

# CHOICE

## Alcohol & other drugs group program

CHOICE is an early intervention group program designed to increase awareness of the effects of drug and alcohol use, and empower students to make informed and healthy choices.

CHOICE creates a safe environment for young people to voice concerns and ask questions, and gives students the skills and awareness to make healthier choices in order to delay, reduce, and prevent the use of alcohol and other drugs.

Our lesson plans have been designed to meet several PDHPE K-10 outcomes to promote health, safety, and wellbeing.

### Program outline

- Reward centre of the brain
- Stages of use
- Harms and effects
- Stages of change
- Making healthy choices

### Enquire online



6 week program



1 hour sessions



6-8 students group size



Person-centred approach



PDHPE K-10 outcomes

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