



The Beginning

'2008'

- **Parish Priest**
- **Committee Formed**
- **Needs Assessment of Parish**
- **Outcome – Parents & Young People lacked Information = Community Involvement : Awareness, Education & Training**

Peer 2 Peer Healthy Life Choices Programme



PASTORAL RESPONSE
TO SUBSTANCE MISUSE

- **Parish & Schools**
- **Confirmation Programme**
- **Transition Year Students**
- **Parents**
- **MWRDTF (Mid West Regional Drugs Task Force)**

Transition Year Programme - 4th Year

- Communication Skills
- Types of Behaviour -Highlight Refusal Skills
- Substances – Knowledge – Affects of use – Consequences -Attitudes
- Healthy Life Choices - Natural Highs & Moderation
- Self-esteem & Confidence - Mentor
- Friendships & Relationships – Peer Influences
- Bullying & Conflict Resolution

- Choices - Decision Making – Lifelines
- Transition - Rules & Timetables
- Art Project

National School Programme (5th & 6th Class)

- Effective Communication with Parents/Guardians
- Being Assertive at times of risk
- Learn Refusal Skills
- Smoking/Alcohol/Other substances – Knowledge – Affects of use – Consequences -Attitudes
- Friends – Peer Influences
- Natural Highs
- Choices - Decision Making - Lifelines
- Healthy Life Choices
- Transition Programme Primary to Secondary Level
- Art Project

HEALTHY LIFESTYLE PROGRAMME FOR PARENTS/GUARDIANS

- Communicating with Teenagers
- Changes & Stages of Teens
- Boundaries & Consequences
- Dealing with Challenging Behaviours
- Information and Knowledge on Smoking/Alcohol/Other Substances
- Minding Ourselves
- Supports
- Education Knowledge



Pastoral Response to Substance Misuse
In Partnership with Abbeyfeale & District Initiative

THIS CERTIFICATE IS AWARDED TO

IN RECOGNITION OF PARTICIPATING IN A
HEALTHY LIFE CHOICES PROGRAMME

PASTORAL RESPONSE
TO SUBSTANCE MISUSE

SIGNATURE	DATE
SIGNATURE	



Benefits of Peer Education

- Build on evidence that youths already get a great deal of information from their peers so let's give them the correct data, they have the advantage of being able to use language that is free from organisational terms and professional jargon.
 - Young people relate well to people similar in age, background and interests.
 - Peer led programmes can change social and community norms to support risk reducing behaviours by utilising peer mentors in secondary schools to aid the transition of younger students from primary school to secondary school.
 - Mentors also benefit from the satisfaction of helping a younger student, and possibly shaping a young students life in a positive way.
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- What is unique with our Initiative is that we bring the whole family together.
 - Our primary prevention universal programme is Peer led offering affective, interactive and knowledge based intervention utilised within the school system working in harmony with the SPHE.
 - It is the most cost-effective way of targeting adolescents and their parents/guardians.



The main idea is the choice of sponsor will be more thought out as the sponsor will be required to go to the Service of Light and stand up together with the others and read aloud the Commitment prayer which will be on a bookmark.

The young people give the bookmark to their sponsor as a thank you for being their sponsor making the commitment to be a role model. The children will receive a Spirit band with a Gift of the Holy Spirit engraved on it. There is also a prayer for the young person to say as their commitment which is officially recognised from Pope Francis.

There will also be a Commitment Diary for the young person with different activities that can be done with Parent, School/Church, and Sponsor if required.

SPONSOR'S GUIDE

As a Confirmation sponsor, you do have specific functions.

As part of The Confirmation Commitment you will be required **to attend the service of light** and make a commitment to the young person. This commitment will consist of the following:

- The Commitment you will make to the young person will consist of you being a positive **role model in their lives**, after confirmation they will go through many challenging stages beginning with starting secondary school. This can be a difficult time for the candidate to adjust to and as a role model you could use any positive experiences of your own to help their coping skills improve.
- Standing with the candidate before the bishop and the community helping the candidate live as a follower of Jesus

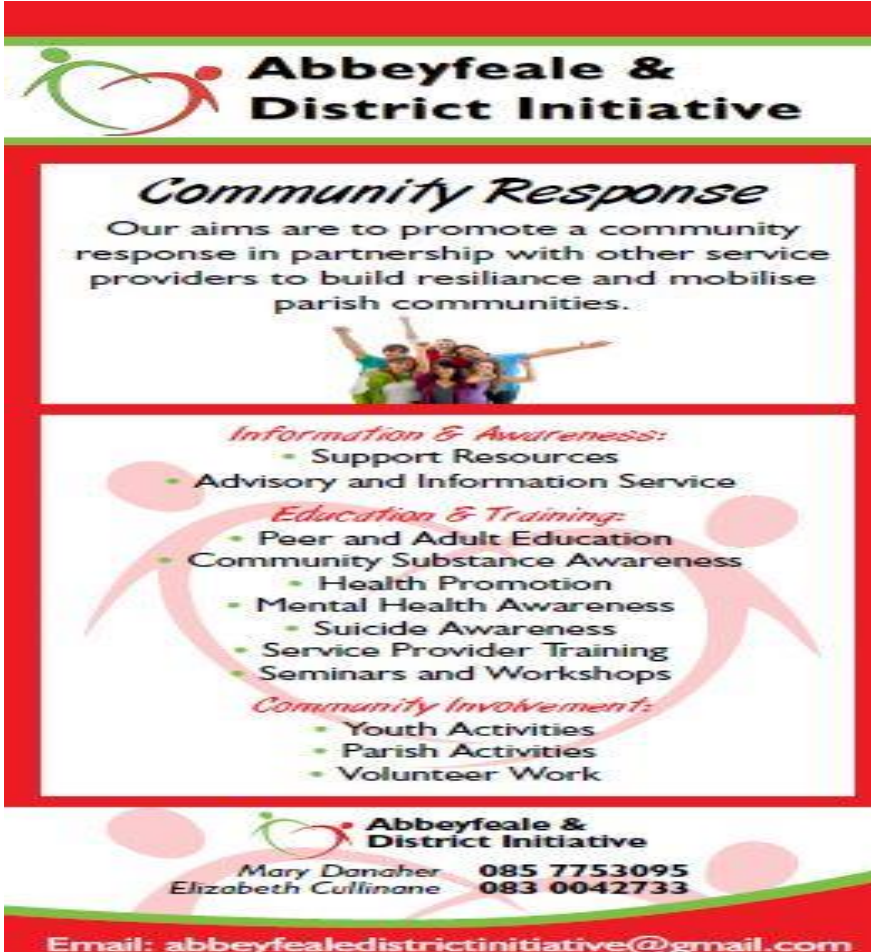
As a Confirmation sponsor, you could enrich the experience for the candidate and yourself if you consider the following;

- The sponsor who presents a candidate for confirmation could take a role for assisting them in preparation for The Confirmation Commitment
- Developing a faith relationship with the candidate
- If you live close by, make plans to participate in the Eucharist (Mass) together especially preparation services

Some of the following suggestions will not be possible if you live away from the area but be creative and think of ways to be in contact with the candidate.

- Arrange opportunities to spend time with the candidate and to enjoy being together. Some of these times can relate directly to the Confirmation programme.
- Discuss with the candidate the efforts, progress and problems experienced in preparing for the reception of Confirmation.
- See if there are any questions or concerns they have about confirmation & the challenges of moving to Secondary School
- Offer suggestions and encouragement, as they are needed.
- Keep in contact with your candidate either in person or on the telephone.


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We pray that your role as a sponsor will be an enriching one.



Abbeyfeale & District Initiative

Community Response

Our aims are to promote a community response in partnership with other service providers to build resilience and mobilise parish communities.



Information & Awareness:

- Support Resources
- Advisory and Information Service

Education & Training:

- Peer and Adult Education
- Community Substance Awareness
- Health Promotion
- Mental Health Awareness
- Suicide Awareness
- Service Provider Training
- Seminars and Workshops

Community Involvement:

- Youth Activities
- Parish Activities
- Volunteer Work

Abbeyfeale & District Initiative

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