

Police Athletic/Activities Leagues Activity Book



Name

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Chapter 1

Celebrating 100 Years



Celebrating 100 Years

Dear Boys and Girls,

Welcome to the “PAL” story - a true tale with a happy ending!

Many years ago I worked as a police officer in New York City. I was bothered that youngsters had no place to play where they felt safe and could stay out of trouble. Instead of just wondering about what to do, I did something!

With the help of my community, we organized the Police Athletic League – or PAL program – that transformed gangs into teams, where kids learned effort and achievement through friendly games, and where police officers became trusted “pals” connected to youth in their cities and towns.

100 years later, PAL is still going strong! Join me in learning more about our amazing journey through time. Welcome!

Your PAL,

Lieutenant Flynn

Before Reading

Good choices

What kinds of games do you like to play?

STAYING SAFE

What things that are fun and safe can you do in the summer?

Know where to go

Where are safe places to play in your city or town?

Choose Like a PAL Champ

Problem 1: The boys break Mr. Odwell's window with a rock. They talk back to him when he confronts them. Later they are afraid to tell Officer Flynn what they know.

What's the problem?

What's the best choice? WHY?

Problem 2: The boys break windows and bother store owners because they don't have a place to play and think the police are out to get them.

What's the problem?

What's the best choice? Why?

What Would You Do?

Scenario 1: Your friends are bored and hungry. They want to run into a grocery store and take some food without paying. They figure if they are fast enough, they will not get caught. They want you to keep an eye out for store employees.

What Would you say?

What Would you Do?

Scenario 2: Two teams are playing a game of ball. Kids on the winning team are making fun of the losing team.

What Would you say?

What Would you Do?

Building Character

Integrity

Doing the right thing – even when no one is watching

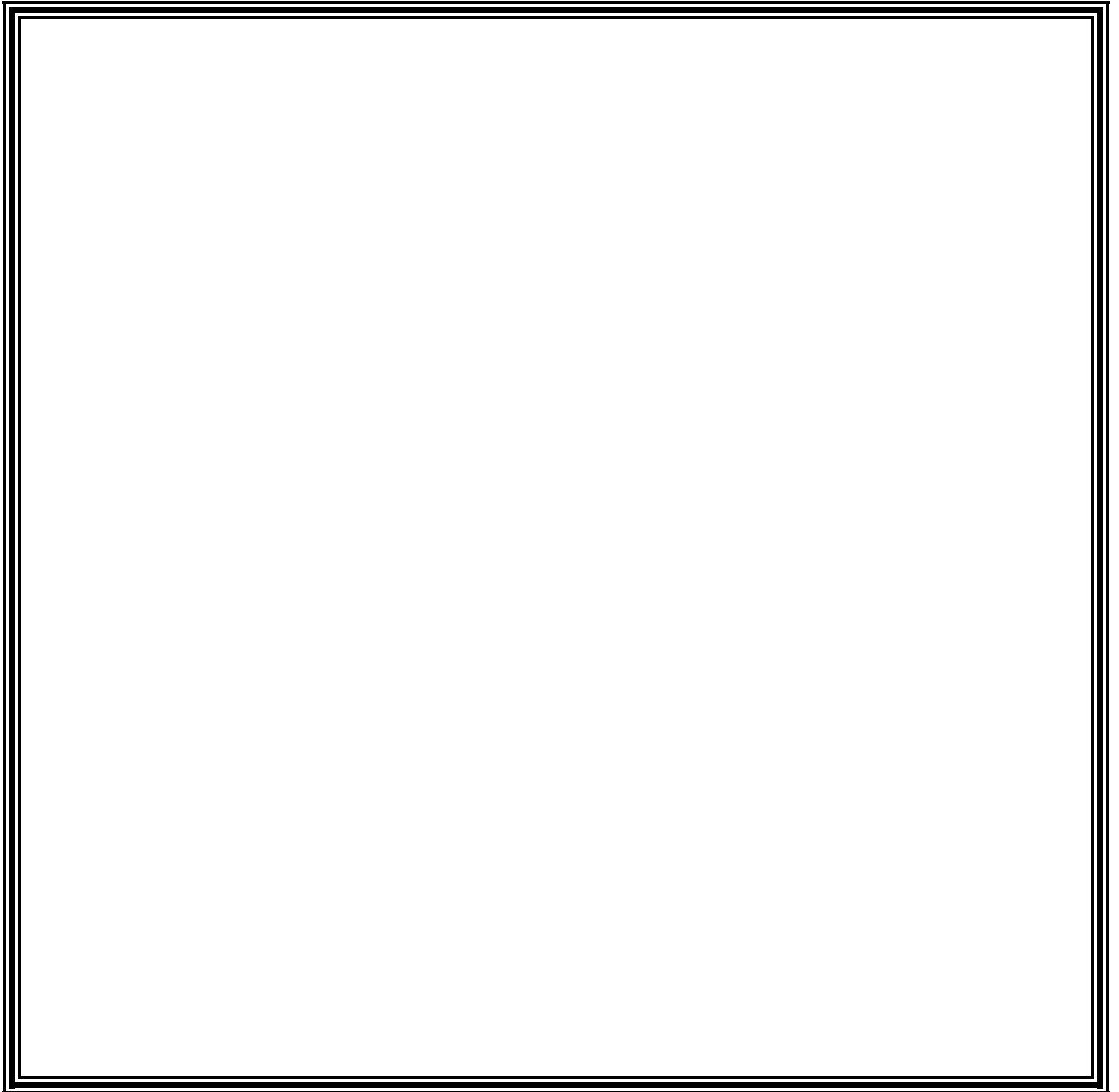
Think of a time you showed integrity. Tell about that time.
What happened? What did you do?

How could the boys in the story act with more integrity?
What could they have done differently with Mr. Odell?

What does “integrity” mean to you?

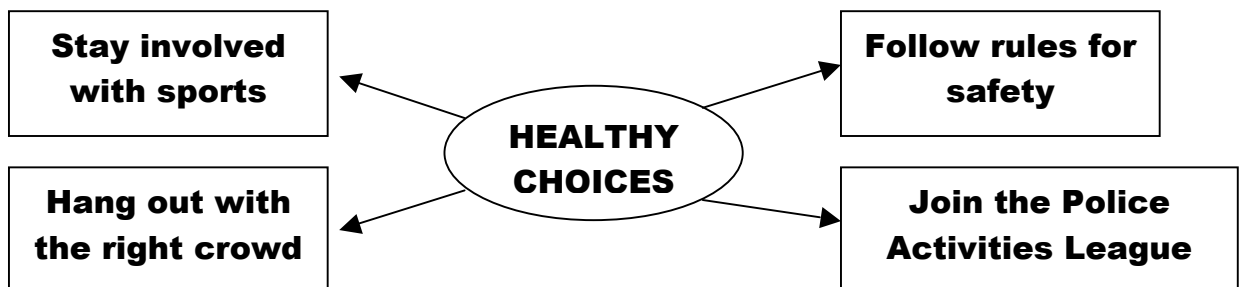
Newspaper ad

Lieutenant Flynn needs you to design an ad for PAL. Be sure to include pictures and words that tell kids why it's a good idea to join PAL.



Make a Plan!

Write a paragraph about healthy CHOICES. Use the word web to help you.



Making Healthy Choices

Staying safe and achieving my dreams are important to me. To reach my goals for my future, I have a plan!

First,

Next,

Then,

Finally,

Remember, if you want to reach your goals,
