

EXEMPLARY/PROMISING PROGRAM MATRIX

PROGRAM	DESCRIPTION	GRADE LEVEL	DURATION & INTENSITY	KEY PREVENTION STRATEGIES
<i>Exemplary Programs</i>				
Life Skills Training	Substance abuse prevention/ competency enhancement program designed to focus primarily on the major social and psychological factors promoting substance use/abuse	Grades 6–8 or 7–9	15 class periods during the first year, 10 booster sessions during the second year, and 5 sessions during the third year	<ul style="list-style-type: none"> • Skills promotion
Project Alert	Video-based drug prevention program focusing on substances that adolescents use first and most widely: alcohol, tobacco, marijuana, and inhalants	Grades 6–7 or 7–8	11 weekly lessons during the first year, 3 booster lessons during the second year	<ul style="list-style-type: none"> • Skills promotion • Influencing school and community norms • Building school-family-community partnerships
Project TNT (Towards No Tobacco Use)	Prevention program designed to delay the initiation and reduce the use of tobacco	Grades 7–8	10 lessons, each 40 to 50 minutes, taught over a two-week period during the first year; 2 booster lessons taught in a two-day sequence during the following year	<ul style="list-style-type: none"> • Skills promotion • Influencing school and community norms
Second Step: A Violence Prevention Curriculum	Violence prevention curriculum that teaches social skills to reduce impulsive and aggressive behavior in children and increase their level of social competence	Pre-K–grade 9	20 sessions in 10 to 20 weeks per grade level; 20–50 minutes per session	<ul style="list-style-type: none"> • Skills promotion • Building school-family-community-partnership
<i>Promising Programs</i>				
Aggressors, Victims and Bystanders	Prevention program that aims to prevent or reduce violence by altering patterns of thought and action that lead individuals to become involved in violence	Grades 6, 7, or 8	12 classroom sessions, each session no more than one week apart	<ul style="list-style-type: none"> • Skills promotion • Influencing school and community norms

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All Stars	Universal prevention program that uses a character-based approach to preventing high-risk behaviors in teens	Grade 6 or 7, with booster sessions the following year	21 interactive 45-minute classroom sessions, along with an 8-session booster program	<ul style="list-style-type: none"> • Influencing school and community norms • Building school-family-community partnerships
Facing History and Ourselves	Violence prevention curriculum that aims to reduce intolerance among young people as they learn to balance self-interest with a genuine interest in the welfare of others	Grades 7–12	One semester-long unit in social studies, English, art, or history, or an interdisciplinary class	<ul style="list-style-type: none"> • Skills promotion
Lions-Quest Skills for Adolescence	Comprehensive life skills and drug prevention curriculum that emphasizes character development, communication, decision-making skills, and service-learning	Grades 6–8	Eight flexible units with 103 skill-building sessions; this curriculum can be implemented according to a one-, two-, or three-year implementation model	<ul style="list-style-type: none"> • Skills promotion • Building school-family-community partnerships
Lions-Quest Working Toward Peace	Comprehensive program designed to teach and reinforce a repertoire of anger management and conflict resolution skills	Grade 6, 7, or 8	22 core sessions, each 40 to 50 minutes long, and a 6-session basic life skills “skills bank,” implemented as a five-week course taught every day or a nine-week course taught every other day	<ul style="list-style-type: none"> • Skills promotion • Policy development and enforcement • Building school-family-community partnerships
Minnesota Smoking Prevention Project	Curriculum aimed at preventing tobacco use among adolescents through activities that let students experience social support and approval for tobacco-free lifestyles	Grades 6–10	Six developmentally appropriate classroom sessions, each 45 to 50 minutes in length	<ul style="list-style-type: none"> • Skills promotion • Influencing school and community norms

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PeaceBuilders®	Community-based program launched in schools that shifts the school climate to a peaceful, productive, and safe place for faculty and students and addresses the risk factors that predict violence, bullying, and drug and tobacco use	Grades 6–8	Ongoing, school- and community-wide through various components; classroom activities are a couple minutes to a half-hour long	<ul style="list-style-type: none"> • Skills promotion • Building school-family-community partnerships
The Peacemakers Program: Violence Prevention for Students in Grades 4–8	Violence prevention intervention aiming to reduce aggression among participating youth across a broad spectrum of severity, ranging from hurtful speech to physical fighting to use of weapons	Grades 4–8	17 weekly lessons, each 45 minutes in length	<ul style="list-style-type: none"> • Skills promotion
Project STAR (Students Taught Awareness and Resistance, also known as the Midwestern Prevention Project)	Drug-abuse prevention program that reaches the entire community with a comprehensive school program, mass media efforts, parent program, community organization, and health policy change	Grades 6–7 or 7–8	10–13 classroom sessions in the first year, 5 booster sessions during the following year	<ul style="list-style-type: none"> • Skills promotion • Policy development and enforcement • Building school-family-community partnerships
Responding in Peaceful and Positive Ways	Primary violence prevention program that works to reduce the incidence of youth violence	Grade 6 or 7	25 weekly classroom sessions	<ul style="list-style-type: none"> • Skills promotion • Influencing school and community norms
Say It Straight Training	Education and training program that produces increased self-awareness, positive relationships, and personal and social responsibility; and decreased risky or destructive behaviors, such as alcohol, tobacco, and other drug use, violence, precocious sexual behavior, and behaviors leading to HIV/AIDS	Grades 3–12	5–10 sessions on consecutive days or at least twice a week, each approximately 50 minutes in length	<ul style="list-style-type: none"> • Skills promotion

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SCARE Program	Anger and aggression management program that teaches young people about emotions, including anger and aggression, and helps them recognize alternatives to violent behavior and aggressive responses	Early adolescence	15 sessions delivered weekly, twice a week, or daily in 45–50-minute sessions	<ul style="list-style-type: none"> • Skills promotion
Students Managing Anger and Resolution Together (SMART) Team	Violence prevention program that uses a multimedia computer instruction program, including interactive interviews, cartoons, game shows, and animation, to teach lessons about anger management, dispute resolution, and perspective-taking	Grades 5–9	Eight modules used in sequence or independently	<ul style="list-style-type: none"> • Skills promotion