

Truth & Consequences

Have you ever wondered if it was better not to tell the truth?

Discuss each of the scenarios below. How would you handle the situation?



You're supposed to be studying with a friend but instead you go to the park. You know that your parents will be mad because your grades are slipping. They ask you if you are ready for tomorrow's test.

If you tell the truth, what happens?

If you tell a lie, what happens?



You have a new boyfriend. You are supposed to bring him home to meet your parents. He says he doesn't feel ready so you see him behind their backs. You run into your dad when you are with him and he asks who the boy is.

If you tell the truth, what happens?

If you tell a lie, what happens?



You're getting ready to play a basketball game and one of your teammates is very upset. She has confided in you that she has serious problems at home. The coach asks if you know why she is upset.

If you tell the truth, what happens?

If you tell a lie, what happens?



You know that your friend's popular boyfriend is a player. He has tried to hook up with you and several other girls on the cheer team. Your friend is suspicious so she asks you about him.

If you tell the truth, what happens?

If you tell a lie, what happens?



You did a stupid thing at a party and someone took a video of it and is sending it around school. Your mom knows something is wrong and wants you to talk to her about it.

If you tell the truth, what happens?

If you tell a lie, what happens?



Your popular friend was supposed to meet you after school to go shopping. She never shows up. You are hurt and angry. Later, she apologizes and has a lame excuse. She wants to know if you're mad.

If you tell the truth, what happens?

If you tell a lie, what happens?

Friend or Frenemy?



Frenemies can be hard to spot. Is a good friend just having a bad day? Some situations can leave you confused and wondering if you're being too picky. The truth is many friendships are fluid and you may have to evaluate them continually. Take a look at each these scenarios. Is your friend 100% trustworthy? Fill in the meter for each one to help you decide: true friend or more of a frenemy?



You've been having some problems with your skin. Your friend remarks that you are "finally getting a handle on your pimples." How does it make you feel?



You studied very hard for a test. As usual, your friend who barely studied did better than you. Your friend says that "next time she studies you can join her." How does that make you feel?



Your friend tells you that she posted a "really funny photo" of you on instagram. She shows you the picture. It is very unflattering and has the #dorkybestie. How do you feel about it?



Your friend just got a great haircut and a new outfit. You're having a bad hair day and didn't put any effort into your clothes. She flags down the yearbook photographer to take a picture. When you protest, she says "oh, come on, you'll look OK." How does that make you feel.



You run into your bestie hangin' out with some new friends. They are goofing around and taking selfies. She asks you to take some photos of them. How does it make you feel?



Random Acts of Kindness

How many can you complete in one day, in a week? in a month?



WEEK WEEK WEEK WEEK

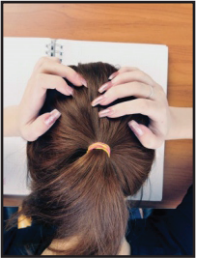
- | | | | | |
|---|---|---|---|--|
| 1 | 2 | 3 | 4 | Return a cart for someone in the store parking lot. |
| 1 | 2 | 3 | 4 | Write a letter and place it inside your favorite library book. |
| 1 | 2 | 3 | 4 | Leave a bag of cat food at a feral cat community for the care givers. |
| 1 | 2 | 3 | 4 | Give someone a homemade gift. |
| 1 | 2 | 3 | 4 | Let someone go ahead of you in a long line. |
| 1 | 2 | 3 | 4 | Compliment a friend, a family member and a stranger. |
| 1 | 2 | 3 | 4 | Check in on an elderly neighbor and offer to run an errand or help in the house. |
| 1 | 2 | 3 | 4 | Donate clothes you no longer wear but are in good condition. |
| 1 | 2 | 3 | 4 | Tell a manager how good your restaurant server was. |
| 1 | 2 | 3 | 4 | Reach out to a friend you haven't seen in a while. |
| 1 | 2 | 3 | 4 | Read a book to someone. |
| 1 | 2 | 3 | 4 | Donate food or your time at a food pantry. |
| 1 | 2 | 3 | 4 | Tell a member of the military thank you for their service. |
| 1 | 2 | 3 | 4 | Buy someone on the coffee line a cup of coffee. |
| 1 | 2 | 3 | 4 | Send a written letter to an older relative. |
| 1 | 2 | 3 | 4 | Help someone load their groceries at the grocery store. |
| 1 | 2 | 3 | 4 | Pick up litter. |
| 1 | 2 | 3 | 4 | Offer to babysit for free for a neighbor. |
| 1 | 2 | 3 | 4 | Write a note to the principal about your favorite teacher. |
| 1 | 2 | 3 | 4 | Write online reviews for your favorite places. |
| 1 | 2 | 3 | 4 | Leave a magnet with a nice message on someone's locker. |
| 1 | 2 | 3 | 4 | Leave someone flowers without a note. |
| 1 | 2 | 3 | 4 | Make dinner for your family and clean up. |
| 1 | 2 | 3 | 4 | Bring magazines you've read to a waiting room. |
| 1 | 2 | 3 | 4 | Write a thank you note for a volunteer... maybe a Girl Scout leader or cookie mom. |



Managing Fears

It may not feel like it but fear is a good thing. It's how our mind responds to danger. Sometimes the danger is physical but it can also be emotional or social. Fear is a warning sign that you might get hurt. That doesn't mean that you shouldn't challenge yourself and try new things. It just means you need to examine why you're feeling fearful. The key is knowing whether to avoid a situation completely or to be prepared for it so you minimize the danger. Uneasiness is a mild version of fear. It's just as important to examine why we feel uneasy.

Put yourself in the situations below. How could you get hurt? Should you avoid it?



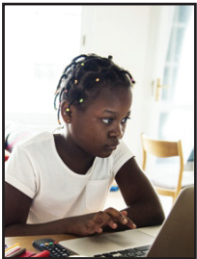
AVOID? YES NO

You have to give an oral report at school.
On a scale of 1-10 how uneasy are you? ____
Why? ____
Should you avoid it? If not, what can you do to be better prepared?



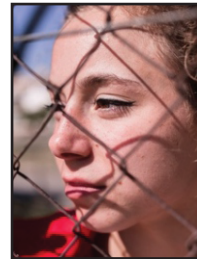
AVOID? YES NO

A guy you met online wants you to come to his house.
On a scale of 1-10 how uneasy are you? ____
Why? ____
Should you avoid it? If not, what can you do to be better prepared?



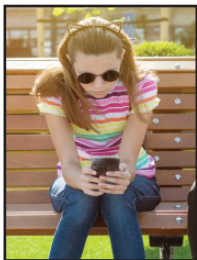
AVOID? YES NO

You're applying for college. Your first choice is a stretch.
On a scale of 1-10 how uneasy are you? ____
Why? ____
Should you avoid it? If not, what can you do to be better prepared?



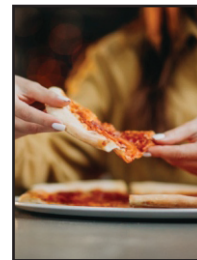
AVOID? YES NO

You're finally going back to your favorite activity after a serious injury.
On a scale of 1-10 how uneasy are you? ____
Why? ____
Should you avoid it? If not, what can you do to be better prepared?



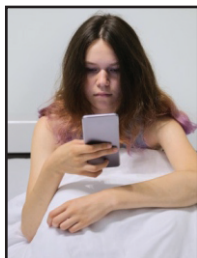
AVOID? YES NO

For attention, your friend wants you to slap her and post it online.
On a scale of 1-10 how uneasy are you? ____
Why? ____
Should you avoid it? If not, what can you do to be better prepared?



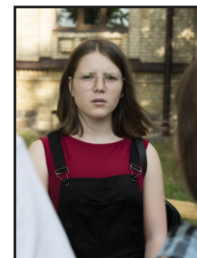
AVOID? YES NO

You think your friend's pizza parties are making you put on weight.
On a scale of 1-10 how uneasy are you? ____
Why? ____
Should you avoid them? If not, what can you do to be better prepared?



AVOID? YES NO

You've been invited to a party without adult supervision.
On a scale of 1-10 how scared are you? ____
Why? ____
Should you avoid it? If not, what can you do to be better prepared?



AVOID? YES NO

You want to join an after school club but don't know anyone in it.
On a scale of 1-10 how uneasy are you? ____
Why? ____
Should you avoid it? If not, what can you do to be better prepared?

Internet Responsibility



If you're like most kids your age, you spend plenty of time online. The internet has a lot to offer. Games, education, research, socialization and shopping can all be done without stepping a foot outside your door. Along with all the benefits, there are many hazards. Test your internet savvy by deciding if each of the following statements are "true" or "false".



Chat rooms are a great way to meet new people especially boys.

☐ T ☐ F



Parents should trust that their kids' have good judgement when they go online.

☐ T ☐ F



It's Ok to use your phone in class as long as you don't draw attention to yourself.

☐ T ☐ F



It's OK to post embarrassing photos of someone as long as everyone will think's funny.

☐ T ☐ F



Socializing by phone is just as good as interacting with friends face to face.

☐ T ☐ F



Phone time is important. Make sure to get caught up before you start something else.

☐ T ☐ F



Keep your phone conversations private. It's nobody's business who you talk to.

☐ T ☐ F



Online games is always the best way to exercise your mind and learn new things.

☐ T ☐ F



Everything you read on the computer is true so it's good to use for your homework.

☐ T ☐ F



After you've gotten to know someone online it's OK to meet them in person.

☐ T ☐ F



Self Esteem Quiz

When you have healthy self esteem you have a balanced, accurate view of yourself. You have a good idea of your abilities and also recognize where you can improve. Let's see where you fall on the self esteem meter. For each statement, circle the choice that most describes you.



1) I believe my life would be better if I were more attractive.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



2) I easily ask for and accept help from others.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



3) I see flaws in my appearance when I look in the mirror.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



4) I believe I will never really be happy.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



5) How I feel about myself depends on what others think of me.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



6) I believe that I value myself and feel confident.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



7) I make time for activities that support my health and well-being.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



8) I openly express my opinions when working in a group.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



9) No matter what I do, I find something wrong with the result.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



10) I easily accept compliments.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



11) I am anxious to admit that I don't know or understand something.

ALWAYS USUALLY SOMETIMES SELDOM NEVER

**For Questions
1, 3, 4, 5, 9 & 11
score like this:**

Always..... 0 Points
Usually..... 1 Point
Sometimes... 2 Points
Seldom 3 Points
Never 4 Points

Question 1 ☐

Question 3 ☐

Question 4 ☐

Question 5 ☐

Question 9 ☐

Question 11 ☐

SubTotal

**For Questions
2, 6, 7, 8, & 10
score like this:**

Always..... 4 Points
Usually..... 3 Points
Sometimes... 2 Points
Seldom 1 Point
Never 0 Points

Question 2 ☐

Question 6 ☐

Question 7 ☐

Question 8 ☐

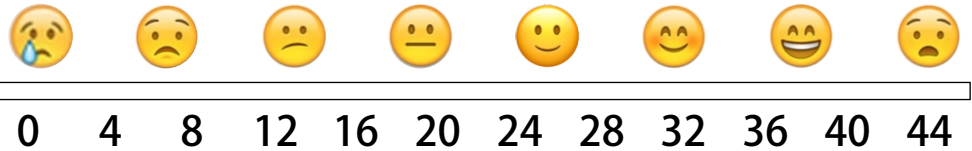
Question 10 ☐

SubTotal

Grand Total

How do you score?

Complete the box on the left. Mark your total score on the self-esteem meter below.



Self-esteem can fluctuate depending on your circumstances. It's normal to go through times when you feel down about yourself and times when you feel good about yourself. Generally, however, self-esteem stays in a range that reflects how you feel about yourself overall. Maintaining a healthy, realistic view of yourself isn't about scoring a 44 on the meter. It's about learning to like and respect yourself — faults and all.

Low Self-Esteem

Teens with low self-esteem have a harder time with relationships and find it difficult to deal with disappointments. They are also less likely to do well in school. Setting reasonable goals and accomplishing them can be harder. If your self-esteem is very low, you should reach out to a trusted adult who can assist you in getting the help you need.

Improving Your Self-Esteem

It's important to have a positive internal dialogue with yourself. Let go of negative thoughts by replacing them with new thoughts. You can put post-it notes on your mirror and read them each morning before you start your day. Start with a few. "I am creative." "I have great hair." "I am kind." Try to add a new post-it everyday for a month. Start over each month. If you're having trouble letting go of the negative thoughts, try writing them down and tearing them up.

Evaluate your friendships. Make sure to hang out with people who lift you up – not put you down. Sometimes people who have low self-esteem will try to make others feel the same way. Bullies are especially good at that. If someone in your family says or does things that make you feel bad, speak up! Ask a trusted friend to role-play so you can practice talking to family members.

When is Your Self-Esteem is "Too High"

There is really no such thing as self-esteem that is "too high". More likely, it's low self-esteem masquerading as high self-esteem. You might know someone like this. They brag a lot or show off. They may do risky things for attention. People who are like this will have a hard time finding their place in life. They will be disappointed in many situations and have unrealistic goals.

Go back and look at the quiz you took. Did you answer each question truthfully? If you really scored a 44 there is a good chance that you don't have an accurate opinion of who you really are. We all have areas we can improve. Knowing what those areas are is the first step to a happier life.

Respect: Giving It and Earning It



You know you have to respect laws and rules – in traffic, at school and at home. But what if you think the rules aren't fair? You have a local government to turn to for traffic law revisions, a student government to evaluate unfair school rules and a principal who can help resolve unfair classroom rules. But what about at home? If you're in a dangerous or harmful household it's critical to reach out to a trusted adult. Your scout leader, a guidance counselor or a doctor will know what to do.

But what can you do about other things that you just don't feel are fair? Generally, rules are put in place to keep you safe but they can be too strict based on your maturity level. How you handle yourself can go a long way in renegotiating some family rules. But remember, safety will always come first and you have to respect their final decision.

Look at the examples below. Which answer is the best way to participate in a family negotiation?



Your softie Dad is out of town. Mom is tougher. You want to ask about a weekend trip with friends. Should you:

- A Give Dad a call and ask him.
- B Suck it up and ask Mom. You want to know now.
- C Wait until Dad gets back and ask them together.



You have a crappy old cell phone. Your parents never go for phone upgrades. You want to ask for a new phone for your birthday. Should you:

- A Ask anyway. It's your birthday. They should be willing to get it for you.
- B "Lose" your phone the week before.
- C Ask if you can save up to get a new phone and suggest cash toward it would be a nice birthday gift.



You have an early curfew. Your parents are getting tired of arguing about it with you. Should you:

- A Stay out past curfew because it's not fair.
- B Continue to wear them down.
- C Show that you are responsible by never breaking curfew for at least a month before mentioning it again.



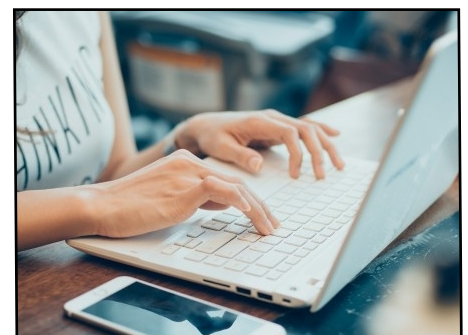
You don't want to take violin lessons anymore but your father thinks you need the discipline. Should you:

- A Stop practicing.
- B Continue to wear them down until they give in.
- C Make a suggestion for a different activity. Be prepared to stick with it.



You want to go to culinary school. Your parents have always assumed you will be attending a four-year university. Should you:

- A You're serious, so announce your choice with confidence.
- B Go the four years and re-examine how you feel.
- C Do your research about careers in the culinary field ask your parents for advice.



Your parents limit your screen time. You think you're old enough to use your time properly. Should you:

- A Just give in, not worth the trouble.
- B Keep asking until they give in.
- C Make your own schedule for a week including screen time and your other activities. Ask your parents to agree to it.

WOULD YOU RATHER?

Take a look at each row below
and on the next page.

You can only pick one activity for each row.

Do not leave any row blank.

Put a check in the box under your pick.

Tally your score using the following page.



Would you rather.....



☐ Venture out on weekends to find free concerts or street performers.



☐ Buy the best headphones to listen to your favorite music all the time.



☐ Go to a concert twice a year to see your favorite musicians.

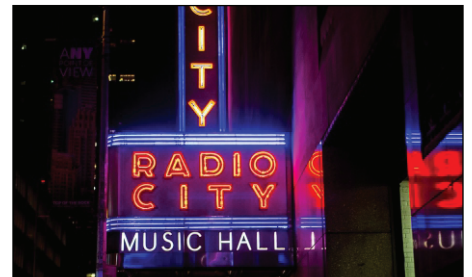
Would you rather.....



☐ Make time every day for a mini dance party.



☐ Take a dance class once a week.



☐ Take a trip once a year to the city to see a professional show.

Would you rather.....



☐ Rummage through your friends' closets weekly to swap clothes.



☐ Shop carefully for one item every month.



☐ Save your money and go on a spending spree twice a year.

Would you rather.....



☐ Play games with your friends or family almost every weekend.



☐ Invite a friend over to play the new video game you just bought.



☐ Go to a fair with your friends twice a year.

Would you rather.....



☐ Cook dinner with your friends once a month.



☐ Treat yourself to a slice of pizza on the weekend.

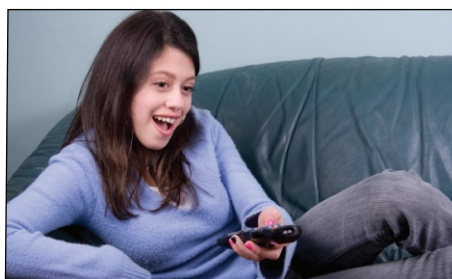


☐ Go out to dinner with your friends a few times a year.

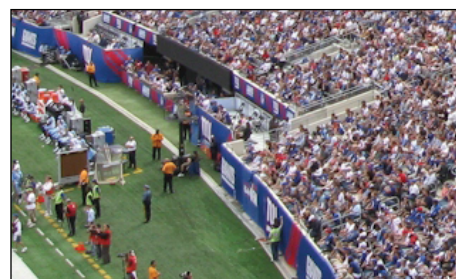
Would you rather.....



☐ Watch a school team with your friends a couple of times of week.



☐ Stay caught up watching your favorite ball team.



☐ Go to a once-in-a-lifetime play off game.

Would you rather.....



☐ Go for a walk with your friends or family a few times a week.



☐ Take a weekly fitness class.



☐ Try white water rafting.



How many of your picks are in column 1?

 x 1 =

How many of your picks are in column 2?

 x 2 =

How many of your picks are in column 3?

 x 3 =

What does it all mean?

Nothing really, but it is fuel for discussion about your lifestyle. There are no right or wrong answers. Did you score like your friends or are you surprised by some of their choices?

TOTAL

If you have mostly "3s"

You like excitement.
Having fun is important to you.

However, you are probably
too extravagant and not
very responsible with money.



Notice that most of the activities
you picked are only offered a few
times each year. That's because
they are budget busters.

You'll have many weekends
left with no money to spend

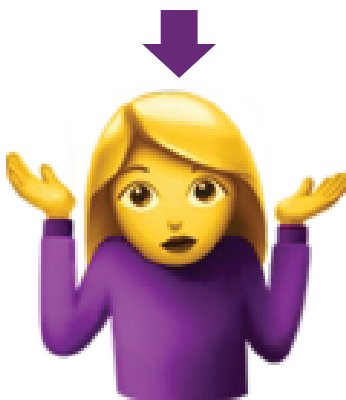
Go ahead do some special
things every year but try to
include more less-expensive
activities to balance your
lifestyle.



If you have mostly "2s"

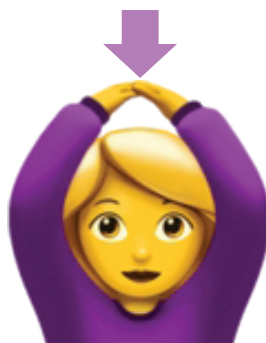
You like nice things.
and you spend money wisely.

However, maybe you
put too much focus on
material items.



Notice that the activities you
picked are generally
solitary and do not require
much interaction with other
people.

Continue to be responsible
with your spending choices
but choose more activities
that include other people to
balance your lifestyle.



If you have mostly "1s"

You enjoy quality time
with your friends and family.

If you have a few "2s" and "3s"
sprinkled into your answers,
that's great!



Give yourself
1 point for each "1"
2 points for each "2"
3 points for each "3"

If your number is 9-12
you probably found the
sweet spot for spending
responsibly for a
balanced lifestyle.



Every Thing Matters

Doing something that seems small can make a difference. Doing it all the time for the rest of your life can make a big difference. Choose one or more of the things below and make a pledge to do them for the rest of your life.



When someone is talking to you stop what you are doing and really listen to them.



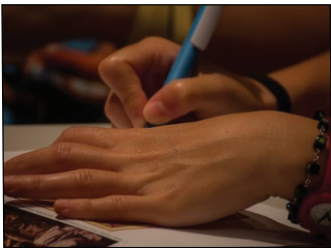
Tell your parents (or grandparents) you love them everyday.



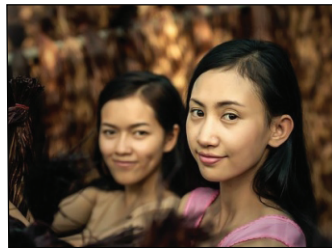
Smile. Even when you don't really feel like it.



Spend quality time with your pet.



Handwrite a letter or a thank you note to a grandparent or an older relative.



Make an effort to learn about other cultures and spend time with people different than you.



Make healthy meals for your family or for friends and neighbors.



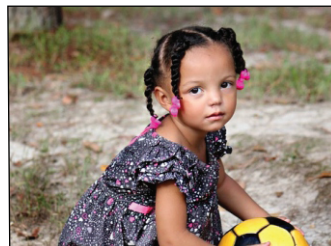
Respect and enjoy the beauty in nature. Encourage others to enjoy it with you.



Spend time with an older person. Ask about their childhood memories.



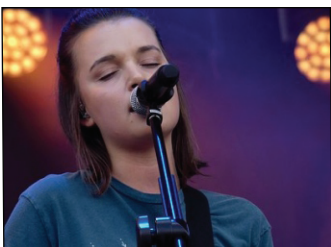
Donate to a food pantry or volunteer your time to feed the homeless.



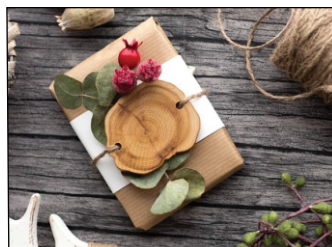
Help out a single mom by babysitting without pay.



Show respect for everyone at all times.



Sing, dance, play an instrument write poetry or paint. Share it with the world.



Give homemade gifts.



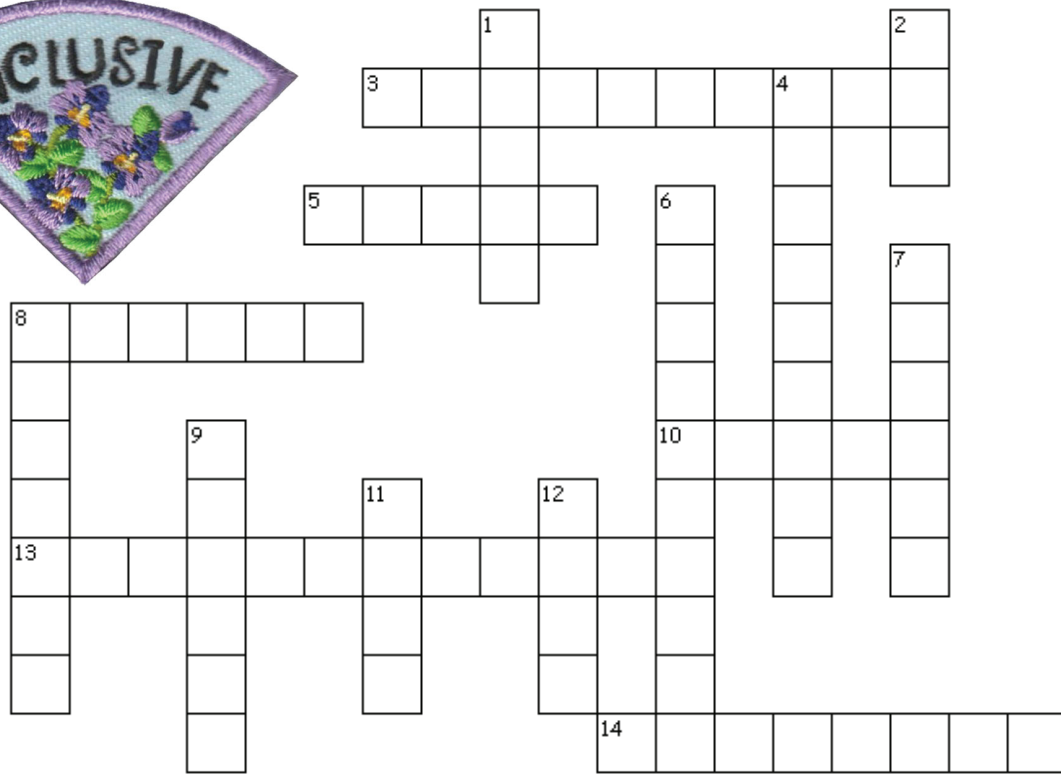
Be observant of others. Give compliments freely.



Respect the earth.

Inclusion Matters

The more you know about disabilities, the better you can understand people who deal with them on a daily basis. Take some time to get to know someone who has different abilities than you. You may be surprised how much you are alike. Many disabled people can do just about anything. They just have to do it in a different way.



WHEELCHAIR
EYE LEVEL
LOUDLY
SERVICE
STUPID
PUSH
SPEECH
ARM
LEARN
DISABILITY
DEAF
BLIND
INTELLECTUAL
SHORT
ATTENTION

Across

3. Just because a person uses a _____ it doesn't mean she is sick.
5. If you're talking with someone who has a speech problem, try to ask questions that require only _____ answers.
8. When a person has a learning disability, it doesn't mean they're _____.
10. When talking with a _____ person, tell her when you're leaving or she won't know.
13. An adult with an _____ disability, should still be treated as an adult.
14. When talking with a friend in a wheelchair, try to talk to them at _____.

Down

1. People who don't seem smart may just _____ differently from you.
2. When guiding a blind person, give the person your _____.
4. If a deaf person is going to be reading your lips, get their _____ before you start talking.
6. It's okay to use words like "see," "hear," "walk," and "run" when you're talking with a friend who has a _____.
7. Don't speak _____ when talking to blind people. They hear as well as you do.
8. Don't pet or play with _____ dogs without first asking the owner if it's okay.
9. It's okay to ask people who have _____ problems to repeat what they said.
11. If an interpreter is helping you speak to a _____ person, talk to the person, not the interpreter.
12. Don't _____ a person in a wheelchair without asking.