

VIII. Drugs, Sexuality, and Violence: Storms at Sea (11 minutes: _____ to _____)

Let's make a list of some of the greatest challenges facing teens in today's society. Some of these challenges concern teen safety. Others concern teen health. Still others concern things we do to overcome obstacles in order to reach our goals and dreams. Let's make that list now: name some of the challenges you face as teens today. You might think about these in terms of things you are worried about or things you know that other teens are worried about. You might even think about the kinds of things you know your parents are concerned about. I'll record your ideas as you come up with them.



(Board participants' answers.)

If drugs, sexuality (i.e., sexually transmitted disease, pregnancy, etc.), and violence (delinquency, fights, etc.) have not been listed, suggest them, and if the teens agree they are important issues, include them on the list.

I'd like to show you a video to prepare you for some of the issues we will be focusing on later in the program.



Video #4

Drugs, Sexuality, and Violence: Storms at Sea

(4:16)

? How did you feel watching that video?
Encourage brief discussion.

? What did you think about Matt's behavior? How about Julie's behavior?
Encourage brief discussion.

As you think about this video, try to imagine what it is like for your parents watching it and how it feels to be worried about you and your future. Try to put yourself in their place for a minute.

? What do you think your parents would be feeling as they watched that video?
Encourage brief discussion.

We'll have a chance to practice coming up with either/or choices in a few minutes. But first, let's see an example of another way to set a logical consequence: a when/then choice.

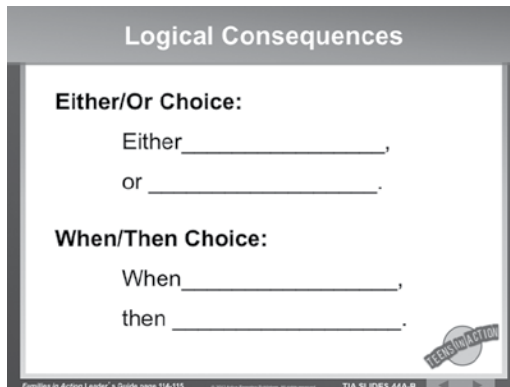


Video #5

Logical Consequences: When/Then choices

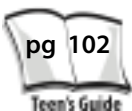
(2:21)

It's important to be aware that when/then choices are not bribes. Bribes and rewards may work in the short run, but they lead to a "what's in it for me?" attitude in the long run. To keep this from happening, remember that the when/then choice must involve two activities that normally happen anyway. You just present them so that the work (or the less-desired activity) must be done before the fun (or the more-desired activity), or simply "work before play".



Have any of you ever used a when/then choice to help motivate yourself to do something you were resistant to doing?

- "When I've worked out for thirty minutes, then I'll play some of my video game."
- "When I finish reading this assignment, then I'll text my friend."



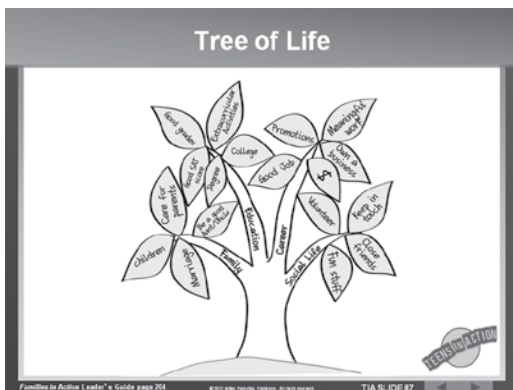
This week I'd like you to practice using a logical consequence to solve a problem. It can be a problem you have with another person or with yourself. The "Using Logical Consequences" guide sheet on page 102 of your *Teen's Guide* will help you through this practice. Complete the guide sheet, and we'll talk about how it went next session.

Session 6

Give the group five minutes to work.

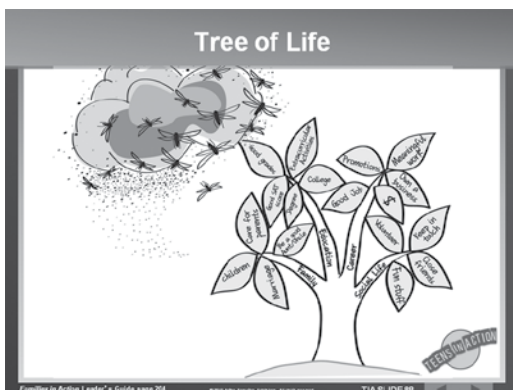
So, did you all create great lives for yourselves? Maybe it looks something like this...

TIA
SLIDE
#87



Here's a tree of life for a 15-year-old with a lot of hopes and dreams for her future. (Point to leaves on the tree as you mention them.) In the area of Family, she wants to get married someday, have children, be a good aunt to her nieces and nephews, and eventually be able to take care of her own parents when that time comes. She's in high school trying to keep her grades up and do whatever it takes to get into college. She wants to earn a degree that will help her get a job that pays well and that she enjoys doing. We see that what she does outside school and work is important to her, too. She wants close friends in her life. She wants to spend her time doing things that matter to her and are fun. She sees a pretty bright future for herself, and why not? Life isn't perfect, but it's good, and she knows she can do well for herself if she makes an effort and keeps her goals in mind.

TIA
SLIDE
#88



Except...what's that in the corner? It's a swarm of locusts, and it represents an addiction. This young woman hasn't given much thought to addiction. That only happens to other people, she thinks. So when she starts an addictive behavior, she doesn't pay much attention to it. She's enjoying its pleasures, and she hasn't seen any negative effects yet, so no worries, right?