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when your teen breaks rules. • Give positive messages. Teenagers are . Teaching teens to recognize the warning signs of relationship abuse and develop skills for healthy relationships can help to stop the cycle of violence that . 2 Heading Cards (Healthy Relationships/Unhealthy Relationships). Description: Learning to say no when you mean no is difficult for teenagers. First, it's important to disclaim that healthy relationships have healthy. Adolescents:A PDF that is explicitly for mentoring teens discusses some. • Teen "Not-So-Great" Choices Scale helps **teens** reconsider the choices they made in the past that were not successful and outline more effective decision-making techniques. • Teen Risk-Taking Behavior Scale helps **teens** investigate both the positive and the negative risks they have taken and discover ways to choose **healthy** risks. experience, and the blurring of **boundaries** between informal and formal learning can inspire students to learn in lifewide, lifelong, and lifedeep ways. The challenges, however, are also. Just for **Teens**: A Personal Plan for Managing Stress | 7-page **PDF** handout (Source: American Academy of Pediatrics from Reaching **Teens**: Strength-Based Communication Strategies to Build Resilience and Support **Healthy** Adolescent Development). Recognize a **healthy** relationship. A **healthy** relationship lasts, even when the annoying habits of each person become apparent. A **healthy** relationship also includes: being respectful of each other, and each other's time; learning to give and receive; being able to share all feelings, good and bad; being able to listen to each other and support. Online education is a general concept for **teaching** and learning online with the aid of technology tools and platforms. The success of online education depend on factors including, good internet. Use the following link to view the 2021-2022 School Year **Calendar (PDF)**. The district **calendar** represents staff and students days that affect all schools district wide throughout the school year, i.e., major holidays, in-service, and flex days. A new mobile resource for community health workers in Southern Africa. Providing easy, up-to-date, visual and interactive materials on HIV and sexual health. 5 Assertive Communication Activities for

**Teens.** Assertive communication is a **healthy** way to express one's needs. Being respectful and honest may still cause discomfort, and negotiating that discomfort is a critical skill. The following are activities that can help **teens** to develop these vital communication skills. 1. Emotion Awareness.