

Project ALERT

resist peer pressure



PROJECT ALERT IS A SKILLS-BASED CURRICULUM THAT TEACHES TEENS HOW TO SAY "NO." Through a series of lessons, Project ALERT motivates students against drug use, cultivates new non-use attitudes and beliefs, and equips teens with the skills and strategies they'll use to resist drugs.

For more information contact

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WORKS

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GIVING PEOPLE TOOLS TO MAKE HEALTHY DECISIONS

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Project ALERT DETAILS

The following can be adapted to fit different groups and ages.

FOR FAMILIES

- Youth ages 12-15
- 11 Session Program
- Designed for in-school and after-school, daytime hours

LESSON TOPICS

- Consequences of Smoking Cigarettes and Marijuana
- Drinking Consequences and Alternatives
- Introduction to Pressures
- Social Pressures to Use Drugs
- Resisting Internal and External Pressures to Use Drugs
- Practicing Resistance Skills
- Inhalant Abuse
- Review and Practice Resistance Techniques
- Smoking Cessation
- Benefits of Not Using Drugs

SPECIAL FEATURES

- Project ALERT is ideal for classroom settings. The program is designed to encourage participation through group brainstorming, role plays, fun games and interactive videos.
- Project ALERT is recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA) National Registry of Evidence-Based Programs and Practices.