

Lions-Quest

Fact Sheet

Three different Lions-Quest programs

Since 1984, Lions clubs have sponsored the Lions-Quest programs for local schools. The three Lions-Quest life-skills programs are:

- *Skills for Growing* - for students ages five through nine;
- *Skills for Adolescence* - for students ages 10 through 14;
- *Skills for Action* - for students ages 14 through 18.

All three of the Lions-Quest programs teach young people the skills they need for everyday living. These skills include:

- learning to accept responsibility
- communicating effectively
- setting goals
- making healthy decisions
- resisting pressure to use alcohol or drugs.



All three Lions-Quest life-skills curricula emphasize community service. Lions clubs can become involved with a Lions-Quest classroom by helping young people implement a service project.

In addition to the three life-skills curricula, there are three Lions-Quest units that teach youth conflict management skills.

- *Working it Out* - for students ages five through ten;
- *Working Toward Peace* - for students ages 10 through 14;
- *Exploring the Issues: Promoting Peace and Preventing Violence* - for students ages 14 through 18.

Lions can introduce Lions-Quest programs into their communities by sponsoring the training of local teachers.

Taught in 36 countries

As of January 1999, educators in 36 countries had been trained to teach the Lions-Quest life-skills programs. *This makes Lions-Quest the most widely used life-skills/drug abuse prevention program in the world.* Recent statistics indicate that:

- 101,792 educators have been trained to teach *Skills for Growing*;
- 152,542 educators have been trained to teach *Skills for Adolescence*;
- 2,148 educators have been trained to teach *Skills for Action*.

More than drug awareness

The World Health Organization (WHO) has recognized the importance of teaching life-skills such as:

- Decision making
- Creative thinking
- Communications
- Self-awareness
- Coping with emotions
- Problem solving
- Critical thinking
- Relationship skills
- Empathy
- Coping with stress

According to the WHO, life-skills education is effective in helping to prevent:

- substance abuse
- adolescent pregnancy
- peer conflicts.

Life-skills education is the focus of the Lions-Quest curricula. A team of educators, child development experts, researchers, and curriculum developers from Quest International, a nonprofit youth advocacy/curriculum developer from Ohio, USA, developed the Lions-Quest curricula. In 1984, Lions Clubs International entered into a cooperative agreement with Quest International.

Lions and teacher training

All Lions-Quest teachers must complete a special training session before they can teach the Lions-Quest life-skills curricula. Before schools can obtain Lions-Quest materials, an educator must be trained to teach the curricula.

A two or three-day teacher training workshop explains Lions-Quest theory and practice. *Lions can help organize and finance Lion-Quest training sessions for teachers in their area.*

Implementing Lions-Quest

- Start by contacting Lions Clubs International or Quest International.
- The Lions multiple district should agree to finance and promote Lions-Quest on a long-term basis.
- A steering committee should be organized to coordinate the logistics of implementing Lions-Quest for the multiple district or district.
- Local educational authorities (e.g., school districts, ministries of education) should cooperate with and support the goals of Lions-Quest.
- A team of educators should review Lions-Quest materials. If the curriculum is appropriate for the local school system, teachers and schools should be selected for initial testing of the program. Often, language or cultural adaptations are required before testing can proceed.
- New countries can apply for financial assistance for Lions-Quest through an LCIF Core Four grant.

Rating prevention programs

In March 1997, Rutgers University researchers published a study that compared the major substance abuse prevention programs in the United States. The researchers identified 11 elements of a good prevention program - planning and design; timing; social factors; school policy; staff training; implementation; family and community involvement; individualized curriculum; instructional features; support services; and educational guidelines.

Of the six most recognized programs, *only Lions-Quest featured all of the 11 elements* needed for a successful substance abuse prevention program.

Lions-Quest endorsements

The following organizations have endorsed Lions-Quest:

- the World Health Organization (WHO);
- the Ministries of Education in: Australia, Iceland, Italy, New Zealand, the Republic of South Africa, and Thailand;
- the (US) National Association of Elementary School Principals;
- the (US) National Association of Secondary School Principals;
- the (US) National Council of Juvenile and Family Court Judges.



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