

The Power Source
Workbook is uniquely
illustrated with artist-
quality watercolors,
creating a highly engaging
and culturally relevant
resource

Part 1

Using this Workbook



Situation Selection Skills: assessing the risk potential of the environment they were in

What Went Down? _____



1. What were the consequences? _____
2. Where were you when the situation happened? _____
3. Rate how safe your space was. (Ask yourself as honestly as you can what were the chances of you finding trouble in this place?)

| | | | | | | | | | |
|-----------------|---|---|--------------|---|---|---|-----------|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not safe at all | | | Kind of safe | | | | Very safe | | |

4. List all of the thoughts, body sensations or feelings that should have been red flags? _____

5. Looking back, I could have avoided the trouble by:

- Changing where I was.
- Changing who I was with in the first place.
- Changing the things I was telling myself (I won't get caught, It's no big deal, Everyone does it, People will think I'm soft if I don't do it, I have the right to be here).
- Changing how long I let it go on for (Could have left a party, Should have taken off when I realized what my friends were up to).
- Listening to the red flags my body and brain were giving me. How willing are you to avoid this place/these people in the future?

6. How willing are you to avoid this place/these people in the future?

| | | | | | | | | | |
|-------------|---|---|---------------------|---|---|---|------------|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Won't avoid | | | Will think about it | | | | Will avoid | | |

7. Possible consequences to me if I get in this trouble again?

8. One positive thing I can take away from this is.

Where I go and who I'm with determine how much of my power I keep.

Situation Modification Skills: strategies to alter a situation to avoid or reduce risk

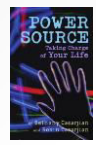
Exploration of risk-taking outcomes

Building awareness of the physiological indicators and signs that accompany risky behavior

Confidence Intervals to assess motivation to alter risk taking

Bibliotherapy: using books to explore social and emotional concepts

Head Games



Read from the bottom of page 132 to the top of 136 (stop before "Dealing with Disrespect . . .").



Confidence Intervals help youth identify current beliefs and attitudes and explore readiness to change.

"No one can disrespect you unless you let them."

Circle how much you agree or disagree with that statement. Share your answer in a Circle and say why you chose this number.

| | | | | | | | | | |
|----------|---|---|---|---------------|---|---|---|---|---------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Disagree | | | | Sort of Agree | | | | | Totally Agree |

How often do you feel disrespected by other people like strangers, teachers, or friends?

| | | | | | | | | | |
|-------|---|---|---|-----------|---|---|---|---|-------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Never | | | | Sometimes | | | | | A lot |

Go back to the reading to answer these questions. Work alone or in pairs. Once you are finished, share your answers in Circle.

- In your opinion, what were some of the Hot Thoughts Bill was probably telling himself that led him to feel so disrespected?
- What Cool Thoughts do you imagine Richard told himself to keep calm when dealing with the disrespectful behavior of the other prisoner?
- What do you think Richard meant when he said they talked Self to Self?

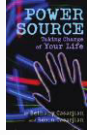
Hot Thoughts are cognitions that increase the likelihood of engaging in high-risk behavior. Identifying these thoughts is an early step in modifying the thinking associated with risk behavior.

Cool Thoughts are cognitive change strategies used to reduce risk taking behavior

Restorative Justice Circles are used to process questions about the reading. Circles provide a simple and effective method to explore material and give all participants the opportunity to share and to be heard.

Engaging first person stories found in the Power Source book introduce concepts in a relatable and non-threatening way

Risk Taking: Life on the Edge



Read pages 11 through 13. Then do the exercise below.



Exercises in the risk-taking section provide an opportunity for youth to explore the attitudes and beliefs behind risk-taking behaviors

| High Risk Behavior | I think it's Risky (Yes or No) | The Consequences Are: |
|--------------------------|--------------------------------|-----------------------|
| Stealing | | |
| Drinking or drugging | | |
| Unprotected sex | | |
| Skipping school | | |
| Hitchhiking | | |
| Carrying a weapon | | |
| Fighting | | |
| Dealing drugs | | |
| Tagging/graffiti | | |
| Disrespecting an officer | | |
| Driving drunk or high | | |
| Ignoring curfew | | |
| Driving with no license | | |
| Being in a gang | | |

Processing worksheets in Circles allows for youth to hear differing perspectives on risk-taking behavior.

Formulating responses to Circle questions helps youth process and gain a deeper understanding of the precursors, situational factors and consequences associated with health risk behaviors

What is the most dangerous risk on the list and why? Share in a Circle.

What is the least dangerous risk on the list and why? Share in a Circle.

Now Choose . . .

A Cool Thought and a Good Move



Circle 2 Cool Thoughts and 2 Good Moves you could use in the future to stay off the Cycle of Risk.

Then fill in 2 Cool Thoughts and 2 Good Moves of your own to help deal with risk triggers. Share your answers in a Circle.

| Cool Thoughts | Good Moves |
|---|--|
| The rush might feel good now, but it won't last long. | Avoid places and people that are risky. |
| By saying "no" I keep my power and control. | Do something else that feels good but has less risk |
| I don't want to let the people I care about down again. | Back out of a risk as soon as you realize what's going on. |
| The consequences aren't worth it. | Listen to your gut—what's it telling you? |
| No one ever regrets doing the right thing. | Be with people who won't bring you down. |
| That's not who I am anymore. | Be in places with less risk. |
| Other Cool Thoughts: | Other Good Moves: |
| Other Cool Thoughts: | Other Good Moves: |

Describe how your life would be different or better if you stayed off the Cycle of Risk.

Cool Thoughts, repeated through out the workbook are backbone of the cognitive change strategies used to reduce risk taking behavior



Good Moves are behavioral strategies used to reduce risk taking behavior

