

# Advice Column

## LEARNING OBJECTIVE

I will be able to give encouraging and healthy advice in response to negative situations described by my classmates.

## DIRECTIONS

You may have never heard of them, but most major newspapers include an advice columnist. The most well-known advice column is called Dear Abby. In the Dear Abby column, readers can submit letters with tough questions, and the writer will respond by offering advice on how to handle sticky situations. Here's a fictional example of the kind of question you might see in an advice column for teenagers:

Dear Abby,

*My best friend started smoking. It's awful. He stinks and is irritable when he doesn't have a cigarette. He thinks it's cool despite my assurances that it is not. In fact, he keeps trying to get me to start. No matter how many times I say no, he keeps asking. It's only a matter of time until I just can't say no.*

Signed,  
Peer Pressure

Dear Peer Pressure,

*If your friend asked you to jump off a bridge, would you? Right now, you are on the right track. I know it's hard, but you should definitely continue to say no. Have you encouraged him to drop his new harmful habit for a healthy one? Tell him to try an activity that leads to a natural high instead. He won't be grumpy and will thank you for it in the long run. If your friend ignores your advice and continues to bother you about smoking, then maybe he is no longer your best friend. As difficult as it is, maybe taking some time away from his pressure will help you both to make the right choice.*

Signed,  
Abby

In this activity, you will both write a letter asking for advice and play the role of advice columnist. Follow these steps:

## STEP 1

Write a letter describing a situation that is real or made up. Be sure to describe something you are comfortable with other students reading. No need to include your name. Sign the letter as in the example above with a name that reflects the concern.

## STEP 2

Place your letter in the Advice Box. Once everyone has submitted a letter, the box will be passed around and each person will reach in and randomly grab one.



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