

# Efficacy:

## *Your Secret Power for Decision Making*

Efficacy: Your Secret Power for Decision Making is a model for teens on how to solve problems and accomplish their goals in life. Overall, the curriculum provides material for 11 one-hour meetings of instruction and 3 additional meetings involving extended, structured role-playing exercises.

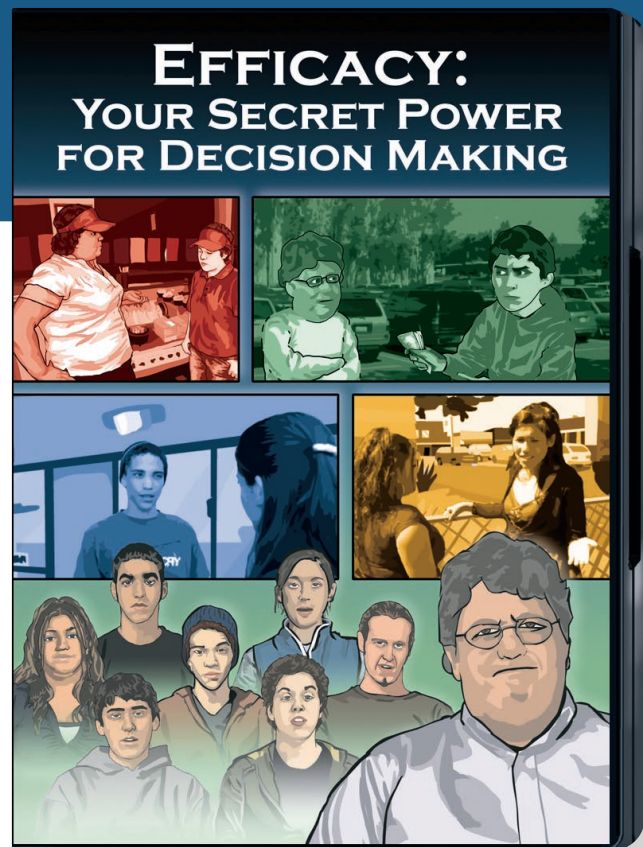
A typical meeting entails viewing the animated DVD of a virtual group of teens as they learn about decision making. This is followed by a live group discussion on the points taught. In addition, there are several interactive exercises for individuals, for use on the Web or during the group meetings. Topics covered include costs and benefits of a decision, "I" statements, the stages of change, and understanding empathy. The curriculum content builds on itself, so the classes should be presented in sequence.

The included curriculum guide provides step-by-step descriptions for all the instructional activities, along with supporting notes, and appendixes with supplemental materials.

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### **Use For:**

- Independent living programs
- Resource libraries
- Youth groups
- At-risk youth programs
- Schools



### **Includes:**

- DVD
- Curriculum guide with reproducible masters
- Mentor Manual Available

### **Product Details:**

- Age Group: Teen
- Publisher: Northwest Media, Inc.
- Publishing Date: 2008
- Unbleeped DVD ♦ #7325 - \$495.00
- Bleeped DVD ♦ #7346 - \$495.00

For more information or to order these products:

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