



# Empowering teens to make informed decisions

When it comes to decision making, there are many things that work against teenagers:

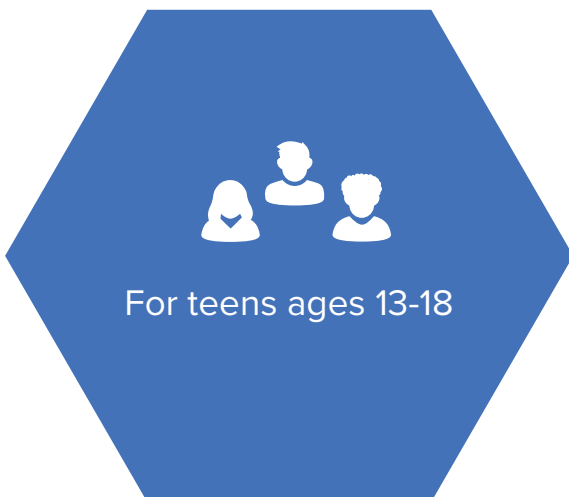
- They lack life experience
- They believe they are invincible
- They seek thrill and impulsivity
- They have lots of free time and complain of being bored
- They fail to consider the consequences
- They want and need to be accepted by their peers

This may be confusing and frustrating for parents because usually teens know what the appropriate choice and expected behaviors are.

Teenagers are particularly susceptible to experimentation, peer pressure, and misuse of substances. It's important to know we are all at-risk for substance use disorder.



**A conversation.**  
Not a lecture.



## Who is eligible?

- Teens (13 - 18 years)
- Teens referred by adults concerned for the youth's high-risk behavior regarding alcohol and other substances
- Teens referred by an educational institution for substance use concerns

# About SIRP

SIRP is an evidence-based program for Maine teens, ages 13 - 18, who may be experimenting with alcohol or drugs, making questionable decisions, or engaging in risky behavior. The program empowers teens to make healthy decisions and reduce risk, all without judgment or shame.

This 12-hour educational program is a conversation, not a lecture, and is offered in small groups at many Maine high schools. Each class is taught by a nationally certified instructor.

SIRP is one small step in the right direction, and, for many teens, will be the biggest step of their lives. The class provides teens with facts and teaches them to assess risks and make better, more informed choices in their lives.

A community champion conducts an informational meeting with parents and follows up with families to encourage sustained success.



## Make a Referral

SIRP provides resources to youth, parents, and the local community. At-risk teens may be referred to SIRP by anyone – a teacher, parent, friend, principal, and even oneself. In addition, for those teens who are facing consequences of a bad choice, such as school suspension, SIRP offers an educational, non-judgmental alternative, replacing punishment with an opportunity to learn.



[SIRPMaine.com](http://SIRPMaine.com)



**STUDENT**  
Intervention  
Reintegration  
**PROGRAM**

Confidential | Non-Judgmental | Evidence-Based

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