

Project Alert

Program Description:

Project Alert is a school-based, social resistance approach to drug abuse prevention. The curriculum specifically targets four gateway drugs: nicotine, alcohol, inhalants, and marijuana.

Objectives:

To enable students to do the following:

- Increase students' ability to make good decisions.
- Identify pressures associated with using drugs.
- Develop skills to resist peer pressure
- Know that it is OK to say "NO"
- Cope with pressures from the media.
- Learn how to say no to external and internal pressures.
- Understand that most people do not use drugs.
- Recognize the benefits of resistance.

Project Alert is a research-based curriculum designed for sixth and seventh grade, or seventh and eighth grade students. The first year's program consists of eleven lessons taught a week apart. These lessons are reinforced with three more lessons being presented in the second year.

Program Outcomes:

- Reduces initiation of marijuana and tobacco use by 30 percent
- Reduces heavy smoking among experimenters by 50-60 percent
- Is effective for both high and low risk students, including minorities
- Performs equally well in a variety of socioeconomic settings

Project Alert is a highly interactive program. The program utilizes a variety of small group activities, role-plays, and worksheets to help students develop drug resistance tools.

Introduction and Overview of Program:

Core Program – First Year

Lesson 1	Project Alert Kick-off
Lesson 2	Consequences of Smoking Cigarettes and Marijuana
Lesson 3	Drinking Consequences and Alternatives
Lesson 4	Introduction to Pressures
Lesson 5	Social Pressures to Use Drugs
Lesson 6	Resisting Internal and External Pressures to Use Drugs
Lesson 7	Practicing Resistance Skills
Lesson 8	Inhalant Abuse
Lesson 9	Review and Practice of Resistance Techniques
Lesson 10	Smoking Cessation
Lesson 11	Benefits of Not Using Drugs

Booster Program – Second Year

Lesson 1	Motivating Resistance to Drugs
Lesson 2	Practice Resisting External and Internal Pressures
Lesson 3	Benefits of Resisting Drugs

*For more information or to schedule Project Alert for your school, please call
Health Promotions & Educational Services Department
815-223-0160*

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