

Journal Instructions:

Journal Assignments will consist of responding to quotes and short essay writing prompts. You should number each entry and answer in complete sentences using as many specific details as possible.

When responding to a quote, you should explain what you think the quote means in 3-4 sentences or more. There is no right or wrong answer, only your interpretation. You can use examples, or relate it to something in your life. Create a precise and concise response using specific details.

11. ***“What we see depends mainly on what we look for.” --John Lubbock***
12. ***Explain what this statement means and then your thoughts on mental health in the US.***
“Mental illness carries a stigma in our society.”
13. ***What are some signs that someone may be struggling with their mental health? What would you do if you suspected a friend was depressed or considering hurting themselves?***
14. ***“I am a big believer that eventually everything comes back to you. You get back what you give out.” --Nancy Reagan***
15. ***Why do you think some teens choose to drink alcohol? Give some examples of possible negative consequences of this choice. What are some factors that may lead to a teen choosing NOT to drink alcohol while underage? How can this decision be helpful?***
16. ***“The future depends on what we do in the present.” Mahatma Gandhi***
17. ***“Happy people may not have the best of everything, but they make the best of everything they have.” --Unknown***
18. ***DUI writing prompt: Explain in 3-4 sentences some possibilities of what you could do in this scenario to keep everyone safe. You are 14 years old and you get a ride with a friend. It’s time to leave, but your friend has been drinking and he says he’ll be fine to drive home because it’s not very far.***
19. ***Describe what types of tobacco (cigarette, chewing tobacco, e-cigarettes, vapes) advertising you have seen or heard. Why do you think tobacco companies target young people in their advertising efforts?***
20. ***“What you were born into does not determine what is in you.” --Unknown***

21. *Smoking is banned in most public places. Explain why you agree or disagree with this policy? Do you think vaping should be included in these laws? Explain why or why not using specific details.*
22. *“The less you respond to rude, critical and argumentative people, the more peaceful your life will become.” --Mandy Hale*
23. *What is the difference between the terms “vapor” and “aerosol?” Why is it important to emphasize the differences between these words when talking about the risks e-cigarettes/vape pens?*
24. *“If you always do what you always did, you’ll always get what you always got.”
-Unknown*
25. *“To the world you may be one person, but to one person you may be the world!”*