

Making Decisions

Help Students Make Healthy Decisions.

The Making Decisions Series is a leading province-wide education initiative to combat drug and alcohol abuse and encourage social responsibility. The series targets grades 4, 6, 7, 8 and 9.

A Best Practices In Substance Abuse Prevention.

Research on "Best Practices" shows that effective strategies for school-based prevention education employs an informative, interactive and holistic approach. Making Decisions was developed on this basis.

Early Prevention Is Key.

The vast majority of students have not used drugs other than medicines. Important skills such as problem solving, thinking independently, and resisting persuasion need to be fostered long before young people actually face drug-related choices.

Empower Students For Life.

The program equips students to make informed decisions (particularly regarding alcohol and other drugs)

The program:

- promotes life skills
- teaches critical thinking skills
- shows students how to be assertive, think for themselves and deal with pressures and influences that lead to substance abuse
- provides age appropriate information about alcohol, tobacco and other drugs

Provincially Recommended

Making Decisions: Grade 4, Grade 6 and Grade 7 are approved and recommended by the BC Ministry of Education for the health and career education of K-7 Substance Abuse Prevention curriculum.

The program was developed on the basis of teacher and student feedback through needs assessments, surveys and field-testing.

For Every School

Making Decisions is adaptable to your school's needs.

- *School-Based:* support your school's plan and mission statement.
- *Low-Cost:* a cost-efficient way to provide comprehensive prevention.
- *Life Skills approach:* students transfer the skills they learn to other areas of their lives, such as conflict resolution and bullying prevention.
- *Social Responsibility:* activities encourage student growth and give teachers evaluation opportunities.

Easy to Implement.

Each program is designed to meet BC Ministry of Education health and career planning K-7 Learning Outcomes, and includes ideas for integrating the lessons into the broader curriculum.

A comprehensive manual provides teachers with information on ways to: implement the program, involve parents, recognize individual, cultural, and family diversity, and handling disclosure of suspected child abuse.

Lesson plans are logical and practical and facilitate student involvement and initiative.

Reproducible student worksheets and a handout for parents are included.

Making Decisions is a vital tool to help kids make healthy choices- - today, and in their future

Price List:

Making Decisions: Grade 4	\$84.95
Includes Class set: (1 Teacher's Manual + 25 Storybooks)	
Additional Student Storybook	\$2.90
Making Decisions: Grade 6	\$29.95
Making Decisions: Grade 7	\$29.95
Making Decisions: Grade 8	\$39.95
Making Decisions: Grade 9	\$39.95
Parents as Preventors	\$15.00

Downloadable order form available at:
www.ad.es.bc.ca

Contact our office for further information:
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MAKING DECISIONS:

GRADE 4



The program rests on the premise that the vast majority of students in grade 4 have never used drugs of any kind other than medicines. The goal is:

1. to provide age-appropriate information about drugs and the nature of drugs.
2. to raise awareness of the consequences of drug misuse.
3. to introduce the concept of responsible decision-making that has positive consequences for his or her health and well-being.

Mission: RAD (Research About Drugs)



In the student storybook, a curious alien, Zorga, is sent to earth to learn about people and drugs. Together with Joe and Anna, two earthlings, they seek answers to questions such as:

- Where do drugs come from?
- Are drugs helpful or harmful?
- Does using drugs other than medically meet people's needs?

Lesson titles are:

1. Mission: RAD – Introduction
2. Safety – Medical and Non-Medical Drug Use
3. Feeling Good About Yourself
4. Look-Think-Decide – Developing Decision-Making Skills

MAKING DECISIONS:

GRADE 6



The program teaches students to: distinguish between their needs and wants, develop refusal skills, practice simple strategies for making sound decisions, and learn how their choices affect all aspects of their life.

Lesson titles are:

1. The Whole You
2. The Importance of Needs and Wants
3. Exploring Product Advertising
4. Peer Influences
5. Family and Community Influences
6. Look, Think, Decide
7. Drugs and Drug Issues
8. You Have A Choice

MAKING DECISIONS:

GRADE 7



The program highlights decision-making, critical thinking and goal setting skills. It provides opportunities for students to practice what they learn. Students explore alcohol, tobacco and other drug issues through discussion, research and class activities.

Lesson titles are:

1. Decisions, Decisions, Decisions
2. Our Personal Goals
3. Decision Making: A Model
4. Drugs in Society
5. Peer Group Influences
6. Media Influences
7. The Choice is Mine

MAKING DECISIONS:

GRADE 8 & 9



These programs focus on the development of key skills in critical thinking, self-confidence and assertiveness. During these transition years when students face an increased pressure to use drugs, these modules promote healthy and positive adolescent development and learning.

Grade 8 Lesson titles are:

1. Making Decisions About Drugs
2. Learning the Facts About Drugs
3. Peer Influences to Experiment and Some Reasons to Resist
4. Social Problems, Social Solutions
5. Making Healthy Choices About Drugs

Grade 9 Lesson titles are:

1. Getting Information About Drugs
2. Drugs and the Media
3. Standing up for Myself/Making Choices
4. Making Choices
5. My Future and Our Future



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Elementary, Middle & Secondary Schools

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