



Learning Prevention Using Lakota Values-Primary: A Holistic Approach to Alcohol and Drug Addiction, , Oceti Wakan, 2002, 0983200971, 9780983200970, . A workbook for an elementary student on many life skills from the wisdom of old, the Lakota, and newest skills today. It is a holistic approach to giving a student the tools to make healthier choices before they get addicted. This is cultural based in Lakota (Sioux) but any child would benefit from this workbook. Part One is exploring Lakota values and the importance of developing virtues. Part Two are tools to know yourself emotionally, your fears, tools to resolve conflicts, etc. Part Three is education on what alcohol and drugs do to your body. Part Four is the most important and that is tools of prevention from a spiritual approach. Any successful treatment program has always had a spiritual approach, so it only made sense that this would be true to prevention also..

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