

**GO FOR
THE GOAL****Model**

As a teen, you probably have many goals for your future. Using drugs and alcohol can ruin your ability to reach your goals. As you read the conversation below, ask yourself what goal these three teens have and how their decision to avoid drugs and alcohol will help them reach their goal.

MARY: I'm so excited that we're all going to the state math tournament. This trip is going to be so much fun!

RYAN: Did you hear what happened last year on the trip?

SCOTT: No, what?

RYAN: A boy got caught using drugs. He was kicked out of the tournament, and he got suspended from school for a month. He was cut from the baseball team, too.

SCOTT: That was a really stupid thing to do. Everybody knows how drugs can mess up your life.

MARY: I don't want anything to do with that stuff—or with anyone who uses it. I have too many important things to do in my life to let drugs ruin it.

RYAN: Right—like going to this tournament.

SCOTT: If we study hard, our team might win a prize!



Practice

Read the scenario below. Then, on your own paper, list the steps Patrick could take to reach his goal. For each of the five goal-setting steps, include information about how avoiding drugs and alcohol will help Patrick reach his goal.

Patrick knows that his school has a zero-tolerance policy for drugs, tobacco, and alcohol use. Anyone who wants to participate in any team or school organization must remain substance free. This spring, Patrick wants to play in the school band. If he even associates with teens who use illegal substances, he won't be able to participate in the band.

Apply/Assess

Think of at least three negative consequences of using alcohol or drugs. Write each of these consequences on a separate note card. For example, you might write “losing my parents’ trust” or “being infected with HIV.” Put your cards face down on your desk and mix them up.

Now think of one of your personal goals. On a sheet of paper, write out the goal-setting steps that you plan to use to reach this goal. Then, turn over one of your cards and read what it says. Explain how the consequence listed on the card would affect your ability to achieve your goal.

getting kicked off
the team

getting arrested

flunking out of school



Goal Setting

1. Set a specific goal.
2. List the steps to reach your goal.
3. Get help from others.
4. Evaluate your progress.
5. Reward yourself.

Self-Check

- Have I identified at least three negative consequences of using alcohol or drugs?
- Does my plan use the steps for goal setting?
- Did I explain how my goal would be affected by the use of alcohol or drugs?