

THRIVE

ALIVE & WELL

HELPING TEENS MAKE HEALTHY CHOICES



Name: _____

Class Period: _____

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



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



United Way of Adams County, Inc.

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.



United Way of Wells County

Making a positive impact on our community.

UNDERSTANDING THE WORLD



Worldview - the way we
_____ the world.

When we get stuck in our thought
patterns we should
_____ to someone!

Empathy - the ability to understand
and
_____ the feelings of
another.

We make a living by what we get,
but we make a _____
by what we give. - Winston
Churchill

On-line etiquette means going
back to the _____ rule.

When you _____ to
empathize with others, you will
experience a new
_____ to your
relationships.



UNDERSTANDING STRESS

Homework: Understanding Emotions

1. How do you know when you are experiencing stress? What happens to your body when you feel stress?

2. Up to 77% of all of our health issues are due to _____.
3. List 4 positive ways to cope with stress or anxiety:
 1. _____
 2. _____
 3. _____
 4. _____
4. Real relationships and the work of life is more _____, but at the end of the day more _____, growth producing, and _____.
5. When we are feeling overwhelmed, we need to _____ to someone.
6. Your _____ can't always be _____.
7. The longer we stay inside our _____, the more dangerous our thoughts become.
8. It is _____ to not be _____.
9. One of our greatest human needs is to be _____ known and fully loved.
10. Go to a _____ adult when you are having difficulties figuring it out on your _____, or when someone has been or could be emotionally, physically, or _____ hurt.
11. Having a secret _____ can continue to _____ the problem, but getting outside your head and finding _____ from other people can be a _____ step towards healing.
12. It is time to find professional _____ when your depression, anxiety, or stress gets to a level that is becoming difficult to control on your own, or to function during the day.
13. To express your emotions ask:
 - What am I _____?
 - Why am I _____ this way?
 - What is the other person _____?

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 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 brain time to process the world around us. Give yourself at least 30 minutes every day when you are not inputting, 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 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.



Understanding Myself

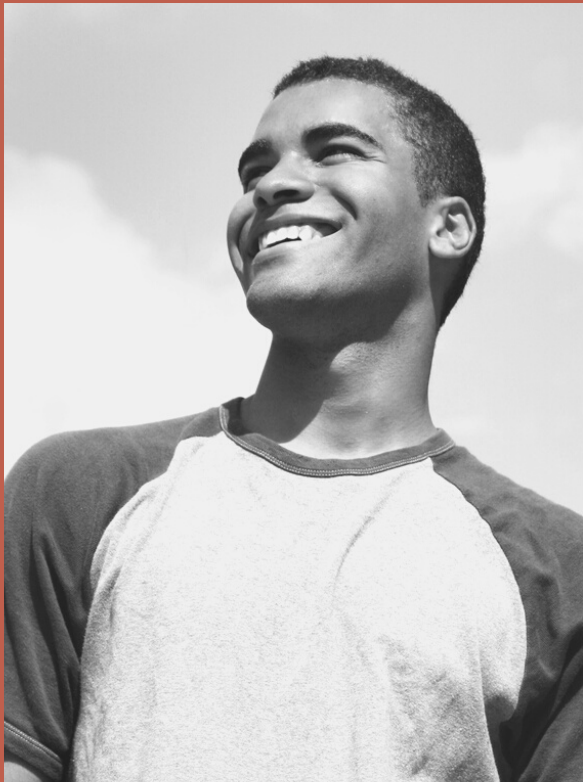
Session 3

Homework: How Much Downtime Do I Have?

1. 50% of teens feel _____ to their cell phones.
2. Teens need _____ hours of sleep every night.
3. Our brains are busy _____ while we are sleeping. Sleep allows the _____ to process information and remove _____ that it doesn't need so that our brain doesn't feel _____ the next day.
4. REM - Rapid Eye Movement Sleep - the stage where our brains are most _____.
5. The longer you _____, the longer your REM cycles become.
6. The 3 steps our brain goes through to process information:
 - a. Input
 - b. _____
 - c. Output
7. Quiet time without any _____ can help us process the world around us.
8. What comes _____ won't last. What _____ won't come easy.
9. No matter what your secret struggle is, do not go through it on your _____.
10. Often times the faster you find someone to _____ to, the _____ you are able to process and deal with the _____, and the better you feel.
11. My trusted adult is: _____

STRENGTHS

A&W SESSION 4
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.

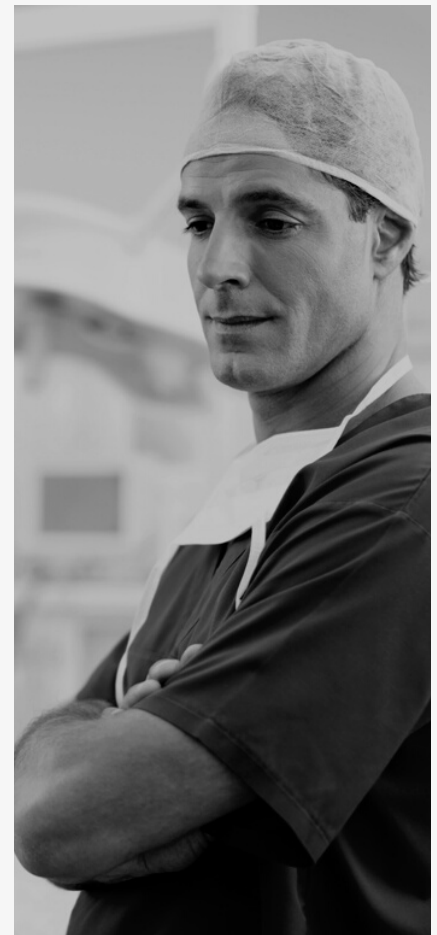
STI'S

ALIVE & WELL SESSION 5 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 6

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?

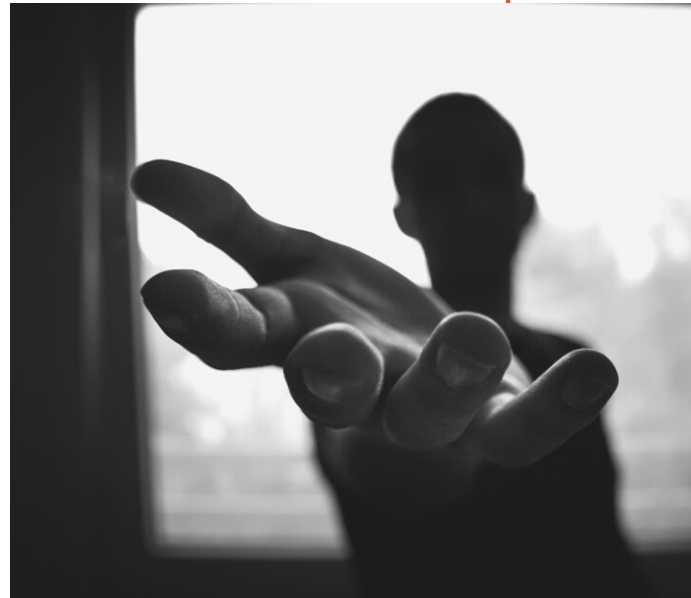
4. Media influences our _____ and our _____ influences our _____.
5. Media can _____ someones thinking and behavior.
6. Neuroplasticity - Your brain's ability to change and _____.
7. Every time you look at porn you are teaching your brain how to view _____.
8. "You can change _____ you are and _____ 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^{X3}

CovenantEyes[®]



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 _____.

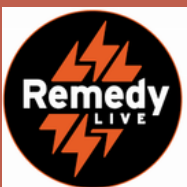


Say something when you see suspicious activity

Communication



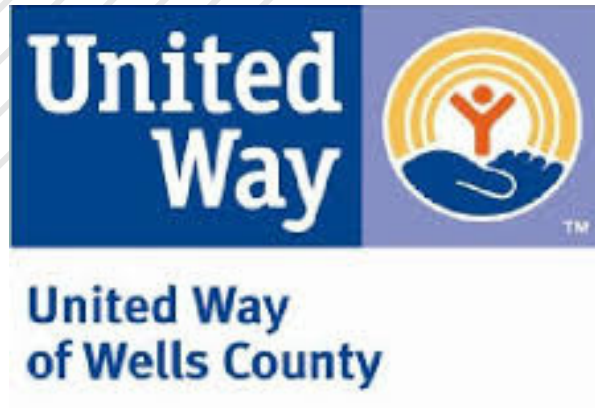
1. Instead of focusing on what you wish your _____ could do for you, what if you instead started focusing on what you could do to _____ the lines of communication between you and your parents.
2. What types of things could most teens do to _____ communication with their parents?
 - a. Breathe, see their 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 _____.



NEED TO TALK?



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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



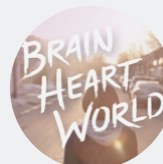
NF COMPANION
App for Android



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

DEAL BREAKER CHECKLIST



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

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wholesale and retail customers.*



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

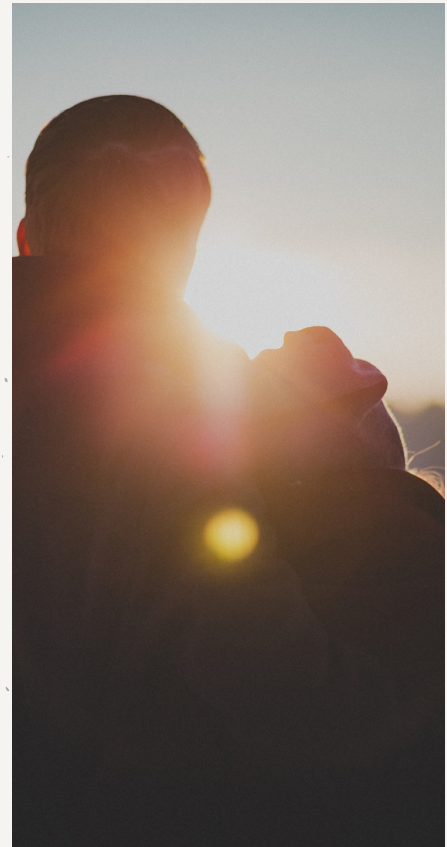
My curfew is ____

GUIDELINES FOR SAFE DATING

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

Four additional dating guidelines for me:

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



Name: -----

Parent Signature: -----

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

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.*

HOW MUCH DOWNTIME DO I HAVE?

Throughout the next 5 days, fill out the chart to track how much sleep and downtime you have. After you are finished, answer the questions below.

3

Hours of sleep

Log how many hours you sleep each night

1 Hour of Quiet time

Circle Y if you gave your brain at least one hour without anything to process

	Y	N
	Y	N
	Y	N
	Y	N
	Y	N

Did you think

you were getting enough sleep?

If not, what could you do to get the amount your body requires?

Were you getting

an hour of downtime every day?

If not, what could you do differently to give your body an hour of downtime?

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



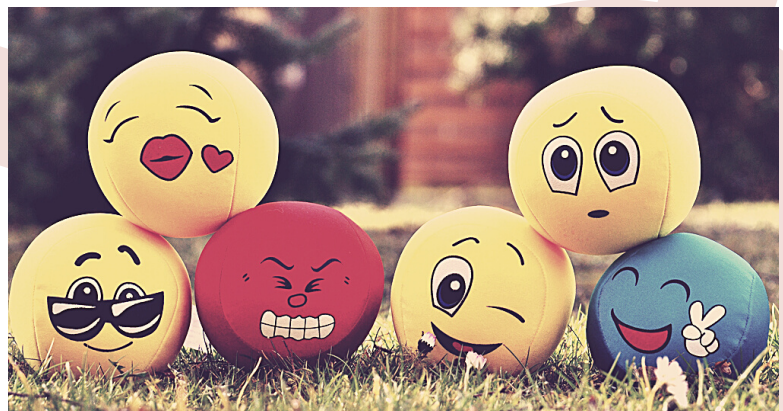
Inspiring people and communities to build and distribute charitable funds for good.

For the next 24 hours bring this paper with you to your classes. Keep track of all the different emotions you feel throughout each class period.

2

Emotions:

- Admiration*
- Adoration*
- Appreciation*
- Amusement*
- Anxiety*
- Awe*
- Awkward*
- Bored*
- Calm*
- Confused*
- Craving*
- Disgust*
- Envy*
- Excited*
- Fear*
- Horror*
- Interest*
- Joy*
- Nostalgia*
- Pain*
- Romance*
- Sad*
- Satisfaction*
- Sympathy*
- Triumph*



Name: _____

Parent Signature: _____

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

UNDERSTANDING EMPATHY

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?

1



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*Making a lasting difference
in Wells County.*