



GUIDING GOOD CHOICES

Purpose:

Guiding Good Choices is a five session program that teaches parents of children ages 9-14 how to reduce the risk that their children will develop drug problems. There is clear evidence that the child-rearing practices, attitudes, values, and behaviors of parents influence whether their children will use drugs.

Population:

Guiding Good Choices is for all parents of children in grades 4-8 who want to strengthen family bonds and reduce the risk factors associated with teenage drug use. *Guiding Good Choices* is not intended as an intervention program.

Program Format and Content:

The program consists of five two-hour workshops usually held one evening for five consecutive weeks. Workshops cover the following areas:

- *Getting Started: How to Prevent Drug Use in Your Family*
Parents learn about the nature and extent of the drug problem among teenagers and decide for themselves how they want to prevent problems for their own families.
- *Setting Guidelines: How to Develop Healthy Beliefs and Clear Standards*
Parents develop clear family guidelines and expectations for behaviors.
- *Avoiding Trouble: How to Say No to Drugs*
Children and parents are invited to this session. They learn skills children can use for staying out of trouble and keeping their friends, while still having fun.
- *Managing Conflict: How to Control and Express Your Anger Constructively*
Parents learn to manage family conflict in a way that maintains and strengthens bonds with their children.
- *Involving Everyone: How to Strengthen Family Bonds*
Parents learn ways to strengthen family bonds and increase children's involvement in their family in their teen years. Parents also learn how to create a parent support network.

Benefits:

In follow-up studies, the *Guiding Good Choices* program was shown to:

- Reduce current alcohol use by 40.6%
- Significantly reduce the rates of initiation for marijuana and drunkenness
- Reduce the likelihood that experimental users will advance to heavier use by 54%
- Increase the likelihood that non-users will remain drug-free by 26%
- Reduce the likelihood that young people will commit delinquent acts

PARTNERS:

