

How to Use this Handbook

This guide is for youth who have been in trouble with the law. It has different sections with information and activities for everyone, no matter how ready you are to make changes. You can read the whole guide to get the big picture or you can turn to the section that matches the stage you circled on page 8. For example:

- If you're in the **Precontemplation stage (not yet ready)**, turn to the next page.
- If you're in the **Contemplation stage (getting ready)**, go to page 15.
- If you're in the **Preparation stage (ready)**, skip to page 30.
- If you're in the **Action stage (making changes)**, skip to page 39.
- If you're in the **Maintenance stage (keeping up the changes)**, skip to page 51.

No matter what stage you're in, you can make progress, just by keeping your mind open and reading.

Stage 1: Precontemplation

People in the Precontemplation stage aren't planning to make changes in the near future. Often, people in this stage haven't thought much about the reasons why they might want to change. This section has two strategies that can give you new things to think about:

- ✓ Strategy #1: Focus on the Positive Reasons for Staying Out of Trouble
- ✓ Strategy #2: Get the Facts



Strategy #1: Focus on the Positive Reasons for Staying Out of Trouble

Start by thinking about how you could benefit and how others could benefit if you stayed out of trouble with the law. Write your ideas below. If you have trouble coming up with some reasons, read on.

Reasons for Staying Out of Trouble with the Law:

How I Could Benefit	How Others Could Benefit
1. People would have more respect for me.	1. Life at home would be calmer.
2.	2.
3.	3.
4.	4.
5.	5.