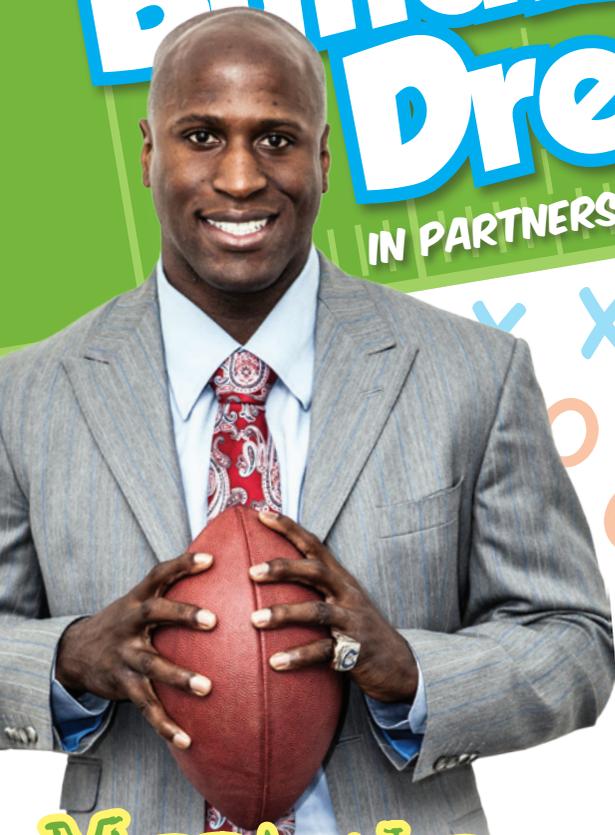


Building Dreams

IN PARTNERSHIP WITH FIGHT FOR LIFE FOUNDATION

DREAM.
BELIEVE.
ACHIEVE!



PART 2: TO GET RESPECT,

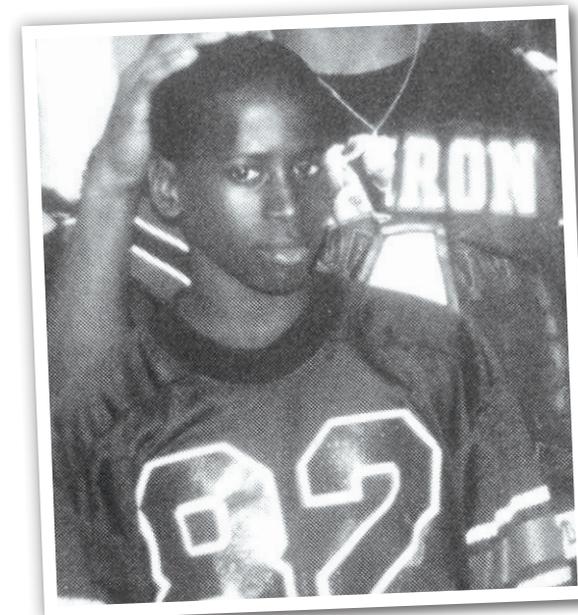
Show RESPECT!

What is it? Respect means thinking of and caring for your own and other people's feelings.

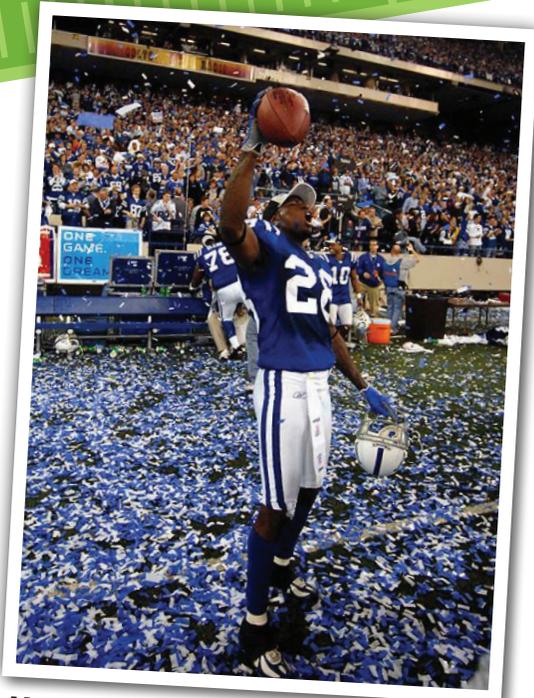
MARLIN'S STORY: IN HIS OWN WORDS

Respect is the key to healthy and happy relationships. But it took me a long time to learn this important life lesson. Here's a true story:

When I was 12 years old, I had some bad habits, especially when I became angry. One day, my youth football coach and teammates are working on tackling skills. Coach Marshall matches me up against Josh. Josh and me on the ground, me with the ball, Josh is the tackler. Coach blows the whistle, and when we both get up, I attempt to dodge Josh, but he tackles me. Coach lines us up again, we both get up, and Josh tackles me again.



Coach Jackson at age 11



Marlin after the 2006 American Football Conference championship game

YOUR WORLD IS WHAT YOU MAKE IT!

In this yearlong series, Forever-Fit Summer Camp coach and former NFL Colts player **Marlin Jackson** offers winning strategies to help you dream big, believe in yourself, and achieve your goals. The Jan/Feb issue highlighted the positive power of love. In this issue, we focus on how having **SELF-RESPECT** and **RESPECT FOR OTHERS** helps you make good choices and be the best person you can be. Are you ready to rumble? Check out the new challenge — **and all the cool prizes** — on page 32.

MEET the Coach

Name: Marlin Jackson

Growing Up: Coach had a tough childhood — Dad wasn't around and Mom was addicted to drugs. Despite the obstacles, he worked hard in school and on the field.

Pro Career: Playing for the Indianapolis Colts, he made a legendary interception that helped the team get to the 2007 Super Bowl, which they won. As cornerback, he made 221 tackles over 6 seasons.

Dream Achievement: In 2006, Coach started the **Fight for Life Foundation** to help kids create a better life for themselves and a better world for all.

For more about his foundation's Building Dreams initiative, visit FFLF.org.



Marlin's Pick:

SHOW YOUR LOVE

Congrats to **Zoe**, 9, from Illinois, whom Marlin selected for his Dream Team! Her response:

What does love mean to you?

"It means that you like someone or something a lot. It is also being kind."

How do you show love at home, in school, or in the community?

"I treat friends and family the way I want to be treated, and I give my mom and dad and sister and brothers hugs."

Now, I'm thinking I'm the best player on the team and that no one can tackle me. I have no respect for Josh's ability, and I become angrier each time he tackles me. In fact, I scream and yell words that a 12-year-old shouldn't, and I quit the team! I didn't care or think about how Josh or the coach felt — or about the feelings of my teammates and other coaches.

Looking back, I shouldn't have let my emotions control my behavior. I *should* have taken a timeout to calm myself down, then continued competing, and if I lost again, accepted the fact that my teammate was better than me in that moment. I *should* have apologized to my teammates and coaches.

Winning Strategy

In all situations, whether you are calm or angry, respect those around you. Give respect, and you'll get it in return. Always treat others the way you would like to be treated.

Changing Directions, Changing Lives!

The **Forever-Fit Summer Camp** and *Jack and Jill* promote youth health and fitness. To learn more about the camp, visit foreverfitcamp.org.

THE Building Dreams

BOWL!

Purpose: Dream. Believe. Achieve!

What You Need: The skills in this and upcoming 2017 issues, your imagination, your picture, a pen, an envelope, and a stamp.

WHAT YOU DO

1. Read about a new Building Dreams topic in each issue
2. Write an essay on the topic
3. Mail your essay and your picture by **March 31, 2017**, to the address at bottom of this page
4. **Win a prize!**

PRIZES

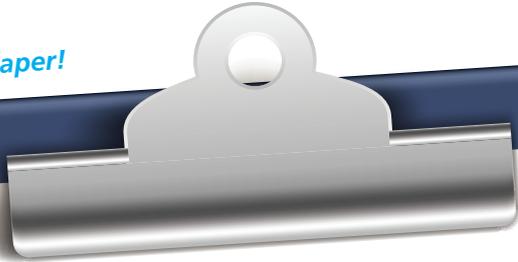
All participants receive an autographed picture of Marlin Jackson.

One winner from each issue will be named by Coach Jackson to the 2017 Dream Team and receive a swag bag containing a keychain, water bottle, and sunglasses.

Coach Marlin's MVP, chosen from the Dream Team, will win an NFL jersey of his or her choice. The Most Valuable Player will be named on **October 15, 2017**.



Need more room? Write your essay on a separate piece of paper!



NAME: _____

Age: _____

City: _____

State: _____

What happens when PEOPLE ARE TREATED with RESPECT?

Who is the MOST RESPECTFUL PERSON you know, and why?

Complete and cut out this clipboard and mail it to **Jack and Jill, P.O. Box 88928, Indianapolis, IN 46208**. Include your name, age, state, photo, and grown-up's email address. All submissions become the property of U.S. Kids.