

Name: _____

What kind of activity?

Household activities could be vacuuming, washing dishes, doing laundry, cooking, sweeping, fixing appliances, or anything that needs to be done where you live.

You are a private investigator. You have been hired by an unnamed source to “spy” on your family. This source wants to find out all the various feelings that one or more of your family members have while doing activities at home. You won’t be able to talk to your family (you don’t want to blow your cover!) so you’ll have to use your keen skills of observation. Start with one person. Write down what you observe about his or her facial expressions, body language, tone of voice, and what he or she says. Then guess based on these clues what he or she might be feeling. Then try the same activity with another family member. When you’ve completed the sheet, show it to an adult in your family and see if he or she can guess who you were spying on.

Activity: _____	
Clues	What you observe
Facial expression	
Body language	
Tone of voice	
What was said	
Possible feelings	

Who is this person?

Activity: _____	
Clues	What you observe
Facial expression	
Body language	
Tone of voice	
What was said	
Possible feelings	

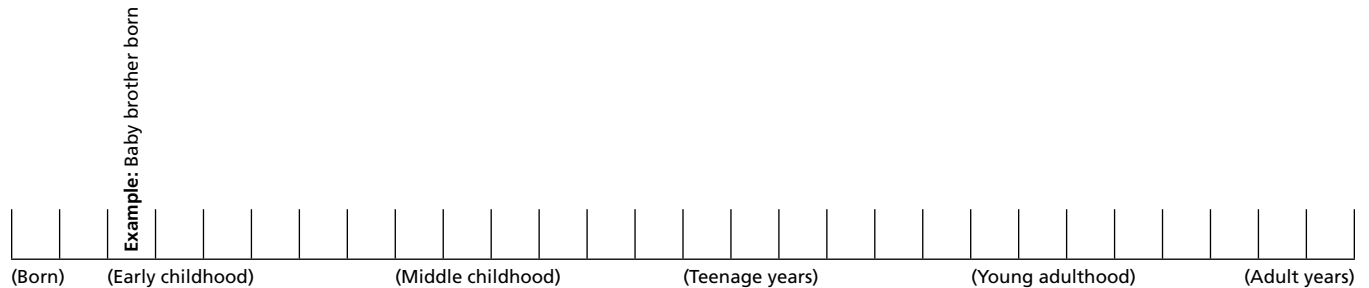
Who is this person?

This homework assignment was completed on _____ . _____
(date) [adult] signature

Name: _____

Think back to when you've had a disagreement with an adult family member. Maybe he or she wants you to have an earlier curfew, and you don't. Why do you disagree? You each have your own perspective, or point of view. Your different perspectives come from your different experiences. If you can understand each others' experiences, it will help you to be more empathic, and maybe you can even come to an agreement!

Now it's time to learn more about your adult family member's experiences. Work together to create a timeline of his or her life. Write short sentences or draw simple pictures that describe different experiences in each stage of his or her life in the timeline below. After you've completed the timeline, answer the questions below.



What new things have you learned about this person?

What are some similarities between this person's history and yours?

What are some differences?

How has learning about this person's experiences changed your view of him or her?

This homework assignment was completed on _____ . _____
(date) [adult] signature

Name: _____

Imagine you go to an after-school program. You get there, and all you want to do is hang out. But nooo! The adult director wants everyone to do their homework right when they arrive. This feels like a constant battle, and everyone's tired of it! It's time to find a win-win solution. In a win-win solution, there are no losers in the disagreement. You find a solution that makes both people feel like they've "won." Sound good? It is! Go through the following steps with an adult to see if you come up with your own "win-win" solution to the homework battle.

Analyze the situation	Student's perspective	Adult's perspective
What's the problem?		
How do you feel?		
What do you need?		
Do you need more information? If so, what?		

Neutral problem statement: _____

Brainstorm options:

1. _____
2. _____
3. _____

We considered each option, then decided on this compromise:

This is how we felt when we reached a win-win solution:

This homework assignment was completed on

_____ .

(date)

[adult] signature

Name: _____

When was the last time you said “thank you” to an adult in your life? Even if it was recently, it doesn’t hurt to say it again! Think about a time in your life when you received help or support from an adult such as a teacher, relative, or coach. This support could be anything from helping you with your homework or driving you to a friend’s house to supporting your decision not to use alcohol and other drugs. Now write a letter to the adult thanking him or her for helping you in some way. You can use the form here or write your own. When you finish, make sure to give him or her your letter.

This homework assignment
was completed on

_____ .
(date)

[adult] signature

Dear _____ ,

I am writing this letter to thank you for a time you gave me help when I needed it. The time I am thinking about when I really needed your help was when:

You helped me by:

As a result of your help, I now:

The things I appreciate most about you are:

Thank you again for giving me help when I really needed it.

Sincerely, _____

Name: _____

You are a safety inspector who investigates bullying incidents. Just as safety inspectors respond to reports of unsafe equipment, working conditions, and public places, you respond to reports of bullying. To make the conditions safe again and ensure that no one gets hurt either emotionally or physically, you interview bystanders, then write up safety reports with recommendations.

Bystander Power

- Don't take part in bullying.
- Offer support. Be an ally to someone being bullied.
- Take action against bullying.

Interview an adult family member about his or her experience with being a bystander to bullying. Write up his or her responses and your recommendations in the Safety Report below.

Safety Report	
Description of incident: What was unsafe?	
How was the person hurt (emotionally or physically)?	
Did any of the other bystanders do anything about it? If so, what?	
How did you feel about the incident when it occurred?	
If you could go back in time, what would you do differently?	

This homework assignment was completed on _____ . _____
(date) [adult] signature

Name: _____

You may already use technology at home to communicate with others. Or maybe an adult family member at home won't let you. In either case, come up with your top five things to be careful about while communicating using technology. Show your list to an adult family member. Is he or she convinced that you use or will use technology at home safely?

The Top Five

things to be careful about when communicating using technology

1.

Adult: Definitely something to be careful about! Undecided. Don't worry about this.

2.

Adult: Definitely something to be careful about! Undecided. Don't worry about this.

3.

Adult: Definitely something to be careful about! Undecided. Don't worry about this.

4.

Adult: Definitely something to be careful about! Undecided. Don't worry about this.

5.

Adult: Definitely something to be careful about! Undecided. Don't worry about this.

This homework assignment was completed on _____ . _____
(date) [adult] signature

Name: _____

Are they kidding? Or are they sexually harassing? Sometimes it's hard to know when they've crossed the line—even in TV sitcoms. Watch a sitcom with an adult family member. Be on the lookout for incidences of flirting and when they've crossed the line to harassing. Each time you see an incidence of flirting or potential harassing, indicate on the graphs below how close to the line they are, or whether they've crossed it. Before you get started, answer the following questions. Keep your answers in mind as you determine whether a character is "just kidding" or they've crossed the line to sexually harassing another person.

What's the Difference?

Flirting	Harassing
Welcome attention	Not welcome
Goes both ways	One-sided
You feel good	You feel uncomfortable
You feel in control	You feel powerless

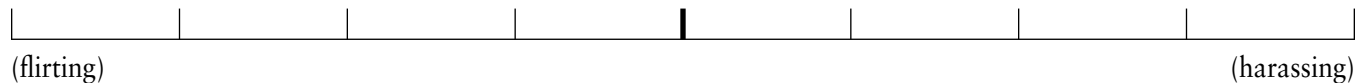
Name of sitcom: _____

What is flirting? _____

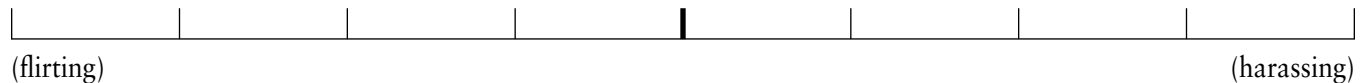
What is harassing? _____

How can you tell the difference between flirting and harassing?

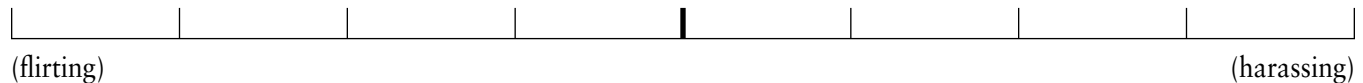
Incident 1



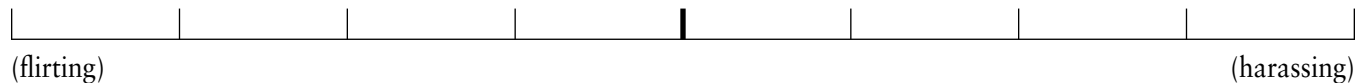
Incident 2



Incident 3



Incident 4



This homework assignment was completed on _____ . _____
 (date) [adult] signature

Name: _____

You feel hot. Your palms are sweating. It's hard to breathe. Your heart is racing. You're having a hard time talking. What's happening? It might sound like you're getting the flu—but these “symptoms” are also the physical and mental signs of anger. Just noticing these as signs of anger is your first step to staying in control.

Discuss all the Steps for Staying in Control with an adult family member. Together, think of a time when you were angry with each other. What was the situation? Is it a situation that happens again and again? Work together to identify which of the Steps for Staying in Control you want to try out next time tempers flare. Write a plan in the space provided.

**Are you feeling angry?
Remember!**

To stay in control:

- Notice.
- Pause.
- Think twice.
- Calm down.
- Reflect.

Describe the situation that made you angry.

Does this situation happen over and over? If so, when does it usually happen?

Which of the Steps for Staying in Control might help you in the future?

Write a brief plan for how you will use the Steps for Staying in Control the next time you are angry with each other.

This homework assignment was completed on _____ . _____
(date) [adult] signature

Name: _____

You are an emotion trainer. You design complete workouts for managing personal emotions. An important part of this is learning and using calming-down strategies. Select an adult to be your first client. Just as a good physical workout contains exertion, relaxation, and mental components, so does a good emotion workout. You want your client to be in the best emotional shape possible, so together come up with as many possibilities as you can think of. Complete the emotion workout plan below with these possibilities for your client. Have your client select his or her top three choices from each category by checking them.

Emotion Workout Plan

Ways to be physically active	Ways to relax	Other things to think about
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
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<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____

This homework assignment was completed on _____ . _____
(date) [adult] signature

Name: _____

Too much homework. A fight with a friend. Trying to get good grades. These are all demands that can cause stress in teenagers' lives. But what causes stress in adults' lives? Find out by asking an adult in your life about a situation that causes him or her stress. Now see if you can help! Let an adult answer the following questions. He or she may need some help thinking of the answers. Just thinking about these questions is doing something positive, so you're well on your way to helping him or her cope with stress!

Remember to Cope!

- **Coping:** doing something positive to feel better, or situation changed.
- **Avoiding:** situation unchanged and makes you feel worse.

What's the stressful situation?

What positive self-talk can you say to yourself to change the way you think about the situation?
(Note to student: You may need to explain positive self-talk to the adult.)

What are some things you can do to calm down? List all the things you can think of.

Where can you get support?

What action can you take to change this stressful situation?

This homework assignment was completed on _____ . _____
(date) [adult] signature

Name: _____

You now know that anyone who uses alcohol, tobacco, or other drugs risks becoming addicted. But does an adult family member know that? Put him or her to the test! Take the fact sheets home with you for an adult family member to read. Then see how well he or she does on this version of the “Myth or Fact” game. Fold the paper in half along the dotted line to hide the answers until he or she is finished with all the questions.

- | | | |
|---|-------------------------------|-------------------------------|
| 1. Teens who smoke are just as healthy as teens who don't. | <input type="checkbox"/> Myth | <input type="checkbox"/> Fact |
| 2. Smoking makes you look hip and youthful. | <input type="checkbox"/> Myth | <input type="checkbox"/> Fact |
| 3. Some people become addicted after smoking only a few cigarettes. | <input type="checkbox"/> Myth | <input type="checkbox"/> Fact |
| 4. Smoking marijuana has no effect on learning ability. | <input type="checkbox"/> Myth | <input type="checkbox"/> Fact |
| 5. It is okay to drive after smoking marijuana. | <input type="checkbox"/> Myth | <input type="checkbox"/> Fact |
| 6. If you start drinking in your teens, you are more likely to abuse or become dependent on alcohol than if you wait until you are older. | <input type="checkbox"/> Myth | <input type="checkbox"/> Fact |
| 7. Teens who drink are happier and have more fun than teens who don't. | <input type="checkbox"/> Myth | <input type="checkbox"/> Fact |
| 8. Inhaling chemicals can kill you. | <input type="checkbox"/> Myth | <input type="checkbox"/> Fact |

fold

fold

- Answer: **Myth**
Teens who smoke have many more colds, coughs, throat and nose problems, and more phlegm.¹
- Answer: **Myth**
Smoking causes skin to age prematurely, wrinkle, and turn gray even after smoking for a short time, so you'll actually look older.⁶
- Answer: **Fact**
According to research, about one in ten youths who start smoking become addicted within a few days of taking their first puff. Some are even addicted after their first cigarette.⁴
- Answer: **Myth**
Twelfth-grade marijuana smokers get lower scores on verbal and math tests than nonsmokers, even compared to students who scored the same as they did in fourth grade.²
- Answer: **Myth**
People who have smoked marijuana are almost twice as likely to get in a fatal car crash.⁷ Marijuana affects self-control, sense of time, coordination, and the ability to pay attention, making marijuana users more likely to get hurt and have accidents.⁵
- Answer: **Fact**
You are five times more likely to abuse or become dependent on alcohol if you begin drinking by age 15 than if you wait until after age 20.⁹
- Answer: **Myth**
Teens who drink are more likely to suffer from depression, suicidal thoughts, and violence.³
- Answer: **Fact**
Breathing in an inhalant can cause the heart to stop suddenly.⁸

This homework assignment was completed on _____ . _____
(date) [adult] signature

Name: _____

What should you wear? Should you ride the bus or walk to school? Should you do your homework right when you get home or wait until after dinner? Sometimes it feels like your entire day is filled with decisions! Although some decisions are easy to make, others require more thought—especially decisions regarding your friends. For example, you and a friend know that another friend in your group is drinking alcohol. You are both worried about your friend’s drinking. You want your friend to be healthy, so you feel like you should say something to someone. But you don’t want your friend to get in trouble. What should you do?

Imagine that an adult family member is your friend and that he or she is also worried about the friend who’s drinking. Together with the adult, use the Action Steps to help you make a good decision as to what to do about your friend’s drinking.

Analyze the situation.

What is the problem? _____

How do I feel? _____

What do I need or want? _____

Do I need more information? _____

Brainstorm options.

1. _____
2. _____
3. _____

Consider each option.

What might happen if I do this? _____

Is it safe? _____

How might people feel about it? _____

Is it ethical? _____

Decide on and Do the best option.

This homework assignment was completed on _____ . _____
(date) [adult] signature