



Chandra

WeBlog: Relationship Matrix

WeBlog Guide Activity One: How to Help a Friend with Family Challenges or Troubles

"One day a new friend Keisha was over and saw a picture of my mom on my desk. She didn't realize who it was, so when I told her she got really uncomfortable because she didn't know my parents were divorced...."

Imagine you have a friend who is going through family troubles or challenges. You want to let them know you are there for them, and you want to help and support them. What would you do? What should you do?

What to say/What not to say

Think about whether you agree or disagree with these statements:

Chandra's friends should ask what happened to her mom, and why her parents got divorced.

Chandra's friends shouldn't talk about having fun with their own moms, because it might upset her.

When Chandra's friends come over to her house and see a picture of Chandra's mom on her bedroom wall, they should ask how she's doing.

WeBlog Guide Activity Two: Setting limits/boundaries

Chandra has accidentally become the "designated driver" for her circle of friends now that she has a car. Do you have friends who are always asking you for rides, even to places you aren't planning on going to? How do you say "no" without seeming mean?



Girl Scouts®



Chandra

WeBlog: Relationship Matrix

WeBlog Guide Activity Three: How to say no to a friend

Rachel suggests: "Just be polite, but firm. Say: 'I'm sorry, but I can't do that right now.' Keep repeating it over and over until your message is clear, but also leave the door open for the future. If you're really not able to say no, say: 'Maybe next time.'"

Tia says: "If you let your friends walk all over you, soon they'll take complete advantage of you. In seventh grade this girl decided I was her slave and would fetch anything she wanted in the cafeteria. It made me so mad! I wish I had handled it better, but I ended up getting my lunch period switched and finding a new crowd of friends."

Lisa says: "My mom and dad told me I can always use them as the 'bad' guy. If I want to leave a party early or don't want to do something my friends are doing, I made a face and say, 'Sorry, but my parents would ground me forever.'"

Car troubles: What would you do?

Would you know what to do if you were driving by yourself and something started to go wrong with your car? Do you know what to do when those lights go on? Below are several "sick car" symptoms. See if you can match them up with the correct remedies.

Quiz: Sick Car

Check Engine Light pops on

Take car to a local mechanic, technician or repair shop ASAP

Car won't start

Don't wait... (add) oil. Convenience stores carry oil for most types of cars (check your car's owners manual to determine the best type), and funnels. You should change the oil and check the air filter about every 3 months or 3,000 miles.

Dead Battery (you get in your car and try to start it, and all you hear is a clicking noise)

Put on your four way flashers, pull over immediately, check the owner's manual if you've never changed a tire before. It's a good idea to be a member of an automotive club; membership usually costs under \$100 per year, which means that someone will always be there to help. Checking your tire pressure weekly can help prevent this problem. Make sure there's a spare tire (doughnut)- it is usually in the trunk - before you hit the road.

Oil light goes on

Jumpstart the battery with jumper cables. (Get help the first time!) It's a good idea to keep a set of jumper cables in your trunk just in case.

Flat tire (driving on a flat can permanently damage the rim of your tire and put you at risk of a "blowout")

Make sure car is in park (automatic) or make sure the clutch is in if manual and check the battery.

What other tips can you share so girl drivers will be safe on the road?



Girl Scouts®