



# Blueprints Promising Programs FACT SHEET

FS-BPP13

2006 (Updated 10/2006)

## Project ALERT

Project ALERT is a focused, classroom-based adolescent substance abuse prevention program. The program was designed to motivate students against drug use, to provide skills and strategies for resisting use, and to establish non-use attitudes and beliefs. The program addresses tobacco, alcohol, marijuana, and inhalants, the substances teens are most likely to use.

### Program Targets

The program is designed for middle grade students, ages 12-14, and has been found effective in rural and urban settings and in both schools with low and high minority populations. The program typically begins in the seventh grade and ends in the eighth grade.

### Program Content

The Project ALERT two-year core curriculum consists of 11 lessons that are most effective when taught once a week during the first year, plus 3 booster lessons that should be delivered during the following year. The program strives to invest students with a clear understanding of the pressures, both external and internal, to use drugs and the reasons not to use drugs, as well as skills in how to resist these pressures and recognition of the benefits of resisting drug use. The content of the lessons is delivered via small group activities, role-playing exercises, real life videos, and guided classroom discussions.

### Program Outcomes

Project ALERT participants:

- Reduced initiation of marijuana use by 30 percent,
- Decreased current marijuana use by 60 percent,
- Significantly lowered overall alcohol misuse,
- Decreased regular and heavy smoking by 33-55 percent, and
- Developed significantly enhanced anti-drug beliefs.

### Program Costs

The entire curriculum and training cost \$150.00 per educator. This includes:

- access to online training;
- all lesson plans, videos, and posters;
- toll free phone support and technical assistance;
- unlimited online access to resources and refresher training; and
- an "Ecode" to share online training with other educators, free of charge.

A one-day onsite workshop training is available for no additional charge with the purchase of 25 or more curriculum and training packages. Be aware that, with onsite training, there may be additional costs incurred from hiring substitute teachers, travel, lodging, etc.

## References

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