

RIGHT PATH  
MICKEY'S STORY

OPTIONAL SESSION 2 -  
ANGELS AND DEMONS (PART 1)

# RIGHT PATH

## OPTIONAL SESSION 2

### ANGELS AND DEMONS PART 1

**AIM:** ALLOW YOUNG PEOPLE THE OPPORTUNITY TO EXPLORE AND DISCUSS FRIENDSHIPS AND GAIN CLARIFICATION ON WHAT MAKES A "POSITIVE" RELATIONSHIP. THIS IS THE RECOMMENDED SESSION TO USE PRIOR TO ANGELS AND DEMONS PART 2.

ACTIVITY	RESOURCES NEEDED	INSTRUCTIONS	LINK TO RESOURCE LEARNING AIMS	TIME NEEDED TO COMPLETE ACTIVITY
WHAT MAKES A GOOD FRIEND?	ONE INDEX CARD FOR EACH PARTICIPANT; CONTAINER FOR COLLECTING CARDS, MARKERS; BOARD AND CHALK, PENS/ PENCILS	<ul style="list-style-type: none"><li>- EXPLAIN THAT RELATIONSHIPS WITH FRIENDS ARE EXTREMELY IMPORTANT. SAY THAT THIS ACTIVITY WILL FOCUS ON RELATIONSHIPS WITH FRIENDS, EXAMINING WHAT KIND OF FRIEND IS WORTH HAVING.</li><li>- HAVE PARTICIPANTS WRITE A CHARACTERISTIC OR QUALITY THAT MAKES A GOOD FRIEND.</li><li>- AFTER A FEW MINUTES, COLLECT THE INDEX CARDS AND PLACE THEM IN THE CONTAINER. AS YOU READ EACH CARD, LIST THE QUALITIES THE PARTICIPANTS IDENTIFIED. TRANSLATE LONG DESCRIPTIONS INTO ONE OR TWO NOUNS. FOR EXAMPLE, REWRITE "HE ALWAYS TELLS ME THE TRUTH ABOUT THINGS" AS "HONESTY," OR "HE NEVER PUTS ME DOWN" AS "RESPECT." IF A QUALITY IS REPEATED, PUT A CHECK BESIDE IT TO INDICATE THAT IT WAS IDENTIFIED MORE THAN ONCE.</li><li>- WHEN YOU HAVE GONE OVER ALL THE CARDS AND THE LIST IS COMPLETE, DIVIDE THE PARTICIPANTS INTO SMALL GROUPS OF FOUR OR FIVE AND GIVE THEM THE FOLLOWING TASK:</li></ul>	CREATES TIME AND SPACE TO EXPLORE WHAT A POSITIVE FRIENDSHIP LOOKS LIKE.	20-30 MIN

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ACTIVITY	RESOURCES NEEDED	INSTRUCTIONS	LINK TO RESOURCE LEARNING AIMS	TIME NEEDED TO COMPLETE ACTIVITY
		<ul style="list-style-type: none"> <li>- WORK TOGETHER TO LIST FIVE QUALITIES YOU WANT IN A CLOSE FRIEND.</li> <li>- RANK THE QUALITIES "1" FOR THE MOST IMPORTANT AND "5" FOR THE LEAST IMPORTANT.</li> <li>- ALLOW ABOUT 10 MINUTES THEN ASK EACH GROUP TO SHARE THEIR CHOICES AND RANKINGS.</li> <li>- CONCLUDE THE ACTIVITY USING THE DISCUSSION POINTS BELOW.</li> </ul> <p style="text-align: center;">DISCUSSION POINTS:</p> <ul style="list-style-type: none"> <li>- WAS IT EASY OR DIFFICULT TO DECIDE WHICH FIVE QUALITIES WERE MOST IMPORTANT? WHY?</li> <li>- HOW DID YOUR GROUP DECIDE WHICH QUALITY WAS MOST IMPORTANT? WAS THERE DISAGREEMENT? WHAT WERE SOME OF THE OTHER CHOICES IN YOUR GROUP?</li> <li>- DID MALES AND FEMALES CHOOSE FRIENDS FOR DIFFERENT REASONS?</li> <li>- WHICH QUALITIES ARE ESPECIALLY DIFFICULT TO FIND IN A FRIEND?</li> <li>- WHAT DESIRABLE QUALITIES DO YOU BRING TO FRIENDSHIPS?</li> <li>- WHAT QUALITIES WOULD YOU LIKE TO DEVELOP TO BRING TO YOUR FRIENDSHIPS?</li> </ul>		

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## FACILITATOR NOTES

### OPTIONAL SESSION 2

#### ANGELS AND DEMONS (PART 1)

- USE PEER RELATIONSHIPS FACT SHEET FROM APPENDICES.
- ENCOURAGE YOUNG PEOPLE TO CONSIDER WHAT A GOOD FRIEND WOULD BE TO THEM AND HOW THEY ARE A GOOD FRIEND TO OTHERS. THIS MAY INCLUDE ENCOURAGING THEIR FRIENDS TO GET HELP.
- TRY TO DISCOURAGE FOCUS UPON "MATERIAL" FRIENDSHIP (WHAT FRIENDS BUY THEM ETC.) AND FOCUS UPON EMOTIONAL SUPPORT.
- ENSURE YOUNG PEOPLE KNOW THAT THEY ONLY NEED TO SHARE WHAT THEY ARE COMFORTABLE SHARING WITH THE REST OF THE GROUP.
- MAKE SPACE FOR A LITTLE TIME AT THE END OF THE SESSION WHERE YOUNG PEOPLE ARE ABLE TO SPEAK TO YOU OR AN ASSISTING MEMBER OF STAFF ABOUT ANY CONCERNS THEY MAY HAVE.

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## ANGELS AND DEMONS PART 1

### RELATIONSHIPS FACT SHEET

MICKEY – "AND THE OLDER PEOPLE WHO I KNEW ALREADY SMOKED IT AND I BASICALLY ASKED TO TRY IT. BECAUSE I FELT I WASN'T PART OF THE GROUP REALLY.

I GOT A BIT BULLIED BECAUSE I WAS THE YOUNGER ONE, AND WAS AN EASY TARGET FOR THEM TO LIKE, TAKE THE MICK."

.....  
"SO I SMOKED A BIT ....." "

"AND I FELT PART OF THE GROUP."

#### FITTING IN:

FEELING LIKE YOU HAVE TO DO SOMETHING JUST BECAUSE YOUR FRIENDS ARE DOING IT IS ALSO KNOWN AS PEER INFLUENCE OR PEER PRESSURE. YOUNG PEOPLE ARE UNDER A LOT OF PRESSURE TO "FIT IN", WEAR THE SAME CLOTHES AS EVERYBODY ELSE AND DO WHAT THEY ARE DOING.

#### THE FEAR OF BEING LEFT OUT:

POSITIVE FRIENDSHIPS AND RELATIONSHIPS SHOULD BE BUILT ON TRUST AND RESPECT. WHETHER YOU WANT TO DO THE SAME THINGS AS OTHER PEOPLE OR NOT SHOULDN'T CAUSE "FRIENDS" TO LEAVE YOU OUT. IF THEY DO THEN THEY ARE NOT TRUE FRIENDS AND YOU ARE PROBABLY BEST OFF WITHOUT THEM. THIS IS EASY TO SAY AND NOT EASY TO DO MOST OF THE TIME, HOWEVER THINK ABOUT WHAT IS BEST FOR YOU BEFORE MAKING ANY DECISIONS.

SOMETIMES IT CAN FEEL LIKE EVERYBODY ELSE IS DOING THINGS THAT YOU MAY NOT WANT TO DO, MAYBE THEY SECRETLY DON'T WANT TO DO IT EITHER BUT FEEL AFRAID OF BEING LEFT OUT IF THEY DON'T TOO. SOMETIMES, PEOPLE MIGHT SAY THAT THEY DO THINGS, BUT THEY DON'T REALLY!! FOR EXAMPLE: THE NUMBER OF YOUNG PEOPLE WHO SAY THAT THEY HAVE HAD SEX IS FAR GREATER THAN THOSE WHO HAVE ACTUALLY HAD SEX!! SOME PEOPLE ONLY SAY THEY DO THESE THINGS TO IMPRESS AND TO KEEP IN WITH THEIR GROUP.

#### PPP!! (POSITIVE PEER PRESSURE)

IS THIS POSSIBLE? THE ANSWER IS YES, FRIENDS CAN HAVE POSITIVE INFLUENCES ON OTHERS.

#### THIS INCLUDES:

- SETTING A POSITIVE EXAMPLE AND HELPING OTHERS TO DO THE SAME
- GIVING POSITIVE ADVICE AND SUPPORT, MAYBE TO GET HELP WITH A PROBLEM.
- ENCOURAGING ONE ANOTHER TO TRY NEW ACTIVITIES
- TAKING TIME TO TALK AND LISTEN TO ONE ANOTHER.

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NPP!! (NEGATIVE PEER PRESSURE)

WHAT CAN YOU DO ABOUT IT?

IF YOU DON'T WANT TO DO SOMETHING YOUR FRIENDS ARE DOING, IT CAN BE HARD TO SAY NO. IF THEY ARE GOOD FRIENDS THEY SHOULD RESPECT YOUR DECISION AND NOT MAKE YOU FEEL LIKE YOU HAVE TO DO SOMETHING IF YOU DON'T WANT TO DO.

NEGATIVE PEER PRESSURE CAN BE IN THE MIND

SOMETIMES IT SEEMS AS THOUGH WE ARE UNDER PRESSURE FROM OTHER PEOPLE TO DO SOMETHING, WHEN REALLY IT IS IN OUR OWN MINDS. BEFORE WE JUDGE OUR FRIENDS WE SHOULD TRY TO TALK TO THEM ABOUT NOT WANTING TO DO WHAT THEY ARE DOING. YOU WILL FIND MOST OF THE TIME THAT YOUR FRIENDS ACCEPT YOUR DECISION.

*"I FIND IT REALLY HARD TO SAY NO TO MY FRIENDS IF THEY ARE DOING SOMETHING I DON'T WANT TO DO. THEY NEVER FORCE ME TO DO IT, BUT SOMETIMES I DON'T FEEL LIKE I'M PART OF THE GROUP."*

MAKING DECISIONS

SOMETIMES MAKING DECISIONS IS VERY DIFFICULT, REMEMBER, WHATEVER YOUR DECISION IT IS YOURS TO MAKE AND THE CONSEQUENCES OF YOUR DECISIONS ARE YOUR RESPONSIBILITY.

WITH THIS IN MIND, CONSIDER THE FOLLOWING BEFORE MAKING YOUR MIND UP

- LISTEN TO YOUR OWN FEELINGS – IF YOU FEEL UNCOMFORTABLE ABOUT A SITUATION THEN TALK TO SOMEONE THAT YOU TRUST.
- PLAN FOR POSSIBLE SITUATIONS – FOR EXAMPLE: IF YOU ARE GOING TO A PARTY AND KNOW THAT YOUR FRIENDS ARE GOING TO BE DRINKING OR SMOKING CANNABIS, PLAN HOW YOU ARE GOING TO HANDLE THIS BEFORE GOING TO THE PARTY SO YOU FEEL MORE CONFIDENT IF THIS SITUATION ARISES.

REMEMBER: IT IS OK TO SAY NO. IF YOUR FRIENDS ARE GOOD FRIENDS THEY SHOULD RESPECT YOUR WISHES AND LIKE YOU FOR WHO YOU ARE.