
Thinking it Through

Lessons 8 and 9



Personal Goals

What comes to mind when you hear “Setting Goals”

What is it important to set goals?

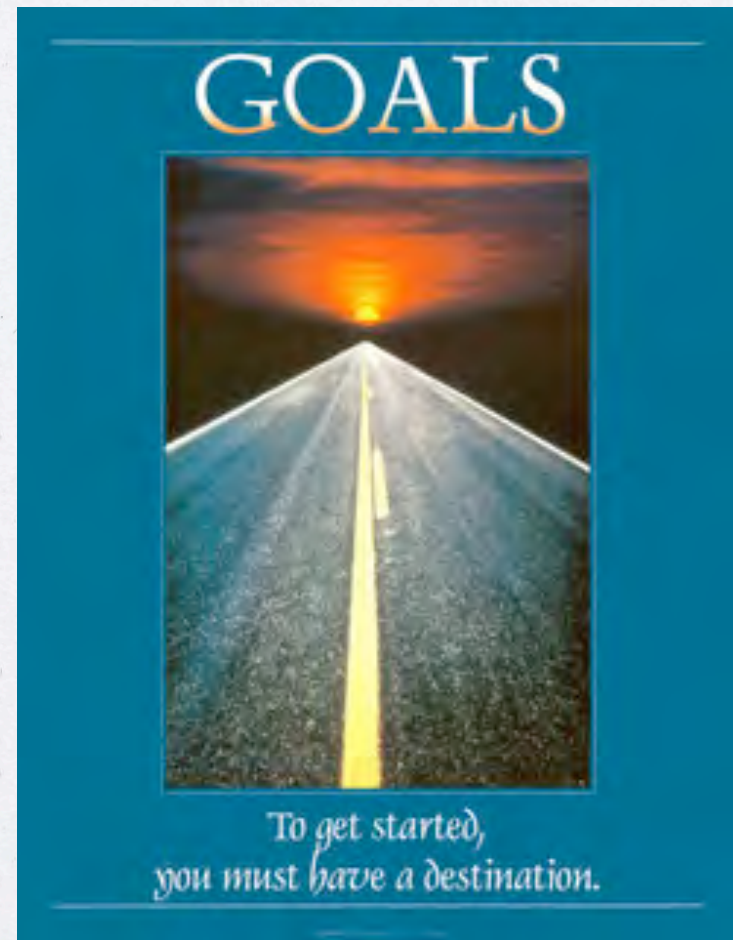
Long Term Goal
Short Term Goal
Immediate Goal

◆ ————— ◆
Write down one of your

Long Term Goals

Short Term Goals

Immediate Goals



**Does every choice
have a consequence?**

YES

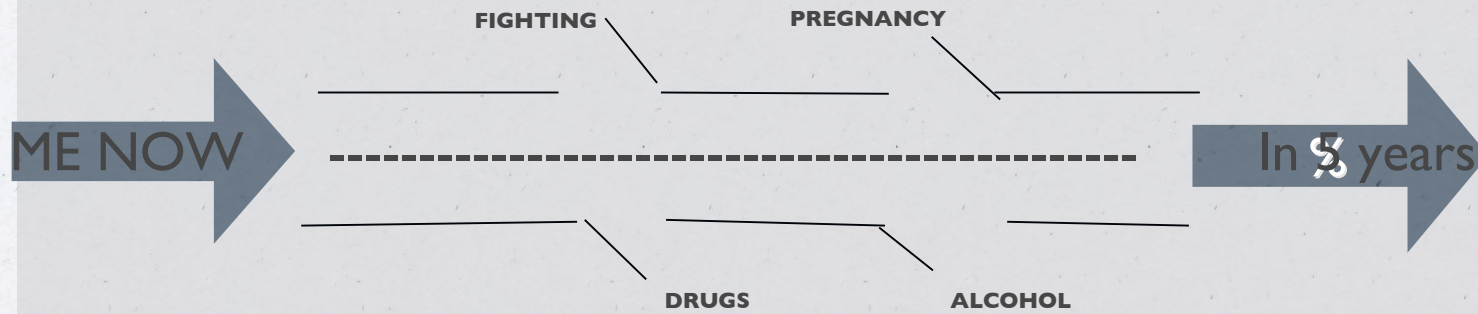
WHY?

How can a choice and its

CONSEQUENCE EFFECT YOUR

GOALS?

GOAL SETTING



**HOW WOULD FIGHTING AND
VIOLENCE INTERFERE
WITH YOUR ABILITY TO REACH
YOUR GOALS?**



STEP 3



STEP 1



STEP 2



STEP 4

Think-First Model

The kid, Peter Driscal, was a ninth grader Cole had picked on many times before just for the fun of it. Still, no one ratted on Cole Matthews without paying the price. That day, he caught up to Peter in the hallway at school. "You're a dead man," he warned the skinny red-haired boy, giving him a hard shove. He laughed when he saw fear in Peter's eyes.

Later, after school, Cole cornered Peter outside in the parking lot. With anger that had been brewing all day, he attacked him and started hitting him hard in the face with his bare fists. Peter was no match, and soon Cole had pounded him bloody. A dozen students stood watching. When Peter tried to escape, he tripped and fell to the ground. Cole jumped on him again and started smashing his head against the sidewalk. It took six other students to finally pull him away. By then Peter was cowering on the blood-smearred sidewalk, sobbing. Cole laughed and spit at him even as he was held back. Nobody crossed Cole Matthews and got away with it.

Who is the Aggressor ?

Who is the Victim?

Who are the Bystanders?

	<u>Options</u>	<u>Consequences</u>
Cole		
Peter		
Bystanders		

To effectively think through the situation....

Set your goals in a way that would prevent a fight.

Come up with a variety of options for meeting your goal.

Understand the positive and negative consequences for yourself and for others involved.

Deal With This!

Look over each Situation Card.

Set an immediate goal that will prevent a fight.

Come up with options for meeting that goal.

Understand the negative consequences as well as the positive consequences.

Select the best option.

Today you practiced dealing with conflict by looking ahead and seeing the likely consequences of the different options you generated to meet your goals. This ability to for see the results of your decisions and actions allowed you to weigh one solution against the other, thinking about the pros and cons of each option for yourselves and others, and to pick the best option - the option with the most positive outcomes for yourself and others.