Lesson 1: Know What to Do to Prevent Disease and Be Healthy

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. Have you or someone you know ever suffered or had a disadvantage due to limited access to healthcare (transportation, money, knowledge)? If so, how were those limitations resolved?

2. Have you ever realized you needed to replace unhealthy food choices with healthy ones? If so, how did you do it?

3. What are some tips and tricks you can give to help me maintain a healthy diet and get sufficient exercise?

ONE FOR YOU (Parent to Student Question)

1. What are some preventative health behaviors that you plan to implement to minimize your risks of getting communicable (viruses) and non-communicable (heart disease, diabetes) diseases?
Lesson 2: Eat Healthy Be Healthy

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. Have you ever tried to eliminate added sugars and saturated fats from your diet? What worked and what didn’t?

2. What are your thoughts about real food vs. fake food? What have been your methods to develop healthy eating habits for life?

3. Can you share some tips and tricks for reading and interpreting food labels?

ONE FOR YOU (Parent to Student Question)

2. Tell me what you’ve learned about real food vs. fake food, the impact of eating right on your overall health, and how you plan to use this information to set healthy dietary goals.
Lesson 3: Get Fit, Don’t Quit

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. Do you track your daily food intake or calories? If so, do you use technology to help with this process? If not, what daily nutrition goals do you have?

2. Do you set daily activity goals? If so, how do you stay motivated to meet your goals? If not, how do you stay motivated to incorporate daily activity?

3. What helps you make active versus sedentary lifestyle choices? How do you recognize when you need to make changes and stay motivated to make them?

ONE FOR YOU (Parent to Student Question)

3. Tell me what you’ve learned about having an active versus sedentary lifestyle and pros and cons associated with each and share any SMART goals you’ve created to help you maintain an active lifestyle.
Lesson 4: Don’t Take Chances, Know Your Emergency Procedures

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 used the Heimlich maneuver? If so, what happened?

3. Have you ever used an AED or witnessed one being used? If so, what happened?

ONE FOR YOU (Parent to Student Question)

1. Tell me what you learned about AEDs, CPR for adults, children, and infants, and the Heimlich maneuver and how you would respond in these types of emergency situations.
Lesson 5: Plotting Out My Goals

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. When things get tough and you have to dig down deep to keep going, we have learned it is called perseverance. How has learning to persevere helped you to reach your goals? What should I know about persevering when I want to give up?

2. What do you think your values have to do with setting and achieving your goals?

3. We have been discussing how important it is to be guided by our standards and beliefs when making choices. (Describe for your parents what you’ve learned about mature choices and popular choices).
   ● How would you describe the difference between a mature choice and a popular choice?
   ● Do you believe it is possible to make choices that are both mature and popular?
   ● What would be some examples of those kinds of choices?

ONE FOR YOU (Parent to Student Question)
1. What do you believe your life will be like when you are 30 years old? What goals do you want to achieve by that age? What can you do now to help you achieve those goals?
Lesson 6: CLIMBING the CLIFFS of COMMUNICATION

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. In this lesson, we discussed how you must have courage to make difficult decisions. Tell me about a time you had to use courage to help you make a difficult decision.

2. When you have had a difficult day, what do you do to turn it around or make it better? What are some things I can do when I’m having a bad day and want to make it better?

3. It is important to me to be proactive when I am communicating with someone that I care about. (Take time to explain to your parents the difference between a proactive communicator versus a reactive or inactive communicator). What are some ways you communicate in a proactive way when you are upset or angry? What are some ways I can be more proactive with my communication when I am upset or angry?

ONE FOR YOU (Parent to Student Question)

1. What is a problem you are facing right now with someone or because of a situation? How can you use what you’ve been learning about effective communication and problem solving to address the problem?
Lesson 7: My Rescue TEAM: Mental Assets & Building Refusal Skills

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. We have learned in this lesson that each of us can grow and strengthen our values, beliefs, and even our personalities. What are some ways you’ve had to make adjustments or even changes to strengthen different aspects of your personality to help you be successful with different situations and relationships? What personality traits do I have that I may need to focus on strengthening?

2. It is important to me to be an upstander and not a bystander when I see bullying happening. What should I do when I see bullying happening?

3. When you think about your 3 closest friends, what are the positive character traits they possess? What does having them as friends say about what is important to you? What character traits should I look for in a friend?

ONE FOR YOU (Parent to Student Question)
1. Explain to me what deferred gratification means. What is something specific you are going to delay NOW so you can have something better LATER?
Lesson 8: Don’t Rush & Risk a Wreck! Prepare for Positive Relationships

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. Which of your values did you learn from your parents? Which are most important to you as you pass those values on to me?

2. What age do you think I should begin one-on-one dating? What guidelines will you have for me when I go on dates alone?

3. What are your favorite traditions that you remember from growing up? How have traditions played a part in the way you’ve raised me?

ONE FOR YOU (Parent to Student Question)
1. What is the purpose of dating? What kinds of dates would help you to get to know the character of the person you are dating?
Lesson 9: Real Life Can Take You Higher Than Drugs

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. Our society has so much experience and research confirming the dangers of drug and alcohol abuse. Why do people still let substances into their lives that negatively impact their bodies and minds?

2. Who is someone in your life that you consider to be healthy? Why would you describe them in this way? What choices have they made that have put them on the path to living a healthy lifestyle?

3. Is it possible for people to become addicted to things other than drugs and alcohol? What are some examples of other addictions? How are these also unhealthy?

ONE FOR YOU (Parent to Student Question)

1. Is there an area in your life where you struggle with addiction? How can I help you to set boundaries in this area?
Lesson 10: Where My Journey Begins/Human Development

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. We've talked about the consequences of teen parents when pregnancy occurs. What are some consequences that can occur for the baby born to teenage parents?

2. What is a habit you currently have? Do you consider it a good habit or a bad habit? How does it affect you?

3. Why is it easier to build a lasting healthy relationship if it's not complicated by sexual activity? What if a teen has had premarital sex - how can they renew their commitment to abstinence?

ONE FOR YOU (Parent to Student Question)
1. What physical and mental effects related to premarital sex are you aware of? How does that impact your thinking about decisions you want to make while you are in high school?
Lesson 11: Caution Real Consequences

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. How did you plan ahead for being a parent? What are things you’ve learned from being a parent that you want me to know as I think and plan for my future?

2. How would having a baby in my teens impact my life? Why is it important to wait until marriage to have sex and to bring a child into the world?

3. As a teenager, I want to approach dating with a healthy mindset. What does a healthy dating relationship look like? What are character traits I should look for in someone I choose to date?

ONE FOR YOU (Parent to Student Question)
1. How do you believe having a baby in your teens would impact your life? How would it impact the life of the child?
Lesson 12: Laws Allow Me to Live with Freedom

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. What does it mean to be a nurturing parent? How did you learn to be nurturing?

2. Why is it important for responsible parents to establish rules for their teenage children? What rules did your parents have for you as you were growing up and how has that influenced the rules you have for me?

3. What are some decisions that you made as a teen that have helped you to be a good parent?

ONE FOR YOU (Parent to Student Question)

1. If you are in a situation or in a relationship that makes you feel uncomfortable or that you believe is abusive, how will you respond?
Lesson 13: Prepared for Positive Media Choices

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. I know that advertisers use many tricks (including sex) to sell their products. I don’t want to be used and tricked into buying certain things. How can you help me choose products for their value and not a brand name label?

2. I know that pornography is addictive and violent. What can I do to protect myself from viewing pornography?

3. How do you utilize your values/beliefs to guide what media you choose to view or listen to? How has negative media impacted you?

ONE FOR YOU (Parent to Student Question)
1. How can I help you set boundaries for your media use/screen use so that you can remain healthy and achieve the goals you have for yourself?
Lesson 14: I am CHOOSING the road that ENDS in HAPPINESS

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. What are some things you learned from your own parents that you have tried to repeat as a part of your adult relationships/marriage? What are some things you learned that you have tried to do differently?

2. What qualities are most important in a healthy marriage? How can I focus on developing those qualities as a teenager?

3. How can I enjoy dating as a teenager while also sticking to the boundaries I've established and learning more about the qualities I want in a future spouse?

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?