



### **SPORT PPW prevents/reduces:**

- Alcohol use
- Cigarette smoking
- Marijuana use
- Substance abuse problems

### **SPORT PPW promotes:**

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



## **What is SPORT PPW?**

- ❖ SPORT Prevention Plus Wellness (PPW) is a single-session evidence-based program that prevents substance use and promotes physical activity, sports, healthy eating, sleep and stress control among youth.
- ❖ SPORT PPW cues naturally motivating peer and desired future images of youth engaged in wellness behaviors and links substance use as harming personal goals to achieve positive behaviors and identity.
- ❖ SPORT PPW comes with optional parent materials and web-resources to extend and enhance program outcomes.
- ❖ Youth learn to set and monitor goals to avoid substance use and increase protective wellness behaviors and improve self-regulation skills.



# **SPORT Prevention Plus Wellness (PPW)**

*Preventing Substance Abuse  
& Promoting Protective  
Wellness Lifestyles of Youth*



### **SPORT 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, uncontrolled stress and substance use.
- SPORT PPW is specifically designed to address these risks in a single program and setting, to cost-effectively improve the “whole health” of youth.
- SPORT PPW screens youth for their current health habits, provides feedback and positive image messages, and helps them set multiple health behavior goals.



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*“The SPORT Prevention Plus Wellness Program provides a whole-body experience, where youth focus on improvements in their lives instead of drugs... a light bulb goes on when they connect the future self with the lifestyle they want to obtain of being healthy and happy.”*

*Barry Schmidt, Neighborhood Resource Center, Bay City, MI*

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*“I am amazed at the response and success our SPORT PPW administrators, counselors, parents and youth are having in the schools. We are excited about the implementation of the SPORT PPW program in our agency.”*

*Gary Coney, Drug Abuse Treatment Association, Mangonia Park, FL*



## Programs & Training

- ✚ **SPORT PPW Programs** in high school, middle school and elementary school versions include a manual with scripts to provide an individual or group lesson, digital downloads with slides and reproducible materials, optional parent materials and web-resources, and built-in pre-post program surveys.
- ✚ **Online and Onsite Training Workshops** allow professionals and youth leaders to quickly learn how to implement the program.
- ✚ **Other PPW Programs** include InShape PPW (young adults), SPORT 2 PPW (6-lessons), Vaping PPW and Marijuana PPW.