

Name: _____

You have lots of hopes and plans for the future. Some of your plans are short-term—like you want to get through the day without getting angry. Other plans are long-term—like you want to graduate from high school and get a good job. But whatever your plans are, you don't want alcohol and other drugs to get in the way of accomplishing them. And neither do the adults who care about your future.

In the space below, list some of your hopes and plans. Then describe what might happen to those hopes and plans if you use alcohol or other drugs. Next, find out how an adult in your life might feel if alcohol or other drugs interfered with your hopes and plans. Adults have hopes and plans for you, too!

<p>The hope/plan: Before the end of the year, I would like to _____.</p> <p>If I use alcohol or other drugs, what might happen to this hope/plan?</p>
<p>Ask the adult: How would you feel if my use of alcohol or other drugs interfered with this hope/plan?</p>
<p>The hope/plan: I'm trying to improve _____.</p> <p>If I use alcohol or other drugs, what might happen to this hope/plan?</p>
<p>Ask the adult: How would you feel if my use of alcohol or other drugs interfered with this hope/plan?</p>
<p>The hope/plan: By the end of middle school, I would like to _____.</p> <p>If I use alcohol or other drugs, what might happen to this hope/plan?</p>
<p>Ask the adult: How would you feel if my use of alcohol or other drugs interfered with this hope/plan?</p>
<p>Ask the adult: What are your hopes and plans for me?</p>
<p>Ask the adult: If I use alcohol or other drugs, how would it interfere with your hopes and plans for me?</p>

This homework assignment was completed on _____ (date) _____ [adult] signature