

## What is Guiding Good Choices?

Guiding Good Choices is a **FREE** five-part workshop (once per week for five weeks) for parents or caregivers of children ages 9 to 14.

The program seeks to promote healthy youth development and to prevent teen alcohol, tobacco and other drug use by helping parents gain skills to:

- Strengthen family bonds
- Establish and reinforce clear and consistent guidelines and expectations for behavior
- Teach children skills to resist peer pressure
- Improve family management practices
- Reduce family conflicts

**Guiding Good Choices is based on research and has been PROVEN to:**

- **Improve parenting skills and parent-child interactions**
- **Reduce adolescent substance abuse**
- **Reduce adolescent depressive symptoms**
- **Reduce rates of self-harm by teen**

## What topics are covered in the workshops?

### **SESSION 1 GETTING STARTED:**

*How to Prevent Drug Abuse in Your Family*

### **SESSION 2 SETTING GUIDELINES:**

*How to Develop Healthy Beliefs and Clear Standards*

### **SESSION 3 AVOIDING TROUBLE:**

*How to Say No*

(children attend this session with their parents.)

### **SESSION 4 MANAGING CONFLICT:**

*How to Control and Express Anger*

### **SESSION 5 INVOLVING EVERYONE:**

*How to Strengthen Family Bonds*

**In research studies, children of participants had:**

- 40% lower rates of alcohol and marijuana use
- 54% less progression to more serious substance abuse
- 26% greater likelihood of remaining drug free if not already using drugs
- 38% lower rates of self-harm
- 28% fewer feelings of worthlessness

Reserve your spot by contacting:

Toni Rantala-480-484-4409 or  
trantala@susd.org

Cocopah Media Center  
Tuesday's 6:00 p.m. to 8:00 p.m.

- Session I - January 10, 2012
- Session II - January 17, 2012
- Session III - January 24,  
2012(Children  
attend with  
parents)
- Session IV - January 31, 2012
- Session V - February 7, 2012

**DRUGFREEAZ.org**

Az Parents Connect<sup>SM</sup> is designed to connect parents with the information they need to inspire their child to lead a healthy, drug-free life.

This project is supported by the Governor's Office for Children, Youth and Families.

# Parenting:

It's tough.

It's important.

Your kids need your best effort.

*Need some help?*

**Guiding Good Choices has helped more than 260,000 families since 1987. It works.**

**DRUGFREEAZ.org**

The Partnership for a Drug-Free America, Arizona Affiliate