Lesson 1: Body Systems & Nutrients to Help YOU Grow strong (you are what you eat, eat healthy)

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. What does inflammation feel like in the body and how can I recognize it?

2. Have you ever experienced inflammation and what did you do to make it better?

3. Have you ever had a disease that affected one or more body systems? If so, what did you do to treat it?

ONE FOR YOU (Parent to Student Question)

1. Tell me what you know about the systems of the body and what you have been learning about how they work together.
Lesson 2: Disease Prevention for a Healthier You- GIVE your body a FIGHTING chance, PREVENT disease

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. What are some preventative healthcare measures that you use on a regular basis (well visits, dental checkups, disease prevention)?

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

3. How do you manage minor illnesses and what has worked for you in preventing them (viruses, headaches, infections, etc.)?

ONE FOR YOU (Parent to Student Question)
1. Tell me about what you’ve learned regarding disease prevention and the importance of access to healthcare and what are some personal goals you have set because of this knowledge.
Lesson 3: The Sweet Life: Healthy Steps for Nutrition and Activity

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. What are some physical, mental, and social benefits of fitness that you have experienced?

2. What are the main ingredients you look for when reading nutrition labels?

3. What are some foods you will not buy because of their ingredients? What are some foods you regularly buy because of their ingredients?

ONE FOR YOU (Parent to Student Question)

1. Tell me about the six essential nutrients, the importance of reading nutrition labels, and what decisions you have made as a result of this knowledge to make healthy food and fitness choices.
Lesson 4: Prepare for Emergencies: Know First Aid

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. Have you ever had a situation that required you or someone you know to call 911? What happened and how was it handled? Could it have been handled differently or would the same actions be taken again in a similar scenario?

2. Have you ever had to care for a minor burn? If so, how did you care for it?

3. Have you ever had to stop bleeding in an emergency? If so, what did you do?

ONE FOR YOU (Parent to Student Question)

1. Tell me about the steps you would take in emergencies such as burns, bleeding, or that required calling 911, and explain any concerns you may have or any questions related to what you learned.
Lesson 5: Exploring My Goals

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. What goals have you set and accomplished in your life? How has setting goals helped you to make better life choices?

2. How would you define what the word consequence means? What is a negative consequence you’ve suffered in your life that taught you an important life lesson? What is an example of a positive consequence you’ve experienced?

3. What character traits are important to helping someone achieve their goals? What personal character traits do you believe have helped you achieve one of your goals?

ONE FOR YOU (Parent to Student Question)

1. What is an occupation or a career that you are interested in? What do you think you would enjoy about that job? (Offer to help your child research or learn more about their area of interest or the occupation/career they named)
Lesson 6: Charting My Course with Good Communication

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. I have set an important goal for myself to grow my communication skills. (*Explain to your parents the 3 different types of communicators: Reactive, Inactive, and Proactive*). What are some things I can do to improve my communication skills with you?

2. I’ve learned that being a good speaker and a good listener are very important to becoming a good communicator. Who is someone you think is a good communicator? What do they do when they speak? What about when they listen?

3. We just learned this statistic - experts say that when sharing feelings 93 percent of what you communicate comes from your body language and tone of voice, while only 7 percent comes from your words. What are some ways you use nonverbal cues to communicate?

ONE FOR YOU (Parent to Student Question)

1. What are some ways I can help to improve our communication?
Lesson 7: Steer Clear with Good Mental Health

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. What are some of the coping skills you’ve developed to help when you are experiencing stress? What are some things I can do when I am feeling stressed?

2. What is something about your personality that has helped you to build relationships? What is something about your personality that you wish was different?

3. We have learned that taking risks and choosing difficult tasks can be a positive thing if a young person stays focused on their values and goal setting skills. What is a risk that you’ve taken in your life that has helped you to reach a goal? How did you know it was a risk worth taking?

ONE FOR YOU (Parent to Student Question)

1. What are some things in your life that bring you stress? How do you cope with that stress? What can I do to help?
Lesson 8: Choosing POSITIVE Shipmates

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. When you were my age, how did you know someone was a good friend? What have you learned about good friendships since growing into an adult?

2. How did you handle feeling left out of friendship groups when you were my age? Do you ever experience this as an adult? If so, how do you handle it now?

3. As a part of Lesson 8, you wrote a question to ask your parents about relationships beyond friendship. Take this opportunity to ask your question. (Example: What would you say a good dating relationship looks like? What characteristics should I be looking for in a boyfriend/girlfriend?)

ONE FOR YOU (Parent to Student Question)

1. What are some goals you have that you want to accomplish while you are in high school related to relationships? What about when you are an adult - what careers are you interested in? What do you hope your family will be like when you are grown?
Lesson 9: Don’t Get Drug Down with Strong Drink

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. What are some common myths about drug and alcohol use? What truths relate to these myths?

2. Have you known someone that allowed an addiction to drugs to interfere with reaching the goals they had for their future? What influence can drugs have on anyone's future goals and successes?

3. If I find myself in an uncomfortable situation where I am approached and asked to try drugs or alcohol, how should I handle this? What are some boundaries I can have in place that will help me with these kinds of situations?

ONE FOR YOU (Parent to Student Question)

1. How do you think drugs and alcohol could keep you from reaching the goals you have for yourself? What will you do to avoid the pitfalls of drugs, alcohol, and tobacco?
Lesson 10: The Sails of Change

Parent and Student Engagement

**THREE FOR ME** (Student to Parent Questions)
1. What are you grateful for? Why is it important to practice gratitude?

2. What are some dangerous things teens do when they are not thinking about the consequences of their actions? What are some ways I can always remember to always think before I act?

3. As I continue to grow and change, what are some things I need to know about my body and how my brain is continuing to develop?

**ONE FOR YOU** (Parent to Student Question)

1. What do you think the consequences are for choosing to have sex before marriage? How can teenage pregnancy impact a teen’s goals and life plans?
Lesson 11: Avoiding the Reefs: Living my Values

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. I know as I am growing up there will be others my age that will make wrong choices and may even try to lead me down a path that I know is wrong. What are some thing I can expect to hear others say when they are trying to pressure me to do down a path like this? What are some ways I can protect myself from being put into positions like this?

2. We have been learning about the importance of self-control and how it can impact the choices we make. How would you describe self-control? What areas in my life do you see that I demonstrate having self-control? What are areas in my life where this is something I need to work on?

3. What are the dangers of being in a serious relationship when you are too young? What emotional consequences can a serious relationship have for someone my age? Or even someone a little older?

ONE FOR YOU (Parent to Student Question)
1. How do your emotions impact decisions you make? How can you be sure that your emotions don’t lead you down the path of making choices or decisions that are negative/wrong?
Lesson 12: I’ll Be Shipshape in my Family, not Shark bait with the Law

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 mom (or another female role model) have on you?

2. If I find myself in a situation where I am uncomfortable or I am being abused, what should I do? What kinds of situations should I avoid that would help protect me from abusive situations?

3. What is the hardest part about being a parent? What have you learned while being a parent that you wish you had known before?

ONE FOR YOU (Parent to Student Question)

1. What can you tell me about trafficking? How can I keep myself and help my friends stay safe from trafficking?
Lesson 13: Navigating My Media

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. What makes electronic communication more difficult than face-to-face communication? What should I remember when I am trying to communicate emotions with someone using text or email?

2. What are some boundaries I should have in place to help me stay healthy when I am using various kinds of media? How can I stay safe when I am using the internet?

3. About how much time do you spend using media every day? How does your time on media affect you and your emotions?

ONE FOR YOU (Parent to Student Question)

1. How much time would you say you spend on media each day? How does it affect you? What limits do you put in place for yourself when utilizing technology?
Lesson 14: Goals Will Help Direct My Course

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. How can you be loving towards others when you don’t agree with their views?
   How does the way you treat people strengthen your character?

2. What opportunities are there in our community to serve with a group of friends?
   What opportunities do we have to serve with our family?

3. How will choosing abstinence have a positive impact on marriage as an adult?

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?