

# Index

## A

abstinence from sex, 322–323  
 abuse, 138  
 acceptance, 255–264. *see also*  
   judging others, tolerance  
 acid rain, 354  
 action, equal and opposite reac-  
   tion, 299, 302  
 addiction, 311  
 admirable qualities, 357–359  
 African-Americans  
   judgments of, 343–344  
   unfair treatment, 240–241  
 alcohol. *see* drinking  
 ancestors, 93–94, 96–97  
 anger, 266–272  
   managing, 270–271  
 anorexia nervosa, 38  
 apologizing, 90, 245–153. *see also*  
   forgiveness  
 appearance, 35–37, 41  
   care for, 132  
 arguments, 138–139  
 art, and happiness, 171  
 attitude  
   and actions, 30–31  
   good/bad, 24–27, 30  
   of gratitude, 23–31

## B

bad cycles, stopping, 140–142  
 Beethoven, Ludwig von, 138  
 being  
   different, 258–259, 340 (*see*  
     *also* diversity, same vs.  
     different)  
   left out, 256–257  
   mean (*see* meanness)  
   wrong, 191

  your best, 355–360  
 blame, 62  
 body language, and respect, 131  
 body, care of, 62–63  
 boredom, overcoming, 71–72  
 bulimia, 38

## C

care of  
   appearance, 132  
   Earth, 347–354  
   heart, 19–20  
   mind, 63–64  
   personal belongings, 348–349  
   self (*see* self)  
 career(s), from hobbies, 74  
 change begins with you, 62  
 character, 22, 43–44, 49  
   cornerstones, 147–219  
 Child Protective Services agencies,  
   142  
 choices  
   and your values, 300  
   flip side, 302  
   making, 297–305 (*see also* deci-  
     sion-making)  
 cigarette smoking. *see* smoking  
 Civil Rights movement, 240–241  
 clothing, 6–11  
 colorblind. *see* racism  
 compassion, 197–202  
   in action, 199–202, 356  
 condoms, 329, 335  
 conscience, 159, 187–196. *see also*  
   morality  
   and children, 190–191  
   and happiness, 192–193  
   ignoring, 193–196  
   well formed, 188–189  
 conservation of resources, 352

Constitution of United States, 341  
 control of your life, 61–62,  
     300–301, 304  
 courage is contagious!, 208–209  
 cowardice, 210, 212  
 crushes. *see* infatuation  
 Cuba, parents, 104  
 cultural values. *see* values

## D

dating, in groups, 331  
 decision-making, 114–115  
     how to do, 114–115, 302–304  
 decisions  
     about kind of person you will  
       be, 299–300  
     about sex, 331  
     effect on future, 301–302  
     good/bad, 304–305  
     tough, 301–302, 304  
 descendants, 96–98  
 different. *see* being different, same  
     vs. different  
 dishonesty, 157, 178–180. *see also*  
     honesty  
 disloyalty, 120–121  
 disrespect, 128, 131–132  
 diversity, 337–346  
 divorce, 320  
 Douglass, Fredrick, 143  
 dreams, 17, 53–55, 58, 60  
 drinking  
     consequences of, 308  
     should you “just” try?, 310  
 drugs/drug abuse. *see* drinking,  
     marijuana use, smoking,  
     substance abuse, substance  
     use

## E

Earth  
     care of/responsibility for,  
       347–354  
     future of, 353–354  
 embarrassment, 287–289,

293–294, 296  
 emotional abuse, 138  
 empathy, 197–202  
 encouragement, words of,  
     278–279, 282  
 environment, protection of,  
     352–354  
 everyday heroes, 355–356,  
     359–360  
 exaggerating, 178–180, 184. *see*  
     *also* lying, talking big  
 explosive anger, 268  
 expressing anger, 267–268, 270

## F

failure, 55  
 fairness, 235–243  
 family, 77–145. *see also* parents,  
     siblings  
     acting like a royal family,  
       95–96  
     as your first school, 92–93  
     definition of, 91, 98  
     difficulties, 137–144  
     helping each other, 92, 98  
     loyalty from, 125  
     respect for, 129–130  
     roles, 93  
     traditions, 92, 97  
     tree, 94–95  
 fashion. *see* clothing  
 fear, 206–208. *see also* courage  
 fearlessness, 209–210  
 feeling(s)  
     being high (from substances),  
       309  
     holding bad feelings in,  
       252–253, 268  
     honesty about hurt feelings,  
       250–251  
 forgiveness, 90, 245–253. *see also*  
     apologizing  
 freedom  
     and responsibility, 114, 117  
     with sexual abstinence, 334  
 friends, 213–219. *see also* peers

acceptance and judgment, 259  
 choosing, 260  
 qualities of, 214–215, 218  
 understanding, 216–218  
 future  
   effect of decisions, 301–302  
   parents' thoughts on your  
     future, 106–107

## G

generalizations, 262–263  
 gift to yourself (gratitude), 29–31  
 goals, 53–60  
   and responsibility, 115  
   and substance use, 312  
   long-term/short-term, 54, 59  
 going against the crowd. *see* peer  
   pressure  
 gossip, 277–278, 282  
 gratitude, 23–31  
 growing up, 296  
   and making choices, 297–305

## H

habits, 43–51  
   good/bad, 44–46, 49–51  
   new, 47–48, 50  
 handicapped, acceptance of, 257  
 happiness, 169–174  
   and conscience, 192–193  
   from within, 169–170, 173–174  
 heart  
   care of, 19–20  
   having a big heart, 200  
   part of you, 19–20  
 helping  
   at home, 112–114, 116–117  
   others, 202, 241 (*see also* com-  
     passion)  
 heroes. *see* everyday heroes  
 hobbies, 69–72, 74–75  
 home life, tough situations,  
   137–144  
 honesty, 90, 177–185. *see also* dis-  
   honesty

about hurt feelings, 250–251  
 and disloyalty, 120  
 definition, 178  
 importance of, 183–184  
 payoffs, 181–182  
 human rights, 342, 345  
 hurt, through nasty words,  
   275–282

## I

I can't do it!, 55  
 independence, 112–113, 117  
 infatuation, 317–320, 323–324  
 injustice, 240–241, 243  
 inner  
   beauty, 37, 40, 42  
   peace, 174  
   voice (*see* conscience)

## J

jealousy, 90  
 Jennings, Joseph, 343–344  
 jobs, ideal future, 17  
 judging others, 259–263  
   based on looks, skin color, reli-  
     gion, wealth, 242, 256,  
     339–340

## K

Keller, Helen, 143  
 kidding. *see* teasing  
 kindness to others, 257–258, 263  
   through words, 275–282  
 King, Martin Luther, Jr., 240–241,  
   345  
 knights' code of honor, 165–166  
 know-it-alls, 280–281  
 Korea, parents, 104

## L

learning from pain/struggle,  
   143–144  
 left out. *see* being left out

Lewis, C.S., 191  
 lies. *see* lying  
 life  
     control of/in your own hands,  
       13–14, 61–62  
 Lincoln, Abraham, 143  
 listening with understanding,  
     198–199, 202–203  
 looks. *See* appearance  
 love, 315–325  
     failure of, 320–321  
     vs. infatuation, 318–320, 324  
 loyalty, 90, 119–125  
     and relationships, 125  
     self quiz, 122–124  
     to country, 120–121  
     to life (in abuse situations),  
       142–143  
     to parents, 124  
 lying, 157–159, 177–180,  
     184–185. *see also* exagger-  
     ating, honesty, white lies

## M

manners, 161–167. *see also* polite-  
     ness, rudeness  
     cultural influences, 162–163  
     definition, 162  
     gender differences, 166  
     good/bad, 162, 165–166  
 marijuana use  
     consequences of, 308  
     should you “just” try?, 310  
 marriage  
     and love, 316, 324  
     longevity, 321  
 material world. *see also* money  
     and happiness, 171–172  
 maturing. *see* growing up  
 meanness, 269  
 Melting Pot of America, 341  
 Mexico, parents, 105  
 mind, care of, 63–64  
 mistakes, defending, 191  
 money (what it can’t buy),  
     172–174

morality, 189–190. *see also* con-  
     science  
 music, 63–64  
     and happiness, 170–171

## N

name calling, 164. *see also* man-  
     ners, rudeness  
 names, changing, 287–296  
 nationalism, 120–121, 124–125  
 nature. *see also* Earth  
     as peaceful retreat, 350–351,  
       354  
     compassion for, 200  
     protection of, 352–353  
 new kid at school, 152–154, 159,  
     257–258  
 Newton, Isaac, 299  
 nonviolence, 240  
 nuclear waste, 354

## P

parents  
     and you, 101–107  
     around the world, 103–105  
     characteristics, 98  
     communication, 139–140  
     helping them, 113  
     love from, 102–103  
     pride in your respectfulness,  
       133  
 patriotism, 120–121, 124  
 peace. *see* inner peace  
 peer pressure, 207, 210–211  
     about sex, 331–332  
 peers, good and bad, 192  
 pesticides, 354  
 physical abuse, 138, 140–142  
 plans. *see* goals  
 politeness, 163, 165–167. *see also*  
     manners, rudeness  
 pollution, 351  
 positive  
     self talk, 67  
     thinking (you can do it!), 58

power of words, 275–282  
 pregnancy, 329  
 premarital sex  
   deciding ahead of time, 331  
   emotional consequences,  
     329–330, 335  
   facts about, 333  
   guilt about, 332  
   risks, 329, 334  
 problem solving, 139–140

## Q

quick results, 56–57

## R

racism, 339–341  
   cure for, 344–345  
 recycling, 352  
 rejection, 263  
 religion, and morality, 190  
 respect, 127–136, 234  
   at home, 129–130  
   for strangers, 134  
   in public, 130–131  
 responsibility, 109–117  
   and freedom, 114, 117  
   and success, 115  
   for the Earth, 351, 354  
   self quiz, 110–112  
 righteous anger, 271–273  
 rudeness, 128–129, 163  
 Russia, parents, 105

## S

same vs. different, 15–16, 21, 41  
 saying no  
   to drugs, 311–312  
   to premarital sex, 331–332,  
     334–335  
 self. *see* you/yourself  
 self-image, 9, 34, 40, 42  
 self-respect, 132, 135  
 serving others, and happiness,  
   170  
 setting goals. *See* goals

## sex

  abstinence before marriage,  
     322–323, 334  
   facts and fiction, 327–335  
   myth of safe sex, 328  
   premarital (*see* premarital sex)  
   why teens have sex, 328  
 sexual abuse, 142  
 sexually transmitted diseases, 329,  
   333–334  
 shoplifting. *see* stealing  
 siblings, 90  
 smoking  
   consequences of, 308  
   should you “just” try?, 310  
 social/cultural influences  
   on conscience formation,  
     188–189  
   on manners, 162–163  
 sorry. *see* apologizing  
 spending time with others,  
   170–171  
 spirit, care of, 63–64  
 spouse, characteristics of ideal,  
   321, 324  
 STDs. *see* sexually transmitted dis-  
   eases  
 stealing, 188–189, 193–194  
 stereotypes, 262  
 substance abuse, 308  
 substance use, 307–313. *see also*  
   drinking, smoking, mari-  
   juana use  
   consequences of, 308–309, 313  
   saying no, 311–312  
 success, 55  
   and responsibility, 115

## T

talents, 17, 69–75  
   hidden, 72–74  
 talking big, 281. *see also* exaggera-  
   tion  
 teasing, 7, 11–13, 90, 164  
 temper, hot, 265–273. *see also*  
   anger  
 temptation to steal, 188–189

thankfulness, 27. *see also* gratitude  
 things you love to do, 17  
 thinking (time out when arguing),  
     138  
 time (how do you like to spend  
     time?), 16  
 tobacco smoking. *see* smoking  
 tolerance, 234  
 toxic chemicals, 353–354  
 true self, 20–21, 39–40, 66–67  
 trust, 159  
 truth, withholding, 179. *see also*  
     lying

## U

Ukraine, parents, 105  
 understanding others, 198–199,  
     202–203  
 unfairness, responses to, 237–242  
 Universal Declaration of Human  
     Rights, 345  
 USA, parents, 105

## V

values, 300  
     cultural, 341–343  
 viewpoint, understanding others,  
     138  
 violence, 227, 229, 234, 269–270  
 virginity, 322–323, 335  
 volunteering. *see* serving others

## W

Washington, George, 138  
 white lies, 178–179, 184  
 Winfrey, Oprah, 138  
 words, power of. *see* power of  
     words  
 work, hard, 56, 58, 60, 67

## Y

you/yourself  
     accepting, 39  
     as own best friend, 40, 61–68  
     being the “best you,” 355–360  
     care of, 61–65, 67  
         and substance use, 307–313  
     deciding kind of person you  
         will be, 299–300  
     description of, 16, 21  
     forgiving, 251  
     good things about, 34  
     honesty with, 182  
     how do you *see* yourself?,  
         33–42  
     influences on, 357  
     inner, 18  
         care of, 63–65  
     liking/loving, 38, 61  
     one of a kind, 22  
     talk, 65–67  
     true, 20–21, 39–40, 66–67  
     who are you?, 15–22

## Z

Zambia, Africa, parents, 103–104