Journal #1 - Answer one of the following journal prompts

#1 - What kinds of stressful situations or challenges do you think are most commonly experienced by students at our school?

#2 - What does it feel like when you're going through a stressful situation? What do you notice about yourself or your behavior when you're feeling stressed or down?

#3 - Has anyone given you any good advice about how to handle stress?What was the advice? Who gave it to you? Why was it helpful?

Journal #2 - Answer one of the following journal prompts

#1 - When someone in your life is going through a challenging or painful time, like a friend or family member, how do you try to be supportive?

#2 - What do you think is the best way for your school/community to support students who have depression?

<u>Journal #3</u>

If you could say one thing right now to a classmate who is experiencing depression, what would you say to him or her? How would this help?

Journal #4 – answer one of the following prompts

- 1. Think of a specific time when you were at a crossroads and had a significant decision to make.
- 2. What is the most difficult decision you've ever had to make?
- Write about that decision, keeping these questions in mind:
 - When was this? How old were you?
 - What was the context in which you were making this decision? What other factors were important?
 - Why did the decision seem significant at the time? Do you still think it's important for the same reasons?

Journal #5

Consider the consequences of your past decision. Knowing what you know now, would you make the same choice? Use these questions as a starting point:

- How did this decision change your life for the better?
- How did it create challenges or heartache?
- Why would you stand by your decision, or why would you choose to go in a different direction?
- What do you think would have happened if you had taken another path?
- What consequences do you think would have resulted from that option?

Journal #6

Looking back at your decision, sum up what this past experience taught you in a short paragraph. Have you used these lessons to make other big decisions? Did you create a "what not to do" script for yourself for future situations?

<u>Journal #7</u> - <u>Answer one of the</u> <u>following journal prompts</u>

- 1. Are some groups of people more likely to do drugs than others? Why or why not?
- 2. Have your parents ever talked to you about drugs and alcohol? What did they say?
- 3. Why do students feel pressured to try drugs and to drink?

<u>Journal #8</u> - <u>Answer one of the</u> <u>following journal prompts</u>

- 1. If someone offered you drugs or alcohol and you didn't want to try it, how would you say no? What would you do if a person offering you drugs or alcohol wouldn't take no for an answer?
- 2. Why do people do things that they know will hurt them?
- 3. How do drugs change people? Write about both the emotional and the physical effects.
- 4. Is it possible to control your usage of drugs and alcohol so that you don't get addicted? Why or why not?