

Hole in one!



Hole in One

Identify Problem: Youth are quick to make decisions without thinking about the risks involved, and what the outcome might be. They need to look at all the options before making the decision. Then decide if they are willing to live with the outcome of the decision they made. Are they willing to take the risk? How does pressure from others effect our decisions? Sometimes we make choices for ourselves based on what others are doing.

Influences are all around us. We are pressured to do many things. Sometimes these pressures are done consciously or subconsciously - doesn't matter which it is, it happens all the time and many times is very effective.

Materials: Play Nine - The Card Game of Golf (can be purchased online or at a store)

Exercise: Play the game as directed on the box. Watch and listen as they play. Remember comments and reactions to the game. Have discussions on how they play.

Questions and Discussion:

- Think it out. What are my options?
- Do I go with my gut feeling, or take the chance?
- Should I take the chance of replacing the card without looking? What could the consequences be?
- What are the consequences of my decision?
- What could I gain? A chance to win the game?
- What could I lose? A higher score or losing a better card
- Ask yourself is it worth it?
- Evaluate all options, make your decision and do it.
- Evaluate the outcome; was that the best decision?
- Would I do something different next time?
- How could this game relate and help me make decisions in life?
- How does what others are doing effect your decision?

Identify Skills: **How to Cope with Peer Pressure**

Know who you are. Develop a strong sense of identity. Be clear about what you want out of life. If you are sure about your values, then you will be less likely to compromise them for someone else. It is easier to cope with negative peer pressure when it is in opposition to your beliefs.

Build your self Esteem. Feeling bad about yourself makes you more vulnerable to peer pressure. Take good care of yourself. Set

goals and celebrate your accomplishments. Participate in activities that make you more confident.

Trust your instincts. No one knows what is right for you more than you. If something feels wrong, then chances are that it is wrong. Your intuition is a great too. Heed its warning to make good choices and cope with peer pressure.

Surround yourself with like-minded people. Everyone needs a support system. If your confidants are people who wouldn't steer you in the wrong direction, then that's one less source of negative peer pressure for you to worry about. Those same people will be there for you when you experience peer pressure from elsewhere.

Learn to say "No". Everyone wants acceptance, but your need for approval should not make decisions for you. Exercise your freedom of choice to cope with peer pressure and avoid creating resentment. Compromise is a part of every relationship, but people pleasing can be detrimental to your well being.

