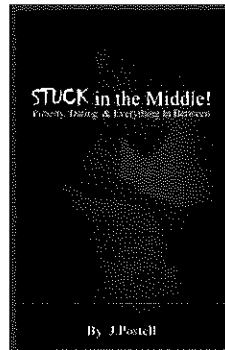


STUCK in the Middle!

Puberty, Dating & Everything In Between



DAY 1 – Friendship & Dating in Middle School

- How to make new friends
- What does it mean to be a good friend
- The Friendship Code
- Friendship Quiz
- What is Dating
- Love vs. Infatuation
- Red Flags

DAY 2 – Peer Pressure & Bullying

- Types of Peer Pressure
- Pressured to have sex
- Pressure to take drugs: **Prescription vs. Over the counter**
- Ways to AVOID Peer Pressure

-Bullying

- What is Bullying
- How to identify a Bully
- What is a Bystander
- How to STOP Bullying
- Cyberbullying

Day 3 – Emotional Steering & Puberty

- What is Emotional Steering
- Emotional Steering & manipulation
- Who can be an Emotional Steerer
- Emotional Steering Tactics

-Puberty

- What is Puberty?
- Physical & Emotional Changes in male and females

Day 4- Puberty (Continued) & Leaders

- Managing Positive & Negative Emotions
- Stuck in Middle Puberty Game

-Leaders

- What is a leader?
- Intentional & Accidental Leaders
- Good leaders set goals
- Leadership quiz

Review & Glossary