

Name \_\_\_\_\_

# Think About the Future

We are always changing. This can be exciting when we know that God is with us every step of the way, helping us grow. Because of this, we can look toward the future's blessings and challenges with hope.



For the first three questions below, write your answer in the box. At the end of the year, revisit your answers. On the lines below the boxes, write how the changes you encountered over the past year matched up with your expectations and affected your relationship with God.

## Looking Ahead to the Future

<p>What changes am I looking forward to and feeling excited about?</p>	<p>What opportunities can these changes bring?</p>	<p>What challenges can these changes bring?</p>
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## Looking Back at the Past Year

How did the changes I encountered over the past year match with the expectations I wrote above?

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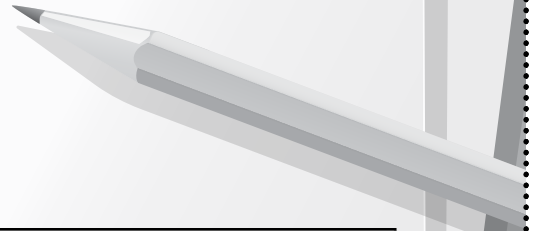


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Name \_\_\_\_\_

# Record of Respect

Jesus teaches us to care for one another as much as we care for ourselves. With a careful eye, we can observe many people who are putting this teaching into practice. Each day, write an example of a time when you saw people showing respect to others. Make a habit of recognizing when people around you treat others with respect.



<b>Sunday</b>	<hr/> <hr/>
<b>Monday</b>	<hr/> <hr/>
<b>Tuesday</b>	<hr/> <hr/>
<b>Wednesday</b>	<hr/> <hr/>
<b>Thursday</b>	<hr/> <hr/>
<b>Friday</b>	<hr/> <hr/>
<b>Saturday</b>	<hr/> <hr/>

Name \_\_\_\_\_

# A Record of Friendship

At the end of each day this week, take some time to think about your treatment of others. Place a check mark next to the times when you acted as a friend during your day.



## I Was a Good Friend ...

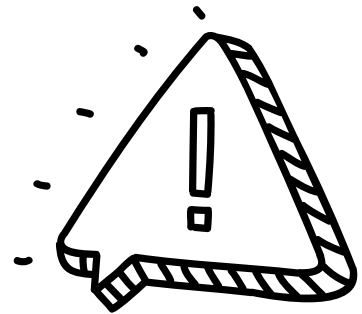
	Date:	Date:	Date:	Date:	Date:
	_____	_____	_____	_____	_____
... in the classroom					
... in the hallway					
... at lunch					
... at recess					
... after school					
... on the phone or online					

Name \_\_\_\_\_

# I Can Avoid Inappropriate Content

At some point while using the internet or digital devices, you may encounter material that you know is inappropriate or that makes you uncomfortable. When this happens, you don't have to be worried or ashamed; let a parent know right away.

One way that inappropriate material can spread is through sexting. **Sexting** is sending or receiving naked or partially naked photos of yourself or others by text or other electronic means. It can also include inappropriate or sexually explicit written messages. Sending or forwarding these photos, videos, and messages can make you vulnerable to exploitation by a person with bad intentions. Sexting dishonors you as well as the person who receives those messages or is depicted in them.



In addition to these inappropriate messages, you may also come across content on websites, apps, and games that has no constructive purpose. This content may be disturbing, demeaning to others, violent, or sexual in nature. The following rules can help you deal with such encounters or avoid them before they arise:

- **Tell a parent immediately if you accidentally encounter inappropriate material online.**
- **Avoid spending time online late at night, after 10 pm.**
- **Always ask permission from a parent before downloading an app or game.**
- **When signing up for a service or accessing a website with your parents' permission, be honest about your age.**
- **Where possible, use computers only in open, public areas at home and at school.**
- **Communicate with a parent on a regular basis about your commonly visited sites and online activities.**
- **Share your passwords with a parent or guardian.**
- **If someone makes you feel uneasy or exposes you to inappropriate material, immediately cut off online communication with that person and tell a parent.**

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# Responding to Puberty

Consider the first half of each of the statements below. Do any of them describe how you feel from time to time? Consider how you can respond positively to each of these feelings. Then complete the *I can* statement in the space provided.



If I don't feel comfortable with myself, I can . . .

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If I don't always control my temper, I can . . .

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If I feel like I don't have much in common with my friends anymore, I can . . .

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If I don't feel I have enough independence, I can . . .

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If I don't want to talk about my feelings with my family, I can . . .

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If I have a question about my changing body, I can . . .

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