

Online Safety

Name:

5 Rules for online safety:

1:

2:

3:

4:

5:

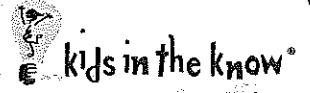
What do you think are the 2 biggest mistakes kids make in being unsafe online?

What is one thing you do right now to make sure you stay safe online?

What are two things you think you could do better to stay safe online?

Texting

Activity Sheet



Reproducible

Name: _____ Grade 7 Date: _____

Put It Into Writing

Positives of Texting

Negatives of Texting



GRADE 7 HEALTH -- ASSERTIVE Behavior SCENARIOS

1. You and your friend are shopping in the GAP at Polo Park. A shop clerk approaches you on your way out and accuses you of stealing a wallet and perfume from the store. She tells you to stop and stay where you are because she is calling security. You know 100% that you didn't take anything. How could you respond?
2. You are playing in the Doubles Badminton Finals at School and your opponents keep making calls that you and your partner don't agree with. On one particular point they call the birdie out on their side when you know that it was in. This is a big call because now you are behind by 2 points. How could you react?
3. Your teacher lets you know that you have a detention at lunch time because you didn't hand in your Homework assignment. They are threatening to phone home if you don't get it in by tomorrow. You know that you handed it in a couple days before on time. What could you do?
4. You and your best friend are waiting for the bus after school when a couple of your other friends ask if you want to get together after school and smoke some cigarettes. They keep bugging and bugging you until your friend finally agrees to go. You are totally against smoking and don't want to go at all. What could you say in this situation?
5. Your Friend's parents are out of town and their older brother is having a party. You get invited to the party and get there to find that a lot of people are drinking alcohol. Your friend is right there in the middle of things drinking with the older kids. They ask you if you want to have a beer and keep bugging you saying that a couple won't hurt. What could you do if you didn't want to drink?
6. The new boy at school is constantly getting picked on by your group of friends. You have met the new boy at football and he is a really cool fellow. You decide that you aren't going to be a part of the group anymore because they are being bullies. Then they start to call you names as well. How are you going to react?

7. You just got your Math test back and you aced it. 99%! Mom and Dad are going to be so pumped! On the way out after class a couple of your classmates start teasing you about your mark calling you a nerd and other hurtful names. You are really happy and proud of your mark. What are you going to say?

8. You asked your first ever boy to dance at the Soc Hop and he said yes! It was a ton of fun and you are very gitty and excited about your future relationship. After school a few girls in your grade start to make fun of you because you danced with that guy. He's not cool. He's not popular. What are you thinking? They say. How are you going to stick up for yourself?

9. Your hockey team won the Championship and everyone is getting together for a wind-up. Guess what the Captain brings to help celebrate? Pot and lots of it. Most of the team is trying it. You and couple others don't want to do it. What could you do in that situation?