

*When you are
forced to make a
Judgement call
what do you do?*

The What If Workbook
For Young Ladies

Character For Life Publishing

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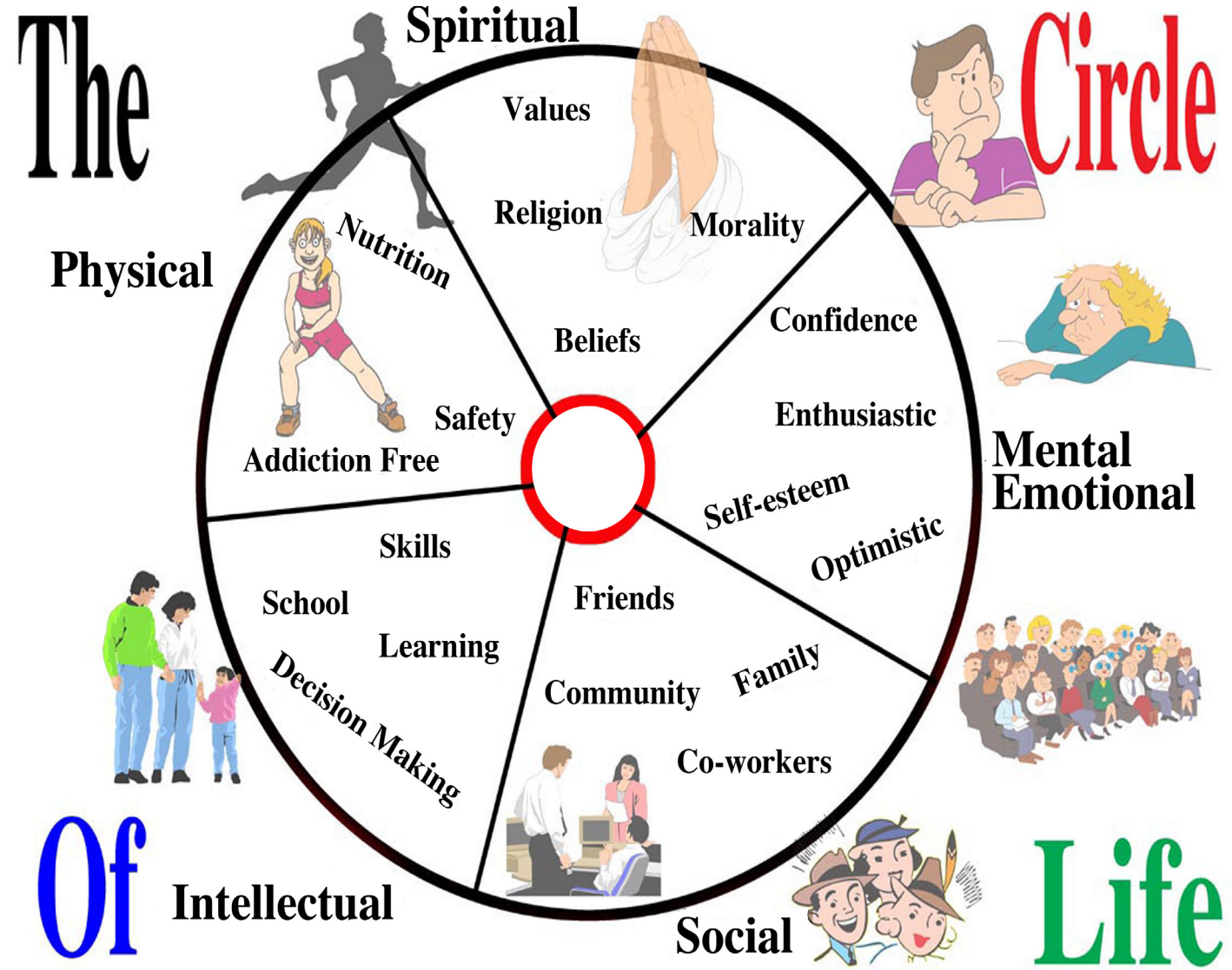


*What
Would You Do
If
It Happens To
You?*



A Survival Workbook
for Young Ladies

"When we create peace, harmony and balance
in our minds, we will find it in our lives."
Louis Hay



"The life that's not examined is not worth living"
Plato (Philosopher)

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In My Conclusion

I know that my "Break It Off Immediately" section seems rather cut and dry, black and white, but in many of my topics, there should be few gray areas. Can people change? Yes, they can. For most of us, because we are creatures of habit and products of our environment, the prospects of instant change is slim to none without some real dedicated concentrated work and systematic process. Change is a process and sometimes a lengthy one. So, if one takes on a relationship with the intentions of changing or remaking the other, not impossible but highly unlikely. Remember, we are at the beginning of the relationship infatuated with one another and if there is instant change it is probably temporary if there is any change at all. The problem with the "I'll change him" attitude is that when one is infatuated or attracted to another, he is willing to overlook some if all of the things that would normally annoy them. But these same behaviors or traits seen in anyone you are not attracted to are things you generally won't tolerate at all. We think that we can change or that somehow because you like or are in lust with one another all bad or indifferent habits and behaviors are worth putting up with or may simply vanish. Even if one manages to persuade the other to alter some behaviors at a simple request, those unattractive, unwanted habits and behaviors tend to creep back when the luster of the relationship wears off.

I know that we have to be willing to roll the dice, take some chances in life, but you have to consider what it may or could cost you. Ladies, relationships gone bad can and do in far too many cases cost you life itself. Remember, all habits and addictions are difficult to break. Good or bad it takes much hard work and dedication to change what we have become in many years.

Some relationships when not severed quickly enough at first sight will allow too much time for the hooks and claws of entitlement or ownership to get such a grip that you end up with someone unwilling to let go no matter how clear you make it that the two of you are not right for each other.

Before you plunge headlong into a relationship, consider all of the other unhealthy, sad, unstable and dangerous relationships you know of or have experienced personally.

Be patient, don't settle for what's not in your best interest, wait for, look for the relationship that complements you, that fulfills you, that supports you and has common goals, aspirations and interests. Follow and go with your inner gut feeling when it comes to relationships. First impression can be great indicators and predictors of future expectation. Set standards now so that you know what you need and are looking for so you are not caught off guard or unprepared for your next relationship encounter.

Preface

This workbook was conceived because of the continued request by an attorney, counselors, youth workers and friends to address some of the challenges facing our young girls and ladies as they grow into women hood. Coming up with a way to address some of these sensitive subjects was a tedious task. The object of this workbook is to pose some of the most likely scenarios and occurrences as an illustration in stories and then pose what appears to be good sound thinking for each of those illustrated stories. This workbook can be used as an individual exercise in judgement, and sound thinking or group sessions. Based on the experiences of each reader, the way in which they address each will vary. This is also a great workbook for pre-thought raising the question, "What if it happens to you?" A facilitator of a group or counselor providing direction and structure for collective discussions would be a great way to use this workbook. The "On Second Thought" section after each illustration allows room for readers to agree, disagree and re-think presupposed decisions made for them.

Adult Models

When talking to parents about their children, I often tell them that four things are absolutely important to raising and helping them get a great start on a successful life and career.

(1) Modeling

Parents must model in their own behavior the kind of attitude and behavior they want and expect from their children. Most of what they become is what they learn to imitate comes from what they see, hear and experience. What they become is what they learn to become.

(2) Structure

Parents must structure the lives of their children. They must start in the early years of a child's life, planning, directing, and monitoring activities, friends, entertainment, environment, and their mental programming. At the same time, they must not stifle zeal for learning, for life, and creativity.

(3) Boundaries

Parents must set boundaries for their children. Children must clearly know and understand what lines they may and may not cross. These are the do's and don'ts they live by. They must be held accountable for good and bad behavior. They should be rewarded for good behavior and accept the consequences for unacceptable behavior.

(4) Consistency

Without the first three the fourth will not matter. However, if you commit to the first three this will be the most taxing, challenging and difficult.

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Addiction

* If the man you meet or like, enjoys excessive drinking or gambling and does it often.....
 (Break it off immediately) if you are looking for a man who won't do something stupid, make a fool of you or himself or resort to whatever it takes to satisfy those addictions.

* If the man you meet or like, is obsessed with the internet and social media more than he is you.....
 (Break it off immediately) if you are looking for a man who guards against being tempted by someone on line or any other social media escapade.

* If the man you meet or like, loves or is obsessed with pornography.....
 (Break it off immediately) if you are looking for a man who will find more pleasure in watching you than any other women and will not compare or try and get you to uncomfortably role-play or act out what he enjoys in pornography.

Peer Pressure

* If the man you meet or like, routinely prefers the company of his friends and buddies rather than yours.....
 (Break it off immediately) if you are looking for a man who would rather your company more than anyone else's.

* If the man you meet or like, is easily influenced and persuaded by friends, buddies and family.....
 (Break it off immediately) if you are looking for a man who thinks for himself and won't let anyone influence him to the detriment of your relationship.

Morals

* If the man you meet or like, tries to buy your affection or impress you by showering you with things and stuff.....
 (Break it off immediately) if you are looking for a man who wants to make you feel like you owe him something, or he has bought and paid for you, or that he owns you because of what he has done for you.

Domineering

* If the man you meet or like, expects and demands that you serve and wait on him hand and foot at your expense.....
 (Break it off immediately) if you are looking for a man who will put you first and whose pleasure it is to serve you instead.

Lazy

* If the man you meet or like, routinely sits around and watch you do all the domestic work without offering any help....
 (Break it off immediately) if you are looking for a man who is willing to do anything he can to make your life easier.

Mama's Boy

* If the man you meet or like, allows his parents to consistently and selfishly disrupt, interfere with or cause dissension between the two of you
 (Break it off immediately) if you are looking for a man who will not be at the beck and call of his parents but will put you first when the circumstances demands it.

Safety/Security

* If the man you meet or like, does not understand why your first meeting and personal introduction should be in a crowded or busy and safe place.....
 (Break it off immediately) if you are looking for a man who places your safety and piece of mind above everything else and understands your need to feel secure and protected.

* If the man you meet for the first time or like while out on the town one night, offers to buy and hand delivery a drink to you or take you home without knowing anything about him or you him.....
 (Break it off immediately) if you are looking for a man who is not in the habit of picking up strange women on a night out for a good time.

Self-Respect/Self-Pride

* If the man you meet or like, wears his pants so low that his underwear shows and he has to hold them up with one hand in order to walk.....
(Break it off immediately) if you are looking for a man who first respects himself, then you and takes pride in himself and all that he has and does.

Anger Issues

* If the man you meet or like, has a quick temper.....
(Break it off immediately) if you are looking for a man who will not one day explode on you when he is unhappy about something you do or don't do and do something embarrassing or stupid.

* If the man you meet or like, throws or hit things when he is angry or upset.....
(Break it off immediately) if you are looking for a man who won't hit or commit violence against you when unhappy hitting or throwing things.

Disrespect/Indifference

* If the man you meet or like, does not get along with, like or treat women including his mother with respect.....
(Break it off immediately) if you are looking for a man who will respect, love and cherish you for who you are.

* If the man you meet or like, does not treat strangers, waitresses, women or law enforcement with respect....
(Break it off immediately) if you are looking for a man who won't when he feels the thrill is gone from the relationship treat you like he treats everyone else.

* If the man you meet or like, has a poor relationship with his children or dislikes or is indifferent to yours....
(Break it off immediately) if you're looking for a man who will be caring, bond with and love your children simply because they are yours.

* If the man you meet or like, freely and consistently uses profanity with or around you.....
(Break it off immediately) if you are looking for a man who respects you and the presence of a lady.

Responsibility

* If the man you meet or like, does not take education, his job, commitments or responsibilities seriously.....
(Break it off immediately) if you are looking for a man you won't have to support one day and who wants the best life has to offer for you and him both.

* If the man you meet or like, does not routinely make time for children he had in a previous relationship.....
(Break it off immediately) if you are looking for a man who will be committed to caring for his and your children.

* If the man you meet or like, has no ambitions, plans or goals for the future.....
(Break it off immediately) if you are looking for a man you won't have to support one day who's going somewhere in life and planning on taking you along.

Infidelity/Unfaithfulness

* If the man you meet or like dates you while seeing or married to someone else.....
(Break it off immediately) if you are looking for a man who won't do the same to you when he gets bored.

Lack of Communication

* If the man you meet or like clams up or gets depressed whenever he is angry, unhappy or upset.....
(Break it off immediately) if you are looking for a man who will share and communicate with you freely and openly.

* If the man you meet or like is secretive about his life and wants to know all about yours
(Break it off immediately) if you are looking for a man who won't mind sharing his past history and future goals so that you can know and be comfortable with him without surprises.

When Sarah was Bullied

Sarah's parents had moved to a new town and Sarah had to change schools. She was not very good at making new friends so she stayed to herself a lot. Because she was a little timid and shy a few of the girls in one of her classes teased and made fun of anything they could think of. Because Sarah was a new student in a new school, she had made no new real friends. She was very shy and wouldn't speak up for herself. Day after day the girls would find ways to poke fun and make Sarah feel lonely and out of place. Sarah knew that school had a bullying program, but thought she would only make things worse if she told anyone. The girls had already threatened her not to make trouble by going to an adult and telling. Sarah was not sure what she should do but she knew she had to do something.



On Second Thought
Sarah realized that if she did not do something to resolve her bullying problem that it might only get worse. So she read as much of the school's bullying policy as she could. She made sure she understood all of her options. She found out who the strongest advocate against bullying was on her campus and she arranged a meeting. They discussed what could be done about the girls who were bullying her. She started recording names, dates, times and how often it happened. She left her concerns about the girls bullying her to the bullying advocate she met with after a few meetings. She also realized that she needed to identify students who were nice to her and who she believed would support her if she needed it. She also identified some of the more popular kids on campus and in her classroom then began establishing a relationship with them. As she spent time with these new friends there was a good chance the bullying would stop.

If you were Sarah what would you do?

1. _____

2. _____

3. _____

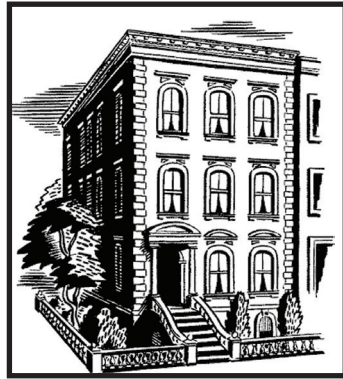
Action Plan 1 _____

Action Plan 2 _____

Action Plan 3 _____

When Nancy was Offered Drugs

Nancy was 15 and lived in a low to middle class income neighborhood where many children lived with single parents. Nancy lived with her single mother and four sisters and brothers. She saw her dad perhaps once every two to three weeks for the first few months. Her mom worked long hours and had little time to spend with any of her children. While hanging out with two of her best friends one evening Nancy was offered drugs by one of them. When she hesitated they offered her alcohol. She thought to herself because it was only alcohol she would surely be fine drinking a little but not too much. Before she realized it she found herself doing more experimenting and saying yes to things she new she should have walked away from.



On Second Thought

After Nancy turned down drugs, but accepted alcohol from her friends the first time, she remembered all the bad things that she had seen happen to others who adopted those habits. She was a smart girl and decided to sat down and play the what if game. "What if I do drugs or alcohol and get caught?" "What if I do drugs and alcohol and my body react in a bad way?" "What if I do drugs or alcohol and lose control of my thinking or my body?" While her friends thought about how good it may feel or how much fun it was Nancy thought about all of the bad things that could happen to her if she started doing those things. She also decided to limit the time she would spend with those friends. She tried telling them the dangers of drugs and alcohol, but they did not listen. She even thought about telling her parents and staying completely away from them.

If you were Nancy what would you do?

1. _____
2. _____
3. _____

Action Plan 1 _____

Action Plan 2 _____

Action Plan 3 _____

Relationships

Break It Off Immediately!

As I have listened over the years to young ladies telling their personal stories and the stories of friends who had challenging relationships, I have often wanted to sit them down and share my personal opinions and words of wisdom from my many years of experience. This book offers me the perfect opportunity to do so and I have done so in the short version at the end of this book.

Far too often we all hear of and we know personally of unhealthy, unfulfilled, unsafe and dangerous relationships women or young girls find themselves involved, stuck or trapped in for years. We find ourselves wanting to give them some straight talk advice about what to look for, what to avoid and in many cases, what to run from in a relationship. As I added this section to this workbook I thought a lot about my own daughter, sisters, nieces, and students that have come and gone in my classroom and what I said to some and wanted to say to others.

I know it's not always easy to spot or predict how relationships may turn out, but I think there are plenty of obvious signs that may suggest what you may be in for if you settle for a relationship without considerable thought. It is important not to enter any relationship without having some preconceived notion of what you are looking for and what you need to help you develop as a whole, complete and fulfilled person. Remember to choose wisely because every road you choose will take you on a life changing adventure. Far too many women tend to enter into relationships thinking they can change a man's habits or character and remake him into what they want. That may or may not be true, but most of the time you will not succeed in your attempt to remake a man. When men change to please or impress, they gradually revert back to old habits when the thrill or the newness of the relationship wears off, or as they say, when the honeymoon is over. I realize that the stand I have taken in the list below on some of these issues seem extreme, but each should give you much pause for deep thought and reflection regarding your relationship. So, here goes.

Jealousy

* If the man you meet or like, is unreasonably jealous of your relationship with your family, friends and coworkers and you think its cute or flattering.....
(Break it off immediately) It will generally get worse and can progress dangerously out of control.

Respect

* If the man you meet or like, does not offer to or open doors for you, say please and thank you or consistently considers himself before he considers you.....
(Break it off immediately) if you are looking for someone thoughtful, considerate of you, sensitive and appreciative.

* If the man you meet or like, is not interested in or does not want to meet your parents and family.....
(Break it off immediately) if you are looking for a man who is comfortable with, will bond with and won't try separating you from your family.

Sex

* If the man you meet or like, wants to put his hands or lips on you early in the relationship.....
(Break it off immediately) if you are looking for a man who respects you and is looking for a relationship built on friendship and good companionship first and not a physical escapade or a good roll in the hay.

When Shirley Became a Young Mom

Shirley had become a mother at age 15 in the middle of her high school year. Shirley was an average student but had a lot of potential for a successful career. Shirley's mom and grandparents has accepted the fact that she had gotten pregnant far too early in her young life. She was now going to have to ponder how and what she should do to complete the rest of her high school years and the rest of her career. She suddenly realized that she had no job, no money to take care of her baby and she would have little time for friends and fun. She thought her parents could keep the baby when she had little time for it. But her parents made it clear that she would have to find and fit into her schedule a part time job and that she would have to be responsible for her baby as if she was an adult. So she sat down and thought about all she would have to do now that she was a young mom and she had a baby to care for and raise.



On Second Thought

Understanding the impact a baby would have on her life and her responsibility to the baby, Shirley sat down to do some planning. Shirley met with her parents and came up with a plan acceptable to everyone for her to continue her education and be the responsible mom everyone expected. With the cooperation of her parents and grandparents she arranged times everyone could help take care of the baby while she continued school and on occasion go out on the weekends for some fun. She went out and found a part time weekend job with a couple of week days occasionally to make a little money to help take care of the baby's needs. Then she found a great children's nursery so that when she needed to she had somewhere else to take her baby. Shirley realized that the baby and her future was most important now and she could no longer hang out with friends, spend lots of time on the phone and party the way she used to.

If you were Wanda what would you do?

1. _____
2. _____
3. _____

Action Plan 1 _____

Action Plan 2 _____

Action Plan 3 _____

When Ellen was Failing High School

Ellen was not a very brainy student. She was not dumb, but barely an average student. She struggled with her classes all year long. Her parents were always comparing her to her older sister who was very smart. She felt they were expecting her to be like her sister. No matter how hard Ellen tried she could not make the good grades her sister made. Ellen was getting tired of being compared to her sister and no one knew that she was getting depressed and frustrated. Day by day nothing changed and she did not know what to do. She felt that just being herself was not good enough for her parents. She sat alone night after night in her bedroom trying to figure out what she was going to do to be better and to make herself feel better. She was getting desperate.



On Second Thought

When Ellen realized that she was failing school she thought about what that would do to her future. She knew that she would always be compared to her sister. She thought to herself that before her grades got any worse she needed to sit down with her teachers, parents and friends to come up with a plan. She made a list of the things that she wanted out of life, taped it to her bathroom mirror, and read it each morning to motivate herself. She asked her teachers for extra work to earn extra credit and time to complete that work. She started spending time with friends who would come up with creative ways to help her with subjects she was having difficulty with. She spent less time socializing on school nights and spent more time focusing on the dreams she had for her future.

If you were Ellen what would you do?

1. _____
2. _____
3. _____

Action Plan 1 _____

Action Plan 2 _____

Action Plan 3 _____

When Susan's Boyfriend Wanted Sex

Susan was finally getting attention from the boy in her class that she had been watching for a few months. One day she dropped a book in class and he was there to pick it up for her. After that they started talking and then hanging out, then dating. They soon found themselves going to movies, school games and dances together. They had lots of fun just spending time together. They had been dating a couple of months when he tried to persuade her to have sex with him. He thought that because they had been dating for a short time and they were having lots of fun together that sex was the next step. He was putting pressure on her every chance he got. Susan wasn't sure what to do. She thought to herself that if she wanted to keep him maybe she had to give in to him one day whether she wanted to or not. What do I do she thought to herself.



On Second Thought

When Susan's boyfriend expected her to have sex with him she had to make some difficult decisions. She thought about the possibility of disease, pregnancy, and there was her own uncertainty or stability of their relationship. But she also knew that if he decided to leave her because she would not have sex with him that he could not possibly love her for who she was instead of what she could do for him. She remembered friends who were pregnant, had babies, some had transmitted diseases and she thought about how difficult their lives had because of sex. They were still in high school and too young for all of that. She got up the courage to sit down with her boyfriend to have an honest discussion about why she thought it was not a good idea to start having sex. Besides, it was her life and future she was talking about and if he couldn't understand that then perhaps they were not right for each other.

If you were Susan what would you do?

1. _____
2. _____
3. _____

Action Plan 1 _____

Action Plan 2 _____

Action Plan 3 _____

When June was Date Raped

June was crazy about her boyfriend of 2 months. She thought that she had known him long enough to totally trust him. He won her trust because whenever he tried getting her to have sex with him and she was not comfortable going that far with him, he said he understood. He never tried to pressure her into doing anything she did not want to do. One Friday during school he asked June to go with him to a party. She was excited because many of her friends and school-mates would be there. June was not much on drinking but because she trusted her boyfriend she drank more than she ever had before. After June's boyfriend saw that she was a little tipsy, he decided to take her home. After he got her to the car he thought about all of the times she had turned him down when he tried to get her in bed. So he drove to a quiet place and took advantage of her in the back seat of his car and then took her home. When June woke up the next morning and realized what had happened she knew that she has some decisions to make.



On Second Thought

When June realized what had happened to her the night before, she panicked. She thought about the possible consequences. The first things she did was tell her parents what had happened and asked for their advice. June was smart enough to know that this was serious and her boyfriend had some explaining to do. She planned a trip to the doctor to be tested for pregnancy and sexually transmitted diseases. She then contacted her boyfriend to confront him about what he had done to her. June then decided that she needed to set some limits and personal guidelines for herself when it came to going out on dates with boys whether it was for parties, movies or any event.

If you were June what would you do?

1. _____
2. _____
3. _____

Action Plan 1 _____

Action Plan 2 _____

Action Plan 3 _____

When Lynn was Sexually Abused By In-Laws

Lynn was a quiet girl and not very sociable. Her mom had plenty of company in and out of the house. Many of them were close friends, uncles and cousins. On several occasions some of them would sneak off to a back room with Lynn and hug and touch her in ways that made her feel uncomfortable. She was 9 years old when it started and she was now 14 and the touching and hugging has progressed to more intimate sexual involvement. They always played mind games with Lynn so that she didn't know what to do. She didn't know whether she should take the chance and tell someone or not. All she knew was that sometimes it made her feel ashamed and a little dirty. She was confused because sometimes some of it felt good to her. But they all continued to make clear to her that all of this was OK and should be kept a secret and could not be told to anyone without her getting into big trouble and causing lots of trouble.



On Second Thought

Lynn had heard discussions from teachers and other adults about the abuse that happened to a lots of kids and how wrong it was and what should be done about it. She found it difficult, but she finally got the courage to talk to a trusted adult. She knew that she could not share this information with just anybody. She was old enough to know that if she did not do something to stop what was happening to her things could certainly get worst. But early during her abuse she realized that what was happening to her did not feel right so she started making notes each time it happened. She also made sure she was nowhere to be found when she knew that those who were taking advantage of her would be visiting her home. She and the adult she confided in made a plan to end it.

If you were Lynn what would you do?

1. _____
2. _____
3. _____

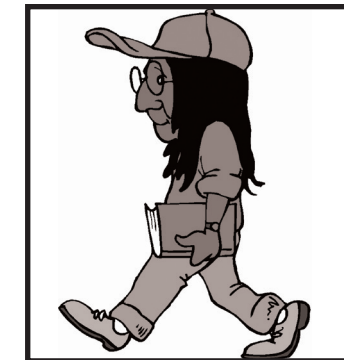
Action Plan 1 _____

Action Plan 2 _____

Action Plan 3 _____

When Debbie's Father Moved Out

Debbie loved her father even though they spent little quality time together. Her dad worked a lot to pay the bills and had little time for the family. He went to a few school functions; they watched a few movies together and talked a little at the dinner table the few times the family shared together when he was home. As time went on her dad spent less and less time at home. One day he left for work and never came back. There was very little contact from him and no explanation for leaving. Although Debbie and her dad did not have a close relationship she missed having him home when he could be there. Obviously, something had going wrong between her mom and dad. Having a dad at home made them feel safe and comfortable. But now the family had to worry about paying the bills and taking care of all of the things dad did when he lived there. Debbie even felt a little embarrassed because she no longer had a dad. Debbie felt that her whole life was about to change and she started to worry. What would they do?



On Second Thought

When Debbie's father left home she knew then that life would become more difficult. Although they were not as close as they could have been at least she had a father at home to provide security, life lessons and stability for the whole family. Debbie decided then that she needed to become more responsible for not only herself, but the entire family. She thought that by helping to make things easier for her mom things would be made easier for the family. As painful and scary as it was Debbie thought more about the decisions she made. She was angry at her dad, but realized that it was more important to the rest of the family that she spend her energy supporting mom and staying focused in school.

If you were Debbie what would you do?

1. _____
2. _____
3. _____

Action Plan 1 _____

Action Plan 2 _____

Action Plan 3 _____

When Wanda Became Weight Conscious

Wanda came from an average family and had always been taught to take pride in everything she did. Her parents emphasized the importance of doing her best and being her best. But Wanda was gaining weight and it was starting to bother her. She wondered why her parents never said anything about managing her health and looking her best. She thought, they want me to be my best, do my best and give my best, but nothing about looking my best. She noticed that some of her friends and schoolmates were starting to whisper to each other and make jokes about her weight. She also noticed that most of the boys paid more attentions to the smaller girls. She had always noticed that kids who gained too much weight were often picked on, sometimes discriminated against, developed health problems and became self-conscious. Wanda was a bright girl who decided that she needed to do something about her weight before it affected her health, and her social and professional life.



On Second Thought

Wanda was a bright girl and decided that she needed to do something about her weight whether her parents said anything to her about or not. She wanted to do something before it negatively impacted her health, her social life and perhaps her future. The first thing Wanda decided to do was to list why she wanted to manage her weight and health. She then made a list of the advantages and disadvantages of managing her health. Wanda thought that it would be hard to do on her own so she shared her concerns with her parents and close friends for added support. After sharing her concerns and goals she found that a couple of her closest friends wanted to join her and set some health goals for themselves. With the support of her parents and her closest friends she knew she was on the right track.

If you were Wanda what would you do?

1. _____
2. _____
3. _____

Action Plan 1 _____

Action Plan 2 _____

Action Plan 3 _____

When Lisa's Dad Abused Her Mom

Lisa's mom and dad were OK with each other until he had a few drinks of alcohol. Lisa's mom drank a little, but not like her dad and it did not affect her in the same way it did him. The alcohol made him loud and angry. Lisa was always afraid when her dad started drinking because she remembered the first time she saw him physically abuse her mom. It was after he drank a little too much. It started happening more and more as the months went by. Lisa's mom had a job, but the pay was low. Lisa's and her mom talked secretly about what they should do but nothing changed. Lisa decided on her own that she was going to have to figure something out before things got any worse.



On Second Thought

Lisa's home was not always a happy place to be. Because of her dad's drinking and the abuse her mom suffered by him, it was a relief anytime she was away from home. Lisa realized that if she was going to survive at home that she had to first see the reality of her situation. She decided to what she could to help keep peace in the home by pitching in and making things easy for everyone in any way she could. To encourage herself she reminded herself that all of this was only temporary. She preoccupied herself with reading, planning her future and being the best student and daughter she could. When her dad was not drinking she would take him for a short walk and talk to him about how the drinking and fighting made her feel. She started writing him letters expressing the pain she felt when he drank and abused her mom. She also comforted her mom whenever she could. She told herself everyday that things would get better.

If you were Lisa what would you do?

1. _____
2. _____
3. _____

Action Plan 1 _____

Action Plan 2 _____

Action Plan 3 _____

When Rose's Best Friend Died

Rose had a few good friends and one was named Tameka. Rose and Tameka spent as much time together as possible. Whether in or out of school they were together, on the phone, or on the computer chatting. Rose felt that Tameka understood her and had many of the same beliefs. They even planned their futures together and committed to help each other achieve their goals. Rose and Tameka went to a party one Saturday night, but Tameka wanted to stay a little later than Rose and decided to catch a ride home later with someone else. The next morning at school the word spread like wildfire and Rose got the news. The rumor was that Tameka had died in an accident on the way home from the party. Rose was in shock and sat in a daze. Her best friend was gone.



On Second Thought

When Rose lost her best friend Tameka, in an auto accident she was devastated. Rose decided that even though she had lost her best friend, she had to be careful about not forgetting the friends and family that was still there for her. She also realized that she needed to think about the best of times with her former best friend Tameka and not the worst of times. She needed to appreciate what she and Tameka had when they were together and knew that Tameka would want her to move on with her life. She set aside some time each evening at home to think about her friend Tameka and their special relationship. She decided to carry on with her life and plans as if Tameka was still a part of the plan. She even found herself writing Tameka letters when she felt the need to as if they were having conversations.

If you were Rosa what would you do?

1. _____
2. _____
3. _____

Action Plan 1 _____

Action Plan 2 _____

Action Plan 3 _____

When Sandra's Parents Divorced

Sandra and her parents were not especially close but they had an average relationship. Her mother and dad often worked long hard hours and days. Sandra was a typical 15 year old wanting to hang with friends, go to parties, talk on the phone and the computer. Her mom and dad did not always get along well, so her dad spent a lot of time away from home. Sandra's mom became less and less interested in being a mother and wife. One day Sandra came home and mom was not there. The night came and went and there was no word from mom. Sandra came home one day only to find out that her mom had left and was not coming back. Even though Sandra and her mom did not have a special relationship her mom was still her mom and when her mom left it created a painful void.



On Second Thought

When Sandra's parents divorced she realized that she would be raised in a single parent home and mainly by her mother. She decided to sit down with her dad right away and talk about what would happen with their relationship. She also wanted to know what this meant for him and her mom. Although this was a tragedy she discovered that this did not have to be an end to her life and future. She also knew that in order to make life as easy as possible for she and her mom she would have to pitch in and help wherever she could. She stayed in contact with her dad and arranged to see him often. She sat down with both her mom and dad to set goals and planned her future and stayed focused on those rather than on the divorce.

If you were Sandra what would you do?

1. _____
2. _____
3. _____

Action Plan 1 _____

Action Plan 2 _____

Action Plan 3 _____

When Gayle's Boyfriend Left

Gayle was surprised, shocked and devastated when Randy, her boyfriend told her that he was ending the relationship. They had been together for almost one year. When Randy told her that the relationship was over, it reminded her of so many other relationships that she had seen dissolve. This was extremely painful for her because her own family had come close to breaking up a few times. Gayle spent a lonely weekend wondering how losing her boyfriend was going to impact her life. She tried talking to Randy about his reason for breaking up with her, but Gayle could not help thinking that it was all about something she was doing, or something she was not doing. Her friends told her to get over it and forget about him, but they didn't understand how attached she was to him. She spent many days trying to figure out why he was leaving her and what she was going to do.



On Second Thought

Gaile was hurt deeply when Randy told her that he was ending their relationship. She spent many days and night crying and feeling deserted. However, she was smart enough to have planned for a day like this. She has seen many relationships come and go even among best friends. She realized that if she was not careful she could let the breakup depress and distract her from the important things like family, good friends, school and the goals she set for herself. She trained herself to think about what was good about the breakup not what was bad. And when she found herself sad she changed what she was thinking. It was not always easy but necessary. She knew that everything was a matter of habit and she needed to fill her lonely times with things of interest. She also reminded herself each day of the things she was thankful for rather than dwell on what she had lost. She knew that in time this would all pass.

If you were Gaile what would you do?

1. _____
2. _____
3. _____

Action Plan 1 _____

Action Plan 2 _____

Action Plan 3 _____

When Carmen Got Pregnant

Carmen's parents never talked about sex, relationships or pregnancy. They were too embarrassed to even mention the subject. The only thing she remembered mom saying was, don't get pregnant you are too young and dad would say, don't let those little boys get you in trouble. Carmen liked a boy in her neighborhood and hung out with him a lot. She had heard other girls talking about boys and sex and her friends made it sound like lots of fun. Her boyfriend asked her one evening if she wanted to sit in a friend's car and listen to music and she said yes. They got real close to each other and started listening to some soft music when he kissed Carmen. One thing led to another and before she knew it he was taking off her clothing. She had never been involved with a boy in this way before, but from all the talk she had heard, she was curious. Carmen let the boy have his way with her and several days later she discovered that she was pregnant and told her Pastor. Carmen panicked and started trying to figure out what else she was going to do.



On Second Thought

When Carmen learned that she was pregnant she knew that life would change forever. She knew that she could not hide her pregnancy no matter how her parents would feel about what had happened to her so she sat down with her mom first before including dad to talk about what had happened and what needed to be done. Carmen and her parents weighted all of the options and immediately started planning how she would continue school and take care of a baby. She thought about who she could count on to help her raise her child when it was born. She wondered how responsible she should hold the baby's father. They knew that none of this was going to be easy. After they sorted out all of their concerns she met with her boyfriend to tell him about the pregnancy.

If you were Carmen what would you do?

1. _____
2. _____
3. _____

Action Plan 1 _____

Action Plan 2 _____

Action Plan 3 _____