCH
x3watch.com



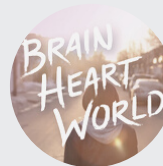
NF COMPANION
App for Android



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
1-800-843-5678

SELF HARM



SAFE ALTERNATIVES
800-DONT-CUT
selfinjury.com



NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-8255
suicidepreventionlifeline.org

SEX TRAFFICKING



SHARED HOPE INTERNATIONAL
sharedhope.org
1-866-437-5433



HUMAN TRAFFICKING IN OUR BACKYARD
InOurBackyard.org
888-3737-888
Text: HELP to 233733

STI TESTING



THE HOPE CLINIC
hopeandanswers.com
Berne:
260.589.3561
Decatur:
260.728.4191



A HOPE CENTER
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
260.820.3404



THE HOPE CLINIC
Berne or Decatur
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
260.824.4263



A HOPE CENTER
Fort Wayne
ahopecenter.org
24/7 Help Line:
260.422.3544

RESPECTED ADULT INTERVIEW

Homework Session 3

What is a valuable lesson you have learned?

What are your priorities in life?

What is an experience you have had that you are thankful for?

Have you gone through a difficult time in your life that you now feel made you a better person in the long run? Can you explain this situation?

How did you choose your career? Are you thankful for your career? If you could have a "do over" would you choose the same career path?

If you could go back and tell the high school version of yourself something, what would it be?



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on our community.*



*Enhancing the quality of life in
Huntington County.*

Homework Session 2

KWL Chart

NAME:

WHAT I
KNOW

WHAT
I WANT
TO KNOW

WHAT I'VE
LEARNED

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UNDERSTANDING EMPATHY

Homework Session 1

EMPATHY

The ability to understand and share the feelings of another

How could you respond with empathy to a person who is humiliated after having a sext of themselves sent around the school?

How could you respond with empathy to a person who has just experienced a devastating break up?

How could you respond with empathy to someone who has different beliefs than you do?



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