

Name \_\_\_\_\_

# Being Faithful

Think about a time you kept a promise that would serve God or others, even though it was difficult. Reflect on the experience and answer the questions below.



What was the promise you kept? \_\_\_\_\_

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What might have been the consequences of not keeping your promise? \_\_\_\_\_

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Why did you choose to keep your promise? \_\_\_\_\_

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Write a prayer of thanksgiving to God for giving you the strength to be faithful to your promise.

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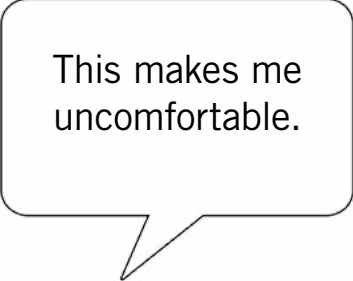
Name \_\_\_\_\_

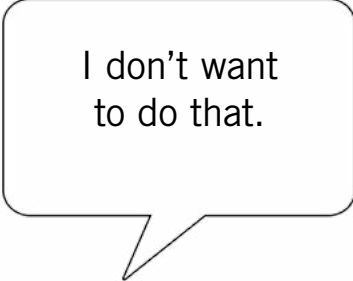
## Learning About Consent

Your personal boundaries define how physically close you want to be to another person. It is important to express your desire for personal space, such as whether you want someone to hug you. When you give permission for something to happen, you are giving **consent**. Your consent cannot be implied by how you dress or act. You have the right to refuse physical contact. If your personal boundaries are crossed, even by a family member, you do NOT have to be polite. Remove yourself from the situation and tell a parent or trusted adult immediately. If someone crosses your personal boundaries, it is not your fault.

**Practice the following ways to say NO! Write your own way to say NO! in the center box.**


 I don't like that.

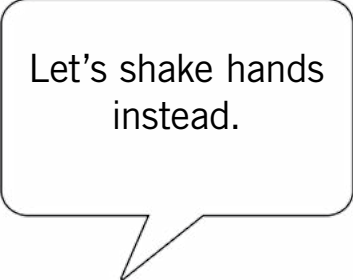

 This makes me uncomfortable.



 I don't want to do that.


 Leave me alone!


 Do not touch me!


 Stop!


 Let's shake hands instead.


 I have to go.

Name \_\_\_\_\_

# Friendship and Bullying

God's most precious gift to the world is Jesus Christ, who is the standard for behavior that builds up God's kingdom. When we choose to follow Jesus' standards, we are expressions of our best selves.



**Read the following Scripture passages: John 4:4–5, John 8:1–11, and Luke 10:29–37. Answer the questions below. Then write a personal mission statement—a summary of your core values, beliefs, and goals for living your best life.**

1. What are some judgments you have made about people who are different from you?

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2. How could you learn whether your judgments about these people are correct?

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3. How did Jesus treat people who were thought of as different? Give at least one example.

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Using Jesus as your example, write a mission statement that describes how you want to treat others, including people who seem different.

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Write one specific action you will take to fulfill your mission statement.

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Name \_\_\_\_\_

## Social Media Daily Examen

Saint Ignatius prayed and encouraged a daily practice called the *Examen*. It is a good way to develop the habit of finding God in all things. In this prayer, you look back over your day to recognize how God is actively involved in your life. The same kind of daily practice can be used to prayerfully consider your use of social media.



**Follow the steps of the social media-focused Examen below. Post this page next to your most frequently used device or somewhere you will see it each day.**

1. How much time did I spend online today? \_\_\_\_\_
2. How does using social media make me feel? \_\_\_\_\_

Why do I check social media? \_\_\_\_\_

Am I looking for approval? \_\_\_\_\_ Am I bored? \_\_\_\_\_ Is this a habit? \_\_\_\_\_

3. Is being online the best use of my time? What else could I be doing? \_\_\_\_\_

4. Am I ignoring someone when I'm online? \_\_\_\_\_

5. What do I gain by using social media? \_\_\_\_\_

What do I lose? \_\_\_\_\_

6. How does my social media activity help me reflect God's love? \_\_\_\_\_

7. Looking forward to tomorrow, how can I use my time on and off social media to glorify God?

Name \_\_\_\_\_

## Safe Haven Law

One part of parenting is uncertainty. Married couples who willingly and lovingly welcome a child can still feel unsure and afraid at times. But some new parents realize that they are truly unable to fulfill the responsibilities of taking care of a child. All human life is precious, and all babies deserve a loving home where they will be well cared for. To protect the lives of infants whose parents cannot care for them, there are safe and legal options. Parents can put their child up for **adoption**, where they relinquish custody and allow for their local agency or jurisdiction to permanently place the child with another family.

Furthermore, all 50 states in the U.S. have **safe haven** laws. This means that in an emergency situation, parents can leave their newborn baby in a designated location, such as a fire station or a hospital, without facing questions and without having to give out their identity. To learn more about safe haven laws, visit [www.nationalsafehavenalliance.org](http://www.nationalsafehavenalliance.org).

**Below, write or draw a social media post to promote adoption or awareness of the Safe Haven Law in your state. Be sure to include the details and provisions of your state's Safe Haven Law.**