

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

Empathy is: \_\_\_\_\_ .

Identify at least two skills that are important to group work.

### Connecting to My Life

Name a situation in which you interact with others (such as playing on a team, rehearsing a play, working on a project, or participating in a youth group). Describe how active listening, respecting others' ideas, and including everyone will be helpful in that situation.

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### What I Learned

Identify three skills you can use when you need to disagree with someone respectfully.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Connecting to My Life

Identify one of the respectful disagreement skills you'd like to work on, and explain why.

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 solving a problem, why is it important to analyze the situation?

Why is it important to find a win-win solution?

### Connecting to My Life

Think about a problem you are having with someone and develop a neutral problem statement about it.

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

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### What I Learned

What is an ally? \_\_\_\_\_

I can be an ally to a \_\_\_\_\_, a \_\_\_\_\_, and a \_\_\_\_\_.

### Connecting to My Life

List and describe three skills you have that would make you a good ally.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Write the names of one friend and one adult who would be supportive allies in the left column. In the right column, write down the skills you know this person has that would help him or her be an effective ally to you.

Names	Skills

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

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### What I Learned

How can a bystander be part of the problem in bullying?

How can a bystander be part of the solution to bullying?

### Connecting to My Life

If you see bullying happening, what might you do differently now that you know how bystanders can be part of the solution?

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### What I Learned

List three types of cyber bullying:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Connecting to My Life

Now that I know more about cyber bullying, this is what I'm going to do to be part of the solution:

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

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### What I Learned

List three types of sexual harassment.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Connecting to My Life

Now that I know what sexual harassment is, I will (describe what you will do about it):

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

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### What I Learned

Why is it important to pause and use your signal when you experience a strong emotion?

What effect does negative self-talk have on your emotions?

### Connecting to My Life

I usually handle strong emotions by:

Now I'm going to try:



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

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### What I Learned

List three ways to calm down.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When experiencing strong emotions, it's important to think twice and check assumptions because:

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### Connecting to My Life

Next time I'm in a situation when I need to calm down, I'm going to try:

I'm going to try this because:

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

What does *coping* mean?

How can positive self-talk help in a stressful situation?

### Connecting to My Life

Think about something that often causes you stress. What coping strategies that you learned in the lesson can you use to deal with the stress?

**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 one fact about each of the following substances that stands out as a reason not to use.

Tobacco: \_\_\_\_\_

Marijuana: \_\_\_\_\_

Alcohol: \_\_\_\_\_

Inhalants: \_\_\_\_\_

### Connecting to My Life

Think about the Myth or Fact activity you did in the lesson. How did learning the facts change your thinking about alcohol and 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

It's important to understand that most students have a negative attitude toward alcohol and other drugs because:

Why is it especially harmful to use alcohol and other drugs at your age?

### Connecting to My Life

Reflect on the commitment you made. What would you say if someone were to offer you alcohol or other drugs?

Imagine that you are Daniel as you write responses in the spaces below.

**A: Analyze the situation.**

What is the problem? (Clearly state the external pressures influencing the decision.)

How do I feel? (Clearly state the internal pressures influencing the decision.)

What do I need or want? (What might Daniel want for himself now and in the future?)

Do I need more information?

**B: Brainstorm options.**

**C: Consider each option.**

What might happen?

Is it safe?

How might people feel?

Is it ethical?

**D: Decide on and Do the best option.**

Decide on the best option. The best option is:

Do the best option. Create a plan.  
(Write three steps from your plan.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_