


PPW Program Online Strategies Training

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Session Objectives

1. Describe step-by-step methods for providing Prevention Plus Wellness (PPW) programs live online to youth individually and in groups.
 2. List step-by-step methods for providing PPW programs by recorded video.
 3. Explore tools for monitoring and evaluating online PPW program quality and effectiveness.
 4. Identify PPW program online follow-up strategies, training and resources.
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Key Advantages of PPW Programs

Single-session & evidence-based or evidence-informed

Scripted

Individual/one-on-one & group protocol options

2-hour online program implementer training

Optional pre-post program evaluation surveys

Ranked Preference of PPW Program Implementation



Face-to-Face



Live Online (allows interactive learning)



Recorded video (allows visual & auditory learning)



Others (correspondence, email, telephone, etc.)

Preferred
One-on-
One/Individual
Face-to-Face
Protocol

Show first slide & provide the script introduction

Implement the screening survey to one youth/young adult

Provide feedback tailored to screen responses while showing program slides

Provide the goal plan/contact & co-sign it when completed

Preferred
Optional Group
Face-to-Face
Protocol

Show first slide & provide the script introduction

Implement the screening survey to the group

Provide feedback while showing program slides

Provide the goal plan/contact & co-sign them when completed

One-on-One/Individual Online Live 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 using the "letter" answer to the SU item to protect their privacy.

One-on-One/Individual Online Live Protocol

6. Option: If your video-conferencing allows polling, ask the youth to complete the screening survey questions by poll & 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 can complete an online instructor's survey.

Group Online Live 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 by poll but do **NOT** share results with the group.



Group Online Live Protocol

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 can complete an online instructor's survey.

SPORT Prevention Plus Wellness

**High School Adolescent
Program**

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A dark blue, irregularly shaped graphic with a splatter effect, containing white text. The graphic is centered on a white background and has a rough, ink-like border. The text is centered within the graphic and reads "Complete the Health and Fitness Screen".

Complete the Health
and Fitness Screen

1. What sports or physical activities did you play in the last year?
 - a. Baseball or 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. Tennis
- o. Track
- p. Volleyball
- q. Wrestling
- r. Weight-lifting
- s. Others (list) _____

2. Do you participate in any 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 or more on most days.

a. Yes

b. No

3. Do your friends influence you to participate in regular physical activity?

a. Yes

b. No

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

a. Yes

b. No

5. Do you usually sleep eight or more hours each night?

- a. Yes
- b. No

6. During the past 30 days, what is the greatest number of alcoholic drinks you had at any one time?

- a. 5 or more drinks
- b. 4 drinks
- c. 3 drinks
- d. 2 drinks
- e. 1 drink
- f. 0 drinks

What sports or physical activities did you play in the last year?

Sports & Physical Activities:

1. Are fun
2. Help you look fit & strong
3. Feel good about yourself
4. Give you lots of energy
5. Do better in school & work



An Active Life and Alcohol Do NOT Mix

Alcohol & Drugs Hurt:

1. Your relationships
2. How well you do in sports
3. How you feel about yourself
4. Your energy level
5. How you do in work & school



Do you participate in any 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 or more on most days.

30 minutes of Sports & Physical Activities

1. Promote a healthy heart & lungs
2. Help control weight & stress
3. Increases feelings of success & well-being
4. Less anxiety & disease



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

Alcohol decreases energy & adds empty calories to your diet

The key to a fit and healthy body is lots of physical activity AND staying away from alcohol, tobacco and drugs





Recommendations for Increasing Wellness

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. Participate in some fun physical activity, such as riding a bike, running, swimming, or walking, at least 30 minutes a day four or five times a week; and
4. Most importantly, avoid alcohol, tobacco, e-cigarettes, prescription drug misuse, marijuana and illegal drug use.

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Complete a Goal
Plan/Contract

Online Goal Plan/Contract

<https://www.surveymonkey.com/r/TW37TLR>

- Customized link permits participant goal setting & program data to be saved for review & analysis
- Measures include:
 1. Demographics
 2. Substances chosen to avoid
 3. Measurable healthy habit to improve
 4. Identification of who co-signs
 5. Specific location for posting goals
 6. Feedback on what they liked best and least about the PPW lesson
 7. Goal rating

Optional Online Pre-Posttest Survey

Customized link
permitting
participants pretest &
posttest data

Measures 2 key
indicators/predictors
of SU & healthy
behaviors

- Behavioral intentions
- Perceived harmfulness
- 5 SU behaviors
- 4 Wellness habits
- <https://www.surveymonkey.com/r/3S89X96>

Online Instructor's Survey

- Allows measurement and monitoring the quality of PPW program implementation by implementers/teachers
- Assesses 7 program implementation elements:
 1. Level of comfort
 2. Active presenting
 3. Level of enthusiasm
 4. Lesson flow
 5. Accuracy of following script
 6. Content completion
 7. Youths' responsiveness

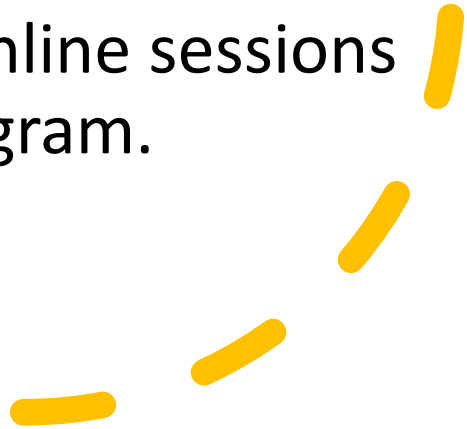
Recorded Video Protocol

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

SPORT PPW
HS Program
on Video Clip


- <https://youtu.be/ZQH0t-zwNq0>

PPW Follow Up Strategies

1. Require participants to complete additional weekly online goal plan/contracts.
 2. Assign post-program online activities selected from the PPW Youth & Teacher/Parent Resources website page.
 3. Present weekly parent flyers live online to youth and/or parents.
 4. Implement additional live online sessions using the SPORT 2 PPW program.
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PPW Program Online Training & Resources

1. PPW Program Online Strategies Training: Free
 2. Online PPW Program Downloads: Free for those who purchase a PPW program and online Program Implementer Training
 3. Video PPW Programs: \$5/youth
 4. Online PPW Program Implementer Training: \$199/implementer
 5. PPW Programs: \$499/implementer/teacher
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Conclusions

1. PPW programs can be provided live online and by recorded video as alternatives to face-to-face implementation.
2. PPW program resources include free PPW Program Online Strategies Training, updated digital downloads of program slides and protocols and recorded videos of PPW programs.
3. Customizable online links to PPW program goal plans/contracts, pre-posttest surveys and instructor's surveys allow professionals and organizations to collect data to monitor and assess online PPW program quality and effectiveness.

For assistance or to learn more:



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