



LESSON M · MY MEDICAL / HEALTH CHOICES

HEALTH ARMOR

Objective: Own your health baseline before pressure arrives. · 50 min · 19 TAC \$115.26 / \$115.27 — personal health and wellness

Name (optional): _____ Date: _____ Private — nobody collects this page except the exit ticket.

1 · CHECKLIST

HEALTH ARMOR INVENTORY

- ☐ Rate each item 0 (not yet), 1 (sometimes), or 2 (most days): sleep 8-9 hours · balanced food · 60 minutes of movement · check-ups current · someone to talk to.
- ☐ Circle the one item you will strengthen this week.
- ☐ Keep this page. Nobody collects it.

2 · MAP

MY HEALTH TEAM MAP

- ☐ Write 3-5 adults or places on your health team: a family adult, a school adult, a clinic or doctor.
- ☐ Next to each, write how you reach them (in person, text, call).
- ☐ With a partner, practice the ask: “Can you be on my health team if I have a question?”

3 · TRACKER · CORE

VACCINE TRACKER + FACT OR MYTH

- ☐ On the tracker, check what you know you have had. “Don’t know” is a fine answer — circle it.
- ☐ CAPE names two: HPV and Hepatitis B. Circle any others (flu, COVID, meningococcal) to ask about.
- ☐ In your group, sort the 4 Fact-or-Myth cards. Be ready to explain one.

4 · WRITE

QUESTION LIST FOR THE DOCTOR

- ☐ Write three questions for your next check-up — no question is too small or too weird.
- ☐ Star the one you most want answered.
- ☐ Practice saying it out loud once to your partner, word for word.

5 · PROMISE

MY HEALTH PROMISE

- ☐ Finish the sentence: “I promise to respect my body by...” with one specific action.
- ☐ Sign and date it. Take it home.

✂ EXIT TICKET · LESSON M – hand this part in

1. Which two vaccines does CAPE name in Health Armor?

2. True or false: “Don’t know” is a wrong answer on the Vaccine Tracker.

3. Name one person on your Health Team and how you reach them.

One thing I’ll do this week:



LESSON A · AWARENESS

BUILT-IN RADAR

Objective: Read your surroundings and your internal radar in real time. · 50 min · 19 TAC \$115.26 / \$115.27 — emotional health and decision-making

Name (optional): _____ Date: _____ Private — nobody collects this page except the exit ticket.

1 · SCALE

GUT CHECK SCALE

- ☐ Read each everyday situation the facilitator names.
- ☐ Rate it 0 (not sure / feels off) to 10 (completely fine).
- ☐ Write one word for what told you that number.

2 · CUES

READING THE ROOM

- ☐ Learn the three cues: body language shifts · exits and options · energy changes.
- ☐ For each example card, name which cue you would notice first.
- ☐ Agree as a group on one move you could make.

3 · JOURNAL · CORE

AUTOPILOT VS. TUNED IN

- ☐ Write about a time you went along to fit in (autopilot) and a time you listened to what you actually felt (tuned in). No names.
- ☐ Underline what was different inside you each time.
- ☐ Share only the underlined part with a partner — or pass.

4 · BODY MAP

BODY SIGNALS

- ☐ On the outline, mark where you feel stress: chest tight? stomach flip? shoulders up? jaw clenched?
- ☐ Label your top signal.
- ☐ Write the CAPE Response Plan next to it: trust your gut → use your voice → reach out → remember the standard.

5 · AUDIT

AWARENESS AUDIT + PAUSE WORD

- ☐ Pick a personal pause word — one word you will think or say when your radar pings.
- ☐ Write the first move you will make after the pause word.

☒ EXIT TICKET · LESSON A — hand this part in

1. Name the three Reading the Room cues.

2. Put the CAPE Response Plan in order: reach out · trust your gut · remember the standard · use your voice.

3. What is a pause word for?

One thing I'll do this week:



LESSON T • TOOLS & TRUSTED SUPPORT

SAFETY KIT

Objective: Have tools, a team, and plans before you need them. • 50 min • 19 TAC §115.26 / §115.27 — interpersonal skills and safety

Name (optional): _____ Date: _____ Private — nobody collects this page except the exit ticket.

1 • INVENTORY

SAFETY KIT INVENTORY

- ☐ Check what you actually have today: phone + charger • ride plan • money for the bus • trusted-adult list • a check-in time.
- ☐ Star one item you will add before this weekend.

2 • LADDER

TRUSTED ADULT LADDER

- ☐ Write one primary adult and two backups.
- ☐ Under each, write exactly how you would ask for help.

3 • BUDDY • CORE

SAFETY BUDDY SYSTEM

- ☐ With a partner, plan an ordinary Saturday outing: where, who knows, check-in time, ride home.
- ☐ Draw a twist card (ride cancels, phone dies, plans change).
- ☐ Fix the plan. Ask: which letter is still available?

4 • CARD

SATURDAY CRISIS CARD (GREEN)

- ☐ Fill the blanks: trusted adult + phone • backup adult + phone • your 24-hour clinic or ER • 211 • 988 • check-in time • ride plan.
- ☐ Fold it to fit your backpack or wallet.

5 • SCRIPT

TEXT SCRIPT PRACTICE

- ☐ Practise two texts out loud: “I’m heading out. Who wants to walk with me?” and “Can you be my check-in at 9?”
- ☐ Write your own version in your words.

✕ EXIT TICKET · LESSON T – hand this part in

1. Name three things in a Safety Kit.

2. Your ride cancels. What two moves can you make?

3. What do 211 and 988 do?

One thing I'll do this week:



LESSON C · CLEAR COMMUNICATION & CONSENT

STRONGEST VOICE

Objective: Say boundaries out loud and hear yes and no clearly. · 50 min · 19 TAC §115.26 / §115.27 — communication and boundaries

Name (optional): _____ Date: _____ Private — nobody collects this page except the exit ticket.

1 · DECODER

FRIES DECODER

- ☐ FRIES = Freely given · Reversible · Informed · Enthusiastic · Specific.
- ☐ For each everyday scenario card, name the missing letter.
- ☐ Rewrite one line so the yes is real.

2 · SORT

BOUNDARY MENU SORT

- ☐ Sort 12 everyday situations into four tiers: Appetizers (everyday interactions) · Main Courses (closer friendships, sharing personal things) · Specials (future dating or romantic situations) · Do Not Serve (firm limits).
- ☐ Your menu can differ from your group's. Say why.

3 · SCRIPTS · CORE

STRONGEST VOICE SCRIPTS

- ☐ Practise one line from each family out loud. Rotate roles after each.
- ☐ Set a boundary: "I'm not ready for that." · Ask for clarity: "What do you mean?" · Hold the line: "I already answered." / "Asking again won't change my answer." · Buy time: "I don't decide big things at midnight."
- ☐ Observer reports what they saw — no scores.

4 · DELAY

NO / DELAY PRACTICE

- ☐ Practise short phrases that buy time: "Hold on." · "Not now." · "I need to think."
- ☐ Then practise hearing a no: "Thanks for telling me."

5 · DIGITAL

THREE GATES (3-SECOND RULE)

- ☐ Before you send or post, run three gates: Legacy Check (do I trust this person with my reputation?) · Billboard Check (fine on a billboard?) · FRIES Check (freely given, informed, specific?).
- ☐ Any “not sure” = do not send.
- ☐ Do the physical drill: phone locked, count one-two-three out loud.

☒ EXIT TICKET · LESSON C – hand this part in

1. What do the five FRIES letters stand for?

2. “You said yes last week, so you can’t change your mind.” Which letter is missing?

3. Name the Three Gates.

One thing I’ll do this week:



LESSON H • HEALTHY HABITS / CHOOSING YOUR PACE

DAILY SUPERPOWER

Objective: Lead your life with healthy habits every day, not just in a crisis. • 50 min • 19 TAC \$115.26 / \$115.27 — healthy lifestyle and goal setting

Name (optional): _____ Date: _____ Private — nobody collects this page except the exit ticket.

1 • STANDARD

CHOOSING YOUR PACE STANDARD

- ☐ Read the standard: abstinence — Choosing Your Pace — is the preferred choice and the only method that is 100% effective (TEC §28.004(e)).
- ☐ Write one reason choosing your own pace is a leadership decision.

2 • STACK

DAILY SUPERPOWER HABIT STACK

- ☐ Fill one small habit each: sleep • eating • movement • screens off.
- ☐ Stack them: “After I ___, I will ___.”

3 • LEGACY • CORE

DIGITAL LEGACY AUDIT

- ☐ List three things you have posted or shared this month (no screenshots needed).
- ☐ Run each through the Billboard Check: would future-you thank you?
- ☐ Pick one setting to change this week (private account, location off, who can tag you).

4 • PLAN

MY PERSONAL MATCH PLAN

- ☐ Write one line per letter: M my health • A my pause word • T my tools and team • C my clear voice line • H my habit today.
- ☐ Photograph it and save it as a phone note or wallpaper.

5 • HANDOFF

CAPE PROMISE + DIGITAL HANDOFF

- ☐ Save five things now: your clinic or ER • 988 as a contact • your MATCH plan photo • tell one trusted adult they’re on your list • your Health Promise in a locked note.
- ☐ Read the CAPE Promise to yourself.

☒ EXIT TICKET · LESSON H – hand this part in

1. According to CAPE, what is the only 100% effective method?

2. What is Screenshot Reality?

3. Write your H line from your MATCH plan.

One thing I'll do this week:
