



Lesson 3:

HEALTHY RELATIONSHIPS AND BUILDING COMMUNITY

TheFactsYourFuture.org

**THE
FACTS.
YOUR
FUTURE.**

3.1

OVERVIEW



Learning Objectives

This lesson will cover:

- Trusted adults in your life
- Your personal message
- Advocating for yourself and asking for help
- Advocating for a friend



3.2

Trust Network



What Is a Trusted Adult?

Trusted adults are adults in your life who always make you feel safe. They really listen to you, offer advice when you ask for it, and let you know your thoughts and ideas are heard and respected.



Activity

Who Do You Trust?

Factors to help you identify your trusted adults:



Location



Topics



Availability

3.3

Advocating for You





**Advocating for YOU,
or self-advocacy,
means speaking up
for yourself, your
beliefs, and asking
for help when you
need it.**

Example Scenarios

Scenario #1

You have routinely gone out with friends after practice but have started to notice that you're sluggish the next day and have trouble focusing in class and on tests. You decide that you will no longer go out after practice so that you can get 8 hours of sleep each night.

Scenario #1



Decision

You decline invitations to go out at night after practice.

Your Why

Your classes and your entire day are much easier when you get 8 hours of sleep each night. It's easy for you to stick to this boundary around your time by saying no to this type of invitation because you know it's not worth it to wake up late and struggle through the next day.

Example Scenarios

Scenario #2

You have a relative who struggles with addiction, and you've seen the toll it takes on everyone in the family. You just don't want to take the chance that you may struggle as well. So you decide to always say no to drinking with friends and ensure you are not in situations where drinking will be present.

Scenario #2



Decision

You do not drink and try to avoid situations where alcohol will be present.

Your Why

You have a relative who struggles with addiction and don't want to take a chance that you could too.

Activity

My Personal Message Worksheet

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MESSAGE

If your response tendency is certain risky behaviors no use opioids or other substances.

If your response tendency boundaries at risk. Your plan stress in my life, so I plan.

If your response tendency on what's important to my goals [insert goal].

If your response tendency message might be so to avoid unhealthy or.

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Name: _____

MY PERSONAL MESSAGE

Thinking about what you will say or do in a situation before it happens can help give you the confidence you need to stay focused on your goals and refuse anything that would interfere with them, such as using opioids or other drugs. Think back to the My Brand Story & Vision worksheet from Lesson 2 where you wrote down some of your hopes and goals for the future. These things help define your **why**. With these as a guide, use the space below to write your own personal message that clearly states your why.

Define Your Why.
Take a moment to think about the words, notes, and pictures you put on the My Brand Story & Vision worksheet. How does using opioids and other drugs interfere with your hopes and goals? Write down words or phrases that come to mind in the space below. Then, using your notes, write down a statement that completes the following statement: **I choose to avoid risky behaviors such as using opioids and other substances because...** Write your statement in the space below.

My Why

Make the Message.
Now think about the result of your **My Response Tendency** self-assessment. Thinking about how you tend to respond to stress, write a message (or plan) for how you would stick to your goals and get out of a negative situation (whether it be using opioids or other drugs, a mental health challenge, a relationship issue, etc.) in a healthy way. You may respond to the situation with defiance, humor, facts, advocacy, or with the help of others. Lean into your tendency and use your why to write a personal message to respond to a harmful situation you might face. Think of some of the refusal techniques explored in Lesson 2 to get you started.

My Personal Message

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Keep reading for Message Ideas →



Asking for Help

There are different ways you can ask for help, such as...

- Asking for more information
- Opening up to an adult

A photograph of two young women sitting at a table. The woman on the left, with long blonde hair, is seen from the back, wearing a blue plaid shirt. She has her hand on the shoulder of the woman on the right. The woman on the right has long, dark, curly hair and is wearing a red and blue plaid shirt. She has a sad expression and her eyes are closed. The background is blurred, showing what appears to be a library or study area with bookshelves.

3.4

Advocating for a Friend

The steps you can take to help your friend



Do some homework

Start the conversation

Talk to them about your concerns

Bring in a parent or guardian

Let them know what support you can provide

The steps you can take to help your friend

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**Start the
conversation**

**Talk to them
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**Bring in a
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Activity

Advocacy Action Plan Worksheet

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ADVOCACY ACTION PLAN

Name: _____

This activity takes everything you've learned in *The Facts. Your Future*, Lessons 1-3 and asks you to apply it by creating a plan of action for how to advocate for yourself and others when faced with a challenging, or unsafe, situation. Think about a situation that you have faced or might face, where you, a friend, or a family member would need help. Some possible scenarios could include bullying, mental health challenges, opioid or other drug use, or emotional or physical harm.

My Response Tendency

From Lesson 2: Response Tendency Self-Assessment
List your response tendency here. Write at least one example of a way you could advocate for yourself or a friend using your response tendency.

My Trusted Adults

From Lesson 3: Trust Network
List at least three people (i.e., trusted adults) from your trust network that you would go to for help.

1 _____
2 _____
3 _____

My Personal Message (My Why)

From Lesson 2: My Brand Story and Vision + Lesson 3: My Personal Message
Think about your why and either rewrite your personal message here or try answering this question: Why is it important for me to advocate for myself or someone else?

MY ADVOCACY ACTION PLAN

I plan to ask for help for myself or a friend in a situation like _____
by doing and saying the following (note: this can be a list of steps, who you would go to, something you might say, or a combination):

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Connect to Resources →

RESOURCES

It's always a good idea to reach out to a parent, guardian, teacher, or other trusted adult if you have more questions or need to talk. Additionally, there are resources where trained professionals are available to help. Here are some resources available to help you or a friend who may be struggling:

Resiliency Florida
The state of Florida seeks to empower its youth with resources to help build resilience. Find these resources at Resiliency Florida.
BUILDRESILIENCY.ORG

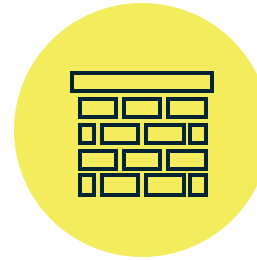
Love is Respect
Text "LOVEIS" to 22522
For information about healthy relationships and setting boundaries with others, text LOVEIS to 22522 or visit LoveIsRespect.org.
LOVEISRESPECT.ORG

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Post-Activity Discussion



When advocating for a friend:



Know Your Limits



Take Care of Yourself



Tell Someone

ANY QUESTIONS?

Resources

If you know someone has issues with continued opioid or substance use, talk to a trusted adult. A doctor can screen for signs of drug use and related health conditions and suggest possible next steps.

Other more immediate resources include:

988 Florida Lifeline: A free behavioral health support service, available 24/7, that connects Floridians to a crisis counselor in their immediate area. Call, text, or chat 988 to be connected to trained counselors.

988FLORIDALIFELINE.COM

CORE Network: A long-term substance use disorder recovery program designed to establish a coordinated system of care for those seeking treatment for substance use disorder. **FLCORENETWORK.COM**

iSaveFL: Drug overdose is a nationwide epidemic and an increasing number of Floridians are losing their lives to overdose - you can help save a life with naloxone. **ISAVEFL.COM**

Local Services: If you or someone you know is in need of substance abuse and/or mental health services, Department of Children and Families' local managing entities can help you locate available programs.

MYFLFAMILIES.COM/SAMH-GET-HELP