



PowerTalk for Families

Lesson 1-What's your plan?

In class today, we talked about our individual Power of Choice. We learned about personal choices and decision making. We talked about some of the factors that influence our decisions (friends, parents, etc.).

Students are sometimes faced with situations that require them to use their power of choice. It can be difficult to make a decision when you are unprepared. It is helpful to have strategies and a plan in place to know how to respond if faced with difficult or uncomfortable circumstances. Take time as a family to discuss some possible situations where students need to make decisions and how parents can help. Here are a few topics to help you start the conversation and develop *your* family's plan.

What's your plan?

- A friend asks you to help her cheat on a test. What's your plan?
- You are at a friend's house and he wants to watch a show or play a video game that you know your parents wouldn't approve of. What's your plan?
- Your parent(s) has given you permission to go to the park with a group of friends, but when you get there, they decide to go back to someone's house and that person's parents are not home. What's your plan?
- After a night of babysitting, the adults return home and you can tell they have had too much to drink. They insist on driving you home. What's your plan?
- Someone you know is involved in something that you know is dangerous or unhealthy. This activity does not involve you directly, but you are concerned about the other person. What can you do? What's your plan?
- You go to a party with some friends. When you get there you realize that some of the kids are drinking alcohol. What's your plan?

Sometimes students end up in an uncomfortable situation that they know they need to leave, but the exit strategy isn't clear. It's at these times, that it is helpful to just have a general "get out of here" plan. Agree on a family password. Know that when the student calls or texts a parent, they can use the password and a parent will come to pick them up without having to explain the situation on the phone....then you can discuss the situation safely at home.

For more information on the Power of Choice, check out this month's Parents Use Your Power newsletter at:

<http://thepowerofchoice.info/6-8/parents/newsletters/parents-use-your-power-newsletters/>