

TAY Life Skills Study Guide

Health and Safety

This guide will help you to learn about making healthy choices, safe sex, birth control, sexually transmitted diseases, and substance abuse. You will also learn about health insurance, mental and emotional well-being and resources to help youth lead an overall safe and healthy lifestyle.

By completing this section you will learn about:

- a) How to make good nutrition choices and lead a healthy lifestyle
- b) The importance of safe sex, birth control, and how they affect your body and lifestyle
- c) Sexually transmitted infections (STIs) and how to prevent them
- d) Helpful resources available to you such as health insurance
- e) Understand human trafficking, the traps of a trafficker, and how to stay safe
- f) Ways to stay safe during a natural disaster or emergency
- g) Illegal substances, narcotics, alcohol, and the consequences and risks of use and possession
- h) Taking care of your mental and emotional health

Follow the directions and complete each of the following activities.

After you have completed each activity, have your foster parent or caregiver initial below.

Activities

Understanding Youth Rights to Medical Treatment *Time allotted: 30min*

Purpose: To understand medical consent for youth and what treatments youth may be able access on their own.

1 Visit <http://tnoys.org/youth-homelessness-resources/>

- Scroll down to "Understanding Youth Rights", click on the title, and review pages 19-21.
- Name 3 people who can consent to medical, dental, and psychological and surgical treatment for a youth?

- Name 3 instances when youth are able to give consent for their care?

- In what cases would a parent or guardian be notified about treatment?

- Who is able able to consent for counseling for youth?

- Does a parent who has not consented for counseling have to pay for treatment?

Caregiver Initials:

Activities

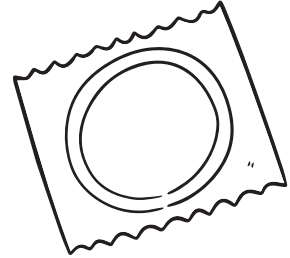
Importance of Safe Sex and Birth Control

Time allotted: 1 Hour

Purpose: Learn about birth control and the effects of unsafe sex.

1) Go to <http://www.plannedparenthood.org/>

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- Under the "Learn" tab, click "Birth Control."
- Read about options and choices.



2) Go to powertodecide.org

- In the search bar, search "birth control 101".
- Click on the fact sheet and read about birth control options and choices.

3) Go to <http://www.plannedparenthood.org/>

- Search "Safer Sex" in search the tab.
- Click the article labeled "Safer Sex".
- Read about what you can do to engage in safer sex.

Caregiver Initials:

STI 411

Time allotted: 1 Hour

Purpose: Become aware of sexually transmitted diseases and their effects.

1) Go to www.plannedparenthood.org/.

- Under the "Learn" tab, click "Sexually Transmitted Infections (STDs)".
- Click play on the "What are STD's and How Are They Transmitted" video
- To learn how to get tested go back to "Sexually Transmitted Infections (STDs)" page.
- Scroll down and read through the types of STDs.
- Click "Learn more about STD testing".
- Read through the article.

2) Fill in the chart with six different STDs:

Name of STD	Symptoms	Treatment	Cure or No Cure

Caregiver Initials:

Activities

Sexuality and Gender Identity

Time allotted: 30min

Purpose: To get an introduction to sexuality and gender identity discussions and understand what key terms mean

1 Visit <https://talkaboutitdallas.com>

- Click on the "Sexuality +" tab near the top of the webpage.
- Review and reflect on the information provided, opening each "+" tab as you move down the page.

Note: If you or someone you know is in needs help or support related to their sexuality or gender identify, you can use the following free numbers:

- The Gay and Lesbian National Hotline (GLNH): 888-843-7743
- GLBT National Youth Talkline: 800-246-7743
- National Hotline for Gay, Bisexual and Lesbian Youth: 800-347-TEEN (8336)
- Trans Lifeline: 877-565-8860 (U.S.), 877-330-6366 (Canada)
- National Runaway Switchboard: 800-RUNAWAY (786-2929)
- The Safe Schools Coalition: 877-723-3723
- The Trevor Project: 866-488-7386
- Black and Pink: 531-466-3346

Caregiver Initials:

Health Insurance

Time allotted: 30min

Purpose: To learn about your options for health insurance when transitioning into adulthood.

1 Visit <https://www.dfps.state.tx.us/>

- Search "Medical Benefits - DFPS" and review the information.
- Discuss your options with your foster parent or caregiver.

Caregiver Initials:

Activities

Human Trafficking

Time allotted: 1 Hour

Purpose: To understand human trafficking and ways to stay safe.

① Go to <https://humantraffickinghotline.org> and click on "Human Trafficking" near the top of the webpage.

- Read the following sections to improve your understanding of human trafficking: Overview, Myths & Facts, Recognizing the Signs

② Reflect on the information from section 1 and answer the following questions:

- What did you learn that you didn't know before?

- What are some myths that you had heard of or believed? What facts do you know now?

- List some signs of human trafficking :

③ On the same website, near the top of the webpage, click on "Safety Planning".

- Review the article and the sections, and write down 4 safety tips that you can start using right now.

④ Go to <https://www.dfps.state.tx.us/>

- Under "Child Investigation" click "Human Trafficking".
- Watch the "Tools to Teach: What is Human Trafficking?" video.

⑤ Go to <https://www.missingkids.org/netsmartz>

- Near the top of the page click on "Videos".
- Scroll down and select "Middle and Highschool".
- Watch the following videos: Friend of Fake, Survivor Diaries, and Julie's Story. Feel free to view any other videos or resources on this website that interest you.



Caregiver Initials:

Activities

Human Trafficking, continued

If you feel you have been a victim of human trafficking, please talk to your foster parent, caregiver, or caseworker for help. You can also access the following free hotlines for additional support.

- National Human Trafficking Hotline (available 24/7): 1-888-373-7888 or Text: 233733
- National Center for Missing and Exploited Children Hotline (available 24/7): 1-800-THE-LOST (1-800-843-5678)
- Victim Connect Hotline (weekdays 9am-5pm EST): 1-855-4VICTIM (855-484-2846)

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Activities

Natural Disasters and Emergency Response

Time allotted: 1 Hour

Purpose: To learn about the potential dangers of various natural disasters and emergencies and ways you can keep yourself safe.

1) Visit <https://www.ready.gov/kids/teens>

- Click on the "Disaster Master Game" from the menu on the right
- Play all 8 levels of the game remembering to write down the password at the end of each level.
- Write down at least 2 things that you can remember to do to stay safe in the event of the following natural disasters or emergencies:

Wildfire:

Tornado:

Hurricane/Blackout:

Home Fire:

Winter Storm/Extreme Cold:

Tsunami/Earthquake:

Thunderstorm/Lightning:

2) Go back to the webpage in section 1.

- Scroll down and click on "Make a Plan" from the menu on the right.
- Scroll down and open or download the PDF "Family Communications Plan (Kids)".
- Fill out the plan with the help of a foster parent or caregiver and discuss with them.
- Print out the plan or make a copy of a separate piece of paper for your reference.

Activities

Physical Health and Wellbeing

Time allotted: 30min

Purpose: To understand the importance of improving or maintaining your physical health.

- ① What do you already know about types of activities or habits that can help you improve or maintain your physical health and wellbeing? List a few below:

- ② Go to **youtube.com**

- In the search bar search, "How Food, Movement & Sleep Can Have an Impact on You" and select the video from "CAMH". (<https://www.youtube.com/watch?v=qMnQFTy3t30>)
- Watch the video and write down any new things that you learned

- ③ Go to **youtube.com**

- In the search bar, search "10 benefits of exercise on the brain and body" and select the video from "Practical Wisdom"
- Reflect on the benefits of physical exercise and write down a couple of ways that you like to exercise or can start exercising

- ④ Go to **youtube.com**

- In the search bar search, "6 tips for better sleep" and select the video from TED
- Reflect and write down 3 habits you can start to do to get better sleep

Caregiver Initials:

Activities

Fast Food vs. Home Cooked Meal

Time allotted: 1 Hour

Purpose: Learn the difference between a home cooked and fast food meal.

1) Visit <http://www.nutritiondata.com/>

- Find the nutrition facts for a fully cooked meal (main course, two side items, desert, and drink).
- Type the name of the food in the "Enter Food Name" square at the top right of the page. For example, type in "Hamburger". Click enter. The site gives you Hamburger types to choose from.
- Do the same for a fast food meal. For example, type in "Taco Bell". You will get a list of their menu choices.
- Share information learned with foster parent or caregiver.

2) Go to [youtube.com](https://www.youtube.com)

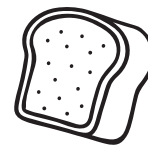
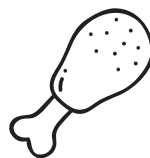
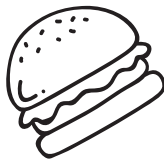
- In the search bar search, "How to Create a Healthy Plate".
- Watch the video from My Doctor - Kaiser Permanente.
- Reflect on what swaps you can make to make your meals reflect more of a healthy plate.

3) Go to [youtube.com](https://www.youtube.com)

- In the search bar, search "How to make healthy eating unbelievably easy"
- Watch the video from TEDx Talks.
- Discuss with your foster parent or caregiver what changes you can make to your environment to increase the healthy foods you have access to.

4) Visit <https://freshcheffsociety.org/videos-cooking-kits>

- Review the titles under "Improve Your Cooking Skills Videos" and choose 3 or more videos to click on and watch.
- Review the titles under "Recipe Videos" and choose 3 or more videos to click on and watch.
- Write down a skill or a recipe that you can start using this week.



Caregiver Initials:

Activities

Your Self-Care

Time allotted: 30min

Purpose: To understand "self care" and the benefits of making time to take care of your mind, body, and emotions.

1) Visit YouTube.com and search "How We cope with anxiety and stress"

- Watch the video from MTV Access
- What stood out to you about the above video? What, if anything, could you relate to?

2) Write down some things that you like to do to relax, take your mind off things going on in the world around you, or feel more like yourself

- Highlight or underline the things that are free or cost you very little money to do so.

3) Visit <https://www.mghclaycenter.org/parenting-concerns/11-self-care-tips-for-teens-and-young-adults/>

- Read the article and watch the video.
- Write down any self-care activities that you hadn't thought of.
- Discuss with your foster parent or caregiver what they do for self-care and how you might carve time for your own self-care.

Caregiver Initials:

Activities

Alcohol, PCP, Cocaine, Marijuana, LSD, Meth, What Does It All Mean?

Time allotted: 2 Hours

Purpose: To learn about the effects and consequences from using illegal substances.

1) Visit <http://teens.drugabuse.gov>

- Click on "National Drug and Alcohol Facts Week".
- On the right side of the page, click on "Take the Nat'l Drug & Alcohol IQ Challenge".
- Take the "2020 National Drug & Alcohol IQ Challenge".

2) Go back to "Teens" and click "Drug Facts".

- Read the following articles "Brain & Addiction," "Mental Health," "Drug Overdose in Youth," "What Are Drugs & How to Recognize Them," and "How Do Drugs Affect Your Brain".

3) Click on "Teens" at the top of the home page.

- Click on "Drug Facts".
- Learn about the drugs listed below by clicking on each name in the area.
- Write down 3 things you have learned about each drug.
- Discuss what you have learned with your foster parent or caregiver.

Alcohol:

Bath Salts:

Cocaine:

Cough & Cold Medicine:

Marijuana:

Prescription Pain Medications (Opioids):

Methamphetamines:

4) Go to drugs.com

- Search "Top 6 Safety Tips for Stopping Your meds".
- Review the information.



Caregiver Initials:

Activities

Addressing Therapy

Time allotted: 1 Hour

Purpose: To learn about how therapy can be a valuable tool to solve problems, set and achieve goals, improve your communication skills, or teach you new ways to track your emotions and keep your stress levels in check.

1) Write down 1-3 questions you have about therapy.

2) Go to www.webmd.com

- In the search bar, type "Therapy for Teens" and click on the article "Therapy for Teens: What to Expect"
- Review the information

3) Go to <https://www.psychologytoday.com/us>

- In the search bar type "What Happens in Therapy".
- Click the article titled "What Really Happens in a Therapy Session".
- Review the information. Discuss with your foster parent or caregiver what your options are for receiving therapy.

4) Write down the answers to any questions that were addressed in the above articles.

- Discuss any remaining questions with your foster parent or caregiver

5) Go back to <https://www.psychologytoday.com/us>

- Type your city or zipcode in the "Find a Therapist" search bar
- Practice reviewing at least 3 therapists and check the following:
 - Their license(s) and credentials
 - Where they are located
 - If they offer online therapy
 - Cost per session
 - What their insurance they take
 - Their specialties

Caregiver Initials:

Activities

Addressing Therapy, continued

6) Go to Nami.org

- In the search bar, type “4 Ways Teens Can Access Therapy without Insurance” and select the article of the same title
- Review the article and discuss with your foster parent or caregiver what your options are for receiving therapy with or without insurance.

Note: If you or someone you know is in need of urgent help, you can use the following free numbers.

- National Suicide Prevention Lifeline (available 24/7): 1-800-273-TALK (8255)
- Crisis Text Line (available 24/7): Text MHA to 741741
- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline (available 24/7): 1-800-622-HELP (4357)
- Texas Abuse Hotline (response within 24 hours): 1-800-252-5400
- Texas Youth Helpline (available 24/7): Text or Call 1-800-989-6884

Caregiver Initials: