

BAY Team

Supporting the Barrington School District's Health Education Department

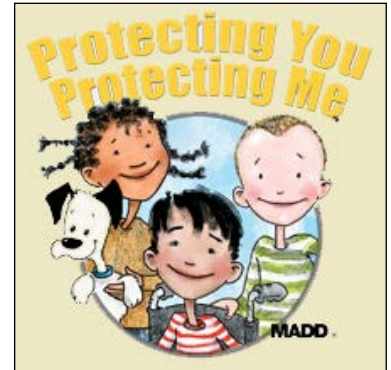
Hampden Meadows Health Curriculum:

Protecting You / Protecting Me

An alcohol use prevention curriculum for children grades 4 and 5

Protecting You/Protecting Me[®] gives students knowledge and skills that:

- Increase their non-use attitudes and decisions
- Increase their intentions **not** to ride with an impaired driver
- Improve their ability to protect themselves when they have no option but to ride with a driver who is not alcohol-free



Protecting You/Protecting Me[®] (*PY/PM*) is an alcohol use prevention curriculum for children in grades 1-5. *PY/PM* helps reach children before they have fully shaped their attitudes and opinions about alcohol use by youth. *PY/PM* provides a series of science, and health-based lessons that teach children how to protect themselves and make informed decisions. Lessons reinforce the fact that the brain's of children and adolescents are still maturing and respond to alcohol dramatically differently than those of adults, putting children at a much higher risk. Lessons also cover life skills including media awareness, communication, and vehicle safety.

The curriculum focuses on the effects of alcohol on the developing brain during the first 21 years of life.

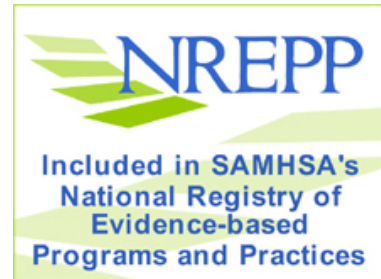
The lesson descriptions reinforce the fact that the brains of children and adolescents are still maturing and respond to alcohol in a dramatically different fashion than adults', putting children at a much higher risk. The curriculum provides a series of 40 lessons, eight lessons each for grades 1-5. Each grade level has its own materials:

- Grade 4: curriculum, 3 posters
- Grade 5: curriculum, DVD, and 1 poster

Protecting You/Protecting Me is the only curriculum that teaches children how to protect themselves and make informed decisions on this topic. The curriculum covers specific ways to handle difficult situations such as reducing the risks if riding with a driver who is not alcohol-free.

Research shows that the risk for alcohol and other drug use skyrockets when children enter the sixth grade, between the ages of 12 and 13. To be effective in preventing alcohol use by teenagers, we must reach out to and educate children in grades 1-5.

MADD's National Elementary School Project is a nationwide effort to prevent alcohol use by youth, and *Protecting You/Protecting Me*® is an important first step in the project.



Barrington Middle School Health Curriculum Project Northland

Alcohol is the drug of choice for American teenagers, and alcohol use during early adolescence increases the likelihood of progression to heavy alcohol use and to the use of other illicit drugs. The influence of peers, family members, school, the media, and the community have been shown to play a critical role in promoting or discouraging alcohol use among teens. That's why the prevention researchers who developed Project Northland and Class Action focused on engaging not only youth but also schools, families, and the larger community in one comprehensive prevention effort.

Developed by the University of Minnesota

- Recognition - NREPP
- "A" Rating - Making the Grade by Drug Strategies
- Meets Principle of Effectiveness #3 for Safe and Drug-Free School

About Project Northland

Project Northland is based on the most rigorous alcohol-use prevention trial ever funded by the National Institute on Alcohol Abuse and Alcoholism (NIAAA) and was developed in a region of the country that led the nation in alcohol-related teen traffic fatalities. The program was designed by prevention researchers to delay the age when youth begin drinking, to reduce use among young people who have tried alcohol, to limit the use of other drugs, and to reduce alcohol-related problems.



How it works

Project Northland employs grade-specific tasks, exercises, and activities in a variety of highly engaging, interactive formats--such as comic books and posters--to reach young people at an age when they are most likely to try alcohol. Because this program includes important community components, it can be effectively implemented by schools as well as by community programs.

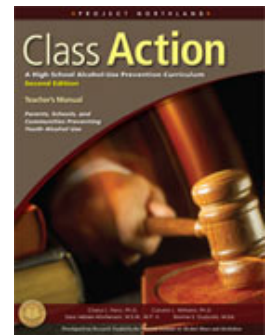
Barrington High School Class Action

Developed by the University of Minnesota

This high-school component of Project Northland looks at the real-world social and legal consequences of underage alcohol use. Based on the social influences theory of behavior change, the goal of Class Action is to change the social norms around alcohol use and to change negative peer pressure into positive peer pressure. In eight to ten weekly sessions, teens are divided into six legal teams to prepare and present hypothetical civil cases in which someone has been harmed as a result of underage drinking.

The eight cases are:

Drinking and Driving on Trial, Fetal Alcohol Syndrome on Trial, Drinking and Violence on Trial, Date Rape on Trial, Drinking and Vandalism on Trial, and School Alcohol Policies on Trial, Binge Drinking on Trial, Drinking and Hazing on Trial



Study outcomes

Project Northland is a CSAP-approved curriculum with proven outcomes. Overall, outcomes from an initial three-year test of the program show that, relative to the control group, students who participated in Project Northland demonstrated reduced levels of alcohol, marijuana, and cigarette use and displayed more resilient behaviors.

Students who participated in Project Northland:

- Showed reduced levels of alcohol use
- 30% lower weekly drinking
- Engaged in significantly less cigarette and alcohol use over time
- 27% lower use of cigarettes and alcohol by the end of eighth grade
- Demonstrated markedly lower drug use by eighth grade. Intervention group students who never drank alcohol at the beginning of sixth grade showed
- 50% lower marijuana use by the end of eighth grade

Delta-9

Marijuana Curriculum for Middle and High School Students

Marijuana is becoming the drug of choice for many American teenagers. Delta-9 is a researched-based prevention curriculum specifically designed for middle and high school students. Highly engaging and interactive, Delta-9 helps teens recognize myths and truths about the nature of marijuana use.

Delta-9 lessons are:

- How many Teens Smoke Marijuana? (social norms)
- Marijuana Myths and Facts
- How marijuana effects the brain
- Attitudes and Behaviors
- Patterns of Adolescent abuse and addiction
- Legal aspects
- Drugged Driving
- Refusal skills

Delta-9 students play games, role play, discover how their own attitudes and beliefs affect their choices, do a self-assessment, use Fatal Vision goggles, and even become a lawyer to argue a case!

Link to RI's health education standards:

<http://www3.barringtonschools.org/casr/Pages/Health%20and%20Physical%20Education.aspx>