

Self-Esteem

Self-Esteem is the way we feel about yourself. It is important to feel confident and happy to be able to do better at things we care to do. Here is your **self-esteem builders**

Share your problems with someone trustworthy

Educate yourself to make good choices

Learn to respect yourself and others too

Follow the advice of people who you love and trust

Expand your unique talents with practice

Stay safe- stay away from gangs, bad crowds, alcohol and other drugs

Think before you act-solve problems don't make them

Earn the respect and trust of your family by acting responsible

Everyone makes mistakes-learn from yours and others, don't repeat them

Make the best of who you are-don't try to be like someone you are not, or someone else. You were made special to begin with, be proud of who you are and strive to do what is better for you.

Your own dreams will come true, with hard work and believing in yourself.

Ecology

Our earth has an abundance of air, water and land.

The land is rich with minerals for growing trees and plants. The plants breathe carbon monoxide and release oxygen into the air. Humans breathe in oxygen and give off carbon monoxide. The cleaner the air is helps humans, animals and plants and trees to flourish.

Water is needed by humans, animals and plants. When it rains the water filters down through the soil which takes out the impurities and leaving good clean water to drink and for fish to survive in.

If we allow pollution of the air what will happen?

If we allow pollution of the soil what will happen?

If we allow water to get polluted what will happen?

We know bad things can happen by looking at how poor the fishing is in the gulf from the oil spill. The lack of fish, due to waterways being choked out with an abundance of grasses. Trash in the water,

Look at how sickly people are when the air quality is bad due to smog and other chemical pollutants, coughing and trouble breathing.

Look at how poorly crops grow without healthy rich soil.

Not to mention Humans throwing trash on the ground, and in the water, causing trash to block up the water flows in ditches and bayous that can cause flooding due to poor drainage.

What can you do as one person to help maintain or improve the quality of air, water and land?

Water Safety

Always have a swimming buddy, so if one of you gets in trouble the other can help or go get help.

If someone is in trouble in the water, don't jump in. Reach out or throw something to them that floats. In a panic that person can take you down with them no matter how well of a swimmer you are.

Name some things you can use to help someone.

At a pool:

At the river:

Never dive into unfamiliar water without checking first. Know the depth and what is in there. People have been known to dive in blindly and get hurt or worse.

Things to watch for

At a pool:

At a pond or river:

When it thunders and lightning, it's time to get out of the water and off wet surfaces. Lightning travels through water. If you can hear the thunder even off in the distance it is time to get out of the water.

Children that even know how to swim can be in danger, always have a second person around. Always be aware of any safety devices you can use should you need to. Children should take swimming lessons. Don't panic float on your back.

Knowing how to do CPR is always a good idea.

A phone should be handy.

For little ones remove any toys near or in the pool to prevent them from being curious and tempted to go near the pools edge.

Never swim under a pool cover, it must be removed totally before getting in the water.

Always check to see if chemicals were freshly added for they can be harmful if swallowed or you open your eyes under the water. If you can smell a strong chlorine smell in the air, check to see if it's been long enough before you get in.

If a pool has a lifeguard that is good but they sometimes can't see everything that is going on so be aware of what is happening around you.

Do not go swimming right after eating, give it fifteen to thirty minutes.

If you are swimming and the adult has to walk away for something, be responsible when asked to keep watch, get out of the pool and stand guard.

Pools have rules, no running, jumping in the shallow end and even horseplay. Follow all the rules posted for your safety and for others.

BOATING: Everyone that is in the boat should have a life jacket.

Wearing the life jacket while the boat is moving is essential in case of an accident.