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## Adolescent Health Daily Outline

Lesson 5/Day 5:

### **Lesson Summary**

As part of the final lesson, students identify the trusted adults in their lives and the different types of support they have available to them. After watching [our 'Tips for Teens' video](#) about identifying trusted adults, students will complete a class activity worksheet. They identify the different ways that they can be supported, the people who support them, places they can go to feel supported, and ways that they can support themselves on an ongoing basis.

To conclude the program, students will create a script as if they were a peer educator teaching other students about different social norms (drinking, hormonal changes during puberty, heavy usage of electronics, etc.)

### **Conversation Starters**

What does being supported by someone look like to you?

What is the most important health message you wish other teens knew about?



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