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## 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 *Adolescent Health* class!

### **Day 1: Goals & Dreams and Financial Literacy**

*Discuss the PACED skillset with your teen. Help them create a buying plan for two major purchases (such as a gaming system or car) using the PACED skillset. If they bring their completed buying plan to the following class, they will receive a small incentive (i.e. puzzle pen, piece of candy, etc.)*

### **Day 2: Social Skills and Self-Esteem**

*Discuss individuality with your teen. Help them identify the things they choose and don't choose about themselves, things they like, and things that they are proud of. If they bring the completed worksheet to the following class, they will receive a small incentive (i.e. puzzle pen, piece of candy, etc.).*

### **Day 3: Mental Health and Body Image**

*Discuss different coping skills with your teen. Help them create a coping skills wheel at home. The wheel will help them identify their personal coping skills and a tool to remind them of the skills for future use. If they bring the completed wheel to the following class, they will receive a small incentive (i.e. puzzle pen, piece of candy, etc.).*

### **Day 4: Social Media Safety**

*Discuss social media use and safety with your teen. Help them complete one of the following options: 1) writing down 3-5 facts about cyberbullying and digital abuse from the [centerstoneteen.org](http://centerstoneteen.org) website, 2) write three key indicators that someone is being trafficked from the [DHS.gov](http://DHS.gov) Blue Campaign Human Trafficking website, or 3) talk about the importance of their digital footprints with a trusted adult and write down three things they have to say about it. If they bring the completed activity to the following class, they will receive a small incentive (i.e. puzzle pen, piece of candy, etc.).*

### **Day 5: Trusted Adults, Support Network, and Review & Conclusion**

*Discuss the Adolescent Health program with your teen. Have them explain at least 3 things they learned during the class. Be sure to answer questions they might have; check out [Talking Tips for Parents](#) or contact us using the Ask an Expert QR code on their Resource Card.*



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