

ACTIVITY 2D

WHAT ABOUT THE RISKS?

I GOT CAUGHT! Situations

Some pot falls out of your locker just as a teacher walks by.

A friend is using e-cigarettes so you decide to try them as well. Your friend's mom catches you and tells your parents.

You end up at a party where kids are drinking. The police get called and everyone is questioned.

You get drunk the night before a test and flunk the test because you can't concentrate.

At an after-school activity, you see some kids put something into a friend's drink without them knowing it. You decide to tell the school officials.

You sneak a cigarette from a pack that belongs to a friend's parent. You smoke it and your parents catch you.

BRAINSTORMING Reference

Brainstorming is an excellent way to come up with many solutions when making a decision. During brainstorming, no idea is too ridiculous or unworkable. Even silly ideas can be valuable for stimulating new ways of thinking about a decision.

The following are some simple rules to follow whenever you brainstorm.

1. Wild, crazy ideas are okay.
2. No criticizing, evaluating, judging, or defending an idea during the brainstorming session. Only give ideas.
3. The more ideas the better. This is one time when quality is not as important as quantity.
4. Everyone in a group must contribute.
5. Every idea has the same worth. No idea is better or worse than another.
6. Use the ideas of others to build on or come up with more ideas of your own.
7. After a classmate shares an idea, continue brainstorming using the words “yes, and” before stating your idea. Using the words, “yes, and”, helps you build off of others’ ideas. This is in comparison to using the words, “yes, but”, which can have the opposite effect and stop the flow of ideas in brainstorming.
8. Record all ideas. The person recording should write ideas down exactly as said—no editing. When ideas are coming very fast in a group, it may be helpful to have two recorders.

Adapted from Fox, M., et al. (2007) Making good decisions. Survive, Strive, Thrive: Keys to Healthy Family Living, Lincoln, NE: University of Nebraska Extension