



Marijuana PPW prevents:

- Cannabis use
- Cigarette smoking
- Alcohol use
- E-cigarette use
- Illegal drug use

Marijuana PPW promotes:

- Sports & physical activities
- Healthy eating
- Getting adequate sleep
- Setting multiple health goals
- Positive self-identity



What is Marijuana PPW?

- ❖ Marijuana Prevention Plus Wellness (PPW) is the country's only single-session screening and brief intervention designed to promote active, healthy and cannabis use-free lifestyles among youth.
- ❖ Marijuana PPW is an easy to use evidence-informed program that prevents cannabis use and promotes protective physical activity, sports, healthy eating and sleep habits.
- ❖ Marijuana PPW targets naturally motivating peer and desired future images to increase personal goal setting to improve multiple wellness behaviors and positive identity.
- ❖ Marijuana PPW is highly flexible and can be implemented to youth individually or in groups using a script and PowerPoint slides.



Marijuana Prevention Plus Wellness (PPW)

*Preventing Cannabis Use by
Promoting Wellness
Lifestyles among Youth*



**MARIJUANA PREVENTION
PLUS WELLNESS (PPW)**
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Protecting Youth from Multiple Health Risks

- Research indicates that most US youth experience multiple co-existing health risks and problems, like physical inactivity, unhealthy eating, lack of sleep, and marijuana and other substance use.
- Marijuana PPW is specifically designed to address these risks in a single program and setting, to cost-effectively improve the “whole health” of youth.
- Marijuana PPW screens youth for their current health habits, provides feedback and positive image messages, and helps them set multiple health behavior goals to avoid cannabis and increase protective wellness habits.

“Marijuana PPW is an evidence-informed intervention adopted from the SPORT Prevention Plus Wellness program which is listed on the federal government’s National Registry of Evidence-based Programs and Practices (NREPP), Blueprints for Healthy Youth Development and other evidence-based program registries.

We know you will find it an easy, enjoyable and effective way to promote resilient fit, healthy and cannabis use-free lifestyles among your youth.”

*Chudley Werch, PhD,
President
Prevention Plus Wellness,
LLC*



Marijuana PPW Program & Training

- ✚ The **Marijuana PPW Program** includes a manual with scripts to provide an individual or group lesson, digital downloads with PowerPoint slides and reproducible program materials, optional web-based resources, and a built-in pre-post program evaluation.
- ✚ **Onsite and Online Training Workshops** allow professionals and youth leaders to quickly gain knowledge, skills and confidence to implement, or train others to implement, the Marijuana PPW program to youth.