



## Take the Pledge

Encourage your students to take the **Ask, Listen, Learn pledge** to say “YES” to a healthy lifestyle and “NO” to underage drinking. Reproduce this pledge and create a display for their worksheets. Photos of their skits from Lesson 2 can also be included.

### ASK, LISTEN, LEARN PLEDGE

- I pledge to say “YES” to a healthy lifestyle and “NO” to underage drinking.
- I pledge to stay active by committing to 60 minutes a day of a healthy activity of my choice.
- I have read and understand the **Ask, Listen, Learn pledge**.

Visit [asklistenlearn.org](http://asklistenlearn.org) and [classroomchampions.org](http://classroomchampions.org) for more superstars, educational games, free webcasts, and additional resources.

## Learning Standards: Goals and Objectives

Goal	Objective	Lesson 1	Lesson 2	Lesson 3	Family Activities
Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	Apply effective verbal and nonverbal communication skills to enhance health.	•	•		•
	Demonstrate effective conflict management or resolution strategies.		•		•
Students will demonstrate the ability to use decision-making skills to enhance health.	Identify circumstances that can help or hinder healthy decision making.		•	•	•
	Predict the potential short-term impact of each alternative on self and others.			•	•
Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	Explain the importance of assuming responsibility for personal health behaviors.	•	•	•	•
	Demonstrate behaviors to avoid or reduce health risks to self and others.	•	•		•

Source: [www.cdc.gov/Healthyyouth/SHER/standards/index.htm](http://www.cdc.gov/Healthyyouth/SHER/standards/index.htm)