



Now booking **Guiding Good Choices**, a free drug use prevention program that provides parents of children 9 to 14 years old with the knowledge and skills needed to guide their children through early adolescence.

**Guiding Good Choices has been shown to:**

- reduce current alcohol use by 41%
- reduce the rates of initiation for marijuana use and drunkenness
- reduce the likelihood that experimental users will advance to heavier use by 54%
- increase the likelihood that non-users will remain drug-free by 26%
- reduce the likelihood that young people will commit delinquent acts
- significantly slow the typical rate at which multiple substance use (alcohol, tobacco, and other drugs)

**Session topics include:**

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

**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 their family in their teen years. Parents also learn how to create a parent support network.*



*Spots filling fast!*

**If you are interested in more information or bringing this program to your school, agency or organization please contact Cara Weiner Sultan at [caw10@cornell.edu](mailto:caw10@cornell.edu).**

Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

**Cornell Cooperative Extension | Suffolk County**

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