



LESSON M • HEALTH ARMOR • TAKE-HOME

MY HEALTH PROMISE

A promise you make because you're worth it. Sign it, date it, take it home.



MY HEALTH PROMISE

CAPE YOUTH EDITION • HEALTH ARMOR

I, _____, promise to respect my body by:

- ☐ Getting my check-ups
- ☐ Asking questions at my doctor visit
- ☐ Choosing my pace — because I'm worth it

My one specific action this week:

A question I'll ask at my next check-up:

Signature: _____ **Date:** _____

I CHOOSE MY PACE. I'M WORTH IT.

Make it specific. "Be healthy" is hard to check off. "Lights out by 10 on school nights" is easy to check by Friday. Not ready to sign? That's okay — keep it anyway.



LESSON M · HEALTH ARMOR · TRACKER

MY HEALTH TEAM + VACCINE TRACKER

People who answer, plus what protection you already carry. “Don’t know” is a fine answer.

Private — nobody collects this page.

● MY HEALTH TEAM — AT LEAST ONE ADULT

Primary adult: _____ Role: _____ How I reach them: _____

Backup 1: _____ Role: _____ How I reach them: _____

Backup 2: _____ Role: _____ How I reach them: _____

Clinic / community health center: _____ Phone: _____

Family adults, school nurse, counselor, coach and your doctor all count. **Practice the ask:** “Can you be on my health team if I have a question?”

● VACCINE TRACKER — CHECK WHAT YOU’VE HAD, MARK WHAT TO ASK ABOUT

VACCINE	WHAT TO KNOW	I’VE HAD IT	DON’T KNOW	ASK ABOUT IT
HPV	Recommended at ages 11–12 (can start at 9)	☐	☐	☐
Hepatitis B	Usually given as a baby — teens who missed it can catch up	☐	☐	☐
Flu	Every year	☐	☐	☐
COVID	Ask what’s current for you	☐	☐	☐
Meningococcal	Ask your doctor if it’s due	☐	☐	☐
Other: _____		☐	☐	☐

CAPE names two: **HPV** and **Hepatitis B**. Not sure? Ask a parent or your doctor — or look at [cdc.gov/vaccines](https://www.cdc.gov/vaccines) together.

● QUESTIONS FOR MY DOCTOR — NO QUESTION IS TOO SMALL OR TOO WEIRD

1 ☐ _____

2 ☐ _____

3 ☐ _____

Star the one you most want answered. Say it out loud once, word for word.



LESSON H • DAILY SUPERPOWER • PLAN

MY PERSONAL MATCH PLAN

One line per letter. Screenshot it for your phone — a plan in your pocket beats a plan in your binder.



M — MY HEALTH

A CHECK-UP, A QUESTION, A PROMISE



A — MY AWARENESS WORD

YOUR PAUSE WORD — PLUS HOW YOU FEEL TODAY, 0–10

Today: _____ / 10



T — MY TOOLS & TEAM

1 PRIMARY ADULT + 2 BACKUPS

Primary: _____ Backup 1: _____ Backup 2: _____



C — MY CLEAR VOICE

YOUR NO / DELAY PHRASE



H — MY HEALTHY HABIT TODAY

SLEEP • FOOD • MOVE • SCREENS

I CHOOSE MY PACE. I'M WORTH IT.

SCREENSHOT IT • SAVE AS A PHONE NOTE OR WALLPAPER • NO PHONE? FOLD IT INTO YOUR CRISIS CARD

If plans change: look at your compass and ask — which letter is still available?



LESSON T • SAFETY KIT • KEEP IN YOUR BACKPACK

MY SATURDAY CRISIS CARD

Write it while you're calm — nobody remembers phone numbers in a panic. Green Track version: blanks only.

● FILL IT IN NOW

My trusted adult: _____ Phone: _____

Backup adult: _____ Phone: _____

My 24-hour clinic or ER: _____

Address: _____ Phone: _____

My check-in time: _____ My ride plan: _____

211

Community resources — housing, food, ride help, local info.

988

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

Emergency right now? Call 911. Verify clinic hours — listings change.

CUT OUT • FOLD • KEEP ONE IN YOUR BACKPACK AND ONE IN YOUR WALLET OR PHONE CASE

SATURDAY CRISIS CARD

GREEN

Trusted adult: _____

Backup: _____

Clinic / ER: _____

Check-in: _____

211 resources **988** call / text **911** emergency

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SATURDAY CRISIS CARD

GREEN

Trusted adult: _____

Backup: _____

Clinic / ER: _____

Check-in: _____

211 resources **988** call / text **911** emergency

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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.



LESSON C • STRONGEST VOICE • CARD SET

FRIES CARDS — SET OF 5

An everyday consent check: if one ingredient is missing, the yes isn't real. Cut the cards apart.

F

FREELY GIVEN

No pressure, no guilt, no tricks.

MISSING WHEN...

"If you were really my friend, you'd tell me."

R

REVERSIBLE

You can change your mind any time.

MISSING WHEN...

You shared your location, changed your mind — and they say it's too late.

I

INFORMED

You know what you're agreeing to.

MISSING WHEN...

Someone says "just sign up" without telling you what it is.

E

ENTHUSIASTIC

You actually want to — an excited yes, not a quiet maybe.

MISSING WHEN...

A friend posts your photo after you said "maybe."

S

SPECIFIC

Yes to one thing is not yes to everything.

MISSING WHEN...

You said yes to one group chat — they add you to five.

FRIES

EVERYDAY CONSENT CHECK

Use for: secrets, photos, sharing personal info, late invites.

One ingredient missing = the yes isn't real.

● HEARING A NO IS A SKILL TOO

A green-light reply to a no or a changed mind: **"Okay — thanks for telling me."** Guilt for changing your mind is a red flag.



LESSON C • STRONGEST VOICE • CARD SET

BOUNDARY MENU — 4 TIERS

Everyone's menu is different, and nobody orders for you. Decide your limits before you need them.

APPETIZERS

Everyday interactions

High-fives, chats, group photos.

My example: _____

MAIN COURSES

Closer friendships

Sharing personal things, a one-on-one hang.

My example: _____

SPECIALS

Future dating or romantic situations

Decide your limits before you need them.

My limit: _____

DO NOT SERVE

Firm limits — non-negotiable

Anything that feels off, breaks your values, or you can't say an enthusiastic yes to — including sending or asking for nude or sexual photos (never OK, and it can have serious legal consequences for minors).

My firm limit: _____

If a photo has already been shared: tell a trusted adult. **Take It Down** (takeitdown.ncmec.org) can help remove images of people under 18.

● SORT IT — WHERE DOES EACH SITUATION BELONG?

APPETIZERS

MAIN COURSES

SPECIALS

DO NOT SERVE

Your menu can be different from your group's — say why. Nobody orders for you.