Guiding Good Choices—Logic Model

THEORY	STRATEGIES/ ACTIVITIES	IMMEDIATE OUTCOMES	INTERMEDIATE OUTCOMES	FINAL OUTCOMES

Implementation
It typically takes place over 10 hours of parent participation in five 2-hour workshops. Guided by workbook- and video-based discussion modules. Children are required to attend one session, which focuses on peer pressure. The other four sessions involve only parents. The workshops typically are facilitated by two workshop leaders.

Universal Families with children age 9-14

Promoting Positive Parenting skills reduces risks for problem behaviors and promotes protection for their teens..

Decrease risk factors of: poor family management, parental attitudes favorable to problem behaviors, family conflict, rebelliousness, favorable attitudes, friends who engage in problem behaviors
Promotes protective factors: bonding to family
External constraints (family management);
Skills for interaction and involvement;
Rewards for positive involvements interactions;
Consequences for antisocial interactions;

Guiding Good Choices
Session 1: Parents practice the steps for conducting a family meeting as one mechanism for increasing family communication and bonding.
Session 2: Parents learn the importance of setting clear family expectations and monitoring expectations and how to establish clear consequences for following or breaking the family rules.
Session 3: Children attend this session with their parents, and parents and children learn together the skills to resist peer influence to use alcohol and other drugs and engage in antisocial behavior. They practice skills children can use for staying out of trouble and keeping their friends, while still having fun.
Session 4: Parents learn and practice skills to express and control anger without damaging family bonds. Parents are also instructed to model and teach these skills to their children.
Session 5: Parents explore ways to strengthen protection by expanding opportunities for involvement in the family during early adolescence. Parents are reminded of the importance of expressing positive feelings and love to teenagers in order to enhance family bonding. They are also provided with a process for developing a parenting support network to continue beyond the Guiding Good Choices sessions.

Parents complete attend training sessions

Parents learn and practice effective parenting skills in the home environment

Parents gain confidence to influence their children's problem behavior

Parents establish clear rules and expectations for behavior

Improved family functioning through:
- Enhanced communication
- Parent involvement,
- Consistent parenting practices
- Utilization of effective problem solving
- Strengthened parent-child bond
- Reduced family conflict

Increased parental monitoring of adolescent behaviors and application of appropriate disciplinary actions

Adolescents become willing to comply with parental expectations of behavior

Reduced initiation of substance use, and reduced frequency of violence and delinquency

Increased involvement in prosocial activities and with prosocial friends