

## Welcome to Protecting You/Protecting Me!

The youth implementation model of *Protecting You/Protecting Me*<sup>®</sup> (PY/PM) involves delivery of the PY/PM curriculum by trained high school students enrolled in a peer helping course **for credit**. Peer helpers delivering this Model Program *must* commit to remaining alcohol, tobacco and drug free.

*Protecting You/Protecting Me* is an innovative five-year, classroom-based alcohol use prevention curriculum for elementary students in grades one through five.

The youth-led *PY/PM* model has been designed for teenagers who want an opportunity for leadership development and a way to make a valuable contribution to their community. Project activities provide an opportunity for teens who want a fun, yet effective, way to become actively involved in and make an impact on a current youth issue in their community. They can help parents, youth, and community members/leaders learn about the dangers of underage use of alcohol. Youth can motivate the community to devote appropriate local resources to insure that underage use of alcohol is reduced in their community. Additionally:

- Teens can have a positive impact on children's and peers' knowledge, attitudes and behaviors (Meyer, et al. 2004).
- As leaders, teens learn to be organized and become actively involved in and responsible for positive change in their communities (Hoover, A.B., & Weisenbach, A., 1999).
- From their experiences as teachers, many teens begin to "listen to their own advice" and make more responsible choices (Marczak & Peterson, 1999).

### OUTCOMES

The forty lesson PY/PM curriculum focuses on reducing injury and death, caused by alcohol, to our nation's youth and targets adolescent peer helpers and elementary-age students simultaneously.

Peer helpers who teach *PY/PM*

- Increase perceived harm of having one or two drinks once or twice a month,
- Increase understanding of basic child development and presentation/public speaking skills,

- Increase understanding of adolescent brain development and of the effect of alcohol on brains of people under age 21, and
- Decrease overall alcohol usage, including binge drinking.

*"I learned that big kids are heroes to the little kids – they look up to us – and it's up to us to help them go the right way."*  
– High school peer helper

*PY/PM* is proven to impact elementary students by:

- Increasing non-use attitudes and decisions regarding underage alcohol use,
- Increasing knowledge about the human brain and immediate risks posed by exposure to alcohol during development, and
- Increasing refusal and self-protection skills with regard to riding with impaired (unsafe) drivers.

### TRAINING AND IMPLEMENTATION

*PY/PM* training for high school peer helping teachers is provided several times per year. This national training focuses on the newest brain research, as well as provides an overview of the curriculum. Emphasis is placed on delivering the program with fidelity. Participants develop site-specific plans for program implementation and for the peer helping students' training. Teachers receive all necessary materials to prepare them to train their students on brain development and implementation of *PY/PM* curriculum.

Ideal project sites are those with:

- a well-established peer leadership/helping program for credit OR those willing to establish such a class\*
- strong administrative support
- a teacher who is willing to accept all the responsibilities involved in implementing the program, and
- a minimum of 22 carefully selected students who are available to attend *PY/PM* training provided by the teacher and teach the lessons.

At each project site, the students will teach in pairs in at least one class in each grade 1-5 each semester. Each pair will teach at one grade level throughout the year and deliver lessons once or twice per week.

\*Schools *without* the classroom-based peer helping course structure wanting to implement youth-led *PY/PM* can receive training to implement such a

course. The course provides experiential learning and supports students in their pursuit of becoming change agents in their schools and communities through involvement in service learning. Bliss, Inc. provides program development and training on the class model to schools and districts.

### PROGRAM FACTS

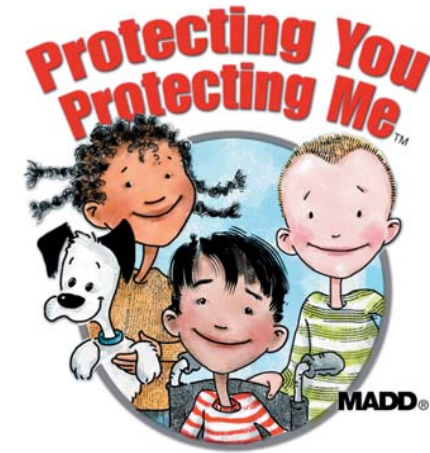
- All the tools needed to train the peer leadership/helping students are included.
  - Each lesson is correlated to national educational objectives and can be infused into the regular elementary classroom curriculum.
  - Research tells us that to be effective we must teach prevention in EVERY GRADE. It takes multiple exposures over multiple years for children to internalize information and build and effectively utilize basic skills. Thus, *PY/PM* must be taught in all five elementary grades.
  - U.S. Department of Education Principles of Effectiveness are incorporated into the curriculum.
  - Only individuals trained by a *PY/PM* trainer may provide training to their students. Participants must attend the entire training in order to be certified to train high school students, and receive the training materials and curriculum.
  - The *PY/PM* curriculum has been adapted for American Indian communities and a Spanish language edition of the *PY/PM* curriculum is available.
  - Both the program and the training meet the requirements of the:
    - U. S. Department of Education (USDOE)
    - No Child Left Behind Act (NCLB)
    - Safe and Drug Free Schools and Communities Act (SDFSC)
    - Office of Juvenile Justice and Delinquency Prevention (OJJDP)
  - Ongoing program implementation technical assistance is available from *PY/PM* staff and via the *PY/PM* website ([www.pypm.org](http://www.pypm.org)).
- MADD** • Protecting You/Protecting Me is a program of Mothers Against Drunk Driving.

Protecting You/Protecting Me  
Youth Implementation Training

Go to [www.pypm.org](http://www.pypm.org) for  
training dates and location\*



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## An Alcohol Use Prevention

*“[Youth implemented] Protecting You/Protecting Me is the single most valuable project that we have undertaken to impact our school district.”*

*– Peer helping teacher*

## Curriculum for Grades 1–5 Youth Implementation Model



PY/PM is a Model Program – U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Prevention (CSAP) and Office of Juvenile Justice and Delinquency Prevention (OJJDP).

PY/PM is endorsed by American Academy of Pediatrics, American Medical Association and National Association of Elementary School Principals.

Sponsored by:



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- Protecting You/Protecting Me is a program of Mothers Against Drunk Driving.
- Youth-led Protecting You/Protecting Me is sponsored by State Farm Companies®

**MADD**



\*a minimum of 15 participants is required to conduct a training