

At A Glance

Substance Abuse Prevention

A skills-based curriculum that teaches teens how to say "NO."

Today more than ever, teens need help resisting drugs. Project ALERT is a proven solution, a nationally recognized, middle grade, substance abuse program that gives students insight, understanding and actual skills for resisting substance abuse. Project ALERT successfully addresses tobacco, alcohol, marijuana and inhalants, the substances teens are most likely to use.

Easy to adopt

The entire Project ALERT program is only \$150 per educator, plus shipping & handling and includes training, lesson plans, supporting videos and posters, and technical assistance with implementation. Teacher training is delivered online. Or, if your group is large enough, we'll provide an on-site traditional workshop at no extra charge.

Proven to work

The Project ALERT curriculum was developed and field tested over a ten-year period by RAND, the nation's leading think tank on drug policy. RAND research demonstrates that teens have a mindset about drugs. By shifting the pro-drug mindset, Project ALERT can have powerful results.

Project ALERT core strategies

- Motivate students against drug use
- Provide skills and strategies to resist drugs
- Establish new non-use attitudes and beliefs

Project ALERT in the classroom

- Small group activities
- Role playing exercises
- Real life videos
- Guided classroom discussions

The Project ALERT Curriculum

The Project ALERT two-year core curriculum consists of 11 lessons that are most effective when taught once a week during the first year, plus 3 booster lessons that should be delivered the following year. Project ALERT complements other curricula and can be implemented in conjunction with lessons from sex education, health, physical education, science and social studies.

*Can Project ALERT effectively change the mindset that can lead to drug use?
The answer is a resounding "YES."*

Results from RAND study

- A 38% reduction in marijuana initiation in moderate-risk students
- A 26% reduction in cigarette smoking by moderate-risk students
- A 19% reduction in new smokers
- A 23% drop in weekly smokers
- A 40% drop in students already experimenting with cigarettes in becoming regular smokers
- A 24% lower alcohol misuse score
- A 20% reduction of highest-risk early drinkers
- A 20 to 25% decrease in cigarette use during the past month
- A 33 to 55% decrease in regular and heavy usage of cigarettes
- A 60% decrease in current marijuana use

Evidence-based

Many substance abuse prevention programs promise results. But which ones are proven to be effective? Now you can find out. The government has created a service that conducts independent scientific reviews of various programs and publishes the findings on an easy to use website. The service is called NREPP, which stands for the National Registry of Evidence-based Programs and Practices. Created by the Substance Abuse and Mental Health Services Administration (SAMHSA), NREPP lets teachers and administrators compare strengths and weaknesses of programs so they can make informed decisions.

Excellent Scores

When Project ALERT was reviewed by NREPP, the results were conclusive. Out of a possible 4.0, we scored 4.0 on quality of research and 3.8 on readiness for dissemination. These excellent scores on the two primary criteria indicate that Project ALERT is grounded in solid science, delivers measurable results, and is easy to put to work in the classroom. If you are looking for a substance abuse prevention program that has proven its merit, we think Project ALERT is the best you can find. But don't just take our word for it. See the results at NREPP's newly revamped website: www.nrepp.samhsa.gov.

The all inclusive Project ALERT package

The following materials are provided to every teacher who registers for Project ALERT:

- Access to online teacher training
- Fourteen lesson plans
- Eight interactive student videos
- Twelve full-color classroom posters to support learning goals and reinforce visual learners
- Toll free phone support and online technical assistance
- Unlimited online access to curriculum resources and refresher training
- An "E-code" that can be shared with colleagues to create additional FREE training accounts

Bonus materials for educators who complete training

- FREE periodic print and video updates to the curriculum
- Free subscription to *The ALERT Educator*, a teacher support newsletter
- Certificate of "training completion" to verify contact hours

Resources include

- The Fidelity Instrument
- Assessment Tools
- Overview Video