

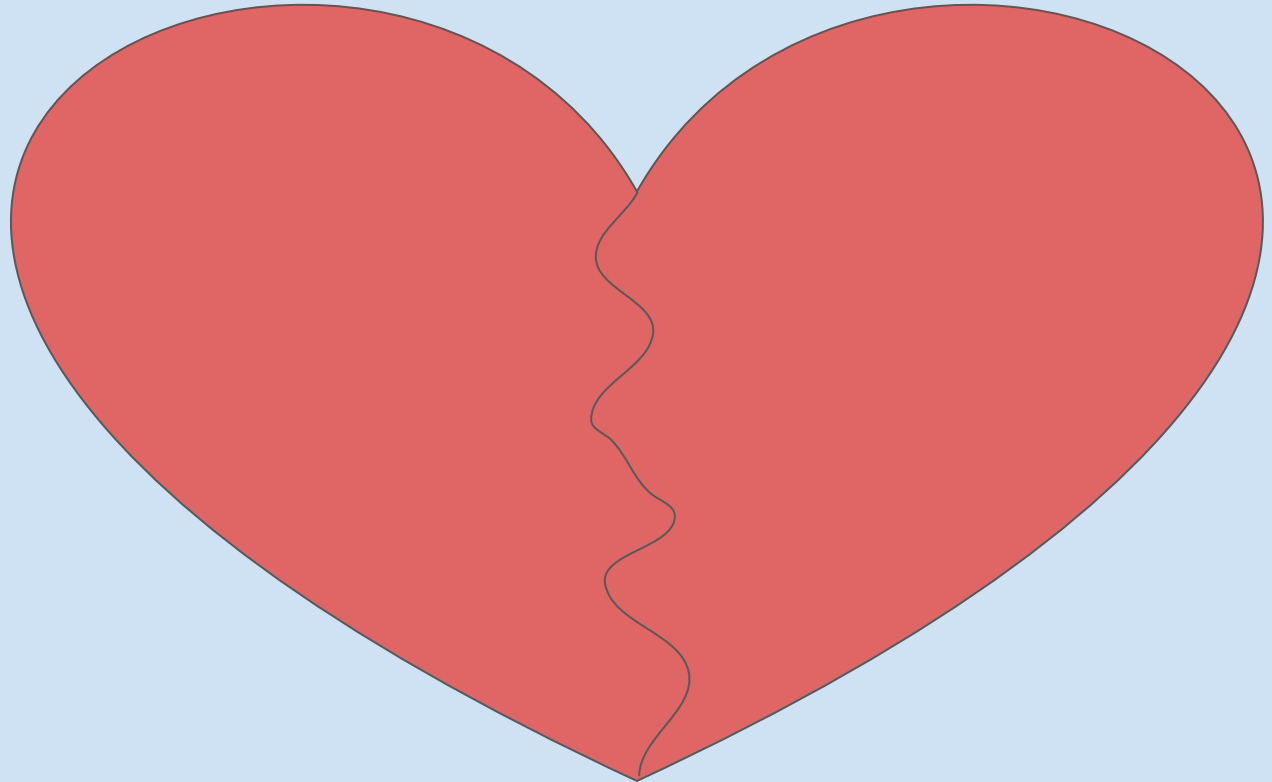


MAP YOUR HEARTBREAK

What matters to YOU?

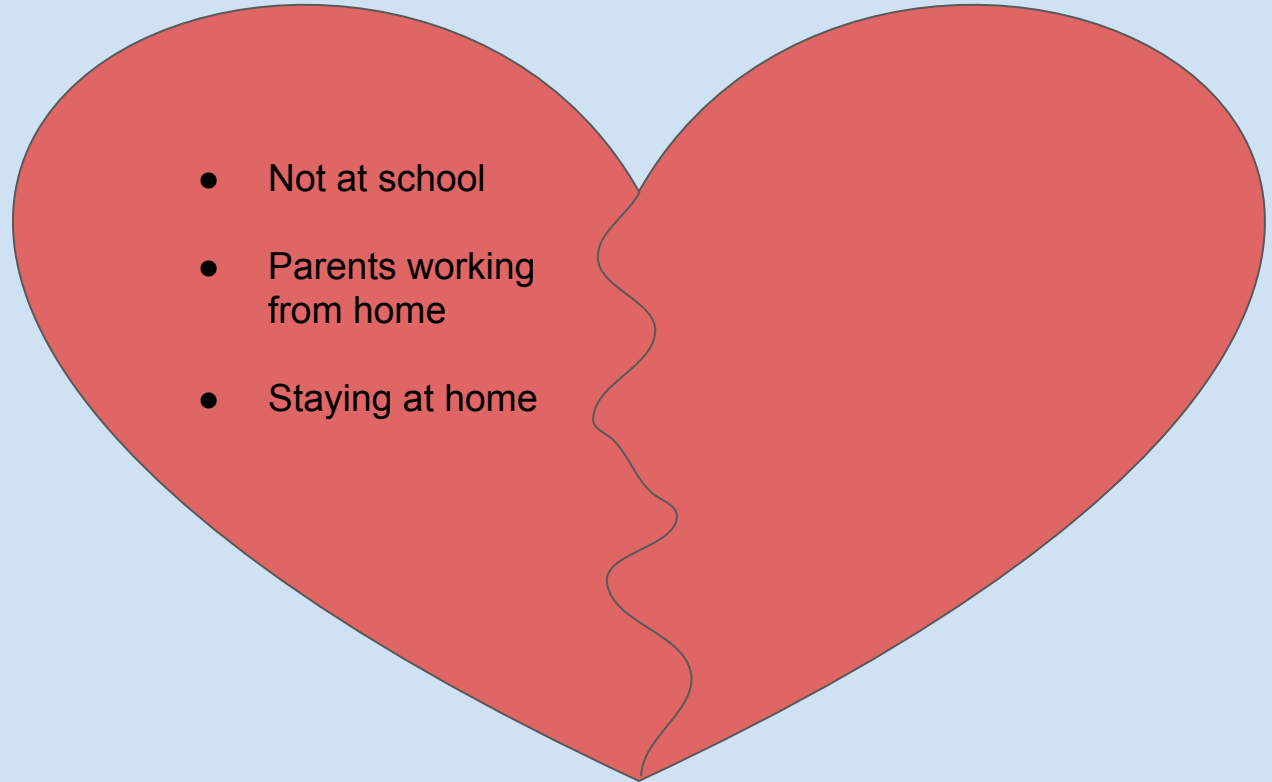
Map Your Heartbreak: Step 1

- Draw a heart on a piece of paper.
- Add a broken line down the middle.



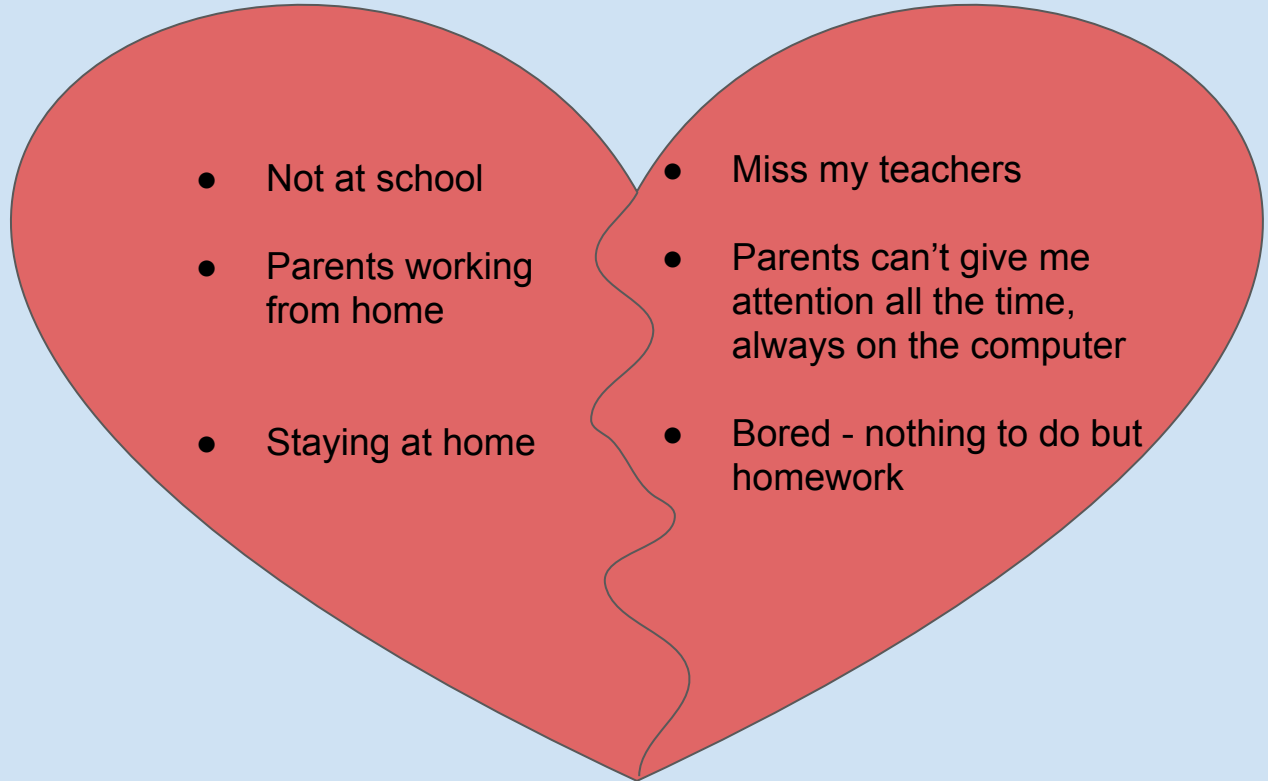
Map Your Heartbreak: Step 2 - Left Side

- List things that have changed since you left school
- Three ideas are listed to get you started



Map Your Heartbreak: Step 3 - Right Side

- Look at your list on the left side.
- List things that break your heart about the things you listed; you can list more than one heartbreak per item listed





**What can you do to make a difference
for you, your family and people in your community?**