

Pure Truth is a ministry program of Grace House Ministries with the goal of educating young people and equipping parents to address the most challenging decisions those young people will have to face on their journey to adulthood. We do that through our 8-lesson in-school education program in area schools and Pure Truth for Parents events throughout the year.

This document contains the handouts we provide to students and the “Talking It Out” sheets that are sent home to discuss with a parent or guardian. Each lesson has a “Talking It Out”, but some lessons do not have a paper handout. If you would like more information about our curriculum, please reach out to your school or contact the Pure Truth Program Coordinator.

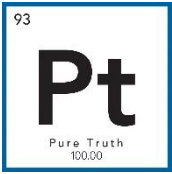
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Lessons

1. Personality Styles
2. Healthy Attachments
3. Emotional Needs
4. Social Media and Internet Safety
5. Risky Behaviors and Boundaries
6. Sexually Transmitted Diseases and the Crowded Bed
7. Teen Pregnancy
8. Human Trafficking Awareness

Personality Styles

- Students are given an assessment to determine their top highest personality traits. We will explain what personality is and why it is important. Awareness of how we are geared as an individual provides perspective on how to interact with other unique individuals.
- Through the use of four different animals, we will have a fun time exploring what makes students unique. They will receive the foundational truth that who they are is special and does not need to be altered to fit anyone else's standard.
- We discuss the individual's personality's strengths and weaknesses and how to respect and appreciate personalities that are different from their own.
- When students embrace who they are, they will make decisions based on confidence in themselves and not others' opinions.



TALKING IT OUT: LESSON 1

Today we talked about our individual personalities and how knowing what our personality is will benefit every relationship we are in. We learned to appreciate and respect other people’s personalities, even when they are different from our own. We talked about how knowing and loving who we are is the foundation to a successful view of others.

Thank you for the opportunity to share with your student the importance of being comfortable in their own skin.

Sincerely,
The Pure Truth team

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- 1) Have your parent or trusted adult fill out the personality profile, for themselves, and talk about your similarities and differences.
 - 2) Talk about your favorite trait of each of your personalities and talk about your least favorite trait. Why is it healthy to have a favorite and a least favorite?
 - 3) Talk about one way you can allow your personality traits to help someone else out, this week.

TALKING IT OUT – LESSON 1

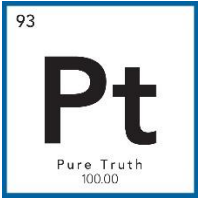
_____ and I discussed Talking It Out, Lesson 1.

Signature of Caring Adult

Date

Healthy Attachments

- The word “attached” often carries with it a negative connotation, but we can form a healthy level of attachment with others.
- We all want healthy relationships, but it takes time and patience to truly get there. This lesson teaches a model of stages in relationship from first becoming acquainted to physical intimacy with many steps and a great deal of time in between. We discuss how to truly know you can trust someone and be confident in a relationship that is healthy for both individuals. The lesson encourages waiting until marriage before physical intimacy.
- By exploring four Be statements we will test our relationships and become a better friend to others as well as ourselves.
 - (1) Be You – It takes confidence to embrace yourself, but it is worth it so make decisions based on yourself and not on others.
 - (2) Be Protective – Not everyone can or needs to be trusted. We will discuss how to guard yourself against those who do not have your best interest at heart.
 - (3) Be Willing – Trust is difficult, and it should be. It should not be given freely. There will be heartache and broken trust in life, but there is freedom in being able to move past the hurt and trust again.
 - (4) Be Selfless – Relationships are hard and take work but to be selfless you must be able to see people, learn people and love people.



Healthy Attachment

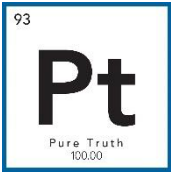
Many times, when we hear the word “attach”, it carries a negative connotation. We think of those couples who can’t be somewhere without the other person, be it in friendship or romantic relationship. But, attaching can be healthy and that’s what we should desire. Let’s talk about how.

BE YOU.

BE PROTECTIVE.

BE WILLING.

BE SELFLESS.



TALKING IT OUT: LESSON 2

Today we talked a little deeper about relationships and why it is important to know the stages of attachment and keep them in the right order: know, trust, rely, commit, touch/physical intimacy. We also talked about how to truly know you can trust someone and be confident a relationship is healthy, for both individuals.

Thank you for the opportunity to share with your student the importance of why the stages of attachment should be kept in the order they are in, truly for the benefit of all those involved.

Sincerely,
The Pure Truth team

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- 1) Talk about which stage of attachment is the hardest for each of you to keep in its specific place, in order.
 - 2) Talk about possible scenarios that can happen if the stages get out of order.
 - 3) Be real with each other and share specific times when trust was broken with someone and how each of you dealt with that difficulty.

TALKING IT OUT – STAGES OF ATTACHMENT LESSON

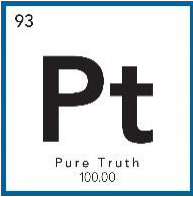
_____ and I discussed Talking It Out, Stages of Attachment Lesson.

Signature of Caring Adult

Date

Emotional Needs and How to Cope

- Every human being has basic emotional needs. Feelings matter and are a significant part of what makes us who we are. When we don't have our basic needs met, we often question ourselves, wondering if there is something we need to change in order to have that need met. When disappointment comes, and it will, it can begin a cycle of unhealthy coping mechanisms. We will explore how to deal with emotions in the healthiest way through being Pro-Active.
- Working through our "How to Cope" handout, we will discuss that it is how we deal with emotions that truly matters. Our needs will not be perfectly met throughout our life because people are not perfect and relationships are not perfect. We will walk through healthy choices and activities that students can do to create a positive outcome rather than a negative one when these feelings arise.
- It can be difficult to express your emotions and make your emotional needs known. But knowing yourself and being comfortable in your skin involves being confident in what you need and how to make those needs known in a healthy manner.

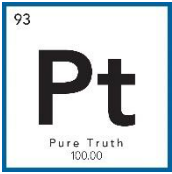


Emotional Needs

It can be difficult to express emotion, as well as make your emotional needs known. But, knowing yourself and being comfortable in your skin involves being confident in what you need and how to make those needs known, in a healthy manner.

TRUST	A firm belief in the reliability, truth, ability, or strength of someone
CARING	Displaying kindness and concern
ACCEPTANCE	Agreement with or belief in an idea or opinion
UNDERSTANDING	Sympathetically aware of other people's feelings; tolerant, forgiving
RESPECT	A feeling of deep admiration for someone
APPRECIATION	The recognition and enjoyment of the good qualities of someone
ADMIRATION	Respect and warm approval
VALIDATION	To demonstrate or support the truth or value of a person or his/her needs
REASSURANCE	To remove someone's doubts or fears
APPROVAL	Agreeing to something as correct

Which needs are lacking in your life, right now?
Write them down and share them with those you trust.



TALKING IT OUT: LESSON 3

Today we talked about our emotional needs and gave validation to their importance. We discussed how we have all, at one time, felt we couldn't measure up to someone else's standards, even possibly taken the disappointment to unhealthy measures, either in our mind, or our bodies. We decided to take a stand for each other and build healthy coping mechanisms, using each other as positive accountability.

Thank you for the opportunity to share with your student the importance of taking ownership over their emotions and building healthy bodies and minds.

Sincerely,
The Pure Truth team

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- 1) From the list on the *Emotional Needs* handout, which of the needs, when lacking, is the most difficult for you to ask to be filled? Why do you think that is the case?
 - 2) Talk about a time when you felt you weren't "enough" and how you handled it. Looking back, do you think you handled it positively or negatively? Would you change how you handled it now?
 - 3) We will all feel stressed, at some point. How do you plan on coping with that stress and how can you be a support for your friends and family, when they are stressed?

TALKING IT OUT – LESSON 3

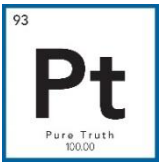
_____ and I discussed Talking It Out, Lesson 3

Signature of Caring Adult

Date

Social Media and Internet Safety

- Social media is not all bad. However, there are risks and responsibilities associated with Social Media, Apps, and Online environments that students need to be aware of.
- Studies show Social Media can positively or negatively affect our mood and self-esteem and can lead to an unrealistic version of reality. Students are asked to consider if their activity online is more for a social connection or self-promotion and whether they feel validated when their posts get a lot of attention or ignored when they do not.
- A technology driven world can distract us or even deter us from engaging in real-life relationships. Online environments are not the place to start quarrels or sort out disagreements. Healthy relationships require face-to-face conversations.
- Digital distraction can lead to a loss of time and motivation. Goals go unmet and other obligations go unattended. Students are encouraged to set reasonable limits and safeguard their time.



TALKING IT OUT: LESSON 4

Today we talked about the risks and responsibilities associated with social media, apps and online environments:

There's an app for that. Not all social media is bad. We went over the positives of social media and the apps that we use. We talked about how various apps, when used responsibly, can open up a whole new world of possibilities.

Real life in a technology-driven world. We discussed some of the negatives including how technology, social media, and online environments can distract us, or even deter us, from engaging in real-life relationships.

Studies show... We talked about various scientific studies and real life case studies that show how social media can positively or negatively affect our mood and self-esteem. We also discussed how social media can lead to an unrealistic version of reality.

Be responsible. We provided tools and helpful tips to guide students toward responsible use of social media, apps and online environments.

Thank you for the opportunity to share with your student how to be wise with technology, their free time and their relationships.

Sincerely,

The Pure Truth team

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- 1) Consider the social media sites you frequent. Is your activity online more for a social connection or self-promotion? Are you “staging” your offline experiences for posting online or living your life in real time and then posting about it later? Discuss what that might look like.
 - 2) Discuss how positive and negative feedback effects your mood and feelings about yourself. Do you feel validated if your post gets a lot of attention? Or ignored if someone leaves you on “read”?
 - 3) Talk about Digital Distraction. Digital distraction can negatively affect your personal growth. It can lead to a loss of time and motivation. Goals can go unmet and chores, homework and other obligations go unattended. Prioritize the important things first. Work together to set reasonable limits that everyone can live with.
 - 4) Don't be a troll. Talk about the importance of not using online environments to start quarrels, upset people, or generally cause trouble. Avoid the temptation to be cruel, dishonest or dismissive of others. Talk about the need to have face-to-face, private conversations instead of sorting out your disagreements online.

TALKING IT OUT – LESSON 4

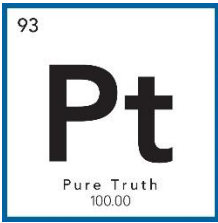
_____ and I discussed Talking It Out, Lesson 4.

Signature of Caring Adult

Date

Risky Behaviors & Boundaries

- Choices don't only involve unwanted pregnancy, STDs, and staying safe online. There are many risky behaviors that, without setting healthy boundaries, can be just as detrimental to your success.
- Alcohol, drug use, and vaping, even when used minimally can have serious and harmful effects on our mind and body. Students are reminded that it is vitally important to take care of every part of themselves.
- Instructors walk step by step through setting, communicating, and enforcing boundaries which is key in making healthy choices and resisting peer pressure. There is strength and power in firmly establishing boundaries before the moment of decision.



Risky Behaviors

We know what they are. We even know there is the potential of a risk, with each one.
But, are we using those facts, to make the best choices for ourselves?

Put the following risky behaviors in order of most popular (1) to least popular (4), at your school:

_____ Alcohol _____ Prescription Drugs _____ Illegal Drugs _____ Vaping

What are some reasons the most popular **IS** the most popular?

ALCOHOL

The Truth

A drunk person:

has a harder time **making good decisions**.
is **less aware** that his/her behavior may be inappropriate or risky.
is likely to engage in **driving while drunk, sexual activity**, and **aggressive** or violent behavior.
is less likely to **recognize potential danger**.

A drunk person, over time:

can be **at risk of interference** with normal brain development
can experience **negative effects** on information processing and learning.
can increase the **risk of developing** an alcohol use disorder, later in life.
(<https://teens.drugabuse.gov/drug-facts/alcohol>)

PRESCRIPTION DRUGS

The Truth

Addictive potential:

Prescription opioid pain medications bind to opioid receptors,
the same receptors that respond to heroin.
Prescription stimulants have similar effects to cocaine,
by causing a buildup of the brain chemicals, dopamine and norepinephrine.
Prescription depressants make a person feel calm and relaxed,
in the same manner as the club drugs, GHB and rohypnol.

Addictive, over time:

Medications that affect the brain can change the way it works,
especially when they are taken over a period of time or with increasing doses.
They can **change the reward system**,
making it harder for a person to feel good without the drug,
and possibly leading to intense cravings.
(<https://teens.drugabuse.gov/drug-facts/prescription-drugs>)

ILLEGAL DRUGS

The Truth

Effects of the most popular, marijuana:

They begin **immediately**, lasting 1 to 3 hours.
Areas include **decision making, concentration, and memory.**

Effects of marijuana, over time:

Marijuana Use Disorder, which causes **problems** with their **health, school, friendships, family or other conflicts** in their life.
An addiction takes place when a person **can't stop using**, even though it gets in the way of daily life.
(<https://teens.drugabuse.gov/drug-facts/marijuana>)

VAPING

The Truth

The temporary risk:

As of Sept 2019, purchasing vape products is regulated to 21 and older.

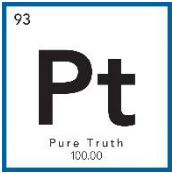
Don't be fooled by the e-cig design, the inside contains **the same nicotine** that is in regular cigarettes.
The **manufacturer states** that one JUUL pod delivers about **as much nicotine**, as a **whole pack** of cigarettes.
(<https://teens.drugabuse.gov/blog/post/e-cigs-are-risky-whatever-they-look-like>)

The long-term risk:

Those who vape and use traditional cigarettes are nearly 7 times more likely to contract Coronavirus and 5 times more likely to experience symptoms of Coronavirus.

Research suggests that **e-cig use** may serve as a **"gateway"** for students to try **other tobacco** products.
Specific research **found** that students who have **used e-cigs** by the time they **start 9th grade**, are more likely, than others, to **start smoking** traditional cigarettes, within the **next year.**
(<https://teens.drugabuse.gov/drug-facts/tobacco-nicotine-e-cigarettes>)

NOTES ABOUT BOUNDARIES...



TALKING IT OUT: LESSON 5

Today, we talked through risky behaviors, namely popular drugs, and the pressure to participate. We were reminded the damage even minimal drug use can have on our minds and bodies and began the process of making choices to eliminate those pressures, from our lives. We ended our time together walking through a lesson on establishing, communicating, and enforcing boundaries, in every part of our lives. What hasn't been established, can't be communicated, thus can't be enforced.

Thank you for the opportunity to share with your student the importance of making their own wise decision on their participation in these risky behaviors and how to effectively communicate and enforce those boundaries.

Sincerely,
The Pure Truth team

- 1) How do you think adults struggle with pressures from others, similar to teens?
- 2) Share some of your boundaries. What brought you to the place of knowing they needed to be established, communicated, and enforced?
- 3) If, as a family, boundaries haven't been set, that affect all of you, work together to establish, communicate, and enforce. There is extreme power in working together and knowing you are not alone.

TALKING IT OUT – LESSON 5

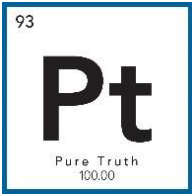
_____ and I discussed Talking It Out, Lesson 5.

Signature of Caring Adult

Date

Sexually Transmitted Diseases and The Crowded Bed

- STDs are real, not discriminatory and can be deadly. The intent of the lesson is to increase awareness of the potential harm of these diseases which result from carelessness in sexual activity. STDs can have lifelong effects. Students are encouraged to make the best decision for their health.
- Abstaining from any form of sexual contact, vaginal, oral, anal, or outercourse (mutual masturbation) is the only 100% way to avoid contracting an STD. Instructors use plain language in discussing the different types of sexual activity and the fact that any of these can transmit STDs.
- Through the use of an activity called “The Crowded Bed”, students walk through an illustration of their level of exposure with only one sexual partner vs. the level of exposure with multiple partners who have multiple partners.



Sexually Transmitted Diseases

Know the facts! STDs are real, not discriminatory, and can be deadly. Keeping yourself safe is your choice.
Make wise decisions to ensure you get to live the life you want.

CHLAMYDIA

Most common bacterial infection. Discharge from the vagina or penis. Burning or pain with urination. But most do not experience any symptoms.

GONORRHEA

Bacterial. Germs could cause scarring of male genital organs or damage fallopian tubes if left untreated. Easily transmitted during vaginal, oral, or anal sex.

SYPHILIS

Begins with a painless sore, then it enters the blood stream and attaches to cells, damaging organs over time. There are three stages to this disease if left untreated.

HPV

{*Human Papilloma Virus*} Viral. Asymptomatic. 100 types. May infect the genital area and may cause warts. Some types of this virus are linked to cervical cancer. An immunization is available to possibly treat the possible cancer.

GENITAL HERPES

Viral. Spread skin-to-skin. May be infected for life with reoccurrences. Generally not dangerous but can cause severe discomfort. Symptoms are burning sores in the genital areas.

TRICHOMONIASIS

Caused by a parasite. Curable but needs to be treated so it does not reoccur.

PUBIC LICE

Crab-like parasites that attach themselves to pubic hair and other coarse hair.

HIV/AIDS

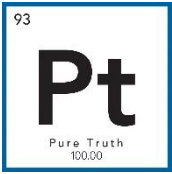
Virus. Invades the immune system. There have been advances to prolong life but no cure to this virus.

STD FACTS

STI: Sexually Transmitted Infection: an infection that is usually passed through intimate bodily contact

- The CDC estimates that at least 26 million new STD infections occur each year and almost half of them are among young people ages 15 to 24.
- At least 1 out of 2 sexually active people get a genital HPV infection at some point in their lives.
- Abstinence is the only 100% reliable way to prevent STDs.
- There are dozens of different STIs, many of which are incurable. STIs can be present in a person's body without symptoms, and you or your partner may not know that they are infected.
- Left untreated, STDs can have serious health consequences, including pain, infertility, cancer, and death.
- Condoms and birth control DO NOT protect against all STDs. Some STDs, such as genital herpes and syphilis, are spread by skin-to-skin contact.
- There are more than 30 different bacteria, viruses and parasites known to be transmitted through sexual contact including vaginal, oral and anal sex.
- CDC reports that more than 42 million Americans are currently infected with HPV types that cause disease. About 13 million Americans, including teens become infected each year. Each year in the U.S. HPV causes about 36,000 cases of cancer in men and women.
- Latest statistics indicate HPV results in over 311,000 cervical cancer deaths each year.
- Mother to child transmission of STI's can result in neonatal death, prematurity, stillbirths, low birth weight and congenital deformities.
- Gonorrhea is the second most commonly reported disease in the US and common among 15-24 year old's.
- 36 % of gonorrhea strains are now multi-antibiotic resistant.

All facts provided by the CDC and WHO



TALKING IT OUT: LESSON 6

Today we talked about STDs and ways to avoid their lifetime affects. Check out the handout your student received to see details of each STD, but the following were covered, in a more extensive manner: chlamydia, gonorrhea, genital herpes, HIV/AIDS, HPV, pelvic inflammatory disease, syphilis, and trichomoniasis. Although once a STD is contracted through sexual contact, the affects can be detrimental and lifelong, abstaining from any sexual contact prevents such difficulties.

Thank you for the opportunity to share with your student how he or she can protect themselves, by making wise choices with their bodies.

Sincerely,
The Pure Truth team

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- 1) Today I learned that STDs can affect my future decisions, such as infertility, when I want to have a family. Talk about other future decisions STDs can affect.
 - 2) Today I learned that sometimes a person is not honest about having a STD, specifically when they are wanting to become sexually active. Talk about the importance of honesty in a relationship.
 - 3) Today I learned that no one makes the decision for me about sexual activity. Talk about ways to say “no” if someone is pressuring you about sex.

TALKING IT OUT – LESSON 6

_____ and I discussed Talking It Out, Lesson 6.

Signature of Caring Adult

Date

Teen Pregnancy

- A teenage pregnancy is a daunting challenge to face. Statistics are shared to highlight the difficulties that arise. Abstinence is the only 100% effective way to prevent pregnancy.
- Students are given an overview of prenatal development.
- Instructors talk through three outcomes for pregnancy: parenting, adoption, and abortion. The Pure Truth program is part of Grace House Ministries, a pro-life organization, and never advocates in favor of abortion, though the subject is discussed frankly, highlighting the negative consequences of abortion. We respect the rights of parents, as do our local schools. If you decide not to opt your child into this lesson or any others and rather address these at home, we are glad to support that decision and to provide resources if we can assist you.
- Students are encouraged to solidify their decision to remain abstinent before they are faced with a moment when they have to choose whether to become sexually active.
- Optional supplements to this lesson may be approved by the organization for whom Pure Truth is presenting:
 - Optional Supplement 1: Moral Arguments Against Abortion - The moral arguments in this section are grounded in Western philosophy and American legal foundations rather than religious/spiritual texts.
 - Optional Supplement 2: Biblical Teachings Pertinent to Abortion - Pure Truth is a program of Grace House Ministries, a pro-life, Christian organization. The arguments in this supplement have their basis in the Christian Bible.

Parenting: When a pregnant female carries her child, gives birth, and that child is parented by one or both of his or her biological parents. ***A person should consider:***

You will experience the joy of parenting, but there will be many challenging responsibilities. You will experience loss of sleep and social time as you prioritize your child. Finances could be an issue, but there are many programs and resources available to assist you and your baby.

Support and involvement from friends and family helps immensely. The father of the child has rights and responsibilities in parenting the child as well.

Your future college or career goals can still be pursued but could be delayed.

Adoption: An arrangement in which a pregnant female carries her child, gives birth, and that child is placed with another family to parent the child. ***A person should consider:***

Separation from the baby may be hard, and you may experience feelings of loss. However, your life may resume similar to the way you experience it now. You can finish school without the responsibility of parenting.

You will make the decision about who the parents will be. The father of the baby has rights and responsibilities in this decision as well. You may remain connected to your baby through an open adoption if you choose. You also have the option of a closed adoption in which there would be no contact, or you could have a semi-open adoption where you receive information about your child but don't have direct contact with him or her.

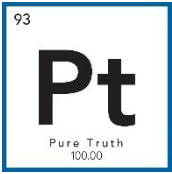
You can make sure your child will have a wonderful home, and you grant the adoptive parents an opportunity to parent they may not otherwise have.

Abortion: When a pregnant female has a procedure or takes a medication that ends the life of her child before he or she is born. ***A person should consider:***

Abortion is illegal in Texas except to save the life of the mother.

Physical side effects are possible including risk to the mother's ability to have children in the future. Many women experience psychological and emotional side effects following an abortion including repression of emotions, avoidance leading to isolation, aggression toward others and self, and the potential for PAS (Post Abortion Syndrome).

The father of the baby has no legal standing to influence the pregnant mother regarding abortion, though men who father pregnancies that end in abortion do bear emotional and psychological impacts. Relationships are more likely to end when the couple has an abortion.



TALKING IT OUT: LESSON 7

Today, we discussed the impact of teen pregnancy and three different outcomes for pregnancy: parenting, adoption, and abortion. We encourage you to help your teen decide in advance what they will do when they are in a situation where they have to make a decision about being sexually active. Abstinence is the only 100% effective way to prevent pregnancy.

Thank you for the opportunity to share with your student the importance of thinking through decisions, specifically concerning pregnancy in the teen years.

Sincerely,
The Pure Truth team

- 1) Talk about the consequences of becoming pregnant or fathering a pregnancy while a teenager. What would be the most difficult consequence for you and your family?
 - 2) What option for pregnancy would you be most likely to choose and why? Discuss the consequences of that choice and consider whether that would be the best choice.
 - 3) Talk about other scenarios (aside from teenage pregnancy) when thinking through each option provides you with more clarity on what decision is best for you and your family.
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TALKING IT OUT – LESSON 7

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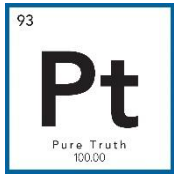
Signature of Caring Adult

Date

Human Trafficking Awareness

- The world is not always as safe as we would like to believe, but we don't have to live in fear. We equip students with tools to keep them, their friends, and their family safe from predators lurking right behind the screen of their smartphone.

- Instructors use the curriculum "Traps of a Trafficker" developed by Traffick 911. Key topics include:
 - The trap "recruiters" set to lure them in.
 - How one unwise decision has changed the lives of teens just like them.
 - Where and how the traffickers are hiding, right where they hang out.
 - How to stay safe: what to NEVER do and what to ALWAYS do.
 - Spurring your teen into action. Helping them develop an understanding of the red flags of trafficking victims, possibly even their classmates or friends, and help them realize they can help fight this crime.



TALKING IT OUT: LESSON 8

Today we talked about *Traps of a Trafficker*, developed by the **Traffick 911** program, a partner of Pure Truth:

Expose the trap. Recruiters are setting traps for American children that have just the right bait to lure them into their clutches.

Reveal the bad decisions. Age-appropriate case studies illustrate how one bad decision has forever changed the lives of real children and teens just like them.

Show their hiding places. We revealed the traffickers' hiding places by teaching youth how and where they are hiding – right where they are hanging out.

Teach them how to stay invincible. Equip youth with tools to stay safe – what things to NEVER do and what things to ALWAYS do.

Spur them into action. Help youth develop an understanding of the red flags of a friend who is being trafficked and help them realize they can help fight this crime.

Thank you for the opportunity to share with your student how to be wise with technology, their free time and their relationships.

Sincerely, The Pure Truth team

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- 1) Look at your phones together. Show how to make sure pictures are safe before posting them on Instagram/Twitter/Facebook?
 - 2) Are there any apps or social media sites you learned about today that make you concerned? If you use those apps, are you doing it safely, based on what you learned today? Is there anything you can tell me about them to make sure I'm keeping our family safe when I'm online?
 - 3) Use a worst case scenario and talk about what your teen's plan would be. For example, let's say you're at the mall / basketball game / movies with friends and your friend has an emergency and has to leave. You don't have a ride home and realize that your phone is dead. What do you do to safely get home?
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TALKING IT OUT – LESSON 8

_____ and I discussed Talking It Out, Lesson 8.

Signature of Caring Adult _____

Date _____