

Journal Prompts

Climbing Out

Secondary Journals

Secondary Journal #1: Write five words that you could use to complete the phrase, "A good friend is..." Do any of these words also describe you? Which ones? What words would you use to describe a false friend? How would you describe your friends?

Secondary Journal #2: What is a "pot" (trouble) that you are in? Make a list of reasons for getting out of the pot. What am I doing to help get my friends out of the pot (out of trouble)?

Secondary Journal #3 (Art): Draw a picture, a design, or make a collage that represents ways that you can help others, or represents how helping others makes you feel.

Secondary Journal #4 (Plugging In): Make a list of friends who have helped you in the past. In what ways did they help you? Pick one friend and write them a Thank You note. You can cut out and use the next page as a piece of stationary.

Secondary Journal #5 (Game Plan): Identify some strategies for dealing with peer pressure. Name two friends who will support you when the pressure is on. Create an emergency escape plan. Avoid places where you have experienced negative peer pressure. Identify positive places and try to spend more time there. Make a list of some positive things that you could do with friends as a substitute for things that could get you into trouble.

Secondary Journal #6 (Observation): Watch people you are around to see how they support each other or pull each other down. Write down an example of someone you have seen supporting another person in a positive way. Write down an example of someone pulling another person down.