

Marijuana Prevention Plus Wellness



**Cannabis Prevention Program Promoting
Wellness Lifestyles**

Prevention Plus Wellness, LLC

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<http://preventionpluswellness.com/>

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Marijuana Prevention Plus Wellness

CANNABIS PREVENTION PROGRAM PROMOTING WELLNESS
LIFESTYLES

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Marijuana PPW

Section 1: Introduction

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Welcome to **Marijuana Prevention Plus Wellness (PPW)**! **Marijuana PPW** is a quick and easy to use prevention with wellness intervention for professionals, peer leaders and parents who want to promote resilient active, healthy and marijuana use-free lifestyles among youth.

Marijuana PPW is an evidence-informed intervention adopted from SPORT Prevention Plus Wellness 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.

Marijuana PPW is the country's only single-session screening and brief intervention designed to increase youth wellness-enhancing behaviors including physical activity, sports participation, healthy eating, getting adequate sleep, and practicing stress control while also preventing marijuana use. And it takes less than 50 minutes to implement!

Marijuana PPW targets naturally motivating positive peer and desired future images to increase personal goal setting to improve multiple wellness habits and positive self-identity. **Marijuana PPW** is highly flexible and can be used as a stand-alone program, or as an add-on component to other prevention, health, sports, fitness, recreation, education or intervention programs.

The **Marijuana PPW** program was designed to help youth look and feel more active, fit and healthy by having them:

1. Identify wellness enhancing behaviors, along with how marijuana use interferes with reaching wellness behavior goals and positive self-images;
2. Become aware of positive images of youth engaged in wellness promoting behaviors, and desired images of themselves in the future;
3. Make a commitment to set and monitor multiple goals to increase wellness promoting behaviors, while avoiding marijuana and other substance use.

Your **Marijuana PPW** manual and program contain the following materials:

- 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 uses positive image content linking wellness and marijuana use behaviors;
- Set of colorful slides with illustrations of youth modeling wellness habits;

- Goal plan and contract for motivating multiple behavior change;
- Optional group exercise to increase classroom interaction during the group lesson;
- Youth feedback survey to evaluate program implementation fidelity and effectiveness;
- Instructor's survey to assess the quality of the lesson presentation;
- Fidelity checklist to increase implementation reliability;
- Optional marijuana and wellness resources;
- Digital download of reproducible materials and customizable PowerPoint slides;

- Phone and email program support; and
- Separate onsite and online certified training workshops to learn to provide the **Marijuana PPW** program, or train others to implement it, with fidelity and maximum effectiveness.

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

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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.

If you have not already done so, we strongly encourage you to take one of our convenient onsite or online 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 three times, using the program's PowerPoint slides, goal plan, youth feedback survey and instructor's survey.
 2. Before providing a lesson, make copies of the screening survey, goal plan and feedback survey for all participants from the digital downloads provided.
 3. In a private or semi-private setting, implement the program using the selected script while showing the PowerPoint slides.
 4. When done, read the goal plan with the participant(s), and help them complete it, sign it and take it home for daily monitoring.
 5. Administer the feedback survey and then collect and staple it to the screening survey for all participants.
 6. Complete an instructor survey to assess the quality of your program implementation.
 7. Download the PPW Program Fidelity Excel spreadsheet from PreventionPlusWellness.com and enter the screening and feedback survey data.
 8. Email the completed spreadsheet to Prevention Plus Wellness, LLC to receive program feedback on implementation fidelity, ways to improve your program, and positive outcomes you can communicate to key stakeholders to advertise your program: info@preventionpluswellness.com (call for assistance: 904-472-5022).
 9. Promote your program and make improvements based on the program feedback and instructor survey evaluation data results.
 10. Use the Prevention Plus Wellness Program Fidelity Checklist to ensure you are implementing your PPW program with fidelity.
 11. Follow up with participants by reminding them to monitor the achievement of their goals each day, and revise goals as needed to ensure success.
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12. Maintain your certification and get the latest best practices knowledge and skills by attending a PPW Program Implementer's or Training of Trainer Workshop every three-years.

PPW Program Implementer Tools

The following PPW Program implementation and evaluation tools are found on the Prevention Plus Wellness website (<http://preventionpluswellness.com>) and are invaluable for ensuring you are providing your program with fidelity and getting the very best outcomes.

- SPORT PPW/Marijuana PPW Program Fidelity Excel Spreadsheet
- InShape PPW Program Fidelity Excel Spreadsheet
- Healthy Lifestyle Guidelines for Youth and Young Adult Goal Setting
- Promoting Your PPW Program

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Marijuana PPW

Section 3:

Individual Youth Program Script with Screen & Goal Plan

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Marijuana Prevention Plus Wellness© Program Individual Lesson

Introduction

(Show slide).



Hi, _____ (youth's name). I'm going to talk to you about your health habits and how your actions can make you healthy and keep you healthy.

Screening Survey

Now, please take out your copy of the Health and Fitness Survey. 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 the survey is completed. See copy below).

Health & Fitness Survey

Directions: The purpose of this survey is to determine what you are thinking and doing about your health. Your answers will be kept very secret. **DO NOT PLACE YOUR NAME ON THIS FORM.** We want to know what you really think, so please answer all questions honestly. Thank you.

1. What sports or physical activities did you play in during the last year? (Check all that apply)

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 (list): _____

r. I did not play any sports or get any physical activity last ye

2. Do you participate in physical activity for at least 30 minutes four or five times a week? For example, riding a bike, running, walking, swimming, or playing a sport for 30 minutes on most days?

a. Yes

b. No

3. Do you usually eat a healthy breakfast every morning? For example, cereal and low fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit.

a. Yes

b. No

4. Do you usually sleep eight (8) or more hours each night?

a. Yes

b. No

5. Have you ever used any marijuana? For example, smoked or vaped marijuana, ate any food with marijuana in it, or drank a beverage with marijuana in it.

a. Yes

b. No

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6. In the next year, how likely are you to...

	Not (none) at all	A little	Some	A lot
a) get physical activity most days a week?.....1		2	3	4
b) get 8 hours a sleep most nights?.....1		2	3	4
c) eat a variety of healthy foods each day?.....1		2	3	4
d) drink any alcohol?.....1		2	3	4
e) smoke any cigarettes?.....1		2	3	4
f) use any marijuana?.....1		2	3	4
g) set any health or fitness goals?.....1		2	3	4
h) talk to your parents about health or fitness?.....1		2	3	4

7. How many of your friends...

	None	Some	Most	All
a) get physical activity most days a week?.....1		2	3	4
b) get 8 hours a sleep most nights?.....1		2	3	4
c) eat a variety of healthy foods each day?.....1		2	3	4
d) drink any alcohol?.....1		2	3	4
e) smoke any cigarettes?.....1		2	3	4
f) use any marijuana?.....1		2	3	4

8. How satisfied are you with how your body looks? (circle one)

- (a) Very satisfied (b) Satisfied (c) Somewhat (d) A little (e) Not at all satisfied

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1. Sports/Physical Activity Last Year

Read only ONE response. If youth checks any sport or physical activity in question #1 on survey, read "Yes" response. If youth answers "r" for question 1, read "No" response.

(Yes) Sports/Physical Activity

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



I see that you do: _____ (name sports and physical activities listed on the survey.)

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

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



However, marijuana and an active lifestyle don't mix. Using marijuana can hurt your health and affect how well you do in sports and physical activities. Using cannabis can harm brain development, lung function, and increase risk for mental health issues that can hinder being successful in school and sports.

(No) Sports/Physical Activity

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



I see that you do not play sports or participate in any physical activities. You can really improve your health and how well you feel by being more active. Sports and physical activities are fun, keep you healthy, help you feel good about yourself, give you lots of energy, and help you do better in school. Pick a fun physical activity that you like to do, such as riding a bike or walking, and do it today!

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



Marijuana use can keep you from having an active life. Using marijuana can hurt your health and affect how well you do in physical activities and in school. Using cannabis can harm brain development, lung function, and increase risk for mental health issues that can hinder being successful in school and sports.

3. Breakfast and Nutrition

Read only ONE response. If youth answers “Yes” to question #3 on survey read “Yes” response. If youth answers “No” to question 3 on survey, read “No” response.

☐ (Yes) Breakfast and Nutrition

1. Benefits of Healthy Eating (Show slide).



It looks like you are eating a healthy breakfast most mornings. Wonderful! Eating a healthy breakfast such as nutritious cereal with low fat milk, whole wheat toast, oatmeal, eggs, or yogurt every day can have a big effect on how you feel, and help you have more energy in school and sports. Also, limiting junk food, and eating lots of healthy foods such as fresh vegetables and fruits is important.

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



Using marijuana gives you the “munchies” which increases junk food eating. This adds empty calories and leads to weight gain, which can rob your body of vitamins and minerals. Marijuana use can sap your drive to do well in sports and physical activities. Being addicted to marijuana can interfere with participating in important life activities and spending time with family or friends in favor of using marijuana. In addition, stopping cannabis use suddenly can result in withdrawal symptoms like

loss of energy and feeling sick which can reduce one's ability to eat healthy and be active.

(No) Breakfast and Nutrition

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.

It looks like you haven't been eating a healthy breakfast most days. Try eating a healthy breakfast such as nutritious cereal with low fat milk, whole wheat toast, oatmeal, eggs, or yogurt every day. Also, limit junk food and eat lots of healthy foods such as fresh vegetables and fruits. By doing so, your body will feel better and you'll see that you have more energy in school and sports.

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.

Using marijuana gives you the "munchies" which increases junk food eating. This adds empty calories and leads to weight gain, which can rob your body of vitamins and minerals. Marijuana use can sap your drive to do well in sports and physical activities. Being addicted to marijuana can interfere with participating in important life activities and spending time with family or friends in favor of using marijuana. In addition, stopping cannabis use suddenly can result in withdrawal symptoms like loss of energy and feeling sick which can reduce one's ability to eat healthy and be active.

Wellness Goal Plan & Contract

Now, take out your copy of the Wellness Goal Plan and read along. (Read the goal plan aloud and assist the participant with completing each item on the goal plan. Then, have them sign and you co-sign the plan. Lastly, read the concluding statement on the plan with the participant. See copy below.).

Marijuana Prevention Plus Wellness Program Wellness Goal Plan

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. Do some fun physical activity, such as riding a bike, running, walking, swimming, or playing a sport for at least 30 minutes a day on most days.
4. Most importantly, stay away from all marijuana, tobacco, e-cigarettes, alcohol and other illegal drugs!

Keep in mind, being fit does not mean being perfect. Your main goal should be to have a healthy body image and not engage in unhealthy ways to control or lose weight.

To help you achieve the above goals, make the following pledge:

I _____ (print your name), promise to stay away from marijuana, alcohol and other drugs each day during the next 30 days.

The parent/guardian or other trusted adult or friend who will remind me to continue to stay away from marijuana, alcohol and drugs each day during the next 30 days is _____ (print name).

In addition, one other healthy habit I'd like to improve or continue doing during the next 30 days from the list above is:

Marijuana PPW

Section 4:

Optional 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).

1. Sports/Physical Activity Last Year

(Ask class members to raise their hands and respond as you read each of the types of physical activities). What sports or physical activities did you play in the last year? For example, ...

- 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).



▶ Are fun.

▶ Keep you fit & healthy.

▶ Make you feel good about yourself.

▶ Give you lots of energy.

▶ Help you do better in school.

SPORTS & PHYSICAL ACTIVITIES:

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

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



However, marijuana and an active lifestyle don't mix. Using marijuana can hurt your health and affect how well you do in sports and physical activities. Using cannabis can harm brain development, lung function, and increase risk for mental health issues that can hinder being successful in school and sports.

3. **Breakfast and Nutrition**

(Ask participants to answer to themselves, **Do you usually eat a healthy breakfast every morning? For example, cereal and low fat milk, whole wheat toast, oatmeal, eggs, yogurt or fruit.**

1. Benefits of Healthy Eating (Show slide).



Eating a healthy breakfast such as nutritious cereal with low fat milk, whole wheat toast, oatmeal, eggs, or yogurt every day can have a big effect on how you feel, and help you have more energy in school and sports. Also, limiting junk food, and eating lots of healthy foods such as fresh vegetables and fruits is important.

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.

Using marijuana gives you the “munchies” which increases junk food eating. This adds empty calories and leads to weight gain, which can rob your body of vitamins and minerals. Marijuana use can sap your drive to do well in sports and physical activities. Being addicted to marijuana can interfere with participating in important life activities and spending time with family or friends in favor of using marijuana. In addition, stopping cannabis use suddenly can result in withdrawal symptoms like loss of energy and feeling sick which can reduce one’s ability to eat healthy and be active.

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Marijuana PPW

Section 5: Evaluation Materials

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Marijuana Prevention Plus Wellness Program Feedback Survey

Code: _____

Directions: Please circle one answer for each question below. We really want to know what you think about the Marijuana Prevention Plus Wellness lesson. Please answer honestly. Thank you!

	Not (none) at all	A little	Some	A lot
1) Did you like the marijuana lesson?	1	2	3	4
2) Would you recommend the marijuana lesson to other students?	1	2	3	4
3) Do you think this marijuana lesson will help students make healthy choices?	1	2	3	4
4) Will the marijuana lesson help you increase your physical activity next month?	1	2	3	4
5) Will the marijuana lesson help you avoid alcohol use next month?	1	2	3	4
6) Will the marijuana lesson help you avoid marijuana use next month?	1	2	3	4
7) Will the marijuana lesson help you avoid cigarette smoking next month?	1	2	3	4
8) Will the marijuana lesson help you increase your healthy eating next month?	1	2	3	4
9) Will the marijuana lesson help you increase your sleep next month?	1	2	3	4
10) How satisfied are you with how your body looks? (circle one)				
(a) Very satisfied (b) Satisfied (c) Somewhat (d) A little (e) Not at all satisfied				

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Marijuana Prevention Plus Wellness Program 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 Marijuana 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

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Prevention Plus Wellness Program Fidelity Checklist

1. Attend a Prevention Plus Wellness Program Implementer's Training Workshop every 3-years.
 2. Implement the screen to participants in a private or semi-private setting.
 3. Read the screening survey instructions to participants prior to implementation.
 4. Implement the lesson using the script as provided.
 5. Maintain good eye contact during each lesson.
 6. Do not ad lib extra content during any lesson.
 7. Use an upbeat and varied voice during each lesson.
 8. Cover all messages in the script during each lesson.
 9. Show the PowerPoint slides during each lesson.
 10. Read the goal plan and helped participants complete it.
 11. Had participants sign while you co-signed each contract.
 12. Ask participants to take home their goal plan and post it.
 13. Implement the feedback survey immediately after each lesson.
 14. Read the feedback survey instructions to participants.
 15. Collect and staple screening and feedback surveys from each participant.
 16. Monitor feedback survey data for responses from participants.
 17. Collect and monitor instructor survey data from implementers/teachers after each lesson for response.
 18. Download an Excel spreadsheet from PPW website and enter screening and feedback survey data.
 19. Email the Excel spreadsheet to PPW for data cleaning, analysis and interpretation.
 20. Make program alterations based on feedback and instructor survey data analysis and monitoring.
 21. 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.
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Marijuana PPW

Section 6:

Optional Marijuana PPW

Resources

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Prevention Plus Wellness Resources

A Guide to Eating for Sports-TeensHealth from Nemours:

<https://kidshealth.org/en/teens/eatnrun.html#cat20139>

Drug Facts: What is Marijuana?: National Institute on Drug Abuse:

<https://www.drugabuse.gov/publications/drugfacts/marijuana>

Fit Sanford WebMD Teens: <https://fit.webmd.com/teen/food/videos/default.htm>

For Tweens and Teens-Nutrition.gov: <https://www.nutrition.gov/subject/life-stages/teens/tweens-and-teens>

How Much Sleep Do I Need?-TeensHealth from Nemours:

<https://kidshealth.org/en/teens/how-much-sleep.html>

Marijuana and Teens: American Academy of Child & Adolescent Psychiatry:

https://www.aacap.org/aacap/families_and_youth/facts_for_families/fff-guide/Marijuana-and-Teens-106.aspx

Marijuana Use and Teens: Centers for Disease Control and Prevention:

<https://www.cdc.gov/healthcommunication/toolstemplates/entertainmented/tips/marijuana-teens.html>

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