



Free to Be Me

Complete 1 requirement to earn this patch. Item: FREE: \$1.75

Celebrate yourself and your ability to be free to be yourself!

1. Do you realize how special you are? Did you know that everyone has wonderful talents and gifts? Celebrate you! Take time for yourself and think about all the great things you can do. Listen to your favorite music, write in your diary, read a book, draw, pamper yourself, go for a walk or a take a relaxing nap.
2. Have you ever heard someone say beauty is only skin deep? Your outside appearance covers the true person you are inside. And what is inside is what really matters. Therefore, control all the bad things that go inside your body. Examples are: Junk food, sugar, drugs, cigarettes, and alcohol. Write down or explain a situation how things can harm your inside.
3. Peer pressure is when you really don't want to do something, but everyone else is so you give in and do it too. If your friends make you feel this way, then they are really not your friends at all. Be brave. Go your own way, and find new friends. Some peer pressure situations can be: Disobeying your parents, body piercing, wearing revealing clothing, breaking the school rules, lying, cheating or stealing. Watch a movie with peer pressure or bullying, answer "What would you do?" scenarios or skits, create a skit, OR talk to an adult about a peer pressure situation.
4. Is your true self "sporty" or do you enjoy the outdoors? If so, share some information of your sports or outdoor activities with others. If you have never tried a sport or outdoor activity, now is the time to take that step and discover if that is you. Some examples: Soccer, volleyball, basketball, skiing, gardening, horseback riding, swimming, dancing, walking, camping or snorkeling.
5. Do you have an artistic side? Do you like to make crafts, write poems, cook, act, play a musical instrument, paint, sing or draw? Cook something, write a poem or song, create an artistic craft OR share your talent with others.
6. Are you shy or outspoken? Some people are very comfortable talking in large groups, while others are more comfortable talking one-on-one. Just for fun, reverse roles. If you are shy, try out a leadership role, such as leading a song, doing an oral book report, etc. It may be hard at first; maybe your friend or relative can stand beside you for support. If you are outspoken, try a supportive activity such as, making a flyer for an activity, clean up at school, help out at church, etc. This makes you a well-rounded individual and helps you to find your true self of what you like to do best.
7. Sometimes people say mean things. We don't know why they do those things, but most of all we shouldn't listen. All we know is that they are not true. Usually people say those things because they are jealous and it makes them feel better to hurt others. Please remember letting bullies continue to hurt you or your friends can hurt you physically and emotionally. You are free to be who you are regardless of race, size or gender. Never protect someone who is hurting you. Watch a movie about bullying, answer "What would you do?" scenarios or skits, create an anti-bully poster, OR talk to an adult about a bullying situation.
8. Sometimes we hurt ourselves when we are hurting. Some examples can be: Anorexia nervosa, bulimia, alcoholism, over-eating, or drug addiction. If you or someone you know is suffering from one of these illnesses contact an adult immediately. Learn more about one of these illnesses and how it affects your body.
9. Everyone likes different types of clothing, shoes and shades of colors. That is why there is such a wide variety to choose from. What is your favorite outfit? Why? Your favorite color? Describe your outfit or draw a picture of it. For extra credit have a fashion show.
10. Do you like computers, animals, teaching or helping others? Experiencing different types of these activities will help you learn more about what you enjoy. Also, it may help you decide your future career. Talk to one person about their career, tour a restaurant, make a list of your talents and interests and compare them to careers, go to career day, go to take your daughter/son to work, **OR** look in the classified ads for career ideas.
11. Name one thing that you discovered about yourself through this program. Remember, you are free to be yourself and the great person that you are.
12. Your parents guide you and tell you right from wrong. But when your parents are not around, you have the freedom to make your own decisions. Complete a community service project and help others. Help the elderly, make bookmarks for the library, or pass this program to another person so they can learn how to be free to be whoever THEY want to be.

MY
FREE TO BE
ME
BOOKLET



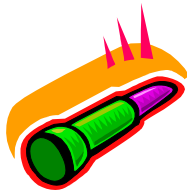
Free to Be Me Activities

My Free to Be Me Booklet



Fill out the booklet to capture all your moments and thoughts.

Cut out the booklet on the solid lines, not the middle line. Stack them and fold in half and staple. Use the blank pages to draw pictures of your inspirations or cut out magazine pictures.



Sporty or Girly Quiz

Take this fun quiz to see if you are more sporty or girly! Add up the “sporty” and “girly” answers and whichever one you have the most of, you are more like!

Design Your Own Clothing



Using our templates provided, design your own fashion forward, unique clothing any way you like!



Harmful Substances Matching

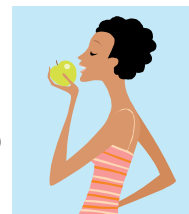
Match the substance with their harmful effects if taken in large doses. The answer key is in the back of the kit if you get stuck.

Free to Be Me Word Search

Find the hidden words in this puzzle that represent the Free To Be Me spirit.

Self Injury Illnesses Flipbook

Make your own Self Injury Illnesses flipbook with the information that we have provided to learn more about them and how to prevent, treat, and help them.



Cut along the outside of the rectangles only. Starting with the bottom page they are to be stacked on top of each other. Each layer gets shorter and shorter as it progresses to the top. After all the pages are layered upon each other, make sure they are straight and staple them together to form a book. The last page will not be numbered because it is on top. Place glue on the back of book. Place it on the left side of the folder.



Kind Hearts

Using our template, write something kind about someone in the same room as you on the heart and read it to them to increase their self-esteem. You could also place them in a box and read them.

Covers requirements #1, 4, 5, 7, 8, 9, & 11.

Write all about you to create a cute booklet!

My Free to Be Me Booklet

My Talents

Paste a picture from a magazine you like to do or are good at:



Name your talent here:

How can you help others with it?

Today

What did you do today?

What was your favorite part?

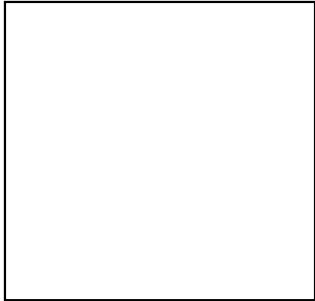
What will you do tomorrow?



Cut out the booklet on the solid lines, not the middle line. Stack them and fold in half and staple. Use the blank pages to draw pictures or cut out magazine pictures.

My Favorites

Paste a picture of your favorite musician:



What is your favorite song?

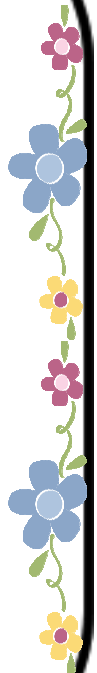


What is your favorite book?

What is your favorite outfit?

Creative Area

Write a short play, song, or poem in this area that expresses your feelings:



About Me

What is your favorite feature about you? (ex. Leader, nice, trustworthy)

What is your favorite physical feature? (ex. Eyes, hair, nose)

What is your unique quality?

How are you a good friend?

What I Learned

Name something you learned from *Free to Be Me*.

I learned:

What I will teach:

Sporty or Girly Quiz



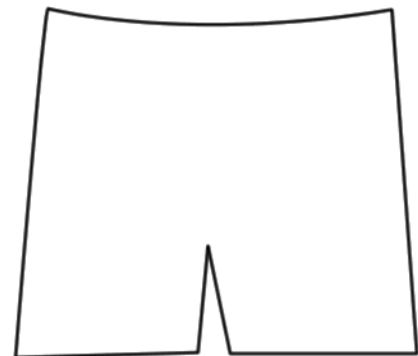
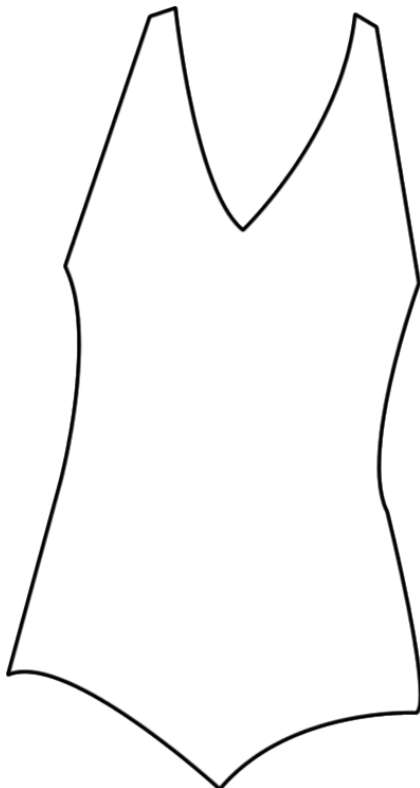
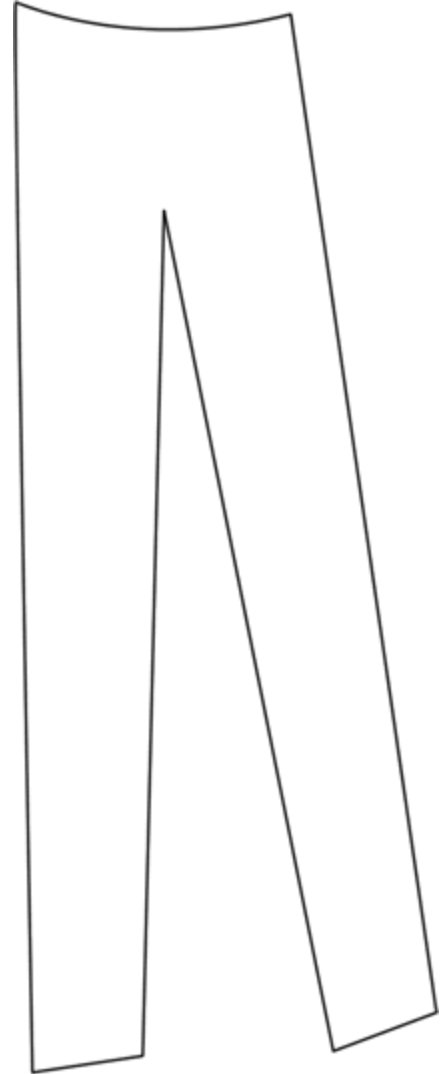
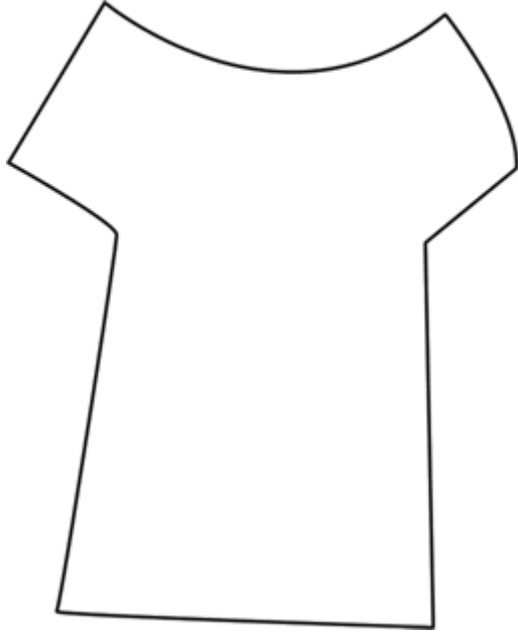
SPORTY OR GIRLY



1. In your spare time you find yourself choosing to _____ .
 - a. go to the mall
 - b. getting a manicure
 - c. ride your bike
 - d. play a sport
2. You have to make a birthday list for your parents and one of things on the list is _____.
 - a. nail polish
 - b. fashion magazines
 - c. tickets to a basketball game
 - d. roller skates
3. You are shopping for new shoes for a special event and you choose _____.
 - a. sparkly gold flats
 - b. strappy high heels
 - c. comfortable mary janes
 - d. tennis shoes
4. Back to School shopping is always easy. You choose _____.
 - a. sweaters
 - b. cute tops in fashionable patterns
 - c. t-shirts
 - d. sweatshirts
5. You switch on the TV and choose to watch _____.
 - a. fashion news of the season
 - b. crafty ways to redecorate your room
 - c. outdoor fun for girls
 - d. women's soccer
6. Your teacher said you had to take up a new activity for a month and you chose _____.
 - a. jewelry making
 - b. scrapbooking
 - c. skateboarding
 - d. outdoor landscaping
7. You are going on a trip with your family and you have to choose your luggage. You choose a _____.
 - a. floral pattern
 - b. 3-piece set for all your make-up and shoes
 - c. duffle bag, you don't pack that much
 - d. classic color so it will match everything
8. You are off to the mall and you head straight to your favorite store of _____.
 - a. makeup and hair accessories
 - b. purses and jewelry
 - c. t-shirts and tennis shoes
 - d. outdoor fun
9. When you grow up you want to be a _____.
 - a. fashion consultant
 - b. cosmetology (make-up artist)
 - c. professional athlete
 - d. engineer
10. When I do my hair my favorite style is _____.
 - a. curly and stylish
 - b. straight and sleek
 - c. short and manageable
 - d. pulled back in a ponytail

Design Your Own Fashion Forward, Unique Outfit

Decorate the clothing anyway you want!



Harmful Substances Matching

Match the substance with their harmful effects if taken in large doses.

Cigarettes	Tooth decay, gum disease, unstable sugar levels, stress, & loss of nutrients.
Soda	Lung & heart disease, yellow teeth, addiction, increased aging.
Drugs	Addiction, loss of memory, hallucination, dizziness.
Alcohol	Cavities, sugar rush, yellow teeth, lack of nutrients.
Candy	Yellow teeth, caffeine rush, sugar crash.
Fried foods	Blackouts, dehydration, hallucinations, loss of memory.
Helium	Lung injuries, suffocation, difficulty breathing.
Coffee	High blood pressure, weight gain, increase of carbohydrates.
Energy drinks	Energy crash, addiction & dependency, nervousness.

Free To Be Me Word Search

S H W P U X U J F D C W C G G I X K
 F Z J F T B O L E B N O I A I C S Q
 O O H H A U E R K S B T T Z R H U F
 K S D A R S E M N D H C S L L E R F
 U Q C N R V H W D A B T I K Y E E T
 N O A U O E O I T I E A T Q E T A R
 C L O C K F K I O N Z T R R R R N V
 E Y S I G S L T Y N K S A S Y U F Q
 K I L D S T N E R A P C D P T H C B
 D O G P N X F P S K I E E E R E H N
 K K U D S E R Z M E T N R C O Q B P
 E P X T U E I J S L U A A I P L M N
 A C B Q S B N R Z T P R M A S R Y E
 J K I S R P K P F B D I T L F X I W
 N N U N P N O R E E P O B E A U T Y
 U R Y U U E K K F F G S E R V I C E
 E S H Y H L A L E G N I Y L L U B J
 C O M M U N I T Y N U W R M B K C E

ARTISTIC

HURT

SHY

BEAUTY

JOURNAL

SPECIAL

BULLYING

LIKE

SPORTY

CAREER

NICE

TRUE SELF

COMMUNITY

OUTSPOKEN

UNIQUE

DISCOVERED

PARENTS

YOURSELF

FASHION

PEER

FREE

PRESSURE

FRIENDS

SCENARIOS

GIRLY

SERVICE



Covers requirements # 1 & 11

Self Injury Illnesses Flipbook

Cut along the outside of the rectangles only. Starting with the bottom page they are to be stacked on top of each other. Each layer gets shorter and shorter as it progresses to the top. After all the pages are layered upon each other, make sure they are straight and staple them together to form a book. The last page will not be numbered because it is on top. Place glue on the back of book. Place it on the left side of the folder.

Page 1, the bottom page

Help Lines for Self Injury Illnesses!

Anorexia Nervosa:

Anorexia Nervosa & Associate Disorders (ANAD): 1-847-831-3438 & anad.org

Eating Disorder Specialists: 1-800-841-1515 & 1-800-RENFREW (736-3739) & refrewcenter.com



Bulimia:

24 hour Bulimia and Self-Help Line: 1-314-588-1683 & rederprograms.com

National Eating Disorders Association (NEDA): 1-800-931-2237 & nationaleatingdisorders.org

Treatment: 1-858-481-1515 & edreferral.com

Alcoholism:

Find local AA meetings: www.aa.org/
Alcohol & Drug Line: 1-800-821-4357
Alcohol Line: 1-800-331-2900

Compulsive Over Eating:

Overeater's Anonymous: 1-505-891-4320 & oa.org

Drug Addiction:

Find the local number for NA meetings: www.na.org/?ID=phonenumber

National Drug & Alcohol Treatment Line: 1-800-662-HELP (4357)

Help Lines

Page 2



What is Drug Addiction?

Drug addiction is when someone takes too many drugs or drug-like items so they become addicted to taking them. It may start out as wanting to try something new, peer pressure, having taken them for an injury, due to stress, to improve your abilities, depression, to fill a "hole" in their life, and many other reasons. The cases for the individuals involved are different. It can go from mild to severe, depending on the medicine they are addicted to and how much they take it. Drug addiction can be **genetic**—meaning it passes from parents to their child.

What are the symptoms?

Not doing what they are supposed to do (go to work, school, paying bills, etc.), trouble with the law, fighting with people, not doing things that they enjoy anymore, thinking or talking about drugs, weight loss or gain, bloodshot eyes, bad coordination, loss of money because of their addiction, they are suspicious or secretive about what they are doing, sudden change of friends, sudden mood changes, "spaced out," paranoia, etc.

How Can We Help?

Help the individual by supporting them—trying to let them help themselves is very hard because they will often go back for "one more." Encourage them to go to NA (Narcotics Anonymous) meetings to talk about their problems with their addiction. Help them realize that every little step counts toward never going back to drug addiction. Help them with showing the side effects on what would happen to them if they continued. Tell them you care about them.

Drug Addiction

Self Injury Illnesses Flipbook

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Page 3

What is Compulsive Over Eating?

Compulsive over eating is an illness is known as eating too much. It is known as having an **addiction** to food. There are many reason why someone might over eat. Some reasons are: hiding from emotional problems, to fill a "hole" that they have inside, depression, or to be comfortable. Most compulsive eaters have a very low self-esteem, especially about their weight. They also have a great desire to be loved or have attention and use food to cope when they are not. They feel like they aren't "good enough" for anyone or anything. Sometimes the person eats a lot at one point in time and then eats normally, creating a bad cycle of eating habits.

What are the symptoms?

Fear of eating with others, weight gain, hiding food, eating in secret, talking bad about themselves after they eat, shortness of breath, excessive sweating, believe that food is their only friend, pain in the joints and legs, lack of motivation, depression, lack of sleep, and fear of food.

How Can We Help?

Help the individual by having them go to a meeting for OA (Overeater's Anonymous). There they can talk about their problems and why they over eat. Help them understand that they need to begin to eat normally to become a better, healthier person. Listen to their problems and what they have to say—do not judge on what their ideas are in their head. They may need to go to a counselor to help with their problems.



Compulsive Over Eating

Page 4

What is Alcoholism?

Alcoholism is a disease in which the individual becomes addicted to alcohol. This disease can be genetic and passed on through generations. It is also been called "alcohol abuse." The person is completely dependent on the alcohol in their life (they "can't live without it") and is addicted to it. The individual does not have control over themselves on controlling their intake of alcohol. They can believe that they are okay when they have had an excessive amount of it. This is called **denial**.

What are the symptoms?

Feeling a strong need to drink, drinking alone or in secret, feeling sick when they aren't drinking, not remembering things well ("blackouts"), excessive drinking, not engaging in activities that they used to like, being poor because of the money they keep spending on drinks, and arguing a lot.



How Can We Help?

Help the individual by having them attending a meeting for alcoholics (called AA or Alcoholics Anonymous). There they can talk about their problems. Make sure that they are never alone to prevent them from hurting themselves or hurting someone else while they are helping themselves. Be patient—it takes a while to get rid of an addiction. Have them avoid bars or places that have alcohol. There is medication that can help too.

Alcoholism

Self Injury Illnesses Flipbook

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Page 5



What is Bulimia?

Bulimia is an eating disorder where the individual eats more than a normal person (called "binge eating") and then takes extreme measures to try to get rid of the weight that they

could have gained. This can be: throwing up your food, going for a long run, taking diet medicine, or strict dieting. Some reasons why someone might do this could be: poor self image, low self-esteem, trying to lose weight, stressful situations, and trying to look "beautiful," especially if their job depends on it (ballerinas, athletes, models, etc.).

What are the symptoms?

Eating large amounts of food, hiding food, exercising a lot, going to the bathroom after meals, scars on hands, concerned about weight loss after eating, unusual dieting, smelling weird, and puffy cheeks.

How Can We Help?

Help the individual by making them see themselves as beautiful. Counseling might help with how they can solve the issues within themselves and make them balance their life. Change the thoughts inside their heads to positive ones. Talk with them about healthy eating and offer support. Tell them to stop comparing themselves with standards of "beauty."

Bulimia

Page 6

What is Anorexia Nervosa?

Anorexia Nervosa is an eating disorder in which the subject has an out of control diet. They believe that eating will lead to obesity so they over exercise, take weight loss pills, and go on an extreme diet—sometimes not eating at all. This can be seen as an obsession over their weight. There are several reasons why someone would do this. Some are: letting their diet control them, trying to lose weight, trying to fit society's standards, self-esteem issues, body image issues, etc.

What are the symptoms?

Excessive interest in dieting, exercising, or "thinness," intensely concerned about gaining weight or "being fat," their self-image is very distorted, and being extremely thin.



How Can We Help?

Help the individual by making them see themselves as beautiful. Help them achieve a healthy weight with them. Show the regular routine of exercise and eating. Counseling might help with bigger problems they might have.



Anorexia Nervosa

Self Injury Illnesses Flipbook

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Page 7

What are Self Injury Illnesses?

Self Injury Illnesses are illnesses in which one hurts themselves because of many different circumstances in their lives. Some examples of circumstances are: wanting control, anxiety about life, bullying, having a past with abuse, stress, expectations from others, attention, trying to break away from depression, people in their life, etc. Many circumstances can lead to these actions.

What are some examples of Self Injury Illnesses?

- *Anorexia nervosa
- *Bulimia
- *Alcoholism
- *Compulsive Over Eating
- *Drug Addiction
- *Trichotillomania (Hair Pulling)



What are Self Injury Illnesses?

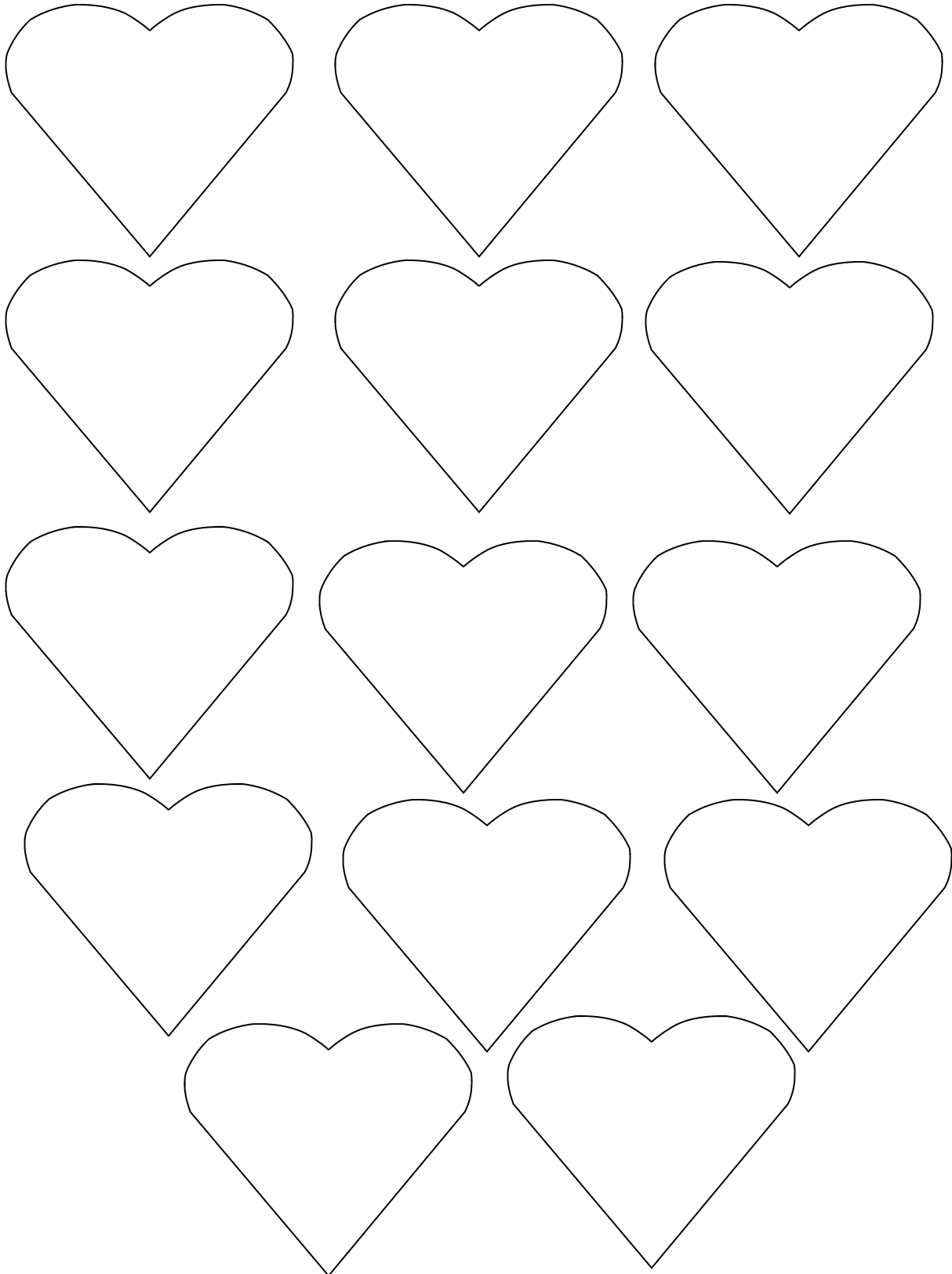


Learning About Self Injury Illnesses, How To Spot and Treat Them



Kind Hearts

Cut out a heart for each participant and have them write down something nice about someone in the same room. Ex. You're nice, I love your headband, your dog is cute, etc. Afterwards, have them read them to the person. This works even better when you don't know them! You can also place them into a box and read them at random.

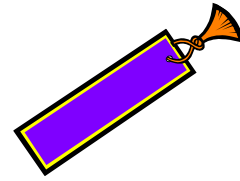


Covers requirement #7

Free to Be Me Crafts

Free to Be Me Bookmark

Template, on the next page
 White or cream cardstock
 Rhinestones, glitter glue, markers, and sequins
 Glue
 Hole punch
 Butterfly, heart, star, metallic, or any ribbon



Copy the template in the back of this manual for the bookmark. Decorate it with the markers, rhinestones, glitter glue, and sequins. Punch a hole at the top of the bookmark and thread the ribbon through the hole and tie a knot. Use your bookmark in a special book!

Uniquely Me Mirror



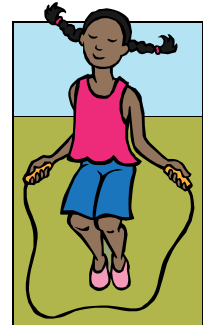
A plain, plastic or metal cased compact mirror
 Stick-on rhinestones or rhinestones with tacky glue
 Acrylic paint and brush (optional)
 Satin or velvet drawstring bag

Decorate the cover of the mirror with rhinestones and paint designs if desired. Complete by pairing with a velvet or satin bag. You can give this mirror away or keep it for yourself.

Sporty Scrunchie

2 inches wide X 22 inches long of cotton or cotton blend fabric
 Sewing machine, with matching thread
 2 large safety pins
 Elastic 1/4 inch wide, about 6 inches long

Start by folding the fabric in half long way, so it looks like a long tube. Take the top part of the fabric and fold one edge over, to create a small hem, sewing it on the wrong side of the fabric. Repeat on the other end of the fabric. Trim the threads and fold it back together, with the outside of the fabric facing out. Sew down the side of the fabric, making sure each side is together as you sew down the side. Use the pressure foot as a guide for the width. Guide the pressure along the edge of the fabric.



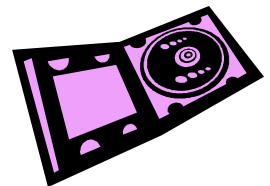
Next place a large safety pin on the top of the fabric, only pinning one side of the fabric. Push the safety pin through the tube. Continue to push the tube through until the fabric is turned right side out. Unhook the safety pin.

Cut the elastic to go inside the scrunchie, about 6 inches. Attach the safety to one end of the elastic and another at the other end attaching it to the fabric. This way you will not loose the end of the elastic as you are pushing it through.

Special CD Case

A plain, plastic CD case or easily decorative CD holder
 Stick-on rhinestones or rhinestones with tacky glue
 Puffy paint, permanent markers, stickers, etc.

Decorate the CD case or holder with rhinestones, puffy paint, permanent markers, stickers, etc. to make it special and unique. Place a special CD inside when completely dry and give the CD case away or keep it for yourself. For extra, you could burn a mix CD and decorate the *top side only* with permanent markers to place inside to represent a special time.



Free To Be Me Crafts (Cont.)

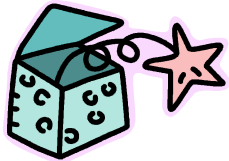
Create Your Own Cookbook

Cardstock or construction paper
 White plain or notebook paper (10 sheets or more)
 Stapler
 Markers, sequins, glitter glue, stickers, etc. for decorating
 Pictures of the food, you cooking, eating, or holding food (optional)
 Recipes



Take one piece of cardstock or construction paper and fold in half, creating a book shape. This will be the cover of your cookbook. Do the same with the notebook or plain paper. Staple the paper inside the cover. Decorate the cover however you like. Make a creative title like “My Family Recipes,” “Alex’s Yummy Desserts,” or “Delicious After School Snacks.” Let the cover dry before you start on the inside.

Once dry, write or paste a typed recipe inside the first page. You can add your own notes if you like, such as: “Adding chocolate chips makes it more delicious,” or “I like it better if you use 1/2 a stick of butter.” Place a picture that goes with it or draw one if you like and repeat this process inside until you run out of pages. Share your recipe book with someone special, give it away, or cook something out of it!



Personalized Tiny Tins—Decorate a metal mint box or other small tin box and use it to store hair ties, candy or other items.

Holiday Box— Fill the tin with chocolate candies and mini marshmallows! Decorate the lid with glitter glue and rhinestones and foam snowflakes.

Valentine’s day— give this to someone you care for. Fill this tin with hugs and kisses candies and a Valentine. Decorate this tin with red paint and pink heart shapes. Add some stick on rhinestones for bling.

Nail Care box— Decorate the lid with glitter glue or glittery nail polish. Add stickers for decoration. Put in a mini nail file, nail polish and nail decals.

Picture Perfect- Decorate the lid with paint and let it dry. Glue on a small hand mirror and rhinestones around the mirror. Place lip gloss or lip stick inside.

Friendship box— decorate the lid with paint and write “Friends” on the box. Use stickers or rhinestones to add bling. Put in a mini gel pen and notepad and some mints.

Customized Lampshade

Apply craft glue to the bottom of any size lampshade and attach decorative ribbon or trim to match your room.

Optional: Apply glue to the top of the lampshade and add ribbon or trim to it as well. Add other decorations to the edges or sides.

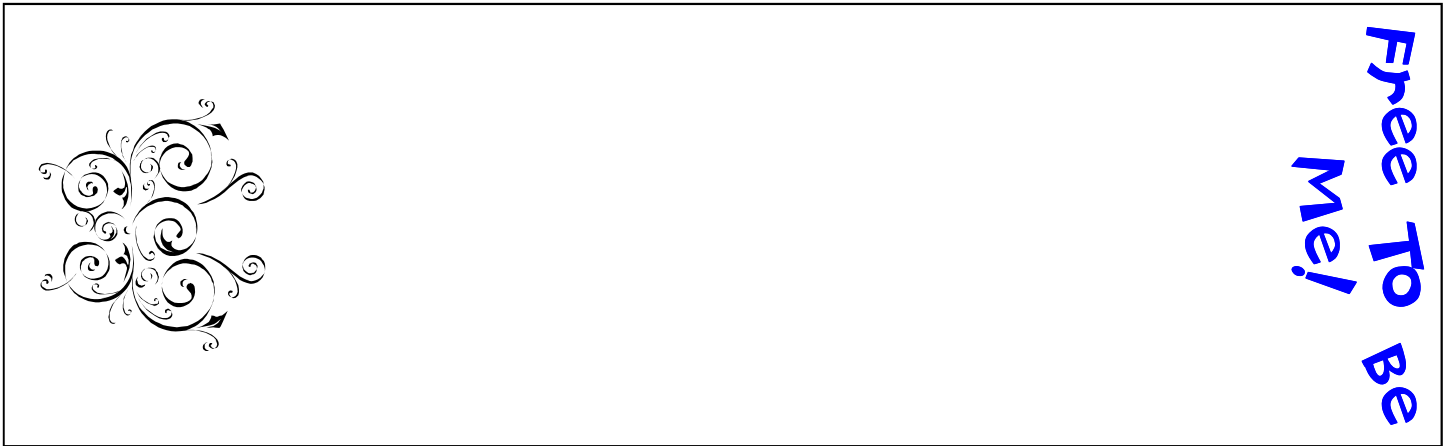
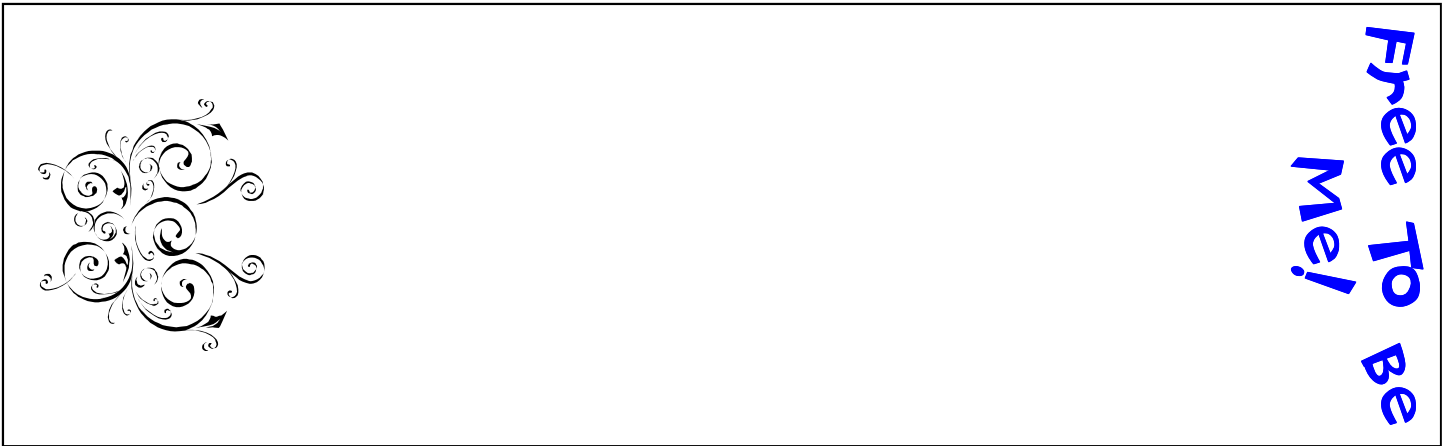


Anti-Bullying Poster

Template, on the next page
 Markers, sequins, glitter glue, stickers, etc. for decorating

We have started an anti-bullying poster for you and you can finish it and hang it somewhere you think is important. Use markers, sequins, glitter glue, stickers, etc. for decorating and make it unique. You might want to add information such as: “what to do when you see bullying,” “just say no,” etc. See our Girl Power free kit for more information.

Free To Be Me Bookmark Template



Free To Be Me!

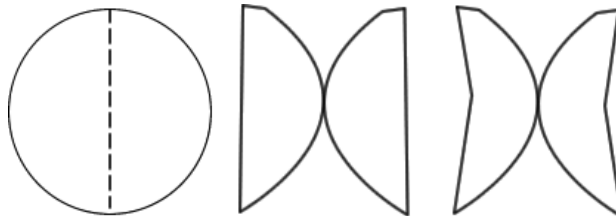
STOP

Bullying

Free to Be Me Recipes

Butterfly Cookies

1 package refrigerated sugar cookie dough in a roll
 1 can of white frosting
 food coloring
 small cups
 popsicle sticks
 sprinkles, small candies
 plastic knives, small paper plates or paper towels



Remove the wrapper from the cookie dough and cut in slices. Cut circles in half, turn halves over, pressing round sides together. Make an indentation in middle of straight sides, creating the shape of a butterfly. Bake as directed or until golden brown.

Have the children decorate the cookies after they cool with icing.

Give each child a cookie on a paper plate or paper towel. Place a couple of spoonfuls of white frosting in a cup. Give a cup of frosting, plastic knife, and a popsicle stick to each child. Have an adult go around and add food coloring to each child's cup according to the color they desire. Have each child frost cookies with their own tinted frosting and knife. Older participants may wish to share their tinted colors and make marbled designs. Sometimes younger children tend to lick their fingers and knives while they are creating the cookies, so be careful if they share! Add sprinkles and/or small candies. Enjoy! The back of the food coloring box will assist you in mixing secondary colors, such as orange, purple, etc. Note: Food coloring stains, so I suggest having an adult adding it one drop at a time. It goes far (e.g., 1 drop of red will turn white frosting pink) so use a drop at a time. Use the excess frosting to frost another cookie or cupcake.

Free To Be Me Pizza

Refrigerated pizza dough or pre-made pizza crusts
 Mozzarella cheese
 Tomato sauce in a can, jar, or squeezable bottle
 Toppings such as: pepperoni, mushrooms, ham, peppers, olives, onions, etc.



Place the pizza dough or crust onto the pizza pan and spread the tomato sauce over almost the entire pizza, leaving room for the crust. Sprinkle enough cheese to cover the pizza. Place the toppings on top. Cook according to the directions on the crust and enjoy!



Unique Sandwiches

Star, heart, flower, butterfly cookie cutters
 1 loaf of bread
 Peanut butter and jelly, ham and cheese, cucumber and cream cheese, etc.

Prepare the sandwiches on the bread.

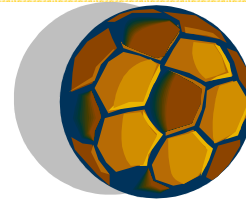
Cucumber and Cream Cheese: Peel the cucumber and slice it into thin round slices. Place a thin layer of cream cheese on each slice of bread. Lay the cucumber slices on one slice of bread. Trim the crusts off the bread and cut the sandwich into squares. Sometimes it is easier to cut this sandwich in squares instead of using a cookie cutter to cut through the cucumbers.

Peanut Butter with Jelly or Honey: Mix the items together and spread on the bread. Using a cookie cutter, cut out the shape from the bread. Try to use a different shape for each type of sandwich.

Free to Be Me Recipes (Cont.)

Sporty Cupcakes

Cake mix with the ingredients to make, any kind
 White icing in a tub
 Cupcake liners
 See below for detailed ingredients



Football: Mix the white icing and some shredded coconut with the green food coloring and spread along the top of the cupcake. Break pretzel rods and form into a goal post shape, using icing as glue. Use a caramel candy for the football and place both on top of the cupcake.

Tennis: Frost the cupcake with white icing. Pour yellow sprinkles in a plate and dip the cupcake in them. Draw a white line if desired with the icing to finish.

Soccer: Frost the cupcake with white icing. Roll white fondant flat and round enough to cover the cupcake. Place on top the cupcake and draw soccer ball outlines on top with edible marker, available at craft and baking stores.

Baseball: Frost the cupcake with the white icing but use a lot to give it a dome shape. Use red gel icing to make the lines on the baseball.

Ham & Cheese Trombone

1 tablespoon of butter
 Spinach leaves
 1/4 teaspoon of salt
 1/4 teaspoon of pepper
 1/2 cup of grated cheddar cheese
 1/3 cup of softened cream cheese
 1 egg yolk
 A few shakes of nutmeg
 Ham
 1 egg
 4 teaspoons of grated fresh Parmesan cheese
 Premade crescent roll dough



Preheat the oven to 375 F. Melt butter over medium heat. Chop the spinach and add to the butter with the salt and pepper. Mix around until it is softened, which should be 5-6 minutes. After this, let it cool and put into a bowl. Separate the egg. Mix the cheddar cheese, cream cheese, egg yolk, and nutmeg. After mixed, stir in the spinach, if using.

Take out the crescent roll dough and place onto a lightly greased cookie sheet. Lay a slice or two of ham on each open crescent, then a spoonful or two of the spinach mixture. Brush edges with butter if desired. Fold as directed on package and top with the grated parmesan cheese. Place in the oven for 20 minutes and let cool before eating.



Wiggle and Be Free Dessert

JELL-O® mix and the ingredients to make it
 Canned fruit (peaches, mandarin oranges, etc.)

Make the JELL-O® according to the directions and place into a large bowl. Drain the juice out of the canned fruit (make sure it's not grapes) and place into the JELL-O®. Let sit overnight and enjoy!

Host Your Own Free to Be Me Party!

Setting up for your Free to Be Me Party:

- **Table Decor:** Sparkling centerpieces, flower pots, heart displays, and festive cupcakes.
- **Place cards** can be heart garland woven into a heart with their name attached to it or a wooden heart with their name on it. View our **invitation** template on the next page.
- **Serving Trays or Dessert Tiered Tray:** Purchase plastic heart plates to place small treats on the table. Pitcher of lemonade, punch, or flavored water in a metallic pitcher. Larger brightly colored or metallic bowls and containers can be on the serving table with cupcakes, chips, and sandwiches. You can sometimes find nice trays on clearance after holidays at craft stores. If you have dessert tiered tray that holds plates, you can switch out the plates for flowers, hearts, or other shapes.
- **Favors or Gifts to Guests:** These could be crafts they complete or items to compliment the theme. Examples: cosmetic items, creating your own unique clothing, small scrapbook with signatures (see our website under scrapbooking), cute hair accessories from dollar stores, etc.
- **Decorations:** Paper lanterns, tissue paper flowers, vibrant fabric, lanterns, girl power decorations, twinkling lights, spring themed items, etc.
- **Crafts or Activities After the Food:** Choose a separate area to conduct crafts and games. Examples are: watching a great movie, bonding over making food, practicing trust techniques, playing out scenarios, and play our games in this kit. View our Free to Be Me, Girl Power, or Spa patch program or kits for more information on crafts and activities. Available free online.
- **Community Service:** Have the guests of the party do a community service activity that expresses their uniqueness. Ideas can be: decorate a pillowcase, make a fleece blanket, collecting stamps, making a happy hat, etc. See our website and page in this kit for more.

Suggestions of Activities to Do:

- **Watch an inspiring movie.** Choose a movie with a great theme or message behind it to teach the guests a lesson. Some examples are: Chrissa® (American Girl®), Mean Girls®, High School Musical®, Bandslam®, Picture This®, A Cinderella Story®, Dolphin Tale®, etc.
- **Do each other's nails** while telling stories about fun—and not so fun—times.
- **Create your favorite food** and share it with the party members to experience something new!
- **Do the kind hearts** with each other to compliment each other. You can also do conversational strips, located in our kit as well.
- **Use our Scrapbooking Kit** to create a memorable thoughts, passages, and something to have forever. Fill it with your kind hearts, drawings/designed outfits, place cards, pictures, etc.
- **Play Charades** of careers. Look at our games section for more information.
- **Participate in a scenario** listed in our kit or make up your own. After the scenario is played out, discuss what you would do in that situation.
- **Create the Free to Be Me booklet** to place down your inner thoughts, dreams, and daily doings. Use the template in this kit or make your own.
- **Try out the "Pamper Yourself!"** section to create your own homemade masks, lip gloss, and more!
- **Take the "Sporty or Girly?" quiz** in this kit for yourself to find out what your calling is!
- **Discuss your future**—talk about your career that you would like, your passions, your likes and dislikes, and have everyone share.
- **Get together to do community service.** Create special community service activities together. See above, the page in this kit, our website, or Patch Program Book.
- **Create the Self Injury Illness Flipbook or do the Harmful Substance Matching** together and try to make a game to see who can do it the fastest! Afterwards, talk about the seriousness of them.
- **Make your own talent or fashion show** to showcase your talents. For fun, have the outgoing people not talk much and have the shy ones do all the talking.



Pamper Yourself!

Three All-Natural Face Masks

Oatmeal Delight

Combine 1/4 cup of oatmeal with 2 tablespoons of hot water and let sit covered for 10 minutes. After 10 minutes, mix 1 tablespoon of non-fat yogurt and let it cool completely. Place on your face for 10-15 minutes and wash off with a damp washcloth.



Sweet Banana

Mix 1 ripe banana with 1 tablespoon of honey. Next, add 1 tablespoon of sour cream with a wooden spoon. Place on your face for 10-15 minutes and wash off with a damp washcloth.



Strawberry Sunset

Wash and slice a 1/2 cup of strawberries. Combine strawberries with 1 tablespoon of honey and non-fat yogurt and blend until smooth. Place on your face for 10-15 minutes and wash off with a damp washcloth.

Rainbow Surprise Bath Salts

3 quarts of Epsom salts or course sea salt
Envelopes of unsweetened powdered juice mix
Scented oils (ex. Lavender, orange, mint)



Mix one envelope of unsweetened powdered juice mix to 1 quart of salts. Continue to do with several other in separate bowls if desired. Add 3-4 drops of the scented oil into the salt + unsweetened powdered juice mix and mix. Place 1/2 cup in a hot bath and enjoy! **Tip:** Don't use a white towel to wash off.



Milky Smooth Foot Soak

7 cups of water
2 cups of milk
1/2 cup of sugar
2 tablespoons of unscented lotion

Mix the water and milk and heat. Make it hot but not too hot! Place in a large mixing bowl. Mix the lotion and sugar together and place into another bowl. Place your feet into the hot milk and water mixture for 10+ minutes and remove. Stick your feet into the bowl with the sugar and lotion together and rub across your feet. Rinse your feet off and rub regular lotion on them.

Glittery Lip Gloss

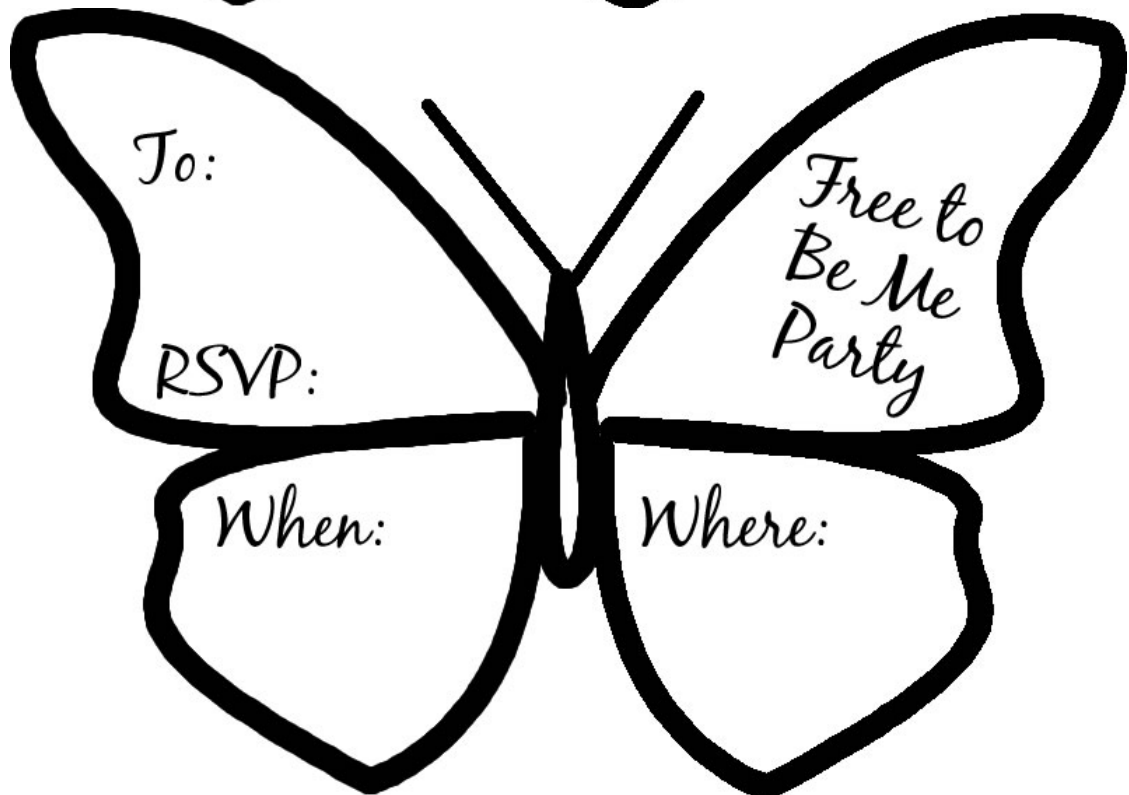
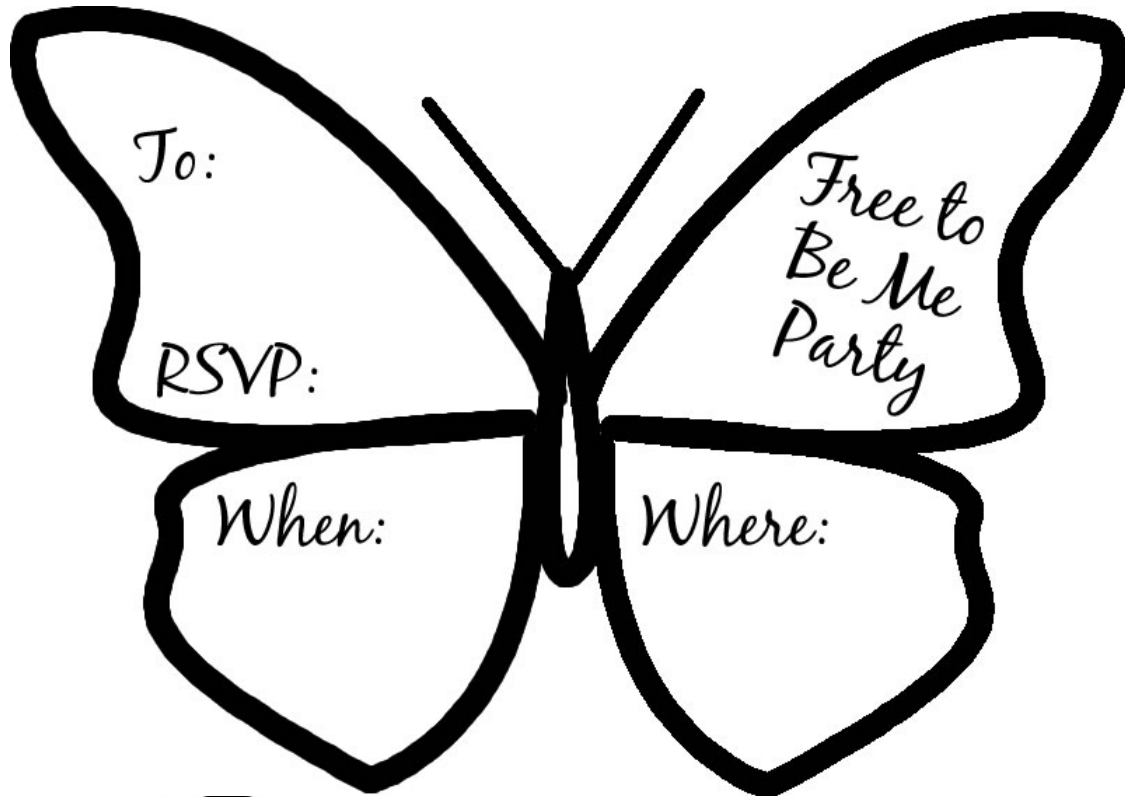
1 tablespoon of petroleum jelly
1/4 teaspoon of loose powder eye shadow
Sprinkle of loose body glitter to add shine
Toothpick or plastic spoon to stir the mixture
Container or ziploc bag to place the lip gloss in



Using a plastic spoon, place the petroleum jelly in the container or mini ziploc bag. Place the loose eye shadow in the container. Different colored eye shadow makes the tint of the gloss change. Stir the items together in the container with a coffee stirrer or strong toothpick. If you are using a bag keep the items together in a small corner of the bag while you massage the dry items in the jelly. **EXPERIMENT!** Add the petroleum jelly, powder and glitter until it gets the color you desire.

Free to Be Me Party Invitations

Copy the below invitations out on cardstock paper in bright colors. You can also fold them in the center. You can also write the items to bring for the party or additional information about the event. Example: "Bring a pillowcase to give away" or "Bring your favorite movie!"



Free to Be Me Themed Games

Unique Memory Cards

Located on page 20 and 21 of this activity booklet are memory cards to **color** and **cut out and glue on index cards**.



Color the cards according to the name of the color on the card.
Color and **cut out and glue on index cards**.

The game is best played two players so they can take turns finding the matches. If you have a large group, you can make several copies of the cards so you can create more than one game. Gluing them on index cards prevents them from seeing through the paper.

Free to Be Me Card Game

Cards located on page 20 and 21 of this activity booklet are Free to Be Me Cards.
Make two copies of the cards so there are 4 of each kind.

Color the cards according to the name of the color on the card.
Color and **cut out and glue on index cards**.

The game is best played with 3-4 players. Each person is given five cards, the remainder is placed in a deck face down. The first player begins by asking for a match to anyone playing. If they do not have a match then they say "free to be me!" The player draws a card from the deck. If they receive a match from a player or the deck then they lay it down in front of them. The first person that goes out with no cards in their hand wins.

Conversational Strips



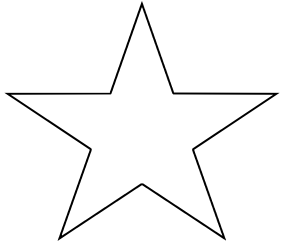
Cut out the strips located on page 22 and 23 along the lines. Have the participants shuffle them up and place them into a box and draw them at random. Ask the person across from you the questions and have them ask you some in turns.

Peer Pressure Scenarios

Read the scenarios or act them out and think about how they can be changed to be better. You can also make up your own. After the scenario is played out, discuss what you would do in that situation.

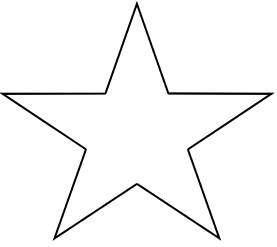
Covers requirement #3, 4, 6, & 7

RED



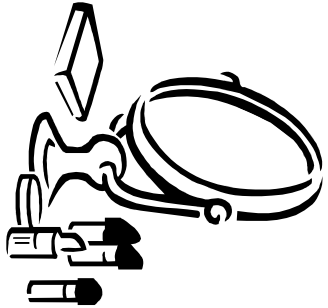
UNIQUELY ME

RED



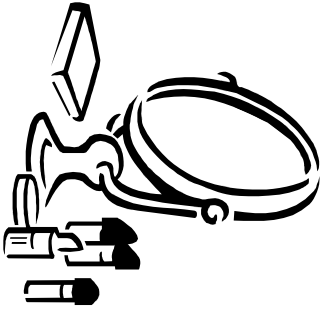
UNIQUELY ME

BLUE



BEAUTY

BLUE



BEAUTY

PINK



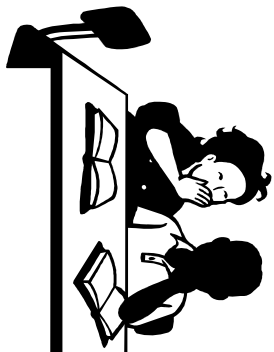
ARTISTIC

PINK



ARTISITC

PURPLE



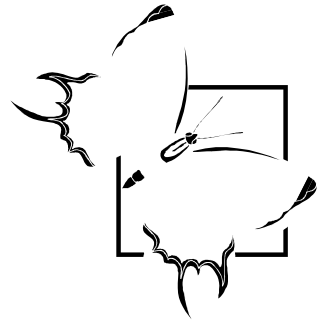
PEER PRESSURE

PURPLE



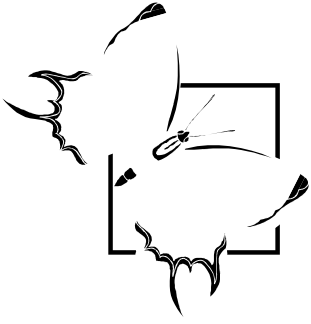
PEER PRESSURE

GREEN



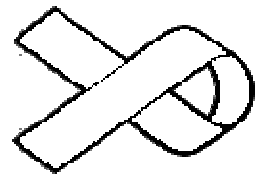
KINDNESS

GREEN



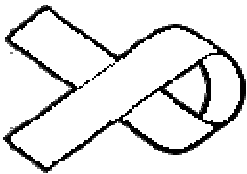
KINDNESS

YELLOW



COMMUNITY SERVICE

YELLOW



COMMUNITY SERVICE

ORANGE



SPORTY

ORANGE



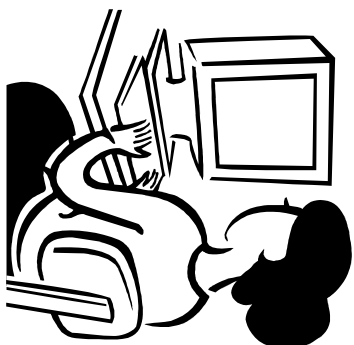
SPORTY

TEAL



CAREER

TEAL



CAREER

Conversational Strips

Cut out the cards along the lines. Have the participants shuffle them up and place them into a box and draw them at random. Ask the person across from you the questions and have them ask you some in turns. The blanks are to create your own!

What's the hardest thing you've ever done?

What is your favorite memory?

What is the biggest surprise you've ever had?

Have you ever gotten lost? What happened?

What is the biggest dream you have?

What's the best way to spend a rainy day?

What is your favorite thing to do?

Use one word to describe yourself.

Would you rather live underwater or in space?

Would you rather swim in the ocean or the pool?

What is the best party you have gone to?

What do you think the perfect age is?

What is your favorite snack? Why?

What is your favorite place?

What will you be doing in 10 years?

If you were an animal, what would you be?

What would you like to learn someday?

If you could sing like anyone, who would it be?

What famous person would you like to meet? Why?

What country would you choose to live in? Why?

If you owned a store, what would you sell?

Describe your dream house and what it would have.



Peer Pressure Scenarios

Read the scenarios or act them out. Some of the scenarios are **unspoken peer pressure**, which means that nothing is actually said to you because you others doing something you feel the pressure to do the same. **Spoken peer pressure** is when a person asks you directly to do something, or says things to you that pushes you towards a certain choice. You can also make up your own scenarios or talk about peer pressure situations you have been in. After the scenario is played out, discuss what you would do in that situation or if you feel more comfortable you can write it on paper.

Stacy enters the classroom and notices that there is a substitute teacher at the front of the room. Her friends are passing notes and making rude comments as the teacher asks them to sit down. The teacher says, "Children please sit down so we can get started." Annabelle passes a note to Stacy and she opens it. It says, "Wad the paper up and throw it at the teacher when she turns her back." As she is reading it, Annie throws a paper towards the teacher's desk. Then several more follow. What should Stacy do? What would you do? **Spoken peer pressure**

Jenny is getting ready for the school dance. Her family does not have as much money as some kids because her mom lost her job last year. She has to wear a lot of clothes that her older sister wore. She shows up at the school dance and sees the "popular" group as she enters the gymnasium. They are all huddled together and point to her and giggle. Marcy, the head of the group, yells out, "Hey, where did your outfit, from the local thrift shop?", and laughs out loud. "Girls what do you think?", she turns to the girls in her group. What would you do if you were in the group? **Spoken peer pressure**

As Missy enters the school, all of her friends were gathered around their lockers talking and laughing holding up a bright blue envelope. Missy asks, "What is the commotion?" and they said, "We are so excited about being invited to Nicole's party. It is going to be a blast and it's a sleepover." "Oh, I didn't get invited have fun though," Missy said, starting to walk off. What would you do if you were one of Missy's friends? **Unspoken peer pressure**

Brittney gets dropped off at the mall to look for clothes for their summer vacation. She passes a bunch of girls from school and they are at a kiosk purchasing make-up. They look so grown up and pretty. Brittney wants to feel like that so when her mom comes to pick her up she begs her to take her to buy make-up instead of clothes. What do you think her mom should do? Do you think make-up makes you feel grown up? **Unspoken peer pressure**

Kim and Becky are studying for their Spanish test. All the sudden Kim says, "This boring, who cares about the months of the year and numbers in Spanish." Becky says, "We have to learn the words on the list or we won't pass our test tomorrow. Let's keep studying." "Or... we can do what I usually do and write the answers on an index card and slide them up my long sleeve. When the test starts, then I slowly slide it out into my hand and write some of the answers down. Come on lets do it! I brought extra index cards to share with you," said Kim. What should Becky do? **Spoken peer pressure**

Free To Be Me Games

Freeze Dance



Music

Express yourself with your moves! A player is chosen to play the music. The rest of the players dance to the music. The player playing the music can decide when to stop. When the music stops, the players have to freeze in position. If they don't freeze in time, then they are out. The last person standing is the next music player.

Unique Dress Contest

Toilet paper (one roll for each team)
Stopwatch



Divide the players into even teams of 3 or more people. Give each team a roll of toilet paper. For extra, use colored or decorated toilet paper! Have one person be the runway model and have them pose in the middle of the circle. Have the rest of the players form a circle around the model. Have someone be in charge of the stopwatch. When it's time to for the game to start, have the stopwatch start as well. When the time starts, have the participants in the circle wrap the model in the toilet paper to form an unique dress. Have the stopwatch person judge the dresses. Have the winners get a small prize or a shiny star sticker.

Kind Words



Pick one person to be "Miss Manners." Have the rest of the participants line up in a horizontal line and Miss Manners on the other side of the room. In order to advance, the participants have to say something nice or kind about a person or her/himself. According to the compliment, Miss Manners can tell them to advance in any way. Ex. "take one tiny step," "take one leap," or "take a big step."

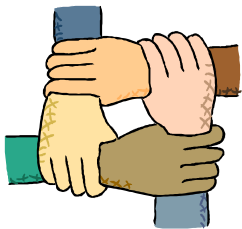
Things I Love

A bucket with numbers, one for each player

The players, the better! Have every player think of 3 things that you love and keep them to themselves. Have the players spread out around the room. Have the players pick a number out of the bucket. The person with the number 1 goes first. Have that player say one of the things they love (ex. "I love my dog" or "I love pizza"). If anyone else loves what they love (ex. Pizza, dogs), then they go to stand with that player. This game continues until you want to stop playing.



Let's Be Friends



The more people for this activity the better/harder. Have everyone stand in a circle and stick their arms out. Have the players hold someone else's right hand with theirs. If you want to make it harder, stand closer. Have the players hold someone else's left hand with theirs now. To make it harder, you can hold any hand you want to (still making sure it's two different people). Meaning, you don't have to hold your right hand with another right hand. Make sure it is not the same person you are holding with your right hand. Try to untangle yourself without letting go of anyone's hand. You can step over, under, or around people to get this done. When you have completed this, you should be in a circle holding hands, but not tangled. For a variation, you can split up a large group into smaller ones and have competitions for who is the fastest.

Free To Be Me Games (Cont.)

Guess My Picture

Pad of paper



Have someone not playing the game write down about 20 interesting words that can be drawn. Place them inside of a bowl. Have the players split into two teams. Pick one player from each team to go first. Have them pick a word that was in the bowl—that is the word they have to draw. Have the players on the same team try to guess the drawing while they are drawing. They cannot use words or write it out! The team that first gets it, gets one point. Have another player go and do the same thing. The team with the most points at the end wins.



My Own Cootie Catcher

A diagram on how to make your own cootie catcher is on the next page.

You'll need 1-2 players. Have a player choose a number for the cootie catcher. Open and close the Cootie Catcher one time for every number. Have a player choose a number from 1 to 8. Open and close the Cootie Catcher that number of times. The player then selects 1 of the 4 visible flaps revealed when you stop. Read the player's fortune. Remember, this is just for fun, so try not to make fortunes that are not fun for all players.

Fashionista!—participants have to find out what is different about the suspect.

Hats, shirts, clips, scarves, jewelry, purses, belts, etc to change the appearance briefly of the suspect are recommended but not required. You may wish to ask each participant to bring something from home to change their appearance. Older participants may need to guess two or more things, or have to notice minor changes, like the way their hair was combed.



Three or more players are needed to play this game. A person is selected to leave the room or area, this will be the suspect. Before they leave the room they stand in front of everyone and turn around. Everyone takes mental notes of their appearance for 30 seconds. Some groups may wish to allow written notes of their appearance.

The suspect leaves the room for 30 seconds and changes his/her appearance with the item they brought from home or by taking their sweater off etc. After the suspect has changed something they go back in the room where the other players are waiting. When the person appears they take turns guessing what is different about the suspects appearance.

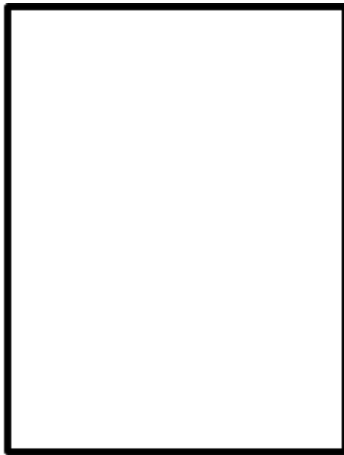
The first player to discover what has been changed becomes the next suspect, unless they already have been the suspect, then they choose someone that has not been the suspect yet.



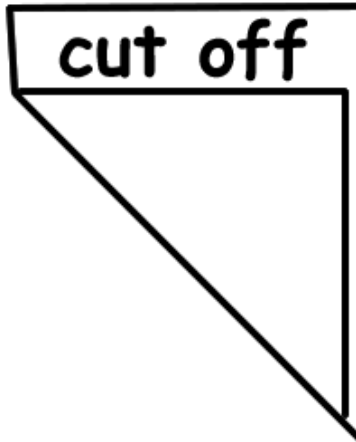
Career Charades

Have each player pick a word on the cards on the next page and act them out without using words! You could have the players split into teams and have them compete for the most points if desired. There are two blank cards where you can fill in your own. Fulfills requirement #10.

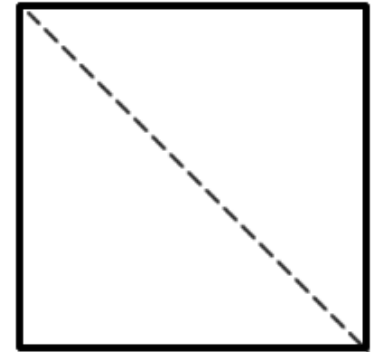
Make a Cootie Catcher (also called a Fortune Teller)



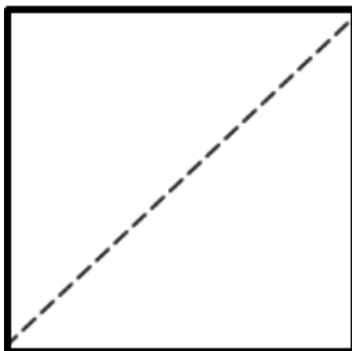
Start with a plain piece of white paper. 8 1/2 X 11



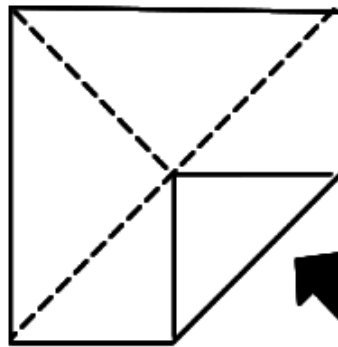
Take the left hand corner and fold it to the side of the page to create a triangle. Cut off the excess paper.



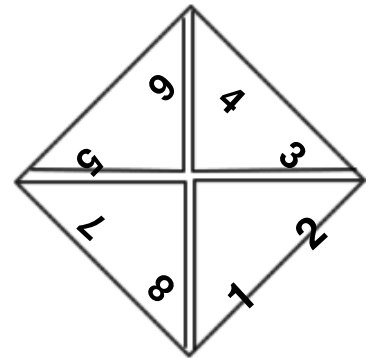
Open the triangle and you will have this square with a folded crease in the center.



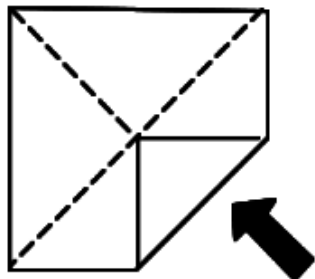
Fold the square diagonal in the other direction to create an "X" pattern of creases in the center of square.



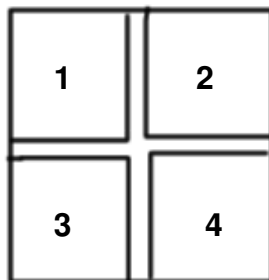
Begin folding the corners towards the center of the square.



Your square should look like this now. Number the triangles. There will be a crease on each large triangle large enough to place two numbers. Open each flap and write a fortune on each triangle inside. When your fortunes are written, close all the flaps.



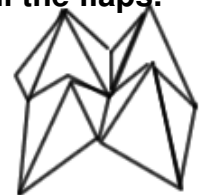
Flip the folded square over and begin folding the corners toward the center of the square.



Your square should look like this now. Number each corner as shown.



Hold the paper in front of you like a square. Fold it in half vertically and open it back up again.



Slide your thumbs and fingers under the four flaps. Rotate your hands, bringing your thumbs and index fingers together. The cootie catcher should expand as you move it.

Career Charades Cards

<i>Artist</i>	<i>Chef</i>	<i>Business- man</i>
<i>Musician</i>	<i>Dancer</i>	<i>Actress</i>
<i>Director</i>	<i>Designer</i>	<i>Hair dresser</i>
<i>Athlete</i>	<i>Photographer</i>	<i>Doctor</i>
<i>Writer</i>	<i>Journalist</i>	<i>Graphic Artist</i>
<i>Teacher</i>	<i>Veterinarian</i>	<i>Model</i>
<i>Delivery man</i>	<i>Florist</i>	<i>Plumber</i>
<i>Waitress</i>	<i>Cake Maker</i>	<i>Make-Up Artist</i>
<i>Architect</i>	<i>Engineer</i>	<i>Tailor</i>
<i>Fireman</i>		

Community Service

Fleece Blanket for Cancer Patients, Soldiers, Animals, or Children

Materials needed:

Less than a yard blanket would be nice to donate to the local animal shelters.

1 1/2 yard piece of polar fleece (Elementary school children)

2 yards of polar fleece (for teens)

Fleece is usually about 55" wide.

Directions:

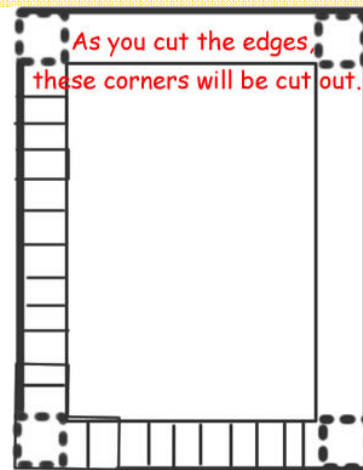
When purchased, sides of polar fleece have a rolled edge or a selvage.

Please trim this edge off prior to creating the blanket.

If you need a cutting guide place a piece of masking tape 5" in from the edge on top and bottom of blanket to be used as a cutting guide.

Cut top and bottom sides into 1" x 6" strips (cut toward center of blanket to make fringe). Eventually, you will cut out a square in the corners by creating your fringes. See diagram on the right. Remove masking tape.

Tie overhand knot on each strip to create a finished fringe edge as shown on the patch.



Helping Hats

Please note when donating hats to [hospitals](#), donations must be BRAND-NEW due to the low immune systems of the people receiving hats. For more information on free Comfort-Caps, call your local Husqvarna Viking dealer, 1-800-358-0001.

[Sites for collecting hats and donating them:](#) www.hatsoffforcancer.org/ & www.heavenlyhats.com/ & www.glorieshappyhats.org/

[Sites for creating hats for donation, patterns are available on some sites:](#) www.headhuggers.org/ OR www.sewyoungsewfun.com/



Create A Pillowcase

Participants of all ages can create pillowcases and distribute them to a variety of organizations. You can decorate pillowcases with fabric paint OR sew pillowcases on the sewing machine. You can also decorate pillow cases to place toys in for children during the holiday season or birthday pillowcases to be distributed throughout the year at shelters or food banks. Make sure you label it with a tag for gender and age. Please use cotton material for hospital patients and wash your material prior to sewing it. FAQ's and how to sew or decorate a pillow is listed on our website. <http://www.patchworkdesigns.net/pillowcase%20project.htm>

Collect Eye Glasses

Step 1: Get Your Group Together! Collect used eyeglasses on your own or with a group of friends, scouts, club members, or schoolmates. (free flyers and door hangers to download)

Step 2: Print and personalize fun materials to help you collect used eyeglasses including door hangers, fliers and stickers in English, Spanish or French!

Step 3: Place door hangers Along Your Collection Route (three days to a week in advance)

Step 4: Ghost Hunt for Used Eyeglasses on Sight Night!

Step 5: Count Your glasses and Collect Your Certificate!

Step 7: Turn In Your Sight Night Eyeglasses at Your local LensCrafters and Lion's Club.

Step 8: Order your participation patch from Patchwork Designs, Inc.

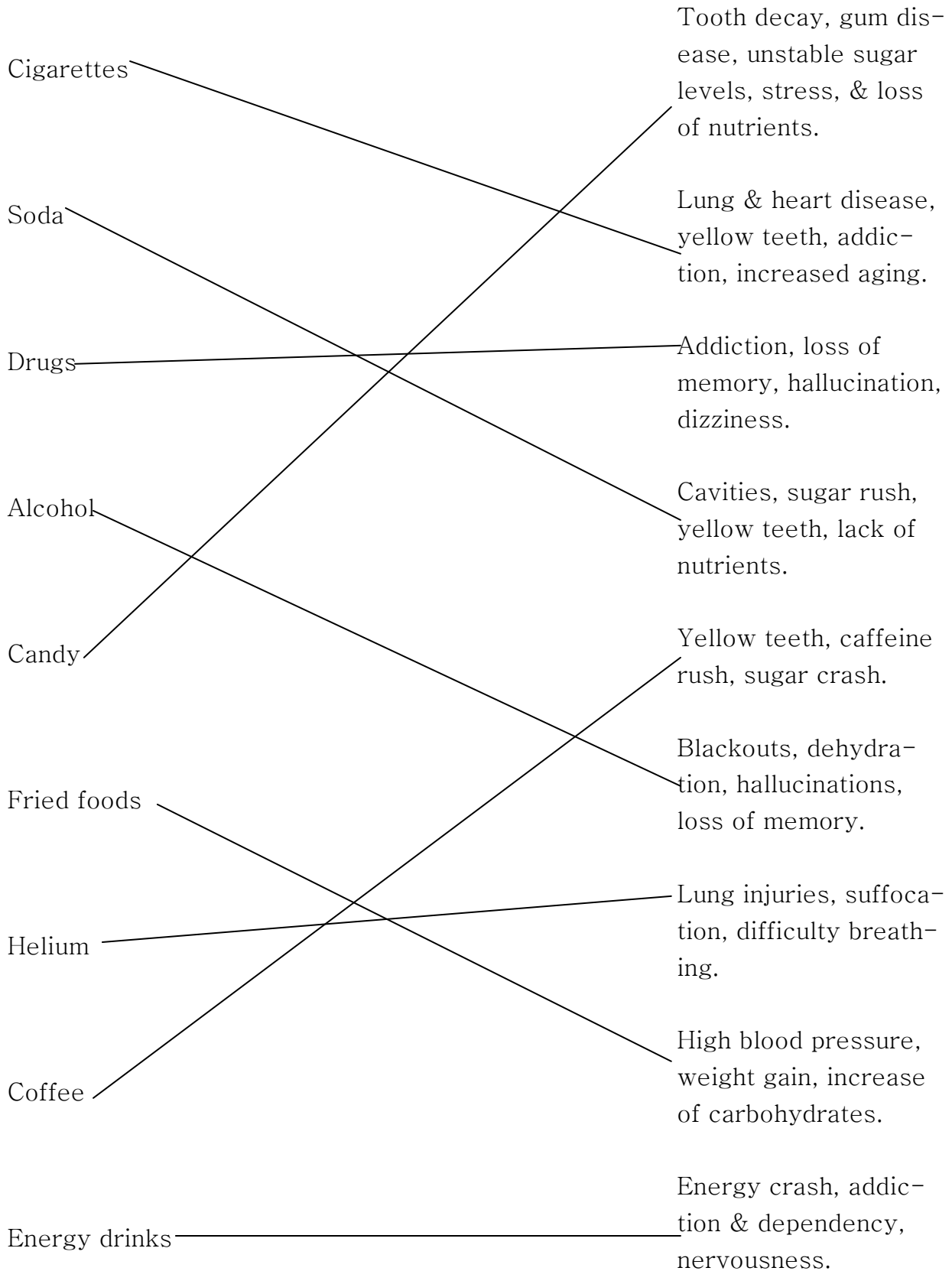


Please view our Patch Program Book or our website for more community service ideas!

Covers requirement #12

Harmful Substances Matching ANSWERS

Match the substance with their harmful effects if taken in large doses.



Free To Be Me Word Search ANSWERS

S H W P U X U J F D C W C G G I X K
 F Z J F T B O L E B N O I A I C S Q
 O O H H A U E R K S B T T Z R H U F
 K S D A R S E M N D H C S L L E R F
 U Q C N R V H W D A B T I K Y E E T
 N O A U O E O I T I E A T Q E T A R
 C L O C K F K I O N Z T R R R R N V
 E Y S I G S L T Y N K S A S Y U F Q
 K I L D S T N E R A P C D P T H C B
 D O G P N X F P S K I E E E R E H N
 K K U D S E R Z M E T N R C O Q B P
 E P X T U E I J S L U A A I P L M N
 A C B Q S B N R Z T P R M A S R Y E
 J K I S R R K P F B D I T L F X I W
 N N U N P N O R E E P O B E A U T Y
 U R Y U U E K K F F G S E R V I C E
 E S H Y H L A L E G N I Y L L U B J
 C O M M U N I T Y N U W R M B K C E

ARTISTIC

HURT

SHY

BEAUTY

JOURNAL

SPECIAL

BULLYING

LIKE

SPORTY

CAREER

NICE

TRUE SELF

COMMUNITY

OUTSPOKEN

UNIQUE

DISCOVERED

PARENTS

YOURSELF

FASHION

PEER

FREE

PRESSURE

FRIENDS

SCENARIOS

GIRLY

SERVICE



Covers requirements # 1 & 11

ORDER FORM

Please complete this form and mail or fax it to:

Patchwork Designs, Inc.

8421 Churchside Drive
Gainesville, VA 20155

(703) 743-9948 PHONE
(703) 743-9942 FAX



You can add any additional items to this form that you may need for your event or group.

Name _____

Address _____

City _____ State _____ Zip _____

Phone () _____ Referred By: _____

Email Address: _____

Discover/MasterCard/Visa# _____ - _____ - _____ - _____ or Check # _____

Expiration Date: _____ Have you ordered before? _____

Item #	Description	Quantity	Unit Price	Total Price
FREE	Free to Be Me		\$1.75	\$
				\$
				\$
				\$
				\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
			\$	\$
SUBTOTAL				\$
Regular Shipping & Handling [see next page]				\$
				\$
TOTAL ENCLOSED				\$

If you would prefer priority mail please add \$2.00 to the \$4.99 or above shipping category.

Next day service is an AVERAGE COST of \$28.00 [USPS determines the pricing according to the zone and weight.]

Patches	
1-5	\$3.55
6-20	\$4.99
21-30	\$5.99
31-50	\$6.50
51-70	\$6.99
71-100	\$9.55
101-150	\$10.55
151-200	\$13.00
201-400	\$15.99
401-500	\$17.60

Over 500 contact us for pricing

Kits or Manuals (shipped priority mail)	
1	\$6.99
2	\$9.25
3-5	\$10.75
6-8	\$12.75
10-12	\$15.75
13-20	\$22.25
21-23	\$24.00
Over 24	contact us for pricing

Kits and manuals range from 30 to 62 pages in length. Therefore if you are ordering more than 2 kits or manuals, please use the above shipping chart. Patches can be added to any order falling within that price range. Otherwise use the highest shipping amount on the chart according to the items ordered.

Bibliography:

- <http://www.beautyden.com/sugar.shtml>
<http://www.cancer.org/Cancer/CancerCauses/TobaccoCancer/CigaretteSmoking/cigarette-smoking-who-and-how-affects-health>
<http://www.nutritionresearchcenter.org/healthnews/what-happens-to-your-body-if-you-drink-a-coke-right-now/>
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<http://www.mayoclinic.com/health/alcoholism/DS00340>
http://www.helpguide.org/mental/drug_substance_abuse_addiction_signs_effects_treatment.htm
<http://www.something-fishy.org/other/hotlines.php>
<http://www.something-fishy.org/whatarethey/coe.php>
<http://www.cupcakecentral.com/keywordsearch.aspx>
<http://www.thecoolspot.gov/Documents/PeerPressureBagofTricks.pdf>

All the rest of the information was from the author's imagination or other Patchwork Designs, Inc books.



**Patch and Program
Created By:
Cheryle Oandasan**