

7.1 THINK-LEARN-DO SHEET

During Lesson 1 of the *MBF Teen Safety Matters™* program, you learned about the important social-emotional skill of decision-making that can help you be safe and successful.

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.destinysodyssey.com/the-odyssey/vision-statement/
- www.wikihow.com/Make-a-Vision-Board

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.mbfteensafety matters.org.

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. Create a vision statement or vision board to help you remain focused on your values and goals when you are making decisions. Use the resources above to help you.
3. Peer pressure has a big influence on how people make decisions. Do the activity on the back of this sheet to think about how you can use positive peer pressure to influence others to make safe, smart decisions and to create a culture of kindness and safety.



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The following are scenarios you may be faced with, or see others dealing with, in middle school. For each of the scenarios listed, describe how you can use your own values, goals, and decision-making skills to influence others' behavior in a positive way.

SCENARIO	HOW TO POSITIVELY INFLUENCE OTHERS
<p>Example: A friend wants you to go to a party with them and/or wants you to drink alcohol or do drugs with them. They tell you everyone is doing it and if you don't, you'll be considered uncool and no one will like you anymore.</p>	<ul style="list-style-type: none"> • Tell your friend you don't want to risk getting into trouble, getting arrested, or hurting yourself with substances. • Tell them going along with the crowd is what's uncool. • Hang out with friends who don't drink or use drugs. • Join or start a club at school that is against drugs and alcohol.
<p>Someone asks you to send nude photos, or you receive nude photos of someone in school and others ask you to forward it.</p>	
<p>A classmate asks you for the homework answers, or tells you they didn't study for the test and asks if they can look over your shoulder during the test.</p>	
<p>You're with a group of kids that you really like and want to be friends with at the mall. They are all talking about going into a store and stealing things and ask you what you're going to take.</p>	
<p>There is one kid in school that is always picked on. You've seen him tripped in the hall, harassed and taunted in class, and always sitting alone in the cafeteria.</p>	

