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.
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.