



Every Monday Matters

February 6 Telling the Truth

Background Information: Telling the truth, especially without blaming or belittling someone else because you want to take the focus off you, is not easy. It takes both courage and consideration. What does that really mean, you might be thinking? Courage is to really speak what is true, even if you think someone will be made at you, disappointed in you, you might get in trouble for the choice you made, or any other reason that gets in the way of telling the truth. It takes consideration because you are not blaming anyone else by saying, "You told me to" or "You made me do it". You speak about your part of what has occurred, and you tell your truth, no matter what. When you tell the truth, even when it is painful, people will have more respect for you and will begin to trust you. George Washington, the first President of the United States, was a truthful person. There is a story that when he was young, he used his new axe to chop down his father's cherry tree. Needless to say, his Dad was angry, and he asked George if he cut down the tree. George is quoted as saying, "I can not tell a lie, I did it with my axe." Abraham Lincoln, the sixteenth President of the United States, was also very truthful and honest. When he was a clerk at a small store, he realized he had given a customer the wrong amount of change, and he walked miles to give her the few pennies he had shorted her. Practicing telling the truth is not always easy, but it matters!

Challenge: Recall a time when, instead of the truth, you told a lie. After you identify the situation, replay the whole incident in your mind, then complete the chart which you are given.

What you will need:

- Access to music
- Chart (attached to this lesson plan)

What you will do:

1. Bring youth together and discuss the importance of telling the truth
2. Brainstorm reasons we don't tell the truth and write the responses on chart paper or the white board
3. Review the process they will complete individually on the Chart. Ask for a volunteer to share a time when he/she did not tell the truth. Then walk through this protocol.
 - a. What occurred?
 - b. What 'lie' did you tell?
 - c. What were your reasons for not telling the truth?



- d. If you had it to do all over again, what would you have done and why do you answer as you do?
4. When each individual has completed his/her scenario, have them find one person to share with.

Debrief:

- What did you learn during today's activity?
- How might you use what you learned during your next family gathering?
- How might you use what you learned to change how you think about "Seniors"?



Every Monday Matters

February 27

No Fast Food

Background Information: Fast Food Facts

- \$120+ billion is spent every year on fast food compared to \$6 billion in 1970.
- 30% of children's meals consist of fast food.
- 24% of high schools offer popular fast-food brands.
- 1 in 5 children between the ages of 6 and 17 are overweight.
- There is a 79% likelihood of adult obesity if a person is overweight during adolescence.
- Large portions, value meals, and supersizing create serving sizes that are double and triple the recommended daily allowance.
- Billions of dollars are spent each year on fast food advertising specifically targeted at children.

What you will need:

- Crayons, colored pencils, markers

What You'll Do: (Guidelines for Healthy Eating)

1. Review the following Guidelines with the youth. Invite them to add additional suggestions.
2. Don't eat fast food today.
3. Start the habit of switching one fast food meal per week to a healthier alternative.
4. On days you do eat fast food, ask for the small size.
5. Never supersize your meal. The price and value may be tempting but your health pays the greatest price.
6. Plan your meals at least a few days in advance.
7. Go to the store and buy fresh or organic food.
8. Pack a healthy lunch or cook dinner at home today.
9. When you have reviewed these tips, have the youth create a poster to share with others about either **Fast Food Facts** or **Guidelines for Healthy Eating**.



Debrief:

- What did you learn during today's activity?
- How might you use what you learned when you are in school?
- How might you use what you learned when you are away from school?



Telling The Truth Chart

What occurred?	What 'lie' did you tell?	What were your reasons for not telling the truth?	If you had it to do all over again, what would you have done and why do you answer as you do?

