

## about BULLYING

**BULLYING IS VIOLENCE.** It can take many forms: physical, verbal, bullying by exclusion, cyber-bullying. Often teens are the only witnesses to acts of bullying. That's one reason teens need to take action against it.

### IF YOU ARE BEING BULLIED...

- Realize that you need support.
- For mild cases: Use communication and assertiveness skills to handle the problem.
- For severe cases: Get help!

### IF YOU WITNESS BULLYING...

- Walk away. (Don't provide an audience.)
- Take a stand. Let the bully know it's not cool.
- Reach out to the victim. Be a friend.
- Spread the word: "We don't accept bullying!"
- If it's a dangerous situation, get help!

### Family Enrichment Activity: In Our Family

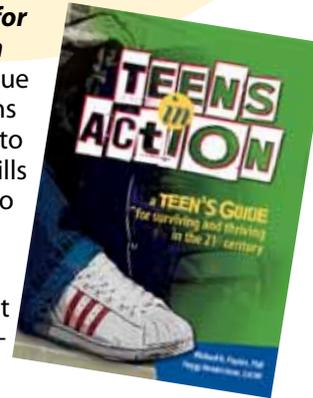
No matter what kind of family you have, it's important for you to acknowledge and appreciate that you're part of a family unit:

- Participate in family activities,
- Use phrases like "in our family," and help develop your own family traditions and rituals.
- Find ways to belong, to learn, and to contribute.
- Ask your parents to tell the stories of your family's history that make it unique.

None of this has to take a lot of time, and your efforts can really make a difference in how you feel and how your family works together.

Get more hope and help for the teen years with the *Teen's Guide*.

**Teens in Action: A Guide for Surviving and Thriving in the 21st Century** is a unique handbook for today's teens and tweens. It's designed to help them develop the skills and character they need to succeed in life. The *Teen's Guide*...



- Provides deeper insight into the topics presented in the videos.
- Goes *beyond* the videos to cover more of what teens need to know: bullying, peer pressure, online risks, talking about sexuality, and more.
- Presents 10 practical strategies teens can use to avoid high-risk behavior around drugs, sexuality, and violence.
- Teens do more than read: they stay engaged with creative exercises, thought-provoking writing prompts, and activities.
- Includes 25+ pages of comic-book style stories that use art and humor to make learning fun.

### GO ONLINE FOR MORE!

#### TEENS AND TWEENS:

Visit [www.activeparenting.com/TIA\\_Resources](http://www.activeparenting.com/TIA_Resources) for a list of books, web sites, and other resources that can help you survive and thrive as a teen.

#### PARENTS OF TEENS AND TWEENS:

Visit [www.activeparenting.com/ParentingTeens](http://www.activeparenting.com/ParentingTeens) for the latest in parenting news and resources.



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TEENS IN ACTION™

VIDEO 6

## Drugs, Sexuality, and Violence: Reducing the Risks Part 2

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# 10 Risk-Prevention Strategies for TEENS

## THE BIGGEST RISKS



Other people may be able to help you steer clear of drugs, sexuality, and violence during your teen years, but the major responsibility is yours. These ten prevention strategies, when combined with a **strong character** and reinforced with **good relationships**, outline a plan for keeping yourself safe from the three major risks.

*(Strategies 1-4 are covered in video 5.)*

### STRATEGY #5

#### Make sure there's adult supervision.

The teen years are all about gaining freedom and responsibility, but teens aren't quite ready for total independence. Until they are, responsible adults need to supervise any situation that might involve risk to teens. Accept these limits and you'll put yourself on a more successful path. Help parents do their job by:

- Negotiating and abiding by your curfews
- Making sure that your parents or other adults know where you are and who you're with.

### STRATEGY #6

#### Work with other teens and adults.

There's strength in numbers. If you want to make your family, school, community, or even your planet a better place, your best bet is to work with others. Teens in action with other teens and adults can be a powerful force. Stand together to resist bullies, gangs, drugs, and other harmful influences, and you'll have a much better chance of success than if you stand alone.

### STRATEGY #7

#### Find healthy opportunities for challenge.

Humans, and especially teenage humans, love a good challenge. Many teens have a hard time finding enough positive adventures to satisfy them, so they resort to *thrill seeking*. Drugs, sex, and violence offer easy but dangerous thrills.

You can find lots of positive ways to challenge yourself if you look for them. For example, if you want a physical challenge, there's...

rock climbing TEAM SPORTS SKATING  
BIKING WHITE-WATER RAFTING scouting  
Outward Bound HIKING YOUTH GROUPS

If you like a more intellectual challenge, try...

School Newspaper chess club PHOTOGRAPHY  
debate team Playing an Instrument  
volunteering DRAMA GROUP CHORUS

### STRATEGY #8

#### Learn to resist peer pressure.

Peer pressure is more subtle and strong than most people realize. The desire to fit in is a powerful force! Whether you're actually pressured to do something that doesn't feel right or you just feel a desire to conform so you'll be part of the group, you need the ability to resist. Three things will help:

1. **KNOWING YOUR RIGHTS:** You have the right to say "no" and to determine what's OK for you.
2. **THE COURAGE TO DO WHAT'S RIGHT:** It takes courage to risk being left out or to give up a short-term pleasure because you know it's not right for you.
3. **A GOOD COMEBACK LINE:** Saying "no" is a skill. Find a way to say it that you're comfortable with. It helps to practice!

### STRATEGY #9

#### Identify and confront high-risk behavior.

*Teens in Action* is about you having the skills and initiative to identify and confront high-risk behavior in yourself and others. Teen drug and alcohol use is among the most destructive of these behaviors.

#### STAGES OF DRUG & ALCOHOL USE

1 EXPERI- MENTATION	2 SOCIAL USE	3 SEEKING	4 HABITUAL USE
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When someone is about to do something risky, they usually ignore the possibility of negative consequences. This is where it's important for someone to step in and confront the person in danger. If you're doing the confronting, the **FLAC Method** is a good way to redirect your friend's behavior while demonstrating that you're on his or her side. For example:

<b>F</b> eelings:	<i>I know you're feeling like you can drive home right now,</i>
<b>L</b> imits:	<i>but you're really wasted and in no shape to drive.</i>
<b>A</b> lternatives:	<i>I'll give you a ride and we'll pick up your car tomorrow.</i>
<b>C</b> onsequences:	<i>This way you don't kill yourself or someone else.</i>

### STRATEGY #10

#### Calmly manage a crisis.

No matter what type of crisis arises, your calm handling of it can make all the difference.

1. **Stay calm.** Don't blow up and don't give up.
2. **Get help.** Contact your family doctor, therapist, or community mental health center
3. **Manage your feelings.** Work at not feeling guilty or blaming others for the problem.