

Choices

Sponsored by Saint Francis Community Services

- › Pre-teen version
- › Teen version
- › Parent version



1. **Challenge** yourself to stop and think
2. **Consider** positive and negative consequences
3. **Choose** the best option for you
4. **Commit** yourself to learn from past choices



Lies do more to damage a trusting relationship than a mistake ever can.

Choices is a program aimed at helping teens learn to make good decisions. The program encourages teens to stop and think about the consequences prior to making decisions.

The greatest gift you can give a child is the ability to make good decisions.

Discussion learning utilized by this program allows teens to actively participate rather than be lectured to. The discussion groups require teens to listen to each other, learning from experiences and responses of others.

Each teen completing the Choices program will receive a Choices completion certificate. Experience may be the best teacher, but there are many situations we do not want our teens to experience before they learn. This program uses the descriptive real life stories from the Chicken Soup for the Teenage Soul and Chicken Soup for the Teenage Soul III, as lessons to learn from. Through this program, the decisions made in the stories are examined and discussed within the group. The group may discuss what they think motivated the decision or they may be given a chance at a "Do-Over" to decide a new ending for the stories, making different choices. This gives teens a chance to think about the consequences involved in various situations and learn to make better choices.

This program focuses on helping teens understand how values, attitudes, peer and family pressures, responsibilities, goals, and relationships influence their choices.

The Choices Program was developed to help teens with choices, understand that they are not alone in their feelings, and discover how to overcome obstacles standing in the way of happiness.

The teen years can be a roller coaster of emotions. This program is meant to help prepare teens for the road ahead. Giving them the confidence to say no to a friend, decide not to join in when others are doing something wrong, express feelings that cause them to be upset, and to look beyond the moment.

