

Name: \_\_\_\_\_

School: \_\_\_\_\_

### TI WORKSHOP CHOICES

You'll be attending four workshops at TI. Please place a 1 or 2 on the line to the left of the workshop titles to let us know your first and second choice for each session. Return this form right away so we can place you in the workshops you prefer.

Session 1	Session 2	Session 3	Session 4
<input type="checkbox"/> We're All Different, Managing Diversity	<input type="checkbox"/> We're All Different, Managing Diversity	<input type="checkbox"/> We're All Different, Managing Diversity	<input type="checkbox"/> We're All Different, Managing Diversity
<input type="checkbox"/> Stress, Who Needs It?	<input type="checkbox"/> Stress, Who Needs It?	<input type="checkbox"/> Stress, Who Needs It?	<input type="checkbox"/> Athletes—Goin' the Distance
<input type="checkbox"/> Booze and Sex, a Dangerous Combination!	<input type="checkbox"/> Dating—Keeping Relationships Healthy	<input type="checkbox"/> TryPOD	<input type="checkbox"/> TryPOD
<input type="checkbox"/> Talk About Tough Stuff!	<input type="checkbox"/> Talk About Tough Stuff!	<input type="checkbox"/> When Feelings Go Bad: Depression, Cutting and Teen Suicide	<input type="checkbox"/> When Feelings Go Bad: Depression, Cutting and Teen Suicide
<input type="checkbox"/> The Truth	<input type="checkbox"/> Media Literacy	<input type="checkbox"/> Music—The Message or the Beat?	<input type="checkbox"/> Music—The Message or the Beat?

**Athletes—Goin' the Distance** - Athletes comprise over half of our student bodies. How influential are they and how can they use that influence in positive ways? To find out, sign up!

**Booze and Sex, a Dangerous Combination!** - This workshop will address the risky sexual behaviors and outcomes when alcohol is involved.

**Dating – Keeping Relationships Healthy** – How do I know if this is *the* one? What if I'm in a relationship and I know it isn't healthy? What should I do if a friend is in an unhealthy relationship? Dating is complicated! In this workshop, we will explore ways to keep relationships positive and avoid abuse and violence.

**Media Literacy** – What are they really selling you? The media is more powerful than you think. We'll exposes marketing techniques and help you, the consumer, make informed decisions.

**Music—The Message or the Beat?** - Everyone loves music, yet music promotes interesting messages. This workshop will explore this medium, its messages, and how it influences all of us.

**Stress, Who Needs It?** – We all have stress, so what can we do to handle it in positive ways? If you want to learn to recognize the symptoms of stress, how to manage it, or simply need to relax... sign up!

**Talk About Tough Stuff!** – Some topics are hard to talk about. This workshop will explore tough topics and give you skills to help you discuss difficult issues with friends or parents.

**TryPOD (Try Putting Off Drinking)** – If you've ever wanted to say something to friends who are partying hard or wanted to make your voice heard so your school stops losing teens to drinking and driving crashes then TryPOD's for you! TryPOD is a teens-teaching-teens program on drinking, the adolescent brain and talking to friends.

**The Truth** - What is X? Is marijuana addictive? Special K is more than a cereal! Separating fact from fiction—who knows what to believe about current drugs on the street?

**We're All Different, Managing Diversity** – We're each unique individuals with similarities *and* differences. We'll explore the importance of appreciating our differences in order to have better relationships.

**When Feelings Go Bad: Depression, Cutting and Teen Suicide** – Some teens struggle with depression and other negative ways to handle the tough times in life. This workshop will give you the tools to identify warning signs and to help your friends get the help they need.

Please return by **March 3** to: Marilyn Bader  
NCADA  
8790 Manchester Road  
St. Louis, MO 63144

For NCADA office use only
<input type="checkbox"/> DP <input type="checkbox"/> MB