



Alcohol: the whole truth



Health Services • 7120 Hurontario St., PO Box 610 RPO, Streetsville, Mississauga, ON, L5M 2C1 • Tel : 905-799-7700 • www.peelregion.ca

IDEAL Framework

The IDEAL framework is a decision making model used by OPHEA in their substance use and abuse prevention curriculum: Take Action for grades 4 and 5.

IDEAL is an acronym used to describe the steps that should be taken to make the right decision. IDEAL stands for the following:

- I** Identify the problem
- D** Determine/Discuss the alternatives
- E** Evaluate the alternatives, listing pros and cons of each alternative
- A** Act, by voting on the alternative that is thought to be the “best” choice
- L** Learn, by discussing what is meant by “best” and how this might differ from student to student, and situation to situation. (This is a twist on the usual meaning for this component, which states, “Learn from the experience”. It is included to allow students to continue to discuss their scenarios after one decision has been reached, in order to encourage other alternatives to come forward).