



MACHON SIACH
at SAR High School

מכון
שיח



Honoring the memory of Belda K. Lindenbaum z"l



GUIDING
GOOD CHOICES®





BBC
NEWS

Participating Schools (2019/2020)

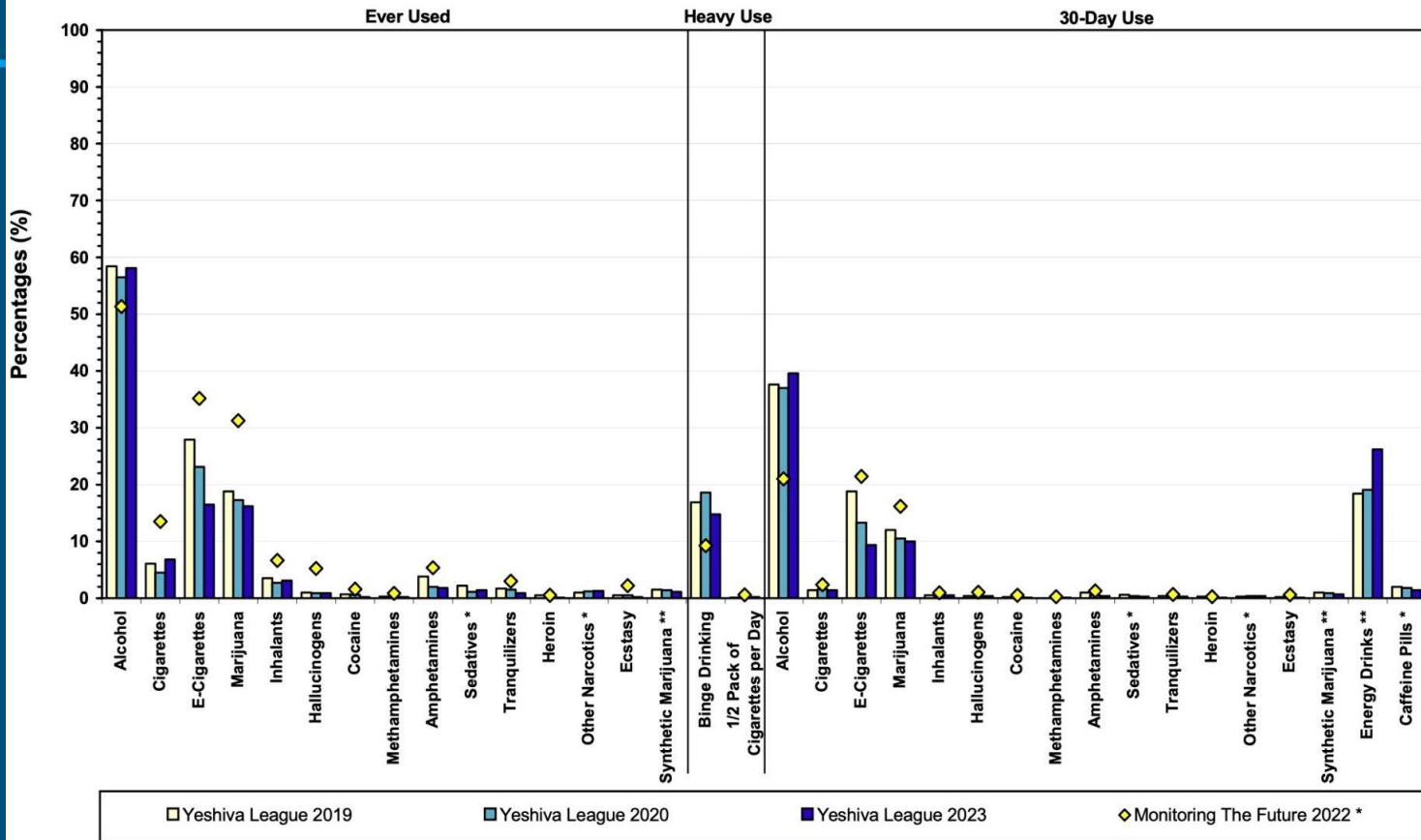
- Bruriah
- Frisch
- HAFTR
- HALB/DRS
- HALB/SKA
- HANC
- Ida Crown
- JEC
- Kushner
- Maayanot
- Magen David
- Maimonides
- North Shore
- Ramaz
- SAR
- Shalhevet HS (Los Angeles)
- TABC
- Yeshivah of Flatbush
- YU Boys-MTA
- YU Girls-Central

Participating Schools (2023)

- HAFTR
- HALB/DRS
- HALB/SKA
- HANC
- Ida Crown (Chicago)
- JEC
- Katz (Boca Raton)
- Magen David
- Ma'ayanot
- North Shore Hebrew Academy
- Rae Kushner
- SAR
- Shalhevet (Los Angeles)
- TABC
- YU Boys (MTA)
- YU Girls (Central)
- Yeshivah of Flatbush

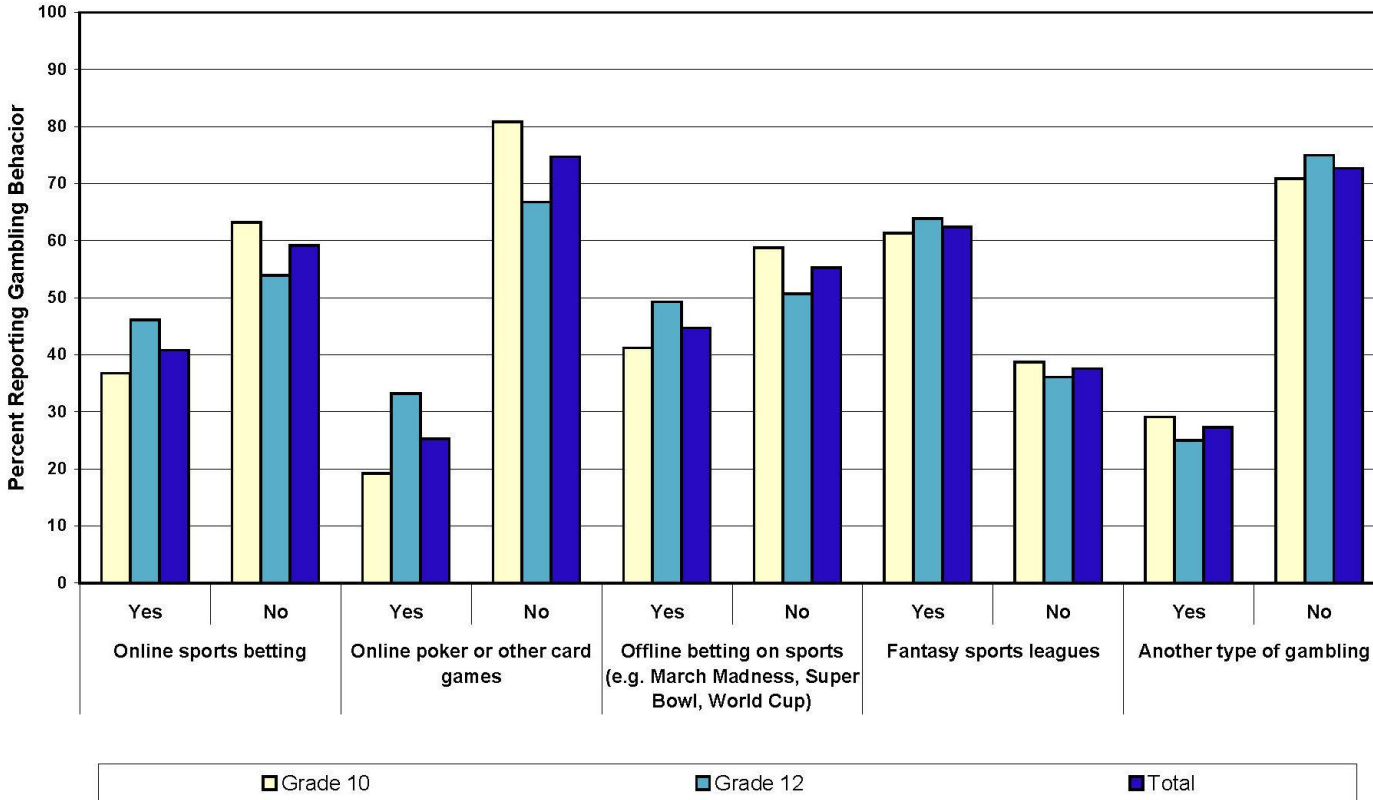
Our Community and Substances—What the Data Show

LIFETIME, 30 DAY & HEAVY ATOD USE
2023 Yeshiva League Student Survey, All Grades



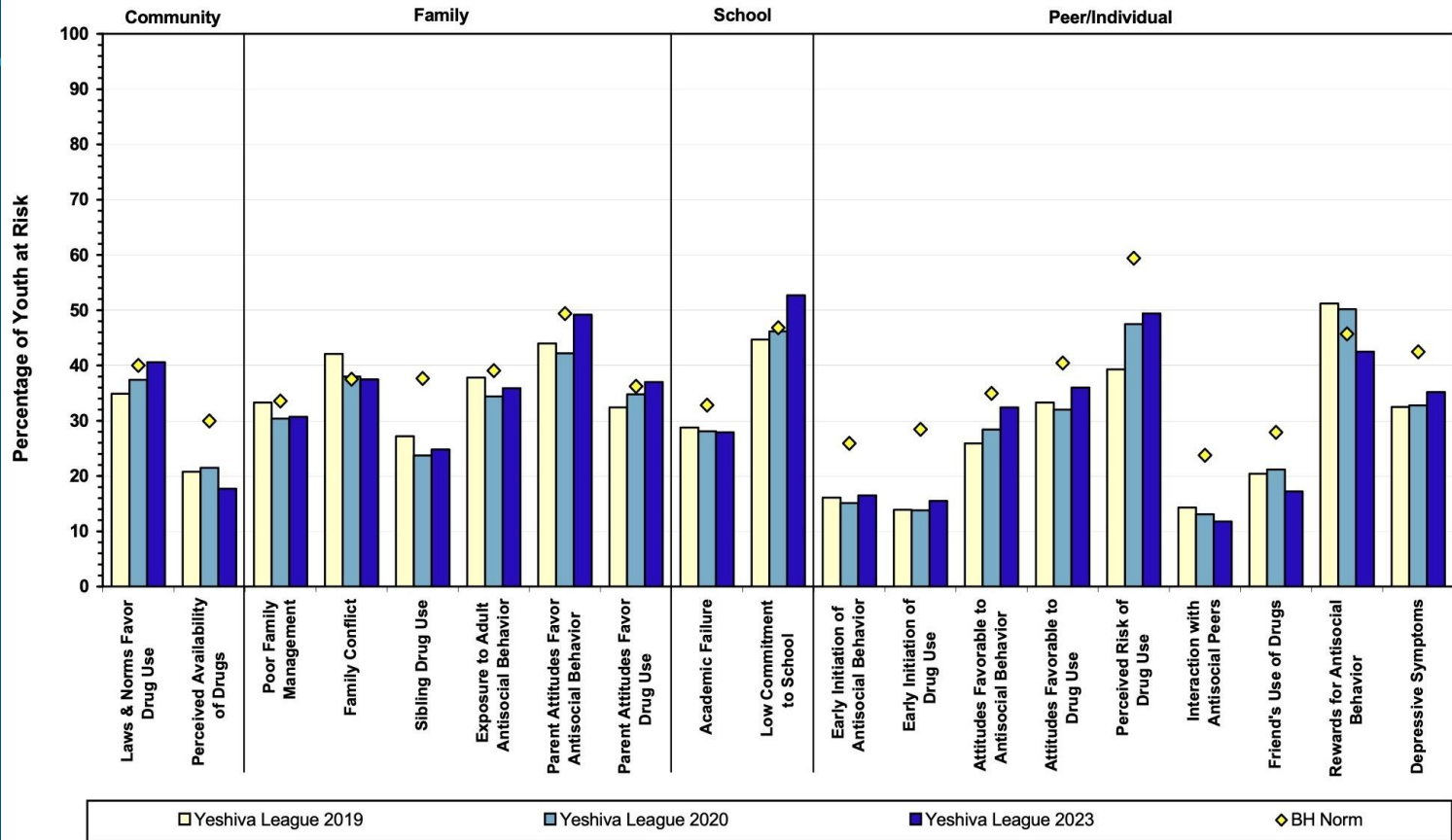
Gambling

What types of gambling for money or other things of value have you participated in during the past 12 months? (Mark all that apply.)



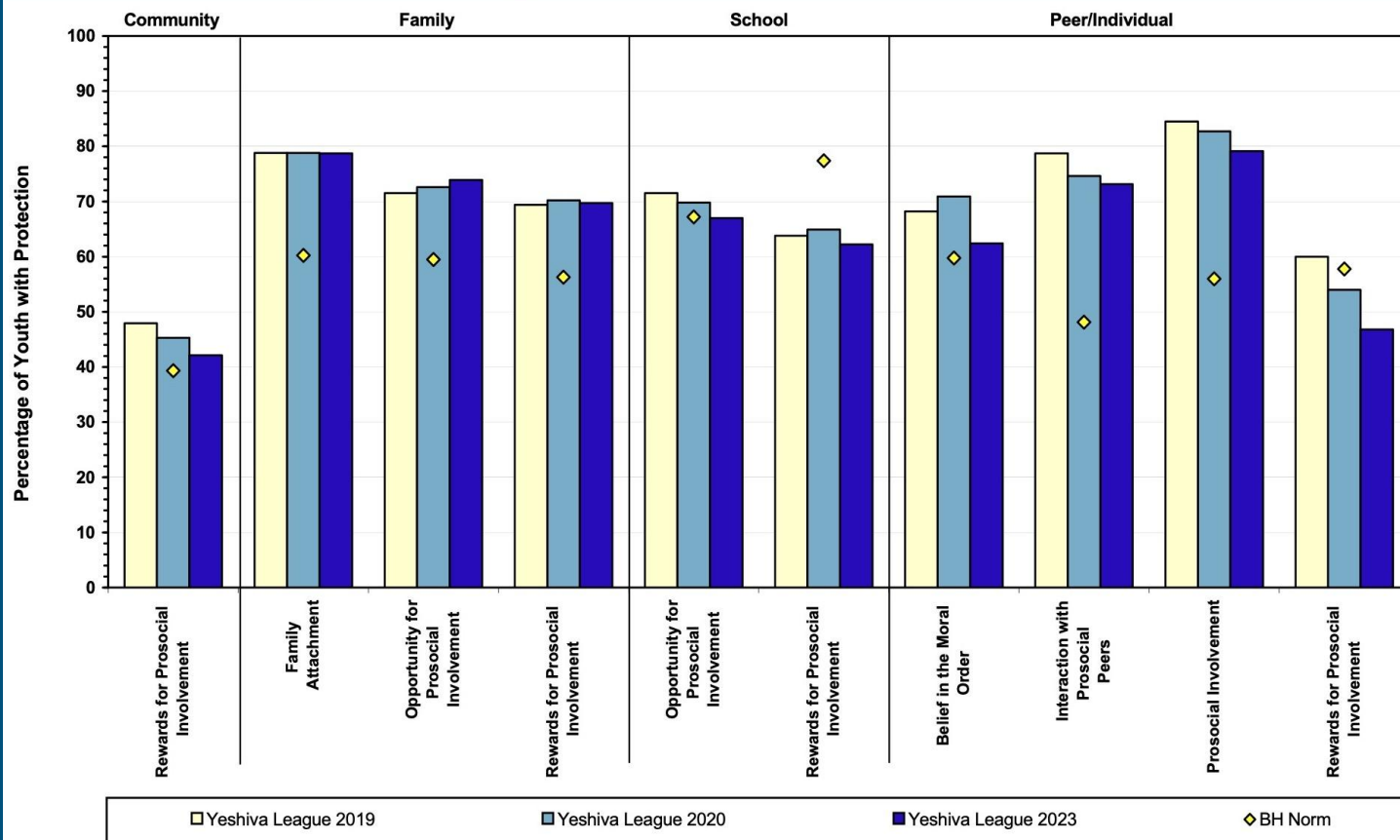
Our Community's Risk Factors—What the Data Show

RISK PROFILE 2023 Yeshiva League Student Survey, All Grades



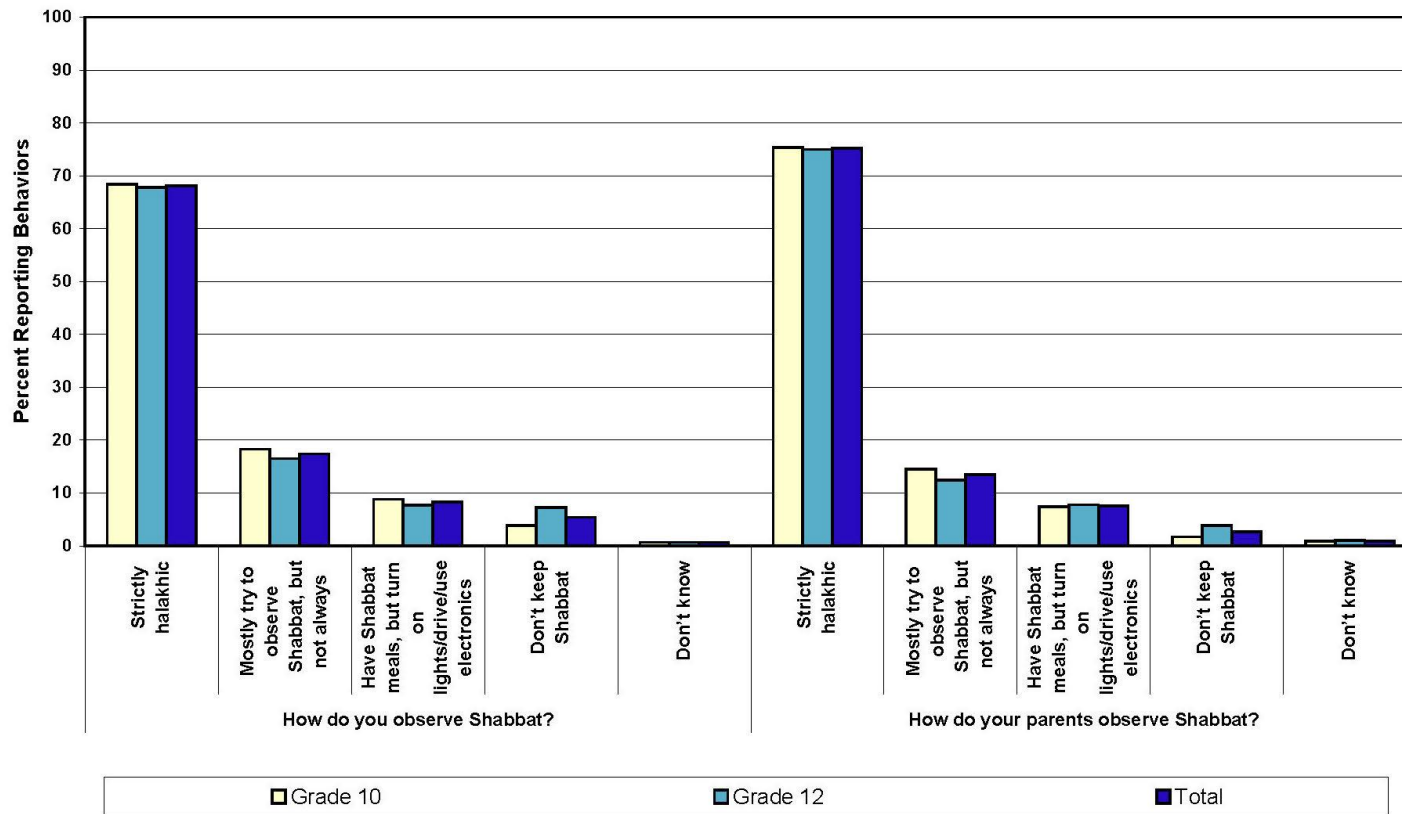
Our Community's Protective Factors--What the Data Show

PROTECTIVE PROFILE 2023 Yeshiva League Student Survey, All Grades



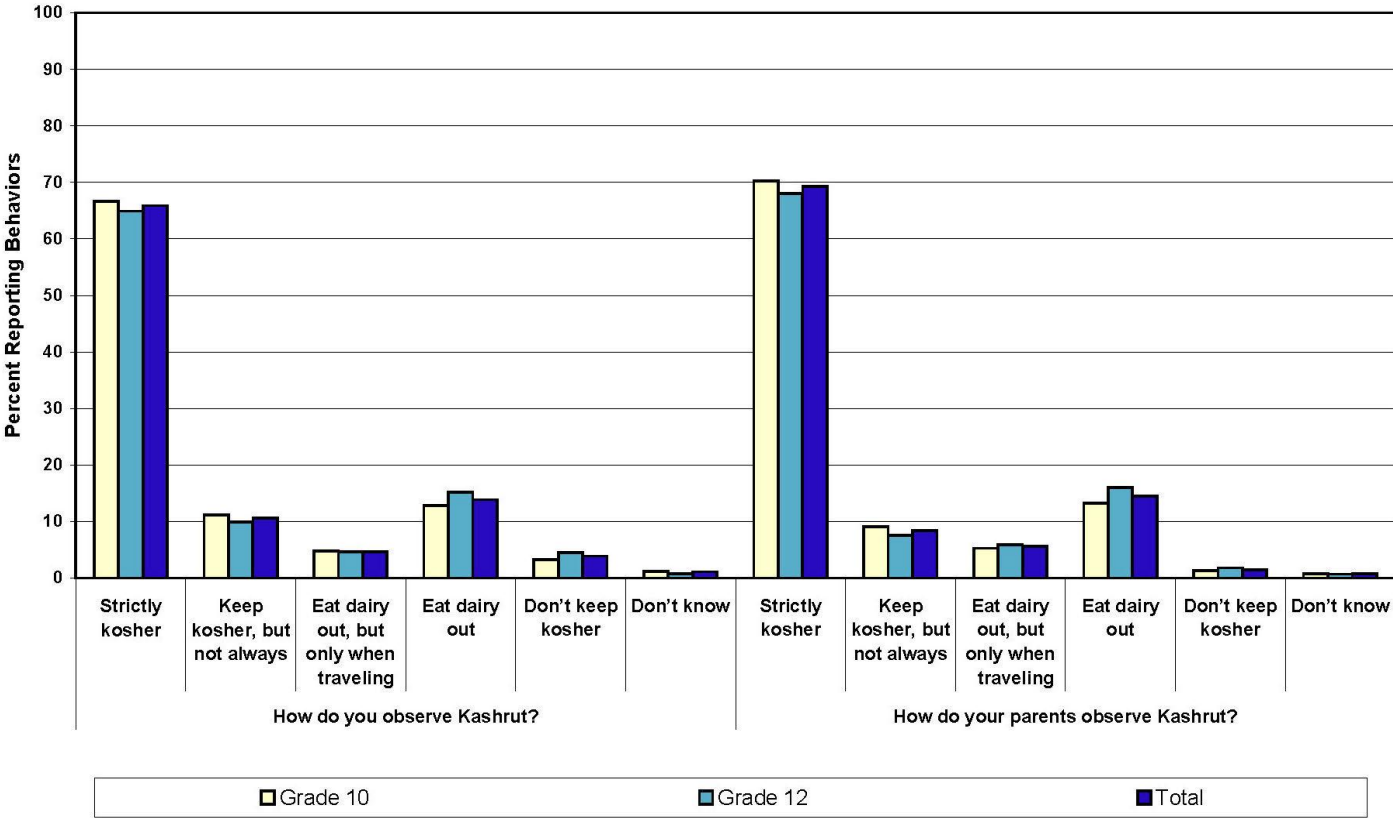
Shabbat Observance

How do you and your parents observe Shabbat?



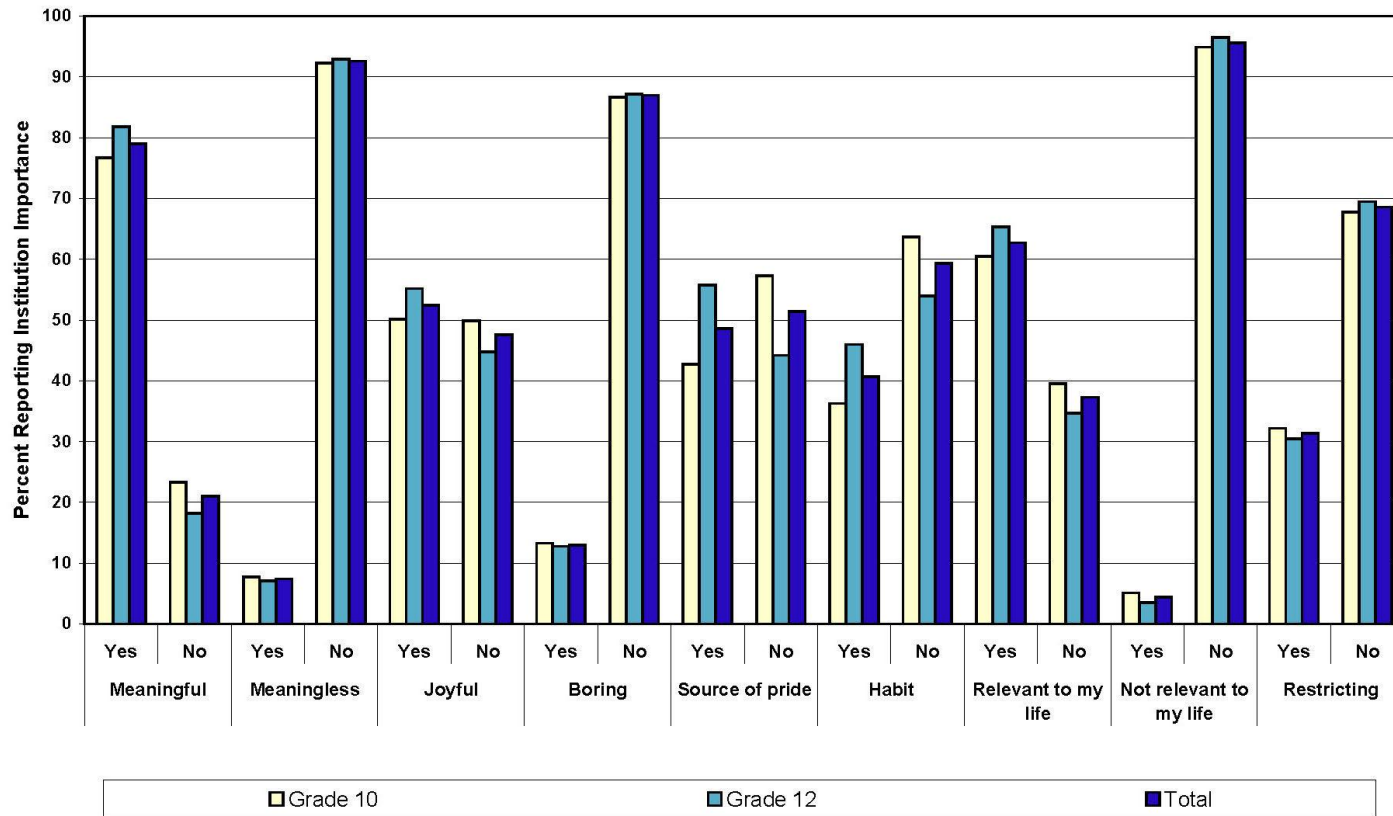
Kashrut Observance

How do you and your parents observe Kashrut?



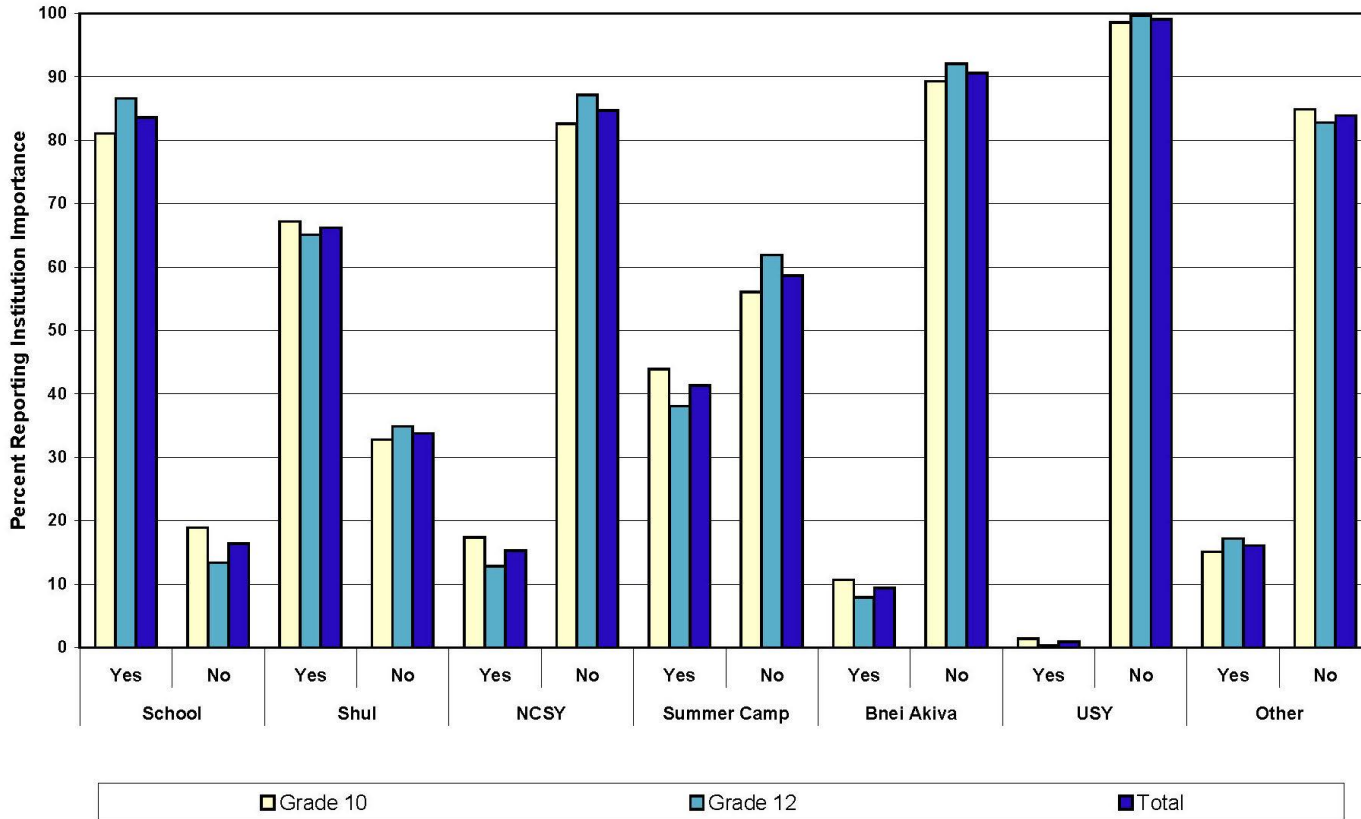
Describe Your Judaism

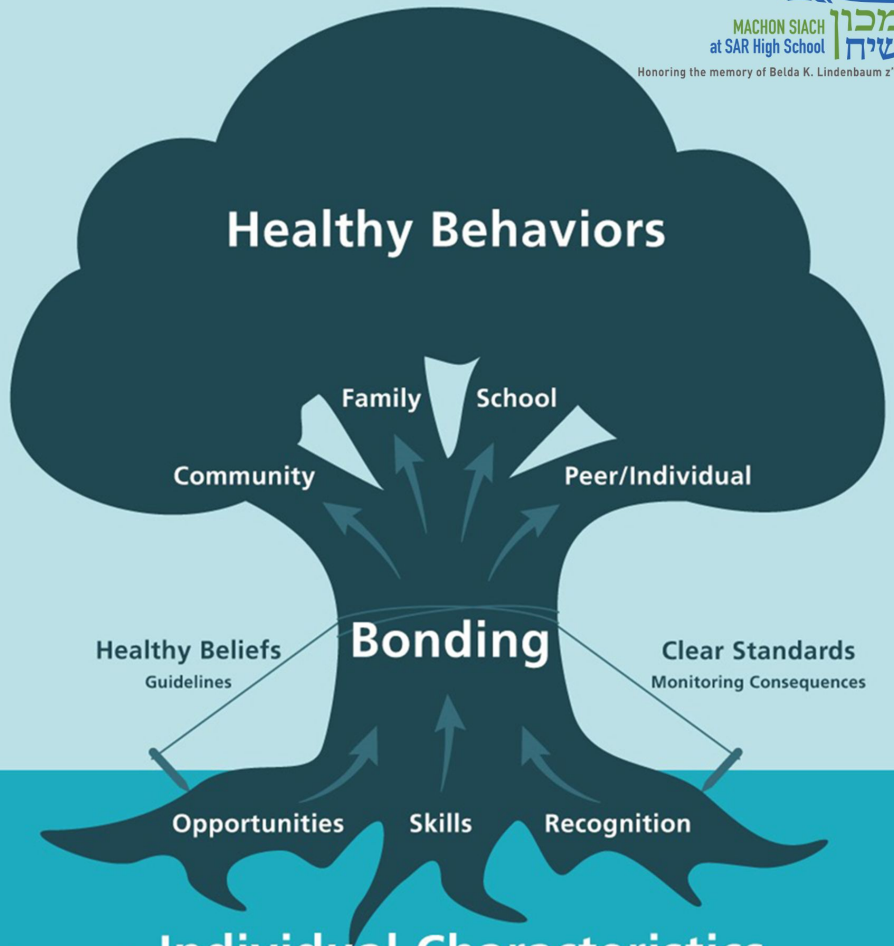
Which of the following words would you use to describe your Judaism?
(Mark all that apply.)



Institutions Shaping Your Religious Life

Which of the following institutions are most important in shaping your religious life?
(Mark all that apply.)





Opportunities

Skills

Recognition

HEALTHY BEHAVIORS

Clear Standards

Bonding



Individual Characteristics

Social Development Strategy

To develop or enhance individual characteristics, children and adolescents should be given a chance to contribute to their families, schools, and communities. In order to contribute and reap the protective benefits, kids need three things:

- *Skills*. These include both the social skills to work with others and the specific competencies (basic skills, reasoning, specialized knowledge, and/or physical abilities) that will make their contributions valuable.
- *The opportunity to contribute*. Kids need to be given responsibilities that fit their age and abilities, and come with appropriately high expectations. They should have the chance to make a significant contribution, not just a token.

Depending on the child's age and ability, contributions can vary from simple household chores to running a youth organization or serving on a community board. The range can include such activities as in-school tutoring of younger children or school-based peer mediation; responsibilities in social clubs, Scouts, or faith-based groups; membership in a band or orchestra; or taking care of younger siblings.

Social Development Strategy II

- *Recognition for their contribution.* Like anyone else, kids need to know that their work is valued, and that someone noticed that they did a good job. Recognition also helps cement their feeling as though they are part of the group, whether it's a family, a school, an organization, or a group whose only other member is a caring adult.

Contribution leads to bonding. Providing real help to an individual, group, organization, or the community helps youth to identify with that entity and its ideals and values. That identification makes adolescents less likely to engage in problem behaviors, both for fear of alienating the individual or group they're attached to and because their image of themselves includes acting in ways consistent with the values of the bonded individual or group.

For a bonded child or adolescent, the provision of healthy beliefs and clear standards furnish the structure and corrective feedback needed for positive development. Adolescents get clear messages about the goals they should be striving for, and are held accountable for reaching those goals by adults and groups significant in their lives.

The Five Sessions of GGC

- *Session 1.* Getting Started: How to Promote Health and Wellbeing During the Teen Years
- *Session 2.* Setting Guidelines: How to Develop Healthy Beliefs and Clear Standards
- *Session 3.* Managing Conflict: How to Deal With Your Anger in a Positive Way
- *Session 4.* Avoiding Trouble: How to Say No, Keep Your Friends, and Still Have Fun
- *Session 5.* Involving Everyone: How to Strengthen Family Bonds

Guiding Good Choices

In five sessions, parents and caregivers learn specific actions that promote healthy development and reduce risky behavior in the teen years. Home practice and weekly family meetings build family connections and help families apply skills in real life.

Guiding Good Choices® emphasizes strong family bonds as the key that motivates preteens to follow family guidelines and stay on a course toward better health and educational outcomes as teenagers.

<https://www.communitiesthatcare.net/programs/ggc/>

Testimonials from GGC Cohorts at SAR

"I feel that this program is an absolute gift to families and really to our entire community. It is truly invaluable to me and my co-parent and our children. LIFE CHANGING!"

"I think it's a great program because we are living in difficult times, and our teens are exposed to so much and what we as parents grew up with does NOT work with our kids. Family meetings are great bonding and connecting."

"This was a fantastic way to show us that we have a framework we can use to parent, we do not just have to make it up as we go along."

"I though the program was helpful and we were able to discuss many real life examples to improve connections and guide our children at home."

(After a problematic party in the community): "There were so many things I would never have known to do without GGC. [Daughter] knew that the minute she recognized that it was a party with drinking, she was done. Those things were only clear to her and to me because of what we learned. So many other things-family meetings are something we still do. It's been life changing for sure for our family."