CHEAT SHEET · FOR YOUR TEENS

Cheat sheet for your teens.

Remember: this site is written for adult readers because of the subjects it covers (war, grief, mental health), and it has nothing explicit. This sheet is for you to read and hand to your teens, not for them to browse the site. They are not too young for the practice. They may be the best at it, because they haven't learned to look away yet.

Not every hardship is a test, and nothing here is graded.



- [ ] **Sit with the one who is alone.**
  Lunch, the bus, a party. That is the whole move.
  `SAY "Mind if I sit here?"`

- [ ] **Say "that's enough."**
  When a group piles on someone, you don't have to win, and one person not laughing changes the room.
  `SAY "Okay, that's enough."`

- [ ] **Defend them in private if public is too hard.**
  `MESSAGE THEM "That wasn't okay. I'm sorry nobody said it."`

- [ ] **Do one invisible kindness.**
  No post, no screenshot. Do it. If it feels good, fine; do it again when it doesn't.

- [ ] **Give one conversation your whole attention.**
  Phone face down. Listen to the end.
  `ASK "What's the hardest part of this week?"`

- [ ] **Say a specific thank-you.**
  To a teacher or a parent: "When you ___, it changed ___."

- [ ] **Tell the truth when lying is free.**
  Do it even when no one would ever know.

  ```
  SAY "Actually, that was me."
  ```

- [ ] **Give the credit away.**
  Let it belong to the group.

  ```
  SAY "That was her idea."
  ```

IF YOU ONLY DO ONE THING THIS WEEK

Sit with someone, stand up for someone, thank someone.

If someone is being hurt, tell a trusted adult. You do not have to handle it alone, and not every hardship is a test.

This is practical, not religious. I think what you show with your choices is what counts. Share it freely.

---

thisisdisclosure.com
A free message about how we treat each other. Nothing to buy, nothing to join. One person’s hypothesis, not advice. Woodcut images were made with AI tools; the words are Keith Adler’s. Share freely.