

Prevention Plus Wellness Program Menu

Program Description: Evidence-based and evidence-informed substance use prevention programs that promote wellness lifestyles and positive identities.

Program Implementation (Circle all that are suitable):

1. Single-lesson provided one-on-one to youth excused from class
2. Single-lesson provided within a health education class
3. Single-lesson provided within a physical education class
4. Single-lesson provided within a youth sports program
5. Single-lesson provided after school
6. Single-lesson provided during lunch break
7. Single-lesson provided by youth to peers in class
8. Multiple lessons provided in a setting identified above (check this and at least one other option)
9. Another preferred implementation option (Describe):

Student Health Behavior Goals (Circle all you'd like addressed by the program):

1. Prevent underage alcohol use
2. Prevent marijuana use
3. Prevent vaping e-cigarettes
4. Prevent tobacco use
5. Prevent alcohol and drug use among high risk youth
6. Promote regular physical activity
7. Promote healthy eating
8. Promote getting adequate sleep
9. Promote daily stress control
10. Other health behavior goals of interest (List):

Program PowerPoint Tailoring (Circle all of interest):

1. Include school/institution name on slides
2. Include school/institution logo on slides
3. Include illustrations of school/institution youth in slides
4. Program language translated into (Other than English): _____
5. Cultural translation (Describe):

6. Other tailoring suggestions (List):

7. No program tailoring needed

Program Promotion (Circle materials needed to promote your program to students and others):

1. Posters
2. Banners
3. Brochures
4. Other promotional materials (List):

5. No promotion materials needed