

Plugging in (Song 1)

When I'm down and when I'm out
There's something I can do about
How I spend my time
And where I will draw the lines

I've got hopes and I have dreams
Without help sometimes it seems
I can't find my way
When all my skies are gray

The smiles of those I trust the most
Light up the ways that I should go
And now I know that I can live my dreams . . .

There are those who care and see
What I can do and that I'm free
To put my heart on the line
To carry out the things in my mind

I've got hopes and I have dreams
Without help sometimes it seems
I can't find my way
When all my skies are gray

The smiles of those I trust the most
Light up the ways I choose to go
And now I know that I can live my dreams . . .

Get Plugged In

- 1. Parent/Guardian**
 - How much time are you spending with your parent or guardian? (If you're not spending at least 30 minutes a day, then create and demand more time!)
 - What is one conflict, argument, or power struggle that you can give up today that won't hurt you, but will help lower your parents' anxiety about you?
- 2. Positive Friend**
 - Remember: You know you have a "real" friend if they do things that help (not hurt) themselves and you.
 - What could you do to help a friend overcome peer pressure and deal with challenges at home and at school?
- 3. Teacher/Counselor/School Official**
 - Make sure that someone at school knows the real you and what you can become with their help. Ask how they will help you reach your dreams and potential.
 - Let them know what you are willing to do, then work together with them to accomplish your goals.
- 4. Positive Mentor**
 - Who can you identify that has accomplished goals and dreams similar to those that you want to accomplish?
 - What are three qualities about them that you respect and admire that you would like to develop also?
 - Take a risk: If possible, ask them how they can help you achieve the same thing.
- 5. Something that inspires or motivates you to do good**
 - What motivates you to not hurt yourself and others?
 - What do you do with your time that's fun, gives you self-respect, and doesn't get you into trouble? How can you do more of this?

These five connections will help turn on the "light" to see your future more clearly.

© WhyTry LLC 2013 www.whytry.org