Lesson 1: The Body Systems as a Team for Good Health
Body Systems working together for your Good

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. Have you ever had an injury to any of the four types of body tissues (nervous, connective, glandular, or muscle)? If so, was it medically treated and how?

2. Have you ever had an illness that affected your cells, tissues, organs, and systems, if so was it preventable and how?

3. Have you or a loved one ever experienced an injury to an organ? If so, how was it treated?

ONE FOR YOU (Parent to Student Question)

1. Tell me about what you know regarding the four types of body tissues and the structure and function of body systems, including how they function together to keep you healthy.
Lesson 2: Be Aware and Stay Healthy- GIVE your body a FIGHTING chance, PREVENT disease

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. Have you or someone you know ever had a seizure? If so, how was it handled?

2. Do we have a fire safety plan at home in case of a fire emergency? If not, can we create one?

3. Have you ever had to deliver first aid for things like burns, bleeding, broken bones or more severe situations like heart attacks or shock? If so, how did you or the medical workers handle the situation?

ONE FOR YOU (Parent to Student Question)

2. Tell me what you have learned about disaster preparedness, delivering first aid, and being prepared for emergency situations.
Lesson 3: An ACTIVE lifestyle can be a GREAT ADVENTURE

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. Do you track your daily calories? If so, do you use technology to help with this process? If not, what daily nutrition goals do you set and monitor yourself?

2. Do you have daily activity goals? If so, how do you keep track of whether you’ve met your goals? If not, how do you stay active daily?

3. What helps you make healthy food choices, and do you feel that media or advertising influences these choices? If so, how do you recognize false or manipulative advertising.

ONE FOR YOU (Parent to Student Question)

3. Tell me what you’ve learned about the importance of making healthy food choices, creating a personalized diet and activity plan, and share any SMART goals you’ve created along these lines.
Lesson 4: Be Prepared to Respond in an Emergency

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. Have you ever performed or witnessed CPR being performed? If so, what happened?

2. Have you or someone you know ever rescued a choking person? Was the Heimlich maneuver used?

3. Have you ever performed emergency first aid? If so, what did you do? If additional medical attention was necessary, how was it obtained?

ONE FOR YOU (Parent to Student Question)

1. Tell me about your knowledge of first aid, CPR, and the Heimlich maneuver. Do you have any questions or concerns about what you learned?
Lesson 5: Taking Aim at My Goals

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. We’ve been talking about support systems and how both external and internal assets can be part of our support system that can help us accomplish important things in our lives. When thinking about a life goal you’ve accomplished, what was part of your support system that helped you succeed?

2. If you could decide today what your career would be in life, what would you choose? Why? And if it is different from your current career path, what have you learned as an adult that would lead you to make a change?

3. Which values in your life have helped you most in being a spouse and/or a parent?

ONE FOR YOU (Parent to Student Question)

1. What is a S.M.A.R.T. goal you have for your future that you hope to achieve as an adult? (Your child can explain what a S.M.A.R.T. goal is and provide you with an example if needed).
Lesson 6: I CAN have HEALTHY communication, not SICK escalation

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. We’ve been learning about being in control of our actions or being proactive instead of reactive. Are there things that I do that are reactive that I can work on? How could I be proactive in those times instead of being reactive?

2. Think of a time when you didn’t manage your own reaction to something well. If the situation happened again, what would you do differently?

3. We have been learning about effective problem-solving skills. Would you tell me about a problem you’ve had to solve in your life and what you did to solve it? (If you have a problem you are dealing with, share it with your parents and process what you should do together.)

ONE FOR YOU (Parent to Student Question)

1. Tell us about a time you didn’t manage your own reaction to a situation well. How would you apologize if you had the opportunity? What would you do differently next time?
Lesson 7: Protecting My Future with Refusal Skills

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. We learned in Lesson 7 about the importance of establishing personal boundaries that will help us stay safe, out of trouble, and in control. What are some personality or character traits that have helped you to establish healthy boundaries in your own life? What are personality traits you see in me that will help me establish healthy boundaries?

2. It is important to me to have friends and be liked but what if I have a hard time finding friends with my kind of values?

3. I am learning that actions have immediate and long-term consequences. What is something you wish you could go back and do again? What would you do differently?

ONE FOR YOU (Parent to Student Question)

1. What is something you wish you could go back and do again? What would you do differently? How will this impact how you make decisions in the future?
Lesson 8: Building Blocks for Solid Relationships in My Life

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. What qualities are important to look for in someone you date? What about someone you will marry? Are they the same or different qualities? Why?

2. What age do you think I should begin dating? What guidelines will you have for me when I am dating? What are some skills I need to learn to help me navigate dating relationships?

3. What is the difference between real love and infatuation? How do I get out of an unhealthy relationship?

ONE FOR YOU (Parent to Student Question)

1. What age do you believe you should be allowed to date? What are you looking for in someone that you would be interested in dating? What guidelines do you believe should be in place that we haven’t already talked about?
Lesson 9: Don’t Dabble on the Death Slide of Drugs

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. What are some of the reasons people drink alcohol or use tobacco or drugs?

2. Have you ever known someone that struggled with addiction? If so, what led them down this path? How did the addiction affect their health, their families, and/or their goals?

3. We’ve talked a lot about the importance of self-control and the ability to be able to stop and think critically about decisions before you make choices.

   What are some strategies you use to help maintain your self-control? How do you respond when you feel you are being rushed to make a quick decision?

ONE FOR YOU (Parent to Student Question)

1. If you find yourself in an uncomfortable situation where you are approached and asked to try drugs or alcohol, how will you handle this? What are some boundaries you can have in place that will help you with these kinds of situations?
Lesson 10: Protecting My Future Children

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. What is a good decision you made as a teenager that had positive consequences? What about a bad decision that had negative consequences?

2. How does your behavior directly impact your success? How did the choices you made as a teenager impact the success you’ve experienced in your life?

3. I know one of the consequences of premarital sex can be teen pregnancy. What kind of impact does teenage pregnancy have on the teenage mother? What kind of impact does teenage pregnancy have on the teenage father?

   What other consequences of premarital sex should I be aware of?

ONE FOR YOU (Parent to Student Question)

1. What are some of the “side effects” you are experiencing as you are going through puberty? How can I help you when you want more independence? Or when you feel like you are struggling with your emotions?
Lesson 11: Don’t Live Life on the Edge and Risk Catching a STD

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. What if someone has made the choice to have sex before marriage and then decides that they made the wrong choice? What can they do at this point? And how will it impact their physical and emotional health going forward?

2. What can I do if someone I really like is pressuring me to have sex? What boundaries can I put in place? What are things I can say that communicate my feelings? What if I feel like they won’t like me anymore if I don’t give in?

3. How does having a baby impact your other relationships? Your marriage? Your friendships? How does it impact your job and your finances?

ONE FOR YOU (Parent to Student Question)

1. How will you handle the pressure you may receive from a boyfriend/girlfriend that wants to have sex? How can I help you develop some boundaries/strategies to help you deal with those situations?
Lesson 12: The Law and My Future

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. What are some of the sacrifices that your parents (guardians) made as you were growing up to make sure you were cared for? What is a sacrifice you’ve made in your life to make sure I am cared for?

2. Have you ever found yourself in a relationship that was unhealthy? Or known someone else that has? What were the signs that the relationship was unhealthy? How did it end?

3. What is a safe haven? What are examples in our community?

ONE FOR YOU (Parent to Student Question)

1. What signs will you look for to let you know a relationship you are in is unhealthy? What will you do to end the relationship?
Lesson 13: Prepared for Positive Media Choices

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. What are things that I can do to protect my brain when watching TV, playing games, or listening to music? What are activities we can do together as a family that don’t include screen time?

2. What are your thoughts about me having a social media account while I’m a teenager? Why can social media be dangerous?

3. How does music impact your mood? How can music impact my emotions?

ONE FOR YOU (Parent to Student Question)

1. What are your thoughts about using social media at your age? How do you plan to protect yourself from internet use while you are in your teen years?
Lesson 14: Committing to My Best Future

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. What are ways you’ve used your personal character traits and what you believe to protect your mind, your heart, and your body? How can I do the same as I begin my high school years?

2. Looking at this list of assets that can exist in your life - Parents/Guardians, Personal values, Activities/Hobbies, School Connections, Adult Mentors, Faith Connections, Rules and Boundaries, or Friends - Which of these assets have played an important role in helping you to achieve goals in your life?

3. We have learned as a part of this lesson that traffickers systematically target vulnerable teens. How can I protect myself and encourage my friends to protect themselves from trafficking?

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?