

★ Teen Wise ★

“Acquire the Power of Self-Definition”

*The logistics of the
Teen Wise Grad
Night Fundraiser
Program and the
Teen Wise Honda Car
Giveaway Incentive
Program, along with
a preview of the
Teen Wise: Third
Edition Book*

**Be a
Guaranteed WINNER!**



*of this . . .
4-Door Black
Honda Civic LX*

Fundraising

★ Teen  Wise ★
“Acquire the Power of Self-Definition”

Fundraising

Ms. Celeste M. Gonsalves

First Edition

CMG Publishing, LLC
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The examples illustrated in this book are truly fictitious. Each scenario was created solely and completely from the author's own imagination and interpretation of probable outcomes. Preteens, teenagers, and people of any age did not contribute, nor were they interviewed, for any material presented in this book.

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First Edition

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Introduction

Thank you for requesting a copy of this Teen Wise Fundraising Booklet. It contains the logistics of the Teen Wise Grad Night Fundraiser Program and the Teen Wise Honda Car Giveaway Incentive Program comprehensively. Also included are frequently asked questions, a checklist for participants, and a preview of the *Teen Wise: Third Edition* book.

The preview of *Teen Wise: Third Edition* provides an understanding of the concepts, approaches, and definitions presented in the book. The first paragraph and an example was derived from the introduction and Chapters #1 through #9 specifically chosen by me, the author, in an effort to furnish you with sufficient data that may enable you to make a knowledgeable decision of whether or not to participate in these two programs. The complete table of contents is also listed for your convenience, as it gives you an idea of all the age appropriate topics exemplified in *Teen Wise: Third Edition*.

If you would like to review the entire *Teen Wise: Third Edition*, you may purchase it from amazon.com for \$19.95 plus tax and shipping costs. Please call me directly at #808-738-9473 or e-mail at twfundraising@t-wise-book.com to address any questions or concerns you may have. I am here to help you, and I personally answer all questions and inquiries myself.

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Teen Wise Grad Night Fundrasier Program

The Teen Wise Grad Night Fundraiser Program was created specifically for grad committees or high school senior classes located in the United States and Canada to generate funds to meet financial goals for Graduation Safe Celebrations. Public and private high schools are encouraged and welcomed to participate.

The Teen Wise Honda Car Giveaway Incentive Program was designed to motivate high school seniors to attend Graduation Safe Celebrations in an effort to help keep them safe, while still having fun. Please review full details under “The Prize.”

The Program

The **Teen Wise Grad Night Fundraiser Program** consists of selling the **Teen Wise** book to prospective consumers. Each book retails for \$23.00 each, which includes tax and shipping charges. Your grad committee or high school will purchase **Teen Wise** books for \$13.00 each and instantly profit **\$10.00** for each book sold. Book sales will be conducted strictly on a presale basis. Flyers containing the **Teen Wise** book sale campaign information will be created and distributed by your organization’s fundraising coordinator or school official. A **Teen Wise** book cover picture and a description of book will be provided via e-mail and must be placed on all flyers and/or correspondence related to this fundraiser. All books purchased are non-returnable, non-refundable and become the property of your organization. The **Teen Wise Grad Night Fundraiser Program** is available every year. Please check the website at www.t-wise-book.com and click the fundraising tab to view current contracts and flyers and any updated information. Deadline dates are available for this year’s and next year’s graduating classes.

The Payment

All checks for books purchased by consumers during your **Teen Wise** book sale campaign must be written to either your

grad committee or high school. All monies will be collected and calculated by your fundraising coordinator or school official, after your **Teen Wise** book sale campaign ends. A **Teen Wise Book Order Form MUST** accompany a check for the full amount owed by the deadline date listed on the contract to ensure book delivery in a timely manner. The check **MUST** be written from your grad committee or high school's checking account. A cashier's check will also be accepted. Sorry, no personal checks, money orders, or credit card payments will be accepted.

Please send your **Teen Wise Book Order Form** and your check for the full amount payable to: **Teen Wise, P. O. Box 10097, Honolulu, Hawaii 96816**. Your **Teen Wise** book order will be delivered directly to your school via United Parcel Service (UPS) in approximately three to four weeks after receipt of your order form and payment. An estimated delivery date will be e-mailed to the fundraising coordinator or school official upon completion of the printing of your book order. Please plan accordingly to execute an efficient pick-up and/or delivery date schedule. All **Teen Wise**books are non-returnable, non-refundable and become the property of your organization.

The Particulars

This **Teen Wise Grad Night General Contract** needs to be approved and signed by your organization's fundraising coordinator or school official and the owner of Teen Wise, Ms. Celeste M. Gonsalves by the deadline date listed to be deemed valid. A copy will be mailed directly to the grad committee or high school listed on the contract. A **Teen Wise** book cover picture and a description of the book will be e-mailed to the contact person once a contract is received by Teen Wise. Your organization is not obligated to fulfill book sales goals as stated on this contract. For example, if your book sales goal is 1,000 and you sell 850 books, you are not responsible to purchase the remaining 150 books.

The Prize

The **Teen Wise Honda Car Giveaway Incentive Program** offers participants of the **Teen Wise Grad Night Fundraiser Program** an opportunity to be **GUARANTEED WINNERS!** of a brand new **4-Door Black Honda Civic LX** in their graduating year by selling at least **3,500 Teen Wise**books in their book sales campaign. Participants will still earn their **\$10.00** profit for each book sold, totaling **\$35,000.00**.

The **Teen Wise Honda Car Giveaway Incentive Program** has **2,500 4-Door Black Honda Civic LX's** available in the United States and Canada to giveaway every year. If your grad committee or high school submits a signed contract with a **3,500** book sales goal for approval by the **contract deadline**, a car will automatically be reserved in your organization's name. If your grad committee or high school reaches the **3,500** book sales goal, your organization will be a **GUARANTEED WINNER!** of a brand new **4-Door Black Honda Civic LX**.

Every **4-Door Black Honda Civic LX** won will be available for pick-up at the Honda Dealership requested by your organization on the book order form. Your grad committee or high school must request a specified car pick-up date by the book order form and payment deadline as stated on the contract. All cars will be sent in the high school and the contact person's name listed on the contract; the only person authorized to sign for the release of the car. Proper picture identification and proof of car insurance **MUST** be present at time of car pick-up. Tax and licensing fees will be paid by **Teen Wise**. Each car will contain a **Teen Wise** company logo respectively on the driver's door. Winners **MUST** agree to keep this company logo on their cars for a minimum of one year. Winners are asked to respect the honor system, as a contractual agreement does not need to be signed.

★ Your organization may request a winning car in a different color, however availability solely depends on the Honda Dealership's inventory at the time of car purchase.

★Cars are intended to be used for a raffle giveaway as an incentive to increase attendance at Graduation Safe Celebrations. However, grad committees and high schools have full authority to conduct and execute their car giveaway prize at their own discretion.

★Your grad committee or high school also has the option of winning a **\$10,000.00 Cash Bonus Prize** in lieu of a **4-Door Black Honda Civic LX**. A **Teen Wise** check for **\$10,000.00** will be sent directly to your organization **AFTER** a book order form containing at least **3,500 Teen Wise** books has been verified and full payment is received. For accounting purposes, your organization **MAY NOT** deduct the \$10,000.00 bonus from the amount owed for your book order.

★The **Teen Wise Fundraising Department's** e-mail address is twfundraising@t-wise-book.com and the direct phone number is **#808-738-9473**.

Frequently Asked Questions

Here is a list of commonly asked questions with answers to provide you with clarity for any concerns you may have. However, if you have a question that is not listed here, or you need more information, please e-mail me at twfundraising@t-wise-book.com or call me at **#808-738-9473**. I am here to help you understand how these two programs work, and I personally answer each and every question or inquiry myself.

#1.)

Question: How did you come up with the idea to offer a fundraiser program for graduating high school seniors?

Answer: I attended a graduation ceremony at a high school that I teach a Teen Wise program at in May of 2010 that had a graduating class of over 600 students. As I was searching for the graduates I wanted to greet on the field after the formal ceremony, I noticed there were no buses parked in the area. I asked a teacher, "Where are the buses that transport the students to the project graduation celebration?" He looked at me straight in the eyes with worry and defeat and said, "Ms. Celeste there is no project graduation for our school." I replied, "But there are over 600 graduates in an area that is prone for drug and alcohol usage." He said, "Yes, I know." I then said, "So, this is really not safe for anyone, the students and the community as a whole." I kept talking, "These teenagers are going to be drinking and driving on the roads!" He just kept agreeing with me. I ended the conversation with, "Well, I am going to do something about it!" I went home and could not sleep that night, constantly thinking about what could happen. I watched the local news diligently for the next few days, and luckily there were no car accidents or violent altercations. I had a meeting with the same teacher and the principal in the following week to plan my program for the upcoming school year. We also discussed the importance of keeping these students safe on graduation night. Although no decisions or concrete plans manifested from our meeting regarding project graduation, it really got me thinking as a business owner what I could do to help this situation. I brainstormed and came

up with the two main challenges grad committees have; raising money and increasing attendance. Then, I did research on how my company, Teen Wise, could offer its own fundraising program specifically for grad committees and high schools. After I worked out the details and pricing for the fundraising program, I needed to come up with an incentive for seniors to sell books to earn their profits and to attend their graduation safe celebrations. Then, it came to me! What do most seniors want for graduation? A CAR! I met with a few car dealerships, but I worked out a great deal with the Honda franchise that will benefit these graduating participants immensely. There we have it! The Teen Wise Grad Night Fundraiser Program and the Teen Wise Honda Car Giveaway Incentive Programs were emerged! I sleep much better now through graduation season.

#2.)

Question: What is the Teen Wise book about?

Answer: *Teen Wise: Third Edition* is a guidance book written for preteens and teenagers to help them build decision and cognitive reasoning skills. Each chapter is devoted to its own grade level, beginning with the sixth and ending with the twelfth. There are ten different age appropriate, real-life examples of situations and/or dilemmas in each chapter, along with three different answer choices and a consequence or a benefit listed as a probable outcome for that specific illustration. The preteen or teenager has an opportunity to ponder the decisions presented in *Teen Wise: Third Edition* by reviewing the answer choices and outcomes beforehand. The goal is to create solutions before problems develop or occur.

#3.)

Question: Is this fundraiser real? Can we really make \$10.00 a book we sell and win a new Honda?

Answer: Yes! Because the books are ordered directly through me, the author, and not Amazon or any other book distributor, I am able to offer the profit margin to the participants of the Teen Wise Grad Night Fundraiser Program. As for the Honda, I have worked out a great deal for the cars with the Honda franchise because

they want to be involved and support a program that promotes safe teenage driving and the importance of keeping graduates safe on graduation night. I could have picked any type of car for this fundraising and car giveaway campaign, as other dealerships were very interested, but I chose Honda Civic LX's specifically because these cars are safe and easy to drive for teenagers. Honda's are also good quality cars with great engines, and they look nice too! The Teen Wise Grad Night Fundraiser Program and the Teen Wise Honda Car Giveaway Incentive Program are very real and will be available every year for grad committees and high school senior classes throughout the United States and Canada.

#4.)

Question: I am a senior in high school and want to do this fundraiser, but how?

Answer: You will need to contact your grad committee or high school official and let them know about the Teen Wise Grad Night Fundraiser Program and the Teen Wise Honda Car Giveaway Incentive Program. You may print out all the information from the fundraising page on the website at www.t-wise-book.com and give it to them. Also, it may help to get a group of your classmates together who are also interested in participating to let your committee chairperson or principal know that you all want to do this fundraiser. There is power and success in numbers!

#5.)

Question: How hard is it to sell all those books to qualify to win the car?

Answer: The average amount of books to be sold by each student is anywhere between 10-20 books, depending on your class size. For example, if a high school senior class has a size of 300-350 students, then each student would need to sell at least 10-12 books. That's it! This would earn them an approximate profit of \$35,000.00 for their graduation safe celebration AND they would automatically "Be WINNERS!" of a brand new 4-Door Black Honda Civic LX in their graduating year!

#6.)

Question: Our senior class size has over 600 students, if we all sell 10-12 books this could add up to 7,200 books sold or more.

Does this mean we would get another car?

Answer: Yes! Every time your grad committee or high school reaches the minimum book sales goal of 3,500, you qualify to win another car. Also, there's no limit on how many cars your organization may win. Remember, if you sell 7,200 books your profits will be \$72,000.00!

#7.)

Question: If we become eligible to WIN the car, do we need to pay for it out of the profits we made from selling the books?

Answer: NO! If your grad committee or high school sells at least 3,500 books, you will automatically be declared WINNERS! of a brand new 4-Door Black Honda Civic LX! Your grad committee or high school will keep their earned profits of \$35,000.00!

#8.)

Question: If we win a car, how can we give it away?

Answer: Your grad committee or high school may choose any way they want to give away the car. Some suggestions are to do a name raffle, highest book sales, highest points earned, lucky number raffle, or key distribution just to name a few. Grad committees and high schools have full authority to execute their car giveaway prize at their own discretion.

*A key distribution contest consists of every student receiving a key and trying to open the door, the winner of course is the person with the key that opens the door. This choice is exciting because students get a real feel of anticipation when trying to turn the key to make the door open. However, it is also time consuming and usually done after the celebration, so students may already be really tired.

#9.)

Question: Why do you offer a \$10,000.00 cash prize instead of the car?

Answer: I offer this as a choice for grad committees and high schools who wish to have more money to spend on their graduation safe celebration in lieu of having a car giveaway prize. A participating high school requested a cash prize as their preference, so I offered it at \$10,000.00 for them and added it to the contract as an option for everyone.

#10.)

Question: Can we pick up our car sooner?

Answer: Yes! When your grad committee or high school sends in the full payment for the books, they must request a delivery date on the order form. This date can be anytime before the graduation date, even if it is months prior. However, once your grad committee or high school takes possession of the car from the Honda dealership, it will be their responsibility to cover all car insurance expenses as required by law in your state or province.

#11.)

Question: Can we ask for a different car color?

Answer: Yes! When your grad committee or high school sends in the full payment for the books, they may request a different car color on the order form. However, the colors available will depend on the Honda dealership's inventory at the time the car is ordered. Your committee's contact person will receive a phone call from the Teen Wise Fundraising department to confirm the order and inform him/her what colors are available. If your grad committee or high school really wants their Honda in a specific color, this can only be accomplished by submitting an order form with full payment two months prior to your requested delivery date. This will allow ample time for your car to be custom ordered through the Honda dealership indicated on your order form.

#12.)

Question: What does “2,500 Cars Available” mean on the website?

Answer: This means there are a total of 2,500 4-Door Honda Civic LX’s available for the Teen Wise Grad Night Fundraiser Program for the current graduating year. This does not mean there are 2,500 left. I took the car counter that indicated exactly how many cars were still available off the website because I didn’t want grad committees or high schools to feel pressured or hurried to make a decision and sell books. If your grad committee or high school submits a contract with a book sales goal of 3,500 books, a car will automatically be reserved in their name. If this book sales goal is achieved, the car will be released to your grad committee or high school. The need to RUSH is not necessary.

★Not to worry, I also have the option of requesting more cars for distribution, if all 2,500 cars are won in the current year. There will be 2,500 4-Door Black Honda Civic LX’s available for each and every graduating class thereafter.

#13.)

Question: Since this fundraiser is done as a presale, are there any expenses we must consider?

Answer: The only expenses your grad committee or high school may incur would be the cost for printing flyers and sign-up sheets.

#14.)

Question: How do we advertise this fundraiser?

Answer: After a contract is received, your grad committee or high school contact person will be sent a book cover picture and a description of the book via e-mail. Flyers can easily be created by using these two files, along with your pertinent information. Give these flyers and sign-up sheets to all the students and their parents to begin their fundraising campaign. Also, let them know their individual sales goal amount and deadline date.

#15.)

Question: How long does this fundraiser take?

Answer: After a decision is made to participate in the Teen Wise Grad Night Fundraiser Program and a contract is signed and mailed, it may take a week to get organized; create the flyers for distribution, set up a book distribution schedule, set individual student sale goals and deadline dates, etc. It usually takes about two weeks to conduct the actual presale campaign. Add another week to calculate the money and send in the full payment and the order form. From start to finish, about a month depending on how quickly books are sold and money is calculated.

#16.)

Question: How long will it take for us to get our books?

Answer: You can expect to receive your complete book order delivered via UPS to your high school within three weeks. The contact person on the order form will be notified of a tentative delivery date via e-mail. You may also e-mail twfundraising@t-wise-book.com or call #808-738-9473 to inquire about your book order.

#17.)

Question: Isn't \$23.00 too expensive for a book?

Answer: The presale cost of each book is set at \$23.00 each, which includes tax and shipping charges. *Teen Wise: Third Edition* retails for \$19.95 on amazon.com, and after you add the tax and shipping costs the total is anywhere between \$23.94 and \$25.95, depending on delivery location. The book has 190 pages. Your grad committee or high school will pay \$13.00 for each book ordered, which also includes tax and shipping charges, and will profit \$10.00 per book sold. Your grad committee or high school has the option of reducing the sale price of the books from \$23.00 each, with the understanding that this will decrease their profit margin. They will still need to purchase the books at \$13.00 each.

#18.)

Question: Why is this fundraiser program available for grad committees AND high schools?

Answer: The Teen Wise Grad Night Fundraiser Program is available for grad committees and high schools located in the United States and Canada because not all high school senior classes have a grad committee and graduation safe celebrations. In an effort to include and encourage all high school seniors to participate, I extended the offer directly to all high schools as well. High schools that don't currently have grad night festivities scheduled can still give away a car during their senior night dinner or graduation ceremony. The money raised may be used at their discretion.

Please check the frequently asked questions link on the fundraising page of the website at www.t-wise-book.com for more answers to commonly asked questions. You may also e-mail twfundrasing@t-wise-book.com or call #808-738-9473 if you have a question or inquiry you would like answered.

Teen Wise Grad Night Fundraiser Program Checklist

- #1.) _____ Decide on participating in the Teen Wise Grad Night Fundraiser Program.**
- #2.) _____ Complete page three of the Contract in full detail. Include your fundraising and book sales goal, and a grad committee or high school official's signature. Mail it to: Teen Wise, P. O. Box 10097, Honolulu, Hawaii 98616.**
- #3.) _____ Determine students' minimum book sales count (divide book sales goal by total class size to equal minimum book sales count). Set a fundraising timeline with guidelines and deadlines for book sales campaign, monies due, and book distribution schedule.**
- #4.) _____ Create flyers and sign-up sheets with the Teen Wise book cover picture and its description. Distribute flyers and sign-up sheets to all students.**
- #5.) _____ Students Sell Books.**
- #6.) _____ Collect money and calculate how many books are presold.**
- #7.) _____ Fill out the Book Order Form on page four of the Contract and mail it to: Teen Wise, P. O. Box 10097, Honolulu, Hawaii 96816**
- #8.) _____ Conduct a Teen Wise Book distribution and pick-up option.**
- #9.) _____ If eligible, arrange to pick-up your Brand New 4-Door Black Honda Civic LX from the Honda Dealership.**
- #10.) _____ Have a Successful Graduation Safe Celebration!**

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Ms. Celeste M. Gonsalves
Third Edition

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15

★ This *Teen Wise: Third Edition* book is recommended to be used in conjunction with the *Teen Wise: WORKBOOK*.

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The examples illustrated in this book are truly fictitious. Each scenario was created solely and completely from the author's own imagination and interpretation of probable outcomes. Preteens, teenagers, and people of any age did not contribute, nor were they interviewed, for any material presented in this book.

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Introduction

My intention for writing this book is to offer a communicative venue for teenagers, parents, teachers, counselors, and any concerned citizen that has a teenager's best interest at heart. Its purpose is to support the natural progression of the interaction between teenager and adult, thus bridging the gap. Guiding teenagers to acquire the power of self-definition by adapting the concept of Self-Serving Strategies for the betterment of their future is the main goal of this book. Self-Serving Strategies allow an individual to analyze a situation or dilemma to come up with the best possible solution that may benefit his/her future, without infringing on another person's rights or intentionally hurting someone in the process. Learning how to acquire the power of self-definition may prepare a teenager to make decisions that best define who they are now and the person they want to become in the future, by making choices in their best self-interest. Taking responsibility for one's own actions, beliefs, consequences, and directional path may enable a teenager to refocus by internalizing his/her prospective future. Emphasis is strictly on the self.

Chapter #1

The Wise Segments

This first chapter of *Teen Wise* is composed of different “Wise” segments that provide information pertaining to the subject matter in the form of advice, experience, opinions, and/or views that are solely and completely from my own perspective. The following “Wise” segments introduced and included in this chapter are “Addiction Wise,” “Anger Management Wise,” “Friendship Wise,” “Dating Wise,” “Romantic Relationship Wise,” “Gratitude Wise,” and “Parent Wise.” Please review the segments for comprehension and consider using and/or referring to the advice when contemplating any of the seven subject matters presented.

Addiction Wise

When faced with a decision to smoke a cigarette, drink an alcoholic beverage, or intake any type of illegal drug, you really do not know how you are going to react. You may not have the control you once owned. All it may take is once. In your family tree, you may already carry a predisposed gene to addictive diseases. However, if there is no known history of any addiction in your family of origin, you could be the sprout of a new tree that starts this genetic predisposing for generations to inherit. So, you really don’t know what you will lose if you take that first puff, sip, or swallow. You will almost always give up something for any of these choices.

A person may become an addict from curiosity. Wanting to know what it would feel like to become intoxicated or high is the type of curiosity that need not be exercised. Instead, a healthier suggestion to curb your curious nature would be to wonder what it would feel like if you were to win a championship game in your chosen sport, or to be acknowledged for academic achievement, or to become class president, or to be known as a positive influence by young, impressionable children, or to be appreciated for your active contribution in your community. You can custom tailor your inquisitiveness to meet your own talents, needs, and wants.

Let creativity be your inspiration. Take that first step by taking a step back to reanalyze your position and to modify your purpose, then proceed.

If you are currently or have taken any of these harmful substances to help numb you from any type of abuse or emotional heartbreak, learning how to develop healthy solutions to pain may prove to be a life-changing alternative. Suggestions include, but are not limited to, talking to an adult you can trust, seeking counsel from a reputable psychologist or equivalent counselor, and implementing a new plan of action when the urge to engage in disruptive behavior occurs. A new plan of action could be as simple as exercising or devoting your spare time to something that you are truly passionate about. The goal is to develop healthy coping skills by keeping your mind occupied with things that you enjoy doing, however healing from the original source of your pain is the key to living a healthy and productive lifestyle. Therefore, I strongly encourage you to enter a therapy regimen that focuses on an approach that fosters this goal.

Interestingly, Mr. Donald Trump, real estate developer and multi-billionaire, has never smoked a cigarette, drunk an alcoholic beverage, or consumed any illegal drug. He has publicly vowed to never engage in any such activity in his lifetime. By making this conscience choice he was able to discover his true potential. His decision has enabled him to perform at his optimal health level on a daily basis, free from the possibility of developing diseases and illnesses that cigarette smoking may bring on, free from dealing with the sluggish, painful feeling a hangover may bring on, and free from the adverse effects illegal drugs may bring on. This proves that a healthy body with a clear mind can definitely produce successful results. The measurement of your own success rate is a valuable resource for you to attain.

Chapter #2

The Sixth Grade

I decided to incorporate the sixth grade into *Teen Wise* to give you a preview of the many challenges that you may soon encounter. Becoming familiar with the concept of Self-Serving Strategies at the onset of your preteen years may enable you to be more effective, as practice equals experience.

#2.) You are in the sixth grade and attend a middle/intermediate school. You have had the same best friend since kindergarten. You begin to notice a change in your friend’s behavior with you. For example, he/she hasn’t returned your phone calls and has avoided you in school for the past few days. The next day in school, your friend approaches you and offers you a drag of a cigarette. You are shocked that your friend has taken up smoking, but not surprised because you knew something was up. You want to keep your friendship with him/her, but don’t know if it is a good idea since he/she is now smoking.

What are your options?

A.) You decide to try smoking, although you really don’t want to, because you don’t want to lose your friend or cause yourself any embarrassment. After all, one drag will not make you a smoker and you get to keep your friend.

Consequence: You didn’t stay true to yourself by putting your own needs last. You displayed characteristics of becoming a follower, which may have a negative impact on your future. This choice may lead you to become addicted to tobacco in the near future. Please refer to “Addiction Wise” and “Friendship Wise” in Chapter #1: The Wise Segments for a recap. This is not an example of using Self-Serving Strategies because you compromised yourself and you may become addicted to cigarette smoking, which may affect your future and health negatively.

B.) You decide to turn your friend’s offer down. Your friend gets

mad and calls you a ‘baby’ for not wanting to smoke, then walks away from you. You are hurt because you knew this person since you were five years old, but you know that smoking is not a cool thing to do. You terminate this friendship because it has become unhealthy for you.

Benefit: You stayed true to yourself by making decisions that best suited your needs. You demonstrated leadership qualities that may enable you to make wise choices in the near future. Although you are hurt from the dissolution of your friendship, you realize that a real friend wouldn’t have treated you in a disrespectful manner as described in “Friendship Wise” in Chapter #1: The Wise Segments. You become proud of yourself for not giving into peer pressure in this situation. Congratulations on a great example of using Self-Serving Strategies proficiently and acquiring the power of self-definition.

C.) You decide to react with anger. Even though you want to keep your friendship, you become overwhelmed with anger and decide to confront your friend. You tell him/her that smoking is not cool. You give him/her an ultimatum between your friendship, which includes not smoking, and dropping his/her ‘new’ friends.

Consequence: This action you chose to take may be the start of a pattern of trying to fix people. This is not an example of being a supportive friend. The only person you are responsible for is yourself. You may be empowering your friend by giving him/her the option to remain friends. Also, this person may resent you for your actions. Learning the concept of Self-Serving Strategies may train you to respond to a situation like this by having your best self-interest in mind; doing what is right for you. This is not an example of using Self-Serving Strategies because you reacted with anger and tried to fix your friend’s problem.

Chapter #3

The Seventh Grade

The seventh grade indicates the average age for young teenagers to experience the onset of puberty. Unexpected challenges may arise as your body begins to grow and change. This age group may also provide opportunities of self-discovery, self-development, and self-fulfillment as you learn more about yourself. Peer pressure may become very prevalent at this grade level, therefore it may be crucial to learn how to acquire the power of self-definition now to ensure positive outcomes for you in the near future. Enjoy your youth by having fun and establishing healthy friendships.

#2.) You are in the seventh grade and your best friend has offered to give you a ride home. You accept the offer and meet him/her after school. Unbeknownst to you, his/her brother will be driving you home and not his/her mother or father. You learn that your friend's brother has had his license only for a short time. You are unsure if your parents would have given you permission to accept a ride from an inexperienced driver, so you are confused as to what is the right thing to do. You want to go because you think it will be fun and you don't want to walk home, but you have doubts.

What are your options?

A.) You decide to accept the ride from your friend's brother. After you get in the car, you notice him drinking a beer while driving. He is underage and you also know it is illegal to drink and drive in all fifty states. You are scared and know for a fact that this is wrong and could become very dangerous. You quickly ask to be dropped off at the nearest curb, get out of the car, and walk home. Although your friend tried to convince you to stay, you had no doubt in your mind that leaving was the right thing to do for yourself. When you get home, you tell your parents what happened and what you did. They are relieved that you asked to get out of the car, but are concerned why you got in the car in the first place. They have a lengthy conversation with you and set some ground rules for safety

issues, which helped clear up the doubt and confusion you were pondering. You are grateful you made the right decision because you value your life.

Consequence: You were in doubt and decided to take the easy way by catching a ride instead of walking home. Learning to listen to your inner voice when doubt sets in may help keep you safe. Please remember: When in doubt, just say, “No, Thank You.” Your initial choice to accept the ride is not using Self-Serving Strategies because you ignored your doubts and the outcome may have been detrimental to you and your future goals.

Benefit: You put yourself first when you realized how dangerous this ride home may have been. You responded quickly and were very truthful with your parents. You exercised Self-Serving Strategies after you knew the situation may become dangerous and/or life-threatening for you. However, practicing Self-Serving Strategies at the onset of an initial decision may be a wiser choice, since some situations may not afford you an opportunity to change your mind later.

B.) You decide to accept the ride from your friend’s brother. After you get in the car, you notice him drinking a beer while driving. He is underage and you also know it is illegal for anyone to drink and drive in all fifty states. You are a little scared and you know it is wrong, but you are seeking an adventure. You ask if you guys can go “Cruzin” before going home. The driver takes you on a wild ride that eventually catches the police’s attention. After getting pulled over, your friend’s brother gets arrested and you and your friend are taken to the police station where your parents are called to pick you up.

Consequence: Your decision to go along for the wild ride when you knew it was wrong and could become dangerous, may have resulted in a life-threatening situation for you. An inexperienced driver who is drinking alcohol while driving may have a higher probability of a car accident just waiting to happen. Learning how to curb risk-taking behaviors and thrill-seeking adventures may help keep you safe. Your parents may punish you and become less trusting of you for the choices you made in this example. This

is not an example of using Self-Serving Strategies because your decision may have resulted in serious injury or even death for you and/or others.

C.) You decide to decline the ride from your friend's brother because you have doubts. Your friend tries to talk you into going, but you stand firm on your decision and walk home. You arrive safely and fully understand how important it is to keep yourself away from potentially dangerous situations.

Benefit: Your decision not to risk your safety by taking the doubts you had as a serious warning sign was an excellent way of building admirable leadership skills beneficial for your future. You have acquired the power of self-definition and used Self-Serving Strategies efficiently in this example by clearly knowing your true sense of self and by making a decision that best ensured your safety. Congratulations!

Chapter #4

The Eighth Grade

The eighth grade may represent significant upcoming changes for all you teenagers. As a student attending a middle/intermediate school, you will be an example for the lower grade levels as they search for guidance and learn from your achievements and/or challenges. This year may also be the last time your friends remain in the same group. High school enrollment consists of the blending of middle/intermediate schools within a district, therefore opportunities to establish new friendships may be evident and forthcoming. Enjoy your last year of middle/intermediate school by having fun with your close friends and keeping an open mind about next year's adjustments in high school.

#9.) You are in the eighth grade and have vowed to never try illegal drugs. You and some friends are camping in a tent pitched in the backyard of a friend's house. You feel very safe and are having a great time. A couple of friends smoke cigarettes and occasionally ask you to light it for them. You claim not to smoke, but you don't hesitate lighting cigarettes. On this particular night, a friend seems eager for you to light his/her cigarette. You cooperate with ease, but the cigarette keeps burning out for some reason. You continue to light it. After quite a few attempts and the presence of profound laughter coming from your friends, you realize that the tobacco in the cigarette was replaced with marijuana! You were smoking weed and didn't even know it. You are very upset with your friend's decision to violate the pact you made with yourself. You have been friends for a long time, but feel disrespected and unsure if you should remain friends.

What are your options?

A.) You decide to forgive your friends; after all it was just a prank. You continue your friendship with them. Because you are less trusting of their intentions, you seem to be always watching your back. You feel less connected, but have accepted the change in

your relationship because you think it would be devastating if you ended it.

Consequence: You compromised yourself and your beliefs for the sake of remaining friends with people you simply can't trust anymore. You clearly stated that you never wanted to try illegal drugs and that choice was taken away from you. By accepting the actions of your friends as a prank, you allowed them to define who you are, thus not acquiring the power of self-definition. The quality of a friendship shouldn't be measured by its length, but by the level of mutual respect it displays. You did not do what was best for you, therefore this is not an example of practicing Self-Serving Strategies. Please refer to "Friendship Wise" in Chapter #1: The Wise Segments to learn the importance of evaluating current friendships and when to dissolve unhealthy relationships.

B.) You decide to stand up for your beliefs and remove yourself from the environment immediately. You explain to your friends how upset you are that they took the choice away from you, especially when they knew about your pact. Your parents pick you up and you honestly explain to them exactly what happened. They are happy that you made the right decision to leave the camp out. You think about how this incident has affected you, and you realize how their actions also influenced you to light up cigarettes in the first place. Your evaluations result in the dissolution of these relationships because they have become unhealthy for you.

Benefit: Your decision to leave and tell your parents the truth was an excellent example of acquiring the power the self-definition. Congratulations! This is a great example of building leadership characteristics invaluable for your future endeavors. Your parents may become more trusting of you and allow you more responsibility and freedom in the near future. Dissolving these friendships because you determined they had become unhealthy for you was a way to proficiently exercise Self-Serving Strategies. Once again, CONGRATULATIONS!

C.) You decide to play along with the prank and smoke the joint like a cigarette. You get stoned and like the relaxed feeling. Your

experience with other side effects (munchies, dry mouth, red eyes, etc...) doesn't seem to discourage you from wanting to smoke weed again. After a short time, you hook up with a drug dealer and buy weed regularly. Although you never wanted to try marijuana or any other illegal drug, you seem happy that you were tricked into trying it because you discovered how much you like it.

Consequence: Your decision to go along with this prank was an example of giving into peer pressure, which may have led you to develop an addictive disease. You also compromised your beliefs and did not recognize the disrespectful, unhealthy friendships you were involved in. Dependency on marijuana may result in a life-long, agonizing battle for recovery. Although you did not smoke weed for a long time, you may have already developed an addiction for it. Please refer to "Addiction Wise" in Chapter #1: The Wise Segments for an overview of information and suggestions to develop healthy coping skills. "Friendship Wise" in the same chapter will provide you with the proper definitions and examples of healthy and unhealthy friendships. This is not an example of using Self-Serving Strategies because your decision caused you to compromise your beliefs, give into peer pressure, and may result in a life-long addiction to marijuana.

***Please Note:** Addiction is not determined by the length of time you engage in the addictive activity, but by whether or not you can stop at any given time. To make this more understandable, just because the person in this example did not smoke weed for years, it does not mean that he/she is not, or can't be, addicted to marijuana.

Chapter #5

The Ninth Grade

The ninth grade in high school signifies many changes for each and every freshman as he/she enters this exciting time in his/her life. The experiences and memories to be made are that of no other. Interest in romantic relationships may become more prevalent and discovering who you really are may become challenging, but worthwhile, in this first year of high school. Finding your true talent, developing it to the best of your ability, and displaying confidence when performing it, are ways of discovering and displaying true passion. The contemplation of future educational and career endeavors will guide you in creating long-term goals. Most importantly, have fun by getting involved in school activities, special clubs, sporting events, etc. Enjoy those special moments... and take PICTURES! You'll thank me later.

Please keep in mind that any and all documented school records, whether it be positive or negative, will remain permanently on those records throughout your entire lifespan. The good news is that if you had a less than favorable past performance record prior to attending high school, you will have a chance at a fresh start.

#8.) You are in the ninth grade and have a parent who drinks too much alcohol. His/Her moods are unpredictable and most of the time you live in fear of the unexpected. You don't like his/her behavior and the way you suffer from his/her choice to drink daily. You love this parent, but don't know how to protect yourself without hurting him/her.

What are your options?

A.) You decide to seek help from your school counselor. You express your deep rooted feelings and concerns for your safety and future. He/she contacts the proper authorities and your family receives the help that is needed to gain functionality. At first your alcoholic parent resents you, but over time he/she learns to

forgive you as part of his/her overall healing program. You begin individual counseling with a psychologist to start the healing process for yourself. Life seems promising and worthwhile again.

Benefit: You took responsibility for yourself in this very difficult situation by seeking help, which is an example of using Self-Serving Strategies effectively for the betterment of your future. This choice also gave you the opportunity to acquire the power of self-definition by knowing exactly what you did not want for yourself, then becoming proactive about it. Growing up in a dysfunctional household is very challenging and the experience may break your spirit and ambition to become the best you can be. Although you are the product of your environment, your experiences do not have to equal to the sum of your life. Please continue with your counseling, as it will guide you to learn more about acquiring the power of self-definition. Congratulations on taking care of yourself.

B.) You decide to avoid this parent as much as possible. You start to feel the emotional pain and anxiety resulting from your dysfunctional environment. You don't like the discomfort and want to dull the pain, so you begin drinking alcohol. You like how getting drunk numbs the pain and the carefree attitude it brings on. You feel as though you don't have any problems and that all is right in the world when you are drunk.

Consequence: Your choice to numb your pain and stress may result in a life-long addiction to alcohol. This behavior may also give you the desire to experience with street drugs, if you begin to feel drinking is not enough to dull your pain. This choice may become a very serious life-changing addiction for you, which needs to be addressed promptly and properly. Please refer to "Addiction Wise" in Chapter #1: The Wise Segments for suggestions on learning how to develop healthy solutions to pain. Dealing with the main source of your pain by confronting issues and experiences that may have attributed to it are the first steps in the healing process. Please get the help you need. This is not an example of using Self-Serving Strategies because you may have developed an addiction for alcohol and/or illegal drugs detrimental for your future.

C.) You decide to take care of yourself and make plans for your future. You make a pact with yourself to never drink alcohol because you have witnessed firsthand how it can destroy your life and family. You continue to do your best in school and have aspirations of attending college. You do not seek any help from anyone because you feel as though you have your life and plans under control. A few years go by and you begin to notice an elevated level of anger that disbursts when you least expect it. You don't understand why you react to certain situations in this manner. After all, you took care of your home situation by not letting your alcoholic parent influence your judgment.

Consequence: You may think this is an example of practicing Self-Serving Strategies since you felt you did what was best for you, but this decision eventually hurt you in your future, therefore it is not. Making plans for your future and pledging an alcohol-free lifestyle are steps that were taken in the right direction, however not recognizing the pain and anger instilled in you from your dysfunctional household has caused an unpredictable chain reaction of anger. These are common symptoms and behaviors that are associated with abusive experiences. Seeking help from a reputable psychologist or equivalent counselor may provide you with understanding and guidance. You still must heal from your circumstantial past in order to live a positive, productive lifestyle with promise and hope. Remember, you are the product of your environment, but your experiences do not have to equal to the sum of your life. Please get the help you need.

Chapter #6

The Tenth Grade

The tenth grade may provide you with a more comfortable environment, since you are now familiar with your surroundings and may have a clearer picture of expectations. By successfully completing the ninth grade, you probably experienced new challenges and predicaments that may have given you the opportunity to learn how to acquire the power of self-definition. If you made some unfavorable choices and accepted the consequences for those decisions, you still have time to redeem yourself. Regrouping and refocusing on defining just who you are and discovering hidden talents and passions you currently possess may help you to create concrete goals for your future. At this age it may be a good idea to build a more trusting relationship with your parents. Balancing school and homework, sports or other activities, personal friendships and romantic relationships, and family responsibilities/obligations (chores, etc.) may be challenging at times, but well worth the effort. Try to stay on track by avoiding negative influences that may deter your path. Remember making time for yourself to relax, rejuvenate, and replenish is very important to your overall success and achievement of goals. Most importantly, have FUN!

#4.) You are in the tenth grade and have friends who have pierced different parts of their bodies. You especially like the tongue and belly button piercings. They have all told you that they did not experience any problems or infections due to their piercings. They have also been able to successfully hide it from their parents. You are contemplating getting a piercing, but are afraid of getting caught and/or getting an infection as a result.

What are your options?

A.) You decide to get a belly button ring, since it would be the easiest to hide. A few days after the piercing you noticed swelling, redness, and other signs of an infection in the area. You try to

disinfect the wound with peroxide, but the symptoms don't seem to diminish. You begin to get scared and as a last resort, you tell your parents what you did. Your parents' first concern is to deal with your infected wound. You are taken to the doctor and the piercing is removed, the wound is cleaned properly, and you are prescribed antibiotics to be taken for the next ten days. The doctor explains to you that piercing different body parts may not be a good idea because if an infection does occur, as in your case, an open wound may put yourself at risk for serious bacterial diseases. He/she adds that some bacterial infections and diseases may become life-threatening if medical attention is not sought out immediately. Your infection begins to heal with medication and frequent cleansing. Your parents then deal with your dishonesty.

Consequence: You could have developed a serious life-threatening medical condition if you did not tell your parents what you did in a timely manner. Your parents may become less trusting of you because you got a piercing without their permission or knowledge and tried to hide it from them. However, it was a good choice to seek help instead of continuing to try to handle it yourself. Although you knew you had concerns about the possible outcomes, you still agreed and went along with it anyway. Learning to listen to those doubts and your inner voice may provide you with insight and maturity. The initial choice is not an example of using Self-Serving Strategies because your decision was made in deceit, and severe health conditions could have developed for you.

Benefit: You did the best thing for yourself and your health by telling your parents what you did, so that you could get the proper help you needed. Hiding health issues from your parents is never a good idea. No matter what you may have done. Their first priority is and always will be your health and safety. Congratulations on practicing Self-Serving Strategies in the aftermath of your original decision. It is never too late to instill this concept for the betterment of your future, especially when it may concern your health.

B.) You decide to get a belly button ring, since it would be the easiest to hide. After a few days of swelling and redness in the area, it heals properly. You are happy and don't foresee a problem

getting caught, since it is in an area that is always covered up. However, one day you felt extremely tired and fell asleep on the couch in the late afternoon. One of your parents came home early from work and noticed a shiny piece of jewelry dangling from your belly button while you were sleeping. He/she quickly woke you up and questioned you about the piercing. You decide to answer honestly. You are told to remove the ring from your belly button and keep it clean until the piercing closes up.

Consequence: You may be punished for your actions. Your parents may become less trusting of you, since you did not seek their permission and tried to deceitfully hide it from them out of fear. This is not an example of using Self-Serving Strategies because your decision required deceitful actions that may also develop into a distrustful relationship between you and your parents. The latter is not in the best self-interest of your future, as an untrusting parental relationship may hinder your plans and goals.

C.) You decide to ask your parents for their permission to get a belly button ring, which requires a piercing. Both of your parents deny your request and explain the adverse effects of piercing unconventional body parts. After listening to their reasons and understanding the risk factors that may be involved, you decide to pass on the idea. You just don't think it is worth defying your parents and taking the medical risks.

Benefit: You stayed true to yourself by first asking for permission, actively listening to your parents' reasons why, and making the right choice for yourself. Your parents may become more trusting of you because you handled this situation with maturity by overcoming temptations to defy them. Congratulations on a great example of using Self-Serving Strategies proficiently.

Chapter #7

The Eleventh Grade

This chapter is devoted to all juniors in high school. This school year may be filled with excitement, evaluation, triumphs, challenges, and determination. Choice of college, whether to stay home or attend a school out of state, deciding on a major/career, obtaining a driver's license, balancing work and school, learning how to deal with the complexities of romantic, interpersonal relationships, conforming to your own individuality, and avoiding peer pressure are all prevalent for teenagers of your age.

#2.) You are in the eleventh grade and have your driver's license. You are an excellent student and you have never gotten in any major trouble in or out of school. Your close friends invite you to a party with people you are unfamiliar with and you accept the invitation. You get permission from your parents and you volunteer to be the driver for the evening. You fully understand your curfew is 11:00 p.m. At this party, you realize that these people engage in unlawful activities that you have no experience with. There are alcoholic beverages everywhere. You decide to try a beer or two just for the experience. Five beers later you realize that it is 10:30 p.m. and you have to drive everyone home, including yourself, within the next thirty minutes. You begin to feel dizzy, but you still think you are able to drive safely.

What are your options?

A.) You decide to drive everyone home. You get everyone home safely and get in your house just in the nick of time to meet your curfew. Your parents are still awake and ask how your evening went. They notice a slur in your speech and suspect that you've been drinking. After a few denials, you confess to drinking at the party. Your parents are very disappointed at the fact that you decided to drive after drinking alcohol. They become horrified with the possibility of what could have happened to you, your passengers in your car, and innocent drivers and/or pedestrians you may have

come in contact with.

Consequence: You could have killed yourself or others by trying to prove that you could drive while being intoxicated. You also could have injured yourself and others very seriously in a car accident. You displayed no respect for human life, which is precious and irreplaceable. Because you got everyone home safely this time, does not signify a guarantee that you will be that lucky if you decide to ‘chance it’ again. Please, please remove the daring mentality from your mind and don’t do this again - no matter how old you are. This is definitely not an example of using Self-Serving Strategies because of the potentially dangerous choices you made of underage drinking and drunk driving.

B.) You decide to call your parents at home and explain the situation. Your mother and father arrive at the party to pick you, your friends, and your car up. Everyone gets home safe and sound. Your parents are disappointed with you because you drank alcohol at this party, but they are more relieved that you made the right decision in calling them for help.

Consequence: You chose to drink alcohol when you knew it is illegal because you are underage. Although this was your first time drinking, you still may develop an addiction for alcohol. Please refer to “Addiction Wise” in Chapter #1: The Wise Segments for guidance and information relating to addictive diseases. This is not an example of using Self-Serving Strategies.

Benefit: Your second choice, after realizing you were drunk and not able to drive, ensured the safety of everyone involved. By doing what was right, you displayed maturity and your parents may become more trusting of you in the future (but they may still be concerned about you drinking). A great example of practicing Self-Serving Strategies after a wrong, initial choice was made. Please remember, “It is always better to be safe, than sorry.”

C.) You decide to let another person drive your car. This person has had experience drinking and had less to drink this evening, so you think that he/she should be able to handle driving everyone home safely. Everyone gets in the car and you soon realize that

this person drives like he/she is on a race track. You begin to get very nervous and ask this person to stop, but it is too late. He/she hits a telephone pole after misjudging a left turn.

Consequence: Someone may have been killed or seriously injured in this car accident. Your decision was made very ignorantly because it is never okay to drink and drive, no matter what the amount of alcohol intake is. There are other factors involved that determine how a person may react to drinking alcohol. Stress level, fatigue, body weight and mental stability; just to name a few. Everyone is different and comparing yourself with the five beers you drank to a person that has had less to drink that night, but more experience is not an accurate assessment. It is really NEVER okay to drink and drive! NEVER!!! This is not an example of displaying Self-Serving Strategies because even though you realized that you couldn't drive while being intoxicated, you passed the responsibility of driving onto another person who was also drinking. This may prove to be just as dangerous, as in this example, which could have affected the lives and futures of many people.

Chapter #8

The Twelfth Grade

Chapter #8 recognizes all seniors in high school with hope and promise. This year may be challenging for some of you, since the realization of goals previously set in your junior year may not be materialized. Your original plans for your future may quickly be altered by one mindless and/or impulsive decision. It is imperative for you to stay focused on your goals this year, but it is also important for you to have fun. Please be advised that high school seniors are considered role models for the juniors, sophomores, and freshmen attending your school, therefore your actions and decisions may directly affect others. Remember to make wise choices to ensure your safety and achievement of future goals. Enjoy your last year of high school.

#10.) You are in the twelfth grade and graduation is upon you. Your classmates want you to participate in a prank at the graduation ceremony. A group of students is forming and they need your decision within the next week. The prank that is planned is not intended to harm anyone, but it will disrupt the ceremony while in progress. The purpose is to leave high school with an unforgettable ‘bang’ that will keep people talking about your graduating class for years to come. You want to be remembered, but know it is rude, disrespectful, and inappropriate to interrupt officials conducting the ceremony.

What are your options?

A.) You decide to join this group of pranksters and the plan ran smoothly. The prank was played out in the middle of the graduation ceremony and the audience laughed. No one was physically hurt, as planned, and you know that you will be remembered for years to come. The officials did not appreciate the disruption and embarrassment it caused to them and the school. You were all caught in the act and will be disciplined accordingly.

Consequence: You knew that it was wrong, but you participated

anyway, therefore you weren't being true to yourself. As punishment, you may be sanctioned for this prank under Chapter 19 rules and violations, which may include being arrested. Your diploma may also be revoked or delayed and/or the incident may be documented on your permanent school records, which may cause detrimental consequences for your college entrance next fall. It is your responsibility to acquire the power of self-definition by making decisions for the betterment of your future. Please learn how to use Self-Serving Strategies effectively and incorporate it into your daily lifestyle. People may talk about this prank for years to come.

B.) You decide to join this group of pranksters and everything goes awry. The prank was not carefully executed and chaos occurred. The person giving the speech at the time of the incident was so frightened by the unexpected prank that she fell back into the graduates sitting on the stage. This caused a domino effect as many people fell from their chairs onto the stage. The speaker was physically hurt, but did not sustain life-threatening injuries and was taken by ambulance to the hospital as a precaution. Some classmates suffered minor injuries and were treated at the scene. A complete investigation was conducted and the graduation ceremony resumed after a two hour delay. You and your pranksters were not allowed to walk the graduation line and were escorted from the venue.

Consequence: You knew that it was wrong, but you participated anyway, therefore you weren't being true to yourself. As punishment, you may be sanctioned for this prank under Chapter 19 rules and violations, which may include being arrested. Your diploma may also be revoked or delayed and/or the incident may be documented on your permanent high school records, which may cause detrimental consequences for your college entrance next fall. You did not have the honor to walk the graduation line, which is a big disappointment for your family and friends that attended this event with anticipation and pride. Your actions caused an innocent person the undue stress and physical pain of experiencing an injury unnecessarily. You may be held partially responsible for

his/her medical bills and punitive damages. Although your group did not have any intention of hurting anyone during this prank, you really cannot predict an outcome when you are planning to do something that is wrong to begin with. It is your responsibility to acquire the power of self-definition by making decisions for the betterment of your future. Please learn how to use Self-Serving Strategies effectively and incorporate it into your daily lifestyle. Congratulations! People may talk about this prank for years to come, but with negative reference.

C.) You decide to decline the offer because you want to ensure a guarantee that you will be able to participate in your graduation ceremony in its entirety. You do not inform the authorities of the planned prank, and the pranksters still go ahead with their plan of disruption. You will never forget about your graduation day because of the interruption and negative vibe the prank created.

Benefit: You did stay true to yourself by making a decision that clearly defined your values and purpose, thus acquiring the power of self-definition.

Consequence: However, because you did not inform the proper authorities of your knowledge of the prank, you did not fully practice Self-Serving Strategies. Your decision protected you from what you wanted, but it may have hurt innocent people in the process. It is very important to know that a tattle tale is when a person wants to deliberately get another person in trouble, so they tell anything and everything about that person. However, it is your civic responsibility to give an adult information that may cause the threat of danger or injury to others without fear of being labeled a ‘tattle tale.’ Please consider using Self-Serving Strategies for its intended purposes and fully understand the definition beforehand.

Chapter #9

The Six Bonus Fundamentals

This chapter is devoted to providing the teenager with unsolicited advice in the form of Six Bonus Fundamentals that are essential to live efficiently by enabling him/her to perform at optimum production levels. Living efficiently in this segment is defined as not having any unwanted negative memories that may cause flashbacks and limitations in your future plans. Because experience is stored in the memory bank of your brain, it is important to be aware of the consequences your actions may create.

Bonus Fundamental #3:

“Bounce” Method/Lazy Language

If someone teases you for any reason, or uses lazy language (name calling/profanity), you have the power to use the “Bounce” method to deal with this uncomfortable, negative feedback. At the onset of any discomfort you may say, “Bounce” and slap your lap, which may prevent any negativity from harming you before any seepage can occur. Basically, it’s like building an invisible shield that protects you. Learning the “Bounce” method as an alternative to dealing with teasing and embarrassing situations may provide a positive outcome in your future encounters, which is best for you, thus practicing Self-Serving Strategies.

Grad Committees and High Schools across the United States and Canada have a unique opportunity to sell the *Teen Wise: Third Edition* book to raise money to fund Graduation Safe Celebrations and "Be Guaranteed WINNERS!" of a Brand New 4-Door Black Honda Civic LX (eligibility required) in their graduating year!

This Teen Wise Fundraising Booklet contains the information of the Teen Wise Grad Night Fundraiser Program and the Teen Wise Honda Car Giveaway Incentive Program comprehensively. Also included are frequently asked questions, a checklist for participants, and a preview of the *Teen Wise: Third Edition* book.

The preview of *Teen Wise: Third Edition* provides an understanding of the concepts, approaches, and definitions presented in the book. The first paragraph and an example was derived from the introduction and Chapters #1 through #9 specifically chosen by me, the author, in an effort to furnish you with sufficient data that may enable you to make a knowledgeable decision of whether or not to participate in these two programs. The complete table of contents is also listed for your convenience, as it gives you an idea of all the age appropriate topics exemplified in the *Teen Wise: Third Edition* book.



Guiding teenagers to acquire the power of self-definition by adapting the concept of Self-Serving Strategies effectively in their daily lives



Ms. Celeste M. Gonsalves
Third Edition

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