



HEALTH ARMOR • ACTIVITY 1

HEALTH ARMOR INVENTORY

CHECKLIST • SOLO • 5 MIN

- 1 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.
- 2 Circle the one item you will strengthen this week.
- 3 Keep this page. Nobody collects it.



HEALTH ARMOR • ACTIVITY 2

MY HEALTH TEAM MAP

MAP • SOLO + PAIRS • 5 MIN

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



HEALTH ARMOR • ACTIVITY 3

VACCINE TRACKER + FACT OR MYTH

TRACKER • CORE • SOLO + GROUPS OF 3 • 15 MIN

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



HEALTH ARMOR • ACTIVITY 4

QUESTION LIST FOR THE DOCTOR

WRITE • SOLO • 10 MIN

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

M

HEALTH ARMOR • ACTIVITY 5

MY HEALTH PROMISE

PROMISE • SOLO • 5 MIN

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

A

BUILT-IN RADAR • ACTIVITY 1

GUT CHECK SCALE

SCALE • SOLO • 5 MIN

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

A

BUILT-IN RADAR • ACTIVITY 2

READING THE ROOM

CUES • GROUPS OF 3 • 5 MIN

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

A

BUILT-IN RADAR • ACTIVITY 3

AUTOPILOT VS. TUNED IN

JOURNAL • CORE • SOLO + PAIRS • 15 MIN

- 1 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.
- 2 Underline what was different inside you each time.
- 3 Share only the underlined part with a partner — or pass.

A

BUILT-IN RADAR · ACTIVITY 4

BODY SIGNALS

BODY MAP · SOLO · 10 MIN

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

A

BUILT-IN RADAR · ACTIVITY 5

AWARENESS AUDIT + PAUSE WORD

AUDIT · SOLO · 5 MIN

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

T

SAFETY KIT · ACTIVITY 1

SAFETY KIT INVENTORY

INVENTORY · SOLO · 5 MIN

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

T

SAFETY KIT · ACTIVITY 2

TRUSTED ADULT LADDER

LADDER · SOLO · 5 MIN

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

T

SAFETY KIT · ACTIVITY 3

SAFETY BUDDY SYSTEM

BUDDY · CORE · PAIRS · 15 MIN

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

T

SAFETY KIT · ACTIVITY 4

SATURDAY CRISIS CARD (GREEN)

CARD · SOLO · 10 MIN

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

T

SAFETY KIT · ACTIVITY 5

TEXT SCRIPT PRACTICE

SCRIPT · PAIRS · 5 MIN

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

C

STRONGEST VOICE · ACTIVITY 1

FRIES DECODER

DECODER · GROUPS OF 3 · 5 MIN

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

C

STRONGEST VOICE • ACTIVITY 2

BOUNDARY MENU SORT

SORT • GROUPS OF 3 • 5 MIN

- 1 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).
- 2 Your menu can differ from your group's. Say why.

C

STRONGEST VOICE • ACTIVITY 3

STRONGEST VOICE SCRIPTS

SCRIPTS • CORE • THREES: SPEAKER / LISTENER / OBSERVER • 15 MIN

- 1 Practise one line from each family out loud. Rotate roles after each.
- 2 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."
- 3 Observer reports what they saw — no scores.

C

STRONGEST VOICE • ACTIVITY 4

NO / DELAY PRACTICE

DELAY • PAIRS • 10 MIN

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

C

STRONGEST VOICE • ACTIVITY 5

THREE GATES (3-SECOND RULE)

DIGITAL • SOLO • 5 MIN

- 1 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?).
- 2 Any "not sure" = do not send.
- 3 Do the physical drill: phone locked, count one-two-three out loud.



DAILY SUPERPOWER • ACTIVITY 1

CHOOSING YOUR PACE STANDARD

STANDARD • WHOLE GROUP • 5 MIN

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



DAILY SUPERPOWER • ACTIVITY 2

DAILY SUPERPOWER HABIT STACK

STACK • SOLO • 5 MIN

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



DAILY SUPERPOWER • ACTIVITY 3

DIGITAL LEGACY AUDIT

LEGACY • CORE • SOLO + PAIRS • 15 MIN

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



DAILY SUPERPOWER • ACTIVITY 4

MY PERSONAL MATCH PLAN

PLAN • SOLO • 10 MIN

- 1 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.
- 2 Photograph it and save it as a phone note or wallpaper.



DAILY SUPERPOWER · ACTIVITY 5

CAPE PROMISE + DIGITAL HANDOFF

HANDOFF · SOLO · 5 MIN

- 1 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.
- 2 Read the CAPE Promise to yourself.

M HEALTH ARMOR • CARD SET • ACTIVITY 3**VACCINE TRACKER + FACT OR MYTH**

“Vaccines are only for little kids.”

Which is it? Explain in one sentence.

M HEALTH ARMOR • CARD SET • ACTIVITY 3**VACCINE TRACKER + FACT OR MYTH**

“Hepatitis B vaccine is usually given as a baby, and teens who missed it can catch up.”

Which is it? Explain in one sentence.

M HEALTH ARMOR • CARD SET • ACTIVITY 3**VACCINE TRACKER + FACT OR MYTH**

“If I feel fine, I don’t need a check-up.”

Which is it? Explain in one sentence.

M HEALTH ARMOR • CARD SET • ACTIVITY 3**VACCINE TRACKER + FACT OR MYTH**

“You can ask your doctor which vaccines are due.”

Which is it? Explain in one sentence.

C STRONGEST VOICE • CARD SET • ACTIVITY 1**FRIES DECODER**

A friend posts your photo after you said “maybe.”

Which FRIES letter is missing?

C STRONGEST VOICE • CARD SET • ACTIVITY 1**FRIES DECODER**

You agreed to share your location, then changed your mind and they say it’s too late.

Which FRIES letter is missing?

C STRONGEST VOICE • CARD SET • ACTIVITY 1**FRIES DECODER**

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

Which FRIES letter is missing?

C STRONGEST VOICE • CARD SET • ACTIVITY 1**FRIES DECODER**

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

Which FRIES letter is missing?

C STRONGEST VOICE · CARD SET · ACTIVITY 1**FRIES DECODER**

“If you were really my friend, you’d tell me.”

Which FRIES letter is missing?