Lesson 1: A Healthy Body is a Happy Body

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. What are some secrets to urinary tract health?

2. Why is it important to urinary tract health to drink lots of water?

3. What are some ways to keep the organs in the urinary and endocrine systems healthy?

ONE FOR YOU (Parent to Student Question)

1. Tell me about how the endocrine and urinary systems work to keep you healthy.
Lesson 2: Your Hygiene Impacts Your Health

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. Have you ever had a minor illness? If so, how did you manage it?

2. Have you or a loved one ever had a chronic non-communicable disease (ongoing, not contagious)? If so, how was it managed?

3. What are some prevention strategies that have worked for you to avoid communicable (contagious) and non-communicable (not contagious) diseases?

ONE FOR YOU (Parent to Student Question)

1. What are some ways you plan to prevent and or manage disease through healthy lifestyle habits?
Lesson 3: Run toward HEALTH and NUTRITION

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. What are the benefits of physical activity that you have experienced over the course of your life?

2. Have you ever used technology to help develop a fitness plan or to support your fitness journey? If so, what did you use and how?

3. If you could set one SMART (specific, measurable, attainable, relevant, and timely) goal to benefit your personal fitness, healthy eating, or healthy lifestyle aspirations, what would it be?

ONE FOR YOU (Parent to Student Question)

2. Tell me about what you learned about the importance of diet and exercise and share the SMART goal(s) you created.
Lesson 4: Be Ready, Be Alert

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. Have you ever had to call 911? Can you walk me through the process?

2. Have you ever had to perform basic first aid? If so, what did you do? If not, what would you do if faced with a situation where you had to administer first aid (burns, breaks, cuts, sprains, strains, etc.)?

3. Have you ever had to call for help in an emergency? If, what did you do? If not, what would you do if faced with this situation?

ONE FOR YOU (Parent to Student Question)

3. Tell me about ways you learned to be prepared for emergencies, first aid skills you learned about, and when you would call 911 if needed.
Lesson 5: My Goals Light the Way

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. How did you decide on the career you chose? What kind of special training did it require?

2. What is a goal that you set for yourself that you have achieved? Share what helped you to achieve this goal. What did you do when work towards this goal became hard?

3. What character traits are important to you in a true friend? Why are those traits the ones you look for?

ONE FOR YOU (Parent to Student Question)

1. What is one goal you want to accomplish by the time you are a young adult? Tell me about the 5 Ws and 1 H you’ve been learning about and how you can use this method to help you plan towards achieving your goal by planning for and taking small steps.
Lesson 6: Leading the Pack with Proper Problem Solving

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. We’ve been learning about a Problem-Solving Loop that can help us when we are trying to solve problems. *(Explain the loop and describe the steps to your parents).* What is a problem you’ve faced in your life and how did you successfully solve it?

2. What are some things you do to help when you have very strong feelings about something? What would you recommend for me to do when my emotions take over and I’m not sure how to deal with them?

3. What makes someone a good communicator? What makes someone a bad communicator? *(Share with your parents some of the good communication skills you’ve been learning about and how you plan to use them to help you grow as a communicator. Discuss how they can help you to grow those skills.)*

ONE FOR YOU (Parent to Student Question)

1. What is a current situation you are struggling with? What are your thoughts about addressing the situation? How do you plan to use what you’ve learned in this lesson to help? How can we help?
Lesson 7: Avoid the Strain, Train Your Brain

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. Which of these personality descriptors do you think describes you best - Helper, Creator, Thinker, Worker, Inspirer, or Helper? Which descriptors do you think describe me best?

2. Have you ever known someone that experienced depression, trauma, loss, or grief? How were you a good friend to them?

3. What is most helpful to you when you are dealing with stress? What can I do when I am experiencing stress?

ONE FOR YOU (Parent to Student Question)

1. Peer pressure will be something you experience as you are growing up. I know you have been talking about refusal skills. What are responses you can use when someone is pressuring you to do something that you know is wrong? Let’s brainstorm some responses together that will help you if this ever occurs.
Lesson 8: My Radiant Real Relationships

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. How would you define the difference between a healthy relationship and an unhealthy one? How does being in a healthy relationship make you feel? What about an unhealthy one?

2. What is dangerous about cliques? How would you describe the difference between a clique and a gang?

3. How would you define a true friend? Who is someone in your life that you consider a true friend? What characteristics would you use to describe your friendship?

ONE FOR YOU (Parent to Student Question)
1. Who is someone you consider to be a true friend? What characteristics would you use to describe your friendship?
Lesson 9: Distancing Myself from the Danger of Drugs

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. How could using drugs (ex: vaping, drinking alcohol, legal and illegal drugs) harm my health and the goals that I have?

2. If I have a friend that begins to use drugs (ex: vaping, drinking alcohol, legal and illegal drugs), what should I do? How can you help me know how to navigate a situation like this?

3. What are some risk factors that you’ve faced as you grew into an adult that could have influenced you to become addicted to drugs? How did you overcome those risk factors?

ONE FOR YOU (Parent to Student Question)

1. How do you plan to avoid the pitfalls of drug and alcohol abuse? What are some boundaries you can set in your own life to stay true to who you are and resist the pressure to try drugs or alcohol?
Lesson 10: Plotting the Puberty Course

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. I know that because puberty happens between the ages of 9-16, I will be going through changes very soon. What is important for me to know about my body and how it will change?

2. We've talked about the struggles you can face going through puberty. What are some things I can do to keep a healthy attitude as my body is changing?

3. If someone is making me uncomfortable by the way they are looking at me or in the way they touch me, what should I do? What if I have a friend dealing with this?

ONE FOR YOU (Parent to Student Question)

1. What questions do you have about how your body will change in this season of life? What plans do you have to keep a healthy attitude even though you know you may face times that will be hard?
Lesson 11: Healthy Choices for the Road Ahead

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. We have been learning about many character traits that are important to develop. Which character traits or values are most important to you in your close friendships? What is a character trait that you see in me? What is one character trait that you can help me develop?

2. What is a situation in your life where stress has been a positive thing? When has stress been a negative thing? How do you cope with stress in your life?

3. I am learning how important it is to be able to be resilient when I am facing difficult challenges. What is an example of a time where either you or someone that you are close to has had to be resilient?

ONE FOR YOU (Parent to Student Question)

1. Which character traits are you learning are most important to you in your friendships? What is a character trait that you want to focus on developing and how can I help?
Lesson 12: Understanding Law and Justice

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. What important life lessons did you learn from your parents (or the people that raised you)? What influence did your dad (or another male role model) have on you?

2. What are some of the ways that children are abused? What should I do if I know someone that is experiencing abuse?

3. What do you enjoy most about being a parent? What are the most important responsibilities you have as a parent?

ONE FOR YOU (Parent to Student Question)

1. I know you’ve been learning about something called “safe touch”. Can you describe what this means? How does the law protect you and your friends?
Lesson 13: Navigating My Media Messages

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. If I find myself needing to reduce the amount of time I spend on screens or social media, what are some strategies I can use to make changes to my screen habits? How do I set limits and stick to them?

2. What is cyberbullying? And how can I protect myself from cyberbullying?

3. What does it mean to be a good digital citizen? How can I protect myself when I am on the internet?

ONE FOR YOU (Parent to Student Question)

1. What are the safety rules you follow when you are using media?
Lesson 14: Goals in my Life are like Batteries in my Flashlight

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. When someone is married, what are ways they can show their love for their spouse? What leads to creating a happy marriage and a happy home?

2. How does setting boundaries and limits in your life help to reduce stress? What should I learn at a young age about how to best set boundaries and limits?

3. What are some ways I can encourage you and show my gratitude for all that you do for me?

ONE FOR YOU (Parent to Student Question)

1. Can you share the character contract you created with me? What is most important to you when you look at your contract?