

**Exercise:** It ain't always over when it's over. . . . Having a parent get out of prison can be almost as difficult as having them be in prison.

**What are some of the good and tough things that families face when a parent gets out of prison?**

**Parent Goes Through. . .**

**Good Things**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**Tough Things**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**Kid Goes Through. . .**

**Good Things**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**Tough Things**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

**How I See Prison Exercise:** Take a minute and think about how **you** see prison. What do you lose by going to prison? Some people think that there are benefits to going to prison. Do you agree? Why would anyone want to spent time in prison?

**Using Your Power to Stay out of Prison Exercise:** On a scale of 1 to 10, how much control do you have over whether you will spend time in prison?

What are some **dangerous thoughts** that could lead to prison? (It won't happen to me, I'm in so much trouble I'm probably going to jail anyway, I won't get caught, If nobody rats me out, the cops won't know it was me...)

List five things that could help keep you out of prison. Be as specific as you can (going to school, picking stand-up friends...).

If I go to jail, here's three things I will lose or miss out on.

Here's how my life will change if I go to jail.