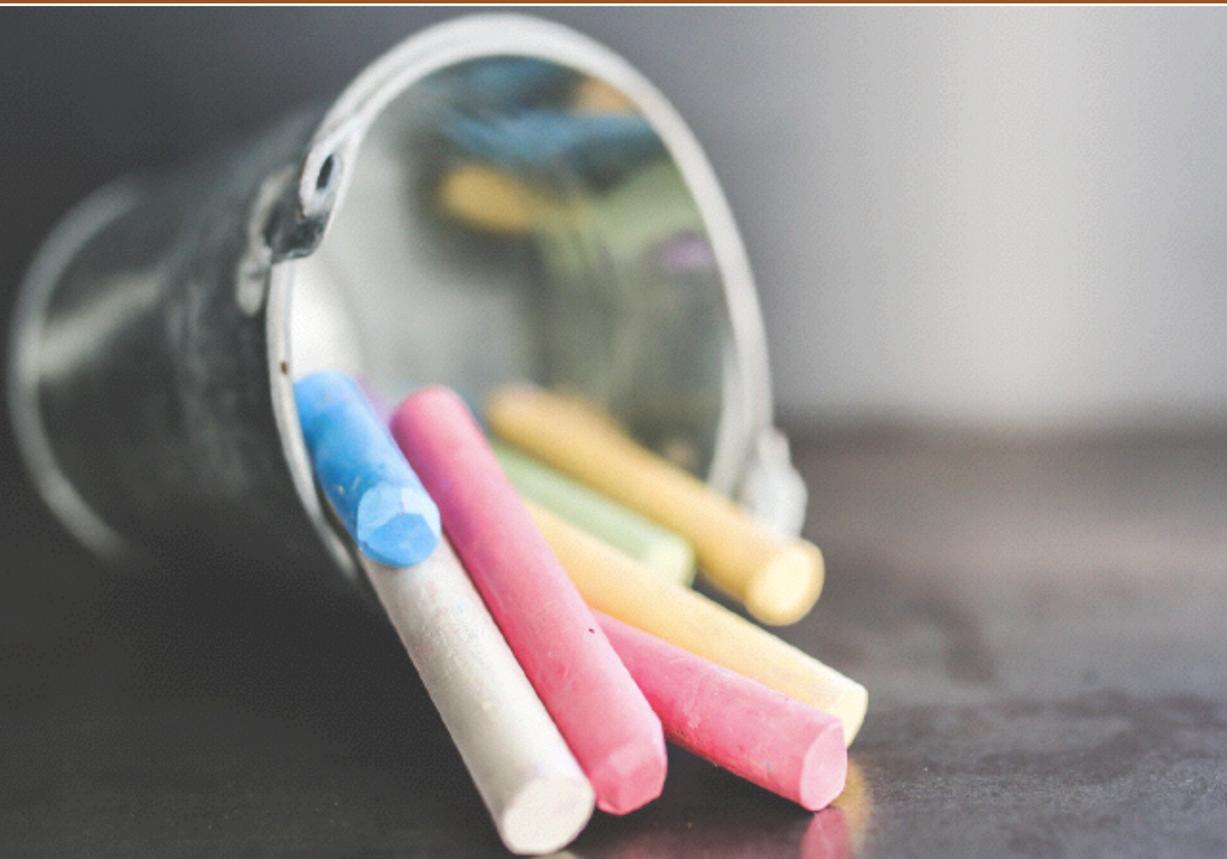


HEALTHY FAMILIES — HEALTHY YOUTH

Educating Youth And Families On The Dangers Of Substance Abuse



Did you know the average age for starting to use an addictive drug is 13 years old.

To educate families and youth leaving elementary school on the dangers of substance abuse, The Governor's Office of Youth, Faith and Family has developed the Healthy Families, Healthy Youth initiative.

The initiative will foster and cultivate student health and wellness choices in regard to substance use through education and outreach.

THE GOALS

- Educate students and their parents about today's substances with a focus on prevention.
- Provide students and parents with the tools necessary to make healthy choices in regard to substance use.
- Help youth and adults engage in meaningful dialogue about substance abuse and family norms.
- Promote youth and family prevention strategies through the creation of an annual "Family Plan".
- Promote youth, family and school wellness through comprehensive education.
- Provide youth, families and schools with prevention, intervention and treatment resources.

PEER EDUCATION

The initiative will focus on peer education which is a successful model used nationwide and includes a number of benefits:

- Trained peer educators are often perceived as a more credible source of information than adult educators, and can serve as positive role models.
- Peer- led education can also improve teens' inclination to take action steps toward prevention.
- Adolescents who were counseled by peers were more likely to engage in an interactive discussion.
- Youth led programs may provide meaningful involvement with opportunities to increase self-discipline and self-esteem.

Are you a school administrator seeking more information about the High School Health & Wellness grant program? Contact us at (602) 542-4043 or visit our website at <http://goyff.az.gov/>.

Do you or someone you know need assistance in dealing with substance abuse? Visit www.substanceabuse.az.gov



Governor's Office
of Youth, Faith and
Family