

# *Marijuana Prevention Plus Wellness*



**Cannabis Prevention Promoting Wellness  
Lifestyles for Elementary School Children**

Prevention Plus Wellness, LLC

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<http://preventionpluswellness.com/>

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# Marijuana Prevention Plus Wellness

CANNABIS PREVENTION PROMOTING WELLNESS LIFESTYLES FOR  
ELEMENTARY SCHOOL CHILDREN

## Table of Contents

Section 1: Introduction

Section 2: Directions for Implementation

Section 3: Screening Survey & Goal Plan/Contract

Section 4: Group Program Script

Section 5: Remote Online Protocols

Section 6: Evaluation Materials

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# ***Marijuana PPW***

## **Section 1: Introduction**

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**W**elcome to **Marijuana Prevention Plus Wellness (PPW)**! **Marijuana PPW** is a quick and easy to use brief intervention for professionals, peer leaders and parents who want to prevent cannabis and other substance use and promote protective wellness behaviors and positive identities among youth.

**Marijuana PPW** is an evidence-informed brief intervention founded on the SPORT Prevention Plus Wellness program which is listed in the National Registry of Evidence-based Programs and Practices (NREPP), Blueprints for Healthy Youth Development and other evidence-based registries. Furthermore, it utilizes an evidence-based practices screening and brief intervention format recognized by the Substance Abuse and Mental Health Services Administration (SAMHSA).

**Marijuana PPW** is the only single-session cannabis use prevention program designed to increase wellness-enhancing behaviors including physical activity, sports participation, healthy eating, getting adequate sleep, and practicing stress control. It can be implemented in any setting including school, community, health care, sports, recreation, juvenile justice, home and more.

**Marijuana PPW** is founded on the Behavior-Image Model, a marketing-related framework that targets naturally motivating positive peer and desired future images to increase motivation for

change and multiple health behavior goal setting which in turn increases self-regulation skills of participants.

**Marijuana PPW** is highly flexible and can be used as a stand-alone intervention, or as an add-on component to other prevention, health, sports, fitness, recreation, education, intervention or treatment programs.

The **Marijuana PPW** program was designed to help youth look and feel more active, fit and healthy using a three-step process of:

1. Screening youth for their current health habits to increase awareness of their cannabis use and wellness behaviors;
2. Providing feedback on those health habits and positive image messages cuing desired future images of youth and increasing motivation for change; and
3. Presenting a goal plan and contract to have youth set and monitor goals to avoid cannabis and other substance use and increase protective wellness behaviors increasing self-control skills.

Your **Marijuana PPW** manual with digital download of reproducible materials contain the following:

- Step-by-step implementation directions;

- Brief self-administered youth health and fitness behavior screening survey;
- Scripts for providing an individual one-on-one or optional group lesson that present positive image content linking wellness and cannabis use;
- Optional protocols for providing your lesson remotely online;
- Set of colorful slides with illustrations of youth modeling wellness habits;
- Hard copy and online goal plan and contract for motivating multiple behavior change;
- Optional group follow-up exercise to increase classroom interaction and contact;
- Scannable and online youth pretest and posttest surveys to evaluate program implementation fidelity and effectiveness;
- Instructor's survey to assess the quality of the lesson presentation;
- Fidelity checklist to increase implementation reliability;
- Phone and email program support; and
- Separate online and onsite certified training workshops to learn how to provide the **Marijuana PPW** program, or train others to implement it, with fidelity and maximum effectiveness.

**Marijuana PPW** takes less than 50 minutes to implement and is available in three versions for: 1) High school adolescents ages 14-18, 2) Middle school adolescents ages 10-14, and 3) Elementary school children ages 8-10 (group lesson only).

Thank you for choosing **Marijuana Prevention Plus Wellness**. We know you will find **Marijuana PPW** an easy, enjoyable and effective way to promote fit, healthy and cannabis use free lifestyles among your youth.

# ***Marijuana PPW***

## **Section 2:**

### **Directions for Implementation**

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# Steps for Implementing & Evaluating Your PPW Program

Welcome Prevention Plus Wellness Program Implementer! This information was created to help you successfully provide your Prevention Plus Wellness (PPW) Program to youth or young adults.

If you have not already done so, we strongly encourage you to take one of our convenient online or onsite training workshops to become a Certified PPW Program Implementer or Training of Trainer. Both workshops come with 3-year certification and are designed to ensure you learn how to implement your PPW Program with fidelity and maximum effectiveness.

Listed below are the steps and tools for implementing and evaluating your PPW Program.

## Steps for Implementing & Evaluating the PPW Program

1. Prior to implementing your Prevention Plus Wellness (PPW) Program to youth or young adults, practice both the individual (one-on-one) and group scripts at least three times, using the program's PowerPoint slides, screening survey, goal plan, and instructor's survey.
2. If needed, discuss with Prevention Plus Wellness how you can tailor and co-brand your program's PowerPoint slides to address your unique setting or population.
3. Before providing a lesson, make copies of the screening survey, goal plan and optional pre and posttest surveys for all participants from the digital downloads provided.
4. In a private or semi-private setting, implement the program using the selected script while showing the PowerPoint slides.
5. When done, read the goal plan with the participant(s) and help them complete it, sign it, you co-sign it, and have them take it home for daily monitoring. An optional online goal plan/contract is also available.
6. Administer the scannable posttest survey and then collect it along with the pretest survey and keep them together for each participant. Optional online pre-posttest surveys are also available.
7. Complete an instructor's survey to assess the quality of your program implementation.
8. Scan your completed participant pre and posttest surveys in pairs using an all-in-one scanner/printer as instructed on our website:  
<https://preventionpluswellness.com/pages/program-evaluation-support>.
9. Email the scanned surveys to Prevention Plus Wellness, LLC to receive program feedback: [info@preventionpluswellness.com](mailto:info@preventionpluswellness.com) (call for assistance: 904-472-5022).

10. Monitor program quality and effectiveness using participant pre-posttest and instructor's surveys and use these data to promote and improve your PPW program.
11. Use the Prevention Plus Wellness Program Fidelity Checklist to ensure you are implementing your PPW program with fidelity.
12. Follow up and remind participants to monitor their goals daily and re-implement the PPW program every 6-12 months.
13. Maintain your program implementer/trainer certification and stay up to date with the latest best practices knowledge and skills by attending regular PPW training workshops and webinars.

### **PPW Program Resources**

The following PPW Program resources are found on the Prevention Plus Wellness website (<http://preventionpluswellness.com>) and are invaluable for ensuring you are experiencing maximum program reach, effectiveness and sustainability.

- Promoting Your Program
- Program Tailoring Services
- Program Evaluation Support
- PPW SBI Logic Model
- PPW Program Menu
- PPW Youth & Teacher Resources

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# ***Marijuana PPW***

## **Section 3: Screening Survey & Goal Plan/Contract**

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## Health & Fitness Survey

**Read Entire Screen to Youth: We wish to know about your health habits. Answer each item as it is read to you. There are no right or wrong answers. Carefully bubble in each item. Your answers will be kept a secret.**

1. Did you play sports or physical activities in the last year? For example, riding a bike, running, playing on a playground, swimming, playing basketball or baseball, dancing, or playing soccer.

- a. Yes
- b. No

2. Do you play sports or get physical activity for 30 minutes on most days? For example, riding a bike, running, playing on a playground, or swimming for 30 minutes on most days.

- a. Yes
- b. No

3. Do you eat a healthy breakfast most mornings? For example, cereal and milk, oatmeal, eggs, yogurt, or fruit.

- a. Yes
- b. No

4. Do you sleep eight (8) or more hours most nights?

- a. Yes
- b. No

5. Have you ever used any marijuana?

- a. Yes
- b. No

# Marijuana Prevention Plus Wellness Program Wellness Goal Plan

**READ ENTIRE GOAL PLAN TO YOUTH.**

**To be active, healthy, and look and feel good, make sure you:**

1. Get 8 or more hours of sleep each night.
2. Eat a healthy breakfast such as nutritious cereal with low fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit every day, limit junk food, and eat lots of healthy foods such as fresh vegetables and fruits.
3. [REDACTED]

[REDACTED]

**Pledge to stay away from using marijuana, alcohol and other drugs each day during the next 7 days.**

[REDACTED]

**In addition, one other healthy habit you'd like to improve or continue doing during the next 7 days from the list above is:**

1. [REDACTED]  
\_\_\_\_\_  
\_\_\_\_\_.
2. [REDACTED] \_\_\_\_\_.

3. [Redacted]

\_\_\_\_\_  
\_\_\_\_\_.

\_\_\_\_\_  
Youth's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian/Adult/Friend's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Instructor's signature

\_\_\_\_\_  
Date

**Congratulations! You have successfully completed this Vaping PPW lesson.**

- Take this contract home and have your parent or other trusted adult or friend sign it.
- Then, put it where it can be seen every day, week and month (i.e., on the refrigerator, wall, or your mirror).

- [Redacted]

# ***Marijuana PPW***

## **Section 4: Group Program Script**

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# Marijuana Prevention Plus Wellness© Program

## Group Lesson

### Introduction

(Show slide).



Hello. For the next several minutes I will be talking with you about **Marijuana Prevention Plus Wellness**, an exciting new fitness and health program. Together we will look at how your actions can make you healthy and keep you healthy.

### Screening Survey

Now, please take out your copy of the Health and Fitness Screen. The purpose of this survey is to determine what you are doing about your health. Your answers are private. **DO NOT PLACE YOUR NAME ON THE SURVEY.** We want your answers to be a secret. Please answer all questions honestly. Thank you. (Wait until everyone has completed the survey).

(Show slides).

# Complete the Health and Fitness Screen

## 1. Sports/Physical Activity Last Year

(Show slide). (Ask class members to raise their hands and respond as you read each of the types of physical activities).

Did you play any sports or physical activities in the last year? For example, riding a bike, running, playing on a playground, swimming, playing basketball or baseball, dancing, or playing soccer.

- a. Baseball/Softball
- b. Basketball
- c. Riding a bicycle
- d. Dance/Cheerleading/Gymnastics
- e. Football
- f. Golfing
- g. Horseback riding
- h. Running or walking
- i. Rollerblading
- j. Skateboarding
- k. Soccer
- l. Surfing
- m. Swimming
- n. Track
- o. Volleyball
- p. Tennis
- q. Others (describe): \_\_\_\_\_

1. Benefits of Sports & Physical Activity (Show slide).





## Sports & Physical Activities:

- Are fun.
- Keep you fit & healthy.
- Make you feel good about yourself.
- Give you lots of energy.
- Help you do better in school.

Wonderful. Sports and physical activities are a great way to get regular exercise! Sports and physical activities are fun and help keep you healthy. They help you feel good about yourself and give you lots of energy. They can also help you do better in school.

### 2. Marijuana Use Harms Sports & Physical Activity (Show slide).



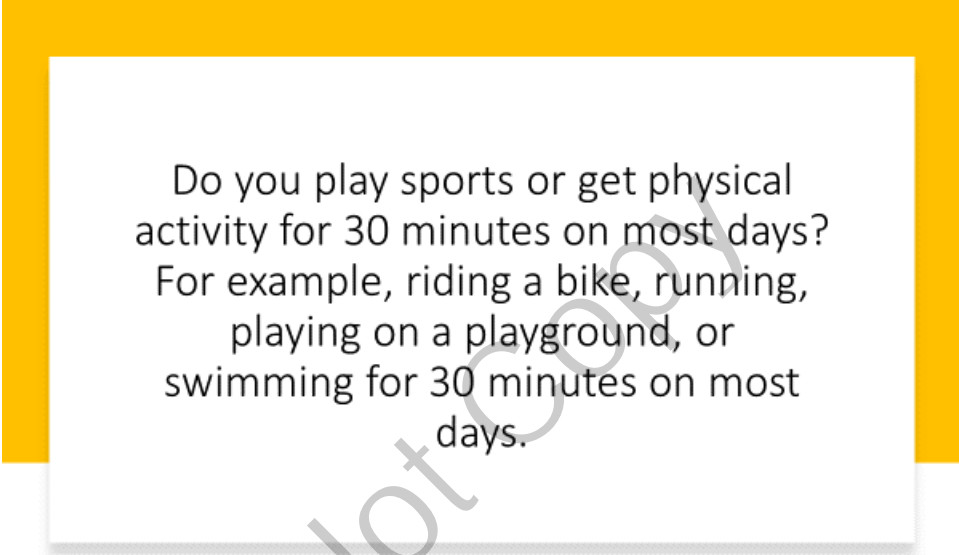
**Marijuana can hurt your brain and lungs and how well you do in school and sports.**

**An active life and marijuana do NOT mix.**

However, marijuana and an active lifestyle don't mix. Using marijuana can hurt your health. It can also hurt how well you do in sports and physical activities. Using cannabis (another name for marijuana) can harm brain and lungs. It can also harm how well you do in school.

## 2. **Regular Physical Activity**

(Show slide). (Ask participants to answer to themselves).



Do you play sports or get physical activity for 30 minutes on most days? For example, riding a bike, running, playing on a playground, or swimming for 30 minutes on most days.

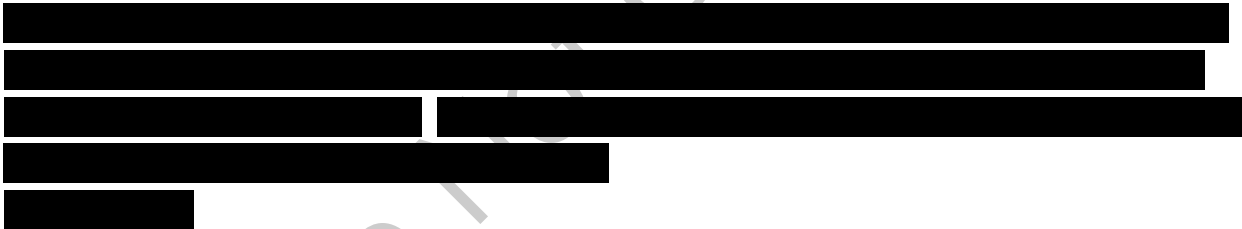
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1. Benefits of Regular Physical Activity (Show slide).



30 minutes of  
Sports &  
Physical  
Activities:

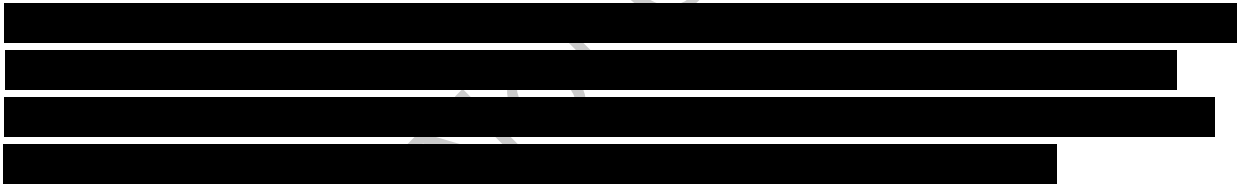
- Promote a healthy heart and lungs.
- Help control weight.
- Reduces stress.



Discussion Question: What types of sports or other physical activities would you like to try or do more of?

Do Not Copy

2. Marijuana Use Harms Regular Physical Activity (Show slide).



3. **Breakfast and Nutrition**

(Show slide). (Ask participants to answer to themselves).

Do you eat a healthy breakfast most mornings? For example, cereal and milk, oatmeal, eggs, yogurt, or fruit.

1. Benefits of Healthy Eating (Show slide).



**Eat a Healthy  
Breakfast & Healthy  
Foods:**

- It can have a big effect on how you feel.
- It can also help you have more energy in school and sports.





Discussion Question: What types of healthy foods do you like to eat or would you like to eat more of?

2. Marijuana Use Harms Healthy Eating (Show slide).

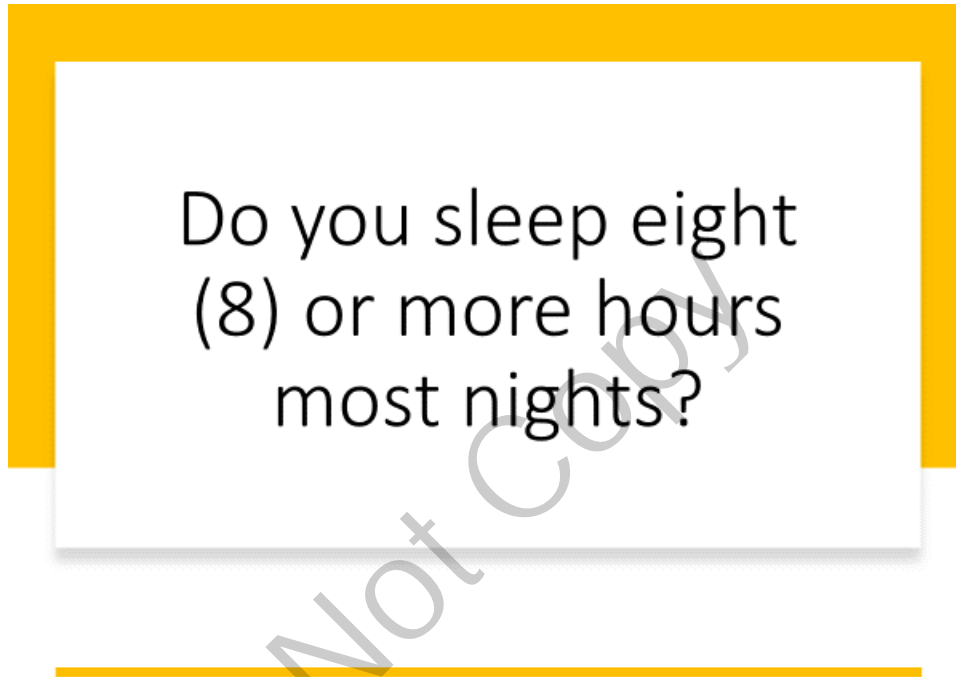


1. Marijuana leads to eating junk foods & weight gain.
2. It can sap your drive to do well and spend time with family and friends.
3. Withdrawal symptoms can make it hard to eat healthy and be active.



#### 4. **Sleep 8 or More Hours**

(Show slide). (Ask participants to answer to themselves).



1. Benefits of Getting Plenty of Sleep (Show slide).





Getting 8 or more hours of sleep each night can give you more energy and help you think clearly.

Discussion Question: What's one thing you do that helps you or could help you get enough sleep most nights?

2. Marijuana Use Harms Getting Enough Sleep (Show slide).

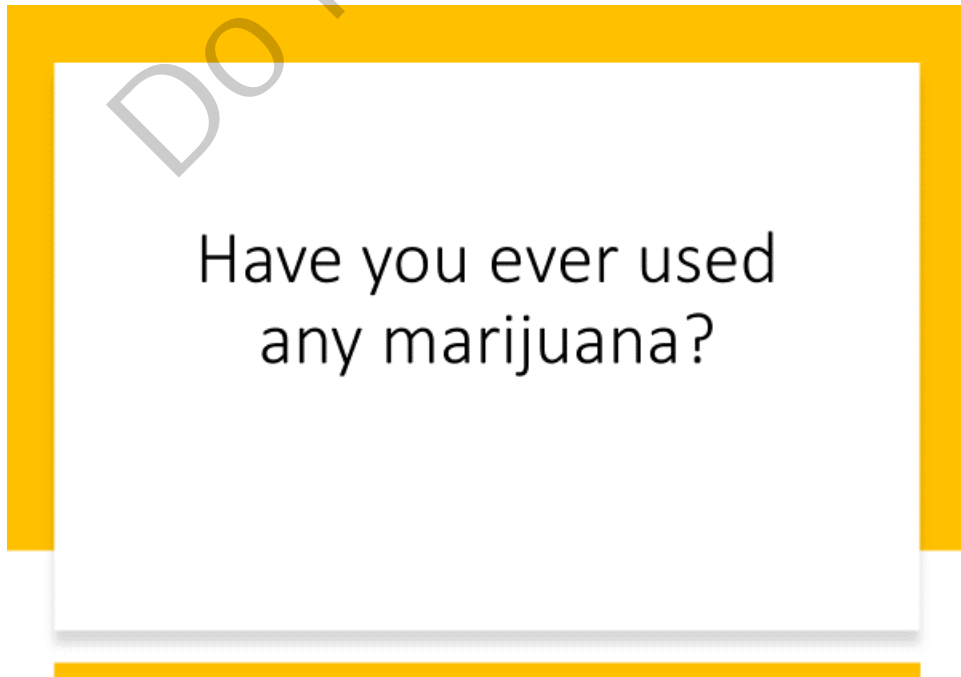


1. Marijuana harms your ability to think clearly leading to lower grades.
2. Cannabis is linked to increased depression and anxiety.
3. It drains your energy needed to live actively.



### 5. **Marijuana Use**

(Show slide). (Ask participants to answer to themselves).



1. Marijuana Use Can Harm Your Fitness & Health (Show slide).



2. Marijuana Use Can Cause Life Problems (Show slides).

Discussion Question: What types of problems could kids have with using marijuana?

By not using marijuana, you will not:

- Get into trouble with parents, police, friends or in school.
- Harm your brain, ability to learn, grades, lungs or physical fitness.
- Become depressed or seriously anxious.
- Become addicted.





3. Most Youth Do Not Use Marijuana (Show slide).



show most young people DO  
marijuana.  
increase your ability to say "NO" to  
offers by practicing, just like any sport or



Discussion Question:  
What things can kids do to help  
them stay away from using  
marijuana?

Healthy  
alternatives  
to using  
marijuana

- Exercising
- Listening to music
- Playing sports
- Hanging out with friends  
who support you living  
an active lifestyle

5. Recommendations for Increasing Wellness (Show slides).



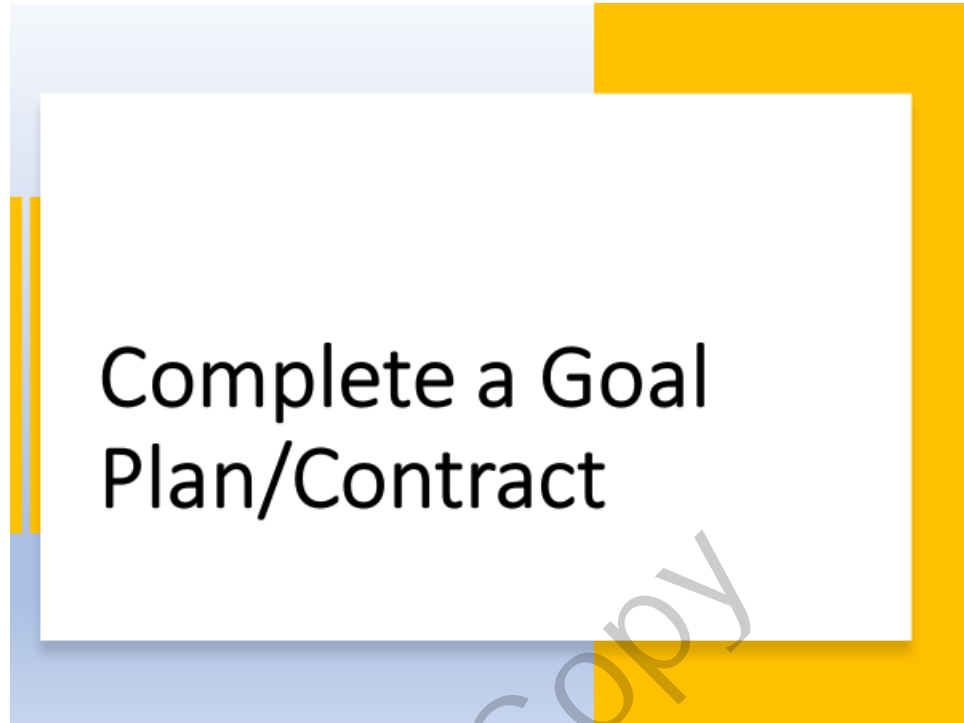


To keep a healthy brain and body, have more energy, look and feel good, and do better in school and sports...stay away from using any marijuana.

## To Be Active, Healthy, Look & Feel Good...

1. Get 8 or more hours of sleep each night;
2. Eat a healthy breakfast every day, such as nutritious cereal and low-fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit, and eat a daily variety of other healthy foods, such as fruits and vegetables, while limiting junk food;
3. Do some fun physical activity, such as riding a bike, running, swimming, or walking or playing a sport for at least 30 minutes a day four or five times a week; and
4. Most important, avoid marijuana, alcohol, tobacco, e-cigarettes, prescription drug misuse and illegal drug use.

(Show slide).



Now, take out your copy of the Wellness Goal Plan and read along. [REDACTED]  
[REDACTED]  
[REDACTED]  
[REDACTED]  
[REDACTED]

**Optional Group Interactive Exercise**

(You may implement the optional Group Interactive Exercise as described as a follow-up activity if time permits. See below.).



# Marijuana Prevention Plus Wellness Program

## Group Interactive Exercise

**When:** You may decide to implement this optional exercise after the goal setting strategy.

**Length:** 45 minutes.

**Materials:** paper, pencils, white board, marker.

### Goals:

- 1) To cue positive peer and desired future images associated with being physically active and exercising regularly.
- 2) To link concrete health enhancing behaviors and behavior goal setting with achieving positive wellness images and behaviors, and substance use behaviors with interfering with positive images and behavior achievement.

### Objectives:

At the end of the lesson, youth will be able to:

- 1) [REDACTED]

### Activities:

- 1) Ask each youth to list on a sheet of paper 5 characteristics of youth their age who exercise regularly and are physically active.
- 2) Next, ask them to list on a sheet of paper 5 words or phrases describing how they would feel and look if 10 years from now they were physically active and exercised regularly.
- 3) Make two columns on the white board and list peer images associated with being physically active in one column, and future desired images in the other.
- 4) **State the Main Conclusion:** We all have positive images of peers and of ourselves in the future associated with being physical active and exercising regularly.

- 5) [REDACTED]

# ***Marijuana PPW***

## **Section 5: Remote Online Protocols**

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## **Prevention Plus Wellness Program One-on-One/Individual Live Online Protocol**

1. Select a video-conferencing service to use like Zoom, Go To Meeting or Google Classroom.
2. Send the youth participant a link to the PPW session date & time & optional pretest.
3. Ensure setting is private for participant.
4. Show first program slide and provide the script introduction.
5. Show the screening survey items on the program slides and have youth write down answers to each question on a separate sheet of paper. Ask each question again from the slides and provide feedback tailored to each youth's response. Have youth ONLY respond a "letter" to the SU item to protect their privacy.
6. Option: If your video-conferencing allows polling, ask the youth to complete the screening survey questions & provide feedback tailored to screen responses while showing program slides.
7. When asking youth a discussion question, have them respond verbally or by live chat.
8. Read and show the online goal plan/contract or the original hard copy version and help the youth complete it on a blank sheet of paper.
9. Send a customized link to the online goal plan/contract to youth to complete or mail or email a co-signed hard copy goal plan/contract.
10. Send an optional posttest link.
11. Implementers complete an online instructor's survey.

## **Prevention Plus Wellness Program Group Live Online Protocol**

1. Select a video-conferencing service to use like Zoom, Go To Meeting or Google Classroom.
  2. Send youth participants a link to the PPW session date & time & optional pretest.
-

3. Show first program slide and provide the script introduction.
4. Show the screening survey items on the program slides and have youth write down answers to each question on a separate sheet of paper. Ask each question again from the slides but have youth answer ONLY to themselves.
5. Option: If your video-conferencing allows polling, ask the youth to complete the screening survey questions but do NOT share results with the group.
6. When asking youth a discussion question, have them respond verbally (if small group) or by live chat.
7. Read and show the online goal plan/contract or the original hard copy goal plan/contract and help youth complete it on a blank sheet of paper.
8. Send a customized link to the online goal plan/contract to youth or mail or email a co-signed hard copy goal plan/contract.
9. Send an optional posttest link.
10. Implementers complete an online instructor's survey.

### **Prevention Plus Wellness Program Recorded Video Protocol**

1. Send youth a customized link to the optional pretest.
2. Send youth a link to the recorded video with customized link to the online goal plan/contract.
3. Send youth a customized link to the optional posttest.

### **Prevention Plus Wellness Program Telephone Protocol**

1. Call and confirm you are speaking with the youth participant
2. Provide the script introduction
3. Ask the first screening survey question & provide feedback

4. Repeat through the entire script
5. Read the goal plan/contract and help the youth complete it on a blank sheet of paper
6. Mail or email a completed and co-signed goal plan
7. Option: Mail, email or text a copy of the slides and goal plan/contract in advance of the session to view during the phone lesson

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# ***Marijuana PPW***

## **Section 6: Evaluation Materials**

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## Prevention Plus Wellness Program Children's Pretest

**Directions:** Your answers will be confidential. DO NOT PLACE YOUR NAME ON THIS FORM. Answer all questions honestly. Carefully bubble in each answer.

|   | Yes<br>(1)            | Maybe<br>Yes<br>(2)   | Maybe<br>No<br>(3)    | No<br>(4)             |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. Next <u>month</u> , will you play sports or get physical activity on most days?      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. Next <u>month</u> , will you get at least 8 hours of sleep on most nights?           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. Next <u>month</u> , will you eat a variety of healthy foods each day?                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. When you are an adult, will you drink or try any alcohol?                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. When you are an adult, will you smoke or puff on a cigarette?                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. When you are an adult, will you try any drugs like marijuana?                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. Next <u>month</u> , will you talk to your parents about your health or health goals? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8. When you are an adult, will you try or puff on an e-cigarette?                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

## Prevention Plus Wellness Program Children's Posttest

**Directions:** Your answers will be confidential. **DO NOT PLACE YOUR NAME ON THIS FORM.** Answer all questions honestly. Carefully bubble in each answer.

|   | Yes<br>(1)            | Maybe<br>Yes<br>(2)   | Maybe<br>No<br>(3)    | No<br>(4)             |
|---|-----------------------|-----------------------|-----------------------|-----------------------|
| 1. Next <u>month</u> , will you play sports or get physical activity on most days?      | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 2. Next <u>month</u> , will you get at least 8 hours of sleep on most nights?           | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 3. Next <u>month</u> , will you eat a variety of healthy foods each day?                | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 4. When you are an adult, will you drink or try any alcohol?                            | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 5. When you are an adult, will you smoke or puff on a cigarette?                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6. When you are an adult, will you try any drugs like marijuana?                        | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. Next <u>month</u> , will you talk to your parents about your health or health goals? | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8. When you are an adult, will you try or puff on an e-cigarette?                       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |



## Prevention Plus Wellness (PPW) Instructor's Survey

Code: \_\_\_\_\_

Directions: Complete this survey after each lesson provided. Circle one response for each item.

|  | None | A little | Some | A lot |
|--|------|----------|------|-------|
| 1. What was your level of comfort while providing the PPW lesson?  | 1    | 2        | 3    | 4     |
| 2. Did you use active presenting strategies (i.e., good eye contact, body positioning, changing tone of voice, and listening)? | 1    | 2        | 3    | 4     |
| 3. What was your level of enthusiasm and passion while presenting the lesson?  | 1    | 2        | 3    | 4     |
| 4. How smooth and continuous was the flow of the lesson delivery?  | 1    | 2        | 3    | 4     |
| 5. How accurately did you follow the protocol (i.e., adherence to the script, no ad libbing extra content)?                    | 1    | 2        | 3    | 4     |
| 6. Was the lesson content provided completely (i.e., covered all of the scripted messages)?                                    | 1    | 2        | 3    | 4     |
| 7. What was the youths' responsiveness to the lesson (i.e., listening, answering, showing interest)?                           | 1    | 2        | 3    | 4     |

## **Prevention Plus Wellness Program Fidelity Checklist**

1.  Attend a Prevention Plus Wellness Program Implementer's Training Workshop every 3-years.
2.  Implement the optional pretest.
3.  Implement the individual script to participants in a private or semi-private setting.
4.  Implement the lesson using the script as provided.
5.  Use active presenting strategies like voice fluctuations during each lesson.
6.  Do not ad lib extra content during the lesson.
7.  Provide the script content with enthusiasm and passion each time.
8.  Cover all messages in the script during each lesson.
9.  Show the PowerPoint slides during each lesson.
10.  Read the goal plan and help participants complete it.
11.  Have participants sign and have it co-signed by you or someone else.
12.  Ask participants to take home their goal plan and post it.
13.  Implement the optional posttest.
14.  Collect and monitor instructor survey data from implementers/teachers after each lesson.
15.  Make program alterations based on pre-posttest and instructor survey data analysis and monitoring.
16.  Follow up with participants. For example, by reminding them to continue to monitor their goal plans, ask them to write a revised goal plan(s), provide follow up program materials (e.g., parent flyers, website resources, more lessons), and/or re-implement the PPW program every 6-12 months.