



Stall Stories not Tall Stories

May 2009

This month's Stall Stories will be the last one. All four Stall Stories will continue to be available on the Guidance Department webpage.



HEY MS. GARCIA!

Dear Ms. Garcia

I'm a senior and I'm about to graduate. I have no clue what I want to do after graduating and I'm really scared to be out on my own.

Please help me!

Dear Please help me, Having so many options and no plan can seem really scary. And all your life you've known you had to go to school day after day, year after year, and in just a few short weeks you'll be on your own with no one telling you where to go or what to do but yourself. So what next? Well, start by exploring life, get out there and get involved, this can help you figure out what you want to be and what you want to do. Nothing helps you figure out your career interests faster, then figuring out what you don't like. Switching gears a bit, have you considered your financial situation? Can you afford to go to college, possibly Santa Fe College—that's a great place to get involved and explore while getting an Associates/ Bachelors degree or Certificate. If you can't afford college, check out Job Corps (they give you on the job training, a place to live and it's FREE), a temp agency or a job that fits your needs (health insurance, one that pays for college, etc.). Don't let your fear of the future overwhelm you. Start small. I suggest making 3 realistic goals that you'll reach before you graduate to get you ready for life after high school and exploring life.

Here are some examples of goals:

Example 1: Apply to Santa Fe College by May 15th.

Example 2: Call Job Corps to make an appointment to visit and learn about it by May 20th.

Once you've accomplished your three goals, make 3 more. Good luck!

Ms. Garcia

Dear Ms. Garcia

My best friend and I haven't been friends long at all. But I'm closer with her, than I've been with any friend in my life. However, she's having some major boyfriend problems and she's oblivious that she's pushing her two best friends out of her life. I try to help her, and I get yelled at because it hurts her to talk about her failing relationship. I want to talk to her about this. How should I go about it?

From, Confused

Dear Confused,

That sounds like a tough situation. Unfortunately, your friend will not see your side of the story until she's ready to hear or see it herself. You've given your two cents, now you have let her realize the situation in her own time. As hard as it may be to leave your friend alone on this issue, try. I know you're thinking "What if she never realizes it?" That may happen and if so, then she may not really be a best friend. Don't be sad by that, people come into our lives for different reasons and sometimes that are in our lives forever, e.g., family member, and sometimes only a year, e.g., classmate. No matter what, knowing that you've supported your friend and stood by her sounds like you've been a great friend. You deserve to have a friend that does the same for you.

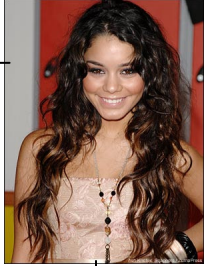
Ms. Garcia

This is the last edition of Stall Stories, therefore, no more anonymous questions will be accepted.

Goodbye students! It has been a pleasure serving your academic, career, and personal concerns. I wish you all the best of luck!

With Just One Click ...

You no longer have control



High School Musical star Vanessa Hudgens sent a nude photo of herself in a [private] e-mail to Nickelodeon actor Drake Bell. In 2007, the nude photo of her showed up on the Internet.

Myspace and/or Facebook is the air you breathe and your cell phone has become your right ear. You text in class because the temptation to chat is stronger than the

consequence of getting caught with your cell. You spend two (or more) hours at home cyberstalking your friend's friends, commenting on friends photos and texting those that can't get on the internet. With all the time spent being connected have you or someone you know ever been in a sticky situation? Perhaps you sent an email to the wrong person? Or, you received a text of nude photo of a classmate? The famous saying "Think before you speak" should be "Think before you click." Just before you hit "Send" take a second to:

1. Read over your text, email, instant message, etc. before you sent it.
2. Remove specific names, places, or things. This will help avoid having personal emails become public.
3. Remember that when you send something to someone you do not have control over who reads/sees it (even though it was only intended for someone specific).
4. Think about your current state of mind. Are you mad or upset? If so, don't write or respond immediately. Give yourself some time to cool down and you'll be able to think more clearly.



To learn more about Internet Safety Tips:

- See your Guidance Counselor
- Check out www.netsmart.org

Sexting (transmitting nude/semi-nude photos via cell phones) - You may think it's funny or sexy at the time, but after you hit the "Send" button you no longer have control of who or where the photo(s) will show up.

- Taking, sending, or forwarding a nude photo of someone underage could bring humiliation, loss of educational opportunities, and even trouble with the law.
- Forwarding a nude picture of someone underage, makes you responsible for the image as if you were the original sender. **You could face child pornography charges**, go to jail, and have to register as a sex offender.
- Report any nude pictures you receive to a trusted adult.
- Never take an image of yourself that you wouldn't want everyone to see.