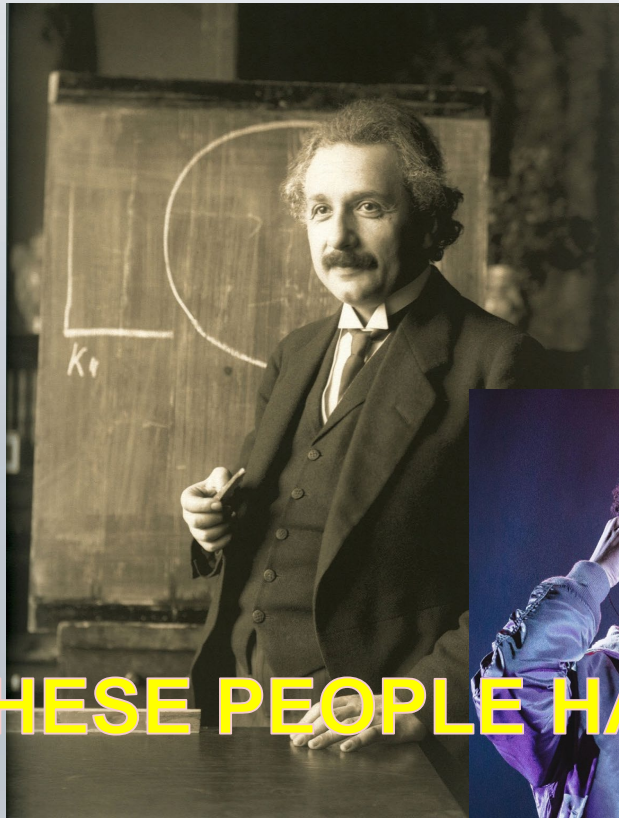


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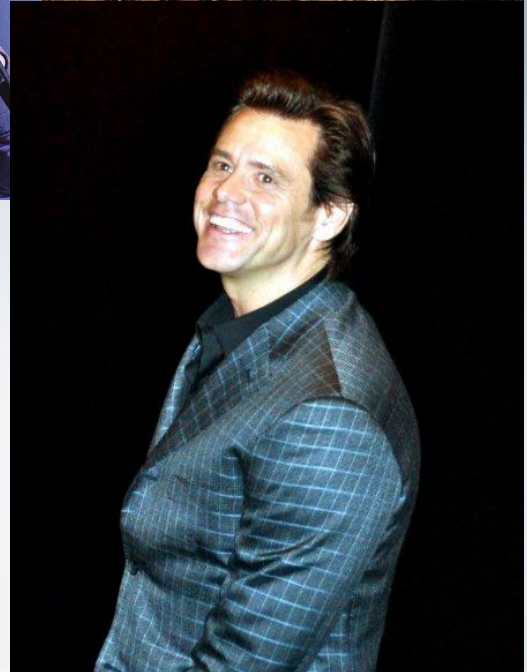
Get Plugged into 6th Grade

<https://www.youtube.com/watch?v=sdeMkRCsbN0>





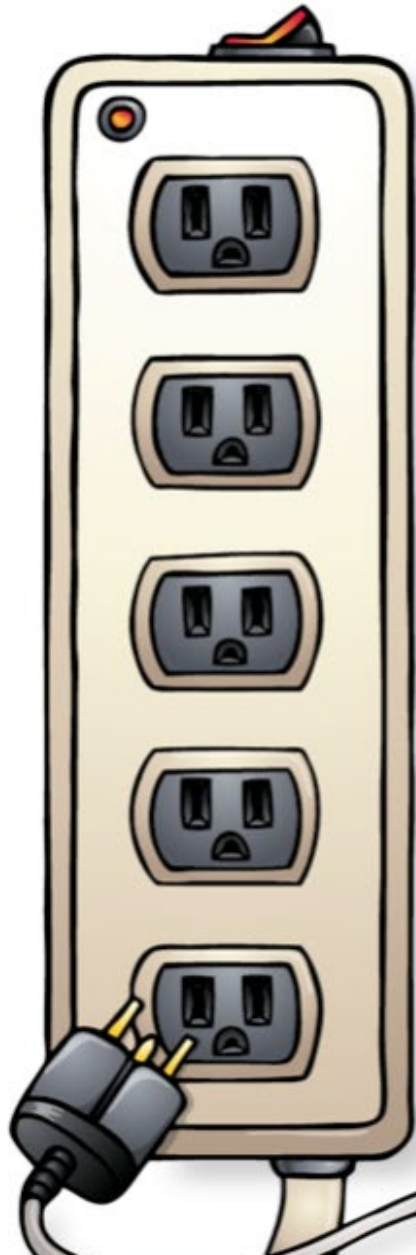
THESE PEOPLE HAVE IN COMMON?



Get Plugged In

TODAY WE WILL:

- Identify Supports and Places to Get Help When You Need It
- Discuss Reasons Why Asking for Help is a **STRENGTH** not a weakness
- Talk about how **FAILURE** is a part of life and learn how being willing to **FAIL** and make **MISTAKES** helps us learn and grow
- Discuss how we **COPE** and **RECOVER** from mistakes, failures and hardships by **PLUGGING IN** to supports





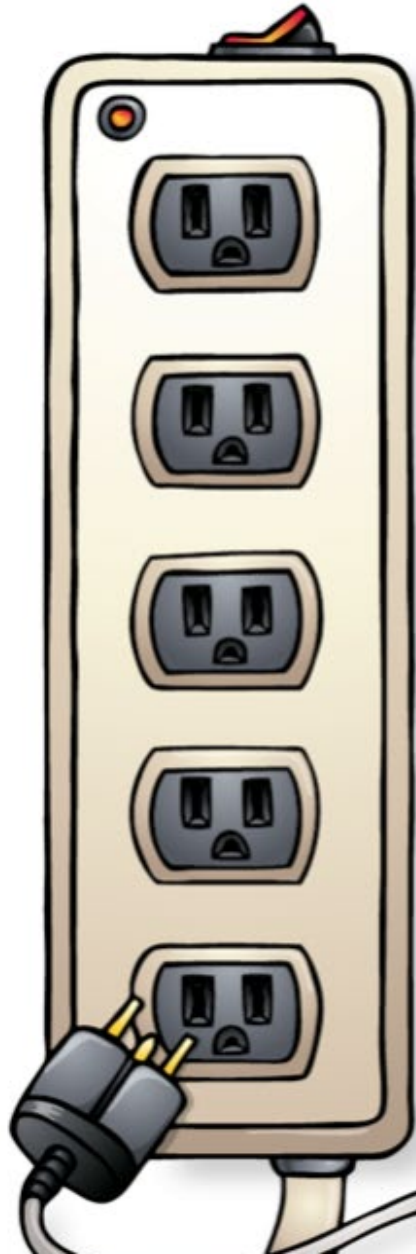
Youtube Video: Steve Jobs talks about Failure

<https://www.youtube.com/watch?v=zKTf0LmDqKI>



Get Plugged In

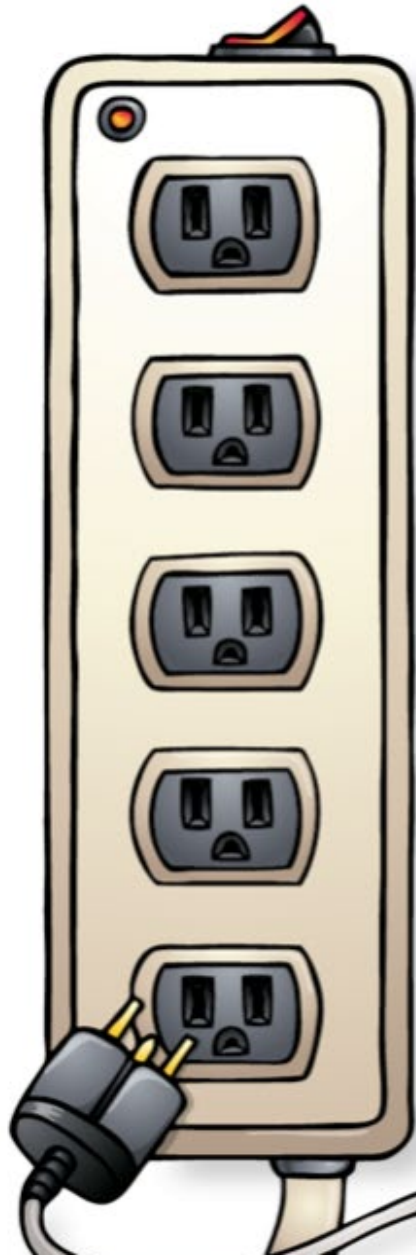
WHO DO YOU CALL ACTIVITY



Get Plugged In

PLUG 1: PARENT/GUARDIAN

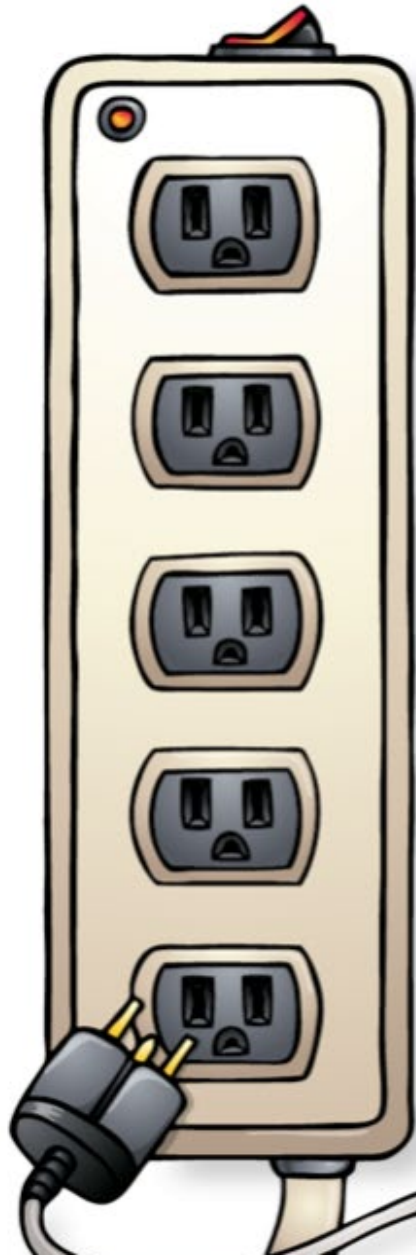
- How much time are you spending with your parent/guardian?
- Can you improve the quality of the time you spend with your parent/guardian/family?
- What is one conflict, argument or power struggle that you can give up today that won't hurt you but will help your relationship with your guardian/parent?



Get Plugged In

PLUG 2: POSITIVE FRIEND

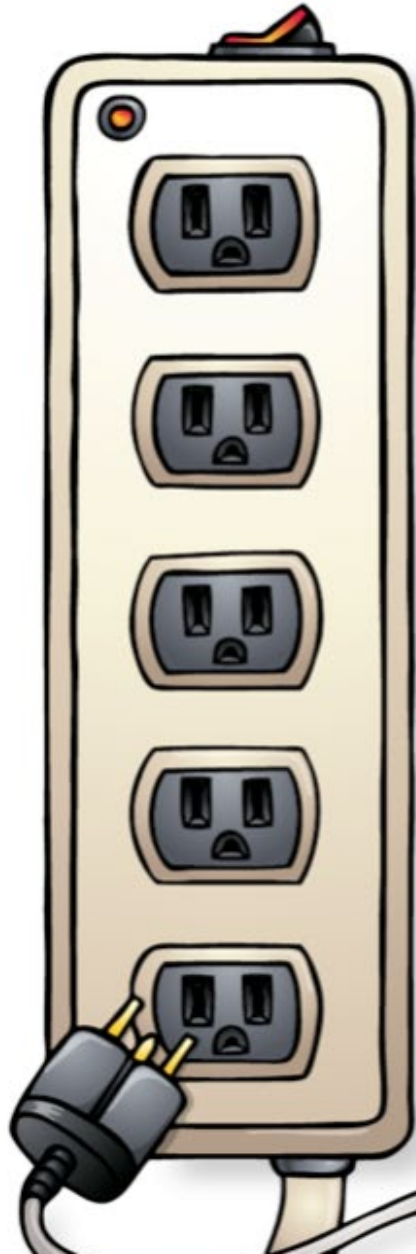
- Remember, you know you have a “real friend” if they do things that HELP (not hurt) themselves and you.
- What could you do to help a friend overcome peer pressure and deal with challenges at home and at school?
- Who we are friends with says a lot about us and our values. What are your values?



Get Plugged In

PLUG 3: Teacher/Counselor/School Official

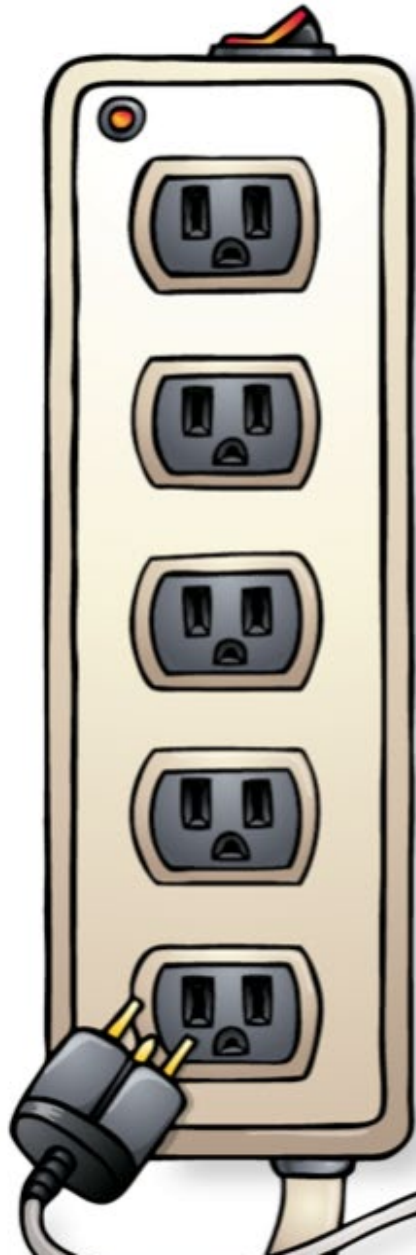
- Make sure that someone at school knows the real you and what you can BECOME with their HELP. Ask how they will help you reach your DREAMS and POTENTIAL.
- Let them know what you are willing to do, then work together with them to accomplish your GOALS.
- WE SEE YOU



Get Plugged In

PLUG 4: POSITIVE MENTOR

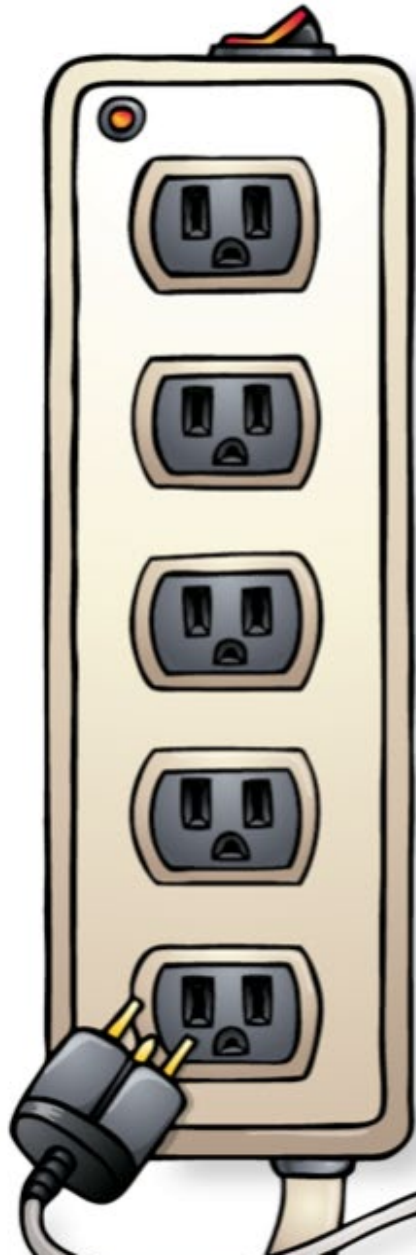
- WHO can you identify who has accomplished GOALS and DREAMS similar to those that you want to accomplish?
- WHAT are 3 QUALITIES about them that you RESPECT and ADMIRE that you would like to DEVELOP also?
- Take a RISK, if possible, ask them how they can HELP you achieve the same thing.



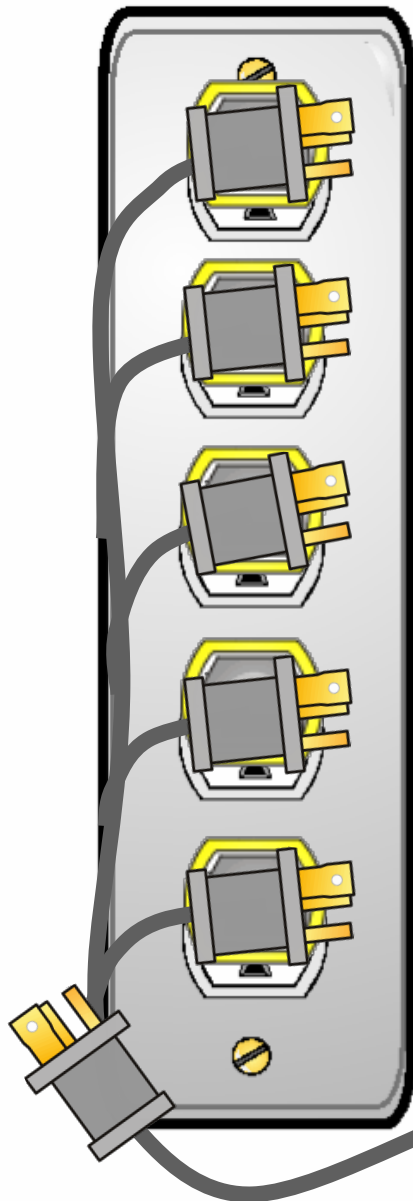
Get Plugged In

PLUG 5: SOMETHING THAT INSPIRES OR MOTIVATES YOU TO DO GOOD

- What motivates you to make good choices?
- What do you do with your time that's fun, gives you SELF-RESPECT and doesn't get you into trouble?
- How can you do MORE of this?



Get Plugged In



1

Parent/Caregiver

- How much time are you spending with your parent or care giver? (if you're not spending at least 30 minutes a day then create and demand more time.)
- What is one "conflict," "argument," or "power struggle" that you can give up today that won't hurt you but will help lower your parents anxiety about you?

2

Positive Friend

- Remember – You know you have a "real " friend if they do things that help (not hurt) themselves or you.
- What could you do to help a friend overcome peer pressure and deal with challenges at home and at school?

3

Teacher/Counselor/School Official

- Make sure that someone at school knows the real you and what you can become with their help. Ask how they help you reach your dreams and potential?
- Let them know what you are willing to do, then work together with them to accomplish your goals

4

Positive Mentor

- Who can you identify that has accomplished goals and dreams similar to those that you want to accomplish.
- What are three qualities about them that you respect and admire that you would like to develop also?
- Take a risk: If possible ask them how they can help you achieve the same thing.

5

Something that inspires or motivates you to do good

- What motivates you to not hurt yourself and others?
- What do you do with your time that's fun, gives you self respect and doesn't get you into trouble? How can you do More of this?



WE ARE STRONGER TOGETHER THAN ALONE



PLUG INTO YOUR SUPPORT SYSTEMS. ASK FOR HELP. SUCCEED

