

Table of Contents

v	Preface
1	Chapter 1—Making the Right Choice
	Topics include
	<ul style="list-style-type: none">• peer pressure• self-confidence• decision making• risk taking• trust• refusal skills• assertiveness• personal responsibility
13	Chapter 2—Triple Trouble
	Topics include
	<ul style="list-style-type: none">• age-appropriate facts regarding substance abuse and prevention• dependence• addiction• health hazards• societal impact• facing temptations
27	Chapter 3—Help!
	Topics include
	<ul style="list-style-type: none">• potential risks• self-help skills• life-saving information regarding personal safety and violence prevention

37 Chapter 4—Big Changes, Big Choices

Topics include

- sexuality
- dating
- fears
- facts
- AIDS concerns
- STD
- pregnancy

44 Chapter 5—The Need to Know

Topics include

- teen suicide
- living with terminal illness
- handicapping conditions
- family pressures
- stress
- depression

61 Chapter 6—Natural Awakenings

Topics include

- positive approaches to good health and wellness
- improving the quality of life—physically
- mental health
- emotional health

74 Appendix—Briefly

- Marijuana alert
- Health Briefs
- Don't Go To Pot
- Booklist By Subject

CHAPTER ONE

Making The Right Choice

- | | | |
|-----------|------------------------------|--|
| 2 | TEACHER'S PAGE | |
| 3 | <i>Everybody's Doing It!</i> | Group 'memberships' . . .
What do they offer? |
| 4 | <i>The Out-Group</i> | Ryan's scenario . . .
What do you think? |
| 5 | <i>What's the Risk?</i> | A risk and a hazard.
How are they different? |
| 6 | <i>Keep Your Cool</i> | Julie and Tracy's scenario . . .
What do you think? |
| 7 | <i>Chicken</i> | Where we get the term . . .
Share your thoughts. |
| 8 | <i>The Compromise</i> | Todd and Erika's scenario . . .
What do you think? |
| 9 | <i>Pressure Points</i> | Friend/family frictions . . .
What can you do? |
| 10 | <i>Let's Pretend</i> | An offer . . .
How could I refuse? |
| 11 | <i>Getting Connected</i> | Links between friends . . .
What is really important? |
| 12 | <i>The 'Muddle Plan'</i> | A problem-solving strategy . . .
It can work for you! |

Making The Right Choice

With puberty comes a head-on rush into 'junk' culture. It takes only a brief glance at a teen magazine to note that this time in a person's life can be both exciting and frightening. It's a risky world and one full of decisions and options.

One element of this world is peer-group pressure—an alarming phenomenon. Experience provides the ability to make prudent judgements and wise decisions. Young people, however, are anxious to please and to emulate their peers.

In this chapter we provide potentially dangerous scenarios in which a stand must be taken and a choice must be made.

Included in this chapter is an outline of a simple formula (the 'muddle plan') to 'de-fog' the brain, and enable it to work out the choices. The focus is on alternatives and consequences.

Although the first pages contain individual activities, sharing the completed work and discussing the outcomes is recommended. Self-confidence and an inner sense of focus should evolve.



Everybody's Doing It!

SCENARIO



Group stuff, that is!

Sometimes kids pair up. Other times, it's fun to do things in one big group.

Your favourite group might be the hockey team, science club, or neighbours. Or, a group could just be classmates who enjoy being together. The reasons for different group membership change with time. What are your reasons today?

WRITE ABOUT IT

Most groups will fit into one of the following categories. Describe one or more groups you know of that meet your needs in these areas.

1. Common values
2. Friendship
3. Common interests
4. Similar intellect
5. Other

Focus Term: Group — A number of persons or things considered, or ranged together that are related in some way.

What's The Risk?

SCENARIO

Are 'risks' and 'hazards' the same?

Absolutely not!

A 'hazard' is when people or the things they value are exposed to danger or harm. A 'risk,' however, is the measure of the likelihood of harm or loss that may come to you because of the hazard. A 'risk' implies a threat of something that may happen.

Students your age are faced with countless hazards in everyday life. You are aware of most of them. It's important, however, to understand the risk involved when making a decision. Is it one worth taking?



WHAT DO YOU THINK?

The following activities and technologies are thought to be risky by many people. Rank their level of risk from one to twenty, according to how dangerous you think each to be.

What's the risk?

pesticides	using guns	automobiles
fire fighting	flying in an aeroplane	drinking water
surfing	mountain climbing	auto racing
motorcycling	nuclear power	surgery
football	drinking alcohol	swimming
doing drugs	smoking	using firecrackers
policing	hang gliding	

Risk means different things to different people. Share your finished work with a classmate. Discuss the risks involved.

Focus Term: Risk — Exposure to the chance of injury or loss.