

Your Life...

Life after high school is full of new opportunities. You will need to learn to manage your time so you can find a balance between academics and/or work and your social life.

- Learn to manage your time so your academics and/or work do not suffer and to help you avoid unnecessary stress.
- Do not let friends and your social agenda distract you from your school/work goals.
- Learn independence. Your parents can be a source of great advice, but learn to solve your own problems.
- This is your chance to meet new people, so don't make your high school friends your only friends.
- Get involved in campus and community events. Participate in activities you enjoyed in high school or try something new.
- Stay in good health by getting enough sleep, eating a balanced diet, drinking plenty of water, and exercising regularly.
- If depression and anxiety become a problem, seek help.

Congratulations!

You are about to graduate from high school and move on to your next destination...college, work, or the military. Life after high school will bring new freedom and choices. Set goals for your future, and keep your options open as you grow and change after high school.

If you learn to balance the academic, financial and social aspects of your life, you can stay safe and your future can be exciting and fulfilling.

This is your life—Make the most of it!

References:

A portion of the information was provided by the College Planning Center, a division of Iowa Student Loan Liquidity Corporation, West Des Moines, IA.

Helping You Prepare for College. 2001. College Planning Center; a division of Iowa Student Loan Liquidity Corporation. 23 March 2006 <http://www.collegeplanning.org/index.htm>.

"50 Things You Should Know About Binge Drinking and Alcohol Poisoning." Santa Cruz, CA: Journeyworks Publishing, 2002.

Resources:

WHS Counseling Office 558-2142
Area Substance Abuse Council 390-4611
American Red Cross 393-3500
St Luke's Family Health Center ... 369-7397
ZimmerJA@crstlukes.com
Mercy Family Practice Center 398-6170

Nothing to Snicker about...

Date rape

Maxed-out credit cards

HOMESICKNESS **OWI**

ACADEMIC PROBATION

Unplanned pregnancy

BINGE DRINKING

Sexually transmitted infections

Eating disorders

Identity theft

DRINKING TICKETS

Life after high school will bring new freedom, responsibilities, and challenges.

**What can you expect?
What do you need to know to
make good decisions and stay safe?**

Your Finances...

With the new expenses you will encounter after high school, it is very important to learn how to manage your money.

- Plan a budget and pay in cash whenever possible.
- Debit cards are convenient, but keep track of all purchases. Avoid online purchases with debit cards.
- Credit cards can be helpful if used responsibly. They are NOT money, but rather they are high interest loans made each time you use the card.
- Avoid signing up for a credit card to get a free gift or a discount.
- Pay the monthly balance in full every month. Late or missed payments or going over your credit limit will add extra fees and interest charges to your account.
- Open a savings account and save as if it were a monthly expense.
- Protect your personal information (Social Security Number, bank account, credit cards, etc) to avoid identity theft.
- Review monthly billing statements and check online account balances regularly to be sure you are not charged for purchases you did not make.

Your Sexual Health...

Good sexual health is important for healthy sexual relationships in your future.

- A committed healthy relationship is based on equality and respect, not power and control.
- Abstinence from sexual activity (choosing not to have vaginal, oral, and anal sex) is the most reliable protection from pregnancy and sexually transmitted infections.
- If you choose to have a sexual relationship, to reduce the risk of pregnancy and STI always use a latex condom and another form of birth control method.
- High risk behaviors, like multiple partners, drugs, and heavy alcohol use, make you much more likely to get a sexually transmitted infection. Many teenagers lose their virginity when they are under the influence of drugs or alcohol; most state they regret it.
- Seek out resources in your college and community for getting tested for STI's, pregnancy, and annual exams, such as student health centers, family planning clinics, county health departments.

Your Safety...

Life after graduation may be totally different from your life in high school. By using caution and common sense, you can have fun but still stay safe.

- Keep a cell phone with you, and always take a friend when walking after dark. There is safety in numbers!
- Never leave a beverage unattended or accept a drink from someone you do not know. Someone could slip a drug into your drink which could alter your consciousness or judgment.
- Binge drinking and substance abuse can lead to bad decisions and increase your chances of injury, disease, and death.
- When combined with alcohol, some drugs including illegal substances, prescription, and over the counter medications, can make you sick; some combinations can be deadly.
- Remember drinking alcohol is illegal for people under age 21, and tickets and fines can cost you hundreds of dollars.
- Binge drinking is not “normal”; there are many ways to have fun without alcohol or drug use.