

# *Way Safe!*

*Mapping Your Way to a Healthy Future*



## *Participant Workbook*

### *Workbook 1*

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# *WaySafe!*

## *Mapping Your Way to a Healthy Future*

*What is WaySafe?* It's a series of 6 group workshops that address health and safety concerns for probationers about to re-enter the community. In particular, there's a focus on risk reduction for HIV and hepatitis.

*HIV!?* You've got to be kidding, right? Not at all. HIV and Hep C are deadly serious. In the last 10 years, a "no worries" attitude seems to have developed about these illnesses. People assume that we now have drugs to "take care of it." But here's the truth - in the United States today, HIV is the #4 killer of people ages 18-30.

*But I have already had an HIV class.* That's great! We expect that you learned a lot. But *WaySafe* is not going to be another lecture about condoms and clean needles. We get that you already got that. Instead, in *WaySafe* groups, you'll learn a thinking and problem-solving tool called "mapping" and have a chance to apply it to your own beliefs and decision-making when it comes to important personal health issues.

*What's in it for me?* Basically, it's the chance to think and learn. Maybe HIV is nothing you will ever have to worry about personally – but you probably have friends, family, children, loved ones that may look to you one day for help with these issues. That's what's in it for you.

# *WaySafe!*

## *Mapping Your Way to a Healthy Future*



### **Workbook 1: Introduction to Mapping**

*Some background about node-link mapping, a thinking and problem solving tool that helps people explore their beliefs and decisions.*

### **Workbook 2: Risks and Reasons**

*Here you find some opportunities to think about why people take risks and examine your own beliefs about risk-taking.*

### **Workbook 3: The Game**

*Knowing stuff is important for survival. This workbook helps you review what you know and don't know about HIV and other illnesses.*

### **Workbook 4: The Should/Want Problem**

*It is human to WANT things. There is also a voice that reminds us what we SHOULD do. How do these voices influence our decisions?*

### **Workbook 5: Risk Scenes**

*Everyone intends to avoid risks. When it comes to avoiding HIV, turning intentions into actions requires thinking ahead about risky situations.*

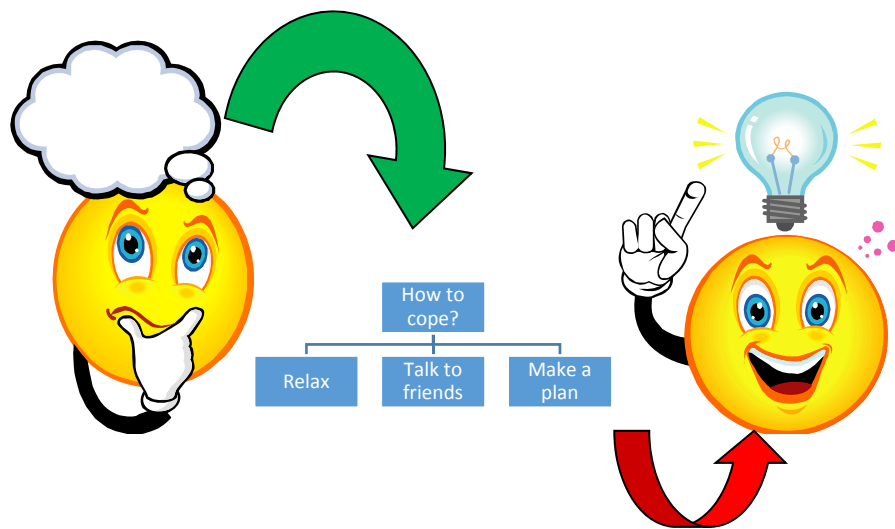
### **Workbook 6: Planning for Risks**

*Most people do not do a very good job planning for how they will deal with risks in life. Learn how to think ahead and enjoy the benefits.*

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# Workbook 1

## Introduction To Mapping



## Introduction

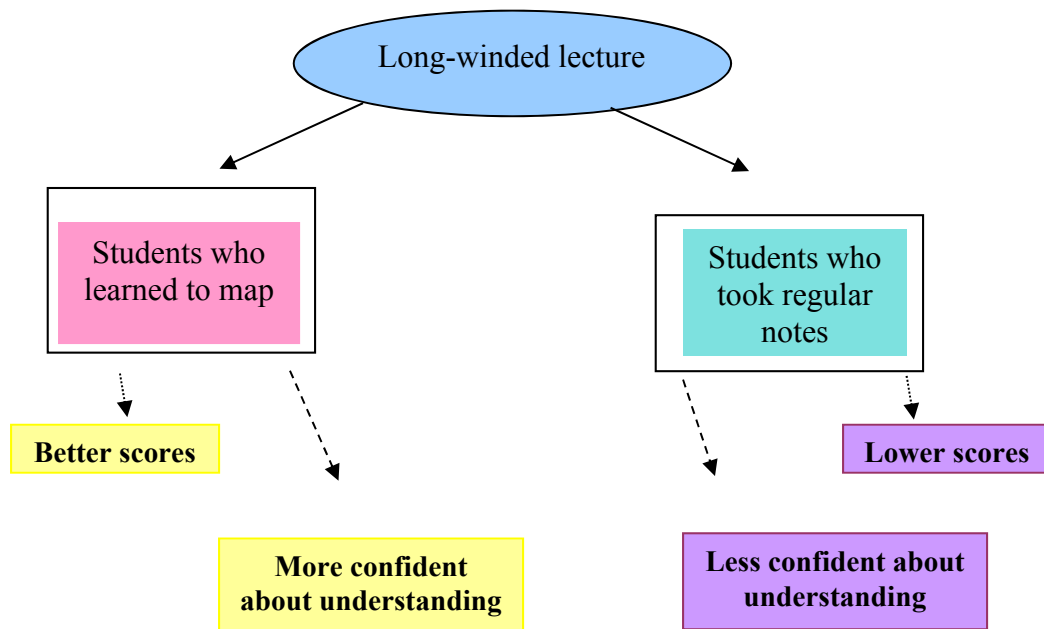
### What do you mean by “mapping”?

Mapping is a learning tool that helps organize information and ideas. It does this by giving you a way to examine ideas by looking at them – that is, writing down ideas and arranging them in boxes so you can really see how ideas, thoughts, feelings, and behaviors might be connected. Once you learn the simple basics of mapping, you can use it to help you with all kinds of planning.

Mapping is officially called “*node-link mapping*.” It was first studied as a way for helping students take better notes during long college lectures. In these studies, some students were taught to take notes by putting key ideas in boxes called “nodes” that were connected to other boxes with lines (“links”) representing how things were connected. The final product often resembled a “map” or flow chart of the lecture.

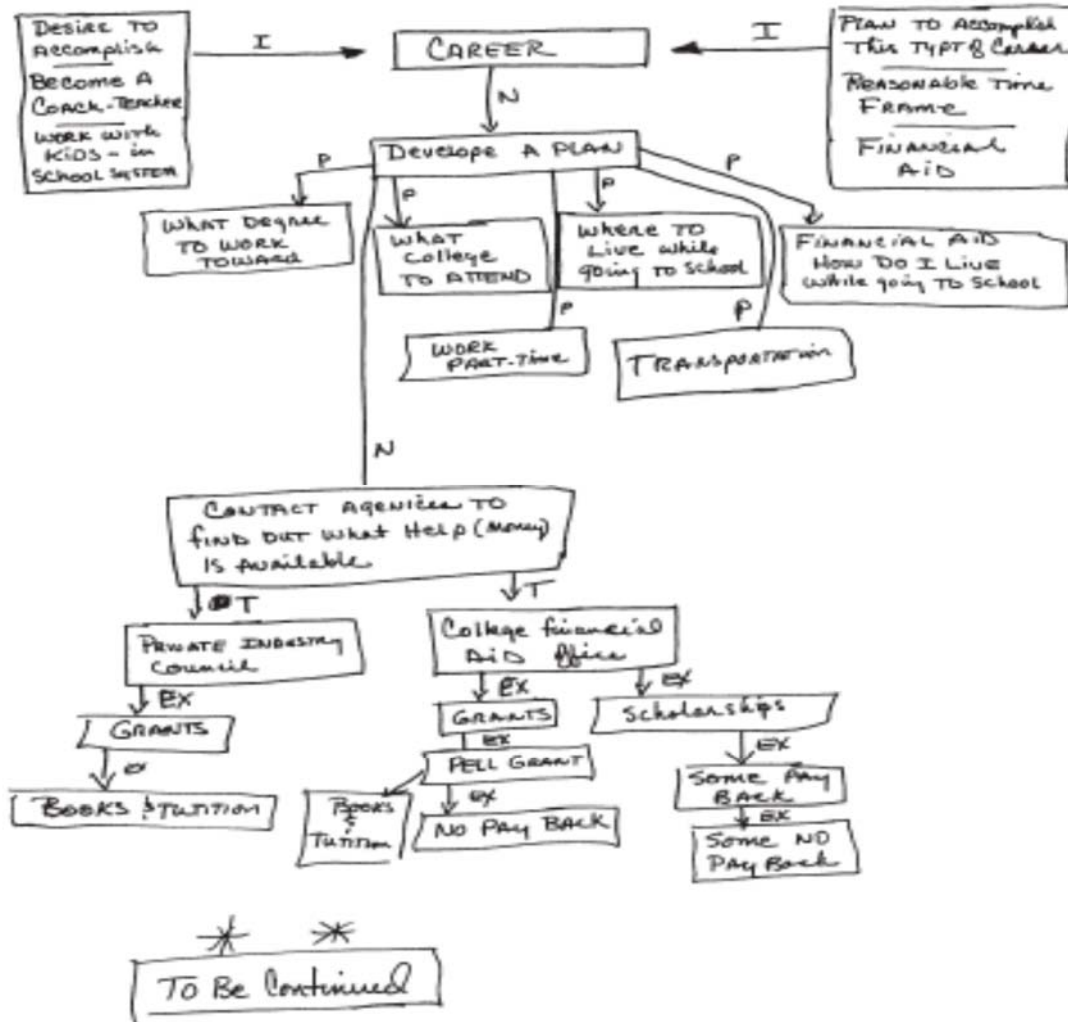
Other students wrote down their notes in the usual way. The results showed that students who used this “node-link mapping” system did better on tests and felt more confident about understanding the lecture than did students who took regular notes.

We made a map of this to help you see what we mean:



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Here another example of what a map can look like:



## Mapping as a Tool

Mapping is like a Swiss Army Knife – you can use it to help you with many things. The main “blades” of mapping are communication and problem-solving. Some maps are designed to help you communicate things about yourself (your personal strengths or your experiences) or communicate with others (how you see a situation). Other maps have a focus on problem-solving (laying out all their pieces of a problem so you can see how they fit together) and decision-making (exploring all of your options and choices).

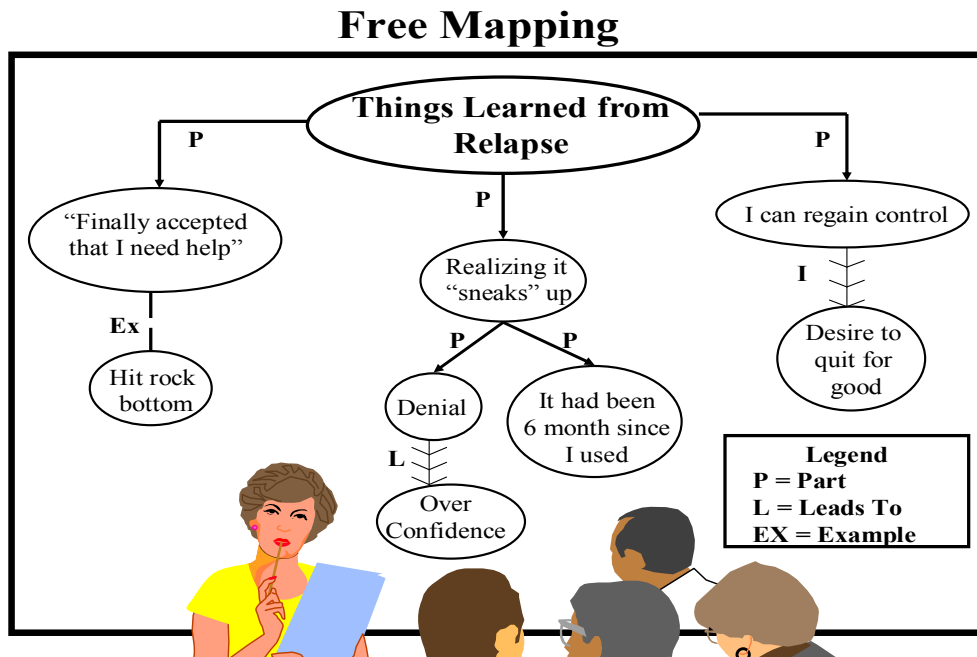
## Types of Maps

### Mapping Categories

In *WaySafe*, you will be working with 3 different types of maps (different, but very similar):

- ◆ **Free or process maps**
- ◆ **Information maps**
- ◆ **Guide maps**

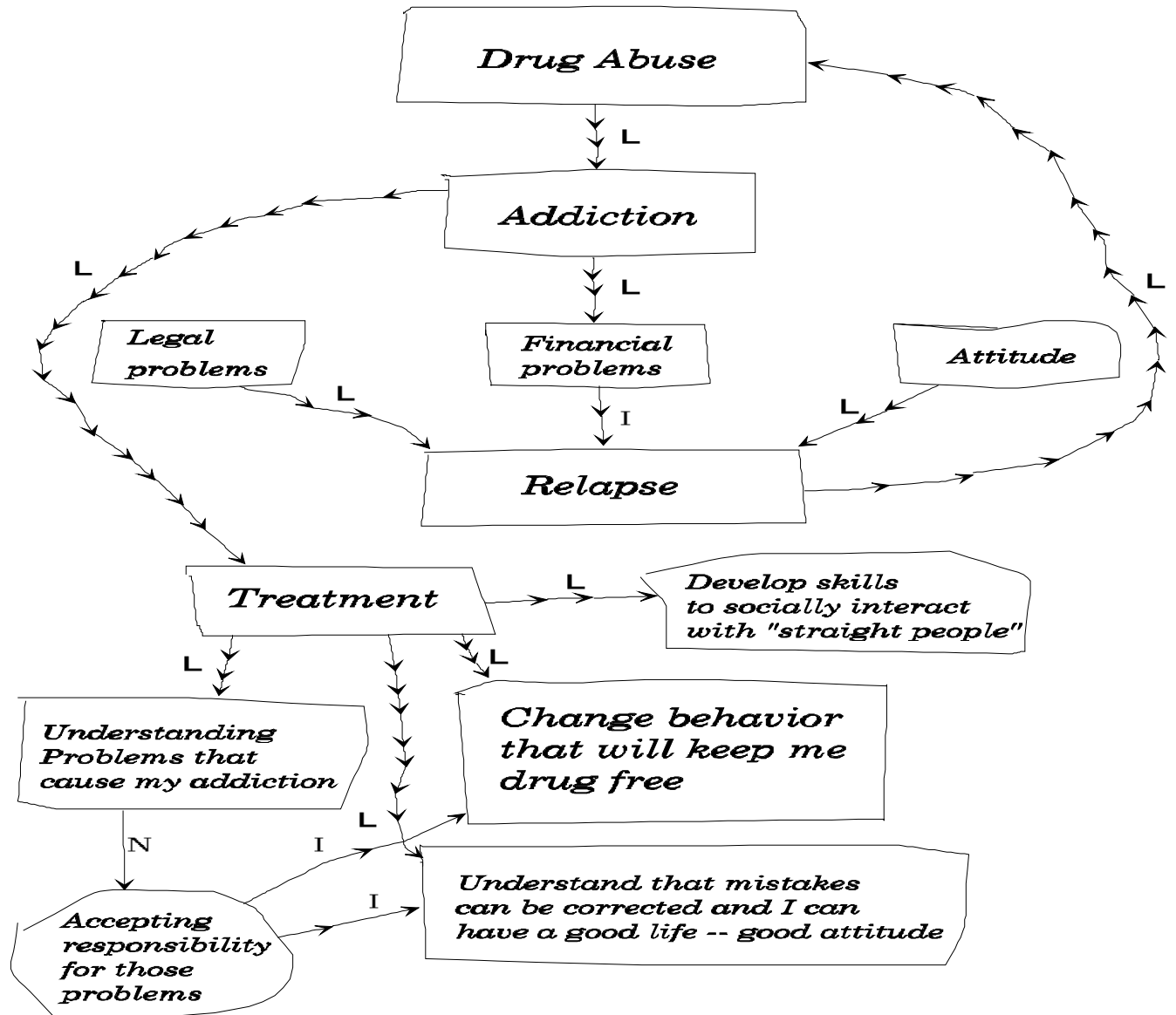
**Free or process maps:** These are sort of “free form” maps that get created as people think and talk, in real time. For example, your counselor will be using *free mapping* to organize some of the group discussions you take part in. In this use, the counselor may draw a starting node or box with an idea in it, then invite you and the rest of the group to add “nodes” so that everyone’s thoughts get laid out in a way that can be examined and discussed. Below is an example of a free map or process map created during a group session on “relapse.” In this case, the counselor created the map on an eraser board and the group members helped her lay it out.



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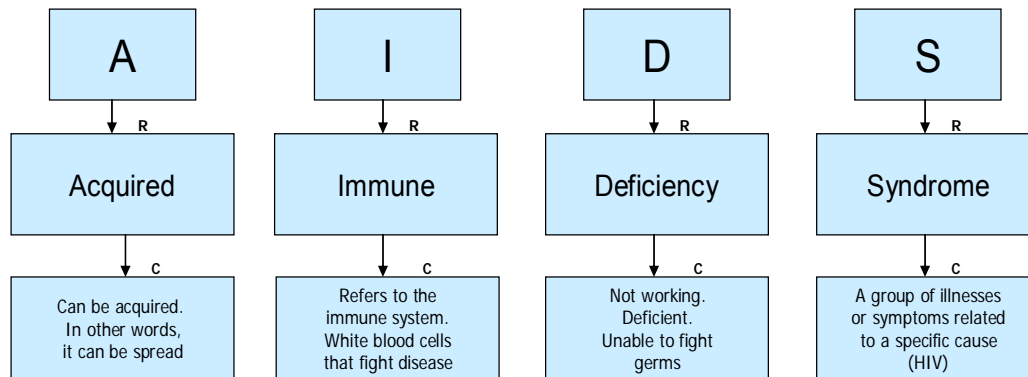
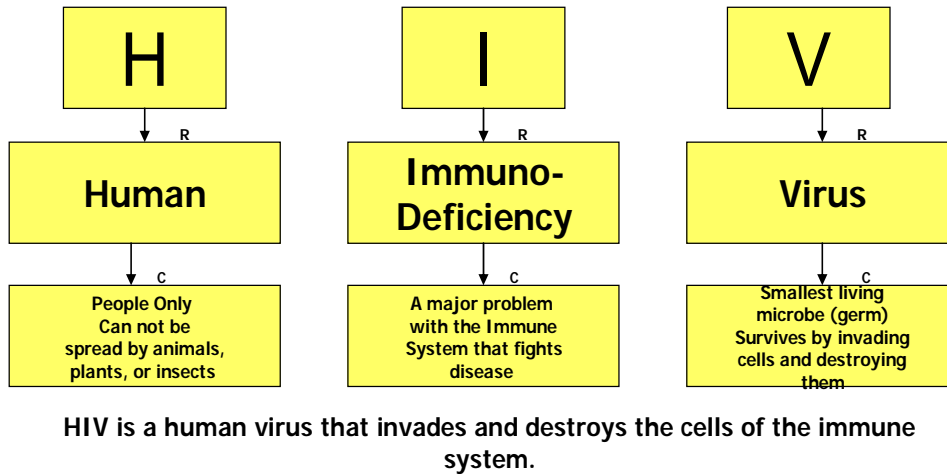
But there is another way to do free-form mapping. You can do it by yourself on a piece of paper or in a notebook. It's the same idea; you start with an idea or concern, and start laying out your thoughts or solutions in a way that makes sense. You can also use free maps in group assignments, with each member contributing ideas to the finished product. Here is an example:





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**Information maps:** *Information maps* are pre-filled maps that are used to communicate information. In this workbook and in your group, a lot of the information sheets will be in this format. These maps organize facts in an easy-to-remember format. Here's an example:



**AIDS is the late stage of HIV infection, resulting in illnesses and cancers the body can no longer fight off.**

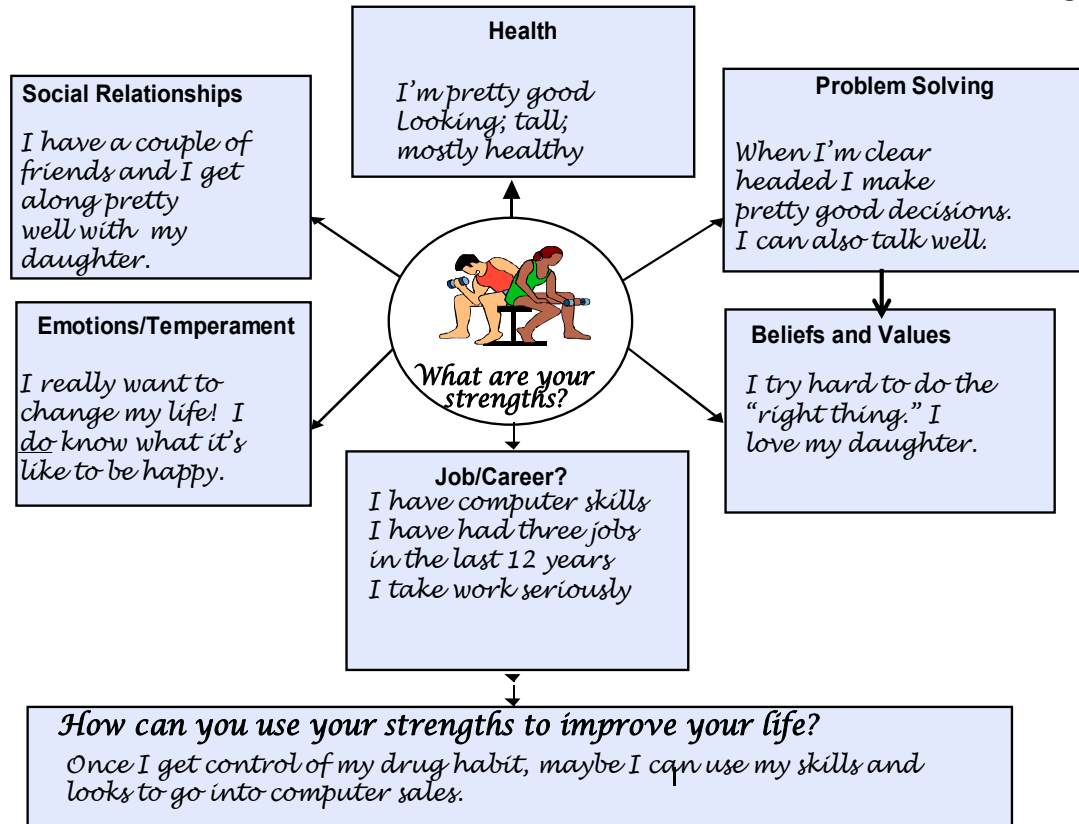
**Guide maps:** All of the worksheets you will complete in *WaySafe* will be in the form of *guide maps*. Guide maps are “fill-in-the-space” maps that ask about specific things and also allow freedom for self-expression. They will be used for individual assignments and for working in groups. Guide maps provide a structure for thinking about and talking about goals, personal resources, and specific steps and tasks for arriving at goals. Here is an example:

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## Example of a Guide Map that has been filled in:

Mapping Guide 1: Exploring Self (Map 1)

*Chris: A fictional case study (1):*  
**Strengths**



How useful was this map and discussion?  
Not useful 1--2--3--4--5--6--7--8--9--10 Very useful

Comments:

## Practice:

Use the **Mapping Worksheets** at the end of this workbook to make two maps. You will make one map about you – just using general information about yourself. You will make another map about what you know about HIV or hepatitis. There are some ideas on the next page to help get you started.

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### **Map 1: (Pick one of the following topics)**

*Your favorite foods, music, and cars*

*Your concerns about your sport team's line-up*

*Your plans once you go home from here*

*Your "family tree:*

*The best thing that ever happened to you, and how it happened*

### **Map 2: (Pick one of the topics)**

*What you know about how HIV is transmitted?*

*What you know about how Hepatitis is transmitted?*

*Safer sex versus unsafe sex practices*

*Reasons why people take risks with sex or needles*

**DO NOT** just write out your answers to these questions

***Go Ahead - MAKE A MAP***

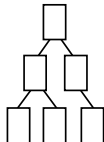
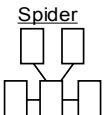
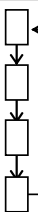

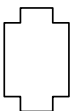


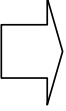
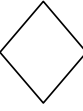


# Workbook 1

TCU Node-Link Mapping

## FREESTYLE MAPPING SHEET

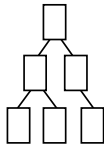
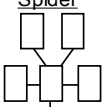
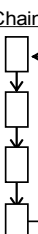
WEBSITE: [ibr.tcu.edu](http://ibr.tcu.edu)

<p><b>LINK TYPES</b></p> <p><b>Action</b></p> <p>Leads to L →→→→</p> <p>Next N →→→→</p> <p>Influences I →→→→</p> <hr/> <p><b>Description</b></p> <p>Part P _____</p> <p>Type T _____</p> <p>Characteristics C _____</p> <hr/> <p><b>Elaboration</b></p> <p>Example E -----</p> <p>Comment Co -----</p> <p>Analogy An -----</p> <hr/> <p>PERSONAL</p>	<p><b>STRUCTURE TYPES</b></p> <p><b>Hierarchy</b></p>  <p><b>Spider</b></p>  <p><b>Chain</b></p>  <hr/> <p>PERSONAL</p> <hr/> <p><b>HINTS</b></p> <ul style="list-style-type: none"> <li>• Draw pictures in nodes</li> <li>• Use colors and highlighters</li> <li>• Make mini-maps</li> <li>• Put numbers in nodes to make continuation maps</li> <li>• Use "Thought Team" quotes, etc., to aid mapping</li> </ul>								
<p>IDENTIFICATION INFORMATION</p>	<p><b>NODE TYPES</b></p>	<p><b>GENERAL</b></p>						<p>PERSONAL</p>	<p>COMMENTS ABOUT MAP</p>
		<p>GENERAL PURPOSE</p> 	<p>POSITIVE ITEM</p> 	<p>AGITATING ITEM</p> 	<p>DEPRESSING ITEM</p> 	<p>ACTION ITEM</p> 	<p>DECISION ITEMS</p> 		

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TCU Node-Link Mapping	FREESTYLE MAPPING SHEET	WEBSITE: <a href="http://ibr.tcu.edu">ibr.tcu.edu</a>
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<b>LINK TYPES</b>
<b>Action</b>
Leads to L →→→→
Next N →→→→
Influences I →→→→
<b>Description</b>
Part P _____
Type T _____
Characteristics C _____
<b>Elaboration</b>
Example E -----
Comment Co -----
Analogy An -----
PERSONAL

<b>STRUCTURE TYPES</b>
Hierarchy 
Spider 
Chain 
PERSONAL
<b>HINTS</b>
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