



6.1 THINK-LEARN-DO SHEET

During Lesson 1 of the MBF Teen Safety Matters® program, you learned about social - emotional skills that can help you be a safe and successful middle school student, including relationship skills, social awareness, peer pressure, and coping skills.

THINK BACK TO THE LESSON AND COMPLETE THE FOLLOWING 3-2-1 REVIEW:

3 THINGS YOU LEARNED OR FOUND INTERESTING IN THE LESSON:

1. _____
2. _____
3. _____

2 SAFE ADULTS AND THEIR PHONE NUMBER:

1. _____
2. _____

1 QUESTION YOU STILL HAVE:

1. _____

LEARN MORE ABOUT THESE TOPICS:

To learn more about these topics, check out the following resources:

- www.kidshealth.org/en/teens/peer-pressure.html
- www.kidshealth.org/en/teens/center/stress-center.html
- www.thehelpfulcounselor.com/18-coping-skills-strategies-for-children-and-teens/

TALK TO YOUR SAFE ADULTS:

1. Make sure you have a current phone number for each of your Safe Adults so you can reach them when you need to talk about your safety.
2. Once you have their contact information, share with them that you have chosen them as a Safe Adult and would like to be able to reach out to them when you Spot Red Flags or if you are ever hurt or unsafe.
3. Let them know they can learn more about being a Safe Adult by visiting www.mbfpreventioneducation.org. You can also give them one of the Safe Adult Cards you were given after the lesson to learn more.

DO THE FOLLOWING ACTIVITIES:

1. Do some research on the question you listed above. If you need more information, talk to a parent, guardian, Safe Adult, or a teacher or counselor at school.
2. Do an acrostic poem...write the words "Coping Skills" vertically on the left side of a piece of paper (one letter on each line), and for each letter, list a positive coping skill you can use that starts with that letter.
3. List things you can do in your everyday life to increase your social awareness and empathy skills. Try to practice one each week for the next few weeks.
4. Do the activity on the back of this sheet to help you learn how to better handle peer pressure.





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During Lesson 1 of the MBF Teen Safety Matters™ program, you learned about peer pressure, and that it can be positive or negative. Complete the following worksheet to help you be better prepared to deal with situations in which you might be pressured to do something you know is unsafe or wrong, or something you don't want to do. Then list ways you might be able to positively influence others in that situation. You can choose responses from some of these examples, or come up with your own ideas:

- Say “no” in an assertive voice and explain why it's not a good idea or why you don't want to do it.
- Use humor to change the subject.
- Make a Move and make an excuse that you have to go do something or have to get home, etc.
- Suggest an alternative, something else that everyone can do that is safer and smarter.

POSSIBLE SITUATIONS YOU COULD FACE	WAYS YOU CAN DEAL WITH PEER PRESSURE	WAYS YOU CAN POSITIVELY INFLUENCE OTHERS
Example: Two of your friends are arguing. Each of them is trying to get you to be on their side and ignore the other, post negative things on social media about them, etc.	Tell them you are friends with both of them and you are not going to get involved. When they talk badly about each other, say I'm sorry but I'm not getting involved and change the subject.	Try to get them to sit down and talk. When one posts something negative about the other, leave a positive comment about both of them.
A friend is asking you to go to a party where there will be underage drinking.		
You receive an inappropriate picture of someone else in your school. Everyone is posting and forwarding the picture, including your best friend, who tells you to do the same.		
Describe a situation you've already faced:		