

# Is it ever OK to lie?

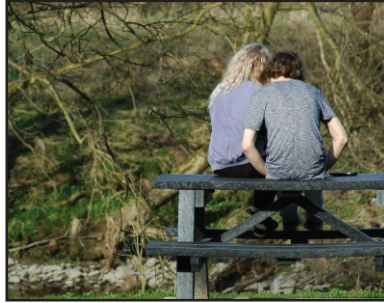
You're probably saying NEVER! And most of the time it isn't. Have any of these things happened to you? What did you do?



Your friend's sister is doing face painting. You really don't like how yours came out and want to wash it off. Your friend wants to know why you don't want to keep it.

If you tell the truth, what happens?

If you tell a lie, what happens?



A friend from school shows you some mean photos of someone you don't know too well. You know you're supposed to tell someone but not sure if you should get involved.

If you tell the truth, what happens?

If you tell a lie, what happens?



Your mom was a great dancer and she is excited for you to be a ballerina. You hate ballet. You're just not good at it and want to try hip hop and play soccer instead.

If you tell the truth, what happens?

If you tell a lie, what happens?



You're at a sleepover and tell an exciting story to get everyone to like you, but you over do it a little bit. One of the girls questions if your story really happened.

If you tell the truth, what happens?

If you tell a lie, what happens?



Your dad cooked dinner as a special treat. It's terrible. Your mom is being nice and trying to pretend it's good. You're not sure what to say since he might want to cook more often now.

If you tell the truth, what happens?

If you tell a lie, what happens?



One of your friends does weird things to get attention and make people laugh. You know that they are making fun of her but she doesn't seem to notice.

If you tell the truth, what happens?

If you tell a lie, what happens?

# Friend or Frenemy?



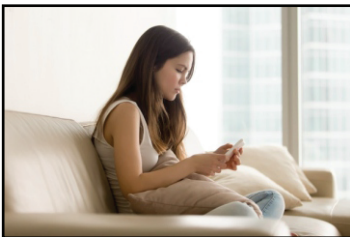
Frenemies can be hard to spot. Is a good friend just having a bad day? Some situations can leave you confused and wondering if you're being too picky. The truth is, many friendships are fluid and you may have to evaluate them continually. Take a look at each of these scenarios. Is your friend 100% trustworthy? 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?



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 wants to take some selfies together to post online. When you protest, she says "oh, come on, you'll look OK." 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 hashtag #dorkybestie. How do you feel about it?



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?



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?





# 30 Days of Caring

Do 30 random acts of kindness in the next 30 days. Cut and paste the random acts from the next page or write in your own.




<b>Make a Card for Someone</b>	<b>Hand Write a Thank You Note</b>	<b>Give Someone Your Dessert</b>	<b>Make a Snack for Someone</b>	<b>Clean Out the Family Car</b>	<b>Pull Some Weeds</b>
<b>Play With a Pet</b>	<b>Plant Something</b>	<b>Hold the Door for Someone</b>	<b>Clear the Table</b>	<b>Spend Time with Someone Lonely</b>	<b>Make Someone Lunch</b>
<b>Donate a Book</b>	<b>Help Make Dinner</b>	<b>Make Someone a Gift</b>	<b>Give a Family Member a Hug</b>	<b>Bake Cookies For Someone</b>	<b>Give Someone a Manicure</b>
<b>Help With The Food Shopping</b>	<b>Do a New Chore</b>	<b>Feed the Birds</b>	<b>Help Someone With a Chore</b>	<b>Read To Someone</b>	<b>Call an Older Family Member</b>
<b>Help a Neighbor</b>	<b>Donate Your Allowance</b>	<b>Write a Thank You to Your Leader</b>	<b>Donate Clothes</b>	<b>Help a Senior Citizen</b>	<b>Thank Your Teacher</b>
<b>Take Out the Garbage</b>	<b>Carry a Bag for Someone</b>	<b>Tell Someone You Love Them</b>	<b>Pick Up Litter</b>	<b>Donate a Toy</b>	<b>Play With A Younger Sibling</b>

# Bullies are Cowards



Bullies are \_\_\_\_\_. Avoid becoming a target by showing \_\_\_\_\_. Always stand tall with your shoulders back and your \_\_\_\_\_ up. Look people in the eyes especially when they are talking to you or when you are \_\_\_\_\_ to them. Practice with people you \_\_\_\_\_.

Bullies are cowards. Know that bullying is about the \_\_\_\_\_. You may not always \_\_\_\_\_ that way but whatever happens, it shows the character of the bully. It \_\_\_\_\_ nothing about your \_\_\_\_\_. You are worthy of \_\_\_\_\_. No one can take that away from you.

Bullies are cowards. There is safety in numbers. \_\_\_\_\_ yourself with \_\_\_\_\_ people. Expand your \_\_\_\_\_. Rally around others who may be targeted. Be a \_\_\_\_\_ to those who need them most.

Bullies are cowards. Put a \_\_\_\_\_ to mean rumors. Don't gossip. Never \_\_\_\_\_ or participate when others are put down. Disarm a bully-in-action by \_\_\_\_\_ them or, better yet, call them out for their \_\_\_\_\_.

Bullies are cowards. Don't bother with them. Never \_\_\_\_\_. Roll your eyes, make a sarcastic remark or even tell a \_\_\_\_\_. Move away from the \_\_\_\_\_. If you ever feel like you may be in danger, tell an \_\_\_\_\_.

Bullies are cowards. Never be a coward.

Q B H O E P E B G A W M W A B O F J Q S  
C U M E K J E J N Z D L D I W P R E H V  
C S A R A H R S I W U U J P S K I L B D  
Q K B L A D T W T S L N O M I R E N V T  
H X N V I S U O C T D H K N H O N T R S  
X G I C U T D H A K Y R E F B W D F T G  
N O U R X M Y S R E A T A E Z T U O W K  
R B T A V F C S T T Z K C W G E P S H G  
C X F E L T A B S F A N F Q O N L I U W  
Y L L U B F G X I Z E K F W E C A T D B  
R V H P W V J T D D P P B Y F S Q U H B  
T E C K K V C X I N A T E Q W O V A U M  
W R T Y D E X F C H A R A C T E R T C Q  
P I R A P D N U O R R U S N A U J I P A  
L N A S L O E S R Y O K D Y R D B O B P  
S T E D C I I C C Z N M I J H O D N V J  
E R X W N T A L K I N G C D L F C I R K  
G Y T T R Q F T A C F E E L V I R E M W  
W S C Y J E W I E G R K X F X I G U P L  
T F Y U Q Y Q J Q J Q S K N W E U J O W

## WORD LIST

ADULT

BEHAVIOR

BULLY

CHARACTER

CONFIDENCE

COWARDS

DISTRACTING

FEEL

FRIEND

HEAD

JOKE

LAUGH

NETWORK

RESPECT

RETALIATE

SHOWS

SITUATION

STOP

SURROUND

TALKING

TRUST

QUALITY



# 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".



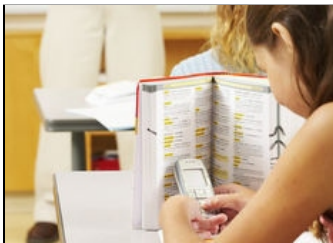
Chat rooms are a great way to meet new people especially boys.

☐ T ☐ F



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

☐ T ☐ F



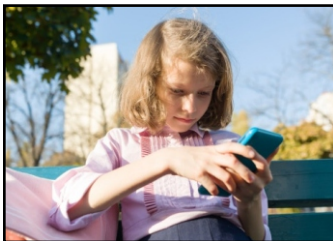
It's Ok to use your phone in class as long as you don't draw attention to yourself.

☐ T ☐ F



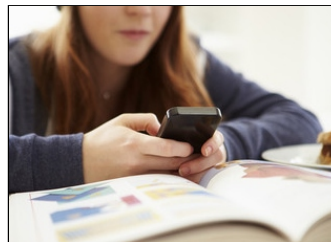
It's OK to post embarrassing photos of someone as long as everyone will think it's funny.

☐ T ☐ F



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

☐ T ☐ F



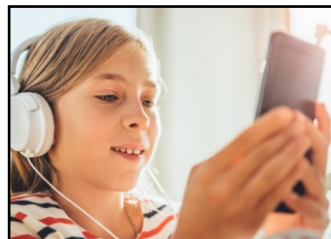
Phone time is important. Make sure to get caught up before you start something else.

☐ T ☐ F



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

☐ T ☐ F



Online games are 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 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



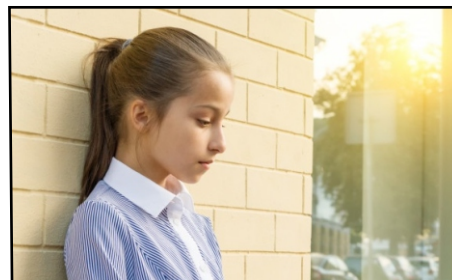
2) I easily ask for and accept help from others.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



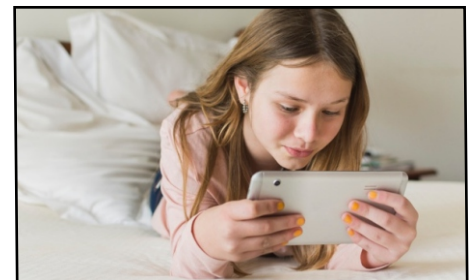
3) I see flaws in my appearance when I look in the mirror.

ALWAYS USUALLY SOMETIMES SELDOM NEVER



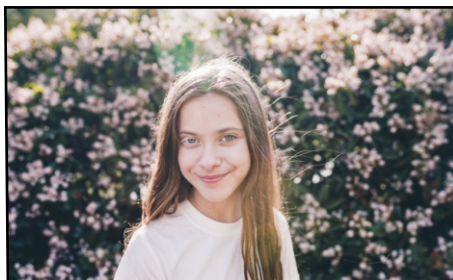
4) I believe I will never really be happy.

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 ☐

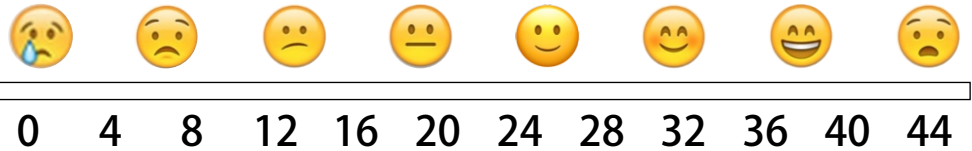
Question 10 ☐

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.



# Obeying Rules

It might feel that everywhere you go there are signs telling you what you can and cannot do. Most of these signs are there for your safety, the safety of others or to protect our earth. It shows respect for others when we obey rules and guidelines.

What do you think could happen if you go against the rules on the signs below?



# Would You Rather?

When we talk about resources you might automatically think about the earth's resources. But it's more than that. Being resourceful is also about using your own resources wisely. Responsible money handling should be part of your life. It will benefit you now and into your adult life.

Knowing how to handle family resources will be important to the well being of your future family and solid business resource management will be necessary to success in your career.

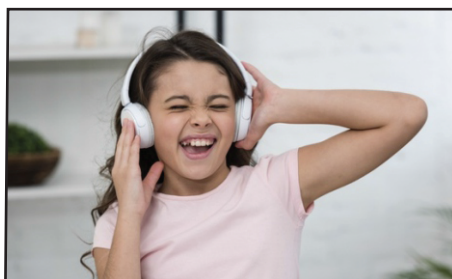
Take a look at each row below and on the next page. You can only pick one activity for each row. Do not leave any row blank. Put a check in the box under your pick. Tally your score using the following page.



## Would you rather.....



☐ Spend time on weekends to do karaoke with friends or family .



☐ 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.

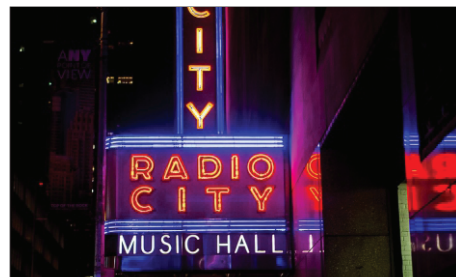
## Would you rather.....



☐ Make time every day for a mini dance party even if it's just you.

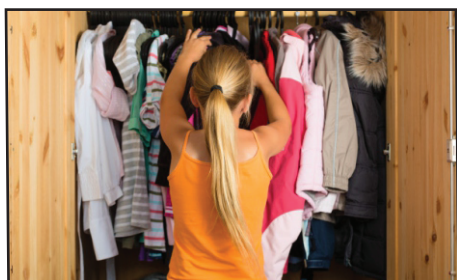


☐ Take a dance class once a week.

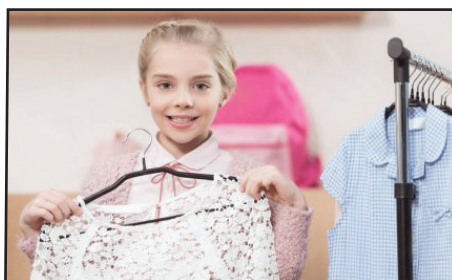


☐ Take a trip once a year to the city to see a professional show.

## 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.

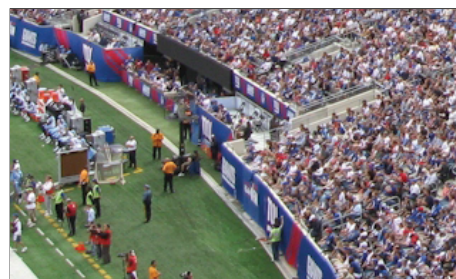
## Would you rather.....



☐ 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 bike ride 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?

<input type="text"/>	x 1 =	<input type="text"/>
----------------------	-------	----------------------

How many of your picks are in column 2?

<input type="text"/>	x 2 =	<input type="text"/>
----------------------	-------	----------------------

How many of your picks are in column 3?

<input type="text"/>	x 3 =	<input type="text"/>
----------------------	-------	----------------------

## 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

<input type="text"/>
----------------------

### 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

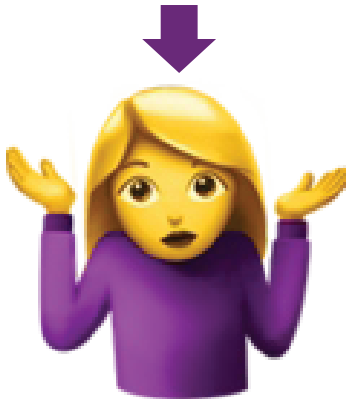
Go ahead do some special  
things every year but try to  
include more less-expensive  
activities to balance your  
lifestyle.



### 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

Being generous isn't always about money and things. It can be also be about giving your time, your love or your friendship. Doing something that seems small can make a difference. Doing it all the time for the rest of your life 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're not sure that you 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.



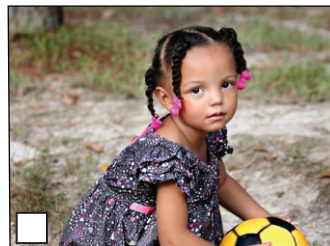
Respect and enjoy the beauty in nature. Encourage others to enjoy it with you.



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



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



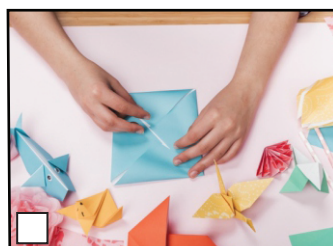
Help out a single mom by spending time with their kids.



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.



## Things to Know

- Just because a person uses a **wheelchair** it doesn't mean they are sick.
- If you're talking with someone who has a **speech** problem, try to ask questions that require only short answers.
- When a person has a learning disability, it doesn't mean they're **stupid**.
- When talking with a **blind** person, tell them when you're leaving or they won't know.
- An adult with an **intellectual** disability, should still be treated as an adult.
- When talking with a friend in a wheelchair, try to talk to them at **eye level**.
- People who don't seem smart may just **learn** differently from you.
- When guiding a blind person, give the person your **arm**.
- If a deaf person is going to be reading your lips, get their **attention** before you start talking.
- It's okay to use words like "see," "hear," "walk," and "run" when you're talking with a friend who has a **disability**.
- Don't speak **loudly** when talking to blind people. They hear as well as you do.
- Don't pet or play with **service** dogs without first asking the owner if it's okay.
- It's okay to ask people who have **speech** problems to repeat what they said.
- If an interpreter is helping you speak to a **deaf** person, talk to the person, not the interpreter.
- Don't **push** a person in a wheelchair without asking.

## Find the highlighted words below.

W C E V N D G J C E S M R A A N D J Z Y G S E R R H  
D I S A B I L I T Y R H K D R T J I R I E Q D V Z C  
N D G O P W M Z G E G L O A B D T M P R B L I N D E  
J S Y L D U O L N L J F E R E C Q E V U M W J S D E  
Q D F F V K X S N E V L J A T K P I N P T O P A L P  
W L P W I C R S A V R E F V W U C C G T K S B P X S  
H E F L F C T B V E E B V Q K E I G D D I Z Y U C H  
M V Q H Y K A U O L K A E S M K Q W K Q G O I S I A  
I N T E L L E C T U A L R I A H C L E E H W N H R L