



Be in Charge Home Activities

During this week, we want to challenge teens and parents to up their communication game! Listed below are several activities you can complete with your teen that relate directly back to the *Be in Charge* class!

Day 1: Effective Communication

Discuss the Take a B.R.E.A.K. skillset with your teen. Help them list out at least 2 strategies for being Ready to Go when needed. If they bring this list to class tomorrow, they will receive a small incentive (i.e. puzzle pen, piece of candy, etc.).

Day 2: Consent, Healthy Relationships, & Support Systems

Discuss what makes your teen feel supported. Who and where do they go to for support? What are some ways that they can support themselves? Help them fill out the My Support System worksheet. If they bring the completed worksheet with them to the next class, they will receive a small incentive (i.e. puzzle pen, piece of candy, etc.).

Day 3: Puberty, Reproduction, & Pregnancy Prevention

Discuss the emotional and physical changes that occur during puberty with your teen. Help them label an anatomy diagram. If they bring the completed diagram to class tomorrow, they will receive a small incentive (i.e. puzzle pen, piece of candy, etc.).

Day 4: Preventing STIs

Discuss a plan to prevent sexually transmitted infections with your teen. This could include methods to prevent giving or getting an STI, where to go to get tested, and who to talk to about getting tested. If they bring their plan with them to class tomorrow, they will receive a small incentive (i.e. puzzle pen, piece of candy, etc.). They do not have to share their plan with the facilitator or classmates. They only need to show their plan to the facilitator in order to receive an incentive.

Day 5: Program Review & Conclusion

Discuss the Be in Charge program with your teen. Have them explain at least 3 things they learned during the class. Be sure to answer any questions they might have or contact us using the Ask an Expert QR code on their Resource Card.

