

## September Life Skills Conversation | ACTIONS: How Do I Get There? Choices & The Power of My Decisions

Just like on the basketball court where only the players on the court can score, in life we are the players of our own lives and only we can make them successful. Circumstances matter and we should not ignore them. Instead, offer caring support for other people. Each of us makes our own decisions. Your mentee's parents, friends and you (their mentor) can offer coaching and support, but cannot "do" life for them (make decisions, study for tests, or give effort).

This month, take time with your mentee to help them understand the power of their own decisions. Use these scenarios to take your mentee to the point of making a decision and deciding who they would be in each situation. Always follow up with the question, "why would you be the person that you chose?"

\*NOTE: Often adults dictate what decisions a youth should make. This may be why your youth might seem disengaged or retreat during some of these conversations. It is often a good idea to listen, ask questions, and find out what your mentee cares about. Supporting them to achieve their goals or develop character traits that they care about will be productive and satisfying.

**Fighting Scenario:** A group of high school students is playing a pick-up game of basketball after school. As one of the players drives to the hoop, someone trips them.

Which person in this scenario are you?

1. The person driving to the basket that gets up and punches the person who tripped you.
2. The person driving who gets up and walks back to play defense.
3. The person who tripped the person driving to the basket.
4. A person cheering on the fight from the crowd.
5. Other

**Stealing Scenario:** A group of teens are hanging out near the lockers before school starts. One youth walks up bragging about the new iPhone that they got for their birthday over the past weekend. The youth locks the phone in their locker. The group heads off to class except for one person who saw that the locker did not close all the way.

Which person in this scenario are you?

1. The person who bragged about their new iPhone.
2. The person who pulls the locker open when no one is looking and takes the phone.
3. The person who runs after the youth who owns the phone and lets them know their locker is not closed all the way.
4. The person who takes the phone. Then feels guilty and returns the phone.
5. Other

**Bullying Scenario:** A new girl starts at school and you see people teasing her about smelling bad. They even post nasty jokes about her on Facebook. She does not have any friends.

Which person in this scenario are you?

1. The person teasing her in person.
2. The person posting jokes on Facebook.
3. A person in the group that is teasing her.
4. A person who likes/reposts others' jokes on Facebook.
5. The person that befriends her and introduces her to your friends.
6. The person getting teased.
7. Other

