



DoDEA SPRING 2004

# Prevention Programs Guide



**SAFE**  
*Schools*

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## Overview

### Introduction

The *Spring 2004 Prevention Programs Guide* is a supplement to the *DoDEA Safe Schools Handbook*. This Guide presents the programs in the same format as the Handbook - with 11 categories - ranging from anti-bullying to suicide prevention. Readers are encouraged to continue to use the programs provided in the Prevention Programs Section of the Handbook, as well as those provided herein.

The Table of Programs presents the prevention programs by category and indicates whether the programs are designed for elementary (ES), middle (MS) or high schools (HS). Each program has a page which describes the program, offers the program's contact information, cost, implementing specifics, content offering and materials. *Note: Please contact vendors to check prices as they are subject to change.*

Use the Guide as either an electronic or a paper document. As an electronic document, the Guide can be easily forwarded to colleagues and provides Internet links that enable users to access the referenced program. By using the links, administrators can learn more about specific programs. Printed, the Guide can be inserted behind the Prevention Programs Section of the Handbook.

### Selection Criteria\*

Many criteria are taken into consideration when programs are chosen for inclusion in this Guide. First and foremost, both the applicability and ease of implementation for the unique DoDEA school-setting is considered. Next, where possible, programs are selected that have been researched and demonstrated some effectiveness. Thirdly, prevention program lists maintained by educational organizations and coalitions are consulted. (For example, The Life Skills Training Program was selected by the American Psychological Association as a "program of excellence.") For some categories of prevention programs and some newer programs, little to no research is available. Lastly, out of all of those programs reviewed, programs were selected that are not astronomical in price, do not require professional trainers to travel to a school to conduct training, or require staff to travel to a special training to become "certified" to teach the program.

### No Endorsements

This is an unofficial publication produced by DynCorp, Inc. on behalf of the Department of Defense Education Activity, Office of Safety and Security. The material herein is presented for informational purposes and does not constitute official policy of the Department of Defense. DoDEA and DynCorp do not endorse the prevention programs described in this Guide. Programs included in the Guide are illustrative of the types of prevention programs available.

\* *This Guide was compiled with careful consideration by an editor with a Master in Social Work-P.A.*

# Prevention Programs

Prevention programs help create a safe and secure learning environment by alleviating disruptive behavior, reducing individual or group tension, teaching students positive life and decision-making skills and modeling normative behavior.

The *Second Special Edition of Safe Schools: A Handbook for Practitioners* (2003) described 36 prevention programs. Two previous supplemental Intervention Strategies Guides published in February and May 2002 described an additional 48 prevention programs. This Guide describes 22 programs selected for their recognized effectiveness and/or applicability to DoDEA schools and offers materials to assist administrators with implementing their Safe Schools Program. For the previous Intervention Strategies Guides, go to the DoDEA web site at: [http://www.odedodea.edu/schools/pdffiles/ISGuide\\_Feb02.pdf](http://www.odedodea.edu/schools/pdffiles/ISGuide_Feb02.pdf).

Since the first edition of the DoDEA Safe Schools Handbook was published in 1999, the nomenclature has changed. “Prevention programs” more accurately refers to the programs taught to students in classes to prevent negative behaviors such as bullying, violence or substance abuse. “Intervention strategies” encompasses not only prevention strategies, but also one-on-one counseling, and a spectrum of mental health and individual counseling education plans.

Take a minute to ask yourself the following question: Does my school provide a safe learning environment? The U.S. Department of Education’s report, *Early Warning, Timely Response* describes the characteristics of a school that is safe and responsive to all children. The safe and responsive school strives to:

- Focus on academic achievement,
- Involve families in meaningful ways,
- Develop links to the community,
- Emphasize positive relationships among students and staff,
- Discuss safety issues openly,
- Treat all students with equal respect,
- Create ways for students to share their concerns with teachers,
- Help children feel safe to express their feelings,
- Establish a system for referring children who are suspected of being abused or neglected,
- Offer extended day programs for children,
- Promote good citizenship and character; and
- Identify problems and assess progress toward solutions.

Awareness is a significant factor in preventing school crime and violence. School leaders should provide annual updates to staff, students and parents regarding the school's:

- Policies on violence,
- Violence prevention efforts, and
- Procedures for reporting suspicious behavior.

## Early Warning Signs

The Department of Education offers the following early warning signs as an aid in identifying and referring students who might need help. **Staff, parents and students are cautioned to use the following as possible signs of problems, not as a checklist.** To avoid misdiagnosis, a trained mental health practitioner, in consultation with a student's parent or guardian, must conduct a professional assessment. These early warning signs are not equally significant, nor are they presented in order of seriousness. Early warning signs usually include:

- An affiliation with gangs,
- Chronic behavior and disciplinary problems,
- Drug and alcohol use,
- Excessive feelings of isolation and being alone,
- Excessive feelings of rejection,
- Expressions of violence in writings and drawings,
- Feelings of being picked on and persecuted,
- Inappropriate access to, possession of and use of firearms,
- Low school interest and poor academic performance,
- A past history of violent and aggressive behavior,
- Patterns of impulsive and chronic hitting, intimidating and bullying,
- Prejudices toward others,
- Serious threats of violence against oneself or others,
- Social withdrawal,
- Truancy,
- Uncontrollable anger; and
- Victimization by violence.

DoDEA's existing curriculum, counseling and administrative approaches to violence prevention accomplish much of the normative education and life skills training offered through prevention programs. Teachers communicate positive values such as honesty, integrity and self-control during regular academic lessons. Administrators publicize procedures for referring troubled

## Prevention Programs

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or emotionally disturbed students to the school psychologist or counselor. DoDEA ministers to students' mental health by committing resources to provide school counselors in each school and have a school psychologist available to every DoDEA student. DoDEA's Health Education I course, a graduation requirement, includes suicide prevention, emotional control and stress management education in the mental health curriculum.

### **Establishing Prevention Programs**

Violence prevention programs are an integral part of creating a safe and secure learning environment. Effective prevention programs target specific student behaviors and teach skills such as communication, decision-making, or social skills. Anti-bullying, conflict resolution, hate prevention, character education and sexual harassment education programs are all aimed at preventing student disruption and violence. The programs in this Guide are characterized in one of the following eleven categories:

- Anti-Bullying
- Behavior Management
- Character Education
- Conflict Resolution
- Gang Prevention and Resistance
- Hate Prevention
- Life Skills Development
- Parental Involvement
- Sexual Harassment and Assault Prevention
- Substance Abuse Prevention
- Suicide Prevention

Reducing school and community risk factors is an essential aspect of a school's prevention efforts. When selecting prevention programs to meet your school's needs, consider:

- Which prevention programs will meet your school's greatest social needs/issues,
- The proven effectiveness of the prevention program; and
- The long-range application of the prevention program to your school.

The U.S. Department of Education’s action guide, *Safeguarding Our Children*, recommends each school establish a student support team consisting of the principal, a teacher, a counselor or mental health professional and others, as necessary, to promote and support your prevention efforts.

**Table of Programs**

(● indicates that the program is offered at these school levels)

Type of Program	Elementary School	Middle School	High School	Page Number
<b>Anti-Bullying</b>				
Friends Do Not Bully	●			7
Bully-Free Living for Middle School Students		●		8
<b>Behavior Management</b>				
Skills for Managing Anger		●	●	9
PATHS	●			10
<b>Character Education</b>				
LifeSkills Training	●	●		11
Character Lessons for Life	●	●	●	12
<b>Conflict Resolution</b>				
Program for Young Negotiators	●	●		13
Skills for Negotiating & Resolving Conflicts			●	14
<b>Gang Prevention and Resistance</b>				
What’s Up? With Street Smarts		●		15
On Street Smarts			●	16

## Prevention Programs

Type of Program	Elementary School	Middle School	High School	Page Number
<b>Hate Prevention</b>				
24/7.com Teens Talk About Prejudice			●	17
Who Knew? The Diversity Issue	●			18
<b>Life Skills Development</b>				
Youth Matters (4-6)	●			19
Youth Matters (6-9)		●		20
<b>Parental Involvement</b>				
Parenting for Prevention	●	●		21
Parents Who Care		●	●	22
<b>Sexual Harassment and Assault Prevention</b>				
Safe Dates		●	●	23
What's Up? With Sexual Harassment		●		24
<b>Substance Abuse Prevention</b>				
Project Towards No Drug Abuse			●	25
On The Verge		●		26
<b>Suicide Prevention</b>				
A Promise for Tomorrow			●	27
QPR Suicide Prevention		●	●	28

## **Friends Do Not Bully**

### **Sponsor/Developer**

Channing Bete Company, Inc.

### **Contact Information**

Michelle O'Neill

Channing Bete Co., Inc.

One Community Place

South Deerfield, MA 01373

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Fax: (800) 329-2939

E-mail: [moneill@channing-bete.com](mailto:moneill@channing-bete.com)

URL: [www.channing-bete.com](http://www.channing-bete.com)

### **Materials**

This program includes a 12-page colorful booklet that comes with a leader's guide and family activities component to help encourage parent involvement.

### **Cost**

1-99 copies, \$1.83 each

100-499 copies, \$1.66 each

### **Implementing Specifications**

Presenters: School staff

Audience: Students, ages 4-5

Venue: Preschool and elementary school

### **Summary**

This interactive workbook helps young students (and pre-students) prepare for social and academic success by teaching what teasing and bullying “are” and “are not” and why bullying is inappropriate. Fun activities and stories suggest ways to communicate when faced with frustrating situations, to stand up to bullies and when it's appropriate to apologize. This program is consistent with the principles of social and emotional learning.

## **Bully-Free Living for Middle School Students**

### **Sponsor/Developer**

Channing Bete Company, Inc.

### **Contact Information**

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### **Materials**

Each PowerPoint presentation comes with a leader's guide, audience handouts and a 3-ring binder to store and transport materials and 25 copies each of "About Bullying" and "Preventing School Violence" booklets.

### **Cost**

1 copy, \$309.00 each                      2-3 copies, \$259.00 each                      4-9 copies, \$229.00 each

Each transparency set provides a complete set of full color slides from the full 60 minute PowerPoint presentation for use with an overhead projector. Slides are 3-hole punched, for storage in the leader's guide binder.                      \$55.00 each

### **Implementing Specifications**

Presenters: School staff

Audience: Middle school students

Venue: Schools

### **Summary**

*Bully Free Living for Middle School Students* is a ready-to-use interactive PowerPoint presentation that helps students understand the various forms of bullying, the psychological effects of bullying on each person involved, ways to handle and prevent bullying and the sources of help and support. Each kit enables all presenters, even first-timers, to quickly prepare for a successful session. Presenters can choose to give 30, 45 or 60 minute presentation sessions. The PowerPoint presentation addresses: what bullying is, the roles of bully, victim and bystander, preventing bullying at school, healthier relationships and positive communication, assertiveness, anger management, empathy and strategies for bystanders and victims.

## Skills For Managing Anger

### Sponsor/Developer

Meg Holmberg  
Gail Sadalla, University of California, Berkeley  
Sue Yeres, NY Division of Youth  
Dr. Goldstein, Syracuse University

### Contact Information

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URL: [www.channing-bete.com](http://www.channing-bete.com)

### Materials

Each *Skills for Managing Anger* program, in either 6 or 12 sessions, includes: 1 leader's guide, 2 videos, 25 student notebooks and 25 completion certificates. Supplemental materials include: a parent/staff orientation kit, refresher activities and class projects.

### Cost

Workshop leader's training is available, but not required. Each Skills program costs:

0-9 copies	\$495	25-49 copies	\$395	100-499 copies	\$275
10-24 copies	\$445	50-99 copies	\$335	500-999 copies	\$225
				1,000+ copies	\$195

### Implementing Specifications

Presenters: School staff  
Audience: Students, ages 12-24  
Venue: Classroom, community center, after school program

### Summary

*Skills For Managing Anger* empowers young people by helping them identify and focus on their personal goals as a motivation for avoiding violence. *Skills For Managing Anger* reduces verbal and physical aggression, empowers youth with positive anger-management skills, engages participants through role-play and works to improve youth-staff relationships. This program adapts to diverse audiences.

## **PATHS (Promoting Alternative Thinking Strategies)**

### **Sponsor/Developer**

Carol Kusché, Ph.D., University of Washington and  
Mark Greenberg, Ph.D., Pennsylvania State University

### **Contact Information**

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URL: [www.channing-bete.com](http://www.channing-bete.com)

### **Materials**

Materials include a: instructor's manual, Turtle Unit (Readiness and Self-Control Volume), Feelings and Relationships Unit (Volumes 1, 2 and 3), Problem-Solving Unit (Volume 4), Supplementary Lessons Unit (Volume 5), photo pack, face templates, four posters, face cards, two wall charts and a turtle puppet.

### **Cost**

There is no special training required to successfully implement the PATHS Program. Each complete PATHS Program is priced as follows:

0-9 copies	\$699	25-49 copies	\$579	100-999 copies	\$419
10-24 copies	\$649	50-99 copies	\$499	1,000+ copies	\$299

### **Implementing Specifications**

Presenters: School staff  
Audience: Elementary school students, K-5  
Venue: Classroom, after school program

### **Summary**

The *PATHS (Promoting Alternative Thinking Strategies)* curriculum is a comprehensive program for promoting emotional and social competence and reducing aggression and behavior problems in elementary school children. In clinical trials, *PATHS* has been shown to: reduce teachers' reports of aggressive behavior, increase teachers' reports of students exhibiting self-control, increase students' ability to express emotions, improve students' cognitive skills and their ability to tolerate frustration.

## **LifeSkills Training**

### **Sponsor/Developer**

Gilbert J. Botvin, Ph.D.

### **Contact Information**

National Health Promotion Associates, Inc.  
711 Westchester Avenue  
White Plains, NY 10604

Phone: (800) 293-4969 or (914) 293-4969

Fax: (914) 421-2007

E-mail: [lstinfo@nhpanet.com](mailto:lstinfo@nhpanet.com)

URL: [www.lifeskillstraining.com](http://www.lifeskillstraining.com)

### **Materials**

*LST* Middle School Curriculum: teacher's manual, student guide and audio tape

*LST* Elementary School Curriculum: teacher's manual and student guide

### **Cost**

MS - 1 teacher's manual and 30 student guides per year for three years: \$675

ES - 1 teacher's manual and 30 student guides per year for three years: \$655

Each year is available for individual purchase.

### **Implementing Specifications**

Presenters: Teachers, counselors

Audience: ES students (grades 3-6) and MS students (grades 6-9)

Venue: Classroom

### **Summary**

*LifeSkills Training* is a substance abuse prevention program based on more than 20 years of scientific research. This program is both comprehensive and interactive in its approach to addressing the underlying causes of tobacco, alcohol and illicit drug use.

*LifeSkills Training* provides students with the skills needed to avoid high-risk behaviors. Combining coaching and practice with peer interaction and provider intervention, the program strengthens student abilities in three critical domains: Drug Resistance, Personal Self Management and General Social Skills.

## Character Lessons for Life

### Sponsor / Developer

Gene Bedley, Former School Principal, National Character Education Center

### Contact Information

Louise Cherry  
People-Wise Publications  
P.O. Box 80208  
Rancho Santa Margarita, CA 92688

Phone: 800-229-3455 or (949) 888-2670  
Fax: 949-888-2670  
E-mail: [people-wisepublications@cox.net](mailto:people-wisepublications@cox.net)  
URL: [www.ethicsusa.com](http://www.ethicsusa.com)

### Materials

Values in Action! – 3 comprehensive notebooks, Character Lessons for Life - manual (52 Lessons for Life), Character Development Posters, Language of Success Mobiles, Character Lessons for Life CD.

### Cost

Values in Action! Administrators (1) and teacher guides (2) - \$525.00  
Character Lessons for Life - manual - \$29.95 Character Development posters - \$30.00  
Language of Success mobiles - Attitude umbrella - \$19.95  
CD PowerPoint Training for Staff Development - \$249.00  
Character Centered Classroom -workbook - \$20.00  
Character Classics (for primary grades only) - \$330.00

### Implementing Specifications

Presenters: Administrators, teachers, students  
Audience: Elementary (grades Pre-K-5), middle school (grades 6-8)  
Senior high school (grades 9-12)  
Venue: Classroom or individual

### Summary

*Character Lessons for Life* provides schools with practical solutions and strategies for character development. Research and school-based, this program offers seven core ethical virtues and is taught with references that relate to the human body: 1. Heart = Compassion, 2. Eyes and Ears = Respect, 3. Mouth = Integrity, 4. Mind = Thoughts, 5. Stomach = Fortitude, 6. Hand and Arms = Cooperation, 7. Feet = Initiative. A CD will assist you or your counselor in training your staff. *Character Classics* includes classical music with catchy character lyrics for primary students.

## Program For Young Negotiators

### Sponsor/Developer

Dr. Jared R. Curhan, Ph.D., Massachusetts Institute of Technology, Faculty Member and MBA, Negotiating Skills Class Instructor

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URL: [www.channing-bete.com](http://www.channing-bete.com)

### Materials

Each Program for Young Negotiators package includes: 1 workshop leader's guide, 1 video, 25 student notebooks and 25 completion certificates.

### Cost

Training is available, but not required. Each program package is priced as follows:

0-9 copies	\$495	25-49 copies	\$395	100-499 copies	\$345
10-24 copies	\$445	50-99 copies	\$365	500-999 copies	\$325
				1,000+ copies	\$295

### Implementing Specifications

Presenters: School staff

Audience: Middle school students, ages 12-15.

Venue: Classroom, community center, after school program

### Summary

*Program for Young Negotiators* is a conflict resolution program that offers innovative role-plays, case studies, games and discussions to help middle school students resolve their problems without resorting to violence. Students explore strategies for improving communication, analyze real-life conflicts, develop creative solutions and practice effective ways to achieve personal goals. *Program for Young Negotiators* is the product of more than 15 years of research and development at the Program on Negotiation at Harvard Law School. Pioneered by experts in the field of conflict and dispute resolution, it is based on the internationally known model of "principled negotiation."

## Skills For Negotiating and Resolving Conflicts

### Sponsor/Developer

Meg Holmberg & Gail Sadalla, University of California - Berkeley

### Contact Information

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URL: [www.channing-bete.com](http://www.channing-bete.com)

### Materials

Each *Skills for Negotiating and Resolving Conflict* program includes: 1 workshop leader’s guide, 1 video, 25 student notebooks and 25 completion certificates.

### Cost

Workshop leader’s training is available, but not required. Each *Skills For Negotiating and Resolving Conflict* program is priced as follows:

0-9 copies	\$550	25-49 copies	\$450	100-499 copies	\$330
10-24 copies	\$500	50-99 copies	\$390	500-999 copies	\$285
				1,000+ copies	\$245

### Implementing Specifications

Presenters: School staff  
Audience: Students, ages 16-24  
Venue: Classroom, Community center, after school program

### Summary

This program teaches students constructive, nonviolent solutions to conflicts that arise at school. Founded on techniques from the Harvard Negotiation Project, *Skills for Negotiating and Resolving Conflict* features content created by nationally known experts in the fields of conflict resolution, communication and curriculum development. The program features eight sessions that teach the basics of negotiation and conflict resolution. Participants use student notebooks that offer interactive discussion pieces, writing exercises and games to help them understand and practice negotiation techniques. Optional enrichment activities can expand the curriculum, if desired.

## **What's Up? With Street Smarts**

### **Sponsor/Developer**

Channing Bete Company, Inc.

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### **Materials**

24 page, colorful interactive booklet, a leader's guide and web site access.

### **Cost**

1-99 copies, \$3.09 each      100-499 copies, \$2.87 each

### **Implementing Specifications**

Presenters: School staff

Audience: Students, ages 10-14

Venue: Middle schools

### **Summary**

Colorful graphics, straightforward text and interactive learning opportunities combine to give kids a dose of reality about crime and its consequences. Students will learn about the physical and emotional toll crime takes on both its victims and its perpetrators. Students will also practice building skills to help protect them from being victimized, getting involved in drugs, theft and guns. This program helps students see the different paths -- and results -- of good and bad decision making, to learn to think for themselves, to adopt healthy anger-management strategies and to resolve conflict peacefully with others.

Each workbook comes with a companion web site that reinforces the same messages through online exercises, bulletin boards and peer surveys. An online Leader's Guide, also available in a print, gives teachers dozens of innovative ways to encourage youth to adopt strong values. It also serves as a forum for sharing ideas with peers.

## **On Street Smarts**

### **Sponsor/Developer**

Channing Bete Company, Inc.

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URL: [www.channing-bete.com](http://www.channing-bete.com)

### **Materials**

Materials include a colorful interactive booklet that comes with a leader's guide and web site access.

### **Cost**

1-99 copies, \$3.09 each      100-499 copies, \$2.87 each

### **Implementing Specifications**

Presenters: School staff

Audience: High school students, ages 15-17

Venue: High schools

### **Summary**

Through peer-related stories, quizzes and decision-making exercises, teens learn to avoid alcohol and other drugs, choose friends wisely, use their free time for healthy activities, protect themselves from falling victim to crime, and see the reality behind media myths about crime, resolve conflict and set short- and long-term goals. Interactive exercises sensitize adolescents to the ways in which crime affects people's lives. The workbook helps students explore how the use of alcohol and other drugs contributes to crime, the truth about how guns put their lives at risk and the factors that draw some teens into gangs. The workbook comes with a companion web site with online exercises, bulletin boards and peer surveys and polls. An online Leader's Guide, also available in a printed version, gives teachers many innovative ways to get young people to adopt strong values and serves as a forum for sharing ideas with peers.

## **24/7.com Teens Talk About Prejudice**

### **Sponsor/Developer**

24/7.com Video Productions

### **Contact Information**

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URL: [www.channing-bete.com](http://www.channing-bete.com)

### **Materials**

Each video package includes a video program, a leader's guide and access to the 24/7 web site.

### **Cost**

1-24, \$155.00 each

25-99, \$135.00 each

### **Implementing Specifications**

Presenters: School staff

Audience: Students, ages 14-17

Venue: High schools

### **Summary**

In this video, teens talk with one another about prejudice in a reality-based, unscripted style that speaks to today's adolescents. Viewers will come to realize that prejudice is a learned behavior and can be unlearned. The video also includes thought-provoking relevant statistics and questions. The Leader's Guide helps facilitators lead teens in meaningful discussions. Students have access to the 24/7.com web site where teens can link to appropriate, authoritative web sites for more information and send an e-mail to their favorite 24/7.com cast member.

## Who Knew? The Diversity Issue

### Sponsor/Developer

Channing Bete Company, Inc.

### Contact Information

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URL: [www.channing-bete.com](http://www.channing-bete.com)

### Materials

Materials include a 12-page, colorful, interactive booklet that comes with a leader's guide and web site access.

### Cost

1-99 copies, \$1.83

100-499 copies, \$1.66

### Implementing Specifications

Presenters: School staff

Audience: Students, ages 9-11

Venue: Elementary schools

### Summary

On the playground, in the classroom, in the community: wherever preteens interact, acceptance of differences helps ensure mutual respect and appropriate behavior. This workbook promotes positive interaction by helping readers appreciate everyone's value as a unique individual, build skills for avoiding or moving beyond bias and standing up for others who experience discrimination. Interactive exercises illustrate why diversity makes life more interesting, some of the many ways people can be different from each other and what stereotyping is and how it makes life difficult for its victims.

## Youth Matters (Grades 4-6)

### Sponsor/Developer

Comprehensive Health Education Foundation

### Contact Information

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URL: [www.channing-bete.com](http://www.channing-bete.com)

### Materials

Issue Modules include: Mean Talk and Mean Acts: Teasing and Bullying, Everyone Counts: Building Empathy, Thinking for Yourself: Resisting Negative Influences, Going for the Goal: Avoiding Trouble and Tobacco: Risks of First Use. Skill Modules include: Making Better Choices, Asking an Adult for Help and Standing Up For Yourself.

### Cost

Coordinator's Modules are \$139. One Coordinator's Module is available free for every 4 Skills and/or Issues Modules purchased. Youth Matters Issue or Skills Modules are priced as follows:

0-1 copies	\$479	5-10 copies	\$399	24-49 copies	\$329
2-4 copies	\$429	11-24 copies	\$359	50-99 copies	\$299

### Implementing Specifications

Presenters: Teachers, guidance counselors, school nurses and program directors

Audience: Students in grades 4-6

Venue: Classroom, community center, after school program

### Summary

The *Youth Matters* program helps students become safer, healthier and more productive. It promotes critical thinking and skill building through discussion, analysis and peer-based learning. Supporting the National Standards for Health Education and Language Arts, the program's format makes it easy to integrate into a school's existing health, prevention, or character education class. The Coordinator's Module explains the content and how to teach the program. Skill Modules can be tailored to school objectives.

## Youth Matters (Grades 6-9)

### Sponsor/Developer

Comprehensive Health Education Foundation

### Contact Information

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One Community Place  
South Deerfield, MA 01373

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E-mail: [jowens@channing-bete.com](mailto:jowens@channing-bete.com)

URL: [www.channing-bete.com](http://www.channing-bete.com)

### Materials

Issue Modules include: Alcohol, Marijuana & Tobacco: Recognizing the Risks of Use and Building Trust: Being a Good Friend to Yourself and Others. Skill Modules include: Making Better Choices in Middle School and Resolving Conflict.

### Cost

Coordinator's Module is \$139. One Coordinator's Module is available free for every 4 Skills and/or Issues Modules purchased. Youth Matters Issues or Skills Modules are priced as follows:

0-1 copies	\$479	11-24 copies	\$359
2-4 copies	\$429	25-49 copies	\$329
5-10 copies	\$399	50-99 copies	\$299

### Implementing Specifications

Presenters: Teachers, guidance counselors, school nurses and program directors

Audience: Students in grades 6-9

Venue: Classroom, community center, after school program

### Summary

The *Youth Matters* program helps students become safer, healthier and more productive and promotes critical thinking and skill building through discussion, analysis and peer-based learning. Supporting the National Standards for Health Education and Language Arts, the program's format makes it easy to integrate into a school's existing health, prevention, or character education class. The Coordinator's Module explains the course and how to teach the program. Issue and Skill Modules can be mixed and matched to meet school objectives.

## Parenting for Prevention Video Series

### Sponsor/Developer

Johnson Institute

### Contact Information

Ann Standing  
Hazelden Publishing and Education Services  
15251 Pleasant Valley Road, Box 176  
Center City, MN 55012-0176

Phone: (800) 328-9000 ext. 4030 or (651) 213-4030

Fax: (651) 213-4793

E-mail: [astanding@hazelden.org](mailto:astanding@hazelden.org)

URL: [www.hazeldon.org](http://www.hazeldon.org)

### Materials

Materials include a six-video series with parent booklets, a facilitator guide on disk, class tips and reproducible handouts. Copies of the parent booklets can be purchased separately.

### Cost

Individual video - \$159.95, Individual parent booklets - \$2.50

Entire six-video series with the six parent booklets - \$700.00

### Implementing Specifications

Presenters: Teachers, parents, PTA leaders

Audience: Parents of elementary through middle school students

Venue: School, community or parent education programs

### Summary

*Parenting for Prevention* teaches powerful parenting skills in six key topic areas:

- Enforcing consequences when kids violate limits
- Confronting kids when they are “misbehaving” and encouraging good behavior.
- How to stop enabling and start empowering kids
- Setting limits for kids
- Teaching kids to handle anger without violence
- Teaching kids to resolve conflicts without violence

The parent booklets provide parents with information that accompanies the videos. The facilitator guide provides instructions for presenting the videos to parent groups, including class tips and reproducible handouts.

## Parents Who Care

### Sponsor/Developer

Drs. David Hawkins and Richard Catalano, University of Washington

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URL: [www.channing-bete.com](http://www.channing-bete.com)

### Materials

Each *Parents Who Care* program includes: A Workshop Leader's Guide video and a set of 10 parent modules. A parent module includes a video and a workbook. Modules may be used over and over. Available in Spanish.

### Cost

There is no special training required to successfully implement the Parents Who Care Program. Each Parents Who Care program is priced as follows:

0-9 copies	\$1,259	25-49 copies	\$999	100-999 copies	\$749
10-24 copies	\$1,159	50-99 copies	\$879	1,000+ copies	\$499

### Implementing Specifications

Presenters: Teachers, parent educators, counselors and others who are comfortable facilitating workshops for adults

Audience: Parents of youth in grades 6 through 10/ages 12-17

Venue: Classroom (after hours), community center, library

### Summary

The *Parents Who Care* program shows parents how to improve their family management practices and strengthen family bonds with their children. Due to its flexibility, the program works either as a series of facilitator-led parenting workshops or as a self-paced home-study program. Together parents and teens work through responses and solutions to contemporary issues including teen parenthood and substance abuse. The goal of the program is to prevent problem behaviors among teens by helping parents acquire or improve a variety of key parenting techniques.

## **Safe Dates: An Adolescent Dating Abuse Prevention Curriculum**

### **Sponsor/Developer**

Vangie Foshee, Ph.D., University of North Carolina at Chapel Hill  
Stacey Langwick, Ph.D., University of Florida

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E-mail: [astanding@hazelden.org](mailto:astanding@hazelden.org)

Web site: [www.hazeldon.org](http://www.hazeldon.org)

### **Materials**

The 250-page curriculum in a 3-ring binder includes lesson outlines for nine sessions, reproducible student handouts, a play script, a poster contest, a reproducible parent brochure and a training outline.

### **Cost**

The entire curriculum is \$149. Training is available.

### **Implementing Specifications**

Presenters: Teachers and counselors

Audience: Middle and high school students

Venue: School, after-school programs

### **Summary**

*Safe Dates* is a program designed to stop or prevent the initiation of emotional, physical and sexual abuse in dating relationships. Because dating violence is often tied to substance abuse, *Safe Dates* can also be used with drug, alcohol and general prevention programs. This program is delivered through nine 50-minute sessions designed to: raise students' awareness of what constitutes healthy and abusive dating, raise students' awareness of dating abuse to include its causes and consequences, change adolescent norms about dating violence, and equip students with skills to develop healthy dating relationships.

Suggestions for a six- or four-session program are included, but program fidelity is best maintained by completing all nine sessions.

## **What's Up? With Sexual Harassment**

### **Sponsor/Developer**

Channing Bete Company, Inc.

### **Contact Information**

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URL: [www.channing-bete.com](http://www.channing-bete.com)

### **Materials**

24 page, colorful interactive booklet that comes with a Leader's Guide and web sites.

### **Cost**

1-99 copies, \$3.09 each      100-499 copies, \$2.87 each

### **Implementing Specifications**

Presenters: School staff

Audience: Students, ages 12-14

Venue: Middle schools

### **Summary**

This interactive workbook clearly identifies the distinction between flirting and sexual harassment through a series of games, quizzes and problem-solving exercises. The workbook outlines what constitutes sexual harassment, as well as its harmful effects and legal consequences. The material is presented in an age-appropriate manner. Kids will discover how to promote positive social relationships and why it's important to have a school environment that is free from gender bias. Students will learn to: understand the feelings experienced by sexual harassment victims, respond to various forms of harassing behavior, and participate in efforts to encourage pro-social behavior.

Each workbook comes with a companion web site with online exercises, bulletin boards and peer surveys and polls.

## **Project Towards No Drug Abuse**

### **Sponsor/Developer**

Steve Sussman, Ph.D., Institute for Health Promotion & Disease Prevention Research,  
University of Southern California

### **Contact Information**

Stephen G. Hauk, Dissemination Coordinator  
Institute for Health Promotion & Disease Prevention Research  
University of Southern California  
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Alhambra, CA 91803

Phone: (800) 400-8461 or (626) 457-4045

Fax: (626) 457-5856 or (626) 457-4012

E-mail: hauk@usc.edu

### **Materials**

Teacher's manual, student workbooks, video and post test. Training is available.

### **Cost**

Teacher's manual - \$70, student workbooks - \$50 (set of 5), video - \$25, post test - \$2.50

### **Implementing Specifications**

Presenters: School staff, including, teachers, counselors, or nurses

Audience: High school youth, grades 9-12/ages 14-19

Venue: Classroom

### **Summary**

*Project Towards No Drug Abuse* is an interactive classroom-based substance abuse prevention program that targets senior high school youth. The program format is offered in 12 classroom-based lessons which are approximately 40 to 50 minutes each and are designed to be implemented over a four-week period. The program focuses on factors that predict substance use, violence-related behaviors and other problem behaviors among youth including: (1) motivation factors (e.g., students' attitudes, beliefs and desires regarding substance use), (2) skills (e.g., social, self-control and coping skills) and (3) decision-making. Students are provided with detailed information about the social and health consequences of drug use along with information on active listening, effective communication skills, stress management and tobacco cessation.

## On the Verge: Boosting Your Prevention Efforts

### Sponsor/Developer

Cheryl Perry, Ph.D., Kelli Komro, Ph.D. and Sara Veblen-Mortenson, M.P.H., M.S.W.,  
University of Minnesota, School of Public Health

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E-mail: [astanding@hazelden.org](mailto:astanding@hazelden.org)

URL: [www.hazeldon.org](http://www.hazeldon.org)

### Materials

Materials include a four-session facilitator guide that includes session outlines, a peer leader manual and peer leader training materials. The collection comes with 120 student magazines (30 copies each of 4 issues), 120 parent postcards (30 copies each of 4 designs) and a CD with session audio messages.

### Cost

The entire curriculum collection costs \$245. Additional sets of 120 VERGE magazines are \$120 and additional sets of 120 parent postcards are \$19.95. Training is available, but not necessary.

### Implementing Specifications

Presenters: Teachers, *D.A.R.E.* program police officers, faith-based leaders

Audience: Students grades 5-8

Venue: Classroom, school, after-school programs, faith-based organizations

### Summary

The *On the Verge* program is a tobacco, alcohol, other drug and violence prevention program consisting of: a four-session curriculum, four VERGE magazines which serve as workbooks for class activities and home-based activities that students complete with their parents.

The program goes beyond telling young people *not* to smoke, drink, use drugs, or use violence and even beyond giving them the skills to resist pressures. *On the Verge* aims to make a fundamental change in what young people think of as “cool,” “normal,” or “grown-up.” Postcards with prevention messages for parents are also included.

## **A Promise for Tomorrow: Suicide Awareness and Prevention**

### **Sponsor/ Developer**

The Jason Foundation, Inc.

### **Contact Information**

Linda P. Dunlap

The Jason Foundation, Inc.

116 Maple Row Blvd., Suite C

Hendersonville, TN 37075

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E-mail: [jfilinda1@aol.com](mailto:jfilinda1@aol.com)

URL: [www.jasonfoundation.com](http://www.jasonfoundation.com)

### **Materials**

Teacher guides with lesson plans, video to use with curriculum, black line masters for transparencies/student activity sheets, CD with teacher resource material and Promise Cards.

### **Cost**

The cost for the curriculum kit includes only the printing cost of \$25.00, plus postage.

### **Implementing Specifications**

Presenters: Classroom teachers

Audience: Students in grades 7-12, also available in Spanish.

Venue: Classroom

### **Summary**

*A Promise for Tomorrow* gives students the tools necessary to recognize the signs of suicidal ideation in their friends or themselves. After completing the program, students will understand the importance of getting a responsible adult involved with any suicidal issues that may arise with themselves or a friend. Students will understand that they must be willing to risk a friendship to save a friend's life. The course includes: statistical data on the magnitude of the problem, signs of suicide, and information about available resources. The program is based on a 5-day lesson format for 50-minute class periods, but is flexible to accommodate other school schedules. The program can be presented as a stand alone program or as a part of another health related curriculum.

## **QPR Suicide Prevention Training**

### **Sponsor/Developer**

Paul Quintet, Ph.D., Executive Director  
QPR Institute, Inc.

### **Contact Information**

Kathryn L. White, QPR National Coordinator  
P.O. Box 2867  
Spokane, WA 99220

Phone: (509) 536-5100 or (888) 726-7926

Fax: (509) 536-5400

E-mail: [qinstitute@qwest.net](mailto:qinstitute@qwest.net)

URL: [www.qprinstitute.com](http://www.qprinstitute.com)

### **Materials**

QPR Gatekeeper Program on CD, QPR Certified Gatekeeper Instructors Self-Study Course, online training for school counselors in QPR Suicide Triage for First Responders

### **Cost**

QPR Gatekeeper Program on CD for individual use -	\$29.95
QPR Certified Gatekeeper Instructor's Self Study Course -	\$495.00
Online QPR Suicide Triage for School Counselors -	\$149.00

### **Implementing Specifications**

Presenters: Administrators, teachers, counselors, mental health professionals  
Audience: Middle and high school students, parents, school counselors or staff  
Venue: Classroom

### **Summary**

The QPR Gatekeeper program on CD raises awareness about suicide, teaches the warning signs of suicide, trains participants to help someone who is suicidal, provides immediate assistance to anyone currently contemplating suicide and includes a free depression screening and downloadable copy of *Suicide: The Forever Decision*. The QPR Instructor's Self Study Course trains individuals to teach the 1-hour Gatekeeper Program to students, parents and staff. Online QPR Suicide Triage for First Responders (School Counselors) trains those responsible for student safety to recognize the warning signs of suicide and includes an assessment protocol to ensure standardized suicide risk data are collected. Young people learn to recognize youth-specific behaviors that indicate someone they know is in serious trouble and may be contemplating suicide.