



#### **IGI Prevents:**

- Alcohol use
- Tobacco use
- E-cigarette vaping
- Illegal drug use

#### **IGI Promotes:**

- Spiritual practices
- Spiritual virtues
- Physical activity
- Healthy eating
- Getting adequate sleep
- Setting multiple health goals
- Positive self-identity

## **What is *In God's Image*?**

- ❖ *In God's Image (IGI)* is a fully scripted program designed to give teachers, youth leaders, mentors, parents and service providers a quick and easy to use tool to promote spiritually and physically active, healthy and substance use-free lifestyles among adolescents.
- ❖ *IGI* is the country's only single-session faith-based prevention with wellness program designed to increase spiritual and physical fitness practices while avoiding substance use that harms spiritual and physical development.
- ❖ *In God's Image* is based on a proven model which targets naturally motivating positive images of youth that enhances positive self-identity, goal setting skills, and the spiritual and physical well-being of youth.
- ❖ *In God's Image* takes less than 50 minutes to implement.



#### **IN GOD'S IMAGE: SPIRITUAL PRACTICES FOR YOUTH WELLNESS**

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***In God's  
Image:  
Spiritual  
Practices for  
Youth Wellness***

***Faith-based  
Prevention with  
Wellness Program***



### **Why *In God's Image*?**

- ***In God's Image*** was created to help young people grow in grace and power to do the sometimes-challenging things in life. Those things which will result in developing into our best possible selves as God planned for us.
- ***In God's Image*** is designed to increase spiritual health promoting behaviors, including taking time to pray, study scripture or meditate, practice key virtues like showing gratitude for what you've received from God and others, attend religious services, and reach out to help others in need.
- It also aims to increase physical activity, healthy eating and getting adequate sleep which can support spiritual growth.

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***“Young people need to develop a pattern of habits and attitudes that takes them out of current culture and an over-emphasis on materialism and substance use and gives them a spiritual foundation in God, but also develops their whole-health and self. Ideally this involves a lifestyle rooted in a relationship with Jesus Christ and a focus on Christ’s life as a model for us to live ours.”***

***Chudley Werch, PhD,  
President, Prevention Plus  
Wellness, LLC***

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### **The IGI Program**

***In God's Image*** comes in a digital download format allowing reproduction of program materials at no additional cost and implementation to an unlimited number of youth, and includes:

- A script for presenting positive image content linking spiritual practices with physical wellness and substance use habits;
- A brief self-administered Screening Survey;
- Colorful slides highlighting vivid positive images;
- A Goal Plan & Contract for motivating multiple wellness behavior change;
- Evaluation materials for assessing program effects;
- Spiritual wellness resources for youth;
- Phone and email support;
- Onsite or online program implementer training; and
- Optional booklets.