

"PROJECT ALERT"

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 school 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.

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

- Reduced initiation of marijuana use by 30%
- Decreased current marijuana use by 60%
- Reduced past month cigarette use by 20% to 25%
- Decreased regular and heavy smoking by 33% to 55%
- Developed significantly enhanced anti-drug beliefs

Named an EXEMPLARY Model Program

- U.S. Department of Education Safe, Disciplined and Drug- Free Schools
- U.S. Department of Health and Human Services Substance Abuse & Mental Health
- Services Administration (SAMHSA) and Center for Substance Abuse Prevention (CSAP)
- U.S. Department of Justice Office of Juvenile Justice and Delinquency Prevention Model Delinquency Prevention Program
- National Prevention Network
- National Association of State Alcohol and Drug Abuse Directors
- Community Anti-Drug Coalitions of America
- White House Office of National Drug Control Policy

Also endorsed by the National Middle School Association