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Program Summary Sheet

Title Protecting You Protecting Me

CSAP Strategy Education

Risk Factors Addressed Family History of Alcoholism/Drug Abuse;
Early First Use

**Evidence-Based Program/
Principles** NIDA Prevention Principles #1, 2, 6, 7 and 15

Program	Audience	Lesson Length
Protecting You Protecting Me	Grades 1 - 5	8 (45 minute) lessons

Program Services Include One pre-program consultation with administration;
8 classroom/group lessons for a maximum of 25 children;
Lessons tailored to age/grade level;
Pre/post surveys, educational materials, personalized certificates and
evaluation summary.

Summary

Protecting You Protecting Me (PYPM) is a research-based alcohol-use prevention curriculum for elementary students designed to reduce alcohol-related injury and death in our nation's youth. The curriculum is proven to enhance students' knowledge about their brains and personal development; improves elementary students' vehicle safety skills, including their ability to protect themselves when they have no option but to ride with an adult who is not alcohol-free; incorporates the latest research on human brain development; focuses on the immediate risks of using alcohol before age 21; includes parental involvement activities.

Learning Objectives

1. Encourage self-confidence and self-esteem and learning to make good choices.
2. Teach youth to resist pressures to use alcohol.
3. Promote useful alternatives for dealing with problems.