



## LIFE IS A JOURNEY

In our lifetime, no matter what age or background, we make choices and decisions that produce positive or negative consequences. Sometimes the consequence happens immediately after the decision, or it may happen years later. A positive consequence is one that strengthens or heals our spirit or the spirit of others. A negative consequence is one that weakens or harms our spirit or the spirit of others.

With a strong spirit we can overcome barriers and achieve high levels of success in all areas of our life. With a weakened spirit, we are limited in our abilities to create positive life experiences for ourselves and also limited in our ability to change or avoid the bad ones.

The following are some scenarios that these young people have found themselves in. After each scenario, share a choice that the young person can make that would lead to a positive consequence and a choice that could lead to negative consequence. Afterward, you can share with the rest of the group.

1) Tara is alone with her boyfriend Jon at his parent's house. Although they have only known each other for a few weeks, Jon keeps insisting to Tara that he loves her and wants to prove it by having sex with her. She asked Jon if he has a condom and he said he doesn't need one because he loves her.

What are Tara's choices?

Choice that could lead to positive consequences	Choice that could lead to negative consequences

2) Larry is in the locker room after practice when he notices his sister's boyfriend buying meth from a known drug dealer.

What are Larry's choices?

Choice that could lead to positive consequences	Choice that could lead to negative consequences



## LIFE IS A JOURNEY (continued)

3) Maria arrives at a party with her friends. She sees Clint. He is really drunk and tells Maria to kick back and drink with him. Even though she knows that Clint can be a jerk when he drinks, she really likes him. Her friend Crystal doesn't like being around drunk people and wants to leave.

What are Maria's choices?

Choice that could lead to positive consequences	Choice that could lead to negative consequences

4) Sam is a great student and is being mentored by an elder in conducting certain ceremonies. He comes from a big family. One night he was out with friends, met a girl from the next reservation and they had unprotected sex. They exchanged numbers and started texting. Several days later he heard rumors that the girl already has a boyfriend who is now looking for Sam.

What are Sam's choices?

Choice that could lead to positive consequences	Choice that could lead to negative consequences

5) Anna and Jake have been dating for two months. She notices that when Jake is drunk he always forces her to drink too and do things that she doesn't feel comfortable doing.

What are Anna's choices?

Choice that could lead to positive consequences	Choice that could lead to negative consequences

Are you happy with the consequences your choices bring to you? If not, don't worry! You can change them because they are YOUR CHOICES!!