

Student Handout: Exploring Therapy, Support Tools, and Making Informed Choices

1. What is Therapy?

- **Definition:** Therapy is mental and emotional support that people of all ages use to work through tough emotions or challenging experiences.
- **Who Can Benefit?**
 - Children and teens dealing with emotions like panic, sadness, or stress.
 - Adults in high-stress jobs (e.g., doctors, police officers, soldiers) who might face trauma.

Discussion Point:

Can you think of a time when talking to someone helped you feel better? Who did you talk to?

2. Different Types of Therapy

- **General Therapy:** Helps with daily emotions like sadness or anxiety.
- **Trauma Therapy:** Supports people who have experienced highly stressful or dangerous situations.

Example:

A doctor may feel "survivor guilt" after a stressful situation where someone was seriously injured, and therapy helps them work through these feelings.

3. AI Support: ChatGPT as a Helpful Tool

Sometimes, therapy might not be available right away, or you may need help thinking through a situation before talking to someone.

What Can AI Do?

- Offer guidance on managing emotions.
- Provide insights and facts to help you make informed choices.
- Help you practice responses to challenging situations.

Activity: Practice Using ChatGPT

Imagine this situation:

"I'm a 13-year-old, and my friends are pressuring me to try vaping. I know the risks of cigarettes, but they say vaping is different. What should I do?"

Steps:

1. Type out your question to ChatGPT. You can try:
"My friends vape, but I'm unsure if it's safe. Can you tell me if there are any real dangers?"
 2. Read the advice given. Write down two main points ChatGPT shares with you.
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4. Making Informed Choices and Standing By Them

Peer Pressure and Decision-Making:

- **Trust Your Instincts:** If something feels wrong, there's often a good reason for it. This is called a "gut feeling."
- **Lead by Example:** Making safe choices can inspire others to do the same.

Reflection Exercise: Write about a time when you faced peer pressure.

- What was the situation?
 - What did you decide to do?
 - How did your decision make you feel afterward?
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5. The Importance of Reaching Out

- **Trusted Adults:** If you feel pressured, it's okay to reach out to a parent, teacher, or another adult.
 - **Alternative Support:** If talking to an adult feels tough, remember that tools like ChatGPT are there to help you reflect and find ways to respond.
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Try This Exercise at Home

If you're ever unsure about a decision, try this:

"Imagine you're being pressured to do something you don't want to do. Write down what's happening and how it makes you feel. Then, ask ChatGPT what it would recommend. Reflect on the response, and see if it gives you new ideas about what to do next."

Reminder: Therapy, AI tools, and trusted adults are all here to help you navigate life's tough moments. Start by watching the interactive video at www.discoverlifeskills.com to dive deeper into this topic and explore ways to make safe, informed decisions for yourself.

This handout reinforces the lesson points and encourages students to reflect on how therapy, AI tools, and informed choices can empower them in challenging situations.

Exercise for ChatGPT

If you type this into ChatGPT

Activity: Practice Using ChatGPT

Imagine this situation:

"I'm a 13-year-old, and my friends are pressuring me to try vaping. I know the risks of cigarettes, but they say vaping is different. What should I do?"

Steps:

1. Type out your question to ChatGPT. You can try:
"My friends vape, but I'm unsure if it's safe. Can you tell me if there are any real dangers?"

Read the advice given. Write down two main points ChatGPT shares with you.

You will get this reply

"Now that you've got the real facts about vaping, you're in a position to make a confident, informed choice—one that builds your character and shows real strength. Imagine standing by your decision to say 'no,' knowing you've protected yourself from both physical and mental harm. You won't be facing regrets, guilt, or the stress of wondering if you made the right choice. Instead, you're setting an example, showing that it's possible to stick to your values even when others choose differently. And who knows? By sharing these facts with friends, you might even help them avoid making a choice they'll regret. Their path is up to them, but you're leading by making a smart, healthy choice that'll keep you strong now and in the future."