

“The Big Party”
Preparation Exercise

Directions

THE BIG PARTY

Friday night is the biggest party to hit your school in years. And you know you will have a chance to spend some time with that new student who has definitely caught your eye.

Here is the problem. Your mother grounded you last month for two months – you still have two more weeks left. You are not allowed to stay out past 10pm, and that's just when that party will get started.

Your friends are already planning on you being there – and you are too embarrassed to tell them that you cannot go because your mother says so. What can you do to convince your mother to let you stay out late Friday? What about your curfew? Is there anything you can do?

Start with this:

1. Think about your needs. Be sure to include as many things as you think matter to you. Now think about your mother's perspective and what she might be worried about.
2. Come up with some possible things that might satisfy your mother's needs and concerns, and some things that are good for you, too. Be creative – you may not do these things, but start with a list and see what you can come up with. Include ideas that work for you and some ideas that might not.
3. Put together specific ideas for your mother and a strategy on how you will present them.