

# INSIGHT PROGRAM

A PROGRAM FOR 6th THROUGH 12th GRADE STUDENTS OF FULTON  
COUNTY SCHOOLS:

Helping Youth Overcome Problems with Alcohol, Marijuana, and other  
Drugs

## WHAT IS IT?

- Insight focuses on feelings and self-concept. These two issues are strongly related to use of drugs and alcohol - the more negative a person is and the lower his or her personal image, the more likely he or she will be involved in heavier patterns of use of drugs and alcohol over time.
- The program is made up of a series of presentations, interactive experiences, and written exercises for young people and their parents.
- Facilitators guide participants through examples of the effects of drugs and alcohol use on their lives and encourage those in attendance to consider actions they can take for improvement and success in living.
- The program is divided into four sessions of two hours each over a two week period. Classes are structured and have clearly defined rules.
- Parent participation is required.
- Confidentiality within the groups is stressed.