

Building Idealism: Promoting A Positive Future

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Tanglewood Research

Dedicated to developing, testing, training, and marketing highly effective educational materials for preventing drug use, violence, delinquency, and premature sexual activity among teens.

Prevention Definition

Prevention is a proactive process that empowers individuals and systems to meet the challenges of life events and transitions by creating and reinforcing conditions that promote healthy behaviors and lifestyles

SAMHSA/CSAP

Prevention Goals With Youth

- No alcohol use until at least the legal age of 21
- No tobacco use for a lifetime
- No illicit drug use for a lifetime

Prevention Definition *(cont.)*

The goal of substance abuse prevention is the fostering of a climate in which (a) alcohol use is acceptable only for those of legal age and only when the risk of adverse consequences is minimal; (b) prescription and over-the-counter drugs are used only for the purposes for which they were intended; (c) other abusable substances, e.g. aerosols, are used only for their intended purposes; and (d) illegal drugs and tobacco are not used at all

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Growth and Development Elementary to Middle to High School

- Physical Changes
- Cognitive Changes
- Social Changes
- Emotional Changes

Developmental Continuum

- Abstract thinking
- Select role models
- Question adult rules
- Develop independence and personal identity

Motivational Approaches in Prevention

- Attitude change
- Beliefs about Consequences
- Bonding
- Commitment
- Norm Setting
- Idealism

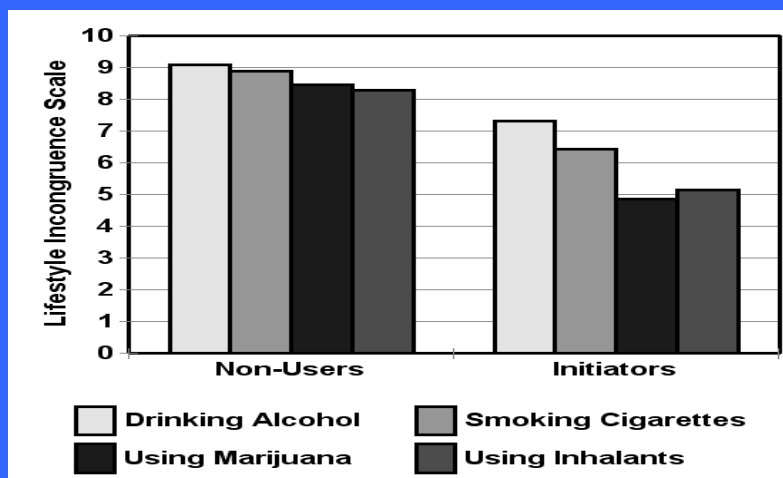
Idealism

A positive vision youth have for themselves and their goals for the future ----one that would conflict with risky behaviors including use of alcohol, tobacco, and other drugs.

Origin of Ideals

- Religion
- Politics
- Media
- Peers
- Education
- Personality
- Traumatic events
- Economic

Lifestyle Incongruence



Building Idealism

- Find positive future youth want
- Use dreams to identify goals
- Encourage ideal-based lifestyle choices
- Let youth identify incongruence
- Expect the best
- Avoid adding your reality to their dreams

Activities

- Artwork depicting ideal lifestyles
- Create personal mottos
- Identify desired reputations
- Write about life goals
- Get trusted advice-to achieve and to avoid
- Create maps to the future
- Identify habits that further goals
- Analyze ideals of heroes