

AIM HIGH! TIPS JUKEBOXSM

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Aim High!

Think!

Think before
you do something.

Consider the
alternatives before
you act.

Careful thinking
produces the best
results.

THINK

MORALS

You choose the way you act.

Your conduct is your choice.

You choose between right and wrong.

You choose to do what is good rather than what you know is bad.

Take pride in choosing to act the good and right ways.

Tell the truth.

Telling the truth is the right way to act.

Living with lies is harder than living a truthful life.

Being truthful and honest is important.

TRUTH

HEALTH

Good health.

Develop habits that keep you healthy.

Maintaining good health is your decision and a lifelong choice.

You can make yourself healthy.

Good health is the most important thing you have.

**Keep your hands
clean; wash them as
often as possible.**

Clean hands help to keep
you healthy.

Wash your hands with
soap and water for
at least 15 seconds.

Keep your hands clean.
Keep yourself healthy.

WASH



**Eat fruits and
vegetables, they are
good for you.**

Eat fruits and
vegetables every day.

They will energize you,
control your weight,
and keep you healthy.

Seven is the lucky
number of fruits and
veggies to eat each day.

Eat a good breakfast.

Start your day in a healthy way.

Eat nutritious foods that give you the energy your body needs to maintain your maximum efficiency throughout the day.

Breakfast keeps you awake.

BREAKFAST

NO SMOKING

Don't smoke!

Never smoke.

Smoking causes cancer. It also causes heart and lung disease and other fatal diseases.

If you have started smoking, quit now.

If you can't quit, get help. You can do it!

Smoking can kill you.

Avoid drugs!

If you use drugs you hurt your mind and your body and you are breaking the law.

Maintain your health and happiness by saying NO and not using drugs.

If you have a drug habit, seek help from family, friends and professionals.

NO DRUGS

**Listen to the
person responsible
for your care.**

Think about what a
parent or caring
adult says to you.

If you disagree, disagree
in a respectful manner.

A caring adult usually
has your best interest
in mind when making a
decision affecting
your life.

PARENTS

FRIENDS

Be a good friend.

To have a good friend you need to be a good friend.

Do things for and with your friend that you might not do with anybody else.

Good friends are special people.

RESPONSIBILITY

Accept responsibility.

Take responsibility
for what you do.

Be a good person.

Learn in school.

Pay attention in class,
respect your teachers,
and learn.

Learn as much as
you can.

LEARN

HOMEWORK

Do your homework.

Take your time and concentrate on your homework.

If you need help, ask your friends and family.

Complete your homework on time and do your best work.

Reading is necessary.

Read something
you truly enjoy.

It could be the sports
section of a newspaper,
a magazine, or a book.

The more you read,
the easier it is to read.

READ

COMPUTER

Use a computer.

A computer will give you the power to do everything from playing games to communicating with people throughout the world.

When you are on the Internet beware of people you do not know and do not give them personal information.

Use a computer to enrich your life.

Go to movies and watch television.

It's fun to go to movies and watch television.

Be selective. See movies and programs that relax you, entertain you, and educate you.

TV MOVIES

BE NICE

Be a nice person.

A nice person is pleasant to others.

Be a kind, understanding and charitable person.

People who are nice have a good attitude.

Being nice is nice.

FAIRNESS

Be fair.

What seems fair to one person may not seem fair to another.

When you are fair with people, it is more likely that they will treat you fairly.

COURTESY

Courtesy counts.

Hold the door for somebody. Don't push when you are standing in line. Give up your seat to an elderly person on a bus or train.

When you are courteous, people will be courteous to you.

“Please” and “thank you” are really magic words.

By saying “please” and “thank you,” people show themselves to be thoughtful, respectful, and nice.

MAGIC

Avoid rude words.

Avoid rude or crude words that might hurt or embarrass other people.

Always consider what effect your words will have.

RUDENESS

QUESTION

Ask questions.

Asking questions does not show a lack of knowledge, but rather the search for knowledge.

Ask questions in a thoughtful and polite manner.

Learn from the answers.

**Everyone makes
mistakes.**

We all make mistakes.

Learn to avoid making
the same mistakes twice.

MISTAKES

Sorry.

If you hurt someone's feelings, apologize.

If you make a mistake, apologize.

Saying "I'm sorry" will make you and the other person feel better.

SORRY

PEACE

**Violence is not
the solution.**

Talk out your problems,
don't fight about them.

Listen, speak, and
resolve your differences.

Be a peaceful person.

RULES

Follow the rules.

Know the rules
and go with them.

Breaking rules causes
punishment and other
bad consequences.

Follow rules.

PRACTICE

Practice, practice, practice...

To be good at anything
you need to practice.

No one is a champion
or a gold-medal winner
without practice.

People born with
extraordinary talents
still must practice
their skills.

Practice with a
positive attitude and
you will succeed.

Be careful.

Be careful about the way you lead your life.

Think and use good judgment in what you say and do.

JUDGMENT

ANGER

Express anger in a constructive way.

Learn to deal with anger in a constructive way and non-violent way.

Some people scream, some people rip things up, and some people keep the anger inside of them.

If you are angry at someone, let them know your feelings.

When you let go of your anger, you will feel better.

It's okay to cry.

Crying is an important expression of human emotion.

Don't be embarrassed to cry.

Presidents, athletes, and just regular people cry.

A good cry can make you feel better.

CRY

HAPPINES

Think happy.

Think happy thoughts.

When you are down, replace your negative thoughts with positive, happy thoughts.

Let your thoughts be happy throughout your day.

Play.

Find an activity that you enjoy and have fun doing it.

PLAY

LOVE

You are loved.

You are loved by many people.

People show love in different ways.

Learn to recognize different types of love.

Show love to those you love.

AIM HIGH!

Enjoy your life.

AIM HIGH!