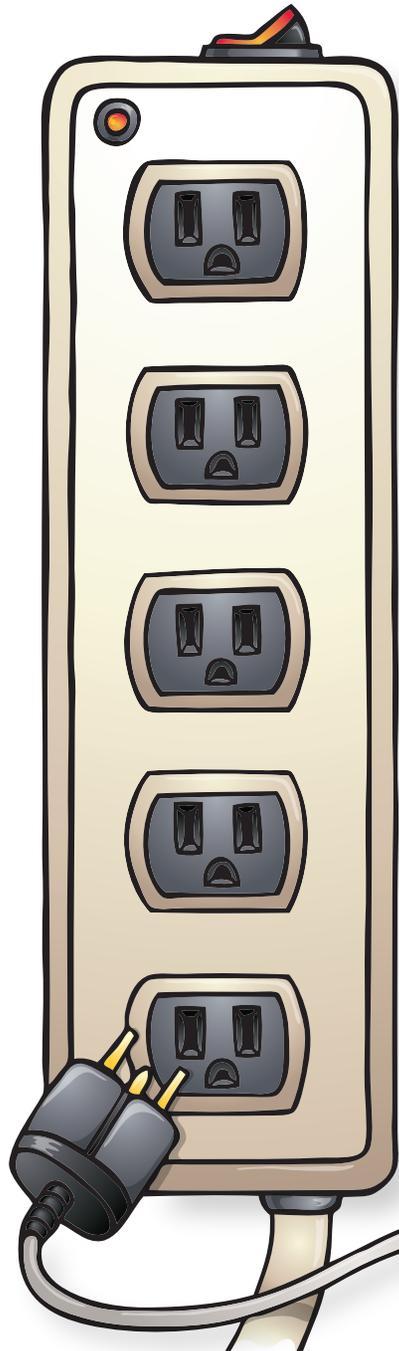


# Get Plugged In



## 1 Parent/Guardian

- How much time are you spending with your parent or guardian? (If you're not spending at least 30 minutes a day, then create and demand more time!)
- What is one conflict, argument, or power struggle that you can give up today that won't hurt you, but will help lower your parents' anxiety about you?

## 2 Positive Friend

- Remember: You know you have a "real" friend if they do things that help (not hurt) themselves and you.
- What could you do to help a friend overcome peer pressure and deal with challenges at home and at school?

## 3 Teacher/Counselor/School Official

- Make sure that someone at school knows the real you and what you can become with their help. Ask how they will help you reach your dreams and potential.
- Let them know what you are willing to do, then work together with them to accomplish your goals.

## 4 Positive Mentor

- Who can you identify that has accomplished goals and dreams similar to those that you want to accomplish?
- What are three qualities about them that you respect and admire that you would like to develop also?
- Take a risk: If possible, ask them how they can help you achieve the same thing.

## 5 Something that inspires or motivates you to do good

- What motivates you to not hurt yourself and others?
- What do you do with your time that's fun, gives you self-respect, and doesn't get you into trouble? How can you do more of this?



These five connections will help turn on the "light" to see your future more clearly.