



CHOICES

Before the Meeting: Preparation

Be prepared to share about a time that you made a 1) good choice with benefits and 2) a bad choice with consequences.

Step 1: Introductions and Icebreakers

Would You Rather Activity:

Break group up into pairs. Ask them to come up with several different things. Ask which one they prefer: Eat pizza or fish & chips? Skydive or bungy jump? Marvel or DC? Work on a sheep farm or dairy farm? Read the book or watch the movie? Drink coke or lemonade? Save money or spend it? You get the picture. You can ask anything you like!

Close the Activity by Saying:

- What did you learn about the other person during that activity?
- How does this activity relate to making choices?

Step 2: Discussion

Ask these in order and allow everyone to respond to each question before moving to the next question:

- What choices have you in the last week?
- What choices have you made today so far?
- Tell me about a time that you had to make a hard choice, but it was the right thing to do? What were the benefits?
- Tell me about a time that you had to make a choice, and it wasn't the right thing to do? What were the consequences?
- Who makes your choices? Who or what pressures you to make your choices or to do what you do? What influences the choices that you make?
- What are some of the choice's teenagers make?
- What are some of the common influences that teenagers face to make choices?
- How do we let others/friends influence our choices? Does influence from others / friends help our hinder the choices we make?
- How do "choices" impact depression, anxiety, or thoughts of suicide?

Step 3: Closing (End) the meeting.

- What is the most important thing you learned today about choices?
- What is one thing you can do tomorrow to make better choices in your life or help someone else make good choices?