

# What is Guiding Good Choices?

**GGC is a program for parents of youth ages 9-14, offered in five 2-hour workshops over five consecutive weeks. Offered virtually, an intro session is added to orient parents to the online environment and tools for participating from home.**

## **Intro Session (only for Virtual Workshops)**

Parents meet each other, learn about the structure and promise of Guiding Good Choices, talk about wishes for their children, and learn how to interact in the online environment.

## **Getting Started: How to Promote Health and Well-being During the Teen Years**

Parents learn about the Social Development Strategy, a framework for promoting well-being and preventing behavioral problems in teenagers, and decide for themselves how they want to prevent problems in their own families.

## **Setting Guidelines: How to Develop Healthy Beliefs and Clear Standards**

Parents develop clear family guidelines and expectations for behavior.

## **Managing Conflict: How to Deal with Anger in a Positive Way**

Parents learn to manage family conflict in a way that maintains and strengthens bonds with their children.

## **Avoiding Trouble: How to Say No, Keep Your friends, and Still Have Fun**

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.

## **Involving Everyone: How to Strengthen Family Bonds**

Parents learn ways to strengthen family bonds and increase children's involvement in family tasks. They also discuss the importance of expressing love and appreciation to children. Parents also learn how to create a parent network.

## **GUIDING GOOD CHOICES WORKS!**

In clinical studies,\* the Guiding Good Choices program has been shown to **strengthen family bonds, improve parent-child communication, help families better manage conflict, and increase the use of guidelines**, monitoring, and consequences to help guide preteen and teen behavior and decision making. For youth, Guiding Good Choices has been shown to:

- ▶ reduce alcohol and marijuana use by 41%
- ▶ reduce progression to more serious substance abuse by 54%
- ▶ increase the likelihood that non-users will remain drug-free by 26%
- ▶ reduce depression symptoms by 28% through end of 12th grade

\*Effects were shown 2 or 3 1/2 years after the program ended, and at the end of 12th grade, and compared children of program participants with a control group of children whose parents did not participate in the program. The original studies were published in the Journal of Consulting and Clinical Psychology. Specific citations are available upon request.