

YOUTH CURRICULA

DFC Strategy Type(s): Provide information, provide support, build skills

Setting: Schools

Pros: Most curricula have strong evidence of effectiveness, and may address multiple risk factors

Cons: Most are expensive, requires strong school buy-in to ensure implementation with fidelity, and DFC does not generally approve of curricula

Potential Evaluation Measures: Pre- and posttests, number of students reached, teacher satisfaction

Curriculum	Local Conditions	Description	Evidence	Costs
LifeSkills Training	<ul style="list-style-type: none"> ▪ Perceived low risk of binge drinking ▪ Perceived low risk of marijuana use ▪ Have not received enough information to make an informed choice about marijuana use ▪ Has been shown to prevent prescription drug misuse even though content doesn't specifically address it 	"LifeSkills Training (LST) is a school-based program that aims to prevent alcohol, tobacco, and marijuana use and violence by targeting the major social and psychological factors that promote the initiation of substance use and other risky behaviors. LST is based on both the social influence and competence enhancement models of prevention. Facilitated discussion, structured small group activities, and role-playing scenarios are used to stimulate participation and promote the acquisition of skills. Separate LST programs are offered for elementary school (grades 3-6), middle school (grades 6-9), and high school (grades 9-12)." Flexible, interactive program that combines learning strategies such as coaching, peer interaction, lectures, classroom discussion, and provide led activities to enhance students' skills.	Strong evidence; endorsed by NREPP, Athena Forum, Blueprints, OJJDP Model Programs	Already purchased for Roseau County middle schools
AlcoholEdu	<ul style="list-style-type: none"> ▪ Perceived low risk of binge drinking ▪ Have not talked to parents about dangers in past year 	AlcoholEdu includes self-paced online lessons on alcohol use, personal values and goals, common misconceptions and myths, alcohol advertising, reasons to abstain, effects on the brain and other risks, refusal skills and decision-making skills. The course takes 1.5-2 hours, but teachers also receive supplemental offline activities and classroom discussion guides. Also, teachers receive a parent/guardian companion course which could spur discussion with their kids about the dangers. It is recommended for students in grades 9-12.	Strong evidence of effectiveness among college students; high school version uses similar method of personalized feedback.	Free for high school teachers

<p>Prescription Drug Safety for Teens</p>	<ul style="list-style-type: none"> ▪ Have not received enough info to make an informed choice about Rx misuse 	<p>This online course developed by EVERFI is modeled after their evidence-based AlcoholEdu. It teaches students how to differentiate between various prescription drugs, describe the science of addiction, and demonstrate effective refusal strategies. There are six lessons that take under an hour. A pre- and post-assessment is included to measure knowledge change.</p>	<p>Modeled after an evidence-based course; developed in partnership with the Prescription Drug Safety Network which is a national coalition of healthcare organizations, pharmaceutical manufacturers, distributors, pharmacies, foundations and state leaders.</p>	<p>Free for high school teachers</p>
<p>Project Northland</p>	<ul style="list-style-type: none"> ▪ Perceived low risk of binge drinking ▪ Have not talked to parents about dangers in past year 	<p>Project Northland is a six-year intervention delivered over seven academic years from middle to high school, but a shortened, 3-year version may also be used in grades 6, 7, and 8. It is a multi-level intervention to include demand (individual level) and supply (environmental level) reduction strategies. Its main intervention components include classroom curricula, peer leadership, youth-driven extra-curricular activities, parent involvement programs, and community activism. By intervening on multiple levels, Project Northland strives to teach students skills to effectively negotiate social influences to drink, while at the same time directly modifying the social environment of youth (i.e., peers, parents, school, and community).</p>	<p>Endorsed as "promising" by Blueprints and OJJDP Model Programs; rated highly on NREPP.</p>	<p>\$350 plus travel expenses per trainee or \$3,200 for on-site training of up to 24 people. Curriculum costs are \$595 for one set of Slick Tracy, Amazing Alternatives, Power Lines, and program guide. Class Action is \$595 and involved more training.</p>
<p>Project Alert</p>	<ul style="list-style-type: none"> ▪ Perceived low risk of binge drinking ▪ Perceived low risk of marijuana use ▪ Have not received enough information to make an informed choice about marijuana use 	<p>Project ALERT is a school-based prevention program for middle or junior high school students that focuses on alcohol, tobacco, and marijuana use. It seeks to prevent adolescent nonusers from experimenting with these drugs, and to prevent youths who are already experimenting from becoming more regular users or abusers. Based on the social influence model of prevention, the program is designed to help motivate young people to avoid using drugs and to teach them the</p>	<p>Endorsed by NREPP, Athena Forum, RAND, and WSIPP</p>	<p>Online curriculum, videos, posters are free as are phone support, fidelity instruments and evaluation tools. A 1-day on-site workshop is \$1,200 plus travel</p>

		skills they need to understand and resist pro-drug social influences. The curriculum is comprised of 11 lessons in the first year and 3 lessons in the second year. Lessons involve small-group activities, question-and-answer sessions, role-playing, and the rehearsal of new skills to stimulate students' interest and participation. The content focuses on helping students understand the consequences of drug use, recognize the benefits of nonuse, build norms against use, and identify and resist pro-drug pressures.		expenses.
Project Towards No Drug Abuse	<ul style="list-style-type: none"> ▪ Perceived low risk of binge drinking ▪ Perceived low risk of marijuana use ▪ Have not received enough information to make an informed choice about marijuana use 	Project Towards No Drug Abuse (TND) is a drug prevention program for high school youth who are at risk for drug use and violence-related behavior. The current version of the Project TND curriculum contains twelve 40-minute interactive sessions taught by teachers or health educators over a 3-week period. Sessions provide instruction in motivation activities to not use drugs; skills in self-control, communication, and resource acquisition; and decision-making strategies. The program is delivered universally and has been used in both traditional and alternative, high-risk high schools	Endorsed by Blueprints as "model", by OJJDP as promising, and highly rated on NREPP	Initial Training & Technical Assistance: \$2,100 + trainer travel costs for a two-day training for up to 25 teachers. Curriculum and materials is \$200 per teacher.
New DARE (aka <i>keepin' it REAL</i>)	<ul style="list-style-type: none"> ▪ Feel police in community don't care ▪ Perceived low risk of binge drinking ▪ Perceived low risk of marijuana use ▪ Have not received enough information to make an informed choice about marijuana use 	Keepin' it REAL is a multicultural, school-based substance use prevention program for students 12-14 years old. Keepin' it REAL uses a 10-lesson curriculum taught by trained classroom teachers in 45-minute sessions over 10 weeks, with booster sessions delivered in the following school year. The curriculum is designed to help students assess the risks associated with substance abuse, enhance decision-making and resistance strategies, improve antidrug normative beliefs and attitudes, and reduce substance use. The narrative and performance-based curriculum draws from communication competence theory and a culturally grounded resiliency model to incorporate traditional ethnic values and practices that protect against substance use. The curriculum places special emphasis on resistance strategies represented in the acronym REAL: Refuse offers to use substances, Explain why you do not want to use substances, Avoid situations in which substances are used, and Leave situations in which substances are used.	Evidence of effectiveness based on multiple studies (Athena)	Free for those using only D.A.R.E. materials; those using Penn State University materials pay \$500 per school for materials and \$1,000 plus travel expenses for a 1-day training.