



Guiding Good Choices

Substance Use Prevention Skills Workshop
for Parents & Caregivers of children ages 9- 15



4-part
series



Latest data
on substance use



Proven skills
to help your kids
avoid or delay use

**Evening and Daytime Groups are offered
throughout the school year!**



Sign up for **FACTS** Newsletter for upcoming dates.

**SCITUATE
FACTS**

More than 450 Scituate families have completed GGC!

"I went in expecting meetings on how to say 'no' to drugs and alcohol, but it was much more. Our facilitator did an outstanding job on presenting the information on how to be proactive with your children on how to make good choices on difficult issues. I am hoping to utilize what I have learned to help my three daughters make good choices in the future."

"I left the meetings feeling equipped with strategies and tools that I could use with my family. You'd be doing your family and our community a huge favor by participating in the program."

"I found the class gave me an awareness to the power I have as a parent to influence my child's choices."

"The steps we discussed on how to help a child make the right decision and not alienate themselves from peers was fantastic."

In this 4-part series, parents and caregivers will learn new information and skills (using presentation, videos, discussion, role playing, and worksheets) in a small group setting.



Learn latest statistics in Scituate



What are the risk factors for addiction?



Is there anything I can do about these risks as a parent?



Meet other parents and learn from each other



Invite kids to practice refusal skills (session 3)





We know from years of prevention research that positive outcomes are associated with the presence or absence of particular factors in a young person's community, school, and family environment - as well as with their individual characteristics (traits they are born with).

The Guiding Good Choices program is based on the science of prevention. By providing specific skills to parents and caregivers of young adolescents, Guiding Good Choices addresses the risk and protective factors listed below. Studies of the program show improved substance use outcomes for 10 + years after participation!

Risk Factors mitigated by Guiding Good Choices:

- ✓ Early initiation of substance use
- ✓ Friends who use substances
- ✓ Family management problems
- ✓ Rebelliousness; early and persistent antisocial behavior

Protective Factors increased by Guiding Good Choices:

- ✓ Bonding
- ✓ Healthy Beliefs and Clear Expectations
- ✓ Resiliency

Many of these risk and protective factors are common for other problem behaviors. So, in targeting key factors for substance misuse, we can also have a positive impact on school achievement, delinquency, anxiety, and depression.

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FACTS**