

Performance Objective 6: Drug Resistance/Personal Safety

Enabling Objectives:

1. Sets the example for a drug-free lifestyle
 2. Holds informal discussions with subordinates about drug, alcohol, and tobacco use on a regular basis
 3. Regularly relates own experiences with peer pressure concerning drugs, alcohol, and tobacco, and how to say no to this pressure
 4. Defensive driving
 5. Dating
 6. Juggling school, job, dating, and family
 7. Computer safety
 8. Safeguarding self, property, and others
 9. Gangs
-

Introduction. In this chapter we will discuss Drug, alcohol, and tobacco resistance, and personal safety. You will be expected to provide leadership in “setting the example for all other youth to follow” by being the mentor to your subordinates. If ever your skills as a senior Young Marine are needed, it is in this area that you have the ability to impact a young adult’s life in a positive, safe and healthy way. Additionally we will explore such safety topics as defensive driving and internet safety.

E.O. 1 Sets the example for a drug free lifestyle

1. In today’s society we are faced with everyday challenges. Of these challenges, the one that is the hardest to overcome is the peer pressure you face concerning drugs, alcohol, and tobacco. To make it easier for you to say no, you have, throughout your elementary and middle school life, received numerous classes, lectures, and presentations on the dangerous effects of these drugs. Now as a senior Young Marine, you are the one who must pass this information down to your Young Marines. Even the youngest of your subordinates will at some time while in elementary school be faced with a dangerous situation concerning drugs, alcohol, or tobacco. Your job is to leave such an impression on their minds, that they will hear your words about the dangers of these chemicals and they will draw the strength from those words to say no.
2. Remember how you felt when someone older than you in school talked to you for the first time, or befriended you even though they were older? Didn’t it make you feel special hanging out with the big guys? Your subordinates feel the same way. If someone older than them befriends them, they will think that is the coolest thing. They will also eventually put their trust in these older friends. If these friends are good, law-abiding, drug free people, then that child is in luck. But, if that friend happens to be a drug abuser, drinker, smoker, or even a child molester, that Young Marine is in harm’s way. This is where your leadership and mentoring ability can potentially save a life. You need to be that big guy friend to your Young Marines. You need to reinforce the values we hold as Young Marines. You need to be the one your Young Marines can come to when they feel that negative peer pressure and are looking for ways to say no. You need to be the first line of defense for these young people.

E.O. 2 Holds informal discussions with subordinates about drug, alcohol, and tobacco use on a regular basis

1. Informal discussions are those talks that take place when you're standing around on a break, walking to the chow hall, or just relaxing at your campsite. Just as easily as it is to start a conversation about sports, cars, or anything else, it is equally easy to start a conversation about the dangers of these drugs. You can relate experiences you had in situations and tell them how you were able to deal with it. Talk to your Young Marines about drugs in their schools and neighborhoods. You will not know the impact drugs have in these areas if you don't ask. Based on this information, you can tailor your discussions. One Young Marine may be experiencing pressure to do drugs. Another may be experiencing pressure to try alcohol. By knowing, you can focus your mentoring skills on that subject.
2. Your Young Marines want to know you, trust you, and be like you if you are a good senior Young Marine. Don't let them down. Never joke about drugs and other abuses. Never put off a discussion with one of your subordinates about these things, and if need be, set a time and place to continue the discussion. If that Young Marine sees you taking an active interest in their problem, they are going to trust you most, and will follow your leads.

E.O. 3 Regularly relates own experiences with peer pressure concerning drugs, alcohol, and tobacco, and how to say no to this pressure

In addition to the informal discussions and the mentoring of your Young Marines about the dangers of drugs, alcohol, and tobacco, you should make it a point to relate experiences you have had in dealing with these matters to your subordinates. Being in school, you will no doubt be faced with these issues on an almost daily basis. If you can relate these experiences to your Young Marines and they trust your leadership skills, they will listen to you and they will apply the same technique when they are placed in similar situations. As you can see, leadership, "setting the example", and mentoring are all tools you use to gain the trust and confidence of your Young Marines. This is one of the most critical areas where these skills are most important.

E.O. 4 Defensive driving

1. If you are not already driving, you are probably getting very close to that time in your life. Every teenager dreams of getting their license and having that freedom of the open road, but there are some things you need to know and remember when getting behind the wheel of a motor vehicle.
 - a. Motor vehicles are machines. Like any other machine, it can break down at any time, and it can cause serious injury or death. Treat your car like a machine. A machine requires regular maintenance. If you ignore the maintenance of a machine, it can break down. Further, parts of the machine could break which could cause permanent damage to the machine. Your car is no different. If you don't maintain your car it will break down. Oil changes, belt changes, tune ups, and tire rotations are just a few scheduled items that you should have performed for your car.

- b. What is defensive driving? When you are on the defensive, you are protecting yourself. Be constantly on the alert for dangers around you. When you are driving, you need to remain alert and awake at all times. Keep your eyes on the road and your mind on your driving. Always watch out for someone or something coming into your lane of travel. It may not be another car. It could be a large piece of a truck tire that had blown out and fell off onto the road. It could be a piece of wood that fell off the back of a truck. You never know what is coming your way when you are driving.
- c. What are some of the defensive driving skills you can employ to assist you with safe driving?
- 1) Never joy ride in a car. It is not a playground, and should not be treated like one.
 - 2) Keep your windows and mirrors clean. This will cut down on glare and you will see better.
 - 3) Drive the posted speed limit. Too many people will speed so they can keep up with the flow of traffic. If you do, then you're breaking the law and putting your safety as well as the safety of others at risk.
 - 4) Drive with both hands on the wheel and buckle up.

The one most important thing to remember is this:

CARS DON'T KILL... DRIVERS OF CARS DO.

E.O. 5 Dating

At some point in your life, you may begin dating. This is a whole new experience in your life and it can be very fulfilling. When you find someone you want to be with and they want to be with you, it opens up a whole new world of good times, good feelings, and good experiences. But, it also has its dangers, let downs, and heart breaks. Make sure you really know the person your thinking of dating. Invite them over so that your parents may meet them. There are people in this world who look to take advantage of others by any means they can. You should be aware of this.

Here are some helpful hints concerning dating.

1. Until you really know the person, don't date alone. Arrange to have your family and friends meet the person.
2. Go to places you are familiar with, and where there are other people around.
3. Don't accept food or drinks from someone you don't know well.
4. Don't do anything your not comfortable with.
5. Always know where you are going beforehand and make sure your parents and/or friends know where you will be.

6. Carry enough money or a cell phone so that you can call home once in a while to let your parents know that you are safe.
7. Never, never, never, be alone with someone you do not know or trust well.

E.O. 6 Juggling school, job, dating, and family

1. While in the Young Marines, as you earned higher rank, your responsibilities increased. As you get older, your responsibilities in life will increase too. You will find that there is more that you want to do, but there is only so much time. Therefore, you need to set priorities for yourself. School, job, dating, and family can really chew up your day. Obviously, your family is always top priority. Within the family are important events such as birthdays, picnics, Sunday dinners, or even church. Whatever lifestyle your family has, you should try to keep to the traditions.
2. Following the family comes school. A good education goes a long long way in life. You may meet someone who dropped out of school and has a good job, but they are the exception to the rule. Most people who drop out of school spend the rest of their lives scraping out a living that could be much better with an education. Education opens doors to a whole host of areas. Even mediocre jobs today require at least a high school diploma. The military requires at least a high school diploma. Don't jeopardize your future, stay in school.
3. The last two items in this chapter we will discuss are dating and jobs. Once you have figured out how to juggle your family life with your school life, you will be looking for time for either dating or a job. Either one will take more time away from everything else you have in your life. In any event, if you decide you want to work a job after school or on the weekends, you may have to give up something like school sports that normally take place after school or on the weekend.
The point here is to not spread yourself so thin that your family and school suffer. You may feel that a job is more important to you now than school sports. Talk these issues over with your parents. Remember, for every new thing you do in life, more time is taken away from something else.

Family and school should be your number one priorities.

E.O. 7 Computer Safety

Today computers are everywhere. We use them in school, at work, and at home. We use them for research, and we use them for communication, and we use them for fun. This chapter will enlighten you to safety measures you can take to make your computer experiences more enjoyable.

1. E-Mail – Electronic mail is a fast means of communication all over the world. Unfortunately there are people looking to cause harm to you or your computer. Viruses can be sent within e-mails, that when opened can permanently damage a computer. Never open an e-mail unless you know who sent it to you, and you trust them.
2. Chat – This is a means of instant communication either by typing or by “voice chatting” on a computer. This process is faster than e-mail if the person(s) you are speaking with are on-line. You should be alert to the dangers that this can possess. Never, ever

agree to meet someone you do not know. Never send personal information to anyone you do not know. On a computer, you cannot tell who the person is you're chatting with. They could tell you they are 16 years old, when in fact they are 35 years old. Their intentions could be dangerous. It's ok to chat with someone, just make sure you are comfortable with the discussion. Do not give your e-mail address to someone you do not know.

3. Web cams – A web cam is a device you can attach to your computer that allows you to transmit an image. People will sometimes have web cams when they chat with each other so they can see whom they are chatting with. Be careful of people you don't know who want you to turn on your web cam. They can record your image and use it in a malicious fashion. Always know who you are talking with before agreeing to do this. Web cams can be a way of keeping closer with friends and family that live long distances away.
4. Downloading items on your computer – Downloading is a way of retrieving information off your computer. Friends or family could send you a picture that you can download and print out. You can also download information for a school project; however you should trust the source you are downloading from. Many times downloads will have viruses attached to them, or the content may not be appropriate for children.

Always ask your parents about the things discussed above before attempting them on your own. Protect yourself by protecting your privacy, and always know who you're e-mailing, chatting with, or downloading from.

E.O. 8 Safeguarding self, property, and others

The world is a wonderful place, but it is also a dangerous place. Safeguarding your personal belongings as well as yourself and others will help you avoid dangerous situations.

1. Home – In your home always keep windows and doors locked and bolted. Never invite anyone into your home that you do not know. If people such as police, utility workers or salesman come to your door, you should ask for identification. Don't assume they are who they say they are because they wear a uniform or a suit. Don't leave your personal items outside. When you are through with something, put it away. Inside, you should never leave items strewn about the house. This causes trip hazards and can result in serious injuries.
2. Car – Always lock your car doors even when you are driving. Lock them when your car is in your driveway as well. Thieves can steal a car in just seconds. Store items of value in the trunk of the car. Don't leave them on the seat of your vehicle where thieves can easily spot them. Never leave animals or small children in unattended vehicles. If you must leave your pet in your car, leave a window open just a little to allow for airflow, but don't leave it open enough for a hand to slip in.
3. School – Keep your locker locked. If you walk to school, always use an established route. Make sure your family and friends know the route you take to school, and never walk alone!

Remember – safety begins with you!

E.O. 9 Gangs

Throughout history there have been gangs. In the nineteen twenties gangs were smuggling illegal alcohol across the borders of Canada into the US. During this time the country had enacted prohibition on alcohol. This meant that making, selling, and consuming alcohol was illegal.

In the nineteen thirties and nineteen forties, gangs ran illegal gambling operations, and muscled business owners for money.

Today gangs traffic illegal drugs, as well as promote violence and a total disregard for our laws and way of life. Every day someone loses a life to a gang related incident. Some parent has to cope with the reality that their son or daughter is dead and no longer coming home.

When gangs are present in a neighborhood, you can almost watch the value of property and life drop. Schools become breeding grounds for drugs and violence. People are beaten up or killed because they walked in the gangs "turf" or area. They rule by fear and intimidation.

Don't let yourself fall into this trap. Stay clear of gangs and gang related activities. If you know of places that gangs hang out in, don't go near there. Gangs will drag you down, take away your pride and self-esteem, and cause you to lose the most valuable things in your life....your family. When enough people understand that gangs are bad news and they want them out of their neighborhoods, they will go away. When children learn to say no to that kind of lifestyle, they will not become recruits for gangs and they will go away. When we all can live our lives as we are taught by our parents, religions, and the Young Marines, these gangs will disappear.

RESOURCES

Resources you can turn to when faced with the above issues are listed below but not limited to:

For information on drug abuse:

Your family

Drug-free websites such as:

www.whitehousedrugpolicy.gov

www.prevention.samhsa.gov

www.cdc.gov

www.ed.gov

www.dea.gov

www.drugfreeamerica.org

www.discoveryschool.com

www.educatorsoutlet.com

www.theantidrug.com

www.escapemeth.com

Local police and hospital personnel

For information on defensive driving:

Your local motor vehicle office

Local police

For information concerning dating and computer safety:

Your family

Your religious instructor

Your school

For information on safeguarding self, property, and others:

Your family

Local police

For information on gangs:

Local police

The Young Marines Drug Demand Reduction Resource Officer:

jlusignan@verizon.net

PERFORMANCE QUALIFICATION REVIEW

Performance Objective 6: Drug Resistance/Personal Safety

E.O. No.	Enabling Objective Description and Performance Requirement	Authorized Evaluators Signature
1	Sets the example for a drug-free lifestyle	
a.	Talks to their subordinate Young Marines about negative peer pressure.	
b.	Relates own experiences to subordinates about the pressures of drug resistance	
c.	Allows him/herself to become the older friend of their subordinates and sets the good example concerning drug resistance	
d.	Constantly reminds subordinates about saying no to drugs.	
2	Holds informal discussions with subordinates about drug, alcohol, and tobacco use on a regular basis	
a.	Can be observed discussing drug resistance with subordinates when possible.	
b.	Makes good use of downtime to “preach” about drug resistance.	
3	Regularly relates own experiences with peer pressure concerning drugs, alcohol, and tobacco, and how to say no to this pressure	
a.	Young Marine is eager to relate such experiences.	
b.	Young Marine encourages subordinates to relate their experiences concerning drugs, and offers sound advice where needed.	
4	Defensive Driving (if applicable)	
a.	Understands what defensive driving is.	
b.	Understands that vehicles are machines and can break down without proper maintenance	
c.	Can state two of the four defensive driving skills.	
5	Dating (if applicable)	
a.	Really knows the person they are dating	
b.	Has invited over and introduced the person they are dating to their parents.	
c.	Knows not to accept food or drink from someone they do not know well.	
d.	Ensures that parents always know where they are going, and always carries enough change for a phone call, or carries a cell phone for contacting parents.	

PERFORMANCE QUALIFICATION REVIEW

E.O. No.	Enabling Objective Description and Performance Requirement	Authorized Evaluators Signature
6	Juggling school, job, dating, and family	
a.	Understands that family comes first followed by school.	
b.	Maintains family ties and traditions.	
c.	Doesn't spread themselves too thin and burns out on their committed priorities.	
7	Computer Safety	
a.	Understands what e-mail, chat, web cams, and downloading items off the computer are all about.	
b.	Knows to seek parent's consent before performing any actions on a computer.	
c.	Knows not to give personal information to anyone on a computer unless they know the person very well.	
8	Safeguarding self, property, and others	
a.	Always keeps their home windows and doors locked when not in use.	
b.	Does not allow anyone into their home unless they are sure of who they are. This includes uniformed people as well.	
c.	Seeks identification from people they do not know before allowing them into their home.	
d.	Always locks their car door even while driving.	
e.	Stores items of value in the trunk of the car out of sight from would be thieves.	
f.	Keeps school locker locked when not in use	
g.	Uses established routes for going to and from school, and ensures that friends and family know of these routes.	
9	Gangs	
a.	Does not associate themselves with gangs and gang members.	
b.	If aware of places that gangs hang out in, they steer clear of those areas.	
c.	Talks to their subordinates about gangs and the negative effect they have on the community and our way of life.	