

## PEAK CHOICES Guidelines for Practitioners and Students

**The Activities are intended to help students, ages 13 through 21, to:**

1. Build awareness of current and past behaviors
2. Research and consider potential consequences
3. Encourage reflection on the impact to self and others
4. Create reasons to make better choices
5. Build assets that develop skill, confidence, and desire
6. Share with peers and leaders to get feedback and support

**THE PROCESS:** Each of the following Activity Sections should be done in order. Each follows a three-phase process. At the end of the **Share with a Partner** and **Group Discussion** phases, the student should go back the Personal Reflection Activities and update their answers, based on what they learned, discovered, shared, and felt in the discussions.

- **Personal Reflection:** The student should complete all the Activities in the Section. Each Activity has all the instructions and resources needed to complete the work.
- **Share with a Partner:** The partner can be a peer or an adult teacher, sponsor, counselor, caseworker, or other sponsor. The partner should gently question, clarify, encourage honesty, and challenge the student to address their problems head-on.
- **Group Discussion:** In whatever format or arrangement works for your organization, with an adult moderator, students should share and discuss their answers, preferably, after they've update the Personal Reflection Activities following sharing with a partner.

*Wherever the Activities show the **Go Find It** button, you'll find useful resources in the online Peak Choices program. Or, you may substitute your own materials or resources.*

*Peak Choices and the reflective exercises below are not intended to be recovery or treatment programs, nor should they be used instead of qualified clinical or psychological interventions. It is up to the local adult practitioners (teachers, counselors, program directors, youth leaders, ministers, parents, etc.) to offer these Activities to their students as an educational resource only, and the practitioner assumes full responsibility for the outcomes. Pikes Peak Learning makes no guarantees or claims to the effectiveness or results to be gained with these Activities, and assumes no responsibility for youth behaviors or the absence of behaviors.*

