

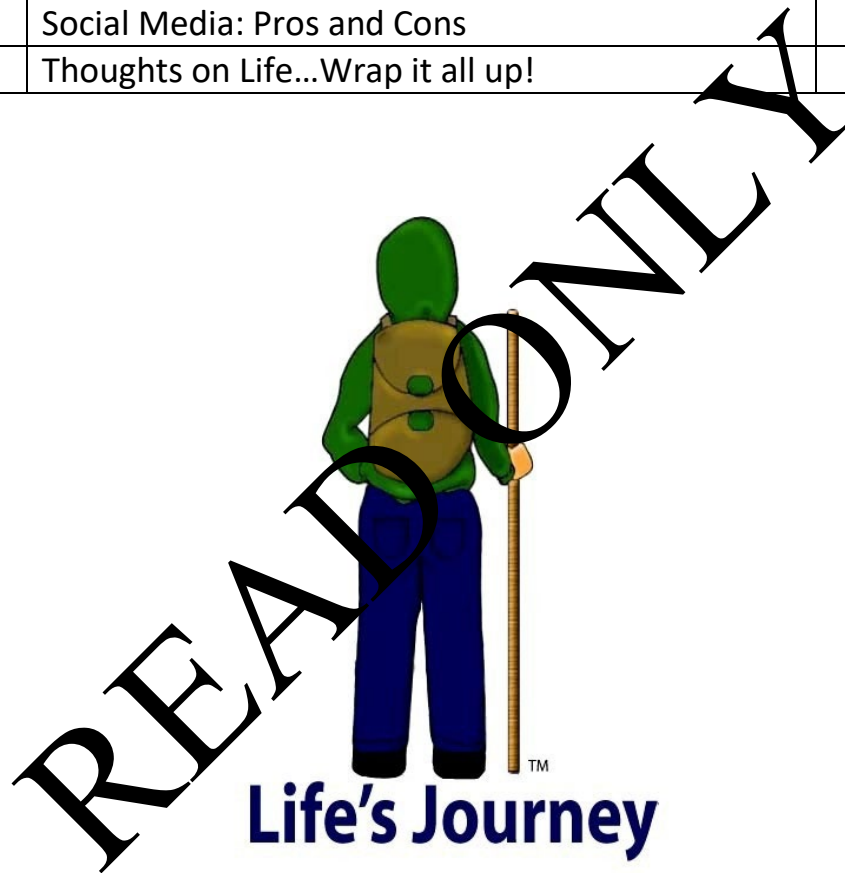
CHINS WORKBOOK



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Youth Name: _____

CHINS Card	Topic and Due Date	Completed
Part 1.	About Me	
Part 2.	My Strengths & Values	
Part 3.	My Challenges.... Opportunities for Growth	
Part 4.	My Situation	
Part 5.	My People (Family & Friends)	
Part 6.	My Education	
Part 7.	My Friends	
Part 8.	Decision Making	
Part 9.	Social Media: Pros and Cons	
Part 10.	Thoughts on Life...Wrap it all up!	



***** IMPORTANT, DO NOT move past the section you are assigned. You will be given your section assignment once you've met to review your completed work.**

PART 1. ABOUT ME



What's your full name? _____

Do you know the significance of your name (after a family member, a TV character?)

Birth Date? _____

What were the most popular headlines from the day you were born? What was a big news item?

What city were you born in? _____

What are three things the city is known for? (Famous places, popular things to do there)

Do you have any siblings? Give their names and ages.

Did you grow up in the same household with them?

Give an example of something you always enjoy doing with a brother/sister.

READ ONLY



What are some of your favorite memories of growing up?

What were some of your favorite TV shows and Movies?

If you had a superpower, what would it be and why?

If you were one of the four elements (earth, wind, fire, water) which would you be, and why?

If you could travel anywhere in the world, where would you go, and why?

A Few of your Favorite Things....

Favorite Color:

Favorite Food:

Favorite Animal:

Favorite Song, or type of Music:

Favorite Snack:

READ ONLY

ACTIVITY

Interview About Me

Instructions: In the center box, write your name. In the box labeled "MYSELF", list three things you really like about yourself. Find at least **FOUR** other people who fit the categories who **KNOW YOU WELL**. Ask them to name **THREE THINGS** they **LIKE** about **YOU**. Write their answers in the appropriate boxes.

MYSELF	A PARENT OR GUARDIAN	A BROTHER OR SISTER
AN ADULT	WRITE YOUR NAME HERE	A TEACHER
A NEIGHBOR	A MALE FRIEND	A FEMALE FRIEND

READ ONLY

Below are both POSITIVE and NEGATIVE personality characteristics. Look carefully over both and circle any words, in each section, that describes you. If you are unsure what a word means, just google it!

Positive

Independent	Patient	Confident	Resourceful
Generous	Energetic	Ambitious	Dynamic
Optimistic	Clever	Encouraging	Humorous
Enthusiastic	Imaginative	Analytical	Inventive
Courageous	Witty	Observant	Original
Dependable	Adaptable	Helpful	Compassionate
Persistent	Caring	Kind	Accepting
Loyal	Responsible	Passionate	Devoted

Negative

Lazy	Self-Pitiful	Jealous	Unimaginative
Possessive	Over-sensitive	Obsessive	Escapist
Materialistic	Pretentious	Suspicious	Moody
Self-Indulgent	Melodramatic	Manipulative	Short-Tempered
Superficial	Vengeful	Unemotional	Self-Involved
Invasive	Skeptical	Inhibited	Arrogant
Indecisive	Inflexible	Conceited	Impatient
Clingy	Cold	Distrusting	Stubborn



PART 2. MY STRENGTHS & VALUES

In this section, we want to hear about your strengths (what are the POSITIVE qualities that make you STRONG as a person)! Our strengths often reflect the VALUES we carry inside of us. This is a place to focus on the Good Stuff. Part 3 will address the areas where you can grow.

Complete the following

1. When I think about my personal strengths, the first things that come to mind are
 - a. _____
 - b. _____
 - c. _____

2. Using a scale of 1-6, where 6 is HIGHEST, rate the following areas.
 - a. CREATIVE _____
 - b. SMART _____
 - c. ATHLETIC _____
 - d. FUNNY _____
 - e. CARING _____
 - f. STRONG _____

1

Appreciate your effort. Because you are willing to take a good look at where you are already strong and where you could stand some improvement, you are a strong person already. It takes guts to sit down and do this work. Give your awesome self a pat on the back and remember that you are an amazing person.

2

Write down what you do. In order to identify your strengths and weaknesses, think about the activities you either participate in the most or get the most pleasure out of. Use the REFLECTIONS pages at the end of each section to write down all of the activities you do throughout a given day, rating them from one to five, depending upon how much you enjoy doing or participating in them.

- Studies have found journaling to be a great method for becoming more self-aware and reflective towards one’s personal strengths and desires.^[1] This can be as simple as listing all of the most memorable moments of a given day to writing detailed narratives about your deepest thoughts and desires. The more you come to know yourself, the easier it will be for you to identify your personal strengths. This is why we included the “Reflections” pages at the end of each section. Take the time to write some of your own personal strengths you’ve realized.

3

Reflect on your values. Sometimes, it can be difficult to identify our strengths and weaknesses because we haven't taken the time to clarify our core values. These are the beliefs that shape how you think about yourself, others, and the world around you. They are fundamental to your way of approaching life. Taking some time to identify your values will help you decide whether aspects of your life are strengths or weaknesses to you, regardless of what others may feel about them.^[3]

- Think about a few people you respect. What do you admire about them? What traits do they possess that you value?
 - _____
 - _____
- Imagine you could change one thing about your community. What would it be? Why? What do you think that shows about what's most important to you?
 - _____
 - _____
 - _____
- Remember a moment in your life where you felt very satisfied or fulfilled. What was that moment? What happened? Who were you with? Why did you feel that way?
 - _____
 - _____
 - _____
- Imagine that your house is on fire (but all pets and people are safe) and you can save just 3 objects. What would you save, and why?
 - _____
 - _____
 - _____

4

Examine your responses for themes and patterns. Perhaps you admire Steve Jobs or Mark Zuckerberg for their entrepreneurial spirit and creativity. This suggests that you may value *Ambition, Competition, and Ingenuity*. Perhaps you would change the poverty in your community, so everyone has a home and food. This suggests you may value *Community, Helping Society, or Making a Difference*. You can have several core values. Look these values over carefully and **circle the TOP 5 that represent your values**.

HUMOR The ability to laugh at oneself and find humor in all things.	RESPECT Unbiased consideration and regard for all the rights, values, beliefs and property of all people
RESPONSIBILITY Being answerable to someone for something or being responsible for one's own conduct	PATIENCE The capacity for enduring hardship or inconvenience
COOPERATION Working together for a common purpose	JUSTICE Fairness, balance, equality
POWER Ability to lead, direct, persuade, control	ADVANCEMENT Personal and professional growth
WORK Getting great value from your job	SECURITY Having the essentials, you need to live and be safe
ACCOUNTABILITY Being obliged to answer for one's own actions	INDEPENDENCE Freedom from control or other influence of another or others, self sufficient
PROFESSIONALISM Commitment to quality; pride in your work	EMPATHY Feeling concern for and understanding another person's situation or feelings
DEDICATION The act of binding yourself (intellectually or emotionally) to a course of action	RELIGION Belonging to an organized religion

<p>HELPFULNESS</p> <p>Sense of concern for and outreach to the needs of others</p>	<p>SUCCESS</p> <p>Attainment of professional position, achieving your goals</p>
<p>HEALTH</p> <p>Physical and mental well-being</p>	<p>INTEGRITY</p> <p>The quality or state of being sound moral principle; uprightness, honesty, sincerity</p>
<p>KNOWLEDGE</p> <p>Seeing and learning new information and insights</p>	<p>SPIRITUALITY</p> <p>A way of living that emphasizes a constant awareness of the spiritual dimension of nature</p>
<p>MORALITY</p> <p>Desire for high ethical standards; a strong sense of right and wrong</p>	<p>RECOGNITION</p> <p>To receive special attention, to feel important</p>
<p>FREEDOM</p> <p>The power to act, speak, or think without externally imposed restraints</p>	<p>LIFE</p> <p>An appreciation and respect for all living things</p>
<p>WISDOM</p> <p>The ability to apply knowledge, experience, understanding, common sense and insight</p>	<p>COMPASSION</p> <p>Understanding the suffering of others and wanting to do something about it</p>
<p>LOYALTY</p> <p>Faithfulness to another person or group</p>	<p>FAITH</p> <p>A strong belief in a supernatural power or powers that control human destiny</p>
<p>BEAUTY</p> <p>An appreciation for and seeing the beauty in all things</p>	<p>TRUSTWORTHINESS</p> <p>Dependability, deserving of confidence</p>
<p>HONESTY</p> <p>A high regard for fairness, straightforwardness, sincerity, truthfulness</p>	<p>LOVE</p> <p>Strong personal feelings of caring and affection</p>
<p>CREATIVITY</p> <p>A high degree of innovation and originality</p>	<p>WEALTH</p> <p>Desire for substantial monetary income</p>



Complete the following positive statements about yourself.

- I like who I am because...
- I'm super at...
- I feel good about my...
- My friends think I have an awesome...
- Somewhere I feel happy is...
- I mean a lot to...
- Others reckon I'm a great...
- I think I'm a pretty good...
- Something I really enjoy is...
- I really admire myself because...
- I know I can achieve my goals/dreams because I am ...
- I'm naturally gifted at...
- Others often praise my...

READ ONLY

PART 3. MY CHALLENGES.... OPPORTUNITIES FOR PERSONAL GROWTH

Sometimes we get in our own way!

Before you can overcome your obstacles, you must understand what's holding you back. Look at the following and circle any of these roadblocks you struggle to overcome.

Communication Style
Lack of Motivation
No Sense of Purpose
ANGER
No Real Direction
Not Caring
Fear of Failure

READ ONLY

What are some other obstacles that get in the way of your success? Write some of your own words in this box.



Our “non-verbal” messages can often be a roadblock to healthy communication. Have you ever had a parent/adult say you have an “attitude” even though you hadn’t said a word? What are they seeing from you that gives off an attitude?

Our body language can say A LOT about what we are thinking and/or feeling. Do you think our body language can send messages from our words? If so, how?

Describe a situation in which someone else’s body language influenced how you viewed that person?

A good way to overcome the communication roadblock starts with YOU! Positive communication means choosing words carefully and:

- Expressing feelings honestly and clearly without threatening or putting down the other person.
- Beginning the communication with “I” rather than “you,” as in “I wish” or “I feel” as opposed to “you always” or “you never.”

People are more likely to respond in a positive way to such messages because **the sender (YOU) is taking ownership of his or her feelings** and not trying to blame or put down the other person.





ACTIVITY: Positive Communication

“Say What You Feel”

Using “I” messages, change the Negative Message (listed on the LEFT) over to a POSITIVE on the RIGHT

1. To an old friend who moved away <i>“You never text me.”</i>	Example Answer I wish I’d hear from you more often – I miss you.
2. To a stepparent <i>“You’re always rude to my friends.”</i>	Positive Message
3. To a friend who wants to get into trouble <i>“That’s a stupid idea.”</i>	Positive Message
4. To your family at dinner <i>“Nobody cares what I do any more.”</i>	Positive Message
5. To a boyfriend/girlfriend <i>“You always ignore me when you’re with your friends.”</i>	Positive Message
6. To older brother/sister <i>“Don’t yell at me.”</i>	Positive Message
7. To a friend telling a rascal joke. <i>“You’re an idiot for talking like that.”</i>	Positive Message
8. To an adult you want to talk to. <i>“You are always too busy to talk to me.”</i>	Positive Message
9. To a teacher who singles you out in class. <i>“You always accuse me of talking.”</i>	Positive Message
10. To a friend who isn’t listening to you. <i>“You don’t even care about me.”</i>	Positive Message

READ ONLY

Review the statements below and think about how often you do what each one says. You will need to check which is most true for you – (M) Most of the time, (S) Some of the Time, or (AN) Almost Never. Give these some thought and answer honestly for you – not what you think is the best answer.

	M	S	AN
If I disagree with a friend, I say so, even if it means he or she might not like me.			
I ask for help when I am hurt or confused.			
I tell my friends what I honestly think about alcohol and other drugs, even if I know my ideas are not popular.			
I let people know when they disappoint me.			
If a friend borrows money and is late paying it back, I remind him.			
I say no when kids in class want to copy my homework or test.			
If a friend is talking or making a noise during a movie, I ask them to be quiet.			
If I have a friend who is always late, I tell them how I feel about it.			
I ask my friends for a favor when I need one.			
When someone asks me to do something that could get me into trouble, I refuse.			
I express my views on important things, even if others disagree with me.			
I don't do risky things with my friends.			
When I don't understand what someone is telling me, I ask questions.			
When I disagree with someone, I try not to hurt their feelings.			
When people hurt my feelings, I let them know how I feel.			

PART 4. MY SITUATION



Why are you in the CHINS program? (Describe the events that caused you to be here)

What role did **YOU** play (emotions, behaviors, choices, etc.) in this situation that lead up to this happening?

What consequences, aside from CHINS, have you faced at school or home?

Is this the first time you've been in a similar situation like this? If yes, explain.

Do you and your parent(s) agree on the circumstances that led up to your situation? If no, how do they differ?

What time do you usually wake up in the morning? _____

What time do you usually go to bed at night? _____

Do you find it hard to fall asleep? _____

Do you wake up during the night? _____ If yes, what do you do when you wake up during the night? Do you lay there and try to fall back asleep, do you check your phone, play video games, read? What do you do? _____

Describe how you spend most weekends. What do you do?

What does your family do TOGETHER for fun?

If you, or a friend, are in crisis and need to speak with someone now: **You can text 741741 or Call the Suicide Prevention Lifeline at 1-800-273-TALK** (they don't just talk about suicide—they cover a lot of issues and will help put you in touch with someone close by).

PART 5. MY PEOPLE

"Call it a clan, call it a network, call it a tribe, call it a family: Whatever you call it, whoever you are, you need one." Jane Howard

Family Structure

We all have people in our lives that are blood relatives and those who we “choose” to consider family. Who are the people you consider your “family?”

Name	Check One	
	Blood Relative	Chosen Relative

READ ONLY

Which “family” members do you spend most of your time with?

Which “family” members do you feel closest to?

Where is the greatest conflict in your family relationships?

What are the three most common sources of conflict between teenagers and their parents?

What one thing would you most like to change about a relationship in your family?

ACTIVITY – INTERVIEWING PARENTS (GUARDIANS)

Name of person being interviewed _____

Relationship to you _____

Interview Questions

1. What did you most like to do when you were my age?
2. What was being a teenager like for you?
3. How did you feel about your life when you were my age?
4. What responsibilities did you have in your family when you were a teenager?
5. Do you think teens have it better or worse today than you did? Why?
6. If you could change one thing about your teen years, what would it be?

READ ONLY

7. Who were you closest to in your family?

8. What was the greatest source of conflict between you and your parent(s)?

9. What do you like most about being a parent?

10. What is the biggest responsibility of a parent?

11. What is the hardest thing about being a teen today? The best thing?

12. What advice would you give teens today?

13. What lessons did you learn from parents or other adults that you try to pass on?

READ ONLY

PART 6. MY EDUCATION



Where are you attending school?

List all the schools you have attended:

Name of School	Grades Attended

How are your grades....

.... In MATH _____

.... In SCIENCE _____

.... In LANGUAGE ARTS _____

.... In SOCIAL STUDIES _____



Do you complete all your assignments? YES _____ NO _____

Do you turn all your assignments IN? YES _____ NO _____

What subject(s) do you struggle with?

READ

What subject(s) could you use some extra help?

What seems to be the biggest struggle for you in class?

Learning Styles: The Four Modalities

If we understand HOW we learn, then we can work better with our teachers! Read through each one carefully and check the box that best identifies YOUR learning style.



Read over each of these styles and then check the box that most fits YOU

Visual Preference Students who have a visual strength or preference:

- ◆ want the teacher to provide demonstrations
- ◆ find it easy to learn through descriptions
- ◆ often use lists to keep up and organize thoughts
- ◆ often recognize words by sight
- ◆ often remember faces but forget names
- ◆ often have well developed imaginations
- ◆ are easily distracted by movement or action in the classroom
- ◆ tend to be unaware of noise
- ◆ Roughly 60% of students are visual learners.



Auditory Preference Students who have an auditory strength or preference

- ◆ want the teacher to provide verbal instructions
- ◆ find it easy to learn by listening
- ◆ enjoy dialogues, discussions, and plays
- ◆ often remember names but forget faces
- ◆ often do well working out solutions or problems by talking them out
- ◆ are easily distracted by noise and often need to work where it is relatively quiet
- ◆ often do best using recorded books



Tactile Preference Students who have a tactile strength or preference:

- ◆ do best when they take notes either during a lecture or when reading something new or difficult
- ◆ often like to draw or doodle to remember
- ◆ do well with hands-on activities such as projects, demonstrations, or labs



Kinesthetic Preference Students who have a kinesthetic strength or preference:

- ◆ do best when they are involved or active
- ◆ often have high energy levels
- ◆ think and learn best while moving
- ◆ often lose much of what is said during lecture
- ◆ have problems concentrating when asked to sit and read
- ◆ prefer to do rather than watch or listen
- ◆ Most children are kinesthetic and become more tactile in the first grade

My 10-Year Class Reunion

Answer the following questions by thinking about what you would like to tell your friends when you see them again in 10 years. Please do some research to get accurate information (www.salary.com)


1. In 10 years, it will be the year _____ and I will be _____ years old.
2. The job I want in 10 years is _____.
3. To get that job, I will have to
_____.
4. My job responsibilities will be

_____.
5. My annual salary will be _____.
6. In 10 years, the car I'll be driving is a _____.
7. I will live in _____.
8. Three of my most important possessions will be
 - a. _____
 - b. _____
 - c. _____
9. My family will consist of
_____.
10. The most important thing I will have done by then is
_____.

READ ONLY

11. The most important experience I will have had is

Write words or draw a picture in the box below that describe what you want your future to look like. Be creative if you want.



READ ONLY

Assignment – write two paragraphs on the importance of graduating high school.

READ ONLY

PART 7. MY FRIENDS



“A friend is someone who knows all about you and still loves you.”

— **Elbert Hubbard**,

This section focuses on our friends...how we choose them and why.

Think about your closest friends and answer the following....

<p>My friend: _____ is a good friend because....</p>
<p>My friend: _____ is a good friend because....</p>
<p>My friend: _____ is a good friend because....</p>

READ ONLY

What are the TOP 5 Qualities you look for in a close friend.



1.	
2.	
3.	
4.	
5.	

Which qualities are especially difficult to find in a friend? _____

What desirable qualities do YOU bring to a friendship? _____

Before you can choose positive friends, you need to know more about yourself!

Check whether each statement is true or false for YOU		TRUE	FALSE
1.	I would participate in an activity that involved people I didn't know		
2.	I would not cheat on a test, even if everyone else was		
3.	I sometimes think people who are unpopular are nice		
4.	I would speak out about something, even if I thought others would disagree with me.		
5.	I would help someone if they needed it, even if the person wasn't a friend.		
6.	I like to meet people who are different from me.		
7.	If two of my friends aren't speaking to each other, I can still be friends with both of them.		
8.	I would wear a favorite shirt to school, even if no one else wears shirts like this.		
9.	I would join a popular group, even if they did things I don't agree with.		
10.	I would not lie for a friend, even if he or she wanted me to.		

What Would You Do for a Friend?

1. If my friend forgot lunch, I would ...
2. If my friend needed to borrow \$20, I would ...
3. If my friend talked about running away from home, I would ...
4. If my friend had not done an assignment and wanted to copy mine, I would ...
5. If my friend wanted me to help them steal from a convenience store, I would ...
6. If my friend was drinking beer and passed out at a party, I would ...
7. If my friend told me she was a lesbian, I would ...
8. If my friend told me their stepfather had been molesting them, but made me promise not to tell anyone else, I would ...
9. If my friend started telling a racist joke, I would ...
10. If my friend was planning to drive their mom's car without a license, I would ...
11. If my friend planned to buy marijuana, I would ...
12. If my friend told me to stop doing homework because it looked stupid to care about schoolwork, I would ...
13. If my friend told me to stop having unprotected sex because of the risks, I would ...

READ ONLY

PART 8. DECISION MAKING



“Don’t make a permanent decision for a temporary emotion.”

Read the following paragraph.

The alarm went off this morning and I pushed the snooze button. Ten minutes later, I got out of bed and took a shower. Then I brushed my teeth. For breakfast, I had a glass of juice and a bowl of cereal with bananas. I put on my clothes and shoes. But, I changed my shoes before I left the house because I wanted to wear a different pair instead.

How many decisions were made in the paragraph? _____

From the time you wake up in the morning, until you leave the house, you make a LOT of decisions (10, is the answer above). Most are small decisions. But you will be making decisions every day, throughout your whole life.

What are some factors that can influence, or affect, the decisions you make every day?

Empty rectangular box for writing answers to the question about factors influencing decisions.

Give an example of a fairly recent “tough decision” you’ve had to make. Talk about the steps you went through when figuring out how to make the decision.

Empty rectangular box for writing an example of a tough decision and the steps taken to make it.

READ ONLY

What's a decision you've made that you're proud of?

Explain the word CONSEQUENCES

(If you find it hard to define the word, use it in a sentence)

Is it easier to make decision for yourself, or for someone else? Why?

Consider your time in the CHINS program.

If you complete it *with success*, what's the consequence?

If you do not complete the program, *or get terminated*, what's the consequence?

READ ONLY



Learning to identify OPTIONS is an important part of the decision-making process. Read the following story.

Tyler is at his dad's house today. He can't find his cell phone. He's upset with himself for losing it, since he has plans after school and will need it to text his friends. He gets really angry when he thinks about how it could have slipped out of his pocket in the car. He decides to skip school and walk home to look for his phone.

Can you understand why Tyler is upset?

What did he choose to do about it?

Do you agree with Tyler's decision?

What are some other choices Tyler could have made instead of skipping school?

Before he weighed his options, Tyler made a quick decision to skip school. If he had taken a few minutes to consider all the options he had, perhaps he would have made a different one.

When you take time to consider options, you are exercising **PERSONAL POWER!**

Carefully read this story and think about the decisions being made.

India and a group of friends are working together on a project. They get into a fight because India thinks she's doing all the work. India criticizes the group, and they stop speaking to her. The project is finished but the friendships are broken.

Who made a decision in the story? _____

What was the decision? _____

What was the consequence, or result, of the decision?

List some options India could have done that would not have ended the friendships?

Whenever we have a decision to make, we need to think before we act if we want to make a SMART decision. But how do we go about doing this? In this model, each letter in the word "SMART" stands for one step toward making smart decisions.

S – SLOW DOWN

You have the right to take as much time as you need to make a good decision that is right for you.

M – MAKE A LIST OF YOUR OPTIONS

Looking at every possible choice will help you know that you've really thought everything through.

A – ANALYZE YOUR CHOICES

Be honest with yourself and think about the pros and cons of each option. Make sure to weigh your options because not all will have equal value.

R – REACH A DECISION

Pick the best choice and consider what'll help you STICK to your decision.

T – THINK AND EVALUATE

Depending on the choice you make, you may need to check in from time to time and see how things are going

READ ONLY



PART 9. SOCIAL MEDIA: THE PROS & CONS

- **55% of teens have given out their personal information to someone they don't know, including pictures and physical descriptions.**
- **56% of teens admit they have been the target of some type of online harassment**

While you use your social media accounts, there is someone who keeps on spying you and your social media accounts. These are the **social media hackers** who get through your accounts by getting your account credentials known. Along with this type of risk, there are many more dangers and risks related to social media. You should always be aware of the dangers and take proper safeguards when online.

1 FAKE REQUESTS FROM SPAM PROFILES:

On social media websites like Facebook and Twitter, there are users who create fake accounts and with the help of these they try making spams. These fake account users also lead to dangerous harmful viruses being let into your personal computer or device. To avoid these serious issues, one must stay alert while using social media websites. Do NOT open emails, or attachments, from anyone you don't recognize.

2 PHISHING:

Phishing mainly involves creating fake social media accounts that look very similar to the actual profile of your company. Through this method, hackers attract kids towards themselves and they steal your confidential data (or of your parents). Most of the individuals even end up sharing their bank or credit card details with these fraudulent people. This is a serious threat as it imposes a high risk of losing money and/or important data.

Did You Know.... Spending too much time on social media and/or time in front of the television were associated with more *severe symptoms of depression*. And the more time teens used social media and watched TV, the more severe their depression symptoms, the findings showed.

Did You Know...The dangers of Snapchat like Sexting isn't just a child safety issue: it's also something that parents could get into trouble for too. Police in Montreal, Canada, claimed in January 2018 that sexts were pornographic and would be treated similarly under the law. A person under the age of consent could be prosecuted for distributing illegal child pornography. Likewise, police recently said that they would prosecute parents of children sending indecent images.

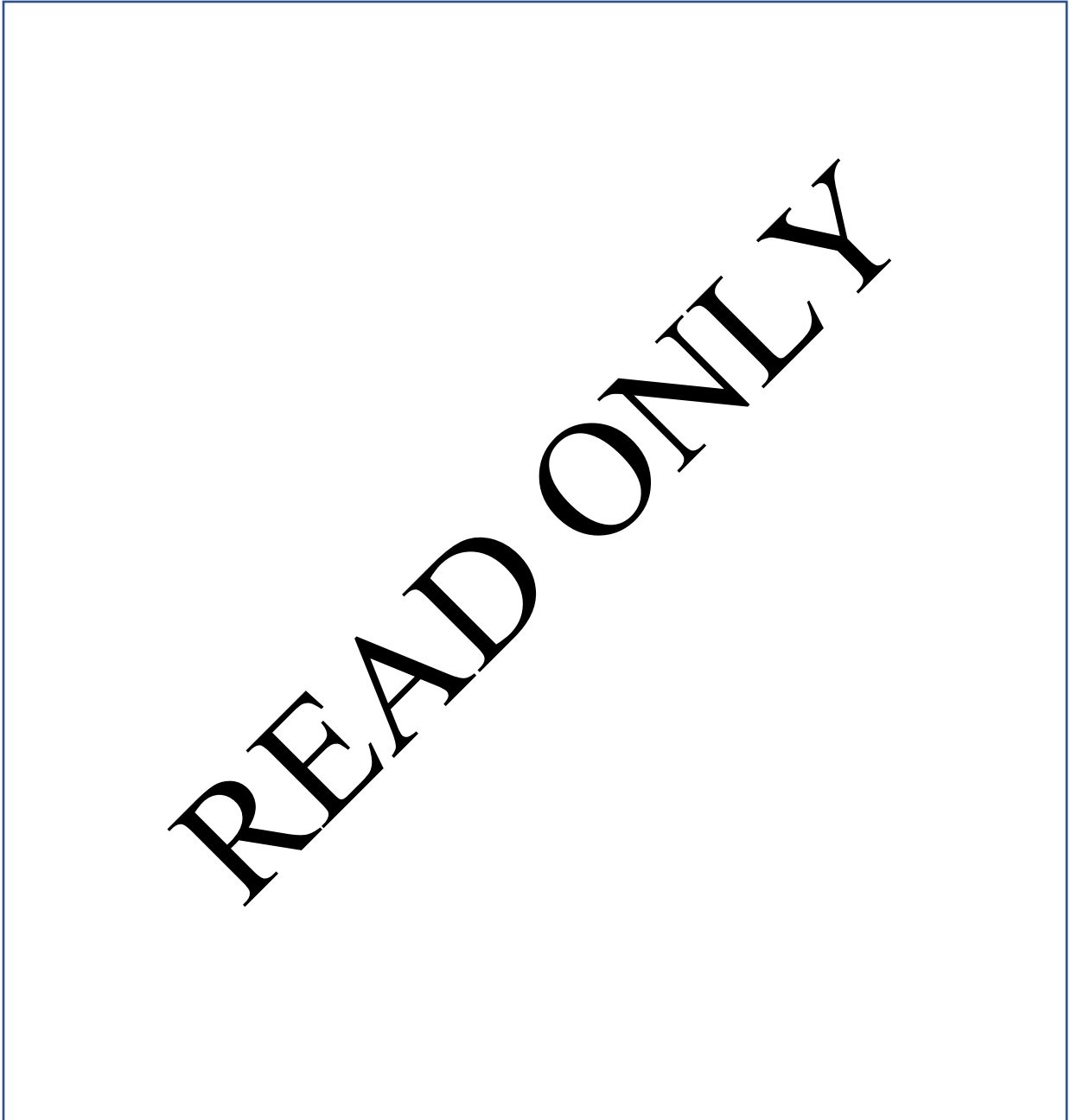
Did You Know...just because Snapchat deletes messages and images after a certain period, doesn't mean that they're gone for good. The person on the other end of the line can easily take a screenshot (or use another device to take a picture) and keep the contents indefinitely. Snapchat does not protect against this kind of data collection, and it does not block screenshot functionality provided by device manufacturers.

Think about these things while you watch this video referenced below:

1. There are over **750,000 online predators** online at any given moment.
2. According to ICBL Arabia, **over 23% of children** have agreed to meet a stranger face to face after chatting with them online.
3. This does not just happen to young girls. It happens to boys to.

ACTIVITY – PART 9

Demonstrate to your parent/guardian how to use at least 2 social media apps (ones they do not have or already use). For example: Snap Chat, Facebook, Instagram, TikTok, Pinterest, etc. Write a paragraph below for each app that you showed them and how the experience was demonstrating the app to your parent/guardian.





Which social media apps do you use?

Have you ever had a negative experience using social media?

What are some positives to having social media?

Test your knowledge! What year did the following social media apps launch?

Facebook 2009 2013 2003 2004

Twitter 2001 2006 2012 1988

Have you ever been the target of online bullying? If yes, what happened?

READ ONLY

PART 10. THOUGHTS ON LIFE

Last ACTIVITY

WRITE 3-5 PARAGRAPHS DEFINING YOURSELF. WHAT YOU'VE LEARNED ABOUT YOURSELF; THINGS FROM YOUR CHINS WORKBOOK.

READ ONLY