

Name: _____

Answer each question to explain what you learned. Then write a reflection to show how what you learned connects to your life.

What I Learned

When working with other people, it's important to _____
to each other and _____ each other's ideas.

Name two things you try to do when you use empathy skills:

1. _____
2. _____

Connecting to My Life

Name a situation in which you will be interacting with others. Describe how listening and respecting others' ideas will be helpful in that situation.

Name: _____

Answer each question to explain what you learned. Then write a reflection to show how what you learned connects to your life.

What I Learned

An ally is _____

Connecting to My Life

Think of a time when you were or could have been an ally to someone. Describe the situation.

Describe what you did or could have done.

Name: _____

Answer each question to explain what you learned. Then write a reflection to show how what you learned connects to your life.

What I Learned

Considering another person's perspective is part of _____. When you consider another person's perspective, it helps you avoid making _____ about the other person.

Connecting to My Life

Name two situations in which you think it will be helpful for you to practice considering another person's perspective.

1.

2.

Name: _____

Answer each question to explain what you learned. Then write a reflection to show how what you learned connects to your life.

What I Learned

If you are having a disagreement with someone and are communicating disrespectfully, you might _____ and _____ .

When you respectfully disagree with someone, you _____ and _____ .

Connecting to My Life

Name two situations when you think respectful disagreement skills will help you.

1.

2.

Name: _____

Answer each question to explain what you learned. Then write a reflection to show how what you learned connects to your life.

What I Learned

Describe the tone of voice of someone who is:

Passive _____

Aggressive _____

Assertive _____

Connecting to My Life

Briefly describe a situation in which you could have been more assertive, and describe how acting assertively could have helped.

Name: _____

Answer each question to explain what you learned. Then write a reflection to show how what you learned connects to your life.

What I Learned

List three types of bullying:

1. _____
2. _____
3. _____

Connecting to My Life

The next time you are bullied or teased, you can try using the tips for dealing with bullying. What three tips will you try?

1. _____
2. _____
3. _____

Name: _____

Answer each question to explain what you learned. Then write a reflection to show how what you learned connects to your life.

What I Learned

A bystander can be part of the problem in a bullying situation by:

A bystander can be part of the solution in a bullying situation by:

Connecting to My Life

Two things I want to remember to try as a bystander are:

1. _____

2. _____

Name: _____

Answer each question to explain what you learned. Then write a reflection to show how what you learned connects to your life.

What I Learned

My “pause” signal is _____ .

Three “think twice” questions or statements that always help are:

1. _____
2. _____
3. _____

Connecting to My Life

Describe a time when you lost control. What might have happened differently if you had used the Steps for Staying in Control?

Name: _____

Answer each question to explain what you learned. Then write a reflection to show how what you learned connects to your life.

What I Learned

List three of the calming-down strategies:

1. _____
2. _____
3. _____

Connecting to My Life

Briefly describe a situation that happens often when you can use positive self-talk to help (for example, getting to school on time, working on a difficult assignment, or having a disagreement with friends or family).

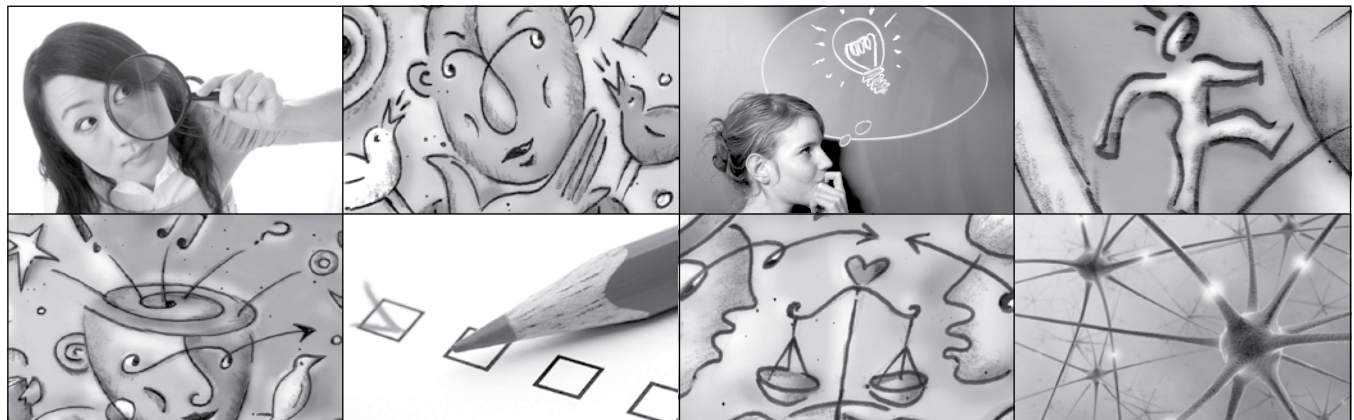
What will you say to yourself?

Name: _____

When you've got a problem, what do you do? Take Action! Action Steps, that is. What are the Action Steps? They are the steps you learned about in this lesson that help you solve problems calmly. And they work for adults too! Show the Action Steps below to an adult family member. Then cut apart the visuals below and glue the ones you and the adult think best match each Action Step. Are you ready to take action? Go!

<p>Analyze the situation.</p>	<p>Brainstorm options.</p>
<p>Consider each option.</p>	<p>Decide on and Do the best option.</p>

This homework assignment was completed on _____ . _____
 (date) [adult] signature



Name: _____

Answer each question to explain what you learned. Then write a reflection to show how what you learned connects to your life.

What I Learned

Two things I can ask myself to evaluate if my plan is working are:

1. _____
2. _____

Connecting to My Life

Briefly describe a situation in which you had to make amends or wish you had made amends.

Either describe what you did to make amends, or describe what you wish you had done.

Name: _____

Answer each question to explain what you learned. Then write a reflection to show how what you learned connects to your life.

What I Learned

Describe four effects of tobacco or marijuana on the brain and body.

1. _____
2. _____
3. _____
4. _____

Connecting to My Life

What is something you might say to someone who wanted you to try tobacco?

What is something you might say to someone who wanted you to try marijuana?

Name: _____

Answer each question to explain what you learned. Then write a reflection to show how what you learned connects to your life.

What I Learned

Describe four effects of alcohol on the brain and body.

1. _____
2. _____
3. _____
4. _____

List one health or social consequence of using inhalants.

Connecting to My Life

Why is it important not to use alcohol or other drugs at your age?

Name: _____

Answer each question to explain what you learned. Then write a reflection to show how what you learned connects to your life.

What I Learned

List three ways that using alcohol or other drugs could interfere with your hopes and plans for the future.

1. _____
2. _____
3. _____

Connecting to My Life

Identify an adult who cares about you and your future.

Describe how he or she would feel if he or she thought you were using alcohol or other drugs.

Name: _____

Answer each question to explain what you learned. Then write a reflection to show how what you learned connects to your life.

What I Learned

Identify three skills you've learned in the Stepping Up program that will help you stay free from alcohol and other drugs.

1. _____
2. _____
3. _____

Connecting to My Life

Write one or two paragraphs about some of the skills you learned in the program and how you're using them.