TEEN
SOCIAL MEDIA &
SEXTING

Intervention Program

Student Workbook

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Supported by: Reach Counseling

A Curriculum for Teens to Help Them Understand Their Behaviors Can Have Serious Consequences and Develop Goals and Objectives for Self-Value and Healthy Relationships.

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MEN & WOMEN
In Today's Society

MEN AND WOMEN IN TODAY'S SOCIETY

Please Define Each of These Words

1. Stereotypes

2. Man/Woman Boxes what do they mean to you

3. Hyper Femininity/Hyper Masculinity

4. Sexual Coercion

With the words you have just defined you will now need to use each word in a paragraph to describe how you have seen each of these happening in society and the impact they have had on you.

Stereotypes

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Man/Woman Boxes

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Hyper Masculinity/ Hyper Femininity

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Sexual Coercion

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THE BOXES WE'RE PUT IN
(Activity First)

OBJECTIVE
This activity examines the stereotypes commonly associated with what it means to be a man or woman in today's society. Additionally, this activity evaluates how these stereotypes impact our lives either in a negative or positive way.

RESOURCES
● Questions for Boys to Men and Girls to Women

ACTIVITIES
The definitions of what it means to be a man or woman in today's society are culturally embedded. A set list of expectations or explicit guidelines are laid out from birth through subtle messages such as boys are always expected to wear blue and girls wear pink. These messages are inescapable; they are interwoven into every facet of society and directed through every social media outlet possible. They depict exactly how each gender should look and act in order to be accepted and fit into society.

Think about how many messages women receive that tell them that they need to be like Barbie, perfect and flawless? How many messages seemingly imply that men should be tough, never cry or show emotions and have the biggest muscles? How many messages place more value on what we have or how we look versus who we are as a person and the qualities we possess? These messages and expectations make it difficult for someone to ever be content with whom he/she is. One quote that resonates is, "The hardest thing in today's society is to simply be yourself"Anon 2015.

It seems that men are conditioned to be more like robots rather than human beings. Moreover, women are objectified so that they are valued for the physical attributes they possess rather than as people in their own rights. When these messages are sent through social media, it can seem that those who possess these attributes and live up to these expectations are inherently more valuable or far more popular. Conversely, when a person does not meet the expectations of the stereotypes, it can seem that he/she is lazy, worthless, ugly and the list goes on.

These stereotypes begin to separate and categorize people into one box or group based solely on these superficial expectations on how a person should look, act and what they possess. It is important to understand that these boxes do not define someone nor do they assign value to a person. Thinking about these stereotypes, how and why they are established and what can be done to destroy these destructive messages is where real change will take place.

PEER PRESSURE
(Activity First)

OBJECTIVE

This activity evaluates how messages from the media or society shape or influence your viewpoints on certain topics. Additionally, as a group, we examine how these viewpoints influence your actions or behavior in everyday life.

RESOURCES

- "Under Pressure" Worksheet

TALKING POINTS

The stereotypical boxes pressure us to look and act a in certain way that can stop a person being who he/she truly is. When a person's flaws and/or lack of possessions are emphasized, it becomes very easy to influence that person's actions, to convince him/her to do something against their own values. What would you be willing to do to be popular, to be looked up to within your group, or to have everything in the boxes discussed earlier?

With so much pressure to live up to these expectations and with so many comparisons made amongst people, a culture of hyper-masculinity and hyper-femininity is created. Hyper-masculinity is an "Exaggeration of male stereotypical behavior, such as an emphasis on physical strength, aggression, and sexuality." Hyper-Femininity, defined by Murnen and Byrne (1991) is, "An exaggerated adherence to a feminine gender role as it relates to heterosexual relationships... success is determined by maintaining a romantic relationship with a man, and that their sexuality can be used to maintain this relationship."

Both definitions contain an exaggeration of sexuality. Think about the pressure someone may feel to compete sexually or to be the most sexually experienced person. Think about how someone's sexual stories may be exaggerated or how someone may lie about the number of people he/she has been with. All these lies and stories continue to distort and create a false perception of sexuality.

These pressures and lies make it easy to pressure individuals into committing sexual acts they would've never considered or want to do. Any time someone forces, coerces or manipulates someone else into something sexual that they normally wouldn't is a form of sexual coercion. When It comes to pressure, for a short period, a person feels as if he/she does fit in, is accepted or gets an instant burst of attention that he/she wanted. These attention seeking behaviors can develop into a pattern and cycle of behaviors that only begin to escalate until there are severe negative consequences.

FEAR VS. RESPECT
(Activity First)

OBJECTIVE

This activity educates individuals on the differences between fear and respect and how common it is to confuse the two. A better understanding of the differences can lead to healthier more respectful relationships.

RESOURCES

- "Fear vs. Respect" Worksheet
- "Respect" Worksheet

TALKING POINTS

The stereotypical expectations laid out in the boxes activity and the pressures felt from trying to fulfill them generate one of the greatest driving forces of all time: primordial fear. This is one of the most basic and instinctive emotions. Fear can cause a person to rationalize or accept just about anything. Not only that, fear can drive a person to not question or argue something that is clearly wrong such as sexual harassment or assault

One of the worst feelings in the world is to feel as though you are alone and that no one cares or would even know if you were gone. These feelings create a world of anxious and fearful thoughts. This may cause a person to feel as though he/she does not fit in, that he/she is not worthy of a relationship. These feelings and thoughts create an impenetrable belief that they are not good enough. Thus, no matter what anybody does or says, this belief can be difficult to alter.

These beliefs created by fear suck the confidence right out of a person and leaves him/her feeling completely vulnerable. As confidence dwindles, so does self-respect. Self-respect comes from seeing and valuing one's unique and remarkable qualities. When we have a society that destroys self-esteem and self-respect it makes it very easy for people to be preyed upon. People's fears and trust are used against them for others personal gain and satisfaction commonly enough that it has become quite difficult to find respecting, healthy relationships.

The only way to break free from this damaging thought process is to work on learning real respect, where we learn to value each other for our strengths and qualities rather than preying on each others' weaknesses. This begins with looking a person looking at him/herself and acknowledging his/her strengths and other positive qualities. When a person is able to do this, it is easier for him/her to see and value others for who they truly are.

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MEDIA
Influences

MEDIA INFLUENCES

Please Define Each of These Words

1. Objectification

2. Hypersexualization

3. Re-Victimization

4. Desensitization

With the words you have just defined you will now need to use each word in a paragraph to describe how you have seen each of these happening in society and the impact they have had on you.

Objectification

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Hypersexualization

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Re-Victimization

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Desensitization

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"WAAAKE UUPPPP!!!!"
(Activity First)

OBJECTIVE

This activity educates individuals on how well the media saturates society with hyper-sexualized messages. It explores how destructive these messages are and the impact they have on society.

RESOURCES

- "Guessing Game" Activity

TALKING POINTS

We are inundated with images of half-naked men and woman; it is so pervasive and normalized to a point people do not realize how it impacts their everyday lives. Not only do we see sexualized images, we hear them on the radio. It is a rarity to find a song that does not reference sex in some way, shape or form. Even worse are the televised programs showing nothing more than one hook up scene after another, moving from kissing to sex within two seconds. Indeed, our media has become hyper-sexualized.

According to Canadian Women's Health Network 2012, hypersexualization is, "Sexuality that is inappropriately imposed on girls/boys through media, marketing or products directed at them that encourages them to act in adult sexual ways." For a child submerged in these messages, his/her frame of reference for relationships and sex is negatively affected. Sex is so normalized that people are getting to know a person's body before his/her mind.

It used to be that the coolest thing a guy could do was to get a woman's number. It has evolved from getting her number to getting a kiss, from a kiss to sexual acts and from those sexual acts to sex itself. Talking with friends is now more like an interrogation of what sexual acts one accomplishes on the first, second or third date. If a person is not hooking up by the third date, he/she may think it is not working out and move onto the next person.

It's time to wake up and see the messages people are subjected to every day and begin to evaluate the impact they are having on society. How often do we take the time to think about the messages that are being sent to us about sex? In your everyday life, look around at what ads are shown and what pictures are displayed. What movies, shows or images you are watching and what are the messages you learn from them?

MEMORY RECALL
(Activity First)

OBJECTIVE

This activity highlights how, without even realizing it, people are exposed to many sights and sounds on a daily basis. The first step to any solution is to admit that there is a problem.

RESOURCES

- "Memory Challenge" Worksheet

TALKING POINTS

Think of the hyper-sexualized messages we are exposed to every day. What percent is from music? From movies? From video games? Add the three percentages up in each area and then divide by three to get the percentage of how frequent these messages are being taken in. It is almost impossible for these messages to not have a direct impact on society and on the decisions people make when it comes to sex or sexualized acts.

Think of how prevalent and easy it is to objectify someone. Objectification is when a person is seen or viewed as a possession, a conquest, an item and even a number. An example of an objectifying phrase is "look at that dime or that ten. I'm going to get with that."

People are becoming nothing more than sexual objects to be used and discarded. How easy or common is it for people to overlook or abandon someone the second they no longer give them photos, attention or engage in sexual acts? This mentality creates a culture that excuses and justifies sexual misconduct, harassment and assault. In turn, this allows rape culture to develop; it thrives in the absence of caring for or seeing each other as human beings.

People walk around desensitized to these messages; "People are less likely to feel shock or distress... by overexposure to such images." If we passively accept these negative, demeaning and objectifying messages, we begin to accept them as normal. It becomes easier to simply just say "well that's just the way it is" rather than to challenge the messages and to try to change them. It is time to make a difference and raise awareness of how many lies are being bought and sold every day using these messages. It is time to start challenging what you see and hear every day.

WHO'S TO BLAME

OBJECTIVE

This activity looks at how easy it has become to turn the tables on a victimized person because of how hyper-sexualized things have become and how society has normalized sex. It is important to establish a solid understanding that the victim is to never be blamed nor is at fault for sexual assault.

RESOURCES

- "Who's to Blame Scenarios" Worksheet

TALKING POINTS

Sex and porn really are prevalent and common and can be seen or viewed anywhere as most everyone has access to internet, tablets and smartphones. The average age of a child watching porn is 9 years old. Imagine how destructive this is to a child's brain and the thoughts he/she has regarding sex. How easy has it become to share, search or stumble upon sexual videos, websites and images?

After viewing these sexually explicit materials, a person's view towards sex and towards women and men is distorted. Many expectations are placed on people after viewing these explicit materials. A person's thoughts can become destructive and unhealthy when he/she receives the negative and fake messages coming from these sexualized, images, shows and/or videos. These messages range from "the person is always willing or wanting it to be given to them" to "they are asking for it or deserve and just want it to be given to them".

When a person watches or sees these hyper-sexualized images, his/her perception begins to blend between fantasy and reality. He/she start to see someone as a sexual object or conquest; indeed, the person is expected to give it up because that is all he/she is good for or because it is owed. This is when the victim blaming mentality kicks in as the person begins to buy into and believe the messages he/she is seeing and hearing.

When someone is assaulted physically or sexually, it can be common to hear questions and comments such as, "what was he/she doing" or "did he/she come onto him/her first" or "well he/she must have did something to deserve it." These questions and comments blame the victim and make it easy for a person to be re-victimized. They negate what happened to the person and remove the blame from the perpetrator and place it onto the victim.

It is concerning that there is a higher probability of the victim being blamed for something that happened to him/her instead of the perpetrator facing the consequences of his/her actions. These messages, how we view sexual assault and how we place blame on the victims need to be addressed, acknowledged and changed.

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SELF ESTEEM &
Rebranding Your Self-Worth

SELF ESTEEM AND REBRANDING YOUR SELF-WORTH

Please Define Each of These Words

1. LPP

2. Self-Worth

3. Personal Identity

4. Ghosting Someone

With the words you have just defined you will now need to use each word in a paragraph to describe how you have seen each of these happening in society and the impact they have had on you.

LPP

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Self-Worth

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Personal Identity

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Ghosting Someone

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POST IT OR GHOST IT
(Activity First)

OBJECTIVE

This activity shows how much people ghost themselves and how far away people have got from who they actually are and what makes them who they are.

RESOURCES

● "Before and After Filter" Activity

TALKING POINTS

Social media accounts and the abundance of profiles created through the millions of never ending apps produce a society where people become 'seemless'. A person is 'seemless' when they lose their self-esteem or sense of self. This happens as people alter the truth of who they are on these accounts. A person can create whatever story he/she wants and post whatever he/she feels will get him/her the most attention, likes and even friends. A person can filter, dilute, crop, angle, rotate, frame, filter again and distort pictures to a point where the picture doesn't even look like him/her anymore. In fact, a person may not even use his/her own photos.

It seems that the amount of time a person takes to create a photo is related to the amount of likes this person expects to receive once it's posted. This is often referred to as LPPs (likes per post). A person quickly learns that how he/she looks, acts or poses a certain way drives how many LPPs he/she gets and increases the amount of attention he/she receives. For example, the stupider guys are in a video or the tougher they act, the more LPPs they receive. Moreover, women learn that if they show a little more skin or look a little more provocative, the more LPPs they will receive.

Unfortunately, people begin to base their self-worth on these likes and what others think instead of their own opinions of themselves. This is where the concept of ghosting comes in to play. Ghosting is when "people can simply disappear on someone else the second something goes wrong or doesn't match up to what they expected from the accounts." With all communication directed through apps, it is incredibly easy to disconnect from a person. Simply create a new profile and move on. With fake accounts constantly created and people solely using the accounts for hooking up, the definition and boundaries of healthy relationships are further distorted.

It is becoming easy for people to lose sight of who they really are with all these likes and dislikes. Through these apps, people lose their true intents and real connections with others. The longer people keep up these fake appearances, the more difficult it is to reveal their true identities and inevitably they end up ghosting themselves.. It's time for us to get back to who we really are.

SNAP IT OR INSTAGRAM IT
(Activity First)

OBJECTIVE

This activity will look at the difference between how free a person can be to actually be themselves with Snapchat but then switch to Instagram and all of a sudden it becomes conditioned to immediately put the guards up and become someone else.

RESOURCES

- Fun and Free or Fake and Filtered Worksheet

TALKING POINTS

It seems as though with Snapchat people get to be fun, wild and simply themselves with other people or friends but with Instagram it feels incredibly fake. Is there really any validity to this or thoughts as to why one is so extremely over the top while the other is so relaxed and goofy? Is there a way to find a happy medium for some of the outlets people have? How does a person determine if something is Instagram worthy or not does it have to go through a process or questionnaire, a line of scrutinizing questions that'll ultimately determine if it is good enough?

Why can't people live life as if it were an extension of Snapchat where they can feel free to be fun, wild and themselves all the time in any situation or feel relaxed enough to not care what other people think of them? How many people do you have on Snapchat vs Instagram? Is Snapchat way more limited because you do get to show people your goofy side?

With that in mind how many people do you truly feel as though you do trust being hundred percent yourself in front of? What percentage of the day do you feel as though you get to be a hundred percent yourself? When a person can't be real with themselves it would be hard to ever expect a relationship to be real. It's time to be real with who you are and what it is you are truly wanting and who you truly are and what makes you happy. It's time to start surrounding yourself with people that are willing to accept you for you.

SELF-FULFILLING PROPHECY
(Activity First)

OBJECTIVE

This activity explores the negative names that people are given over time that they slowly begin to believe. As well as the events that occurs or happens to them that make them buy into believing that they are not whom they truly are.

RESOURCES

- Construction Paper
- Markers/Crayons/Pencils

TALKING POINTS

Daily advertisements bombard the average person with thousands of messages telling him/her how imperfect he/she are and how much more work he/she needs. People are more self-conscious about their appearance than they are about their bills, jobs or school. The pressure to fit in, to look and act a certain way can be crippling.
It can feel impossible to explore our own identities. Moreover, when a person cannot express his/her true self, it is difficult for that person to see others for who they are and not to judge or compare. It becomes easy to give others names and to label them for their looks, dress or anything else that does not fit with expectations. Unfortunately, people are given names that follow them around for their lives, that can negatively impact their self-esteem and that can change how they act.

Indeed, it becomes a self-fulfilling prophecy; when a person repeatedly hears something about him/herself, he/she begins to believe it, to buy into it and ultimately to accept it. If someone is told that they are not good enough, ugly or worthless any negativity over time this person begins to accept and believe it. This means that the person no longer needs to hear negative messages from anyone else to believe what others are saying about them; the person already accepts and believes that the message must be true as they already have internalized it. These messages begin to affect the person's behavior and actions towards him/herself and other people.

This is completely wrong as a person's physical attributes do not define nor make them who they are nor do the negative experiences a person goes through define them either. Moreover, we should not define or label others based on how they look or what they have. The only opinions about ourselves that matter are the ones we have of ourselves. The names and judgments given to a person should not define his/her value and his/her opinion of him/herself.

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OFFENDER BASED
Trauma Education

OFFENDER BASED TRAUMA EDUCATION

Please Define Each of These Words

1. Grooming

2. Boundaries

3. Distortion

4. Coping

With the words you have just defined you will now need to use each word in a paragraph to describe how you have seen each of these happening in society and the impact they have had on you.

Grooming

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_____

Boundaries

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Distortion

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Coping

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_____

INFLATED EGO AND SELF DESIRE
(Activity First)

OBJECTIVE

This activity examines how destructive a person's ego can be and how damaging it is to relationships and decision making when it becomes over inflated. It also discusses how one's ego can make a person believe that he/she is entitled to things he/she clearly is not.

RESOURCES

- Story of how Ego Drowns Love
- Comparison charts for Ego and Pride

TALKING POINTS

Ego is essentially the way people view themselves and when a person develops and over inflated ego it allows them to put themselves above others or feel as though they are better than everyone else.

Having an ego is healthy; it is a person's sense of self-esteem and self-importance. However, egos can become damaging when they are overinflated; a person with an overinflated ego only thinks about his/herself. When a person's ego and self-desires outweigh their consideration of others around him/her, he/she thinks he/she deserves or is owed whatever he/she wants. Indeed, this mentality makes it very easy for a person to justify any actions taken, no matter how horrible or wrong they are, to get what he/she wants.

This way of thinking distorts people's boundaries and what they feel is acceptable and appropriate behavior towards others. If a person with an overinflated ego thinks that someone else likes them, he/she expects the other person to behave or do certain things to prove his/her affection. Examples of these expectations is sending nude or explicit photos and even having sex with the person. A person with an overinflated ego may think that if he/she takes the other person out to dinner, buys the other person gifts, he/she is entitled to certain things in return. The thinking becomes about "what can I get out of this?" not "what can I do for this other person".

Men are conditioned to use the emotions in order to get to the physical whereas women are conditioned to use the physical to get to the emotional. What this means is that men are taught pickup lines, tricks and clichés to pull on another person's heart strings. The intent of these words and actions is to get the other person to perform sexual acts. Women are told that if they want to get someone's attention, they need to enhance their physical and sexual appearance. This is used for an individual's own personal gain, which creates very unhealthy relationships.

FOUR BLANKET EMOTIONS
(Activity First)

OBJECTIVE
This activity looks at certain feelings that often people do not even realize they have and explores better ways to talk, to manage and to cope with them. Indeed, having certain feelings does not excuse people's actions and behaviors. This activity also discusses giving ourselves permission to acknowledge our feelings.

RESOURCES
- "What's Really Behind the Mask" Cutout Activity
- "Feelings Funnels" Worksheet

TALKING POINTS
It seems that society is getting better at condensing and expediting to the point where we expect things to be done immediately. As humans it feels as though we have even fast tracked our own healing process. Instead of dealing, coping and processing the hundreds of natural feelings, people more often than not are taught and conditioned to just condense them.

It feels like all emotions are rationalized and consolidated into four main emotions. The four main feelings, also known as blanket feelings, are anger, love, depression and anxiety. They are called blanket emotions because they are used to cover up all other feelings.
For example, when people feel betrayed, guilty, embarrassed or upset, they often identify themselves as just feeling angry. A person can feel many different emotions and yet they are taught to only process and deal with one of them. Being able to break down each feeling and allow oneself to feel and process what he/she truly experiences is one of the healthiest coping methods.

People are not born mean, angry and impulsive; they are conditioned to believe they are, just as they are taught to bury, stuff down and 'get over' whatever they feel. In doing this, many feelings build up. This causes a person to lose sight of what they are truly feeling. There is so much built up that they cannot tell if they are happy, sad, scared, confused or annoyed; they walk around numb.

When people are never taught to think, feel or process any of their true feelings, they walk around feeling depressed, anxious, angry and unloved. This is where people get very good at plastering on a fake smile or creating a fake laugh to mask their true feelings. Never allowing oneself to feel or talk about how you are truly feeling leads one down a path of feeling empty and alone.

DEVIANT MENTALITY AND DESTRUCTIVE BEHAVIORS
(Activity First)

OBJECTIVE

This activity asks the group to explore how destructive certain thoughts are and how easily they lead to actions that a person never imagined, such as being charged for a sexual offense or being labeled a child predator.

RESOURCES

● "Mentality vs Behavior" Worksheet and Questions

TALKING POINTS

A person needs to convince him/herself that a certain behavior is permissible or whatever led him/her to this point is okay. A man by the name of Frank Outlaw once stated.

> "Watch your thoughts they become Words.
> Watch your words they become Actions.
> Watch your Actions they become Habits.
> Watch your Habits they become Character.
> Watch your Character it becomes your Destiny."

Often people get to certain points in their lives and reflect as to how they got there or how they ended up in the positions they are in. As the quotation states, it all starts with that first original thought. Then it is what one decides to do with that thought and how it is processed, rationalized and accepted.

In the previous activities, we have learned how good society is at indoctrinating people with victim blaming mentalities. A person can make excuses for his/her behavior and blame the rest of the world for his/her choices. However, that person is to blame because he/she decides how to process the information, how to think about it and ultimately how to act upon it.

It is easy to plant destructive thoughts in another person's brain. Examples include viewing porn for the first time, watching or playing an explicit video game and watching a movie. If the messages are not put into context or processed in a healthy way, a person can engage in negative thought patterns. These negative patterns can lead to actions that of a perpetrator. Imagine being labeled as a "SEX OFFENDER" or having charges of "CHILD PORNOGRAPHY" on your record. The only way to avoid it is to acknowledge how we originally thought and accept the choices we made.

TEEN
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LAWS &
Consequences

LAWS AND CONSEQUENCES

Please Define Each of These Words

1. Sexual Predator

2. Sexual Harassment

3. Statutes

4. Perpetrator

With the words you have just defined you will now need to use each word in a paragraph to describe how you have seen each of these happening in society and the impact they have had on you.

Sexual Predator

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Sexual Harassment

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Statutes

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Perpetrator

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THE GREATEST ILLUSIONS
(Activity First)

OBJECTIVE
This activity breaks apart the deceptions and lies people feed themselves in order to rationalize their behaviors and justify their actions. By rationalizing and justifying negative/criminal behavior, we adopt the perpetrator mindset.

RESOURCES
- Perceptual Imagery Pictures and Questions

TALKING POINTS
Most people think that the chance is low of getting caught sexting for the first time. However, once a person gets away with something the first time, do they stop that behavior and realize how wrong it was and never do it again? Or do they continue that behavior? The percentage of someone just stopping is also quite low. Do you think or feel that this could slowly begin to change a person's perception of what he/she is doing over time?

When a person knows that something is wrong and do it anyways, they somehow have to rationalize and accept this behavior. This is where a person deceives him/herself and begins to think that this behavior is not only okay but is not even wrong in the first place. The more someone gets away with a behavior, the more this deception grows and allows for further distortions and lies to set in.

The feelings of guilt and shame fade away as the behaviors slowly become normalized and accepted. That immediate rush that comes with the first time risky behavior fades after the risky behavior is repeated. This leads to more destructive and more frequent acts. A person becomes bolder in his/her attempts, like explicitly asking for naked pics, taking a naked pic or sending naked pics. They become the first one to send naked pics to get some in return. These behaviors turn into sexual harassment or assault without the person being able to see their behaviors as anything wrong.

When a behavior is repeated, the act becomes methodical and the person becomes conditioned to believe he/she will never be caught. How many times have you rationalized your actions as by saying "I won't get caught" or "even if I do get caught they won't do anything to me"? With these rationalizations, your mindset is evolving into that of a perpetrator. If this is where you see yourself, it will not be that much longer before you will be caught, caught again or do something completely irreversible. These beliefs and phrases people use to rationalize what they are doing are the greatest illusions and distortions that do end up getting them caught.

LAWS AND CONSEQUENCES

Please Define Each of These Words

1. Sexual Predator

2. Sexual Harassment

3. Statutes

4. Perpetrator

With the words you have just defined you will now need to use each word in a paragraph to describe how you have seen each of these happening in society and the impact they have had on you.

Sexual Predator

_____

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Sexual Harassment

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_____

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Statutes

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Perpetrator

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POTENTIAL FUTURE
(Activity First)

OBJECTIVE

This activity asks the group to evaluate where they want to be, who they want to be and how the decisions they are making now impact their futures. They will examine how these decisions stop them from being the person they truly want to be.

RESOURCES

- "Smart Goals" Worksheet
- "Who Do You Want to Be" Worksheet

TALKING POINTS

Self-value goals and objectives are incredibly important for stopping destructive mentalities and deviant behaviors. Learning how to establish a healthy set of values, morals and a guiding compass for ourselves will take us to wherever we want to go in life. If a person is able to set daily goals and objectives for themselves it begins to build self confidence. When a person has a set desire or long term goal it will be the daily goals and accomplishments that will get them there.

When a person can make these goals an essential part of their lives it will make any other choices that don't support their goals harder to make as they will have more to lose. Knowing and understanding who you are and what you desire and where you want to be is important to ask yourself each day. When it comes to choices you make being able to ask yourself if this choice will or could take you away from your dream can deter and help a person make smarter choices.

What helps to keep and sustain goals is evaluating what your values are and what areas within your life you place the most value. Are you a person that places value on being honest, hard working, loyal a good team player someone that people look up to? How many values can you list off having?

Think of how hard it'll be to complete your goals if you are charged with a sexual crime. If the behaviors continue think of the jail time, criminal record and trouble finding housing and all the other negative ways your life can be affected.