A PENCIL MAKER TOLD THE PENCIL
5 IMPORTANT LESSONS JUST BEFORE PUTTING IT
IN THE BOX:

1. Everything You Do Will Always Leave A Mark.

2. You Can Always Correct The Mistakes You Make.


4. In Life, You Will Undergo Painful Sharpenings, Which Will Only
   Make You Better.

5. To Be The Best Pencil, You Must Allow Yourself To Be Held
   And Guided By The HAND That Holds You.

We all need to be constantly sharpened. This parable may encourage you
to know that you are a special person, with unique God-given talents and
abilities. Only you can fulfill the purpose, which you were born to
accomplish. Never allow yourself to get discouraged and think that your life
is insignificant and cannot be changed and, like the pencil, always
remember that the most important part of who you are, is what's inside of you.
**ALPHABETICAL LIST**

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**KWL CHART**

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<tr>
<th>Topic:</th>
<th>What do I <strong>KNOW</strong>?</th>
<th>What do I <strong>WONDER</strong>?</th>
<th>What have I <strong>LEARNT</strong>?</th>
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**P.C.Q.**

- **P**
  - What are the **positives**?
- **C**
  - What are the **challenges**?
- **Q**
  - What questions do you have?

**Venn Diagram**

- **Issue / Topic**
  - Differences
  - Both
  - Differences

**GRAPHIC ORGANIZERS**
SPIDER PLANNER
Useful for generating questions and note taking.

WAGON WHEEL
Useful for note taking and gathering information

LOOKS LIKE

SOUNDS LIKE

FEELS LIKE

Think, Pair, Share

<table>
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<tr>
<th>What's the issue / question / topic?</th>
<th>What do I think about it?</th>
<th>What does my partner think?</th>
<th>What will we share?</th>
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The smallest of pebbles
that is tossed in a pond makes ripples
that reach far and wide –
Just as the smallest of kindnesses
shown
can touch someone deeply inside –
So we should not dismiss any words
we have spoken
nor
small thoughtful gestures
we have made –
For they have each
left a mark
as they have reached
someone’s heart,
with a comfort that
will not
quickly fade.
## QUOTES FOR CLASSROOM DISCUSSIONS

| The greatest power a person possess is the power to choose.  
- J. Martin Kohe | Destiny is not a matter of chance, it is a matter of choice.  
- William Jennings Bryan |
| --- | --- |
| **Attitudes are contagious. Is yours worth catching?**  
- Unknown | **You must be the change you wish to see in the world.** |
| **You will not be respected unless you respect yourself.**  
- Mexican Proverb | **There is nothing that costs so little nor goes so far as courtesy.**  
- American Proverb |
| **Think deeply**  
**Speak gently**  
**Love much**  
**Laugh often**  
**Work hard**  
**Give freely**  
**Pay promptly**  
**Pray earnestly**  
**Be kind** | **Rules for Kids…**  
**Share**  
**Help people**  
**Don’t step on bugs**  
**Clean up Be a friend**  
**Wash your hands**  
**Don’t yell**  
**Take turns**  
**Ask questions**  
**Look**  
**Listen**  
**Do** |
| **Until you make peace with whom you are, you will never be content with what you have.**  
- Doris Mortman | **Character is the real foundation of all worthwhile success.** |
Helpful Health Resources

ATOD

Choose Your Path Videos  http://teens.drugabuse.gov/our-projects/peerx/choose-your-path  (Two short videos may be accessed here.)

- **BFF or the Ex?** Depending on which path you take in this video, a teenager is offered either Xanax or Vicodin by a friend.
- **The Big Test** In this video, a teenager must decide whether to abuse Adderall when he is preparing for a test. Adderall is a stimulant medication prescribed to people with attention deficit hyperactivity disorder (ADHD).


American Academy of Pediatrics  

Pregnancy and E-Cigarette Use  http://americanpregnancy.org/is-it-safe/electronic-cigarettes-and-pregnancy/

More Teens Using E-cigarettes Than Tobacco Cigarettes  

Monitoring the Future and Current E-Cigarette Research  
http://www.monitoringthefuture.org/pressreleases/14cigpr.pdf

Tobacco, E-cig, SNUS, Marijuana & Cig Smoke Activity  http://mdusd-ca.schoolloop.com/tupe

OXYGEN  http://www.oxygen.org.au/resources  (Unique tobacco prevention resource)

Tobacco Prevention Training  http://www.tobaccopreventiontraining.org/activities/

Tobacco Free Arizona  http://azdhs.gov/tobaccofreeaz/health/education.html  (lots of useful tobacco info)

Office of Adolescent Health: Substance Abuse  http://www.hhs.gov/ash/oah/adolescent-health-topics/substance-abuse/tobacco/

U.S. Drug Enforcement Agency Publications/ Teacher Guides -  
http://www.dea.gov/pr/publications.shtml
Relationships/ Dating/ Dating Violence

Dateline Special on Safe Dating  http://dateline.datesafeproject.org/  
(This is the link to a special aired on Dateline, June 15, 2015.)

CHOOSE RESPECT  http://www.chooserespect.org/scripts/teens/rights.asp

Ohio Dept. of Education’s Teen Dating Violence Module  

Ohio Dept. of Education’s Safety and Violence Prevention Curriculum and Training  
https://saferschools.ohio.gov/content/k_12_schools_training  (Includes 1. Health and Substance Abuse; 2. Recognizing Depression and Suicide Ideation; 3. ATeen Relationship Abuse; 4. Child Abuse and Human Trafficking [all of these include background information, powerPoints, Handouts])


Violence Prevention Works  http://www.violencepreventionworks.org/public/index.page  (Combination of free resources and commercial resources)

Safe Dates Curriculum  Safe Dates  has been designated as a Model Program by the Substance Abuse and Mental Health Services Administration, and was selected for the National Registry of Evidence-based Programs and Practices (NREPP), receiving high ratings on all criteria. $225. Hazelden  Center City, Minnesota 55012 hazelden.org  © 2004, 2010 by Hazelden Foundation by Vangie Foshee, Ph.D., and Stacey Langwick, Ph.D.

Dating Violence Detectives (PBS)  http://www.pbs.org/inthemix/educators/lessons/dateviol2/index.html  (For grades 9-12. Students are first introduced to the key concepts surrounding teen dating violence. Their challenge will be to design and publish a Web site for other teens to find information on the subject. The class can be divided into teams, with each team being responsible for a section of the Web site.)

Teen Power and Control Wheel Diagram  
http://www.ncdsv.org/images/Teen%20P&C%20wheel%20NO%20SHADING.pdf  (Uses a pie chart graphic to illustration the types of power and control teens could experience in an unhealthy relationship)


Olweus Bullying Prevention Program  Olweus Bullying Prevention Program Teacher Guide with DVD/CD-ROM  
**Author:**  Dan Olweus, Ph.D.  
Author:  Susan P. Limber, Ph.D.; Vicki Crocker Flurx, Ph.D; Nancy Mullin, M.Ed.; Jane Riese, L.S.W.; Marlene Snyder, Ph.D.  
$59.  Order from  
Youth Over Violence  
http://youthoverviolence.org/

Tolerance  
http://www.tolerance.org/search/apachesolr_search/bullying  (gr. 9-12)

CDC  
http://www.cdc.gov/violenceprevention/  (Variety of free violence prevention resources)

- Dating Matters  
  http://www.cdc.gov/violenceprevention/DatingMatters/index.html  (Strategies to promote healthy relationships)
- Veto Violence  
  http://vetoviolence.cdc.gov/index.php/resources/?categories[]=definitions
- http://vetoviolence.cdc.gov/apps/datingmatters/  (What is dating violence; Risk & Protective Factors for Teen Dating Violence; Making Healthy Relationship Choices; Resource Center)
- Break the Silence  
  http://www.breakthecycle.org/  (Relationship Violence, Teen Focus)
- Break the Silence, Stop the Violence  
  http://www.cdc.gov/CDCTV/BreakTheSilence/  (4 minute video about youth and violence)
- Find the Info  
  http://findyouthinfo.gov/youth-topics/teen-dating-violence  (Variety of information about dating violence)

Understanding Teen Abuse Fact Sheet  

The Red Flag Campaign  
http://www.theredflagcampaign.org/  (Campaign to prevent dating violence)

Choose Respect  
http://chooserespect.engagethecrowd.com/

Love is Respect  
http://www.loveisrespect.org/  (Dating basics; Is this abuse?; Relationship Quizzes; Healthy Relationships, Getting Help and Taking Action)

Common Sense Media  
https://www.commonsensemedia.org/educators/scope-and-sequence

- Internet Safety, Digital Footprint & Reputation, Cyber bullying, Relationships & Communication, Information Literacy, Self-image

Thin Line  
http://www.athinline.org/  (campaign developed by MTV that attempts to define where youth draw the line between innocent and inappropriate technology use, empowering teens to take a stand against digital abuse)

Give Respect  
www.giverespect.org/


Lindsay Ann Burke Memorial Fund: Supporting the Prevention of Relationship Violence  
http://labmf.org/teachers/curriculum  
http://labmf.org/teachers/lessons

Jennifer Ann’s Group: Preventing Dating Violence  
http://www.jenniferann.org/  (information, stories of victims, infographics, links to free videos and other dating violence prevention websites)

Teens Against Abuse  
http://teensagainstabuse.org/index.php

See IT and STOP IT  
http://www.seeitandstopit.org/pages/
Victims of Crime National Stalking Resource Center  
http://www.victimsofcrime.org/our-programs/stalking-resource-center

**National Domestic Violence Hotline**

Hotline advocates are available for victims and anyone calling on their behalf to provide crisis intervention, safety planning, information and referrals to agencies in all 50 states, Puerto Rico and the U.S. Virgin Islands. Assistance is available in English and Spanish with access to more than 140 languages through interpreter services.  **1-800-799-SAFE (1-800-799-7233) (or 1-800-787-3224 TTY)**

**Suicide Prevention Resource:** http://www.violencepreventionworks.org/public/youth_suicide.page

**Suicide Prevention:** (PBS, In the Mix)  
http://www.pbs.org/inthemix/educators/lessons/depression2/index.html (For grades 7-12. Students will use cards to sort and understand a large quantity of information regarding suicidal teens, then apply what they learn to analyses of case studies.)

**Hands Only CPR**

**Hands Only CPR Video (Baseball Game/ Heckling Fan)**  
https://www.youtube.com/watch?v=2J-oSj5IkKY

**American Heart Association Hands Only CPR**  
http://www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR/Hands-Only-CPR_UCM_440559_SubHomePage.jsp

**MISC.**

**West Virginia Links Program**  
http://wvde.state.wv.us/counselors/links/advisors/lesson-plans.html

Relevant HED Links: Time Management; Goal Setting; Setting Future Goals; The Art of Learning; Making and Keeping Friends; Decision-making; Anger Management; Conflict Resolution; Safe Dating/ Healthy Relationships; Risk-taking Behavior; Respect for Self and Others; Getting Along with Others; Active Listening; Assertive vs. Aggression Behavior; Problem Solving; Developing Peer Leadership; Team Building; Learning Styles; Self-Esteem/Self-Control; Ethical Decision-making at School; Coping with Self-Defeating Behaviors; Learning to Learn; Multiple Intelligences; Stress Management; Communicating Feelings; Lean, Mean Coping Machine; Personal and Group Responsibilities; Diversity/ Uniqueness, Improving Communication skills; Your attitude is showing; stress management.

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<tr>
<th>Do You Hear What I Hear</th>
<th><a href="http://kidshealth.org/kid/closet/experiments/experiment_hear.html">http://kidshealth.org/kid/closet/experiments/experiment_hear.html</a> (Includes links to resources about hearing)</th>
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## HEALTHY EATING

**Portion Distortion**  
http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm  
(Powerpts and other resources)

**We Can! GO, Slow and Whoa Foods**  
(Grades 3-9)

**How Much Sugar and Calories are in Your Favorite Drink?**  

**Healthy Snacks -100 Calories or Less**  

| Fun Family Recipes | http://www.nhlbi.nih.gov/health/educational/wecan/eat-right/fun-family-recipes.htm  
(Family Connections) |
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<td>Vegetarianism in Teens</td>
<td><a href="http://www.pamf.org/teen/health/nutrition/veggieteens.html">http://www.pamf.org/teen/health/nutrition/veggieteens.html</a></td>
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