



Impact 4 is a no cost, three-day, character-based program teaching students healthy decision-making skills for their future. The fourth grade program utilizes an interactive workbook written to help students grasp these character-building concepts in a lasting and relatable way.

Day One

- Defines impact, goals, risk and boundaries
- · Encourages students to consider the consequences of their actions
- · Establishes the importance of having personal goals for a healthy future

Day Two

- Defines integrity
- · Helps students identify healthy role models in their lives
- · Discusses healthy habits and boundaries for social media, personal care and relationships

Day Three

- · Defines pressure
- · Teaches students how to identify what makes a healthy friendship
- · Discusses what a bully is and how students should respond
- · Establishes a plan for students to maintain integrity and respect for self



For more information about this program, contact the Prevention Education Department at The Life Center at 432.683.6072, or by email at education@thelifecentertx.org

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