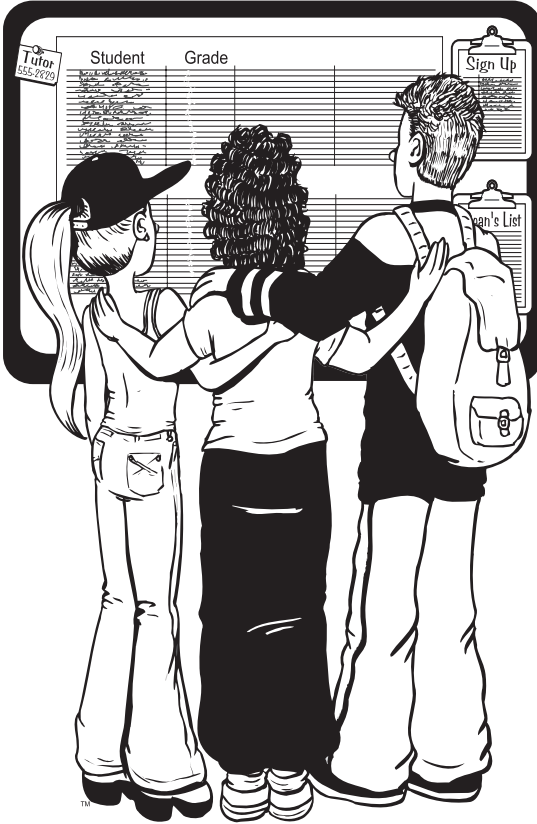


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# True Friends



Visit [ariselife-skills.org](http://ariselife-skills.org) for **FREE** downloads, **SALE** materials and fresh ideas.

## TRUE FRIENDS...

Do not ask you to do something that would embarrass your family if they saw it on the evening news.

— Age 14

Make sure their friends stay out of trouble.

— Age 13

Become friends with people who don't get in trouble and do well in school.

— Age 15

Are nice and caring. — Age 17

Will lie and say you look good after a long illness. — Age 19

Are friends you can trust. — Age 16

Cover for you, but not on a regular basis.

— Age 14

Would never make a promise they can't keep. — Age 18

## TRUE FRIENDS...

Will be straight with your friends.

— Age 16

Help you make the right decisions.

— Age 17

Don't have to be watched closely because they wouldn't cross you. — Age 15

Will offer you the last piece of candy in the box. — Age 13

We have a better chance of assuring our future if we remember who our friends are.  
— Unknown

Will be with you through both the good and the bad times. — Age 16

Look for someone who is comfortable to talk to, and who is educated. — Age 19

# "If I Could Start My Life Over..."



**A Collection of  
Thoughts, Dreams,  
and Advice Shared  
By Youth in Juvenile  
Justice Facilities.**



## INTRODUCTION

Research by industrial-training professionals indicates that we retain information 20% better when we hear it rather than read it. And 40% better when we both hear and see it. Take time to read each line and speak them out loud, particularly if this material is used in a group setting. The benefits can last a lifetime!

—Susan and Edmund Benson

*Experience is that marvelous thing that enables you to recognize a mistake when you make it again.*

— *Franklin P. Jones*

## **If I could start my life all over again, I would...**

Be a better man. Listen to my parents, do what's right, and treat people with respect. Terrell — 17



Start by helping and supporting people I hurt. Craig — 15



Focus on the future. Spend more time with my family. Stay in school and away from drugs. Reginald — 16



Apply myself to the fullest and attend Harvard to become the most successful lawyer in this world. Brian — 18



Listen to what my mom said about school. Stay away from the bad crowd. Also, I would get a job to make money the right way instead of the bad way. Alfany — 17



Not steal, do drugs, or be with people that get me in trouble. Develop a better relationship with my family and go to church. Jimmy — 13



Start by thinking about the consequences of my actions before I did something. I could be a success story that my mom would be proud of to talk about with anyone. Bryant — 16



Listen to my father. Over the years, I realized he was right. He always told me to take my education seriously, it's the key thing in life. Wesley — 18



Choose better friends. Not do drugs or alcohol. Participate in more activities with my family. Dan — 17



Not throw my life away by doing drugs. Never start cursing, fighting, or doing illegal things. Justin — 16

## **If I could start my life all over again, I would...**

Listen not only to my parents, but everyone who was older and smarter who told me what I was doing wrong.

Eddie — 18



Not be quick to fight someone when they called me a name.

Timothy — 14



Make good grades in school and respect my parents, adults, and everyone, because that would be the correct and respectful way to grow up. Chaz — 15



Go to school every day, pick good friends who can influence me in the right ways, and listen to my mother when she asks me to come home early. Tanzania — 16



Build a positive relationship with my family. Not do drugs or hang around people who aren't helping me to succeed in life. I would ask my family for help if I didn't know how to handle something. Mike — 17



Listen and value my parents and try to understand where they're coming from. Aleem — 17



Stay away from gangs because all they do is use you, take you away from your family, and mess up your relationships.

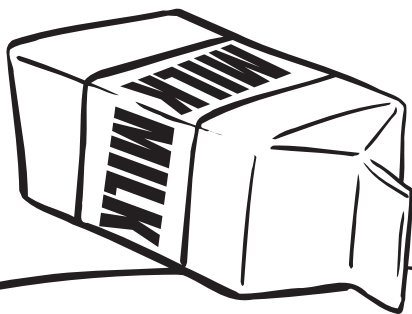
Ronald — 17



Stop making my family and others victims. Not use drugs or commit crimes. Have friends who do the right things and who are going to help me do right, too. Take my education more seriously, go to school, and listen to the teachers so they can help me with my work. Thiago — 17



# MY BIGGEST MISTAKE



**Successful  
people make mistakes,  
correct them, and  
move on.**

## Introduction

We began by asking young adults behind bars what was their biggest mistake, so we could share them in hopes of others profiting from their errors. These answers became so interesting, we expanded our search and included biggest mistakes from everyone we ran into. The following, if read carefully, may prevent you from making one of the following blunders.

—Susan and Edmund Benson

*Success does not consist in never making mistakes but in never making the same one a second time.*

—George Bernard Shaw

## My Biggest Mistake. . .

**A**llowing little things to bother me greatly.

— Age 23

**N**ot using my head and wasting  
8 months of my life locked up.

— Age 15

**T**he greatest of all mistakes is to do nothing  
because you can only do a little. Do what you  
can.

— Sydney Smith

**G**etting my girlfriend pregnant.

— Age 16

**R**efusing the transfer and promotion.

— Age 44

**B**etting into a full house.

— Age 69

**N**ot talking to adults when I had a problem  
I knew I couldn't handle.

— Age 14

## My Biggest Mistake. . .

**A** well adjusted person is one who makes the same mistake twice without getting nervous.

— Jane Heard

**T**hinking school was for jerks.

— Age 18

**B**elieving that she would never find out.

— Age 17

**S**taying in an abusive relationship.

— Age 29

**T**aking the red-eye with a big meeting the next morning. — Age 34

**N**ot having a good relationship with my mother. — Age 34

# 67 REASONS TO WAIT FOR SEX



# TRAPPED

# INTRODUCTION

Think before you unzip!

"Trapped" (caught in the sex trap) has 67 excellent reasons why teens need to wait before going all the way. Blunt, straightforward, plain old good advice your best friends would give you if they were thinking right.

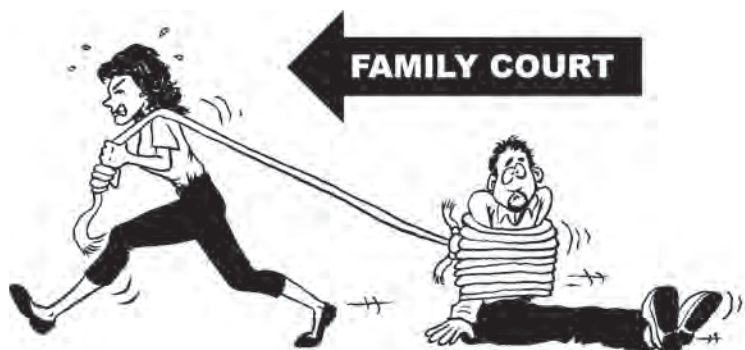
*Sex is not an Olympic event,  
it's not a marathon, it's not about getting  
to the finish line first — what's your  
rush?*

1. **W**hen it comes to raising a baby, two incomes are better than one.
2. **Y**our partner will respect you if you decide to wait until marriage.
3. **A**IDS!
4. **I**t is better for a child to have two parents instead of one.



5. **I**n 10 years, when you're a millionaire, you won't have kids coming out of the woodwork, claiming you're their dad.
6. **Y**ou won't have to prove who the father of your child is because no one would think of questioning it.

7. **Y**ou won't be on a first-name basis with the judge in family court because women keep dragging you in for child support.
- 8.
9. **T** rue love waits.
10. **P** eople should have sex for love, not lust.
11. **R** aising children is the most important job you will ever have.







## INTRODUCTION

Life is not simple. We all want to succeed in every part of our lives: relationships, choosing friends, and getting an education. To help us accomplish this, mothers constantly give us advice on the do's and don'ts of life. Sometimes we ignore or overlook the importance of what our mother tells us, only later to realize she was right.

This book is a collection of *Mama Said* quotes from contributors who represent a variety of ages, races, and socioeconomic levels. We would like to give our appreciative thanks to all who shared the advice they have received over the years from their mamas.

—Susan and Edmund Benson

## WHAT MAMA SAID ABOUT EDUCATION

Mama said go to school and get an education.  
— Age 14



Mama said value your schooling since this is the only inheritance I will leave you with.  
— Age 24



Mama said getting an education is the most important thing a person can do for himself or herself.  
— Age 16



Mama said hard work always pays off.  
— Age 24



Mama said that if you have goals to achieve you must have an education in order to master and accomplish them.  
— Age 8



Mama said finish school so that you can become somebody.  
— Age 14



Mama said stay in school.  
— Age 13



Mama said school is one of the most important things in life and if you don't get your education, then you will never make anything out of yourself in life.  
— Age 16



Mama says to read.  
— Age 8

## WHAT MAMA SAID ABOUT RELATIONSHIPS

Mama said sometimes you have to accept the fact that some people won't change.



— Age 32

Mama said you should help others who want to be helped.



— Age 9

Mama said people often take out their frustration on the ones they love the most.



— Age 29

Mama said protect yourself if you decide to have sex.



— Age 14

Mama said forgive and forget.



— Age 16

Mama said treat people the way you want to be treated.



— Age 14

Mama said never turn your back on family.



— Age 16

Mama said always try to forgive.



— Age 16

Mama said never have sex without a condom.



— Age 15

Mama said for some people, the hardest thing to do in life is to say, "I love you."

— Age 36

# ONLY JOKING?

**THERE'S NOTHING FUNNY ABOUT THREATS**



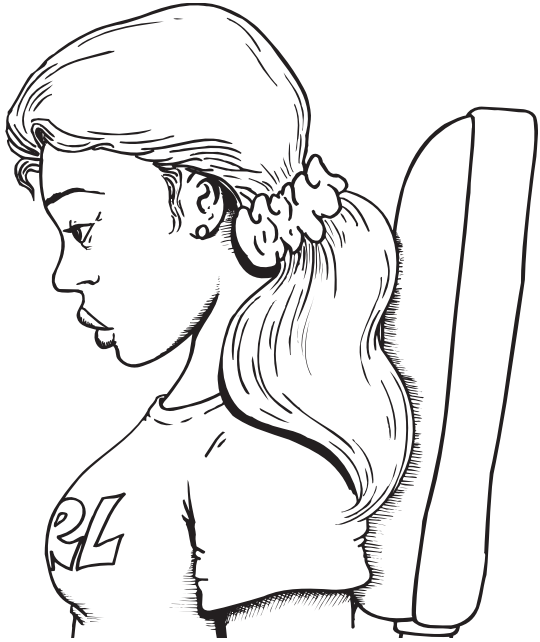
# ONLY JOKING?

There is nothing worse than living a lifetime with the burden of guilt for not having done what you knew had to be done.

—Susan and Edmund Benson

Are you any smarter today than when you were in elementary school? Think how you will look back on your life as a teen when you are 30 or 40 years of age. What advice would you give yourself to avoid some of your adolescent mistakes? Think about it.

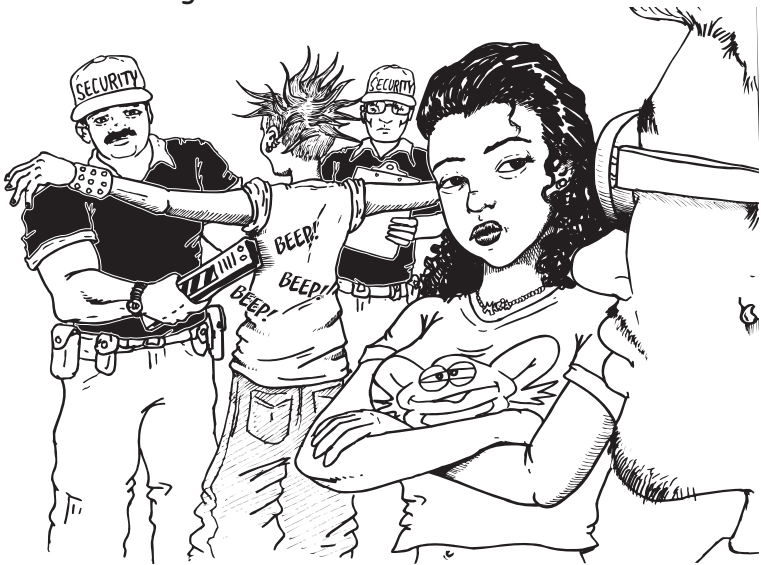
It's happening all the time now...



I was so shocked the first time I heard about a shooting at school.



There've been a lot of changes at school since this sort of thing started.

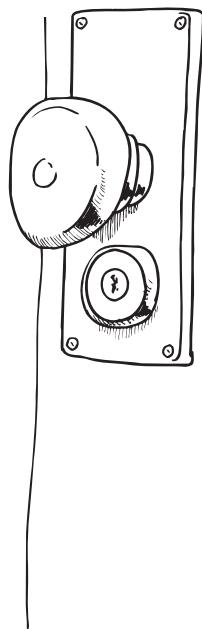


But the changes haven't always been able to prevent school shootings.

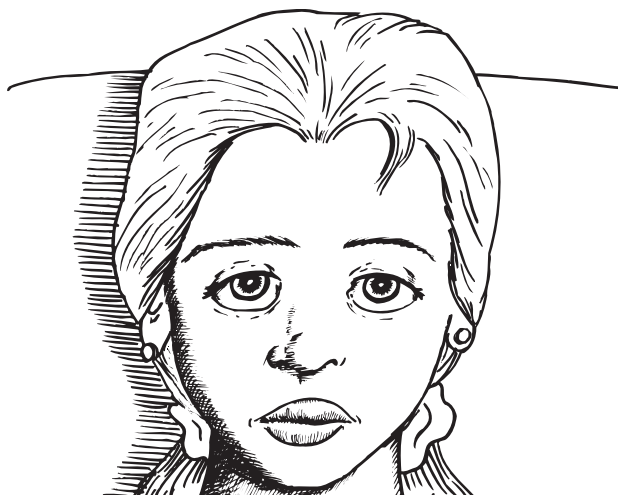




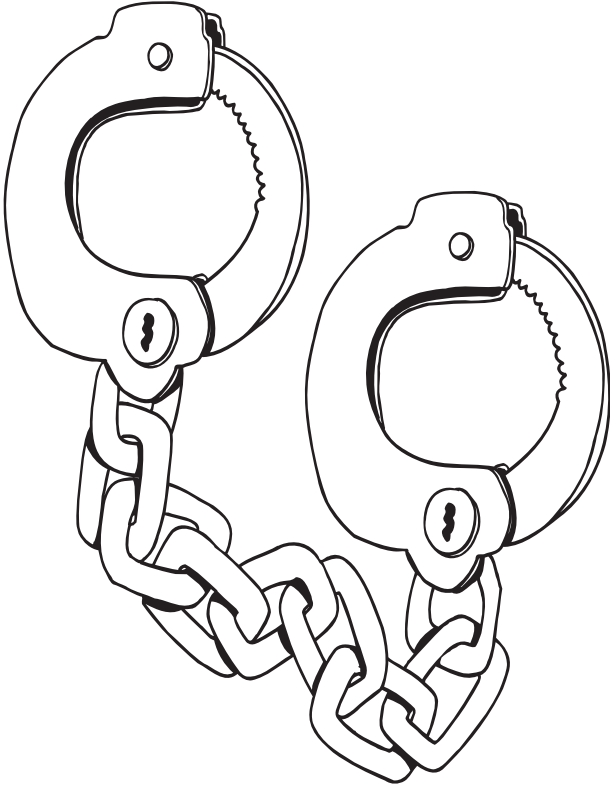
That's why students need to take the things we see and hear at school, seriously.



Today, I heard something that really made me nervous, but I just don't know how to handle it.



**By not reporting what you've just told me...**



**I could be an accessory to  
MURDER!**

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