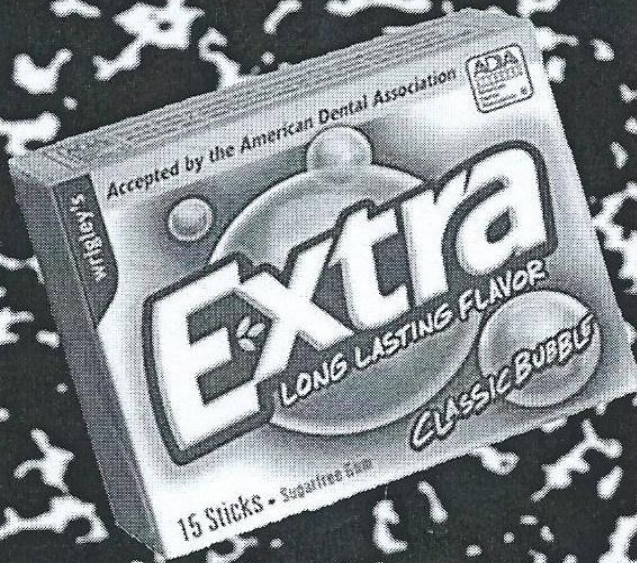


MIDDLE SCHOOL SURVIVAL GUIDE





IDENTITY

what do I do?

What can I do?

I don't know who I am?

Who are you

A lot of people don't know who they are

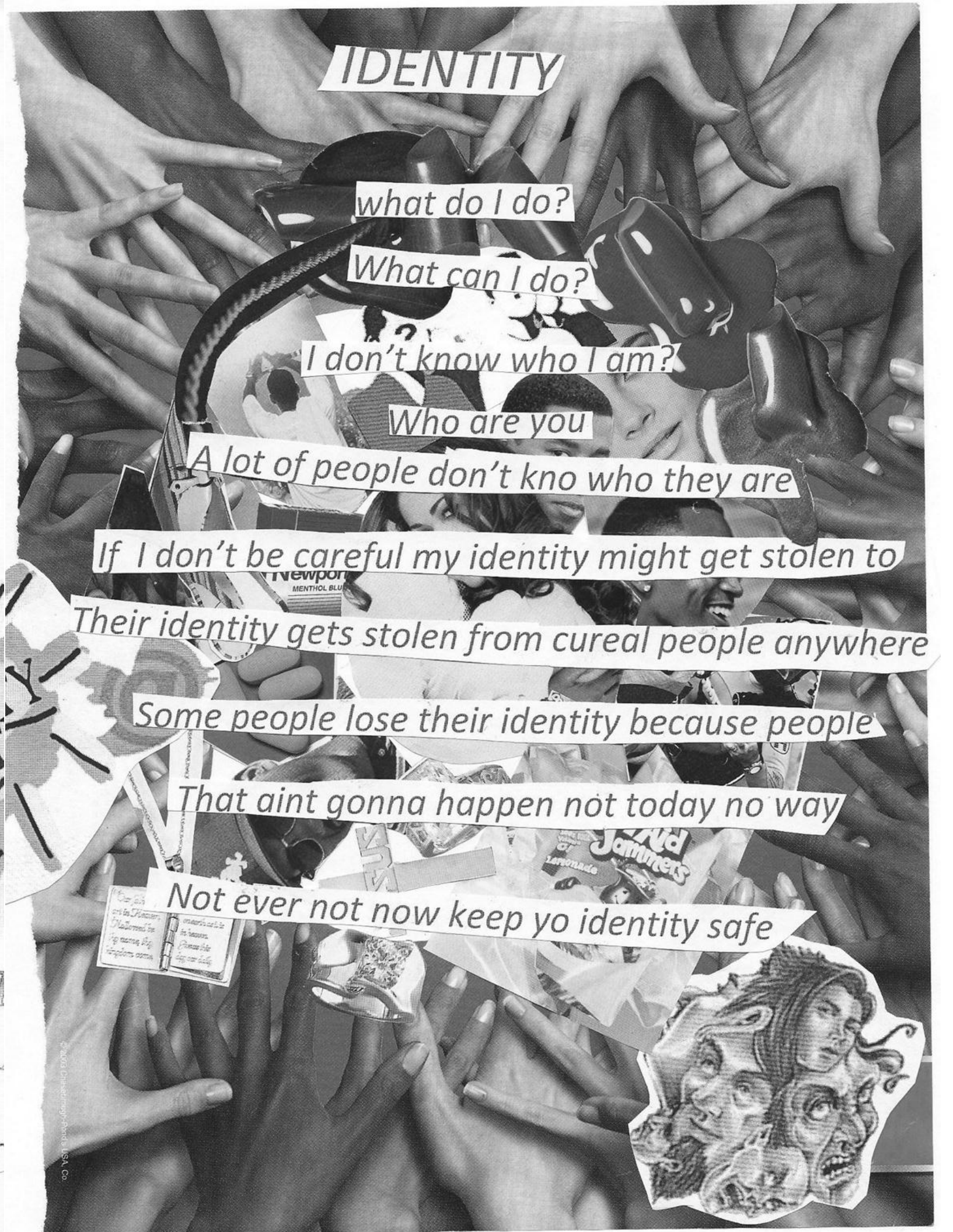
If I don't be careful my identity might get stolen to

Their identity gets stolen from cureal people anywhere

Some people lose their identity because people

That aint gonna happen not today no way

Not ever not now keep yo identity safe



Love

Relationships

YOU + ME = US

Relationship

There are teacher and student relationships but there not all good relationships.

Relationships sometimes can be complicated or sometimes they can be wonderful relationships



NOT all BF/GF relationships not always work out



people think that they have a great friendships but the truth is that there so call friends aren't as supportive as they once were

There are many types of relationships, there are family relationships, friendships, and boyfriend and girlfriend relationships.

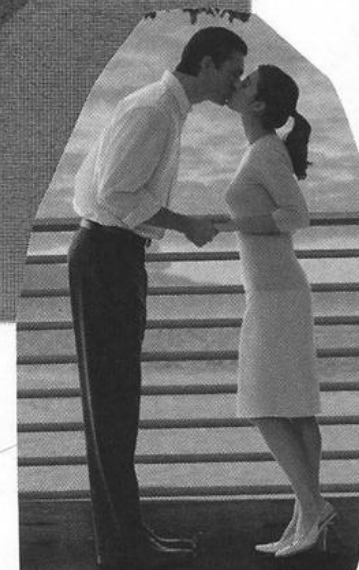


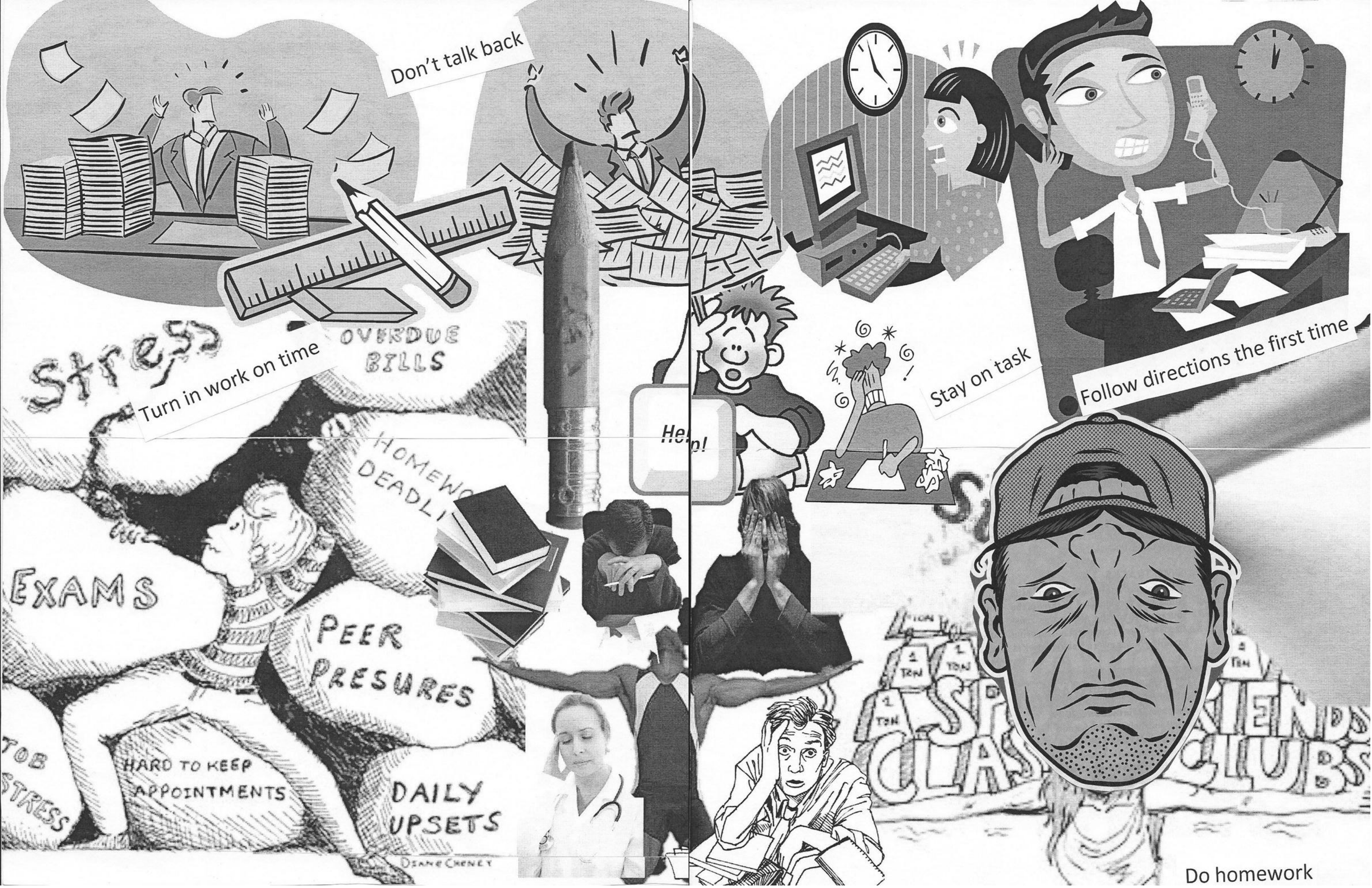
Family

True love isn't easy but it must be fought for because once its found it can never be replaced

LOVE

LOVE





Don't talk back

Stress

Turn in work on time

OVERDUE BILLS

HOMWORK DEADLINE

EXAMS

PEER PRESSURES

HARD TO KEEP APPOINTMENTS

DAILY UPSETS

TOB STRESS

DEANE CRENEY

Help!

Stay on task

Follow directions the first time

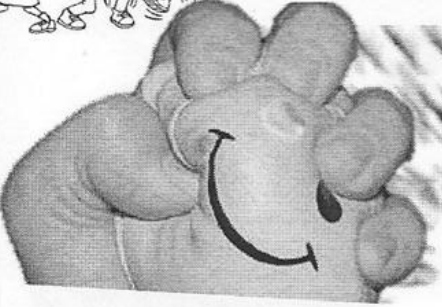
Do homework

STRESS

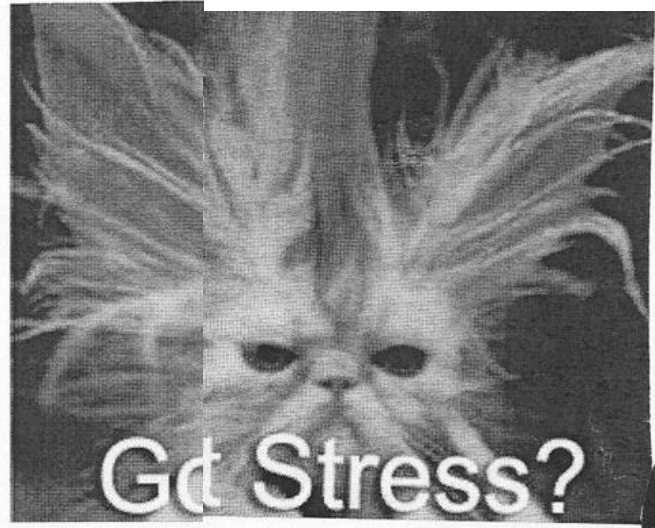
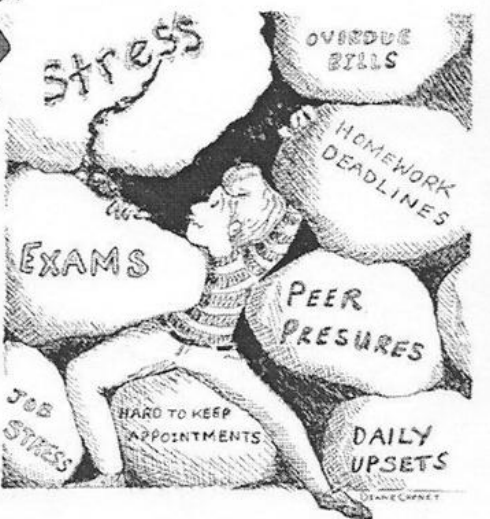
CLUBS

STRESS

STRESS FREE ZONE

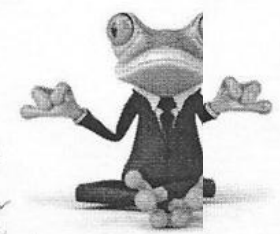
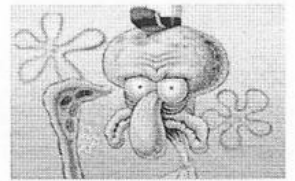
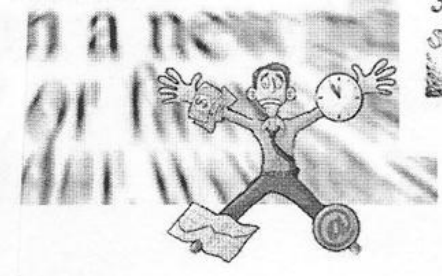


for the stress

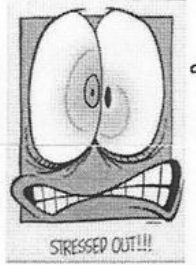


Get Stress?

STRESS

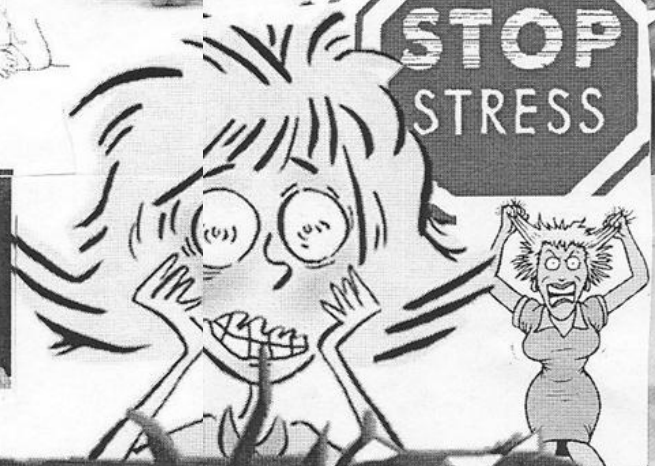


So don't stress, don't cry. We don't need no... Just take my hand.



Dear Stress, let's break up.

Stress Relax



ways to relieve stress

Listen to music

Exercise

Drink tea

Call a friend

Eat right

Talk yourself through it

Laugh it off

Be Mindful

Breathe easy



STRESS

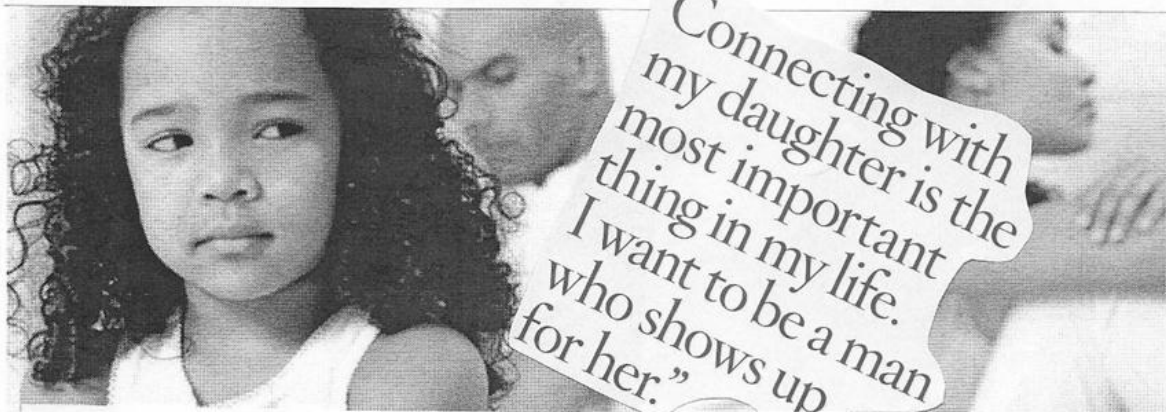
STRESSED ~~STRESS~~



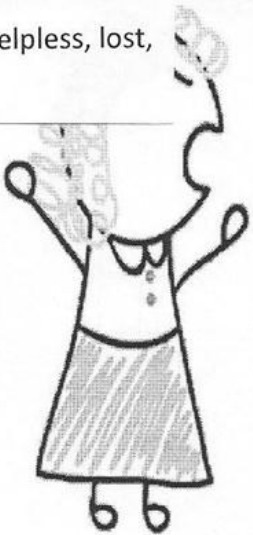
NATURAL STRESS RELIEF



- In this world there has to be a beautiful family that has difficult time. You may feel helpless, lost, mad, and confused.



"Connecting with my daughter is the most important thing in my life. I want to be a man who shows up for her."



- Family members are the most trustworthy, helpful people on the earth. We may argue with them, but matter in fact they are the most important people in our lives.

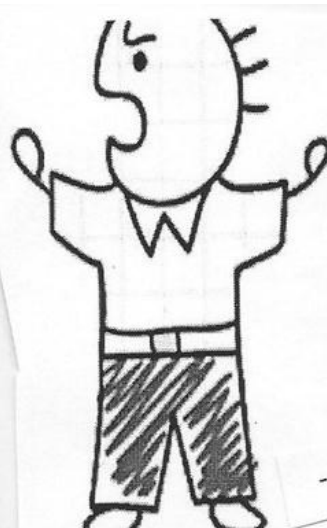
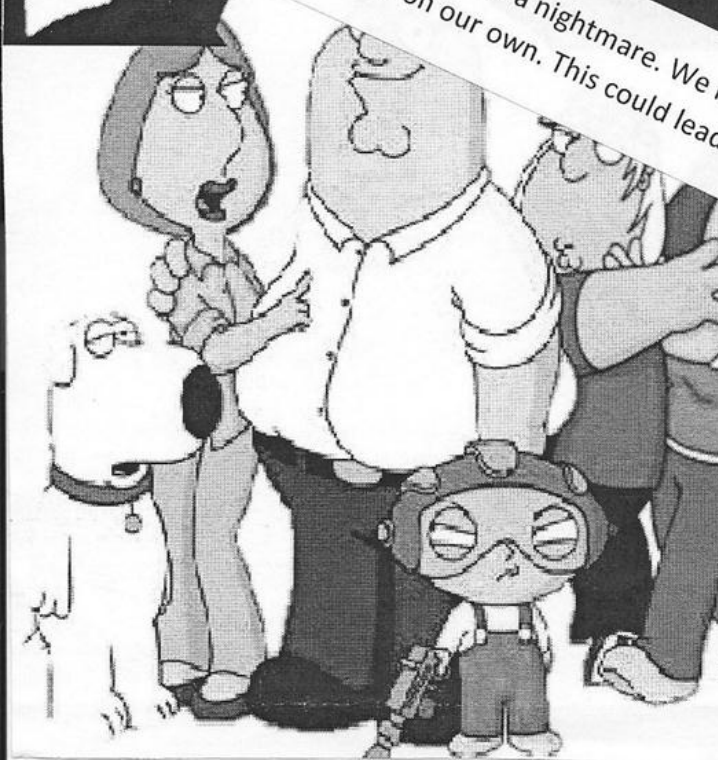
Everybody's family has problems.

Greg Kinnear

FAMILY

- After a divorce, things could become a nightmare. We need to start worrying about jobs, debt, money, etc. We need to start doing it on our own. This could lead to disappointment & stress.

"If someone isn't open to giving you pleasure, then I'd say you're probably with the wrong person."



screaming

Big Trouble

- They should be a source of love and support.

HOME

Issues,

"The only way to limit the regret we feel for our inadequacy toward one another is consistent and imaginative respect."

- Family doesn't always have to get along all the time. They're always gonna be problems in your family life. Many things can lead to conflict, such as illness, disability, addiction, job loss, and school

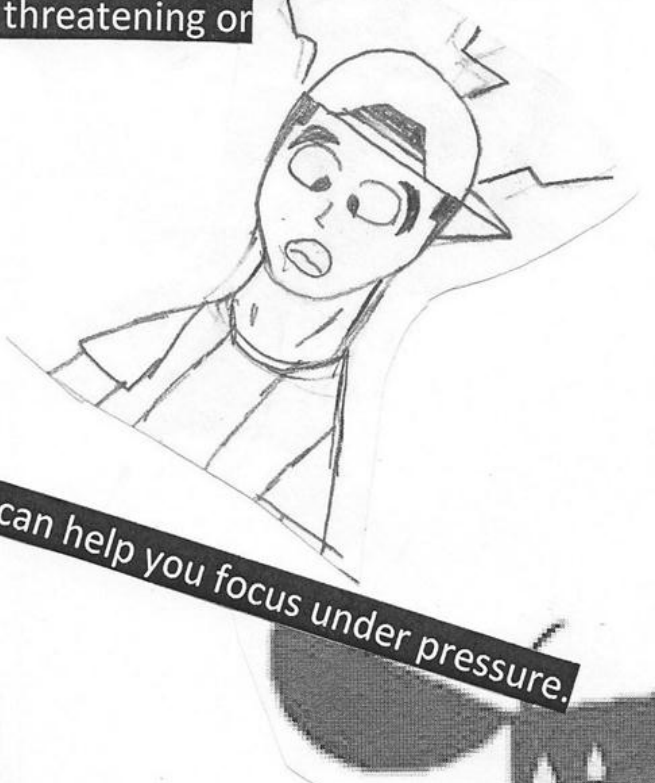


physical

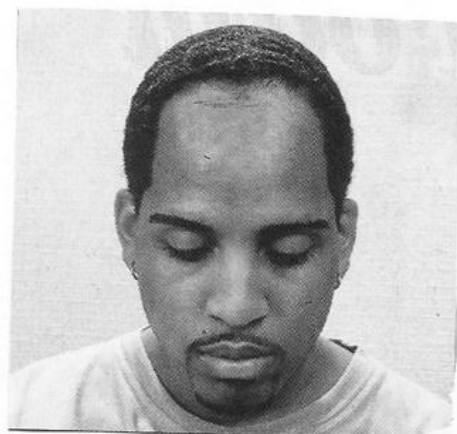
Stress is a physical response because of something threatening or upsetting your body.

It's important to know when your stress gets out of control, especially in middle school.

If you're too stressed out, it helps to talk to a teacher about why. Why you're stressed.



Stress is not always bad. It can help you focus under pressure.

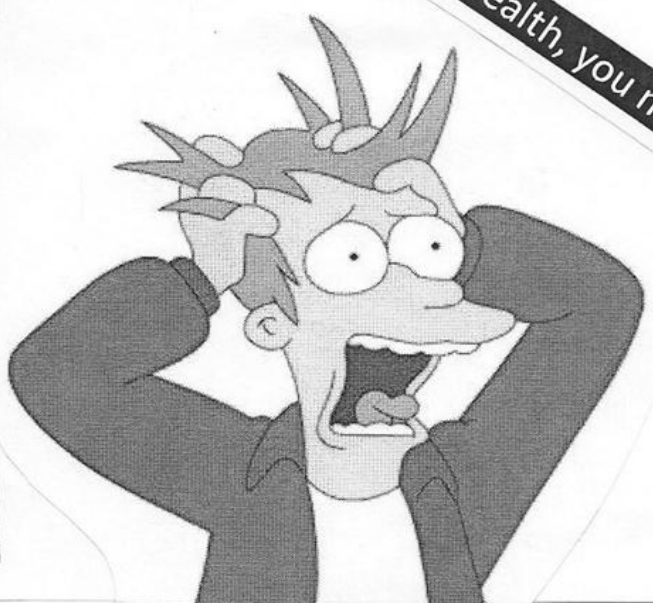
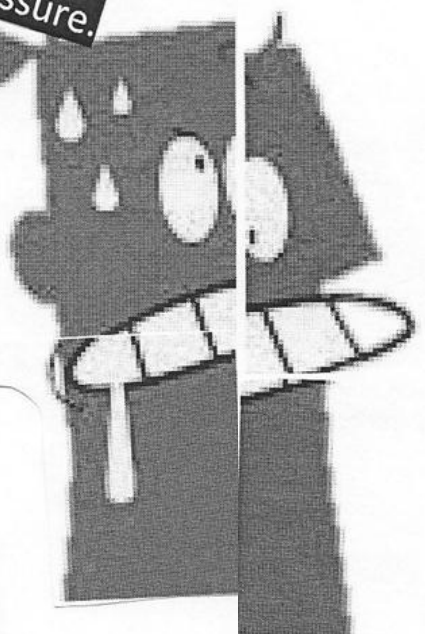
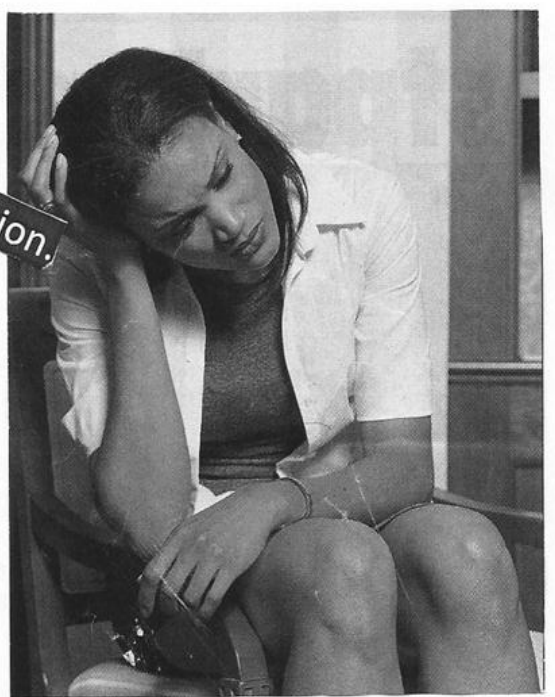
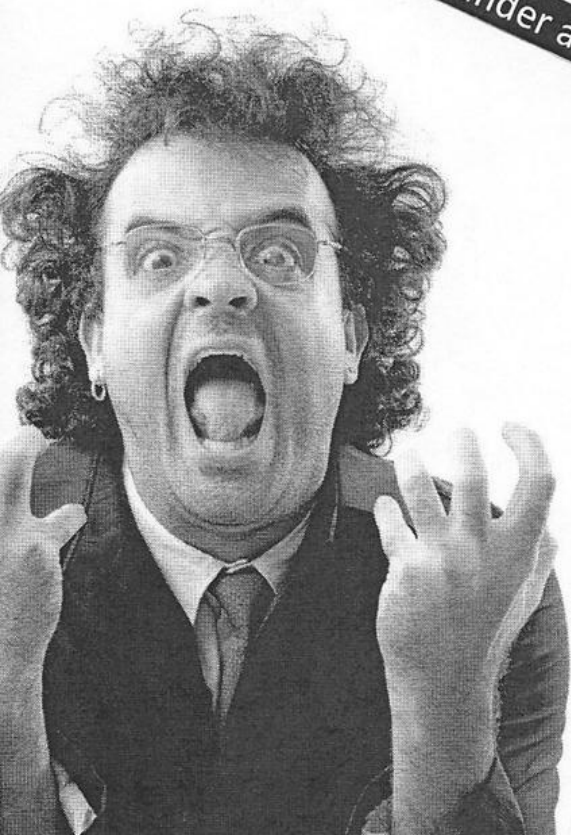


However, stress can reach a point where it stops being helpful and can damage your health and life.



While it may be affecting your health, you may not even realize it.

It can sharpen your senses under a serious situation.



Stress is just a part of middle school so don't worry about.

FAMILY ISSUES

Family Issues :

Parents getting divorce

Kids arguing with their parents

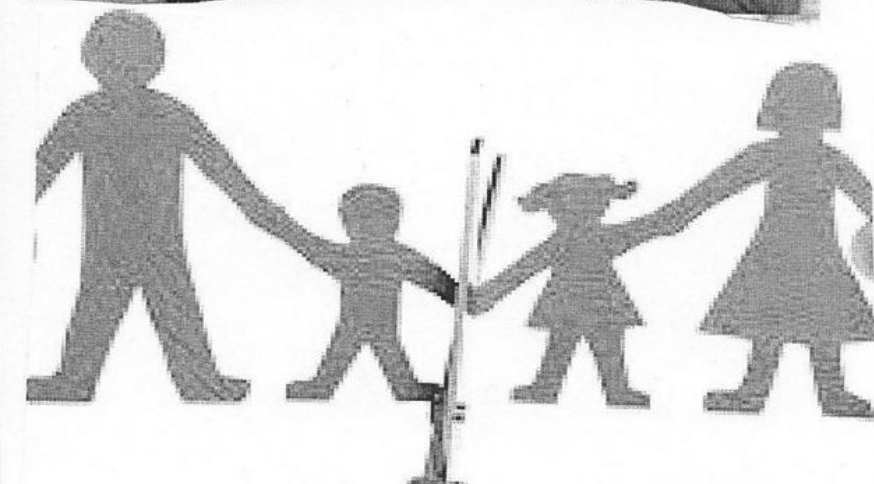
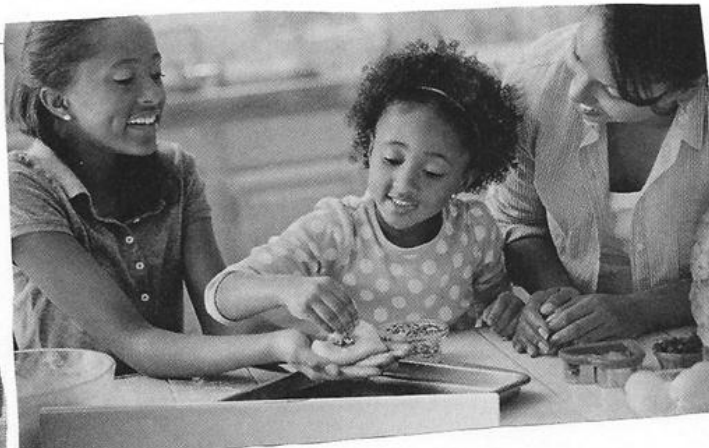
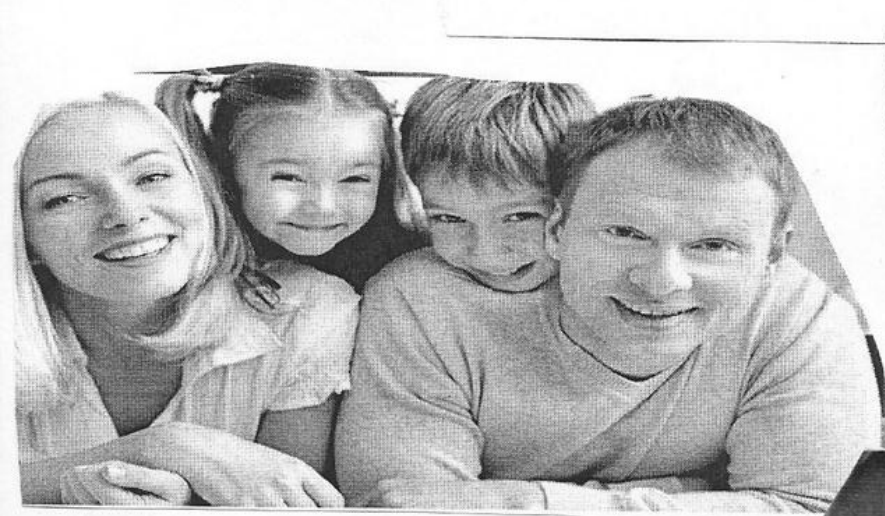
New stepmom/stepdad

How to deal with family issues

1. You can talk to your family about how you feel
2. Find someone outside of the conflict to confide in
3. Try to compromise with the relative you have trouble with
4. If you're having family issues you should consider Family therapy

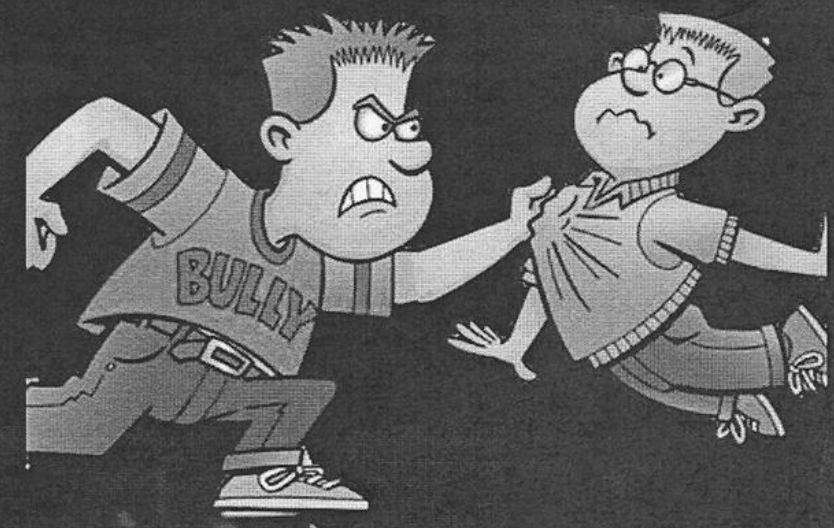
For more help visit: www.goodtherapy.org/therapy-for-family-problems.html

<https://www.solvefamilyproblems.org/>



**STOP
BULLYING
NOW!**

Bullying will soon become this.
Please help stop this, before bullying gets worst.

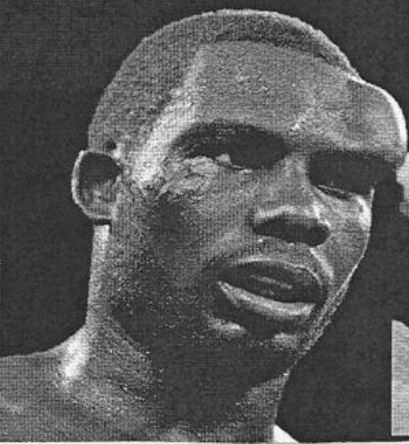
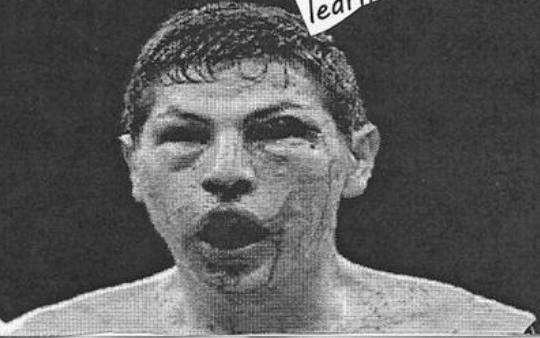
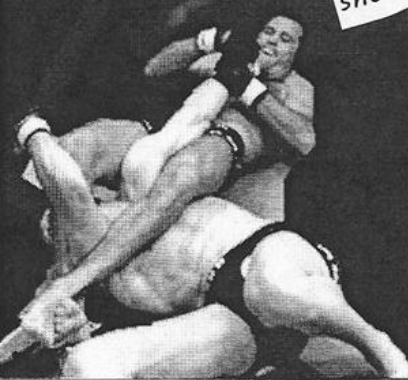


Bullying behaviors happen more than once or have the possibility to happen more than once.

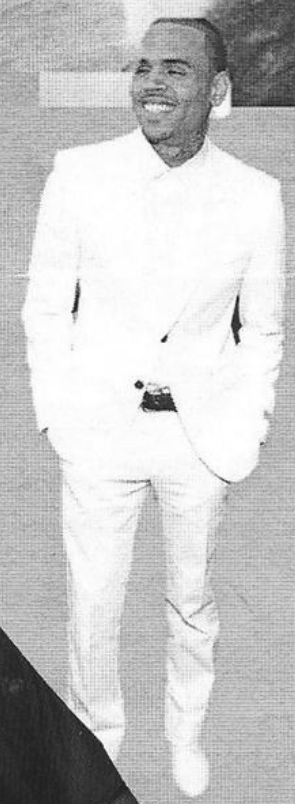
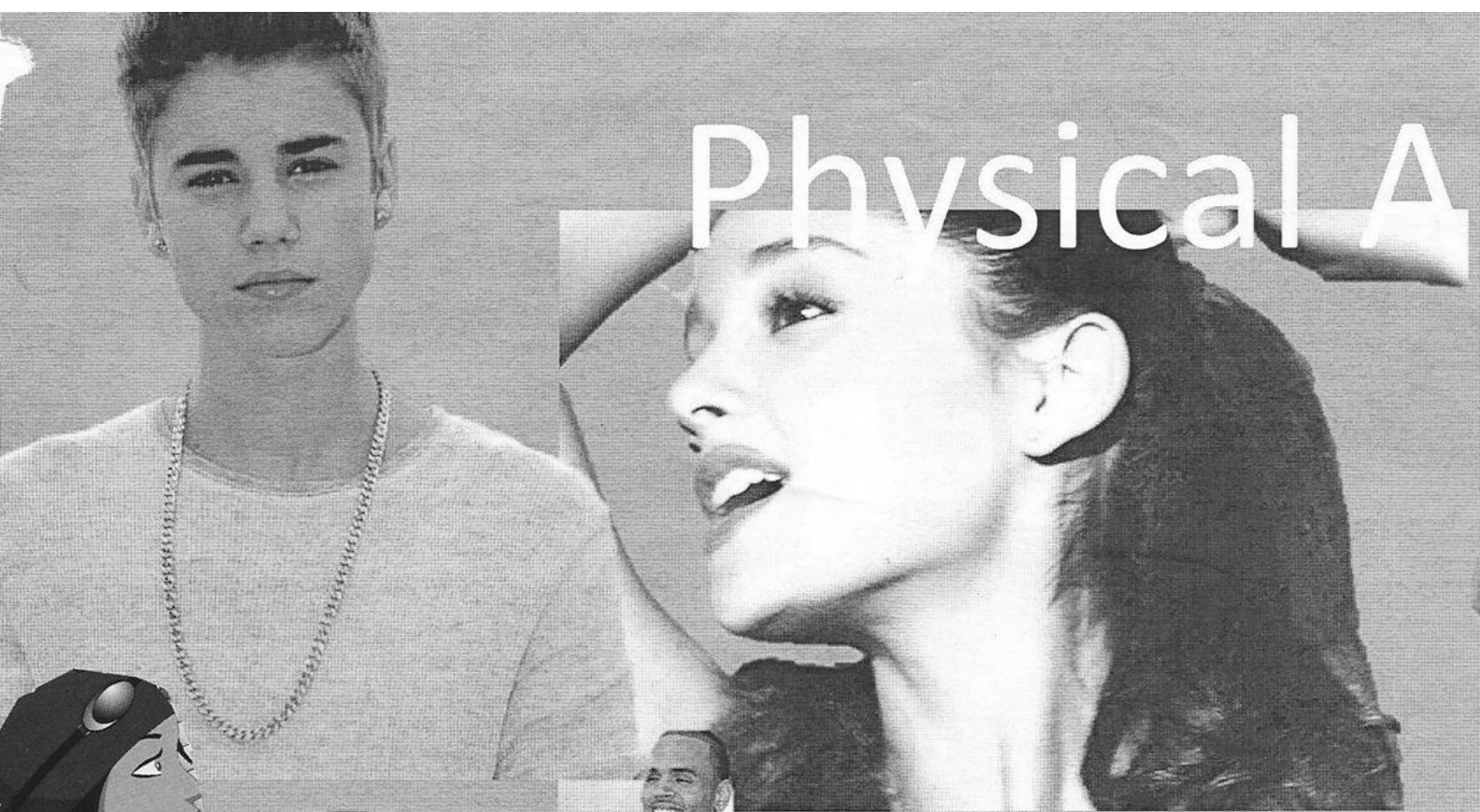
If your child is the victim of bullying, he may suffer physically and emotionally, and his schoolwork will likely show it.

Bullying can threaten students' physical and emotional safety at school and can negatively impact their ability to learn.

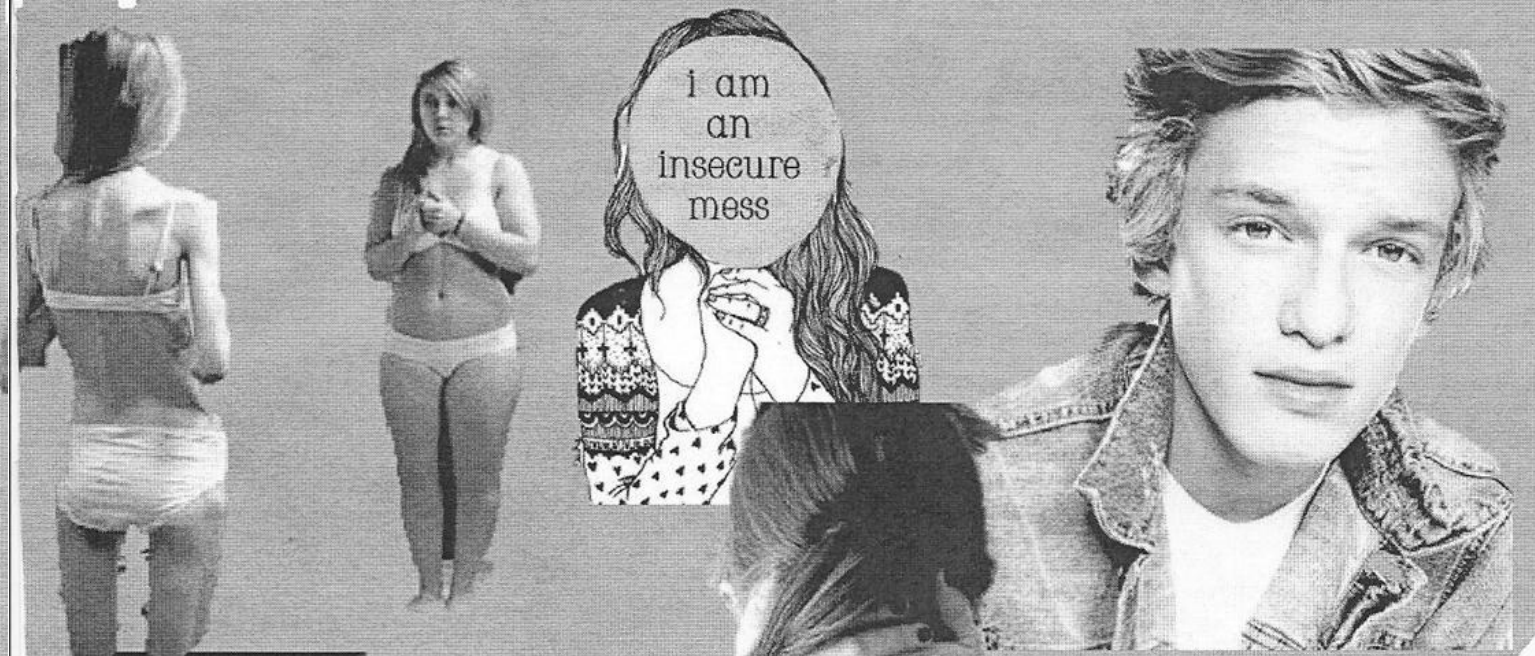
Teasing becomes bullying when it is repetitive or when there is a conscious intent to hurt another child.



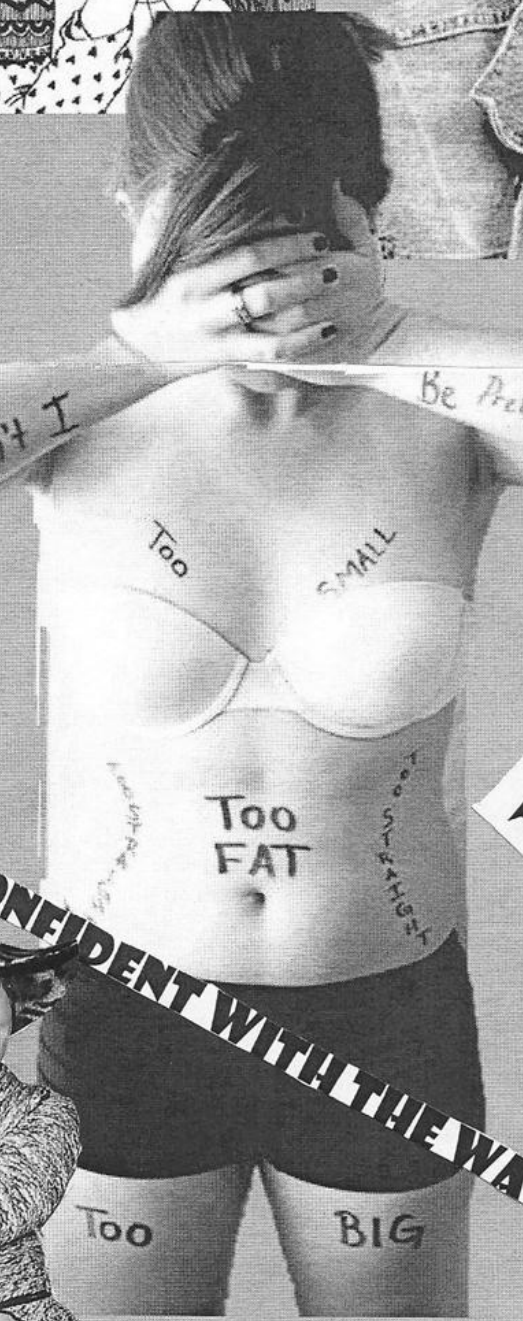
Physical Appearance



YOU'RE PERFECT IN GOD'S EYES

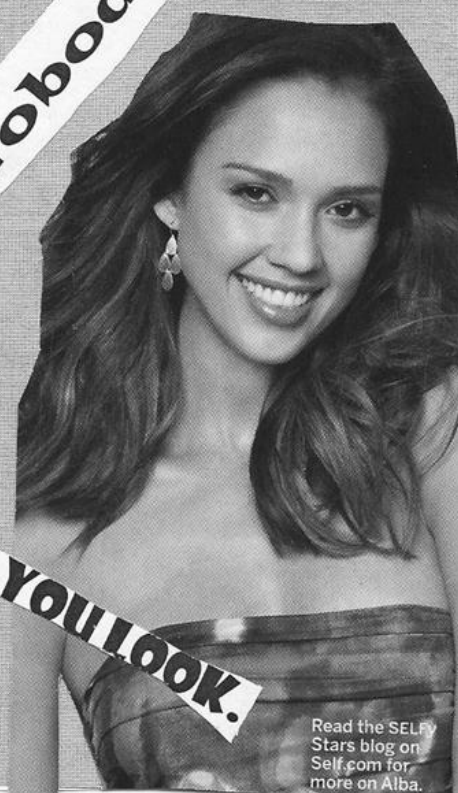


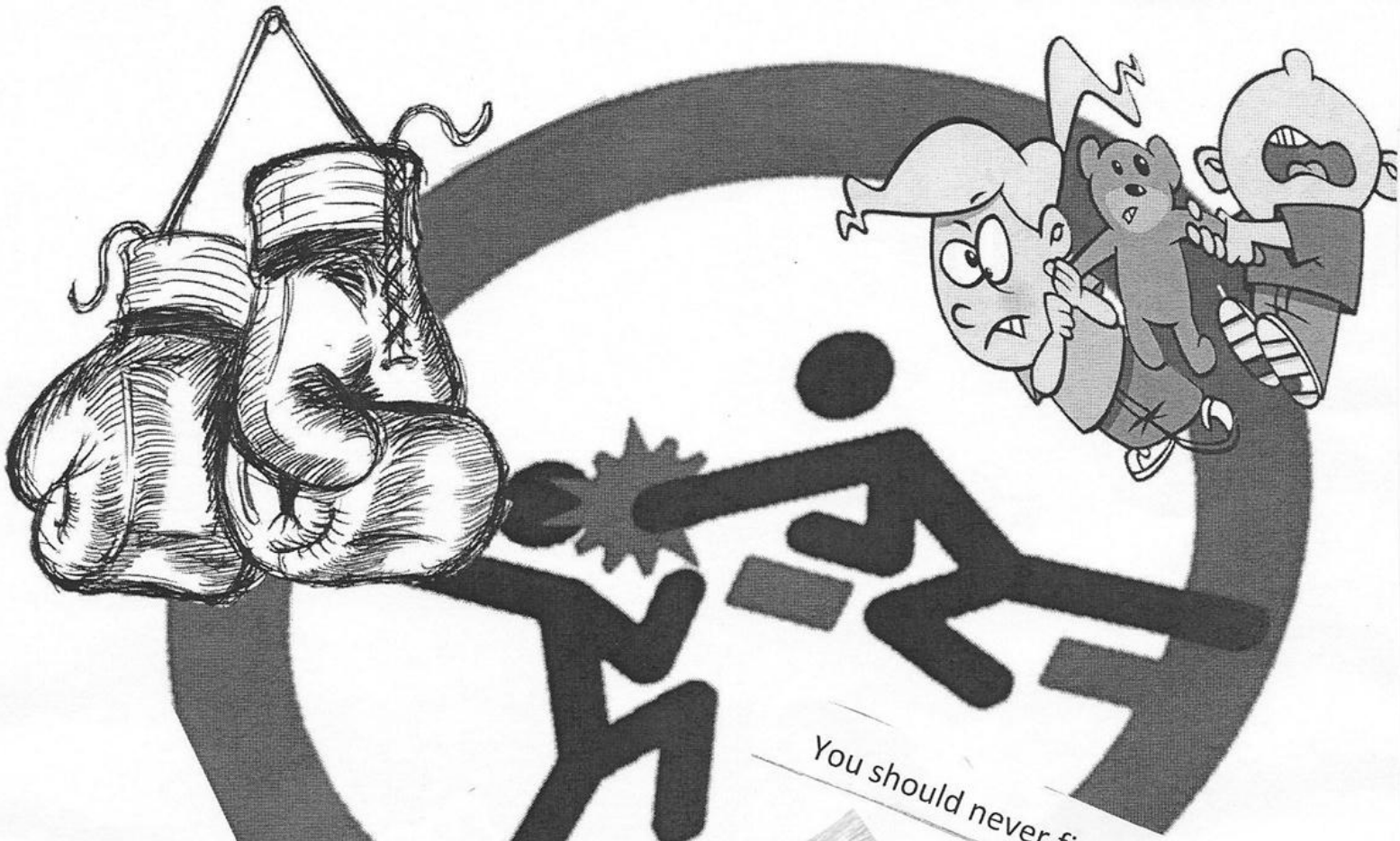
Why Can't I Be Pretty Too?



Nobody's perfect

BE CONFIDENT WITH THE WAY YOU LOOK.





Fighting can lead to injuries.

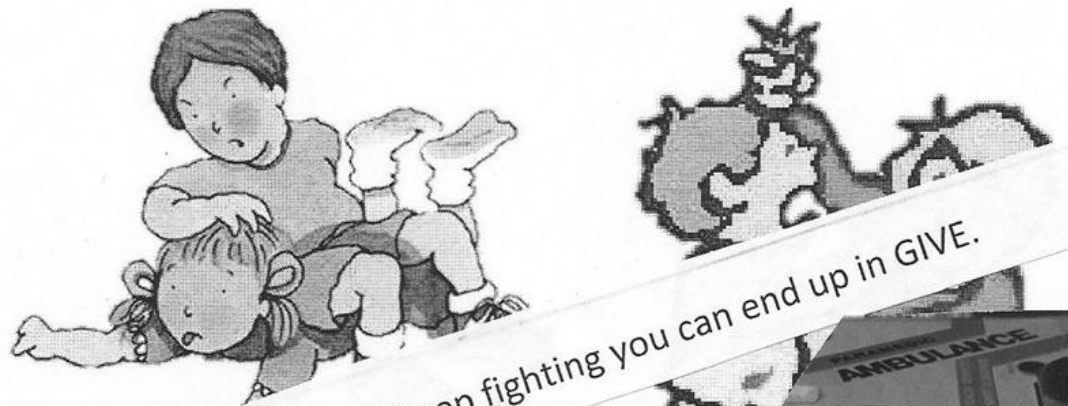
FIGHT

You should never fight to look cool or fit in.

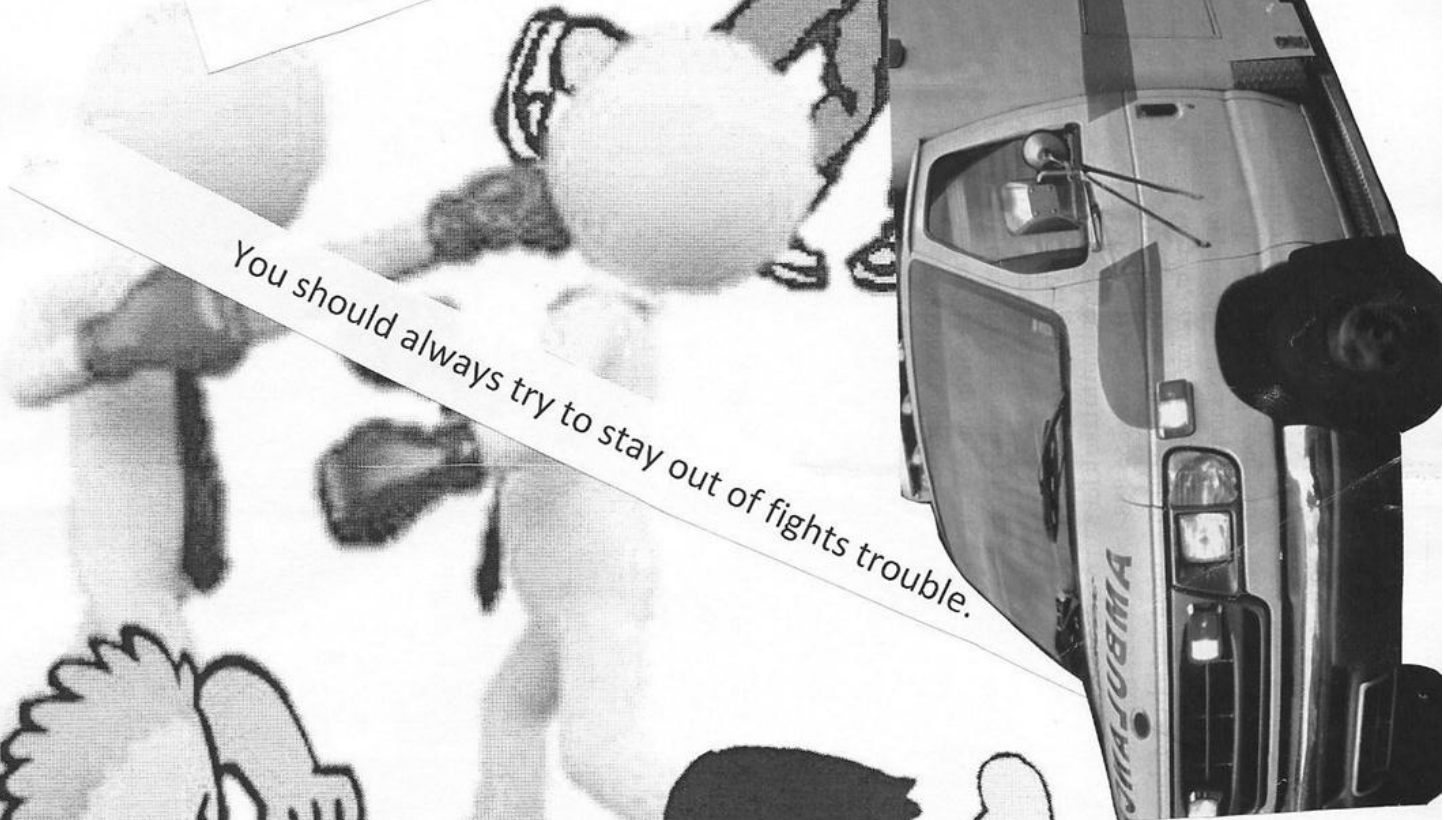


INJURY

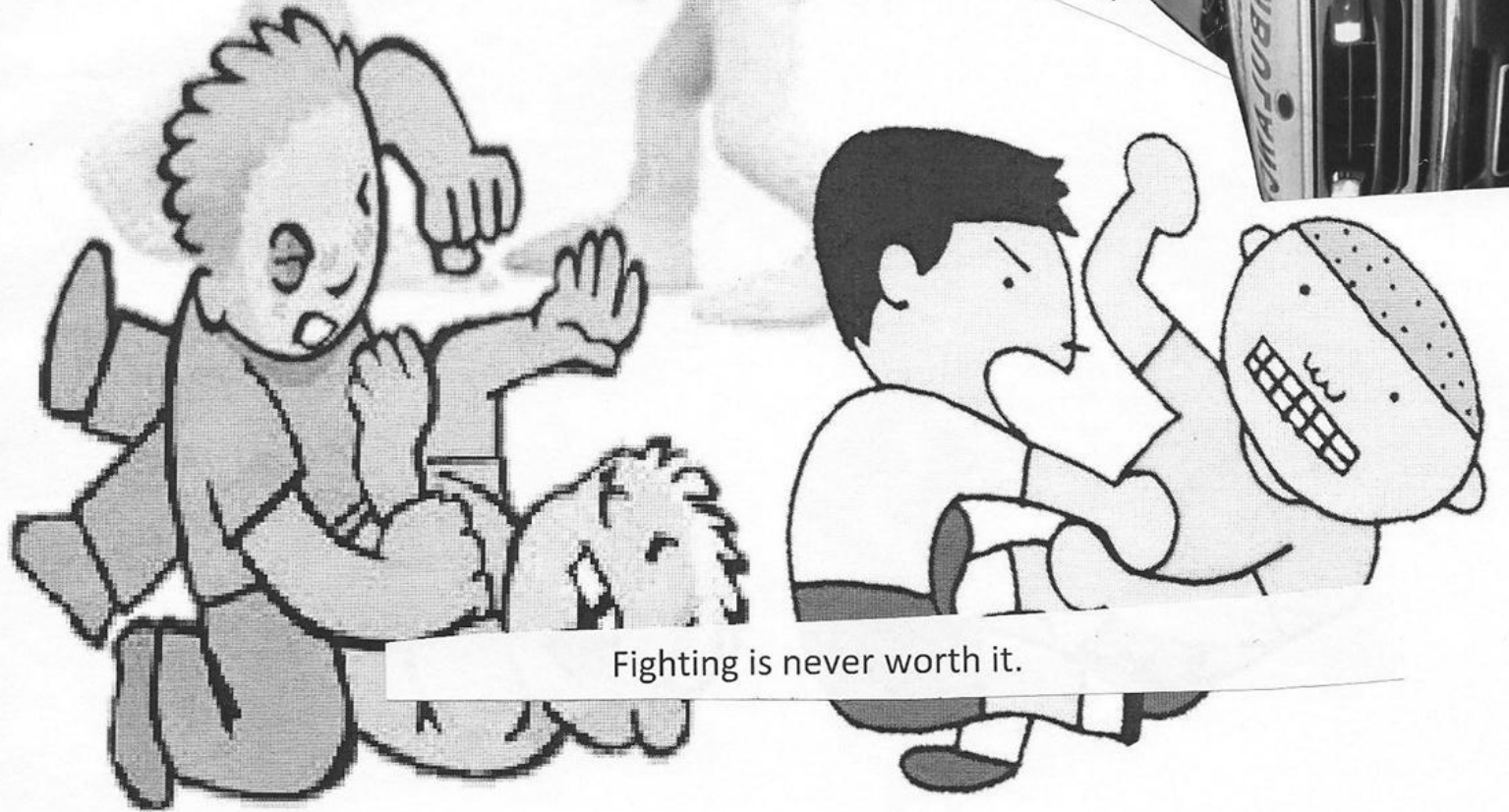
Fighting will lead to a lot of drama.



If you keep fighting you can end up in GIVE.

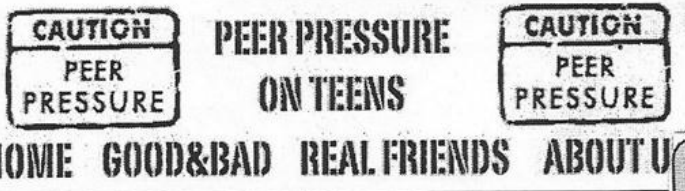
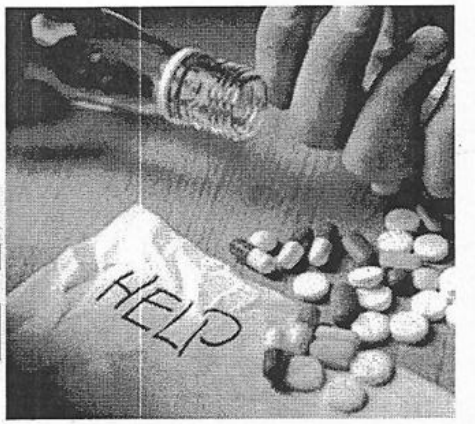
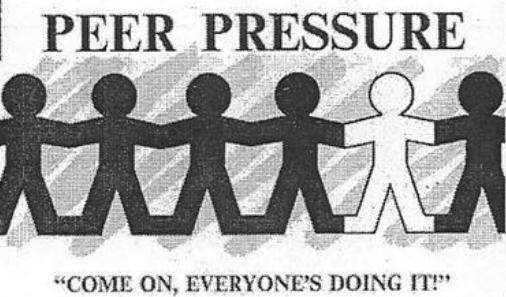
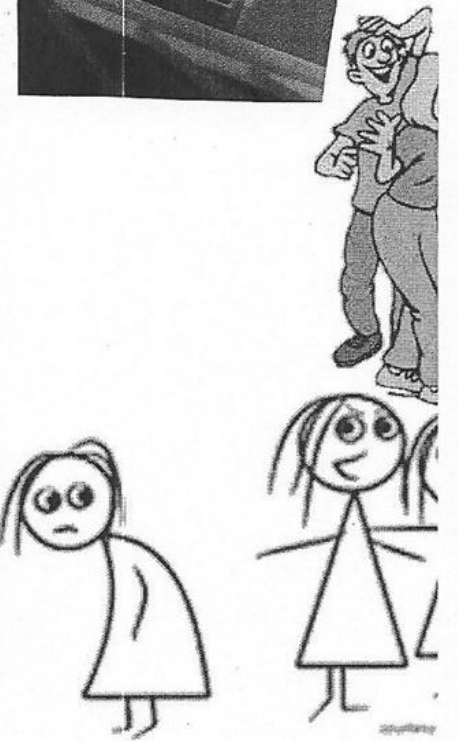
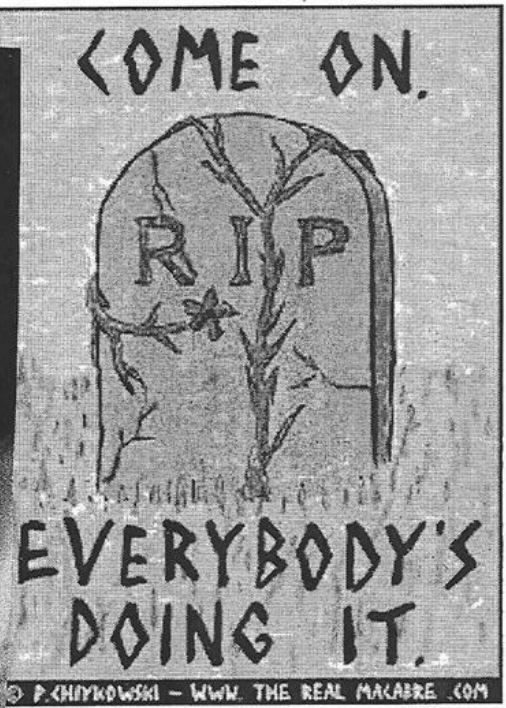
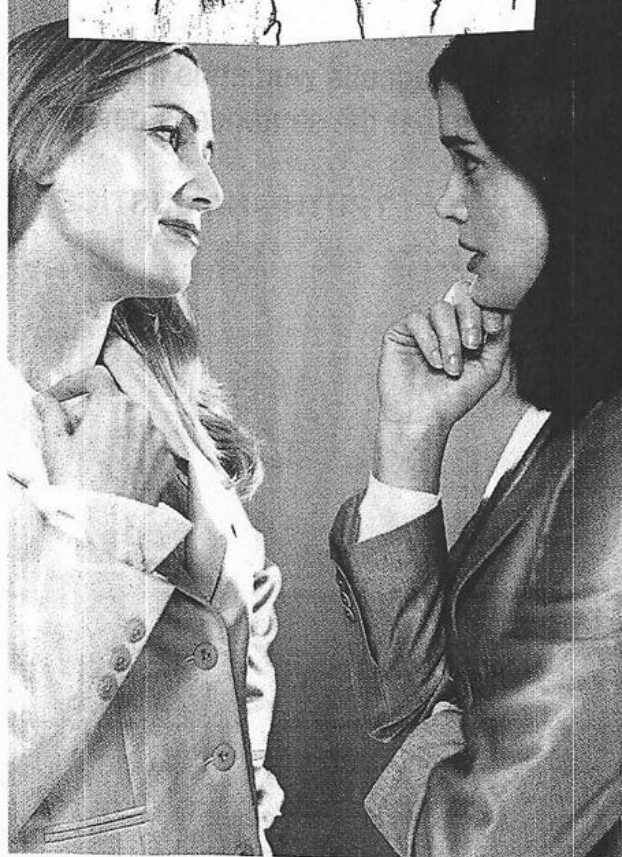
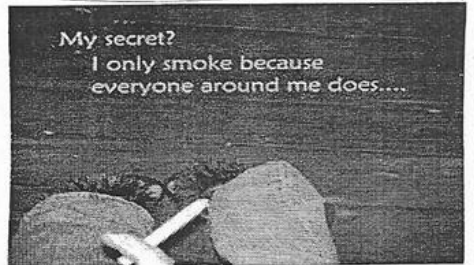


You should always try to stay out of fights trouble.

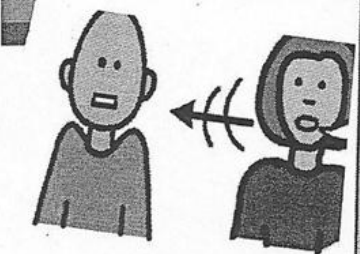
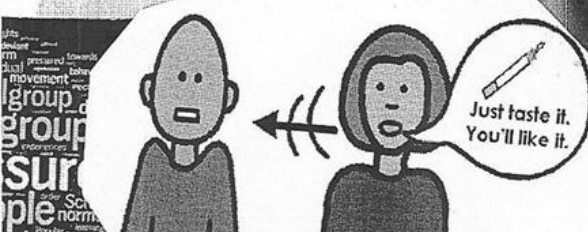
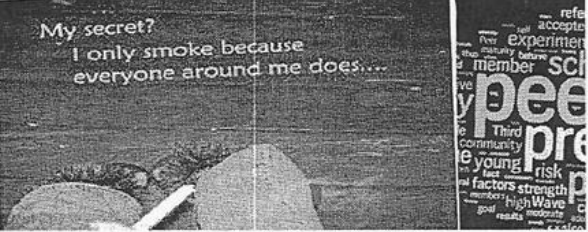
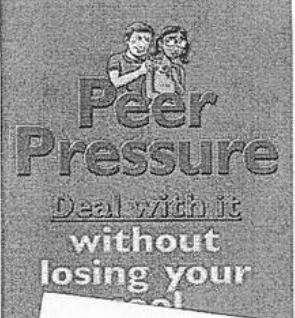
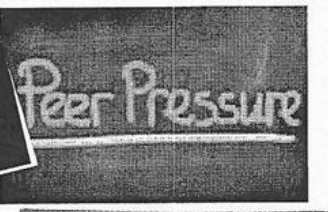
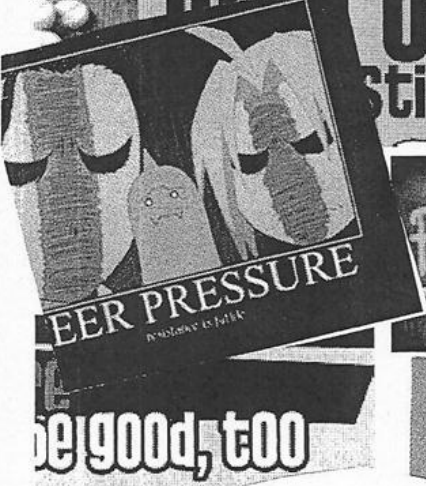
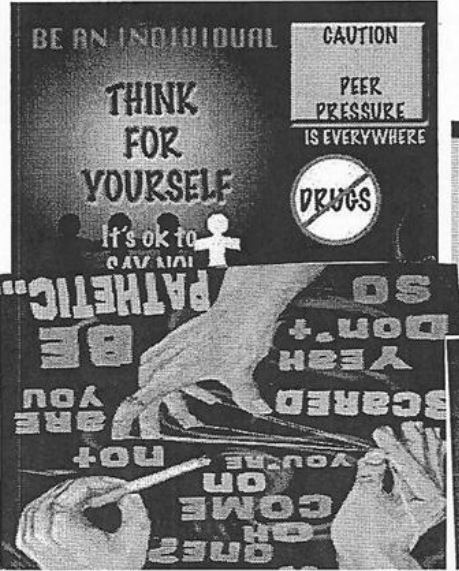


Fighting is never worth it.

Peer Pressure



the young teen's place for ideas on alcohol testing peer pressure



Apperance can show your

• Be You!

• Confidence

• Your choice

emotion, your tradition,

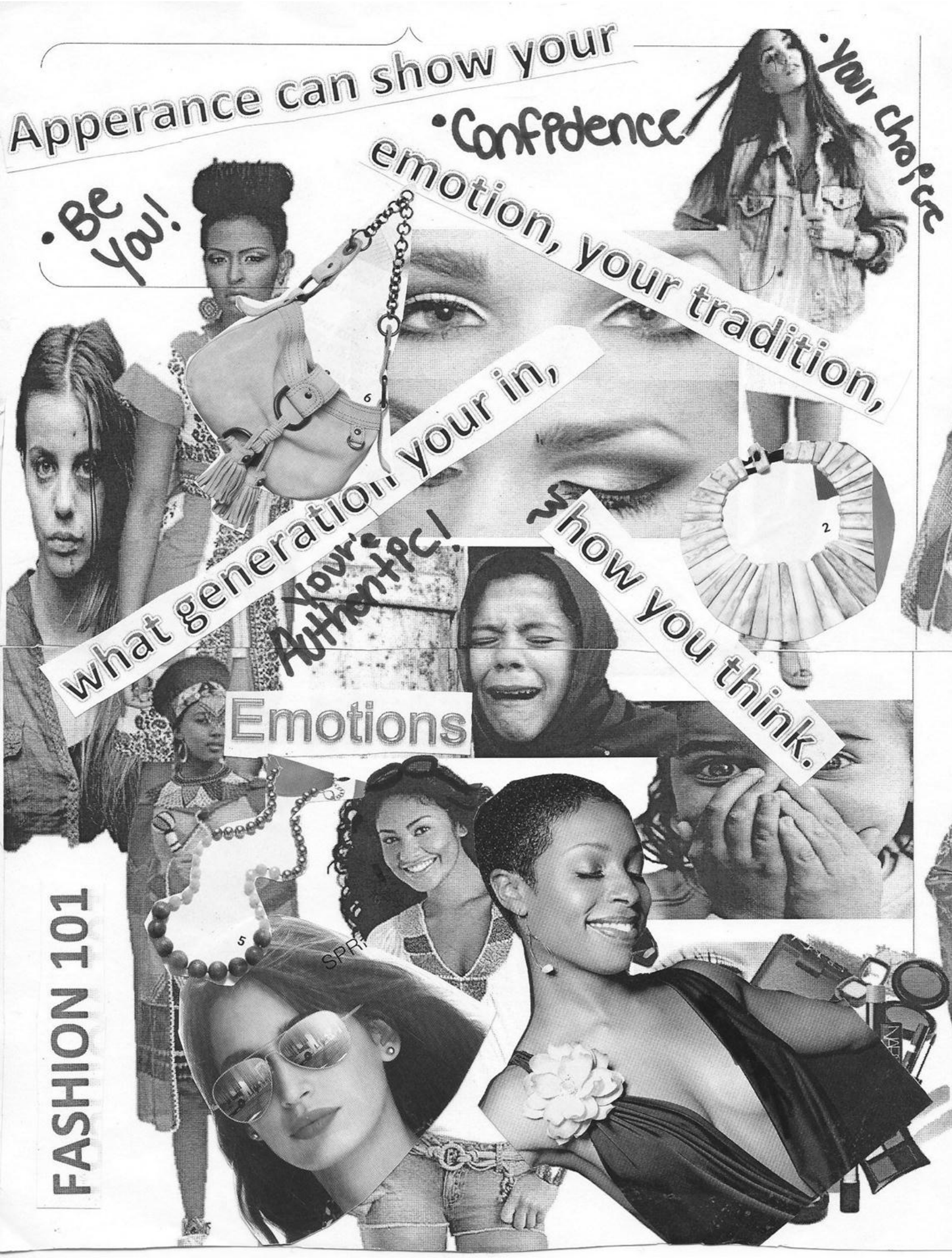
what generation you in,

Authentic!

Emotions

how you think.

FASHION 101



Apperance

• you can make a Difference

DISPLAY

Physical appearances is you, your personality

What you're interested in, your background and

How you express yourself, your confidence,

most of all your taste.

COVER UP!

tradition

Fashion Buzz



* ~ Identity ~ *

Relationships



THE BEST YOU IS THE REAL YOU.

TO SURVIVE MIDDLE SCHOOL YOU WILL NEED TO HAVE SOME IDEA OF WHO YOU ARE.

Interests

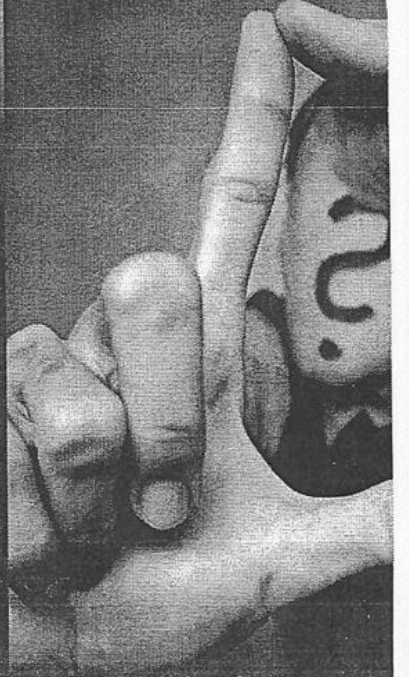
Goals

WHO

Mind Set

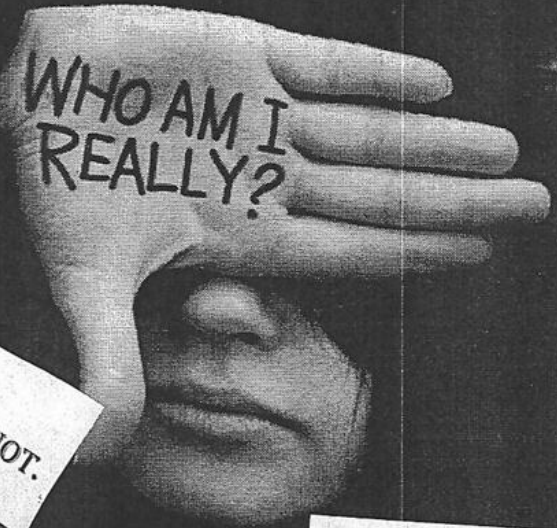
DON'T BELIEVE WHAT OTHER PEOPLE SAY ABOUT YOU BECAUSE YOU KNOW WHO YOU ARE.

DON'T LET ANYONE TELL YOU WHO YOU ARE.



YOU NEED TO REMEMBER WHO YOU ARE AND STICK TO IT.

JUST BE YOURSELF AND DON'T TRY TO BE SOMETHING YOU'RE NOT.



Personality

Attitude

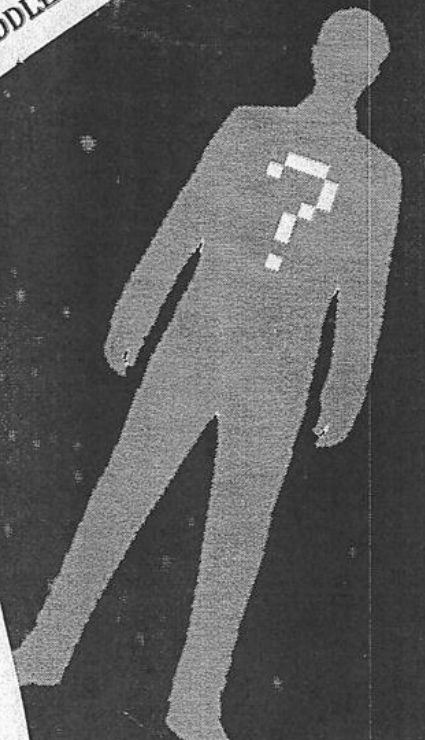
AM I?

Appearance

IF YOU REMEMBER WHO YOU ARE WHILE IN MIDDLE SCHOOL YOU WILL SURVIVE.

Culture

PEOPLE CAN BE FAKE AND WILL TRY TO MAKE YOU SOMETHING YOU ARE NOT!



YOU WILL ENCOUNTER MANY PEOPLE AND THEY WILL EITHER LIKE YOU FOR YOU OR TRY TO CHANGE YOU.