

STORYTELLING POWER BOOK

FUN • MOTIVATING • ACTIVITIES

This curriculum is a comprehensive, tested set of activities to prevent substance abuse, addiction and resulting self-destructive behaviors. Through these activities, young people can gain knowledge, skills, choose role models, learn the powerful lessons in stories, create symbols of strength for themselves, affirm their culture and family, choose healthy character traits, and set goals for the future.

The activities help youth build the protective factors of healthy self-concept, sense of humor, hope for the future, problem-solving skills and delaying tactics to withstand pressure from peers to use and abuse substances, how to create natural highs, and how to strengthen cultural affirmation and pride.

KNOWLEDGE POWER
SKILL POWER
PERSONAL POWER
CHARACTER POWER
CULTURE POWER
FUTURE POWER

FOR AFTER-SCHOOL PROGRAMS! CLASSROOMS!
PARENTS AND GRANDPARENTS WITH THEIR YOUTH!
MIDDLE SCHOOL LEVEL



The WHEEL Council

Wholistic Health Education and Empowerment for Life

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