Doing Well at School
• Try your best at school. It’s important to how you feel about yourself.
• Ask for help when you need it.
• Join clubs and teams, church groups, and friends for activities after school.
• Tell kids who pick on you or try to hurt you to stop bothering you. Then walk away.
• Tell adults you trust about bullies.

Playing It Safe
• Wear your seat belt at all times in the car. Use a booster seat if the seat belt does not fit you yet.
• Sit in the back seat until you are 13. It is the safest place.
• Wear your helmet for biking, skating, and skateboarding.
• Always wear the right safety equipment for your activities.
• Never swim alone.
• Use sunscreen with an SPF of 15 or higher when out in the sun.
• Have friends over only when your parents say it’s OK.
• Ask to go home if you are uncomfortable with things at someone else’s house or a party.
• Avoid being with kids who suggest risky or harmful things to do.
• Know that no older child or adult has the right to ask to see or touch your private parts, or to scare you.

Eating Well, Being Active
• Eat breakfast every day. It helps learning.
• Aim for eating 5 fruits and vegetables every day.
• Drink 3 cups of low-fat milk or water instead of soda pop or juice drinks.
• Limit high-fat foods and drinks such as candies, snacks, fast food, and soft drinks.
• Eat with your family often.
• Talk with a doctor or nurse about plans for weight loss or using supplements.
• Plan and get at least 1 hour of active exercise every day.
• Limit TV and computer time to 2 hours a day.

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.

Growing and Developing
• Ask a parent or trusted adult questions about changes in your body.
• Talking is a good way to handle anger, disappointment, worry, and feeling sad.
• Everyone gets angry.
• Stay calm.
• Listen and talk through it.
• Try to understand the other person’s point of view.
• Don’t stay friends with kids who ask you to do scary or harmful things.
• It’s OK to have up-and-down moods, but if you feel sad most of the time, talk to us.
• Know why you say “No!” to drugs, alcohol, tobacco, and sex.