



LESSON H · DAILY SUPERPOWER · CHECKLIST

DIGITAL HANDOFF CHECKLIST

When class ends, the plan doesn't. Save these five things now — live, before you leave the room.

1

CLINIC OR ER

Fill in your local one and save it as a contact.

Name + number: _____

☐

2

988

Mental health support — call or text, 24/7. Save it as a contact.

☐

3

MATCH PLAN SCREENSHOT

Keep it where you can find it fast — a phone note or your wallpaper.

☐

4

TELL ONE TRUSTED ADULT

Let them know they're on your list.

Who + date: _____

☐

5

MY HEALTH PROMISE

Photo it into a locked note.

☐

● ONE SETTING I'LL CHANGE THIS WEEK

☐ Private account ☐ Location off ☐ Who can tag me ☐ Other: _____

BEFORE YOU POST OR SEND: 3 SECONDS, 3 GATES

Legacy Check Do I trust this person with my reputation?

Billboard Check Would it be fine on a billboard?

FRIES Check Freely given, informed, specific?

One "not sure" = don't send.

Verify hours — listings change. No phone? The paper Crisis Card is your handoff.