



## Smart Choices Program Overview

**Smart Choices** is a Camp Fire USA program designed to produce a fun, safe, and positive experience for middle school and high school students. In this program teens focus on making smart choices for a healthy future.

During adolescence, experiential learning is crucial to healthy development. This Camp Fire program provides the necessary safe environment, where teens can receive this type of crucial and effective education that will help prevent destructive behaviors, while promoting high self-esteem.

### **The Purpose of Smart Choices:**

*To empower youth by meeting the following needs essential to healthy development.*

- To occupy a valued place in a constructive group
- To feel a sense of worth as a person
- For self expression
- To believe in a promising future with real opportunities
- To become effective communicators
- To build a reliable information base, from which to draw, in order to make informed decisions

### **Program Outline:**

1. **Session One:** Introductions, to establish a friendly and safe atmosphere conducive to respectful, and meaningful learning and discussion.
2. **Session Two: Focus on values.** Learn, and define what they are and their importance.
3. **Session Three: Self-esteem and resisting peer pressure.** Identify positive assets in each student. Discover how positive self-esteem aides in the resistance of peer pressure.
4. **Session Four: Decision Making and Goal Setting.** Practice the technique of basing decision making on personal values. Learn about consequences to positive and negative choices in the context of each individual's short and long-term goals.
5. **Session Five: Friendship.** Learn to make, build, and keep healthy friendships. Learn to apply values systems when choosing friendships. Explore the concept of diversity and how to understand it, in the context of making friends.
6. **Session Six: Communication.** Become familiar with the basic forms of communication, verbal versus non-verbal, assertive, passive, and aggressive. Learn the differences in each communication style, and how to develop and implement appropriate communication strategies in various situations.
7. **Session Seven: Healthy Relationships.** Identify pressure lines or statements that result in uncomfortable situations, or activities.
8. **Session Eight: Putting it all together.** Practice and apply what they have learned from sessions 1-7 to ensure healthy relationships with others. Facilitated through skits, written or verbal reflection, and activities.