LESSON 37 – Free Choice?
LESSON 38 – Right Choices
LESSON 39 – Self-discipline and peer pressure
LESSON 40 – Substance Abuse

In the lessons above you learned about:
- that you have the freedom to choose and the responsibility to use your freedom wisely.
- understand and evaluate the reasons behind the choices you make.
- understand the need for self-discipline and how to resist peer and media pressure.
- understand the harmfulness of substance abuse and how it affects our lives.

What I enjoyed the most about these lessons is:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What I learned about making my own decisions is:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What I should have in mind when I make my own choices is:
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________________________________________________________________________
________________________________________________________________________

Call to mind a ‘big’ decision you made and write down what the decision was,
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What value influenced my decision?
________________________________________________________________________

What were the consequences of my choice?
________________________________________________________________________

Did I feel comfortable making the choice?
________________________________________________________________________

What were the pro’s and con’s?
________________________________________________________________________

How did it affect me and the people around me?
________________________________________________________________________

Do I worry about what others will say about my choice?
________________________________________________________________________
What I understand by will power is
________________________________________________________________________
________________________________________________________________________

How I plan de develop my self-discipline
________________________________________________________________________
________________________________________________________________________

The areas that I need to work on my self-discipline are:
________________________________________________________________________
________________________________________________________________________

Choice and consequence: choose one of the following situations that the peer group has decided to:
- vandalise the call-box.
- break a street light with a stone.
- do the shopping for an old neighbour.
- set the school alarm as a joke.
- do a sponsored run for charity/ collect money for an old age home.

and write what are the consequences of the decisions. Would you follow the decision of the peer group or not? why?
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What I learned about substance abuse is:
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________________________________________________________________________
________________________________________________________________________

The word addiction means: __________________________
________________________________________________________________________
________________________________________________________________________

The addictions that are common among people today are
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What I know about drugs is______________________________
________________________________________________________________________
________________________________________________________________________

The difference between habit and addiction is
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________