

# THRIVE

ALIVE & WELL

HELPING TEENS MAKE HEALTHY CHOICES



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

Class Period: \_\_\_\_\_

# THANK YOU TO OUR SPONSORS



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

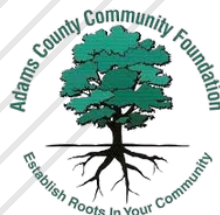


An Indiana based community bank providing personal, business, and agribusiness services.



United Way of Adams County, Inc.

Making a positive impact on our community.



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



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



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

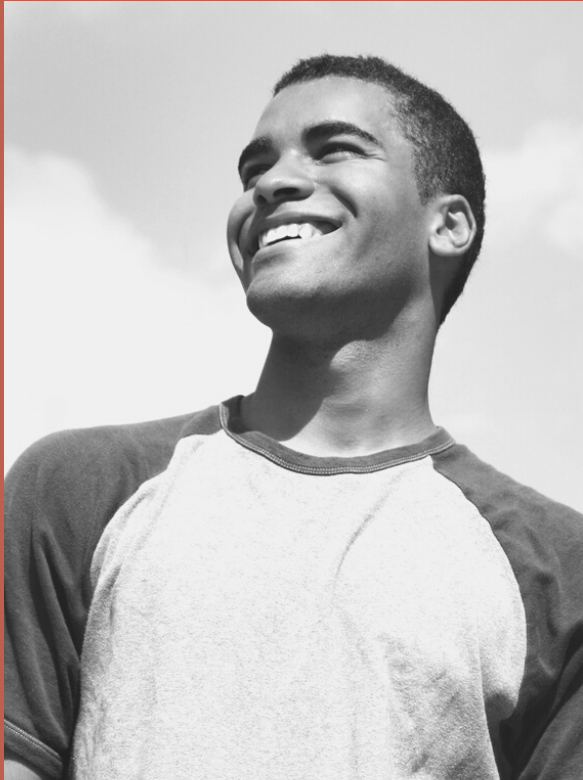
Making a positive impact on our community.

# STRENGTHS

A&W SESSION 1

HOMEWORK:

WHERE AM I HEADED



1. The Compound Effect: Small insignificant actions over time add up to \_\_\_\_\_ results.
2. Without a \_\_\_\_\_ you can't make a plan.
3. \_\_\_\_\_ is the foundation for success.
4. Good character is knowing how to \_\_\_\_\_ to life's challenges and doing it.
5. Name 2 adults that you know personally who have good character:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
6. Recipe for a successful life:  
\_\_\_\_\_ what to do,  
and \_\_\_\_\_ it.
7. Recipe for a disaster filled life:  
\_\_\_\_\_ what to do and  
\_\_\_\_\_ doing it.
  - a. Just a \_\_\_\_\_ errors in judgement \_\_\_\_\_ daily.
8. Practicing \_\_\_\_\_  
\_\_\_\_\_ gives you freedom and allows you to be in control.
9. People with self-control are not better at \_\_\_\_\_ temptation, they just expose themselves to \_\_\_\_\_ craving-provoking situations.

# Personal Strength Finder

**1. I have a great deal of stamina and enjoy hard work. I take great satisfaction from being busy and productive.**

Not at all

Sometimes

This is me

**2. I have the ability to make things happen by turning thoughts into action. I am often impatient.**

Not at all

Sometimes

This is me

**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.**

Not at all

Sometimes

This is me

**4. I search for reasons and causes. I have the ability to think about all the factors that might affect a situation before acting.**

Not at all

Sometimes

This is me

**5. My presence is impactful. I can take control of a situation and make decisions.**

Not at all

Sometimes

This is me

**6. I find it easy to put my thoughts into words. I am a good conversationalist and can present my ideas to others.**

Not at all

Sometimes

This is me

**7. I measure my progress against the performance of others. I strive to win first place and revel in contests.**

Not at all

Sometimes

This is me

**8. I enjoy routine and structure. My world is best described by the order I create.**

Not at all

Sometimes

This is me

**9. I can sense the feelings of other people by imagining myself in others' lives or others' situations.**

Not at all

Sometimes

This is me

**10. I can take a direction, follow through, and make the corrections necessary to stay on track. I prioritize before I act.**

Not at all

Sometimes

This is me

**11. I am accepting of others. I am aware of those who feel left out, and make an effort to include them.**

Not at all

Sometimes

This is me

**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.**

Not at all

Sometimes

This is me

**13. I have an enthusiasm that is contagious. I am upbeat and can get others excited about what I am going to do.**

Not at all

Sometimes

This is me

**14. I enjoy close relationships with others. I find deep satisfaction in working hard with friends to achieve a goal.**

Not at all

Sometimes

This is me

**15. I take ownership of what I say I will do. I am committed to stable values such as honesty and loyalty.**

Not at all

Sometimes

This is me

**16. I am good at dealing with problems. I have the ability to figure out what is wrong and resolve it.**

Not at all

Sometimes

This is me

**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.**

Not at all

Sometimes

This is me

**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.**

Not at all

Sometimes

This is me

**19. I do not shrink from threat, challenge, difficulty, or pain. I act on convictions even if it's unpopular.**

Not at all

Sometimes

This is me



# 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 a 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.

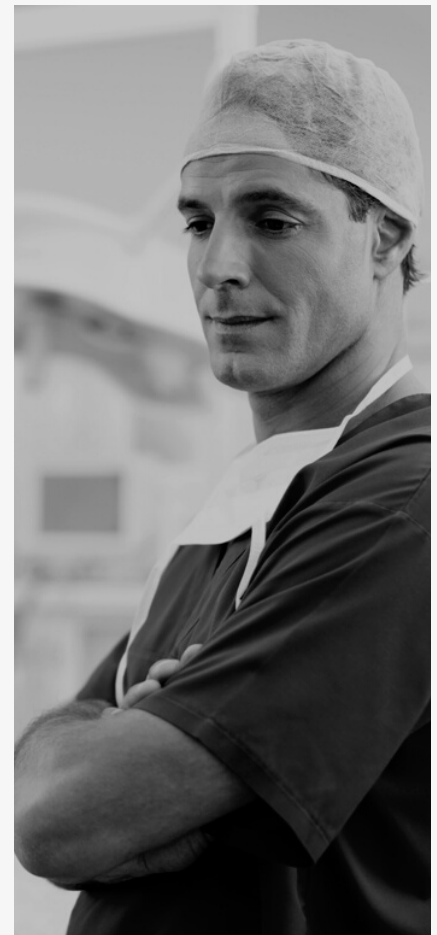
# STI'S

## ALIVE & WELL SESSION 2 HOMEWORK: WHAT DO YOU THINK

**For free and  
Low cost  
Testing, go to:**

The Hope Clinic

1. The highest level of physical intimacy that can be shown in a relationship is \_\_\_\_\_.
2. The highest level of commitment that can be shown in a relationship is \_\_\_\_\_.
3. The definition of safe is "\_\_\_\_\_".
4. Some reasons why condoms should not be considered "safe sex":
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
5. Condoms are not "safe sex" but rather "\_\_\_\_\_ sex".
6. Condoms do not \_\_\_\_\_ the whole genital area.
7. STI's can be passed from person to person without any \_\_\_\_\_.
8. Today there are over \_\_\_\_\_ STIs.
  - a. Some of the common ones have no \_\_\_\_\_.
9. How are STIs transmitted?
  - a. \_\_\_\_\_ fluids going into \_\_\_\_\_ openings.
  - b. \_\_\_\_\_ to \_\_\_\_\_ contact in the underwear zone.
10. Don't forget, there is no condom for your \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.





# Pressures and Boundaries

SESSION 3

HOMEWORK GUIDELINES FOR SAFE DATING:

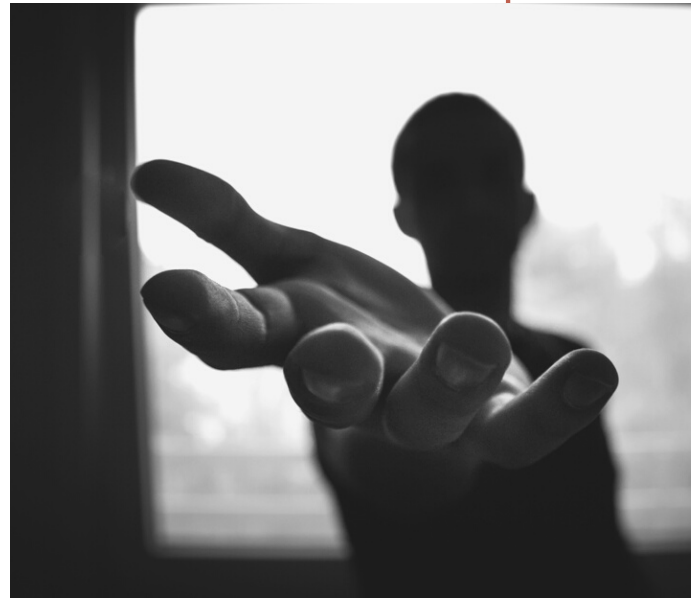
1. There is a \_\_\_\_\_ and a \_\_\_\_\_ for everything.
2. We all love \_\_\_\_\_.
3. What are boundaries you believe a teen should put into place to help them have healthy lives now and in the future?  
\_\_\_\_\_
4. Media influences our \_\_\_\_\_ and our \_\_\_\_\_ influences our \_\_\_\_\_.
5. Media can \_\_\_\_\_ someones thinking and behavior.
6. Neuroplasticity - Your brain's ability to change and \_\_\_\_\_.
7. Every time you look at porn you are teaching your brain how to view \_\_\_\_\_.
8. "You can change \_\_\_\_\_ you are and \_\_\_\_\_ you are by changing what goes into your mind." - Zig Ziglar



9. Objectification - Treating a \_\_\_\_\_ like an object instead of like a \_\_\_\_\_.
10. Keeping it clean on-line can go a long ways in \_\_\_\_\_ your reputation.
11. A person's deepest \_\_\_\_\_ is to be fully \_\_\_\_\_ and fully \_\_\_\_\_.

# STEPS TO OVERCOMING PORNOGRAPHY

You CAN experience freedom



1. Admit you have a \_\_\_\_\_.
2. Find \_\_\_\_\_.
  - a. Talk to a close \_\_\_\_\_ or \_\_\_\_\_  
\_\_\_\_\_.
  - b. Block your devices
    - i. On your phone click on Settings --> General --> Restrictions
    - ii. Turn off the private browser and allow an accountability partner to set the password,
  - c. Find a filter



**NF COMPANION**

**Watch**<sup>X3</sup>

**CovenantEyes**<sup>®</sup>



**FIGHT THE NEW DRUG**

# RELATIONSHIPS

*Be cautious with the information you put on-line*

1. We enter into relationships so that we can find someone to \_\_\_\_\_ bits of our lives with.
2. Chemistry is the \_\_\_\_\_ that ignites a relationship.
3. It takes \_\_\_\_\_ and careful \_\_\_\_\_ to get to know someone.
4. How can we uncover who someone really is - get involved in \_\_\_\_\_ activities.
5. Our brain is \_\_\_\_\_ to want to be in love.
6. Healthy relationships have \_\_\_\_\_.
7. List at least 3 red flags of an \_\_\_\_\_ relationship:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
8. List at least 3 signs of an \_\_\_\_\_ relationship:
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
  - c. \_\_\_\_\_
9. No one has the right to touch you in the underwear zone without your permission and without your full understanding of what is \_\_\_\_\_. This is called sexual abuse.
10. If you have been \_\_\_\_\_ in any way:
  - a. It is not your \_\_\_\_\_.
  - b. You can still have \_\_\_\_\_ relationships.
  - c. Tell a \_\_\_\_\_ adult.
11. Boundaries are \_\_\_\_\_.



*Say something when you see suspicious activity*

# Communication



1. Instead of focusing on what you wish your \_\_\_\_\_ could do for you, what if you instead started focusing on what you could do to \_\_\_\_\_ the lines of communication between you and your parents.
2. What types of things could most teens do to \_\_\_\_\_ communication with their parents?
  - a. Breathe, see their perspective, know they were your age once, own your part.
3. Communicating this way is \_\_\_\_\_ because it forces you to lay your pride to the side, admit fault, and listen to their perspective.
4. Respect - treating people like \_\_\_\_\_ not \_\_\_\_\_.
5. Consent - \_\_\_\_\_ for something to happen.
6. Abstinence offers \_\_\_\_\_.
  - a. Freedom to know the person you are dating is really focused on getting to know you and not \_\_\_\_\_ you.
  - b. Freedom to pursue and achieve life \_\_\_\_\_.
  - c. Freedom from \_\_\_\_\_ and \_\_\_\_\_.
  - d. Freedom to have respect for \_\_\_\_\_.

# 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](http://hotline.rainn.org)  
800-656-HOPE

## BULLYING



**STOP BULLYING .GOV**  
[stopbullying.gov](http://stopbullying.gov)  
1-800-273-TALK



**NATIONAL EATING DISORDERS ASSOCIATION**  
[nationaleatingdisorders.org](http://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](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)



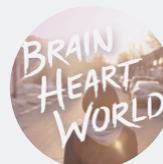
**NF COMPANION**  
App for Android



**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



# DEAL BREAKER CHECKLIST

4

What is important to me in a relationship?

	Must Have	Nice to Have	Can Put Up With	Must Not Have
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/look				
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				
Stays out of trouble/respects the law				
Enjoys my company				
Shares my interests				
Is generally happy - adapts when things don't go their way				
Calls me names/embarrasses me				
Smokes				
Good manners/polite to everyone				
Drugs or underage drinking				
-----				

Name:

Parent Signature

# PLEASE THANK THREE OF OUR SPONSORS:



**NATIONAL  
OIL & GAS, INC.**

*Providing fueling solutions for  
wholesale and retail customers.*



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



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



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.*

I am allowed to:

- \_\_\_\_ Group date
- \_\_\_\_ Double date
- \_\_\_\_ Be alone with a date

My curfew is \_\_\_\_

# GUIDELINES FOR SAFE DATING

If I feel uncomfortable or unsafe, my escape plan is:

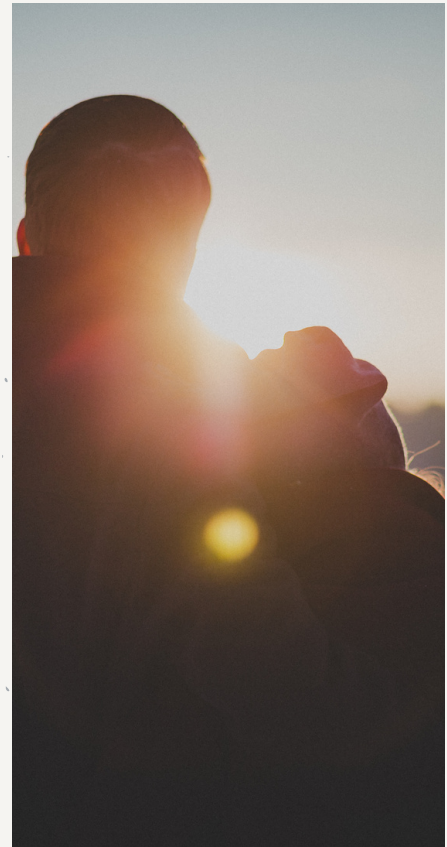
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Four additional dating guidelines for me:

1. -----
2. -----
3. -----
4. -----



Name: -----

Parent Signature: -----

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



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

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

# WHAT DO YOU THINK?

If the average age to marry is 29 and your goal is to reach that age without an STI, what decisions do you need to make to reach that goal?

What are some choices you can make now to help you reach this goal?

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

What are some choices you could make now that would prevent you from reaching this goal?

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



*Abstinence:  
Saving intimate  
sexual contact  
for marriage.*



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



# WHERE AM I HEADED?

THINKING THROUGH WHERE I WANT TO GO AND HOW I PLAN TO GET THERE



**SET A GOAL**



**MAKE A PLAN**



**VISUALIZE MY  
FUTURE**

What are some of my priorities for my life?

What are some of my interests and passions?

What does my desired future look like (family, career, where I want to live, etc)?

What decisions can I make now that will bring me closer to my desired future?

What decisions can I make now that will take me further from my desired future?

Who could I ask to hold me accountable to staying on track towards my desired future?

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

*Making a positive impact  
on our community.*



*Enhancing the quality of life in  
Huntington County.*