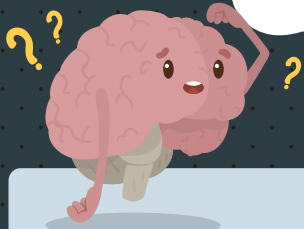


Setting the Tone for Healthy Decision Making in the Classroom



Establish Goals and Workflow

How will we work together to achieve the goal? What is the goal of school? ▼

- All points of view are valuable.
- Not all leaders are loud.
- Hard work and effort results in high quality results—what does high quality look like in our classroom?

Show your thought process.



Determine Class Values: Communication

▼ Who are we as a class?

- Set expectations for appropriate behavior and respect.
- Collectively create a reward system for following through.
- Discuss consequences for not meeting classroom expectations.
- Get creative with different ways to express feeling and show learning. Try options such as free writing or creating videos or infographics.

Create an Environment of Possibility

Who do we want to become as a class?

- Focus on moving forward and learning from past experiences. Share a story of this in the classroom.

Teach your students to say “YES” to a healthy lifestyle and “NO” to underage drinking using FREE resources from *Ask, Listen, Learn*.

Celebrate small victories as you work towards your goal using a chart or tracker.

Set and Model a Positive Mindset

How will we grow together as a class? What will we do when we are struggling as a class? ▼

- Set the vibe for a good day; take time to reset if needed. Practice a few of these with the students so it becomes routine.
- Encourage participation, empathy, and respect—have students share examples of what this might look like in the classroom.



Talk about positive peer influence. Ask students for examples.



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