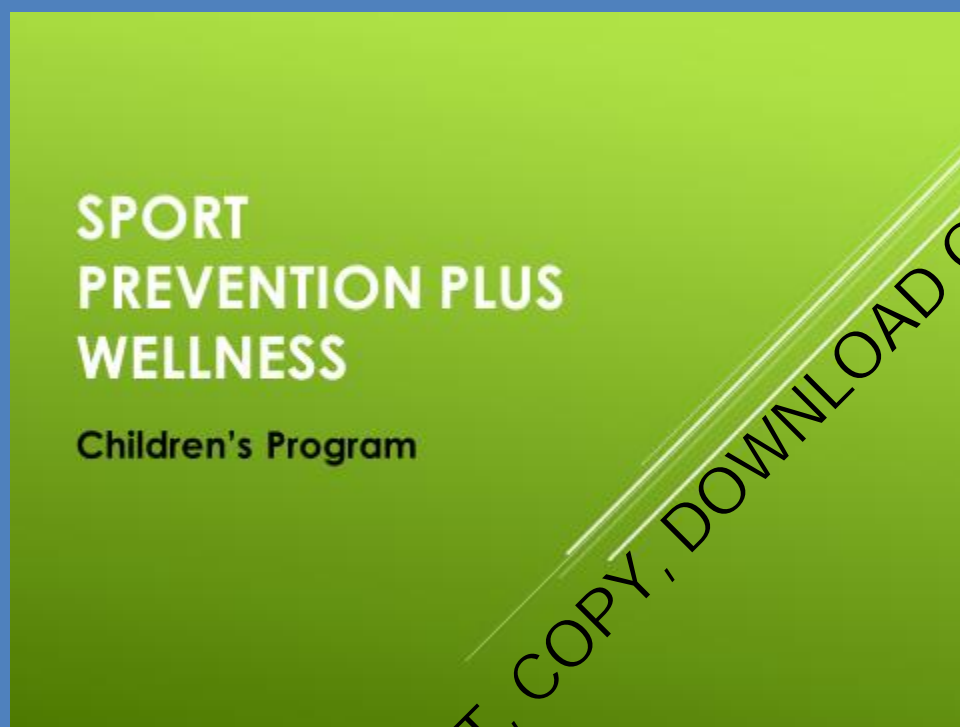


**SPORT© Prevention Plus Wellness
Children's Version
Individual Lesson**

Introduction

(Show slide).



Hi, _____ . I'm going to talk to you about your health
(Youth's name)

habits and how your actions can make you healthy and keep you healthy.

Screening Survey

Now, please take out your copy of the **SPORT Prevention Plus Wellness** Health and Fitness Screen. We wish to know about your health habits. Answer each item as it is read to you. There are no right or wrong answers. Just check off the answer that is true for you. Your answers will be kept a secret. Thank you for helping. (Read entire screen to youth. Wait until the screen is completed).

1. Sports/Physical Activity Last Year

Note: Read only ONE response. If youth checks any sport or physical activity in question #1 on screening, read “Yes” response. If youth answers “r” for question 1, read “No” response.

(Yes) Sports/Physical Activity

1. (Show slide).



SPORTS & PHYSICAL ACTIVITIES:

1. Are fun.
2. Keep you fit & healthy.
3. Make you feel good about yourself.
4. Give you lots of energy.
5. Help you do better in school.

I see that you do: _____.

(Name of sports/physical activities)

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. (Show slide).



**Alcohol and drugs hurt your health and
hurt how you do in school and sports.**

**AN ACTIVE LIFE AND ALCOHOL
DO NOT MIX**

However, alcohol and an active lifestyle don't mix. Using alcohol can hurt your health and hurt how well you do in sports and physical activities.

DO NOT PRINT, COPY, DOWNLOAD OR SHARE

(No) Sports/Physical Activity

1. (Show slide).



SPORTS & PHYSICAL ACTIVITIES:

1. **Are fun.**
2. **Keep you fit & healthy.**
3. **Make you feel good about yourself.**
4. **Give you lots of energy.**
5. **Help you do better in school.**

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 playing on the playground, and do it today!

2. (Show slide).



**Alcohol and drugs hurt your health and
hurt how you do in school and sports.**

**AN ACTIVE LIFE AND ALCOHOL
DO NOT MIX**

Alcohol use can keep you from having an active life. Using alcohol can hurt your health and hurt how well you do in physical activities and in school.

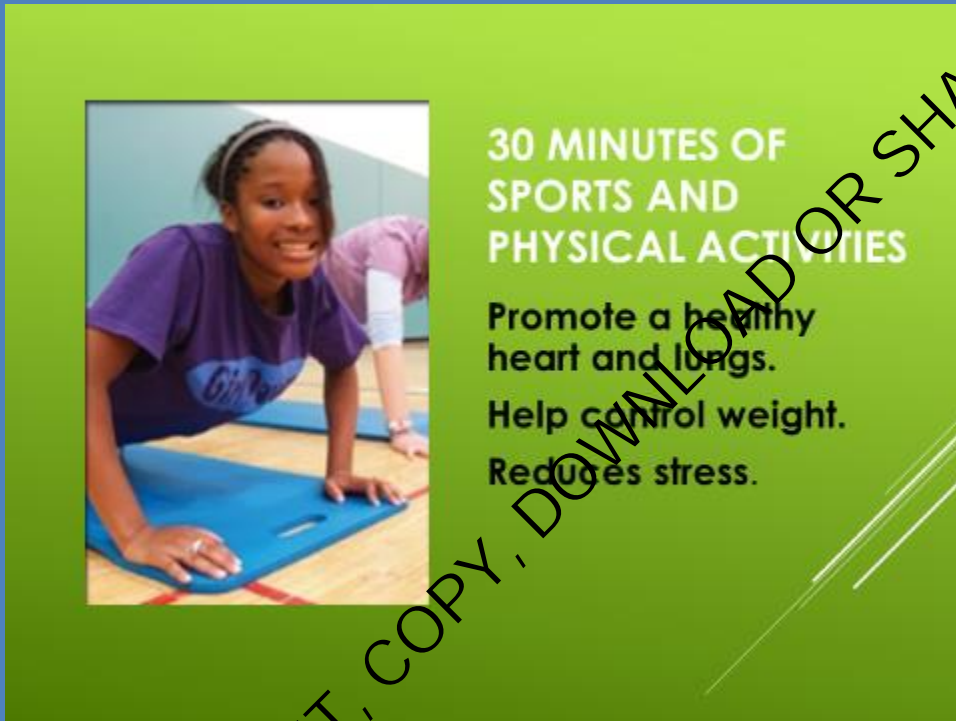
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2. Regular Physical Activity

Note: Read only ONE response. If youth answers “Yes” to question #2 on screening, read “Yes” response. If youth answers “No” to question 2 on screening, read “No” response.

(Yes) Regular Physical Activity

1. (Show slide).



I see that you play sports or do physical activities on most days. That's great! Both sports and other types of physical activity promote a healthy heart and lungs. They also control weight and stress, as long as you do them for 30 minutes or more on most days.

2. (Show slide).




However, alcohol use can cause heart damage and cancer over time.

Avoiding alcohol is key to keeping a healthy body.

(No) Regular Physical Activity

1. (Show slide).



**30 MINUTES OF
SPORTS AND
PHYSICAL ACTIVITIES**

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

DO NOT PRINT, COPY, DOWNLOAD OR SHARE

I see that you do not play sports or do physical activities on most days. To feel better and have a healthy heart and lungs, you should play sports or do other types of physical activity. They also control weight and stress, as long as you do them for 30 minutes or more on most days.

2. (Show slide).



However, alcohol use can cause heart damage and cancer over time. Avoiding alcohol, along with doing physical activity most days, is key to keeping a healthy body.

DO NOT PRINT, COPY, DOWNLOAD OR SHARE

3. Breakfast and Nutrition

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

(Yes) Breakfast and Nutrition

1. (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,

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 fruit is

important.

2. (Show slide).



ALCOHOL & MARIJUANA LEAD TO WEIGHT GAIN.
THEY SAP YOUR ENERGY.
THEY ROB YOUR BODY OF VITAMINS AND MINERALS.

Drinking alcohol adds empty calories which leads to weight gain, and can rob your body of vitamins and minerals. Alcohol use can also sap your energy needed to do well in sports and physical activities.

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❑ (No) Breakfast and Nutrition

1. (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, 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. (Show slide).



ALCOHOL & MARIJUANA LEAD TO WEIGHT GAIN.
THEY SAP YOUR ENERGY.
THEY ROB YOUR BODY OF VITAMINS AND MINERALS.

Drinking alcohol adds empty calories which leads to weight gain, and can rob your body of vitamins and minerals. Alcohol use can also sap your energy needed to do well in sports and physical activities.

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4. Sleep 8 or More Hours

Note: Read only ONE response. If youth answers “yes” to question #4 on screening, read “Yes” response. If youth answers “No” to question 4 on screening, read “No” response.

(Yes) Sleep

1. (Show slide).



It looks like you get at least 8 hours of sleep most nights. Great! Getting plenty of sleep each night, along with resting after physical activity, can give you more energy and help you think clearly.

2. (Show slide).



**ALCOHOL, TOBACCO AND DRUGS
DISRUPT SOUND SLEEP NEEDED TO BE
ACTIVE & FIT.**

Alcohol use disrupts sound sleep. Alcohol prevents a person from getting the rest needed to maintain an active, high-energy life.

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(No) Sleep

1. (Show slide).



It looks like you haven't been getting 8 hours of sleep most nights. You should plan to get plenty of sleep each night, as well as resting after physical activity. You'll see that this will give you more energy and help you think clearly.

2. (Show slide).



ALCOHOL, TOBACCO AND DRUGS
DISRUPT SOUND SLEEP NEEDED TO BE
ACTIVE & FIT.

Alcohol use disrupts sound sleep. Alcohol prevents a person from getting the rest needed to maintain an active, high-energy life.

DO NOT PRINT, COPY, DOWNLOAD OR SHARE

5. Ever Drink Alcohol

Note: Read only ONE response. If youth answers “yes” to question #5 on screening, read “Yes” response. If youth answers “No” to question 5 on screening, read “No” response.

(Yes) Ever Drink Alcohol

1. (Show slide).



It looks like you may have tried drinking alcohol. The most important thing you can do to be healthy and live an active life is to stay away from using alcohol.

2. (Show slide).



**BY NOT USING
ALCOHOL OR
DRUGS, YOU WILL
NOT:**

- Get into fights with friends
- Get hurt or sick
- Get into trouble with your parents

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What are some problems you could have if you drank alcohol? (e.g., getting in trouble with parents, getting sick, getting into a fight with friends). By staying away from alcohol, you don't have to worry about these things. By drinking, you are at higher risk for alcohol problems such as getting into a fight, getting hurt or sick, or getting into trouble at home, school, or with the police.

3. (Show slide).

▶ Studies show most kids DO NOT use alcohol or drugs.

▶ You can increase your skill to say "NO" to alcohol by practicing, just like any sport or skill.



DO NOT PRINT, COPY, DOWNLOAD OR SHARE

Most kids your age have not tried alcohol. You can increase your skill to say "No" to alcohol by practicing, just like any sport or physical skill.

4. (Show slide).



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**TO KEEP HEALTHY, HAVE MORE ENERGY,
LOOK AND FEEL GOOD, AND DO BETTER
IN SCHOOL AND SPORTS...**

**Stay away from using alcohol,
tobacco and drugs.**

You can also stay away from drinking alcohol by doing other things like playing with friends, exercising, listening to music, playing a video game, or playing sports. To keep healthy, have more energy, look and feel good, and do better in school and sports, plan to stay away from all alcohol.

5. Will you make a promise to stay away from all alcohol for the next 30 days? (If YES: Good for you! You're on the right track to keeping yourself healthy and not having to worry about bad things that can happen when you drink. If NO: You should stop and think. Think about making this promise to keep yourself healthy so you don't have to worry about bad things that can happen when you drink).

(No) Ever Drink Alcohol

1. (Show slide).



You have never tried alcohol. That's terrific! The most important thing you can do to be healthy and live an active life is to stay away from using alcohol.

2. (Show slide).




**BY NOT USING
ALCOHOL OR
DRUGS, YOU WILL
NOT:**

- Get into fights with friends
- Get hurt or sick
- Get into trouble with your parents

By not trying alcohol, you will not get into alcohol problems such as getting into a fight, getting hurt or sick, or getting into trouble at home, school, or with the police.

3. (Show slide).

- ▶ Studies show most kids DO NOT use alcohol or drugs.
- ▶ You can increase your skill to say "NO" to alcohol by practicing, just like any sport or skill.



A photograph of three young children of diverse ethnicities smiling and posing together. One child is making a peace sign. The photo is set against a light green background.

Most kids your age have not tried alcohol. You can increase your skill to say "NO" to alcohol by practicing just like any sport or physical skill.

DO NOT PRINT, COPY, DOWNLOAD OR SHARE

4. (Show slide).



**TO KEEP HEALTHY, HAVE MORE ENERGY,
LOOK AND FEEL GOOD, AND DO BETTER
IN SCHOOL AND SPORTS...**

**Stay away from using alcohol,
tobacco and drugs.**

You can also stay away from drinking alcohol by doing other things like playing with friends, exercising, listening to music, playing a video game, or playing sports. To keep healthy, have more energy, look and feel good, and do better in school and sports, plan to keep staying away from all alcohol.

5. Will you make a promise to continue to stay away from all alcohol for the next 30 days? (If YES: Good for you! You're doing the right thing to keep yourself healthy and not have to worry about bad things that can happen when you drink. If NO: You should stop and think. Think about making this promise to keep yourself healthy so you don't have to worry about bad things that can happen when you drink).

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).

DO NOT PRINT, COPY, DOWNLOAD OR SHARE

**SPORT© Prevention Plus Wellness
Children's Version
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, 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 on a playground for 30 minutes or more a day on most days.
4. Most importantly, stay away from all alcohol, tobacco and drugs!

Being fit does not mean being perfect. It means trying to be a little better each day.

I want you to make the following pledge:

I _____ promise to stay away from alcohol and other
(Youth's name)
drugs each day during the next 30 days.

The parent/guardian who will remind me to continue to stay away from
alcohol & drugs each day during the next 30 days is _____.
(Parent/Guardian's 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:

1. List a specific health habit (e.g., ride a bike NOT get more exercise):

_____.

2. Amount (e.g., 30 minutes each time): _____.

3. How often (e.g., 4 times a week, Monday-Thursday):

_____ Youth's signature	_____ Date
_____ Instructor's signature	_____ Date
_____ Parent/Guardian's signature	_____ Date

Good job! You have finished this *SPORT* lesson.

- Take this pledge home and have your parent or guardian sign it.
- Then, put it where you can see it every day, week and month (i.e., on the fridge, wall, or your mirror).

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SPORT PPW

Section 4:

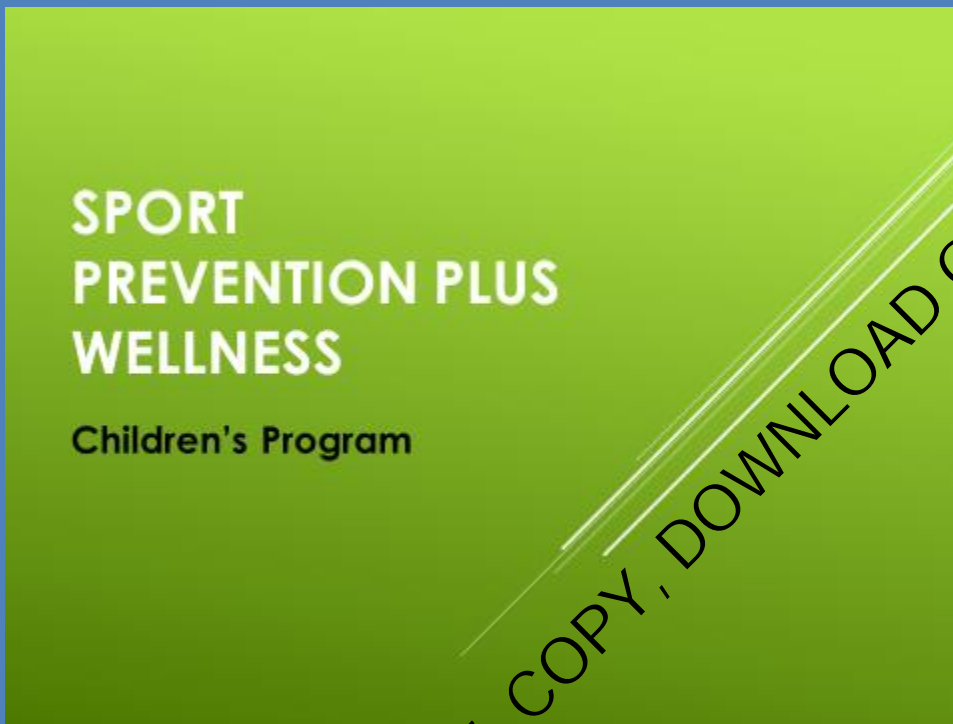
Group Intervention Materials

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SPORT© Prevention Plus Wellness Children's Version Group Lesson

Introduction

(Show slide).



Hello. For the next several minutes I will be talking with you about **SPORT 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 **SPORT Prevention Plus Wellness** Health and Fitness Screening. We wish to know about your health habits. Answer each item as it is read to you. There are no right or wrong answers. Just check off the answer that is true for you. Your answers will be kept a secret. Thank you for helping. (Read entire screen to youth. Wait until everyone has completed the screen).

Sports/Physical Activity Last Year

1. (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
- b. Basketball
- c. Riding a bicycle
- d. Dance
- e. Gymnastics
- f. Football
- g. Golfing
- h. Running or walking
- i. Rollerblading
- j. Skateboarding
- k. Soccer
- l. Surfing
- m. Swimming
- n. Tennis
- o. Track
- p. Volleyball
- q. Others _____

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1. (Show slide).



SPORTS & PHYSICAL ACTIVITIES:

1. **Are fun.**
2. **Keep you fit & healthy.**
3. **Make you feel good about yourself.**
4. **Give you lots of energy.**
5. **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, help keep you healthy, help you feel good about yourself, give you lots of energy, and can help you do better in school.

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2. (Show slide).



**Alcohol and drugs hurt your health and
hurt how you do in school and sports.**

**AN ACTIVE LIFE AND ALCOHOL
DO NOT MIX**

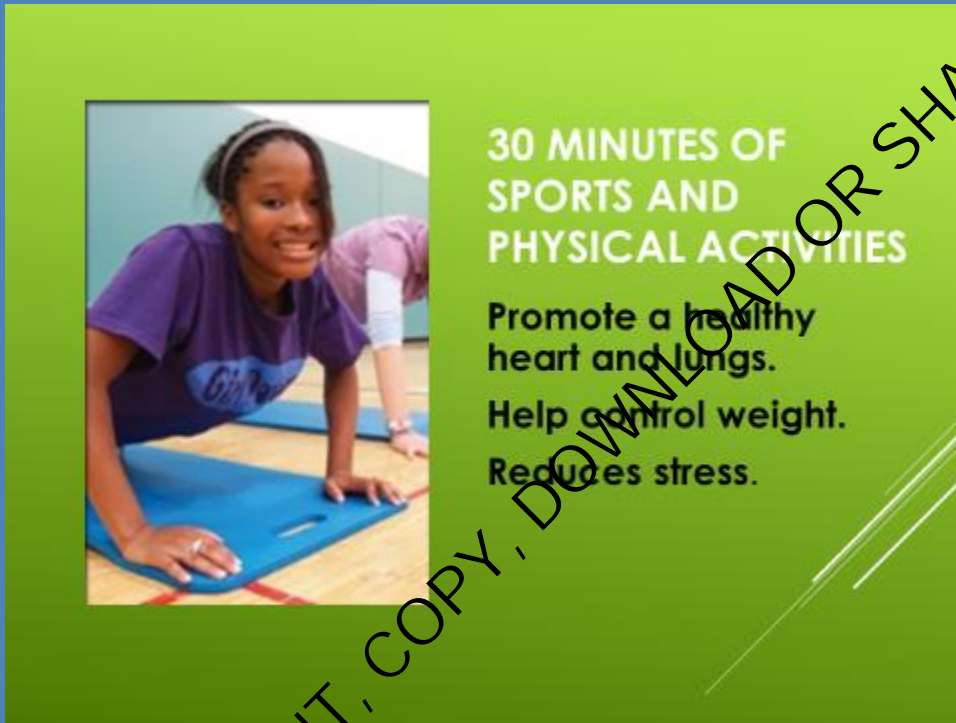
However, alcohol and an active life don't mix. Using alcohol can hurt your health and hurt how well you do in sports and physical activities.

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Regular Physical Activity

(Ask youth to answer to themselves). Do you play sports or physical activities for 30 minutes on most days? For example, riding a bike, running, playing on a playground, or swimming for 30 minutes on most days.

1. (Show slide).



Both sports and other types of physical activity promote a healthy heart and lungs. They also control weight and stress, as long as you do them for 30 minutes or more on most days.

2. (Show slide).



THE KEY TO A FIT AND HEALTHY BODY IS LOTS OF PHYSICAL ACTIVITY AND STAYING AWAY FROM ALCOHOL AND DRUGS.

However, alcohol use can cause heart damage and cancer over time. Avoiding alcohol is key to keeping a healthy body.

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Breakfast and Nutrition

(Ask youth to answer to themselves). Do you eat a healthy breakfast most mornings? For example, cereal and milk, oatmeal, eggs, yogurt, or fruit.

1. (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.

Eating a healthy breakfast such as nutritious cereal with low fat milk, 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 fruit is important.

2. (Show slide).



ALCOHOL & MARIJUANA LEAD TO WEIGHT GAIN.
THEY SAP YOUR ENERGY.
THEY ROB YOUR BODY OF VITAMINS AND MINERALS.

Drinking alcohol adds empty calories which leads to weight gain, and can rob your body of vitamins and minerals. Alcohol use can also sap your energy needed to do well in sports and physical activities.

DO NOT PRINT, COPY, DOWNLOAD OR SHARE

Sleep 8 or More Hours

(Ask participants to answer to themselves). Do you sleep eight or more hours most nights?

1. (Show slide).



Getting plenty of sleep each night, along with resting after physical activity, can give you more energy and help you think clearly.

2. (Show slide).



**ALCOHOL, TOBACCO AND DRUGS
DISRUPT SOUND SLEEP NEEDED TO BE
ACTIVE & FIT.**

DO NOT PRINT, COPY, DOWNLOAD OR SHARE

Alcohol use disrupts sound sleep. Alcohol prevents a person from getting the rest needed to maintain an active, high-energy life.

Ever Drink Alcohol

(Ask youth to answer to themselves). Did you ever drink any alcohol? For example, beer or wine.

1. (Show slide).



The most important thing you can do to be healthy and live an active life is to stay away from using alcohol.

2. (Show slide).



**BY NOT USING
ALCOHOL OR
DRUGS, YOU WILL
NOT:**

- Get into fights with friends
- Get hurt or sick
- Get into trouble with your parents

By not trying alcohol, you will not get into alcohol problems such as getting into a fight, getting hurt or sick, or getting into trouble at home, school, or with the police.

3. (Show slide).

▶ Studies show most kids DO NOT use alcohol or drugs.

▶ You can increase your skill to say "NO" to alcohol by practicing, just like any sport or skill.



Most kids your age have not tried alcohol. You can increase your skill to say "NO" to alcohol by practicing, just like any sport or physical skill.

4. (Show slide).



**TO KEEP HEALTHY, HAVE MORE ENERGY,
LOOK AND FEEL GOOD, AND DO BETTER
IN SCHOOL AND SPORTS...**

**Stay away from using alcohol,
tobacco and drugs.**

You can also stay away from drinking alcohol by doing other things like playing with friends, exercising, listening to music, playing a video game, or playing sports. To keep healthy, have more energy, look and feel good, and do better in school and sports, plan to keep staying away from all alcohol.

5. Make a promise to continue to stay away from all alcohol for the next 30 days.

It's the right thing to do to keep yourself healthy and not have to worry about bad things that can happen when you drink.

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

Optional Group Interactive Exercise

(You may implement the optional Group Interactive Exercise as described if time permits).

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