

Protecting You/Protecting Me

Youth-Led Evaluation Results

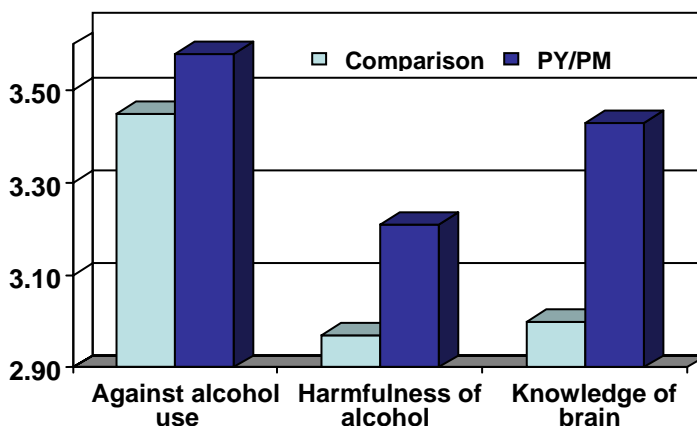
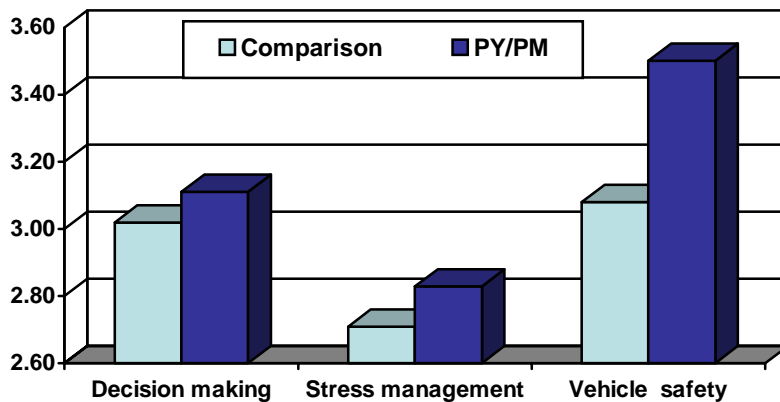
The youth-led evaluation study is funded by the Criminal Justice Division of the Texas Governor’s Office to evaluate the effectiveness of PY/PM when taught by high school students in the Peer Assistance and Leadership (PAL®) program (peer helpers). Selected peer helpers who are trained and supervised by their teacher teach the lessons to elementary students.

Results have shown that the youth-led model of implementation has a positive effect on the elementary students who receive the curriculum *and* the high school students who teach it. The youth-led approach has also increased the number of elementary students who receive the PY/PM curriculum. In the 2003-2004 school year, 496 peer helpers taught in 387 classrooms to 8,204 elementary students.

Elementary students who received PY/PM:

- **Improved their vehicle safety skills** (knowing how to protect themselves when they have no option but to ride with an impaired driver).
- **Became more media literate** (understanding how television and other commercials can slant the truth or not tell the whole story).
- **Improved their decision making and stress management skills**
- **Increased their knowledge of the brain and their perceived harmfulness of underage alcohol use** (knowing when the brain is fully developed and how alcohol affects the developing brain).

Elementary students gain skills and increase knowledge:

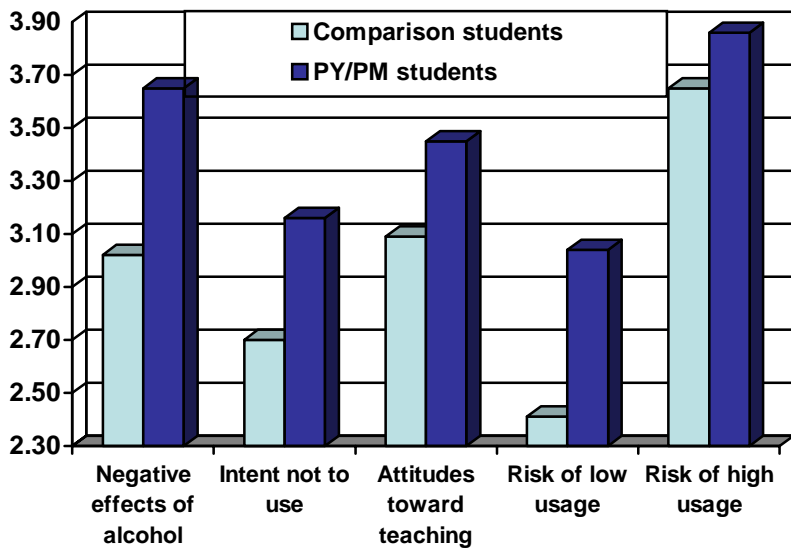


Note: Average post-test scores for students in grades 3-5. Scores ranged from 1 to 4 with 4 being the desired response.

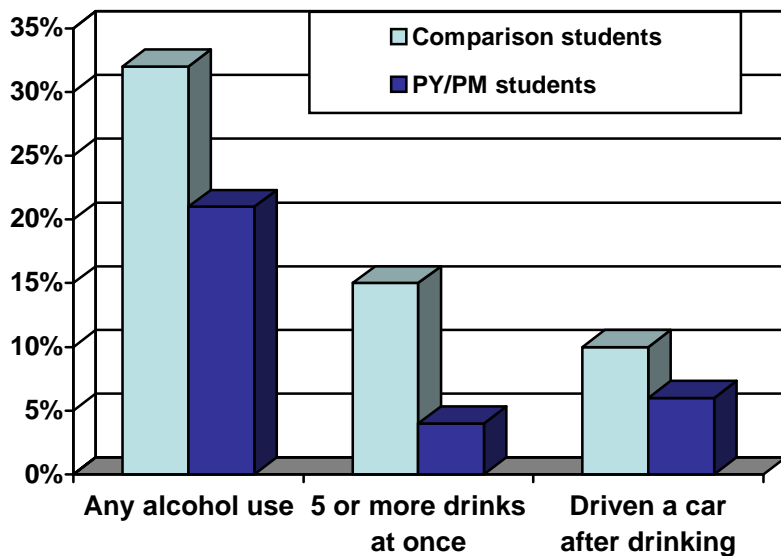
High school peer helpers who taught PY/PM:

- Increased their perceptions of the harmfulness of underage alcohol use
- Had lower levels of alcohol use, binge drinking, and driving after drinking than students who did not teach PY/PM
- Gained valuable teaching skills and a sense of satisfaction from teaching

High school peer helpers improve knowledge and attitudes and reduce alcohol-related behaviors:



Note: Average post-test scores. Scores ranged from 1 to 4 with 4 being the desired response.



Post-Test Percentages from 2003-2004.