

# DECYDE Foundational Principles

## Evidence-Informed

The information presented in the DECYDE strategy and materials are balanced, unbiased, and draws on the best available research evidence.



## Trauma-Informed Practices

Trauma Informed Practices (TIPs) is a strengths-based approach grounded in an understanding of the impact of trauma and creates opportunities to rebuild a sense of control and empowerment.



## Prevention & Harm Reduction

Primary prevention aims to delay substance use by enhancing protective factors. Harm reduction aims to provide people with knowledge to make safe and informed choices and reduce the negative consequences associated with drug use.



## Skills-Based Health Education

Skills-Based Health Education (SBHE) is a learning approach implemented through various perspectives and methods to support the development of skills and attitudes to enhance well-being.

