



THE CHOICES WE MAKE...

...and how they
affect us



Name: _____

Tutor Group: _____ House: _____

We're all about



We Care

JAMES COOK
HIGH SCHOOL



**We
Contribute**

**We
Endeavour**

We Learn

The Choices We Make...
...and How They Affect Us

At James Cook High School, we expect everyone to strive to be an excellent human being. A big part of being successful in this is learning how to make good choices, and how to deal with situations when our choices are not so good!

**We all make mistakes,
but how we deal with them is what counts!**

Over the next few lessons, you will complete the following activities in this workbook. They will allow you to explore some ideas about making choices, dealing with anger, and the effects on you and others when you make positive choices!

The activities you will complete are:

- **Choice and Consequence**
- **It's All About Me**
- **Getting Angry**
- **Friendship**

*This workbook is worth **3 JC Credits**, and it is one of the compulsory units from this year in order to complete your JC Diploma.*



Choice and Consequence

There's a saying that every action has a reaction.

In Māori culture the concept of **ea** means balance – when balance is disrupted by **hara**, it can be restored and re-balanced through **utu**. Despite what some people think, this is not about sin and vengeance!! Rather, it is about regaining balance after something has affected it.

The choices you make affect not only you, but also those around you. This applies to both life at school and in the outside world.

Complete this chart and consider the different choice consequences:

<u>Choice 1:</u> Disobey teachers, disrupt my peers and don't complete my work	<u>Choice 2:</u> Follow instructions, support my peers, get my work done
My lea__ng will fall be _____	I will le__ more and un_____and the lessons
I will lose my free time at br____, lu____ and _____ school	I will keep my fr__ time to enjoy and spend with my fr _____.
I will see a lot less of my fr_____ because I am sent out of cl ____ a lot and kept in at br____	I will k__ my friends because I won't be isolated from them
My friends won't le__ because I distract them, and they will get in tr_____	My friends will le__ and succeed and not be in tr _____
The teacher has to waste t ___ with me, meaning class is bor ___ for everyone else	Lessons will be more inter_____, and we will all le ___ more
My family are sad and disap_____ because they want me to suc _____	My family are pr ____, and people respect me more every year

Sometimes we make choices that we think will make us funny or popular – sure, the teacher is angry at me, but everyone is laughing along, they think what I did is cool... It was worth it...



But was it? Really? It's worth it to be held in, or on detention, or have your family called in, just for the sake of a few laughs? Do the people laughing face the consequences you do? So was that choice worth it, or are they actually laughing at your expense?!

Complete the following chart to think about how your choices affect you:

	I didn't want to look soft, so I hit the guy who mocked me	I refused to behave, and I was suspended from school	I messed about in class and left school without qualifications
How your school friends think about you			
How your carers and family think about you			
How your future children will think about you			
How someone you want to be in a relationship with will think about you			
How your friends who worked hard, succeeded and got good jobs think about you			
Your chances of being in charge, or always being told what to do by someone else			

It's All About Me...

It can be easy to make choices where we only think about ourselves. ***We are all responsible for our own actions***, so we make “me” the focus of our decision-making process.

But what if there are other people affected by our choices? Should we be aware of how our choices affect others? Have you ever thought about how the things you do – positive and negative, big and small – impact on other people, whether you know them or not?

The choices you make can be more powerful than you think!

Read the story below, and then complete the thinking activity. Remember this story is a true, real life story!

Mark was walking home from school one day when he noticed the boy ahead of him had tripped and dropped all of the books he was carrying, along with two sweaters, a baseball bat, a glove and a small tape recorder. Mark knelt down and helped the boy pick up the scattered articles. Since they were going the same way, he helped to carry part of the burden. As they walked Mark discovered the boy's name was Bill, that he loved video games, baseball and history, that he was having a lot of trouble with his other subjects and that he had just broken up with his girlfriend.

They arrived at Bill's home first and Mark was invited in for a Coke and to watch some television. The afternoon passed pleasantly with a few laughs and some shared small talk, then Mark went home. They continued to see each other around school, had lunch together once or twice, then both graduated

from junior high school. They ended up in the same high school where they had brief contacts over the years. Finally the long awaited senior year came, and three weeks before graduation, Bill asked Mark if they could talk.

Bill reminded him of the day years ago when they had first met. “Do you ever wonder why I was carrying so many things home that day?” asked Bill. “You see, I cleaned out my locker because I didn't want to leave a mess for anyone else. I had stored away some of my mother's sleeping pills and I was going home to commit suicide. But after we spent some time together talking and laughing, I realized that if I had killed myself, I would have missed that time and so many others that might follow. So you see, Mark, when you picked up my books that day, you did a lot more. You saved my life.”

John W. Schlatter

1) What choice did Mark make that was positive? _____

2) Did it take much effort or inconvenience for him to make that choice?

3) What could have been the outcome if he hadn't made that choice that day?

4) Do you think he knew how important his choice was going to be when he made it?

5) "Good deeds cost nothing but are hugely valuable." Write down if you agree or disagree with this statement, and explain why.

Getting Angry

Everyone gets angry – that’s just part of life! Anger is a natural and normal emotion, and is going to be a part of our experiences in the future.

How we deal with our feelings of anger is what matters!

In order to make better choices in managing our anger, we need to understand what it is and how it works!

There are two columns below – to the left, are *opinions/statements* about anger. To the right are a list of *facts* about anger and its effects – some of which are quite surprising!

Your task is to draw lines to match up the statements on the left with the relevant fact on the right.

Anger is bad - we'd be better off without it		Scientists have shown that the first 12 seconds of anger are uncontrolled - after that, your brain can think and make choices!
Anger can't be controlled		Hiding or repressing anger doesn't solve the problem
If you get angry it shows you can't control you emotions		Anger is neither bad nor good - it's neutral... it's the results of anger that can be bad!
It's better to hide your anger than to express it		Someone who listens, sees your point of view and helps you process your anger, is definitely helping!
No one can help us with our own anger		Getting angry means you're human! But your reaction when you're angry doesn't have a lot to do with how you react when you're glad, sad or scared

what can trigger anger?

It can help to have some idea of what's behind an angry outburst. Lots of factors and situations, and the feelings that they cause, can make someone angry.

Here are some examples:



Sometimes we can't say exactly why we're angry or how we are feeling. We don't always know. We just are!



Experts say that after anger is triggered, there are about **12 seconds** where you don't have control – after that, you are able to make choices about how you react and deal with something or someone that triggers your anger.

Discuss with the people near you some ways you can deal with anger, and some of the choices you can make in those situations. For each choice/option, decide whether it is a negative or positive choice and write it in the space below.

POSITIVE	NEGATIVE

Physical reactions to angry thoughts and feelings

▲pale in the face ▲grinding teeth ▲unable to speak ▲disoriented ▲confused ▲scowling ▲frowning ▲feeling sick ▲eyes' pupils widen ▲glaring ▲mouth and lip muscles tighten ▲face twitches ▲a need to move around ▲need to sit down ▲moving arms and legs around a lot ▲huge aggression ▲loss of self control physically ▲hitting ▲kicking ▲walking or running away ▲hiding ▲flushed or red in the face ▲feeling very hot ▲feeling cold ▲goose bumps ▲pulse rate increases ▲skin temperature rises ▲sweating ▲high resting heart rate ▲adrenalin rush gives increased energy ▲shaking ▲quivering ▲state of readiness ▲tensed ready to fight ▲clenching of fists ▲numbness ▲twitching ▲tears ▲withdrawal ▲closed body language ▲looking away ▲jaw tightens ▲frozen ▲very still ▲pushing ▲pulling ▲hitting ▲smacking ▲fighting ▲punching ▲kicking ▲stamping ▲slamming ▲smashing ▲ripping ▲pinching ▲scratching ▲biting ▲breaking ▲throwing things ▲scribbling ▲trashing ▲hurting others – sometimes violently

Spoken anger

▲name calling ▲swearing ▲put downs ▲insults ▲criticisms ▲abusive words ▲sarcasm ▲blaming of others ▲telling tales on others ▲argumentative ▲threats ▲raised voices ▲shouting ▲screaming

Withdrawing from others

▲silently refusing to speak or respond ▲refusing to obey instructions ▲ignoring others ▲acting dumb

Anger that's kept inside

▲low self esteem ▲depression ▲hurting themselves ▲negative self talk – possibly suicidal thoughts ▲sense of hopelessness ▲not caring – giving up – why bother? – who cares? ▲increased risk taking or reckless behaviour, including increased drinking, drug taking, sexual encounters, fast driving

Acts of revenge

▲secret actions, such as stealing, destroying property, lying or framing others

Other ways

▲defiance ▲disobedience ▲temper tantrums ▲taking anger out on someone else, known or unknown to the person ▲arson ▲repeating family patterns of anger that may have been observed and learned, like hitting people or trashing things without regret

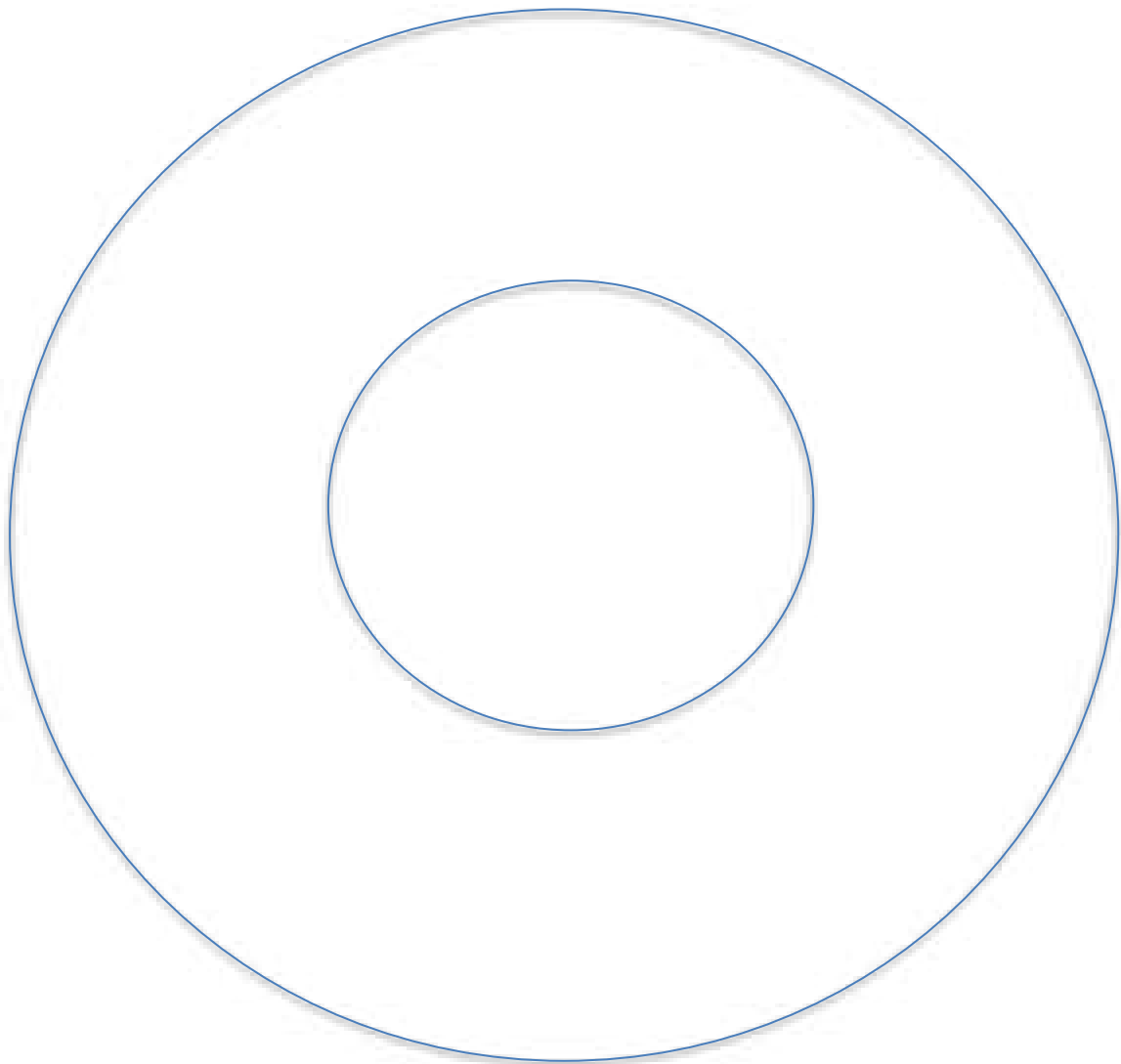
Friendship

You've been at James Cook High School for a few weeks now, and you will have met a lot of people in your classes and other activities. Some of your friends you will have known from Intermediate, or out in the community, whereas others you will not have met until you came here.

Our friendships are not restricted to one type of person – some of our friends can be older or younger than us; some can be from cultures, nationalities and genders that are different from our own.

Write your name in the centre circle below. In the outer circle, write the names of friends who are part of your daily/weekly life, and next to each write how/where you know them (eg. school, family, sports team, church etc)

My Friendship Circle



List three qualities or things that you think make someone a good friend, and explain why that thing is important to you:

1) _____

2) _____

3) _____



True Friends

Answer True or False to the following statements, based on your own opinion. Think about each and how it might be relevant to your own life and friendships.

A true friend cheers me up when I'm feeling down

A true friend stops me doing something when I'm a danger to myself or others

A true friend tells me I'm not a real friend if I don't go along with what they want me to do

A true friend teases me if I say I want to concentrate and get my work done

A true friend will mock me in front of other people in order to get a laugh and seem cool

A true friend listens

A true friend gets jealous of me when I'm successful

A true friend dares me to improve myself and does the same themselves

A true friend helps me lie to my own family

A true friend keeps a secret

A true friend asks someone for help when they're worried about their friend

