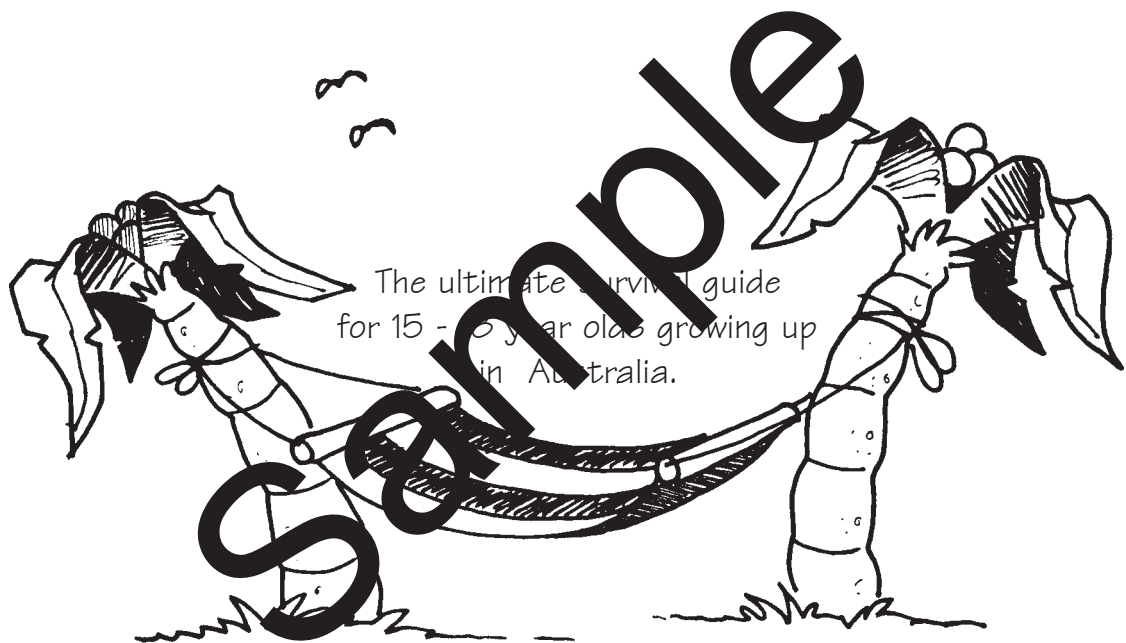


# SURVIVAL:

## Teen Island



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Illustrated by Terry Allen



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# Welcome to Teen Island

From a distant harbour, you set sail on a ship, journeying out to sea. For the first few years, it's like you hardly even left the bay – the waters are calm, the skies are clear. You don't have to worry about sailing the ship – it is all done for you. This is your childhood, where everything seems simple, your world is small, and other people are in control of your life.

Then, out of the blue, a storm hits. The waves are thundering around you, and everything becomes darkened by the massive black clouds. With the brute force of a bulldozer, you are thrown overboard by a sweeping mass of water. You close your eyes and hang on tightly to a floating piece of debris, thinking that lifejackets are not such a bad fashion

statement after all. After what seems like an eternity, you feel solid ground beneath you.

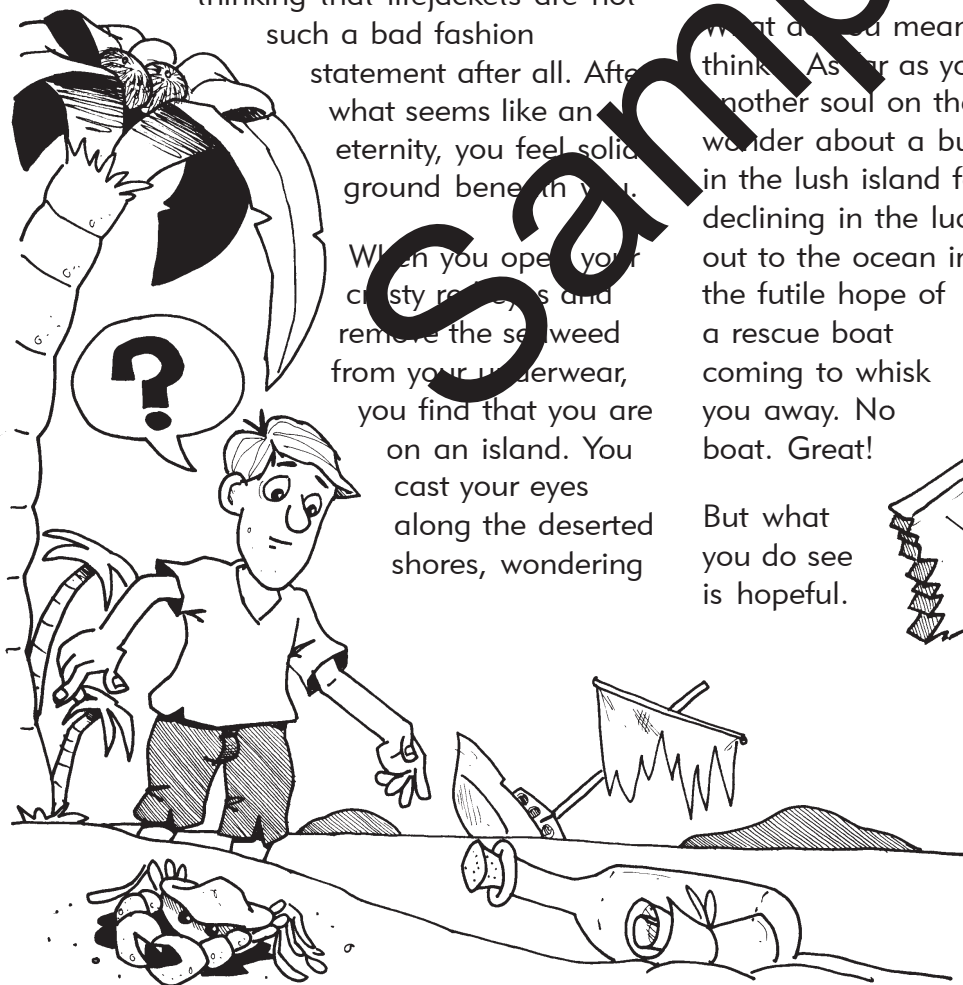
When you open your crusty red eyes and remove the seaweed from your underwear, you find that you are on an island. You cast your eyes along the deserted shores, wondering

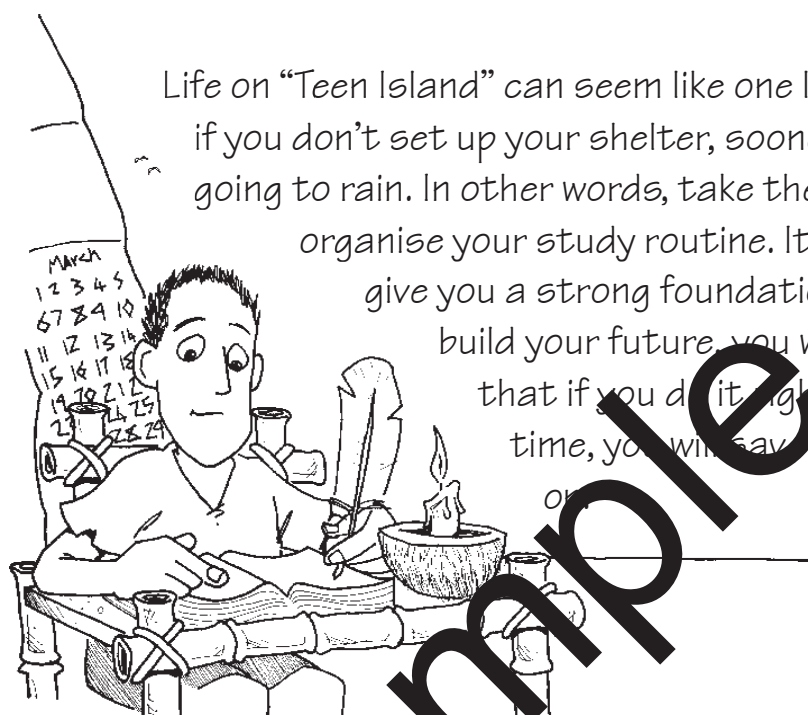
where on Earth you are, and as if in reply, you look up to see an old, painted sign – "Welcome to Teen Island".

You look around. If this is Teen Island, where is everyone else? Where do you go for food, water and shelter? Is help arriving or are you stuck here forever? As the questions swim around you like sharks, you feel a wave of panic rise up inside you. You stumble along the beach, frantically looking around for signs of civilisation. Suddenly, you see a bottle, rolling around in the foamy waves. It has something inside. You walk up and pick up the bottle, pulling out the soaking paper inside. A message is written there: "You are not alone."

What does it mean, *I'm not alone*, you think. As far as you can see, there is not another soul on the island. You begin to wonder about a bunch of cannibals lurking in the lush island forest. Things are rapidly declining in the luck department. You gaze out to the ocean in the futile hope of a rescue boat coming to whisk you away. No boat. Great!

But what you do see is hopeful.





Life on “Teen Island” can seem like one long party, but if you don’t set up your shelter, sooner or later it’s going to rain. In other words, take the time out to organise your study routine. It will not only give you a strong foundation on which to build your future, you will also find that if you do it right the first time, you will save stress later on.

### SURVIVAL EQUIPMENT:

These “crafts” will keep you afloat in your busy life. Complete the checklist to see how organised you are.

ITEM	CHECK
A large-sized calendar for your desk or wall. (One that shows a school term per page is handy.)	<input type="checkbox"/>
A good alarm clock by your bedside.	<input type="checkbox"/>
A diary (a week per page is good).	<input type="checkbox"/>
A “Things To Do” notepad.	<input type="checkbox"/>
A well-lit, quiet desk for homework.	<input type="checkbox"/>
A good supply of stationery at school and at home, with spares of pencils, pens and rulers.	<input type="checkbox"/>

## REMEMBER:

- Exams can sometimes be hyped up too much. Think about what percentage of your total mark the exam is worth – study more for the exams worth 80% than the ones worth 20% (unless you need a high mark in the 20% exam to pass overall).
- Once the exam is over, there is no point wasting your time worrying about how well you did. Put it behind you and focus on studying for the next subject.
- Most people do better in exams than what they think when they finish.
- If you found the exam extremely difficult (and you studied hard), chances are that everyone else found it hard too. Some teachers scale marks up if the overall results are low.

If all else fails, ask yourself this: "If I don't do well, will the world explode?" The answer, of course, is "No" (unless you are taking an exam in bomb diffusing). Put things into perspective and don't be too hard on yourself.

## EXAM DAY:

- ☐ Arrive early, find a quiet patch of grass and relax.
- ☐ Bring plenty of supplies such as spare pens and pencils, ruler, etc.
- ☐ Make sure your equipment, such as your calculator, is working well.
- ☐ Don't talk about the test beforehand – others will have their own ideas and may put you off or make you nervous.
- ☐ Go to the toilet and have a drink before you enter. You may be allowed a bottle of water on your desk.
- ☐ Sit where you won't be distracted. You might find it hard to sit near the class clown who swings on the chair, the resident genius who finishes half an hour early, or your best buddy, who makes silly faces at you.
- ☐ Deal with anything like a wobbly desk straight away, otherwise it will bother you though the whole exam.
- ☐ Read and check the questions. Take note of how many you have to answer.
- ☐ Do the easy questions first – this will calm your nerves and give you more time to tackle the hard ones later.
- ☐ Check the time regularly during the exam, for example after each page of writing if you are doing an essay.
- ☐ Check your answers before you leave. Make sure all questions are clearly numbered and your name is on all pieces of work. Tidy up any obvious spelling errors or punctuation if you have time. This may score you one or two extra points.
- ☐ If you are doing an essay style exam and you are running out of time, jot down an outline of the main points you intended to cover in the remainder of your essay, so you at least show that you knew the information. This might get you some extra points.

► [www.studygs.net/tsttak1.htm](http://www.studygs.net/tsttak1.htm) contains tips for different types of tests. If you can find out what type of questions will be in the exam, this has some good strategies.





One day, it will be time to leave your island – and when that time comes, you might have two, three, maybe even four different boats waiting to whisk you away into the sunset, towards the big world of adulthood. But which boat do you take? HMS TAFE? The Uni Cruiser? The Apprentice Ship? These decisions can be scary if you don't know where these vessels are really headed, or even what you have to do on board before you arrive at your destination.

Many students may have heard of an apprenticeship, but are not aware of the range of options and industries available. They may know the names of a few universities, but have never set foot in one. Planning a career is a complex process, but it's important to remember that even though you should think carefully about the decisions you make, you don't have to feel that you are sealing your fate forever. The opportunities for a varied career and for mature-age study mean that the choices you make are merely stepping stones, not one-way paths.

- If you are having trouble thinking about your future career, some of these tips might be helpful:

TAKE SOME TIME TO MAKE SOME NOTES UNDER THESE HEADINGS:

- Subjects at school I am good at and/or enjoy.
- Hobbies and interests outside of school.
- What is my personality? What do I value in life?
- What are my skills (physical, intellectual and interpersonal)?
- What is my desired lifestyle in five/ten/twenty year's time?
- Some general words/industries for the type of job I would like to do, e.g. helping, selling, teaching, making, creating, entertaining, solving, planning, etc.
- Specific jobs I think I would be good at or enjoy.
- Conditions I would like to work in, e.g. location, types of shifts, amount of travel, etc.
- A list or description of my dream jobs, with no limitations.



# IDEAS FOR PART-TIME EMPLOYMENT.



Imagine that a nearby island has an endless supply of delicious mangoes, your favourite food. Of course they won't be giving you the fruit for free. You will have to do something for your oceanic neighbours. Use your best skills to set up a goods and services trade.

## SURVIVAL EQUIPMENT:

- local paper
- weekend newspaper
- shopping centre noticeboards
- local employment centres
- Yellow Pages® and White Pages® (telephone directories)
- paper and pens
- a manila folder

## SURVIVAL STRATEGIES:

Keep your job-search details together in a folder, so you can keep track of names and addresses of jobs you have applied for, and letters you have sent or received.

- ☐ Look out for jobs that are advertising for a "Junior" or casual/part-time positions.
- ☐ When applying for jobs, ask if they are seeking students who are still attending school.



Check out Bradley's winning resume:

RESUME	
Full name ●	<b>Bradley Darren Cooper</b> 20 Knoxville Lane
Address and contact details ●	Spring Vale, WA 9840 Ph: 9 999 9999 Mobile: 0888 888 888 E-mail: bradc@fleamail.com
Date of Birth ●	DOB: 14 May, 1990
Education Information ●	<b>EDUCATION</b> 2002 - Present Spring Vale Senior High School
Level of schooling achieved ●	Current year level: Year 12
Recent results ●	Term 1 Results, 2005: Biology: A      Photography: A English: B      Outdoor Education: A Maths: A      Geography: B
Recent achievements ●	<b>HIGH SCHOOL ACHIEVEMENTS</b> 2003: Sports Captain at Spring Vale SHS 2002 - 2005: Spring Vale SHS Football Club 2004 - 2005: Interschool Debating Team 2005: Year 11 Citizenship Prize 2005: Runner-up Champion Boy, interschool athletics.
Employment Details ●	<b>PREVIOUS EMPLOYMENT:</b>
Position/Location ●	2003 - 2005: Letterbox Delivery, Spring Vale News.
Responsibilities ●	<b>Responsibilities:</b> Weekly delivery of newspaper in local neighbourhood. Pick-up of papers, packing of left-over papers and return to office. Training of new delivery personnel.
Achievements ●	<b>Achievements:</b> Winner of 3 incentive awards for efficient delivery.
Community Involvement ●	<b>COMMUNITY INVOLVEMENT:</b>
Club memberships ●	2002 - 2005 Junior Surf Life Saving, Spring Vale Surf Club.
Volunteer work ●	2004 Volunteer Doorknocking, Food for Christmas Appeal
Hobbies and Interests ●	<b>HOBBIES AND INTERESTS:</b> • Gardening • Football • Public Speaking
Referees ●	<b>REFEREES:</b> <b>Mr Gary Paper</b> Delivery Supervisor Spring Vale News 12 Smith Street, Spring Vale 9840 Ph: 9 999 5555
Contact details for people able to comment on your skills, attitude and past job performance. ●	<b>Ms Mary Gumtree</b> Biology Teacher Spring Vale Senior High School School Street, Spring Vale 9840 Ph: 9 999 5577
	<b>Mr Jeff Ocean</b> Surf Life Saving Instructor Spring Vale Surf Life Saving Club Seaview Road, Spring Vale 9840 Ph: 9 999 5588 Mobile: 0617 000 000



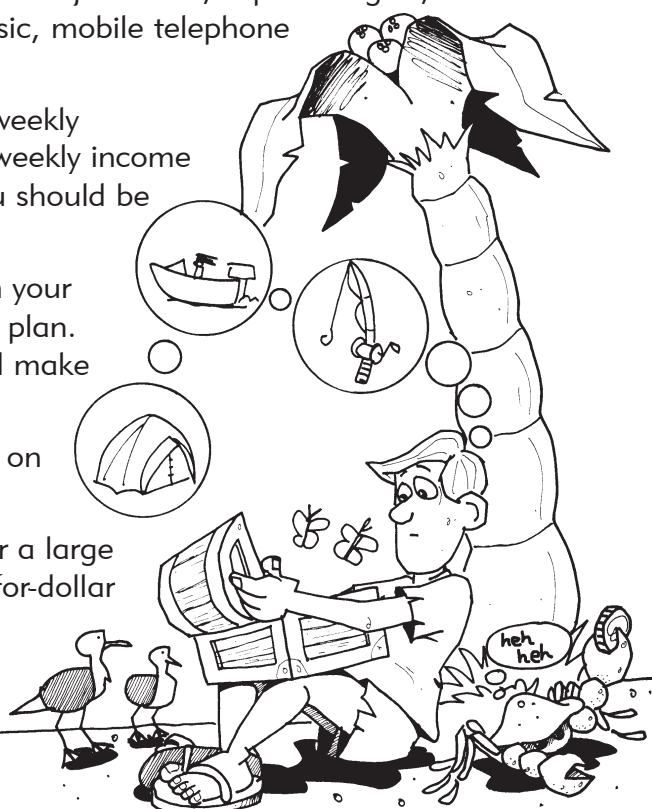
- The best survivors are those who ration their supplies. You never know what the future holds so it is best to put some of your savings aside in case of a rainy day.

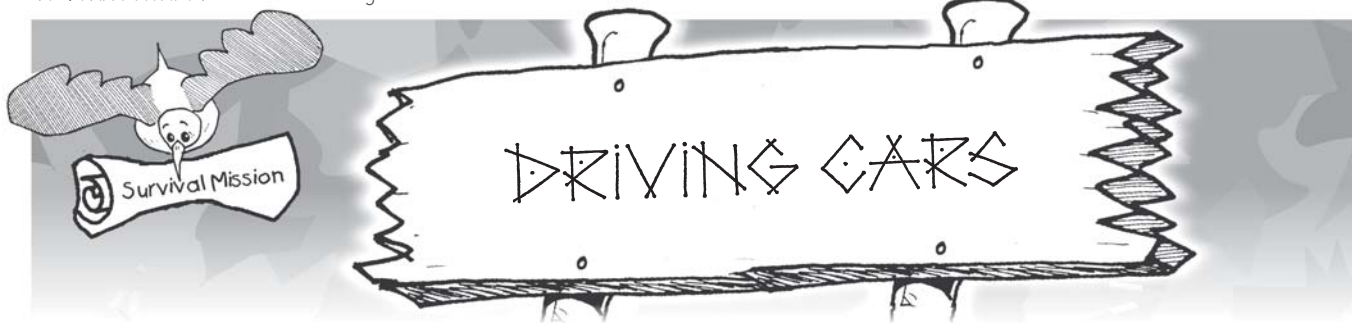
## Survival Strategies:

- ❑ Make a Wish-list of things that you would like to buy. Put them into two columns, *Things I Need* and *Things I Want*. Next to each item use a key which prioritises how important it is that you have the item, e.g.
  - \* = Not very important
  - \*\* = Medium importance
  - \*\*\* = Highly Important
- ❑ Keep a budget for a few weeks to find out what you normally spend. Write down everything you buy with your own money.
- ❑ Look back over your budget. How many things on your Wish-list are you able to buy? How much money are you saving each week? How much would you like to save each week?
- ❑ Mark all the things on your budget which you are willing to sacrifice. Common items include junk food, expensive gifts, magazines, accessories, music, mobile telephone bills.
- ❑ Take these away from your weekly spending, compare to your weekly income and work out how much you should be able to save each week.
- ❑ Draw up a new budget, with your weekly spending and saving plan. Trial this for 3 - 4 weeks and make any adjustments.
- ❑ Enjoy spending your savings on items from your Wish-list.
- ❑ If you are wishing to save for a large purchase, consider a dollar-for-dollar (or similar) plan where your parents contribute a proportional amount for every dollar that is saved.

## SURVIVAL EQUIPMENT:

- A good bank account
- Some willpower





Earning your drivers' licence is like getting a great little boat to explore the other islands around you, and even venture further out into the big, wide world.



**Here are a few driver reminders to keep you and other drivers safe.**

- ☐ Not wearing a seatbelt is a fineable offence.
- ☐ If you break driving laws too many times, you will have your licence suspended.
- ☐ You will cop a fine when you commit a driving offence, so you lose dollars as well as demerit points.
- ☐ If you are caught driving under the influence of alcohol, you will be fined, lose your licence and it will be recorded as a criminal offence.
- ☐ If you injure someone by having an accident while driving under the influence, you could face serious criminal charges, not to mention the guilt that will probably haunt you for the rest of your life.
- ☐ Apart from alcohol, other high contributors to driving deaths are speed, fatigue and not wearing seatbelts.
- ☐ Road rage is becoming more of a problem in today's hectic society. Don't contribute to the problem by honking, gesturing or pulling faces. You really don't know how aggressive the other drivers can get. If you are feeling uncomfortable, lock your door and wind your window up. If you are simply feeling annoyed at reckless driving, pull back and imagine that there just might be a cop around the corner, about to pull over the offender.
- ☐ Speeding affects your reaction time, your stopping distance and the force at which you hit another car, a pedestrian or an object. All of these mean that the likelihood of an accident is increased, as well as the severity of that accident.



- Imagine being totally alone on an island. This is how some teenagers might feel when their parents go away for a few days and leave them in charge of the whole house.

Fill out this form with your folks – it will help you keep the house in tip-top condition:

Where are your parents going?



They will be away from:



(date) to

Expected arrival time home:



Parents will be staying at (hotel, caravan park, friends' address):



Contact numbers whilst they are away (mobile numbers, hotel number, etc.):



Emergency contacts:

Name

Number



**For real emergencies, call 000 (life threatening situations). Otherwise, contact:**

Local police station (break-ins, security concerns, etc.):



Family doctor: (general accidents or illness)



Poison information centre: (any kind of poisoning/swallowed)



Local vet: (pet accident or illness)



State Emergency Service: (storm damage)



**SECURITY ALERT:**

Remember to clear the mail daily, turn the porch light on at night time, keep doors and windows locked when you leave the house and at night, and use the alarm system if there is one.

Other security instructions:

Bin collection day (put bin on kerb the night before):



Watering days (hand water or set reticulation if it is not raining):



Special watering instructions:



**1. Set small goals:** Write down 2 – 3 achievable goals that you would like to complete in the next few hours. Overestimate the time you think it will take – that way you will be pleasantly surprised.

**2. Learn how to prioritise –** make a list of things that need to get done and number them in order of priority, then rewrite in that order. Cross things off as you do them.

**3. Do you keep “putting off” doing things?** Just start. This is often the hardest part.

**4. Breathe:** Sit comfortably in your chair, close your eyes and breathe deeply (in for 4 counts through your nose, out for 4 counts through your mouth). If you place your hand on your abdomen and focus on letting your abdomen (instead of your chest) to rise and fall as you breathe, then you will be breathing more deeply.

**5. Listen to music –** relaxing whilst studying and some fun, funky music as a release.

**6. If you don't understand something,** leave it and come back to it later. A fresh mind often works better.

**7. Have frequent breaks** (about every 30 minutes take 5 minutes off).

**8. Take notes to read on car journeys or on public transport.** This will make good use of your time.

**9. You can combine work and exercise –** read your study notes on the exercise bike or recite notes in your head as you swim laps.

**10. Try herbal tea, such as chamomile or fruit tea instead of normal tea or coffee.** Caffeine can interfere with sleep and increase the tendency to feel agitated.

