

Name _____

Conscience, Guide Me

Technology tools, such as bicycles, running water, smartphones, and microwaves, are part of our everyday lives. We should consult our consciences about how we use them.

Think about a technology tool that you use each day. Then read the conscience questions. Consider these questions each time you use the technology tool.

Do I ask permission before doing something new?

Am I demonstrating respect for others?

Am I showing kindness and care?

Am I sensible about the amount of time I spend using it?

Write a prayer asking God to help you use technology tools safely and respectfully.

Name _____

Trusted Adult Contact List

Knowing who to reach out to when you are having a problem or need to talk is important.

Use this form to list the contact information of people you trust. Complete this record with your family and keep it in a safe place.

When completing this form, identify people

- you trust and feel comfortable around.
- who will believe you.
- who are old enough to help you solve a problem.



Parent/Caregiver Information

Address _____

Phone Numbers

Home _____ Home _____

Work _____ Work _____

Cell _____ Cell _____

Email _____ Email _____

Notes _____

Other Trusted Adults in My Life

Name _____ Phone _____

Email _____

Why I Trust This Person: _____

Name _____ Phone _____

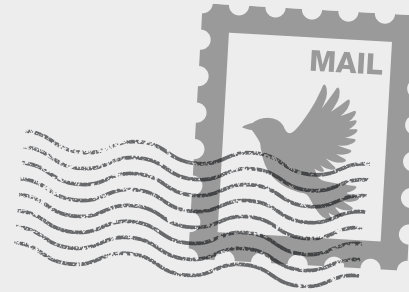
Email _____

Why I Trust This Person: _____

Name _____

Upstander Campaign

We are called to love like Jesus.
 Being an upstander is one way we can
 show that we walk the path of faith.



Make an informational and eye-catching postcard that would encourage others to be upstanders. You may wish to include

- tips on how to stand up for those who are struggling or being bullied.
- the benefits of being a good friend.
- the importance of loving others as Jesus loves us.

Name _____

Keep It Concise

Social media users often include acronyms in their posts and texts to shorten certain phrases.

Read through the list of commonly used acronyms. Reflect on your role as a witness to God's love. Invent new acronyms that spread a positive online message and record your ideas in the box.

Commonly Used Acronyms

FYI	For your information
FOMO	Fear of missing out
IMO	In my opinion
LOL	Laughing out loud
TBH	To be honest
SMH	Shaking my head

My Positive Acronyms

Using some or all of your new acronyms, write an online post of encouragement to someone you know.

Name _____

Happy, Healthy Me

As we grow and change, we become more responsible for our own well-being. Taking care of ourselves is vital to our physical, spiritual, and mental health.

Complete the idea web below by listing ways you develop and nurture all aspects of the wonderfully made you.

I care for my body by...

-
-
-
-
-

I care for my spirit by...

-
-
-
-
-

Healthy Me

I care for my emotions by...

-
-
-
-
-

I care for my mind by...

-
-
-
-
-