

PEER-TO-PEER ATOD PREVENTION PROGRAM

Overview

The Peer-to-Peer Prevention Program (PPPP) aims to decrease student use of Alcohol, Tobacco and Other Drugs (ATOD). It begins by identifying and selecting socially-influential student leaders from grades 9-12. These young people are then trained in communication skills and techniques, so they can effectively communicate with their peers about the use, misuse and abuse of ATOD's.



The program utilizes many of the elements of the evidenced-based NREPP-listed Safe School Ambassador Program (SSA), which has resulted in decreased bullying and suspensions related to school violence.

<http://community-matters.org/programs-and-services/safe-school-ambassadors>

Program Description

In the PPPP model, student leaders are equipped with the knowledge, motivation and skills to speak up regarding the peer pressure they often face to participate in ATOD use.

In the training sessions, the students learn safe and effective intervention techniques that allow them to retain status and credibility while speaking up and promoting healthier decisions.

They gain a deeper understanding of the costs and consequences of using substances as adolescents; and understanding why it's important to support friends and peers in making healthy and positive choices. Over time, their interventions create a shift in the school norms such that substance use will no longer be supported in the culture.

Benefits

The benefits of the PPPP Program (the two-day training and the ongoing support activities) include the following:

- Providing students with skills, tools and support that will empower them as young adults and increase their engagement and success in school and community;
- Decreasing student use of substances and increasing understanding of the harm and impact of alcohol, tobacco and other drugs;
- Creating change from the inside-out by using the power of the students in setting new and healthier behavioral norms;
- Decreasing need and costs for disciplinary actions and intervention services related to substance use.



What Schools Receive

- Coaching and technical assistance from Community Matters on selecting the appropriate socially-influential student leaders and adult/staff facilitators, and on preparing the site for the training and follow-up activities;
- The two-day, on-site training with a Community Matters Trainer for approximately 25 students and 4 to 5 adult leaders, including 1 program coordinator;
- All student participants receive a training guide and the Coordinator and Adult Facilitators receive a guide to assist them in their ongoing support of the student leaders.

Costs

\$4,595 plus Trainer's travel expenses estimated at \$1000 - \$1,300 (based on availability and location).