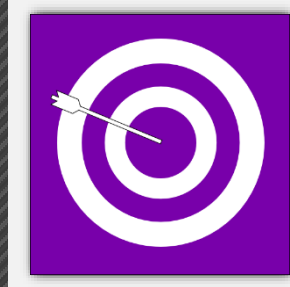


# Standing Strong

Mississippi Department of Human Services,  
Independent Living Program

Southern Christian Services for Children and Youth,  
P.R.E.P.A.R.E. Program

# Self Care/Healthy Choices Objectives

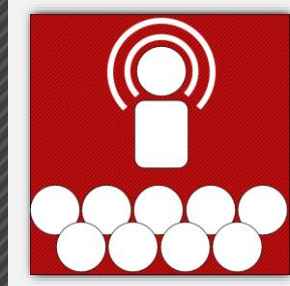


- Understands the importance of good hygiene and staying healthy.
- Understand the importance of emotional health
- Understand the risks of drug and alcohol abuse
- Know and understand the effect of peer pressure on drug and alcohol use
- Know and understand the legal implications of drug and alcohol use
- Know how to recognize and prevent pregnancy
- Know how to detect and prevent STDs

# Good Hygiene and Staying Healthy

Self Care/Healthy Choices

# Medication Labels



- Take all doses of the medication, even if the infection is getting better.
- Don't stop taking the medication unless your doctor tells you to stop.
- Don't share medication with others.
- Don't save unfinished medication for another time.
- Set daily routines for taking medication.
- Tell your doctor if paying for the medication is a problem.
- Make sure your doctor is aware of any other current medications.

# What is Good Hygiene?

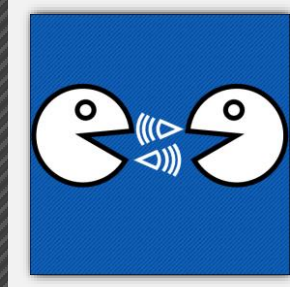


What is good hygiene?

- Bad Breath
- Body Odor
- Hand Washing
- Feminine Hygiene
- Masculine Hygiene
- Travelling Hygiene

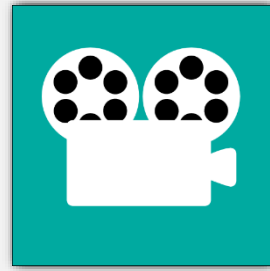


# Hygiene Effects on Health



At your tables, see how many negative effects of poor hygiene you can come up with. Be prepared to tell the group what you think is the worst one.

# Benefits of Exercise



Be  
Fit!

# Staying Emotionally Healthy

Self Care/Healthy Choices



# Don't Stress Out

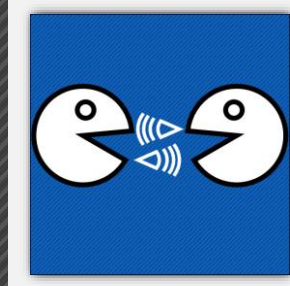


How does stress affect your health?

- Muscle Tension or Pain
- Fatigue or Sleep Problems
- Anxiety
- Restlessness
- Lack of Motivation
- Changes in Eating Habits



# Seeking Help

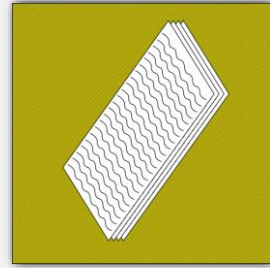


With your partner, talk about some places you know you can go or some people you would talk to when you need emotional support.

Some other services could be:

- School Counselor
- Mental Health Professionals
- Religious Leaders or Staff
- Friends/Family

# Maintaining Balance



On your handout,  
“Maintaining Balance”, look  
at the strategies listed for  
managing stress.

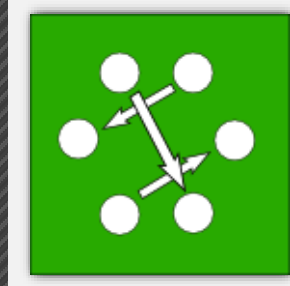
See if you can apply one of  
these strategies to a source of  
stress in your life.



# Risks of Drugs and Alcohol

Self Care/Healthy Choices

# Disorderly Conduct

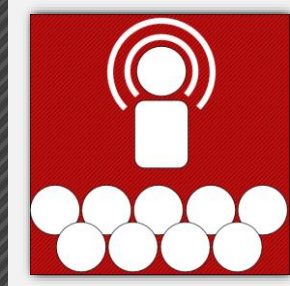


You will all be divided into three teams.

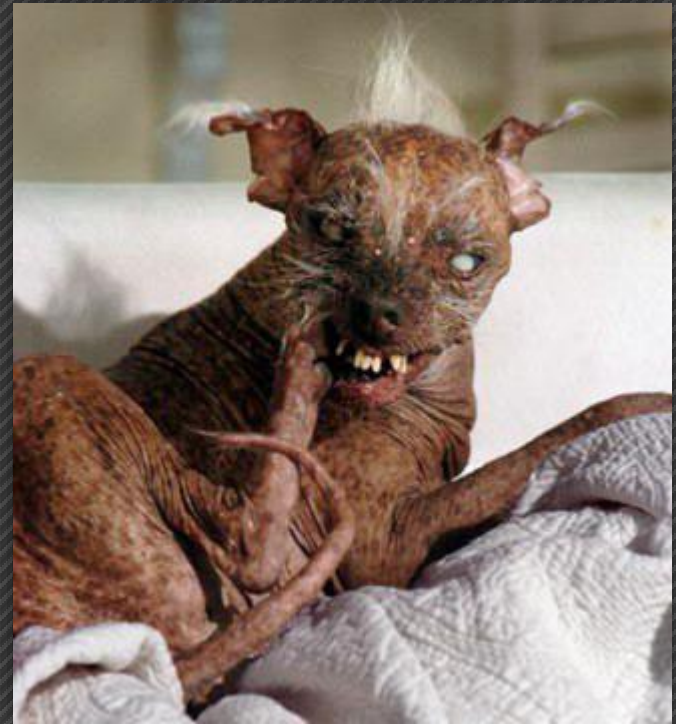
Each team lines up behind the tape on the floor.

Wearing our patented 'Inebriation Simulator', follow your leader's instructions to see which team can complete the tasks they are given.

# Risks of Drugs, Alcohol, and Tobacco

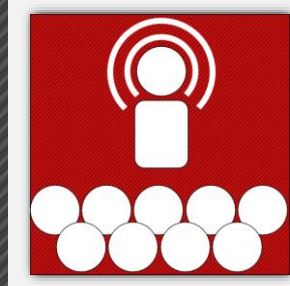


- Accidental Injuries
- Car Crashes
- STD's
- Unwanted Pregnancy
- Fights
- Trouble with the Law
- Poor School Performance
- Poor Work Performance
- Relationship Troubles
- Personality Changes





# Effects of Drugs, Alcohol, and Tobacco



## Alcohol

- Hangovers
- Weight Gain
- High Blood Pressure
- Depressed Immune System
- Cancer
- Liver Disease
- Alcohol Poisoning
- Heart or Lung Failure

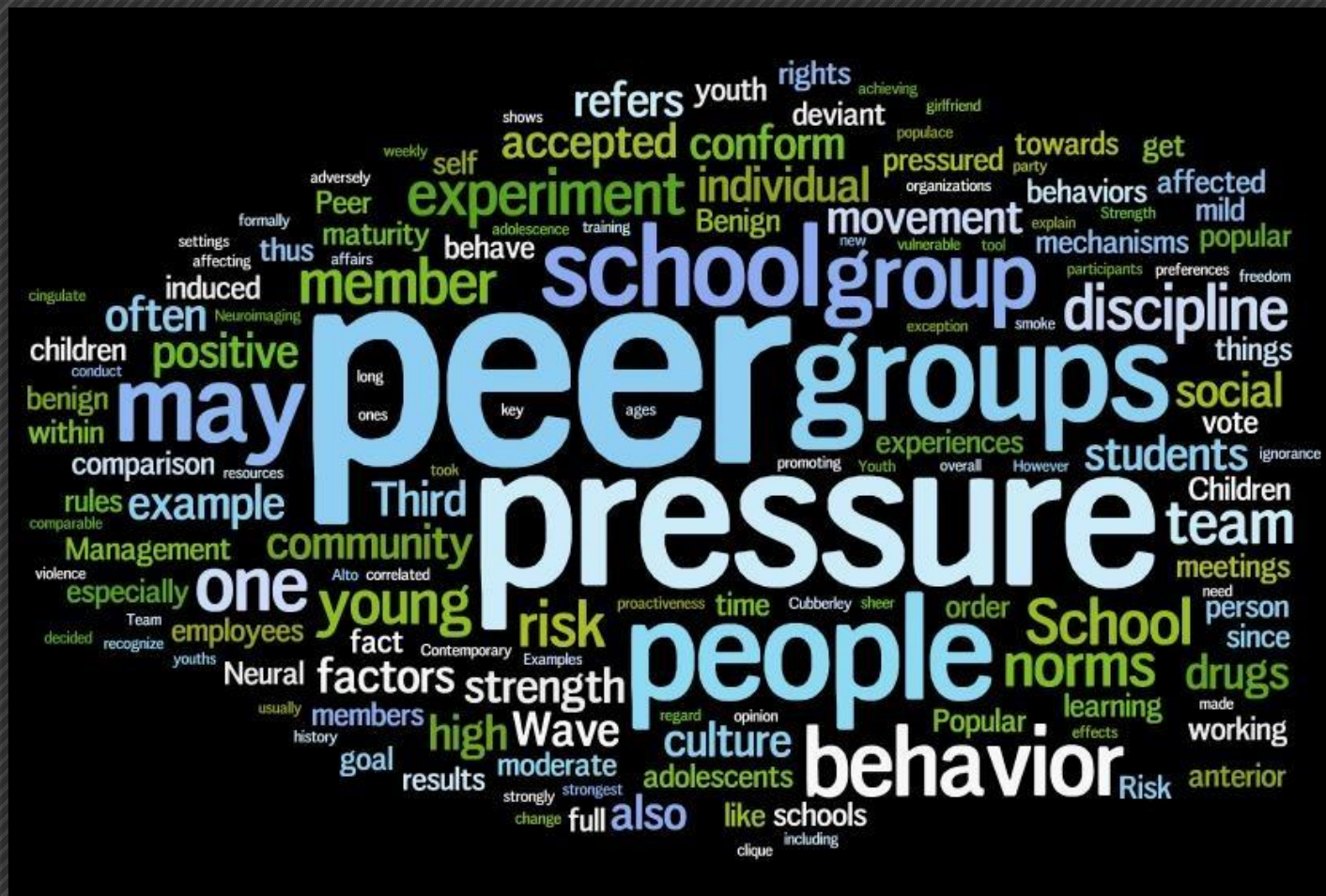
## Drugs

- Heart Attack
- Coma
- Nausea
- Seizures
- Tremors
- Psychosis
- Paranoia
- Impotence

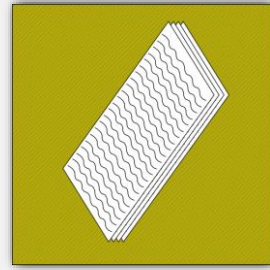
# Effects of Peer Pressure on Drug and Alcohol Use

Self Care/Healthy Choices





# Resisting Peer Pressure



On your handout, “Resisting Peer Pressure”, fill out the appropriate boxes with some ideas of what you could plan, say, and do to maintain your individuality and not give in to peer pressure.



# Legal Implications of Drug and Alcohol Use

Self Care/Healthy Choices

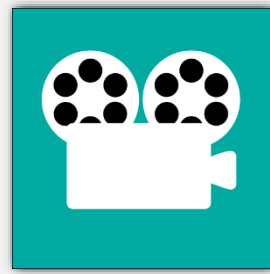
# Understanding the Law



What are the local and state laws regarding alcohol, drug, and tobacco use?

- Buying Alcohol
- Legal Age for Drinking/Serving
- Open Container Laws
- BAC Limits
- Penalties

# Drinking Responsibly



Take  
care of  
yourself

# Preventing Pregnancy

Self Care/Healthy Choices



# Birth Control Methods



What are some typical methods for birth control?

Birth Control Method	Typical Failure Rate	HIV/STD Protection
Condom	15%	Most effective against HIV, limited effectiveness against other STDs
Diaphragm	16%	None
Oral Contraceptive	8%	None
Progestin Injection	3%	None
IUD	<1%	None
Abstinence	0%	100%

# Pregnancy Symptoms and Resources

Self Care/Healthy Choices



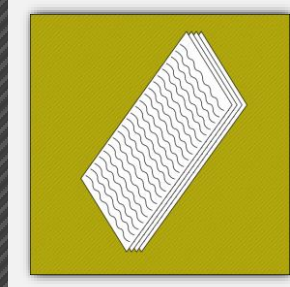
# Identifying a Pregnancy



What are some signs of a pregnancy?

- Sore Breasts
- Cramps
- Spotting
- Fatigue
- Nipple Darkening
- Nausea
- Bloating
- Peeing More Often
- Craving
- Headaches
- Constipation
- Mood Swings
- Basal Body Temperature

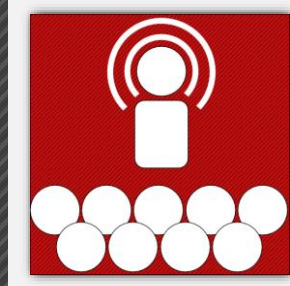
# Pregnancy Resources



There are many different organizations that provide pregnancy support and services.

Your handout “Pregnancy Resources”, contains a list of many of these centers all across the state of Mississippi.

# Pregnancy Options



## Parenthood

- There are specific benefits/restrictions for parents who are in DHS custody

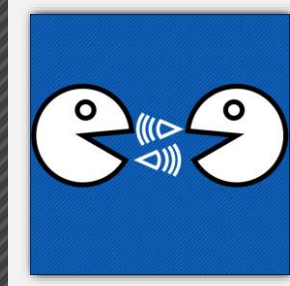
## Adoption

- Public Agency Adoption
- Licensed Private Agency Adoption
- Independent Adoption

## Abortion

- Must receive a judge's approval if under 18
- No providers in the state of Mississippi

# Pregnancy Options



With the person next to you, discuss what you think you would do if you or your partner became pregnant.



# Detecting and Preventing STDs

Self Care/Healthy Choices

# STD Prevention

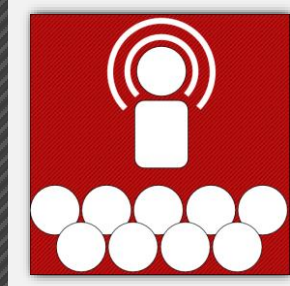


What are some ways to keep yourself from getting an STD?

- Abstinence
- Mutual Monogamy
- Reduced Number of Partners
- Vaccination
- Condoms
- Frequent Testing



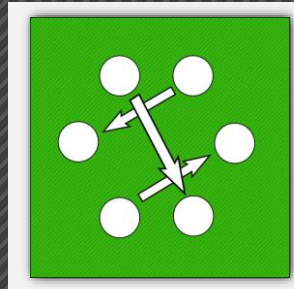
# Common STDs and Symptoms



- Chlamydia
  - Painful Urination
  - Lower Abdominal Pain
  - Discharge
  - Pain
- Gonorrhea
  - Painful Urination
  - Thick, Cloudy, or Bloody Discharge
  - Painful Bowel Movements
  - Anal Itching
- Trichomoniasis
  - White, Green, or Yellow Discharge
  - Strong Odor
  - Itching or Irritation
  - Painful Urination
- HIV
  - Fever
  - Headache
  - Sore Throat
  - Rash



# STD Race

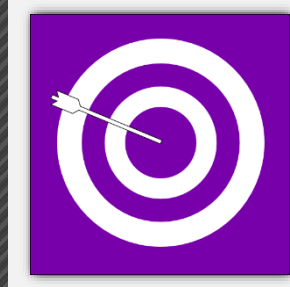


Place all the symptoms you are given on the appropriate signs.

If you get some wrong, your leader may give you some hints.



# Relationships Objectives

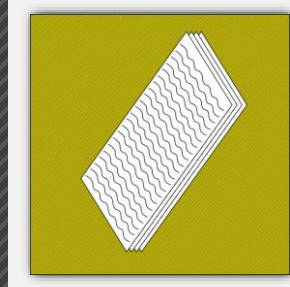


- Define and understand different types of relationships
- Know how to recognize healthy vs. unhealthy relationships
- Know how to develop healthy relationships through setting boundaries

# Healthy Relationships

Relationships

# Types of Relationships



- Social Group Relationship
  - Family
  - Peer Group
  - Organization
  - Community
- Intimate/Romantic Relationship
- Professional Relationship

On your handout “Types of Relationships”, see if you can identify which category each person identified fits into.

# Characteristics of Healthy Relationships



How do you know if you're in a healthy relationship?

- Rapport
- Empathy
- Trust
- Respect
- Mental Expectations
- Flexibility
- Uniqueness
- Irreplaceability
- Interdependence
- Self-Disclosure
- Honesty & Accountability

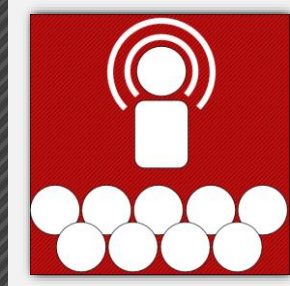
# Forming Healthy Relationships



How do you go about forming a healthy relationship?

- |                    |                 |
|--------------------|-----------------|
| 1. Initiating      | 8. Stagnating   |
| 2. Experimenting   | 9. Avoiding     |
| 3. Intensifying    | 10. Termination |
| 4. Integrating     |                 |
| 5. Bonding         |                 |
| 6. Differentiating |                 |
| 7. Circumscribing  |                 |

# Social Media Relationships



TEENS OFTEN IN  
ON THEIR

HOW SECURE IS

- ✓ REAL
- ✓ PHOTO
- ✓ CITY T
- ✓ SCHOL
- ✓ VIDEO
- ✓ VIDEO
- ✓ CELL I
- ✓ EXACT



MORE THAN **1 MILLION**  
PEOPLE BECOME  
VICTIMS OF CYBER  
**CRIME** EVERY  
SINGLE DAY

ST COMMON  
OFFENSE

INTERNET-INITIATED SEX  
INVESTIGATED THROUGH  
WORKING SITES

CRIMES AGAINST A  
OBTAINED  
OR PICTURES OF THE  
THE VICTIM'S SOCIAL  
LE

PR

15% OF AMERICANS HAVE NEVER CHECKED  
THEIR SOCIAL NETWORKING PRIVACY AND  
SECURITY ACCOUNT SETTINGS

# Setting Boundaries

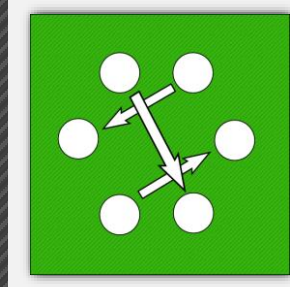


1. Decide what you want
2. Be firm
3. Remember you're not responsible for the other person's response
4. Remember it's a process





# All My Friends



Stand on a colored circle.

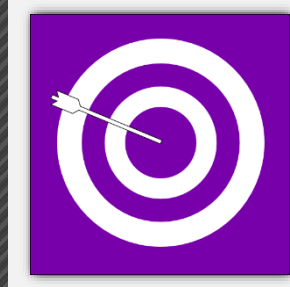
One person will stand in the middle, pull a slip of paper, and read what's written on it.

If the read statement is true for you, you **MUST** leave your circle and stand on another circle somewhere else.

If you're caught in the middle, you're reading the next slip of paper.



# Decision Making Objectives

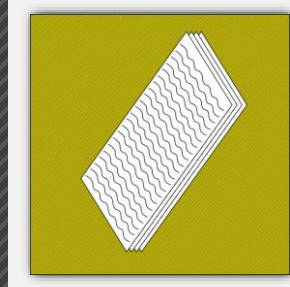


- Understand the importance of setting goals
- Understand the process for making thoughtful decisions

# Setting Goals is Important

Decision Making

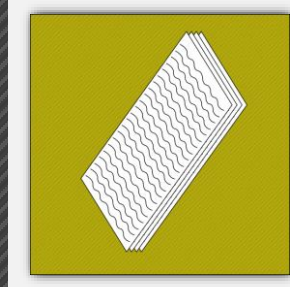
# Defining a Goal



On your handout, “Defining a Goal”, read through the steps for setting a SMART goal.

Complete your handout by setting a goal for yourself and developing a plan for accomplishing that goal.

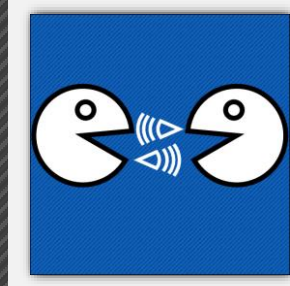
# Goal Setting Steps



Using your handout, “Goal-Setting Steps”, you should:

- See It! - Visualize three things you would like to accomplish.
- State It! - Write down one goal you will work toward.
- Start It! - What can you do in one day to help you get started on your goal?

# Barriers to Accomplishing Goals

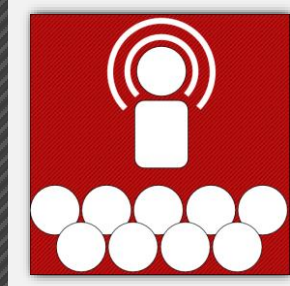


With your partner, discuss some attitudes, situations, or events that could make it hard to achieve your goals.

# Making Thoughtful Decisions

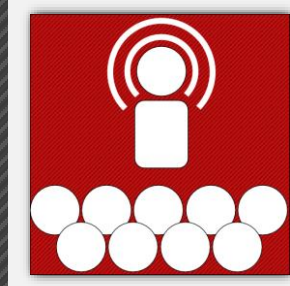
Decision Making

# SODAS



- **S**ituation
- **O**ptions (Brainstorming)
- **D**isadvantages
- **A**dvantages
- **S**olution

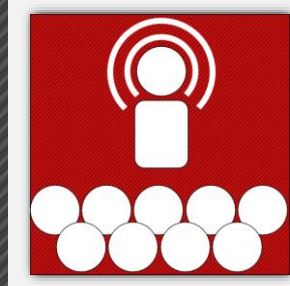
# SODAS



- **S**ituation
  - **O**ptions (Brainstorming)
  - **D**isadvantages
  - **A**dvantages
  - **S**olution
- Clear picture of the problem
    - Who
    - What
    - Where
    - When
    - How
  - Why is this a problem?
  - What are the feelings involved?
    - Yours
    - Family Members
    - Others
      - Friends
      - Teachers
      - Employer



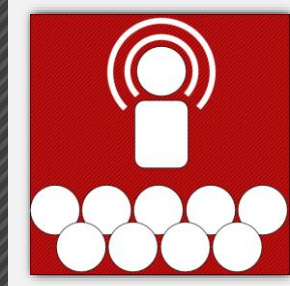
# SODAS



- **S**ituation
- **O**ptions (Brainstorming)
- **D**isadvantages
- **A**dvantages
- **S**olution

- Brainstorm possible solutions
- Accept all possibilities, evaluate them later
- Questions to ask yourself:
  - What can be done to solve this problem?
  - How can I achieve my goal?
  - What do I want to accomplish?
  - Who can help me?

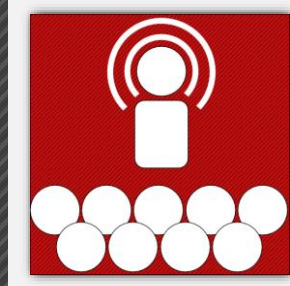
# SODAS



- Situation
- Options (Brainstorming)
- Disadvantages
- Advantages
- Solution

- What are the negatives?
- What are the drawbacks/disadvantages?
- What harm could come of this option?
  - Why are those things important?
- How will this option negatively affect those around me?
- What will happen right away?
  - A week from now?
  - A month from now?

# SODAS



- **S**ituation
- **O**ptions (Brainstorming)
- **D**isadvantages
- **A**dvantages
- **S**olution

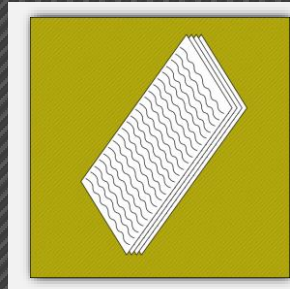
- What are the positives?
- What are the possible benefits?
  - Why are those things important?
- How will this option positively affect those around me?
- What will happen right away?
  - A week from now?
  - A month from now

# SODAS



- **S**ituation
- **O**ptions (Brainstorming)
- **D**isadvantages
- **A**dvantages
- **S**olution
  - Own the solution
  - How feasible is this solution? Can it be pulled off?
  - Plan for how to accomplish this solution.
    - Who
    - What
    - When
    - Where
    - How

# Making a Decision

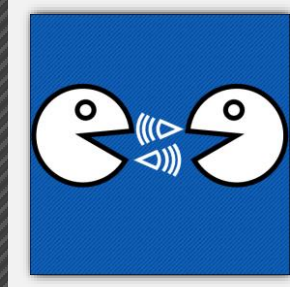


On your handout, “Making a Decision”, evaluate the problem that is presented and use the SODAS model to propose a solution.

Remember:  
Situation  
Options  
Disadvantages  
Advantages  
Solution



# Pros & Cons of Decisions



With your partner, discuss your solution to the problem. Find out about their solution.

Did you both have the same solution?

What was different?