Doing Well at School
• Try your best at school. Doing well in school is important to how you feel about yourself.
• Ask for help when you need it.
• Join clubs and teams you like.
• Tell kids who pick on you or try to hurt you to stop it. Then walk away.
• Tell adults you trust about bullies.

Eating Well, Being Active
• Eat breakfast every day.
• Aim for eating 5 fruits and vegetables every day.
• Only drink 1 cup of 100% fruit juice a day.
• Limit high-fat foods and drinks such as candies, snacks, fast food, and soft drinks.
• Eat healthful snacks like fruit, cheese, and yogurt.
• Eating healthy is important to help you do well in school and sports.
• Eat with your family often.
• Drink at least 2 cups of milk daily.
• Match every 30 minutes of TV or computer time with 30 minutes of active play.

Playing It Safe
• Don’t open the door to anyone you don’t know.
• Have friends over only when your parents say it’s OK.
• Wear your helmet for biking, skating, and skateboarding.
• Ask a grown-up for help if you are scared or worried.
• It is OK to ask to go home and be with your Mom or Dad.
• Keep your private parts, the parts of your body covered by a bathing suit, covered.
• Tell your parent or another grown-up right away if an older child or grown-up shows you their private parts, asks you to show them yours, or touches your private parts.
• Always sit in your booster seat and ride in the back seat of the car.

Healthy Teeth
• Brush your teeth at least twice each day, morning and night.
• Floss your teeth every day.
• Wear your mouth guard when playing sports.

Handling Feelings
• Talk about feeling mad or sad with someone who listens well.
• Talk about your worries. It helps.
• Ask your parent or other trusted adult about changes in your body.
• Even embarrassing questions are important. It’s OK to talk about your body and how it’s changing.