



MODULE 14:

Future Life Planning

Learning Goals

During this module, participants will:

- ◆ Identify life goals they are striving to achieve in the near future (e.g., graduate from high school, work, travel, etc.).
- ◆ Identify and discuss barriers to and facilitators of achieving those goals.

MODULE 14: FUTURE LIFE PLANNING

DEFINE THE ISSUE

“What will you do when we hang up the phone?”

And thus ends many crisis calls at the National Runaway Switchboard. The frontline team members (hotline staff and volunteers, or “liners”) are trained to help callers walk through an action plan that incorporates everything they’ve discussed, including local resources and informal options. NRS believes that creating a specific plan of action makes it more likely that a caller will follow through.

The same may be true of youth struggling to make it through adolescence. With something to look forward to—a plan or goal—youth may be more motivated to move forward. This may even mean thinking twice before deciding to run away, given the risks associated with the decision.

Granted, countless obstacles may stand in the way of accomplishing a goal. Module 14 helps participants think through specific life goals and consider what things—from personal influences to barriers—may help them or stand in their way.

ICONS:

For further details, see the Introduction Module.



MODULE 14: FUTURE LIFE PLANNING

MODULE ACTIVITIES



EXERCISE	TIME	METHODOLOGY
A. Road Map, Got Yours?	45 minutes	Activity/Discussion

Total time required: **45 minutes**



MATERIALS

- ◆ Newsprint or chalk/dry erase board
- ◆ Markers or chalk
- ◆ Pens or pencils
- ◆ Blank paper
- ◆ Glue or tape
- ◆ Scissors
- ◆ "Life Goals" worksheet
- ◆ "Traffic Sign Definitions" handout (2 pages)
- ◆ "Road Map, Got Yours?" worksheet
- ◆ "Life Goals Map" worksheet



Consider showing the curriculum companion film "1-800-RUNAWAY".



It is very important to thoroughly read this module BEFORE conducting it. It may be helpful to generate examples to use later with the participants.



MODULE 14: FUTURE LIFE PLANNING

ACTIVITY 14A. ROAD MAP, GOT YOURS?

45 minutes



HAND OUT "Life Goals" worksheets along with pencils.

INTRODUCE Road Map, Got Yours?

STATE *Think about how old you'll be in __ year(s).*



Use 1 year for participants younger than 13 years, use up to 5 years for participant 13 and older.

ASK *Where do you hope to be at that point in your life? What do you want to achieve?*

STATE *In this activity, we'll talk about what we want to get out of life. You'll create life maps based on personal goals. These goals can be related to anything such as school, home, family, job, love, life, or travel. Examples might include graduating from high school, learning a skill, going to college or trade school, setting career goals, getting married, buying a car, moving out, or owning a home.*

First, think of 3 goals you would like to achieve in the next __ year(s). As I said earlier, these can be related to school, home, family, job, love, life, travel, and so on. Be creative, but think of things you really want to achieve.

As you think about your goals, write one goal down per space provided on the worksheet.

ALLOW 3 minutes for participants to fill out their worksheets.

HAND OUT "Traffic Sign Definitions" worksheets.

DISCUSS what each sign represents. The worksheet is presented below/on the next page



You can read them aloud or ask a participant to read one sign from the worksheet



- **Straight Ahead** (Facilitator): Choices that get you directly to your goal.
- **Bridge** (Facilitator): People/Places/Things that help you get from one place in life to another.
- **Detour Ahead** (Facilitator or Barrier): Having to take another route to reach a goal or an unexpected change of plans. This sign can be perceived positively or negatively depending on the situation.
- **Yield** (Facilitator or Barrier): A point at which you must allow someone else to take the lead or give them the “right-of-way.”
- **Fork** (or “Y”) **Ahead** (Facilitator or Barrier): A situation where you have to decide without knowing the consequences of either choice.
- **Baby On Board!** (Facilitator or Barrier): A situation where you have to consider the other people (family, friends, children, etc.) in your life before you make a decision regarding your goals.
- **Road Closed** (Barrier): When you make a choice and find out that you can’t proceed with your decision. You must at this time turn around and choose an alternate route.
- **Stop** (Barrier): People/Actions/Things that temporarily stop or slow you down or keep you from achieving your goals.
- **Railroad Crossing** (Facilitator): People/Actions/Things that keep you safe and stop you from being in an accident with a “train.”
- **Curve Ahead** (Facilitator or Barrier): People/Actions/Things that slow you down and make you take on a new perspective.
- **Road Construction Ahead** (Barrier): People/Actions/Things that slow you down or keep you from achieving your goals.
- **Seat Belt** (Facilitator): People/Actions/Things that keep you safe and help to support a decision or goal.

STATE

Some signs represent “barriers,” or people/places/things that may get in the way of achieving our goals. Some represent “facilitators,” or people/places/things that will help us achieve our goals. Other signs are neutral such as “Detour Ahead” and “Curve Ahead,” but they are still important to think about.

HAND OUT

“Road Map, Got Yours?” worksheets.

STATE

Of the three goals you wrote down, choose one that you’d like to think about in more detail. Write this goal in the space provided at the top of the “Road Map, Got Yours?” worksheet.

ALLOW

2 minutes for participants to write their goals on the worksheets.



STATE

So let's think first about facilitators, or people/places/things that will help in achieving your goals.

For example, "My goal is to go to college." One facilitator of that goal would be to finish high school, so I would write "Graduating from high school" in the box with the "Straight Ahead" sign because getting my high school diploma moves me one step closer to my goal.

Next, think about barriers, or people/places/things that may get in the way of achieving your goals. One barrier to this goal may be failing an important class, not graduating, and re-taking the class over the summer. So I would write "Not pass an important class" in the box with the "Road Construction Ahead" sign because this barrier might keep me from achieving my goal of going to college.

When you fill out signs that are either a facilitator or barrier sign, such as the "Curve Ahead," circle it if you think it's a barrier or facilitator. For example, if my goal is "Play professional basketball," volunteering to coach a park district youth basketball team and helping children improve their skills may give me a new perspective on the game and therefore would be a facilitator.

As you're filling out your signs, consider how this goal will affect others in your life.

ALLOW

15 minutes for participants to fill out at least five signs. See if people have questions and when they seem ready to move on.

STATE

Next, you're going to create a visual roadmap showing where you are currently, what goal you hope to achieve, and what will help or hinder your progress in achieving this goal.

HAND OUT

"Life Goals Map" worksheets along with scissors and glue or tape.

STATE

I would like for you to cut and paste your goal and the signs related to that goal onto a blank sheet of paper. Your goal should be on one end of the page and the traffic signs should lead up to that goal. It does not matter if you place your goal at the top or bottom of the page.

ALLOW

10 minutes for participants to finish their maps. See if people have questions and when they seem ready to move on.



If time permits, or if you can devote another class or session to this activity, have participants map out another goal.

ASK

Who would like to share his or her road map?



DISCUSS

participants' responses, including their barriers and facilitators. The following questions will also aid in discussing individual road maps:

- *When do you need to "share the road" with others and work together on achieving your goal?*
- *How would using drugs impact the goal you want to reach?*
- *How would drinking alcohol impact the goal you want to reach?*
- *What are some barriers you have control over? Don't have control over?*
- *How do you feel about the barriers you don't have control over?*
- *How can you manage your feelings so that you don't allow those barriers to keep you from achieving your dreams?*



If you have completed Module 3, "Personal Influences", continue with the following box of questions. If you have not completed Module 3, continue after the box.

ASK

Remember our "Who's on Your Bus" activity in Module 3?

What do people on your bus think about your goal? How are they affected?

DISCUSS

responses.

ASK

Are there people on your bus who can help you achieve the goal you set out for yourself? Who are these people?

DISCUSS

responses.

ASK

Are there people on your bus that do not or would not support your goal?

DISCUSS

responses.

ASK

What are ways you can stand up for what you need to achieve your goals?

DISCUSS

responses.

ASK

Do you have any questions or comments?

DISCUSS

responses.

STATE

Remember that sometimes, even with a plan, we can't control all life events. We can, however, control how we react to life's situations and the decisions we make. We hope our decisions are positive and healthy for ourselves and for others in our life.

If you'd like to find youth-friendly resources that can guide healthy future life planning, call the National Runaway Switchboard at 1-800-RUNAWAY.



MODULE 14: FUTURE LIFE PLANNING

HANDOUTS AND WORKSHEETS

- A. Life Goals
- B. Traffic Signs Defined (2 pages)
- C. Road Map, Got Yours?
- D. Life Goals Map

REFERENCES

Doll, M., Neubauer, L.C., Robles-Schrader, G.M., Gehle, J.L., & Harper, G.W. (2004). Teen Talk: A Repeat Pregnancy Prevention and Parenting Skills Intervention for Female Adolescents developed for Project Vida and Access Community Health Network.

National Runaway Switchboard (2001). *Runaway Prevention Curriculum For Classroom and Community Educators*, Chicago, IL: NRS

RESOURCES

Mapping Your Future's vision is to be the leading public-service, collaborative provider of free information and services for schools, and for students and families as they consider college, financial aid, careers, and financial literacy options (<http://mapping-your-future.org>).

My Future is a service presented by the United States Department of Defense. The site helps students understand the opportunities available to them after graduation and to better prepare them for the choices and challenges they have ahead (<http://myfuture.com>).

National Runaway Switchboard is the federally-designated national communication system (hotline and website) for runaway and homeless youth. Youth and family members call 1-800-RUNAWAY or access the website to work through problems and to find local help (<http://www.1800RUNAWAY.org>).

Next Step Publishing™ passionately creates innovative products to guide others in the pursuit of successful lives after high school. The website has articles and advice for teens, parents, and counselors (<http://www.nextstepmagazine.com>).

Students.gov is an official U.S. government website designed to provide students and their families with easy access to information and resources from the U.S. government – all the info needed, in one place, from all parts of the government (<http://www.students.gov>).

The Youthhood is a dynamic, curriculum-based tool that can help young adults plan for life. The site addresses youth directly and can be used as a curriculum within a classroom, community program, or any setting where adults are working with youth to set goals and plan for the future (<http://www.youthhood.org/index.asp>).



LIFE GOALS

In this activity you will identify **3 goals** you would like to **achieve** in the **near future**. Think of 3 goals related to school, home, family, job, life, and travel, basically anything you have dreamed of achieving.

Goal #1:







Goal #2:

Goal #3:









TRAFFIC SIGN DEFINITIONS

Below are the definitions for the traffic signs that you'll be using for your own personal road map.

 <p>Straight Ahead (Facilitator):</p>	<p>Choices that get you directly to your goal.</p>
 <p>Bridge (Facilitator)</p>	<p>People/Places/Things that help you get from one place in life to another.</p>
 <p>Detour Ahead (Facilitator or Barrier)</p>	<p>Having to take another route to reach a goal or any unexpected change of plans. This sign can be perceived positively or negatively depending on the situation.</p>
 <p>Yield (Facilitator or Barrier)</p>	<p>A point at which you must allow someone else to take the lead or give them the "right-of-way."</p>
 <p>Fork (or "Y") Ahead (Facilitator or Barrier)</p>	<p>A situation where you have to decide without knowing the consequences of either choice.</p>
 <p>Baby On Board! (Facilitator or Barrier)</p>	<p>A situation where you have to consider the other people (family, friends, children, etc.) in your life before you make a decision regarding your goals.</p>









 <p>Road Closed (Barrier)</p>	<p>When you make a choice and find out you can't proceed with your decision. You must at this time turn around and choose an alternate route.</p>
 <p>Stop (Barrier)</p>	<p>People/Actions/Things that temporarily stop, slow you down, or keep you from achieving your goals.</p>
 <p>Railroad Crossing (Facilitator or Barrier)</p>	<p>People/Actions/Things that keep you safe and stop you from being in an accident with a "train."</p>
 <p>Curve Ahead (Facilitator or Barrier)</p>	<p>People/Actions/Things that slow you down and make you take on a new perspective.</p>
 <p>Road Construction Ahead (Barrier)</p>	<p>People/Actions/Things that slow you down or keep you from achieving your goals.</p>
 <p>Seat Belt (Facilitator)</p>	<p>People/Actions/Things that keep you safe and help support a decision or goal.</p>









ROAD MAP, GOT YOURS?

In this activity, you will identify **3 goals** that you would like to **achieve** in the **near future**. Think of 3 goals related to school, home, family, job, life, and travel, basically anything you have dreamed of achieving. After writing down your 3 goals, think about **barriers**, or people/places/things that may get in the way of achieving your goals. Also, think about your **influential others**, or important people/groups, and what role they will play in helping you achieve your goals.

Use the labels below and spaces underneath to explain the various barriers and influential others you may encounter on your way to achieving your goals.







 <p>Facilitator</p>	 <p>Barrier</p>	 <p>Facilitator or Barrier</p>	 <p>Barrier</p>	 <p>Facilitator</p>	 <p>Facilitator or Barrier</p>







 <p>Facilitator or Barrier</p>	 <p>Barrier</p>	 <p>Facilitator or Barrier</p>	 <p>Facilitator or Barrier</p>	 <p>Facilitator or Barrier</p>	 <p>Seat Belt (Facilitator)</p>

Goal : _____









Goal #2: _____







 <p>Facilitator</p>	 <p>Barrier</p>	 <p>Facilitator or Barrier</p>	 <p>Barrier</p>	 <p>Facilitator</p>	 <p>Facilitator or Barrier</p>

 <p>Facilitator or Barrier</p>	 <p>Barrier</p>	 <p>Facilitator or Barrier</p>	 <p>Facilitator or Barrier</p>	 <p>Facilitator or Barrier</p>	 <p>Seat Belt (Facilitator)</p>



Goal #3: _____

					
Facilitator	Barrier	Facilitator or Barrier	Barrier	Facilitator	Facilitator or Barrier

					
Facilitator or Barrier	Barrier	Facilitator or Barrier	Facilitator or Barrier	Facilitator or Barrier	Seat Belt (Facilitator)

After completing the above activity, take the blank sheet of paper titled "Life Goals Map" and begin mapping out a path to your goals that includes each of the road signs. Be creative in putting together your map!



LIFE GOALS MAP



Module 14: Future Planning Pre and Post-Activity Worksheet

Initials:

Directions: Please put your initials at the top of the page and circle "pre" if you are taking the test before class or "post" if you are taking the test after class. Answer the following questions to the best of your ability!

What is your **gender:** _____ **Race/ethnicity:** _____ **Age:** _____

- A barrier can best be defined as a person, place, or thing that _____.
 - helps you get to your goal
 - stands in the way of reaching a goal
 - costs a lot of money
 - is annoying
- A facilitator can best be defined as a person, place, or thing that _____.
 - helps you achieve a goal
 - stands in the way of reaching a goal
 - leads a focus group
 - takes care of you
- We can control what life throws our way _____.
 - all of the time
 - some of the time
 - never
 - when we are older
- If your goal is to graduate from high school, a barrier might be _____.
 - the rain
 - a helpful teacher
 - bad study habits
 - getting good grades in English
- If your goal is to pass your driver's test, a facilitator could be _____.
 - drinking
 - not having a car to practice on
 - the high price of gas
 - your older, licensed sister
- When setting a goal, it is helpful to think of what things?
 - The people and places that will be affected
 - Things that will help
 - Barriers that exist
 - All of the above
- Decisions you make with regard to goals affect others in your life.
 - True
 - False
- There is only one route to reaching a goal.
 - True
 - False
- When setting goals it is helpful to _____.
 - consider all options
 - think of steps to achieve your goal
 - look for supports
 - all of the above
- Sometimes, when deciding on a goal, you may not know the outcome or consequences.
 - True
 - False

