



bjcschooloutreach.org

314-286-0460

- Health Promotion and Disease Prevention
- Health Influences
- Health Information, Products and Services
- Using Communication Skills to Promote Health
- Reducing Health Risks
- Setting Goals for Good Health
- Health Advocacy

National Health Education Standards addressed in
Power of ChoiceSM

Power of ChoiceSM





Today's teens face many choices. What should I wear to school? Who can I take to the dance? What kind of music is cool? Some choices can have serious consequences: Should I use tobacco, alcohol or other drugs? What will my friends say if I don't? What will they say if I do?

Adolescents will learn about the use and abuse of tobacco, alcohol, and other drugs (TAOD) in the Power of Choice program. With this information, students can make informed, powerful and independent choices.

Overall health issues associated with substance abuse will be addressed. Students will learn about:

- Reasons people choose to use or not use substances
- Healthy alternatives to TAOD
- Long-term consequences of use as seen in healthy and diseased organs
- Resources to assess addiction and access help if necessary

Developed for students in grades 5-12, the course includes four, one-hour interactive sessions. Power of Choice results will be measured by pre- and post-testing.

For more information, contact the BJC School Outreach & Youth Development program line at **314-286-0460** or go to **bjcschooloutreach.org**