

8.1 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 communication, self-awareness, and self-management.

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/emotional-reactions.html
- www.kidshealth.org/en/teens/eq.html
- www.destinysodyssey.com/the-odyssey

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. Do an acrostic poem. Write the words "Coping Skills" vertically on the left side of a piece of paper, and for each letter, list a positive coping skill 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 improve your self-awareness and self-management skills.





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SELF-AWARENESS INVENTORY:

List two of your strengths:

- 1.
- 2.

List two things you think you can improve:

- 1.
- 2.

List two things you want people to admire about you:

- 1.
- 2.

What are the three most important things to you in life:

- 1.
- 2.
- 3.

List five of your goals, or what you hope to achieve in middle school or in life:

- 1.
- 2.
- 3.
- 4.
- 5.

SELF-MANAGEMENT PLAN:

Think of a behavior that you feel you need to manage better (for example: being on time, getting better grades, being healthier, saving money, hanging out with better friends, etc.) and complete the following:

- What is it I need to improve and why? _____

- Is my behavior currently in line with my strengths, goals, and values listed above? _____
- What are two things I can do over the next month to improve in this area?
 1. _____
 2. _____
- Use this same process with other behaviors or decisions that you want to better manage.

