

## **Lions Quest and Alberta Learning Health & Life Skills – Kindergarten to Grade 9**

Lions Quest programs provide resources that support many of the learning outcomes across all three areas:

**Wellness Choices** (Personal Health, Safety & Responsibility)

**Relationship Choices** (Understanding & Expressing Feelings, Interactions, Group Roles & Processes)

**Life Learning Choices** (Learning Strategies, Life Roles & Career Development, Volunteerism)

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Excerpt from Alberta Learning *Health & Life Skills Guide to Implementation* (p. 61)

Lions-Quest Skills for Growing Program and Lions-Quest Skills for Adolescence Program

The goals of the Lions-Quest programs are to:

- engage students, families, schools and community members in creating learning environments based on caring relationships, high expectations and meaningful involvement
- provide opportunities for young people to learn the emotional and social skills needed to lead healthy and productive lives
- promote a safe, healthy approach to life, free from the harm of tobacco, alcohol and other drug use
- celebrate diversity and encourage respect for others.

Since the introduction of Lions-Quest in Alberta, over 11,000 teachers have been trained to use these materials. Workshops are organized on an as-needed basis, frequently with the support and assistance of local Lions clubs. Many school districts may have Lions-Quest affiliate trainers who provide inservices to district schools.

The activities in these two programs correlate with the health and life skills learner outcomes in the sections on Personal Health, Expressing Feelings, Interactions, Group Roles and Processes, and Volunteerism.

Parent and community partnerships outlined in these programs support many of the goals of the comprehensive school health approach.