

Rebound

SAFE Choices Program



The SAFE (Substance Abuse Facts and Education) Choices program targets youth between the ages of 12 and 17 to help them make informed decisions on substance use.

How does SAFE work?

The 10-week program focuses specifically on substance abuse prevention, using documented and reliable information, guest speakers, video documentaries, open discussions and practical exercises. Each intake is divided into smaller groups of four or five, led by volunteer table coaches, who explore the reasons and risks behind substance abuse and investigate alternatives.

Is SAFE effective?

More than 90 per cent of youth evaluated reported positive changes in attitude, behaviour at school and home, school attendance and grades, resist to peer pressure and drug and alcohol use. Almost 90 per cent of parents report their child showed improvements in responsibility, communication, decision-making, and social skills. Another 99 per cent of the parents with children in the program would recommend SAFE Choices to another family.

What behaviours does SAFE target?

Most youth referred to the program have experimented with drug and/or alcohol use. Many of the youth in the program are having difficulty making positive decisions, consequently making them more vulnerable to negative peer pressure and experimentation. Funding is provided through the Ministry of Child and Youth Services, as well as public donations.

SARNIA - LAMBTON



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Supporting Youth
Strengthening Community

Who makes referrals?

Referrals can be made by parents, schools, other community agencies, police, the courts or probation office. The Sarnia police and OPP refer youth to the program as a diversion from court.

For more information on the program contact Sarnia-Lambton Rebound at 519-344-2841, or by email at info@reboundonline.com or visit the website at www.reboundonline.com.