



FCCLA Planning Process Summary Page Template



(Space modifications are allowed, as needed)

IDENTIFY CONCERNS



Drugs and alcohol abuse are costing thousands of people their lives a year. Those using illegal substances harm their mind and bodies and can harm those around them. Families, friends, and other loved ones of these that are lost are also affected negatively.

SET A GOAL



Those who suffer from addiction should seek help through addiction treatment programs, friends and families. Those who have a loved one who is addicted need to do everything in their power to help these individuals get back on track to become healthier and happier.

FORM A PLAN (WHO, WHAT, WHEN, WHERE, HOW, COST, RESOURCES, AND EVALUATION)



Find those who suffer from the effects of drug and alcohol abuse, including both the addict and those near to them. Teach them all the positive things that can come from living a healthy, addiction free lifestyle, and share other knowledge's you know about drugs and alcohol. The only resource required is knowledge, for without the knowledge of knowing the harmful effects of these substances, and the knowledge of all the benefits of being drug free, they have no reason to change their ways

ACT



Although telling them these things is key for their recovery process, leading them by example is even more important. Show them the happiness they can have for living a healthy life and be sensitive and kind to all the topics discussed with those who are going through these hard times. Were all human, and all make mistakes, so don't think for a second your above them in any way. Teach them, learn from them, and share life experiences.

FOLLOW UP



There is no worse feeling in the world than thinking that no one cares about you or your feelings. By showing people that we truly do care, by being with them through thick and thin, it is only then that they will want to change. Keep in contact, help if they are ever in need, and show them that you truly do care about their well-being.