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UNDERAGE ALCOHOL USE PREVENTION FOR GRADES 1 THROUGH 5

SCIENCE BASED • BRAIN BASED • CLASSROOM BASED

***Protecting You/Protecting Me* gives students essential knowledge and skills that:**

- Increase their non-use attitudes and decisions about alcohol before age 21
- 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

Students learn:

- The difference between the brains of people over 21 and the brains of people under 21
- What commercials don't tell us
- Ways to resist peer pressure
- Responsible ways friends can protect each other
- How to talk to parents and other adults
- How to make informed decisions
- How to protect themselves if they have no choice but to ride with a parent or guardian who is not alcohol-free
- Brain-friendly ways to manage stress
- How rules and laws protect us

"Protecting You/Protecting Me is rooted in the latest scientific information regarding the effects of alcohol on the developing brain. The emphasis is on empowering children with knowledge so that they will be better able to keep themselves and others safe from harm."

Dr. Aaron White
Duke University Medical Center

Recognition:

- Model Program – U. S. Department of Health and Human Services, Substance Abuse and Mental Health Service Administration (SAMHSA), Center for Substance Abuse Prevention (CSAP)
- Endorsed by the National Association of Elementary School Principals
- Endorsed by the American Academy of Pediatrics
- Endorsed by the American Medical Association



"I will always remember Sara Tonin, Stress Management and the Five P's (lessons). I now know what alcohol can do to you."

Whitney, Age 11, Fifth Grader, MT

The *Protecting You/Protecting Me* Curriculum:

- Supports the development of personal and social assets through activities that promote both current childhood well being and the successful transition into adolescence
- Develops a sense of personal autonomy, self-efficacy and responsibility for self
- Teaches basic life skills (such as coping, assertiveness and problem solving) which predict improved emotional well being, better school performance and reduced risk behaviors
- Provides eight lessons in Grades 1-5, a total of 40 exposures
- Can be infused into the core curriculum and is based on standard educational objectives
- Includes all materials necessary for full implementation and ongoing technical assistance at www.pypm.org

UNIVERSAL PROGRAM
BASED ON PRINCIPLES OF
EFFECTIVENESS
SOCIAL EMOTIONAL LEARNING
BROAD AND TARGETED SKILL SETS
PARENT INVOLVEMENT

Choice of Implementation Models:

- School faculty/staff
- High School students enrolled in Leadership/Mentoring Classes
- Community-based programs that serve schools
- Available in English, Spanish, and tailored for Native Americans
- Training is required to receive materials

"Protecting You/Protecting Me contains art, science, health, social studies, and even math activities which teach drug prevention. I am using this curriculum during my weekly guidance classes with each elementary grade level and am finding the lessons to be fun and interesting."

Debbie J., Guidance Counselor, TN

"I am writing this letter to my fellow principals to encourage them to participate in Protecting You/Protecting Me. One of my parents serving on my site-based committee was so impressed with the program he spoke to the school board applauding the program."

**David S.,
Elementary Principal, TX**

For more information, please contact:

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