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.
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.