



LAKE COUNTY NARCOTICS AGENCY

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P.L.U.S. Parent's Guide

Lesson 6

Self-Image

This lesson begins with an IALAC story (I Am Lovable And Capable). The character in our story has a really bad day. It is one of those days that none of us want to have, but at the same time we have all had one.

As our character starts the day he is late getting out of bed, gets yelled at and is reminded how well his sister does everything. Then his room is such a mess that he can't find his tennis shoes and is forced to wear an old, worn out pair so as not to miss the bus. Again he is yelled at for being late. At the bus stop an older kid knocks his books out of his hands and his homework falls into the mud. By the time he gets on the bus his friends have already picked seats and he is left to sit alone. At school he is not prepared for class; his homework is not presentable, he can't find his pencil, and no one wants to loan him one "again". During lunch he slips and drops his lunch. The laughter usually doesn't bother him, but today.....! When he gets home from school his older brother gives him a hard time about who's watching what on TV and forces his choice on our character. At supper he has nothing he wants to say about his day because it was so bad, and he feels left out of the conversation mainly because of his attitude.

At the beginning of the lesson, students write on a piece of paper the word acrostic IALAC as a symbol of the story character's self-image. As the story unfolds, the students are instructed to tear off a piece of the paper each time they think the character felt put-down or uncomfortable. You will notice as you read through the above story that many things happen which threaten the self-image of the character. After the story, a discussion is held and the students learn that they can only control their own behavior and actions, not those of others. They are then asked to talk about what the character could have done in each of the situations to prevent damage to his/her self-image and avoid having a section of the paper torn off. Students generally mention things like: being more responsible by getting out of bed on time, keeping the bedroom cleaned up, having his/her books in a book bag, having a tidy desk, understanding that most people laugh when something stressful happens (dropping his lunch) to release that stress and don't mean it personally, discussing the problem he had with his brother at dinner so mom and dad can help, and rely on his family support especially when he has a bad day because his family loves him.

P.L.U.S. Definition: *Self-image - how I see myself and how I see myself in relation to others.* P.L.U.S. uses a brainstorming session to learn about the term self-image. We talk about the way we look at ourselves and how both positive and negative thoughts and attitudes can affect our behavior. We brainstorm how someone might act if they have a negative self-image: he/she might try to change the feelings they have by acting in a way or doing something they know is wrong to try to fit in, using drugs, yelling, or putting others down. When they need attention, they might misbehave, disobey, or fail to follow rules. When he/she needs acceptance, they follow the wrong crowd and hang around people who don't believe in what they know is right. We also talk about how someone acts when they have a positive self-image: when he/she doesn't like the feelings they have they can talk to parents, attempt to change what they have control of.

When they need attention, they speak up for themselves and give positive attention to others. When he/she needs acceptance, they try to fit in with the group that feels comfortable and hang around people who believe in what they know is right. Our goal is to have the students learn that having a positive self-image allows them to be more comfortable with their feelings so they don't need to mask them, to be able to gain attention by doing the right things, and by being accepted for who they are. As a result, they get the attention they need through with pride and self-worth, they find it easier to stand up for themselves in situations where they feel stressed or pressured by friends or siblings, and can deal with the threat of feeling excluded, knowing they do fit in where it counts.

Student/Parent Homework (Week 6): *This is Me*

Discuss with your child what you do in situations that seem unfair or that make you feel stressed or confused, and how you handle a bad day. Then take a look at the 'This is Me' work sheet and talk about what images your child could place in each box to show his/her positive self-image. We will try to have these worksheets displayed in the hall at school.

DATES TO REMEMBER

Parent' Night: Parent's Night is open to any adult, parent, grandparent, relative or any person wishing to gain more information regarding the P.L.U.S. Program and/or timely drug information. We certainly hope you can take the time to attend.

Riverside	TBA	7:00 - 9:00pm
Perry	TBA	7:00 - 9:00pm

.... *Look for your local school system*

FYI... PARENTS WHO HOST LOSE THE MOST!

What parents should know:

- As a parent you cannot give alcohol to your child's friends under the age of 21, under any circumstance, even in your own home, even with their parent's permission.
- You cannot knowingly allow a person under 21, other than your own child, to remain in your home or on your property while consuming or possessing alcohol. It is your responsibility to call someone to remove the child from your residence.

If you break these laws:

- You can face a maximum sentence of six months in jail and/or a \$1,000 fine.
- Others can sue you if you give alcohol to anyone under 21 and they, in turn, hurt someone, hurt themselves or damage property.
- Officers can take alcohol, money and property used in committing the offense (i.e. coolers, refrigerator, bars supplies, etc.).

Things you can do as a parent:

1. Refuse to supply alcohol to children.
2. Make sure that your teen's friends do not bring alcohol to your home or property.
3. Be at home when your teen has a party.
4. Talk to other parents about not providing alcohol at other events your child will be attending.
5. Create alcohol-free opportunities and activities in your home so teens feel welcome.

***Report underage drinking by calling the anonymous toll-free Hotline at
1-877-4-MINOR***